

| Curriculum Rationale | | |
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| Subject | Football | |
| | KS4 | KS5 |
| Intent | | |
| <p><u>Youth Fundamental Training In Football – Long Term Athlete Development In Football</u></p> <p>Periodisation of LTAD that we follow in order to educate good practise and competent movement.</p> <p>Fundamental movement patterns in football – Squat, Lunge, Rotate, Jump Land, pass, receive, head, throw, control, chest control, thigh control and running.</p> <p>Aerobic/Anaerobic conditioning – Improving Vo2 Max.</p> <p>Physical Training improves a wide range of benefits – bone density, joint stability, metabolism, force development, movement efficiency.</p> | | |
| Implementation | | |
| <p>It is not expected that a student who attends LeAF Studio and enrolls on the Sports Specialism Pathway will have been taught any theoretical knowledge at their previous school. We cover the foundations of basic football patterns through different training methods in Year 9. Developing basic football skills and introducing competing in competitions.</p> <p>Year 9 students will be introduced to the way we at LeAF Studio play football and how our philosophy is implemented whilst playing at LeAF. Also, in the first year the students will be focusing more on the technical side of their game. This will include, receiving the ball on the half turn, passing the ball the back foot, manipulating the ball, using right and left foot and basic passing and receiving skills.</p> <p>Year 10 students will continue to learn the skills they were taught in year 9 but concentrating on the tactical side of their game more. The tactical side of the game will include, playing in tight areas and congested areas, playing out from the back, playing in wide areas, making the pitch as big as possible when we have the ball and making it as small and congested as possible when we don't have the ball, when to play forward and when to keep the ball and breaking lines trying to play through the oppositions players.</p> <p>Year 11 students will have now been coached and been shown the philosophy that we at LeAF show and play. So in year 11 the students are given a little bit more freedom to express themselves to play and have a lot more of an opinion on situations and solving problems themselves. Also, at this age they will be shown and taught how to manage games and get into the winning mentality. This is because they are getting to an age where they will be starting to be introduced into men's football and having to manage games better.</p> | | |
| Impact | | |

An overall impact this will have on the students that will be a part of LeAF Studio will be that they will improve on their technical, tactical, psychological and social skill through football.

They will be taught how to technically deal with the football in all different scenarios, they will be able to manipulate the ball with both feet to a basic requirement, and finally they will have an all-round improvement in their technical ability when they have the ball at their feet.

Tactically, the students at LeAF will improve on how to play in different areas of the football pitch with opposition players around them, also they will be able to recognise when to in certain areas of the pitch. Not only that, the students will get an understanding of how to manage football matches and how to get into the winning mentality whilst always learning how to deal with both success and failure.

Moving on, each student will improve on their psychological skills through football from balancing school work and training which will lead them in good stead for their future career and life. Also, training day in day out, this will get them into the right frame of mind for when they move onto their and having to work. Not only that, from student to coach we communicate and talk about the different stages of a football career, from being semi-professional to being professional. This will give the students an eye for what it's like at that standard and what the coaching is like. Finally, it will help the students from dealing with success and failure in the future.

Socially this will improve the students massively as they will be around sports athletes' day in day out and getting to meet new people and building relationships with one another. Which leads me onto my next point, in football you will get taught a LeAF Studio school that we play as a team and have a healthy and happy relationship between players and coaching staff.