



Global Premier Soccer

2015 Curriculum
u8 Curriculum
8 Week Training Program



GPS CURRICULUM INDEX

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Week 1: Ball Manipulation

WARM UP



Dribbling

Set up/Rules

All players have a ball and dribble inside the area.

Progression

Use Inside/outside/sole of feet
Creative foot work to move ball

Coaching Points

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

TECHNICAL



Freeze Tag

Set up/Rules

Each player has a ball. One player holds the ball in one hand and has one free hand to tag players. If tagged player stands with feet apart holding ball on head until another player passes ball through their legs

Progression

2 taggers

Coaching Points

Keep ball close to feet
Head up to see space
Accelerate away from tagger

TECHNICAL/TACTICAL



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
Turn back through the gate each time

Coaching Points

Keep ball close to feet
Head up to see spare gate
Accelerate once through gate

SMALL SIDED GAME



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

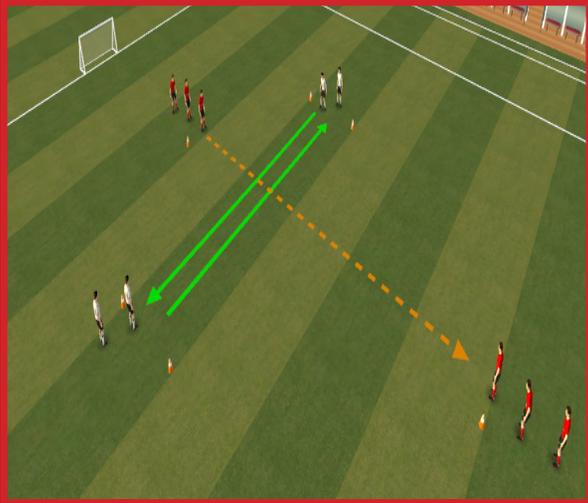
Coaching Points

Remind players of key coaching points from the session



Week 2: Dribbling

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

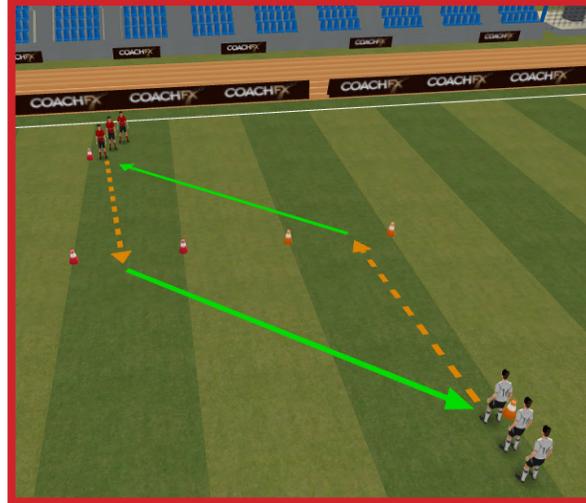
Progression

One touch passing
Vary style of dribble

Coaching Points

Standing foot next to ball
Strike through centre of the ball
Keep ball close to feet
Head up to see traffic

TECHNICAL



Dribbling to pass

Set up/Rules

1st player from each line perform ball mastery to cones then pass to opposite line and follow.

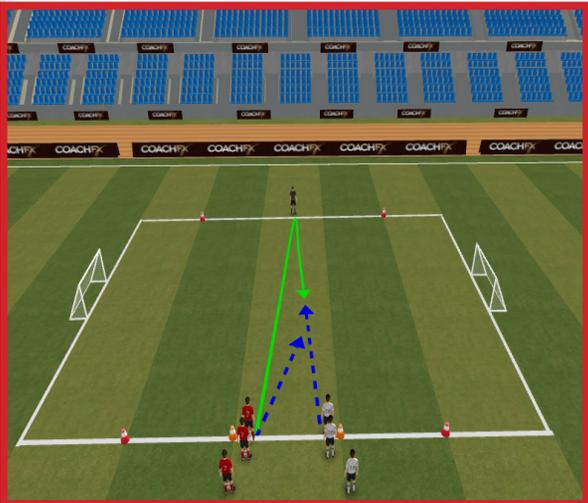
Progression

1st touch out of feet to cones then pass and follow.
Red dribbles ball to cones, passes to white then sprints backwards to own line. White receives and tries to get to cones before red gets back to own line.

Coaching Points

Keep ball close to feet
Inside of foot to pass

TECHNICAL/TACTICAL



Beat the defender

Set up/Rules

Red players passes ball across to coach. As pass is played white player runs into the middle to receive pass back from coach. Red player move in to defend creating 1v1. Attacker can score in either goal. Attacker can't shoot until they pass red cones

Progression

Switch team roles
First team to 5 goals wins

Coaching Points

Clever first touch away from defender
Dribble at speed into space
Moves to beat defender

SMALL SIDED GAME



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

Coaching Points

Remind players of key coaching points from the session



Week 3: Dribbling & Turning

WARM UP

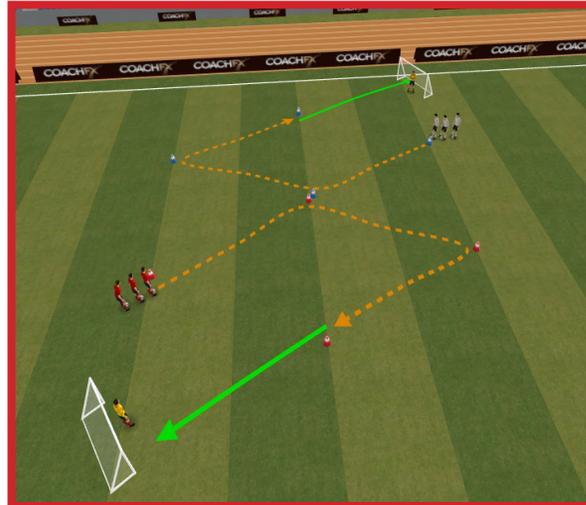


Dribbling & Turning

Set up/Rules
Dribble to each cone and change direction or turn before passing to next player.

Progression
Toe taps to each cone
Foundations to each cone
Roll overs to each cone
Inside/Outside
Coaching Points
Keep ball close to feet
Head up to see space
Different parts of the foot to move ball
Creativity with the turn

TECHNICAL



Dribbling & Turning to goal

Set up/Rules
Dribble to each cone and change direction or turn before shooting for goal

Progression
Toe taps to each cone
Foundations to each cone
Roll overs to each cone
Inside/Outside
Add defender after last cone. 1v1
Coaching Points
Keep ball close to feet
Head up to see space
Different parts of foot to move ball
Creativity with the turn

TECHNICAL/TACTICAL



1v1 Att & Def Game

Set up/Rules
Player 1 dribbles to shoot. As 1 shoots player 2 dribbles to shoot at other goal. Player 1 becomes defender after shot.

Progression
Rotate Teams
Coaching Points
Attack at speed
Quick transition from attack to defence
Use of body/move to unbalance defender

SMALL SIDED GAME



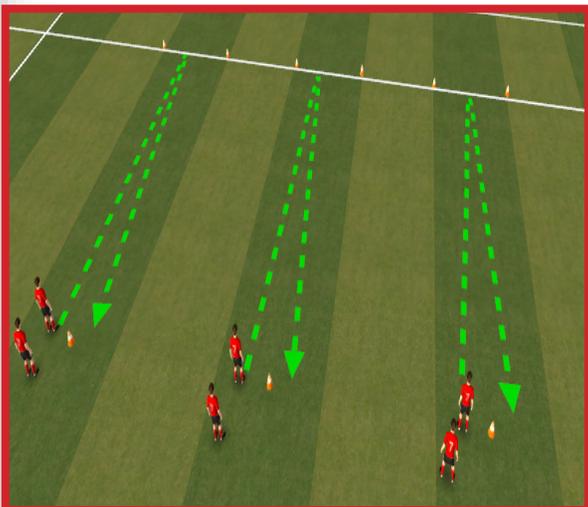
4v4

Set up/Rules
Both teams play 1-1-2-1 formation
Coaching Points
Remind players of key coaching points from the session



Week 4: Dribbling & Turning

WARM UP



Electric Fence Game

Set up/ rules

First player from each team dribbles out to the line and turns once the ball touches the line.

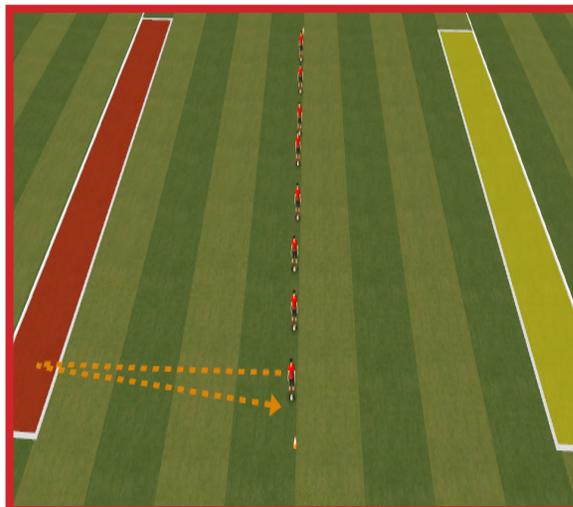
Progression

Competition - Teams lose point of the ball crosses the line before player turns

Coaching Points

Dribble to keep the ball close
Inside/outside/sole of the foot to turn

TECHNICAL



1v1 Game

Set up/Rules

Players all stand on the central line with a ball. Coach will call out a colour. Players must dribble the ball into that colour zone, perform a turn and return to the middle line

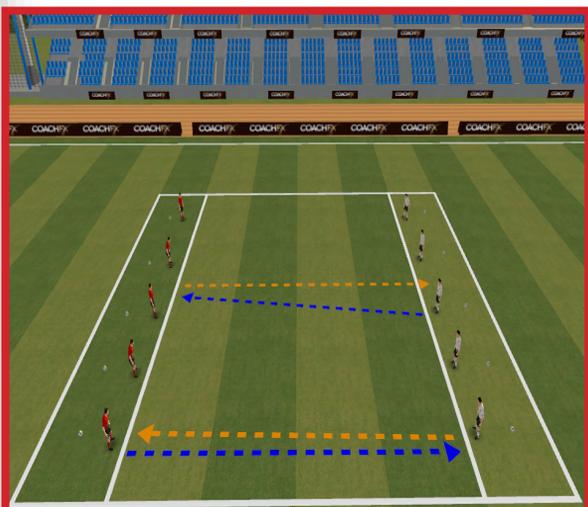
Progression

Play 'opposites' Red = Yellow zone, Yellow = Red Zone
Competition - Last player back to middle line performs a toe taps for the duration of the next race.

Coaching Points

Dribble to keep the ball close
Inside/outside/sole of the foot to turn

TECHNICAL/TACTICAL



Numbers Game

Set up/Rules

Split players into two teams, 1 team in each end zone. Each player has a ball. When coach shouts 'go' each player leaves their ball and goes and steals a ball from the other teams zone and dribbles it back to their own zone. Team with most balls in their zone after 2 mins wins.

Progression

Can steal from other zone or if a player is dribbling across the area.

Coaching Points

Dribble to keep the ball close
Inside/outside/sole of the foot to turn

SMALL SIDED GAME



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

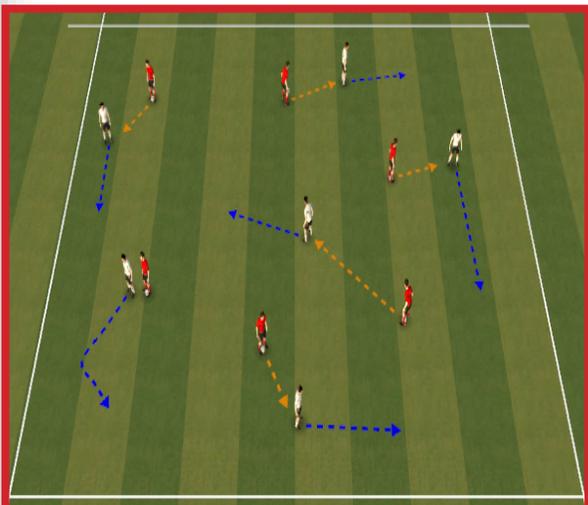
Coaching Points

Remind players of key coaching points from the session



Week 5: Dribbling With Pressure

WARM UP



Electric Fence Game

Set up/ rules
Players work in pairs and play tag for 1 minute. The player that is the tagger after 1 minute performs 5 star jumps.

Progression
Each player now has a ball and plays the same game.

Coaching Points
Dribble to keep the ball close
Inside/outside/sole of the foot to turn
Accelerate into space

TECHNICAL



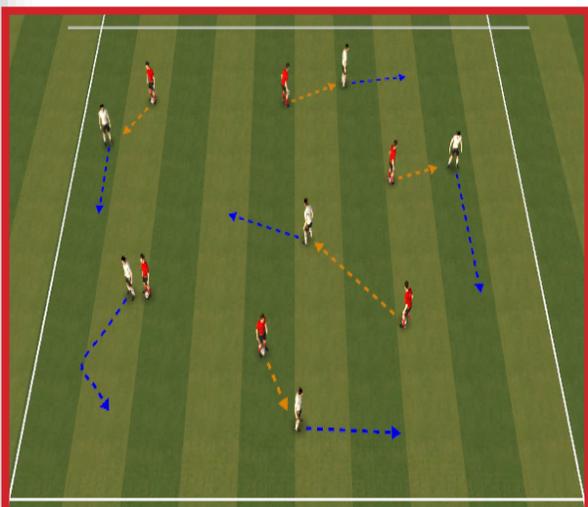
Knockout

Set up/Rules
Players have a ball each and dribble inside the area and high 5 each other as they pass.

Progression
When coach shouts 'go' all players try and kick any other ball outside the area keeping their own ball inside the area. Last player in wins

Coaching Points
Dribble to keep the ball close
Inside/outside/sole of the foot to turn
Accelerate into space

TECHNICAL/TACTICAL



Numbers Game

Set up/Rules
Split players into two teams, 1 team in each end zone. Each player has a ball.

When coach shouts 'go' each player leaves their ball and goes and steals a ball from the other teams zone and dribbles it back to their own zone.

Team with most balls in their zone after 2 mins wins.

Progression
Can only steal ball out of zone with sole of foot

Coaching Points
Keep ball close to feet
Head up for awareness
Use sole of the foot to stop ball and

SMALL SIDED GAME



4v4

Set up/Rules
Both teams play 1-1-2-1 formation

Coaching Points
Remind players of key coaching points from the session



Week 6: Dribbling 1v1

WARM UP



Dribbling - Figure of 8

Set up/Rules

Players work in pairs with 2 cones. Players dribble around the cones in figure of 8 formation

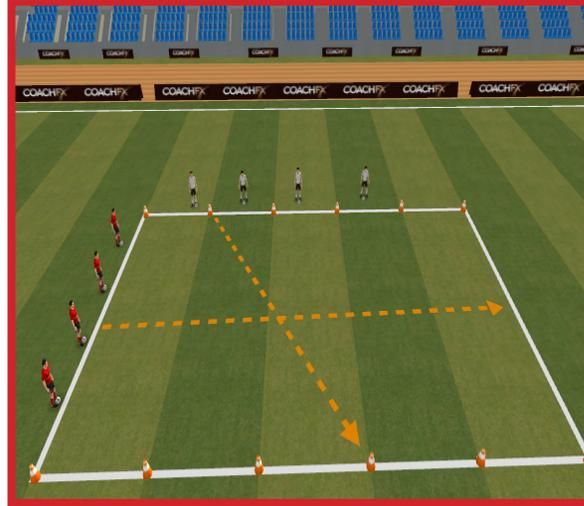
Progression

Toe-Taps around the cones
Foundations around the cones
Use sole of the foot
Inside/outside touches
Right foot only
Left foot only
Backwards

Coaching Points

Keep ball close to feet
Head up to see space
Different surfaces to move ball

TECHNICAL



Dribbling Lanes

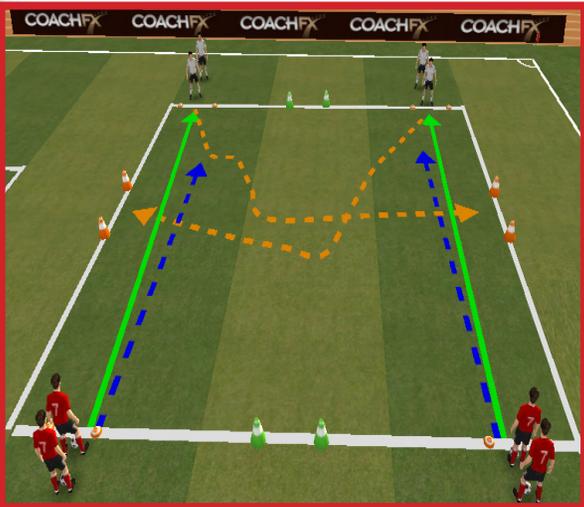
Set up/Rules

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. Players try and get across without bumping any other ball or player.

Progression

Switch roles of players
Coaching Points
Slow in traffic
Speed up into space
Clever footwork to avoid pressure

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

Control with inside of foot
Dribble fast towards goal
Different parts of feet to change direction

SMALL SIDED GAME



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

Coaching Points

Remind players of key coaching points from the session



Week 7: Dribbling & Shooting

WARM UP



SAQ

Set up/ rules

Create 3-4 lines of SAQ challenges

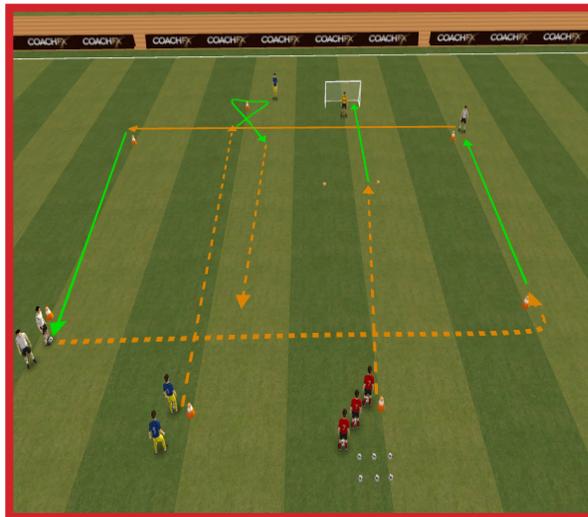
1. Line of 5 cones
2. 6 cones in slalom
3. 5 hurdles in a line

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.

Coaching Points

- Fast foot work
- Use arms for balance

TECHNICAL



Dribbling, Passing & Shooting

Set up/Rules

Reds dribble and shoot, whites dribble and pass around large square. Blues dribble and play passing combination around each end cone. Rotate team tasks

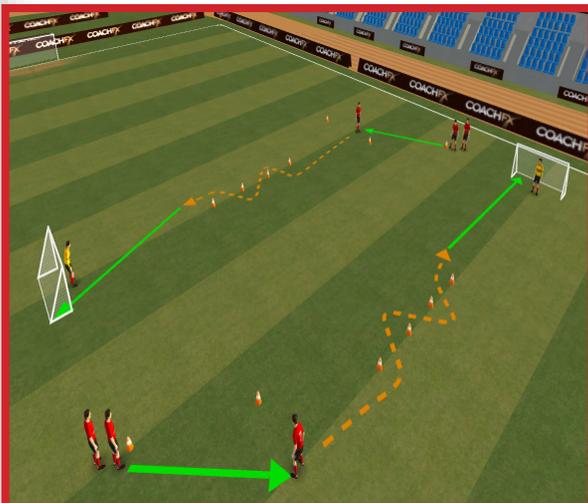
Progression

Add magic player who moves anywhere in the exercise and can combine with any group at anytime

Coaching Points

- Big touches when running with the ball
- Weight and accuracy of passing
- Shoot for the space in the goal

TECHNICAL/TACTICAL



Dribbling to shoot

Set up/Rules

Player receives pass and dribbles through cones to shoot for goal. Players rotate around circuit.

Progression

Add defender between goal and cones to create 1v1 situation

Coaching Points

- Shoot for space in goal
- Attacking at speed.
- Positive play- attacking moves to beat defender

SMALL SIDED GAME



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

Coaching Points

Remind players of key coaching points from the session



Week 8: Dribbling & Shooting

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.

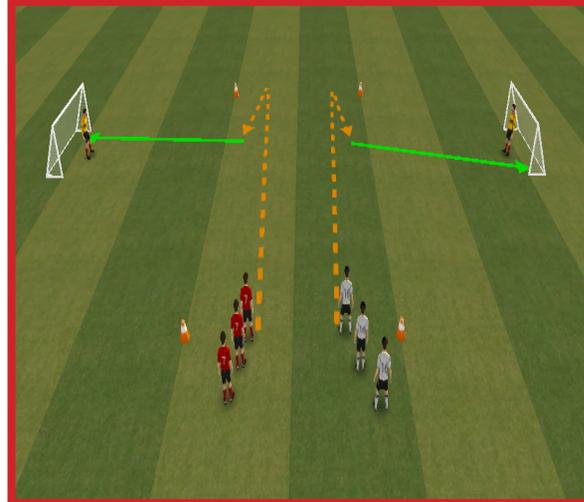
Progression

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 a turn and then shoot for goal.

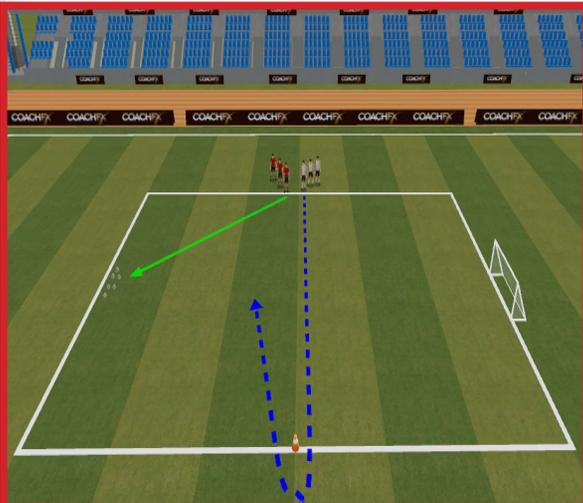
Progression

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



4v4

Set up/Rules

Both teams play 1-1-2-1 formation

Coaching Points

Remind players of key coaching points from the session