

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 Skill Moves Decision Making</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 12x10 space with 2 goals (2 yards apart) on each side (as signified by the tall cones). Players play 1v1.</p> <p>Scoring: Players dribble through gates to score. Goals do not count by shooting or passing through.</p> <p>Play 45 second games. If the ball goes out of play either restart with coach or players retrieve ball.</p>		<p>Coaching Points: Dribble Skill Moves Find Open Goal</p> <p>Progressions: Play 2v2 and focus on creating a 1v1 to dribble.</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 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 Shoot Pass Dribble Skill Moves Decision Making</p> <p>Total Activity Time: 20 Minutes</p>