

FC Richmond

Beyond the Game

Curriculum - ADP



Key Topics - ADP



Ball Mastery

Learning How to Compete/Fail

Exploring Space

Introduction to Basic Formations

Change of Direction

Introduction to Three Positions

Passing and Receiving

Communication and Reflection

Ownership



Ball Mastery

Focus: Teach fundamental skill moves with gradual progression to mastery.

Moves/Actions:

- Pullback
- Scissor
- Step Over
- Body Feint
- L Turn
- Maradona
- Cruyff
- Sole Roll

Goal: Players gain confidence using skill moves to create space and beat opposition, improvising when in trouble to retain possession.





Exploring Space



Focus: Identify open spaces and exploit those spaces by using dribbling or passing to progress the play.

Activities/Actions:

- **Speed Dribbling with Variables:** Drills where players *identify* and move into open areas with the ball.
- **Running to the Open Space:** When in Small-sided games, teammates not on the ball focus on looking for the space that the defense gives them.
- **1v1 and 2v1 Situations:** With opposition, figuring out the best way to directionally attack what the defender shows them.

Goal: Players have the ability to *identify* where the space is by *picking their head up* and how to attack that space with either the dribble or pass. When a player doesn't have the ball they move to open space to ask for the ball.



Passing and Receiving

Focus: Using both feet for *striking* a ball, control with all surfaces of the feet and showing your teammate where you want the ball with your body posture.

Actions:

- **Passing and receiving activities:** Includes 2 to 3 players moving, sharing the ball between them.
- **Shooting on goal :** In the games, being put in positions where plays can shoot and score with different types of shots.
- **Bounce Juggling :** Focuses on contact between foot and ball, developing foot-eye coordination.

Goal: Develop consistency while striking with laces and inside of both feet and controlling passes with the bottom, inside, outside, and laces of the feet.



Changing Direction/Speed



Focus : Improve agility, balance, and athletic posture while doing an action.

Actions :

- **Penguin or Athlete :** When doing Toe Taps or Tiki Takas, discuss how penguins waddle and athletes bend their knees and lean forward.
- **Skill Moves at Speed :** When dribbling, after the completion of a move they are encouraged to go fast and attack space.
- **Dribbling Races:** Red Light Green Light Races/Relay Races with turns and changes in body position.

Goal : Develop control and confidence in using speed changes effectively, Understand body posture and how bent knees and a low center can enhance movement. Introduce the importance of how a change of speed influences opposition.



Intro to Positions

Focus: Introducing basic responsibilities for defenders, midfielders, and attackers.

Basic Positional Information:

- **Defender:** Focusing on keeping the game in front of them and always providing the deepest option in the attack, last line of defense.
- **Midfielder:** Focus on spacing and finding passing angles, working backward to support the defender and forward to support the attacker.
- **Attacker:** Focus on stretching the game and looking for space behind the defense to exploit.

Goal: Players understand the basics of each position and start developing positional awareness and spacing.



Intro to Formations



Focus: Teach two basic formations and help players understand spacing on the field by getting into a “big” shape when your team has the ball and into a “small” shape when the opposition has the ball.

Formations:

- **2-2 Square Formation:** 2 defenders and 2 attackers, set up in a square to focus on balancing the left and right side of the field space.
- **1-2-1 Diamond Formation:** 1 defender, 2 midfielders, 1 attacker, set up in a diamond to provide a comprehensive coverage of the field and passing angles.

Goal: Develop a basic understanding of formations and positioning to encourage teamwork and recognition of which team is in possession and what do as a result.





Learn How to Compete/Fail

Focus: Embracing competition in a positive, supportive way, with an emphasis on effort, understanding that failure is a part of growth and fostering resilience.

Actions:

- Small-sided competitive games
- Competition against outside opposition
- Round Robin/Knockout Tournament Competition
- “First to complete” races

Goal: Players become comfortable competing and learn the importance of effort. Players will view mistakes as learning opportunities, creating a positive feedback response to failure.



Communication and Reflection



Focus: Getting the players to engage in communication with their voices and think about how and what they were doing.

Activities:

- **Group Question and Answer:** Players raise their hand to answer questions asked by the coaching in front of their peers.
- **Player-led feedback on their experience:** Coaches ask the player what they thought about how they did and reflect on their actions.
- **Team Talks without the coaches:** Build confidence communication to solve problems as a team.

Goal: Build confidence to communicate in front of peers, and build a growth mindset by asking themselves “how can I make it better?”



Ownership

Focus: Players manage their own belongings and make the game their own.

Actions:

- Players carry their backpack
- Players carry their water bottle
- Players greet the coaches when they arrive
- Players thank the coaches before departing
- Players practice at home

Goal: Introduction to players preparing the items that are needed for practice or games on their own and carry their own items to and from the environment. Players help coaches with set up and breakdown of the training session, always asking how they can help.





Advanced Development Program





Beyond the Game