



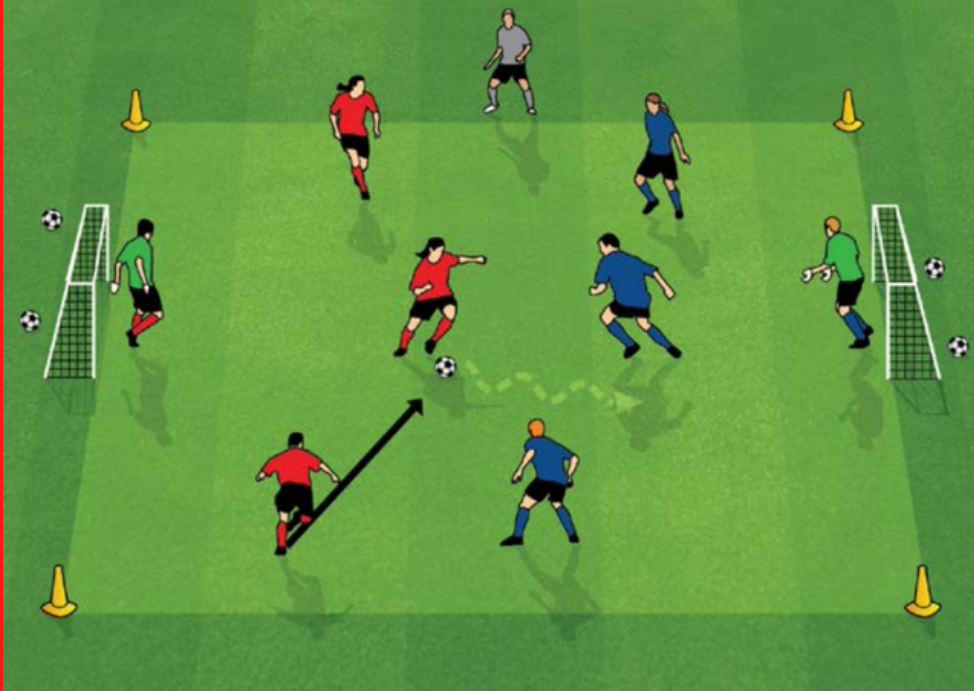
JUNIOR CURRICULUM

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 - TACKLING FACING ATTACKER

SKILL INTRO 10-15-MINS



SETUP

- **Multiple areas of up to 4x4m.** Modify area for number and age of players
- Four players at each square, set up with 1 defender inside the area and three attackers on the outside
- Attackers all have a ball each

HOW TO PLAY

- Attackers attempt to dribble the ball across the inside of the area
- If the attacker dribbles across to the opposite side without being tagged - 3pts
- If the attacker dribbles to the next side without being tagged - 1pt
- Defender attempts to tag the attackers as they travel inside the area
- If attacker is tagged, their score is reduced to zero
- Play for 45 seconds. Attackers try and build the biggest score that they can
- Swap defender and begin again

POSSIBLE PROGRESSIONS

1. Defender must touch the ball with their feet to tag attackers

SKILL OUTCOMES

- Dribbling at speed
- Changing direction whilst dribbling with the ball
- Tackling - Type and timing

FOCUS - DEFENDING - TACKLING FACING ATTACKER

SKILL TRAINING 20-MINS



SETUP

- Area of 30x20m, with a 10x8m area marked at one end
- Large goal at opposite end, with GK
- Flat markers placed across the area, 12m from goal
- Cones placed on side of area, as shown
- Split players into 2 teams of 3 and bib accordingly
- Defenders start on the cones. Attackers start inside the smaller area, with a ball
- Replicate another area with the remaining players

HOW TO PLAY

- Attackers pass the ball around the smaller area
- At a time they choose, an attacker dribbles out of area to attack the goal
- One Defender leaves the cone and faces attacker in 1v1
- Attackers must score passed the flat line of spots
- If Attackers score a goal they score 3pts
- If Defender wins possession, they pass back to the Attackers remaining at the start for 1pt
- Attackers have 8 attempts to break out and score before teams swap roles. Blues then attempt to beat the Red score

POSSIBLE PROGRESSIONS

1. Multiple attackers can break out and play a 2v2/3v3
2. Defenders begin from a different starting position

EXERCISE TASK

- Can you try to win the ball, if you can't win it, make sure they can't get past you or take a shot

PLAYER TASK EXAMPLES

- Can you close down the attacker and engage them as far away from the goal as possible
- Can you position your body so that you force them onto their weaker foot or away from goal

OBSERVATION DISCUSSION

- At what times was it appropriate for a defender to attempt to tackle the opponent?

FOCUS - DEFENDING - TACKLING FACING ATTACKER

SKILL GAME 20-25-MINS



SETUP

- Area of up to 60x40m
- Modify area for number and age of players
- Large goals at each end, with GKs
- Red team have 7 players
- Blue team have 5 players

HOW TO PLAY

- Players take part in a regular match
- One team has less players, meaning that they may be required to defend more often
- Coach emphasis is on the defending moment, praising when good tackles are made
- Play for 5mins before changing 2 Red players into Blues, creating a 7v5 overload for the Blues

SKILL OUTCOMES

- Timing of tackling
- Decision making - type of tackle to use
- Defending when outnumbered - delaying an attack