

U6-U8 House Curriculum Spring 2019



Week 1: Dribbling - Starting, Stopping & Changing Direction; 1v1 games

Week 2: Dribbling - Protecting the Ball and Beating Players; 2v2 games

Week 3: Dribbling - Different Parts of the Foot & Turning; 1v1 games

Week 4: Passing - Parts of the Foot & Movement; 2v2 games

Week 5: Passing - Receiving & Positioning; 3v3 games

Week 6: Shooting - Parts of the Foot; 1v1 games

Week 7: Shooting - Types of Finishing; 2v2 games

Week 8: Tournament Games

Our main focus for these age groups will be to build the relationship between the player and the ball. Dribbling, or 'making friends with the ball', is the most important skill for a young player. Not only does it develop their abilities but also helps build the enjoyment for the game.

There will also be increased emphasis on teamwork and working within that team. In practice, we will still be focusing on 1v1 and 2v2 games and the games on Saturdays will be 3v3 with no goalkeepers for U6 and U7; and 4v4 (including goalkeepers) at U8. U7 teams will switch to 3v3 including a goalkeeper half way through the season. This will give the players plenty of opportunities to score lots of goals, get a lot of touches on the ball as well as many defensive actions.

Passing will be taught in more detail at this age group with a focus on controlling the ball as well. Shooting and ball striking are the final aspect that will be brought into this age group. The skills learned in this age group will prepare the players for the coming years where there is more emphasis on the team aspect of the game, whilst still having a strong individualistic element to the training and game situations they will be exposed to.

It is essential that each player gets the opportunity to touch the ball as much as possible whenever they play. This is the most fun element of the game and hopefully, we can see that enjoyment come to fruition in the players of this age group.

Each player will have a set team for Saturday game days but will practice as part of a larger group during the week. This will give them the opportunity to play with their friends who may be on a different team as well as the chance to play with lots of different people and make new friendships. Practices will be 1 hour long, with expected active playing time of roughly 42 minutes (14 minutes per segment).

Arrival Activities

These are some activities to get the early arrivals started and not just standing around or shooting at the net. Pick one each week, even on game days if you like.



1. Phone Box Game

- Four gates, 4 players.
- 1 player in the middle with the ball, tries to escape through one of the gates for a point. Must keep the ball moving
- Three players can only move around the outside of the 'phone box' (cannot go inside the square) working as a team to prevent the middle player escaping
- Only score points with the ball, 30 seconds per round
- Switch players and play again
- Can start with 3 players and make a triangle, or 5 and make a pentagon. Let the kids be creative

2. 1v1 Games

- As players arrive, give them 2 cones each to set up a mini field and play 1v1 to stop the ball on the line
- Can change partners as others arrive. Allow the kids to do part of the explanation

3. Technical Challenges

- Set the players some challenges, maybe it's stepovers, roulette (Maradona turn), or speed challenges to get to a certain point and back with the ball.

4. Juggling

- Who can score the highest

5. Rondo

- A small square, 3v1/4v1/4v2/5v2/6v3
- Keep away, whoever loses the ball goes in the middle

6. Two touch

- Players in a circle, can only have two touches and must keep it in the air
- Each player has 2 or 3 lives, you lose a life if you can't keep the ball up

7. Passing in Pairs

- Players just passing with a partner

Week 1: Dribbling - Starting, Stopping & Changing Direction; 1v1 games

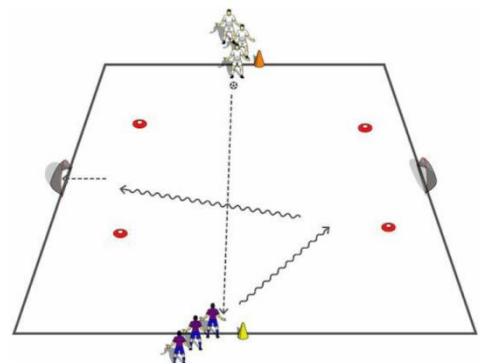


Segment 1: 1v1 games -> Stop the ball on the line (as players arrive)

- As players show up, pair them up and make a small, 5x10 pitch for them to play on.
- One ball between 2, score a goal by stopping the ball on the line

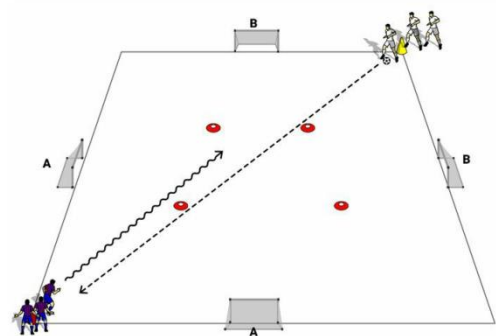
Segment 2: "Quick Turns" (20x20)

- Players line up opposite each other in the middle of the field
- Player A passes to player B
- Player B can score in either goal as player A tries to defend him (goal might be a pop up net or just a pair of cones to dribble through)
- Players keep their own score and try to score as many as possible
- Add bonus points for left foot goals or creative moves



Segment 3: Beating an opponent - Diagonal (20x20)

- Players line up across each other diagonally
- Player A passes to player B
- Player B may score in either goal marked B
- If player A wins the ball, they may score in either goal marked A
- Keep score as team
- Progress to having goalkeepers in the nets (they can join in and try to score as well)
- Progress to 2 balls in play



Differences:

- U8 must dribble through the middle square before they can score

Coaching points (whole session):

- Quick, sharp changes of direction
- Explode after a change in direction
- Keep the ball close, don't let them take the ball from you
- Keep your head up so you can see: 1. space, 2. opposition

Week 2: Dribbling - Protecting the Ball and Beating Players; 2v2 games

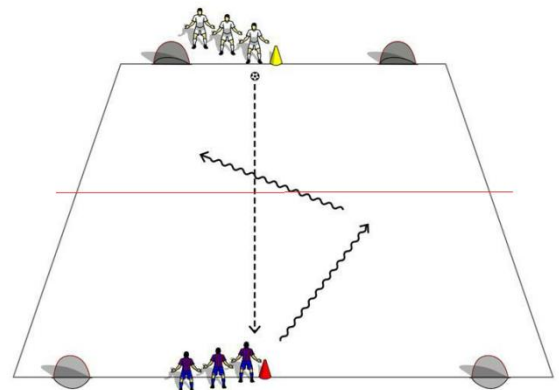


Segment 1: "Soccer Fortnite" - (Make a big circle of cones, roughly 20x20 area)

- As players arrive have them take a ball and start dribbling around the playing area
- Add some instructions, e.g. only use outside of foot/inside foot/bottom of foot etc.
- Once more or less everyone is there, call the game into action
- Every player has a ball and must protect it
- The aim of the game is to knock everyone else's ball out of the playing area
- If a player's ball goes out, they have 3 seconds to get back into the playing area
- If they do not, they are out and become part of the storm
- The storm's job is to move the cones closer to the centre to make the playing area smaller. The storm may not touch anyone else's ball
- The last player remaining is the winner

Segment 2: Beating an opponent - Face to face (20x20)

- Starting off 1v1, player A passes to player B
- Player B tries to score in either of the two goals, as player A acts as the defender
- If player A wins the ball, they will try to score in either of the two goals at the opposite end
- If the ball goes out of the square, next players are up
- Progress to 2 attackers and 1 defender (second attacker can join as soon as their team mate crosses the half way line, red in picture)
- Progress to 2 attackers v 2 defenders



Segment 3: 2v2 - Chaos (20x20)

- Using the same field set up, it is now 2v2 and 2v2 on the same pitch at the same time. Two separate games on the same field. Two balls.
- Teams will play diagonally across
- No formal "ball is out of play"

Coaching Points:

Segment 1:

- Keep your body between the ball and the defender
- Keep the ball moving

Segment 2/3:

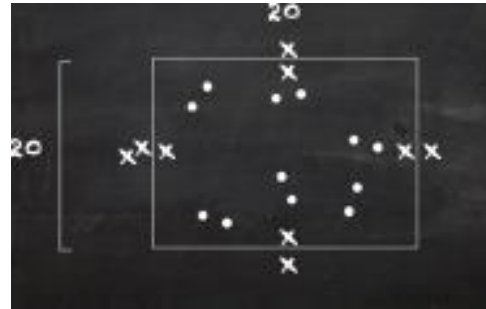
- Encourage fake shots and quick changes of direction moves. Fast acceleration
- Head up, looking for: space, opponent, anyone else (ask players first)
- Is there enough space to shoot without going past the defender completely?

Week 3: Dribbling - Different Parts of the Foot & Turning, 1v1 Games



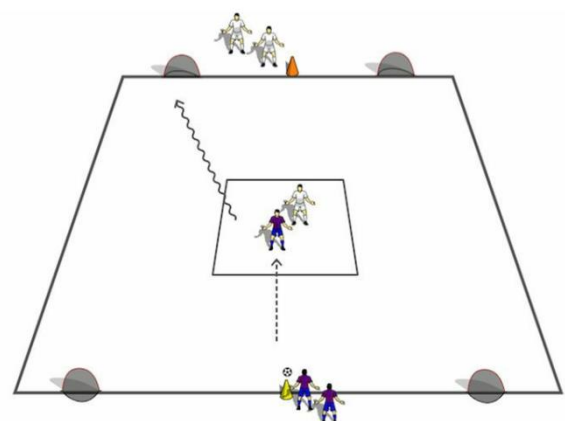
Segment 1: Turning relay race (20x20)

- As players arrive, show them one or two different turns (outside foot turn, drag back, Cruyff for the more advanced players)
- Once the group has arrived, split into pairs (or 3s)
- Set up cones as gates
- Players start from outside the square and must dribble the ball around the square and through a gate. Upon passing through a gate, they must immediately turn back through the same gate before dribbling to a different gate.
- Players must pass through 3/4/5 gates depending on the players' ability (maybe start with 3, to get the hang of it)
- Once they have completed their number of gates, they will return the ball to their team mate who must now do the same
- Whichever team completes the relay first, is the winner



Segment 2: "Man Marked" (20x20 large square, 5x5 middle square)

- Player A passes to their team mate (player B) in the middle square, who is defended closely by a defender (player C)
- Player B must escape the square before trying to score in one of the goals
- Player C stays in the square and is joined by player A
- Player C is now the attacker and receives a pass from their team with player A the new defender.
- Keep scores as a team



Segment 3: 3v3, 3 balls - free play (20x20)

- Same field set up, 2 teams of 3, 3 balls
- Can only defend your partner

Coaching Points (Whole Session):

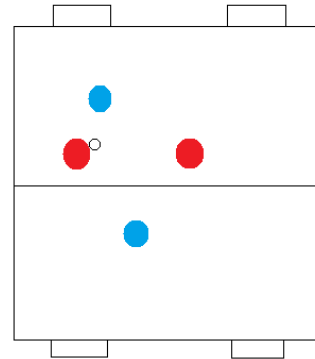
- Keep the ball close to you, keep your head up
- Speed of turn and change of direction
- Encourage players to try new things, try using different parts of the foot

Week 4: Passing - Parts of the Foot & Movement; 2v2 games



Segment 1: 2v2/2v1 (15x20)

- Two goals at each end, field split into two halves
- One player must be in the attacking half at all times for each team
- This creates a 2v1 in the attacking half
- Encourage players to keep the scores



Segment 2: Passing on the move (15x20)

- Quick demo to show passing technique
- Players find a partner and move about the square passing to each other. Players must not stand still.
- After a couple of minutes, players find a new partner with each pass
- Progress to groups of 3/4
- Encourage players to pass in between other groups and to pass into space for their partner to move onto

Segment 3: 2v2 chaos (20x20)

- As week 2

Coaching Points (Whole Session):

- Keep head up, look for your team mate, opposition, ball and space

Segment 2 (passing technique):

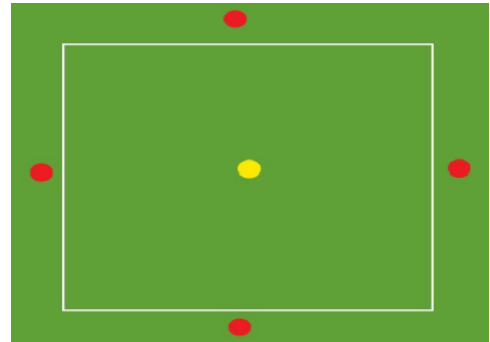
- Inside of foot for accuracy
- Follow through towards your target
- Standing foot not too close/far away from the ball and alongside it
- Weight of pass (how much power do you want to use?)
- Different surfaces of foot for passing: not just inside of foot
- Encourage trying with every part, including back heel

Week 5: Passing - Receiving & Positioning; 3v3 games



Segment 1: Warm Up Rondo

- Four players are on the outside of the 10x10 square
- One defender is in the middle
- Players on the outside of the square must keep the ball away from the defender
- The defender is replaced by whoever loses the ball



Differences for U6:

- A smaller square in the middle (5x5), like a cage, that the 'bear' or 'lion' cannot come out of. "Keep the meat (ball) away from the lion (defender)" or a fun variation
- Switch defender after a time period

Differences for U7 (and U8 if struggling):

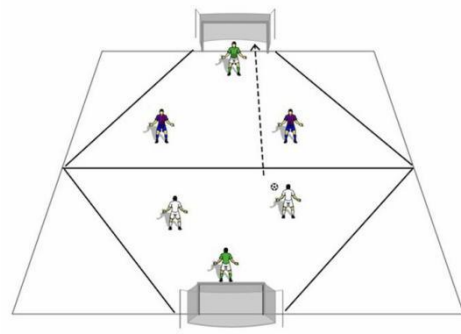
- Smaller square is a bit larger than U6 (8x8), so the players cannot be tackled

Coaching points:

- Players on the outside move to get into a position to receive the ball
- Encourage players to control the ball before passing it (but be quick)
- Encourage use of both feet to pass and control
- Give a brief example of body shape and orientation (hips facing the whole field) when receiving and receiving on back foot (foot furthest away from the ball)

Segment 2: Diamond Field - 3v3 Free Play (20x20)

- Cut the corners off the square field and play with a diamond shaped field
- Encourage the players to think about their body orientation/shape when receiving the ball (where do you want to go?)



Segment 3: Free Play 3v3 (20x20)

- Put the corners back onto the field and allow for a free game

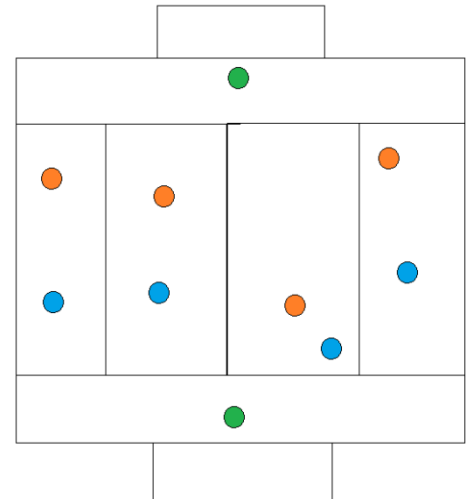
Week 6: Shooting - Parts of the Foot; 1v1 games



Segment 1: 1v1 Games with Shooting Zone vs GK

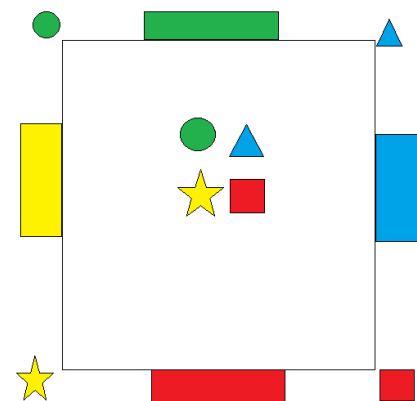
(20x20 - 5 yard shooting areas, 5x10 1v1 zones)

- Players are paired up against an opponent
- To score a goal, the player must dribble past their opponent and into the shooting zone where they cannot be tackled
- They then try to score a goal against the goalkeeper (there may be 2/3/4 mini fields per pair of goals, depending on equipment)
- Switch partners after roughly 4 minutes



Segment 2: Pass, Control, Shoot - Circuit (20x20)

- Use this segment to teach the basic shooting technique with a small circuit
- After shooting, players move to the next corner (don't stay in same place)
- Quick look at the target before kicking it, the goal doesn't move
- Toe pointed down, using the shoe laces to shoot at goal with power
- Plant standing leg about a foot from the ball, alongside it for balance (this will allow us to kick harder)
- Keep the head, shoulders and knee over the top of the ball with the kicking leg
- Follow through towards the target and land on kicking leg
- Try with both feet, it's completely fine if they struggle. Just get them trying it and focus the praise on the effort, not the outcome.
- For left footed shots, green now shoots in yellow goal, yellow in the red goal, red in the blue, blue in the green. This so that players can practice receiving the ball and their body orientation as well



Segment 3: 3v3 Free Play (20x20)

- Free play games, 3v3

Coaching points:

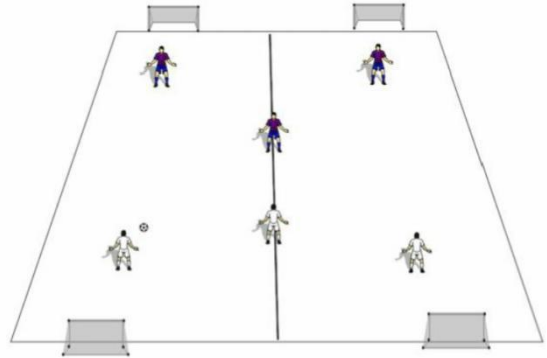
- Look at where you want to shoot
- Get the shot off quickly
- Focus on the technique, not trying to kick hard
- Kick through the ball



Week 7: Shooting - Types of Finishing; 2v2 games

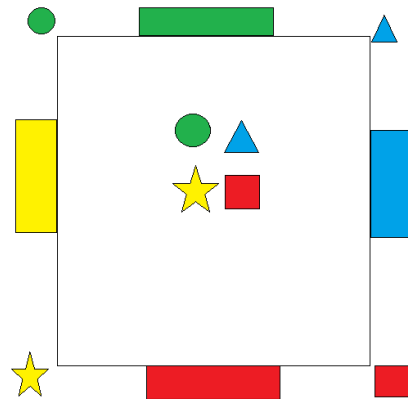
Segment 1: 'Midfielder Game' (20x20)

- 3v3, 2 players from each team must stay in their half of the pitch. The other player may go wherever they like (the midfielder)
- Change the midfielder every 5 minutes
- Regular soccer rules other than that
- One ball in each half
- Progress to not having a fixed midfielder (if they are capable)



Segment 2: Shooting Circuit (20x20)

- Each station is a different type of shot
 - Blue: first time shot
 - Red: two touches (regular shot)
 - Yellow: volley
 - Green: Versus Goalkeeper
- Coach will throw the ball for the volley
- Players switch station after each shot
- Goalkeeper will be a coach for the first shot, then the shooting player will be next in goal



Segment 3: 2v2 Chaos (20x20)

- As previous weeks
- Alternatively, another game that the kids particularly enjoyed

Coaching Points:

- Encourage players to try new things, such as volleying
- It doesn't matter if they miss the ball but make sure to praise the effort and even the smallest successes
- Look around, who needs my help (midfielder game). Both attack and defence

Volley technique:

- Toe Down, eyes on the ball, using the shoe laces
- Strike the ball before it bounces or after one bounce if possible
- If players really struggle with the volley, switch it out for another type of shot

Week 8 - Tournament Games



Segment 1/2/3: 3v3 Games (20x25)

- Each field will have slightly different rules and goal positioning
- Be creative as coaches to decide how to set up each field.
 - They may be weird shapes (circle, L shaped, diamond, square, rectangle, triangle, etc.)
 - The goals may be positioned differently (back to back in the middle of the pitch, in corners of the pitch, no goals - stop on line or pass into end zone or dribble through a gate, offset in the middle of the field, offset on ends of the field, hockey style with some space behind, etc.)
 - Any other rules that are very simple and easy for the kids to police themselves
- No coaching during this session. This is play time.
- Time each game, ask players to keep their own scores (don't record them), players are their own referees (for fouls, throw ins, corners, goal kicks etc.)
- Be within touching distance in case there are any injuries
- Explain each game, sort them into teams (maybe even ask them to make their own teams) and let them play like they would in the playground

Game Objectives

Each week, pick a couple of items (I'd suggest 1 objective and 1 challenge but it could be 2 challenges one week or 2 objectives another week) that you will talk to your team about during team talks at the start of the game and at half time.

All communications during the game should relate as much as possible to the objectives and praising effort (rather than outcome).

Week 1: Dribbling - Starting, Stopping & Changing Direction

- Objective: Run with the ball as much as possible and try to score
- Objective: Dribble past as many players as possible
- Challenge: Trick a player with a skill move or turn (use your body or the ball)
- Challenge: See how many players we can beat in one dribble

Week 2: Dribbling - Protecting the Ball and Beating Players

- Objective: Dribble past as many players as possible
- Objective: Run with the ball as much as possible and try to score
- Challenge: Don't get tackled!
- Challenge: Keep the ball for your team (don't kick it away)

Week 3: Dribbling - Different Parts of the Foot & Turning

- Objective: Use as many different parts of your feet as possible
- Objective: Run with the ball as much as possible and try to score
- Challenge: How many different parts of your foot can you use in the game?
- Challenge: How many different turns can you try during the game?

Week 4: Passing - Parts of the Foot & Movement

- Objective: Pass the ball to your team mates if they are in a better position
- Objective: If you don't have the ball, move to make yourself available for a pass
- Challenge: How many part of the foot can you pass the ball with?
- Challenge: Pass to a team mate who can score a goal (get an assist)

Week 5: Passing - Receiving & Positioning

- Objective: Control the ball if it comes near you, don't kick it away
- Objective: If you don't have the ball, move to make yourself available for a pass
- Challenge: Don't give the ball away!
- Challenge: Pass to a team mate who can score a goal (get an assist)

Week 6: Shooting - Parts of the Foot & Week 7: Shooting - Types of Finishing

- Objective: Take as many shots on goal as possible
- Objective: Use as many parts of your feet to shoot at goal
- Challenge: Who can score the most goals?
- Challenge: Use both feet to score a goal (not at the same time!)
- Challenge: Score a one timer (first time shot)
- Challenge: Score a volley