

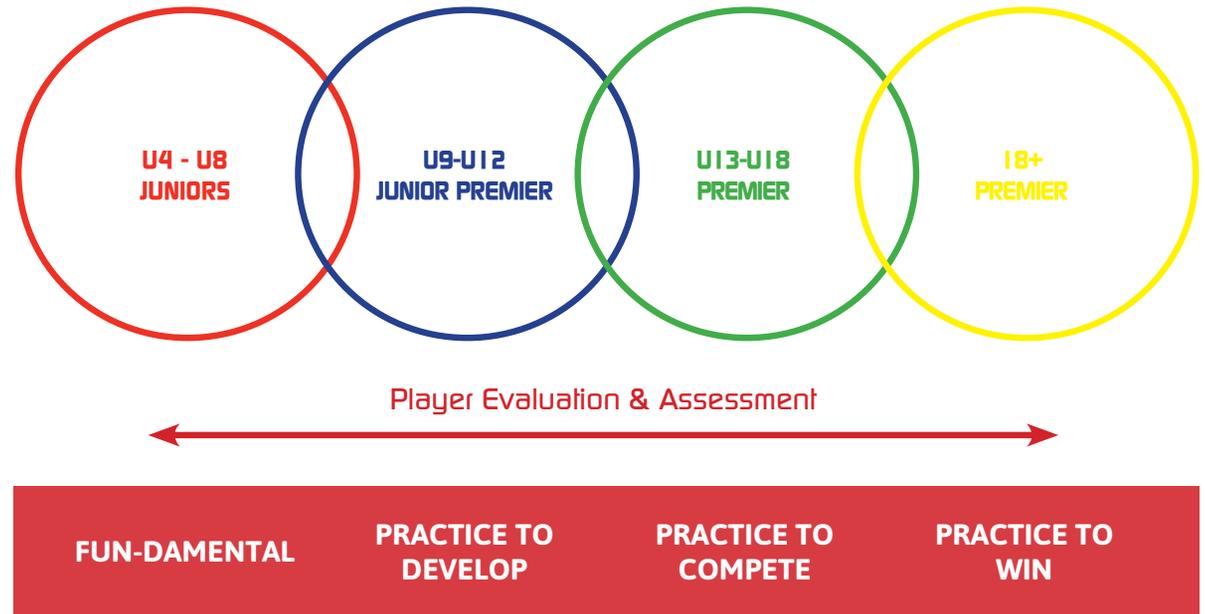
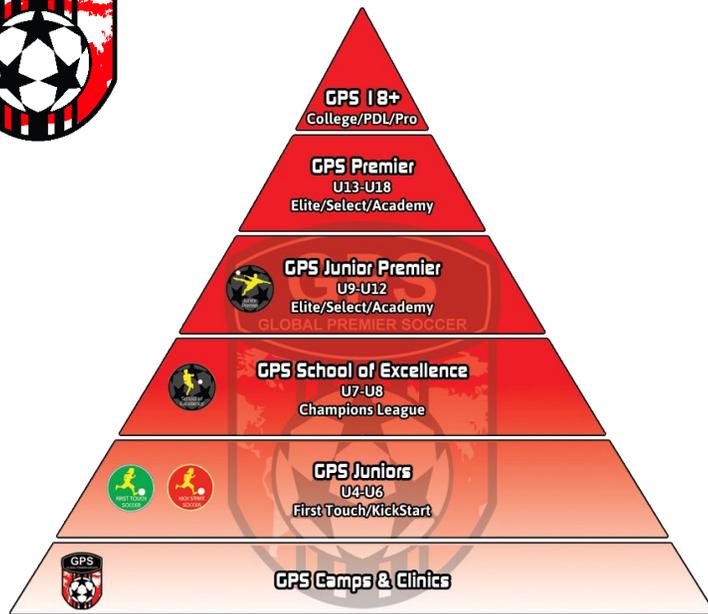
GLOBAL PREMIER SOCCER

2013 CURRICULUM

U10 RECREATIONAL
10 WEEK TRAINING PROGRAM



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”.
- Acknowledge that players will learn and develop at different speeds.
- To keep a fresh and current outlook on the changes in young player development.
- Create a deep and underlying passion for the sport of soccer at all ages.





SCORE METHODOLOGY

GPS recommends that all practice sessions follow the S.C.O.R.E. method:

SIMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

CHALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

ORGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

RELEVANT. Ensure that the exercises in your session are relevant to the game.

ENJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game.





LEARNS AT U10

TECHNICAL

3 R'S OF PASSING - RECOGNITION, RANGE, RELEASE
PUSH PASS WITH BOTH FEET
OUTSIDE OF THE FOOT (BOTH FEET)
COMBINATION PLAY - GIVE AND GO
USE OF GOALKEEPER IN BUILD UP PLAY
ABC'S - AWARENESS, BODY SHAPE, CONTROL
RECEIVING WITH BOTH FEET USING THE SOLE
RECEIVING TO ATTACK
RECEIVING IN TIGHT AREAS
DRIBBLING IN TIGHT AREAS
BREAKAWAYS
RUNNING WITH THE BALL IN 1v1 ATTACKING SITUATIONS
RUNNING WITH THE BALL IN COUNTER ATTACKS
ATTACKING 2v1, 2v2, 3v2
FINISHING ATTACKING MOVES
COMBINING AROUND THE PENALTY AREA
SHOOTING WITH THE INSIDE OF THE FOOT
DEFENDING 1v1, 2v1, 1v2

TACTICAL

PLAYING OUT FROM THE BACK
UNDERSTANDS PLAYER ROLES AT 6v6
RECEIVING ABC'S (AWARENESS, BODY SHAPE, CONTROL)
MOVEMENT OFF THE BALL (OVERLAP)

PSYCHOLOGICAL

GIVES A SENSE OF BELONGING AND BEING OF VALUE
POSITIVE APPROACH TO PERFORMANCE
MAKING BETTER DECISIONS
DEVELOPING THE SKILL OF ANTICIPATION
DEVELOPING A BETTER AWARENESS OF TEAM PLAY

PHYSICAL

ALL PHYSICAL DEVELOPMENT IS DONE WITH THE BALL.





SESSION STRUCTURE FOR U10

SESSION LENGTH - 75 MINUTES

TYPICAL PRACTICE SESSION STRUCTURE:

WARM UP - 5 MINUTES

ACTIVITY 1 - 15 MINUTES

DRINK BREAK 1 - 3 MINUTES

ACTIVITY 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 U10 this game should be 6 v 6.

Encourage players to form a diamond shape to the team (2-1-2).

Use various methods of scoring:

- Stop the ball on the endline
- Dribble through corner gates
- Knock a ball of a cone

Ensure that players experience attack and defensive roles during the game.

Avoid playing teams with larger numbers (i.e. 8 v 8) in order to increase player exposure to the ball.

Ensure to have a supply of balls so that your exercises flow.



CURRICULUM KEY

— — — — — → PLAYER MOVEMENT (RUN OFF THE BALL)

—————→ BALL MOVEMENT

— — — — — → PLAYER WITH BALL MOVEMENT



U10 WEEK ONE: PASSING & RECEIVING

ACTIVITY 1: Ball control Square

ORGANIZATION

Create a 20x20 yard area with a 4x4 square in the centre.

Half the group work outside of the area with a ball. The other half start inside the small square. Players break out the little box towards a player in possession. Ball played in, controlled and passed back. Middle players turn, run through middle square and then find another spare player with a ball. Switch roles.

COACHING POINTS

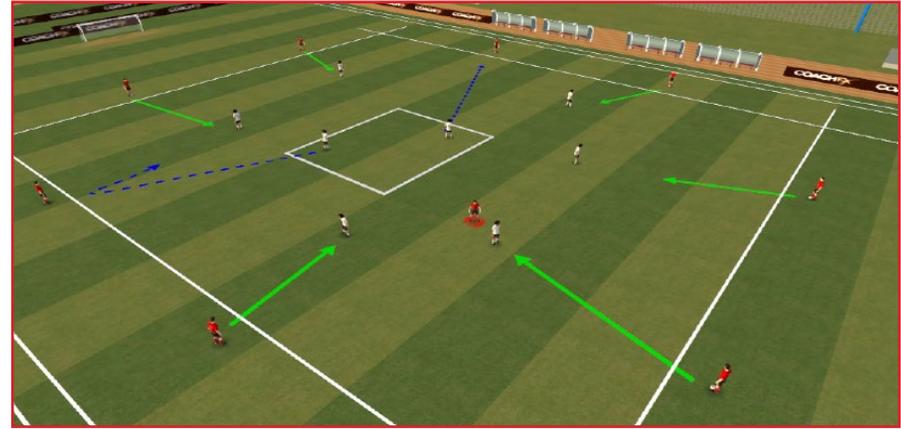
Get body in line with ball
Quick decision on what body part to control the ball
Cushion ball

PROGRESSION

Ball served in the air to be controlled

Players control ball turn and dribble ball through middle square and then pass to free outside player

Add a defender in the main box to apply pressure and try and steal any soccer ball that enters the main square. Middle players are 'safe' inside small square



ACTIVITY 2: FORWARD PASSING

ORGANIZATION

Create a 30x30 yard area. Inside the area create a 10x10 diamond and randomly place 2 yard gates as shown.

Players work in pairs with one ball. Idea of the practice is for the pair to pass the ball through the centre diamond. One a pass has gone through the receiving player turns to dribble through a gate. The passer must run through a gate before the both look to pass the ball through the middle again. Can players play pass early.

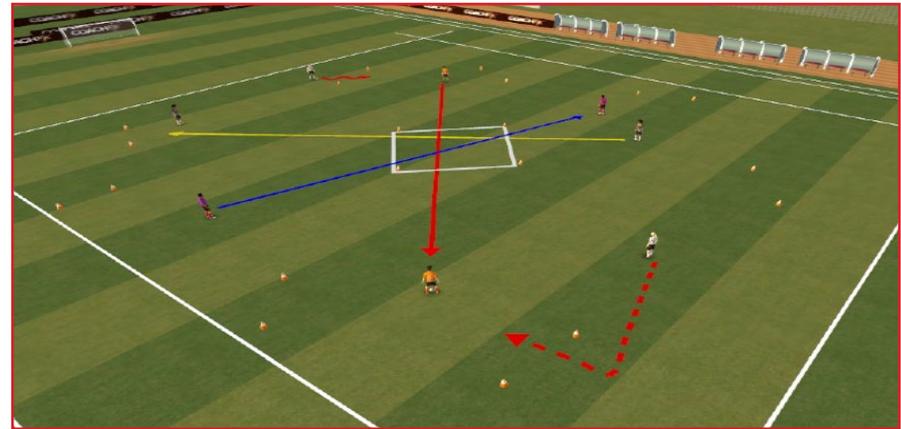
COACHING POINTS

Head up to find team mate
Inside of the foot pass
Is passing lane free?

PROGRESSION

How many passes can you play through the middle in 1 minute.

One pair become defenders and try to intercept passes going through the middle. 1 point for each interception. Change defending pair after 1 minute



SMALL SIDED GAME: 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Head up to find team mate
Inside of the foot pass
Is passing lane free?

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.



UIO WEEK TWO: COMBINATIONS

ACTIVITY 1: PASSING TRIANGLES

ORGANIZATION

Create a 30x30 yard area

Players work in pairs at a triangle. They pass the ball through their triangle as many times as possible. The ball can go through any side but cannot go straight back through the same 2 sides.

COACHING POINTS

Quality of pass

Different surfaces to pass ball

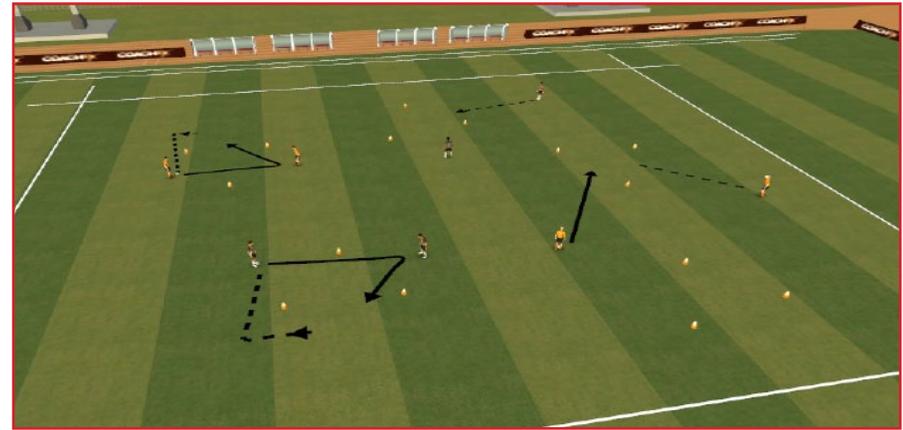
Head up to find spare triangle

PROGRESSION

Pairs now move to a different triangle once 3 passes have been made through the triangle

Add a defending pair who try and stand in a triangle to prevent a pass going through. Point for each time they make a player turn away from a triangle. Teams get a point every time they pass through a triangle

If a defender is in a triangle, players can get a point by combining to play a wall pass around the triangle. Defender can have one foot outside the triangle to try and prevent a wall pass



ACTIVITY 2: Wall Pass

ORGANIZATION

Create a 20x10 yard area split into 2 boxes. Multiple for large groups

Players work in groups of 2. One pair are attackers and start on one end line, the other pair split to one player in each box. Attacking team try to combine to get past both defenders to opposite end line. Switch roles

COACHING POINTS

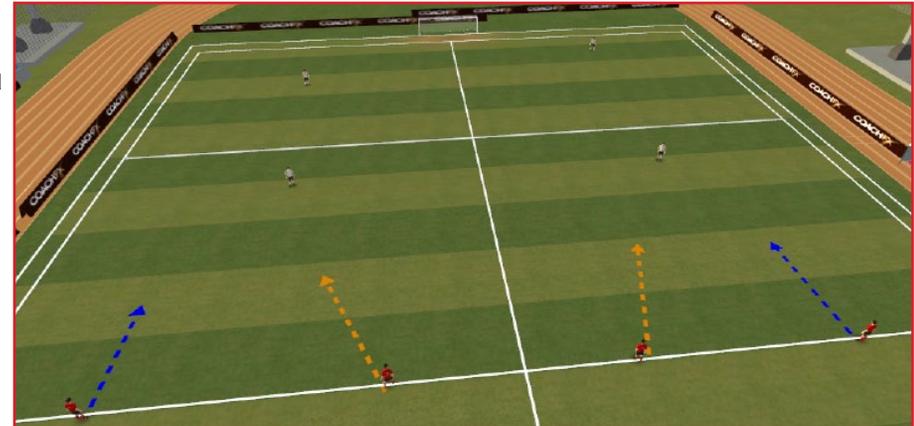
Attack space

Pass or Dribble

Wall Pass

PROGRESSION

How many times can you get from end line to end line without losing possession of the ball



SMALL SIDED GAME: 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 4v4 3 min games or the first team to score stays on. Have a large supply of balls to make quick re-starts

COACHING POINTS

Attack space

Pass or Dribble

Wall Pass

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal. Every time the ball goes out of play, the game restarts with a throw in.



U10 WEEK THREE: OVER LAP

ACTIVITY 1: Over Lapping Runs

ORGANIZATION

Set out cones as shown in diagram 10 yard between each cone

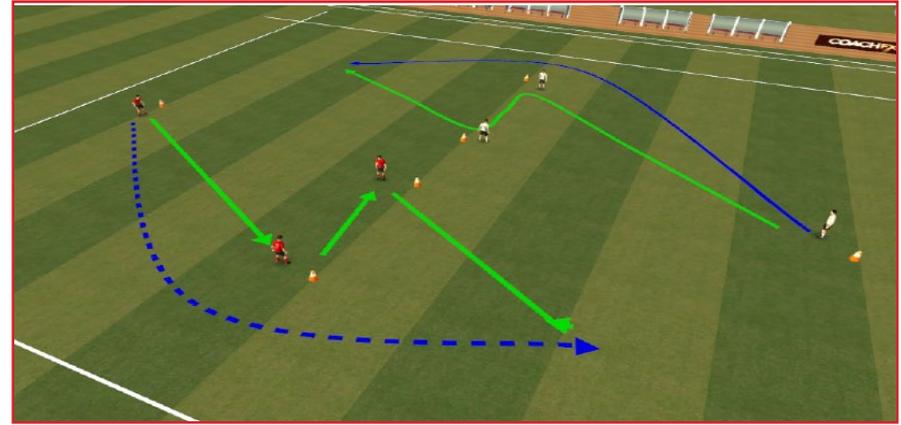
Ball starts at each end. Pass played to the wide player who sets to the central player. Player who made first pass makes an overlapping run behind the player they pass to and receives ball back from middle player. Middle players switch positions each time.

COACHING POINTS

Quality of pass
Speed of movement
Concentration

PROGRESSION

One touch play



ACTIVITY 2: Overlapping runs to goal

ORGANIZATION

Create a 30x20 yard area with 3 gates and a goal positioned as shown.

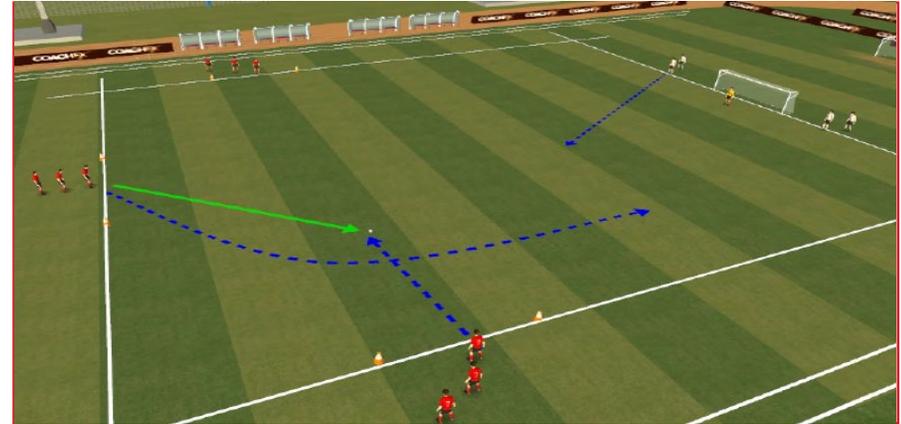
Ball starts with central gate. Attacker can pass to either gate. Pass is played into space so player must step out of gate to gain possession and create space for overlap. One defender comes out to create 2v1 in favour of the attacking team.

COACHING POINTS

Quality pass to create overlap
Speed of attack
Combination play

PROGRESSION

Play 3v2



SMALL SIDED GAME: 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 4v4 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Quality pass to create overlap
Speed of attack
Combination play

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.
Every time the ball goes out of play, the game restarts with a corner kick.



U10 WEEK FOUR: ATTACKING 1v1

TECHNICAL PRACTICE: Attacker v GK race

ORGANIZATION

Create 2 channels 15 yards long. At the end of the channel on the middle line place 2 cones to create a 5 yard wide gate. On one side of the channel place a goal.

2 teams line up at the start of the channels. One team are shooters, one team are GK's. In the diagram the white team must dribble the ball down the channel and shoot for goal. The red team must run down the channel to become GK and try and save the shot. Switch roles.

COACHING POINTS

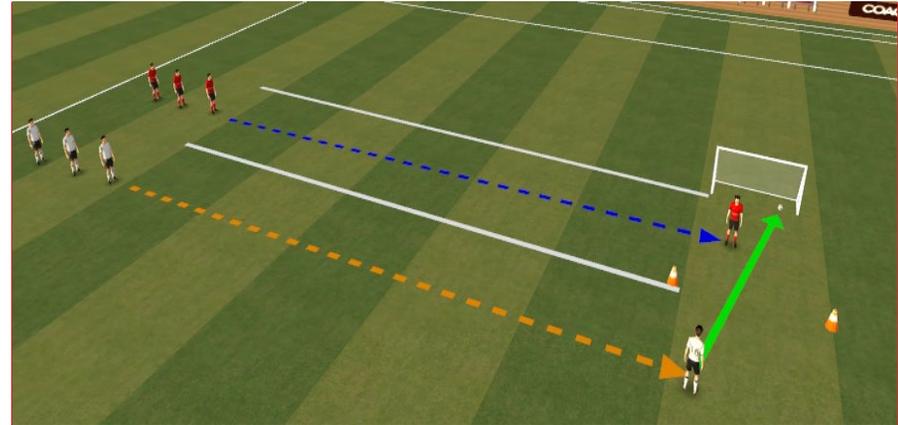
Dribble at speed
Keep ball close to shoot
Kick ball with shoe laces

PROGRESSION

Must perform a 1v1 move before shooting for goal

If GK is getting to the goal well before the shot is taken have the GK hold or dribble a ball

Competition - which team can score most goals having 2 shots each



TECHNICAL PRACTICE: Great Escape

ORGANIZATION

Create a 25x25 yard square. On each side of the square needs to be two 3 yard gates 3 yards apart. On 2 corners of the square needs to be 2 different colour gates that will be the entrances back into the area.

4 guards will guard 2 gates each. Players begin in the middle with a ball and try and escape through an unguarded gate. Once they have escaped they re-enter the area through either entrance. How many times can they escape.

COACHING POINTS

Close ball control
Awareness of unguarded gate
Accelerate into space

PROGRESSION

Guards get a point every time they tag a player

Set a skill challenge for each side of the square a player must perform once player has escaped. For example:

Toe Taps
Foundations
Juggling



SMALL SIDED GAME - 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 4v4 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Keep ball close to feet
Head up to see what's in front of you

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.
Every time the ball goes out of play, the game restarts with a freekick.

Award the freekicks from different areas on the field (shot from close range, short freekicks from inside own half).



U10 WEEK FIVE: ATTACKING 2v1

TECHNICAL: Attacking 2v1

ORGANIZATION

Create a 20x10 yard area split into 2 boxes. Multiple for large groups

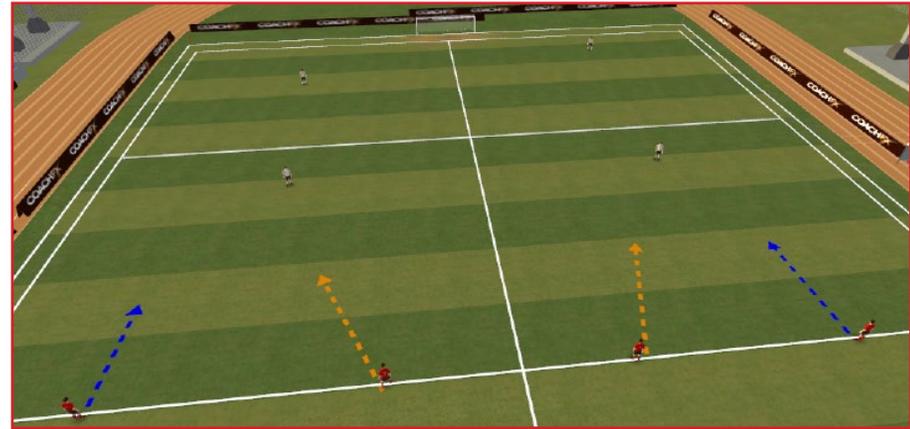
Players work in groups of 2. one pair are attackers and start on one end line, the other pair split to one player in each box. Attacking team try to combine to get past both defenders to opposite end line. Switch roles

COACHING POINTS

Attack space
Pass or Dribble
Wall Pass

PROGRESSION

How many times can you get from end line to end line without losing possession of the ball



TECHNICAL: Attacking 2v1

ORGANIZATION

Create a 40x15 yard area with goals as shown
Place a start cone in the centre of the area with 2 cones 15 yards from goal 10 yards apart.

Centre player passes to either forward player. The forward player who receives the pass goes 2v1 with the passer against the player who did not receive the pass.

COACHING POINTS

Quick reaction to becoming attacker or defender
Quick shot on goal
Combine to shoot

PROGRESSION

6 seconds to get a shot on goal



SMALL SIDED GAME - 3v3

ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Quick reaction to becoming attacker or defender
Quick shot on goal
Combine to shoot

PROGRESSION

Team gain a point if they make 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.
Every time the ball goes out of play, the game restarts with a throw in.



U10 WEEK SIX: DEFENDING 1v1

TECHNICAL: Defending 1v1

ORGANIZATION

Create a circle 15 yards in diameter

Players work in pairs with a ball between the pair. One player dribbles the ball around trying to stay inside the circle. The other player tries to force the attacker out of the circle without making a tackle. Once the ball is out the area players swap roles.

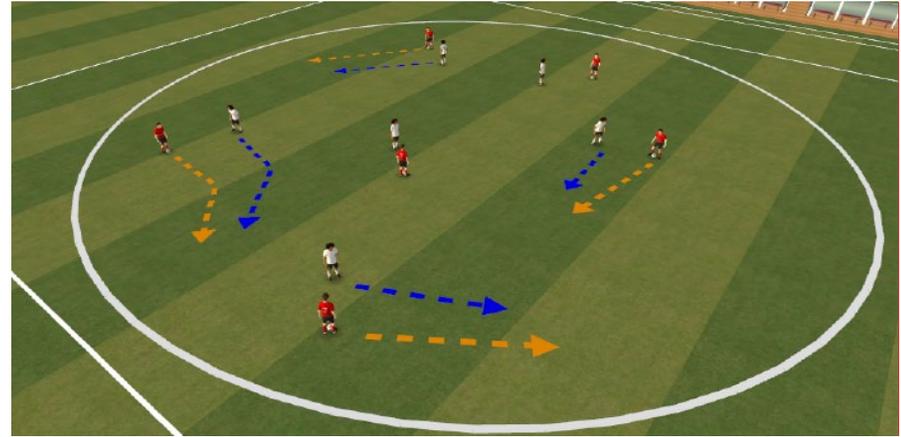
COACHING POINTS

Stay close to attacker

Block movements towards the centre of the area

PROGRESSION

Defending team try and force any player outside area now, how quick can they get all players outside. Work in pairs?



TECHNICAL PRACTICE: Defending 1v1

ORGANIZATION

Create a 25 x 25 yard area with six yard wide goals around the outside. Split the group in half and there should be enough goals for half the group. (group of 10 you need 5 goals)

Defenders start behind their goal and run through once attack begins. The other team are attackers and stand in the middle with all the balls. Attackers in the middle discuss which defender they are going to try and beat to get as many players out of the area as possible. To escape players must dribble the ball past a defender through a goal to the outside without the defender stealing the ball.

COACHING POINTS

Body Shape

Tackle with front foot

PROGRESSION

Each team has 3 attacks, team who get the most players to the outside win.

Players now attack in pairs with one ball and try to get through a gate.



SMALL SIDED GAME - 3v3

ORGANIZATION

30 x 20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on. Have large supply of balls to make quick re-starts

COACHING POINTS

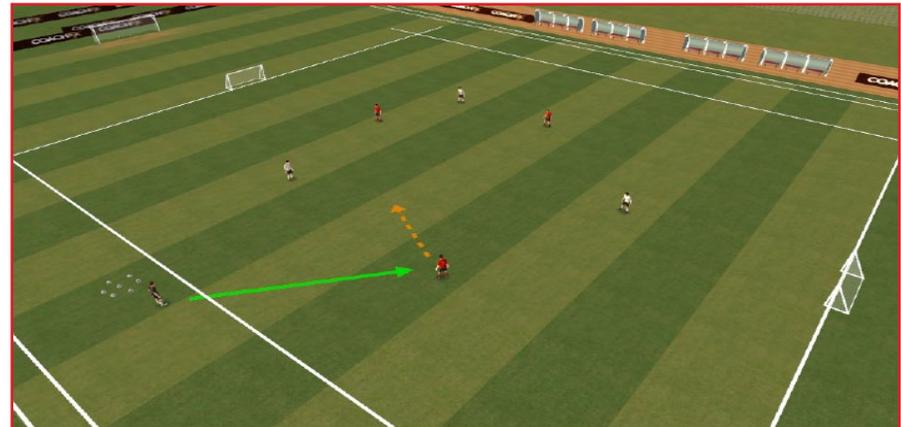
Body Shape

Tackle with front foot

PROGRESSION

2 points gained if player steals the ball and scores without another player touching the ball

Create a 60 x 40 yard area and play 6v6 to goal. Every time the ball goes out of play, the game restarts with a corner kick.



U10 WEEK SEVEN: DEFENDING WHEN OUTNUMBERED

TECHNICAL: Defending 2v3

ORGANIZATION

Create a 55x18 yard area with 5 yard channel across the middle

Split into groups of 3. Defending teams have two defenders and a GK in each half play 3 attackers in each half. Place two balls on each side of the area (6 in total) 1 attacking player will bring a ball into play and go 3v2 to try and score. If defenders win possession can they get it to middle zone.

COACHING POINTS

Force play towards team mate or out of play?
Tackle with front foot
Patience to make a tackle

PROGRESSION

Spare teams pass the ball in to the attacking team from the side

Time limit to shot all 6 balls

Defending team 1 point for every ball they get to middle zone.



TECHNICAL: Defending 2v3

ORGANIZATION

Create a 55x18 yard area with 5 yard channel across the middle

Split into groups of 3. Defending teams have two defenders and a GK in each half play 3 attackers in each half. 2 defenders now start in the middle zone and can recover into the play after 5 seconds. Place two balls on each side of the area (6 in total) 1 attacking player will bring a ball into play and go 3v2 to try and score. If defenders win possession can they get it to middle zone.

COACHING POINTS

Force play towards team mate or out of play?
Tackle with front foot
Patience to make a tackle

PROGRESSION

Spare teams pass the ball in to the attacking team from the side

Time limit to shot all 6 balls

Defending team 1 point for every ball they get to middle zone.



SMALL SIDED GAME - 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 4v4 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Keep ball close to feet
Head up to see what's in front of you

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.
Every time the ball goes out of play, the game restarts with a freekick.
Award the freekicks from different areas on the field (shot from close range, short freekicks from inside own half).



U10 WEEK EIGHT: SHOOTING

TECHNICAL: SHOOTING RACES

ORGANIZATION

Create 2 goals 20 yards apart with a cone in the middle 10 yards from each goal.

Players split into two teams and line up to the right of each goal. First player in each line dribbles ball towards opposite goal, once past the middle cone players shoot. First ball to go in the goal wins.

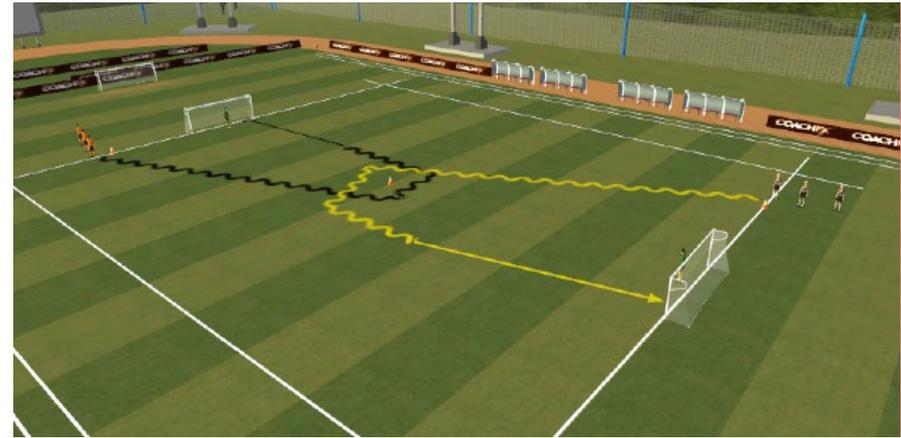
COACHING POINTS

Look for GK position
Shoot for open space in the goal
Kick ball with shoe laces

PROGRESSION

Players now dribble round middle cone and shoot towards own goal

Add GK's



TECHNICAL: 4 Goal Numbers Game

ORGANIZATION

Create a 20x20 yard area with a goal on each side of the area.

Split into two teams on opposite corners of the area. Coach has a supply of soccer balls. Each team is numbered 1-5 (depending how many players). Coach passes a ball into the middle of the area and calls a number. Both players from each team who's number the coach calls run into the area and compete to score. Red team score in the goals with the red cross next to it, white team in the other two goals.

COACHING POINTS

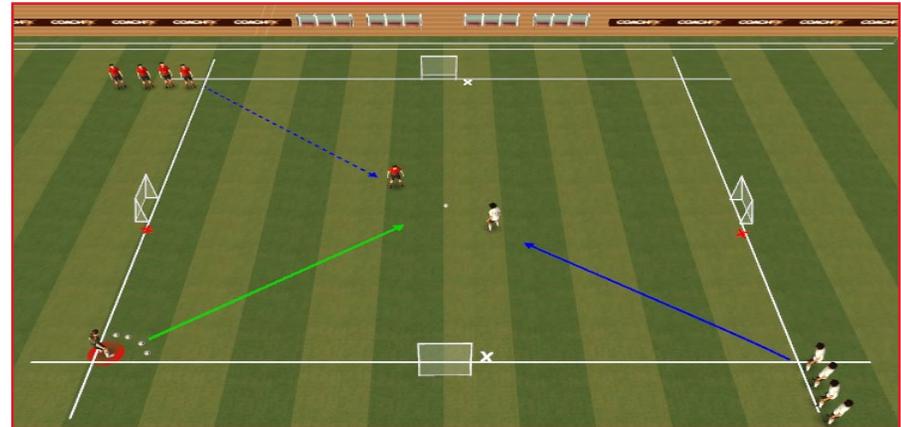
Get quick shot away if possible
Shift ball into space to shoot
Attack open goal

PROGRESSION

Call 2 numbers

Call 3 numbers

Competition



SMALL SIDED GAME - 3v3 - 4 goal game

ORGANIZATION

30x20 yard field (multiple for large numbers) with 4 goals

Play 3v3, 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

Keep ball close to feet
Head up to see what's in front of you

PROGRESSION

Reds can only score in 2 goals, whites in the other 2 goals

Create a 60 x 40 yard area and play 6v6 to goal.

Goals scored with the left foot = 2 goals.

Goals scored from volleys = 2 goals.

Goals scored from long range = 3 goals.



U10 WEEK NINE: FINISHING

Technical: Receive, shoot and follow up

ORGANIZATION

Create a 36 x 44 yard area with 2 goals, Place 4 cones 10 yards apart, 16 yards from goal as shown
Have 4 even groups 5 yards either side of each goal post.
1 player stands on each of the cones in the centre area.
Player 1 plays a straight pass to player 2 and follow pass as shown. Player 2 receives to shoot in 2 touches. Follow up shot then join other line. Both sides work simultaneously.

COACHING POINTS:

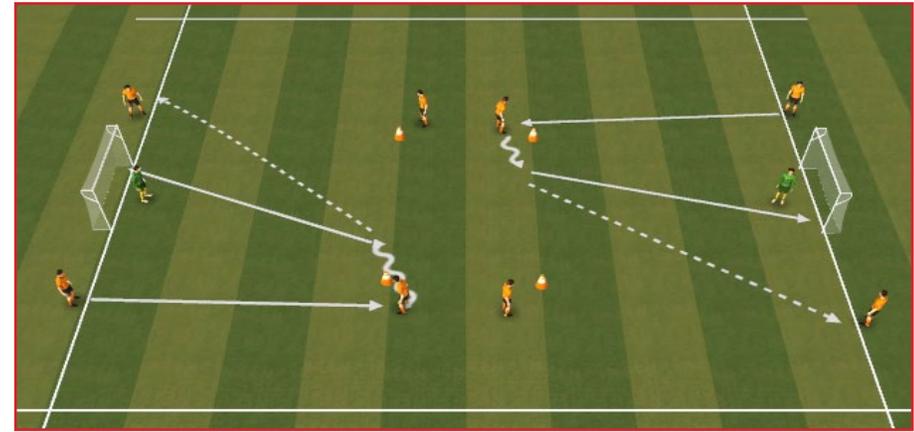
- Hit the target
- Follow up shots
- Use Both Feet
- Laces for power/inside of foot for placement

PROGRESSION

Strike for power with laces
Strike for placement with inside of 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: Receive to shoot

ORGANIZATION

Create a 36 x 44 yard area with 2 goals. Place 4 cones on 18 yard line. 2 in line with each goal post and 2 cones 5 yards from sideline.

Player on wide cone plays into central player who receives to shoot on right foot.

COACHING POINTS:

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

PROGRESSION

Take touch towards goal, turn and dribble to shoot at other goal

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 - 4v4

ORGANIZATION

40x30 yard field (multiple for large numbers)

Play 4v4 3 min games or the first team to score stays on.
Have large supply of balls to make quick re-starts

COACHING POINTS

- Keep ball close to feet
- Head up to see what's in front of you

PROGRESSION

Team can score a goal with 5 passes

Create a 60 x 40 yard area and play 6v6 to goal.

If Team 1 scores, they are not allowed to score another goal until Team 2 tie (keep possession).

Play without restrictions.



U10 WEEK TEN: SMALL SIDED GAMES

SMALL SIDED GAME - 4v4

ORGANIZATION

30x20 yard field (create multiple fields for large numbers)

Play 4v4

3 min games (or the first team to score stays on).

Have large supply of balls to make quick re-starts

COACHING POINTS

Keep ball close to feet

Head up to see what's in front of you

Pass or dribble

PROGRESSION



SMALL SIDED GAME - 6v6 Game 1

ORGANIZATION

40 x 30 yard field

Play 6v6

3 min games or the first team to score stays on.

Have large supply of balls to make quick re-starts

COACHING POINTS

Keep ball close to feet

Head up to see what's in front of you

PROGRESSION

Team can score a goal with 5 passes.

Range of restarts: -

If the ball goes out of play, restart with a throw-in.

If the ball goes out of play, restart with an attacking freekick.

If the ball goes out of play, restart with an attacking corner kick.



SMALL SIDED GAME - 6v6 Game 2

ORGANIZATION

60 x 40 yard field

Play 6v6

COACHING POINTS

Keep ball close to feet

Head up to see what's in front of you

Pass or dribble

PROGRESSION

Play a number of restricted time games (i.e. 4 minutes).

Set scenarios for each game: -

Team 1 are winning 1-0, challenge Team 1 to still be winning at the end of 4 minute game.

Team 2 are winning 3-0. Challenge Team 2 to not concede a goal in 4 minutes.

Team 1 are winning 1-0. They are not allowed to score until Team 2 tie the game at 1-1. Challenge Team 1 to keep possession of the ball and win 1-0.

