GLOBAL PREMIER SOCCER

2014 CURRICULUM

ANDOVER YS u9 - u10 CURRICULUM

8 WEEK TRAINING PROGRAM
AIM:
To allow players of all ages and abilities, to develop to their full potential, in an ENJOYABLE, CHALLENGING and POSITIVE environment.

OBJECTIVES:
• Create a clear and simple pathway for player development.

• Always keep the player at the centre of the development process.

• Allow players as much active time with a ball each as possible.

• Teach the principles of the game.

• Teach “roles” not “positions”.

• Acknowledge that players will learn and develop at different speeds.

• To keep a fresh and current outlook on the changes in young player development.

• Create a deep and underlying passion for the sport of soccer at all ages.
GPS recommends that all practice sessions follow the S.C.O.R.E. method:

**S**IMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

**C**HALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

**O**RGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

**R**ELEVANT. Ensure that the exercises in your session are relevant to the game.

**E**NJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game.

**KEY**

- PLAYER MOVEMENT WITH THE BALL
- PLAYER MOVEMENT WITHOUT THE BALL
- MOVEMENT OF THE BALL (PASS / SHOT)
LEARNS AT U9 - U10

TECHNICAL
ABC’S - AWARENESS, BODY SHAPE, CONTROL
RECEIVING TO ATTACK
RECEIVING IN TIGHT AREAS
ATTACKING 2v1, 2v2, 3v2
SHOOTING WITH THE INSIDE OF THE FOOT

TACTICAL
PLAYING OUT FROM THE BACK
UNDERSTANDS PLAYER ROLES AT 6v6
RECEIVING ABC’S (AWARENESS, BODY SHAPE, CONTROL)
UNDERSTANDS THE DIFFERENCES BETWEEN DEFENCE AND ATTACK.

PSYCHOLOGICAL
POSITIVE APPROACH TO PERFORMANCE
MAKING BETTER DECISIONS

PHYSICAL
CONTINUE TO DEVELOP STAMINA DURING PRACTICE AND GAME DAY
INTRODUCTION TO SAQ
ALL PHYSICAL ACTIVITY DONE WITH A BALL
SESSION STRUCTURE FOR U9 - U10

SESSION LENGTH - 75 MINUTES

WARM UP/TECHNICAL - 20 MINUTES
TECHNICAL PRACTICE - 20 MINUTES
SMALL SIDED GAME (6v6) - 35 MINUTES

All sessions will end with a 6v6 Game.
A 6v6 game will be played in an area of 60x40 yards.
Alter the method of scoring:
- Stop the ball on the endline with sole of foot
- Dribble through corner gates
- Scoring a goal

Ensure that substitutes are rotated frequently in order for everyone to experience playing.
INDEX

Week 1 - Dribbling - Foot skills
Week 2 - Dribbling At Speed
Week 3 - Turning
Week 4 - 1v1 Moves
Week 5 - Dribbling & Ball Protection
Week 6 - Dribbling & Close Control
Week 7 - Dribbling With Change Of Direction
Week 8 - Dribbling With Pressure
TECHNICAL WARM UP (20mins): Foot Skills

**Challenge**

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
Create a 20x20 square divided into quarters.

**Set up/ rules**
Set a foot skills challenge in each square and a time limit to try and complete challenge. Can the group beat the clock?
- 10 Toe Taps
- 10 Foundations
- 10 Scissors

**PROGRESSION**
Each challenge now becomes ‘on the move’ so players are moving around the area performing the challenge.

**COACHING POINTS:**
- Get into a rhythm
- Keep ball close

TECHNICAL (20mins): Ocean & Desert

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
Create 3 10x20 yard channels. In the two outside channels randomly place some cones.

**Set up/ rules**
Each player has a ball and starts at one end of the central channel (ocean). Players must dribble their ball over the ocean weaving side to side over the waves. Once at the top players can dribble back down either desert being careful not to hit any cactus. Challenge players to use different parts of their feet. (inside, outside & Sole)

**PROGRESSION**
Add a defender in the middle channel (shark). The shark will hold a ball in their hands and must try and touch players soccer balls with their own ball. Shark gets one point for each ball eaten. Players get a point each time they swim the ocean and cross the desert.

**COACHING POINTS:**
- Keep ball close to feet
- Head up for awareness
- Use different parts of the foot

SMALL SIDED GAME (35mins) - 6v6

**ORGANIZATION**
- 60x40 yard area

Create a 5 yard end zone at each end of the pitch.
Teams score by dribbling and stopping the ball in the end zone.

Both teams play 1-2-1-2

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Move off ball to create opportunity to receive pass.
WEEK TWO: Dribbling At Speed

TECHNICAL WARM UP (20mins): Ball Steal

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
20x20 yard area with 5 yard end zones.

**Set up/ rules**
Split players into two teams, 1 team in each end zone. Each player has a ball. When coach shouts ‘go’ each player leaves their ball and goes and steals a ball from the other teams zone and dribbles it back to their own zone. Team with most balls in their zone after 2 mins wins.

**COACHING POINTS:**
- Keep ball close to feet
- Head up for awareness
- Use sole of the foot to stop ball and turning

**PROGRESSION**
- Can only steal ball out of zone with sole of foot

TECHNICAL (20mins): Dribbling

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
Set out 2 cones in a line 10 yards apart. Split into 2 groups, 1 team in each end zone.

**Set up/ rules**
Players dribble around their zone until coach shouts ‘NASCAR’. Players then look to dribble into other end zone as quickly as possible. First team to get into new zone gets 1 point.

**COACHING POINTS:**
- Keep ball close to feet
- Head up for awareness

**PROGRESSION**
- Use other foot
- Use both feet
- Relay Race
- Speedway Game

SMALL SIDED GAME (35mins)- 6v6

**ORGANIZATION**
60x40 yard area

Have a goal in each corner. Teams attack and defend 2 goals each.

Both teams play 1-2-1-2

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Keep ball close to feet
- Head up for awareness
- Change of speed to exploit space

**PROGRESSION**
Replace goals with dribbling gates, teams now score by dribbling the ball through the gates.
WEEK THREE: Turning

TECHNICAL WARM UP (20mins): Racing
Drivers
Equipment
Cones
Balls
Pinnies
Field Size
25x25 yard area.
Set up/ rules
Give each player 2 cones and have them make a mini goal anywhere inside the area. Players race their car (dribble the ball) inside the area through as many gates as possible creating their own race track.

PROGRESSION
Turn back through each goal you go through using sole of foot.
Figure of 8 through each gate.

COACHING POINTS
Keep ball close and within reach of feet
Head up to see where your going
Accelerate once through a goal

TECHNICAL (20mins): Reaction Turning
Equipment
Cones
Balls
Pinnies
Field Size
Create two 5x15 yard zones 20 yards apart with a central line splitting the two.
Set up/ rules
Players all stand on the central line with a ball. Coach will call out a colour. Players must dribble the ball into that colour zone, perform a turn and return to the middle line.

PROGRESSION
Red line = left foot turn
Yellow line = right foot turn
Play 'opposites' Red = Yellow zone, Yellow = Red Zone
Competition - Last player back to middle line performs a toe taps for the duration of the next race.

COACHING POINTS
Dribble to keep the ball close
Use sole of foot to stop the ball
Step other side of the ball
Turn and use laces to push ball in front
Accelerate into space

SMALL SIDED GAME (35mins) - 6v6
ORGANIZATION
60x40 yard area
Create a 5 yard end zone at each end of the pitch.
Teams score by dribbling the ball in the end zone turning back out and passing the ball to a team mate.
Both teams play 1-2-1-2

COACHING POINTS
Keep ball close to allow quick turn
Awareness of space to turn into

PROGRESSION
Once player has turned out of end zone team must get ball into the other end zone to score a point.
TECHNICAL WARM UP (20mins): Dribbling - Change of speed

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
Create a 20x20 yard square with 15x15 square inside.

**Set up/ rules**
Each player has a ball and dribbles in the outside square. When a player enters the middle square they must perform 3 moves before going back to the larger square.

**PROGRESSION**
Add defender to the middle square who must try and touch the top of any ball with the bottom of their foot. Attackers must try and perform 3 moves in the middle square without defender touching their ball. 1 point for every 3 moves. Defender gains 1 point for every touch of a ball with sole of foot.

**COACHING POINTS:**
- Keep ball close
- Inside/outside/sole of foot to manipulate ball

TECHNICAL (20mins): 1v1 moves

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
Create a 15x15 yard square. In each corner place a 2 yard wide goal.

**Set up/ rules**
Each player has a ball. The players in opposite lines dribble the ball towards each other. Just before the players ‘crash’ they must change direction to the right and dribble to the opposite line.
How close can they get before they change direction.

**PROGRESSION**
Can player use a move to change direction
Red team have a ball each. First plater dribbles ball into play and tries to get ball through white team goal. One white player enters game and tries to win possession to score in red team goal.

**COACHING POINTS:**
- Attack at speed
- Change of direction
- Change of speed once past defender

SMALL SIDED GAME (35mins): 6v6

**ORGANIZATION**
60x40 yard area
Both teams play 1-2-1-2

**PROGRESSION**
2 points if a player scores after a 1v1 move

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Move off ball to create opportunity to receive pass.
WEEK FIVE: Dribbling & Ball Protection

TECHNICAL WARM UP (20mins) - Protect your castle

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
15x15 yard area

**Set up/ rules**
Each player has a cone and a ball. Players place cones on outside of area with ball on top. 2 defenders try and knock the ball off the top of the cones. Players try and protect only their ball. Defenders work in pairs, defending team who knock all the balls off the quickest win.

**Progression**
Players can now dribble the ball around inside the area.

**Coaching Points:**
- Use sole of foot and body to protect ball

TECHNICAL (20mins) - Ball Protection

**Equipment**
- Cones
- Balls

**Field Size**
15x15 yard area

**Set up/ rules**
In small groups or pairs, the front player leads the others. The following players must copy the movements of the leader. Take turns so everyone has a chance at being the leader.

**Progression**
Player 1 now has a ball and must dribble the ball. Player 2 follows. When coach shouts ‘go’ player 2 must try and win the ball and player 1 must try and protect it. Player who has the ball after 1 minute gains a point.

**Coaching Points:**
- Keep ball on safe side away from defender
- Use body to protect the ball
- Use arm to hold off defender
- Turn/accelerate away from defender

SMALL SIDED GAME (35mins) - 6v6

**Organization**
60x40 yard area

Create 10x10 box in each corner of the area. Teams score a point by getting the ball into a corner and holding the ball in the zone for 4 seconds.

**Progression**
Teams score a point by holding the ball in two different boxes in a row.

**Coaching Points:**
- Keep ball on safe side away from defender
- Use body to protect the ball
- Use arm to hold off defender
- Turn/accelerate away from defender
WEEK SIX: Dribbling - Close Control

TECHNICAL WARM UP (15mins) - Pinny

**Tag**

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
- 10x10 yard area

**Set up/ rules**
- Each player has a pinny tucked into their shorts. 1 player (highlighted) will try and grab as many pinnies as possible. 1 point for each pinny. Once a pinny has been taken, it is dropped on the floor so player can re-join the game. Players move around the area trying to keep away from all other players.

**Progression**
- Add another catcher
- Each player now has a ball

**Coaching Points:**
- Move into space
- Keep ball close to feet

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TECHNICAL (20mins): Straight Lines v Zig Zags

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
- 10x15 yard area with cones along the width of the area

**Set up/ rules**
- Split onto two teams. Reds start on the short side, whites start on the long side. The red team must dribble their ball from east to west. White team dribble north to south but must zig zag the dribble.

**Progression**
- Start players on all sides with same rules
- Switch team sides.
- Add a defender in the area who tries to touch the top of any ball with the sole of their foot. 1 Point for each ball touched. Attackers 1 point for every successful dribble to the other side.

**COACHING POINTS:**
- Slow in traffic
- Speed up into space

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SMALL SIDED GAME (35mins) - 6v6

**Organization**
- 60x40 yard area

**PROGRESSION**
- Create a 6 yard channel in the wide area on each side of the field. Ball must enter a channel before a shot can be taken.
- Both teams play 1-2-1-2

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Move off ball to create opportunity to receive pass.
WEEK SEVEN: Dribbling With Change Of Direction

**TECHNICAL WARM UP (20mins): Box Tag**

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
25x25 yard area with 3x3 boxes inside the area

**Set up/ rules**
One player is a tagger and must try and tag players on the back to gain a point. If tagged player must stand with feet apart. Other players must crawl through tagged players legs to get them back into the game. The boxes are safe zones but players can only be in the zone for 3 seconds. Play without soccer balls involved.

**PROGRESSION**
Each player has a ball

**COACHING POINTS**
- Dribble to keep the ball close
- Different parts of the foot to move the ball
- Accelerate away

**TECHNICAL (20mins): Box to Box**

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
25x25 yard area with 3x3 boxes inside the area

**Set up/ rules**
Each player has a ball and dribbles around inside the area and through as many squares as possible. Only 1 person in a square at a time.

**PROGRESSION**
- How many squares can you go through in 1 minute
- Players must turn change direction inside the square
- Add 1 player as a tagger who can not go into the squares. If tagged player must freeze on the spot until high 5’d by another player to be free.
- Boxes are safe zones for 5 seconds.

**COACHING POINTS**
- Dribble to keep the ball close
- Different parts of the foot to move the ball
- Accelerate away

**SMALL SIDED GAME (35mins) - 6v6**

**ORGANIZATION**
60x40 yard area
Both teams play 1-2-1-2

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Move off ball to create opportunity to receive pass.
WEEK EIGHT: Dribbling With Pressure

TECHNICAL WARM UP (20mins): Batman & Robin

**Equipment**
- Cones
- Balls
- Pinnies

**Field Size**
- 20 x 20 Square

**Set up/ rules**
Players work in pairs, one is Batman the other Robin. Batman has 30 seconds to try and tag Robin inside the area.

**COACHING POINTS**
- Keep ball close and within reach of feet
- Head up to see where your partner is

**PROGRESSION**
Players work in pairs with one ball. The player with the ball (Batman) follows their partner (Robin) around the area. Player without the ball can only walk.

- Player without the ball should try and vary their speed and direction to lose their partner. Play for 30 seconds and swap.
- Batman tries to stay as close to Robin as possible.
- Both players now have a ball.

TECHNICAL (20mins): Dribbling with pressure

**Equipment**
- Cones
- Balls

**Field Size**
- 20x30 yard area with 2 goals. Place a cone 15 yards from each goal. 2 even teams to the right hand side of each goal.

**Set up/ rules**
Player 1 dribbles past the cone to shoot for the goal opposite. As soon as the shot has been struck, player 2 from the next team dribbles to the goal opposite. Player 1 then must try and recover and prevent player 2 from shooting. As player 2 shoots, player 3 will go and player 2 will chase. Process repeats.

**COACHING POINTS**
- Switch teams to other side of goal to use left foot
- M.O.D.E - Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot

SMALL SIDED GAME (35mins) - 6v6

**ORGANIZATION**
- 60x40 yard area

Both teams play 1-2-1-2

**COACHING POINTS**
- Check team mate is ready to receive pass
- Communication - Verbal or visual
- Move off ball to create opportunity to receive pass.