

Fry Club JFC



Player Development Plan



Fry Club JFC Player Development Plan



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Week 1 – Passing (Short)

Technique: Passing – Key Factors:- Non kicking foot close to the side of the ball, body position, head down, & steady, strike through middle ball & keep eye on the ball, follow through. Control – Key Factors: Be alert, focus on ball & move into line of ball.

Learning Outcome: To Develop passing and control skills, whilst moving with and without the ball.

Phase 1 – Short Passing (Push Pass)

Organisation:

Divide your group into pairs. Set up a 10x10m grid per pair, or ask each pair to set the grid up. Working in pairs - the exercise is started with A1 passing the ball to A2 within the 10x10 grid.

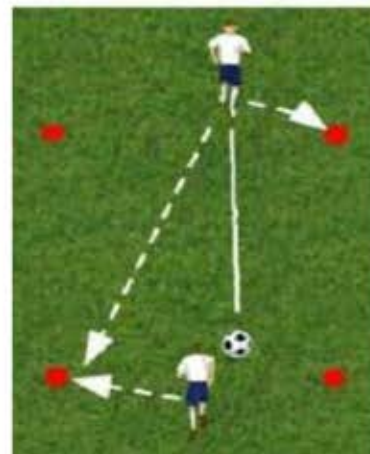
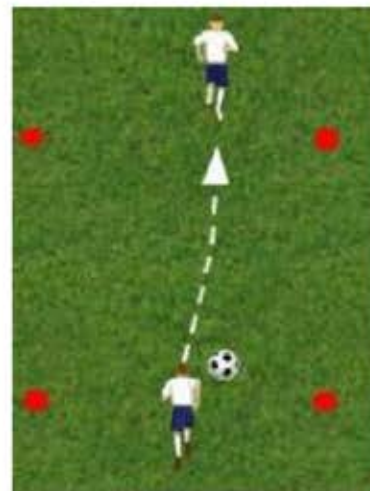
The first point to introduce to the exercise is the position of the non-kicking foot in relation to the ball. The non-kicking foot should be close to the side of the ball.

The second point to introduce is the area of the foot that makes contact with the ball, the instep of the boot. The final element to introduce is the follow through.

Once these points have been introduced separately, focus should then be placed on the whole technique, Non kicking foot close to the side of the ball, body position, head down, & steady, strike through the middle of the ball and keep your eye on the ball, follow through and also body posture. Once each player is confident with their stronger foot, emphasis should be placed on their weaker foot.

Phase 2. Short Passing (Push Pass)

Once your group has got the basic technique of passing, as above, we can introduce movement into the exercise. Once A1 has passed to A2, A1 should move to one of the corners of their grid. A2 will receive the ball, look up to see where A1 has moved to, and then pass the ball into A1. A2 should then move in to the farthest corner to receive the pass from A1. Again focus should be placed on the correct technique, Non kicking foot close to the side of the ball, body position, head down, & steady, strike through the middle of the ball and keep your eye on the ball, follow through and also body posture.





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Progression: Once each player is confident with their stronger foot, if time permits, emphasis should be placed on their weaker foot. Each of the above exercises should be performed for up to 10 minutes at a time. Focus should be placed on the quality and weight of pass and using the correct technique. Incentives can be given to players, for example, the first group to achieve 20 passes with their stronger foot, then the first group to achieve 20 passes with their weaker foot.

Week 1 – Small Sided Game (SSG) - Short Passing

Organisation

Pitch sizes 40 x 20 – or at the discretion of the coach.

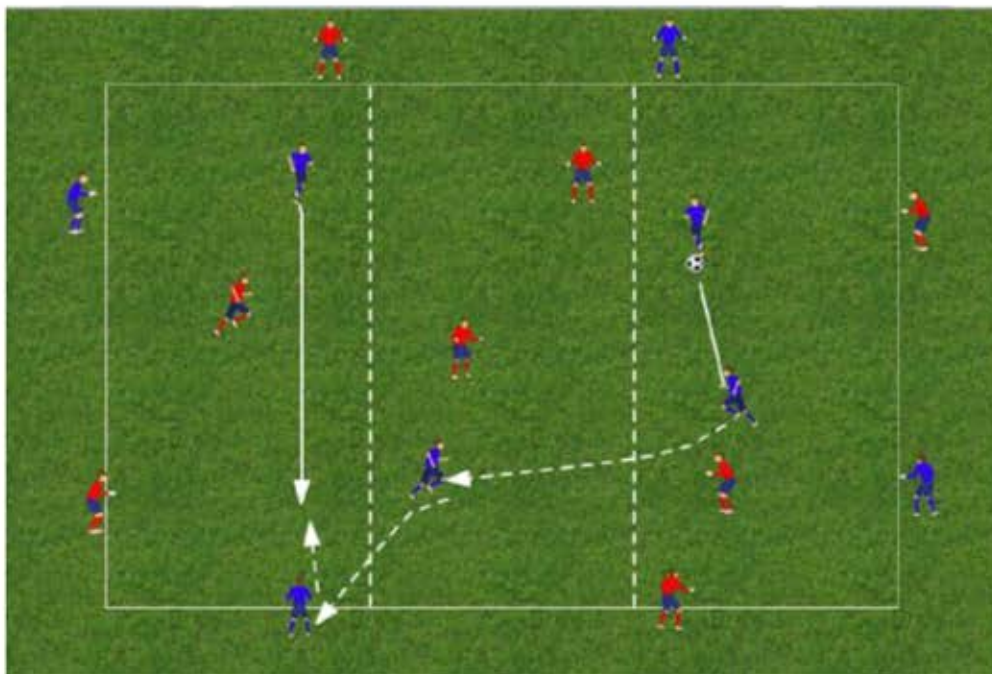
Number of teams – 2

Team sizes – 8 (half on the pitch and the other half around the pitch)

Bibs optional

No Goals

Coaching Points



On the pitch are two teams of four players, around the outside of the area spread out in sequence, the remaining players from the two teams. i.e. two on each side of the pitch and two each at the ends of the pitch (eight in total).

The players are placed in sequence, red bib, blue bib, red bib, blue bib and so on. The players around the edge can't be tackled and should be restricted to two touches (Dependent upon ability). They play with their team mates on the pitch.

To score a goal a team needs to complete a set amount of sequential passes, six, eight or whatever you think appropriate given the ability and age of the players.

The players now have so many more passing options in a situation which is not as pressurised. Change the players on the outside with the players on the pitch every few minutes.

Week 2 -- Dribbling

Practice Opportunity – Use as many balls as possible. Provide all players with the most opportunity to practice the technique with the ball.

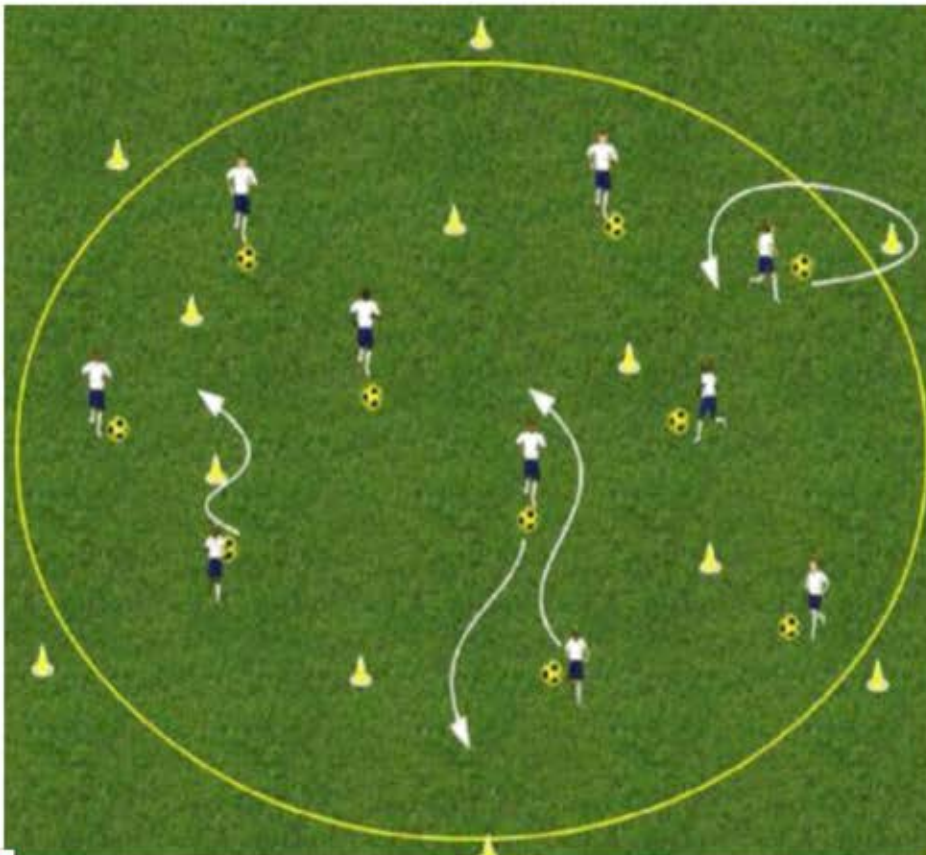
Learning Outcome:-

- Being comfortable with the ball while running.
- Improving dribbling skills and close control.
- Improving ball familiarity and touch.
- Moving the ball from one foot to the other.

Organisation

Mark out an area suitable for the age and ability of your group. Within the area and on the outside of the area place a random number of cones.

Give each of your players a ball. Players should be encouraged to dribble within the area with their heads up, use their little and big toes to dribble, to change direction and pace, to use their imagination, to experiment and have fun, encourage them to use the other players and cones as passive opponents to beat.





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Key Technical Aspects

Dribble with the head up

- Use other players as opponents to beat
- Use the big and little toe to manipulate the ball
- Change of direction
- Change pace
- Develop different turning techniques

Encourage dribbling techniques, such as the hook turn, the drag back, double touch, Scissors, Step over etc.

Progression 1 –

Players should keep their heads up and use the big and little toe to manipulate the ball. Encourage the players to use different dribbling tricks and techniques.

Progression 2 –

The players can also use the outside and inside cones to practice turning techniques, turning and dribbling are all linked as a technique practice; as players will at times, need to create space for themselves in which to dribble.

Once they have turned with the ball, they should then dribble back into the area.

Additional Progressions –

- Make the area smaller, forcing players to manipulate the ball and avoid other players
- Add two or three passive defenders who jog round to provide targets to dribble round



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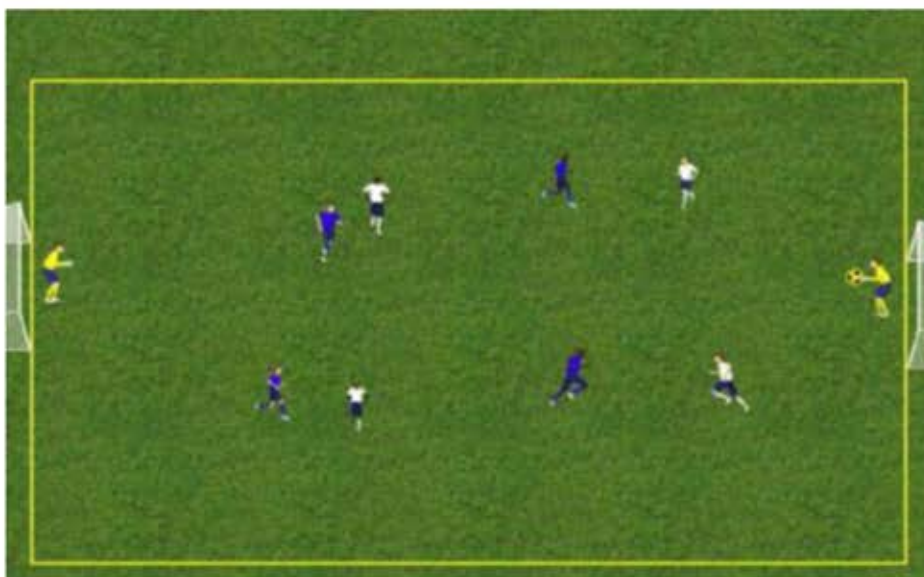


Week 2 - Small Sided Game (SSG) - Dribbling

Organisation

Mark out a pitch of 40 x 20, the size of the pitch can be adjusted to suit the age and ability of the players. Play 4 v 4, 5v5, 6v6 etc. with 2 x goalkeepers if available.

The objective for the players is to display a positive and realistic attitude to dribbling and to get an end result of a shot on goal.



Key Technical Aspects

- Get the head up to assess options.
- Create space as a team
- When and where to dribble
- Create space as an individual
- Control to be able to turn to be able to dribble if possible
- Positive attitude to dribbling
- Recognise where the space is to attack
- Use dribbling tricks and turns to unbalance defenders
- Change of pace and direction

Players off the ball to create space for the player on the ball and to give them passing options

Use other players to bounce the ball off and create space.

Decision making, chose the right options, pass or dribble.

End result of a shot or a goal scoring opportunity.



Week 3 – Advanced Players Technical Session - Turning

Key Elements of Practice: Decision Making, Success & Game Elements.

Organisation

This session is based on using 12 players, but it can be adjusted to the numbers you have in your group.

Create a circle/square of between 20 - 30 yards. The area can be adjusted to suit the age and ability of the players.

To start the drill position six players around the perimeter of the area, position four players in the middle of the area, with two defending players. Four of the players on the outside of the area have balls.



Key Technical Aspects

- Players on the inside make an angle to receive the pass.
- Good body position to receive the Pass.
- Recognition of where the space / defenders are to control and turn.
- Communication - verbal and non-verbal.
- Decisions on different turning techniques.
- Accurate, timed passing after turn.
- Awareness of other balls and players.

Players on the outside to cushion the ball to the side and to complete a hook turn before passing back into the middle. Help the players to find space and create angles to receive the next pass.

Week 3 - Small Sided Game (SSG) – Turning

Organisation

Create a 30 x 30 area and make the four corners 10 x 10 areas – area can be adjusted to suit age and ability.

Play 4 v 4 in the middle area and position four players in each of the four corners. Players in the four corners are not allowed out of their areas and players in the middle are not allowed into any of the four corner areas. The four corner players play with the team in possession.

Objective of the game is for the team in possession to use the four corner players to keep possession and switch play to one of the four corner players as often as possible.



Key Technical Aspects

- Team in possession to pass, move and keep the ball.
- Use the spare four corner players to keep possession.
- Recognition of where the space / defenders are to control and turn.
- Communication - verbal and non-verbal.
- Decisions on different turning techniques
- Accurate, timed passing.
 - **Progression 1** – Find space, to receive from spare corner player and turn.
 - **Progression 2** – Pass to corner player, create space, receive and turn.
 - **Progression 3** – Keep possession. Provide good support for the player on the ball.
 - **Progression 4** – Progress to corner players being able to pass to one another



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Week 4 – Small Sided Games Tournament

An example of how this session is broken down is as follows:

- 10 minute register & warm up
- 3v3 teams created.
- 20 minute of Small Sided Game (or 2 minute SSG's)
- 2/3 minute rest period & drink
- 20 minute Small Sided Game (or 2 minute SSG's)

SSG are ideal to aid in the development of your players because they allow players the following:

- More touches on the ball: by reducing the amount of players in a game it will allow for each player to receive more touches.
- Increased number of game related decision-making opportunities: fewer players mean an increased amount of touches on the ball per player, which in turn means more decisions that need to be made.
- Constant transition from attacking to defensive situations.
- Increased 1 v 1 encounters in both attacking and defending

Week 5 – Control & Receiving

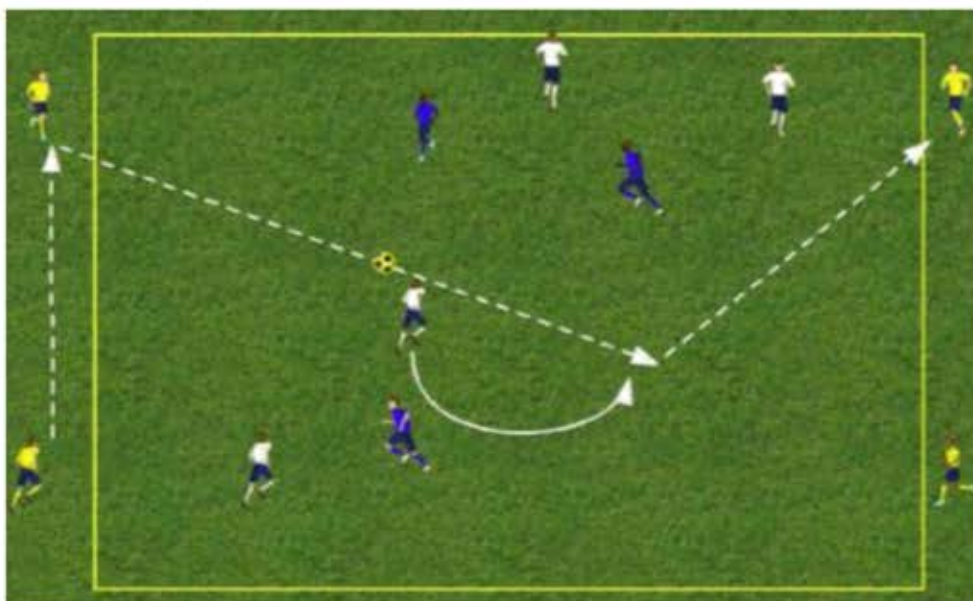
Key Elements of Practice: Semi Opposed Decision Making, Success & Game Elements.

Organisation

Mark out an area of 35 x 25 yards, the area can be adjusted to suit the age and ability of the players.

Play 4 attacking players v 3 defenders in the area and 2 floating / target players at either end of the area. This can be changed depending on the numbers you have.

The practice always starts with the one server passing across to the other server, then passing into one of the attacking team. As the ball is passed between the servers, the movement of the ball allows the attackers to move to find space to receive the ball.



The objective of the attacking team is to receive the ball from the servers and pass into the targets at the opposite end, as quickly as the can. Once the ball has been passed to the target players, the practice is repeated from the end the ball is.

In this first scenario, the receiving player has recognised where the space is and run beyond the defending players into the space to receive the pass and then pass into one of the target players at the opposite end.



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Key Technical Aspects

- Awareness of the defenders position to select the correct receiving option.
 - Try and receive the ball beyond players by running onto a pass.
 - Let the ball run across the body and into space without touching it. Receive the ball, using a turning technique into space.
 - Control the ball back where it has come from, before passing or then turning with the ball.
 - Receive the ball and pass to a team mate who is in space.
 - Communication between players.
-
- **Progression 1** – In this example, the player has let the ball run across them, without them touching it. This will require them assessing the pace of the ball and the space around them. Communication from other players would help the player in this situation.
 - **Progression 2** – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run and may have to use a turning technique to receive the ball and turn into another space.
 - **Progression 3** – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.
 - **Progression 4** – At other times, the best receiving option may be to pass it to a support player, who can then use a suitable receiving technique and receive the ball in space.

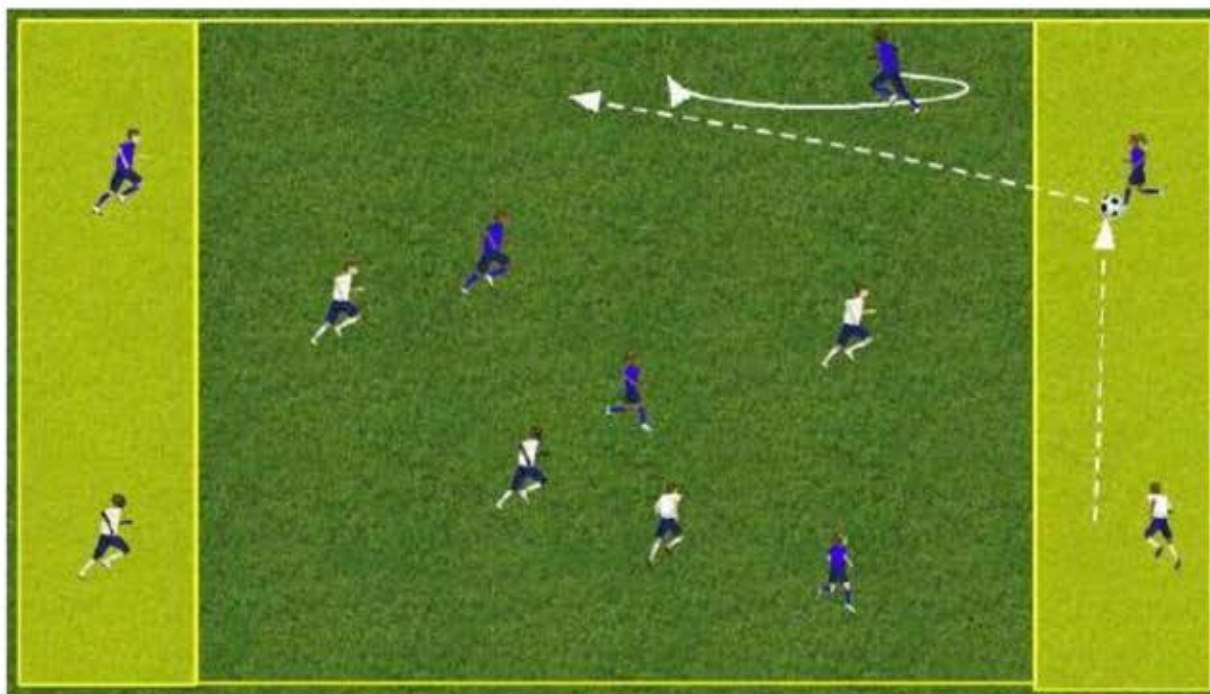
Week 5 - Small Sided Game (SSG) – Control & Receiving

Key Elements of Practice: Fully Opposed: Real Game Pictures, Tempo & Outcome.

Organisation

Mark out a total area of 40 x 30 yards, with two 5 x 30 yard target zones. The area can be adjusted to suit the age and ability of the players. Play 4 v 4 in the middle area with two players, one from each team in both target zones. The target players are conditioned to stay in the target areas.

The ball is passed from one target player to the other. As the ball is passed between the players, this movement of the ball allows the attackers to move to find space to receive the ball. The target player then passes into one of their own team.



When the opportunity presents itself, the team in possession pass the ball into their own target player in the opposite end zone. The ball is then passed across the end zone to the opposition target player who then passes into their own team and the game is repeated with the team reversing roles, the attacking team now defend and the defending team now attack.

In this first scenario, the receiving player has created space for themselves and run into the space created to receive the pass.



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Key Technical Aspects

- Create space to receive the ball, either for themselves or for team mates
 - Awareness of the defenders position to select the right receiving option
 - Try and receive the ball beyond players by running onto a pass
 - Let the ball run across the body and into space without touching it
 - Receive the ball, using a turning technique into space
 - Control the ball back where it has come from, before passing or then turning with the ball
 - Receive the ball and pass to a team mate who is in space
 - Communication between players
-
- **Progression 1** – In this first progression, the player has let the ball run across them, without them touching it. This will require the player to assess the pace of the ball and the space around them. Communication from other players will help the player in possession in this situation.
 - **Progression 2** – There will be times when the player receiving the ball will have to recognise there is no space behind them to let the ball run, subsequently that player may have to use a turning technique to receive the ball and turn into another space and away from the defender.
 - **Progression 3** – At other times, there will be very little space either behind them or to the side and they may well have to receive the ball so that it is controlled away from the traffic, sometimes back towards the passer, before passing or turning with it.
 - **Progression 4** – As the ball is passed into the target player; the ball is switched to the opposition target player, who then passes into their own team. In this scenario, the best receiving option may be to pass to a support player, who can then use a suitable receiving technique and receive the ball in space.

Week 6 – Running With the Ball

Key Elements of Practice: Semi Opposed: Decision Making, Success & Game Elements.

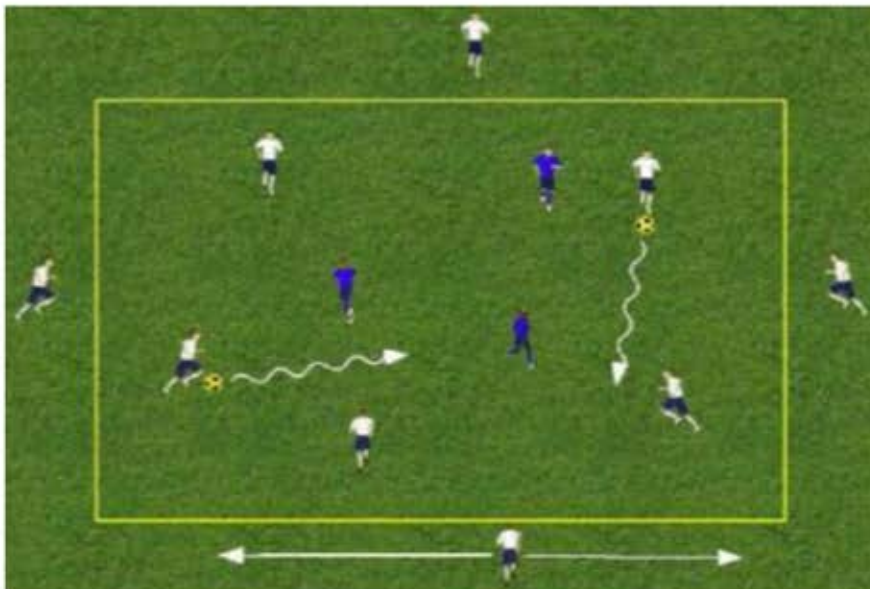
Organisation

Create an area of 30 x 30 yards, the size and shape of the area can be adjusted to suit the ability of the players you have in your group. Play 5v3, 6v4 or 7v5 etc. within the marked area, place 4 players on the outside, (Numbers can be changed to suite the numbers in your group.)

If you're playing 5v3, 2 of the 5 players have a ball, the defenders are initially conditioned not to tackle, but to pressure the players on the ball, they aren't allowed to challenge the free players on the outside of the area either.

The players on the outside of the area can move to support the players on the ball. The objective is for the players with the ball to run with the ball and if they can, pass or do a take with one of the free players on the outside of the area.

The presence of the defenders will force players to make decisions on how far they run with the ball, changing direction to take them away from defenders and on whether they run with the ball or pass to a team mate inside of the area.





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Key Technical Aspects

- Decision making, run with ball or pass to support player
 - Movement to provide support and find space
 - Players to communicate and do a take or receive a pass
 - Identify the space to run the ball into
 - First touch into the space, away from defenders
 - Get the head up to identify defenders positions
 - Use the laces – front of the foot when running with the ball
 - Get the ball out of the feet and in front
 - Change of direction
 - Communication
-
- **Progression 1** – Objective of this practice is for the 5 attacking players to create as many running with the ball opportunities as possible. The 3 defenders try and win the ball, but to also create decision making situations for the players in possession, as to when and how to run with the ball.
 - **Progression 2** – If, because of a defenders position, the ball is passed at the end of a run, then the player supporting and receiving the ball should look to control the ball into space, away from defenders and then run with the ball themselves.
 - **Progression 3** – When combining with the outside players, the players can either pass the ball into them or run at them and do a takeover. The player receiving the ball should look to identify the space to control the ball into.
 - **Progression 4** – Players should also be encouraged to run at defenders, to commit them and play a give and go round them and then to continue to run with the ball. To play a give and go round a defender will also require good support movement.

Week 6 – Small Sided Game (SSG) – Running With the Ball

Small Sided Game (SSG) - Key Elements of Practice: Fully Opposed

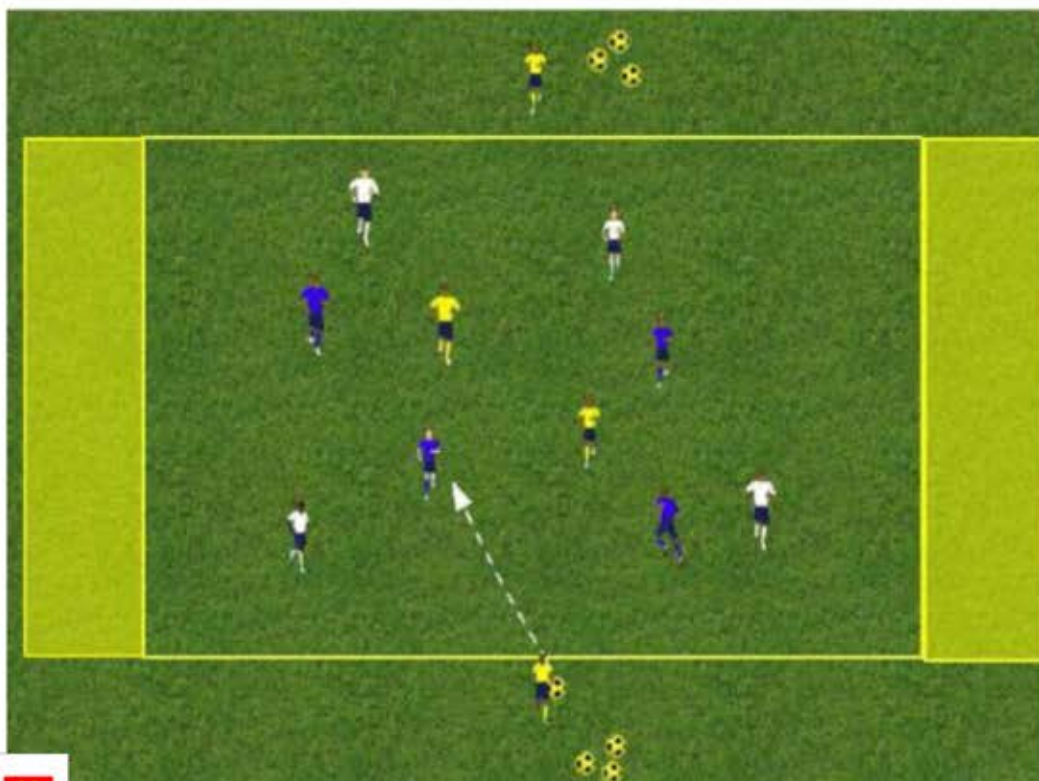
Organisation

Create an area 40 x 30 yards, with 2 x 10 yard zones at each end of the area. The area can be adjusted to suit the age and ability of the players.

Play 4v4 with 2 floating players who can move up and down the edge of the marked area, as in diagram.

The team in possession can use the floating players, but the floating players are conditioned to a maximum of two touches and can't run with the ball. The start point of the game is from one of the floaters on the outside of the pitch, who passes from the halfway line.

Objective of the game is for the team in possession to use the floating players if required and to attempt to run the ball into either of the end zones to score a goal.





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Key Technical Aspects

- Decision making, run with ball or pass to support player. Movement to provide support and find space.
 - Players to communicate and do a take or receive a pass.
 - Identify the space to run the ball into.
 - First touch into the space, away from defenders.
 - Get the head up to identify defenders positions.
 - Use the laces – front of the foot when running with the ball.
 - Get the ball out of the feet and in front.
 - Change of direction.
 - Communication.
-
- **Progression 1** – Once a goal has been scored, (by running the ball into the end zone), the team in possession attempt to run the ball to the opposite end zone. The game is directional, so if possession is gained by the opposition they try and run the ball over the opposite end zone.
 - **Progression 2** – Players should look to identify space and run with the ball where possible. Players should also play with their head up; make decisions about when to run with the ball and when to pass to team mates or floating players. Floating players and supporting team mates should look to create space for themselves and for the player running with the ball.
 - **Progression 3** – The team in possession can also use the floating players to create opportunities to pass to players who can then attack the space created and run with the ball.
 - **Progression 4** – Players off the ball also need to be aware of the need for intelligent movement to create space for others to receive the ball or for them to receive the ball in the space created and then run with it.

Week 7 – Advanced Players- Passing (Long)

Key Elements of Practice: Practice Opportunity – Use as many balls as possible, provide all players with the most opportunity to practice the technique with the ball.

Organisation

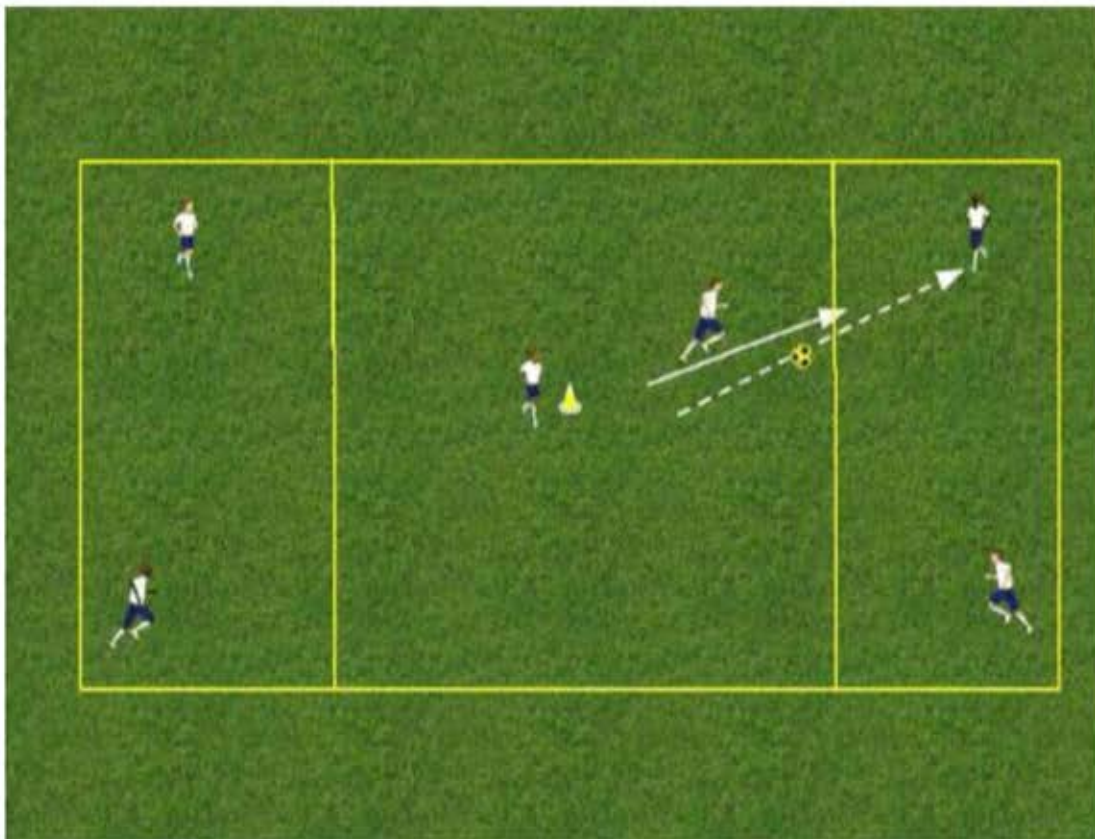
Mark out an area of 40 x 10 yards, the area can be adjusted to suit the age and ability of the players.

There are two 10 x 10 grids at either end of the area, with two players in each grid.

Position a cone centrally on the 20 yard line of the area.

Position two players on the cone, one with a ball.

To start the practice, the player with the ball passes to one of the players facing them and follows the pass to provide supporting options for the player on the ball.





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Key Technical Aspects

Decision on first time long pass, control and long pass or short pass to a supporting team mate

- Select and execute the correct long passing technique
 - Movement to get in the line of the long pass and to select the correct control surface
 - Support and communication
 - Rotate positions after pass
 - Movement from players in the opposite end grid to receive the long pass.
-
- **Progression 1** - The player receiving has several options, they can play a first time long pass. They can pass to across to their team mate or pass to the facing supporting player, who can set the ball back to them or their team mate so they can then make a long pass.
 - **Progression 2** – The playing passing the ball and the support player now rotate roles. As the ball is travelling, the players in the opposite grid will need to communicate to decide which one of them is going to control the ball. This will also require the player to get in the line of the pass and to select a controlling surface. The facing support player will also need to provide a good supporting position.
 - **Progression 3** – The passing player and the support player again swap roles and the player receiving the ball makes a decision on how and where to control the ball. Encourage the players to use both feet and to use a variety of appropriate long passing techniques, long lofted, swerved, driven etc.
 - **Progression 4** – To add a degree of difficulty to the practice, the opposite support player can move anywhere along the line of the cone and can intercept any passes that come their way. This will force the players to decide and execute an appropriate long passing technique to avoid their pass being intercepted.



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Week 7 – Small Sided Game (SSG) – Passing (Long)

Small Sided Game (SSG) - Key Elements of Practice: Fully Opposed

Organisation

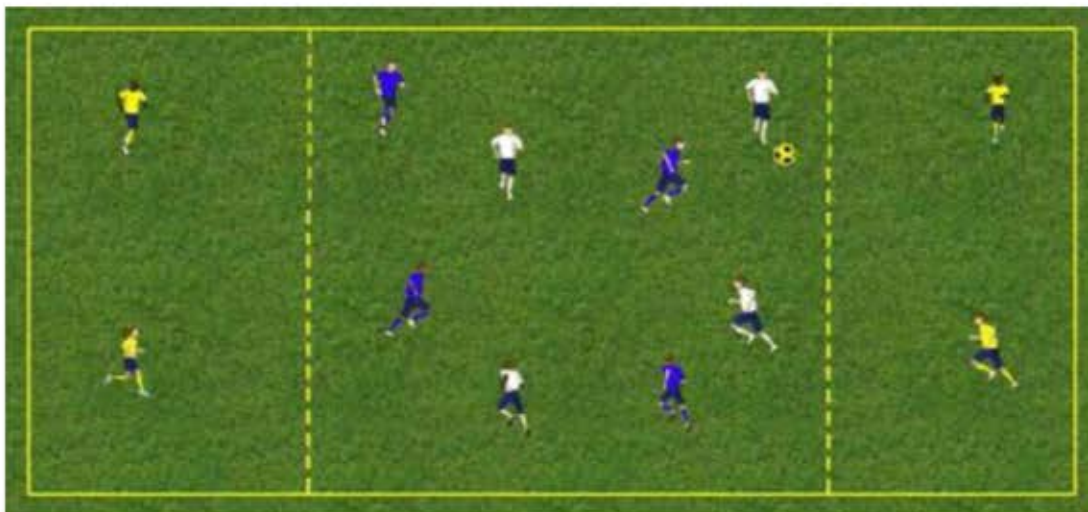
Mark out an area of 45 x 30 yards, with two 15 x 30 target areas at each end of the area. The areas can be adjusted to suit the age and ability of the players.

Play 4 v 4 within the large area. These players are free and can go anywhere they wish, including the target areas. Two target players in yellow are positioned in each of the target areas. The target players are conditioned to stay in the target area and play with the team who have possession of the ball.

The target players cannot make a long pass; only provide support for the team in possession. Encourage the players to take every realistic opportunity to make a long pass into the opposite target area, this could include passes from inside their own half of the pitch as well as from one target area to the other.

To score a goal, the team in possession should look to create an opportunity to make a long pass into the opposite target area. The game is multi directional.

If possession is lost, the team winning possession tries to keep possession and score in the opposite area.





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Key Technical Aspects

Recognise the impact the defenders have on the decision making process

- Decision on first time long pass, control and long pass or short pass to a supporting team mate
 - Select and execute the correct long passing technique
 - Movement to provide support
 - Movement to get in the line of the long pass and to select the correct control surface
 - Support and communication
-
- **Progression 1** – The ball is passed into one of the target areas and the team in possession will provide support to the target players. This will also ensure that the defending team will be pulled into the target area, to make it difficult for the team in possession to make a long pass to the opposite target area.
 - **Progression 2** – The team in possession, along with the target players, pass and support each other until there is an opportunity to make a long pass. The pass may be over or through the remaining defending team, to the opposite target area. Target players must look to move, get in line of the pass and control the ball
 - **Progression 3** – The target players will now need support from the team that has just made the long pass, the defending team need to react quickly and regroup. This will provide the players with realistic challenges to create opportunities to make a long pass to the opposite target area.
 - **Progression 4** – There will be occasions when the ball is passed out of the target area to a support player, who then passes it back to a team mate in the target area to make a long pass to the opposite target area. There may also be times when the team in possession can't play a long pass and the best option might be to turn away from the support players and run with the ball or pass their way to the opposite target area, before attempting to try a long pass back to the opposite target area.

Week 9 – Heading (Attacking & Defending)

Technique - Key Elements of Practice: Unopposed

Practice Opportunity – Use as many balls as possible, provide all players with the most opportunity to practice the technique with the ball.

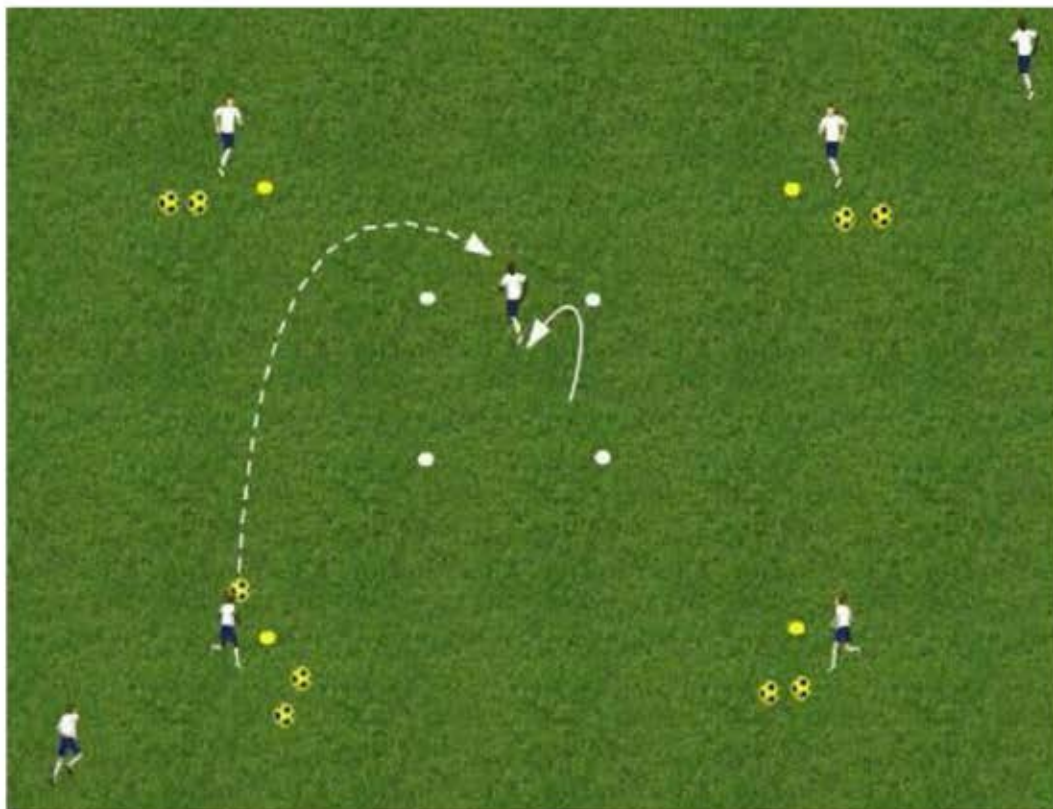
Organisation

Mark out a 20 yard square, the size can be adjusted to suit the age and ability of the players.

Position 4 players on the cones of each of the four corners and position target players 5 – 10 yards back on two diagonally opposite corners. There should be an adequate supply of balls on each corner.

In the middle of the big square, mark out a smaller square of about 5 yards.

Place one player in the middle of this smaller square. One of the servers indicates they will throw the ball to the header. The header, checks off the diagonally opposite disc to the server, this will encourage them to attack the ball down the line of the servers throw.





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Key Technical Aspects

- Assess the flight of the ball and move feet to get in line
 - Attitude to get to the ball and attack it if possible
 - Decision on type of defensive heading technique
 - Execution of the technique, attacking, above the centre line of the ball, Defensive heading head below the centre line of the ball.
 - Reaction for the next serve.
 - Use forehead, keep eyes open, firm neck & make good contact
-
- **Progression 1** - Player checks off diagonally opposite disc, to get in the line of the ball. The player heading the ball decides on which heading technique to employ, attacking or defensive.
 - **Progression 2** – Once the header has been made, the player immediately recognises where the next ball is going to be delivered from and checks from the diagonally opposite disc. The player again decides on which heading technique to employ, attacking or defensive. This is performed for all 4 cones.

Week 9 – Small Sided Game (SSG) – Heading (Attacking & Defending)

Small Sided Game (SSG) - Key Elements of Practice: Fully Opposed

Organisation

Mark out a pitch about 35 x 20 yards. The size can be adjusted to suit the age and ability of the players.

The pitch should have two goals, with goalkeepers. Play 4v4 plus a goalkeeper in a 2-1-1 formation. Set up 6 servers around the edge of the marked area.

It is a free game but you should build in some sort of tactical shape to the game but allow the players to rotate where required.

The servers with footballs, located around the perimeter of the pitch are numbered. The servers can move up and down their areas to provide different angles and heights of crosses and balls into the area.

Encourage free play, the team in possession can pass the ball to any of the servers and the defensive team must then adjust and organise for the thrown cross. If the ball goes out of play, you can call a number of a server and an area for the ball to be thrown into. The defensive team then adjusts and organises to the serve into their area.





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Key Technical Aspects

- Communication between defenders and GK
- Defenders work as a unit, one attacking the ball, the others providing cover
- Start position in relation to where the ball is served from
- Get in the line and attack the ball down the line of the cross
- Timing of run and jump
- Select relevant heading technique
- Protect the goalkeeper if they come for the cross
- After defensive header, readjust and reorganize
- Squeeze up the pitch if possible after the ball has been headed clear

Progression 1 – In free play, the ball is passed to server number two. The two defenders and the GK must adjust their position and defend the thrown cross into the area. It is important that the servers serve the ball accurately and throw the ball to the various key defensive areas, near post, far post and the middle of the goal. The attacker tries to score. In this instance the ball is thrown to the near post and the first defender gets in front of the attacker to head clear. Attackers should look to head for goal.



Fry Club JFC Player Development Plan



Week 10 – Finishing

Shooting and Finishing is probably one of the most enjoyable elements of football for younger children.

There this session should be focused on every player having fun.

The session below are easy and fun yet get the technical elements of shooting across to the players very simply. No

A Small Sided Game has not been included in this section as the focus is on every player getting the most number of shoots in on goal.

If you wanted to introduce an SSG into the session, a 4v4, 5v5 etc with the emphasis on shooting would be ideal.

Organisation

- Grid 40 x 10 yards
- 1 goal set up at the 20 yard mark of the grid
- 2 goalkeepers and 6 players (3 players either side of the grid) per grid

Shooting Technique (Varying Angles of Ball Approach)

Head down – eye on the ball.

Players should look up to pick out their target and then look back to the ball as they actually shoot. This is because it is virtually impossible to strike the ball correctly if you're not looking at it.

Plant non-striking foot along side the ball.

If you plant your foot behind the ball your kicking foot is coming up as you strike. This will result in a high shot. As players progress you may well want to show them how to do this, but to start with we need to practice keeping shots low and straight.

Strike the middle of the ball.

Players should concentrate on striking the ball below the middle the ball will rise, if players 'top' the ball it will just roll along the ground.

Keep the knee of the kicking leg over the ball.

This technique determines the correct body position. Often, players will be standing too far behind the ball when they shoot. This results in too little power.

Approach the ball slightly from the side.

Coming straight at the ball results in 'toe poking'. Younger players kick with their toes naturally, it seems easier and it's often hard to get them out of the habit. You need to show them that they can hit the ball just as hard with their instep and their shots will be much more accurate. One way of doing this is to get them to shoot at a cone or pole set up 10 or 20 yards away. You should be able to demonstrate that it is much easier to hit the target and knock it over using the instep.

Follow through.

Young players are often reluctant to kick through the ball. They tend to jerk back as they strike the ball and consequently do not get a lot of power on the shot. Make sure players follow through correctly.



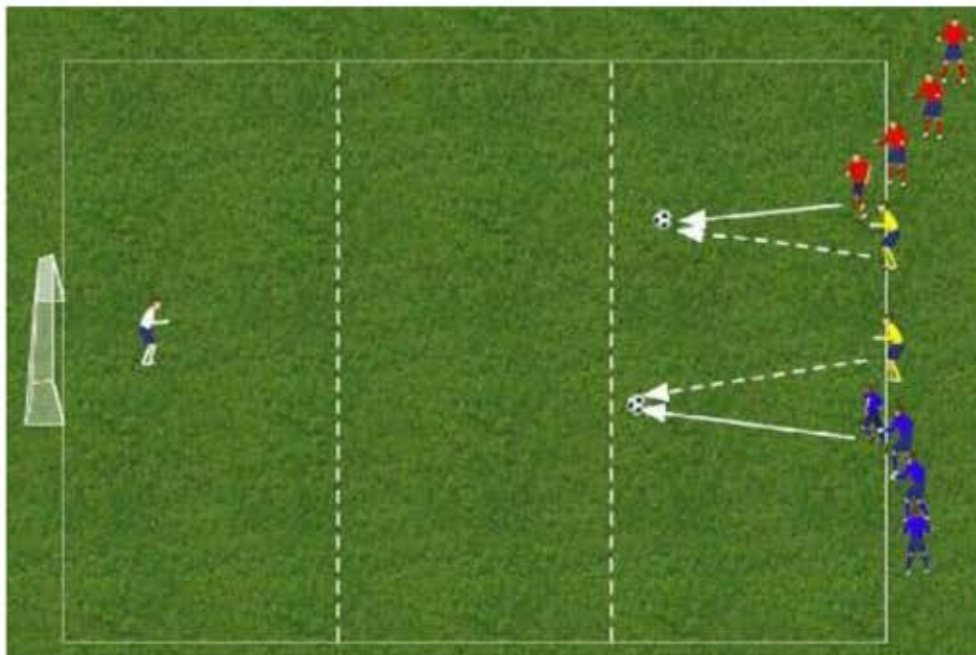
Fry Club JFC Player Development Plan



Key Points

- Position of the ball.
- Part of the foot in contact with the ball.
- Part of the ball that needs to be struck.
- Angle of approach.
- Check position of goalkeeper
- Accuracy
- Rebounds

Two Servers, Yellow 1 and Yellow 2 serve balls to the Red and Blues alternatively. Initially the servers play the ball in front of the red and blue player who either takes a touch or strikes first time. Players shooting should not get too close to the keeper. Quality of forward pass should be good. Use cones to mark areas of the pitch players should shoot from. Servers should not pass the ball until the goalkeeper is ready. Rotate servers regularly.

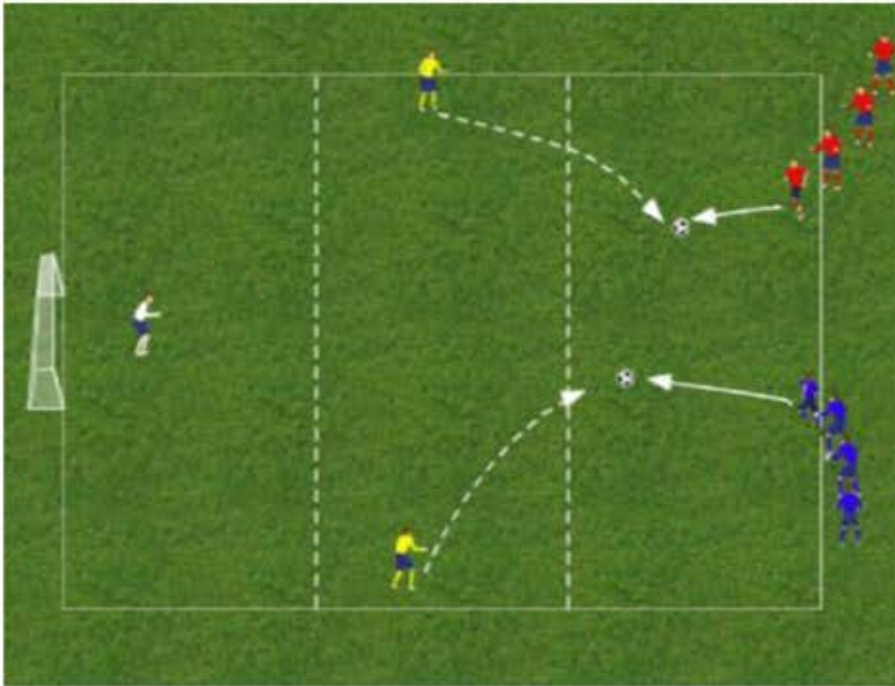




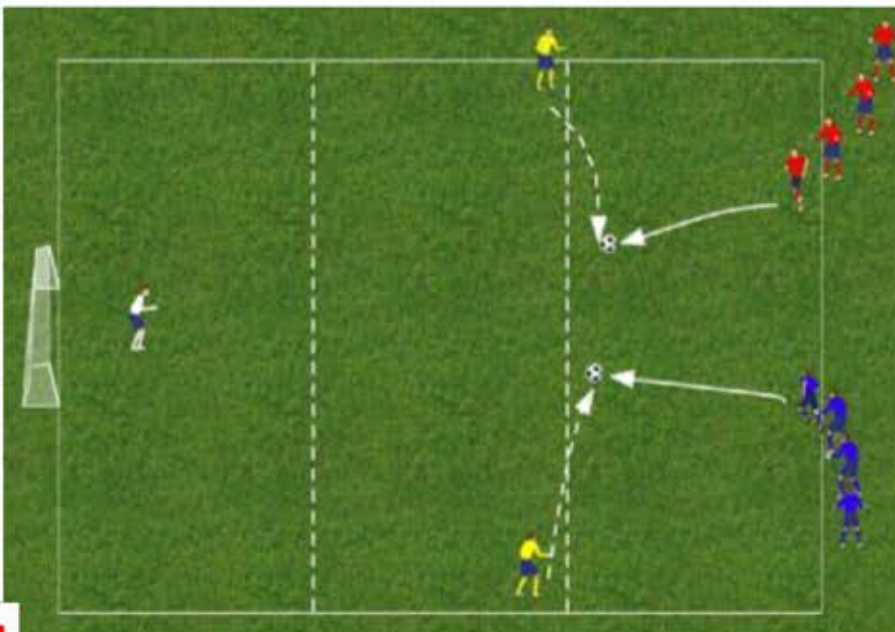
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Progression 1 - After several shots each, the servers move position. They now play ball's moving toward the kicker



Progression 2 - Once again, after a number of shots from each player the servers move position. They now play ball's moving across the kicker. Remember to rotate servers regularly.





Fry Club JFC Player Development Plan



Week 11 – Small Sided Games

Development Players & Advanced Players Small Sided Games and Presentation

An example of how this session is broken down is as follows, however flexibility can be built into the session if the SSG's are based on a tournament basis:

- 10 minute register & warm up
- 15 minute Small Sided Game (or 2x7 minute SSG's)
- 2/3 minute rest period & drink
- 15 minute Small Sided Game (or 2x7 minute SSG's)
- 5 minute cool down
- 12/13 minute presentation

SSG are ideal to aid in the development of your players because they allow players the following:

- More touches on the ball: by reducing the amount of players in a
 - game it will allow for each player to receive more touches.
- Increased number of game related decision-making opportunities: fewer players mean an increased amount of touches on the ball per player, which in turn means more decisions that need to be made.
- Constant transition from attacking to defensive situations.
- Increased 1 v 1 encounters in both attacking and defending situations.
- Increased opportunities to utilize specific ball skills.
- Increased opportunity to be in a goal scoring position.
- Increased opportunities to be in a 2 v 1 attacking and defending situations.

Week 12 – Pass & Control

Purpose

Skill competition to improve side foot passing, ball control and movement to receive passes.

Set Up

- Two players, one ball.
- Lay out 6 cones or discs in a circle shape, with the diameter of the circle being 10 to 20 meters.

Structure

The objective of the competition is to time the players as they pass and then move in a clock wise direction, successfully completing accurate passes, until both players end up back where they started. The competition should be timed, with the players trying to improve their passing accuracy, ball control and to beat their previous fastest time to complete the circuit



Key Points

- Head up, picture the pass
- Accurate, well weighted and timed passes
- Be alert and on the toes, ready to move to make a bad pass a good one
- Control the ball out of the feet
- Use both feet

Progressions

- Use more than 1 pair of players
- Make circle bigger or smaller to encourage different types of passing
- Condition players to two touches only, one to control, one to pass
- Condition players to using specified foot to control and pass

Week 13- Pass, Control, Pass

Purpose

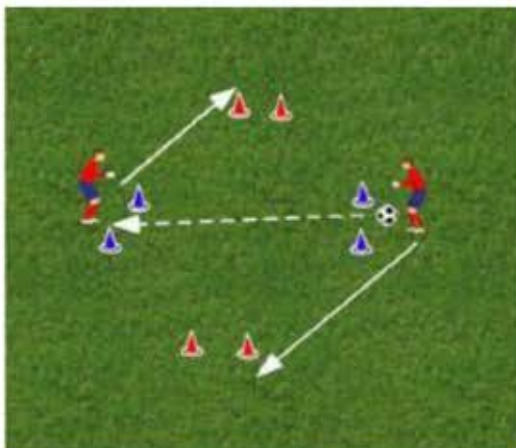
Skill competition to improve the accuracy of passing and the skill of controlling the ball to the side and out of the feet

Set Up

- Two players, one ball.
- Four pairs of gates.
- Gate size 2 to 3 yards.
- Passing distance between gates 10 to 15 yards, dependent upon age and ability of players.

Structure

Objective of the competition is for the players to pass the ball accurately through the gates. The player receiving the ball must control the ball to the side of the gate, opposite to where their team mate is running to, then run with the ball to the opposite set of gates from their team mate and pass the ball through the gates to them. The pass and control pattern is then repeated. The players must successfully complete a set number of passes, say 6, in as quick as time as possible.



Key Points

- Head up and picture the pass before passing
- Accurate well weighted, well timed passing
- Adjust the feet and get in the line of the pass
- Cushion the ball out of the feet and to the side
- Always look at the team mate
- Use both feet

Progressions

- Add two extra gates and two more players with a ball
- Increase or decrease the distance to encourage different types and lengths of passes
- Condition to using one foot only when passing



Fry Club JFC Player Development Plan



Week 14 - Turning Circle

Purpose

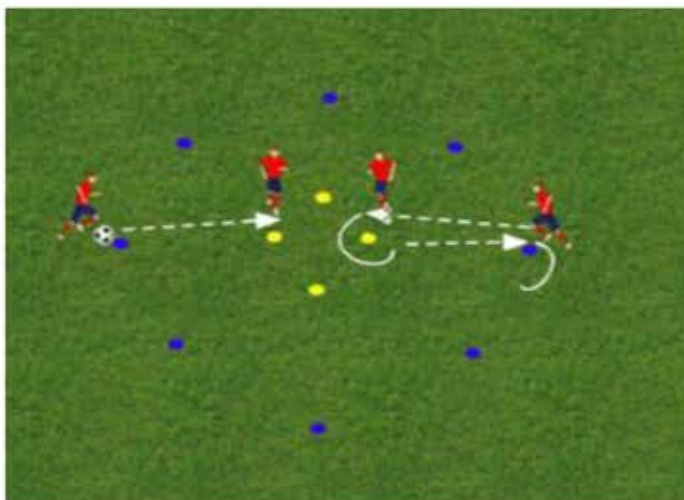
Skill competition to improve the skills of turning with the ball. The objective of the competition is for the players to complete one full sequence round the clock, without making a mistake and in the quickest time they can.

Set Up

Two players, one ball. Lay out an inside circle of 6 cones, yellow. Circle diameter 5 - 8 meters. Outside of this circle, lay out a bigger circle of 6 more cones, Blue - 10 to 15 meters outside of the Yellow coned circle.

Structure

Both players start on a Blue cone, opposite each other. One with the ball, one without. Player with the ball runs with the ball into the Yellow coned circle, player without the ball also runs into the coned Yellow circle. Ball is passed to the player without the ball, who turns with the ball and runs with it to the Blue cone where they started. At the Blue cone, they do a turn, run with the ball back into the Yellow circle. Player who passed the ball, runs to the Blue cone to their left, runs round it and then runs back into the Yellow coned circle. Pattern is repeated. Players without the ball will always go to the Blue cone to their left in a clockwise direction. Players turning with the ball will always go to the Blue cone, where they have just run from. The objective of the competition is for the players to complete one full sequence round the clock, without making a mistake and in the quickest time they can.





Fry Club JFC Player Development Plan



Key Points

- Good communication between the players
- Head up and picture the pass before passing
- Accurate well timed, well weighted passing to feet
- Adjust the feet when receiving the ball, so that the ball can be received easily
- Use different turning with the ball techniques. Encourage letting the ball run, using the back foot, rolling the ball when turning.
- When turning at the cone, encourage sole of the foot turning, big and little toe hook turns etc, encourage players to be creative with their turns.
- Change of pace after turning

Progressions

Involve more than 1 pair of players.

Increase or decrease the size of the area.

Condition the turns to a specific turn the players have to use. For example when receiving the pass, they have to turn using the pace of the pass and receiving the ball on the back foot. They have to use a sole of the foot turn when turning at the blue cone

Week 15 – Run With the Ball

Purpose

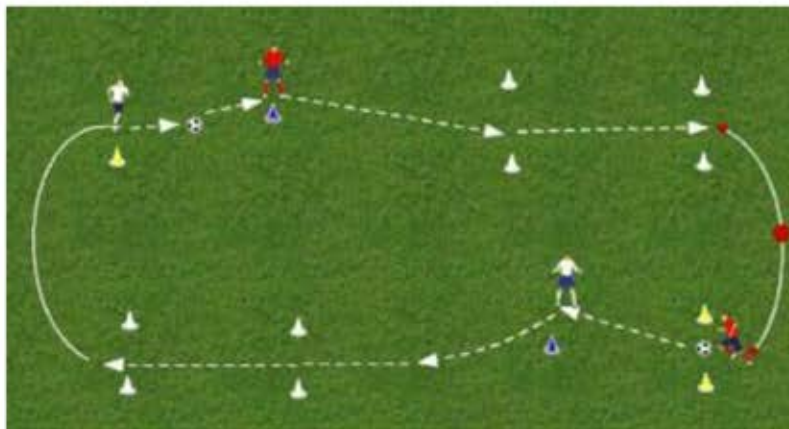
To improve the first touch into space and the skill of running with the ball

Set Up

- Two players, one ball
- Two lanes of 20 - 30 x 5 meters
- Start gates - yellow - 3 meters wide
- Receiving cone - blue, 3 - 5 meters in front of start gates
- First gate - white 15 meters from receiving cone - 2 meters wide
- Second gate - white 10 - 15 meters from first gate - 2 meters wide

Structure

The player with the ball - defender, passes diagonally from the yellow start gate to player facing them on the blue receiving cone. Receiving player looks to receive the ball side on and to control the ball positively, into the space to run into. As soon as the receiving player has touched the ball, the defender can start to chase. This game is a competition. The player running with the ball gets 1 point for running with the ball through the first set of white gates, without the defender touching the ball. The player running with the ball receives an extra point for running the ball through the second set of white gates, without the defender touching the ball and an extra 3 points if they stop with their foot on the ball within 1 yard of the last gate. Defender receives 1 point if they touch the ball.



Key Points

- Receive the pass on the half turn, with shoulders turned
- First touch, big into the space
- Use the front of the leading foot when running with the ball
- Keep the head up
- Run quickly, but under control with the ball
- Be under control with the ball when getting close to the end gates
- Cut across chasing defender if they get too close.

Week 16 - Dribbling

Purpose

The objective of the competition is for the player to be timed to complete the dribbling course and also to be able to complete all the various dribbling and turning skills correctly, without the ball touching any of the cones. The players should time themselves and try and complete the course successfully in the quickest time.

Set Up

- Distance from start cone to end turning cone 30 - 40 yards
- First two cones - 10 yards from start cone, 1 yard wide
- Second two cones - 1 yard from first two cones, 1 yard wide
- Third two cones - 5 yards to the left of second two cones, 5 yards in front. 1 yard wide
- 1st turning cone - 10 yards to the right of third two cones, 5 yards in front
- 2nd turning cone - 5 yards to the left of 1st turning cone, 5 yards in front
- 1st dribbling cone - 3 yards to the right of 2nd turning cone, 3 yards in front
- 2nd dribbling cone - 3 yards to the left of 1st dribbling cone and 2 yards in front
- 3rd dribbling cone - 3 yards to the right of 2nd dribbling cone and 2 yards in front
- 4th dribbling cone - 3 yards to the left of 3rd dribbling cone and 2 yards in front
- End turning cone - 10 yards from last dribbling cone
- All the distances of the cones can be adjusted to suit the age and ability of the players

Structure

Dribble and turn through the laid out cones as quickly as possible, without touching any of the cones or losing control of the ball.



Key Points

- Keep the head up, look where you are going. Don't look at the ball
- Use the front of the foot, big and little toes to manipulate the ball
- Keep the ball close and under control when turning and dribbling
- Change of pace and direction when appropriate

Week 17 – Ball Control

Purpose

To improve ball control techniques, focusing on moving to get in the line of the pass, controlling the ball away from the body and making an accurate pass after the control. The competition encourages control with the feet, both on the floor and out of the air, thigh control and chest control.

Set Up

Two players, one ball. The square yellow coned central grid is 5 x 5 meters. Place eight Blue cones 5 - 10 meters outside of the yellow grid in a circle. The receiving player (Yellow) who starts inside the yellow grid, must always check off a yellow cone to meet the ball, control the ball inside of the yellow grid area and pass accurately back to the server. After serving the ball, the server (Blue) must move clockwise to the next area between the blue cones. The server must be accurate with their serve or pass. To improve the quality of the ball control, when the ball needs to be served in the air, for feet control, thigh control and chest control, the server can throw the ball for greater accuracy.

Structure

The rules for the competition are, the player inside the yellow grid, must always check off a diagonal yellow cone to the server: Control the ball twice with their feet, from a serve along the ground, twice with their feet from a serve that is off the ground, twice with their thigh from a serve that is off the ground and twice with their chest. They cannot use more than two touches, control and pass: They must control the ball inside the yellow grid area and they must pass the ball accurately back to the server. After serving, the server must move clockwise to the next spare area to receive a return pass. The objective is to complete a full circuit, without making a mistake in the quickest time.



Key Points

- Be alert and ready to adjust the feet to make a bad pass a good one
- Get in the line of the pass
- Assess the flight of the ball
- Select the correct control surface
- Cushion the ball out of the feet, ready to make the next pass
- Be accurate with the return pass