



Mastery Football Academy Curriculum Long Term Athlete Development Plan

Training Program Structure

- Each block is half of our training term (4 weeks long)
- 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 U8 Skills Acquisition Phase if they have not received proper coaching or adequate training.

Curriculum Overview

3 & 4 years old - Exploration Phase

Objective: Fall In Love With Playing Soccer With Peers

5 & 6 years old - Skill Discovery Phase

Objective: Fall In Love With Learning New Skills

U7/8's - Skill Aquisition Phase

Objective: Develop Confident & Competent Individual Skills and Techniques

U9/10's - Individual Training Phase

Objective: Learn About Basic Fundamental Individual Football Knowledge

U11/12's - Team Training Phase

Objective: Learn About Basic Fundamental Team Football Knowledge

U13/14's: Game Scenario Phase

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

Partners:



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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:



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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
 - First touch away from danger
- 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 Shield & Protect The Ball
 - 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
 - crossing & receive a cross
- Term 3 Block 2
 - Dribbling - In Large Areas
 - Dribbling into space
 - Dribbling away from chasing the defender
 - Dribbling with COD
- 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:



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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
 - 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 the play
- Term 3 Block 2
 - What to do when your team has lost the ball and is out of defensive shape
 - Learning about defensive shape
 - Closest player to delay the opposition's attack
 - Recovery runs to a defensive shape
- Term 4 Block 1
 - What to do when the opposition has the ball
 - Pressing & tackling the ball
 - Forcing players away from the goal or one way
 - 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:



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U11/12's - Team Training Phase

Objective: Learn About Basic Fundamental Team Football Knowledge

- Term 1 Block 1
 - Retaining Effective Possession
 - Reinforce learnings from the previous phase.
 - Decision Making on the ball: When to drive, penetrate, switch, etc
 - Decision Making off The ball: Support, being a good passing option
- Term 1 Block 2
 - Creating & Converting Scoring Chances From Central Areas (Through)
 - Finishing in & Around The Box
 - Combinations Play
 - Killer Passes
- Term 2 Block 1
 - Creating & Converting Scoring Chances From Wide Areas (Around)
 - Scoring Chances From Wide Area
 - Finishing From Crosses
 - Overlaps
- Term 2 Block 2
 - Creating & Converting Scoring Chances From Direct Play (Over)
 - Finding & Supporting the #9
 - Luring players short to create space in-behind
 - 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)
 - Aerial challenges
 - Covering the player going for the challenge
 - Picking up the second ball

Partners:



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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 areas
 - 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
 - How to execute the press effectively
- 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 to not get dragged out of position
- Term 3 Block 1
 - Creating & converting scoring chances
 - Via Crosses (wide)
 - Via Combination Play (Central)
 - 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
 - Attaining controlled possession

Partners: