



GLOBAL PREMIER SOCCER

2012 CURRICULUM

U12 CLINIC CURRICULUM
10 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 U12

TECHNICAL

PENETRATING AN OPPOSITION DEFENCE (FINAL 3RD)
COMBINATION PLAY
RECEIVING AERIAL PASSES
BALL PROTECTION / RECEIVING IN TIGHT AREAS
CREATING SPACE IN TIGHT AREAS
RUNNING WITH THE BALL IN COUNTER ATTACKS
FINISHING ATTACKING MOVES
COMBINING AROUND THE PENALTY AREA
DEFENDING 2v1, 2v2, 3v2
DELAYING AN ATTACK 1v2, 2v3
INTERCEPTING THE BALL
ATTACKING HEADERS
DEFENSIVE HEADERS

TACTICAL

FIELD AWARENESS AT 8v8
TEAM AWARENESS AT 8v8
UNDERSTANDS DIFFERENCES BETWEEN 6v6 AND 8v8

PSYCHOLOGICAL

GIVES A SENSE OF BELONGING AND BEING OF VALUE
MAKING BETTER DECISIONS
DEVELOPING THE SKILL OF ANTICIPATION

PHYSICAL

CONTINUE TO DEVELOP STAMINA DURING PRACTICE AND GAME DAY





SESSION STRUCTURE FOR U12

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 (6 v 6 to 8 v 8) - 25 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 4 MINUTES

All sessions will end with a small manifestation of the game. At U12 this game should be 8 v 8.

Rehearse the team formation of 2-4-1

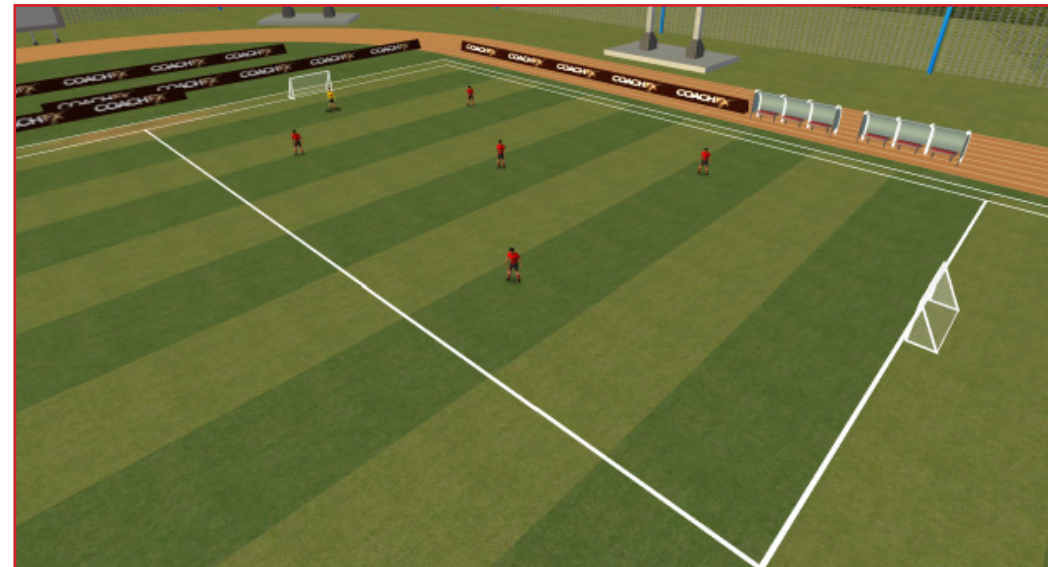
8 v 8 game will be played in an area of 70 x 50 yards.

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: DRIBBLING CIRCUIT

ORGANIZATION

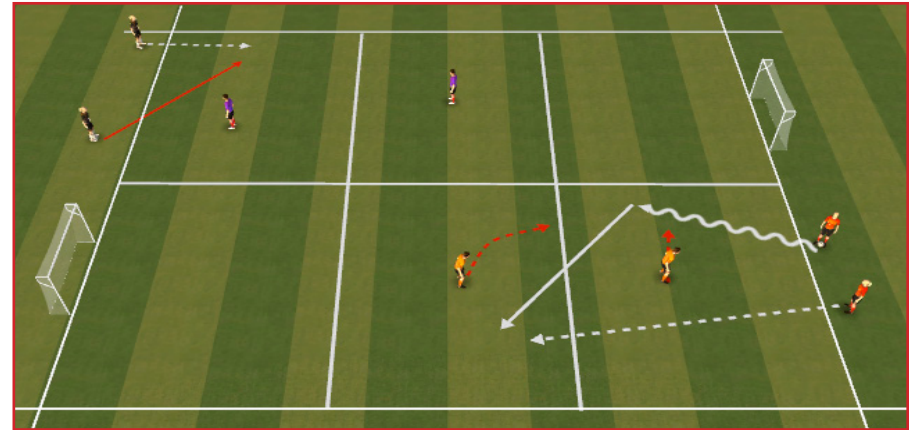
Create 2 playing areas of 20 x 45 yards. Split each area into three 20 x 15 boxes. Attackers work in pairs. In channel 1, 1 defender is placed in 2 of the boxes. Defenders must stay in their zone. Attackers try to get by both defenders to get ball over end line. Once they have attacked one channel they move to the next channel and attack the next 2 defenders. A continuous circuit.

COACHING POINTS

Attack the defender at speed.
Beat defender with 1v1. Encourage multiple moves (push and go, scissors, fake and go).
Use the supporting attacker as a decoy (fake to pass).
Eyes up to identify space and positioning of defender.

PROGRESSION

Add goals.
Must be first time finish in end zone.
Add GK's.
Set time limit for attackers to get shot on goal.



TECHNICAL 1: 6v6 PENETRATION GAME

ORGANIZATION

Create a playing area of 70 x 30 yards. Split into 3 areas (20, 30 & 20 yards). All players (except GK) start in middle zone. Penetration into the shooting zone must be a dribble. Once in the end zone player has one touch to shoot. If GK retains possession from a save, a defender can drop back into end zone to receive ball (playing out from the back).

COACHING POINTS

Identifying space to penetrate.
Attack the space at speed.
1v1 moves to beat a defender - accelerate into space left behind defender after a move.
Timing of supporting 3rd man run.

PROGRESSION

One defender can track back and try prevent shot.
A 2nd attacker can go in and support the attack (2v1).



TACTICAL 1: 4v4 CORNER GOALS

ORGANIZATION

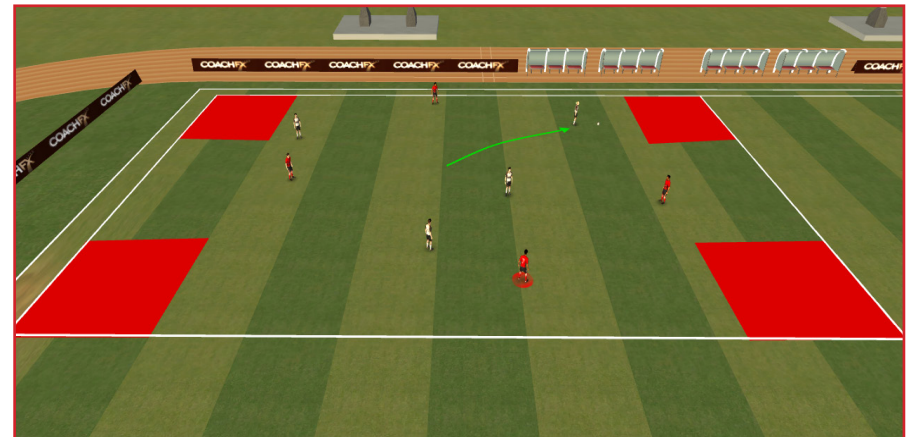
Create a playing area of 35 x 25 yards. Create a 5 x 5 yard box in each corner of the playing area. Split players into teams of 4. Players score by dribbling and stopping the ball in any of the corner goals.

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 8v8 to goal.



WEEK TWO: DEFENDING 1v1

WARM UP: 1v1 CHANNELS

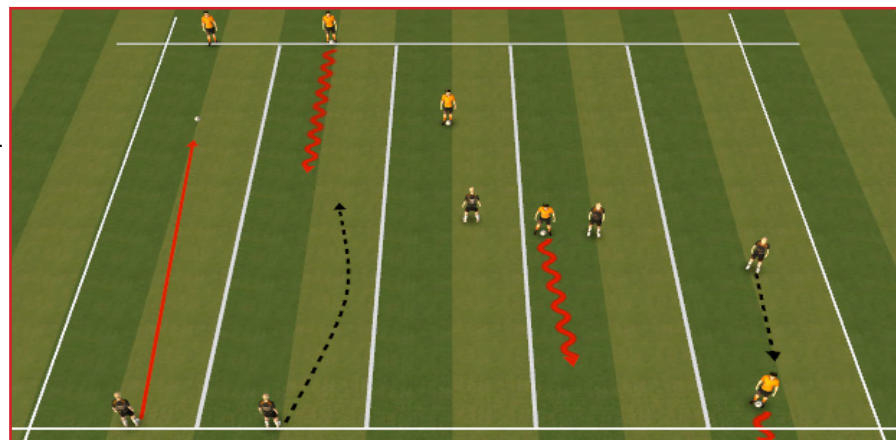
ORGANIZATION

Create a number of 5 x 10 yard channels. Players pair up. 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 a point by dribbling past the end line at the opposite end.

COACHING POINTS

PROGRESSION

Defender passes the ball to the attacker, who attempts to beat defender and score at the endline.



TECHNICAL 1: 1v: 3 GOAL GAME

ORGANIZATION

Create a playing area of 15 x 15 yards. Using cones, place a goal on 3 sides of the playing area. Split players into two teams. Team 1 (defenders) start by passing ball into attacking player. One defender comes in once the attacking player has their first touch. Attacking player tries to dribble ball through a goal - if the defender wins the ball, they can score. Swap roles frequently.

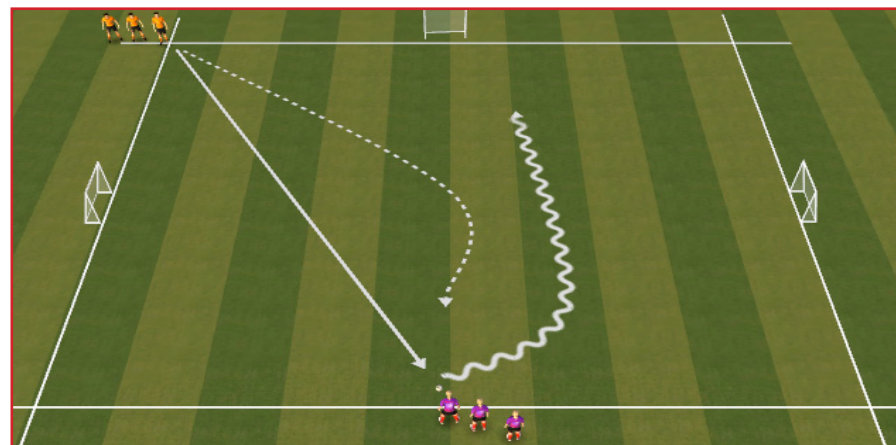
COACHING POINTS

PROGRESSION

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

Extra points if player can use move of the day.

Competition



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.

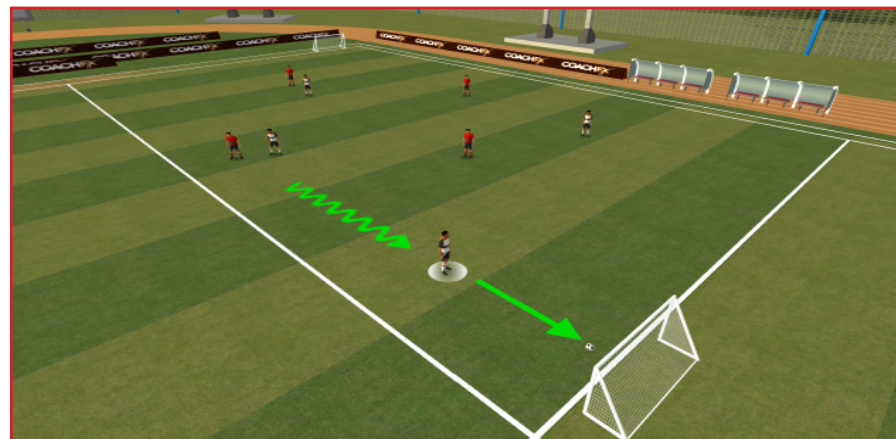
PROGRESSION

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 8v8 WITHOUT RESTRICTIONS.



WEEK THREE: DEFENDING 2v2

WARM UP: 2v2 DEFENDING

ORGANIZATION

Create a playing area of 50 x 30 yard with 2 goals. Split players into 2 teams. One team passes the ball across to the opponents - 2 players from each team comes out. Attackers try to score, defenders try to steal possession and attack opposite goal. The team that scores becomes defenders the next attackers can start as soon as the previous ball goes out of play.

COACHING POINTS

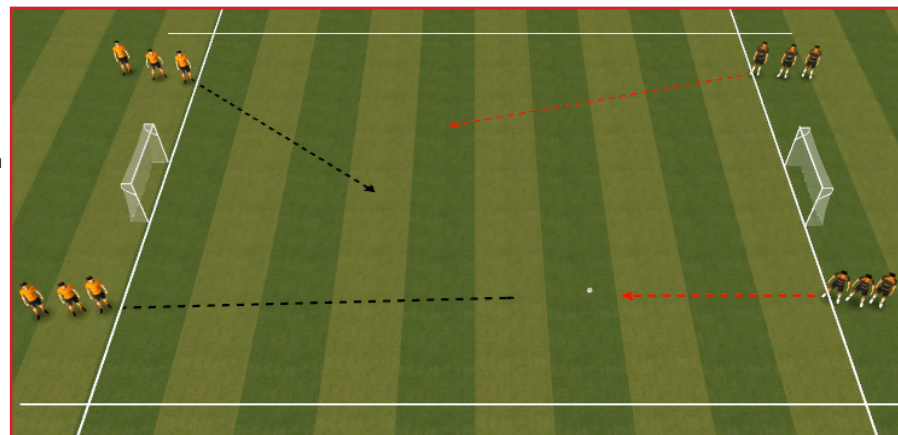
Quick transition from attack to defence.

PROGRESSION

Add goalkeepers.

3v2 attackers - after a goal, 1 player from the team of 3 drops out to leave 2 defenders.

3v3 attacks.



TECHNICAL 1: 4v4 - RESTRICTED DEFENDERS

ORGANIZATION

Create a playing area of 20 x 40 yards and split in half (2, 20 x 20 yard areas). 2 teams of 4. 2v2 in each half and players cannot leave their half to create a 2v2 situation in either half

COACHING POINTS

Use outside to escape extreme pressure and change point of attack

PROGRESSION

One attacker can go and support to make it 3v2 in favor of attackers.

Add a goalkeeper.

Players can move everywhere in a 4v4.



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 8v8 WITHOUT RESTRICTIONS.



WEEK FOUR: PASSING AND CONTROL

WARM UP: 2v2 DEFENDING

ORGANIZATION

Create a number of 10 x 25 yard channels. Players work in 3s with one player at each end of the channel and one player in the center. Ball starts at one end and is passed into the central player who receives and passes to the opposite end.

COACHING POINTS

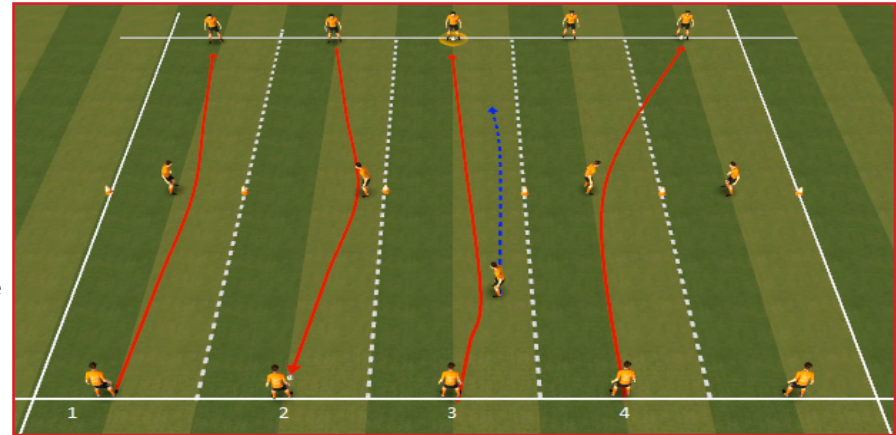
Body shape - open to see both team mates.
First touch in the direction you want to play next.
Pass quality (speed, direction).
Communication (visual, verbal)

PROGRESSION

Not allowed to receive the ball between the 2 middle cones. (players should now start to check away or move towards ball to receive pass pic 3)

Can't pass ball to player in same channel that you received ball from. (4)

Add defenders - if they steal ball a ball, they dribble out of area.



TECHNICAL 1: PASS THROUGH THE DIAMOND

ORGANIZATION

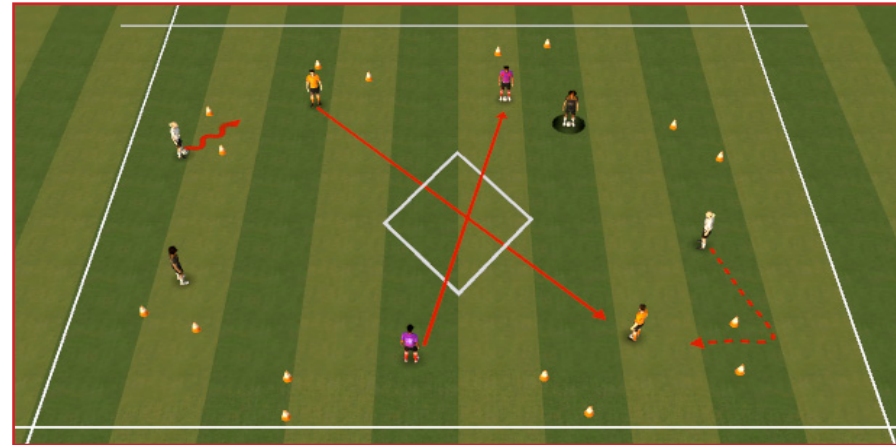
Create a 10 x 10 yard diamond in the centre. Place cone gates on the outside of the playing area. Players work in pairs and try to pass the ball through the central diamond as many times as possible. Each time the ball goes through the receiving player must turn and dribble through a gate. Player without the ball must run through an empty gate.

COACHING POINTS

PROGRESSION

One pair now tries to protect the diamond and block passes going through the middle.

Split into two teams, each time a pass is made through the center team gets a point



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

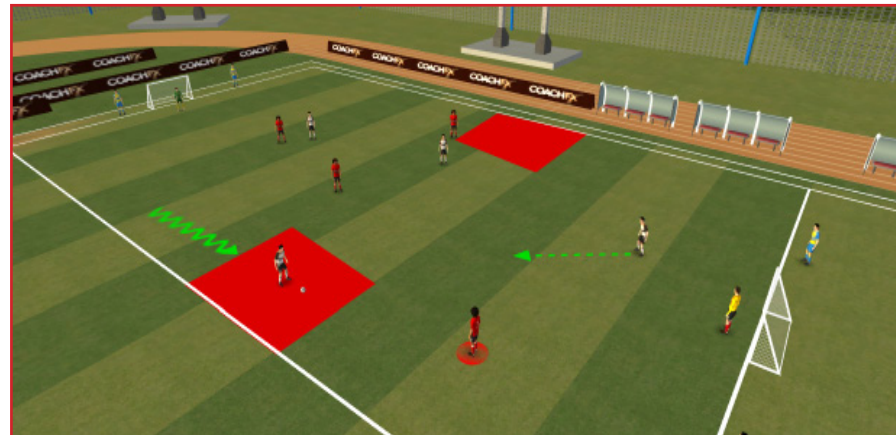
Eyes up to identify space / opponents / team mates safe zone.
Go forward when there is space, use the safe zone to escape pressure.

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 8v8 WITHOUT RESTRICTIONS.



WEEK FIVE: PASSING AND CONTROL

WARM UP: 2v2 PASSING GATES

ORGANIZATION

Create a number of 10 x 25 yard channels. Players work in 3s with one player at each end of the channel and one player in the center. Ball starts at one end and is passed into the central player who receives and passes to the opposite end

COACHING POINTS

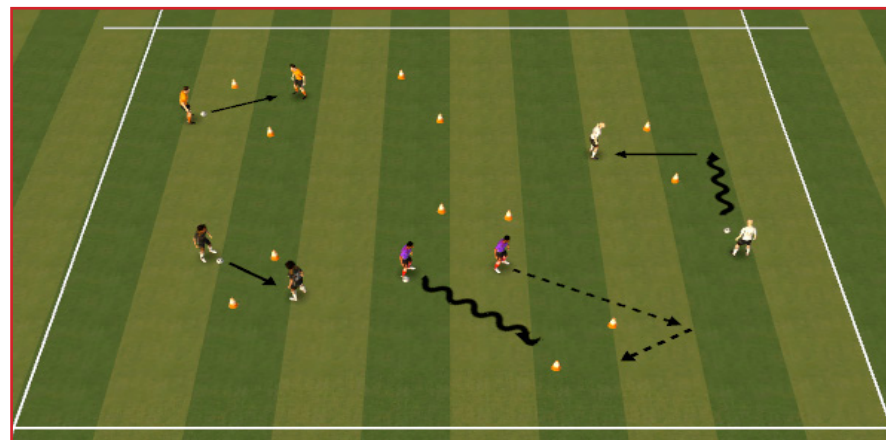
Body shape - open to see both team mates.
First touch in the direction you want to play next.
Pass quality (speed, direction).
Communication (visual, verbal)

PROGRESSION

Not allowed to receive the ball between the 2 middle cones. (players should now start to check away or move towards ball to receive pass pic 3)

Can't pass ball to player in same channel that you received ball from. (4)

Add defenders - if they steal ball a ball, they dribble out of area.



TECHNICAL 1: PASSING TRIANGLE

ORGANIZATION

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

COACHING POINTS

PROGRESSION

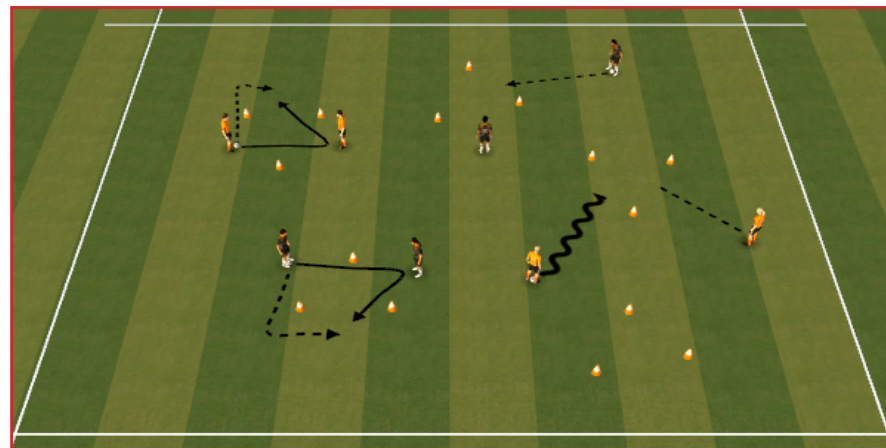
Must perform 4 ball squeezes in each gate before passing through.

Must perform the 'Giggsy' before passing through gate.

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

One pair are defenders - point for each pass intercepted.

If defenders intercept a pass, they come into the game. Team who lost ball become defenders.



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 8v8 WITHOUT RESTRICTIONS.



WEEK SIX: BEATING AN OPPONENT

WARM UP: 1v1 ATTACK

ORGANIZATION

Create a number of 10 x 25 yard channels.
Players work in pairs.
Player 1 starts with a ball and tries to dribble past player 2 and across the end line. If the defender wins the ball

COACHING POINTS

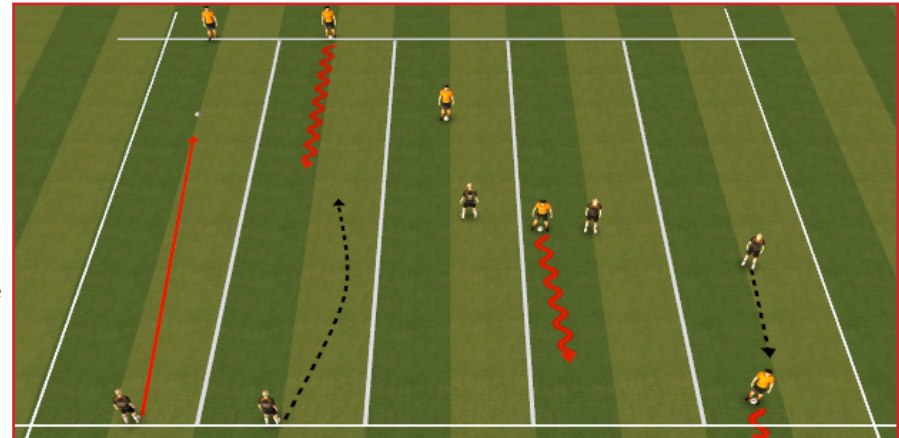
Body shape - open to see both team mates.
First touch in the direction you want to play next.
Pass quality (speed, direction).
Communication (visual, verbal)

PROGRESSION

Not allowed to receive the ball between the 2 middle cones. (players should now start to check away or move towards ball to receive pass pic 3)

Can't pass ball to player in same channel that you received ball from. (4)

Add defenders - if they steal ball a ball, they dribble out of area.



TECHNICAL 1: 1v1 / 2v1 / 2v2 ATTACKING

ORGANIZATION

Create a 20 x 20 yard playing area. Place a goal on 3 sides of the playing area (Split players into two teams. Team 1 defend, Team 2 attack. 1st player from Team 1 passes a ball across to Team 2. The first player from Team 2 brings the ball into play and attempts to score in any goal. Defender from Team 1 attempts to prevent a goal - if they win the ball back, they can score.

COACHING POINTS

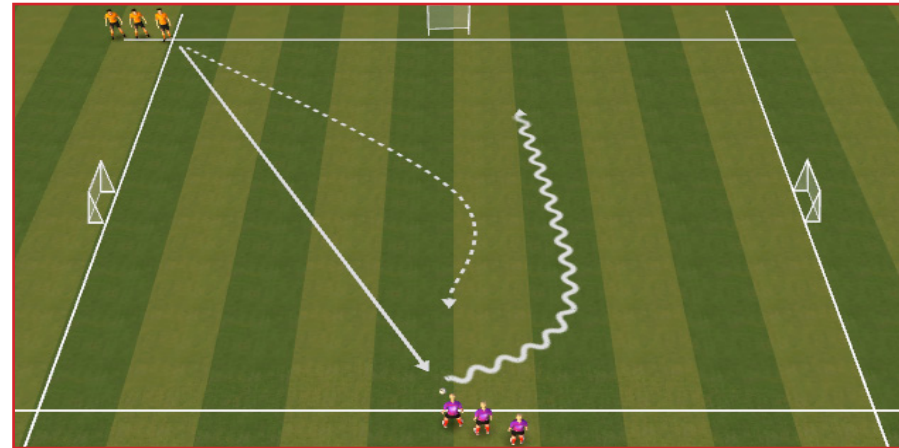
PROGRESSION

Competition.

Add a goalkeeper.

2 attackers come in against 1 defender (2v1).

2 attackers and 2 defenders play.



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.

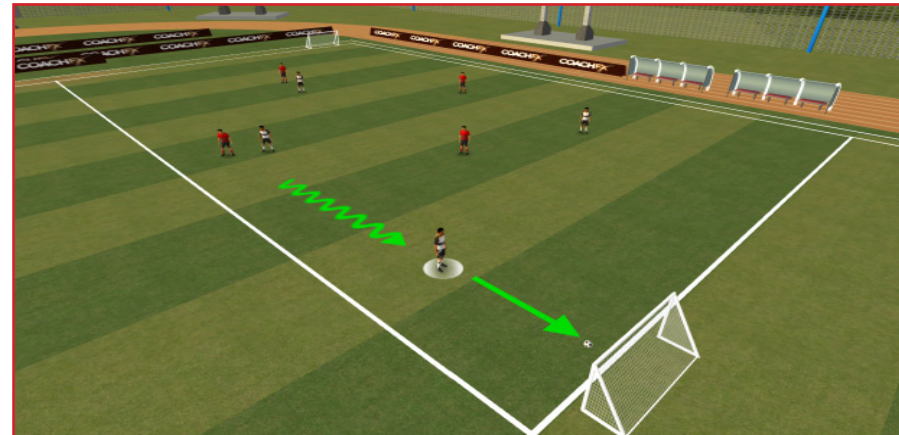
PROGRESSION

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 8v8.



WEEK SEVEN: FINISHING

TECHNICAL WARM UP: COMBINE TO SCORE

ORGANIZATION

Create a playing area of 18 x 36 yards with 1 goal.
Split players into 2 groups, 25 yards from goal. Place 1 player from each team 18 yards from goal.
Player 1 from Team 1 passes to Player 2. Player 2 returns the ball for Player 1 to shoot. Player 1 takes Player 2's position, Player 2 joins the rest of the players.
Team 2 go immediately after Team 1 take a shot.

COACHING POINTS

Shot selection - laces (power), instep (accuracy).
Ankle locked, standing foot in line with the ball, eyes on the ball.
Pick a target before shot - eyes on the ball after target is chosen.
Follow through to generate power.

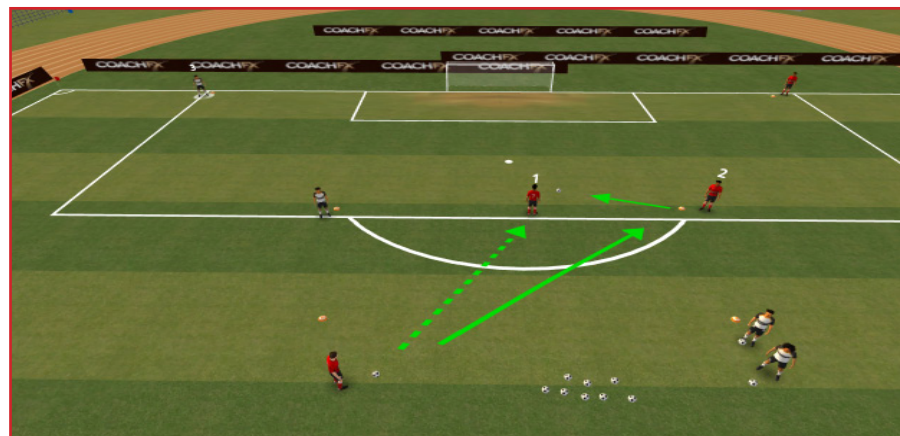
PROGRESSION

Competition. How many goals can be scored in 90 seconds.

Only shots in the corner of the goal count.

Add a goalkeeper.

Change the position of Player 1.



TECHNICAL / TACTICAL GAME: 4v4 WITH TARGET PLAYERS

ORGANIZATION

Create a playing area of 25 x 20 yards.
Split players into 3 groups of 4 players.
Team 1 play Team 2. Team 3 act as target players - place 1 player on either side of both goals.
To score, you must receive a pass from a target player before shooting.

COACHING POINTS

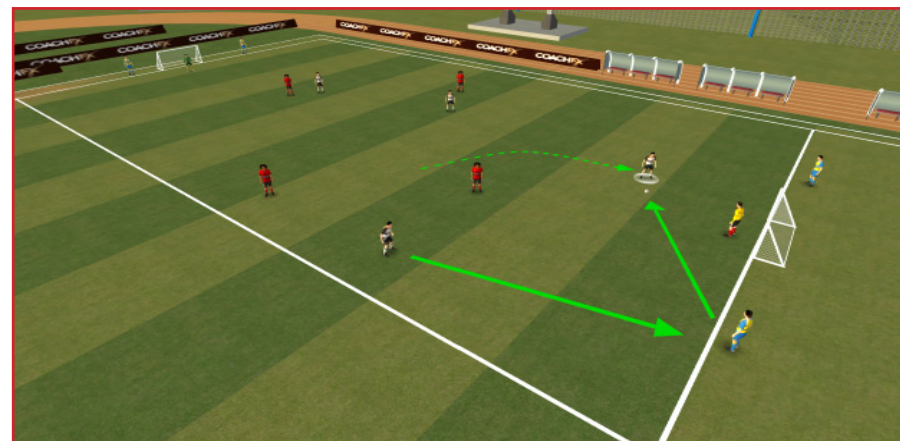
Decision - shoot or retain possession.
Decision - power or accuracy?
Hit the target.
Keep shots low and in the corners of the goal.

PROGRESSION

Add goalkeepers.

Target players only have 1 touch.

Transition - if Team 1 score, Team 3 come into the game. Team 2 replace Team 3 as target players.



TACTICAL 1: 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.

Add a goal in each corner.

HAVE 2 CENTRAL GOALS WITH GOALKEEPER AND PLAY 8v8 WITHOUT RESTRICTIONS.



WEEK EIGHT: FINISHING

WARM UP: THE GREAT ESCAPE

ORGANIZATION

Create a playing area of 30 x 30 yards. Place a 5x5 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.

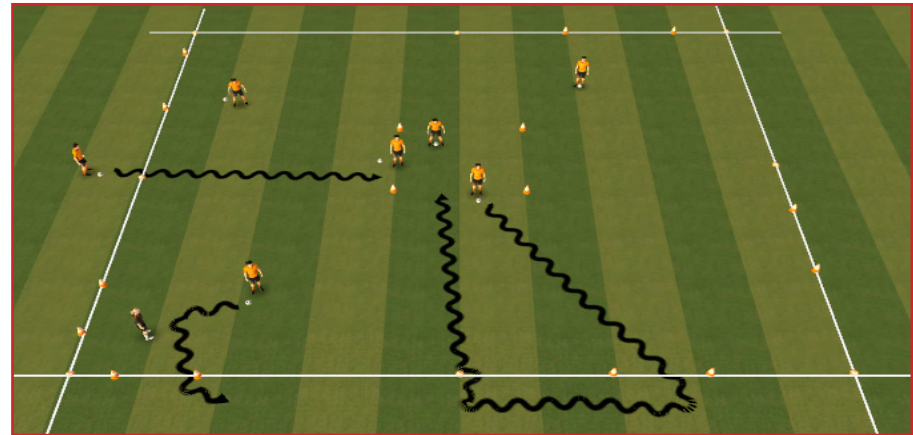
COACHING POINTS

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

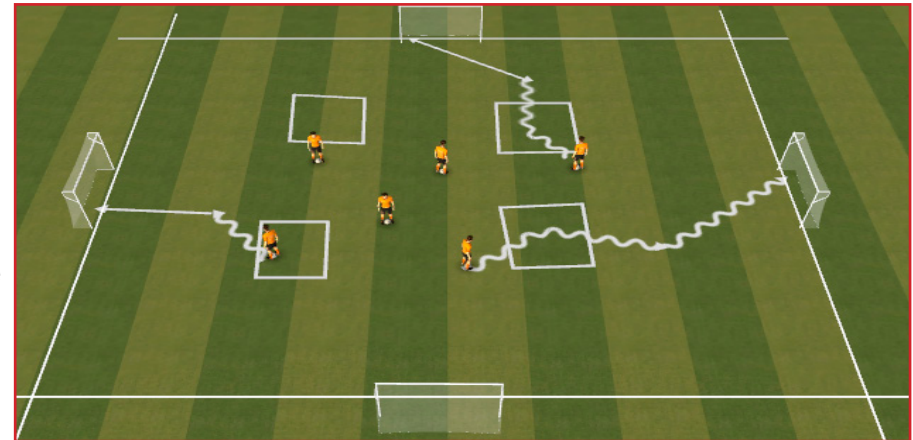
PROGRESSION

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 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 in a safe zone for 2 seconds.

REMOVE THE SAFE ZONES AND PLAY 8v8 WITHOUT RESTRICTIONS.

