



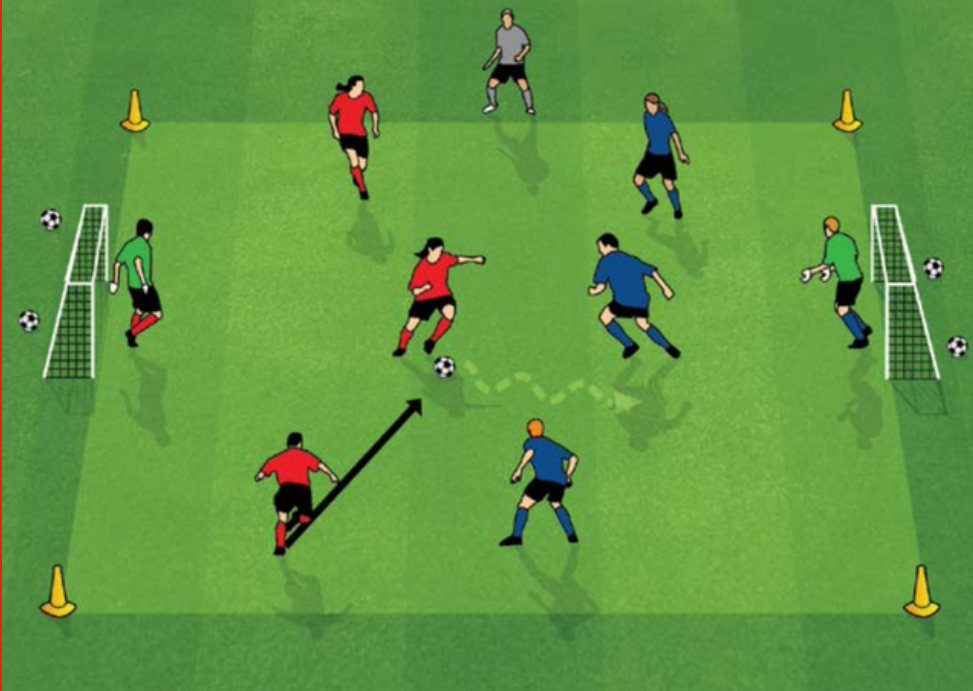
JUNIOR CURRICULUM

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 - ATTACKING - SHORT PASSING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Use an area of up to 25x15m
- Modify area depending on number of players
- Gates/goals of 1m evenly spaced throughout area
- Players into pairs with a ball between them

HOW TO PLAY

- Pairs aim to pass the ball through the gates and control it on the other side and complete as many successful passes in 40 seconds
- Players must make short passes through the gates
- Pairs can't use the same gate twice in a row or stay at the same gate for more than 1 pass

POSSIBLE PROGRESSIONS

1. Longer passes to be made through the gates
2. Players must make a pass through the gate without stopping moving
3. Increase the number of passes made through each gate

SKILL OUTCOMES

- Accuracy/weight of passing
- Moving and receiving
- Combination play
- Awareness of surroundings

FOCUS - ATTACKING - SHORT PASSING

SKILL TRAINING 20-MINS



SETUP

- Area up to 25x15m. Modify area depending on number of players
- Gates/goals of 1m evenly spaced throughout area
- Players into teams of 3 or 4 with a ball between them
- 1,2,3 defenders (dependent on ability and age of players)

HOW TO PLAY

- Teams aim to pass the ball through the gates and control it on the other side and complete as many successful passes in 40 seconds
- Passes must be made from 2 m from the gate and received 2 m away on the other side
- Teams can't use the same gate twice in a row or stay at the same gate for more than 1 pass
- Defenders (green) aim to stop teams from completing passes through the gates by blocking the gates or tackling. If D win possession, the score by passing to the coach who then feeds the ball to the team that lost it

POSSIBLE PROGRESSIONS

1. Teams play on 2/3 touches
2. Teams get double points if they can score through a second goal on 1 touch immediately after the first goal

EXERCISE TASK

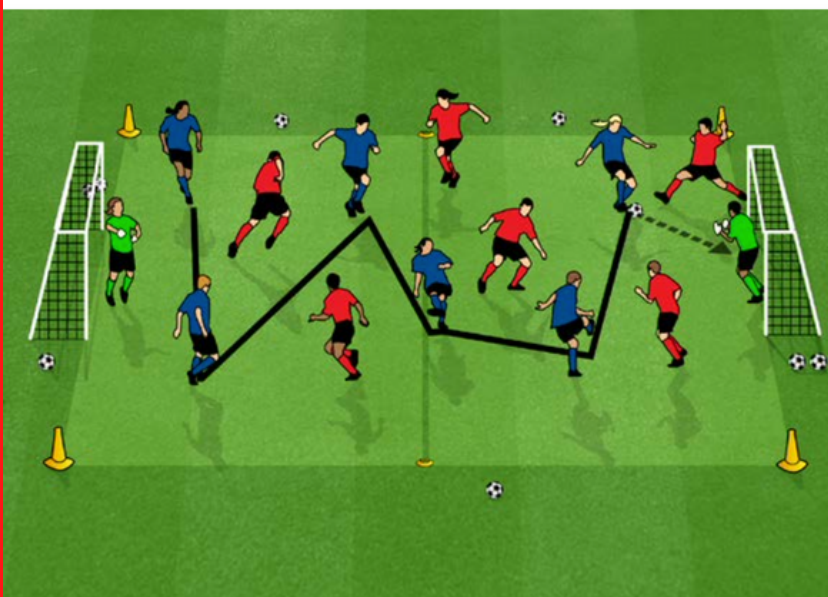
- Can we pass the ball to our team mate without it being stolen by the defender?

PLAYER TASK EXAMPLES

- Can you play a pass that leads your partner in the direction that you want to go?
- Can you pass to your partner in a way which means that they don't have to stop?
- Can you use passing to move to the next gate even quicker?

FOCUS - ATTACKING - SHORT PASSING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 50x30m. Modify depending on the age and ability of players involved
- Two teams of equal numbers, bibbed accordingly
- Large goals at each end. GKs for each team
- Footballs beside each goal and around the playing area

HOW TO PLAY

- Teams play a regular game of football
- Scoring as below:
 - Goal is scored = 1 point
 - 5 passes in a row completed = 1 point
 - 5 passes in a row and then goal is scored = 5 points
- Encourage players to play realistic passes
- Rotate player positions every 2 minutes

POSSIBLE PROGRESSIONS

1. Adjust the scoring to change the focus of the game. Award more points for keeping the ball or more points for scoring

OUTCOMES

- Passing accuracy and weight
- Decision making - when to attack and when to maintain possession
- Movement to receive (in different directions)