



Club Select Curriculum and Lesson Plans

Curriculum Overview

GIRLS

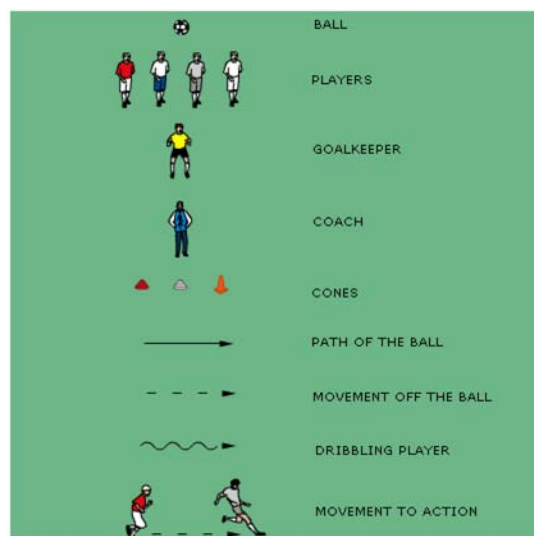
1. 1v1 Attacking
2. Passing and Possession
3. Club Coach and AGTC will decide on topic based on teams performance
4. Principles of Defending
5. Club Coach and AGTC will decide on topic based on teams performance
6. Shooting
7. Crossing and finishing
8. Club Coach will be given topic to perform to be evaluated

How the Sessions work?

Each Session plan is to be used as a guide and concentrates on a particular topic. It is up to the coach to look at adapting the session's suitability to the conditions, age and ability of the players.

Club Coaches are encouraged to participate in each session run by the AGTC, the participation levels of each club coach will differ and will depend on their confidence and expertise. This participation will increase over the course of the season and for the last session the club coach will be presented with a topic where they will have to design a conduct a session based around that topic.

Notation Legend





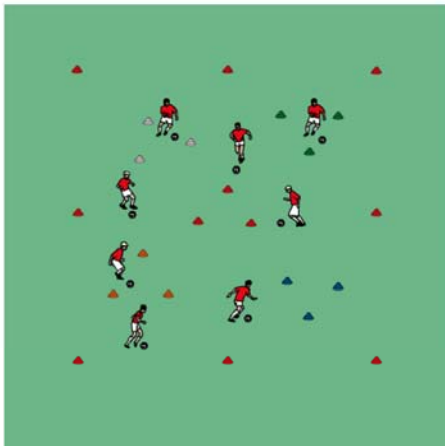
U12/13/14 SESSION 1

1v1 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP

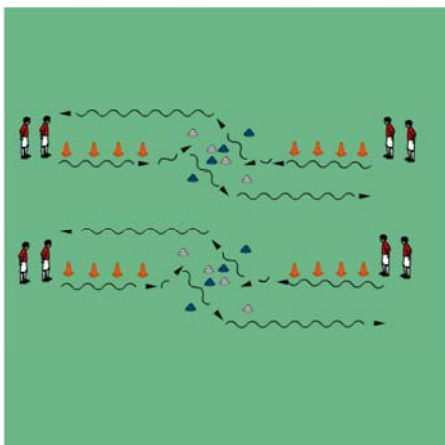


Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

TECHNICAL EXERCISE



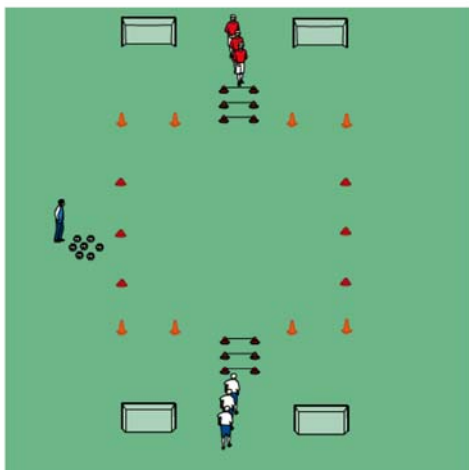
Organisation

Set up 2 rows of cones as shown in the diagram. Split players into 2 groups with equal amounts of players either side of each line of cones (see Diagram). Players dribble through the cones on reaching the centre the player will fake towards the white cones and exit through the blue

Progression

- Players can only use a certain part of their foot
- Players pass to the next player in line
- Introduce competition 1st team through the cones wins.

SKILL PRACTICE



Organisation

Set up a 15x15yd grid with 2 small gates either end with a small goal about 10yds away (see diagram). Between the 2 gates set up a ladder or cones and split players into 2 teams and have them line up behind the ladder. On the coach's command players perform an exercise as set by the coach through the ladder, the coach plays a ball into the area and the players compete and look to dribble through one of the 2 gates to have a free shot on goal.

Progression

- Vary the exercises through the ladder

Use Cones if no agility ladder available.

SSG



Organisation

Set up a 30x20yd field with 4 small goals marked out by cones, players play a 4v4 game and can dribble through either of the 2 goals to score.

Progression

- On scoring a goal teams look to immediately attack the other 2 goals

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep our head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

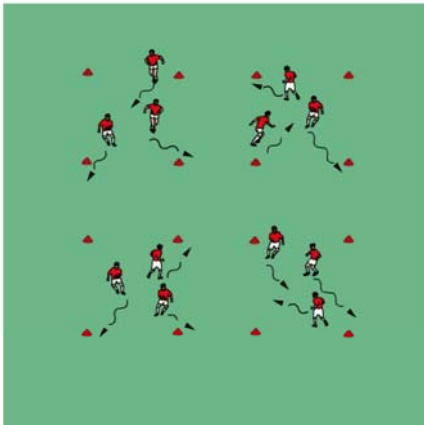
- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

U12/13/14 SESSION 2 Passing and Support

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving
Tactical	<ul style="list-style-type: none"> • Providing Good Support and movement off the ball • Maintaining Possession of the ball

WARM UP



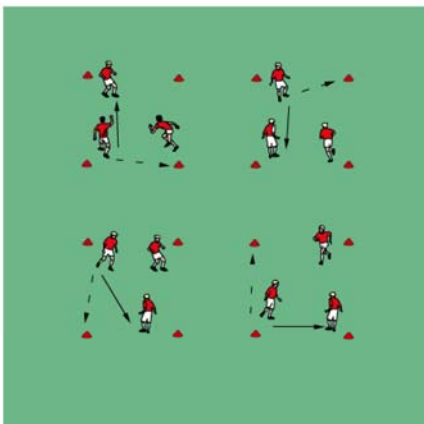
Organisation

Set up four 10x10yd grids, split players into groups of 3 with 1 ball each. Players dribble around the 1 of the 4 cones on the 4 corners of the square keeping the ball tight to the cone and return to the middle of the square and then dribble to another cone.

Progression

Have players dribble with one foot only.

TECHNICAL EXERCISE



Organisation

Set up four 10x10yd grids, split players into groups of 3 with 1 ball between each group. Players pass the ball, and run around a cone before receiving the next pass. (See Diagram)

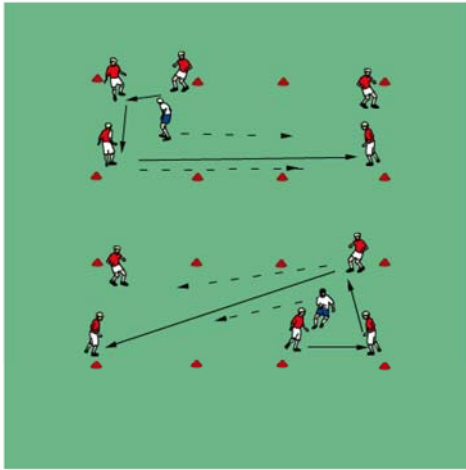
Progression

Players pass to another square on coaches command:

- Clockwise
- Anti-clockwise
- Horizontal
- Vertical
- Diagonal

Limit players to 2 or 1 touch

SKILL PRACTICE



Organisation

Set up two 8x8yd grids with 3 attackers in one grid and 2 attackers in the other grid. The drill starts by a defending player passing the ball into the group of 3 creating a 3v1 situation. The attackers attempt to make 4 passes before they are allowed to pass to the 2 attackers in the other grid. The player who passes the ball follows their pass again creating a 3v1 situation (see Diagram). If the attackers manage to switch grids 3 times or the defender wins the ball a new defender is introduced

Progression

- Increase the number of passes before the ball can be played across.
- Introduce a second defender making it 3v2

SSG



Organisation

Set up a 30x20yd grid, split players into 2 teams of 6. 2 players from each team stand on opposite corners of the grid acting as Target players (See Diagram). Players play a 4v4 inside the grid and attempt to pass to one of the 2 target players to score. Once a goal has been scored the ball must be played to the opposite target player to gain another point. If possession is lost and regained the ball can be passed to any of the 2 target players.

Progression

Player who passes to target player switch places.

Reduce number of touches

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

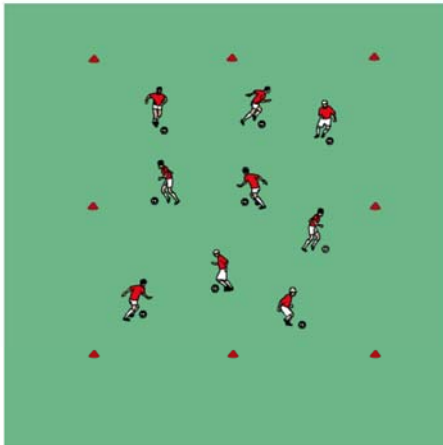


U12/13/14 SESSION 4 Principles of Defending

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual, 2v2 and 4v4 Defending • Basic Principles of Defending

WARM UP

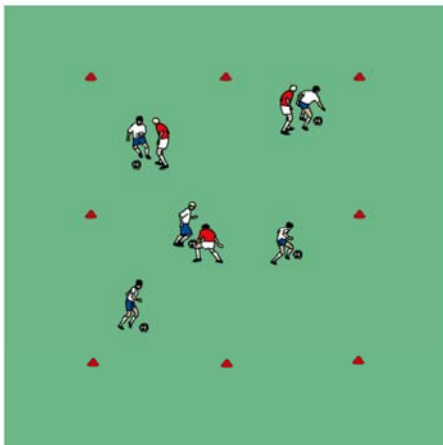


Organisation

Set up a 20x20yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

TECHNICAL EXERCISE



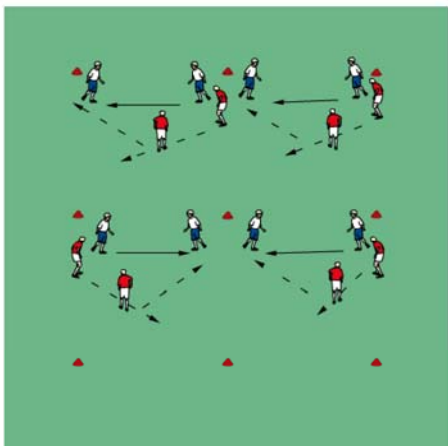
Organisation

Set up a 15x15yd grid each player with a ball and perform the "Basic Dribble Warm up". After 5mins select 3 or 4 players to act a passive defenders who put pressure players with the ball attempting to force them into certain areas of the grid without winning the ball. Switch defenders after 30 sec.

Progression

If defenders win the ball cleanly the attacking player becomes the defender

TACTICAL EXERCISE



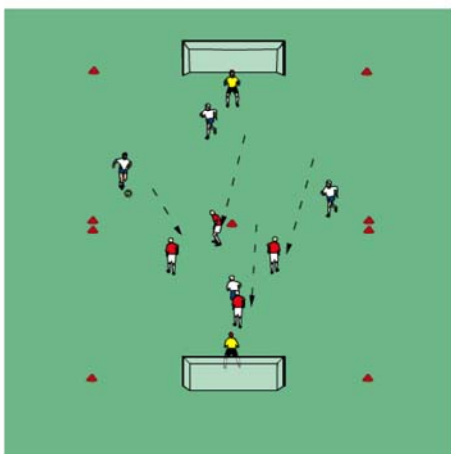
Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

SSG



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that on loosing possession all players must move back to their own half

Progression

Introduce Pressure defending by putting a condition on the game that all players must be in their opponent half to score

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st Defender applies pressure
- Jockey be patient recognise the right moment to tackle
- 2nd Defender supports
- 3rd defender Covers (marks men and space)
- Stay compact and defend as a unit
- Communication

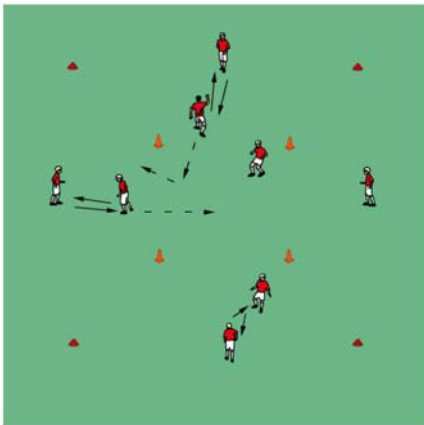


U12/13/14 SESSION 6 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Shooting and Volley Techniques
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP



Organisation

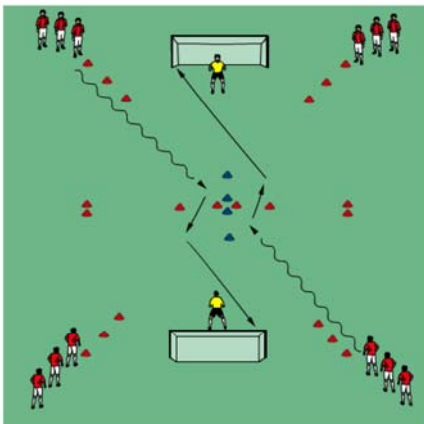
Set up a 15x15yd grid with a small 8x8yd grid inside. Split players into pairs with one ball between two. One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following Volley techniques:

- 1 touch pass inside foot
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Header

Progression

- Players can perform various exercises in the small grid for example summersault

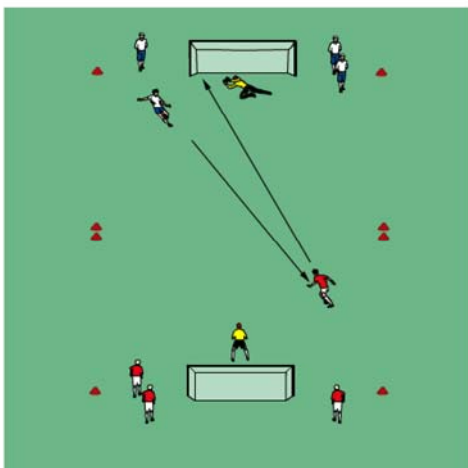
TECHNICAL EXERCISE



Organisation

Set up a 30x20yd field and set up the cones as shown in the diagram. Split players into 4 groups with a ball each and have them line up as shown in the diagram. Players from opposite corners dribble through the cones and towards the central cones, on reaching the centre players fake towards the blue cones and touch the ball through the red cones and then shoot on goal

SKILL PRACTICE



Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The defending team starts by passing the ball into one of the attacking players who play a 1v1. The ball is dead once the ball is out of play.

Progression

Develop into a 2v2.

SSG



Organisation

Set up a 30x20yd grid with 2 goals. Players play a 4v4 game with goalkeepers. Players are encouraged to shoot at every opportunity.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:
 - Can I create a shooting opportunity as an individual*
 - Can I pass to a player in a shooting position*
 - Can I combine to create a shooting opportunity*

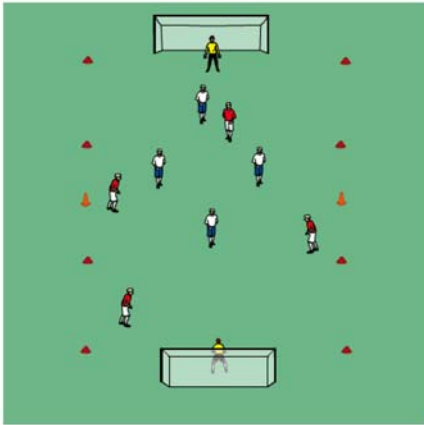


U12/13/14 SESSION 7 Crossing and Finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley and heading Techniques
Tactical	<ul style="list-style-type: none"> • Crossing and Finishing

WARM UP



Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other
- Players Head ball to each other

TECHNICAL EXERCISE



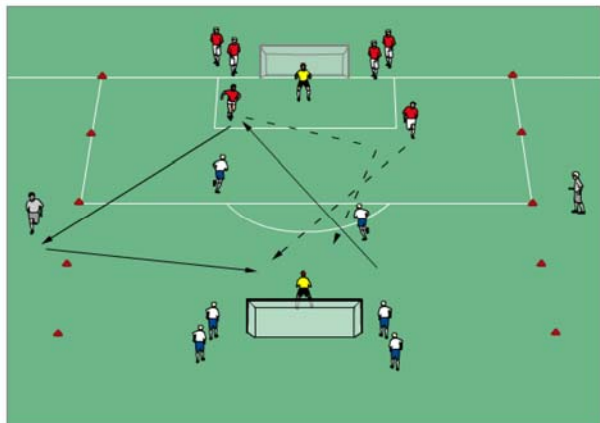
Organisation

2 groups of players are lined up just outside the penalty area with a ball each. 2 servers are placed either side of the goal (see diagram). Players take it in turns serve the ball to them selves and perform a volley, they then receive a ball from on of the servers along the ground and shoot and then receive a ball off the other server for a header.

Progression

- Introduce different techniques

SKILL PRACTICE



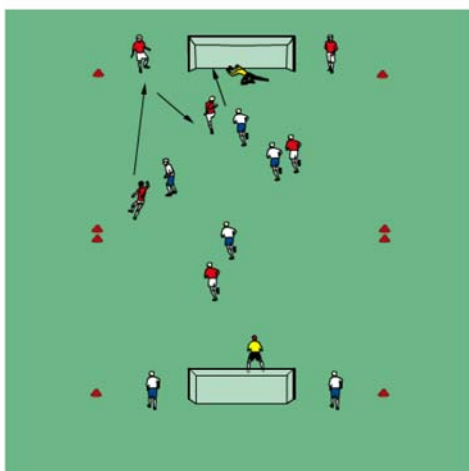
Organisation

Set up an area double size of the penalty box with 2 goals (see diagram). Split player into 2 groups and have players line up as shown in the diagram with 2 players to act as the crossers. Players play a 2v2 and a goal can only be scored from a cross.

Progression

- Limit crossers to 2 or 1 touch
- Extra points are awarded if a goal is scored from a header or a volley

SSG



Organisation

Set up an 30 x25yd field, Players play a 4v4 game with 4 target players (see Diagram) the ball must be passed into a target player who passes the ball back in to score. Play starts with the keeper

Progression

- Targets pick ball up and serve players to perform a volley or header

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish

SESSION 8

Coach Evaluation

For the Fifth and the Final session the Club Coach will be given a topic 1 week prior to the session from the table below :

Technical	Tactical
Short Passing	When to Dribble and when to pass
Long Passing	Passing and Support
Dribbling and Feinting	Building the Attack from the Back
Turning with the ball	The role of the 1 st Defender
Develop 1 st touch	When and Where to Shoot
Running with the Ball	The role of the 2 nd Defender
Long Range Shooting	Switching the point of Attack
Shooting	Delay Defending
Teach Volley and Heading Techniques	Looking for the forward pass
Receiving to Turn	Pressure defending

Planning and preparing the session

Once issued with the topic the Club coach will be expected to plan and prepare the session based on the topic on a session plan sheet. The session should progress from a warm up activity to a technique based practice, to a skill related practice and finally a small sided conditioned game based around the topic.

Conducting the Session

Once the session has been planned the session plan sheet should be handed into the AGTC for review. The AGTC will then decide with the Club coach if the session needs to be altered. The AGTC will then discuss with the coach which part or parts of the session the club coach would like to perform and the AGTC will then run the rest. It is recommended that if the club Coach is comfortable at conducting the whole session they should be encouraged to run the session. The AGTC will then evaluate the session or parts conducted by the club coach on a coach evaluation form.

Feedback

Once the session is completed the AGTC will provide the club coach with feedback based on observations made during the session and over the course of the season. The AGTC will also make recommendations to the club coach on what are their next steps and present them with a written evaluation based on the season.