

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: Head Up Spread Out Find Open Teammate Score Goals Work Together Dribble</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 12x12 grid for a 1v1 game with two separate goals on each side (signified by the red cones). Each goal is 1-yard length. 4 Players per station. Another playing area is needed per 4 players.</p> <p>The player scores by dribbling through either one of the goals. Shooting or passing in does not count as a goal.</p> <p>Tip: Encourage the children to find the open goal and use their moves to beat the defender.</p>		<p>Coaching Points: Head Up Dribble Speed of Thought and Movement</p> <p>Progressions: 45 second play-time per group, must score on open side (where defender is not covering the goal)</p> <p>Additional Challenge: Have player's that are not playing run through the field of play with a ball to add 'interference'</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: Head Up First Touch Pass Proper Technique Decision-Making</p> <p>Total Activity Time: 20 Minutes</p>