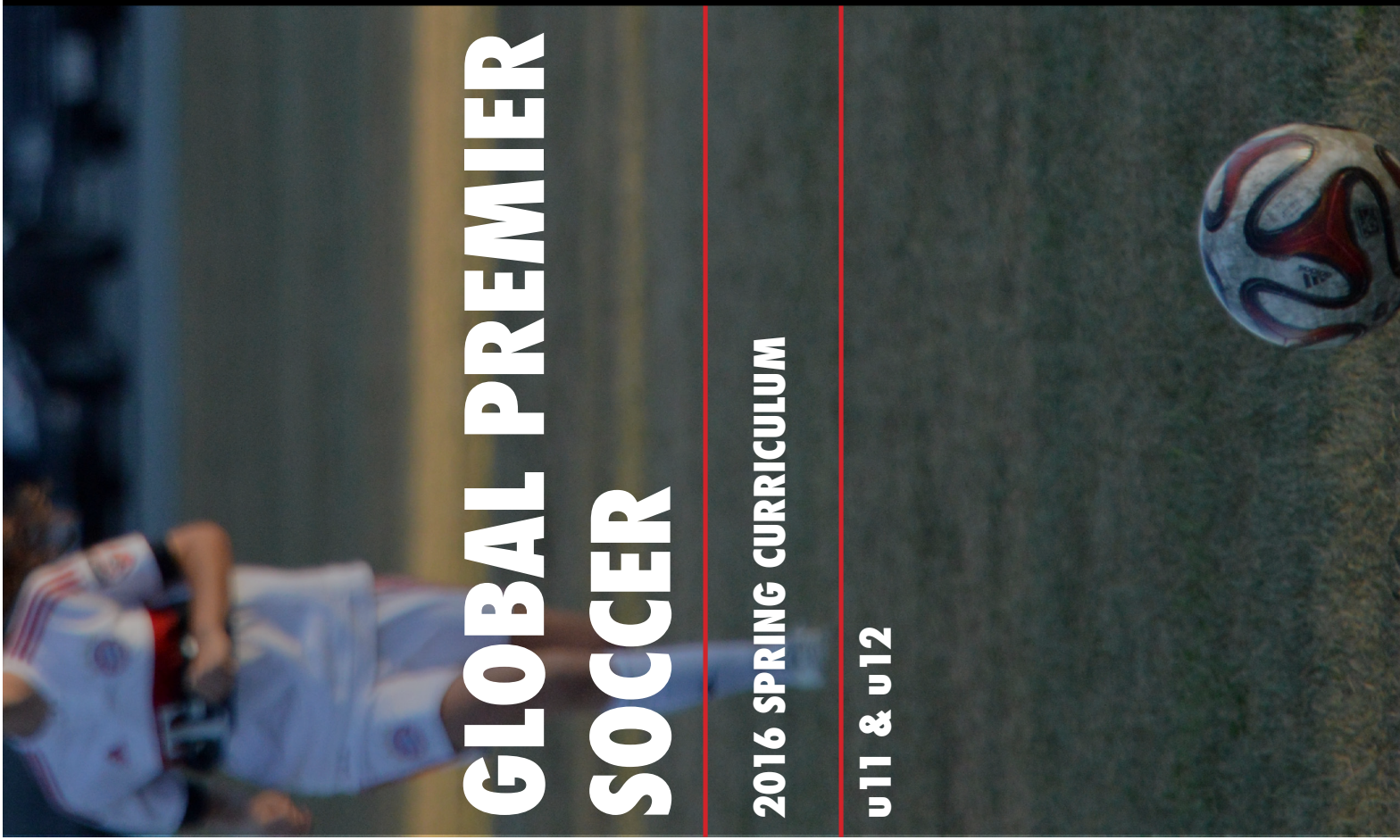
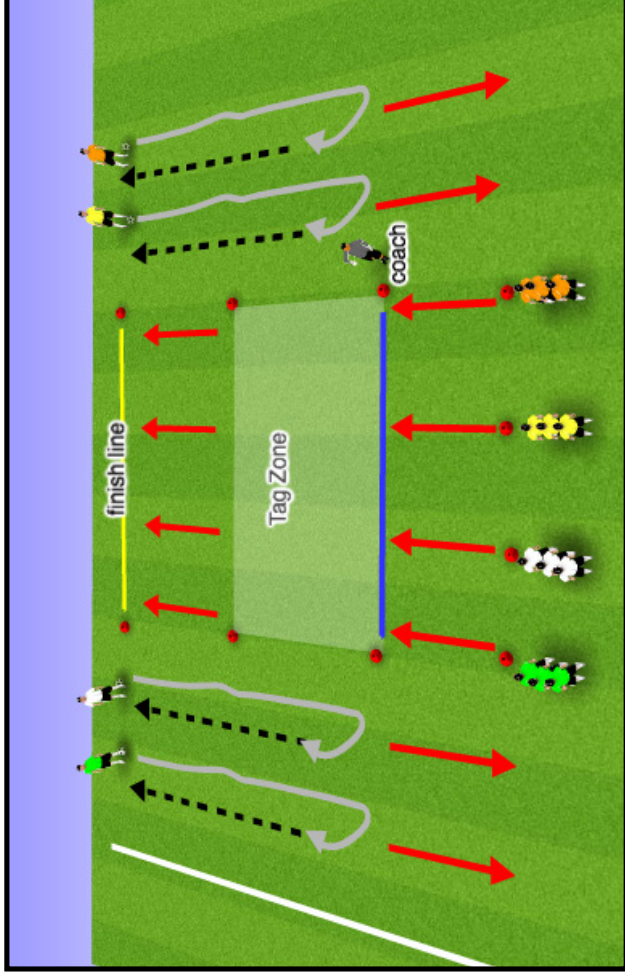


# GLOBAL PREMIER SOCCER

2016 SPRING CURRICULUM

u11 & u12





**Technical Practice**  
**Set Up/Rules**

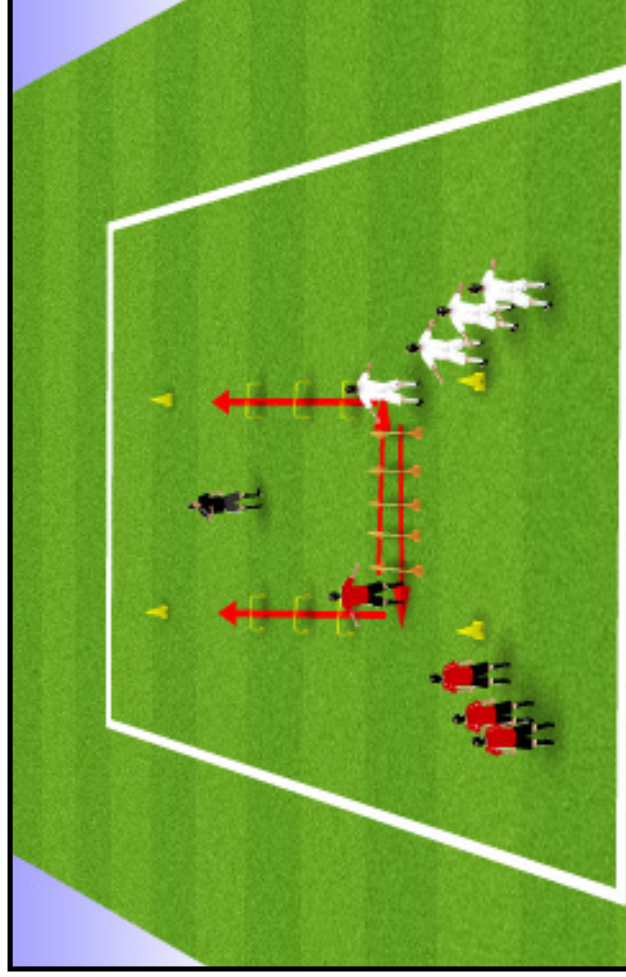
4 teams. On the first coaches command of 'GO'. One player on each team sprints over the first blue line into the tag zone. The last player in the box is "IT" trying to tag the other 3 players who are avoiding being caught but staying in the tag zone. On next call of go 4 players in tag zone race to end line and next 4 players run into tag zone.

**Coaching Points**

Fast footwork  
Awareness of space

**Progressions**

Add SAQ ladders to the first section of the race.  
After the player cross the finish line player dribble down the side of the activity turning and passing the ball when the next player on the team finishes.



**Speed, Agility & Quickness**  
**Set Up/Rules**

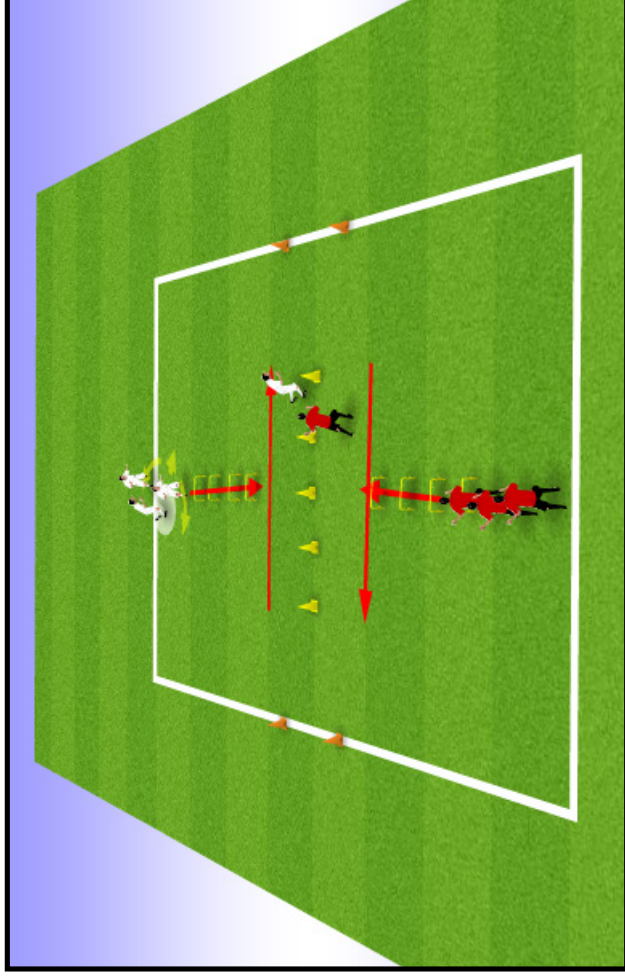
25 yds from start to finish, two teams racing against each other moving over the hurdles laterally and then explode over the small hurdles to the finish. One team is in front of the other on the lateral hurdles given an advantage on the sprint. (use cones to jump over if hurdles are not available)

**Coaching Points**

Correct execution of movements over speed  
Move arms for balance and momentum  
Quality of technique with the pass

**Progressions**

One server on each end cone:  
Two 1 touch passes  
Side foot volley  
Chest volley  
Header



**Speed, Agility & Quickness**

**Set Up/Rules**

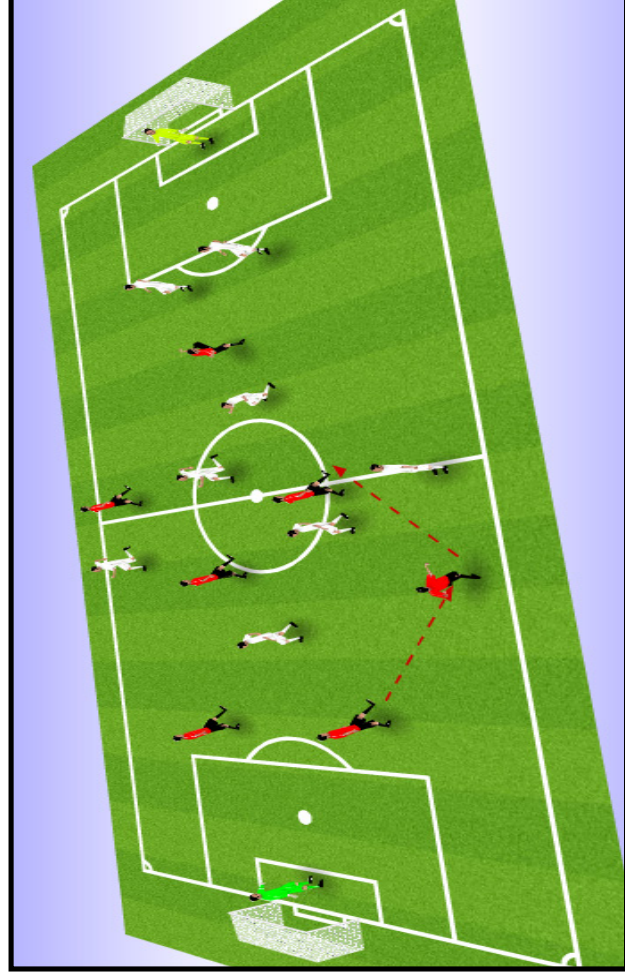
Split players into two teams. Red begin as attackers. First player in each line moves through the hurdles towards the middle line. Red player must now choose to go either left or right and sprint through the gate. White player must move towards other gate. Player who gets through first wins.

**Coaching Points**

Use body to fake moving one way and unbalance defender

**Progressions**

Defender now tries to beat attacker through the gate they go for.  
Now add a ball at end of each set of hurdles. Player must dribble ball through gate.



**Small Sided Game**

**Set Up/Rules**

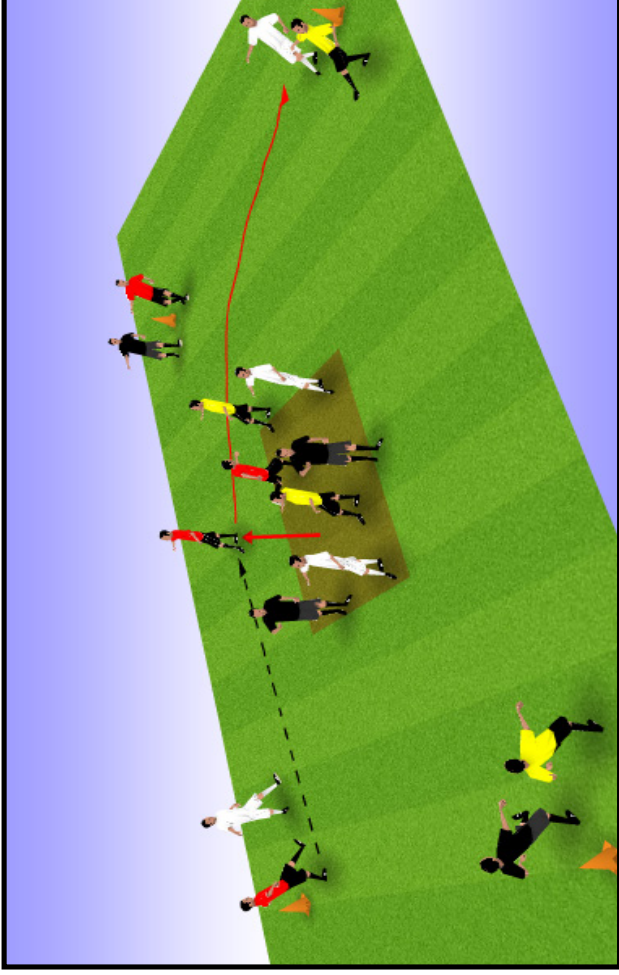
Play 8v8  
Both teams play 1-2-4-1 formation

**Coaching Points**

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible

**Progressions**

Have a ladder on the side of the field which coach will call one player to leave the game. Can take advantage of over-load.



## Technical Passing & Dribbling

### Set Up/Rules

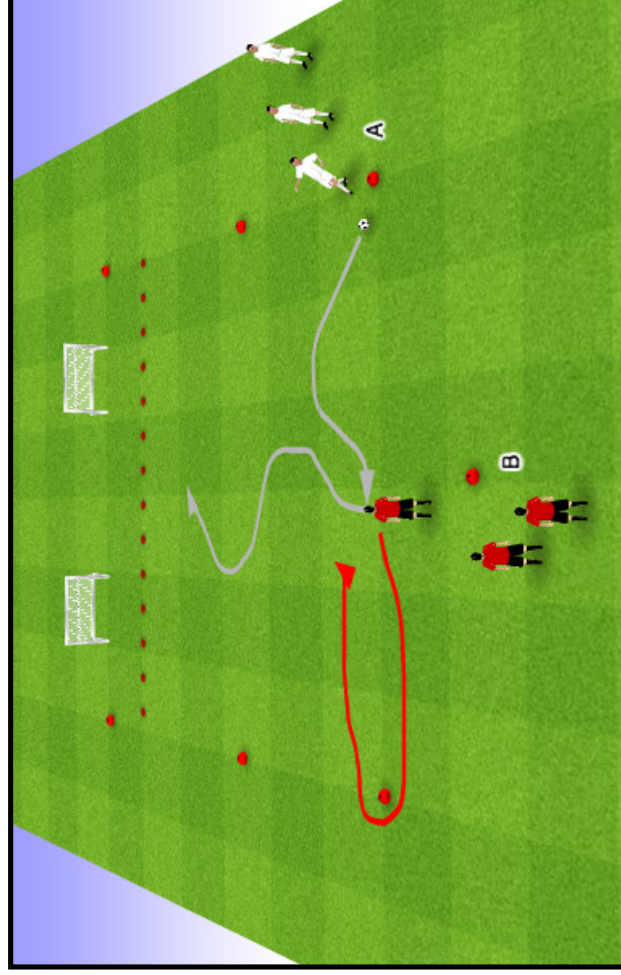
Players work in groups of 4. 2 players on a cone with a ball, 2 players in central area. Central player checks out of middle zone to get a ball from team mate and dribbles to an outside cone. Player who passed ball moves into central area.

### Coaching Points

Receiving skills  
Move into most space to receive  
Awareness of free cone  
Awareness of traffic

### Progressions

Can only dribble to cone without another player from your team on it  
Must dribble through central area.  
Combination with 1st passer before turning to dribble



## 1v1

### Set Up/Rules

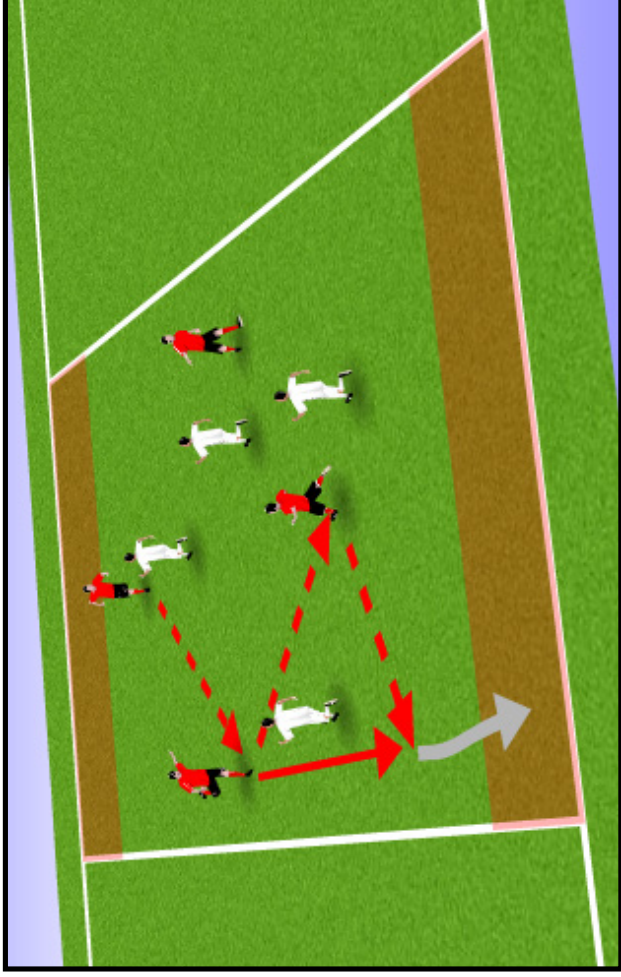
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

### Coaching Points

Attack at speed  
Positive touch into space  
Change of speed or direction to beat defender  
Use move to beat defender

### Progressions

Move start position of attacker give defender less recovery distance.



### Small Sided Game

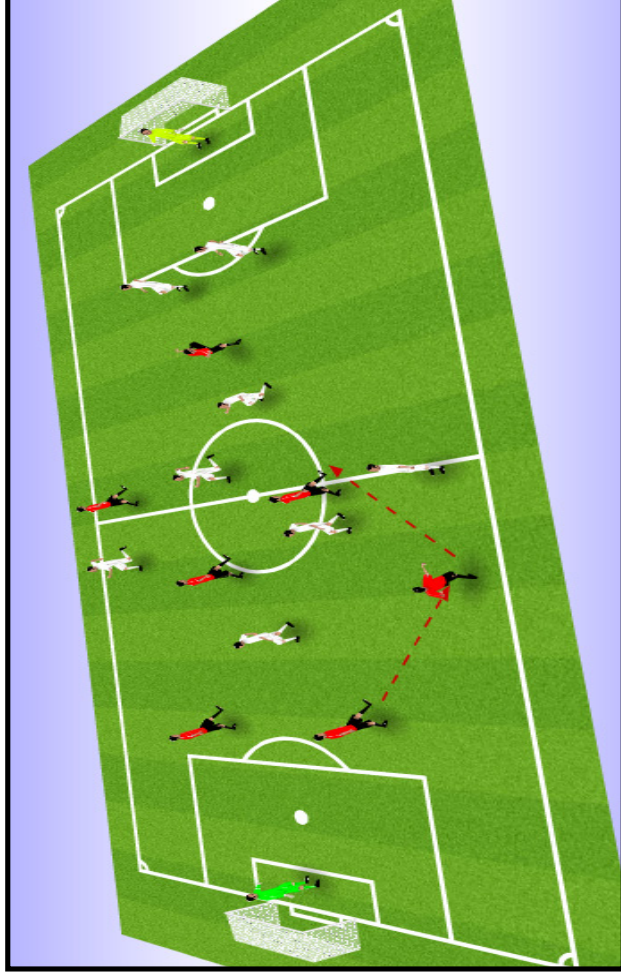
#### Set Up/Rules

Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

#### Progressions



### Small Sided Game

#### Set Up/Rules

Play 8v8  
Both teams play 1-2-4-1 formation

#### Coaching Points

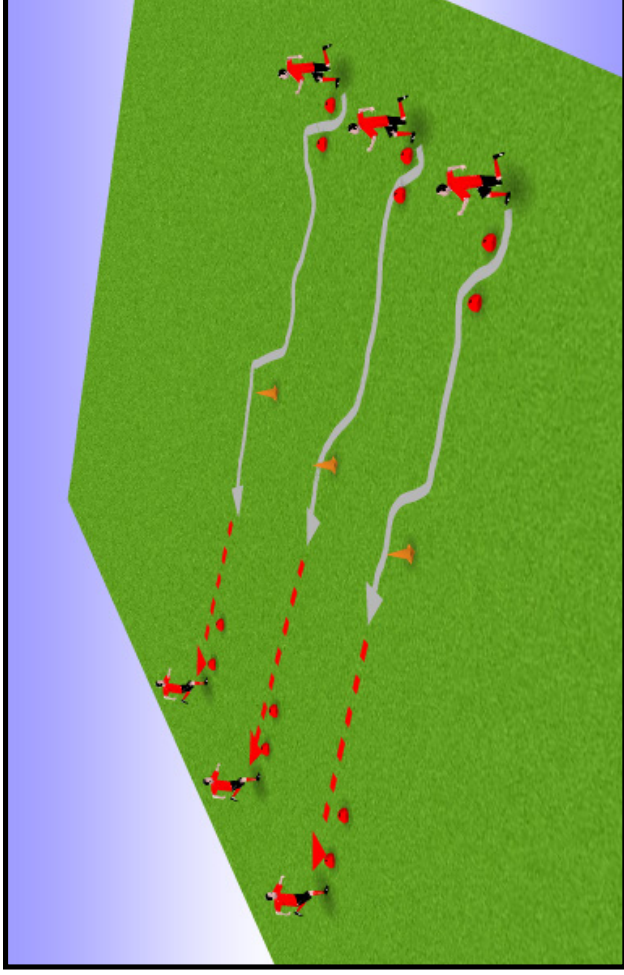
Firm passes with inside of foot

Receive with back foot

Positive first touch where possible

#### Progressions

Team can score a goal with 5 passes in a row



### Technical Practice

#### Set Up/Rules

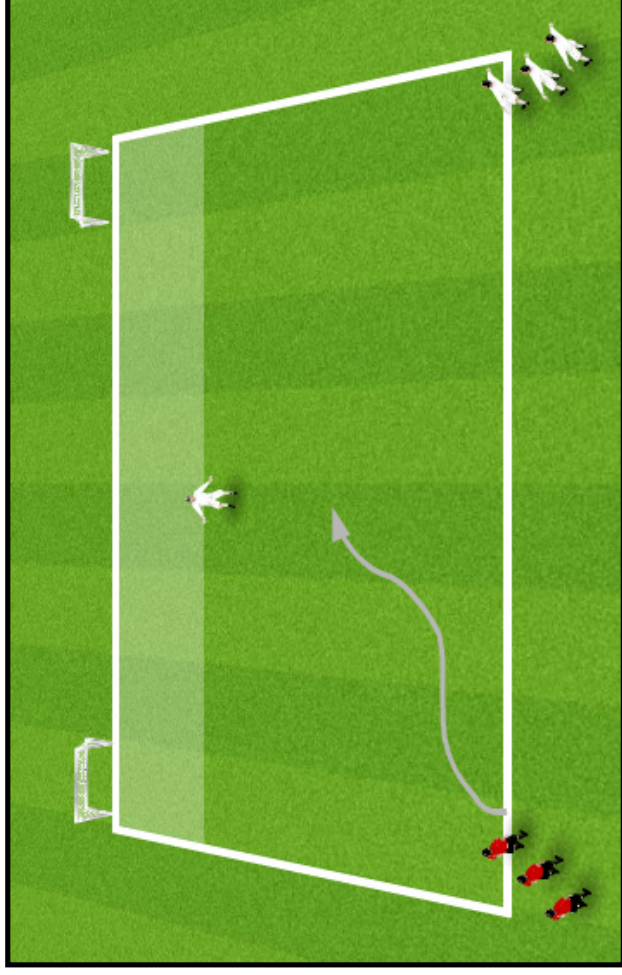
Split players into even groups. First player in line dribbles ball through 2 small cones and then towards larger center cone. Player performs 1v1 move past the cone before passing to line opposite. Players perform a scissors move to the right past central cone.

#### Coaching Points

Close control through the cones  
 Correct execution of scissors technique  
 Accelerate after move

#### Progressions

Scissors to the left  
 Roll Overs  
 Roll over/step over



### 1v1

#### Set Up/Rules

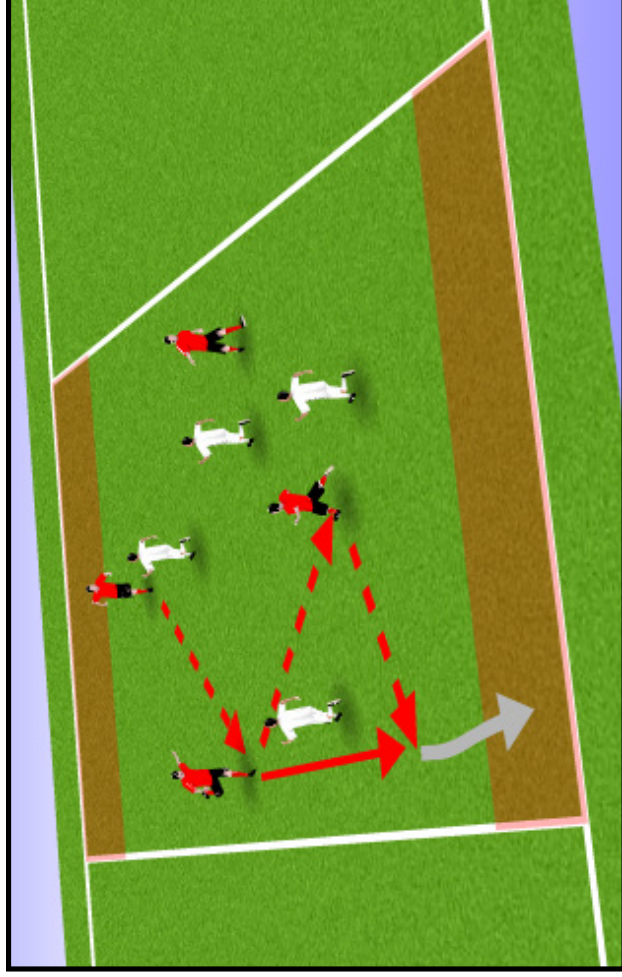
Red attacks diagonally to try to beat the white and score in the goal. Cant shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

#### Coaching Points

Attack at speed  
 Positive touch into space  
 Change of speed or direction to beat defender  
 Use move to beat defender  
 Quick recovery as defender.

#### Progressions

2v2



### Small Sided Game

#### Set Up/Rules

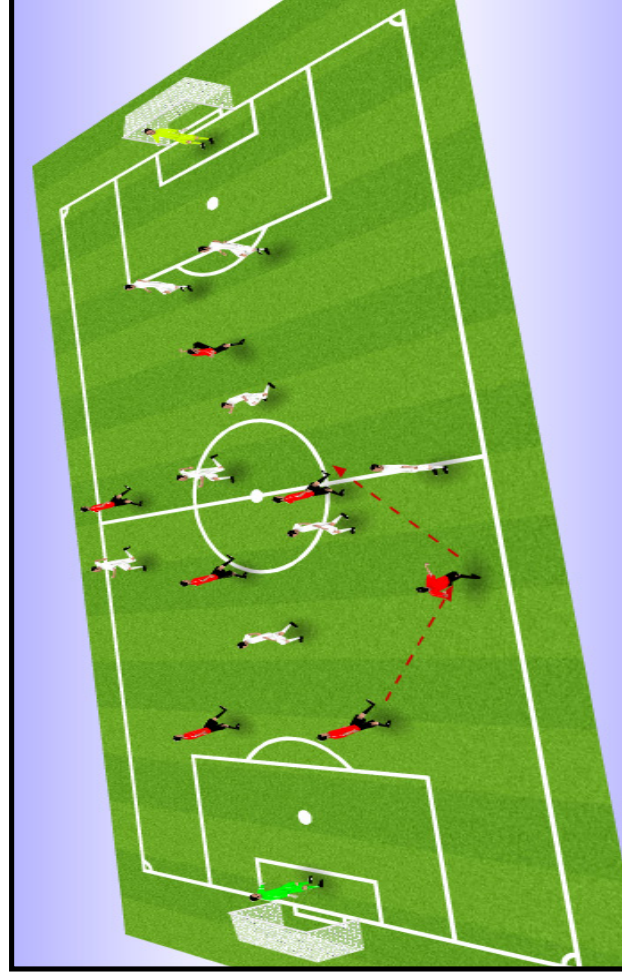
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

#### Progressions

Once team scores in one end they can turn and attack the other end.



### Small Sided Game

#### Set Up/Rules

Play 8v8

Both teams play 1-2-4-1 formation

#### Coaching Points

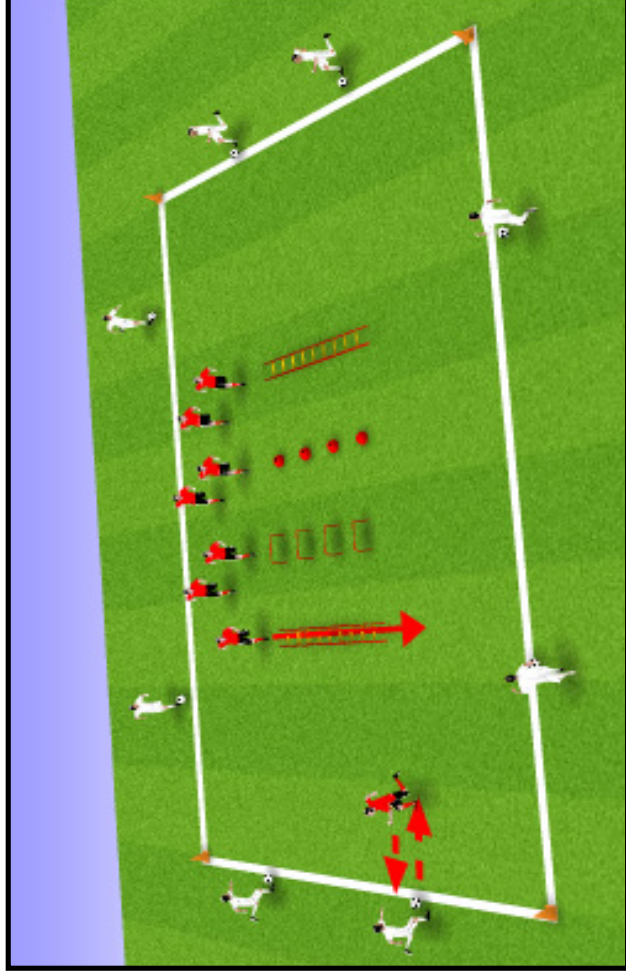
Firm passes with inside of foot

Receive with back foot

Positive first touch where possible

#### Progressions

Coach re-starts the game by throwing the ball to a different player each time.  
Vary the throw to test different types of ball control to start the game.



### Speed, Agility & Quickness Set Up/Rules

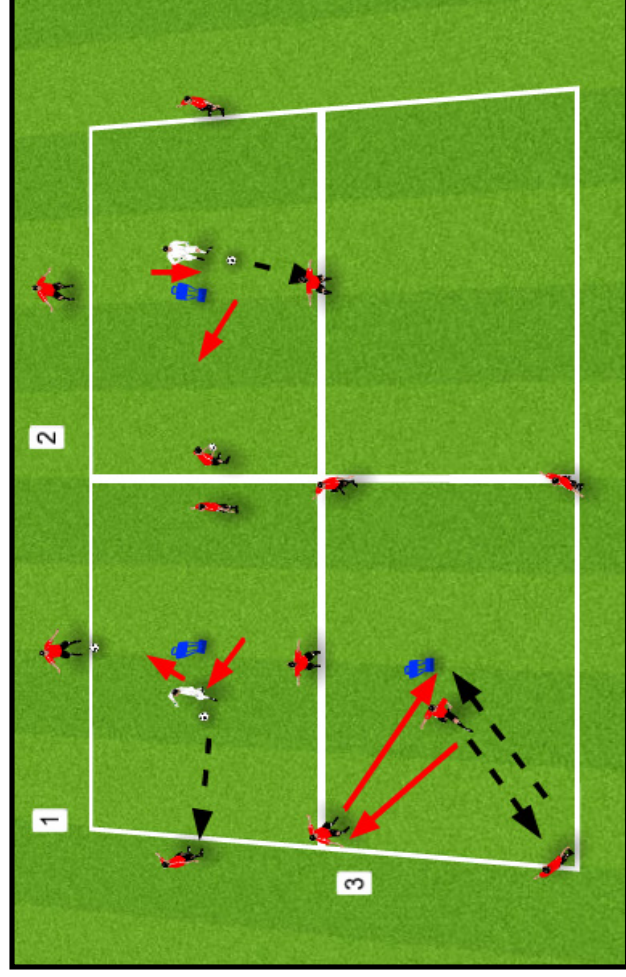
Two teams. One team have a ball each and spread around the outside of the area. The other team start inside the area. Players inside move through the equipment in any way they choose. Once through a piece of equipment they move to the outside and play 2 first time passes with the outside player. Player then repeats the process. (use cones to jump over if hurdles are not available)

#### Coaching Points

Correct execution of movements over speed  
Move arms for balance and momentum  
Quality of technique with the pass

#### Progressions

Side foot volley  
Chest volley  
Header



### Passing & Awareness Set Up/Rules

Groups of 5 around a 10x10, One player works in the middle around manequin/tall cone which acts as a distraction. 2 balls with outside players who act as feeders to middle man. 1. Middle man plays 1 or 2 touch passing the ball out to any other player without a ball.

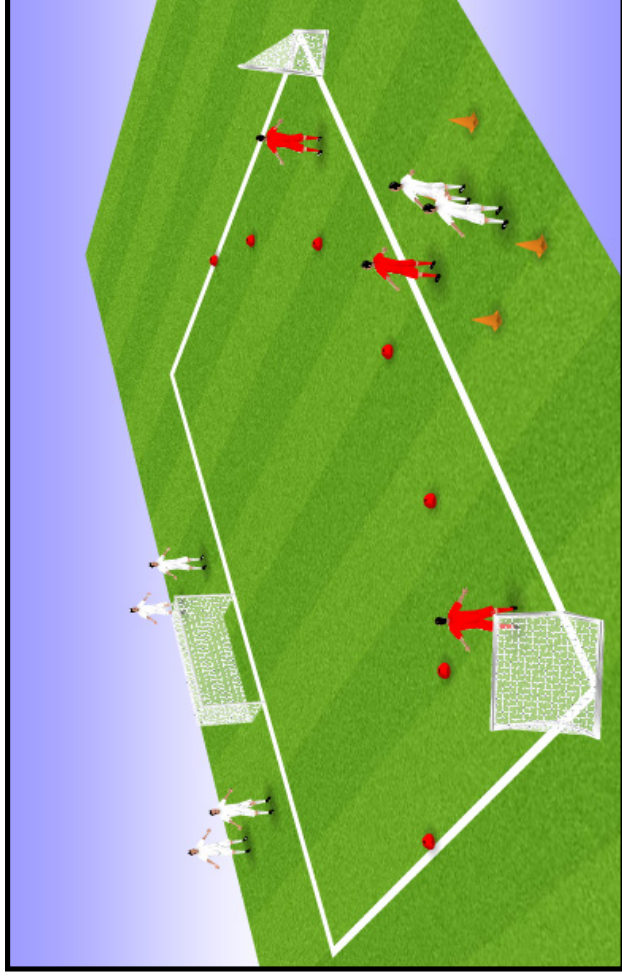
#### Coaching Points

What parts of body is the player going to use?  
Where is the next available pass?  
Does the player need to take an extra touch?

#### Progressions

Player who passes into center now moves into middle while player who passes out replaces player they pass too.





**3v2**

**Set Up/Rules**

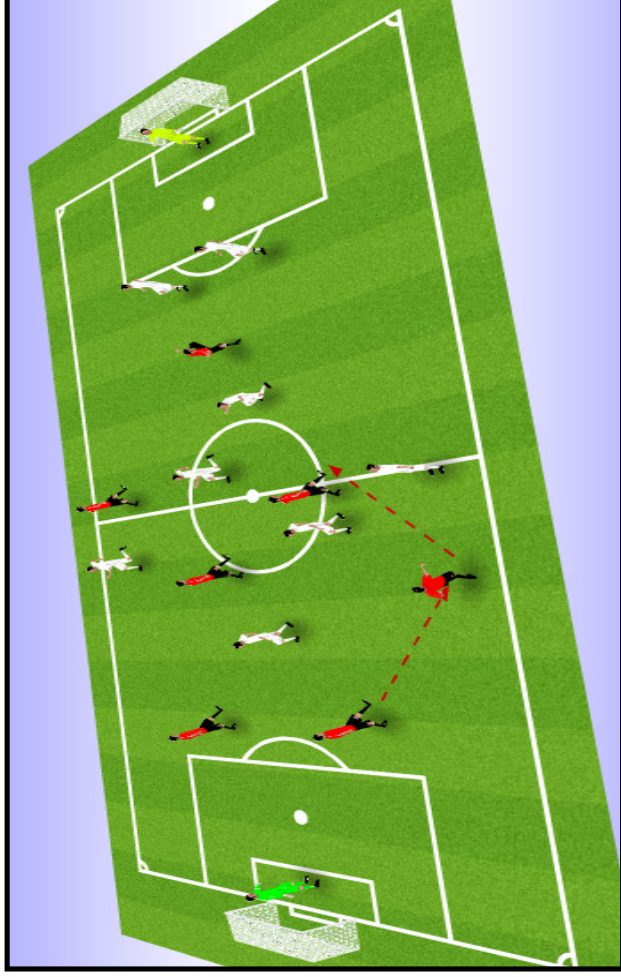
Position a large goal at 1 end of the pitch with 2 smaller goals/targets in either corner at the opposite end. Equidistant, but slightly set back, from the 2 smaller goals – mark out a 2x2 yard 'holding area'. Mark out a "curved line" from 1 side of the pitch to the other with the start and end points being approximately.

**Coaching Points**

- Attack at speed
- Positive touch into space
- Change of speed or direction to beat defender
- Pass or Dribble

**Progressions**

Have defenders play different types of passes out to attackers (Chipped, driven, curved) to test the attackers control.



**Small Sided Game**

**Set Up/Rules**

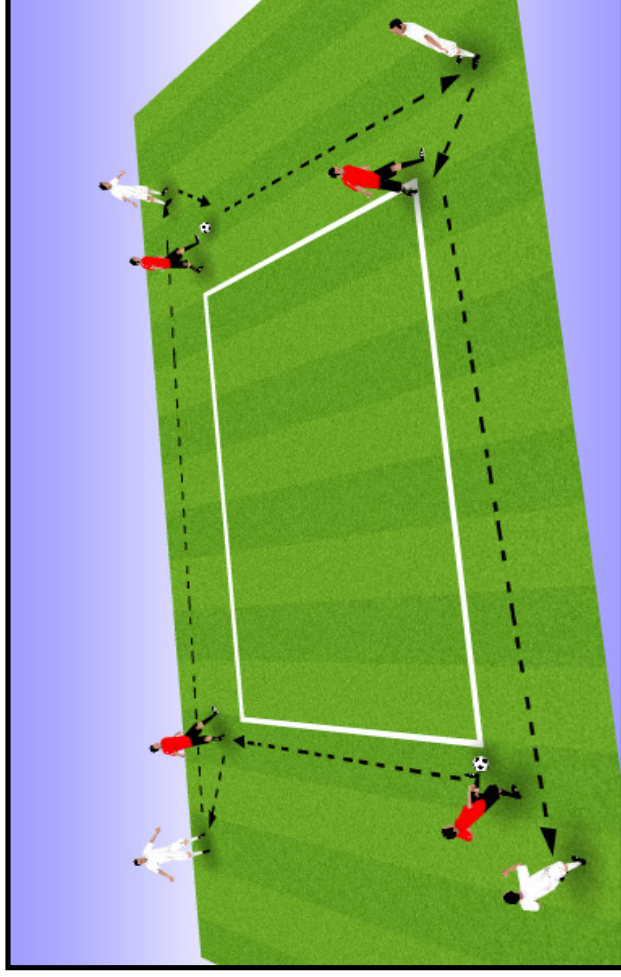
Play 8v8  
Both teams play 1-2-4-1 formation

**Coaching Points**

- Firm passes with inside of foot
- Receive with back foot
- Positive first touch where possible

**Progressions**

Coach re-starts the game by throwing the ball to a different player each time. Vary the throw to test different types of ball control to start the game.



### Technical Passing

#### Set Up/Rules

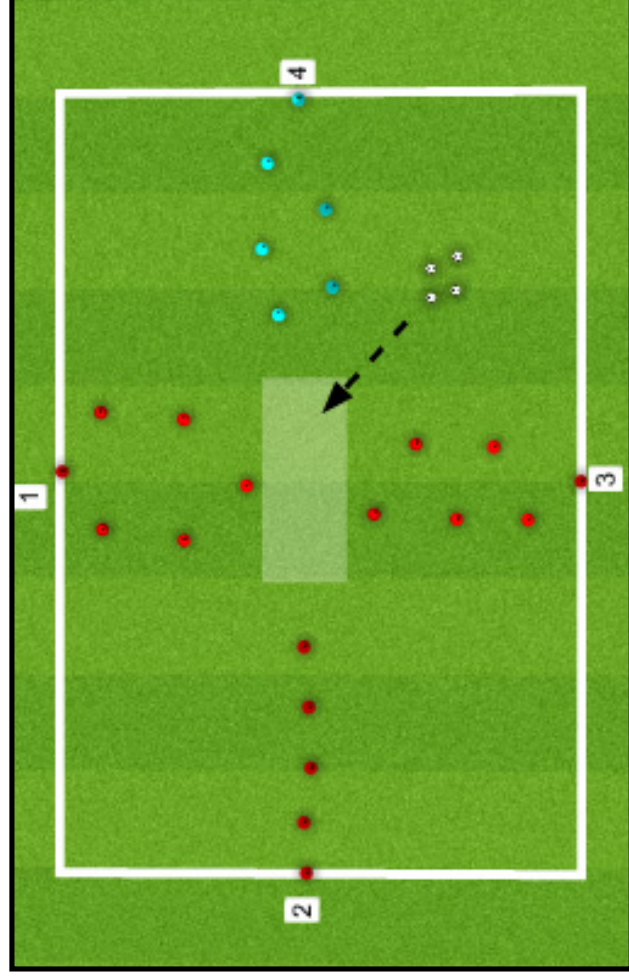
2 players on each corner of the box. Ball is passed to the left. One player receives by setting for team mate to move the ball onto the next corner. Ball stays on the outside of the box.

#### Coaching Points

Quality of passing  
Movement to create angles to set ball and continue forward passing

#### Progressions

2 balls at once.  
White pass to white going right, red pass to red going left.



### Rondo with SAQ

#### Set Up/Rules

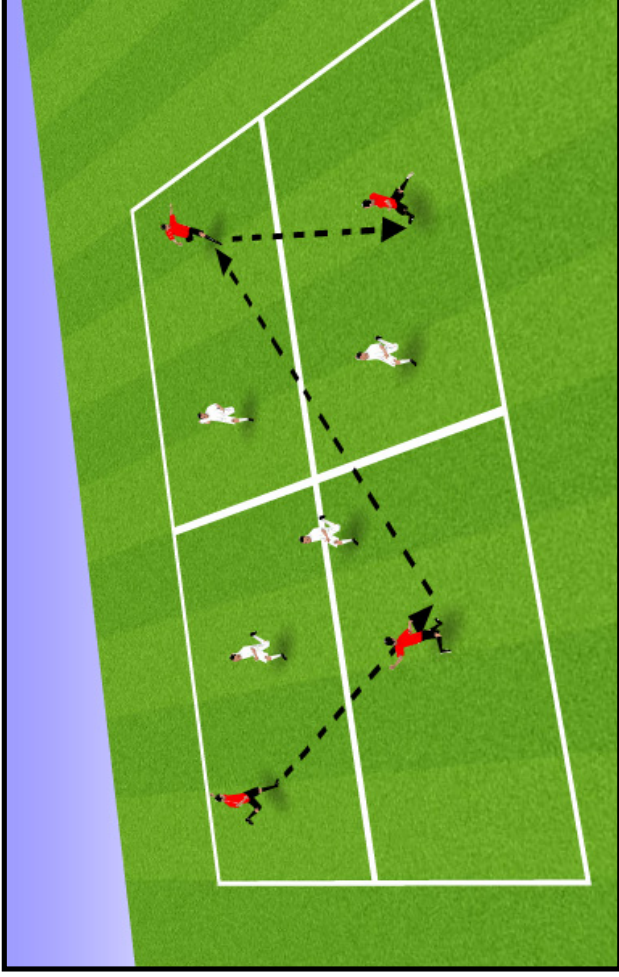
Have 2-3 players behind each set of cones. 1 player from each line move through the cones with fast footwork into the square. Play 3 v 1 with the defender the player coming through the blue cones. Rotate to next set of cones once defender clears the ball from the box.

#### Coaching Points

Quality of foot work through cones  
Quality of one touch play  
Awareness of next pass

#### Progressions

2 touch play inside the box



### Small Sided Game

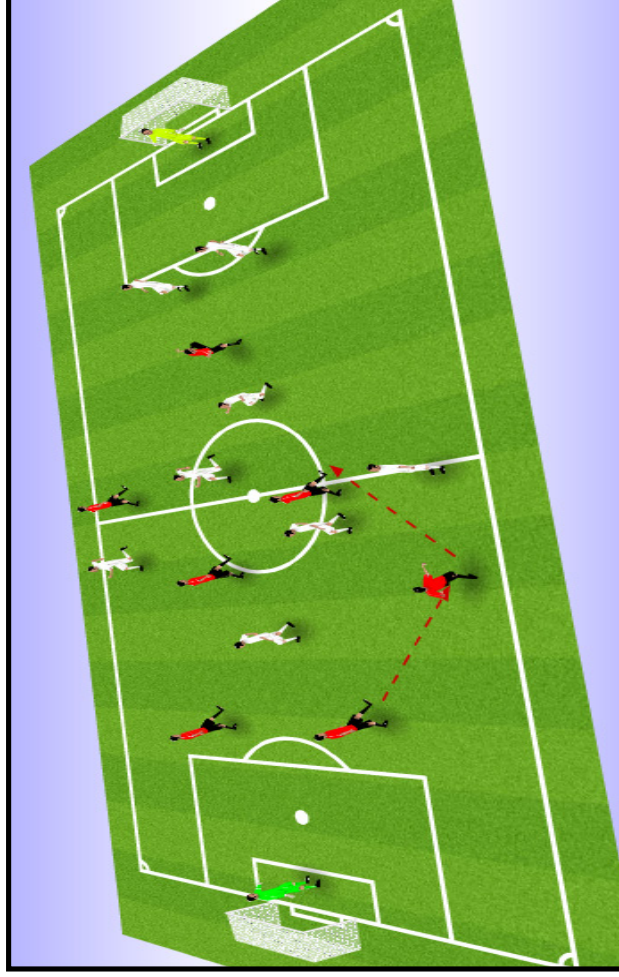
#### Set Up/Rules

Play 4v4. 4 Zone game. To gain a point team must get the ball into all 4 zones without opposition touching the ball. Ball can be passed or dribbled between zones.

#### Coaching Points

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open zone.



### Small Sided Game

#### Set Up/Rules

Play 8v8

Both teams play 1-2-4-1 formation

#### Coaching Points

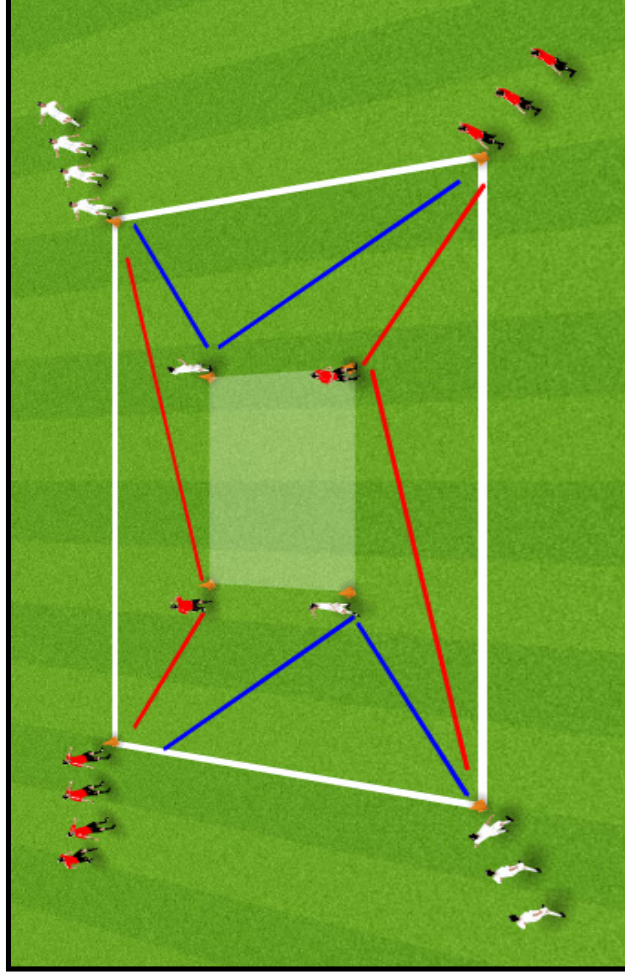
Firm passes with inside of foot

Receive with back foot

Positive first touch where possible

#### Progressions

Team can score a goal with 5 passes in a row



### Technical Practice

#### Set Up/Rules

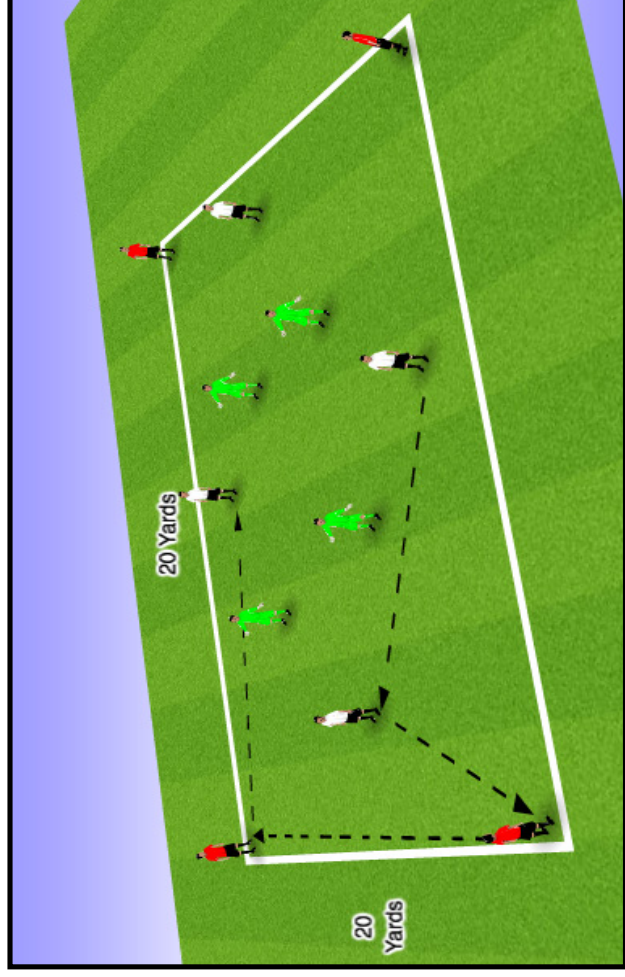
Ball is passed into central player who receives and passes out to the right. Players follow passes.

#### Coaching Points

Friendly passes to help team mate  
 Good first touch into space  
 Keep ball close when dribbling

#### Progressions

Play to the left  
 Players turn, dribble through the square and pass to line opposite.  
 Add defender in central square to apply pressure.



### Technical Passing

#### Set Up/Rules

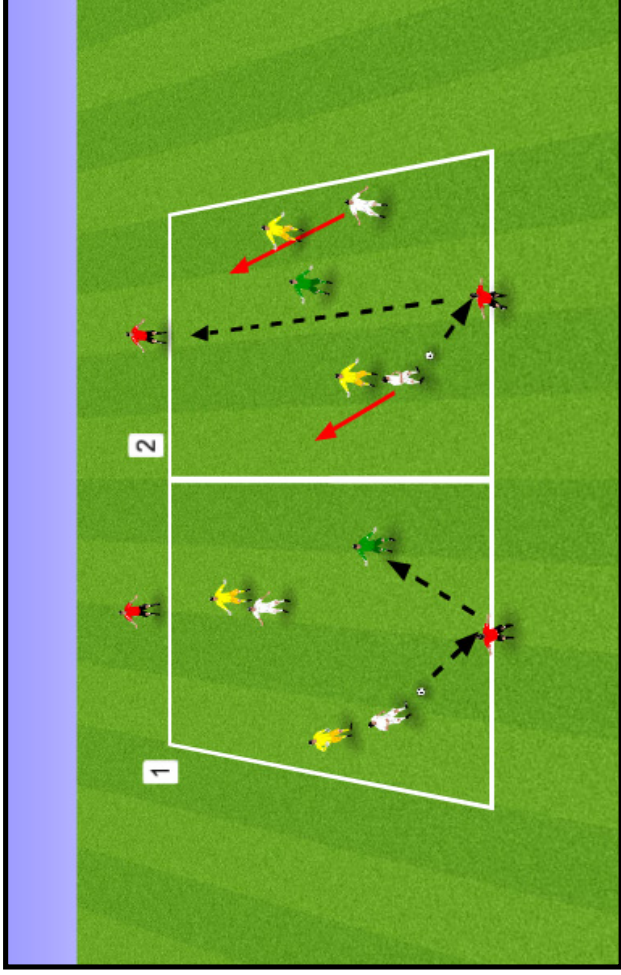
20x20 Yard Area. 3 Teams of 4 Players.  
 One Team spread into the Four Corners, Inside the Area not Outside. Can move a Couple of Yards either way. The other Two Teams Inside the Area. When the other team wins possession they try to connect their pass. Keep Possession of the Ball. 6 passes = 1 Goal

#### Coaching Points

Quality Passing and Control.  
 Don't Block Lines into the Corner Players.  
 Try to be Positive and Play Forwards with Split Passes.

#### Progressions

Can't go back to same corner player twice in a row.



### Forward Passing

#### Set Up/Rules

2 teams play inside area with one team used as target players. 2 middle teams combine and keep possession for as long as possible using outside men and neutral player as overload. Outside player objective to find the spare player. 2. Same as before but end players only on one touch they can now pass to opposite end player as an extra support

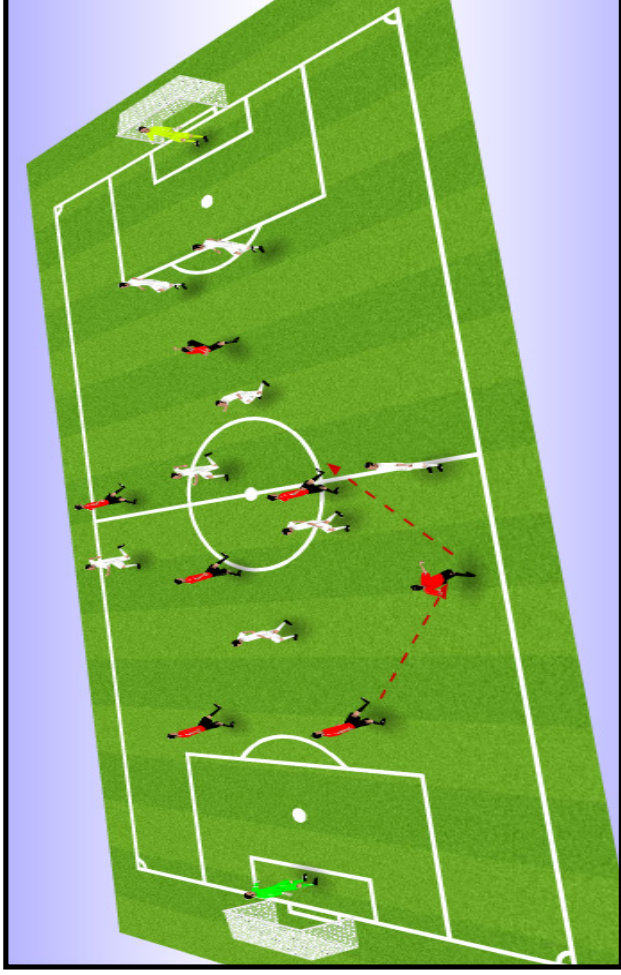
#### Coaching Points

Player awareness on the ball.

Move the ball quickly, looking for the spare player.

Always be available when in possession.

#### Progressions



### Small Sided Game

#### Set Up/Rules

Play 8v8

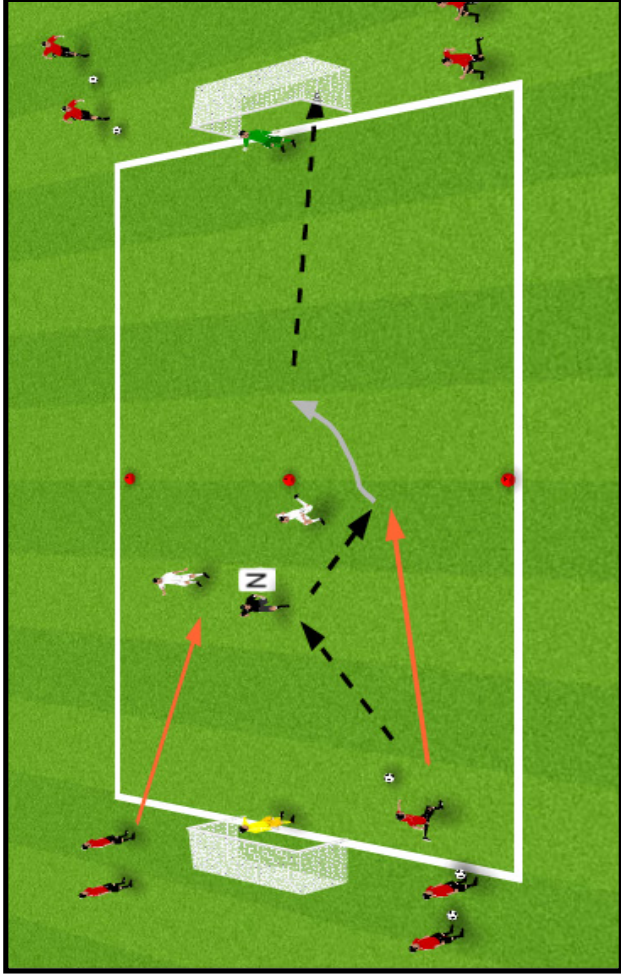
Both teams play 1-2-4-1 formation

#### Coaching Points

Firm passes with inside of foot

Receive with back foot

Positive first touch where possible



### 2v2/3v2

#### Set Up/Rules

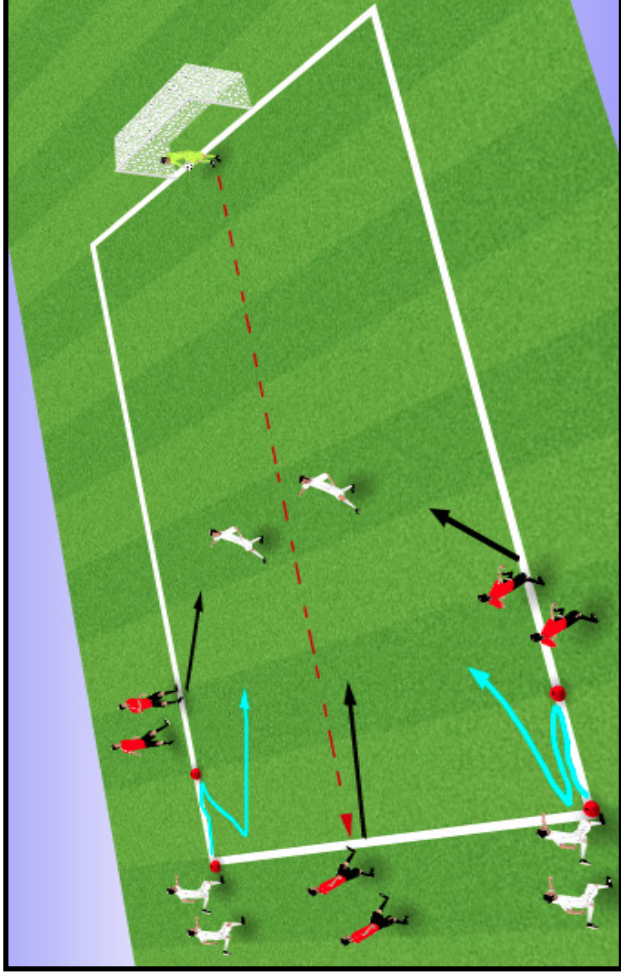
2 defenders and a neutral player start in the area. 2 reds from one end attack to create 3v2 with N player. Once goal is scored or ball crosses endline 2 reds from opposite end attack. Rotate defenders every 3 mins

#### Coaching Points

Attack at speed  
Positive touch into space  
Change of speed or direction to beat defender  
Dribble or Pass

#### Progressions

Take out N player and play 2v2



### 3v2 - 3v4

#### Set Up/Rules

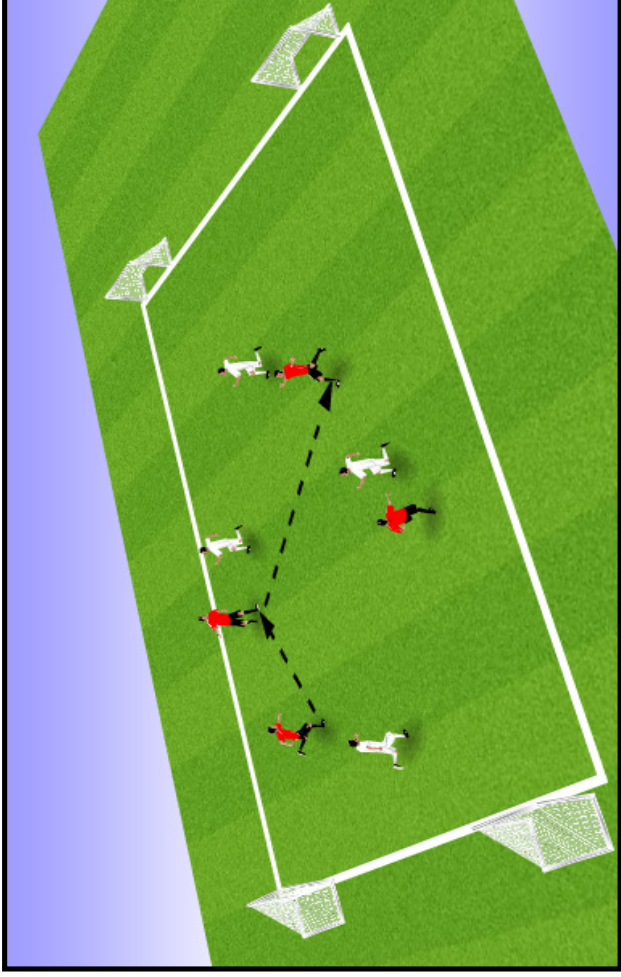
GK starts with the ball and distributes to any red. Reds move into area and play 3v2. As Red takes 1st touch the 2 white players on the corners run to the small cone and back and then join the area to create 3v4. Can attacking team get a shot on goal before 2 defenders can recover.

#### Coaching Points

Attack at speed  
Positive touch into space  
Early shot on goal  
Combination to shoot

#### Progressions

Add in CF who stays in the game each time.



**Small Sided Game**

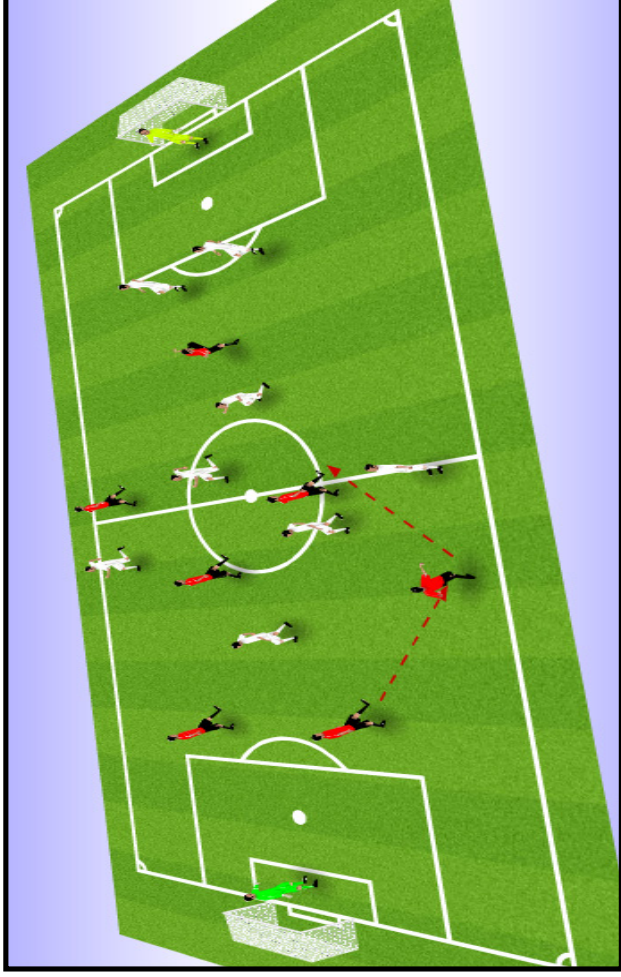
**Set Up/Rules**

Play 4v4. Teams defend two goals and attack two goals.

**Coaching Points**

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



**Small Sided Game**

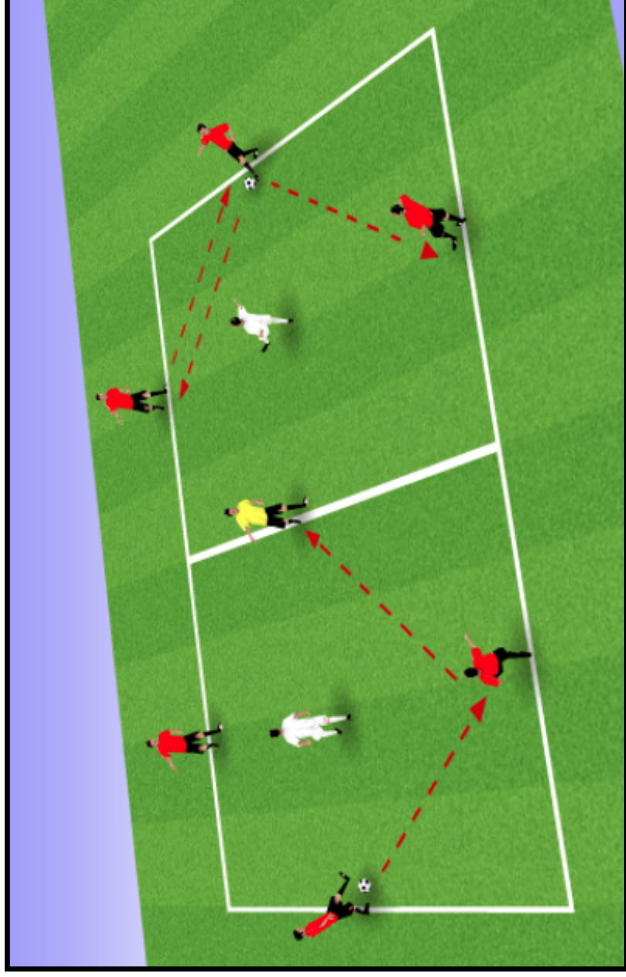
**Set Up/Rules**

Play 8v8

Both teams play 1-2-4-1 formation

**Coaching Points**

Exploit 2v1 Situations.



### Technical Practice

#### Set Up/Rules

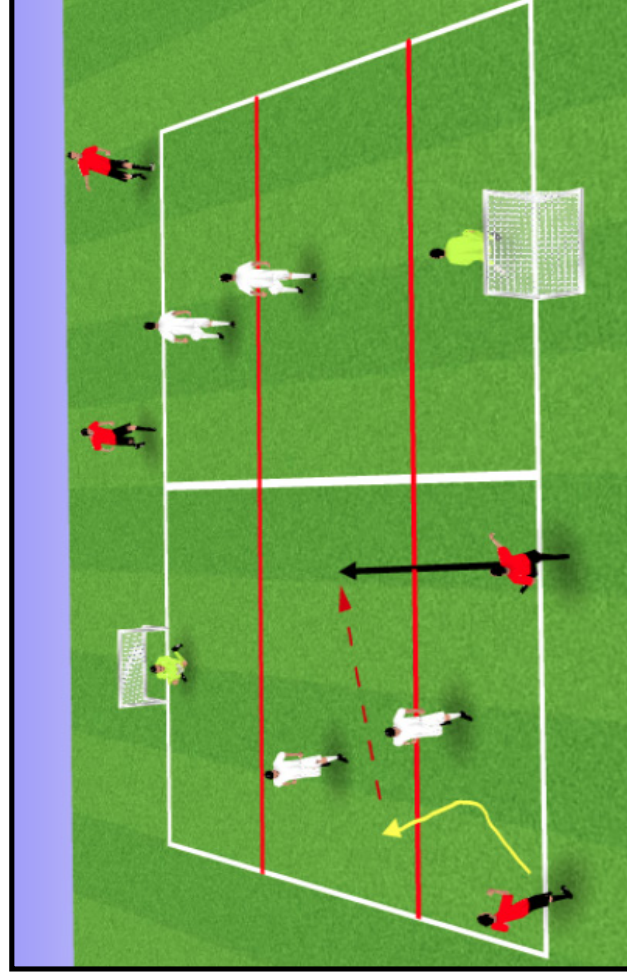
Red pass to black and moves through ladders and hurdles to next cone. Black passes to yellow and follows pass. Yellow dribbles to red and stops ball.

#### Coaching Points

Quality of pass.  
Quality of footwork through equipment

#### Progressions

Now have central player receive and pass behind them to continue circuit through both exercises.  
How many balls can be moving?



### 2v1 Circuit

#### Set Up/Rules

Set field out as shown, each zone 12x10 yards. 1 defender in each zone. Defenders are restricted to zone. 2 attackers enter the area and try and get past the 2 defenders into the end zone to score. Attackers move to next zone once ball is out of play or goal is scored. If defenders win the ball they try and dribble to start line to gain a point.

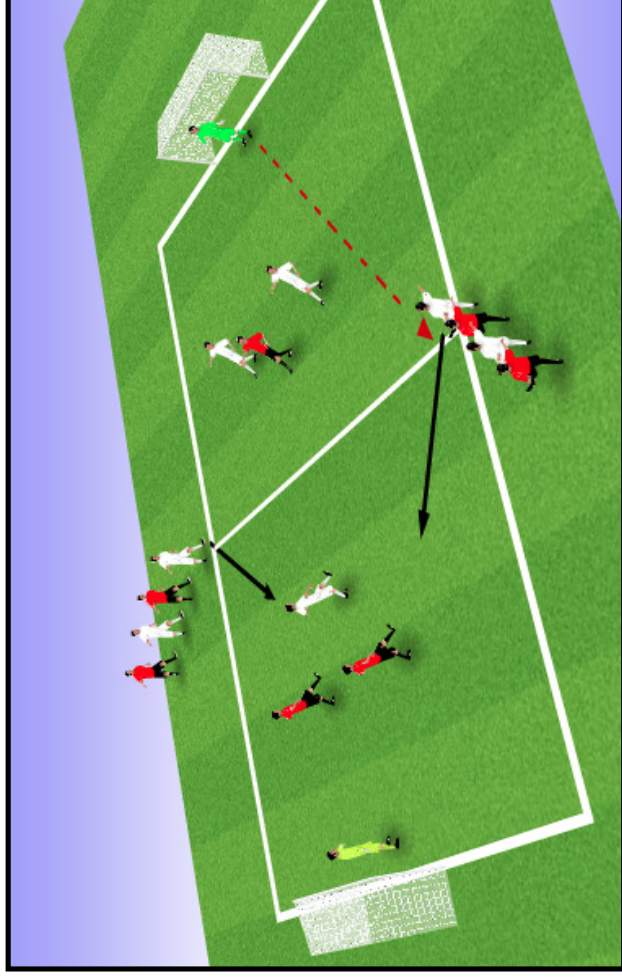
#### Coaching Points

Pass or dribble  
Combination play

#### Progressions

Rotate defenders.  
1st time finish inside end zone





### Small Sided Game

#### Set Up/Rules

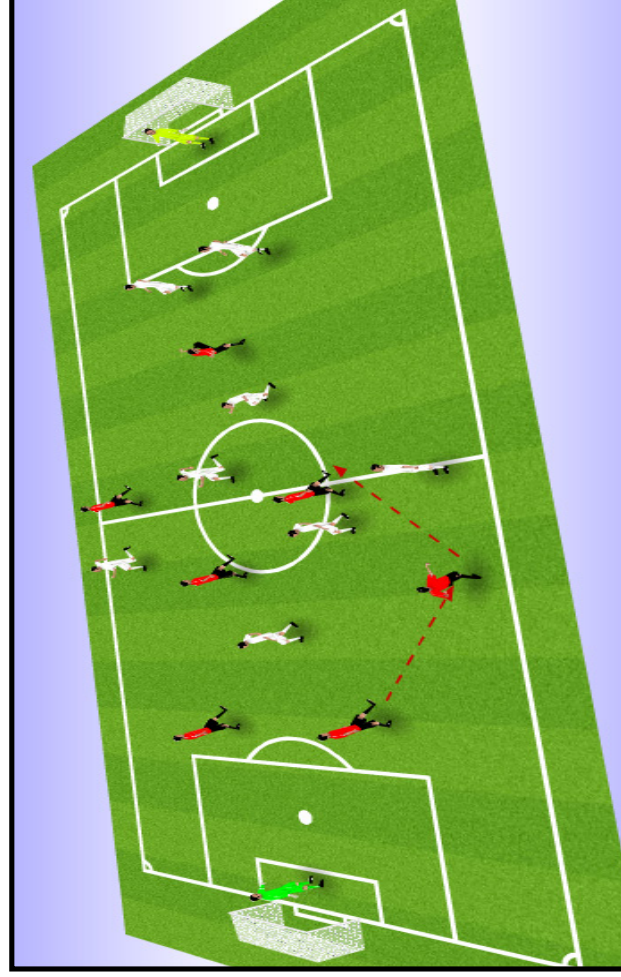
GK starts with the ball and distributes to either of the waiting wide players. They attack to create 3v2 to goal. If goal is scored GK gets ball and throws to wide players to attack opposite end. Players in wide areas must line up as shown, red, white, red, white. If defenders win possession they pass to their wide player and attack other way.

#### Coaching Points

Positive in possession  
 Attack at speed  
 Movements to drag defenders away  
 Combinations to create shooting opportunities.

#### Progressions

Add in another attacker and defender into area to create 4v3.



### Small Sided Game

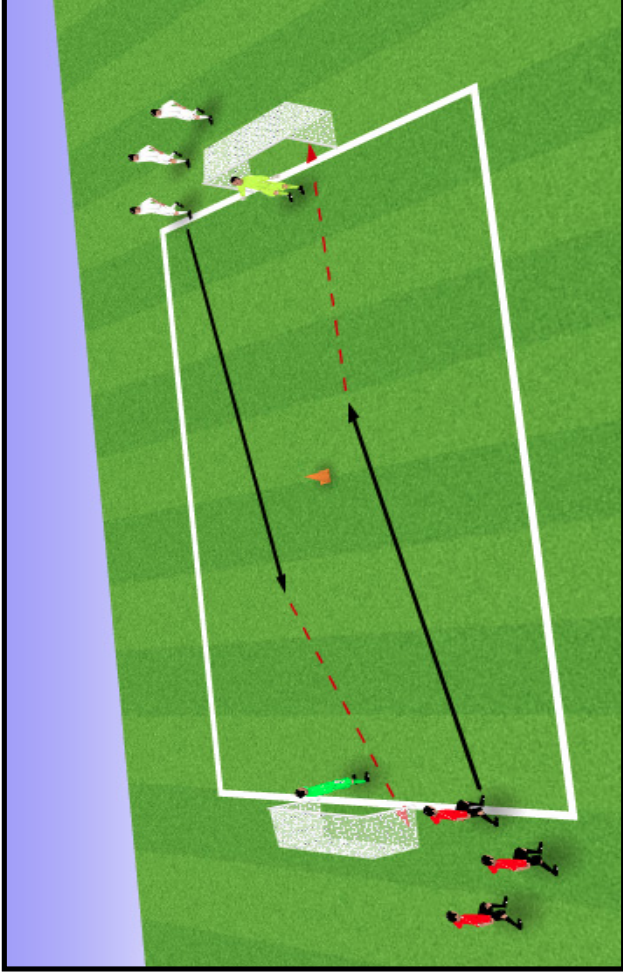
#### Set Up/Rules

Play 8v8

Both teams play 1-2-4-1 formation

#### Coaching Points

Firm passes with inside of foot  
 Receive with back foot  
 Positive first touch where possible



**Shooting Races**  
**Set Up/Rules**

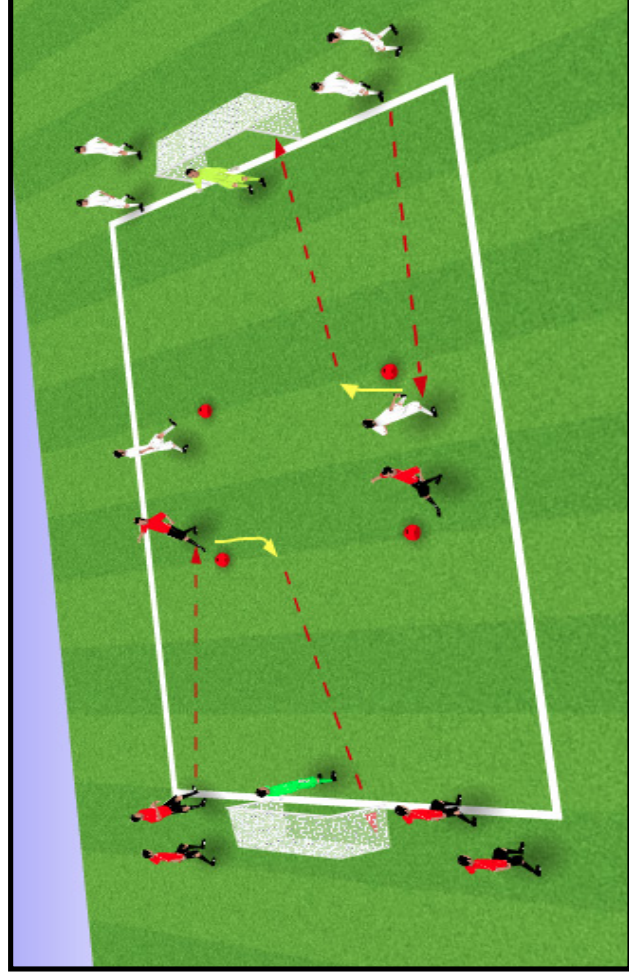
Players dribble past the central cone and shoot for goal.

**Coaching Points**

Head up to see position of GK.  
 Shoot for power or placement

**Progressions**

Competition - First player to score gets a point for their team.  
 Dribble around the cone and shoot for the goal they start next too.



**Shooting Races**  
**Set Up/Rules**

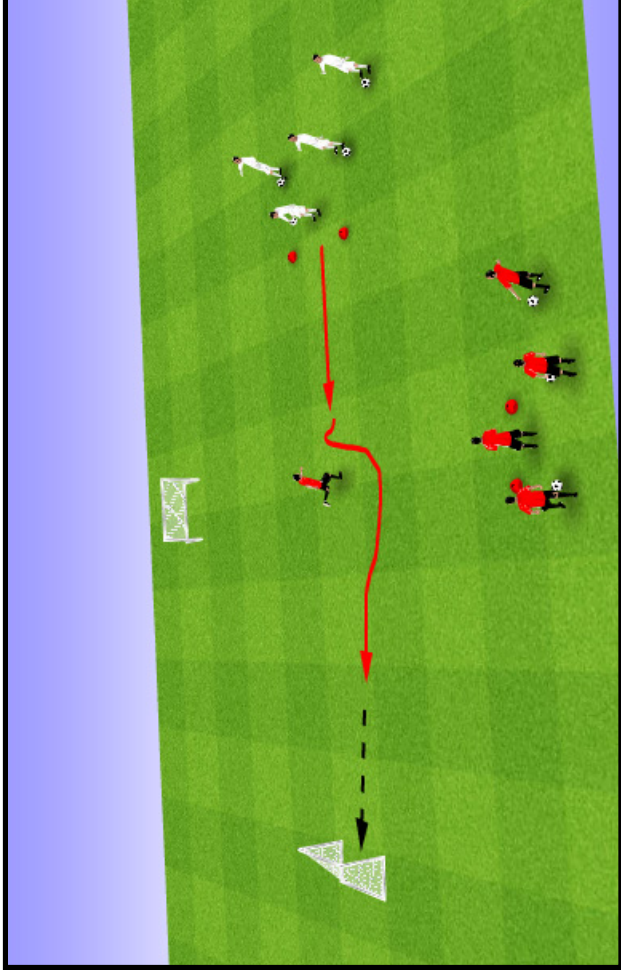
Ball is passed out to attacker who receives with positive touch and shoots for goal. Passer moves out to be next shooter, player who shoots moves to other line.

**Coaching Points**

Good first touch to set for shot.  
 Head up to see position of GK.  
 Shoot for power or placement

**Progressions**

Competition - Reds v white.  
 Team with most goals after 5 minutes.



## 1v1

### Set Up/Rules

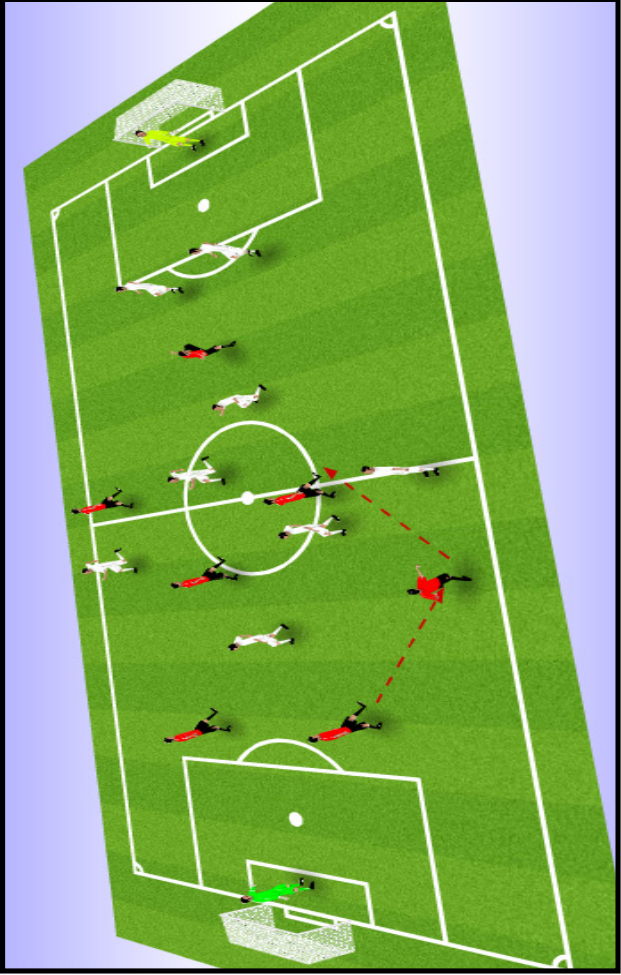
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

### Coaching Points

Attack at speed  
Change of speed or direction to beat defender  
Use move to beat defender

### Progressions

2v2



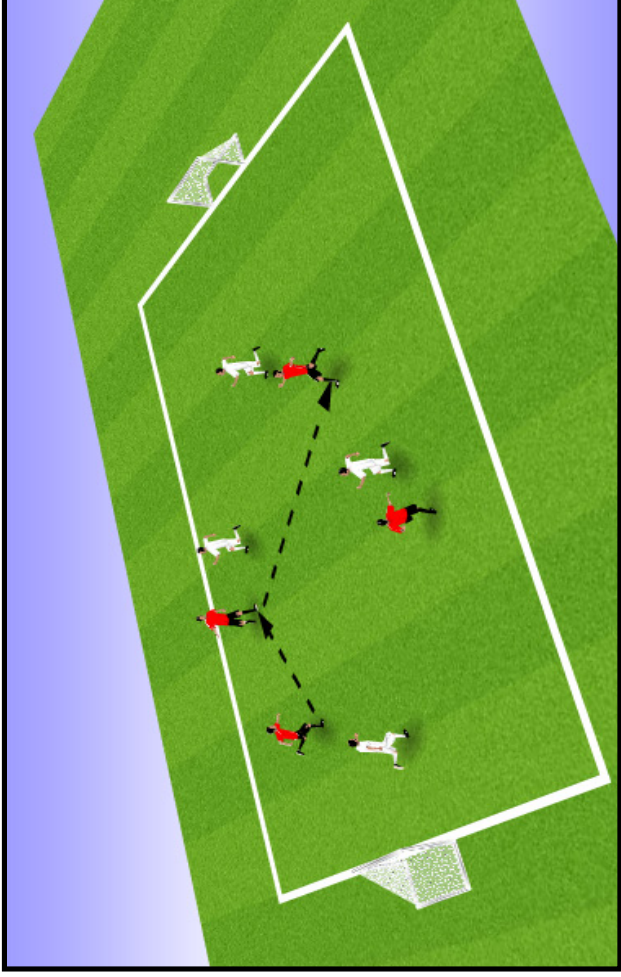
## Small Sided Game

### Set Up/Rules

Play 8v8  
Both teams play 1-2-4-1 formation

### Coaching Points

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible



**Small Sided Game**

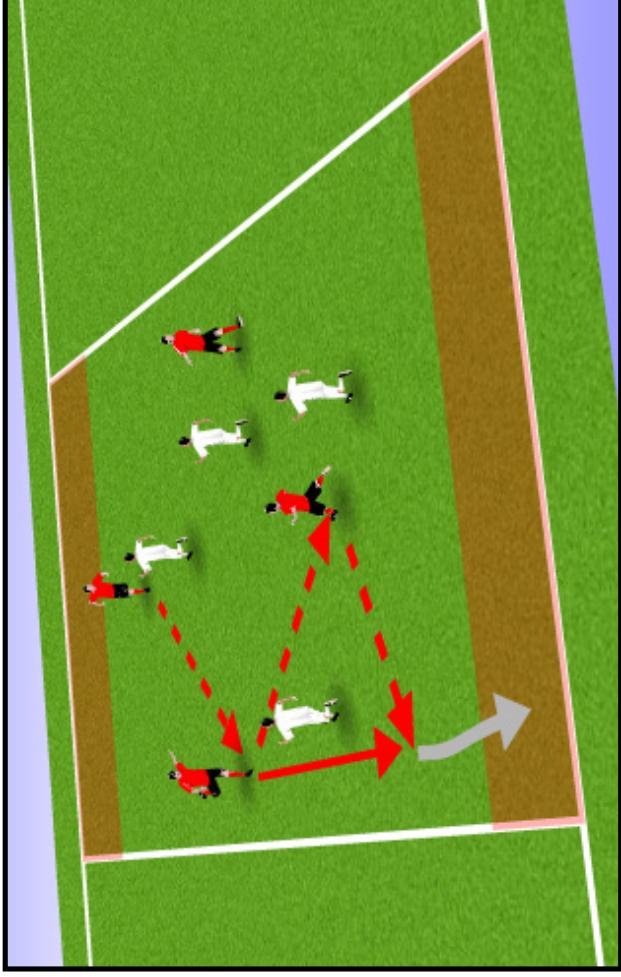
**Set Up/Rules**

Play 4v4. If team scores they keep possession and attack the other goal.

**Coaching Points**

Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.



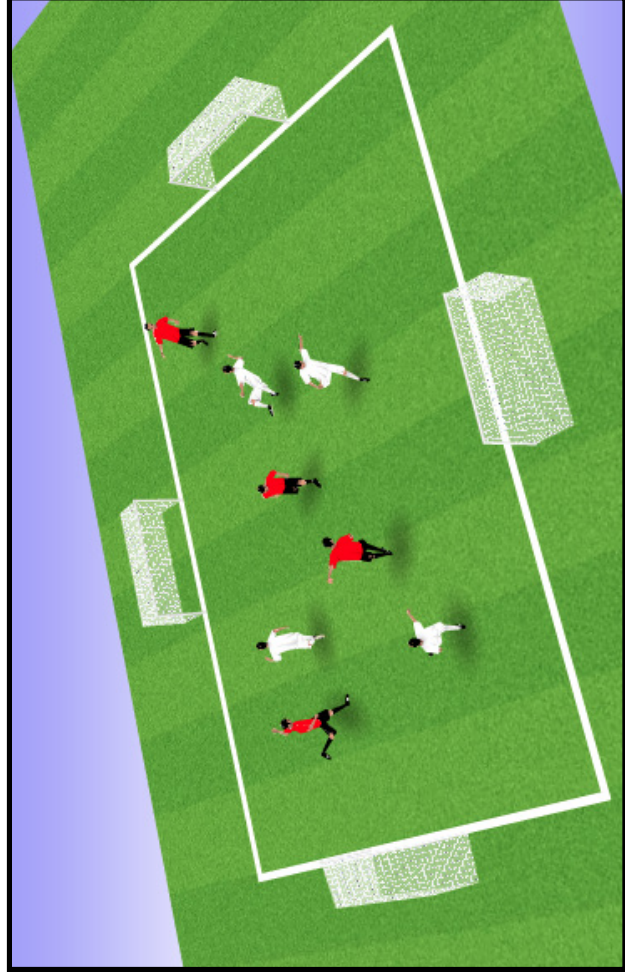
**Small Sided Game**

**Set Up/Rules**

Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

**Coaching Points**

Exploit 1v1 situations with creative footwork & moves



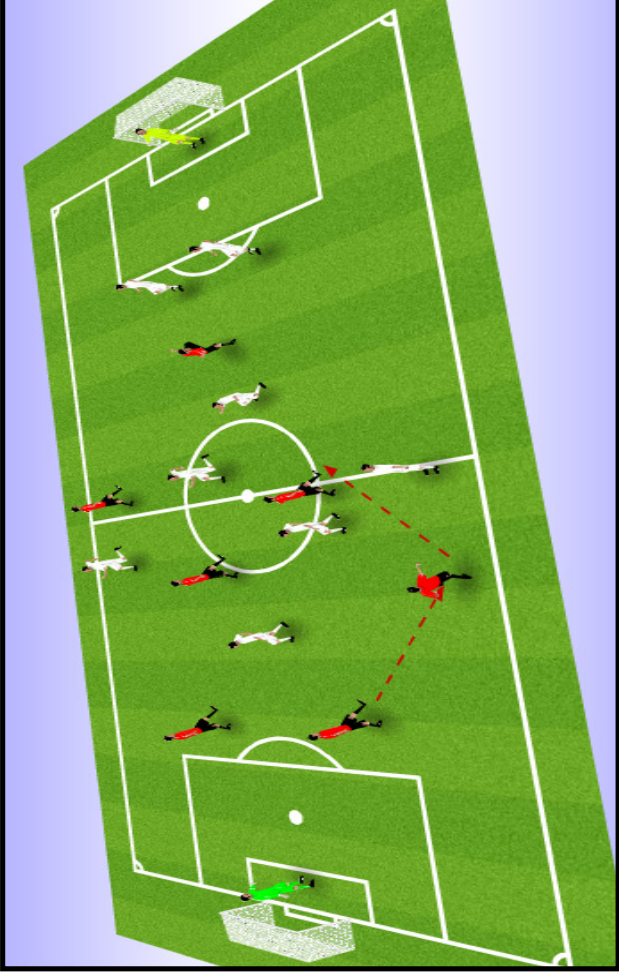
**Small Sided Game**

**Set Up/Rules**

Play 4v4. White team attack left to right. Red team attack north to south.

**Coaching Points**

Quick transition from attack to defense



**Small Sided Game**

**Set Up/Rules**

Play 8v8  
Both teams play 1-2-4-1 formation

**Coaching Points**

Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible