

A background image showing children playing football on a green artificial turf field. A goal is visible on the left. A child in a yellow jersey is in the foreground, and another child in a red jersey is on the right, kicking a yellow ball. The scene is slightly blurred, suggesting action.

SuperSTARS

FOOTBALL DEVELOPMENT ACADEMY

FOR MORE INFORMATION CONTACT:
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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: MONDAY
7-8PM

FURTHER SITE AND DATE TBC

ALTRINCHAM SUPERSTARS-

THE GRAMMAR: TUESDAYS 5-6PM

TIMPERLEY SPORTS CLUB:
WEDNESDAYS 5-6PM

NORTH MANCHESTER SUPERSTARS-

ABRAHAM MOSS HIGH SCHOOL:
WEDNESDAY 7-8PM
AND
THURSDAY 7-8PM

WARRINGTON SUPERSTARS-

BROOMFIELDS LEISURE CENTRE:
MONDAY 5-6PM
WARRINGTON RYLANDS FC: THURSDAY
AND FRIDAY: 5-6PM
CULCHETH HIGH SCHOOL: FRIDAY 7-8PM

LIVERPOOL SUPERSTARS

ST EDWARDS COLLEGE:
TUESDAY 7-8PM

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

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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

PLAYER AND
THE BALL



PLAYER, THE
BALL AND A
OPPONENT



PLAYER, THE
BALL, THE
OPPONENT
AND A
TEAMMATE



PLAYER, THE
BALL, THE
OPPONENT,
THE TEAMMATE
AND A GOAL

UNOPPOSED

OPPOSED

GAME