



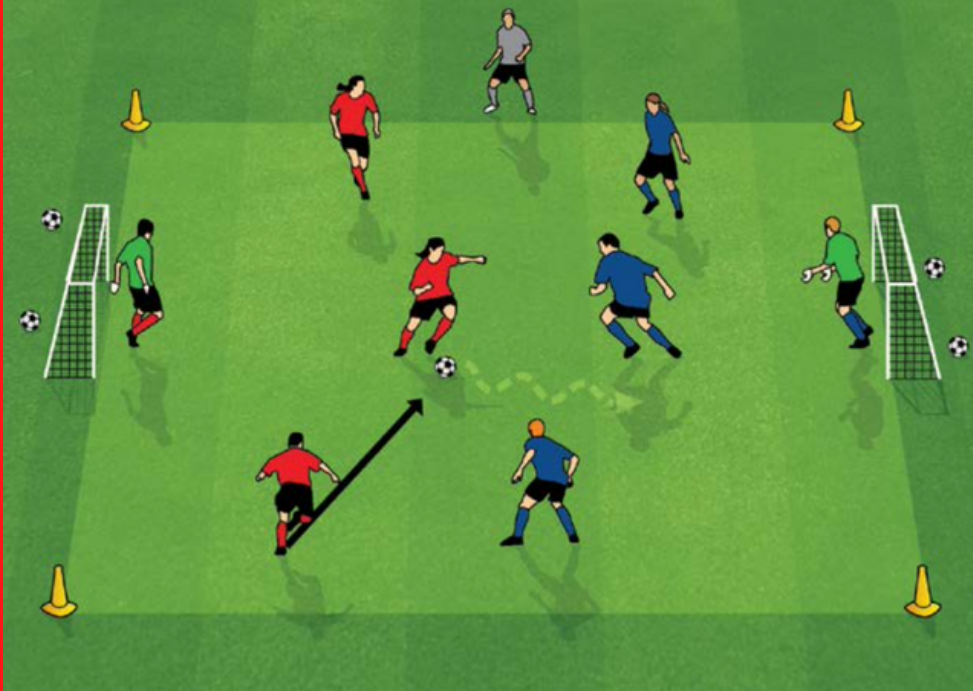
JUNIOR CURRICULUM

9TH - 12TH GRADE



SMALL SIDED GAMES

ARRIVAL 5-10-MINS



Set up 2 x fields for small sided games (no more than 3v3) with no conditions for players to play as soon as they arrive, especially if they are early.

The emphasis is placed immediately being involved in a creative "play" environment.

Make adjustments to teams / pitches as more players get to training.

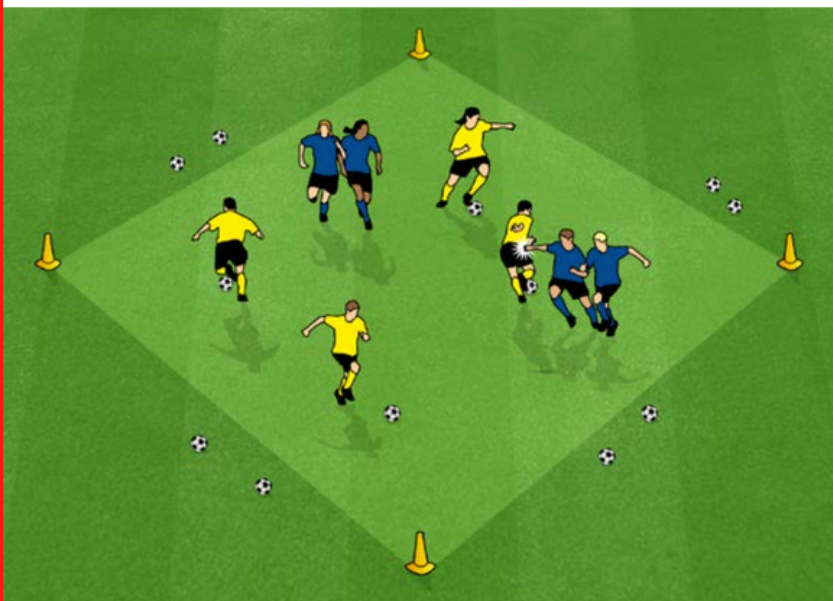
Examples:

- 1V1
- 2V2
- 2V2+1 (1 plays for team in possession)
- 3v3

Coaches observe : Players play

FOCUS - DEFENDING - PRESSING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Area of up to 20x20m.
- Modify area depending on age and ability of players
- 4 Blues as taggers. Blues are taggers and link arms in pairs
- Yellows start inside the area, with a ball each

HOW TO PLAY

- Yellows dribble the ball, keeping into under control and inside the area
- Blues attempt to tag Yellows and must remain linked at all times
- If a Yellow is tagged, they must link arms with the taggers, creating a longer chain
- The winner is the last person to be tagged
- Start game again but with different taggers to begin with

POSSIBLE PROGRESSIONS

1. Taggers hold a bib between them to link (wider area)
2. Taggers attempt to tackle the dribblers and kick ball out of area

OUTCOMES

- Using teammates to close an opponent's space
- Team work to defend effectively
- Pressing direction to force opponent to a team mate



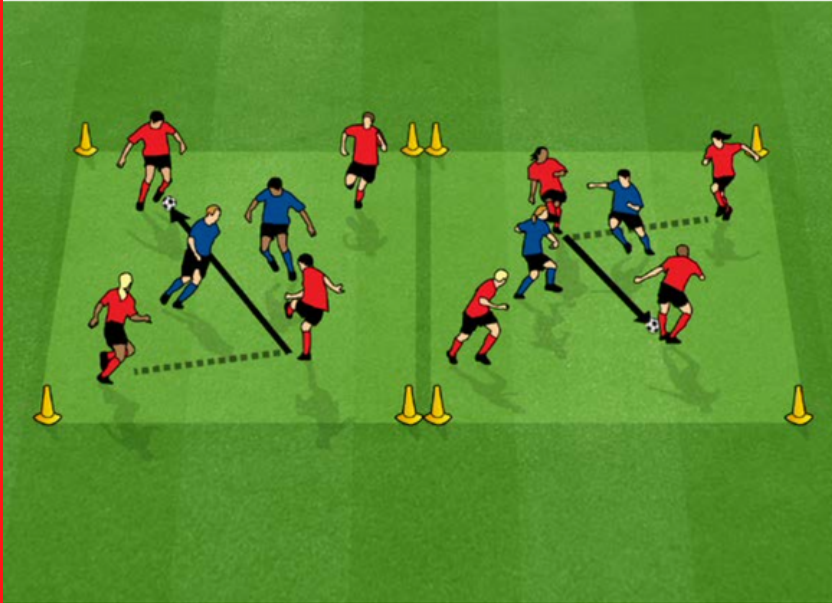
JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - DEFENDING - PRESSING

SKILL TRAINING 20-MINS



SETUP

- **Two areas of up to 15x15m.** Modify area depending on the number and ability of players
- 6 players in each area - 4 attackers (Red) and 2 defenders (Blue)
- Extra footballs positioned around the outside

HOW TO PLAY

- Reds attempt to retain possession and score a point by passing between the 2 blue defenders
- Defenders try to win possession and prevent the attackers from scoring points by passing between them
- Defenders need to win possession and have it under control
- Once a defender has possession, that sequence finishes and the player who lost possession plus the player who passed it to them, become the new defenders

POSSIBLE PROGRESSIONS

1. Add smaller goals on the outside of the squares for defenders to pass into once they win possession

EXERCISE TASK

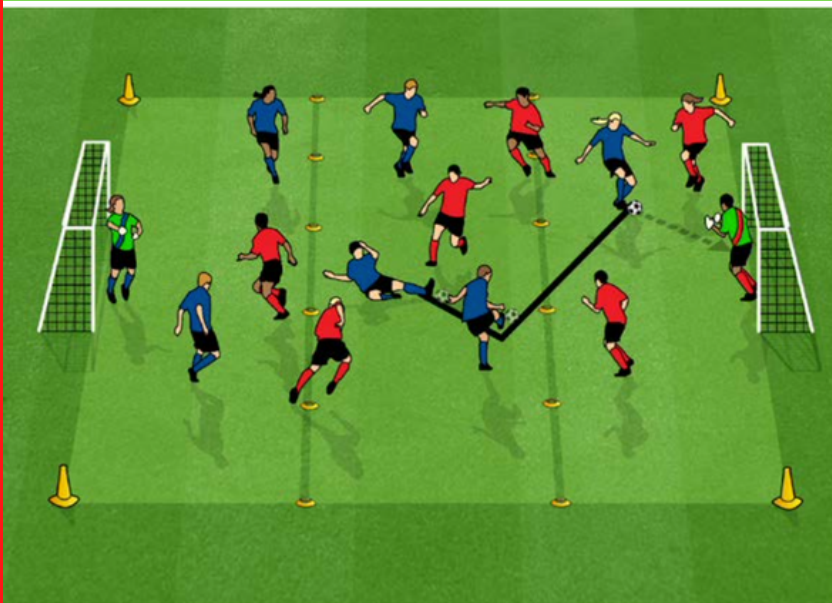
- Can you try and win possession as quickly as possible whilst ensuring the attackers can't pass between you?

PLAYER TASK EXAMPLES

- Can the closest player to the ball, close the opponent down quickly whilst cutting off a pass to a teammate
- As your partner closes the ball down, can you make sure the player with the ball can't pass to his teammates behind you?

FOCUS - DEFENDING - PRESSING

SKILL GAME 20-25-MINS



SETUP

- **Set up a pitch of up to 50x30m.** Modify area depending on the number and ability of players.
- Players divided into two teams of equal numbers, and bibbed accordingly
- Flat cones dividing the pitch into thirds, as shown in the diagram

HOW TO PLAY

- Normal game with teams attempting to score in each others goal
- Teams must attempt to play through each third of the pitch. Teams score 1 point for each goal
- Teams are awarded more points when they score immediately after winning the ball off the opposition
- Depending on where they won the ball, points are awarded as follows:
 - Attacking third (closest to opponents goal) - 5 points
 - Middle third - 2 points
 - Defending third (furthest away from opponents goal) - 1 point

POSSIBLE PROGRESSIONS

1. Alter the points to encourage a different types of pressing. For example 5 points for winning in middle third may encourage teams to defend deeper

SKILL OUTCOMES

- Understanding when to press an opponent
- Understanding how to press an opponent in order to force them in a direction
- Providing defensive cover to a player that is pressing an opponent