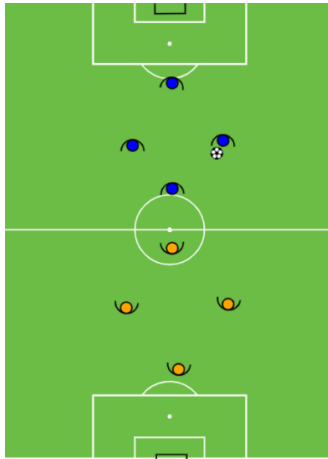
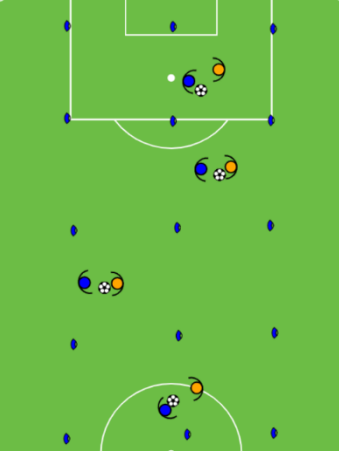
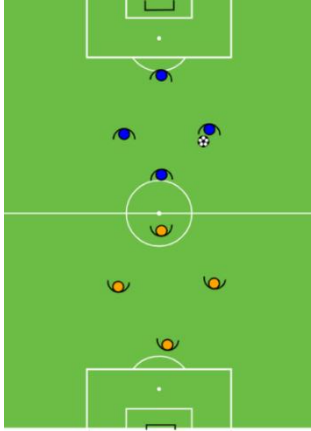


Recreational Soccer Program Curriculum

Phase 1: 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>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>Focus on getting the players to spread-out.</p> <p>Maximum: Two teams of 4 players each.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up Spread Out Find Open Teammate Score Goals Work Together Dribble <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 4 12x10 grids for 1v1 play. The game is a 1v1 tournament. Everyone plays each other in a fun-friendly manner.</p> <p>Attacking player scores by dribbling the ball and stopping it on the opponent's end line (by putting foot on top of the ball).</p> <p>Have the players get their own ball upon leaving the field of play and play roughly 45 second games.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up Dribble Skill Moves Speed <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>Remind the players to spread out and use the diamond formation.</p> <p>Maximum: Two teams of four players each.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> Head Up Spread Out Find Open Teammate Score Goals Work Together Dribble <p>Total Activity Time: 20 Minutes</p>