

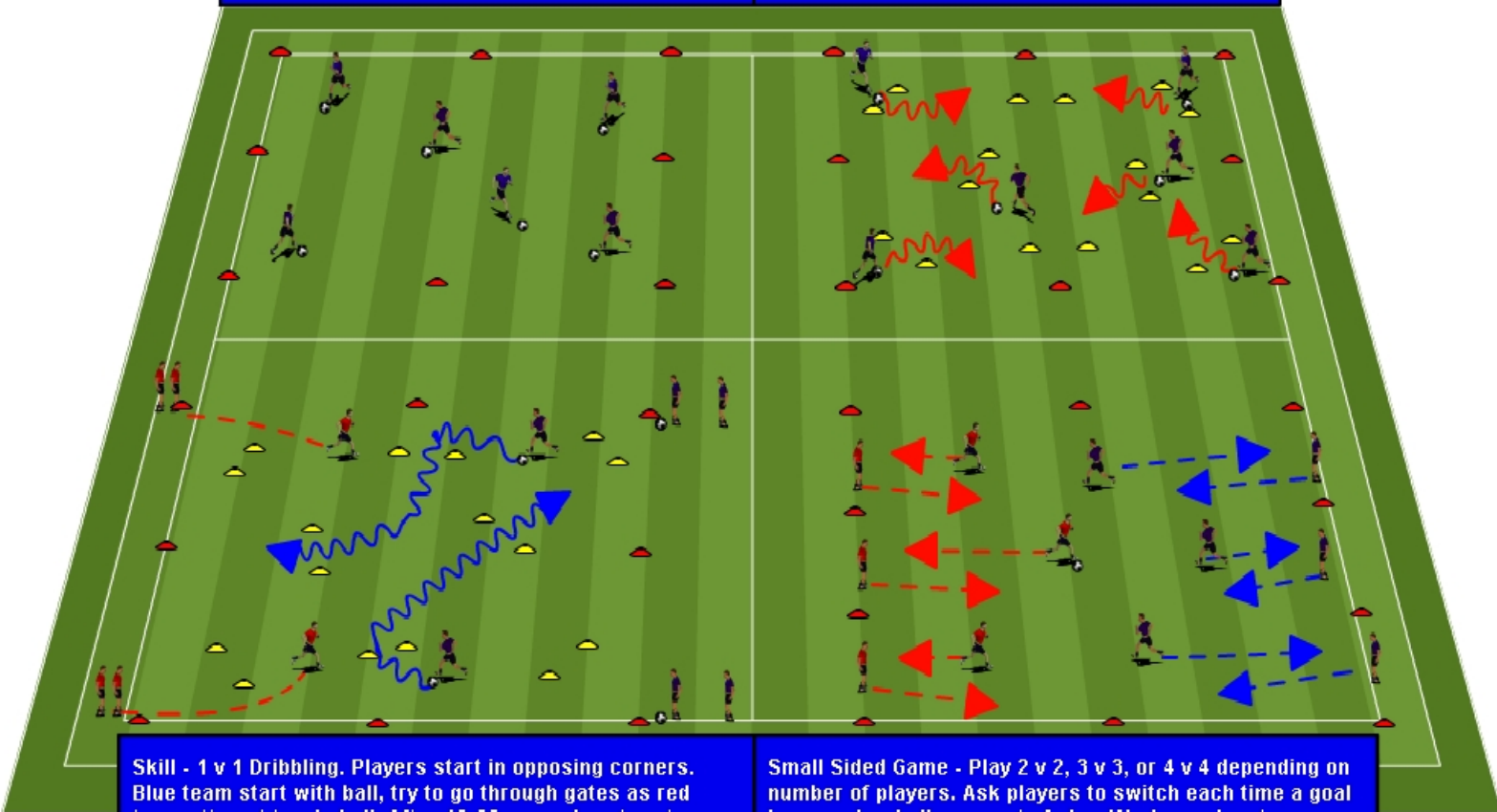


Club Curriculum

Dribbling

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Dribble through gates for 20 - 30 seconds and count score. Repeat a 2nd time and try to beat previous score. Perform other methods of going through or around gates: pass through, pass along, figure 8s, turns etc.



Skill - 1 v 1 Dribbling. Players start in opposing corners. Blue team start with ball, try to go through gates as red team attempt to win ball. After 10-20 seconds return to corners and next groups go. Blue start with ball 3 times then red start with ball 3 times.

Small Sided Game - Play 2 v 2, 3 v 3, or 4 v 4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm Up: Standardized (or variation)

Technique: Create gates by placing 2 of the same colour cones down. Spread throughout the grid. For younger players ensure the gates are wider, for more skilled players make the gates smaller. Each player has a ball.

1. Have players count how many gates they can dribble through in 20-30 seconds. Have them repeat the drill and beat their score.

Coaching point – Change speeds. Quick bursts of speed through the gates.

2. Have players count how many times they can pass the ball through the gates in 1 minute. The ball goes through the gate, the player runs around the gate. Repeat drill and beat previous score.

Coaching point – Use inside of foot to pass ball through. Quick burst of speed around the gate. Encourage appropriate weight and accuracy of the pass to ensure they can catch the ball on the other side. Encourage the use of both feet!

3. Have players approach gates length-wise and pass the ball down one side (past 2 cones) and run around the other side. If they push the ball down the right side using the inside of the right foot then they run down the left side to meet back up with the ball. Count how many they can do in 1 minute and then repeat trying to beat the previous score.

Coaching points – Use left foot to push down the left side of the cones and right foot to push down the right side. Use the inside of the foot to pass the ball. Focus on the weight and accuracy of the pass.

Skill: 1 v 1 through the gates.

Split players equally between all 4 corners of the grid. Have the players with pinnies start with the ball. The first player in each of the 4 lines get to play. The players with pinnies must dribble through as many gates as possible. The player directly across from them without a pinnie must close them down and try to win ball, if they win the ball they go through as many gates as possible. Allow players about 15-20 sec and then return to their lines while the next 4 players go.

Coaching points: Control, keeping the ball close to feet. Head up. Shielding. Encourage the defender to close down the space and pressure as fast as possible.

Small Sided Game: 4 v4 , 5 v5 , numbers game, switch game etc.



Turning/Changing Direction

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Dribble out to yellow line, perform a specific turn/change of direction, then pass back to partner and repeat. Try using pull backs, inside, outside, step over and Cruyff.



Skill - 1 v 1 Turning/Changing Direction. Players start on opposing sides and try to dribble through either of the two goals on opposite side of mini field. If defender blocks goal, attacking player should change direction and attempt to score on other goal.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm-Up: Basic (or Variation)

Technique: have players stand single file in partners on line. First player in line has the ball and dribbles out about 7 yards, executes a turn and passes the ball to their partner.

5 Turns – inside of the foot, outside of the foot, drag back (pull back), Cruyff turn, step-over

Coaching Points:

- Always keep the ball moving
- Turn with the ball so you can always see it
- Encourage use of both feet

Skill: Set up a mini grid with 2 nets along each end line (in the corners). Have one team in pinnies. Each team lines up single file in between their 2 goals. Feed the balls in from the sideline and have first player in each line play 1 v 1. If you want to have stronger players playing against one another you can give each team numbers and when you call their number they can come in to play.

Coaching Points:

- Encourage the players to use turns and quick changes of direction to score in the other goal.
- Encourage players to “take a touch” or “control” the ball when they first get it rather than just booting it off the field.
- If players are just kicking the ball through the goals and not using their turns to take on the player, have them dribble through the goal to score.

Small Sided Game: 4 v 4 , 5 v5 , numbers game, change game etc.



Passing

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Passing/Receiving. Players pass to player opposite then follow their pass and join back of opposite line. Pass should be firm and accurate. Receive by taking soft first touch out of feet to set up for next pass.



Skill - 2v2 Passing/Receiving. Players start on opposing sides and try to pass ball through mini goal on opposite side of small field. When in possession, players should use different passing combinations to get past opponents before passing through mini goal to score.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm-up: Basic (or variation)

Technique: Group players in to 3's or 4's. 2 players line – up one behind the other, ball at the front. The 3rd player stands across from them. Pass the ball, and follow lining up behind the opposite player.

Options: Decrease or increase the distance between passers. One touch passes. Add short-short-long.

Coaching points:

- Always on toes ready to receive the ball
- Contact the center of the ball with the center of foot
- One touch to control one touch to pass (one touch if possible with older age groups)
- Always keep the ball moving (avoid stopping ball with bottom of foot – acceptable for u5/6)
- For short-short- long: Angle of passing and receiving. Play leading passes. Body positioning

Skill: 2 v 2. In grid have players line up at all 4 corners, with pinnies on each corner of one end line. Have all balls on center of sideline. Kick ball in and first player in each line-up comes in to a 2v2 scrimmage. When the ball goes out or a goal is scored have them return to line and next 4 go.

Coaching points:

- Control the ball by taking a touch and getting head up to make a decision to dribble or pass.
- Don't allow the players to just "boot" the ball, if they do this have the play stop and play the ball in again until they are successful at taking a touch.

Small Sided Game: 4 v 4 , 5 v 5, numbers game, change game etc.



Shooting

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Shooting. Players dribble through cones and finish with a shot on goal. Two different techniques should be applied, accuracy using inside of foot, and power using the instep (laces).



Skill - 1v1 Shooting. Attackers and defenders start on opposing sides. Attackers dribble ball round cone at top and decide whether to use accuracy or power based on position of defender. Defenders run round cone and prevent shot on goal. After each shot switch sides.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm Up: Basic (or Variation)

Technique: Have players line up in 2 lines to the side of the net. Dribble through cones and push ball past final cone and take a shot.

Coaching Points: Use the laces for power when far away from the net and use the inside of the foot for accuracy when close to the net. Encourage the use of the left foot when coming across from the right and the right foot when coming across from the left side. Encourage one touch past the cone and then a shot.

Skill: Have 2 lines (one in pinnie) set up wide of the net. Play a ball out from the goal, the players must run around the cones and play 1 v 1 to try to get the shot on net.

Coaching Points: Speed to the ball. When they get the opportunity and see the net, take a shot. Use the laces for power when far away from the net and use the inside of the foot for accuracy when close to the net. Encourage the player without the ball to protect the net “get goal side” and stop the shot.

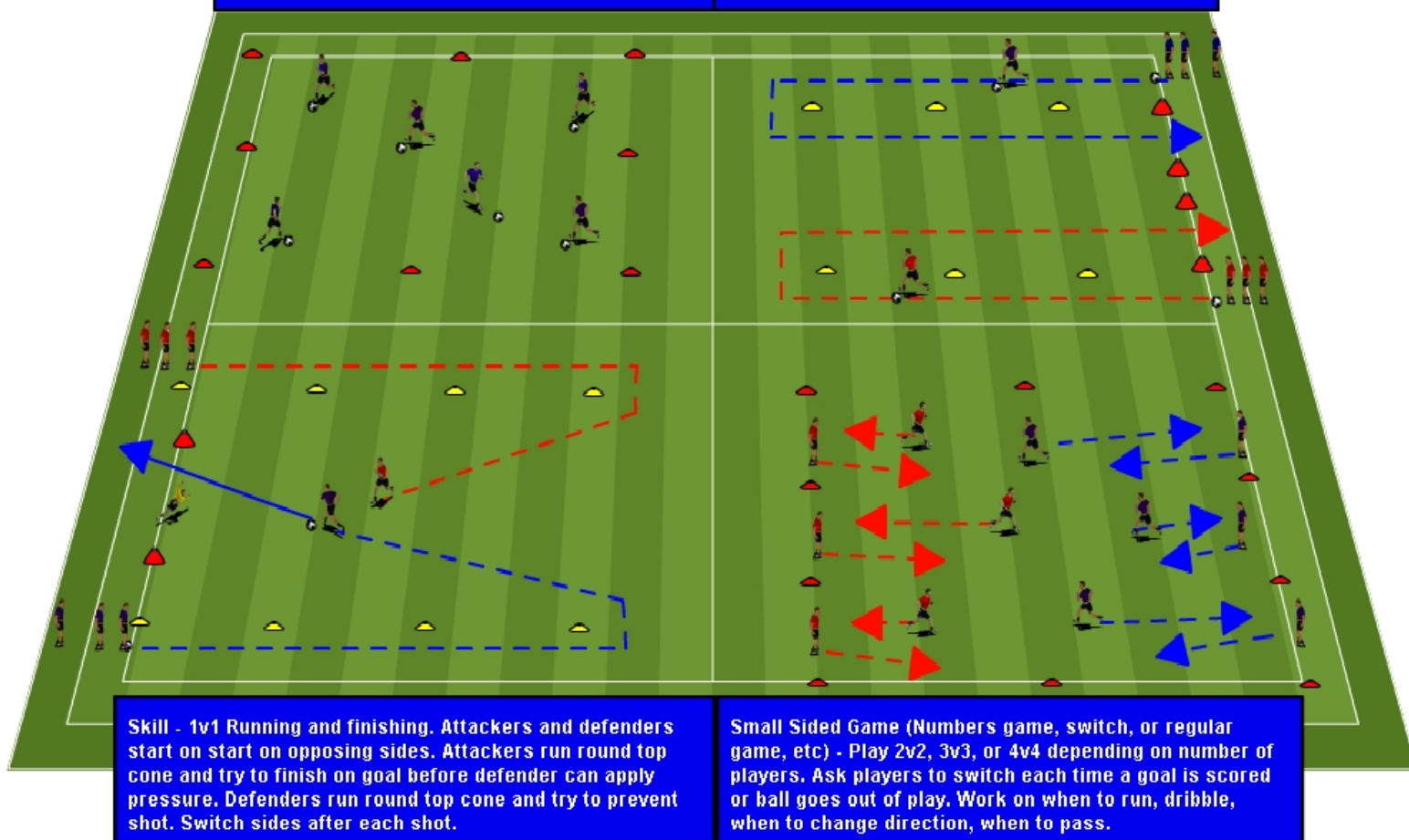
Small Sided Game: 4 v 4, 5 v 5, numbers game, change game etc.



Running

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Run at pace with ball just out of feet and maintain playing distance and control. Finish run by dribbling through, passing, or shooting on goal. Add competition by progressing to relays.



Skill - 1v1 Running and finishing. Attackers and defenders start on start on opposing sides. Attackers run round top cone and try to finish on goal before defender can apply pressure. Defenders run round top cone and try to prevent shot. Switch sides after each shot.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to run, dribble, when to change direction, when to pass.



Warm Up: Basic (or Variation)

Technique: Have players line up in 2 or 3 lines to the side of a net or target gate. Run/sprint with ball around top cone and back to starting point. Finish run by dribbling through, passing or shooting at a goal or target. Progress to relays or races to create competition.

Coaching Points: Run at pace with ball just out in front of feet, but always maintaining playing distance with the ball. Keep head up and remain in control of the ball. Slow down if control is continually lost.

Skill: 1 v 1s - Have 2 lines (one in pinnie) set up either side of the net. 1 team defends while the other attacks. Attacking team each has a ball and run round top cone and finish with shot on goal before defender can apply pressure.

Coaching Points: Run at pace with ball and keep it out of feet. Keep head up and exercise vision and awareness of where defender is at all times. Maintain playing distance with ball and finish before defender applies pressure.

Small Sided Game: 4 v 4, 5 v 5, numbers game, change game etc.



1 v 1 Attacking

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - Perform a figure 8 by dribbling through and around cones at pace. Use inside and outside of both feet and maintain playing distance and control of ball. Add competition using relays or finishing first over start line.



Skill - 1 v 1 Attacking. Players try to beat opponent and score by dribbling into end zone on opposite side of mini field. Try to unbalance and beat defender by using cuts, fakes, feints, and change of pace.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm Up: Basic (or Variation)

Technique: Players line up in 2 or 3 lines. Dribble ball at pace weaving through cones in a figure 8 and back to starting point. Finish the run by dribbling over finish line, passing or shooting at a goal or target. Progress to relays or races to create competition.

Coaching Points: Dribble ball at pace using inside, outside of both feet. Maintain tight control and playing distance with the ball. Keep head up and remain in control of the ball by taking light touches. Slow down if control is continually lost.

Skill: 1 v 1s - Have 2 lines (one in pinnie) set up either side of a small field with an end/scoring zone. Both teams compete 1v1 and try to score by dribbling into end/scoring zone.

Coaching Points: Maintain close control of ball, light touches, and head up to see space and defender. Use inside, outside, sole of feet, fakes, feints to unbalance defender. Once unbalanced, change pace and accelerate past defender and into the end zone.

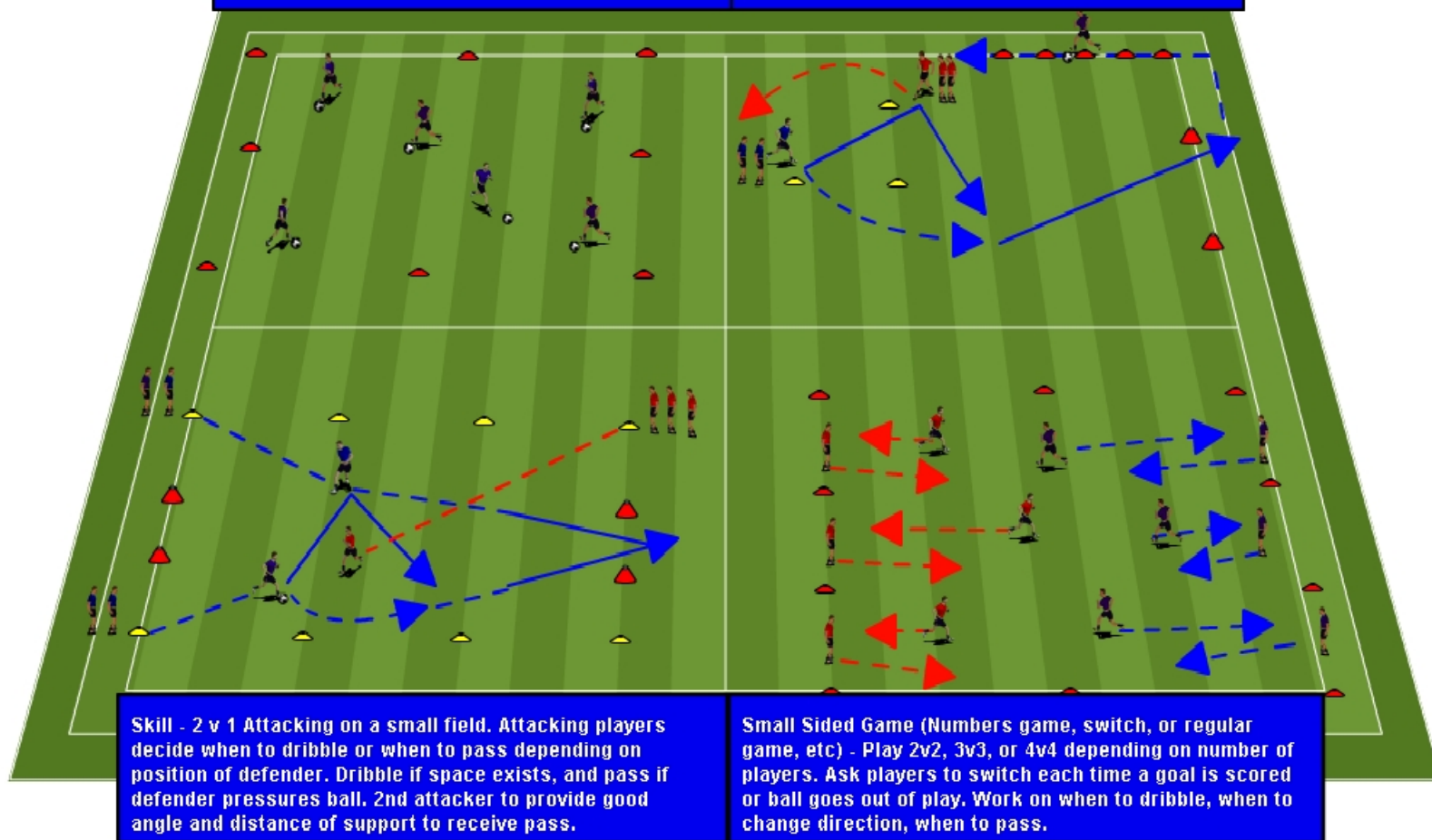
Small Sided Game: 4 v 4, 5 v 5, numbers game, change game etc.



2 v 1 Attacking

Warm Up - Dribble ball with various surfaces of both feet. Players to change speed and direction. Perform various tasks: toe taps, shuffles, step overs, turns etc.

Technique - 2 v 1 Attacking. 2 players combine for "give and go" and shot on goal. Players then move to back of opposite line. Focus on weight and accuracy of pass and dynamic run to receive ball in space.



Skill - 2 v 1 Attacking on a small field. Attacking players decide when to dribble or when to pass depending on position of defender. Dribble if space exists, and pass if defender pressures ball. 2nd attacker to provide good angle and distance of support to receive pass.

Small Sided Game (Numbers game, switch, or regular game, etc) - Play 2v2, 3v3, or 4v4 depending on number of players. Ask players to switch each time a goal is scored or ball goes out of play. Work on when to dribble, when to change direction, when to pass.



Warm Up: Basic (or Variation)

Technique: Players stand at 2 points of a 5 x 5 yard triangle. 2 players combine for a give and go and finish with a shot on goal. Players then join end of opposite line. Shooting player collects his ball, dribbles through cones and joins end of opposite line. Progress to goals scored to add competition.

Coaching Points: Pass ball feet for 1st pass, and space for 2nd pass. Make contact with centre of ball, and use appropriate weight and accuracy for each pass. Player receiving 1st pass can start by taking 2 touches but try to progress to 1 touch.

Skill: 2 v 1s – Players begin opposite ends of small field. Attacking players (2) compete against defending player (1) and attempt to score on goal. If defending player wins ball he can score in opposing net.

Coaching Points: The ball carrier should attack space and decide when to dribble or when to pass. The supporting player should provide good angle and distance of support to ball carrier. Use give and go's, overlapping runs to move ball past defender and create scoring opportunities.

Small Sided Game: 4 v 4, 5 v 5, numbers game, change game etc.



Coastal FC Skills Challenge or World Cup

1. Dribbling (Scored) - Set 2 cones 5 yards apart. Player to weave through cones continuously in a figure 8 for a total of 15 seconds. Record number of cones passed.
2. Running (Scored) - Set 4 cones 5 yards apart. Player to run ball continuously around top cone and back for a total of 15 seconds. Record number of cones passed.
3. Turning (Scored) - Set 2 lines of cones 5 yards apart. Player to dribble the ball back and forth and complete a different turn at each line for a total of 20 seconds. Perform 5 turns in sequence (Drag Back, Inside, Outside, Cryuff, Stepmover) then repeat. Turns must be performed in successfully and in sequence. Record number of turns.
4. Passing (Scored) - Set 5x5 yard box and a goal 10 yards away which is 2 yards in width. Player to collect ball from base line and pass a moving ball through the goal. Pass must be made from inside 5x5 box and goal must be "clean" (between cones - not over) Record number of goals in 20 seconds.
5. Ball Control (Scored) - Juggle ball using feet, thighs or head. U8-U10 are allowed 1 bounce between touches and may start by dropping ball from hands. 2 attempts max. Record number of touches.

Coaches can choose to do the Coastal FC skills challenge or a World Cup event.

The Coastal FC Skills Challenge is a series of fun activities in which our young players can measure their personal performance over the course of the season.

The goal of the program is to motivate players to improve their own individual scores, and in doing so, develop their technique, and improve their overall performance in training and games which may increase advancement opportunities.

World Cup consists of dividing players into countries and playing a series of small sided games among their own team, or by mixing in with other teams and dividing the teams equally.

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