



GLOBAL PREMIER SOCCER

2012 CURRICULUM

U6 Northborough YSA CURRICULUM
8 WEEK TRAINING PROGRAM

- TECHNICAL / TACTICAL SESSIONS



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 center 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".

Create a deep and underlying passion for the sport of soccer at all ages.

Acknowledge that players will learn and develop at different speeds.

To keep a fresh and current outlook on the changes in young player development.





LEARNS AT U6

TECHNICAL

CONTROL

- RECEIVING WITH BOTH FEET INSIDE

DRIBBLING

- RECOGNISING SPACE / HEAD UP

RUNNING WITH THE BALL

- CHANGE DIRECTION, CHANGE SPEED

TACTICAL

AWARENESS OF OTHERS

PSYCHOLOGICAL

STILL FUN BUT A MORE STRUCTURED ENVIRONMENT

UNDERSTANDING OF SELF

PHYSICAL

CONTINUE TO DEVELOP STAMINA DURING PRACTICE AND GAME DAY





SESSION STRUCTURE FOR U6

SESSION LENGTH - 40 MINUTES

WARM UP - 10 MINUTES (i soccer)

TECHNICAL PRACTICE - 10 MINUTES

TECHNICAL GAME - 10 MINUTES

SMALL SIDED GAME (1v1 - 2v2) - 10 MINUTES

All sessions will end with a small manifestation of the game. At U6 this game should be 1v1, 2v2.

1v1 2v2 game will be played in an area of 30x 20 yards.

Alter the method of scoring:

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

Ensure that substitutes are rotated frequently in order for everyone to experience playing.

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



WEEK ONE: DRIBBLING

WARM UP: I SOCCER

ORGANIZATION

...20 x 20 square
Each player has a ball and performs the tasks on the task sheet.
Task 1 = Toe taps for 20 seconds

COACHING POINTS

... Use the sole of the foot to touch the ball
...Get into a rhythm with movement

PROGRESSION

Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL 1: Drag Back Turn

ORGANIZATION

... 4 10X10 Boxes 15 Yards away from 10 yards center circle.

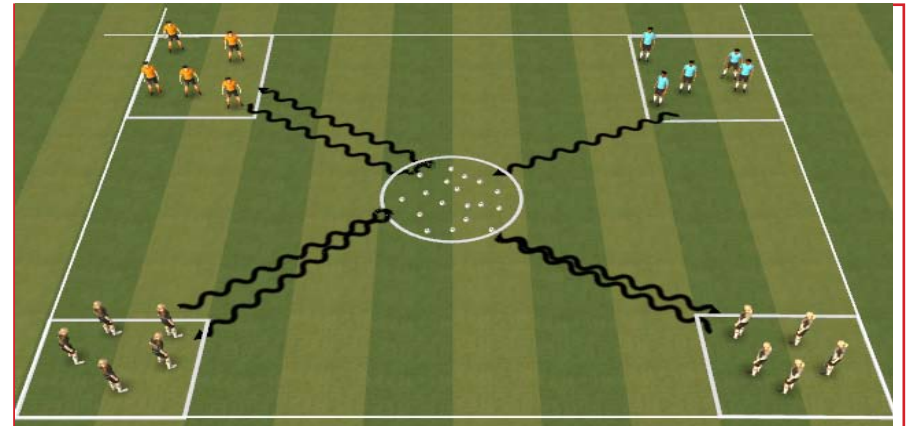
Players are split into 4 groups. First 4 players dribble their ball into the middle area and perform a drag back turn and accelerate back to their team box

COACHING POINTS

Standing foot next to the ball
Sole of foot on top of the ball
Drag ball backwards so ball can be seen at all times
Use laces to push ball in front of you
Accelerate

PROGRESSION

... Players perform drag back turn out of the center circle and dribble towards another box



TACTICAL GAME : The Clean Up

ORGANIZATION

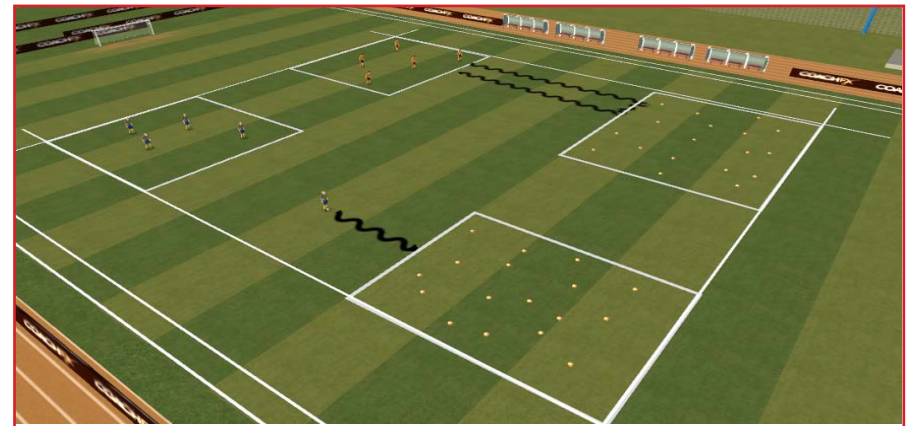
... Four 10x10 boxes 15 yds apart
Place a large amount of cones in the two boxes opposite each team's box. Each player must dribble and collect a cone from the opposite box and bring it back to the 'home' box. First team to get all cones into their 'home' box wins. Players go one at a time to start with. Players must perform a drag back turn once they have picked up a cone to turn and dribble back to the main box. Players who are not collecting cones perform a task in their castle (e.g. Toe Taps). Be creative with your tasks.

COACHING POINTS

...Kepp ball close to feet
Head up to see whats in front of you

PROGRESSION

... All cones must go back 1 by 1
Have 3 go at a time
Have all players go at same time
Must go diagonally to other box (semi-opposed)
Have taggers in no-man's land if tagged must balance for 5 seconds before continuing



WEEK TWO: DRIBBLING & TURNING

WARM UP: 1 SOCCER

ORGANIZATION

.....20 x 20 Square

Each player has a ball and performs the tasks on the task sheet.

Task 2 = Foundations for 20 seconds

COACHING POINTS

...Use inside of the feet to move ball side to side

Head up, use peripheral vision to see ball

PROGRESSION

... Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: STOP TURN

ORGANIZATION

CONES LAID OUT IN A LINE 5 YARDS APART. SET OUT A LINE OF CONES EITHER SIDE ON THE CENTRAL LINE 10 YARDS AWAY

All players start with a ball along the middle line (shown in diagram)

All players will dribble ball towards the blue line. Once the ball touches the blue line all players perform a stop turn and dribble back to the center line

COACHING POINTS

Dribble to keep the ball close

Use sole of foot to stop the ball

Step other side of the ball

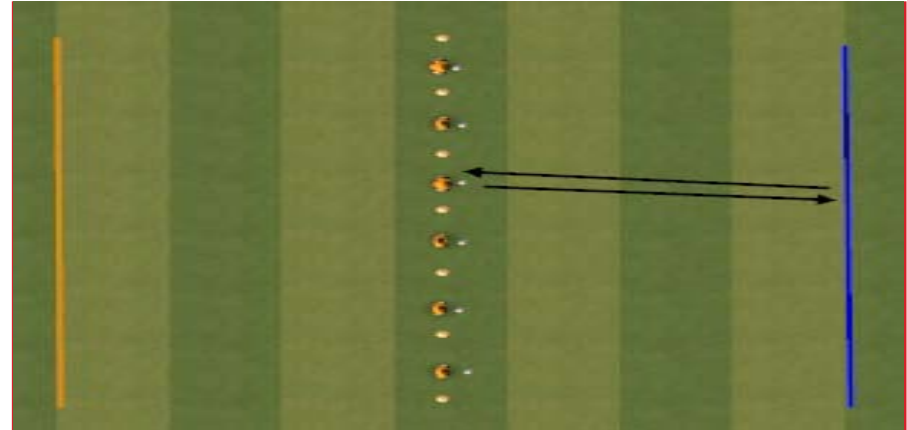
Turn and use laces to push ball in front

Accelerate into space

PROGRESSION

Blue line = left foot turn

Yellow line = right foot turn



TACTICAL GAME: TURNING

ORGANIZATION

CONES LAID OUT IN A LINE 5 YARDS APART. SET OUT A LINE OF CONES EITHER SIDE ON THE CENTRAL LINE 10 YARDS AWAY

All players start with a ball along the middle line (shown in diagram)

Coach will call a color. Players must dribble the ball to that color line, turn using the stop turn and dribble back to the center line.

COACHING POINTS

...Keep ball close to feet

Sole of the foot to execute turn

Accelerate away into space

PROGRESSION

... Play opposite so if coach calls Yellow, all players must dribble to the blue line.



WEEK THREE: DRIBBLING WITH A CHANGE OF SPEED

WARM UP: 1 SOCCER

ORGANIZATION

20 x 20 Square
Each player has a ball and performs the tasks on the task sheet.
Dribbling in figure of 8 for 20 seconds

COACHING POINTS

keep ball close and within reach of feet
head up to see where your going

PROGRESSION

Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: PUSH & GO

ORGANIZATION

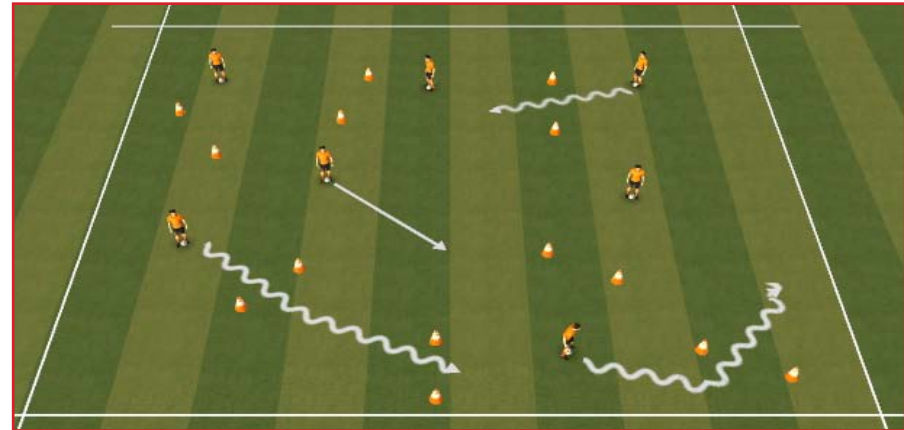
30 X 30 SQUARE WITH GATES INSIDE THE AREA
Each player has a ball and tries to dribble the ball through as many gates as possible. Each time a player passes through a gate they must perform 2 ball squeezes, one with each foot.

COACHING POINTS

Dribble the ball at slow speed
Using laces or outside of the foot push the ball to one side
Accelerate away with ball

PROGRESSION

Must perform 4 ball squeezes in each gate before passing through
How many gates can players dribble through in 1 minute



TECHNICAL GAME: GATES

ORGANIZATION

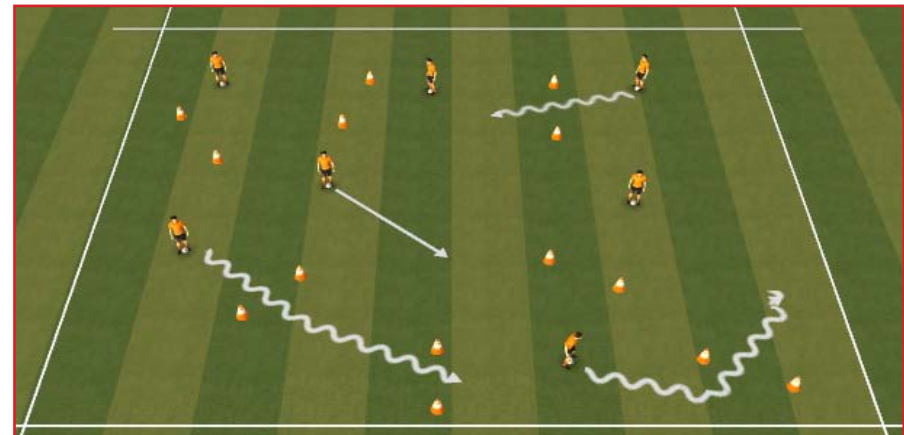
30 X 30 SQUARE WITH GATES INSIDE THE AREA
Each player has a ball and tries to dribble the ball through as many gates as possible. Progress to player working in pairs to pass the ball through the gates (see diagram)

COACHING POINTS

Keep ball close and within reach of feet
Dribble at speed into space
Awareness of defenders

PROGRESSION

Must perform 4 ball squeezes in each gate before passing through
Must perform the 'Giggy' before passing through gate
Add defenders as taggers to put pressure on players, only safe in a gate performing ball squeezes.
Add defenders in gates to try and block gates so players can't dribble through



WEEK FOUR: DRIBBLING TO BEAT AN OPPONENT

WARM UP: 1 SOCCER

ORGANIZATION

20 x 20 Square
Each player has a ball and performs the tasks on the task sheet.
Task 1 = Toe taps for 20 seconds

COACHING POINTS

...Use the sole of the foot to touch the ball
...Get into a rhythm with movement

PROGRESSION

Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: INSIDE/OUTSIDE & FAKE & TAKE

ORGANIZATION

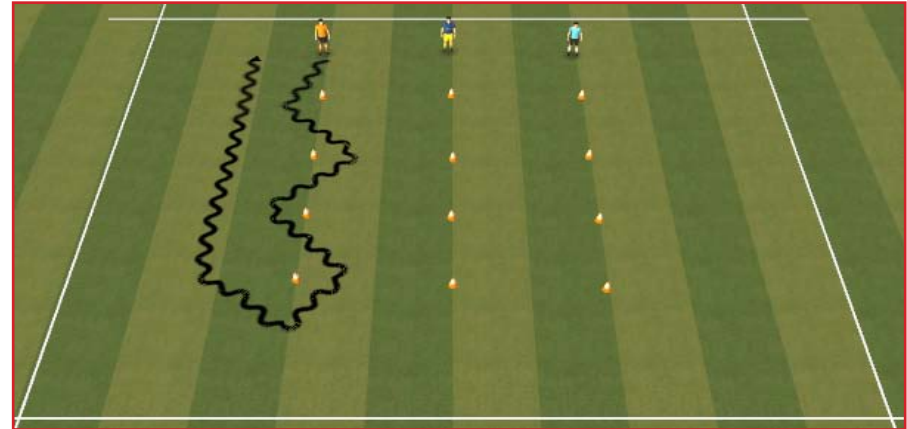
Multiple 6x15 channels
Split players into 3 teams. Each player dribbles the ball through the cones using inside and outside of the foot to move the ball

COACHING POINTS

Dribble the ball keeping the ball close
Move your body leaning to one side as if to dribble that direction
Use the outside of the foot to push ball in opposite direction
Accelerate after the ball

PROGRESSION

First team to all have a go and get back in a line first are the winners



TECHNICAL GAME: BRITISH BULLDOG

ORGANIZATION

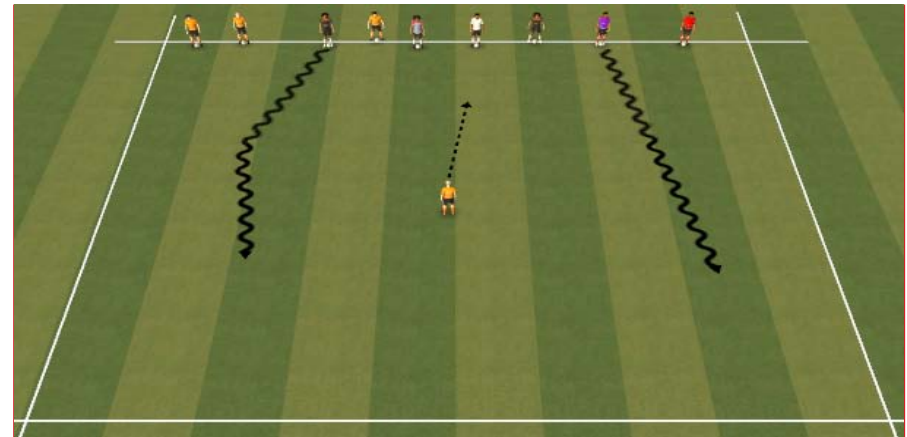
20X30 AREA
One defender stands in the center of the square. Each player has a ball and stands at one end of the square. Idea is to dribble across the square to the opposite side without getting tagged by the defender. Players try and use fake and take to get passed defender

COACHING POINTS

Keep ball close to feet
Head up too be aware of defender
Dribble at speed into space/use move to beat defender

PROGRESSION

Defenders can now try and steal the ball



WEEK FIVE: DRIBBLING TO SHOOT

WARM UP: 1 SOCCER

ORGANIZATION

.....20 x 20 Square
Each player has a ball and performs the tasks on the task sheet.
Task 2 = Foundations for 20 seconds

COACHING POINTS

Use inside of the feet to move ball side to side
Head up, use peripheral vision to see ball

PROGRESSION

... Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: ROLL OVER

ORGANIZATION

15X15 BOX WITH A CONE IN THE CENTER
Split players into 4 teams. First player from each line dribbles towards the middle cone, perform a roll over and accelerate towards the next cone

COACHING POINTS

Dribble to keep the ball close
Use sole of the foot to roll ball across body
Use laces of opposite foot to push ball in front
Accelerate away

PROGRESSION

Change direction so players use both feet to perform move



TECHNICAL GAME: SHOOTING ALLY

ORGANIZATION

... 5X25 AREA (3 CHANNELS)
Each player has a ball and is to dribble the ball down the center of the team's channel to the end. You cannot go into another channel. Once at the end they dribble around the outside of the channel and back to the start.

COACHING POINTS

...Awareness of goalkeeper
Laces for power

PROGRESSION

.Players dribble down channel in as many touches as possible
Few touches as possible
Use as many parts of the feet as possible
3 different moves
Shoot for Power



WEEK SIX: DRIBBLING & MOVES

WARM UP: 1 SOCCER

ORGANIZATION

.....3 CONES IN A LINE WITH 5 YARD GAPS
Each player has a ball and performs the tasks on the task sheet.
Dribbling in figure of 8 for 20 seconds

COACHING POINTS

keep ball close and within reach of feet
head up to see where your going

PROGRESSION

... Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: STEP OVER

ORGANIZATION

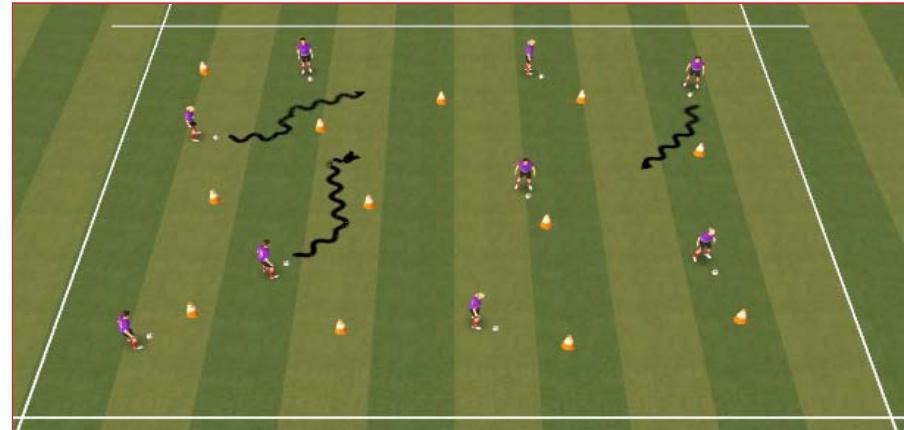
30X30 SQUARE
Randomly place large amount of cones inside the area. Players dribble the ball around the area and perform a step over each time they move towards a cone.

COACHING POINTS

Dribble ball to keep close
Swing one foot around the ball from inside to out
Use left foot to push ball away if right foot goes around the ball
Use right foot to push ball away if left foot goes around the ball
Accelerate into space

PROGRESSION

Take away cones and have 1 player be a defender.
If player performs a step over as the defender approaches, the defender cannot try and tackle that player



TECHNICAL GAME: AREAS

ORGANIZATION

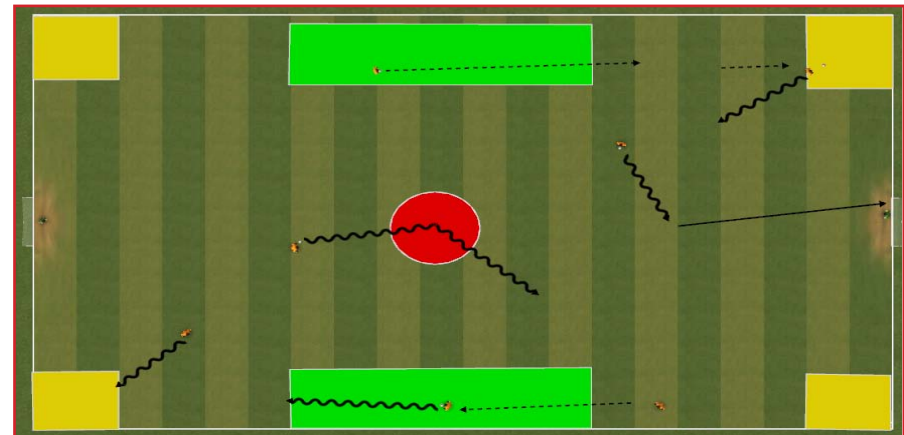
50X30 FIELD WITH 2 GOALS
FOUR 5X5 SQUARES IN CORNER OF FIELD
CIRCLE IN CENTER OF AREA
TWO 10X30 CHANNELS EITHER SIDE
Each player has own ball is now encouraged to use the ball in different ways in each area e.g.: in blue area can they turn to be facing play having dribbled in. Get players to demonstrate to each other.

COACHING POINTS

...Keep ball close to feet
Head up too be aware of defender
Dribble at speed into space/use move to beat defender

PROGRESSION

Circle (red) – skills/trick circle
Squares (yellow) – turn back to face play
Long Box (green) – speed change/ run with ball
Goals – rest zone/ball work/toe taps etc
...Add goals, time limit, how many goals can you score in set time BUT have to visit at least one of the areas and perform technique before scoring.
...Add a few defenders, Def can't go in coloured areas.
Can also add GK's, encourage GK to focus on one ball at a time. Gives opportunity for double saves.



WEEK SEVEN: DRIBBLING AT SPEED

WARM UP: 1 SOCCER

ORGANIZATION

.....3 CONES IN A LINE WITH 5 YARD GAPS
Each player has a ball and performs the tasks on the task sheet.
Player can choose which task the feel they need to improve

COACHING POINTS

keep ball close and within reach of feet
head up to see where your going

PROGRESSION

... Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: DOUBLE TAP DRIBBLE

ORGANIZATION

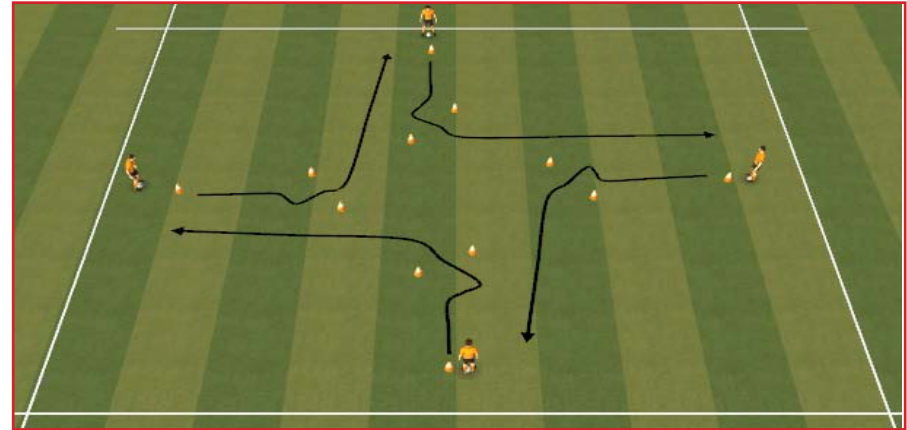
20X20 SQUARE WITH FOUR 4 YARD GATES
Split players into 4 teams. Player dribbles ball towards gate. Players perform a double tap dribble to get through the gate before accelerating to the next cone. Gates are angled so players can take a touch in one direction before changing direction with the 2nd touch

COACHING POINTS

Dribble the ball keeping it close
Tap the ball slightly in one direction
Push the ball with the other foot in the opposite direction
Accelerate into the space

PROGRESSION

Same game but now each player has a ball and must dribble it around the square with them.



TECHNICAL GAME: SQUARES

ORGANIZATION

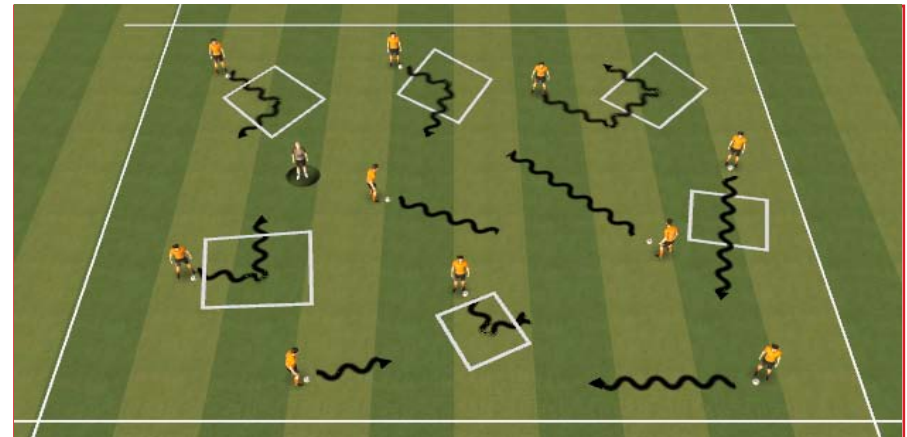
40X40 SQUARE WITH 5X5 BOXES INSIDE
Players now have a ball each and dribble around the area. Squares are safe zones. Defender tries to tag as many players as possible. Only 1 person in each square so if a player dribbles into a square with another player inside the player inside must dribble out. Players must perform a double tap move before leaving the square.

COACHING POINTS

...Keep ball close to feet
Head up too be aware of defender
Dribble at speed into space/use move to beat defender

PROGRESSION

Add more than one defender
Points for beating defender with move of the day
Can you keep away from defender without going into a safe zone



WEEK EIGHT: RE-CAP ON LAST 7 WEEKS

WARM UP: 1 SOCCER

ORGANIZATION

.....3 CONES IN A LINE WITH 5 YARD GAPS
Each player has a ball and performs the tasks on the task sheet.
Player can choose which task the feel they need to improve

COACHING POINTS

keep ball close and within reach of feet
head up to see where your going

PROGRESSION

... Each player will perform the task for 20 seconds and record their score on the score sheet provided



TECHNICAL PRACTICE: SKILLS CORRIDOR

ORGANIZATION

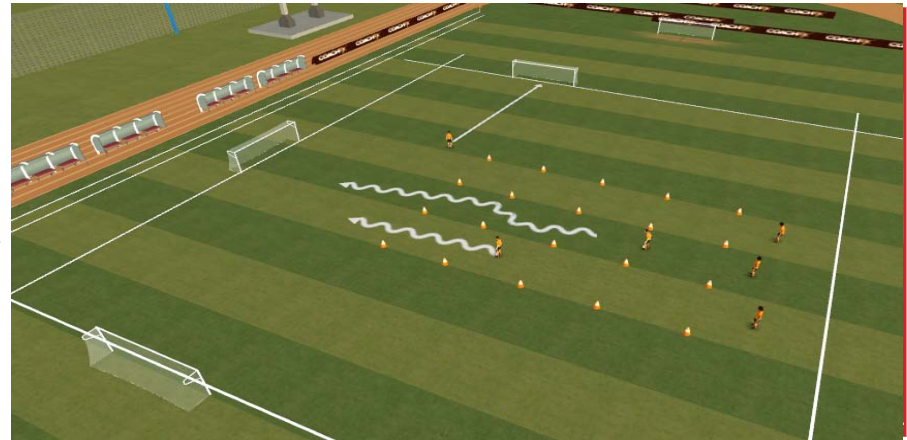
3 CHANNELS 10X25 WITH 3 GOALS (SEE DIAGRAM)
Each player has a ball and is to dribble the ball down the center of the team's channel to the end. You cannot go into another channel. Once at the end they dribble around the outside of the channel and back to the start. (Tell players that they can go when there is space in front of them and only to stop when Coach says stop)

COACHING POINTS

Dribble the ball keeping it close
Tap the ball slightly in one direction
Push the ball with the other foot in the opposite direction
Accelerate into the space

PROGRESSION

Challenges (Player 1 & 2 in diagram):
Players dribble down channel in as many touches as possible
Few touches as possible
Use as many parts of the feet as possible
3 different moves that have been learnt from previous sessions
On way back can you get ball back to the start without the ball touching the floor and without using their hands
Can now go into one other channel before getting to the top
Go into all 3 channels before getting to the top



TECHNICAL GAME: SMALL SIDED GAME

ORGANIZATION

40 X 30 YARD AREA
Groups of 4 play 4v4 inside area

COACHING POINTS

...Keep ball close to feet
Head up too be aware of defender
Dribble at speed into space/use move to beat defender

PROGRESSION

Point for use of any skill practiced over previous sessions

