



THE 3 v 3 GAME

U5 CURRICULUM



THE FPS APPROACH TO PLAYER DEVELOPMENT IS BASED ON A CONSISTENT AND POSITIVE APPROACH TO GETTING YOUNG PLAYERS TO REACH THEIR FULL POTENTIAL.

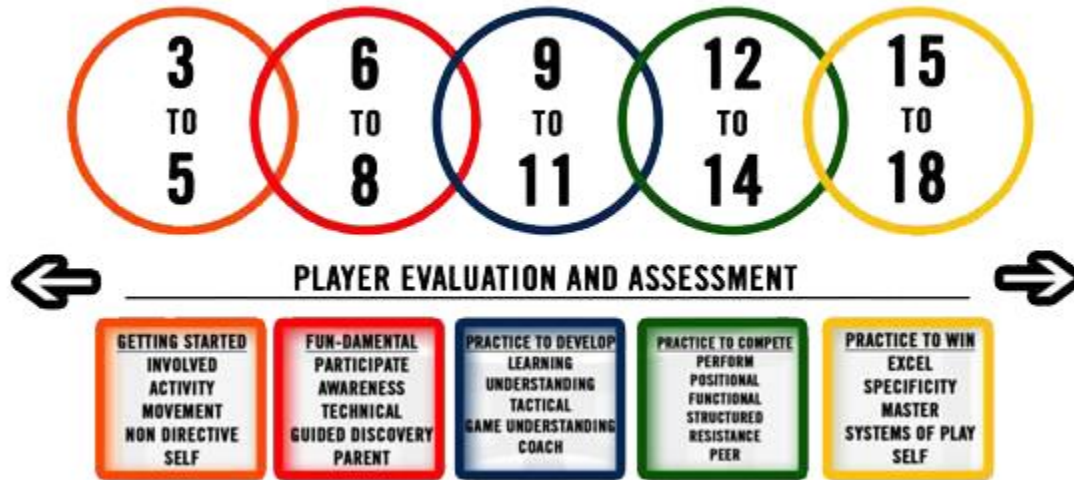
THERE ARE 4 AREAS THAT WILL BE ADDRESSED IN THIS DOCUMENT:

- THE FPS PHILOSOPHY
- THE FPS METHODOLOGY
- THE FPS STRUCTURE FOR THE AGE GROUP
- THE FPS CURRICULUM – U5 PROGRAM SPECIFIC



COACHING GUIDELINES

FPS METHODOLOGY



AIM: TO ALLOW PLAYERS OF ALL AGES AND ABILITIES, TO DEVELOP TO THEIR FULL POTENTIAL, IN AN **ENJOYABLE, CHALLENGING** AND **POSITIVE** ENVIRONMENT.

OBJECTIVES:

- CREATE A CLEAR AND SIMPLE PATHWAY FOR PLAYER DEVELOPMENT.
- ALWAYS KEEP THE PLAYER AT THE CENTER OF THE DEVELOPMENT PROCESS.
- ALLOW PLAYERS AS MUCH ACTIVE TIME WITH A BALL EACH, AS POSSIBLE.
- TEACH THE PRINCIPLES OF THE GAME.
- TEACH "ROLES" NOT "POSITIONS".
- CREATE A DEEP AND UNDERLYING PASSION FOR THE SPORT OF SOCCER AT ALL AGES.
- ACKNOWLEDGE THAT PLAYERS WILL LEARN AND DEVELOP AT DIFFERENT SPEEDS.
- TO KEEP A FRESH AND CURRENT OUTLOOK ON THE CHANGES IN YOUNG PLAYER DEVELOPMENT.

TO BE SUCCESSFUL AT THIS AGE GROUP THE COACH NEEDS TO HAVE THE FOLLOWING TRAITS:

- FLEXIBILITY. CHILDREN ALL PROGRESS AT DIFFERENT RATES SO BE AWARE OF YOUR PLAYERS UNDERSTANDING OF INSTRUCTIONS. RECOGNIZE WHEN SOMETHING IS NOT WORKING AND CHANGE IT.
- A SENSE OF HUMOR. LAUGH WITH YOUR PLAYERS AND MAKE IT FUN. THEY WILL ENJOY THE EXPERIENCE MORE AND WILL WANT TO COME BACK NEXT TIME.
- A VERY POSITIVE ATTITUDE. GIVE GENEROUS PRAISE OFTEN; REMEMBER THEY ARE LEARNING THE GAME AND OFTEN THIS MAY BE THEIR FIRST EXPERIENCE OF SOCCER COACHING. POSITIVE REINFORACMENT WILL KEEP THE CONFIDENCE HIGH AND WILL MAKE THEM WANT TO RETURN.
- AND LOTS AND LOTS OF ENERGY. IF YOU'RE ENERGITIC AND DYNAMIC IN YOUR COACHING STYLE THE PLAYERS WILL FEED OFF THIS AND REMAIN MORE FOCUSED IN THE SESSION.



FPS PHILOSOPHY

MISSION STATEMENT:

“THE MISSION OF FLORIDA PREMIER SOCCER IS TO ENHANCE THE SOCCER EXPERIENCE OF PLAYERS AND COACHES IN FLORIDA. WE PROVIDE OUR PLAYERS THE OPPORTUNITY TO DEVELOP AS ATHLETES AND AS PEOPLE BY FOSTERING AN IDENTITY OF EXCELLENCE. WE STRIVE TO PRODUCE PLAYERS WHO CAN COMPETE AT THE HIGHEST LEVEL OF SOCCER THROUGHOUT THE WORLD.”

FPS METHODOLOGY

OUR APPROACH TO PLAYER DEVELOPMENT IS SIMPLE AND BASED ON 3 KEY ELEMENTS:

ENJOYABLE - IT IS A PROVEN EDUCATIONAL FACT THAT YOUNG PLAYERS IN ANY SPORT, OR FOR THAT MATTER IN THE CLASSROOM, WILL BE MORE LIKELY TO EXCEL AND REACH THEIR FULL POTENTIAL IF THEY ARE ENJOYING THEIR SUBJECT MATTER. MAKING SOCCER FUN AND AGE APPROPRIATE IS A KEY CONCEPT IN ANY SUCCESSFUL PLAYER DEVELOPMENT MODEL.

CHALLENGING - FOR A YOUNG PLAYER TO DEVELOP TO THEIR MAXIMUM POTENTIAL THEY MUST BE IN AN ENVIRONMENT THAT IS DIFFERENTIATED BASED ON THEIR ABILITY. THERE NEEDS TO BE A CAREFULLY LAID OUT PLAN THAT IS PROGRESSIVE AND ALLOWS A YOUNG PLAYER TO FACE NEW CHALLENGES AT EACH STAGE. YOUNG PLAYERS LEARN AT DIFFERENT RATES AND ALSO IN DIFFERENT WAYS AND THERE HAS TO BE AN OPPORTUNITY FOR ALL PLAYERS TO BE ALLOWED TO SUCCEED IN THEIR OWN TIME.

POSITIVE - IT IS VITAL THAT A YOUNG PLAYER RECEIVES THE NECESSARY SUPPORT STRUCTURE THROUGHOUT THEIR DEVELOPMENT. THERE MUST BE CLARITY IN THE EXPECTATIONS AT EACH STAGE IN THE PROCESS AND THERE CANNOT BE UNNECESSARY PRESSURE APPLIED AT TOO YOUNG AN AGE OR PLAYERS WILL BE LOST TO THE SPORT. PLAYERS SHOULD BE ENCOURAGED TO LEARN FROM THEIR MISTAKES AND NOT FEEL AS IF THEY WILL BE BERATED FOR TRYING TO EXPRESS THEMSELVES.

THE FPS STRUCTURE

GETTING STARTED PHASE	K-2ND GRADE
FUNDAMENTAL PHASE	3RD – 6TH GRADE
TRAINING TO TRAIN PHASE	7TH – 9TH GRADE
TRAINING TO COMPETE PHASE	10TH – 12TH GRADE
TRAINING TO WIN PHASE	18+



FPS REC CURRICLUM

	U5	U6	U8
CURRICULUM METHODOLOGY	GETTING STARTED		FUNDAMENTAL
COACHING STRUCTURE	INDIVIDUAL PLAYER	PARTNER WORK	2 V 1 TO 4 V 4
COACHING EMPHASIS	INDIVIDUAL PLAYER	INDIVIDUAL PLAYER	1 ST DEFENDER/ATTACKER
TECHNICAL DEVELOPMENT	MOVING WITH THE BALL, STOPPING THE BALL, KICKING THE BALL, TRAVELING WITH THE BALL AND CHANGING DIRECTION.	CONTROL (STOPPING & MOVING THE BALL), INTRODUCTION TO PASSING, SHIELDING THE BALL, STEALING THE BALL, INTRODUCTION TO SHOOTING	PROGRESSION OF SHORT PASSING, RECEIVING THE BALL, RUNNING WITH THE BALL AT DIFFERENT SPEEDS, REINFORCE TURNS & MOVES (LIMITED PRESSURE), SHOOTING WITH INSIDE OF THE FOOT AND LACES, INTRODUCTION OF BLOCK TACKLES, ROLE OF 1ST DEFENDER
TACTICAL AWARENESS	AVOIDING OTHERS, UNDERSTANDING PLAYING AREA, SPATIAL AWARENESS, SHARING A SPACE, UNDERSTANDING DIRECTION, AWARENESS OF TEAM MATES, TWO TEAM SCRIMMAGE	REINFORCEMENT OF SPATIAL AWARENESS, POSITIONAL SENSE (3V3), BASIC RESTARTS, FAIR PLAY	RESTARTS, SUPPORT IN ATTACK, DEFENDING IN NUMBERS, ANGLES OF SUPPORT, DIAMOND FORMATION
PHYSICAL REQUIREMENTS	RUNNING, JUMPING, TWISTING & BENDING	DEVELOPING FOOT AND BODY COORDINATION AROUND A SOCCER BALL	DEVELOPING SPEED AND AGILITY WITH BALL RELATED EXERCISES
PSYCHOLOGICAL NEEDS	FULFILS THE NEEDS TO PLAY, DEVELOPMENT OF INTERACTION WITH OTHERS	CULTIVATING FRIENDSHIP AND TEAM PLAY	DEVELOPING CONFIDENCE AND PROMOTING A POSITIVE SELF IMAGE, EMPHASIS ON ENJOYMENT BUT ENCOURAGING DISCIPLINE AND COMPETITION WITHIN THE GROUP
BALL MASTERY	TOE TAPS, SOLE TAPS & BALL SQUEEZE	TOE TAPS & SOLE TAPS: FORWARDS & BACKWARDS, TOP ROLLS	DRAG BACK PASS ON'S, DRAG BACK PUSH ON'S & SIDE ROLLS
URNS AND DIRECTION CHANGE	DRAG BACK & STOP TURN	INSIDE CHOP & OUTSIDE HOOK	HOOK TURN & BACK HEEL
MOVES AND FAKES		HIGH/LOW WAVE & GIGGSY FAKE	SCISSORS & PUSH & GO
PRACTICE TO GAME RATIO	1 PRACTICE PER WEEK	1 PRACTICE PER WEEK	2 PRACTICES PER WEEK
ISOCCKER ASSESSMENT	TOE TAPS & FOUNDATION	TOE TAPS & FOUNDATION	JUGGLING & DRIBBLING
PRACTICE TIME	45-60 MINUTES	60 MINUTES	75 MINUTES
FIELD DIMENSIONS	30X20 YARDS	30X20 YARDS	40X30 YARDS
SUGGESTED SCRIMMAGE	3 V 3 NO GOALKEEPERS	3 V 3 NO GOALKEEPERS	4 V 4 NO GOALKEEPERS
EQUIPMENT	SIZE 3 BALLS, PUGG GOALS, CONES & PINNIES	SIZE 3 BALLS, PUGG GOALS, CONES & PINNIES	SIZE 3 BALLS, CONES & PINNIES. GOALS 3 YARDS
CURRICULUM THEME	CARTOONS	HERO'S	US NATIONALS
WEEK 1	SHARING SOCCER	BALL MASTERY	RUNNING WITH THE BALL III
WEEK 2	MOVING THE BALL	TURNS & MOVES I	TURNS & MOVES IV
WEEK 3	MOVEMENT WITH THE BALL	INTRODUCTION TO SHORT PASSING	1V1 ATTACKING
WEEK 4	STOPPING THE BALL	TURNS & MOVES II	PASSING
WEEK 5	CHANGING DIRECTION	KEEPING THE BALL	RECEIVING
WEEK 6	BALL MASTERY: BOTH FEET	STEALING THE BALL	SHOOTING FOR ACCURACY
WEEK 7	RUNNING WITH THE BALL I (SPEED)	SHOOTING	ATTACKING 2V1
WEEK 8	INTRODUCTION TO SHOOTING	TURNS & MOVES III	GOAL KEEPING
WEEK 9	AWARENESS OF TEAM MATES	RUNNING WITH THE BALL II (SPEED)	DEFENDING 1V1
WEEK 10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



FPS REC CURRICLUM

AGE	U5	U6	U8
Theme	CARTOONS	HERO'S	US NATIONALS
1	SHARING SOCCER	BALL MASTERY	RUNNING WITH THE BALL III
2	MOVING THE BALL	URNS & MOVES I	URNS & MOVES IV
3	MOVEMENT WITH THE BALL	INTRODUCTION TO SHORT PASSING	1V1 ATTACKING
4	STOPPING THE BALL	URNS & MOVES II	PASSING
5	CHANGING DIRECTION	KEEPING THE BALL	RECEIVING
6	BALL MASTERY: BOTH FEET	STEALING THE BALL	SHOOTING FOR ACCURACY
7	RUNNING WITH THE BALL I (SPEED)	SHOOTING	ATTACKING 2V1
8	INTRODUCTION TO SHOOTING	URNS & MOVES III	GOAL KEEPING
9	AWARENESS OF TEAM MATES	RUNNING WITH THE BALL II (SPEED)	DEFENDING 1 V 1
10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



COACHING GUIDELINES

THERE ARE FOUR MAIN PILLARS OF SOCCER, WHICH ARE EVIDENT AT EVERY LEVEL OF THE GAME:

TECHNICAL, PHYSICAL, TACTICAL AND PSYCHOLOGICAL.

THERE WILL BE DIFFERENT EMPHASIS PLACED ON EACH PILLAR OF THE GAME, DEPENDING ON THE AGE AND ABILITY OF THE PLAYER.

IT IS IMPORTANT THAT A COACH HAS CLEAR GOALS FOR THEMSELVES AND FOR THEIR TEAM PRIOR TO WORKING WITH ANY AGE GROUP.

TRAINING TO TRAIN PHASE, K THROUGH 2ND GRADE

- TECHNICAL
- PHYSICAL
- TACTICAL
- PSYCHOLOGICAL

TECHNICAL:

AT THIS AGE WE SHOULD BE LOOKING TO PRACTICE WITH BOTH FEET AS MUCH AS POSSIBLE.

WE WANT TO START THE PROCESS OF GETTING THEM TO BE COMFORTABLE WITH THE BALL ON EITHER FOOT.

WE WOULD LIKE TO SEE PLAYERS BE ABLE TO CHANGE PACE AND DIRECTION.

PHYSICAL:

PLAYERS AT THIS AGE FIND IT FUN TO BE ACTIVE. KEEP THEM MOVING WITH A BALL AS MUCH AS POSSIBLE.

ANY FITNESS THAT THEY RECEIVE SHOULD BE AS A RESULT OF PLAYING THE GAME OF SOCCER. USE SOCCER GAMES TO IMPROVE BALANCE AND CO-ORDINATION.

ANY OTHER FITNESS WORK SUCH AS LAPS AND STATIC STRETCHES IS NOT APPROPRIATE FOR THIS AGE GROUP.

TACTICAL:

TALK ABOUT ROLES VS POSITIONS.

IN GAMES, PLAYERS SHOULD PLAY IN A 3 V 3 FORMAT TO ENCOURAGE MORE TOUCHES ON THE BALL.

THE USE OF A SWEEPER GOALKEEPER MUST BE ENCOURAGED TO BE ACTIVE.

PLAYERS NEED TO UNDERSTAND HOW TO MAKE THE FIELD BIG IN OFFENSE AND SMALL IN OFFENSE.

PSYCHOLOGICAL:

THE MAIN PSYCHOLOGICAL GOAL FOR PLAYERS AT THIS STAGE OF THEIR DEVELOPMENT IS TO HAVE FUN.

COACHES NEED TO ENSURE THAT THEIR PLAYERS RECEIVE AN EXCITING AND POSITIVE INTRODUCTION TO THE GAME OF SOCCER TO ENSURE FUTURE PARTICIPATION.

THERE SHOULD BE ABSOLUTELY NO EMPHASIS PLACED ON WINNING GAMES.



RECOMMENDED BREAKDOWN FOR A TYPICAL U5 PRACTICE SESSION

A TYPICAL SESSION FOR THIS AGE GROUP SHOULD BE 60 MINUTES

WARM-UP. 10 MINUTES

BEGIN WITH A **FUN** ACTIVITY. THIS SHOULD PREPARE THE PLAYERS MENTALLY AND PHYSICALLY FOR THE REST OF THE PRACTICE.

2 x SKILL GAMES – UNOPPOSED. 15 MINUTES

THESE GAMES ARE DESIGNED TO BE HIGH ENERGY, FUN ACTIVITIES THAT REINFORCE THE BASIC TECHNIQUES WITHOUT PRESSURE.

SMALL-SIDED GAMES – OPPOSED 3 v 3. 30 MINUTES

EACH PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. FIELD SPACE SHOULD BE 30 x 20 YARDS – TEAMS SHOULD BE 3 v 3 AND NO GOALKEEPER.

COOL DOWN. 5 MINUTES

SPEND FIVE MINUTES AT THE END OF EACH SESSION COOLING DOWN AND ENSURE PLAYERS HAVE ENJOYED THE SESSION. DO A FUN COOL DOWN, REINFORCE BASIC TECHNICAL POINTS, HAVE A GROUP HUDDLE AND SAY GOODBYE.

PLAYING THE 3 v 3 GAME

EVERY PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. REMEMBER THAT THE GAME IS THE BEST TEACHER OF ALL. YOUR MAIN AIM IS TO CREATE AN **ENJOYABLE, CHALLENGING, POSITIVE AND SAFE** ENVIRONMENT IN WHICH YOUR PLAYERS CAN DEVELOP. THIS SHOULD BE THE LARGEST PORTION OF YOUR PRACTICE – ABOUT THIRTY MINUTES IN LENGTH.

ORGANIZATION

1) FIELD SIZE: 30 x 20 YARDS

2) EQUIPMENT: USE CONES TO CLEARLY MARK OUT THE AREA OF THE FIELD.

USE UPRIGHT CONES OR FLAGS AS GOALS AND PLACE THEM ABOUT 4 FEET APART.

USE BIBS TO AVOID CONFUSION AMONGST PLAYERS.

PLAY WITH A SIZE 3 BALL.

BE FLEXIBLE WITH YOUR PLAYING TIME – YOUR MAIN AIM IS THAT ALL PLAYERS HAVE A POSITIVE EXPERIENCE. YOU CAN VARY THE PLAYING PERIODS AND MAKE SURE TO ALLOW TIME FOR SUBSTITUTIONS AND WATER BREAKS.

USE THE PARENTS – HAVE THE PARENTS AROUND THE PERIMETER OF THE FIELD TO STOP THE BALL AND PLAYERS FROM DISAPPEARING INTO THE WILDERNESS. HOWEVER ONE SIDE OF THE FIELD SHOULD BE FOR COACHES ONLY.

- **3 v 3 WILL PROMOTE PLAYERS GETTING MORE TOUCHES ON THE BALL AND BEING INVOLVED AS MUCH AS POSSIBLE. IT WILL ALSO CREATE MORE 1 v 1 SITUATIONS.**
- **KEEP INSTRUCTIONS CLEAR AND TO A MINIMUM AND USE YOUR ENTHUSIASM TO KEEP ALL PLAYERS MOTIVATED.**
- **GET THE TEAMS TO GIVE THEMSELVES FUN TEAM NAMES TO GENERATE EXCITEMENT WITHOUT PUTTING ANY EMPHASIS ON WINNING.**
- **ALWAYS STRESS THE IMPORTANCE OF FAIR PLAY AND HAVE THE PLAYERS SHAKE HANDS / HIGH FIVE AT THE END OF EACH GAME.**

BY THE END OF YOUR SESSION MAKE SURE THAT ALL OF YOUR PLAYERS HAVE ACHIEVED SOME MEASURE OF SUCCESS. CALL THE TEAM IN FOR A GROUP HUDDLE AND SAY GOODBYE.



PLAYING THE 3 v 3 GAME



3 v 3 GAME LAYOUT

HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TRY TO LIMIT STOPPAGES.

RULES:

DO NOT PLAY CORNER KICKS.

NO PUNTING FROM THE GOALKEEPER.

THROW INS CAN BE PLAYED FROM THE HANDS OR A PASS BACK INTO PLAY WITH THE FEET.

ENCOURAGE PLAYERS TO ADOPT A TRIANGLE FORMATION AT ALL TIMES.

ONLY ONE PLAYER SHOULD BE ALLOWED TO USE THEIR HANDS BUT ENCOURAGE THEM TO PLAY IN A MORE FORWARD ROLE AS A SWEEPER.



BEATING AN OPPONENT – TURNS & 1 v 1 MOVES

CONCEPT	EXPLANATION
REPETITION	PLAYERS WILL NOT ALWAYS BE SUCCESSFUL
SLOW START	ALLOW PLAYERS TO BE SUCCESSFUL BEFORE PROGRESSING
LOW CENTRE OF GRAVITY	VITAL TO ALLOW QUICK CHANGES OF DIRECTION WITH ACCELERATION
OVER-EMPHASIZE	GET PLAYERS TO EXAGGERATE THEIR MOVEMENTS AND USE THEIR BODY IN 1v1 SITUATION
BE CONFIDENT	PRAISE EVERY ATTEMPT

BELOW ARE 4 TURNS AND 4 1 v 1 MOVES THAT WE WOULD WANT PLAYERS TO BE CONFIDENT OF PERFORMING, OR AT LEAST ATTEMPTING, BY THE END OF THE U5 PROGRAM.

TURNS

DRAG BACK:

WITH BALL UNDER CONTROL, PLACE SOLE OF FOOT ON TOP OF BALL AND QUICKLY DRAG BALL ACROSS THE FRONT OF BODY. PUSH THE BALL AWAY WITH OUTSIDE OF SAME FOOT AND ACCELERATE INTO SPACE.

STOP TURN:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. PLACE SOLE OF FOOT ON TOP OF BALL TO STOP IT DEAD. QUICKLY PLACE SAME FOOT ON OTHER SIDE OF BALL BETWEEN DEFENDER AND YOURSELF IN A HOPPING MOTION. WITH KNEES BENT, BRING OTHER FOOT QUICKLY OVER THE BALL AND PUSH THE BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

INSIDE & OUTSIDE HOOK/CUT:

WITH BALL UNDER CONTROL, REACH WITH INSIDE OR OUTSIDE OF FOOT AND HOOK BALL BACK 180 DEGREES BEHIND BODY. KNEES SHOULD BE BENT AND BALL SHOULD BE PUSHED INTO SPACE. QUICKLY TAKE BALL AWAY IN OPPOSITE DIRECTION WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

MOVES

MATTHEWS OR FAKE:

USE FULL BODY AND LUNGE TO ONE SIDE TO GET DEFENDER OFF BALANCE. PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

PUSH & GO:

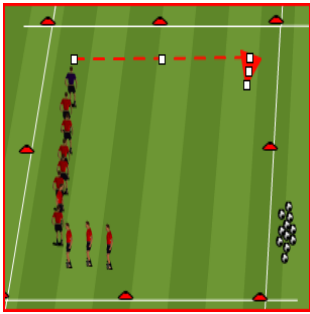
A SIMPLE, SLOW APPROACH TOWARDS THE DEFENDER, PUSH THE BALL PAST THE OPPONENT AND ACCELERATE TO CATCH UP TO THE BALL. ENSURE THAT THE PLAYER GETS THEIR BODY IN-BETWEEN THE BALL AND THE OPPONENT AS THEY ACCELERATE AWAY.



AGE GROUP/PROGRAM: U5 TOWN WEEK # 1 THEME: SHARING SOCCER/TOY STORY

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> ★ Keep the ball close and under control ★ Stay on their toes ★ Soft Touches ★ Drag back turn 	<ul style="list-style-type: none"> ★ Can the players stay in the area? ★ Can they keep up with the coach? ★ Who can keep the ball close? ★ Soft touches 	<ul style="list-style-type: none"> ★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

WARM UP: FOLLOW WOODY SET UP: 15 X 20 YARD AREA PROGRESSION



Explain to the players at the start of the session that today they are going to be characters from Toy Story and you are going to be Woody their tour guide. Have the players follow you in a straight line first off. Walk the players around the coned area.

At every couple of paces, introduce a character from Toy Story and have the players perform different movements e.g. walk like: Buzz Light-year, Mr. Potato Head, Slinky Dog, Rex, Haam, Bo Peep...

1. Carry the ball around the area
2. Dribble the ball around the area
3. Can you try and use both feet
4. Can coach zig zag as well as a straight line

CORE GAME 1: TOY TAP SET UP: 15 X 20 YARD AREA PROGRESSION

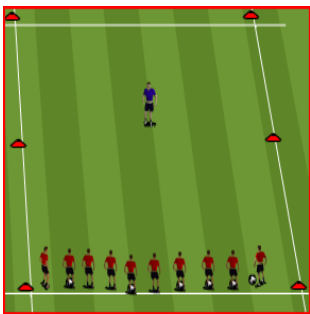


The whole group starts in one corner and the coach puts all the toys (balls) in the middle of the bedroom (area).

The coach then tells them we are going to run around to see who can pat (with hands) the most toys (balls). Coach then quizzes the group, on how many soccer balls they touched? Then ask the players to touch the ball using the underneath of their sole (tapping the ball lightly).

1. Touch each ball twice (left & right)
2. In-between the feet (toe taps)
3. Jump over ball
4. Drag back turn on each ball

CORE GAME 2: WHAT TIME IS IT BUZZ? SET UP: 15 X 20 YARD AREA PROGRESSION



Players are on the side of the playing area, coach (Buzz) to the other. They ask what the time is: 'What time is it Buzz Lightyear? Buzz replies with a time, they move forward with the number of steps corresponding to the number of hours. Seven o'clock= seven touches forward with the ball.

If Buzz shouts 'To infinity ... and beyond!' that means he wants to take their toy (ball). Buzz chases the players back to line where they started, where they are safe (toy trunk). If Buzz gets a toy, then that player joins Buzz in cleaning the bedroom floor.

1. Use the sole to move the ball forward
2. Toe tap forward (both feet)
3. Perform a drag back turn to get back to safe base!
4. Have a player join you as Buzz Lightyear!

SMALL SIDED GAME SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:
ISOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 2 THEME: MOVING THE BALL/CARS

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> ★ Teach them to listen and follow direction. ★ Develop different speeds ★ isocer introduction 	<ul style="list-style-type: none"> ★ Awareness of area – can they stay inside coned area. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Change direction and speed under control. 	<ul style="list-style-type: none"> ★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

WARM UP: HOOD & TRUNK SET UP: 30 X 20 YARD AREA PROGRESSION



Each player has a ball. Players walk balls around area with and on Coach (Sheriff) command; they must put their 'Hood' (head) or 'trunk' (butt) on soccer ball. Then have players jog with the ball.

1. Introduce other car parts – engine=chest, wipers – toe-taps, etc.
2. When dribbling use different speeds: Strip Weathers=Walk, Chick Hicks=Jog, Lightning McQueen=Fast.
3. Introduce Combinations; 'Hood followed by trunk!'

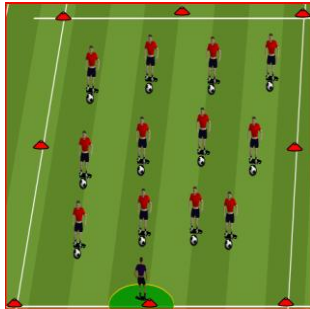
CORE GAME 1: PISTOL CUP CHAMPIONSHIP SET UP: 30 X 20 YARD AREA PROGRESSION



Each player has a ball and follows coach command: Red=Stop, Green=Go, Yellow=Slow. On 'Red' Get players to make a noise and screech to a halt. Last person to stop the ball gets a ticket.

1. Take the speeds from the previous game: Strip Weathers=Slow, Chick Hicks=Medium, Lightning McQueen=Fast
2. Introduce other commands:
3. Up Hill=Foundations
4. Car Wash=Toe Taps
5. U-Turn=Turn
6. Circle=Circle the ball,
7. Over the Bridge=Stop the ball and jump over it.

CORE GAME 2: ISOCCER SET UP: 30 X 20 YARD AREA PROGRESSION



Every player has a ball ready for an informal isoccer test. Practice first the technique of stationary toe taps, with the coach looking for good form i.e. feet & knees facing forward/straight and get the arms pumping. Then go around the ball whilst doing toe taps; left & right.

Next have the players move the ball forward a short distance 3-5 yards (depending on ability) doing toe taps and then backwards, whilst all the time maintain good form/technique. Finish with a count of stationary toe taps inside 20 seconds. For video demonstration click: [HERE](#)

- 1.

SMALL SIDED GAME SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:
ISOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 3

THEME: MOVEMENT WITH THE BALL/SPONGEBOB SQUARE PANTS

SESSION GOALS:

- ★ Ball Control
- ★ Awareness
- ★ Drag Back Turn

COACHING POINTS:

- ★ Awareness of area – can they stay inside coned area.
- ★ Teach them to listen and follow direction.
- ★ Use both feet.
- ★ Keep ball close.
- ★ Head up and look around.
- ★ Turning – change direction and accelerate.

UNDERSTAND YOUR AUDIENCE:

- ★ Short attention span
- ★ Make players aware of area by walking them around it
- ★ Allow players to learn at own pace
- ★ Have parents join in with the players

WARM UP: SPONGEBOB SAYS

SET UP: 30 x 20 YARD AREA

PROGRESSION



Each player has a ball and moves around Bikini Bottom. Coach (SpongeBob) shouts various instructions - If coach command is preceded by "SpongeBob says" then players must carry it out, if not the player ignores the command and continues to move around Bikini Bottom. Use commands to work on coordination and balance as well as touches on the ball – throw ball up and catch, touch with inside of foot, touch with outside of foot, toe touches, foundations, etc.

1. Make the commands quicker
2. Increase difficulty of command – e.g. toe taps and then accelerate

CORE GAME 1: MR. KRABS

SET UP: 30 x 20 YARD AREA

PROGRESSION



All players have a sponge (pinney) tucked into the back of their shorts. Coach starts as Mr. Krabs and will try to grab the sponges from the players and place them in the Krusty Krab (an area coned off at one corner of area). If player has their sponge taken they join Mr. Krabs in the hunt for sponges.

1. Each player has a ball

CORE GAME 2: LITTLE PLANKTON

SET UP: 30 x 20 YARD AREA

PROGRESSION



Each player has a ball. Set up a square (use lots of cones to clearly mark out) in middle of playing area. Select a Plankton and place plankton (wearing a pinney) inside square. Players begin by carrying ball and trying to run across square without being tagged to get a point. Plankton is not allowed out of square but gets a point every time they touch a player. Rotate the plankton player after a minute.

1. Players dribble ball.
2. Player has to dribble in and turn out of square to get a point.

SMALL SIDED GAME

SET UP: 30 x 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

- HOMEWORK:**
- ISOCER TEST:**
- BALL MASTERY:**



AGE GROUP/PROGRAM: U5 TOWN

WEEK # 4

THEME: CONTROLLING THE BALL/FINDING NEMO

SESSION GOALS:

- ★ Ball Control
- ★ Awareness
- ★ Drag Back Turn

COACHING POINTS:

- ★ Awareness of area – can they stay inside coned area.
- ★ Teach them to listen and follow direction.
- ★ Use both feet.
- ★ Keep ball close.
- ★ Head up and look around.
- ★ Can they help their friends?

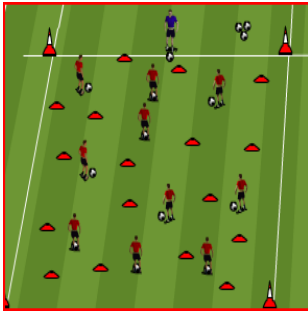
UNDERSTAND YOUR AUDIENCE:

- ★ Short attention span
- ★ Make players aware of area by walking them around it
- ★ Allow players to learn at own pace
- ★ Have parents join in with the players

WARM UP: SEA CREATURES

SET UP: 30 X 20 YARD AREA

PROGRESSION



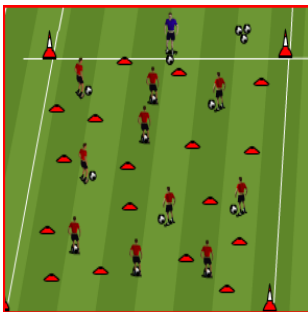
Players start in one of the 4 corners of playing area without a ball. Coach scatters cones (sea rocks) around area. Players run in and out of the cones without touching them – they can jump over or run around. On coach command 'Sea Creatures!', players make a statue of a sea creature which coach is going to guess

1. Add a ball on command; players must do their statue with one foot on top of the ball.

CORE GAME 1: SEABED

SET UP: 30 X 20 YARD AREA

PROGRESSION



Each player has a ball and has to avoid the sea rocks (cones) which are scattered around the seabed/playing area. If the player's ball hits a rock they have to go to the shore and perform a soccer trick – toe taps/foundations/jump over ball a certain number of times.

1. Coach is a fisherman and tries to catch fish by touching the top of a player's ball with their foot. Player if frozen for 10 seconds and must count out loud until they can move again.

CORE GAME 2: STUCK IN THE TANK

SET UP: 30 X 20 YARD AREA

PROGRESSION



Each player has a ball. Coach is fisherman and the players are characters from 'Finding Nemo'. The fisherman has to touch the top of a player's ball to freeze them. When player is tagged they pick their ball up, hold it high above their head and yell 'help help I'm stuck in the tank!' Another player comes along and must crawl through players' legs to release them.

1. Roll ball through legs to release.
2. Add fishermen.

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMWORK:

ISOCER TEST:

BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 5 THEME: CHANGING DIRECTION/MONSTERS INC

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> ★ Spatial awareness ★ Shielding ★ 1v1 	<ul style="list-style-type: none"> ★ Awareness of area – can they stay inside coned area. ★ Teach them to listen and follow direction. ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Can they shield the ball – keep ball as far away from Sully as possible? 	<ul style="list-style-type: none"> ★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

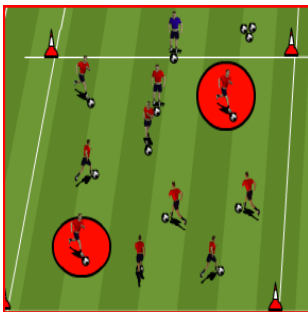
WARM UP: MONSTER COUNTDOWN SET UP: 30 X 20 YARD AREA PROGRESSION



Each player has a ball. Players dribble their soccer ball around the bedroom. They dribble till they hear Sulley count down from 5-1. Players have to find a space (at least an arm's length away from all other players) and be stopped in a space on the number 1.

1. Scatter cones around the playing area, and instead of looking for a space to find, on the count they look for a cone.
2. Gradually take cones away.

CORE GAME 1: MONSTER SPIN SET UP: 30 X 20 YARD AREA PROGRESSION



Each player has a ball. Players carry the ball around bedroom and on Sulley's command have to make a full 1 circle (360) and then carry on moving in the direction they were travelling.

1. Players must throw ball up before spinning a catch it.
2. Players dribble ball with feet.
3. Players do different movements before spinning – toe taps, foundations.

CORE GAME 2: MONSTER KNOCKOUT SET UP: 30 X 20 YARD AREA PROGRESSION



Each player has a ball. Players are dribbling their balls around Monstropolis. Sulley (Coach) is attempting to knock the player's balls out of the area (bedroom). When a player has their ball knocked out, they have to perform a soccer trick to get back in the game – toe taps, foundations, jump over the ball a certain number of times.

1. Player becomes Sulley.
2. Add another Sulley.

SMALL SIDED GAME SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

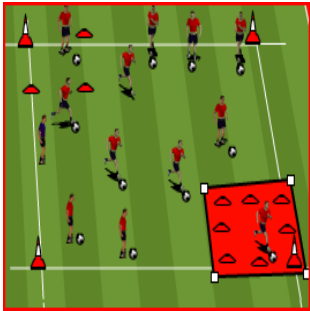
HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 6 THEME: BALL MASTERY/MADAGASCAR

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> ★ 1v1 ★ Travelling with the ball ★ Changes of direction 	<ul style="list-style-type: none"> ★ Use both feet. ★ Keep ball close. ★ Head up and look around. ★ Turn – change direction and speed. Look at some different ways to turn. 	<ul style="list-style-type: none"> ★ Short attention span ★ Make players aware of area by walking them around it ★ Allow players to learn at own pace ★ Have parents join in with the players

WARM UP: AT THE ZOO SET UP: 30 X 20 YARD AREA PROGRESSION



Players move around zoo without a ball. In each corner of playing area, they to see a particular group of animals - players act like that animal. Monkeys – jump up and down and make monkey noises, Penguins – shake hands, Giraffes – stretch as high as they can, Whales – jump and spin.

1. Add a ball and introduce different movements with ball - E.g. penguin=foundations, monkeys=toes taps, giraffe=big stretch with the ball, whales – jump over the ball.
2. Introduce different animal speeds: Melman the Giraffe=Slow, Marty the Zebra=Medium, Tony the Lion=Fast

CORE GAME 1: SAFARI SET UP: 30 X 20 YARD AREA PROGRESSION

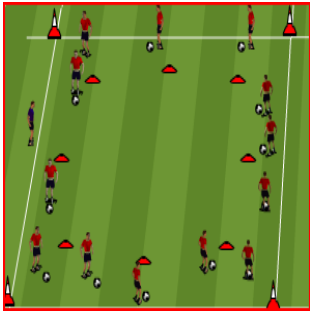


Each player has a ball. Players are on safari in Madagascar but have to listen out for the Lion's (coach) command:

- Zoo Keeper=Stop, Last person to stop the ball gets a roar!
- Escape Time=Go,
- Zoo Truck =Slow.

1. Introduce the following commands:
2. Climb the Tree=Foundations
3. Coconuts=Toe Taps
4. Ambush=Turn
5. Around the Lake=Circle the ball
6. Over the River=Stop the ball and jump over it
7. Thorn in the Foot=Use other foot

CORE GAME 2: CIRCLE THE JUNGLE SET UP: 30 X 20 YARD AREA PROGRESSION



Make a large circle (jungle) in area. Each player has a ball. Players dribble around outside of circle and on the coach command have to dribble across the circle to other side and continue to dribble.

1. Coach raises an arm instead of verbal command
2. Have a lion who tries to get their ball as they travel across jungle

SMALL SIDED GAME SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN WEEK # 7

THEME: RUNNING WITH THE BALL(1)/THE INCREDIBLES

SESSION GOALS:

- ★ Use both feet
- ★ Keep ball close
- ★ Turning under pressure

COACHING POINTS:

- ★ Head up and look around.
- ★ Push ball into space and accelerate.
- ★ Inside hook turn– reach around ball and push ball 180 back using inside of foot. Bend knees and accelerate out.
- ★ Outside hook turn – same as above with outside of foot.

UNDERSTAND YOUR AUDIENCE:

- ★ Short attention span
- ★ Make players aware of area by walking them around it
- ★ Allow players to learn at own pace
- ★ Have parents join in with the players

WARM UP: INCREDIBLE CONE COLLECTION

SET UP: 30 X 20 YARD AREA

PROGRESSION



Each player has a ball. Their first task is to collect a cone and wear it as a hat which gives them Incredible super powers. Can they dribble their ball around wearing a super power hat?

1. Switch hats with a friend.
2. Turn with ball.
3. On coach's command "Enigma is coming", get to one corner of area as quickly as possible to be safe from his x-rays.

CORE GAME 1: SUPERPOWER CHALLENGE

SET UP: 30 X 20 YARD AREA

PROGRESSION



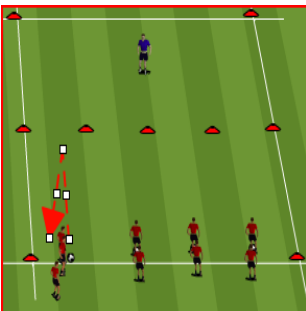
Each player has a ball. Players (Incredibles) dribble around the area and on coach command have to stop their ball, jump over it and go and find another ball and dribble it away. Each time they do their power gets stronger.

1. Toe Taps on ball before switching
2. Foundations
3. Player must dribble to one corner, leave their ball and go and get another one.

CORE GAME 2: INCREDIBLES RELAY

SET UP: 30 X 20 YARD AREA

PROGRESSION



Put the players into teams of 2-3; have them complete a short relay race using a high five as a changeover.

1. Toe Taps out and dribble back
2. Foundations out and dribble back
3. Inside hook turn
4. Outside hook turn

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCER TEST:

BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN

WEEK # 8

THEME: INTRODUCTION TO SHOOTING/KUNG FU PANDA

SESSION GOALS:

- ★ Introduction to shooting
- ★ Combination of dribbling and shooting

COACHING POINTS:

- ★ Head up and look around.
- ★ Lock ankle – toe up and heel down.
- ★ Keep eye on ball.
- ★ Hit through middle of ball

UNDERSTAND YOUR AUDIENCE:

- ★ Short attention span
- ★ Make players aware of area by walking them around it
- ★ Allow players to learn at own pace
- ★ Have parents join in with the players

WARM UP: KUNG FU PANDA

SET UP: 30 X 20 YARD AREA

PROGRESSION



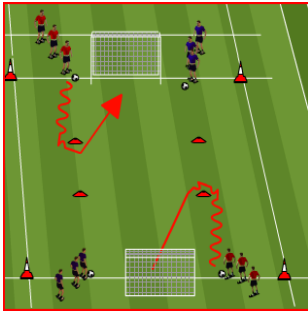
Players each have a ball in the area. Have players change speed on command throughout the time period. Have players use ever Y part of their foot to touch the ball, changing direction with every touch. Have players use only sole of one foot, then both soles; be creative. Pretend everyone is a defender; keep the body between the ball.

1. Who can get the most touches in 30 seconds
2. Add defender

CORE GAME 1: KUNG FU FINISH

SET UP: 30 X 20 YARD AREA

PROGRESSION



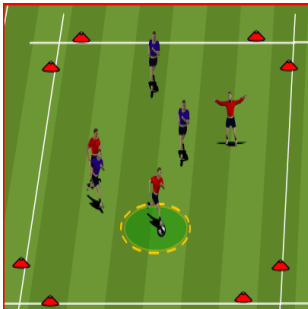
Put 2 cones opposite the goalposts and 10 yards away from goal. 2 players go at same time and dribble out to cone, turn and shoot on goal.

1. Add a GK.
2. Players start at opposite goals and now dribble across field before shooting.

CORE GAME 2: 4 GOALS

SET UP: 30 X 20 YARD AREA

PROGRESSION



With 3x3 teams, both teams compete for the ball and try to score in anyone of the four goals. If one goal is heavily defended can the player in possession turn and run with the ball to another goal. Make the goals (6 Yards) big to start with.

1. Narrow goals
2. Award points for moves

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCER TEST:

BALL MASTERY:



AGE GROUP/PROGRAM: U5 TOWN

WEEK # 9

THEME: AWARENESS OF TEAM
MATES/TRANSFORMERS

SESSION GOALS:

- ★ Use both feet
- ★ Keep ball close
- ★ 1v1

COACHING POINTS:

- ★ Awareness of area – can they stay inside coned area.
- ★ Teach them to listen and follow direction.
- ★ Can they help their friends?

UNDERSTAND YOUR AUDIENCE:

- ★ Short attention span
- ★ Make players aware of area by walking them around it
- ★ Allow players to learn at own pace
- ★ Have parents join in with the players

WARM UP: ROBOTIC PARTS COLLECTION

SET UP: 30 X 20 YARD AREA

PROGRESSION



All the players have a ball each and are looking out for the coach. The coach will hold up different colored pinnies or cones to signal commands. i.e. red pinnie change direction. The coach can also call out numbers requesting different skills. All the players must call out the color or number.

1. Coach to hold up fingers and the players must touch the ball a certain amount of times to correspond with that number i.e. 4 fingers=4 toe taps.

CORE GAME 1: THE 4 CORNERS OF CYBERTRON

SET UP: 30 X 20 YARD AREA

PROGRESSION



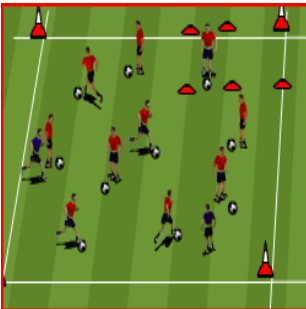
Each player has a ball. Set up 4 areas in each corner of field and give each corner a name. Players dribble around Cybertron. On coach (Optimus) command players must dribble into the corner that coach instructed.

1. Players have to perform a soccer trick in each area
2. Players must dribble from one corner to another

CORE GAME 2: DECEPTICON VS AUTOBOTS

SET UP: 30 X 20 YARD AREA

PROGRESSION



Nominate 1 player to be an Autobot and the rest are Decepticons. Autobot has to tag Decepticons by tagging them on the shoulder. When Decepticon is tagged they have to go to Cybertron (an area in one corner of field). They can be freed by a friend giving them a high 5.

1. Add a ball for decepticons.
2. Add another autobot.
3. Players must perform a soccer trick before getting out of Cybertron – toe taps, foundations, etc.

SMALL SIDED GAME

SET UP: 30 X 20 YARD AREA

4 periods of 6 minutes and then 3 x 8 minutes. Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. FUN, FUN, AND FUN. Reduce stoppages and encourage lots of dribbling. Award extra points/goals for turns (drag backs) and moves.

HOMEWORK:

ISOCER TEST:

BALL MASTERY: