

Curriculum - Tier 3 - Introduction

Category: Small-Sided Games

Warm Up

Organization:

- Open Space
- Each player with ball

Instructions:

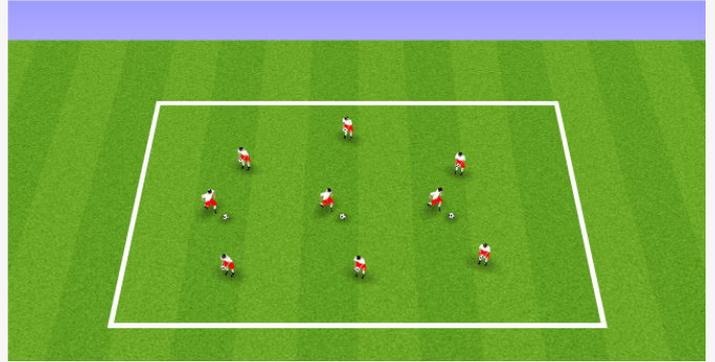
- Throw / Juggle ball above head and receive with
- Laces
- Inside
- Outside
- Once received, take ball into space and repeat

Coaching Points:

- Eye Coordination with ball
- Using different part of to receive ball
- Space awareness

Progressions:

Advance Juggling - Use flick ups / No bounce .. ect



Activity 1

Organization:

- 30x25
- 2-3 soccer balls

Instructions:

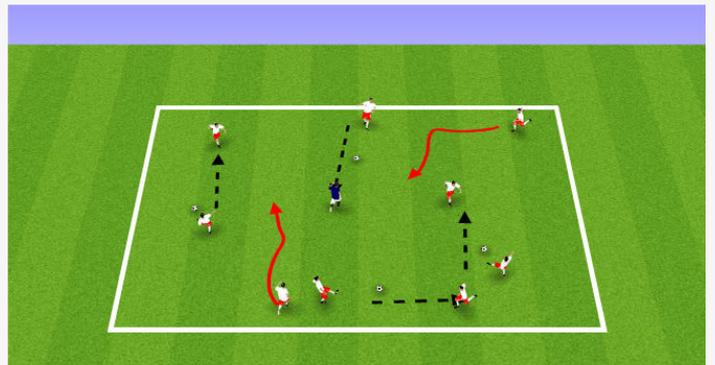
- Players move around the area
- Players pass ball on the ground call out **their Own name**
- Once Received, player dribble and does any skill of their choice, then passes to another team mate while calling out their own name again
- Coach gets involved

Coaching Points:

- Attendance
- Learn Names
- Area Awareness

Progressions:

- Before Passing, players now call on **their teammate's name**



Small Sided Games

Organization:

- 40x30
- Teams of 3 or 4

Instructions:

Tournament Style
Evaluate players on small sided games using conditioned games

Conditions :

- 1 -No forward passes
- 2- Two touch maximum
- 3- Three touch minimum
- 4- Must shoot within four passes
- 5- Teams may only lead by two goals
- 6- Restarts with kick-in
- 7- Restarts with throw-in
- 8- Restarts with dribble-in

- Effects on game conditions

- 1- Assesses moves to beat opponent
- 2- Assesses ability to maintain possession
- 3- Assesses quality and direction of first touch
- 4- Assesses shooting ability
- 5- Assesses ability to maintain possession
- 6- Assesses passing and first touch



7- Assesses aerial control

8- Assesses dribbling, speed of thought and ability to recognize space

Curriculum - Tier 2 - Individual Possession (Away from Goal / Pressure Behind)

Category: Technical: Turning

Description

Warm Up / SAQ (10 mins)

Organization:

- As shown (6-8 players per area).

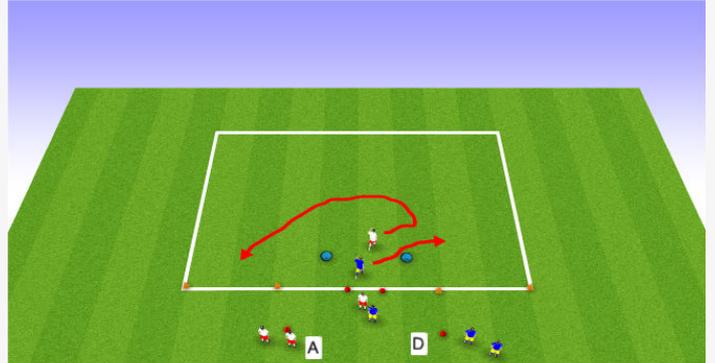
Instructions:

- Players partner up in opposite colors.
- Defender (blue) start in red gate behind attacking (white) partner.
- Attacker must run through blue gate then attempts to run through either orange gate in corners to score without being tagged.
- Defender can go once attacker clears the blue gate.
- Defender attempts to tag the attacking player before they run through an orange gate to score.
- Switch lines (roles)

Coaching Points:

- Speed to accelerate through gate.
- Can I turn corner and score?
- If the defender blocks my run can I turn to the other corner?
- Can I fake before changing direction to unbalance the defender?

Progressions:



Technical - Unopposed (25 mins)

Organization:

- As shown (groups of 3 to 4 per area).

Instructions:

- Players begin at red gate and dive through blue gate.
- Players perform given turn then dribble through either orange gate (ex: Inside Hook / Step-Over - mirror each other).
- Next player goes as soon as player turns.

Coaching Points:

- Size of touch, balance, momentum to turn.
- Checking shoulder for space / defender.
- Technique of given turn.
- Size and direction of touch coming out of turn.
- Head up, Next movement.
- Technique to fake (eyes, hips, feet, etc.)

Progressions:



Technical - Opposed (25 mins)

Organization:

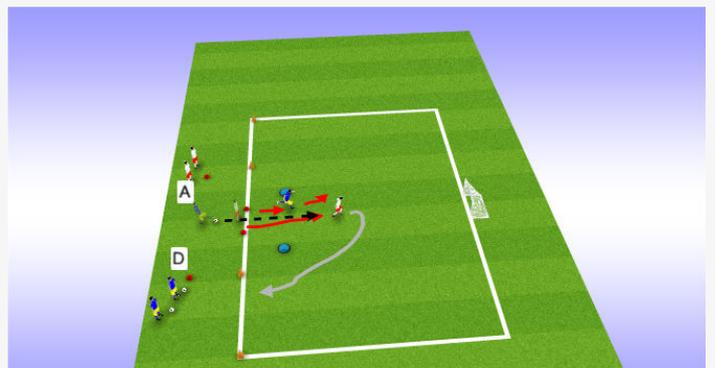
- As Shown (6-8 players per grid, defenders have ball each)

Instructions:

- Attacker (white) stands with legs wide inside red gate.
- Defender (blue) plays pass through legs of attacker and the blue gate (defender is live when ball goes through blue gate).
- Attacker tries to score by dribbling through either orange gate for 2 pts.
- If defender wins ball, he scores in PUG for 1 pt.
- Attacker retrieves ball, players switch lines.

Coaching Points:

- Size of touch when receiving ball.
- Body position to protect ball.
- Awareness of defender.
- Is the defender too tight? Can I turn into space behind him (Inside Hook)?
- Did the defender over anticipate? Can I fake and turn out other way?
- Can I turn and face the defender 1v1?



Progressions:

- Defender is live on his pass.

Tournament 3v3 (30 mins)**Organization:**

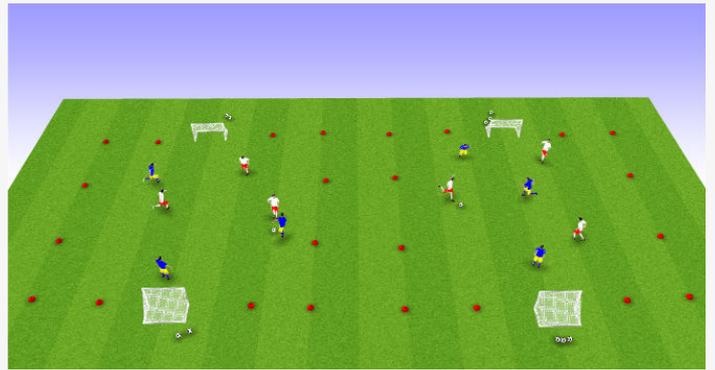
3v3 Small-sided tournament games: 4 teams of 3 players each team. 2 fields of 20x30 yards with 2 Pugg Goals on opposite endlines. **Play small sided to larger goals if possible since the kids got striking repetitions during the session.**

Instructions:

4 Teams of 3, play 3v3 tournament style format where each team will play one another. 3 points for a win, 1 point for a tie and 0 for a loss. Each game should be approximately 6-8 minutes in duration (obviously play a 3 game tournament).

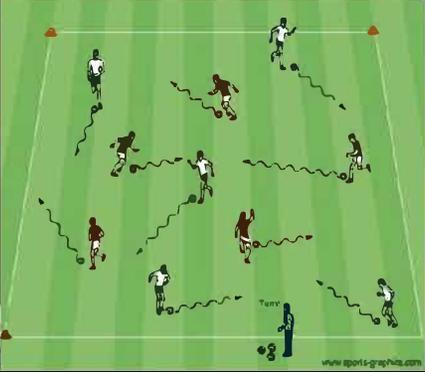
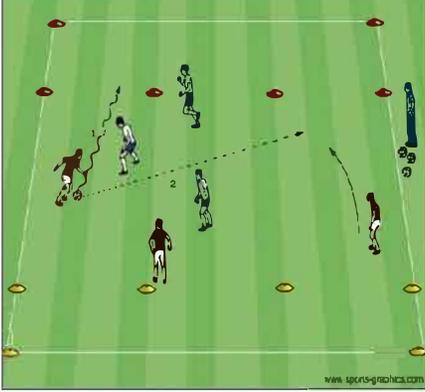
Coaching Points:

- Review of session's learning outcomes being translated into the game
- 3 lines of attack
- Creating triangle (gives angles of support)
- Making triangle as big as possible (Creating space)

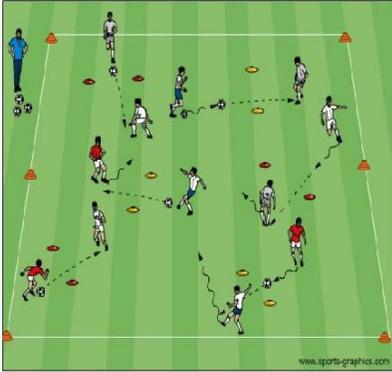
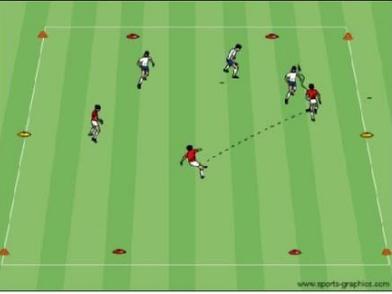


10-13 - WEEK 3

Topic: *Dribbling for Possession* **Move:** *Scissors*

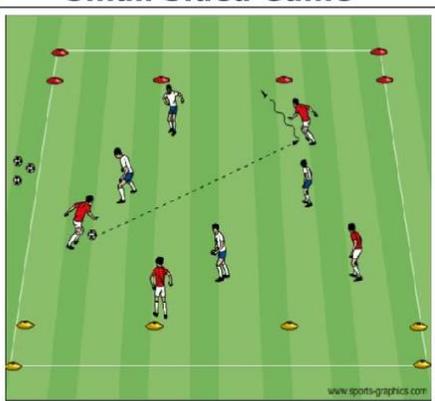
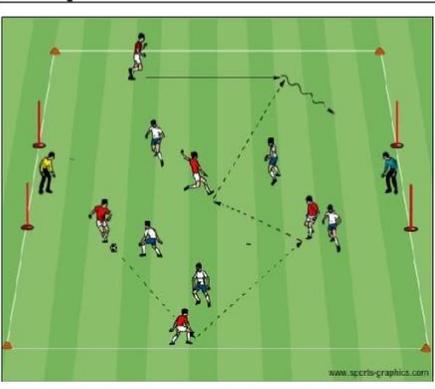
Technical Warm up	Organization	Coaching Pts.
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>Dribble/Pass by Numbers: Divide the team into two groups & give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command. Coach Progress to have them pass to each other</p>	<ul style="list-style-type: none"> • Communicate with your group • Head up to avoid other players and find your players • Change speeds • Use different parts of the foot to dribble <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>3v3 End-zone Game: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender <p style="text-align: right;">Time: 20 minutes</p>

10-13 Week 4

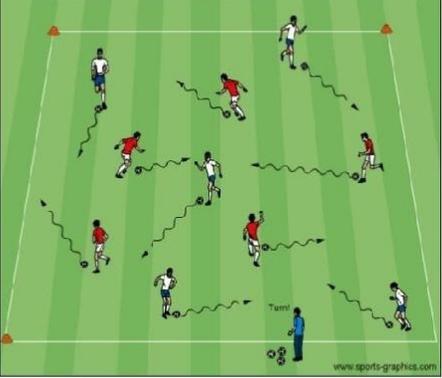
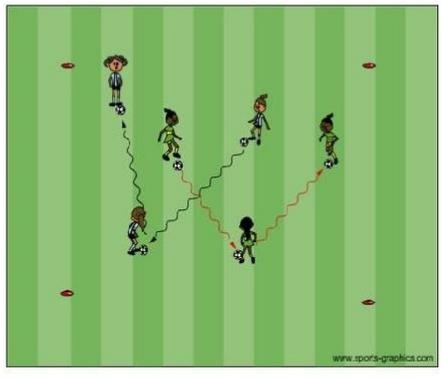
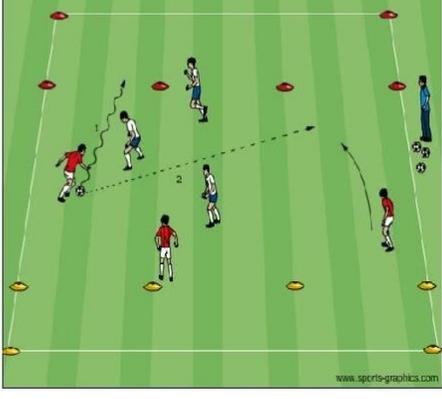
<p style="text-align: center;">Technical Warm up</p> 	<p style="text-align: center;">Organization</p> <p>Gate Passing: In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of passing <ul style="list-style-type: none"> ○ locked ankle, toe up ○ eyes on ball at instant of contact, follow through to partner ○ strike ball solid through the middle, knees bent and balanced ○ receiving first touch - directional • Communication to ask for the ball <p style="text-align: right;">Time: 10 minutes</p>
<p style="text-align: center;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>Dribble & Pass Competition: 4 cones lined up 5 yards apart and a starting cone on each end. Divide the team in half and line up at each starting cone opposite each other. Both sides start at the same time and dribble to the last set of cones then pass the ball thru the cones to the next player in line and get in that line. Duplicate with another group and compete on who finishes first.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass • First Touch – Directional • Pass on the move • Dribble with head up <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>3v3 to End Zones: In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Soft 1st touch receiving into space, away from pressure • Proper weight, accuracy and timing of passes • Possession vs. Penetration • Proper angle and distance of support off the ball • Communication between players <p style="text-align: right;">Time: 25 minutes</p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time: 10 min.</p>	

AGES 10-13 Week 5

Topic: Using Your First Touch to Escape Pressure **Move of the week: Scissors**

Technical Warm up	Organization	Coaching Pts.
 <p>30x30 Yard Grid www.sports-graphics.com</p>	<p><u>In and Out:</u> In a 30x30 yard grid, the coach separates the players into 2 groups. A group of players, the Outsiders without soccer balls, spread out around the perimeter of the grid. The Insiders are the group with soccer balls.</p> <ul style="list-style-type: none"> ➤ The Insiders players dribble around and look for an outside player to pass their soccer ball to. ➤ The Outsiders player now dribbles in and becomes an Inside player while the former Inside player finds a place on the Outside. 	<ul style="list-style-type: none"> • Passing and receiving technique • Proper 1st touch (preparation touch) <ul style="list-style-type: none"> ○ do not stop the ball ○ prep touch to pass • Vision to locate outside players <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
 <p>www.sports-graphics.com</p>	<p><u>4v4 or 5v5 to End Zones:</u> Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone. Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space</p>	<ul style="list-style-type: none"> • Recognize early which direction to go with the ball • Proper 1st touch (preparation touch) <ul style="list-style-type: none"> ○ do not stop the ball ○ prep touch to pass • Speed of support and mobility and finding good spaces to receive the ball • Take a picture of the field and make early decisions <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
 <p>www.sports-graphics.com</p>	<p><u>5v5 or 6v6 with GK's:</u> In a 50x60 yard area with goals, two teams of 5 or 6 players with goalkeepers will try to keep the integrity of their attacking shape by creating good angles and effective angles of support, staying wide and making penetrating runs while in possession of the soccer ball.</p>	<ul style="list-style-type: none"> • All of the above • Recognize visual cues such as: <ul style="list-style-type: none"> ○ Supporting positions ○ Defending pressure ○ Runs • Type of pass or dribble used to connect (to penetrate or to possess) • Speed of decision making • Quality of the communication <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>7v7 or 8v8 Scrimmage</p>	<p>Play in 55x 80 yd. grid with Goalkeepers. Encourage him/her to communicate with teammates</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	

Ages 10-13 Week 6

Technical Warm up	Organization	Coaching Pts.
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>Dribble/Pass by Numbers: Divide the team into two groups & give each group different color pinnies. Each player in the group gets a different number(1,2,3) #1 in each group begins dribbling and on the coaches command dribbles the ball to player #2 in their group and leaves the ball for that player. Keep exchanging the ball in sequence on the coaches command. Coach Progress to have them pass to each other</p>	<ul style="list-style-type: none"> • Communicate with your group • Head up to avoid other players and find your players • Change speeds • Use different parts of the foot to dribble <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Exp. Small Sided Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
	<p>3v3 End-zone Game: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> • Identification of visual cues <ul style="list-style-type: none"> ○ 1v1 no defender behind ○ Free space in front of dribbler ○ Near the attacking area • Identification of verbal cues <ul style="list-style-type: none"> ○ “take space”, “time”, “take him on” • Correct shape and balance of team • Deception and disguise • Attack at pace and set up the defender <p style="text-align: right;">Time: 20 minutes</p>