



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.</p> <p>As children 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: Head Up Spread Out Find Open Teammate Score Goals Work Together Dribble Get Forward</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set up a 18x20 Wide box (signified by the 18-yard box in the graphic).</p> <p>Two equal number teams. Games are 1v1 with a GK per team. When in possession, the attacking team can play 2v1 by using the GK as an outfield player. Once the ball has left the field of play the round is over or on coaches call.</p> <p>Can be modified to play without GKs if necessary.</p> <p>Maximum: Two teams of five + 2 GKs.</p>		<p>Coaching Points: Head Up 1v1 Score Goals Dribble Attack Defender</p> <p>Progressions: Put a time-limit of 20 second games.</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 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: Head Up Spread Out Find Open Teammate Score Goals Work Together Pass and Move Get Forward</p> <p>Total Activity Time: 20 Minutes</p>