



KEY MILESTONES &
SESSION ALLOCATIONS

TECHNICAL & TACTICAL CURRICULUM

OVERVIEW SUMMARY
& KEY MILESTONES IN
AGE GROUP
PROGRESSION

PERIODISED INDOOR SEASON PLAN

The Learning Continuum

Different skills & concepts are introduced at different ages based on their complexity and according to a sequential plan with milestones, which is also reflected in our assessment templates.

- **Skill INTRODUCTION**

- Players are exposed to situations which require a given skill and coaches ensure they correctly understand the fundamentals to execute the skill

- **Skill DEVELOPMENT**

- Once introduced players will develop through repeated practice so that the execution becomes reliable

- **Skill REFINEMENT**

- Following basic development of each skill, players refine their execution of the skill by combining it with other skills and tactics under conditions of game pressure and pace. Players will also adapt the skill to their own unique physiology.

TEC	U6	U8 (# of sessions)		U10 (# of sessions)		U12 (# of sessions)		13+ (# of sessions)	
Passing	Introduce fun of passing	Introduce short passing basics to feet and space or cross (side foot, laces, chip)	7	Introduce Variety & Develop Short Passing eg penetrating passes	10	Develop Variety & Refine under pressure	10	Refine	10
				Introduce Medium Range Passing (20m)		Refine under pressure & Introduce Long Range Passing (35m)			
Ball Mastery		Introduce controlling the ball (inside/sole/outside)	5	Introduce Variety & Develop Control	7	Refine Control	7	Refine	8
Progression with the Ball	Introduce running with the ball	Introduce Variety running with the ball (to space and change of pace) & Develop	15	Develop running with the ball	16	Refine Running with the Ball	14	Refine	11
	Introduce dribbling	Introduce variety of 1v1 dribbling (different moves)		Develop dribbling		Refine dribbling under pressure			
	Introduce Turning	Introduce Variety (different moves/shielding)		Develop turning		Refine turning under pressure			
Finishing	Introduce fun of shooting	Introduce Close Range Finishing	5	Introduce Variety & Develop Close Range Finishing	7	Refine shooting under pressure	7	Refine	7
				Introduce Long Range Finishing		Introduce Variety & Develop Long Range Finishing			
Defending (Individual)		Introduce 1v1 defending	2	Develop 1v1 Defending	4	Introduce Variety & Develop 1v1 defending	6	Refine	8

Attacking		U8	27	U10	33	U12	31	U13+	29
Attacking On & Around the Ball	Pairs	Introduce Pairs to escape	27	Develop Pairs to release	8	Develop Pairs to tease	5	Refine pairs to game context area/positions	4
	Group			Introduce Triangles to possess Introduce Combination Play	8	Develop Triangles to progress, Develop Combination Play	10	Refine Triangles and Combination play to context of game, area of field, positional partnerships. Introduce and Develop Diamonds.	10
	Team	Introduce Creating Space as a Team Spread out		Develop Creating Space as a Team and Introduce Using space (switching play)	17	Develop Creating and using space	16	Refine create and Use space to context of game, area of field, positional partnerships	15
Defending		U8	7	U10	11	U12	13	U13+	15
Defending	Pairs			Introduce defending in pairs	5	Develop pairs defending	5	Refine pairs defending	5
	Group					Introduce Group Defending (Covering vs Marking)	3	Develop Unit defending, shape and Marking Position	5
	Team	Introduce Defending General Team principles	7	Develop defending Simple Team Principles (Pressure and Recovery)	6	Develop defending Team Principles (Compactness front to back side to side)	5	Refine Team Defending (Positional Roles and Responsibilities)	5

AGE SPECIFIC THEMES &
COACHING POINTS

TECHNICAL CURRICULUM

Key Techniques

Introduce Fundamentals then add Variety, Develop through repetition in game like situations, refine under pressure

- Passing (short, medium & long passing, control)
 - Ball Mastery (control on ground and in air)
 - Progression with the Ball (dribbling, turning, running with the ball)
 - Finishing (Shooting {distance, volley, half volley}, crossing, heading)
 - Defending (Individual)
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- See “Session Catalog” for age appropriate activities.

TECHNIQUE	U8	U10	U12	U13
INDIVIDUAL DEFENDING Pressing	Hungry for the ball (actively seeking the ball)	Hungry for the ball – getting goal side before pressing)	Hungry for the ball – nearest player pressure	Hungry - Refine angle of pressure, forcing play
INDIVIDUAL DEFENDING Challenging	Stealing the Ball	Tackling – Block tackles shots and passes	Patience – Timing of Tackle, jockeying, forcing	Refine Tackling various game like situations
INDIVIDUAL DEFENDING Battling		Competing for the ball, zero tolerance. STOP TURNS	Competing and fighting for the ball – use of the body	Competing for the ball various game like situations

AGE SPECIFIC THEMES &
COACHING POINTS

TACTICAL CURRICULUM

TACTIC	U8	U10	U12	U13
PAIRS ATTACKING ON & AROUND THE BALL Possession	The ESCAPE– Whether to Pass - dribble vs pass (up against lots of defenders)	The RELEASE - 2v1 Whether to dribble or pass, recognition or situation and awareness of option alongside. 2v1 pass to release player - When do you pass - Committing the defender, use of disguise Supporting behind the defenders back	The TEASE - Wall pass possession to progress. 1st touch as control away from def towards next pass Keeping the ball moving, generally need 1 or 2 touch on the ball, but also recognize the situation where a def needs to keep the ball to draw a def before passing	Refinement techniques + qualities expected from passer + wall creating and recognising opportunities for a wall pass in game situations, eg wide to create crossing opportunity, in MF to free player to pass or run forward, in attack to create a shooting opportunity, mf combining with F to break offside trap.

TACTIC	U8	U10	U12	U13
GROUPS ATTACKING ON & AROUND THE BALL Combination play		awareness of the situation - team mates, opposition Creating an angle, space for pass Quality of pass - accuracy, weight, timing Encourage players to keep ball moving	Combinations in 2s and 3s, Wall Pass - requirements of the two players for success / Where to Pass - to furthest foot / Distance and angle and timing of support. Awareness of options, pass + move, overlaps, 3rd Man runs	Recognizing the need to keep possession, evaluate risk v gain for common situations Ability to retain the ball with composed possession in games with direction Setting up play through the thirds Quick transfer of the ball, keeping it moving, 1 or 2 touch Combinations with forwards in/around the box
GROUPS ATTACKING ON & AROUND THE BALL TRIANGLES / Support		Working in a 3v3 to create a triangle Support + movement - choose when to move to support or when to hold position	Triangular play 3v3 - Support alongside the ball, angle and distance Support ahead of the ball, forward movement to offer a pass	Movement of players without the ball, support alongside, behind + ahead of the ball Forwards keeping possession, shielding, to give a platform for support from MF diamond 4v4 Patience required, passing back to eventually go forward

TACTIC	U8	U10	U12	U13
TEAM ATT WIDTH AWAY FROM THE BALL Creating Space - Width	Supporting alongside as a helper but not too close When ball carrier is wide, one support alongside, and other spread out like butter	spreading out as a team - side to side - create space + passing opportunities, including the need for width immediately when possession is regained.	Moving wide to receive a pass, stretching the play wide Moving wide to passes played down the line from full back position Understand the need for width once possession regained	Use of width to provide passing opportunity to wide player and to stretch a def to create gaps for penetration Width provided by different roles: winger, FB, Mf, F Overlapping, underlapping, movement of wide players in field to provide space for other players to exploit
TEAM ATT WIDTH AWAY FROM THE BALL Using space - Around	Escape with a pass to a player alongside	Passes to feet and passes to space Intro to Changing the direction of play, Make players aware of space and the movement of players	Patterns of linking play across the pitch Individual technique, opening out, receiving on the front foot to turn and pass wide Turns out of congested areas	Recognising the need to switch play quickly away from a compact def, 'ferrying' the ball across the field, wide receiver prepared to maximise forward play Back players moving through into MF

TACTIC	U8	U10	U12	U13
TEAM ATT DEPTH AWAY FROM THE BALL Creating Space - Depth	Spread out – one player go ahead of the ball carrier to receive a pass (if the ball carrier is going backwards then player can still drop back and technically be ahead of the player)	Intro to dropping deep to stretch the play and to receive a pass away from def	Forward runs and dropping deep to stretch the play and to receive a pass away from def Understand the need for depth once possession is regained eg central def dropping off deep to offer for a pass from FB passing back to eventually go forward	Use of depth to draw out a compact def Patience required, passing back to eventually go forward Roles within the team, back players prepared to drop deep to provide link to then penetrate or switch
TEAM ATT DEPTH AWAY FROM THE BALL Using space Through Using space Over / Through <i>Breaking the last line of defence</i>	Team – Spread Out Like Butter away from defenders Pair helping each other and another spreading opposite side and another spreading forwards (ahead of the player)	Encourage to pass forward when possible, patience in build up Forward runs to receive a through pass Receive and turn (in front of defensive line) 3rd man run	Can the player pass forward, or combine to pass to a player who can pass forward & SUPPORT THE FORWARD PASS MF players making runs past F F dropping deep into MF or going wide	Set + play, 3 rd man running, other forward options using gaps between def Playing in the stretch (in between space) Movement ahead of the ball, forward runs, flat + timing to stay onside Runs to create space for others, moving def out of good marking positions

TACTIC	U8	U10	U12	U13
PAIRS DEFENDING 1st Defender Clearances		Work on playing your way out of def situations, with allowance for a safer clearance if risk dictates.	Develop technique of long kicking. Encourage players to seek solutions where possession is preserved before opting for clearance Challenging in the air, 1v1, accepting physical contact Aim to clear high wide and long, contact on the lower half of the ball for height	Volleyed clearances, movement of body in preparation, Variety of feeds Decision to clear, risk v gain Defensive heading from goal kicks, free kicks, crosses
PAIRS DEFENDING 1st Defender Closing Down	Hungry for the Ball ‘Stealing’ the ball, no contact, taking the ball off the attacker	Getting goal side in line between ball and goal Can you intercept Making up ground, closing down to attack the ball and stop it being played forward Slowing down near to the attacker, not selling Showing the attacker towards the least dangerous area	1v1, getting in line, closing down, make up ground quickly, slow down near to the ball Jockeying, not ‘selling’, getting in a balanced position Limiting forward passes, making play predictable	Make up the ground while the ball is travelling, can you intercept? Is there a need for delay? Slow down in the last few yards, don’t sell Get in balanced jockeying position, threaten to tackle Be patient, time challenge, tackle
PAIRS DEFENDING 2nd Defender vs dribbler (1v2) & vs passer (2v2)	Doubling Up	1st Def – nearest pressures 2nd def Be ready to support team mate Be ready to collect second ball, after 1 st defs challenge Communication	Nearest def closes down as the 1 st def Dual role of 2 nd def to give cover and have responsibility for a player. 2 nd def gives good communication and cover- angle + distance Care not to fall for a ½, danger of 1 st def following ball	Revision of earlier 1v2 and 2v2 work Communication and decision making as a pair Importance of distance of cover as play gets near to goal

TACTIC	U8	U10	U12	U13
GROUP DEFENDING Depth / Shape		Creation of triangle in 3v3 games	Def shape in 3v3 game and other SSG - 3 or more working together Pressuring, Covering, and Marking Thinking defensively, asking 'What if...?' STOP THE TURN, STOP THE SPLIT	Unit Defending and defensive shape Marking position and tracking runs Nearest def closing down, 2 nd def giving cover (angle + dist) others giving balance (depth + shape) - ball, man, goal
GROUP DEFENDING Pressuring / Regaining Possession		Simple ideas like 'how quickly can the team win it back' Can we read the likely pass and intercept	Pressurizing as a group, forcing play, prepare to intercept Identifying opponents best option, working together to stop it	Aim to stop shots + forward play, nearest player to pressure the ball (don't sell) Stop attackers best option Work together as a group to keep the play in front, support from others Force attackers toward poor options, sideways/backwards passes

TACTIC	U8	U10	U12	U13
TEAM DEFENDING Marking		<p>Getting goal side when defending</p> <p>Keeping parity of numbers, man for man</p> <p>Simple rules like not all attacking at the same time</p>	<p>Marking goal side, body shape, positioning, keeping a check on player and ball</p> <p>Identifying dangerous spaces, be ready to be 1st to the ball</p> <p>Marking to allow an interception</p> <p>Tracking players, keeping goal side</p>	<p>TEAM – THE WORKER BEES</p> <p>Understanding positions roles and responsibilities</p> <p>Develop marking concept within POP, att v def or SSG</p> <p>Communication between def for tracking or passing players on</p> <p>When not to track runners</p> <p>Not ball watching</p>
TEAM DEFENDING Compactness	Squeeze like cheese when we don't have the ball	<p>The SWARM - Getting goal side</p> <p>Getting together not leaving big gaps between our players</p> <p>Team shape up to 6 a side</p>	<p>The Honey Comb -</p> <p>The structure of a team, logical spacing on the field (front to back and side to side) Recovering to a basic team shape</p> <p>Team shape up to 8 a side</p> <p>Pressurizing as a team, forcing play</p> <p>Back up from MF and back players to pressure as a team and prepare to intercept</p>	<p>Develop defensive ideas on compactness in POP</p> <p>Reducing the space between front, middle, back achieved by front players dropping back and/or back players pushing up</p> <p>Squeezing in to reduce space between adjacent players.</p> <p>Full backs tucking in, leaving space wide to be covered by WMF players</p>
TEAM DEFENDING Delay & Recovery	Getting back to get in the way of the attack	<p>Getting in the way, in the line of attack to stop fast counter attack</p> <p>Recovering to a better position</p>	<p>Jockeying to time tackle and jockeying to delay to allow recovery runs</p>	<p>Recognizing the need for delay</p> <p>Confronting the direct line of attack, encouraging sideways running and passing</p> <p>Recovering down the line towards goal</p>