

# GLOBAL PREMIER SOCCER

2012 CURRICULUM

U10 CLINIC CURRICULUM  
8 WEEK TRAINING PROGRAM

- TECHNICAL / TACTICAL SESSIONS



# GPS CURRICULUM METHODOLOGY



Aim: To allow players of all ages and abilities, to develop to their full potential, in an ENJOYABLE, CHALLENGING and POSITIVE environment.

Objectives:

Create a clear and simple pathway for player development.

Always keep the player at the center of the development process.

Allow players as much active time with a ball each as possible.

**Teach the principles of the game.**

**Teach “roles” not “positions”.**

**Create a deep and underlying passion for the sport of soccer at all ages.**

**Acknowledge that players will learn and develop at different speeds.**

**To keep a fresh and current outlook on the changes in young player development.**





## LEARNS AT U10

### TECHNICAL

SHORT TO MEDIUM PASSING  
RECEIVING TO ESCAPE (DISGUISE)  
RECEIVING WITH INSIDE AND OUTSIDE  
BREAKAWAYS  
IDENTIFYING 1v1 SITUATIONS  
ATTACKING 2v1, 2v2, 3v2  
DEFENDING 1v1, 2v1, 1v2

### TACTICAL

SCANNING THE AREA  
TYPES OF RUNS  
PLAYING OUT FROM THE BACK  
SEEING THE BIGGER PICTURE: TEAM MATES, OPPONENTS  
UNDERSTAND DIFFERENCES IN ATTACK AND DEFENCE  
UNDERSTANDS THE DIFFERENCES BETWEEN 6v6 AND 4v4

### PSYCHOLOGICAL

DEVELOPING A BETTER AWARENESS OF TEAM PLAY  
AWARENESS OF THE FIELD  
PERFORMING EVERYTHING WITH POSITIVITY

### PHYSICAL

BEGINNING TO DEVELOP THE ABILITY TO PERFORM AT HIGH INTENSITY FOR LONGER PERIODS OF TIME





## SESSION STRUCTURE FOR U10

SESSION LENGTH - 75 MINUTES

WARM UP - 10 MINUTES

TECHNICAL GAME 1 - 15 MINUTES

DRINK BREAK 1 - 3 MINUTES

TECHNICAL GAME 2 - 15 MINUTES

DRINK BREAK 2 - 3 MINUTES

SMALL SIDED GAME (3v3) - 25 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 4 MINUTES

All sessions will end with a small manifestation of the game. At U10 this game should be 6 v 6.

Rehearse the team formation of 2-1-2

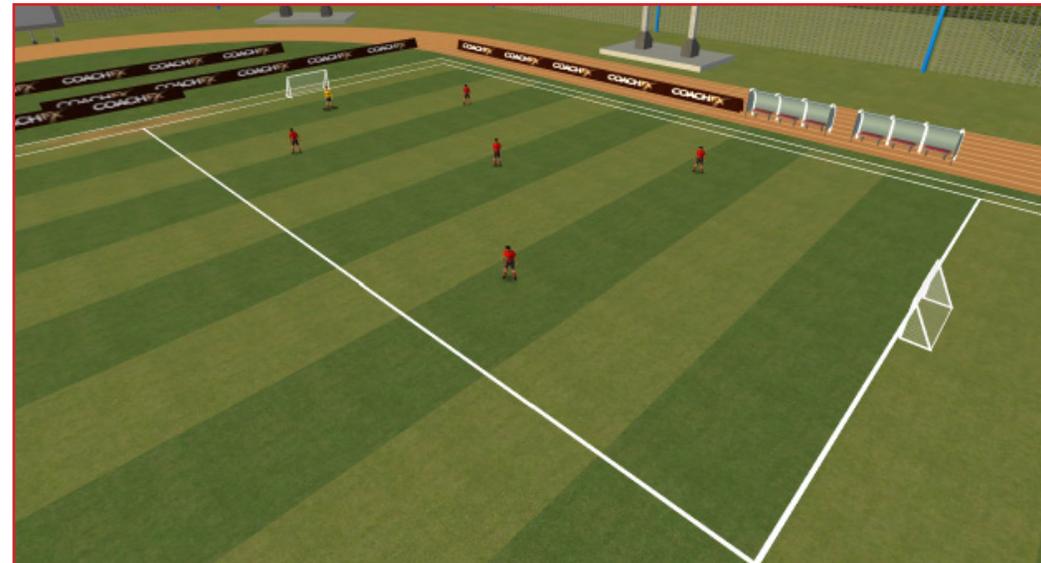
6 v 6 game will be played in an area of 60 x 40 yards.

Alter the method of scoring:

- Stop the ball on the endline
- Dribble through corner gates
- Knock a ball of a cone

Ensure that substitutes are rotated frequently in order for everyone to experience playing.

Avoid playing teams with large numbers (i.e. 9 v 9) in order to increase player exposure to the ball.



# WEEK ONE: DRIBBLING

## WARM UP: THE CLEAN UP

### ORGANIZATION

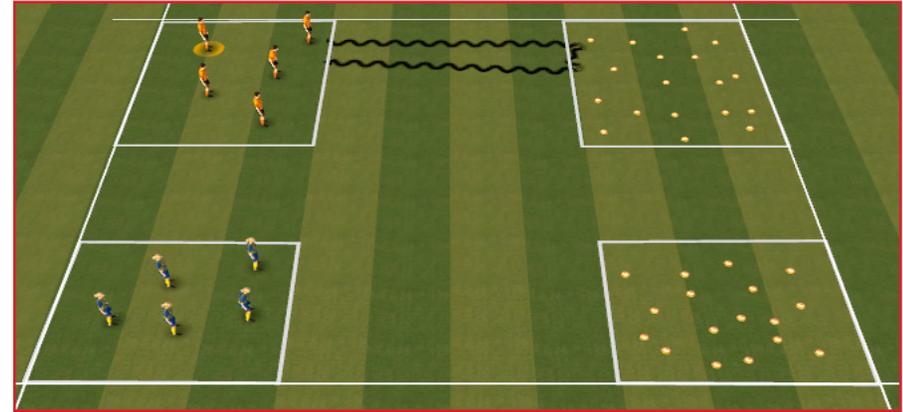
Create a playing area of 40 x 30 yards. In each corner create a box of 10 x 10 yards. Place a large amount of cones in the two boxes opposite each team's box. Each player must dribble and collect a cone from the land and bring it back to the castle. First team to get all cones into their castle wins. Players go one at a time to start with. Players who are not collecting cones perform a task in their castle (e.g. Toe Taps). Be creative with your tasks.

### COACHING POINTS

Use the laces or inside of foot to connect with the ball when dribbling.  
Eyes up to avoid other players.  
Bigger touches to travel quickly, smaller touches in tighter spaces..

### PROGRESSION

All cones must go back 1 by 1.  
Have 3 go at a time.  
Have all players go at same time.  
Must go diagonally to other box (semi-opposed).  
Have taggers in no-man's land if tagged must balance for 5 seconds before continuing.



## TECHNICAL 1: BOXES (Part 1)

### ORGANIZATION

Create a playing area of 30 x 30 yards. Have each player take 4 cones and make a small square inside the playing area. Players dribble around the area - each time they arrive into a new box they must perform a move (toe-taps), foundations).

### COACHING POINTS

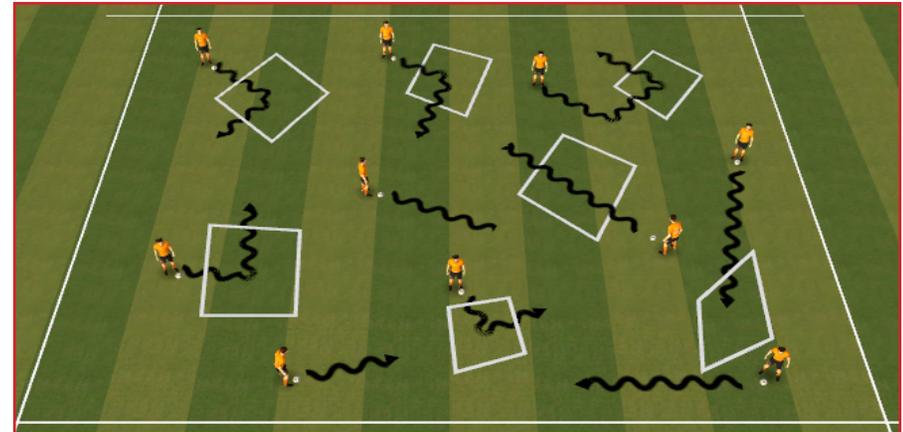
Use the correct part of the foot to connect with the ball.  
Eyes up to identify the next box - avoid boxes with defenders or other players in already.  
Attack the next box at speed.  
Low a balanced for changes of direction - accelerate away after performing move.

### PROGRESSION

VARIATIONS:  
Players can't leave the box the same way they went in.  
Have to leave the box on a specified side (i.e. to the left).  
Only go out way came in

### PROGRESSIONS

Add defenders into 2 boxes. 1 point for going through a box, 3 points if you get through box with defender in (award defenders 2 points for a tag).  
Defenders can move from box to box.



## TACTICAL 1: 4v4 CORNER GOALS

### ORGANIZATION

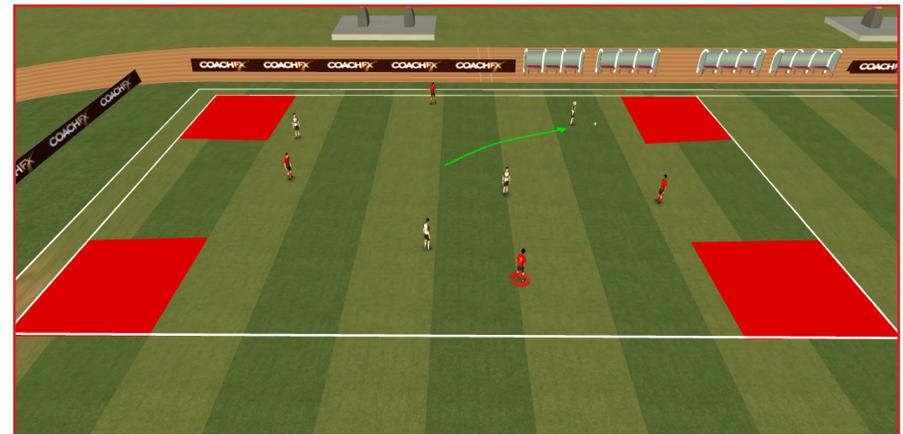
Create a playing area of 35 x 25 yards. Create a 5 x 5 yard box in each corner of the playing area. Split players into teams of 4. Players score by dribbling and stopping the ball in any of the corner goals.

### COACHING POINTS

Eyes up to identify space / opponents / team mates.  
Attack the box with the most space.  
Attack at speed - larger touches when trying to move quickly.

### PROGRESSION

Directional - Team 1 scores in the 2 boxes at one end of the playing area.  
Team 1 score in 2 goals diagonally opposite to each other.  
Play 6v6  
Add 1 goal at either end - play 6v6 to goal.



# WEEK TWO: DRIBBLING AT SPEED

## WARM UP: SQUARE GAME

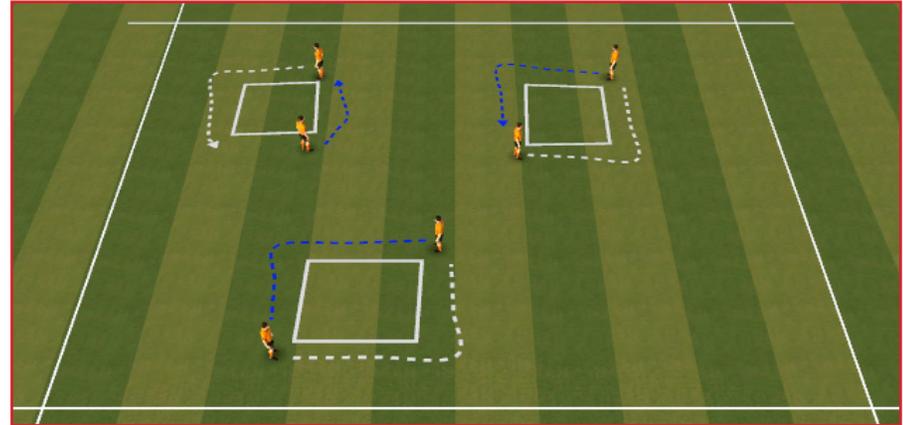
### ORGANIZATION

Create a playing area of 30 x 30 yards. Players work in pairs. Each pair has four cones to make a 4 x 4 yard square. Players stand on opposite side of the square. Idea of the game is for one player to try and tag their opponent without going inside the square.

### COACHING POINTS

### PROGRESSION

Players must now have a ball at their feet.



## TECHNICAL 1: SAFE SQUARES

### ORGANIZATION

Create a playing area of 30 x 30 yards. Players create 4 x 4 yard squares within the playing area. Players have a ball each and dribble around the area. Squares are safe zones. 1 defender tries to tag as many players as possible. Only 1 player is allowed in any square at once.

### COACHING POINTS

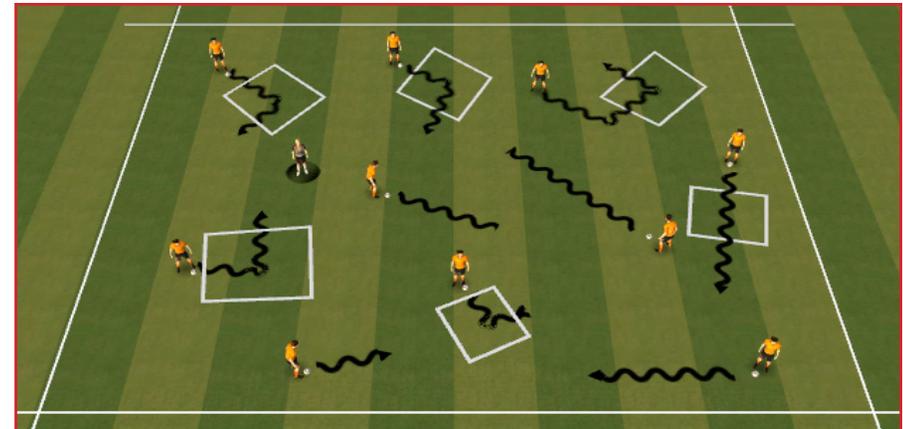
### PROGRESSION

If a defender tags a player they swap roles.

Add more than one defender.

Points for beating defender with move of the day.

Can you keep away from defender without going into a safe zone.



## TACTICAL 1: 4v4 OFFSET GOALS

### ORGANIZATION

Create a playing area of 35 x 25 yards. Split players into teams of 4. Place 1 goal in diagonally opposite corners. Play 4v4 to goal.

### COACHING POINTS

Awareness of space. Don't overload the side of the field with the goal.  
Attack goal at speed when the space is created.  
Movement and support off the ball.  
Use of 1v1 moves to beat a defender.

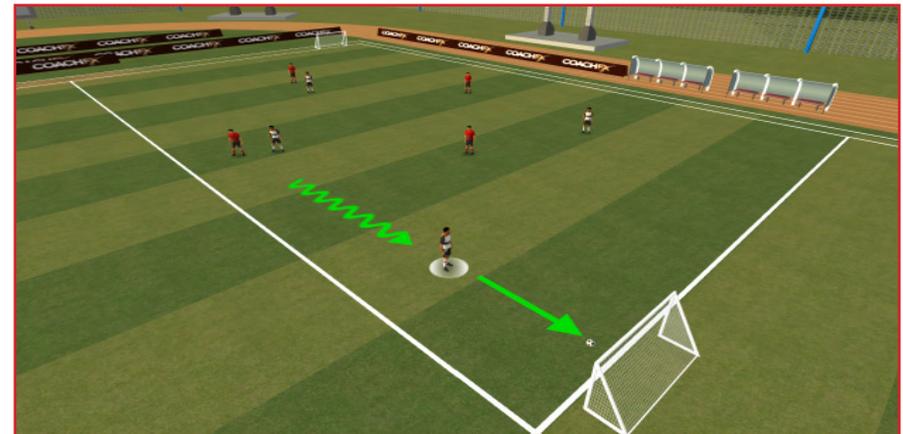
### PROGRESSION

All goals must be a first time finish.

Add a goalkeeper.

Restart from throw ins. Player must receive the ball under pressure and retain possession.

PLACE THE GOALS CENTRALLY AND PLAY 6v6 WITHOUT RESTRICTIONS.



# WEEK THREE: DRIBBLING AND MOVES

## WARM UP: KING OF THE RING

### ORGANIZATION

Create a playing area of 30 x 30 yards. Each player places a cone anywhere inside the area. Each player has a ball and dribbles around the area. As players approach a cone they perform a step over and accelerate away.

### COACHING POINTS

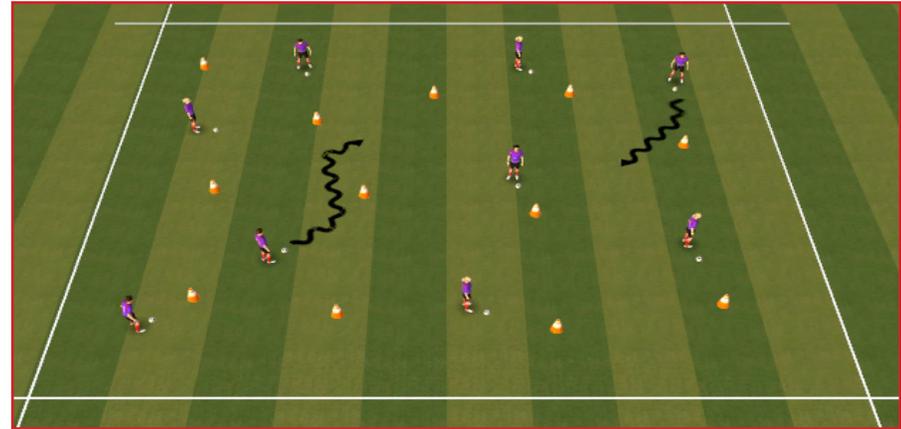
### PROGRESSION

Take away cones and add a defender who tries to put foot on top of player's soccer balls.

Players cannot be tackled if player performs a step over.

If the ball is stolen by the defender leaves the area, the player must perform foundations in motion before returning to the game.

Split into 2 teams and play directional, get ball over end line for a point.



## TECHNICAL 1: THEGREATESCAPE SHOOTING GAME

### ORGANIZATION

Create a playing area of 40 x 30 yards. Create 2 cone gates at each end. Place a cone in each corner of the playing area. Each player has a ball and dribbles around set area. Each player must dribble out of a goal using a move. They must dribble around a corner cone to re-enter the game.

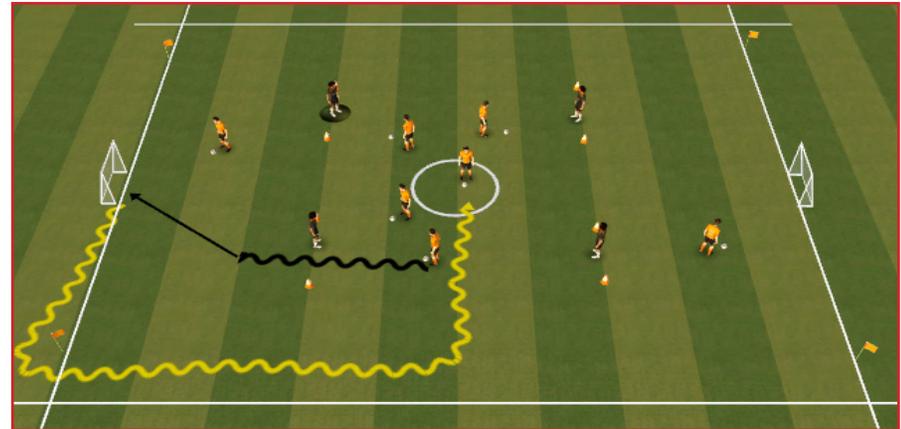
### COACHING POINTS

### PROGRESSION

Add defenders in each goal. Defenders must remain in the cones.

Players now have a ball between 2, can they combine to get past defenders (2v1).

Add defender into middle of area  
Players now work in 3s to work ball out through goals.



## TACTICAL 1: 4v4 GATE TO SCORE

### ORGANIZATION

Create a playing area of 35 x 25 yards with a goal and goalkeeper. At each end of the playing area create gates using cones. Split players into teams of 4 - before scoring, the team must dribble through a gate (this must happen every time a team gains possession).

### COACHING POINTS

Eyes up to identify an open gate.  
Dribble or pass? Dribble when in space.  
Don't force play through a gate that is covered by an opponent.

### PROGRESSION

Nominate one goal that each team must go through.

Teams must go through every gate.

REMOVE THE GATES AND PLAY 6v6 WITHOUT RESTRICTIONS.



# WEEK FOUR: DRIBBLING TO BEAT AN OPPONENT

## WARM UP: 1v1 GAME

### ORGANIZATION

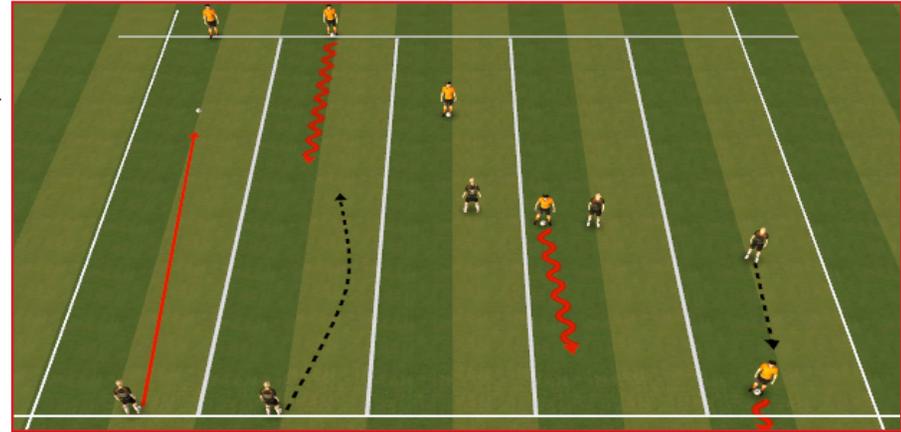
Create a number of channels 10 x 20 yards.  
Players work in pairs - one at each end of the channel.  
Player 1 starts with a ball and tries to dribble past player 2 and across the end line.  
If Player 2 wins the ball, they can score by dribbling to the opposite end line.

### COACHING POINTS

### PROGRESSION

Defender start by passing to the attacker - attacker attempts to beat the defender 1v1.

2 channels are joined together to create a 2v2 game.



## TECHNICAL 1: 1v1 - 3 GOAL GAME

### ORGANIZATION

Create a playing area of 10 x 10 yards. Using cones, create a goal on 3 sides of the playing area.  
Split players into two teams.  
Game starts with a defender passing across to and attacking player.  
Defensive player can only move once attacking player takes first touch. Attacking player tries to dribble ball through a goal.

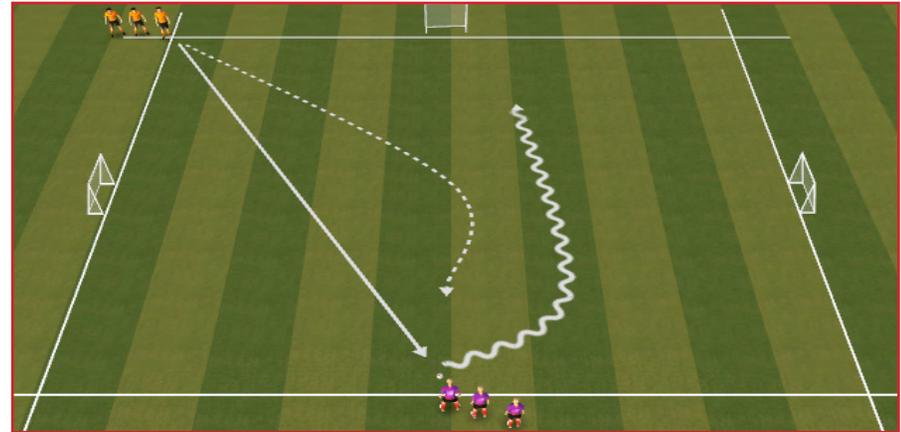
### COACHING POINTS

### PROGRESSION

Competition - 1 point for side goals, 3 points if player can get through opposite goal.

Extra points if player can use move of the day

Defender gets a point if they steal ball and dribble through a goal.



## TACTICAL 1: 4v4 SAFE ZONE

### ORGANIZATION

Create a playing area of 35 x 25 yards. Place a goal and goal-keeper at each end  
Create a 5 x 5 yard box at each side of the playing area.  
Split players into teams of 4.  
Play 4v4 + GK to goal. If players dribble into one of the side boxes, they are safe and can not be tackled.

### COACHING POINTS

Eyes up to identify space / opponents / team mates safe zone.  
Go forward when there is space, use the safe zone to escape pressure.

### PROGRESSION

Players can only stay in a safe zone for 5 seconds before an opponent can come in.

Players can only stay a safe zone for 2 seconds.

REMOVE THE SAFE ZONES AND PLAY 6v6 WITHOUT RESTRICTIONS.



# WEEK FIVE: DRIBBLING TO PASS

## WARM UP: PASSING GATES

### ORGANIZATION

Create a playing area of 30 x 30 yards. Using cones, create a number of gates within the playing area. Each player has a ball and tries to dribble the ball through as many gates as possible.

### COACHING POINTS

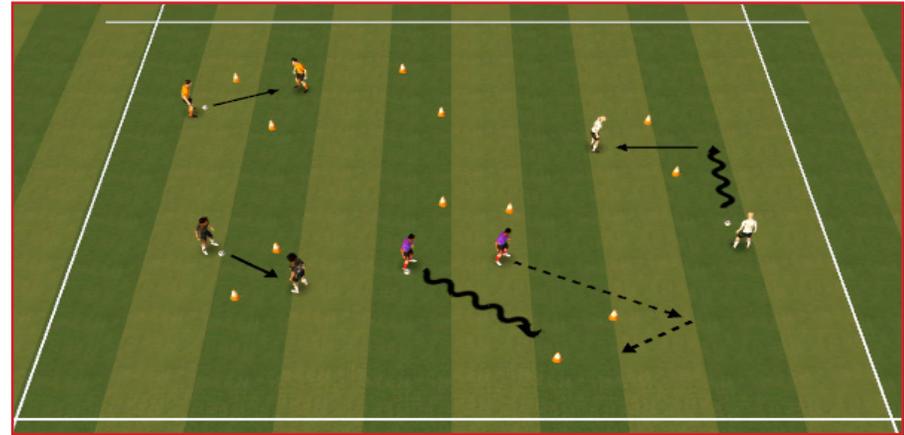
### PROGRESSION

Must perform 4 ball squeezes in each gate before moving through a gate.

Must perform the 'Giggsy' before moving through a gate.

Players work in pairs and now must pass the ball through as many gates as possible

Add defenders as taggers to (pressure). Players are safe in a gate when performing ball squeezes.



## TECHNICAL 1: PASSING TRIANGLES

### ORGANIZATION

Create a playing area of 30 x 30 yards. Using cones, create a number of triangles within the playing area. Players work in pairs. Each pair now must pass and move ball around the area and get the ball into as many triangles as possible.

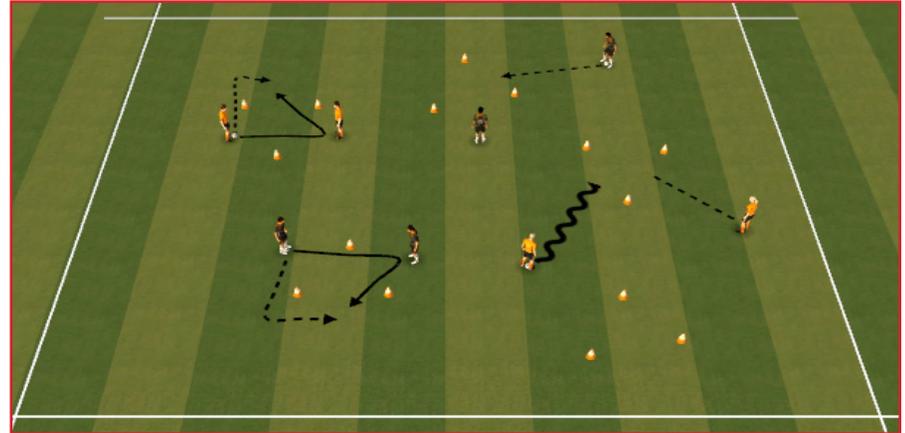
### COACHING POINTS

### PROGRESSION

Ball must be passed through all sides of the triangle.

Add defenders to try and get inside triangles to block passes.

Split players into 2 teams. A goal is scored each time the ball is passed through a triangle to a team mate.



## TACTICAL 1: 4v4 GATE TO SCORE

### ORGANIZATION

Create a playing area of 35 x 25 yards with a goal and goalkeeper. At each end of the playing area create gates using cones. Split players into teams of 4 - before scoring, the team must dribble through a gate (this must happen every time a team gains possession).

### COACHING POINTS

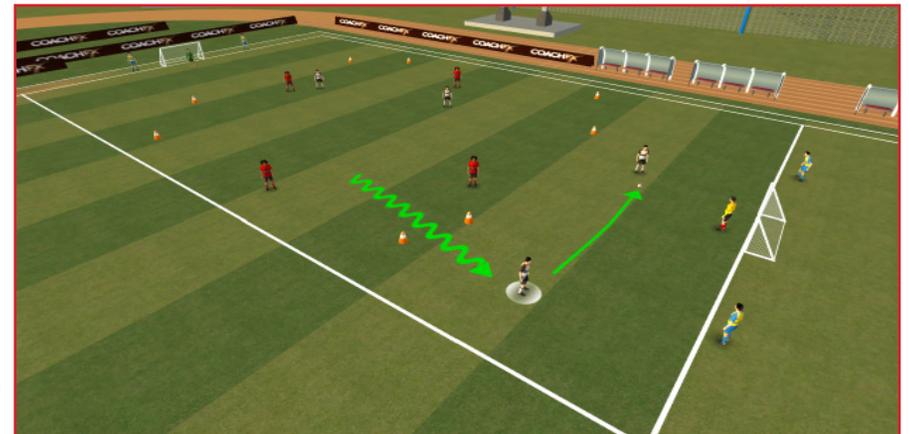
Eyes up to identify an open gate.  
Dribble or pass? Dribble when in space.  
Don't force play through a gate that is covered by an opponent.

### PROGRESSION

Nominate one goal that each team must go through.

Teams must go through every gate.

REMOVE THE GATES AND PLAY 6v6 WITHOUT RESTRICTIONS.



# WEEK SIX: DRIBBLING TO SHOOT

## WARM UP: THE GREAT ESCAPE

### ORGANIZATION

Create a playing area of 30 x 30 yards. Place a 5x 5 yard square in the centre of the playing area. Using stand up cones, create gates on the sides of the playing area. Each player has a ball and dribbles from middle square out of a gate. To get back to middle square player must lift ball over a cone and dribble to center square. Challenge players to be creative in the way they exit the gate and get ball over the cone back into the area.

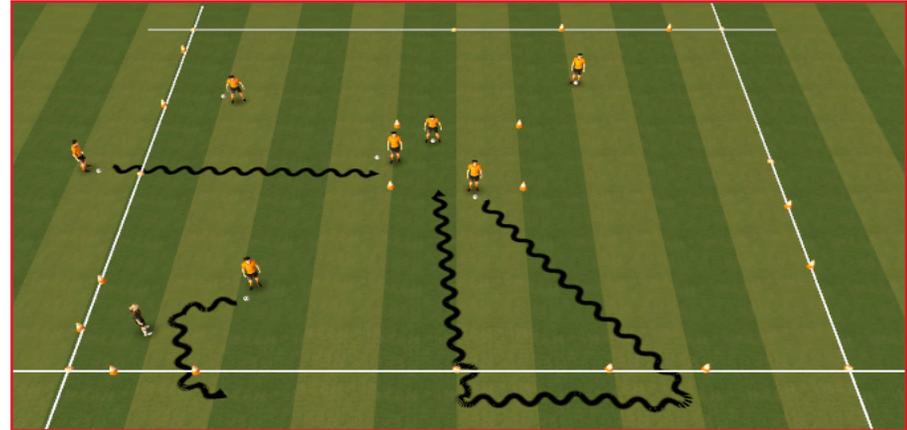
### COACHING POINTS

### PROGRESSION

Must perform a roll over to get through gate.

Must perform Blanco Bounce to get ball over cone to get back into game.

Add defenders into gates as taggers (player in black)



## TECHNICAL 1: BOXES SHOOTING GAME

### ORGANIZATION

Create a playing area of 40 x 40 yards. Create 4, 10 x 10 yard boxes within the playing area. Each player has a ball and dribbles through a box before shooting for goal. After a shot, player must get their ball and repeats (finishing in a different goal).

### COACHING POINTS

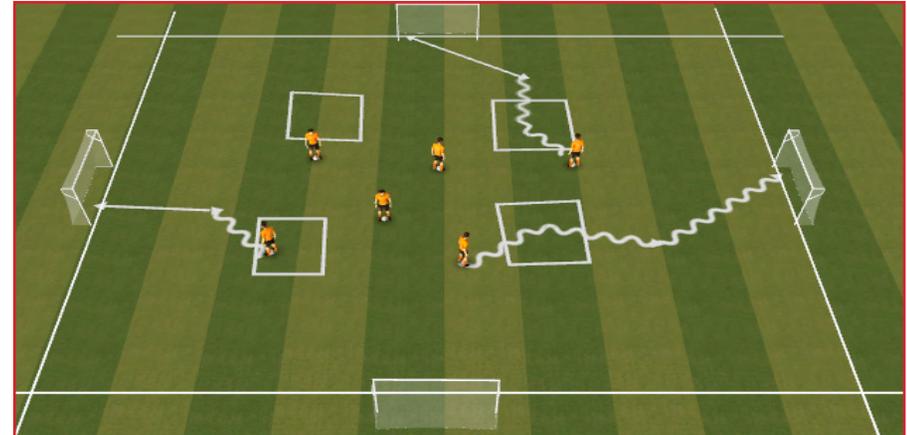
### PROGRESSION

Add players in boxes to act as 'setters'. They will lay ball off for shot after receiving a pass.

Add GK's.

Add defenders who try to block shots and steal the ball.

Split into 2 teams. Ball must be passed through a box before shot on goal can be taken. Team to score in all four goals first wins.



## TACTICAL 1: 4v4 OFFSET GOALS

### ORGANIZATION

Create a playing area of 35 x 25 yards. Split players into teams of 4. Place 1 goal in diagonally opposite corners. Play 4v4 to goal.

### COACHING POINTS

Awareness of space. Don't overload the side of the field with the goal. Attack goal at speed when the space is created. Movement and support off the ball. Communication - verbal and visual. Use of 1v1 moves to beat a defender.

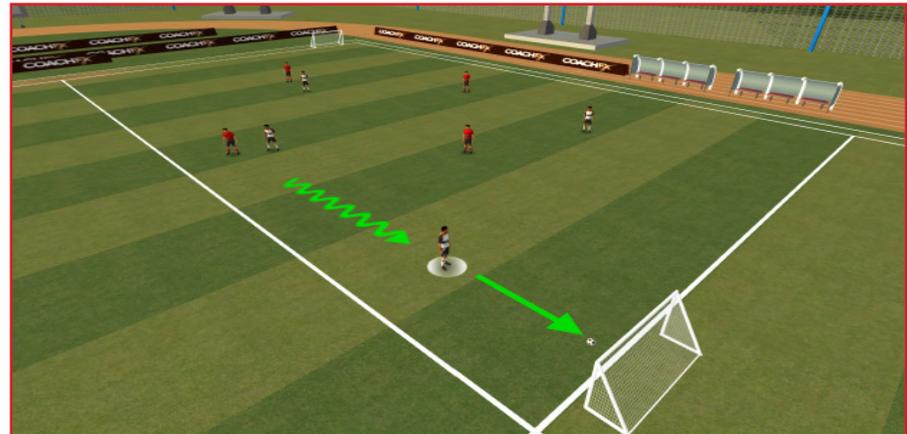
### PROGRESSION

All goals must be a first time finish.

Add a goalkeeper.

Restart from throw ins. Player must receive the ball under pressure and retain possession.

PLACE THE GOALS CENTRALLY AND PLAY 6v6.



# WEEK SEVEN: DRIBBLING AND BALL PROTECTION

## WARM UP: WOO CHOP

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Each player has a ball and dribbles the ball around the area.  
Players get a point by dribbling your ball into another player's foot (players must shout WOO-CHOP really loud so the coach hears it!) Can each player protect their foot with their ball?

### COACHING POINTS

Encourage the use of both feet and different surfaces (inside, outside, sole, laces).  
Eyes up to pick next target.  
Awareness of others trying to score a point by hitting you.  
Protect the ball by getting your body between the ball and the person attacking.

### PROGRESSION

To get a point you have to try and put your foot on top of another player ball (use body to protect ball).



## TECHNICAL 1: BODYGUARD

### ORGANIZATION

Create a playing area of 30 x 30 yards.  
Give each player 3 cones to make a triangle within the playing area.  
Each player then has a ball and must dribble into as many triangles as possible. They must keep the ball inside the triangle for 5 seconds. The coach will try and put a foot on top of a ball - players must protect the ball.

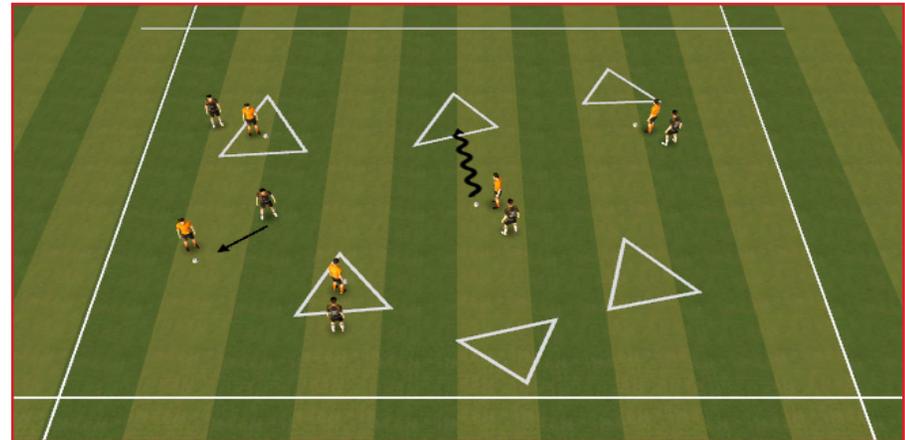
### COACHING POINTS

Can players escape pressure using a move.  
Awareness of the defenders - look for a triangle with no defenders nearby.  
Protect the ball by keeping the body between the attacker and the ball.  
Use the arm to keep the attacker further away.

### PROGRESSION

Add defenders who will run around and try to put their foot on top of any ball that is inside a triangle.

Players get 1 point every time they keep a ball in a triangle for 5 seconds. Defenders get a point for every ball they touch with their foot.



## TACTICAL 1: END LINE / CORNER BOX SOCCER

### ORGANIZATION

Create a playing area of 35 x 25 yards.  
Split teams into teams of 4 (extra players can act as neutral players).  
Team 1 score by stopping the ball in control on an endline.  
Team 2 score at the opposite end line.

### COACHING POINTS

Eyes up to identify space / opponents / team mates.  
Attack at speed - larger touches when trying to move quickly.

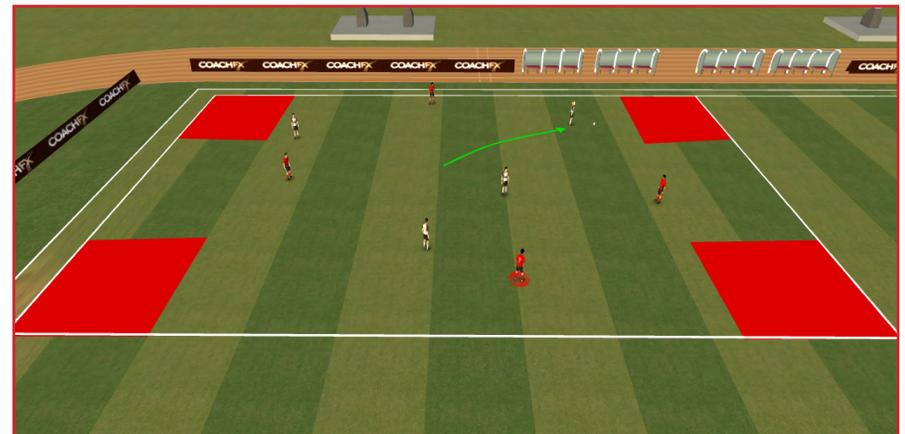
### PROGRESSION

Players must beat an opponent with a move before the team can score.

Team only gets a point if they stop at one end line and then the opposite.

Add 4 boxes in the corner of the playing area. Score by stopping the ball a box (directional).

ADD A GOAL + GOALKEEPER AND PLAY 6v6 WITHOUT RESTRICTIONS.



# WEEK EIGHT: DRIBBLING UNDER PRESSURE

## WARM UP: THE SQUARE

### ORGANIZATION

Create a playing area of 10 x 10 yards. All players stand around the outside of the square. 1 player without a ball stands in the center of the square. Players get a point each time they can dribble their ball to a new side of the square without getting tagged.

### COACHING POINTS

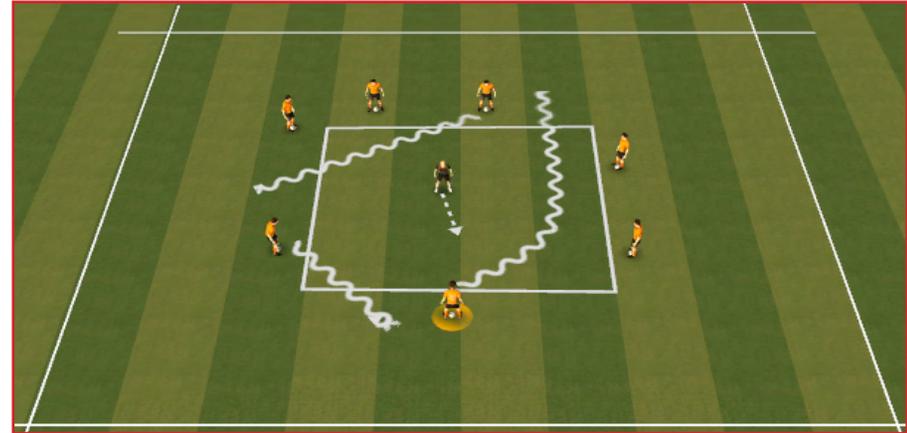
### PROGRESSION

1 point for getting to side next to where you started.

3 points for getting to opposite side

Add 2 defenders. (give defenders a ball to hold if it becomes too easy for them to tag players)

Create 2 / 3 / 4 boxes with a defender 5 points for getting through all boxes without being tagged.



## TECHNICAL 1: DRIBBLING AND SHOOTING UNDER PRESSURE

### ORGANIZATION

Create a playing area of 30 x 30 yards. Place 1 cone 20 yards and 1 cone 25 yards away from a goal. Attacker starts on cone 1 (closest to goal). A defender starts on cone 2. Attacker tries to dribble to goal and score without being tagged.

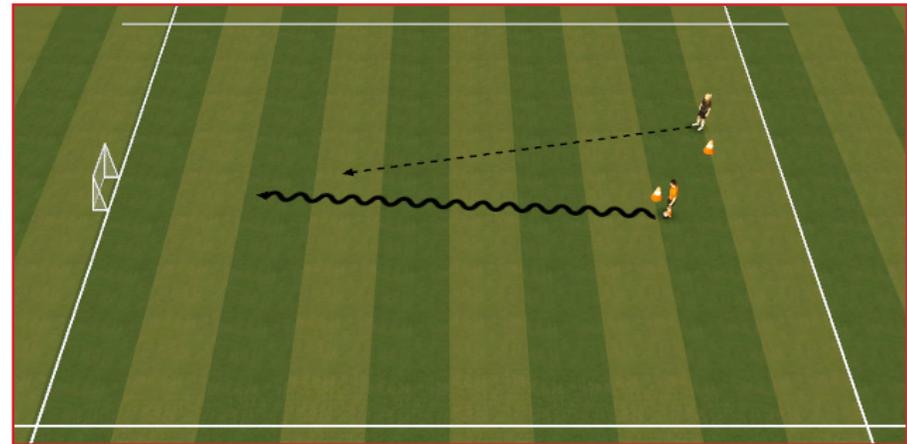
### COACHING POINTS

### PROGRESSION

Attacker must be no further than 5 yards away from goal before taking a shot.

Add in GK.

Change the starting position of the defender (left, right, in front of the attacker).



## TACTICAL 1: 4v4 SAFE ZONE

### ORGANIZATION

Create a playing area of 35 x 25 yards. Place a goal and goal-keeper at each end. Create a 5 x 5 yard box at each side of the playing area. Split players into teams of 4. Play 4v4 + GK to goal. If players dribble into one of the side boxes, they are safe and can not be tackled.

### COACHING POINTS

Eyes up to identify space / opponents / team mates safe zone. Go forward when there is space, use the safe zone to escape pressure.

### PROGRESSION

Players can only stay in a safe zone for 5 seconds before an opponent can come in.

Players can only stay a safe zone for 2 seconds.

REMOVE THE SAFE ZONES AND PLAY 6v6 WITHOUT RESTRICTIONS.

