

COACHING CURRICULUM





1. Be prepared for when they arrive. Have the first game ready to go.
2. Be welcoming, enthusiastic, and remember to smile.
3. Keep explanations simple, let them ask questions.
4. Be inclusive, involve all players.
5. Always encourage and praise.
6. Use a whistle or fun sound like a horn to gain their attention. Avoid shouting and losing patience.
7. Use visual aids/colors to enhance their observation.
8. Avoid highlighting errors or weaknesses, and do not use negative words.
9. Use your player's names. If a player has a nickname that is fine, but don't make one up, it could upset them.
10. Make sure they know your name or they call you coach, not Sir or Miss.
11. Use the correct size soccer balls.
12. Mix teams around so players don't dominate.
13. Encourage natural leaders to be good role models for the team.
14. Stay calm and patient with bad behavior. Sit poorly behaved players out in timeout if need be, but ensure they are supervised.
15. Involve them in problem solving. Ask questions and let them discuss amongst themselves, just guide them in right direction.
16. Have a contingency plan if the practice is not working or they find it too easy or too hard.
17. Politely ask parents and guardians to remain unobtrusive as children need to focus on you and the game.
18. Don't be tempted to join in. This affects your control and is dangerous.
19. Ensure fair play. Don't overlook breaches of rules.
20. Encourage flair and risk taking, they must not be scared to make a mistake.
21. Keep heading sessions (age appropriate) to no longer than 20 to 30 minutes max and check inflation on balls (not too hard/soft).
22. Remember, they watch your body language so stay bubbly. Avoid habits like folding your arms, constantly looking at your watch, getting distracted by a keen parent or looking fed up.
23. Keep them busy. Minimum stoppages, except for drinks, and you can use this time for any questions.
24. Use and encourage humor but take care to avoid overuse of jargon. Remember, what adults see as funny, children may not.



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WARM UP GAMES

TECHNICAL WARM UP

Red light, Green light

Players are in a 20 yd x 20 yd box, each player must have a ball.

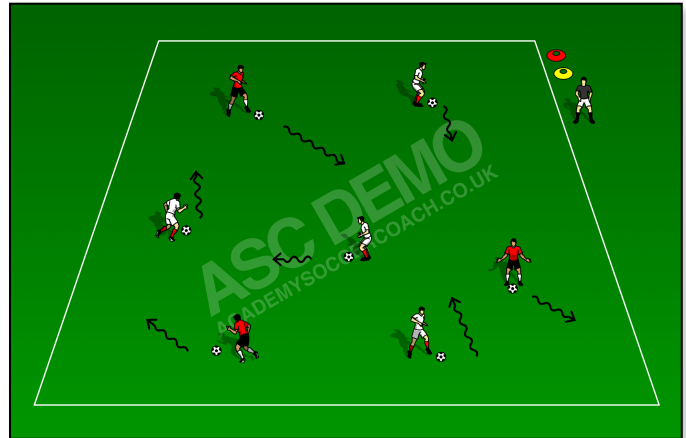
Coach yells;

'Green light' - players dribble anywhere inside the box

'Red Light' - players must stop the ball immediately

'Yellow Light' - players will slow down

Advanced way - coach holds up the color cones instead of



TECHNICAL WARM UP

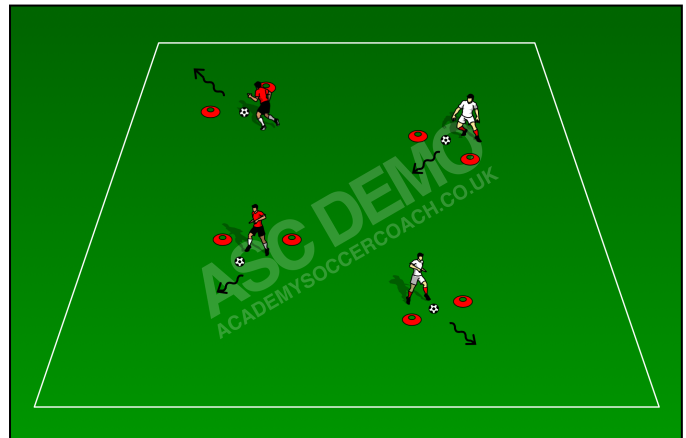
Gates of Heaven

Players are in a 20 yd x 20 yd box, each player must have a ball.

Coach lays out numerous gates approx. 3ft wide.

Players will dribble around, avoiding the gates to start with.

Once the game starts, players will be timed (1 minute) so see how many gates they can go through.



TECHNICAL WARM UP

Frogger

Players are in a 20 yd x 20 yd box, each player must have a ball.

Players will start on one end line and must dribble through the box and make it to the other side without hitting any objects.

Inside the box are random cones/pinnies laid out.

Coach can be on the side and pass balls through the box for the players to avoid.





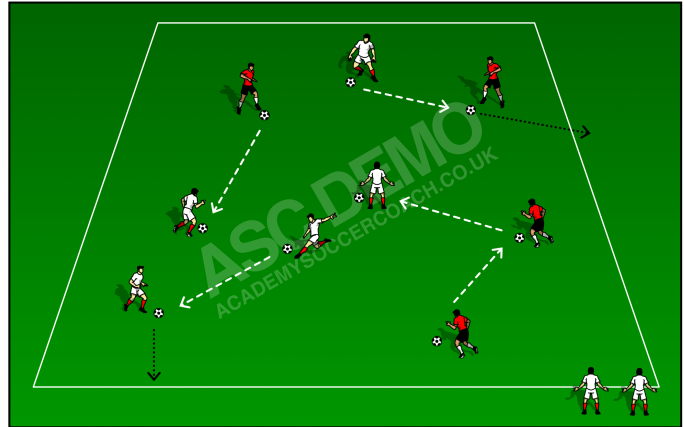
TECHNICAL WARM UP

Controlled Crazyness

Players are in a 20 yd x 20 yd box, each player must have a ball.

Players will start in a random space in the box with their ball.

When the coach starts the game, players will try to pass their ball into an opposing players ball and knock it out of the box.



TECHNICAL WARM UP

Finders Keepers

Smaller area of 15 yd x 15 yd, use one ball per two players. Players start on the outside of the area, the soccer balls are placed randomly in the box.

Coach yells 'GO', players try to receive the ball and dribble without it getting stolen. Players without a ball try to take one from a player who is dribbling.

Each round is a short amount of time, losers get 5 star jumps for example.



TECHNICAL WARM UP

Sharks and Minnows

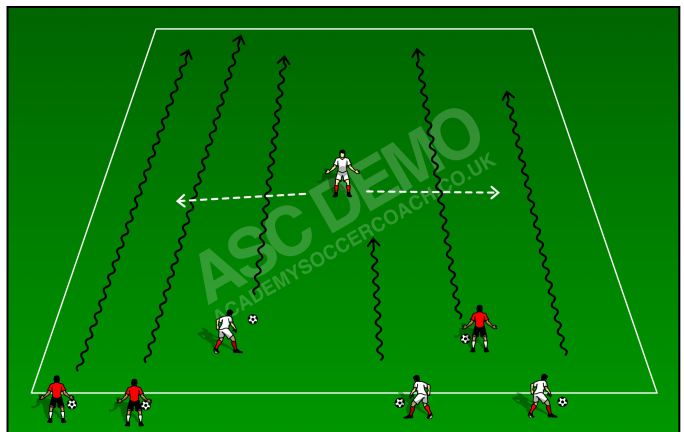
Rectangle shape, 15 yd x 25 yd. Coach can vary it depending on numbers and field availability.

One player is nominated as the 'SHARK'.

Everyone else lines up with a ball on the end line.

Players have to dribble from one side to the other without having their ball kicked out of bounds.

If a players ball goes out of bounds. They join as a shark.





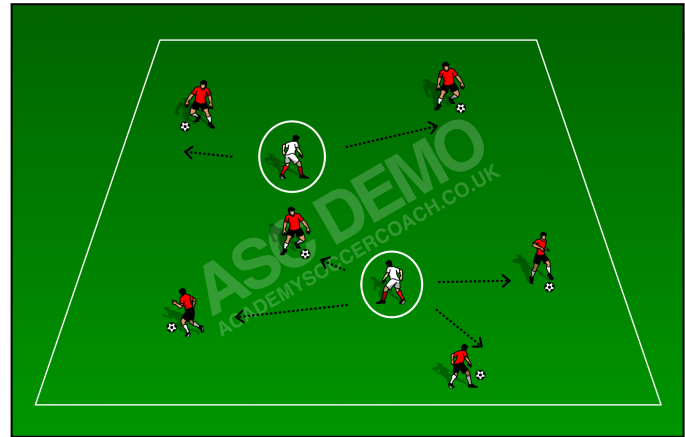
TECHNICAL WARM UP

Ghostbusters

In a 20 yd x 20 yd area nominate one or two ghostbusters. Ghostbusters objective is to tag the 'ghosts' who are the ones dribbling soccer balls.

Ghostbusters see how many ghosts they can tag in 1 minute.

When a ghost is tagged, they freeze and hold the ball above their head. (freeze option can change)



TECHNICAL WARM UP

Countries of the World

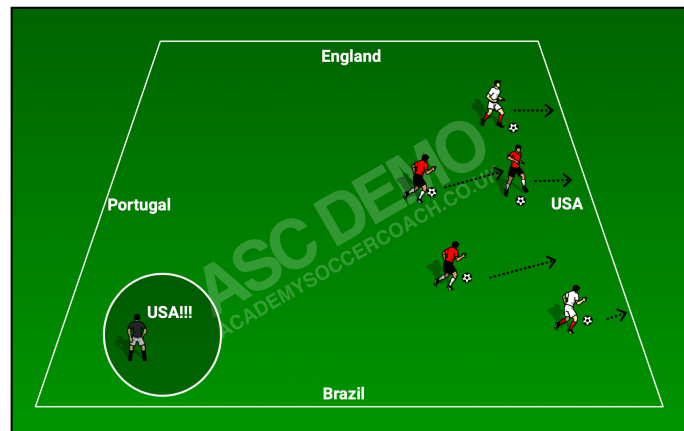
Make a box 20 yd x 20 yd or your preference.

Each side of the square is labelled a country.

All players have a ball and are dribbling around the designated area.

Coach yells a country 'BRAZIL', which will be named as a side of the square.

Last person to dribble to the line gets a forfeit.



TECHNICAL WARM UP

Bodyguards

Split the area into 3 equal sized zones.

4 balls or equally an distributed number are in the goals.

Players have a time limit to score as many goals as they can in either of the goals.

Winning team is the one with the fewest balls in their goal.





BALL MASTERY

*All exercises can be done within a 20 yd x 20 yd area.

Ball Mastery

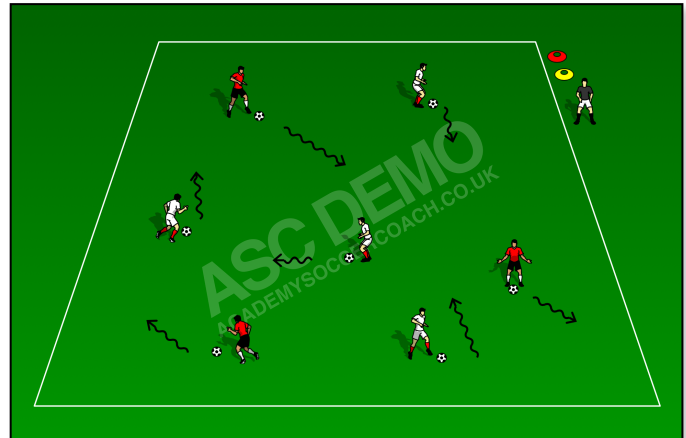
Basic introduction

All players have a ball and find a space in the area.

Upon dribbling around they will pause to learn a skill set, dribble and attempt the skill.

Every minute add a skill.

Example - Cruyff turn, Step-over, Scissors, L Turn, Drag Back, Stop and Go, Boxes.



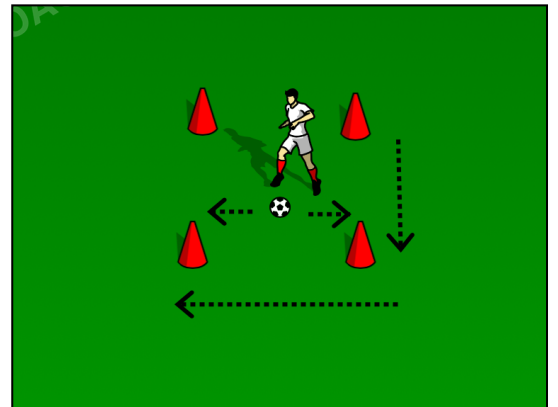
Ball Mastery

Stationary skillset

Each player has a 2 yd x 2 yd square and a ball.

In the square they can perform; Boxes, Toe Taps, V's, Sole Roles, Inside to Outside, Push and Pulls.

On the outside of the square they perform the same moves but in a square motion. Use the cones as a guidance. For example combine Push and Pulls with Sole Roles. Push forwards, pull back then roll to the other side of the square.



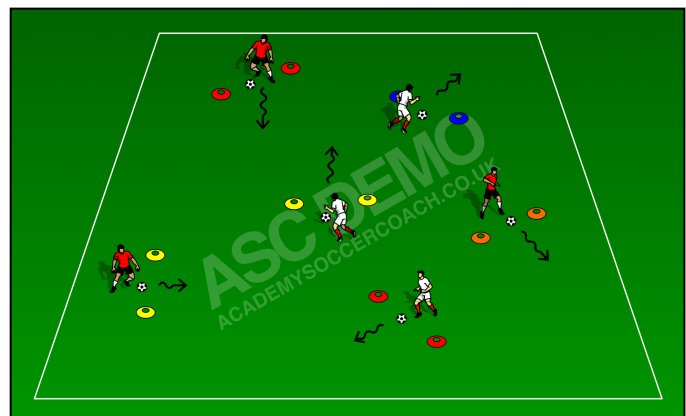
Ball Mastery

Gates of Heaven - Progression

Players will dribble freely around the designated area. There are three different colored gates. (Coach can use as many as he/she wants)

Every time a player dribbles through a colored gate they will perform a move/various type of dribble.

Example: Left footed sole role through the gate, boxes forward through the gate or a slow controlled dribble with a fast acceleration out.





Ball Mastery - Turns and Moves

1st Grade

Controlled Dribbling – Slowly move ball between both feet using inside, outside & sole of foot to manipulate the ball in different directions.

Speed Dribbling – Running w/ the ball using the laces of the foot to guide the ball along with you. **NO TOE BALLS!** Emphasize keeping the toe pointing down while running.

Foundation Touches - Aka “Side Sprints”. Ball in between feet moving ball from side to side in a pendulum fashion.

Sole Taps - Little touches on ball using the toe’s, sole (bottom) of the foot in a repetitive fashion of left, right, left, right and so on.

Inside Foot Passing – Plant foot facing your target, strike through the middle of the ball with the inside of the foot. *best technique for accuracy and control*

Inside Foot Trap – Used to receive a pass. Opening hips and foot to catch/cradle the ball and bring it to control at ones foot.

2nd Grade

Big Toe / Little Toe - Move ball with inside of big toe, followed by outside of little toe in a zig zag fashion. Left foot only, followed by right foot only. *players begin to know what foot is their dominant, spend more time on their “weak” foot at this age as muscle memory is much easier to learn while players are young*

Heel / Toe Roll - Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times.

1 Touch Juggle – Starting with the ball in hand, drop the ball and using your laces take 1 touch to pop the ball back up and catch it again in your hands.

Pull Touch– Using the sole of your toes, direct the ball back into your plant foot.

Introduction to ‘COD’ (Change of Direction)

Inside Chop – Running forward, use the inside of the foot to turn the ball straight back in the opposite direction.

Outside Chop – Running forward, use the outside of the foot to turn the ball straight back in the opposite direction.



3rd Grade

Pull Push - Pull ball back from heel to toe and push forward with the laces.

Sole Roll - Body square to (facing) the ball, roll entire foot over the ball (inside of foot making contact with ball first) and quickly repeat.

Big Toe, Big Toe / Little Toe Little Toe - Now 2 touches with big toe followed by 2 touches of little toe.

2 Foot Juggle – Starting with the ball in hand, drop the ball and using your laces take 1 touch with right foot before it hits the ground to pop the ball back up and take 1 touch with your left foot to pop the ball back up and catch again with your hands.

Change of Direction Move

Pull Back – Running forward, use the sole of your toe to pull the ball straight back in the opposite direction, facing the ball the entire way through the turn.

Introduction to 1 vs 1 moves (attack vs defense)

Fake & Take – Dribbling at a defender, attacking player dips shoulders & bends knees to 'sell' the fake (or to make the defender believe the attacker is going in a specific direction) in one direction and takes the ball with the outside (little toe) of the opposite foot in the other direction around defender.

4th Grade

Foundation Touches forwards/backwards - Now moving with the ball forwards and backwards. Sole Taps forwards/backwards – Now moving with the ball backwards and forwards.

Inside/Outside Roll – Rolling your foot, using inside or outside of your foot, up the ball to put the sole of the foot on the top of the ball and repeat.

Little Toe, Big Toe W/ Both Feet – First touch with little toe right foot (outside of foot), second touch with big toe right foot (inside of foot), Third touch with little toe of left, Fourth touch with big toe of left. Repeat.

Change of Direction

Cryuff Turn – Dribbling straight. Put your plant foot beside the ball and using the inside, big toe, of your control foot, chop the ball behind your standing leg & begin dribbling the ball away in the opposite direction.



1 vs 1 Move

Scissors – Same idea as above. Difference here is the “fake” step now happens by moving your foot in front of the ball.. Faking left and taking the ball away to the right for example, the left foot is your “fake” step foot, when you take that fake step you must swing your foot around the front of the ball while bending your knees and dipping shoulders to fake left.

Introduction of an Escape Move

Pull and Pop Touch - Using the sole of your foot perform a heel to toe roll and using your toes/laces of your foot flick the ball straight up and catch the ball in your hands.

5th Grade

Foundation Touches Side to Side - Now move body to left whilst performing 3-4 “side sprints” and then back to the right in a zig zag fashion.

Sole Taps Side to Side – Moving the ball from side to side, left foot to right foot in a zig zag fashion.

Foundations W/ Combo – Starting with foundation touches, on command coach call out a particular skill move to perform then players get back into foundation touches.

Sole Taps W/ Combo – Start with sole touches and on command coach calls out another skill move to perform and then players get back into sole taps.

1v1 Move

Step Over – Require a similar fake to the scissor but now you step over the front of the ball.

COD Move

Pull Push Behind - Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot

Escape Turn

Circle Roll/Turn - Moving ball with either the inside or sole of the same foot in a circular motion.

6th Grade

Foundations W/ Roll Over. 2 Foundations touches followed by a roll over and repeat. 1st touch inside right foot, 2nd touch w/ inside left foot then use right sole to roll the ball over and repeat starting with first touch left foot.

Pull Push Side to Side – “V Touches” – Set ball in front of and to the side of you. Reaching across your body, with the sole of your foot, pull the ball back in and take second touch out in front and to the opposite side. Then repeat with opposite foot.



1v1 Moves

Double Scissors – Same idea as a single scissor. Now just do 2 scissor steps with both feet. Scissor step with left, scissor step with right then take ball away to left for example.

Roll Step Over – Combining the roll over and step over. Roll the ball across your body with your right foot going from right to left and your next step with your left foot steps over the ball.

COD Moves

Roll Over/Outside Chop – Running straight. Rolling your sole over the top of the ball while coming to a stop and use the outside of the same foot to take the ball back in the opposite direction.

Roll Over/Inside Cut – Same as above; however this time letting the ball roll across your body to the opposite foot to use the inside of that foot to take the ball back in the opposite direction.

Escape Move

Lift Touch – Using your toe to dig in under the ball to lift it up and over a defenders leg. Often used in 50/50 situations where you beat a defender to the ball and know they are coming in hard for a tackle.

U12 & Above (Recommended)

1v1 Moves

Maradona – Legendary escape turn coined by Diego Maradona of Argentina. Using the sole of both feet perform a slight pull back with your dominant foot while simultaneously spinning in a 360 degree motion and catching the ball with the sole of your opposite foot to pull the ball back in front of you.

Cristiano Chop- Often used on the outside of the field as a way to cut into goal. Speed Dribbling with the outside foot (foot closest to the sideline) breaking stride to quickly chop the ball using the big toe of the outside foot behind your plant foot to cut the ball in towards goal.

Escape Move

Foot Flap – The Legendary Ronaldinho of Brazil was famous for this escape move. In one step, using the outside of your foot, you start by taking the ball with the little toe to the outside, but before your foot hits the ground, at the flap of your ankle, use the inside of your foot to take the ball inside back inside.

Inside/Out Hesitation – Catching the ball with the inside of your foot appearing to take it in one direction, plant foot is used as a juke step before taking second touch with outside of the same foot to go in the other direction.



DRIBBLING

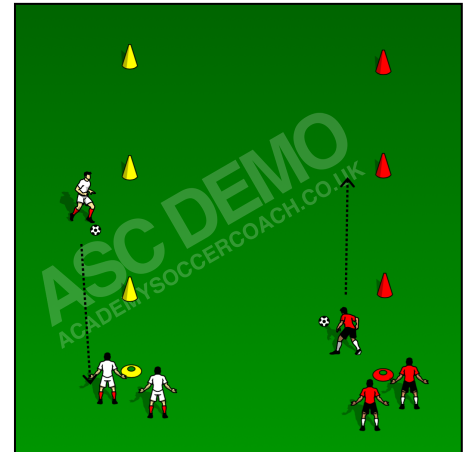
*Previous Ball Mastery exercises can be used for dribbling.

Dribbling Relay Races

A simple but effective dribbling exercise are races. Very adaptable, can have players dribble around one cone and back. Add several stages if needed.

Adaptation can be dribbling to the first cone, leave the ball and the next in line will retrieve the ball.

Focus on quality of dribbling.



Dribbling Weaving Skills

One of the more popular dribbling exercise is a standard weave set up. Players will dribble in and out of the cones using various parts of the foot. (Inside, Outside, Laces & Sole)

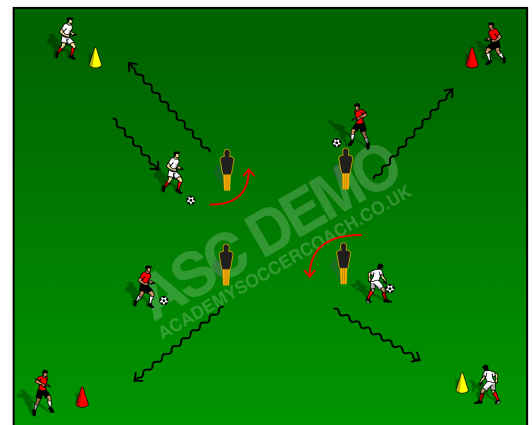
Reminder: Quality > Quantity
Not how many the player can do, but how well the player can perform the skillset.



Dribbling Center Turn

4 cones on the outside as starting points. Players will try to combine dribbling with a turn. For the turn use a cone/pole.

Emphasize dribbling forwards with just outside the laces, and using the inside/outside to turn.





RECEIVING AND TURNING

Receiving and Turning Circle Setup

Divide the group into two's, one person has a ball on the outside, their partner starts in the center without a ball.

Players in the middle are working for 45 seconds.

Receive a ball from the outside, turn and dribbling through the middle and pass to an open player.

Run back through the middle and repeat the process.



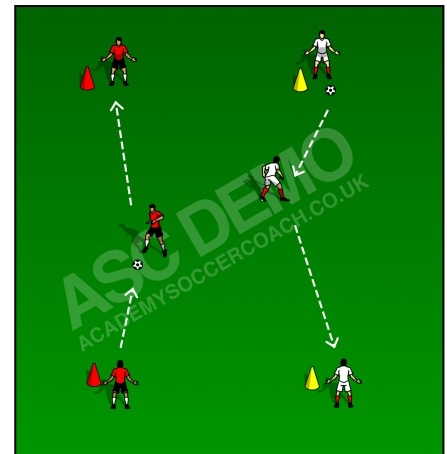
Receiving and Turning Trio's working 45seconds - 1 minute

Divide the group into three's. Each group of three has their own line. One in the middle, one on either end of the line.

Player in the middle is working, receives a ball from the player on the end, turns and passes to the opposite side.

Keep repeating the process.

Quality > Quantity.



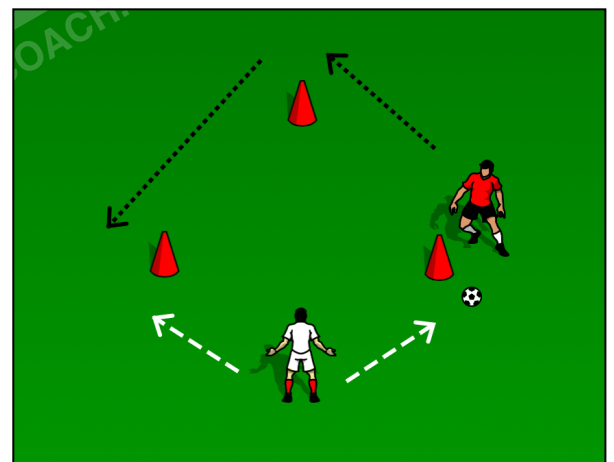
Receiving and Turning Advanced Technical Work

Players have a partner - in their group they will have three cones in a triangular shape. (2 yd apart each cone)

One person starts at the top of the triangle. The other person has a ball and is 2ft beyond the base line.

Player working checks to one side of the triangle, receives the ball and passes back.

Variations: one touch, two touched (same foot, opposite feet, touch and role, side volley in the air, side volley two touches.





PASSING

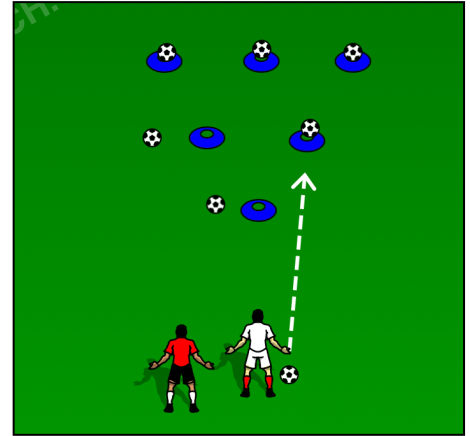
Passing Game Bowling

Fun game for all ages.

Soccer balls are resting on the cones, set up cones in a bowling format. Use as many cones as necessary.

Players use one ball and take turns to knock the balls down and then return the striking ball to next in line.

Winning team knocks all of them off the cones.



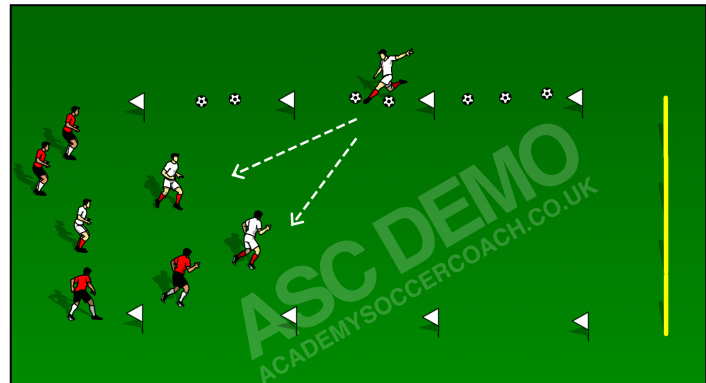
Passing Game Gauntlet

Fun game for all ages.

Set up cones in a tunnel format, width and length will depend on number of players.

One person starts on the outside with the balls.

All remaining players start on the end line. Objective is to get to the other end line without being hit.

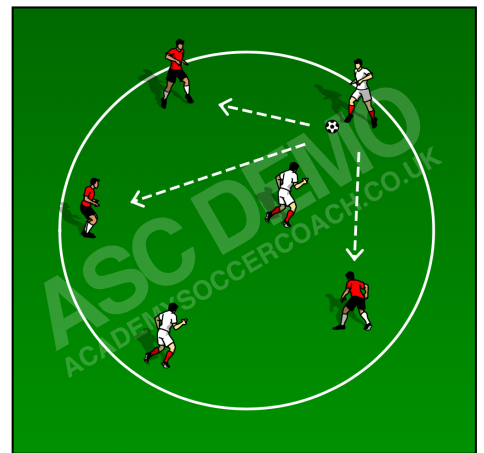


Passing Game Piggy in the Middle

Simple passing game to increase awareness.

Players make a circle and the Piggy is in the middle on their own.

Players on the outside try to keep the ball away from the Piggy, if the Piggy intercepts the ball. Whoever played the fatal pass is now in the middle.





SHOOTING

*Fun games and exercises

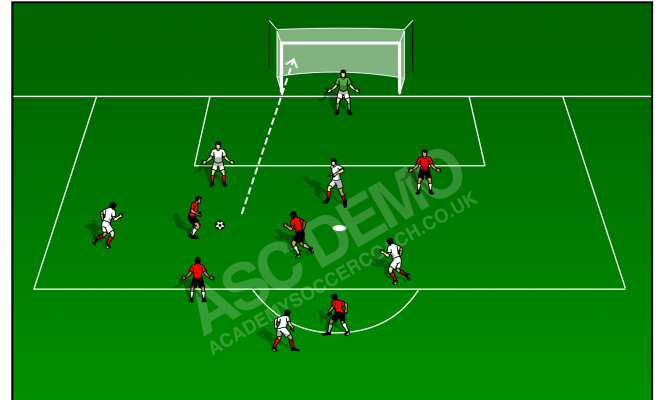
Shooting Game World Cup

This game includes all of dribbling, passing, and shooting.

Players are split into two's or three's and name themselves a country.

One goalkeeper, everyone is going to the same goal. Once the ball is in play, whichever team scores are through to the next round.

Last team left gets eliminated. Keep playing till we have a winner.

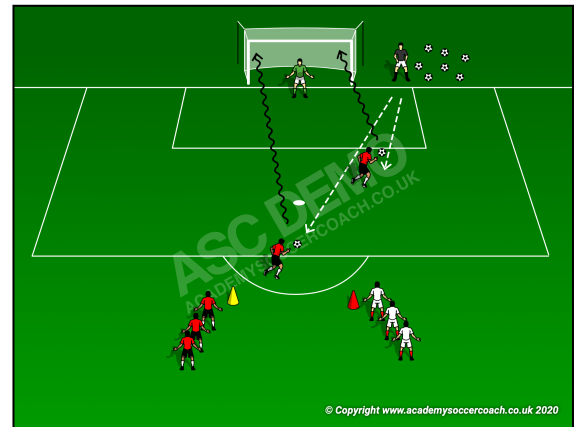


Shooting Game Power and Finesse

Coach plays the ball in from the side of the goal.

Players are in two teams, first person shoots a 'longer' shot and then has a closer shot at goal.

If the player scores both they get to challenge an opponent. If they score one they remain in the game. If they miss both they're out behind the goal and can catch a ball to re-enter the game.

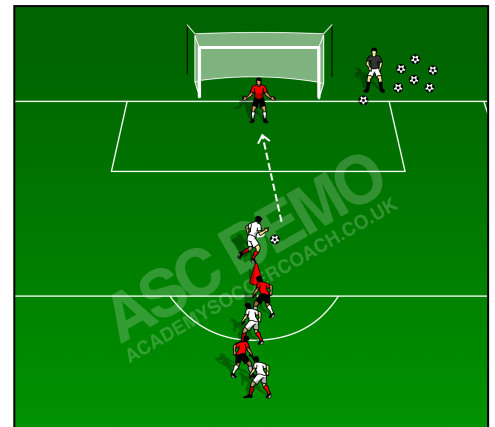


Shooting Game Knockout

One player starts as a goalkeeper.
The rest line up 15 yd's from the goal.

Coach will pass a ball to the shooter; if shooter scores, the goalkeeper is out. If shooter misses, the goalkeeper remains in the game.

Last person standing wins.





Shooting Technique

Characteristics

Every time you're on the practice field, wherever that may be. Think about the following characteristics of shooting technique. If you can master them all, you'll find that your ball striking ability increases exponentially over time.

A sturdy planted foot — Try to plant your standing foot around 18 inches from the ball. Keep the foot flat on the ground, and bend your knee as you bring your kicking foot down. A steady planted foot is crucial to shooting in soccer.

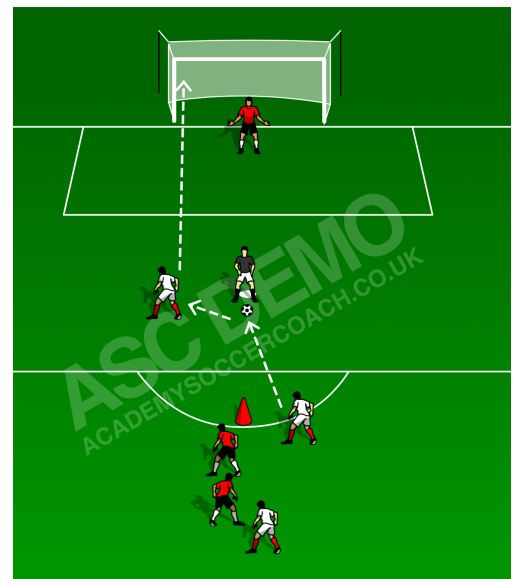
A flexible frame — In most cases, you'll need to use your whole body to deliver a killer shot. Not only are you using both legs, you're using both arms and your upper body for balance. This requires a level of strength and flexibility, which you can improve over time with various items of strength and conditioning equipment.

The correct body position — For a driven, powerful shot, you'll need to get your body over the ball. For a finesse shot with swerve, you'll usually need to lean back a little and use your arms for balance.

Tip: The further you lean back as you strike the ball, the higher it will go. If you're trying to drive a shot underneath the keeper, keep your kicking leg straight and lean over the ball slightly.
Be creative with your body position, everybody has a different position when striking the ball.

Follow-through — Follow-through is crucial for all types of shooting in soccer. Rather than trying to kick the ball, you should be kicking "through" it. The kicking motion should continue after the ball has been struck to ensure a smooth, controlled kick. A great follow-through technique can also help you to improve your shooting accuracy.

The most basic exercise that every soccer team will have done at least once is a single file line with a coach/player approx. 10ft away towards the goal. Players pass a ball into the target and they then lay the ball off to the side for a shot. Be creative with this exercise - change the angle of the shots, vary the pass speed into the target and vary what happens after that pass. It could go back into the attacker for a touch then a shot, or the target could chip the ball up for you to control and then shot.



A lot of adaptations for one simple exercise in the picture shown.



1 VS 1 ATTACKING PRINCIPLES

Coaching Points

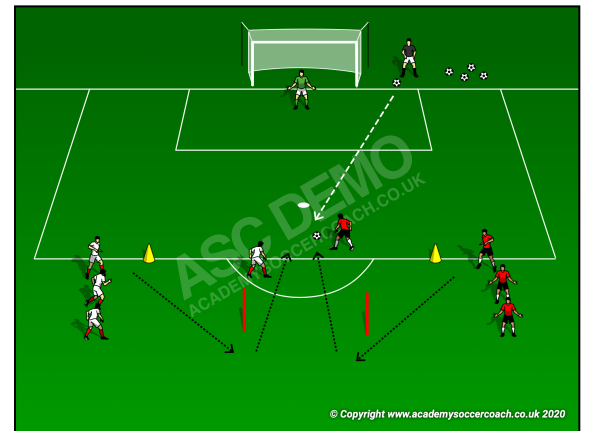
- Dribble towards defender at speed - build up momentum
- Keep head up when dribbling to judge the distance from the defender to yourself
- Perform a move two steps before the defender (timing is critical)
- Accelerate beyond the defender into the open space
- Be creative while attempting to beat the defender, don't be afraid to try new things
- Attempt moves previously worked on if possible

1 vs 1 Attacking Game Number Game

Players are split up into two groups. Within the groups players are named 1 to however many there are. 1-6 for example.

Coach yells a number, which ever player has that number comes out to 1 vs 1 each other.

Play to a points total and then add different run paths when the number is called.

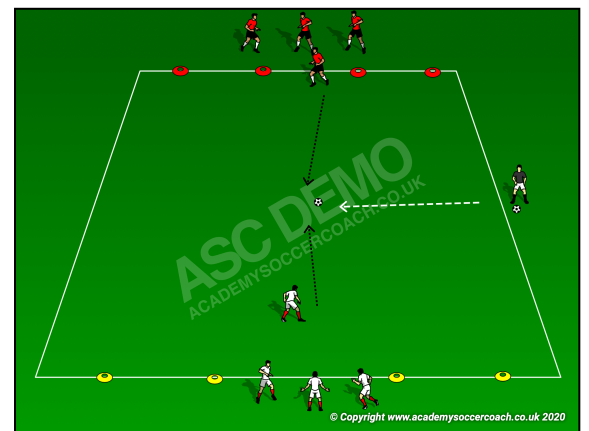


1 vs 1 Attacking Game Attack the Gates

Same concept as the number game.

Players now have the option to attack two gates as opposed to one. Be creative and unpredictable, go on way and fake another to create space on the opposite side.

Use the space wisely, attack with pace to gain an advantage.





1 VS 1 DEFENDING PRINCIPLES

Coaching Points

What are the 3 P'S?

Pressure - The player nearest the ball must “close the space” as quickly as possible as soon as the ball is played to his opponent. You should close ground on your opponent as the ball is traveling to the attacker, do not wait until he/she has received the ball. Defender has three priorities:

- Intercept the pass
- Challenge the first touch
- Contain the attacker

Patient - Good defenders will recognize that they do not need to win the ball immediately. If you approach the attacker quickly and under control, taking away his space, you will shift the initiative to the attacker. Most attacking chances are created through poor and impatient defending.

General rules for “Patient pressure” are:

- Don't Dive In
- Be Cool and Alert- Ready to take the ball when it's exposed
- Tackle with Confidence- Be quick enough to poke the ball away or hard enough to send the ball forward through the attacker.

Posture - A key word used when describing defending is ‘athletic stance’, which simply means a bend in your knees to allow more movement. If you stand tall with your knees try sprint you will have little success compared to a bent knee start. This can be used when defending because you are anticipating the attacker trying a move or pushing it by you so that you have the ability to recover.

One thing especially at a younger age players don't defending towards the opposite side of the attackers. Example; if a left footer is running at me I would want to show him to his right side which is his weaker side. A square body shape is going to result in a lot of unsuccessful duels.

What are the mistakes that tend to happen at a younger age?

1. Failure to get touch tight. Concede too many options to the attacker (shots, penetrating passes, etc.)
2. Failure to show patience. Try to win the ball too often and too early. Defenders need to learn to control their momentum. Let the attacker make a mistake and then pounce.
3. Poor Transition. Young players drop their heads on loss of possession and leave their teammates prone to the counter-attack.



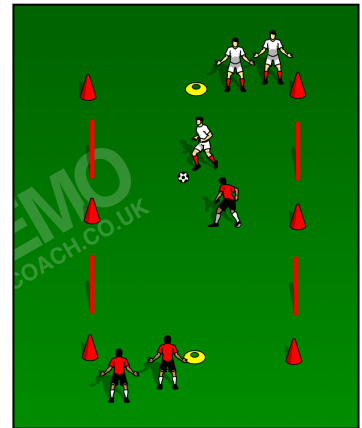
1 vs 1 Defending Exercise

Show the Lanes

Excellent exercise for all age groups.

Players are lined up in channels, evenly split opposite each other. One side dribbles at the opposite player and the defending player has to show them one way when the next.

Alternate showing left then right. Have the attacker push the ball both sides to turn the defenders body.



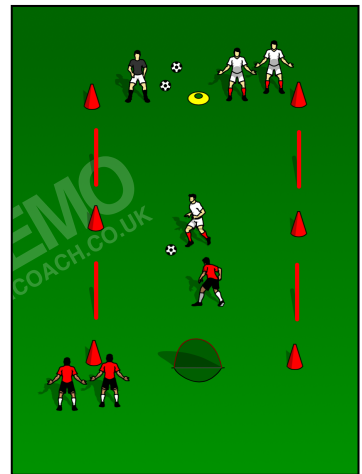
1 vs 1 Defending Game

To the Goal

Simple exercise - half the players line up next to a pug goal/cone gate

Other half of players line up next to the coach who is playing the balls in.

Attacker receives ball and goes 1 vs 1 against defender who will be side on showing them away from the goal. If defender wins ball they have to try pass into the coaches feet.



1 vs 1 Defending Game

Attack the Gates

Same set up as the attacking principles.

This time focus on the defending aspect.

Work on body position, timing, understanding the situations and having awareness of where the gates are that you are defending.

Apply fun rules as you wish.





FORMATIONS

7 vs 7, 9 vs 9, 11 vs 11

7 vs 7

2 - 3 - 1



2 Defenders, 3 Midfielders, 1 Forward.

2 - 1 - 3



2 Defenders, 1 Midfielder, 3 Forwards.

9 vs 9

3 - 4 - 1



3 Defenders, 4 Midfielders, 1 Forward.

3 - 2 - 3



3 Defenders, 2 Midfielders, 3 Forwards.



11 vs 11

4 - 4 - 2



4 Defenders, 4 Midfielders, 2 Forwards.

4 - 5 - 1



4 Defenders, 5 Midfielders, 1 Forward.

4 - 3 - 3



4 Defenders, 3 Midfielders, 3 Forwards.

4 - 2 - 3 - 1



4 Defenders, 3 Midfielders, 3 Forwards.



5 - 2 - 3



5 Defenders, 2 Midfielders, 3 Forwards.

5 - 4 - 1



5 Defenders, 4 Midfielders, 1 Forward.

3 - 4 - 3



3 Defenders, 4 Midfielders, 3 Forwards.

3 - 5 - 2



3 Defenders, 5 Midfielders, 2 Forwards.

Work Cited;

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