



**LUCAN UNITED  
FC**



**LUCAN UNITED FOOTBALL CLUB**



# LUCAN UNITED FC



## **Lucan United FC Club Mission, Ethos & Vision**

**Mission** - Lucan United FC focus on player development by delivering a positive, high quality and enjoyable football education in a safe environment. We strive to ensure that players will have a variety of opportunities to participate in football at an appropriate level be it recreational, developmental, or competitive.

**Ethos** - Lucan United promote equality, diversity, and inclusion, this means valuing and celebrating our differences. Nurturing the right sporting environment and culture means everyone thrives and can be themselves. Everyone is welcome.

**Vision** – We endeavour to enhance character and community through the game of Football. Integrated in this is the building of self-esteem, self-confidence, teamwork, respect for self and others, and all the inherent benefits of physical exercise. We challenge every player to the best of the abilities no matter what level they play.

Lucan United F.C. and Shamrock Rovers have entered a partnership which sees both clubs working together to give children from the Lucan area and further afield a pathway to professional football in this country.

*Lucan United follow the FAI Player Development Plan. Club coaches work within this plan.*

1. PDP	2. U6s & U7s play 4v4	3. U8s & U9s play 5v5
4. U10s & U11s play 7v7	5. U12s play 9v9	6. U13s up play 11v11

This document will help guide coaches, clubs, parents, and others involved in the development of our young players in Lucan United FC to understand how the game will change at the different levels and how our young players will all reap the benefits of our actions. By using the experience our coaches already have and putting a clear plan in place, the future for Lucan United FC aligns with the FAI Player Development Plan.

There is now more flexibility in our new coach education pathway, accommodating all levels of coaches, who have various backgrounds and various coaching career goals, providing them with an opportunity to devise their own coaching pathway and give them the ability to meet their individual needs and that of the team they coach.



As an FAI Club Mark One Star Club Lucan United FC require all coaches have age appropriate coach education courses complete, and they are familiar with the FAI coach education pathway.

## FAI Player Development Plan (PDP)

### Playing Format Summary

Age Group	Squad Size	Team Size	Match Format	Match Duration	Referees	Playing Time	Enagar Tables	Pitch Size (m) Min/Max	Goal Size	Ball Size & Weight
U6	10	4 v 4 (no GK)	Twin	4 x 10 mins	No	75%	No	35m x 20m max * 30m x 20m min	1m x 3m	5 (290 gms)
U7	10	4 v 4 (no GK)	Twin	4 x 10 mins	No	75%	No	35m x 20m max * 30m x 20m min	1m x 3m	5 (290 gms)
U8	12	5 v 5	Twin	4 x 12 mins	No	75%	No	45m x 25m max * 40m x 25m min	2m x 5m	5 (290 gms)
U9	12	5 v 5	Twin	4 x 12 mins	No	75%	No	45m x 25m max * 40m x 25m min	2m x 5m	5 (320 gms)
U10	16	7 v 7	Twin	2 x 25 mins	Yes	50%	No	65m x 40m max * 60m x 35m min	2m x 5m	5 (320 gms)
U11	16	7 v 7	Twin	2 x 25 mins	Yes	50%	No*	65m x 40m max * 60m x 35m min	2m x 5m	5 (320 gms)
U12	16	9 v 9	Normal	2 x 30 mins	Yes	25% to 50%	Yes	Box to Box, see page 24	2m x 5m	5 (370 gms)
U13	16	11 v 11	Normal	2 x 30 mins	Yes	25% to 50%	Yes	Full	Full	5 (370 gms)
U14	16	11 v 11	Normal	2 x 35 mins	Yes	25% to 50%	Yes	Full	Full	5 (370 gms)
U15	16	11 v 11	Normal	2 x 35 mins	Yes	25% to 50%	Yes	Full	Full	5 (450 gms)
U16	16	11 v 11	Normal	2 x 40 mins	Yes	25% to 50%	Yes	Full	Full	5 (450 gms)

Roll on/roll of Substitutions apply at all ages





# LUCAN UNITED FC

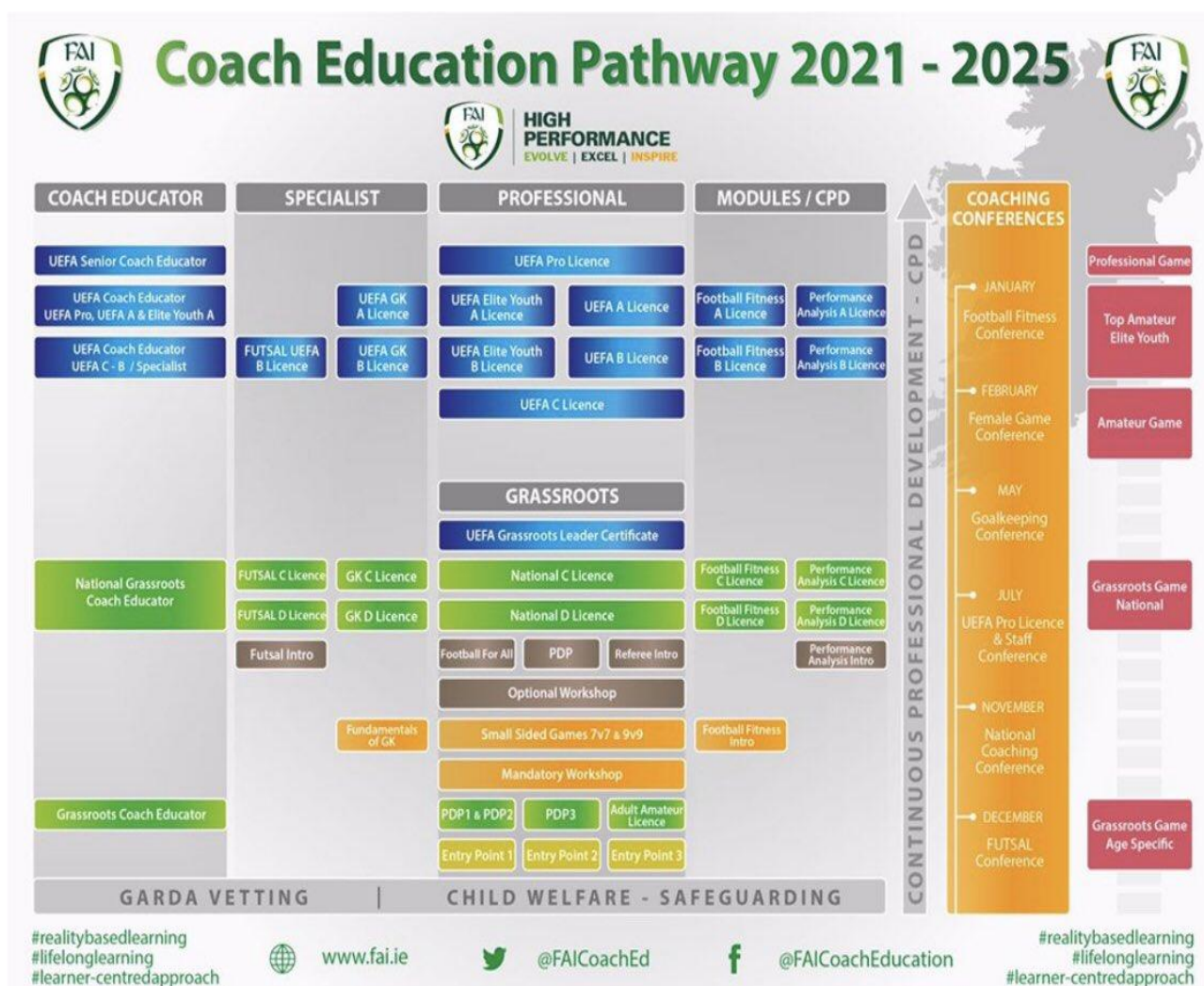


## Lucan United Support the FAI Coach Education Pathway

Lucan United FC require all coaches to follow the FAI coach education pathway, which helps to accommodate all levels of coaches, who have various backgrounds and various coaching career goals, providing them with an opportunity to devise their own coaching pathway and give them the ability to meet their individual needs and that of the team they coach.

It is a requirement of Lucan United FC as an FAI Club Mark One Star Club that coaches have age appropriate coach education courses completed.

Lucan United F.C require all coaches to be familiar with the FAI coach education pathway.





# LUCAN UNITED FC



## Lucan United FC Player Development Plan

**Mission** - Lucan United FC focus on player development by delivering a positive, high quality and enjoyable football education in a safe environment. We strive to ensure that players will have a variety of opportunities to participate in football at an appropriate level be it recreational, developmental, or competitive.

**Ethos** - Lucan United promote equality, diversity, and inclusion, this means valuing and celebrating our differences. Nurturing the right sporting environment and culture means everyone thrives and can be themselves. Everyone is welcome.

**Vision** – We endeavour to enhance character and community through the game of Football. Integrated in this is the building of self-esteem, self-confidence, teamwork, respect for self and others, and all the inherent benefits of physical exercise. Lucan United F.C. and Shamrock Rovers have entered a partnership which sees both clubs working together to give children from the Lucan area and further afield a pathway to professional football in this country.

At Lucan United FC

We aim to deliver an environment that promotes excellence, nurtures talent and converts this talent into a player capable of playing in the League of Ireland or higher.

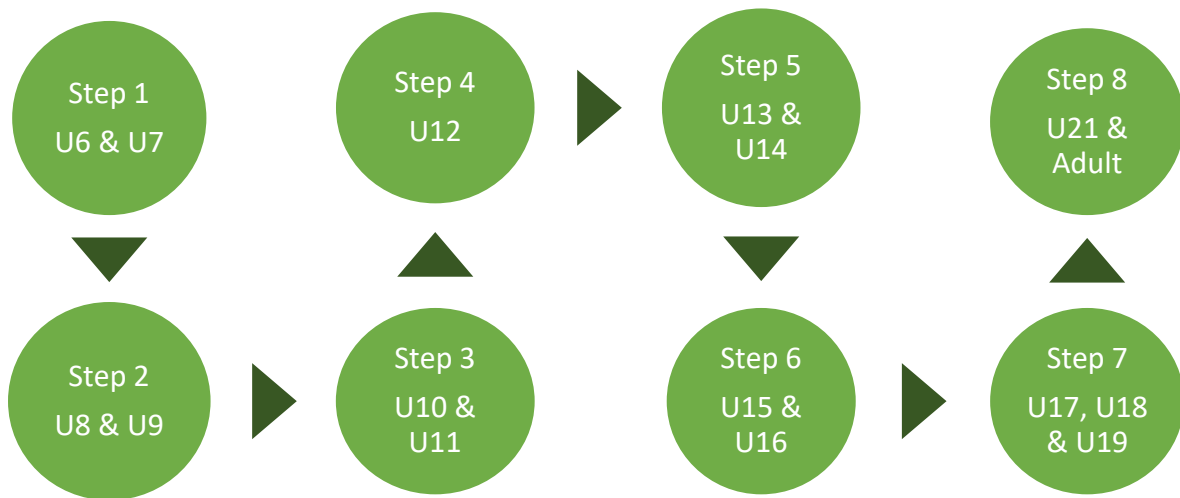
We aim to integrate sport, scientific and administration functions along with modern infrastructure to achieve the best results possible.



# LUCAN UNITED FC



## Lucan United FC Age Specific Plan







# LUCAN UNITED FC



## Step 1

### Academy U6s & U7s

Players should be proficient at ball mastery, dribbling, shooting, and passing before they move to the next step:

Agility, Balance, Coordination through a programme of introducing challenging exercises to develop actions with the ball.

Ball mastery – give all players a ball and practice of basics of controlling and moving the ball – tempo of activity is slow to fast – spatial awareness – mobility and coordination.

Dribbling – soft touches on the ball – big toe, little toe – use of both feet – moving ball from side to side - exaggeration of standing leg to introduce balance and coordination – head up – change of direction – change of pace.

Shooting – introduce players to correct technique in striking the ball – head over the ball – use arms for balance – standing foot alongside ball – assess keepers position - accuracy before power – quality of final touch to set up shot.

Passing – eye on the ball – standing foot planted beside ball – lock kicking foot - strike through middle of the ball – body weight over the ball.

Games: 4v4 (no goalkeeper) – small-sided games - no goalkeepers – simple and short instructions.

Coaches qualifications: PDP 1, Futsal Intro

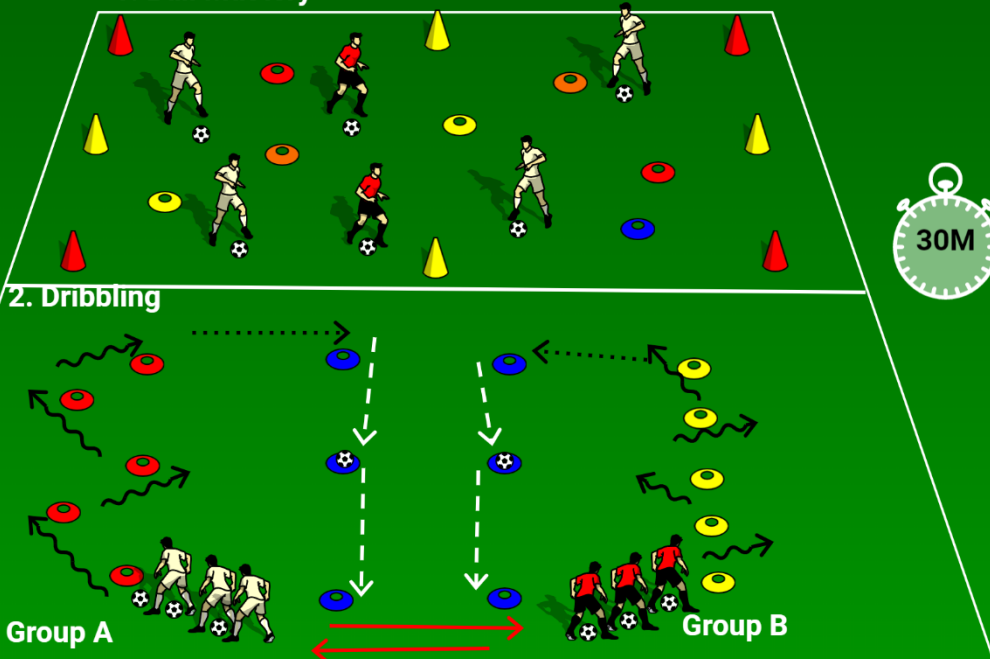


# LUCAN UNITED FC

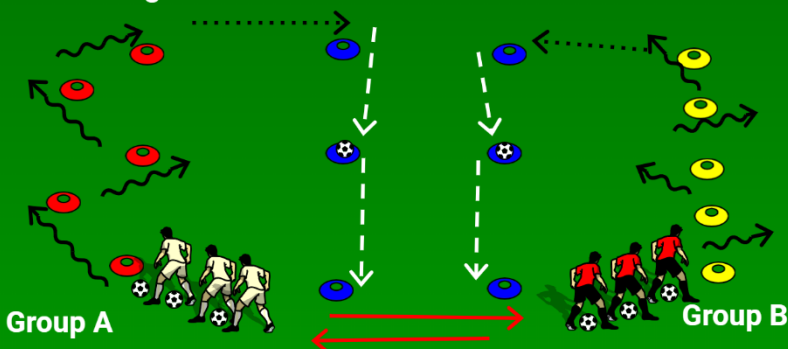


## Lucan United Academy Session Plan U6/U7 Part 1

### 1. Ball Mastery



### 2. Dribbling



Powered by asccloud.com

©Copyright Academy Sports Coach 2020

Lucan United Academy Session Plan U6/U7

Drill 1 - 15 Mins - Ball Mastery - Establish high tempo early on - Observe the players and ensure proper technique -

Introduction of Toe Taps, Side to Sides, Step overs etc - Introduce competitive element

Can players avoid hitting cones in play area? Can players dribble from blue to red? or yellow to orange? use of outside cones - players leave ball at yellow cone as example and must sprint out around outside cone and back in to get their ball.

Coach can remove one ball to make a competition of last man standing.

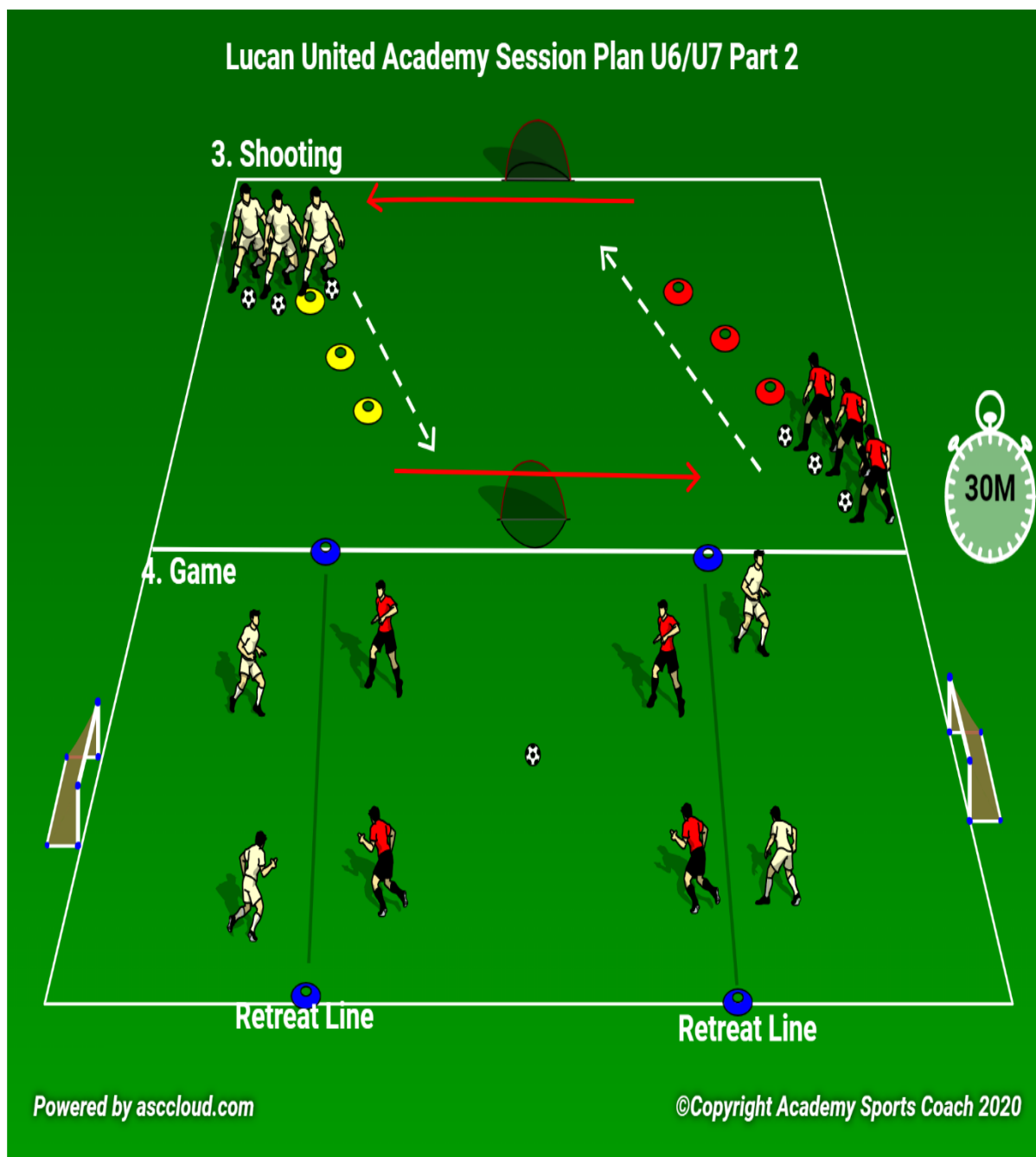
Drill 2 - 15 Mins - Dribbling - Group A and Group B dribbling in their area to last red/yellow cone, over to blue cone and shoot to knock ball off middle cone.

Get players to switch groups. Introduce competitive element to group.





# LUCAN UNITED FC



Lucan United Academy Session Plan U6/U7 Part 2

Drill 3 - 15 Mins - Shooting - Rotate players to ensure players are shooting off their left/right hand side.

Drill 4 - 15 Mins - Games - Keep games short and sharp, rotate players and teams and keep competitive and fun.



# LUCAN UNITED FC



## Step 2

### U8s & U9s

Should be proficient at attacking actions such as passing – receiving – dribbling – shooting and defensive actions such as chasing – pressing – blocking – winning the ball in small-sided games.

Introduction and development of players to the principles of the game focusing on attacking – defending – transition to attacking – transition to defending and playing style.

Transition to attacking and attacking – winning the ball - quality of pass – timing – weight – accuracy – creation of width and depth – movement to and from the ball to create own space for self and/or for team-mates.

Transition to defending and defending – Immediate reaction when the opponents win possession – get goal side of the ball - get tight and compact – nearest player presses the ball – provision of cover – maintain defensive balance – patience and decision making of who, when and where to win the ball.

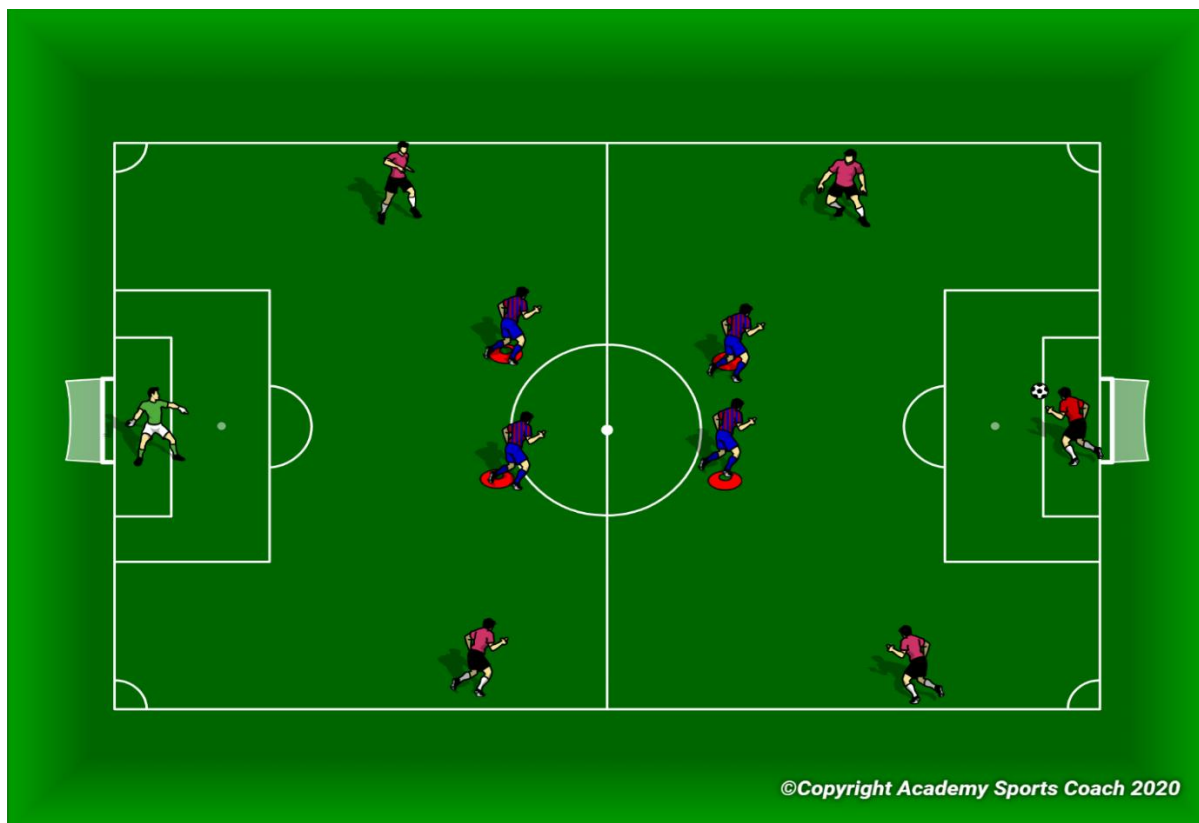
Variations of principles through, 2v1, 2v2, 3v1, 3v2, 3v3, 4v1, 4v2, 4v3 4v4 5v3, 5v4 and 5v5

Games: 5v5

Coaches Qualifications: PDP 1, Futsal Intro, Goalkeeping Fundamentals



# LUCAN UNITED FC



- Goalkeeper passes to his nearest defender and moves to that side of his goal to support his pass
- When defending, start all four outfielders on the red cones, taking up a position to force their opponents into wide areas: and blocking the central pass forward into our box
- Practice the same fundamental positional play rehearsed in the 4v1 Rondo, control your opponents: play to the right-side defender to move the opponent towards that side of the pitch
- Now use the sweeper keeper and his positional depth to pass back and out to the opposite side, exploiting the space created.
- Keeper, try to pass ahead of your defenders so they can travel into the space in front of them
- As the ball goes out of play practice quick transitions with the team that just lost possession, back to the little defense box.
- Ultimately, we want to create a 5v4 outfield so the goalkeeper is utilized as often as possible; therefore, he/she must move up behind the team as they go into the opponent's half
- Use the shielding of the ball in wide areas to reinforce the work done in training in 3v1 and 4v2

The game will constantly bring up scenarios that repeat themselves so after a while you can remove the defensive cones and see how much the players understand regarding the transition between attack and defence.



# LUCAN UNITED FC



## **Step 3**

### **U10s and U11s**

Players should be proficient with structured attacking football playing through the thirds of the field and defending as a team with discipline, work ethic and team spirit.

Introduction and development of players to winning football playing out from the back, switching the play, attacking play, defending, and pressing the ball.

Variation of principals through 3v1, 4v1, 4v2, 5v3, 5v4, 6v4, 6v5, 7v5, 7v6 and 7v7 games.

Position and unit specific roles

Goalkeeper – Positioning, distribution, communication and shot stopping

Centre Backs - Receiving techniques open and facing play, range of passing, running with the ball, 1v1 defending, blocking and clearances and communication

Central Midfielders – Range of passing, turning, finishing techniques, 1v1 defending and tracking, tackling, and blocking

Wide players – Dribbling, crossing, scoring technique, pressurising, forcing play and recovery runs.

Strikers – Scoring inside/outside the box, passing, link play, forcing play, pressurising and recovery runs.

Games: 7v7

Coaches Qualifications: PDP1 and PDP 2, Futsal Intro, Goalkeeping Fundamentals, 7v7, Football Fitness.



# LUCAN UNITED FC



Lucan United 7 a side System of play .

Position and unit specific roles

Goalkeeper - Positioning, distribution, communication and shot stopping

Full Backs - Receiving techniques open and facing play, running with the ball, crossing, 1v1 defending, interceptions and blocking crosses.

Centre Backs - Receiving techniques open and facing play, range of passing, running with the ball, 1v1 defending, blocking and clearances and communication

Central Midfielders - Range of passing, turning, finishing techniques, 1v1 defending and tracking, tackling and blocking

Wide players - Dribbling, crossing, scoring technique, pressurizing, forcing play and recovery runs.

Strikers - Scoring inside/outside the box, passing, link play, forcing play, pressurising and recovery runs.



# LUCAN UNITED FC



## **Step 4**

### **U12s**

Structured attacking football playing through the thirds of the field and defending as a team with discipline, work ethic and team spirit to allowing players become decision makers.

Introduction and development of players becoming decision makers on the pitch on winning football playing out from the back, switching the play, attacking play, defending, and pressing the ball.

Variation of principals through 3v1, 4v2, 5v3, 5v4, 6v4, 6v5, 7v5, 7v6, 8v6, 8v7,9v7, 9v8 and 9v9.

Position and unit specific roles

Goalkeeper – Positioning, distribution, communication and shot stopping

Full Backs - Receiving techniques open and facing play, running with the ball, crossing, 1v1 defending, interceptions and blocking crosses.

Centre Backs - Receiving techniques open and facing play, range of passing, running with the ball, 1v1 defending, blocking and clearances and communication

Central Midfielders – Range of passing, turning, finishing techniques, 1v1 defending and tracking, tackling and blocking

Wide players – Dribbling, crossing, scoring technique, pressurising, forcing play and recovery runs.

Strikers – Scoring inside/outside the box, passing, link play, forcing play, pressurising and recovery runs.

Games: 9v9

Coaches Qualifications: PDP 2, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, (PDP 1 – still get useful messages on this course), National D Licence



# LUCAN UNITED FC



Lucan United 9 a side System of play .

Position and unit specific roles

Goalkeeper - Positioning, distribution, communication and shot stopping

Full Backs - Receiving techniques open and facing play, running with the ball, crossing, 1v1 defending, interceptions and blocking crosses.

Centre Backs - Receiving techniques open and facing play, range of passing, running with the ball, 1v1 defending, blocking and clearances and communication

Central Midfielders - Range of passing, turning, finishing techniques, 1v1 defending and tracking, tackling and blocking

Wide players - Dribbling, crossing, scoring technique, pressurizing, forcing play and recovery runs.

Strikers - Scoring inside/outside the box, passing, link play, forcing play, pressurising and recovery runs.





# LUCAN UNITED FC



## **Step 5**

### **U13s**

Players should be comfortable playing using the 4 main functions: Attacking – Transition to Defend-Defending – Transition to Attack

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

Games: 11v11

Coaches Qualifications: PDP 3, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, (PDP 1 and 2 – still get useful messages) National D Licence, National C Licence

### **U14s**

Players should be comfortable playing using the 4 main functions: Attacking – Transition to Defend-Defending – Transition to Attack

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

Games: 11v11

Coaches Qualifications: PDP 3, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence



# LUCAN UNITED FC



Position	Attacking	Defending
<b>GOALKEEPERS</b>	Positioning <ul style="list-style-type: none"><li>• Distribution (restarts &amp; counter attacking)</li><li>• Supporting position (playing out, being available, switching play)</li><li>• Communication</li></ul>	Positioning <ul style="list-style-type: none"><li>• Shot stopping</li><li>• Dealing with crosses</li><li>• Defending set plays</li><li>• Communication (clear and concise)</li></ul>
<b>FULL BACKS</b>	Receiving techniques (facing the play) <ul style="list-style-type: none"><li>• Range of passing – short, long, lofted, chipped etc.</li><li>• Running with the ball</li><li>• Crossing</li></ul>	1 v 1 defending (wide positions) <ul style="list-style-type: none"><li>• Interceptions</li><li>• Stopping crosses</li><li>• Blocking crosses/shots</li><li>• Defensive heading – near/far post</li></ul>
<b>CENTRE BACKS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing the play)</li><li>• Range of passing – short, long, diagonal, side foot</li><li>• Running with the ball</li><li>• Heading at attacking set plays</li></ul>	<ul style="list-style-type: none"><li>• 1 v 1 defending (central – marking/covering, stop turns and tackling)</li><li>• Interceptions</li><li>• Clearances</li><li>• Blocking (shots)</li><li>• Defensive heading</li><li>• Communication</li></ul>
<b>CENTRAL MIDFIELDERS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing play/back to goal)</li><li>• Range of passing (disguise/clever)</li><li>• Turning</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Crossing</li><li>• Finishing techniques</li></ul>	<ul style="list-style-type: none"><li>• 1 v1 defending (stop turning/forcing play/spoiling/tracking runners/recovery runs)</li><li>• Interceptions</li><li>• Tackling</li><li>• Blocking</li></ul>
<b>WINGERS</b>	Receiving techniques (back to goal/facing) <ul style="list-style-type: none"><li>• Supporting positions wide and infield</li><li>• Crossing</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Scoring technique</li><li>• Heading (near/back post)</li></ul>	Pressuring <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Tracking</li></ul>
<b>STRIKERS</b>	<ul style="list-style-type: none"><li>• Scoring techniques (inside/outside box)</li><li>• Receiving techniques (back to goal)</li><li>• Passing/linking play/combining play with each other</li><li>• Turning</li><li>• Dribbling</li><li>• Heading (general/goal scoring)</li></ul>	Pressuring – drive the train <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Heading (set plays)</li></ul>



# LUCAN UNITED FC





# LUCAN UNITED FC



## Step 6(1)

### U15s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

Games: 11v11

Each position requires a player to demonstrate certain attributes

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: PDP 3, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence



# LUCAN UNITED FC



## Step 6(2)

### U16s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

Games: 11v11

Each position requires a player to demonstrate certain attributes

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: PDP 3, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence



# LUCAN UNITED FC



Position	Attacking	Defending
<b>GOALKEEPERS</b>	Positioning <ul style="list-style-type: none"><li>• Distribution (restarts &amp; counter attacking)</li><li>• Supporting position (playing out, being available, switching play)</li><li>• Communication</li></ul>	Positioning <ul style="list-style-type: none"><li>• Shot stopping</li><li>• Dealing with crosses</li><li>• Defending set plays</li><li>• Communication (clear and concise)</li></ul>
<b>FULL BACKS</b>	Receiving techniques (facing the play) <ul style="list-style-type: none"><li>• Range of passing – short, long, lofted, chipped etc.</li><li>• Running with the ball</li><li>• Crossing</li></ul>	1 v 1 defending (wide positions) <ul style="list-style-type: none"><li>• Interceptions</li><li>• Stopping crosses</li><li>• Blocking crosses/shots</li><li>• Defensive heading – near/far post</li></ul>
<b>CENTRE BACKS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing the play)</li><li>• Range of passing – short, long, diagonal, side foot</li><li>• Running with the ball</li><li>• Heading at attacking set plays</li></ul>	<ul style="list-style-type: none"><li>• 1 v 1 defending (central – marking/covering, stop turns and tackling)</li><li>• Interceptions</li><li>• Clearances</li><li>• Blocking (shots)</li><li>• Defensive heading</li><li>• Communication</li></ul>
<b>CENTRAL MIDFIELDERS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing play/back to goal)</li><li>• Range of passing (disguise/clever)</li><li>• Turning</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Crossing</li><li>• Finishing techniques</li></ul>	<ul style="list-style-type: none"><li>• 1 v1 defending (stop turning/forcing play/spoiling/tracking runners/recovery runs)</li><li>• Interceptions</li><li>• Tackling</li><li>• Blocking</li></ul>
<b>WINGERS</b>	Receiving techniques (back to goal/facing) <ul style="list-style-type: none"><li>• Supporting positions wide and infield</li><li>• Crossing</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Scoring technique</li><li>• Heading (near/back post)</li></ul>	Pressuring <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Tracking</li></ul>
<b>STRIKERS</b>	<ul style="list-style-type: none"><li>• Scoring techniques (inside/outside box)</li><li>• Receiving techniques (back to goal)</li><li>• Passing/linking play/combining play with each other</li><li>• Turning</li><li>• Dribbling</li><li>• Heading (general/goal scoring)</li></ul>	Pressuring – drive the train <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Heading (set plays)</li></ul>



# LUCAN UNITED FC







# LUCAN UNITED FC



## Step 7(1)

### U17s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

These players should start to become involved in the academy step up, they should be a positive role model for the young players coming through

Games: 11v11

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

**The Lucan United way is a long-term investment into player development – One where the players come first, they are the centre of everything we do and try to achieve**

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: PDP 3, Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence



# LUCAN UNITED FC



## Step 7 (2)

### U18s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

These players should start to become involved in the academy step up, they should be a positive role model for the young players coming through

Coaches Qualifications: Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, (PDP 3 – still get some useful information) National D Licence, National C Licence

Games: 11v11

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

**The Lucan United way is a long-term investment into player development – One where the players come first, they are the centre of everything we do and try to achieve**

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, (PDP 3 – still get some useful information) National D Licence, National C Licence



# LUCAN UNITED FC



## Step 7(3)

### U19s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

These players should start to become involved in the academy step up, they should be a positive role model for the young players coming through

Games: 11v11

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

**The Lucan United way is a long-term investment into player development – One where the players come first, they are the centre of everything we do and try to achieve**

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence



# LUCAN UNITED FC



Position	Attacking	Defending
<b>GOALKEEPERS</b>	Positioning <ul style="list-style-type: none"><li>• Distribution (restarts &amp; counter attacking)</li><li>• Supporting position (playing out, being available, switching play)</li><li>• Communication</li></ul>	Positioning <ul style="list-style-type: none"><li>• Shot stopping</li><li>• Dealing with crosses</li><li>• Defending set plays</li><li>• Communication (clear and concise)</li></ul>
<b>FULL BACKS</b>	Receiving techniques (facing the play) <ul style="list-style-type: none"><li>• Range of passing – short, long, lofted, chipped etc.</li><li>• Running with the ball</li><li>• Crossing</li></ul>	1 v 1 defending (wide positions) <ul style="list-style-type: none"><li>• Interceptions</li><li>• Stopping crosses</li><li>• Blocking crosses/shots</li><li>• Defensive heading – near/far post</li></ul>
<b>CENTRE BACKS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing the play)</li><li>• Range of passing – short, long, diagonal, side foot</li><li>• Running with the ball</li><li>• Heading at attacking set plays</li></ul>	<ul style="list-style-type: none"><li>• 1 v 1 defending (central – marking/covering, stop turns and tackling)</li><li>• Interceptions</li><li>• Clearances</li><li>• Blocking (shots)</li><li>• Defensive heading</li><li>• Communication</li></ul>
<b>CENTRAL MIDFIELDERS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing play/back to goal)</li><li>• Range of passing (disguise/clever)</li><li>• Turning</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Crossing</li><li>• Finishing techniques</li></ul>	<ul style="list-style-type: none"><li>• 1 v1 defending (stop turning/forcing play/spoiling/tracking runners/recovery runs)</li><li>• Interceptions</li><li>• Tackling</li><li>• Blocking</li></ul>
<b>WINGERS</b>	Receiving techniques (back to goal/facing) <ul style="list-style-type: none"><li>• Supporting positions wide and infield</li><li>• Crossing</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Scoring technique</li><li>• Heading (near/back post)</li></ul>	Pressuring <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Tracking</li></ul>
<b>STRIKERS</b>	<ul style="list-style-type: none"><li>• Scoring techniques (inside/outside box)</li><li>• Receiving techniques (back to goal)</li><li>• Passing/linking play/combining play with each other</li><li>• Turning</li><li>• Dribbling</li><li>• Heading (general/goal scoring)</li></ul>	Pressuring – drive the train <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Heading (set plays)</li></ul>



# LUCAN UNITED FC





# LUCAN UNITED FC



## Step 8(1)

### U21s

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

These players should start to become involved in the academy step up; they should be a positive role model for the young players coming through

Games: 11v11

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the **individual** players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

**The Lucan United way is a long-term investment into player development – One where the players come first, they are the centre of everything we do and try to achieve**

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence, National B Licence



# LUCAN UNITED FC



## Step 8(2)

### **Adults**

4 main functions: Defending- Transition to Attack- Attacking – Transition to Defending.

Comfortable receiving the ball under pressure, correct body shape receiving the ball on the back foot using both feet

Winning football by playing out from the back, a playing style that allows players to make their own decisions, attacking football playing through the thirds, defending as a team with discipline, work ethic and team spirit

We play using Team, Unit, and Individual

These players should start to become involved in the academy step up, they should be a positive role model for the young players coming through

First team players should always conduct themselves with the highest respect; they should see themselves with an ambassador role within the club

Games: 11v11

To build on the positional play we have established during stage 5

- To develop players with the required quality and mentality to play for the first team.
- To optimise the quality of the *individual* players.
- To shape the character and football mentality of our players according to the core values of the Club.
- To identify and recruit locally talented players by providing them with top class training and education.
- To integrate sport, medical, scientific and administration functions along with modern infrastructure to achieve the best results possible.
- To encourage young players to focus on their studies and assist them to that respect.

**The Lucan United way is a long-term investment into player development – One where the players come first, they are the centre of everything we do and try to achieve**

Our playing philosophy takes into account the following 5 areas

1. Principles of play
2. Playing style
3. Position / Unit specific roles
4. Flexible system of play
5. Set Plays

Each player is expected to develop an implicit understanding of the attacking and defending principles of play. This understanding provides the basis for our playing style to emerge and the detail required to fulfil particular roles within a flexible 4-3-3 system.

Coaches Qualifications: Adult Licence, Futsal Intro, Goalkeeping Fundamentals, 7v7, 9v9, Football Fitness, National D Licence, National C Licence, National B Licence, National A Licence





# LUCAN UNITED FC



Position	Attacking	Defending
<b>GOALKEEPERS</b>	Positioning <ul style="list-style-type: none"><li>• Distribution (restarts &amp; counter attacking)</li><li>• Supporting position (playing out, being available, switching play)</li><li>• Communication</li></ul>	Positioning <ul style="list-style-type: none"><li>• Shot stopping</li><li>• Dealing with crosses</li><li>• Defending set plays</li><li>• Communication (clear and concise)</li></ul>
<b>FULL BACKS</b>	Receiving techniques (facing the play) <ul style="list-style-type: none"><li>• Range of passing – short, long, lofted, chipped etc.</li><li>• Running with the ball</li><li>• Crossing</li></ul>	1 v 1 defending (wide positions) <ul style="list-style-type: none"><li>• Interceptions</li><li>• Stopping crosses</li><li>• Blocking crosses/shots</li><li>• Defensive heading – near/far post</li></ul>
<b>CENTRE BACKS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing the play)</li><li>• Range of passing – short, long, diagonal, side foot</li><li>• Running with the ball</li><li>• Heading at attacking set plays</li></ul>	<ul style="list-style-type: none"><li>• 1 v 1 defending (central – marking/covering, stop turns and tackling)</li><li>• Interceptions</li><li>• Clearances</li><li>• Blocking (shots)</li><li>• Defensive heading</li><li>• Communication</li></ul>
<b>CENTRAL MIDFIELDERS</b>	<ul style="list-style-type: none"><li>• Receiving techniques (facing play/back to goal)</li><li>• Range of passing (disguise/clever)</li><li>• Turning</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Crossing</li><li>• Finishing techniques</li></ul>	<ul style="list-style-type: none"><li>• 1 v1 defending (stop turning/forcing play/spoiling/tracking runners/recovery runs)</li><li>• Interceptions</li><li>• Tackling</li><li>• Blocking</li></ul>
<b>WINGERS</b>	Receiving techniques (back to goal/facing) <ul style="list-style-type: none"><li>• Supporting positions wide and infield</li><li>• Crossing</li><li>• Dribbling</li><li>• Running with the ball</li><li>• Scoring technique</li><li>• Heading (near/back post)</li></ul>	Pressuring <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Tracking</li></ul>
<b>STRIKERS</b>	<ul style="list-style-type: none"><li>• Scoring techniques (inside/outside box)</li><li>• Receiving techniques (back to goal)</li><li>• Passing/linking play/combining play with each other</li><li>• Turning</li><li>• Dribbling</li><li>• Heading (general/goal scoring)</li></ul>	Pressuring – drive the train <ul style="list-style-type: none"><li>• Forcing play</li><li>• Recovery runs</li><li>• Heading (set plays)</li></ul>



# LUCAN UNITED FC

