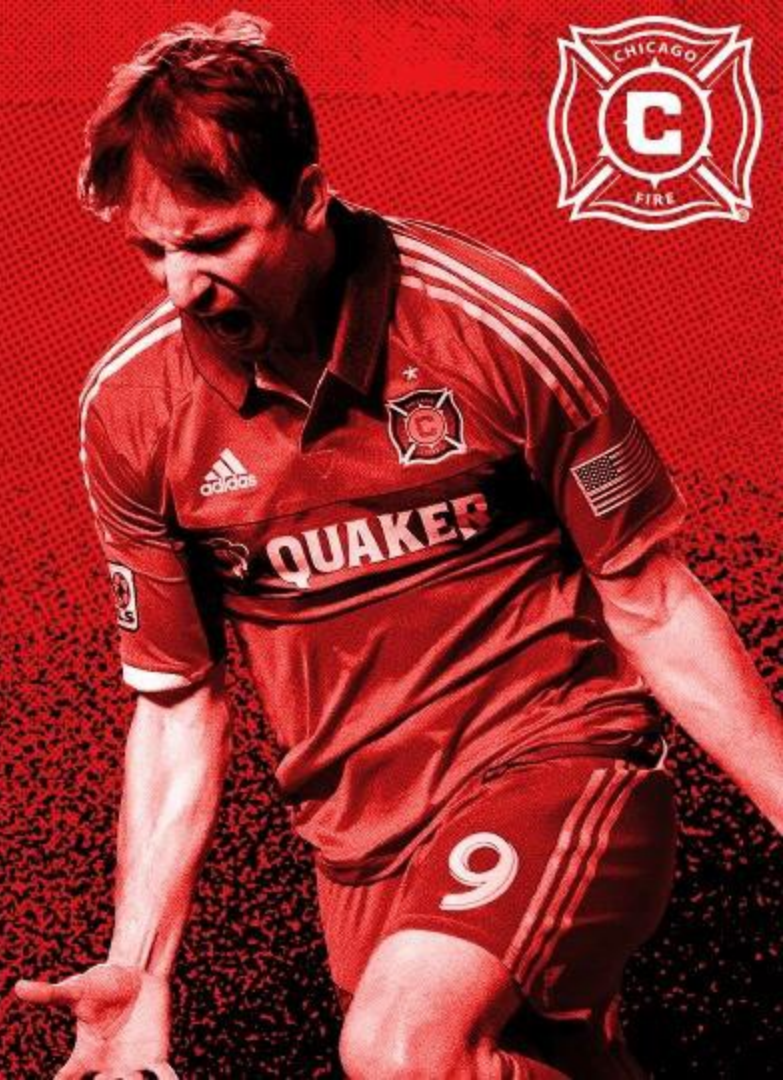


Coaching Curriculum

6 to 8 Year Olds

Week 1	Developing Awareness
Week 2	Dribbling
Week 3	Ball Mastery
Week 4	Turning with the Ball
Week 5	Communication & Awareness
Week 6	Finding the Pass
Week 7	Controlling the Ball
Week 6	Small Sided Games

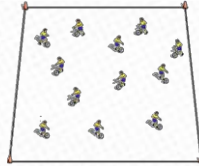




Week 1: Developing Awareness

Activity 1 – Shin Tag

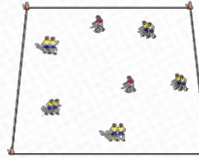
Setup a 20x20 box. Players will develop a comfort level on the ball while moving and changing directions. Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point. Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away to avoid being tied.



- Develop Vision
- Change of Direction
- Awareness

Activity 2 – Put Out the Fire

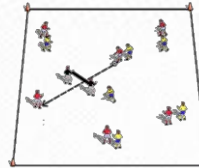
In the 20x20 yard box, the players with ball will dribble around the grid trying to get close to the flames. (i.e. Players with interlocked arms) Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees. Switch players so everyone gets to be a 'fireman'.



- Awareness
- Communication
- Accuracy of Passing

Activity 3 – Moving Goal

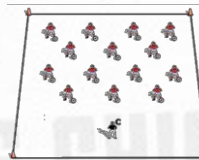
Two players (or parents) hold a scrimmage vest between them. They hold the vest tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the players into two equal teams. Change goal posts every three minutes. Only one ball is needed. Teams play against each other and must pass before scoring.



- Awareness
- Communication
- Create Angles
- Accurate Passing

Activity 4 – Coach Says

All players are facing the coach. The coach calls out various technical moves for the players to work on. Players may only do the move if they first here the words "COACH SAYS". If a player performs the move prior to hearing "COACH SAYS" he is removed from the exercise, moving to the outside of the grid where they perform an exercise before resuming.



- Decision Making
- Reactions
- Technique Development



Week 2: Dribbling

Activity 1 – Number Reaction

Create a 30x30 yard area, with all players dribbling a ball within. The coach shouts out a number (i.e. 3!) and the players have to dribble to find a group to make that number. Inbetween shouting numbers, players can be shown a basic move to introduce basic turning, dribbling and fient techniques. Can players stay alert and make the groups quickly? Last group can be given a forfeit.

Activity 2 – Never Ending Relay

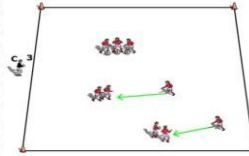
Use the area above with four or five boxes within the area. Players in this zone are safe. The rest of the players have a ball. The two yellow defenders try to regain possession of the ball. The reds can pass into the boxes and replace a static player at any time. Yellows are not allowed in the boxes. Play is continuous. Rotate the defenders to avoid fatigue. Red players should always be on the move and connecting.

Activity 3 – Gates

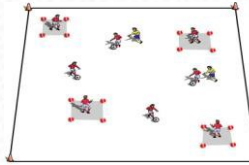
In the same area create a series of gates. Give the players a set time limit to get through as many gates as possible. Condition the exercise that players must go through a specific color of gates, perform a specific turn etc. Ensure that players are keeping the ball close and looking to move into space with the ball. Emphasis should be on lots of close touches and moving into space.

Activity 4 – Steal the Balls

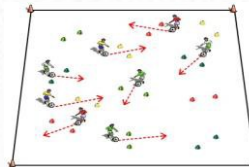
Play within the same area with the players split into four teams. Have all the soccer balls in the middle. Players must run into the center of the box and dribble a ball back to their team. See what team can be the quickest to get the most soccer balls back to their group. The team with the most balls back to their corner wins. Players must be fast to get the balls back and aware of the conjection in the central area.



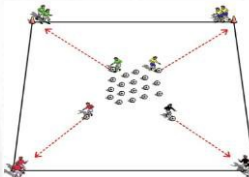
- Develop Vision
- Change of Direction
- Awareness
- Quick decision making and reactions



- Awareness of Space
- Communication
- Change of Pace & Direction
- Force the defenders to work at high intensity.



- Awareness of Space
- Change of speed and direction
- Keep the ball close
- Head up when dribbling



- Decision Making
- Awareness of space
- Change of Pace & Direction
- Dribble at speed



Week 3: Ball Mastery

Activity 1 – Ball Manipulation

Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.

Activity 2 – 1v1 Feints & Moves

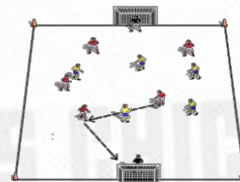
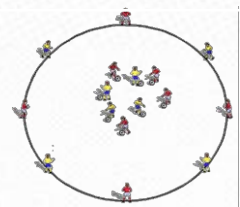
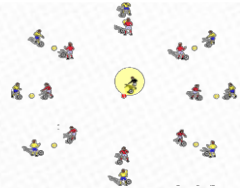
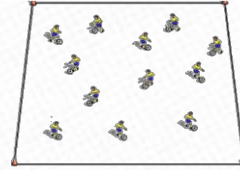
Players are organized in a circle facing each other. The coach is in the center of the area. The coach demonstrates a move and the players copy the move going either left or right of the cone. This can be a step over, scissors, drag back and push etc. After a while, it becomes competitive with players having to mirror each others moves.

Activity 3 – Dribble to Attack

Now half the group starts on the perimeter of the circle without a ball. The other half begin inside with the ball. The objective is to dribble to the other side using the feints and moves to get through the congested area in the middle and work the ball to the outside of the area. Players play a quick one-two with varied serves and repeat. Rotate groups regularly.

Activity 4 – Regular Scrimmage

Play a game and look for situations where players can use 2v1's against a defender. Can players recognize the moments to attack the space and get the ball in front of goal? To do this the players must support passes, make runs off the ball and look for one-two's and overlaps. Encourage dribbling to space within the final third of the pitch.



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

- Technical quality in each of the moves
- Ability to show disguise on the ball and beat your opponent
- Do the attacking players use the feints and turns effectively?

- Use of imagination & creativity
- Can players turn and move the ball quickly?
- Do players recognize the moment to attack space and use it to their advantage?
- Technical quality of passing & dribbling

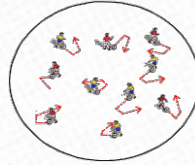
- Team-work, Communication, Support the ball
- Quick Decision Making
- What are the players choice of passes from team-mates in support & how does their movement affect play?



Week 4: Turning with the Ball

Activity 1 – Dribble & Turn

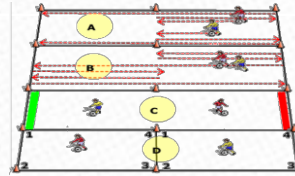
Players dribble around area performing Inside Cut, Outside Cut, Slap Cut, Step Over & Turn and Cryuff Turn. Focus more on Cryuff Turn in preparation of following skills practice. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

Activity 2 – Turning Into Space

Players perform a number of turning activities which include; (a) Dribble & Turn (b) Dribble & Turn Passive Pressure (c) React, Dribble & Turn – players react to the call turn and race. (d) Dribble to numbers – Players dribble to combine numbers.



- Are players aware of the space they are turning into?
- Look over shoulder
- Shield, Turn, Accelerate

Activity 3 – Dribble, Turn & Shoot

Players take it in turns to drive forward with a ball into the box and perform two turns. They must use both feet when performing different turns. After performing two turns, players then drive out the box and shoot at goal. The development is then progressed by playing a one-two with a target player.



- Can the players make a quick turn in the designated area and accelerate quickly into the space?
- Can they connect with their team-mate and finish on goal?

Activity 4 – Turn to Goal

On a 30x20 Yard Field, play a 4v4 game with a supply of balls around the field. When a ball goes out of play, the first player to the ball must perform two turns before the ball is allowed back into play. In addition, if a player performs a turn which leads to a goal, then that players team are awarded 3 goals.



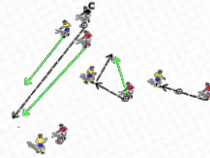
- Are players turning when they should be?
- How and when do they make the decision?



Week 5: Communication & Awareness

Activity 1 – Ball Master

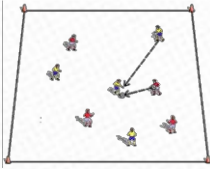
Players stay in their pairs from the previous activity. To begin with, players are asked to keep the ball off the ground using various body parts. This progresses to the coach kicking the ball away and getting players to bring the ball back in a particular way. There is no field restrictions. Players must find the coach.



- Can players figure out how to solve the task and retrieve the ball?
- Communication, Cooperation, Coordination

Activity 2 - Hit the Ball

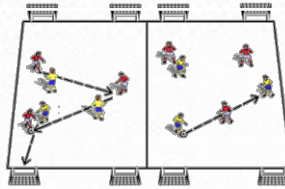
Players play in a 20x30yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles.



- Can players act quickly to get the oppositions ball?
- Communication, Cooperation, Coordination

Activity 3 - Four Goal Game

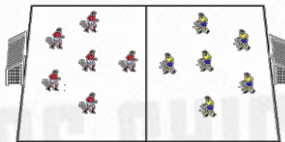
Players play in a 20x30yard area. The players play two simultaneous games to ensure maximum participation. The game is designed to get them thinking about scoring in two different goals and encourage interaction.



- Can players see the problems (defenders) and find a solution (goals)?
- Communication, Cooperation, Coordination

Activity 4 – Regular Scrimmage

Play a 6v6 game in a 60x40yard area. Players are free to position themselves and organize the game on their own.



- Let them play
- Let them figure it out



Week 6: Finding the Pass

Activity 1 – Passing Gates

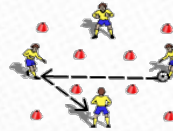
The players must take a touch to the side and then pass through the middle of the two cones. If one of the players makes a mistake then the other player gets a point and restarts the practice. The players must use both feet and various parts of the foot to control the ball and make the pass.



- Do players take a positive first touch?
- Can they control and pass quickly?
- Are they using disguise to keep control of the ball?

Activity 2 – Play Through The Gap

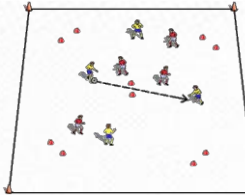
Each player goes outside the cones with one player on the left, right, top and bottom lines of the square. The game is played for three sets of three minutes. The aim is for the players to pass continuously with one-touch. Players must pass through the gates in front, to the left or to the right. If they hit a cone, they get a penalty point.



- Can players play quick passes?
- Can they make quick decisions?
- Who has the fewest penalty points?

Activity 3 – Gates Game

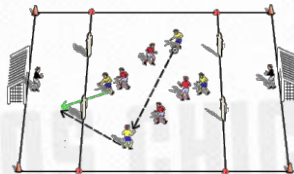
Use two teams, each consisting of four players. Teams try to keep possession and score “goals” by passing the ball through the gates to a team mate. Teams must score through a different gate for each point so they are not allowed to make quick onetwo wall passes through the same gate. Encourage the players to remain patient.



- Do the two teams work effectively together?
- Can they create passing channels to retain possession?
- Are the defenders stepping in front of the ball and close passing lanes?

Activity 4 – Playing in Behind the Defence

Players aim to play a pass through the gaps created by the mannequins/poles and behind the opponent’s defence for a team mate to run on to and shoot at goal. To progress, implement a rule where all passes into the gaps/space must be made with a one-touch pass. If the ball goes out of play, restart with a pass-in.



- Team-work, Communication, Support the ball
- Quick Decision Making
- What are the players choice of passes from team-mates in support & how does their movement affect play?



Week 7: Controlling the Ball

Activity 1 – Learn the Moves

A player is chosen to show his fellow players a favorite move a few times. The player then shows all the players how break the move down. Allow players some time to practice the move. Allow a new player the opportunity to show their favorite move. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves.

Activity 2 – Keep the Ball

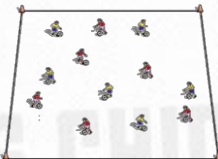
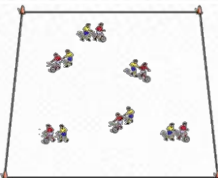
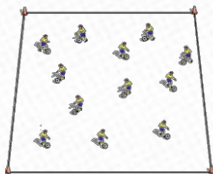
For the defending team to keep possession of the ball for as long as possible. The attacking team is trying to steal the balls and score as many goals as possible in the quickest time. There has to be the element of competition in this drill so that the intensity level is kept high at all times. Players should have their head up and be aware of the space.

Activity 3 – Follow the Leader

The player with the ball will dribble while following the player without the ball. The player dribbling will try and maintain a close distance between him and his partner. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling.

Activity 4 – King of the Ring

Changing direction and changing speeds while maintaining control of the ball. Each player wants to kick the other players' ball out of the grid. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball. Once a player has had their ball kick out of the grid, they must retrieve it and re-enter the grid



- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Be confident on the ball

- Communication between teammates.
- Be aggressive and take players on.
- Possess the ball.
- Concentrate on finishing opportunities (attackers)

- Keep close control of the ball
- Eyes up
- Utilize the outside and inside of the foot to cut the ball
- Keep the gap close
- Don't crash!

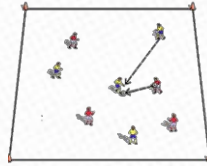
- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into



Week 8: Small Sided Games

Activity 1 - Hit the Ball

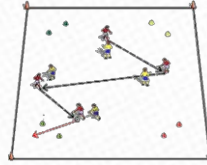
Players play in a 20x30yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles.



- Can players act quickly to get the oppositions ball?
- Communication, Cooperation, Coordination

Activity 2 – Gates Game

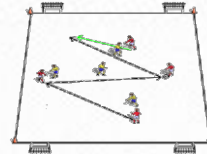
Players play in a 30x40 yard area with scattered gates. The gates (target goals) are set up across the field. Red and yellow compete for possession and score by dribbling through the gates. To vary the activity, players can than be told to complete a pass through the gate to score.



- Can players find the empty gate and work with each other to score?
- Communication, Cooperation, Coordination

Activity 3 – Four Goal Game

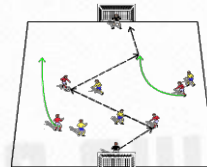
Players play in a 30x40 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiate play by passing into yellow. Players now have three decisions to make – pass, dribble or shoot.



- Do players recognize the appropriate times to pass, dribble or shoot?
- Progress to free game – let them play and figure out what is best for each situation.

Activity 4 – Regular Scrimmage

The 4 v 4 game is set out as above with the players encouraged to be in a basic diamond shape. The coach should allow players to express themselves and encourage creative player movements in 1v1 situations. Minimum coaching from the sidelines.



- Let them play
- Let them figure it out