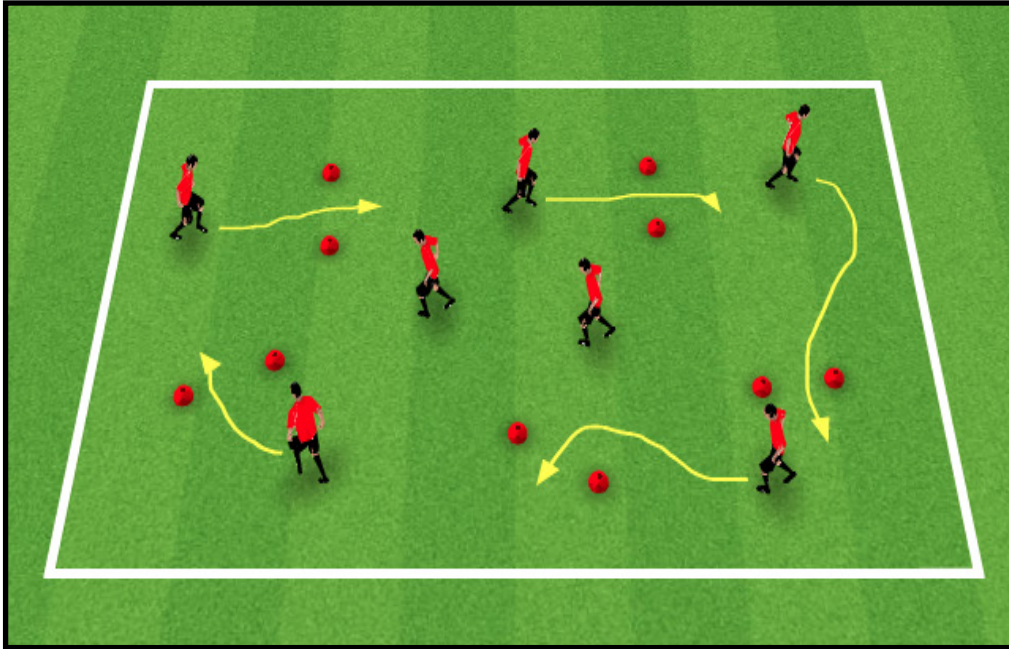


# GLOBAL PREMIER SOCCER

2016 SPRING CURRICULUM

u5 & u6





## Gates

### Set Up/Rules

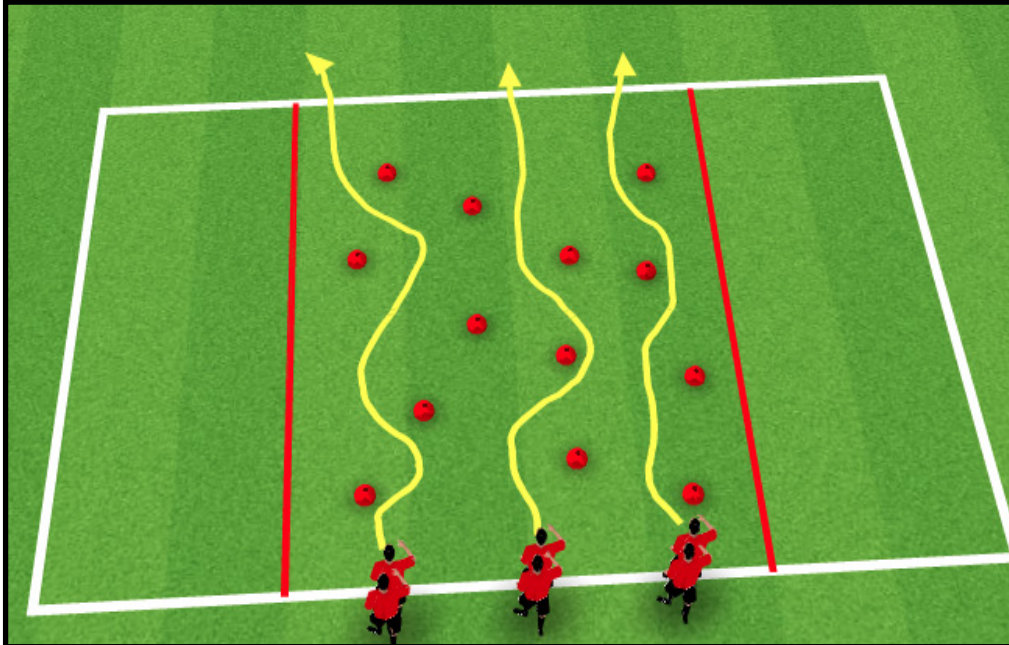
Each player has a ball and dribbles inside the area. Players dribble through all the gates as many times as possible.

### Coaching Points

Keep ball close to feet.  
Use different surfaces of feet.  
Head up to see space.

### Progressions

How many gates can you dribble through in 1 min.  
Players now dribble through a gate, turn and dribble back through the same gate.



## Foot Skills Challenge

### Set Up/Rules

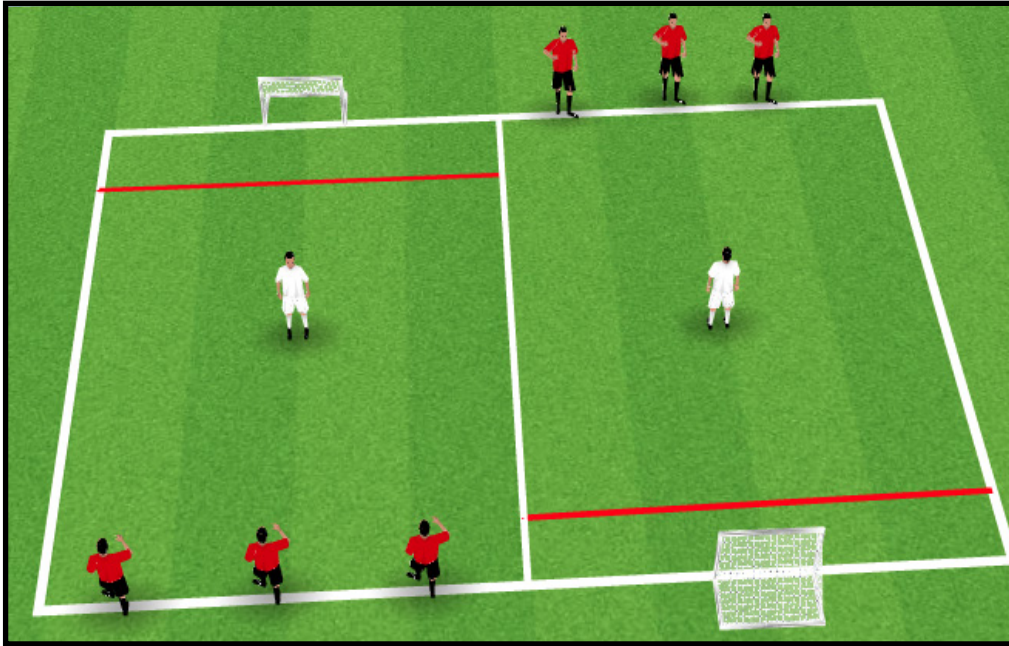
First player in each line dribbles down the channel through all the cones.

### Coaching Points

Keep ball close and avoid cones.  
Different surfaces of feet to move ball.

### Progressions

Race - First team to have all players have 3 goes each.



### **Dribbling Set Up/Rules**

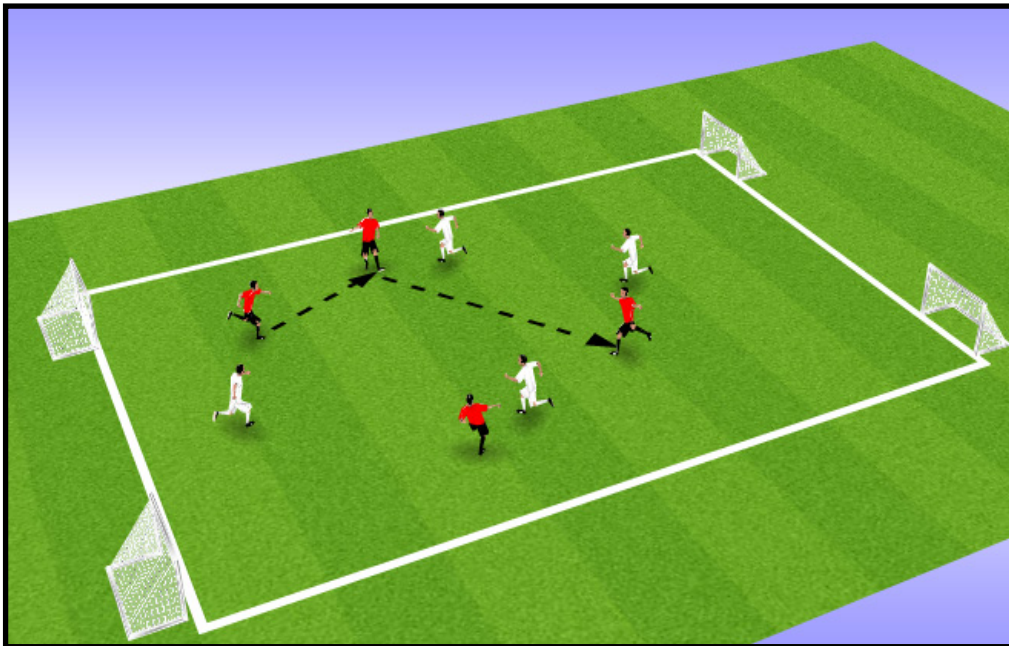
3 reds must try and get past defender and into end zone. Defender tries to tag a red. Tagged player becomes new defender. Defender joins attacking team replacing the player they tagged. Defender can't go into end zone.

#### **Coaching Points**

Keep ball close to feet  
Head up to see space  
Pass or dribble

#### **Progressions**

Now each player has a ball and must get into end zone to score. If defender steals ball and scores they replace that attacking player. One ball between 3 to create 3v1.



### **Small Sided Game**

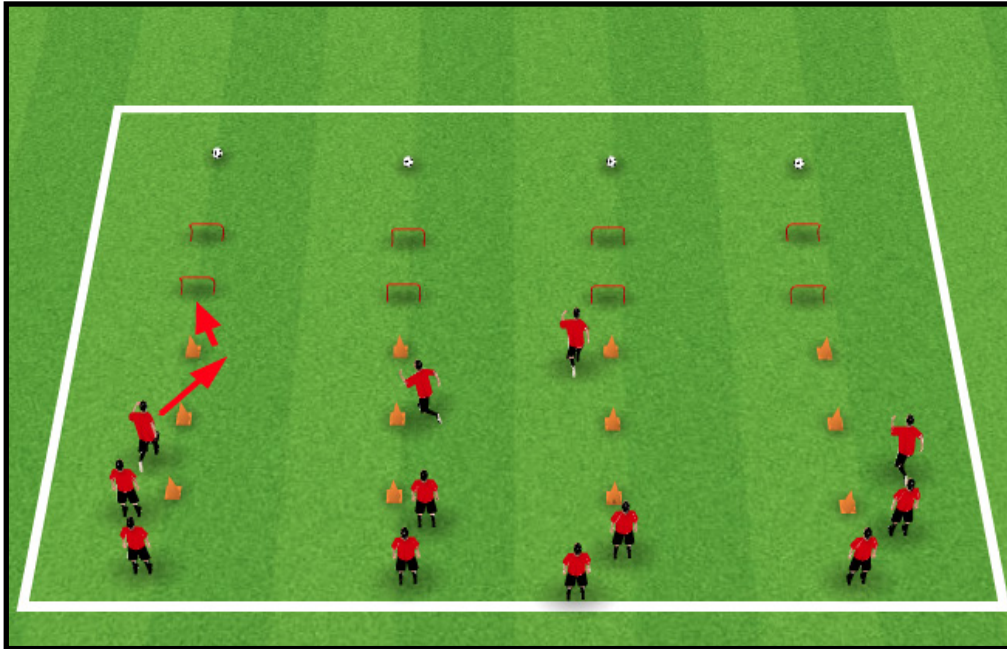
#### **Set Up/Rules**

Play 4v4. Teams defend two goals and attack two goals.

#### **Coaching Points**

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



## SAQ Relay Races

### Set Up/Rules

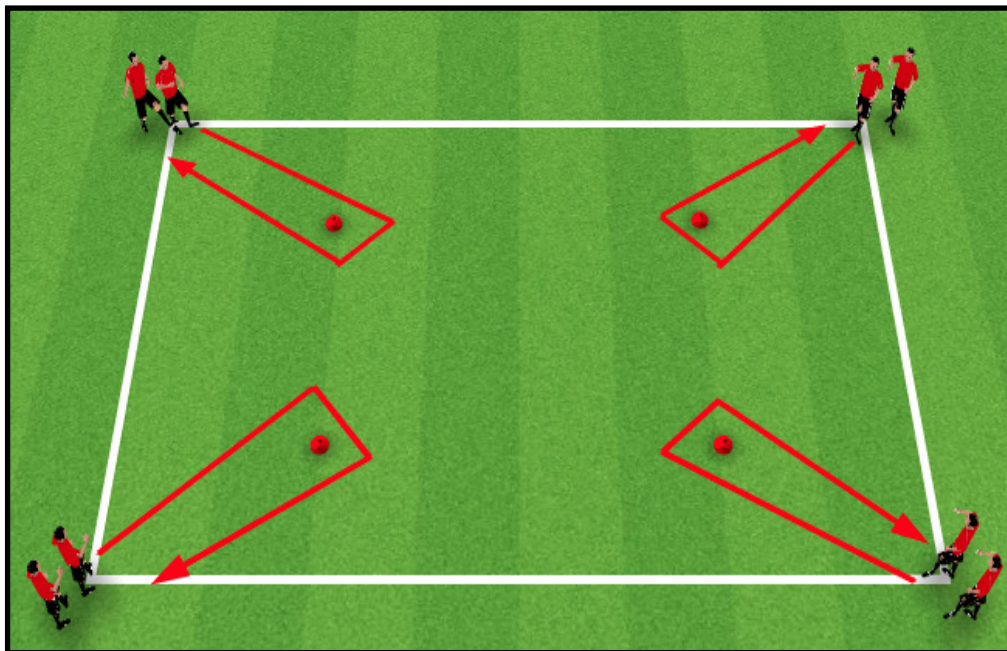
3 players per team. Players run through the relay race and perform 5 toe taps before running back and giving next player high 5. (If hurdles are not available use cones to jump over)

### Coaching Points

Push of correct foot to change direction.  
Correct technique when jumping and landing

### Progressions

Vary types of movements through cones:  
Side ways, backwards.  
Foundations on ball.  
3 juggles with ball



## Technical Practice

### Set Up/Rules

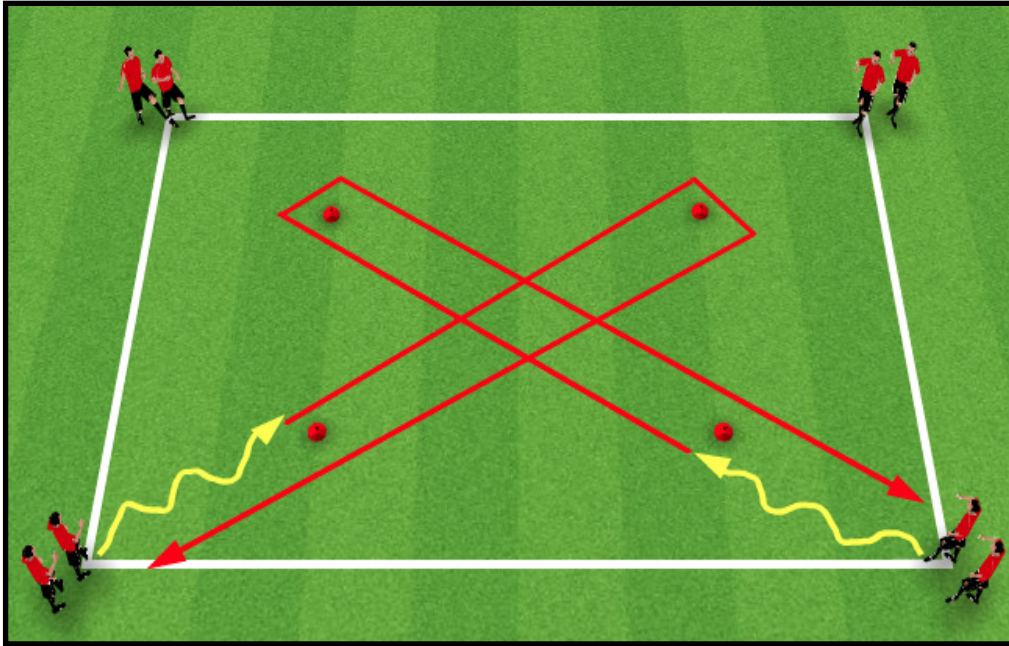
Groups of 2-3 players. First player in each line dribbles out to the cone, around the cone and back to the line.

### Coaching Points

Keep ball close to feet

### Progressions

Toe Taps to the cone  
Foundations to the cone  
Roll overs to the cone  
Inside/outside to the cone



## Dribbling

### Set Up/Rules

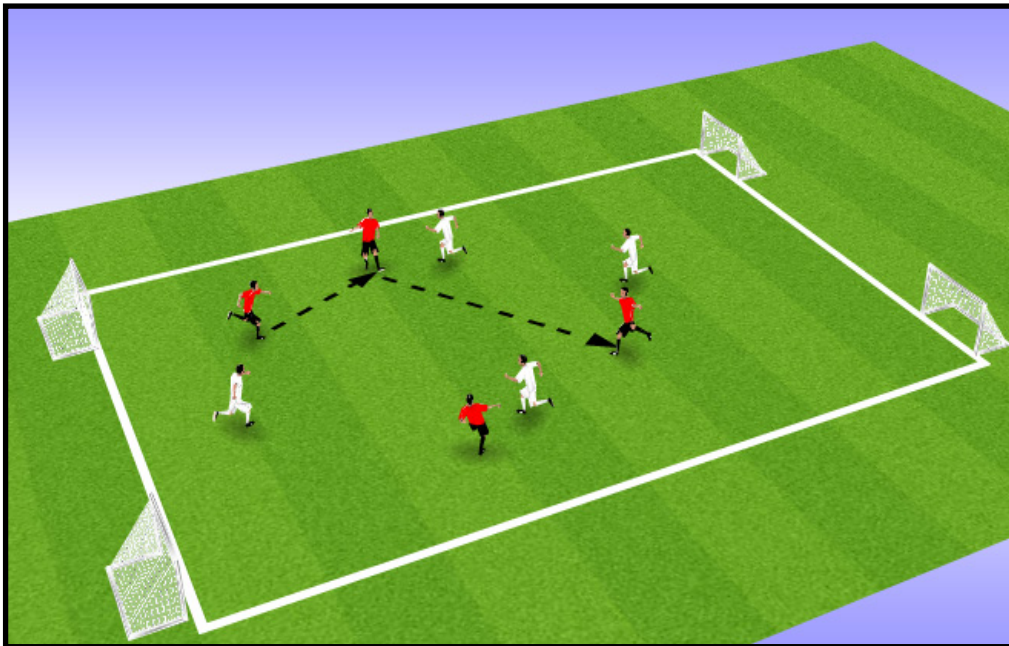
Players now perform foot skills to the first cone, dribble through the central area to the next cone opposite and then back to the start cone.

### Coaching Points

Small close touches to the first cone. Speed up through the central area.  
Head up to see space

### Progressions

Add defender in central area to tag players as they dribble through.  
Players get point if they can get through without being tagged.



## Small Sided Game

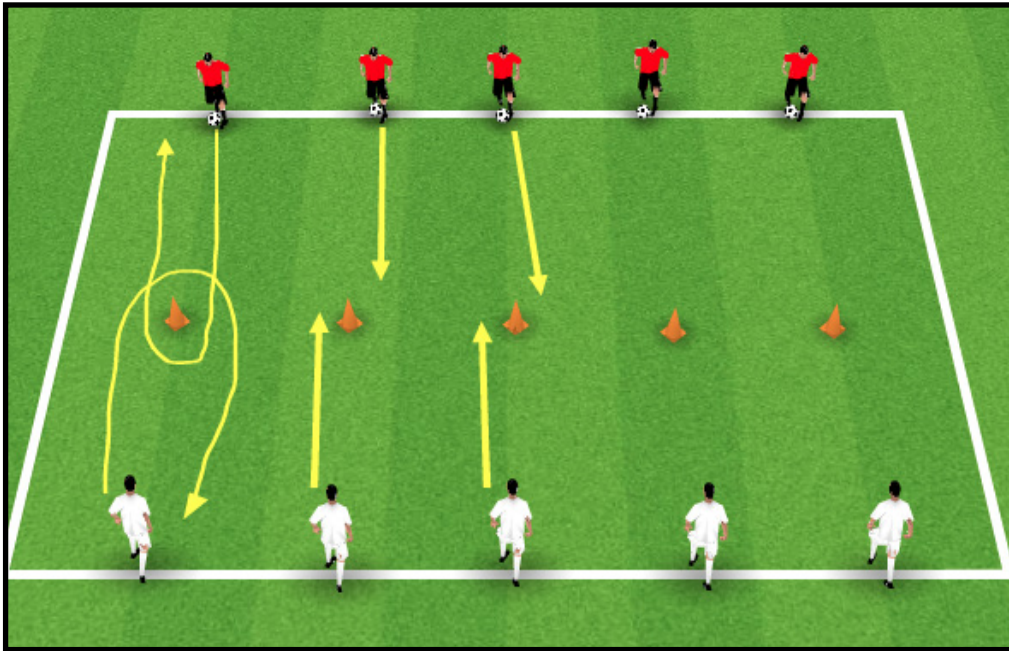
### Set Up/Rules

Play 4v4. Teams defend two goals and attack two goals.

### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



## Foot Skills & Dribbling

### Set Up/Rules

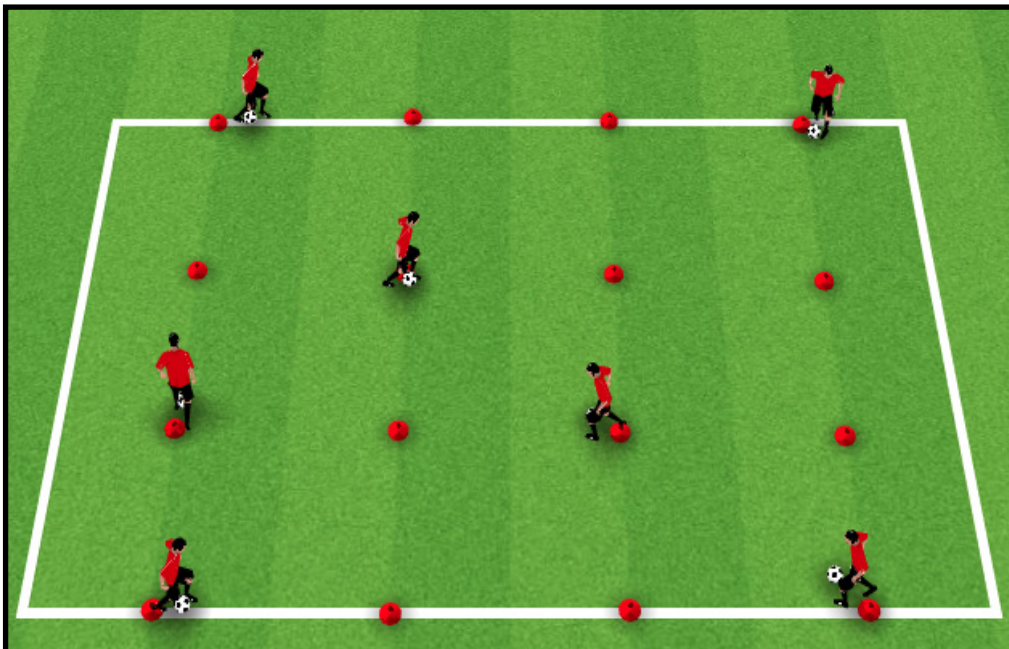
Players work in pairs and have a ball each. Players perform 10 toe taps then dribble out and around the cone back to the line. Players must go to the right of the cone so not to collide. Repeat 3 times

### Coaching Points

Keep ball close to feet  
small touches when dribbling

### Progressions

10 Foundations  
Toe taps to the cone, dribble back.  
Foundations to the cone, dribble back.  
Dribble to cone, leave ball, run around cone, take partner's ball



## Foot Skills & Dribbling

### Set Up/Rules

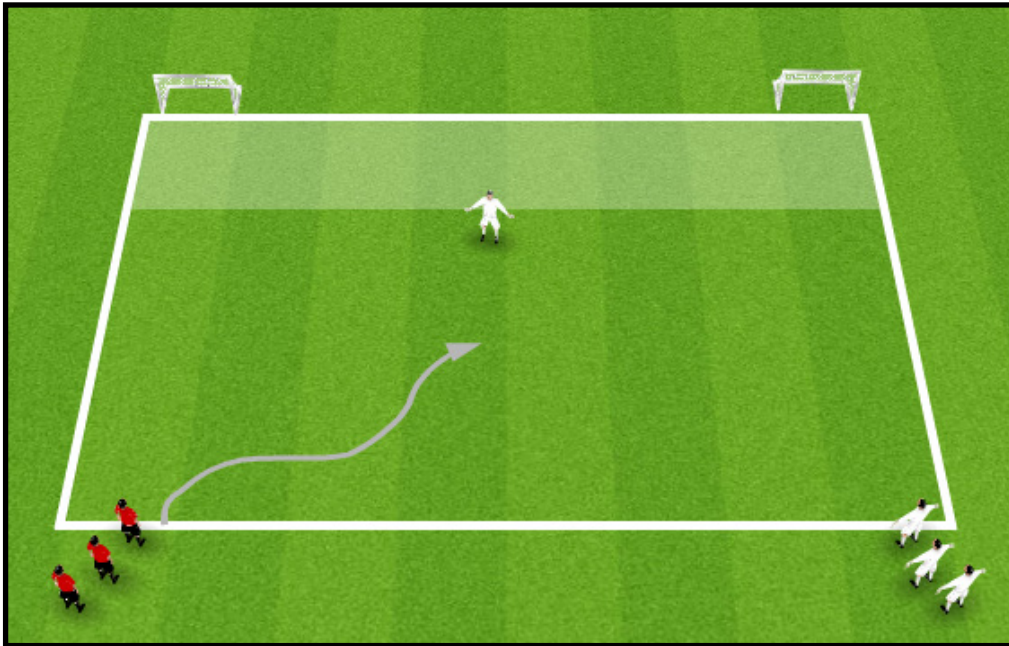
Players imagine there are lines connecting all the cones. dribble in straight lines between the cones changing direction at each cone they get to. Challenge players to do different moves between cones:  
Toe Taps, Foundations, Roll overs

### Coaching Points

Close control through the cones  
Correct execution of technique  
Accelerate after move

### Progressions

Ask players to try and avoid being on the same line as another player.



### 1v1

#### Set Up/Rules

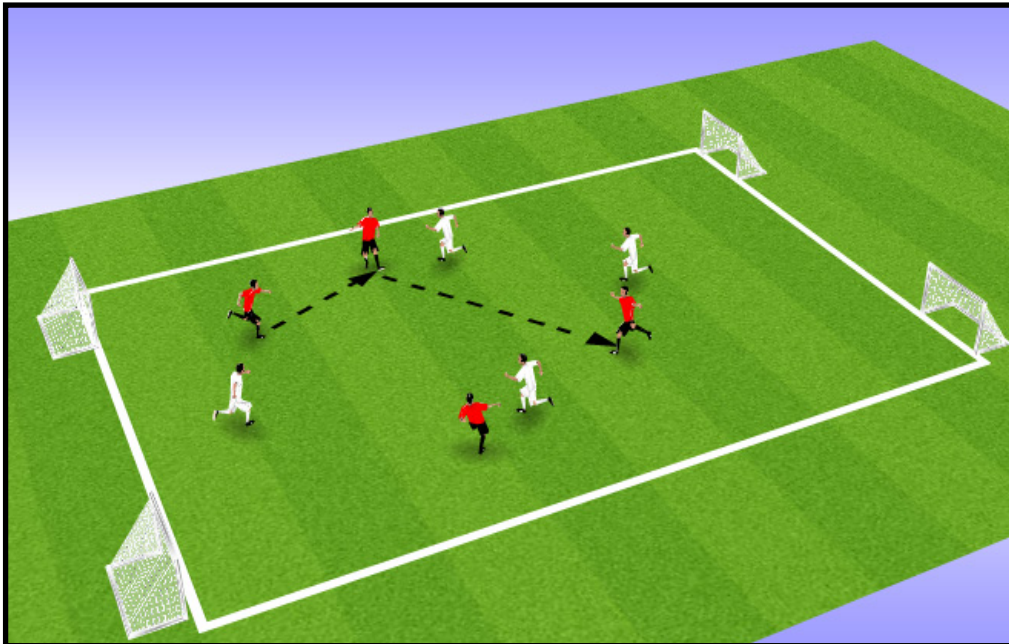
Red attacks diagonally to try to beat the white and score in the goal. Cant shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

#### Coaching Points

Attack at speed  
Positive touch into space  
Change of speed or direction to beat defender  
Use move to beat defender  
Quick recovery as defender.

#### Progressions

2v2



### Small Sided Game

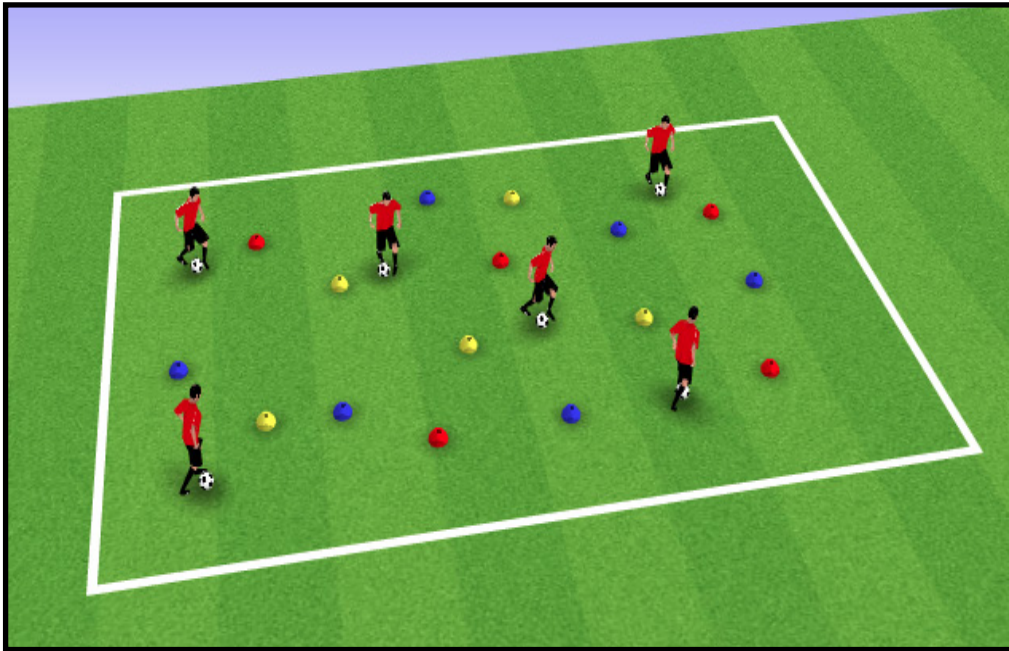
#### Set Up/Rules

Play 4v4. Teams defend two goals and attack two goals.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



## Skills & Moves

### Set Up/Rules

Each player has a ball, players dribble around the cones and perform a set task at different cones.

YELLOW – Perform a turn before the cone

BLUE - Dribble tightly around the cone

RED – Perform a move to go past the cone.

### Coaching Points

Keep ball close

Awareness of cone color

Use different surfaces of foot to move ball.

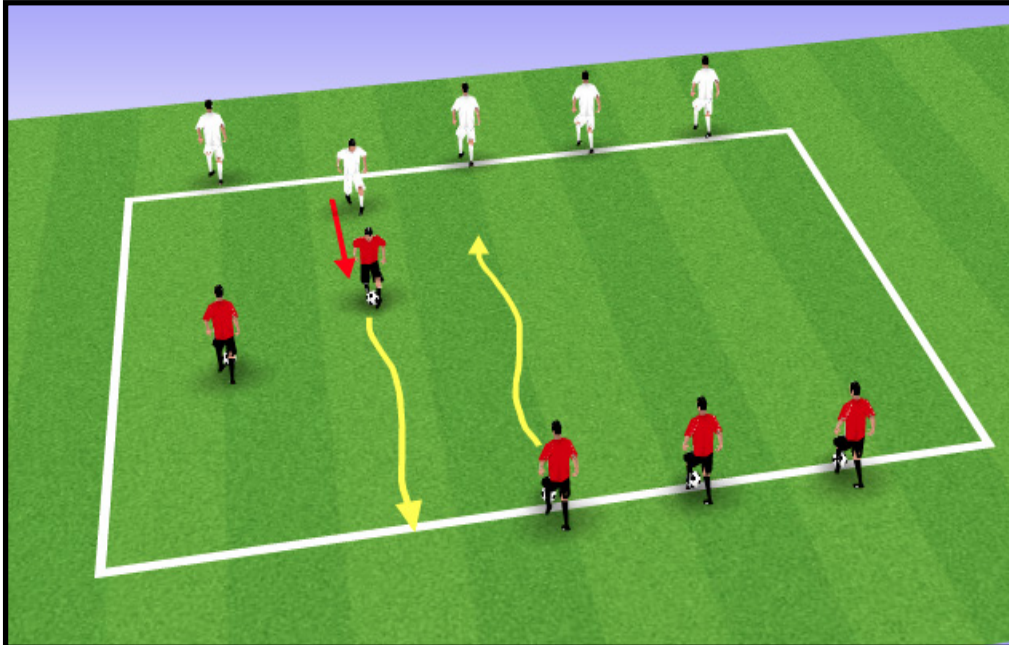
### Progressions

Change challenge at each cone.

Lift ball over cone.

Toe Taps.

Specific type of turn.



## Turning

### Set Up/Rules

Players have a partner. Player 2 stand at the far side of the coaching area, facing away from Player 1.

Player 1 dribbles the ball up and must tag player 2 on the back, player 2 must turn with the ball and make it to the end line before player 1 can tag him on the back.

### Coaching Points

Players should be continuously moving

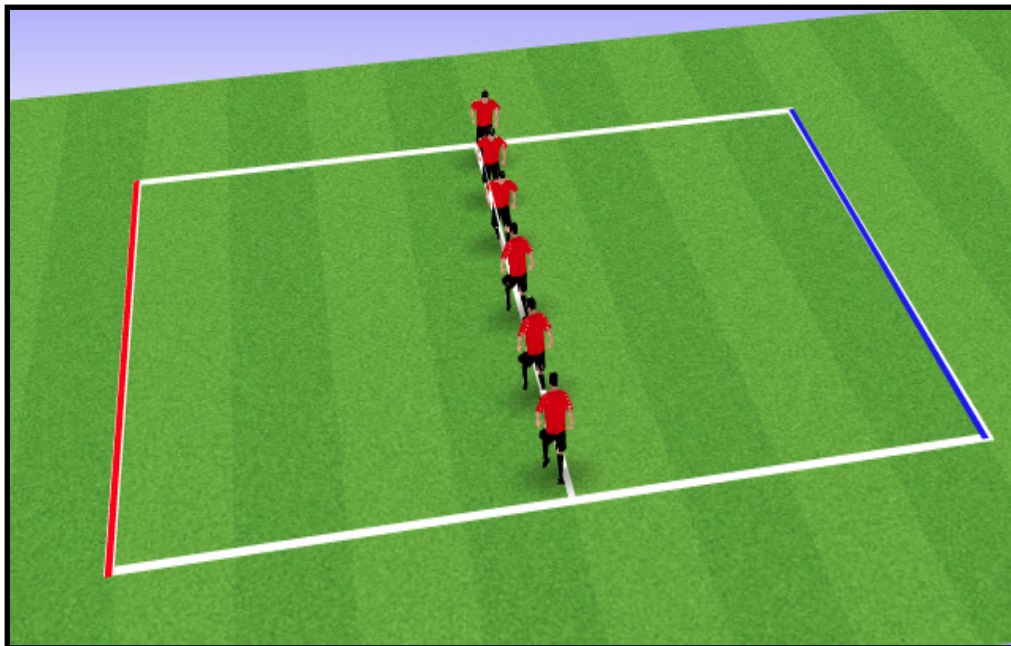
Keep the ball close when dribbling

Have head up at all times to watch for the giant waking

### Progressions

Turn using different foot





## Turning Set Up/Rules

Coach calls out color. Players dribble to that color line, turn and dribble back to middle line.

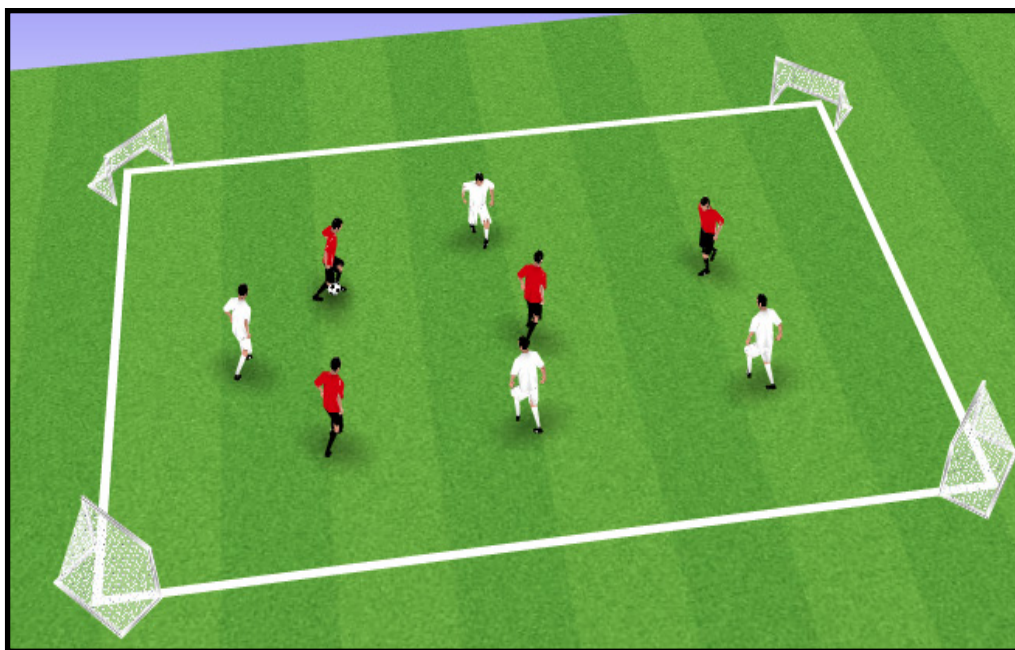
Practice: Stop turn, inside/outside hook, drag back.

### Coaching Points

Keep Ball Close  
Use different surfaces to turn  
Accelerate after turn

### Progressions

Last player back performs toe taps through next go  
Opposites red=blue, blue=red



## Small Sided Game

### Set Up/Rules

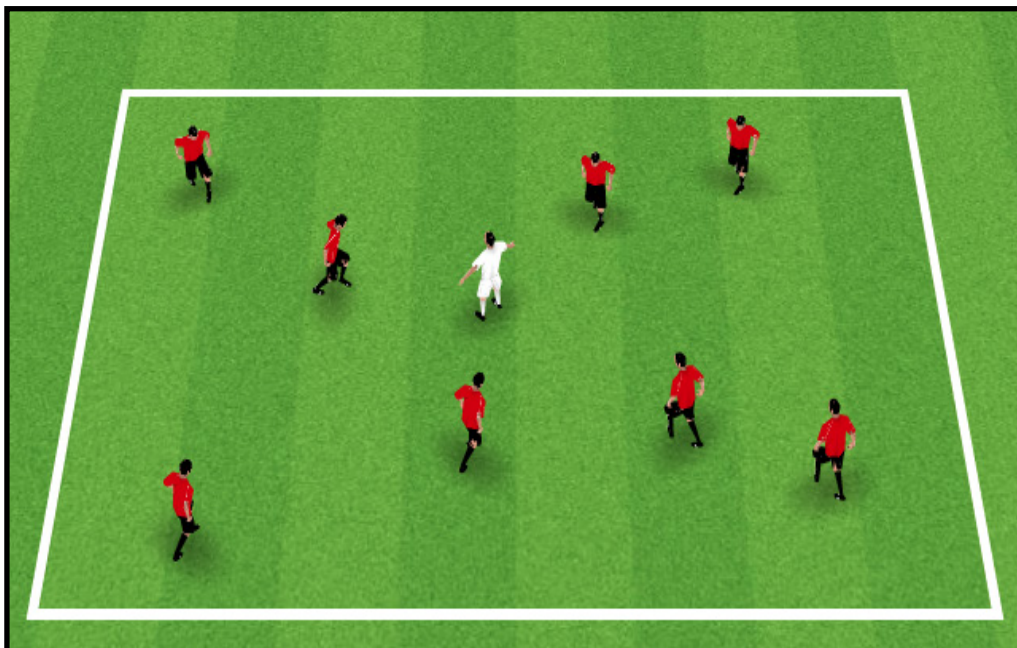
Play 4v4. Teams attack 1 goal at one end and then the goal diagonally opposite that to promote turning and changing point of attack.

### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Accurate passes

### Progressions

Team to score in all 4 goals first win.



## Stuck In The Mud

### Set Up/Rules

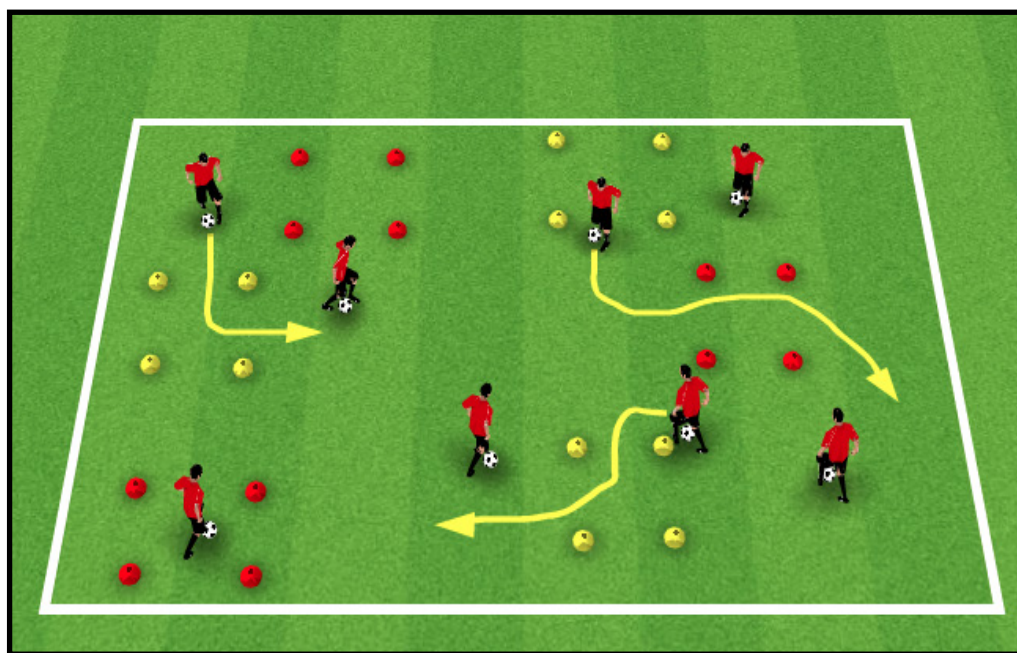
One player is a tagger and tries to tag as many players as possible. Players who are tagged must stand with their legs apart and call for help. Any free player must crawl through their legs to get them back in the game.

### Coaching Points

Head up to see space  
Keep ball close to feet  
Dribble at speed into space

### Progressions

Each player now has a ball and must keep ball close at all times.  
Hold ball on head if tagged and a ball must be passed through legs to get them back in the game.



## Squares

### Set Up/Rules

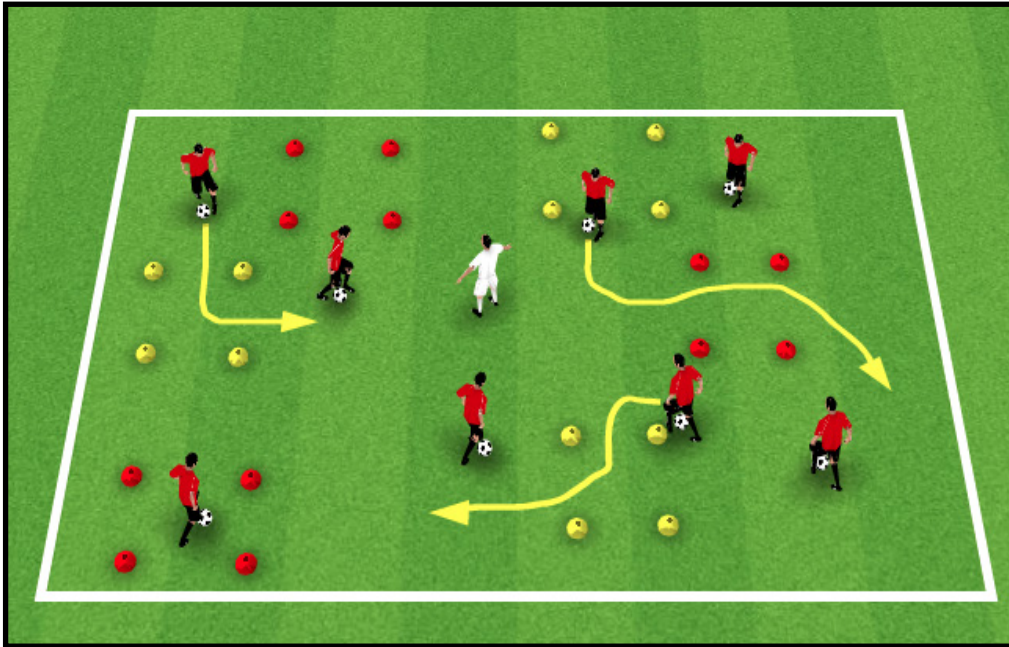
Using cones place squares randomly inside the area. Players must dribble through as many squares as possible in 1 min. Can players beat their score second time around. Same challenge but players must go in order red, yellow, red yellow.

### Coaching Points

Head up to see space  
Keep ball close to feet  
Dribble at speed into space

### Progressions

Players now must change direction inside the square and can't dribble straight through.



## Speed, Agility & Quickness

### Set Up/Rules

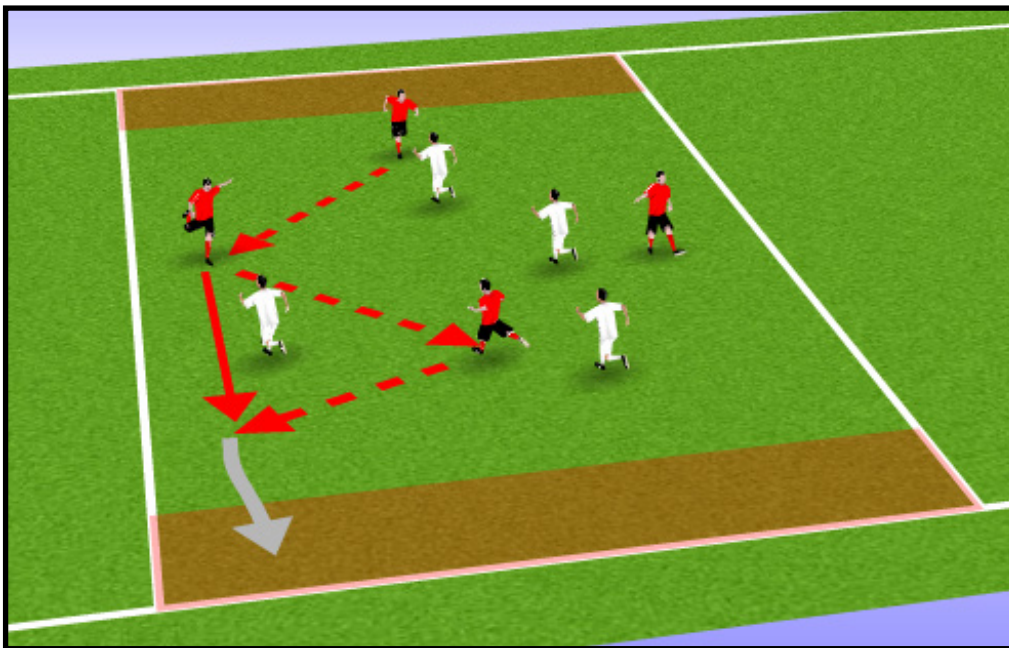
Squares are safe zones. Players get one point for each square they dribble through. 1 player is a tagger and gets a point for each player tagged. Tagger can't go in any square. Rotate defenders.

### Coaching Points

Head up to see space  
Keep ball close to feet  
Dribble at speed into space

### Progressions

Red are only safe zones.



## Small Sided Game

### Set Up/Rules

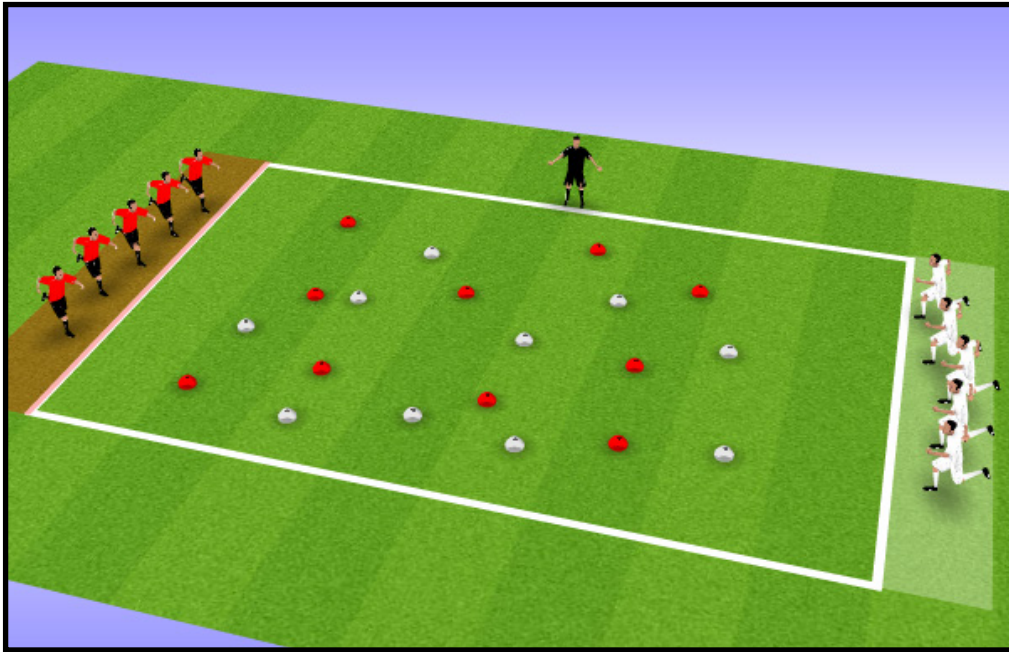
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

### Coaching Points

Head up to see space  
Keep ball close to feet  
Dribble at speed into space

### Progressions

Teams can now dribble into end zone to score, turn and attack the other end.



## Races

### Set Up/Rules

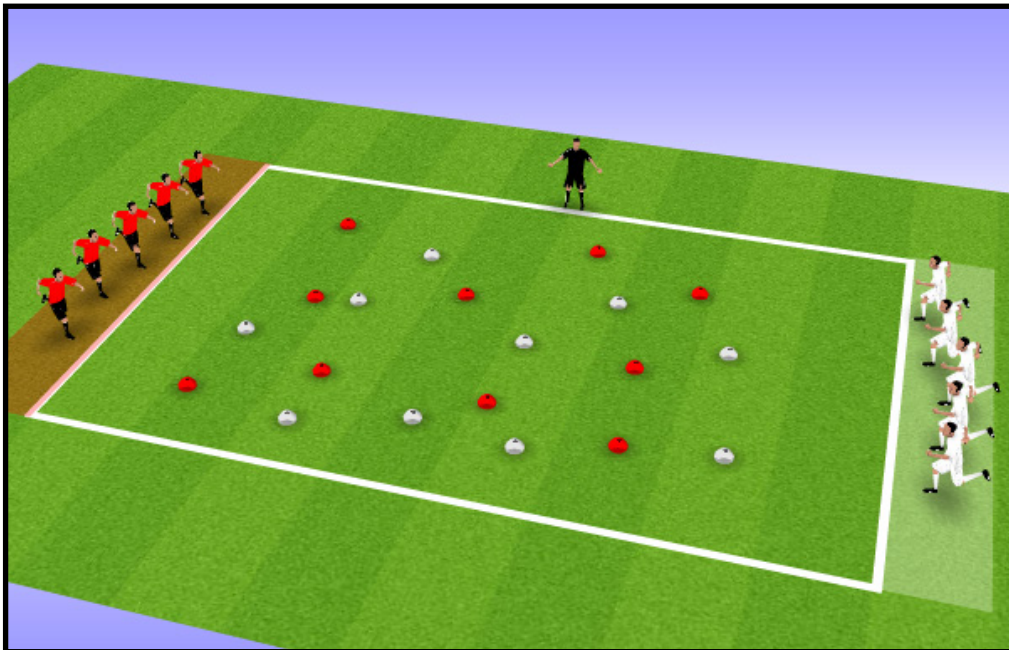
Places cones and pinnies randomly in the middle space. Team to get most items back to their zone wins. Players can only take 1 item at a time.

### Coaching Points

Change direction quickly

### Progressions

Can steal items from other teams zone for 1 minute after last item has gone from central area.



## Races

### Set Up/Rules

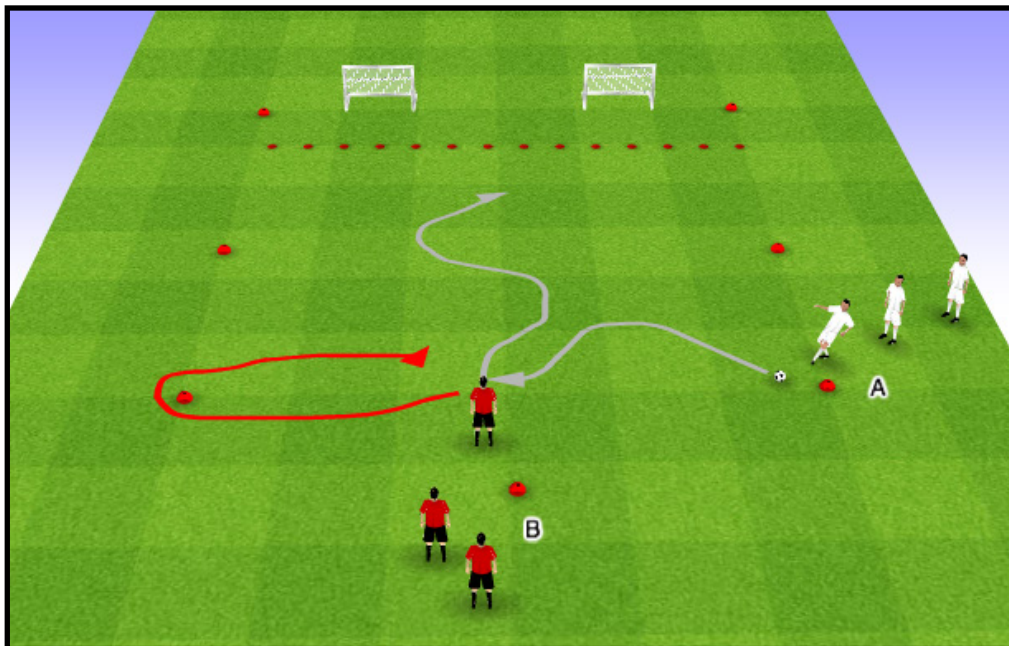
Players now dribble a ball with them at all times. Must stop the ball to pick up item before taking it back to the zone

### Coaching Points

Keep Ball close to feet  
Head up to see space and defender.

### Progressions

One player from each team is a tagger who can tag opposition players. Any player tagged must drop item in hand and run back to zone. Taggers can't take items back to zone.



## 1v1

### Set Up/Rules

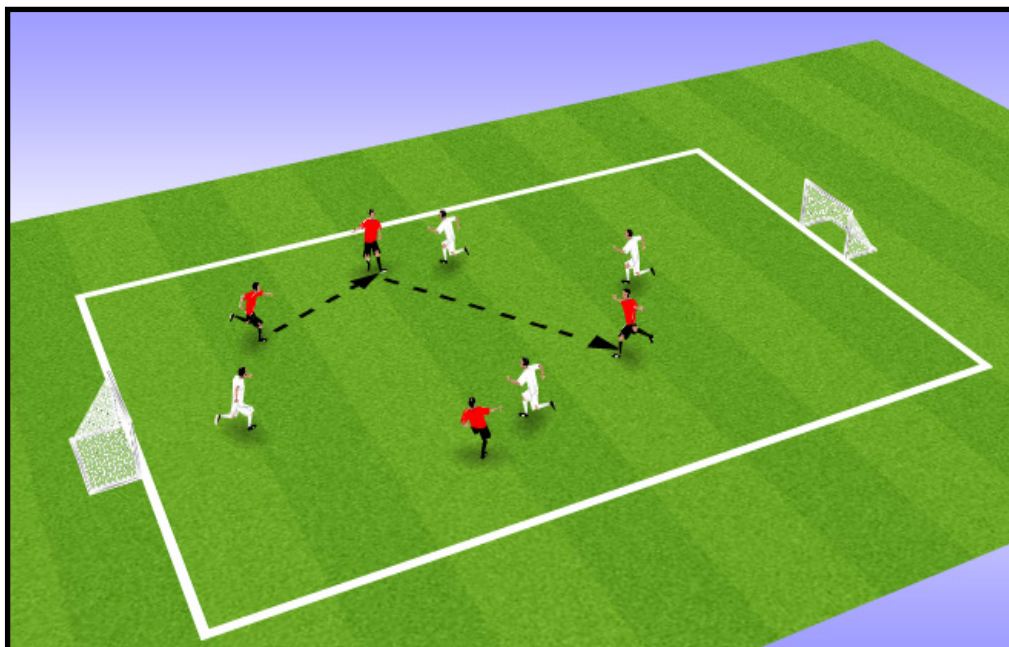
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

### Coaching Points

Attack at speed  
Positive touch into space  
Change of speed or direction to beat defender  
Use move to beat defender

### Progressions

Move start position of attacker give defender less recovery distance.



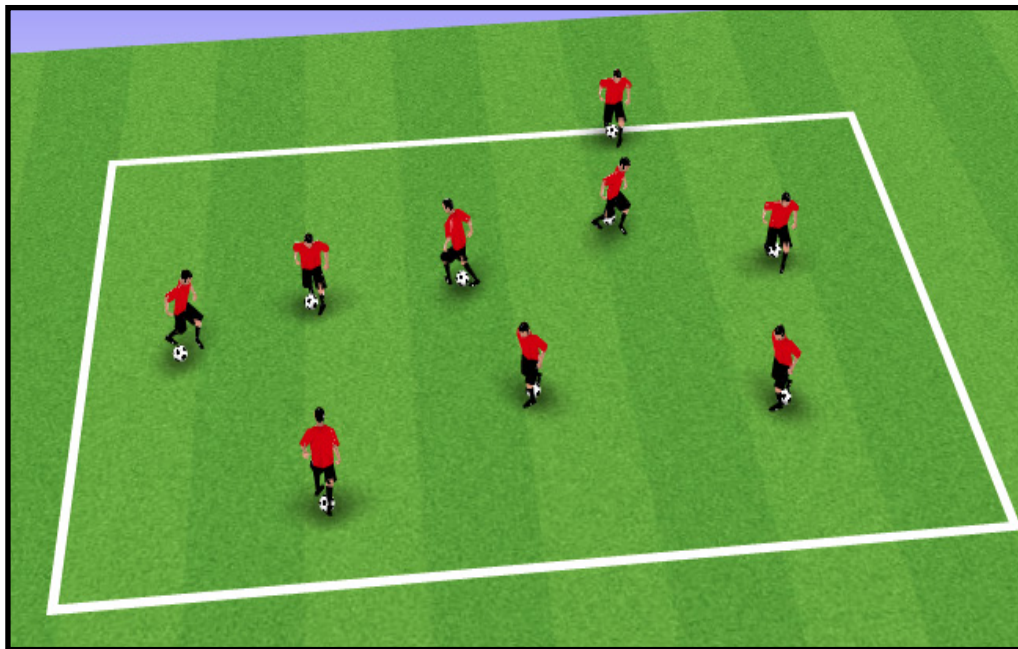
## Small Sided Game

### Set Up/Rules

Play 4v4. If team scores they keep possession and attack the other goal.

### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Accurate passes



## Dribbling

### Set Up/Rules

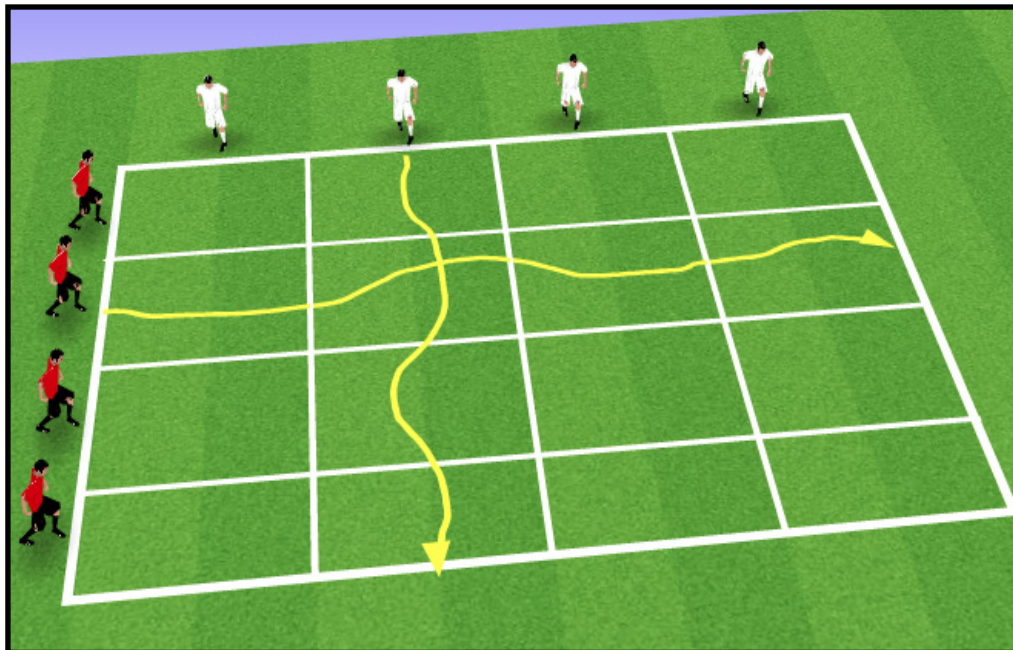
Players dribble inside the area using different parts of the feet to move the ball. Coach calls out numbers and players perform the task: 1=toe taps, 2= foundations, 3= turn. Start with one number and add a new one every 45 seconds.

### Coaching Points

Head up to see space  
Keep ball close to feet  
Dribble at speed into space

### Progressions

4=dribble to outside of area  
5= dribble to middle of area  
6=sit on ball  
7= head on ball  
8= switch soccer balls with another player.



## Dribbling Channels

### Set Up/Rules

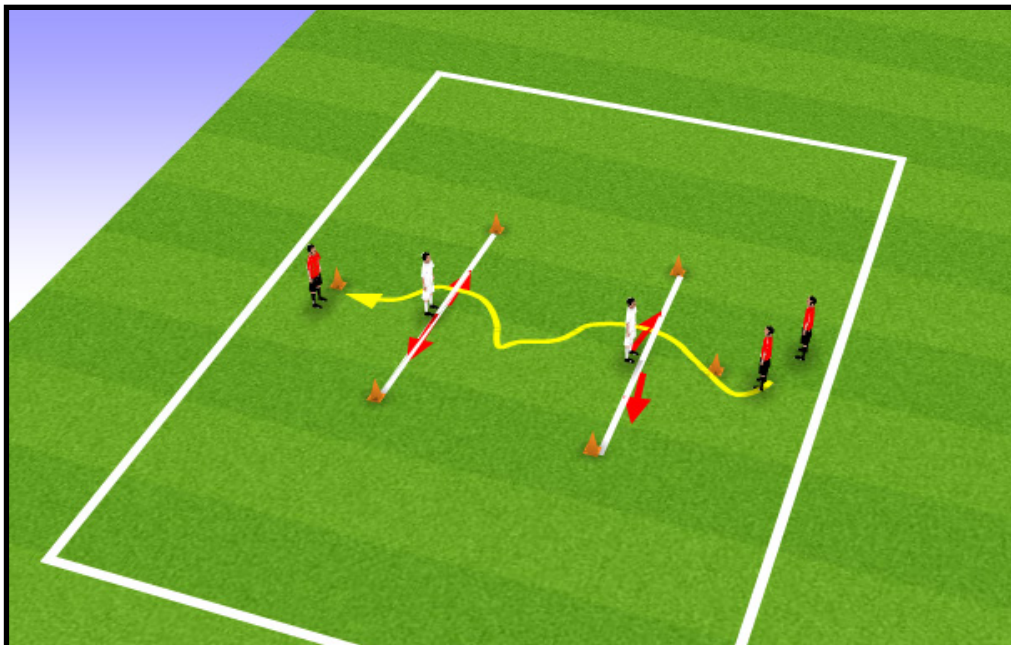
Players work in their own channel and dribble the ball across and back trying to avoid collisions. Challenge players to use different parts of their feet to move the ball across and dribble back at speed.

### Coaching Points

Keep Ball close to feet  
Head up to see space and other players

### Progressions

Can now go in one other channel as you go across but must end up back in own channel



### 1v1

#### Set Up/Rules

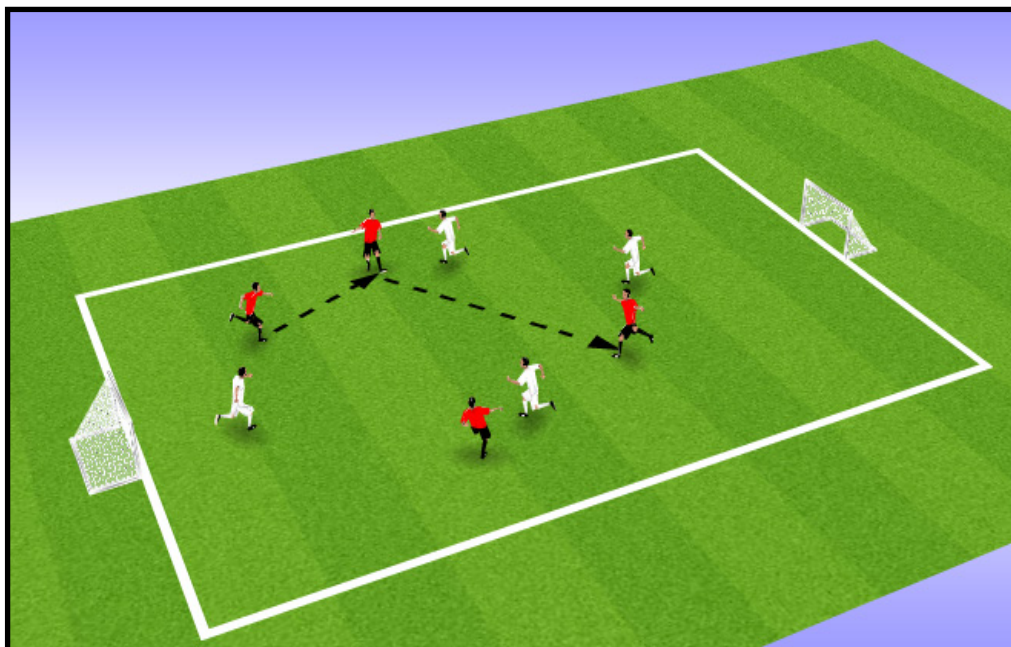
2 defenders start between the cones and must defend the line between the cones. Two line of attackers either side. One attacker from each side try to dribble through the cones, past the defenders and join the opposite line. Rotate defenders after one minute.

#### Coaching Points

Attack at speed  
Change of speed or direction to beat defender  
Use move to beat defender

#### Progressions

Defenders can now move into the space between the four cones.



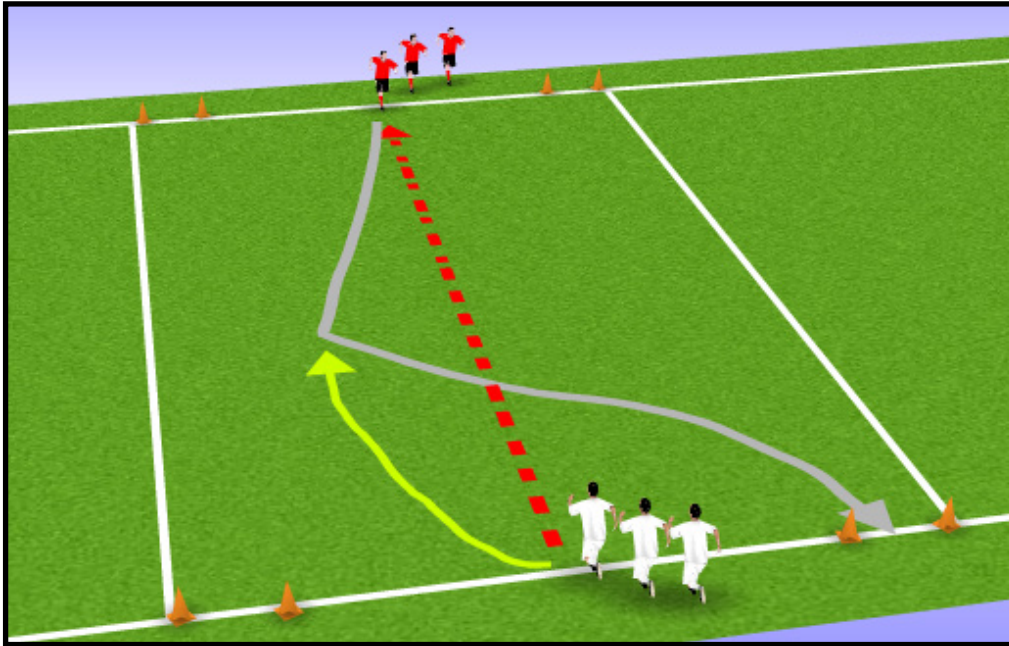
### Small Sided Game

#### Set Up/Rules

Play 4v4. If team scores they keep possession and attack the other goal.

#### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Accurate passes



### 1v1

#### Set Up/Rules

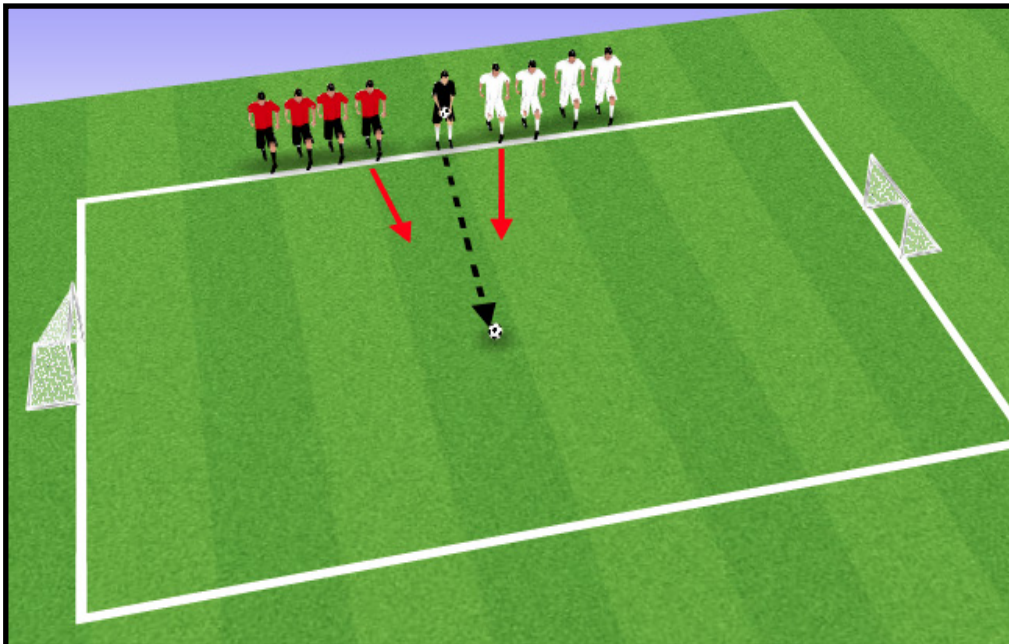
Player passes ball across to attacker. Play 1v1. Attacker can score in either goal opposite. Defender can win the ball and score in other 2 goals.

#### Coaching Points

Attack at speed  
Change of speed or direction to beat defender

#### Progressions

Have two 1v1 games play at the same time



### 1v1

#### Set Up/Rules

Coach calls a number and that many players enter the field. Closest players to the coach enter the field of play. Players rejoin the line at end away from coach.

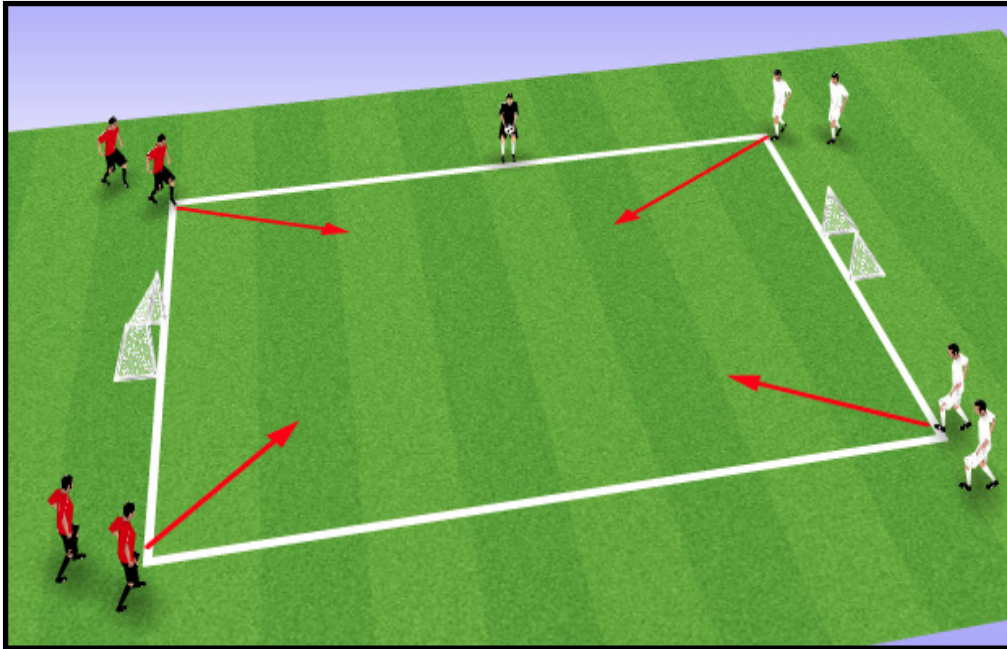
#### Coaching Points

Attack at speed  
Change of speed or direction to beat defender  
Use move to beat defender

#### Progressions

Keep score. First team to 5 wins.





## 2v2 Game

### Set Up/Rules

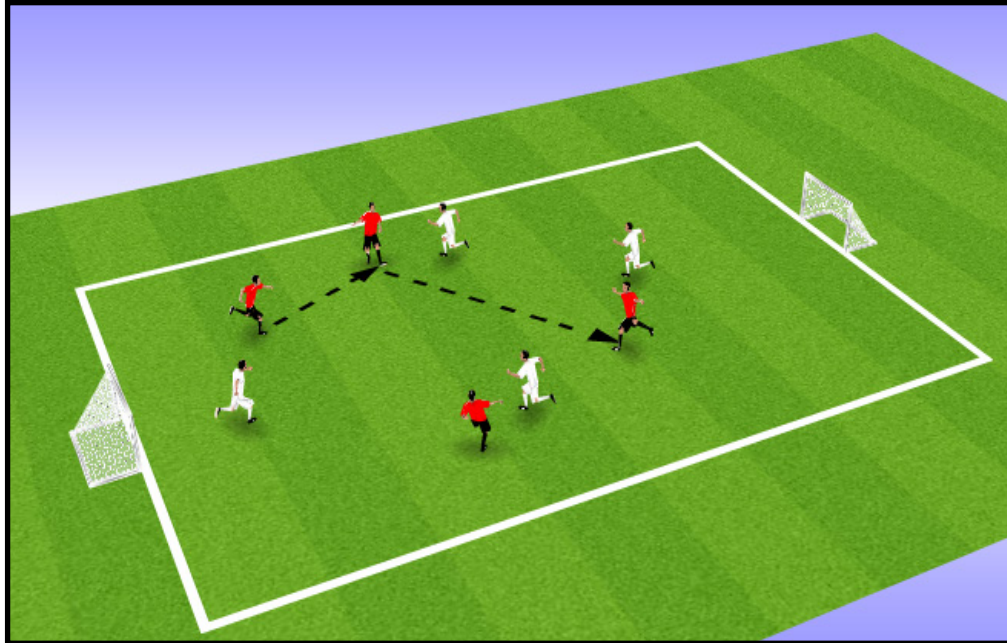
Coach passes the ball in and 2 players from each end come into the area and play 2v2.

### Coaching Points

Quick shot on goal  
Beat defender 1v1  
Pass to team mate

### Progressions

Keep score. First team to 5 wins.



## Small Sided Game

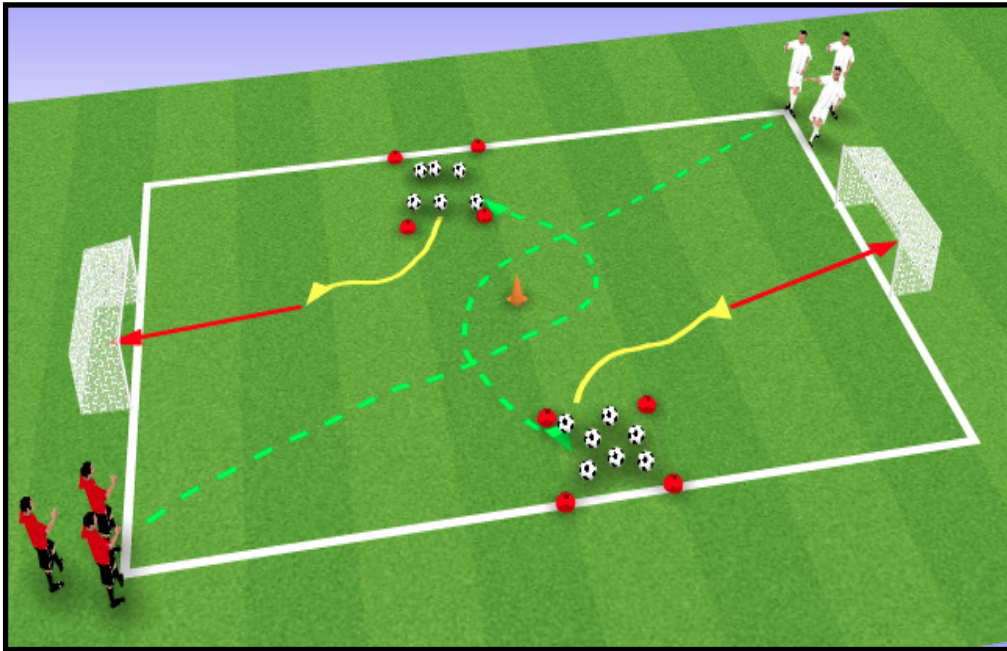
### Set Up/Rules

Play 4v4. If team scores they keep possession and attack the other goal.

### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



## Shooting Races

### Set Up/Rules

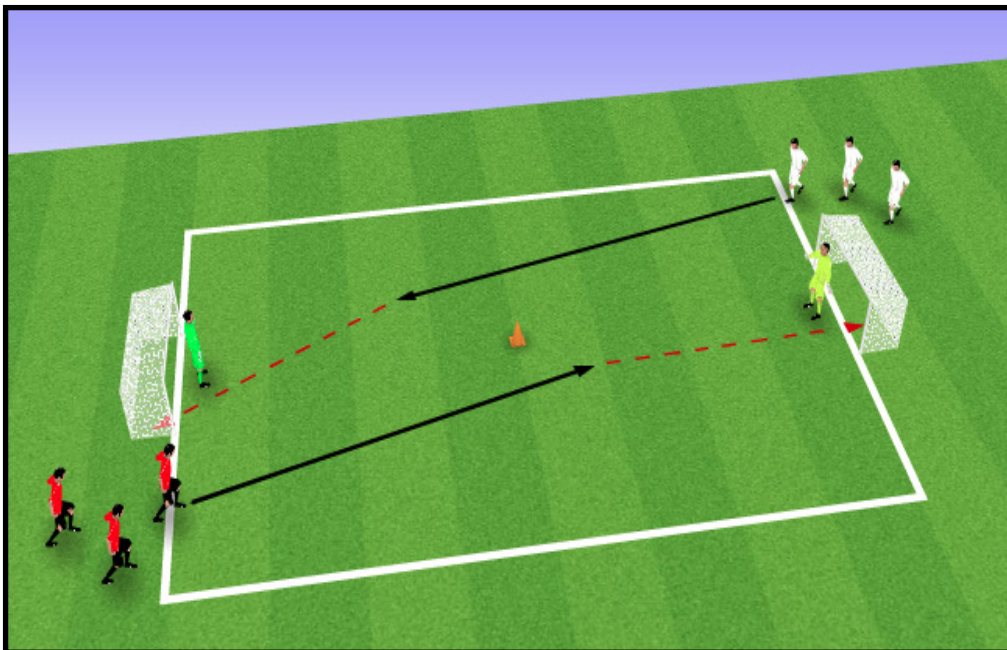
First player from each team runs out, around the cone and gets a ball from the box. Player must dribble and shoot at the goal. Player leaves the ball in the goal and tags next player to go. First team to get all the balls in the goal wins.

### Coaching Points

Use laces to strike ball  
Keep ball close to feet to allow shot.

### Progressions

Right foot shot only  
Left foot shot only  
5 toe taps before taking the ball out of the box.



## Shooting Races

### Set Up/Rules

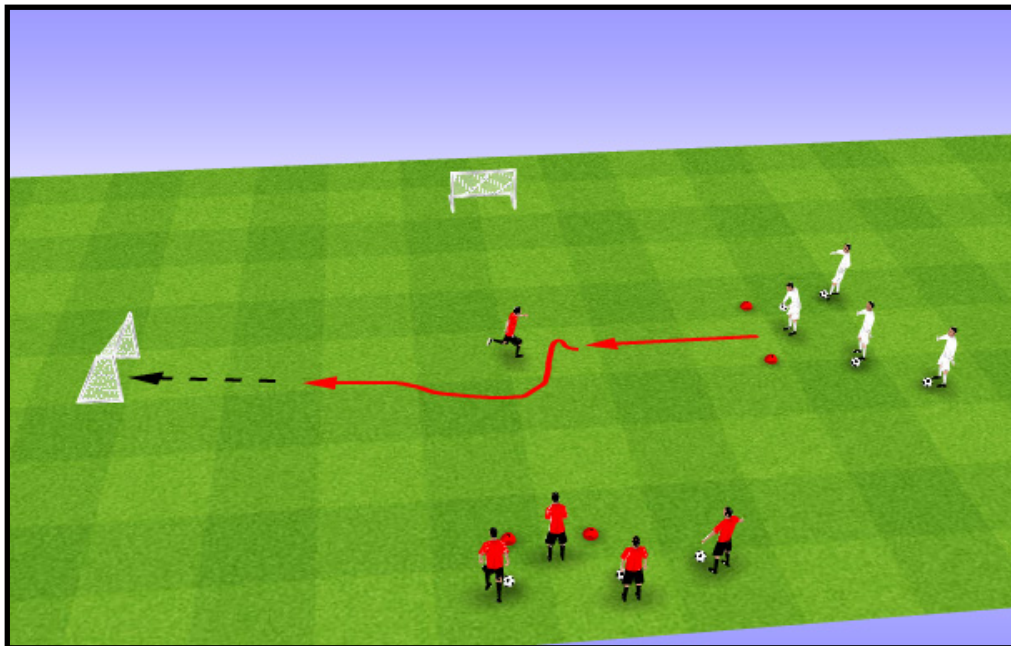
Players dribble past the central cone and shoot for goal. Competition - First player to score gets a point for their team.

### Coaching Points

Head up to see position of GK.  
Shoot for power or placement

### Progressions

Dribble around the cone and shoot for the goal they start next to.  
Add GK.



### 1v1

#### Set Up/Rules

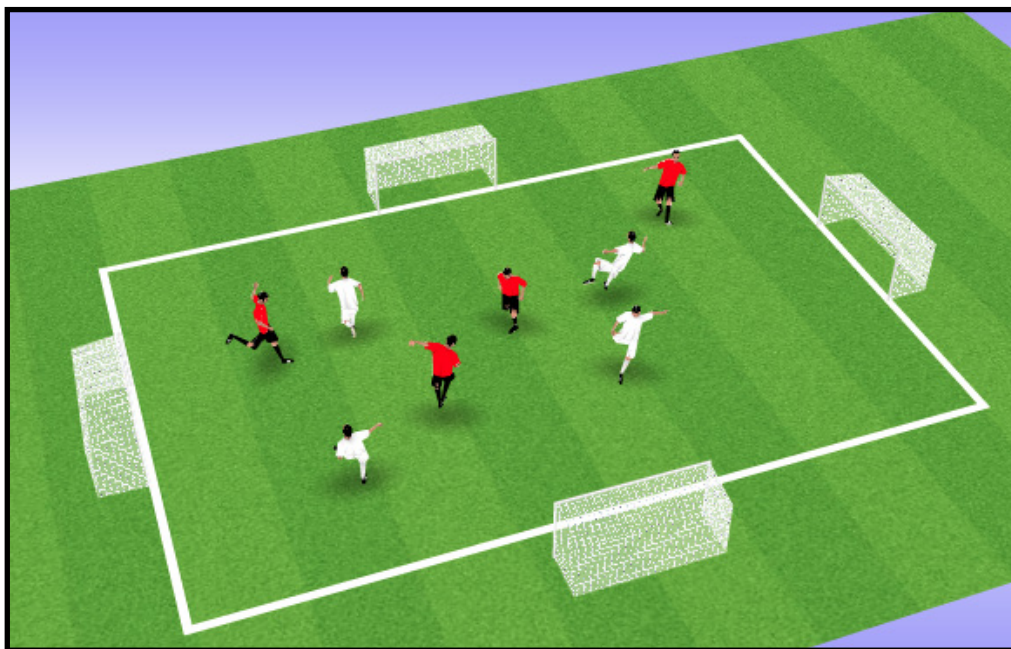
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

#### Coaching Points

Attack at speed  
Change of speed or direction to beat defender  
Use move to beat defender

#### Progressions

2v2



### Small Sided Game

#### Set Up/Rules

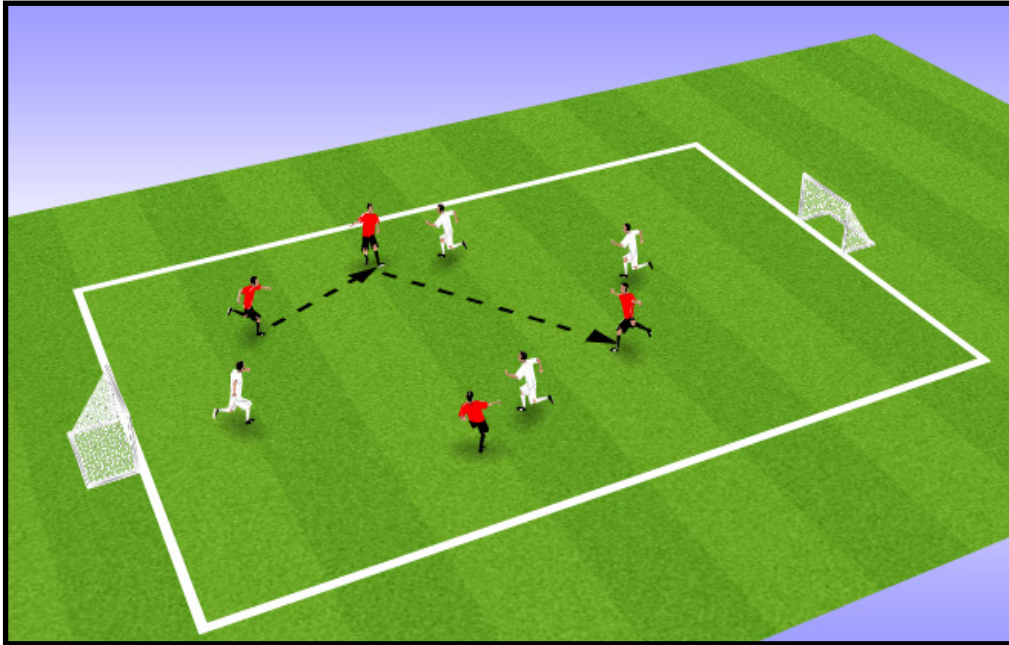
Play 4v4. White team attack left to right. Red team attack north to south.

#### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Early shots on goal.

#### Progression

First team to score in all 4 goals win.



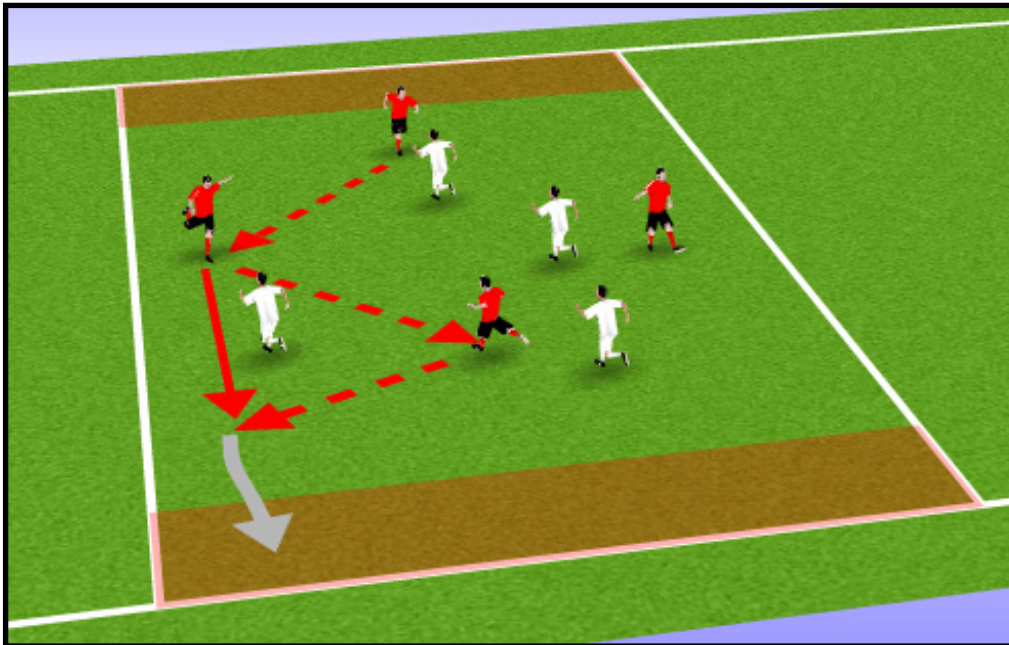
### Small Sided Game

#### Set Up/Rules

Play 4v4. If team scores they keep possession and attack the other goal.

#### Coaching Points

Keep ball close when dribbling  
 Be brave when 1v1  
 Accurate passes



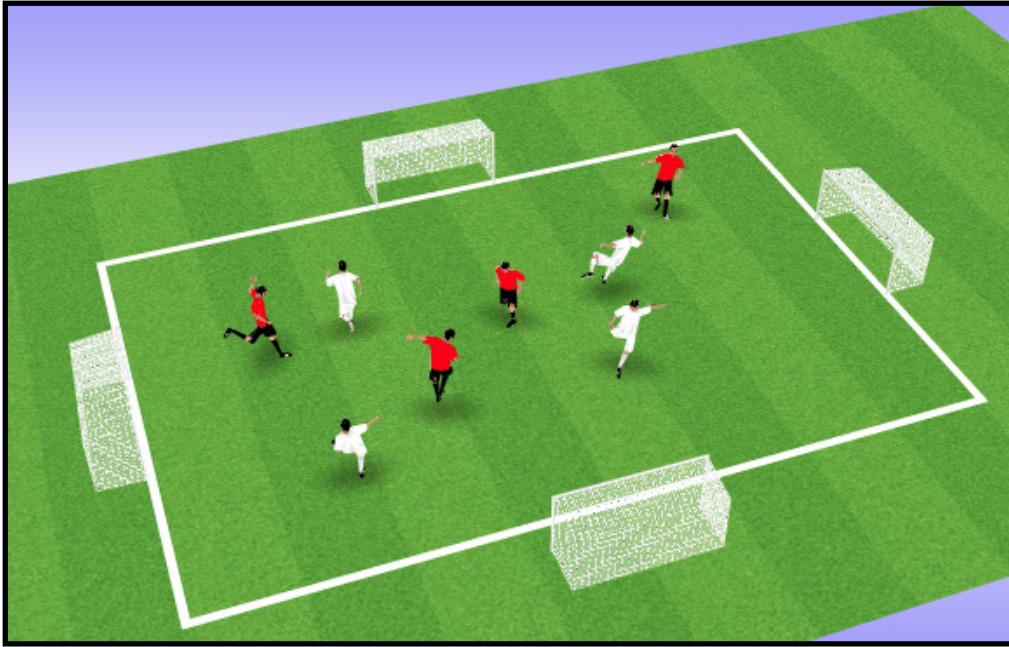
### Small Sided Game

#### Set Up/Rules

Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

#### Coaching Points

Keep ball close when dribbling  
 Be brave when 1v1  
 Accurate passes



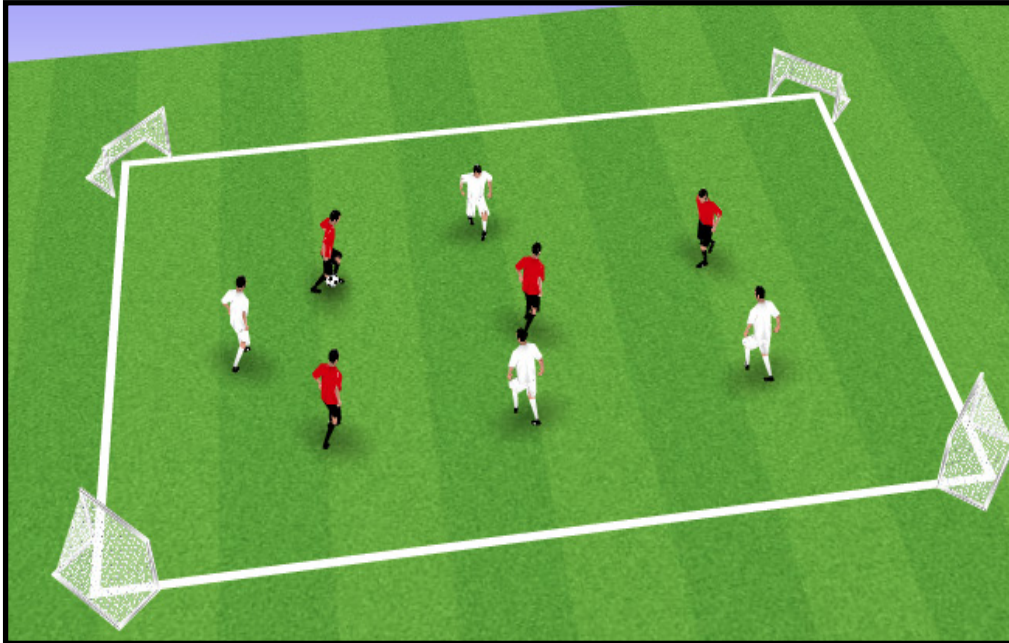
### Small Sided Game

#### Set Up/Rules

Play 4v4. White team attack left to right. Red team attack north to south.

#### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Accurate passes



### Small Sided Game

#### Set Up/Rules

Play 4v4. Teams attack 2 goals and defend 2 goals.

#### Coaching Points

Keep ball close when dribbling  
Be brave when 1v1  
Accurate passes