



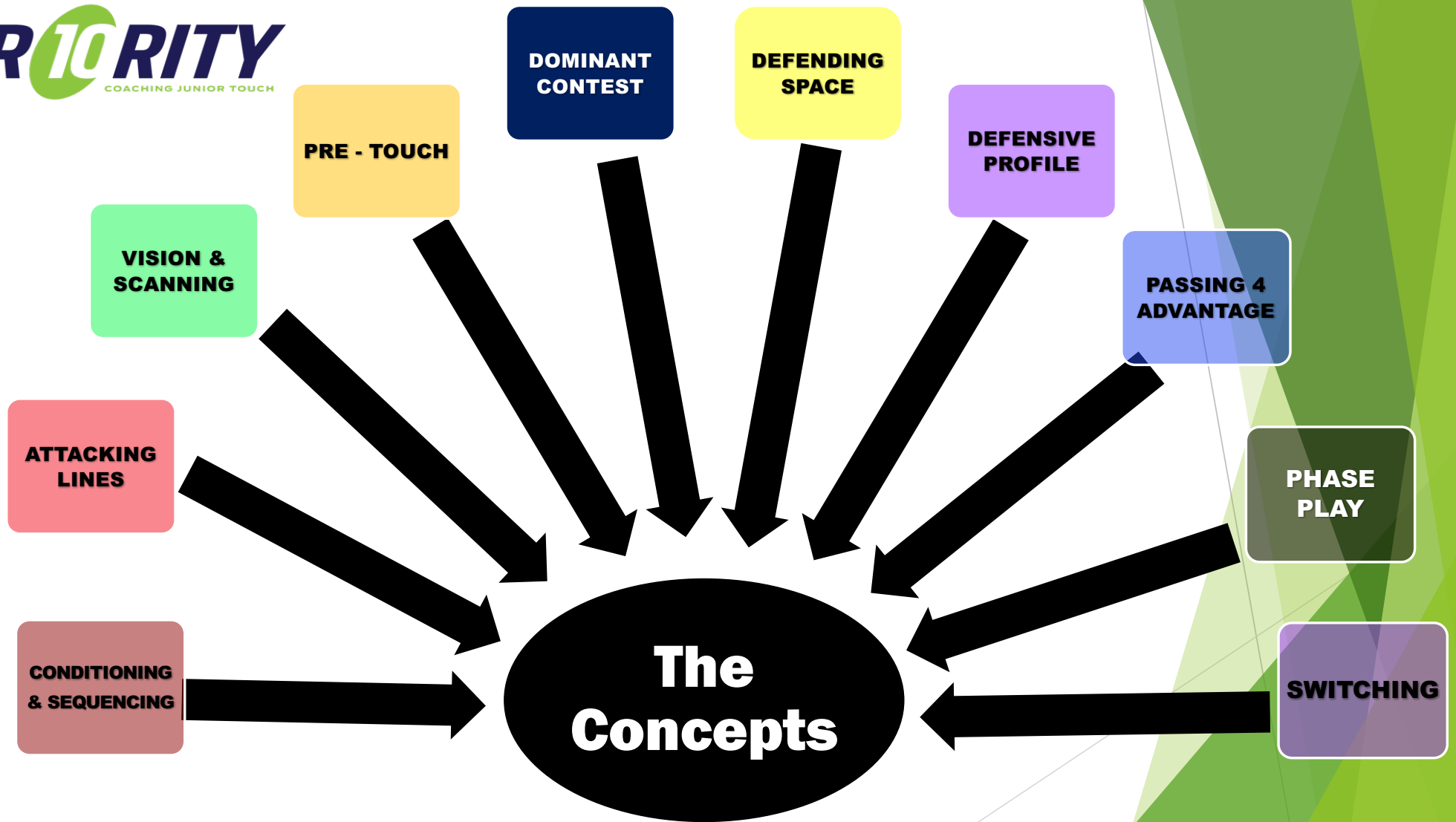
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COACHING JUNIOR TOUCH

A CONCEPTUAL FRAMEWORK FOR COACHING JUNIORS TOUCH FOOTBALL



WHAT IS PRIORITY 10 ?

- ▶ A conceptual framework - why we do what we do
- ▶ Recommended key curriculum concepts to be developed from early foundation level (10 years to 17 years)
- ▶ P10 develops thinking touch footballers
- ▶ P10 ensures there occurs a degree of rationalization and quality control over what is developed by coaches
- ▶ P10 targets Coaches as much as players!



ATTACKING LINES

VISION & SCANNING

PRE - TOUCH

DOMINANT CONTEST

DEFENDING SPACE

DEFENSIVE PROFILE

PASSING 4 ADVANTAGE

PHASE PLAY

SWITCHING

The Concepts



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1. DOMINATING THE CONTEST

How do we win ?

Teaches players that at every moment during a game there is a contest occurring. The main contest which occurs is at the *roll ball*.

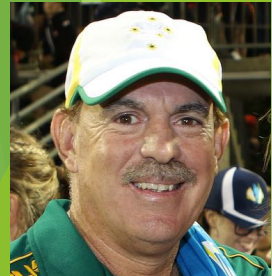




2. Defending space

What is my job ?

“What is most critical is not who we are marking (as defenders), but indeed, which space between defenders we are responsible for !!”



3. Defensive profile

How do I make this touch?

“To defend spaces effectively, the body profile of a defender is critical. By definition – the body profile is simply – the positioning of the defender’s body (as they affect the touch) in such a way, as to execute ‘post touch actions’ effectively.”

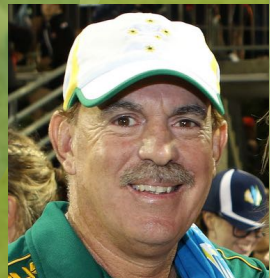


4. Attack Lines

Where do I run?

“An important early concept which is often neglected is - teaching juniors the attacking lines that they need to run and why”.

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4 Basic attack lines

- ▶ *Direct line*
- ▶ *Out line*
- ▶ *In line*
- ▶ *Bounce or "A" lines*

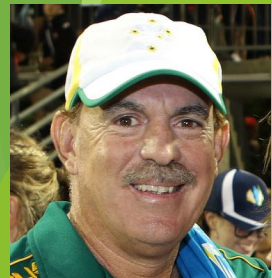




5. Pre-touch

Where should I be ?

“By far one of the most critical elements of good defensive systems is the ability of individuals to understand the concept of *pre-touch*. “



“PRE TOUCH”

**PRE TOUCH
POSITION**

**POST TOUCH
ACTION**

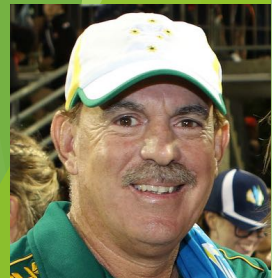
**POST TOUCH
POSITION**



6. Conditioning the opponent

How can I get what I want?

“This concept reinforces the idea that in order, for attacking tactics to work best, defenders should first be conditioned to behave in the way we want them to....”



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7. Attacking vision

What do I see ??

“Develops the ability of players to see what is being presented by an opponent. The Coach needs to develop the **vision** of players by teaching them to read cues or – “what to look for.”

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8. PASSING 4 ADVANTAGE

Pass or run??

“This concept is an extension of the previous concept (scanning) and now focuses on the player’s ability to identify that passing would be more advantageous than running with the ball.”

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9. PHASE PLAY

Do I have a plan?

“Phase Play involves a higher order cognitive process in that players have to think ahead. Phase play is used to deconstruct defensive lines and usually require multiple actions or plays.”

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10. SWITCHING THE POINT OF ATTACK

How do I work off the ball?

“While the “switch” and “switch pass” have featured in coaching manuals for many years in the sport, the reality is that because the skill is so poorly executed, all the advantages that come from switching the point of the attack, are often abandoned for more ‘percentage’ plays. This is one of the more complex concepts and or skills in the game and why it is covered much later in the junior’s development.”

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