GLOBAL PREMIER
SOCCER
2016 SPRING CURRICULUM
u13+
**Technical Practice**

**Set Up/Rules**
4 teams. On the first coaches command of ‘GO’. One player on each team sprints over the first blue line into the tag zone. The last player in the box is “IT” trying to tag the other 3 players who are avoiding being caught but staying in the tag zone. On next call of go 4 players in tag zone race to end line and next 4 players run into tag zone.

**Coaching Points**
- Fast footwork
- Awareness of space

**Progressions**
Add SAQ ladders to the first section of the race.
After the player cross the finish line player dribble down the side of the activity turning and passing the ball when the next player on the team finishes.

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**Speed, Agility & Quickness**

**Set Up/Rules**
Players play one touch passes until coach calls ‘GO’. Players then turn and race through the course. First player through gains a point.
(use cones to jump over if hurdles are not available)

**Coaching Points**
- Quick foot work to change direction.
- Quality of one touch passing.

**Progressions**
- One server on each end cone:
  - Two 1 touch passes
  - Side foot volley
  - Chest volley
  - Header
Speed, Agility & Quickness

Set Up/Rules
Split players into two teams. Red begin as attackers. First player in each line moves through the hurdles towards the middle line. Red player must now choose to go either left or right and sprint through the gate. White player must move towards other gate. Player who gets through first wins. (use cones to jump over if hurdles are not available)

Coaching Points
Use body to fake moving one way and unbalance defender

Progressions
Defender now tries to beat attacker through the gate they go for. Now add a ball at end of each set of hurdles. Player must dribble ball through gate.

Small Sided Game

Set Up/Rules
Play 8v8/9v9/11v11 depending on squad size.
8v8 - 1-2-4-1 formation
9v9 - 1-3-1-3-1 formation
11v11 - 1-4-3-3 formation

Coaching Points
Firm passes with inside of foot
Receive with back foot
Positive first touch where possible

Progressions
Have a ladder on the side of the field which coach will call one player to leave the game run through and re-join the game. Can team take advantage of overload.
Coaching Points
- Attack at speed
- Positive touch into space
- Change of speed or direction to beat defender
- Use move to beat defender

Progressions
- Move start position of attacker give defender less recovery distance.

Technical Passing & Dribbling
Set Up/Rules
Players work in groups of 4. 2 players on a cone with a ball, 2 players in central area. Central player checks out of middle zone to get a ball from team mate and dribbles to an outside cone. Player who passed ball moves into central area.

Coaching Points
- Receiving skills
- Move into most space to receive
- Awareness of free cone
- Awareness of traffic

Progressions
- Can only dribble to cone without another player from your team on it
- Must dribble through central area.
- Combination with 1st passer before turning to dribble

1v1
Set Up/Rules
A dribbles the ball between the cones and steps on the ball for B, then A sprints around the far cone to give chase to B. B takes possession of the stopped ball and speed dribbles to try to penetrate the 4 yd shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

Coaching Points
- Attack at speed
- Positive touch into space
- Change of speed or direction to beat defender
- Use move to beat defender

Progressions
- Move start position of attacker give defender less recovery distance.
**Global Premier Soccer**  
**Week 2 - Dribbling**

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**Small Sided Game**  
**Set Up/Rules**
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

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<table>
<thead>
<tr>
<th>Coaching Points</th>
<th>Progressions</th>
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**Small Sided Game**  
**Set Up/Rules**
Play 8v8/9v9/11v11 depending on squad size.
- 8v8 - 1-2-4-1 formation
- 9v9 - 1-3-1-3-1 formation
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| Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible | Team can score a goal with 5 passes in a row |
Technical Practice
Set Up/Rules
Split players into even groups. First player in line dribbles ball through 2 small cones and then towards larger center cone. Player performs 1v1 move past the cone before passing to line opposite. Players perform a scissors move to the right past central cone.

Coaching Points
Close control through the cones
Correct execution of scissors technique
Accelerate after move

Progressions
Scissors to the left
Roll Overs
Roll over/step over

1v1
Set Up/Rules
Red attacks diagonally to try to beat the white and score in the goal. Cant shoot until into the shooting zone. Once shot has been taken next white attacker can attack opposite goal. Red attacker now becomes defender.

Coaching Points
Attack at speed
Positive touch into space
Change of speed or direction to beat defender
Use move to beat defender
Quick recovery as defender

Progressions
2v2
**Small Sided Game**  
**Set Up/Rules**  
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

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**Coaching Points**  
Exploit 1v1 situations with creative footwork & moves

**Progressions**  
Once team scores in one end they can turn and attack the other end.

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**Small Sided Game**  
**Set Up/Rules**  
Play 8v8/9v9/11v11 depending on squad size.  
8v8 - 1-2-4-1 formation  
9v9 - 1-3-1-3-1 formation  
11v11 - 1-4-3-3 formation

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**Coaching Points**  
Firm passes with inside of foot  
Receive with back foot  
Positive first touch where possible

**Progressions**  
Coach re-starts the game by throwing the ball to a different player each time. Vary the throw to test different types of ball control to start the game.
Speed, Agility & Quickness

Set Up/Rules
Two teams. One team have a ball each and spread around the outside of the area. The other team start inside the area. Players inside move through the equipment in any way they choose. Once through a piece of equipment they move to the outside and play 2 first time passes with the outside player. Player then repeats the process. (use cones to jump over if hurdles are not available)

Coaching Points
Correct execution of movements over speed
Move arms for balance and momentum
Quality of technique with the pass

Progressions
- Side foot volley
- Chest volley
- Header

Passing & Awareness

Set Up/Rules
Groups of 5 around a 10x10, One player works in the middle around manequin/tall cone which acts as a distraction. 2 balls with outside players who act as feeders to middle man. 1. Middle man plays 1 or 2 touch passing the ball out to any other player without a ball.

Coaching Points
What parts of body is the player going to use?
Where is the next available pass?
Does the player need to take an extra touch?

Progressions
Player who passes into center now moves into middle while player who passes out replaces player they pass too.
3v2
**Set Up/Rules**
Position a large goal at 1 end of the pitch with 2 smaller goals/targets in either corner at the opposite end. Equidistant, but slightly set back, from the 2 smaller goals – mark out a 2x2 yard ‘holding area’. Mark out a “curved line” from 1 side of the pitch to the other with the start and end points being approximately.

**Coaching Points**
- Attack at speed
- Positive touch into space
- Change of speed or direction to beat defender
- Pass or Dribble

**Progressions**
- Have defenders play different types of passes out to attackers (Chipped, driven, curved) to test the attackers control.

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**Small Sided Game**
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Play 8v8/9v9/11v11 depending on squad size.
- 8v8 - 1-2-4-1 formation
- 9v9 - 1-3-1-3-1 formation
- 11v11 - 1-4-3-3 formation

**Coaching Points**
- Firm passes with inside of foot
- Receive with back foot
- Positive first touch where possible

**Progressions**
- Coach re-starts the game by throwing the ball to a different player each time. Vary the throw to test different types of ball control to start the game.
Rondo with SAQ

Set Up/Rules
Have 2-3 players behind each set of cones. 1 player from each line move through the cones with fast footwork into the square. Play 3 v 1 with the defender the player coming through the blue cones. Rotate to net set of cones once defender clears the ball from the box.

Coaching Points
- Quality of footwork through cones
- Quality of one touch play
- Awareness of next pass

Progressions
2 touch play inside the box

Technical Practice

Set Up/Rules
Two Defenders In Box. Rest of players in middle with one ball. Keep Possession in the middle. Every time you make a pass, complete SAQ on outside

Coaching Points
- Quality of pass.
- Awareness of next pass
- Quality of footwork through equipment

Progressions
- Hopping
- Side shuffle
- 2 feet in each gap
**Coaching Points**
- Exploit 1v1 situations with creative footwork & moves
- Switch point of attack to attack open zone.

**Small Sided Game**
**Set Up/Rules**
Play 4v4. 4 Zone game. To gain a point team must get the ball into all 4 zones without opposition touching the ball. Ball can be passed or dribbled between zones.

**Coaching Points**
- Firm passes with inside of foot
- Receive with back foot
- Positive first touch where possible

**Small Sided Game**
**Set Up/Rules**
Play 8v8/9v9/11v11 depending on squad size.
- 8v8 - 1-2-4-1 formation
- 9v9 - 1-3-1-3-1 formation
- 11v11 - 1-4-3-3 formation

**Coaching Points**
- Team can score a goal with 5 passes in a row
Technical Practice
Set Up/Rules
Ball is passed into central player who receives and passes out to the right. Players follow passes.

Coaching Points
Friendly passes to help team mate
Good first touch into space
Keep ball close when dribbling

Progressions
Play to the left
Players turn, dribble through the square and pass to line opposite.
Add defender in central square to apply pressure.

Technical Passing
Set Up/Rules
20x20 Yard Area. 3 Teams of 4 Players.
One Team spread into the Four Corners, Inside the Area not Outside. Can move a Couple of Yards either way. The other Two Teams Inside the Area. When the other team wins possession they try to connect their pass. Keep Possession of the Ball. 6 passes = 1 Goal

Coaching Points
Quality Passing and Control.
Don’t Block Lines into the Corner Players.
Try to be Positive and Play Forwards with Split Passes.

Progressions
Can’t go back to same corner player twice in a row.
GLOBAL PREMIER SOCCER  Week 6 - Positive Passing

2v1 Circuit
Set Up/Rules
Set field out as shown, each zone 12x10 yards. 1 defender in each zone. Defenders are restricted to zone. 2 attackers enter the area and try and get past the 2 defenders into the end zone to score. Attackers move to next zone once ball is out of play or goal is scored. If defenders win the ball they try and dribble to start line to gain a point.

Coaching Points
Pass or dribble
Combination play

Progressions
Rotate defenders.
1st time finish inside end zone

Small Sided Game
Set Up/Rules
Play 8v8/9v9/11v11 depending on squad size.
8v8 - 1-2-4-1 formation
9v9 - 1-3-1-3-1 formation
11v11 - 1-4-3-3 formation

Coaching Points
Firm passes with inside of foot
Receive with back foot
Positive first touch where possible

Coaching Points
Firm passes with inside of foot
Receive with back foot
Positive first touch where possible
2v2/3v2
Set Up/Rules
2 defenders and a neutral player start in the area. 2 reds from one end attack to create 3v2 with N player. Once goal is scored or ball crosses endline 2 reds from opposite end attack. Rotate defenders every 3 mins

Coaching Points
Attack at speed
Positive touch into space
Change of speed or direction to beat defender
Dribble or Pass

Progressions
Take out N player and play 2v2

3v2 - 3v4
Set Up/Rules
GK starts with the ball and distributes to any red. Reds move into area and play 3v2. As Red takes 1st touch the 2 white players on the corners run to the small cone and back and then join the area to create 3v4. Can attacking team get a shot on goal before 2 defenders can recover.

Coaching Points
Attack at speed
Positive touch into space
Early shot on goal
Combination to shoot

Progressions
Add in CF who stays in the game each time.
**Small Sided Game**

**Set Up/Rules**
Play 4v4. Teams defend two goals and attack two goals.

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**Coaching Points**
Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.

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**Small Sided Game**

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Play 8v8/9v9/11v11 depending on squad size.  
8v8 - 1-2-4-1 formation  
9v9 - 1-3-1-3-1 formation  
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**Coaching Points**
Exploit 2v1 Situations.
Double Rondo
Set Up/Rules
3v1 in each square with a neutral yellow on middle line whoh acts as the 4th attacker for both boxes. Central player must be aware of both areas and join in when possible

Coaching Points
Quality of pass.
Awareness of surroundings

Progressions
Rotate Neutral and defenders.

Small Sided Game
Set Up/Rules
GK starts with the ball and distributes to either of the waiting wide players. They attack to create 3v2 to goal. If goal is scored GK gets ball and throws to wide players to attack opposite end. Players in wide areas must line up as shown, red, white, red, white. If defenders win possession they pass to their wide player and attack other way.

Coaching Points
Positive in possession
Attack at speed
Movements to drag defenders away
Combinations to create shooting opportunities.

Progressions
Add in another attacker and defender into area to create 4v3.
Attacking a back 4

Set Up/Rules
4 v 4. Defenders protect 2 goals in wide areas. Attackers try and break through either wide goal to cross or shoot for goal. Once ball goes through wide goal all players can enter penalty area.

Coaching Points
Positive in possession
Attack at speed
Movements to drag defenders away
Combinations break defensive line

Progressions
Add in another CF.

Small Sided Game

Set Up/Rules
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9v9 - 1-3-1-3-1 formation
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Coaching Points
Firm passes with inside of foot
Receive with back foot
Positive first touch where possible
Shooting Races
Set Up/Rules
Players dribble past the central cone and shoot for goal.

Coaching Points
Head up to see position of GK.
Shoot for power or placement

Progressions
Competition - First player to score gets a point for their team.
Dribble around the cone and shoot for the goal they start next too.

Shooting Races
Set Up/Rules
Ball is passed out to attacker who receives with positive touch and shoots for goal. Passer moves out to be next shooter, player who shoots moves to other line.

Coaching Points
Good first touch to set for shot.
Head up to see position of GK.
Shoot for power or placement

Progressions
Competition - Reds v white.
Team with most goals after 5 minutes.
1v1
Set Up/Rules
White team starts by attacking 1v1 the goal opposite them and score against the red team. Once the ball is dead or scored, the white player must quickly transition to stop the next red player scoring in the goal opposite them. Continuous play until balls run out.

Coaching Points
- Attack at speed
- Change of speed or direction to beat defender
- Use move to beat defender

Progressions
2v2

Small Sided Game
Set Up/Rules
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Coaching Points
- Firm passes with inside of foot
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Small Sided Game
Set Up/Rules
Play 4v4. Teams gain a point by dribbling into the end zone and stopping the ball.

Coaching Points
Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.

Small Sided Game
Set Up/Rules
Play 4v4. If team scores they keep possession and attack the other goal.

Coaching Points
Exploit 1v1 situations with creative footwork & moves

Switch point of attack to attack open goal.
**Small Sided Game**

**Set Up/Rules**
Play 4v4. White team attack left to right. Red team attack north to south.

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**Coaching Points**
Quick transition from attack to defense

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**Small Sided Game**

**Set Up/Rules**
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