



Global Premier Soccer

[2015 Curriculum](#)
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GPS CURRICULUM INDEX

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Week 1: Dribbling

WARM UP



Dribbling

Set up/Rules

20x15 yard area
All players have a ball and dribble inside the area.

Progression

Use Inside/outside/sole of feet
L Turn

Coaching Points

Keep ball close to feet
Head up to see space
Use different parts of the foot to move the ball

TECHNICAL



Dribbling Gates

Set up/Rules

Players have a ball each and dribble through as many gates as possible
Progression

Use sole of foot only
How many gates can player dribble through in 30 seconds

Coaching Points

Keep ball close to feet
Head up to see spare gate

TECHNICAL/TACTICAL



Dribbling to shoot

Set up/ rules

Split into two teams, starting either side of the cones. First player in the line dribbles the ball down the channel and perform an attacking move through the gate to then shoot for goal.

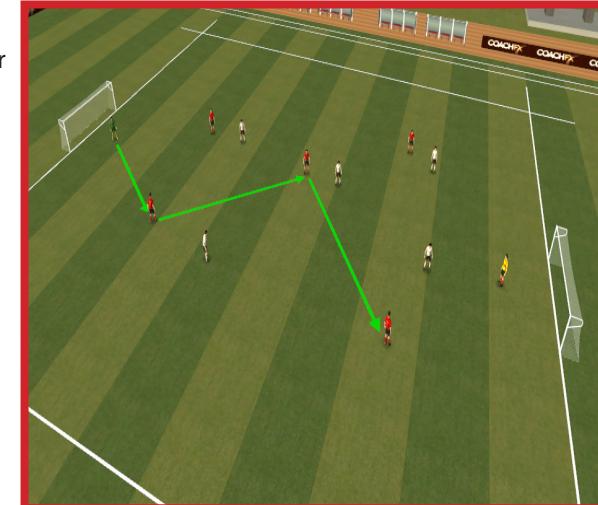
Progression

Race - First player to score gains a point for their team

Coaching Points:

Keep ball close to allow chop turn
Big touch to allow shot with second touch

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

Coaching Points

Remind players of key coaching points from the session



Week 2: Ball Manipulation

WARM UP



Dribbling

Set up/Rules

20x15 yard area
All players have a ball and dribble inside the area.

Progression

Use Inside/outside/sole of feet
L Turn

Coaching Points

Keep ball close to feet
Head up to see space
Drag ball back past standing foot and flick ball behind standing foot.
Switch feet and use what was the standing foot to push ball and accelerate away.

TECHNICAL



Ball Manipulation

Set up/Rules

4 groups set out on outside cones.
Players dribble the ball into the area to the left the central cone, perform the L turn and dribble to the group on the right.

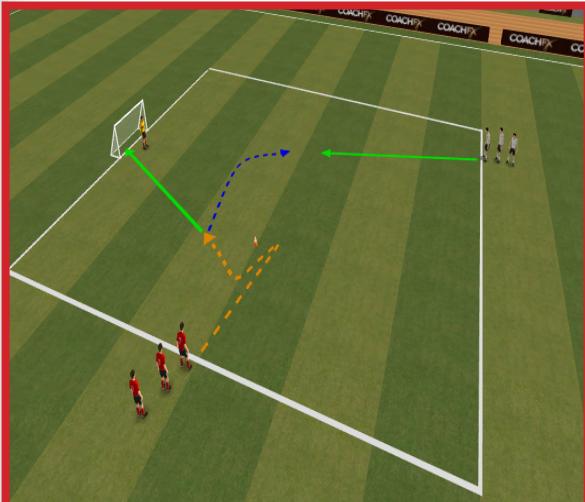
Progression

Switch direction
Roll ball across body then perform L turn

Coaching Points

Manoeuvre ball quickly between feet. Recognize distance from cone.
How far to away to perform move
Accelerate after move

TECHNICAL/TACTICAL



L turn to shoot

Set up/Rules

Red dribbles towards central cone and performs and L turn to get a shot at goal. Once shot is taken white dribbles into playing area to go 1v1 with red.

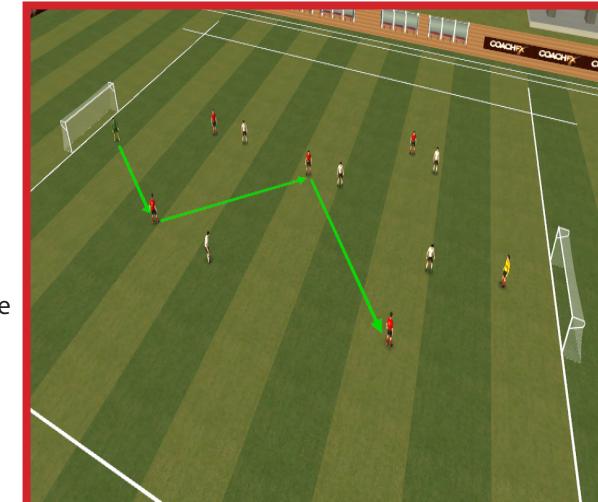
Progression

Move start position of players so players use both feet and to change point of attack

Coaching Points

Dribble at speed
Weight and angle of L turn to set up shot at goal
Creativity in 1v1 situation

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation
Coaching Points

Remind players of key coaching points from the session



Week 3: Turning

WARM UP



Turning Square

Set up/Rules

Each player has a ball and dribbles around the big square. At any point player moves into small square and performs 3 different turns.

Progression

Add defender in middle square

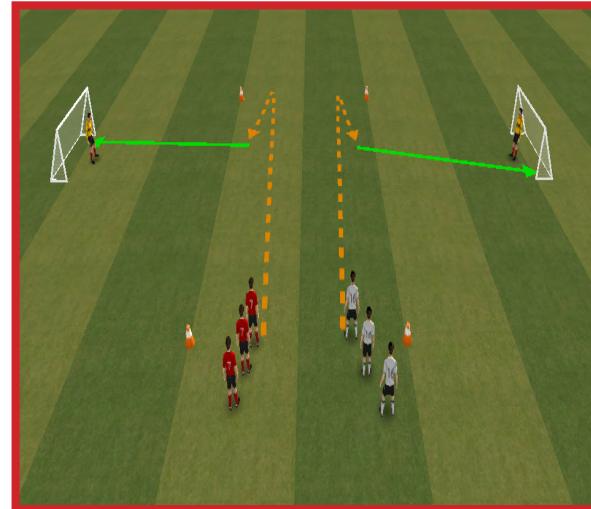
Coaching Points

Keep ball close to feet

Head up to see space

Different parts of the foot to move ball

TECHNICAL



Turning to shoot

Set up/Rules

Split players into two teams. First player from each team dribbles towards the gate opposite. As player passes through the gate they perform the Pull Push Behind and then shoot for goal.

Progression

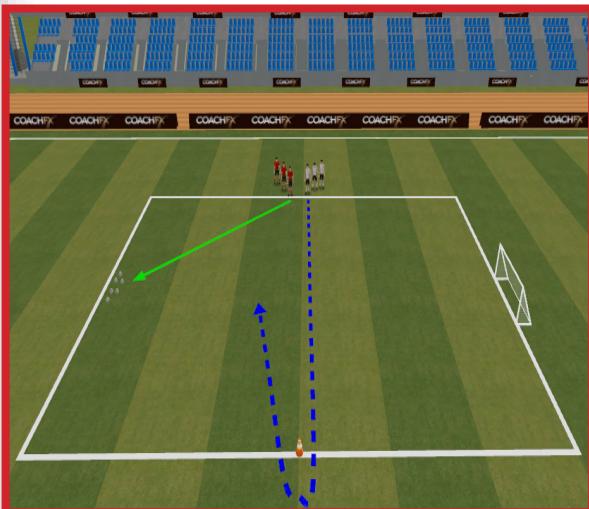
Competition - First player to score gets point for their team

Coaching Points

Creativity with turns

Accelerate after turn to shoot

TECHNICAL/TACTICAL



1v1 Turning Game

Set up/Rules

Attackers run to a ball and turn and dribble to goal. Defender runs around the cone opposite and enters the area. A tries to score, D tries to win the ball they attack other goal.

Progression

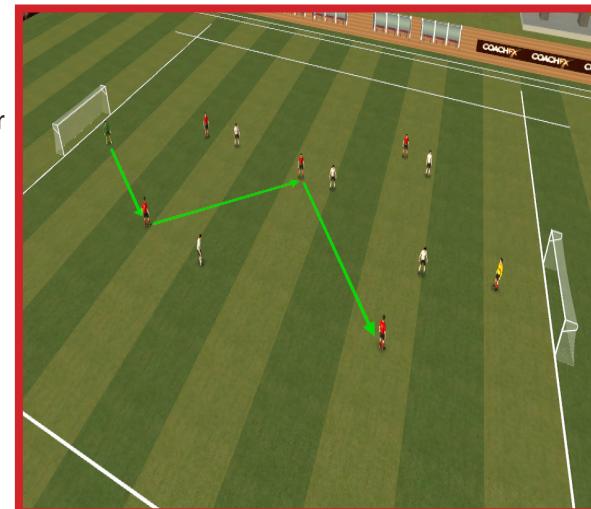
3v2 in large area

Coaching Points

Attack at speed

Use of body/move to unbalance defender

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

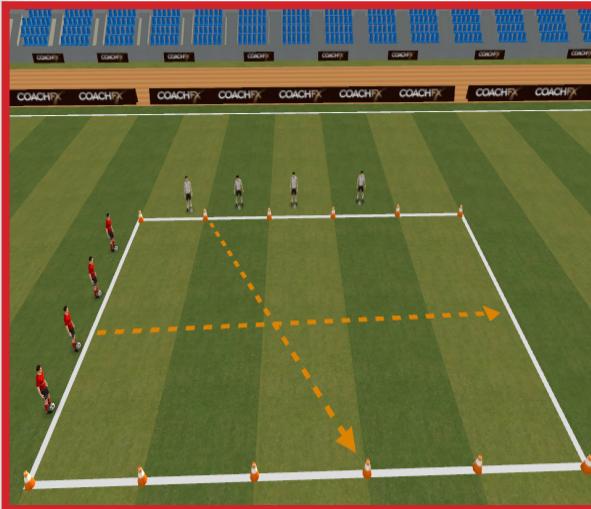
Coaching Points

Remind players of key coaching points from the session



Week 4: Attacking 1v1

WARM UP



Dribbling Lanes

Set up/Rules

Split into two teams. Reds start on the short side, whites start on the long side. The red team must dribble their ball from east to west. White team dribble north to south but must zig zag the dribble.

Progression

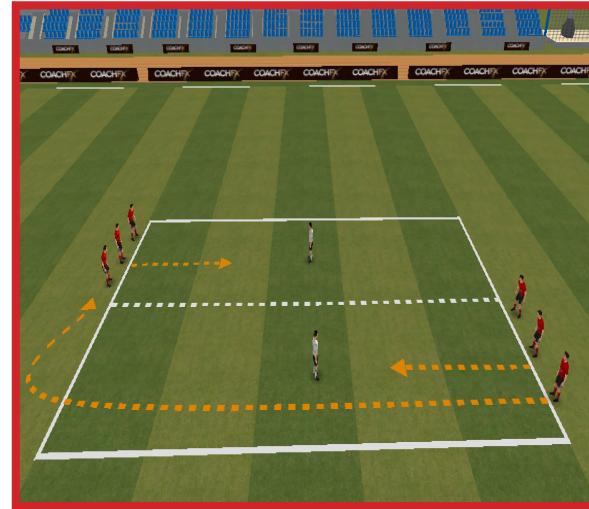
Switch roles of players

Coaching Points

Slow in traffic

Speed up into space

TECHNICAL



Beat the defender

Set up/Rules

One defender in each channel. Players dribble down in 3s and try to beat defender

Progression

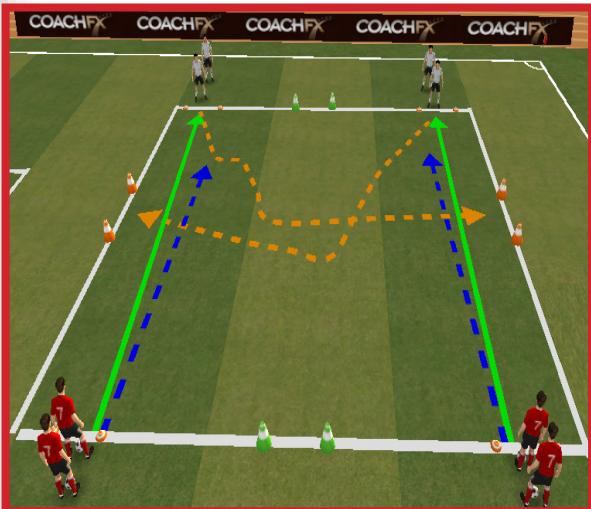
Add another defender

Coaching Points

Keep ball close to feet

Exploit space at speed

TECHNICAL/TACTICAL



1v1 Attacking

Set up/Rules

Two 1v1 games playing at the same time. Attacker gets 1 point for orange gate, 3 points for green gate.

Progression

Remove orange gates and add another green gate on each side.

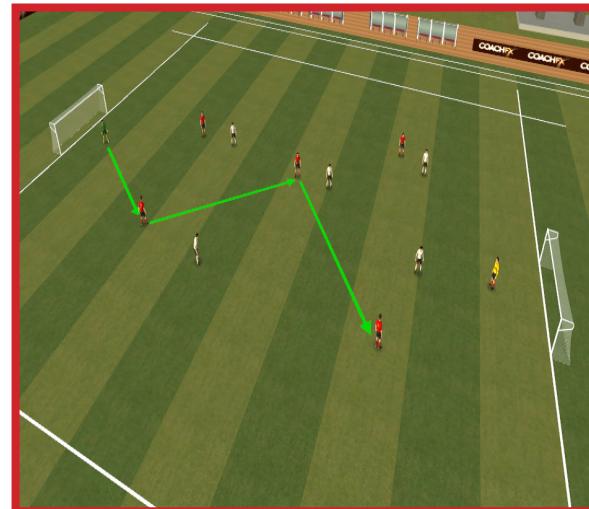
Coaching Points

Attack the ball with first touch

Moves to unbalance defender

Exploit space at speed

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

Coaching Points

Remind players of key coaching points from the session



Week 5: Attacking 1v1

WARM UP



Zig Zag exercise

Set up/Rules

Players dribble the ball in zig zag formation around the cones using various techniques and parts of the foot

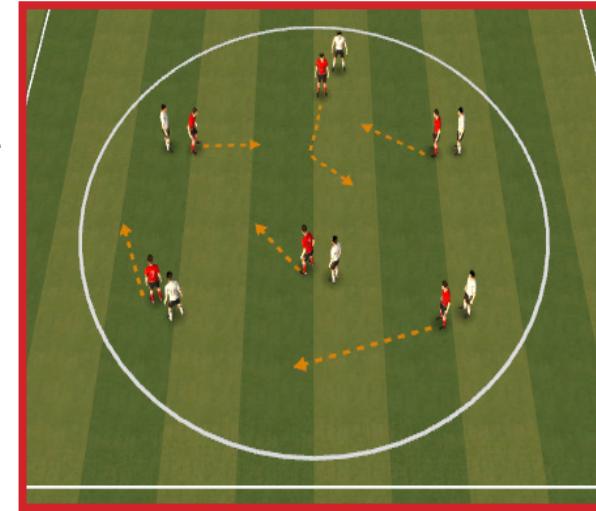
Progression

Players work in pairs. As player one goes past the first cone player 2 dribbles and tries to tag 1 on the back

Coaching Points

Ball close to feet
Head up
Use different parts of foot to manipulate ball

TECHNICAL



Dribbling Under pressure

Set up/Rules

Players work in pairs with both players having a ball. Player 1 tries to dribble away from player 2. Players work for 30 seconds

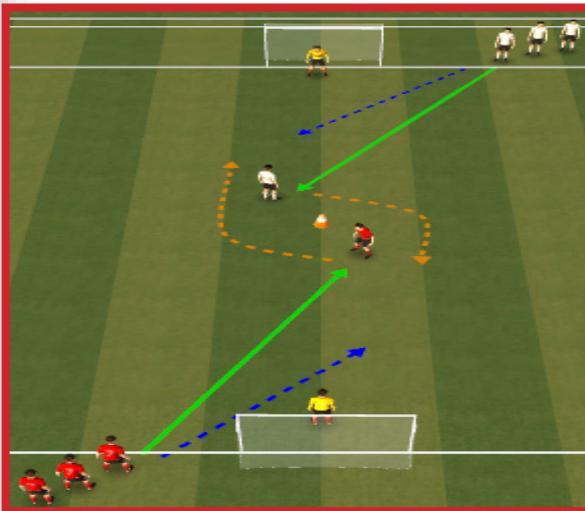
Progression

Player 2 doesn't have a ball and tries to win possession off player 1. Player with ball after 45 seconds gets a point

Coaching Points

Ball close to feet
Head up
Use different parts of foot to manipulate ball
Use body to protect ball (safe side)

TECHNICAL/TACTICAL



1v1 Attacking

Set up/Rules

Ball is played into attacker from each side. Attacker receives to turn. Player passing the ball becomes defender. Once done defender becomes new attacker.

Progression

If possession is one player attackers other goal. If other game is done game becomes 2v2

Coaching Points

Good first touch to allow quick shot
Body movement to unbalance defender
Exploit space at speed

SMALL SIDED GAME



8v8

Set up/Rules

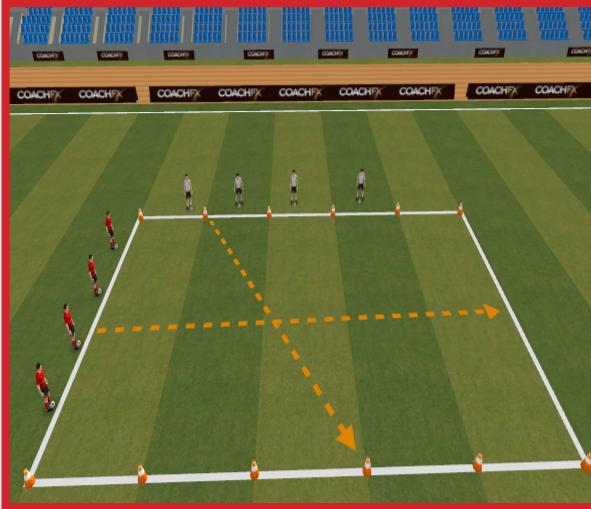
Both teams play 1-2-4-1 formation
Coaching Points

Remind players of key coaching points from the session



Week 6: Positive First Touch

WARM UP



Dribbling warm up

Set up/Rules

Split into two teams. Reds start on the short side, whites start on the long side. The red team must dribble their ball from east to west. White team dribble north to south but must zig zag the dribble.

Progression

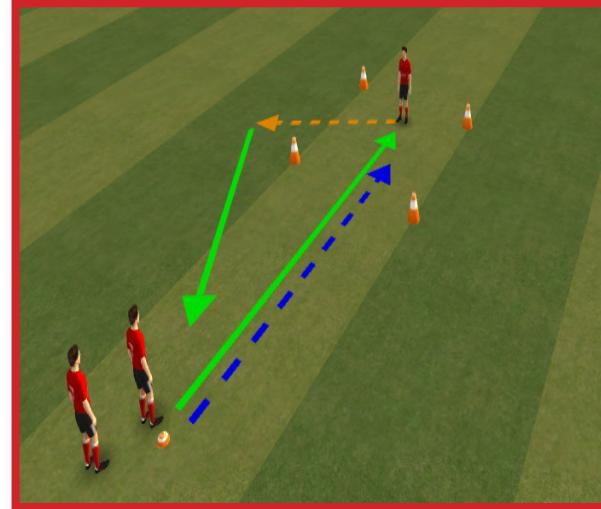
Switch roles of players

Coaching Points

Slow in traffic

Speed up into space

TECHNICAL



Overload Game

Set up/Rules

One player begins in box with two players 8 yards outside. Ball is passed to player in the square who takes first touch with sole of foot outside the box and passes to next person in line. Players follow pass.

Progression

Passer will shout front/back/left/right as they pass the ball. Receiver must take ball out that side of square with first touch.

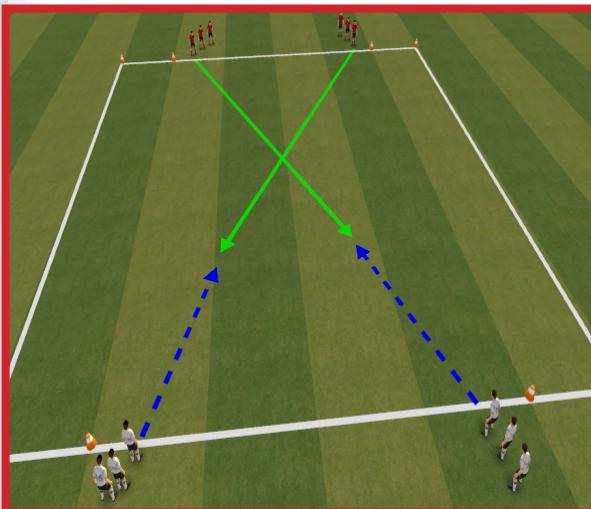
Coaching Points

Get body in line with ball

Use sole of foot to stop ball

Roll ball into space

TECHNICAL/TACTICAL



1v1 Game

Set up/Rules

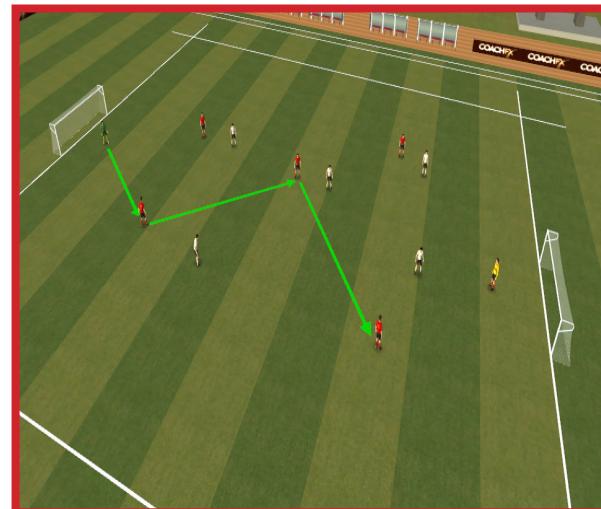
Ball passed across by defender to play 1v1. Two 1v1s play at the same time.

Coaching Points

Quality first touch into space

Awareness of space and players moving into box.

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

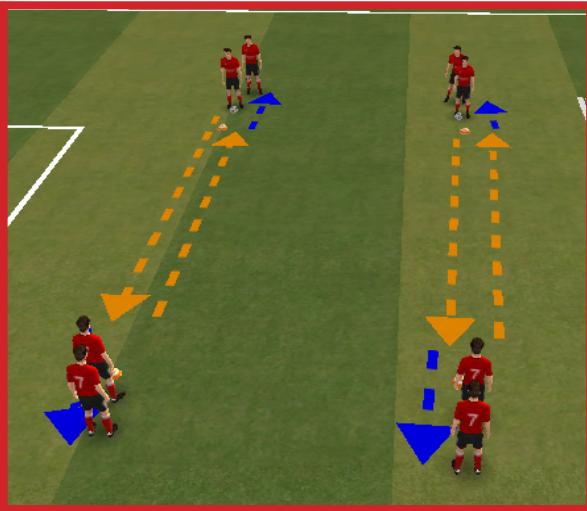
Coaching Points

Remind players of key coaching points from the session



Week 7: Attacking With Overloads

WARM UP



Dribble/Pass

Set up/Rules

Players will dribble at speed using laces to the far side, as they approach player release the ball for the next to step onto.

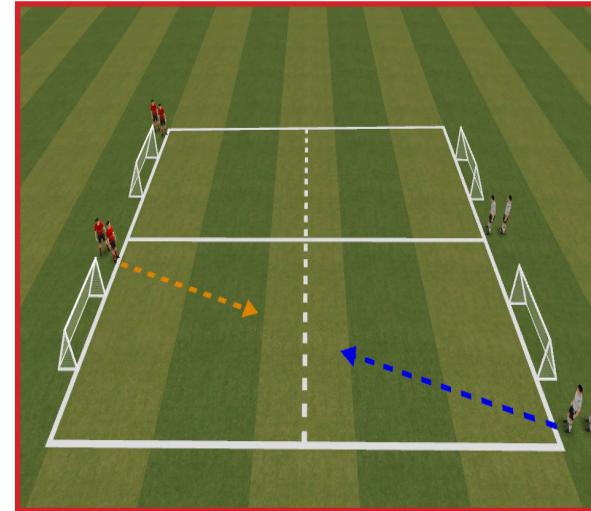
Progression

Use sole of foot to dribble
Pass and follow pass

Coaching Points

Use laces dribbling into the space,
receive with sole of foot

TECHNICAL



1v1 Game

Set up/Rules

Attacker dribbles into play and tries to beat defender to score. 2 points if score from attacking half
1 point if score from defensive half
Defender to score in other goal if ball won.

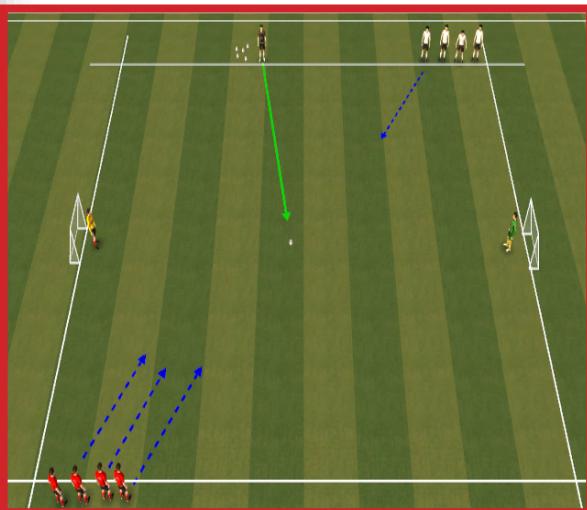
Progression

2v1

Coaching Points

Attacking at speed.
Positive play- attacking moves to beat defender

TECHNICAL/TACTICAL



Random Attacking Game

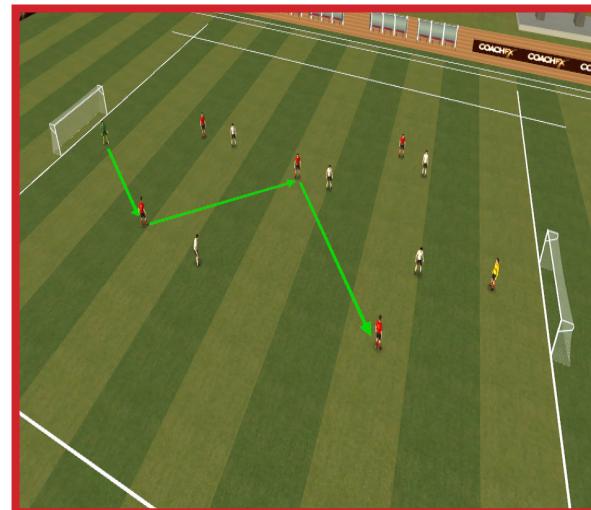
Set up/Rules

Teams decide how many players they will send to the game. Can't send the same amount for the next two games after.

Coaching Points

Take advantage of extra players
Attack at speed
Shots on target

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

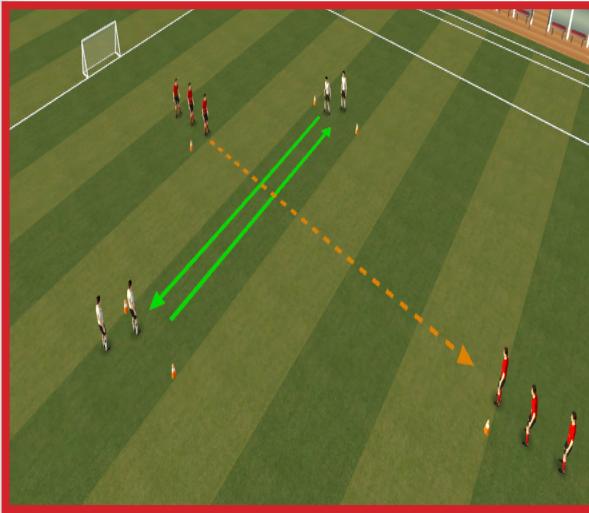
Coaching Points

Remind players of key coaching points from the session



Week 8: Passing

WARM UP



T exercise

Set up/Rules

Players in groups of 2-3. Red players dribble and join new line. White pass and follow pass

Progression

Outside foot pass

Toe Pass

Coaching Points

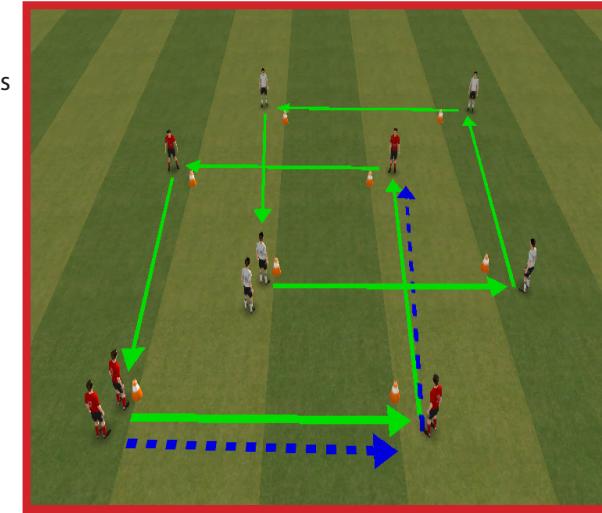
Standing foot next to ball

Strike through centre of the ball

Keep ball close to feet

Head up to see traffic

TECHNICAL



Passing Square

Set up/Rules

Have one player on each cone, and two players on the start cone with a ball. Players pass and follow keep the ball on the outside of the square. Players use inside of foot to pass

Progression

Outside foot pass

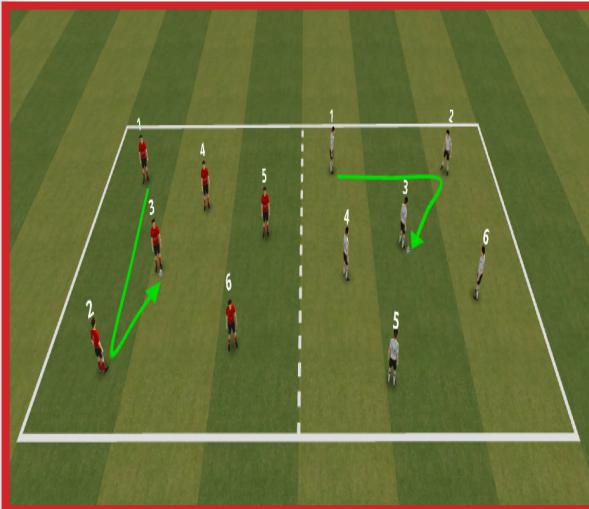
Toe Pass

Coaching Points

Standing foot next to ball

Strike through centre of the ball

TECHNICAL/TACTICAL



Passing Numbers

Set up/Rules

Split players into two teams and number each player 1-6. Players pass ball in number order in two touches.

Progression

Coach calls a number. That player moves to other square and tries to kick ball out of area.

Make into competition

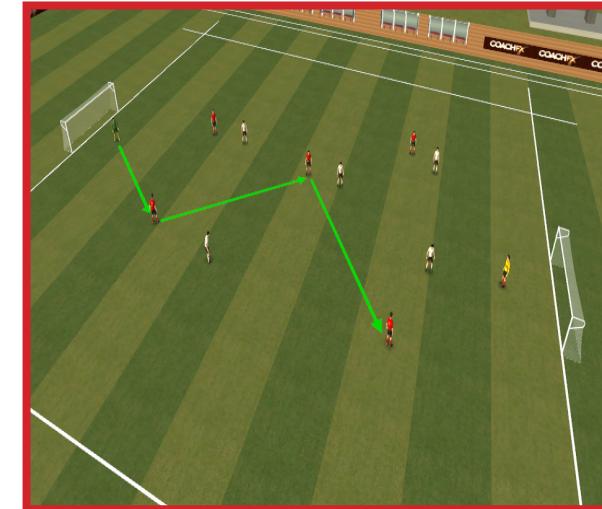
Coaching Points

Scan area for next player in sequence

Awareness of next pass

Quality of passing

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

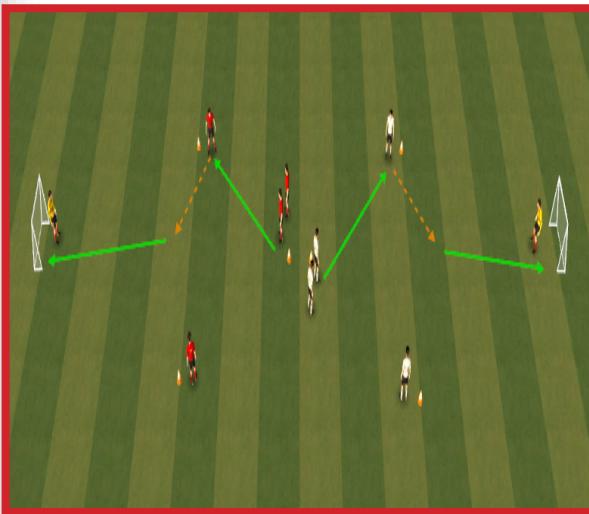
Coaching Points

Remind players of key coaching points from the session



Week 9: Shooting

WARM UP



Passing combination to shoot

Set up/Rules

Pass and follow pass. Player takes touch to shoot.

Progression

First touch with sole of the foot

First touch with outside of the foot

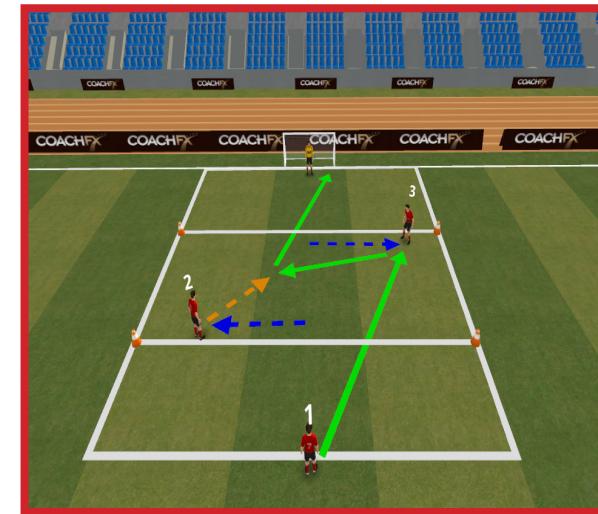
Clever creative first touch

Coaching Points

M.O.D.E

- Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot
- Execute - correct technique to shoot

TECHNICAL



Combination To Shoot

Set up/Rules

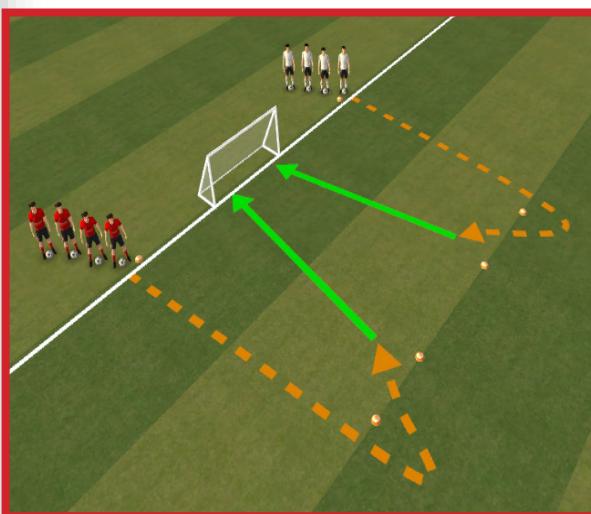
Player 1 starts with the ball. Player 3 will move to the left or right. Player 2 reacts off this movement and moves in the opposite direction (shown by blue arrows) P1 passes into who sets the ball off for P2 to shoot for goal. P3 follows in shot. Players move forward to next set of cones and P3 joins back of line.

Coaching Points

1 Touch Play

Add defender in middle zone between P2 & P3 to try and intercept pass or block shot.

TECHNICAL/TACTICAL



Close range finish game

Set up/Rules

Player dribbles out, performs a turn to face the goal and shoot as quickly as possible

Progression

Teams switch sides

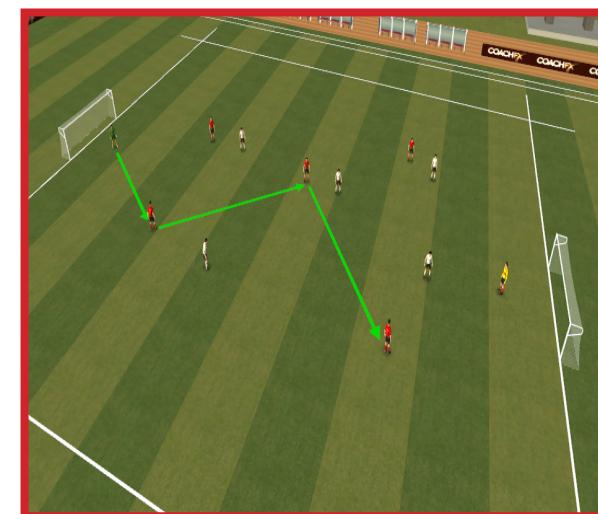
Race - 1 player from each team goes, first player to score wins.

Coaching Points

Creativity with the turn

Strike for power or placement

SMALL SIDED GAME



6v6

Set up/Rules

Both teams play 1-2-1-2 formation

Coaching Points

Remind players of key coaching points from the session