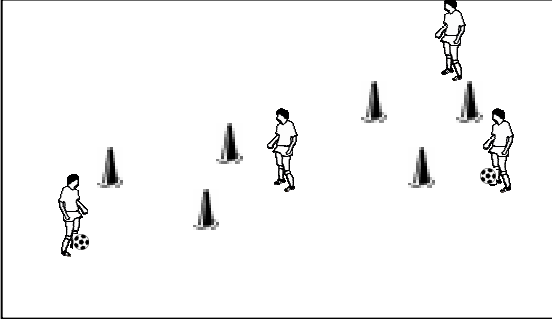
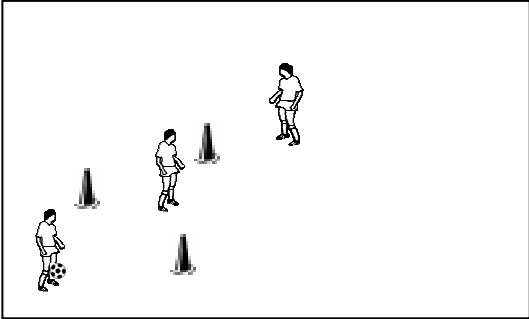
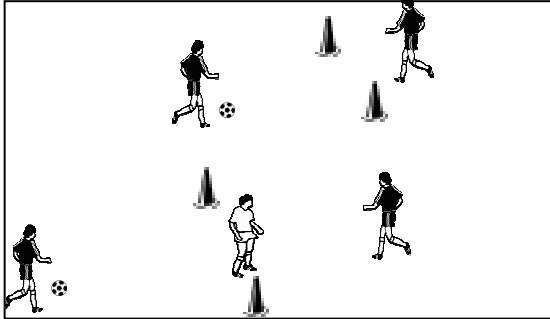


TRAVEL / PREMIER DIVISION

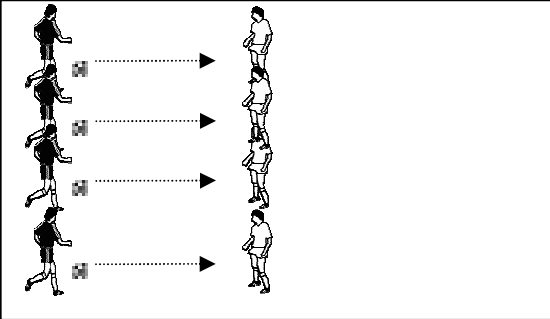
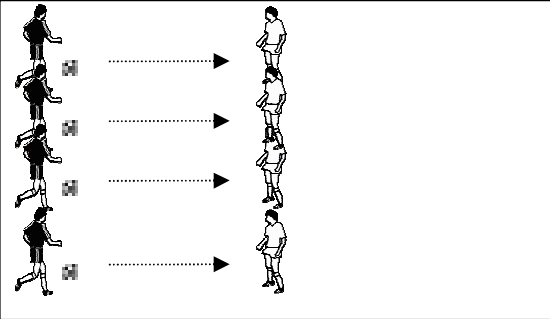
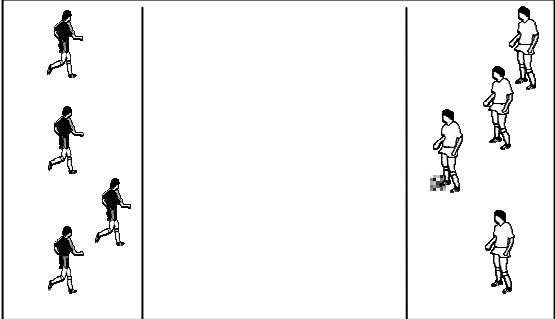
Youth Development

CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U11/U12	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING INTO SPACE										
SHOOTING TO CORRECT HEIGHT / ANGLE										
TRAPPING WITH THIGH										
FEINTING AND DRIBBLING										
PUTTING OPPONENTS OFF BALANCE										
RUNNING WITH BALL INTO SPACE										
TURNING/ CHANGE OF DIRECTION										
PRINCIPLE OF ATTACK (DEPTH/WIDTH)										
DECOY RUNS										

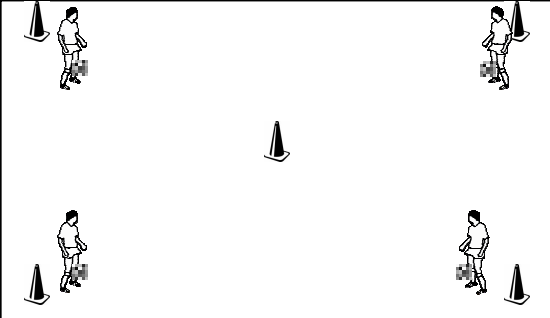
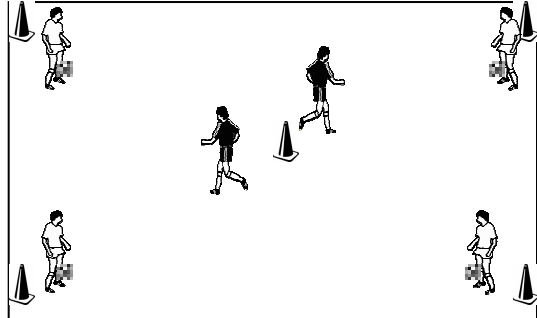
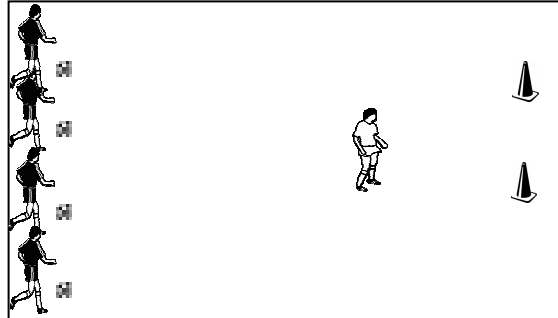
U11/U12 WEEK 1

Unopposed Passing Organization  Implementation • Players are set with a partner and a triangle of cones • Players have to pass the ball through to their partner who must touch the ball round and pass through a different gap Coaching Points • Good first touch to the side • Pass with inside of the foot • Strike through the ball, don't stab at it • Eye contact with other player	Game Related Passing Organization  Implementation • Same exercise as before only 1 defender is placed inside the triangle • They cannot challenge for the ball but can try and stop it passing through to other player • Size of triangle can be adjusted Coaching Points • Repeat coaching points in previous drill • Emphasis on touching ball to the side to create angle of pass • Short sharp passes to keep defender thinking • Head up	Conditioned Game Passing Organization  Implementation • Players are with a partner and must move around grid and attempt to pass the ball through a gate to score a point • Set number of Defenders have to try and stop the passes by blocking the gates Coaching Points • Same as before • Look for open space
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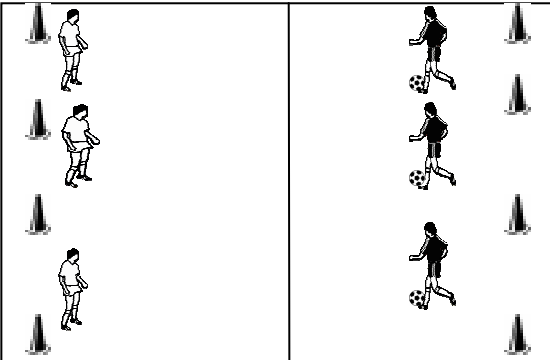
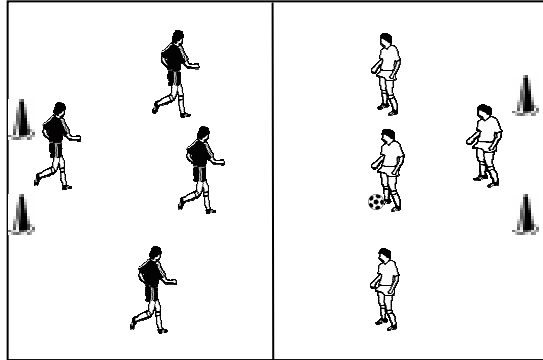
U11/U12 WEEK 2

Unopposed Dribbling: Feinting & Moves Organization  Implementation • Players partner off and one set face off 10 yards apart • Players with the ball dribble towards their partner who jogs backwards always watching the ball • The Players change over after reaching the other side Coaching Points • Encouraging moves , feints and shoulder dips as they move with the ball • Keeping their head up • Going at a pace in which they can control the ball • Having the ball out from under their feet	Game Related Dribbling: Feinting & Moves Organization  Implementation • Same as before only defenders now challenge for the ball upon the coaches call • Players score points for going past the defender and again they change at the other side Coaching Points • Players must now have close control of the ball • Encouraged to go at speed to put defender off balance • Perform different moves	Conditioned Game Dribbling: Feinting & Moves Organization  Implementation • Each team must attempts to dribble into the other teams defending zone. • Ball must be dribbled across the line to gain a point and players are encouraged to attack open space Coaching Points • Moving with ball into space • Use of moves e.g stop and start to go round defenders • Keep the ball close when dribbling • Have head up at all times • Attack open space
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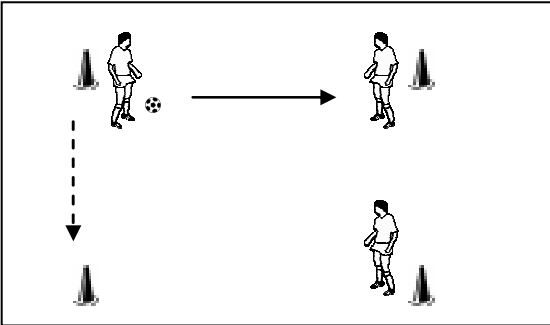
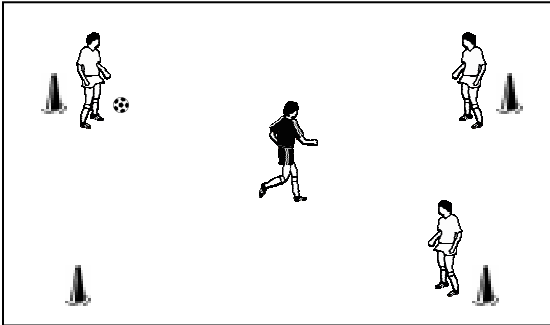
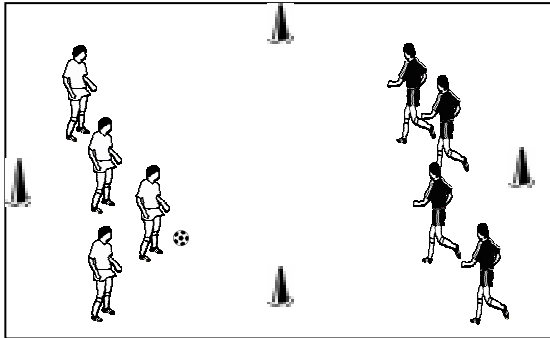
U11/U12 WEEK 3

Unopposed Turning: Changing of Direction Organization  Implementation • Players dribble from the corners into the middle cone and perform a turn • Variation of turns, outside , inside cruyff, drag back Coaching Points • Slow into turn i.e approaching cone • Arm out, spin • Knee's bent • Chop down on ball with outside/ inside of the foot • Accelerate away from turn	Game Related Turning: Changing of Direction Organization  Implementation • Same exercise as before only 2 defenders stay in close to the middle. • They cannot challenge for the ball but if a player gets too close they may knock the ball away Coaching Points • Repeat coaching points in previous drill • Pace of dribbling into the defender • Turning at correct moment	Conditioned Game Turning: Changing of Direction Organization  Implementation • Players line up with a ball with one defender "Referee" in front of them • Player ask "how long is left Ref?" • Ref calls a number up to 12 and players take that many steps • At the call of full time the ref turns and try's to steal the players balls. • Players must turn and dribble back to end line, if caught they join the ref Coaching Points • Same as before
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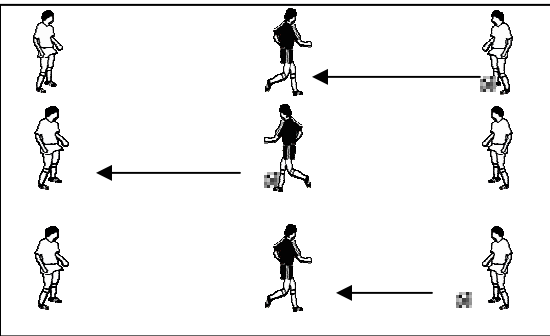
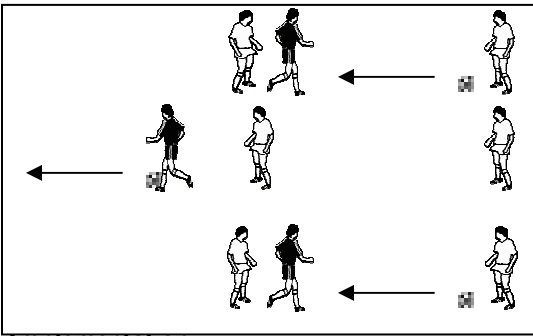
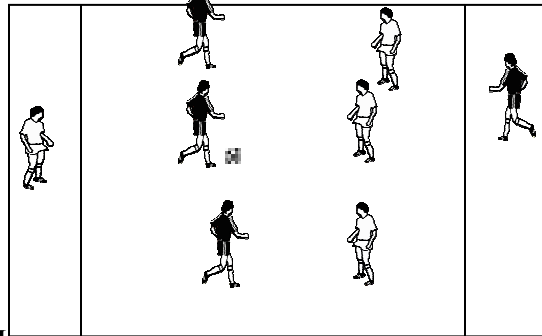
U11/U12 WEEK 4

Unopposed	Game Related	Conditioned Game
Shooting: towards a target	Shooting: towards a target	Shooting: towards a target
Organization	Organization	Organization
		
Implementation 3v3 with two teams in each grid. 1 team starts with the ball and have to shoot across the grid to score into one of the 3 goals. - Team without the ball are not allowed to stop the shots but have their chance to shoot once the other team have taken all their shots 3 points are given for the corner goal and 1 for the middle - Players cannot cross into the other half Coaching Points - Angle of approach to striking the ball - Preparation, contact and follow through - Target - Work on moving with ball before hitting	Implementation - Same as before only with one ball and players are encourage to pass the ball to set up and angle for a shot - Teams can now defend the shots but are not allowed to use their hands Coaching Points - Decision of when to shoot - Preparation, contact and follow through - Accuracy of shot - Can develop and change to have one player from each team attack opposition half	Implementation 2 teams with players having a normal game only they must shoot once in opponents half Coaching Points - Working angle for a shot on goal - Moving ball towards goal - Shooting on sight - Support of players - Preparation, contact and follow through

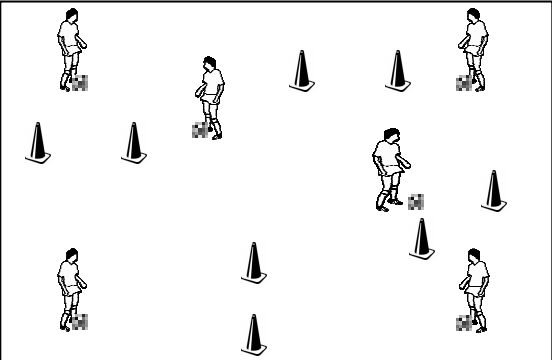
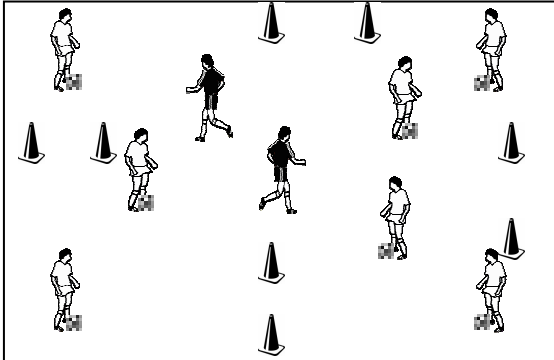
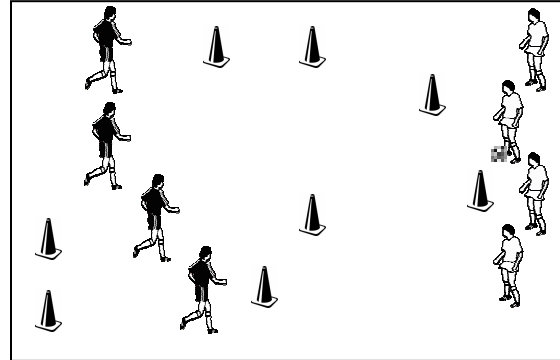
U11/U12 WEEK 5

Unopposed Passing & Moving Organization  Implementation • Players can only pass the ball across or down. • Once the players makes the pass they must move to the open cone Coaching Points • Stay on your toes and look to receive the ball with your head up. • Take a touch into the area you wish to play the ball • Do not move until you are sure the ball is going to the opposite player • Use both feet	Game Related Passing & Moving Organization  Implementation • There is now a defender who is placed into the box • Defender can be adjusted to allow for ability of group e.g has to hop, cant tackle Coaching Points • Players must now actively be aware of where the defender is and take their first touch away from pressure and toward the pass they want to make • Move the ball quickly	Conditioned Game Passing & Moving Organization  Implementation • Players are split into 2 teams and can't run with the ball or tackle for the ball. • Coach can teams fun names • Teams must intercept the pass to gain possession • Teams score by getting ball to an outside cone • Players cannot crowd 1 man and 5 yard space rule is applied. Coaching Points • Making runs into space • Keep ball moving • Passing into space for players to run onto
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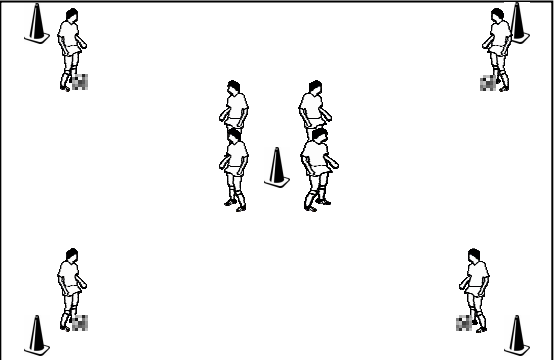
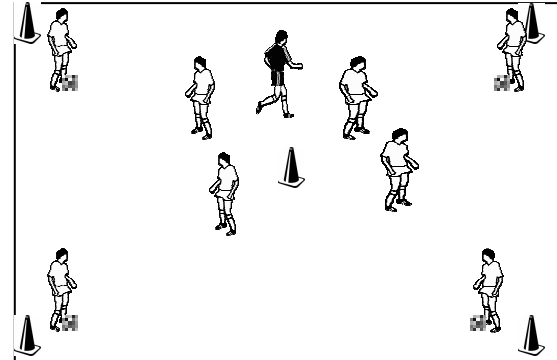
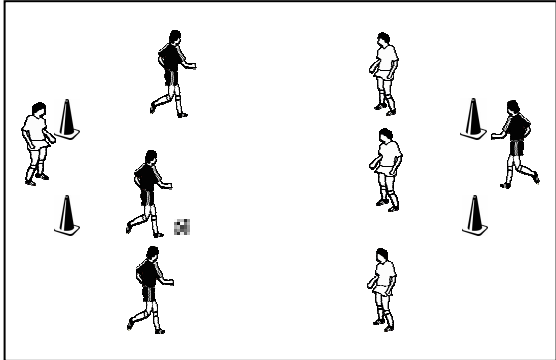
U11/U12 WEEK 6

Unopposed Passing: Passing and Receiving Organization  Implementation • Players are in groups of 3 . • One ball between 3 with player in the middle receiving passes from the outside players. • Pass should be light and to the players feet • Middle player receives, turns and passes to the other side Coaching Points • Encourage players to move to meet the ball. • Encouraged players to pass the ball with the inside of their feet • First touch to set up pass to the other side • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go	Game Related Passing: Passing and Receiving Organization  Implementation • Players now have one of the side players acting as a defender • Once the ball is played the side player moves to place them under pressure • Middle player can pass back or try and turn the defender and move to the other side • Coach can adjust the practice to suit each skill level e.g delay defender Coaching Points • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass • Correct decision on passing back or turning	Conditioned Game Passing: Passing and Receiving Organization  Implementation • Players are set into 2 teams • Each team has a player in the attacking zone. Only set player can be in this area • Each team must work the ball through to this player. • Player in the attacking zone can move up and down the line • Additional players can be placed in attacking zone Coaching Points • Team must work to keep possession and make the thru pass at the correct time • Movement of player in attacking zone to make themselves available • Creating angles for pass
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U11/U12 WEEK 7

Unopposed Dribbling: Moving with the ball Organization  Implementation - Each player has a ball and is allowed to dribble around the grid. - The coach calls out “go” players then have 30 sec to dribble through as many gates as possible Coaching Points - Players should keep the ball close to them and have lots of touches - Head up and look for space - Slow down when going through gate, speed up once through	Game Related Dribbling: Moving with the ball Organization  Implementation - Each player has a ball except a designated number of defenders - Players have to dribble through gates whilst avoiding defenders - If defender gets the ball they now switch roles Coaching Points - Players should keep the ball close to them - Keep their head up and look for space - Be going at a pace which allows them to stop the ball - Encourage feints, moves Burst of pace to go round defender	Conditioned Game Dribbling: Moving with the ball Organization  Implementation - Each team must attempts to dribble through gates to gain a point - Team without the ball can defend the gates and then turn defending into attack Coaching Points - Moving towards open gates - Use of moves e.g stop and start to go round defenders - Feints and different moves - Burst of pace to go round defender - Keep the ball close when dribbling - Have head up at all times
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U11/U12 WEEK 8

Unopposed Passing: Passing and Receiving Organization  Implementation • Players are split into 2 groups with 1 group inside small grid within the box. Other group on the outside of the box with a ball. • Players on the inside must move to a feeder to receive a pass and then pass the ball to the feeder Coaching Points • Players are encouraged to pass the ball with the inside of their feet • Avoid Queuing for a pass by moving to open feeder • Placement of non kicking foot • Pass is made with communication • Weight of pass and control	Game Related Passing: Passing and Receiving Organization  Implementation • 1 Defender is now in place to place the players in the middle under pressure • Number of defenders is changed upon coaches request Coaching Points • Players in the middle must look and listen for the defender • Run towards feeder with no defender present • Control ball to create angle for pass, get ball out from under feet • Relax with pass and have correct weight • Eye contact when receiving pass and call their persons name when making the pass	Conditioned Game Passing: Passing and Receiving Organization  Implementation • Players are set into 2 teams each player has a ball except 2 for each team who are behind a coned off area • Each team must pass the ball to their player in the attacking zone • If they are successful in getting the ball to the player the score a point Coaching Points • Players must look for the correct time to make the thru pass • Movement off the ball
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