

YDP



SOUTH WEST QUEENLAND

Youth Development Program

Session No	Positional Play	Technical	S.S.G
1	3 v 0 Possession through Movement	Running with the Ball	4 v 4 Standard Game
2	3 v 0 Possession through Movement	Progression Inc: Receiving, Passing & Shooting	4 v 4 Standard Game
3	4 v 1 Possession /Transition	Progression Inc: Receiving, Passing & Shooting	4 v 4 Standard Game
4	4 v 1 Possession /Transition	Progression Inc: Receiving, Passing & Shooting	4 v 4 Standard Game
<u>5</u>	Technical Testing: Running with the ball & 20m Speed Introduction to 4 v 4 two Goal Game		
6	5 v 2 Possession	Change of Direction Move 1	4 v 4 Two Goal Game
7	5 v 2 Possession	Progression Inc: Receiving, Passing & Shooting	4 v 4 Two Goal Game
8	5 v 2 Possession /Transition	Progression Inc: Receiving, Passing & Shooting	4 v 4 Two Goal Game
9	5 v 2 Possession /Transition	Progression Inc: Receiving, Passing & Shooting	4 v 4 Two Goal Game
<u>10</u>	Technical Testing: Turning & Speed (Change of Direction) Introduction to 4 v 4 End Line Game		

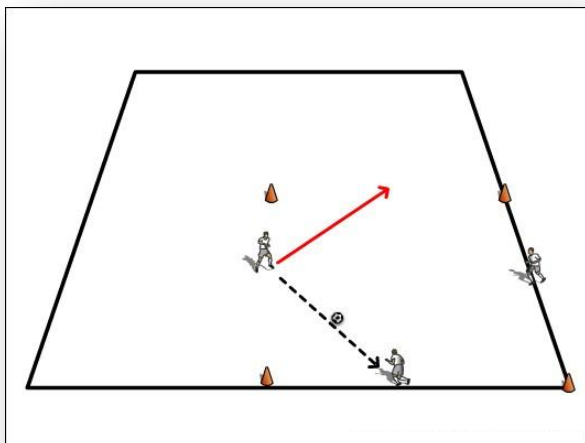
S1

SWQ YOUTH DEVELOPMENT PROGRAM

Coaching Syllabus

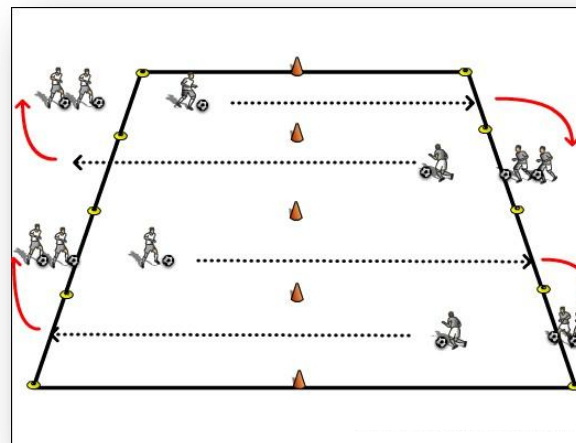


1) POSITION PLAY: 3 v 0 Possession



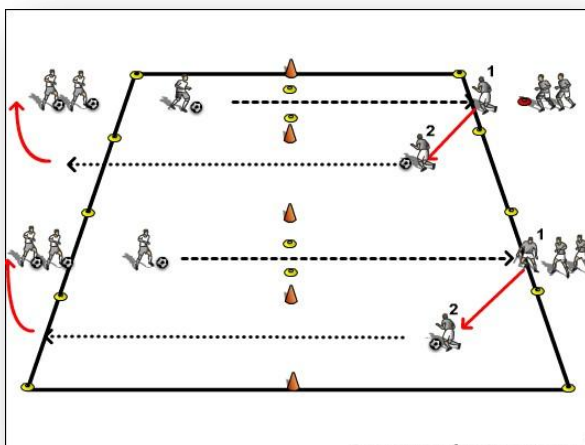
Coaching Aspects

2) TECHNICAL: Running with the Ball - 1



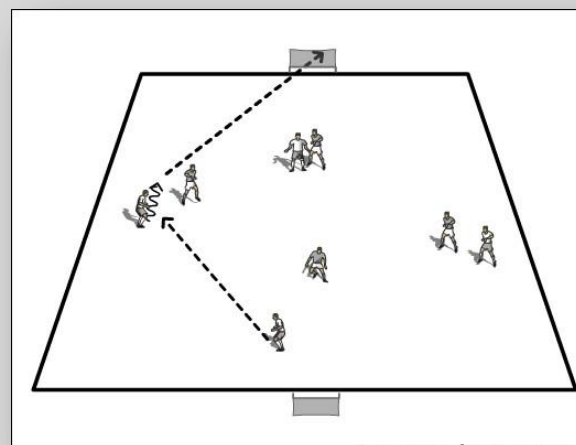
Coaching Aspects

3) TECHNICAL PROGRESSION: Passing & Receiving



Coaching Aspects

4) SMALL SIDED GAME: 4 v 4 Normal Game (Minimal Coaching)



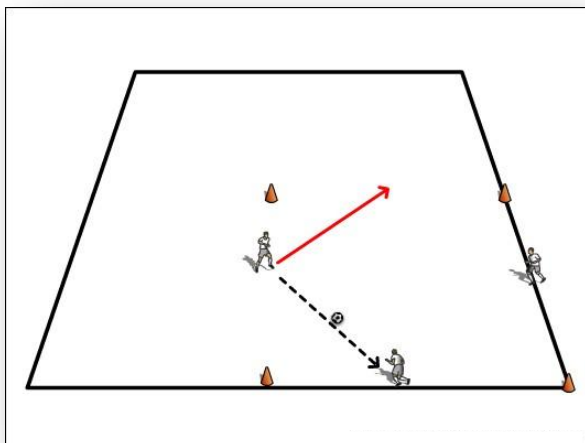
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SWQ YOUTH DEVELOPMENT PROGRAM

Coaching Syllabus

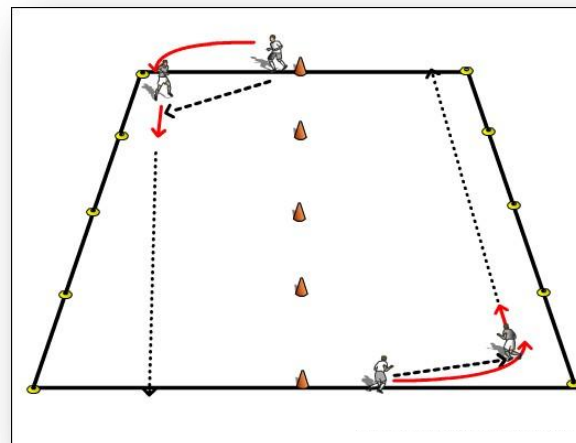


1) POSITION PLAY: 3 v 0



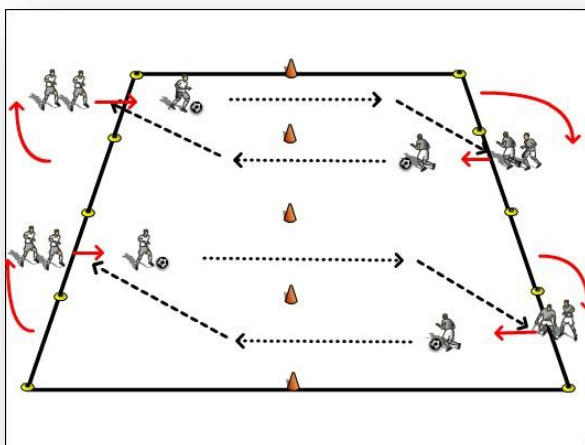
Coaching Aspects

2) TECHNICAL: Running with the Ball – Part 2



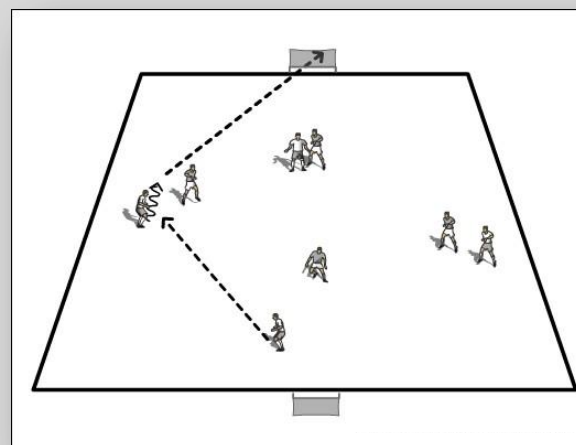
Coaching Aspects

3) TECHNICAL PROGRESSION: Passing the ball on the run.



Coaching Aspects

4) SMALL SIDED GAME: 4 v 4 Normal Game (Minimal Coaching)



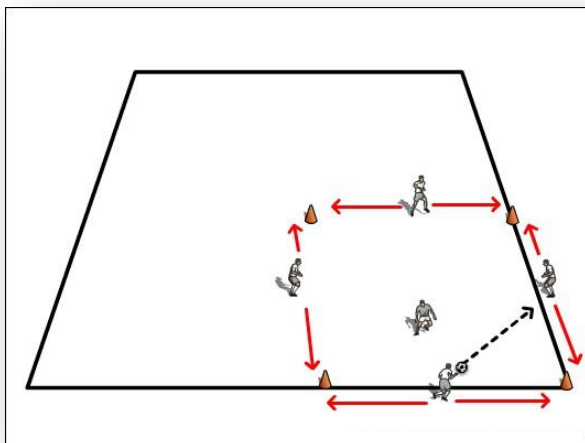
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Coaching Syllabus

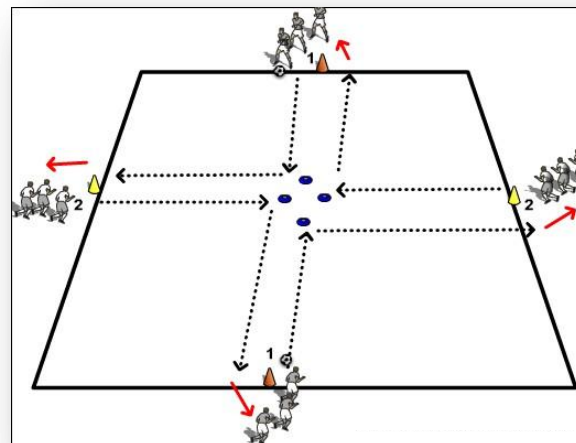


1) POSITION PLAY: 4 v 1 Possession



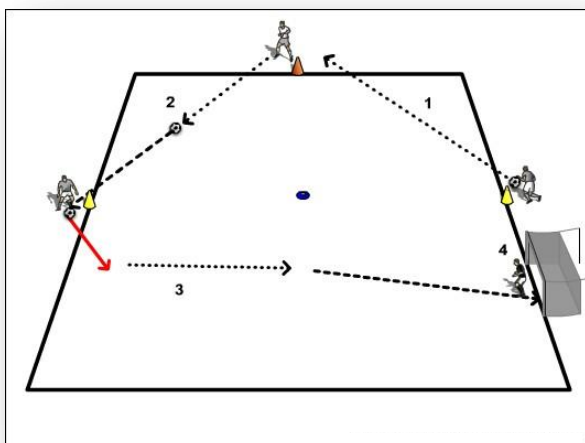
Coaching Aspects

2) TECHNICAL: Dribbling with the Ball to change direction



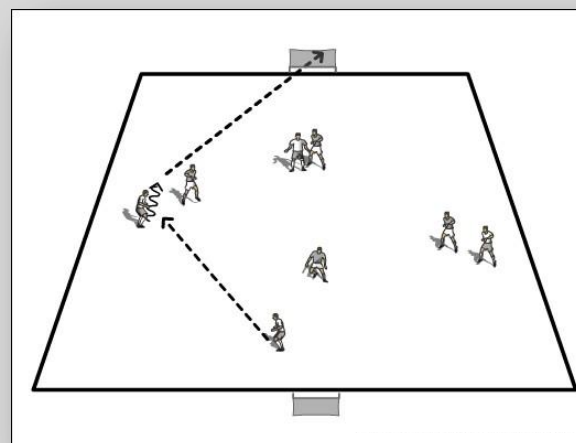
Coaching Aspects

3) TECHNICAL PROGRESSION: Passing, Dribbling and Shooting



Coaching Aspects

4) SMALL SIDED GAME: 4 v 4 Normal Game



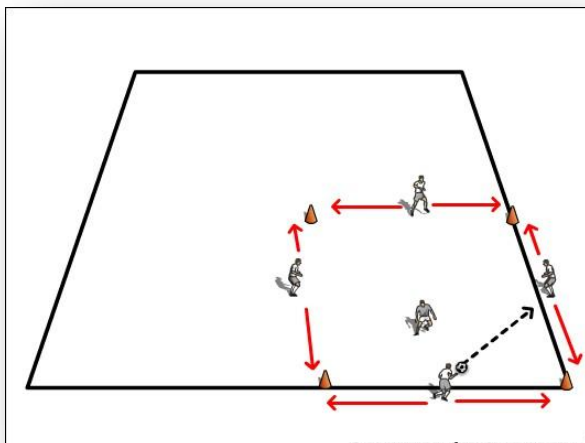
S4

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Coaching Syllabus

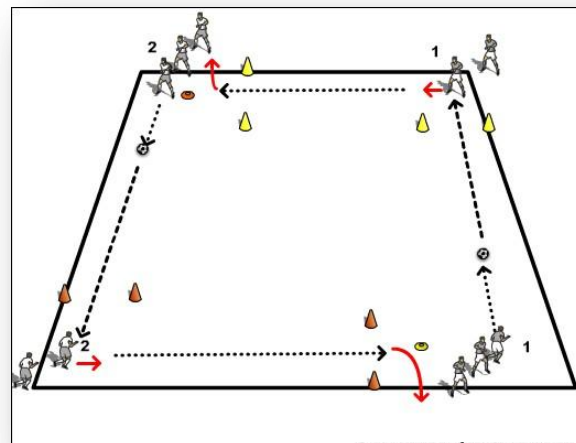


1) POSITION PLAY: 4 v 1 Possession



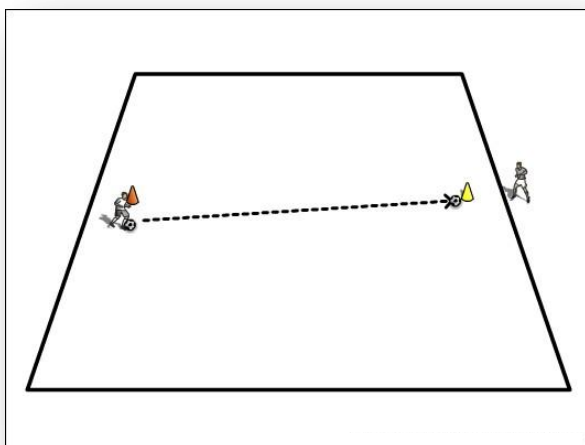
Coaching Aspects

2) TECHNICAL: Running with the Ball



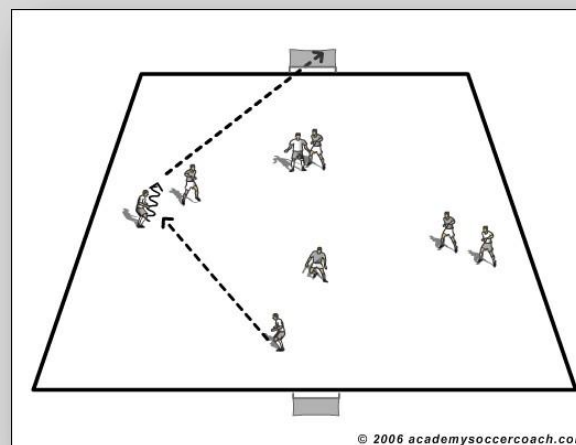
Coaching Aspects

3) TECHNICAL PROGRESSION: Passing Competition



Coaching Aspects

4) SMALL SIDED GAME: 4 v 4 Normal Game (Minimal Coaching)



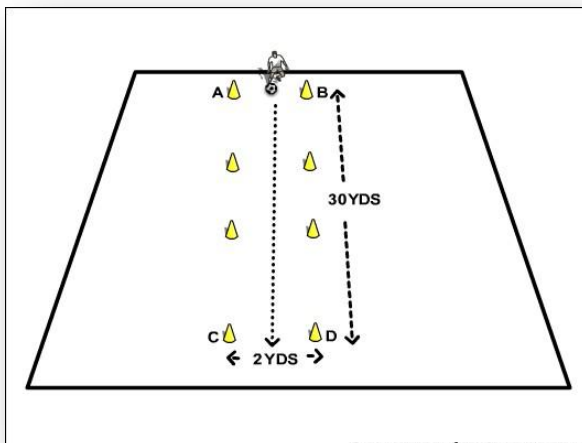
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SWQ YOUTH DEVELOPMENT PROGRAM

TESTING DAY 1



TEST RESULTS:



To run the ball as quickly as possible from the starting line (A-B) to the finishing line (C-D) whilst keeping the ball under control.

To run as quickly as possible from the starting line to finishing line.

Players can also be tested
over 5m.

[illegible]

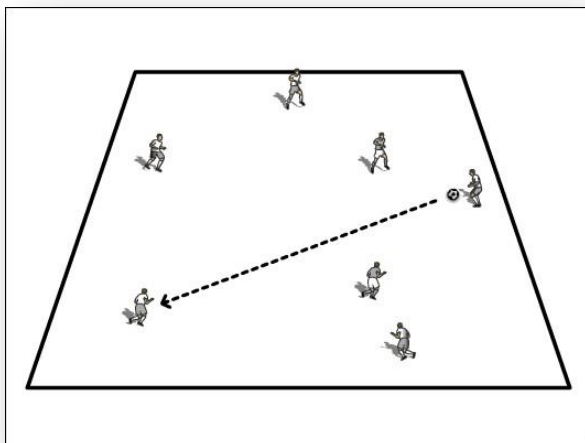
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Coaching Syllabus

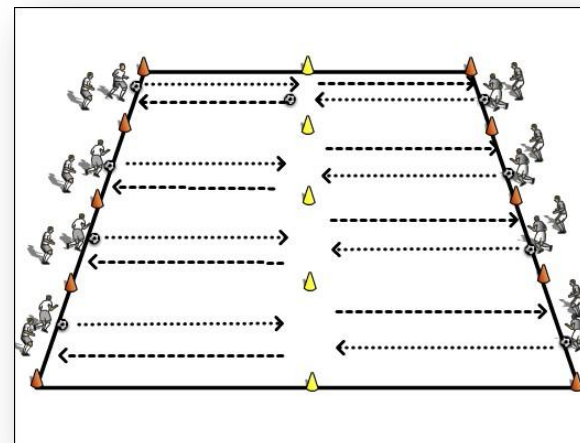


5) POSITIONAL PLAY WARM UP : 5 v 2 Possession



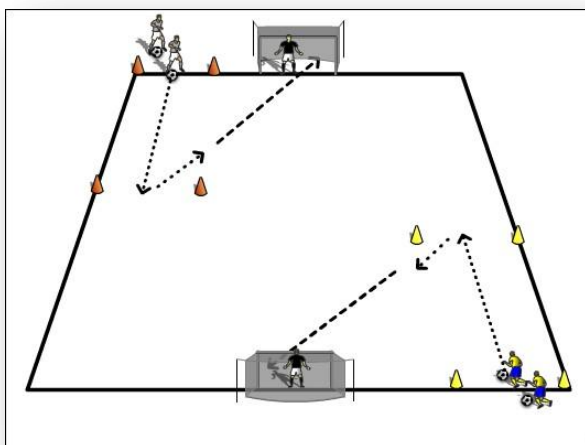
Coaching Aspects

6) TECHNICAL: Demo & Intro to Stop Turn



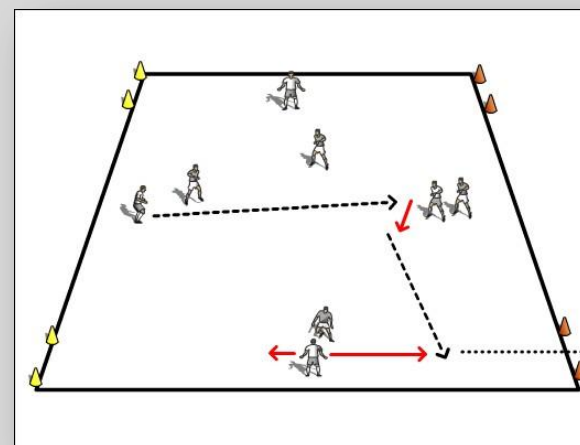
Coaching Aspects

7) TECHNICAL : Step on & Shoot

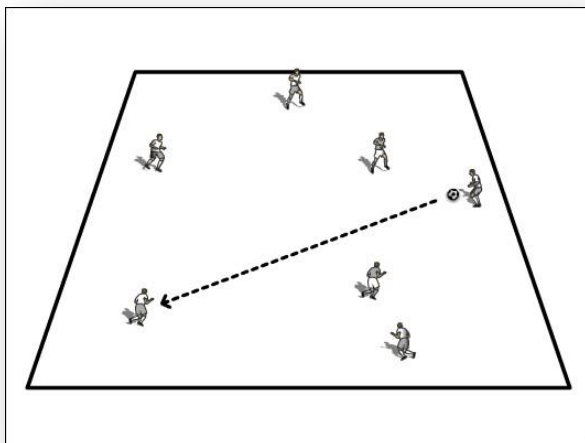


Coaching Aspects

8) SMALL SIDED GAME: 4 v 4 Two Goal Game (Minimal Coaching)

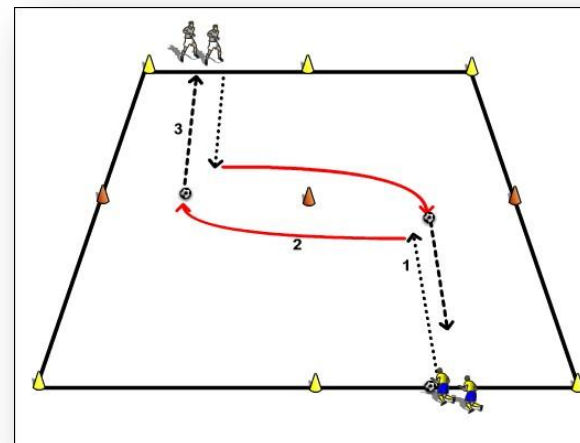


5) POSITION PLAY: 5 v 2 Possession



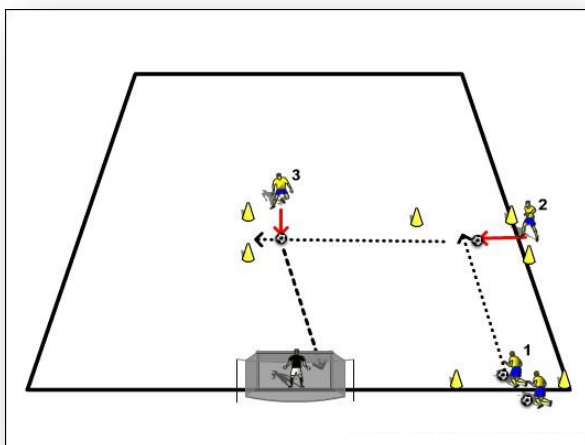
Coaching Aspects

6) TECHNICAL: Step on & Switch



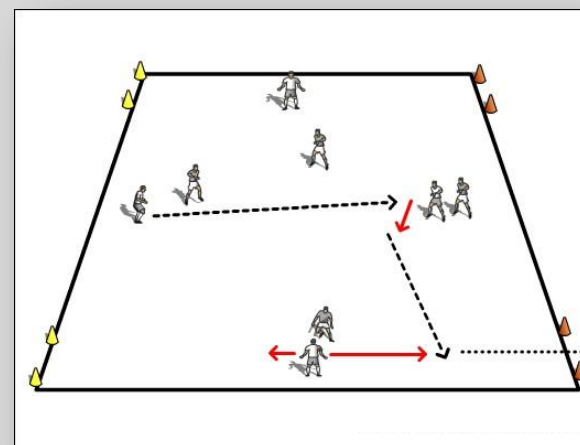
Coaching Aspects

7) TECHNICAL PROGRESSION: Step on to Shoot (Call it!)



Coaching Aspects

8) SMALL SIDED GAME: 4 v 4 Two Goal Game (Minimal Coaching)



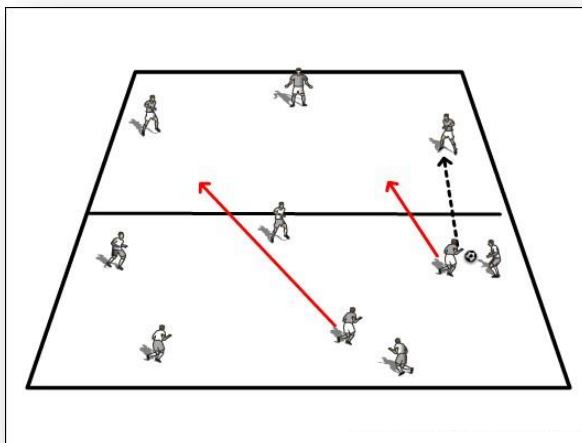
S8

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Coaching Syllabus

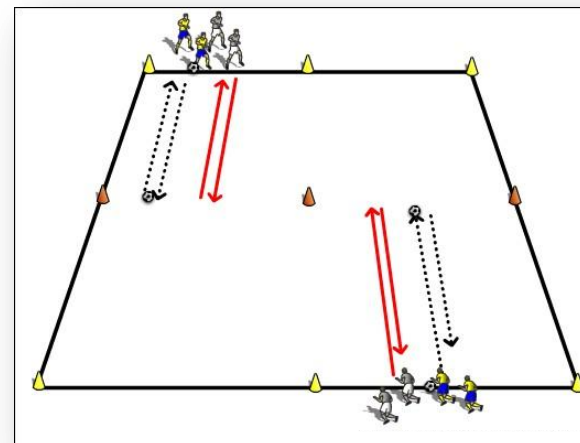


5) POSITION PLAY: 5 v 2 Possession / Transition



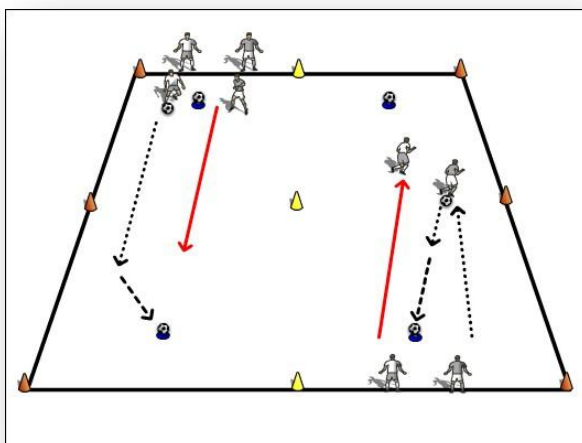
Coaching Aspects

6) TECHNICAL: Stop Turn (Passive)



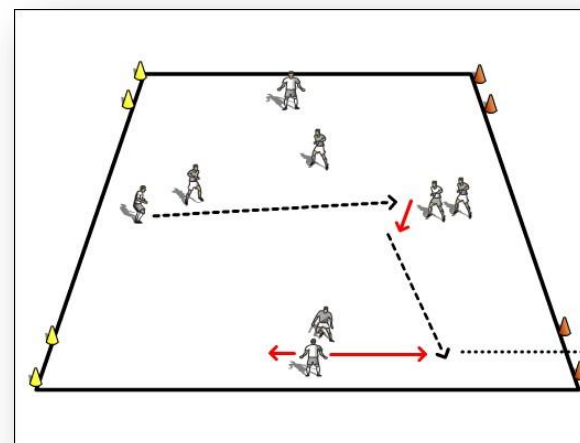
Coaching Aspects

9) TECHNICAL PROGRESSION: Stop Turn Comp (Knock off the ball)



Coaching Aspects

10) SMALL SIDED GAME: 4 v 4 Two Goal Game (Minimal Coaching)



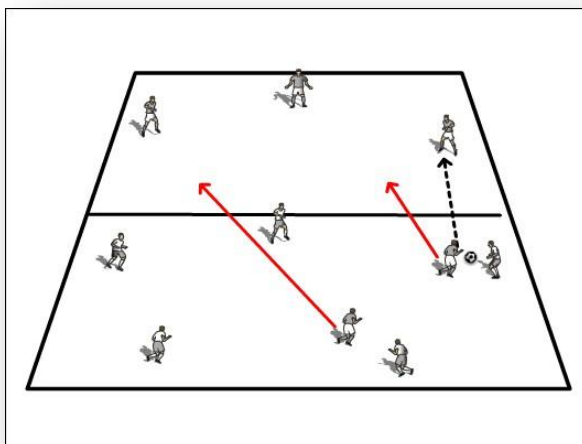
S9

SWQ YOUTH DEVELOPMENT PROGRAM

Coaching Syllabus

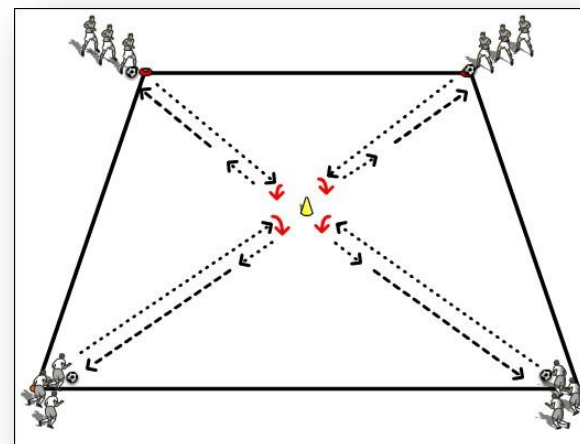


2) POSITION PLAY: 5 v 2 Possession / Transition



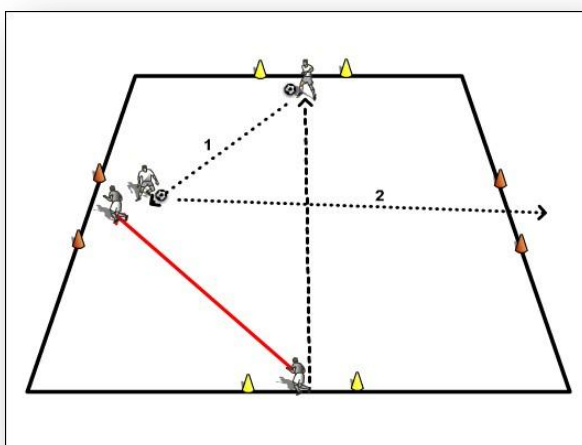
Coaching Aspects

3) TECHNICAL: Stop Turn and explode



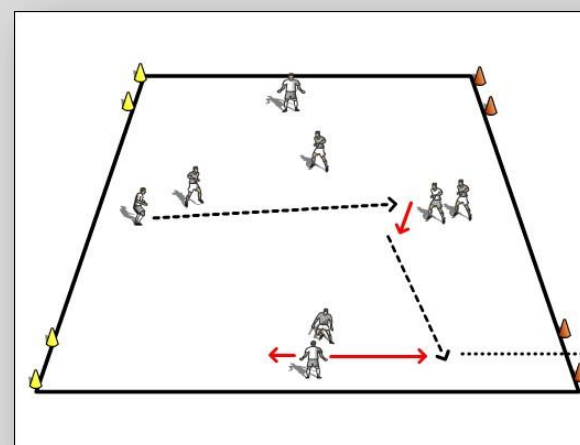
Coaching Aspects

11) TECHNICAL PROGRESSION: 1 v 1 Change of Direction Comp



Coaching Aspects

12) SMALL SIDED GAME: 4 v 4 Two Goal Game (Minimal Coaching)

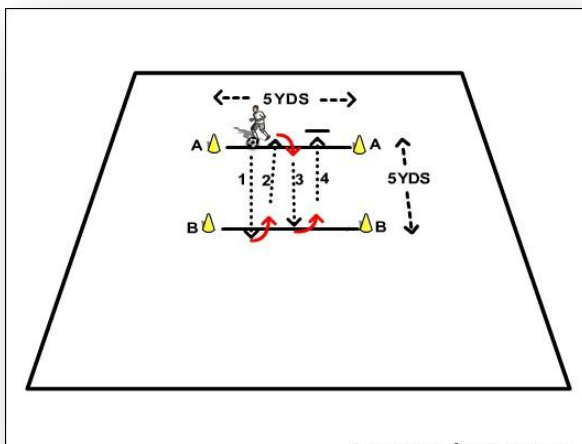


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TESTING DAY 2

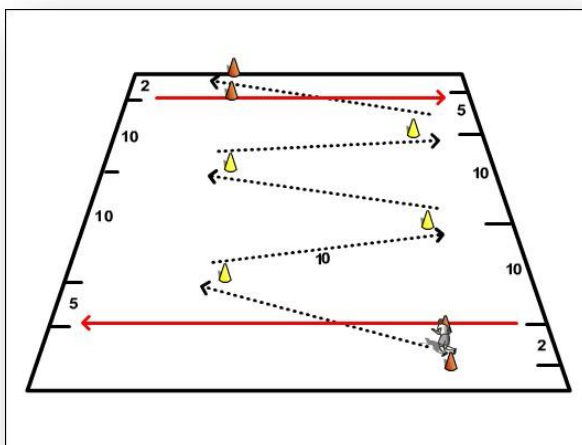


TEST RESULTS:



When 3 turns have been completed and the ball is stopped over A Line

Coaching Aspects

[illegible]