

# U9-U13 Annual Training Cycle

Refer to model session laid out in the new FFA curriculum:

[www.footballaustralia.com.au/nationalcurriculum](http://www.footballaustralia.com.au/nationalcurriculum) Pages 129 to 188

## Model Sessions

At this age the children are ready for a more structured approach to training. In every session the focus is on one of the core skills, from the beginning until the end of the session ("theme based sessions").

The Skill Acquisition Phase sessions consist of 3 components:

**1. Skill introduction, this is the warm-up as well as an introduction to the designated core skill for this session.** This is the only part of the session where drill-type exercises should be used, but the creative coach can include elements of decision-making.

- Flow, no 'stop-start coaching'.

**2. Skill training, this is the part of the session where conscious teaching and learning of the designated core skill takes place.**

- Lots of repetition in game realistic scenarios!

- Task-based coaching

- Effective feedback

- Use of questioning (ask players 'why did you choose that option?', 'where do you think there might be more space?', etc)

**3. Skill game, a game where as much as possible all the elements of the real game are present but organised in a way that the designated core skill has to be used regularly.**

- Skill games are preferably **small sided games** to stimulate the number of repetitions/touches!

- **The players play, the coach observes if learning has taken place.**

**It is also advisable to 'wrap-up' the session at the end, summarising the main points of the session to enhance learning.**

Since the Skill Games are games in which all the **Game Specific Resistances** are present (team-mates; opponents; goals; direction; etc) they also provide an ideal opportunity to gradually establish the basic principles of the team tasks during the main moments of the game (e.g. 'make the field small' when defending; 'try to face forward' when attacking).

In other words: the emphasis in the Skill Acquisition Phase is on **Skill Development** but this can/should not be separated from developing insight/game understanding at the same time.

If this approach is applied properly, it will provide a seamless transition into the **Game Training Phase**.

This principle also relates to the concept of Small Sided Football and appropriate coach behaviour

During the Skill Acquisition Phase, 2-3 sessions of **60-75 minutes** plus a game is a safe weekly workload, with the following session planning guidelines:

- Welcome: 5 minutes
- Skill Introduction: 15-20 minutes
- Skill Training: 25-30 minutes
- Skill Game: 20-25 minutes
- Wrap up: 5 minutes

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## CYCLE 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Tuesday</b>	First touch <b>Model Session 1</b>	Running with the ball <b>Model Session 1</b>	First touch <b>Model Session 1</b>	Running with the ball <b>Model Session 1</b>	First touch <b>Model Session 1</b>	Running with the ball <b>Model Session 1</b>
<b>Thursday</b>	Striking the ball <b>Model Session 1</b>	1 v 1 <b>Model Session 1</b>	Striking the ball <b>Model Session 1</b>	1 v 1 <b>Model Session 1</b>	Striking the ball <b>Model Session 1</b>	1 v 1 <b>Model Session 1</b>
<b>Saturday</b>	GAME	GAME	GAME	GAME	GAME	GAME

## CYCLE 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Tuesday</b>	First touch <b>Model Session 2</b>	Running with the ball <b>Model Session 2</b>	First touch <b>Model Session 2</b>	Running with the ball <b>Model Session 2</b>	First touch <b>Model Session 2</b>	Running with the ball <b>Model Session 2</b>
<b>Thursday</b>	Striking the ball <b>Model Session 2</b>	1 v 1 <b>Model Session 2</b>	Striking the ball <b>Model Session 2</b>	1 v 1 <b>Model Session 2</b>	Striking the ball <b>Model Session 2</b>	1 v 1 <b>Model Session 2</b>
<b>Saturday</b>	GAME	GAME	GAME	GAME	GAME	GAME

## CYCLE 3

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Tuesday</b>	First touch <b>Model Session 3</b>	Running with the ball <b>Model Session 3</b>	First touch <b>Model Session 3</b>	Running with the ball <b>Model Session 3</b>	First touch <b>Model Session 3</b>	Running with the ball <b>Model Session 3</b>
<b>Thursday</b>	Striking the ball <b>Model Session 3</b>	1 v 1 <b>Model Session 3</b>	Striking the ball <b>Model Session 3</b>	1 v 1 <b>Model Session 3</b>	Striking the ball <b>Model Session 3</b>	1 v 1 <b>Model Session 3</b>
<b>Saturday</b>	GAME	GAME	GAME	GAME	GAME	GAME