



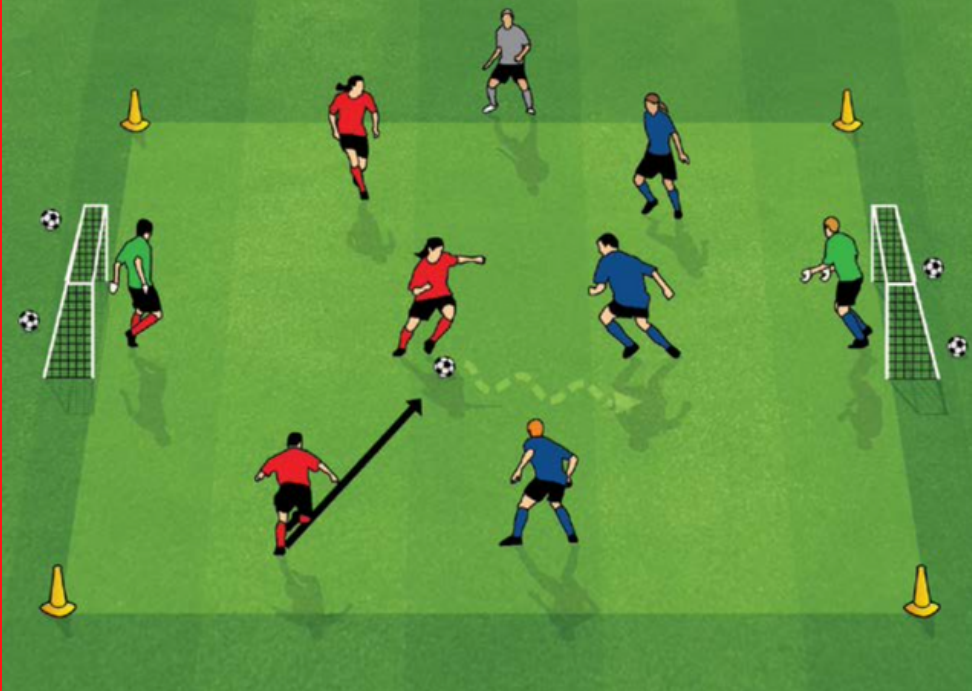
# JUNIOR CURRICULUM

## 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.

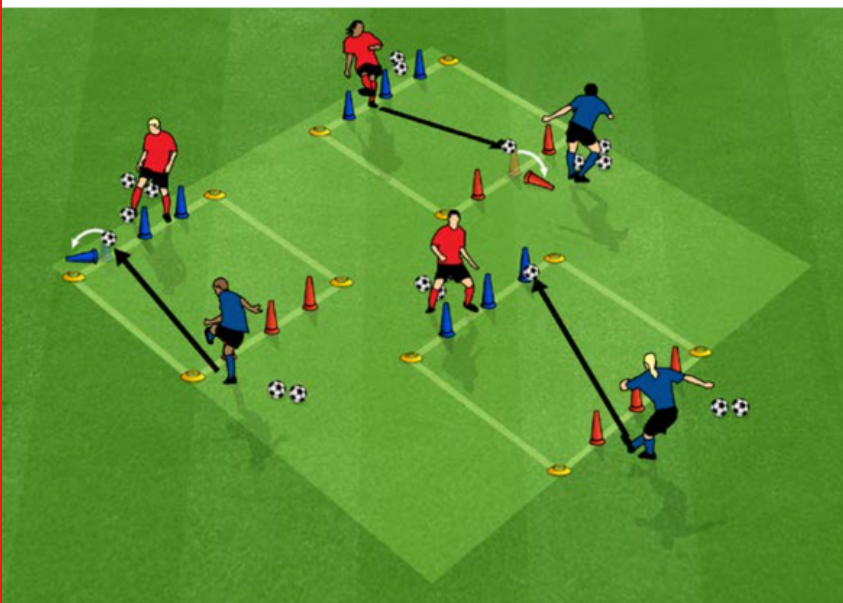
Examples:

- 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

- Set up multiple areas of 10x10m
- Put 3 tall cones at the end of each area (or smaller cones with a football on top), place 1m apart from each other
- Split players into pairs and allocate a pair into each area
- 1 Football between each pair
- Spare footballs around each area

#### HOW TO PLAY

- Player 1 attempts to pass and knock over one of the Player 2's targets
- If the target is knocked over, it is removed, and Player 1 is awarded 1 point. If they miss the targets, no points are awarded
- Player 2 then attempts to pass and knock over Player 1's targets
- If a player knocks all three of the opponents targets over, they are reset to try again
- Play for 2 minutes and players keep score to see who wins
- Rotate players after each game so that they face different opposition

#### POSSIBLE PROGRESSIONS

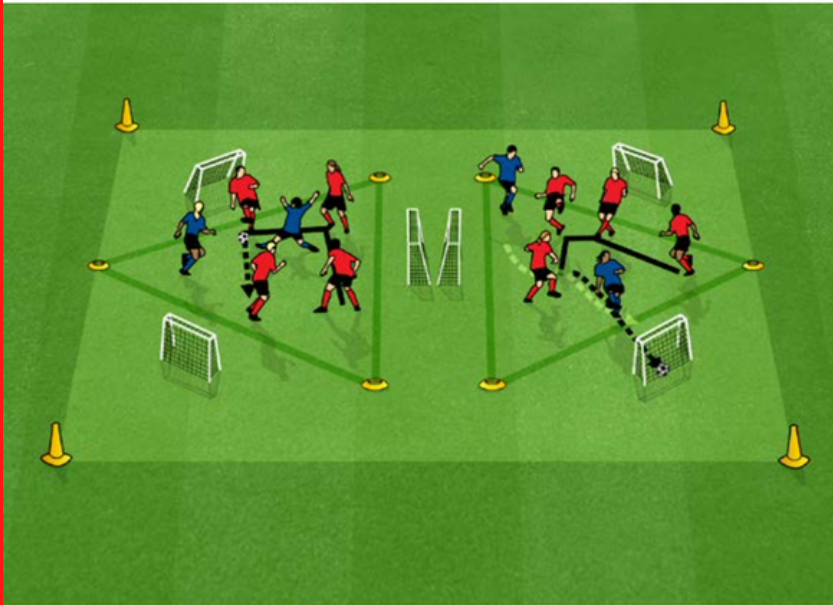
1. Join two games together so that they are playing across each other
2. Players are to change the foot they use each time they pass

#### SKILL OUTCOMES

- Passing accuracy

### FOCUS - ATTACKING - SHORT PASSING

### SKILL TRAINING 20-MINS



#### SETUP

- Set up 2 areas in the shape of a triangle
- 3 small goals around the outside of the area
- 6 players in each area, split into 4 Red attackers and 2 Blue defenders
- Players can hold their bibs in hands

#### HOW TO PLAY

- Reds aim to keep the ball away from the Blue defenders whilst trying to complete 8 consecutive passes
- Blue defenders try to win the ball. If they gain possession they attempt to score in a small goal
- If Blues score in the goal before Reds have achieved 8 consecutive passes, they both swap roles with two Red players
- If Blues score in the goal after Reds have achieved 8 consecutive passes, one player swaps role with a Red player
- Red players are on free play (unlimited touches)

#### POSSIBLE PROGRESSIONS

1. Constrain red players to play on a maximum of 2 touches
2. Reduce the size of the area
3. Join the areas together to make a 8v4

#### EXERCISE TASK

- Can we use shorter passes to keep the ball away from the defenders?

#### PLAYER TASKS

- Can you constantly make sure that you are a passing option for the player in possession?
- Can you pass a ball to a team mate so that they can easily receive, or pass first time?

### FOCUS - ATTACKING - SHORT PASSING

### SKILL GAME 20-25-MINS



#### SETUP

- Create an area up to 70x50m. Modify the size depending on the number and age of players
- Set up several 2m gates inside the area
- Place 2 large goals at each end of the pitch, with GKs
- Divide the players into two teams and bib accordingly
- Place as many balls as possible around the area for fast re-starts

#### HOW TO PLAY

- Players take part in a regular match, trying to score in the opponents goal
- If teams pass through a gate before scoring, this adds an additional goal when scored
- If teams pass through two gates before scoring, this adds two additional goals when scored (and 3,4,5 etc)
- Football must be passed through the gate to a team mate on the other side
- There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

#### SKILL OUTCOMES

- Passing over short distances with both feet
- Awareness of space to move into to receive
- Receiving the ball to attack quickly