

A photograph of children playing football on a green artificial turf field. In the background, a white goal net is visible. Three children are in the foreground: one in a yellow jersey and blue shorts, one in a light blue jersey and shorts, and one in a red jersey and light blue shorts. A green ball is on the ground near the child in the red jersey. The text 'SuperSTARS' is overlaid in a large, yellow, bubbly font with a dark blue outline.

SuperSTARS

**FOOTBALL
DEVELOPMENT
ACADEMY**

SUPERSTARS

FOOTBALL DEVELOPMENT ACADEMY

WHO?

ALL PLAYERS AGED 4-14

WHERE?

RAN OVER MULTIPLE SITES

WHAT?

TECHNICAL FOOTBALL TRAINING
PROGRAMME TARGETING
INDIVIDUAL PLAYER DEVELOPMENT

SOUTH MANCHESTER SUPERSTARS-

BARLOW HIGH SCHOOL

WEDNESDAY 5-6PM

FURTHER SITES TO BE ANNOUNCED

WARRINGTON SUPERSTARS-

TBC

TBC

NORTH MANCHESTER SUPERSTARS-

TBC

TBC

SuperSTARS

FOOTBALL DEVELOPMENT ACADEMY

TRAINING PROGRAMME

- 12 BLOCKS OVER 12 MONTHS
- EACH BLOCK CONSIST OF 4 WEEKS WORKING WITHIN ONE SPECIFIC TECHNICAL FOOTBALL AREA
- ENABLES THE PROGRESSION OF INDIVIDUAL PLAYERS WITHIN THAT 4 WEEK PERIOD
- SESSIONS AT THE BEGINING OF BLOCK WILL START OFF WITH THE BASICS AND PROGRESS AND CHALLENGE THEM OVER THE 4 WEEK PERIOD

BLOCK	TOPIC AREA OF FOCUS
BLOCK 1	RECIEVING
BLOCK 2	PASSING
BLOCK 3	SHOOTING AND FINISHING
BLOCK 4	DEFENDING FUNDAMENTALS
BLOCK 5	RUNNING WITH THE BALL
BLOCK 6	CROSSING AND FINISHING
BLOCK 7	DRIBBLING
BLOCK 8	OFFENSIVE OFF THE BALL MOVEMENT
BLOCK 9	GOAL-KEEPING
BLOCK 10	DEFENSIVE OFF THE BALL MOVEMENT
BLOCK 11	FEINTS,SKILLS AND MOVES
BLOCK 12	GAMES MONTH

SUPERSTARS

FOOTBALL DEVELOPMENT ACADEMY

SESSION BREAK DOWN AND CONTENT

- SMALL GROUP TO COACH RATIO TO ALLOW FOR INDIVIDUAL ATTENTION
- APPROPRIATE AGE GROUP SPLITS
- EVERY PLAYER WILL START A SESSION WITH THEIR OWN BALL
- EACH SESSION WILL BE STRUCTURED AS BELOW

SESSION STRUCTURE AND PROGRESSION

