

Franklin United 2025 Term 4 /2025

Player Development: 10-Week Program



Coaching Philosophy - Term 4/2025

In preparation for Franklin United's provisional Talent Development Plan (**TDP**) for 2026, the focus of term 4/2025 is shifting to “**Back to Basics**” through **skills development**.

Franklin United embraces a **high-energy, highly skilled positioning game** that prioritises the enjoyment and purpose of football.

To create the best opportunity for player development, the “**Back to Basics**” approach will allow players to develop the **core skills** for their growth, combined with the mental acuity to read the game and adapt to “**the moment**” on the field.

The program will be led under the guidance of Franklin's Director of Football with the support and guidance of energetic, qualified coaches.

Core skills will focus on and combine **dribbling, passing, shooting, ball control, transitioning, defence**, and attacking play, all of which are age-appropriate for development.

Franklin United believes that following this approach, players in the Franklin and surrounding area will develop their skills and love for the game to compete at a competitive level through the TDP.

Dribbling (Travelling with the Ball)

Core Techniques:

Close control in tight areas or at speed in space; changes of direction/pace; shielding; 1v1 beating defenders; using inside/outside of feet.

Coaching Points:

Maintain composure under pressure; keep head up for awareness; decide when to dribble vs. pass; encourage creativity and risk-taking in 1v1s; practice with both feet.

Example Drills (Tailored for Youth):

1v1 Dribble Gates (Skills Centre, 9-12): In a 20x20m grid, dribble through gates while avoiding defenders; progress to tagging or blocking (focus: control, turns).

Wide Channel 1v1 (TDP/Youth Framework, 13-19):

Dribble in channels to beat defenders and cross; add first-touch progressions (focus: speed, decision-making).

Positioning Game with Gates (National Curriculum): Dribble through gates in game scenarios; integrate pressure for realism.

Passing (Striking the Ball)

Core Techniques:

Short/long accurate passes (push, instep, chip); first-touch receiving; combination play (wall passes, third-man runs); forward/incisive passes to penetrate.

Coaching Points:

Lock ankle, follow through; open body to field; emphasize timing, weight, and angle; support off-ball movement; limit touches under pressure for quick decisions.

Example Drills (Tailored for Youth):

- Target Transfer 2v2 (Skills Centre, 9-12): Pass to targets in a 12x15m grid; progress to first-time passes for points (focus: accuracy, awareness).
- Combination Patterns (TDP/Youth Framework, 13-19):
Wall passes and overlaps in wide areas; 2-touch limits (focus: incisive possession, support).

Passing Under Pressure (National Curriculum):

Multidirectional passing in grids; add opposition for game-like resistance.

Transitioning

Core Techniques:

- Immediate reaction to possession change; quick forward passes/movement in attack transition; pressing/recovery in defend transition; exploit space rapidly.
- Secure first touch; counter-attack within 5 seconds; maintain team shape/balance.

Coaching Points:

Condition players to link moments; focus on PDE (perceive cues, decide actions, execute); integrate in all sessions; encourage quick mindset shifts.

Example Drills (Tailored for Youth):

- Quick Counter Game (Skills Centre, 9-12): 4v4 with safe zones; transition on possession win (focus: rapid switches).
- Transition 5-Second Score (TDP/Youth Framework, 13-19): Score extra points for goals within 5 seconds of regaining ball; use football/futsal (focus: speed, awareness).

Four Moments Integration (National Curriculum):

- Small-sided games cycling through attack/defend transitions.

Defense

Core Techniques:

Pressing (close space, pressure ball); marking/intercepting; tackling (timing, body position); collective unit movement; win the ball high up field.

Coaching Points:

Proactive pressing; deny time/space; communicate positioning; force opponents wide; quick recovery after loss; integrate the goalkeeper as sweeper.

Example Drills (Tailored for Youth):

- 1v1 Tackling (Skills Centre, 9-12): Close down attackers in 30x30m; focus on angle/speed (progress: pairs for cover).
- High Press Recovery (TDP/Youth Framework, 13-19): 3v3 pressing in zones; extra points for high wins (focus: unit cohesion, intercepts).

Defensive Shape Game (National Curriculum):

Prevent passes through the back line; add transitions for realism.

Attack

Core Techniques:

Controlled possession; penetration (dribble/pass); combination play; width/depth; finishing (shots, crosses); exploit overloads.

Coaching Points:

- Forward progression; create space with movement; timing of runs; encourage improvisation; maintain high tempo; use wide areas for advances.

Example Drills (Tailored for Youth):

- Combination Scoring (Skills Centre, 9-12): 2v1 to goal; pass before shot (focus: decisions, support).
- Final Third Patterns (TDP/Youth Framework, 13-19): Use pivots for hold-up; overlaps/third-man runs (focus: incisive play, finishes).

Building from Back (National Curriculum):

Progress through thirds; integrate 1v1 creativity.

Goalkeeping

Core Techniques:

Distribution (accurate kicks off ground/out of hand, throws over distances);
Handling (clean catching, punching, parrying shots from angles/paces);
Dealing with crosses/passes into box;
Positioning (adjust to sweep behind defense, limit angles);
Communication (organize defenders, support build-up as spare player).

Coaching Points (Skill Acquisition 9-12 & Game Training 13-19 Phases):

Emphasize PDE (perception, decision, execution) in game-like scenarios;
Maintain composure under pressure with quality first touch/passing;
Integrate GK in team play for proactive possession;
Foster growth mindset via positive feedback on effort/mistakes;

Example Drills (Tailored for Youth, from Youth Framework & TDP Alignment):

Positioning Game (7v7, 1-2-3-1 Formation):
GK starts play, distribute to wide areas;
Progress to 1-touch finishes;

Focus:

Build-up & transitions (13-19 years). Session 5 Defending Drill: GK free in end zones; Teams score by passing to GK's feet/hands; Emphasize pressure/cover & quick recovery (9-12 years).

Conclusion and Implementation

Integrate skills via small-sided games/futsal for realism and rotate sessions to create variety and focus on the development of multiple core aspects of the game.

Age adaptations: 9-12 emphasize fun/basics; 13-19 add tactics/conditioning.

Coaching Tips:

Use positive feedback; maximize touches; adapt to needs; embrace mistakes for growth.

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