

Rochdale AFC

Technical and Tactical Development

Under 9/10/11

Technical:

Good practice/Technical work will be of the highest priority with footballs/Manipulation/First touch/Turns & changes of direction/Dribbling & running/Passing techniques short & long/Shooting/Attacking/Defending. Technique/body awareness/balance.

Tactical:

2-4-1 Roles of Individuals within the formation.

Offensive requirements of all players (Good technique, awareness, balance and shape)

Defensive requirements of all players (Good technique, awareness, balance and shape)

Goal Setting:

Goalkeeper

Centre backs

Full backs/wingers

Forwards

Coaches: these are only examples please feel free to set your own goals for players, allow players to set their own goals

Rochdale AFC

Under 12/13

Technical:

Good practice/technical work

Introduction to slight fitness training and light body circuits

Range of technical practices to expand speed and aerobic capacity

Tactical:

4-4-2 Roles of Individuals within the formation.

Offensive requirements of all players (Good technique, awareness, flexibility, movement and shape)

Defensive requirements of all players (Good technique, awareness, flexibility, movement and shape)

Balance and support

Goal Setting:

Goalkeeper (Clean sheet/How many times he throws the ball out)

Full backs (Clean Sheet/How many times they can link with the wingers)

Centre backs (Clean sheet/How many tackles they make)

Wingers (How many times can they go past the full back/Quality crosses)

Forwards (How many times can they hold the ball up & link play/Quality near post runs)

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Rochdale AFC

Under 14/15/16

Technical:

Schoolboy into scholar
Good practice/technical work
Fitness requirements (Weight training, regular body circuits and aerobic work)
Speed and fitness testing
High tempo sessions
Introduction to set plays and organisation

Tactical:

4-4-2 Roles of Individuals within the formation.
Offensive requirements of all players (Good technique, awareness, flexibility, movement and shape)
Defensive requirements of all players (Good technique, awareness, flexibility, movement and shape)
Balance and support

4-3-3 Roles of individuals utilising the flexibility of the front six players and the support of the fullbacks

Shape and balance in possession
Shape and balance defensively, roles and responsibilities
Variations to the formations:
1 striker/2 wide players
2-strikers/1 wide midfield player
3 central strikers (1 in the hole)

Goal Setting:

Goalkeeper (Clean sheet/How many times he throws the ball out)
Full backs (Clean Sheet/How many times they can link with the wingers)
Centre backs (Clean sheet/How many tackles they make)
Wingers (How many times can they go past the full back/Quality crosses)
Forwards (How many times can they hold the ball up & link play/Quality near post runs)

Coaches: these are only examples please feel free to set your own goals for players, allow players to set their own goals