



Cardiff City Football Club

Academy Technical Programme

7 – 11's & 12 – 18+

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7-11's Small Sided Syllabus

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CARDIFF CITY FOOTBALL CLUB
www.cardiffcityfc.co.uk

FUNdamental Phase (8-11 years)



Focus on:

Agility

Balance

Co-ordination

Speed

At this age it is vital the players learn the Technical aspects of the game in a fun environment.

Players must be encouraged to play in a variety of positions.

Creative play should be encouraged through small sided games(4v4, 3v3, 4v3 etc)

Under 11's

Focusing on transition from 8 a-side to 11 a-side football, including introduction to change of roles & responsibilities and pitch geography in 11 a side football

Training to Train (12-14 years)



- Understanding how to train (warm ups, resting, recovery, nutrition etc)
- Focus on:
- Perfecting players Technique
- Introduction in to strength & Endurance training built around their technical and tactical programme
- Introduction in to Tactical Components
- Players encouraged to play in a variety of positions, getting more specific towards the end

Training to Compete (15 – 18 years)



- Focus on:
- Position specific skills and understanding of role and responsibilities.
- Understanding Systems of play
- Football specific development of aerobic & anaerobic systems.
- Strength and neuromuscular development should be optimised based around their individual growth.
- All aspects should be covered as part of their

Training to Win (18's +)



- Focus on:
- Continued development of Strength, Speed & Power
- Sound Awareness of Tactical Formations & Patterns of Play
- Understanding of Specific Roles & Responsibilities in & out of Possession
- Understanding of Attacking & Defending Set Pieces
- Dealing with Physical Demands of the games at Reserve Team / 1st Team level
- Dealing with Mental Demands of the game at Reserve Team / 1st Team level



Academy Under 18's – 12 month Syllabus

● August, September & October

- Technical SF1-9, C1-7, PC1-14, RD1-11
- Tactical D1-13, A1-12, U1-10
- Position Specific CB1-13, M1-12, GK1-11, CF1 -10
- Strength & Power

● November, December & January

- Technical SF1-9, C1-7, PC1-14, RD1-11
- Tactical D1-13, A1-12, U1-10
 - Position Specific CB1-13, M1-12, GK1-11, CF1 -10
 - Strength & Power

● February, March & April

- Technical SF1-9, C1-7, PC1-14, RD1-11
- Tactical D1-13, A1-12, U1-10
 - Position Specific CB1-13, M1-12, GK1-11, CF1 -10
 - Strength & Power

● May, June & July

- Physical Conditioning
- Technical PC1-14 & RD1-11, SF1-9, C1-7



Breakdown of Technical Components

• Shooting / Finishing

SF1 Variation of technique:

Inside / laces / volleys / heading / half volleys

SF2 Shooting over a variation of distances/angles/passes/crosses

SF3 Movement to create shooting opportunities

SF4 Creative play to create shooting opportunities

SF5 Finishing in 1 v 1 situations

SF6 Finishing from a through ball

SF7 Finishing under pressure

SF8 Timing of runs

SF9 Creating a shot with back to goal

• Crossing

C1 Variation of technique:

near / far / pull back/ low / high/ passed / driven /

in-swing / out-swing

C2 Variation of angles

C3 Ability to beat defender to create a cross

C4 Ability to cross around defender

C5 Ability to cross on the move or from re-starts

C6 Ability to cross both feet

C7 Selection of type of cross



Breakdown of Technical / Tactical Components

• Defending

- D1 Ability to defend in 1v1 situations
- D2 Defending as unit
- D3 Dealing with crosses
- D4 Heading
- D5 Dealing with overload
- D6 Preventing shots / crosses / through balls
- D7 Pressing the ball
- D8 Delaying attacking play
- D9 Dealing with sustained pressure
- D10 Recovery runs
- D11 Understanding of how to play in and against different formations
- D12 Understanding individual roles & responsibilities within different systems
- D13 Challenging / Interceptions

• Attacking

- A1 Creative play in the final 3rd
- A2 Attacking combinations to create shooting opportunities
- A3 Importance of width & depth
- A4 Counter attacking
- A5 Switching Play
- A6 Build up play
- A7 Direct play
- A8 Maintaining possession to create attacking opportunities
- A9 Movement in & out possession
- A10 Understanding of how to play in and against different formations
- A11 Understanding individual roles & responsibilities within different systems
- A12 Committing defenders



Breakdown of Technical Components

- **Passing / Control**

PC1 Range of passing – long-short-diagonal

PC2 Variation of pass – laces-lofted-short

PC3 Passing to maintain possession

PC4 Passing under pressure

PC5 Passing off the front foot

PC6 Passing with both feet

PC7 Passing in attacking areas

PC8 Passing to improve build up play

PC9 Passing combinations

PC10 Disguise of a pass

PC11 1st touch – ground & aerial

PC12 Variation of control

PC13 Control under pressure

PC14 Weight of pass

- **Running with the ball / Dribbling**

RD1 In attacking areas

RD2 Variation of running angles
inside to shoot / outside to cross

RD3 To bring ball out of defence

RD4 Ability to maintain control of the ball
at pace

RD5 Recognise opportunities to run with
the ball

RD6 Ability to dribble in tight situations

RD7 Variation of turns & tricks

RD8 Feinting & Disguise

RD9 1 v 1 work

RD10 Change of speed & direction

RD11 Skills & Tricks (creativity)



Breakdown of Tactical Components

- U1 Understanding roles and responsibilities within a variety of formations
- U2 Understanding roles and responsibilities against a variety of formations
- U3 Understanding specific patterns of play within a variety of formations
- U4 Understanding of Attacking and Defending set-plays:
Corners / Free-Kicks / Re-starts
- U5 Understand strengths and weaknesses of a variety of formations
- U6 Ability to change formations and patterns of play during matches
- U7 Ability to create space with movement both in & out of possession
- U8 Decision making In & Out of possession.
- U9 Defensive responsibilities as a part of a unit
- U10 Examples of formations to be covered:
4-4-2, 4-3-3, 4-5-1, 4-4-1-1, 5-3-2



Position Specific Components

● Centre Backs & Full Backs

CB1 Heading
CB2 Defending 1 v 1
CB3 Dealing with crosses
CB4 Distribution
CB5 Delay
CB6 Organisation / Communication
CB7 Cover / Balance / Support
CB8 Dealing with through balls
CB9 Attacking from wide areas
CB10 Link up play / Combination play
CB11 Crossing
CB12 Running with the ball
CB13 Recovery runs

● Central & Wide Midfield

M1 Range of passing
M2 Attacking play in final 3rd
M3 Defending 1 v 1
M4 Creative play in final 3rd
M5 Variety of crossing
M6 Timing & Angles of forward runs
M7 Recovery runs
M8 Attacking in wide areas 1 v 1
M9 Maintaining possession
M10 Movement to create space
M11 Shooting / Finishing
M12 Variety, Range & Quality of Crossing



Position Specific Components

● Goalkeeper

GK1 Handling
GK2 Dealing with crosses
GK3 Dealing with free-kicks
GK4 Shot-stopping
GK5 Distribution – hands & feet
GK6 Organisation & Communication
GK7 Starting position
GK8 Dealing with 1 v 1's
GK9 Reactions work
GK10 Agility work
GK11 Penalties

● Centre Forward

CF1 Movement in & out of possession
CF2 Timing and angle of runs
CF3 Body positions when attacking a cross
CF4 Range and variety of shooting / finishing
CF5 Hold up & link up play
CF6 Quality of control & 1st touch
CF7 Ability to beat players 1 v 1
CF8 Ability to play with back to goal
CF9 Reaction / speed work
CF10 Finishing 1 v 1



Breakdown of Session Components

- Specific warm up
- Technical work unopposed
- Technical work opposed
- Tactical work
- Half pitch practises
- 11 v 11
- Small sided games
- Phases of play
- Patterns of play
- Position specific work – 1 v 1 or units
- Player analysis
- Team analysis

NB. All aspects of the session should be match realistic with the movement patterns and tempo of each practise simulating game situations and scenarios.



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Breakdown of Coaching Session Under 12 – 16's (Approximately 2 hours)

- Description of session to the Group (5 minutes)
- Warm Up – Ball & Agility (10 – 15 minutes)
- Technical work (unopposed & opposed) (20 - 25 minutes)
- Functional Work (25 - 30 minutes)
- Small Sided Game / Phase of play (20 - 25 minutes)
- Shooting & Finishing (10 – 15 minutes)
- Cool Down (5 minutes)
- Feedback to and from the group (5 minutes)

Sessions may also include:

Position Specific Work

Match Analysis

Physical Development Work



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Breakdown of Coaching Session Under 18+'s (Approximately 2 hours)

- Description of session to the Group (5 minutes)
- Warm Up – Ball work & Agility (10 – 15 minutes)
- Technical work (unopposed & opposed) (20 - 25 minutes)
- Functional Work & Patterns of Play (20 - 25 minutes)
- Team Shape (In & Out of Possession) (20 - 25 minutes)
- Set Pieces (15 - 20minutes)
- Shooting & Finishing (10 – 15 minutes)
- Cool Down (5 minutes)
- Feedback to and from the group (5 minutes)

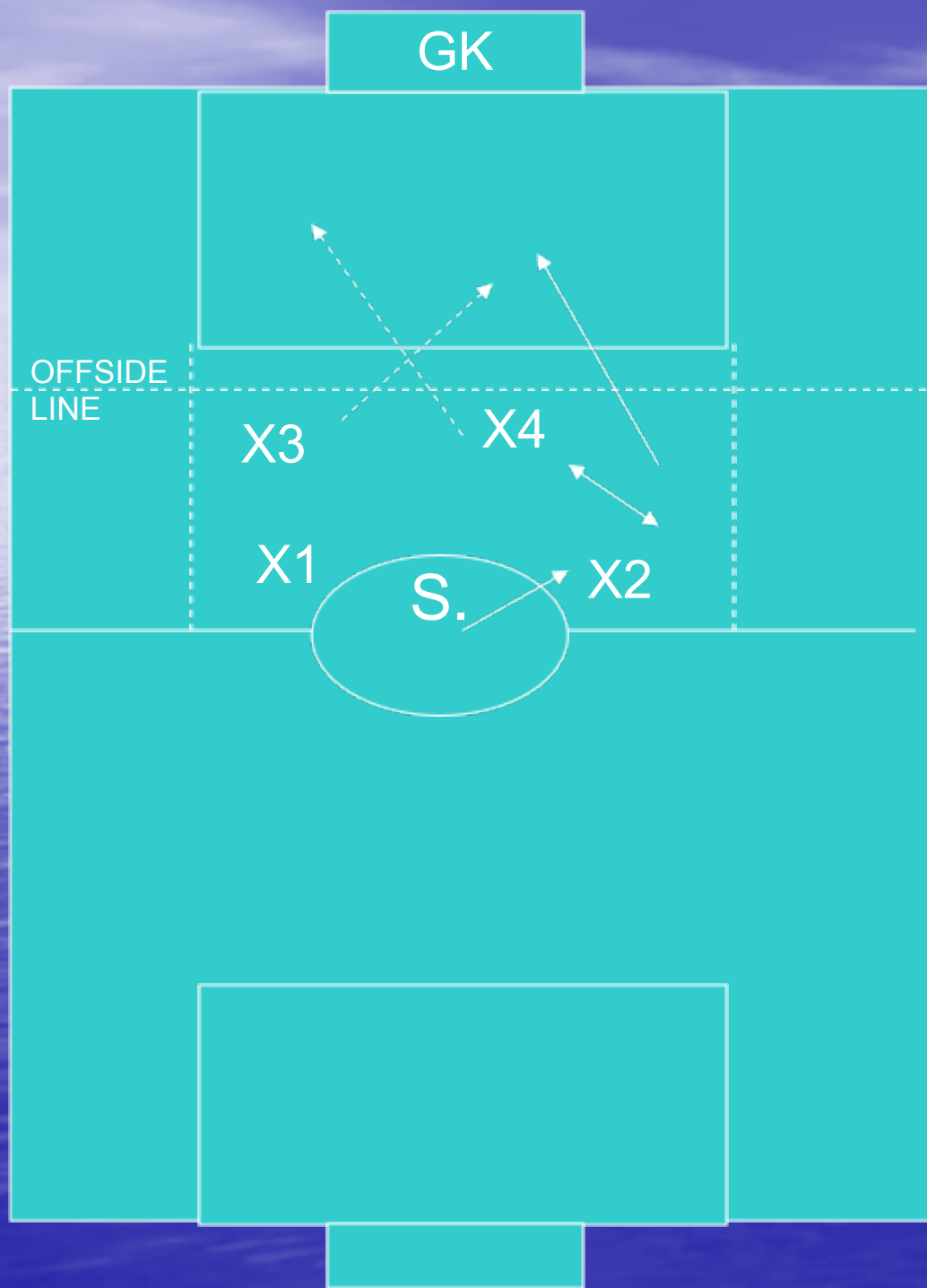
Sessions may also include:

Position Specific Work

Match Analysis

Physical Development Work

Movement of Strikers in Central Areas to Create Goal Scoring opportunities.



Set Up

Mark out area central

Play starts with a pass from the server

S. Plays to X2

X2 plays 1-2 with X4

X4 spins off

X2 plays in diagonal run of X3

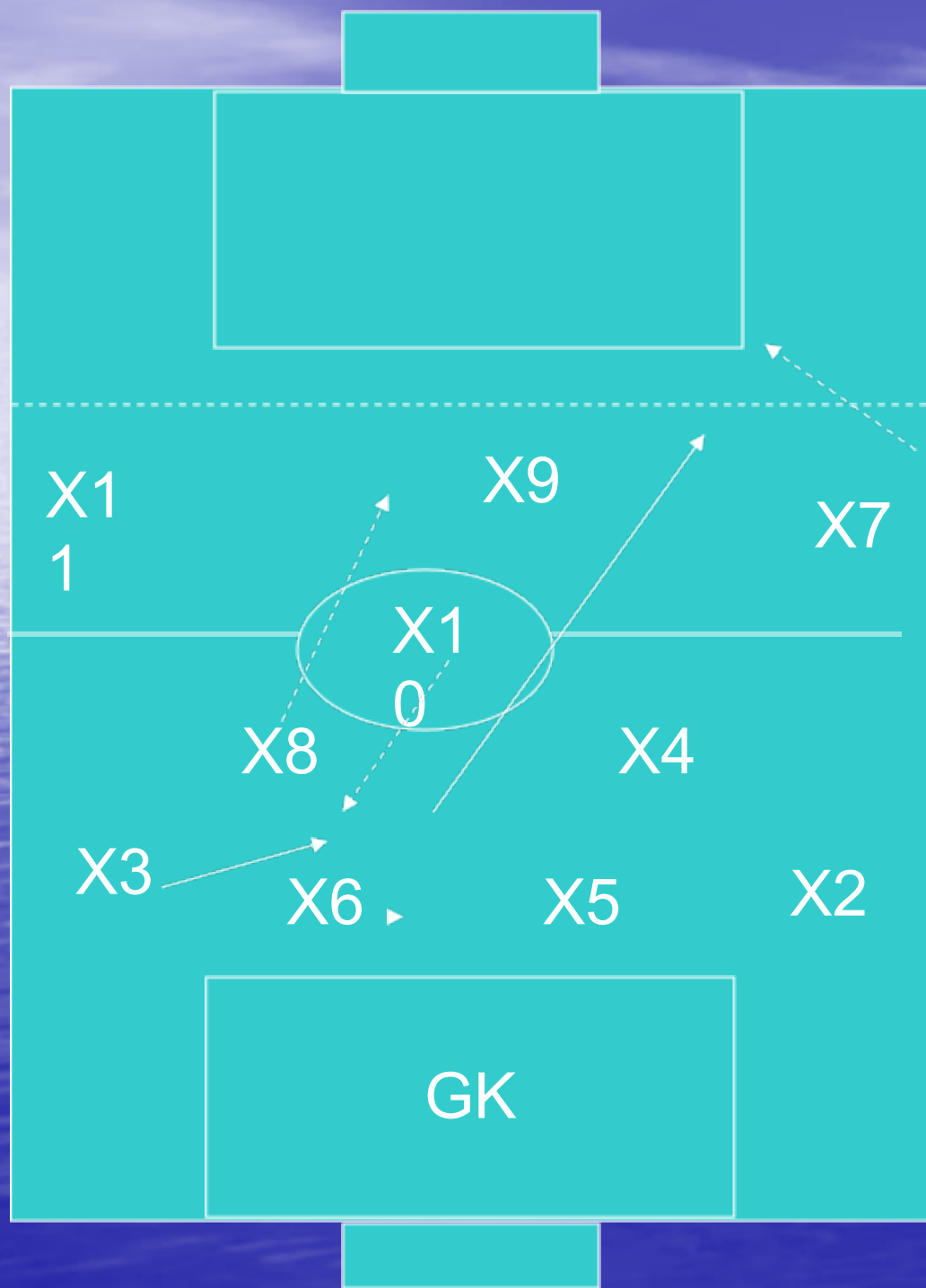
Progressions

Add 3 defenders (2 marking strikers and 1 marking space in between)

Coaching Points

- Timing of runs not to be offside
- Encourage creative play
- Runs must be at pace
- 2nd striker picks up rebounds or cross/shot
- Play in strikers early

ATTACKING PATTERN OF PLAY – 4-3-3(rotation of midfield 3)



PASS →

Rotation

X8 go long
X10 drop in to space
X10 long diagonal to X7
X7 inside run

Rotation simple of 3, just switch positions

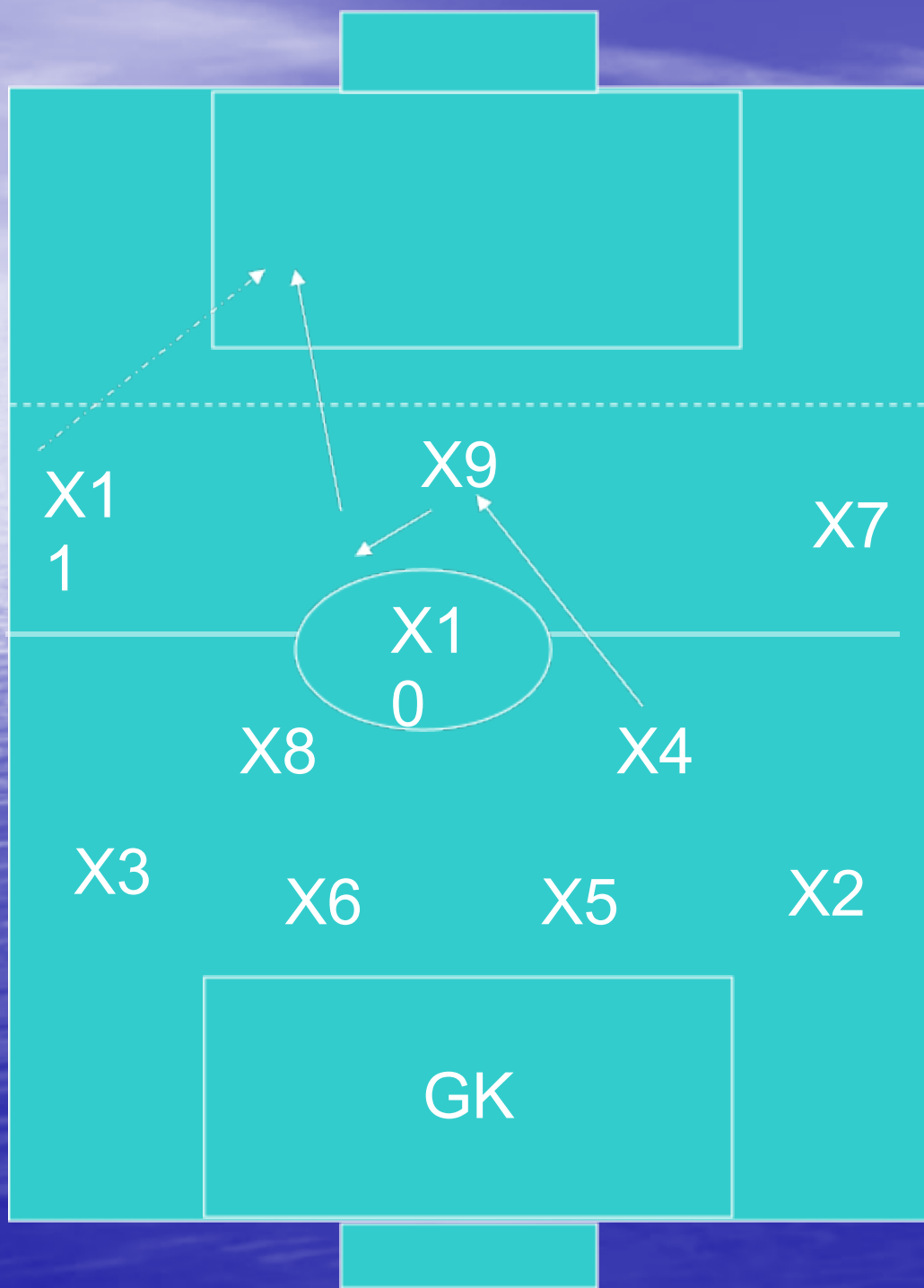
1st option get X10 on ball in attacking
are

As a 3 mix your runs forward but
Affect opposition by going past them

Option
X8 drpo short, X4 go long diagonal

Roles & Responsibilities

ATTACKING PATTERN OF PLAY – 4-3-3 (breaking the line)



RUNS ←-----→

PASS →-----→

Passing / Movement combinations

X9 set, X10 play in X8orX4

X4orX8 play down sides for X10

X8,X10orX4 play in diagonal run of X11orX7(straight pass –diagonal run)

X8,X10orX4 play in diagonal run of X11orX7
(straight pass –diagonal run)

When X11 has ball, X7 drives in diagonal

X7 drive inside – X9 run channel

NB> Must always get 4 players going forward

NB> Rotation X4orX8 go long – X10 drops in

DEFENDING CORNERS

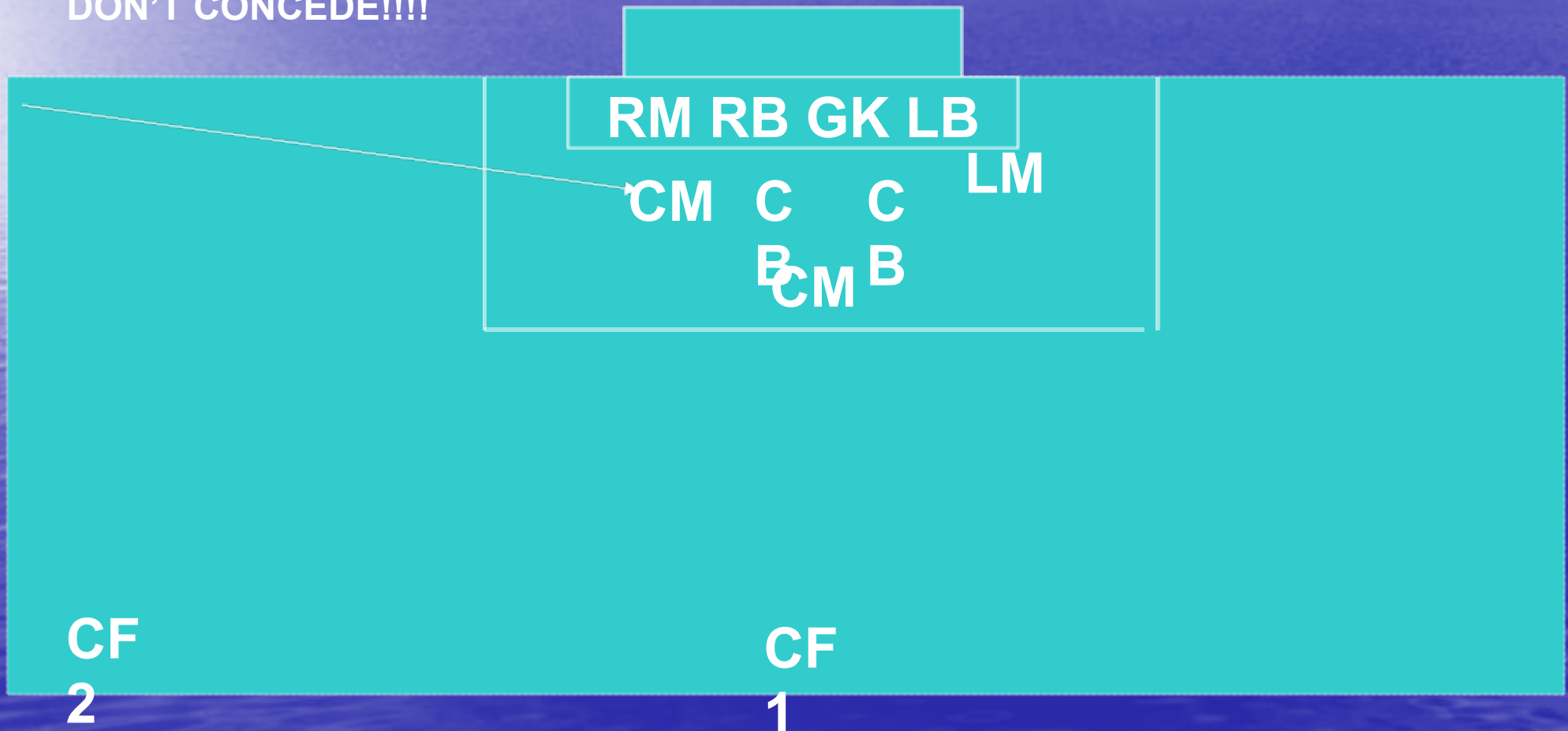


ATTACK THE BALL

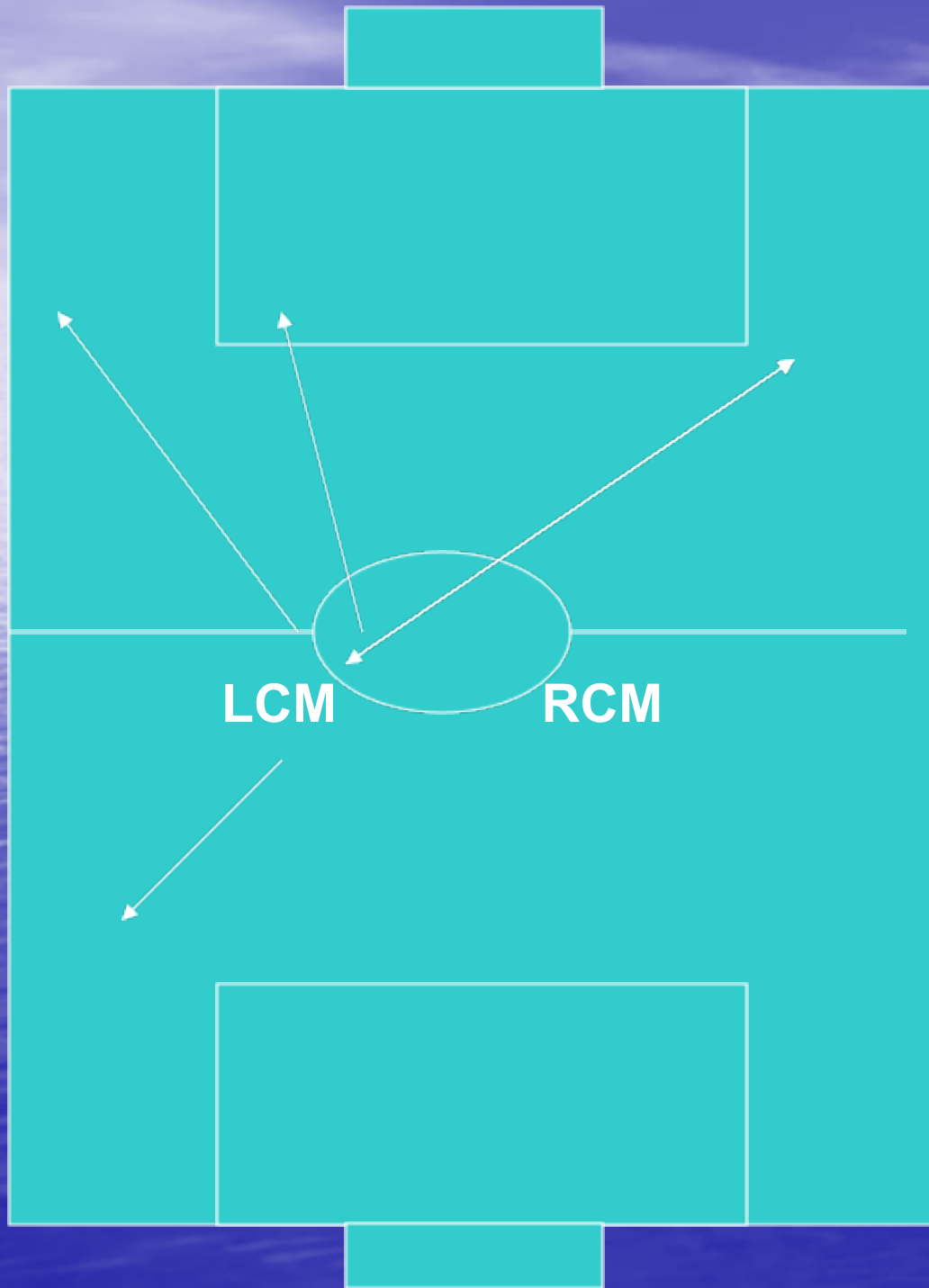
BLOCK / COMPETE 1V1

REACT TO 2ND BALL

DON'T CONCEDE!!!!



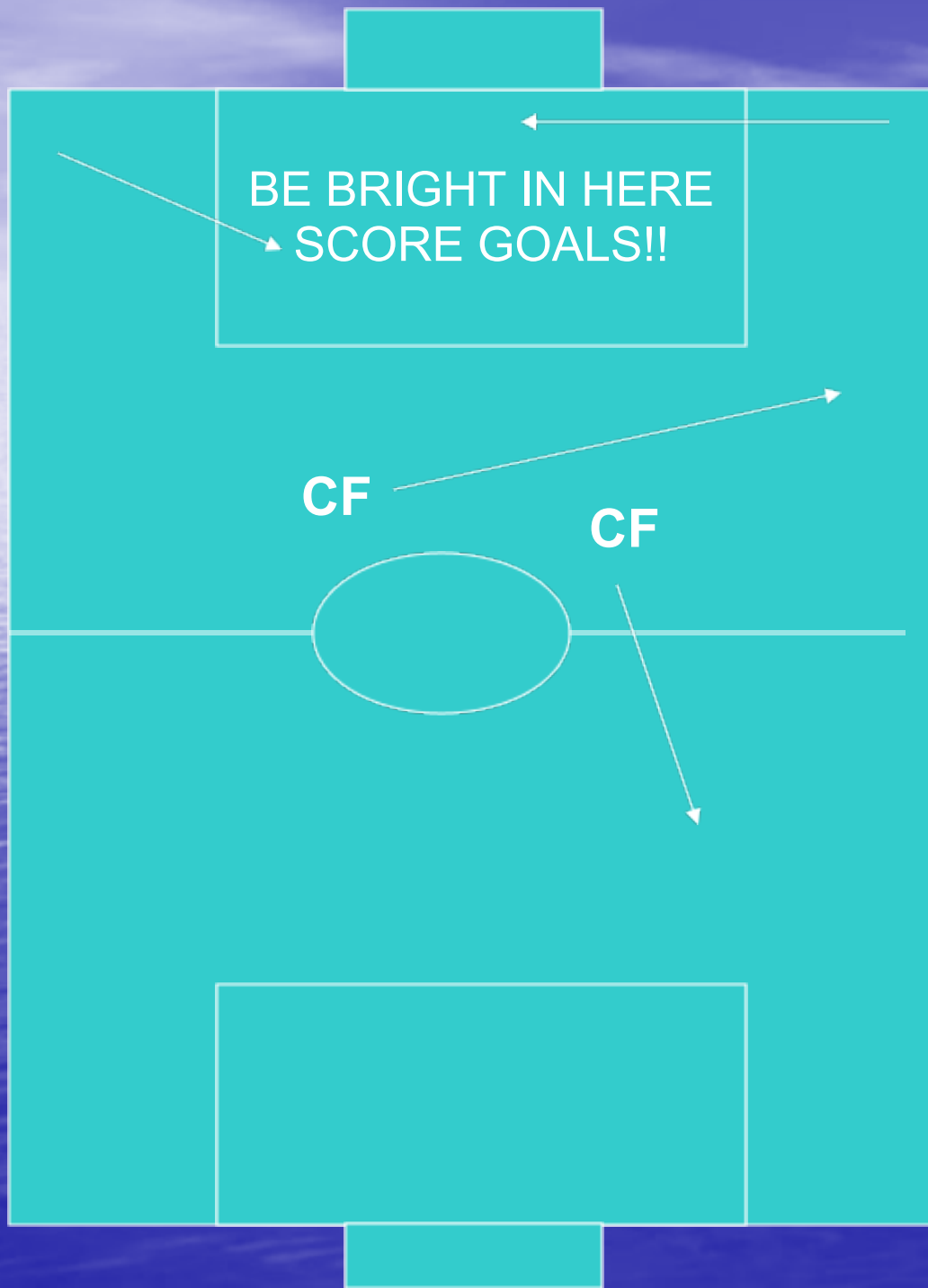
Roles & Responsibilities – CENTRE MIDFIELD



RCM/LCM

- Range of passing / keep possession BUT look to play forward early
- Stop them turning / get close on their 1st touch
- Be better than them 1 v1
- Win your battle
- 1 goes then 1 sits
- Don't get tackled / Quick play
- Win your 2nd balls
- Be Creative
- **AGGRESSIVE / CREATIVE / DISCIPLINED / COMMUNICATION / AWARENESS**

Roles & Responsibilities – CENTRE FORWARDS



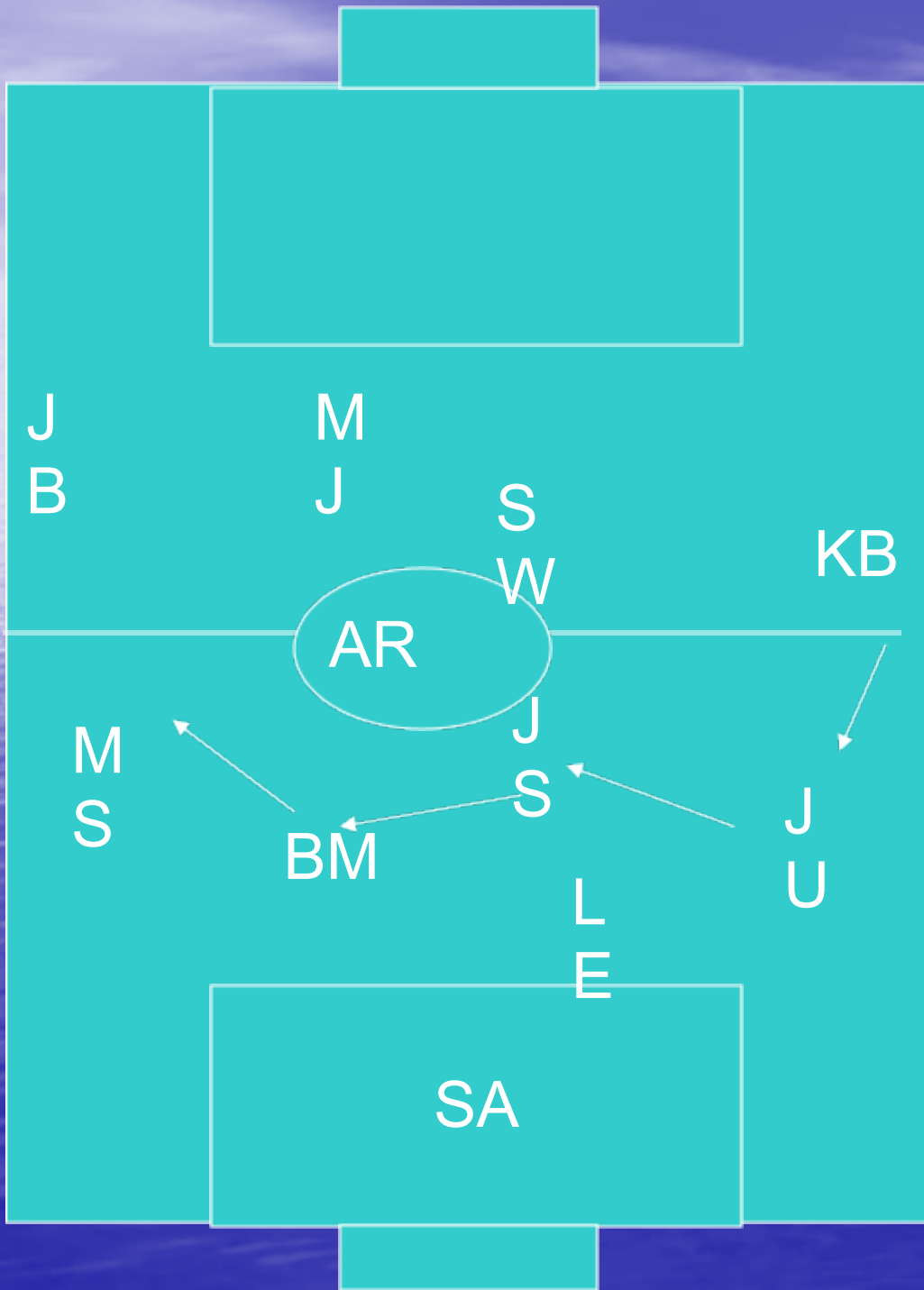
CF

- Link up play for us – 1st touch
- Don't make the same runs (long – short)
- Be Aggressive ! Be Bright !
- Play off your front foot
- Hold up the ball when we need you!!
- Be better than them 1 v1
- Win your battle
- Get in the Danger Zones and SCORE!!
- Get on the end of crosses
- **BE BRIGHT / ENTUSIATICE / POSITIVE / CLEVER / SHARP /**

CONFIDENT THE YOU WILL SCORE!!

Roles & Responsibilities

ATTACKING PATTERN OF PLAY 4-4-2 – keep ball across back



RUNS ←-----→

PASS →

KB play back to JU

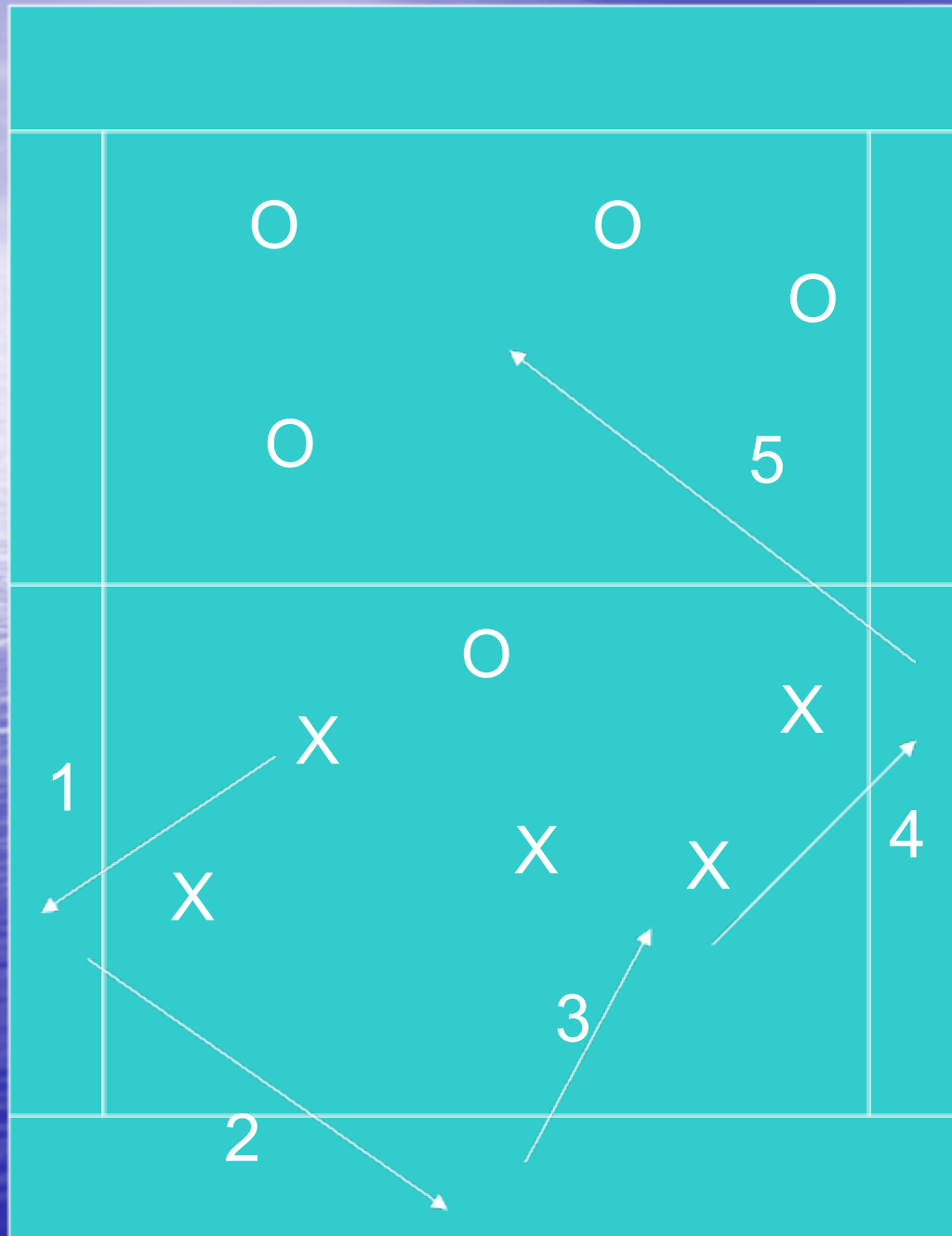
LE drop

JU play in JS

JS play in BM

BM switch play to MS

Passing and Movement to create Depth and Width



Setup

2 groups – 1 ball in each group

O / X pass and move the ball and pass in to opposite zone on command

Progressions

1. Pass wide then forward
2. Pass wide, deep then forward
3. Pass wide, deep, switch then forward

Variations

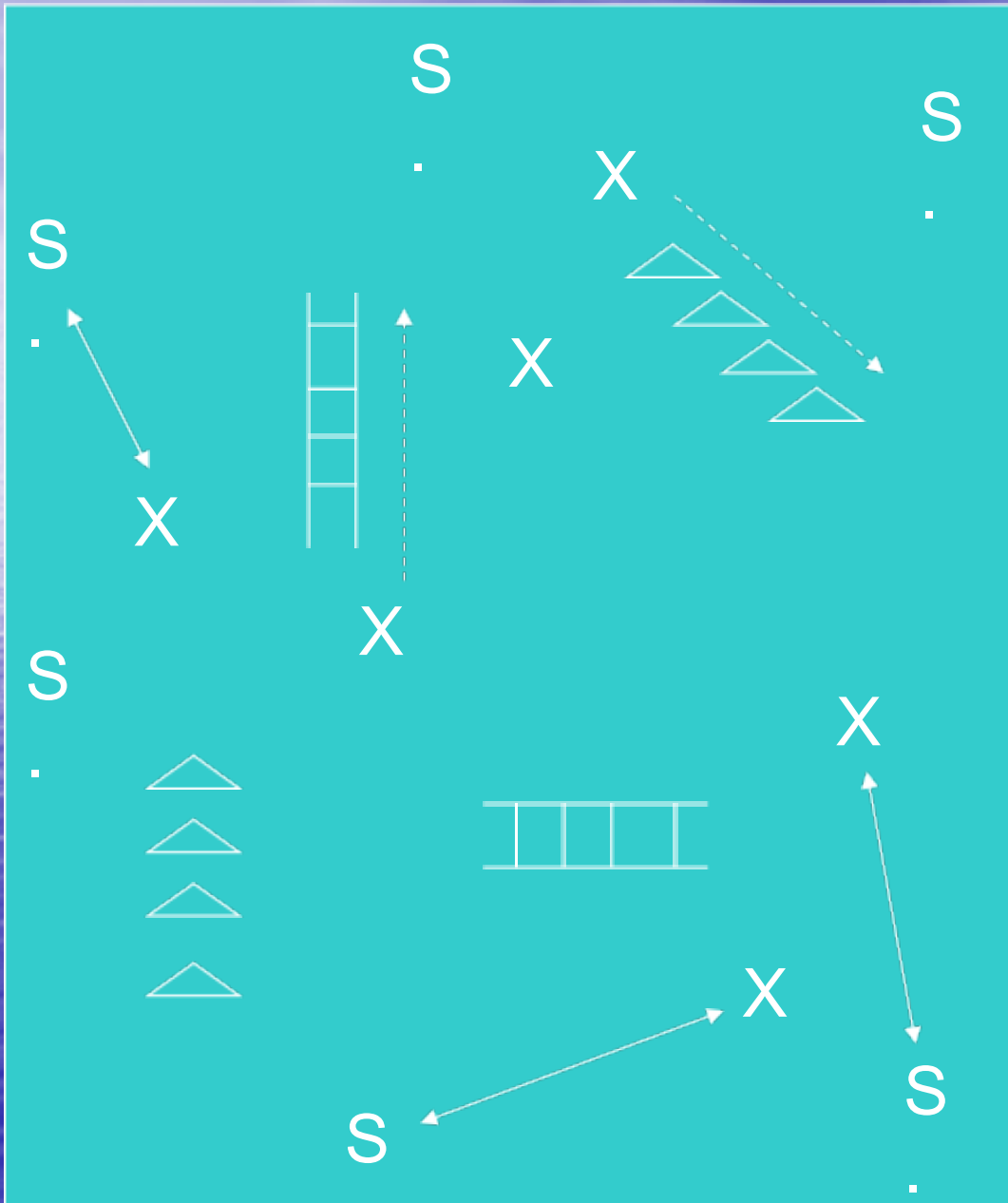
Introduce 2 balls

Lofted / driven pass

Pass to 2nd striker

Add passive / active defenders

Ball Work and Agility Warm up



Setup

1 Group serve

1 Group work

X receive a pass and lay off then go through agility exercises. REPEAT

All work is timed

(i.e.. 30 secs, 45 secs, 60 secs etc)

Variations

- Play 1-2
- Volleys
- Half Volleys
- 1st touch & Volley
- NB. Be creative and challenge the players, encourage them to be creative and use both feet

Combination play between strikers and central midfield players to create shooting opportunities



GK

X3 O

X1 O

O X2

Quality of passing

Quality of 1st touch & timing of run

Realistic movements & tempo

1 or 2 touch play

Quality of finish

Competition X / O work alternatively

Variations

X3 spin X2 play through ball

X3 & X2 play a one two

X2 plays 1-2 with X3

Add a passive defender

Add an active defender

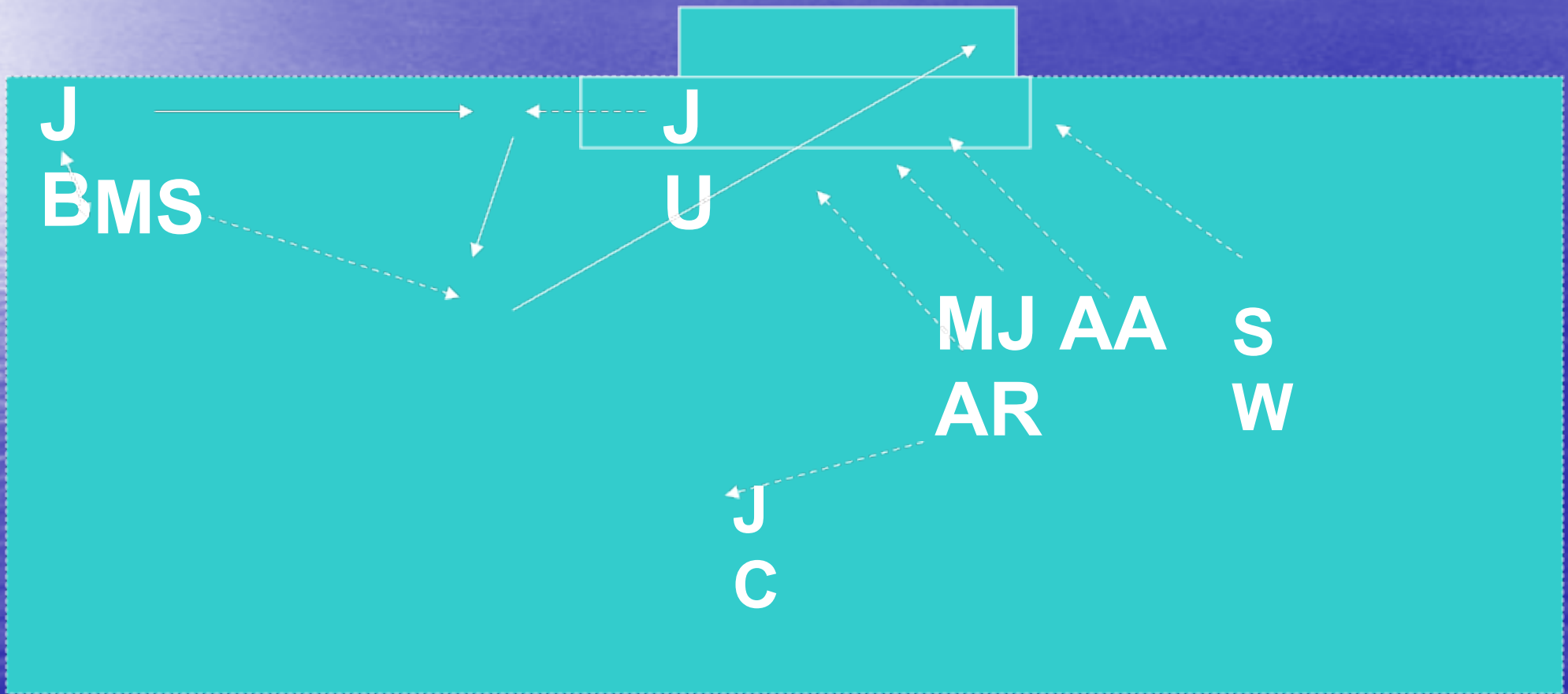
ATTACKING CORNER – Short Combination to Create Shot (2 Hands)

JB roll to MS

MS play to JU

JU play in JB to shoot

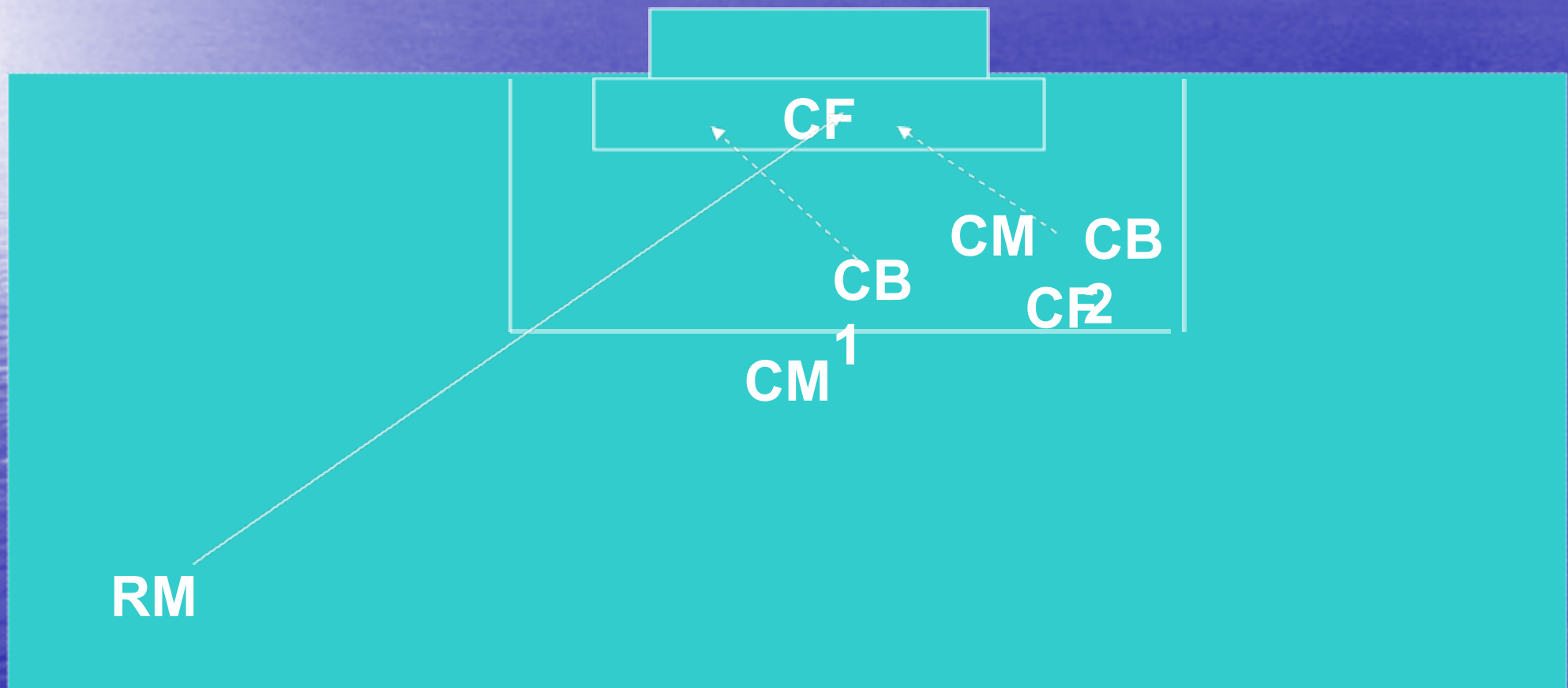
JB shoot



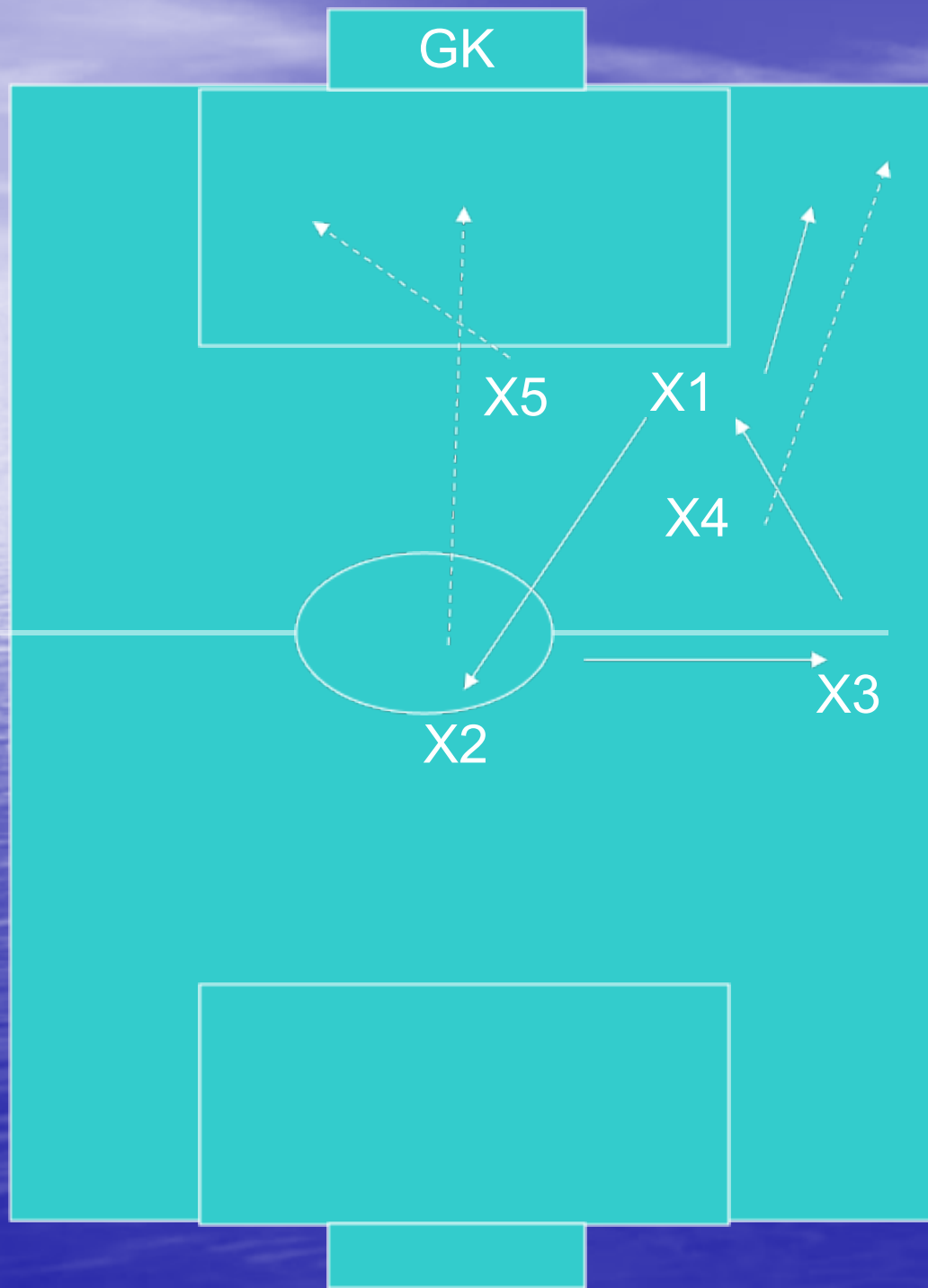
ATTACKING FREE KICK FROM WIDE AREAS

RM – RUN NEAR POSR ACROSS DEFENDER

CB2 – RUN FAR POST ACROSS DEFENDER



Attacking Combinations in the Final 3rd



Set Up

Work both sides left & right

X1 long pass to X2

X2 plays wide to X3

X3 pass to X1

X1 plays in overlapping X4

X4 cross to X% & X2 to finish

Players then rotate

Variation

X1 set X4

X4 play in overlapping X3

X3 cross

Tempo and movement of players must be match realistic

Areas of Progression



- U14's - to play in U16's
- 1st year U16's – regular start in their position
- 2nd year U16's – to play in Youth Team
- 1st year apprentices – regular start in their position in Youth team.
- 2nd year apprentices – to play in Reserve Team
- Reserve Team to - play in 1st Team



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Players Expectations of your Coaching session



- Specific - to the topic
- Enthusiastic - which will reflect the coaches manner
- Safe - organisation of the session (numbers, spacing, equipment etc)
- High tempo - high involvement of players
- Planned - session planners should be completed
- Reviewed - to ensure continued development
- Match realistic - relevant to the way they play
- Challenging - players need to be challenged
- Achievable - players need to be successful
- Enjoyable - players want to play football
- Fair - each player requires your attention
- Stimulating - creative and innovative
- Progressive - logical from technical to skill development
- Relevant - to the age group you are working with
- **FUN - players learn when they are having fun and should start and finish the session with a smile!!!!**



Cardiff City F.C. Academy

Philosophy

Create a positive, challenging and enjoyable learning environment that provides players with the freedom to express and develop their natural ability.