



BRANCHBURG SOCCER CLUB TEAM _____

AGE _____ COACH _____ PHONE _____

ACADEMY COACH _____

This is a guideline for player development over the course of a season. The Academy coach will continually work on individual technique, encouraging tactical decision making whilst assessing the needs of players individually and collectively. This assessment will inform future planning and session topics to be delivered.

Under 8

Session Topic	Players Should Be Able To:
<input type="checkbox"/> • Introduction To Short passing	<ol style="list-style-type: none">1. push pass with i/s of both feet to target2. use correct weighting of pass3. recognize when to pass & when to dribble
<input type="checkbox"/> • Receiving Ball On Ground	<ol style="list-style-type: none">1. use i/s of both feet to pass & receive ball2. settle ball with 1st touch in direction they want to go.3. demonstrate an awareness of space to pass & receive ball.
<input type="checkbox"/> • Ball Mastery Turns & Moves I (Change Of Direction)	<ol style="list-style-type: none">1. use i/s of both feet to change direction.2. use o/s of strongest foot to change direction3. demonstrate a change of pace when changing direction
<input type="checkbox"/> • Running With The Ball	<ol style="list-style-type: none">1. dribble at speed in control of the ball2. recognize when to manipulate space in front of them3. use both feet when running with the ball
<input type="checkbox"/> • Introduction To Shooting	<ol style="list-style-type: none">1. use i/s of feet to shoot at target2. shoot at wide targets3. recognize when to shoot
(Goalkeeping)	<ol style="list-style-type: none">1. demonstrate correct ball handling technique
<input type="checkbox"/> • Dribbling For Possession	<ol style="list-style-type: none">1. use i/s & o/s of feet to move ball from side to side.2. keep body between ball & defender3. use of sole of foot to keep possession of the ball
<input type="checkbox"/> • Ball Mastery Turns & moves II (Change Direction & Speed)	<ol style="list-style-type: none">1. use sole of foot to change direction2. use sole of weaker foot to change direction3. combine the use of the sole and i/s of foot to change direction
<input type="checkbox"/> • Introduction To defending	<ol style="list-style-type: none">1. Slow down/delay attacking player2. demonstrate persistence3. demonstrate success when stealing the ball



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Under 10

Session Topic	Players Should Be Able To:
<input type="checkbox"/> • Introduction To Driven & Lofted Passing	<ol style="list-style-type: none">1. drive ball along ground to target/space2. loft ball to a target/space3. recognize when to loft & when to drive ball
<input type="checkbox"/> • Ball Mastery, Turns & Moves IV (To Beat A Defender)	<ol style="list-style-type: none">1. demonstrate move(s) to effectively beat defender2. demonstrate a change of pace3. utilize more than one move to effectively beat a defender
<input type="checkbox"/> • Running With The Ball	<ol style="list-style-type: none">1. recognize when to manipulate space2. create & recognize 1v1 opportunities3. Use instep/outside of both feet to dribble at speed
<input type="checkbox"/> • Combination Play: Coach the Wall Pass (Angle & Distance Of Support)	<ol style="list-style-type: none">1. recognize when to play wall pass2. create opportunities to play wall pass3. demonstrate correct angle & distance of support
<input type="checkbox"/> • Shooting For Accuracy	<ol style="list-style-type: none">1. use laces & inside of foot2. be comfortable using both feet3. select correct surface for accuracy
<input type="checkbox"/> • Combination Play: Coach Takeover & Overlapping Runs (Angle & Distance Of Support)	<ol style="list-style-type: none">1. communicate effectively2. recognize when combination is on3. create opportunities from combination play
<input type="checkbox"/> • Defending: Role Of 1st Defender	<ol style="list-style-type: none">1. pressure ball2. demonstrate effective defensive stance3. delay/contain attacker
<input type="checkbox"/> • Defending: Role Of 2nd Defender	<ol style="list-style-type: none">1. demonstrate correct angle of support2. communicate effectively3. recognize transition from 1st defender to 2nd defender & vice versa



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Under 11

Session Topic	Players Should Be Able To:
<input type="checkbox"/> <ul style="list-style-type: none">• Passing: Chipped & Swerved	<ol style="list-style-type: none">1. strike ball with i/s & o/s of foot accurately2. loft ball over short distance with accuracy3. make choices at the right time
<input type="checkbox"/> <ul style="list-style-type: none">• Ball Mastery, Turns & Moves V (With Back To Goal)	<ol style="list-style-type: none">1. demonstrate move(s) to beat defender2. Show disguise3. make most effective choices
<input type="checkbox"/> <ul style="list-style-type: none">• Aerial Control: Thigh, Chest, Head	<ol style="list-style-type: none">1. maneuver body in line with path of the ball2. select surface & control ball in desired direction3. use control/1st touch as a method to pass ball
<input type="checkbox"/> <ul style="list-style-type: none">• Shooting: (Power/Accuracy Trade Off)	<ol style="list-style-type: none">1. land on striking foot2. recognize when to trade power v's accuracy3. show awareness & follow shot for rebound
<input type="checkbox"/> <ul style="list-style-type: none">• Crossing incorporating (Attacking Heading) (Defensive Heading)	<ol style="list-style-type: none">1. strike ball from wide position on run2. head ball low & away from GK3. head ball high, long & wide
<input type="checkbox"/> <ul style="list-style-type: none">• Passing: Possession For Creativity	<ol style="list-style-type: none">1. play accurate penetrating balls2. correct weighting of pass3. recognize when to play a penetrating ball
<input type="checkbox"/> <ul style="list-style-type: none">• Attacking Play: Using The Flanks/Width In Attack (Attacking & Defensive Heading)	<ol style="list-style-type: none">1. commit defender to release wide player2. execute 2v1 to beat full back3. play deep penetrating balls to wide areas
<input type="checkbox"/> <ul style="list-style-type: none">• Shadow Play: Defense V's Attack	<ol style="list-style-type: none">1. understand possession v's direct play2. keep team compact and balanced3. recognize opponents weaknesses