



U12-U14 FOOTBALL COMPETITION

“we don’t rise to the level of our expectations, we fall to the level of our training”



Ronaldo

JAMES MILNER
10 points

ERIC DIER
10 points

JACK GREALISH
10 points

KYLE WALKER
10 points

Complete all
10 points

Messi

Jadon Sancho
“First touch”
10 points

Phil Foden
Creativity corner
10 points

Callum Hudson-Odoi
Turning
10 points

Louie Barry – Bucket ball
10 points

Rooney
Player coach
20 points

Carlo Ancelotti

Match analysis
5 points

Position specific task
15 points

Strengths and
weaknesses
5 points

Tactical awareness
10 points

Teams meeting with
Coach
5 points

Stato man
15 points

The Pep Guardiola

Find and read a book about
your favourite team/ player
3 points

Sleep for 55+ hours/week
20 points

Write down 5 things you’re
good at & 5 things you want
to improve at
10 points

Help cook your Family a
healthy meal
5 points

Compliment each member of
your family during the day
5 points

Complete Football Yoga
session on ‘Become Elite’
YouTube session
10 points

Play FIFA with 3 different
Teammate’s
3 points

Weeks 1 – 4

Points Weighting

Physical – Min. 30 Max. 50

Skilful – Min. 25 Max. 50

Tactical – Min. 20 Max. 50

Mindful – No limits

Task must be evidenced or it does
not count:

Photo, Video, Screenshot, Data entry,
Review, Email etc

Alternative tasks must be submitted to DoF to get points clarification

RONALDO CHALLENGES

JAMES MILNER – ENDURANCE / STAMINA

Each 5k run 3 points

Each 3k run 2 points

Each 2k run 1 points

The runs don't have to be steady state i.e. you can do intervals or Fartlek

If you want to cycle instead of run, multiply the running distance x4



ERIC DIER – STRENGTH

3 sets 10 reps each exercise 3 pts

3 sets 8 reps each exercise 2 pts

3 sets 6 reps each exercise 1 pts

PRESS UPS, BURPEES, SIT UPS, TRICEP DIPS,

RONALDO CHALLENGES

JACK GREALISH – HIIT

Devise & complete 10 station circuit (45s on, 30s off) 3 points

Devise & complete 8 station circuit (45s on, 45s off) 2 points

Devise & complete 6 station circuit (30s on, 40s off) 1 points

For circuit exercise suggestions - refer to firefly
(resources – PE & Sport – circuit exercises)



KYLE WALKER – SPEED

5 sets of 5 x 25 yard shuttles 3 points

4 sets of 5 x 25 yard shuttles 2 points

3 sets of 5 x 25 yard shuttles 1 points

1 shuttle consists of running to the 25yd marker and back.

Mark out 25 yds In your garden, local park or between lamp post. Use anything as markers.

JADON SANCHO

“First touch”

- The challenge is to have as many touches as you can before the ball touches the ground/bounces (unlimited attempts)
- 1 point = 1-20 touches
- 2 points = 20-40 touches
- 4 points = 40 - 60 touches
- 6 points = 60 -100 touches
- 4 points if you use both feet, both thighs and your head in the attempt.

PHIL FODEN

“Creative corner”

- The challenge is for you to create your own combination of tricks :
- 1 point if the move only consists of 1 trick/skill
- 3 points if the move is a combination of 3 trick/skills
- 5 points if the move is a combination of 5 trick/skills
- 10 points if the move is a combination of 5 tricks/skills constantly using both feet.....
- The move needs to flow, so one trick is followed by another without a pause.

VIDEO EVIDENCE MUST BE PROVIDED

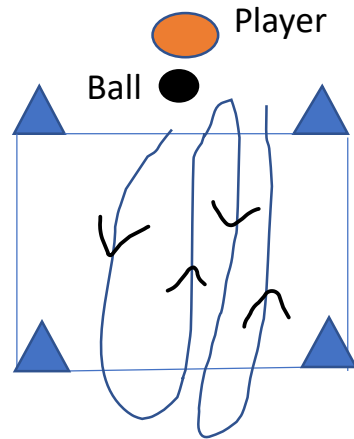
CALLUM HUDSON-ODOI

“Turning”

Dribbling the ball across a 4m square go beyond the cones and turn back continually then finish back stopping the ball on the start line. You will perform three turns. The turn must be the same each time.

A good player can perform a variety of turns.

1 point – For completion of the above for up to five different turns (5pts total)



5pts for a written description explaining when you might use a turn during a game.

Time your self for each to see which is your best turn.

VIDEO AND WRITTEN EVIDENCE MUST BE PROVIDED

LOUIE BARRY

“Bucket ball”

- The challenge is to volley/chip a ball into the bucket.....
- You will need a bucket/wheelie bin ??? Be creative....you choose the size of the bucket and the ball (have lots of goes and use different types of balls)

- 1 point if you use your strongest foot from 2 metres
- 2 points - strong foot from 5 metres
- 3 points – strong foot from 10 metres
- 5 points – strong foot from 15 metres
- Double up on points if you use your weaker foot

PLAYER COACH

PRODUCE YOUR OWN TRAINING PLAN

5 points – Produce your own, one day ‘technical skills training’ plan.

10 points – Produce your own weekly ‘technical skills training’ plan.

20 points – Produce your own monthly ‘technical skills training’ plan.

- You only need to include technical skills and your one day plan for 5 points could be practicing only one skill. Each plan could therefore only consist of practicing one skill.
- You decide how many different skills and how much time you want to spend PRACTICING your skills (EVERY DAY-THREE TIMES A WEEK- ONCE A WEEK ????) design your plan accordingly.....
- Focus on producing your own Personal Development Plan- design sessions to improve yourself in your weakest areas.
- Some challenges may be non motivating BUT vital for your development eg weaker foot
- Ensure you also include enjoyable sessions too however, so you feel inspired to go and practice.
- Include coaching points e.g non-kicking foot next to the ball when you pass.

Ancelotti challenges

Live game task (5 points) Watch a game on TV and make notes on both sides that include: formation of both teams in attack and defence. What is their defensive strategy, press high? Sit deep?...



Know your position (15 points) For your favoured position (using the four corners as a framework) create a position specific profile e.g. What a Hampton centre back would look like.

Strengths and weaknesses (5 points) Across the four corners list your strength's and an area of development for each corner.

Watch 3 tactics videos (10 points) Watch all three videos below and make bullet point notes of what you can learn from each.

Inter 3 v Barcelona 1 (José Mourinho) <https://www.youtube.com/watch?v=4wAG5ZUI4eI&list=RDCMUCuR-ZdVJtF3muYhYUQ-he-Q&index=1>

Attacking with a front five (Steve Holland)
<https://www.youtube.com/watch?v=k3sAWHFZXoc&list=RDCMUCuR-ZdVJtF3muYhYUQ-he-Q&index=14>

Chelsea 0 v Bournemouth 3 (Eddie Howe)
<https://www.youtube.com/watch?v=9M-W8sy09Qw&list=RDCMUCuR-ZdVJtF3muYhYUQ-he-Q&index=5>

Ancelotti challenges

Teams meeting with Coach (5 points) Attend all meetings each week

Stats challenge (15 points) Watch all the Premeir league goals over one weekend on a spreadsheet report back on the following:

Total number of goals.

Number of one touch finishes; Number of goals resulting from a corners

Number of goals resulting from a freekick

Number of goals from outside the box

Number of goals from inside the 6 yard box

Number of goals from crosses

Number of goals from headers: Number of own goals

Goal keepers task:

Number of passes: from open play; Number from restarts; from hands; from feet.

Number of times GK played from back. Number of times kicked long.

Number of successful passes playing out. Number of unsuccessful passes playing out.

Number of successful kicking long. Number of unsuccessful passes kicking long. (success is retaining possession)

Number of attempts saved. Number of goals let in.

Record the above for each GK in the game

