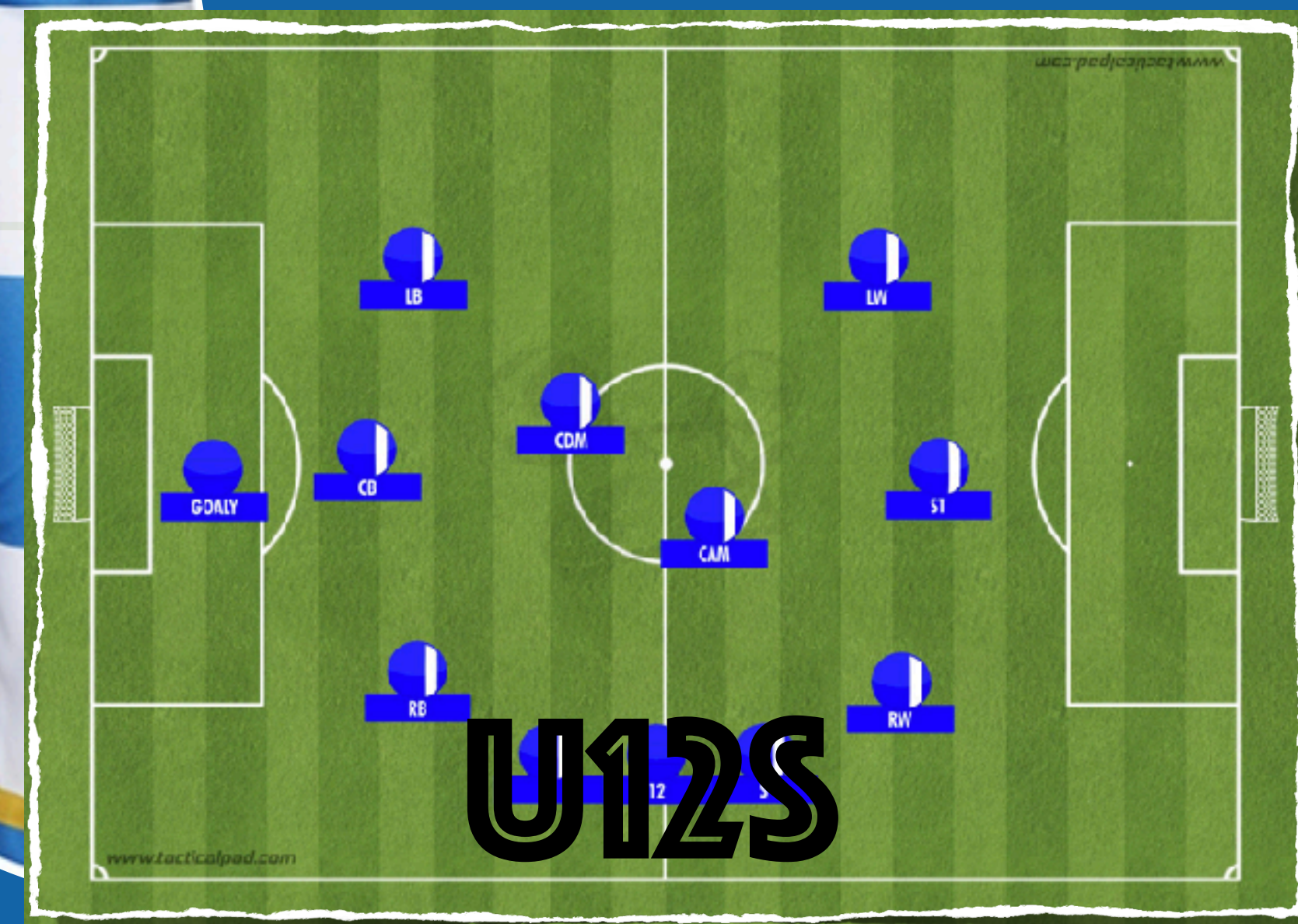




# Time to Shine







# CURRICULUM

## OVERVIEW

WEEK	TACTICAL FRAME	TECHNICAL
1	CREATIVITY- SSGS NIGHT	SCANNING
2	TECHNICAL TESTING	
3	HIGH PRESS-OPEN PLAY & GKS	USE OF BODY
4	PLAYING OUT FROM DEFENSIVE THIRD	PASSING RANGE
5	FAST BREAK ATTACK	RUNNING W BALL
6	DEFENDING IN OWN HALF	TACKLING
7	FINISHING	1ST TOUCH
8	SECURING POSSESSION	SHARP PASSING
9	PLAYING THROUGH THE THIRDS (UP, BACK & THROUGH)	TIMING RUNS
10	PENETRATION	DRIBBLING
11	FINISHING	FIRST TOUCH
12	DEFENDING WIDE AREAS	DRIBBLING
13	ATTACKING WIDE AREAS	RELEASING MOVE
14	CROSSING & FINISHING	SHARP PASSING
15	TRANSITION	RUNNING W BALL
16	FAST BREAK ATTACK	PASSING RANGE
17	FINISHING	1ST TOUCH
18	SWITCHING PLAY-DEEPER	SCANNING
19	CHANGING POINT OF ATTACK- FINAL THIRD	TIMING RUNS
20	FINISHING	1ST TOUCH
21	TECHNICAL TESTING	
22	CREATIVITY- SSGS NIGHT	SCANNING
23		
24		
25		





# Tests- Curriculum & previous scores

	How	Best Score previously	Range
Short Sharp Passing	Z shape passing frame, count passes (2-3 ptrs) 30s	25	13-25
Passing Range & 1st Touch	6 boxes for bounce, clip wide and drive up center both feet- players in boxes 1st Touch challenge	2 INTO EACH BOX, SUCCESSFUL CONTROL 1ST TOUCH IN BOXES, FEEDER COLOUR, TOUCH OUT PAST 10 EACH. VR LONGER PASSES- WIDE AREA 1ST FORWARD. LONG PASS INSIDE BOX	
Volley- Aerial Connection	5 right, 5 left & count goals and on. Feeder at 12	5 goals plus 2 on	0+5 to 5+2/4+3
Finishing- shot from edge	As above	8 goals plus 1 on	5+2 to 8+1





# Tests- Curriculum & previous scores

	How?	Previous Best Score	Range
Use of Body- 1v1	1v1 side by side variation of feed defender drive into central reserve 6 each different partners.	COUNT GOALS 3 attack 3 defence	1 out of 6 to 4 out of 6
Decision Making- 3v2	SSGs 3 players have big goal play 5*(up) games each attack & defence Score and concede. Defenders small target goals (don't count but end of game)	2 score 0 concede	1 concede 0 score up to 2 (Make it 5 each to improve)
Speed/ Agility- with & without ball	20m square with 10m inside. On ball, stop, pick up another, moves & turns then finish with run	23.98	23.98-30.45
Scanning & Creativity & Dribbling	Through the gates to take control SSG game & free game (be creative)	VR	





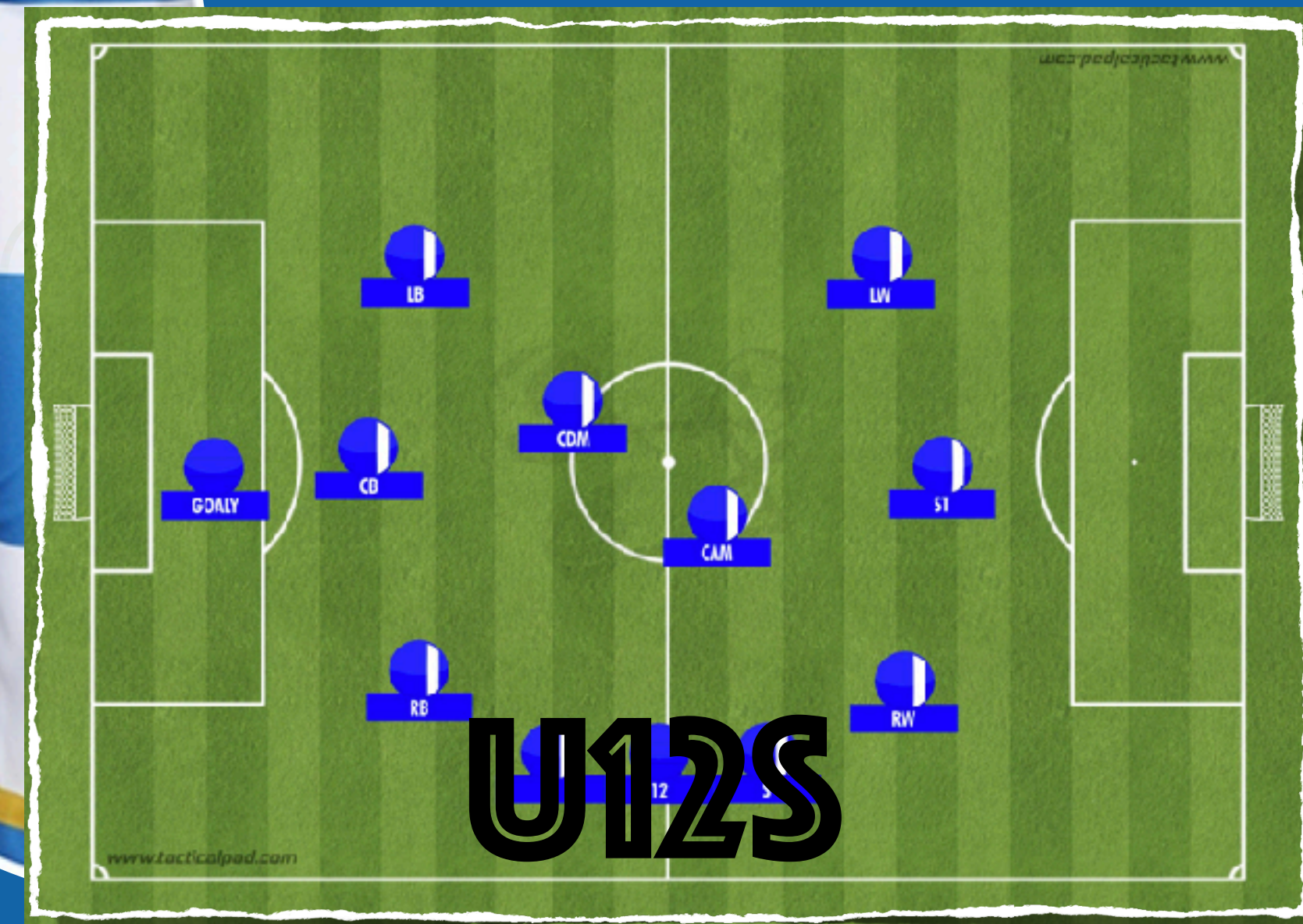
# Tests- Curriculum & previous scores

	How?	Previous Best score	Range
Finishing Reactions & Positioning	4v4+4 with sharp feed from edges and 3 minute time limit	VR- FINISH- ASSIST- DIFFERENCE MAKERS	
Defending/ Securing Ball 1v1 end zone- passing targets	End zone 20 long 10 wide per channel- target players/ goals	HOW MANY TIMES PASS UP-HOW MANY TIMES ATT OVER END LINE S EACH attacker start ball	
Dribbling 1v1 end zone- get 3 1v2- get 6 1v3	End zone 20 long 10 wide	HOW MANY TIMES OVER END LINE Defender pass up	
Timing Runs- end zone game 3v3,4v4 etc	Width depending numbers 20 long	VR- RECEIVE & CONTROL- NUMBER OF GOOD RUNS- NUMBER OF PASSES	





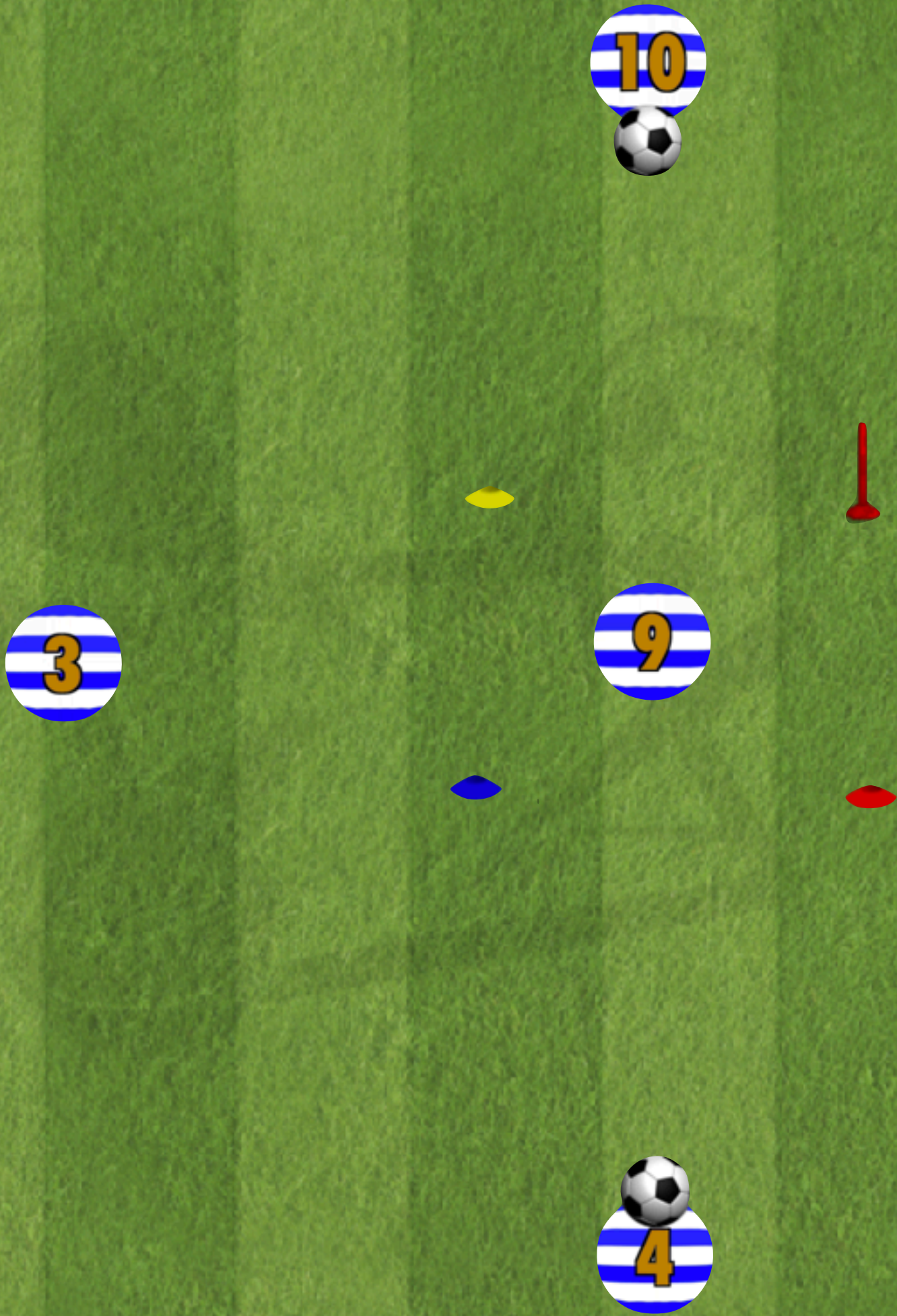
# Testing Session 1







# TESTING SESSION 1- 1st Function

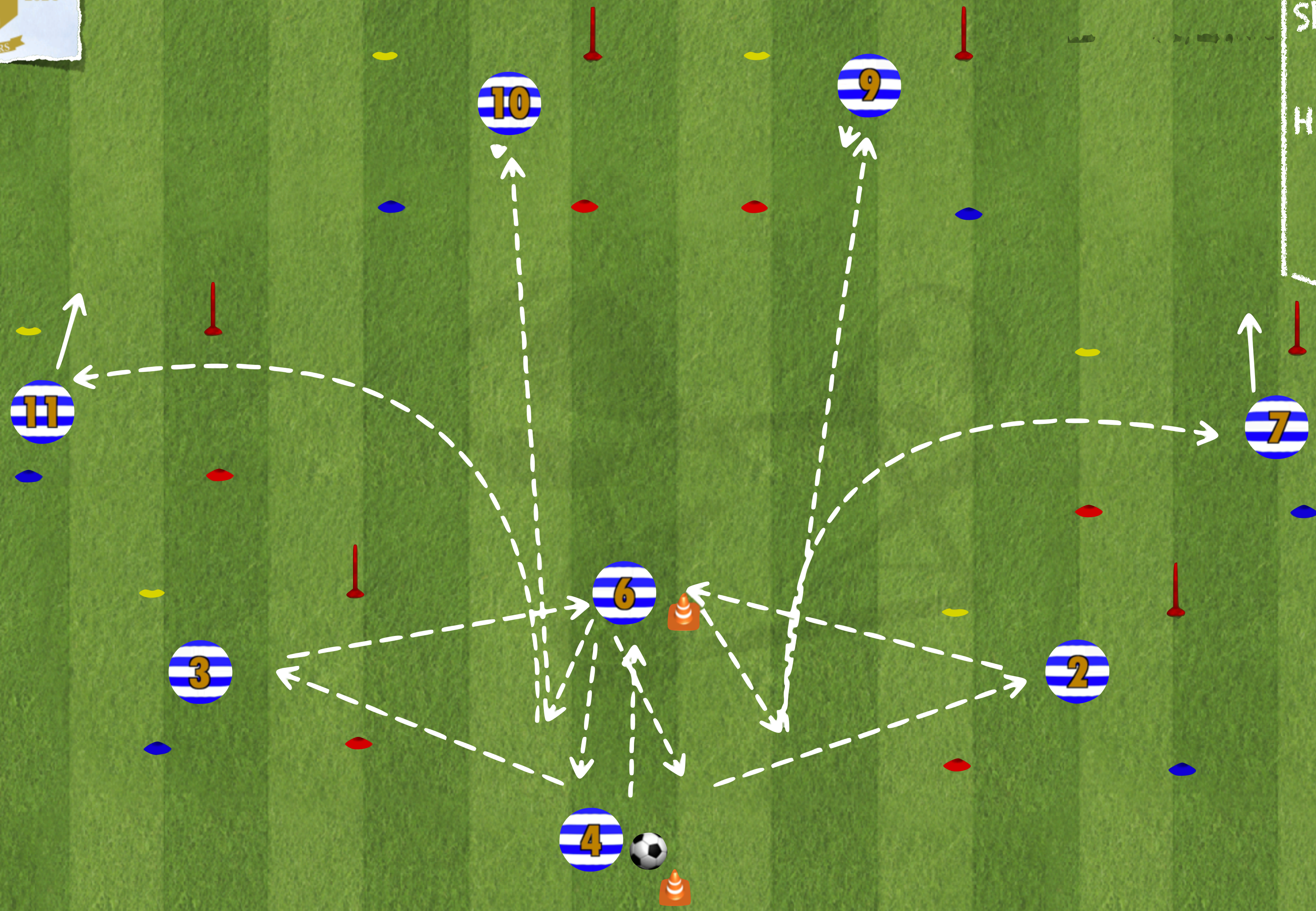


45s passing players  
Shout colour and central  
Player takes touch out box  
To that side- 3s, 4s or 5s  
1pt successfully out to that  
side





# TESTING SESSION 1- 2nd Function



Short Passing Frame

How Many in 30 s x 3

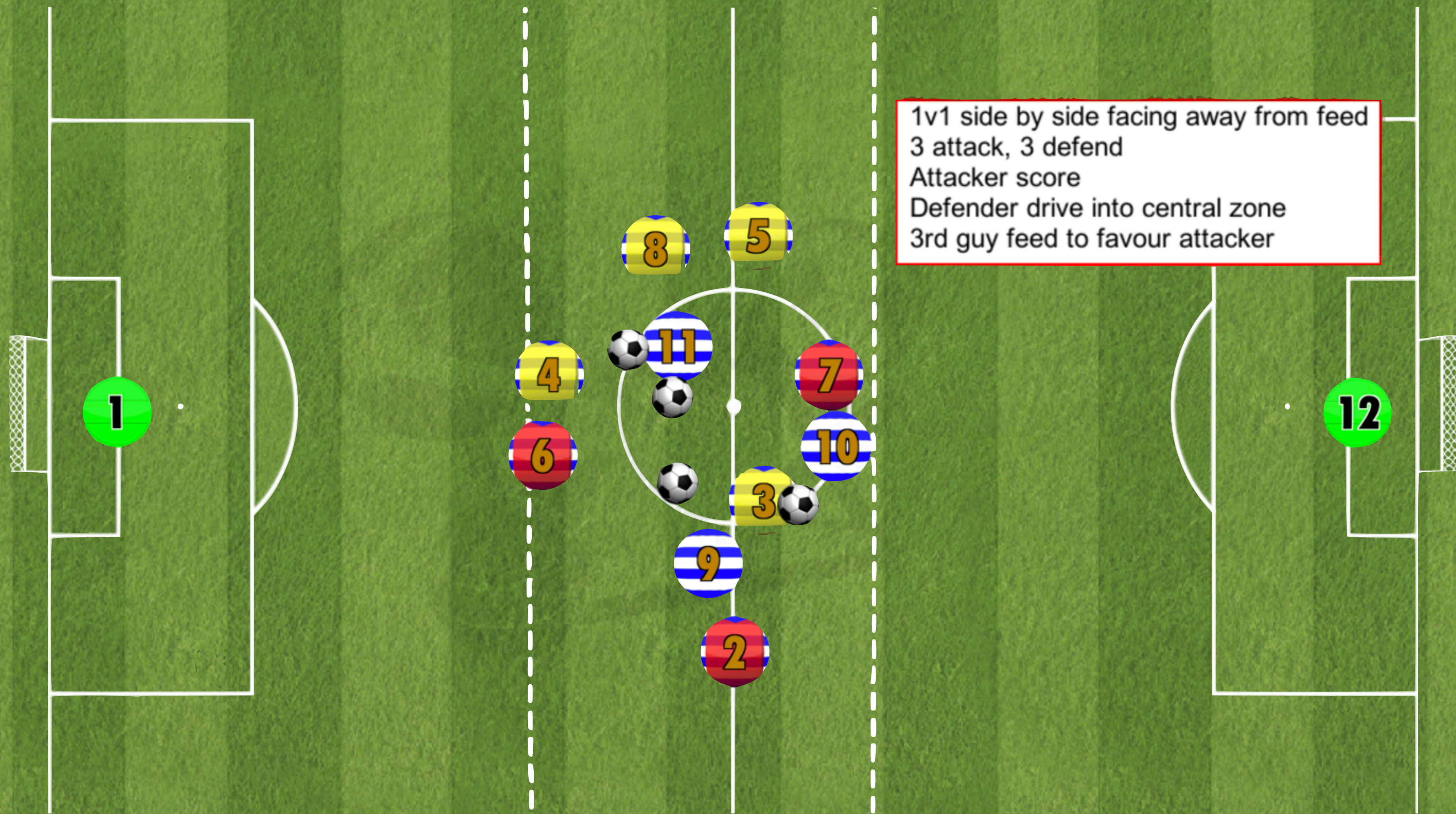
2 yds

Passing Range  
9 players- 3 pass  
each set, 3 each side  
different receive. 1  
touch at bottom,  
touch forward from  
clip, hold ball in box  
at top.  
Remaining players in  
short passing frame





# TESTING SESSION 1- 3rd Function (bibs not relevant)

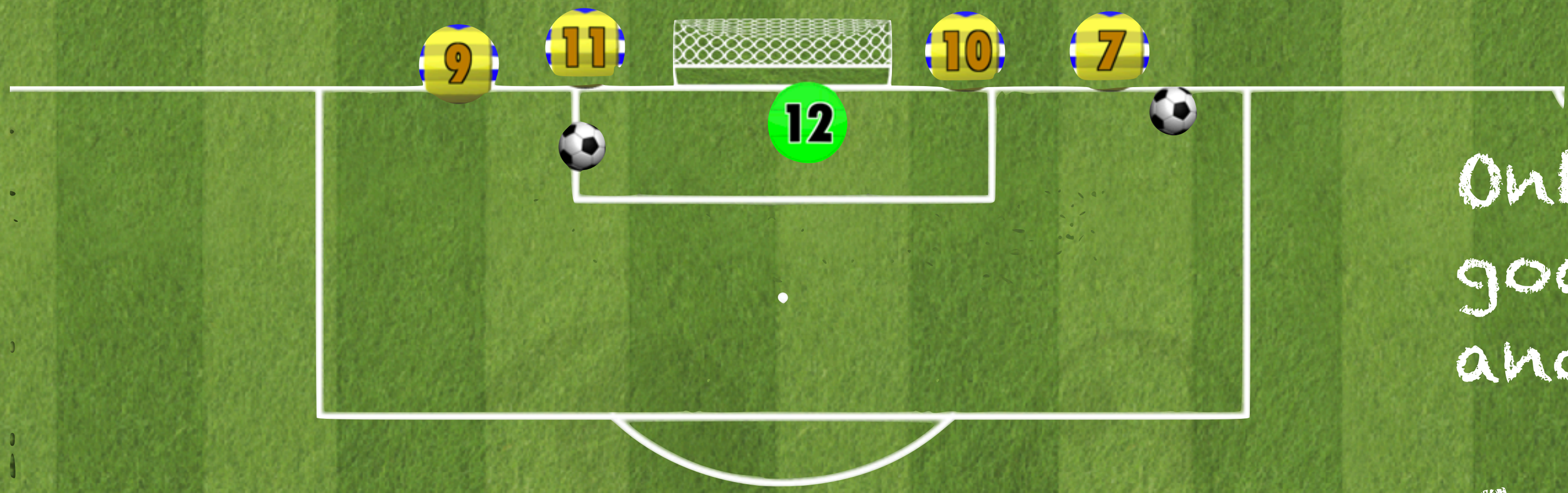


1v1 side by side facing away from feed  
3 attack, 3 defend  
Attacker score  
Defender drive into central zone  
3rd guy feed to favour attacker





# TESTING SESSION 1- 5th Function



Only goals in big goal count concede and score.

Goal in small goal finishes match





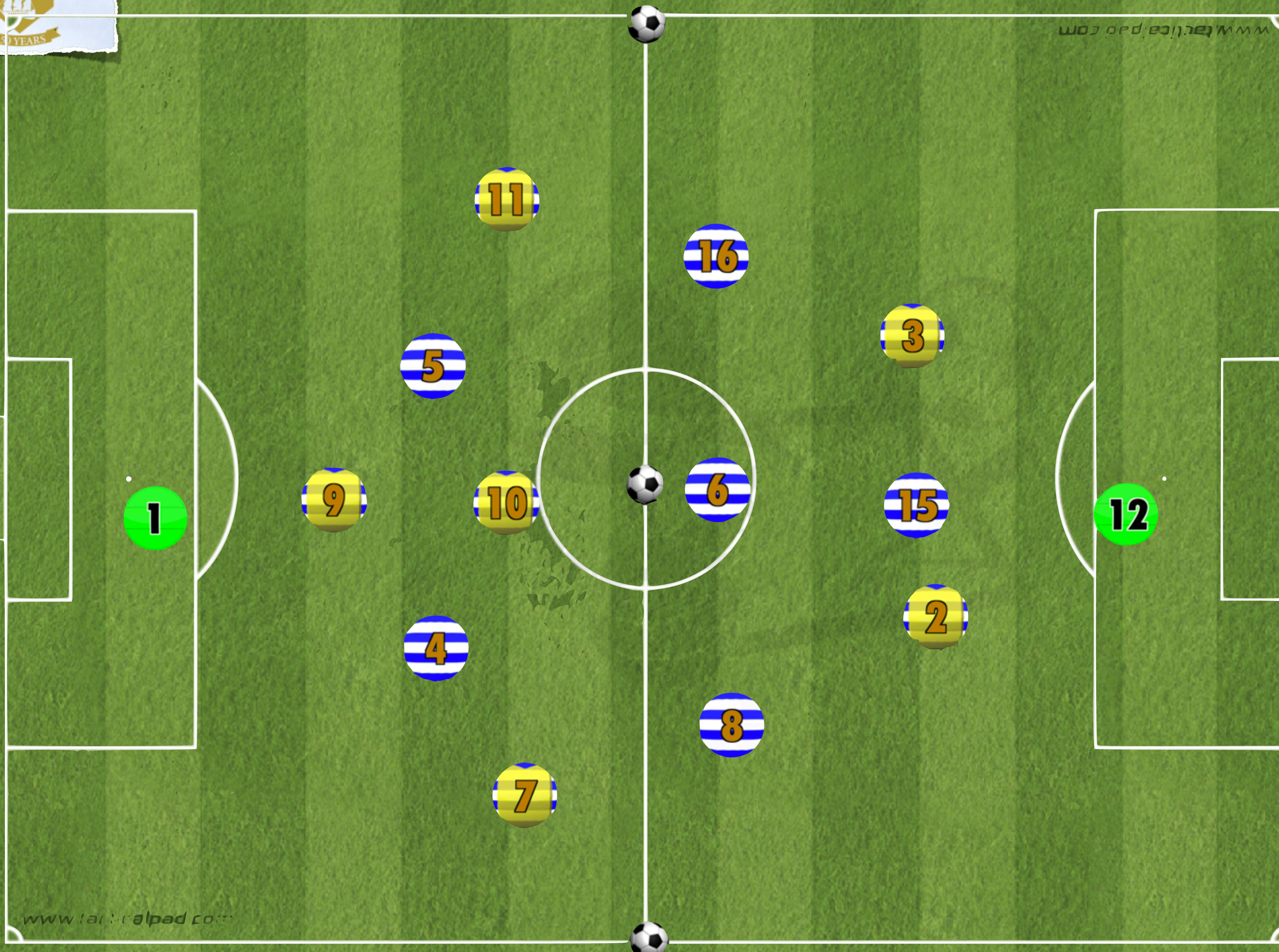


# TESTING SESSION 1- 6th Function

Be Creative

Ball goes out hits it, gets it  
Other team start from ball at either side.  
Player who put out must retrieve and replace. If score defender replaces and scoring team start from either ball.

Look at first 5 minutes on camera







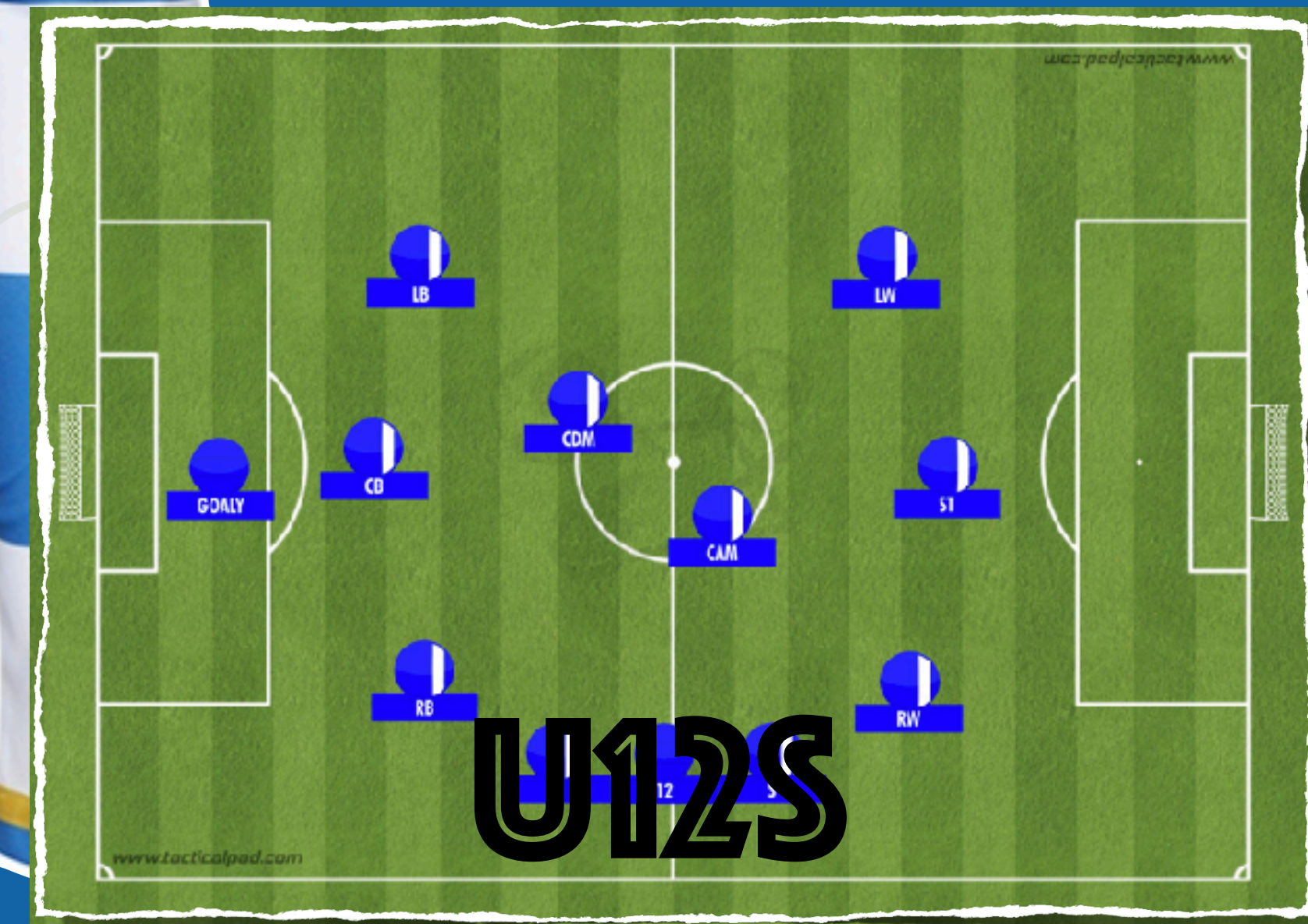
Principles		Tactical Behavior		Description
Fundamental Game Principles	Attack	Dribbling attempts	Ability to express comfortably with the ball, by being able to control, and dribble the opponents in tight spaces.	
		Support and orienting	Support the player in possession taking an optimal position on the playing field at right time (low risk of ball losing) and in offensive positions (movements toward opponents target direction).	
		Tacking ball near goal	Transport the ball together with team mates to a finishing space.	
		Attacking the goal	Moving and transport the ball with teammates into spaces between and behind the defenders in order to execute the finishing action.	
		Playing together	Pass the ball to the partners quickly and in a suitable manner to the situation.	
		Achieving advantage	Look for spaces in order to create numerical and positional offensive advantage.	
		Using gaps	Identifying the optimal gaps to make spatial decisions to accomplish tactical tasks or match situations.	
	Defense	Defending attacking players	Denying and blocking the offensive players' movements.	
		Defending the goal	Collective movements of defenders to prevent/stop a shot.	
		Gain the ball	Defensive actions performed by the defenders to gain the ball (e.g., interception, tackle, block, cause errors such as offside).	
Situational Game Principles	Attack	Explore and improvise offensive movements	Attempts to create and use novel dribbles and moves to overcome an opponent.	
		Maintaining the ball possession	Ability to maintain the ball possession, by passing the ball quickly and to a free-standing team mate allowing the ball flow without the defenders gain their possession.	
		Create and use space	Moving the ball into attacking /scoring positions using pitch width /length to stay away from the defenders.	
		Finalization	Team offensive actions that end with the shot to the opponent's target.	
	Defense	Limiting attacking options	Preventing scoring throw the limitation of attacking options (marking key players; orienting the opposite team to the sides of the field).	
		Defending space	Covering space as a defensive unit.	
Specific Collective Game Principles		Applying pressure	Defenders collective movements toward the opponent with the ball to decrease the time and space to decide.	
		Position specific behavior	Players' tactical mission according to each specific position (e.g., marking the forward by the central defender).	
		Anticipation skills	Anticipate the opponent's actions by selecting and executing the appropriate answer.	
		Tactical awareness	Players' ability to recognize opportunities, know what to do and make fast/advantageous decisions.	
		Team tactical behavior	Team interpersonal coordination behavior according to the environment and opponents changes.	
		Game model	Fulfill general guidelines that guide the team's players' performance.	







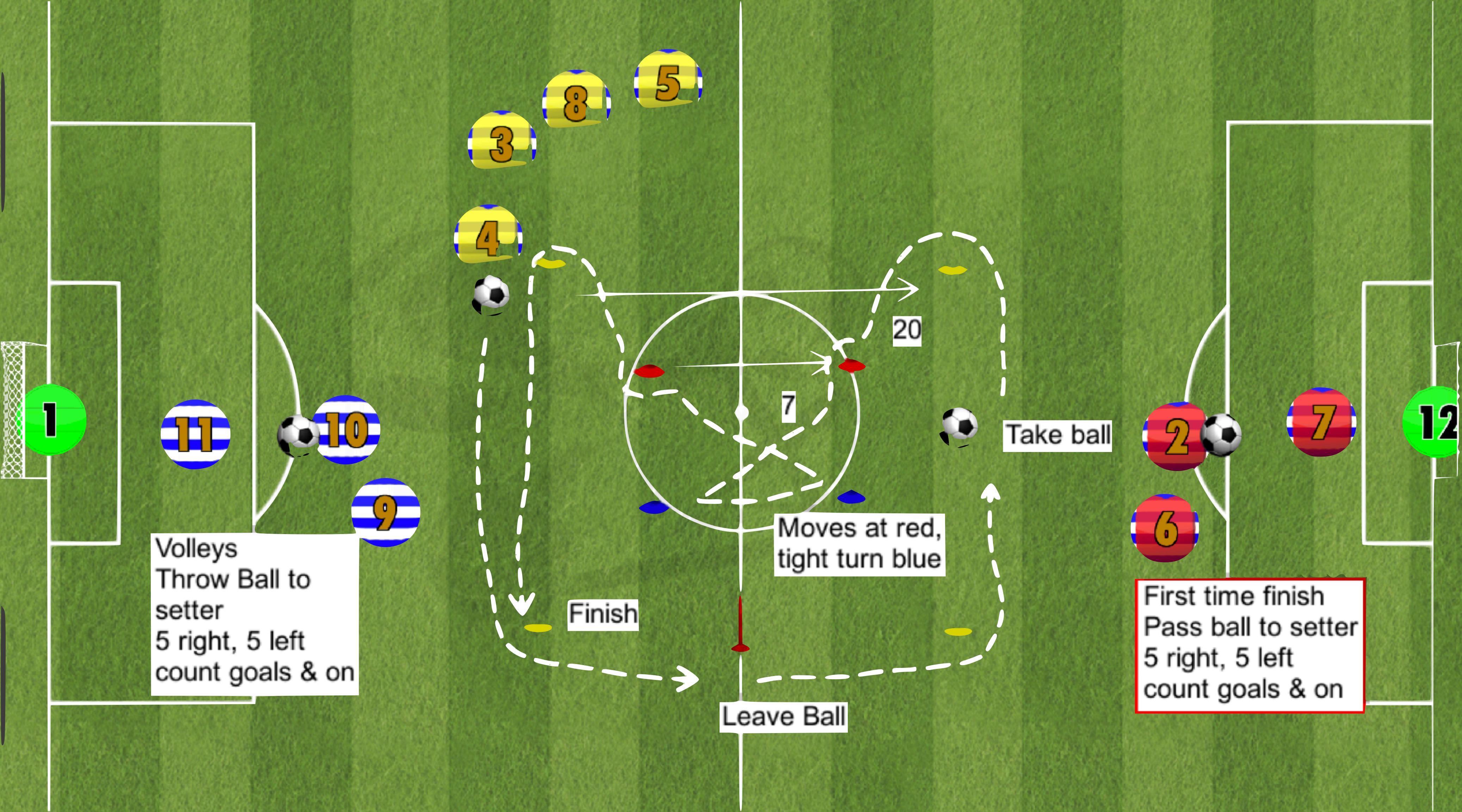
# Testing Session 2







# TESTING SESSION 2- 1st Function







# TESTING SESSION 2- 2nd Function

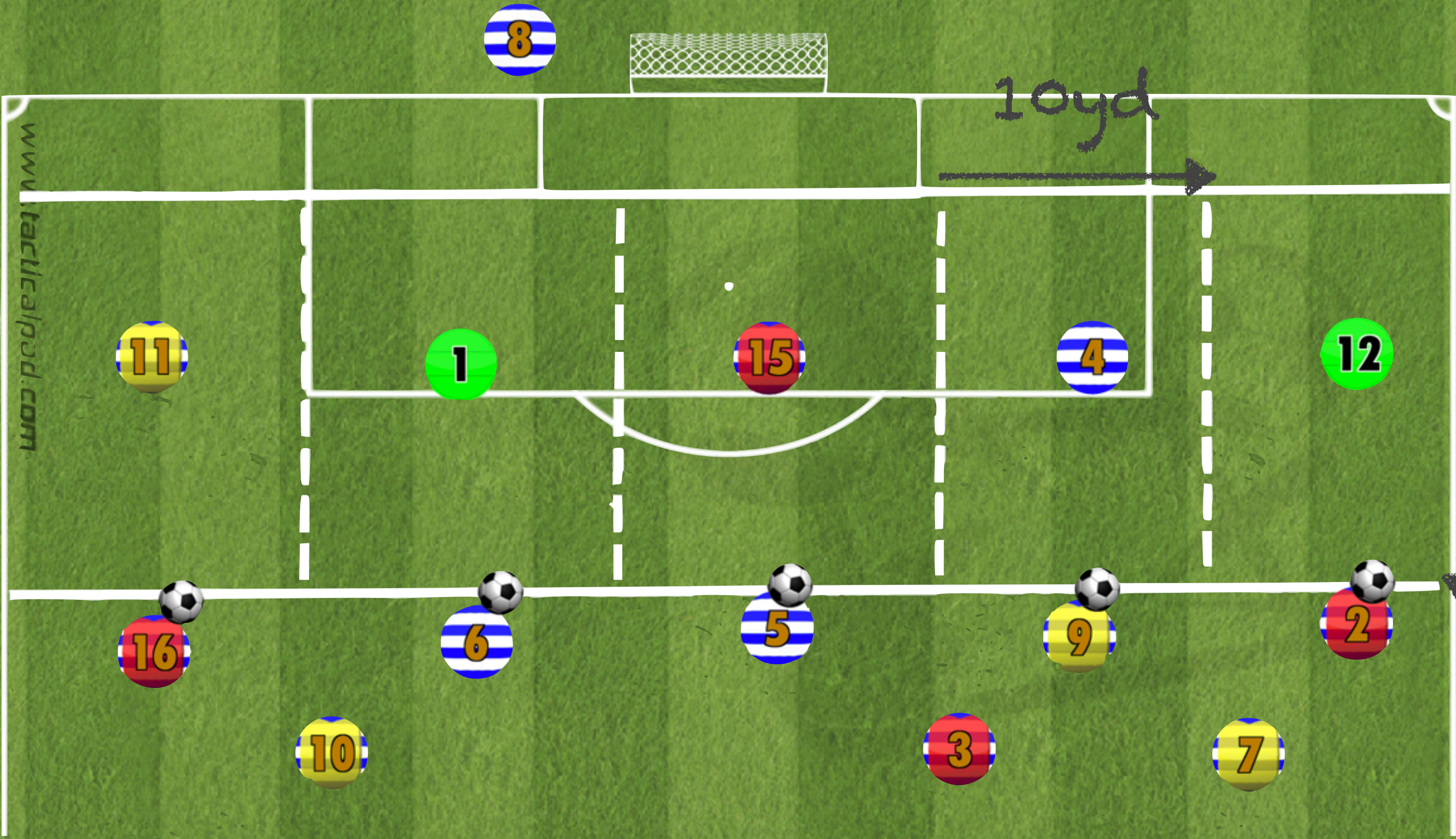


4v4+4 with rapid feed for attackers, 3 minute sets, assessment on camera for goals, assists, difference maker ball play & difference maker movement off ball.





# TESTING SESSION 2- 3rd Function



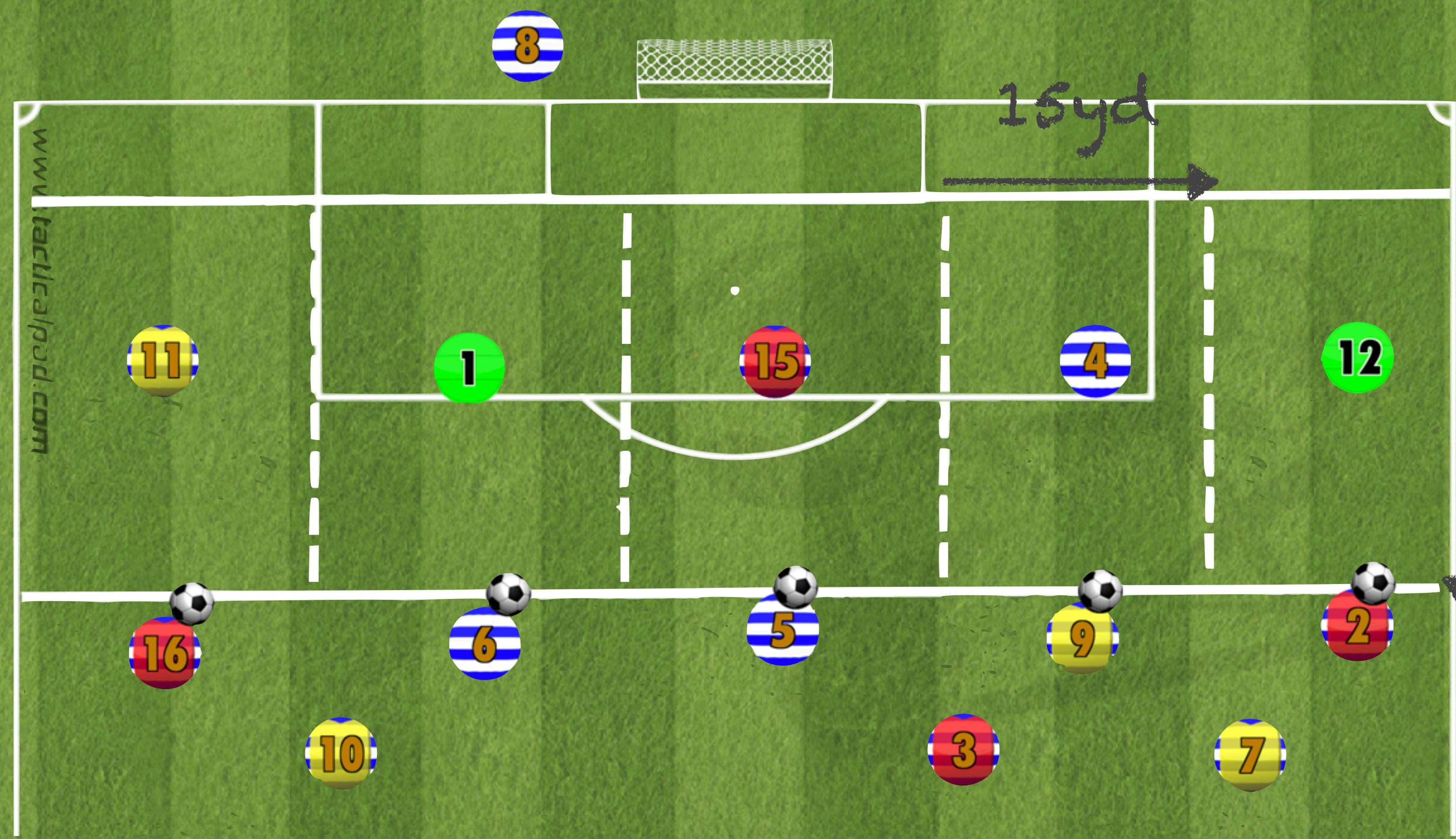
20yd

Attackers start ball  
Defenders 5 times-  
how many times  
attackers over end  
line, how many times  
can pass up to spare  
players at attackers  
end line (or drive out)





# TESTING SESSION 2- 4th Function



Defenders start ball & pass up.  
10 times- how many times attackers over end line, defenders still to try and pass up etc. 3 times over end line- 1v2, 6 times 1v3





## TESTING SESSION 2- 5th Function



4v4 or 5v5 in end zone game. Spare players as targets at edges.

Successful runs into end zone to receive.

Successful passes and run/pass attempts.

Difference maker movements.

Assessment on Camera

3 min rounds will be 6 m

30yd per team.





# TESTING SESSION 2- 6th Function



6v6 plus keepers or as numbers dictate. Possession team must complete 10 passes and then score into big goals. Can not score against a keeper who has passed to your team within 3 passes Dribbling Team must dribble through the gates to take control. Assessment from video against game principal assessment for first 5 mins of possession each team.





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