



CURRICULUM: THE TEAM (U14-U18)



CONTENTS

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5 [REDACTED]

7 ATTACKING SESSIONS

13 [REDACTED]

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of player development for all participants. To achieve this good practice that BC Organizations can fully integrate the on-going development of their own documentation of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereas the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.



Curriculum



Coach Profile



Player Profile



Team Profile

Coach Profile

The Coach Profile is composed of the coach as an individual first as a safe, positive and fun environment. Coach Profile and is paired with the players as well as identifying the

Player Profile

The Player Profile refers to the player players attacking and defending actions related to the game of soccer. Player Profile and is paired with the players as well as identifying opportunities of improvement.

Team Profile

The Team Profile provides an framework for the season-long with the Curriculum. It identifies the attacking and defending actions experiencing these actions to aid their overall technical and tactical

CURRICULUM

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framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players

experiencing these actions to aid their overall technical and tactical development. Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.



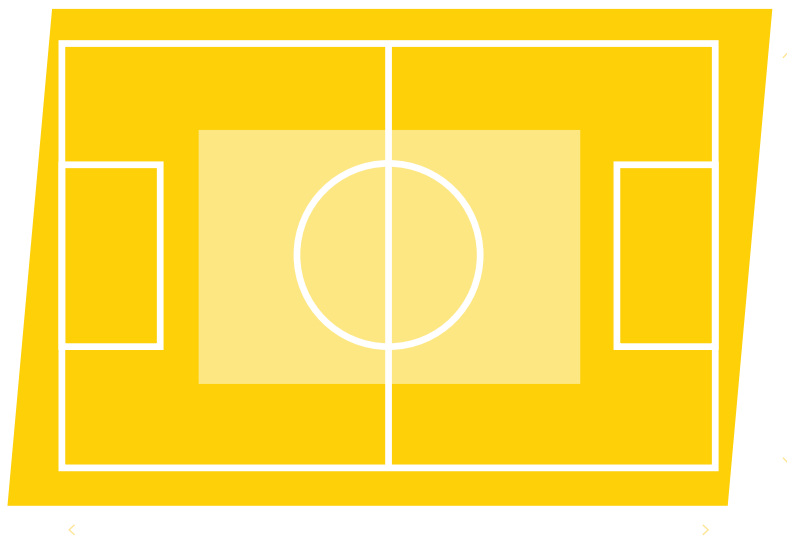
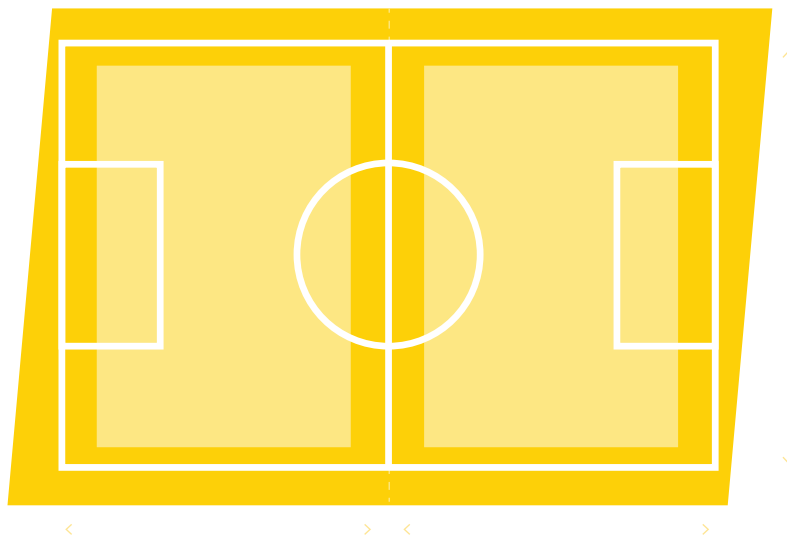
This part of the curriculum is for younger players aged U6 to U9 and focuses on introducing players to the game through a variety of fun game like activities.

This part of the curriculum is for players aged U10 to U13 and focuses on the player's relationship with the ball when attacking and defending in small sided games.

This part of the curriculum is for players aged U14 to U18 and focuses on the player's role/ position within the team when attacking and defending in larger game formats, such as 11v11.



To maximize the available field space as well as to be sized appropriately for the players. The field setups below provide examples of what the session field set up could like for delivery of The Team U14 to U18 curriculum on a full sized 11 v 11 field.



SESSION STRUCTURE

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introduction game. Part 3, the theme is the focus of the session and can include 1 of 4 attacking or 1 of 4 defending themes listed below. Finally, all session are completed with a final game, which is theme focused and followed by a cool down.

		2 x 4 v 4 + 1 (Variations)	
30 minutes	GAME PART 3: THEME GAME	ATTACKING	
		Organized	Organized
		Transition	Transition
01 minutes	PART 4: FINAL GAME	1 x 9 v 9 (Variations)	
3 minutes	PART 5: COOL DOW		
Total 5 minutes			

Coaches can adapt practices based on the following factors

Use regular size goals if you have Goalkeepers and use smaller goals without Goalkeepers to make it

Use a smaller goal on one

Goalkeeper available.

Use poles or cones as goals if you

Increase the field size recommendation if you have

Decrease the field size if you

Use water breaks for players between the activities to make adjustments to your field dimensions.

Follow the session structure for your practices.

Decide each practice if you want to focus on an Attacking or Defending

Rotate the themes each practice



ATTACKING SESSIONS

Area of the field is approx 40 x 60 yards
Mark the perimeter with cones
Keep this perimeter for the entire session duration
Every player should have one ball each preferably

TIPS

Objective
This phase of the practice is very important to ensure that

Slow jogging and ball manipulation with the ball
Perform a variety of dynamic stretching movements
Increase intensity gradually and ball work challenges



PART 2: INTRODUCTION GAME

4 V 4 + 1 (VARIATIONS)

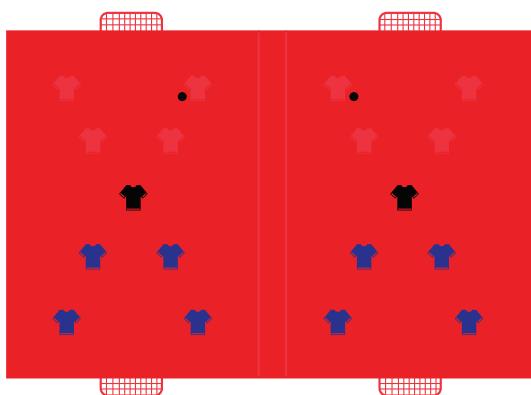
SET UP

Area of each field is divided by a 6-yard middle zone
Mark the zone lines with cones and set up 4 goals.
The area of each field is approx 27 x 40 yards
Each field should have a good supply of balls

TIPS

Objective
To score on the opponent by collective and individual efforts while focusing on attacking.

Spread out to make more room to play in possession
Support the ball carrier for passing options if needed
Try to finish on net when you have the chance



ATTACKING SESSIONS

Mark the field into 3 horizontal zones of 20 yards
The area of this playing field is approx 40 x 60 yards
Players are designated to 1 of 3 zones and must stay within their zone

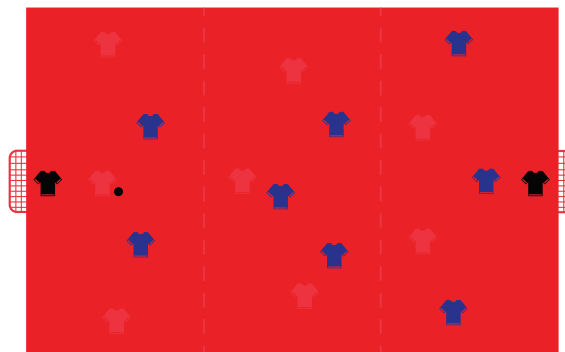
TIPS

Objective

Build possession play by passing the ball from zone 1 through zone 2 and into zone 3 by finding a teammate. Player in zone 3 can create to shoot on goal.

Spread out to make more room to play in possession
Support the ball carrier for passing options if needed
Through combination play or crosses, try to finish on net

When in possession, allow 1 player to move into the advanced zone (zone 1 to zone 2, and zone 2 to zone 3)



SET UP

Mark the field into 3 vertical zones of 13 yards and mark

The area of this playing field is approx 40 x 60 yards.
Players do not need to stay in a vertical zone and are free to move all over the field.

TIPS

Objective

They must pass the ball to a teammate in another vertical zone

Get compact to reduce available space for opponents
Apply pressure to the ball carrier to prevent advancing
Support the ball carrier for passing options in advanced and wide positions

Designate 1 team to stay in their defending half when they do not have possession of the ball. Encourage a fast 'counter-attack'



SET UP

Rotate the field, with 1 big goal and 2 small target goals

The area of this playing field is approx 40 x 60 yards

The field should have a good supply of balls

TIPS

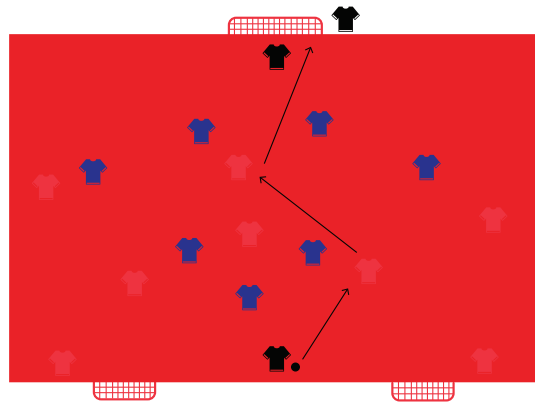
Objective

Build possession play starting with the neutral player. Focus on creating shooting opportunities on goal through wide and central attacks. If the defending team win the ball they must find the

Spread out to make more room to play in possession

Support the ball carrier for passing options if needed

Through combination play or crosses try to finish on net



Coach dictates when a set play takes place, using the following commands: 1=Throw In 2=Free Kick 3=Corner Kick

The area of the playing field is approx 40 x 60 yards

The field should have a good supply of balls

TIPS

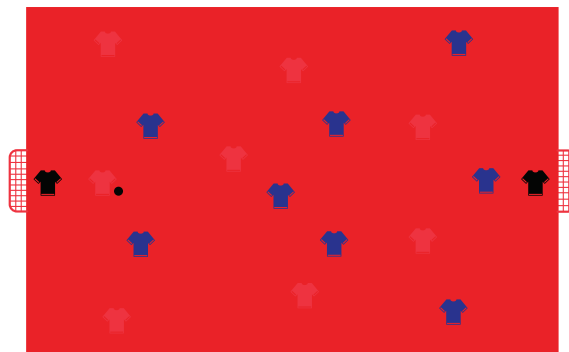
Objective

To score on the opponent by collective and individual efforts while preventing the opposition from scoring. React quickly to the coach's command and set up for an attacking set play.

Throw Ins: Keep possession of the ball, with the throw aimed downwards towards the supporting player's feet. Supporting players need to offer options forward, sideways and backwards

Free Kicks: In the team's own half, look to restart quickly and keep possession of the ball. In the opponents' half, look to either create an opportunity on goal through combinational

Corner Kicks: Encourage 2 players on the ball to create a cross or shot on goal through combination play. Also consider that players are attacking space at the front, middle and back areas



ATTACKING SESSIONS

Remove any markers you may have used previously
Add goals on either end of the playing area
The area of the playing field is approx 40 x 60 yards
The field should have a good supply of balls

TIPS

Objective

To score on the opponent by collective and individual efforts while preventing the opposition from scoring.

Spread out to make more room to play in possession
Support the ball carrier for passing options if needed
Through combination play or crosses, try to finish on net



PART 5: COOL DOW

SET UP

Area of the field is approx 40 x 60 yards
Mark the perimeter with cones
Every player should have one ball each preferably

TIPS

Objective

This phase of the practice is very important to ensure that

Slow jogging and ball manipulation with the ball
Perform a variety of dynamic stretching movements
Decrease intensity gradually and ball work challenges





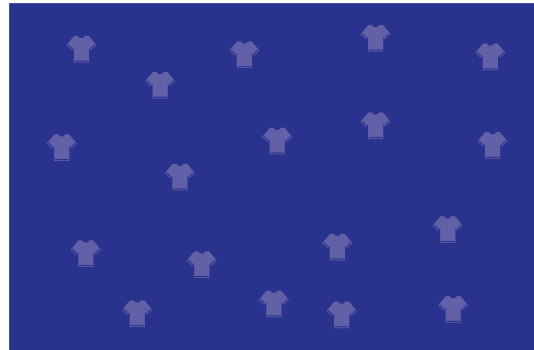


Area of the field is approx 40 x 60 yards
Mark the perimeter with cones
Keep this perimeter for the entire session duration
Every player should have one ball each preferably

TIPS

Objective
This phase of the practice is very important to ensure that

Slow jogging and ball manipulation with the ball
Perform a variety of dynamic stretching movements
Increase intensity gradually and ball work challenges



PART 2: INTRODUCTION GAME

4 V 4 + 1 (VARIATIONS)

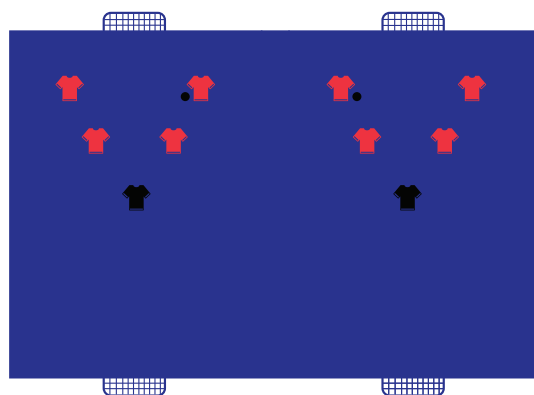
SET UP

Area of each field is divided by a 6-yard middle zone
Mark the zone lines with cones and set up 4 goals.
The area of each field is approx 27 x 40 yards
Each field should have a good supply of balls

TIPS

Objective
To prevent the opponent from scoring by collective and individual efforts while focusing on defending

Spread out to make more room to play in possession
Support the ball carrier for passing options if needed
Try to finish on net when you have the chance



Mark the field into 3 horizontal zones of 20 yards
The area of this playing field is approx 40 x 60 yards
Players are designated to 1 of 3 zones and must stay within their zone

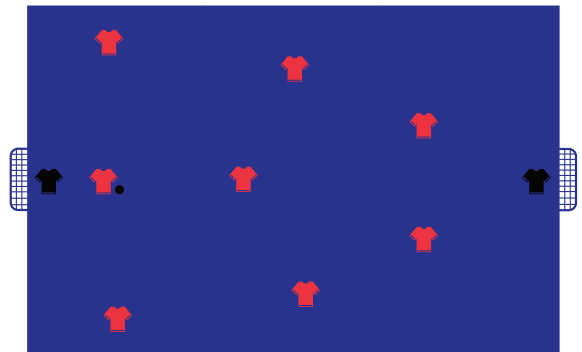
TIPS

Objective

from zone 1 through zone 2 and into zone 3 as well as prevent opportunities on goal.

Get compact to reduce available space for opponents
Apply pressure to the ball carrier to prevent advancing
Mark man/space to limit scoring chances by opposition

When out of possession, allow 1 player to move into the defending zone (zone 3 to zone 2, and zone 1 to zone 3)



SET UP

Mark the field into 3 vertical zones of 13 yards and mark the half-way line
The area of this playing field is approx 40 x 60 yards
Players do not need to stay in a vertical zone and are free to move all over the field.

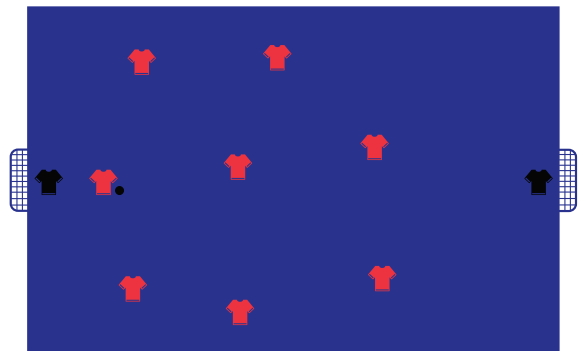
TIPS

Objective

They must re-organize defensively and prevent the opposition from a quick attack into wide and advanced areas.

Get compact to reduce available space for opponents
Apply pressure to the ball carrier to prevent advancing
Mark man/space to limit scoring chances by opposition

Designate 1 team to stay in their defending half when the attacking team loses possession of the ball. Encourage a fast recovery to win it back or to reorganize.



SET UP

Rotate the field, with 1 big goal and 2 small target goals

The area of this playing field is approx 40 x 60 yards

The field should have a good supply of balls

TIPS

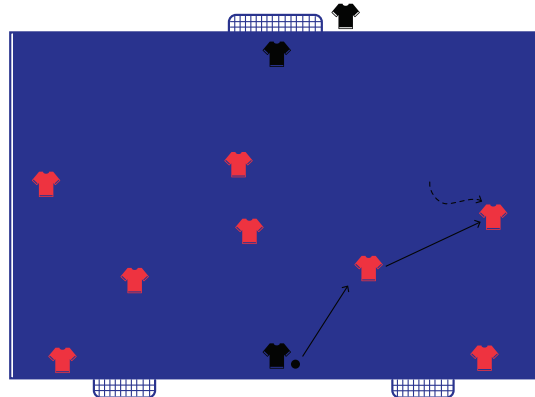
Objective

Prevent the attacking team from building possession play and creating shooting opportunities on goal through wide and central attacks. If the defending team win the ball they must find the

Get compact to reduce available space for opponents

Apply pressure to the ball carrier to prevent advancing centrally

Mark man/space to limit scoring chances by opposition



Coach dictates when a set play takes place, using the following commands: 1=Throw In 2=Free Kick 3=Corner Kick

The area of the playing field is approx 40 x 60 yards

The field should have a good supply of balls

TIPS

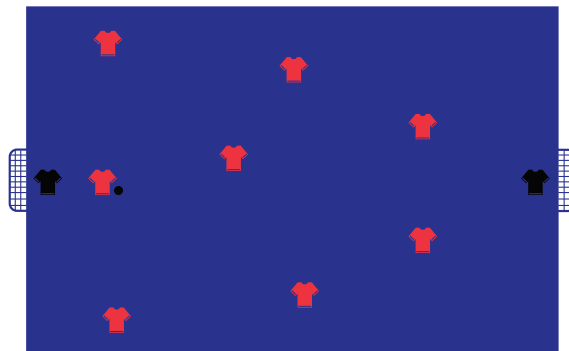
Objective

To prevent the opponent by collective and individual efforts while preventing the opposition from scoring. React quickly

Throw Ins: Prevent the thrower from throwing the ball into forward areas to the teammates feet by marking the opposition

backwards or in the air to make the throw contestable.

Free Kicks: Prevent the free kick taker to play the ball into forward areas to their teammates feet by marking the opposition player 'goal-side'. Determine wheather to mark space, and/or the player. For all direct free kicks set up with the appropriate number of players in the wall with other players marking



Corner Kicks:

covering the front, central and back areas of the goal within the penalty area. Players should mark the opponent or space or a combination. Have 2

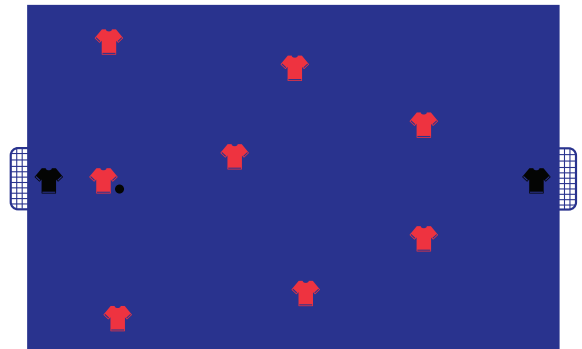
Remove any markers you may have used previously
Add goals on either end of the playing area
The area of the playing field is approx 40 x 60 yards
The field should have a good supply of balls

TIPS

Objective

Prevent the opposition from scoring through collective and individual effort while attempting to score.

Get compact to reduce available space for opponents
Apply pressure to the ball carrier to prevent advancing
Mark man/space to limit scoring chances



PART 5: COOL DOW

SET UP

Area of the field is approx 40 x 60 yards
Mark the perimeter with cones
Every player should have one ball each preferably

TIPS

Objective

This phase of the practice is very important to ensure

Slow jogging and ball manipulation with the ball
Perform a variety of dynamic stretching movements
Decrease intensity gradually and ball work challenges







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