



GLOBAL PREMIER SOCCER

2012 CURRICULUM

U8 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 U8

TECHNICAL

CONTROL

- RECEIVING WITH BOTH FEET INSIDE

DRIBBLING

- RECOGNISING SPACE / HEAD UP

RUNNING WITH THE BALL

- CHANGE DIRECTION, CHANGE SPEED

ATTACKING

- INTRODUCE FAKES - GETTING A DEFENDER OFF BALANCE
- INTRODUCE SHOOTING WITH LACES

DEFENDING:

- PRESSURE

TACTICAL

AWARENESS OF OTHERS

AWARENESS OF DIAMOND - BIG FIELD, SMALL FIELD

PSYCHOLOGICAL

STILL FUN BUT A MORE STRUCTURED ENVIRONMENT

UNDERSTANDING OF SELF

PHYSICAL

CONTINUE TO DEVELOP STAMINA DURING PRACTICE AND GAME DAY





SESSION STRUCTURE FOR U8

SESSION LENGTH - 60 MINUTES

WARM UP - 5 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) - 15 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 4 MINUTES

All sessions will end with a small manifestation of the game. At U8 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: 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

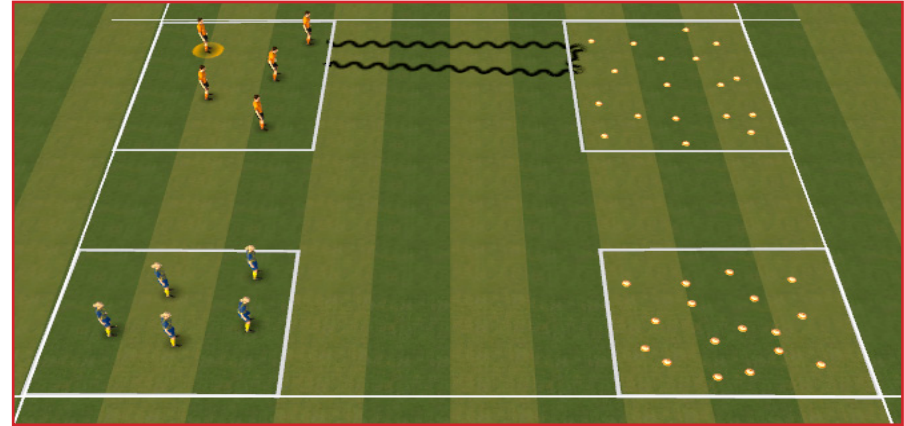
Can players move at speed.
Eyes up - awareness of other players and space to move into.
Use sole of foot to manipulate ball.
Low and balanced in change of direction - accelerate away after move.

PROGRESSION

All cones must go back 1 by 1.

Have 3 go at a time.

Have all players go at same time.



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 laces to connect with the ball.
Larger touches in order to move at speed.
Play with the eyes up to identify open boxes and position of defenders.
Attack the box at speed. Keep as far away from the defenders as possible.

PROGRESSION

VARIATIONS:

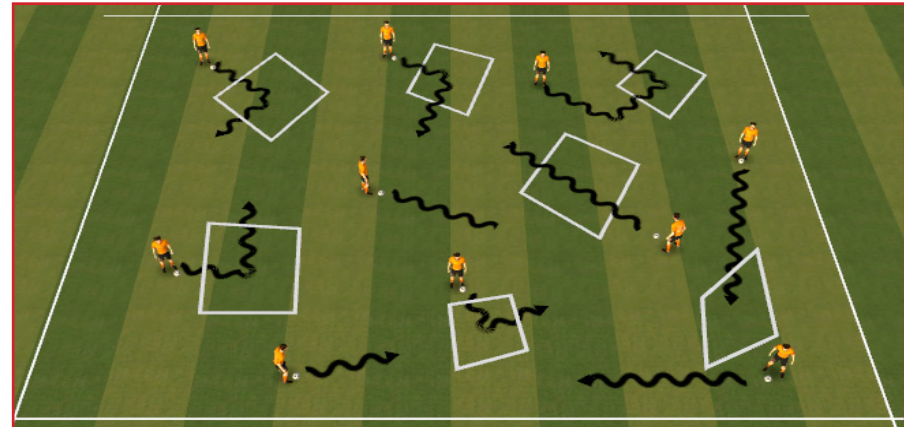
Players can't leave the box the same way they went in.

Have to leave the box on a specified side (i.e. to the left).

Players can only go out the way they 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).



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.

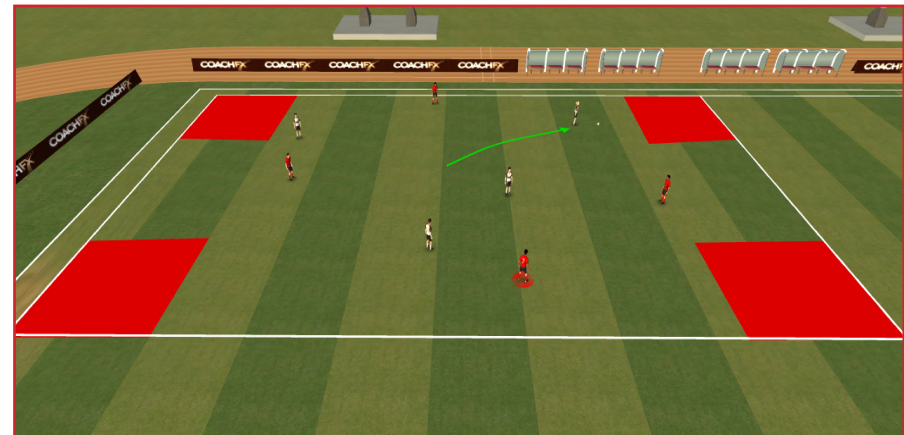
PROGRESSION

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 4v4 TO GOAL



WEEK TWO: DRIBBLING & BALL PROTECTION

WARM UP: SOCCER STATUES

ORGANIZATION

Create a playing area of 20 x 20 yards.
Each player has a ball and dribbles around the area. Coach will shout "freeze" at which point all players must stop the ball and stand still

COACHING POINTS

Can players move at speed.
Eyes up - awareness of other players and space to move into.
Use sole of foot to manipulate ball.
Low and balanced in change of direction - accelerate away after move.

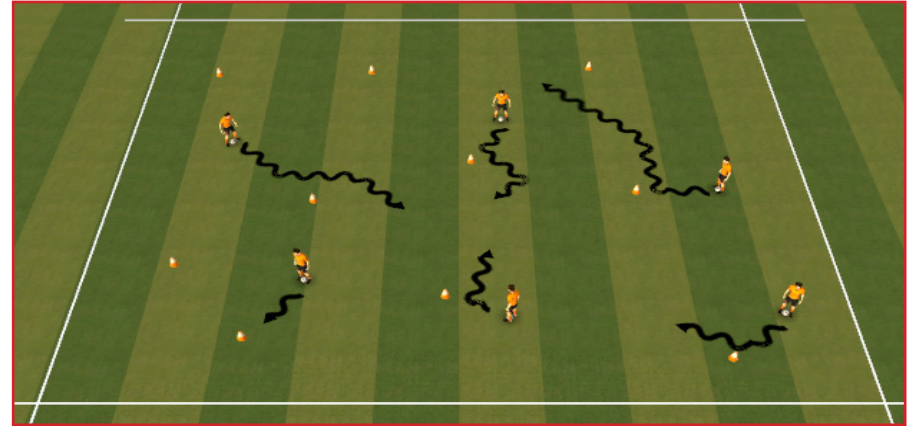
PROGRESSION

Players must perform 5 foundations then freeze
Add cones and introduce double tap dribble to get past cones

Take the cones away and add defender.

Perform a double tap dribble to get past defender and gain point

If defender puts foot on top of you ball you must balance on the spot for 5 seconds before continuing.



TECHNICAL 1: PROTECT YOUR CASTLE

ORGANIZATION

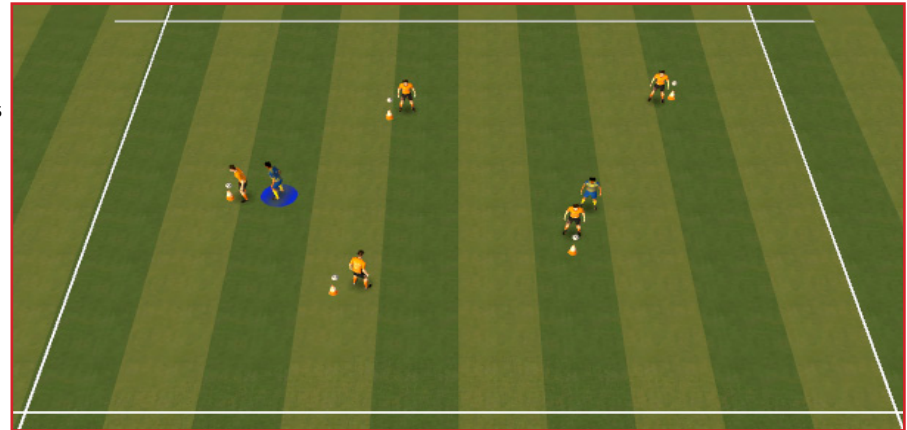
Create a playing area of 20 x 20 yards.
Each player places their ball on a cone inside the square. Select two players to be defenders. Players try to protect their ball from the defender who tries to kick the ball off the cone. Players use their body to try and protect the ball

COACHING POINTS

Use the laces to connect with the ball.
Larger touches in order to move at speed.
Play with the eyes up to identify open boxes and position of defenders.
Attack the box at speed. Keep as far away from the defenders as possible.

PROGRESSION

Select two teams, which team can protect the balls for the longest



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.

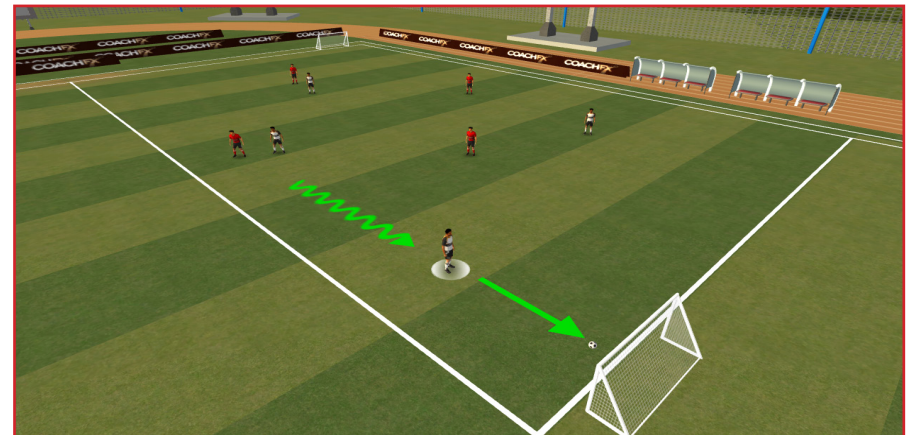
PROGRESSION

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 4V4 WITHOUT RESTRICTIONS.



WEEK THREE: DRIBBLING & 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.

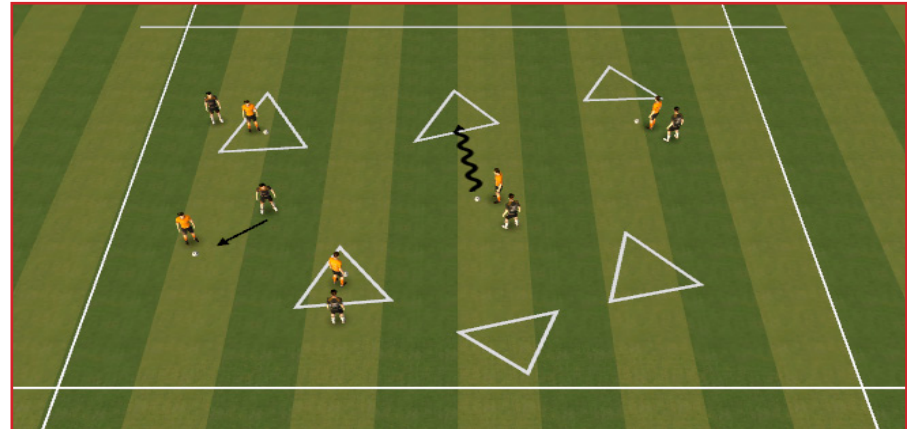
COACHING POINTS

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: 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 4v4 WITHOUT RESTRICTIONS.



WEEK FOUR: DRIBBLING TO PASS

WARM UP: CHASE YOUR PASS

ORGANIZATION

Each player has a ball and start in a corner box. Get 1 point by dribbling out of box, through a gate into different box. See challenges #1

Player now will pass the ball into the box once gone through a gate and chase their own pass.

Add defenders, not allowed in boxes, try stop players going through the gates. 1 point per player tagged. If tagged balance on spot for 5 seconds.

COACHING POINTS

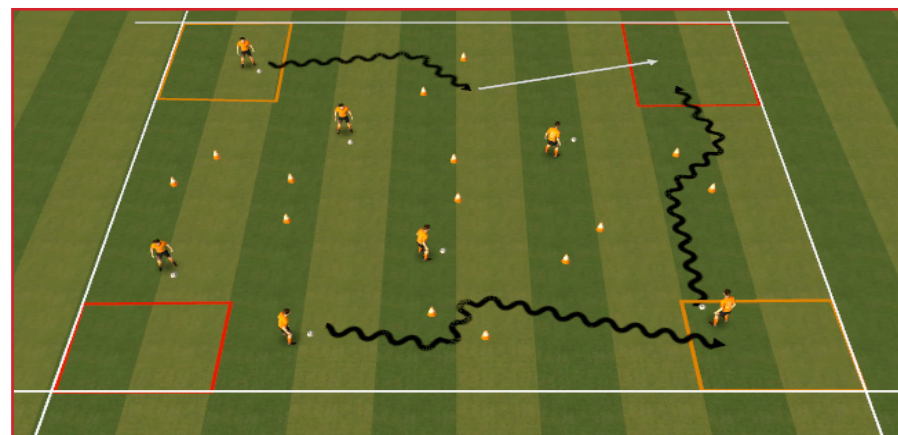
PROGRESSION

Challenges #1:

- How many points in 30 seconds
- How can you beat last score?
- Toe taps in orange box
- Can you get ball from floor to head without using hands (yellow box)

Challenges #2

- Can you chase pass and stop ball in box?
- How many different ways can you pass ball?



TECHNICAL 1: THE GRID

ORGANIZATION

Create a playing area of 30 x 30 yards. Create a smaller 16 x 16 yard square within the playing area. Using cones, create 8 gates on the outside of the playing area.

Players have a ball each.

Players start at a gate and then dribble through the grid. Once through the grid, player finds a new gate.

COACHING POINTS

Speed of play - larger touches to move quickly in space. Smaller touches when moving through the grid.

Eyes up to identify next open player.

Stay as far away from defenders as possible.

PROGRESSION

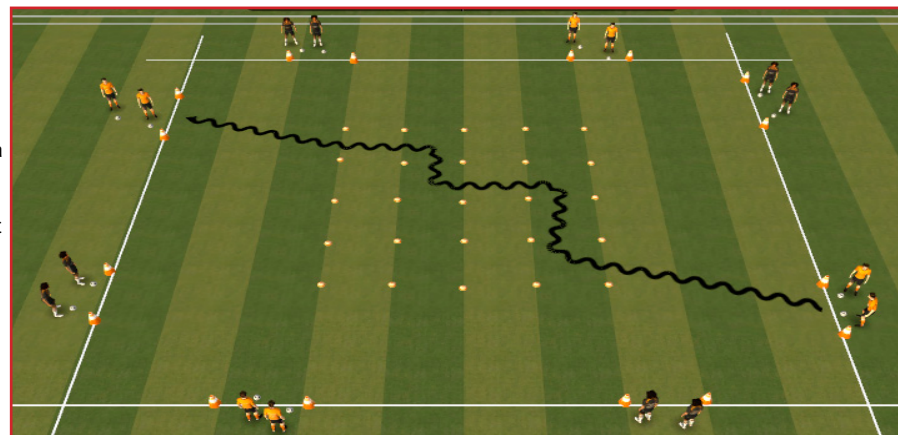
Call 4 gates 'Orange' and 4 gates 'Blue'.

Players on Blue do not have a ball. Players on Orange dribble through the grid and then pass to a Blue. The 2 players now swap roles.

Add defenders who can not go into the grid or past the gates.

Defenders try and tag any player in middle space.

If tagged players balance on 3 body parts for 5 seconds before continuing.



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 4V4 WITHOUT RESTRICTIONS.



WEEK FIVE: DRIBBLING TO SHOOT

WARM UP: SHOOTING ALLEY

ORGANIZATION

Create a playing area of 40 x 40 yards.
Create 3, 5 x 25 yard channels.
Split players into 3 groups, 1 per channel.
Each player has a ball - players dribble to the end of the channel.
At the end, players dribble around the outside back to the start.
Players must stay in their channel.

COACHING POINTS

Eyes up to see space.
Speed of play - fewer touches.
Acceleration after moves and turns.

PROGRESSION

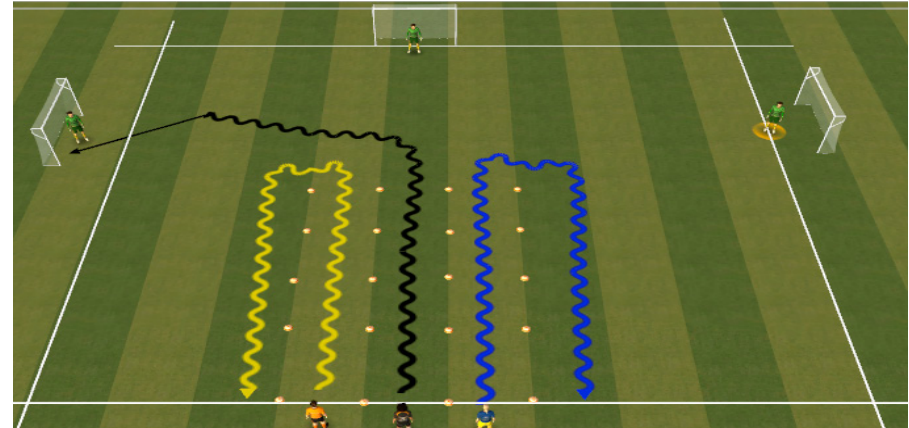
To return to the start, players are not allowed to move the ball using their hands.

Players can now move into 1 other channel while dribbling to the end.

Players can dribble through all 3 channels.

Add goals 10 yards from the end of each channel.
Player now dribble through the channel and score.

Add defender in channels. (if no success restrict defender to 1 lane)



TECHNICAL 1: SHOOTING RACE

ORGANIZATION

Create a playing area of 20 x 20 yards.
Split players into 2 teams and have them stand on by either goal. Each player has a ball. Players go one at a time.
First two players from each group dribble towards opposite goal. First player to score gets a point.

COACHING POINTS

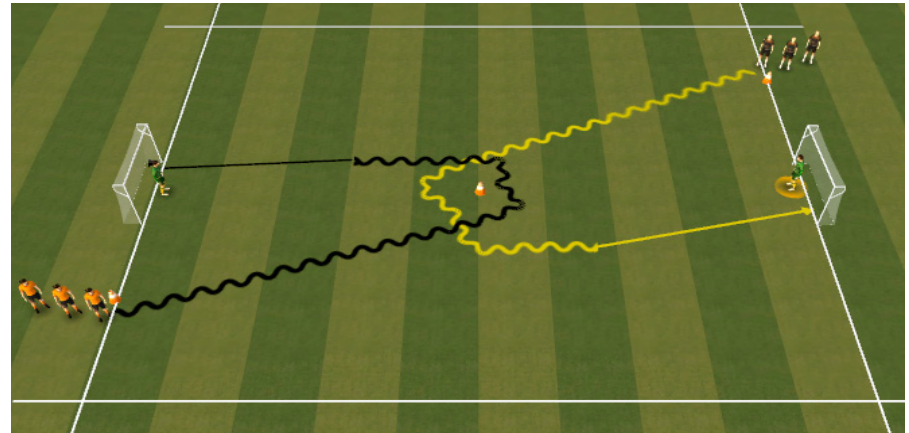
Use of the correct part of the foot when dribbling.
Larger touches when moving faster (stay in control).
Choice in change of direction (accelerate away after move).

PROGRESSION

Dribble around a centre spot to shoot into other goal

Add Gk's

Have 1 player from each team in the middle, player dribbles ball out and passes to team mate who tries to score, again 1st to score gets point (receiving to shoot).



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 4v4 WITHOUT RESTRICTIONS.



WEEK SIX: 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 a set area. As they approach a cone they perform a step over and accelerate away.

COACHING POINTS

Distance away from cone (not too close, not too far away).
Quality in move (exaggerate the fake).
Accelerate away after moves.
Eyes up to avoid collisions / identify the next cone.

PROGRESSION

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

Players cannot be tackled if player performs a stepover.

Points if defenders can put foot on ball.

If the ball is stolen by the defender and taken out of the area, players must perform foundations in motion before returning to the game



TECHNICAL 1: THE GREAT ESCAPE 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

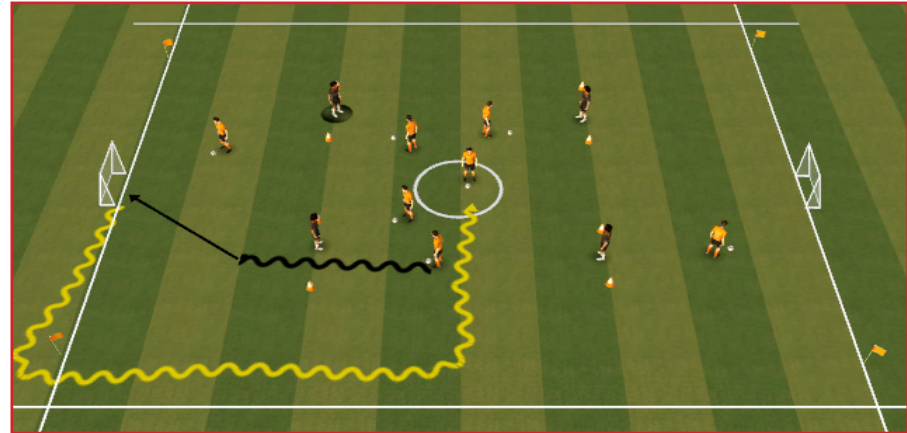
Eyes up to identify space.
1v1 moves to beat a defender - exaggerate the fake.
Stay as far away from defenders as possible.

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 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.

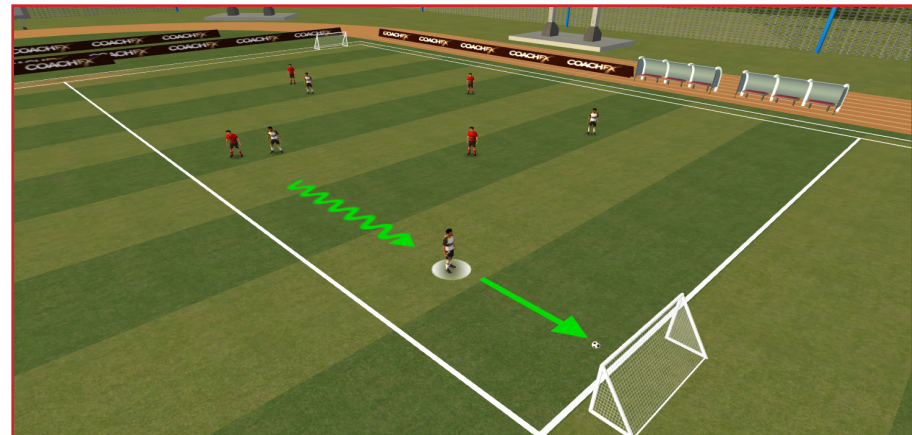
PROGRESSION

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 4v4.



WEEK SEVEN: DRIBBLING TO BEAT AN OPPONENT

WARM UP: PASSING GATES

ORGANIZATION

Create 5, 5 x 15 yard channels.
Players work in pairs and start at one end of the channel.
Player 1 works their way down the channel using inside and outside of both feet to dribble.
They perform a turn at the end of the channel and dribble back allowing Player 2 to go.

COACHING POINTS

Speed of play - get to the other end with speed.
Larger touches when moving quickly (stay in control).
1v1 moves to beat a defender (exaggerate the fake).
Accelerate away once the defender is beaten.
Creativity - encourage different moves to beat an opponent.

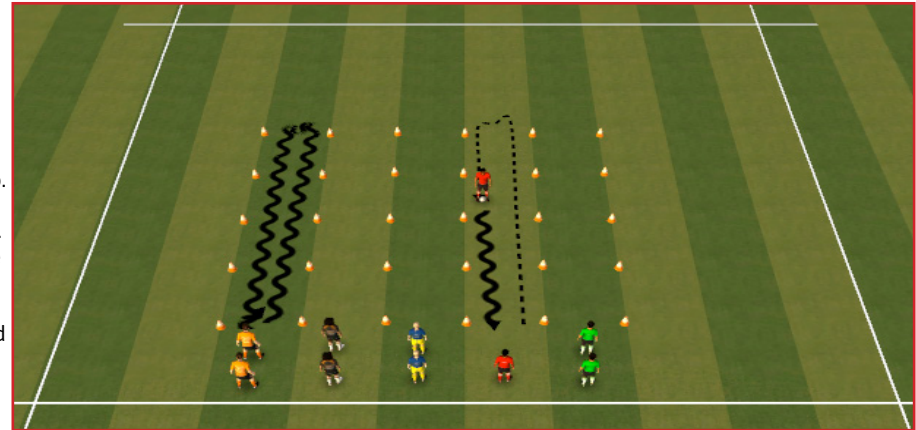
PROGRESSION

Competition - first team to have both players go twice wins.

Perform a fake and take before they get to the top.

Players start at either end of the grid and play 1v1.
Player 1 tries to get the ball to opposite end of the channel for 1 point.

Extra points for use of the skill of the day (fake and take).



TECHNICAL 1: 1v1 3 GOAL GAME

ORGANIZATION

Create a playing area of 10 x 10 yards.
Place a goal on 3 sides of the playing area.
Split players into two teams (see diagram). Defensive player passes ball into attacking player. Defensive player can only move once attacking player takes first touch. Attacking player tries to dribble ball through a goal.

COACHING POINTS

Positive first touch - attack goal at speed.
Draw the defender and exploit the space behind.
1v1 moves to beat an opponent (exaggerate the fake).
Head up to identify space, opponent and the closest goal.

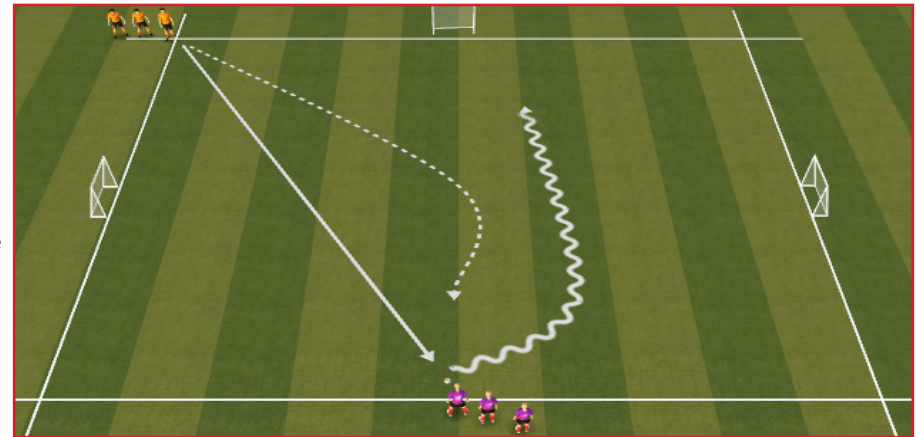
PROGRESSION

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

Extra points if player can use move of the day.

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

Make team competition.



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.

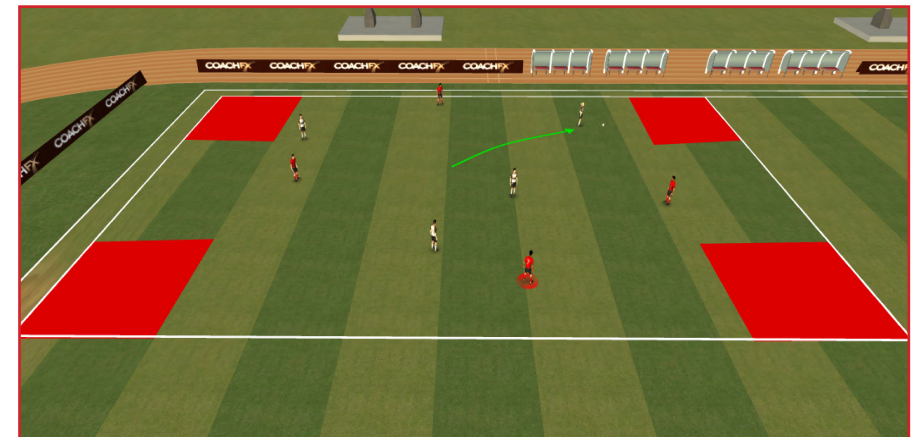
PROGRESSION

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 4v4 WITHOUT RESTRICTIONS.



WEEK EIGHT: DRIBBLING AT SPEED

WARM UP: SQUARE GAME

ORGANIZATION

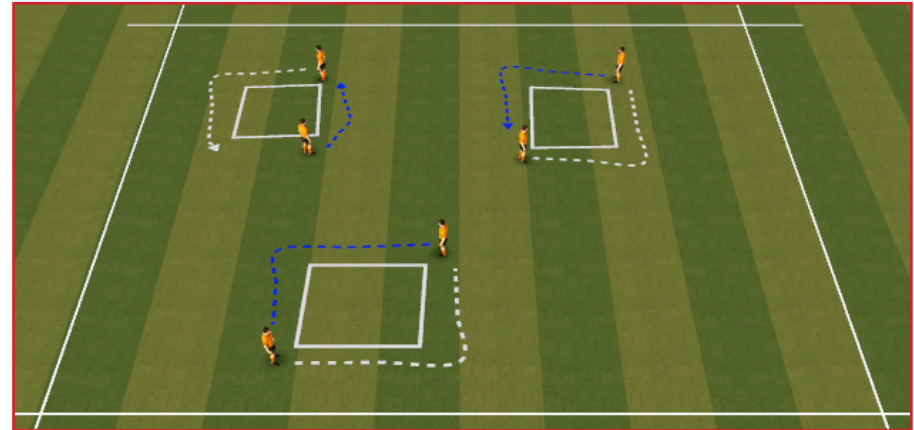
Create a playing area of 30 x 30 yards. Have players create smaller 4v4 yard areas within the playing area. Players work in pairs. Each pair has four cones to make a 4x4 square. Players stand on opposite side of the square. Idea of the game is for one player to try and tag their opponent without going inside the square.

COACHING POINTS

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 attacker.

PROGRESSION

Same game but now each player has a ball and must dribble it around the square with them.



TECHNICAL 1: SAFE SQUARES

ORGANIZATION

Create a playing area of 30 x 30 yards. Have players create smaller 4v4 yard areas 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 into a square at once.

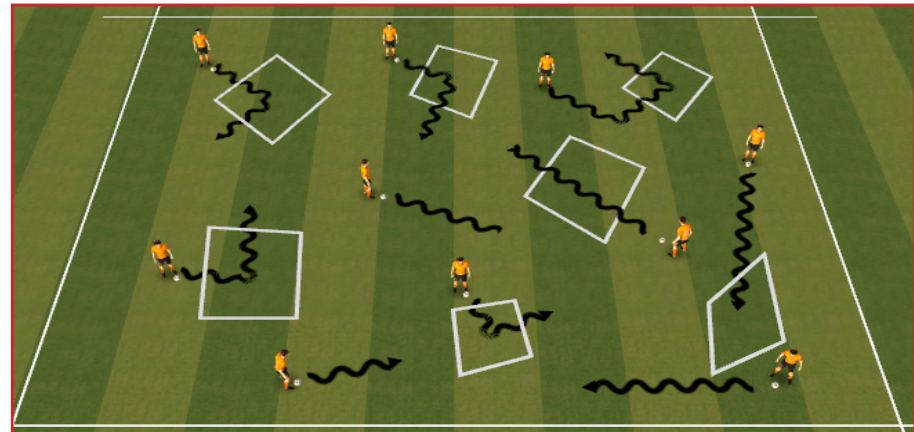
COACHING POINTS

PROGRESSION

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 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 4v4 WITHOUT RESTRICTIONS.

