



# FOOTBALL FOR PRIMARY SCHOOLS PROGRAMME

- BREAKFAST CLUB**
- AFTER SCHOOL FOOTBALL**
- KS2 DEVELOPMENT SESSION**
- TEAM SESSIONS**



# THE SESSIONS

We're delighted to announce our Football For Primary Schools programme at Vernon Primary School starting the **week commencing 20th June**. This is the implementation of a weekly schedule aimed to provide physical and mental fulfilment in football. Hosting a variety of sessions each with different focuses and outcomes with opportunities and inclusion for every player.

## AFTER SCHOOL FOOTBALLERS' CLUB

### DAYS AND TIMES:

**Tuesday** - Years 1-3

**Wednesday** - Years 4-6  
3.20pm - 4.20pm

### PERFECT FOR:

Fun football development with friends

### AIMS OF THE SESSIONS:

To provide a safe learning environment with major social, psychological and technical benefits.

### ATTENDANCE:

Book via the 'Book a Session' page on the 8BY8 website. [www.8by8football.co.uk](http://www.8by8football.co.uk)

## BREAKFAST CLUB

### DAYS AND TIMES:

**Fridays**

8.00am - 8.45am.  
All ages.

### PERFECT FOR:

Fun football with music and friends.

### AIMS OF THE SESSIONS:

To provide the perfect energy boosting start to the day. It's proven that exercise before lessons improves students' focus and learning capability.

### ATTENDANCE:

Book via the 'Book a Session' page on the 8BY8 website. [www.8by8football.co.uk](http://www.8by8football.co.uk)

## PROGRESSIVE DEVELOPMENT - KS 2

**Thursdays**

12.15pm - 1.10pm  
All key stage 2

### PERFECT FOR:

Enhancing individual performance levels.

### AIMS OF THE SESSIONS:

To deliver a challenging age appropriate programme throughout the school year working on individual techniques and developing key physical, mental and tactical components of the game.

### ATTENDANCE:

Confirmed via the school.

## TEAM SESSIONS

**Tuesdays**

12.15pm - 1.10pm  
School A & B team

### PERFECT FOR:

Match preparation and enhanced understanding of team structure.

### AIMS OF THE SESSIONS:

To develop the school teams, enhance their reputation and gain success through good practice.

### ATTENDANCE:

Confirmed via the school and team selection.

# TEAM PROGRAMME

True development requires a considered programme of learning. We will be implementing practices within a yearly schedule to enhance individuals and to deliver the key principles of team play.

TERM	WK	TECH	TACTICAL	PHYSICAL	PSYCH
Sept - Oct	1	Passing & receiving (P & R) basics	IP - Building play from GK	Twisting and turning	Respect
	2	Dribbling at speed	OP - Defending low	Aerobic fitness	Learning through failure
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Teamwork
	4	Ball mastery - coerver	OP - Defending mid 3rd	Aerobic fitness	Leadership
	5	Longer passing - ariel receiving	IP - Retain to switch	Changes of speed	Dealing with disappointment
	6	Skills and tricks - 1 v 1	OP - Transitions	Changes of speed	Preparing for competiton
	7	P & R back to goal	IP - Penetrate to score	Building strength and power	Resilience
Nov - Dec	1	Passing & receiving (P & R) basics	IP - Finishing the attack	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Courage
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Trust
	4	Ball mastery - turns	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - ariel receiving	IP - Retain to switch	Changes of speed	Commitment
	6	Skills and tricks - dummies	OP - Pressing and chasing	Changes of speed	Aims and goals
	7	P & R back to goal	IP - Creating chances	Building strength and power	Taking risks
Jan - Feb	1	Passing & receiving (P & R) basics	IP - Building play from GK	Twisting and turning	Respect
	2	Dribbling at speed	OP - Defending the box	Aerobic fitness	Learning through failure
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Teamwork
	4	Ball mastery - dragging	OP - Defending as units	Aerobic fitness	Leadership
	5	Longer passing - ariel receiving	IP - Retain to switch final 3rd	Changes of speed	Dealing with disappointment
	6	Skills and tricks - 1 v 1	OP - Transitions	Nutritional needs	Control & restraint
	7	P & R back to goal	IP - Finishing the attack	Building strength and power	Resilience
Feb - Apr	1	Passing & receiving (P & R) basics	IP - Shooting and finishing	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Courage
	3	Passing and receiving side on	IP - Building Play mid 3rd	Twisting and turning	Trust
	4	Ball mastery - turns	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - ariel receiving	IP - Retain to switch	Building strength and power	Commitment
	6	Skills and tricks - Keepy ups	OP - Pressing	Changes of speed	Preparation
	7	P & R back to goal	Player led unit sessions	Nutritional needs	Taking risks
Apr - May	1	Passing & receiving (P & R) basics	IP - Playing through the thirds	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Taking responsibility
	3	Passing and receiving side on	IP - Building Play D 3rd	Twisting and turning	Trust
	4	Ball mastery - shielding	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - ariel receiving	IP - Retain to switch	Changes of speed	Setting the example
	6	Skills and tricks - dummies	OP - Pressing and chasing	Dynamic movements	Technical Preparation
	7	P & R back to goal	IP - Shooting and finishing	Building strength and power	Taking risks
Jun - Jul	1	Passing & receiving (P & R) basics	IP - Playing through the thirds	Twisting and turning	Self belief
	2	Dribbling at speed	OP - Defending set pieces	Aerobic fitness	Responsibility
	3	Passing and receiving side on	IP - Building Play D 3rd	Twisting and turning	Trust
	4	Ball mastery - shielding	OP - Defending mid 3rd	Aerobic fitness	Communication
	5	Longer passing - ariel receiving	IP - Retain to switch	Changes of speed	Commitment
	6	Tournaments	Tournaments	Match fitness	Achievement

# PROGRESSIVE DEV

With an individual focus and with the opportunity for every player to get involved we will be running this detailed development programme for all key stage 2 players.

TERM	WK	TECHNICAL	TACTICAL	PHYSICAL	PSYCH
Sept - Oct	1	Passing & receiving (P & R) basics	Creating Space	Dynamic movements	Respect
	2	Defending 1 v 1	Defending in 1 v 1 situations	Acceleration and deceleration	Control & restraint
	3	Ball mastery - dribbling	Attacking wide areas	Twisting and turning	Teamwork
	4	Passing & receiving (P & R) basics	Retaining possession	Aerobic fitness	Leadership
	5	Defending 1 v 1 with transitions	Defending in 1 v 1 situations	Acceleration and deceleration	Dealing with disappointment
	6	Ball mastery - turns	Attacking from mid 3rd	Dynamic power	Preparing for competition
	7	Shooting and finishing	Creating chances	Balance and Co-ordination	Resilience
Nov - Dec	1	P & R to play forwards	Building play from GK	Dynamic movements	Self belief
	2	Defending 1 v 1 from behind	Defending wide areas	Acceleration and deceleration	Courage
	3	Ball mastery - coever	Attacking wide areas	Twisting and turning	Trust
	4	P & R to play forwards	Retaining possession	Aerobic fitness	Communication
	5	Defending 1 v 1 with transitions	Defending in 1 v 1 situations	Upper body strength	Patience
	6	Ball mastery - dragging	Attacking centrally	Dynamic speed	Taking risks
	7	Shooting and finishing	Creating chances	Generating power	Taking responsibility
Jan - Feb	1	P & R to play forwards	Angled movements	Balance and Co-ordination	Communication
	2	Defending 2 v 2	Defending the d 3rd	Lateral movements	Leadership
	3	Ball mastery - dribbling	Attacking wide areas	Twisting and turning	Learning through failure
	4	P & R back to goal	Retaining possession	Aerobic fitness	Leadership
	5	Defending 2 v 2 from behind	Defending the box	Physical strength	Controlled aggression
	6	Ball mastery - dribbling	Attacking centrally	Changes of speed	Showing courage
	7	Shooting and finishing	From distance	Building strength and power	Resilience
Feb - Apr	1	P & R to play forwards	Playing through the lines	Balance and Co-ordination	Preparation / application
	2	Defending 3 v 2	Defending the D 3rd	Sprinting	Intelligence
	3	Ball mastery - dribbling	Attacking the box	Twisting and turning	Trust
	4	P & R back to goal	Retaining possession	Aerobic fitness	Communication
	5	Defending 3 v 2 recovery runs	Defending the box	Physical strength	Commitment
	6	Ball mastery - turns	Attacking from wide areas	Changes of speed	Preparation
	7	Shooting and finishing	Clever finishes	Building strength and power	Taking risks
Apr - May	1	P & R to play forwards	Playing through the lines	Twisting and turning	Self belief
	2	Defending as a unit	Defending the D 3rd	Aerobic fitness	Taking responsibility
	3	Ball mastery - coever	Attacking the box	Twisting and turning	Excitement
	4	P & R to play forwards	Creating chances	Aerobic fitness	Taking responsibility
	5	Defending as units	Defensive shape	Lateral & backwards movement	Setting the example
	6	Ball mastery - dragging	Attacking from wide areas	Dynamic movements	Patience
	7	Shooting and finishing	Crosses and cut backs	Twisting and turning	Taking risks
Jun - Jul	1	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	2	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	3	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	4	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	5	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork
	6	Matches and tournaments	Matches and tournaments	All aspects of the game	Teamwork



# OUR COACHING

Using our knowledge and expertise our programme we will focus on the key components required to help each player gain further individual success and the school team to thrive through structure and plan.

## OUR KEY AREAS OF IMPORTANCE:

### TECHNIQUES:

- Receiving Skills
- Dribbling at Speed
- Defending 1v1
- Beating on opponent
- Striking the ball

### PSYCHOLOGICAL:

- Confidence
- Resilience
- Leadership
- Taking responsibility
- Teamwork

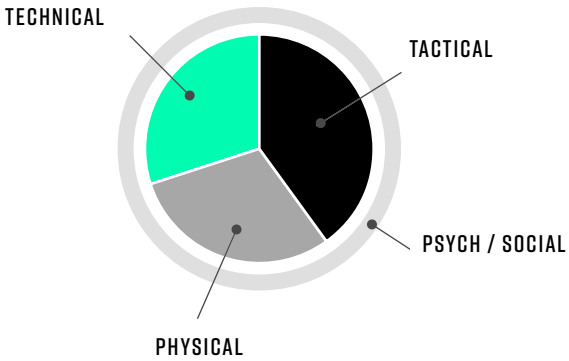
### PHYSICAL

- Twisting and turning
- Balance and core strength
- Acceleration & deceleration
- Aerobic fitness

### TACTICAL

- Team shape
- Understanding pitch areas
- Denying & creating space
- Transitions

## TEAM SESSION BREAKDOWN



## INDIVIDUAL SESSION BREAKDOWN

