

Under 12 - 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?)

Recognising Triggers to Press
 (Can you spot when is the best time for you to Press, such as a bad pass, touch or any other trigger?)

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?)

Areas to Show
 (When 1v1 Defending, do you know where to show opponents in the different areas of the pitch?)

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 12 - 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 1st 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 – Timing/Fast/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 –
(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?)

Finishing Techniques–
(Do you have a range of finishing techniques you can use when faced with
an opportunity to score?)

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?)

Try to Break Lines
(When running off the ball, can you be clever and run ahead of the ball
and split the units?)

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 12 - 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 Multi-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?)

Good Cover & Support
 (If you are not directly involved on or around the ball, do you automatically provide good balance by covering?)

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?)

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 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 12 - 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?)

HONESTY

INTEGRITY

REALISM

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RESPECT

ENJOYMENT

SPORTSMANSHIP

Under 12 - 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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SPORTSMANSHIP

Under 12 - 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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