



GLOBAL PREMIER SOCCER

2012 CURRICULUM

U16 ELITE

10 WEEK TRAINING PROGRAM

- TECHNICAL SESSIONS

- TACTICAL SESSIONS



GPS CURRICULUM METHODOLOGY



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".

Create a deep and underlying passion for the sport of soccer at all ages.

Acknowledge that players will learn and develop at different speeds.

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





LEARNS AT U16

TECHNICAL

SHORT TO MEDIUM PASSING
RECEIVING TO ESCAPE (DISGUISE)
RECEIVING WITH INSIDE AND OUTSIDE
BREAKAWAYS
IDENTIFYING 1v1 SITUATIONS
ATTACKING 2v1, 2v2, 3v2
DEFENDING 1v1, 2v1, 1v2

TACTICAL

SCANNING THE AREA
TYPES OF RUNS
PLAYING OUT FROM THE BACK
SEEING THE BIGGER PICTURE: TEAM MATES, OPPONENTS
UNDERSTAND DIFFERENCES IN ATTACK AND DEFENCE
UNDERSTANDS THE DIFFERENCES BETWEEN 6v6 AND 4v4

PSYCHOLOGICAL

DEVELOPING A BETTER AWARENESS OF TEAM PLAY
AWARENESS OF THE FIELD
PERFORMING EVERYTHING WITH POSITIVITY

PHYSICAL

BEGINNING TO DEVELOP THE ABILITY TO PERFORM AT HIGH
INTENSITY FOR LONGER PERIODS OF TIME





SESSION STRUCTURE FOR U16

SESSION LENGTH - 75 MINUTES

WARM UP - 10 MINUTES

TECHNICAL GAME 1 - 15 MINUTES

DRINK BREAK 1 - 3 MINUTES

TACTICAL GAME 2 - 15 MINUTES

DRINK BREAK 2 - 3 MINUTES

SMALL SIDED GAME (4 v 4 / 6 v 6) - 25 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 4 MINUTES

All sessions will end with a small manifestation of the game. At U16 this game should be 8v8

Rehearse the team formation of 4-3-3

8v8 game will be played in an area of 80 x 60 yards.

Alter the method of scoring:

- End Zone
- Target Player
- Multi- Goal

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

Avoid playing teams with large numbers (i.e. 9 v 9) in order to increase player exposure to the ball.



u16 Winter Curriculum Session One: Combination Play

TECHNICAL: Passing combinations and reaction to 'trigger'

ORGANIZATION

Create a playing area of 30 x 30 yards split into 4 15 yard boxes. Split player into 4 groups

Each group starts in a box with a ball. Team pass the ball around the square.

COACHING POINTS

- Weight, direction and selection of pass
- Receiving skills/direction of first touch
- Scan area to be aware of what is happening in game
- Awareness and reaction to trigger

PROGRESSION

- Number each player in the box and pass ball in number sequence
- One team become trigger team and can pass ball into another box at any point. Once ball been placed all other teams must pass into a different box so all boxes have a ball
- As above but player follows pass to join new group
- As above but player not to join box they pass into. Each team must have same number of players.
- Trigger team dribbles ball into a new box and whole team must follow



TACTICAL: Passing combinations and reaction to 'trigger'

ORGANIZATION

30x30 yard area split into two.

Create 4 v 2 in each half (adjust with different numbers). Defending team try to win ball back 3 times before switching. Attackers win by completing 8 passes. 2 passes awarded for a split pass.

COACHING POINTS

- Weight, direction and selection of pass
- Receiving skills/direction of first touch
- Disguise on split pass
- Scan area to be aware of what is happening in game:
 - Where is trigger player
 - Am I ready to receive

PROGRESSION

- One player in each half is 'trigger' player. This player can pass into other half at any point. Once 'trigger' activated receiving team switch their ball to other box
- Ask team to come up with different 'triggers'
 - Dribbling ball
 - Lofted pass



SMALL SIDED GAME: 4v4 possession game

ORGANIZATION

30x40 yard area with goals

One team starts on the field with a ball and tries to complete 6 passes for a goal. Other team start on the outside of the field and on the first pass enter the field. Team tries to win the ball back as quickly as possible to score in either goal.

COACHING POINTS

- Weight, direction and selection of pass
- Receiving skills/direction of first touch
- Disguise on split pass
- Movement to create space for individual or team mate

PROGRESSION

- Rotate teams
- Increases number of passes for a goal
- Team can only score in one goal on winning the ball



u16 Winter Curriculum Session Two: Combination Play

TECHNICAL: Double Y Passing

ORGANIZATION

30x20 yard area. Set out cones as shown in diagram

Players pass ball in following combination

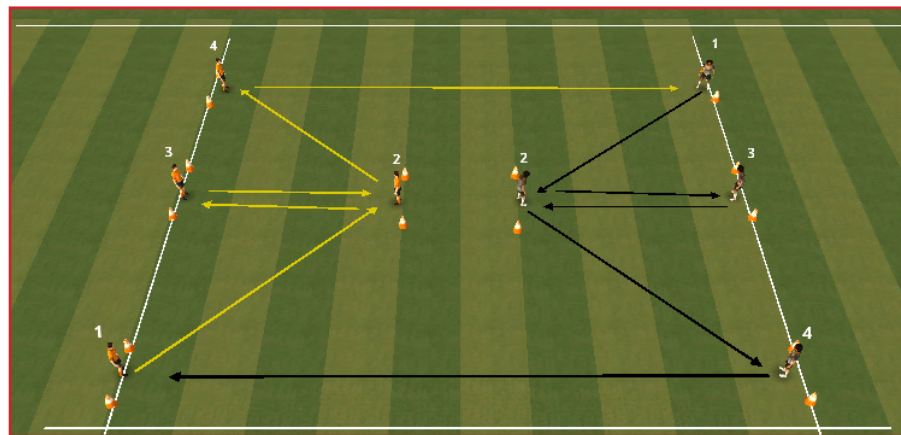
1-2-3-2-4. 4 switches ball to opposite side and practice repeats. Balls start on opposite corners of the area and 2 balls work at a time. All play is two touch. Players follow their pass and replaces player on that cone.

COACHING POINTS

- Ball on the ground
- Weight, direction and selection of pass
- Body position and receiving skills
- Speed of play
- Communication

PROGRESSION

- Rotate direction of play
- Number 4 dribbles ball to opposite side
- 1 touch play
- 1-2-3-1-4-switch
- Time limit to execute passing patterns



TACTICAL: Combination Play - Counter Attack

ORGANIZATION

60x40 yard area. 12 yard central channels.

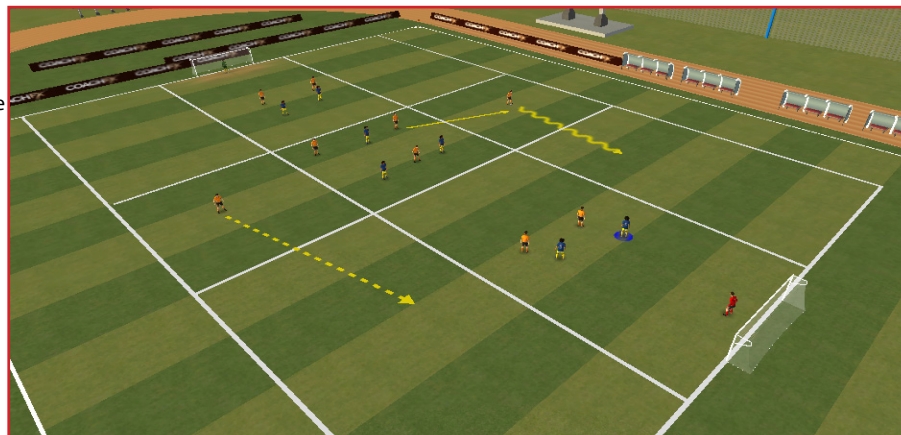
5v3 in central box, 2v2 in each half central channel. 1 player in each wide box. 5 attacking player start with ball and keep possession. when 3 win possession they play to wide player and look to counter attack 4v2

COACHING POINTS

- Attack while defending - can you scan for team mates while defending and play forwards quickly upon winning ball
- Assess play while moving with ball
- Timing of runs in advanced positions
- Weight and quickness of forward passes

PROGRESSION

- Once ball gets to wide player all players become live



SMALL SIDED GAME: 4v4/ 6v6 with target player

ORGANIZATION

30x40 yard field (10x20x10 zones)

Play 3v3 in middle zone with 1 target player in each end.

Teams compete for possession in middle zone and look to play into target player to score. Target player has two touches to shoot.

COACHING POINTS

- Weight, direction and selection of pass
- Movement away from defender (slow initial movement, explosive secondary movement)
- Clever inventive play to get ball into target player

PROGRESSION

- Player who passes to target player becomes new target player
- Target player must lay ball off for team mate to shoot



u16 Winter Curriculum Session Three: Midfield 3

TECHNICAL: Receiving to switch play

ORGANIZATION

60x40 yards area. Place cones as shown in diagram (15, 30 & 45 yards; Adjust to fit area size)

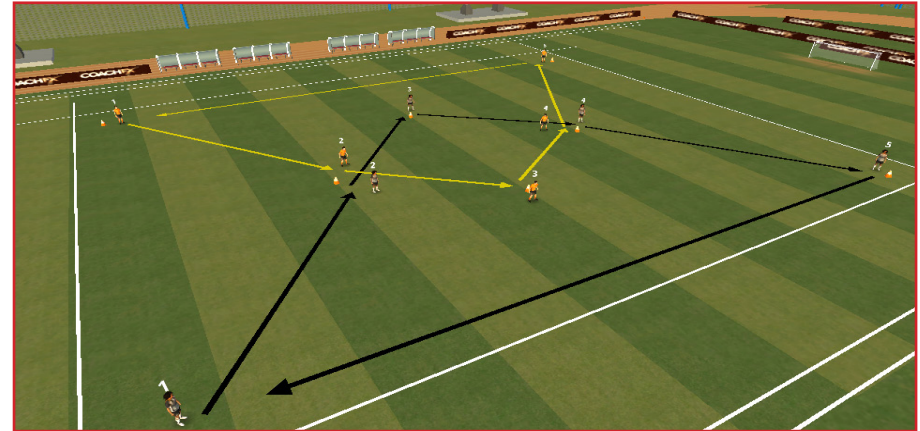
Players pass ball in following pattern 1-2-3-4-5-1 and follow pass to replace player on the cone.

COACHING POINTS

- Scanning and opening up to receive the ball
- Ball control when receiving - positive first touch
- Inside foot to control and inside foot or inside/instep foot to pass the ball
- Quick execution – speed
- Communication

PROGRESSION

- Add goal so player 5 finishes to goal
- Receive final pass back to goal to finish



TACTICAL: Zonal possession

ORGANIZATION

60x40 yard area. split into three zones 10x40x10 (adjust to fit) 3v3 or 4v4 in middle zone with 2 target players in each end zone.

Midfield players look to get ball from one set of target players to opposite end to gain a point. Target players must switch ball over central line in end zones to play out. Target players play for team in possession

COACHING POINTS

- Movement away from defender
- Receiving to turn
- Distance with the defender – if given space, pass to the other target player or combine with other midfielder; if defender is close, play one-touch back
- Speed of play and quick decisions

PROGRESSION

- Rotate teams
- Target players can switch boxes to create space
- Target player can drive out of the box with ball and be replaced with another player



SMALL SIDED GAME: 4v4 Magic Box

ORGANIZATION

30x40yard field with 10x10 box in the centre

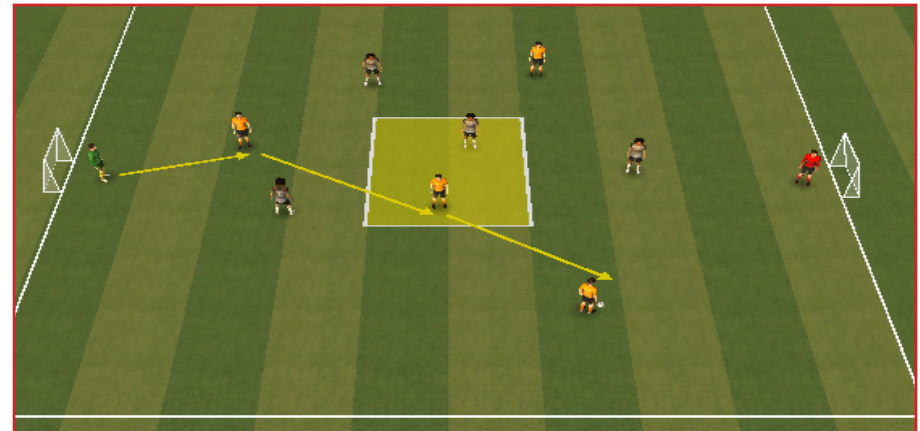
Each team have 1 player in the magic box. Ball must go through magic box before a shot on goal can be attempted. Rotate magic box player

COACHING POINTS

- Movement of player in magic box to create space
- Angles and distance of support for magic box player
- Clever & inventive play

PROGRESSION

- One touch in magic box
- Player can dribble ball out of box and be replaced by team mate



u16 Winter Curriculum Session Four: Midfield 3

TECHNICAL: Passing & Receiving

ORGANIZATION

3 20x10 boxes with a cone in the centre.

Have a player on each cone, with one cone having 2 players. Ball start with one of the 2 players. Players pass to any other player and follow pass to replace person on the cone. Must take 2 touches.

COACHING POINTS

- Weight, direction and selection of pass
- Quality and direction of first touch
- Communication

PROGRESSION

- 1 touch play
- Add 2 balls go back to 2 touch
- 1 touch with 2 balls
- Add defender to try win possession



TACTICAL: Receiving to pass forwards

ORGANIZATION

30x15 yard area - split into 2 halves

Split player into 2 teams of 6. 3 yellow in one half with other 3 yellows on outside of other square. (as shown) Black team the same All players on outside have a ball

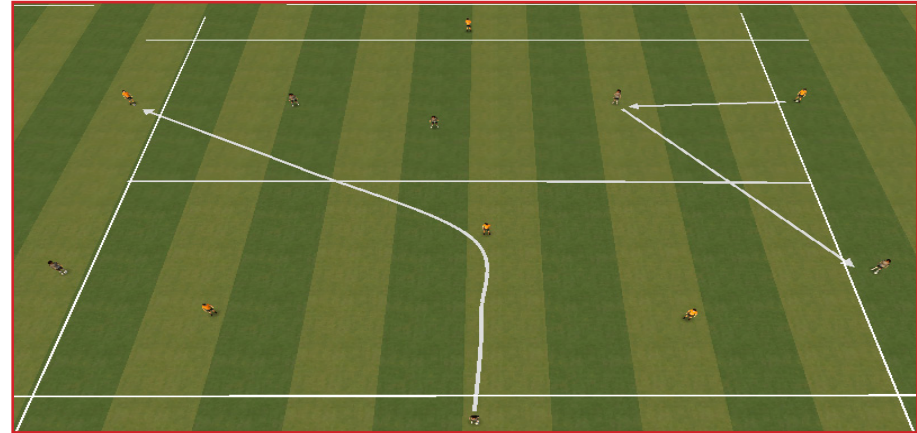
Players inside the area look to receive from outside players and pass to free target players on outside of opposite square.

COACHING POINTS

- Scanning area for free players before receiving pass
- Different surfaces of foot to receive and turn
- No touch turn to allow first time forward pass
- Weight, direction and selection of pass

PROGRESSION

- Can you play first time pass
- 2 touches but play pass at earliest opportunity
- Player must combine in central area before switching ball, if no player free to combine with, combine with another outside player before switching
- Add defender into each area to add pressure
- 2v2 game i each half. Team looks to possess ball until opportunity to play to server on other half



SMALL SIDED GAME: 4v4 halves game

ORGANIZATION

40x30 yard field split in half

Play 2v2 in each half, players are restricted to their zone.

COACHING POINTS

- Scanning area for free players before receiving pass
- Different surfaces of foot to receive and turn
- Weight, direction and selection of pass

PROGRESSION

- Player who passes into other half can join play to create 3v2
- Player who passes the ball must stay in half and other player can go in and create 3v2



u16 Winter Curriculum Session Five: Penetration in the final 3rd

TECHNICAL: Penetrating Passing from Midfield

ORGANIZATION

20x20 box 18 yards from goal. Have 2 boxes working in opposite direction for large numbers.

Players work in pairs. Each pair is numbered 1-5 (depending how many pairs) Pairs pass and move ball inside box. Coach shouts out a number. Player on the ball for that number pair must play ball out of box towards goal. Player without the ball must make a run out of the box and shoot for goal

COACHING POINTS

- Quality of passing inside box
- Type, speed and angle of run
- Pass or dribble to penetrate
- Clever play to penetrate - fast pass, different surfaces to pass, disguise

PROGRESSION

- First time finish
- Add defender
- Add pair to defend to create 2v2



TACTICAL: Penetrating Passing from Midfield

ORGANIZATION

30x30 box 18 yards from goal

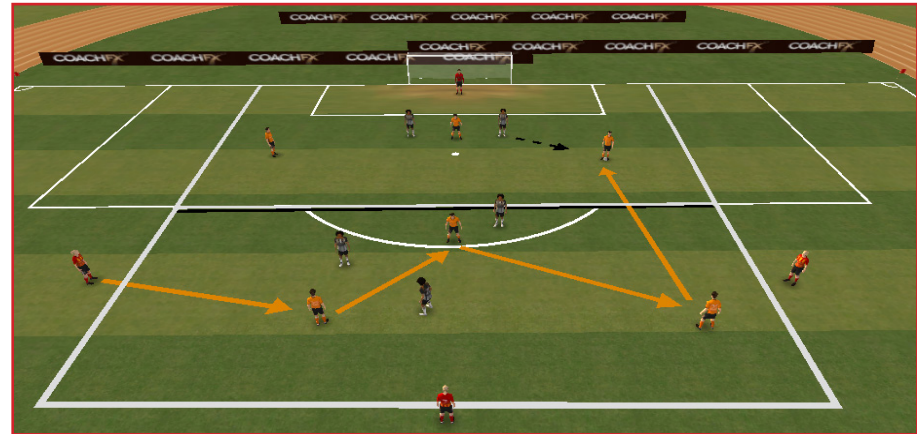
Split players into 3s. 3v3+3 in the box with 3v2 in 18 yard area. Yellows try to complete 3 passes before attempting to play pass into forward 3, who look to score. If defending team win possession they become attacking team and look to complete 3 passes to penetrate.

COACHING POINTS

- Scan the field to see forward pass with and without possession
- Clever play to penetrate - fast pass, different surfaces to pass, disguise
- Angles and speed of support

PROGRESSION

- Rotate groups
- 2 players from box can join attack to create 5 v 2
- 2 defenders can enter 18yard box to create 5v4.



SMALL SIDED GAME: Penetration Game

ORGANIZATION

40x30 yards with goals & GKs

Split into two teams of 4-6 (depending on numbers. Each half has 2v2 and players are restricted to zone. Team in possession must try and penetrate opposition to get ball into attacking half.

COACHING POINTS

- Scan the field to see forward pass with and without possession
- Clever play to penetrate - fast pass, different surfaces to pass, disguise
- Angles and speed of support

PROGRESSION

- One player from defensive half can go in and support when team in possession of ball to create overload



u16 Winter Curriculum Session Six: Penetration in final 3rd

TECHNICAL: Movement in Final 3rd

ORGANIZATION

Create a diamond 20 yards from goal. Each cone 20-30 yards apart depending on age.

Pass played into player 1 who turns to play a penetrating pass. On player 1's first touch forward players move to create space and make a forward run. One only player makes the run for the pass, player 1 replaces player who takes shot.

COACHING POINTS

- Player 1 check shoulder before receiving pass
- Weight and accuracy of pass (curve, weight & disguise)
- Timing and speed of movement (slow away explosive into space)
- Quality and technique of finish

PROGRESSION

- All 3 players move and player 1 must select best passing option
- Add 2 defenders



TACTICAL: Movement in the Final 3rd

ORGANIZATION

2x 30x20 yard halves with 2-3 yard central area. 3 v 2 in each half. Place 5 balls around each half.

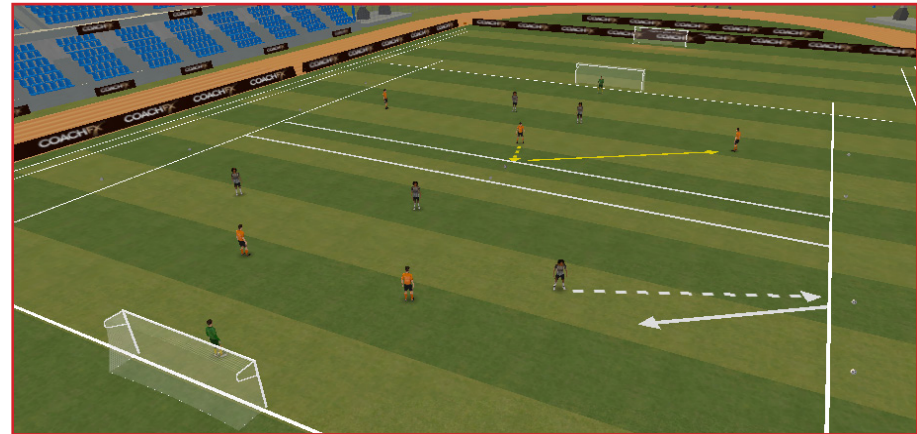
Attacking team retrieve one ball from side of area and look to attack. Defending team try and win possession to dribble into central zone.

COACHING POINTS

- Look for early opportunity to penetrate
- Movements to create space for yourself/team mate
- Exploit 1v1, 2v1s with move or quick combination
- Clever & creative play to create shooting opportunity

PROGRESSION

- Place balls in different position
- Ball must be passed into attacking zone
- Time limit per ball to get shot on goal



SMALL SIDED GAME: 3v2 Overload

ORGANIZATION

60x40 yard field with 2 yard central channel

3v2 in each half in favour of the attacking team. Players must stay in zone. Attacking team look to score, defending team look to win possession and transition ball into other half for 3v2 attack.

COACHING POINTS

- Attack while defending - can you play forwards upon winning ball quickly
- Clever & creative play to create shooting opportunity
- Disguise on passes

PROGRESSION

- Attacker can drop into central channel to receive pass from defender
- 1 attacker can drop into defensive half to create 3v3



u16 Winter Curriculum Session Seven: Front 3

TECHNICAL: Overlapping Runs in central areas

ORGANIZATION

Players work in 3s 40 yards from goal.

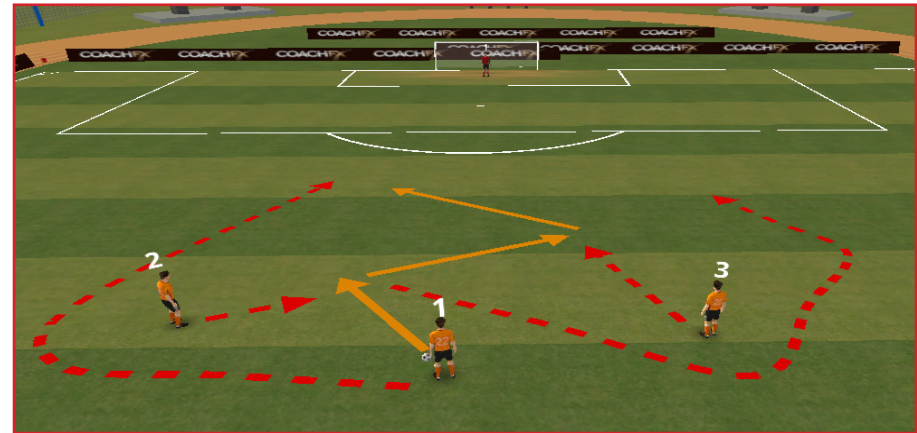
Player 1 plays ball into space for player 2 to run onto. Player 1 overlaps player 2. Player 2 passes the ball into space for player 3 to run onto. Player 2 overlaps player 3. Player 3 passes ball into space for player 1 to run onto. Player 3 overlaps player 1. All dribbling must be done at an angle no in straight lines. Once within shooting distance shoot for goal.

COACHING POINTS

- Quality and weight of pass
- Speed of movement
- Decision on when best to shoot.

PROGRESSION

- Time limit to get shot on goal
- Players must dribble ball before playing pass



TACTICAL: Overlapping Runs in central areas

ORGANIZATION

Players work in 3s 40 yards from goal.

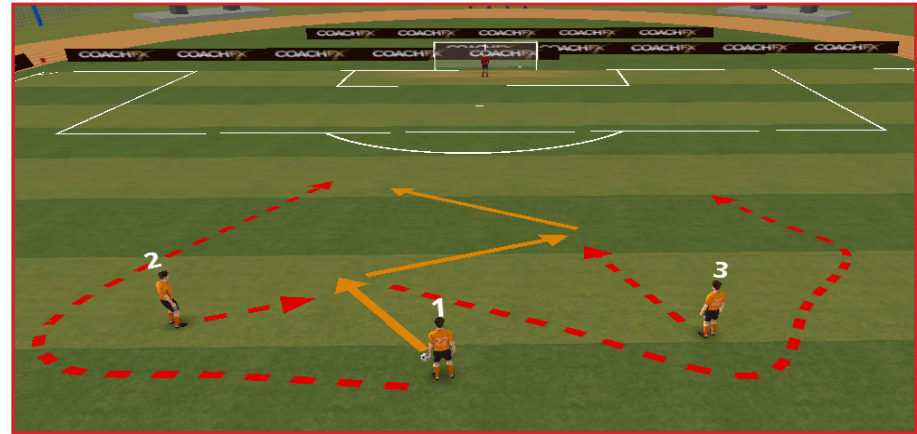
Player 1 plays ball into space for player 2 to run onto. Player 1 overlaps player 2. Player 2 passes the ball into space for player 3 to run onto. Player 2 overlaps player 3. Player 3 passes ball into space for player 1 to run onto. Player 3 overlaps player 1. All dribbling must be done at an angle no in straight lines. Once within shooting distance shoot for goal. 1 player will be a defender to try and win the ball to pass to waiting players.

COACHING POINTS

- Quality and weight of pass
- Speed of movement
- Decision to pass or dribble (commit defender)
- Decision on when best to shoot.

PROGRESSION

- Add 2 defenders



SMALL SIDED GAME: 3v2 Overload

ORGANIZATION

60x40 yard field. 10 yard end zone at each end with 20x20 zones in central area.

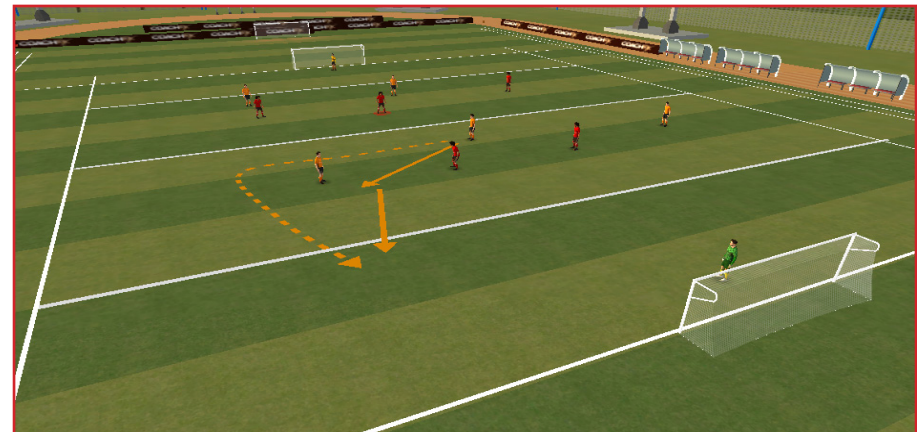
3v2 in each middle favour of the attacking team. Players must stay in zone. Teams look to combine in middle zone to break into end zone. One attacking player can go in end zone once ball has gone in.

COACHING POINTS

- Attack while defending - Scan for team mates while shuffling to defend - can you play forwards quickly upon winning ball
- Combinations to enter end zone
- Clever & creative play to create shooting opportunity
- Disguise on passes

PROGRESSION

- Only allowed into end zone via overlapping run



u16 Winter Curriculum Session Eight: Front 3

TECHNICAL: Receiving with back to goal

ORGANIZATION

Create a diamond 20 yards from goal. Each cone 20-30 yards apart depending on age.

Player 1 passes to player 2 who receives ball with back to goal before laying ball off to either player 3 or 4 who drives to goal to shoot

COACHING POINTS

- Check off/pin Marker
- Receive on half turn with front foot to keep ball away from defender
- Weight on back foot keeping front foot free to cushion ball
- Arm out to feel for defender

PROGRESSION

- Add defender to put pressure on player 2 when receiving
- Player 3 & 4 make drive inside and overlap player 2 before ball is passed on.



TACTICAL: Receiving with back to goal

ORGANIZATION

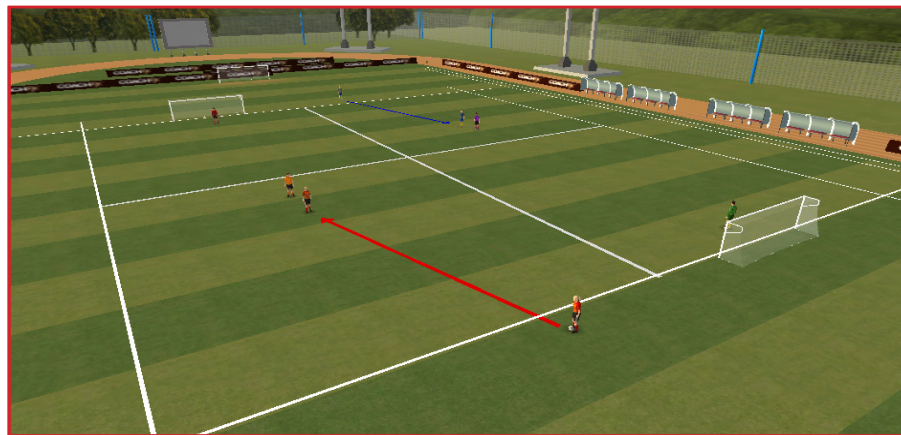
2 15x30 yard channels side by side split into 15x15 boxes. 1 defender in each front box with GK's in second box. One attacker enters the playing area and looks to 'pin' defender. Another attacker plays the ball into feet. Player looks to receive to turn and beat defender to get into next box. Defender restricted to front box. Player then moves onto next channel working in a circuit. Player passing ball in becomes next attacker. If defender wins ball pass back to player who passed ball in.

COACHING POINTS

- Check off defender
- Receive on half turn with front foot to keep ball away from defender
- Weight on back foot keeping front foot free to cushion ball
- Arm out to feel for defender
- Clever & creative play to beat defender

PROGRESSION

- Player passing ball in can follow ball in to create 2v1



SMALL SIDED GAME: SSG - 4v4/6v6 with target player

ORGANIZATION

60x40 yard field. 2 15 yard areas and 30 yard central area

Play 5v5 in central area with one attacking target player in each end zone. Teams look to play ball into forward who receives with back to goal to turn and shoot.

COACHING POINTS

- Check off defender
- Receive on half turn with front foot to keep ball away from defender
- Weight on back foot keeping front foot free to cushion ball
- Arm out to feel for defender
- Clever & creative play to beat defender

PROGRESSION

- Add defender into end zone with target forward



u16 Winter Curriculum Session Nine: Finishing

Technical Practice - Shooting - 4 Post

Finishing

ORGANIZATION

36x44 yard area with 2 goals

Have 4 even groups 5 yards either side of each goal post.

Coach stands in centre of the area.

Player passes into coach (white line) and strikes with laces, then next player passes into coach (red line) and strikes with inside of foot.

Process repeats with other players

COACHING POINTS:

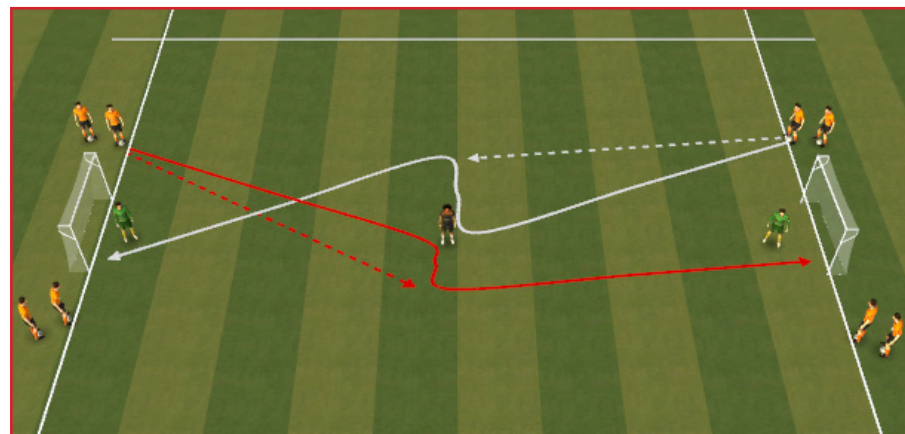
- Hit the target
- Follow up shots
- Use Both Feet
- Laces for power/inside of foot for placement

PROGRESSION

- Use left foot

M.O.D.E

- Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot
- Execute - correct technique to shoot



TECHNICAL PRACTICE: First Time Placement Shooting

ORGANIZATION

36x44 yard area with goals.

Place 4 cones 10 yards apart, 16 yards from goal as shown

Player 1 on each side runs out to the cone in front of them. As player 1 reaches the cone player 2 passes the ball to allow a first time shot for goal. Player 1 follows in shot before joining the opposite team.

Both halves work simultaneously.

COACHING POINTS

- Hit the target
- Follow up shots
- Inside of foot for placement
- Standing foot next to ball toe pointing to target
- Head and knee over ball to keep shot low

PROGRESSION

- Bend the ball past goalkeeper

M.O.D.E

- Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot
- Execute - correct technique to shoot



SMALL SIDED GAME: Shooting & Follow up

ORGANIZATION

36x44 yard area with 2 goals and half way line. 2 teams 4v1 in each half

Team in possession work a shooting opportunity and shoot from own half. Players are restricted to half they start in.

COACHING POINTS

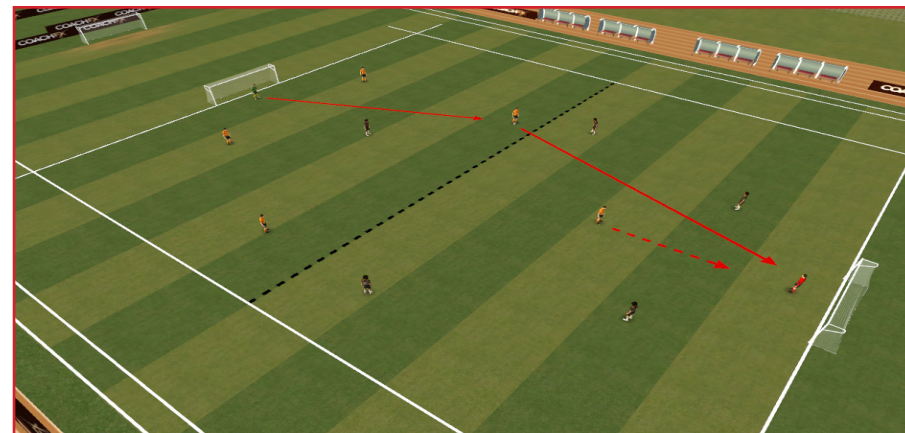
- Positive first touch to allow shot
- Strike for power or placement
- Pass to team mate to shoot
- Play into forward to shoot

PROGRESSION

- Play into forward to shoot
- Combine - forward to set for shot
- Play into forward with passer going in to support
- Play into forward any attacker but passer can go in and support

M.O.D.E

- Movement- Good first touch to allow shot
- Observe - Goal keeper position
- Decision - Where and how to shoot
- Execute - correct technique to shoot



u16 Winter Curriculum Session Ten: Finishing

Technical Practice - Shooting - Numbers Game

ORGANIZATION

36x44 yard area. 2 cones on 18 yard line 30 yards apart. 1 cone 30 yards from centre of goal.

Coach (X) serves ball in and calls 2 numbers. First number is amount of attackers to enter the game. 2nd number is amount of defenders to enter the game. Begin with 1v1s

COACHING POINTS:

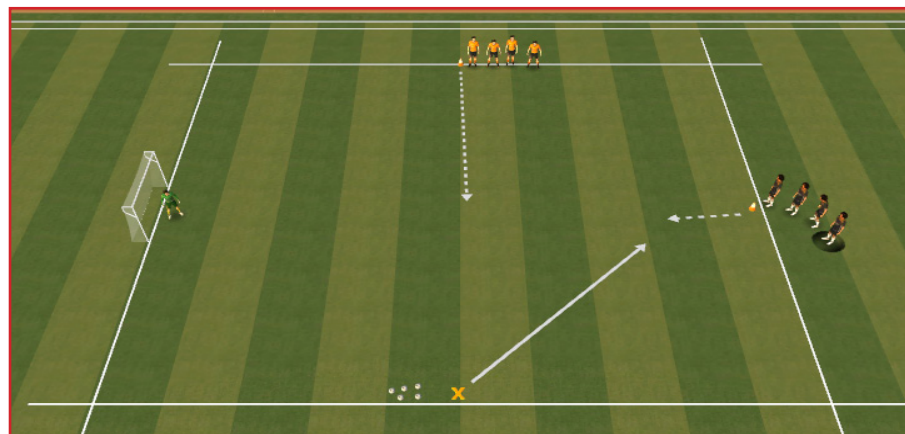
- Hit the target
- Follow up shots
- Laces for power/Inside of foot for placement
- Quick shot, beat defender or pass to team mate

PROGRESSION

- Create over loads (2v1, 3v2)

M.O.D.E

- Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot
- Execute - correct technique to shoot



TACTICAL PRACTICE: Shooting 60 second challenge

ORGANIZATION

36x44 yard area. Create a 10x10 box 36 yards from goal.

Split into even teams. 1 team in the box, 1 team next to the goal. Team in the box attack and can take as many players into the attack as they choose. Only 1 defender may come out to defend. Attacking team has 60 seconds to score as many goals as possible. returning to the box each time for new ball.

COACHING POINTS

- Hit the target
- Follow up shots
- Laces for power/Inside of foot for placement
- Quick shot or beat defender

PROGRESSION

- After 60 seconds defending team can send out 2 defenders
- Another 60 seconds 3 defenders can go out.

M.O.D.E

- Movement- Good first touch to allow shot
- Observe - Goal keeper position
- Decision - Where and how to shoot
- Execute - correct technique to shoot



SMALL SIDED GAME: Shooting & Follow up

ORGANIZATION

36x44 yard area with 2 goals and half way line. 2 teams 4v1 in each half

Team in possession work a shooting opportunity and shoot from own half. Players are restricted to half they start in.

COACHING POINTS

- Positive first touch to allow shot
- Strike for power or placement
- Pass to team mate to shoot
- Play into forward to shoot

PROGRESSION

- Play into forward to shoot
- Combine - forward to set for shot
- Play into forward with passer going in to support
- Play into forward any attacker but passer can go in and support

M.O.D.E

- Movement- Good first touch to allow shot
- Observe - Goal keeper position
- Decision - Where and how to shoot
- Execute - correct technique to shoot

