



## 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>Pass to Teammates</li> </ul> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 25x20 Grid for a 3v3 game. 3 players per team participate at a time with one player resting to allow the game to continue to play.</p> <p>Substitute as necessary.</p> <p>For an additional challenge, have the player's not active in play dribble soccer balls in and around the field of play to act as 'interference' and cause mayhem for the player's playing.</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>Pass to Teammates</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 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>Pass to Teammates</li> </ul> <p>Total Activity Time: 20 Minutes</p>