



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:

- Progression Of Short Passing

1. push pass to moving target
2. demonstrate a one touch pass
3. recognize when to pass to feet & when to pass to space

- Receiving: Wedge Control  
(Introduction To Heading)  
(Throw Ins)

1. maneuver body in line with path of the ball
2. select correct body surface
3. use a variety of surfaces

- Receiving: Cushion Control  
(Heading)  
(Throw Ins)

1. maneuver body in line with path of the ball
2. Select correct body surface
3. use a variety of surfaces

- Shooting For Increased Power

1. use laces to increase power
2. demonstrate correct placement of non-kicking foot
3. demonstrate use of whole body to increase power

- Ball Mastery, Turns & Moves III  
(Shielding & Moves To Escape  
Defender)

1. use whole body to disguise
2. use move to effectively beat a player
3. use move to effectively escape a defender

- Running With The Ball Changing Direction & Speed

1. use instep/outside of feet to dribble at speed
2. change speed and direction under control
3. incorporate a move to change direction whilst dribbling at speed

- Passing & Dribbling For Possession

1. effectively shield the ball
2. recognize when to play the way they are facing
3. recognize when to pass & when to dribble

- Defending/Block Tackling

1. demonstrate correct defensive stance
2. defend within one step of reaching the ball
3. recognize when to delay & when to tackle





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### Under 10

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



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**Under 11**

Session Topic	Players Should Be Able To:
<input type="checkbox"/> • Shadow Play: Introduction To 11-A-Side Game, System Of Play & New Roles	1. show links within & between units 2. understand basic 4-3-3 & 4-4-2 systems 3. show ability to play indirectly to keep possession
<input type="checkbox"/> • Principles Of Defending A Larger Playing Area	1. compact the space 2. demonstrate the ability to recover (runs) 3. communicate as part of a unit
<input type="checkbox"/> • Shooting: Under Different Circumstances	1. pass the ball into the goal 2. shoot from a distance 3. strike ball in pressurized situations
<input type="checkbox"/> • Possession Under Pressure	1. control ball in desired direction under pressure 2. keep ball moving 3. demonstrate quality technique(s)
<input type="checkbox"/> • Ball Mastery, Turns & Moves VI	1. master two moves 2. create space to pass/dribble/shoot 3. demonstrate move(s) to penetrate defense
<input type="checkbox"/> • Combination Play In Defensive Area Of The Field	1. demonstrate a give and go/wall pass 2. offer depth in support 3. support midfielders & forwards in attacking play
<input type="checkbox"/> • Shooting/Finishing: Ball Played In From Wide Areas (Attacking Heading)	1. demonstrate first time shot 2. demonstrate timing of run(s) 3. head ball low with sound timing of run
<input type="checkbox"/> • Principles Of Defending II: Role Of 3rd Defender	1. demonstrate cover 2. demonstrate balance 3. demonstrate awareness and communication



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### Under 12

Session Topic	Players Should Be Able To:
<input type="checkbox"/> • Progression Of Different Types Of Passing Under Pressure	1. play ball simple 2. play ball that stretches opponents 3. change direction of play
<input type="checkbox"/> • Progression Of Controlling Techniques Under Pressure	1. use body to shield effectively and show strength 2. anticipate pressure from behind and check to ball 3. glance over shoulder to determine controlling technique
<input type="checkbox"/> • Ball Mastery, Turns & moves VII	1. combine movement 2. recognize opponents moments of weakness 3. demonstrate consistent success in these methods
<input type="checkbox"/> • Interchanging Of Positions To Create Space	1. understand need to maximize width 2. understand need to maximize depth 3. communicate effectively
<input type="checkbox"/> • Defending: Balance	1. demonstrate awareness 2. Demonstrate angle & distance of support 3. keep team compact
<input type="checkbox"/> • Attacking: Width & Depth	1. switch play stretching opponents defense 2. demonstrate timing of runs 3. penetrate with balls played deep behind defense
<input type="checkbox"/> • One & Two Touch Passing	1. demonstrate technique to play quickly 2. play quickly in tight spaces 3. show vision to pass & receive in tight spaces
<input type="checkbox"/> • Crossing (Goalkeeping: Angles & Positioning) (Heading To Shoot/Pass/Defend)	1. play ball away from GK 2. decrease angle making goal as small as possible 3. demonstrate confidence in technique



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**Under 13**

Session Topic	Players Should Be Able To:
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Defending: Delay/Contain &amp; Supporting As A Unit</li> </ul>	<ol style="list-style-type: none"> <li>apply pressure on ball dependent upon degree of support</li> <li>make play predictable</li> <li>communicate effectively to pressuring defender</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Defending Counter Attacks</li> </ul>	<ol style="list-style-type: none"> <li>make recovery run under high pressure</li> <li>successfully delay/contain attack</li> <li>recognize where to recover</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>When To Play Short &amp; When To Play Long</li> </ul>	<ol style="list-style-type: none"> <li>recognize defensive alignment of opposition</li> <li>display correct angle &amp; depth of support</li> <li>recognize depth in attack</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Decision Making When Team Is Not In Possession</li> </ul>	<ol style="list-style-type: none"> <li>apply appropriate pressure</li> <li>organize players behind the ball</li> <li>press &amp; force play into pressure pockets</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Passing In Pressurized Areas Of The Field</li> </ul>	<ol style="list-style-type: none"> <li>play quickly</li> <li>recognize/show support/run for third stretching ball</li> <li>support with correct angle &amp; distance</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Running With The Ball In Pressurized Areas Of The Field</li> </ul>	<ol style="list-style-type: none"> <li>attack spaces</li> <li>display close control</li> <li>display balance</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Volleying To Shoot</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate balance</li> <li>Demonstrate correct body position</li> <li>demonstrate an attitude/confidence to shoot on volley</li> </ol>
<input type="checkbox"/> <ul style="list-style-type: none"> <li>Progression Of High Comfort Level On The Ball</li> </ul>	<ol style="list-style-type: none"> <li>display creativity in tight spaces</li> <li>display ability to think in game</li> <li>display high level of passing &amp; control technique</li> </ol>



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Session Topic	Players Should Be Able To:
<input type="checkbox"/> • Counter Attack: Recovering The Ball & Exploiting #'s Up In Attack	<ol style="list-style-type: none"><li>1. demonstrate ability to win ball and play quickly</li><li>2. play most penetrative ball possible</li><li>3. demonstrate ability to commit defender in #'s up situations</li></ol>
<input type="checkbox"/> • Attacking Runs Into The Box (Crosses From Different Positions)	<ol style="list-style-type: none"><li>1. demonstrate timing &amp; shape of runs</li><li>2. cross ball into path of attacking players</li><li>3. recognize different runs into box and make correct choice(s)</li></ol>
<input type="checkbox"/> • Low Pressure Defending	<ol style="list-style-type: none"><li>1. understand low pressure is not no pressure</li><li>2. recognize a lower line of confrontation</li><li>3. recognize when to anticipate and intercept/win ball</li></ol>
<input type="checkbox"/> • High Pressure Defending	<ol style="list-style-type: none"><li>1. recognize when to apply high pressure</li><li>2. recognize a higher line of confrontation</li><li>3. communicate effectively with pressuring defender</li></ol>
<input type="checkbox"/> • Dealing With Transition	<ol style="list-style-type: none"><li>1. communicate &amp; organize quickly</li><li>2. delay attack until re-organized</li><li>3. recognize when to apply low or high pressure in moment of transition</li></ol>
<input type="checkbox"/> • Playing Out Of The Back (Goalkeeper Distribution)	<ol style="list-style-type: none"><li>1. offer 2nd attacker options for Goalkeeper (1st attacker)</li><li>2. recognize when to keep possession in the defending third</li><li>3. recognize depth in attack</li></ol>
<input type="checkbox"/> • Defending As A Team	<ol style="list-style-type: none"><li>1. demonstrate confidence in transition</li><li>2. effective communication with &amp; between units</li><li>3. decision making, high or low pressure situations</li></ol>
<input type="checkbox"/> • Set Plays	<ol style="list-style-type: none"><li>1. organize quickly at set plays</li><li>2. understand individual roles &amp; responsibilities</li><li>3. utilize and exploit set plays (making them count)</li></ol>