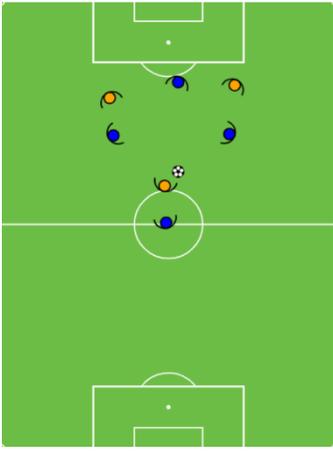
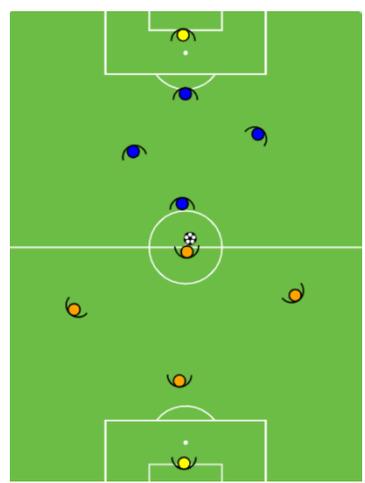


## Recreational Soccer Program Curriculum

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 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. Focusing on Numbers up, give one team an advantage then switches through-out the duration of phase 1.</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> <li>Numbers Up</li> </ul> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set up a 20x15 grid with two regulation goals for U10. Play 2v2 with one goalkeeper per team and a neutral player (signified by white). The Neutral Player plays for whichever team has the ball.</p> <p>Have one or two teams rest. Unbalanced numbers are a normal aspect of the game. It challenges players to learn how to deal with uneasy situations. Rotate the Neutral Player.</p> <p>Maximum: Four teams of two (possible 1-2 teams with 3 players) + 2 GKs.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> <li>Head Up</li> <li>Spread Out</li> <li>Score Goals</li> <li>Work Together</li> <li>Numbers Up</li> </ul> <p>Progressions:</p> <p>Put a time-limit of 2 minutes per game.</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 the 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> <li>Numbers Up</li> </ul> <p>Total Activity Time: 20 Minutes</p>