

2012 Spring Recreational Practice Curriculum

Ages: 5th and 6th Grade



Session #1 Session Focus: Dribbling

Technical Warm-up Individual Super Goal Soccer

Space 30 x 40 yards ~ 10 small goals randomly placed. 30-45 second intervals, players dribble through as many goals as possible. Progress to where they must do a move or specific dribble prior to going through the goal. Introduce moves - **Pullback, Waddle Scissors**. Which player can score the most goals in allotted time.

Small sided activity 1v1 Dribble Over Line

Set up three 10x20 grids (4 players pre grid)
 Player X passes ball to player Y, standing across grid, then goes to defend him. Player Y receives ball and tries to beat player X on the dribble across the line. If player X wins ball, he can go dribble over opposite line to score. Play stops when ball goes out of bounds - other 2 players play. Rotate players. Can keep score to make competitive.

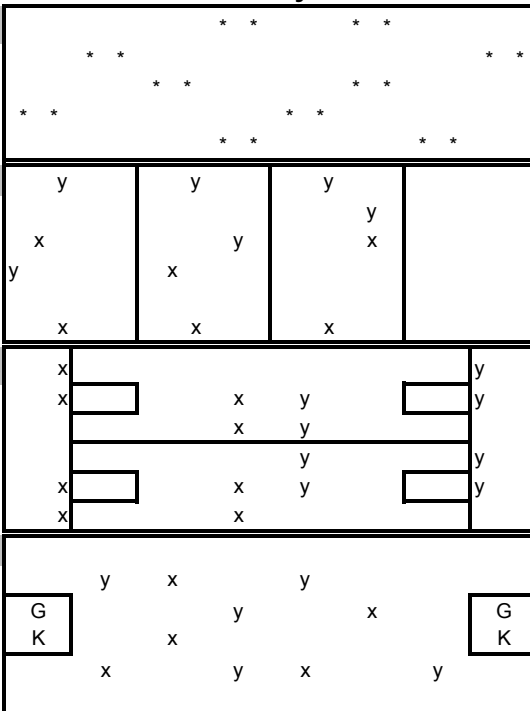
Expanded Small sided activity 2v2 Transition to Small Goals

Space 20 x 30 yard space with large goals and goalkeepers.
 Play 2v2 - players that are not in the game are waiting on the endlines behind their goal. As soon as ball goes over either endline, new players on that side only switch and the new players attack the defenders on the field immediately with a new ball. This game is transition and should be back and forth attacking with many attempts at goal. Keep Score

Final game 5v5 + Goalkeepers Microsoccer

Space 40 x 60 yards ~ 2 large goals
 Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
 Focus should be on proper dribbling technique and Moves.
 Players not involved in games should be juggling - see Juggling Sheet.

Activity



Session #2 Session Focus: Passing

Technical Warm-up Windows

30 x 40 yard space - 1/2 players on perimeter - each have ball. 1/2 players in center of grid without balls. Players in middle receive ball from an outside player and pass to another who does not have a ball. Switch roles after 1 minute. Use good passing and receiving technique, passing combinations. Progress to adding defenders in middle.

Small sided activity Monkeys in the Middle

With existing teams - create two 20x30 grids with small goals at each end. Both grids will play 4v2. Grid A will have 4 x's and 2 y's while Grid B will have 2x's and 4 y's. The teams of 4 will play possession where 4 passes in a row count as a goal, the teams of 2 will try to score in either small goal when they win the ball. Play 2 to 3 minute games, keep score and rotate players between grids.

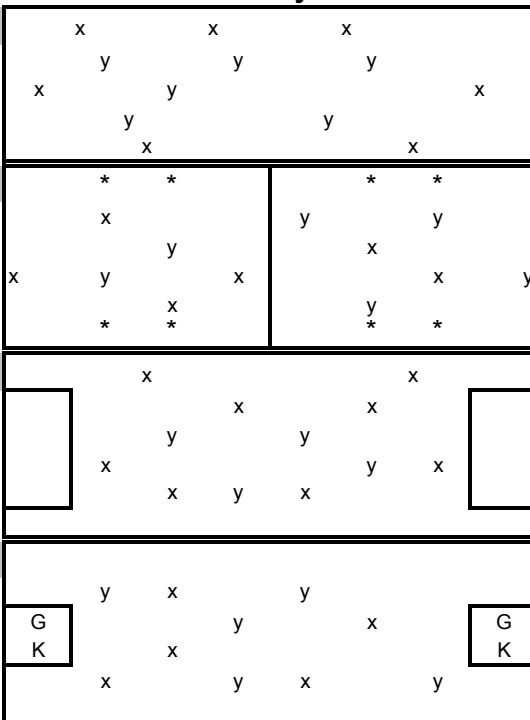
Expanded Small sided activity Monkeys in the Middle - Larger Game

Play same game as the small sided activity - but now, play 8v4 in a larger space. For team of 8, focus on spreading out, using the entire space, moving the ball quickly with good first touch and good passing. For team of 4, focus in going to either goal as soon as ball is won, trying dribbling, moves and taking on players. Keep Score - make competitive for players.

Final game 5v5 + Goalkeepers Microsoccer

Space 40 x 60 yards ~ 2 large goals
 Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
 Focus should be on dribbling technique and Moves.
 Players not involved in games should be juggling - see Juggling Sheet.

Activity

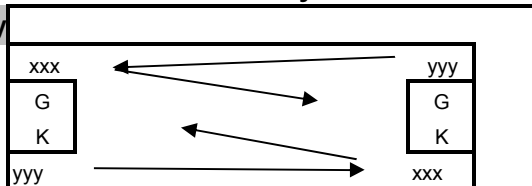


Session #3 Session Focus: Scoring

Technical Warm-up

Shooting Gallery

Set up a 20 x 30 yard space with large goals and Goalkeepers. Y players have balls and pass to X players, who receive ball and take shot on goal, players then switch roles. Start easy to warm up and increase pace of shots. Progress - add a cone where after X receives ball, must do a move before shot. Progress - Add passing combo before shot.

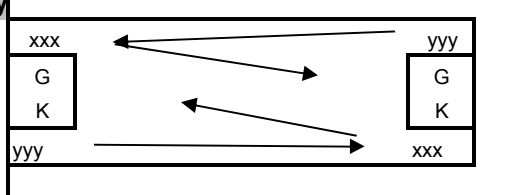


Small sided activity

1v1 Shooting Gallery

Same Setup as warmup, but now after Y players pass ball to X Player, must go and play defense to create a 1v1 situation. If Y player steals ball, he may also try to score in opposite goal. Can make competitive as teams count goals they score.

Players should always try to beat defender with a move, stress the attempt. Failure is okay in this scenario.

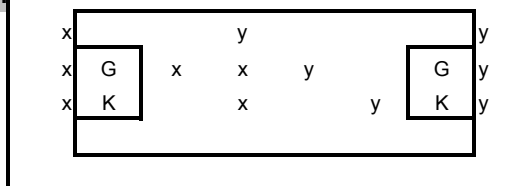


Expanded Small sided activity

3v3 Transition

Space 20 x 30 yard space with large goals and goalkeepers.

Play 2v2 - players that are not in the game are waiting on the endlines behind their goal. As soon as ball goes over either endline, new players on that side only switch and the new players attack the defenders on the field immediately with a new ball. This game is transition and should be back and forth attacking with many attempts at goal. Keep Score

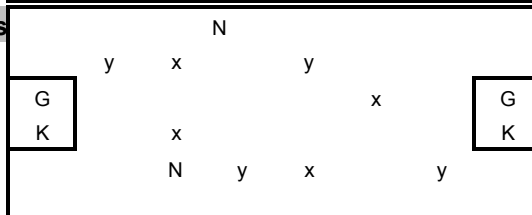


Final game

4v4+2 with Goalkeepers

Space 30 x 40 yards ~ 2 large goals

Play 4v4 soccer with 2 Neutral players - here is where you can implement rules of the game. Neutral players pass to whatever team passes to them. This will create a numbers up situation for whatever team has the ball and create many opportunities for goals. If enough time, remove Neutrals and finish numbers even.

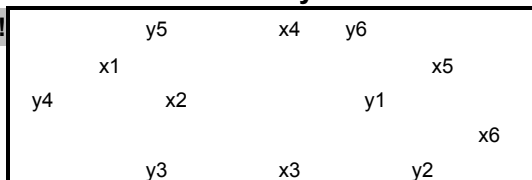


Session #4 Session Focus: Passing

Technical Warm-up

Numbers!!

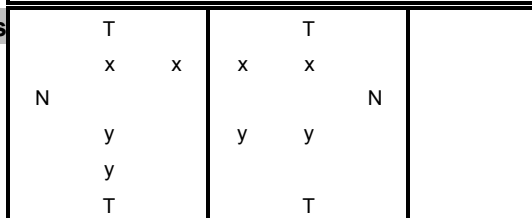
30 x 40 yard space - break into 2 teams, one team in pinnies. Give each player a number and start with one ball per team. All players should be moving throughout the grid, with the ball traveling numerically through the group. If 6 players per team, #6 passes to #1 to continue. Progress - add a 2nd or 3rd ball. Focus on passing and receiving technique.



Small sided activity

2v2 + 1 to Targets

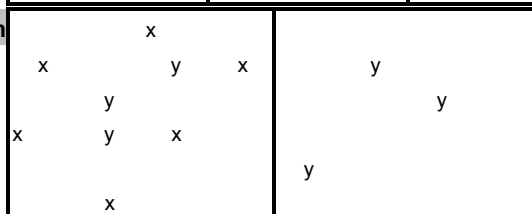
Set up two or three 10 x 20 yard grids ~ each grid contains 2 x's, 2y's, 1 Neutral, and 2 Target players. Target players must stay on their endline and play to whatever team passed to them - Neutral players have same rules but can move throughout the grid. Object - players to move the ball back and forth between targets. Keep score by counting passes played into Targets, rotate players. Good passing and receiving technique.



Expanded Small sided activity

North - South

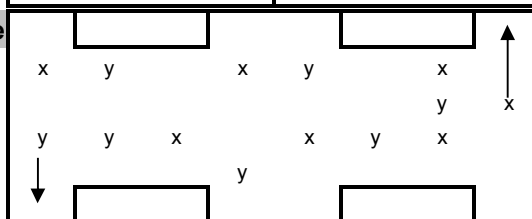
30 x 40 yard space - two teams of 6 players - the space is broken in half. X's want to play on the North side, Y's want to play in the South side. Object of the game is to get the ball to your side of the field and collect as many passes as you can. Defending team can send over 3 players to try to win ball (in essence - playing 6v3). When defending team wins ball, get to their side to collect passes. Keep score.



Final game

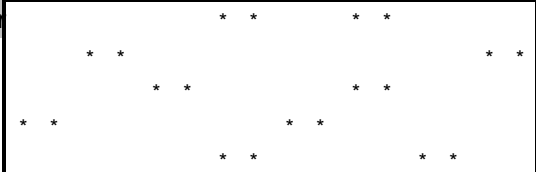
4 Goal Soccer Game

In same space - teams will play 6v6 (can add neutral player if odd numbers). Each team will attack and defend 2 goals. Should make goals large enough to encourage scoring. Multiple goals will add multiple options for players. Coach should focus on good passing technique, players should be encouraged to try moves when appropriate. Tactical awareness of spreading out to make use of both goals.

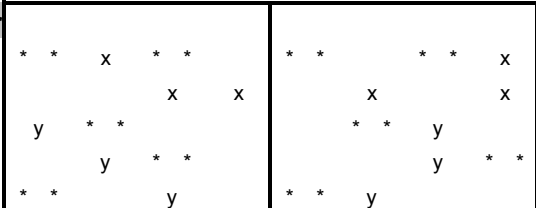


Session #5 Session Focus: Dribbling

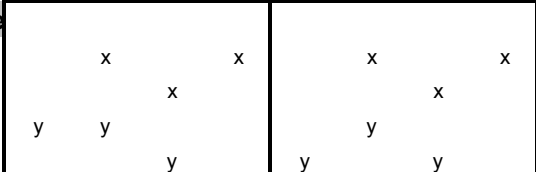
Technical Warm-up Individual Super Goal Soccer
 Space 30 x 40 yards ~ 10 small goals randomly placed. 30-45 second intervals, players dribble through as many goals as possible. Progress to where they must do a move or specific dribble prior to going through the goal. Review all moves. Introduce new moves - **Hagi and Zico**. Which player can score the most goals in allotted time.



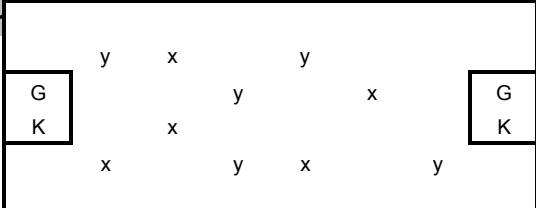
Small sided activity Team Super Goal Soccer
 Same setup as prior game except the field is split into 2 smaller fields with goals on each field. The group is broken into 2 smaller groups, for 2 games of 3v3 or 4v4, whichever the numbers work out, but all players are playing. Play 2 minute games, whichever team has the most goals wins, rotate teams each game. Focus on dribbling technique. Progression - accomplish dribbling move dribbling through a goal.



Expanded Small sided activity 3v3 Dribble Over the Line
 Create two 30x20 spaces ~ team splits into 2 groups so there are 2 games. Game is 3v3, and the goal is to dribble the ball over the opponents endline and stop the ball on or near the endline. Focus on dribbling technique and Moves. Rotate teams so all teams play one another.

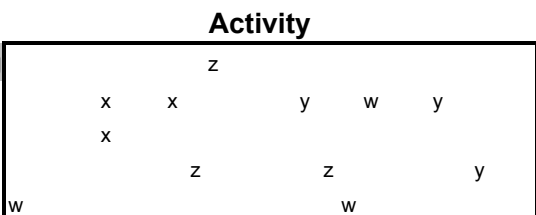


Final game 5v5 + Goalkeepers Microsoccer
 Space 40 x 60 yards ~ 2 large goals
 Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points. Focus should be on dribbling technique and Moves. Players not involved in games should be juggling - see Juggling Sheet.

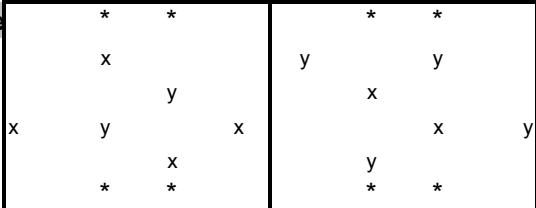


Session #6 Session Focus: Passing

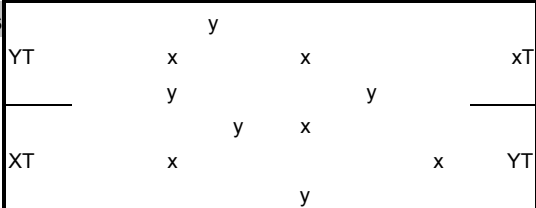
Technical Warm-up 3 Player Passing
 Space 30 x 40 - Groups of 3 players and a ball - moving within the space, passing their ball between them. Work on good passing and receiving technique. Can introduce combinations, wall pass (give and go), overlaps, takeovers. Can finish with a game of possession - each team tries to keep their ball while stealing other teams.



Small sided activity Monkeys in the Middle
 With existing teams - create two 20x30 grids with small goals at each end. Both grids will play 4v2. Grid A will have 4 x's and 2 y's while Grid B will have 2x's and 4 y's. The teams of 4 will play possession where 4 passes in a row count as a goal, the teams of 2 will try to score in either small goal when they win the ball. Play 2 to 3 minute games, keep score and rotate players between grids.



Expanded Small sided activity 5v5 to 2 Targets
 Space 35 x 50 - 2 teams of 7 (or whatever numbers dictate) - each team will have 2 Target players diagonally on endlines, who must stay on their half of the endline. Essentially, whichever team has the ball has a 2 player advantage. When a player on the field play a pass into a target, the target dribbles into field and passer becomes target. Teams want to keep the ball and find targets to score points.



Final game 5v5 (with targets) + Goalkeepers Microsoccer
 Space 40 x 60 yards ~ 2 large goals
 Play 5v5 soccer - one player is the designated Target player and cannot play defense when his team does not have the ball. He must touch the ball for before his team can score. Lift restriction to finish. Focus should be on dribbling technique and Moves. Players not involved in games should be juggling - see Juggling Sheet.

