



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 1**

### **Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	<b>Close touch dribbling</b>
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
<b>Session 10</b>	-	<b>Fun Day</b>

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

### **Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

### **Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.







**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 10 - Fun Week



# OVERVEIW

<p><b>Warm Up</b> Networking</p> 	<p><b>Exercise 1</b> Networking with ball</p> 	<p><b>Exercise 2</b> 1v1 to cone</p> 
<p><b>Game Related Practice</b> End zone Soccer</p> 	<p><b>Golden Exercise</b> Relay Race</p> 	<p><b>Small Sided Game</b> 4v4 Game</p> 





# **Sudbury Youth Soccer Association**

## **IM Curriculum**

### **Week 2**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
<b>Session 2</b>	-	<b>Speed dribbling</b>
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

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**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 2 - Speed Dribbling



# OVERVIEW

## Warm Up

### Flag Tag



#### EXPLANATION:

Two catchers will attempt to tag the other players while in possession of a pinnie. When tagged, the pinnie will be handed to the tagged player.

#### Extensions:

- Introduce balls.
- Shorten the grid size

#### COACHING POINTS:

Change direction quickly  
Head up and react to players movements  
Run/Dribble into open space

## Exercise 1

### Speed Grid



#### EXPLANATION:

Players must speed dribble from one end of the grid to the other using the correct technique.

#### Extensions:

- Dribble to the last cone before the end then pass to receiver
- Use weaker foot
- Introduce a defender

#### COACHING POINTS:

Attack with speed  
Use Touch-2-3 rhythm  
Use Laces

## Exercise 2

### Speed 1v1



#### EXPLANATION:

Players must speed dribble from one end of the grid to the other using the correct technique. Players must dribble around the defender however the defender must stand in the middle and can only move left or right not forward and back.

#### Extensions:

- Defender can use central area
- Defender can use entire grid

#### COACHING POINTS:

Attack with speed  
Use Touch-2-3 rhythm  
Engage defender and explode past them

## Game Related Practice

### Soccer Pool (4 Goal)



#### EXPLANATION:

This game is exactly the same as a regular game however to score a goal a team must successfully dribble the ball through an opponent's "pocket" to score.

#### COACHING POINTS:

Attack with pace  
Engage the defender  
Expose every one on one opportunity

## Golden Exercise

### Team Breakaway



#### EXPLANATION:

Each team has 2 minutes to score as many goals as they can in a breakaway situation. Players must run 1 at a time towards the goal, once they shoot they return to the back of the line while the other team collect the balls. After 2 minutes, switch roles and the team with the most goals wins.

#### COACHING POINTS:

Attack at speed  
Don't be predictable  
Strike low, hard and across the keeper

## Small Sided Game

### 4v4 Game



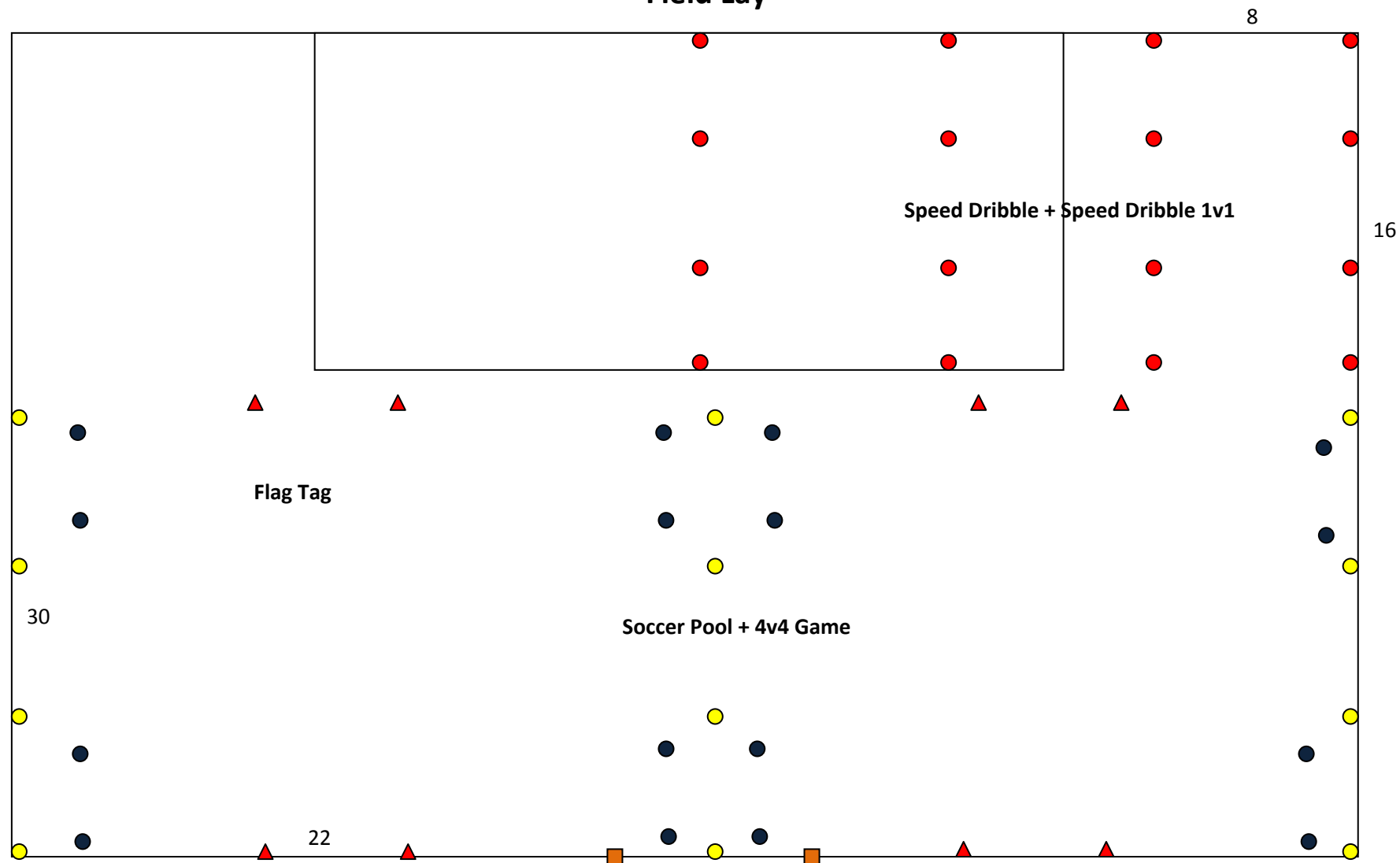
#### EXPLANATION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Lay



- KEY:**
- = Cones to set up first
  - ▲ = Cones to set up second
  - = Cones to set up third

### Instructions:

Set up **4v4 Fields/ Soccer Pool/ Speed Dribble + 1v1** before players arrive.  
 Play **Flag Tag** in one of the 4v4 fields. Then Move to Speed dribble.  
 After **Speed Dribble** add in a defender to play **Speed Dribble 1v1**.  
 After **Speed Dribble 1v1** collect used cones and move to **Soccer Pool**.  
 After **Soccer pool** collect the blue cone gates and collect the dividing 4v4 line and move to **Breakaway Shooting**.  
 After **Breakaway Shooting** collect used cones re-lay the dividing 4v4 line and move to **3v3/4v4 Game**.

## Flag Tag



### **OBJECTIVE:**

Prepare the players for the session with a fun exercise

### **ORGANISATION:**

Create a 22x30 yard grid, 2 players must have pinnies and they will be the catchers.

### **EXPLANATION:**

Two catchers will attempt to tag the other players while in possession of a pinnie. When tagged, the pinnie will be handed to the tagged player.

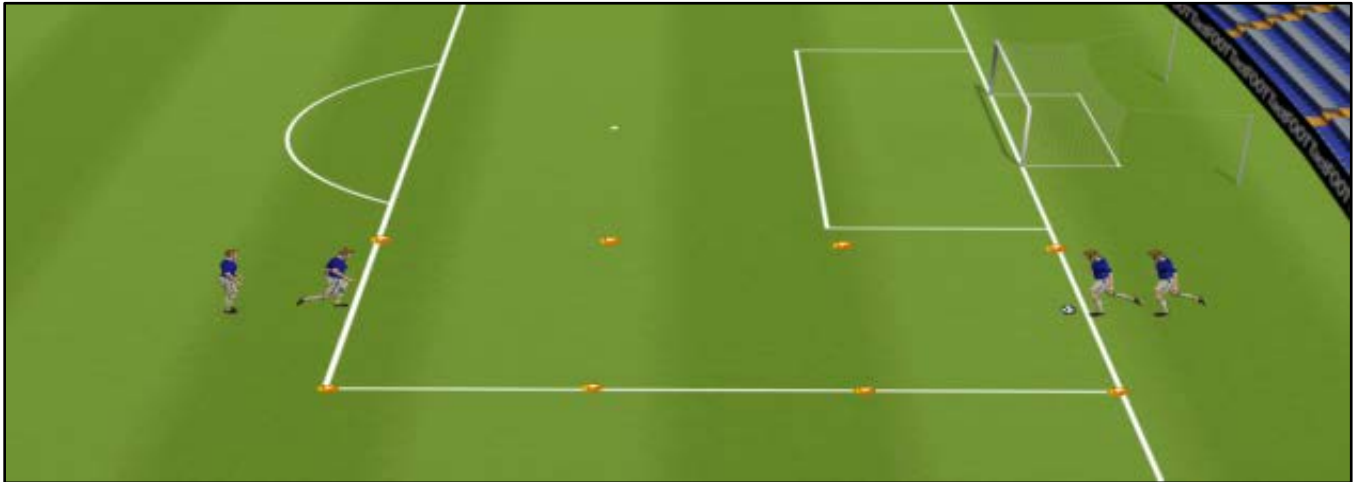
### *Extensions:*

- Introduce balls.
- Shorten the grid size

### **COACHING POINTS:**

Change direction quickly  
Head up and react to players movements  
Run/Dribble into open space

## Speed Grid

**OBJECTIVE:**

To improve the players ability to perform a speed dribble

**ORGANIZATION:**

Create 8x16 yard grids. Each grid requires 4 players and one ball.

**EXPLANATION:**

Players must speed dribble from one end of the grid to the other using the correct technique.

*Extensions:*

- Dribble to the last cone before the end then pass to receiver
- Use weaker foot
- Introduce a defender

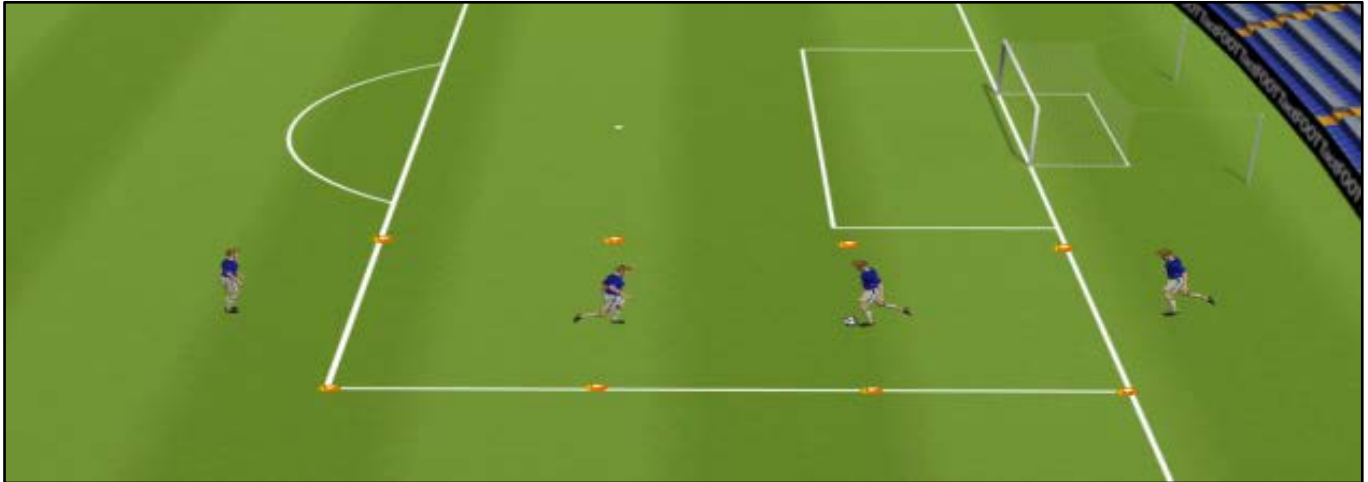
**COACHING POINTS:**

Attack with speed

Use Touch-2-3 rhythm

Use Laces

## Speed 1v1



### **OBJECTIVE:**

To improve the players ability to perform a speed dribble

### **ORGANIZATION:**

Create 8x16 yard grids. Each grid requires 4 players and one ball.

### **EXPLANATION:**

Players must speed dribble from one end of the grid to the other using the correct technique. Players must dribble around the defender however the defender must stand in the middle and can only move left or right not forward and back.

### *Extensions:*

- Defender can use central area
- Defender can use entire grid

### **COACHING POINTS:**

Attack with speed

Use Touch-2-3 rhythm

Engage defender and explode past them

## Soccer Pool (4 goals)



### **OBJECTIVE:**

To develop the players speed dribbling ability in a game situation

### **ORGANIZATION:**

Create 2 40x22 yard fields. Create two 2 yard gates (pockets) in each of the corners of the field as shown above. The game will be played across the field. Create small sided teams (3v3 or 4v4)

### **EXPLANATION:**

This game is exactly the same as a regular game however to score a goal a team must successfully dribble the ball through an opponent's "pocket" to score.

### **COACHING POINTS:**

Attack with pace

Engage the defender

Expose every one on one opportunity

## Team Breakaway



### **OBJECTIVE:**

To develop the players shooting ability in a fun pressurized team bonding exercise.

### **ORGANIZATION:**

Create 2 teams and nominate a goal keeper for each team. All balls must start in a 5x5 grid at the halfway line.

### **EXPLANATION:**

Each team has 2 minutes to score as any goals as they can in a breakaway situation. Players must run 1 at a time towards the goal, once they shoot they return to the back of the line while the other team collect the balls. After 2 minutes, switch roles and the team with the most goals wins.

### **COACHING POINTS:**

Attack at speed

Don't be predictable

Strike low, hard and across the keeper

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 3**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
<b>Session 3</b>	-	<b>Short passing</b>
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

<b>Energy Release:</b> Free play for the players	5 minutes
<b>Warm Up:</b> Fun game	10 Minutes
<b>Exercise 1:</b> Low Pressure	10 Minutes
<b>Exercise 2:</b> High Pressure	10 Minutes
<b>Game Related Practice:</b> Progressing skill into a game situation	10 minutes
<b>Golden Exercise:</b> Team building or 1v1 exercise	10 Minutes
<b>Game:</b> 4v4 Game	10 Minutes

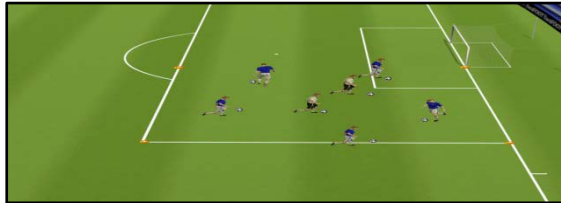
# Session 3 - Short Passing



# OVERVIEW

## Warm Up

### Stuck in the Mud



#### EXPLANATION:

Two catchers will attempt to tag the other players, when tagged; players must freeze with their legs open. Other teammates must crawl through the frozen players' legs to free them. Rotate catchers every 90 seconds

#### Extension:

All players have balls. When frozen players must pass the ball through frozen players' legs

#### COACHING POINTS:

Change direction quickly  
Head up and react to players movements  
Run/Dribble into open space

## Exercise 1

### Passing in 2's



#### EXPLANATION:

Players stand 3 yards from gate and pass continuously to each other.

#### Extension:

Players stand further back  
Use both feet  
Use the outside of the boot to pass

#### COACHING POINTS:

Maintain focus throughout exercise.  
Strike the ball with the center of the inside/outside of the foot.  
Get low and balanced when striking ball.  
Follow kicking leg through in direction of the target.

## Exercise 2

### Ball Smash



#### EXPLANATION:

Place a ball on a cone in the middle of the players. Players must stand 5 yards away from cone. The team that knocks the ball off 10 times wins the game.

#### Extension:

Players stand further back.  
Use both feet.  
Use the outside of the boot to pass.  
Increase number of times the ball must be knocked off.

#### COACHING POINTS:

Strike the ball with the center of the inside/outside of the foot.  
Get low and balanced when striking ball.  
Follow kicking leg through in direction of the target

## Game Related Practice

### Mine Sweeper



#### EXPLANATION:

This game is exactly the same as a regular soccer game however to score, the teams must knock down each other's balls.

#### COACHING POINTS:

Keep possession of the ball  
Relax  
Re-enforce the passing technique

## Golden Exercise

### Numbered Shooting



#### EXPLANATION

The coach will shout a number, the corresponding player will sprint down the line of cones and through the center, as they sprint the coach will throw a ball down the middle and the first player to the ball shoots.

#### Extensions:

Throw bouncing balls  
Call more than one number

#### COACHING POINTS

React quickly  
Positive first touch  
Shoot low, hard and across the keeper

## Small Sided Game

### 4v4 Game



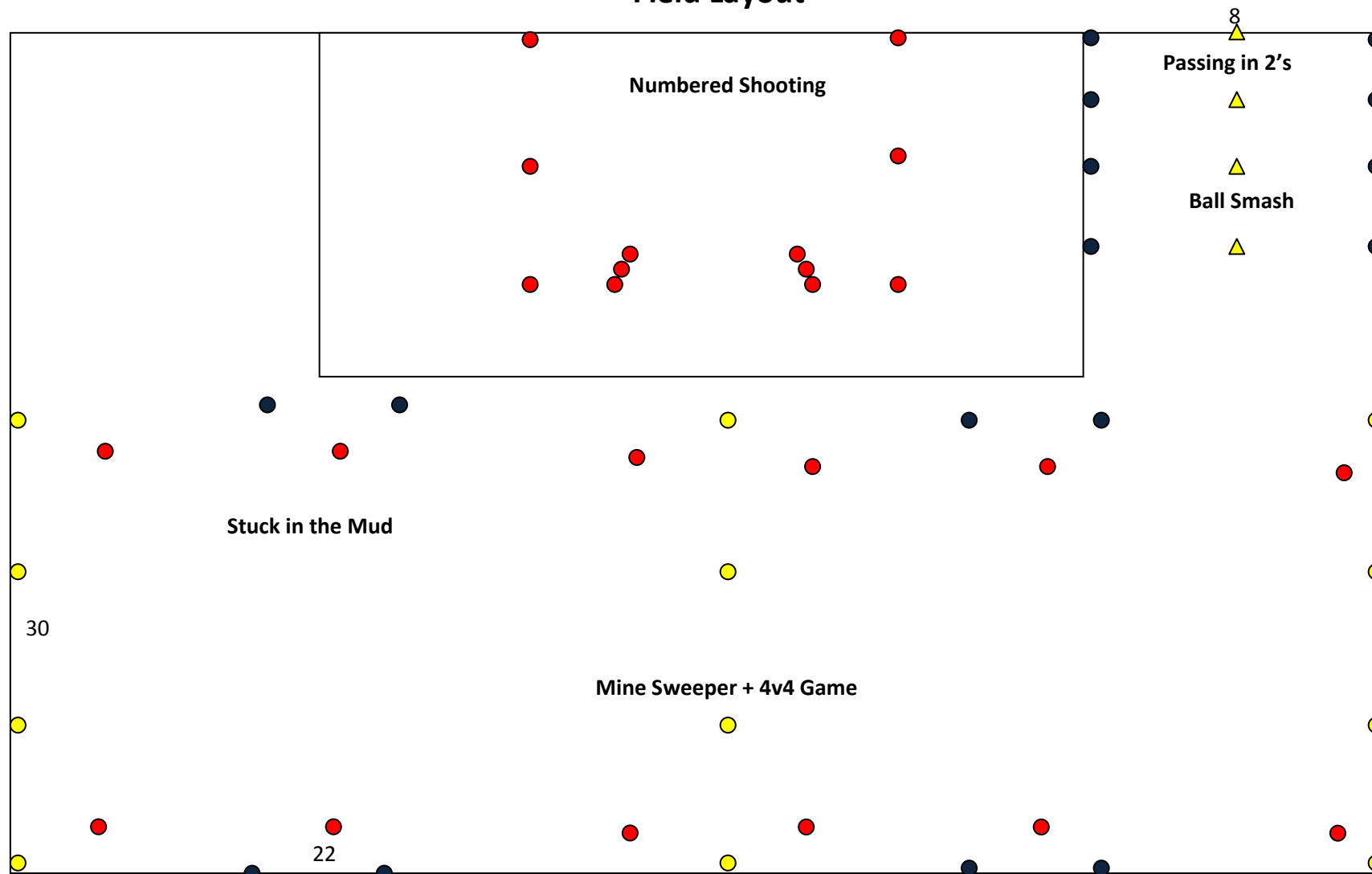
#### EXPLANATION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



**KEY:** ● = Cones to set up first  
 ▲ = Cones to set up second

### Instructions:

Set up **4v4 Fields/ Mine Sweeper/ Passing in 2's/ Numbered Shooting** before players arrive.  
 Play **Stuck in the Mud** in one of the 4v4 fields.  
 After **passing in 2's** place a cone in between players and play **Ball Smash**.  
 After **Ball Smash** collect used cones and move to **Mine Sweeper**.  
 After **Mine Sweeper** collect red cones only and move to **Numbered Shooting**.  
 After **Numbered Shooting** collect used cones and move to **3v3/4v4 Game**.

## Stuck in the Mud



### **OBJECTIVE:**

Get players active in a fun and friendly environment

### **ORGANIZATION:**

Create a 30x22 yard grid. Nominate 2 catchers.

### **EXPLANATION:**

Two catchers will attempt to tag the other players, when tagged; players must freeze with their legs open. Other teammates must crawl through the frozen players' legs to free them. Rotate catchers every 90 seconds

#### *Extension:*

All players have balls. When frozen players must pass the ball through frozen players' legs

### **COACHING POINTS:**

Change direction quickly

Head up and react to players movements

Run/Dribble into open space

## Passing in 2's



### **OBJECTIVE:**

Improve passing technique in mild pressure.

### **ORGANIZATION:**

Players split into groups of two and stand by a 2 yard gate.

### **EXPLANATION:**

Players stand 3 yards from gate and pass continuously to each other.

*Extension:*

Players stand further back

Use both feet

Use the outside of the boot to pass

### **COACHING POINTS:**

Maintain focus throughout exercise.

Strike the ball with the center of the inside/outside of the foot.

Get low and balanced when striking ball.

Follow kicking leg through in direction of the target.

## Ball Smash



### **OBJECTIVE:**

Improve passing technique under full pressure.

### **ORGANIZATION:**

Players split into groups of two and stand 10 yards apart

### **EXPLANATION:**

Place a ball on a cone in the middle of the players. Players must stand 5 yards away from cone. The team that knocks the ball off 10 times wins the game.

*Extension:*

Players stand further back.

Use both feet.

Use the outside of the boot to pass.

Increase number of times the ball must be knocked off.

### **COACHING POINTS:**

Strike the ball with the center of the inside/outside of the foot.

Get low and balanced when striking ball.

Follow kicking leg through in direction of the target

## Mine Sweeper



### **OBJECTIVE:**

To improve the players passing ability in a game situation

### **ORGANIZATION:**

Separate players into 4 small sided teams (3v3 or 4v4). Create 2 30x22 yard fields. At either end of the field place 4 cones with balls on top.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however to score, the teams must knock down each other's balls.

### **COACHING POINTS:**

Keep possession of the ball

Relax

Re-enforce the passing technique

## Numbered Shooting



### **OBJECTIVE**

To improve the players shooting technique under pressure in a fun team bonding exercise

### **ORGANIZATION**

Separate team into 2 groups, number each player. Place a line of cone to the edge of the box as shown above.

### **EXPLANATION**

The coach will shout a number, the corresponding player will sprint down the line of cones and through the center, as they sprint the coach will throw a ball down the middle and the first player to the ball shoots.

#### *Extensions:*

Throw bouncing balls

Call more than one number

### **COACHING POINTS**

React quickly

Positive first touch

Shoot low, hard and across the keeper

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

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# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 4**

## Season Goal:

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Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
<b>Session 4</b>	-	<b>Long passing</b>
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

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## Top 5 Skills to learn

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Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

## Top 5 topics to understand

Understand soccer is always fun!

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Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

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**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

<b>Energy Release:</b> Free play for the players	5 minutes
<b>Warm Up:</b> Fun game	10 Minutes
<b>Exercise 1:</b> Low Pressure	10 Minutes
<b>Exercise2:</b> High Pressure	10 Minutes
<b>Game Related Practice:</b> Progressing skill into a game situation	10 minutes
<b>Golden Exercise:</b> Team building or 1v1 exercise	10 Minutes
<b>Game:</b> 4v4 Game	10 Minutes

# Session 4 - Long Passing



# OVERVIEW

## Warm Up

### Traffic Lights



#### EXPLANATION:

Each player must dribble in the grid and react to the coaches commands.

#### EXTENSIONS:

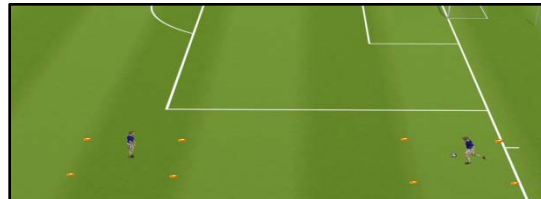
- Red Light = Stop, Green Light = Go
- Tractor = Dribble slowly, Race Car = Dribble quickly
- Bumpy Road = Toe Taps
- Police! = Dribble to the edge of the box

#### COACHING POINTS:

React Quickly  
Head up  
Keep the ball under control during both close touch dribble and speed dribble

## Exercise 1

### Box to Box Passing



#### EXPLANATION:

Players must pass and receive the ball from box to box. If passing is not accurate, passers can use their hands (we are not working on passing here, it is very important that the receivers get quality service).

#### EXTENSIONS:

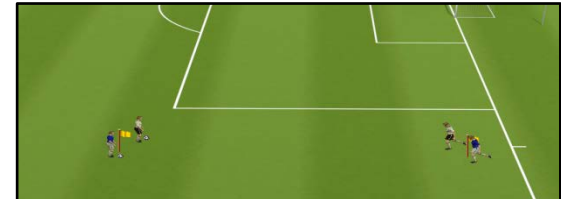
- Move up the body by using thigh and chest to control

#### COACHING POINTS:

Move in line with the ball  
Relax  
Positive first touch

## Exercise 2

### Soccer Golf



#### EXPLANATION:

One partner stands at one cone and the other stands at the opposite side. A player passes the ball to their partner and the receiver has 1 touch to control the ball as close to the cone. Then the opponents attempt to get as close. Whichever team gets their ball closest to the cone wins and they play again. Players cannot control with their sole of their foot.

#### EXTENSIONS:

- Ball must be played in the air.

#### COACHING POINTS:

React Quickly  
Relax  
Choose which part of the body to use quickly

## Game Related Practice

### Wall Soccer



#### EXPLANATION:

This game is exactly the same as a regular soccer game however the third team surrounds the field as shown above. Players on the outside only have 2 touches of the ball. Either team can pass to a player on the outside of the field. Once received the player must pass back to that team.

#### COACHING POINTS:

Move up and down the line  
Move off the ball  
Re-enforce the receiving technique

## Golden Exercise

### Soccer Bowling



#### EXPLANATION:

Each team must knockdown all their balls to win. A player will attempt this by passing the shooting ball to a target ball. If the target ball is knocked off, the player must run and place that ball on another teams cone. Only one team can run at a time.

#### COACHING POINTS:

Use inside of foot  
Follow through in the direction of the target  
Look at the ball when passing

## Small Sided Game

### 4v4 Game



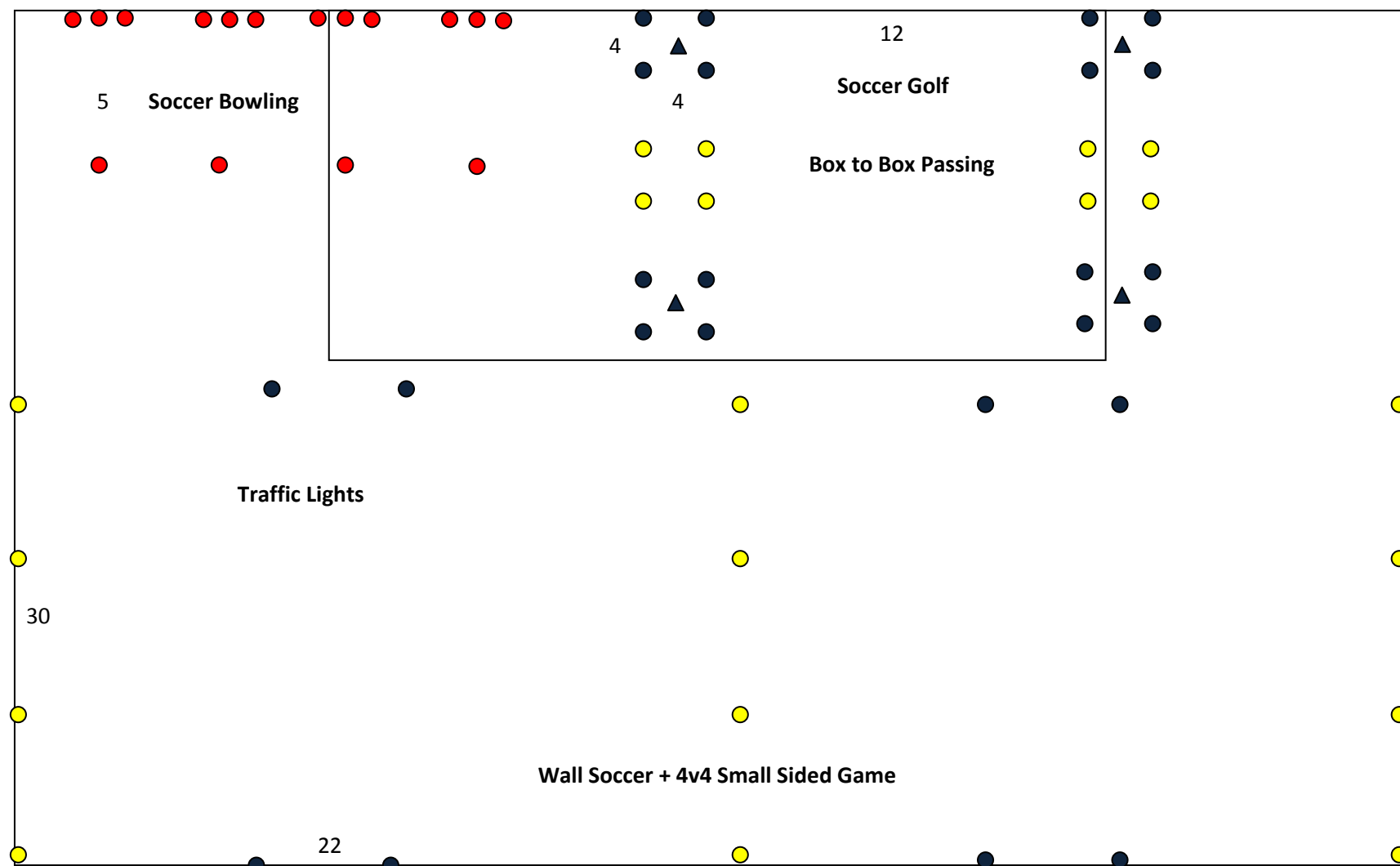
#### EXPLANATION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



**KEY:** ● = Cones to set up first  
 ▲ = Cones to set up second

### Instructions:

Set up **4v4 Fields/ Box to Box Passing/ Soccer Bowling** before players arrive.  
 Play **Traffic Lights** in one of the 4v4 fields.  
 After **Traffic Lights** move to **Box to Box passing**.  
 After **Box to Box Passing**, place a cone in the middle on the box, and play **Soccer Golf**.  
 After **Soccer Golf** collect cones used and move to **Wall Soccer**.  
 After **Wall Soccer** move to **Soccer Bowling**... Leave cones.  
 After **Soccer Bowling** collect cones used and move to **3v3/4v4 games**.

## Traffic Lights



### **OBJECTIVE:**

To warm the players and in a fun and positive atmosphere

### **ORGANIZATION:**

Create a 30 x 22 yard grid. Each player requires a ball.

### **EXPLANATION:**

Each player must dribble in the grid and react to the coaches commands.

### **EXTENSIONS:**

- Red Light = Stop, Green Light = Go
- Tractor = Dribble slowly, Race Car = Dribble quickly
- Bumpy Road = Toe Taps
- Police! = Dribble to the edge of the box

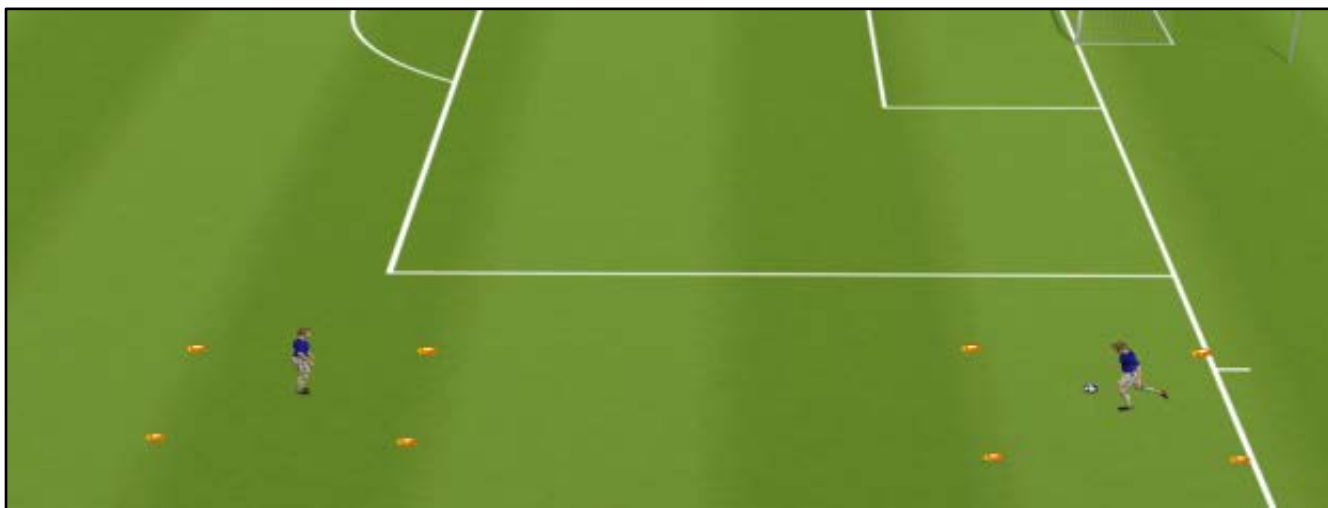
### **COACHING POINTS:**

React Quickly

Head up

Keep the ball under control during both close touch dribble and speed dribble

## Box to Box Passing



### **OBJECTIVE:**

To develop the players ability to receive the ball

### **ORGANIZATION:**

Separate players into pairs. Each pair needs 1 ball and 1 station. To set up a station, create two 4x4 yard boxes that are 12 yards apart as shown above.

### **EXPLANATION:**

Players must pass and receive the ball from box to box. If passing is not accurate, passers can use their hands (we are not working on passing here, it is very important that the receivers get quality service).

### **EXTENSIONS:**

- Move up the body by using thigh and chest to control

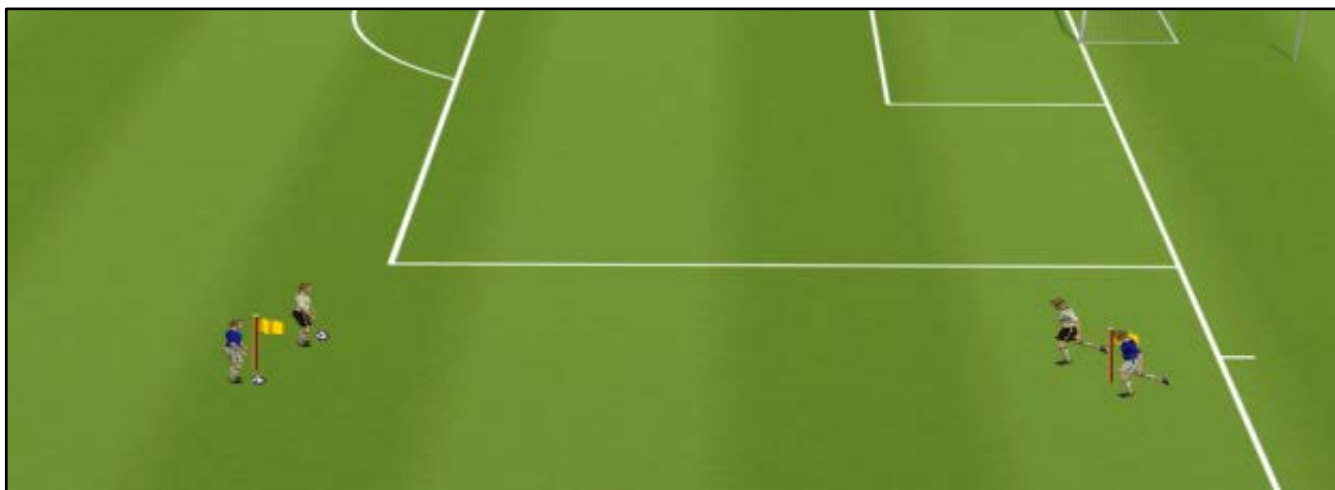
### **COACHING POINTS:**

Move in line with the ball

Relax

Positive first touch

## Soccer Golf



### **OBJECTIVE:**

To improve the players receiving ability in a competitive exercise

### **ORGANIZATION:**

Place 2 cones, 15 yards apart. Create numerous sets. Place players in teams of 2 as shown above. 2 balls per game.

### **EXPLANATION:**

One partner stands at one cone and the other stands at the opposite side. A player passes the ball to their partner and the receiver has 1 touch to control the ball as close to the cone. Then the opponents attempt to get as close. Whichever team gets their ball closest to the cone wins and they play again. Players cannot control with their sole of their foot.

### **EXTENSIONS:**

- Ball must be played in the air.

### **COACHING POINTS:**

React Quickly

Relax

Choose which part of the body to use quickly

## Wall Soccer



### **OBJECTIVE:**

To improve the players receiving ability in a game situation

### **ORGANIZATION:**

Separate players into 3 small sided teams (3v3 or 4v4). Create a 30x22 yard field.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however the third team surrounds the field as shown above. Players on the outside only have 2 touches of the ball. Either team can pass to a player on the outside of the field. Once received the player must pass back to that team.

### **COACHING POINTS:**

Move up and down the line

Move off the ball

Re-enforce the receiving technique

## Soccer Bowling



### **OBJECTIVE:**

To create a fun environment for the players shooting in a fun team bonding exercise

### **ORGANIZATION:**

Create 3 sets as shown above. Each set has 3 cones close together with a starting cone 5 yards away. Place 2 balls on 2 of the 3 cones that are close together and 1 ball beside the starting cone.

### **EXPLANATION:**

Each team must knockdown all their balls to win. A player will attempt this by passing the shooting ball to a target ball. If the target ball is knocked off, the player must run and place that ball on another teams cone. Only one team can run at a time.

### **COACHING POINTS:**

Use inside of foot

Follow through in the direction of the target

Look at the ball when passing

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 5**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
<b>Session 5</b>	-	<b>Receiving the ball on the ground</b>
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 5 - Receiving the ball on the ground



# OVERVEIW

## Warm Up

### Free Dribble



#### EXPLANATION:

Each player must dribble in the grid and react to the coaches commands.

#### EXTENSIONS:

- Change = Change Ball
- Cone = Sprint round a cone and back to the ball
- Kangaroo = Toe Taps
- Gorilla = Tap between feet

#### COACHING POINTS:

React Quickly

Head up

Keep the ball under control during both close touch dribble and speed dribble

## Exercise 1

### Passing in 3's



#### EXPLANATION:

Players must pass into the middle player and he/she will pass out to the other side. Continue for 2 minutes and change the middle player. Players must try to open their body position and receive the ball on the back foot.

#### EXTENSIONS:

- Control the ball with the outside of the foot
- Use different body parts to control the ball

#### COACHING POINTS:

Move in line with the ball

Use the back foot to control the ball in the direction of the next pass

Always take a first touch

## Exercise 2

### 4v1



#### EXPLANATION:

As shown above, one team of 4 is passing and the other team is defending. The defending team can only have one player in the box at a time. If the passing team can complete 3 passes they score a point. This continues until they lose possession of the ball.

#### EXTENSIONS:

- Increase the number of passes
- After every 3 passes another defender goes in... increasing the difficulty due to success.

#### COACHING POINTS:

Positive 1<sup>st</sup> touch

Create angles to pass

Firm passes

## Game Related Practice

### Dungeon



#### EXPLANATION:

This is a regular soccer game except to score a goal, a player from each team will be "trapped in the dungeon". The only way to escape from there is if a team mate can successfully pass into the box and the player controls the ball. This will result in a goal. Whoever passes the ball in the dungeon will then be the player trapped.

#### COACHING POINTS:

Move in line with the ball when receiving

Firm pass into the box

Choose which surface area you will use to control the ball

## Golden Exercise

### Triangle Passing



#### EXPLANATION:

Each player will try to gain as many points as they can in 3 minutes. The player with the most points wins. A player must pass the ball through a side of the triangle. The receiver must take a positive touch and move the ball away from the side they received the ball on. If a player takes more than 3 touches of the ball to do this, hits a cone or passes through the same side of the box as they received it... then the other player gets a point

#### EXTENSIONS:

Reduce the number of touches.

Make the triangle bigger.

Make it a league table, the winners move up and the losers move down

#### COACHING POINTS:

React Quickly

Positive first touch

Firm locked ankle

## Small Sided Game

### 4v4 Game



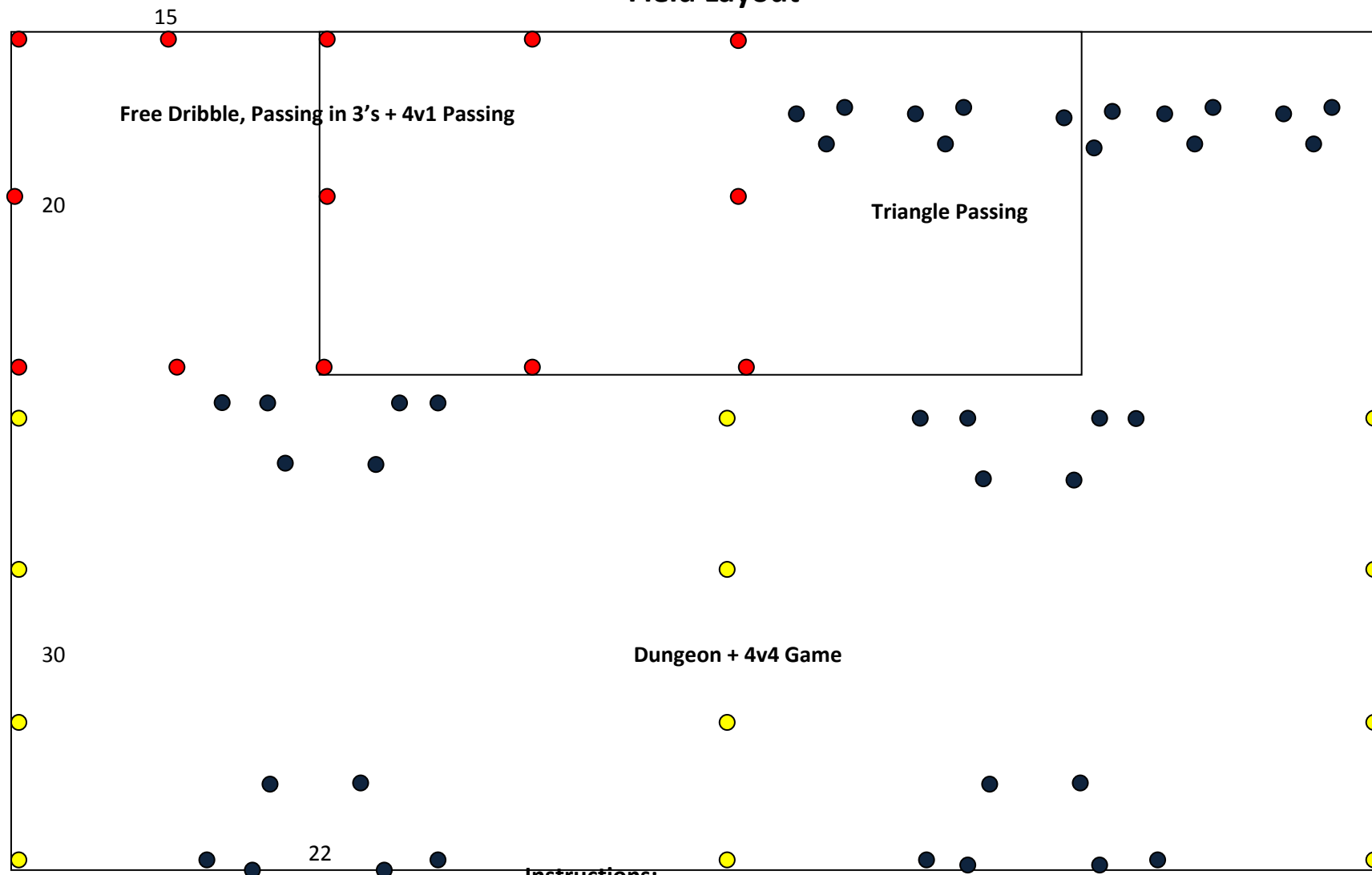
#### EXPLANATION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



**KEY:** ● = Cones to set up first  
 ▲ = Cones to set up second

### Instructions:

Set up **4v4 Fields/ Dungeon/ 4v1 / Triangle Passing** before players arrive.  
 Play **Free Dribble** in the 4v1 box.  
 After **Free Dribble** move to **Passing in 3's** which is also played in the 4v1 box.  
 After **Passing in 3's**, move to **4v1**.  
 After **4v1** collect cones used and move to **Dungeon**.  
 After **Dungeon** collect 4 blue cones and leave 2 cones as goals. Then move to **Triangle Passing**.  
 After **Triangle Passing** collect cones used and move to **3v3/4v4 games**.

## Free Dribble



### **OBJECTIVE:**

To warm the players and in a fun and positive atmosphere

### **ORGANIZATION:**

Create a 20 x 15 yard grid. Each player requires a ball.

### **EXPLANATION:**

Each player must dribble in the grid and react to the coaches commands.

### **EXTENSIONS:**

- Change = Change Ball
- Cone = Sprint round a cone and back to the ball
- Kangaroo = Toe Taps
- Gorilla = Tap between feet

### **COACHING POINTS:**

React Quickly

Head up

Keep the ball under control during both close touch dribble and speed dribble

## Passing in 3's



### **OBJECTIVE:**

To develop each players touch on the ball

### **ORGANIZATION:**

Separate into groups of 3, 1 ball per group. Place 2 cones 15 yards apart. One player must stand on each cone and one in the middle as shown above.

### **EXPLANATION:**

Players must pass into the middle player and he/she will pass out to the other side. Continue for 2 minutes and change the middle player. Players must try to open their body position and receive the ball on the back foot.

### **EXTENSIONS:**

- Control the ball with the outside of the foot
- Use different body parts to control the ball

### **COACHING POINTS:**

Move in line with the ball

Use the back foot to control the ball in the direction of the next pass

Always take a first touch

## 4v1 Passing



### **OBJECTIVE:**

To apply pressure on the player receiving the ball

### **ORGANIZATION:**

Create a 20 x 15 yard grid. Each grid requires a ball. Separate players into teams of 4.

### **EXPLANATION:**

As shown above, one team of 4 is passing and the other team is defending. The defending team can only have one player in the box at a time. If the passing team can complete 3 passes they score a point. This continues until they lose possession of the ball.

### **EXTENSIONS:**

- Increase the number of passes
- After every 3 passes another defender goes in... increasing the difficulty due to success.

### **COACHING POINTS:**

Positive 1<sup>st</sup> touch

Create angles to pass

Firm passes

## Dungeon



### **OBJECTIVE:**

To develop how a player receives the ball in a game situation.

### **ORGANIZATION:**

Create a 2 30 x 22 yard grid. Create 4 small sided teams. One ball per field.

### **EXPLANATION:**

This is a regular soccer game except to score a goal, a player from each team will be “trapped in the dungeon”. The only way to escape from there is if a team mate can successfully pass into the box and the player controls the ball. This will result in a goal. Whoever passes the ball in the dungeon will then be the player trapped.

### **COACHING POINTS:**

Move in line with the ball when receiving

Firm pass into the box

Choose which surface area you will use to control the ball

## Triangle Passing



To create a fun environment for the players shooting in a fun team bonding exercise

### **ORGANIZATION:**

Create several 2 yard triangles as shown above. Separate the players into pairs. 1 ball per pair.

### **EXPLANATION:**

Each player will try to gain as many points as they can in 3 minutes. The player with the most points wins. A player must pass the ball through a side of the triangle. The receiver must take a positive touch and move the ball away from the side they received the ball on. If a player takes more than 3 touches of the ball to do this, hits a cone or passes through the same side of the box as they received it... then the other player gets a point

### **EXTENSIONS:**

- Reduce the number of touches.
- Make the triangle bigger.
- Make it a league table, the winners move up and the losers move down

### **COACHING POINTS:**

React Quickly  
Positive first touch  
Firm locked ankle

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 6**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
<b>Session 6</b>	-	<b>Passing and Moving</b>
Session 7	-	Shooting
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 6 - Passing and Moving



# OVERVIEW

## Warm Up

### Pass + Move



#### EXPLANATION:

Players must pass and move the ball with in the group.

#### EXTENSIONS:

- Use both feet to control
- Use the outside as well as the inside of the foot

#### COACHING POINTS:

Firm passes  
Explode into space  
Communication

## Exercise 1

### Colored Passing



#### EXPLANATION:

Each team will pass to their own color. After a pass is complete, that passer must sprint into space away from the ball.

#### EXTENSIONS:

- Use both feet to control
- Use the outside as well as the inside of the foot

#### COACHING POINTS:

Firm passes  
Explode into space  
Accuracy of pass

## Exercise 2

### Mixed Colored Passing



#### EXPLANATION:

Each team must pass and receive to a specific color forcing them to move the ball in the direction they are going next. Red to Blue, Blue to White, White to Red.

#### EXTENSION:

- Introduce more balls

#### COACHING POINTS:

Firm passes  
Explode into space  
Accuracy of pass

## Game Related Practice

### Wingers Game



#### EXPLANATION:

This is a regular soccer game except to score a goal, a player must pass to a neutral (red) player in the wide zones before shooting in the goal. This will force the play wide

#### EXTENSIONS:

- Have no dedicated winger and 1 player from each team can move into the wide zone

#### COACHING POINTS:

Move in line with the ball when receiving  
Firm pass into the zone  
Move to support.

## Golden Exercise

### World Cup



#### EXPLANATION:

Every player for them self. The goal keeper kicks the ball out and everyone else in the group has to play 1v1 to the goal. The two groups are playing separate games and do not mix. When an individual score 3 goals you should change the goal keepers.

#### COACHING POINTS:

Shoot quickly  
Be strong on the ball  
Shoot for the corners

## Small Sided Game

### 4v4 Game



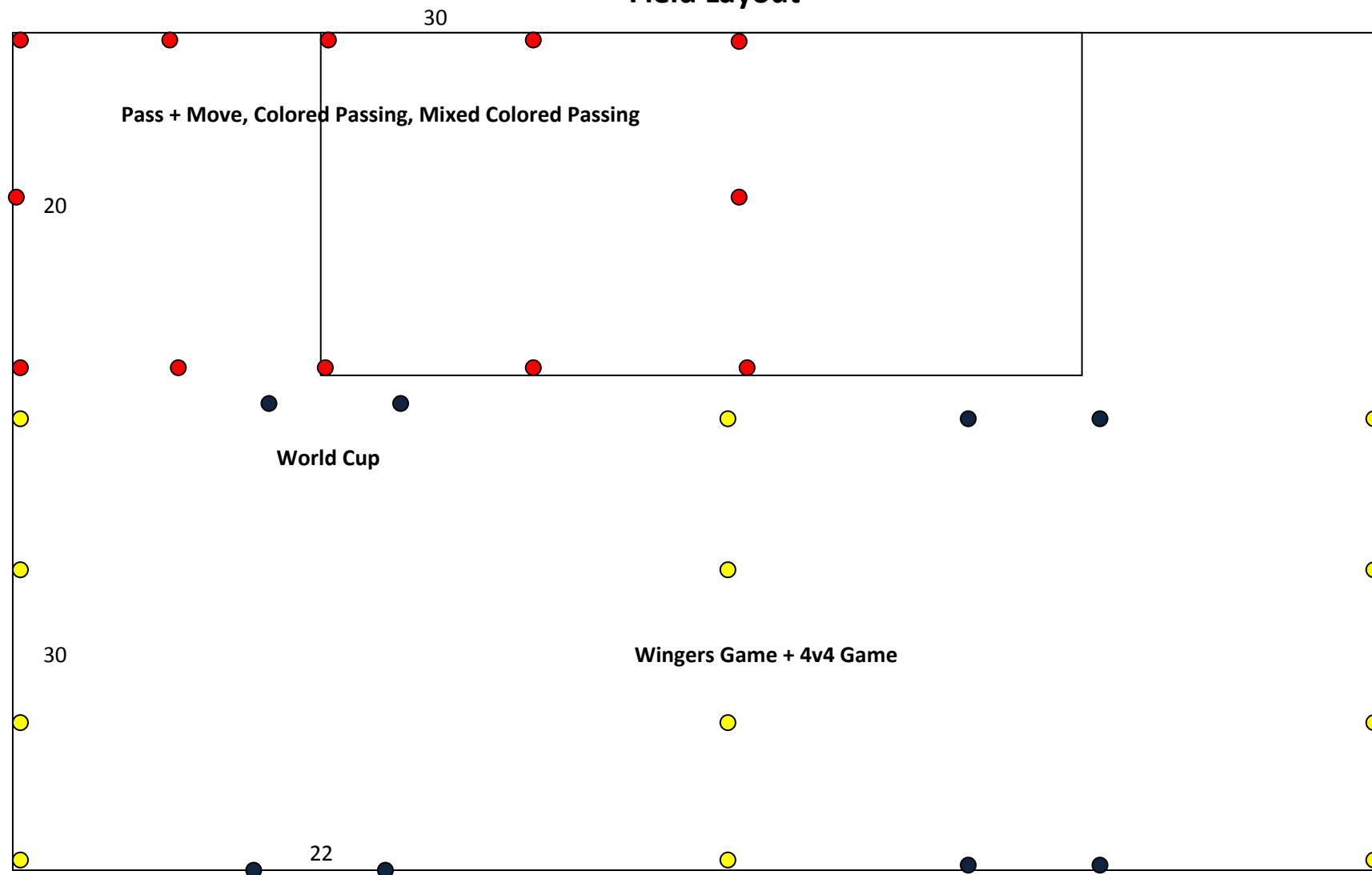
#### EXPLANATION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



**KEY:** ● = Cones to set up first  
 ▲ = Cones to set up second

### Instructions:

Set up **4v4 Fields/ Pass + Move** grid before players arrive.  
 Play **Pass + Move**.  
 After **Pass + Move** progress to **Colored Passing** which is also played in the same grid.  
 After **Colored Passing**, move to **Mixed Colored Passing**.  
 After **Mixed Colored Passing** collect cones used and move to **Wingers Game**.  
 After **Wingers Game**, move to **World Cup**.  
 After **World Cup**, move to **3v3/4v4 games**.

## Pass and Move



### **OBJECTIVE:**

To warm the players and in a fun and positive atmosphere

### **ORGANIZATION:**

Create a 30 x 22 yard grid. Separate 5 balls in the group.

### **EXPLANATION:**

Players must pass and move the ball with in the group.

### **EXTENSIONS:**

- *Use both feet to control*
- *Use the outside as well as the inside of the foot*

### **COACHING POINTS:**

Firm passes

Explode into space

Communication

## Colored Passing



### **OBJECTIVE:**

To improve the players ability to pass the ball accurately over a short distance and emphasize the benefit of finding space

### **ORGANIZATION:**

Create a 30 x 22 yard grid. Separate players into groups of 3 or 4. 1 ball per team.

### **EXPLANATION:**

Each team will pass to their own color. After a pass is complete, that passer must sprint into space away from the ball.

### **EXTENSIONS:**

- *Use both feet to control*
- *Use the outside as well as the inside of the foot*

### **COACHING POINTS:**

Firm passes  
Explode into space  
Accuracy of pass

## Mixed Colored Passing



### **OBJECTIVE:**

To improve the players ability to pass the ball accurately over a short distance and emphasize the benefit of finding space

### **ORGANIZATION:**

Create a 30 x 22 yard grid. Separate players into groups of 3 or 4. 1 ball per team.

### **EXPLANATION:**

Each team must pass and receive to a specific color forcing them to move the ball in the direction they are going next. Red to Blue, Blue to White, White to Red.

### **EXTENSION:**

- *Introduce more balls*

### **COACHING POINTS:**

Firm passes  
Explode into space  
Accuracy of pass

## Wingers Game



### **OBJECTIVE:**

To develop how a player pass and moves the ball in a game situation.

### **ORGANIZATION:**

Create a 2 30 x 22 yard grid. Create 4 small sided teams. One ball per field.

### **EXPLANATION:**

This is a regular soccer game except to score a goal, a player must pass to a neutral (red) player in the wide zones before shooting in the goal. This will force the play wide

### **EXTENSIONS:**

- Have no dedicated winger and 1 player from each team can move into the wide zone

### **COACHING POINTS:**

Move in line with the ball when receiving

Firm pass into the zone

Move to support.

## World Cup



### **OBJECTIVE:**

To create a exciting environment with a fun team bonding exercise

### **ORGANIZATION:**

Create 2 goals, (does not need to be official goal posts). Separate into 2 groups. Each group has a GK and a ball

### **EXPLANATION:**

Every player for them self. The goal keeper kicks the ball out and everyone else in the group has to play 1v1 to the goal. The two groups are playing separate games and do not mix. When an individual score 3 goals you should change the goal keepers.

### **COACHING POINTS:**

Shoot quickly

Be strong on the ball

Shoot for the corners

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 7**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
<b>Session 7</b>	-	<b>Shooting</b>
Session 8	-	Shielding
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

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# Session 7 - Shooting



# OVERVEIW

## Warm Up

### Toilet Tag



#### EXPLANATION:

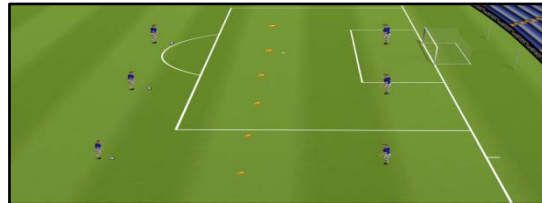
Each player must dribble in the grid with 2-3 taggers chase them. If caught, players are frozen with their arm out. To be freed, another player must touch your out stretched arm and 'Flush' the toilet.

#### COACHING POINTS:

React Quickly  
Head up  
Keep the ball close

## Exercise 1

### Shooting in 2's



#### EXPLANATION:

Players must shoot through the goal using the correct technique.

#### EXTENSIONS:

- Roll the ball out of the feet before shooting so the player is connecting with a moving ball
- Place 2 more cones just inside the goal to force players to hit the corners when shooting

#### COACHING POINTS:

Head down and knee over the ball  
Strike with laces  
approach on an angle

## Exercise 2

### Shooting in 3's



#### EXPLANATION:

Players must shoot through the goal using the correct technique.

#### EXTENSIONS:

- Strike with weaker foot

#### COACHING POINTS:

Head down and knee over the ball  
Strike with laces  
Approach on an angle

## Game Related Practice

### Short Field



#### EXPLANATION:

This is a regular soccer game except the field is short to force extra shots

#### COACHING POINTS:

Head down and knee over the ball  
Strike with laces  
Shot at first opportunity

## Golden Exercise

### Bombard



#### EXPLANATION:

Players must pass diagonally across for the strikers to shoot on goal, after the pass and shot the players must join the line on their right.

#### EXTENSIONS:

- Strike with the weaker foot
- Chipped pass in to volley

#### COACHING POINTS:

Must take a touch  
Relax in front of goal  
Shoot low, hard and across the keeper

## Small Sided Game

### 4v4 Game



#### EXPLANATION:

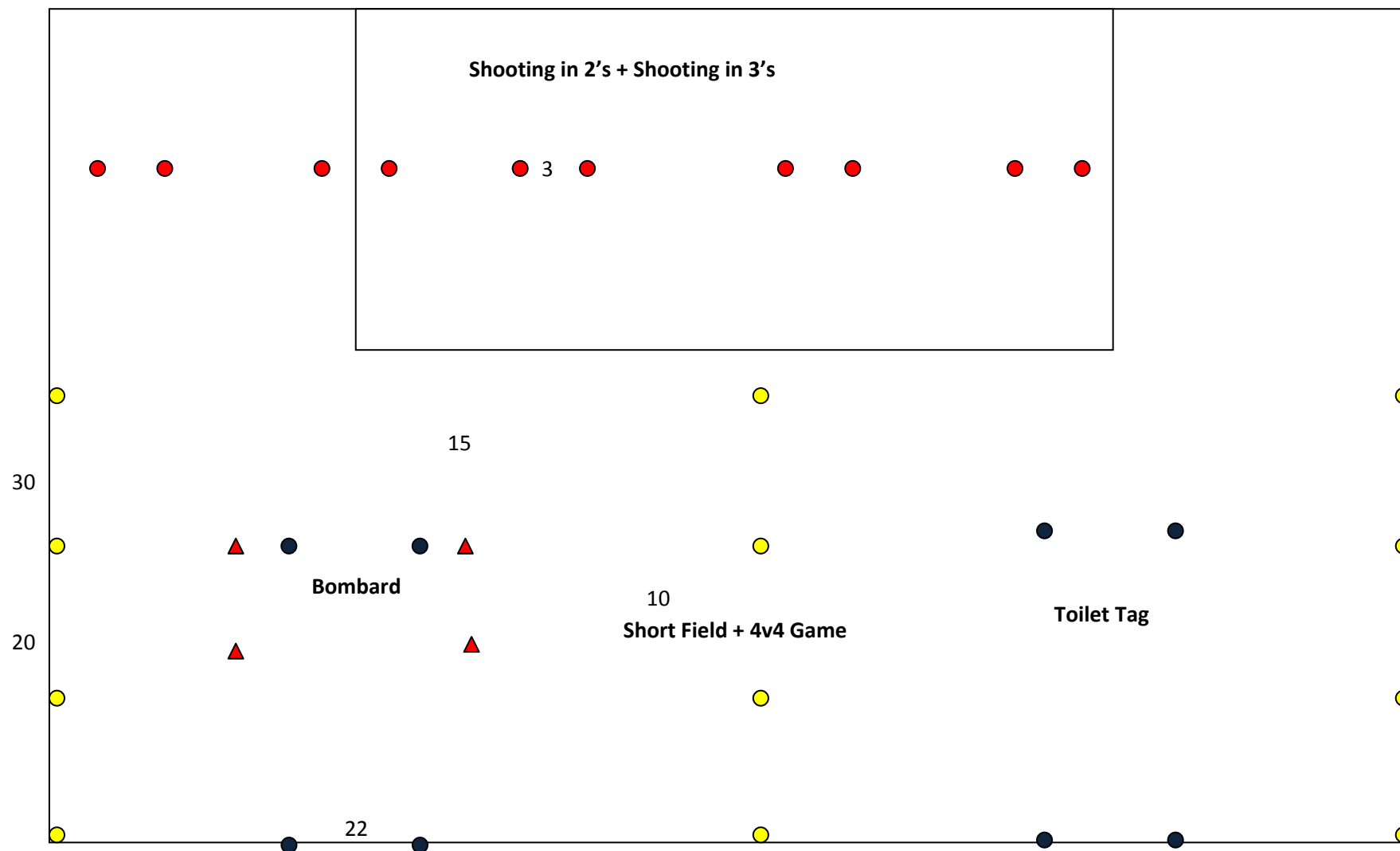
This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



## Field Layout



**KEY:** ● = Cones to set up first

▲ = Cones to set up second

■ = Cones to set up third

### Instructions:

Set up **4v4 Fields/ Shooting in 2's/3's** before players arrive.

Play **Toilet Tag** on the 4v4 field.

After **Toilet Tag**, move to **Shooting in 2's**.

After **Shooting in 2's** progress to **Shooting in 3's**.

After **Shooting in 3's** collect cones used and move to **Short Field**.

After **Short Field** set up **Bombard**.

## Toilet Tag



### **OBJECTIVE:**

To warm the players and in a fun and positive atmosphere

### **ORGANIZATION:**

Create a 20 x 15 yard grid. Each player requires a ball.

### **EXPLANATION:**

Each player must dribble in the grid with 2-3 taggers chase them. If caught, players are frozen with their arm out. To be freed, another player must touch your out stretched arm and 'Flush' the toilet.

### **COACHING POINTS:**

React Quickly

Head up

Keep the ball close

## Shooting in 2's



### **OBJECTIVE:**

To develop each players shooting technique

### **ORGANIZATION:**

Separate into groups of 2, 1 ball per group. Place 2 cones 5 yards apart. One player must stand on one side of the cones and the other player on the opposite side, as shown above.

### **EXPLANATION:**

Players must shoot through the goal using the correct technique.

### **EXTENSIONS:**

- Roll the ball out of the feet before shooting so the player is connecting with a moving ball
- Place 2 more cones just inside the goal to force players to hit the corners when shooting

### **COACHING POINTS:**

Head down and knee over the ball  
Strike with laces  
approach on an angle

## Shooting in 3's



### **OBJECTIVE:**

To develop each players shooting technique

### **ORGANIZATION:**

Separate into groups of 3, 1 ball per group. Place 2 cones 5 yards apart. One player must stand on one side of the cones and the other player on the opposite side with a goalkeeper in the middle, as shown above.

### **EXPLANATION:**

Players must shoot through the goal using the correct technique.

### **EXTENSIONS:**

- Strike with weaker foot

### **COACHING POINTS:**

Head down and knee over the ball  
Strike with laces  
Approach on an angle

## Shooting Field



### **OBJECTIVE:**

To develop how a player receives the ball in a game situation.

### **ORGANIZATION:**

Create a 2 30 x 22 yard grid. Create 4 small sided teams. One ball per field.

### **EXPLANATION:**

This is a regular soccer game except the field is short to force extra shots

### **COACHING POINTS:**

Head down and knee over the ball

Strike with laces

Shot at first opportunity



## Small Sided Game



### **OBJECTIVE:**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 8**

**Season Goal:**

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
<b>Session 8</b>	-	<b>Shielding</b>
Session 9	-	Receiving the ball in the air
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

**Top 5 Skills to learn**

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

**Top 5 topics to understand**

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 8 - Shielding

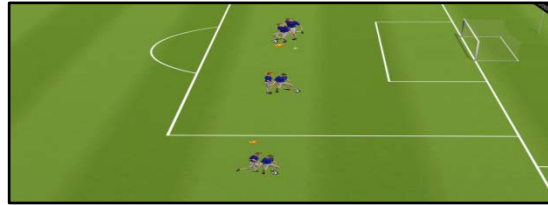


# OVERVIEW

## Warm Up Chain Tag



## Exercise 1 Shielding in 2's



## Exercise 2 Shielding to Shoot



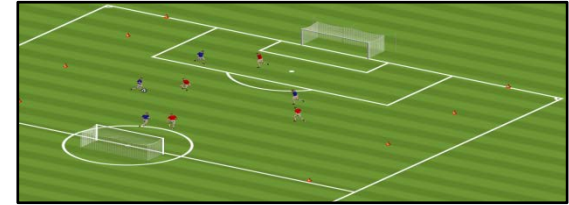
## Game Related Practice Protect the Box



## Golden Exercise King of the Ring



## Small Sided Game 4v4 Game



**EXPLANATION:**  
This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

**COACHING POINTS:**  
Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



**KEY:** ● = Cones to set up first  
 ▲ = Cones to set up second

### Instructions:

Set up **4v4 Fields/ Protect the Box** before players arrive.  
 Play **Chain Tag** on one of the 4v4 fields.  
 After **Chain Tag**, move to **Shielding in 2's**.  
 After **Shielding in 2's**, move to **Shielding to Shoot** and use 4v4 goals that are already set up.  
 After **Shielding to Shoot**, move to **Protect the Box**.  
 After **Protect the box** collect all the boxes then move to **King of the Ring**.  
 After **King of the Ring** collect the cones used and move to **3v3/4v4 games**.

## Chain Tag



### **OBJECTIVE:**

To warm the players and in a fun and positive atmosphere

### **ORGANIZATION:**

Create a 20 x 15 yard grid. 2 players must be taggers.

### **EXPLANATION:**

If a tagger tags a player they must join the line.

### **EXTENSIONS:**

- Introduce a ball

### **COACHING POINTS:**

React Quickly

Head up

Keep the ball close

## Shielding in 2's



### **OBJECTIVE:**

To develop each players strength and shape on the ball

### **ORGANIZATION:**

Separate players into pairs. 1 ball per pair.

### **EXPLANATION:**

One player will try to shield the ball from the opposing player. As soon as the player touches the ball the roles reverse.

### **EXTENSIONS:**

- Introduce ball

### **COACHING POINTS:**

Always keep your body between the player and the ball

Get low

Be the aggressor

## Shielding to Shoot



### **OBJECTIVE:**

Developing a sharp turn and shot past a defender.

### **ORGANIZATION:**

A maximum of 4 players to a goal. Use actual goal post or create goals.

### **EXPLANATION:**

Ensure there is a stack of balls at the beginning. A is the passer, B the Receiver and C the defender. A passes to B, B turns and shoots at goal. A becomes B, B joins the A line and C stays until all strikers have shot and then a new defender comes in.

The defender must be passive at the beginning allowing the attacker to shoot, Then allow the defender to become active.

### **EXTENSIONS:**

- Twist and turn both ways
- Chip the ball in the receiver
- Introduce a goalkeeper

### **COACHING POINTS:**

Meet the ball

Get Low

Be the aggressor and create space for the shot

## Protect the Box



### **OBJECTIVE:**

To develop how a player receives the ball in a game situation.

### **ORGANIZATION:**

Create a 2 30 x 22 yard grid. Create 4 small sided teams. One ball per field.

### **EXPLANATION:**

This is a regular soccer game except to score a goal, a player must dribble or receive the ball in the opponents box and shield it for 5 seconds. Only one defender can attempt to win the ball back.

### **EXTENSIONS:**

- 2 defenders can try and win the ball
- Place 2 goals at either end and after holding of the defender for 5 secong they must shoot to score.

### **COACHING POINTS:**

Move in line with the ball when receiving  
Firm pass into the box  
Be strong in the box.

## King of the Ring



### **OBJECTIVE:**

To create a fun environment for the players shooting in a fun team bonding exercise

### **ORGANIZATION:**

Create a 10x15 yard grid. Each player needs a ball.

### **EXPLANATION:**

Players must try to knock each other's ball out of the box. If the ball does go out then the player must perform 3 juggles and re enters the game.

### **EXTENSIONS:**

- Make it a competition, when your balls out you stay out.

### **COACHING POINTS:**

Protect the ball

Always keep your body between the player and the ball

Keep the ball close and react quickly.

## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **EXPLANATION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!



# **Sudbury Youth Soccer Association**

## **IM Curriculum**

# **Week 9**

## Season Goal:

To Improve each players confidence and skill on the ball. To keep the ball under pressure and to progress throughout the season. To build a 'love of the game' within each player.

Session 1	-	Close touch dribbling
Session 2	-	Speed dribbling
Session 3	-	Short passing
Session 4	-	Long passing
Session 5	-	Receiving the ball on the ground
Session 6	-	Passing and Moving
Session 7	-	Shooting
Session 8	-	Shielding
<b>Session 9</b>	-	<b>Receiving the ball in the air</b>
Session 10	-	Fun Day

Each session is designed to fulfill the end of season goal. It is important to follow the steps to ensure full development of each player. Each session should be fun orientated and child centered. Arrive early and set up before players arrive to allow minimum down time where players will lose focus.

## Top 5 Skills to learn

Close touch dribbling technique

Speed dribbling technique

Short passing technique

Strength on the ball

Shooting technique

## Top 5 topics to understand

Understand soccer is always fun!

Understand when to dribble fast and when to keep it close

Learn to relax on the ball

Understand the diamond shape

Understand the roles of defenders, midfielders and attackers

During each session you should work 1 main skill this is because each skill must go through 3 phases, Light Pressure, High Pressure and Game Related to achieve maximum success.

Always remember the session must be fun so always introduce a golden exercise which will make each session an event.

### **AVOID the 3 L's – LAPS! LINES! LECTURES!**

It is important to follow these steps to ensure players fully understand and master the skill.

**The timings are not set in stone, as a coach you must ensure ALL players have mastered the phase before progressing**

Energy Release: Free play for the players	5 minutes
Warm Up: Fun game	10 Minutes
EXERCISE 1: Low Pressure	10 Minutes
EXERCISE 2: High Pressure	10 Minutes
GAME RELATED PRACTICE: Progressing skill into a game situation	10 minutes
Golden Exercise: Team building or 1v1 exercise	10 Minutes
GAME: 4v4 Game	10 Minutes

# Session 9 - Receiving the ball in the air



# OVERVEIW

## Warm Up

### Soda Fountain



## Exercise 1

### Control Box



## Exercise 2

### 10 out of 10



## Game Related Practice

### Dungeon Shot



## Golden Exercise

### Control Box Shooting



## Small Sided Game

### 4v4 Game



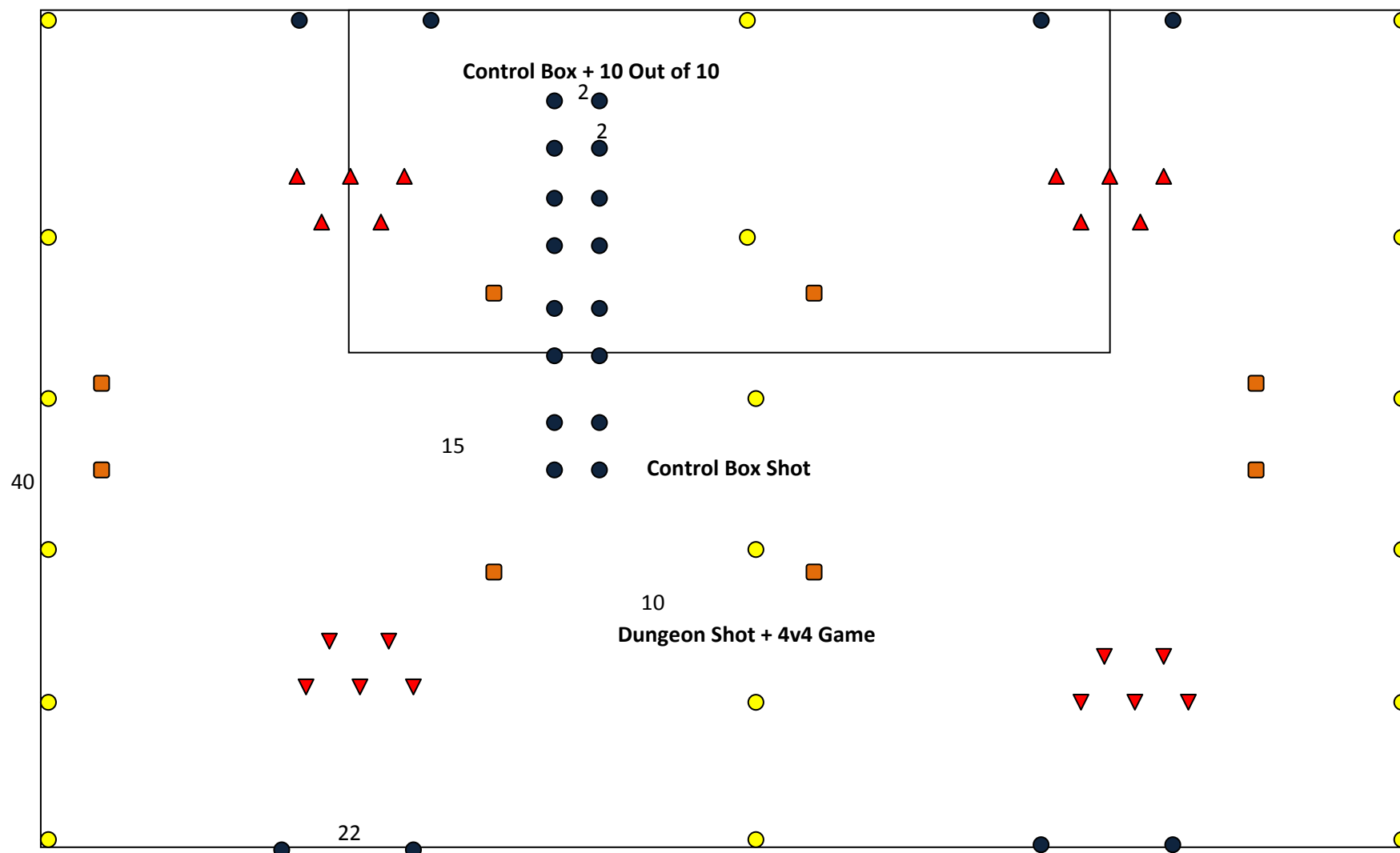
#### PROGRESSION:

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

#### COACHING POINTS:

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!

## Field Layout



- KEY:**
- = Cones to set up first
  - ▲ = Cones to set up second
  - = Cones to set up third

### Instructions:

Set up **4v4 Fields/ Control box** before players arrive.  
 Play **Soda Fountain** on the 4v4 field.  
 After **Soda Fountain**, move to **Control Box**. As Control box is playing, set up **Dungeon Shot** zones.  
 After **Control Box**, play **10 out of 10**.  
 After **10 out of 10** collect cones used and move to **Dungeon Shot**.  
 After **Dungeon Shot** collect used cones and set up **Control Box Shooting**.  
 After **Control Box Shooting** collect cones used and move to **3v3/4v4 games**. (Shorten Field to 30 yards)











## Small Sided Game



### **OBJECTIVE**

To perform the sessions skills in a small sided game

### **ORGANIZATION:**

Create small sided teams (4v4 or 3v3). Create 2 fields, 22x40. At either end of the field create a goal 2 yards wide.

### **PROGRESSION:**

This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

### **COACHING POINTS:**

Use all of the days coaching points... avoid talking about anything that you have not yet worked on. This is also a time to recap previous weeks. Don't over talk... the best teacher of the game, is the game itself!