



SEASON CURRICULUM

Foundational Development
Ages 5-8





About SOCCERSPECIFIC

SoccerSpecific's mission is to create and share the highest quality coaching education for best player development around the world. For 14 years we have provided coaches with the educational tools they need to train players effectively. We continually strive to find new and innovative ways to meet the needs of coaches and players around the world. We are eager to share this invaluable knowledge with anyone who wants to learn because we believe this ultimately helps our players develop and reach their greatest potential.

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A NOTE FROM THE AUTHOR

by Eric Clermont

Welcome to our new, foundational curriculum for ages 5-8, which adds to our current curricula for ages 9-12 and 13-18 already on SoccerSpecific.com. We're excited to get this out there, as it has been requested frequently by coaches and parents for years!

The curriculum works as an 8-week program of 16 simple, easy to use sessions which are manageable for any soccer coach or parent. The content provides a great introduction for players new to soccer. The objective at this foundational level is to provide a safe, fun environment for young people where they can begin to grow a love for the game. All learning is implicit with the learning taking place within the conditions and rules of each game- this allows the coach to focus on letting the kids 'have fun' and slowly introducing coaching points as the sessions develop.

The sessions focus heavily on developing the essential technical, physical and psycho-social skills within the game of soccer, while also introducing simple tactical concepts. Technically, we introduce players to the fundamental skills needed to play the game; dribbling, running with the ball, passing/ receiving and shooting/ finishing. From a physical aspect, the sessions also have a heavy focus on developing players' physical literacy, in other words their ABC's- agility, balance and coordination, which are all vital to athletic development later on in life. From a mental perspective, the curriculum focuses on building confidence, creating an environment of competition while also introducing young people to the social skills needed in life. Overall, the curriculum will enhance players' lives in and out of the game of soccer.

Anyone can use the curriculum; from a seasoned, veteran coach who is looking for something new, or a first-time parent coach who is new to the game of soccer. We hope you enjoy it as much as we enjoyed creating it!



TABLE OF CONTENTS

Matrix - Curriculum Schedule	1
WEEK 1: SESSION 1	2
Warm-up: Numbers Game	3
Body Brakes.	4
1V1 Ladder	5
2V2 Small Sided Games	6
WEEK 1: SESSION 2	7
Warm-up: Candy Shop	8
Carz Speed Game	9
Demolition Man.	10
3V3 to End Zones	11
WEEK 2: SESSION 1	12
Warm-up: Follow the Leader.	13
Follow the Leader (With Balls).	14
Golden Ball	15
1V1 to a Ball	16
WEEK 2: SESSION 2	17
Warm-up: Numbers Game	18
Back to Coach	19
The Gate Game.	20
Four Cone Small Sided Game.	21
WEEK 3: SESSION 1	22
Skills Game	23
Hospital Tag.	24
1V1 with a Ball.	25
2V2 to 4 Goals.	26
WEEK 3: SESSION 2	27
Dribbling Carousel	28
Dribbling Races.	29
1V1 to a Big Goal	30
3V3 to Big Goals	31
WEEK 4: SESSION 1	32
Sharks and Minnows (Without Balls)	33
Sharks and Minnows (With Balls).	34
Chase Game	35
3V3 to End Zones	36
WEEK 4: SESSION 2	37
Gate Game	38
Gate Game – Passing	39
Mud Monsters	40
3V3 to End Zone Targets.	41

WEEK 5: SESSION 1	42
Foxes and Farmers (Without Balls)	43
Foxes and Farmers (With Balls)	44
Around the Clock 1V1 Games	45
Individual and Small Group Work	46
WEEK 5: SESSION 2	47
Junkyard Soccer	48
Passing Races	49
Ghostbusters	50
3V3 to End Zones	51
WEEK 6: SESSION 1	52
Ball Tag	53
Team Ball Tag	54
Cops and Robbers	55
Individual and Small Group Work	56
WEEK 6: SESSION 2	57
Goals Galore	58
1V1 to Goal	59
2V2 to Goal	60
3V3 Small Sided Game to Goal	61
WEEK 7: SESSION 1	62
Warm-up: Space Mountain	63
Space Mountain	64
Space Monster	65
3V3 to Big Goals	66
WEEK 7: SESSION 2	67
Golden Ball	68
Chase Game	69
1V1 to a Ball	70
Change Direction 2V2 to 4 Goals	71
WEEK 8: SESSION 1	72
Sharks and Minnows (With Balls)	73
1V1 Ladder	74
2V2 Small Sided Games	75
4V4 to End Zones	76
WEEK 8: SESSION 2	77
Cops and Robbers	78
Gate Game – Passing	79
Mud Monsters	80
3V3 Small Sided Games	81



Foundational Curriculum: Ages 5-8

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
TRAINING DAY 1	Warm-up: Numbers Game Body Brakes 1V1 Ladder 2V2 Small Sided Games	Warm-up: Follow the Ladder Follow the Leader (With Balls) Golden Ball 1V1 to a Ball	Skills Game Hospital Tag 1V1 with a Ball 2V2 to 4 Goals	Sharks and Minnows (Without Balls) Sharks and Minnows (With Balls) Chase Game 3V3 to End Zones
TRAINING DAY 2	Warm-up: Candy Shop Carz Speed Game Demolition Man 3V3 to End Zones	Warm-up: Numbers Game Back to Coach The Gate Game Four Cone Small Sided Game	Dribbling Carousel Dribbling Races 1V1 to a Big Goal 3V3 to Big Goals	Gate Game Gate Game - Passing Mud Monsters 3V3 to End Zone Targets
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
TRAINING DAY 1	Foxes and Farmers (Without Balls) Foxes and Farmers (With Balls) Around the Clock 1V1 Games Individual and Small Group Work	Ball Tag Team Ball Tag Cops and Robbers Individual and Small Group Work	Warm-up: Space Mountain Space Mountain Space Monster 3V3 to Big Goals	Sharks and Minnows (With Balls) 1V1 Ladder 2V2 Small Sided Games 4V4 to End Zones
TRAINING DAY 2	Junkyard Soccer Passing Races Ghostbusters 3V3 to End Zones	Goals Galore 1V1 to Goal 2V2 to Goal 3V3 Small Sided Game to Goal	Golden Ball Chase Game 1V1 to a Ball Change Direction 2V2 to 4 Goals	Cops and Robbers Gate Game - Passing Mud Monsters 3V3 Small Sided Games

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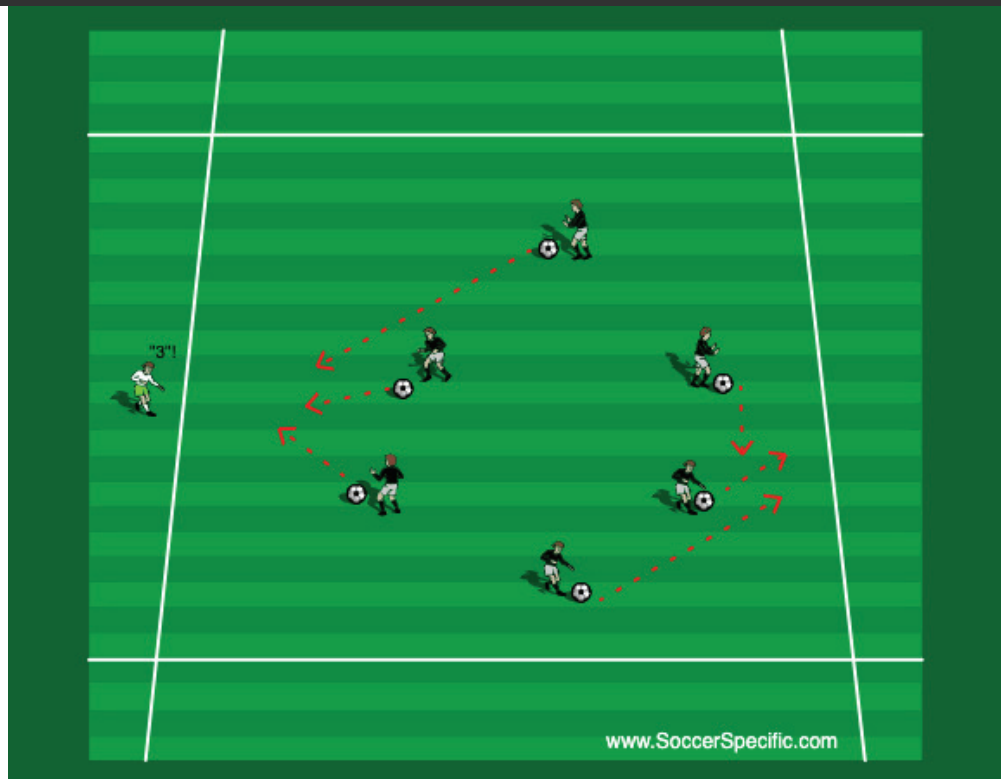
WEEK 1, SESSION 1

WARM-UP: NUMBERS GAME
BODY BRAKES
1V1 LADDER
2V2 SMALL SIDED GAMES

This session focuses on developing a young person's ABCs. This refers to agility, balance and coordination, which are three of the essential movement qualities that young people need to develop in their childhood. Using fun games and storytelling, this session provides a fun and safe environment to improve these key areas of athletic development.



Warm-up: Numbers Game



10 mins ↗ 30x20

Setup

Warm up- Numbers Game. Field set up as above with a 30 x 20 area. The coach will need to show the players around the perimeter of the field and they will need to be constantly reminded of this.

Instructions

All players begin with a ball each dribbling around inside the playing area. Every three touches, they perform a move (see coaching points below) changing direction, feet, surface of feet and speed.

Progression: Players dribble in space and when coach calls a number they get into groups of that number.

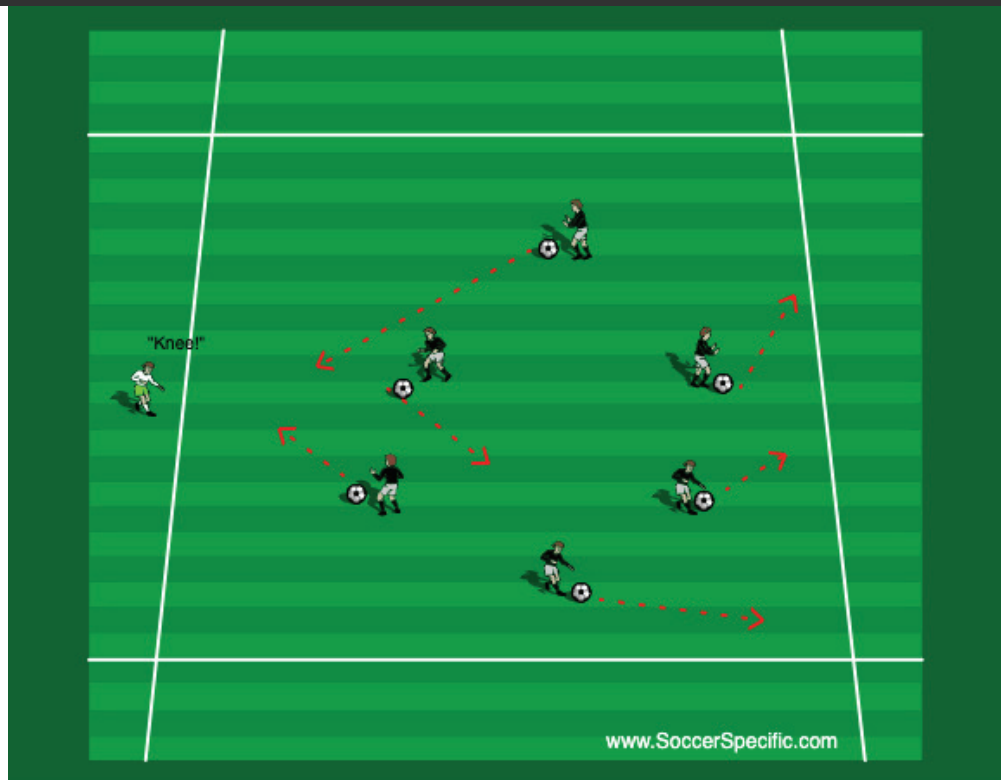
Coaching Points

Take small touches in tight areas and a big touch in spaces. Skills to change direction: The Drag Back Turn.

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



Body Brakes



15 mins ↗ 30x20

Setup

Body Brakes. Field set up as above with a 30 x 20 area. The coach will need to show the players around the perimeter of the field and they will need to be constantly reminded of this.

Instructions

While the players move around with a soccer ball in square approximately 30 x 20 steps, the coach calls either 'Heads' (player must stop the ball and put their head on the ball) or 'Tails' (player must stop the ball and sit on the ball).

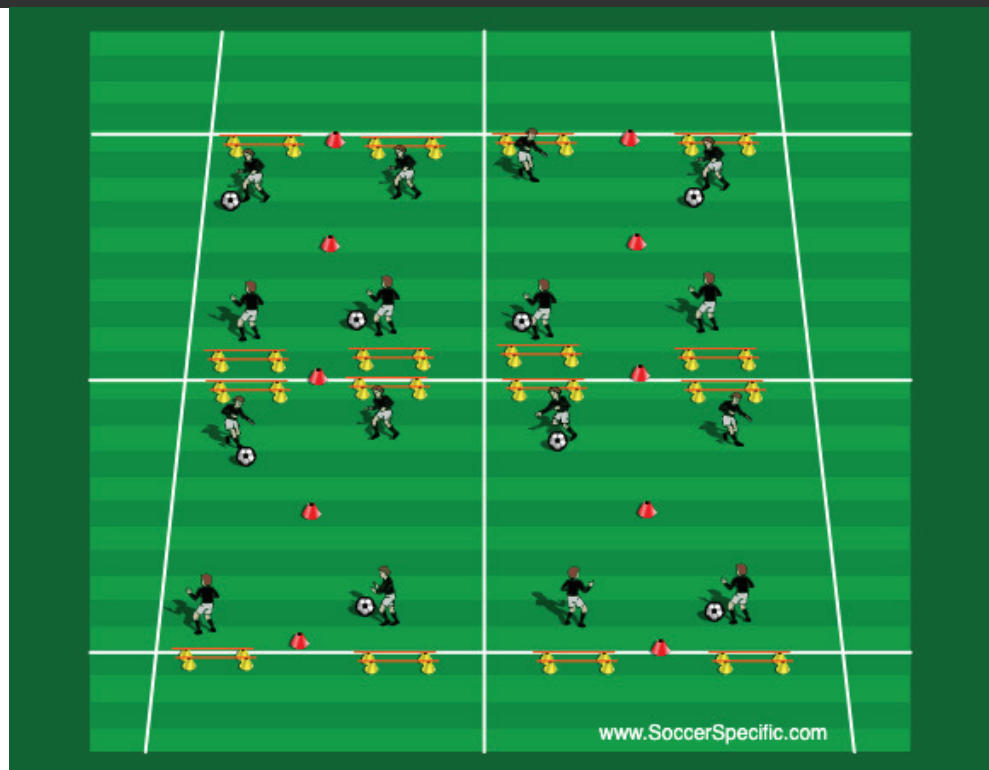
Progression: now, then the coach calls out a body part, for example, elbow. The players must try to stop their soccer ball with the sole of their foot and then touch that body part on the ball.

Coaching Points

Take small touches in tight areas to be able to stop the ball and put the right body part on the ball.
Keep your head up to make sure you can see where the space is.



1 v 1 Ladder



15 mins ↗ 20x15

Setup

1 v 1 Ladder- mini fields set up (20 x 15 each field) as above. Mini goals or cone goals set up (2 yards wide). Players split into groups of 2.

Instructions

Players split into groups of 2 and play a 2 minute game against another player. At the end of the game, the players move up the ladder (after a win) or down the ladder (after a loss). After a tie, the players do a juggle off (both teams attempt to juggle the ball without the ball bouncing- the player with most juggles wins).

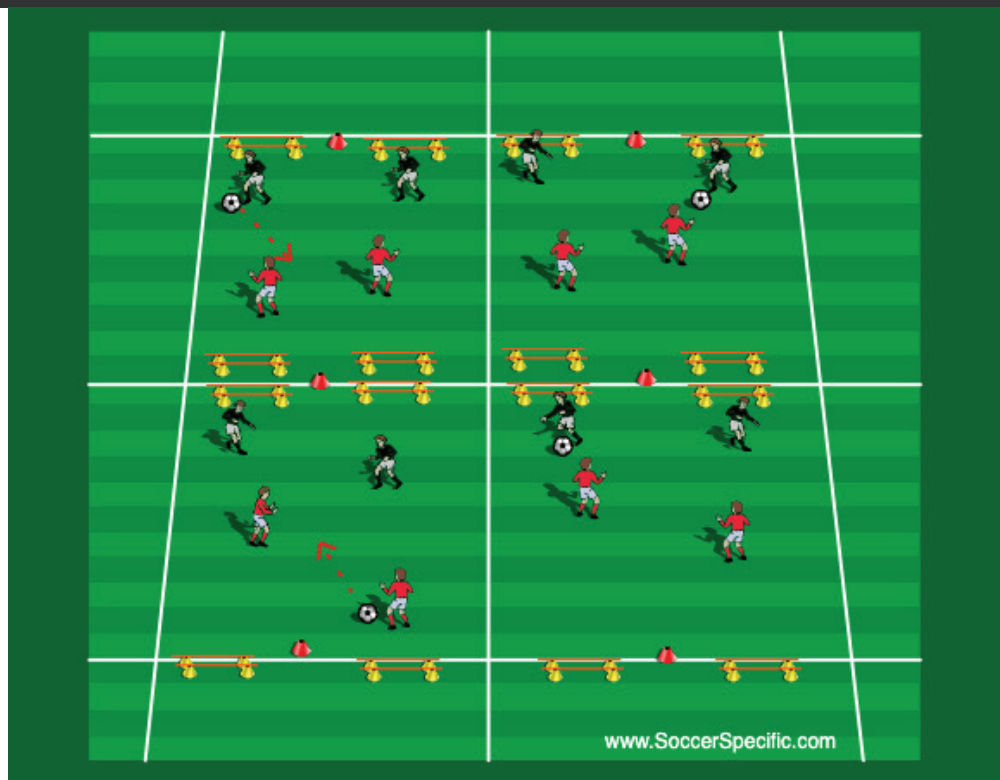
Coaching Points

Moves to change direction;

The Inside Cut- Place the non kicking foot directly at the side of the ball (slightly bent). The player should pivot on the non-kicking foot making contact with the ball using the inside of the foot, taking the ball in the opposite direction. The player should have a lower their center of gravity for balance. Upon completing the move the player should accelerate away into space.



2 v 2 Small sided games



20 mins ↗ 30x20

Setup

2 v 2 small sided games- mini fields set up (30 x 20 each field) as above. 2 mini goals or cone goals set up on each side (2 yards wide). Players split into groups of 2 on each team.

Instructions

Players play a 2 v 2 game for 2 minutes per game. At the end of the game, the players move up the ladder (after a win) or down the ladder (after a loss). After a tie, the players do a juggle off (one player from each team attempt to juggle the ball without the ball bouncing- the player with most juggles wins).

Coaching Points

Dribbling skills- individual footwork and body feints to beat your man.

Understanding space- if you do not have the ball, attempt to move into an area to receive the ball (space).



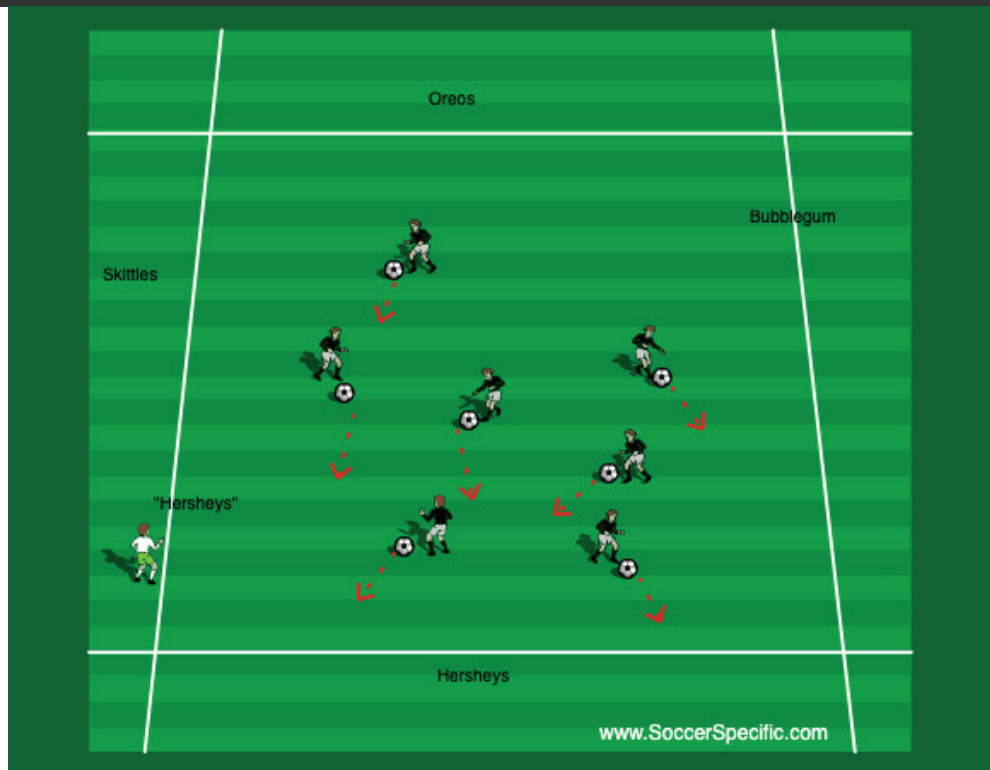
WEEK 1, SESSION 2

WARM-UP: CANDY SHOP
CARZ SPEED GAME
DEMOLITION MAN
3V3 TO END ZONES

The following session focuses on developing the ability to dribble with the ball. Building on the players' ability to use their agility, balance and coordination skills, this session now focuses on the players' ability to change direction, dribble slow and accelerate to a faster speed. Using fun games and storytelling, the session provides a fun and safe environment to improve these key areas of soccer development.



Warm-up: Candy Shop



10 mins ↗ 30x20

Setup

Candy-shop warm up. 30 x 20 field size. Players have one ball each in the playing area.

Instructions

Players start dribbling the ball around with a soccer ball in the area. The coach names each side of the area after a piece of candy. When the coach calls the name of a candy bar, the players dribble their soccer ball to the correct side.

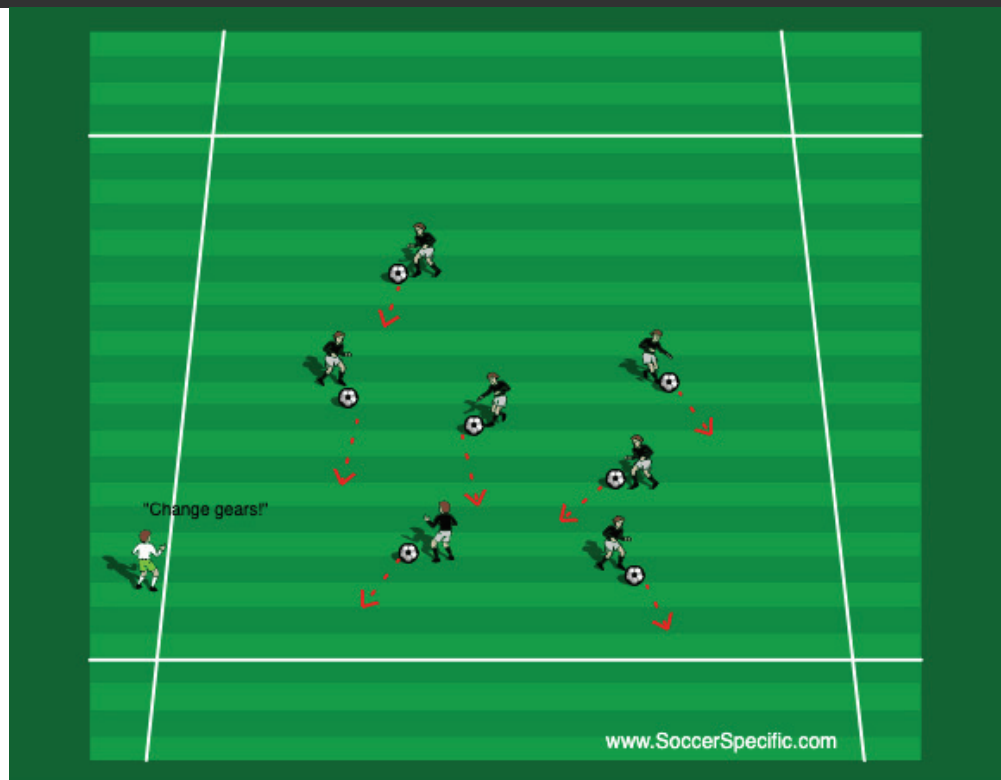
Progression: Perform a different skill for each side. Perform as many of the skill at the side when coach calls it; Skittles- toe touches, Hersheys- inside inside, Bubblegum- juggles, Oreos- pull backs

Coaching Points

Make sure players are performing the skills correctly; break down each skill if needed.
Changes of direction- use of inside/outside cut.



Carz Speed game



15 mins ↗ 30x20

Setup

Carz speed game- 30 x 20 field space. Coach now instructs the players that their ball will be their brand new car.

Instructions

The children dribble around the area and the coach introduces three gears. In 1st gear, players must dribble their soccer ball slowly. In 2nd gear players should try to dribble the ball at a medium speed. Third gear is "racing car" speed, players dribble as fast as they can.

Red Light – STOP!

Uphill Driving – Perform Toe Taps on the ball

U Turn – Perform a Pull Back Turn and change direction

Change Gears– Drive around the grid cradling the ball (inside to inside of feet alternating feet).

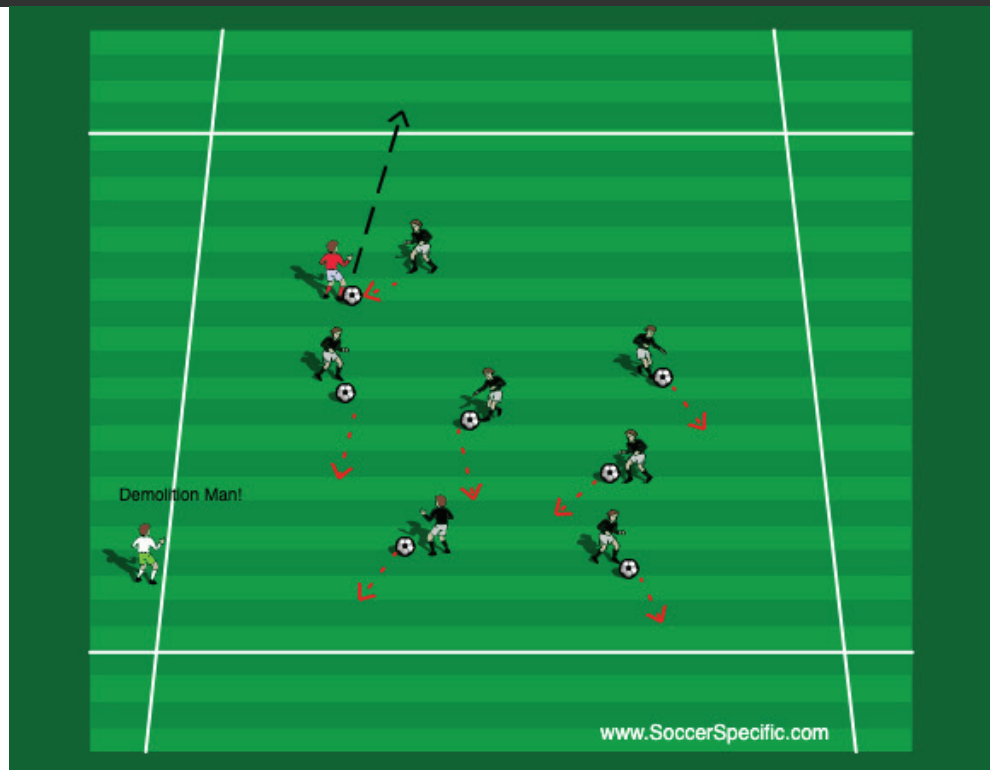
Coaching Points

Make sure players are performing the skills correctly; break down each skill if needed.

Changes of direction- use of inside/outside cut.



Demolition Man



15 mins ↗ 30x20

Setup

Demolition Man- 30 x 20 field space. Coach now chooses one player to become the demolition man (red bib).

Instructions

Players dribble around the area and the coach introduces the Demolition Man. When the coach calls "Demolition Man" the defender enters the area attempting to kick the balls out of the grid. When a player loses their ball, they must go to the coach to be told what repairs they need to make to their car. Examples may include juggles, toe touches or inside inside touches.

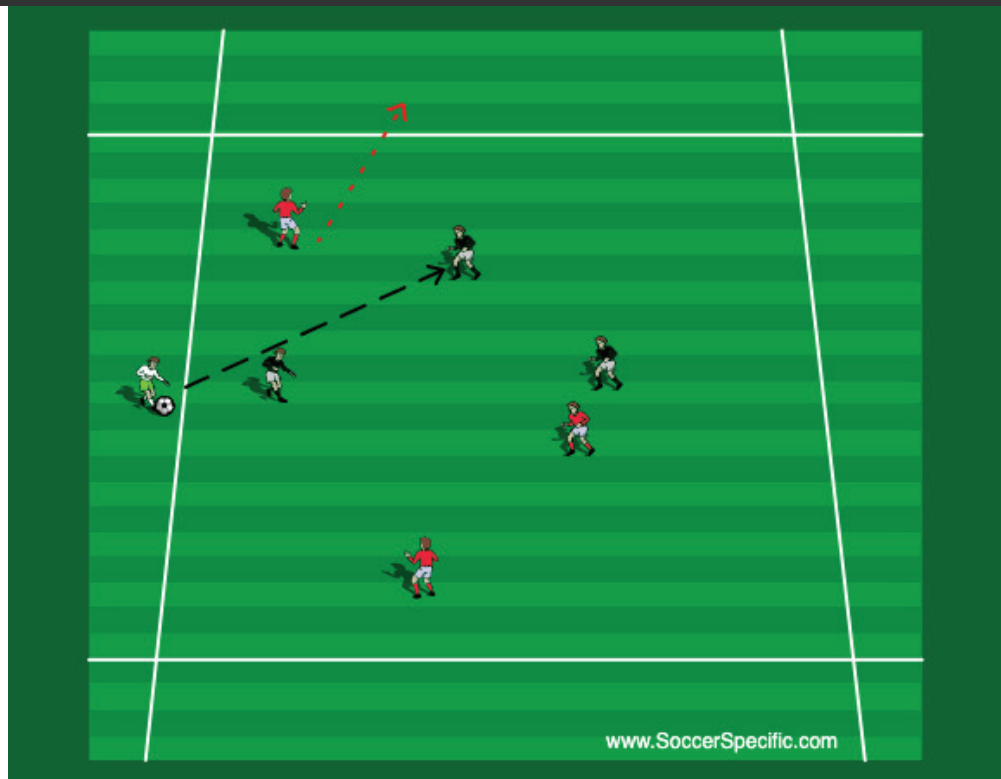
Coaching Points

Changes of direction- use of inside/outside cut, pull back.

Understanding of space- players should play with their heads up to see where the defenders and space is.



3V3 to End Zones



20 mins ↗ 30x20

Setup

3 v 3 to End Zones - Same field space of 30 x 20 playing area area. Two teams of three on each field. 3 minute games with multiple games played.

Instructions

Balls are played into the playing area by the coach. Players attempt to dribble into the end zone in order to score a goal. When the ball goes out of the playing area, the coach plays in a new ball to the player in the most space (this encourages players to find space quickly).

Coaching Points

Changes of direction- use of inside/outside cut, pull back.

Understanding of space- players should play with their heads up to see where the defenders and space is.

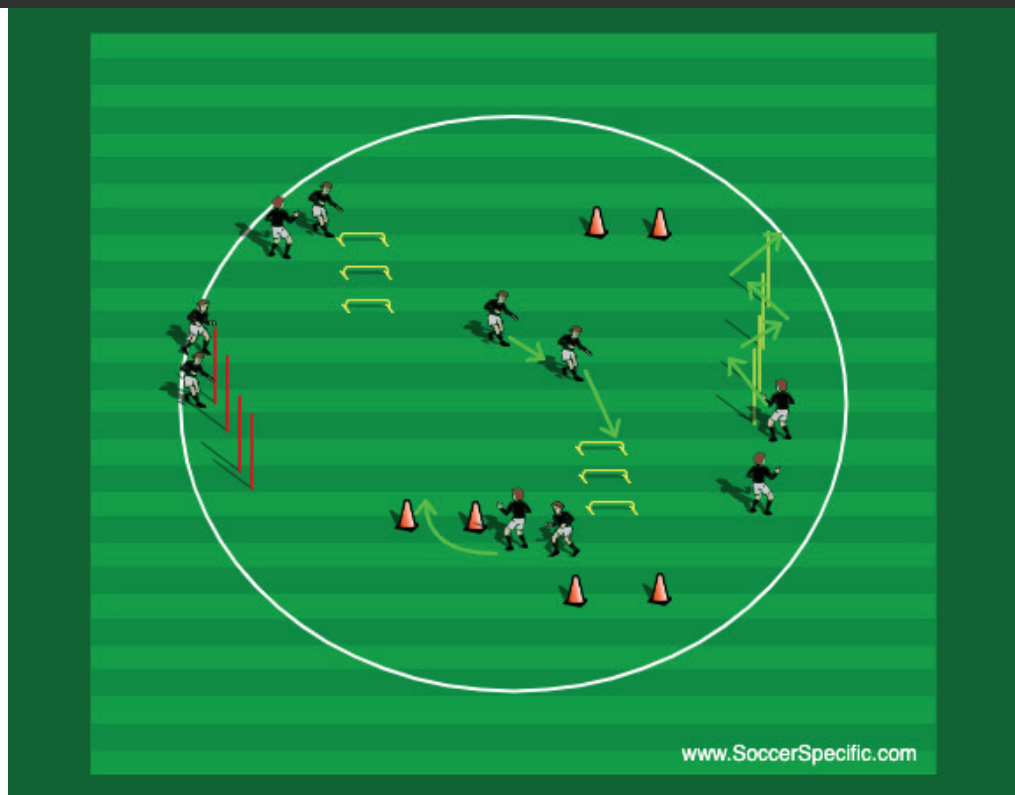


WEEK 2, SESSION 1

WARM-UP: FOLLOW THE LEADER
FOLLOW THE LEADER (WITH BALLS)
GOLDEN BALL
1V1 TO A BALL

This session focuses on developing ABCs in young players. The activities revisit agility, balance and coordination throughout the session in a fun and safe way where the athletes will also begin to develop interpersonal skills while working with a partner and also continue to gain familiarity with the ball.

Warm-up: Follow the Leader



12 mins ↗ 40x30

Setup

Warm-up: Follow the Leader. Circular field set up as shown to encourage more changes of direction. Mini obstacles set up such as poles, mini hurdles and coned gates. Players split into groups of 2.

Instructions

Players split up into 2 groups (no balls). Players are numbered 1 and 2. The coach calls a number and that player is the leader. The leader can move around the obstacles as they would like, while the leader follows their lead. Switch roles each set.

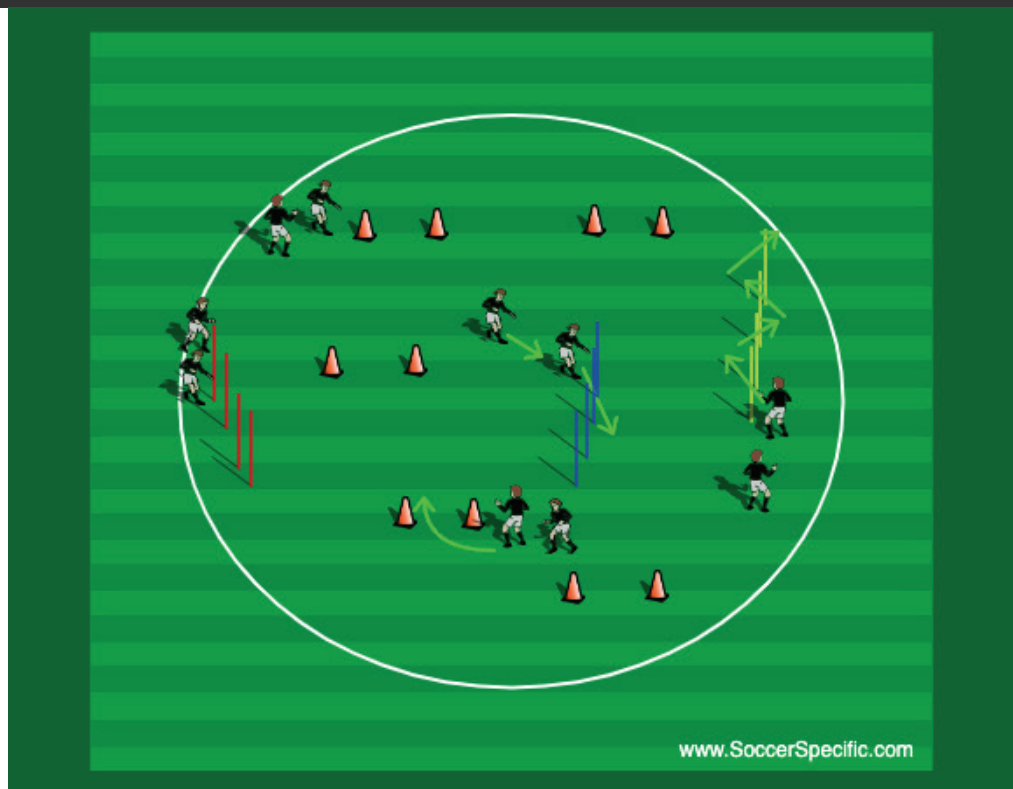
Progression: same game, but now the leader must try to evade the follower using quick changes of direction. When the coach whistles, if the follower is within arm length, they win a point, but if the leader is further away, they win a point.

Coaching Points

Agility, balance and coordination- jumping, running, turning, slaloming in and out.
Changes of direction- body feints, accelerations and decelerations.



Follow the Leader (with balls)



12 mins ↗ 40x30

Setup

Follow the Leader with balls. Circular field set up as shown to encourage more changes of direction. Mini obstacles set up such as poles and coned gates (hurdles removed from previous activity). Players stay in groups of 2.

Instructions

Players split up into groups of 2 (with one ball between 2). Players are numbered 1 and 2. Players begin passing and moving. The coach calls a number and that player becomes the leader and receives the ball. The leader must move around with their ball trying to evade the follower using quick changes of direction with the ball. When the coach whistles, if the follower is within arms length, they win a point, but if the leader is further away, they win a point.

Progression: Both players have a ball; whichever number is called becomes the leader.

Coaching Points

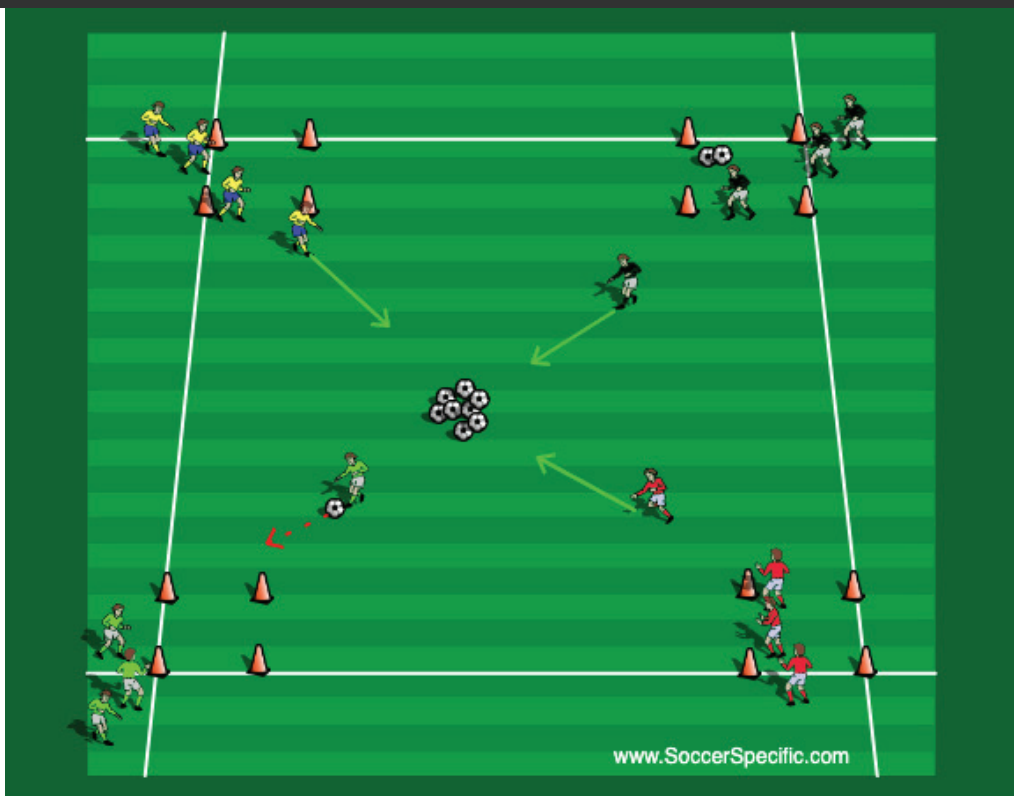
Changes of direction with the ball- body feints, ball manipulation, turning with the ball.

The Inside Cut: Place the non – kicking foot directly at the side of the ball. The non – kicking foot should be slightly bent. The player should pivot in the non – kicking inside of the foot, taking the ball in the opposite direction.

Upon completing the move the player should accelerate away into space.



Golden Ball



20 mins ↗ 40x30

Setup

Golden Egg. 40 x 30 yard grid set up with 4 mini boxes set up in each corner of 5 x 5 yards. Teams split into four teams (or less, if numbers require). 15-20 balls set up as above in the middle of the grid.

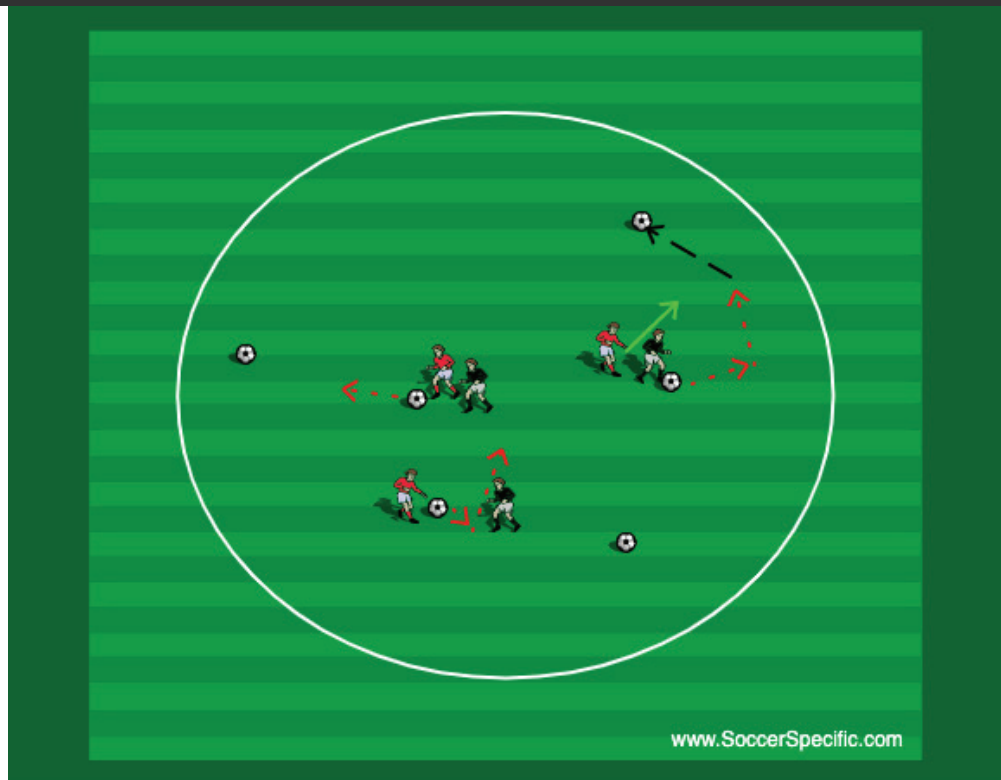
Instructions

Players start in their teams base. The coach places all the soccer balls into the middle of the playing area. On the coaches' command, players must run into the middle to take a soccer ball back to their base. Once all balls have been collected, players can now take a ball from another team's base. The team with most balls at the end wins.

Coaching Points



1V1 to a Ball



15 mins ↗ 40x30

Setup

1 v 1 to a ball. Circular field set up as shown to encourage more changes of direction. Players split into groups of 2. Switch partners each set. 2 min games.

Instructions

Players split up into groups of 2 (with one ball being played with one ball used as a goal). Players start passing and moving and on the coaches command the game starts and the player that has possession starts with the ball. Players play a 1 v 1 game attempting to score by passing their ball on to the other ball. The other player attempt to steal the ball and also score on the other ball. When the coach whistles, the game is complete.

Coaching Points

Changes of direction with the ball- body feints, ball manipulation, turning with the ball.

The Inside Cut: Place the non – kicking foot directly at the side of the ball. The non – kicking foot should be slightly bent. The player should pivot in the non – kicking foot making contact with the ball using the inside of the foot, taking the ball in the opposite direction.

Upon completing the move the player should accelerate away into space.



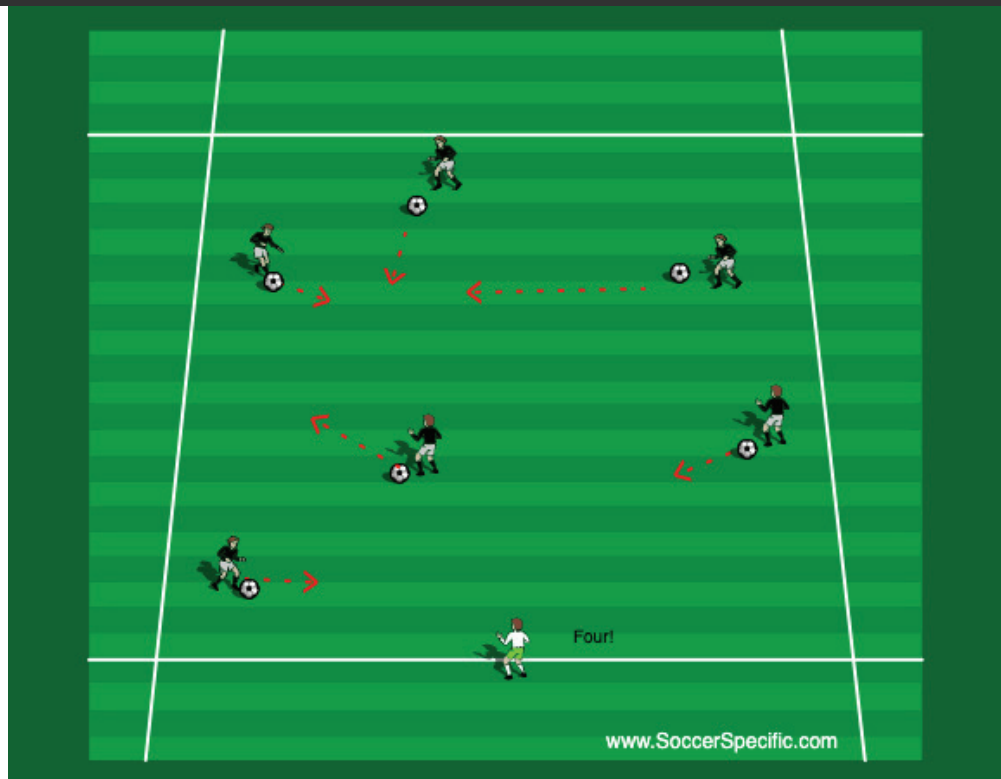
WEEK 2, SESSION 2

WARM-UP: NUMBERS GAME
BACK TO COACH
THE GATE GAME
FOUR CONE SMALL SIDED GAME

The following session focuses on developing the ability of young players to manipulate the ball individually or in a group of 2. The activities focus on gaining ball familiarity with some fun individual games and also introduce passing and moving to the players, helping them develop interpersonal skills while working with a partner.



Warm-up: Numbers Game



10 mins ↗ 40x30

Setup

Warm-up: Numbers Game. Field set up as above with a 40x30 area. The coach will need to show the players around the perimeter of the field and they will need to be constantly reminded of this.

Instructions

All players begin with a ball each dribbling around inside the playing area. Every three touches, they perform a move (see coaching points below) changing direction, feet, surface of feet and speed.

Progression: Players dribble in space and when coach calls a number they get into groups of that number.

Coaching Points

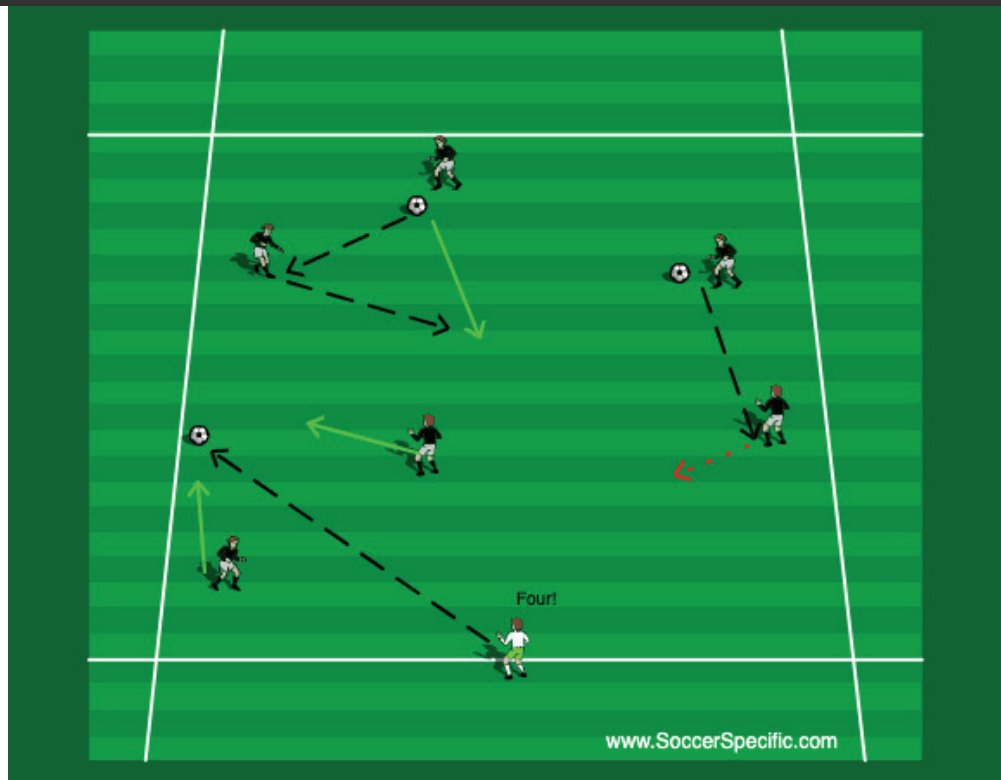
Take small touches in tight areas and a big touch in spaces.

Skills to change direction: The Drag Back Turn

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



Back to Coach



10 mins ↗ 40x30

Setup

Back to Coach. 40x30 area. Players split into groups of 2 with one ball between each pair.

Instructions

Coach throws or kicks a ball away and each pair brings the ball back to their coach by passing it back to each other.

Progressions:

- 1) Get it back to coach ASAP
- 2) Make a specific amount of passes after coach calls a number after kicking the ball away,
- 3) Coach moves away from the grid; players must find the coach.

Coaching Points

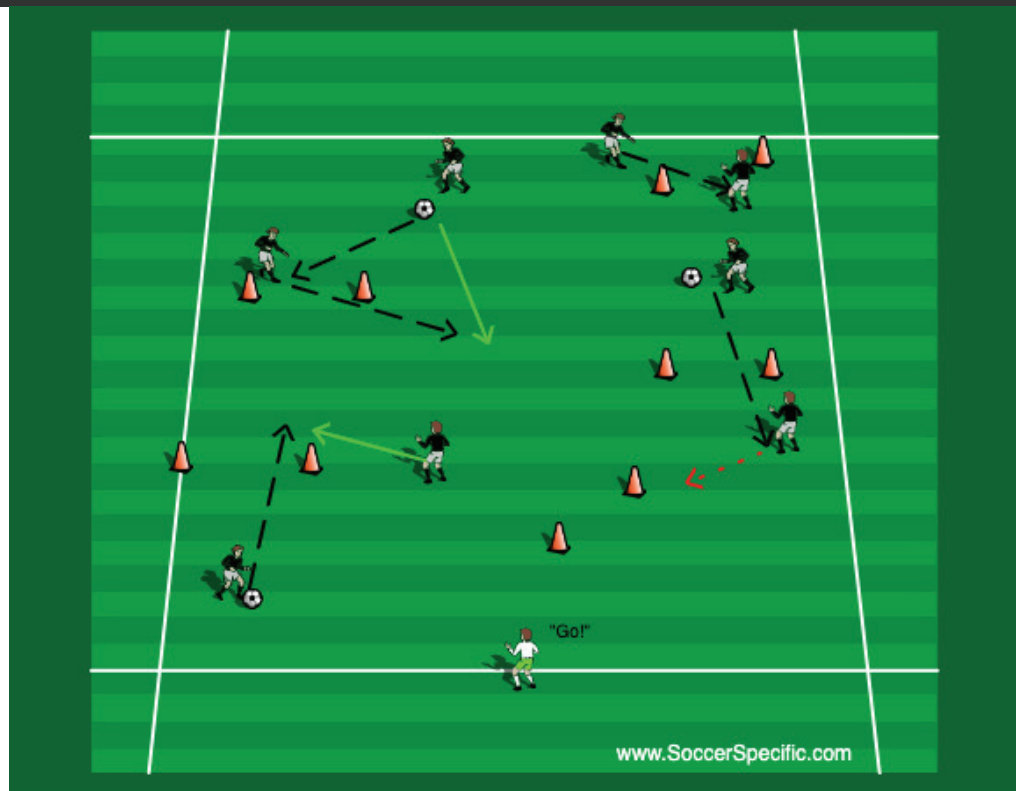
Dribbling- ability to dribble with the head up.

Passing- ability to use the inside of the foot to pass to a team-mate on the move.

1st touch- pass to yourself before passing to your team-mate.



The Gate Game



15 mins ↗ 40x30

Setup

The Gate game. 40x30 area. Players split into groups of 2 with one ball between each pair. Cone gates set up as shown above all over the playing area.

Instructions

Players start in pairs with one ball between two. On the coaches command, the players start passing and moving around the area, attempting to pass their ball through as many gates as possible. Each time they make it through a gate to their team-mate, they win 1 point.

Progression:

- 1) Introduce an outside of the foot pass to score points.
- 2) Players must perform 2 one touch passes through the gate to score a point.

Coaching Points

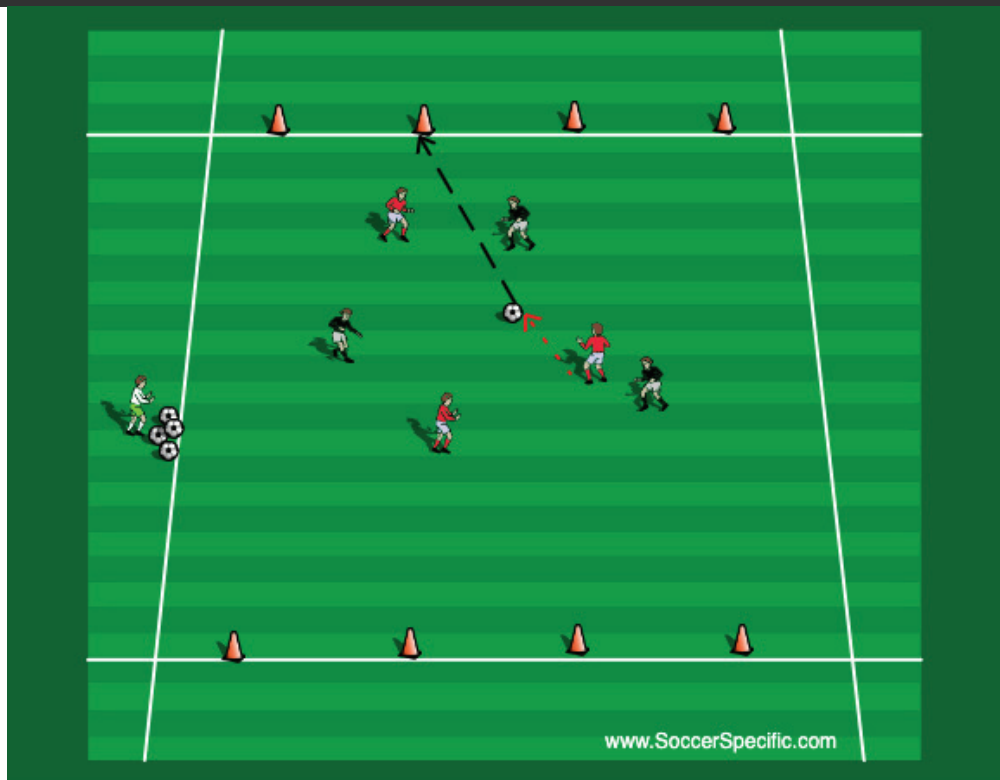
Dribbling- ability to dribble with the head up.

Passing- ability to use the inside of the foot to pass to a team-mate on the move.

1st touch- pass to yourself before passing to your team-mate.



Four Cone Small Sided Game



25 mins ↗ 30x20

Setup

Four Cone Small Sided Game - players split into teams of 3 players. 30x20 size field with four tall cones on each end. 5 minute games. Multiple fields if necessary.

Instructions

Balls start with the coach every time the ball goes out of play. Players play in a 3 v 3 game and score a goal whenever they play a pass on to the tall cones. The team who knocks all four tall cones down wins the game.

Coaching Points



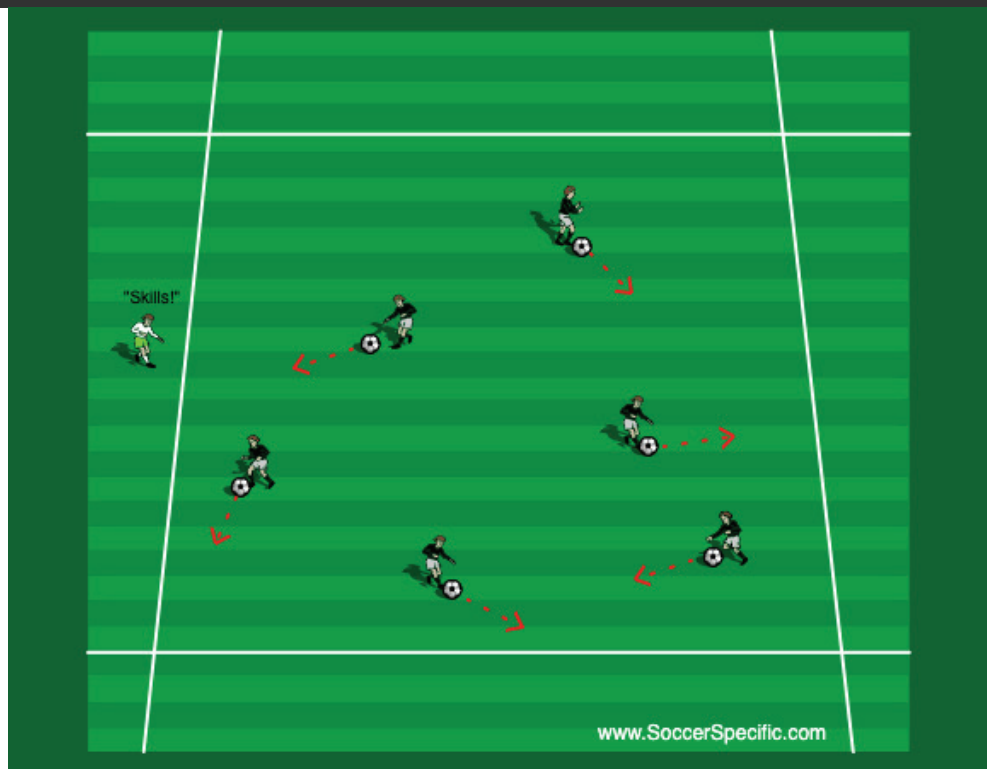
WEEK 3, SESSION 1

SKILLS GAME
HOSPITAL TAG
1V1 WITH A BALL
2V2 TO 4 GOALS

This session focuses on developing the ability of young players to manipulate the ball individually. The activities for this session focus on introducing new skills for the players to master as well as giving them the opportunity to hone these skills in a competitive and fun environment with an array of games.



Skills Game



15 mins ↗ 30x20

Setup

Skills Game - Field set up as above with a 30 x 20 area. The coach will need to show the players around the perimeter of the field and they will need to be constantly reminded of this.

Instructions

Players start with one ball each dribbling around the playing area. Coach teaches three skills, the Cruyff turn and the outside cut. When the coach calls the skill, the player must perform that skill.

Progression: When coach shout the word "Skills", the players must perform both skills in a row (any order).

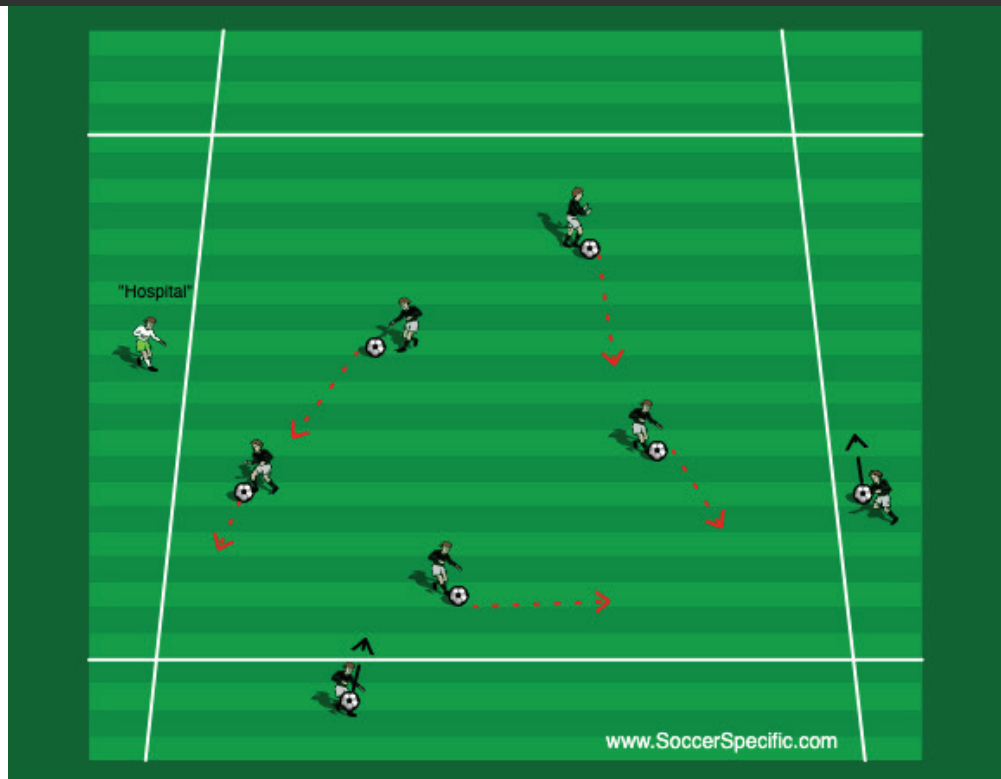
Coaching Points

Cruyff turn - place the non-kicking foot at the side of the soccer ball. The kicking foot is placed in front of the ball at 90 degrees to the non-kicking foot. Using the inside of the kicking foot, push the ball back in the opposite direction. The player should then turn and pivot around the non-kicking foot.

Outside cut- Place the non-kicking foot a comfortable distance away from the ball and level with the ball. Using the outside of the foot flick the ball in the opposite direction. The player should then turn and spin in the opposite direction. The turn takes the player through 180 degrees.



Hospital Tag



15 mins ↗ 30x20

Setup

Hospital Tag. 30 x 20 field space. One player per ball.

Instructions

Each player has a soccer ball and is dribbling in the area. When the coach shouts "Hospital," the children can try to tag one another. When they have been tagged, they hold that part of the body while still dribbling. When the children have been tagged twice and both hands have been used, the next tag means that they must go to "Hospital" for treatment. To get out of hospital, they must complete four juggles.

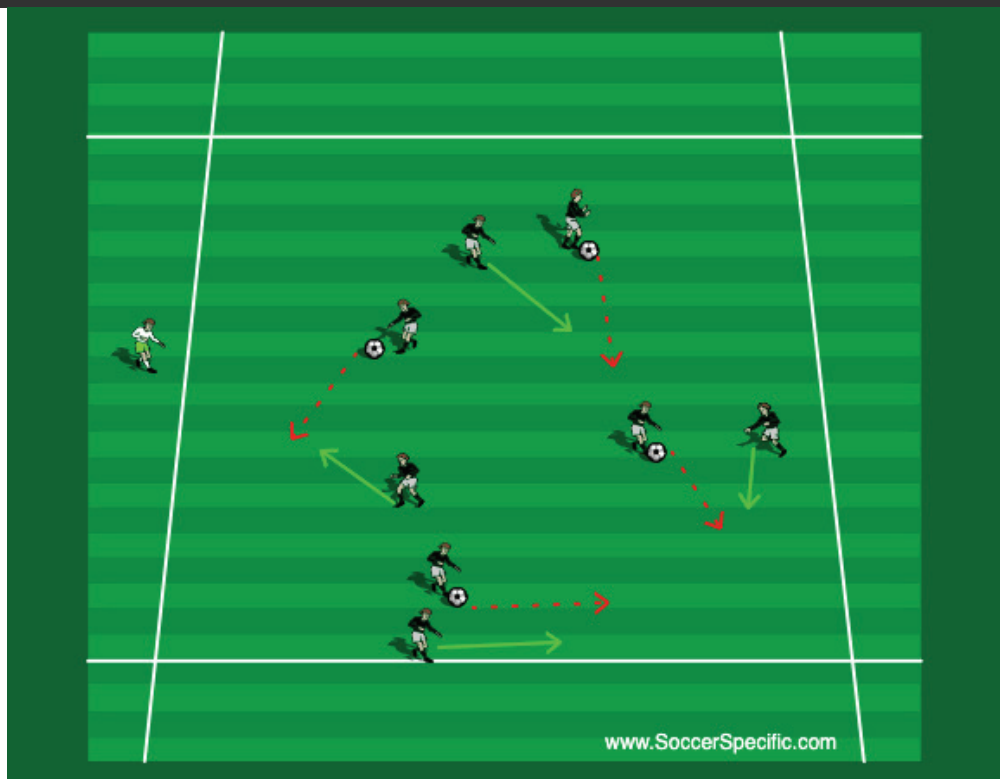
Coaching Points

Dribbling- change of speed to get away from opponent.

Turning- change direction at speed with the skills previously worked on.



1V1 With a Ball



15 mins ↗ 30x20

Setup

1V1 With a Ball. Two players between one ball. 30 x 20 yard box. 1 minute games.

Instructions

Players start by passing and moving in groups of two. On the coach's command, their partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.

Coaching Points

Dribbling- change of speed to get away from opponent.

Turning- change direction at speed with the skills previously worked on.



2V2 to 4 Goals



15 mins ↗ 25x20

Setup

2V2 to 4 Goals. 25 x 20 field area. 2 mini goals on each end 5 yards in from the wide areas. Groups of 4-6 players on each team with multiple fields created with teams starting behind their own goals.

Instructions

Coach starts by playing a new ball in for each mini game. Each game lasts for 2 minutes and when the ref blows their whistle, they play a new ball in for a new group of 4 to start playing. Players will score by dribbling or passing through any of the two goals they are attacking.

Coaching Points

Dribbling- change of speed to get away from opponent.

Turning- change direction at speed with the skills previously worked on.



WEEK 3, SESSION 2

DRIBBLING CAROUSEL

DRIBBLING RACES

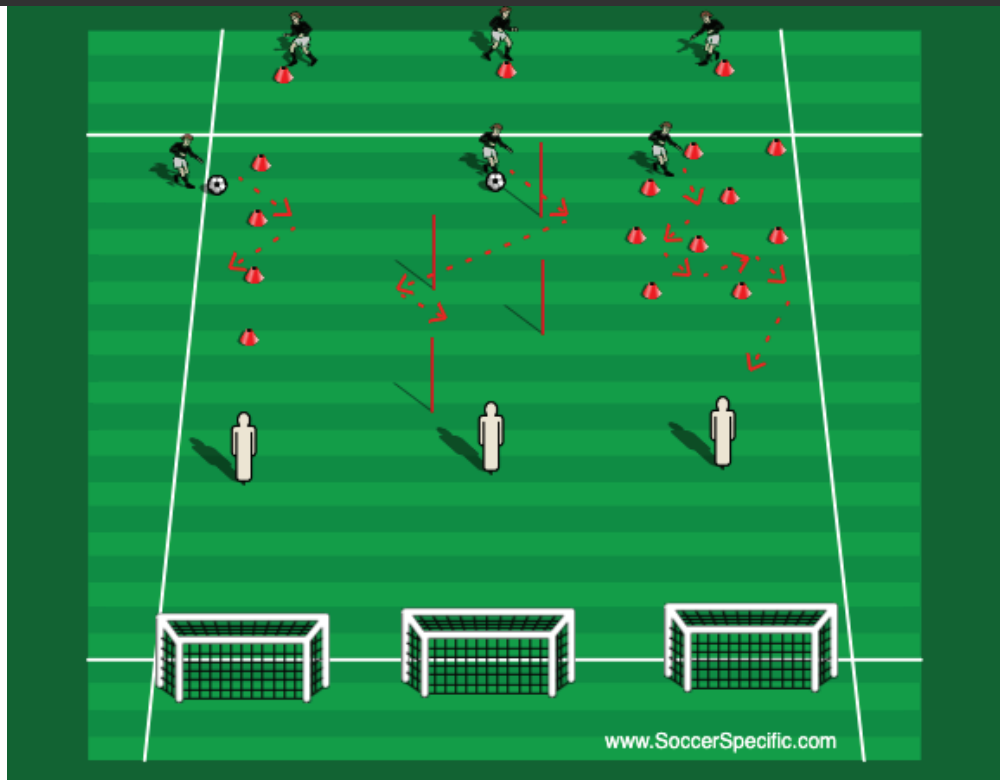
1V1 TO A BIG GOAL

3V3 TO BIG GOALS

The following session focuses on ball manipulation in a number of different situations. The activities focus on gaining familiarity with the ball using some fun competitive games and we begin to introduce the players to a new skill of 'shooting' into a big goal.



Dribbling Carousel



15 mins ↗ 40x30

Setup

Dribbling carousel. Field set up with three lines of dribbling activities (shown above). Three mannequins and goals set up 10 yards apart. Players split into 3 groups with an even number of players starting in each group.

Instructions

Players begin at one line and after finishing on the goal, they switch to dribble to the next line. Each group moves to the right.

Dribbling carousel (from left to right):

1. Players dribble in and out of the cones, then beats the mannequin with a move and scores on the big goal.
2. Players dribble diagonally, turning at each pole to approach the next pole, then beats the mannequin with a move and scores on the big goal.
3. Player dribbles in and out of the cones (attempting not to touch any of the cones) then beats the mannequin with a move and scores on the big goal.

Coaching Points

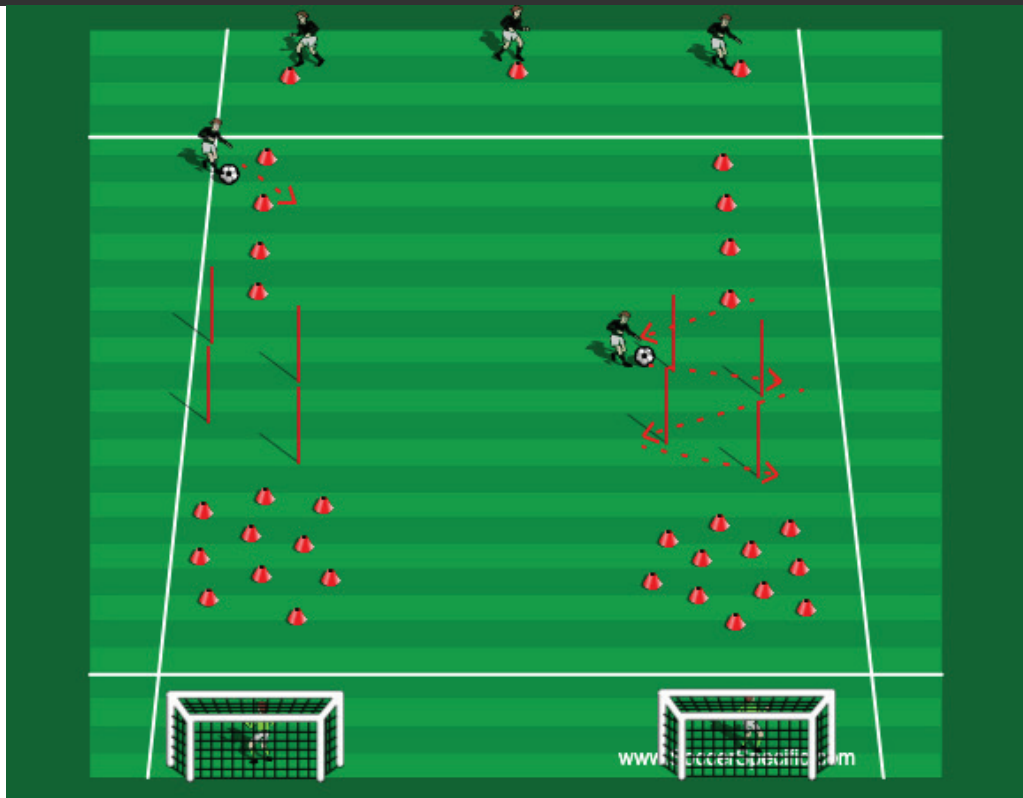
Dribbling- ability to use different parts of the foot to manipulate the ball in tight spaces and larger spaces.

Dribbling vs running with the ball- understanding of when to keep the ball close and when to take a bigger touch into space and accelerate.

Turning- ability to change direction (around the poles) with different turns.



Dribbling races



15 mins ↗ 40x30

Setup

Dribbling races. Field set up with 2/3 lines of dribbling activities (shown above). Same numbers of goals set up. Players split into 2-3 groups with an even number of players starting in each group. Goalkeepers added to each goal.

Instructions

Groups start at the beginning and dribble through the carousel before finishing on goal. Next player goes when the one in front has returned. First team to 10 goals wins.

Coaching Points

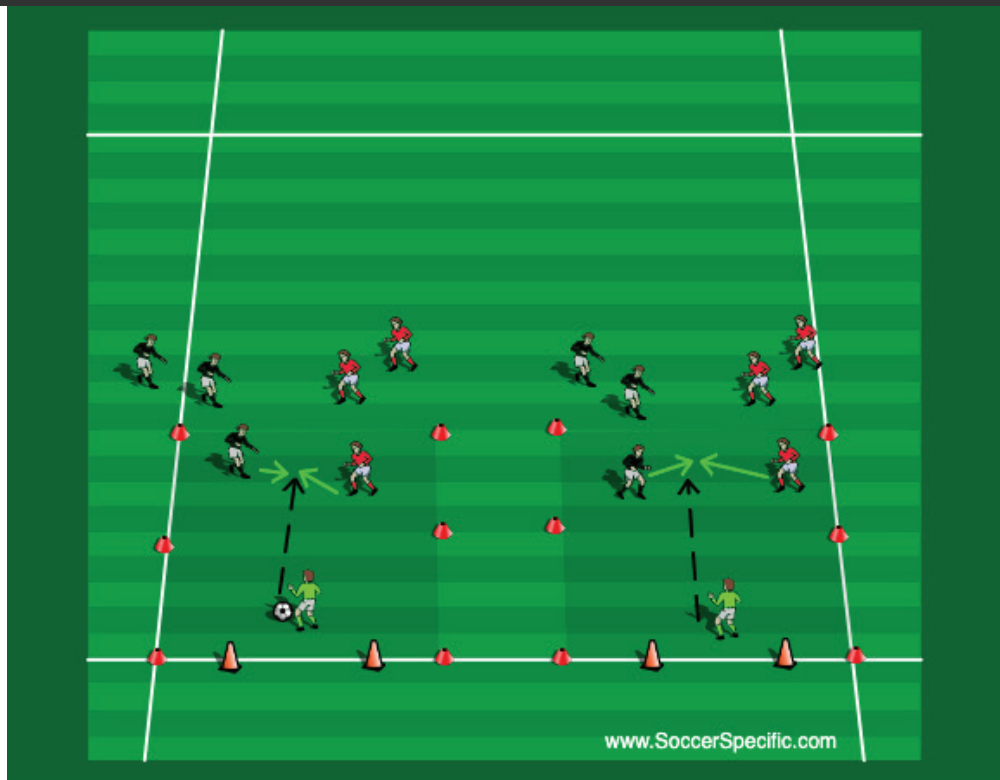
Dribbling- ability to use different parts of the foot to manipulate the ball in tight spaces and larger spaces.

Dribbling vs running with the ball- understanding of when to keep the ball close and when to take a bigger touch into space and accelerate.

Turning- ability to change direction (around the poles) with different turns.



1V1 to a Big Goal



15 mins ↗ 15x15

Setup

1V1 to a Big Goal. 2 or more mini fields set up- 15 x 15 each field. One goalkeeper on each field in a big goal OR a cone goal. Field players split into 2 or 3 on each team on each field. 1.5 min games.

Instructions

Game starts from the goalkeeper who throws a ball into the playing area- every new ball starts from the goalkeeper. Each game lasts 1.5 mins with the team scoring most goals winning. On the whistle, two new players enter the playing area (one on each team) to play a game.

After each pair has played, players rest and switch partners.

Coaching Points

Dribbling- ability to use different parts of the foot to manipulate the ball in tight spaces and larger spaces.

Dribbling vs running with the ball- understanding of when to keep the ball close and when to take a bigger touch into space and accelerate.

Turning- ability to change direction (around the poles) with different turns.



3V3 to Big Goals



15 mins ↗ 30x20

Setup

3V3 to Big Goals. 2 or more mini fields set up with 2 big goals - 30 x 20 each field. One goalkeeper in each big goal. Field players split into 3 or 4 teams. 3 minute games.

Instructions

Game starts from the goalkeeper who throws a ball into the playing area- every new ball starts from the goalkeeper. Each game lasts 3 mins with the team scoring most goals winning. On the whistle (3 mins) the losing team leaves the field and a new team enters the playing area to play a game.

Coaching Points

Dribbling- ability to use different parts of the foot to manipulate the ball in tight spaces and larger spaces.

Dribbling vs running with the ball- understanding of when to keep the ball close and when to take a bigger touch into space and accelerate.

Turning- ability to change direction (around the poles) with different turns.

Finishing- ability to shoot with power or dribble past the goalkeeper when necessary.



WEEK 4, SESSION 1

SHARKS AND MINNOWS (WITHOUT BALLS)

SHARKS AND MINNOWS (WITH BALLS)

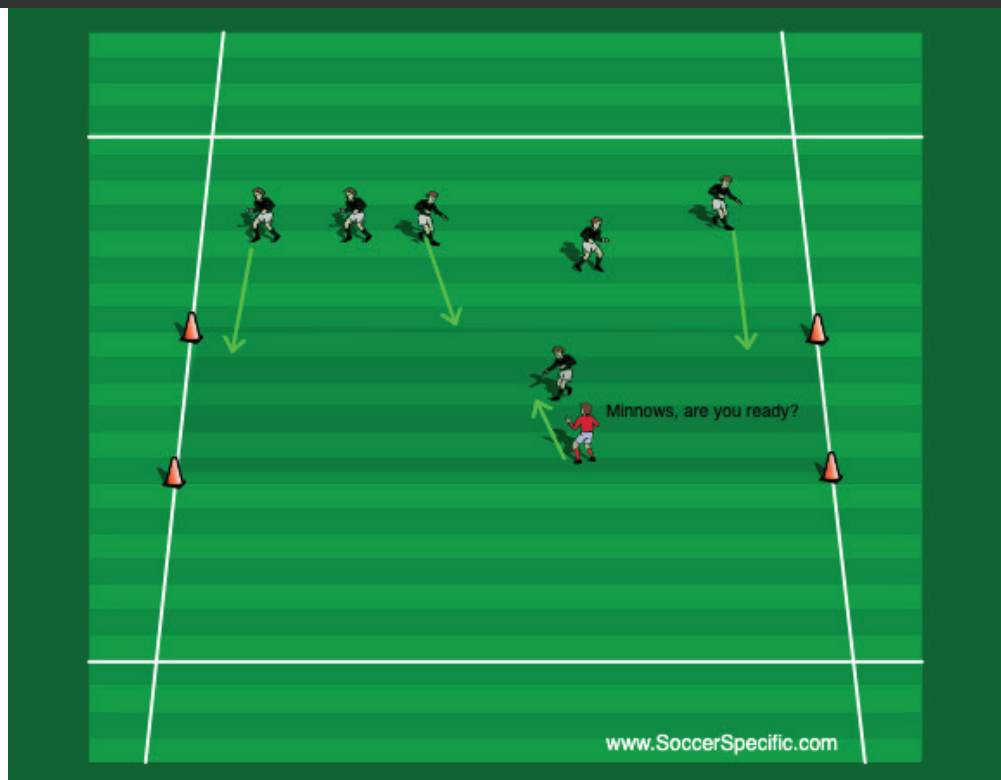
CHASE GAME

3V3 TO END ZONES

The following session focuses on enhancing the ability of young players to manipulate the ball individually by moving on to the skill of turning with the ball. The activities focus on gaining ball familiarity with some fun individual and paired games which will help enhance their ball skills while also developing their interpersonal skills at the same time.



Sharks and Minnows (without balls)



10 mins ↗ 30x20

Setup

Sharks and Minnows (without balls). 30 x 20 field set up. 10 yard zone in the middle area (deep sea) set out by cones.

Instructions

One player/ coach starts as the shark. All other players (minnows) start on the end line. The shark asks, "Minnows are you ready?", who respond, "Yes!" The shark then counts down "3-2-1 go!!" At this point all the minnows attempt to get to the other side without getting tagged. Sharks can only tag the minnows in the 'deep sea'. Any minnows caught become a shark in the next round. The last minnow is the winner.

Coaching Points

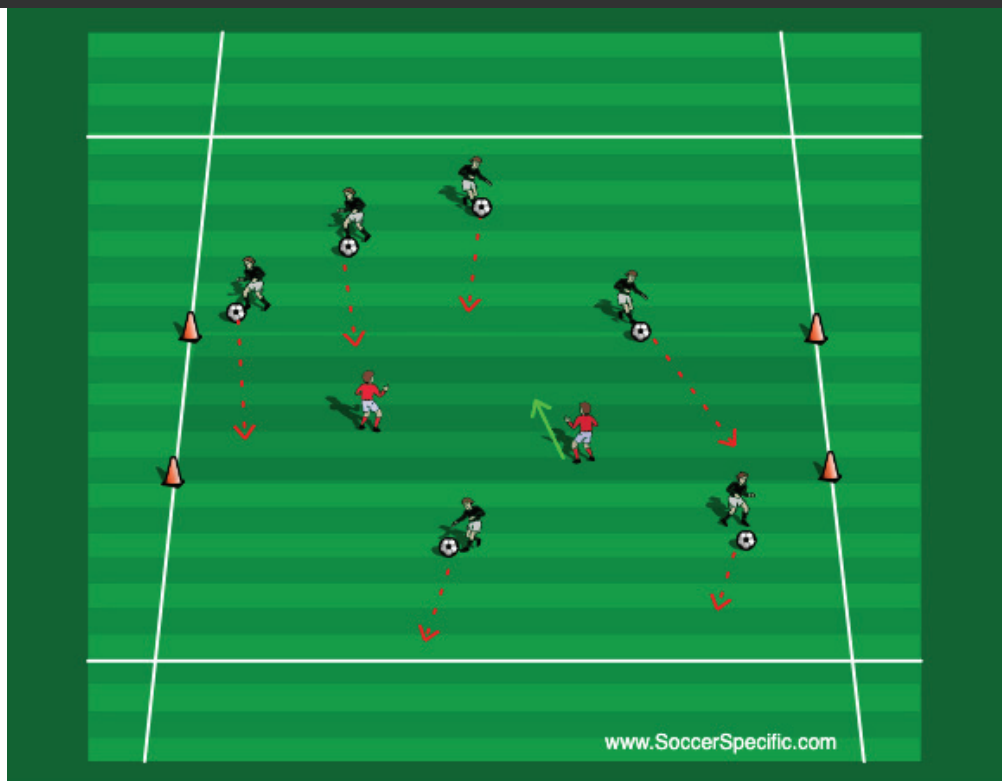
Agility, balance/ coordination- ability to evade the shark by using body feints and changes of direction.

Agility- ability to accelerate and decelerate at speed

Speed- ability to use speed to get away from defender.



Sharks and Minnows (with balls)



10 mins ↗ 30x20

Setup

Sharks and Minnows (with balls). 30 x 20 field set up. 10 yard zone in the middle area (deep sea) set out by cones.

Instructions

One player/ coach starts as the shark. All other players (minnows) start on the end line. The shark asks, "Minnows are you ready?", who respond, "Yes!" The shark then counts down "3-2-1 go!!" At this point all the minnows attempt to dribble to the other side without getting their ball either kicked out or stopped. Sharks can only get soccer balls from the minnows in the 'deep sea'. Any minnows caught become a shark in the next round. The last minnow is the winner.

Coaching Points

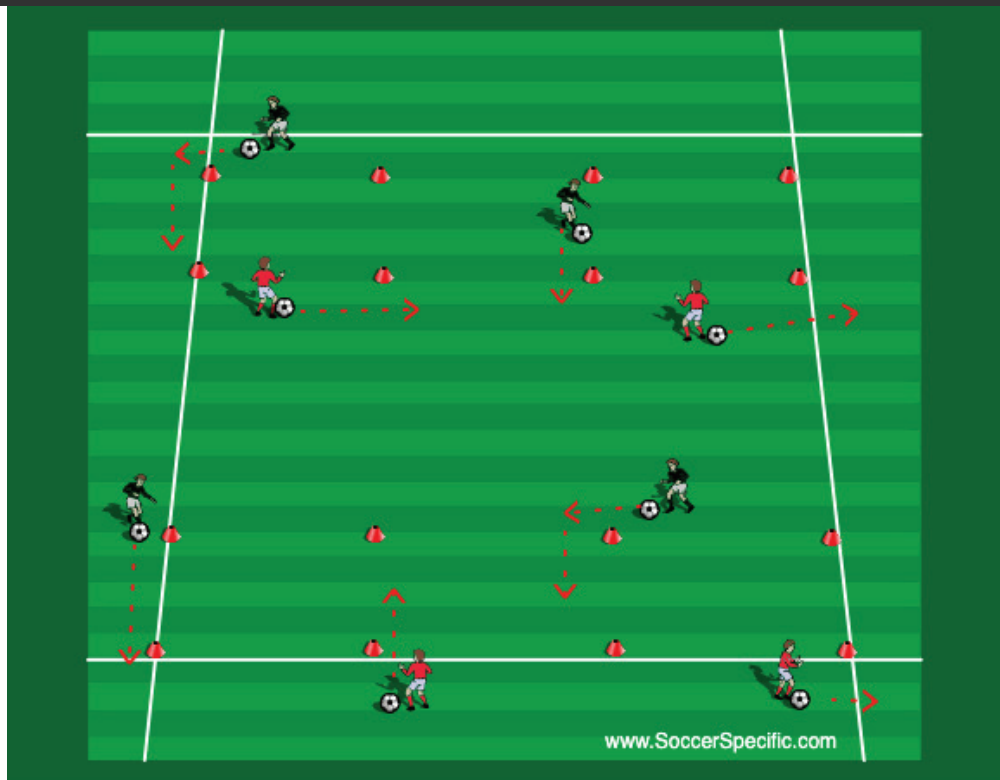
Agility, balance/ coordination- ability to evade the shark by using body feints and changes of direction.

Agility- ability to accelerate and decelerate at speed

Speed with the ball- ability to use speed after taking a big touch to run away from the defender.



Chase Game



20 mins ↗ 5x5

Setup

Chase game. Four cones set up as above in a 5 x 5 box. Players split into groups of two as shown above. 1 minute games.

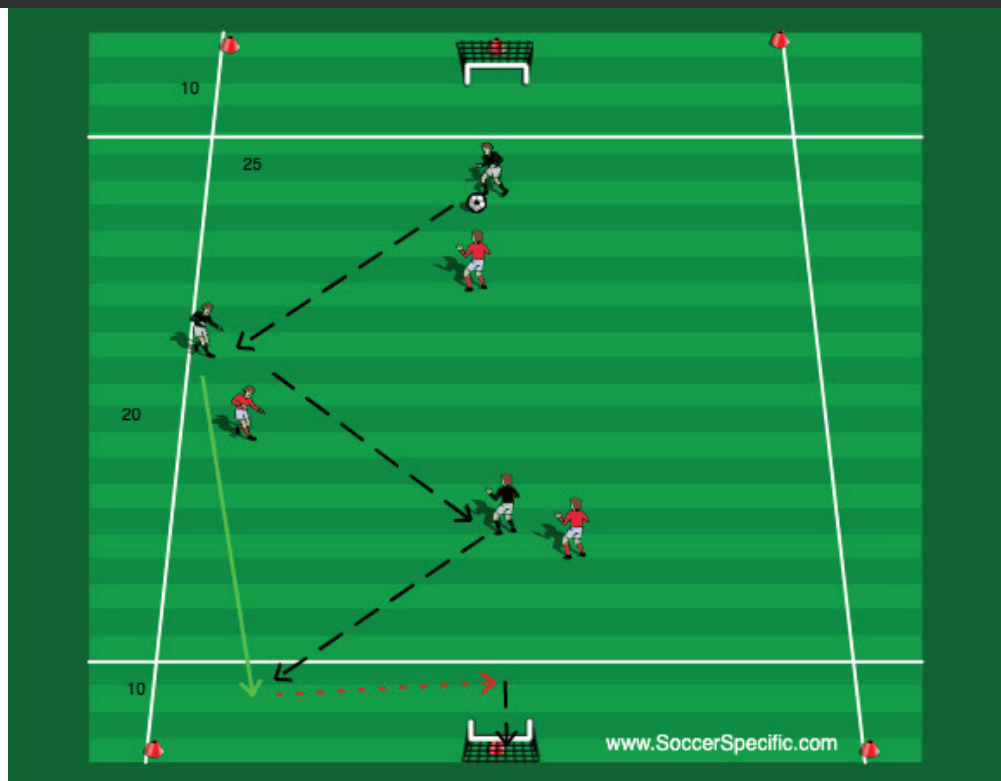
Instructions

Players start on opposite ends and are numbered 1 or 2. When coach says a number, that player is the catcher. The other player must stay away from the catcher, who tries to catch the other player by tagging them with their ball. When the player tags their partner, roles are reversed and the player who has been tagged must count to 2 before chasing their partner again. Switch groups each set.

Coaching Points



3V3 to End Zones



20 mins ↗ 40x25

Setup

3V3 Game to End Zones. Players split into teams of 3 set up in a 40 x 25 yard fields including a 10 yard end zone at each side. 5 mins games.

Instructions

Ball starts from one end zone. One team attempts to play to the other end zone by passing to a player in the end zone who scores in the goal. Kick-ins if the ball goes out of play.

Coaching Points

Agility, balance and coordination- ability to change direction to evade opponents.

Passing- ability to use inside of the foot to pass the ball to team. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).

Striking the ball- ability to use the laces to strike the ball.

Dribbling- ability to evade defenders to create space to pass.



WEEK 4, SESSION 2

GATE GAME

GATE GAME – PASSING

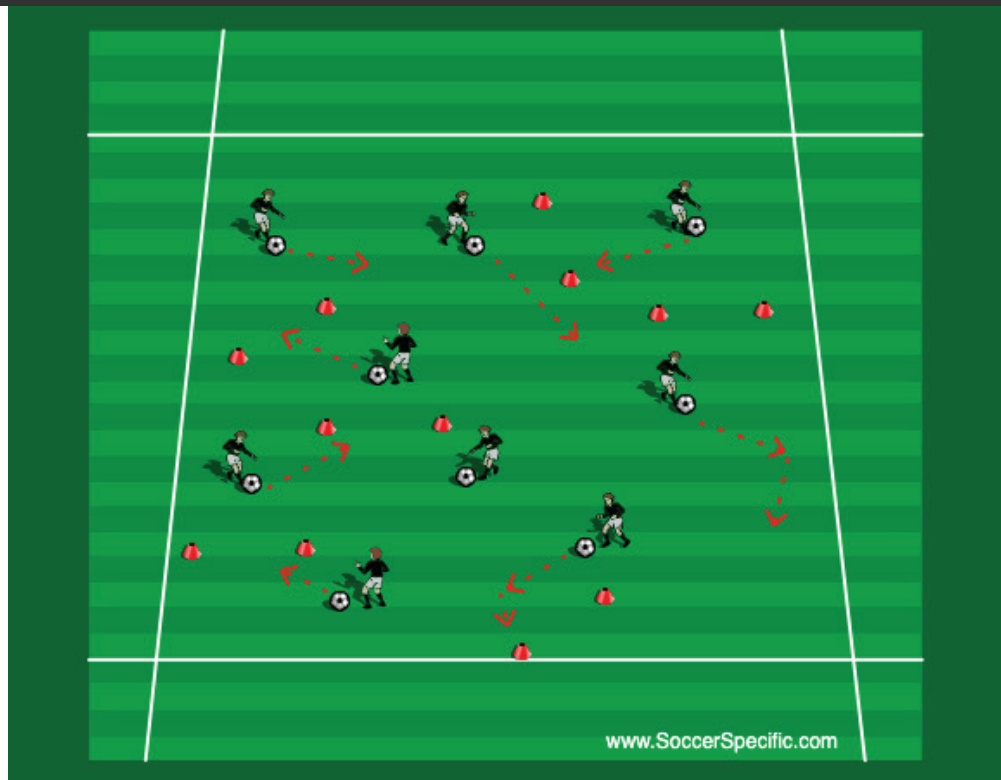
MUD MONSTERS

3V3 TO END ZONE TARGETS

This session focuses on developing a player's ability to pass and move in groups of 2. With a focus on improving their ability to pass and receive the ball using a number of new games, players will focus on their ability to pass and receive the ball as well as the interactive qualities needed to work in a team.



Gate Game



10 mins ↗ 40x30

Setup

Gate Game. Players start with one ball each. Multiple coned gates set out randomly around the area (2 yards apart).

Instructions

One ball per player. On the coaches command, each player must dribble through as many gates as possible. The player who gets the most points (gates dribbled through) wins the round.

Progression: To score a point, players must dribble through the gate and then use a pullback move to come back through the gate.

Coaching Points

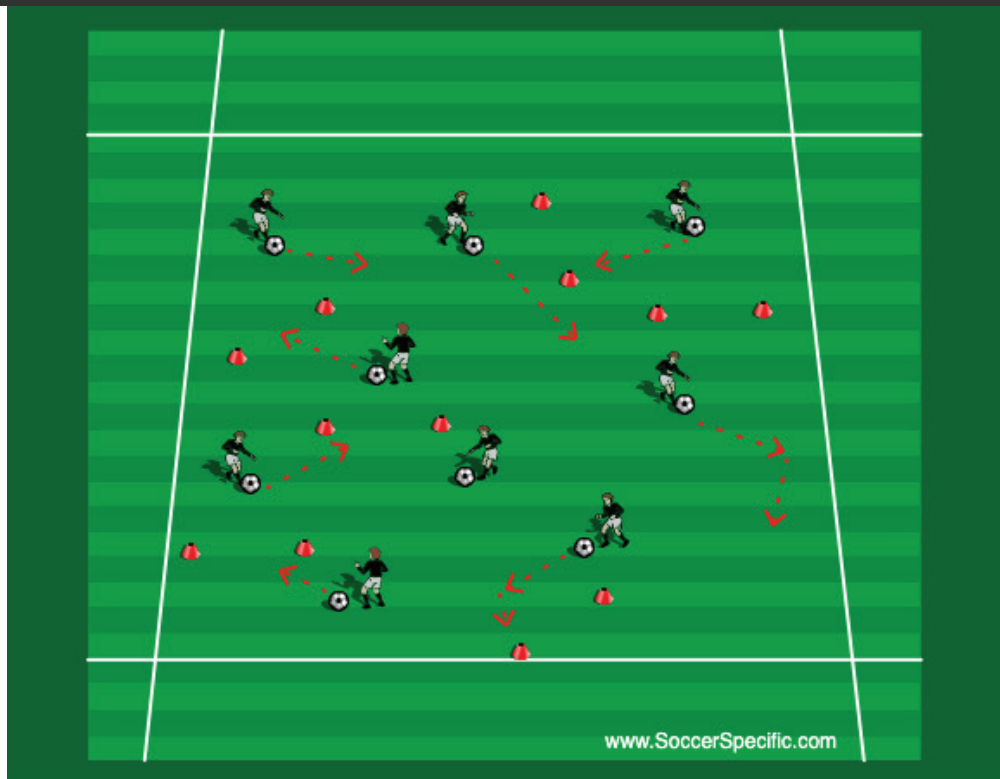
Dribbling vs running with the ball- understanding of space; attempt to take big touches to run with the ball in space and dribble with smaller touches.

Skills to change direction: The Drag Back Turn

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



Gate Game: Passing



15 mins ↗ 40x30

Setup

Gate Game: Passing. Players get into pairs and start with one ball each between two. Multiple coned gates set out randomly around the area (2 yards apart).

Instructions

One ball per pair. On the coaches command, each player must begin passing through as many gates as possible. The player who gets the most points (gates passed through) wins the round.

Progression: To score a point, players must pass the ball (2 touches) five times through the gate.

To score a point, players must pass the ball (one touch) five times through the gate.

Coaching Points

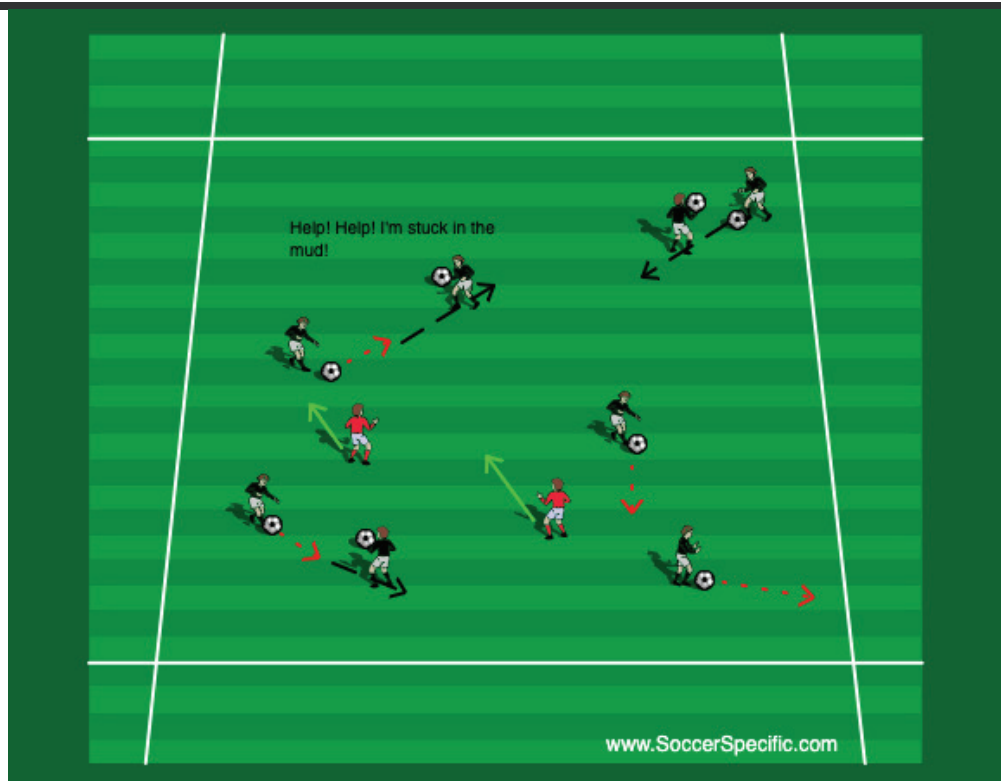
Dribbling vs running with the ball- understanding of space; attempt to take big touches to run with the ball in space and dribble with smaller touches.

Skills to change direction: The Drag Back Turn

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



Mud Monsters



15 mins ↗ 40x30

Setup

Mud Monsters. 40 x 30 playing area clearly marked out. 3 minute games.

Instructions

Players choose two mud monsters to become the catchers. All other players (runners) must have a ball each. On the coach's command, the mud monsters try to catch the runners while they try to dribble around to evade the mud monsters. The mud monsters attempt to put their foot on top of the ball to freeze the runners. When the runner is frozen they must pick their ball up over their head and open their legs. The other runners who are not frozen can save their team-mates by passing the ball between their legs.

Progression: Mud monsters have a ball and now attempt to pass their ball to freeze the runners.

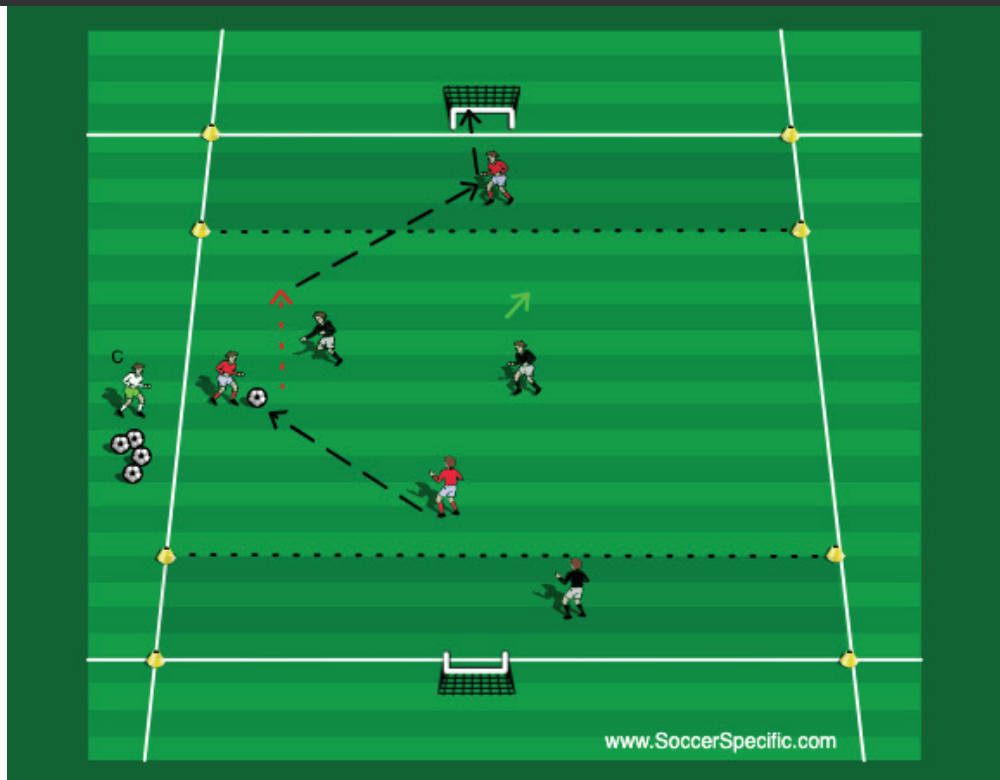
Coaching Points

Passing- ability to use an instep pass to play the ball between the legs.

Dribbling to prepare for pass- ability to dribble with small touches to allow for a pass.



3V3 to End Zone Targets



20 mins ↗ 30x20

Setup

A 3V3 is organized as shown with a 5 yard end zone on each side and a playing area of 30 x 20 (multiple playing areas can be organized where necessary) Playing area has end-zones (5 yard zones).

Instructions

3V3 to End Zone Targets. Play is started with a pass from the Coach (C) to either team. The team attempts to maintain possession and pass to their target player in the end zone. The target must move around to get open for their team. When in the end zone, the target player scores in the goal (unopposed). Play is continuous. Target players switch each set.

Coaching Points

Dribbling vs running with the ball- understanding of space; attempt to take big touches to run with the ball in space and dribble with smaller touches.

Skills to change direction: The Drag Back Turn

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



WEEK 5, SESSION 1

FOXES AND FARMERS (WITHOUT BALLS)

FOXES AND FARMERS (WITH BALLS)

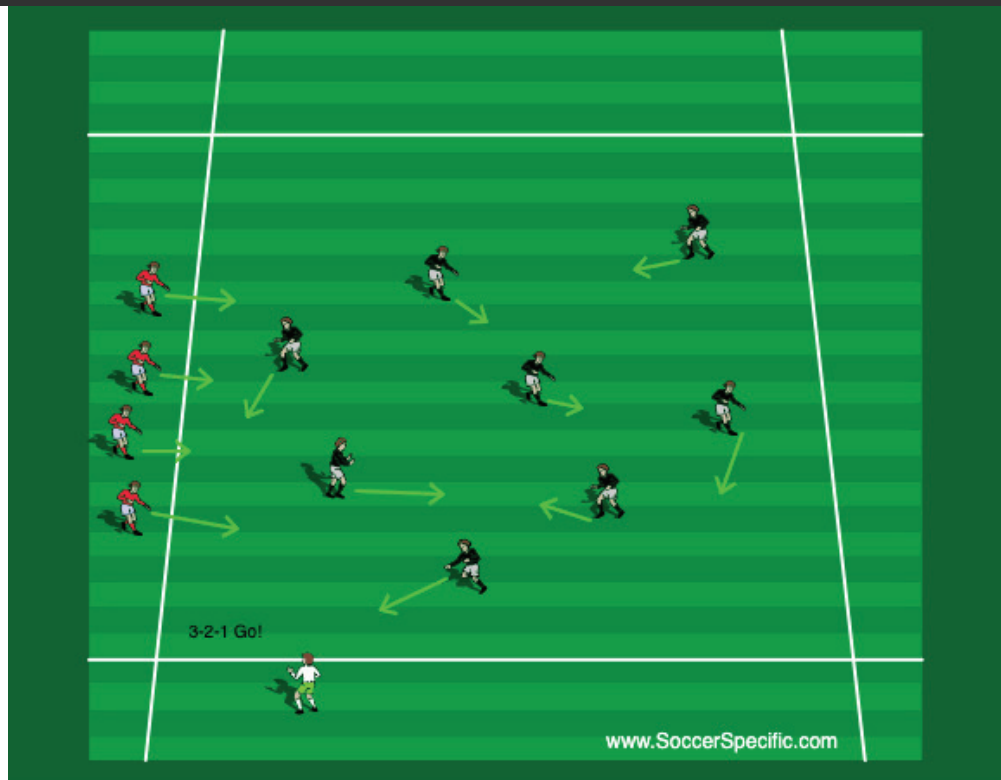
AROUND THE CLOCK 1V1 GAMES

INDIVIDUAL AND SMALL GROUP WORK

The following session focuses on introducing more competitive games to the players with more learning taking place within a game based context. Using tag games, 1V1 face-offs and small sided games, the players will get numerous opportunities to develop their dribbling and passing skills.



Foxes and Farmers (without balls)



10 mins ↗ 30x20

Setup

Foxes and Farmers. Players start without balls. 3-4 farmers are chosen and start on the outside of the area. All other players start with a pinny in their pocket/ inside their shorts.

Instructions

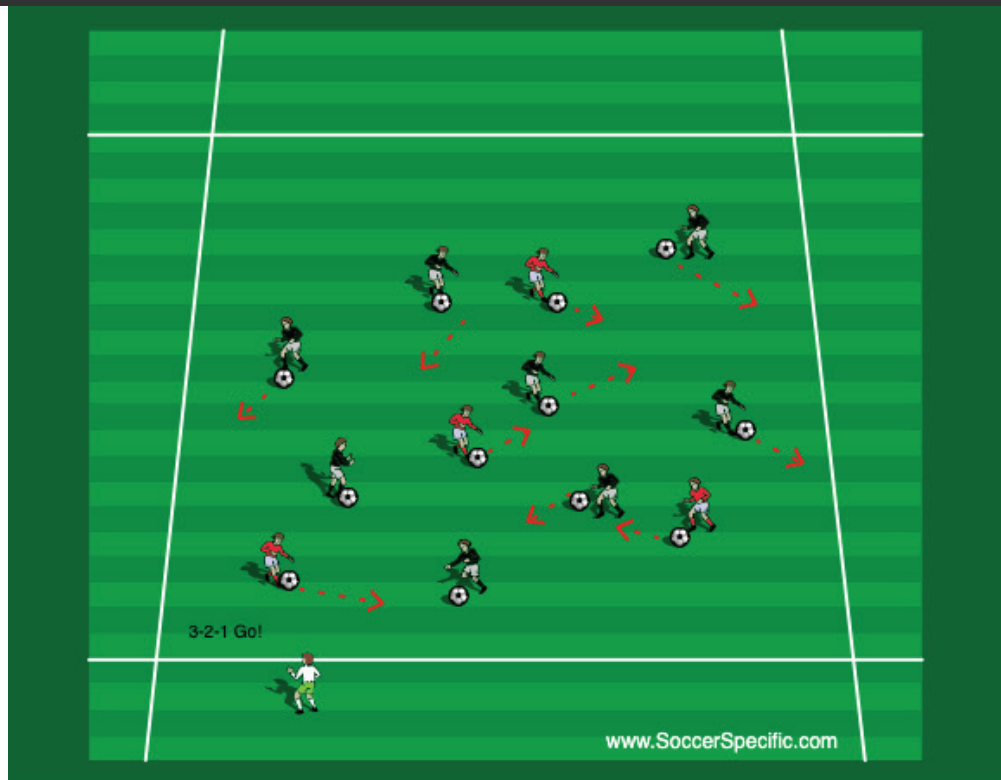
On the coaches command, ("3-2-1 Go!"), the farmers enter the grid and attempt to snatch a tail from one of the foxes while the foxes try to evade the farmers. If a farmer steals a tail, they put the tail in their own pocket and become a fox. Play for a 2 minute period, then switch the farmers for the next set.

Coaching Points

Agility, balance, coordination- ability to use ABC's to evade the farmers.
Change of direction- ability to accelerate and decelerate to evade opponents.



Foxes and Farmers (with balls)



10 mins ↗ 30x20

Setup

Foxes and Farmers. All players start with balls. 3-4 farmers are chosen and start on the outside of the area. All other players start with a pinny in their pocket/ inside their shorts.

Instructions

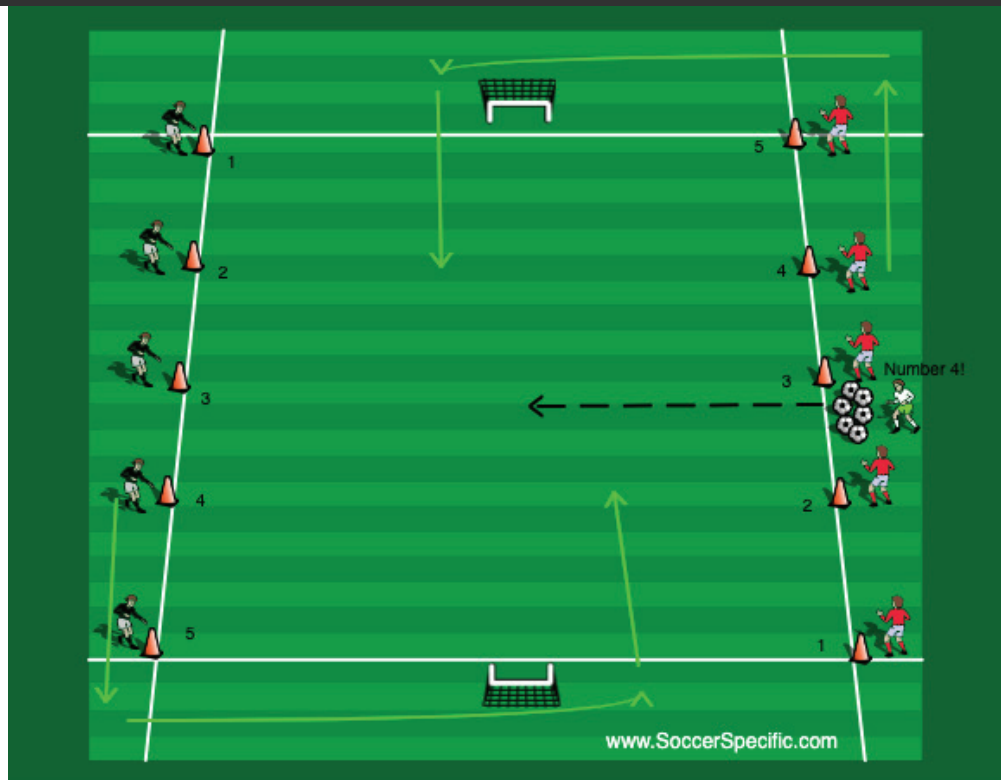
On the coaches command, ("3-2-1 Go!"), the farmers enter the grid with their soccer ball and attempt to snatch a tail from one of the foxes while the foxes (also with a soccer ball each) try to evade the farmers. If a farmer steals a tail, they put the tail in their own pocket and become a fox. A farmer stealing a tail must be within 5 yards of their ball when stealing. Play for a 2 minute period, then switch the farmers for the next set.

Coaching Points

Agility, balance, coordination- ability to use ABC's to evade the farmers.

Change of direction with the ball- ability to use ball manipulation to move around and change direction with the ball.

Around the Clock 1V1 Games



20 mins ↗ 30x20

Setup

Around the Clock 1V1 Games. 30 x 20 field. Players split into 2 teams with cones set out on each side for the required number of players. Coach set up on one side of the field at the halfway point of the field with a good amount of balls.

Instructions

Players set up and ready to enter the field. The coach calls a number and those numbers must run around the side of the field and around the goal to enter the field. Once in the field, the coach plays a ball into the field and the two players enter the field to play a 1 v 1 to goal. If the ball exits the field the coach plays a new ball in to continue the 1 v 1.

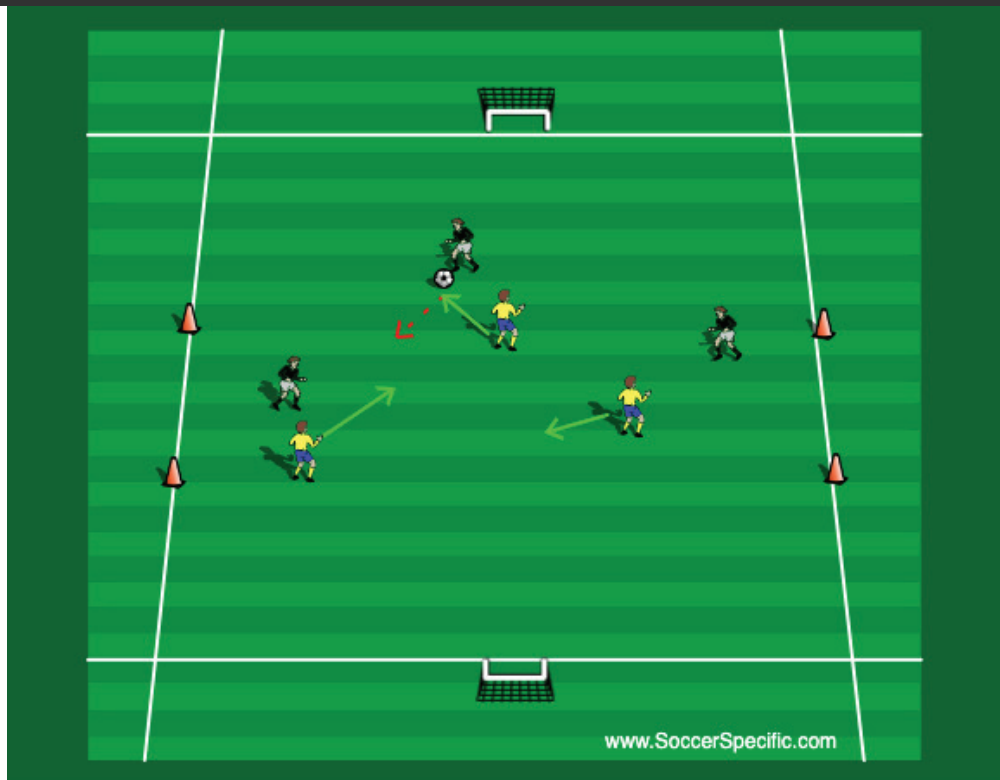
Progression: coach calls two numbers at a time to create a 2 v 2 to goal.

Coaching Points

Change of direction with the ball- ability to use ball manipulation to move around and change direction with the ball.
Physical ability- ability to compete against an opponent to score.



Individual and Small Group Work



20 mins ↗ 30x20

Setup

3V3 Games. Multiple fields set up with small goals. Multiple balls in the goals for restarts.

Instructions

One team starts with the ball- new balls come in from the goal when one goes out of bounds.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).

Striking the ball- ability to use the laces to strike the ball.

Dribbling- ability to evade the balls to get away from other players.



WEEK 5, SESSION 2

JUNKYARD SOCCER

PASSING RACES

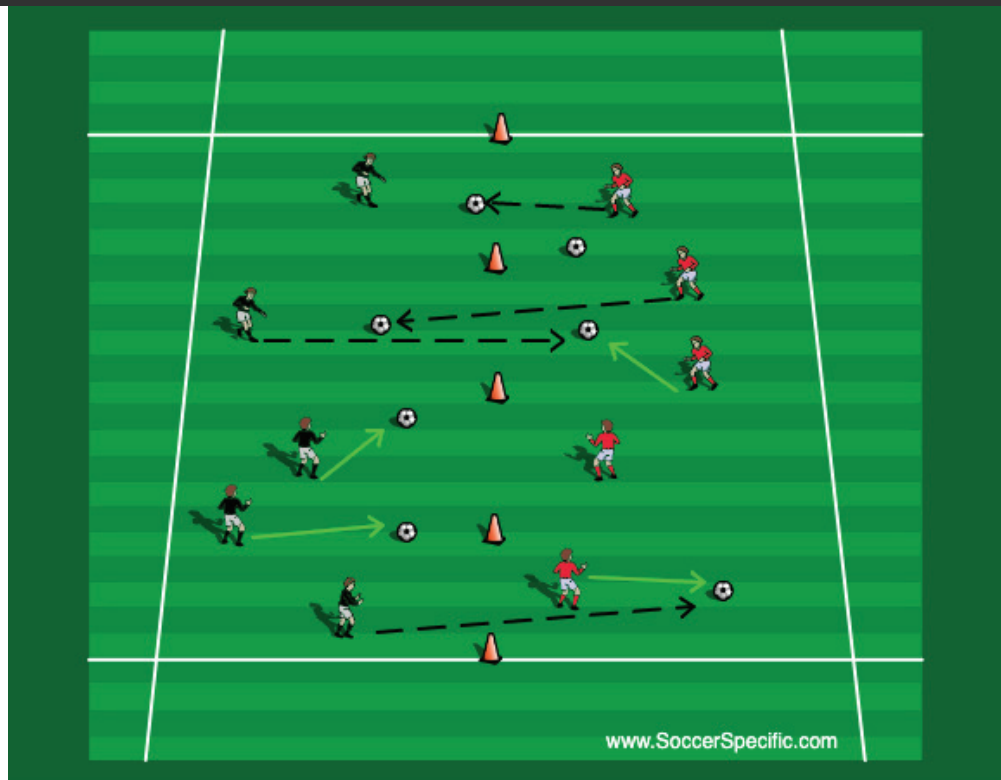
GHOSTBUSTERS

3V3 TO END ZONES

This session focuses on building on the previous understanding of the players to improve their ability to pass and receive the ball. Using a number of new games, players will focus on their ability to pass and receive the ball as well as the interactive qualities needed to work in a team.



Junkyard Soccer



15 mins ↗ 30x20

Setup

Junkyard Soccer. Players split up to create two teams. Put each team on a half of the playing area (split by cones).

Note: Have an odd number of balls (one more ball than number of players on each team).

Instructions

When the coach starts the game, each ball is set at the midway point and players must kick balls to the other side. The objective of the game is to have the fewest number of balls on your side when time is called.

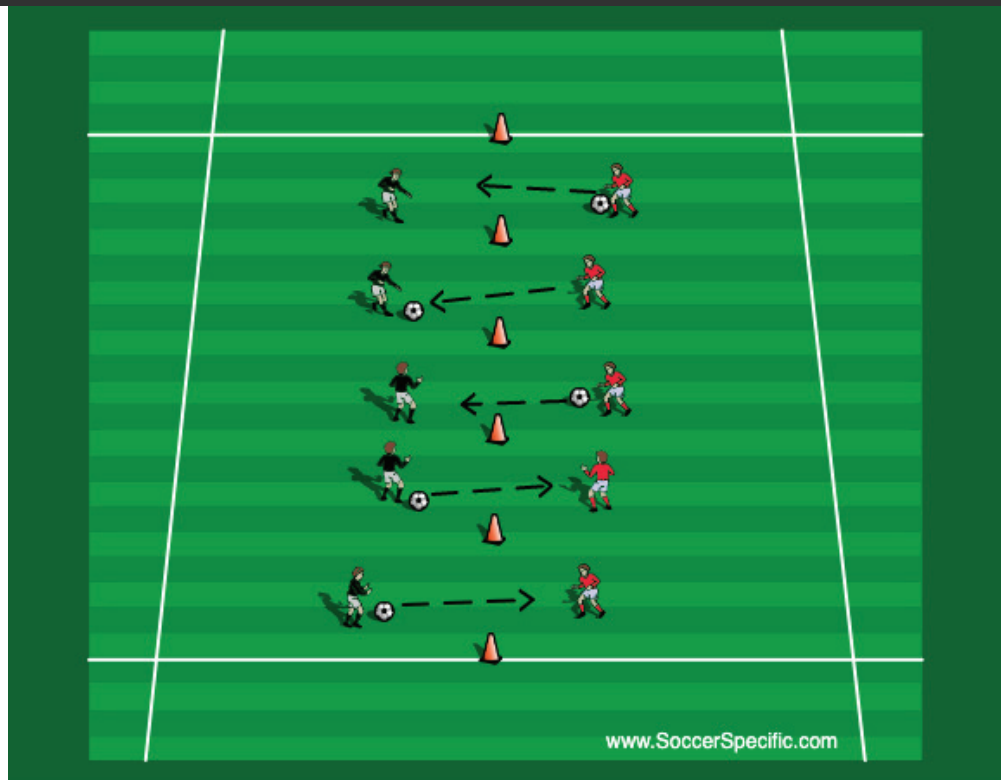
Coaching Points

Passing- ability to use inside of the foot to pass the ball.

Striking the ball- ability to use the laces to strike the ball.



Passing Races



10 mins ↗ 30x20

Setup

Passing races. Players split up to create two teams. Put each team on a half of the playing area (split by cones). Players should be 10 yards away from each other.

Instructions

Players start by passing their ball back and forth using the correct technique. When the coach signals (whistle or saying 'Go') this starts a race.

1st race- 1st team to 10 two touch passes.

2nd race- 1st team to 10 one touch passes.

3rd race- 1st team to 10 two touch lace passes.

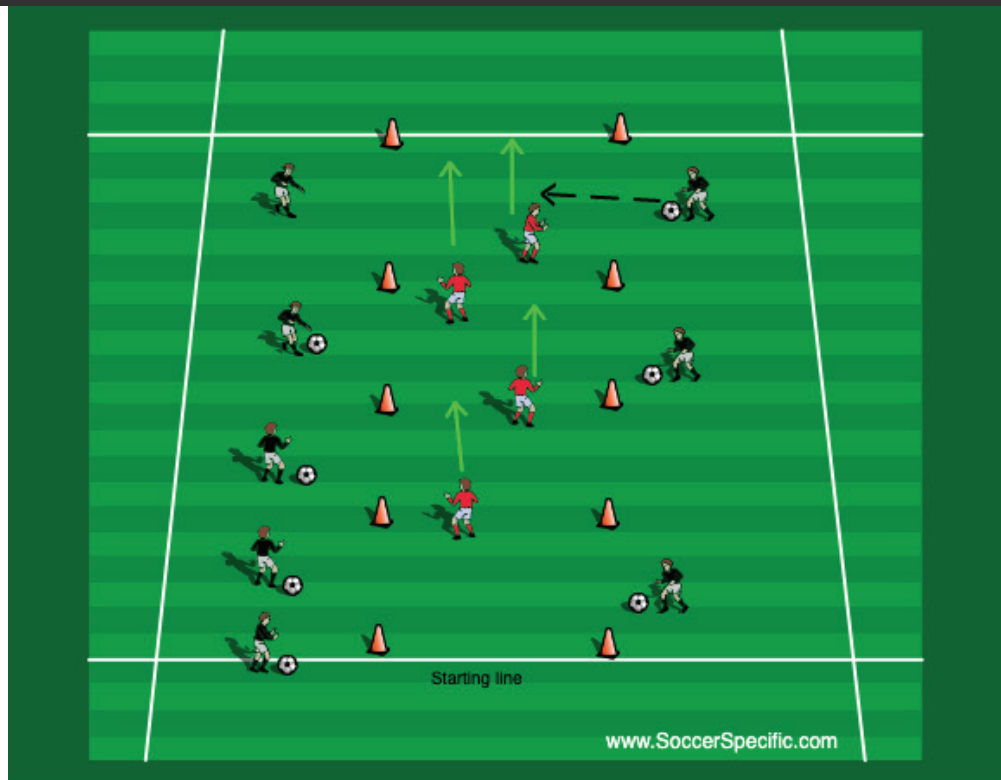
Coaching Points

Passing- ability to use inside of the foot to pass the ball. Place non-kicking foot by the side of the ball, lock ankle and follow through in desired direction of ball. Make contact with the middle of the ball, follow through by kicking through the ball.

Striking the ball- ability to use the laces to strike the ball. Same as above, but strike with the laces of the foot, with toe, knee and chin in a straight line and head over the ball.



Ghostbusters



15 mins ↗ 30x20

Setup

Ghostbusters. Two lines of cones are set 15 yards apart- players (ghosts) start at the starting line between these two lines of cones. Players start at the starting line with no balls. The coach starts off as the ghostbuster with a good amount of balls on the side of the grid.

Instructions

When the coach starts the game, all players must run to the other side without being hit with a ball (below the waist). Players who are hit become a ghostbuster in the next round.

Progression: Next round, each player has a ball and must dribble their ball without being hit with a ball.

Coaching Points

Agility, balance and coordination- ability to change direction to evade the ghostbusters.

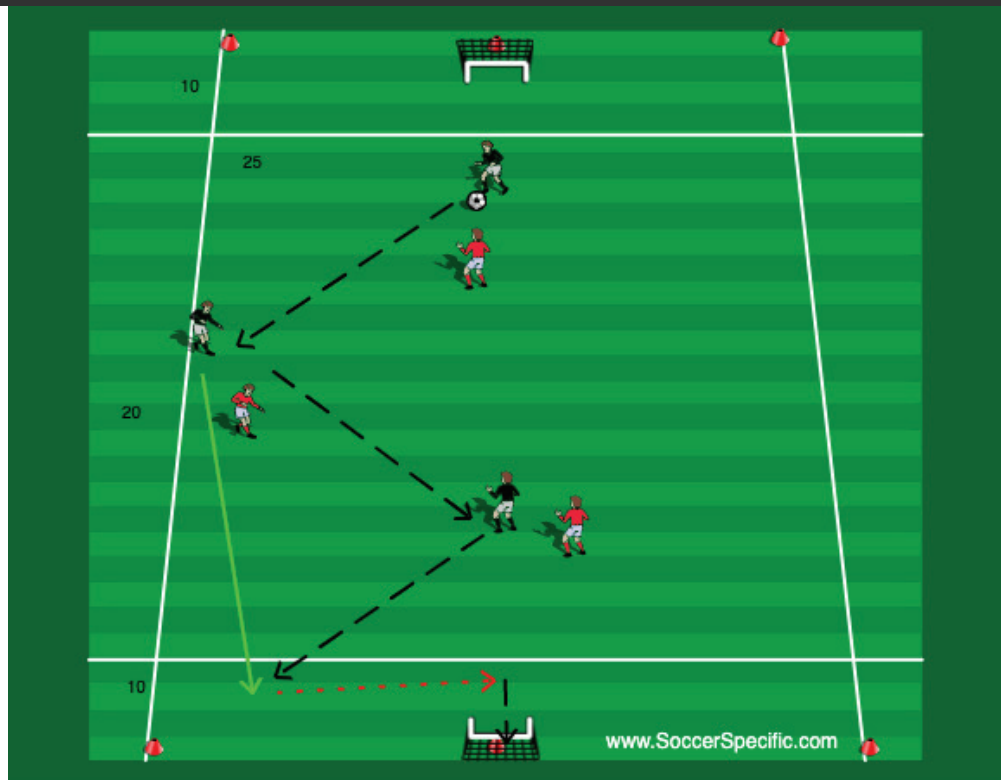
Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).

Striking the ball- ability to use the laces to strike the ball.

Dribbling- ability to evade the balls to get to the other side.



3V3 to End Zones



20 mins ↗ 40x25

Setup

3V3 Game to End Zones. Players split into teams of 3 set up in a 40 x 25 yard fields including a 10 yard end zone at each side. 5 minute games.

Instructions

Ball starts from one end zone. One team attempts to play to the other end zone by passing to a player in the end zone who scores in the goal. Kick ins if the ball goes out of play.

Coaching Points

Agility, balance and coordination- ability to change direction to evade opponents.

Passing- ability to use inside of the foot to pass the ball to team. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).

Striking the ball- ability to use the laces to strike the ball.

Dribbling- ability to evade defenders to create space to pass.



WEEK 6, SESSION 1

BALL TAG

TEAM BALL TAG

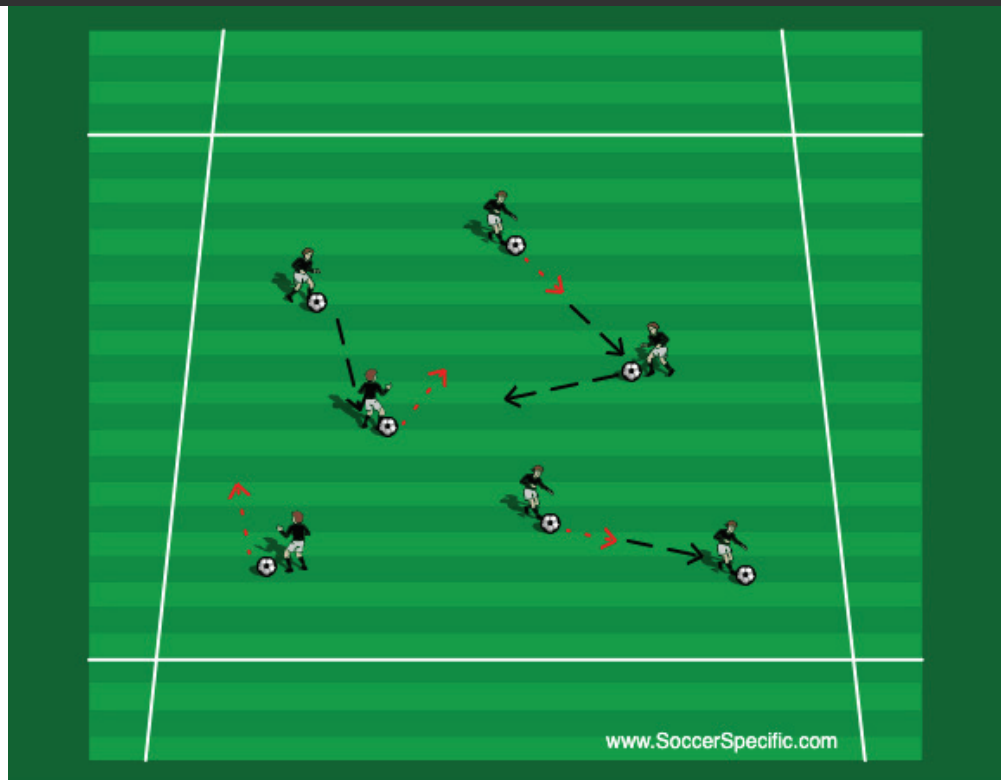
COPS AND ROBBERS

INDIVIDUAL AND SMALL GROUP WORK

The following session focuses on introducing more competitive games to the players with more learning taking place within a game based context. Using tag games, 1V1 games and small sided games, the players will get numerous opportunities to develop their dribbling, passing and receiving skills.



Ball Tag



10 mins ↗ 30x20

Setup

Ball Tag. All players start with 1 ball each in a 30 x 20 grid.

Instructions

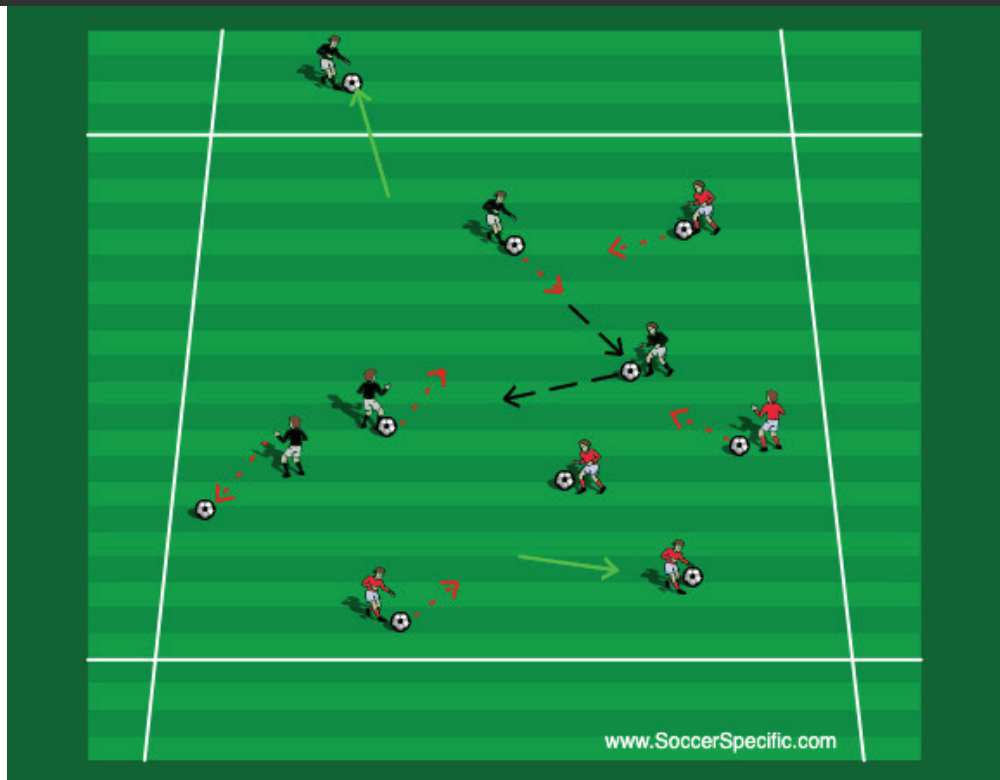
The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player. 1 point every time you hit a players leg, 3 points every time you hit another players ball.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



Team Ball Tag



15 mins ↗ 30x20

Setup

Team Ball Tag. All players start with a ball each in a 30 x 20 grid. Players split into 2 teams with one team in pinnies.

Instructions

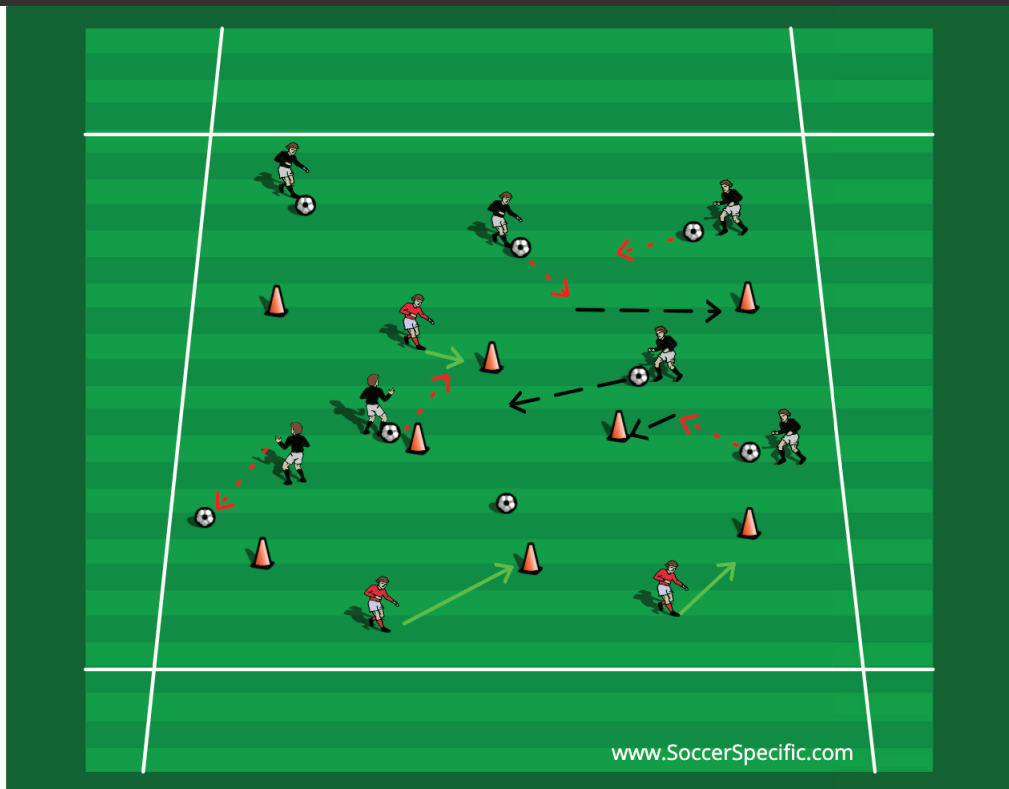
Each team gets a role; taggers and dribblers. The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball while the dribblers try to keep their ball from being tagged by shielding it or dribbling away. The tagging team keep track of points that they score (2 points for hitting a players ball. If a player's ball on the taggers team leaves the grid, they lose 5 points. After 3 minutes, the teams switch roles.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



Cops and Robbers



15 mins ↗ 30x20

Setup

Cops and Robbers. The coach sets up 8-10 tall cones (or discs with a ball on the top). Players split into cops (2-3 players with no balls) and robbers (6-8 players with a ball each). 3 minute games. Rotate the cops and the robbers each set.

Instructions

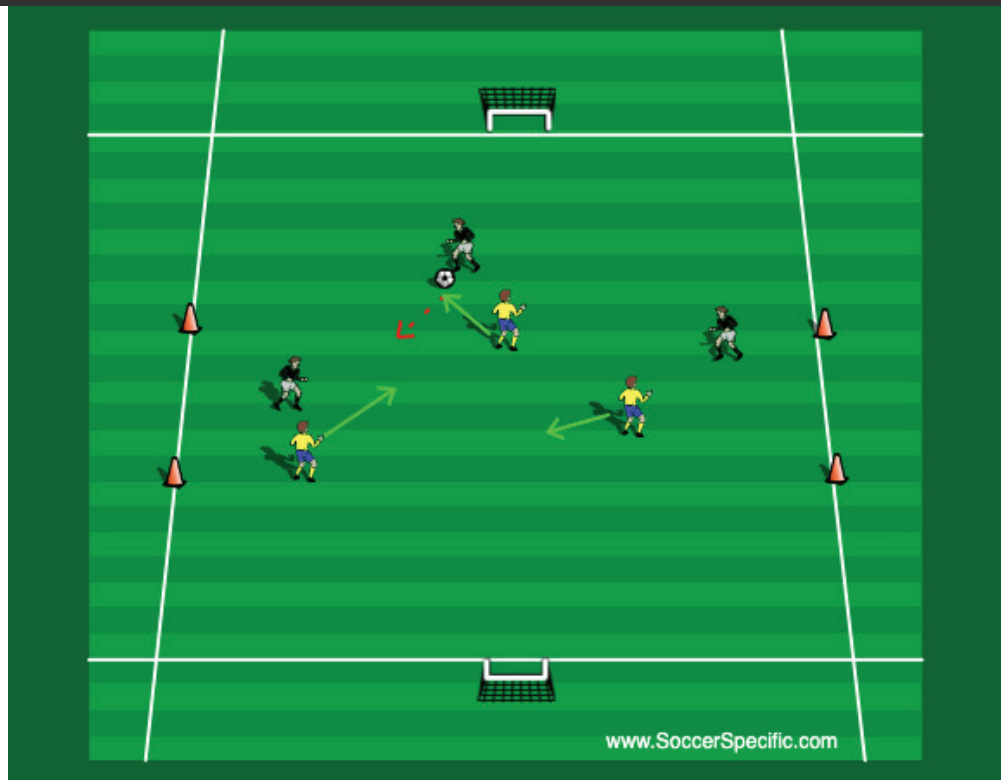
The game starts on the coaches command. Robbers strike their ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



Individual and Small Group Work



20 mins ↗ 30x20

Setup

3V3 games. Multiple fields set up with small goals. Multiple balls in the goals for restarts.

Instructions

3V3 games. One team starts with the ball- new balls come in from the goal when one goes out of bounds.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



WEEK 6, SESSION 2

GOALS GALORE

1V1 TO GOAL

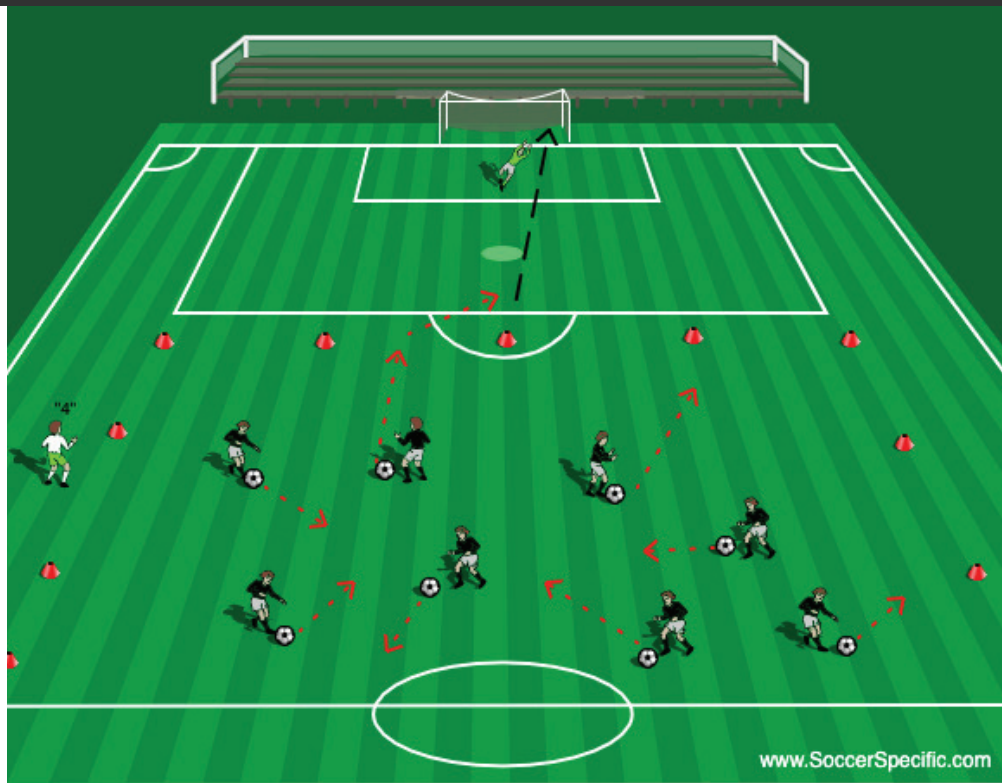
2V2 TO GOAL

3V3 SMALL SIDED GAME TO GOAL

This session focuses on developing the quality of shooting and finishing in a young player. Players are introduced to fun games where they will gain a number of opportunities to shoot on goal, both in an unopposed and opposed context.



Goals Galore



20 mins ↗ 44x40

Setup

Goals Galore. 44 x 40 yard playing area set out by cones in a half field. One ball per player. One goalkeeper in a big goal.

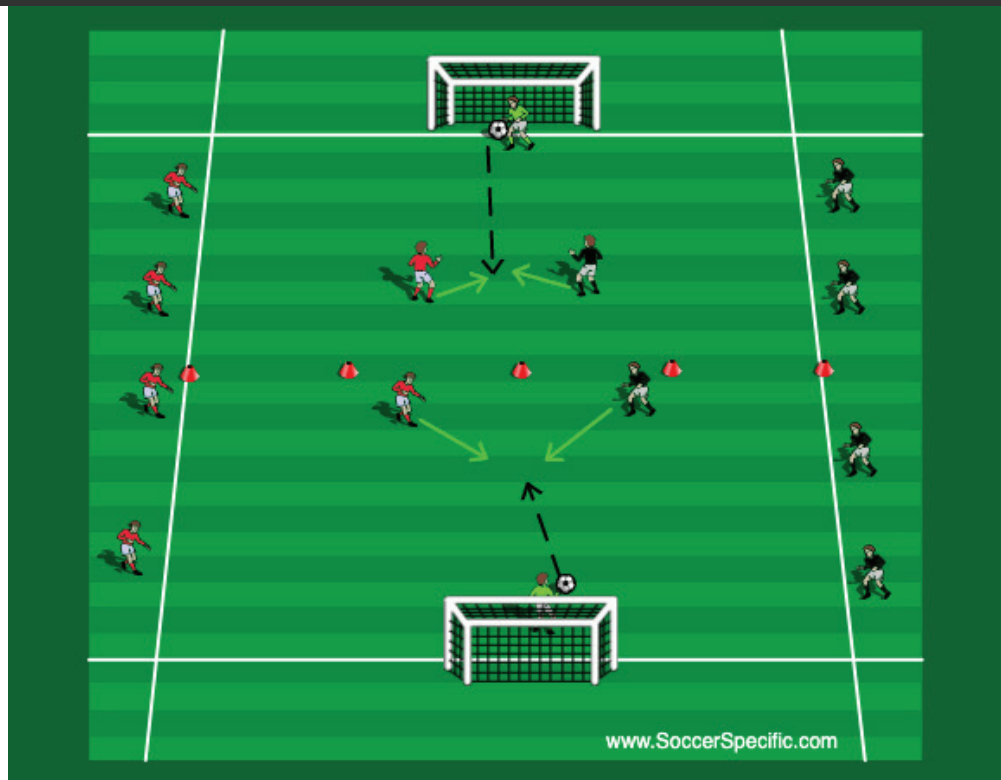
Instructions

The coach numbers each player based on the players who are dribbling fastest and working the hardest. Each player starts with a number- when their number is called the player dribbles into the penalty area and shoots on goal. Keep track of number of goals scored.

Progression: add a coach/ player inside the box.

Coaching Points

1V1 to Goal



10 mins ↗ 15x15

Setup

1V1 to Goal. Multiple playing areas with a 15 x 15 area with a big goal. Players split into two teams with 2 in the playing area and the other players on the outside.

Instructions

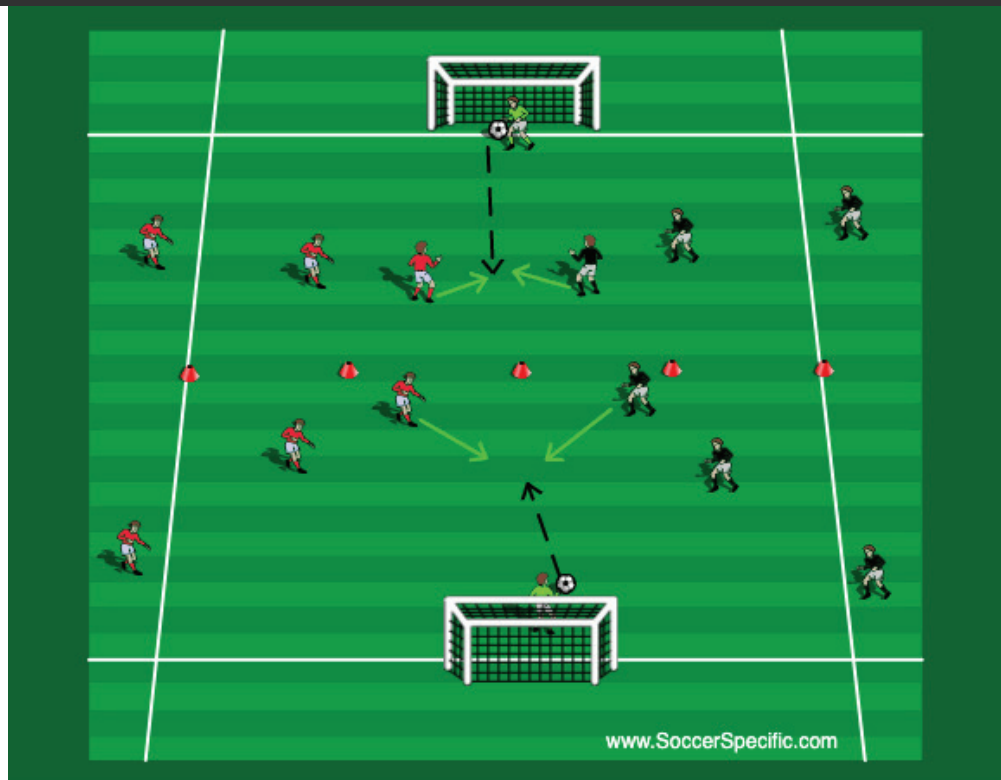
The goalkeeper plays a ball into the playing area for the 2 players to play a 1V1 to goal. Once a player scores or after 2 mins, two new players enter the field to play a new 1V1. Switch partners each set.

Coaching Points

Dribbling and 1V1- ability to use ball manipulation skills to beat an opponent. Shooting- ability to strike the ball with laces; Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).



2V2 to Goal



10 mins ↗ 15x15

Setup

2V2 to goal. Multiple playing areas with a 15 x 15 area with a big goal. Players split into two teams with 2 from each team in the playing area and the other players on the outside.

Instructions

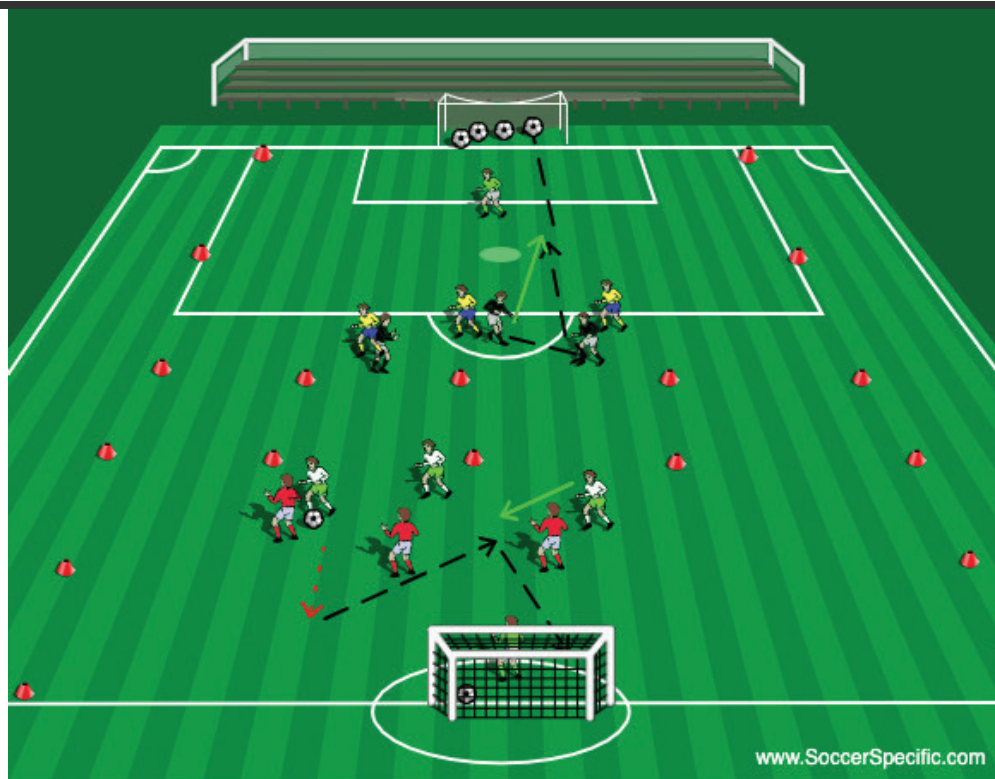
The goalkeeper plays a ball into the playing area for the 2 players to play a 2V2 to goal. Once a player on either team scores or after 3 mins, two new players enter the field to play a new 2V2. Switch teams each set.

Coaching Points

Dribbling and 1V1- ability to use ball manipulation skills to beat an opponent. Passing technique- ability to pass to team-mates. Shooting- ability to strike the ball with laces; Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power).



3V3 Small Sided Game to Goal



20 mins ↗ 20x44

Setup

3V3s to Goal. 20 x 44 yards. 3 minute games.

Instructions

3V3 games. Goalkeeper starts with the ball- new balls come in from the goal when one goes out of bounds. Team plays for 3 minutes, then switch to play against a new team.

Coaching Points

High intensity pressure defensively- win individual battles.
Create 2 v 1's (previous coaching points).



WEEK 7, SESSION 1

WARM-UP: SPACE MOUNTAIN

SPACE MOUNTAIN

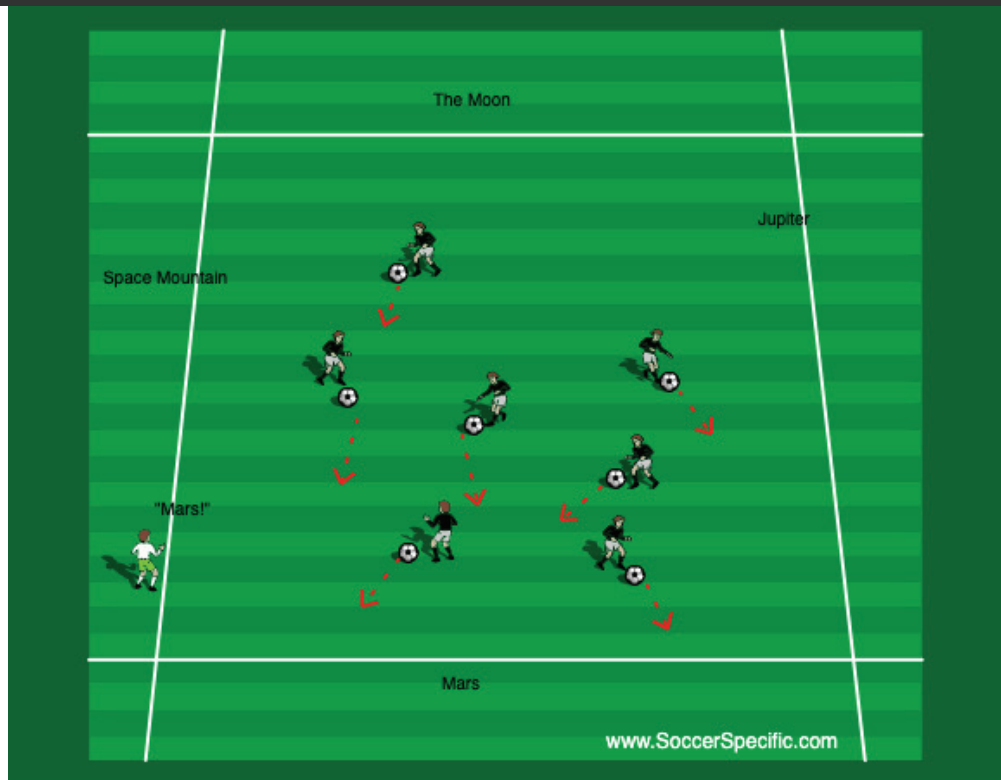
SPACE MONSTER

3V3 TO BIG GOALS

This Adventure Soccer session focuses on developing the ability to dribble with the ball. Building on the players' ability to use their agility, balance and coordination skills, this session now focuses on the players' ability to change direction, dribble slow and accelerate to a faster speed. Using fun games and storytelling, the session provides a fun and safe environment to improve these key areas of soccer development.



Warm-up: Space Mountain



10 mins ↗ 30x20

Setup

Space Mountain Warm-up. 30 x 20 field size. Players have one ball each in the playing area.

Instructions

Players start dribbling the ball around with a soccer ball in the area. The coach names each side of the area after a planet or space related place. When the coach calls the name of a the place, the players dribble their soccer ball to the correct side as quickly as possible (points for whoever arrives first).

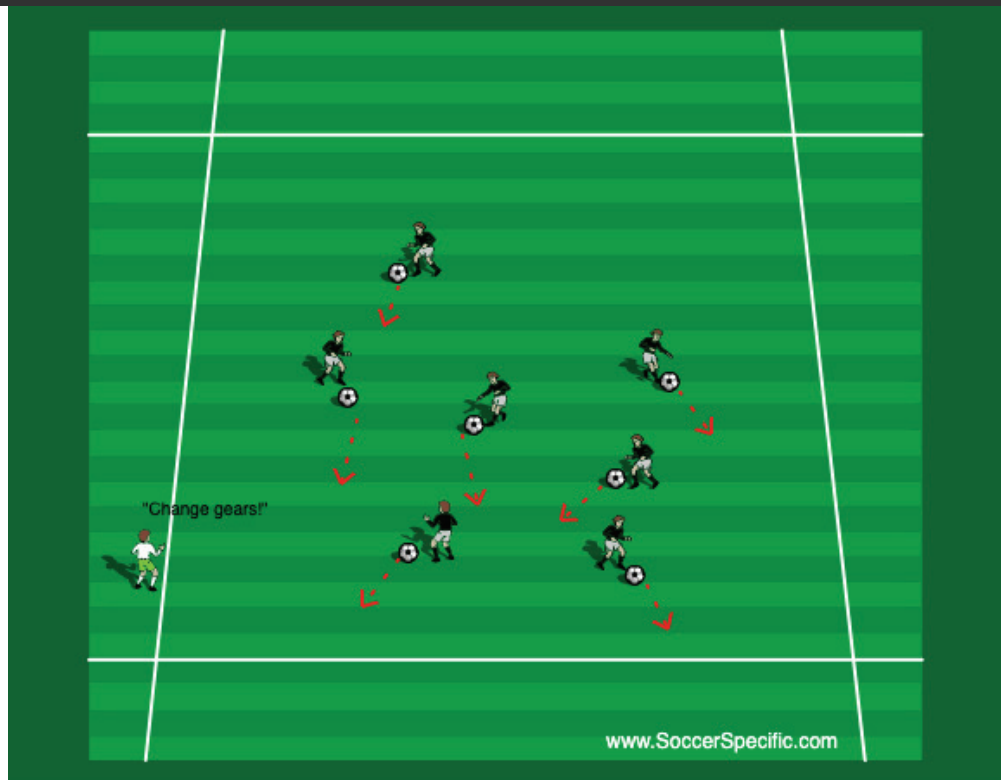
Progression: Perform a different skill for each side. Perform as many of the skill at the side when coach calls it; Mars- toe touches, Space Mountain- inside inside, Moon- juggles, Jupiter- pull backs.

Coaching Points

Make sure players are performing the skills correctly; break down each skill if needed. Changes of direction- use of inside/outside cut.



Space Mountain



15 mins ↗ 30x20

Setup

Space Mountain. 30 x 20 field space. Coach now instructs the players that they are now turning into an astronaut in space.

Instructions

The astronauts are encouraged to stay inside the box while dribbling around the area (on the moon). The coach introduces three astronaut speeds. At Space Turtle speed, players must dribble their soccer ball slowly. At Space monkey speed, players should try to dribble the ball at a medium speed. At Space cheetah speed, players dribble as fast as they can.

Space brakes – STOP!

Space flight – Perform Toe Taps on the ball to fly into the air.

Space turn – Perform a Pull Back Turn and change direction to practice moving away from the Space monsters.

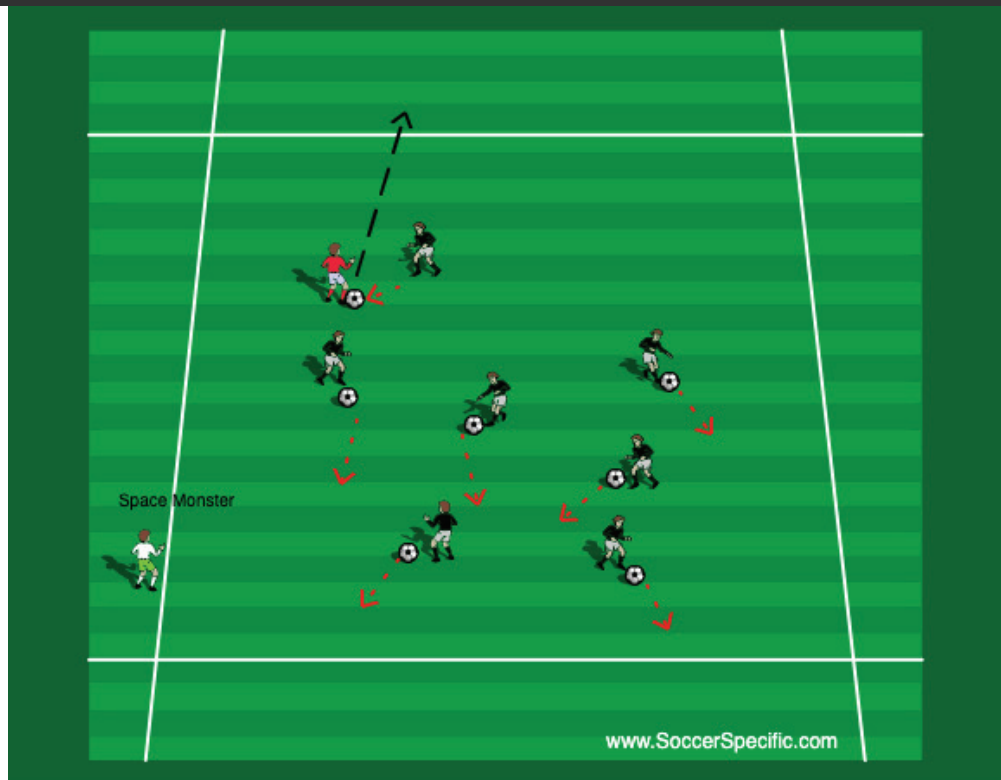
Jet pack– Drive around the grid cradling the ball (inside to inside of feet alternating feet).

Coaching Points

Make sure players are performing the skills correctly; break down each skill if needed. Changes of direction- use of inside/outside cut.



Space Monster



15 mins ↗ 30x20

Setup

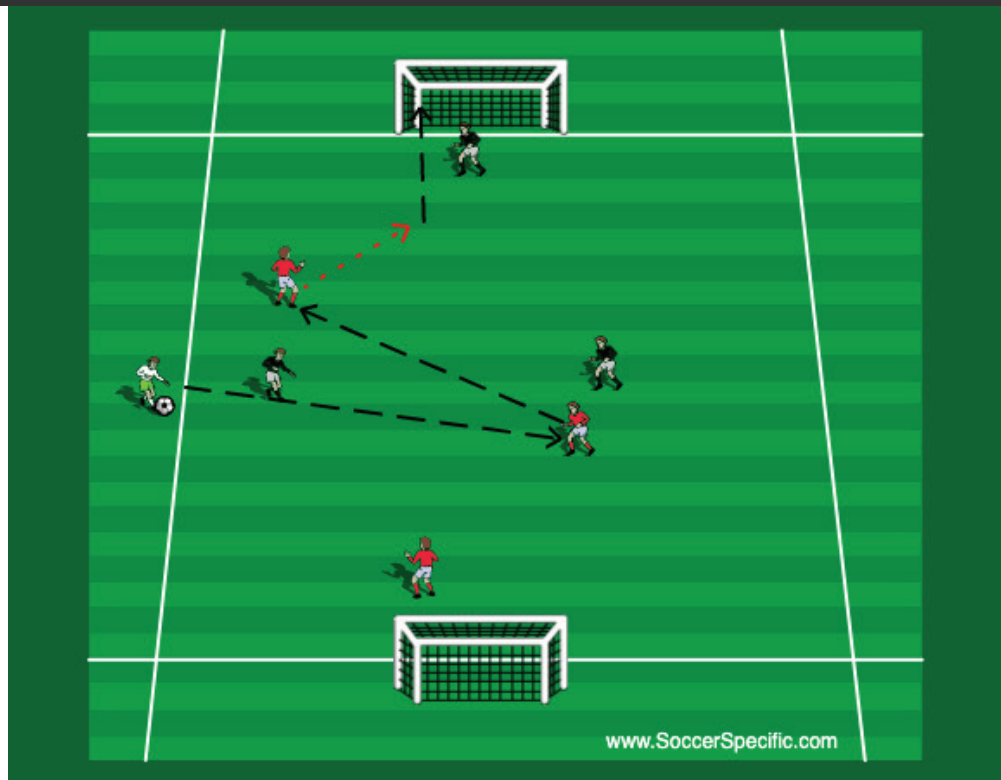
Space Monster. 30 x 20 field space. Coach starts as the space monster trying to steal their space treasure (their balls). Each set, the coach chooses a new player to become the space monster (red bib).

Instructions

Players dribble around the area and the coach introduces the Space Monster. When the coach calls "Space Monster" the coach/defender enters the area attempting to kick the balls (space treasure) out of the grid. When a player loses their ball, they must be saved by a team-mate. A team-mate can be saved every time a player can perform a pull back move (Space turn).

Coaching Points

Changes of direction- use of inside/outside cut, pull back.
Understanding of space- players should play with their heads up to see where the defenders and space is.



20 mins ↗ 30x20

Setup

3V3 to Big Goals- same field space of 30 x 20 playing area. Two teams of three on each field. 3 minute game with multiple games played.

Instructions

Normal 3V3 game- balls are played into the playing area by the coach. Players attempt to score on the big goal.

Defensive players closest to the goal (only one at a time) is the goalkeeper. When the ball goes out of the playing area, the coach plays in a new ball to the player in the most space (this encourages players to find space quickly).

Coaching Points

Changes of direction- use of inside/outside cut, pull back.

Understanding of space- players should play with their heads up to see where the defenders and space is.



WEEK 7, SESSION 2

GOLDEN BALL

CHASE GAME

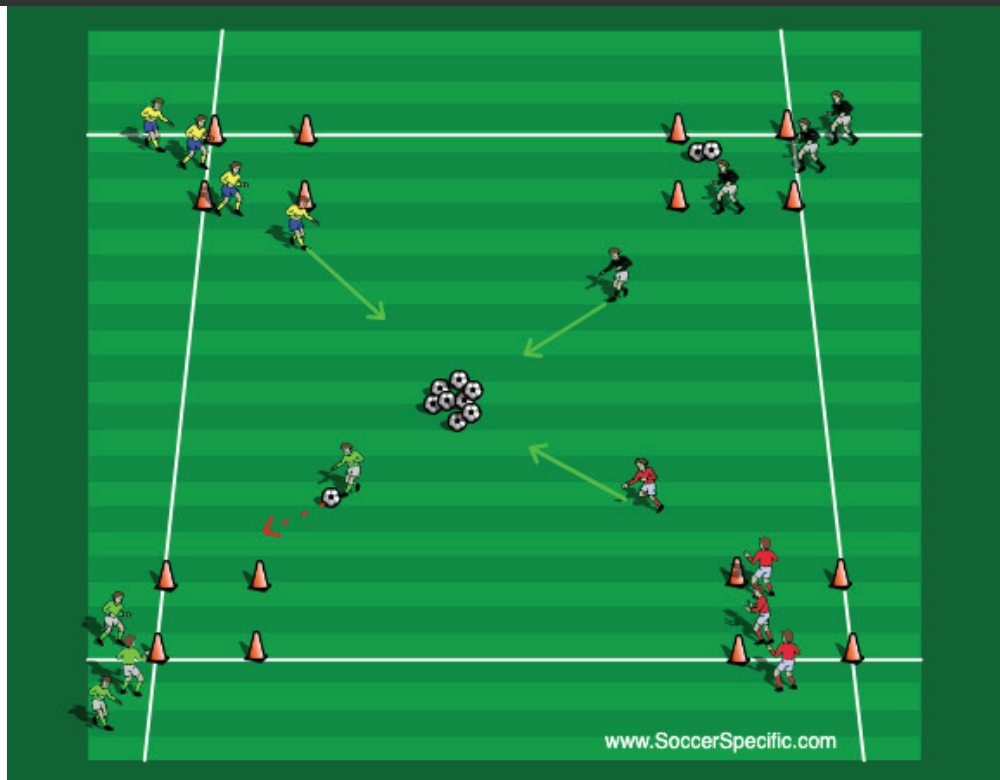
1V1 TO A BALL

CHANGE DIRECTION 2V2 TO 4 GOALS

The following session revisits the ability of a player to turn with the ball. Building on the players' ability to use their agility, balance and coordination skills, this session now focuses on the players' ability to change direction with the ball. Using fun team games, the session provides a fun and safe environment to improve these key areas of soccer development.



Golden Ball



15 mins ↗ 40x30

Setup

Golden Ball. 40 x 30 yard grid set up with 4 mini boxes set up in each corner of 5 x 5 yards. Teams split into four teams (or less, if numbers require). 15-20 balls set up as above in the middle of the grid.

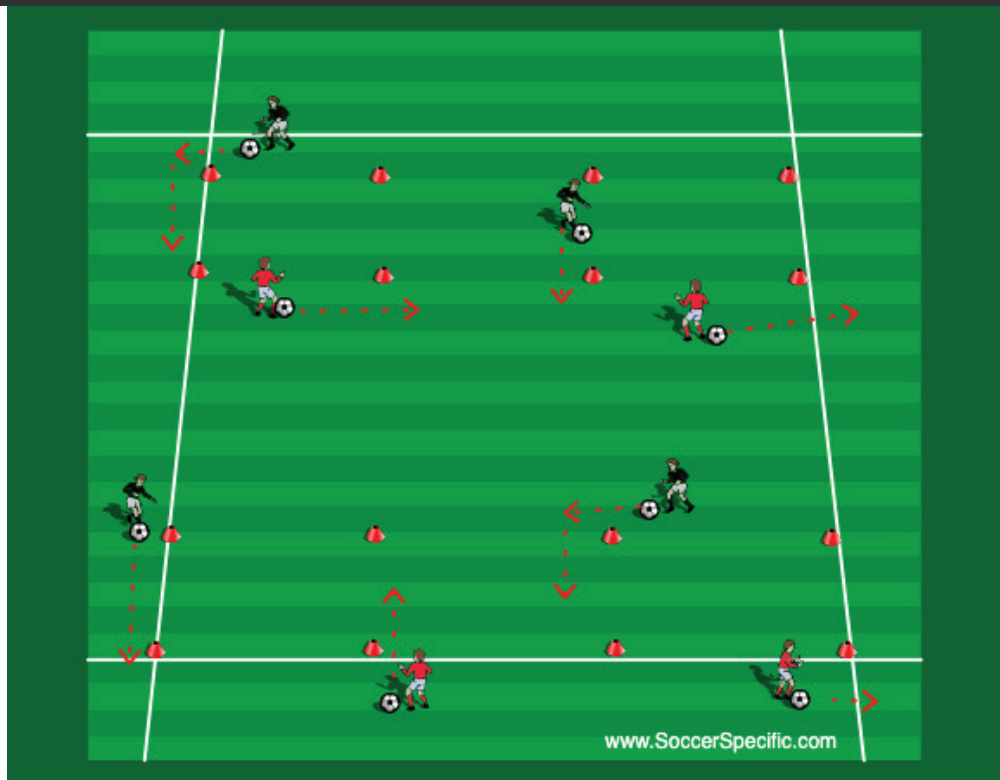
Instructions

Players start in their teams base. The coach places all the soccer balls into the middle of the playing area. On the coaches' command, players must run into the middle to take a soccer ball back to their base. Once all balls have been collected, players can now take a ball from another team's base. The team with most balls at the end wins.

Coaching Points



Chase Game



10 mins ↗ 5x5

Setup

Chase Game. Four cones set up as above in a 5 x 5 box. Players split into groups of two as shown above. 1 minute games.

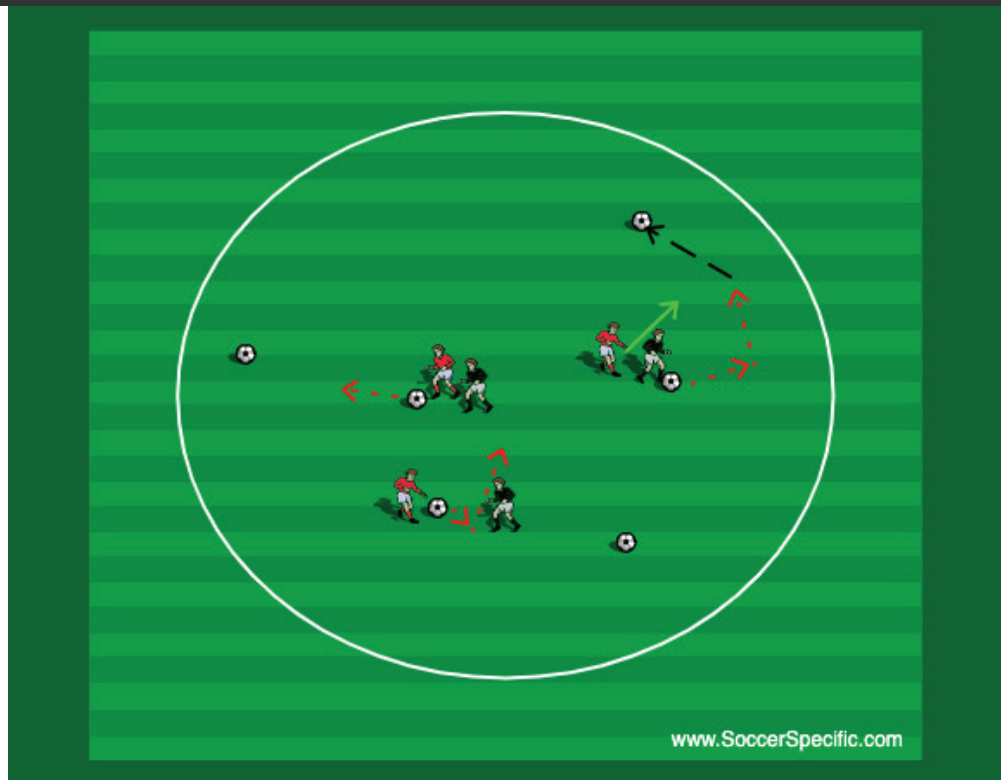
Instructions

Players start on opposite ends and are numbered 1 or 2. When coach says a number, that player is the catcher. The other player must stay away from the catcher, who tries to catch the other player by tagging them with their ball. When the player tags their partner, roles are reversed and the player who has been tagged must count to 2 before chasing their partner again. Switch groups each set.

Coaching Points



1V1 to a Ball



15 mins ↗ 30x20

Setup

1V1 to a Ball. Circular field set up as shown to encourage more changes of direction. Players split into groups of 2. Switch partners each set. 2 minute games.

Instructions

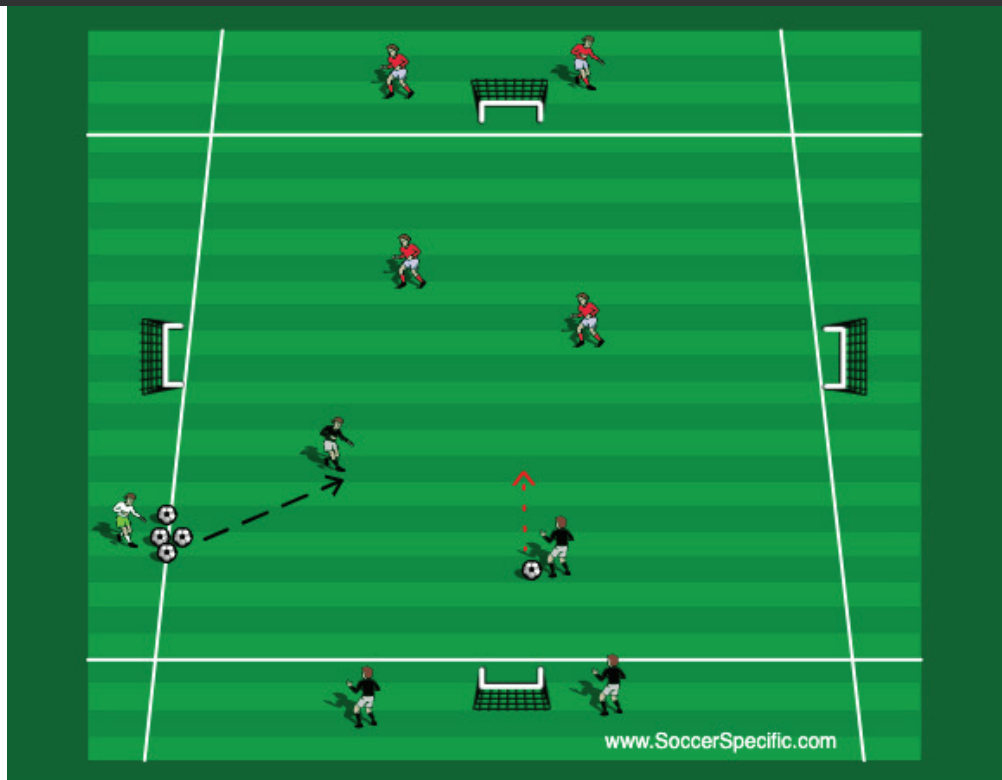
Players split up into groups of 2 (with one ball being played with one ball used as a goal). Players start passing and moving and on the coaches command the game starts and the player that has possession starts with the ball. Players play a 1V1 game attempting to score by passing their ball on to the other ball. The other player attempt to steal the ball and also score on the other ball. When the coach whistles, the game is complete.

Coaching Points

Changes of direction with the ball- body feints, ball manipulation, turning with the ball. The Inside Cut: Place the non – kicking foot directly at the side of the ball. The non – kicking foot should be slightly bent. The player should pivot in the non – kicking foot making contact with the ball using the inside of the foot, taking the ball in the opposite direction. Upon completing the move the player should accelerate away into space.



Change Direction Small Sided Game: 2V2 to 4 Goals



20 mins ↗ 25x20

Setup

2V2 to 4 Goals. 25 x 20 field area. 1 mini goal on each side. Groups of 4-6 players on each team with two players playing at a time.

Instructions

Coach starts by playing a new ball in for each mini game. One team plays to the 2 horizontal goals, while the other team play to the 2 vertical goals. Each game lasts for 2 minutes and when the ref blows their whistle, they play a new ball in for a new group of 4 to start playing. Players will score by dribbling or passing through any of the two goals they are attacking.

Coaching Points

Dribbling- change of speed to get away from opponent. Turning- change direction at speed with the skills previously worked on.



WEEK 8, SESSION 1

SHARKS AND MINNOWS (WITH BALLS)

1V1 LADDER

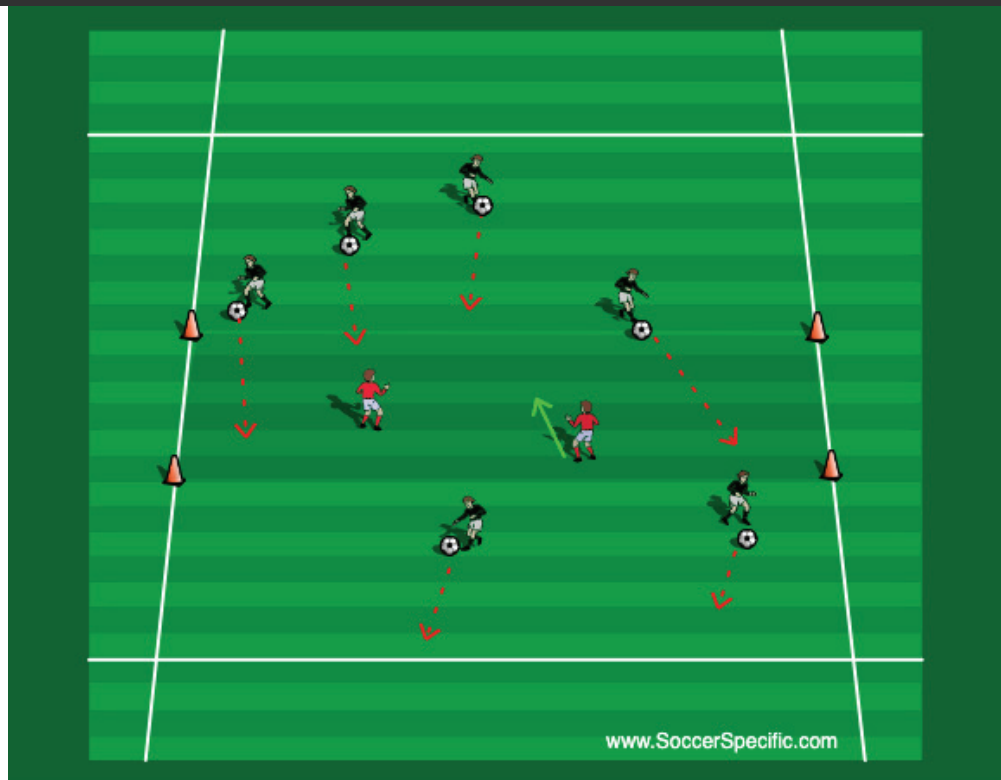
2V2 SMALL SIDED GAMES

4V4 TO END ZONES

This session focuses on developing the ability to dribble with the ball and beat an opponent. Building on the players' previous knowledge, this session focuses on improving the players ability to beat an opponent by changing direction.



Sharks and Minnows (with balls)



10 mins ↗ 30x20

Setup

Sharks and Minnows (with balls). 30 x 20 field set up. 10 yard zone in the middle area (deep sea) set out by cones.

Instructions

One player/ coach starts as the shark. All other players (minnows) start on the end line. The shark asks, "Minnows are you ready?", who respond, "Yes!" The shark then counts down "3-2-1 go!!" At this point all the minnows attempt to dribble to the other side without getting their ball either kicked out or stopped. Sharks can only get soccer balls from the minnows in the 'deep sea'. Any minnows caught become a shark in the next round. The last minnow is the winner.

Coaching Points

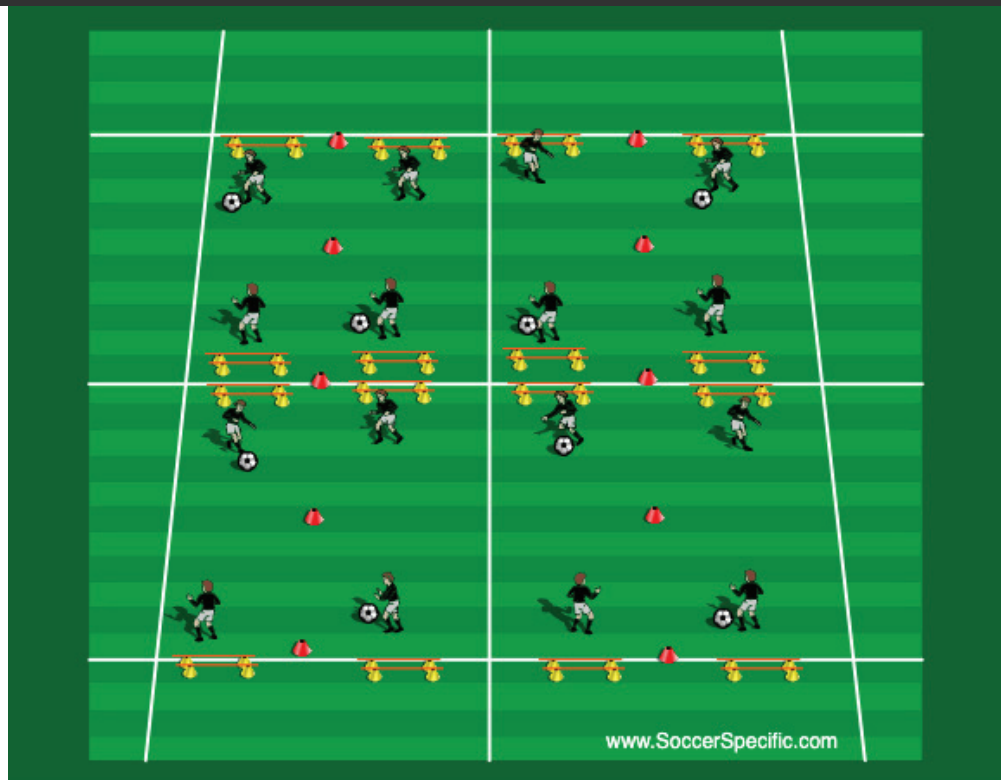
Agility, balance/ coordination- ability to evade the shark by using body feints and changes of direction.

Agility- ability to accelerate and decelerate at speed

Speed with the ball- ability to use speed after taking a big touch to run away from the defender.



1V1 Ladder



15 mins ↗ 20x15

Setup

1V1 Ladder. Mini fields set up (20 x 15 each field) as above. Mini goals or cone goals set up (2 yards wide). Players split into groups of 2.

Instructions

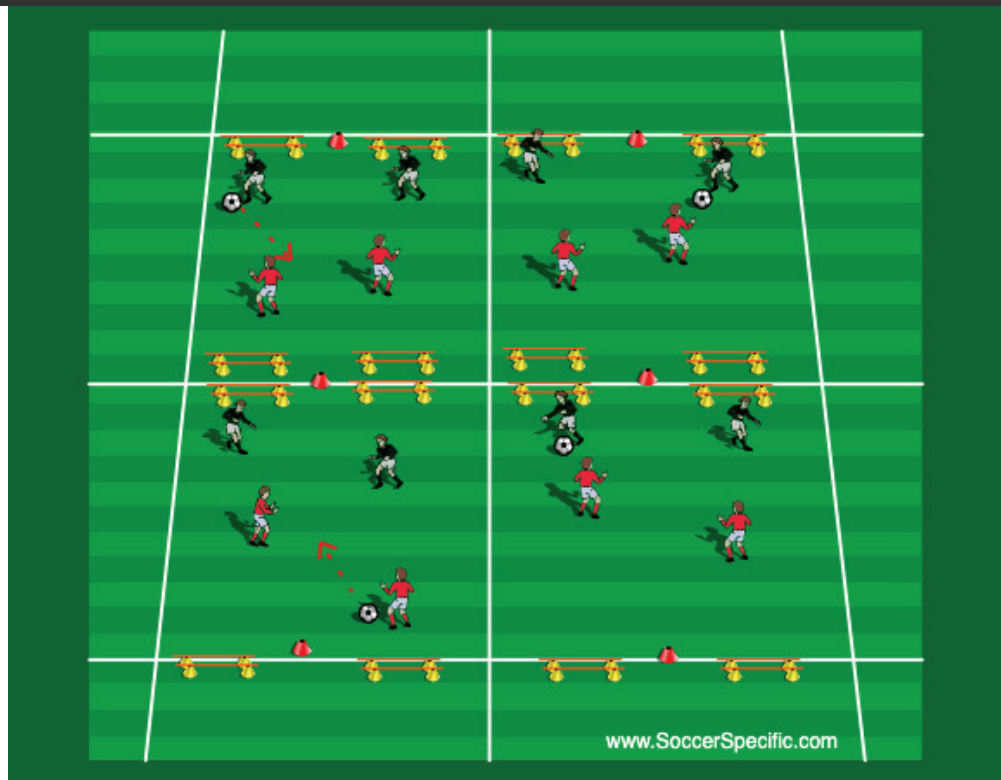
Players split into groups of 2 and play a 2 minute game against another player. At the end of the game, the players move up the ladder (after a win) or down the ladder (after a loss). After a tie, the players do a juggle off (both teams attempt to juggle the ball without the ball bouncing- the player with most juggles wins).

Coaching Points

Moves to change direction. The Inside Cut- Place the non kicking foot directly at the side of the ball (slightly bent). The player should pivot on the non-kicking foot making contact with the ball using the inside of the foot, taking the ball in the opposite direction. The player should have a lower their center of gravity for balance. Upon completing the move the player should accelerate away into space.



2V2 Small Sided Games



15 mins ↗ 30x20

Setup

2V2 Small Sided Games. Mini fields set up (30 x 20 each field) as above. 2 mini goals or cone goals set up on each side (2 yards wide). Players split into groups of 2 on each team.

Instructions

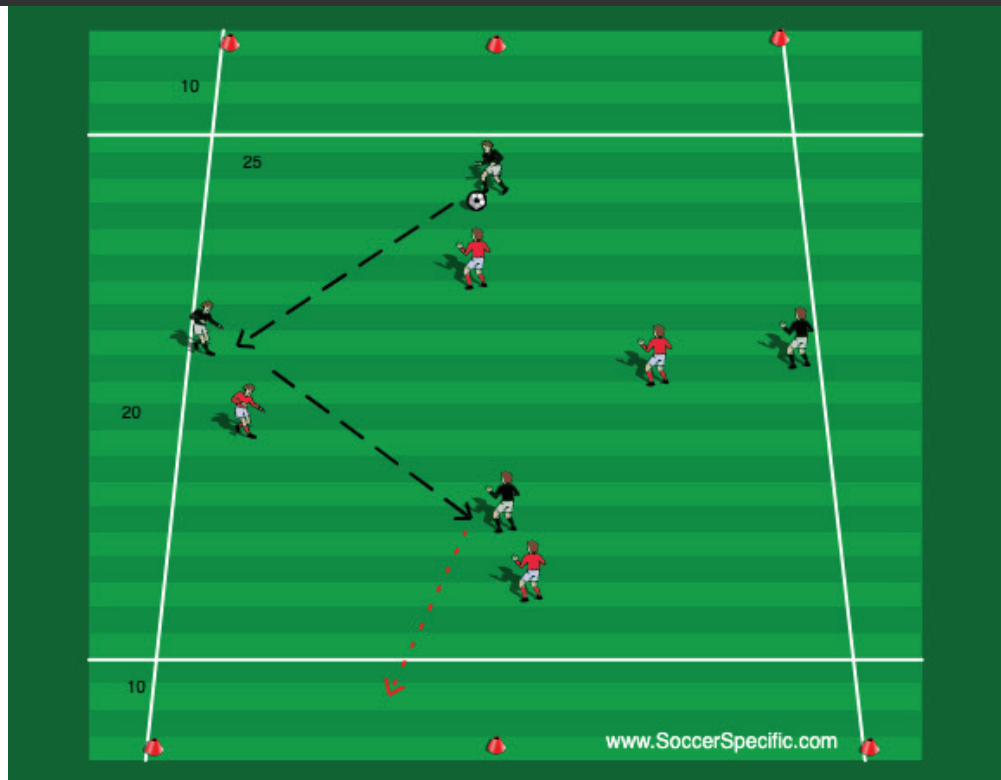
Players play a 2V2 game for 2 minutes per game. At the end of the game, the players move up the ladder (after a win) or down the ladder (after a loss). After a tie, the players do a juggle off (one player from each team attempt to juggle the ball without the ball bouncing- the player with most juggles wins).

Coaching Points

Dribbling skills- individual footwork and body feints to beat your man. Understanding space- if you do not have the ball, attempt to move into an area to receive the ball (space).



4V4 to End Zones



20 mins ↗ 40x25

Setup

4V4 Game to End Zones. Players split into teams of 4 set up in a 40 x 25 yard fields including a 10 yard end zone at each side. 5 minute games.

Instructions

Ball starts from one end zone. One team attempts to play to the other end zone by one player dribbling past the line into the end zone. The player must stop the ball with control inside the end zone to score. Dribble ins if the ball goes out of play.

Coaching Points

Agility, balance and coordination- ability to change direction to evade opponents. Passing- ability to use inside of the foot to pass the ball to team. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade defenders to create space to pass.



WEEK 8, SESSION 2

COPS AND ROBBERS
GATE GAME – PASSING
MUD MONSTERS
3V3 SMALL SIDED GAMES

The following session focuses on fusing all the aspects worked on over the last 8 weeks. The activities focus on developing players ability to dribble, turn, pass and shoot within fun games and small sided activities, as well as building their psycho-social skills by having them work in a team environment.



Cops and Robbers



15 mins ↗ 30x20

Setup

Cops and Robbers. The coach sets up 8-10 tall cones (or discs with a ball on the top). Players split into cops (2-3 players with no balls) and robbers (6-8 players with a ball each). 3 mins games. Rotate the cops and the robbers each set.

Instructions

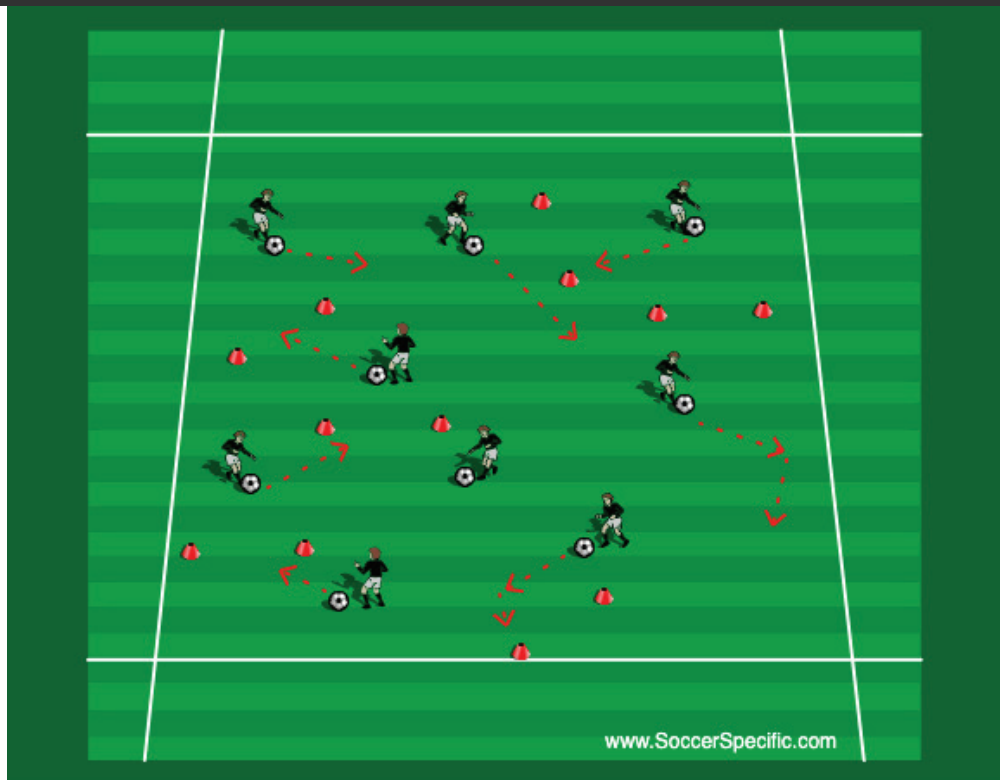
The game starts on the coaches command. Robbers strike their ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



Gate Game: Passing



15 mins ↗ 30x20

Setup

Gate Game: Passing. Players get into pairs and start with one ball each between two. Multiple coned gates set out randomly around the area (2 yards apart).

Instructions

One ball per pair. On the coaches command, each player must begin passing through as many gates as possible. The player who gets the most points (gates passed through) wins the round.

Progression: To score a point, players must pass the ball (2 touches) five times through the gate.

To score a point, players must pass the ball (one touch) five times through the gate.

Coaching Points

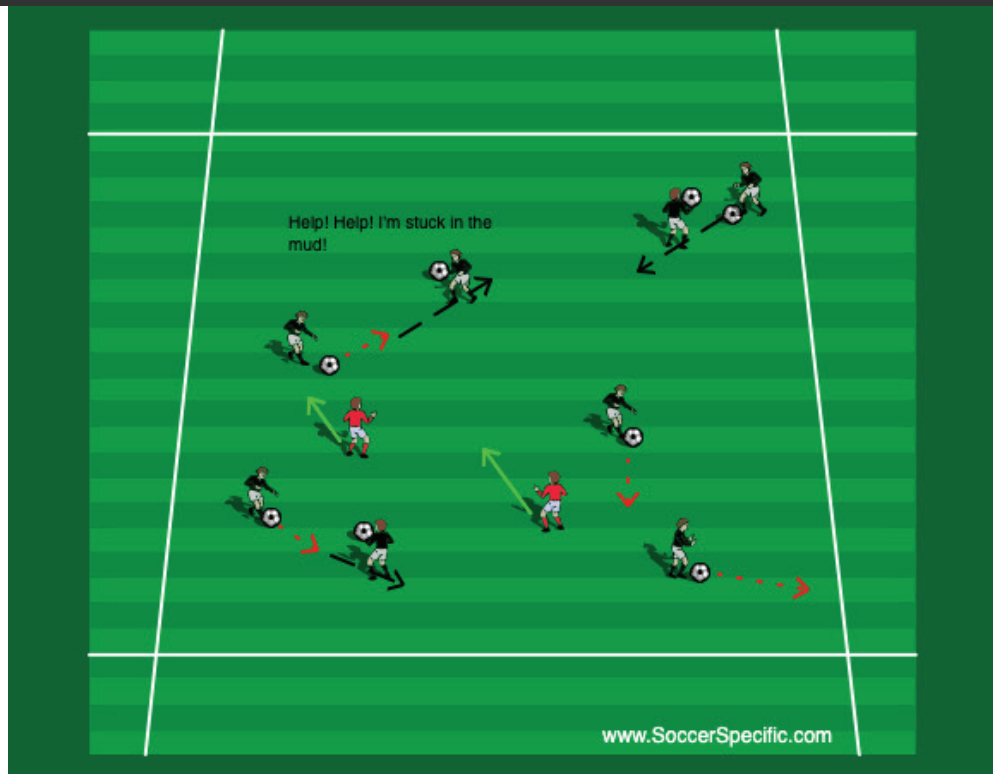
Dribbling vs running with the ball- understanding of space; attempt to take big touches to run with the ball in space and dribble with smaller touches.

Skills to change direction: The Drag Back Turn

Place the non - kicking foot at the side of the ball. Next, place the kicking foot on the top of the ball. The player's body should be leaning over the ball. Drag the ball back, in the opposite direction. Push the ball away using opposite foot.



Mud Monsters



15 mins ↗ 30x20

Setup

Mud Monsters. 30 x 20 playing area clearly marked out. 3 minute games.

Instructions

Players chooses two mud monsters to become the catchers. All other players (runners) must have a ball each. On the coaches command, the mud monsters try to catch the runners while they try to dribble around to evade the mud monsters. The mud monsters attempt to put their foot on top of the ball to freeze the runners. When the runner is frozen they must pick their ball up over their head and open their legs. The other runners who are not frozen can save their team-mates by passing the ball between their legs.

Progression: Mud monsters have a ball and now attempt to pass their ball to freeze the runners.

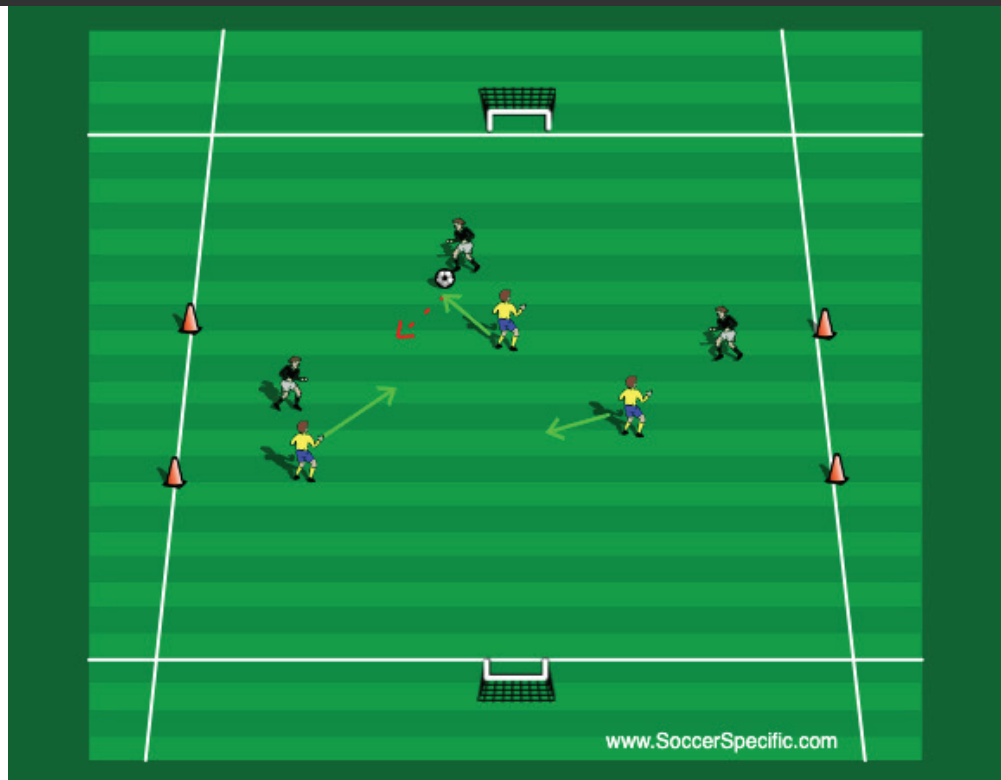
Coaching Points

Passing- ability to use an instep pass to play the ball between the legs.

Dribbling to prepare for pass- ability to dribble with small touches to allow for a pass.



3V3 Small Sided Games



15 mins ↗ 30x20

Setup

3V3 Games. Multiple fields set up with small goals. Multiple balls in the goals for restarts.

Instructions

3V3 games. One team starts with the ball- new balls come in from the goal when one goes out of bounds.

Coaching Points

Passing- ability to use inside of the foot to pass the ball. Teach the correct technique**- place the non kicking foot beside the ball and bend the knee. Strike the ball with the inside of the foot and follow through with the striking foot (power). Striking the ball- ability to use the laces to strike the ball. Dribbling- ability to evade the balls to get away from other players.



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