



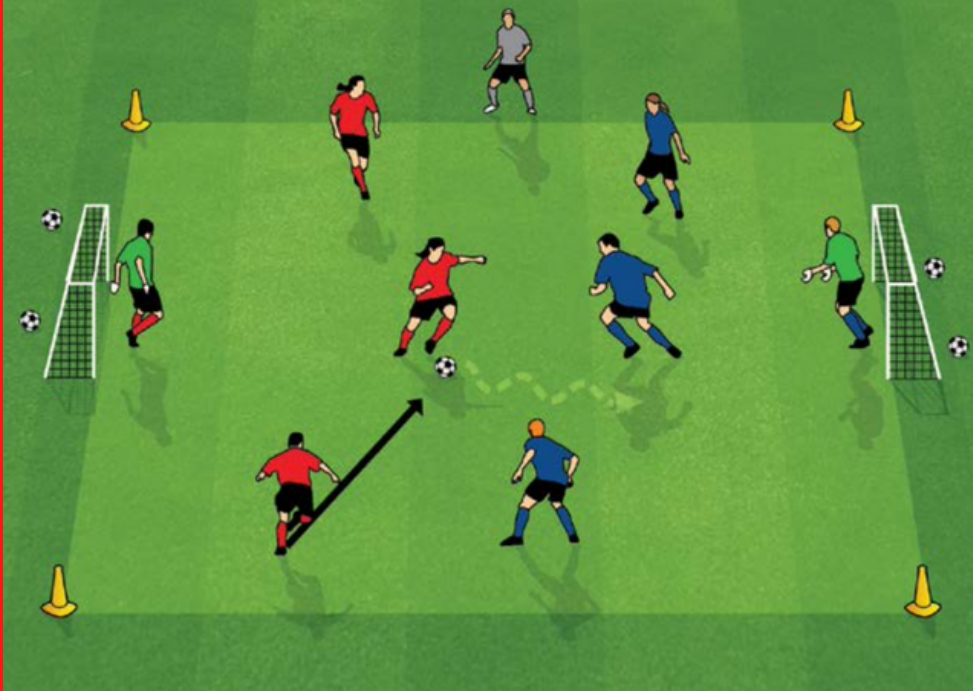
JUNIOR CURRICULUM

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

- Area of up to 20x30m. Modify area depending on the number and age of players involved
- Each end of the area has different coloured cones (Red and Blue in the diagram)
- Using flat markers, set up a 15x6m area as shown in diagram
- Divide players into 2 teams and bib accordingly
- Players are provided a number each (1-6)
- All players have a football each

HOW TO PLAY

- Players dribble their ball around the area, keeping it under control
- Coach calls a Player Number and Colour. The player from each team with that number must Run with the Ball passed the line of cones of that colour. Then turn and return to the smaller playing area
- The first player back wins 2pts for their team
- The second player back wins 1pt for their team, as long as they are back within a time limit set by the coach

POSSIBLE PROGRESSIONS

1. Players must run with ball to the opposite colour called by the coach
2. More than 1 number is called, with a maximum of 4 pts being awarded for first place

SKILL OUTCOMES

- Travelling at speed with space in front
- Deceleration before turning with the ball
- Recognising space to break into



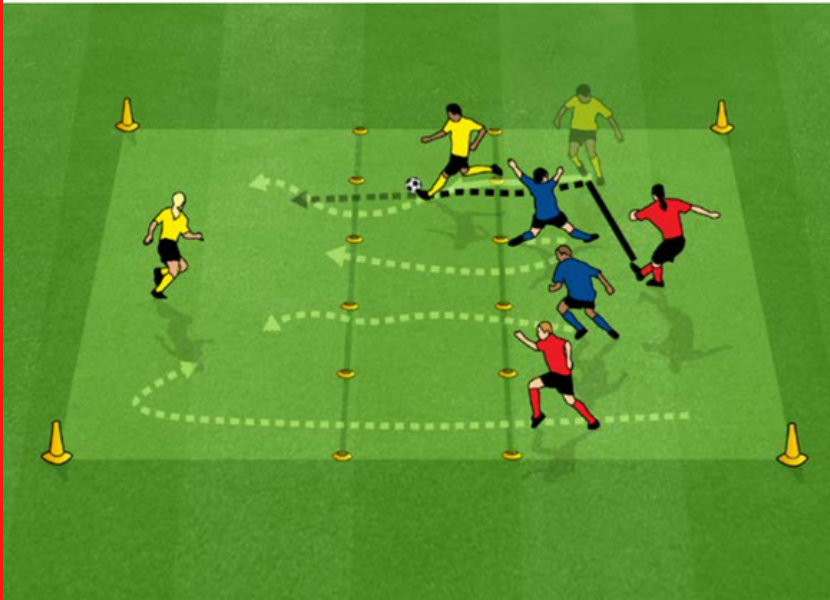
JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - ATTACKING - RUNNING WITH THE BALL

SKILL TRAINING 20-MINS



SETUP

- Set up an area of up to 30x15m. Modify area depending on number and age of players involved
- Place flat markers across the area, creating an 8m channel in the middle
- 6 players in the area, divided into 3 groups of 2 (bib accordingly)
- Players start as shown, with Reds & Oranges joining together as attacking team and Blues as defenders

HOW TO PLAY

- Attacking team play a 3v2 inside one half of the area
- The challenge is to combine until they create an opportunity to Run with the Ball to the other half
- When an attacker Runs with Ball to other half, another attacker and 2 Defenders run across to create another 3v2
- If successful, it's 1 point against the Blue defenders
- If Blue defenders win the ball and pass to the player in the opposite half, Blues become attackers. The team that gave the ball away become defenders

POSSIBLE PROGRESSIONS

1. Introduce goals to score in at each end, for attackers and defenders

EXERCISE TASKS

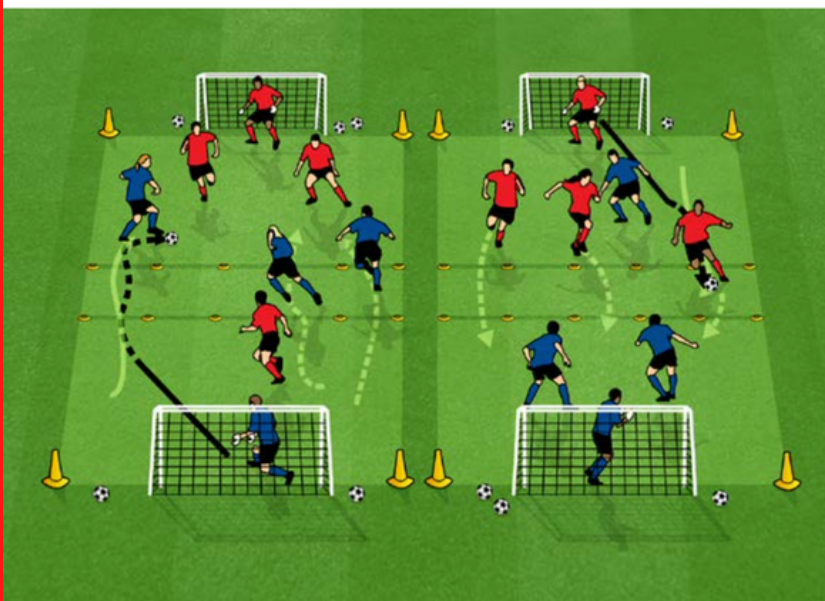
- Can we recognise the time to run with the ball and break across the area quickly?

PLAYER TASK EXAMPLE

- When you receive to run with the ball, can you make sure that your 1st touch takes you passed the defenders?
- Try to travel across the channel using as few touches of the ball as possible
- Try to take smaller touches as you get closer to passing the ball or shooting

FOCUS - ATTACKING - RUNNING WITH THE BALL

SKILL GAME 20-25-MINS



SETUP

- Set up two 30x20m pitches. Modify area depending on the number and age of players involved
- Large goals at each end with GK
- Flat markers placed across the pitch, creating an 8m channel
- 2 teams of 3 players, bibbed accordingly (Red & Blue in diagram)
- Spare footballs placed to the side of goals
- Another replica pitch set up alongside for another group of players

HOW TO PLAY

- Teams play 3v3 against each other
- Teams take part in a regular game, aiming to score by shooting in opponents goal
- Ball starts from GK each time the ball goes out of play
- Teams are also awarded a goal if a player runs with the ball over the channel, without being tackled
- 2 minute games before teams are rotated

SKILL OUTCOMES

- Decision Making - when to travel with the ball / when to shoot
- Creating opportunities for overloads
- Covering distances with the ball quickly

DRINKS BREAK DISCUSSION

- What do you need to be aware of when running with the ball?