



# Global Premier Soccer

**2015 Curriculum**  
**u14 Curriculum**  
**8 Week Training Program**



# GPS CURRICULUM INDEX

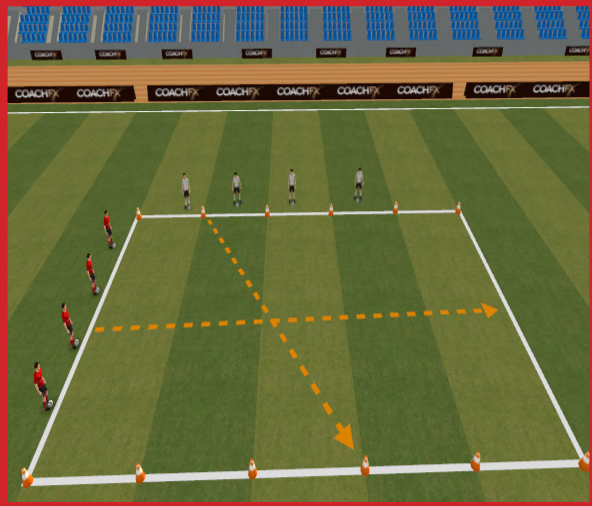
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# Week 1: Ball Manipulation

## 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.

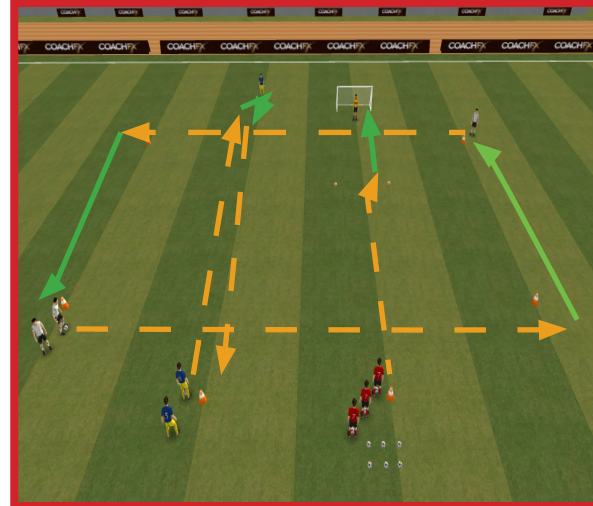
#### Progression

Switch roles of players

#### Coaching Points

Slow in traffic  
Speed up into space

## TECHNICAL



### Dribbling, Combination & Shooting

#### Set up/Rules

Red players dribble and shoot for goal. Blue dribble and play 1-2 combination at each end. White players run with ball and play pass to next cone.

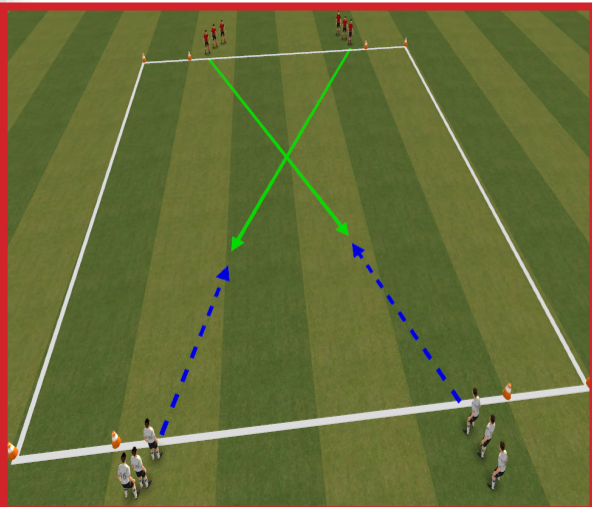
#### Progression

Switch teams and stations

#### Coaching Points

Head up to be aware of traffic  
Focus on technique for each station

## TECHNICAL/TACTICAL



### 1v1 3 Goal Game

#### Set up/Rules

White pass to red and move in to become defenders. Two 1v1 games play at the same time. Reds to get through goals on white teams side, white to win ball and get through red goals.

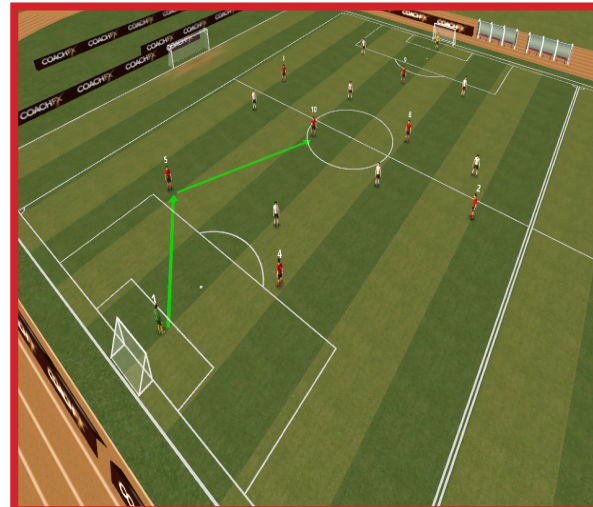
#### Progression

Switch roles

#### Coaching Points

Positive first touch  
Attack at speed  
Recognize when defender unbalanced and beat with 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 2: Attacking 1v1/2v2

## 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

**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



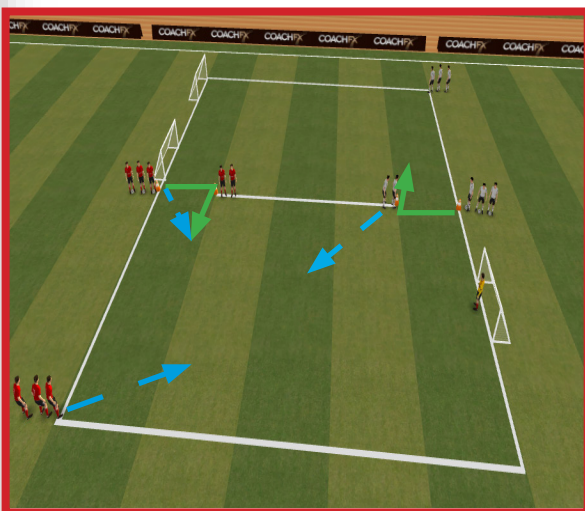
### Dribbling 1v1

**Set up/Rules**  
Groups of 4. 1 defender in box.  
Players try and dribble through box without defender winning the ball and to a new cone.

**Progression**  
Two defenders in box

**Coaching Points**  
Head up to see space  
Close control in tight space  
Attack space at speed

## TECHNICAL/TACTICAL



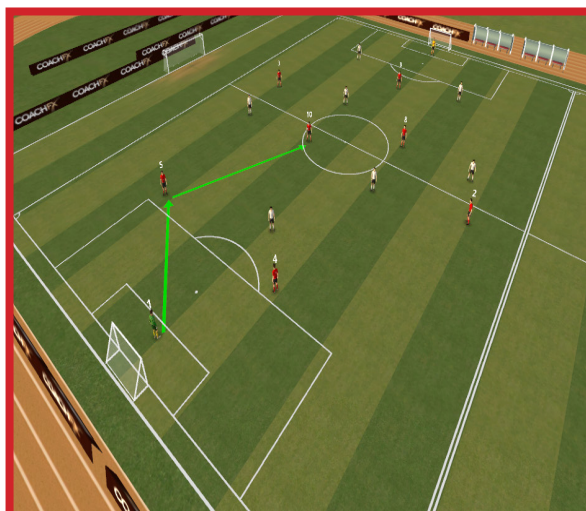
### 2v1 Overload Game

**Set up/Rules**  
Game starts with wall pass combination. Player who sets ball turns into other area to become defender creating 2v1.

**Progression**  
Switch sides teams attack

**Coaching Points**  
Attack at speed  
Commit defender  
Beat defender 1v1  
Pass to team mate for shot on goal

## 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



### 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

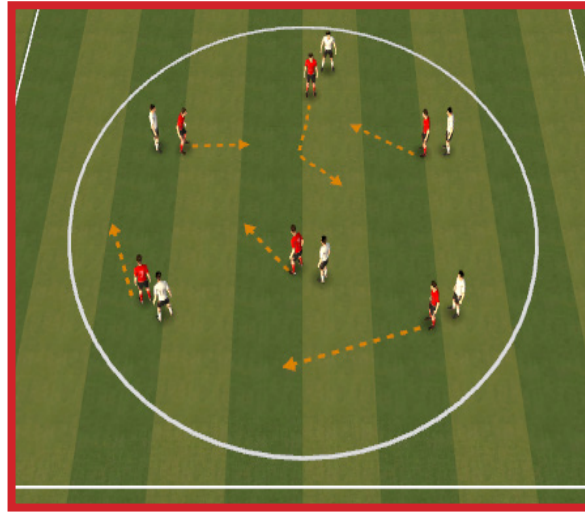
#### Progression

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

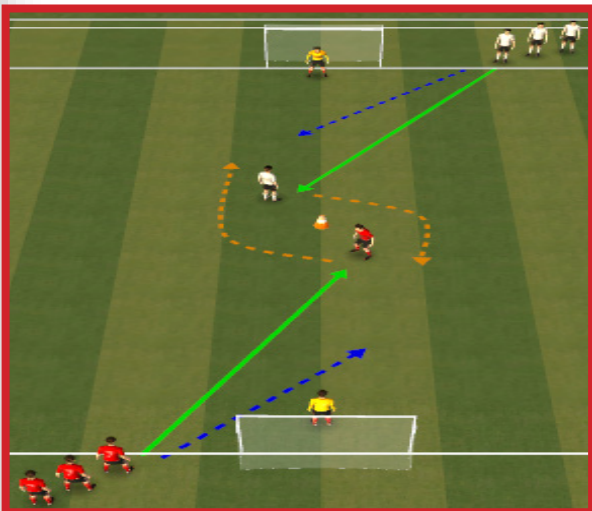
#### Progression

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 in becomes defender. Once done defender becomes new attacker.

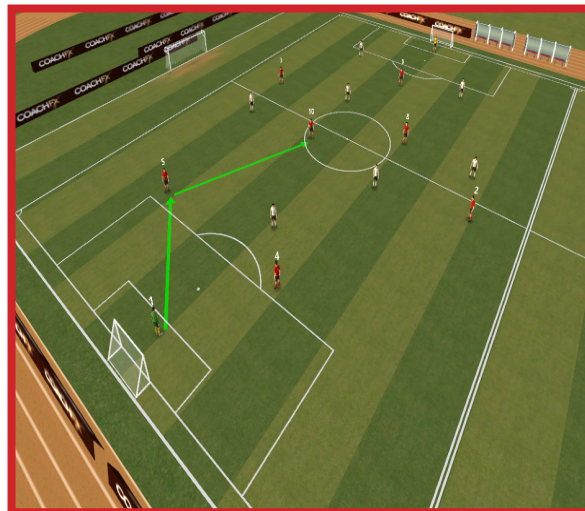
#### Progression

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

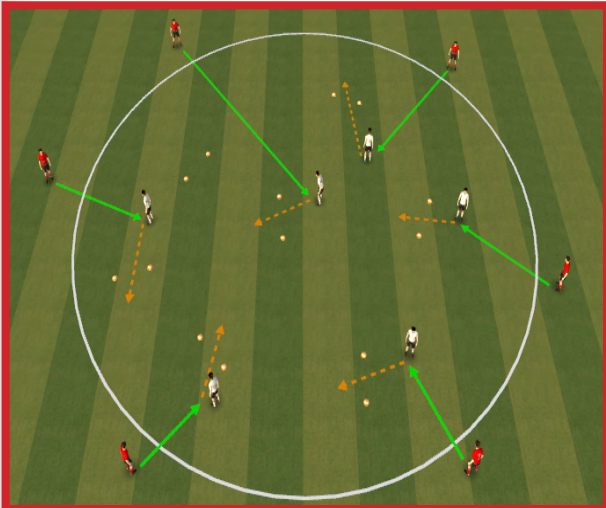
#### Coaching Points

Remind players of key coaching points from the session



# Week 4: Positive First Touch

## WARM UP



### First Touch Game

#### Set up/Rules

Central players receive pass from outside players and must take first touch through a gate before passing to spare player on outside

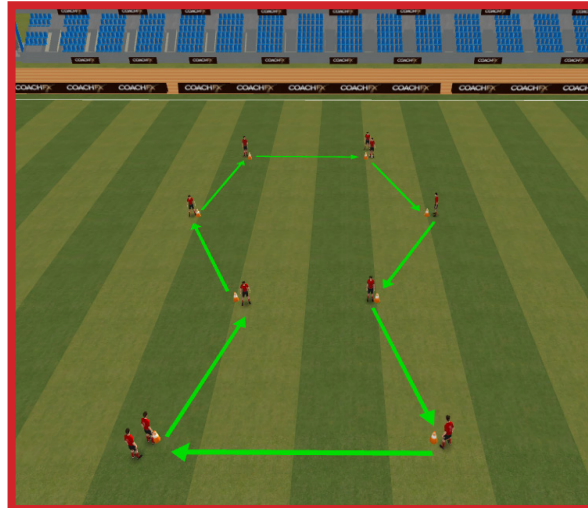
#### Progression

Receive with outside of foot  
Creativity with turn/no touch turn

#### Coaching Points

Get body in line with ball  
Receive with back foot  
Positive touch through gate out of feet

## TECHNICAL



### Passing Combination

#### Set up/Rules

Players pass and follow their pass. Focus on positive first touch in the direction you want to play

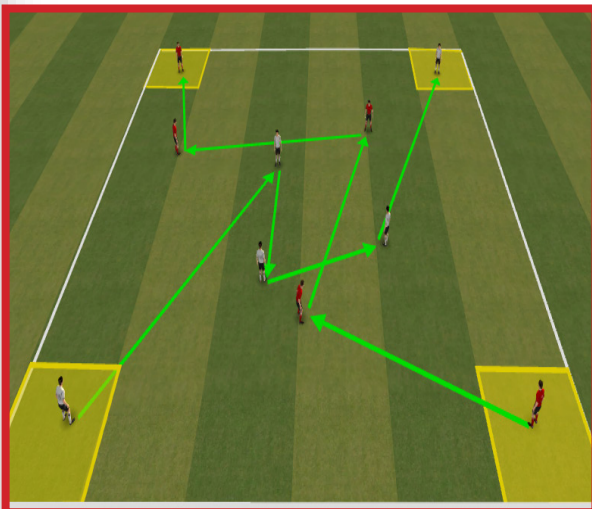
#### Progression

Rotate direction

#### Coaching Points

Check away to create space  
Firm passes to the back foot  
Positive touch towards next target

## TECHNICAL/TACTICAL



### Positive First Touch

#### Set up/Rules

Each team has one player in two of the four corners. Teams pass the ball from box to box with each player having to touch the ball before it goes into a box. Player who passes into the box replaces player in the box. First touch must go back into playing area.

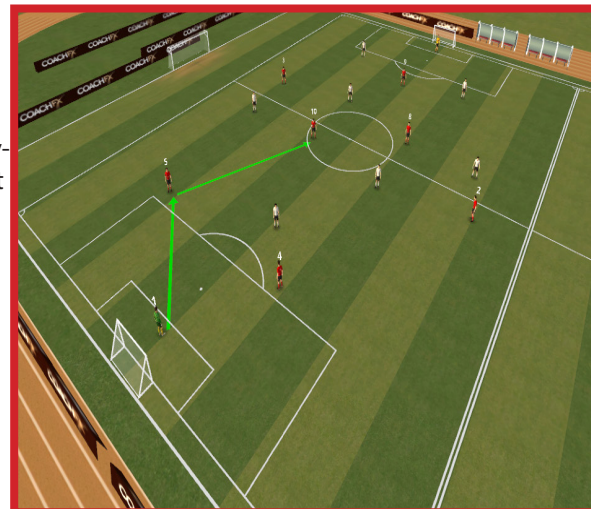
#### Progression

No players allowed in boxes until ball goes into box.

#### Coaching Points

Quality first touch into space  
Awareness of space and players moving into box.

## SMALL SIDED GAME



### 8v8

#### Set up/Rules

Both teams play 1-2-4-1 formation

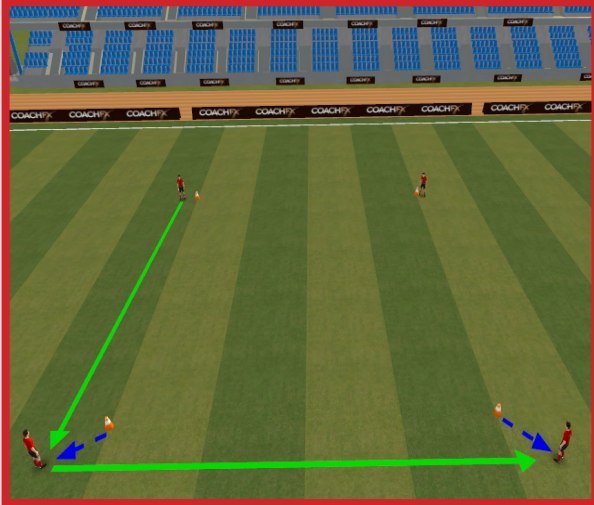
#### Coaching Points

Remind players of key coaching points from the session



# Week 5: Quick Passing

## WARM UP



### Passing Square

#### Set up/Rules

Players pass around the outside of square and follow pass

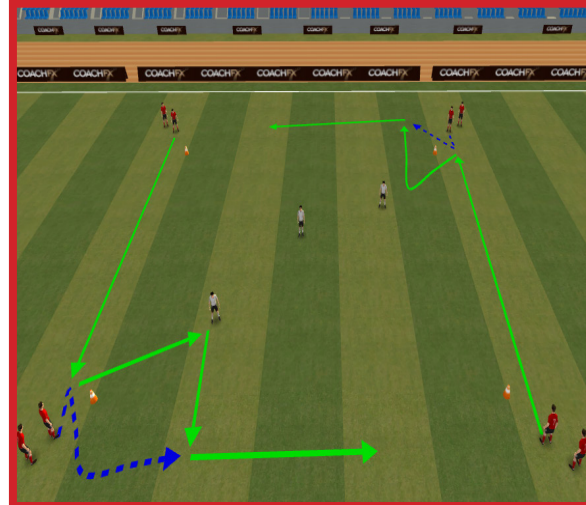
#### Progression

Reverse direction

#### Coaching Points

Check away from cone to create space  
Positive first touch  
Weight and accuracy of pass  
Pass to team mates correct foot

## TECHNICAL



### Passing Square - Combination

#### Set up/Rules

Now add 3 players inside the square. A combination must be played around a cone each time. 3 central players work to combine with outside players.

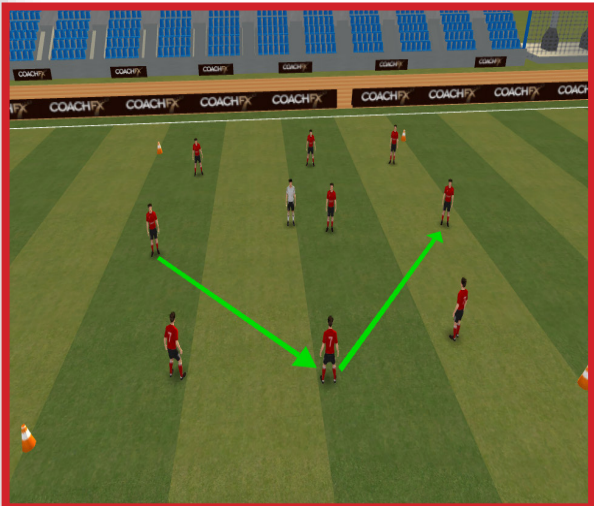
#### Progression

Reverse direction  
Rotate central players

#### Coaching Points

Positive first touch  
Weight and accuracy of pass  
Pass to team mates correct foot  
Play first time or take a touch  
Awareness of when to support for combination

## TECHNICAL/TACTICAL



### 9v1 progression game

#### Set up/Rules

Play 9v1 with each player only allowed one touch. team must make 8 passes for a goal

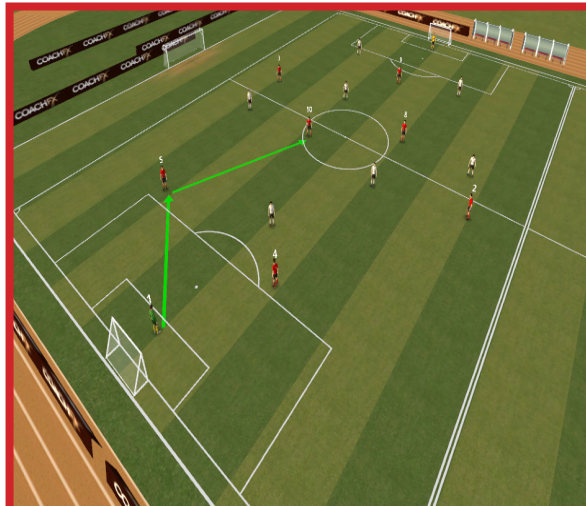
#### Progression

8v2/7v3/6v4

#### Coaching Points

Movement to support  
Quality and weight of passing  
Recognize when to play out of pressure

## SMALL SIDED GAME



### 8v8

#### Set up/Rules

Both teams play 1-2-4-1 formation

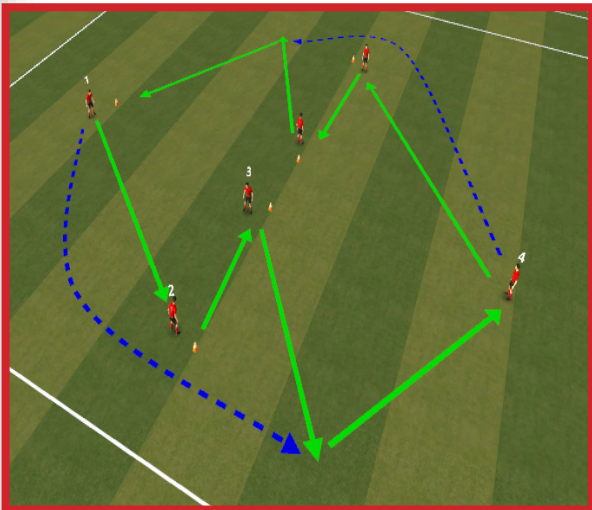
#### Coaching Points

Remind players of key coaching points from the session



# Week 6: Combination Play - Overlap

## WARM UP



### Overlapping Runs

#### Set up/Rules

Player 1 passes to 2 and overlaps. 2 passes to 3 and 3 back to 1. 2 and 3 stay central and switch roles each time.

#### Progression

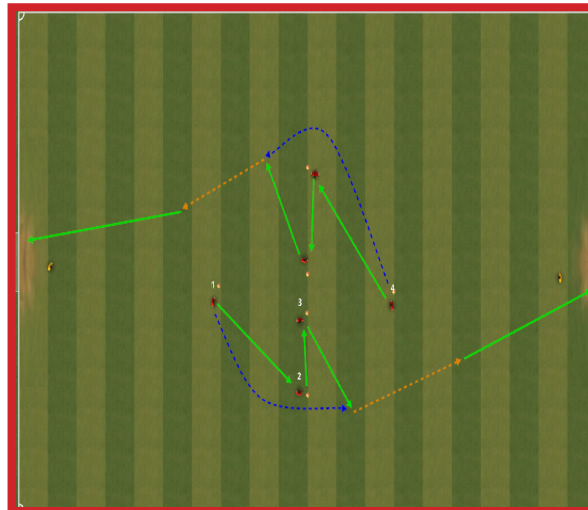
One touch play

#### Coaching Points

Timing of overlap

Weight and accuracy of passing

## TECHNICAL



### Wall Pass

#### Set up/Rules

Same combination as warm up but now player 1 goes to goal after receiving return pass

#### Progression

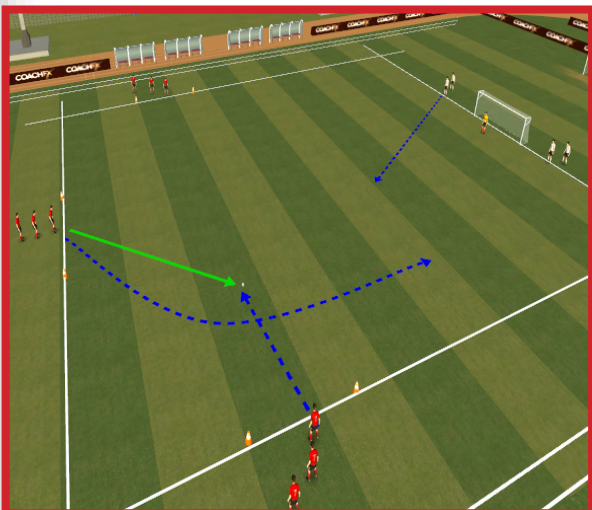
First time finish

#### Coaching Points

Timing of overlap

Weight of pass to allow first time shot

## TECHNICAL/TACTICAL



### 2v1 Attacking

#### Set up/Rules

Ball starts central and is passed wide. First touch taken infield to allow overlap. As first pass is played on defender enters the area to create 2v1 to goal.

#### Progression

Defender to attack mini goal on start line if possession won

3v2

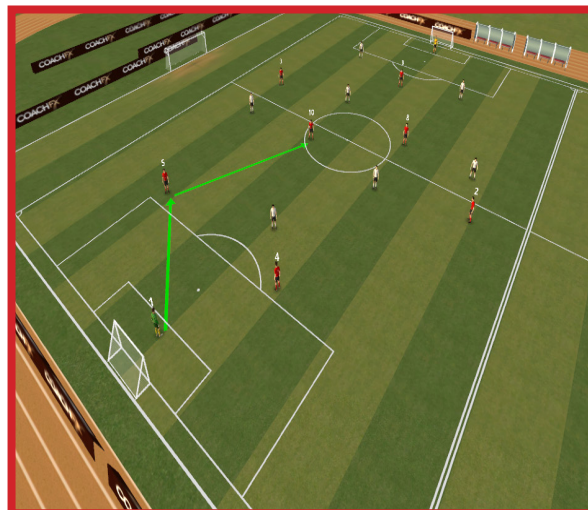
#### Coaching Points

Attack at speed

Pass to overlapping player or use as decoy

Recognize position of defender and exploit 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 7: Counter Attacking

## WARM UP



### Counter Attacking

#### Set up/Rules

Two areas with a collection of SAQ exercise between them. Teams throw the ball around inside area. On coach command players switch areas moving through SAQ exercise as they go

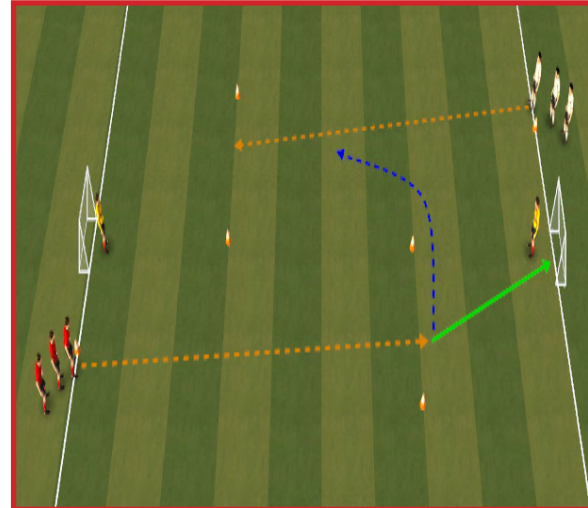
#### Progression

Pass and move using feet  
Last team across performs push ups

#### Coaching Points

Quick reaction to trigger  
Quick movements through SAQ exercises

## TECHNICAL



### Running with the ball

#### Set up/Rules

Red player dribbles to gate and shoot for goal. A shot is taken white player dribbles to gate to shot. Red player must try and recover and try and block shot. As shot is taken next player attacks, players must recover after each shot

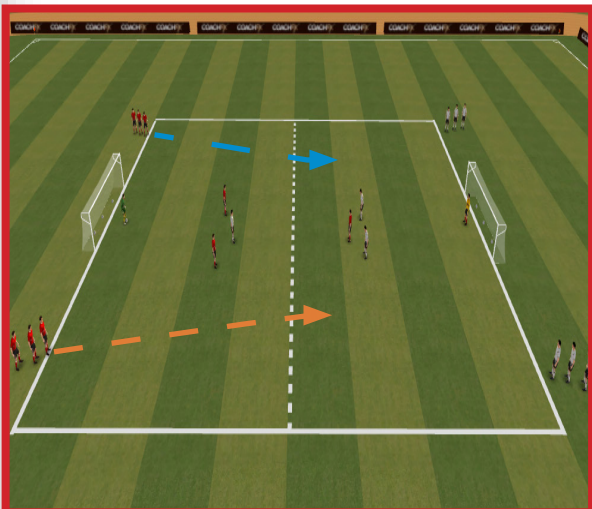
#### Progression

Switch sides players attack from

#### Coaching Points

Attacking at speed.  
Exploit space  
Get shot away before defender can recover

## TECHNICAL/TACTICAL



### 3v2 counter attacking

#### Set up/Rules

GK passes to space to bring 2 reds into play. Reds attack opposite end with CF against 2 defenders. White attack opposite end.

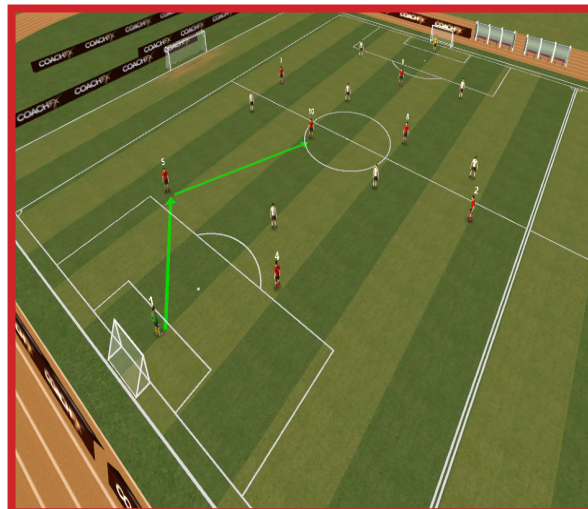
#### Progression

Ball must go into CF before other players enter half

#### Coaching Points

Take advantage of extra players  
Attack at speed  
Exploit space  
Shots on target

## SMALL SIDED GAME



### 8v8

#### Set up/Rules

Both teams play 1-2-4-1 formation

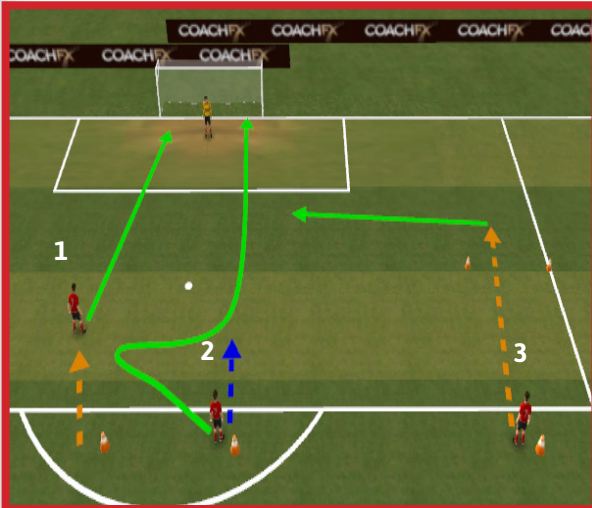
#### Coaching Points

Remind players of key coaching points from the session



# Week 8: Inside The Penalty Area

## WARM UP



### Dribble/Pass

#### Set up/Rules

Player 1 has one touch then shot before ball enters area  
player 2 combines with 1 to shoot.  
Player 3 crosses for 1 & 2 to attack

#### Progression

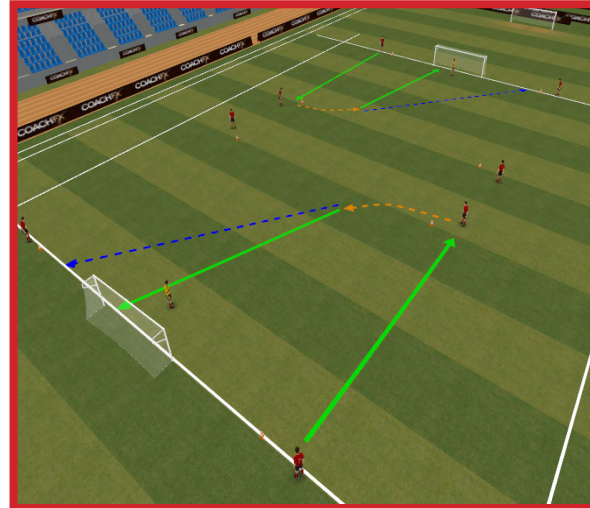
Rotate groups

#### 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

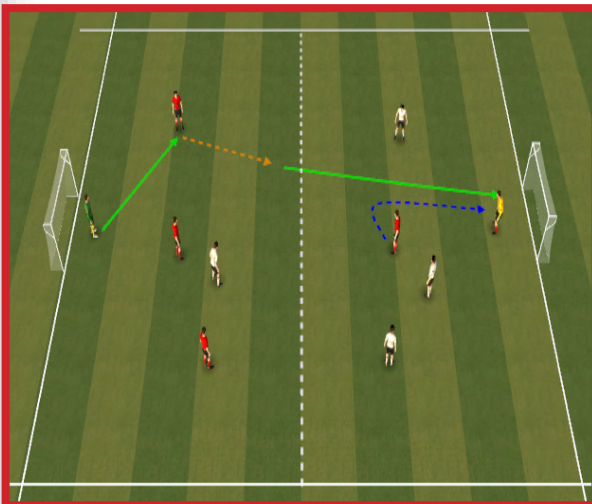
#### Set up/Rules

Players receive to shoot for goal and rotate to next cone

#### Coaching Points

- Positive first touch with back foot
- Quality first touch to allow shot
- Shoot for space in goal
- Power or precision

## TECHNICAL/TACTICAL



### 1v3 Goal Game

#### Set up/Rules

3v1 in each half. Teams can only shoot from defensive half. CF to follow in shot. Teams try and get shot away as quick as possible

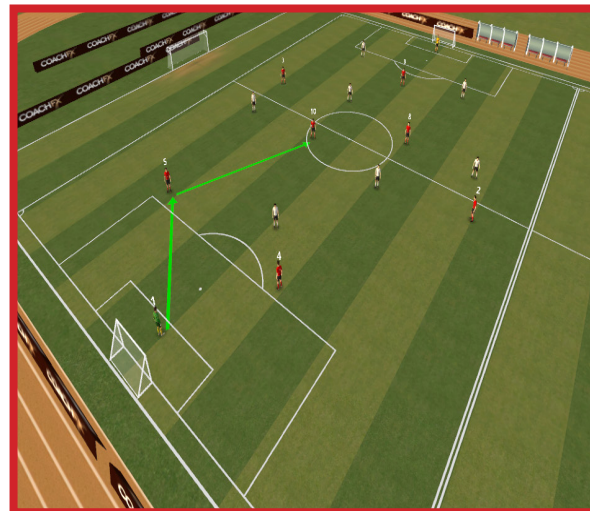
#### Progression

Ball can now be passed into CF to finish or to combine for shot

#### Coaching Points

- Good first touch to allow shot
- Set team mate up for shot
- Awareness of CF position to set for shot or to combine with

## 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