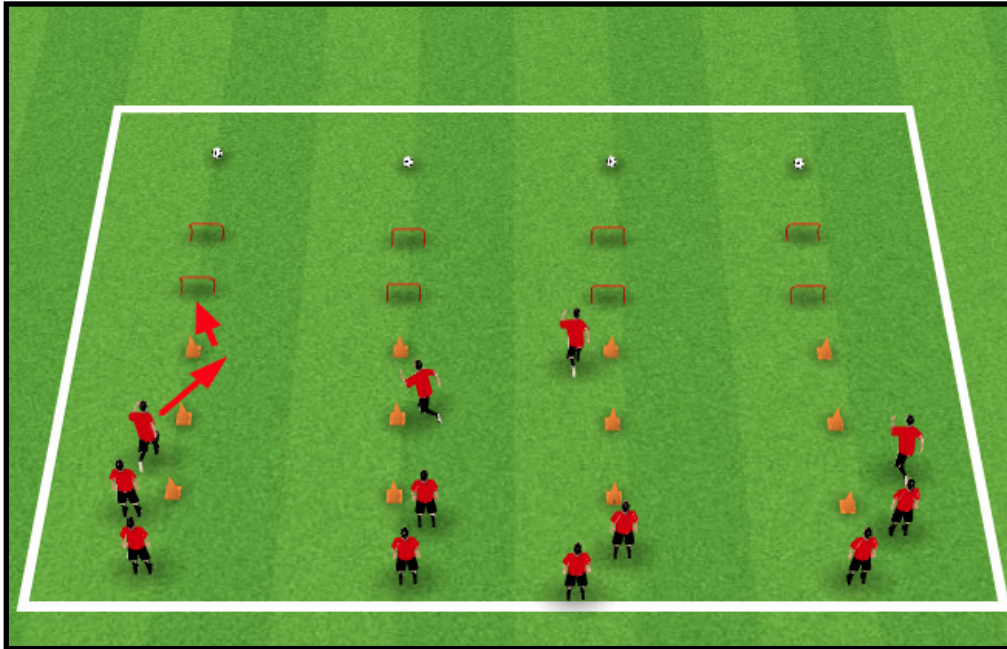


# GLOBAL PREMIER SOCCER

2016 SPRING CURRICULUM

u7 & u8





## 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.

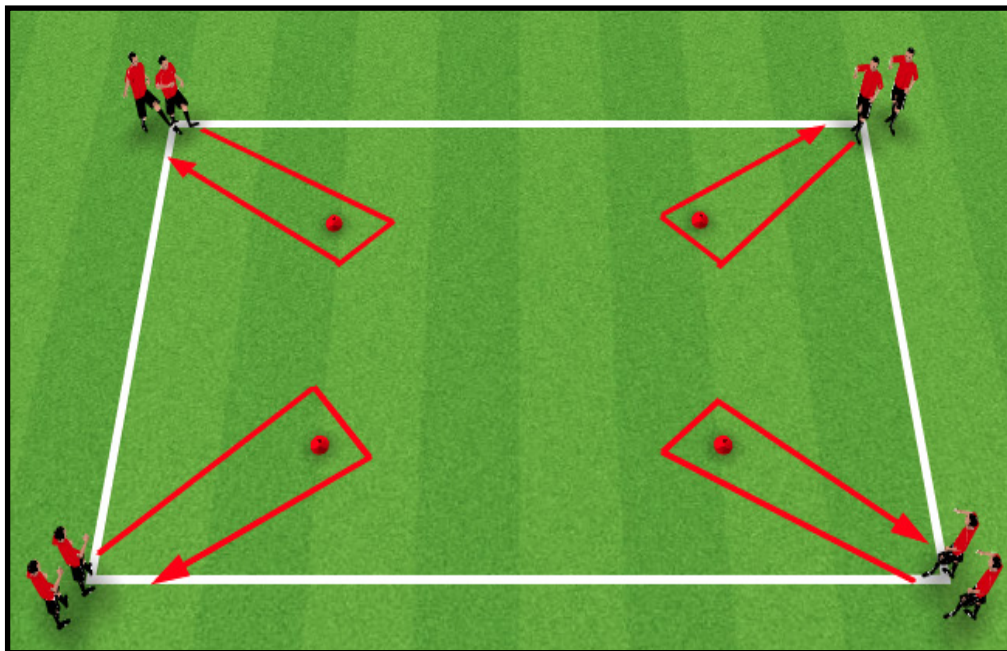
If hurdles are not available use cones to jump over)

### 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

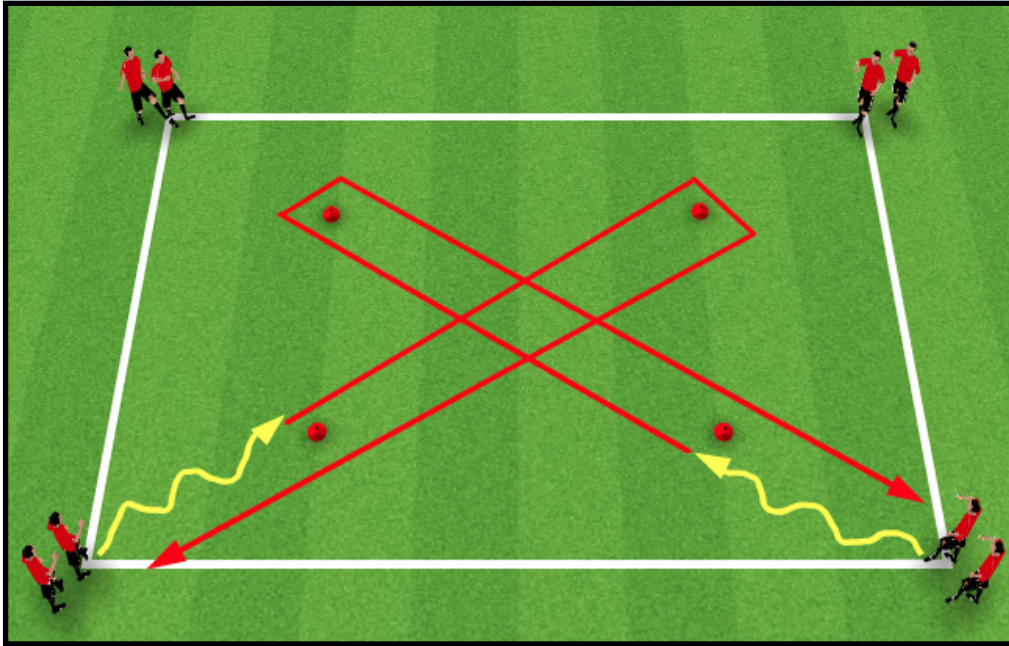
Groups of 2-3 players. First player in each line dribbles out to the cone, around the cone and back to the line.

### 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

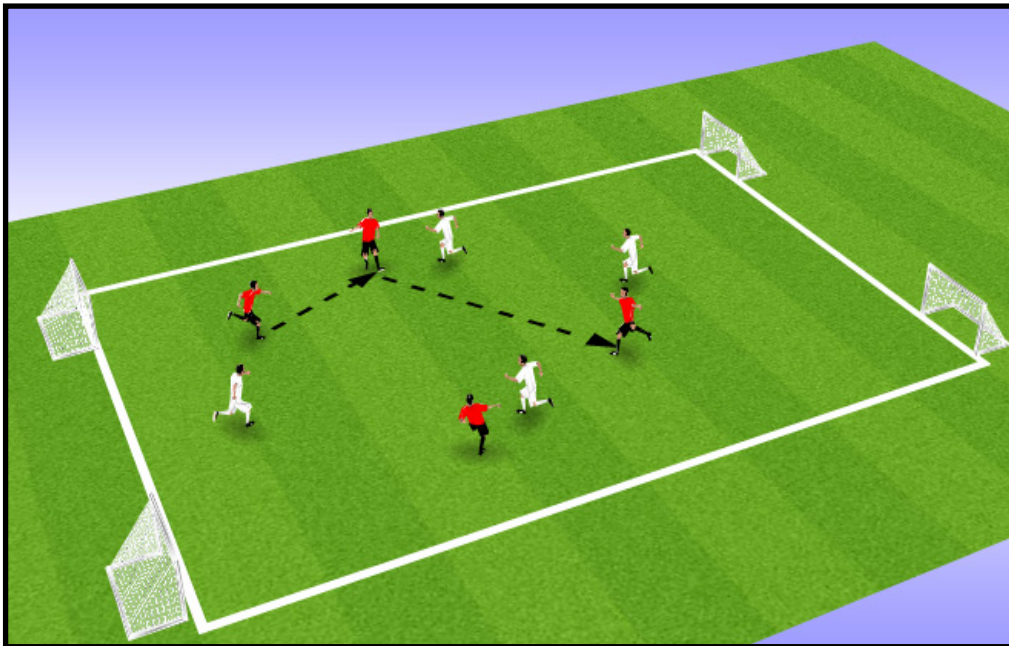
Players now perform foot skills to the first cone, dribble through the central area to the next cone opposite and then back to the start cone.

### 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

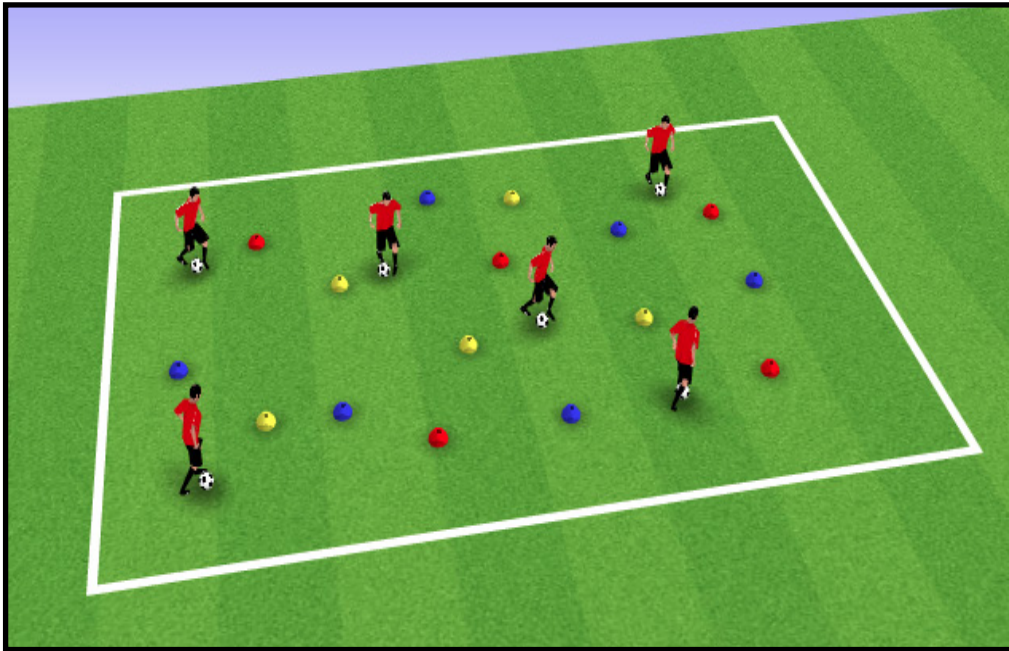
### Set Up/Rules

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.



## 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

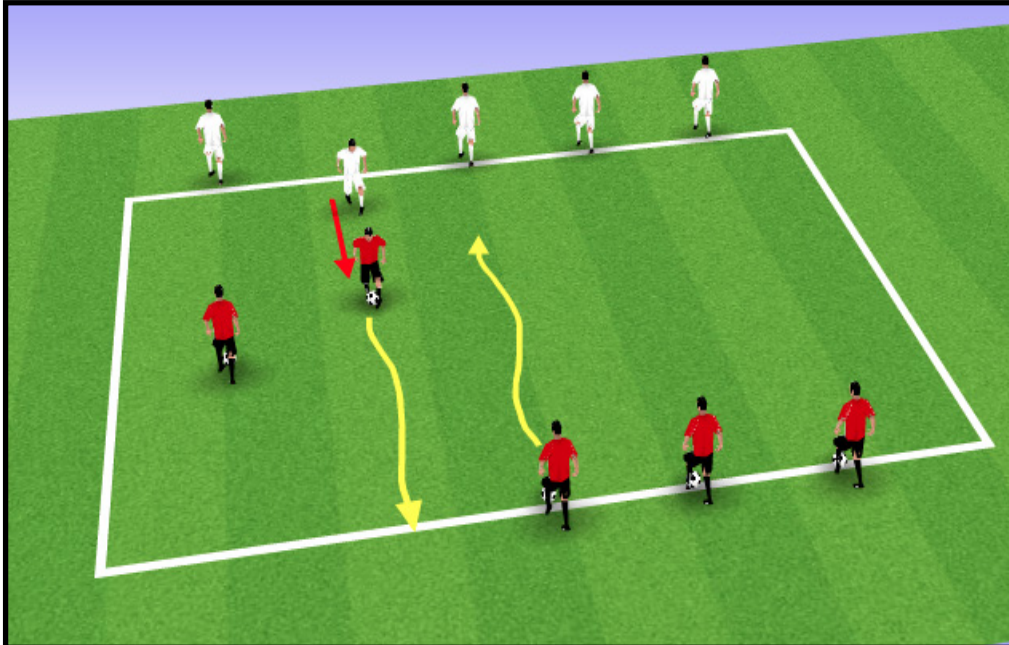
### Progressions

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

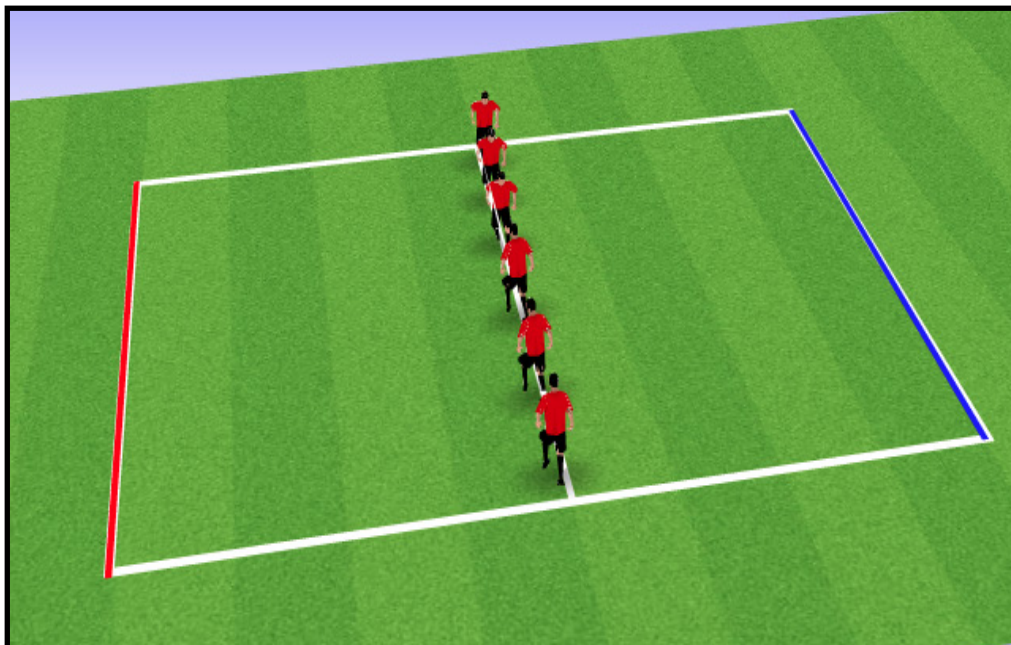
Players should be continuously moving

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.

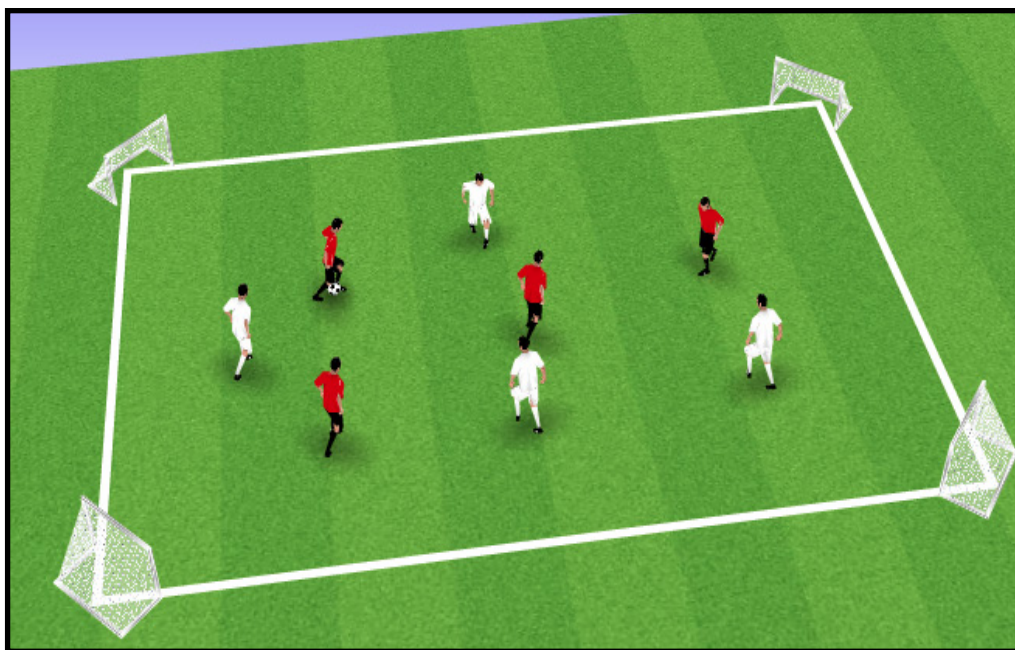
Practice: Stop turn, inside/outside hook, drag back.

### 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

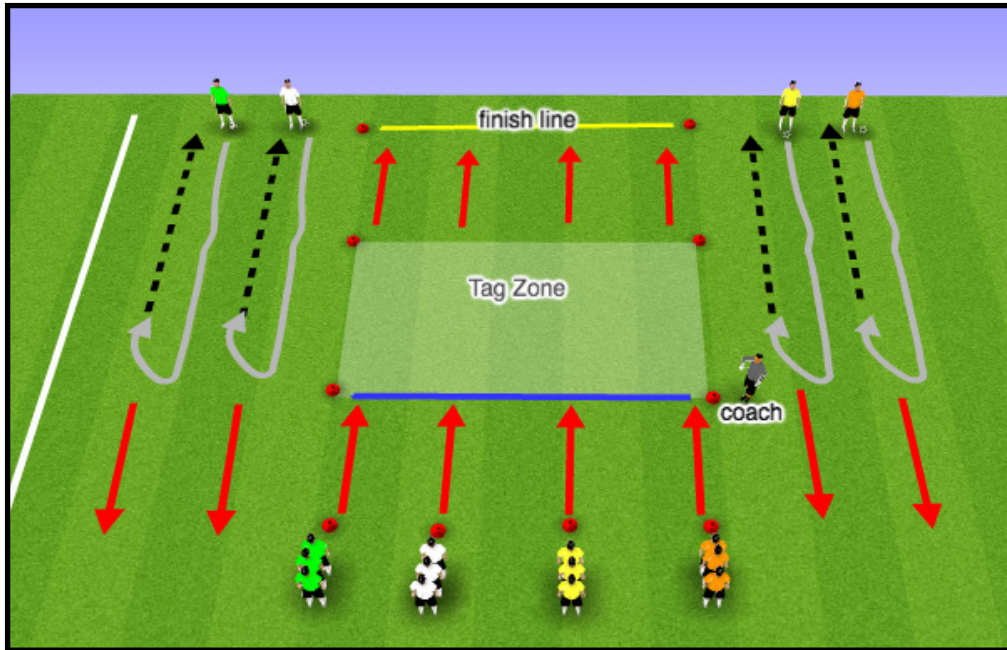
Play 4v4. Teams attack 1 goal at one end and then the goal diagonally opposite that to promote turning and changing point of attack.

### Coaching Points

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

### Progressions

Team to score in all 4 goals first win.



### SAQ Warm Up Set Up/Rules

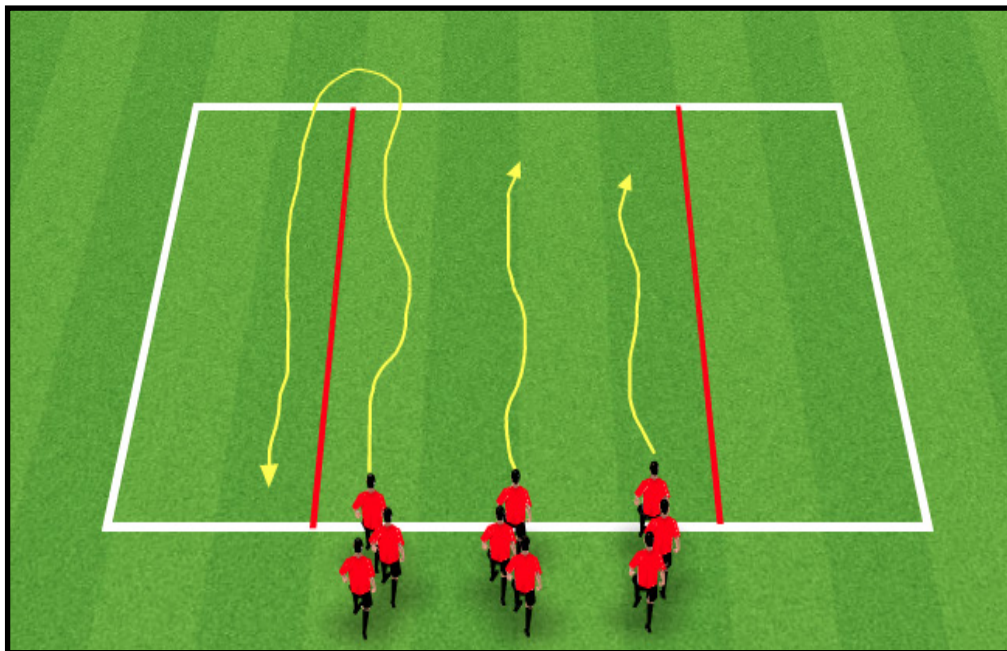
4 teams. On the first coaches command of 'GO'. One player on each team sprints over the first blue line into the tag zone. The last player in the box is "IT" trying to tag the other 3 players who are avoiding being caught but staying in the tag zone. On next call of go 4 players in tag zone race to end line and next 4 players run into tag zone.

#### Coaching Points

Fast footwork  
Awareness of space

#### Progressions

Add SAQ ladders to the first section of the race.  
After the player cross the finish line player dribble down the side of the activity turning and passing the ball when the next player on the team finishes.



### Dribbling Channels

#### Set Up/Rules

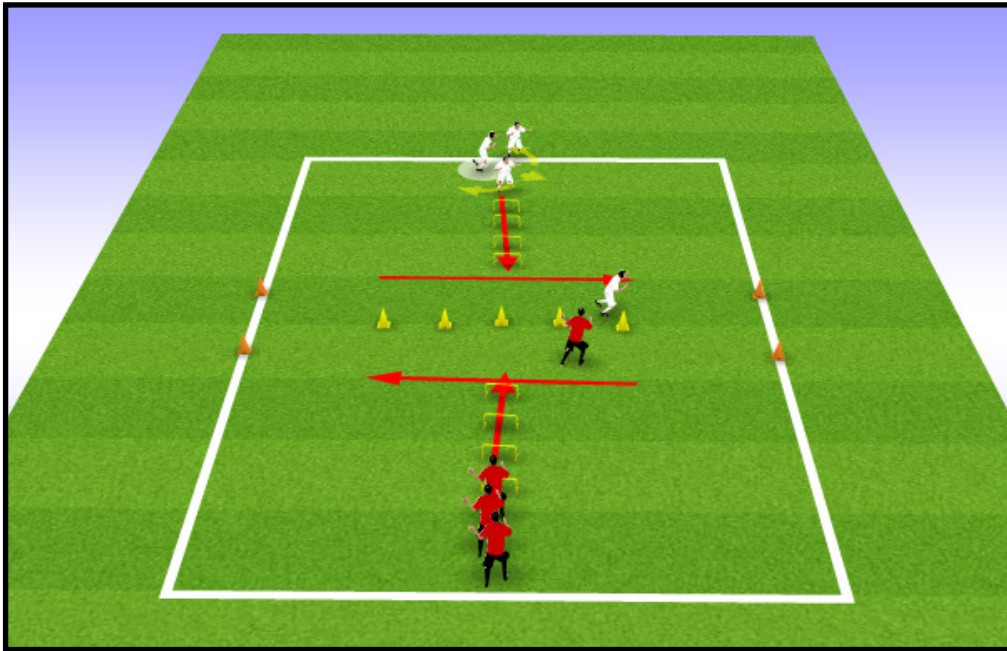
First player in each line dribbles through the space over the end line. Players then turn and dribble down the side channels back to the start.

#### Coaching Points

Correct execution of movements over speed  
Move arms for balance and momentum  
Quality of technique with the pass

#### Progressions

Dribble the ball over each red line twice before reaching end line  
Toe taps to end line  
Foundations to end line



## Speed, Agility & Quickness

### Set Up/Rules

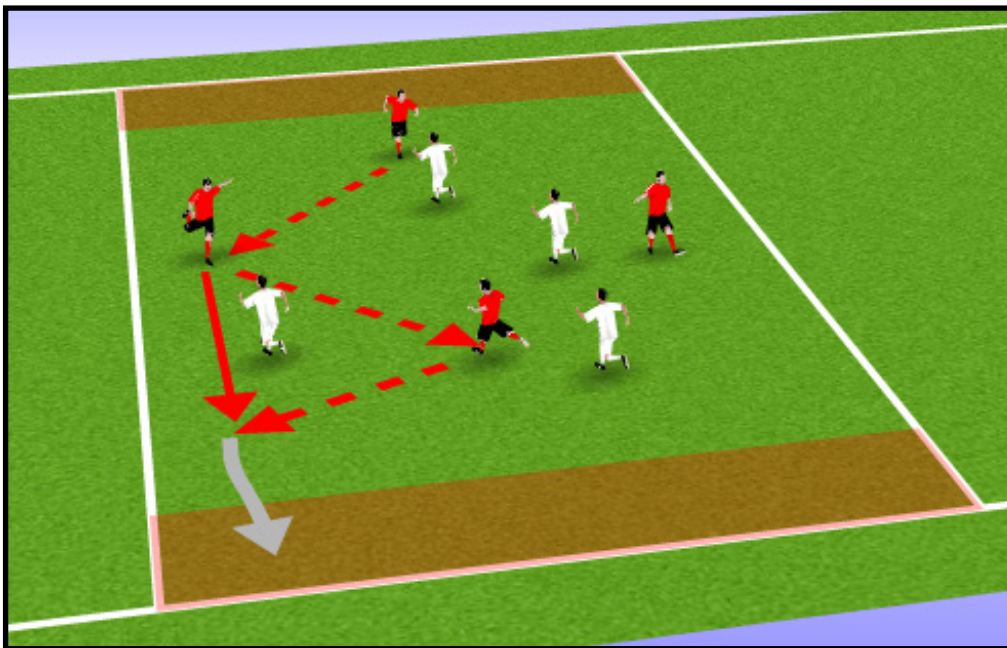
Split players into two teams. Red begin as attackers. First player in each line moves through the hurdles towards the middle line. Red player must now choose to go either left or right and sprint through the gate. White player must move towards other gate. Player who gets through first wins.

### Coaching Points

Use body to fake moving one way and unbalance defender

### Progressions

Defender now tries to beat attacker through the gate they go for.  
Now add a ball at end of each set of hurdles. Player must dribble ball through gate.



## Small Sided Game

### Set Up/Rules

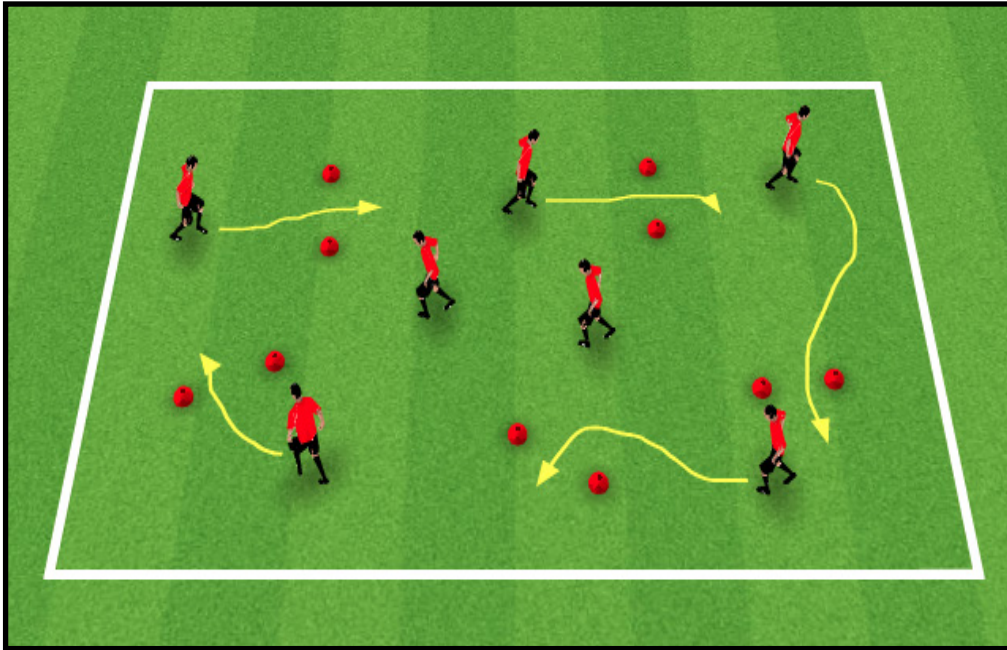
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

### Coaching Points

Exploit 1v1 situations with creative footwork & moves

### Progressions

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



### Technical Practice

#### Set Up/Rules

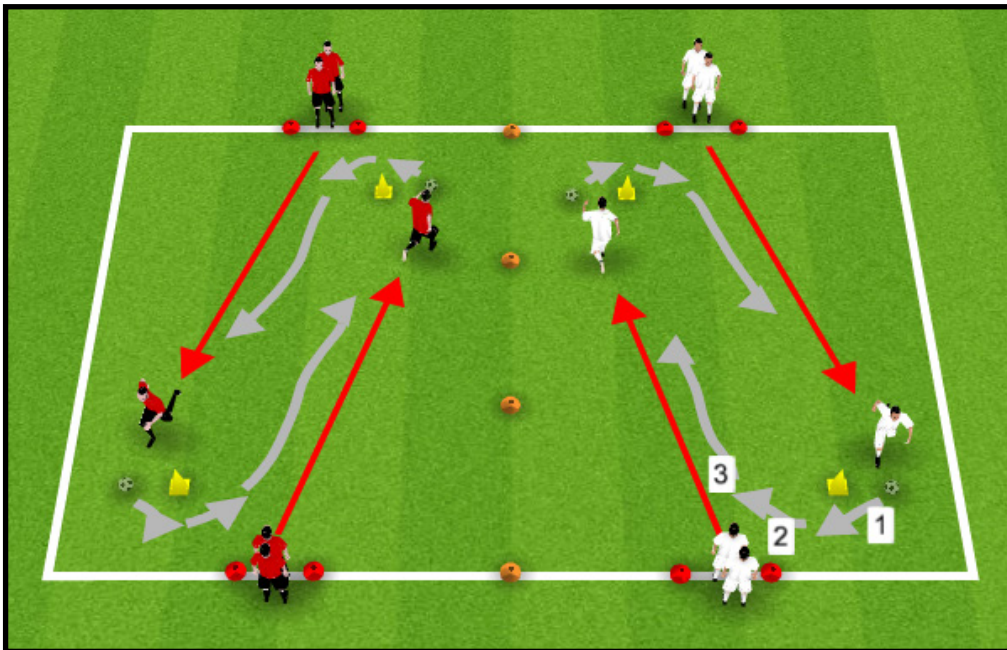
Each player has a ball and dribbles inside the area. Players dribble through all the gates as many times as possible.

#### 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.



### Technical Practice

#### Set Up/Rules

On coach's command, first player in each line sprints to opposite end's tall cone to take ball. Touches must be done in 3 steps: 1) A "negative" touch towards end line, 2) a touch cutting back towards original line, 3) explosive touch back towards line where they speed dribble to replace ball between tall cone and sideline nearest their line.

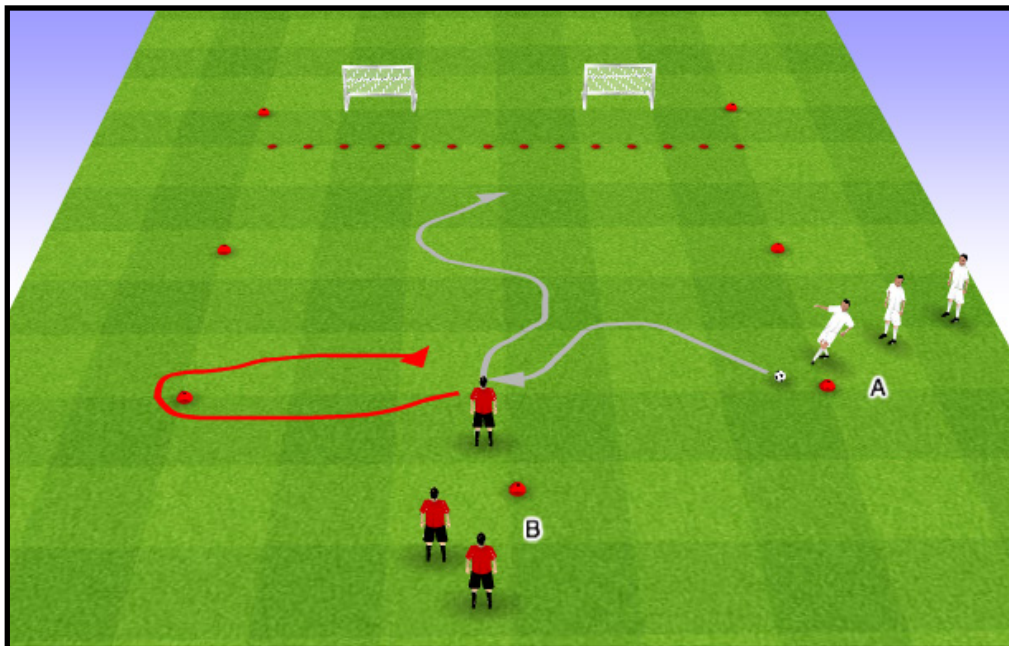
#### Coaching Points

Explain that the negative touch is used to touch away from the defender and create a little space, explosive third touch to beat defender. Make sure players return ball to spot where ball was.

#### Progressions

First team to have 3 goes each are the winners.





## 1v1

### Set Up/Rules

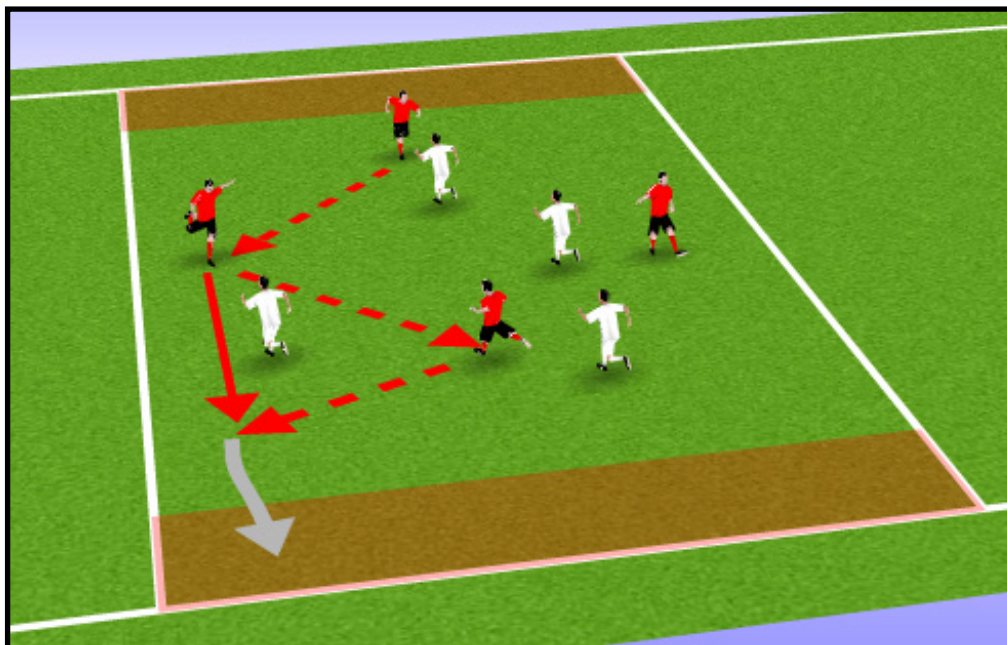
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock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

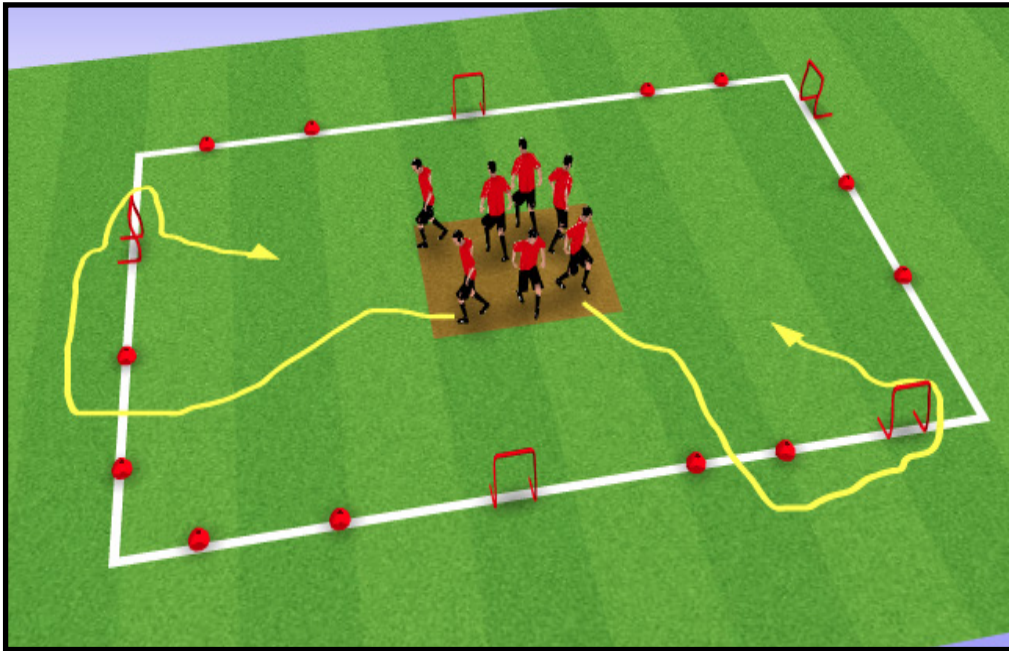
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

### Coaching Points

Exploit 1v1 situations with creative footwork & moves

### Progressions

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



## Great Escape

### Set Up/Rules

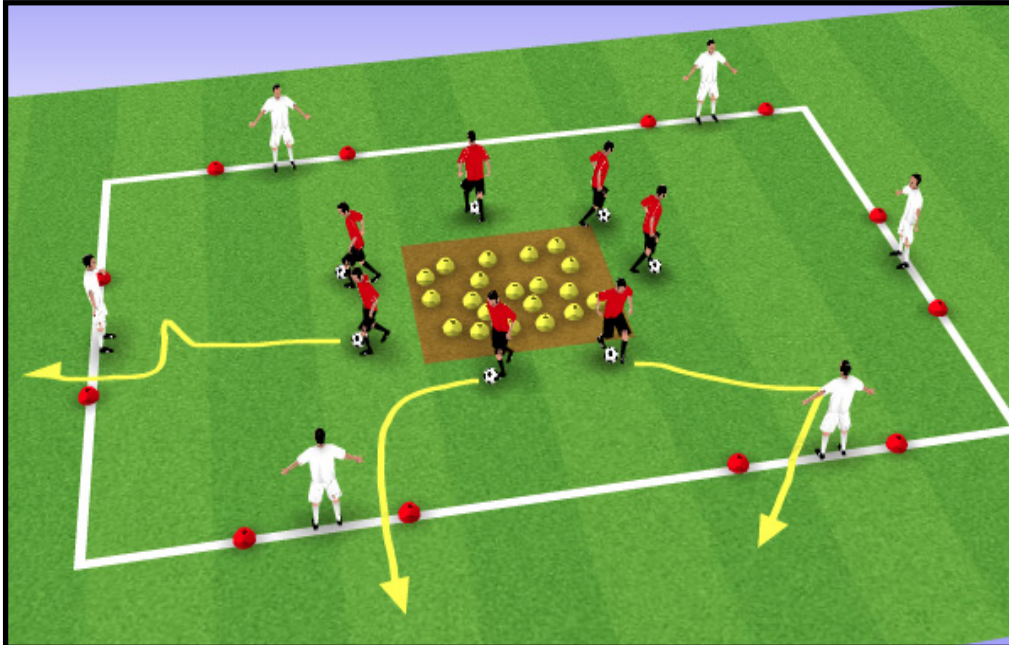
Players start in middle zone with a ball. Players dribble out through coned gates and re-enter the area by passing ball under hurdle and jumping over it. Dribble through central zone and go out through a different gate. (can use cone and have players lift ball over and jump over cone if hurdle not available).

### Coaching Points

Keep ball close  
Creative foot work

### Progressions

Add defenders between gates to act as taggers. Players get a point each time they leave through a gate without being tagged. Defender gains point for each tag.



## Great Escape

### Set Up/Rules

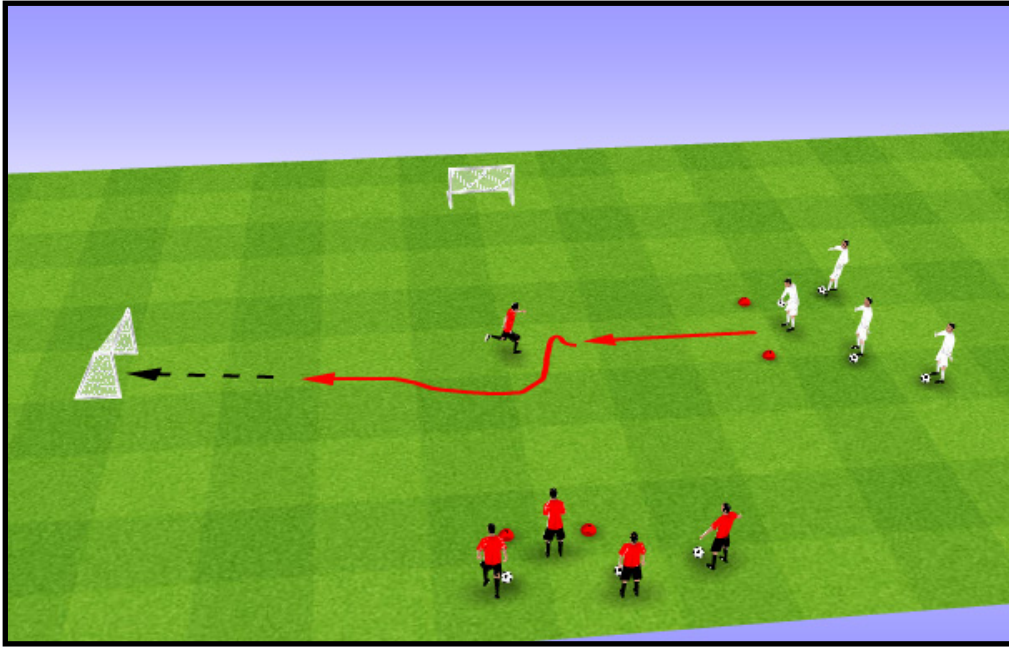
Split players into two teams. White team stand in the gates on the outside of the area. Red take a cone from central area and try and escape through the gates without being tagged. Defenders must stay on the line. IF attacker gets through they leave cone on outside and re-enter the area and go again. If defender tags attacker they keep the cone.

### Coaching Points

Keep ball close  
Change of speed to beat defender

### Progressions

Switch teams.  
Make gates larger or smaller depending on success.



## 1v1

### Set Up/Rules

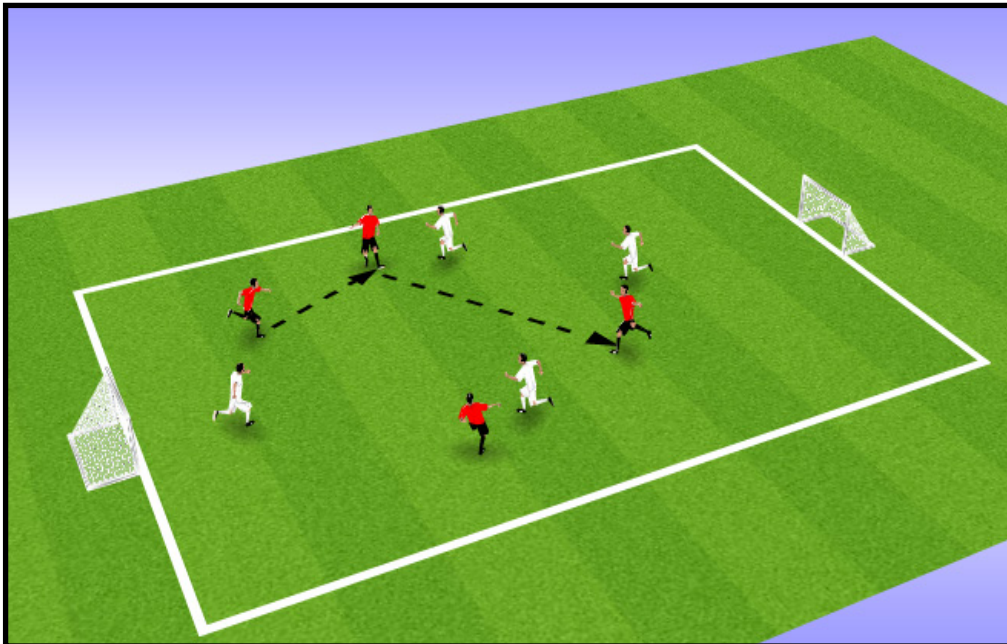
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

### Coaching Points

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

### Progressions

2v2



## Small Sided Game

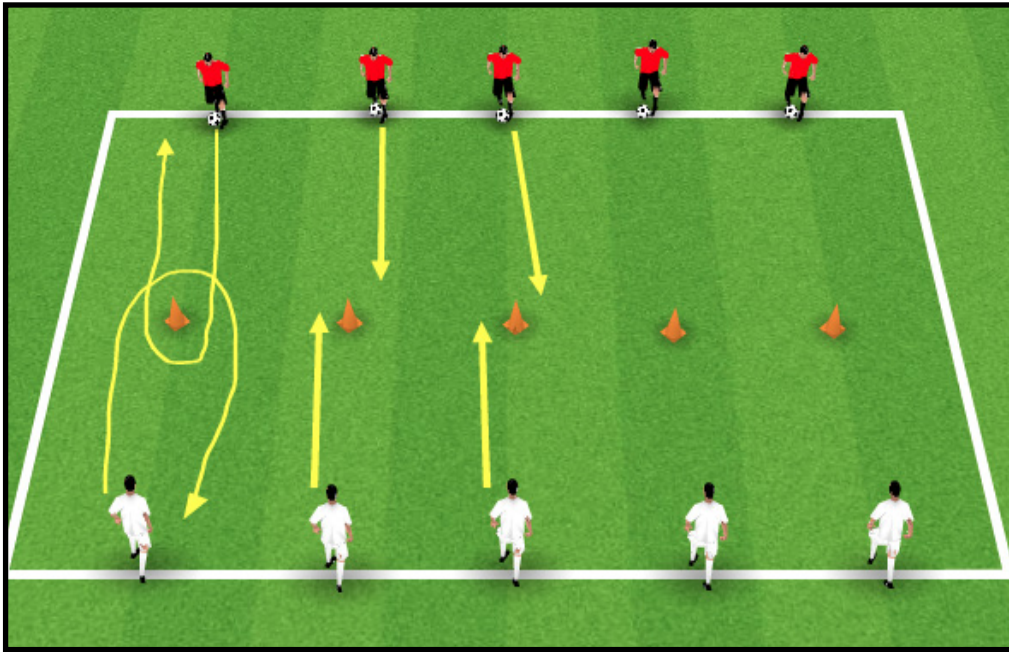
### Set Up/Rules

Play 4v4. 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.



## Technical Practice

### Set Up/Rules

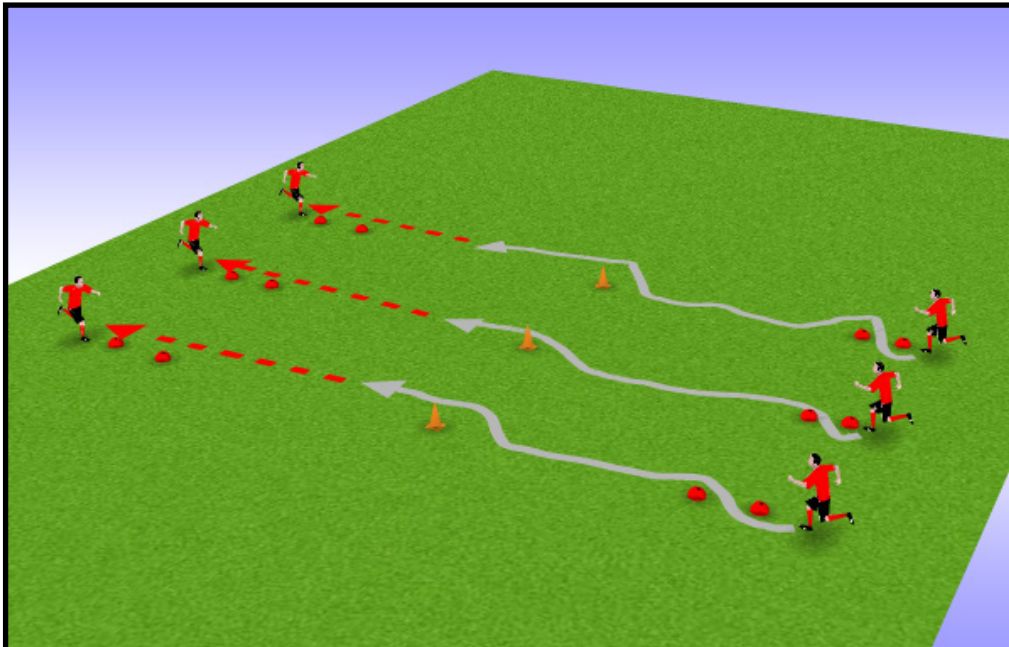
Players work in pairs and have a ball each. Players perform 10 toe taps then dribble out and around the cone back to the line. Players must go to the right of the cone so not to collide. Repeat 3 times

### 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



## Technical Practice

### Set Up/Rules

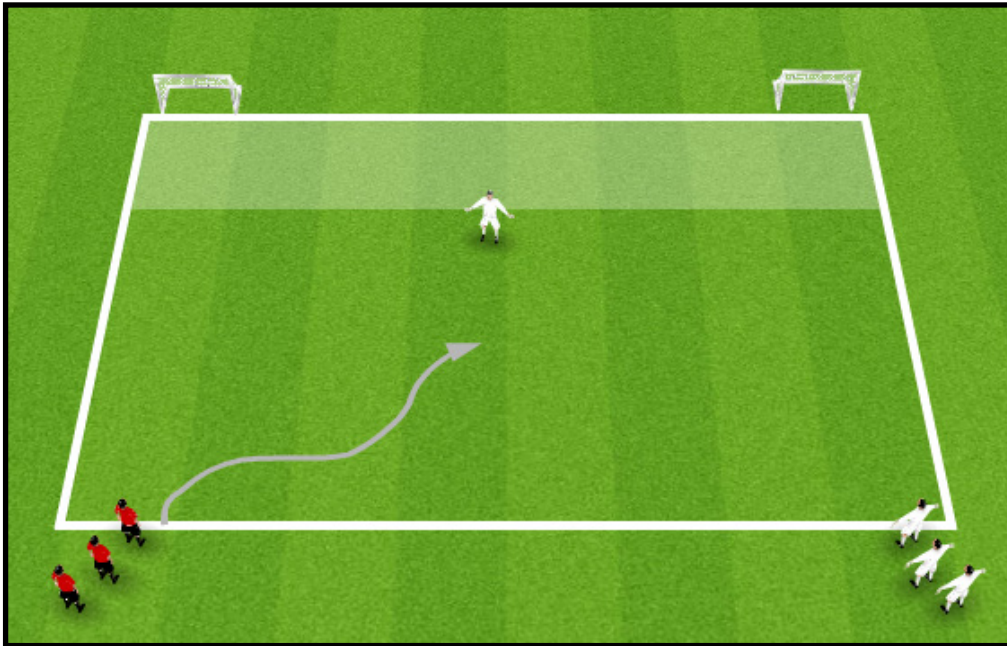
Split players into even groups. First player in line dribbles ball through 2 small cones and then towards larger center cone. Player performs 1v1 move past the cone before passing to line opposite. Players perform a push & go move to the right past central cone.

### Coaching Points

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

### Progressions

Move to the left  
Fake & Take



## 1v1

### Set Up/Rules

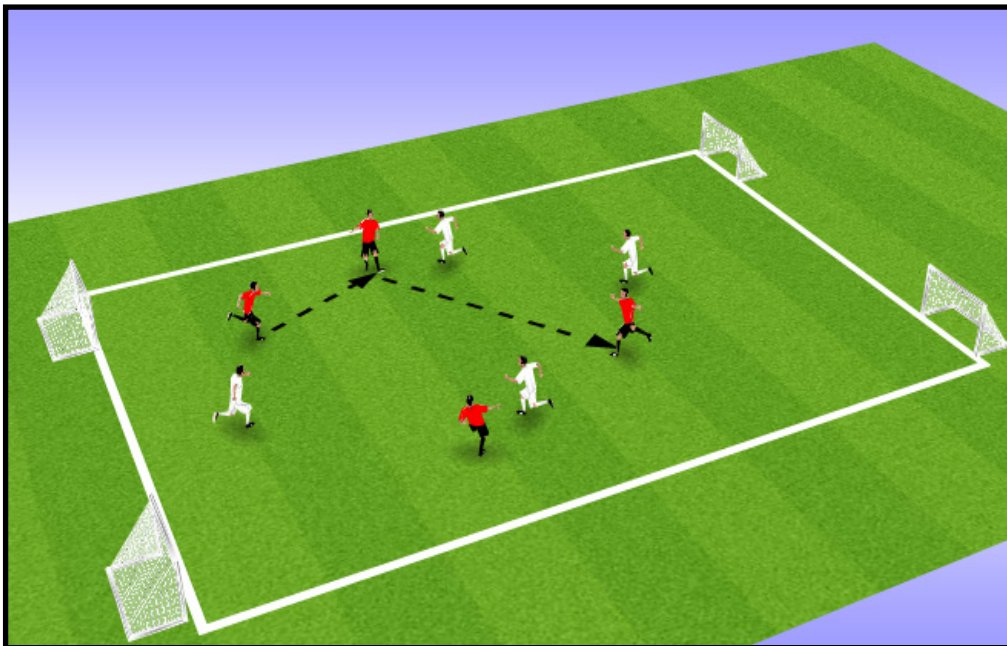
Red attacks diagonally to try to beat the white and score in the goal. Can't shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

### 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

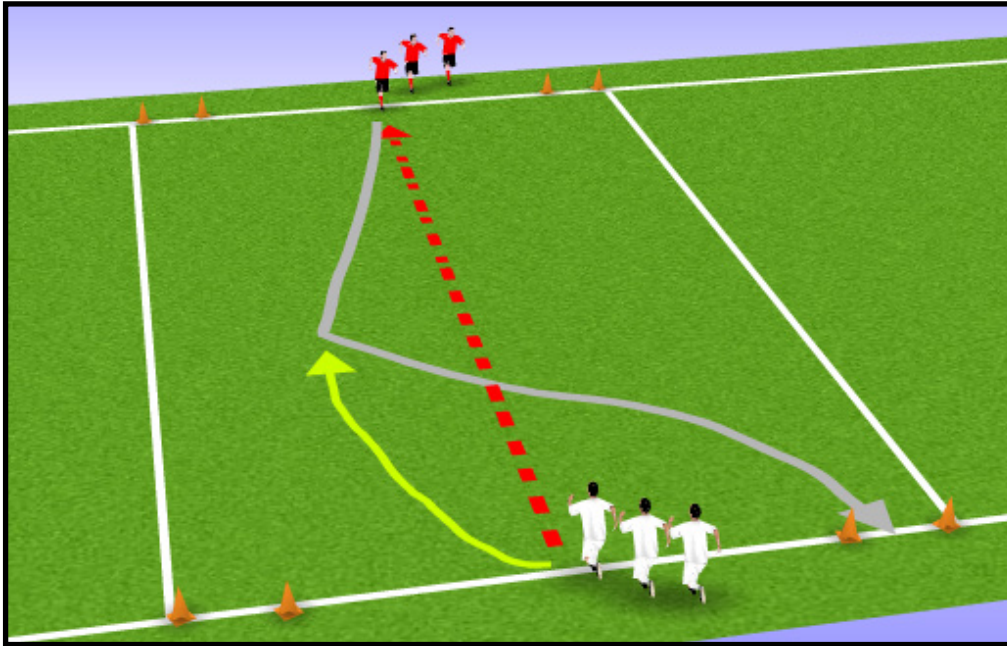
### Set Up/Rules

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.



### 1v1

#### Set Up/Rules

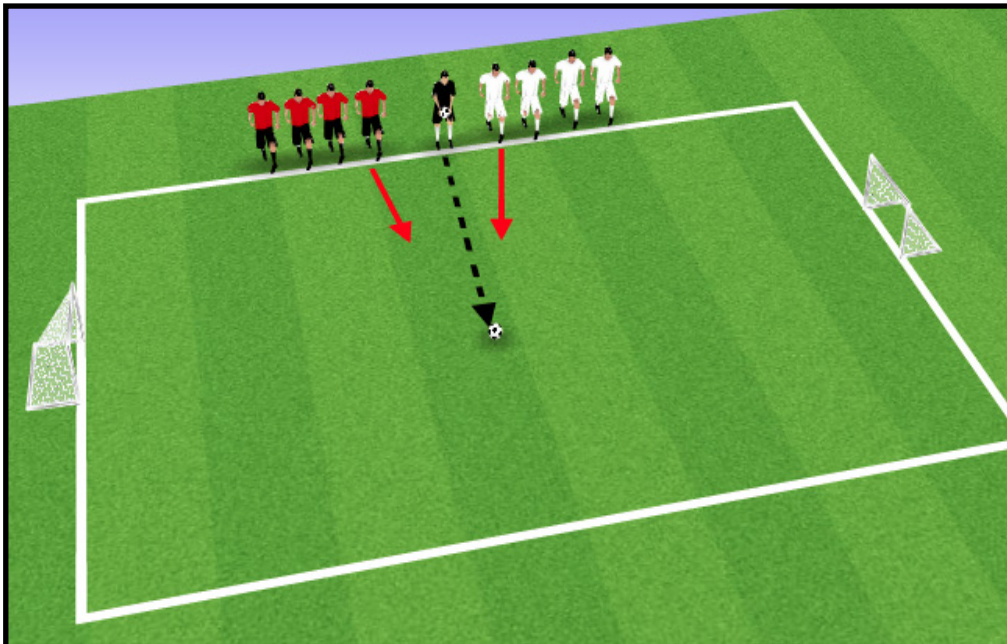
Player passes ball across to attacker. Play 1v1. Attacker can score in either goal opposite. Defender can win the ball and score in other 2 goals.

#### 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

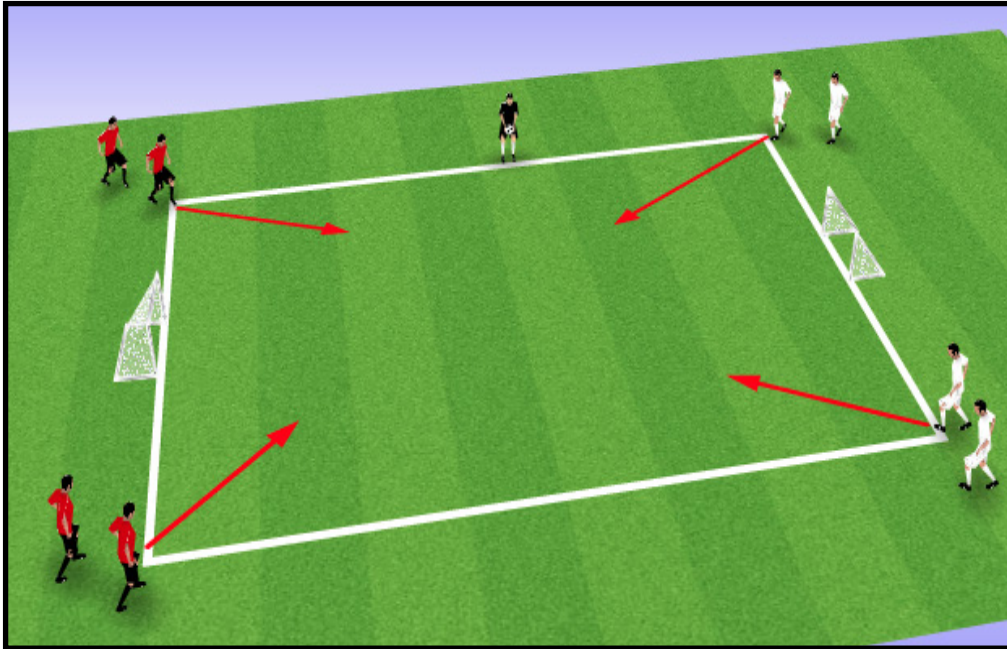
Coach calls a number and that many players enter the field. Closest players to the coach enter the field of play. Players rejoin the line at end away from coach.

#### 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

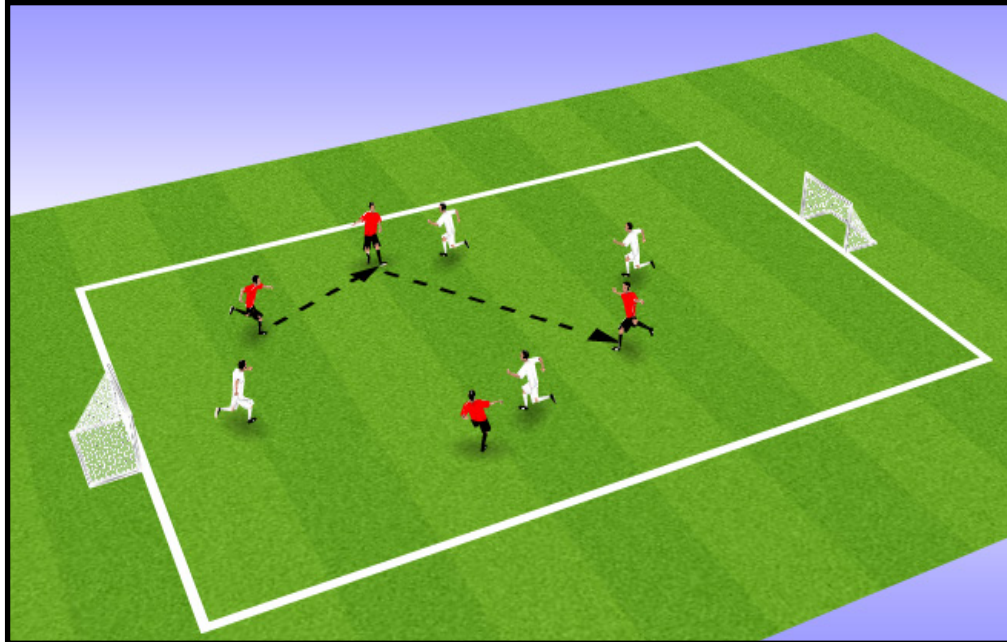
Coach passes the ball in and 2 players from each end come into the area and play 2v2.

### Coaching Points

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

### Progressions

Keep score. First team to 5 wins.



## Small Sided Game

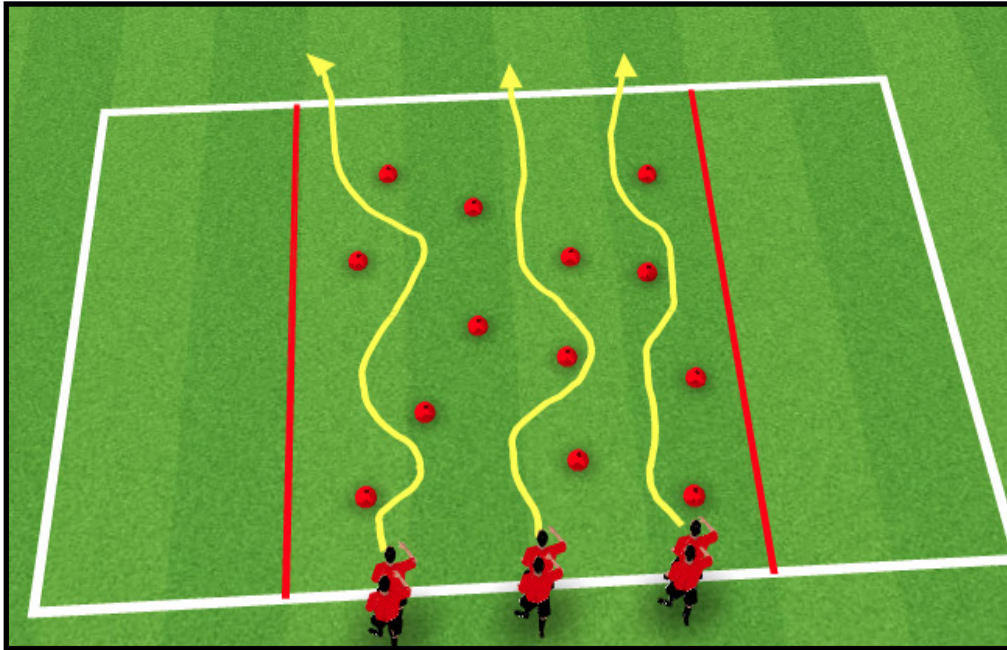
### Set Up/Rules

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.



## Foot Skills Challenge

### Set Up/Rules

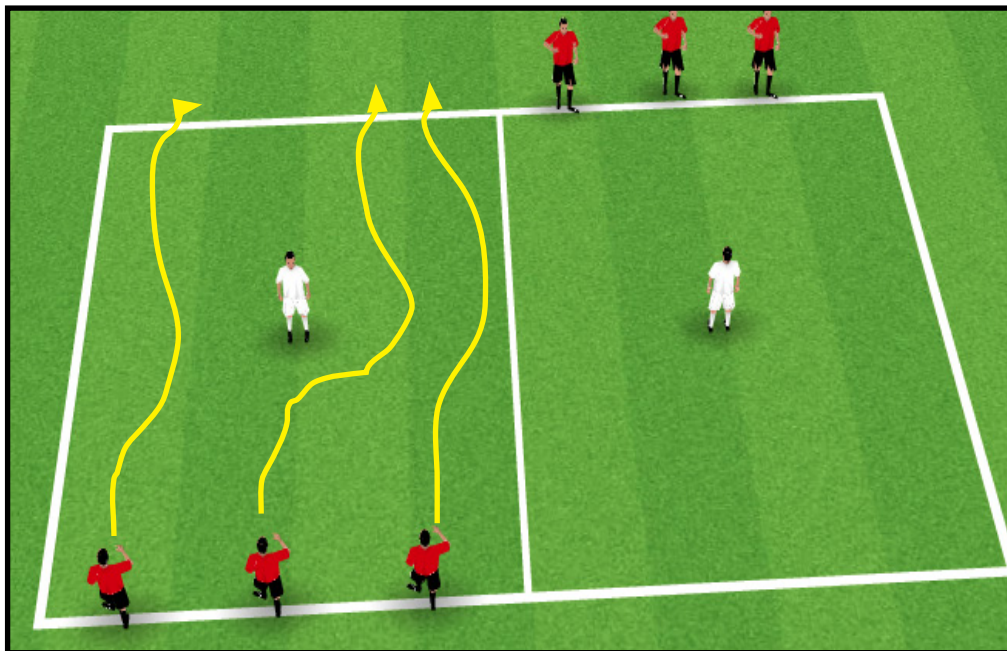
First player in each line dribbles down the channel through all the cones.

### 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.



## Working with other players.

### Set Up/Rules

Players work in groups of 3. Players try and run down the channel in groups of 3 and avoid being tagged by the defender. Team gets a point if all 3 players can get past defender. Defenders get a point for each player tagged.

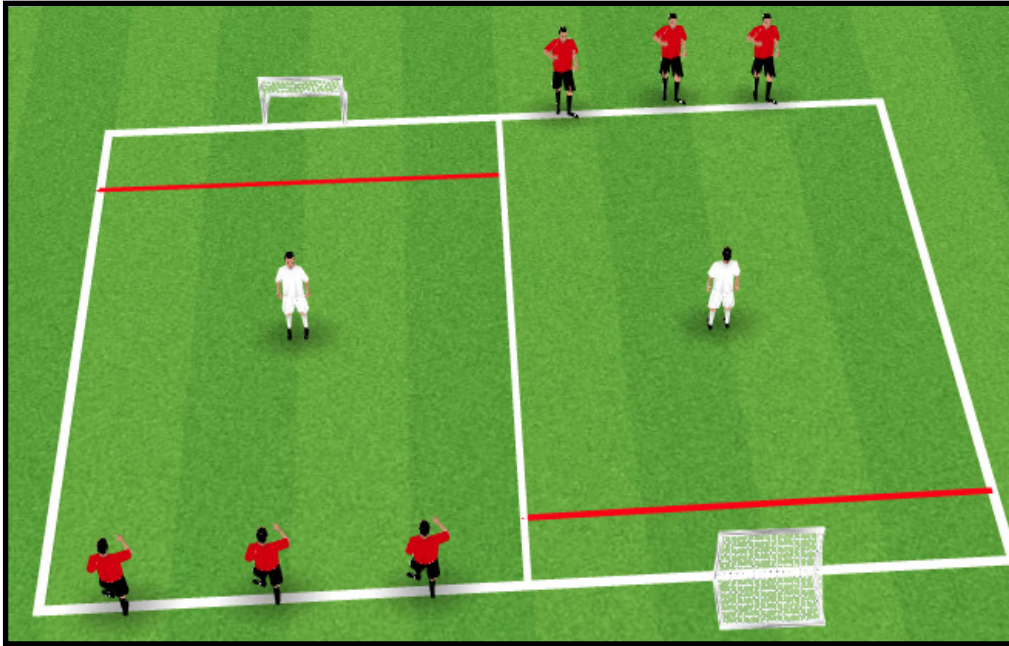
### Coaching Points

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

### Progressions

Each player now has a ball and must dribble the ball past the defender  
Now the team has one ball and can either pass or dribble past defender





## Dribbling

### Set Up/Rules

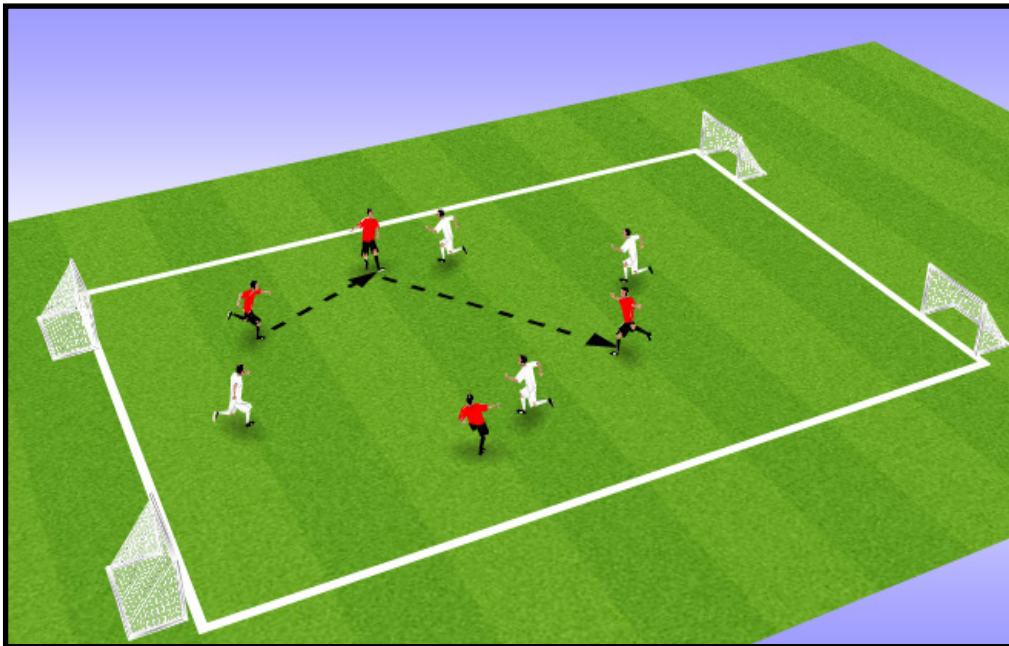
Same as previous game but now teams try and get into end zone to score. Defender can not go into end zone. Start with each player having a ball.

### Coaching Points

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

### Progressions

Now each team has one ball.



## Small Sided Game

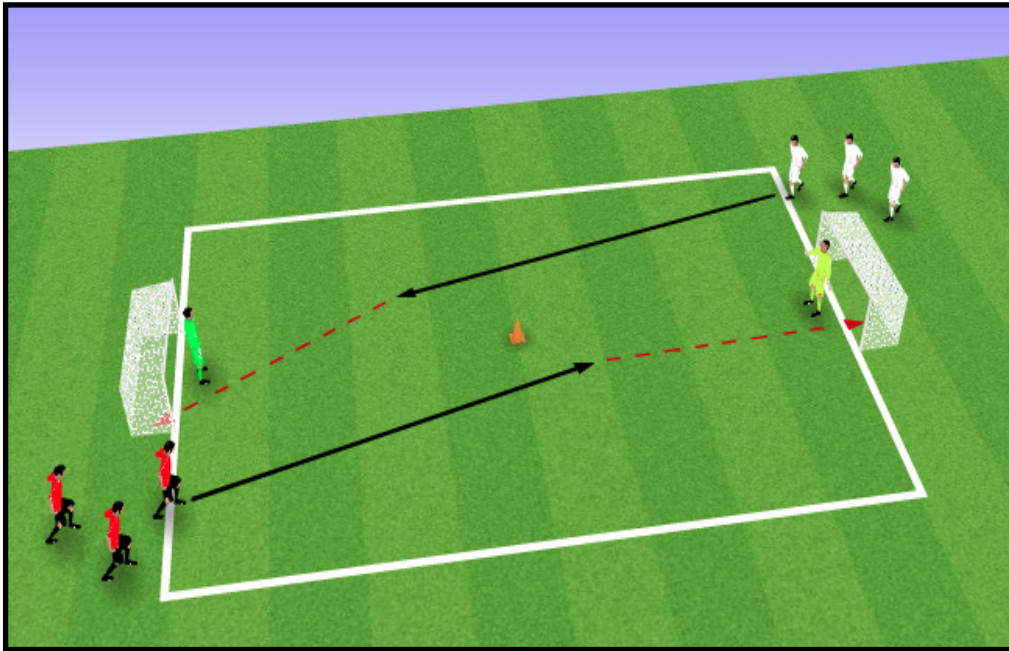
### Set Up/Rules

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.



## Shooting Races

### Set Up/Rules

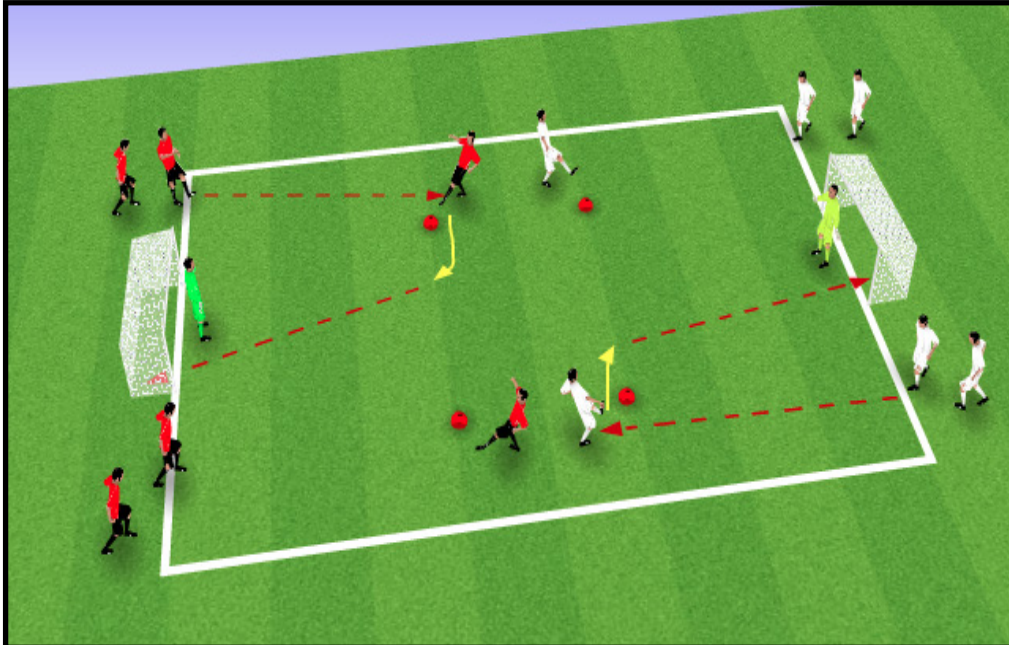
Players dribble past the central cone and shoot for goal.

### Coaching Points

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

### Progressions

Competition - First player to score gets a point for their team.  
Dribble around the cone and shoot for the goal they start next too.



## Shooting Races

### Set Up/Rules

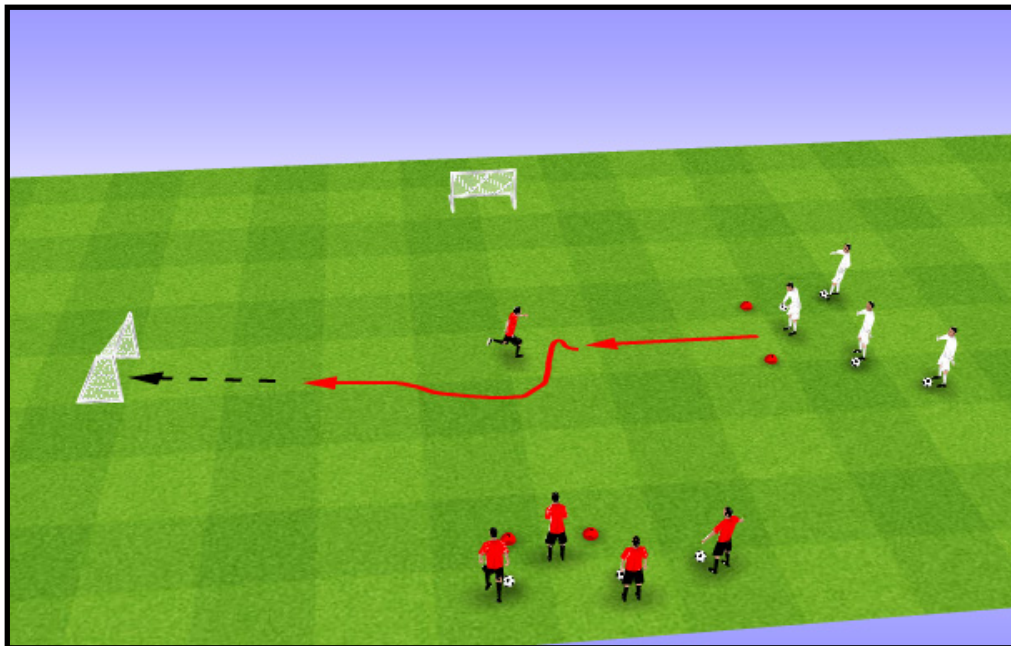
Ball is passed out to attacker who receives with positive touch and shoots for goal. Passer moves out to be next shooter, player who shoots moves to other line.

### Coaching Points

Good first touch to set for shot.  
Head up to see position of GK.  
Shoot for power or placement

### Progressions

Competition - Reds v white.  
Team with most goals after 5 minutes.



### 1v1

#### Set Up/Rules

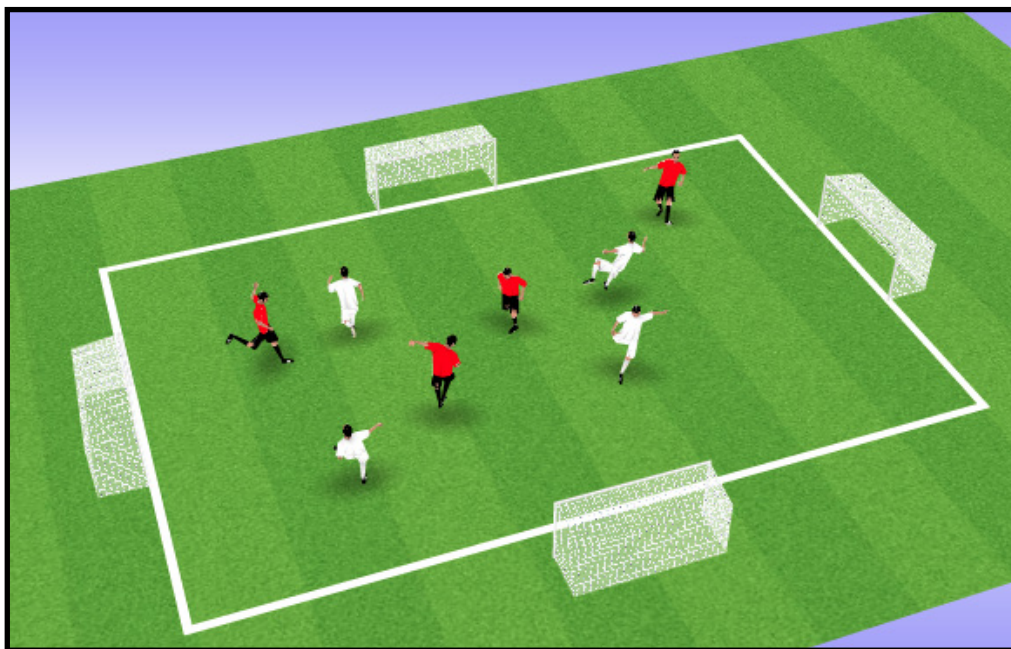
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

#### 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

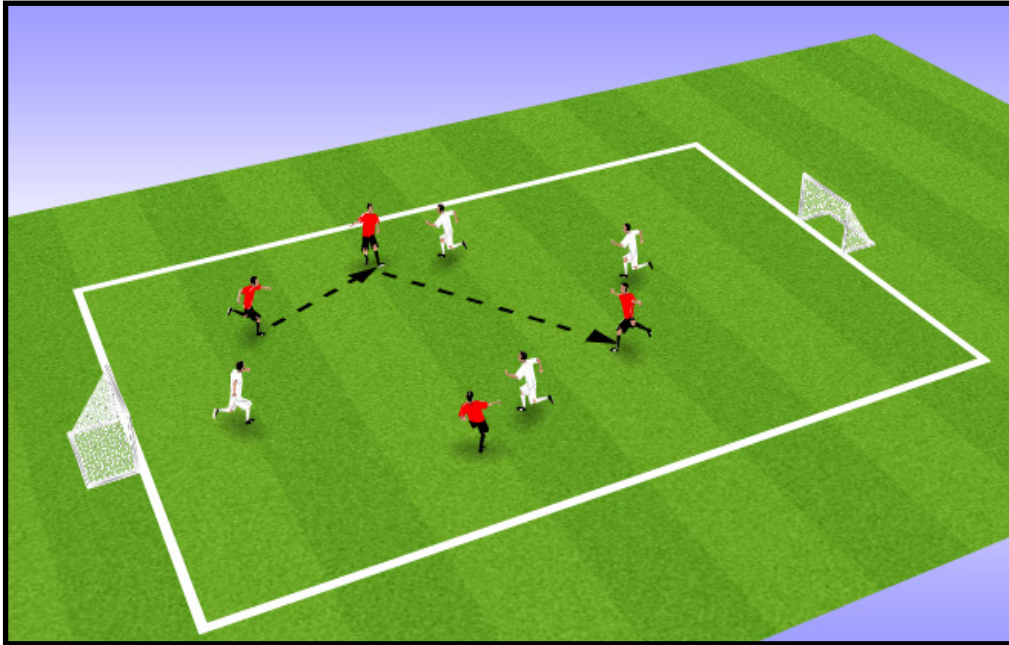
Play 4v4. White team attack left to right. Red team attack north to south.

#### 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.



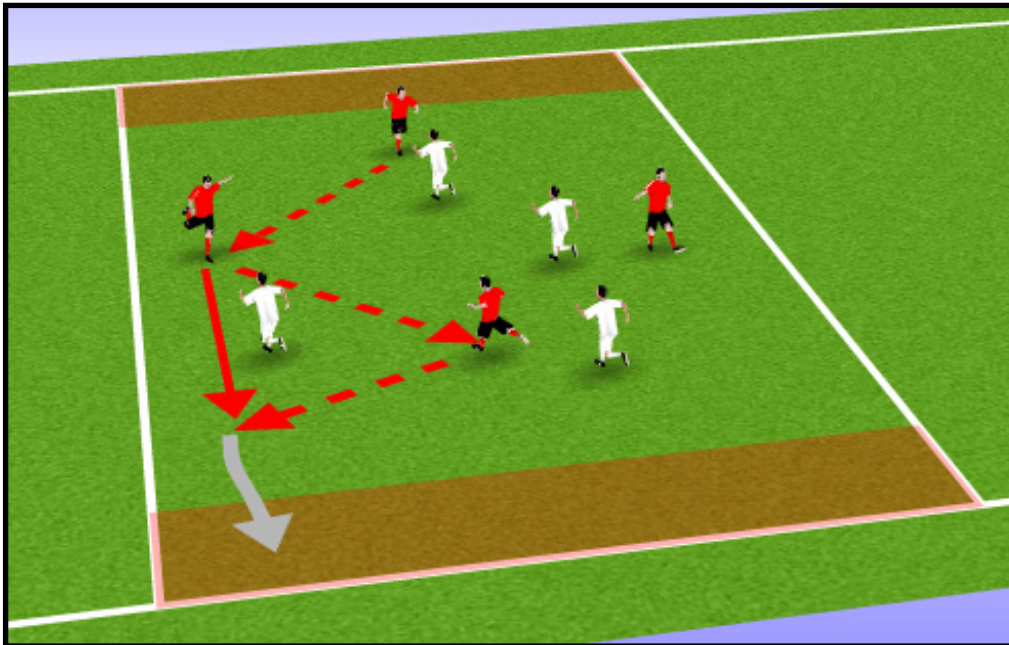
### Small Sided Game

#### 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



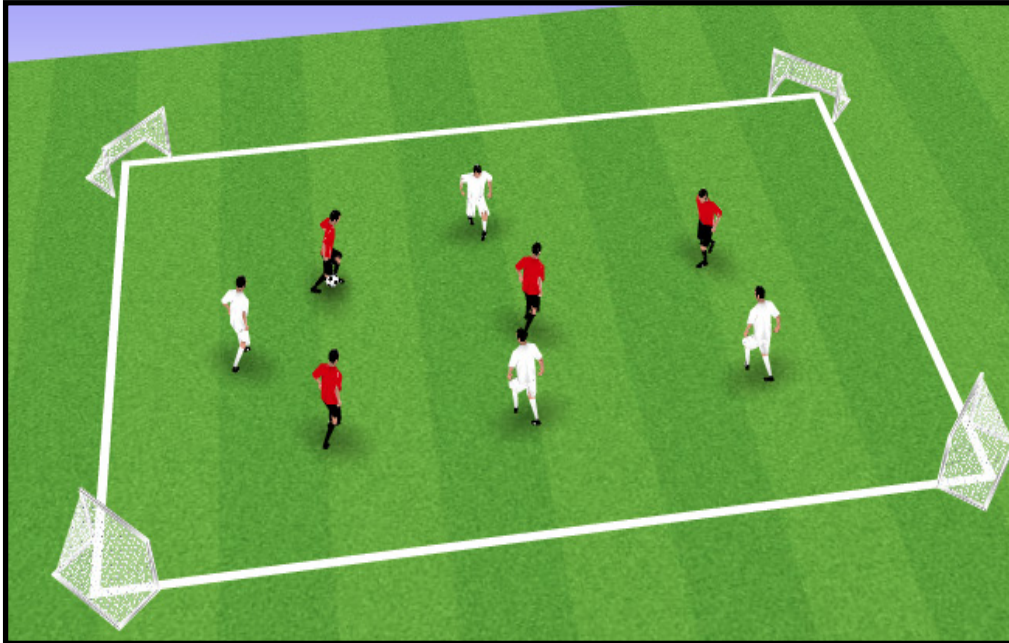
### Small Sided Game

#### 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