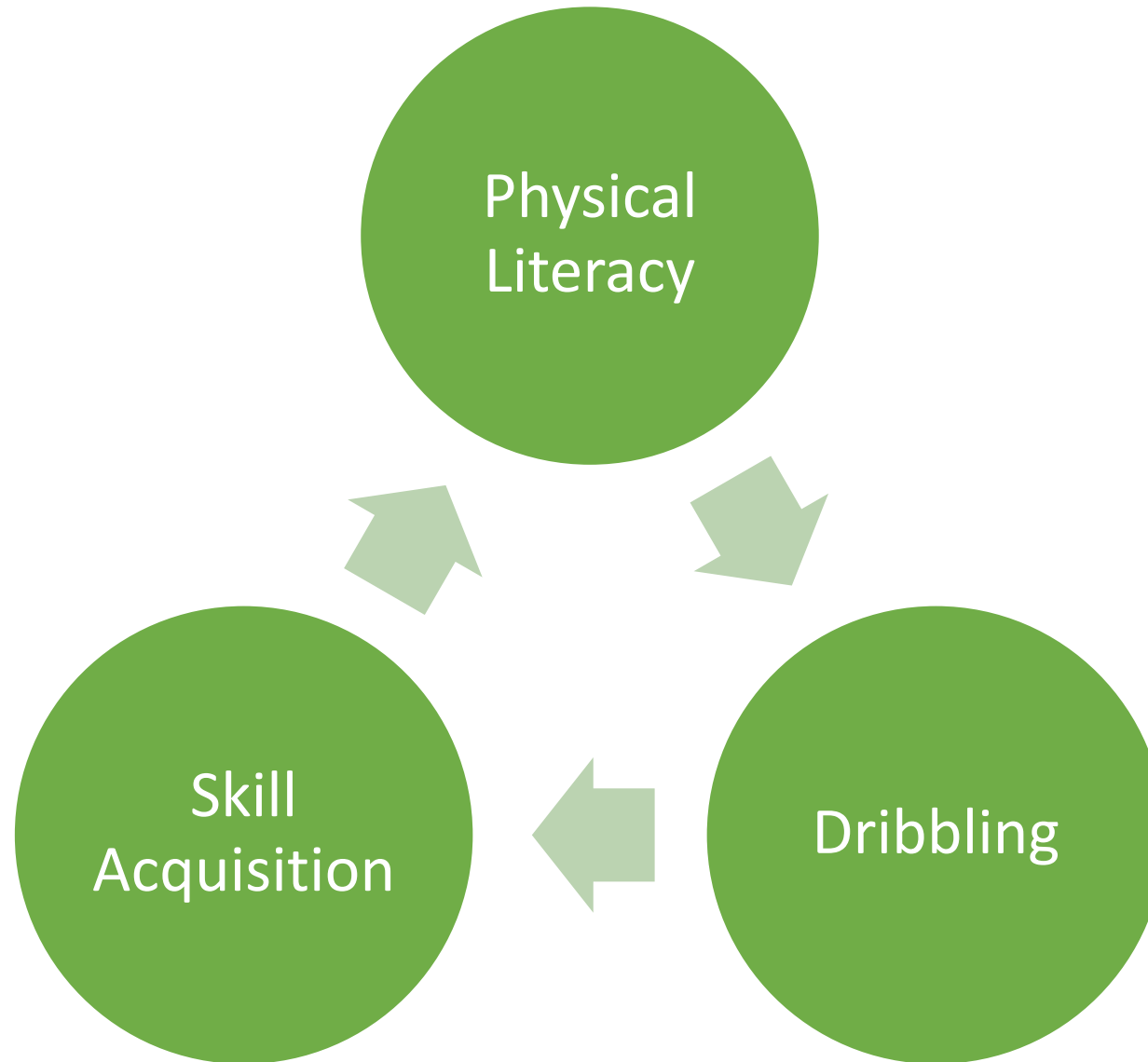




KEYSA House League

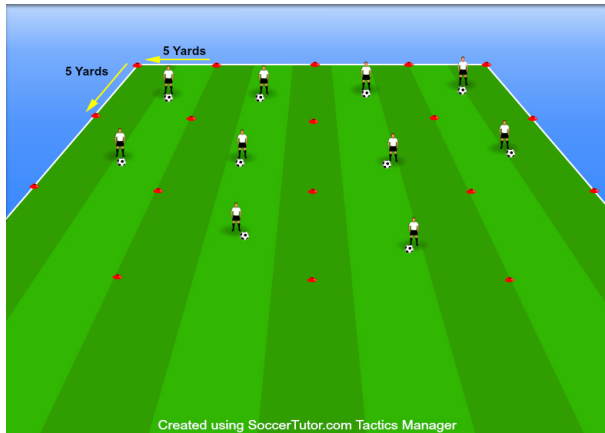
U4, U6, & U8 Social Distanced Curriculum

Overview



Session #1

Coerver Skills – 10 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

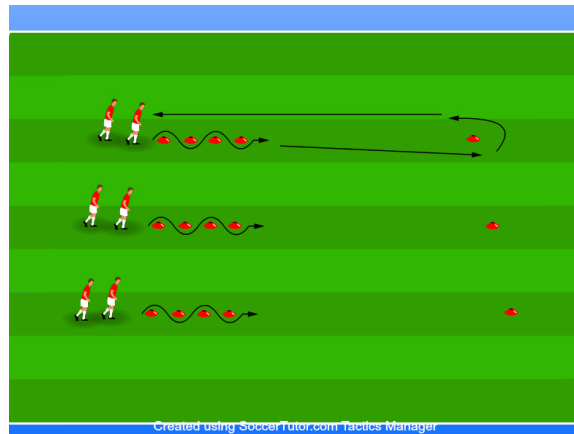
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Relay Races – 20 minutes



Detail:

Set up as many lines as you need, depending on players. Have cones no more than 1' apart, mimicking a ladder. Have 1 cone 10' from the last cone in the ladder. Players must go through the "ladder" then run around the last cone and back to the start of the line. Coach calls out different tasks for going through the ladder:

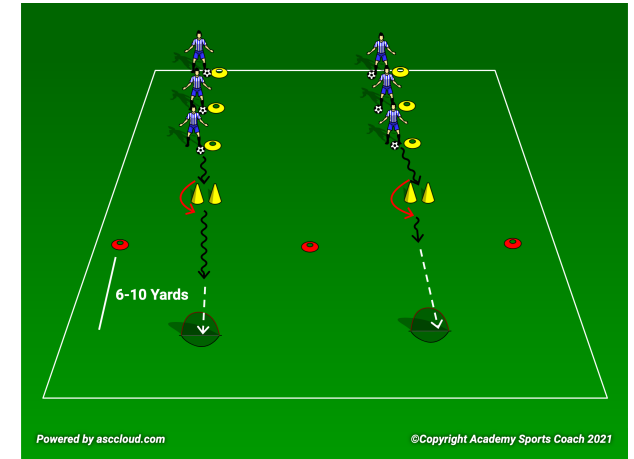
1. Dribble through
2. Right foot only
3. Left foot only
4. Insides only through the first cones

Progression(s):

Each line is in a race against each other!

Ensure distance is kept between players waiting in line

1v1 Moves + Shooting – 25 minutes



Detail

Each player has a ball, they dribble up to the cone, do a move and then take a shot on goal. Have a couple practice rounds for the players, then have a competition. Each team gets points for goals they score. If they score behind the red cones they get 2 points, in front of the cones they get 1 point.

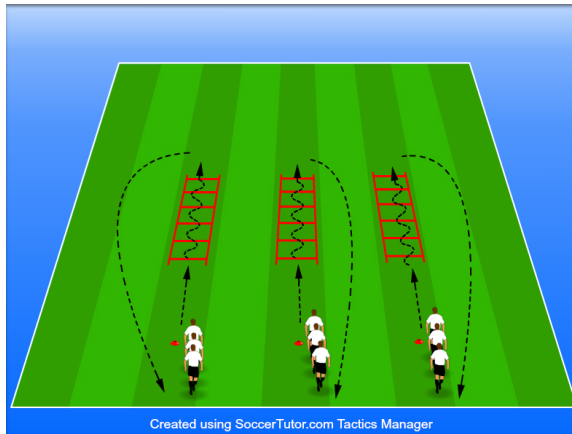
Progressions

Different moves around the cones (scissor, feints, drag and push, etc.)

Ensure players are maintaining distance at all times

Session #2

Ladders – 10 minutes



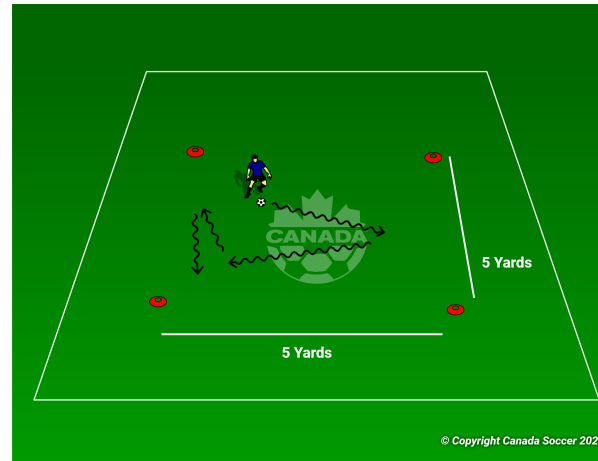
Detail

Have players line up behind a cone (max 4 players per cone). The first player runs up to the ladder and does an exercise (eg. 1 foot in each, two feet in each, shuffles, 1 foot hops, 2 foot hops, etc.).

Adaptations

Can use a row of cones instead of ladders if there is no ladder available.
Ensure distance is kept between players waiting in line and through the ladders

Box Dribbling – 20 minutes



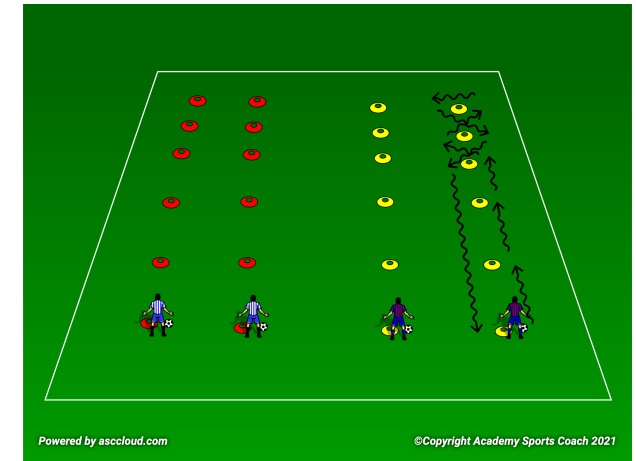
Detail

Each player is in a dribbling box (or dribbling triangle). Have players perform different dribbling activities within the box.

Progressions

Dribble with a certain foot, certain part of the foot, perform certain moves, go around the cones, etc.

Relay Races – 25 minutes



Detail

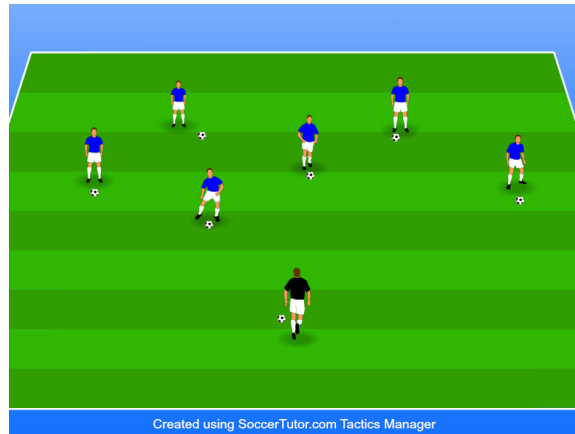
Players dribble up to the first cone and do 10 of some sort of skill acquisition move (toe touches, foundation touches, triangles, combination, etc.). They dribble up to the next cone and do the same. After, they dribble through and back through the row of cones and then run with the ball back to the first cone (must be stopped right beside the cone).

Progressions

Do different skill acquisition activities at the first 2 cones.

Session #3

On Spot Dynamic Warm-Up – 10 minutes



Detail:

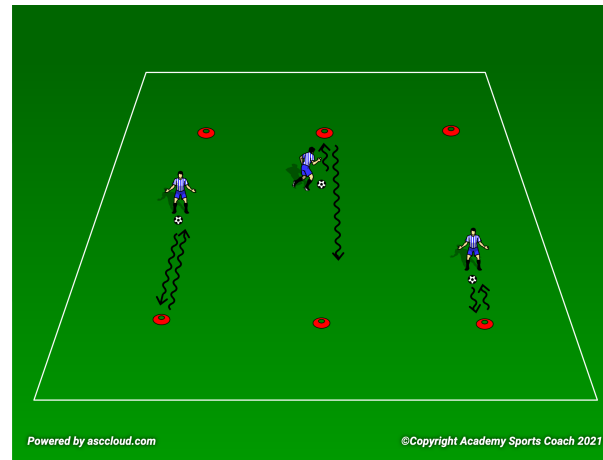
Each player is in their own space. The coach leads a dynamic warm-up the the players perform on the spot (jogging, high knees, put kicks, jumping jacks, various stretches, etc.)

Progression(s):

Can add a ball for the last 2-3 minutes and do some skill acquisition activities.

Ensure players keep distance the whole time

Turns – 20 minutes



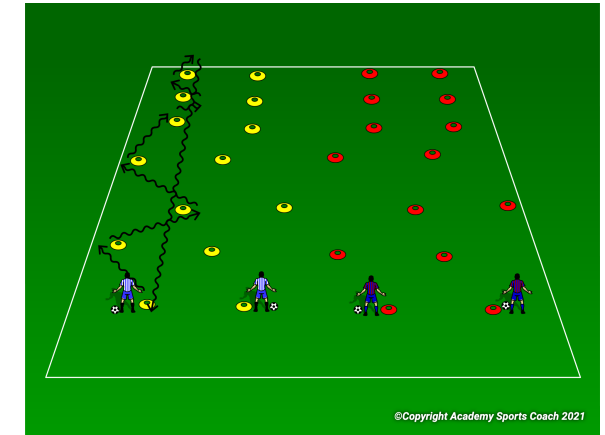
Detail

Each player is in-between 2 cones. They dribble between the cones and work on various turns.

Progressions

Sole turn, inside cut, outside cut, Cryuff turn, stop turn, step over turn, heel turn, fake rabona

Relay Races – 25 minutes



Detail

See diagram for the way the relay works. Players zig-zag around the first set of cones, dribble through the end cones and drive straight back.

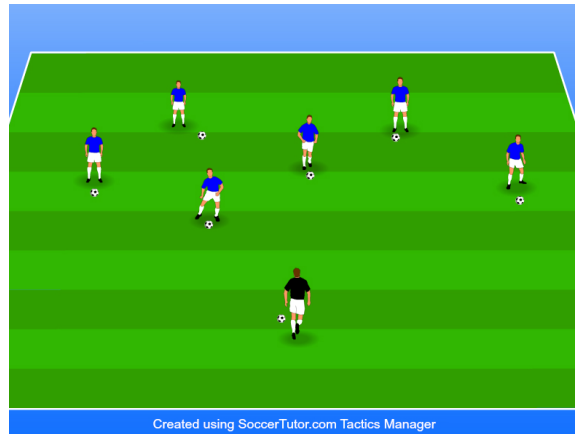
Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Outside of feet only
- 4) Inside of feet only

Ensure players maintain distance the entire time

Session #4

Simon Says – 10 minutes



Detail:

Each player must have a ball, including the coach. The coach stands at the front of the group and gives commands:

“Listen!” – when “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!

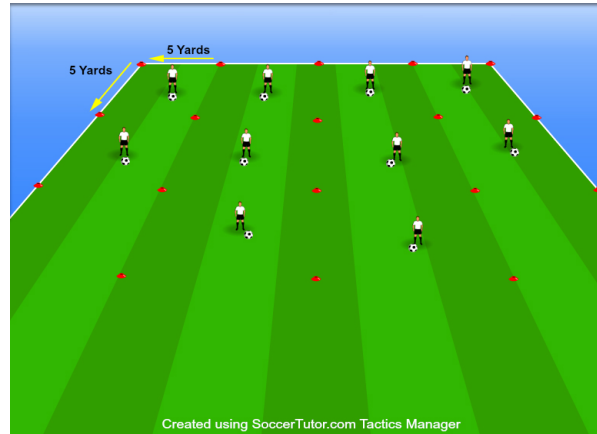
“Coach says” throw the ball up and catch it; “coach says” throw the ball up, kick it and catch it; “coach says” use your other foot; etc.

Progression(s):

You can start without a ball for a warm-up and progress to using a ball after 5 minutes.

Ensure distance is kept between players at all times

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

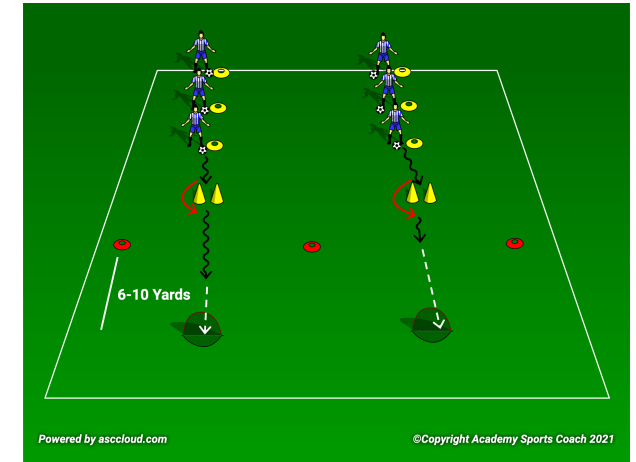
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don’t have enough cones, players can just use their own space.

1v1 Moves + Shooting – 25 minutes



Detail

Each player has a ball, they dribble up to the cone, do a move and then take a shot on goal. Have a couple practice rounds for the players, then have a competition. Each team gets points for goals they score. If they score behind the red cones they get 2 points, in front of the cones they get 1 point.

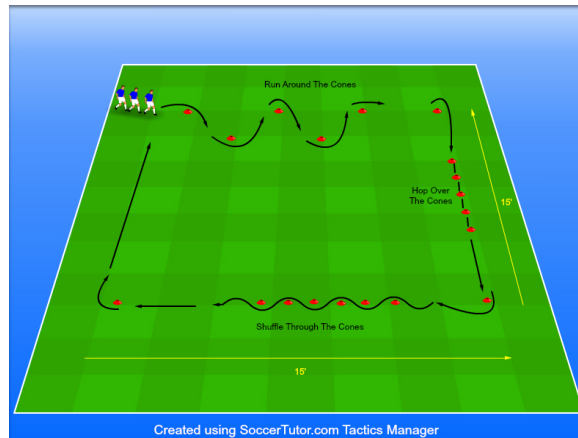
Progressions

Different moves around the cones (scissor, feints, drag and push, etc.)

Ensure players are maintaining distance at all times

Session #5

Obstacle Course – 10 minutes



Detail:

Set up an obstacle course with cones in a square shape featuring the following movements:

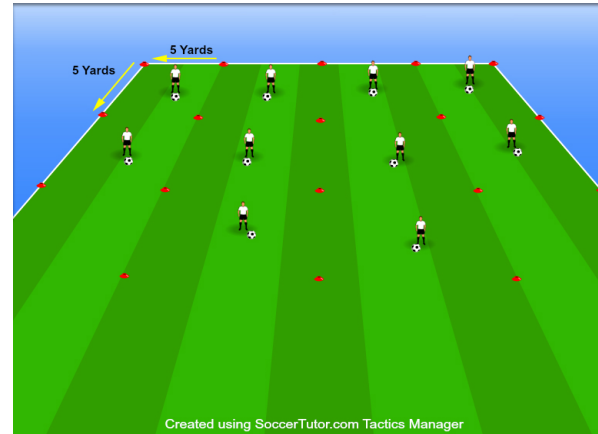
1. Running around the cones
2. Hopping over the cones
3. Shuffling through the cones
4. Straight run

Progression(s):

1. Have players dribble through the course.

Ensure distance is kept between players while waiting in line and throughout the course

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

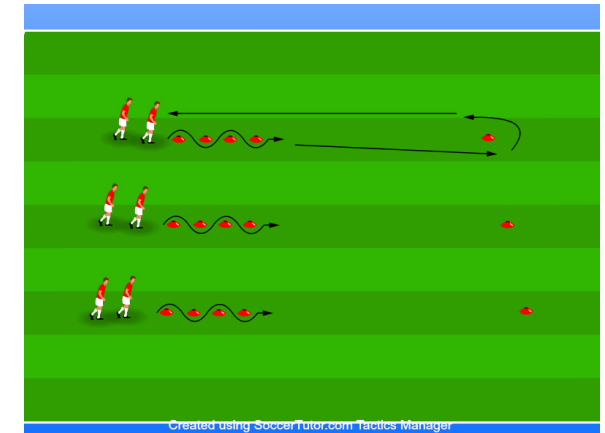
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Relay Races – 25 minutes



Detail:

Set up as many lines as you need, depending on players. Have cones no more than 1' apart, mimicking a ladder. Have 1 cone 10' from the last cone in the ladder. Players must go through the "ladder" then run around the last cone and back to the start of the line. Coach calls out different tasks for going through the ladder:

1. Dribble through
2. Right foot only
3. Left foot only
4. Insides only through the first cones

Progression(s):

Each line is in a race against each other!

Ensure distance is kept between players waiting in line

Session #6

Mirror Warm-Up – 10 minutes



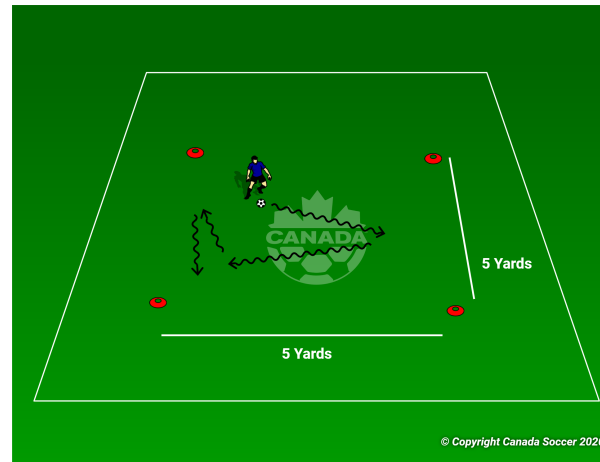
Detail

Players are on a cone across from their partner. One player starts as the leader and does various warm-up activities. The player across from them must perform the same activity and be a 'mirror'. Switch every 2 minutes (and can switch partners as well).

Progressions

Can progress to using a ball half-way through.

Box Dribbling – 20 minutes



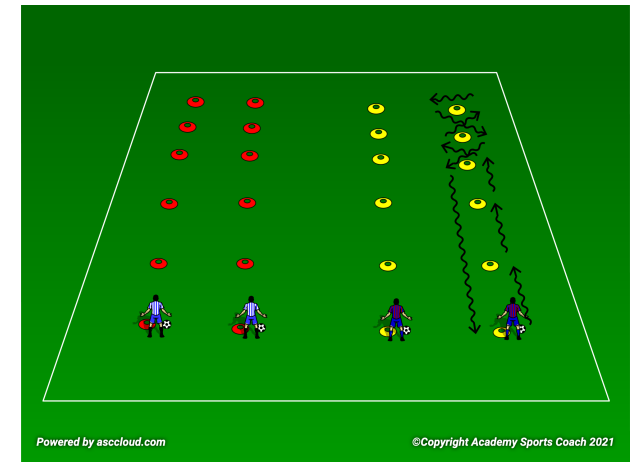
Detail

Each player is in a dribbling box (or dribbling triangle). Have players perform different dribbling activities within the box.

Progressions

Dribble with a certain foot, certain part of the foot, perform certain moves, go around the cones, etc.

Relay Races – 25 minutes



Detail

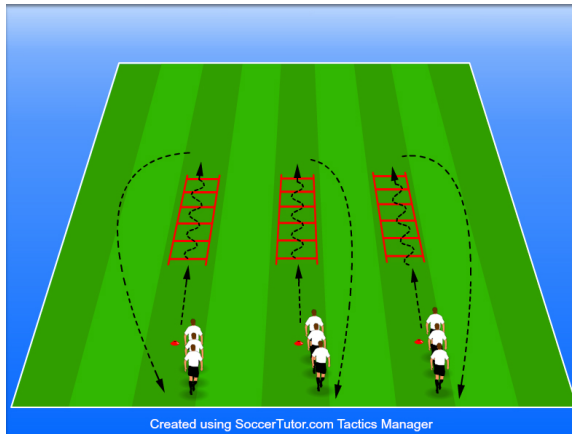
Players dribble up to the first cone and do 10 of some sort of skill acquisition move (toe touches, foundation touches, triangles, combination, etc.). They dribble up to the next cone and do the same. After, they dribble through and back through the row of cones and then run with the ball back to the first cone (must be stopped right beside the cone).

Progressions

Do different skill acquisition activities at the first 2 cones.

Session #7

Ladders – 10 minutes



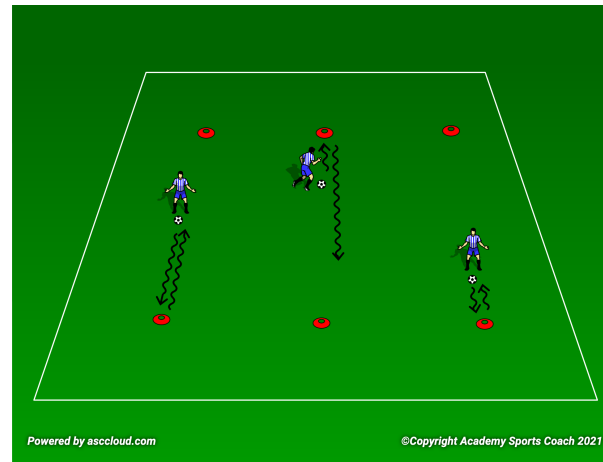
Detail

Have players line up behind a cone (max 4 players per cone). The first player runs up to the ladder and does an exercise (eg. 1 foot in each, two feet in each, shuffles, 1 foot hops, 2 foot hops, etc.).

Adaptations

Can use a row of cones instead of ladders if there is no ladder available.
Ensure distance is kept between players waiting in line and through the ladders

Turns – 20 minutes



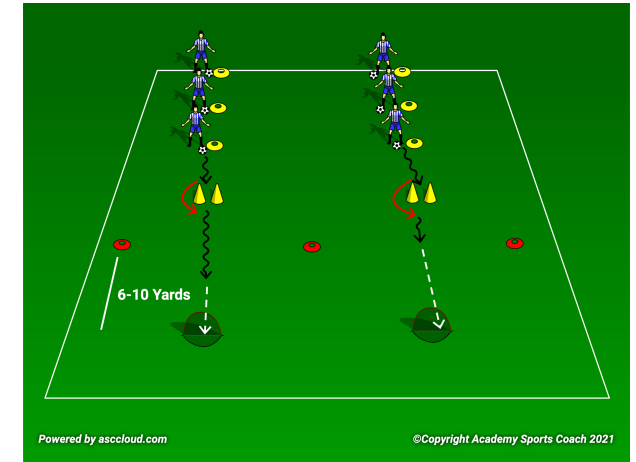
Detail

Each player is in-between 2 cones. They dribble between the cones and work on various turns.

Progressions

Sole turn, inside cut, outside cut, Cryuff turn, stop turn, step over turn, heel turn, fake rabona

1v1 Moves + Shooting – 25 minutes



Detail

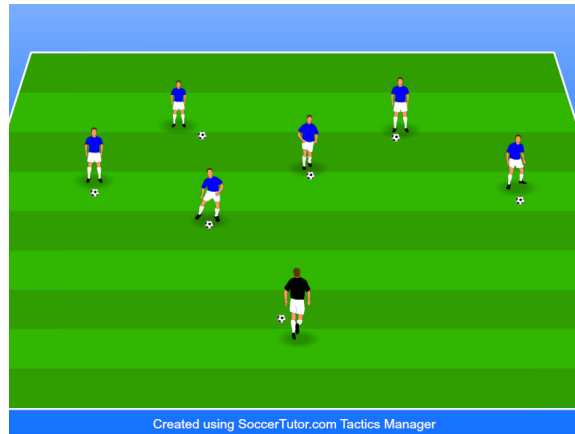
Each player has a ball, they dribble up to the cone, do a move and then take a shot on goal. Have a couple practice rounds for the players, then have a competition. Each team gets points for goals they score. If they score behind the red cones they get 2 points, in front of the cones they get 1 point.

Progressions

Different moves around the cones (scissor, feints, drag and push, etc.)
Ensure players are maintaining distance at all times

Session #8

Simon Says – 10 minutes



Detail:

Each player must have a ball, including the coach. The coach stands at the front of the group and gives commands:

“Listen!” – when “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!

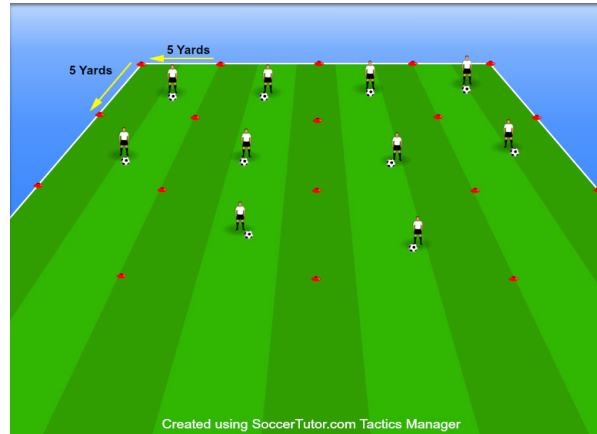
“Coach says” throw the ball up and catch it; “coach says” throw the ball up, kick it and catch it; “coach says” use your other foot; etc.

Progression(s):

You can start without a ball for a warm-up and progress to using a ball after 5 minutes.

Ensure distance is kept between players at all times

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

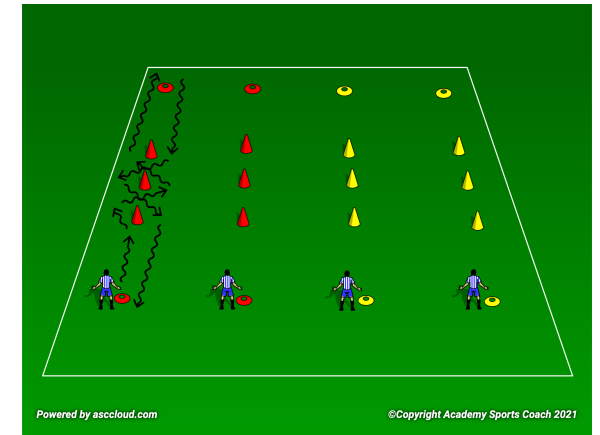
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don’t have enough cones, players can just use their own space.

Relay Races – 25 minutes



Detail

Set up cones as shown in diagram, with a starting cone, 10m away a row of cones, and then an end cone another 10 meters away. Players dribble through the cones and race against one another.

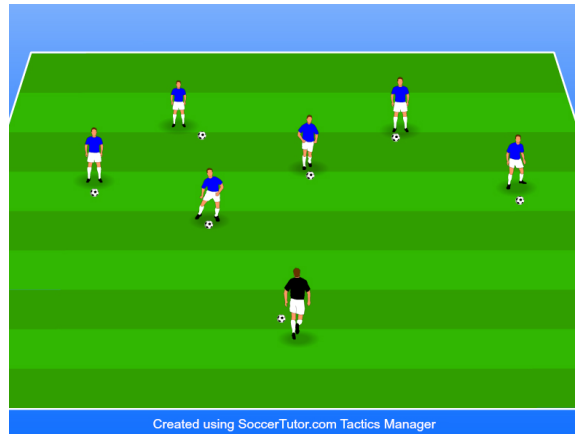
Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Inside of feet only
- 4) Outside of feet only
- 5) Soles of feet only

Ensure distance is being kept between players at all times

Session #9

On Spot Dynamic Warm-Up – 10 minutes



Detail:

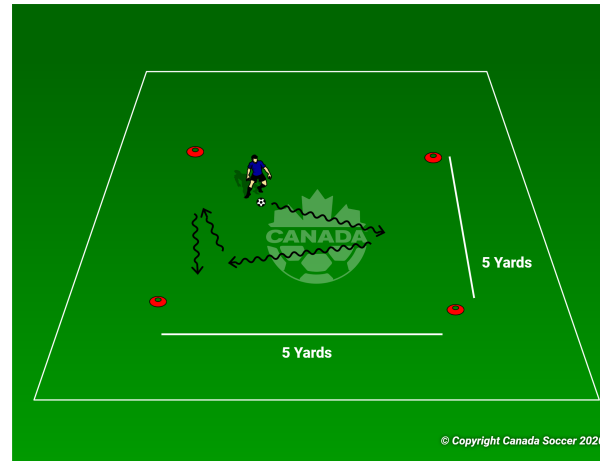
Each player is in their own space. The coach leads a dynamic warm-up the the players perform on the spot (jogging, high knees, put kicks, jumping jacks, various stretches, etc.)

Progression(s):

Can add a ball for the last 2-3 minutes and do some skill acquisition activities.

Ensure players keep distance the whole time

Box Dribbling – 20 minutes



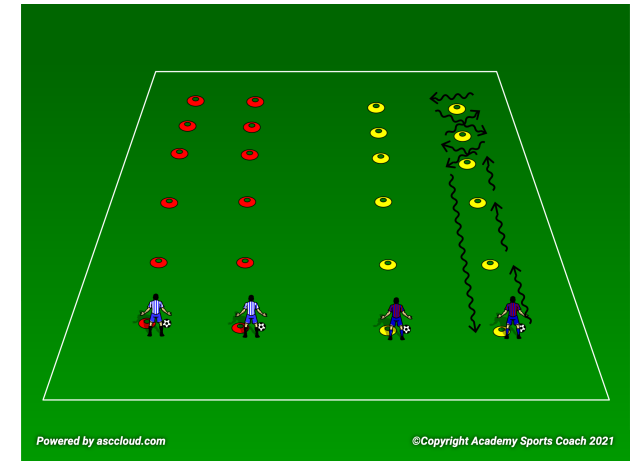
Detail

Each player is in a dribbling box (or dribbling triangle). Have players perform different dribbling activities within the box.

Progressions

Dribble with a certain foot, certain part of the foot, perform certain moves, go around the cones, etc.

Relay Races – 25 minutes



Detail

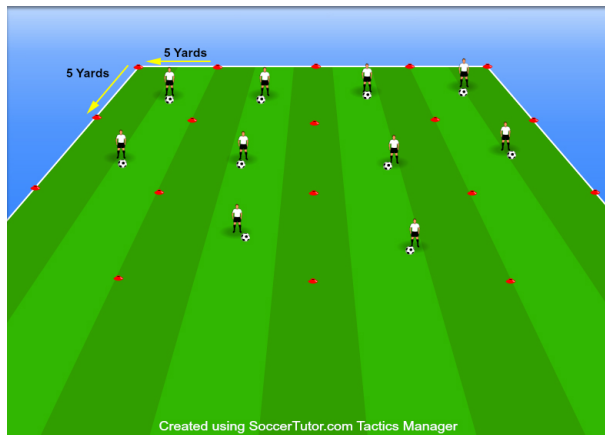
Players dribble up to the first cone and do 10 of some sort of skill acquisition move (toe touches, foundation touches, triangles, combination, etc.). They dribble up to the next cone and do the same. After, they dribble through and back through the row of cones and then run with the ball back to the first cone (must be stopped right beside the cone).

Progressions

Do different skill acquisition activities at the first 2 cones.

Session #10

Coerver Skills – 10 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

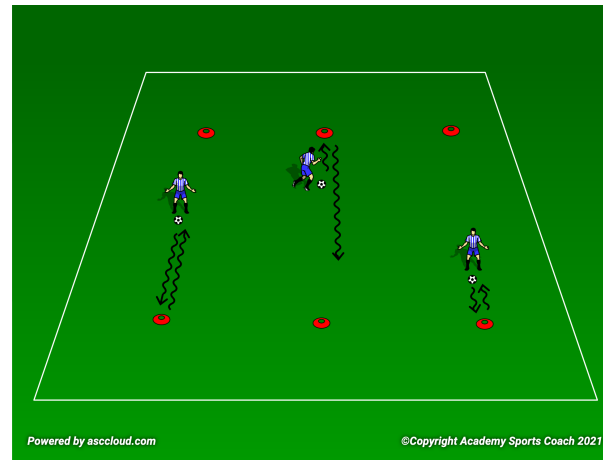
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Turns – 20 minutes



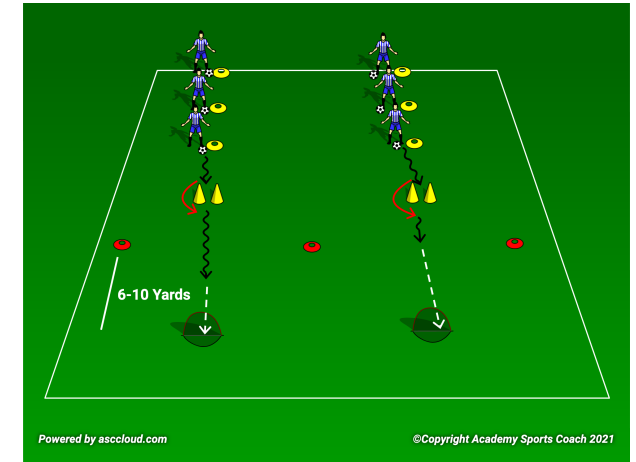
Detail

Each player is in-between 2 cones. They dribble between the cones and work on various turns.

Progressions

Sole turn, inside cut, outside cut, Cryuff turn, stop turn, step over turn, heel turn, fake rabona

1v1 Moves + Shooting – 25 minutes



Detail

Each player has a ball, they dribble up to the cone, do a move and then take a shot on goal. Have a couple practice rounds for the players, then have a competition. Each team gets points for goals they score. If they score behind the red cones they get 2 points, in front of the cones they get 1 point.

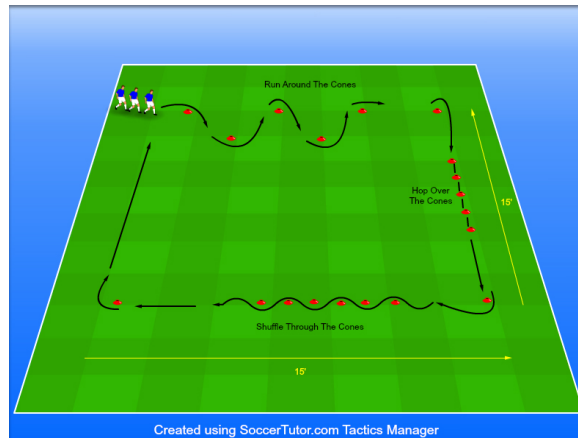
Progressions

Different moves around the cones (scissor, feints, drag and push, etc.)

Ensure players are maintaining distance at all times

Session #11

Obstacle Course – 10 minutes



Detail:

Set up an obstacle course with cones in a square shape featuring the following movements:

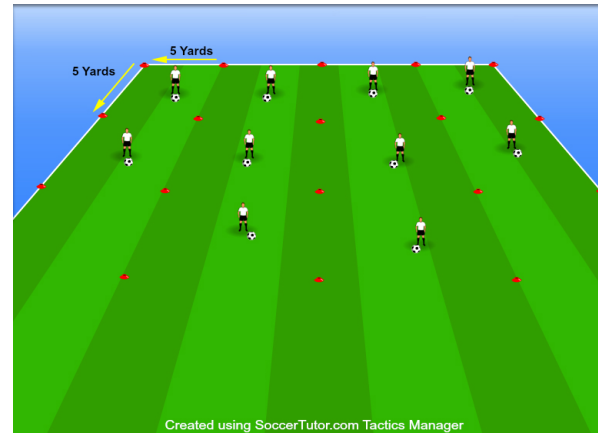
1. Running around the cones
2. Hopping over the cones
3. Shuffling through the cones
4. Straight run

Progression(s):

1. Have players dribble through the course.

Ensure distance is kept between players while waiting in line and throughout the course

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

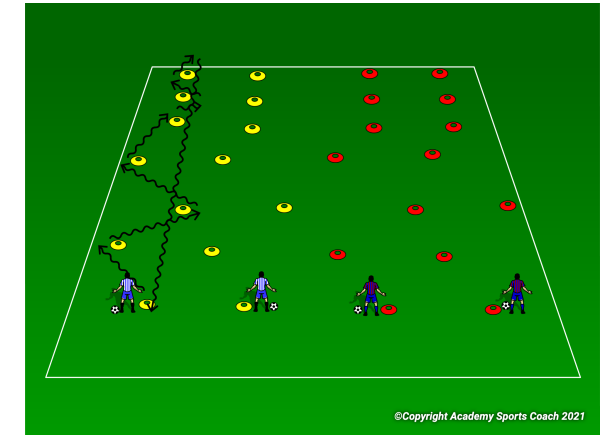
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Relay Races – 25 minutes



Detail

See diagram for the way the relay works. Players zig-zag around the first set of cones, dribble through the end cones and drive straight back.

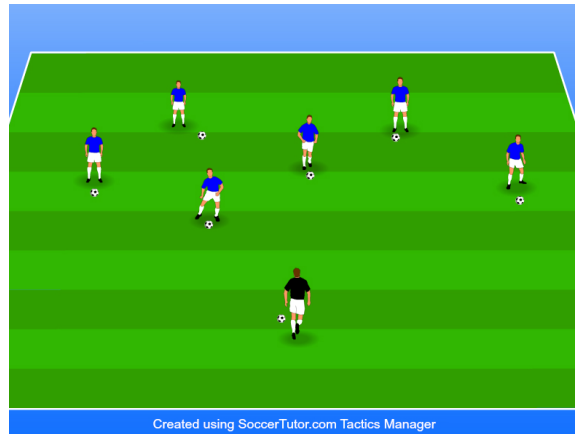
Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Outside of feet only
- 4) Inside of feet only

Ensure players maintain distance the entire time

Session #12

Simon Says – 10 minutes



Detail:

Each player must have a ball, including the coach. The coach stands at the front of the group and gives commands:

“Listen!” – when “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!

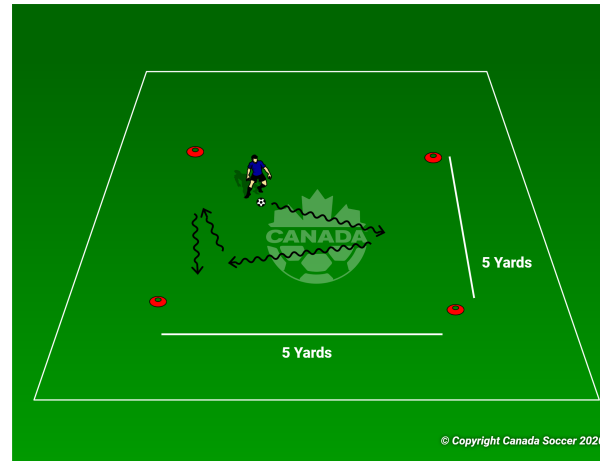
“Coach says” throw the ball up and catch it; “coach says” throw the ball up, kick it and catch it; “coach says” use your other foot; etc.

Progression(s):

You can start without a ball for a warm-up and progress to using a ball after 5 minutes.

Ensure distance is kept between players at all times

Box Dribbling – 20 minutes



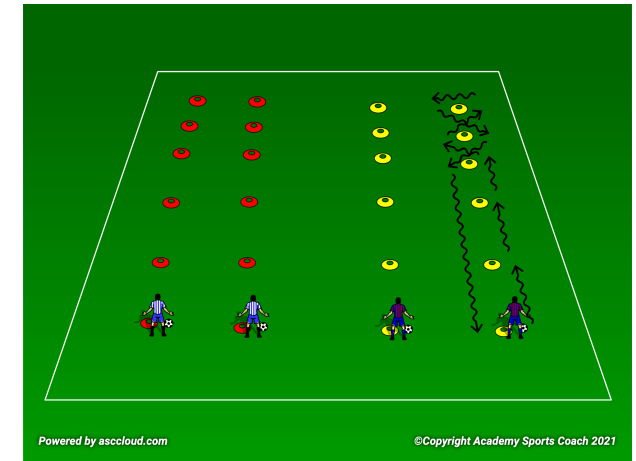
Detail

Each player is in a dribbling box (or dribbling triangle). Have players perform different dribbling activities within the box.

Progressions

Dribble with a certain foot, certain part of the foot, perform certain moves, go around the cones, etc.

Relay Races – 25 minutes



Detail

Players dribble up to the first cone and do 10 of some sort of skill acquisition move (toe touches, foundation touches, triangles, combination, etc.). They dribble up to the next cone and do the same. After, they dribble through and back through the row of cones and then run with the ball back to the first cone (must be stopped right beside the cone).

Progressions

Do different skill acquisition activities at the first 2 cones.

Session #13

Mirror Warm-Up – 10 minutes



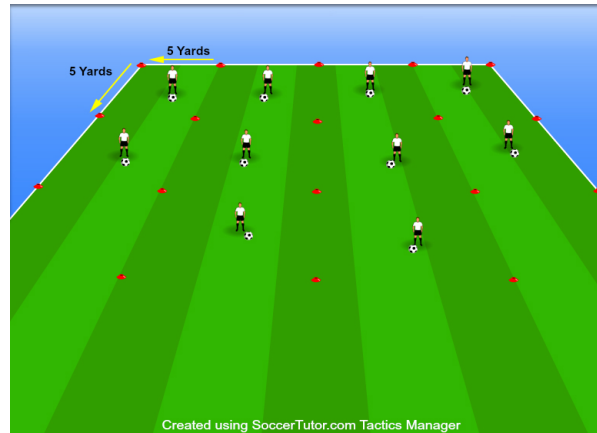
Detail

Players are on a cone across from their partner. One player starts as the leader and does various warm-up activities. The player across from them must perform the same activity and be a 'mirror'. Switch every 2 minutes (and can switch partners as well).

Progressions

Can progress to using a ball half-way through.

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

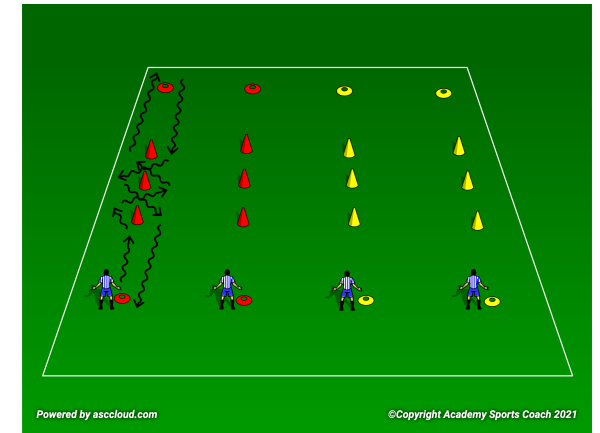
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Relay Races – 25 minutes



Detail

Set up cones as shown in diagram, with a starting cone, 10m away a row of cones, and then an end cone another 10 meters away. Players dribble through the cones and race against one another.

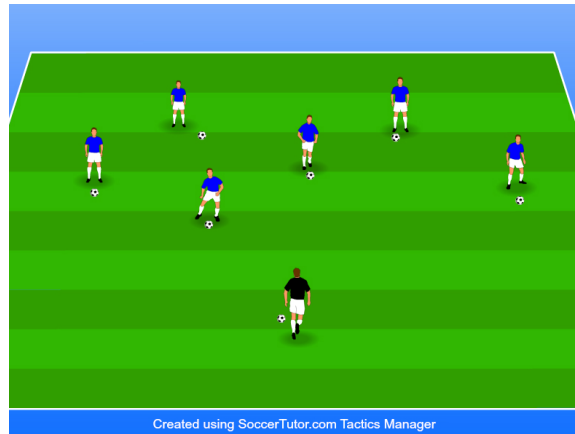
Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Inside of feet only
- 4) Outside of feet only
- 5) Soles of feet only

Ensure distance is being kept between players at all times

Session #14

On Spot Dynamic Warm-Up – 10 minutes



Detail:

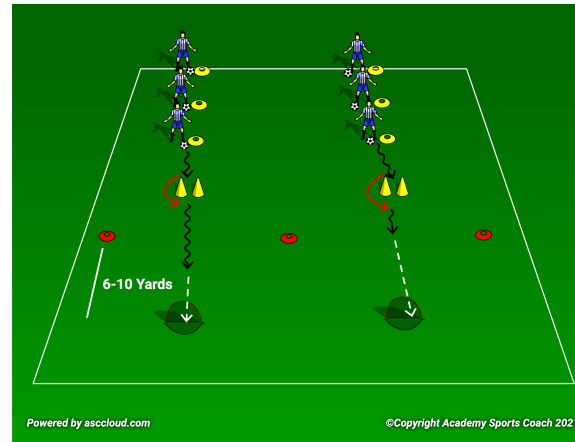
Each player is in their own space. The coach leads a dynamic warm-up the the players perform on the spot (jogging, high knees, put kicks, jumping jacks, various stretches, etc.)

Progression(s):

Can add a ball for the last 2-3 minutes and do some skill acquisition activities.

Ensure players keep distance the whole time

1v1 Moves + Shooting – 20 minutes



Detail

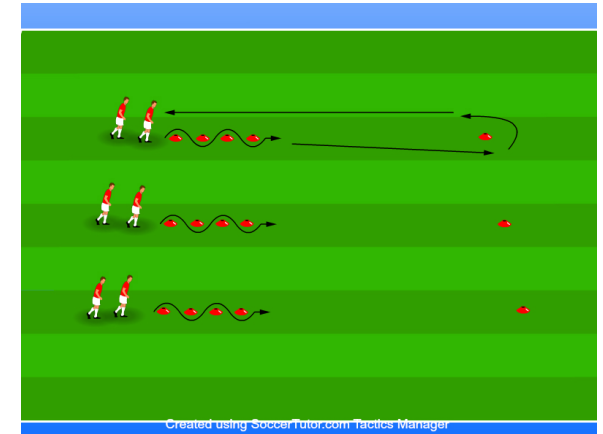
Each player has a ball, they dribble up to the cone, do a move and then take a shot on goal. Have a couple practice rounds for the players, then have a competition. Each team gets points for goals they score. If they score behind the red cones they get 2 points, in front of the cones they get 1 point.

Progressions

Different moves around the cones (scissor, feints, drag and push, etc.)

Ensure players are maintaining distance at all times

3v3 Game – 25 minutes



Detail:

Set up as many lines as you need, depending on players. Have cones no more than 1' apart, mimicking a ladder. Have 1 cone 10' from the last cone in the ladder. Players must go through the “ladder” then run around the last cone and back to the start of the line. Coach calls out different tasks for going through the ladder:

1. Dribble through
2. Right foot only
3. Left foot only
4. Insides only through the first cones

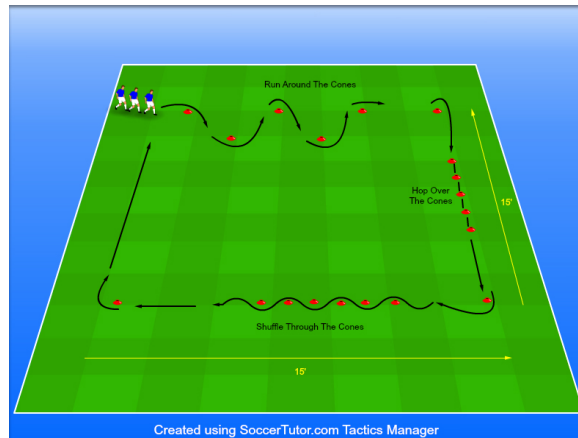
Progression(s):

Each line is in a race against each other!

Ensure distance is kept between players waiting in line

Session #15

Obstacle Course – 10 minutes



Detail:

Set up an obstacle course with cones in a square shape featuring the following movements:

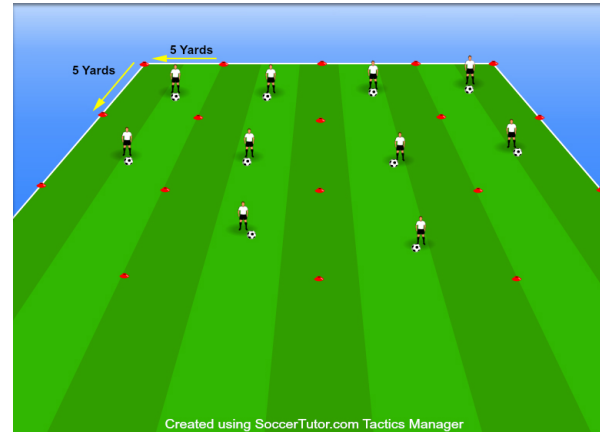
1. Running around the cones
2. Hopping over the cones
3. Shuffling through the cones
4. Straight run

Progression(s):

1. Have players dribble through the course.

Ensure distance is kept between players while waiting in line and throughout the course

Coerver Skills – 20 minutes



Detail

Each player has their own 5v5 yard box. They will perform coerver skills (toe touches, Brazilian toe touches, foundation touches, foundation touches with pull stop, etc.) within their own box. Do skill for about a minute.

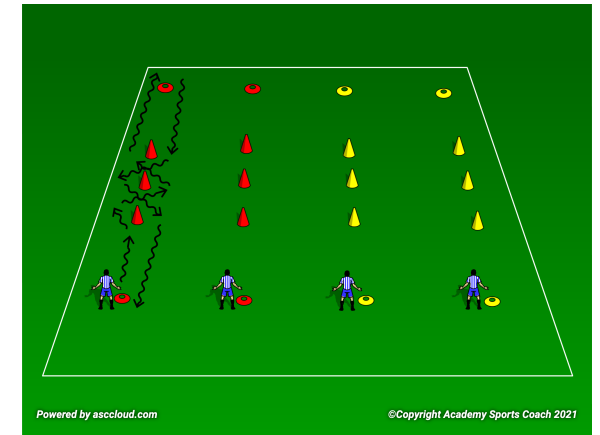
Progressions

After skill, have a competition round of how quickly players can complete 20 of that individual skill.

Adaptations

If you don't have enough cones, players can just use their own space.

Relay Races – 25 minutes



Detail

Set up cones as shown in diagram, with a starting cone, 10m away a row of cones, and then an end cone another 10 meters away. Players dribble through the cones and race against one another.

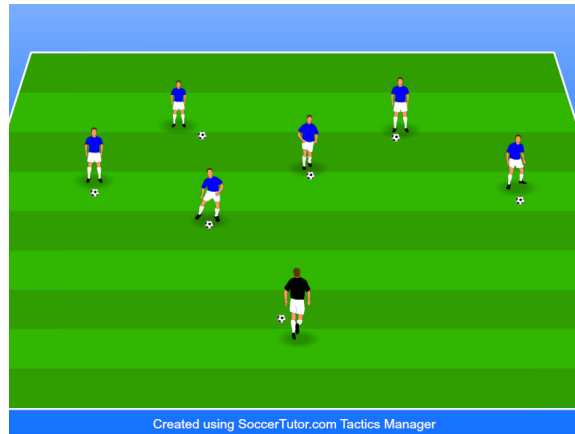
Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Inside of feet only
- 4) Outside of feet only
- 5) Soles of feet only

Ensure distance is being kept between players at all times

Session #16

Simon Says – 10 minutes



Detail:

Each player must have a ball, including the coach.
The coach stands at the front of the group and gives commands:

“Listen!” – when “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!

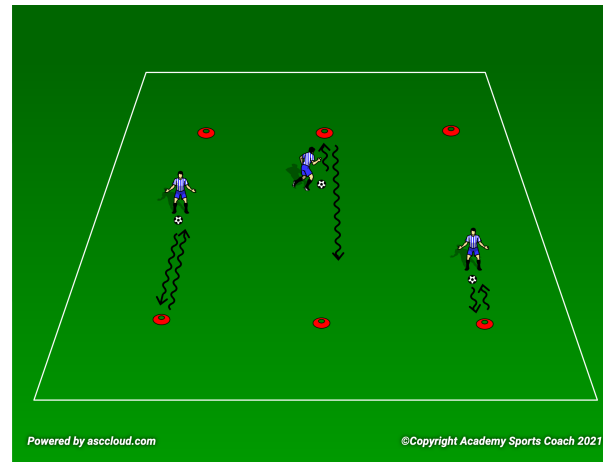
“Coach says” throw the ball up and catch it; “coach says” throw the ball up, kick it and catch it; “coach says” use your other foot; etc.

Progression(s):

You can start without a ball for a warm-up and progress to using a ball after 5 minutes.

Ensure distance is kept between players at all times

Turns – 20 minutes



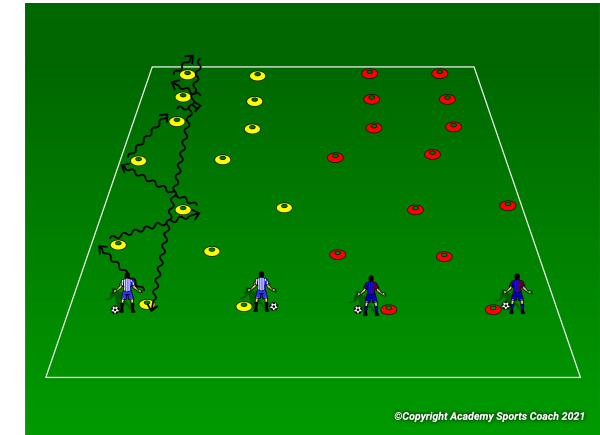
Detail

Each player is in-between 2 cones. They dribble between the cones and work on various turns.

Progressions

Sole turn, inside cut, outside cut, Cryuff turn, stop turn, step over turn, heel turn, fake rabona

Relay Races – 25 minutes



Detail

See diagram for the way the relay works. Players zig-zag around the first set of cones, dribble through the end cones and drive straight back.

Progressions

- 1) Left foot only
- 2) Right foot only
- 3) Outside of feet only
- 4) Inside of feet only

Ensure players maintain distance the entire time