

BALMAIN & DISTRICT FOOTBALL CLUB
DEVELOPMENT PROGRAM ANNUAL PLAN



AGE GROUP: U8/U9/U10

SESSION 1	PLAYERS ASSESSMENT
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- Cycle 1 -

WEEK	SESSION	CORE SKILL	SPECIFIC ASPECT	KEY PRINCIPLE
1	2	1V1	Losing a defender by attacking the space with speed	Individual skill
2	3	RWB	In tight spaces, Under control	
3	4	STRIKING THE BALL		Effective possession
4	5	1 ST TOUCH		
5	6	1V1	Losing a defender by attacking the space with speed	
6	7	RWB		

SESSION 8	PLAYERS REASSESSMENT
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- Cycle 2 -

WEEK	SESSION	CORE SKILL	SPECIFIC ASPECT	KEY PRINCIPLE
1	9	STRIKING THE BALL		
2	10	1 ST TOUCH		
3	11	1V1 (2v1)		
4	12	RWB	With speed/space	Individual skill

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5	13	STRIKING THE BALL	Passing the ball to create a goal scoring chance	Combination play
6	14	1 ST TOUCH	Moving the ball away from the defender	Effective possession

SESSION 15	PLAYERS SEASON ASSESSMENT
SESSION 16	FINAL SESSION

AGE GROUP: U11/U12/U13

SESSION 1	PLAYERS ASSESSMENT
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- Cycle 1 -

WEEK	SESSION	CORE SKILL	SPECIFIC ASPECT	KEY PRINCIPLE
1	2	1V1	Taking a defender with space	Individual skill
2	3	RWB	At speed with space to commit defenders	Combination play
3	4	STRIKING THE BALL		Effective possession
4	5	1 ST TOUCH		Individual skill
5	6	1V1		
6	7	RWB		

SESSION 8	PLAYERS REASSESSMENT
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- Cycle 2 -

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WEEK	SESSION	CORE SKILL	SPECIFIC ASPECT	KEY PRINCIPLE
1	9	STRIKING THE BALL	Killer pass	Combination play
2	10	1 st TOUCH	Moving the ball into space/away from defender	Effective possession
3	11	1V1		Individual skill
4	12	RWB	At speed with space and with a defender chasing closely	
5	13	STRIKING THE BALL		
6	14	1 ST TOUCH		

SESSION 15	PLAYERS SEASON ASSESSMENT
SESSION 16	FINAL SESSION

AGE GROUP: U14/U15/U16

SESSION 1	PLAYERS ASSESSMENT
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- Cycle 1 -

WEEK	SESSION	MAIN MOMENT	KEY PRINCIPLE	SESSION FOCUS
1	2	BALL POSSESSION	Effective possession – POFTB	Passing, Positioning, Movement

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2	3	BALL POSSESSION OPPONENT	Limit opponent ability to create	Marking, Tackling, Positioning
3	4	TRANSITION (BP>BPO)		Pressing, Intercepting, Communication
4	5	BALL POSSESSION		
5	6	BALL POSSESSION OPPONENT		
6	7	BALL POSSESSION	Combination play	

SESSION 8	PLAYERS REASSESSMENT
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- Cycle 2 -

WEEK	SESSION	MAIN MOMENT	KEY PRINCIPLE	SESSION FOCUS
1	9	BALL POSSESSION OPPONENT	Win the ball back ASAP	
2	10	BALL POSSESSION	Effective possession - POFTB	
3	11	TRANSITION		
4	12	BALL POSSESSION		Combinations, Shooting, Heading, Movement
5	13	BALL POSSESSION OPPONENT		
6	14	BALL POSSESSION	Controlled possession	

SESSION 15	PLAYERS SEASON ASSESSMENT
SESSION 16	FINAL SESSION