



# SEASON CURRICULUM

Development & Match Performance  
Ages 13-18





## 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.

© 2023 SOCCERSPECIFIC, LLC

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law.

For permissions contact: [info@SoccerSpecific.com](mailto:info@SoccerSpecific.com)

ISBN-13: 978-1984189929

ISBN-10: 1984189921

Visit our Website at: [www.SoccerSpecific.com](http://www.SoccerSpecific.com)



---

## A NOTE FROM THE AUTHOR

Working with the last three US U-17 Men's National Team World Cup cycles and earning over 100 international coaching caps at the youth international level has given me an inside look at youth development across the world. Over the past five years I have spent countless hours on the training pitch sculpting a blue print for player development and a training curriculum that is simple and modern. These 67 activities have been vetted by young players that have moved on to play for clubs like Borussia Dortmund, Schalke 04, Manchester United, Fiorentina, Fulham FC, West Bromwich Albion, Chivas Guadalajara, Club Tijuana, C.F. Monterrey, Atlanta United, LA Galaxy, NY Red Bulls, FC Dallas, Orlando City, and the Philadelphia Union. This 3-month curriculum is specifically designed for Zone 2, ages 13-18, and is perfect for International Youth Academies, High School Teams, USSDA, ECNL, ENPL, USYS boys/ girls and young men/women. You may follow the blue print as is or make desired edits based on your game schedule, ability level, and desired intensity level for the day/week or other specific factors unique to you and your players. Let's continue to do our part in player development and take our coaching to the next level!

Passionately,

A handwritten signature in black ink, appearing to read 'Anthony V. Latronica', with a stylized flourish at the end.

ANTHONY V. LATRONICA



# TABLE OF CONTENTS

Matrix - Curriculum Schedule .....	1
<b>WARMUPS</b> .....	<b>2</b>
Agility Warmup .....	3
Cognitive Warmup .....	4
Communication Warmup .....	5
Regeneration Warmup .....	6
Sprint Distance Warmup .....	7
<b>ACTIVITIES</b> .....	<b>8</b>
3V1 Possession .....	9
3V1 Transition .....	10
3V2s to Goal .....	11
3V2 Transition to 4V3 to Goal .....	12
4 Goal Game .....	13
45X30 Passing .....	14
4V4+3 .....	15
5V2 .....	16
5V2 Transition .....	17
5V3 Possession .....	18
6 Goal Game .....	19
6V2 Three Team Transition .....	20
6V3 Dutch Possession .....	21
6V6 .....	22
6V6 Possession Interchange .....	23
7V7 + 3 Possession .....	24
8V8 + 2 Possession .....	25
9V9 .....	26
11V11 + 1 Zonal .....	27
Attacking Passing Patterns to Goal .....	28
Attacking Players Functional Finishing to Goal .....	29
Barcelona Finishing .....	30
Building out of the Back Phase 1. ....	31
Building out of the Back Phase 2. ....	32
Building out of the Back Phase 3. ....	33
Building out of the Back Phase 4. ....	34
Building out of the Back Phase 5. ....	35
Crossing and Finishing Competition .....	36
Diamond Passing. ....	37
Diamond Passing Warmup .....	38
Dinamo Zagreb .....	39
Double Y Passing. ....	40
Gate Game 10V10 + 1 .....	41
Half Field Patterns Cross and Finish .....	42
Intermediate Passing. ....	43
LA Rectangle Passing .....	44
Offensive Patterns to Goal .....	45
Passing in 18 Finish on Goal .....	46
Six Goal Game to Two Big Goals .....	47
Technical Finishing Activities .....	48
USMNT Target Forward Passing .....	49



# SOCCERSPECIFIC

## Season Curriculum: Ages 13-18

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>MATCH DAY -5</b> INTENSITY LEVEL (3/10)	REGEN WARMUP 3V1 5V2 4 GOAL GAME	REGEN WARMUP V2 3V1 TRANSITION 5V2 4 GOAL GAME	REGEN WARMUP 3V1 5V2 4 GOAL GAME	REGEN WARMUP V2 3V1 TRANSITION 5V2 4 GOAL GAME	REGEN WARMUP 3V1 TRANSITION 5V2 4 GOAL GAME	REGEN WARMUP V2 3V1 5V2 4 GOAL GAME
<b>MATCH DAY -4</b> INTENSITY LEVEL (8/10)	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V2 THREE TEAM TRANSITION 3V2 TRANSITION TO 4V3 6V6	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V3 DUTCH POSSESSION 3V2 TRANSITION TO 4V3 6V6	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V2 THREE TEAM TRANSITION 3V2 TRANSITION TO 4V3 6V6
<b>MATCH DAY -3</b> INTENSITY LEVEL (6/10)	SPRINT/DISTANCE WARMUP PASSING IN 18 FINISH ON GOAL 4V4+3 HALF FIELD PATTERNS CROSS & FINISH	SPRINT/DISTANCE WARMUP V2 DIAMOND PASSING 6V6 INTERCHANGE 9V9	SPRINT/DISTANCE WARMUP LA RECTANGLE PASSING 4V4+3 TARGET FORWARD PASSING	SPRINT/DISTANCE WARMUP V2 PASSING IN 18 FINISH ON GOAL 6V6 INTERCHANGE 9V9	SPRINT/DISTANCE WARMUP DIAMOND PASSING 4V4+3 HALF FIELD PATTERNS CROSS & FINISH	SPRINT/DISTANCE WARMUP V2 LA RECTANGLE PASSING 6V6 INTERCHANGE 9V9
<b>MATCH DAY -2</b> INTENSITY LEVEL (4/10)	COMMUNICATION WARMUP DOUBLE Y PASSING 7V7+3 BUILDING OUT PHASE 1	COMMUNICATION WARMUP V2 DIAMOND PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL	COMMUNICATION WARMUP DINAMO ZAGREB PASSING 7V7+3 BUILDING OUT PHASE 2	COMMUNICATION WARMUP V2 DOUBLE Y PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL	COMMUNICATION WARMUP DIAMOND PASSING 7V7+3 BUILDING OUT PHASE 3	COMMUNICATION WARMUP V2 DINAMO ZAGREB PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL
<b>MATCH DAY -1</b> INTENSITY LEVEL (2/10)	COGNITIVE WARMUP 45X30 PASSING 10V10+1 GATE GAME CROSSING & FINISHING COMP	COGNITIVE WARMUP V2 BARCA FINISHING 6 GOAL GAME ATTACKING PLAYERS FUNCTIONAL TO GOAL	COGNITIVE WARMUP 45X30 PASSING 8V8+2 ATTACKING PATTERNS TO GOAL	COGNITIVE WARMUP V2 BARCA FINISHING 10V10+1 GATE GAME TECHNICAL FINISHING ACTIVITIES	COGNITIVE WARMUP 45X30 PASSING 6 GOAL GAME CROSSING & FINISHING COMP	COGNITIVE WARMUP V2 BARCA FINISHING 8V8+2 ATTACKING PATTERNS TO GOAL
<b>MATCH DAY -5</b> INTENSITY LEVEL (3/10)	REGEN WARMUP 3V1 5V2 TRANSITION 4 GOAL GAME	REGEN WARMUP V2 3V1 TRANSITION 5V2 4 GOAL GAME	REGEN WARMUP 3V1 5V2 TRANSITION 4 GOAL GAME	REGEN WARMUP V2 3V1 TRANSITION 5V2 4 GOAL GAME	REGEN WARMUP 3V1 5V2 TRANSITION 4 GOAL GAME	REGEN WARMUP V2 3V1 TRANSITION 5V2 4 GOAL GAME
<b>MATCH DAY -4</b> INTENSITY LEVEL (8/10)	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V3 DUTCH POSSESSION 3V2 TRANSITION TO 4V3 6V6	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V2 THREE TEAM TRANSITION 3V2 TRANSITION TO 4V3 6V6	AGILITY WARMUP 5V2 TRANSITION 3V2'S TO GOAL 6 GOAL GAME TO TWO BIG GOALS	AGILITY WARMUP V2 6V3 DUTCH POSSESSION 3V2 TRANSITION TO 4V3 6V6
<b>MATCH DAY -3</b> INTENSITY LEVEL (6/10)	SPRINT/DISTANCE WARMUP PASSING IN 18 FINISH ON GOAL 4V4+3 TARGET FORWARD PASSING	SPRINT/DISTANCE WARMUP V2 DIAMOND PASSING 6V6 INTERCHANGE 9V9	SPRINT/DISTANCE WARMUP LA RECTANGLE PASSING 4V4+3 HALF FIELD PATTERNS CROSS 7 FINISH	SPRINT/DISTANCE WARMUP V2 PASSING IN 18 FINISH ON GOAL 6V6 INTERCHANGE 9V9	SPRINT/DISTANCE WARMUP DIAMOND PASSING 4V4+3 TARGET FORWARD PASSING	SPRINT/DISTANCE WARMUP V2 LA RECTANGLE PASSING 6V6 INTERCHANGE 9V9
<b>MATCH DAY -2</b> INTENSITY LEVEL (4/10)	COMMUNICATION WARMUP DOUBLE Y PASSING 7V7+3 BUILDING OUT PHASE 4	COMMUNICATION WARMUP V2 DIAMOND PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL	COMMUNICATION WARMUP DINAMO ZAGREB PASSING 7V7+3 BUILDING OUT PHASE 5	COMMUNICATION WARMUP V2 DOUBLE Y PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL	COMMUNICATION WARMUP DIAMOND PASSING 7V7+3 11V11+1 ZONAL	COMMUNICATION WARMUP V2 DINAMO ZAGREB PASSING 8V8+2 OFFENSIVE PATTERNS TO GOAL
<b>MATCH DAY -1</b> INTENSITY LEVEL (2/10)	COGNITIVE WARMUP 45X30 PASSING 10V10+1 GATE GAME CROSSING & FINISHING COMP	COGNITIVE WARMUP V2 INTERMEDIATE PASSING 6 GOAL GAME ATTACKING PLAYERS FUNCTIONAL TO GOAL	COGNITIVE WARMUP BARCA FINISHING 8V8+2 ATTACKING PATTERNS TO GOAL	COGNITIVE WARMUP V2 45X30 PASSING 10V10+1 GATE GAME TECHNICAL FINISHING ACTIVITIES	COGNITIVE WARMUP BARCA FINISHING 6 GOAL GAME CROSSING & FINISHING COMP	COGNITIVE WARMUP V2 INTERMEDIATE PASSING 8V8+2 ATTACKING PATTERNS TO GOAL

LATRONICA

**MATCH DAY**  
INTENSITY LEVEL  
(10/10)

**OFF DAY**



WARMUPS



# Agility

3

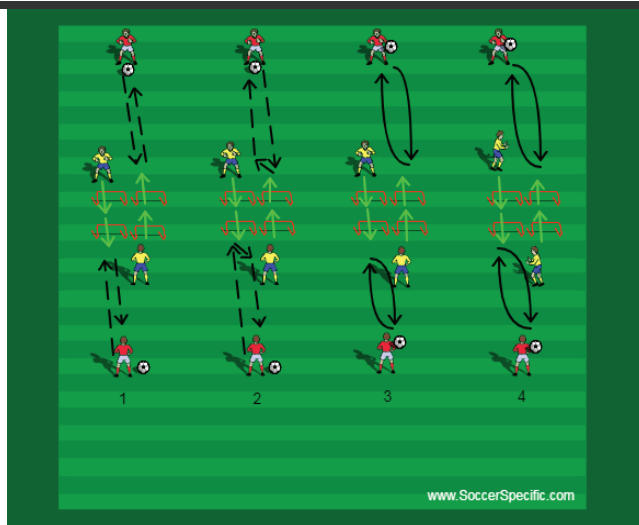
Date:

Duration: **15 Min**

Team: **Curriculum Ages 13-18**

Intensity: ● (8/10)

Category: **Warmup**



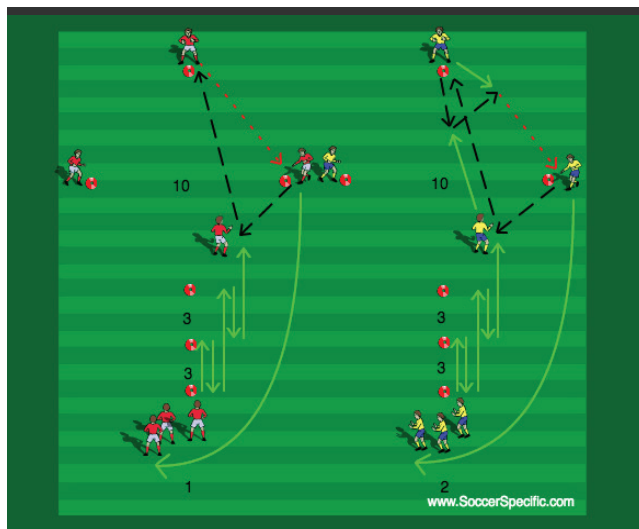
1

⌚ 15 Min ↗ 25yd

**Setup:** Groups of four, servers on the outside are 10-12 yards apart, hurdles are 1 yard apart. 30-45 second intervals per player per progression. Four variations total as shown.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- High knees to one touch pass. Progression 2- Two foot hops receive right play left and receive left play right. Progression 3- Single leg hop to one touch volley. Progression 4- Lateral two foot hops one touch header.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Equal take off on two footed hops and knees to hip height in front of body.



2

⌚ 15 Min ↗ 25yd

**Setup:** Groups of 6-8, multidirectional with the ball. 8 repetitions total, 2 right and 2 left for each passing sequence.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- forward and backward footwork execute passing sequence, 2 to the right and 2 to the left. Progression 2- Lateral shuffle footwork execute passing sequence, 2 to the right and 2 to the left.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Athletic stance, feet under hips, from lateral shuffle to forward acceleration. Push off outside edge of foot of the inside leg.



## Cognitive

4

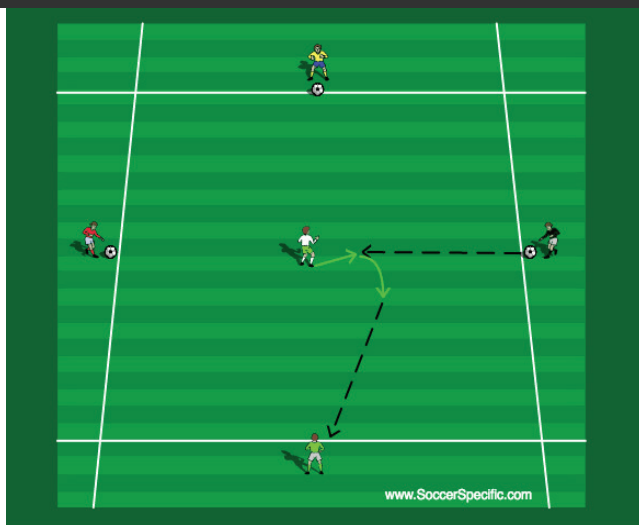
Date:

Duration: 15 Min

Team: Curriculum Ages 13-18

Intensity: ● (2/10)

Category: Warmup



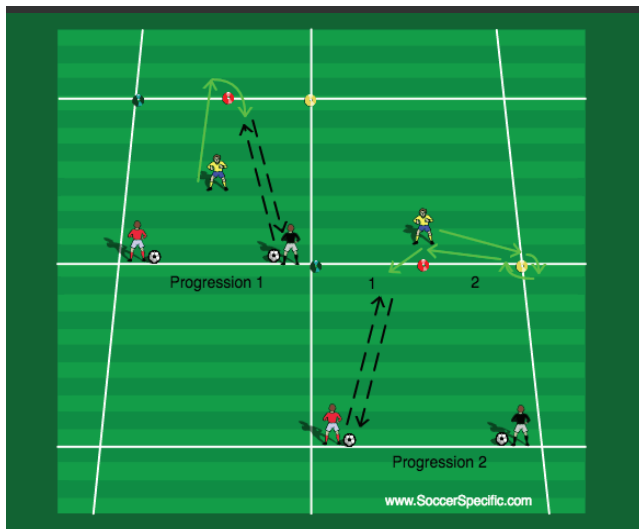
1

⌚ 15 Min ↗ 10X10

**Setup:** Groups of five, 10X10 or 12X12 yard grids depending on your players' ability level. Players are wearing five different colors, three balls per grid.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1: Coach calls a color, receive from that player and find the open man. Two touch, 30 seconds each player. Progression 2: 4 balls on the outside, call color, play ball in and add pressure. Player who receives the ball beats pressure on the dribble and exchanges places. 1-2 minute bout depending on quality of technique.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 15 Min ↗ 10X10

**Setup:** Groups of three, 10X10 or 12X12 yard grids depending on your players' ability level. Three players and two balls per grid.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1: Cone color is called, player gets around cone and plays one touch ball back to server, 30 seconds each player. Progression 2: Cone color and channel is called, player gets around the cone and receives ball through proper channel. 1 or 2 touch return, 30 seconds each player.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.





## Communication

5

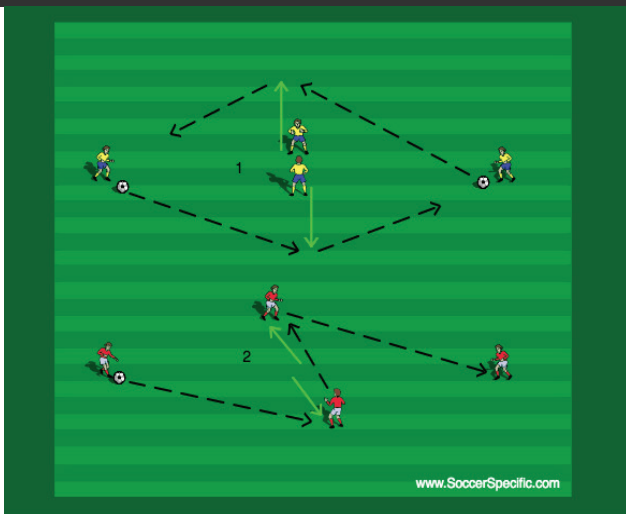
Date:

Duration: **15-20 Min**

Team: **Curriculum Ages 13-18**

Intensity: ● (4/10)

Category: **Warmup**



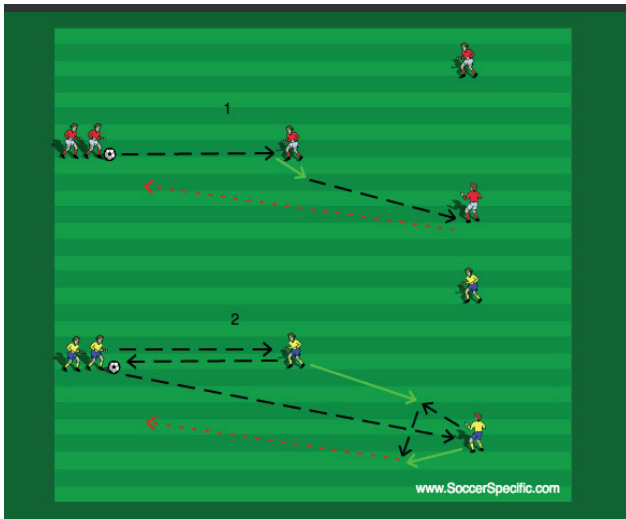
1

⌚ 20 Min ↗ 15X10

**Setup:** Groups of four, servers on the outside are 15 yards apart. At least two balls per group of four. Three progressions.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Diagram 1- Progression 1: Players in the middle react to the servers touch on the outside and check away (open up) from each other as shown. Both servers say a "turn" command, both balls are played in and out the other side at the same time. 1 minute each pair. Dynamic flexibility. Progression 2: One of the servers says "turn" or "man on", based on the command the central players either play it back to original server or out the other side. 1 minute each pair. Dynamic flexibility. Diagram 2- Progression 3: One ball, central players separate, combine through the middle and out the other side with proper communication from all.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 15 Min ↗ 16X8

**Setup:** Groups of 5-6, 16X8 spacing. Two variations as shown.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Diagram 1- Progression 1: Play an entry ball to central player, server says "turn left/right", player reacts to command and turns accordingly. Follow your pass. 2 minutes. Dynamic flexibility. Diagram 2- Progression 2: Play an entry ball to central player, server says "man on", ball is played back to original server who plays it long to either third man who combines with central player as shown, third man dribbles at pace, follow your pass. 2 minutes. Dynamic flexibility.

**Coaching Points:** Between progressions include dynamic movements. 1- Kick straight, kick across, knee hug to hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Make sure in the second progression players are turning efficiently to the third man receiving the ball.



## Regeneration

6

Date:

Duration: **20 Min**

Team: **Curriculum Ages 13-18**

Intensity: ● (3/10) | Category: **Warmup**



1

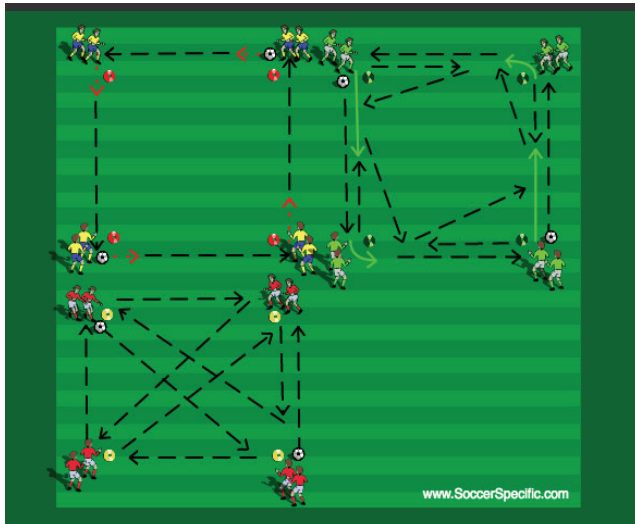
⌚ 20 Min ↗ 20X30

**Setup:** Groups of four, middle cone placed ten yards in from end cones.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. 1- Two balls, dribble right foot pass right foot, dribble left foot pass left foot. 2- Two balls, dribble right foot touch across body pass left foot, dribble left foot touch across body pass right foot. 3- Two balls, dribble right foot, lay off to other player pass right foot, dribble left foot, lay off to other player pass left foot. 4- One ball, right foot dribble half way play a wall pass, left foot dribble half way play a wall pass. 5- One ball, 10 yard space, one touch passing follow pass. 6- One ball, 10 yard space, one touch passing, back pedal back to same line. 7- One ball, 10 yard space, one touch wall passes.

1-2 minute work intervals.

**Coaching Points:** Between passing progressions include movements. 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards.



2

⌚ 20 Min ↗ 12X12

**Setup:** Groups of eight, 2-3 identical grids, at least two players at each cone, three progressions, 12X12 yard grids, 1-2 minute working intervals.

**Instructions:** Start with movement prep, two lines 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. 1- Pass and receive with the right foot, pass and receive with the left foot. 2- Dribble half way and play it to feet, lay it off and receive it on the other side of the cone, repeat sequence, change directions. 3- Play a longer ball to feet, lay it off, hit a diagonal ball across the grid, lay it off to the second player and repeat sequence, change directions. 1-2 minute working intervals.

**Coaching Points:** Between passing progressions include movements. 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- Lateral lunge to balance, lunge reach rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Passing and receiving technique, checking away from the cone (defender), quality and weight of the pass, open hips and receive on the front foot, communication, develop a rhythm in passing possession, change of pace.



## Sprint/Distance

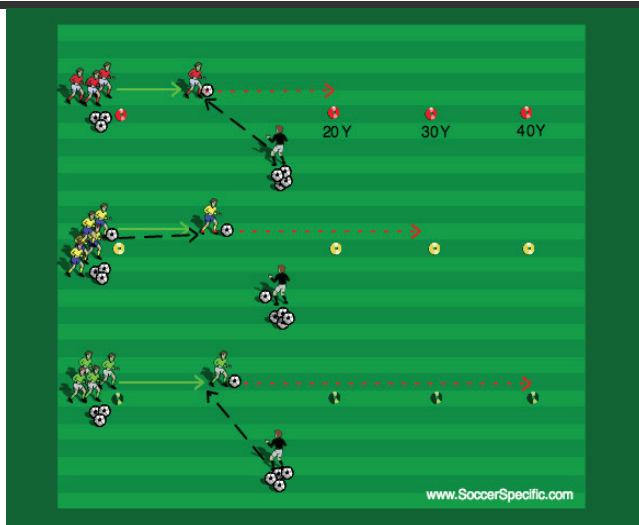
7

Date:

Duration: 20 Min

Team: Curriculum Ages 13-18

Intensity: ● (6/10) | Category: Warmup



1

⌚ 20 Min ↗ 40X20

**Setup:** Groups of 4-6, 2-3 repetitions per variation per distance, 12-18 total sprints, 360-540 yards total sprint distance covered with and without the ball. **Instructions:** Start with movement prep, 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- shown with yellow players, the second player in line slips a ball through for the first player in line to react and run onto it and dribble at pace to the 20 yard cone. Progression 2- shown with the red players, the coach plays a ball which initiates the sprint from the first player in line to arrive to the ball as quickly as possible and dribble at pace.

**Coaching Points:** Between progressions include dynamic movements: 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- lateral lunge to balance, lunge reach and rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- stability bounds lateral, straight leg skip 20 yards. Proper sprint mechanics, first step must be forward, punch leg and arms forward towards the ball. No wasted movements or steps, acceleration and deceleration when manipulating the ball at pace.



2

⌚ 20 Min ↗ 30X10

**Setup:** Groups of 4-6. 4 reps per variation each direction, 16 total sprints, 480 yards total distance covered with and without the ball.

**Instructions:** Start with movement prep 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- shown by the red players, high knees through the cones, side shuffle to and around the corner flag and sprint to ball played through, finishing with dribbling at pace. Four repetitions then change directions, 8 sprints total. Progression 2- shown by the yellow players, quick footwork through the cones, side shuffle to the flag, turn inside facing the ball and sprint to the ball, finish with dribbling at pace. Four repetitions then change directions, 8 sprints total.

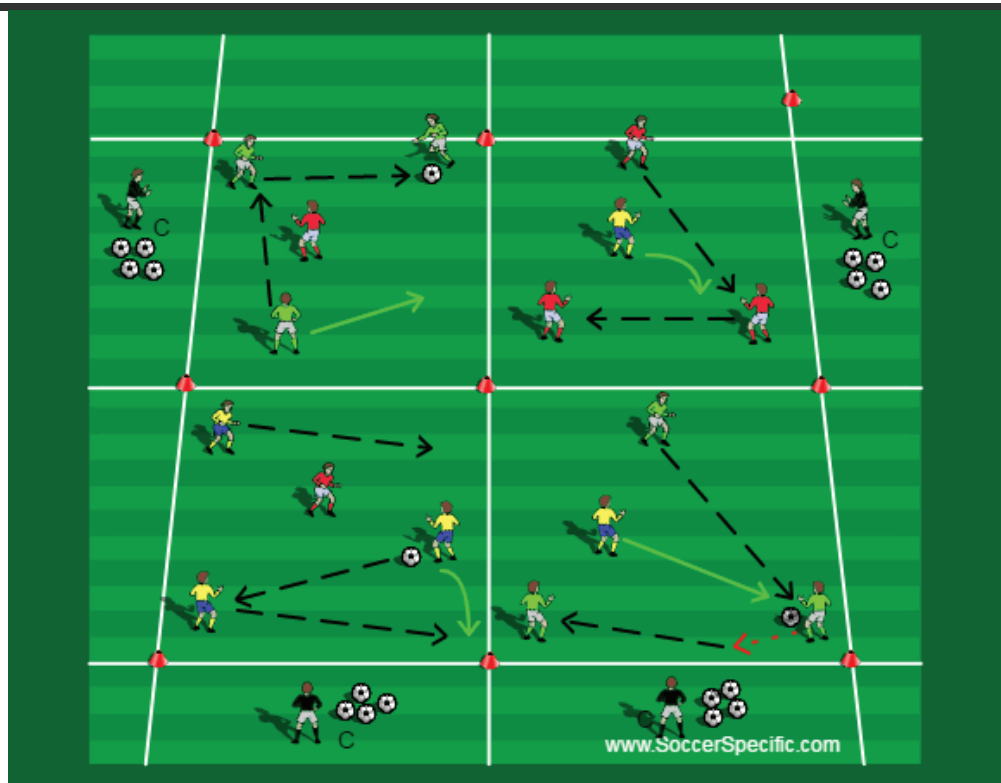
**Coaching Points:** Between progressions include dynamic movements: 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- lateral lunge to balance, lunge reach and rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- Stability bounds lateral, straight leg skip 20 yards. Clean footwork through the cones, track the ball at all times if possible, no wasted movement, sharp turns and take direct route to the ball.



ACTIVITIES



## 3V1 Possession



⌚ 10 Min ↗ 6X6

### Setup

3V1's, 25 field players, 6 identical 6X6 yard grids set up next to each other. Plenty of balls and one coach per grid.

### Instructions

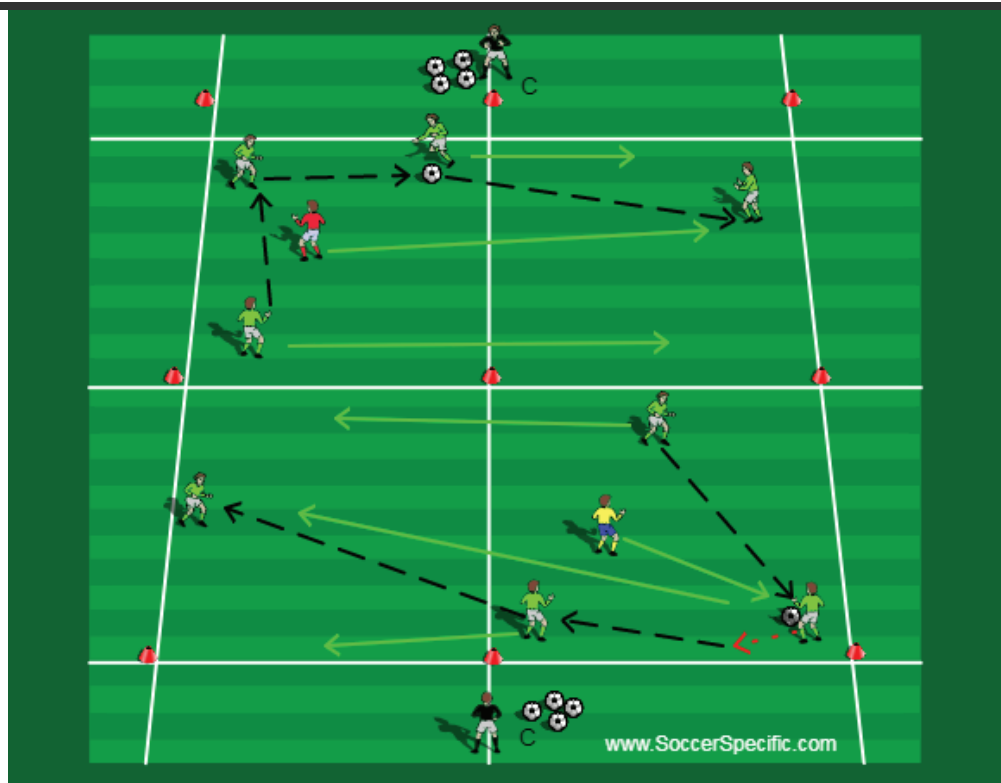
Players play 3V1 possession in the grid and try to keep the ball away from the one defender. If the defender touches or wins possession of the ball then they switch with the player on the outside that messed up. When the ball goes out of play a new ball is played in by the coach. 10 minutes.

### Coaching Points

Speed of play, tech passing and receiving, support angles, movement off the ball, game awareness, communication, set the tone for training.



## 3V1 Transition



⌚ 10 Min ↗ 6X6

### Setup

3V1 transition, 20 field players, 5 players per group, 4 identical 8X8 yard grids set up next to each other. Plenty of balls and one coach per grid.

### Instructions

Players play 3V1 possession in the grid and try to keep the ball away from the one defender. Anytime after the fifth pass, the ball can be played to the fourth player in the open grid. Two attacking players and the one defender transition over to continue the 3V1. Each player defends twice for a duration of 1 minute. 12 minutes.

### Coaching Points

Speed of play, passing and receiving technique, support angles, movement off the ball, game awareness, communication, set the tone for training.



## 3V2s To Goal



🕒 2X6 Min ↗️ 45X36

### Setup

20 field players, 2 GKs, 3V2's to goal, two teams of 10 field players, 45X36. 12 minutes, 6 minutes each direction.

### Instructions

As shown in the diagram the green player plays the ball to his teammate between the two flags and then follows his pass and overlaps him in order to enter the field. The second player penetrates on the dribble as the third player joins as well. Simultaneously two yellow defenders have joined from the other side to make it a 3V2. If a goal is scored, saved, or goes out of bounds 5 new players are on, this time with three yellow attackers and 2 green defenders. If the defenders win it cleanly they can counter and go straight to goal. Regardless of how the play finishes, 5 new players enter the field. Coach on each sideline to monitor off side line. Switch the direction halfway through the allotted 15 minutes for the activity.

### Coaching Points

Close range finishing tech, timing of runs, taking players on, deciding when to penetrate or pass. 1V1 defending, closing people down, cutting off angles, communication.





## 3V2 Transition To 4V3 To Goal



⌚ 2X6 Min ↗ 45X36

### Setup

3V2 to goal with 4V3 transitional opportunity. 24 field players plus 2 GKs, 45X36, 12 minutes, 6 minutes each direction.

### Instructions

As shown, the green player plays the ball to his teammate between the two flags and then follows his pass and overlaps him in order to enter the field. The second player penetrates on the dribble as the third player joins as well. Simultaneously two yellow defenders have joined from the other side to make it a 3V2. If a goal is scored or goes out of bounds, then the attack is over. If the defending team wins the ball or the GK makes a save, an immediate counter ball can be played to either player highlighted in yellow making it a 4V3 going the other direction. Coach on each sideline to monitor off side line.

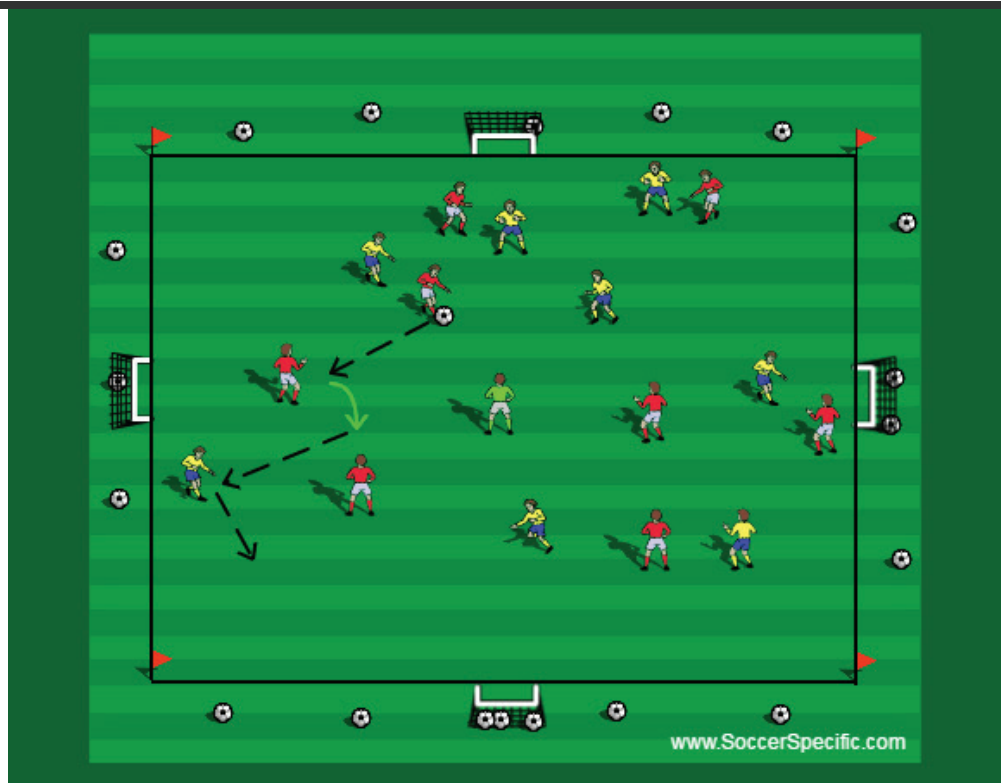
### Coaching Points

Capitalizing on numerical advantage, counter attacking ability, close range finishing tech, timing of runs, taking players on, deciding when to penetrate or pass.  
1v1 defending, closing people down, cutting off angles, communication.





## 4 Goal Game



🕒 4X3 Min ↗️ 60X60

### Setup

8V8+1 4 goal game, 60X60 yard field, 17 field players. Two teams of eight.

### Instructions

Each team is responsible for defending two goals and attacking the other two. If the ball is played out of bounds then it is the other teams kick in, if a goal is scored then the opposing team can quickly play out of either of the two goals they are defending. 3 games, 4 minute games. Keep track of the score, wins, and losses.

### Coaching Points

Create numbers up situations, switch the point of attack quickly, penetrate open space on the dribble, pass or shot. All previous attacking principles. Defend higher up the field away from your own goals, hunt in packs, win the ball back immediately, surround the ball with numbers, 1V1 defending technique.



## 45X30 Passing

14

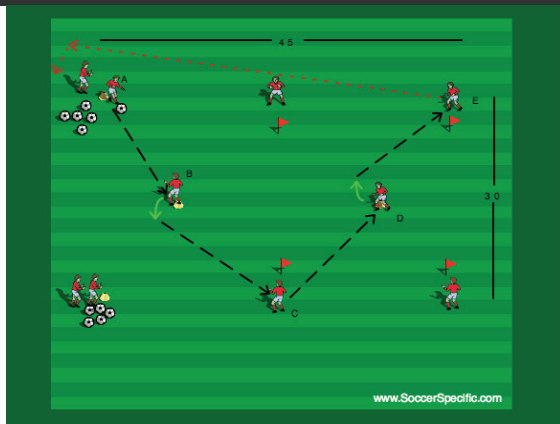
Date: Jan 01, 2018

Duration: 3X3 Min

Team: Curriculum Ages 13-18

Intensity: ● (5/10)

Category: Tech / Tact



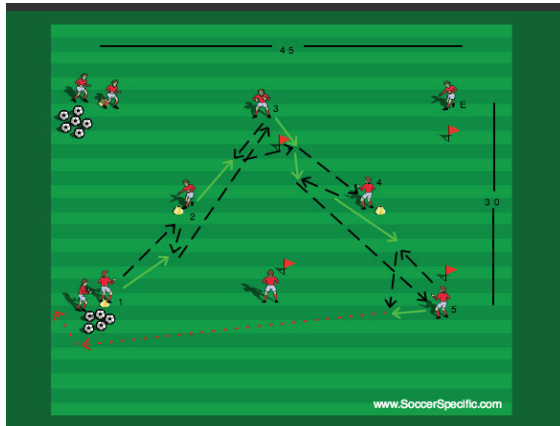
1

⌚ 3 Min ↗ 45X30

**Setup:** 21 field players, 10-11 players per grid, two identical grids set up next to each other 45X30. 3 Variations, 3 minutes per variation.

**Instructions:** First passing pattern shown. Red A passes it to B, B turns and passes it to C who pulls away from the flag (defender) and plays it to D who turns either way and passes it to E, E finishes the sequence by dribbling at pace to the end of the line. Variations include player E dribbling it to the end of line, dribbling it half way and then passing it to the end of the line or striking the ball with his laces to the player at the end of the line. Players always rotate by advancing one cone in the sequence. 12 minutes.

**Coaching Points:** Timing of runs, turning with the ball, pulling away from the defender (flags) in order to create space to receive the ball, quality of the pass and movements.



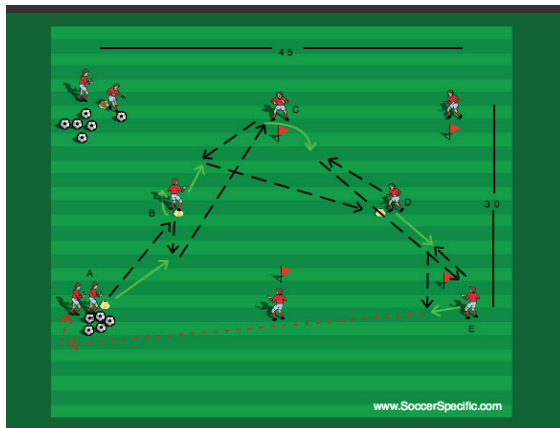
2

⌚ 3 Min ↗ 45X30

**Setup:** 21 players, 10-11 players per grid, two identical grids set up next to each other 45X30. 3 variations, 3 minutes per variation.

**Instructions:** The second passing progression is as follows, player 1 passes it to 2 who lays it back to 1 who plays it long to 3, 3 combos wall passes with 2 and then plays to 4 who lays it back to 3 who plays it long to 5 who wall passes with 4 and then 5 dribbles to the end of the line. Variations include player 5 dribbling to the end of the line, dribbling half way and then passing to the end of the line and striking the ball with his laces to the player at the end of the line. Players always rotate by advancing one cone in the sequence. 12 minutes.

**Coaching Points:** Timing of runs, turning with the ball, pulling away from the defender (flags) in order to create space to receive the ball, quality of the pass and movements



3

⌚ 3 Min ↗ 45X30

**Setup:** 21 field players, 10-11 players per grid, two identical grids set up next to each other 45X30. 3 Variations, 3 minutes per variation.

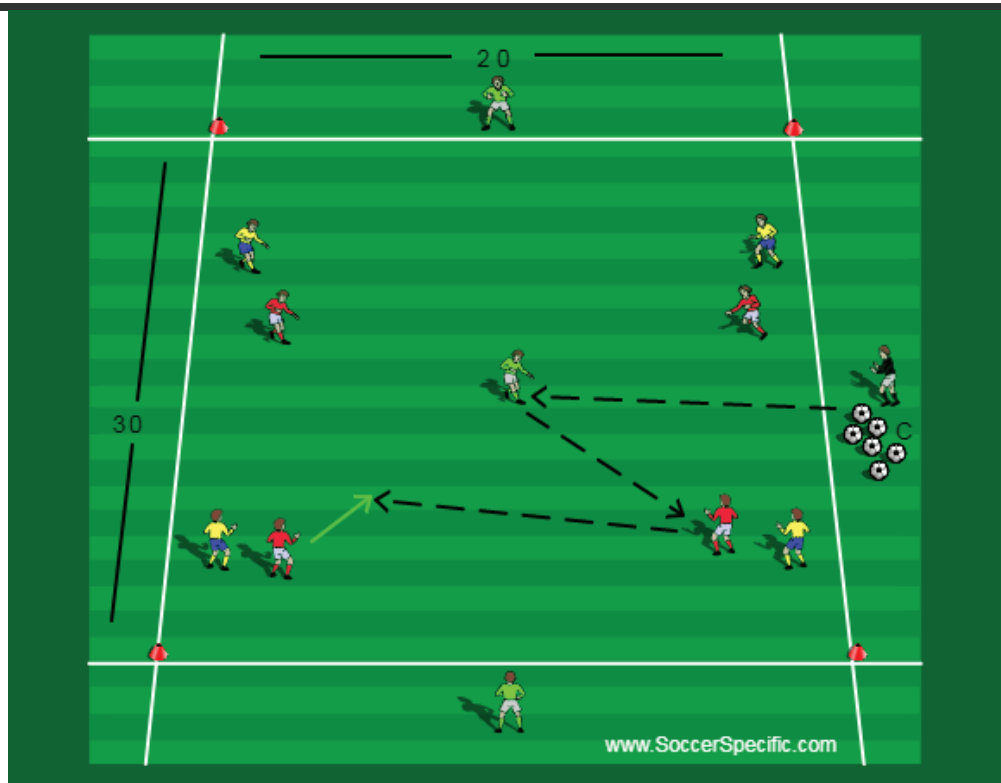
**Instructions:** First passing pattern shown. Red A passes it to B, B lays it back to A who plays it forward to C. Player C lays it back to B who then plays it across to D, D lays it back to C who plays it forward to E. E lays it back to D for a wall pass around the flag. E finishes the sequence by dribbling at pace to the end of the line. Variations include player E dribbling it to the end of line, dribbling it half way and then passing it to the end of the line or striking the ball with his laces to the player at the end of the line. Players always rotate by advancing one cone in the sequence. 12 minutes.

**Coaching Points:** Timing of runs, turning with the ball, pulling away from the defender (flags) in order to create space to receive the ball, quality of the pass and movements.



## 4V4 + 3

15



⌚ 4X3 Min ↗ 20X30

### Setup

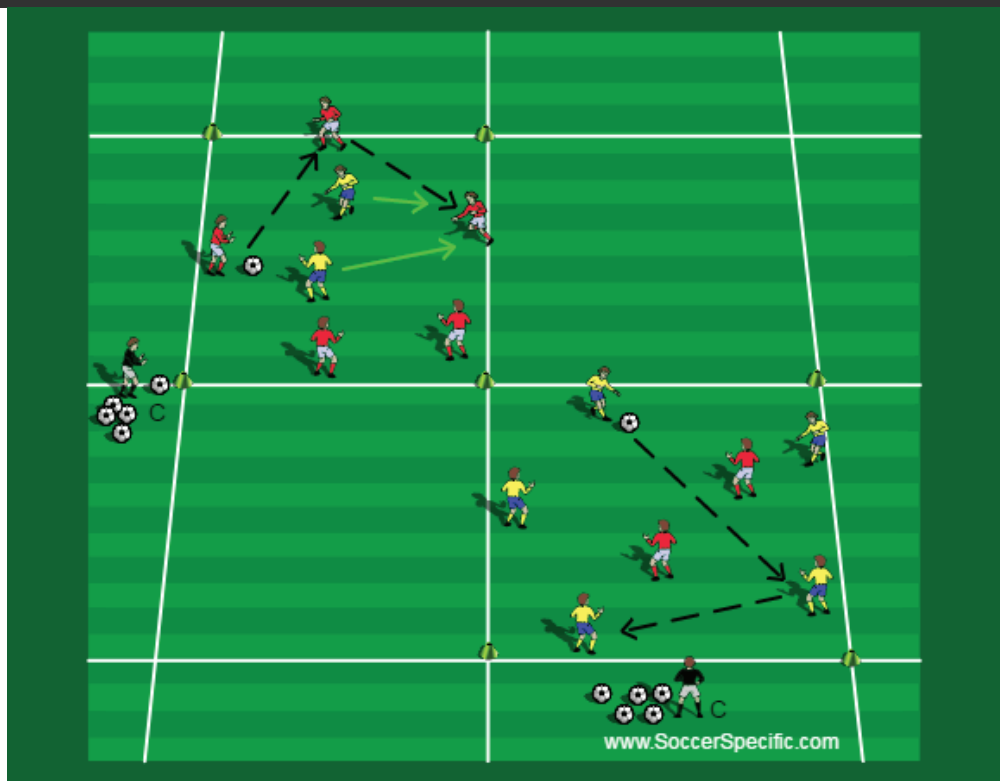
22 field players, 4V4+3 possession in a 20X30 playing area. Extra balls in each corner. 11 players, position specific and certain player combinations used. Two identical grids set up. 12-15 minutes.

### Instructions

4 sets, 3 minutes each. Players utilize the three neutral players to possess the ball within the playing area as shown in the diagram. The four variations include: 3 touch max, 3 touch max and 8 passes is a point, 3 touch directional, 3 touch max 8 passes is a point.

### Coaching Points

Position specific guidance, transition from attacking (open) to defending (compact) and defending to attacking, creating triangles for passing and support on and off the ball, lose ball-immediate chase to win it back.



⌚ 3X3 Min ↗ 10X10

## Setup

19 field players plus 2 GK's. Three 10X10 grids, 5V2 or 6V2 depending on the numbers, a coach at each grid feeding the balls in when the balls go out of bounds.

## Instructions

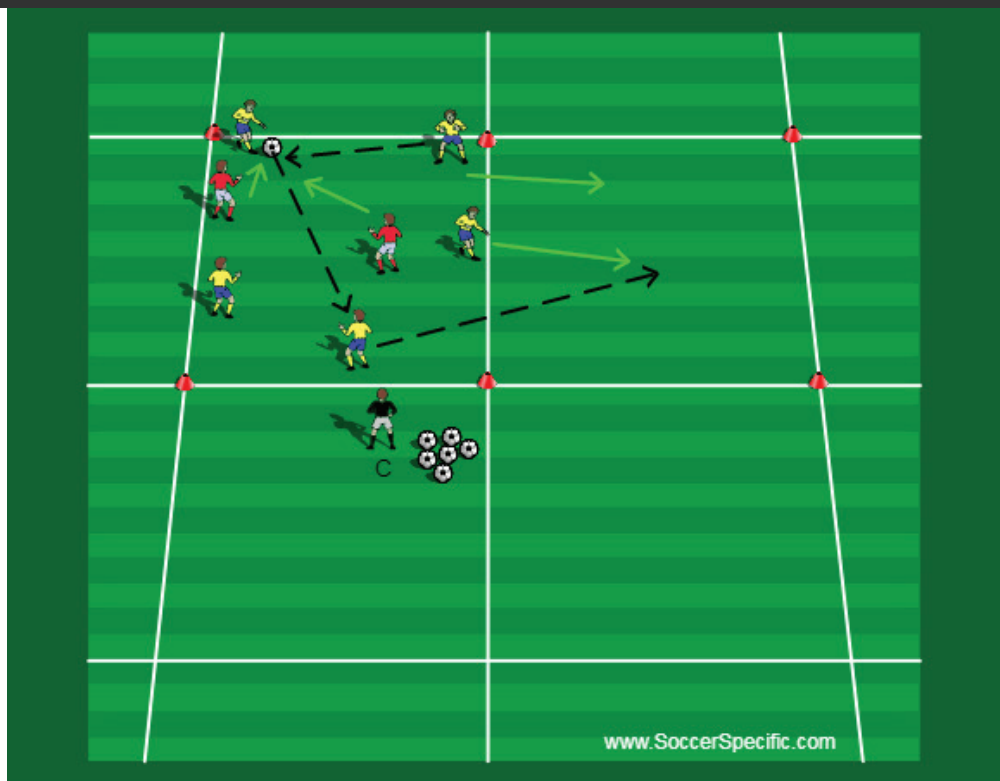
Group of five/six players in possession of the ball keep it from the two players defending. If the ball travels out of the grid a new ball is played in by the coach. The player that loses possession must rotate with one of the players in the middle. Three variations include one touch, mandatory two touch, back to one touch and the last two players to touch the ball change with the two defenders in the middle. If a designated number of passes is achieved then the defenders stay in for another sequence. 3 sets, 3 minutes each.

## Coaching Points

Support angles, movement off the ball, weight of the pass, vision, creativity, defending in pairs, immediate chase, pressure and cover, communication, making the play predictable.



## 5V2 Transition



🕒 3X3 Min ↗️ 10X20

### Setup

5V2 transition game, 26 field players, 10X10 yard grids, Four identical grids set up close to each other.

### Instructions

Normal game of possession, the five attacking players try and keep the ball away from the two defenders. The player that gives away possession must switch with one of the defenders in the middle. Once the ball goes out of bounds the coach plays a new ball in. As shown, once the yellow team has connected five passes, at any point in time they can play the ball to a showing teammate in the adjacent grid. All players transition to that grid and possession resumes. 10-15 minutes.

### Coaching Points

Speed of play, tech passing and receiving, support angles, movement off the ball, game awareness, communication, set the tone for training.



## 5V3 Possession



🕒 4X3 Min ↗️ 13X13

### Setup

25 field players. Three 13X13 grids, 5V3 or 6V3 depending on the numbers, a coach at each grid feeding the balls in when the balls go out of bounds.

### Instructions

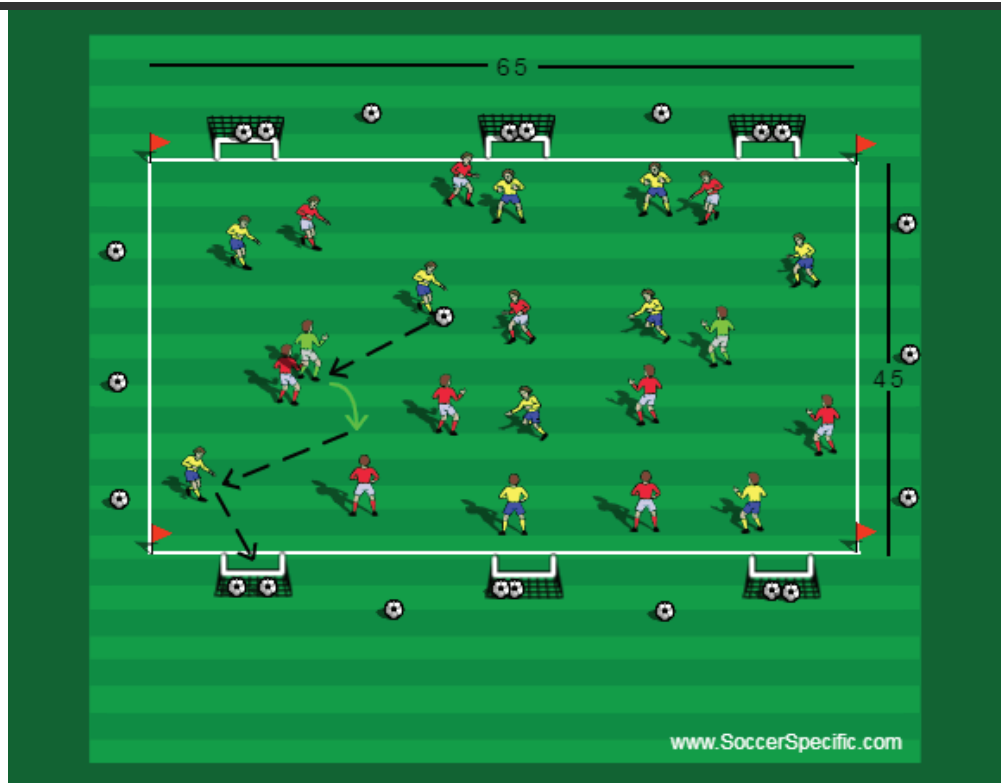
Group of five/six players in possession of the ball keep it from the two players defending. If the ball travels out of the grid a new ball is played in by the coach. The player that loses possession must rotate with one of the players in the middle. Three variations include one touch, mandatory two touch, back to one touch and the last two players to touch the ball change with the two defenders in the middle. If a designated number of passes is achieved then the defenders stay in for another sequence. 4 sets, 3 minutes each.

### Coaching Points

Support angles, movement off the ball, weight of the pass, vision, creativity, defending in pairs, immediate chase, pressure and cover, communication, making the play predictable.



## 6 Goal Game



🕒 3X5 Min ↗️ 45X65

### Setup

6 goal game, 10V10 + 2, 45X65 yard field (top of the 18 yard box to 5 yards past midfield), 18 players, 3 sets, 5 minutes. 15 minutes total.

### Instructions

Position specific possession game. Both team function in a 4-3-3 formation. Normal soccer rules apply. Variations could include touch restriction for the neutral players as well as the regular players.

### Coaching Points

Create numbers up situations, switch the point of attack quickly, penetrate open space on the dribble, pass or shot. All previous attacking principles. Defend higher up the field away from your own goals, hunt in packs, win the ball back immediately, surround the ball with numbers, 1V1 defending technique.



## 6V2 Three Team Transition

20



🕒 3X3 Min 📏 10X10 5X10

### Setup

18-24 field players, 6V2 transition game, 10X10 grid, 5X10 neutral grid (yellow cones), 10X10 grid. Three-four teams of six, coach dictates the play each time the ball goes out of bounds. Three games, three minutes each. 12 minutes total.

### Instructions

As shown in the diagram, the two yellow defenders must win the ball and clear it out of the grid. Once the ball is out the coach immediately serves a new ball over to the six green players. As this is happening, the four yellow players transition out of the neutral grid and joins their two defenders. The red players quickly transition in the neutral grid, 4 stay and 2 red players enter the grid and play 6v2 against the green players. The object is to string as many passes together without the defenders touching the ball. If they touch the ball but don't win it then the count starts over at zero and play continues.

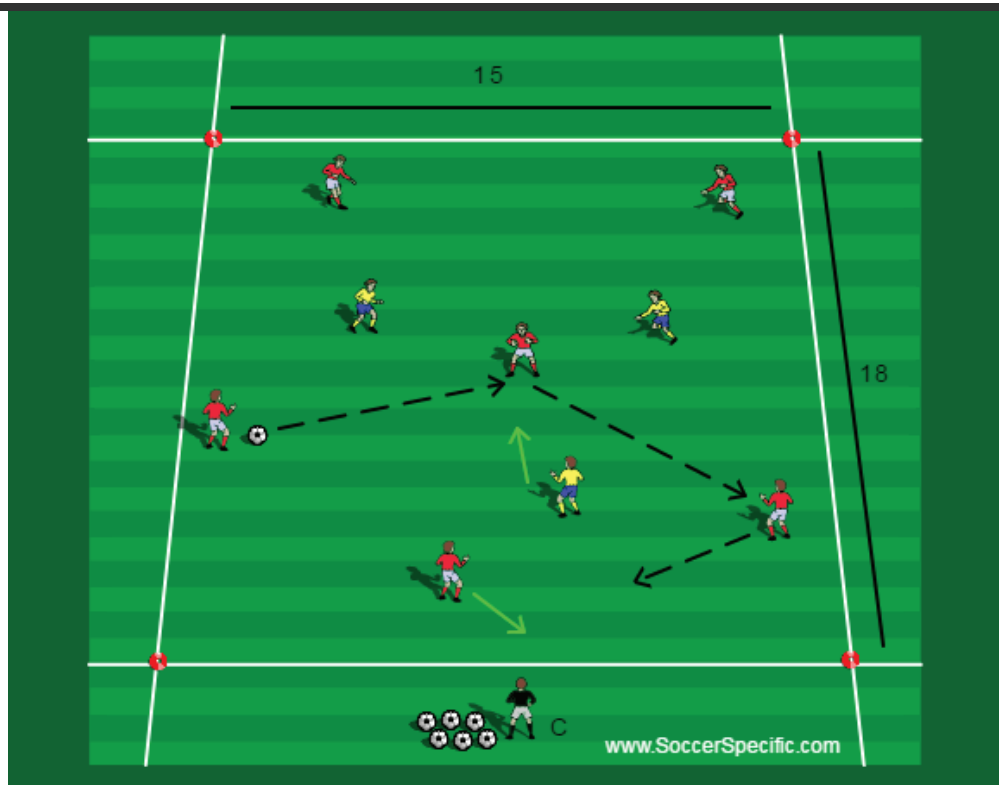
### Coaching Points

Speed of play, tech passing and receiving, support angles, movement off the ball, game awareness, communication.





## 6V3 Dutch Possession



🕒 3X1 Min ↗ 15X18

### Setup

Dutch 6V3 possession. 15X18 yard grid, 9 players, bag of balls. Can utilize the space on the side of the 18 yard box and the sideline.

### Instructions

The six red players keep the ball away from the three yellow players inside the playing area. If the ball goes out of bounds a new ball is started with the red team again. The three yellow players will defend for 1 minute and then change with three new players. 3X1 minute intervals.

### Coaching Points

Emphasis is placed on finding the red player in the middle of the grid with sharp penetrating balls in to the middle of the grid. First touch, spacing, movement off the ball, passing angles, sharp passing, speed of play, using the central midfielder to switch the point of attack.



🕒 4X3 Min ↗️ 36X44

## Setup

6V6 game to two big goals. Team are organized in a 1-2-1-2 or a 1-3-2. Playing area is two penalty boxes.

## Instructions

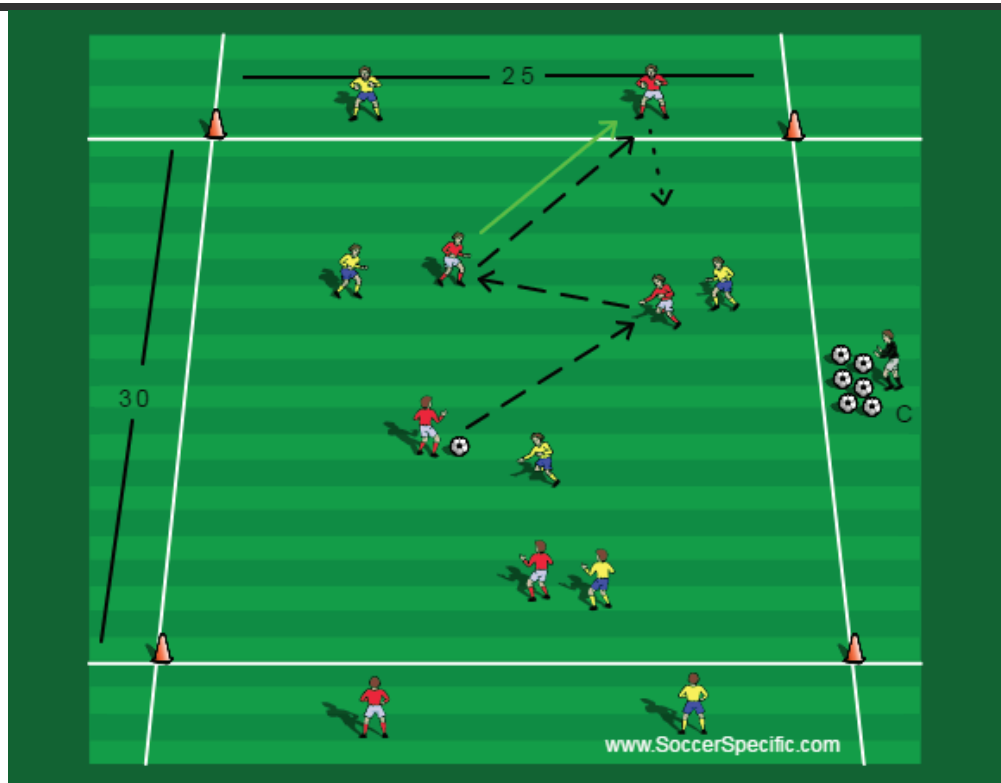
Normal soccer rules apply, if a team scores a goal they get to start buildup from their own GK. 4X3 minute games or 6X2 minutes games if you have three teams.

## Coaching Points

If you have extra players or a third team of five, bumpers could be utilized on the outside sidelines. the fifth player could be utilized as a neutral player in the midfield making it a 6V6+1.



## 6V6 Possession Interchange



🕒 4X2 Min ↗ 25X30

### Setup

6V6 possession, 24 total players, 12 field players per group, 4v4+2 targets for each team, one on either side of a 25X30 yard playing area as shown in the diagram. 4X2 minutes, 1 minute rest in between. Two identical field set ups.

### Instructions

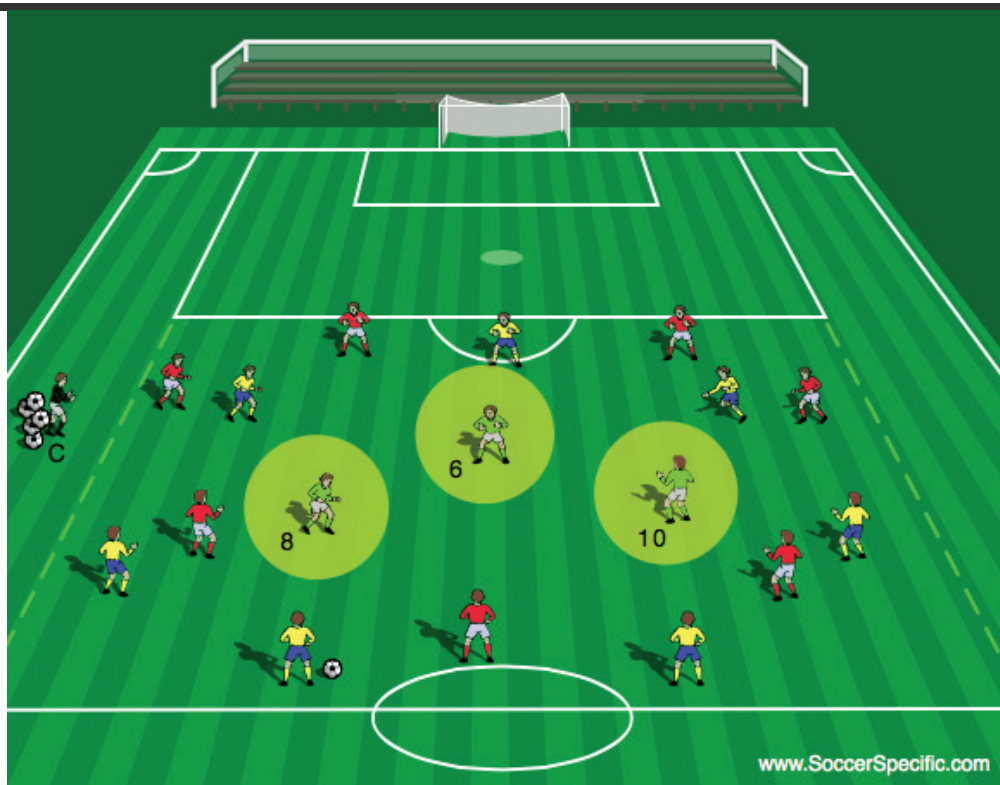
Normal possession inside the playing area, if the ball is played to one of the targets then the player who played the ball must switch positions with him. The target then must penetrate into the grid on the dribble or with a pass. 4 sets of 3 minute games, Variations for each game include 3 touch max, 3 touch max and 8 passes is a goal, unlimited touch and 10 passes is a goal, 3 touch directional play and combine from end to end for a point.

### Coaching Points

Possession, passing accuracy, mobility and movement off the ball, combination play, deciding when to penetrate or possess, communication and all previous coaching points.



## 7V7 Plus 3 Possession



⌚ 4X2 Min ↗ 44X45

### Setup

7V7+3 functional, position specific possession, 44X45 (top of the penalty box to half field, the width of the penalty area) 17-24 field players.

### Instructions

Teams are in a 4-3-3 formation, 2 or 3 teams based on your numbers for training, 4 games, 2 minutes each. 12 minutes.

### Coaching Points

The main focus is the transitional movements/shape of your three central midfielders. Making sure one of the three midfielders takes the starting position of a holding midfielder. Team shape, small group tactics building up through lines especially utilizing the midfield, spreading out while in possession, staying compact while defending, speed of play, establishing a rhythm, all defensive and attacking principles.



## 8V8 Plus 2 Possession



🕒 4X2 Min ↗️ 44X45

### Setup

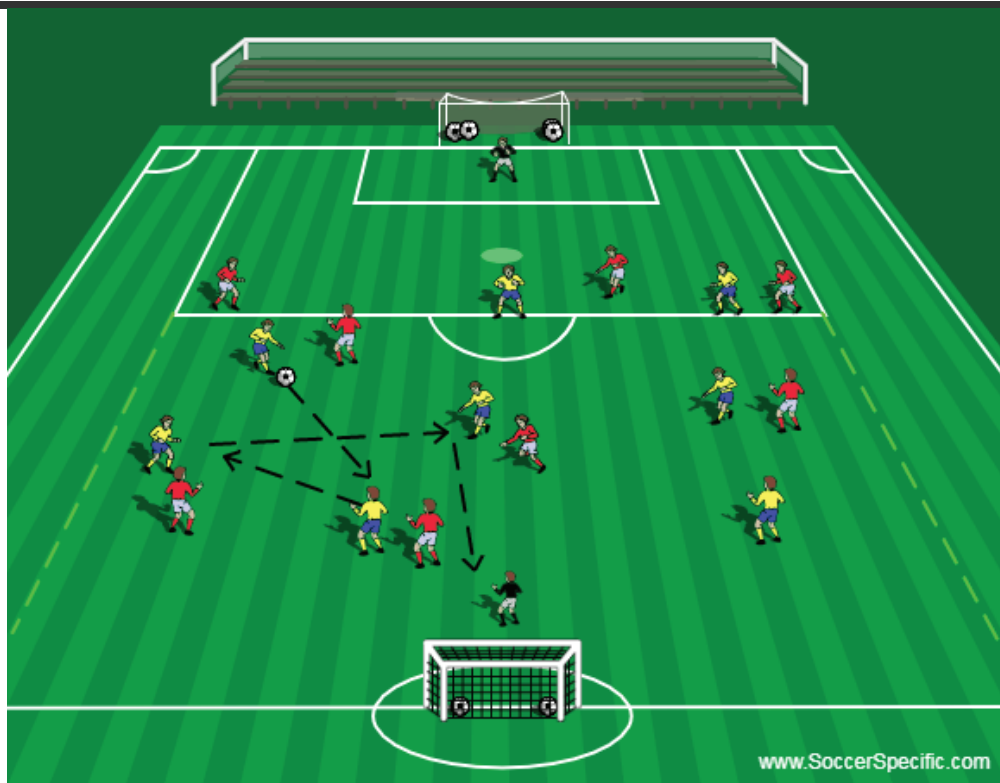
8V8+2 possession, functional position specific, 44X45 (top of the penalty box to half field, the width of the penalty area) 26 field players.

### Instructions

Teams in a 4-1-3, 3 teams, 4 games, 2 minutes each. 12 minutes.

### Coaching Points

Transition, team shape, small group tactics building up to a 4-1-3, compactness, possession, all previous defensive and attacking principles.



🕒 3X4 Min ↗️ 44X55

## Setup

9V9 small sided game, 1-3-3-2 formations, 2 teams. Width of the 18, half field. 16 field players plus 2 GK's.

## Instructions

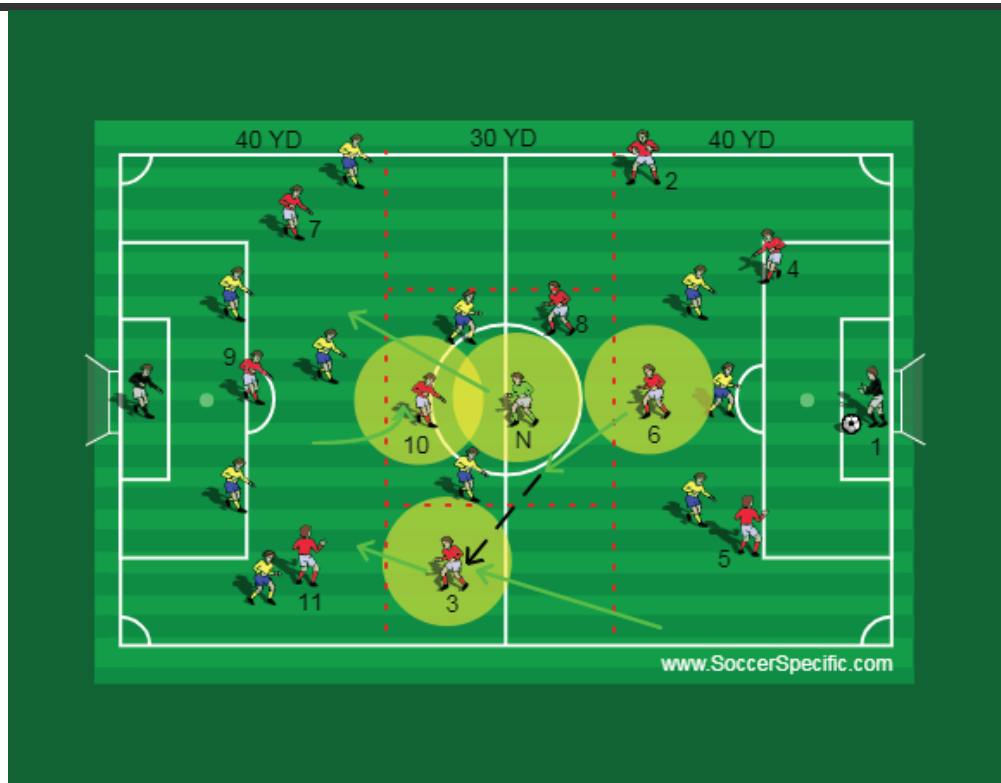
No offside, normal game to goals. If a goal is scored that team starts with possession from their own GK, 3 games 4 minutes each.

## Coaching Points

All attacking and defending principles. Set pieces and penalties can be added through the run of play if desired.



## 11V11+1 Zonal



⌚ 20 Min ↗ Full Field

### Setup

Building out of the back final phase - 11V11+1 zonal play, middle zone is 30X30 yards square. 21 field players plus 2 GKs. 2X10 minutes.

### Instructions

Defensive zone is a 6V3 (GK, 2, 3, 4, 5 and the 6): Must connect five passes before advancing the ball to the midfield zone. Midfield zone is 4V2 (6, 8, 10 and the Neutral player): The holding midfielder #6 joins the area making it a 4V2, five passes must be connected before playing either the 2 or 3 into space who eventually plays into the attacking third. The attacking third is a 6V6 (2 or 3, 8, 10, 7, 9, 11) to goal: Once the outside back (2 or 3) has penetrated forward in possession, an entry ball is played into one of the three attackers' feet while the 10 and neutral player join the attack making it a 6V6 to goal. No touch restrictions in the final third. If a goal is scored or the ball goes out of play, a new ball is started with the opposing team's GK building out the other direction.

### Coaching Points

Building out of the back, maintaining possession in the midfield, creating numbers up scenarios in the final third, creating chances on goal. Player spacing in all zones, good starting positions, accurate passing, recognizing appropriately when to build and when to penetrate.





## Attacking Passing Pattern To Goal

28

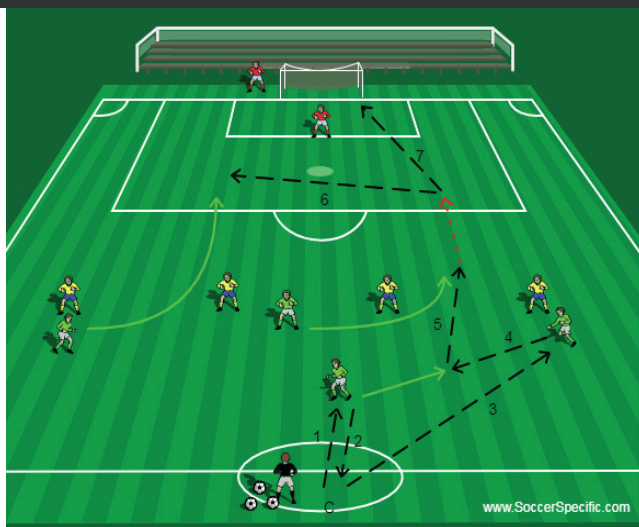
Date: Jan 01, 2018

Duration: 2X10 Min

Team: Curriculum Ages 13-18

Intensity: ● (4/10)

Category: Tech / Tact



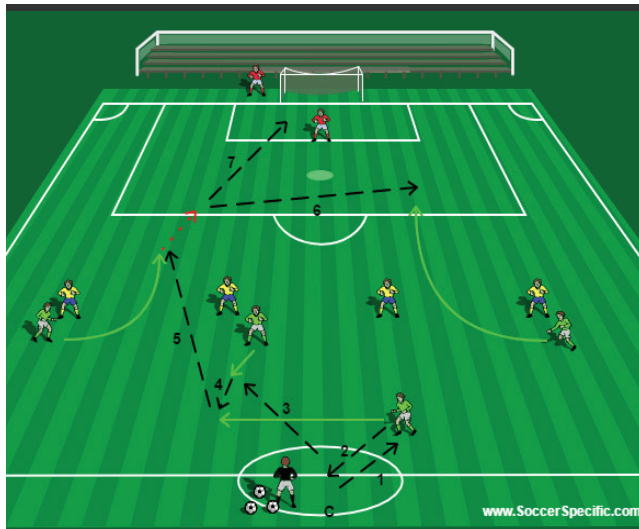
1

⌚ 10 Min ↗ Half Field

**Setup:** Attacking pattern to goal variation #1 with the front 4. A back four vs. the three forwards and the #10. Coach has a group of balls between half field and the bottom of the circle and dictates the point and frequency of the attack. An additional group of 4 attacking players are waiting on deck and alternate reps.

**Instructions:** As shown in the diagram, the coach plays the ACM who lays it back to the coach. The ball is then played to the #7 who lays it back to the #10 who slips the #9 thru to goal. The #9 dribbles at pace and can either shoot it or slip it across to the #11 for a first time finish.

**Coaching Points:** Basic movement on and off the ball by the front 4 attacking players in a 4-3-3 formation. Timing of runs, visual cues, weight of the pass, quality of the pass, movement off the ball, staying on side, sealing off the defenders, shaping your shot and quality of the finish.



2

⌚ 10 Min ↗ Half Field

**Setup:** Attacking pattern to goal variation #2 with the front 4. A back four vs. the three forwards and the #10. Coach has a group of balls between half field and the bottom of the circle and dictates the point and frequency of the attack. An additional group of 4 attacking players are waiting on deck and alternate reps.

**Instructions:** As shown in the diagram, the coach plays the ACM who lays it back to the coach. As the play develops the #9 comes off the defender at an angle and receives the pass from the coach, the #10 has already started his run across in order to play the #11 thru to goal. #11 can either finish himself or slip it to #7.

**Coaching Points:** Basic movement on and off the ball by the front 4 attacking players in a 4-3-3 formation. Timing of runs, visual cues, weight of the pass, quality of the pass, movement off the ball, staying on side, sealing off the defenders, shaping your shot and quality of the finish.





# Attacking Players Functional Finishing To Goal

29

Date: Jan 01, 2018

Duration: 4X5 Min

Team: Curriculum Ages 13-18

Intensity: ● (4/10)

Category: Tech / Tact



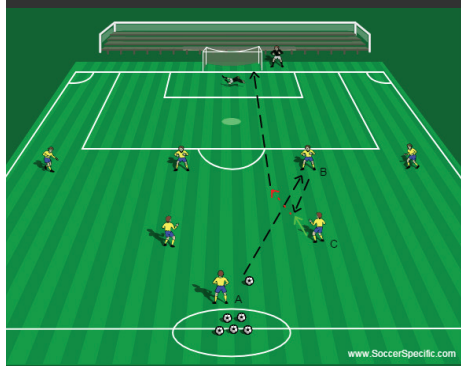
1

⌚ 5 Min ↗ Half Field

**Setup:** Attacking players functional to goal. 12 players plus 2 GK's, at least two deep at each position to keep the reps fresh and sharp.

**Instructions:** As shown player A plays in to player B who lays it off to player C, player C then slips the ball through to a turning player B who has a one time finish on goal. Repeat the sequence with the forward and central midfielder on the other side.

**Coaching Points:** Sharp ball into the forward's feet, good quality layoff, properly weighted thru ball, quality of finish on goal.



2

⌚ 5 Min ↗ Half Field

**Setup:** Attacking players functional to goal. 12 players plus 2 GK's, at least two deep at each position to keep the reps fresh and sharp.

**Instructions:** As shown, player A plays it to player B who lays it off into an onrushing player C's path, player C takes a prep touch and then strikes the ball on goal from distance. Repeat the sequence with the forward and central midfielder on the other side.

**Coaching Points:** Sharp ball into the forward's feet, good quality layoffs, accurate and technical strike on target.



3

⌚ 5 Min ↗ Half Field

**Setup:** Attacking players functional to goal. 12 players plus 2 GK's, at least two deep at each position to keep the reps fresh and sharp.

**Instructions:** Pattern 1 to the right, pattern 2 to the left. As shown, player A plays a firm ball into C who lays it off to B, player B drives the ball out wide to player D, player D penetrates on the dribble and crosses it in the box to a near and far post runner in player C and E. Same sequence but pattern to the other side for a left footed service.

**Coaching Points:** Sharp ball into the forward's feet, good quality layoffs, driven ball to wide areas, wide players must dribble at game speed, quality of the cross, quality and timing of runs in the box, quality of finish on goal.



4

⌚ 5 Min ↗ Half Field

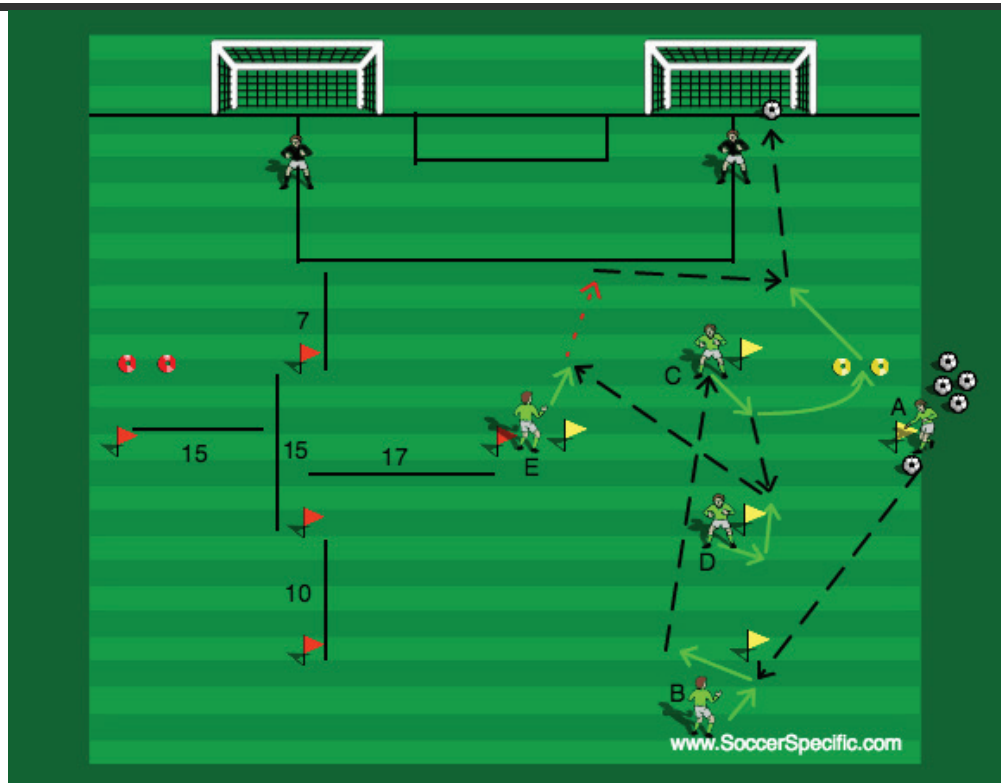
**Setup:** Attacking players functional to goal. 12 players plus 2 GK's, at least two deep at each position to keep the reps fresh and sharp.

**Instructions:** As shown, player A plays it in to player B who lays it off to player C, player C plays it wide to player D who penetrates on the dribble and then cuts back against the grain and lays it back to player E, player E hits an early first time service to players B and F who are crashing the box with near and far post runs. Repeat the same sequence to the other side.

**Coaching Points:** Sharp ball into the forward's feet, good quality layoffs, driven ball to wide areas, wide players must dribble at game speed, quality of the cross, quality and timing of runs in the box, quality of finish on goal.



## Barcelona Finishing



⌚ 2X6 Min ↗ Half Field

### Setup

Finishing to two big goals. Set up as shown. Two groups of 10-12 players, minimum of two GKs or as numbers permit, 10 balls per group, 10 flags, 4 cones.

### Instructions

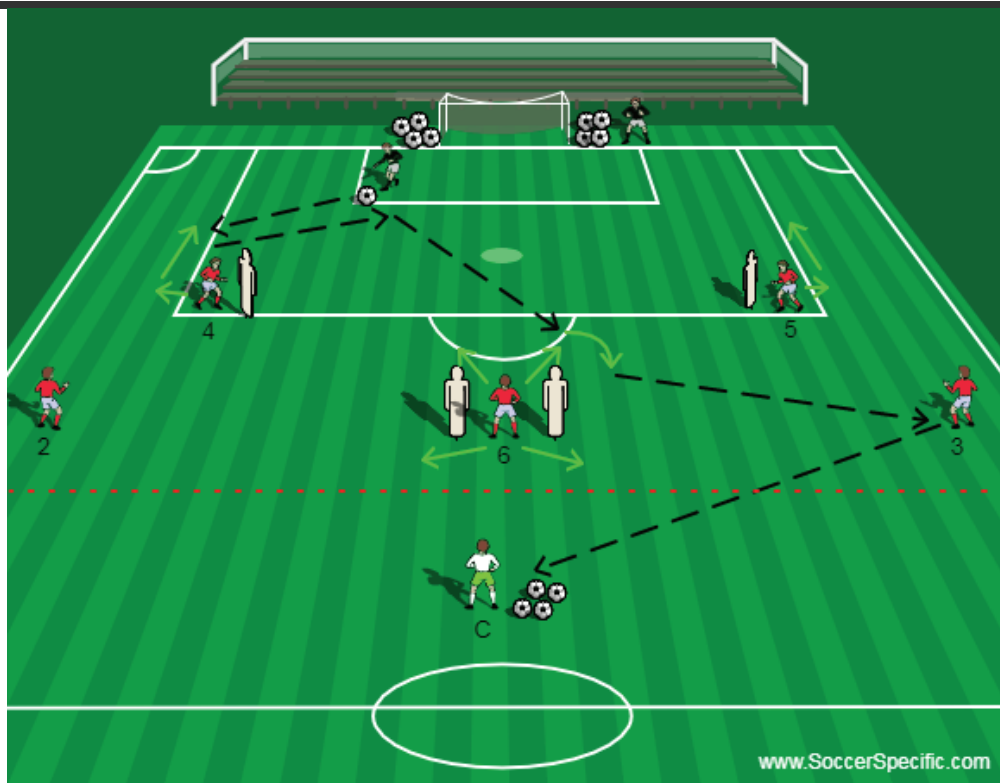
5 pass sequence with a finish on goal. 5-6 minutes of repetition and then switch sides, keep track of goals. Player A passes it to Player B who pulls away from the flag and touches across his body to the other side of the flag. On his second touch Player B plays a crisp ball into Player C's feet who lays a first time ball off to Player D. In the meantime Player D has cleared the passing lane and checked underneath Player C. Player D plays a ball into the path of Player E. Player E penetrates on the dribble and crosses the ball on the ground 16-18 yards out to Player C that has curved his run through the two cones for a first time finish if possible.

### Coaching Points

Timing of runs, checking away from the flags (defenders), quality service across the box, finish on frame. Players follow pass for rotation.



## Building Out Of The Back Phase 1



⌚ 20 Min ↗ Half Field

### Setup

Phase 1 - Building through the back four (2,3,4,5) and the holding midfielder (6) without an opposition. Diagram shows a goal kick, GK plays short to the right central defender (4) who has pulled away from the mannequin, the #4 plays it back to the GK, GK plays a central ball to the holding midfielder (6) who has checked away from the mannequin at an angle, the #6 plays out of pressure to the left defender (3), the #3 finishes the buildup by playing the ball back to the coach. Continue phase 1 with additional patterns for 15-20 minutes.

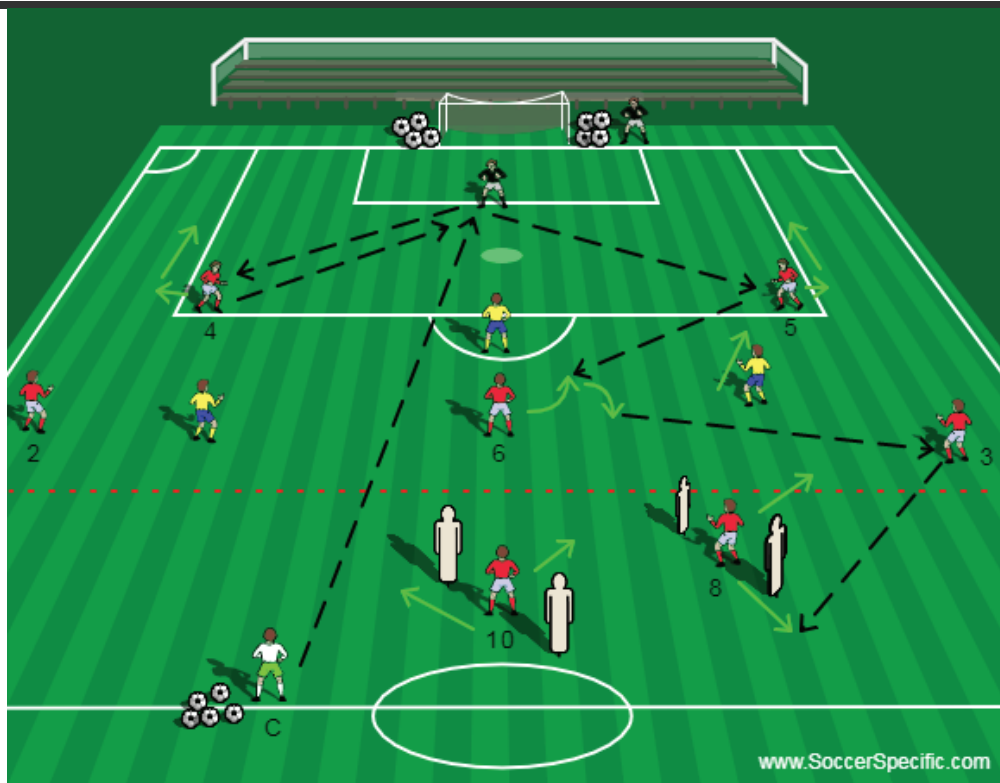
### Instructions

Create as many game related scenarios for the GK to advance the ball out of the back. Different scenarios could include: goal kicks, the coach driving a ball into the box and GK builds from there, or #2 or 3 serves a cross into the box and GK builds from there. Must connect at least five passes before the ball is circulated back to the coach.

### Coaching Points

Recognizing the most appropriate option with the least amount of risk, choosing the correct method and technique of the distribution. Realistic ball movement, speed of play, speed of thought.

## Building Out Of The Back Phase 2



⌚ 20 Min ↗ Half Field

### Setup

Phase 2 - 6V3 in defensive third- Building through the (2,3,4,5,6), the central midfielder (8) and attacking midfielder (10).

### Instructions

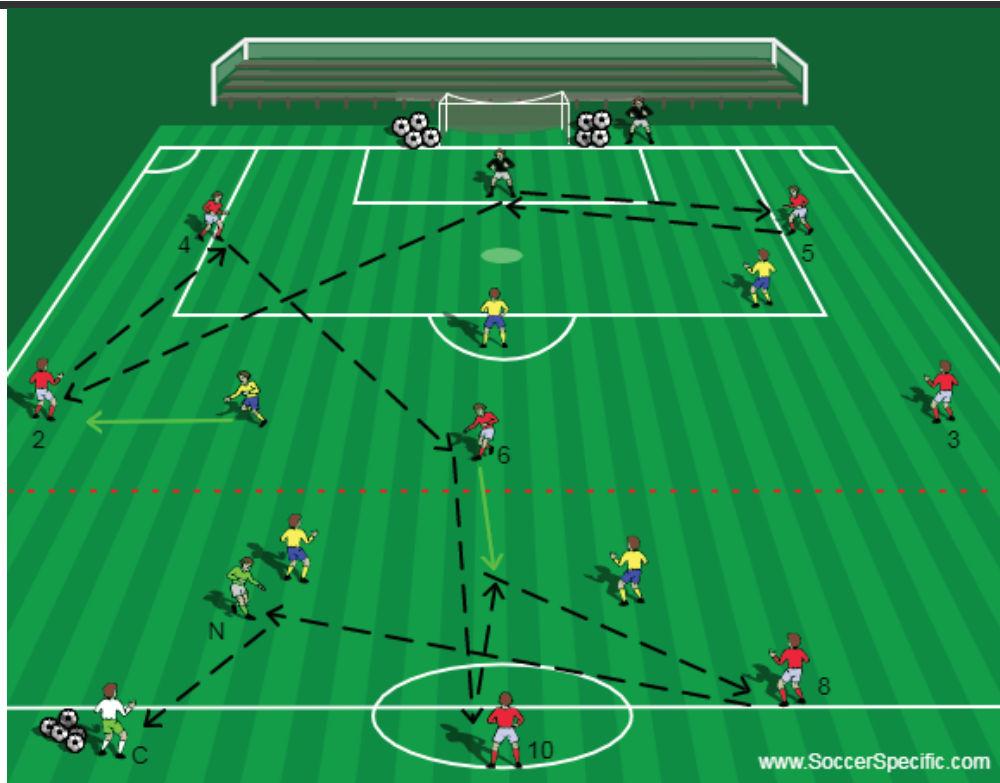
Diagram shows the coach driving a ball into the GK's hands, the GK plays short to the 4 who gives it back, the GK then switches the point of attack to the number 5 who finds the holding midfielder. The number 6 receives the ball on the half turn and plays wide to the number 3 who connects with a penetrating number 8. Must connect at least five passes in the defensive third before you can advance the ball to the number 8 or 10. Continue different scenarios for 15-20 minutes.

### Coaching Points

Breaking the opponent's first line of pressure, switching the point of attack, good starting positions, reading how and where the three attackers are pressing.



## Building Out Of The Back Phase 3



⌚ 20 Min ↗ Half Field

### Setup

Phase 3 - 9V5 (6V3 in defensive third and 4V2 in the midfield third)

### Instructions

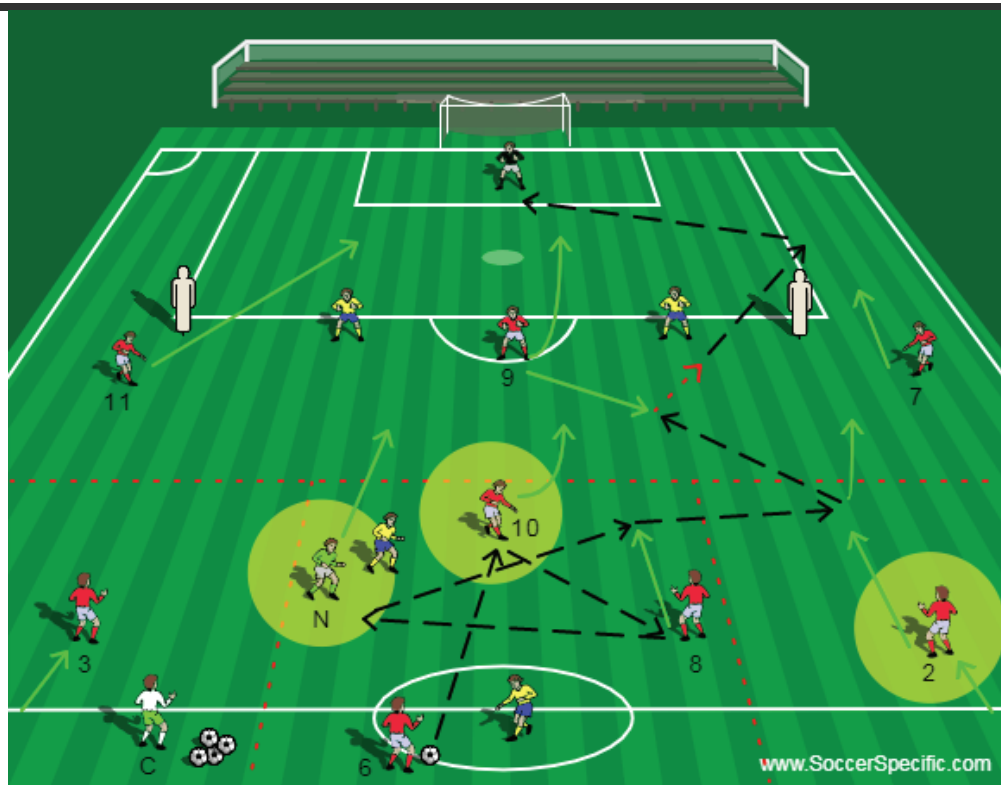
Diagram shows the GK playing short to the #5 who is under pressure and plays it back one touch. GK changes the point of attack with a long driven ball to #2. The #2 lays it back to the #4 who breaks the line of pressure with a penetrating ball to the #6 on the fifth pass. #6 turns and follows his pass into the midfield zone. #10 lays back to #6, out to the #8 who finds the neutral player and then back to the coach on the fifth pass. Must connect five passes in the defensive third and then five passes in the midfield third before finding the coach. Continue different scenarios for 15-20 minutes.

### Coaching Points

All previous coaching points plus finding the right opportunity to play into the midfield, midfielders must open up the space and make the two defenders work defensively. Establish a strong buildup and relationship between the defenders and midfielders.



## Building Out Of The Back Phase 4



⌚ 20 Min ↗ Half Field

### Setup

Phase 4 - 4V2 inside the 30X30 yard box shown in red. Both outside backs, #2 and #3 are waiting on the sides of the grid to join the attack as shown. 6V3 in the final third attacking at pace to goal (2,neutral,10,7,9,and 11 versus the two central defenders and GK)

### Instructions

4V2 inside the 30X30 yard grid, once they have connected five passes they must play to either the #2 or #3. The outside back must play a penetrating ball into the #9 to initiate the attack in the final third. The outside back, neutral player and the #10 join the three forwards making it a 6V3 to goal. No restrictions in the final third, play continues until a goal is scored, ball goes out of bounds or GK gains possession.

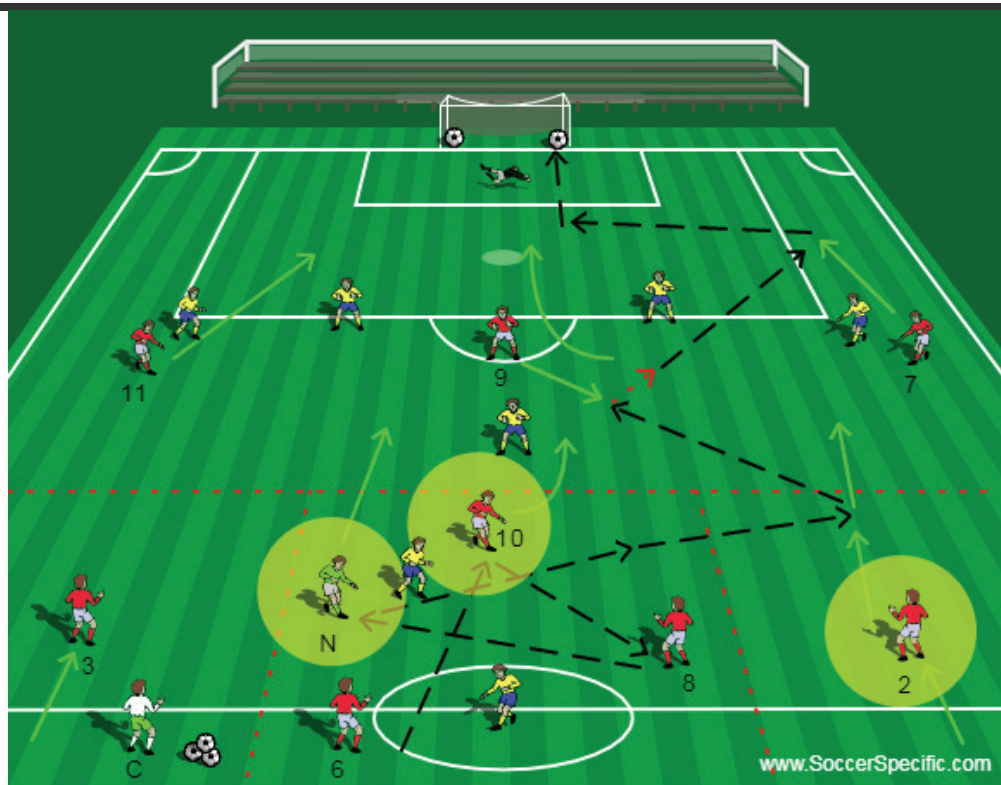
### Coaching Points

Maintaining good possession in the midfield. Advancing the ball from the midfield third to the final third. Create numbers up situations by encouraging the midfielders and outside back to get forward. Ball circulation, combination play to goal, timing of runs in the box, and quality finishing.





## Building Out Of The Back Phase 5



⌚ 20 Min ↗ Half Field

### Setup

Phase 5 - 4V2 inside the 30X30 yard box shown in red. Both outside backs, #2 and #3 are waiting on the sides of the grid to join the attack as shown. 6V6 in the final third attacking at pace to goal (2,neutral,10,7,9,and 11 versus the back four, #6 holding midfielder and GK)

### Instructions

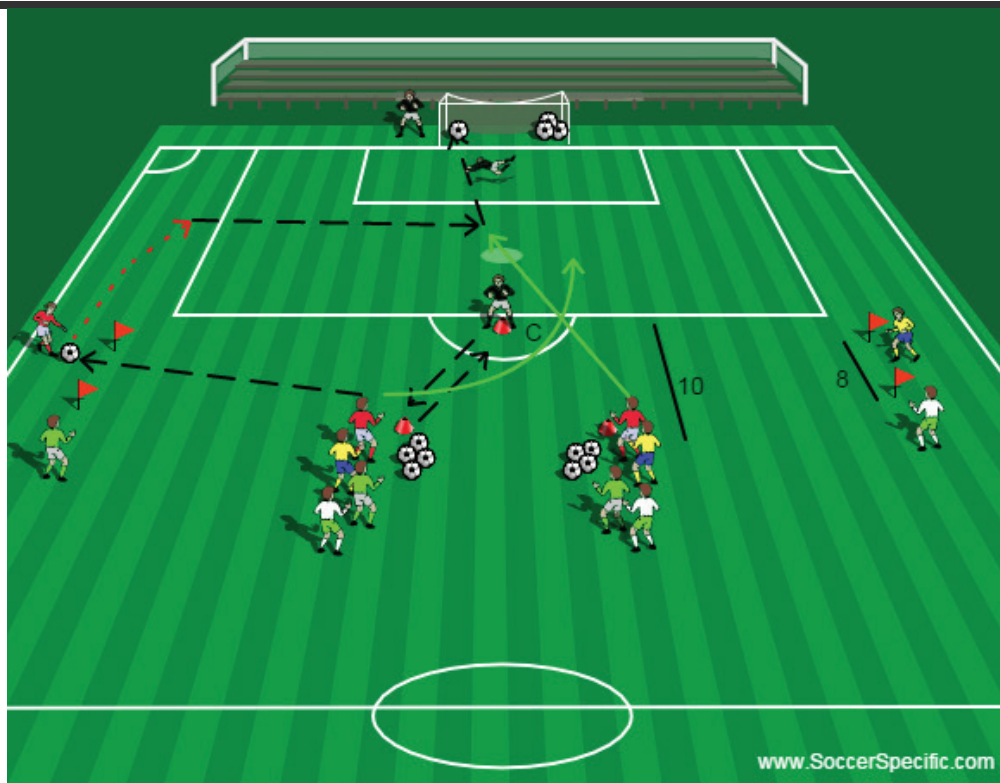
4V2 inside the 30X30 yard grid, once they have connected five passes they must play to either the #2 or #3. The outside back must play a penetrating ball into the #9 to initiate the attack in the final third. The outside back, neutral player and the #10 join the three forwards making it a 6V6 to goal. No restrictions in the final third, play continues until a goal is scored, ball goes out of bounds or GK gains possession.

### Coaching Points

All previous coaching points plus focusing on how to create chances on goal in an even numbers situation to goal (6V5 defenders plus a GK) precise movements on and off the ball, creating 2v1 in wide areas, losing defenders inside the box, aggressive runs in the box.



## Crossing and Finishing Competition



⌚ 2X8 Min ↗ Final Third

### Setup

12-24 field players plus 2-4 goalkeepers, split the group in half and then divide them in teams of three. Four groups of three on one field and the other four groups with an identical set up on the other field or as numbers permit. Keep score: 1 point first time finish on ground, 2 points first time finish with head, 3 points first time finish with a volley. 2X8 minutes, manipulate groups, determine overall winner.

### Instructions

Stay within your groups of three, forward plays it into the coach who lays it back to the forward, he then strikes the ball with his laces thru the flags in the channel, player in the channel has three touches to get service into the box for the near and far post runner. Must be a first time finish.

### Coaching Points

Crisp entry ball to the coach, accuracy of driven ball out wide, quality of the crosses, quality and timing of the runs, technique and placement of the finish, competition, no wasted reps!! To increase difficulty add mannequins or two live defenders.





## Diamond Passing

37

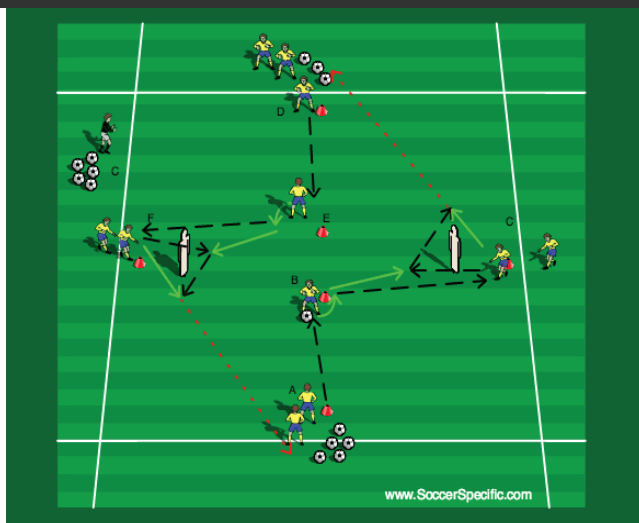
Date: Jan 01, 2018

Duration: 2X4 Min

Team: Curriculum Ages 13-18

Intensity: ● (4/10)

Category: Tech / Tact



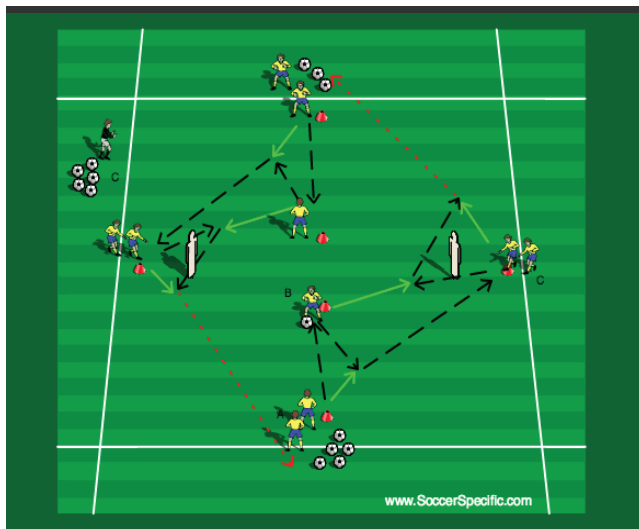
1

⌚ 4X2 Min ↗ 25X20

**Setup:** 21 field players plus 2 GKs, 11-12 per group, 25X20 grid, 2 grids, 2 minutes in duration. 2 variations both directions.

**Instructions:** The first passing progression sequence, player A passes it to player B who makes a tight turn with his right foot and plays it to the feet of player C who combines with player B avoiding the defender and then dribbles at pace to the end of the next line. Repeat with the left foot going the other direction, duration 3 minutes per foot. Players advance one cone for the rotation.

**Coaching Points:** Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness.



2

⌚ 4X2 Min ↗ 25X20

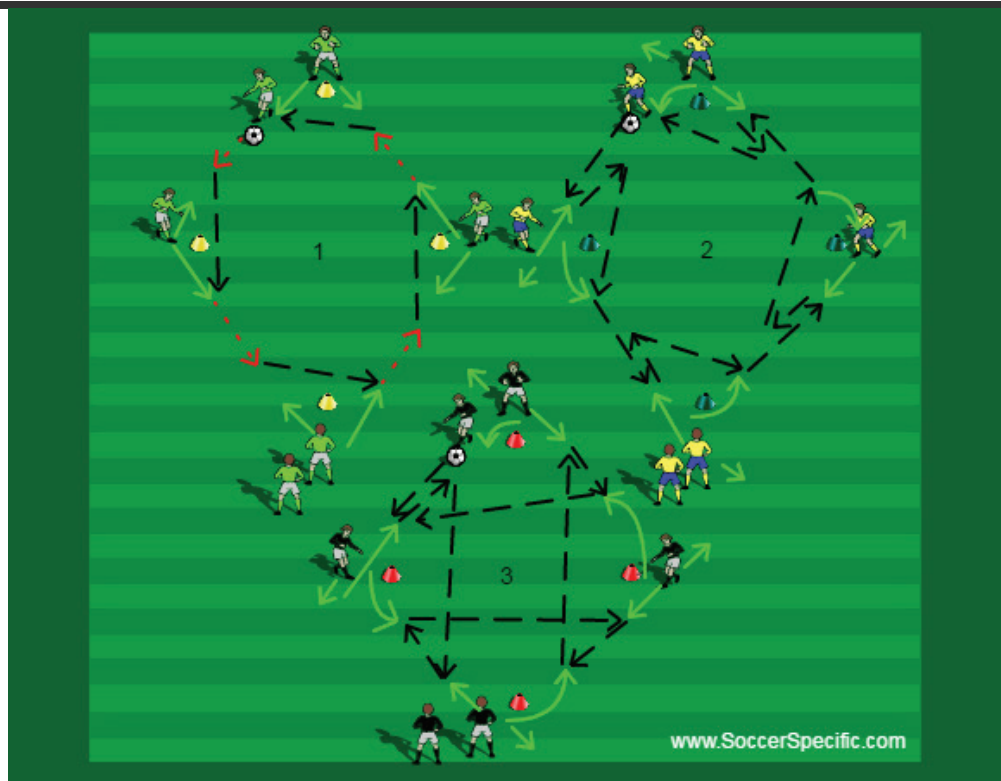
**Setup:** 21 field players plus 2 GKs, 11-12 per group, 25X20 grid, 2 grids, 2 minutes in duration. 2 variations both directions

**Instructions:** The second passing progression sequence shows player A plays it in to B who lays it back to A, A plays it to C's feet who lays it back to B and then B plays into the path of C who dribbles at pace to the end of the line. Pattern to the right for three minutes and then pattern to the left for three minutes.

**Coaching Points:** Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness.



## Diamond Passing Warm Up



⌚ 6X2 Min ↗ 12X12

### Setup

Passing warm up, three different passing sequences as shown, 16-24 players with 2-4 similar diamond set ups as needed, cones are 12 yards apart. 5-6 players per grid, plenty of extra balls.

### Instructions

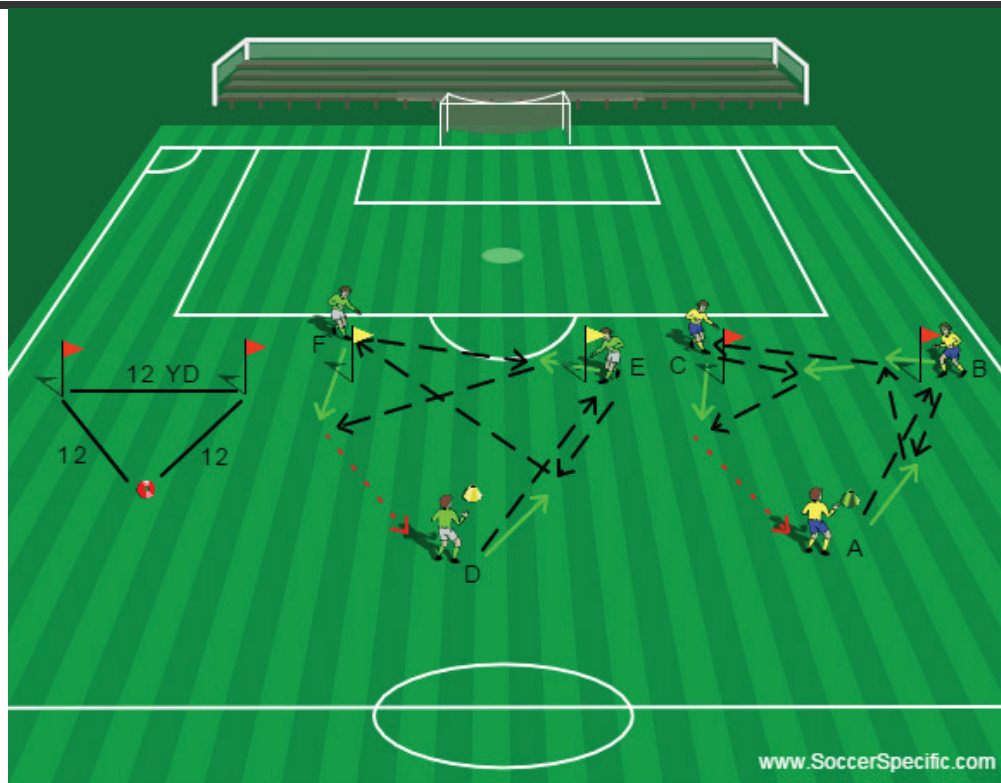
Pattern 1: player 1 penetrates on the dribble, player 2 checks away and then shows for the ball, player 1 slips him through to space on the other side of the cone (defender) pattern continues with player 3 and 4, continuous circle. Pattern 2: player 1 plays it into player 2 who has checked away and then shows for the ball, he plays a give-and-go back to player 1 and then player 2 receives it on the other side of the cone (defender), continue sequence with players 3 and 4. Pattern 3: same as pattern two but player 1 plays a longer pass to third man who lays it off to player 2, sequence continues the same. Two minutes each direction, three different patterns. 12-15 minutes total.

### Coaching Points

Creating space for yourself by checking away, passing and receiving technique, timing of runs, communication, weight of passes, player awareness, establishing a passing rhythm. Passing should be continuous. To increase difficulty add a second ball, replace cones with mannequins or live defenders.



## Dinamo Zagreb Passing



⌚ 4X2 Min ↗ 12X12

### Setup

Dinamo Zagreb passing sequence. Three 12X12X12 triangles set up as shown. 6-9 players per group depending on your numbers. 2 variations 2 minutes each direction.

### Instructions

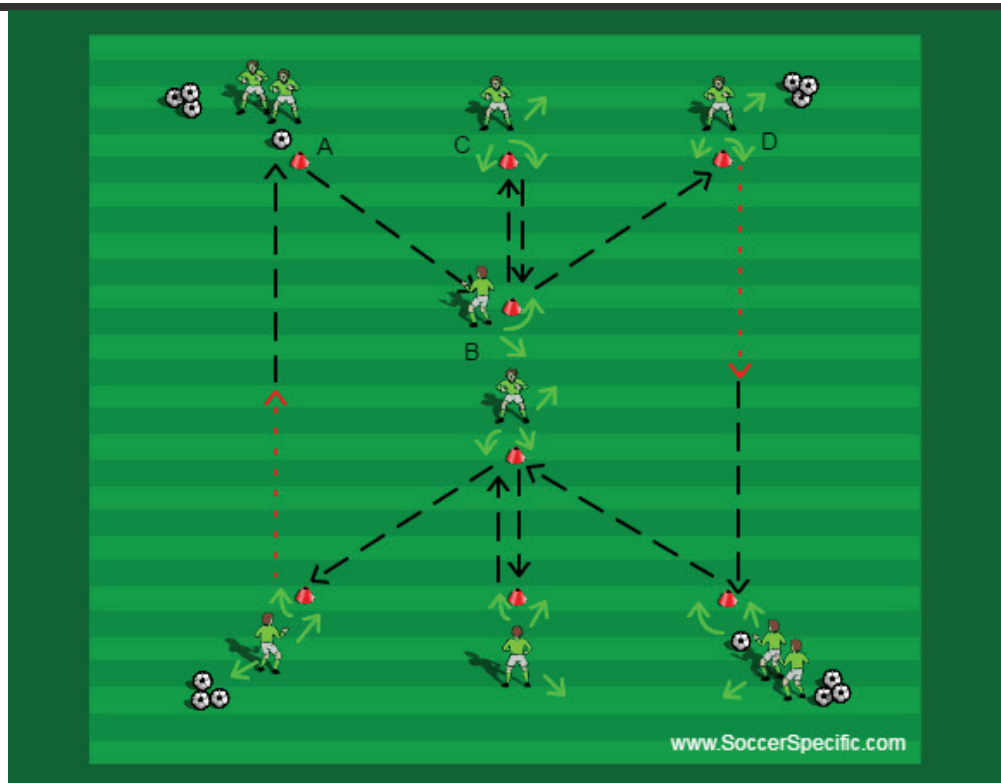
First variation- Player A wall passes with Player B who wall passes with Player C who penetrates to the end of the line. Second variation- Player D plays it to Player E who lays it off to Player D. Player D plays the third man Player F who lays it back to Player E for a wall pass. Player F penetrates at speed to the end of the group.

### Coaching Points

Third man combination runs and patterns, timing of runs, passing in tight spaces, angles of support, receiving with hips open, communication and change of speed and direction.



## Double Y Passing Sequence



⌚ 4X2 Min ↗ 30X20

### Setup

10-20 players, two 30X20 yard grids, 10 players per grid. 4 sets, 2 minutes in each direction.

### Instructions

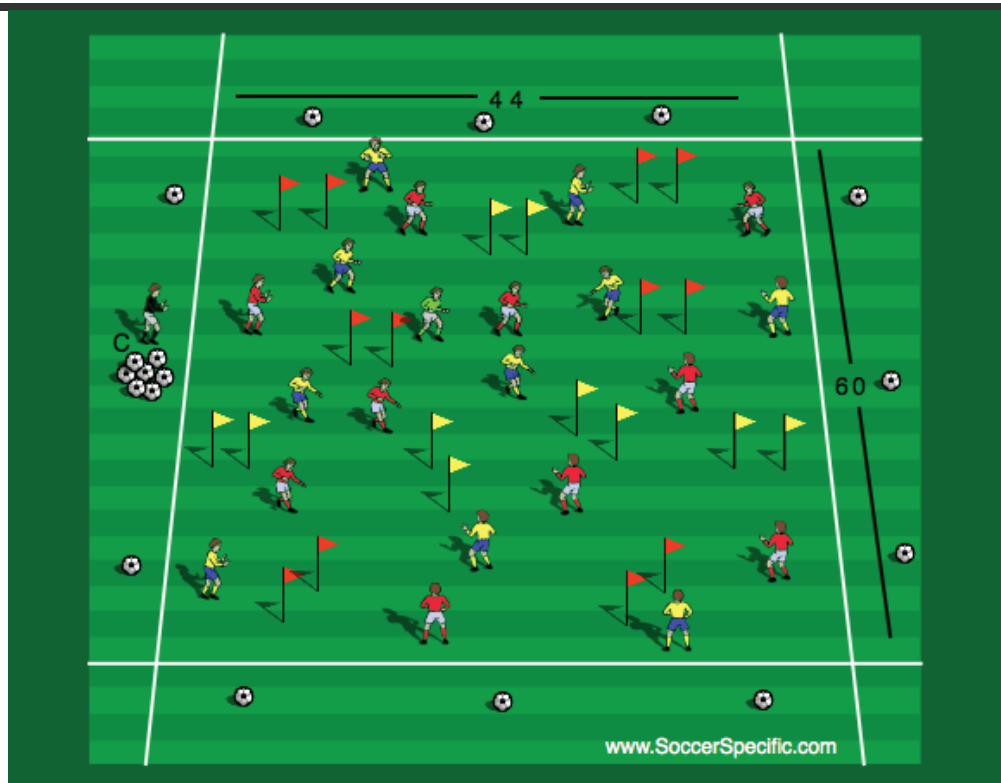
A pass to B, B pass to C, C pass back to B, B pass to D, D dribbles half way and then plays it on the ground to the other side. A replaces B; B replaces C, C slides over to D. Two balls passing simultaneously. Work clockwise and counter clockwise for a specified time. The first time through everything is two touch, the second time through the passing sequence with the players in the middle is one touch and instead of dribbling half way, the players drive the ball on the ground with their laces. Variations: two touch, one touch, Player D can dribble, short pass, or long pass with inside foot or laces.

### Coaching Points

Looking over shoulder before receiving the ball, adjust your feet/hips to play the way you face, play to front foot, choosing correct foot and surface of the foot, communication, accuracy and quality of passing/receiving technique.



## Gate Game 10V10 + 1



🕒 4X3 Min ↗ 44X60

### Setup

10V10+1 possession gate game. 44X60 yard area with 11 gates. 21 players.

### Instructions

Place 11 gates throughout the playing field. The objective is keep possession of the ball and earn points by passing the ball through any of the gates to your teammate on the other side. Keep score, four games, three minutes each.

### Coaching Points

Possession, speed of play, movement off the ball, quality of decisions on and off the ball, overall game awareness, spacing of players.



## Half Field Patterns Cross and Finish



⌚ 20 Min ↗ Half Field

### Setup

Half field passing patterns with a cross and finish on goal. 16 players and 4 GK's, diagram shows two halves, based on numbers, use only one half when possible.

### Instructions

As shown with the yellow team, player 1 penetrates on the dribble and passes it to player 2 who lays it off to player 1, player 1 plays it wide to player 3 who plays it one or two touch to player 4, player 4 lays it back to player 3 who then plays the ball through to player 4. Player 4 crosses it on the ground or in the air to player either of the two Forwards. Stagger the pattern and start the same sequence with the red players. Both #9's work for two minutes then change personnel, the rest of the players rotate in numerical order 1-2, 2-3, 3-4, 4 back to 1. 20 minutes. Variation, player 1 drives the ball in the air to player 2 instead of dribbles.

### Coaching Points

Timing of runs, quality of the touch and passes, pulling away from the cone (defender), quality of cross and finish.



## Intermediate Passing

43

Date: Jan 01, 2018

Duration: 2X4 Min

Team: Curriculum Ages 13-18

Intensity: ● (5/10)

Category: Tech / Tact



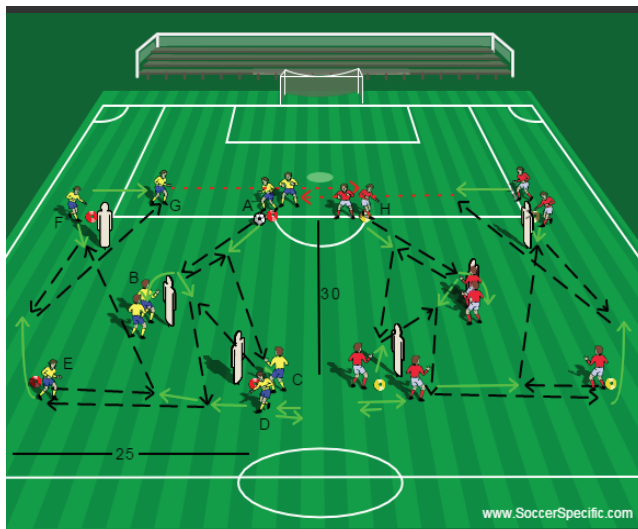
1

⌚ 2X4 Min ↗ 50X30

**Setup:** Variation 1: Intermediate passing distance 25-30 yards. Two 25x30 yard grids set up on either side of the D at the top of the penalty area. Two players at each cone, 6 mannequins and plenty of balls. 18-20 players, 4 minutes each variation.

**Instructions:** Player A plays it to player B who turns with the ball and plays it to player C who plays it first time back to player B. Player B plays a ball into space to player D who has checked away and now running on to it. Player D combines with player E and then plays a diagonal ball to player F, player F lays the ball off to player E who plays a first time ball into space to player G. Player G dribbles at pace to end of the line of player H. Same passing sequence continues and starts with player H. Players rotate by advancing one cone.

**Coaching Points:** Checking away from the defender (mannequin), technique of passing and receiving, long crisp passes on the ground, timing of runs, game awareness, dribbling under control but at game speed.



2

⌚ 2X4 Min ↗ 50X30

**Setup:** Variation 2: Intermediate passing distance 25-30 yards. Two 25x30 yard grids set up on either side of the D at the top of the penalty area. Two players at each cone, 6 mannequins and plenty of balls. 18-20 players, 4 minutes each variation.

**Instructions:** Player A plays it to player B who plays it back to player A, player A passes it first time to player C who plays it to player B, player B plays a ball into space to player D who has checked away and now running on to it. Player D combines with player E and then plays a diagonal ball to player F, player F lays the ball off to player E who plays a first time ball into space to player G. Player G dribbles at pace to end of the line of player H. Same passing sequence continues and starts with player H. Players rotate by advancing one cone.

**Coaching Points:** Checking away from the defender (mannequin), technique of passing and receiving, long crisp passes on the ground, timing of runs, game awareness, dribbling under control but at game speed.





## LA Rectangle

44

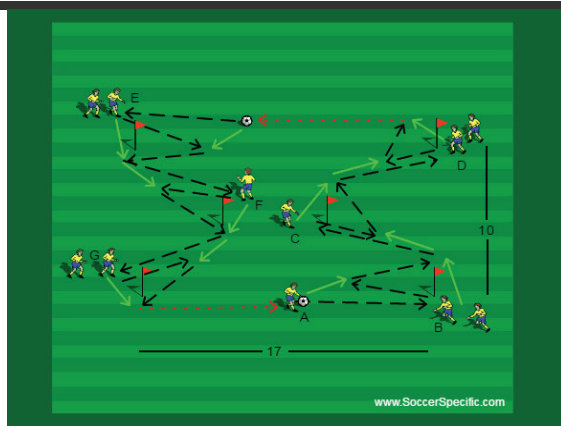
Date: Jan 01, 2018

Duration: 6X2 Min

Team: Curriculum Ages 13-18

Intensity: ● (5/10)

Category: Tech / Tact



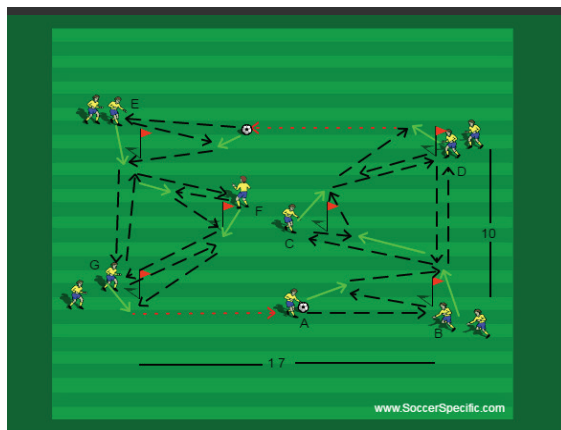
1

⌚ 2X2 Min ↗ 10X17

**Setup:** 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

**Instructions:** As shown above, two balls working at the same time. Player A dribbles half way and plays it to player B, player B does a wall pass with player A and then plays into player C. Player C combines with player B and then combines with player D as shown. Player D dribbles at pace and then starts the same sequence with player E. Player E, F, and G combine as shown. 2 minutes each direction. Players follow their pass and rotate one spot forward.

**Coaching Points:** Technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.



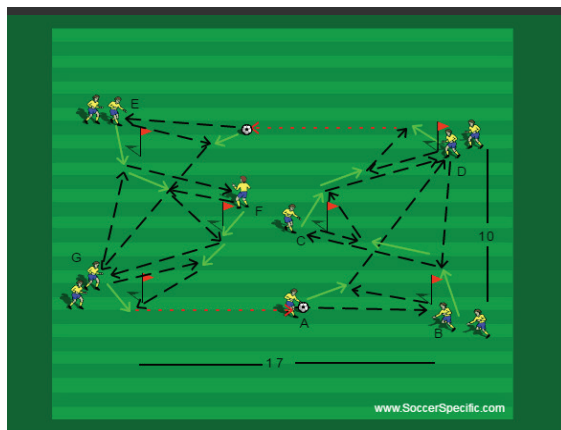
2

⌚ 2X2 Min ↗ 10X17

**Setup:** 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

**Instructions:** As shown above, player A dribbles at pace half way and then plays it to player B who lays it back to player A. Player A wall passes with player B who then plays it to player D, player D lays it back to player B who then plays it to player C, player C wall passes with player B and collects it on the other side of the pole. Player C combines with Player D as shown and dribbles at pace to other side. Follow same sequence for players E,F, and G. Players advance one pole, 2 minutes each direction.

**Coaching Points:** technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.



3

⌚ 2X2 Min ↗ 10X17

**Setup:** 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

**Instructions:** As shown above, player A dribbles at pace half way and then plays it to player B who lays it back to player A. Player A hits a diagonal ball to Player D, Player D lays it off to Player B who wall passes with Player C. Player C wall passes with Player D who penetrates to the other side as shown. Follow same sequence for players E,F, and G. Players advance one pole, 2 minutes each direction.

**Coaching Points:** technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.





## Offensive Patterns To Goal

45

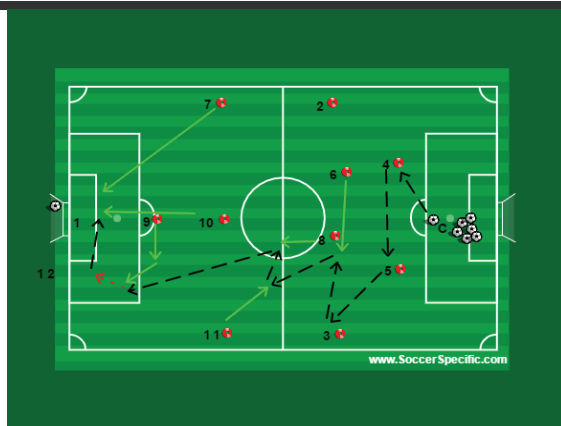
Date: Jan 01, 2018

Duration: 3X6 Min

Team: Curriculum Ages 13-18

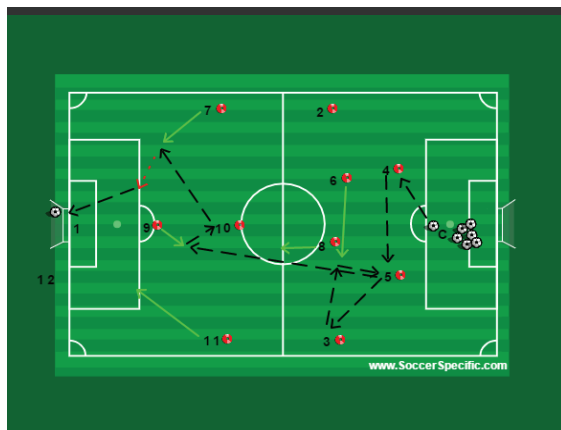
Intensity: ● (5/10)

Category: Tech / Tact



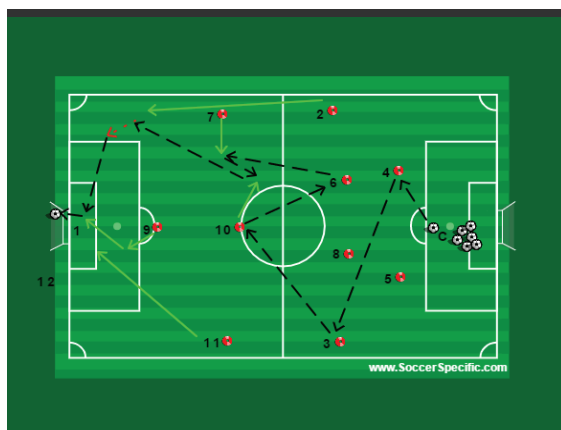
1

⌚ 6 Min ↗ Full Field



2

⌚ 6 Min ↗ Full Field



3

⌚ 6 Min ↗ Full Field

**Setup:** Offensive pattern play to goal version 1, pattern starts from half field to condense the space. 23 field players and 3 GK's. Depending on the numbers, split squad using each half of the field.

**Instructions:** Pattern as shown, repeat the other side. 4,5,3,6,11,8,9 and 5,4,2,8,7,6,9 Coach initiates the attack each sequence, alternate sides.

**Coaching Points:** Movement of the 8 and 6, 10 joins to finish along with the 7 or 11. Speed of play, quality of the passing, first touch, weight and speed of the build up, realistic.

**Setup:** Offensive pattern play to goal version 2, pattern starts from half field to condense the space. 23 field players and 3 GK's. Depending on the numbers, split squad using each half of the field.

**Instructions:** Pattern as shown, repeat the other side. 4,5,3,6,5,9,10,7 and 5,4,2,8,4,9,10,11 Coach initiates the attack each sequence, alternate sides.

**Coaching Points:** Movement of the 8 and 6, layoff of the 9, penetration and decision making of the 7 and 11 of when to dribble or shoot or potentially slip the opposite forward thru to goal. Speed of play, quality of the passing, first touch, weight and speed of the build up, realistic.

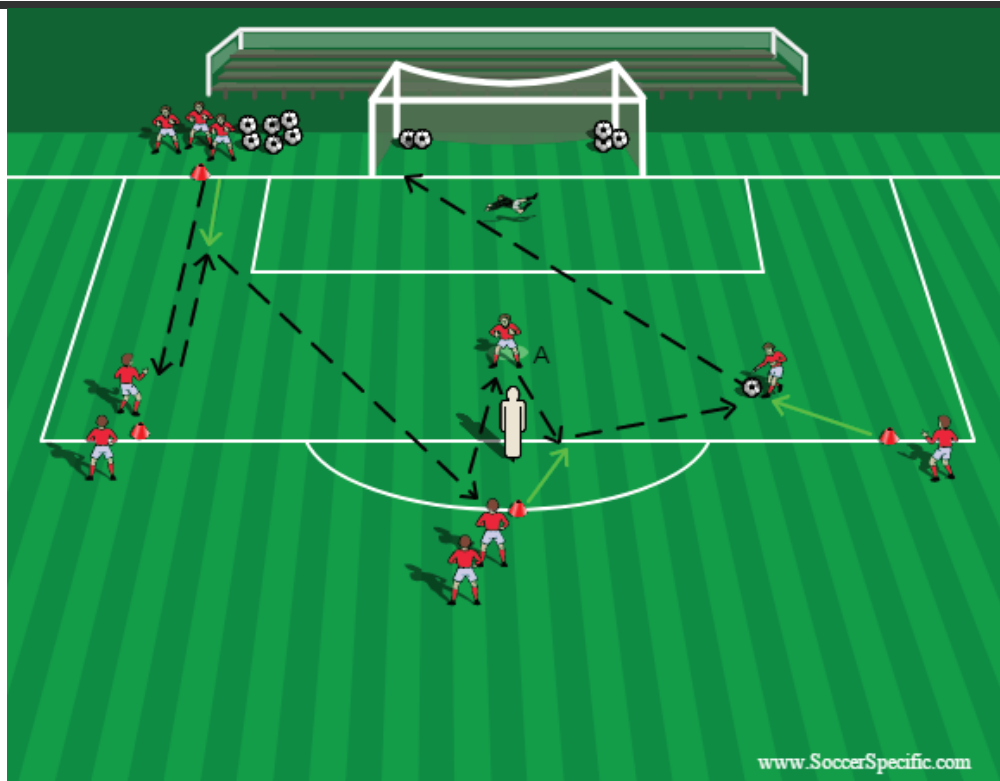
**Setup:** Offensive pattern play to goal version 3, pattern starts from half field to condense the space. 23 field players and 3 GK's. Depending on the numbers, split squad using each half of the field.

**Instructions:** Pattern as shown, repeat the other side. 4,3,10,6,7,10,2 and 5,2,10,8,11,10,3 Coach initiates the attack each sequence, alternate sides.

**Coaching Points:** Movement of the 7/11 to drive inside and open channel for overlapping back, movement of the 10 to get underneath the 7/11 for the layoff, the 9 pulling away and then attacking the space in the box, speed and timing of the 2/3 overlapping runs. Overall speed of play, quality of the passing, first touch, weight and speed of the build up, realistic. Free time, 20 minutes restarts.



## Passing In 18 Finish On Goal



⌚ 2X5 Min ↗ Pen Area

### Setup

Use two penalty areas, 20 field players plus 2 GKs, Two groups of 10, one GK in each goal. Plenty of balls, two mannequins, and 5 cones. 5 minutes each direction.

### Instructions

Passing with a technical finish on goal. Follow the pattern as shown, with two players at each cone with the exception of player A (he stays and does not rotate for a given amount of time). The ball is played sharply on the ground with the last player looking to place the ball left footed inside the far post as shown in highlighted yellow. Five minutes on one side and then mirror it for five minutes on the other side. Player rotation- advance one cone.

### Coaching Points

Crisp sharp passing, ball layoffs at an angle, check away from the defender and then come and receive the ball, passing accuracy, shooting accuracy and technique. Lastly GK shot stopping tech, getting feet set, angle play, diving at an angle, hands to the ball first, minimize rebounds.



## Six Goal Game To Two Big Goals



🕒 3X4 Min ↗️ 3/4 Field

### Setup

10V10+2 six goal game (two big goals and four small goals). Playing area (shaded) is 65 yards wide by 45 yards long. Red coned lines represent offside lines and are five yards outside the top of the penalty areas in order to leave space for balls to be played in to. Two coaches are located just behind two small goals with balls in order to facilitate the direction and pace of the game. Two additional support staff are included to call offside when appropriate. 3X4 minute games.

### Instructions

The two teams can score on either of the two small goals as well as the opponent's big goal. At any point during the run of play, the #9 or #10 can be slipped through for a breakaway to goal. If the player is outside the play continues and the defenders must stay inside the playing (shaded) area. If a goal is scored, the scoring team starts a new ball from the back receiving it from the coach. If the GK gains possession, he can build out going back the other way. GKs can be used as support players as in a normal game.

### Coaching Points

Look to play forward and penetrate, switch the point of attack while creating 2V1 attacking opportunities, always look for the #9 and #10 runs in behind, possession and combination play. Back four must cover three goals so they must stay connected, slide across and cut off passing and shooting lanes. All other defensive and attacking principles apply. Variation includes allowing the 7 and 11 to penetrate to goal as well as the 9 or 10.



# Technical Finishing Activities

48

Date: Jan 01, 2018

Duration: 24 Min

Team: Curriculum Ages 13-18

Intensity: ● (6/10)

Category: Tech / Tact



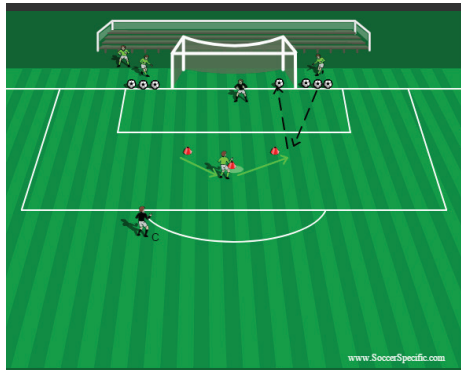
1

⌚ 6 Min ↗ Pen Area

**Setup:** Shooting variation, attacker starts 12 yards out from goal in a 4x4 yard grid. 6 balls (three each side) 4 players each player goes twice.

**Instructions:** Ball is played in as shown, the attacker takes a prep touch and then places it in the corner of the goal with his second touch. Alternate sides until all six balls have cycled through.

**Coaching Points:** Shaping your hips and feet correctly, good 1st touch, placement and tech of the shot, quick release, left and right foot reps.



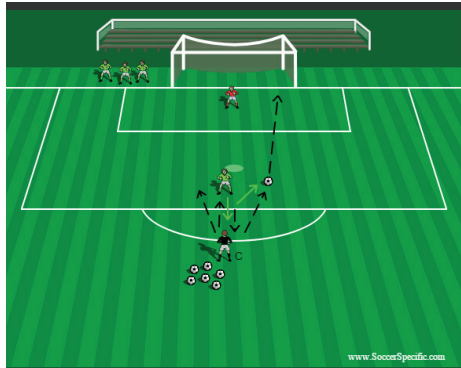
2

⌚ 6 Min ↗ Pen Area

**Setup:** Shooting variation, attacker starts 12 yards out from goal. 6 balls (three each side) 4 players, each attacker does one full repetition of 6 shots on goal.

**Instructions:** Ball is played in as shown, the attacker has a change of pace and arrives to the cone as the ball arrives. One touch finish on goal, alternate sides until all six balls have cycled through.

**Coaching Points:** Shaping your hips and feet correctly, placement and tech of the shot, quick release, left and right foot reps, know where the GK is, inside of the foot finish, finish with the laces.



3

⌚ 6 Min ↗ Pen Area

**Setup:** Shooting variation, attacker starts 18-20 yards out from goal. 6 balls, 4 players, each attacker does one full repetition of 6 shots on goal.

**Instructions:** 20 yards from goal, coach plays the ball into the forwards feet, he lays it back to the coach and follows the pass, the coach plays it forward to either the right or left side for the player to run on and finish one 1st time.

**Coaching Points:** Shaping your hips and feet correctly, placement and tech of the shot, quick release, left and right foot reps, know where the GK is, inside of the foot finish, finish with the laces.



4

⌚ 6 Min ↗ Pen Area

**Setup:** Shooting variation, attacker starts 18-20 yards out from goal. 6 balls, 4 players, each attacker does one full repetition of 6 shots on goal.

**Instructions:** 20 yards from goal, the player passes it to the coach, the coach plays a 1st touch back to the player, the player takes a controlled 1st touch to the right or left of the coach for a shot on goal. Or, the player controls it 1st and then pushes it wide of the coach for a shot.

**Coaching Points:** Shaping your hips and feet correctly, placement and tech of the shot, quick release, left and right foot reps, know where the GK is, inside of the foot finish, finish with the laces.



## USMNT Target Forward Passing

49

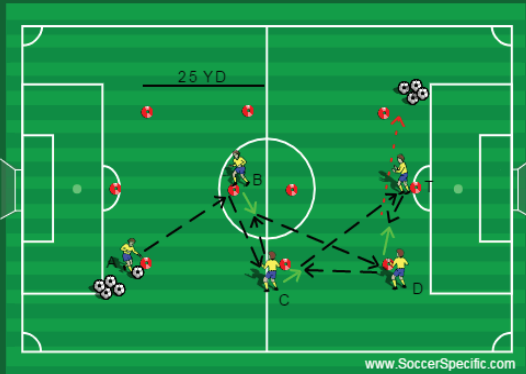
Date: Jan 01, 2018

Duration: 4X3 Min

Team: Curriculum Ages 13-18

Intensity: ● (5/10)

Category: Tech / Tact



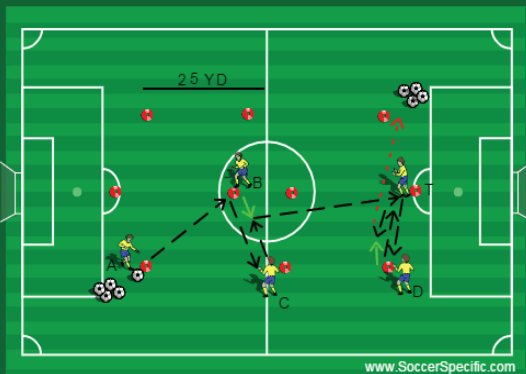
1

⌚ 2X3 Min ↗ 3/4 Field

**Setup:** Target Forward Passing. Set up as shown, 5 players per side, two sides working at the same time. 18-20 players, cones, bag of balls.

**Instructions:** Three minutes each direction, two variations, player rotation follow pass. First sequence, Player A plays it into Player B who turns and plays a wall pass with Player C. Player B plays it in to Player D who lays it off to Player C. Player C plays it in to the Target forward who lays it off to Player D, Player D penetrates on the dribble to the back of the opposite line.

**Coaching Points:** Quality passing over distance, sharp lay offs, timing of runs, checking shoulder, receiving sideways on, penetrating on the dribble and pass.



2

⌚ 2X3 Min ↗ 3/4 Field

**Setup:** Target Forward Passing. Set up as shown, 5 players per side, two sides working at the same time. 18-20 players, cones, bag of balls.

**Instructions:** Three minutes each direction, two variations, player rotation follow pass. Second sequence, Player A plays it in to Player B who receives it on the half turn and wall passes with Player C. Player C plays it in to the Target player's feet who hits a 1st time pass to Player D. Player D wall passes with the Target forward and then penetrates on the dribble to the end of the opposite line.

**Coaching Points:** Quality passing over distance, sharp lay offs, timing of runs, checking shoulder, receiving sideways on, penetrating on the dribble and pass.



Learn more about our other products at  
[www.SoccerSpecific.com/Curriculum/](http://www.SoccerSpecific.com/Curriculum/)



*"I'm very thankful for everything Anthony did for not just me but for our whole U-17 Men's National Team. He really taught me what it meant to be a good teammate. Not just relying on talent but the togetherness of teammates and supporting each other no matter what. He had the right mix of when to have fun and be serious and was always there to give good advice."*  
Christian Pulisic, United States Men's National Team, Borussia Dortmund

*"I felt that Anthony's sessions were always organized, intense, and focused on proper technique, which for me was really important. Sessions were always top quality and realistically geared to the high levels of professional and national team goal keeping. I especially enjoyed the up-beat tempo and high expectations Anthony had of me throughout each session. I appreciated Anthony's ability to also expect that same level of quality and consistency from himself. The two things that stick with me still today that Anthony enforced are hard work and self-confidence. You can't have one without the other; there is no substitute for hard work, and no short cuts!"*  
Ethan Horvath, United States Men's National Team, Club Brugge

**ANTHONY LATRONICA** has worked with the last three United States U-17 Men's National Team World Cup cycles and has earned over 100 coaching caps at the youth international level. His experiences have given him an inside look at youth development across the world. Over the past five years, he has spent countless hours on the training pitch sculpting a blue print for player development and a training curriculum that is simple and modern. The 67 activities included in this curriculum have been vetted by young players that have moved on to play for clubs like Borussia Dortmund, Schalke 04, Manchester United, ACF Fiorentina, Fulham FC, West Bromwich Albion, CD Guadalajara, Club Tijuana, C.F. Monterrey, Atlanta United, LA Galaxy, NY Red Bulls, FC Dallas, Orlando City, and Philadelphia Union.

This Season Curriculum is specifically designed for Zone 2, ages 13-18, and is perfect for international youth academies, High School teams, USSDA, ECNL, ENPL, USYS boys/girls, and young men/women.

