

U11s

WITH THE BALL

Dribbling

- Grip
- Position when carrying the ball – 1 o'clock
- Open & closed
- Ball position

Pushing

- Grip
- SOB (Stick on ball)
- Ball position
- Static pushing
- Pushing on the move (off right foot)

Hitting

- Short Grip
- Static Hitting
- Hitting on the move

Receiving

- Fore stick
- Reverse stick
- Receiving ball in the correct position

Goal shooting

- Hitting or pushing the ball at the box
- Positions in the circle

WITHOUT THE BALL

Tackling

- Block & jab
- Channelling – concepts
- Marking

Basic defensive playing structures (3-SW-3)

- Marking up
- Roles and responsibilities

Principles

- Depth & Width
- 2v1
- 2v2

U13s (including U11 skills)

WITH THE BALL

Receiving

- Receiving going forward
- Leading

Passing

- Ball speed
- Passing with deception
- Weighted pass
- Hitting up right

Elimination

- Drags Left to Right and Right to Left
- V drag
- Jinks – All facets
- Spinning out – into space

Goal shooting

- Straighten the ball up. Preparation before entering the circle to shoot
- Getting shot on target
- Making the GK save Position in the circle

WITHOUT THE BALL

Tackling

- Save and steals

Pressing / Basic Concepts

- In front in touch

Leading

- Into space
- Leading away to create space
- Timing the lead
- Sitting on the edge of space then take that space

Outletting

- Transfers
- Back 4 - Concepts

U15s (including U13 skills)

WITH THE BALL

Passing

- Push Pass – off both left & right foot
- Long handle slap pass
- Hitting & slapping
- Transfer / Out-letting
- Overheads
- Pre scan and know space to eliminate into for best outcome

Receiving overheads

First touch receiving

Slip Trap

Carrying ball with vision (1 o'clock)

Running angles

WITHOUT THE BALL

Marking - IFIT (In front in touch)

2 v 1 concepts

Tackling / Shave

Terminology

- Hotline
- T Point

Counter-Control – Defenders to re-fill to prevent counter-attack

Useful communication

Playing structures

- Back 4, 3 mid & 3 strikers
- Basic press
- Moving from a back 4 – back 3

U18s (including U15 skills)

WITH THE BALL

Slapping with deception

Drags

- Left to right
- Right to left
- V Drag
- Outside body width

Lifted Pass

- Flick / chip

Upright reverse pass

Reverse edge pass

Overhead pass and receiving overheads

Goal shooting

- Wide variety of shots

Weighted pass to space

WITHOUT THE BALL

3 v 2 concepts

Midfield transfers

Playing with patience

Controlling the tempo

Pressing and reverse press

Tackling inside defensive circle

Marking IFIT

Counter-Control – Defenders to re-fill to prevent counter-attack

Physical presence and contact when marking

Useful communication