



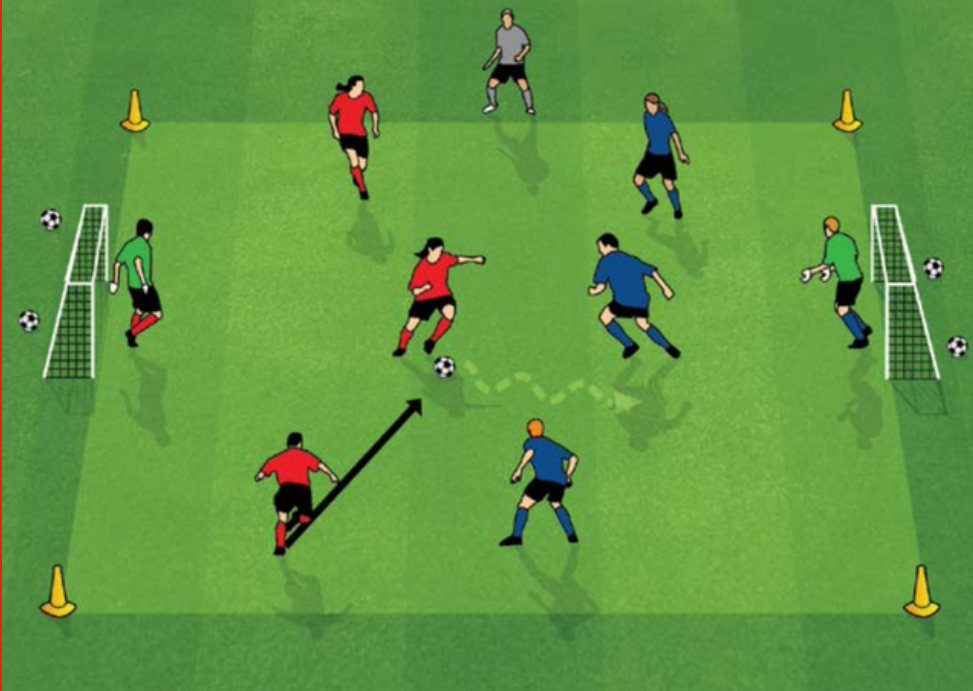
JUNIOR CURRICULUM

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.

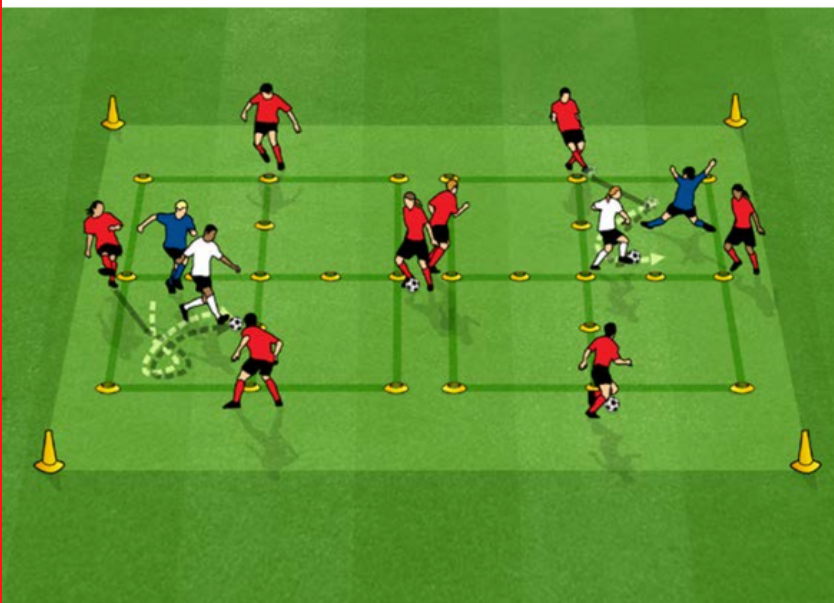
Examples:

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

Coaches observe : Players play

FOCUS - ATTACKING - RECEIVING TO PROTECT

SKILL INTRODUCTION 10-15-MINS



SETUP

- Make areas of up to 10x10m
- Place flat markers across the area to divide it into quarters
- 6 players in each area
- 4 players are servers on the outside, with 2 players inside the area

HOW TO PLAY

- One player in the middle of the area starts as the attacker, the other is the defender
- Attacker moves to receive the ball from a server
- Attacker must keep possession of the ball inside the corner of the square for 5 seconds, before passing to a free server on the outside
- Then they attacker receives the other ball from a Server and repeats
- If defender wins possession and passes back to a server, they become the attacker
- Play for 45 seconds before changing two players in the middle
- Rotate players so that they play against different players

POSSIBLE PROGRESSIONS

1. Servers to pass the ball to another server before playing into the attacker

SKILL OUTCOMES

- 1st touch away from a defender
- Movement to create distance from a defender
- Timing of run to receive
- Use of body to protect ball

FOCUS - ATTACKING - RECEIVING TO PROTECT

SKILL TRAINING 20-MINS



SETUP

- Create an area of up to 25 x 25m. Modify area depending on the number of players
- 2 small goals, back to back, in the centre of the area
- 4 defenders in a bib, stood on the outside of the area
- All other players with a ball each

HOW TO PLAY

- Players dribble their ball around the area
- Defenders try to steal their football and pass it into the goal
- Once an attacker loses their football, they are allowed to join another attacker to help protect their ball
- At the end of 1 minute, the players with a ball are the winner

POSSIBLE PROGRESSIONS

1. Increase the number of defenders

EXERCISE TASK

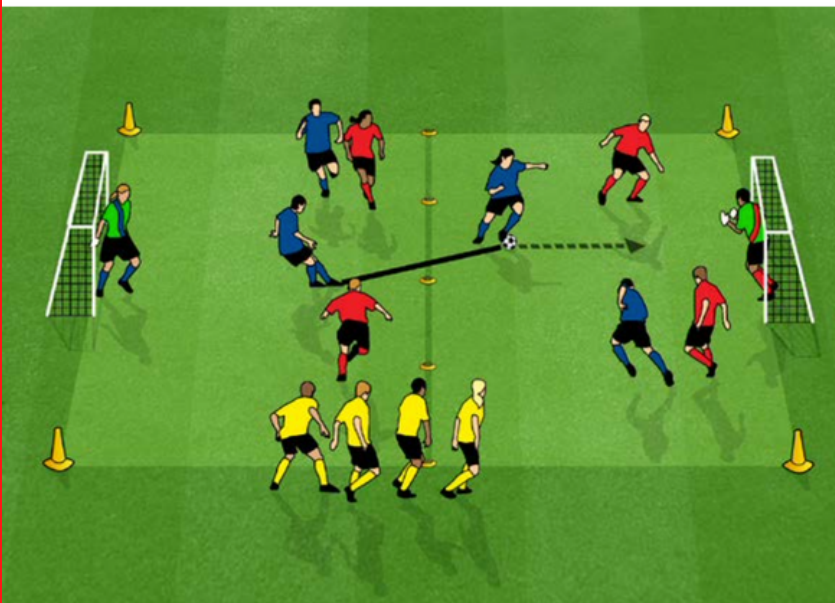
- Can you move your body and the ball to make sure that the defender is unable to tackle you?

PLAYER TASKS

- Try to ensure that your body is always between you and the defender.
- If the defender is chasing you, can you move across their running path – this may slow them down.
- Can you receive the ball in a way that puts distance between you and the defender?

FOCUS - ATTACKING - RECEIVING TO PROTECT

SKILL GAME 20-25-MINS



SETUP

- Area of up to 40x25m. Modify area depending on the number and age of players involved
- Flat markers placed as half way line
- Large goals placed at each end of the area, with GKs
- Split players into 3 teams of 4
- 2 teams play while 1 team observes

HOW TO PLAY

- Teams play in a regular game of 5v5, attempting to score in opponents goal
- Each team must have 2 outfield players in defending half and 2 players in attacking half
- Attacking team must play to one of their players in the attacking half in order for team mates to join in
- Play for 90 seconds then rotate teams
- Make sure players play in different positions as they change over

POSSIBLE PROGRESSIONS

1. Players can rotate positions during the game, as long as they maintain 2 players in each half

SKILL OUTCOMES

- 1st touch away from a defender
- Movement to create distance from a defender
- Timing of run to receive
- Use of body to protect ball