

U13-14 Boys House Curriculum Spring 2019



Week 1: Dribbling

Week 2: 11v11 Game (Monday) - Team 1/2 v Team 3/4

Week 3: Passing

Week 4: 11v11 Game (Tuesday) - Team 2/3 v Team 1/4

Week 5: Combination in Attack

Week 6: 11v11 Game (Monday) - Team 2/4 v Team 1/3

Week 7: Shooting and Finishing

Week 8: 11v11 Game (Tuesday) - All mixed up

The main aim for this group is just to keep it as fun as possible whilst learning a few new skills. We want to keep as many of these players playing for the coming years so it's a nice combination between playing lots of games, having the competitive side on the weekends and learning some new things as well.

Each practice will be one hour long and split into four segments, including a warm up to start off. The warm up is important as players start to lose their flexibility and are more susceptible to injuries. The warm up should last approximately 10 minutes and involve dynamic stretching and movement rather than static stretching.

I have also included an arrival activity so that as soon as players arrive, some will be early, others will be late, that they aren't just sitting around waiting or kicking the ball randomly at goal. This will get them focused in straight away and allow them a little bit of extra practice time.

Don't wait for anyone in order to start. It's a tight fit to get everything into one hour so just get rolling as soon as the clock hits the practice start time.

You may need to adjust team numbers and pitch sizes depending on the number of players you have at each practice.

Arrival Activities

These are some activities to get the early arrivals started and not just standing around or shooting at the net. Pick one each week, even on game days if you like.



1. Phone Box Game

- Four gates, 4 players.
- 1 player in the middle with the ball, tries to escape through one of the gates for a point. Must keep the ball moving
- Three players can only move around the outside of the 'phone box' (cannot go inside the square) working as a team to prevent the middle player escaping
- Only score points with the ball, 30 seconds per round
- Switch players and play again
- Can start with 3 players and make a triangle, or 5 and make a pentagon. Let the kids be creative

2. 1v1 Games

- As players arrive, give them 2 cones each to set up a mini field and play 1v1 to stop the ball on the line
- Can change partners as others arrive. Allow the kids to do part of the explanation

3. Technical Challenges

- Set the players some challenges, maybe it's stepovers, roulette (Maradona turn), or speed challenges to get to a certain point and back with the ball.

4. Juggling

- Who can score the highest

5. Rondo

- A small square, 3v1/4v1/4v2/5v2/6v3
- Keep away, whoever loses the ball goes in the middle

6. Two touch

- Players in a circle, can only have two touches and must keep it in the air
- Each player has 2 or 3 lives, you lose a life if you can't keep the ball up

7. Passing in Pairs

- Players just passing with a partner

Technical Warm Up and Dynamic Stretching

This is a great warm up to get players going mentally, physically and technically. It gives the players something to think about when they have the ball and when they don't have it, prepares their muscles and allows for plenty of touches on the ball straight away.



Split into pairs, with one ball per pair. Pass, dribble and move around the square.

Players with the ball will dribble and move around the square. To build up the technical base, you can instruct players throughout the warm up to only use certain parts of the foot:

1. Right foot only
2. Left foot only
3. Outside of one foot/both feet only
4. Inside of one foot/both feet only
5. Soles of feet only
6. Freestyle

Encourage players to touch the ball as many times as they can before passing it.

Whilst players don't have the ball, they should be performing dynamic stretches.

1. Just jogging
2. Side Steps
3. Open the gate (knee up at the front and rotate to the outside)
4. Close the gate (knee up at the side and pull into the middle)
5. Jumping for a header and landing on two feet
6. Hop for height/distance
7. Carioca
8. Knees Up/Heels Up
9. Leg raises/kicks (controlled)
10. Lunge

These are just some ideas of what the players can do in between receiving the ball. You can add in your own dynamic stretches and can vary the movements each practice.

Encourage player communication to call for the ball.

You can use this warm up at each practice/game to give the players some familiarity each week.

Week 1: Dribbling



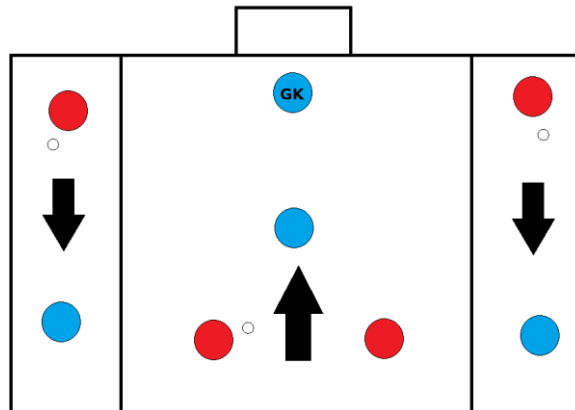
Arrival Activity

Warm Up (10 mins)

Segment 1: 1v1/2v1 Circuit

(30x20)

- 1v1 on each side; 2v1 in the middle (adapt based on player numbers)
- 1v1 games played to dribble through the gate
- 2v1 (plus GK) in the middle, players score in the big goal
- Reds attacking, players on the outside rotate to the middle and vice versa, making sure they face each opponent twice before switching with the blue team to become defenders
- Give players a chance to be a side defender and middle defender/GK; so two turns at both attacking and defending
- Defenders should be trying to stop the opponent scoring. Attackers get 1 point for scoring, no points for defenders



Segment 2: 4v4 with wide channels

- Same field set up, now with an additional big goal opposite the other.
- Add in more players if wanted
- One ball, 4v4/more
- Players can go anywhere but only one player from each team can go in any channel at any one time
- Goalkeepers don't have to stay in net the whole time

Segment 3: 4v4 Chaos (30x30)

- One goal on each side of the field
- 4 teams, 2 balls
- One game runs North v South and the other East v West

Run two ends and combine for segment 3. Adjust team sizes based on numbers; e.g. segment 1: 1v1, 3v2 (+GK), 1v1 for two ends of 10 players. Odd numbers, you'll have to be creative. Same for segment 2 and 3.

Week 3: Passing

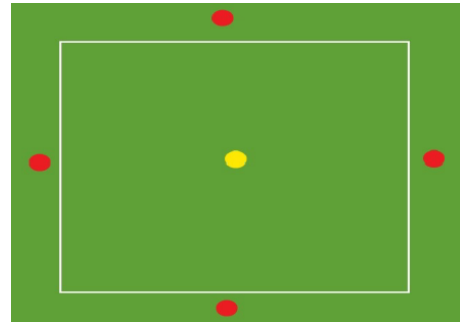


Arrival Activity (maybe not Rondo this week)

Warm Up (10 Mins)

Segment 1: Rondo - 4v1 (10x10)

- Players should remember from the previous week
- Focus on receiving technique this week

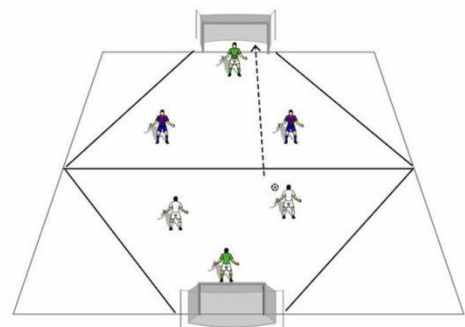


Coaching points:

- Players on the outside move to get into a position to receive the ball
- Encourage players to control the ball before passing it (but be quick)
- Encourage use of both feet to pass and control
- Give a brief example of body shape and orientation (hips facing the whole field) when receiving and receiving on back foot (foot furthest away from the ball)

Segment 2: Diamond Field - 3v3 Free Play (20x30)

- Cut the corners off the square field and play with a diamond shaped field
- Encourage the players to think about their body orientation/shape when receiving the ball (where do you want to go?)



Segment 3: 3v3 Free Play (20x30)

- Put the corners back onto the field and allow for a free game

Coaching Points:

- Encourage the movement to get into the right position to receive before the ball comes
- Move to readjust if pass isn't perfect
- Ready, on your toes, to receive the ball
- Think about what you're going to do with the ball before you get it (think 2 steps ahead; this goes for everyone, not just the player receiving the ball)

Week 5: Combination in Attack



Arrival Activity -> Warm Up (10 Mins)

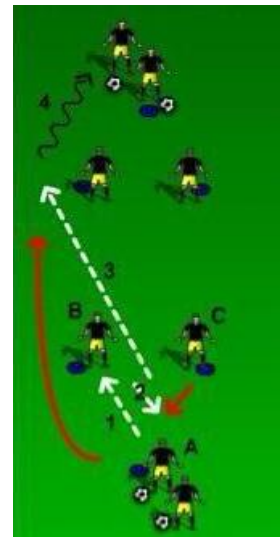
Segment 1: Third Man Runs (20x15)

Variation 1

- A plays to B, B lays the ball to C who has moved to receive the ball
- A overlaps B and receives a pass from C
- Pattern repeats from the other end now

Variation 2

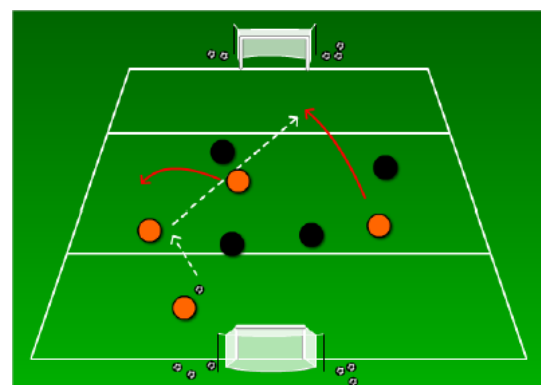
- Same set up
- Instead of overlapping, A now runs through the middle of B and C
- A may need to fake at the ball or dummy to let the ball run to C
- C to play a first time pass into the path of A



Repeat the patterns a few times each, can adapt as necessary

Segment 2: Through Ball Game

- Goals on the ends, 20x30
- 4v4 with a receiving zone placed 5 yards in front of both goals.
- Players can enter the zone they are defending freely but must only enter the attacking zone if they are receiving a through ball.
- Teams score by playing a through ball into the zone for a team mate to run onto and score.
- One defending player can follow the attacker. No goalkeepers.



Segment 3: Progress to free play with GKs

- Adjust numbers as necessary

Coaching Points (Whole Session):

- Movement off the ball; make it easy for your team mate to pass to you
- Take risks to score goals
- Pass and move
- Angles of passing and receiving (body orientation - hips facing where you want to go, receive on back foot if possible)
- Weight of pass (how hard do you have to kick it to get it where you want it?)

Week 7: Shooting and Finishing



Arrival Activity

Warm Up (10 Mins)

Segment 1: 3 Shots Finishing Practice

- pass to the target player, receive a lay off and shoot 1st time
- then react and receive a serve from coach 1 for a header at goal
- then react and run outside of the box to receive a pass from coach 2, then turn and shoot
- finally react and become the target player for the next player

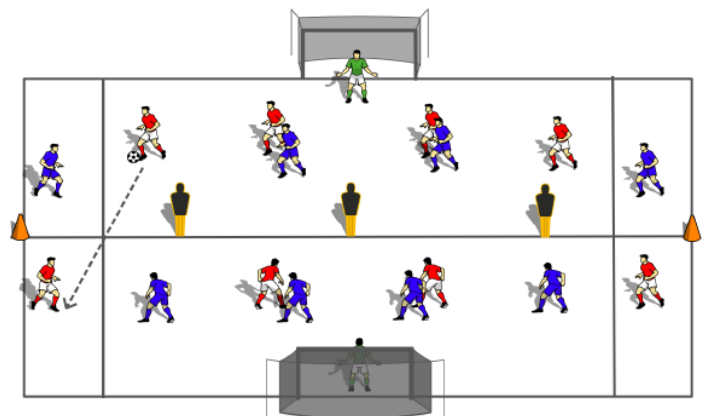


Progression: target player can become defender for next two shots

*Show correct heading technique first

Segment 2: Penalty Box Game (40x40, 5 yard wide channels)

- Two teams of eight players and two goalkeepers
- Each team has four defenders in the defensive half. Each team has four forwards in the attacking half.
- The wide forwards start inside the wide channels and the centre forwards begin in the middle of the pitch.



- To start, the teams play out of defence 4x2. The aim is to pass into the forwards in the attacking half.
- The wide players are free to cross (unopposed) in the wide channels or dribble and combine inside the pitch with the team mates in the attacking half.

Segment 3: Free Play