CLUB CURRICULUM

LEARN TO TRAIN

Age Group U9 - U12

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Technical Director

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Message from the Technical Director

As the Technical Director I want to welcome you to Whitby FC. Being a returning coach or a new addition to our recreational program, I want to introduce you to the Whitby FC Club Curriculum which will assist you in planning, organizing and implementing age-specific training sessions within the 'Learn To Train' development stage, representing the club's training model.

The Whitby FC training model is based on the concept of Long-Term Player Development (LTPD), a proven program for soccer player development that is player centered and coach driven.

At Whitby FC, we are fully committed to provide all of our players with the best opportunities for their development both on and off the field. We also stand for respectful behaviour towards coaches, teammates, opponents and officials.

The objective of this club curriculum is to provide all recreational players the same development opportunities at the same time to be able to reach their fullest potential along the road. Our dedication towards coaching development as well as player development is second to none and we will continue to stay on top of the game in future years. All of our recreational coaches will receive the appropriate tools to raise their standard of coaching and to effectively work with their respective players.

I am confident that the club curriculum will benefit your development as a coach along your coaching pathway and I thank all of you for your dedication and commitment in creating a positive environment for all of our players at Whitby FC.

We are heading into a bright future with the club and I am very pleased to be part of all this.

Thank you very much for your support and keep up the good work !

Kind regards,

Mirco Schroff
Technical Director
Whitby FC

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Long-Term Player Development

Long-Term Player Development (LTPD) is a program for soccer player development, training, competition, and recovery based on biological age (physical maturity) rather than chronological age. LTPD is player centred, coach driven, and administration, sport science, and sponsor supported.

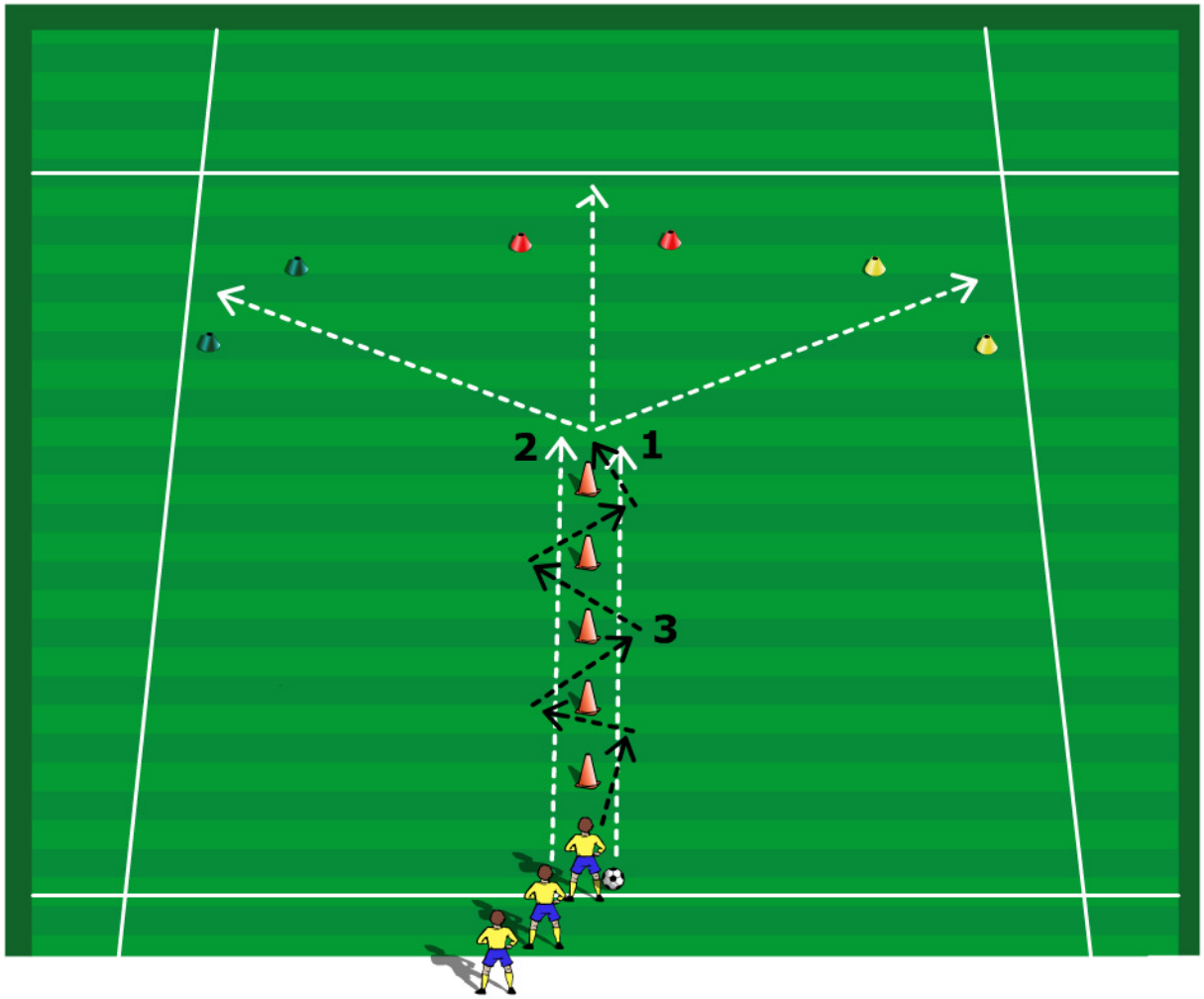
LTPD eliminates gaps in the player development system and guides planning for optimal athlete performance at all stages. It provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams. It follows scientific principles and practical coaching experiences.

The benefits that arise from LTPD are the following:
* Players and parents will better understand what makes a good soccer program
* More players learn at their level and have fun
* More coaches are knowledgeable in leading safe, effective practices
* Established pathways for player development for all levels of ability and ambition
* Competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults.

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Dribbling

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Drill Name: TSH HL Dribbling 1

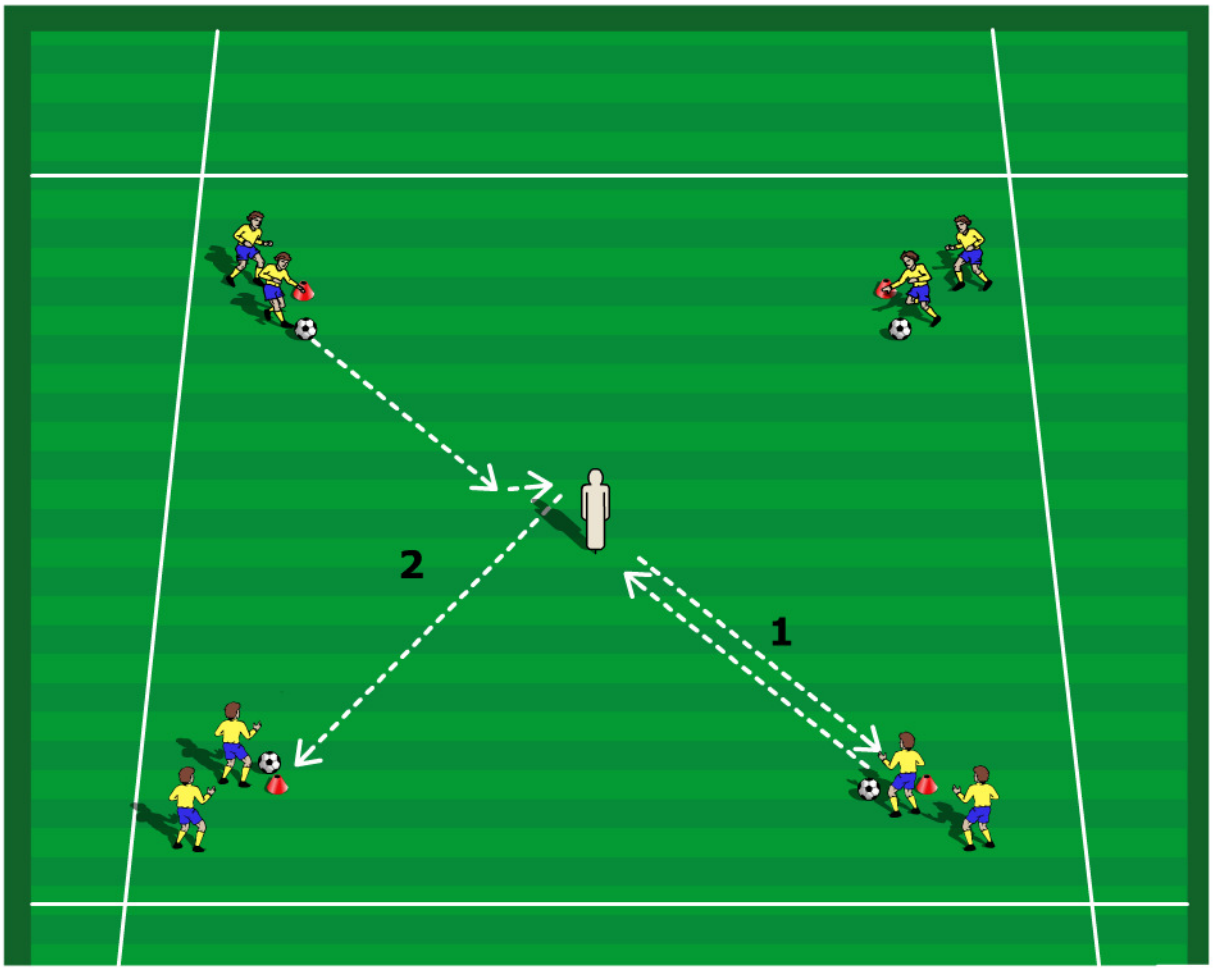
Set up :
Dribbling 1

Instructions:
Players dribble the ball along the cones on the right with their right foot and react to the coaches command through which coloured gate they have to dribble (blue, red, yellow) (1). Players then dribble the ball back to the start not interfering with other players performing.
Progression 1: Players now dribble along the cones on the left with their left foot only, then dribble through the gate and back (2).
Progression 2: Players now dribble the ball through the cones in a slalom-dribble, then dribble through the gate and back (3 black).

Coaching Points:
Dribbling, Right foot, Left foot, Inside of the foot, Outside of the foot, Acceleration with the ball, Awareness, Reaction, Ball control, Ball mastery.

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Drill Name: TSH HL Dribbling 2

Set up :
Dribbling 2

Instructions:
One player from each corner dribble the ball towards the mannequin at the same time. Just before the mannequin, they perform an inside turn (inside of the foot) and dribble the ball back where the next player takes over to dribble the ball (1). Each time the players dribble in, they have to alternate feet to dribble to work on both feet.
Progression 1: Players now perform an outside turn when at the mannequin and dribble back (both feet).
Progression 2: Players now perform a pull-back when at the mannequin and dribble back (both feet).
Progression 3: Players now dribble to the mannequin, drop their shoulder to the left and dribble to the next cone on the right (2).
Progression 4: Drop shoulder to the right, dribble to the left.

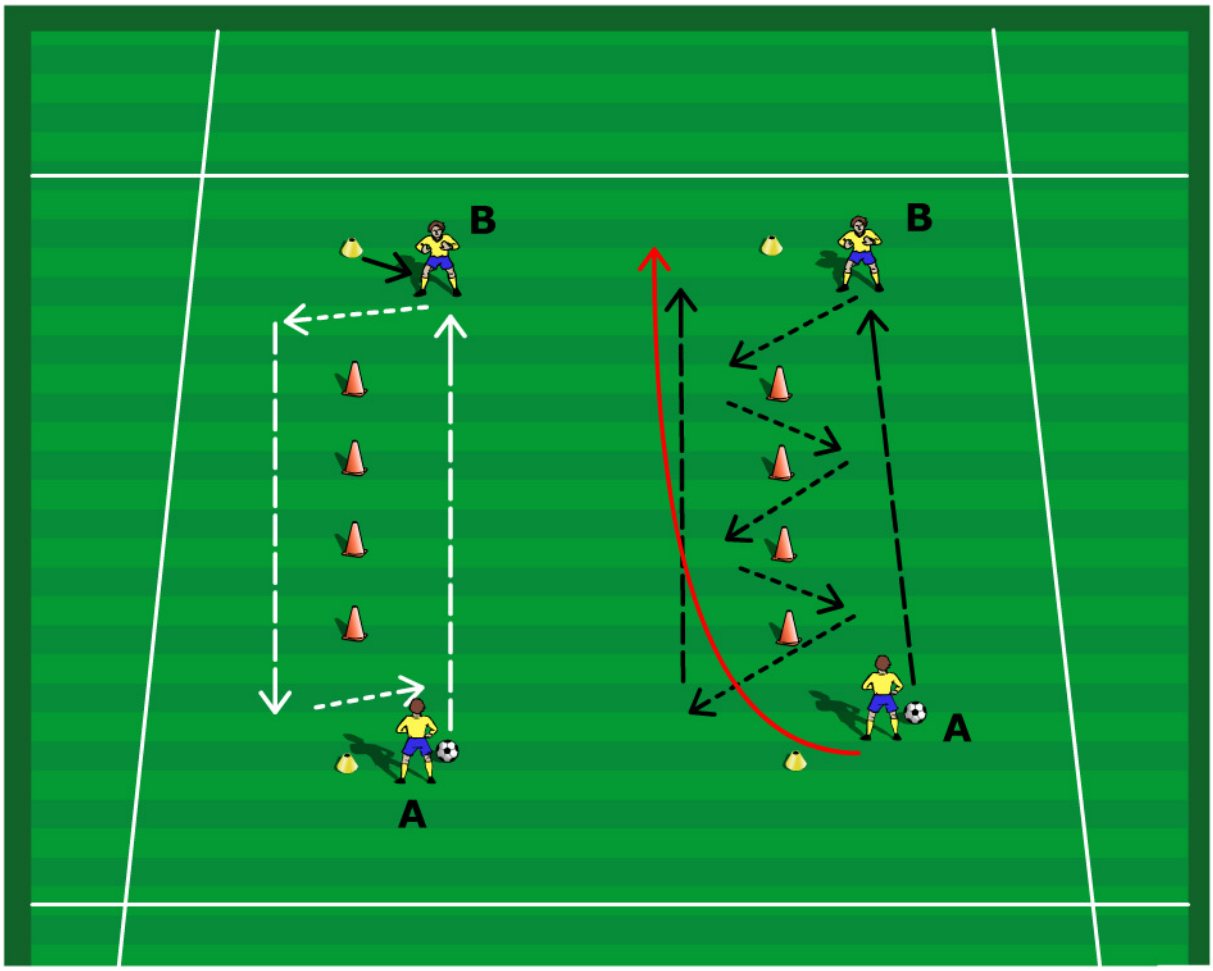
Coaching Points:
Dribbling, Right foot, Left foot, Inside of the foot, Outside of the foot, Acceleration with the ball, Awareness, Reaction, Ball control, Ball mastery.

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Passing & Receiving

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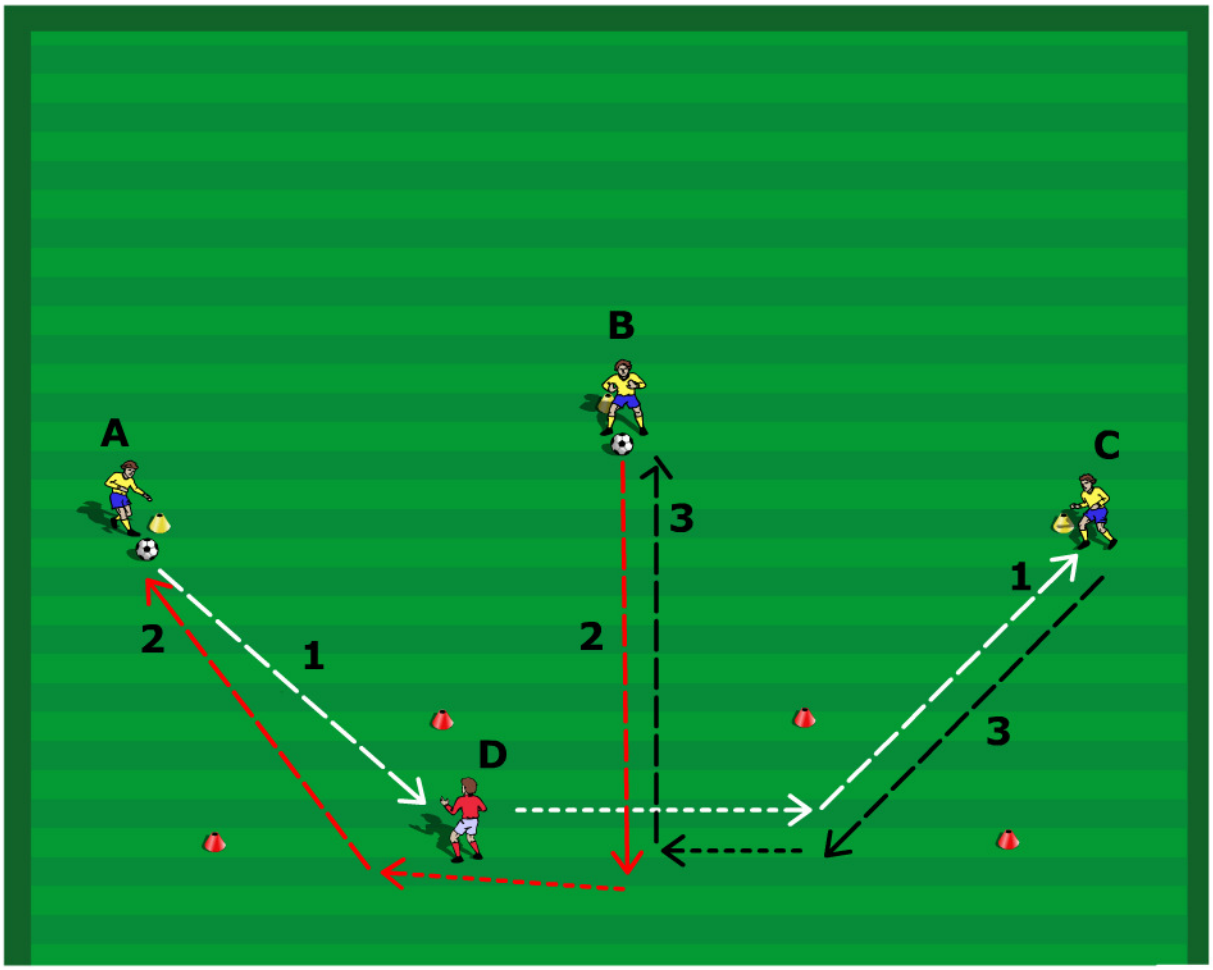
Drill Name: TSH HL Passing-Receiving 1

Set up :
Passing & Receiving 1

Instructions:
Player A passes the ball along the cones to Player B with the right foot on the right side of the cones. Player B moves away from the starting marker and receives the ball with his/her right foot to bring the ball to the other side of the cones before passing back to player A.
Progression 1: Players now pass the ball with the left foot along the cones on the left side, then bring it to the other side and pass back.
Progression 2: Players now receive the ball with their left foot to bring it to their right foot on the other side of the cones to pass back. Same vice versa.
Progression 3 (black): Player A now passes to player B who dribbles through the cones to the other side. Player A runs to the opposite far side to receive the ball from B after his/her dribble. A then does the same.

Coaching Points:
Passing, Receiving, Ball control, First touch decision, Dribbling, Accuracy.

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Drill Name: TSH HL Passing-Receiving 2

Set up :
Passing & Receiving 2

Instructions:
Player D is working behind the four red cones. Players A and B have a ball. Player C without a ball outside the grid. Player A passes the ball to player D who receives the ball and passes the ball out to player C who is open at the time (no ball). Player D then receives a pass from player B and passes it to player A who does not have a ball. Player D then receives a pass from player C to pass it to open player B, etc.
The objective is to always ask for and receive a ball and pass it to the open player. Rotate players after a certain period of time.

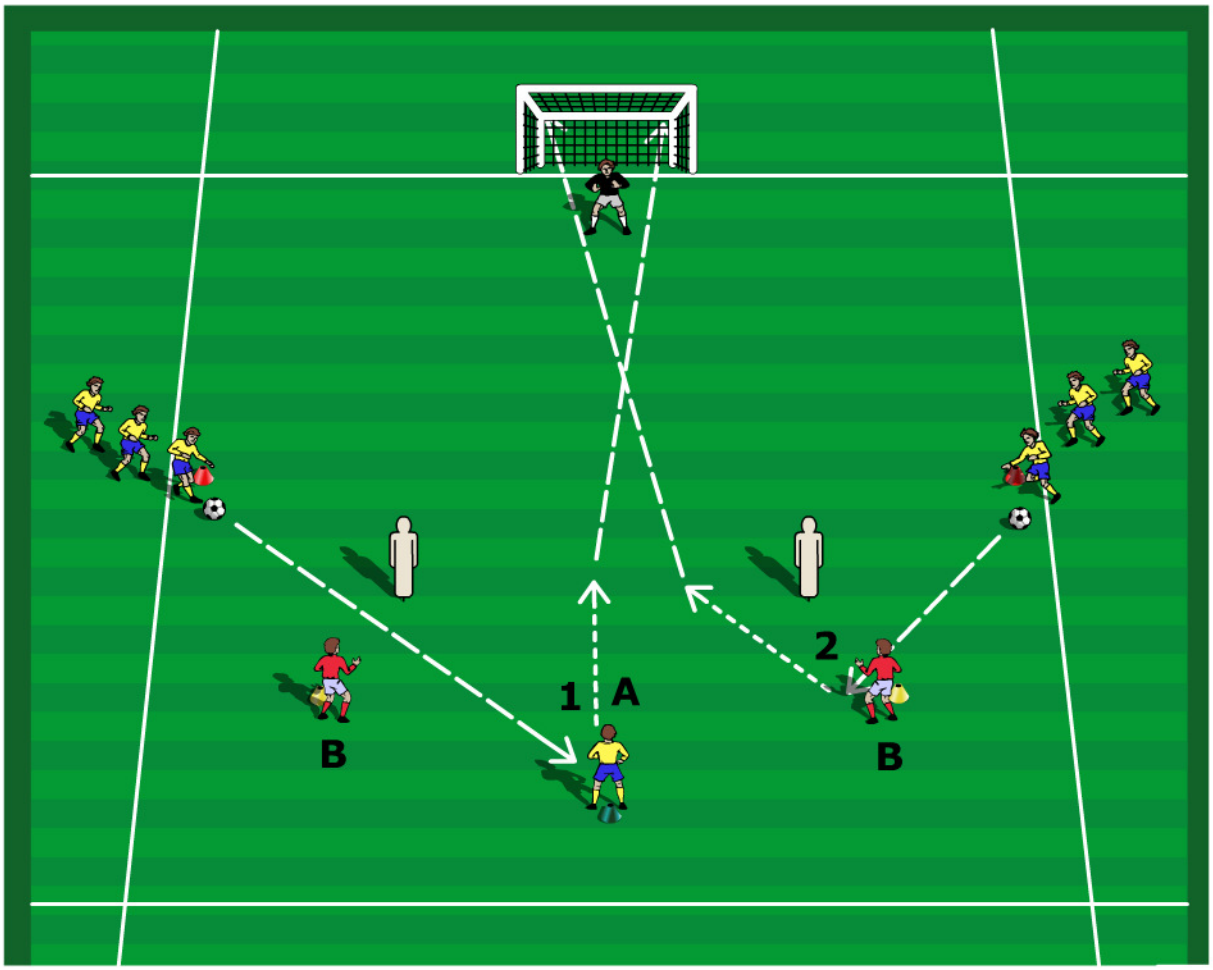
Coaching Points:
Passing, Receiving, Communication, Accuracy, First touch control, First touch decision, Awareness, Movement off the ball.

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Shooting

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Drill Name: TSH HL Shooting 1

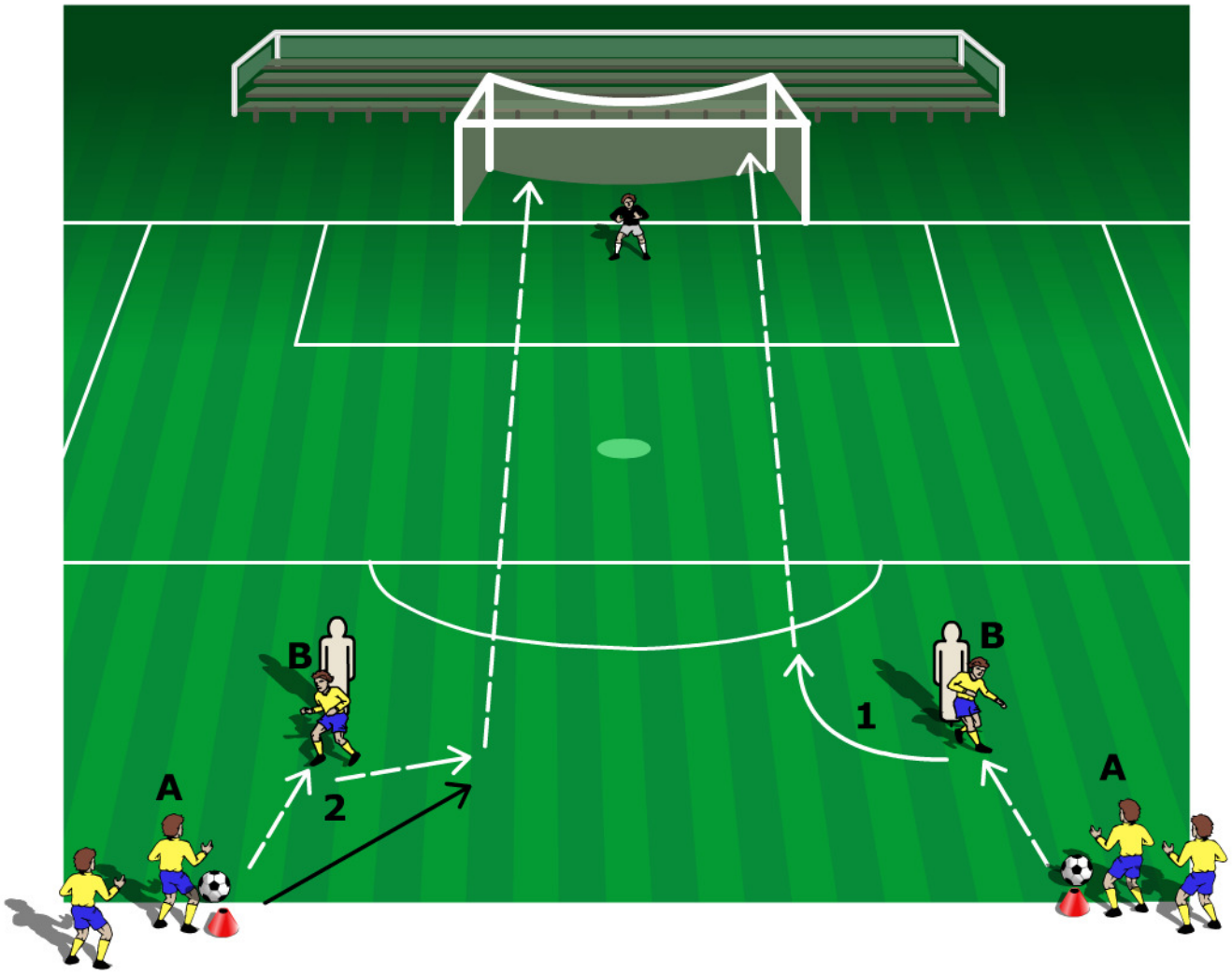
Set up :
Shooting 1

Instructions:
Player A starts at the blue marker without a ball. A receives a pass from an outside player (left or right) takes his/her first touch forward between the mannequins, takes a shot on goal and dribbles the ball back to the line where the pass came from (1). The outside player that passed the ball to A becomes the new player A. Players use their right and left foot to shoot (alternate).
Progression: Players are now starting at the yellow markers on both sides (Players B). Player B receives the ball from his/her side takes his/her first touch inside between the mannequins and takes a shot, then joins the line from where the ball was passed (2). The player that passed it moves up to the yellow marker. Both sides alternate. Switch groups after a certain period of time to work on both feet.

Coaching Points:
Passing, Receiving, Shooting, Follow through, Right part of the foot (laces), Accuracy.

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Drill Name: TSH HL Shooting 2

Set up :
Shooting 2

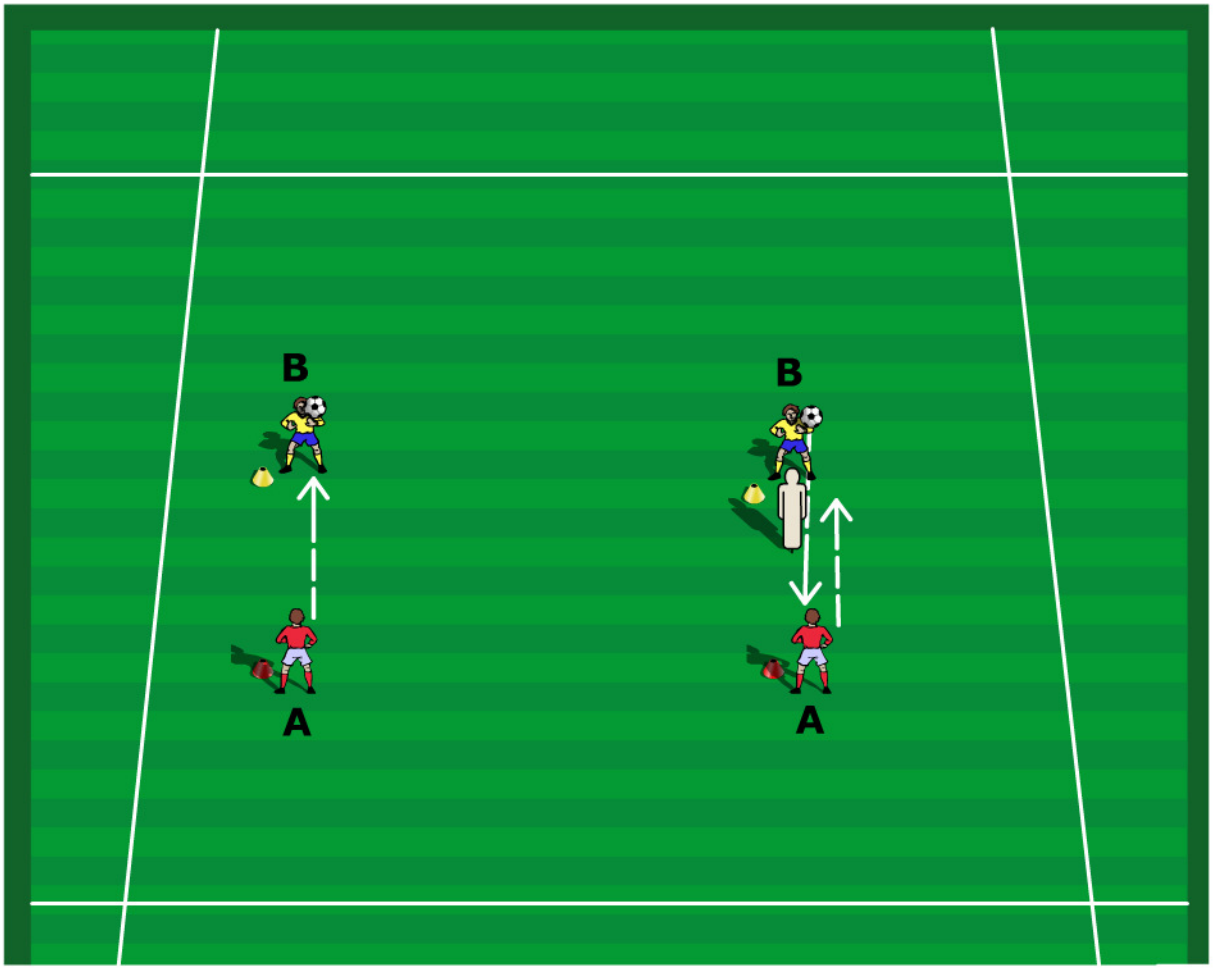
Instructions:
Player A passes to player B. Player B has to turn with the ball on his/her first touch inside and take a shot on goal with the right or left foot (depending on the side) (1). A becomes B and B dribbles the ball back to the line. Switch groups after a certain period of time to work on both feet.
Progression: Player A now passes to player B who lays off the ball for A to take a shot on goal (2). A becomes B and B gets the ball to dribble it back. Switch groups after a certain period of time to work on both feet.

Coaching Points:
Passing, Receiving, Accuracy, Ball control, First touch decision, Shooting, Follow through, Right part of the foot (laces).

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Heading

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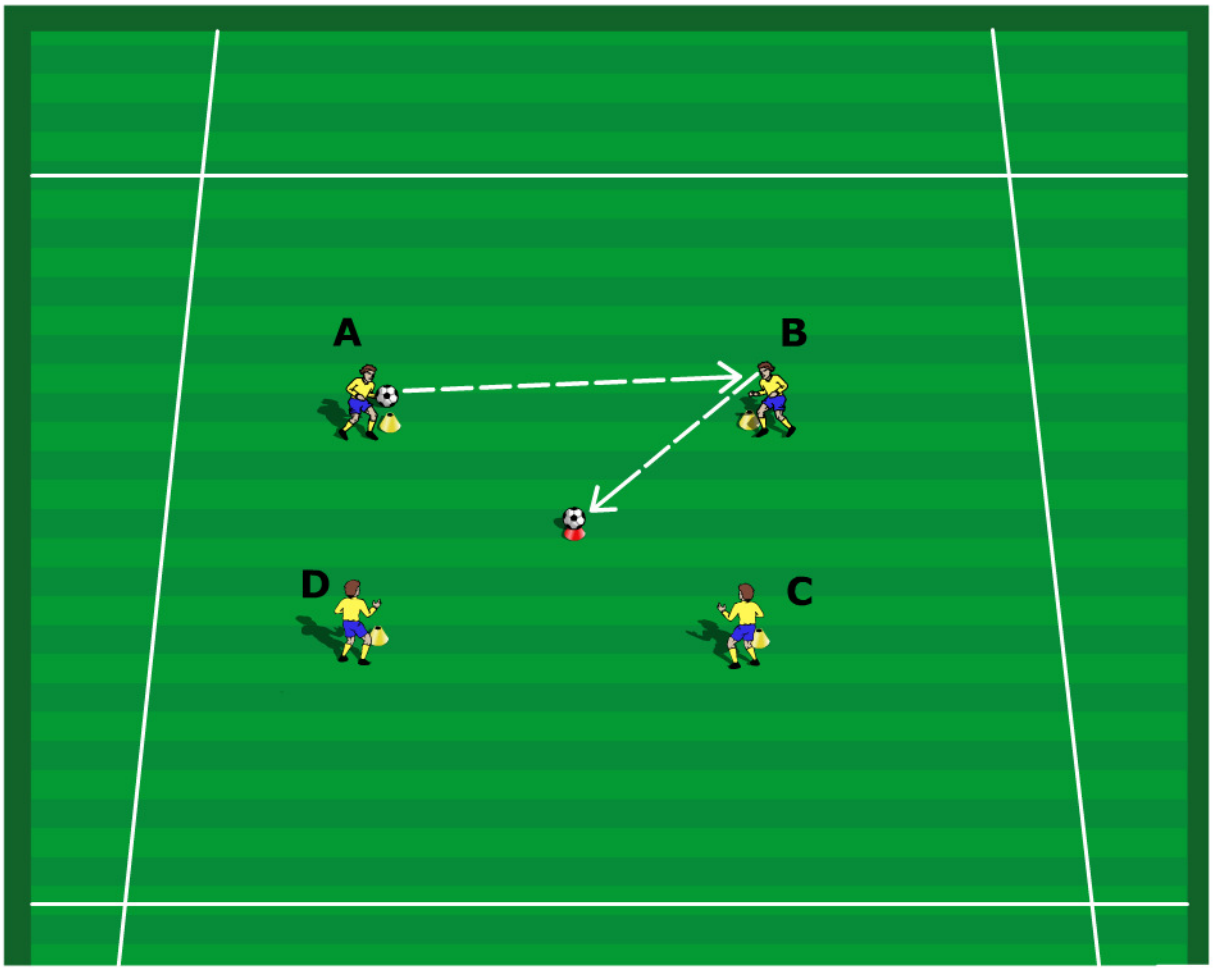
Drill Name: TSH HL Heading 1

Set up :
Heading 1

Instructions:
Player A throws the ball towars player B (5m apart) who then heads the ball back into player A's hands. Players B just stand on the ground and do not take off. Players switch after a certain amount of headers (e.g.10).
Progression 1: Player B now takes off with one-foot to head the ball in the air (slight jump). The objective is to still head the ball back into the partner's hands. Switch roles again after a certain amount of headers.
Progression 2: Player B is now standing behind a mannequin. B has to jump and head the ball over the mannequin into the hands of player A. The mannequin is now used as an opponent for slight pressure.
Switch roles after a certain amount of headers.

Coaching Points:
Heading, Eyes on the ball, Attack the ball, Right part of the head (Forehead), One foot take-off, Heading down.

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Drill Name: TSH HL Heading 2

Set up :
Heading 2

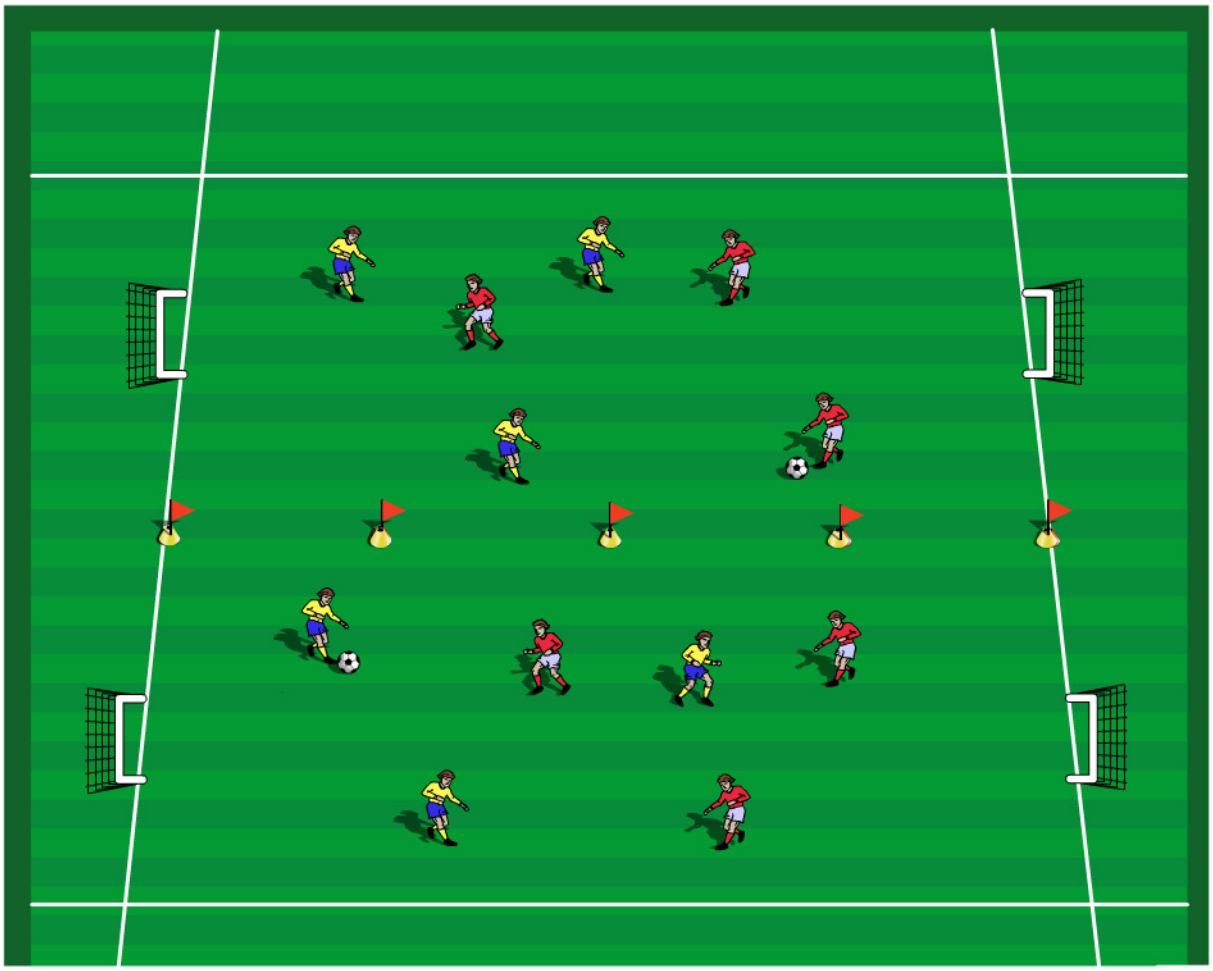
Instructions:
Player A starts the drill by throwing the ball towards player B. Player B tries to knock off the ball on the centre cone through a header. The ball cannot bounce before hitting the centre ball. If successful, the player that was heading the ball gets one point. Whoever picks up the ball next has to throw it to the next player to his/her left, etc. The player that gets 5 point first is the winner. All players are standing while heading the ball (feet on the ground). Progression: Same drill, this time players heading the ball have to take-off with one foot to head the ball. First player to get 3 points wins.

Coaching Points:
Heading, Eyes on the ball, Attack the ball, Right part of the head (Forehead), One foot take-off, Heading down.

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Small Sided Games

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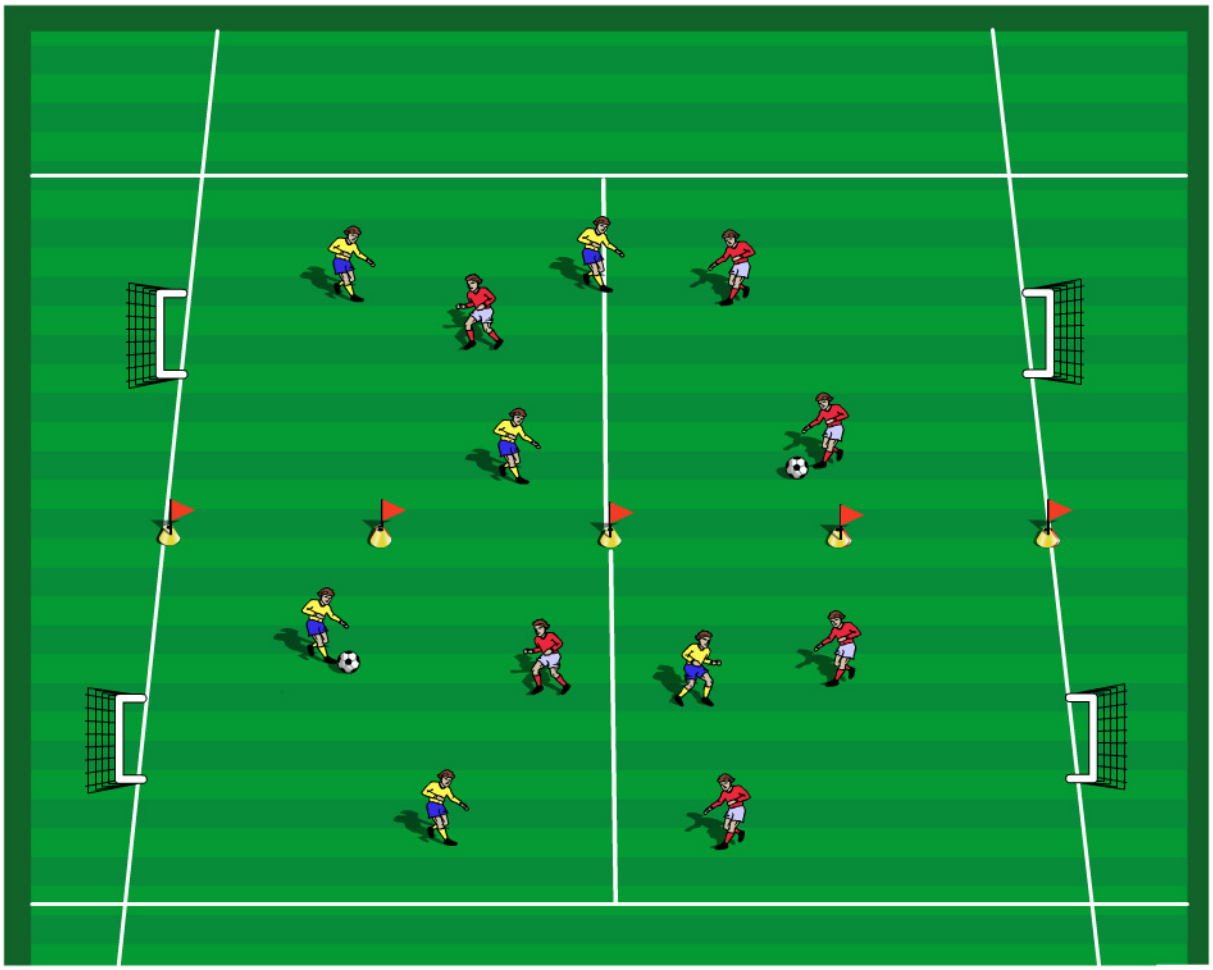
Drill Name: TSH HL Small Sided Game 1

Set up :
Small Sided Game 1

Instructions:
Players play 3 v 3 in two separate fields. The coach does not coach the players actively. Players are encouraged to make their own decisions. The coach should be prepared to guide the players.
Progression 1: All players of the team have to touch the ball before a goal can be scored.
Progression 2: The red teams switch teams after a certain amount of time (different competition).

Coaching Points:
No active coaching points required. Encourage players to make their own decisions. Lots of positive comments.

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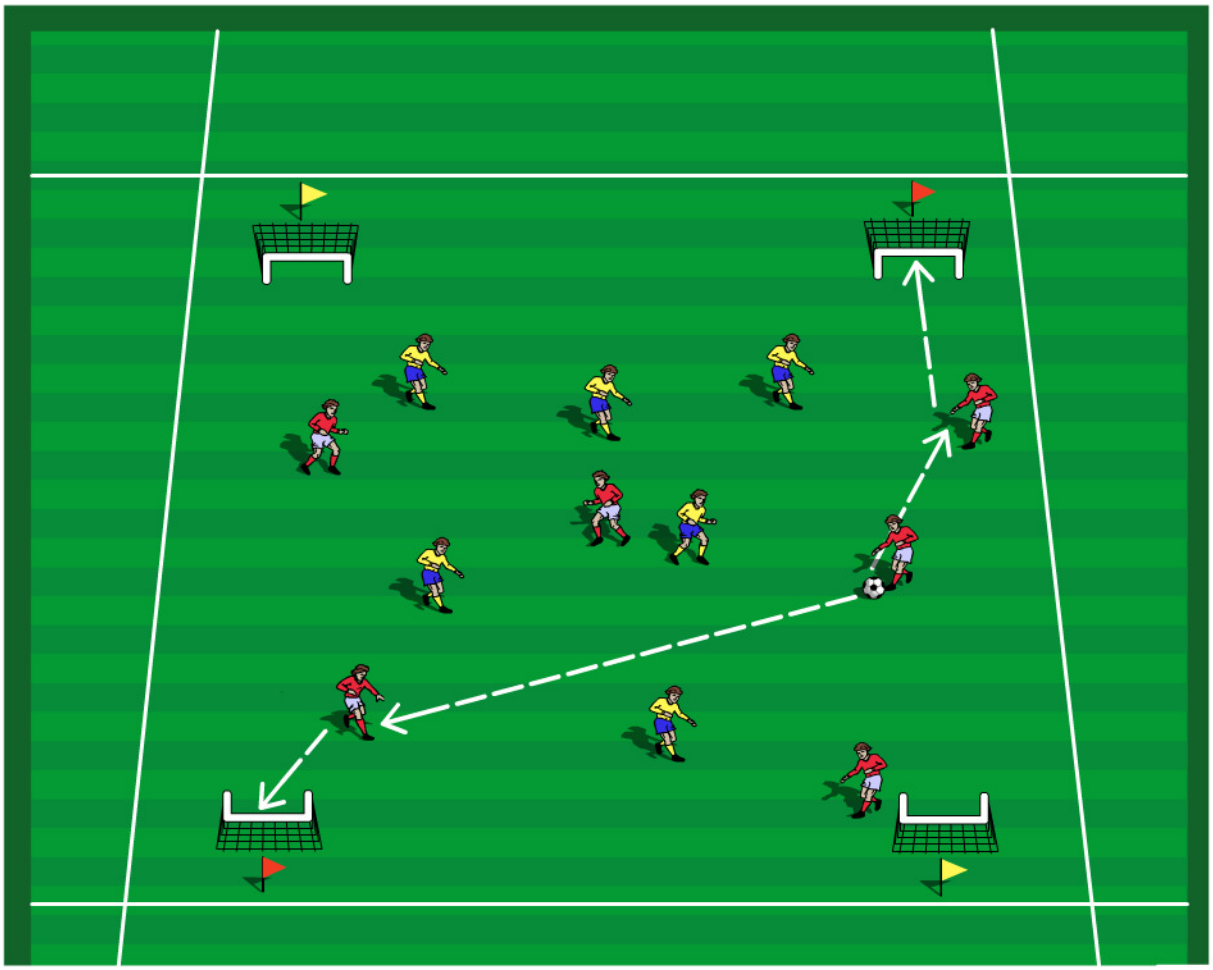
Drill Name: TSH HL Small Sided Game 2

Set up :
Small Sided Game 2

Instructions:
Players play 3 v 3 in two separate fields with a halfway line. The coach does not coach the players actively. Players are encouraged to make their own decisions. The coach should be prepared to guide the players.
Progression 1: The team that scores a goal restarts the game from their own goal.
Progression 2: The red teams switch teams after a certain amount of time (different competition).

Coaching Points:
No active coaching points required. Encourage players to make their own decisions. Lots of positive comments.

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Drill Name: TSH HL Small Sided Game 3

Set up :
Small Sided Game 3

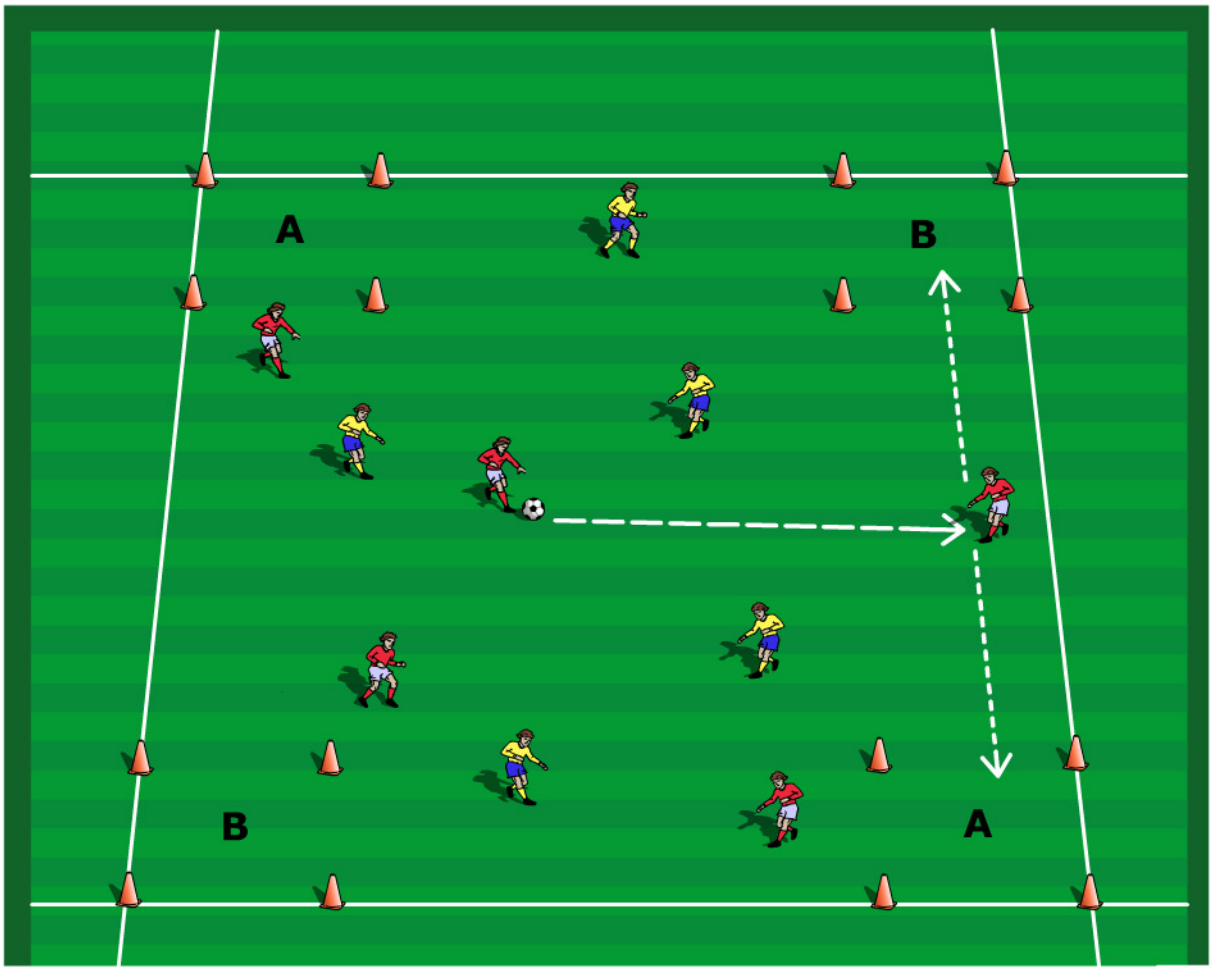
Instructions:
Players play 6 v 6 on one field with one goal in each corner of the field. Players are able to score on either of the goals with their colour (diagonally located). The coach does not coach the players actively. Players are encouraged to make their own decisions. The coach should be prepared to guide the players.

Coaching Points:
No active coaching points required. Encourage players to make their own decisions. Lots of positive comments.

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Game Development

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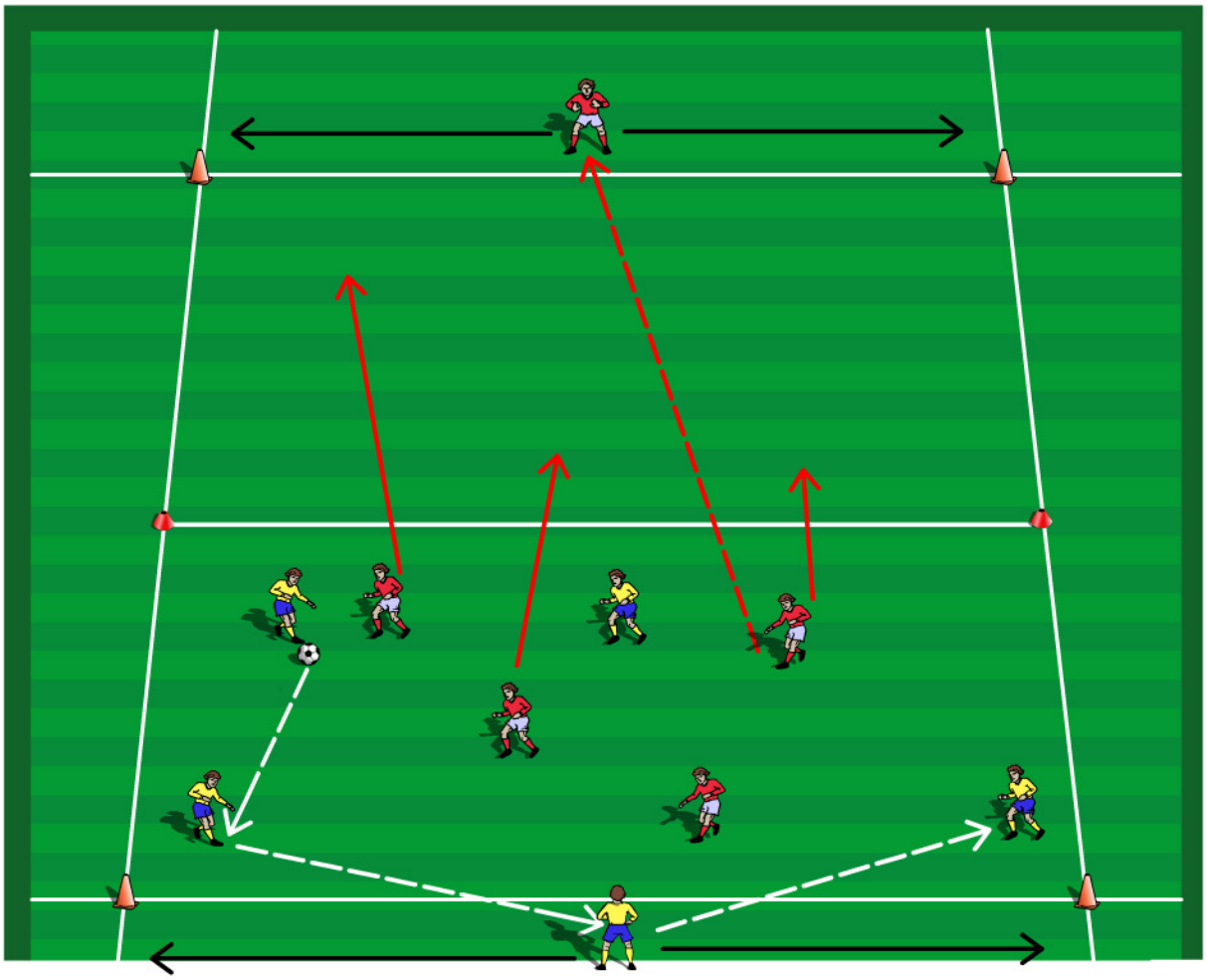
Drill Name: TSH HL Game Development 1

Set up :
Game Development 1

Instructions:
Red team plays the yellow team. Players can score by dribbling into one of the 4 boxes. When they reach a box they cannot be attacked by the opposing team, but they have to look for playing the ball back in immediately to keep possession of the ball.
Progression 1: The teams can only score by passing a ball into one of the boxes where a teammate receives the ball. The team then keeps possession.
Progression 2: Team red can only score in boxes A, team yellow scores in boxes B only.
Progression 3: Teams can only score by playing a one-two with a teammate that is positioned inside a box. Only one player per box at a time.

Coaching Points:
Passing, Receiving, Dribbling, Accuracy, Change of direction, Change of pace, Communication, Movement off the ball.

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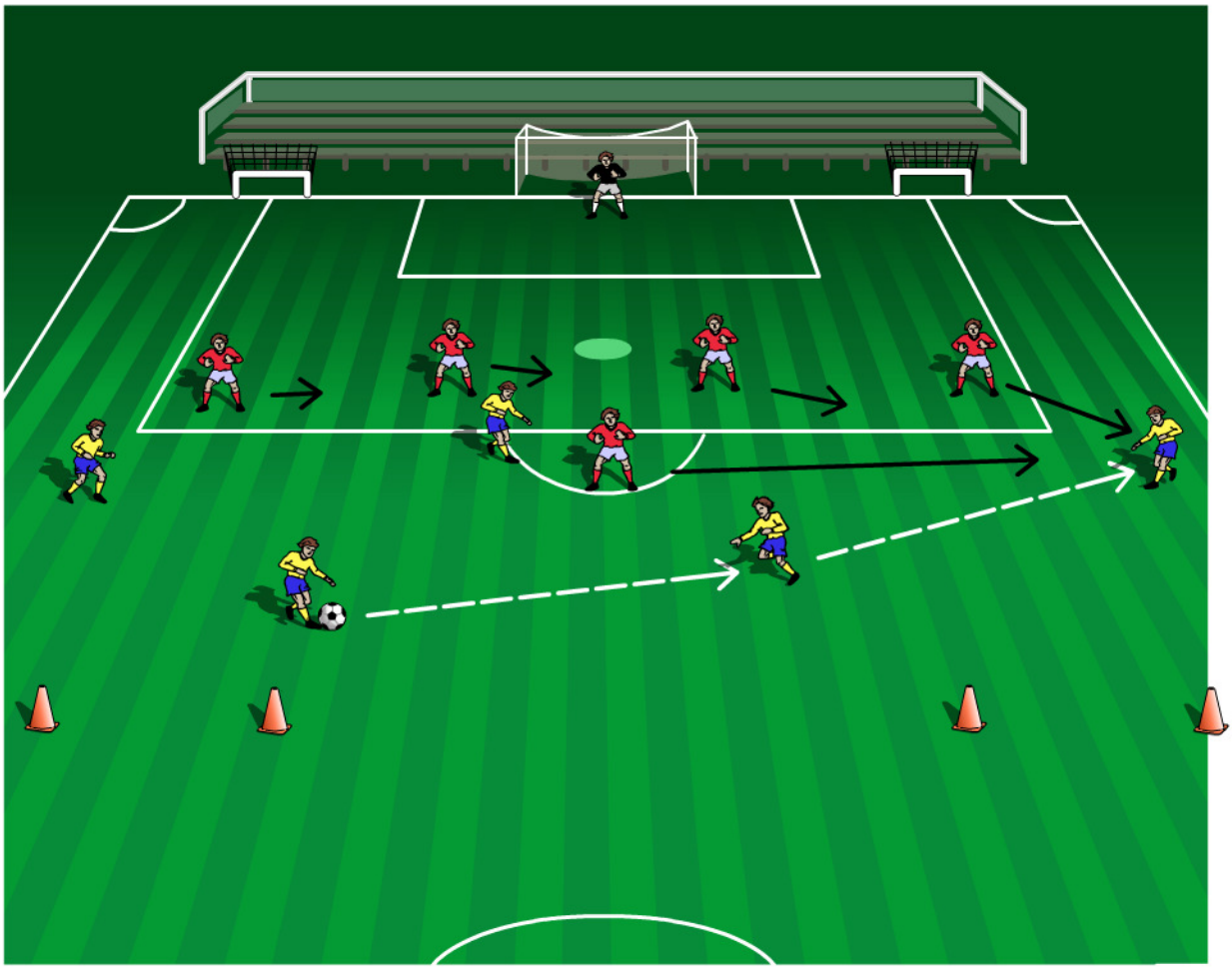
Drill Name: TSH HL Game Development 2

Set up :
Game Development 2

Instructions:
Yellow team keeps possession of the ball in their half in a 5 v 4 situation using the end player that moves along the end line. As soon as red gains possession of the ball, they have to pass the ball to their end player and support immediately to create a 5 v 4 situation in their half. Switch end players after a certain period of time. Progression: After losing possession and switching fields, a different defending player has to stay back as the end player.

Coaching Points:
Passing, Receiving, Accuracy, Movement off the ball, Support, Communication, Transition, Awareness, Decision making.

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Drill Name: TSH HL Game Development 3

Set up :
Game Development 3

Instructions:
Team yellow plays against team red. Yellow is attacking the three goals, red attacks the two gates. The objective for red is to outnumber the yellows at all times to defend all three goals, win the ball and score by passing through one of the gates. Switch teams after a certain period of time.
Progression: Defenders now have to win the ball and dribble through one of the gates to score. Switch teams after a certain period of time.

Coaching Points:
Speed of approach, Distance, Angle of approach, Body position, Awareness, Eyes on the ball, Patience, Defending as a unit, Pressure, Cover, Support, Balance.

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