



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	-	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
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 10 - Fun Week



OVERVEIW

Warm Up
Networking



Exercise 1
Networking with ball



Exercise 2
1v1 to cone



Game Related Practice
End zone Soccer



Golden Exercise
Relay Race



Small Sided Game
4v4 Game





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
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
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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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 2 - Speed Dribbling



OVERVEIW

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:

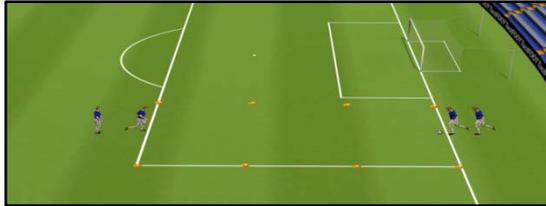
- Introduce balls.
- Shorten the grid size

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:

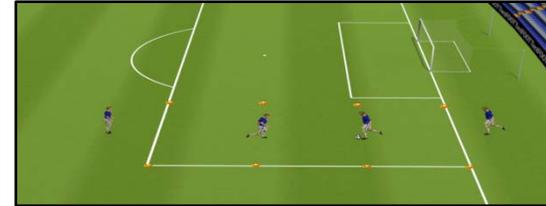
- Dribble to the last cone before the end then pass to receiver
- Use weaker foot
- Introduce a defender

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



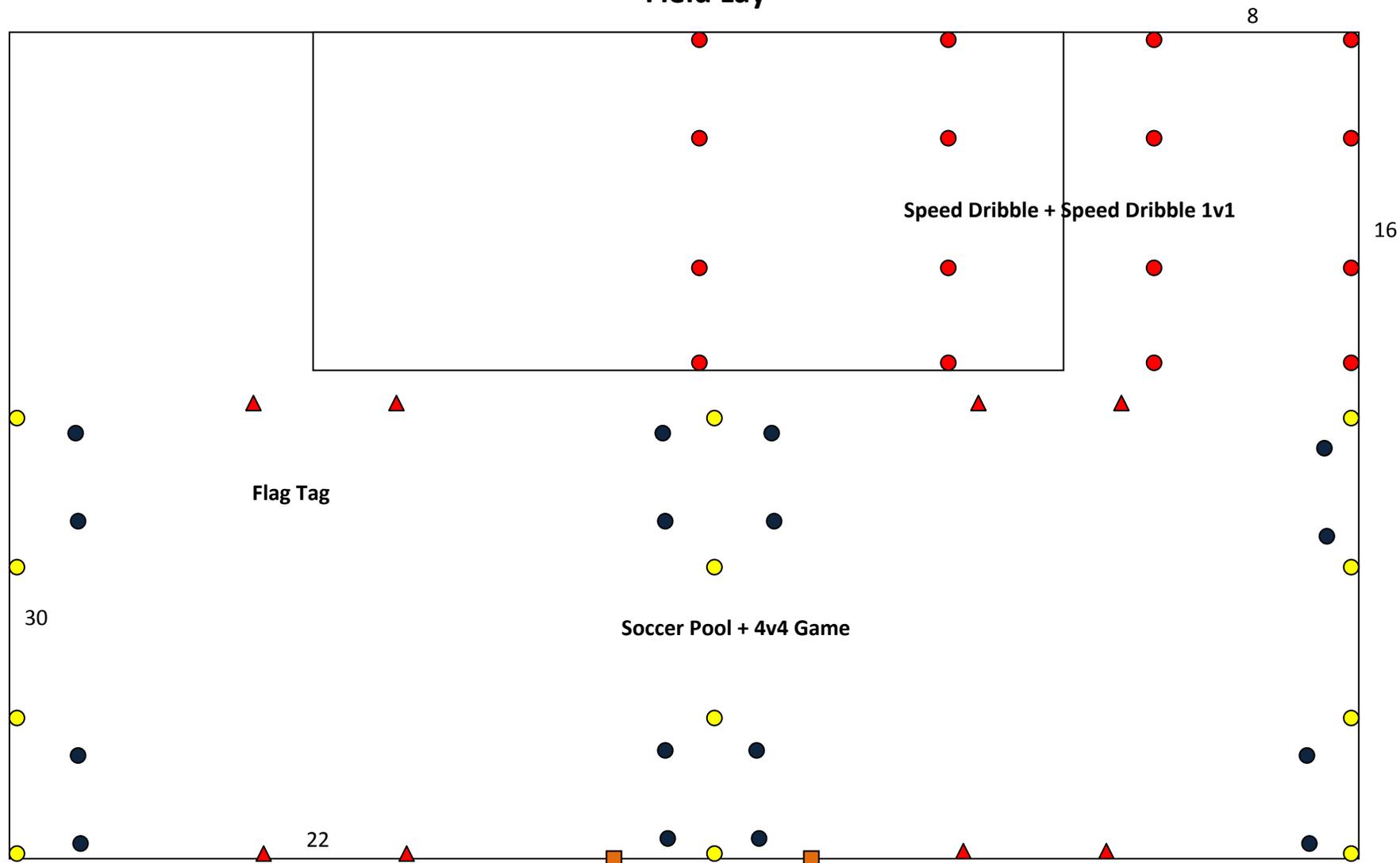
EXPLANATION:

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.

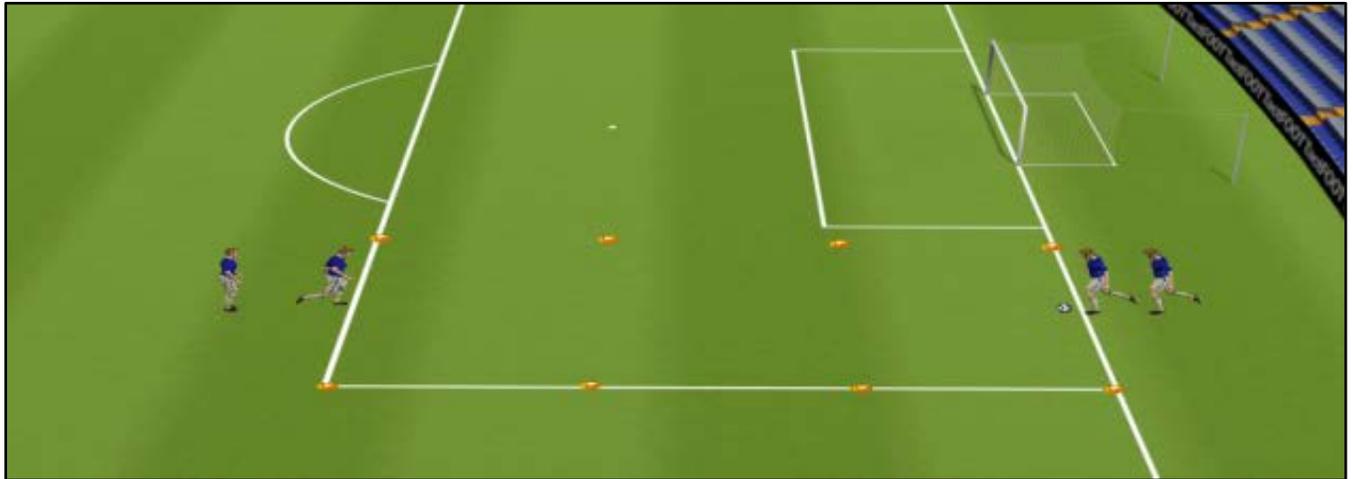
Extensions:

- 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

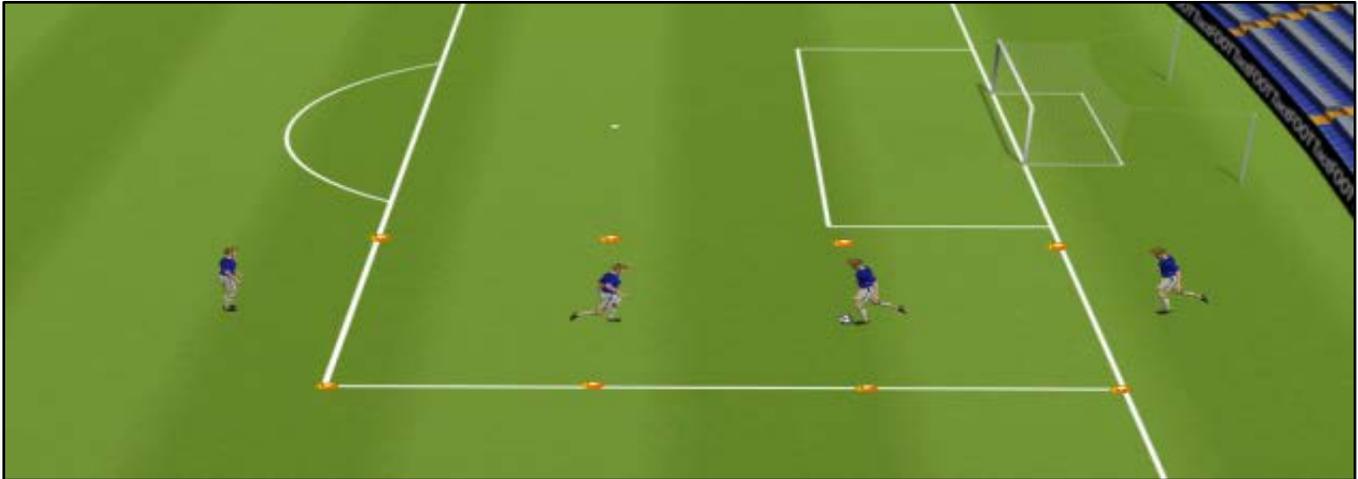
COACHING POINTS:

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
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.

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

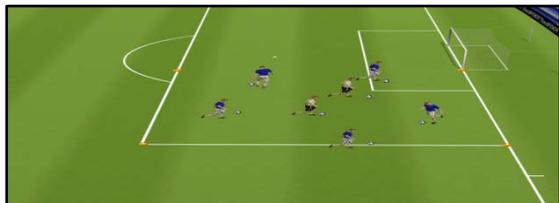
Session 3 - Short Passing



OVERVEIW

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



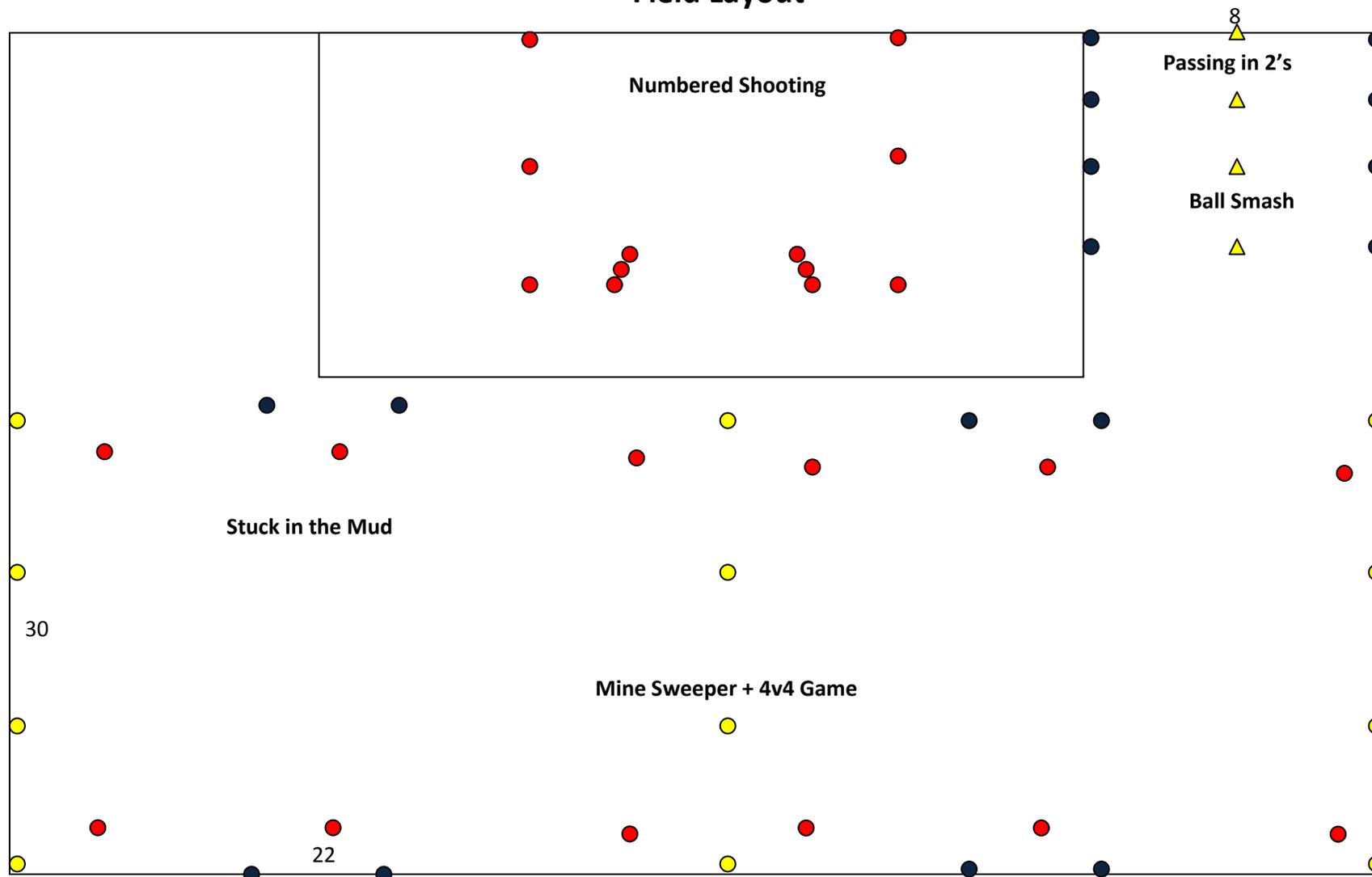
EXPLANATION:

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.

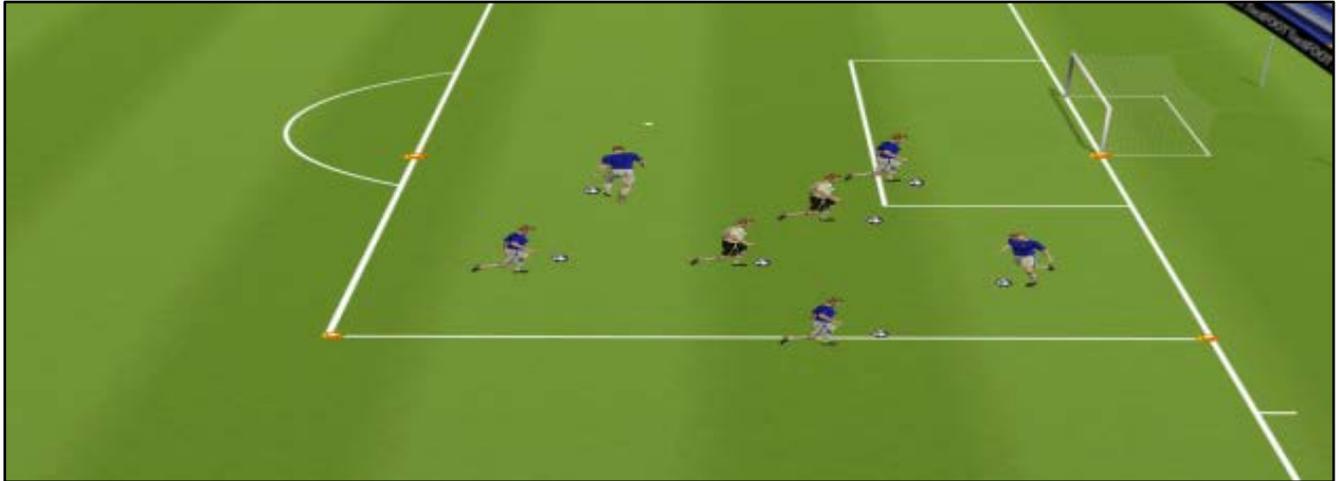
After **passing in 2's** place a cone in between players and play **Ball Smash**.

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:

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 4

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
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
Exercise2: 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 4 - Long Passing



OVERVIEW

Warm Up

Traffic Lights



EXPLANATION:

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

EXTENSIONS:

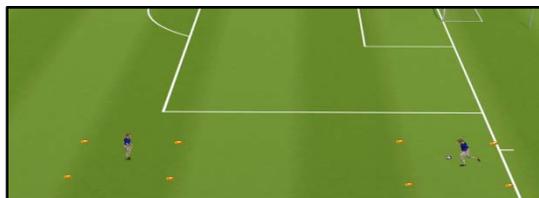
- Red Light = Stop, Green Light = Go
- Tractor = Dribble slowly, Race Car = Dribble quickly
- Bumpy Road = Toe Taps
- Police! = Dribble to the edge of the box

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:

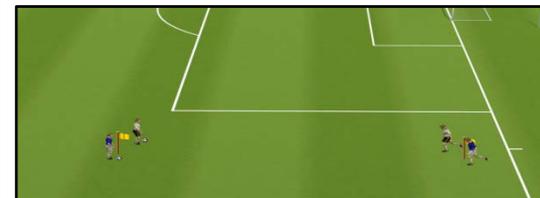
- Move up the body by using thigh and chest to control

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



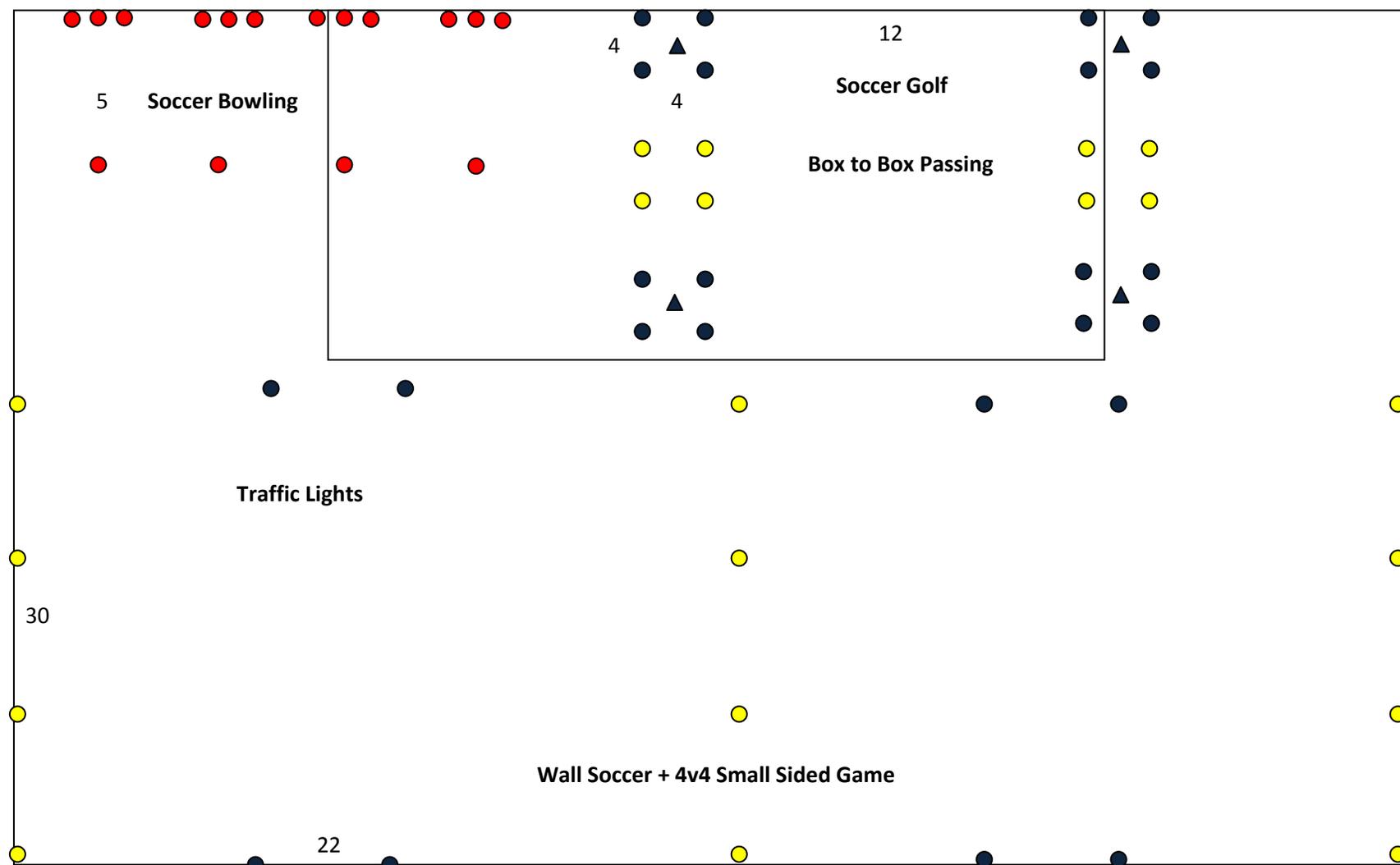
EXPLANATION:

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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

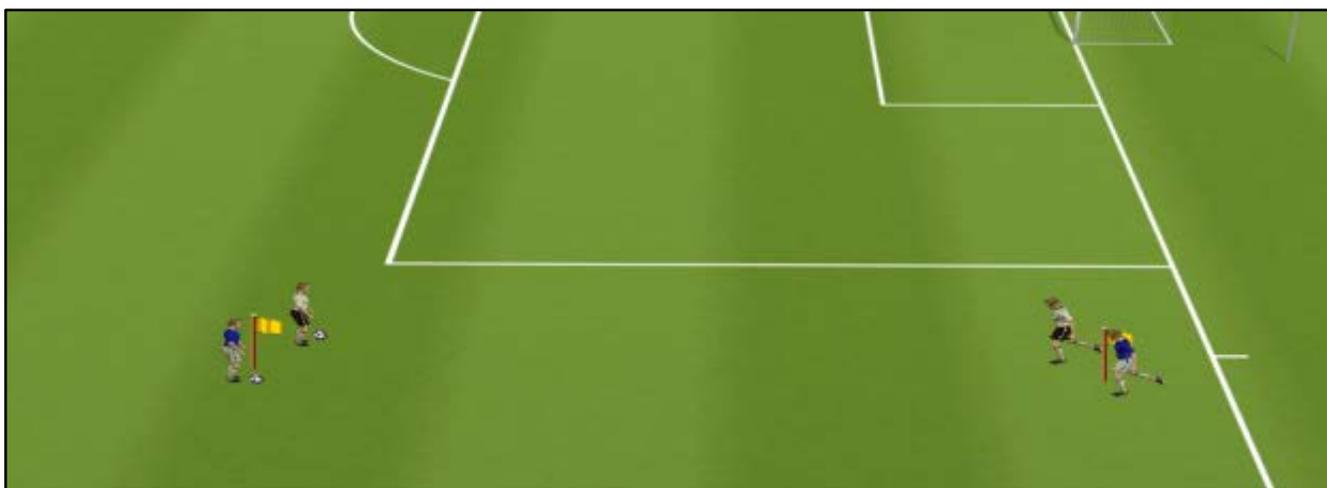
COACHING POINTS:

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
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

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 1st 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



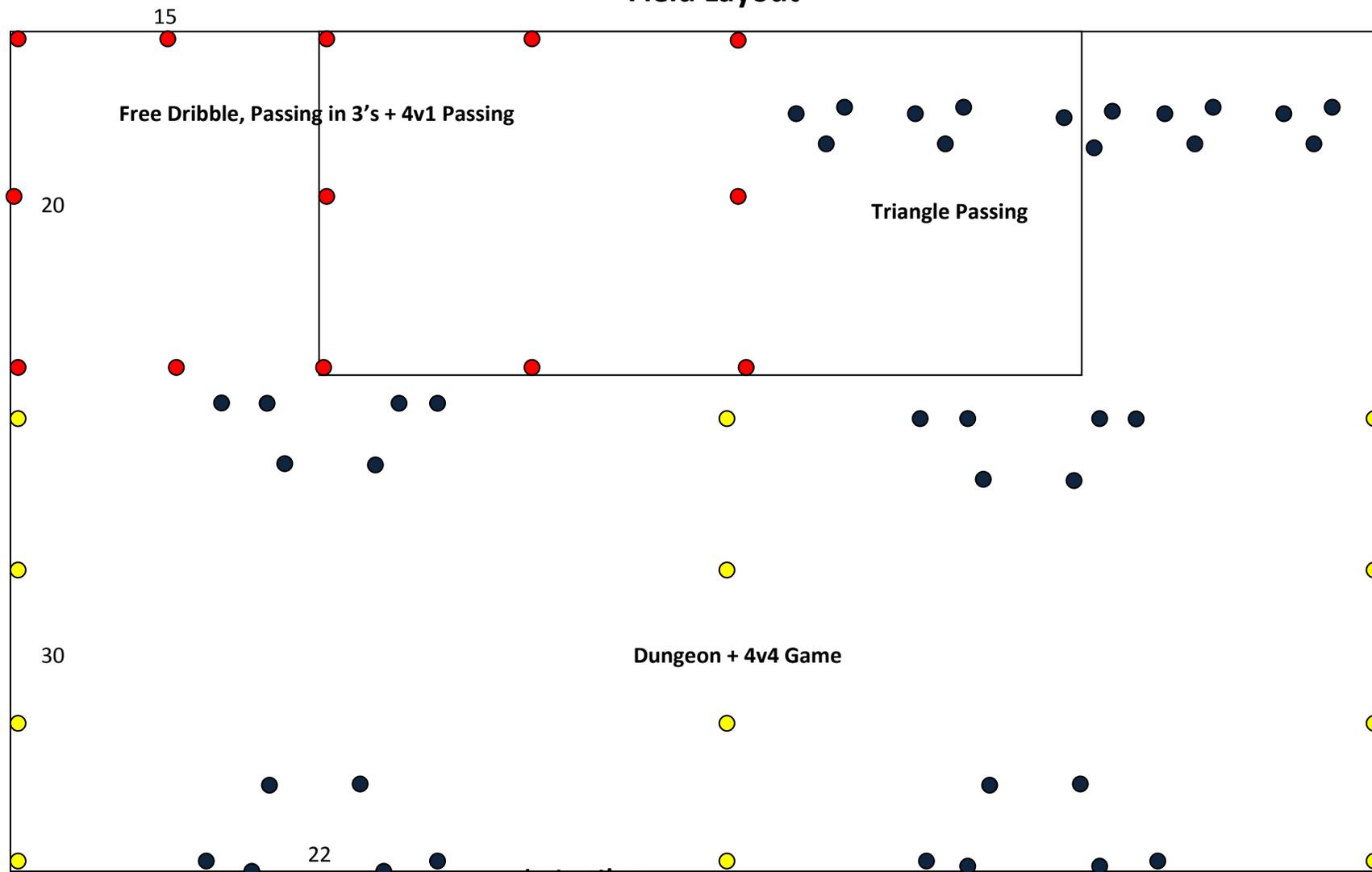
EXPLANATION:

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 player's 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 1st 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
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 6 - Passing and Moving



OVERVEIW

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



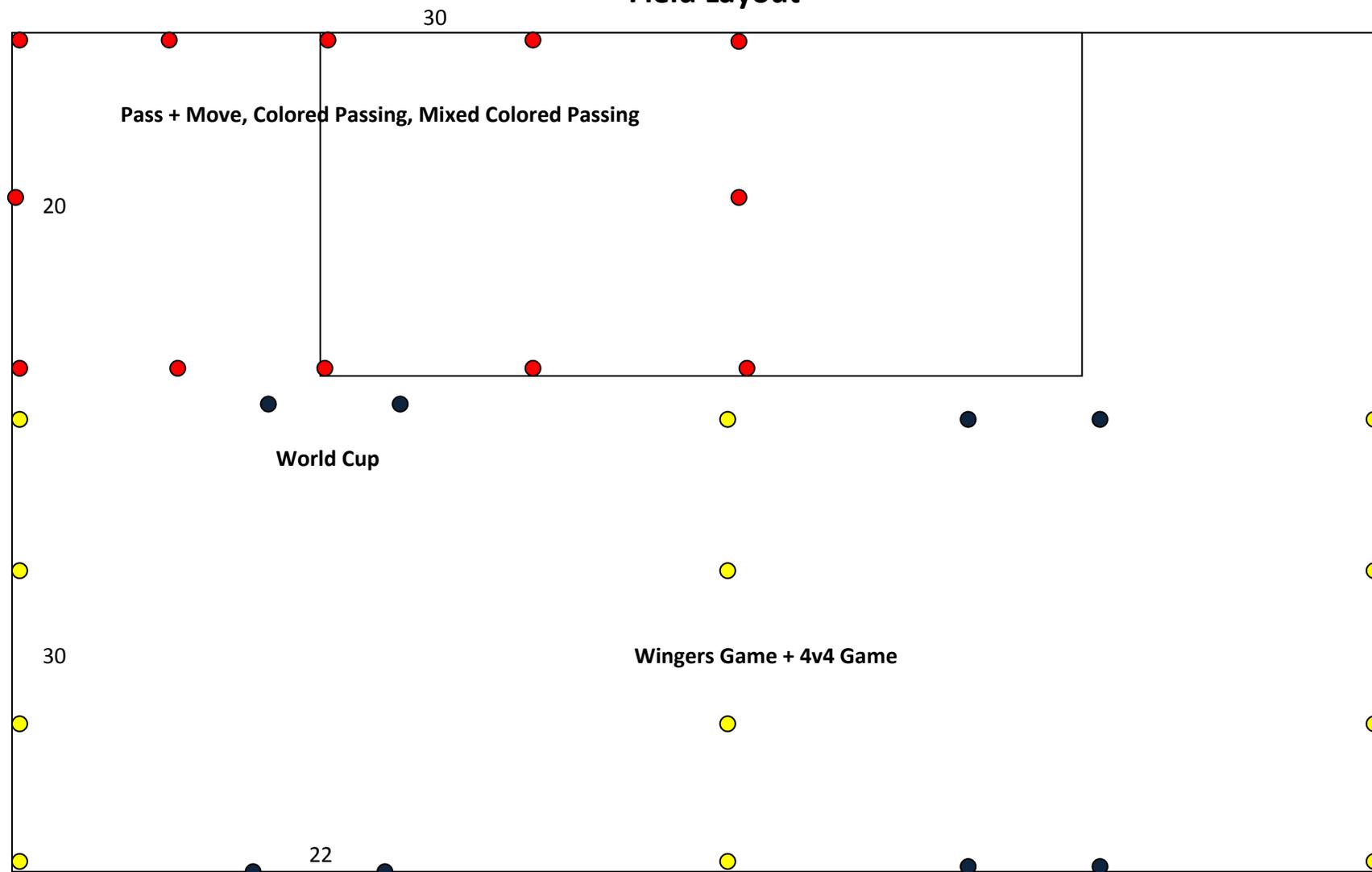
EXPLANATION:

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.

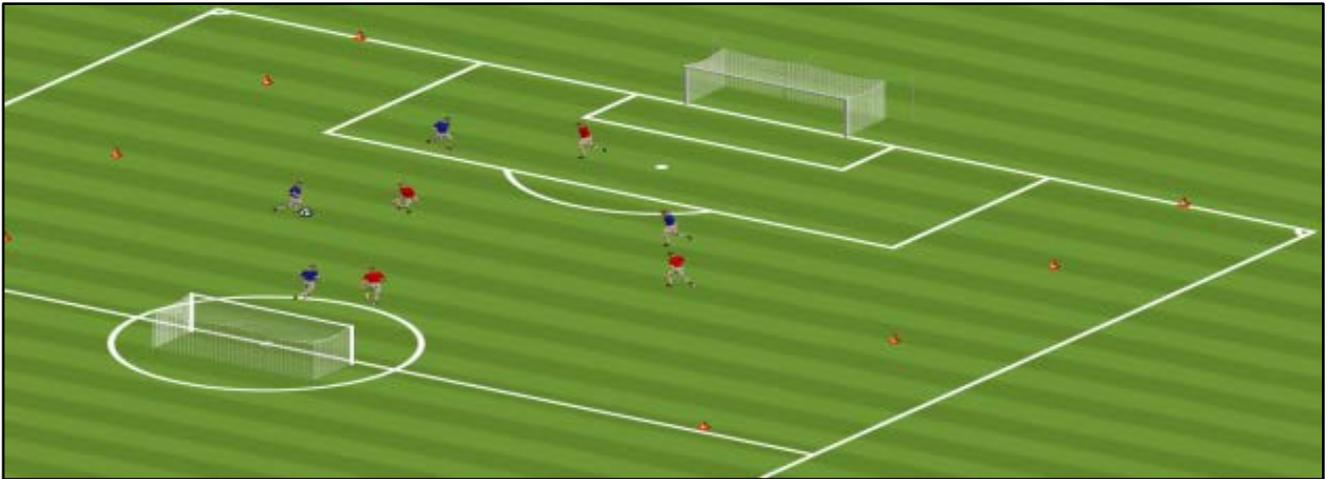
COACHING POINTS:

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
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 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:

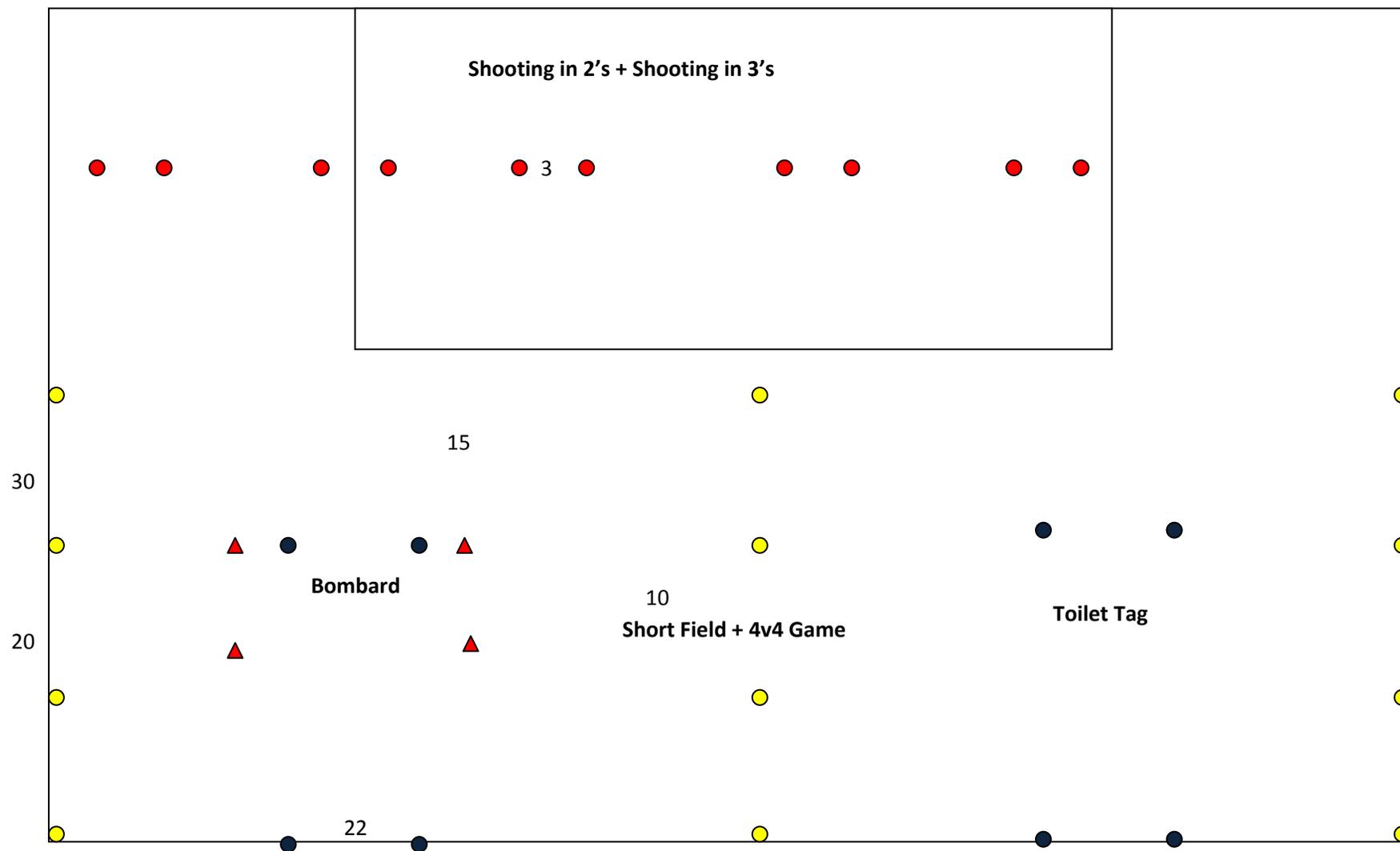
This game is exactly the same as a regular soccer game however it is a small sided game to create a stronger environment to grow talented young players.

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

Bombard



OBJECTIVE:

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

ORGANIZATION:

Separate players into 4 groups with all the balls by to 2 teams next to the post, as shown above.

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



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
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 8 - Shielding

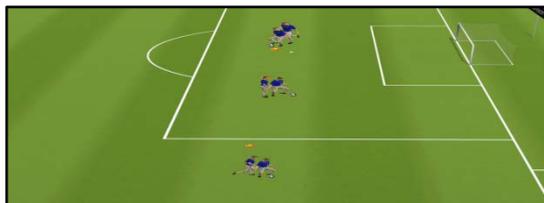


OVERVEIW

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



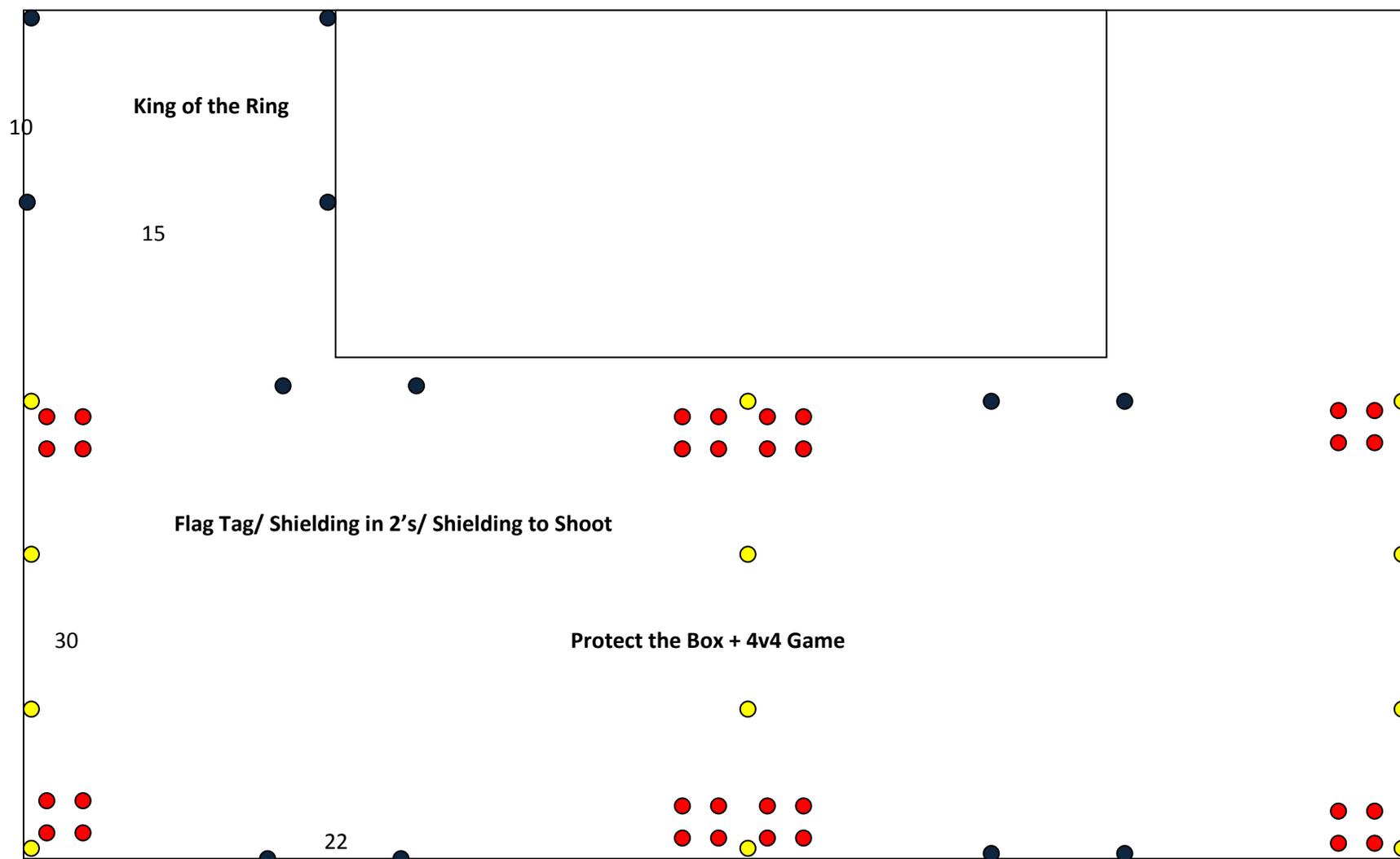
Small Sided Game 4v4 Game



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 seconds 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:

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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
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.

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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



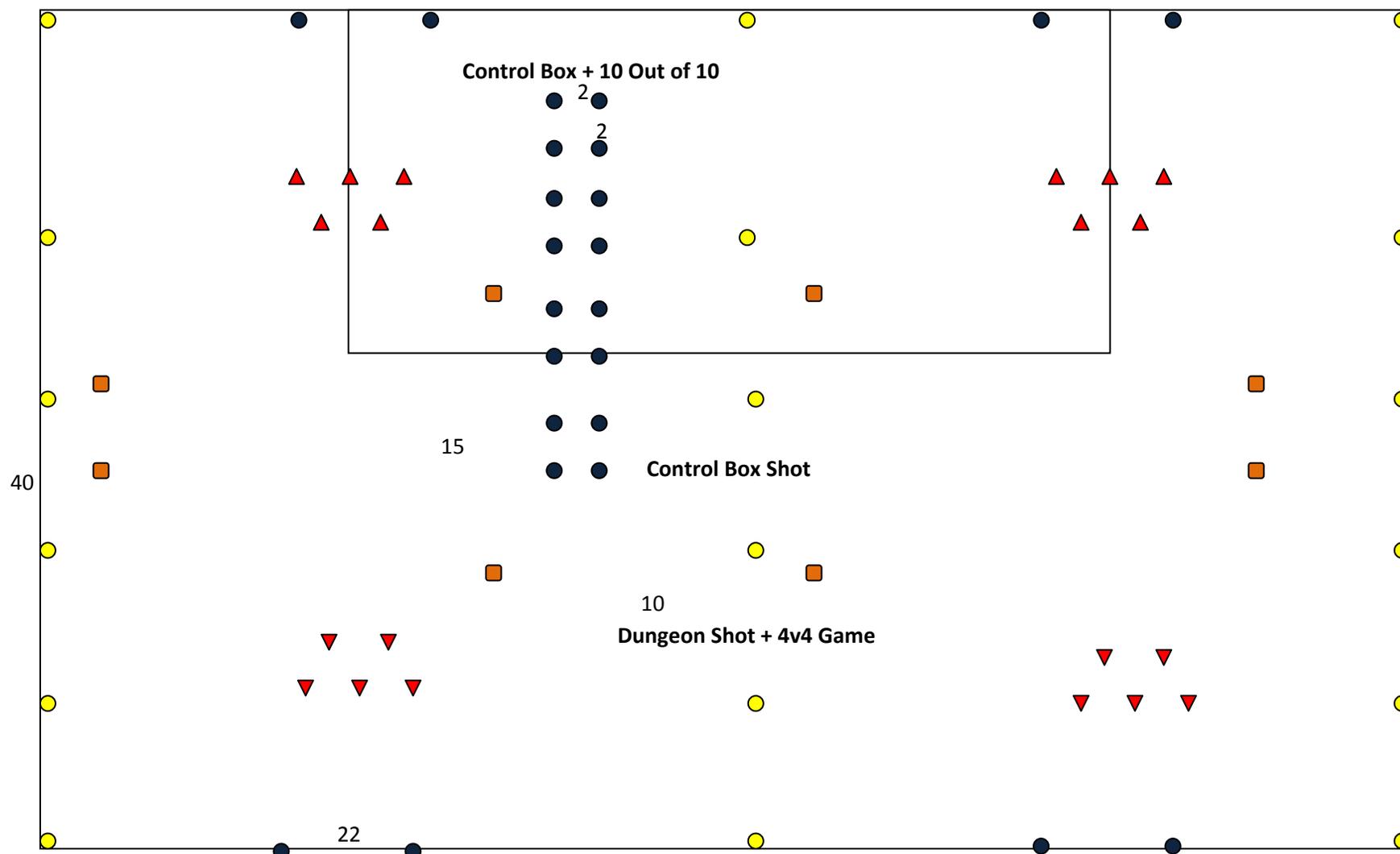
PROGRESSION:

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COACHING POINTS:

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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.

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