



# GLOBAL PREMIER SOCCER

2012 CURRICULUM

Andover u7 CURRICULUM  
8WEEK 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.





# GPS CURRICULUM

## LEARNS AT U7

### TECHNICAL

#### CONTROL

- RECEIVING WITH BOTH FEET INSIDE

#### DRIBBLING

- RECOGNISING SPACE / HEAD UP

#### RUNNING WITH THE BALL

- CHANGE DIRECTION, CHANGE SPEED

### TACTICAL

#### AWARENESS OF OTHERS

### PSYCHOLOGICAL

STILL FUN BUT A MORE STRUCTURED ENVIRONMENT

UNDERSTANDING OF SELF

### PHYSICAL

CONTINUE TO DEVELOP STAMINA DURING PRACTICE AND GAME DAY





## SESSION STRUCTURE FOR U7

SESSION LENGTH - 60 MINUTES

WARM UP - 15 MINUTES

TECHNICAL PRACTICE - 15 MINUTES

TECHNICAL GAME - 15 MINUTES

SMALL SIDED GAME (4v4) - 10 MINUTES

All sessions will end with a small manifestation of the game. At U6-8 this game should be 4v4.

4v4 game will be played in an area of 35 x 25 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. 8 v 8) in order to increase player exposure to the ball.



# WEEK ONE: DRIBBLING

## WARM UP: Dribbling

### ORGANIZATION

40X40 SQUARE. 8X8 SQUARE IN THE CENTER OF THE AREA. DRIBBLING GATES 3 YARDS WIDE AND SETS OF 3 CONES PLACED RANDOMLY IN THE AREA.

Players work in pairs. One player stands in the center square without a ball and the partner starts with a ball. Player with a ball dribbles through a gate and a set of 3 cones before passing to team mate inside the square and switching places. Player 2 repeats process

### COACHING POINTS

- Using both feet to move ball through the cones
- Change of speed through the gates
- Different moves inside the square
- Head up for awareness of defenders and space

### PROGRESSION

- Team challenge - which pair can have two goes each and getting through a gate and a set of cones the quickest
- Each player has a ball and dribbles ball through a gate and a set of cones. Players then must dribble through center square and perform a move
- Add defender in the center square to tag any player that dribbles through.
- 1 point each time player dribble through the square without being tagged. Players must dribble through gate and set of cones before attempting to go through the square.
- Add defender outside the square. Defender can not tag any player dribbling in a set of cones, but can anywhere else in the area.



## TECHNICAL GAME : The Grid

### ORGANIZATION

30X30 CONED OFF AREA  
GRID OF CONES IN THE CENTER OF THE AREA 1 YARD GAPS

Players in yellow gate dribble through grid to yellow gate. They then dribble outside and around to an orange gate, dribble through the grid to another orange gate.

### COACHING POINTS

- Keep ball close to feet
- Head up too be aware of defender
- Dribble at speed into space/use move to beat defender

### PROGRESSION

- Players in orange gate now don't have ball. Yellow gates dribble through grid, pass to orange and replace them in gate.
- Add defenders into middle space. (defender's cannot go in grid nor outside gates) Defenders try and tag any player in middle space. If tagged players balance on 3 body parts for 5 seconds.
- Can you get through grid without hitting cone
- Pass with both feet
- Defenders get 1 point for each player tagged. Attackers get point each time they get from outside of area to the other side going through the grid.



## SMALL SIDED GAME : 4v4 with end zones

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

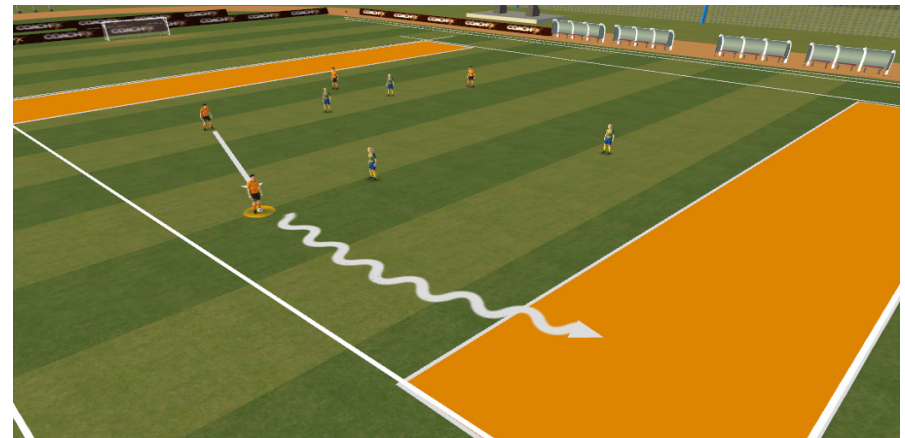
Split into teams of 4. Each team tries to dribble ball into opponents end zone and stop the ball for a goal

### COACHING POINTS

- Keep ball close too feet
- Dribble into space or over end line
- Pass to team mate who can get over end line

### PROGRESSION

- Do a move before scoring



# WEEK TWO: 1v1 MOVES

## WARM UP: Move Boxes

### ORGANIZATION

40X40 SQUARE WITH 5X5 BOXES INSIDE

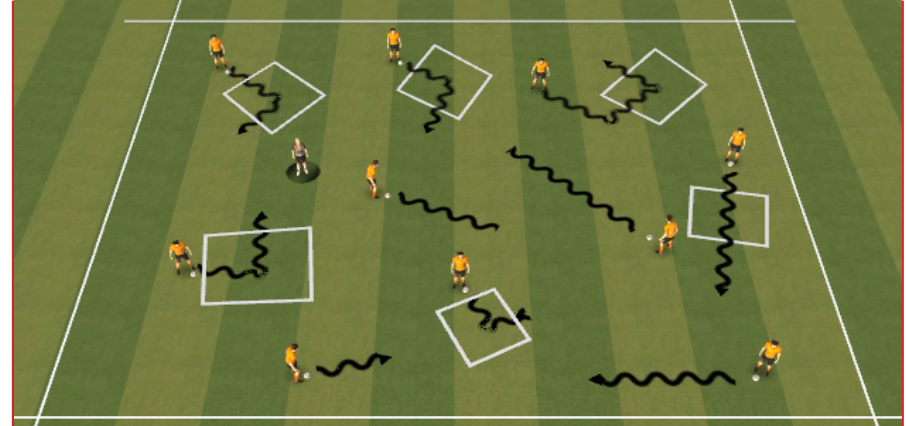
Players have a ball each and dribble around the area. Each time a player dribbles into a square they get one point.

### COACHING POINTS

- Keep ball close to feet
- Head up too be aware of defender
- Dribble at speed into space
- 1v1 move to beat defender - accelerate away

### PROGRESSION/CHALLENGES

- Can't come out the square the way you went in
- Turn left or right in the square
- Different move in each square
- Add a defender into some of the squares. Defenders look to tag any player going through the square.
- Points for beating defender with move of the day



## TECHNICAL PRACTICE: Skills Corridor

### ORGANIZATION

5X25 AREA (3 CHANNELS)

Split into three groups. First 3 people in the line dribble the ball down the channel to the top and back down the side channels. Once the first 3 have reached half way the next 3 can go.

### COACHING POINTS

- Smaller touches in traffic
- Larger touches to move at speed
- Different parts of foot to move ball
- 1v1 moves - accelerate away

### PROGRESSION

- Players dribble down channel in as many touches as possible
- Few touches as possible
- Different surfaces of foot
- 3 different moves
- Use move to get into different channel
- Add defenders in the side channels and a GK in goal. - 1 player shoots for goal, one player dribbles to small channel (left in diagram) tries to beat defender to goal at end of channel, one player dribbles down large channel (right in diagram) and tries to dribble past defender. (coach chooses what player goes where).



## SMALL SIDED GAME: End Zones

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

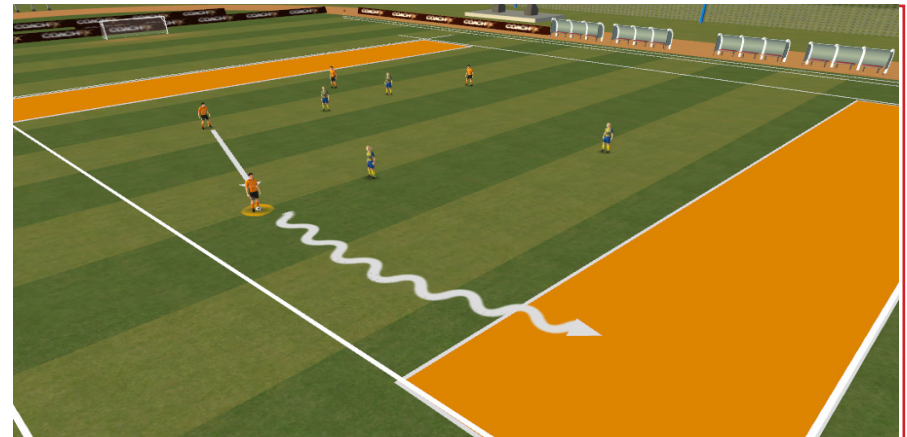
Split into teams of 4. Each team tries to dribble ball into opponents end zone and stop the ball for a goal

### COACHING POINTS

- Keep ball close too feet
- Dribble into space or over end line
- Pass to team mate who can get over end line

### PROGRESSION

- Point for every successful move to beat a player



# WEEK THREE: Turning

## WARM UP: Turning Triangles

### ORGANIZATION

10X10X10 TRIANGLES LAID OUT AS IN DIAGRAM

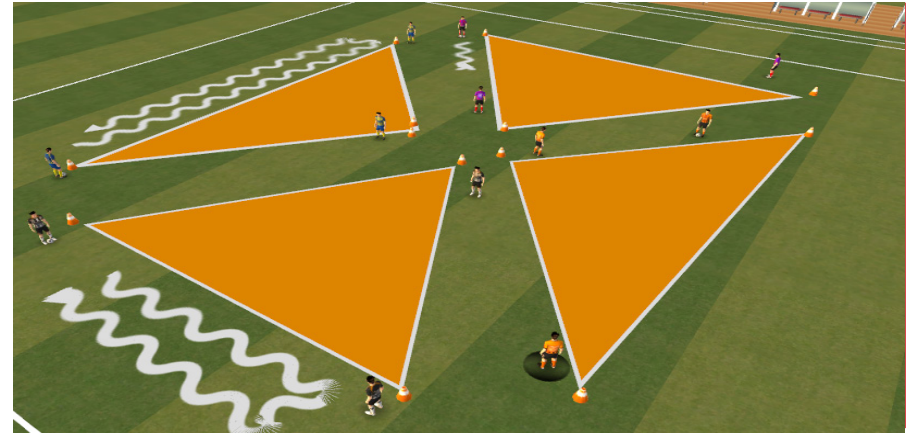
Work in groups of 3. each player stands on a cone in a triangle. One player has a ball and dribbles the ball towards another player working in their group. Dribble ball towards partner and turn and dribble back. As they approach cone they turn and pass the ball to the player they had originally dribbled towards. Player receives the pass and dribbles towards the third player. Process repeats

### COACHING POINTS

- Keep ball close to allow quick turn
- Correct execution of turn
- Accelerate away from pressure

### PROGRESSION

- Drag Back Turn
- Stop Turn
- Inside/outside hook
- Player without ball (defender) takes a big step forward to mimic a defensive tackle. As soon as the attacking player spots this movement they turn and dribble back to their cone
- Once player has turned defender can chase and try and tag player



## TECHNICAL PRACTICE: Turning Circle

### ORGANIZATION

40 YARD WIDE CIRCLE WITH SPACE AROUND OUTSIDE. 5 YARD GATES PLACED AROUND THE EDGE OF THE CIRCLE

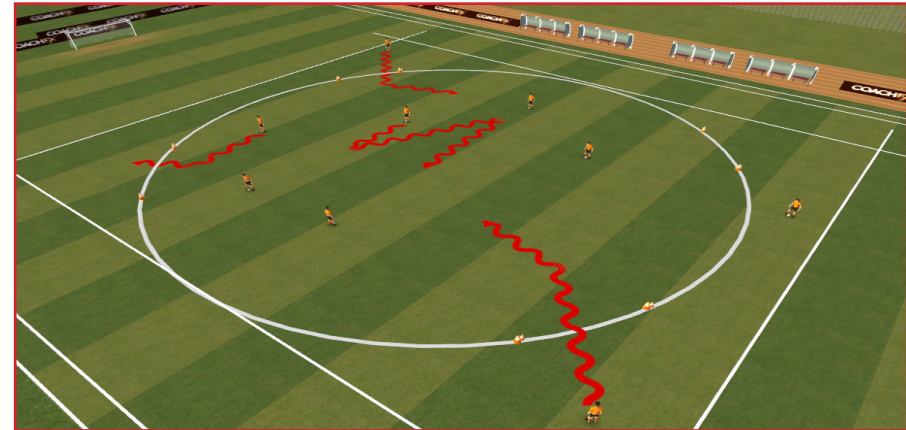
Players dribble the ball around the outside of the circle. To enter the circle player must dribble through a gate. Once inside the circle player must perform 3 turns before they can leave the circle. The outside zone is a rest zone but they must be moving constantly

### COACHING POINTS

- Dribble the ball keeping ball close
- Change of speed once inside circle
- Awareness of space and others
- Correct execution of turns

### PROGRESSION

- Add defender in circle to try and steal a soccer ball. 1 point for every 3 turns performed in the circle.
- Add another defender in middle zone



## SMALL SIDED GAME: End Zones

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

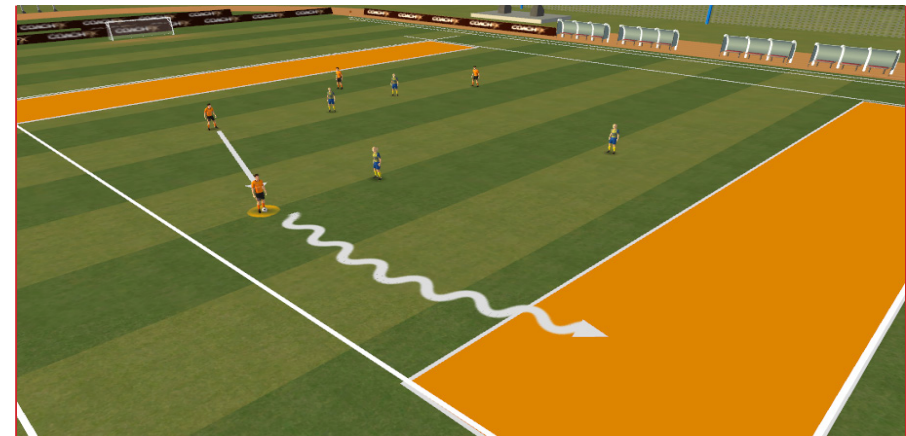
Split into teams of 4. Each team tries to dribble ball into either end zone.

### COACHING POINTS

- Keep ball close and within reach of feet
- Dribble at speed into space
- Can you turn and attack opposite end zone if one is blocked

### PROGRESSION

- 5 points if you can dribble into one end zone, turn in the zone and get ball into opposite end zone before other team can score a point.



# WEEK FOUR: Passing

## WARM UP: Passing Triangles

### ORGANIZATION

40X40 SQUARE. 5X5X5 TRIANGLES INSIDE THE AREA.

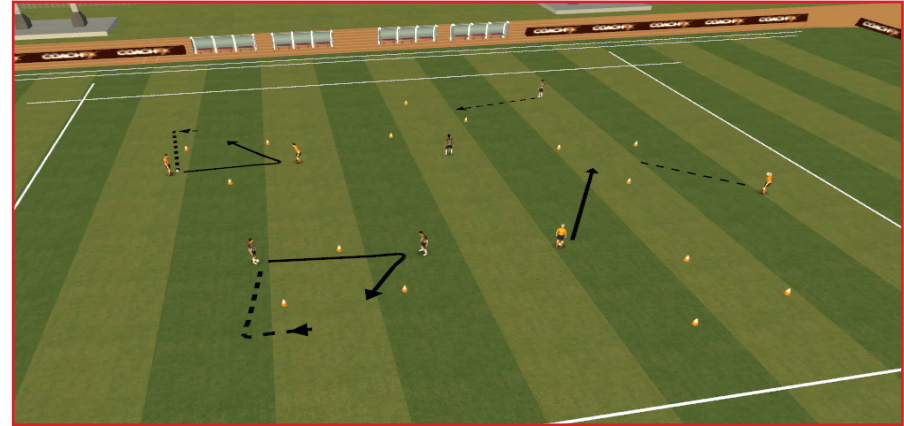
Players work in pairs and pass the ball into as many triangles as possible so that their partner can receive the ball inside the triangle.

### COACHING POINTS

- Use the sole of the foot to touch the ball
- Get into a rhythm with movement

### PROGRESSION

- Pass ball through each side of the triangle
- Add defenders who try and stand in a triangle



## TECHNICAL PRACTICE: ACCURATE PASSING

### ORGANIZATION

50X50 SQUARE. 10X10 CENTER SQUARE.  
5 YARD GATES RANDOMLY PLACED INSIDE LARGE SQUARE.

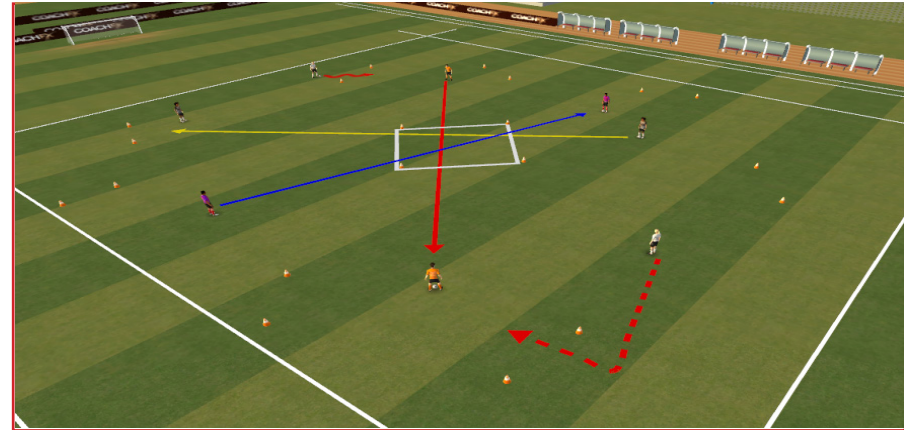
Players work in pairs and pass and move the ball around the area. Team gets 1 point for each successful pass through the center square to their partner. Each time a pass is played, the receiver must turn and dribble through a gate. The passer must turn and run through a gate.

### COACHING POINTS

- Dribble the ball keeping the ball close
- Awareness of space and others
- Find open passing lane and space to receive pass
- Use inside of foot to pass the ball/accuracy/weight/ to feet or

### PROGRESSION

- Add 1 pair who act as defenders and try and block/ intercept passes going through the square. Defenders can not go into the square



## SMALL SIDED GAME: BALL OFF CONE

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE. IN EACH END ZONE PLACE 3 CONES WITH A BALL ON TOP OF EACH CONE.

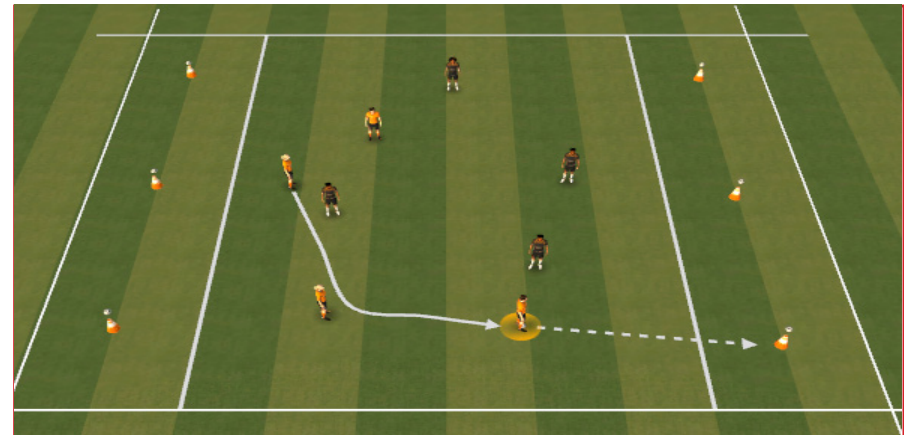
Split into two teams. To score a goal team must pass the ball and knock a ball off a cone in the opposition end zone

### COACHING POINTS

- Passing lane free
- Inside of foot to pass ball
- Accuracy/weight of pass

### PROGRESSION

- Take away one cone and ball from end zone
- Have only one ball in end zone



# WEEK FIVE: SHOOTING

## WARM UP: Shooting boxes

### ORGANIZATION

FOUR 10X10 BOXES & 4 GOALS (SEE DIAGRAM)

Each player has a ball and dribbles through a box before shooting for goal. Once player has a shot retrieve their ball and repeat process. Can players get through box with a roll over

### COACHING POINTS

- Standing foot next to ball to allow shot
- Laces for power/inside for placement
- Awareness of goalkeeper position

### PROGRESSION

- Add goalkeepers
- Add players in each box who will play a wall pact as setters to allow 1st time shot



## TECHNICAL PRACTICE: SHOOTING RACES

### ORGANIZATION

2 GOALS 25 YARDS APART WITH A CONE IN BETWEEN.

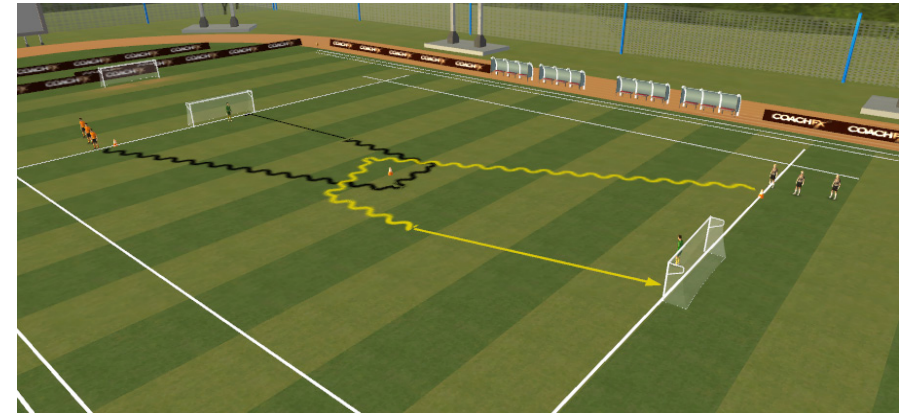
Two teams line up next to both goals. Quick fire game in which the first two players from each line race to go past the middle cone and shoot for goal. The player who scores first gets the point.

### COACHING POINTS

- Keep ball close to allow shot
- Standing foot next to ball to allow shot
- Laces for power/inside for placement
- Land on kicking foot for power
- Awareness of goalkeeper position

### PROGRESSION

- Dribble around the cone and shoot towards own goal



## SMALL SIDED GAME - 4v4 4 GOAL GAME

### ORGANIZATION

40X40 YARD SQUARE WITH GOAL ON EACH SIDE YARD END ZONE.

Split into two teams. Score in any goal to get a point

### PROGRESSION

- First team to score in all 4 goals wins



### COACHING POINTS

- Quick shot to open goal
- Pass to team mate to shoot for goal



# WEEK SIX: DEFENDING 1v1

## WARM UP: Defending Channels

### ORGANIZATION

10X20 YARD CHANNELS

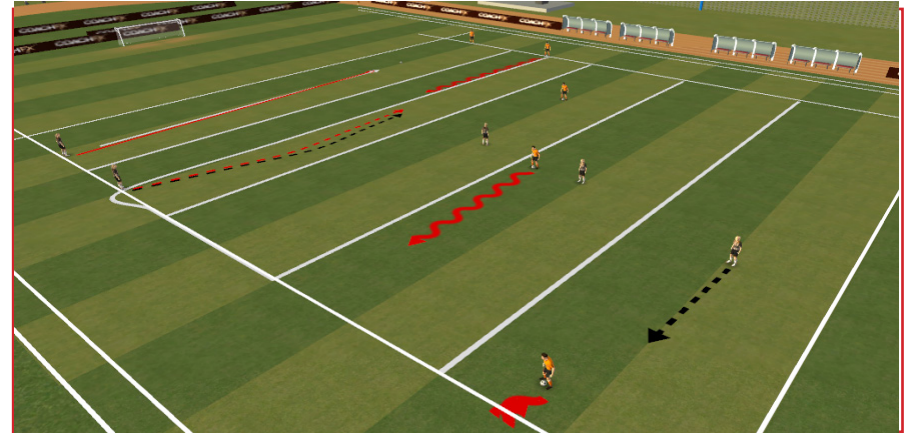
Players work in groups of four, 2 players at each end of the channel. One player dribbles a ball into the channel and tries to get the ball to the opposite end. One defender runs into the channel and tries to win the ball.

### COACHING POINTS

- Get to the ball fast
- Slow and be on half turn
- Wait for opportunity to tackle

### PROGRESSION

- If defender wins the ball they can dribble to opposite end



## TECHNICAL PRACTICE: 1v1 Circuit

### ORGANIZATION

10X30 YARD CHANNELS WITH GOAL

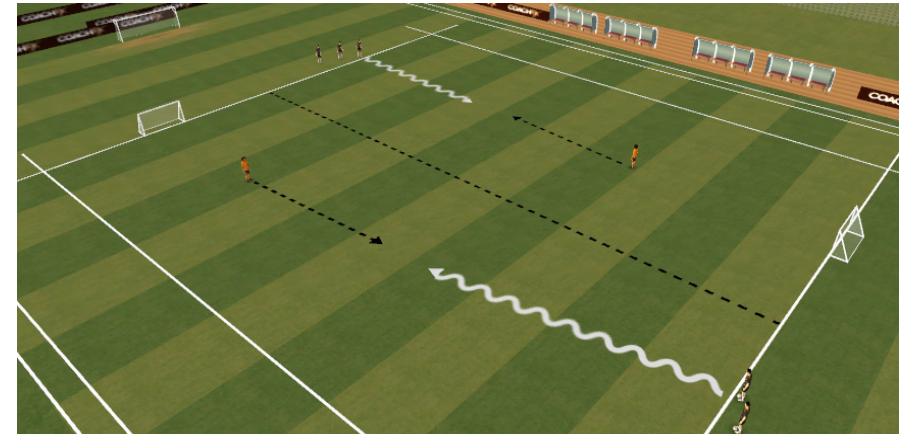
Players line up at the start of each channel with 1 defender in each channel. Players dribble the ball and try to score. Defender tries to win the ball.

### COACHING POINTS

- Get to the ball fast
- Slow and be on half turn
- Wait for opportunity to tackle

### PROGRESSION

- Defender gains a point if they can steal ball and dribble over the start line



## SMALL SIDED GAME: End Zones

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

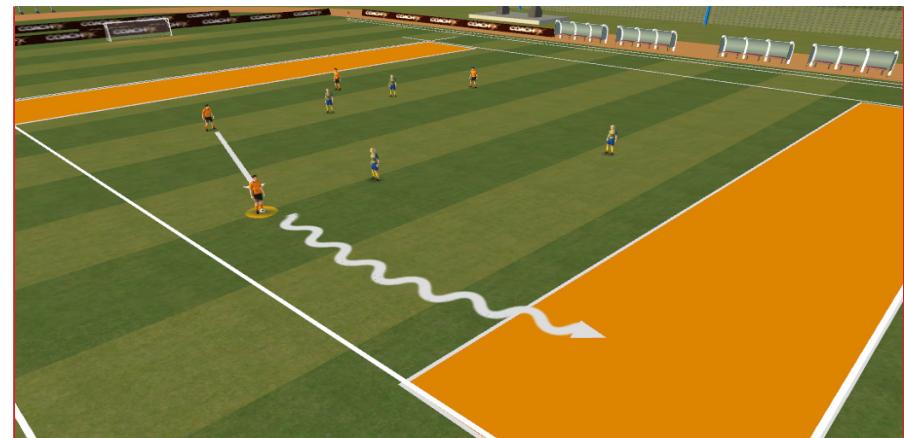
Split into teams of 4. Each team tries to dribble ball into either end zone.

### COACHING POINTS

- Get to the ball fast
- Slow and be on half turn
- Wait for opportunity to tackle

### PROGRESSION

- 5 points if you can dribble into one end zone, turn in the zone and get ball into opposite end zone before other team can score a point.



# WEEK SEVEN: ATTACKING 1v1

## WARM UP: Defending Channels

### ORGANIZATION

10X20 YARD CHANNELS

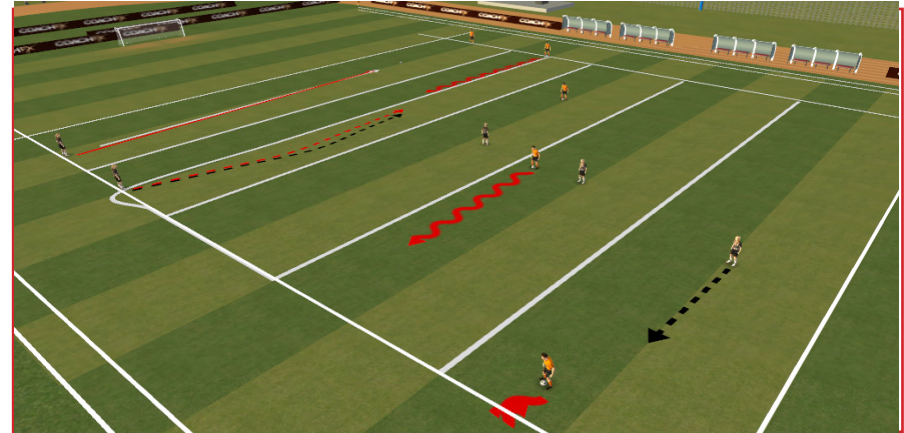
Players work in groups of four, 2 players at each end of the channel. One player dribbles a ball into the channel and tries to get the ball to the opposite end. One defender runs into the channel and tries to win the ball.

### COACHING POINTS

Attack at speed  
Change Direction  
Change Speed  
Move to beat defender

### PROGRESSION

- Extra point if move used to beat defender



## TECHNICAL PRACTICE: 1v1 Circuit

### ORGANIZATION

10X30 YARD CHANNELS WITH GOAL

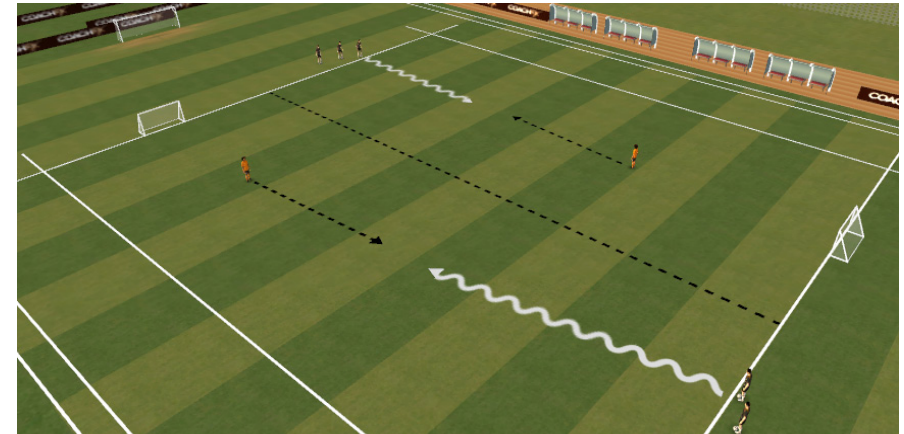
Players line up at the start of each channel with 1 defender in each channel. Players dribble the ball and try to score. Defender tries to win the ball

### COACHING POINTS

- Attack at speed  
- Change Direction  
- Change Speed  
- Move to beat defender

### PROGRESSION

- Point for using a move to beat defender



## SMALL SIDED GAME: End Zones

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

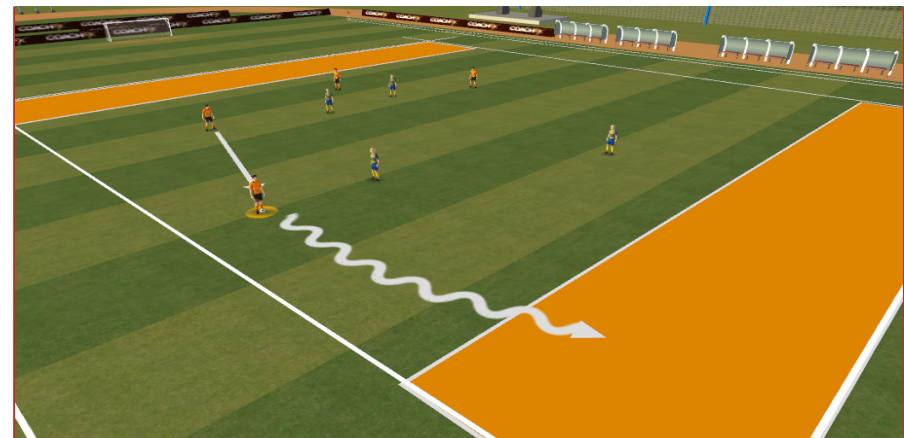
Split into teams of 4. Each team tries to dribble ball into either end zone.

### COACHING POINTS

- Attack at speed  
- Change Direction  
- Change Speed  
- Move to beat defender

### PROGRESSION

- 2 points if player beats a defender to get into end zone



# WEEK EIGHT: RE-CAP WEEK

## WARM UP: iSoccer Challenge

### ORGANIZATION

40X40 SQUARE SLIT INTO 4

- Box 1 = Toe Taps
- Box 2 = Foundations
- Box 3 = Juggling
- Box 4 = Dribbling figure of 8

### COACHING POINTS

- Toe Taps - sole of foot on ball - get into a rhythm
- Foundations - inside of foot to move ball
- Juggling - Laces to keep ball up, point toe
- one foot, small touches at speed

### PROGRESSION

3 sets of 20 seconds to record best score then rotate groups



## TECHNICAL GAME: AREAS

### ORGANIZATION

50X30 FIELD WITH 2 GOALS

FOUR 5X5 SQUARES IN CORNER OF FIELD

CIRCLE IN CENTER OF AREA

TWO 10X30 CHANNELS EITHER SIDE

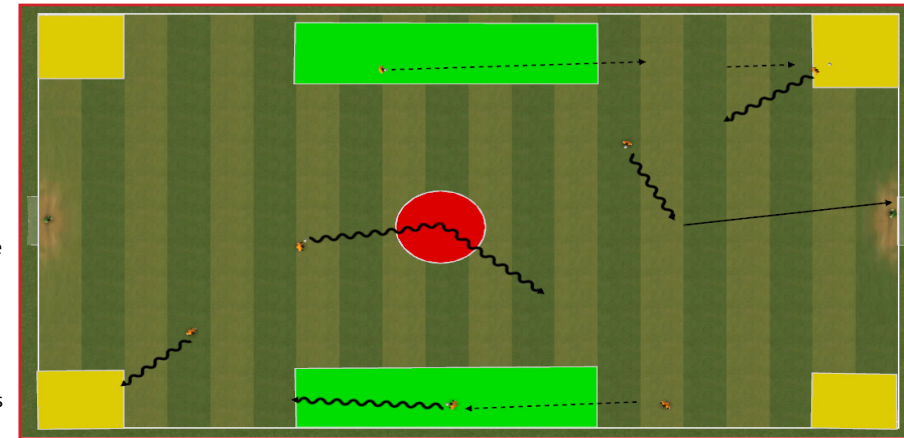
Each player has own ball is now encouraged to use the ball in different ways in each area e.g.: in blue area can they turn to be facing play having dribbled in. Get players to demonstrate to each other.

### COACHING POINTS

- Keep ball close to feet
- Head up too be aware of defender
- Dribble at speed into space/use move to beat defender

### PROGRESSION

- Circle (red) – perform a skill/trick before leaving circle
- Squares (yellow)– turn and accelerate out of box
- Long Box (green) – speed channel - dribble as fast as possible
- Goals – rest zone/ball work/toe taps etc
- Add goals, time limit, how many goals can you score in set time BUT have to visit at least one of the areas and perform technique before scoring.
- Add a defenders, Def can't go in coloured areas. Can also add GK's, encourage GK to focus on one ball at a time. Gives opportunity for double saves.
- Add a defender in the skill circle and speed channels



## SMALL SIDED GAME: 3v3 WITH GOALS

### ORGANIZATION

35X25 YARD AREA WITH 5 YARD END ZONE

Split into teams of 3. Teams compete to score. Have soccer balls ready to re-start game quickly

### COACHING POINTS

- Attack at speed
- Change Direction
- Change Speed
- Move to beat defender

### PROGRESSION

- point if player can use move before scoring
- point if player can tackle opponent and keep possession

