



**AZSC GRP Curriculum  
The Fundamentals of Player Development  
2014 - 2015**

The Fundamentals of Player Development are built on: Fun, Skills, and Repetition. These three concepts are enforced every single training session. Through these 3 concepts, we get into and is the main curriculum for the GRP Program: (divided into 4 topics each 2 weeks long)

1st- Motor Skills Development - Change of direction movement without, then with the ball, backwards/forwards/lateral etc. Reaction, anticipation with the ball.

*Example* - Movements off the ball, change of direction drills

2nd- Technical Skills and Development - the keys to technique of passing, receiving, striking, crossing along with their new found motor skills of running, sprinting, changing of direction with the ball.

*Example* - Basics of passing and dribbling

3rd- Individual Tactics - This is mainly emphasized on 1 vs 1s defending and attacking, how to protect the ball, recognizing when to go forward when to go backwards or sideways.

*Example* - 1 vs 1, moves to beat an attacker, moves to protect the ball,  
individual passing and dribbling at speed

4th- Small Group Tactics - Small numbers working together for a common goal. Using each other as options and working as a team. Passing and moving. How to work together, and how to utilize each member of the team to get to the common goal or scoring. When to pass and when to dribble.

*Example* - 2 vs 1, 2 vs 2, 3 vs 2, 3 vs 3