

U12 – U15 GUFCS SYSTEMS OF PLAY

CALENDAR

WEEK	DATE	TIME	TONY	CHARLIE
1	19/3/12	6PM – 7PM	12A	13A
1	19/3/12	7-15PM – 8-15PM	14A	15A
2	26/3/12	6PM – 7PM	JW12A	JW13A
2	26/3/12	7-15PM – 8-15PM	JW14A	JW15A
3	2/4/12	6PM – 7PM	12A	13A
3	2/4/12	7-15PM – 8-15PM	14A	15A
4	23/4/12	6PM – 7PM	JW12A	JW13A
4	23/4/12	7-15PM – 8-15PM	JW14A	JW15A
5	30/4/12	6PM – 7PM	12A	13A
5	30/4/12	7-15PM – 8-15PM	14A	15A
6	7/5/12	6PM – 7PM	JW12A	JW13A
6	7/5/12	7-15PM – 8-15PM	JW14A	JW15A
7	14/5/12	6PM – 7PM	12A	13A
7	14/5/12	7-15PM – 8-15PM	14A	15A
8	21/5/12	6PM – 7PM	JW12A	JW13A
8	21/5/12	7-15PM – 8-15PM	JW14A	JW15A
9	28/5/12	6PM – 7PM	12A	13A
9	28/5/12	7-15PM – 8-15PM	14A	15A
10	4/6/12	6PM – 7PM	JW12A	JW13A
10	4/6/12	7-15PM – 8-15PM	JW14A	JW15A
11	18/6/12	6PM – 7PM	12A	13A
11	18/6/12	7-15PM – 8-15PM	14A	15A
12	25/6/12	6PM – 7PM	JW12A	JW13A
12	25/6/12	7-15PM – 8-15PM	JW14A	JW15A

SESSION PLAN

WEEK 1 – Structure, 4-3-3 formation overview, demonstration of positions and roles, homework (FFA 4-3-3 handout)

WEEK 2 – Positions and positional play (hammer in the pegs)

WEEK 3 – Defensive principles, 1st and 2nd defender, body position etc.

WEEK 4 – Positions and positional play (hammer in the pegs)

WEEK 5 – Playing out, keeping possession, movement off the ball and multiple passing options

WEEK 6 – Transition, look to play forward with first pass, penetration

WEEK 7 – Team specific session, coach input, areas requiring specific attention

WEEK 8 – Playing out, keeping possession, movement off the ball and multiple passing options

WEEK 9 – Attacking, movement of No.9 and No. 10, overlapping wing backs

WEEK 10 – Team specific session, coach input, areas requiring specific attention

WEEK 11 – Playing out, keeping possession, movement off the ball and multiple passing options

WEEK 12 – Team specific session, coach input, areas requiring specific attention