



# CLUB CURRICULUM

## FUNDAMENTALS



**Age Group U6 - U8**



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## **Message from the Technical Director**

As the Technical Director I want to welcome you to Whitby FC. Being a returning coach or a new addition to our recreational program, I want to introduce you to the Whitby FC Club Curriculum which will assist you in planning, organizing and implementing age-specific training sessions within the 'FUNDAMENTALS' development stage, representing the club's training model.

The Whitby FC training model is based on the concept of Long-Term Player Development (LTPD), a proven program for soccer player development that is player centered and coach driven.

At Whitby FC, we are fully committed to provide all of our players with the best opportunities for their development both on and off the field. We also stand for respectful behaviour towards coaches, teammates, opponents and officials.

The objective of this club curriculum is to provide all recreational players the same development opportunities at the same time to be able to reach their fullest potential along the road. Our dedication towards coaching development as well as player development is second to none and we will continue to stay on top of the game in future years. All of our recreational coaches will receive the appropriate tools to raise their standard of coaching and to effectively work with their respective players.

I am confident that the club curriculum will benefit your development as a coach along your coaching pathway and I thank all of you for your dedication and commitment in creating a positive environment for all of our players at Whitby FC.

We are heading into a bright future with the club and I am very pleased to be part of all this.

Thank you very much for your support and keep up the good work !

Kind regards,

**Mirco Schroff**

Technical Director  
Whitby FC



## **Long-Term Player Development**

Long-Term Player Development (LTPD) is a program for soccer player development, training, competition, and recovery based on biological age (physical maturity) rather than chronological age. LTPD is player centred, coach driven, and administration, sport science, and sponsor supported.

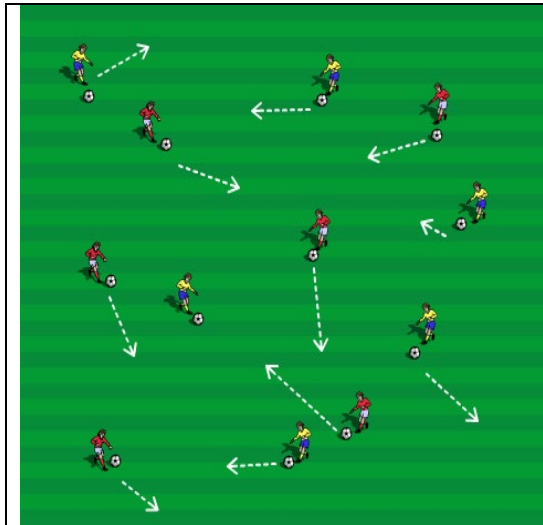
LTPD eliminates gaps in the player development system and guides planning for optimal athlete performance at all stages. It provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams. It follows scientific principles and practical coaching experiences.

The benefits that arise from LTPD are the following:

- \* Players and parents will better understand what makes a good soccer program
- \* More players learn at their level and have fun
- \* More coaches are knowledgeable in leading safe, effective practices
- \* Established pathways for player development for all levels of ability and ambition
- \* Competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults.



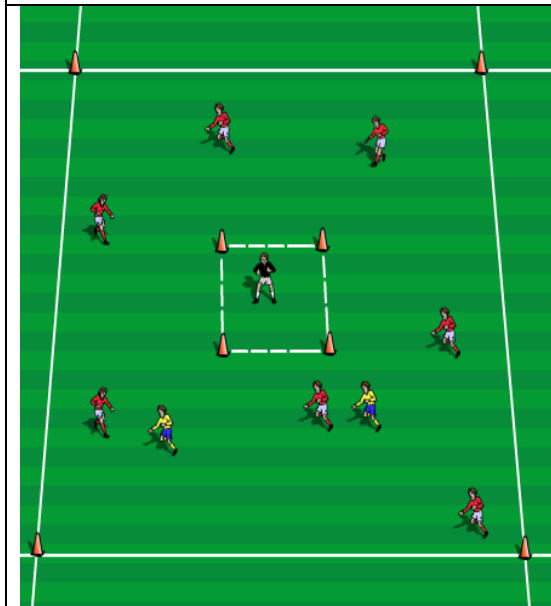
# Week 1 + 2



Set-up as shown area 40yardsx30yards (10mins)

- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Sole of the foot only

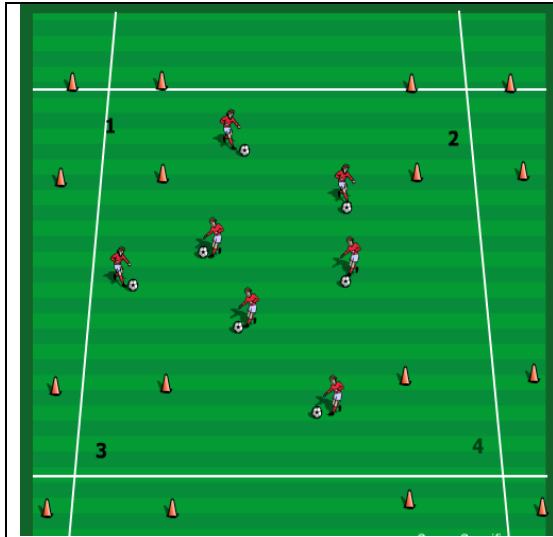
Finish Traffic Lights dribbling



Fun game – Star wars

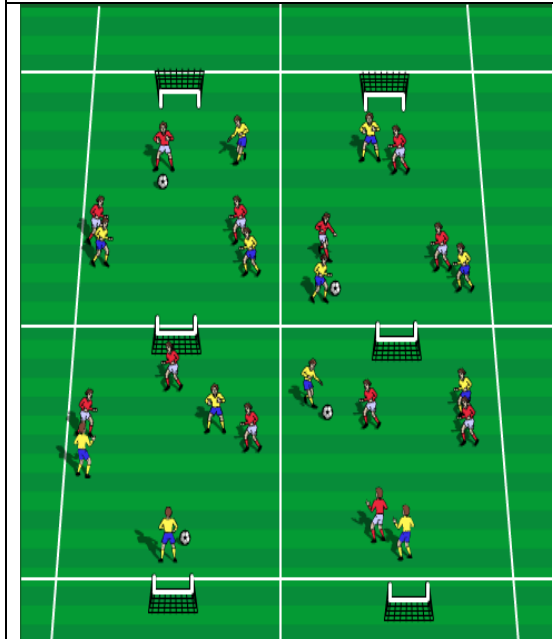
Player in middle is Yoda, players (Jedi knights) as shown being chased by storm troopers (yellow) if Player is tagged they remain static and can only be set free if Yoda comes out of box area and gives them a high 5...Yoda is safe in the middle and cannot be tagged, if he is tagged when out the box game is over and storm troopers win.

Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Practice (10mins)

- (1) Players dribble freely, coach calls out names below, gradual build up and players dribble there as quick as possible
  - (2) Players perform 5 toe taps before dribble to box
  - (3) Drag back before dribble to box
  - (4) Coaches in middle if they touch players ball they have to perform 3 toe taps to get back in the game
  - (5) Finish with competition if coach touches ball player is out and joins coach last player in is the winner
1. Mcdonalds
  2. Dairy Queen
  3. KFC
  4. Chucky Cheeses



(Games 20 mins)

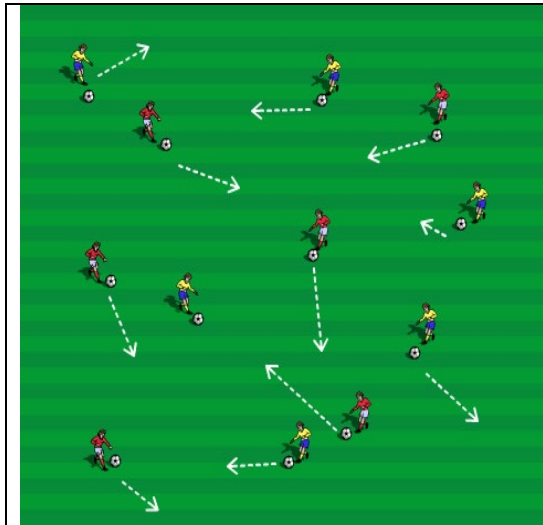
3v3 or 4v4 games rotate teams every 5mins





# Week 3 + 4



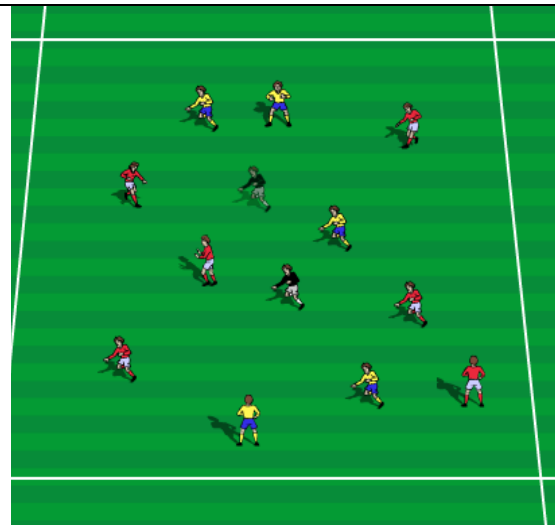


Set-up as shown area 40yardsx30yards (10mins)

(1) Players dribble freely using (1) laces (2) inside/outside (3) sole of the foot  
 Players are like magnets once they get close they repel away against one another, encourages players not to get close to one another.

(2) Players dribble to coach, coach picks up ball and throws away, players need to run retrieve their ball and dribble back as quickly as possible. (Coach moves to encourage players to look up while dribbling)

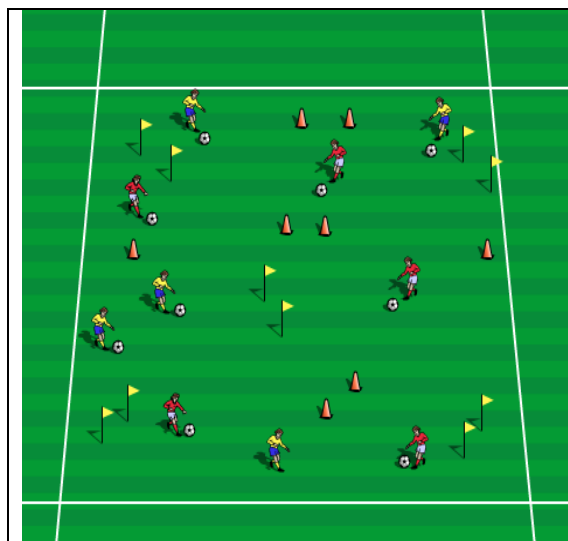
(3) Repeat when players bring ball back coach calls out a number e.g. 10 players need to touch ball 10 times before dribbling back.



Speedwork (5-10mins)

Toilet tag/tunnel tag

- (1) Toilet tag, 2 chasers try to tag as many players as possible if tagged players remain static with arm out, to be set free teammate has to push arm down (flush)
- (2) Tunnel tag, if players are tagged stand with legs wide apart, can only be set free if someone crawls thru their legs. Chasers cant tag players while they are setting someone free.



Set-up as shown (10 minutes)

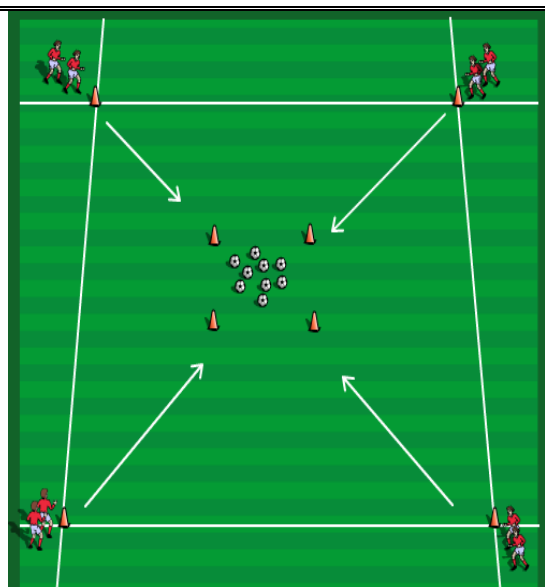
- (1) Players dribble freely between gates
- (2) Players dribble thru gates perform drag back, move to another gate
- (3) Players perform figure 8 approaching from side
- (4) Competition players score point for every time they dribble thru gate and cut (30secs)
- (5) Introduce 3 defenders who move freely between gates if they are standing between markers players cannot score (no tackling), only score in empty gates

Coaching pts:

Awareness - look around (Don't wait at gates find free ones)

Keep control of ball

Different speeds of dribbling when to move quickly (when see an opening)



Fun Game (10mins) Ball steal in teams of 2-4

- (1) Players start at markers as shown (nests or dens) on coaches instruction players run into middle steal ball (egg) by picking up and take back to nest. On return next player goes and repeats sequence continues until no balls left in middle, team with 3 balls first are the winners.
  - (2) Repeat dribbling ball back to nest
- Progress to players can steal balls from other nests when it is their go, first team with 3 are the winners

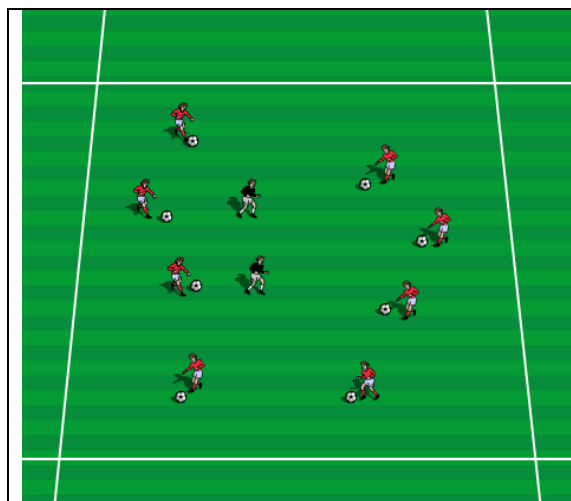




# Week 5 + 6



	<p>Set-up as shown area 40yardsx30yards (10mins)</p> <p>(1) Players dribble freely using (1) laces (2) inside/outside (3) sole of the foot          Players are like magnets once they get close they repel away against one another, encourages players not to get close to one another.</p> <p>(2) Players dribble to coach, coach picks up ball and throws away, players need to run retrieve their ball and dribble back as quickly as possible. (Coach moves to encourage players to look up while dribbling)</p> <p>(3) Repeat when players bring ball back coach calls out a number e.g. 10 players need to touch ball 10 times before dribbling back.</p>
	<p>Inside cuts – 10-15mins</p> <ol style="list-style-type: none"> <li>(1) Players dribble freely between gates</li> <li>(2) Players dribble thru gates perform inside cut and dribble back thru, move to another gate</li> <li>(3) Players dribble thru gate and cut either left or right encourage players to look for space</li> <li>(4) Competition players score point for every time they dribble thru gate and cut (30secs)</li> <li>(5) Introduce 2 defenders if defenders touch ball dribbling players start from zero again</li> </ol> <p>Coaching pts:          Awareness - look around (Don't wait at gates find free ones)          Keep control of ball          Exaggerate disguise before cutting away with ball</p>



### Smash & Grab (10mins)

Players dribble freely in area, on coaches instruction 2 selected players (Smash & Grab) try to knock all balls out the area.

Once player loses ball they can offer support to other teammates. Game is finished when all balls knocked out of the area.

Time how long 2 players take to remove all balls and rotate Smash & Grab

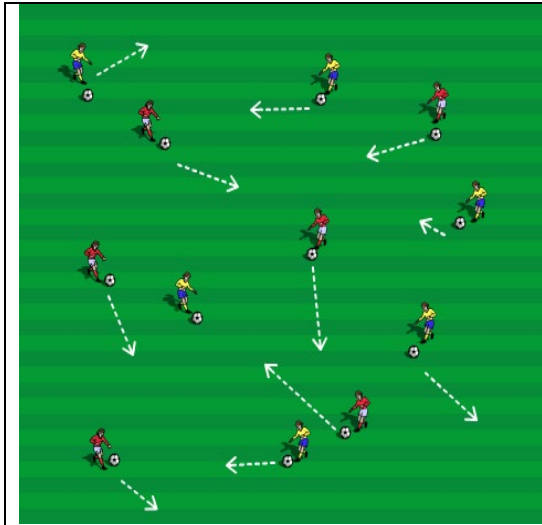


### Games (15mins) 4v4 or 5v5





# Week 7 + 8



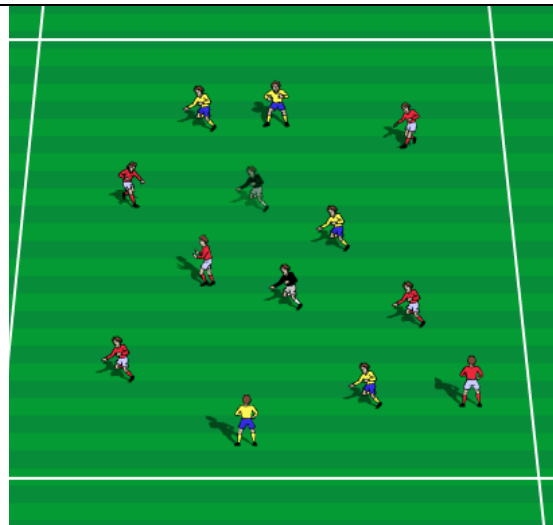
Set-up as shown area 40yardsx30yards (10mins)

(1) Players dribble freely using (1) laces (2) inside/outside (3) sole of the foot

Players are like magnets once they get close they repel away against one another, encourages players not to get close to one another.

(2) Players dribble to coach, coach picks up ball and throws away, players need to run retrieve their ball and dribble back as quickly as possible. (Coach moves to encourage players to look up while dribbling)

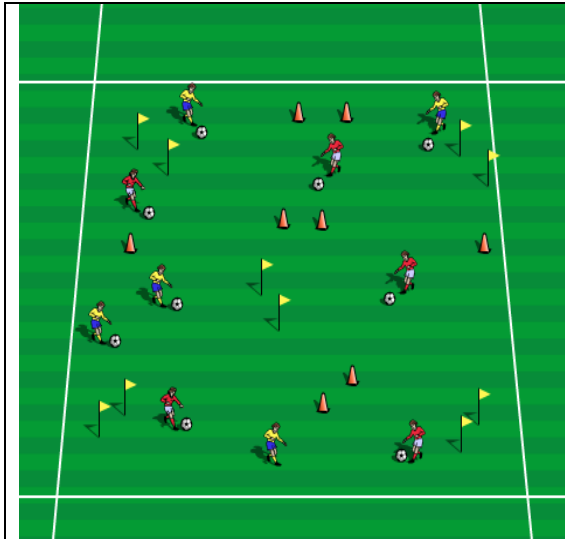
(3) Repeat when players bring ball back coach calls out a number e.g. 10 players need to touch ball 10 times before dribbling back.



Speedwork (5-10mins)

Toilet tag/tunnel tag

- (1) Toilet tag, 2 chasers try to tag as many players as possible if tagged players remain static with arm out, to be set free teammate has to push arm down (flush)
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Set-up as shown (10 minutes)

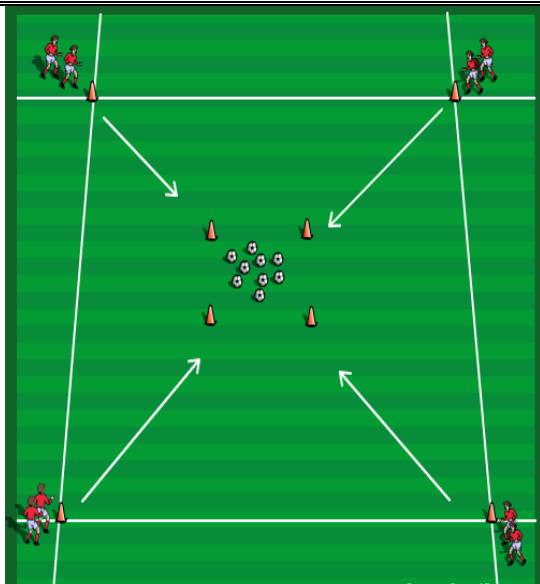
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- (5) Introduce 3 defenders who move freely between gates if they are standing between markers players cannot score (no tackling), only score in empty gates

Coaching pts:

Awareness - look around (Don't wait at gates find free ones)

Keep control of ball

Different speeds of dribbling when to move quickly (when see an opening)



Fun Game (10mins) Ball steal in teams of 2-4

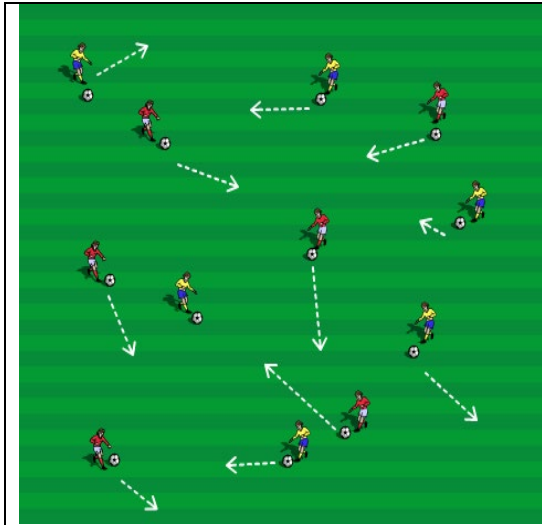
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  - (2) Repeat dribbling ball back to nest
- Progress to players can steal balls from other nests when it is their go, first team with 3 are the winners







# Week 9 + 10



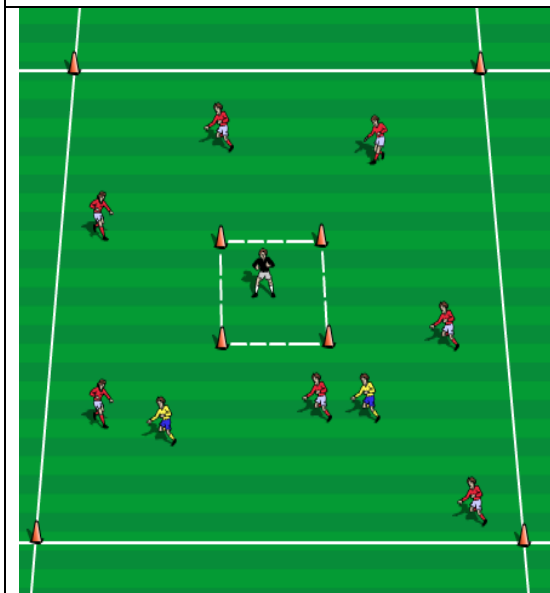
Set-up as shown area 40yardsx30yards (10mins)

(1) Players dribble freely using (1) laces (2) inside/outside (3) sole of the foot

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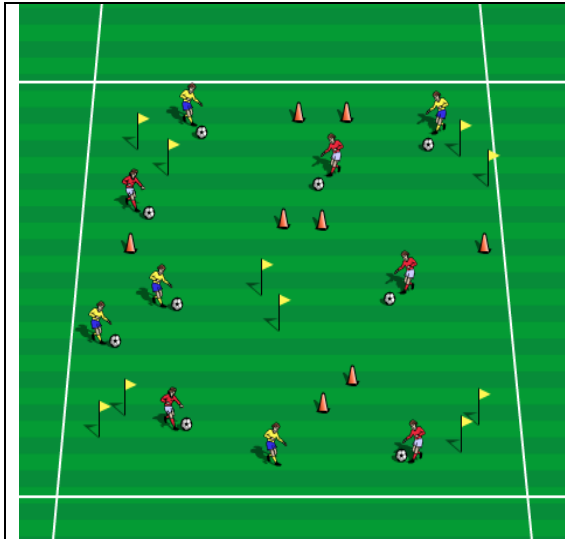
(3) Repeat when players bring ball back coach calls out a number e.g. 10 players need to touch ball 10 times before dribbling back.



Fun game – Star wars

Player in middle is Yoda, players (Jedi knights) as shown being chased by storm troopers (yellow) if Player is tagged they remain static and can only be set free if Yoda comes out of box area and gives them a high 5...Yoda is safe in the middle and cannot be tagged, if he is tagged when out the box game is over and storm troopers win.

Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Set-up as shown (15 minutes)

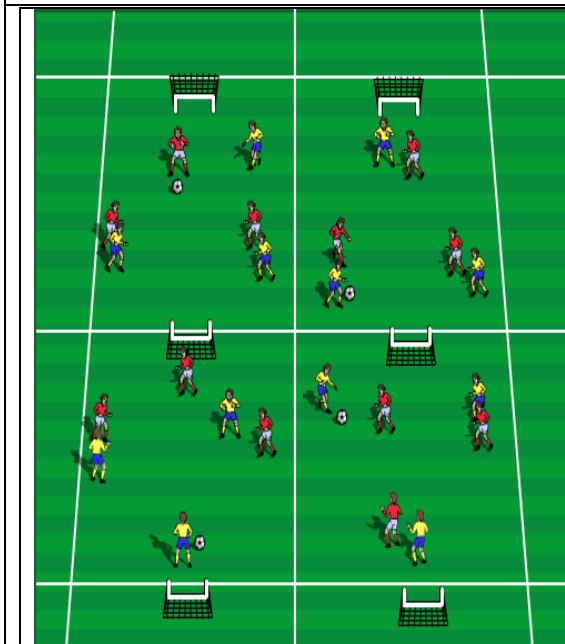
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Coaching pts:

Awareness - look around (Don't wait at gates find free ones)

Keep control of ball

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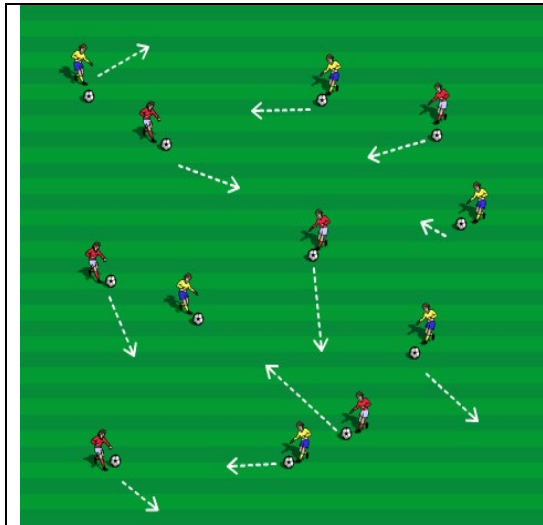
(Games 20 mins)

3v3 or 4v4 games rotate teams every 5mins





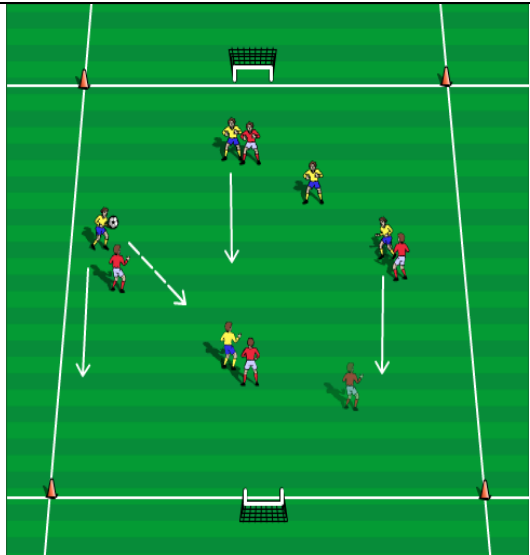
# Week 11 + 12



Set-up as shown area 40yardsx30yards (10mins)

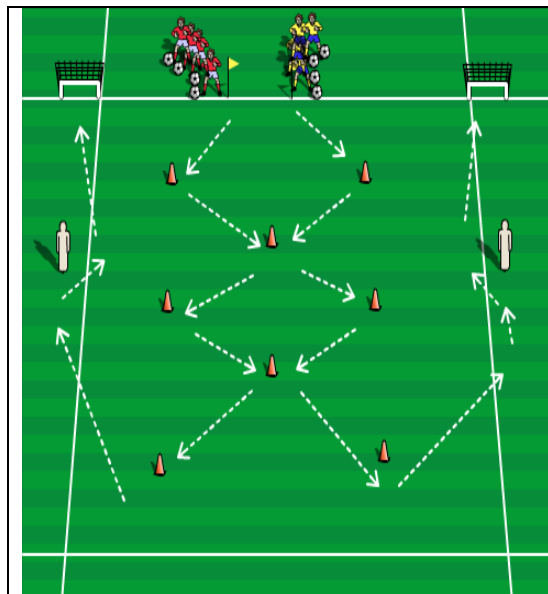
- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Players have 30secs to show as many skills/moves possible

Finish with game tag, all players have ball, pick 4 chasers, holding pinnies if they tag player give them pinnie continue game.



Activity Handball

Throw ball into net to score



Practice (15mins)

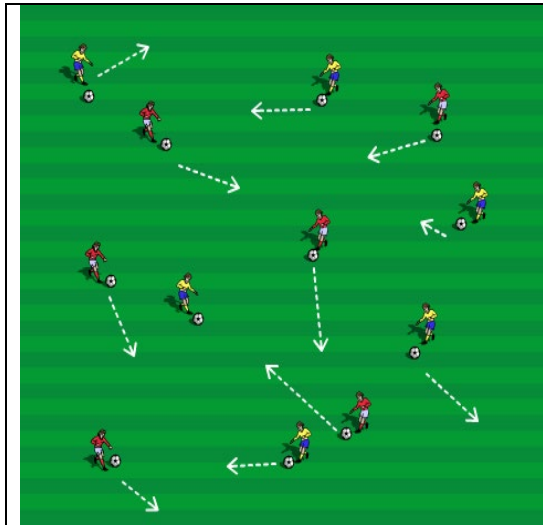
- (1) Players dribble thru route as shown perform inside cuts at cone with alternate feet, beat mannequin with any move and shoot into goal
- (2) Players perform fake-take at mannequin (stop ball first if need to)
- (3) Finish with competition points for goals scored and extra points given for good technique (keeping ball under control/using disguise when executing moves)

Coaching points: Dribbling techniques/awareness  
look around





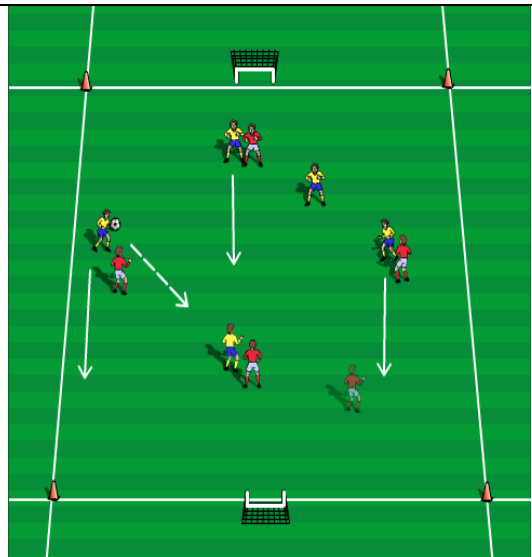
# Week 13 + 14



Set-up as shown area 40yardsx30yards (10mins)

- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Players have 30secs to show as many skills/moves possible

Finish with game tag, all players have ball, pick 4 chasers, holding pinnies if they tag player give them pinnie continue game.



Activity Handball

Players keep possession by throwing the ball to each other to advance the ball towards the opponent's goal.

Head the ball into net to score.



WHITBY FC – FUNDAMENTALS CURRICULUM – WEEK 13 + 14



Four soccer pitch diagrams arranged in a 2x2 grid. Each diagram shows a green pitch with white lines and a goal at the top. The top-left diagram shows a 3v3 game with three players in red and three in yellow. The top-right diagram shows a 4v4 game with four players in red and four in yellow. The bottom-left diagram shows a 3v3 game with three players in red and three in yellow. The bottom-right diagram shows a 4v4 game with four players in red and four in yellow.	<p>(Games 20 mins) 3v3 or 4v4 games rotate teams every 5mins</p>
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