

Varsity College Year 9 ASPIRE Football – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	Role of a Coach & Coaching & Lesson Planning Introduction to General Coaching Principles Fitness Testing	
2	15-19 July	Lesson Plan Development General Coaching Principles – Junior Coaching session planning Practical – skill development first touch (model lesson for coaching)	
3	22-26 July GC24 - Thursday	Junior Campus Coaching Session 1. Coaching session planning Practical – skill development running with the ball	
4	29 Jul- 2 Aug	Junior Campus Coaching Session 2. Coaching session planning Practical – skill development 1 v 1	
5	5-9 August	Junior Campus Coaching Session 3. Coaching session planning Practical – skill development striking the ball (model lesson for coaching)	
6	12-16 August GC24 Finals – Wed.	Junior Campus Coaching Session 4. Coaching session planning Practical – set pieces attacking	
7	19-23 August	Written report Assessment preparation Project Draft Due Practical – set pieces defending	Project draft due
8	26-30 August	Assessment feedback and drafting Practical – performance phase > full size game play	
9	2-6 September	Team Sports & Games / Project Final Due	Project
10	9-13 September	Assessment review Small sided games: Euro tournament	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	'Introduction to Leadership' Check in Fitness Testing Practical - Strategies & Tactics in Game Play BP>BPO: quick transitions front third	
2	7-11 October King's B'day PH - Monday	Practical - Strategies & Tactics in Game Play	
3	14-18 October	'Leaders of Evolution' – Emerging Leaders in Sport Online Practical - Strategies & Tactics in Game Play (QFSL) BP>BPO: quick transition middle third	
4	21 - 25 October	'Leaders of Evolution' e-learning online course Practical - Strategies & Tactics in Game Play (QFSL) BP>BPO: quick transition back third	
5	28 Oct – 1 Nov	'Leaders of Evolution' e-learning online course Practical - Strategies & Tactics in Game Play BP>BPO: putting it all together game play	
6	4-8 November	'Leaders of Evolution' e-learning online course Practical - Strategies & Tactics in Game Play	
7	11-15 November	'Leaders of Evolution' e-learning online course Practical - Strategies & Tactics in Game Play (QFSL) digital feedback	
8	18-22 November	'Leaders of Evolution' e-learning online course Practical – Strategies & Tactics in game play (QFSL) digital feedback	
9	25-29 November	Emerging leaders in class extended response	EXAM
10	2-6 December	Alternative Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			