



Global Premier Soccer

2015 Curriculum
u12 Curriculum
8 Week Training Program



GPS CURRICULUM INDEX

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Week 1: Ball Manipulation

WARM UP



Dribbling Square

Set up/Rules

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

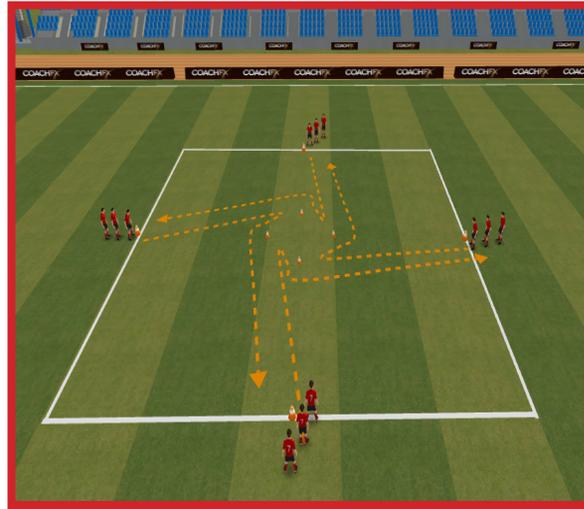
Progression

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



Turning

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.

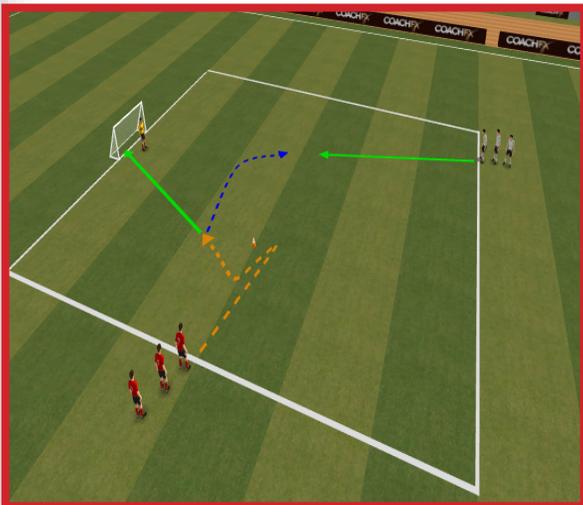
Progression

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



Turn to goal

Set up/Rules

Red dribbles towards central cone and performs an 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



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

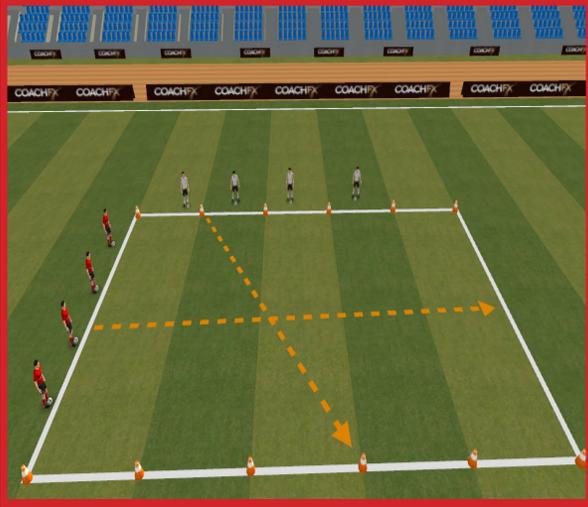
Coaching Points

Remind players of key coaching points from the session



Week 2: Attacking 1v1

WARM UP



Dribbling

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

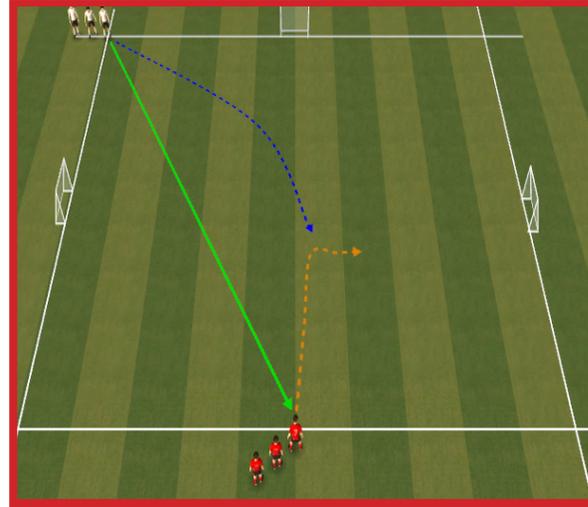
Switch roles of players

Coaching Points

Slow in traffic

Speed up into space

TECHNICAL



1v1 3 Goal Game

Set up/Rules

Defenders start in one corner of the area, attackers start centrally on the side without a goal. Defending team (white) pass ball into attacking team (red) Attacking team try and dribble ball through any of the 3 goals to gain a point.

Progression

2 attackers and 2 defenders

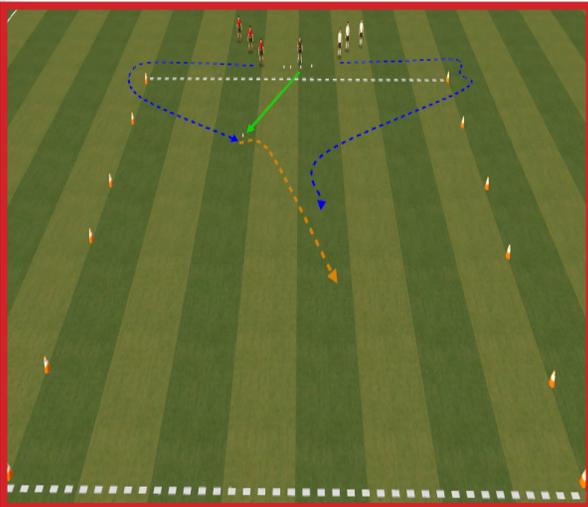
Coaching Points

Get body in line with ball

Use sole of foot to stop ball

Roll ball into space

TECHNICAL/TACTICAL



1v1 3 Goal Game

Set up/Rules

First player from each team will run around the area through the first goals Coach will pass the ball into one of the players. Player tries to beat defender and dribble ball through a goal. If defender wins ball they try dribble through three goals on opposite side.

Progression

2v2, 3v3

Coaching Points

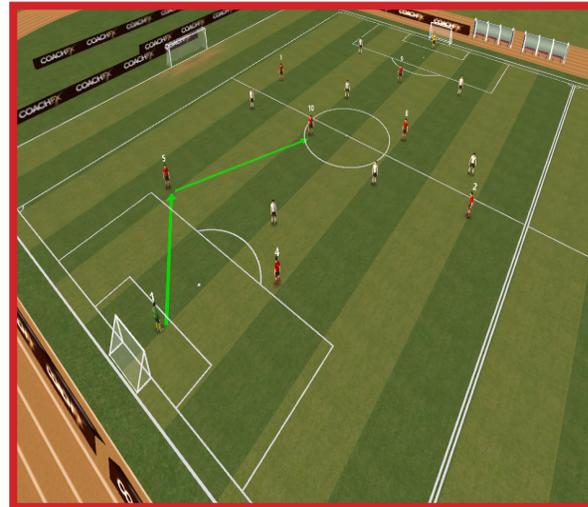
Positivity

Dribble at speed

Head up to find spare gate

Turn an attack other gate if defender blocks space

SMALL SIDED GAME



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

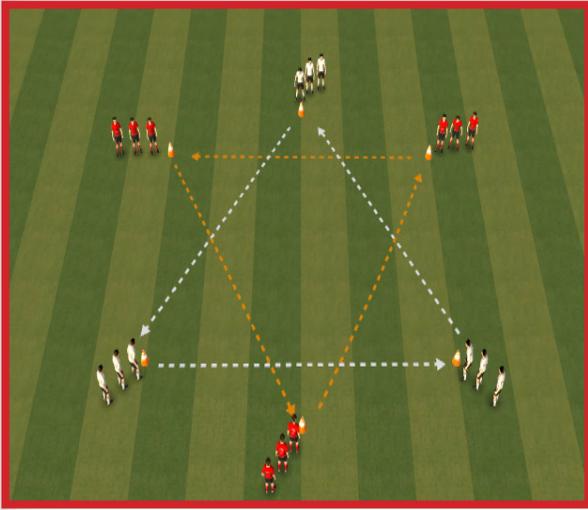
Coaching Points

Remind players of key coaching points from the session



Week 3: Attacking 1v1

WARM UP



Star Exercise

Set up/Rules

Red team pass and follow pass. White team dribble and set for next player.

Progression

Switch team roles

Coaching Points

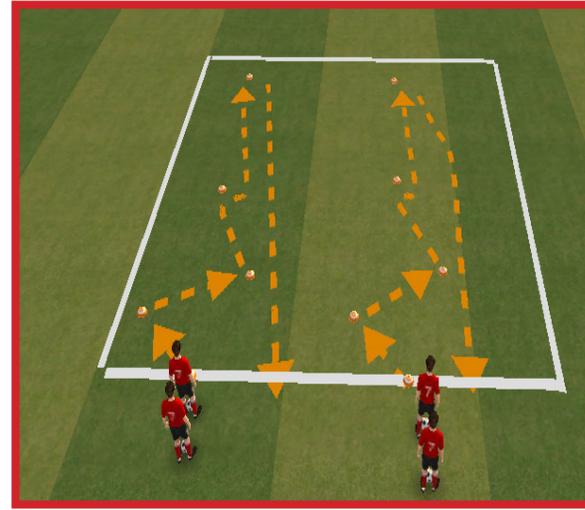
A,B,C's

Weight and accuracy of passes

Close control when dribbling

Head up to see traffic

TECHNICAL



Ball Manipulation

Set up/Rules

Players dribble from cone to cone performing attacking moves between each cone.

Progression

Different parts of the foot

Different turns/moves

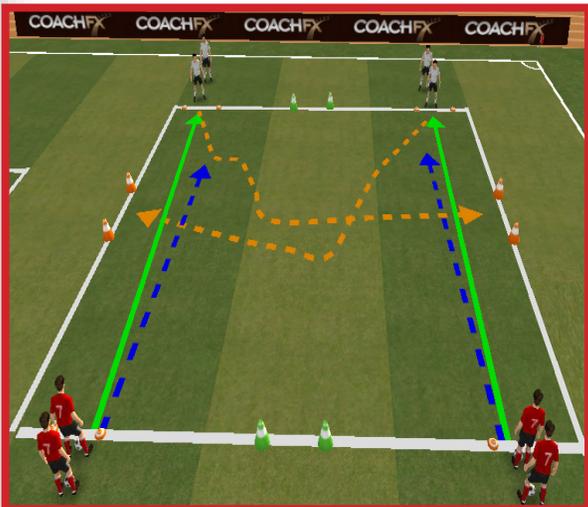
Coaching Points

Ball close to feet

Head up

Use sole of foot to manipulate ball

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.

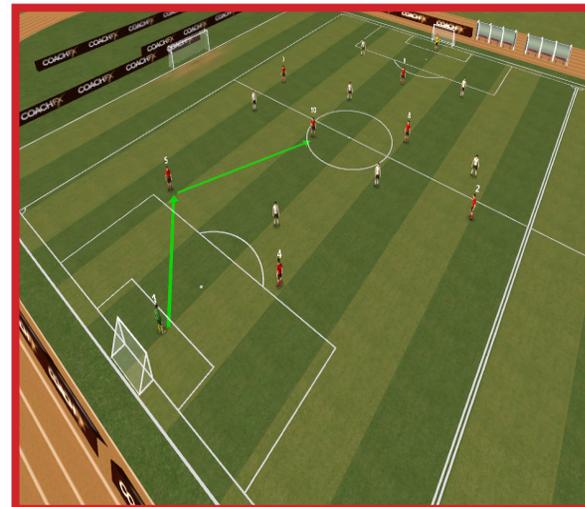
Coaching Points

Attack the ball with first touch

Moves to unbalance defender

Exploit space at speed

SMALL SIDED GAME



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

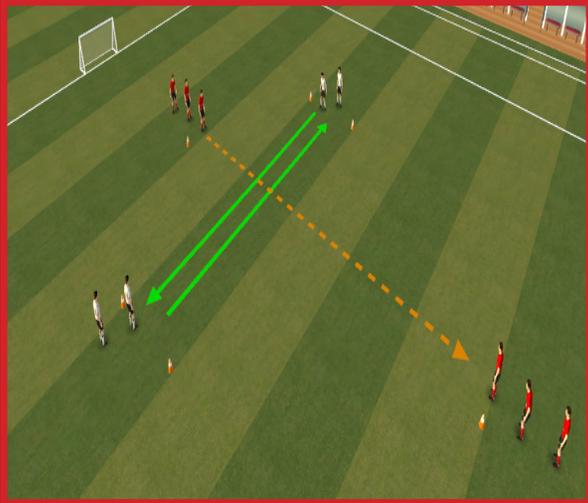
Coaching Points

Remind players of key coaching points from the session



Week 5: 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

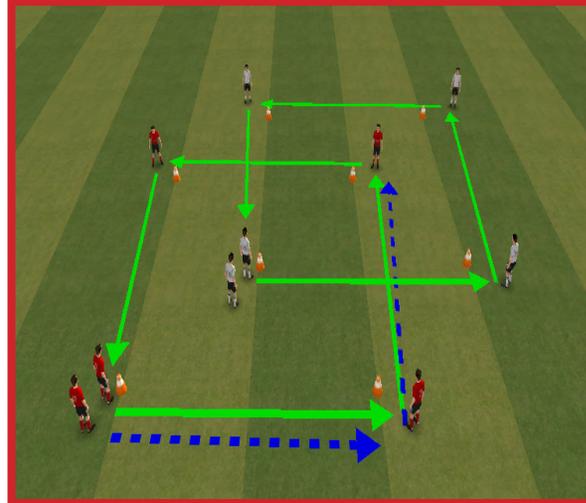
Progression

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

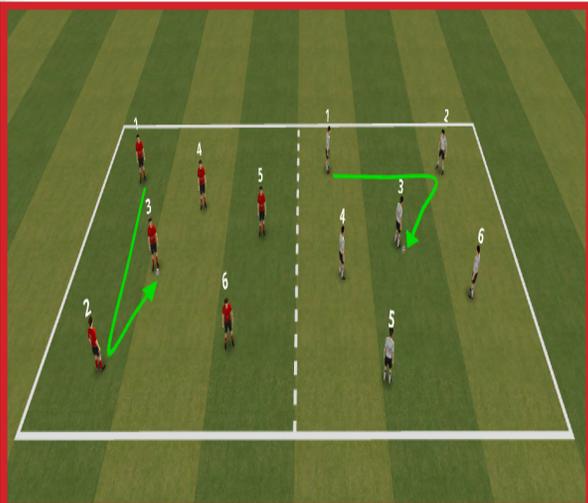
Progression

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



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

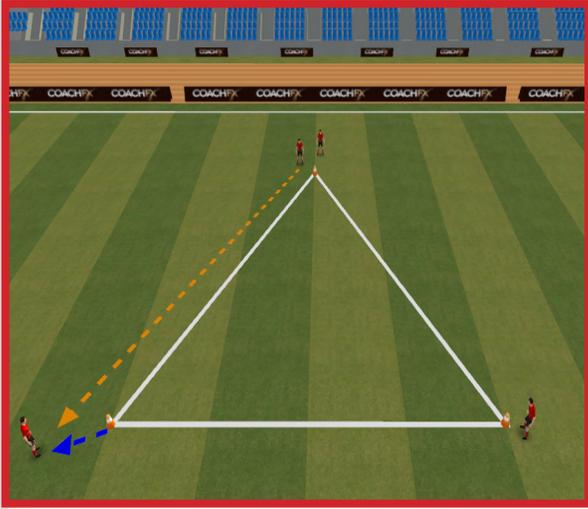
Coaching Points

Remind players of key coaching points from the session



Week 6: Quick Passing

WARM UP



Passing Triangle

Set up/Rules

Players pass around the outside of triangle and follow pass

Progression

Reverse direction

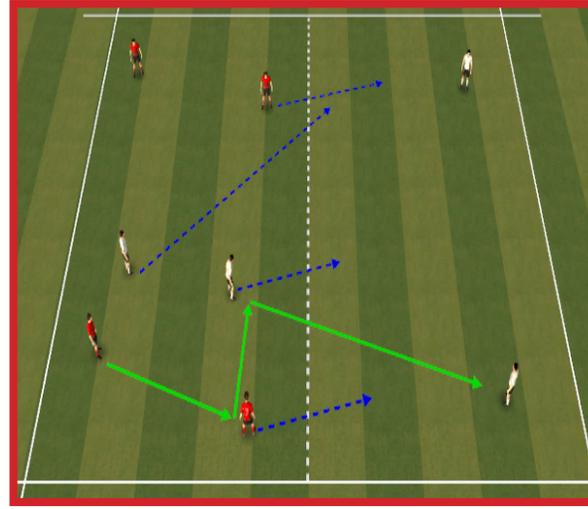
Coaching Points

Positive first touch

Weight and accuracy of pass

Pass to team mates correct foot

TECHNICAL



Passing Square

Set up/Rules

Two teams of four in half each. Two defenders enter opponents half to try and win possession and get ball back to own half

Progression

6 passes = goal

Coaching Points

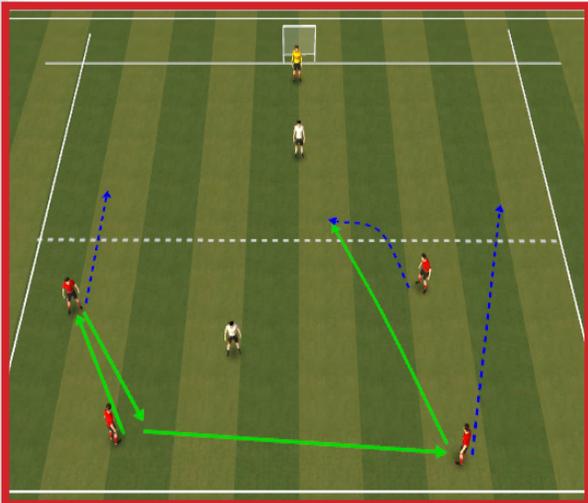
Positive first touch

Weight and accuracy of pass

Pass to team mates correct foot

Play first time or take a touch

TECHNICAL/TACTICAL



Passing Numbers

Set up/Rules

Have a defender in each half of the pitch with GK. Red team of 4 must make 3 passes before looking to break into the other half to score. Only 3 players can enter attacking half. 4th player acts as a supporting defender.

Progression

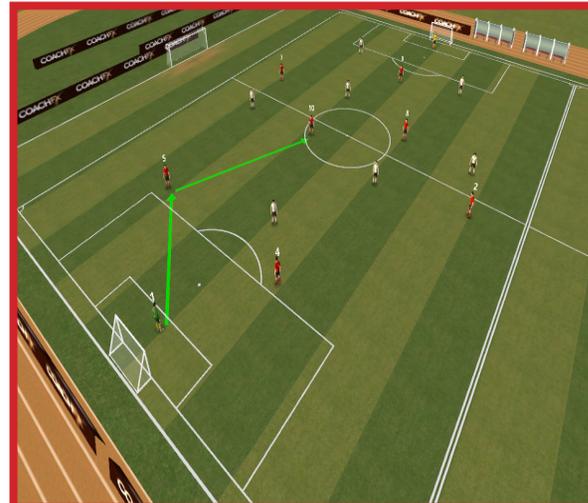
Defender can recover into second zone. Add second defender into zone 1

Coaching Points

A,B,C - Awareness, body shape & control

Awareness of when to penetrate into other half. Team shape when attacking - Diamond

SMALL SIDED GAME



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

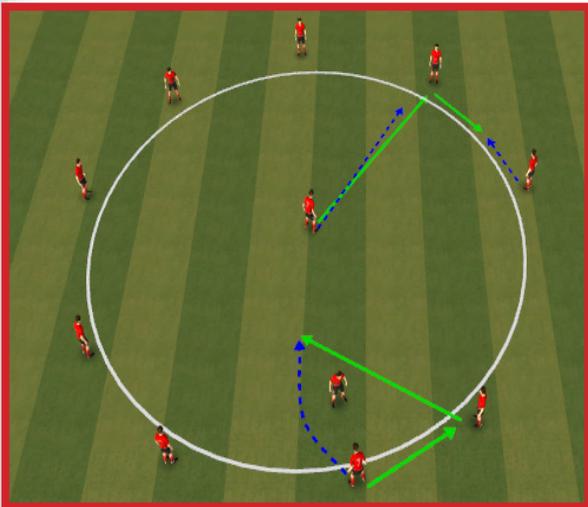
Coaching Points

Remind players of key coaching points from the session



Week 7: Combination Play - Wall

WARM UP



Give and Go

Set up/Rules

Pass to outside player and apply passive pressure. Receiver players 1-2 around defender and dribbles to another player

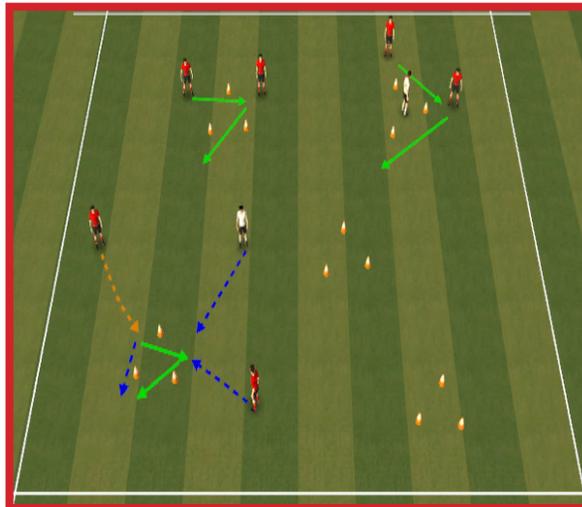
Progression

Add another 2-3 balls into play

Coaching Points

Play first time or take a touch
Awareness to support players next to you
Maintain distance between outside players

TECHNICAL



Wall Pass

Set up/Rules

Players with a ball dribble inside the area. Players without a ball try and receive a pass inside a triangle. Player must take touch out of a different side of the triangle.

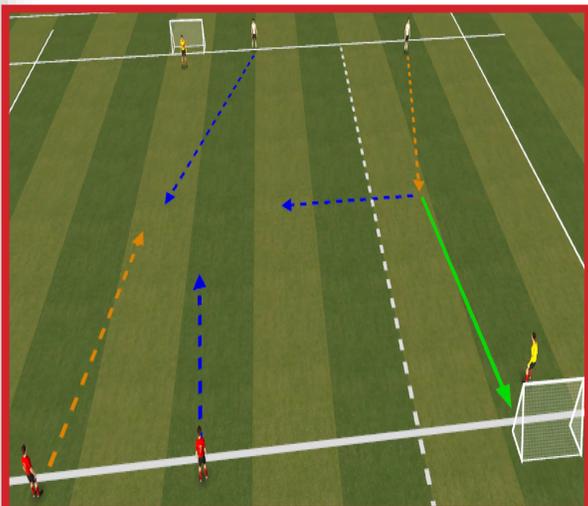
Progression

Players now work in pairs, with a ball. Pairs look to pass ball through each triangle.
Pairs now look to play wall pass through the triangles

Coaching Points

A,B,C's
Weight and accuracy of passes

TECHNICAL/TACTICAL



2v1 Attacking

Set up/Rules

White player dribbles and shoots at goal in the small channel. As soon as the defender strikes the ball the 2 red players attack 2v1. Shooter recovers to make 2v2.

If the 2 defenders win the ball they attack goal in other channel

Progression

3v2 in large area

Coaching Points

Attack at speed
Beat defender 1v1 or pass to team mate
Combination to beat defender (wall pass)

SMALL SIDED GAME



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

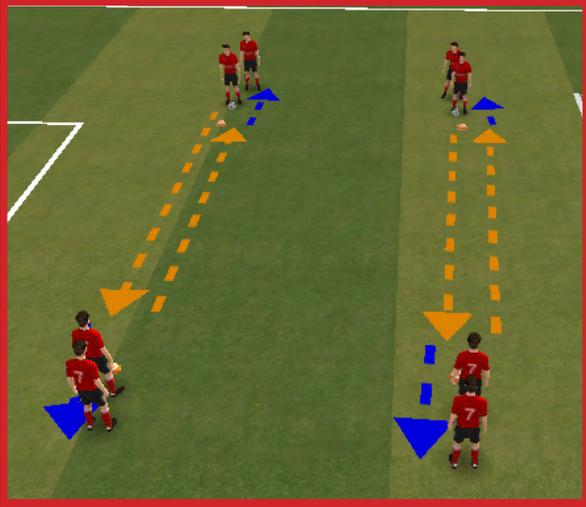
Coaching Points

Remind players of key coaching points from the session



Week 8: 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.

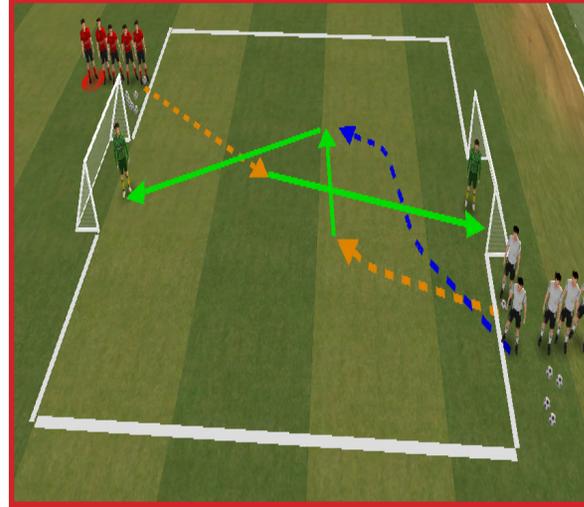
Progression

Use sole of foot to dribble
Pass and follow pass

Coaching Points

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

TECHNICAL



Overload Game

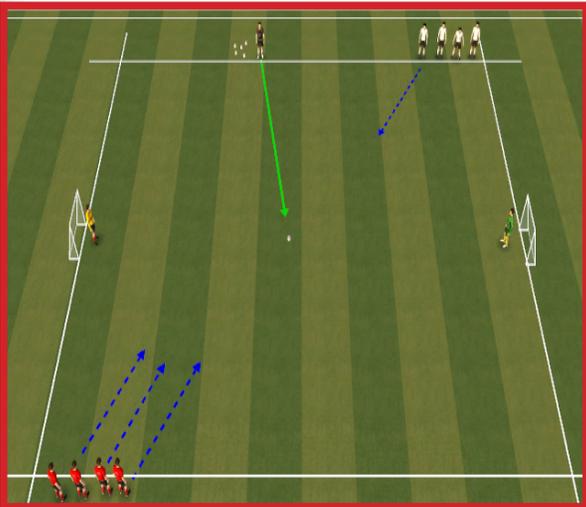
Set up/Rules

Play starts with (red) shot on goal. Player then defends vs 2 whites- 2v1. 2 whites now defend vs 3 red. Finish with 4v3. Each phase two players come in- giving the attacking overload. Restart play from whites next time.

Coaching Points

Attacking at speed.
Positive play- attacking moves,
movement in overloads- overlaps,
1-2, 3rd man run.

TECHNICAL/TACTICAL



Random Attacking Game

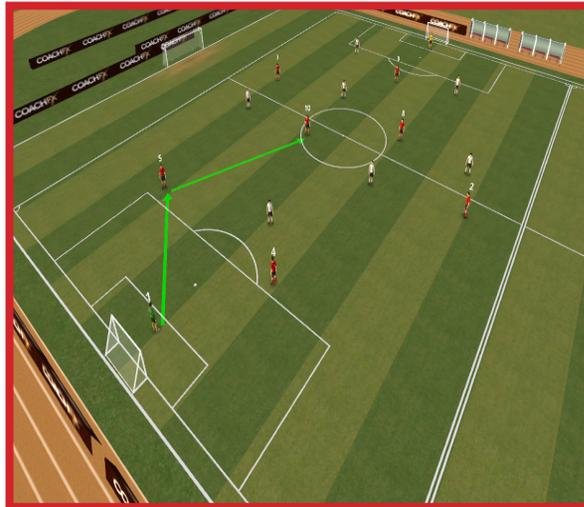
Set up/Rules

Teams decide how many players they will send in 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



8v8

Set up/Rules

Both teams play 1-2-4-1 formation

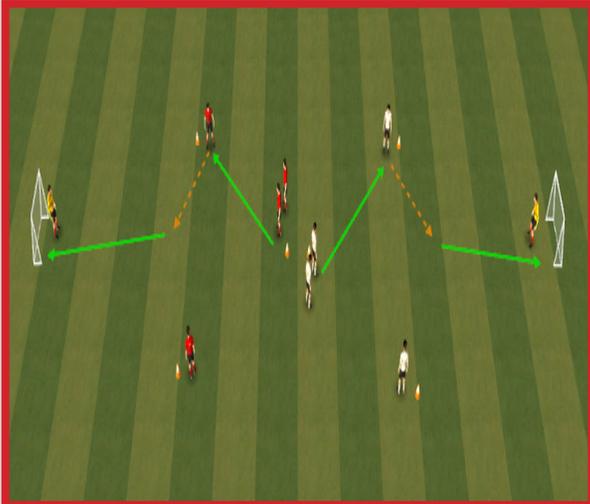
Coaching Points

Remind players of key coaching points from the session



Week 9: Shooting

WARM UP



Dribble/Pass

Set up/Rules

Pass and follow pass. Player takes touch to shoot.

Progression

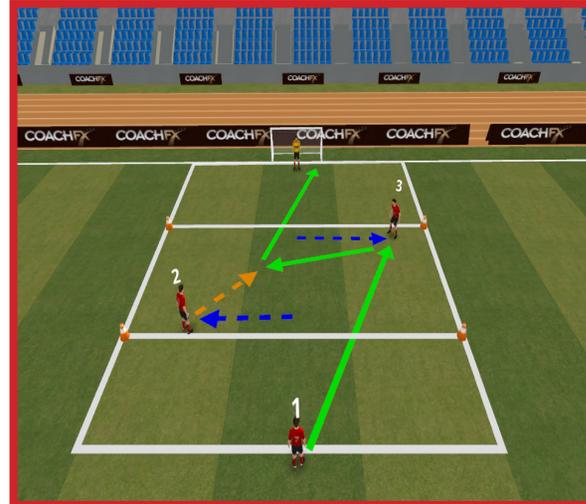
First touch with sole of the foot
First touch with outside of the foot
Clever creative first touch

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

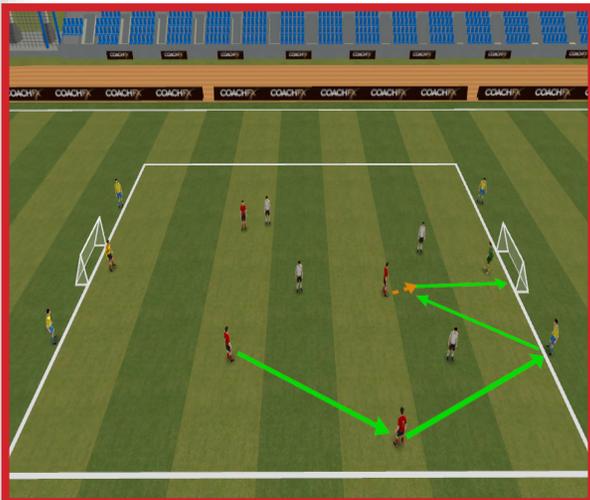
Player 1 starts with the ball. Player 3 will move to the left or right. Player 2 reacts off this movement and moves in the opposite direction (shown by blue arrows) P1 passes into who sets the ball off for P2 to shoot for goal. P3 follows in shot. Players move forward to next set of cones and P3 joins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



1v1 3 Goal Game

Set up/Rules

Split into 3 teams of 4. One team have a player either side of both goals to act as target players. 2 teams on the field compete for possession. Idea of the practice is to pass into any target player, receive a ball back and shoot for goal. Target players have 2 touches. Rotate target team

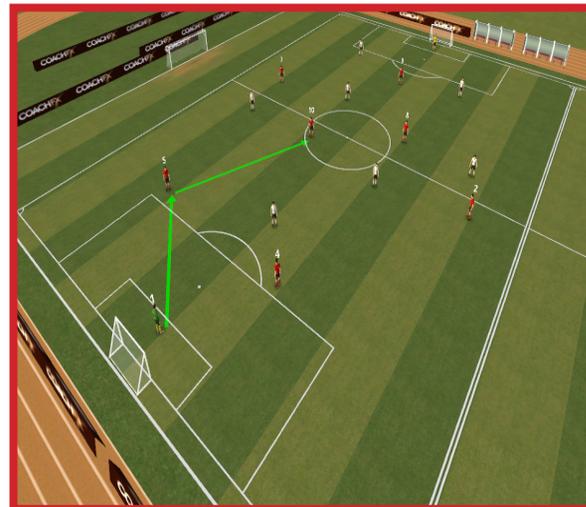
Progression

Target players restricted to one touch
First time finish

Coaching Points

Quality of the pass and lay off to allow shot

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