



Orchard Park Soccer Club

2014 SOCCER CURRICULUM

u5-u6

8 WEEK TRAINING PROGRAM

OPSC CURRICULUM INDEX

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Week 1 - Dribbling

Dribbling (15mins) - Line Game

Field Size

15x15 yard area.

Set up/ rules

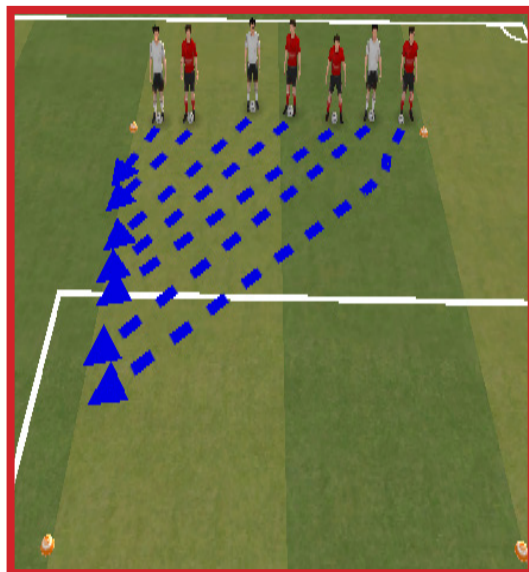
Associate a color to each line. Coach shouts a color and all players must run to that line. Shout a few so players change direction

Coaching Points

Keep ball close to feet
Use sole of foot to turn

Progression

Each player has a ball to dribble
Last player to the line has to perform 5 toe taps



Dribbling (15mins) - Foot Skills

Field Size

20x20 yard

Set up/ rules

Split players into two teams. Have each team start on a different side of the box. Players must dribble to the opposite side of the area, turn and dribble back.

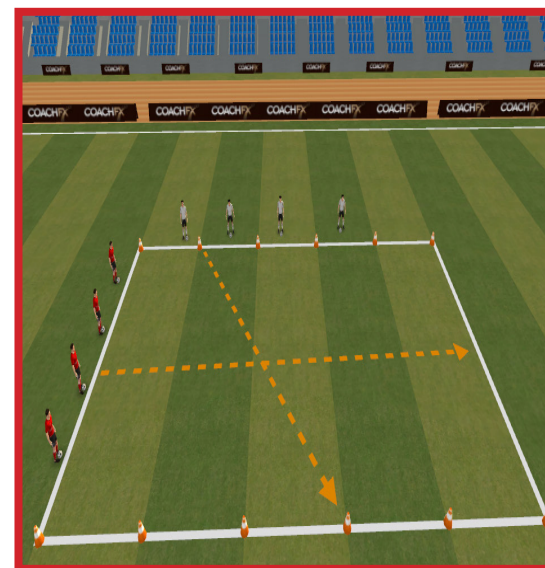
Coaching Points

Head up to see space and players
Keep ball close to feet
Clever foot work to avoid traffic

Progression

First team to have all players dribble up and back 3 times wins a point. First team to 3 points.

Split into 4 teams and have one team on each side to increase traffic



Dribbling (15mins) - Dribbling Gates

Field Size

35x25 yard area with 5 yard gates randomly placed inside the area

Set up/ rules

Each player has a ball and dribbles inside the area through as many gates as possible.

Coaching Points

Head up to see space and cones
Keep ball close to feet
Clever foot work to change direction
Accelerate towards gate

Progression

Left Foot only
Right foot only



Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 2 - Dribbling

Dribbling (15mins) - Dribbling Maze

Field Size

12x12 yard box

Set up/ rules

One player stands inside the box holding a ball. Other players stand on the outside of the area with ball at their feet. Idea of the game is for the players on the outside of the square to dribble their ball through the square to another side without being tagged by the central player.

1 point for going to the left or right side

3 points for getting to opposite side

Coaching Points

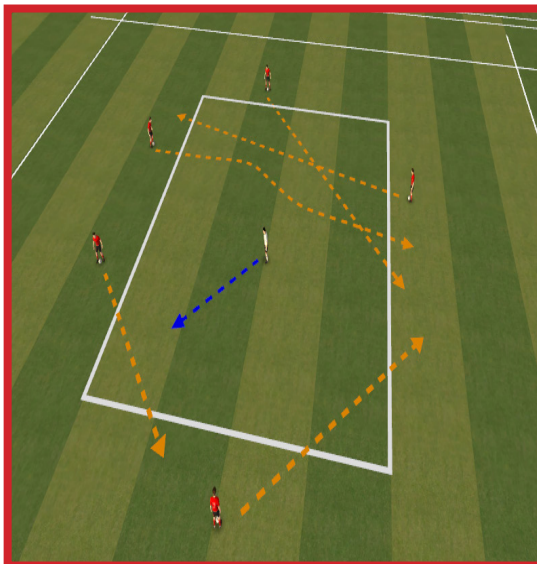
Keep ball close to feet

Head up to see space

Dribble fast into space

Progression

2 Taggers



Dribbling - (15mins) - Crab's

Field Size

20x15 yard area with 5 yard channels

Set up/ rules

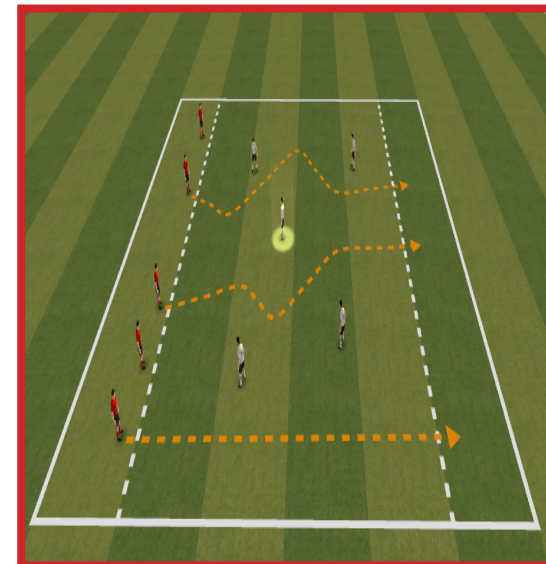
Have all players start in a channel with a ball and one player start in the center (crab). All players must dribble the ball across to the opposite side. The crab works in the middle zone and tries to 'pinch' any ball they can by grabbing it with their hands. If player has ball 'pinched' they become a crab with the restriction they can't move from the position they get tagged in and must be sat down. They can stretch out to reach and try 'pinch' a ball. The starting crab as the only crab allowed to move. (highlighted in diagram). Last player left wins

Coaching Points:

Communication

Keep ball close

Head up to see space



Dribbling (15mins) - 1v1

Field Size

10x10 box with small goals in each corner

Set up/ rules

Attackers start one side of the area with defenders on opposite side. Attacker dribbles the ball into the area and tries to dribble out of either goal on the opposite side. Defender tries to steal the ball and dribble out of the other 2 goals.

Coaching Points

Head up to see space and cones

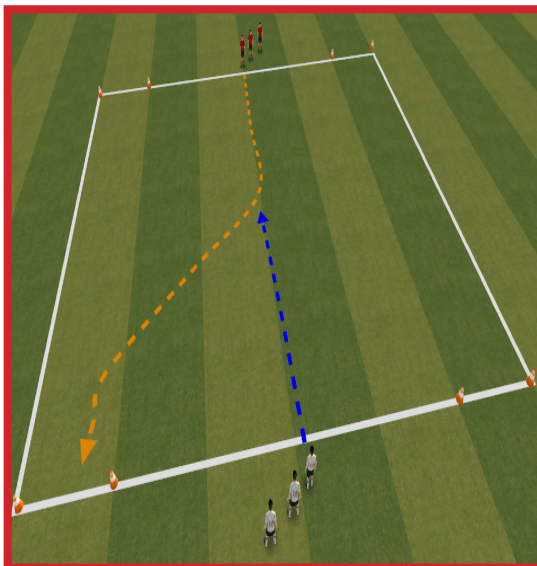
Keep ball close to feet

Clever foot work to change direction

Accelerate towards goal

Progression

Competition - First team to score 5 points wins.



Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 3 - Dribbling

Dribbling (15mins) - Dribbling Maze Field Size

20x20 yard area

Set up/ rules

Players work in pairs. One player is the leader the other follows. Player following must copy everything the leader does. What different movements can each player think of.

Switch after 30 seconds.

Coaching Points

Keep ball close to feet

Head up to see partner and space

Progression

Give each player a ball



Dribbling (15mins) - Dribbling Maze Field Size

35x25 yard area with 5 yard triangles randomly placed inside the area

Set up/ rules

Each player has a ball and dribbles inside the area through as many triangles as possible.

Coaching Points

Head up to see space and cones

Keep ball close to feet

Clever foot work to change direction

Accelerate towards gate

Progression

Race - How many can you get through in 30 seconds

Player must perform a move inside the triangle before leaving the triangle



Dribbling (15mins)

Field Size

35x20 yard area. Central area 25x20 yards.

Set up/ rules

Split players into 2 teams, one team in each end zone. Each player has a ball. Players dribble inside their team zone. Coach shouts 'speedway' at which point players dribble through central area to opposite zone. First team to get all players across gains a point.

Coaching Points

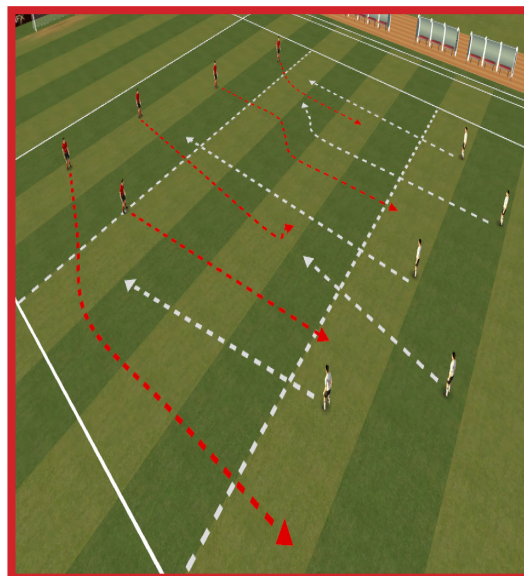
Head up to see space

Keep ball close to feet

Clever foot work to change direction

Progression

Add one player in central zone to try and steal a ball off any player. If player has ball stolen they become new middle player.



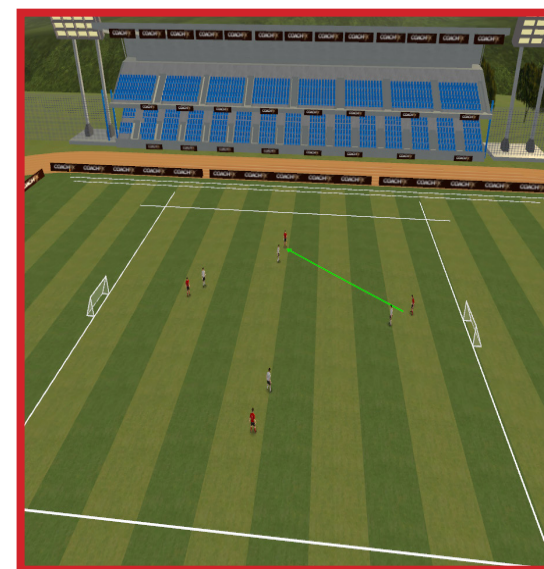
Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 4 - Turning

Turning (15mins) - Head, Shoulders, Knees & Toes

Field Size

20x20 yard area.

Set up/ rules

Players work in pairs with one ball between them. Players stand either side of the ball facing each other close enough to the ball that they can put a foot on the ball.

Coach will call out body parts: Head, Shoulders, Knees, Toes in any order.

Players must touch the body part coach calls out. When coach calls 'ball' player who grabs the ball first gets a point

Coaching Points

Knees slightly bent for balance

Progression

Players now put foot on the ball and drag it back to gain a point.



Turning - (15mins) - Crab's

Field Size

20x15 yard area with 5 yard channels

Set up/ rules

Have all p/ayers start in a channel with a ball and one player start in the center (crab). All players must dribble the ball across to the opposite side. The crab works in the middle zone and tries to 'pinch' any ball they can by grabbing it with their hands. If player has ball 'pinched' they become a crab with the restriction they can't move from the position they get tagged in and must be sat down. They can stretch out to reach and try 'pinch' a ball. The starting crab as the only crab allowed to move. (highlighted in diagram).

Last player left wins

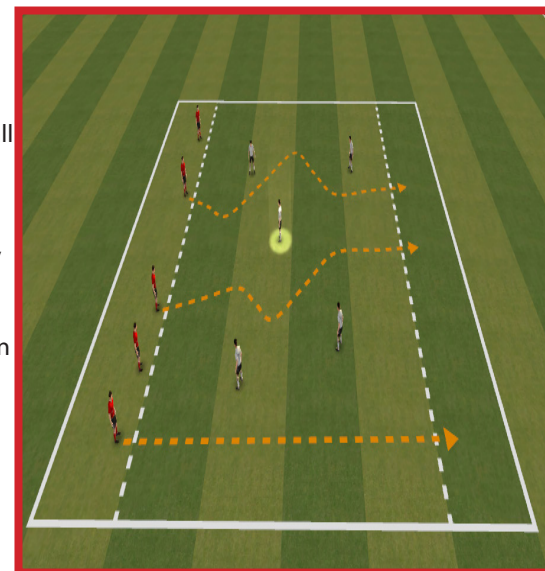
Coaching Points:

Communication

Keep ball close

Head up to see space

Turn to change direction



Turning (15mins) - 1v1

Field Size

10x10 box with small goals in each corner

Set up/ rules

Attackers start one side of the area with defenders on opposite side. Attacker dribbles the ball into the area and tries to dribble out of either goal on the opposite side. Defender tries to steal the ball and dribble out of the other 2 goals.

Coaching Points

Head up to see space and cones

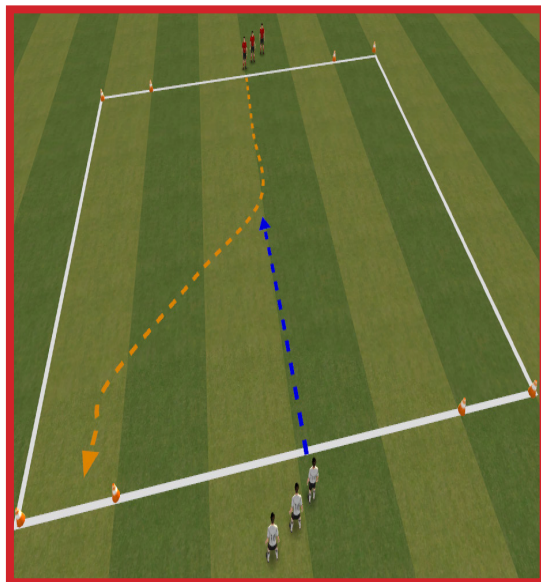
Keep ball close to feet

Clever foot work to change direction

Accelerate towards goal

Progression

Competition - First team to score 5 points wins.



Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 5 - Turning

Turning (15mins)

Field Size

Lines of cones set out 10 yards apart

Set up/ rules

Players work in pairs, dribble out to the middle cone and turn and dribble back

Coaching Points

Keep ball close to feet
Use sole of foot to turn

Progression

Turn and pass the ball back



Turning (15mins) - Stop Turn

Field Size

35x25 yard area with 5 yard gates randomly placed inside the area

Set up/ rules

Each player has a ball and dribbles inside the area through as many gates as possible. As player dribbles through a gate they must turn and go back through the same gate.

Coaching Points

Head up to see space and cones
Keep ball close to feet
Clever turn to change direction
Check shoulder before turning

Progression

Use left foot only to turn
Use right foot only to turn



Turning (15mins) - Head, Shoulders, Knees & Toes

Field Size

20x20 yard area with colored end zones

Set up/ rules

All players start in the center with a ball. Coach calls out a colour, players must dribble the ball into that coloured zone, turn and dribble back to the middle.

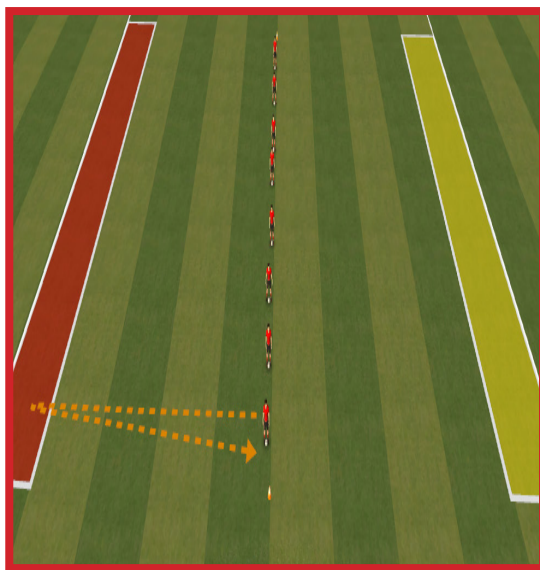
Coaching Points

Keep ball close to feet to allow turn
Head up to see space

Progression

Make it a race, first person back gains a point.

Play opposites - red = yellow, yellow = red



Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 6 - Passing

SAQ (15mins) - Reactions

Set up/ rules

Create 3-4 lines of SAQ challenges (as shown).

1. Line of 5 cones
2. 6 cones in slalom
3. 5 hurdles in a line

Place 2 cones 3 yards apart at the beginning of each line. First player from each line stands in between teams cones. Coach will call out "left right". Player must touch the cone to the left then right then move through their SAQ activity before rejoining the line. Rotate to work each exercise. Mix up the directions calling each one numerous times.

Coaching Points

Fast foot work
Use arms for balance



Passing (15mins)

Field Size

10X15 yard area with 8 yard central zone. Place as many cones as possible on each end line. Split players into 2 teams. One team in each end zone. Each player has a ball.

Set up/ rules

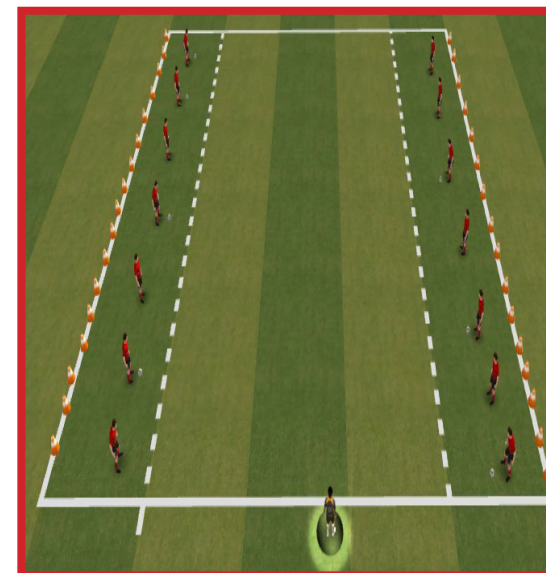
Each player will kick the ball across and try and hit a cone on the opposite side. When a cone is hit a player turns it upside down. No player can enter middle zone. Player can stop balls hitting the cones by using their feet. Ball must stay on the floor.

Coaching Points

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

Left foot only
Right foot only



Passing (15mins)

Field Size

25x25 yard area with 3x3 boxes inside the area

Set up/ rules

Have a ball in each box. Players work in pairs and must move to a box, play 3 passes and then move to a new box leaving the ball in the box it starts in. First team to get to six boxes wins

Coaching Points:

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

Left foot only
Right foot only
Ball must go through all side of the box before players move on.



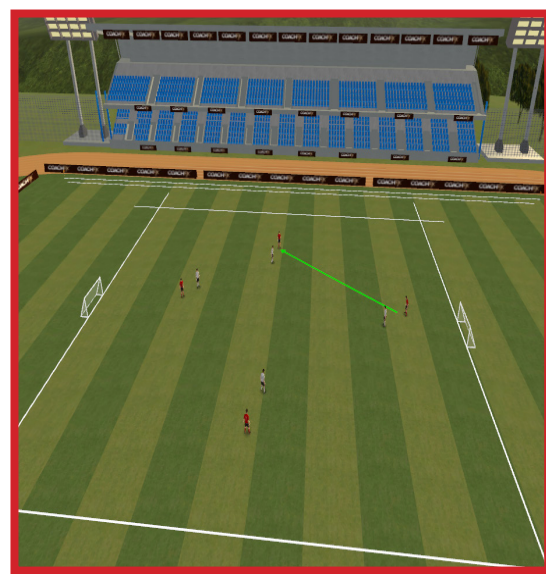
Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 7 - Passing

Passing (15mins) - Cone Knock Down

Field Size
20x20 yard area with cones placed centrally

Set up/ rules

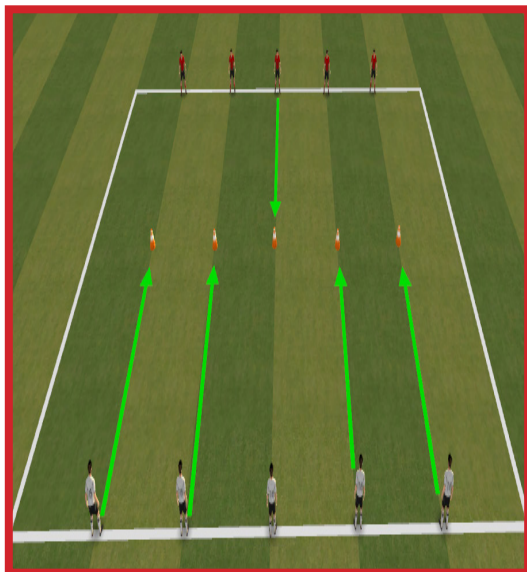
Player work in pairs standing 10 yards either side of a cone. One ball between the pair. Player 1 passes the ball and tries to hit the cone. 1 point every-time player hit the cone. First player to 5 points wins

Coaching Points

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

No players can aim for any central cone. If player hit the cone that team keeps the cone. Team with most cones wins.



Passing (15mins)

Field Size

25x25 yard area with small 8x8 yard square in the center.

Set up/ rules

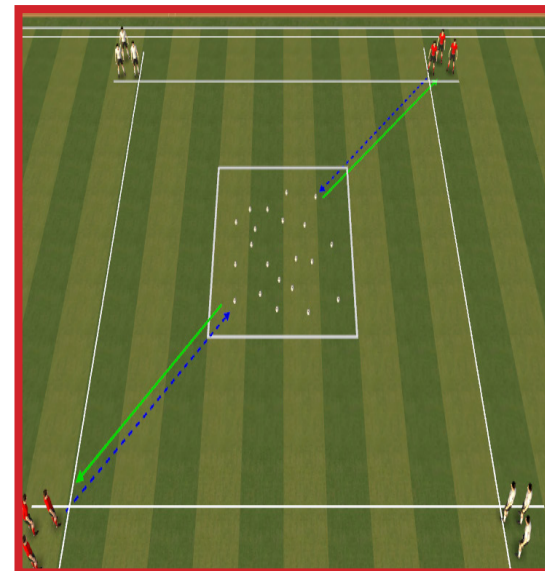
4 teams, one team in each corner. Fill the center with balls. 1 player from each team will run out, get a ball and pass it back to their team. Team with the most balls once all have gone from the middle win.

Coaching Points

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

Left foot only
Right foot only



Passing (15mins)

Field Size

25x25 yard area with 3x3 boxes inside the area

Set up/ rules

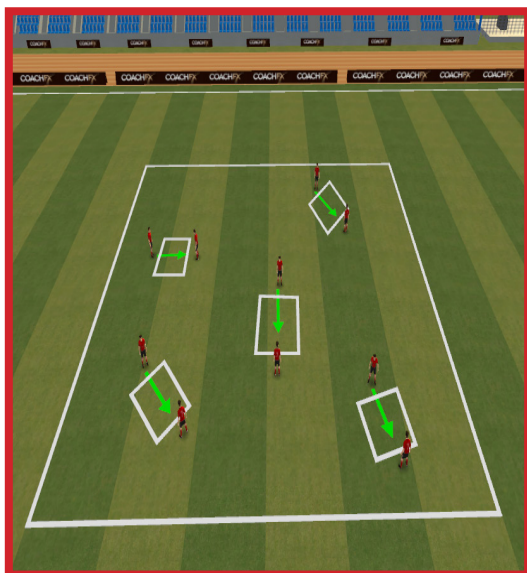
Have a ball in each box. Players work in pairs and must move to a box, play 3 passes and then move to a new box leaving the ball in the box it starts in. First team to get to six boxes wins

Coaching Points:

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

Left foot only
Right foot only
Ball must go through all side of the box before players move on.



Small Sided Game (15mins)

Field Size

30x40 yard area

Set up/ rules

Play 4v4 both teams play 1-2-1 formation.



Week 8 - Shooting

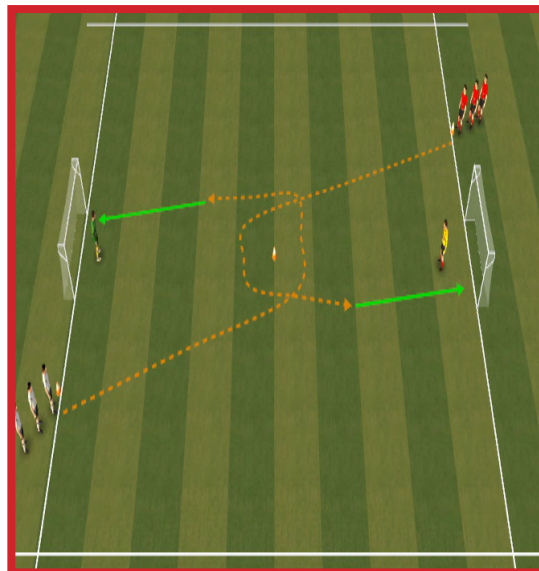
Shooting (15mins) - Shooting Races

Field Size
2 goals 15 yards apart with a cone between the two goals.

Set up/ rules
Split players into two teams diagonally opposite next to a goal. First player from each line will dribble out and shoot for the goal opposite. Players can't shoot until they pass central cone. First player to score gets a point for their team.

Coaching Points
Shoot with laces
Shoot for space in goal

Progression
Players must now go around central cone and shoot for the goal they start next to. First player to score gets the point.



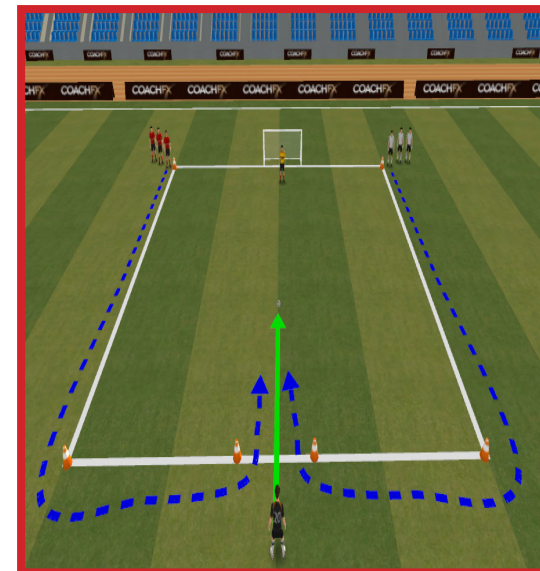
Passing (15mins)

Field Size
10x10 yard area with goal

Set up/ rules
Players must run around cone and through gate to enter area. Coach will roll ball into play and players battle to try and score first.

Coaching Points
Shoot with laces
Shoot for space in goal

Progression
2 players go from each team.



Shooting (15mins)

Field Size
25x25 yard area with a goal on each side

Set up/ rules
Play 4v4. First team to score a goal in all 4 goals wins. Have plenty of spare balls to throw in once a ball is scored or goes out of play.

Coaching Points:
Keep ball close when dribbling to allow shot
Shoot for space in goal



Small Sided Game (15mins)

Field Size
30x40 yard area

Set up/ rules
Play 4v4 both teams play 1-2-1 formation.

