



ELTHAM REDBACKS FOOTBALL CLUB FOOTBALL CURRICULUM

VERSION 2 EFFECTIVE DATE: 12 APR 2010



THE FUTURE IS FOOTBALL
REDBACKS FOOTBALL
elthamredbacksfc.org.au



ELTHAM REDBACKS FOOTBALL CLUB FOOTBALL CURRICULUM

References:

1. Football Federation Australia – National Curriculum
http://www.footballaustralia.com.au/2009GameDev/default.aspx?s=comm_development_new
2. Global Football System
<http://coach.globalfootballsystem.com>

Introduction

The Football Federation Australia released the National Curriculum as part of the FFA's National Football Development Plan, released in November 2007. Key gaps in Australia's current development of players and coaches were identified and the National Curriculum was developed from learnings from what is done elsewhere in the world, factual and analytical analysis to produce an Australian solution for the development of club players all the way to the Soccerroos and Matildas.

Two of the key gaps that were identified were that Australian players were deficient in personal technical and games skills as the current club based system was focused on winning of junior club competitions and not on the technical development of players. The National Curriculum and the introduction of Optus Small Sided Football are designed to focus club football onto player development and not winning junior games of football at any cost.

Eltham Redbacks FC fully supports the introduction of Optus Small Sided Football and the FFA National Curriculum and has adopted the National Curriculum as its guiding principle on player development as it tells the club what needs to be taught at each age level. The club has then adopted the Global Football System as used by NSW Football Elite Player Development Program to provide the how. Combining these two resources together the club has developed the Eltham Redbacks Football Curriculum. This curriculum provides a graduated training pathway that will allow Eltham's coaches to provide an excellent football education to our junior players and is a resource for parents to see what the club will be instructing to the club's junior players. The delivery of the football curriculum is overseen by the club's Technical Director for quality and consistency across teams.



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Principles of the National Curriculum

1. Using the experience of the world's best football nations.
2. Adjusting their visions to the specific Australian circumstances.
3. Using the strengths of the Australian sport and football culture.
4. Taking evidence based rational facts into consideration.
5. Using a practical 'total football' approach with:
 - a. age-related development goals
 - b. game-related approach as the major focus of training
 - c. a proactive style of play
 - d. a uniform system of play (formation)
 - e. an emphasis on technique before tactics and conditioning
 - f. a 'guided discovery' approach in player and coach development.

Age Related Goals


Development Goals	Age Group	Major Focus
Learning to master the ball	U/6 – U/7	Getting a love for Football
Learning to act with the ball purposefully	U/8 – U/9	Player's Individual Technique
Learning to play together purposefully	U/10 – U/11	Player's Individual Technique
Learning the positions and basic in 11 v 11	U/12 – U/13	Player's Individual Technique
Learning how the basic tasks link together	U/14 – U/15	Player's Game Insight
Learning how to play as a team	U/16 – U/17	Player's Game Communications
Performing/ winning as a team	U/18 – U/19	Technique/Insight/Communications



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**ELTHAM REDBACKS FOOTBALL CLUB
FOOTBALL CURRICULUM
U6 – U7
(SATURDAY SMALL SIDED FOOTBALL)**

<p>Learning to master the ball</p>	<p>U/6 – U/7 4 x 4</p>	<p>No formation / tactics consist of only very general instructions</p>
<p>General Description</p> <ul style="list-style-type: none"> • Very short concentration span • Quickly distracted (they notice a 'little of a lot') • They all want to have the ball (even take the ball from a teammate) • No ability yet for team play • Not able to pass / make combinations (do not try to change this) • Able to understand very simple rules • Able to understand very basic coaching like 'stay inside the field' 'do not use your hands' 'go with the ball to the goal' etc. • Learning through trial and error • The biggest challenge is discovering how to control that rolling and bouncing 'round thing' with your feet. 		
<p>Technical Topics (Skills to be taught)</p> <ul style="list-style-type: none"> • Passing (instep / push pass: 5-10 m) • Receiving (Sole / inside) • 1 v 1 Games (One dimensional games) <p>Typical Training Session</p> <p>Session Curriculum:</p> <ul style="list-style-type: none"> ■ Warm Up/Fun Game 10 mins ■ Ball Control 10 mins ■ Techniques 10 mins ■ Small Sided Games 15 mins <p>Plus Optus Small Sided Football Game – 30 mins</p> 		






**ELTHAM REDBACKS FOOTBALL CLUB
FOOTBALL CURRICULUM
U8 – U9**

Learning to act with the ball purposefully	U/8 – U/9 7 x 7	1-3-3 formation / basic tactical instructions / everyone plays all positions
<p>General Description</p> <ul style="list-style-type: none"> • The players now understand that the game's purpose is winning by scoring more goals than their opponent • Still a lot of individual play but the players start to understand that acting with the ball purposefully is necessary in order to be successful • Now playing 7 v 7 on a pitch, 'feeling' for team play, direction and opponent is developing • Preference and talent for a specific position starts to show (but encourage everyone to still play in every position regularly!) • Bigger goal with goalkeepers automatically appeals to aiming and shooting 		
<p>Technical Topics (Skills to be taught)</p>		
<ul style="list-style-type: none"> • Passing (two touch / one touch: 5m-10m) • Receiving (inside / outside / thigh) • 1 v 1 Games (One dimensional games: attack and defence) • Finishing (No pressure / GK / 1 v 1 full pressure) 	<p>Typical Training Session</p> <p>Session Curriculum:</p> <ul style="list-style-type: none"> ■ Warm Up/Fun Game 10 mins ■ Ball Control 10 mins ■ 1 v 1 10 mins ■ Techniques 10 mins ■ Small Sided Games 20 mins <div style="text-align: center;"> </div>	
<p>Relevant Training</p> <ul style="list-style-type: none"> • Ball mastery (during warm up) • Running with the ball, 1 v 1, shooting, passing and receiving, first touch in various short FUN games • Variations of 4 v 4 and 7 v 7 • No 'queue' exercises • No stretching 		





ELTHAM REDBACKS FOOTBALL CLUB
FOOTBALL CURRICULUM
U10 – U11

<p>Learning to play together purposefully</p>	<p style="text-align: center;">U/10 – U/11 9 x 9</p>	<p>1-3-2-3 formation / limited tactical instructions /talent for specific positions more clear (but still flexible)</p>
<p>General Description</p> <ul style="list-style-type: none"> • More and more understanding and feeling for teamwork • Understanding for individual role in relation to teamwork developing • Understanding for acting without the ball (running to or off the ball) develops • With 8 outfield players a tighter and more strict task allocation is required • Preference / ability for specific positions becomes clearer and clearer • Perfect mental and physical ability for developing motor skills 		
<p>Technical Topics (Skills to be taught)</p>		
<ul style="list-style-type: none"> • Passing (Limited Pressure and Full Pressure) • Receiving (Limited Pressure and Full Pressure) • Heading (Limited Pressure and Full Pressure) • Finishing (GK / 1 v 1 / 2 v 2 / 3 v 3 Full Pressure) 	<p>Typical Training Session</p> <p>Session Curriculum:</p> <ul style="list-style-type: none"> • Warm Up/Fun Game 10 mins • Speed 5 mins • Ball Control 10 mins • 1 v 1 10 mins • Techniques 15 mins • Small Sided Games 25 mins 	





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U12 - U14

<p>Learning the positions and basic tasks in 11 v 11</p>	<p style="text-align: center;">U/12 – U/13 11 x 11</p>	<p>1-4-3-3 formation / Extending tactical instruction explaining the positions and basics tasks</p>
<p>Relevant Training</p> <ul style="list-style-type: none"> • Functional game skills and skills transfer (special attention for passing drills and heading) • Positioning games: the primal forms (basic) • Training Games • 1-4-3-3 game training (basic formation) • Functional game skills and skills transfer in possession of the ball • Defensive functional game skills and skills transfer • Learning the general transitioning principles in training games and 1-4-3-3 game training • Dynamic stretching 		
<p>Typical Training Session</p>		
<p>Session Curriculum:</p> <ul style="list-style-type: none"> ■ Warm Up/Ball Control 10 mins ■ Speed 10 mins ■ 1 v 1 15 mins ■ Indiv. Tactical Dvlp. 15 mins ■ Finishing 15 mins ■ Small Sided Games 25 mins <div style="text-align: center;"> </div>		
<p>Technical Topics (Skills to be taught)</p> <ul style="list-style-type: none"> • Passing (Limited Pressure and Full Pressure) • Receiving (Limited Pressure and Full Pressure) • Heading (Limited Pressure and Full Pressure) • Finishing (GK / 1 v 1 / 2 v 2 / 3 v 3 Full Pressure) 		






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U14 - U15**

Learning how the basic tasks link together	U/14 – U/15 11 x 11	1-4-3-3 formation: Choice / specialising for a position + corresponding tactical instruction																		
<p>General Description</p> <ul style="list-style-type: none"> • Pre-adolescence: Obstinate, rebels against authority and provokes conflicts • Self-overestimating and self-absorbed • Development of other interests and hobbies, reassesses the place of football in his / her life and sometimes puts it into another perspective • Sudden big increases in height limits physical capacity (injury prone) • Stagnation or regression of coordination (clumsy) • In this phase the intellectual ability is bigger than the physical learning ability <p>Technical Topics (Skills to be taught)</p> <ul style="list-style-type: none"> • Position specific profiling (x3 positions) • Repetitious training drills and exercises that practice key techniques in isolation • Exercises that improve physical, technical, mental, speed. • Strength and stability work • Advanced Ball Control exercises in warm up for reinforcement and interval training. • Game Principles that teach tactical awareness in small group play that challenge players decision making processes and reinforce these techniques under full pressure. Group play as a teacher of the game in small segments building up to 11v11. • Game Play, defined as 11v11 systems and tactics of play for a predicted outcome. 																				
<p>Relevant Training</p> <ul style="list-style-type: none"> • Functional game skills and passing drills (basic) • Positioning games (basic) • Training games (basic) • 1-4-3-3 game training (basic) • In training games, transition positioning games and 1-4-3-3 game training • Dynamic stretching and core stability exercises <p>Typical Training Session</p>																				
<p>Session Curriculum:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;"></td> <td style="width: 55%;">Warm Up/Ball Control</td> <td style="width: 30%; text-align: right;">10 mins</td> </tr> <tr> <td></td> <td>Speed / Strength</td> <td style="text-align: right;">10 mins</td> </tr> <tr> <td></td> <td>1 v 1 / 2 v 2</td> <td style="text-align: right;">10 mins</td> </tr> <tr> <td></td> <td>Indiv. Tactical Dvlp.</td> <td style="text-align: right;">20 mins</td> </tr> <tr> <td></td> <td>Game Principles</td> <td style="text-align: right;">20 mins</td> </tr> <tr> <td></td> <td>Game Play</td> <td style="text-align: right;">20 mins</td> </tr> </table> <div style="text-align: center; margin-top: 10px;"> </div>				Warm Up/Ball Control	10 mins		Speed / Strength	10 mins		1 v 1 / 2 v 2	10 mins		Indiv. Tactical Dvlp.	20 mins		Game Principles	20 mins		Game Play	20 mins
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**ELTHAM REDBACKS FOOTBALL CLUB
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U16 - U17**

Learning how to play as a team	U/16 – U/17 11 x 11	1-4-3-3 formation: Extending development on one position related to the team's output
Relevant Training		
<ul style="list-style-type: none"> • Positioning games (specific / advanced) • Passing drills (specific / advanced) • 1-4-3-3 game training (advanced) • In training games, transition positioning games and 1-4-3-3 game training • Dynamic stretching and core stability exercises 		
Typical Training Session		
<p>Session Curriculum:</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> ■ Warm Up/Ball Control 10 mins ■ Speed / Strength 10 mins ■ Tactical 20 mins ■ Game Principles 20 mins ■ Game Play 30 mins </div>  </div>		
<ul style="list-style-type: none"> • Position Specialisation • Position specific profiling (x2 positions) • Exercises that improve physical, technical, mental speed. • Strength / stability and power work. • Advanced Ball Control in warm up for reinforcement and interval training. • Tactical Development, defined as group dynamics that utilises systems of play for a predicted outcome. • Game Principles that teach tactical awareness in small group play that challenge players decision making processes and reinforce these techniques under full pressure. Group play as a teacher of the game in small segments building up to 11v11. • Game Play, defined as 11v11 systems and tactics of play for a predicted outcome. • Physical development of aerobic and anaerobic systems through interval training both with and without the ball 		





ELTHAM REDBACKS FOOTBALL CLUB
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U18 - U19

Performing / winning as a team	U/18 – U/19 11 x 11	1-4-3-3 formation: Perfection per position and as a team: result-oriented team-work
<p>General Description</p> <ul style="list-style-type: none"> • Period of mental stabilisation (with exception of incidental fields of tension especially with regards to the balance between group and individual) • Second high point in the learning of motor skills • Optimal conditions for systematic training • Contributing to a team achievement (and being recognised for it) is important 		
<p>Technical Topics (Skills to be taught)</p>		
<ul style="list-style-type: none"> • Position Specialisation • Exercises that improve physical, technical, mental speed. • Strength / stability and power work. • Advanced Ball Control in warm up for reinforcement and interval training. • Tactical Development, defined as group dynamics that utilises systems of play for a predicted outcome. • Game Principles that teach tactical awareness in small group play that challenge players decision making processes and reinforce these techniques under full pressure. Group play as a teacher of the game in small segments building up to 11v11. • Game Play, defined as 11v11 systems and tactics of play for a predicted outcome. • Physical development of aerobic and anaerobic systems through interval training both with and without the ball 		
<p>Relevant Training</p> <ul style="list-style-type: none"> • Positioning games (specific) • Passing drills (specific) • 1-4-3-3 game training (advanced) • Individual training • Training games • In training games, transition positioning games and 1-4-3-3 game training • Dynamic stretching and core stability exercises <p>Typical Training Session</p> <p>Session Curriculum:</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> ■ Warm Up/Ball Control 10 mins ■ Speed / Strength 15 mins ■ Tactical 20 mins ■ Game Principles 30 mins ■ Game Play 45 mins </div>  </div>		

