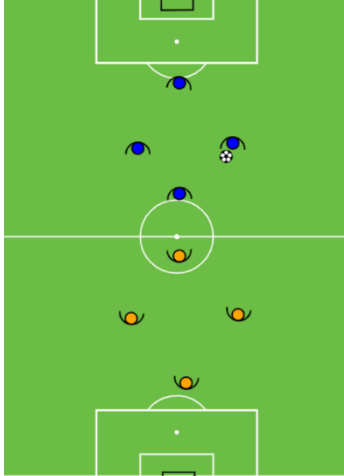
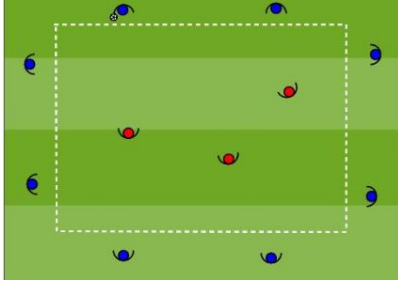
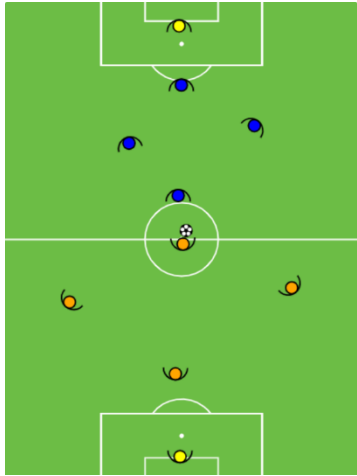


Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U10 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>As players arrive for practice, put them into a team and have them play the game in a free play style. They can start 1v1, 2v2, or with a numbers-up setup like 2v1, 3v2.</p> <p>Maximum: Two teams of five players each. If you have 12 players make two fields and play 3v3.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up Spread Out Find Open Teammate Score Goals Work Together Dribble <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 15x15 Grid. It is a Rondo or a Monkey in the Middle Game. In the picture it is 8v3. It can be adjusted based on the number of attending players to a 3v1, 4v2, 5v2, etc.</p> <p>With a rondo, we focus on passing ability and decision-making. If you lose the ball by giving it to the defender, or the ball going out of bounds you become a defender. Defenders hold training penny in hand.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up First Touch Pass Proper Technique Decision-Making <p>Progressions: 10 Passes for 1 point. Every point, the defenders are in again. Move all players to inside the grid to play with realistic game-like pressure.</p> <p>Total Activity Time: 20 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 35x30 Grid for U10 players with 1 goal with a regulation sized goal at each end-line. If possible play with GKs and modify numbers based on number of players, so you may need to play 4v4 (including GKs).</p> <p>See picture: 5v5 game. Modify dimensions of the field of play as necessary (5 yards per additional player).</p> <p>Try to use the laws of the game as they apply for this specific age group.</p> <p>Maximum: Two teams of seven players each including a GK.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up First Touch Pass Proper Technique Decision-Making <p>Total Activity Time: 20 Minutes</p>