



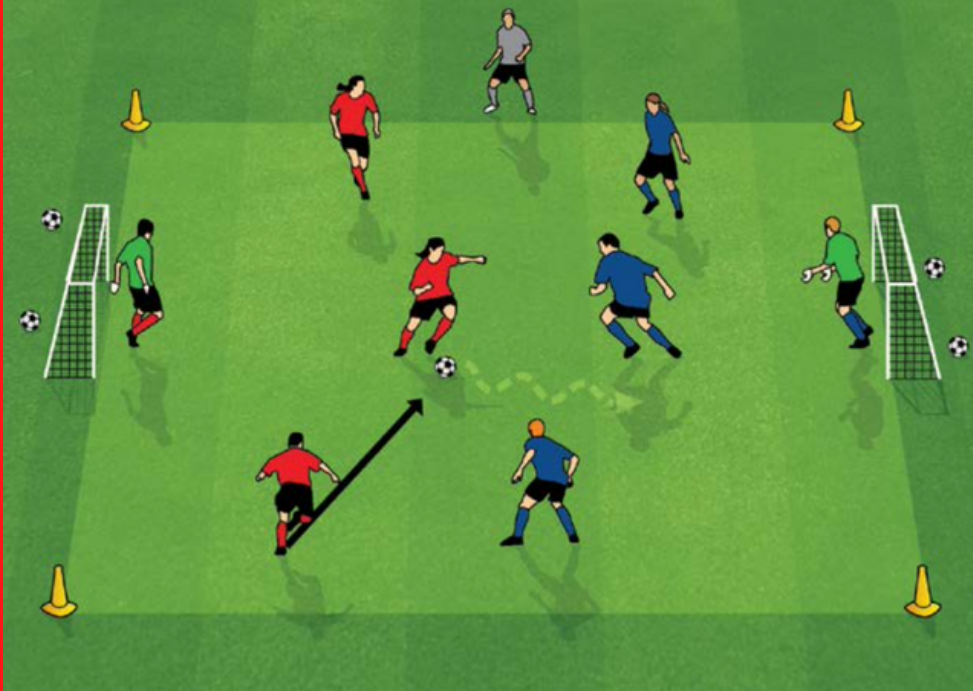
JUNIOR CURRICULUM

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.

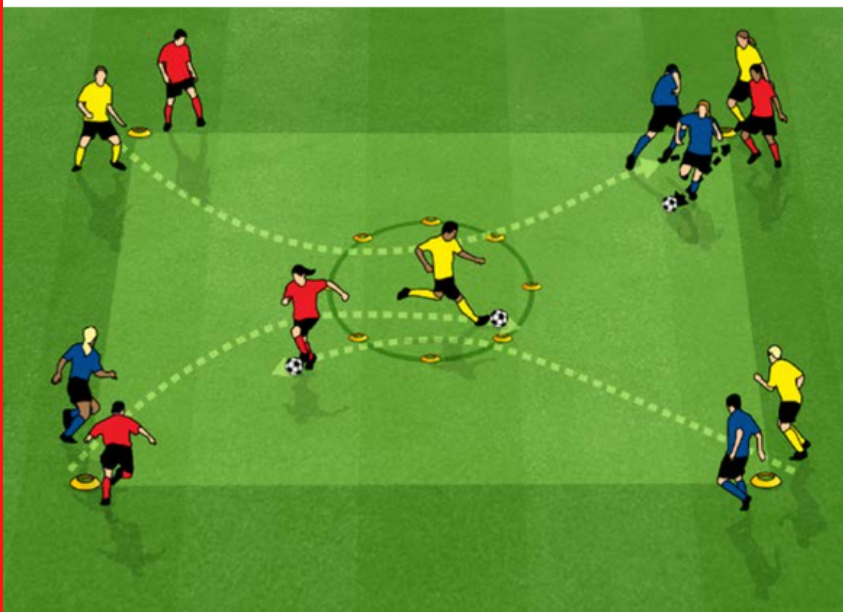
Examples:

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

Coaches observe : Players play

FOCUS - ATTACKING - RUNNING WITH THE BALL

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up an area of up to 30x20m
- Modify area depending on number and age of players involved
- Circle area placed in centre using flat markers
- Flat markers placed in each corner as shown
- Divide players into equal groups. A team member from each team starts on each corner
- A football with each team

HOW TO PLAY

- 1st player runs with the ball into the middle circle
- When they enter the circle, players change direction and run with the ball towards a different corner
- 1st player waiting in the corner receives ball and repeats

POSSIBLE PROGRESSIONS

1. It's a race. 1st team member runs with ball to the middle, turns and runs back to the corner zone
2. They then pass to their team mate on their right. After passing, 1st team member follows the pass to the corner on their right. 2nd team member then repeats
3. Continue until 1st team member is back where they started. The team to get there first wins
4. Then play the same race but passing to the left

SKILL OUTCOMES

- Travelling at speed with space in front
- Changing direction whilst running with the ball
- Receiving the ball to travel at speed



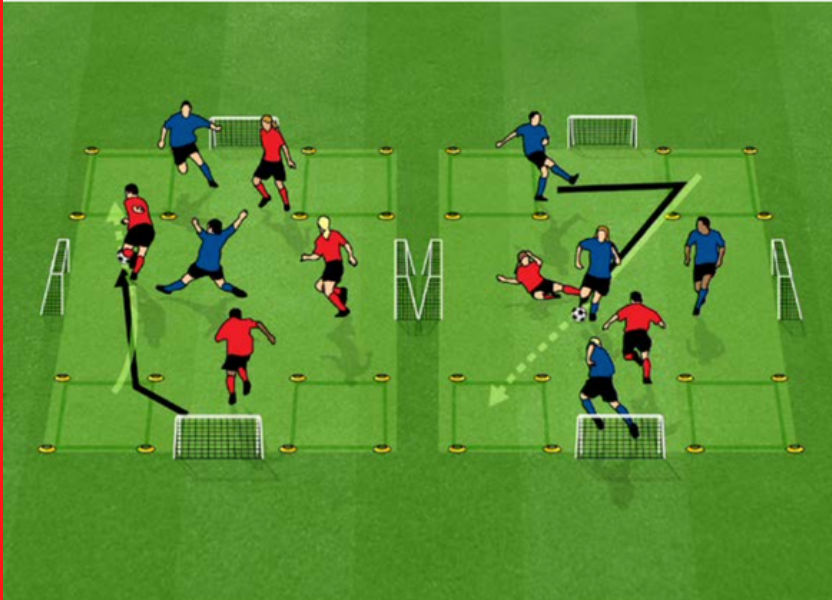
JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - ATTACKING - RUNNING WITH THE BALL

SKILL TRAINING 20-MINS



SETUP

- Set up two areas of up to 20x20m next to each other. Modify area depending on number and age of players involved
- Using flat markers, divide each area into four corners (as shown on diagram)
- Place 4 mini goals around the outside of the overall area
- Each area has 4 attackers in a team against 2 defenders, bibbed accordingly
- Attacking team start with a ball

HOW TO PLAY

- Teams play 4v2 in each area (attackers vs defenders)
- Attacking team score by running with the ball from 1 corner of the area to another. 1pt for each successful attempt
- If defenders win the ball, they attempt to score in the outside goals. 2pts are taken off the attacking team's score per goal
- Play for 2 minutes. At the end of each game, the score is allocated to the defenders
- Swap defenders after each game and repeat. The Defending team with the least amount of points scored against them are the winners

POSSIBLE PROGRESSIONS

1. Join the two areas together to create an 8v4

EXERCISE TASKS

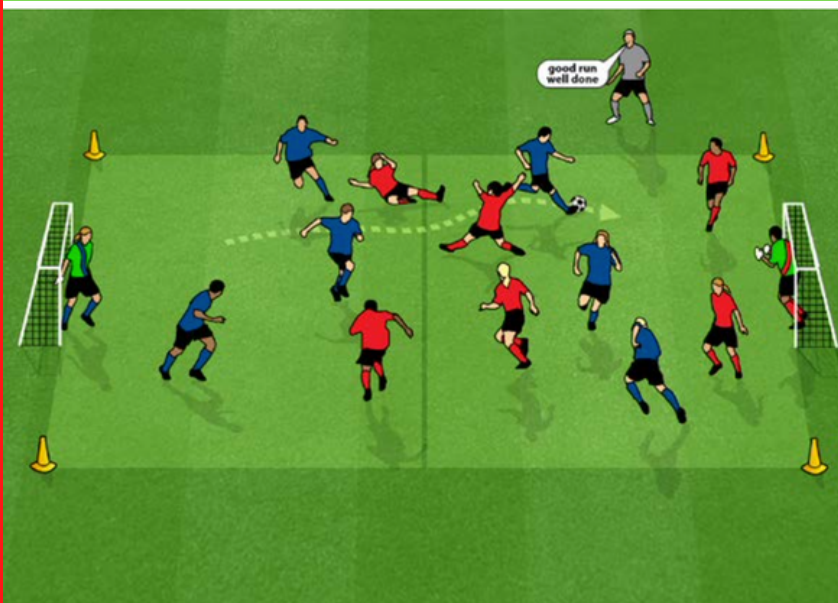
- Can you recognize the time to run with the ball into a different area? If not try to keep possession of the ball

PLAYER TASK EXAMPLE

- Try to take your first touch in the same direction that you are attempting to run with the ball
- Can you travel with the ball quickly in a direction which makes it difficult for the defender to catch you?
- When running with the ball, try to use bigger touches to move into space quicker

FOCUS - ATTACKING - RUNNING WITH THE BALL

SKILL GAME 20-25-MINS



SETUP

- Set up a pitch size that is slightly longer than normal:
 $6v6 = 60x35m$
 $7v7 = 70x40m$
- Large goals at each end, with GKs
- Divide players into two equal teams and bib accordingly

HOW TO PLAY

- Players take part in a regular match
- Due to the longer pitch, there may be further opportunities for players to Run with the Ball
- Coach emphasis is on Running with the Ball, praising moments when players attempt this at the appropriate times

SKILL OUTCOMES

- Recognising opportunities to attack
- 1st touch into space / away from defender
- Travelling with ball at speed