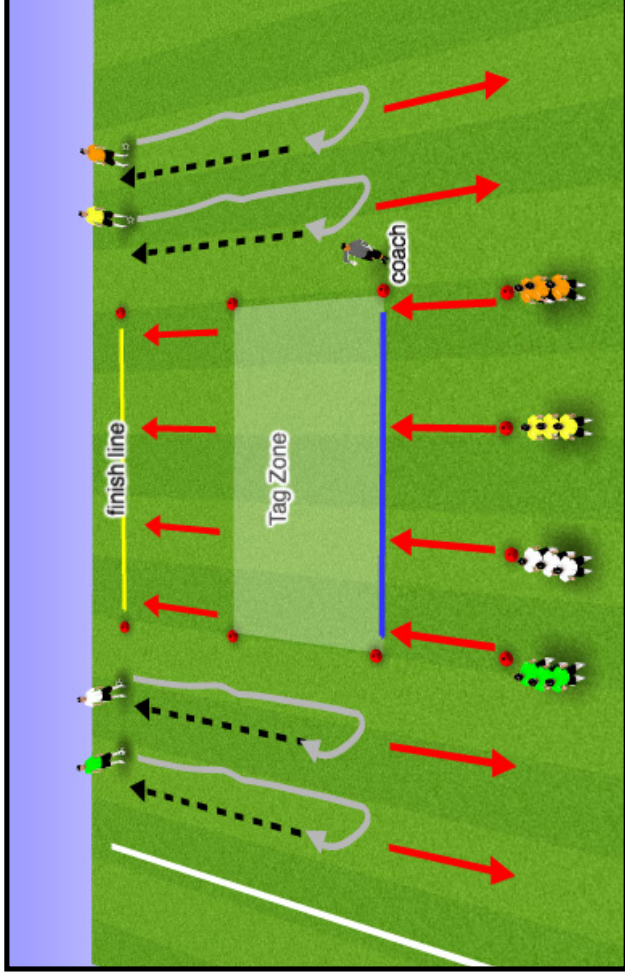


GLOBAL PREMIER SOCCER

2016 SPRING CURRICULUM

u13+





Technical Practice

Set Up/Rules

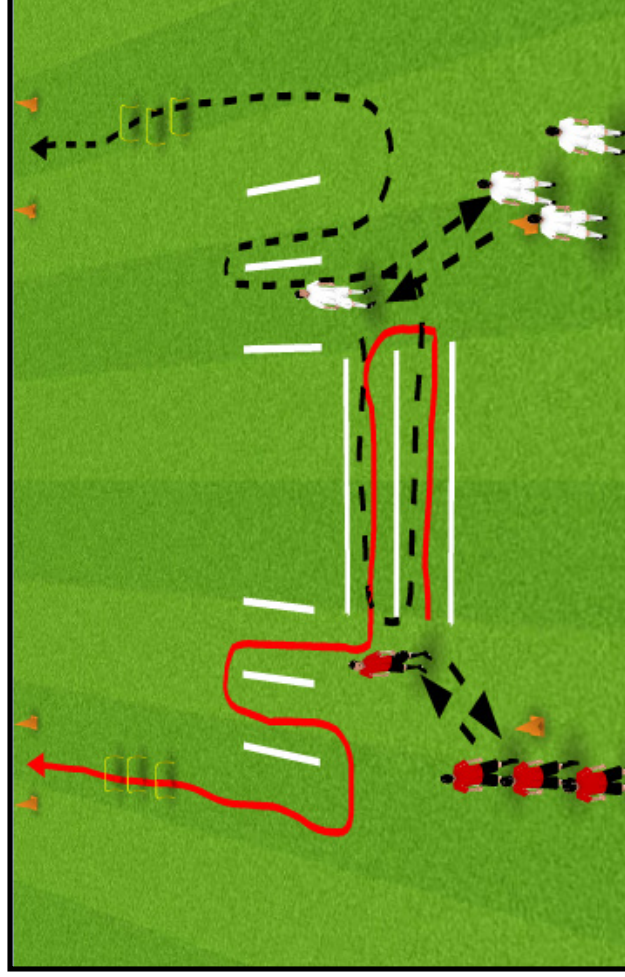
4 teams. On the first coaches command of 'GO'. One player on each team sprints over the first blue line into the tag zone. The last player in the box is "IT" trying to tag the other 3 players who are avoiding being caught but staying in the tag zone. On next call of go 4 players in tag zone race to end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

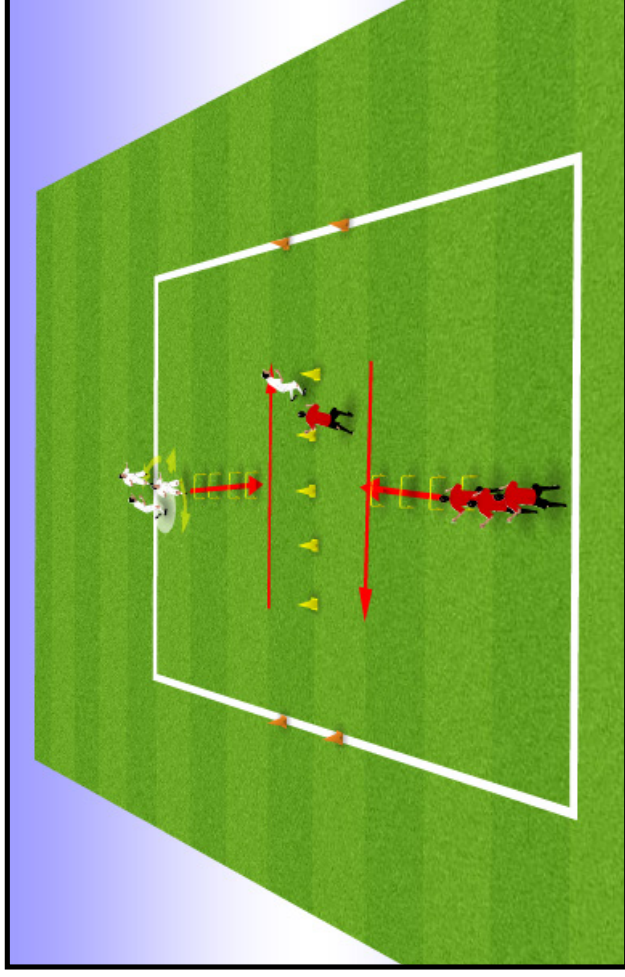
Players play one touch passes until coach calls 'GO'. Players then turn and race through the course. First player through gains a point.
(use cones to jump over if hurdles are not available)

Coaching Points

Quick foot work to change direction.
Quality of one touch passing.

Progressions

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



Speed, Agility & Quickness

Set Up/Rules

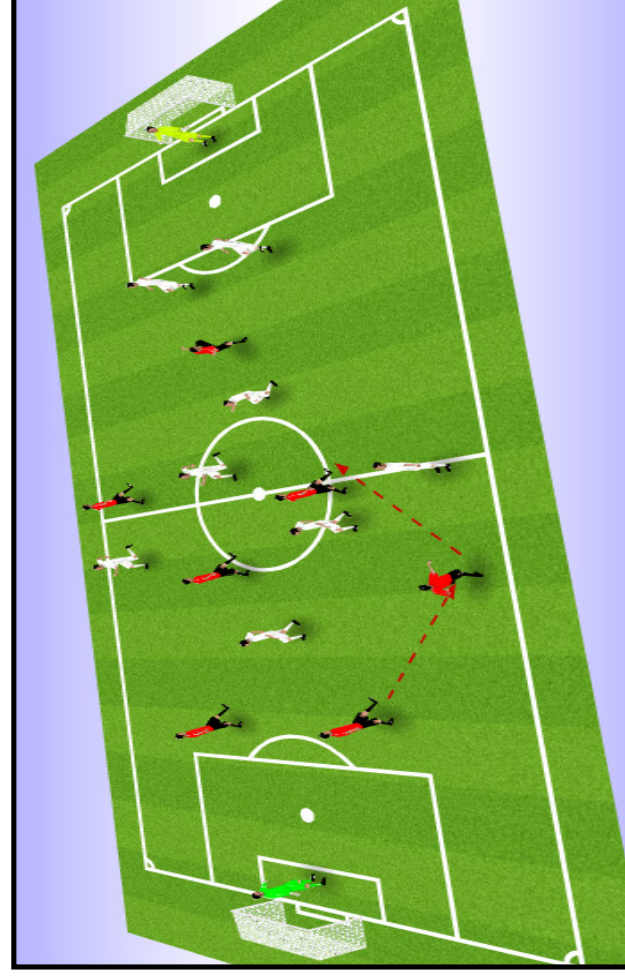
Split players into two teams. Red begin as attackers. First player in each line moves through the hurdles towards the middle line. Red player must now choose to go either left or right and sprint through the gate. White player must move towards other gate. Player who gets through first wins. (use cones to jump over if hurdles are not available)

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 8v8/9v9/11v11 depending on squad size.

8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

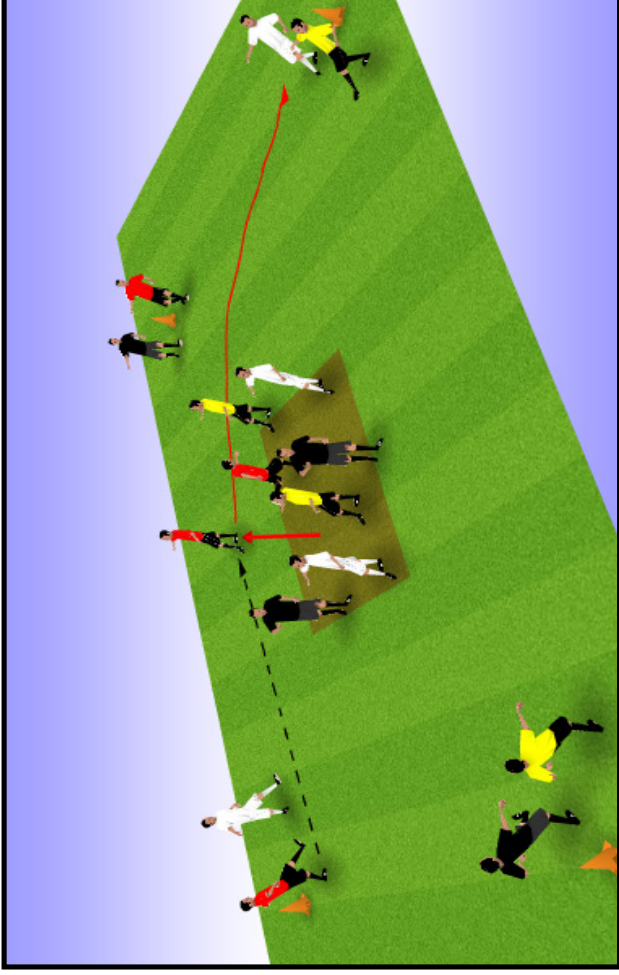
Firm passes with inside of foot

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 run through and re-join the game. Can team take advantage of overload.



Technical Passing & Dribbling

Set Up/Rules

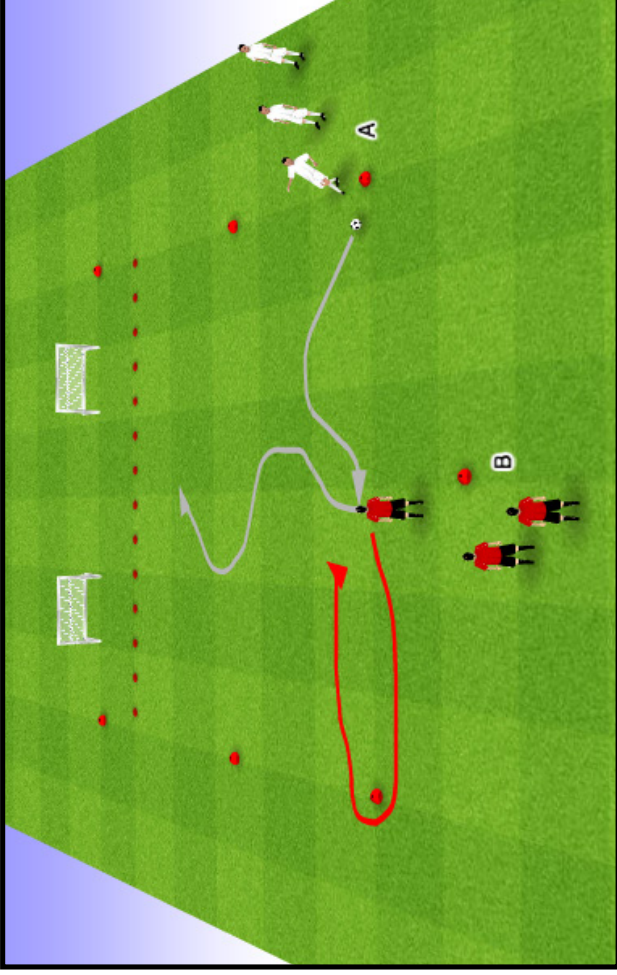
Players work in groups of 4. 2 players on a cone with a ball, 2 players in central area. Central player checks out of middle zone to get a ball from team mate and dribbles to an outside cone. Player who passed ball moves into central area.

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

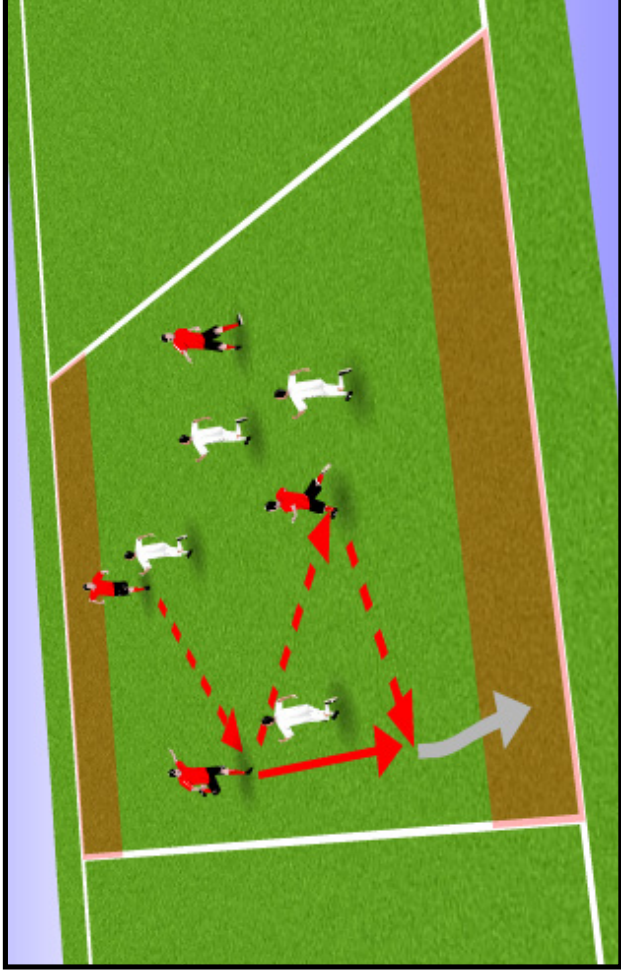
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock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

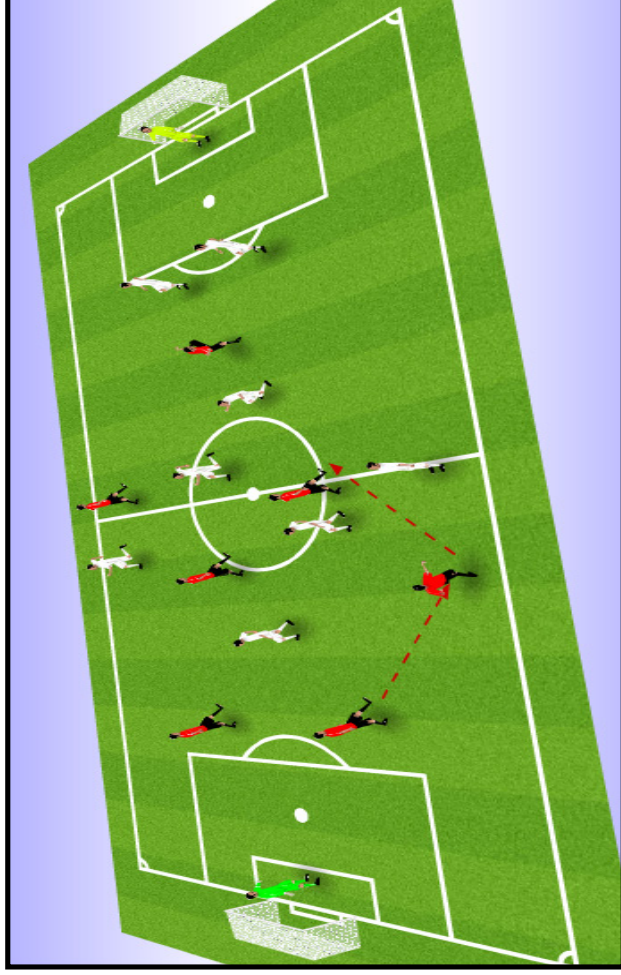
Set Up/Rules

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 8v8/9v9/11v11 depending on squad size.

8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

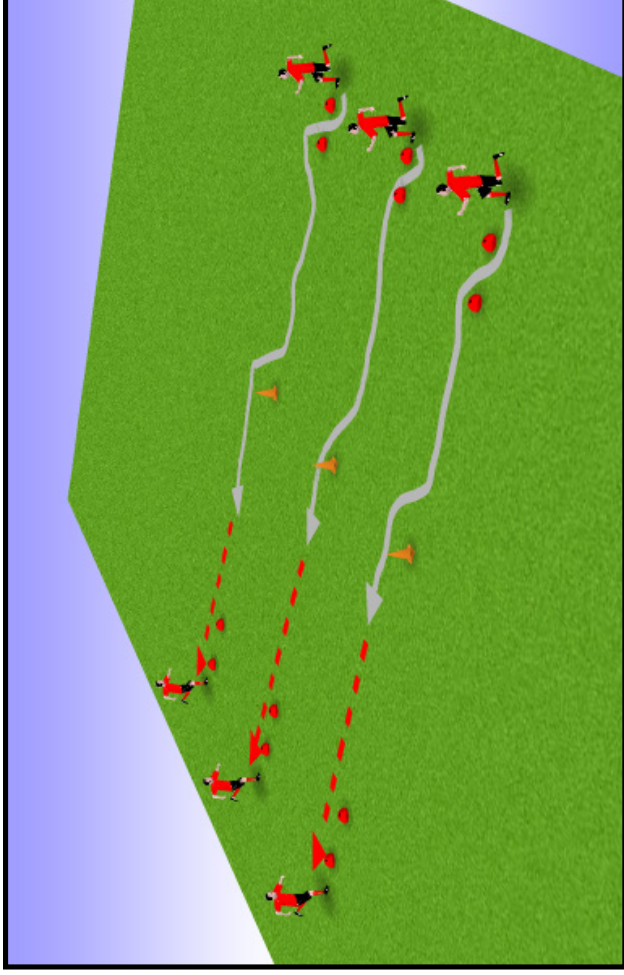
Firm passes with inside of foot

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

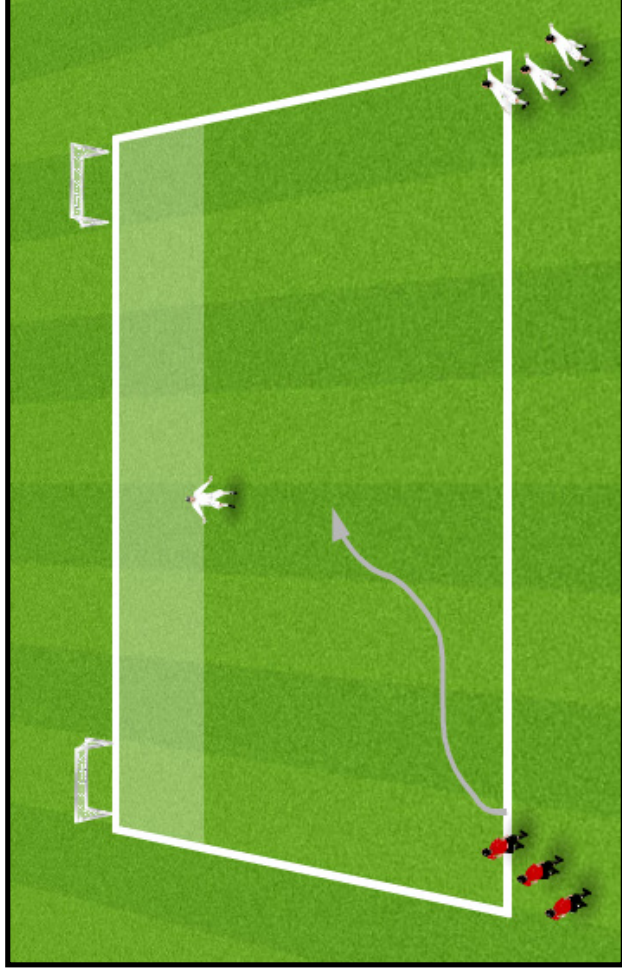
Split players into even groups. First player in line dribbles ball through 2 small cones and then towards larger center cone. Player performs 1v1 move past the cone before passing to line opposite. Players perform a scissors move to the right past central cone.

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

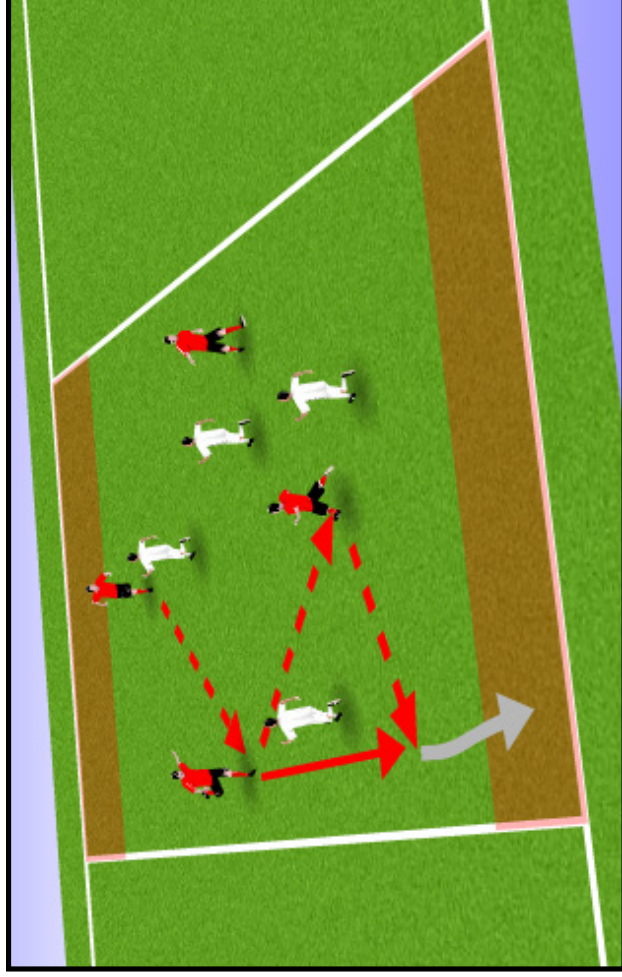
Red attacks diagonally to try to beat the white and score in the goal. Cant shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

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

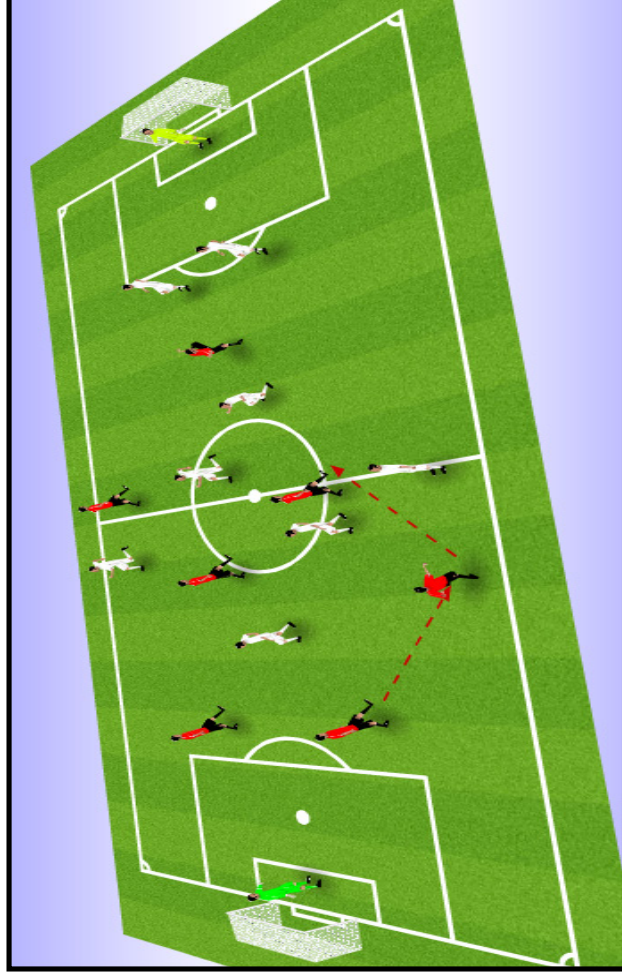
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

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 8v8/9v9/11v11 depending on squad size.

8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

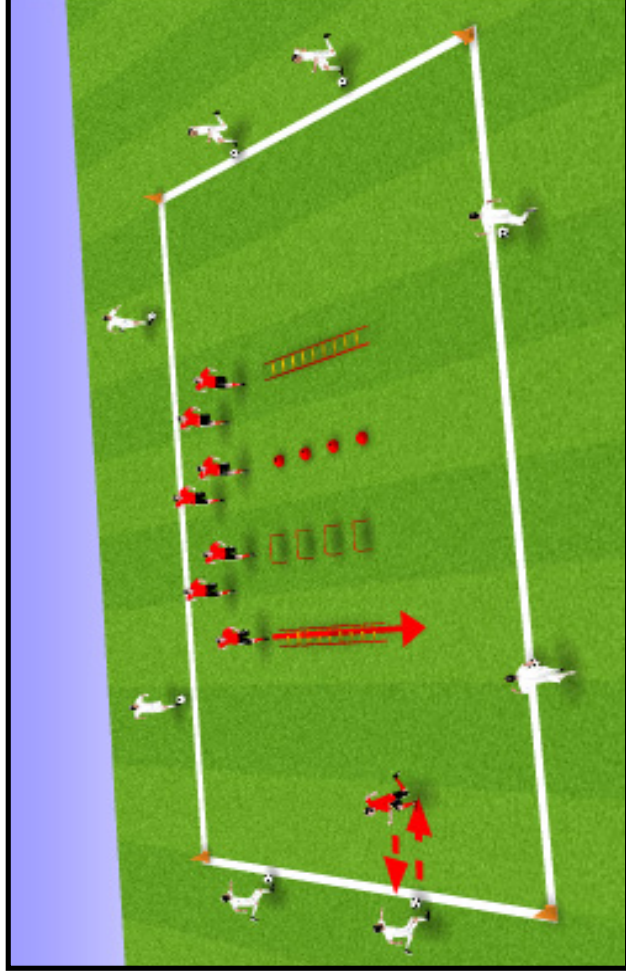
Firm passes with inside of foot

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

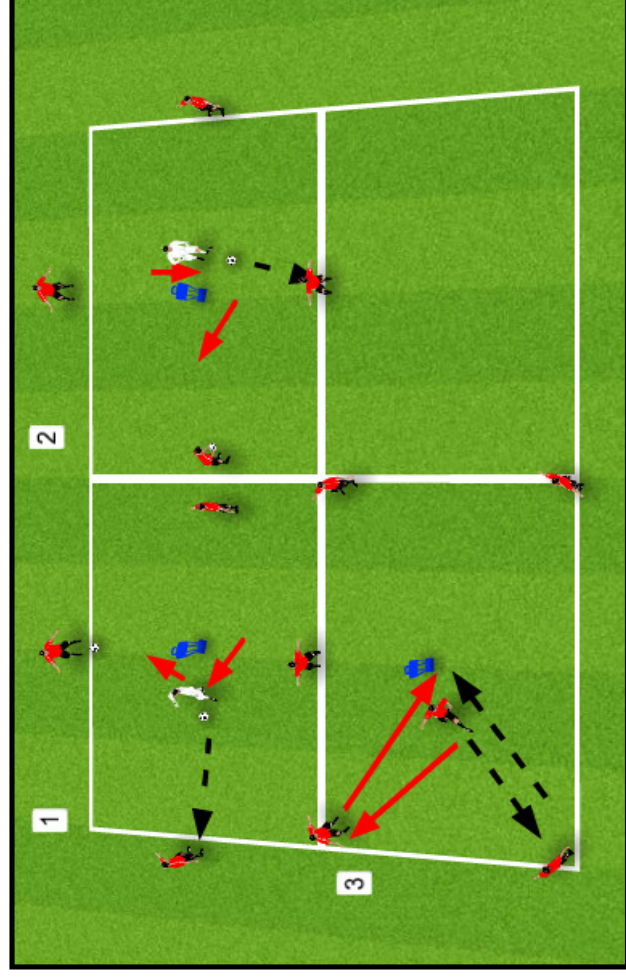
Two teams. One team have a ball each and spread around the outside of the area. The other team start inside the area. Players inside move through the equipment in any way they choose. Once through a piece of equipment they move to the outside and play 2 first time passes with the outside player. Player 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

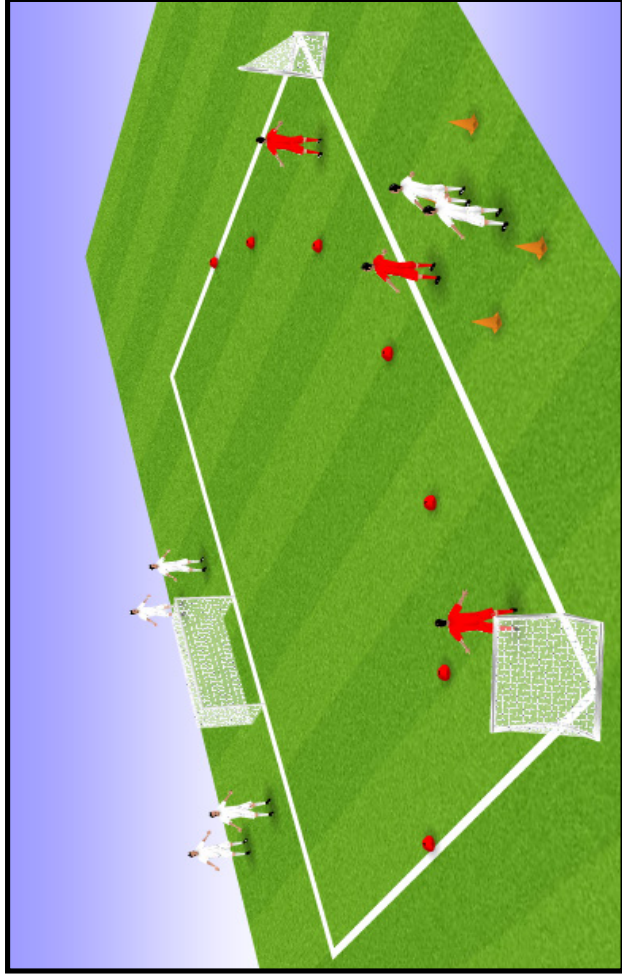
Groups of 5 around a 10x10, One player works in the middle around manequin/tall cone which acts as a distraction. 2 balls with outside players who act as feeders to middle man. 1. Middle man plays 1 or 2 touch passing the ball out to any other player without a ball.

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

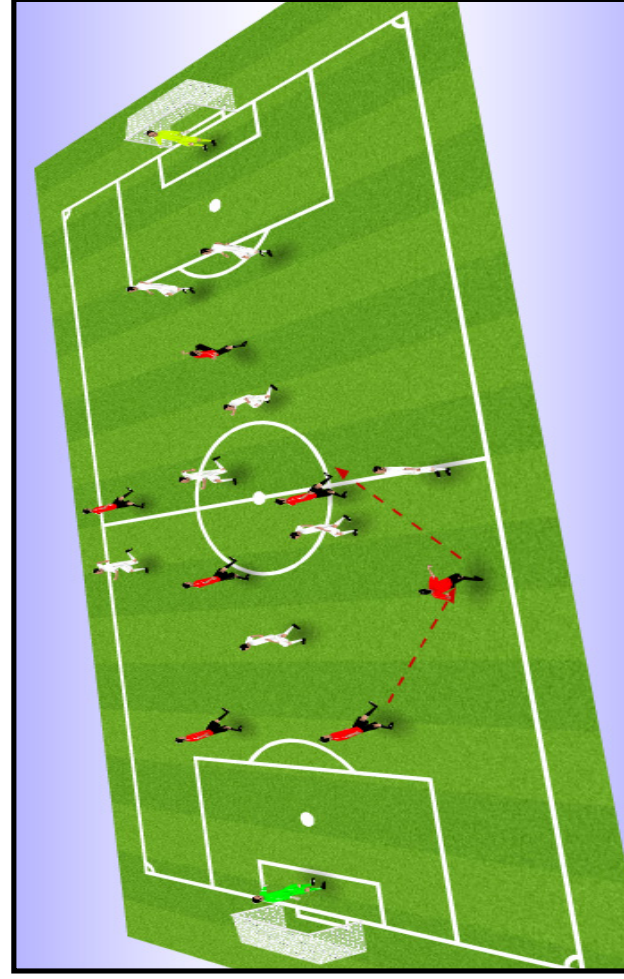
Position a large goal at 1 end of the pitch with 2 smaller goals/targets in either corner at the opposite end. Equidistant, but slightly set back, from the 2 smaller goals – mark out a 2x2 yard 'holding area'. Mark out a "curved line" from 1 side of the pitch to the other with the start and end points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

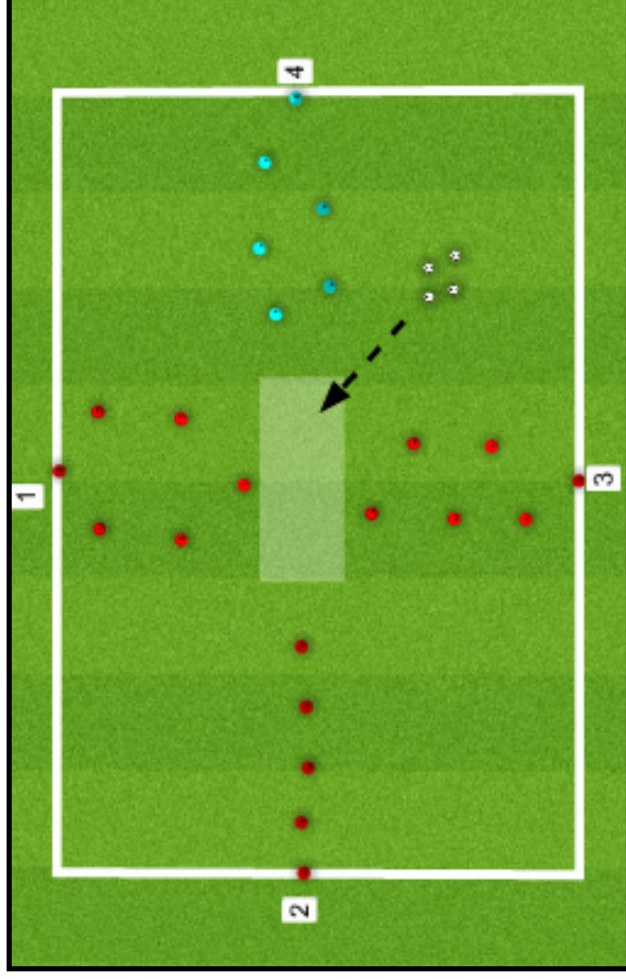
Play 8v8/9v9/11v11 depending on squad size.
8v8 - 1-2-4-1 formation
9v9 - 1-3-1-3-1 formation
11v11 - 1-4-3-3 formation

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.



Rondo with SAQ
Set Up/Rules

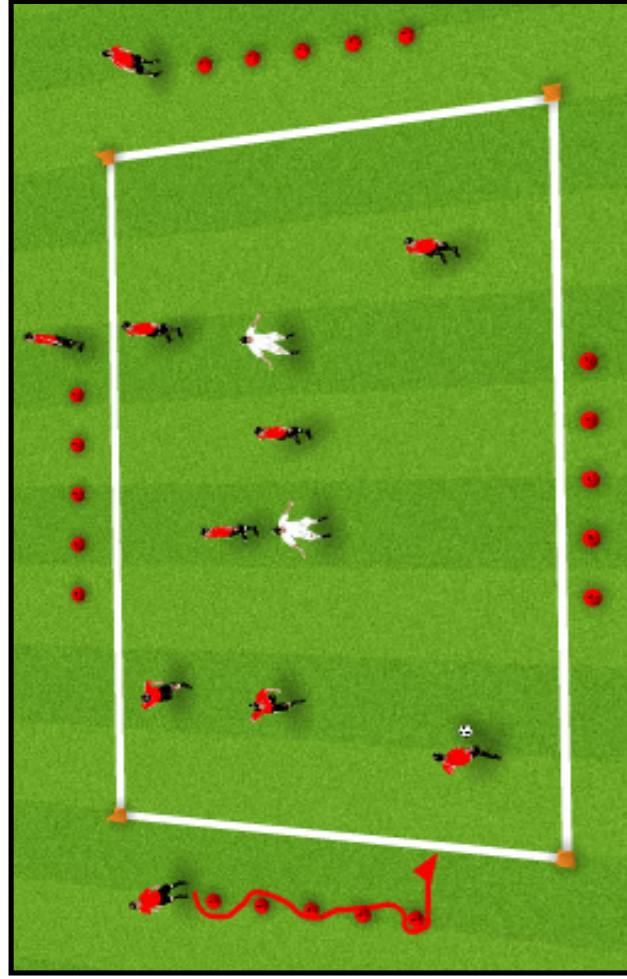
Have 2-3 players behind each set of cones. 1 player from each line move through the cones with fast footwork into the square. Play 3 v 1 with the defender the player coming through the blue cones. Rotate to next set of cones once defender clears the ball from the box.

Coaching Points

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

Progressions

2 touch play inside the box



Technical Practice
Set Up/Rules

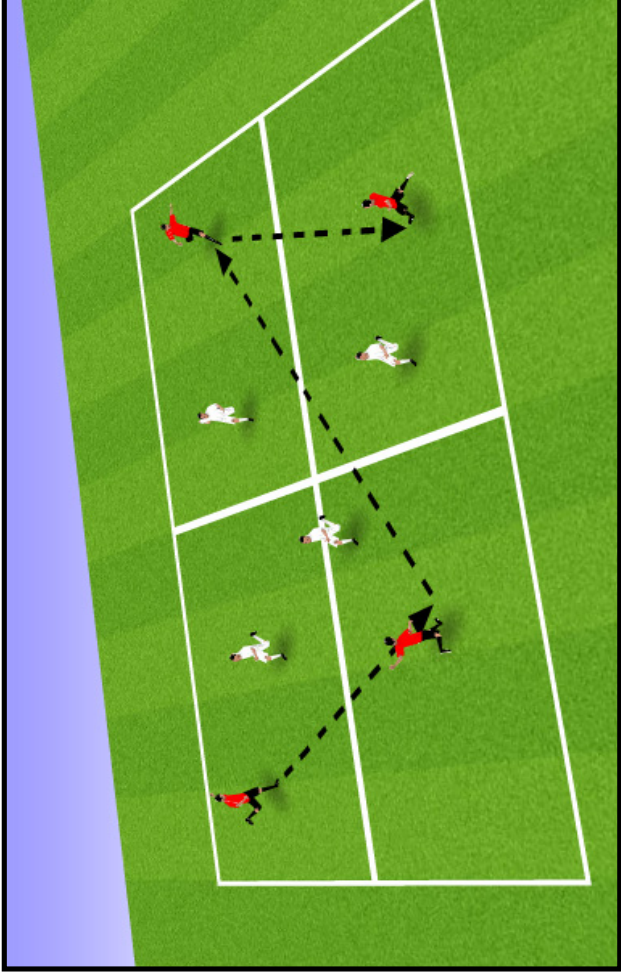
Two Defenders In Box. Rest of players in middle with one ball. Keep Possession in the middle. Every time you make a pass, complete SAQ on outside

Coaching Points

Quality of pass.
 Awareness of next pass
 Quality of footwork through equipment

Progressions

Hopping
 Side shuffle
 2 feet in each gap



Small Sided Game

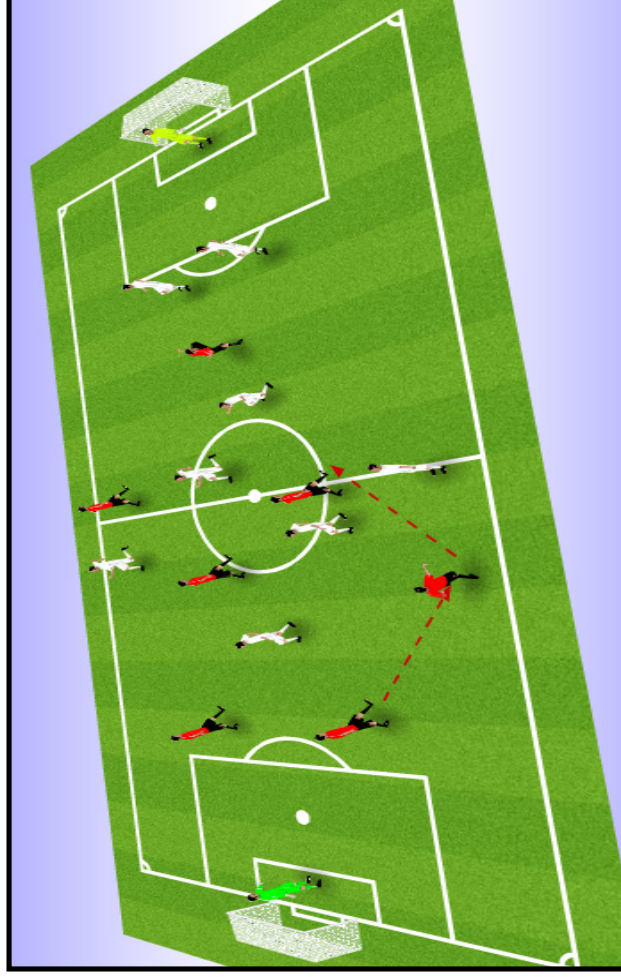
Set Up/Rules

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 8v8/9v9/11v11 depending on squad size.

8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

Firm passes with inside of foot

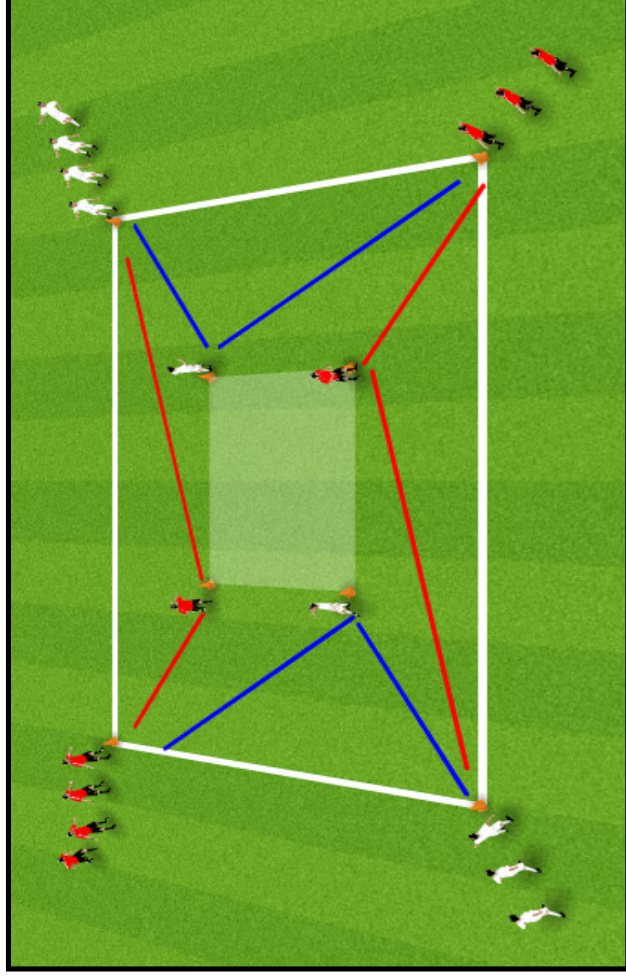
Receive with back foot

Positive first touch where possible

Progressions

Team can score a goal with

5 passes in a row



Technical Practice

Set Up/Rules

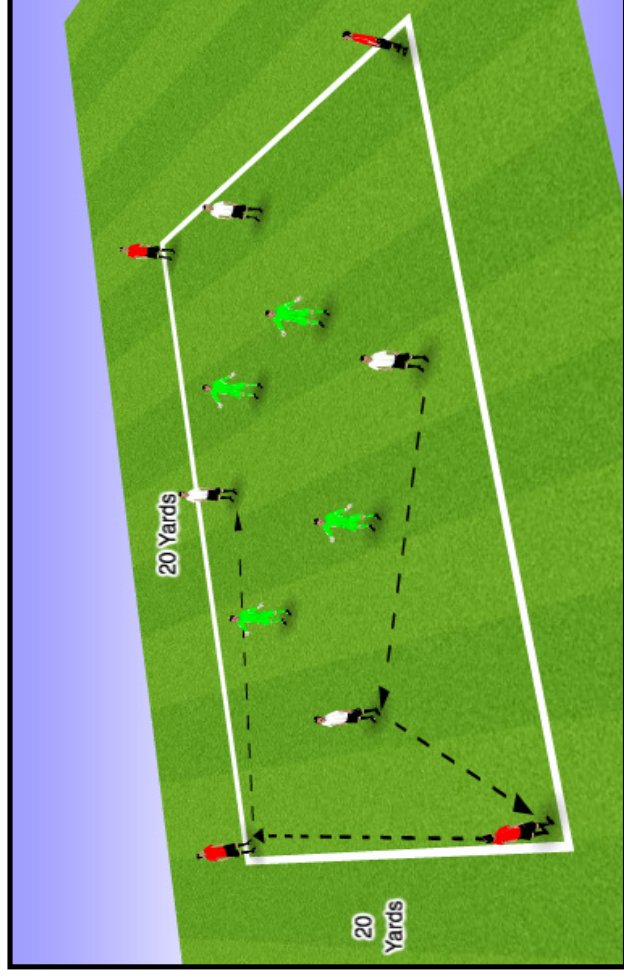
Ball is passed into central player who receives and passes out to the right. Players follow passes.

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

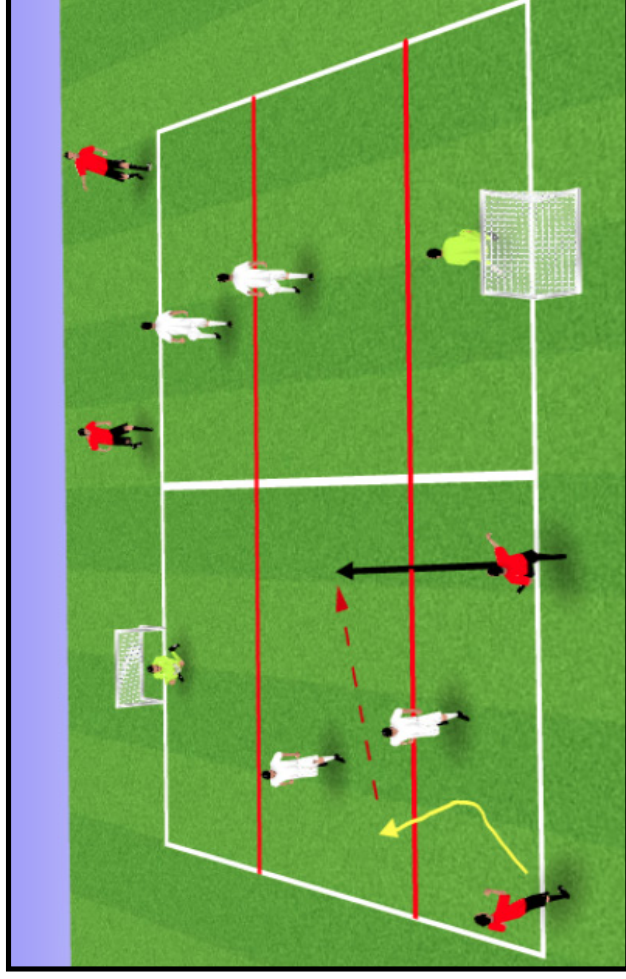
20x20 Yard Area. 3 Teams of 4 Players.
 One Team spread into the Four Corners, Inside the Area not Outside. Can move a Couple of Yards either way. The other Two Teams Inside the Area. When the other team wins possession they try to connect their pass. Keep Possession of the Ball. 6 passes = 1 Goal

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.



2v1 Circuit

Set Up/Rules

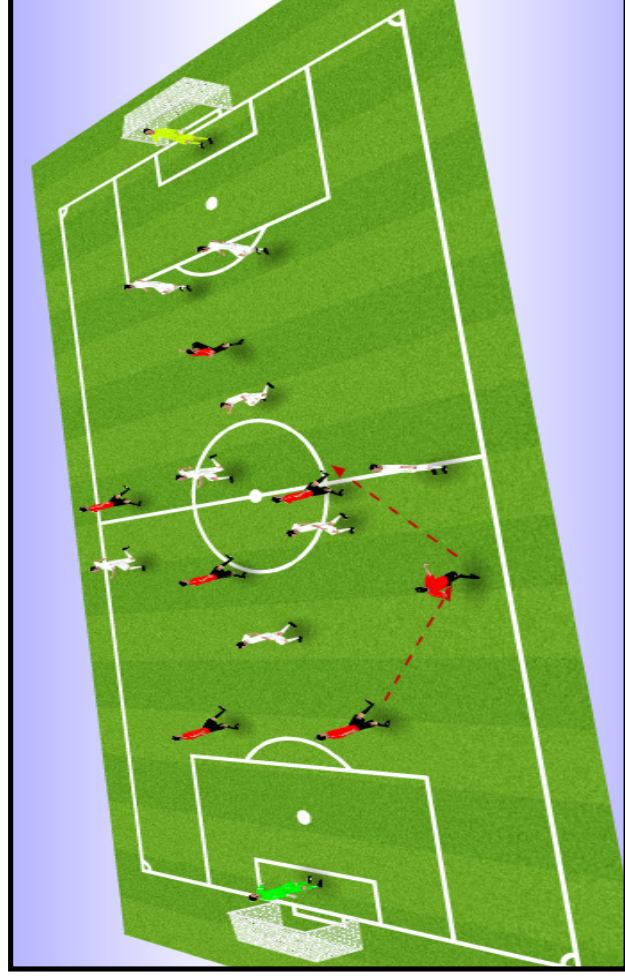
Set field out as shown, each zone 12x10 yards. 1 defender in each zone. Defenders are restricted to zone. 2 attackers enter the area and try and get past the 2 defenders into the end zone to score. Attackers move to next zone once ball is out of play or goal is scored. If defenders win the ball they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

Play 8v8/9v9/11v9/11v11 depending on squad size.

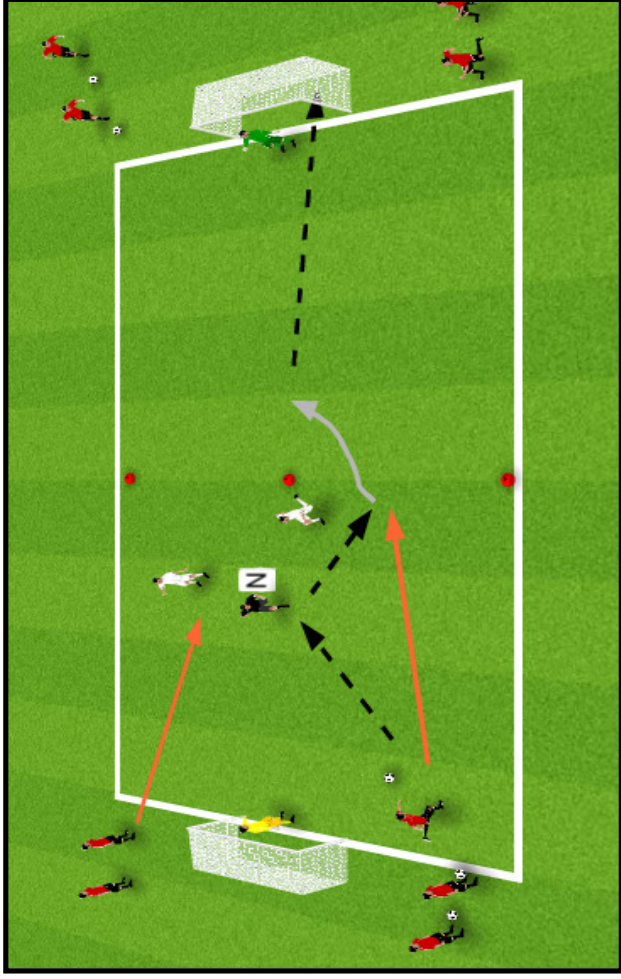
8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

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



2v2/3v2

Set Up/Rules

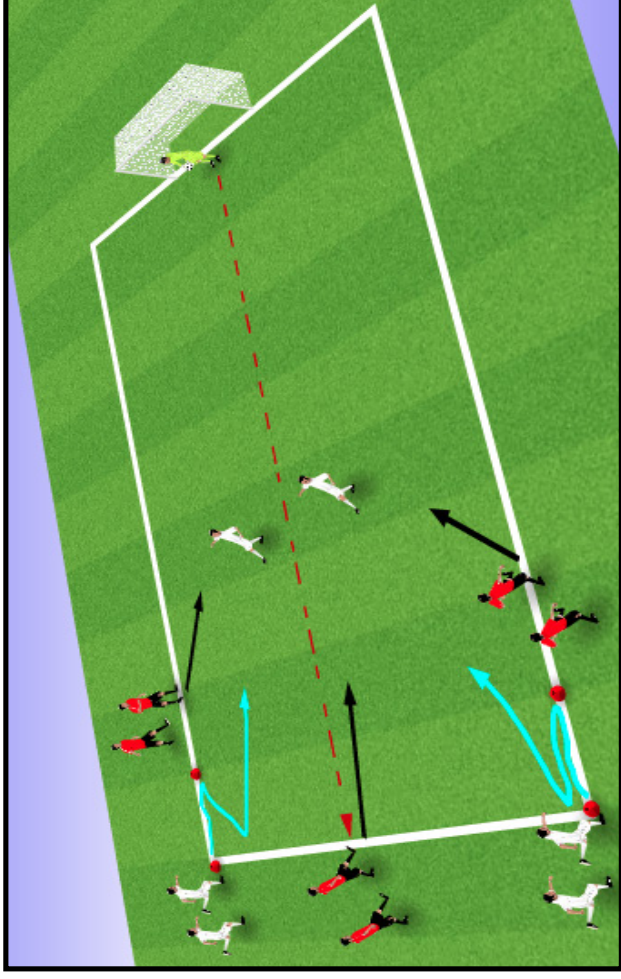
2 defenders and a neutral player start in the area. 2 reds from one end attack to create 3v2 with N player. Once goal is scored or ball crosses endline 2 reds from opposite end attack. Rotate defenders every 3 mins

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

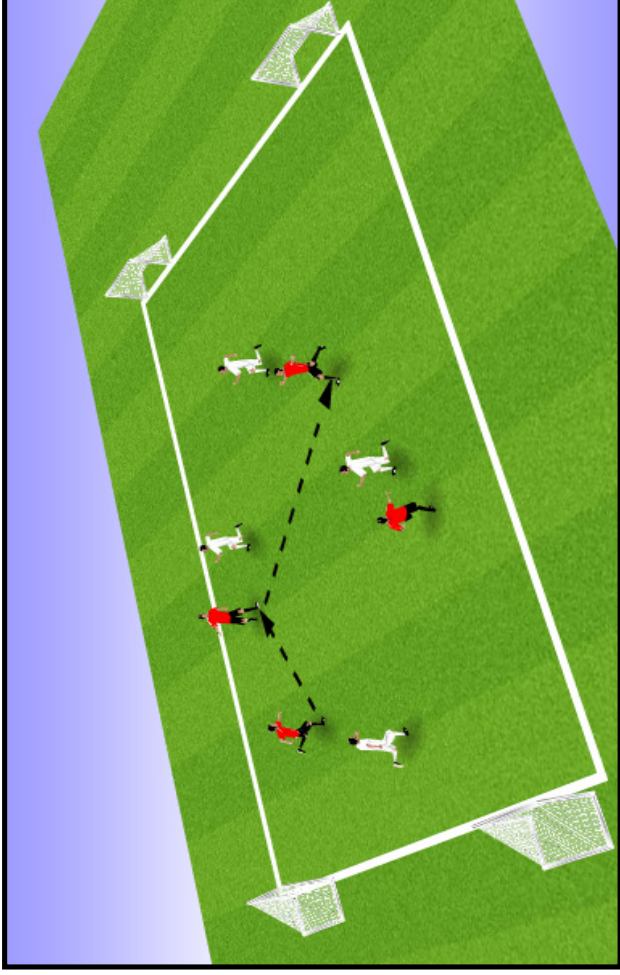
GK starts with the ball and distributes to any red. Reds move into area and play 3v2. As Red takes 1st touch the 2 white players on the corners run to the small cone and back and then join the area to create 3v4. Can attacking team get a shot on goal before 2 defenders can recover.

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

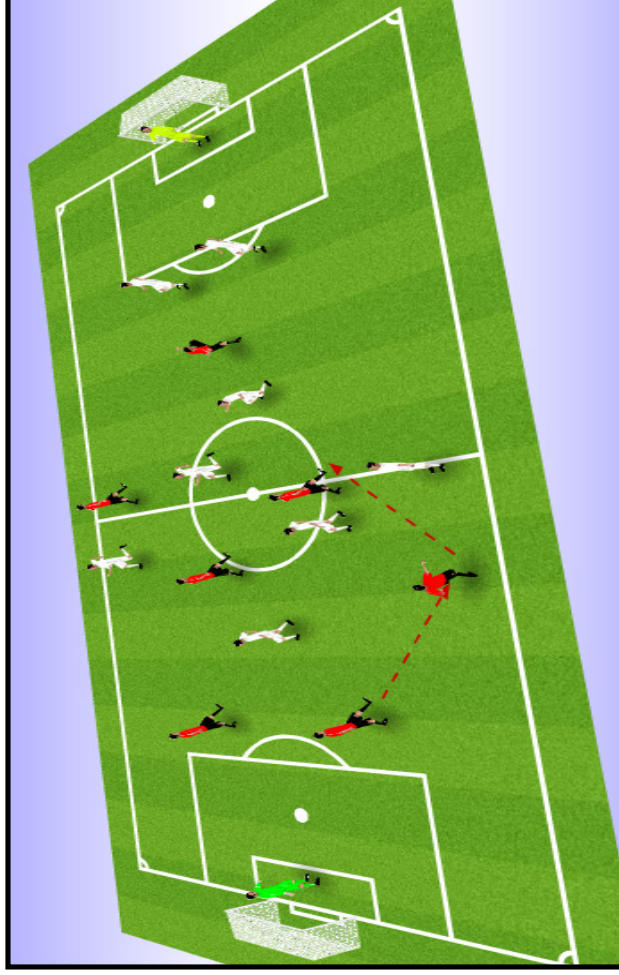
Set Up/Rules

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 8v8/9v9/11v11 depending on squad size.

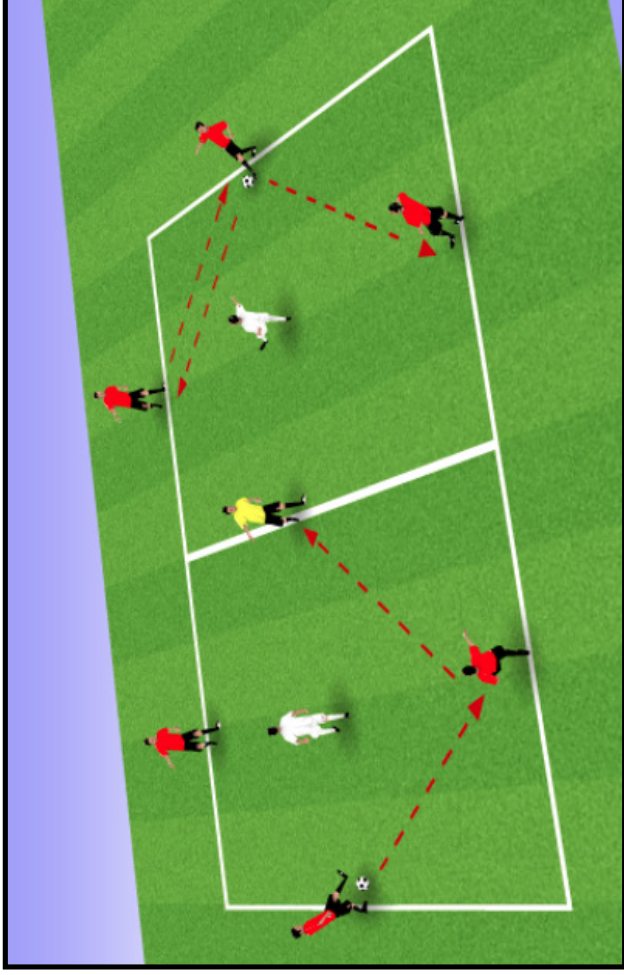
8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

Exploit 2v1 Situations.



Double Rondo

Set Up/Rules

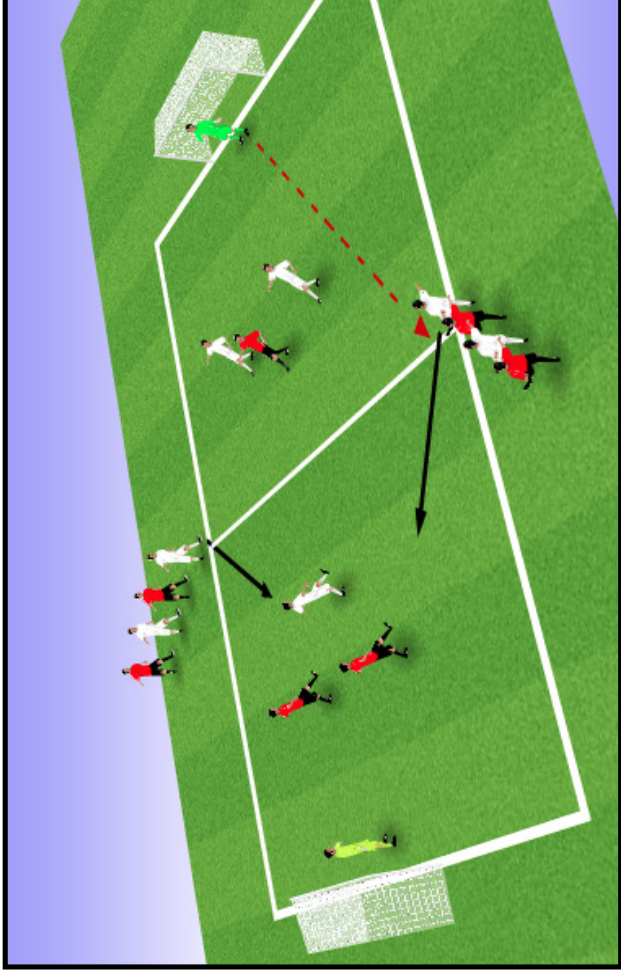
3v1 in each square with a neutral yellow on middle line who acts as the 4th attacker for both boxes. Central player must be aware of both areas and join in when possible

Coaching Points

Quality of pass.
Awareness of surroundings

Progressions

Rotate Neutral and defenders.



Small Sided Game

Set Up/Rules

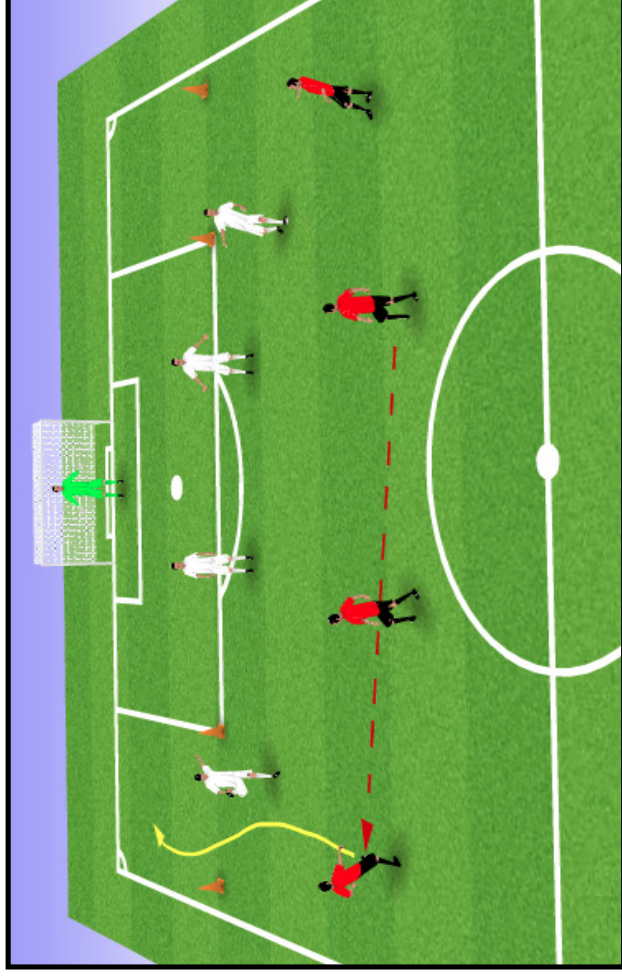
GK starts with the ball and distributes to either of the waiting wide players. They attack to create 3v2 to goal. If goal is scored GK gets ball and throws to wide players to attack opposite end. Players in wide areas must line up as shown, red, white, red, white. If defenders win possession they pass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



Attacking a back 4 Set Up/Rules

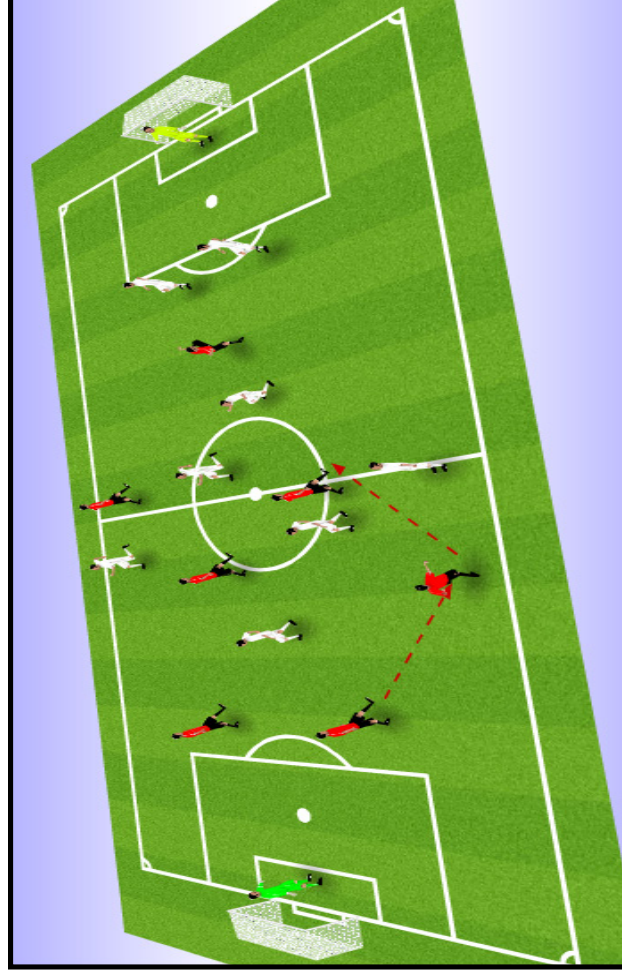
4 v 4. Defenders protect 2 goals in wide areas. Attackers try and break through either wide goal to cross or shoot for goal. Once ball goes through wide goal all players can enter penalty area.

Coaching Points

Positive in possession
Attack at speed
Movements to drag defenders away
Combinations break defensive line

Progressions

Add in another CF.



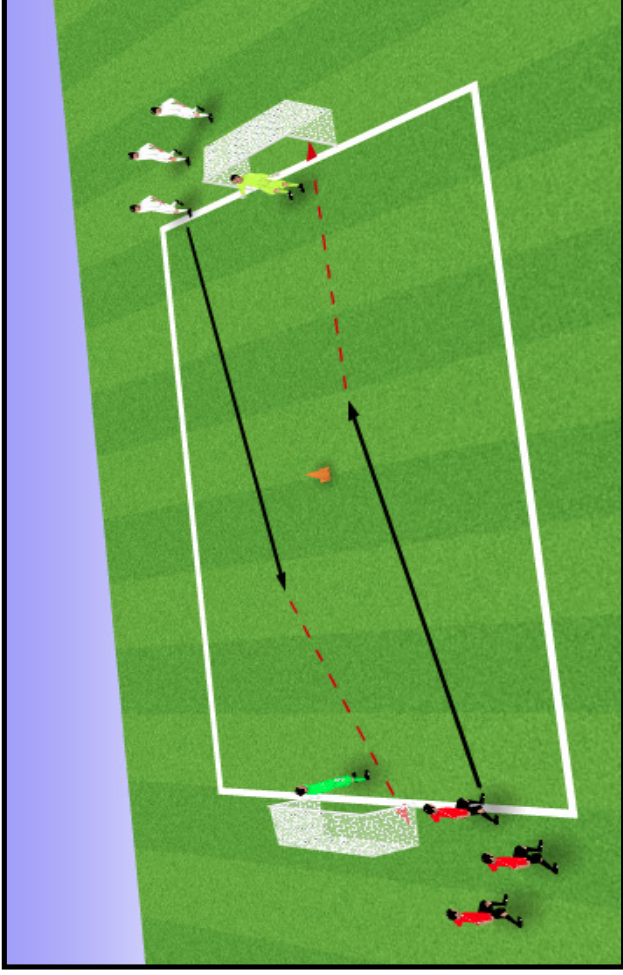
Small Sided Game

Set Up/Rules

Play 8v8/9v9/11v11 depending on squad size.
8v8 - 1-2-4-1 formation
9v9 - 1-3-1-3-1 formation
11v11 - 1-4-3-3 formation

Coaching Points

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



Shooting Races Set Up/Rules

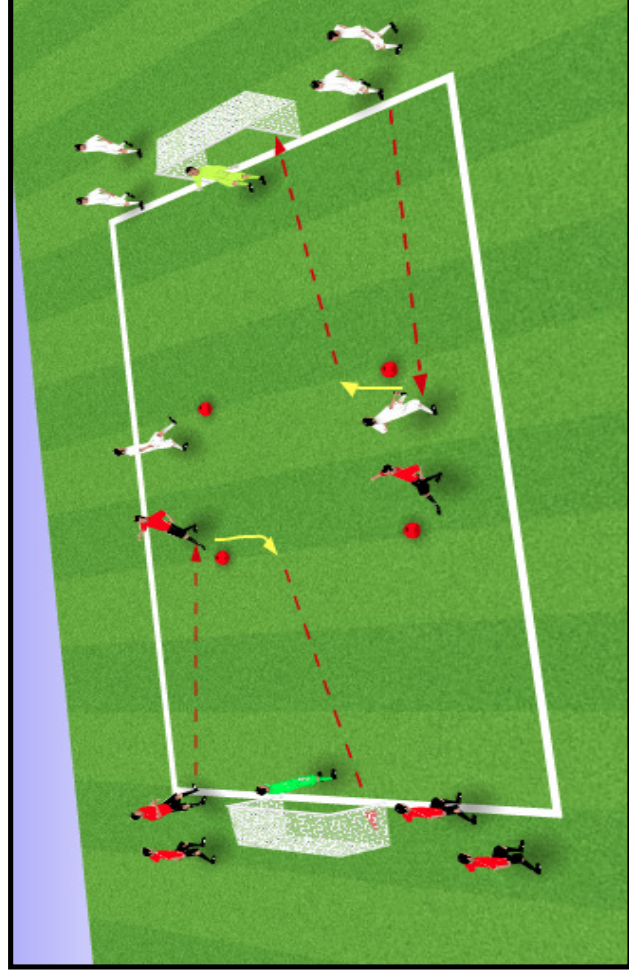
Players dribble past the central cone and shoot for goal.

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

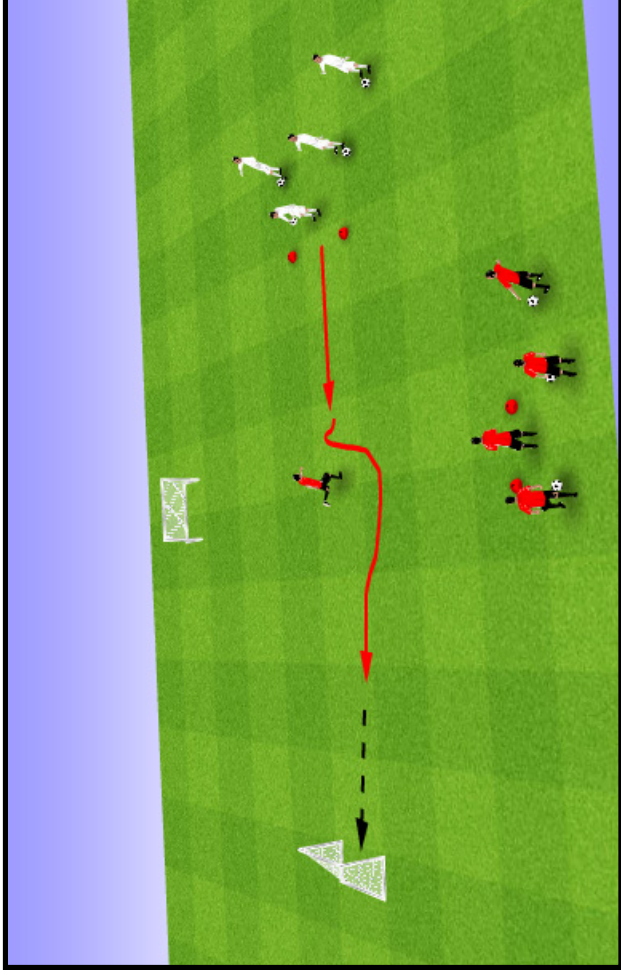
Ball is passed out to attacker who receives with positive touch and shoots for goal. Passer moves out to be next shooter, player who shoots moves to other line.

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

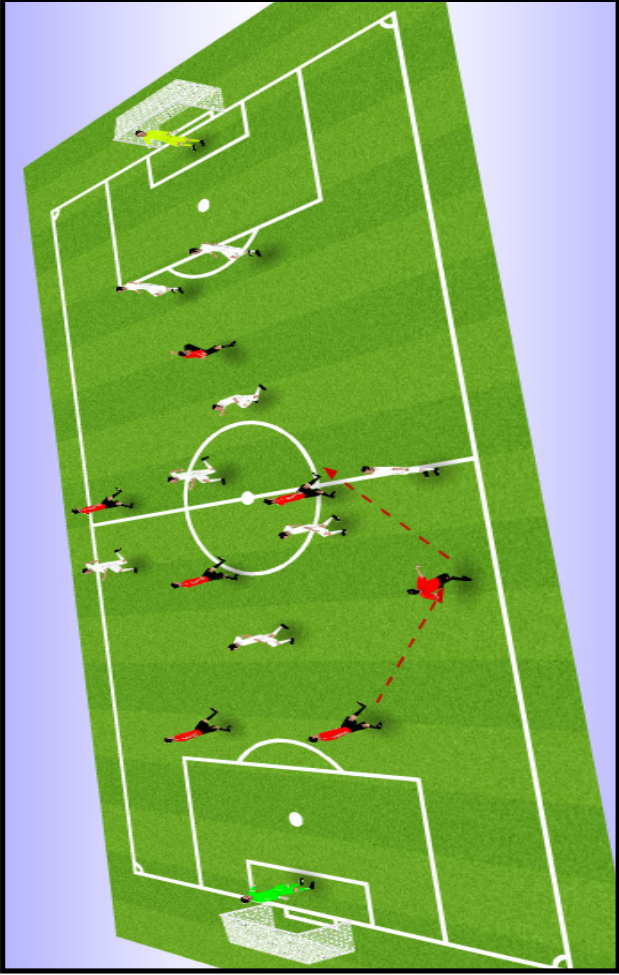
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

Coaching Points

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

Progressions

2v2



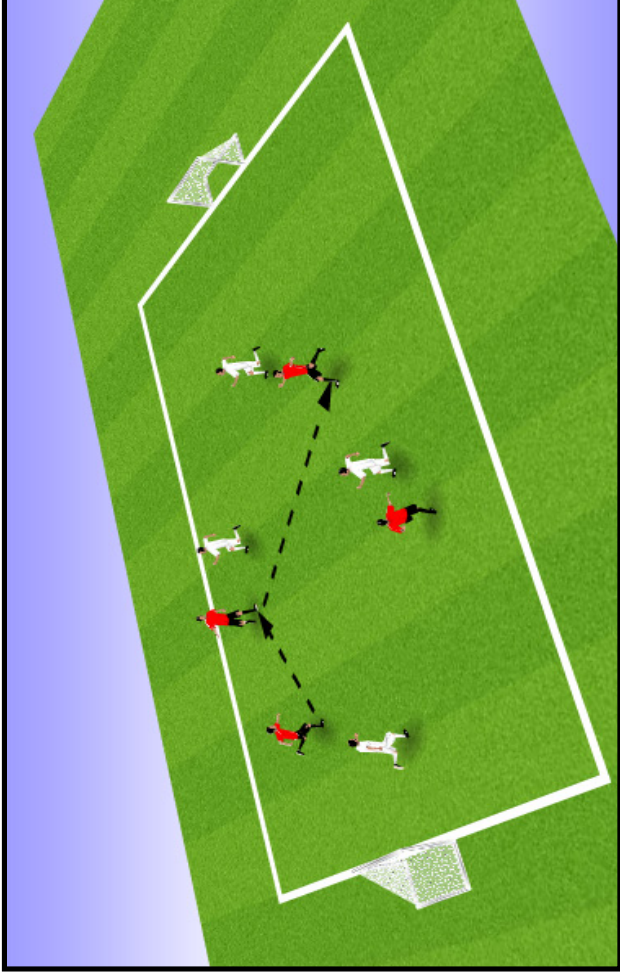
Small Sided Game

Set Up/Rules

Play 8v8/9v9/11v11 depending on squad size.
8v8 - 1-2-4-1 formation
9v9 - 1-3-1-3-1 formation
11v11 - 1-4-3-3 formation

Coaching Points

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



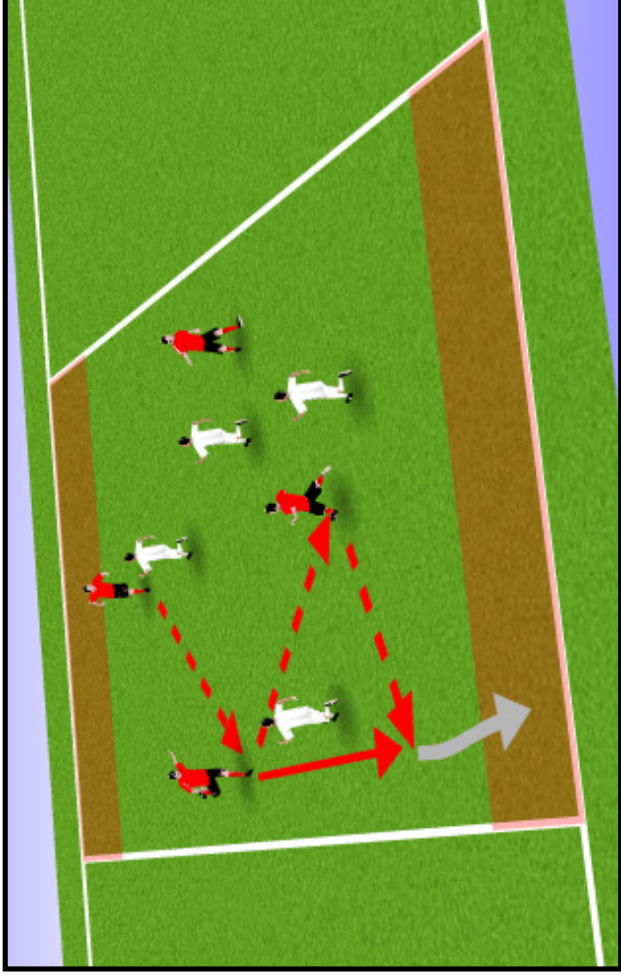
**Small Sided Game
Set Up/Rules**

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.

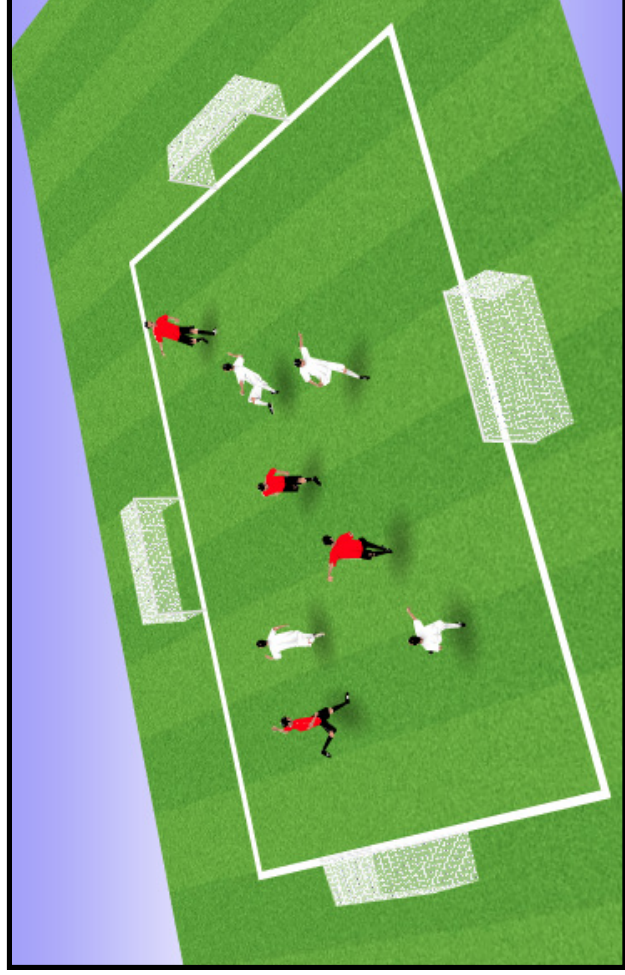


**Small Sided Game
Set Up/Rules**

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



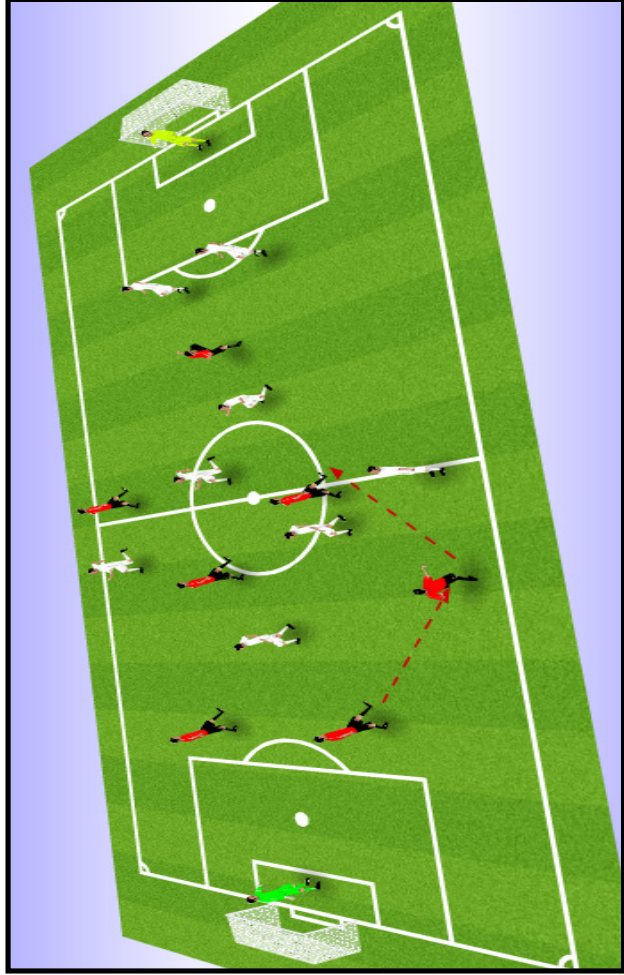
Small Sided Game

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 8v8/9v9/11v11 depending on squad size.

8v8 - 1-2-4-1 formation

9v9 - 1-3-1-3-1 formation

11v11 - 1-4-3-3 formation

Coaching Points

Firm passes with inside of foot

Receive with back foot

Positive first touch where possible