



## Mastery Football Academy Curriculum Long Term Athlete Development Plan

### Training Program Structure

- Each block is half of our training term
- The following curriculum is a general guide for how we develop players from scratch. However, the level of the player dictates what phase they are in, not their age. For example, a player may be U14 but still in the U10 Individual training phase if they have not received proper coaching.

### 3 & 4 years old - Exploration Phase

#### Objective: Fall In Love With Playing Soccer With Peers

- Term 1 Block 1
  - Kicking The Ball
- Term 1 Block 2
  - Running With The Ball
- Term 2 Block 1
  - Kicking The Ball
- Term 2 Block 2
  - Running With The Ball
- Term 3 Block 1
  - Kicking The Ball
- Term 3 Block 2
  - Running With The Ball
- Term 4 Block 1
  - Kicking The Ball
- Term 4 Block 2
  - Running With The Ball

### 5 & 6 years old - Skill Discovery Phase

#### Objective: Fall In Love With Learning New Skills

- Term 1 Block 1
  - Striking & Controlling The Ball
- Term 1 Block 2
  - Running With The Ball & 1v1
- Term 2 Block 1
  - Striking & Controlling The Ball
- Term 2 Block 2
  - Running With The Ball & 1v1
- Term 3 Block 1
  - Striking & Controlling The Ball
- Term 3 Block 2
  - Running With The Ball & 1v1
- Term 4 Block 1
  - Striking & Controlling The Ball
- Term 4 Block 2
  - Running With The Ball & 1v1

Partners:



## Mastery Football Academy Curriculum Long Term Athlete Development Plan

### U7/8's - Skill Aquisition Phase

#### Objective: Develop Confident & Competent Individual Skills and Techniques

- Term 1 Block 1
  - Passing & Controlling - Short Passes
    - Bounce Passes
    - Controlling with the inside of their back foot
    - Controlling with the outside of their foot
- Term 1 Block 2
  - Dribbling - In Small Areas
    - Turning & Change of Directions
    - Ball Mastery
    - Dribble away from danger into pockets of space
- Term 2 Block 1
  - 1v1 - Attacking
    - Learning how to attack a defender face on
    - Learning how to turn and beat a defender behind you
    - Learning how to beat a defender with your first touch
- Term 2 Block 2
  - Shooting - Shooting after controlling
    - Shooting from close range - Accurate
    - Shooting from far range - Powerful
    - Turning & Shooting
- Term 3 Block 1
  - Passing & Controlling - Long passes
    - Passing & controlling through balls into space
    - Passing & controlling long passes to feet
    - Learning how to cross & receive a cross
- Term 3 Block 2
  - Dribbling - In Large Areas
    - Dribbling into space
    - Dribbling away from chasing defender
    - Dribbling with 45 degree changes of direction
- Term 4 Block 1
  - 1v1 - Defending
    - Learning how to defend an attacker that is facing you
    - Learning how to defend an attacker that is facing away from you
    - Learning how to defend a 2v1
- Term 4 Block 2
  - Shooting - First-time shots
    - Shooting from a bounce pass
    - Finishing from a cross
    - Volleys & headers

Partners:



## Mastery Football Academy Curriculum Long Term Athlete Development Plan

### U9/10's - Individual Training Phase

**Objective: Learn About Basic Fundamental Individual Football Knowledge**

- Term 1 Block 1
  - What to do when your teammate has the ball
    - Making the pitch big
    - Becoming a passing option (space, passing line, demand)
    - Receiving behind opposition lines (to beat the line with a pass)
    - Receiving on the “shoulder” of opponent (to beat the line with your FT)
- Term 1 Block 2
  - What to do when your teammate passes the ball
    - Being a third man run for your teammates pass
    - Making runs in-behind
    - Supporting underneath for the bounce
- Term 2 Block 1
  - What to do when you have the ball with space in front of you
    - Driving the ball at speed while scanning
    - Scanning & understanding your surroundings
    - Engaging defenders
- Term 2 Block 2
  - What to do when you cannot dribble forward
    - Passing Forward & Running Forward
    - Making 1-2s after you have engaged the defender
- Term 3 Block 1
  - What to do when you cannot pass forward
    - Learning about switching play
    - If you cannot switch can you reset play
- Term 3 Block 2
  - What to do when your team has lost the ball and are out of defensive shape
    - Closest player to delay the opposition attack
    - Recovery runs to defensive shape
- Term 4 Block 1
  - What to do when the opposition has the ball near you
    - Pressing & tackling the ball
    - Forcing players one way to your advantage
    - Blocking Passing Lines
- Term 4 Block 2
  - What to do when you are defending two players
    - 2v1 Defending - Pressing in a way where you eliminate the second player.
    - Defensive Half Position - Marking in the middle of two people. Being ready to press whichever player gets it.

Partners:



## Mastery Football Academy Curriculum Long Term Athlete Development Plan

### U11/12's - Team Training Phase

#### Objective: Learn About Basic Fundamental Team Football Knowledge

- Term 1 Block 1
  - Retaining Effective Possession
    - Reinforce learnings from previous phase.
    - When to drive, penetrate, switch, rest & etc.
    - How to support and be an effective passing option
- Term 1 Block 2
  - Attacking Through Central Areas (Through)
    - Combinations
    - 1-2's
    - Third man runs
- Term 2 Block 1
  - Attacking From Wide Areas (Around)
    - Switches
    - Killer Passes
    - Overlaps
- Term 2 Block 2
  - Attacking From Direct Play (Over)
    - Finding & Supporting the #9
    - Luring players short to create space inbehind
    - Picking up the second ball
- Term 3 Block 1
  - Defensive Principles
    - Defending In Pairs: Press & Cover
    - Defending In Groups: Press, cover & balance
    - Closing the net - Forcing them one way and trapping it
- Term 3 Block 2
  - Defending Attack From Central Areas
    - Denying Space & Keeping Compact
    - Eliminating passes through us.
- Term 4 Block 1
  - Defending Attack From Wide Areas
    - Sliding - Strong Side & Weak Side
    - Defending Crosses
- Term 4 Block 2
  - Defending Attack From Direct Play (Over)
    - Press cover and slide
    - Trapping the ball as a group - Forcing it one way

Partners:



## Mastery Football Academy Curriculum Long Term Athlete Development Plan

### U13/14's: Game Scenario Phase

**Objective: Learn about teamwork and units (defensive, midfield & attacking units)**

- Term 1 Block 1
  - Playing out of the back
    - POTB utilising wide area
    - POTB utilising central areas
    - POTB utilising direct play
- Term 1 Block 2
  - High Press
    - How the front line can recognise when to initiate the press
    - What should the midfield line to do in the high press
    - What the defensive line should do in the high press
- Term 2 Block 1
  - Midfield combination play
    - Midfield rotation
    - Combination to attack through wide & central areas
    - To control the tempo and keep controlled possession
- Term 2 Block 2
  - Defending the midfield
    - Block passes to attackers whilst being close enough to press midfield
    - Denying space & pressing the opposition midfield
    - Passing opposition players onto teammates
- Term 3 Block 1
  - Creating & converting scoring chances
    - Via Crosses
    - Via Combination Play
    - Via Killer Passes
- Term 3 Block 2
  - Defensive Line Principals
    - Defending Crosses
    - Defending Combination Play
    - Defending Killer Passes
- Term 4 Block 1
  - Transitioning from BP to BPO
    - Deny & Delay
    - Recovery Runs
    - Counterpress
- Term 4 Block 2
  - Transitioning from BPO to BP
    - Counterattacks
    - Gaining controlled possession

Partners: