

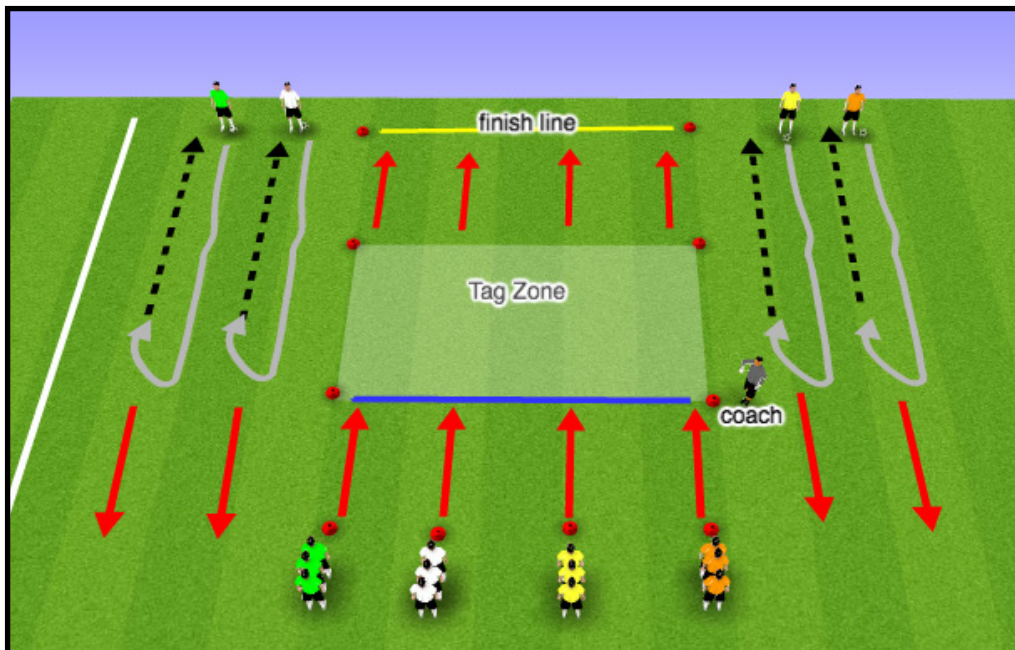
# GLOBAL PREMIER SOCCER

2016 SPRING CURRICULUM

u9 & u10







## Technical Practice

### Set Up/Rules

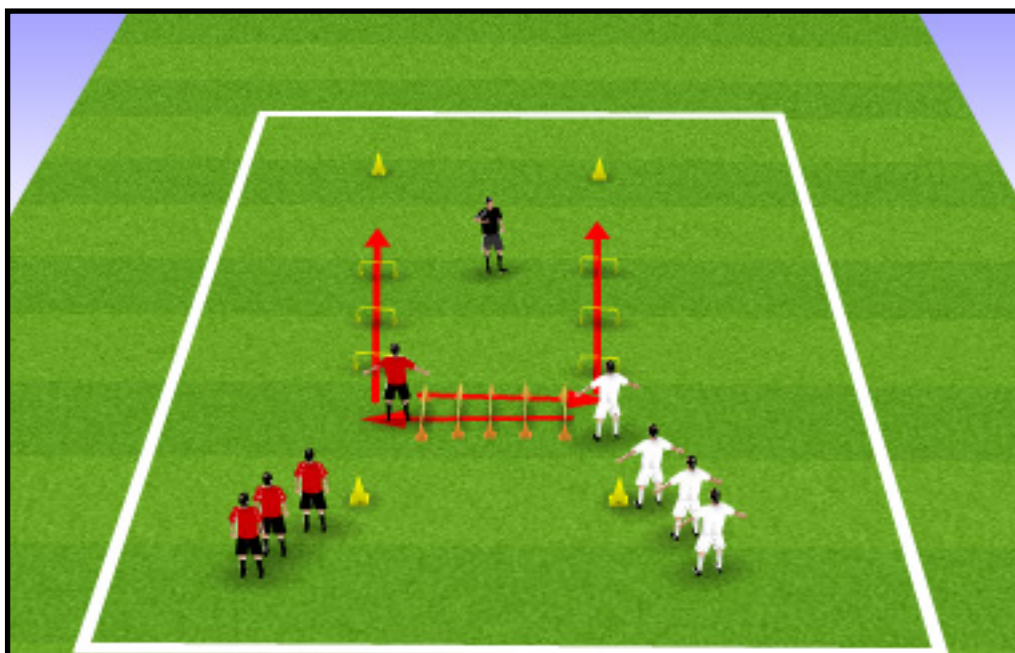
4 teams. On the first coaches command of 'GO'. One player on each team sprints over the first blue line into the tag zone. The last player in the box is "IT" trying to tag the other 3 players who are avoiding being caught but staying in the tag zone. On next call of go 4 players in tag zone race to end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



## Speed, Agility & Quickness

### Set Up/Rules

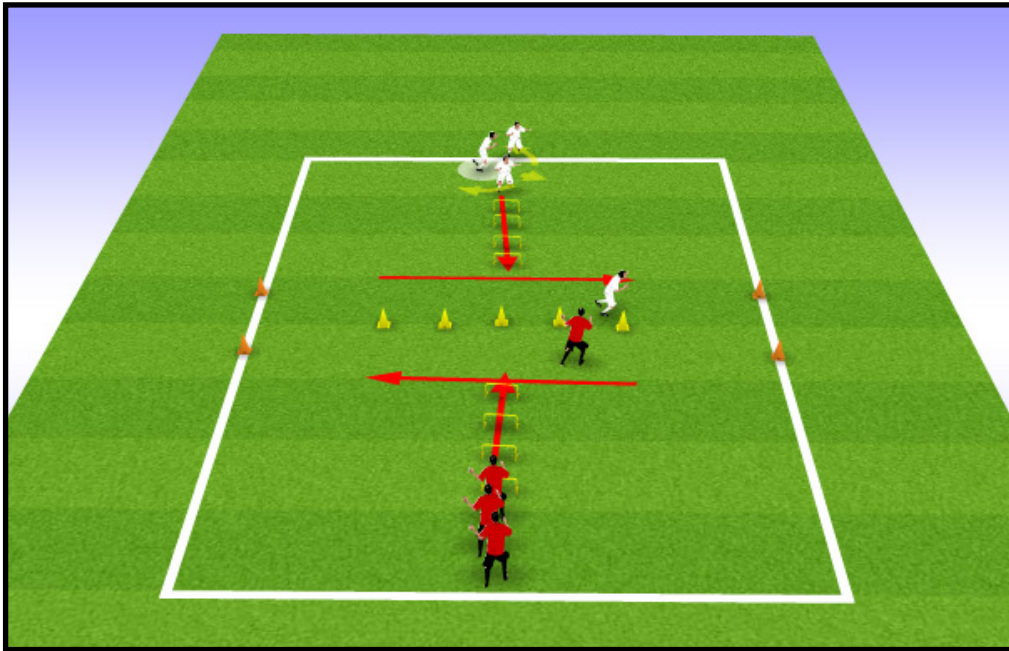
25 yds from start to finish, two teams racing against each other moving over the hurdles laterally and then explode over the small hurdles to the finish. One team is in front of the other on the lateral hurdles given an advantage on the sprint. (use cones to jump over if hurdles are not available)

### Coaching Points

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

### Progressions

One server on each end cone:  
Two 1 touch passes  
Side foot volley  
Chest volley  
Header



## Speed, Agility & Quickness

### Set Up/Rules

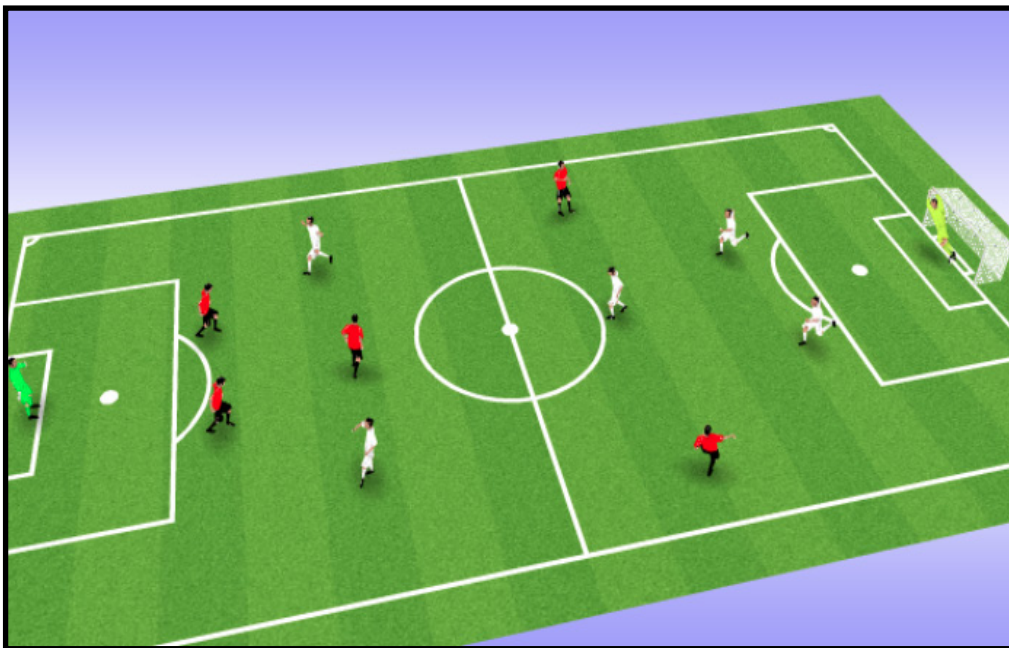
Split players into two teams. Red begin as attackers. First player in each line moves through the hurdles towards the middle line. Red player must now choose to go either left or right and sprint through the gate. White player must move towards other gate. Player who gets through first wins.

### 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 6v6.

Both teams play 1-2-1-2 formation

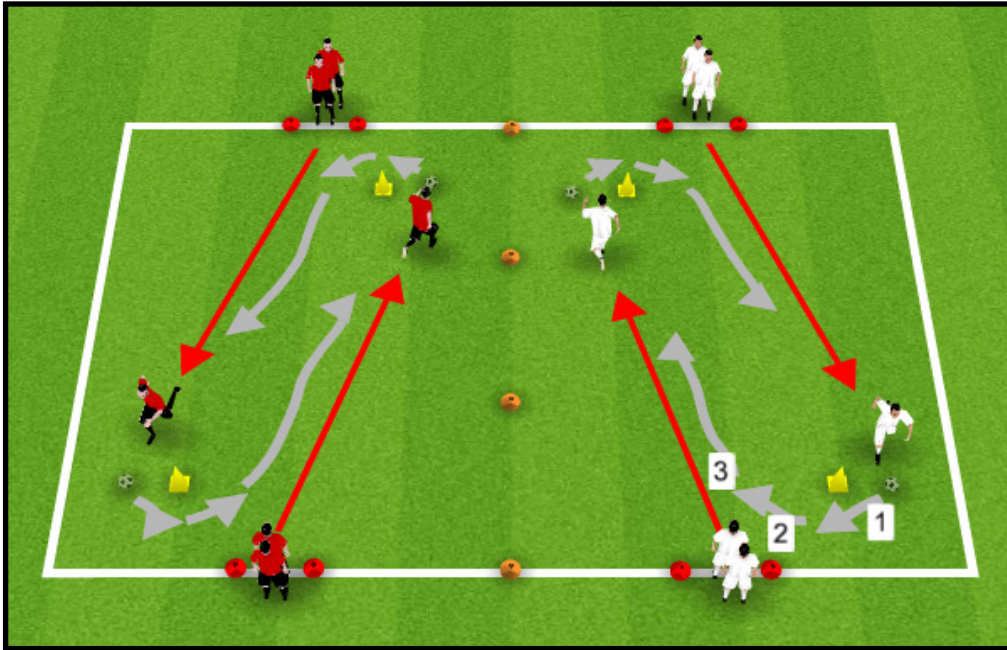
### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible

### Progressions

Have a ladder on the side of the field which coach will call one player to leave the game run through and re-join the game. Can team take advantage of overload.





## Technical Practice

### Set Up/Rules

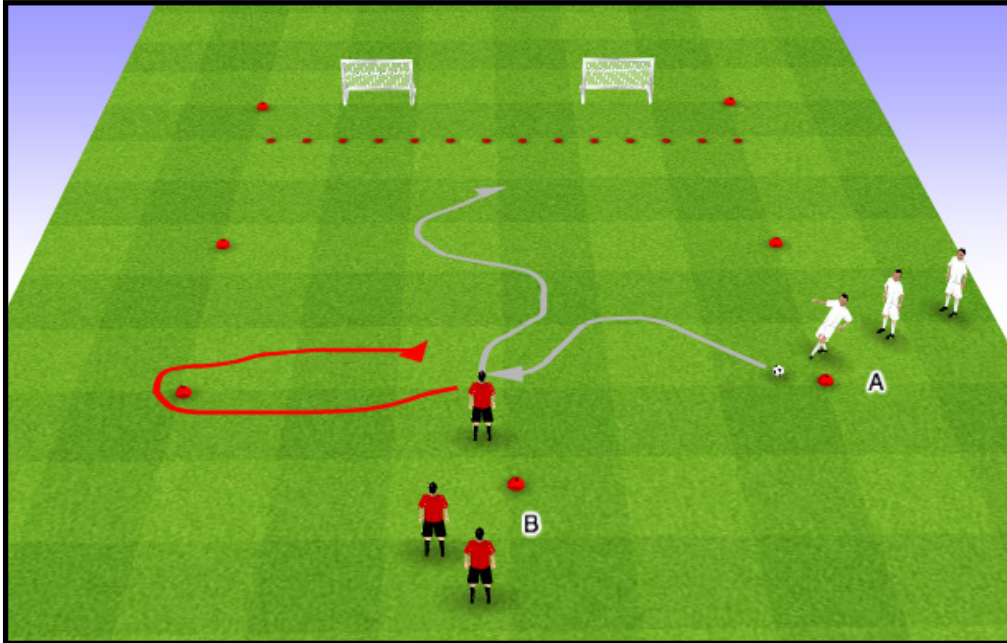
On coach's command, first player in each line sprints to opposite end's tall cone to take ball. Touches must be done in 3 steps: 1) A "negative" touch towards end line, 2) a touch cutting back towards original line, 3) explosive touch back towards line where they speed dribble to replace ball between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

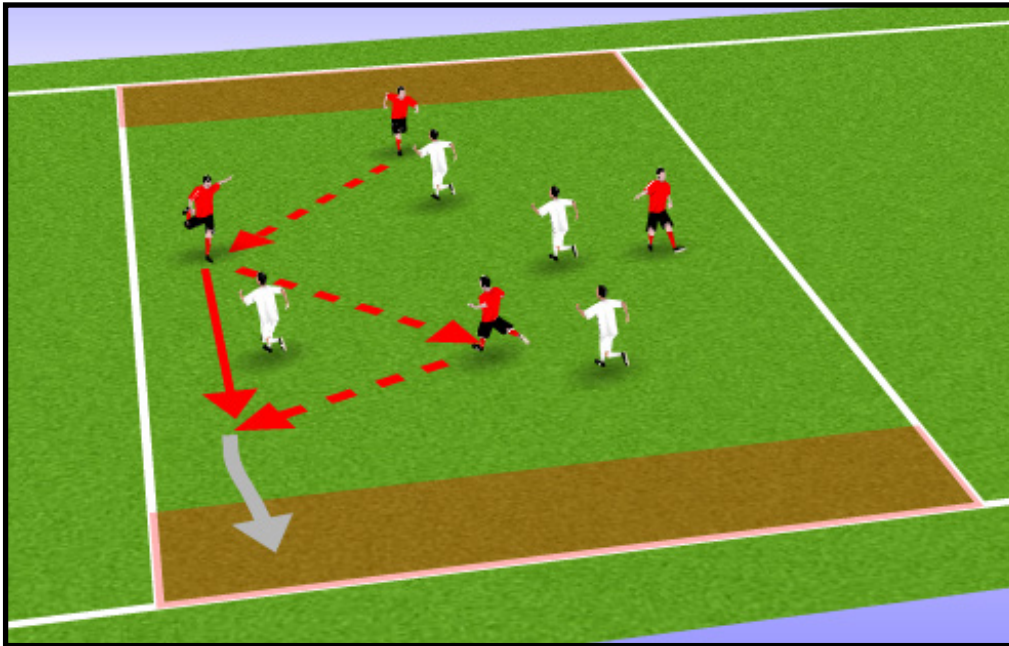
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock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



### Small Sided Game

#### Set Up/Rules

Play 6v6.  
Both teams play 1-2-1-2 formation

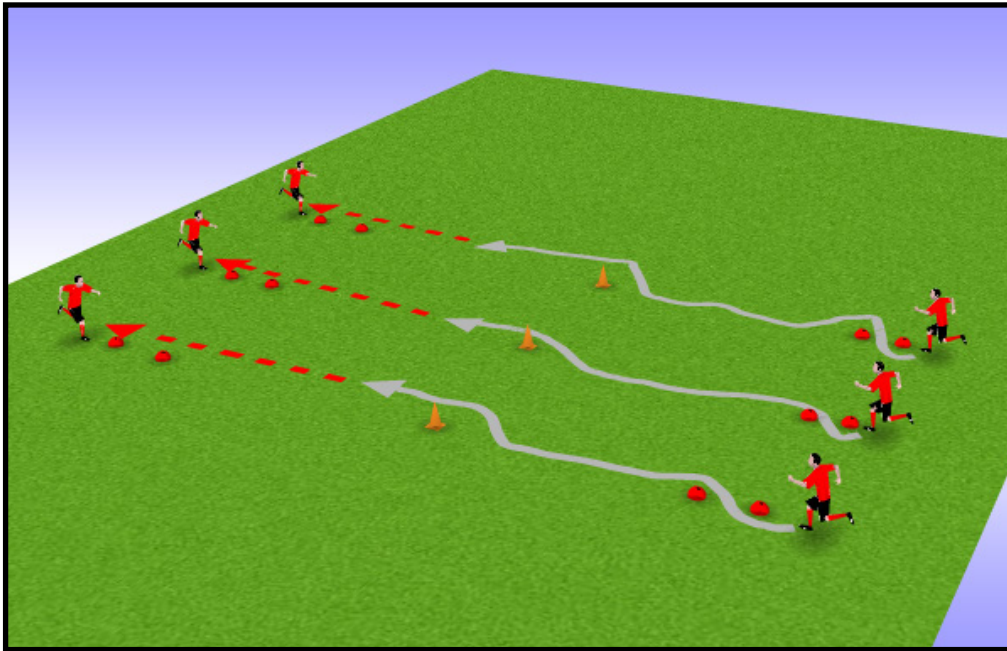
#### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible

#### Progressions

Team can score a goal with 5 passes in a row





## Technical Practice

### Set Up/Rules

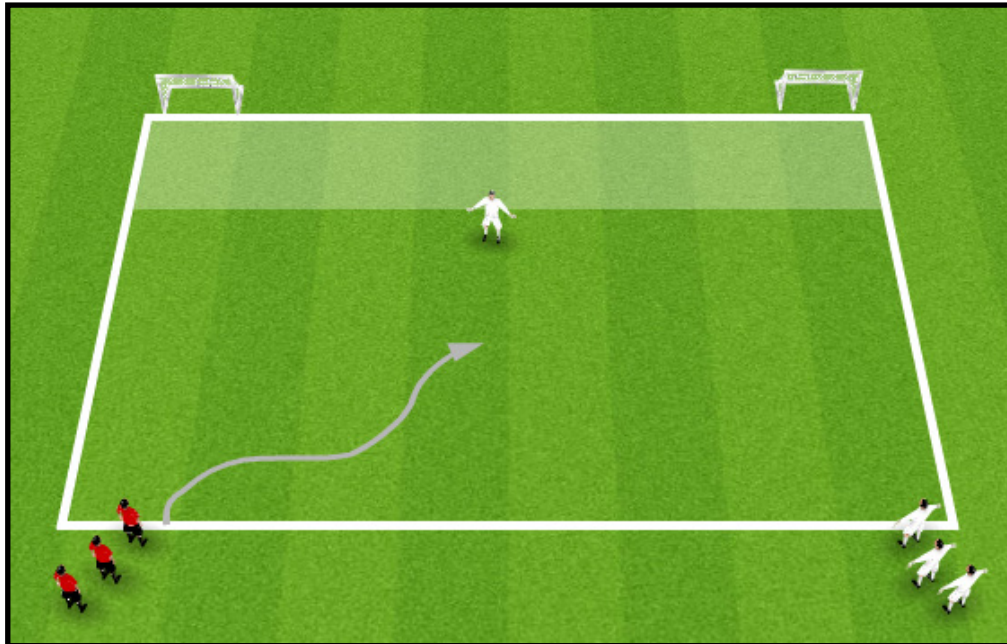
Split players into even groups. First player in line dribbles ball through 2 small cones and then towards larger center cone. Player performs 1v1 move past the cone before passing to line opposite. Players perform a scissors move to the right past central cone.

### Coaching Points

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

### Progressions

Scissors to the left



## 1v1

### Set Up/Rules

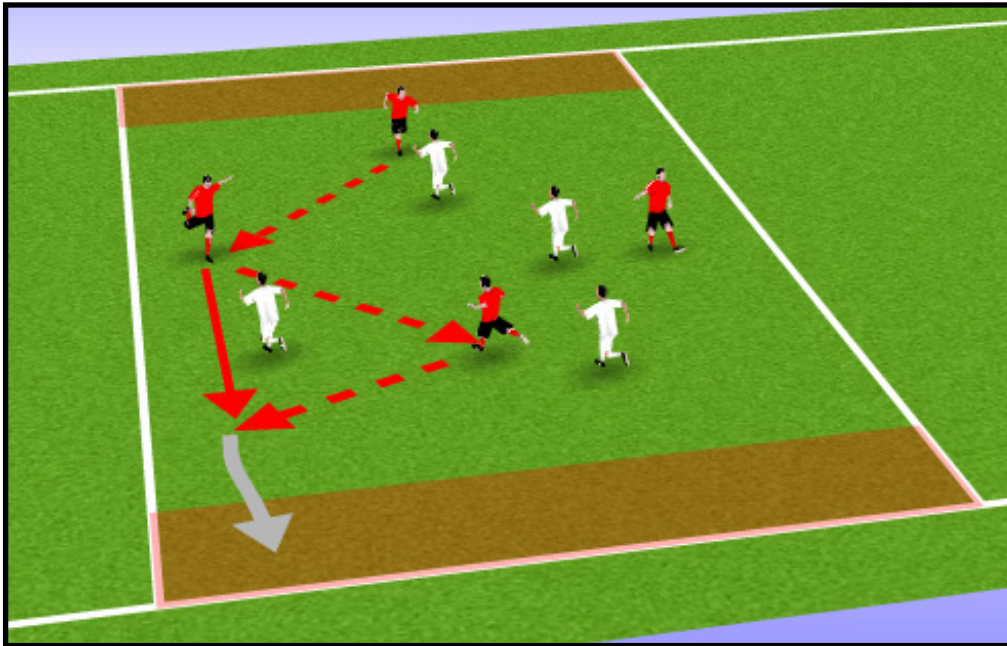
Red attacks diagonally to try to beat the white and score in the goal. Cant shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

### 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

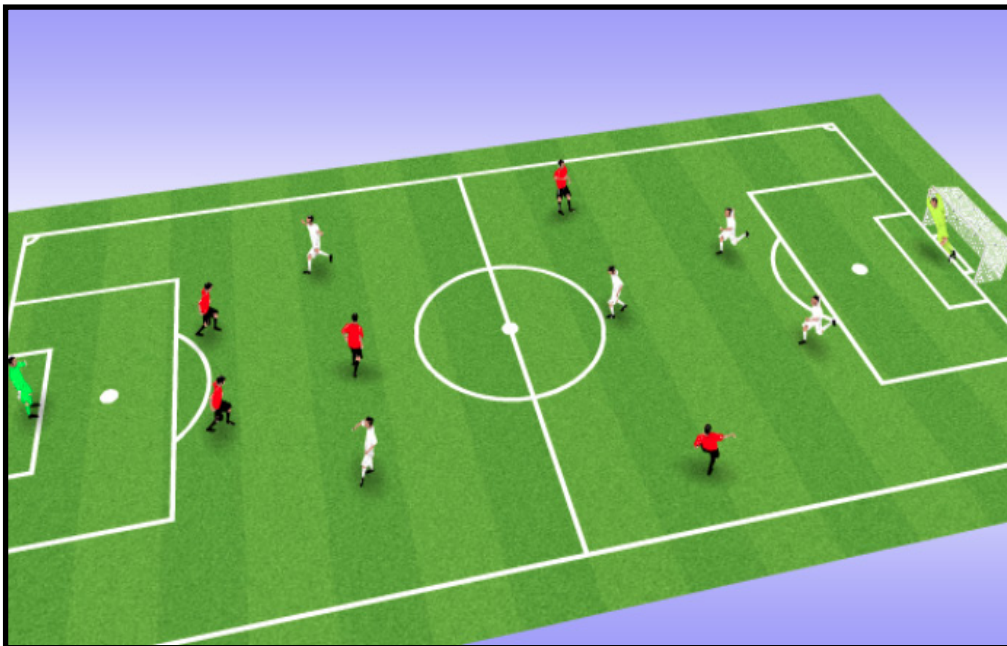
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

#### Progressions

Once team scores in one end they can turn and attack the other end.



### Small Sided Game

#### Set Up/Rules

Play 6v6.

Both teams play 1-2-1-2 formation

#### Coaching Points

Firm passes with inside of foot

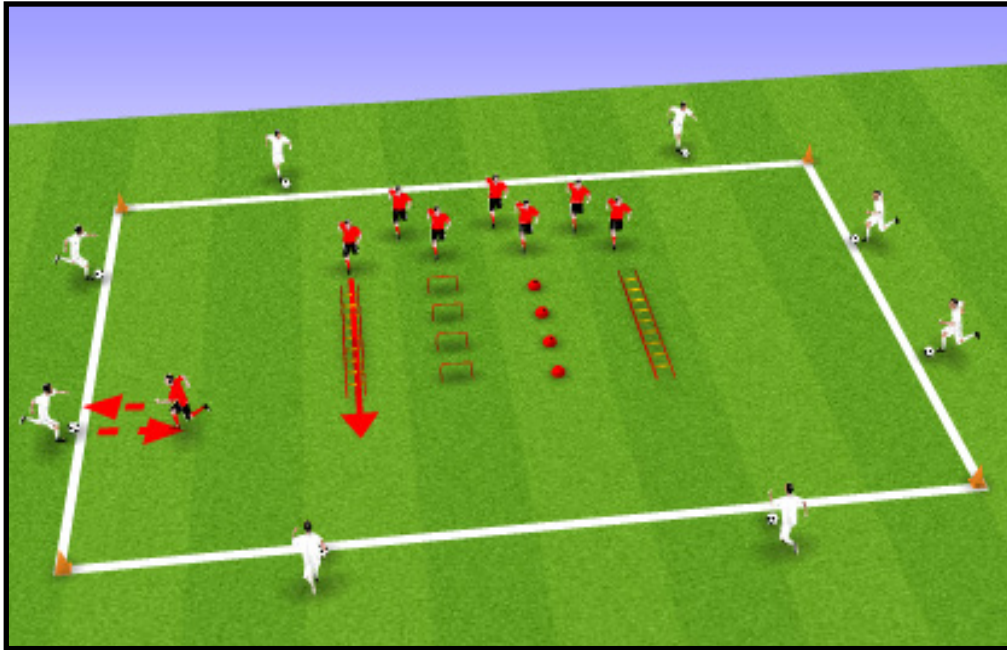
Receive with back foot

Positive first touch where possible

#### Progressions

Coach re-starts the game by throwing the ball to a different player each time. Vary the throw to test different types of ball control to start the game.





## Speed, Agility & Quickness

### Set Up/Rules

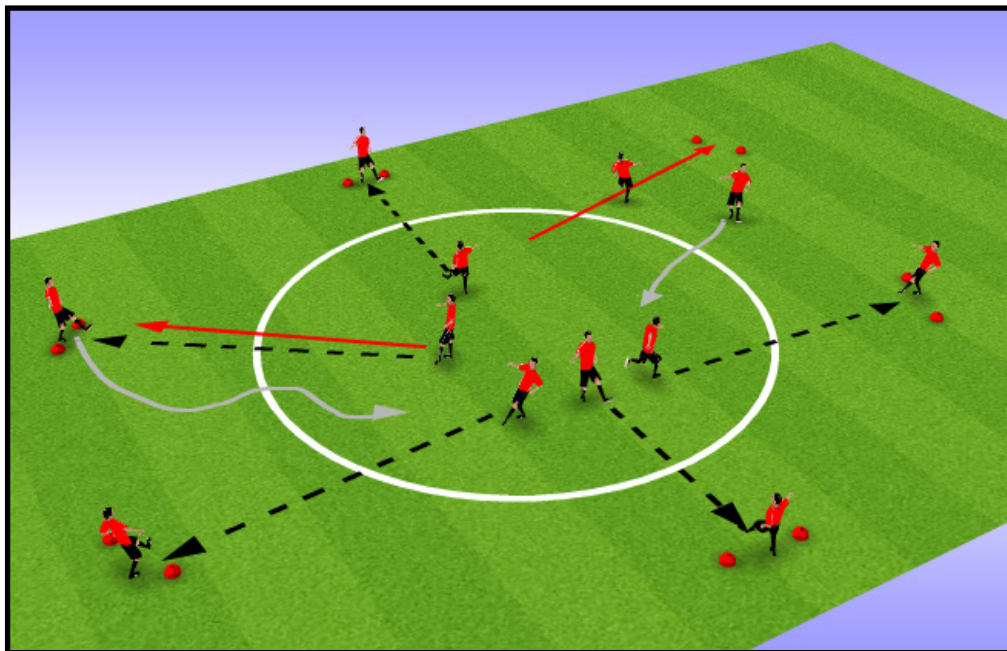
Two teams. One team have a ball each and spread around the outside of the area. The other team start inside the area. Players inside move through the equipment in anyway they choose. Once through a piece of equipment they move to the outside and play 2 first time passes with the outside player. Player then repeats the process. (use cones if ladders and hurdles are not available)

### Coaching Points

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

### Progressions

Side foot volley  
Chest volley  
Header



## Technical Practice

### Set Up/Rules

Have 1 player stand in each of the set of cones. Rest of the players inside the area with a ball. Players on the outside shuffle side to side between the cones with fast foot work. Players in the inside pass out to a spare player and move out to replace them in the cones. Receiving player dribbles into the center and finds a pass to an outside player.

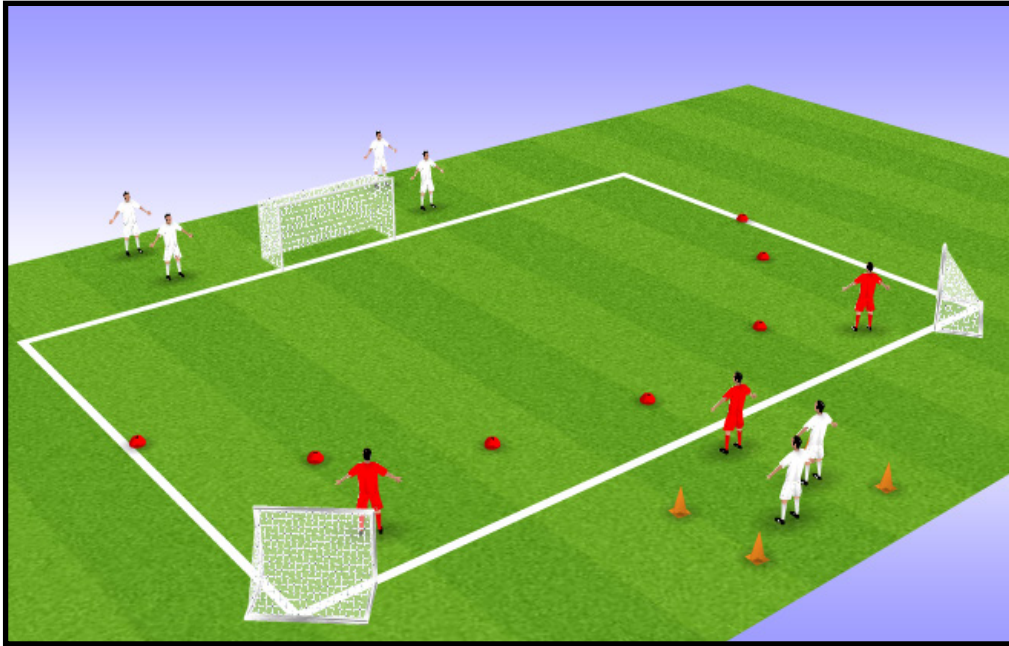
### Coaching Points

Quality of pass.  
Awareness of next pass  
Timing of pass to player  
performing moves.

### Progressions

Figure of 8 around the cones  
2 foot jump over cones left to right and right to left





### 3v2

#### Set Up/Rules

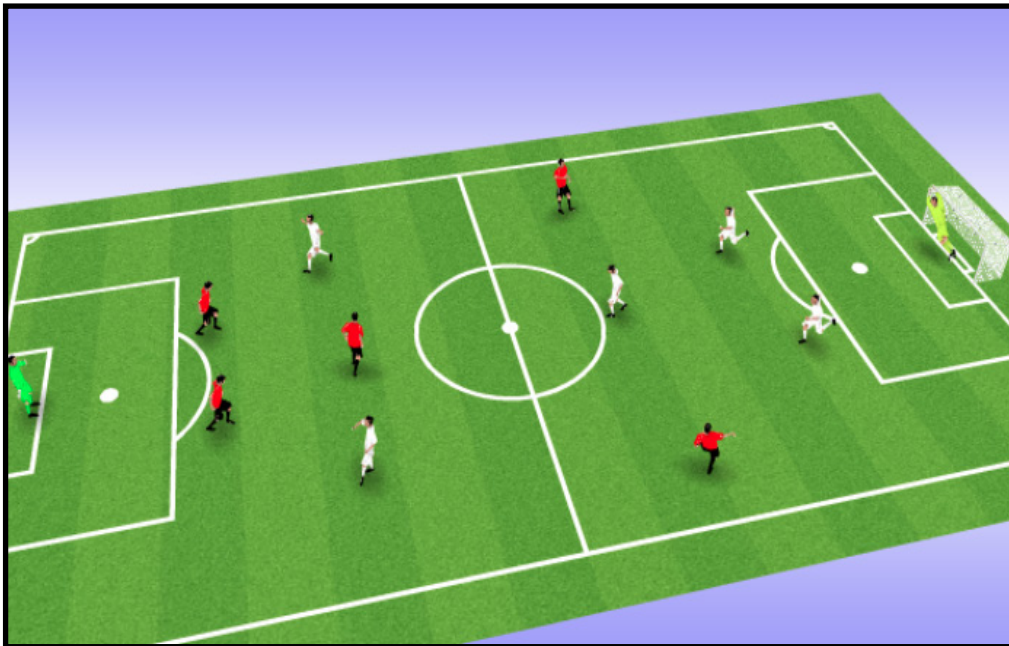
Position a large goal at 1 end of the pitch with 2 smaller goals/targets in either corner at the opposite end. Equidistant, but slightly set back, from the 2 smaller goals – mark out a 2x2 yard 'holding area'. Mark out a "curved line" from 1 side of the pitch to the other with the start and end points being approximately.

#### Coaching Points

Attack at speed  
Positive touch into space  
Change of speed or direction to beat defender  
Pass or Dribble

#### Progressions

Rotate attackers and defenders



### Small Sided Game

#### Set Up/Rules

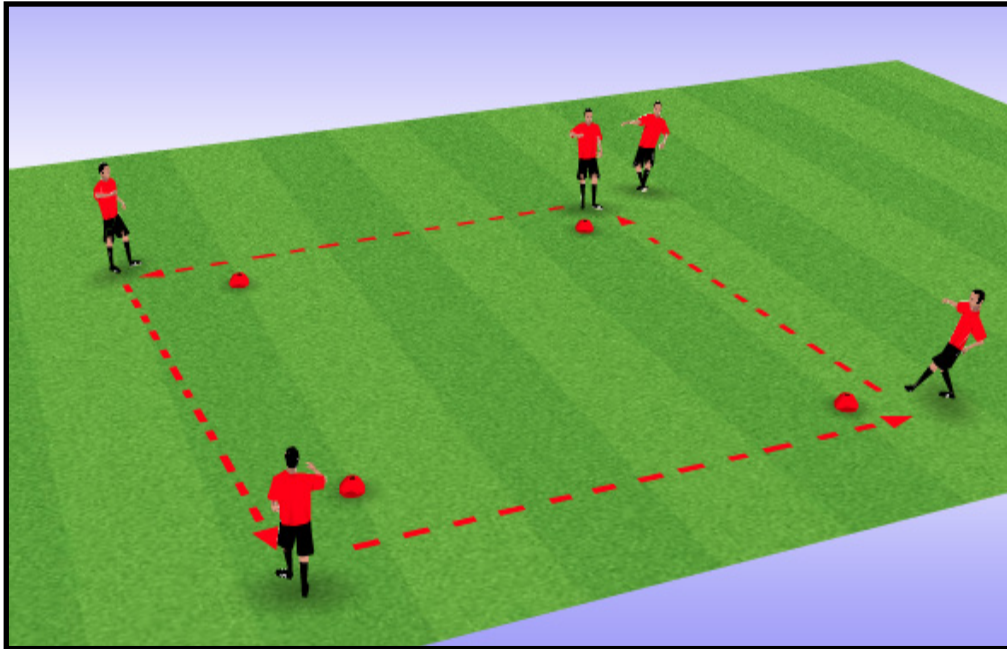
Play 6v6.  
Both teams play 1-2-1-2 formation

#### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible

#### Progressions

Coach re-starts the game by throwing the ball to a different player each time. Vary the throw to test different types of ball control to start the game.



## Passing Square

### Set Up/Rules

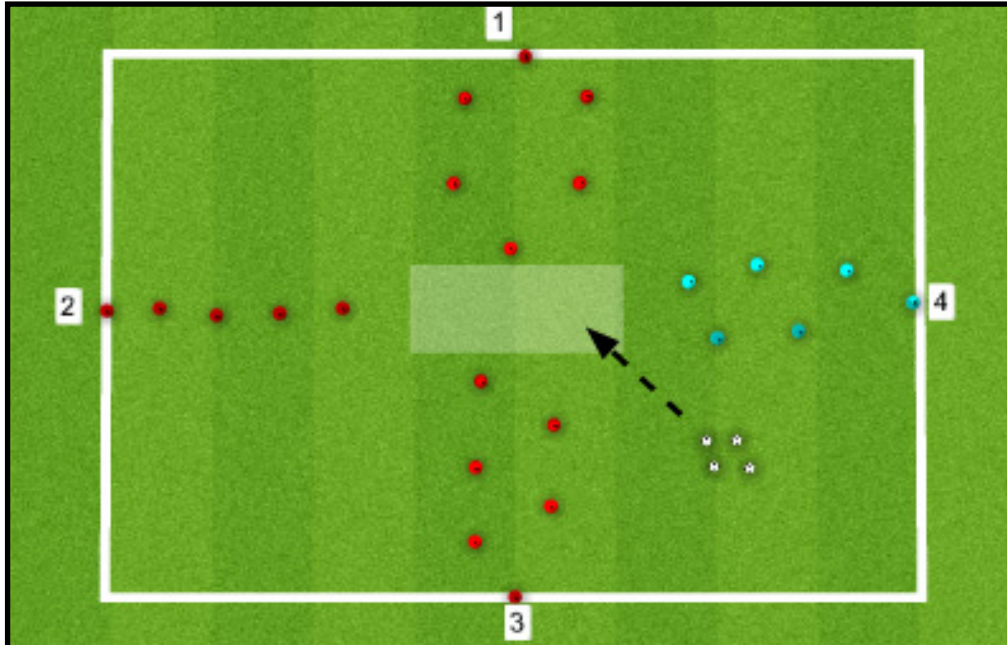
Players pass the ball around the outside of the square.  
Players moves to the cone they pass to.

### Coaching Points

Firm pass with inside of foot  
Receive with back foot  
Touch into space

### Progressions

Play to the right  
Play to the left  
Give and go around the cone  
Set ball back and switch ball to next cone.



## Rondo with SAQ

### Set Up/Rules

Have 2-3 players behind each set of cones. 1 player from each line move through the cones with fast footwork into the square. Play 3 v 1 with the defender the player coming through the blue cones. Rotate to next set of cones once defender clears the ball from the box.

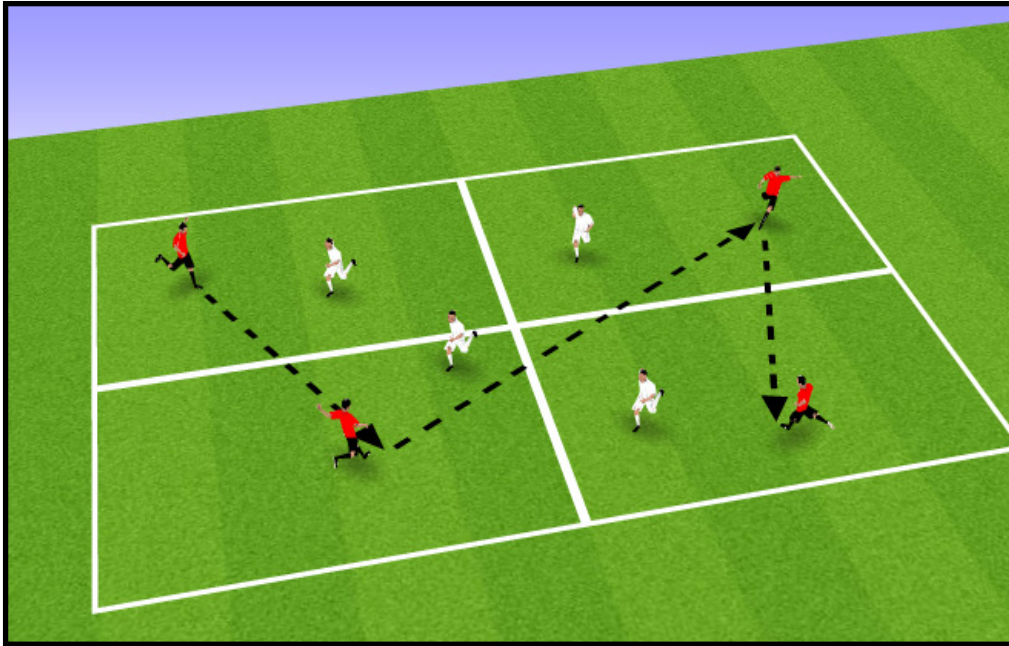
### Coaching Points

Quality of foot work through cones  
Quality of one touch play  
Awareness of next pass

### Progressions

2 touch play inside the box





### Small Sided Game

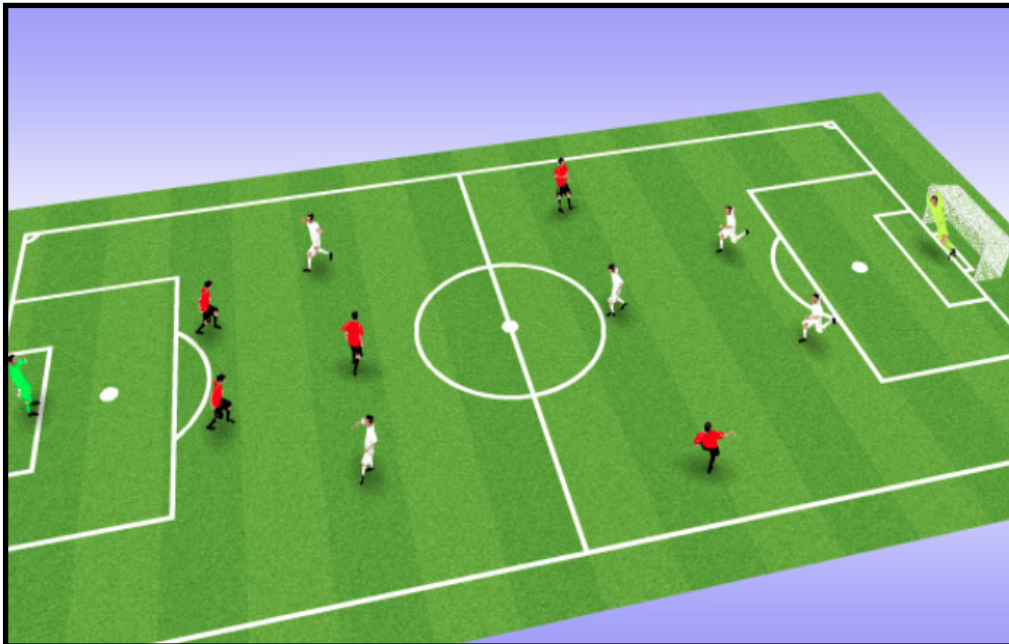
#### Set Up/Rules

Play 4v4. 4 Zone game. To gain a point team must get the ball into all 4 zones without opposition touching the ball. Ball can be passed or dribbled between zones.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open zone.



### Small Sided Game

#### Set Up/Rules

Play 6v6.

Both teams play 1-2-1-2 formation

#### Coaching Points

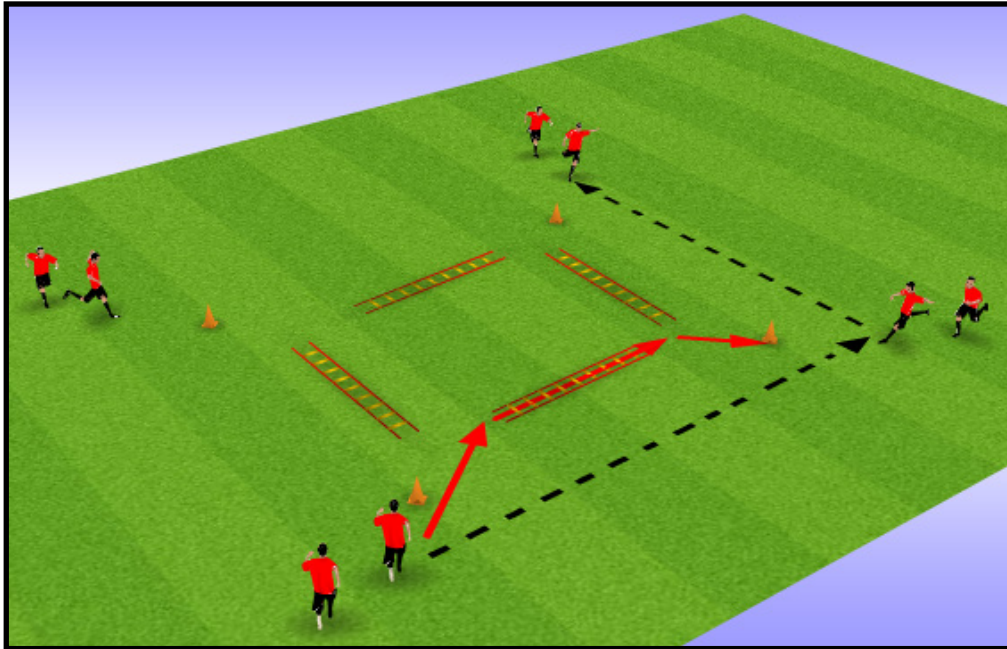
Firm passes with inside of foot

Receive with back foot

Positive first touch where possible

#### Progressions

Team can score a goal with 5 passes in a row



## Speed, Agility & Quickness

### Set Up/Rules

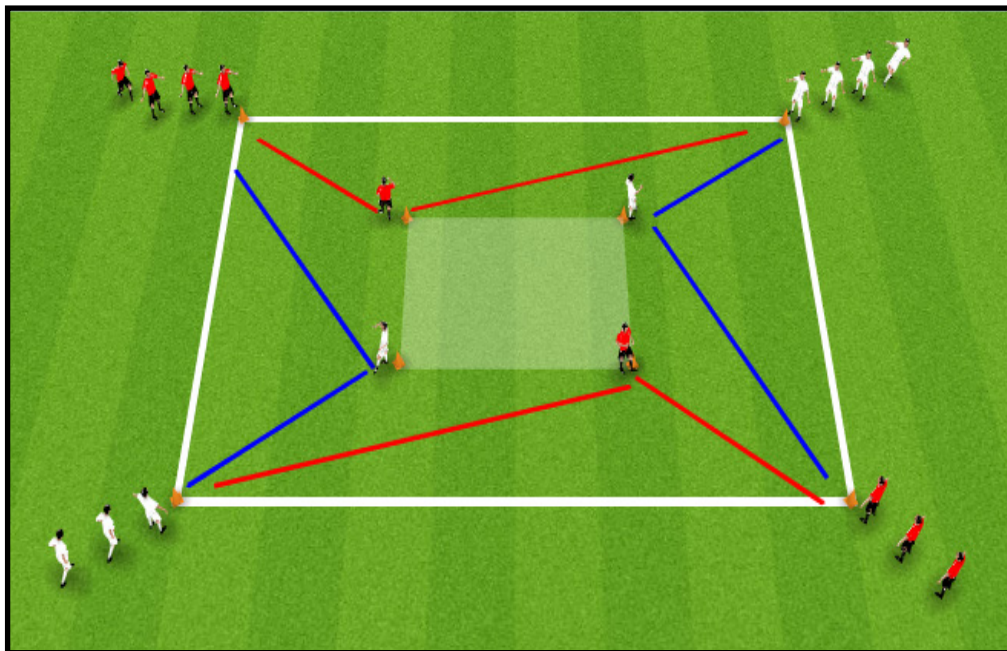
Players pass the ball around the outside of the square. Once player has played a pass they move through a ladder in the direction they played the pass and join the next line. (use cones if ladders not available)

### Coaching Points

Receiving skills  
Weight and accuracy of pass  
Quality of footwork through ladder

### Progressions

Pass ball in opposite direction



## Technical Practice

### Set Up/Rules

Ball is passed into central player who receives and passes out to the right. Players follow passes.

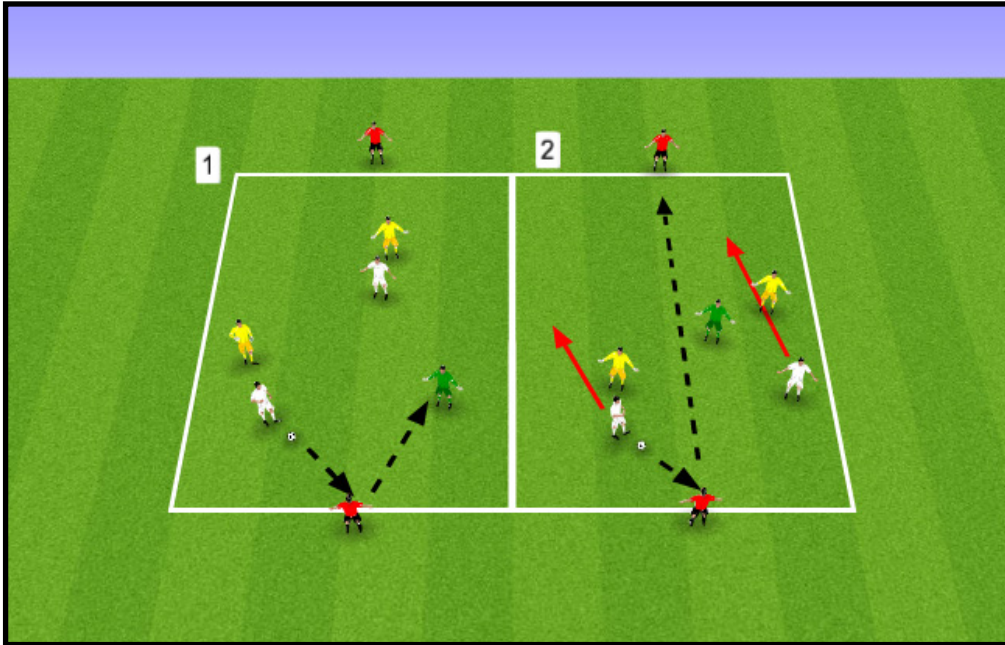
### Coaching Points

Friendly passes to help team mate  
Good first touch into space  
Keep ball close when dribbling

### Progressions

Play to the left  
Players turn, dribble through the square and pass to line opposite.  
Add defender in central square to apply pressure.





## Forward Passing

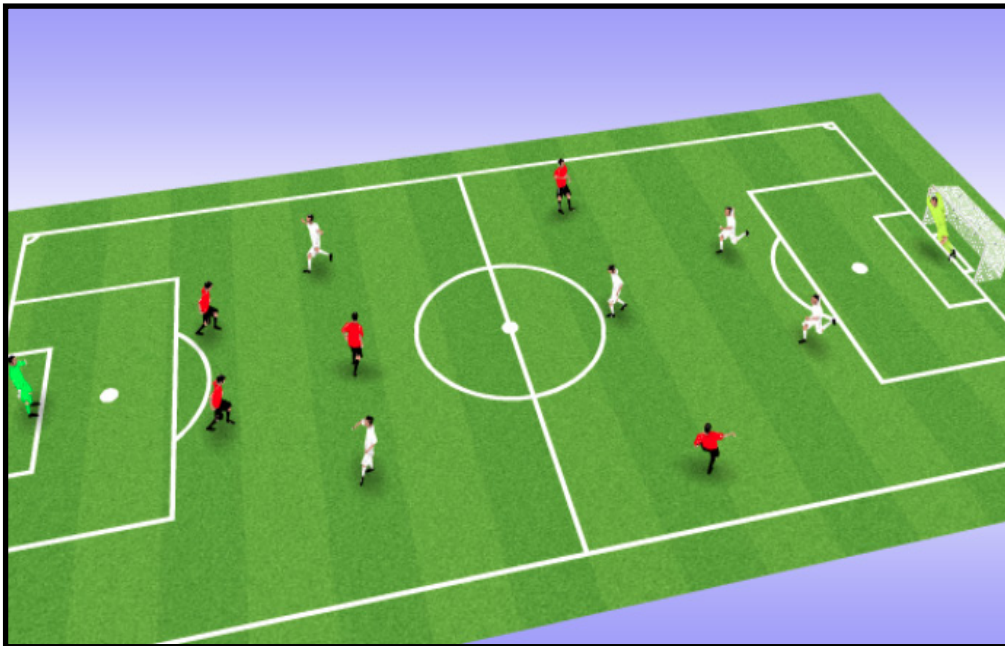
### Set Up/Rules

2 teams play inside area with one team used as target players. 2 middle teams combine and keep possession for as long as possible using outside men and neutral player as overload. Outside player objective to find the spare player. 2. Same as before but end players only on one touch they can now pass to opposite end player as an extra support

### Coaching Points

Player awareness on the ball.  
Move the ball quickly, looking for the spare player.  
Always be available when in possession.

### Progressions



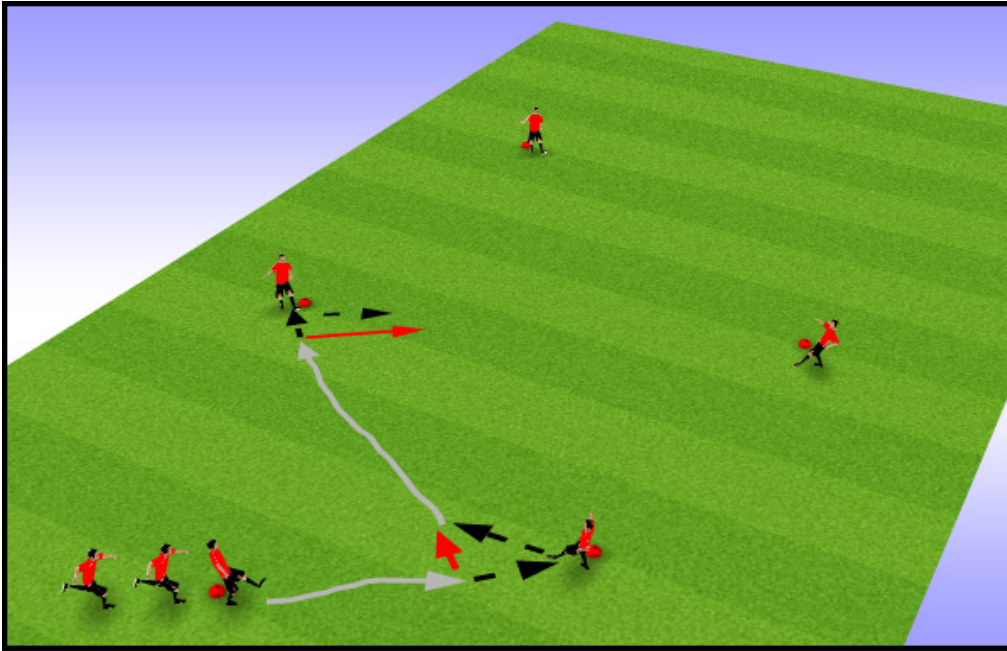
## Small Sided Game

### Set Up/Rules

Play 6v6.  
Both teams play 1-2-1-2 formation

### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible



## Technical Practice

### Set Up/Rules

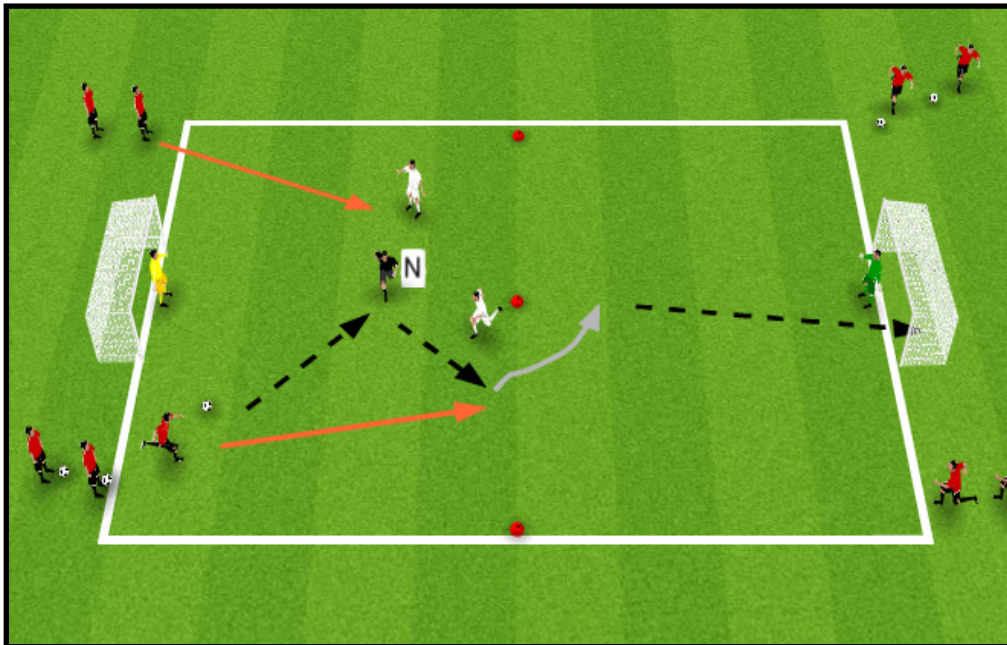
Have one player on each cone. All others on start cone with a ball. Players with ball dribble towards each player and play a give and go. Once at end dribble back to start. Rotate players on cone and repeat each exercise.

### Coaching Points

Quality of technique

### Progressions

2 one touch passes  
 Pass and run around player to get ball back  
 Players on cone now hold ball and serve:  
 Side foot volley  
 Chest/Volley



## 2v2/3v2

### Set Up/Rules

2 defenders and a neutral player start in the area. 2 reds from one end attack to create 3v2 with N player. Once goal is scored or ball crosses endline 2 reds from opposite end attack. Rotate defenders every 3 mins

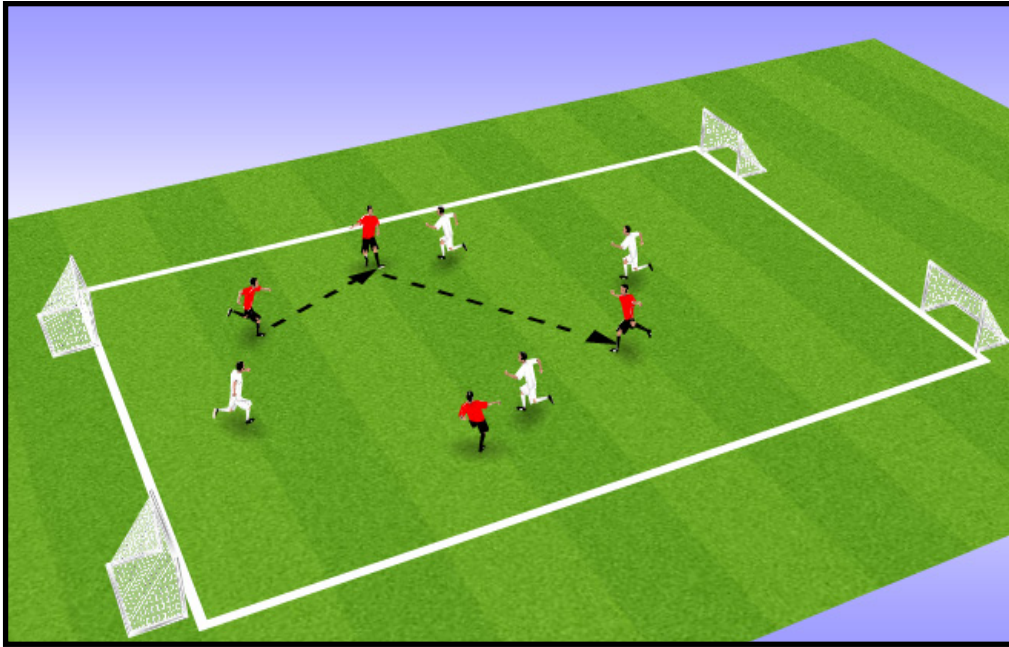
### Coaching Points

Attack at speed  
 Positive touch into space  
 Change of speed or direction to beat defender  
 Dribble or Pass

### Progressions

Take out N player and play 2v2





### Small Sided Game

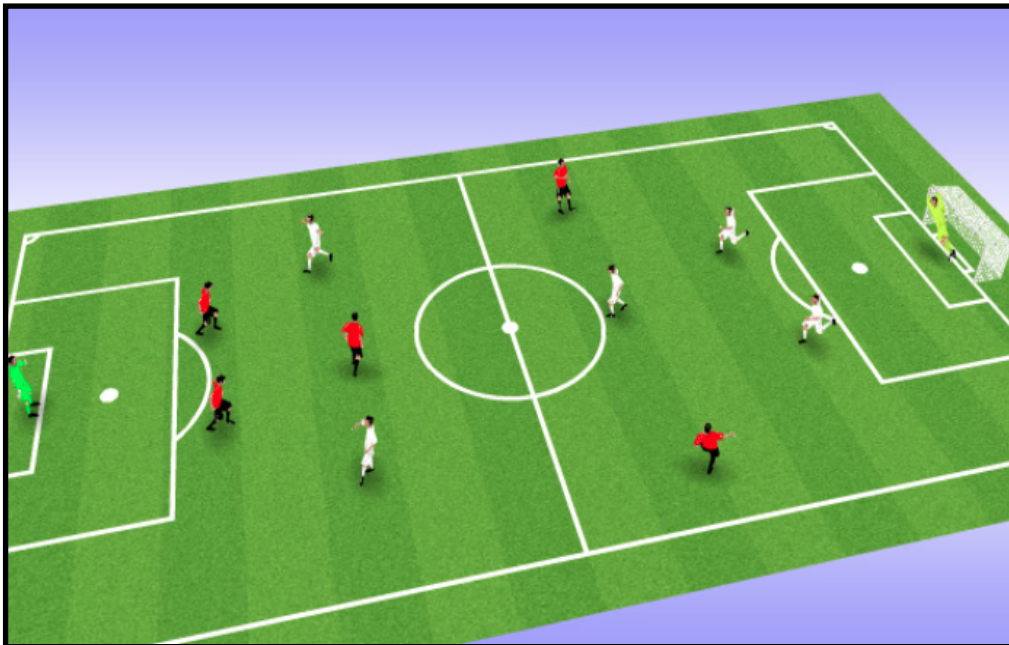
#### Set Up/Rules

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.



### Small Sided Game

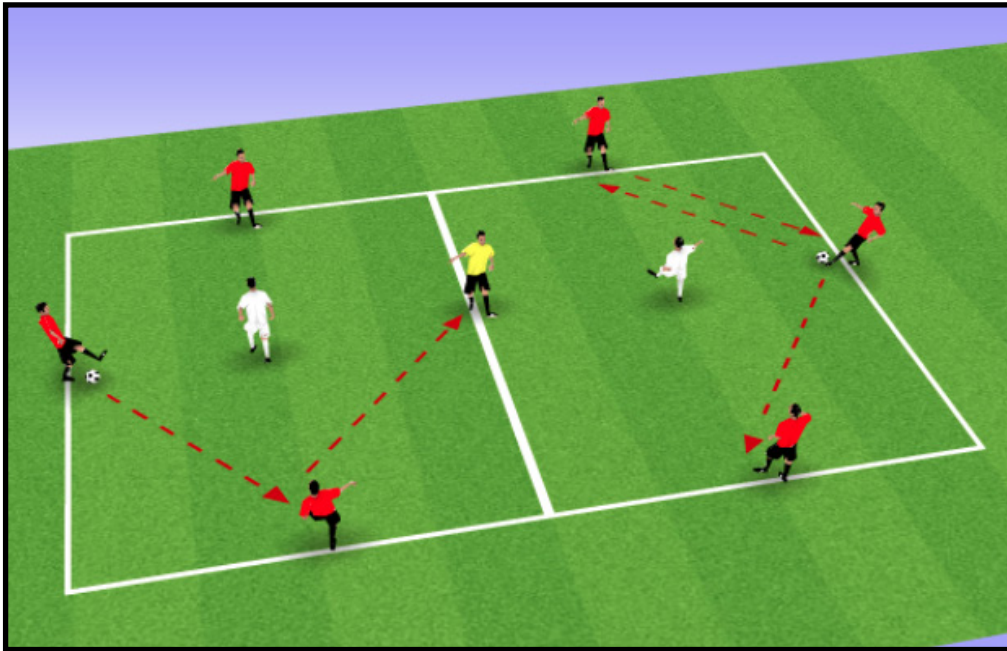
#### Set Up/Rules

Play 6v6.

Both teams play 1-2-1-2 formation

#### Coaching Points

Exploit 2v1 Situations.



## Technical Practice

### Set Up/Rules

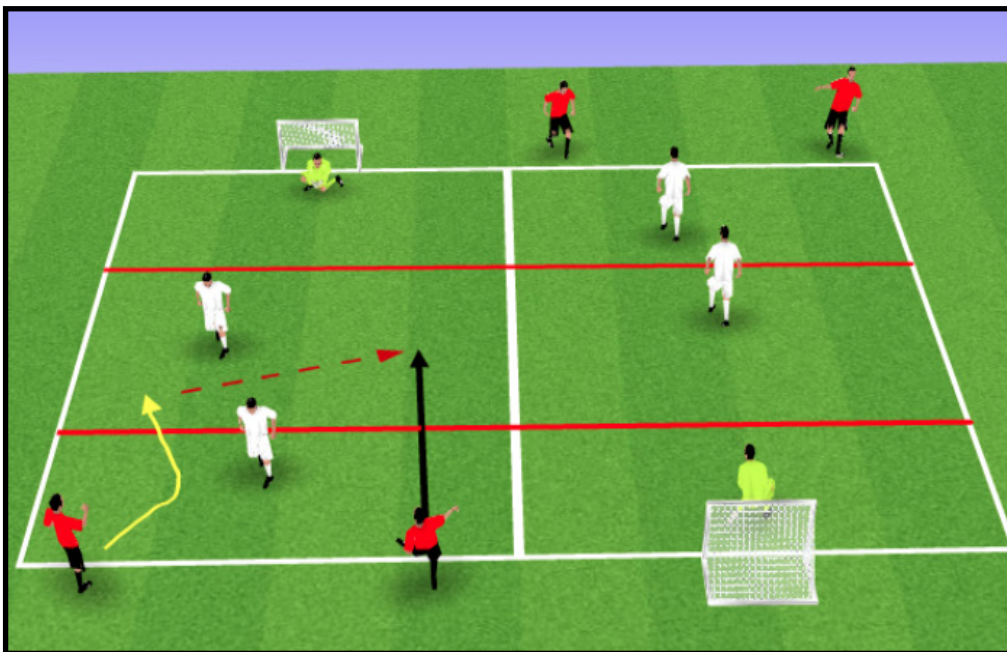
Red pass to black and moves through ladders and hurdles to next cone. Black passes to yellow and follows pass. Yellow dribbles to red and stops ball.

### Coaching Points

Quality of pass.  
Quality of footwork through equipment

### Progressions

Now have central player receive and pass behind them to continue circuit through both exercises. How many balls can be moving?



## 2v1 Circuit

### Set Up/Rules

Set field out as shown, each zone 12x10 yards. 1 defender in each zone. Defenders are restricted to zone. 2 attackers enter the area and try and get past the 2 defenders into the end zone to score. Attackers move to next zone once ball is out of play or goal is scored. If defenders win the ball they try and dribble to start line to gain a point.

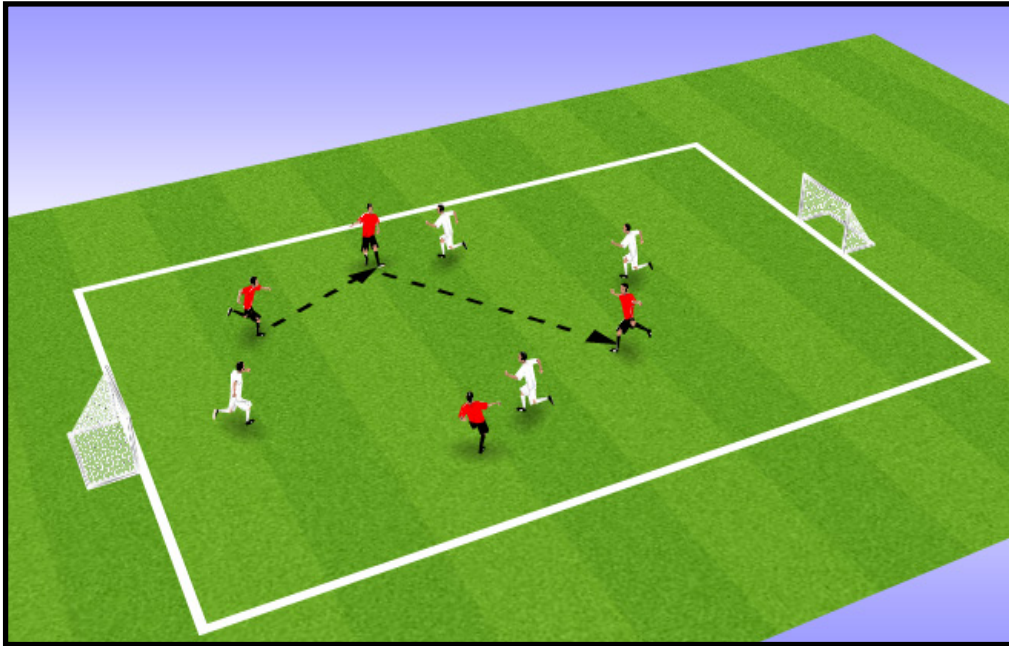
### Coaching Points

Pass or dribble  
Combination play

### Progressions

Rotate defenders.  
1st time finish inside end zone





### Small Sided Game

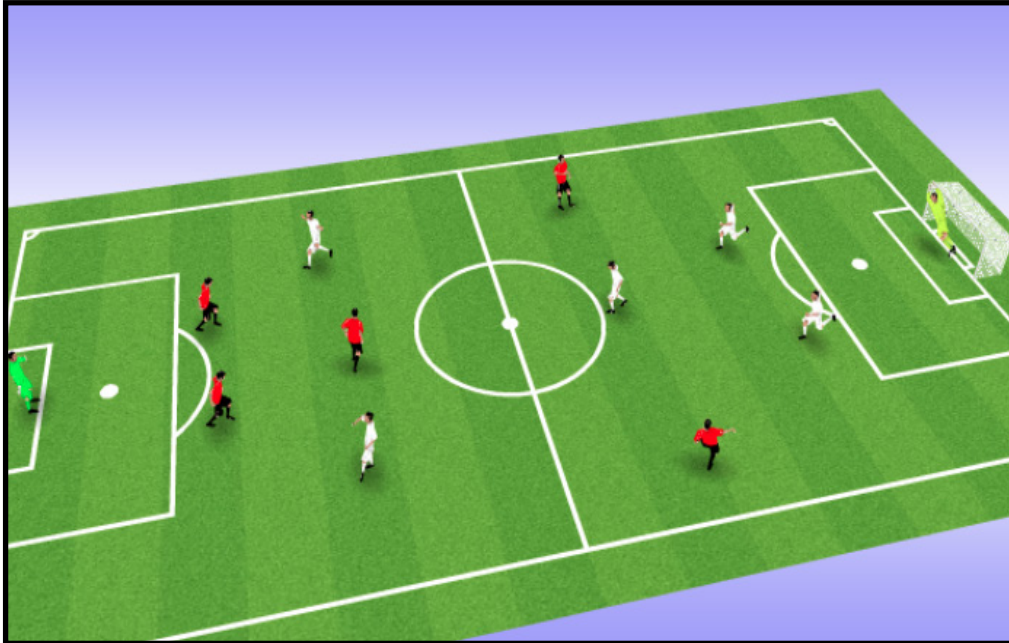
#### Set Up/Rules

Play 4v4.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



### Small Sided Game

#### Set Up/Rules

Play 6v6.

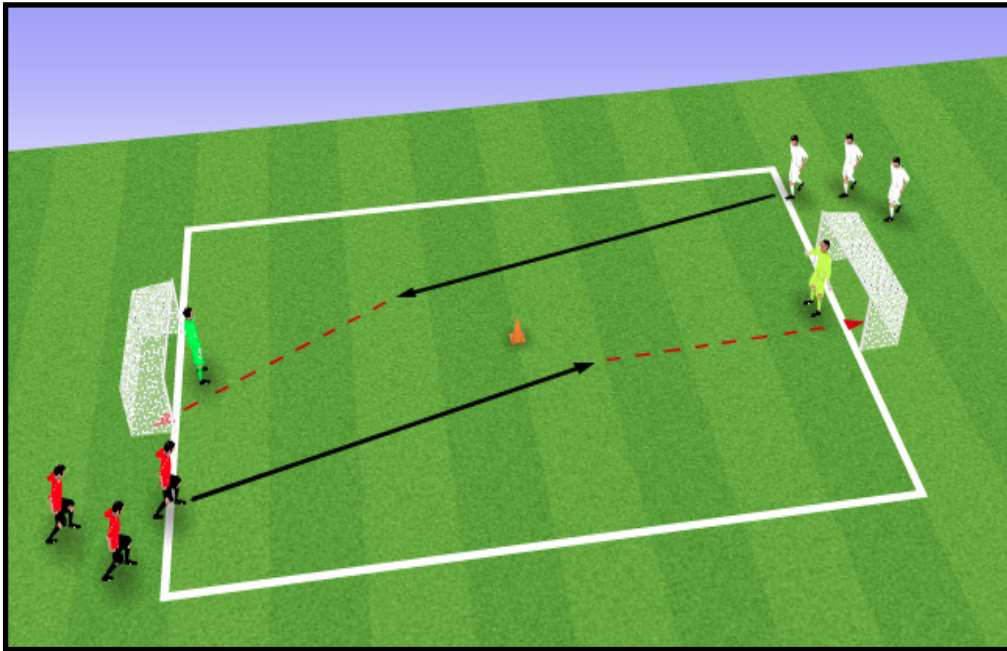
Both teams play 1-2-1-2 formation

#### Coaching Points

Firm passes with inside of foot

Receive with back foot

Positive first touch where possible



## Shooting Races

### Set Up/Rules

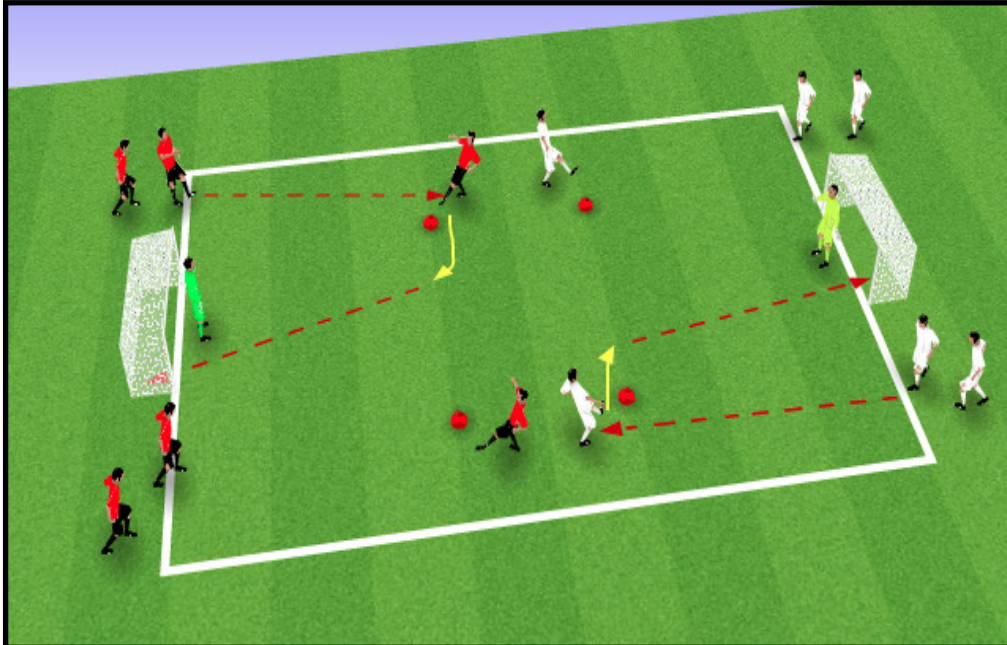
Players dribble past the central cone and shoot for goal.

### 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.

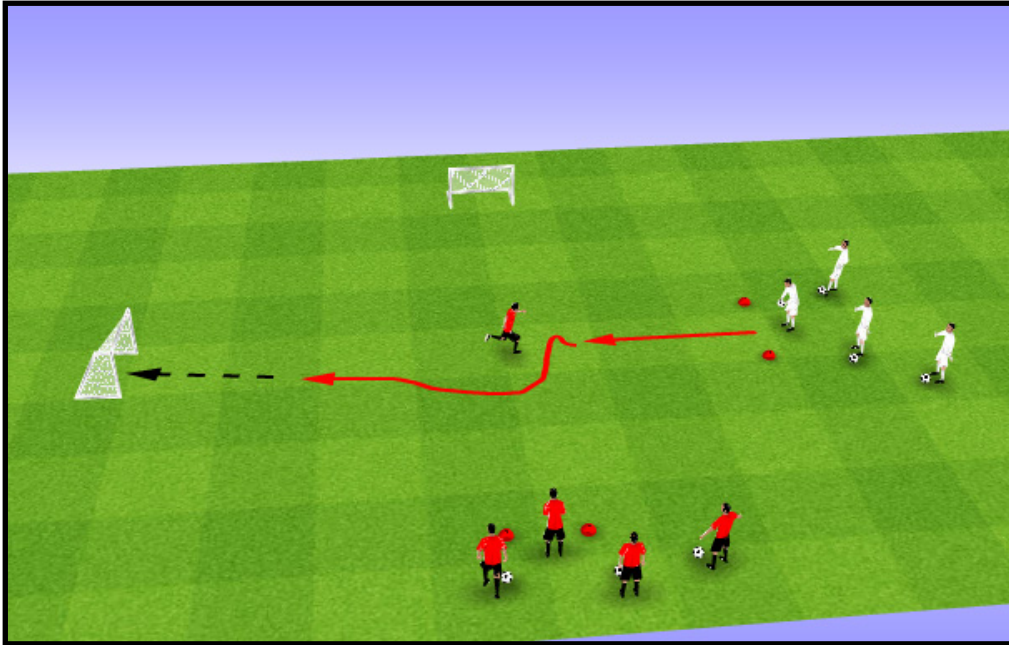
### Coaching Points

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

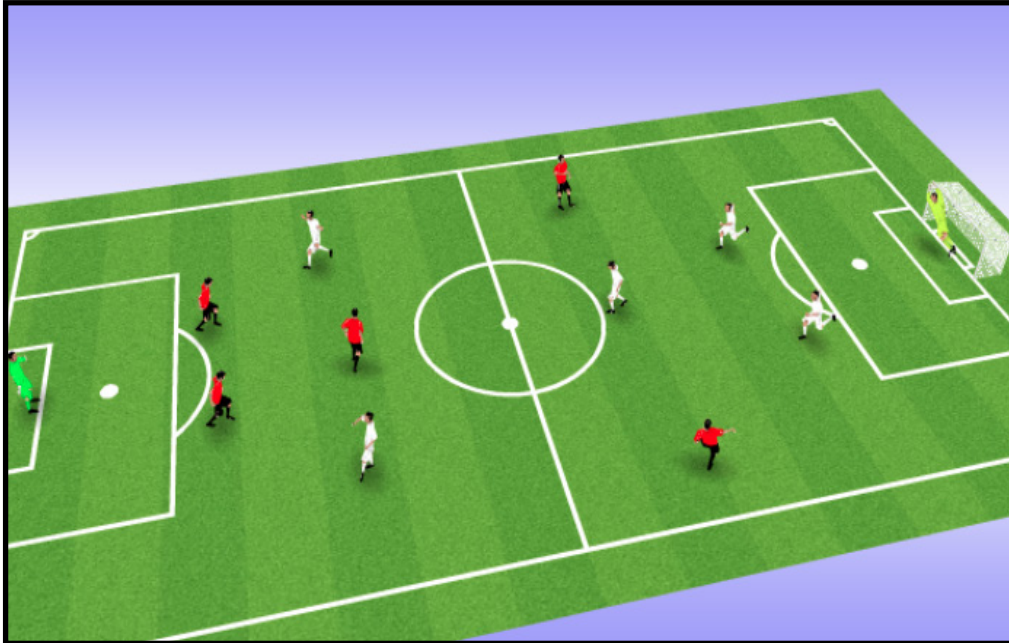
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

### Coaching Points

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

### Progressions

2v2



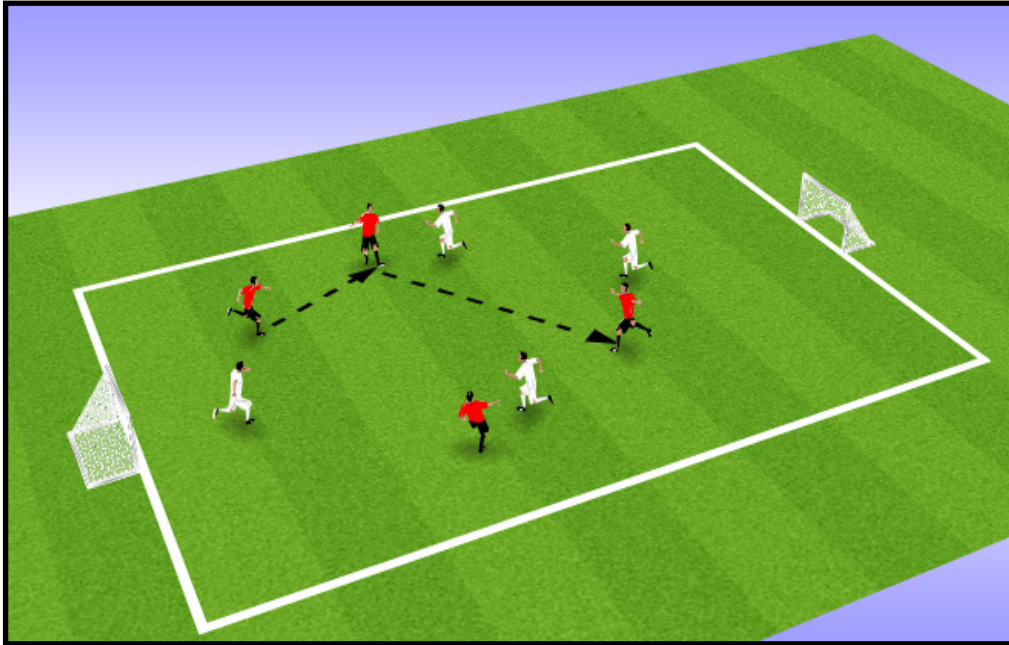
## Small Sided Game

### Set Up/Rules

Play 6v6.  
Both teams play 1-2-1-2 formation

### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible



### Small Sided Game

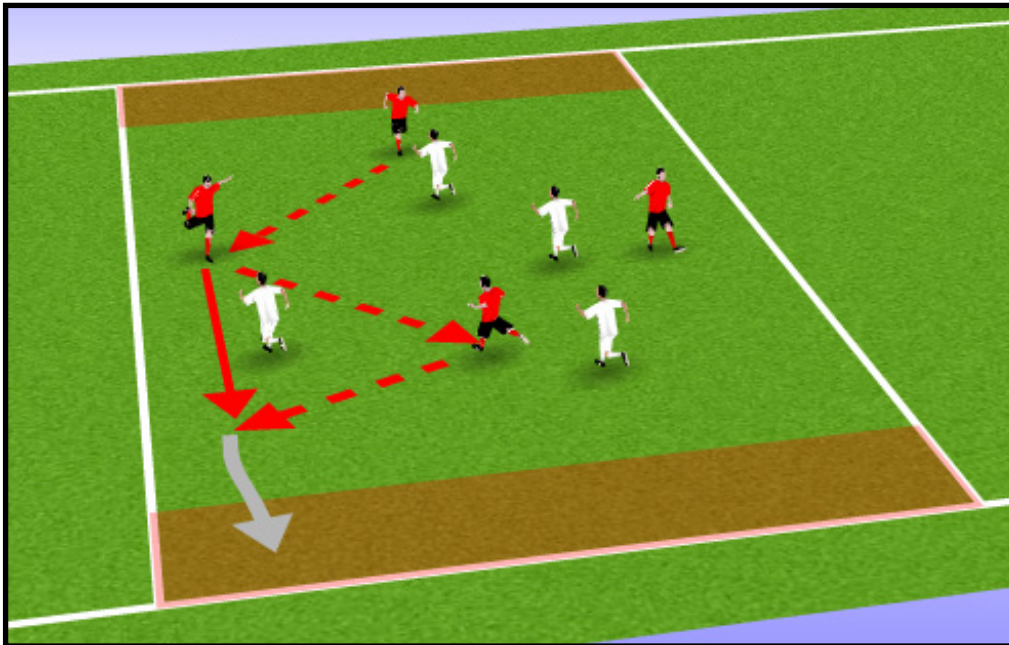
#### Set Up/Rules

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.



### Small Sided Game

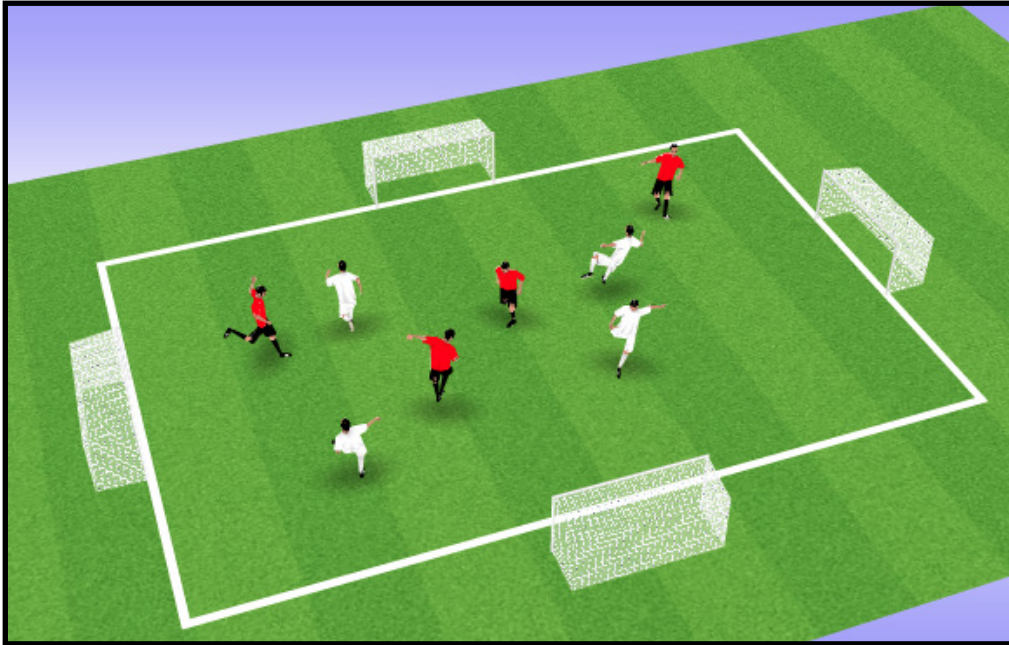
#### Set Up/Rules

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





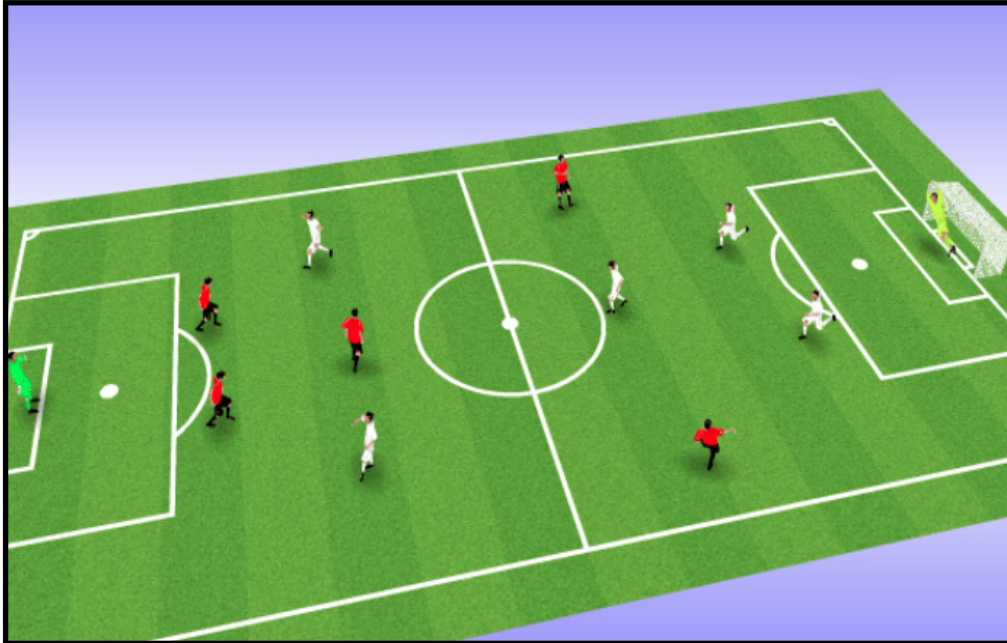
### Small Sided Game

#### Set Up/Rules

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

#### Coaching Points

Quick transition from attack to defense



### Small Sided Game

#### Set Up/Rules

Play 6v6.  
Both teams play 1-2-1-2 formation

#### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible