

# 2012 Spring Recreational Practice Curriculum

Created by Michael Zovistoski

Ages: 7th to 9th Grade



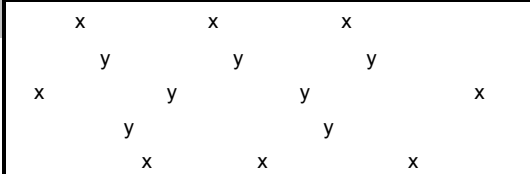
Session #1	Session Focus:	Dribbling	Activity																																								
<b>Technical Warm-up</b>		<b>Individual Super Goal Soccer</b>	<pre> * * * * * * * * * * * * * * * *                     </pre>																																								
Space 30 x 40 yards ~ 10 small goals randomly placed. 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 - <b>Pullback, Waddle Scissors, Zico</b> . Which player can score the most goals in allotted time.																																											
<b>Small sided activity</b>		<b>1v1 Dribble Over Line</b>	<table border="1"> <tr><td>y</td><td>y</td><td>y</td><td>y</td></tr> <tr><td>x</td><td></td><td>y</td><td>x</td></tr> <tr><td>y</td><td>x</td><td></td><td>y</td></tr> <tr><td>x</td><td>x</td><td>x</td><td>x</td></tr> </table>	y	y	y	y	x		y	x	y	x		y	x	x	x	x																								
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set up four 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.																																											
<b>Expanded Small sided activity</b>		<b>3v3 Dribble Over the Line</b>	<table border="1"> <tr><td>y</td><td>x</td><td>x</td><td>x</td><td>x</td><td>x</td><td>x</td></tr> <tr><td></td><td></td><td>x</td><td></td><td></td><td>x</td><td></td></tr> <tr><td>y</td><td>y</td><td></td><td></td><td>y</td><td>y</td><td>y</td></tr> <tr><td></td><td>x</td><td>y</td><td></td><td>y</td><td>y</td><td></td></tr> </table>	y	x	x	x	x	x	x			x			x		y	y			y	y	y		x	y		y	y													
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Create two 25 x 40 yard spaces ~ team splits into 2 groups so there are 2 games Game is 4v4, 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.																																											
<b>Final game</b>		<b>6v6 + Goalkeepers Microsoccer</b>	<table border="1"> <tr><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td><td>x</td><td></td></tr> <tr><td>G</td><td></td><td></td><td></td><td>y</td><td></td><td>x</td><td>G</td></tr> <tr><td>K</td><td></td><td>x</td><td></td><td></td><td></td><td></td><td>K</td></tr> <tr><td></td><td>x</td><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td></tr> <tr><td></td><td>y</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		y	x		y		x		G				y		x	G	K		x					K		x		y	x		y			y						
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Session #2	Session Focus:	Passing and Dribbling	Activity																																								
<b>Technical Warm-up</b>		<b>3 Player Passing</b>	<pre> z u u x x y w y x u w z z y                     </pre>																																								
Space 35 x 45 - 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. Introduce new moves - <b>Hagi, Pato</b> - players must do move before passing.																																											
<b>Small sided activity</b>		<b>Monkeys in the Middle</b>	<table border="1"> <tr><td></td><td>*</td><td>*</td><td></td><td>*</td><td>*</td></tr> <tr><td></td><td>x</td><td></td><td>x</td><td>y</td><td>y</td><td>y</td></tr> <tr><td></td><td></td><td>y</td><td></td><td>x</td><td></td><td></td></tr> <tr><td>x</td><td>y</td><td></td><td>x</td><td></td><td>x</td><td>y</td></tr> <tr><td></td><td>*</td><td>*</td><td></td><td>y</td><td>*</td><td>*</td></tr> </table>		*	*		*	*		x		x	y	y	y			y		x			x	y		x		x	y		*	*		y	*	*						
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Use existing space, break into 2 grids with small goals at each end. Both grids will play 5v2. 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. If there are players out - should juggle.																																											
<b>Expanded Small sided activity</b>		<b>Possession Scoring vs Goal Scoring</b>	<table border="1"> <tr><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td><td>x</td><td></td></tr> <tr><td>G</td><td></td><td></td><td></td><td>y</td><td></td><td>x</td><td>G</td></tr> <tr><td>K</td><td></td><td>x</td><td></td><td></td><td></td><td></td><td>K</td></tr> <tr><td></td><td>x</td><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td></tr> <tr><td></td><td>y</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		y	x		y		x		G				y		x	G	K		x					K		x		y	x		y			y						
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Space 40 x 60 yards ~ 2 large goals - play 6v6 with Goalkeepers One team is the possessing team - they score by putting 4 passes, both Goalkeepers are always with the possession team to create a 2 man advantage when they have the ball. The scoring team may score in either goal when they win possession. Keep Score and switch roles within 5 minute intervals.																																											
<b>Final game</b>		<b>6v6 + Goalkeepers Microsoccer</b>	<table border="1"> <tr><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td><td>x</td><td></td></tr> <tr><td>G</td><td></td><td></td><td></td><td>y</td><td></td><td>x</td><td>G</td></tr> <tr><td>K</td><td></td><td>x</td><td></td><td></td><td></td><td></td><td>K</td></tr> <tr><td></td><td>x</td><td></td><td>y</td><td>x</td><td></td><td>y</td><td></td></tr> <tr><td></td><td>y</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		y	x		y		x		G				y		x	G	K		x					K		x		y	x		y			y						
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**Session #3      Session Focus:      Passing**

**Technical Warm-up**

**Windows**

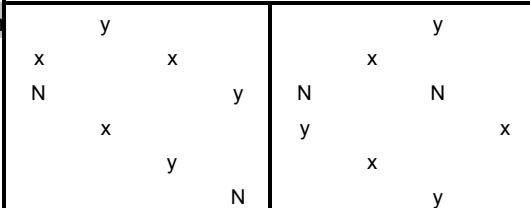
35 x 50 yard space - 1/2 players on perimeter - each have ball. 1/2 players in center of grid without balls. Players in middle receive ball from an outside player and pass to another who does not have a ball. Switch roles after 1 minute. Use good passing and receiving technique, passing combinations. Progress to adding defenders in middle.



**Small sided activity**

**3v3+2 Possession**

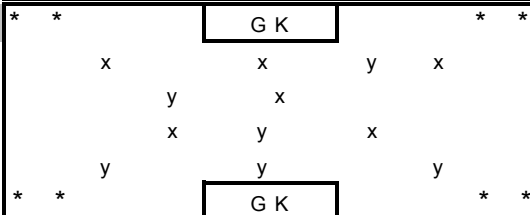
Use same space divided in half. Each space will contain two teams of 3 players with 2 Neutral players who are always on the team with possession. The goal is to keep possession and move the ball around the space. Play 5 minute games, each team will count their total passes, rotate teams and Neutrals. Focus is good passing and receiving technique and good quick ball movement.



**Expanded Small sided activity**

**6 Goal Game with Goalkeepers**

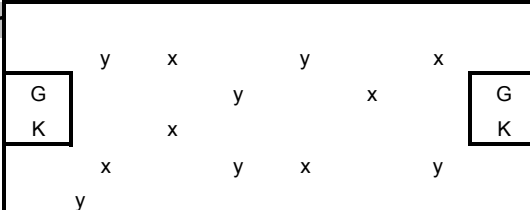
Remove center line - use same space. 2 teams of 6 players plus Goalkeepers, each team will attack and defend 3 goals the center goal being a large goal with a GK, the outside goals being small goals. Teams get 2 points a large goal and 1 point for a small goal. Object for the team in possession is to keep possession while they find the goal that gives them the best chance to score, always looking for the middle goal.



**Final game**

**6v6 + Goalkeepers Microsoccer**

Space 40 x 60 yards ~ 2 large goals  
 Play 6v6 soccer - implement rules of the game, throw ins, goal kicks, etc.  
 Try not to stop play too much - let game flow at points, coach while game is going.  
 Focus should be on good passing and receiving technique and good ball movement.  
 Players not involved in games should be juggling - see Juggling Sheet.

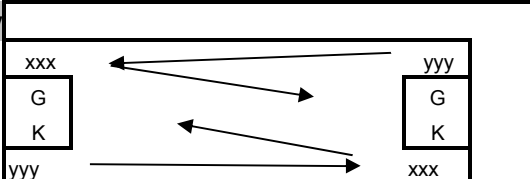


**Session #4      Session Focus:      Scoring**

**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.

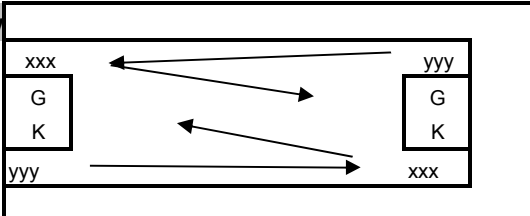


**Small sided activity**

**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.

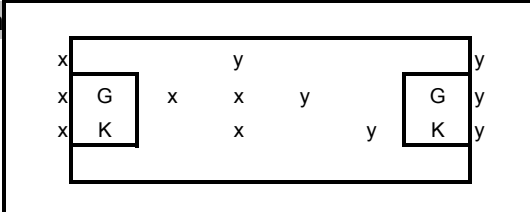
Players should always try to beat defender with a move, stress the attempt. Failure is okay in this scenario.



**Expanded Small sided activity**

**3v3 Transition**

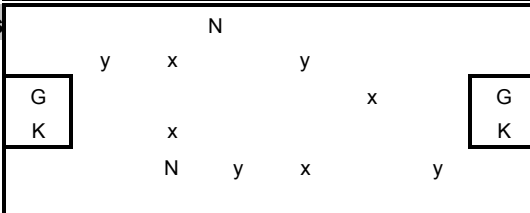
Space 25 x 40 yard space with large goals and goalkeepers.  
 Play 2v2 - players that are not in the game are waiting on the endlines behind their goal.  
 As soon as ball goes over either endline, new players on that side only switch and the new players attack the defenders on the field immediately with a new ball. This game is transition and should be back and forth attacking with many attempts at goal. Keep Score



**Final game**

**6v6+2 with Goalkeepers**

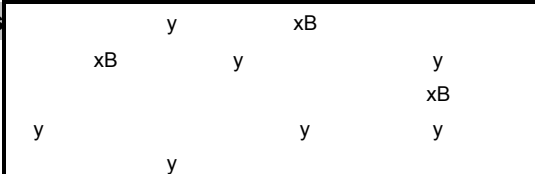
Space 40 x 60 yards ~ 2 large goals  
 Play 6v6 soccer with 2 Neutral players - here is where you can implement rules of the game. Neutral players pass to whatever team passes to them. This will create a numbers up situation for whatever team has the ball and create many opportunities for goals. If enough time, remove Neutrals and finish numbers even.



**Session #5      Session Focus:      Dribbling**

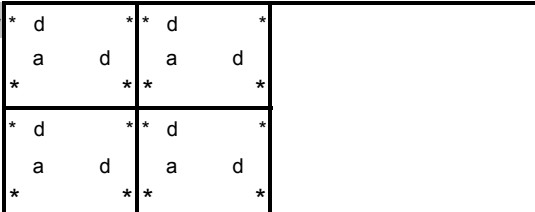
**Technical Warm-up      Hunters and Rabbits**

Space 30 x 40 yards  
 Three players start with soccer balls - they are the Hunters, all other players are Rabbits, they do not have soccer balls. Hunters try to kick their ball and hit the Rabbits. When successful, the 'hit' Rabbit gets a ball and becomes a Hunter, until only 1 rabbit remains.



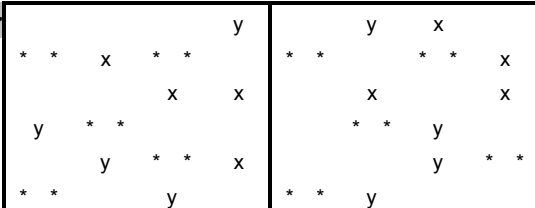
**Small sided activity      Base Soccer**

Create Four 10x10 yard grids - with a large cone at each corner of the grid - this cone will be the "Bases". Three players in each grid, each with a ball. One player is attacker, the other two are defenders. The attacker can attack any of the bases (not the same one twice in a row) and must dribble his ball and stop it near a base. If either defender gets to the base first, it is blocked. Play 1 minute rounds, switch players, keep score.



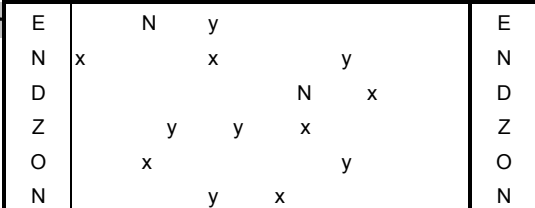
**Expanded Small sided activity      Team Super Goal Soccer**

Field setup is two 25 x 35 yard fields with multiple goals on each field. The group is broken into 2 smaller groups, for 2 games of 4v4 or 5v5, 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.



**Final game      6v6 +2 End Zone Soccer**

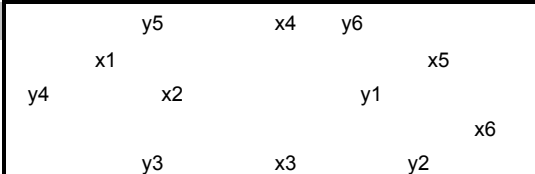
Space ~ 40 x 60 yards with End Zones (5 yards). Game is similar to the dribble over the line game, object is for players to dribble into the End Zone under control and able to stop ball before it goes out of End Zone. Keep Score. Progression - Instead of dribbling - players must pass ball to teammate who has made run into End Zone - players may not camp out in End Zone - waiting for pass. Combine rules to finish.



**Session #6      Session Focus:      Passing**

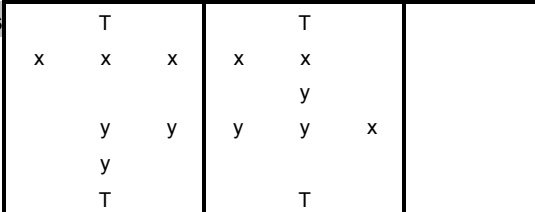
**Technical Warm-up      Numbers!!**

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.



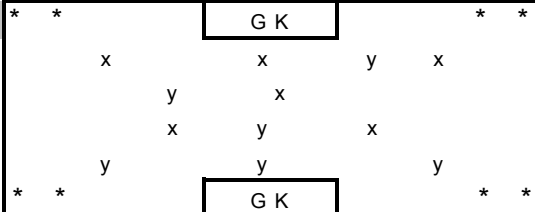
**Small sided activity      2v2 or 3v3 Targets**

Set up two or three 20 x 30 yard grids ~ play 2v2 or 3v3 (numbers dictate) plus Two 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      6 Goal Game with Goalkeepers**

Spce ~ 40 - 60 yards. 2 teams of 6 players plus Goalkeepers, each team will attack and defend 3 goals the center goal being a large goal with a GK, the outside goals being small goals. Teams get 2 points a large goal and 1 point for a small goal. Object for the team in possession is to keep possession while they find the goal that gives them the best chance to score, always looking for the middle goal.



**Final game      6v6 + Goalkeepers Microsoccer**

Space 40 x 60 yards ~ 2 large goals  
 Play 6v6 soccer - implement rules of the game, throw ins, goal kicks, etc.  
 Try not to stop play too much - let game flow at points, coach while game is going.  
 Focus should be on good passing and receiving technique and good ball movement.  
 Players not involved in games should be juggling - see Juggling Sheet.

