

## 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. In order to score, the entire attacking team must be over midfield.</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"> <li>Head Up</li> <li>Spread Out</li> <li>Find Open Teammate</li> <li>Score Goals</li> <li>Work Together</li> <li>Dribble</li> <li>Get Forward</li> </ul> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U10 players with 2 goals that are 1-yard apart (signified by the red cones) about 15 yards apart from one another.</p> <p>Continue with the rule that the whole attacking team must be over midfield to score a goal.</p> <p>Players score by dribbling through the cones and not shooting or passing.</p> <p>Maximum: Two teams of five players each. If 12 players, create two separate fields and play 3v3.</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> <li>Get Forward</li> </ul> <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"> <li>Head Up</li> <li>Spread Out</li> <li>Find Open Teammate</li> <li>Score Goals</li> <li>Work Together</li> <li>Dribble</li> <li>Get Forward</li> </ul> <p>Total Activity Time: 20 Minutes</p>