

## Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U8 players with 2 goals that are 1-yard apart about 15 yards apart from one another.</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>Players score by dribbling through the cones and not shooting or passing.</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> <li>Dribble</li> </ul> <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.</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 players to find the open goal and use their moves to beat the defender.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> <li>Head Up</li> <li>Dribble</li> <li>Speed</li> </ul> <p>Progressions: 45 second play-time per group, must score on open side (where defender is not covering the goal)</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>Pass to Teammates</li> <li>Dribble</li> </ul> <p>Total Activity Time: 20 Minutes</p>