



Melrose Youth Soccer

2014 CURRICULUM

U14

8 WEEK TRAINING PROGRAM

MELROSE YS CURRICULUM INDEX

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Week 1 - Attacking

Dribbling (15mins) - Dribbling SAQ

Field Size

Set out 2 lines of cones. Line 15 yards apart, cones 5 yard apart.

Set up/ rules

Each player has a ball and dribbles the ball to the opposite side of the channel and stops the ball on the end line. Each player now moves up into the next channel and dribbles a new ball across to the opposite end line and repeats. The pair at the top channel move through the SAQ exercise and back to the first channel to repeat the circuit.

Coaching Points

Vary SAQ exercise

Switch balls halfway in each channel before stopping ball on end line

Progression

Dribble to keep the ball close

Different parts of the foot to move the ball

Accelerate away

Split into 4 teams and have one team on each side to increase traffic



Dribbling (15mins) - 1v1

Field Size

10x10 box with small goals in each corner

Set up/ rules

Attackers start one side of the area with defenders on opposite side. Attacker dribbles the ball into the area and tries to dribble out of either goal on the opposite side. Defender tries to steal the ball and dribble out of the other 2 goals.

Coaching Points

Head up to see space and cones

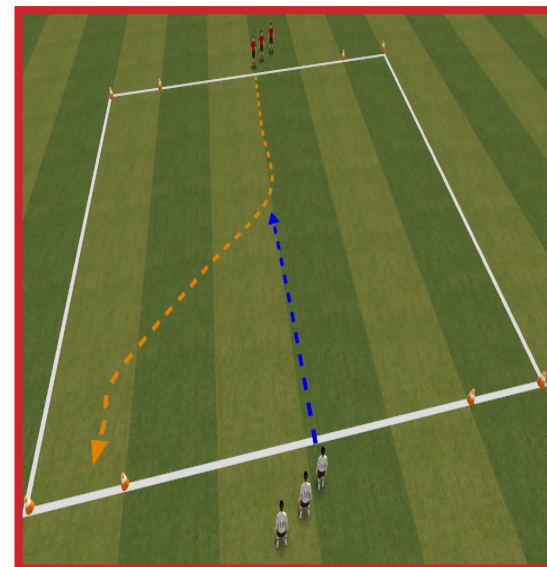
Keep ball close to feet

Clever foot work to change direction

Accelerate towards goal

Progression

Competition - First team to score 5 points wins.



Attacking (15mins) - 3v2

Field Size

20x25 yard area

Set up/ rules

Attackers start in one corner, defenders in the opposite. Defender will pass the ball out to the attacker to begin the practice. Attacker will go 1v1 to goal. Opposite the goal will be a support attacker that can be used if the attacker can't beat the defender 1v1. This will create a 2v1.

Coaching Points

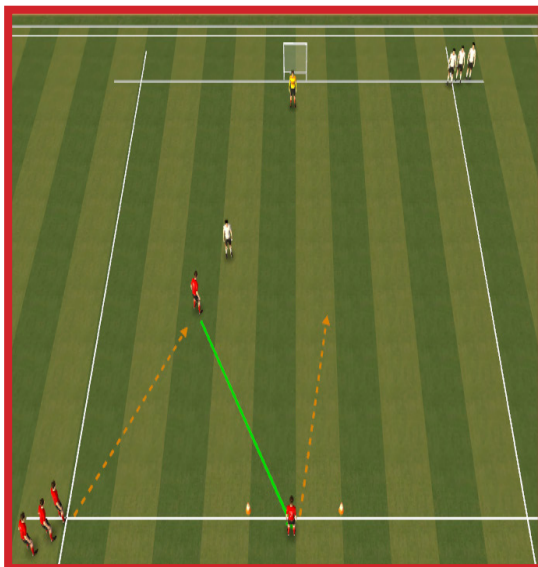
Attack at speed

Use support if can't beat defender

Pass or dribble to shoot in 1v1

Progression

2v2 with support player



Small Sided Game (15mins)

Field Size

70x50 yard area

Set up/ rules

Play 8v8 both teams play 1-2-4-1 formation.



Week 2 - Attacking

Dribbling (15mins) - Dribbling Maze

Field Size

12x12 yard box

Set up/ rules

One player stands inside the box holding a ball. Other players stand on the outside of the area with ball at their feet. Idea of the game is for the players on the outside of the square to dribble their ball through the square to another side without being tagged by the central player.

1 point for going to the left or right side

3 points for getting to opposite side

Coaching Points

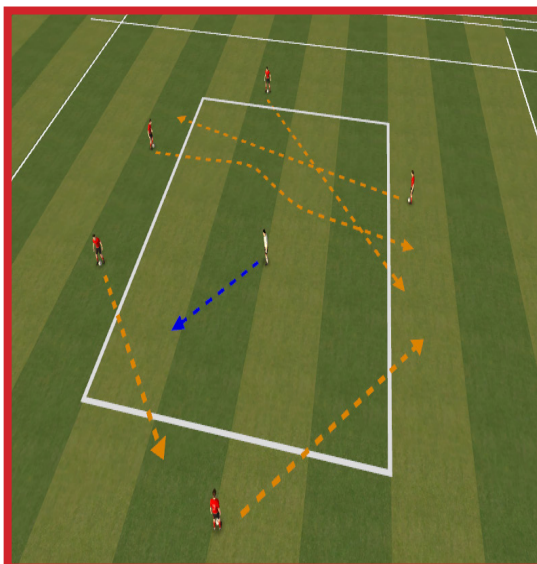
Keep ball close to feet

Head up to see space

Dribble fast into space

Progression

2 Taggers



Dribbling (15mins)

Field Size

Create a 25x20 yard area. On the longer sides of the area place three 3 yard wide goals.

Set up/ rules

Split into two teams who start either side of the coach. First player from each team will run around the area through the first goal on coach's command. Coach will pass the ball into one of the players. Player tries to beat defender and dribble ball through a goal. If defender wins ball they try dribble through three goals on opposite side.

Coaching Points

Positivity

Dribble at speed

Head up to find spare gate

Turn an attack other gate if defender blocks space

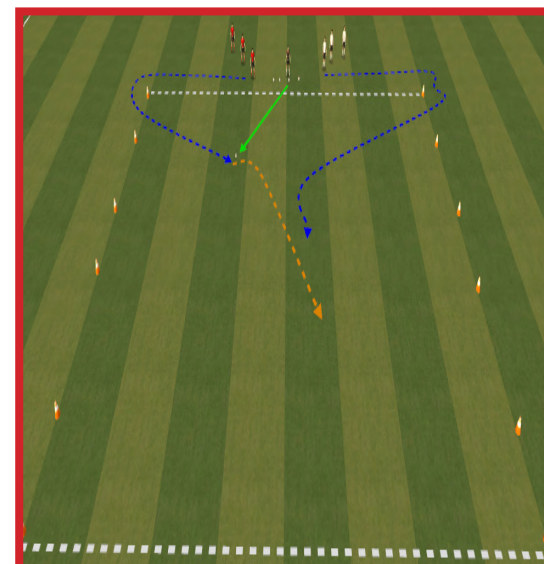
space

Progression

Give each set of goals a number 1,2 or 3. Coach calls a number and players must run through that number goal before ball is passed into area.

2v2

3v3



Dribbling (15mins) - 1v1

Field Size

20x25 yard area

Set up/ rules

Attackers start as shown and play a 1-2 to start the practice. One the first pass has been played the defenders can enter the game to create a 3v2. If defenders win the ball can they get it to the end line.

Coaching Points

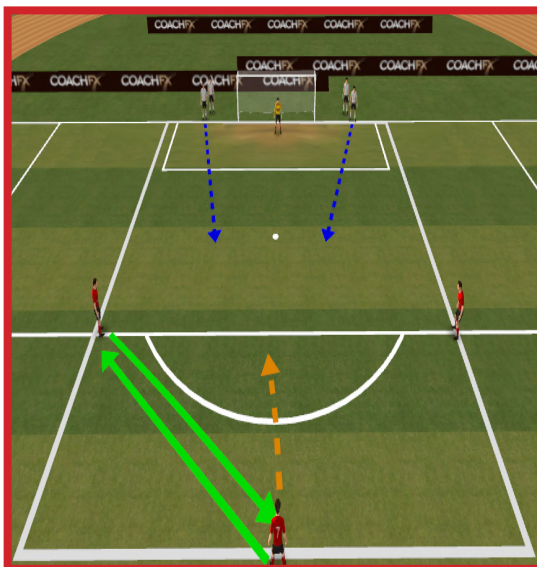
Can quick shot be taken?

Pass or dribble

Combination play to beat defenders

Progression

Competition Att v Def



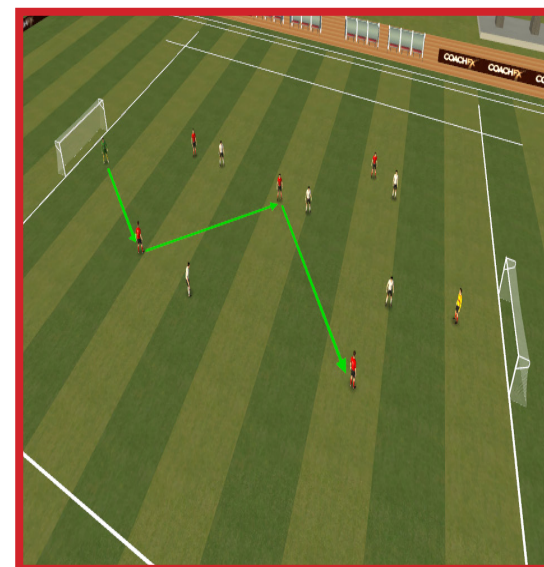
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 3 - Attacking

Dribbling (15mins) Gauntlet

Field Size

25x25 yard area split into narrow channels

Set up/ rules

Players work in pairs and start at opposite end of the same channel. First player will dribble the ball to their partner. Next person will dribble the ball to other end and back. Players must stay within their own channel.

Coaching Points

Keep ball close to feet

Head up to see space & traffic

Progression

Players now dribble turn and pass ball back to their partner and run back to the start point.



Dribbling (15mins) - Multiple 1v1 Game

Field Size

15x15 yard area with 4 corner goals

Set up/ rules

Split players into 4 teams. One red and one white on each side. Red pass to white on the opposite side. Both receiving and passing players enter the area. Can only tackle the player you passed to or received from. 2 1v1 games play at the same time. Players can only score in goals on opposite side of area.

Coaching Points

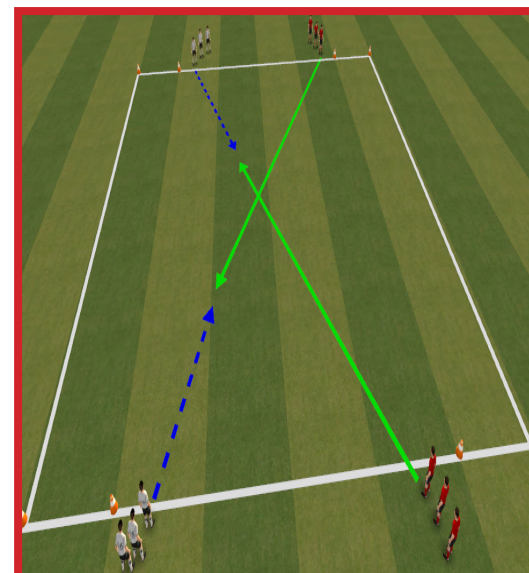
Head up to see space

Keep ball close to feet

Clever foot work to change direction

Progression

Competition - First team to get 5 points wins



Dribbling (15mins) - 4v4 End Zones

Field Size

30x40 yard area with 3 yard end zones

Set up/ rules

Play 4v4 with team scoring a goal by dribbling into other teams end zone.

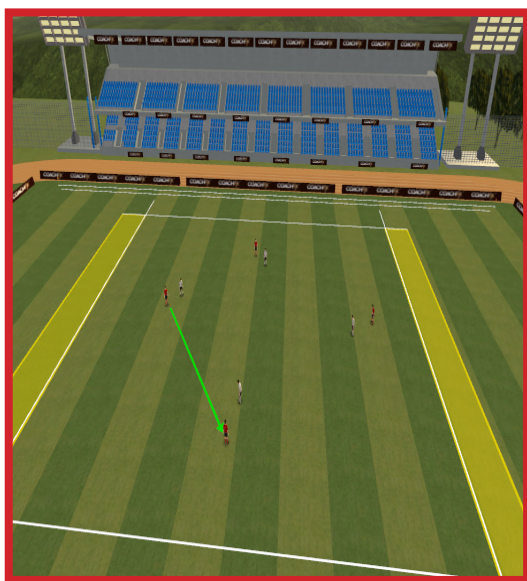
Coaching Points

Beat defender 1v1

Attack at speed

Progression

Add one player in central zone to try and steal a ball off any player. If player has ball stolen they become new middle player.



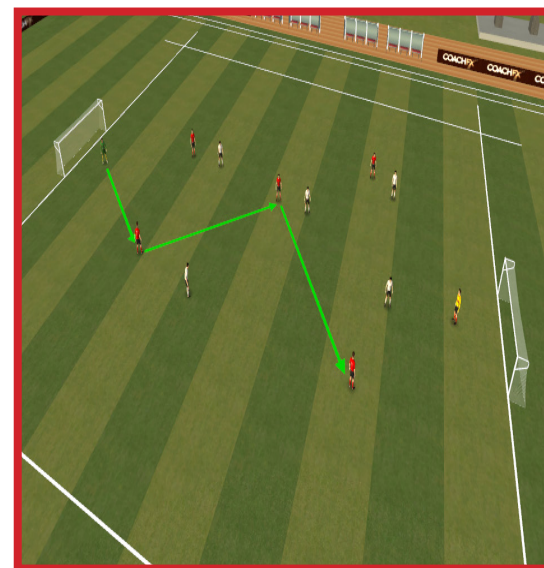
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 4 - Turning

Turning (15mins) - Stop Turn

Field Size

35x25 yard area with 5 yard gates randomly placed inside the area

Set up/ rules

Each player has a ball and dribbles inside the area through as many gates as possible. As player dribbles through a gate they must turn and go back through the same gate.

Coaching Points

Head up to see space and cones
Keep ball close to feet
Clever turn to change direction
Check shoulder before turning

Progression

Use left foot only to turn
Use right foot only to turn



Turning (15mins) - 1v1 Game

Field Size

15x15 yard area with goals back to back centrally with small gap.

Set up/ rules

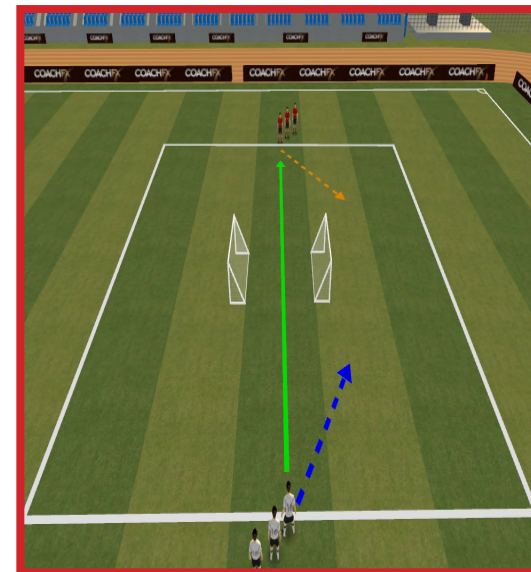
Defending team pass to attacking team. Attacking team try and score in either goal. Defender tries to win the ball and score.

Coaching Points

Keep ball close to feet
Use creative foot work to turn

Progression

2v2



Turning (15mins) - 4v4 Game

Field Size

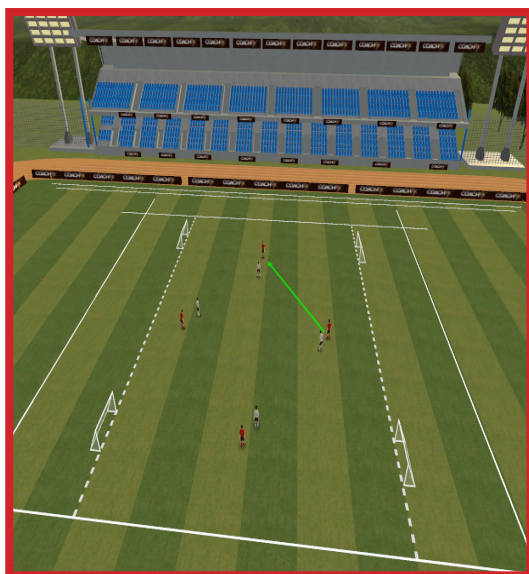
40x30 yard area

Set up/ rules

Both teams attack and defend 2 goals.

Coaching Points

Head up to see space and cones
Keep ball close to feet
Clever turn to change direction
Check shoulder before turning
Awareness to turn and switch field



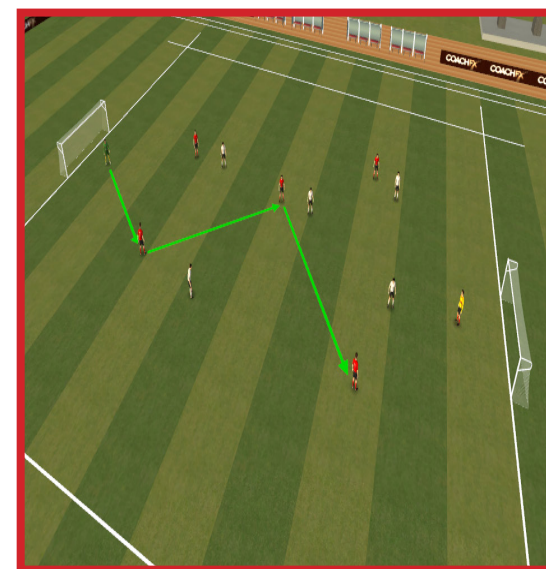
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 5 - Turning

Turning (15mins) - Line Game

Field Size

15x15 yard area.

Set up/ rules

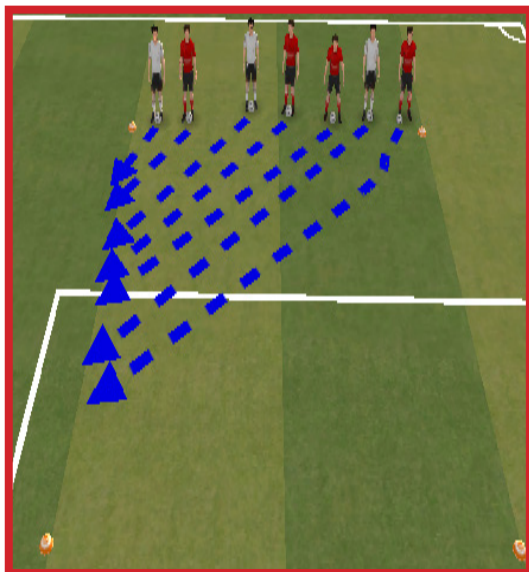
Associate a color to each line. Coach shouts a color and all players must run to that line. Shout a few so players change direction

Coaching Points

Keep ball close to feet
Use sole of foot to turn

Progression

Each player has a ball to dribble
Last player to the line has to perform 5 toe taps



Turning (15mins) - 1v1

Field Size

15x15 yard box split into 4

Set up/ rules

Attackers start one side of the area with defenders on opposite side. Defenders pass the ball across to attacking team. Attacker must try and dribble the ball into all 4 zones to gain a point. If defender wins the ball they have the same objective. If ball goes out game is finished.

Coaching Points

Head up to see space and cones
Keep ball close to feet
Clever foot work to change direction
Accelerate towards space

Progression

Competition - First team to score 5 points wins.



Turning - (15mins) - Receive to shoot

Field Size

20x15 yard area with 2 goals

Set up/ rules

Split players into 4 teams. One player runs out towards middle cone. Pass is played in to their feet. Player receives and turns to shoot at the goal they started next to. Other team then plays.

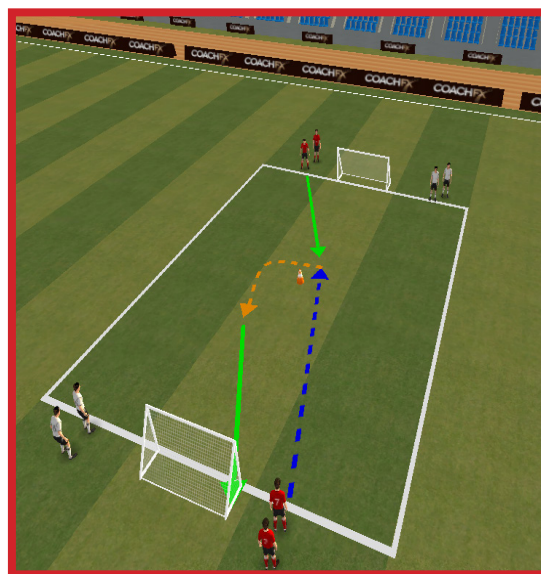
Coaching Points:

Communication
Keep ball close
Head up to see space
Turn to change direction

Progression

Add GK's

First team to score 5 goals wins



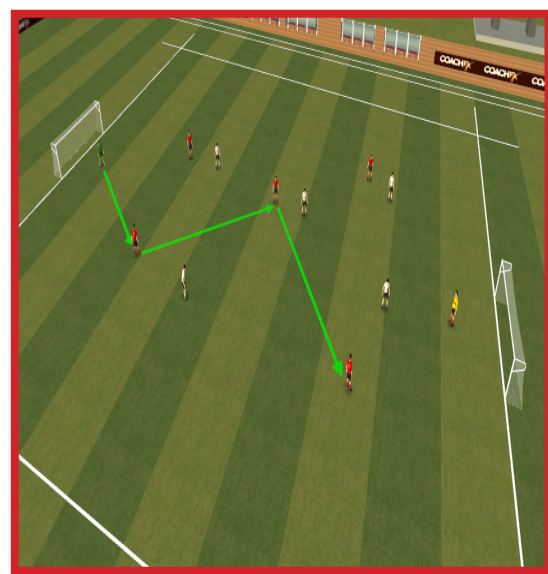
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 6 - Passing

SAQ (15mins) - Reactions

Field Size

10x10 yard area

Set up/ rules

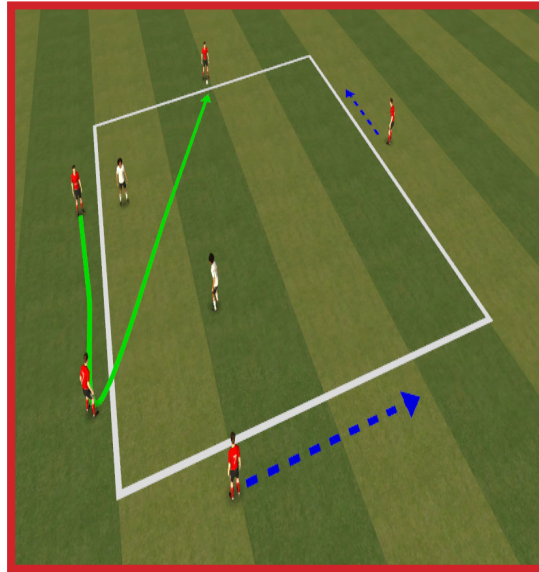
Have 5 players on the outside of the area and 2 inside the area. Outside players must be inside or on the line of the area at all times. 5 players try and make as many passes as possible without the 2 defenders getting the ball.

Coaching Points

Quick foot work to make a pass
Awareness of next pass

Progression

1 touch only
Split pass or nutmeg defenders stay in for 2 rounds



Passing (15mins)

Field Size

25x25 yard area with 3x3 boxes inside the area

Set up/ rules

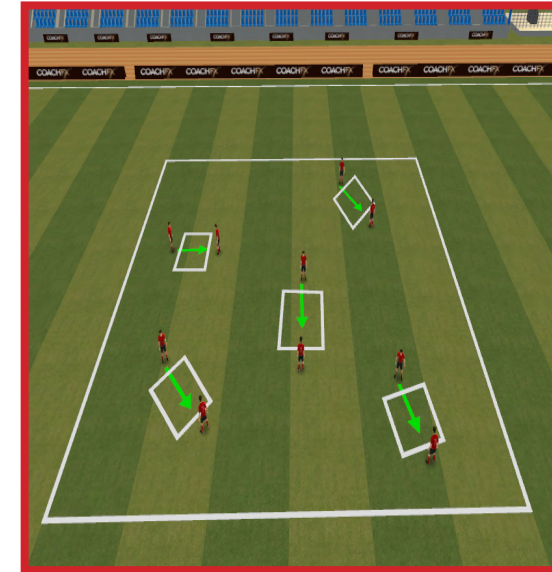
Have a ball in each box. Players work in pairs and must move to a box, play 3 passes and then move to a new box leaving the ball in the box it starts in. First team to get to six boxes wins

Coaching Points:

Standing foot next to the ball
Toe pointing to target
Use inside of foot to kick ball
Lock ankle to strike ball

Progression

Left foot only
Right foot only
Ball must go through all side of the box before players move on.



Passing (15mins)

Field Size

25x25 yard area

Set up/ rules

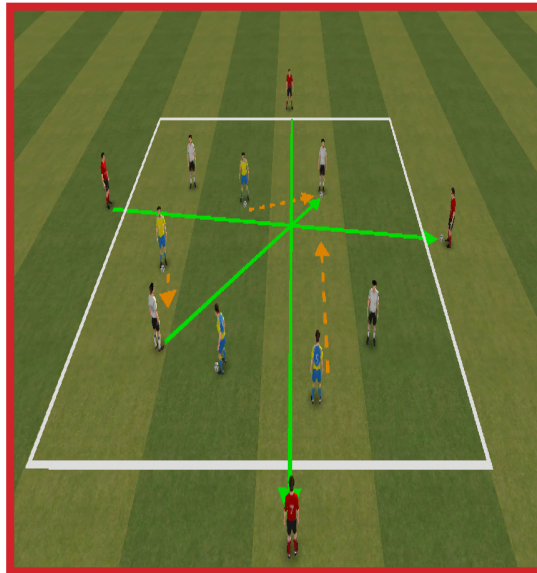
Split players into 3 teams of four. One team stand on the outside of the area and work in pairs to pass the ball across the area to each other. Passes along the floor. One team will keep [possession of one ball inside the area. The last team will have a ball each and dribble around inside the area and try and hit the ball being possessed with their own ball.

Coaching Points

Keep ball close when dribbling
Weight & accuracy of passing

Progression

Switch team roles
Keep Scores of:
Amount of successful passes on outside
Amount of passes in a row in the middle
How many times team hit the ball



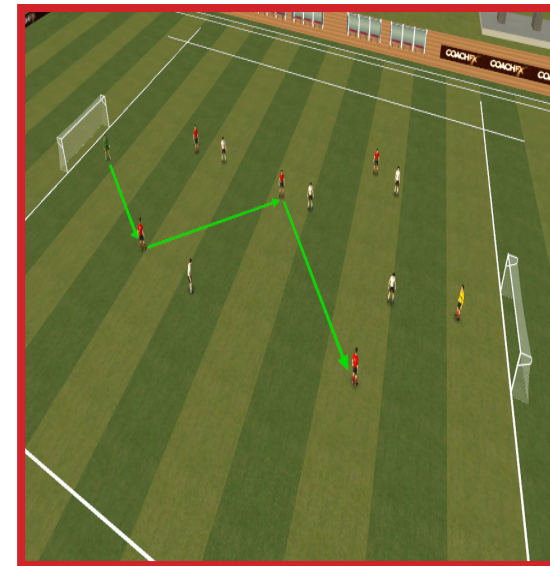
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 7 - Shooting

First Touch (15mins) - Control and pass

Field Size

15x15 yard area

Set up/ rules

Players work in pairs. One player will dribble the ball inside the area. Player 2 will follow a few yards behind. Player 2 will shout 'turn' at which point player 1 will turn and pass the ball to player 2 who controls it and passes it back. Players repeat process. After 1 minute switch roles.

Coaching Points

Get body inline with the ball

Use inside of foot to cushion the ball

Progression

Control the ball into space away from pressure



Shooting (15mins)

Field Size

10x20 yard area

Set up/ rules

Have a player each side of the goal as servers. Player starts on cone on edge of area takes 1 touch forward to shoot. As shot is taken server passes ball out for first time shot at goal. Once shot is taken player runs towards goal for server to throw ball in for attacker to head towards goal.

Coaching Points:

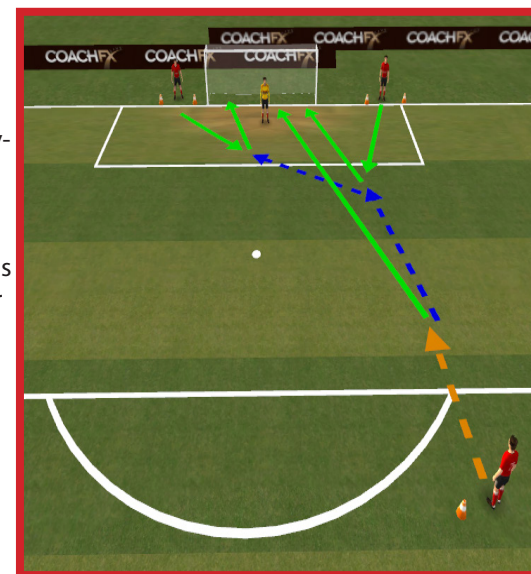
Standing foot next to the ball

Toe pointing to target

Use inside of foot to kick ball

Lock ankle to strike ball

Use forehead to head ball



Shooting (15mins)

Field Size

25x20 yard area.

Set up/ rules

Split players into two teams. First player from each line will dribble along the cones until the gate at the end. Player performs a skill/change of direction to get through the gate and shot for goal

Coaching Points

Standing foot next to the ball

Toe pointing to target

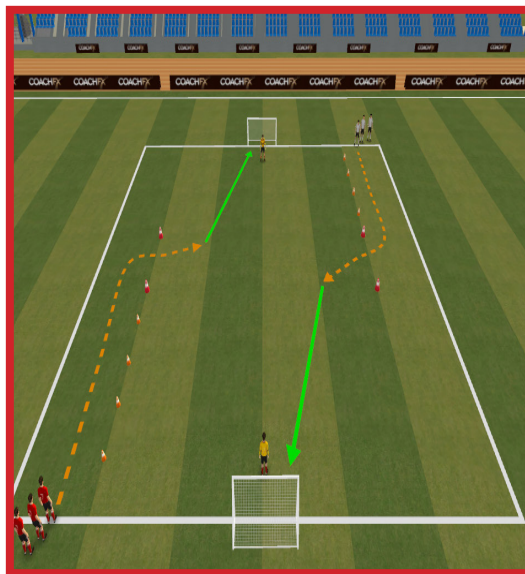
Use inside of foot to kick ball

Lock ankle to strike ball

Progression

Look at GK position

Shoot for space in the goal



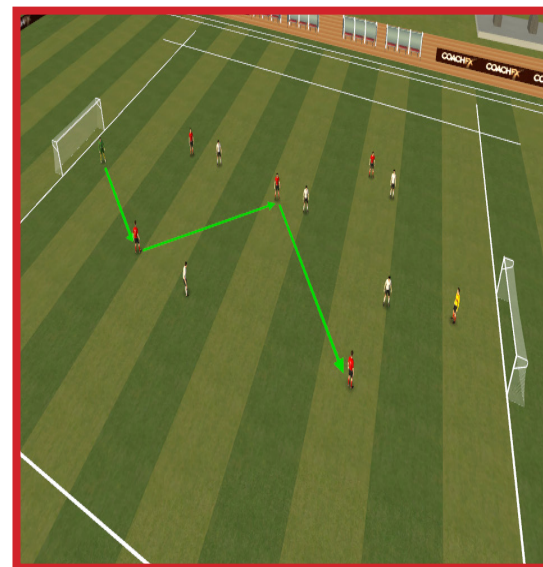
Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.



Week 8 - Shooting

Shooting (15mins) - Shooting Races

Field Size

2 goals 15 yards apart with a cone between the two goals.

Set up/ rules

Split players into two teams diagonally opposite next to a goal. First player from each line will dribble out and shoot for the goal opposite. Players can't shoot until they pass central cone. First player to score gets a point for their team.

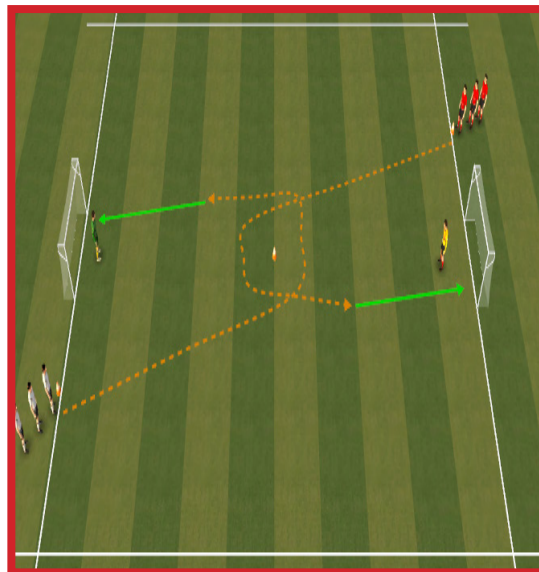
Coaching Points

Shoot with laces

Shoot for space in goal

Progression

Players must now go around central cone and shoot for the goal they start next to. First player to score gets the point.



Finishing (15mins)

Field Size

10x10 yard area with goal

Set up/ rules

Players must run around cone and through gate to enter area. Coach will roll ball into play and players battle to try and score first.

Coaching Points

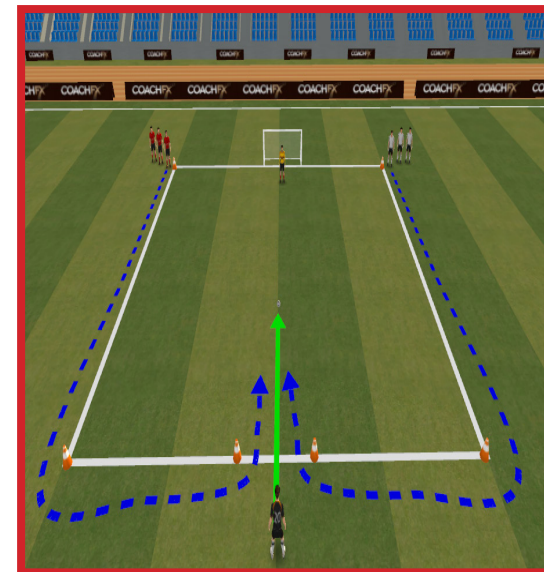
Shoot with laces

Shoot for space in goal

Strength to hold off opponent

Progression

2 players go from each team.



Shooting (15mins)

Field Size

25x25 yard area with a goal on each side

Set up/ rules

Play 4v4. First team to score a goal in all 4 goals wins. Have plenty of spare balls to throw in once a ball is scored or goes out of play.

Coaching Points:

Keep ball close when dribbling to allow shot

Shoot for space in goal



Small Sided Game (15mins)

Field Size

60x40 yard area

Set up/ rules

Play 6v6 both teams play 1-2-1-2 formation.

