

# Zone 2 - Player Development Curriculum



Cycle of Work	Practice Wks.	Objective	Session Theme	Tactical/Technical Focus
Block 1	#1	To improve teams ability to play out of the back into middle third both centrally and through wide areas	Building from the back	Team shape, awareness, timing/angle of support & speed of play. Body shape, quality of touch, weight & accuracy of pass
	#2		Playing through defensive midfielder (s)	Team shape, awareness, timing/angle of support, information provided by players, speed of play. Body shape, positive touch, weight & accuracy of pass
Block 2	#3	To improve teams ability to build from middle to attacking third using positive passes, quick combinations & penetrating passes	Playing from middle to attacking 1/3	Speed of play, awareness, play in 3's/4's, support angle/distance. Touch out of pressure, accuracy & weight of pass
	#4		Playing up back and through (penetrating passes)	Positive passing, timing/angle/distance of support, timing/angle of passes & runs. Timing, weight & accuracy of pass
Block 3	#5	To improve teams ability to create goal scoring opportunities/score goals	Changing the point of attack/crossing & finishing	Establish width, speed of play, willingness to get #'s forward/into the box. Quality of longer diagonal passing, shape of balls/runs into the box & finishing
	#6		Going to goal/finishing	Timing of runs, quick decisions on type of finish, early strikes for element of surprise. Finesse v power, accuracy of finish
Block 4	#7	To improve teams ability to defend in groups and as one unit. Improve their understanding of when to high press/delay	Role of 1st & 2nd Defender	1st def pressure quickly, get opponents head down, force to weak foot/towards sideline/2nd def. 2nd def cover, recognize when to intercept or delay
	#8		Team Defending/Pressing	3rd Defender Role - Support, prevent Penetrating pass. Recovery runs, Functional - Team Defensive Organization. Pressing & Counter Pressing
Block 5	#9	To improve players ability to run with the ball at speed and take players on and Create numerical advantages in attack	Running with the ball/attacking space	Positive in possession, emphasis on attacking space taking players on. Push ball out in front using laces, get defenders on heels/turned by changing direction/moving ball
	#10		2 v 1/3 v 2 attacking	Positive in possession, drive at players and make them commit to create numerical advantages/combination opportunities. Recognition of when to pass/drive past players. Move ball to move defenders and create space for players moving off the ball
Block 6	#11	To improve teams ability to create numerical advantages in attacking transition	3 v 2 attacking/4 v 3 counter attacking	Stretch opponents with attacking shape/movement off the ball. Timing/angle of pass/runs, positive touches/passes. Weight and accuracy of pass.
	#12		Attacking in transition	Team shape when possession is won, get numbers forward, create numerical advantages. Timing of pass/runs, positive touches/passes. Weight and accuracy of pass
Block 7	#13	To improve teams ability to Play out of pressure and recognize when to change the tempo in possession	Playing out of pressure	Awareness, spacing to create passing lanes/windows to play through. Play in 3's, balance/discipline to provide longer passing option, communication/information, speed of play. Body shape, touch away from pressure, accuracy and weight of pass
	#14		Changing the tempo in possession	Recognition of when to play quickly and when to slow the game down, get numbers around the ball to ensure multiple options for player in possession. Play quickly with limited touches & time in possession where necessary, put foot on ball and take sting out of game where appropriate.

	#20	Defending	1v1 & 2v2 Defending	Preventing Forward Movement/Penetration, 1st & 2nd Defender Roles - Pressure & Cover. Interception vs Tackle
Block 8	#15	To improve teams ability to play out of the back into middle third both centrally and through wide areas	Building from the back	Team shape, awareness, timing/angle of support & speed of play. Body shape, quality of touch, weight & accuracy of pass
	#16		Playing through defensive midfielder (s)	Team shape, awareness, timing/angle of support, information provided by players, speed of play. Body shape, positive touch, weight & accuracy of pass
Block 9	#17	To improve teams ability to build from middle to attacking third using positive passes, quick combinations & penetrating passes	Playing from middle to attacking 1/3	Speed of play, awareness, play in 3's/4's, support angle/distance. Touch out of pressure, accuracy & weight of pass
	#18		Playing up back and through (penetrating passes)	Positive passing, timing/angle/distance of support, timing/angle of passes & runs. Timing, weight & accuracy of pass
Block 10	#19	To improve teams ability to create goal scoring opportunities/score goals	Changing the point of attack/crossing & finishing	Establish width, speed of play, willingness to get #'s forward/into the box. Quality of longer diagonal passing, shape of balls/runs into the box & finishing
	#20		Going to goal/finishing	Timing of runs, quick decisions on type of finish, early strikes for element of surprise. Finesse v power, accuracy of finish
Block 11	#21	To improve teams ability to defend in groups and as one unit. Improve their understanding of when to high press/delay	Role of 1st & 2nd Defender	1st def pressure quickly, get opponents head down, force to weak foot/towards sideline/2nd def. 2nd def cover, recognize when to intercept or delay
	#22		Team Defending/Pressing	3rd Defender Role - Support, prevent Penetrating pass. Recovery runs, Functional - Team Defensive Organization. Pressing & Counter Pressing
Block 12	#23	To improve players ability to run with the ball at speed and take players on and Create numerical advantages in attack	Running with the ball/attacking space	Positive in possession, emphasis on attacking space taking players on. Push ball out in front using laces, get defenders on heels/turned by changing direction/moving ball
	#24		2 v 1/3 v 2 attacking	Positive in possession, drive at players and make them commit to create numerical advantages/combination opportunities. Recognition of when to pass/drive past players. Move ball to move defenders and create space for players moving off the ball
Block 13	#25	To improve teams ability to create numerical advantages in attacking transition	3 v 2 attacking/4 v 3 counter attacking	Stretch opponents with attacking shape/movement off the ball. Timing/angle of pass/runs, positive touches/passes. Weight and accuracy of pass.
	#26		Attacking in transition	Team shape when possession is won, get numbers forward, create numerical advantages. Timing of pass/runs, positive touches/passes. Weight and accuracy of pass
Block 14	#27	To improve teams ability to Play out of pressure and recognize when to change the tempo in possession	Playing out of pressure	Awareness, spacing to create passing lanes/windows to play through. Play in 3's, balance/discipline to provide longer passing option, communication/information, speed of play. Body shape, touch away from pressure, accuracy and weight of pass
	#28		Changing the tempo in possession	Recognition of when to play quickly and when to slow the game down, get numbers around the ball to ensure multiple options for player in possession. Play quickly with limited touches & time in possession where necessary, put foot on ball and take sting out of game where appropriate.
Review	#29	Season Review	Various	Address Major Weaknesses or Areas For Concern, Reinforce Key Areas

