



CURRICULUM 2020-21

Scenario 1: Return with no restrictions

Please see below the themes for training. The technical, tactical, social, psychological and physical components will be covered within small-sided games, 11 vs. 11 games, phases of play, functional practices and skills practices. Class-room sessions and gym based sessions will also form the basis of our training sessions.

Dates (week starting)	Week	Third of the pitch	Main Topic	Counter Topic
Sept 7th	1	Assessment Week		
Sept 14th	2	Attacking Third	Defending to Score	Creating the Attack
Sept 21st	3	Middle Third	Defending to develop the Attack	Developing the Attack
Sept 28th	4	Defensive Third	Defending to create the Attack	Finishing the Attack
Oct 5th	5	Defensive Third	Creating the Attack	Defending to Score
Oct 12th	6	Middle Third	Developing the Attack	Defending to develop the Attack
Oct 19th	7	Attacking Third	Finishing the Attack	Defending to create the Attack
HALF-TERM				
Nov 2nd	9	Attacking Third	Defending to Score	Creating the Attack
Nov 9th	10	Middle Third	Defending to develop the Attack	Developing the Attack
Nov 23rd	12	Defensive Third	Creating the Attack	Defending to Score
Nov 30th	13	Middle Third	Developing the Attack	Defending to develop the Attack
Dec 7th	14	Attacking Third	Finishing the Attack	Defending to create the Attack
CHRISTMAS HOLIDAY				

Scenario 2: Return with 2m social distancing

Please see below the themes for training that we will work on while we have social distancing. On the Saturday of each week we will set the players a challenge based on the weeks topics and send out the league tables in Tuesdays newsletter. The winning players will also feature on our social media.

Dates (week starting)	Week	Technical (On pitch)	Tactical (In class-room)	Physical (On pitch)
Sept 7th	1	Assessment Week		
Sept 14th	2	Passing & Receiving	Defending to score in ATT Third	Fitness Testing
Sept 21st	3	Cuts & Turns	Defending to develop an ATT in MID Third	Power
Sept 28th	4	Ball Striking over distance	Defending to create in DEF Third	Acceleration
Oct 5th	5	Running with the ball	Creating the ATT	Speed
Oct 12th	6	Shooting	Developing the ATT	Change of direction
Oct 19th	7	1v1 Attacking skills	Finishing the ATT	Endurance
HALF-TERM				
Nov 2nd	9	Passing & Receiving	Defending to score in ATT Third	Fitness Testing
Nov 9th	10	Cuts & Turns	Defending to develop an ATT in MID Third	Power
Nov 16th	11	Ball Striking over distance	Defending to create in DEF Third	Acceleration
Nov 23rd	12	Running with the ball	Creating the ATT	Speed
Nov 30th	13	Shooting	Developing the ATT	Change of direction
Dec 7th	14	1v1 Attacking skills	Finishing the ATT	Endurance
CHRISTMAS HOLIDAY				