



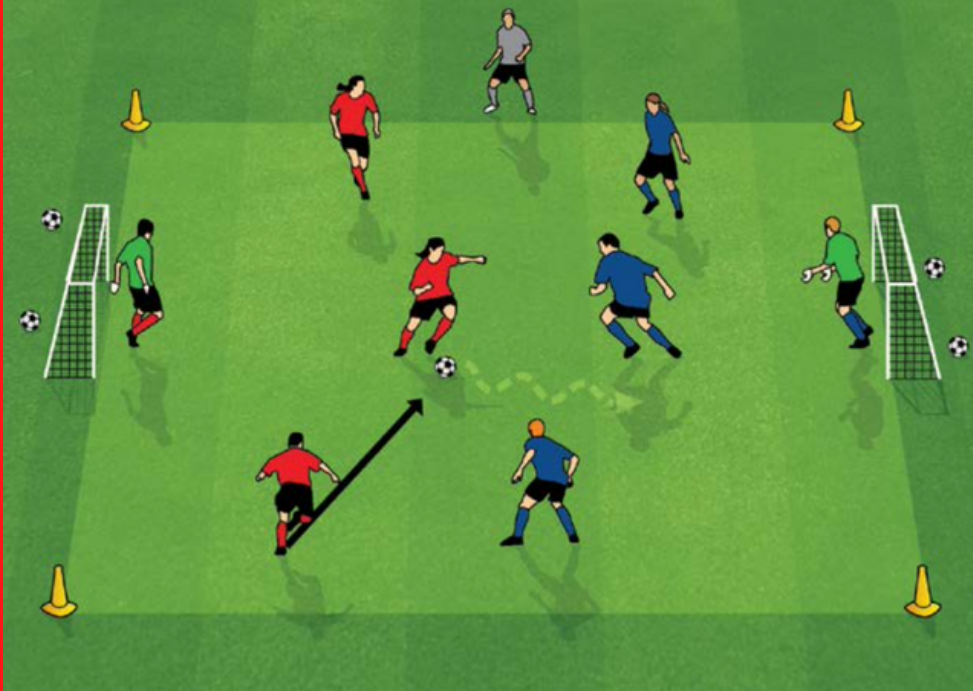
JUNIOR CURRICULUM

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 - 1V1'S

SKILL INTRODUCTION 10-15-MINS



SETUP

- **Set up area of 25x25m.** Modify area depending on the number and age of players
- Inside the area, create 3 x 3m triangles with cones
- Split the group into 4 Blue defenders and 8 Red attackers
- Blue defenders begin inside the triangles
- Red players have a football each and are attackers
- Spare Footballs placed around the outside of the area

HOW TO PLAY

- Red attackers dribble around the area and attempt to dribble through the triangles
- Only 1 Red player can attack a triangle at the same time
- Red attackers attempt to enter one side of a triangle and exit another side whilst retaining controlled possession
- Reds are not allowed to dribble through the same triangle two times in a row
- If successful they win 1 point for each triangle
- The defenders attempt to win the ball or prevent the attacker getting through the area
- Defenders are allowed to move to the spare triangle
- If defenders win the ball they attempt to dribble to the outside of the area. If successful, two points are taken off the attackers score.
- Rotate defenders after 1 minute

POSSIBLE PROGRESSIONS

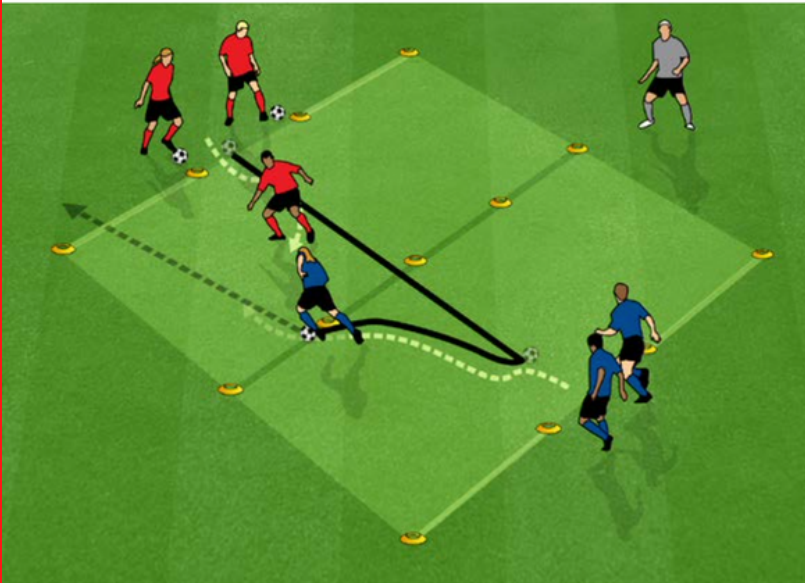
1. If the defender wins possession and dribbles to the outside, they become an attacker. The player who lost possession becomes the defender
2. Defenders are allowed to defend outside of their triangle as a player dribbles towards them
3. Increase the number of defenders

SKILL OUTCOMES

- Movement of the body and / or ball to get the defender off balance
- Change of pace and/or direction to get away from defender
- Tricks and turns to beat a player 1v1

FOCUS - ATTACKING - 1V1'S

SKILL TRAINING 20-MINS



SETUP

- Area of up to 20x15m. Modify area depending on the age and number of players involved
- Halfway line marked out using flat cones
- 2 x 5m target gates placed at each end of the area
- Split the group into 2 teams of equal numbers, and bib accordingly
- Teams start at opposite ends of the area, in between the gates
- All footballs with the Blue team to start
- Duplicate pitch (if required) to ensure players are not waiting for too long

HOW TO PLAY

- Red defender passes into blue attacker and closes down
- Blue attacker attempt to score through the left or right gate. If successful they win 1 point
- If Red defender wins possession they attempt to dribble through the Blue gates
- After each go, players move to the back of the opponents line. This means that they will swap roles on their next go
- Teams scores are kept

POSSIBLE PROGRESSIONS

1. Players start from different points around the area
2. Teams play 2v2 but the 2nd players must run around a designated cone before joining the practice (shown with Number 2 in diagram)

EXERCISE TASK

- Can you travel to the defender and try to get behind them quickly?

PLAYER TASK EXAMPLES

- Can you try to unbalance the defender then go past them?
- Can you draw the defender to one side then go past them on the other?

OBSERVATION DISCUSSION

- When traveling at a defender, what can the attacker do to give them the best chance of getting behind them?

FOCUS - ATTACKING - 1V1'S

SKILL GAME 20-25-MINS



SETUP

- Set up two 35x25m pitches with a 10m channel between them
- Goals at the end of each pitch
- Two gates placed in the middle channel, 15m away from each other
- 2 teams of 6, each player assigned a number (between 1 and 6)

HOW TO PLAY

- Pitch 1 starts with a 5v5 game, keeping score as normal
- Pitch 2 starts with a 1v1 game, keeping score as normal
- Coach calls out a number (for example "number 3") and both "3's" will run from Pitch 1 to the middle channel. "3s" play in a 1v1, attempting to dribble through the opponent's gates
- If successful, the winning player joins their teammate on Pitch 2, creating an overload. The other player juggles a football for 45 seconds before also joining Pitch 2
- Coach calls another number, players enter the middle channel and the game repeats
- Score is kept on both pitches, adding to an overall score

SKILL OUTCOMES

- Dribbling whilst keeping the ball under control
- Trickery / feints in order to off balance a defender
- Acceleration and deceleration

DRINKS BREAK DISCUSSION

- What were the best ways of taking advantage of the 2v1 overload?