

# Under 10 - Menu of Learning Objectives - DEFENDING

## TECHNICAL & TACTICAL

Try to DOMINATE & CONTROL

**TECHNICAL**

**Have a Good Start Position**  
 (When team is defending, are you in a good position and ready to control & dominate your area/man?)

**Type of Approach**  
 (When you have decided to Press the ball, do you approach quickly and with intensity?)

**Distances to Slow**  
 (After you have approached quickly and with intensity, have you put the brakes on and can see/feel the man and see the ball?)

**Have a Good Body Shape (Side/Low/Surf)**  
 (When you are set in your 1v1, are you side on, sat down and surfing, Ready to do business?!)

**Regain (Tackle/Intercept)**  
 (When you are set in a good 1v1, has the player given you the chance to win the ball back, Or has your good start position allowed you to be smart and intercept a pass?)

**TACTICAL**

**Have a Good Start Position**  
 (When team is defending, are you in a good position Depending on where the ball, space, man is?)

**Create Good Angles and Distances**  
 (When team is defending, do you have the right angles and distance between your nearest team mates, ready to press or delay together?)

**Understanding Units**  
 (Do you know what you and your fellow defenders, midfielders or forwards should be doing, and where you should be on the pitch when defending?)

**My Responsibility in Team Defending**  
 (When team is defending, are you switched on and ready to make good individual and team decisions and carry them out?)

**DELAY**  
 Protect  
 Patience

**SHOW**  
 Area of pitch

**RECOVER**  
 Angle  
 Pace

**REGAIN**  
 Tackle  
 Intercept

**HONESTY**

**INTEGRITY**

**REALISM**

**TEAMWORK**

**RESPECT**

**ENJOYMENT**

**SPORTSMANSHIP**

Try to DOMINATE & CONTROL

# Under 10 - Menu of Learning Objectives - ATTACKING TECHNICAL & TACTICAL

## TECHNICAL

**Have a Good Body Shape to Receive (side)**  
(Are you side on to the player with the ball when receiving?  
If you are then you will have made good space for yourself to go forward?)

**Good Receiving Skills – Soft / Where**  
(When receiving side on do you have a good 1<sup>st</sup> touch  
to take the ball where you have decided to go?)

**Good Dribble/Pass/Turning Skills**  
(Can you do the 5 RAFC Turns and 5 RAFC Dribbles quickly and tidily,  
and get away quickly?)

**Good Releasing Skills – Accuracy**  
(Are your passes fast, accurate, have a good weight and can you do different  
types of passing like short, long, curled, front foot, back foot,  
both feet, lofted and have a good cross?)

**Try to have End Product to my play -  
Finishes**  
(After completing a technique like a turn or a dribble, do you keep possession  
or deliver a good pass or cross, or have an attempt on target with a goal?)

## TACTICAL

**Have Good Movements**  
(When looking to receive the ball or support your team mate, are you  
making good multi-movements to create space for yourself or others?)

**Showing Good Support**  
(Are you always looking to support the man with the ball, knowing that  
the team is still balanced in case we lose possession?)

**Understanding Units**  
(Do you know what you and your fellow defenders, midfielders or  
forwards should be doing, and where you should be on the pitch when  
attacking?)

**Understanding Balance of Units**  
(Do you know what the team shape or formation is and can you support  
your team mates if they come out of their unit?)

**My Responsibility in Team Attacking**  
(Do you understand your position and the responsibilities?  
Ask your coach to show you the Positional Understanding booklet)

**POSITIVE**  
1 v 1  
Actions

**CREATIVE**  
Attitude  
Skill

**MOVEMENT/  
SUPPORT**  
Multi  
Angles

**END PRODUCT**  
Pass  
Dribble  
Finish  
Finishing Techniques

**HONESTY**

**INTEGRITY**

**REALISM**

**TEAMWORK**

**RESPECT**

**ENJOYMENT**

**SPORTSMANSHIP**

# Under 10 - Menu of Learning Objectives - TRANSITION

## TECHNICAL & TACTICAL

Try to DOMINATE & CONTROL

**TECHNICAL**

**Have a Good Start Position**  
 (When team is defending or attacking, are you in a good position and ready to control & dominate your area/man?)

**Have a Good Body Shape**  
 (Do you have good body shapes ready to react to the team winning or losing the ball?)

**Good Regain Skills – Intercepting / Tackling**  
 (When you are set in a good 1v1, has the player given you the chance to win the ball back, Or has your good start position allowed you to be smart and intercept a pass?)

**Good Counter Attacking Skills - Dribble/Pass**  
 (Can you dribble past the opposition quickly or make a good pass quickly when team has just won the ball back?)

**Try to have End Product to my play - Finishes**  
 (After completing a technique like a turn or a dribble, do you keep possession or deliver a good pass or cross, or have an attempt on target with a goal?)

**TACTICAL**

**Have Good Movements**  
 (When looking to receive the ball or support your team mate, are you making good multi-movements to create space for yourself or others?)

**Create Good Angles and Distances**  
 (When team is defending or attacking, do you have the right angles and distance between your nearest team mates, ready to defend or attack?)

**Understanding Units**  
 (Do you know what you and your fellow defenders, midfielders or forwards should be doing, and where you should be on the pitch when the team has just won or lost the ball?)

**My Responsibility in Team Transition**  
 (Do you understand your position and the responsibilities?  
 Ask your coach to show you the Positional Understanding booklet)

**DECISION**  
 Press  
 Drop

**REACTION**  
 Positive  
 Areas

**DELAY**  
 Protect  
 Patience

**REGAIN AND COUNTER**  
 Areas  
 Techniques

**HONESTY**

**INTEGRITY**

**REALISM**

**TEAMWORK**

**RESPECT**

**ENJOYMENT**

**SPORTSMANSHIP**

# Under 10 - Menu of Learning Objectives

## SOCIAL

### Try to be a Good Learner

(Have you set and understand your own Learning Objectives? Do you listen, understand then apply the task on the pitch?)

### Try to Behave Well (to Learning)

(Are you focussed on your learning, do you come to the Academy to learn?)

### Understand the Importance of Teamwork

(Do you understand that you will need your team mates and coaches to get where you want to be?)

### Try to Build Relationships

(Do you get on really well with your team mates and coaches?)

### Try to be an Independent Learner

(Can you analyse and evaluate your training and games performances, and recognise what you need to do to make the improvements?)

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# Under 10 - Menu of Learning Objectives

## PSYCHOLOGICAL

### Commitment

(Do you really believe you are committed to your learning and to being a professional footballer?)

### Confidence

(Do you believe in your own ability both on and off the pitch and are you prepared to take risks?)

### Concentration

(Are you focussed on your learning, can you stay focussed all through training and games?)

### Emotional Control

(If something upsets you, can you respond professionally and stay calm?)

### Communication

(Can you talk to team mates and coaches on and off the pitch?)

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# Under 10 - Menu of Learning Objectives

## PHYSICAL

**Agility** (change direction quickly and easily)

**Balance** (to stay upright when still or moving)

**Co-ordination** (to do the 2 above with the ball)

**Speed** (Running with & without the ball)

**Body Contact** (Use upper body in Attacking & Defending 1v1 situations)

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