

# U6 RED WOLVES CURRICULUM





## ORGANIZATION OF CURRICULUM



This curriculum is designed to implement the fundamentals of soccer. All players leave the program with the initial principles needed in order to then be successful at the next step on the grass roots ladder

### Information on the U6 Season

- 10 week season
- 1 Session per week
- 1 Hour per week
- Play-Practice-Play practice format



## PLAY – PRACTICE - PLAY



*”Play-Practice-Play* is a Grassroots developed philosophy designed around a player-centered approach to coaching. Taking a player centered approach places the needs and motivations of the player at the forefront of a coach’s approach to coaching his or her players. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible. This approach differs from traditional practices that may have children standing in lines, running laps and participating in drills that don’t resemble the game of soccer.”

- US Soccer



## PLAY – PRACTICE - PLAY

### **STAGE 1: PLAY**

In the first *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches

### **STAGE 2: PRACTICE**

Children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition.

### **STAGE 3: PLAY AGAIN!**

This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase.



## PRACTICE FORMAT

<b>Practice Stage</b>	<b>Length of time</b>
Play – Small Sided (3v3)	12 minutes
Water	
Practice – 1v 0 (Foot skills)	12 minutes
Water	
Practice – 1v1 / 2v1 / 2v2	12 minutes
Water	
Play – Mirror Game (5v5)	12 minutes



# WEEKLY FOOT SKILL TOPICS

Week	Skill Group	Skills
1	Brazil	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
2	Italy	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
3	Germany	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
4	France	1) Side step fake, 2) Scissors 3) Attacking Rivelino
5	Spain	1) Matthews, 2) Fake Matthews, 3) Preki 4) Maradonna
6	Brazil (revisit)	1) Spin back, 2) Inside foot cut, 3) outside foot cut, 4) Conti
7	Italy (revisit)	1) V pull back, 2) L turn, 3) Cruyff, 4) Revelino
8	Germany (revisit)	1) Zico, 2) Inside Beckenbauer, 3) Outside Beckenbauer 4) Tony Currie
9	France (revisit)	1) Side step fake, 2) Scissors 3) Attacking Rivelino
10	Spain (revisit)	1) Matthews, 2) Fake Matthews, 3) Preki 4) Maradonna



# WEEKLY PRACTICE FOCUS TOPICS

Week	Focus Topic
1	1) Spread Out
2	1) Spread Out
3	1) Spread Out, 2) Pass or dribble forward & break lines (whenever possible)
4	1) Spread Out, 2) Pass or dribble forward & break lines (whenever possible)
5	1) Pressure the ball, if beat work back behind the ball
6	1) Spread Out (Revisit)
7	1) Spread Out (Revisit)
8	1) Spread Out, 2) Pass or dribble forward & break lines (whenever possible) (Revisit)
9	1) Spread Out, 2) Pass or dribble forward & break lines (whenever possible) (Revisit)
10	1) Pressure the ball, if beat work back behind the ball (Revisit)





## PRACTICE SESSION STRUCTURE

- ❖ The next 10 slides will diagram and show the PRACTICE phase of the training session. As previously mentioned, each practice will begin with a 3v3 game and end with a 4v4 game.
- ❖ For the first 8-12 minutes of the practice phase, coach will introduce and teach that weeks group of moves. (on each of the following slides). This will be in a 1v0 scenario where every player has a ball at his/her feet and has no opposition/pressure. ENCOURAGE YOUR PLAYERS TO USE THESE MOVES ONCE THEY ADVANCE INTO THE CORE ACTIVITY OF THE PRACTICE PHASE!
- ❖ The activity you see in the following slides will be executed for 8-12 minutes (with appropriate water breaks as appropriate) IN BETWEEN the 2 “play phases”.
- ❖ Each practice structure is as below:  
PLAY (3v3)  
PRACTICE (as seen on that weeks slide)  
PLAY (4v4)





# PRACTICE SESSION STRUCTURE



PLAY

PRACTICE

PLAY

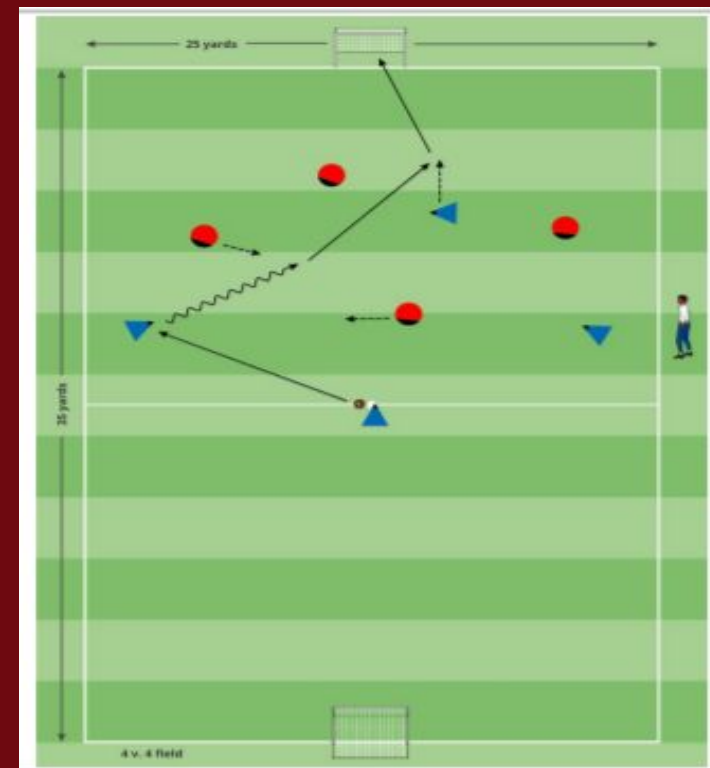
Every practice session will begin with a simple 3v3 game (set up 2 fields if necessary for the size of your group). (this is called Play Phase 1)

Every practice session will end with a simple 4v4 game (set up fields if necessary for the size of your group)



CORE ACTIVITY

WEEKLY TRAINING TOPIC





# WEEK 1 FOOT SKILLS AND SPREADING OUT

Moves Group: Brazil 1) Spin back 2) Inside foot cut 3) outside foot cut 4) Conti

## CORE ACTIVITY

### Field of Doom

Beginner Ages: 3 - 6

To turn and dribble your soccer ball away from pressure and find an open goal

10min

20 X 20 AREA  
Bibs, Cones, Balls

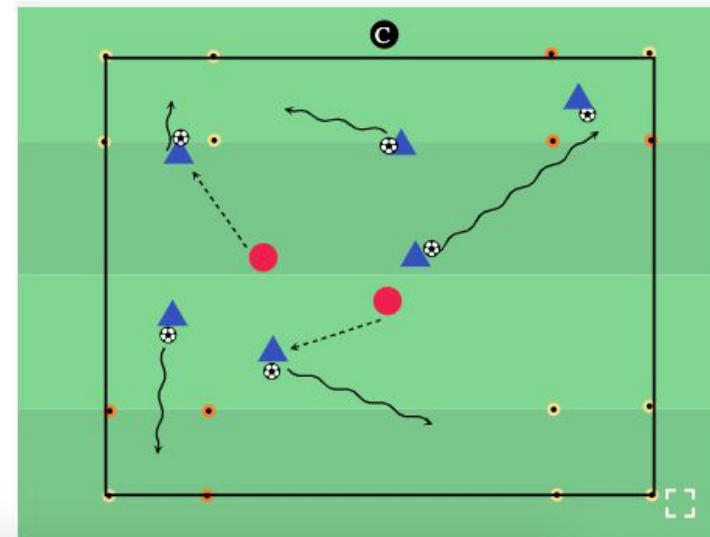
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. Rules: Play when coach says, "Game On!" Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

#### COACHING POINTS

1. Key Words: Use your laces. Use the inside or outside of your foot. Change direction



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Find Space  
Head up



# WEEK 2

## FOOT SKILLS AND SPREADING OUT

Moves Group: Italy 1) V Pull back 2) L Turn, 3) Cruyff, 4) Revelino

### CORE ACTIVITY

#### Crushing Monster Trucks

Beginner Ages: 3 - 6

To dribble & shield your soccer ball or, if you do not have a ball, tackle it away

10min

20 X 20 AREA  
Bibs, Balls, Cones

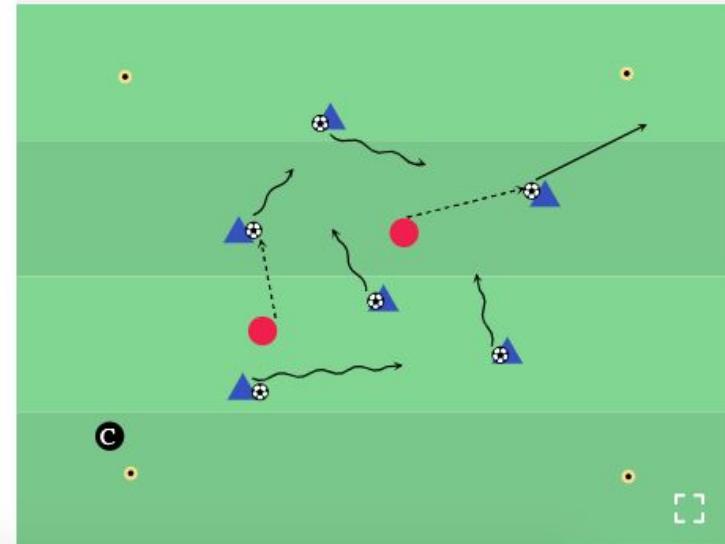
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. Rules: Play begins as soon as the coach says, "let the crushing begin!" Players must stay within the grid.

#### COACHING POINTS

1. Key Words: dribble forward, turn away from monster trucks and the sidelines.



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Find Space  
Head up



# WEEK 3

## FOOT SKILLS AND BREAKING LINES

Moves Group: Germany: 1) Zico, 2) Inside Beckenbauer, 3) outside Beckenbauer, 4) Tony Currie

### CORE ACTIVITY

#### Boston Bulldogs

Beginner Ages: 3 - 6

To improve the player's ability to dribble the ball through opponents

10min

20 X 20 AREA  
Cones, Bibs, Balls

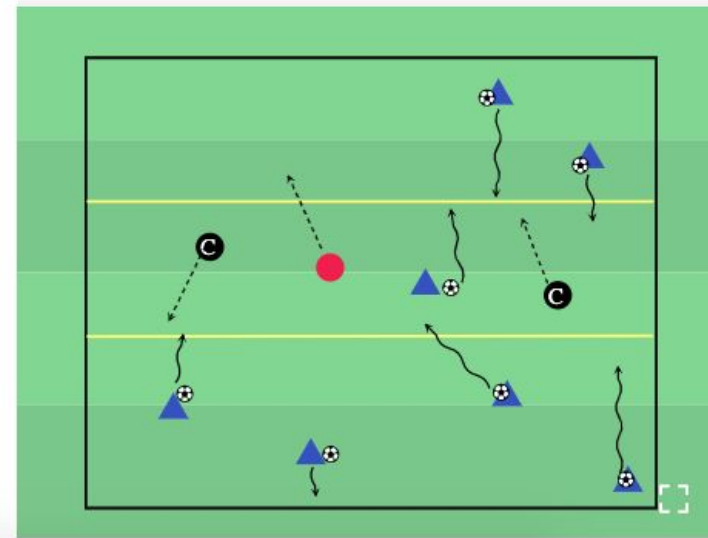
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). The coaches start in the middle as dog catchers (they can not leave the pound). The players are bulldogs. They start on 1 end line & try to dribble their soccer ball through the dog pound without waking the dog catchers. If they players get through to the other side, they get 10K points. If the dog catcher steals their ball, they become a dog catcher too. Rules: Play begins when the coach says "who let the dogs out". After 2 rounds, make the game continuous so the players do not stop on the sides; they turn to go back.

#### COACHING POINTS

1. Key Words: soft touch to sneak past the dog catchers, big kick



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Head up > Look for space  
Find Space >  
Take Space >  
Break Lines





# WEEK 4

## FOOT SKILLS AND BREAKING LINES

Moves Group: France: 1) Side step fake, 2) Scissors, 3) Attacking Revealino

### CORE ACTIVITY

#### Hungry, Hungry Hippos

Beginner Ages: 3 - 6

To improve the player's ability to dribble the ball away from opponents

10min

20 X 20 AREA  
Cones, Bibs, Balls

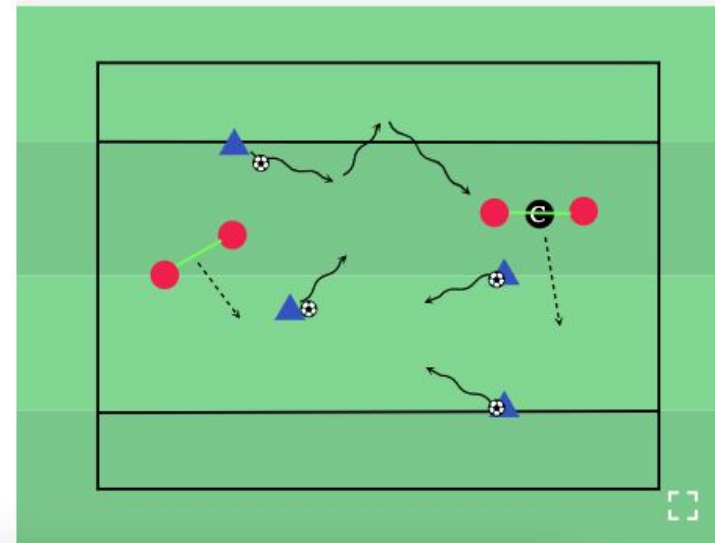
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? Rules: Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

#### COACHING POINTS

1. Key Words: Avoid Hippos, take big touches to go past the hippos, little touches to move the ball to the side



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Head up > Look for space  
Find Space >  
Take Space >  
Break Lines



# WEEK 5

## FOOT SKILLS AND DEFENDING

Moves Group: Spain: 1) Matthews, 2) Fake Matthews, 3) Preki, 4) Maradona

### CORE ACTIVITY

#### Through the Gate

Beginner

Ages: 3+

Technical dribbling drill that focuses on individual ball control with the introduction of a defender.



20 X 20 AREA

Balls, Cones



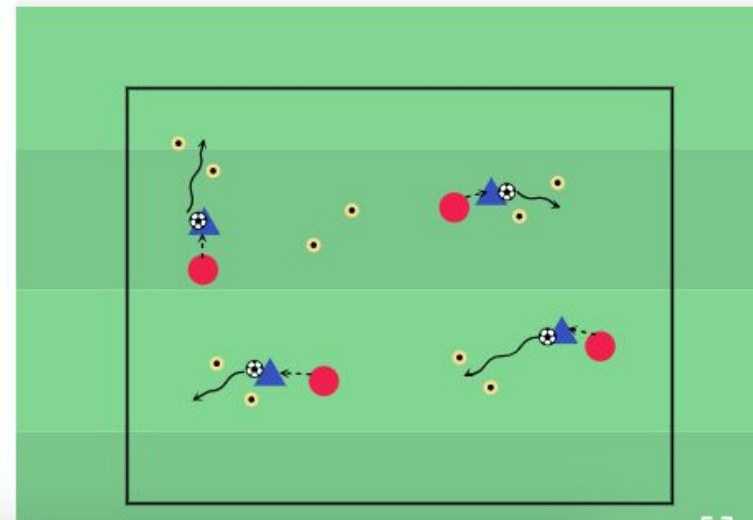
1 PLAYER

#### INSTRUCTIONS

Set up a series of cones (2 cones +1 gate) around the grid. Divide the group into pairs - one with the ball and one without. Player with the ball dribbles around the grid and attempts to score through the gate. Player without the ball defends and attempts to steal the ball. If successful, they become the offensive player. The player who lost the ball must become a defender and must try to steal the ball from another offensive player.

#### COACHING POINTS

1. What happens when a defender approaches?



KEY COACHING POINT'S THROUGHOUT: Pressure the ball If you get beat get back behind the ball Goal side (between player and your goal)



## HALF WAY THROUGH SEASON



### Repeat:

**We will no repeat the cycle from week's 1 – 5**

### Reason:

**2<sup>nd</sup> time round we are looking for 3 things.**

- 1) Further understanding from players**
- 2) Recognition of improvement from Player & Coach**
- 3) Possibility to challenge each player further with provided coaching points.**





# WEEK 6

## FOOT SKILLS AND SPREADING OUT

Moves Group: Brazil 1) Spin back 2) Inside foot cut 3) outside foot cut 4) Conti

### CORE ACTIVITY

#### Field of Doom

Beginner Ages: 3 - 6

To turn and dribble your soccer ball away from pressure and find an open goal

10min

20 X 20 AREA  
Bibs, Cones, Balls

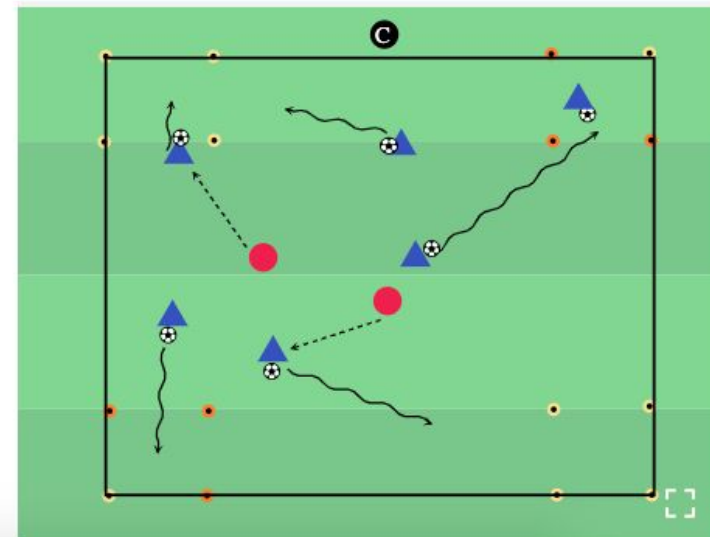
8 PLAYERS

#### INSTRUCTIONS

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#### COACHING POINTS

1. Key Words: Use your laces. Use the inside or outside of your foot. Change direction



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Find Space  
Head up



# WEEK 7

## FOOT SKILLS AND SPREADING OUT

Moves Group: Italy 1) V Pull back 2) L Turn, 3) Cruyff, 4) Revelino

### CORE ACTIVITY

#### Crushing Monster Trucks

Beginner Ages: 3 - 6

To dribble & shield your soccer ball or, if you do not have a ball, tackle it away

10min

20 X 20 AREA  
Bibs, Balls, Cones

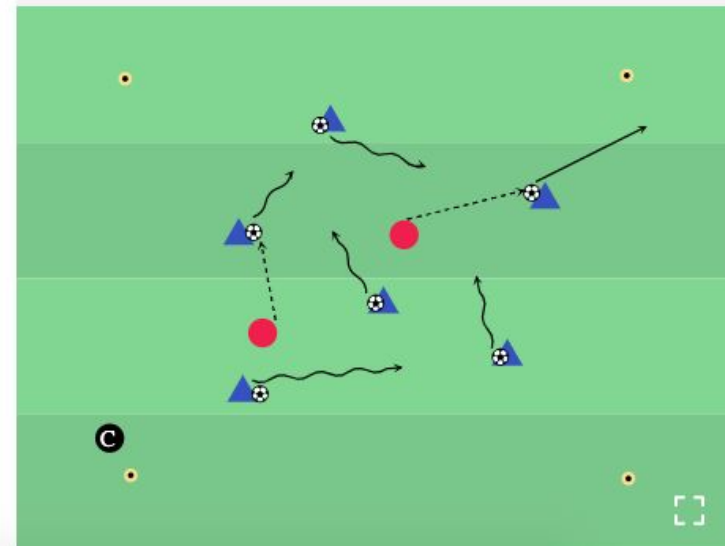
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. Rules: Play begins as soon as the coach says, "let the crushing begin!" Players must stay within the grid.

#### COACHING POINTS

1. Key Words: dribble forward, turn away from monster trucks and the sidelines.



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Find Space  
Head up



# WEEK 8

## FOOT SKILLS AND BREAKING LINES

Moves Group: Germany: 1) Zico, 2) Inside Beckenbauer, 3) outside Beckenbauer, 4) Tony Currie

### CORE ACTIVITY

#### Boston Bulldogs

Beginner Ages: 3 - 6

To improve the player's ability to dribble the ball through opponents

10min

20 X 20 AREA  
Cones, Bibs, Balls

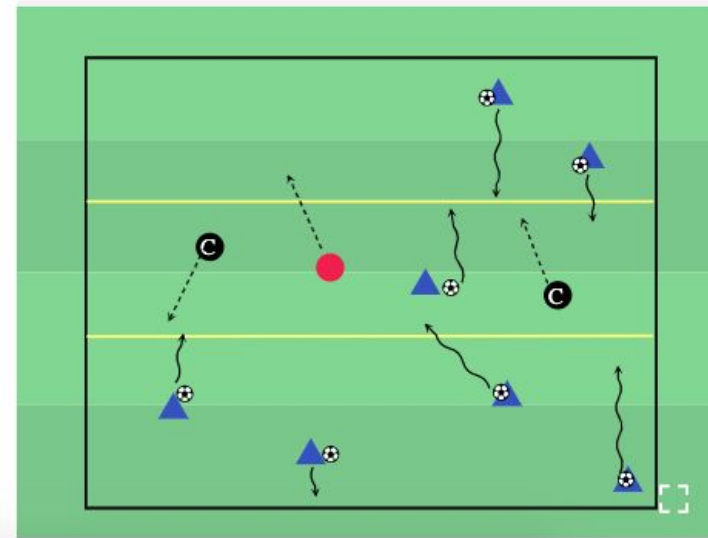
8 PLAYERS

#### INSTRUCTIONS

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#### COACHING POINTS

1. Key Words: soft touch to sneak past the dog catchers, big kick



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Head up > Look for space  
Find Space >  
Take Space >  
Break Lines



# WEEK 9

## FOOT SKILLS AND BREAKING LINES

Moves Group: France: 1) Side step fake, 2) Scissors, 3) Attacking Revealino

### CORE ACTIVITY

#### Hungry, Hungry Hippos

Beginner Ages: 3 - 6

To improve the player's ability to dribble the ball away from opponents

10min

20 X 20 AREA  
Cones, Bibs, Balls

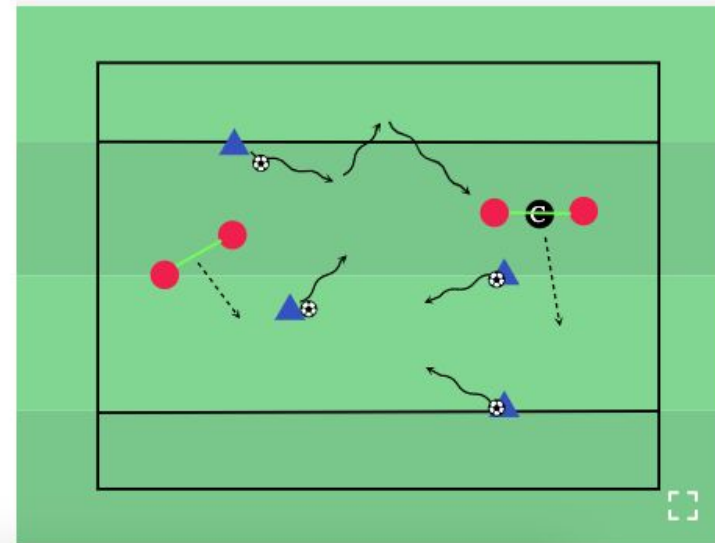
8 PLAYERS

#### INSTRUCTIONS

In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? Rules: Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

#### COACHING POINTS

1. Key Words: Avoid Hippos, take big touches to go past the hippos, little touches to move the ball to the side



KEY COACHING POINT'S THROUGHOUT:  
Spread out  
Head up > Look for space  
Find Space >  
Take Space >  
Break Lines





# WEEK 10

## FOOT SKILLS AND DEFENDING

Moves Group: Spain: 1) Matthews, 2) Fake Matthews, 3) Preki, 4) Maradona

### CORE ACTIVITY

#### Through the Gate

Beginner Ages: 3+

Technical dribbling drill that focuses on individual ball control with the introduction of a defender.

 **20 X 20 AREA**  
Balls, Cones

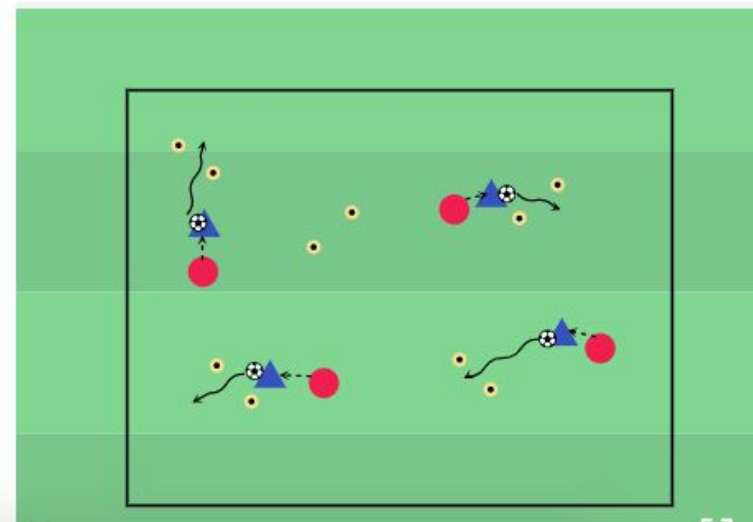
 **1 PLAYER**

#### INSTRUCTIONS

Set up a series of cones (2 cones +1 gate) around the grid. Divide the group into pairs - one with the ball and one without. Player with the ball dribbles around the grid and attempts to score through the gate. Player without the ball defends and attempts to steal the ball. If successful, they become the offensive player. The player who lost the ball must become a defender and must try to steal the ball from another offensive player.

#### COACHING POINTS

1. What happens when a defender approaches?



KEY COACHING POINT'S THROUGHOUT: Pressure the ball If you get beat get back behind the ball Goal side (between player and your goal)



## OUTCOMES U6

At the end of this curriculum each player should have a good understanding of the 1<sup>st</sup> key Attacking & Defensive principles needed.

### ATTACKING

- 1) Spread Out
- 2) Pass or dribble forward & break lines (whenever possible)

### DEFENDING

- 1) Pressure the ball, if beat work back behind the ball



BRAZIL



Insert Laban's Video's





ITALY



Insert Laban's Video's



GERMANY



Insert Laban's Video's



FRANCE



Insert Laban's Video's



SPAIN



Insert Laban's Video's