

**Doncaster Rovers Football Club Academy**

# Weekly Programme of Study 2020-21

**Youth Development Phase**

**U15’s & U16’s Age Groups**

**Cycle 2**

**Weeks 13-24**

**CYCLE 2-WK 13**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 1** | **LEARNING OBJECTIVES** |
| **WEEK - 13** |
| **W/C – 23/11/2020** |
| **Weekly Learning Objective(s)** | **Developing play in the attacking third** |
| **Moment of the Game Theme(s)**  When in Possession | **Finishing the attack** |
| **Tactical In/Out Themes**  When in Possession | * Composure in possession (Being patient) or play quickly (High tempo) * Staying on the ball when you need to in 1v1 duels or combination play with others * *Creating overloads and scoring from central, wide & tight areas using combination play* * *Switching and double switching of the play with tempo to maintain possession and look to create an open area/space of the pitch* * Provide a variety of crosses into the penalty area * Ensure movement ahead of the ball * *Ensure the shape of the team behind the ball allows pressure to be sustained* * To create & take scoring opportunities from either inside or outside of the oppositions penalty box |
| **Technical In/Out Theme(s)**  When in Possession | * Passing short/medium/long (forward/ backwards/diagonal/sideways) * Controlling and receiving * Ball manipulation * Running with the ball * Dribbling * Turning (Away from pressure/opposition) * Shielding/protecting the ball * Crossing/Shooting/Finishing * *Heading (winning the ball cleanly leaving the ball playable)* |
| **Principles of Play Considerations**  When in Possession | * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads * Set pieces & Re-starts * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Speed (Max)**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Commitment**  This relates to the quality and quantity of *motivation*.  Commitment drives the player towards to full commitment in training and competition.  **Observable behaviour’s**   * Strictly follow sleep, diet routines * Staying involved * Looking to create * Showing for team mates   **Coach Interventions**  **Coach Behaviours**   * Praise * Feedback * Encouragement * Individual feedback   **Motivation**   * Autonomy * Choice, free will * Competence * Tasks, practices appropriate to age and stage of player. * Relatedness * Involvement, getting to know players   **Task orientation**   * Tasks should be more around players doing their best OVER players being better than the next   **Ego orientation**  Competitiveness needs to instilled in this phase |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 14**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 1** | **LEARNING OBJECTIVES** |
| **WEEK - 14** |
| **W/C – 30/11/2020** |
| **Weekly Learning Objective(s)** | **Defending in the Defensive Third.** |
| **Moment of the Game Theme(s)**  When out of Possession | **Low Block** |
| **Tactical In/Out Themes**  When out of Possession | * Defending in central and wide areas * Be aware of danger * Compactness * Maintain good distances of support & cover/balance * Be aggressive but controlled * Defending 1v1 (Duels) * Making play predictable * *1st contact & 2nd balls* * Winning the ball * Emergency defending |
| **Technical In/Out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards, turning, crossing & shooting * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) * Covering distances * *Tracking players don’t ball watch* * *Recovery runs* * Screening * *Marking the man (outside/inside shoulder)/space* * Heading with height & distance. (winning the ball to leave it playable if possible) * Clearances (clean contact with height and distance) * Challenging for 2nd balls |
| **Principles of Play Considerations**  When out of Possession | * Start positions (narrow and compact) * Pressurising the ball * Covering positions (distances) * Balancing positions * Marking and tracking * Set pieces & Re-starts * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Agility**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Commitment**  This relates to the quality and quantity of *motivation*.  Commitment drives the player towards to full commitment in training and competition.  **Observable behaviour’s**   * Strictly follow sleep, diet routines * Staying involved * Looking to create * Showing for team mates   **Coach Interventions**  **Coach Behaviours**   * Praise * Feedback * Encouragement * Individual feedback   **Motivation**   * Autonomy * Choice, free will * Competence * Tasks, practices appropriate to age and stage of player. * Relatedness * Involvement, getting to know players   **Task orientation**   * Tasks should be more around players doing their best OVER players being better than the next   **Ego orientation**  Competitiveness needs to instilled in this phase |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 15**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 15** |
| **W/C - 07/12/2020** |
| **Weekly Learning Objective(s)** | **Managing the transitions of both in & out possession in the Attacking & Defensive Thirds** |
| **Moment of the Game Theme(s)**  When in Possession | **BUILDING THE ATTACK -** Counter Attacking on regaining possession from the Defensive Third |
| **Tactical in Themes**  When in Possession | * An immediate reaction to transition * Secure the 1st pass * Classic – back to front direct to feet or space * Solo – individual play to create and exploit space by RWTB/dribbling/turning * Collective – building quick forward possession using 2 or more players to combine to exploit the open areas of the pitch |
| **Technical in Theme(s)**  When in Possession | * Passing short/medium/long (forward/backwards & diagonally) * Controlling and receiving * Ball manipulation * Running with the ball |
| **Principles of Play Considerations**  When in Possession | * Start positions (width/depth & height) * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads |
| **Moment of the Game Theme(s)**  When out of Possession | **HIGH PRESS –** Defending the counter Attack on losing possession in the Attacking Third |
| **Tactical out Themes**  When out of Possession | * An immediate reaction to transition * An immediate press to regain the ball * Desire to press aggressively to win the ball * Making play predictable * Recover to a compact shape (don’t allow the opposition to play through us) |
| **Technical out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards or turning * Pressing technique (angles of approach) & (body shape) |
| **Principles of Play Considerations**  When out of possession | * Pressurising the ball * Covering positions (distances) * Balancing positions |
| **Physical Theme(s)** | **Quickness**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Commitment**  This relates to the quality and quantity of *motivation*.  Commitment drives the player towards to full commitment in training and competition.  **Observable behaviour’s**   * Strictly follow sleep, diet routines * Staying involved * Looking to create * Showing for team mates   **Coach Interventions**  **Coach Behaviours**   * Praise * Feedback * Encouragement * Individual feedback   **Motivation**   * Autonomy * Choice, free will * Competence * Tasks, practices appropriate to age and stage of player. * Relatedness * Involvement, getting to know players   **Task orientation**   * Tasks should be more around players doing their best OVER players being better than the next   **Ego orientation**   * Competitiveness needs to instilled in this phase |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 16**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 16** |
| **W/C - 14/12/2020** |
| **Weekly Learning Objective(s)** | **Developing play from the Defensive Third** |
| **Moment of the Game Theme(s)**  When in Possession | **Building the Attack** |
| **Tactical In/Out Themes**  When in Possession | * *Seek creative solutions to play out of a high press by building controlled possession* * Play short/medium/long areas to play (choices) * Playing through, round or over the press to create/find open areas of the pitch * *Switching and double switching of the play with speed* |
| **Technical In/Out Theme(s)**  When in Possession | * Passing short/medium/long (forward/backwards & diagonally) * Controlling and receiving * Ball manipulation * Running with the ball |
| **Principles of Play Considerations**  When in Possession | * Start positions (width/depth & height) * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving |
| **Physical Theme(s)** | **Speed (Max)**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Confidence**  Psychological state empowered by the belief that a player can execute skills to a desired level for  themselves or the team.  **Observable behaviour’s** (Look after yourself)   * Spring in step throughout the session * Wanting the ball when losing * Plays with a sense of urgency * Try passes or skills without fear   **Coach Interventions**   * Comes from **Self efficacy theory**   **Performance outcomes**   * Designing tasks to create success   **Vicarious experiences**   * Using role models from within the academy. Can players think about who is a good e.g. goal keeper etc.   **Verbal persuasion**   * Encouragement, feedback, reward   **Physiolgical feedback**   * Asking players how it felt to undertake whatever specific skill they just did.   **Additional**   * **Player workshop on: Confidence** * **Coach Workshop on: Confidence** |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 17**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 17** |
| **W/C - 04/01/2021** |
| **Weekly Learning Objective(s)** | **Defending in the Attacking Third** |
| **Moment of the Game Theme(s)**  When out of Possession | **High press** |
| **Tactical In/Out Themes**  When out of Possession | * Defending in central and wide areas * Set traps and triggers * Goal kicks/throw in’s/open play/encourage the opposition to play out through their own defensive 3rd with an intent to win the ball back early * Desire to press & win the ball aggressively |
| **Technical In/Out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards or turning * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) |
| **Principles of Play Considerations**  When out of Possession | * Start positions (narrow and compact) * Pressurising the ball * Covering positions (distances) * Balancing positions * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Agility**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Confidence**  Psychological state empowered by the belief that a player can execute skills to a desired level for  themselves or the team.  **Observable behaviour’s** (Look after yourself)   * Spring in step throughout the session * Wanting the ball when losing * Plays with a sense of urgency * Try passes or skills without fear   **Coach Interventions**   * Comes from **Self efficacy theory**   **Performance outcomes**   * Designing tasks to create success   **Vicarious experiences**   * Using role models from within the academy. Can players think about who is a good e.g. goal keeper etc.   **Verbal persuasion**   * Encouragement, feedback, reward   **Physiolgical feedback**   * Asking players how it felt to undertake whatever specific skill they just did. |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |

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**CYCLE 2-WK 18**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 18** |
| **W/C - 11/01/2020** |
| **Weekly Learning Objective(s)** | **Counter Attacking on regaining possession in the Attacking Third &**  **Defending the Counter Attack on losing possession in the Defensive Third** |
| **Moment of the Game Theme(s)**  When in Possession | **FINISHING THE ATTACK - IN TRANSITION** |
| **Tactical in Themes**  When in Possession | * An immediate reaction to transition * Secure the 1st pass * Solo – An individual player going direct at the goal (See Technical theme(s) * Collective – building quick forward possession using 2 or more players to combine to create and exploit the opposition |
| **Technical in Theme(s)**  When in Possession | * Running with the ball * Dribbling * Turning (Away from pressure/opposition) * Crossing/Shooting/Finishing |
| **Principles of Play Considerations**  When in Possession | * Support positions * Creating overloads |
| **Moment of the Game Theme(s)**  When out of Possession | **LOW BLOCK - IN TRANSTION** |
| **Tactical out Themes**  When out of Possession | * An immediate reaction to transition * An immediate press to regain the ball * Desire to press aggressively to win the ball * Making play predictable * Recover to a compact shape (don’t allow the opposition to play through us, cross or shoot) |
| **Technical out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards, turning, crossing & shooting * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) * Covering distances |
| **Principles of Play Considerations**  When out of possession | * Pressurising the ball * Covering positions (distances) * Balancing positions * Marking and tracking |
| **Physical Theme(s)** | **Quickness**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Confidence**  Psychological state empowered by the belief that a player can execute skills to a desired level for  themselves or the team.  **Observable behaviour’s** (Look after yourself)   * Spring in step throughout the session * Wanting the ball when losing * Plays with a sense of urgency * Try passes or skills without fear   **Coach Interventions**   * Comes from **Self efficacy theory**   **Performance outcomes**   * Designing tasks to create success   **Vicarious experiences**   * Using role models from within the academy. Can players think about who is a good e.g. goal keeper etc.   **Verbal persuasion**   * Encouragement, feedback, reward   **Physiolgical feedback**   * Asking players how it felt to undertake whatever specific skill they just did. |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |
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| **ILP Reviews-4** | * **Coaches to speak to all individual players throughout this week** * **Venue: Cantley Park or the Keepmoat / Zoom** |



**CYCLE 2-WK 19**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 1** |
| **W/C - 18/01/2021** |
| **Weekly Learning Objective(s)** | **Developing play through the Middle Third** |
| **Moment of the Game Theme(s)**  When in Possession | **Creating the Attack** |
| **Tactical In/Out Themes**  When in Possession | * Recognition & creating overloads between the lines using combination play (i.e. 1-2’s, third man runs) * Recognise when to play forwards * Recognition & movement to utilise space between the lines & the space beyond the opposition * Recognise when to make forward runs in behind the opposition defence * *Switching and double switching of the play with tempo* |
| **Technical In/Out Theme(s)**  When in Possession | * Passing short/medium/long (forward/ backwards/diagonal/sideways) * Controlling and receiving * Ball manipulation * Running with the ball * Dribbling * Turning (Away from pressure/opposition) * *Shielding/protecting the ball* * *Heading (winning the ball cleanly leaving the ball playable)* |
| **Principles of Play Considerations**  When in Possession | * Start positions (width/depth & height) * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads * *Set pieces & Re-starts* * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Acceleration**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar – Concentration**  Helps to regulate quality of performance, decision making and maximising learning.  **Observable behaviour’s** (Look after yourself)   * Adapting correct positions in open play * Stay focussed when tired * Anticipate movements of opponents * Quickly refocus after a break in play   **Coach Interventions**   * Positive feedback and reinforcement when seeing observable behaviours * Increased mental effort, lots of stimulus mainly related to tactical work   **Additional**   * **Player workshop on: Concentration** * **Coach Workshop on: Concentration** |
| **Playing Formation(s) -11v11** | 1-4-2-3-1 |



**CYCLE 2-WK 20**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 20** |
| **W/C - 25/01/2021** |
| **Weekly Learning Objective(s)** | **Defending in the Middle Third.** |
| **Moment of the Game Theme(s)**  When out of Possession | **Medium Block** |
| **Tactical In/Out Themes**  When out of Possession | * Defending in central and wide areas * Desire to press & win the ball aggressively * Set traps and triggers * Compactness/screening * Winning the ball from the wrong side (Advanced players) * Making play predictable * Track runners |
| **Technical In/Out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards or turning * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) * Covering distances * Tracking players don’t ball watch * Recovery runs * *Heading with height & distance. (winning the ball to leave it playable if possible)* |
| **Principles of Play Considerations**  When out of Possession | * Start positions (narrow and compact) * Pressurising the ball * Covering positions (distances) * Balancing positions * Marking and tracking * Set pieces & Re-starts * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Deceleration**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar – Concentration**  Helps to regulate quality of performance, decision making and maximising learning.  **Observable behaviour’s** (Look after yourself)   * Adapting correct positions in open play * Stay focussed when tired * Anticipate movements of opponents * Quickly refocus after a break in play   **Coach Interventions**   * Positive feedback and reinforcement when seeing observable behaviours * Increased mental effort, lots of stimulus mainly related to tactical work |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 21**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 21** |
| **W/C - 01/02/2021** |
| **Weekly Learning Objective(s)** | **Counter Attacking on regaining possession in the Middle Third &**  **Defending the Counter Attack on losing possession in the Middle Third** |
| **Moment of the Game Theme(s)**  When in Possession | **CREATING THE ATTACK - IN TRANSITION** |
| **Tactical in Themes**  When in Possession | * An immediate reaction to transition * Secure the 1st pass * Classic – middle to the front pass direct to feet or space * Solo – individual play to create and exploit space by RWTB/dribbling/turning * Collective – building quick forward possession using 2 or more players to combine to create and exploit the open areas of the pitch |
| **Technical in Theme(s)**  When in Possession | * Passing short/medium/long (forward/ backwards/diagonal/sideways) * Controlling and receiving * Ball manipulation * Running with the ball * Dribbling * Turning (Away from pressure/opposition) * Shielding/protecting the ball |
| **Principles of Play Considerations**  When in Possession | * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads |
| **Moment of the Game Theme(s)**  When out of Possession | **MEDIUM BLOCK - IN TRANSITION** |
| **Tactical out Themes**  When out of Possession | * An immediate reaction to transition * An immediate press to regain the ball * Desire to press aggressively to win the ball * Making play predictable * Recover to a compact shape (don’t allow the opposition to play through us) |
| **Technical out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards or turning * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) * Covering distances |
| **Principles of Play Considerations**  When out of possession | * Pressurising the ball * Covering positions (distances) * Balancing positions * Marking and tracking |
| **Physical Theme(s)** | **Plyometrics**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar – Concentration**  Helps to regulate quality of performance, decision making and maximising learning.  **Observable behaviour’s** (Look after yourself)   * Adapting correct positions in open play * Stay focussed when tired * Anticipate movements of opponents * Quickly refocus after a break in play   **Coach Interventions**   * Positive feedback and reinforcement when seeing observable behaviours * Increased mental effort, lots of stimulus mainly related to tactical work |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 22**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 22** |
| **W/C - 08/02/2021** |
| **Weekly Learning Objective(s)** | **Developing play in the attacking third** |
| **Moment of the Game Theme(s)**  When in Possession | **Finishing the attack** |
| **Tactical In/Out Themes**  When in Possession | * Composure in possession (Being patient) or play quickly (High tempo) * Staying on the ball when you need to in 1v1 duels or combination play with others * *Creating overloads and scoring from central, wide & tight areas using combination play* * *Switching and double switching of the play with tempo to maintain possession and look to create an open area/space of the pitch* * Provide a variety of crosses into the penalty area * Ensure movement ahead of the ball * *Ensure the shape of the team behind the ball allows pressure to be sustained* * To create & take scoring opportunities from either inside or outside of the oppositions penalty box |
| **Technical In/Out Theme(s)**  When in Possession | * Passing short/medium/long (forward/ backwards/diagonal/sideways) * Controlling and receiving * Ball manipulation * Running with the ball * Dribbling * Turning (Away from pressure/opposition) * Shielding/protecting the ball * Crossing/Shooting/Finishing * *Heading (winning the ball cleanly leaving the ball playable)* |
| **Principles of Play Considerations**  When in Possession | * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads * Set pieces & Re-starts * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Speed (Max)**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Resilience**  This is the role of mental processes and behaviour in promoting personal assets and protecting  an individual from the potential negative effect of stressors.  This is linked to **control and confidence.**  **Observable behaviour’s**   * A deep seeded self-belief that they can do something * ‘Spirit’ * Keeping level headed in games if losing or receiving incorrect decisions.   **Coach Interventions**   * Overloads are a good example here * Give incorrect decisions during training   **Additional**   * **Player workshop on: Resilience** * **Coach workshop on: Resilience** |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 23**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 23** |
| **W/C - 15/02/2021** |
| **Weekly Learning Objective(s)** | **Defending in the Defensive Third.** |
| **Moment of the Game Theme(s)**  When out of Possession | **Low Block** |
| **Tactical In/Out Themes**  When out of Possession | * Defending in central and wide areas * Be aware of danger * Compactness * Maintain good distances of support & cover/balance * Be aggressive but controlled * Defending 1v1 (Duels) * Making play predictable * *1st contact & 2nd balls* * Winning the ball * Emergency defending |
| **Technical In/Out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards, turning, crossing & shooting * Pressing technique (angles of approach) & (body shape) * Challenging technique (floor/body and Aerial) * Covering distances * *Tracking players don’t ball watch* * *Recovery runs* * Screening * *Marking the man (outside/inside shoulder)/space* * Heading with height & distance. (winning the ball to leave it playable if possible) * Clearances (clean contact with height and distance) * Challenging for 2nd balls |
| **Principles of Play Considerations**  When out of Possession | * Start positions (narrow and compact) * Pressurising the ball * Covering positions (distances) * Balancing positions * Marking and tracking * Set pieces & Re-starts * *Transitions* * *Managing the game* |
| **Physical Theme(s)** | **Agility**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Resilience**  This is the role of mental processes and behaviour in promoting personal assets and protecting  an individual from the potential negative effect of stressors.  This is linked to **control and confidence.**  **Observable behaviour’s**   * A deep seeded self-belief that they can do something * ‘Spirit’ * Keeping level headed in games if losing or receiving incorrect decisions.   **Coach Interventions**   * Overloads are a good example here * Give incorrect decisions during training |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |



**CYCLE 2-WK 24**

**Age Groups: U15’s & U16’s**

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| **CYCLE - 2** | **LEARNING OBJECTIVES** |
| **WEEK - 24** |
| **W/C - 22/02/2021** |
| **Weekly Learning Objective(s)** | **Managing the transitions of both in & out possession in the Attacking & Defensive Thirds** |
| **Moment of the Game Theme(s)**  When in Possession | **BUILDING THE ATTACK -** Counter Attacking on regaining possession from the Defensive Third |
| **Tactical in Themes**  When in Possession | * An immediate reaction to transition * Secure the 1st pass * Classic – back to front direct to feet or space * Solo – individual play to create and exploit space by RWTB/dribbling/turning * Collective – building quick forward possession using 2 or more players to combine to exploit the open areas of the pitch |
| **Technical in Theme(s)**  When in Possession | * Passing short/medium/long (forward/backwards & diagonally) * Controlling and receiving * Ball manipulation * Running with the ball |
| **Principles of Play Considerations**  When in Possession | * Start positions (width/depth & height) * Pro-active movements to receive the ball * Pro-active movements to create space for yourself & others * Decisions before & upon receiving * Support positions * Creating overloads |
| **Moment of the Game Theme(s)**  When out of Possession | **HIGH PRESS –** Defending the counter Attack on losing possession in the Attacking Third |
| **Tactical out Themes**  When out of Possession | * An immediate reaction to transition * An immediate press to regain the ball * Desire to press aggressively to win the ball * Making play predictable * Recover to a compact shape (don’t allow the opposition to play through us) |
| **Technical out Theme(s)**  When out of Possession | * Challenging and intercepting * Preventing players from: playing forwards or turning * Pressing technique (angles of approach) & (body shape) |
| **Principles of Play Considerations**  When out of possession | * Pressurising the ball * Covering positions (distances) * Balancing positions |
| **Physical Theme(s)** | **Quickness**   * Sports Science Led & Coach Supported |
| **Psycho/Social Theme(s)** | **Pillar - Resilience**  This is the role of mental processes and behaviour in promoting personal assets and protecting  an individual from the potential negative effect of stressors.  This is linked to **control and confidence.**  **Observable behaviour’s**   * A deep seeded self-belief that they can do something * ‘Spirit’ * Keeping level headed in games if losing or receiving incorrect decisions.   **Coach Interventions**   * Overloads are a good example here * Give incorrect decisions during training |
| **Playing Formation(s) -11v11** | * 1-4-2-3-1 |

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| **24 Reviews (2)** | * **All Coaches to speak to all individual players and parents throughout this week** * **Venue: Cantley Park or the Keepmoat/ Zoom** |
| **CPD 5** | * **Day: W/C Monday 22nd February 2021** * **Consolidation Possible CPD Event (All phases)** * **Time: 5:30pm-7pm** * **Venue: At the Keepmoat /Zoom** * **Training cancelled this evening** |