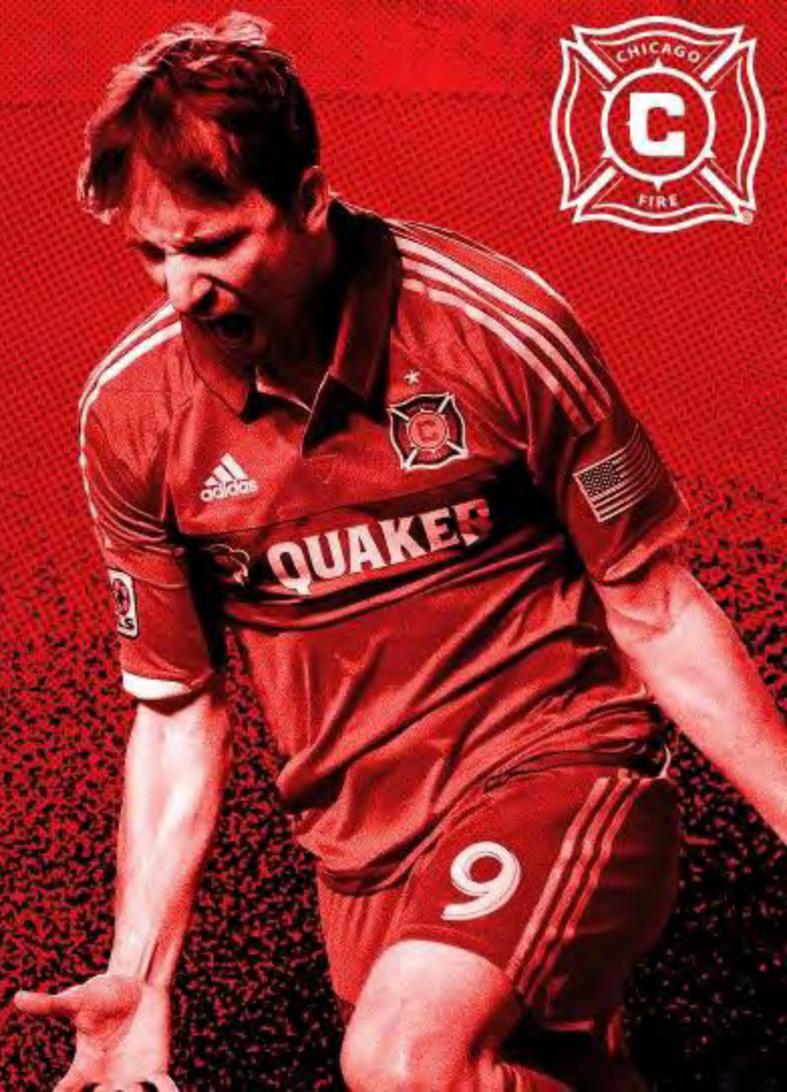


Coaching Curriculum

13 to 15 Year Olds

| | |
|--------|---------------------------------|
| Week 1 | 1v1 Duels |
| Week 2 | Attacking Width (Inc. Overlaps) |
| Week 3 | 2v2 Defending |
| Week 4 | Attacking Movement |
| Week 5 | Passing In Three's |
| Week 6 | Transitional Play |
| Week 7 | Pressing to Regain Possession |
| Week 6 | Multi-Game Attack |





Week 1: 1v1 Duels

Activity 1 – Ball Manipulation

Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.

Activity 2 – Beat Your Opponent

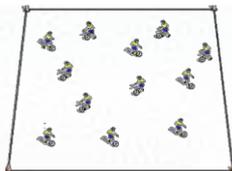
You pass a ball into the 10x10yard area where two players challenge each other for the ball. The player who successfully takes the ball outside of the area gets to run and have a free shot at goal. Emphasis is placed on the players shielding the ball and being creative and look to beat their Opponent at the earliest opportunity.

Activity 3 – Use the Support

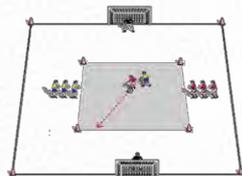
Now the player who wins the initial ball has to beat the defender in a 1v1 to score. If the defender regains possession of the ball, they can play the ball back to their team-mate in the box and the other player can then go 1v1 with the player on the opposite side. Transition must be quick and players should rotate positions.

Activity 4 – Creative Attack

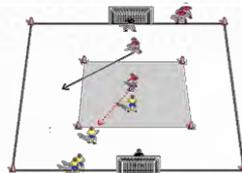
Now when winning the 1v1 duel the player with the ball attacks as he would in a game with the attackers outnumbering the defenders to create an overload situation. We are now trying to show players the importance of winning the battle for the ball and how they can use this to their advantage in a game scenario.



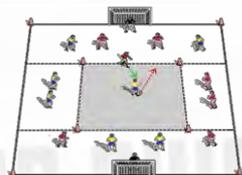
- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?



- Can players win the duel with speed and reaction times?
- Are the players being tenacious?
- Change speed and direction
- Awareness of the space on the field



- Does the defending player close down the player in possession?
- Players need to concentrate and communicate
- Increase awareness on the field & make quick passes



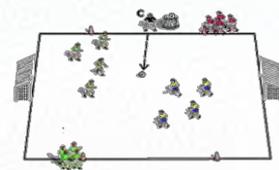
- How do the players handle the 1v1 situations?
- Quick Decision Making
- Is there off the ball movement from the supporting players?



Week 2: Attacking Width (Inc. Overlaps)

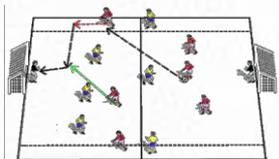
Activity 1 – Team Reaction

Players are split into four groups. Each team is given a different color. When the coach shouts two colors, they come in and play. Coach feeds the ball and dictates the tempo of the activity. Play is continuous.



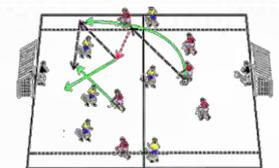
Activity 2 – Play it Wide

Players are now in two teams. The objective is to get the ball into the wide channels and have the player cross into the advancing players. Players need to transition quickly from attack to defence and react to where the space is on the field. The wingers should always be dropping back to the halfway line on each team.



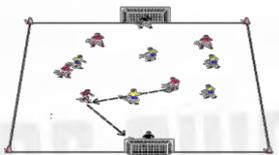
Activity 3 – Play it Wide and Overlap

Same as the previous activity but now the player who passes out makes an overlapping run. The player who receives the ball dribbles into the middle area and plays normally within the game.



Activity 4 – Regular Scrimmage

Play a game and look for situations where players can use 2v1's against a defender. To do this the players must support passes, makes runs off the ball and look for one-twos and overlaps. To get more 2 v 1 situations you can limit the number of defensive players allowed in the final third of the pitch.



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

- Does the supporting players angle their run and create supportive opportunities for his team-mate?
- Do the attacking players communicate well going forward?
- Are the players switching play?

- Does the supporting player make runs for support and use their off the ball movement to draw away defenders?
- Use of imagination & creativity
- Get the shot off quickly. Don't ball watch

- Team-work, Communication, Support the ball
- Quick Decision Making
- What are the players choice of passes from team-mates in support & how does their movement affect play?



Week 3: 2v2 Defending

Activity 1 – 6v2 Possession

Players start by playing a 6v2 possession game. First defender puts pressure and channels. Second defender directs and supports/covers. If the defenders do not succeed, the attacking players must use a minimum of 2 touches. You can work players in pairs throughout for a set time period. Incorporate dynamic stretching as the activity progresses.

Activity 2 – 2v2 to End Line

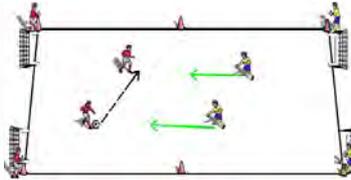
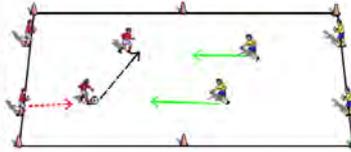
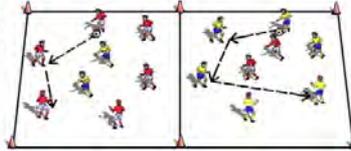
Mark out two channels with 4 players on each side. To start the drill, one of the players begins by dribbling in. In the beginning the attacking players must pass the ball between each other a couple of times before they try and go past the defenders. They should try to penetrate the opposition end line whilst remaining outside at all times.

Activity 3 – 2v2 Role Reversal

Add four goals (two on each end to the previous activity). Now play is continuous and teams play to goals on each others end lines. If the other team win possession then they attack the opponents goal. One team starts and their opposition comes in to defend as before. Now players have the option to shoot on target goals as well as pass or dribble to penetrate.

Activity 4 – Regular Scrimmage

Play a 6v6 game in a 60x30yard area. Players are free to position themselves and organize the game on their own. Field is narrower to encourage the application of the previous activities



- Avoid passes going through the two defenders.
- Communicate with each other to make fast defensive decisions.
- First defender delays, denies space and channel attacker.
- Second defender supports/covers and directs first defender in choice of channel and amount of pressure.

- Both defenders position themselves in relation to goal (i.e. Channel opponent, isolate first attacker)
- Second defender places themselves in position depending on the success of the first defenders attempt to channel the attacker.
- Second defender be aware of second attacker's position.
- Awareness of offside.

- Both defenders position themselves in relation to goal (i.e. Channel opponent, isolate first attacker)
- Second defender places themselves in position depending on the success of the first defenders attempt to channel the attacker.
- Second defender be aware of second attacker's position.
- Awareness of offside.

- Let them play
- Let them figure it out



Week 4: Attacking Movement

Activity 1 – Turns & Movement

Players are setup in threes with a triangle of cones, 8 yards apart. Players dribble and perform various exercises such as; Step-Over, Twist-Off; Outside Twist-Off etc. The emphasis is placed upon the speed they perform the turns at. Encourage fast play and make sure they go both left and right.

Activity 2 – Turns, Shots & 1v1's

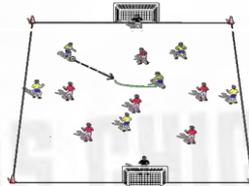
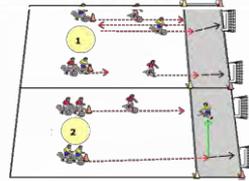
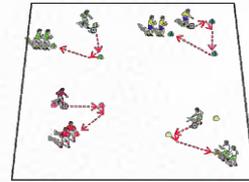
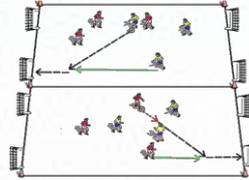
- 1) Players dribble to the edge of the shooting zone and dribble back to the start. At both lines, players perform a move. Upon reaching the shooting zone the second time, they shoot on goal.
- 2) Players now become defenders after they shoot on goal. Attacker can shoot on either goal.

Activity 3 – 4 Goal Game (3v3)

Players play to two wide goals on a 30x20 yard field. Players are organized as per the previous activity. They play 3v3 and compete to see if they can use the same attacking and defensive concepts as we have previously used. The emphasis is going to be on quick decisions and seeing how players get to goal quickly.

Activity 4 – Regular Scrimmage

Play in a 50x30 yard area. Players play freely trying to score in the opposition's goal. Look for evidence of moves and transition throughout the game.



- Are players keeping their head up and reaching the next target?
- Are they using disguise to keep control of the ball?

- Can players use correct shooting technique?
- Can the players get the shot away quickly when they get in front of goal and are under pressure?
- How quickly can a player transition from attack to defense?

- Can players connect quickly and release a team-mate in a wide position to attack the goal?
- Good communication & direction from the players in possession

- Do players recognize the appropriate times to pass, dribble or shoot?
- Let them play!



Week 5: Passing In Threes

Activity 1 – Passing in Three's

Players have one ball between three. They pass and move throughout the 20x30yard area. The players are encouraged to find space and move off the ball to create angles of support.

Activity 2 – Passing & Moving to Receive

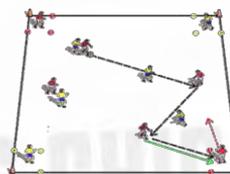
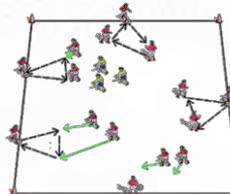
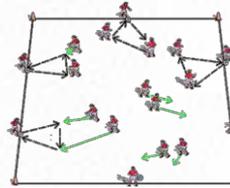
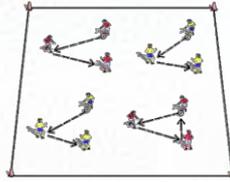
Players are split into groups of 3. In their 3's, players are placed around the box. One player will feed whilst the other two work in the centre receiving passes and making one-twos with the players on the perimeter. Players should feed the ball in in various forms forcing the working players to control the ball differently.

Activity 3 – Passing Under Pressure

A continuation from the previous activity, we now take one group out of the activity and put them in as defenders. Their objective is to win the ball from the other pairs who are working in the middle. Now players are looking to receive the ball in space and make good, quality passes. Encourage intensity and speed of play.

Activity 4 – Four Box Game

Put players into teams of 4, although depending on numbers, you may want to increase the numbers of the teams. Players play with a two or three touch limit and score goals by completing passes into the corner boxes and releasing a team-mate into the game.



- Are players opening their bodies when receiving?
- Are there angles of support?
- Communication, Cooperation, Coordination

- Are the players working together and moving across the field?
- Are there angles of support?
- Communication, Cooperation, Coordination

- Are the players able to identify potential pressure situations and find the solution?
- Are they creating angles of support for each other?
- Communication, Cooperation, Coordination.

- Are the players able to change the point of attack?
- Can they create angles of support?
- Communication, Cooperation, Coordination.



Week 6: Transitional Play

Activity 1 – Transition Boxes

Players are split into four groups of four. In their teams, they have one ball. They perform a number of passing and moving exercises, progressing to keep-away, i.e. 1) Pass & Move Quickly; 2) Run into a Take-Over; 3) Combination Passing; 4) Juggle and Pass. Ensure to incorporate dynamic stretching into this phase.

Activity 2 – Hunt the Ball

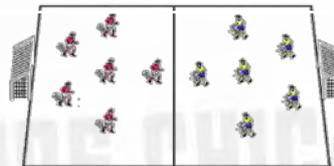
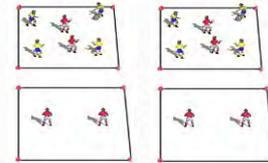
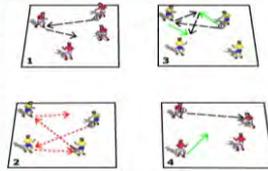
Players are split into two groups of 4v4. Yellow start with possession and two reds go in to try and regain possession in a 4v2 situation. If red win the ball, they switch back on their team-mates and two yellows go in to hunt the ball. Points are scored by the number of passes each team manages to make.

Activity 3 – Big Goal To Target Goals

Players are organized in two teams with three target goals setup and one large goal. Reds defend the large goal. Their objective is to dribble through one of the three gates. If they do, yellow must transition quickly to defend the big goal and red begin to attack. Yellow then attack the target goals. Play is continuous.

Activity 4 – Regular Scrimmage

Play a regular game. Players are set in position to replicate what they have been asked to do in the previous exercises. The key objective is to have them penetrate the opposition lines.



- Ability to react to the situation and apply pressure to the player with the ball
- Awareness of other players and the ball
- Incorporate dynamic stretching

- Players should be taking a positive first touch and looking to play out of pressure
- Ability to recognize how, when and where to pass
- Off the ball movement to support the ball
- Quick transition to regain possession

- Quick transition
- Ability to penetrate the opposition through possession
- Recognition of moments to recover/attack weak side
- Are players moving to support the play?

- Let them play
- Let them figure it out
- Look to see how quickly players can recognize the key moments which have been worked on in the previous activities



Week 7: Pressing to Regain Possession

Activity 1 – Pressure to Regain Possession

Setup a 30x20 yard area. Create three teams of three players. Two teams will work together to keep possession, the other team will pressure the ball. If the defending team wins possession of the ball, then the team who gave up possession then press to regain possession. The game is continuous. Make sure you keep a supply of balls to one side to make the game flow and maintain the intensity.



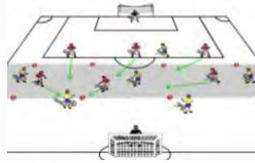
Activity 2 – 5v3 Possession

Team of five look to maintain possession of the ball in their half of the field. The three defenders look to win and play to their teammate in their half. Three players from the team which lost possession then look to win the ball back while two players stays in his own half. Play is continuous and the intensity level of the activity should be kept as high as possible throughout the session.



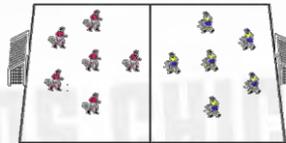
Activity 3 – Pressing Zone

Divide the field into three zones. Give players clear instructions to press the ball and regain possession as soon as the ball enters the middle zone. Ensure they understand the concept of the line of confrontation. Defending team looks to defend in attacking and middle zone, or as close to opposition goal as possible. Try to put the previous activities into context within the game environment.



Activity 4 – Regular Scrimmage

Play a 6v6 game in a 60x30yard area. Players are free to position themselves and organize the game on their own. Field is narrower to encourage the application of the previous activities



- Establish a mentality of quickly regaining possession
- Awareness of positioning
- Emphasis on 1st 2nd & 3rd Defender
- Can players recover the ball quickly?

- 3 defenders work together to regain possession of the ball
- Double team when possible
- Team that loses possession tries to close off the passing lane to target player and win the ball back quickly

- Win the ball early
- Defend in 2s at all times
- Encourage players to work together
- Communication between the players

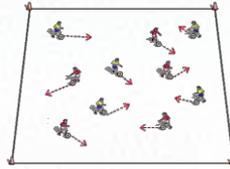
- Let them play
- Let them figure it out



Week 8: Multi Game Attack

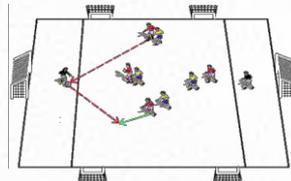
Activity 1 – Ball Manipulation

Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used and ensure they understand the key concepts of the moves (i.e. Shield, Turn, Accelerate)



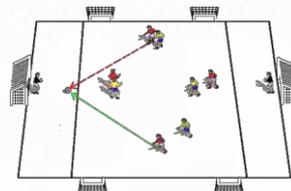
Activity 2 – Four Goal Game (6v4)

Play a small-sided game with no designated goalkeepers. Have two neutral players in the wide areas. Neutral players always play with the team in possession and can use the full length of the field. Players aim to score in either one of the oppositions two wide goals by utilizing the 'numbers up advantage. Players must move quickly and think of the angles of support and how to score by creating a numbers up situation.



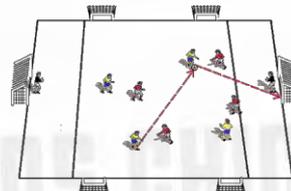
Activity 3 – Beat the Offside Trap

Setup a 50x30 yard field with end zones. The game is played mainly in the central zone. Players look to find an opening and make a pass into their opponent's end zone. When they pass to a team-mate inside the area, they must finish with their first touch. The end zone is the 'last man'. Enforce the rule and see if the players can come up with creative ways to beat the offside trap.



Activity 4 – Shoot from Distance

On a 50x30 Yard Field, players adapt the previous activity but now they can only shoot from outside the area. This challenges them to find quick solutions and find space to get shots on target from distance. Off the ball movement is important. The emphasis is place on creating angles and our speed of play to get the opportunities to shoot on goal – Importance is placed on hitting the target!



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

- Are players creating angles of attack?
- Are there opportunities to switch play and score in the other goal?

- Are the players looking to time and angle their run at goal?
- Is there a change of rhythm and tempo to each teams game in both attack and defence?
- Timing, weight and accuracy of the final ball.

- How quickly can they get the shot away?
- Strike early and with laces. Create angles to shoot.
- Progress to free game – let them play and figure out what is best for each situation.