



**Force Soccer Academy
Community Development Academy
Curriculum Fall 2014**

Powered By:



Weeks 1 & 2 – Dribbling and Close Control





Weekly Plan

At the start of every session, players should be taken through a dynamic movement warm up which develops movement patterns conducive to the movement required to play the game. This movement is crucial to the neuromuscular development of the individual players and allows players to retain more information during sessions (Muscle Memory). It also improves focus and work rate in players.

Each week, coaches should select at least 3 games lasting approximately 6-10 minutes. These games are listed below in terms of skill to be worked on, for example dribbling, Changing Direction, Passing etc.... Please feel free to choose the games which address the areas you feel your team needs.

Weeks 1 & 2 – Dribbling and Close Control

Weeks 3 & 4 – Dribbling and Changing Direction

Weeks 5 & 6 – Change of Direction and Passing

Weeks 7 & 8 – Passing and Receiving

Thank you for your commitment to the youth players in the community and your support of the Development Academy. You are enriching the lives of the young players each and every day.





Dynamic movement Warm Up (10 mins)



Any type of dynamic movement in and sprint out. Use ladders, small hurdles and large orange cones to make it fun. This portion will always be completed by a Force Coach.



Dribbling and Close Control



Dribbling and Close Control

Activity 1 - Open Dribbling



Players dribble in the square keeping tight control of the ball. Coach can introduce different speeds of dribbling as well as just left/right foot, toe taps, pushing the ball side to side or rolling the ball left and right with the sole of the foot.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 2 – Red Light/Green Light



Players dribble in the square keeping tight control of the ball. Coach holds in his/her hand a red cone, green cone and yellow cone. As the players dribble the coach holds up a color and the players react to that color.

Red Cone- Stop/Green Cone- Go/Yellow Cone- Slow Down

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 3 – Out at Sea



Players dribble in the square keeping tight control of the ball. The players imagine they are at sea on the deck of a ship, the coach is the captain. They are dribbling a cannon ball so must take soft touches. The players react to various commands given by the captain and interact with him.

1. Coach yells "captain on deck", players stop the ball with the sole of the foot, salute and shout "Aye Aye Captain."
2. Coach yells Freeze, everyone is frozen because of the cold. As the coach says "it's getting warmer" the players start moving slowly and as the coach says "it's getting warmer" again and again the players start to speed up.
3. The coach yells "Scrub the Deck" the players push the ball side to side with the inside of their feet.
4. "Look for Pirates" The players will climb the rigging by toe tapping their ball and if the coaches run at them they can fire their cannon ball at the pirates.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 4 – In and Out the Gates



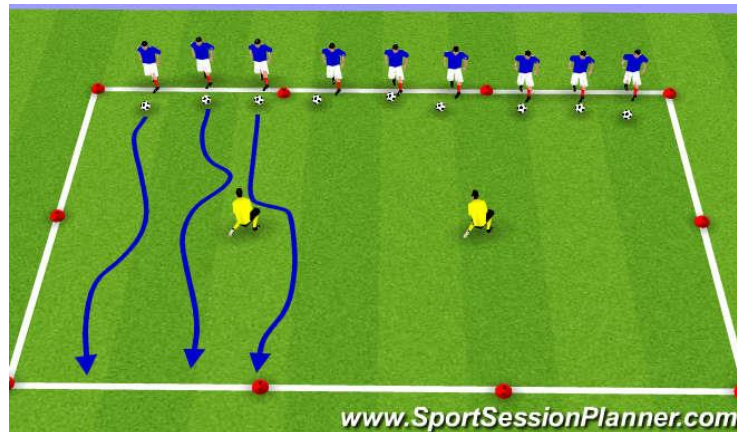
Players dribble in the square keeping tight control of the ball. The players dribble around the gates until the coach yells "GO" then the players have a set time to dribble through as many gates as they can in the time given. The coach then tells the players he is taking time off and the players must try and beat their score. There is no time taken off but it gives the players a chance to work harder and show progress. Players may lose a point if they collide with another player or bump in to a cone. Players can be awarded extra points for dribbling excellence.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 5 - Beach Attack (10 – 15 mins)



Players imagine they are on a beach and have to get their Pot-O-Gold (Ball) to the surf shop on the other side where they will buy the best surf board money can buy. However on the beach are Gold eating crabs. The players must dribble past them because if the crab touches your ball, you become a crab. Before dribbling the coach asks if the cool dude/dudette surfers are ready and their response should be "Cawabunga Dude". If the players get to the other side they are safe and stop to wait for instructions. The crabs are only allowed to crab walk.

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot. 5. Speed up when you get past the crab/defender.





Activity 6 – The Network

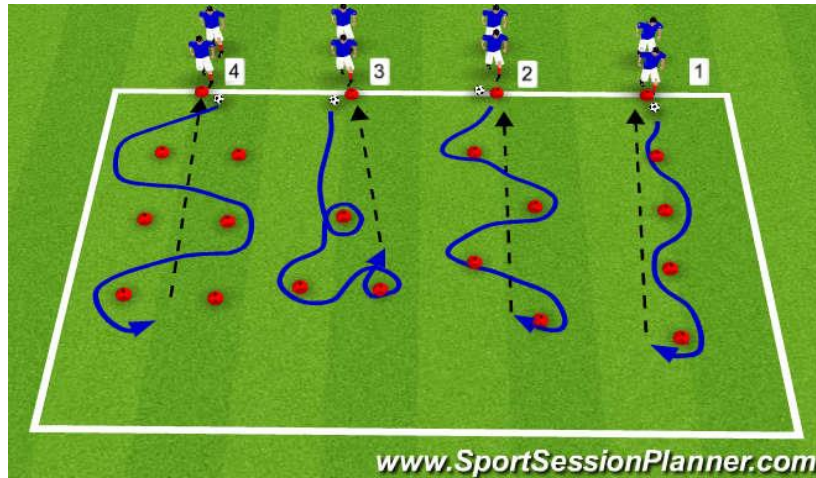


Players start at a colored cone and then dribble from cone to cone of the same color. Coach can introduce different speeds, footwork, change of direction and then make a game of it, how many cones can you dribble to in a set time?





Activity 7 – Relay Races



Players complete a circuit and the ball must be dribbled back to the group. The groups then have to race through that circuit for points. The coach will then set up a new circuit and repeat the process, 1-2-3-4.

The players must stop for a 5 second penalty if they hit a cone.

1st- 5 points

2nd- 4 points

3rd- 3 points

4th- 2 points

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.

