

## Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U8 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 4 players each.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> <li>Head Up</li> <li>Spread Out</li> <li>Find Open Teammate</li> <li>Score Goals</li> <li>Work Together</li> <li>Dribble</li> </ul> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 20x20 Grid for all players to use and dribble freely.</p> <p>Focus is on learning critical skills when dribbling and how to use the sole, inside and outside of the foot to perform movements.</p> <p>Moves: Drags, Pull-Backs, Scissors, Double Scissors</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> <li>Head Up</li> <li>Ball Control</li> <li>Dribble Technique</li> </ul> <p>Progressions: How many times can they execute a movement? Play the game knockout (every-one against one another)</p> <p>Total Activity Time: 20 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U8 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>We want the players to continue to play the game in the final part of practice. Return to the game from Phase 1 and encourage them to utilize their individual dribbling skills from Phase 2.</p> <p>Maximum: Two teams of four players each.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> <li>Head Up</li> <li>Spread Out</li> <li>Find Open Teammate</li> <li>Score Goals</li> <li>Work Together</li> <li>Dribble</li> </ul> <p>Total Activity Time: 20 Minutes</p>