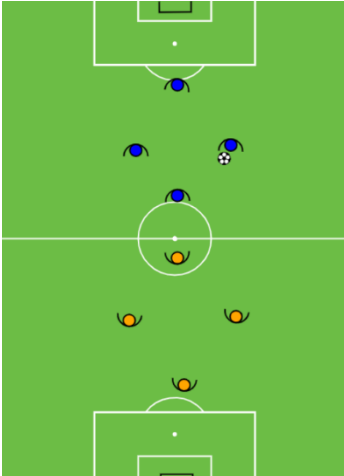
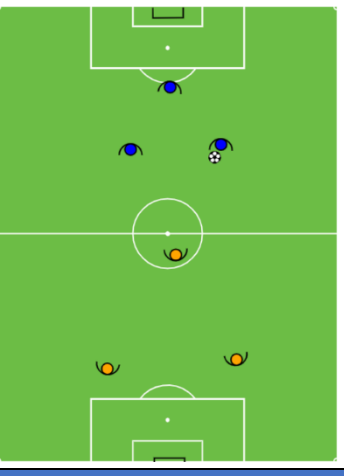
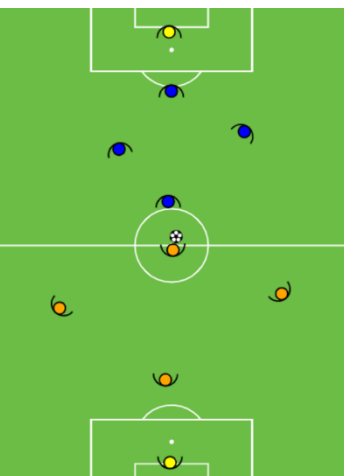


## Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U12 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>To score, all attackers must be over midfield.</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 Shoot Pass Dribble Decision Making</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 25x20 Grid. The players are put into 4 teams of 3 (with 12 players total). This exercise can be modified with less players to go as small as 1v1 depending on total number of players.</p> <p>Make it a World Cup style tournament. Each team picks a country and each team plays each other. With enough time, you can set-up a semi-final and final to create a bigger experience.</p> <p>Play 2-minute games.</p>		<p>Coaching Points: Head Up Shoot Pass Dribble</p> <p>Progressions: Bonus points for combination play like 1-2s or overlaps.</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>Total Activity Time: 20 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 35x30 Grid for U12 players with 1 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 Shoot Pass Dribble Decision Making</p> <p>Total Activity Time: 20 Minutes</p>