

GLOBAL PREMIER SOCCER

GPS RECREATIONAL CURRICULUM

ADVENTURES OF FRANKIE THE FOX





Leading GPS Juniors

In this 8 week curriculum you will find sessions which incorporate a mixture of FUN themes SOCCER techniques and FUNDamental movements. Each session is carefully explained so that you, the coach, will get maximum understanding to be able to run these sessions anywhere. In order to make each coach feel comfortable running a GPS Juniors session below are a list of help reminders what to do for every session;

- Arrive Early – Get to your session 15-30 minutes before it starts. If your session starts at 1pm and you arrive at 1pm YOUR LATE.
- Have appropriate equipment – Make sure that all your soccer balls are pumped up before you even leave for your session. At this age group we use size 3 soccer balls which you can request to borrow from Operations. Also have clean colorful pinnies and cones because players this age group like colorful and new equipment.
- Communication – speak clearly, calmly, and relaxed. As you will be working with 3-6 year olds they are still tuning their sense of hearing so better communication we have the easier it will be for the players.
- Be patient and entertaining – The children you work with may be completely new to soccer. They will take time to even familiarize themselves with a soccer ball so keep reinforcing the basics; using feet instead of hands, can we keep our head up, keep the ball under control.
- HAVE FUN – Most importantly have fun! Do not be afraid to have fun yourself and be funny because the players will respond to that. If you provide energy and happiness to the session the players will do the same!

The first 45 minutes of the curriculum is designed for the u3-u4 age group.

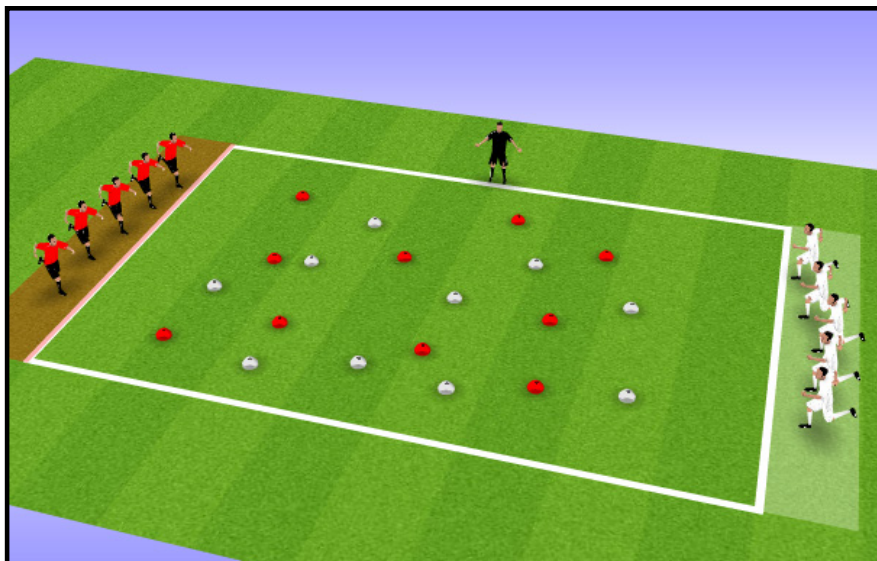
The hour session is for the u5 & u6 age groups.

Each exercise should last 12minuets with a couple of minutes rest between exercises.

Always play is S.A.F.E.

S occer	Ball Work – Dribbling – Shooting – Goals
A wareness	Teamwork – Sportsmanship – Fair Play – Health & Safety
F un	Excitable – Activity Breaks – Positive - Entertaining
E ducation	Attacking - Defending -





Pick Favorite Color

Set Up/Rules

Frankie has a messy bedroom. Teams must race to help Frankie tidy his room. Red team must pick up red cones only and take them back to their area. White team must pick up white cones and take them back to their area. Players may only pick up one cone at a time. First team to clear the space wins. Can add pinnies to give each team two options.

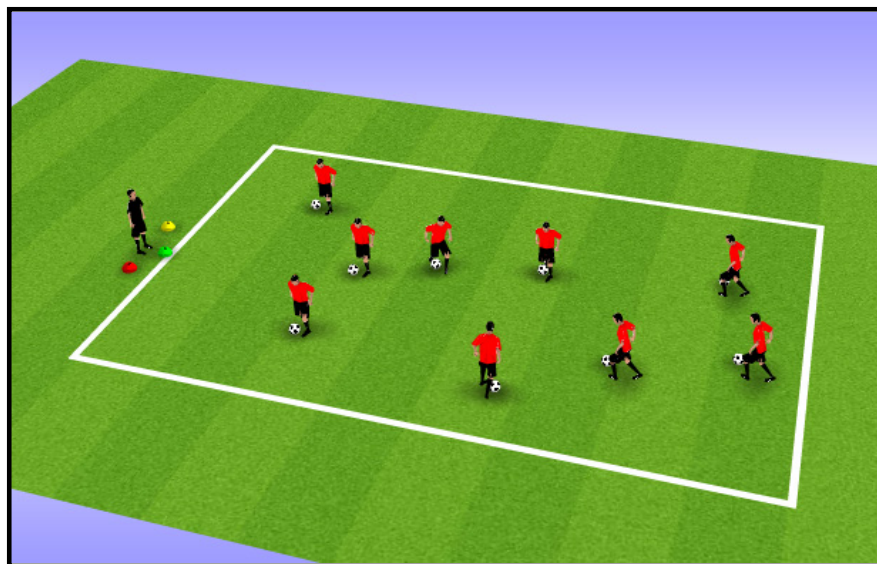
Progressions

- Players must perform the below before picking up the cone:
Jump over it
Run around it
Hop over it
- Players have a ball in hands and have to bounce the ball and catch it.
- Players dribble ball

Coaching Points

Small touches when dribbling

Players must start again if their ball hits the wrong color cone.



Traffic Lights

Set Up/Rules

Now Frankie has a clean room he goes to school. Players move around inside the space. Coach has 3 color cones. Red = Stop, Yellow = go slow, Green - go fast, Blue - Cops and robbers (coach tries to steal players balls or players try and steal coaches ball)

Progressions

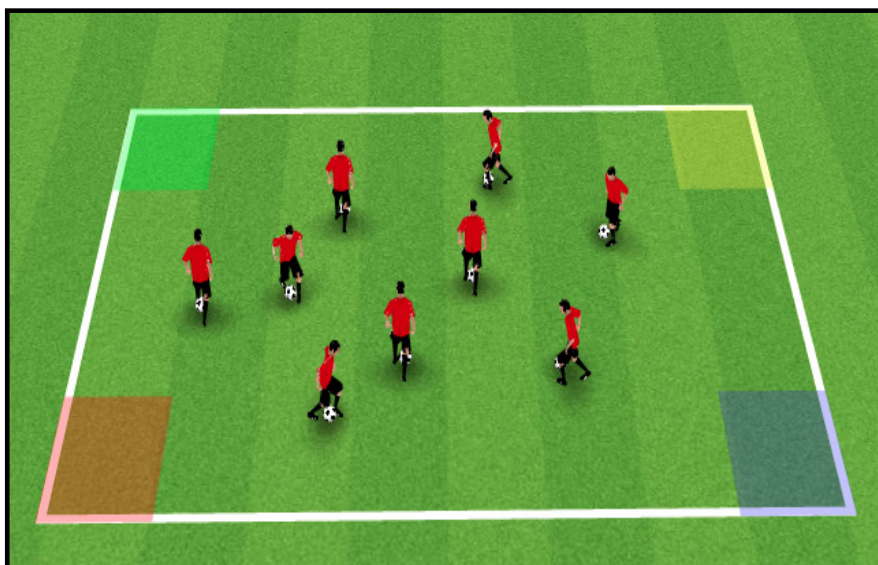
Players now dribble a ball and play the same game.

Challenge players to stop the ball with different body parts.

Coach to walk around holding up cones so players get head up to look

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space & cones

**Find The Color****Set Up/Rules**

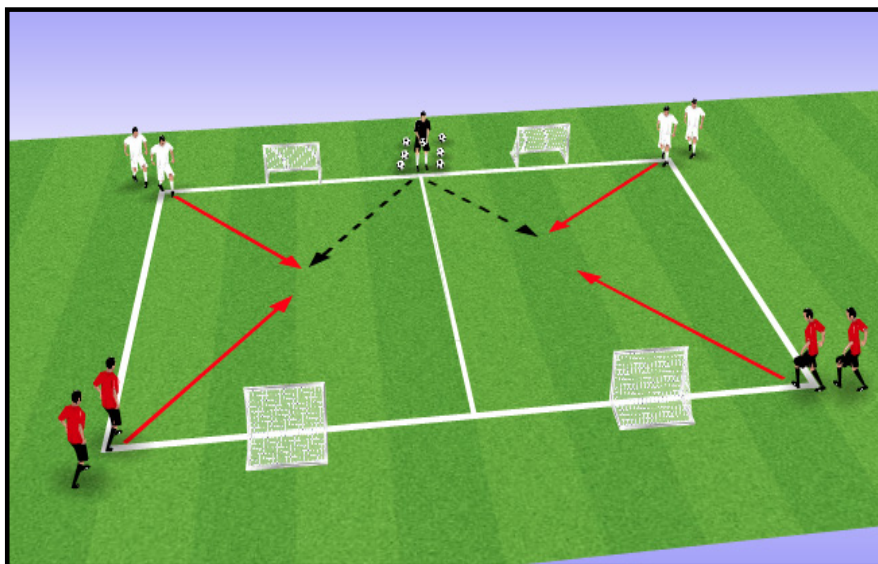
Players dribble inside the area and must move into color area when coach calls the color.

Progressions

Must perform 5 toe taps when in the area.
Challenge players to stop the ball with different body parts

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

**1v1****Set Up/Rules**

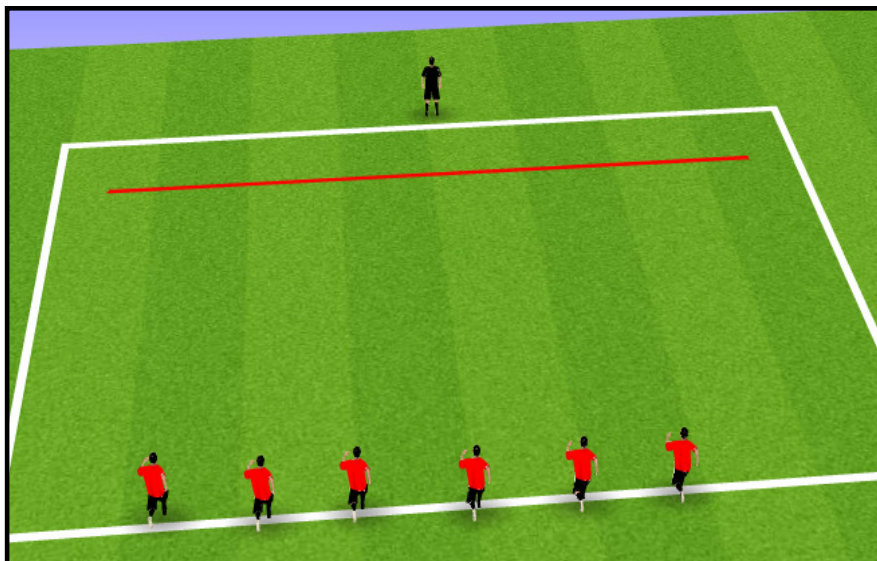
Use 2 fields to avoid lines. Coach stands between fields and rolls the ball in. First player from each team moves into the area and plays 1v1. Once game is done coach throws next ball in.

Progressions

Switch teams so they play different teams.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



How Many Steps

Set Up/Rules

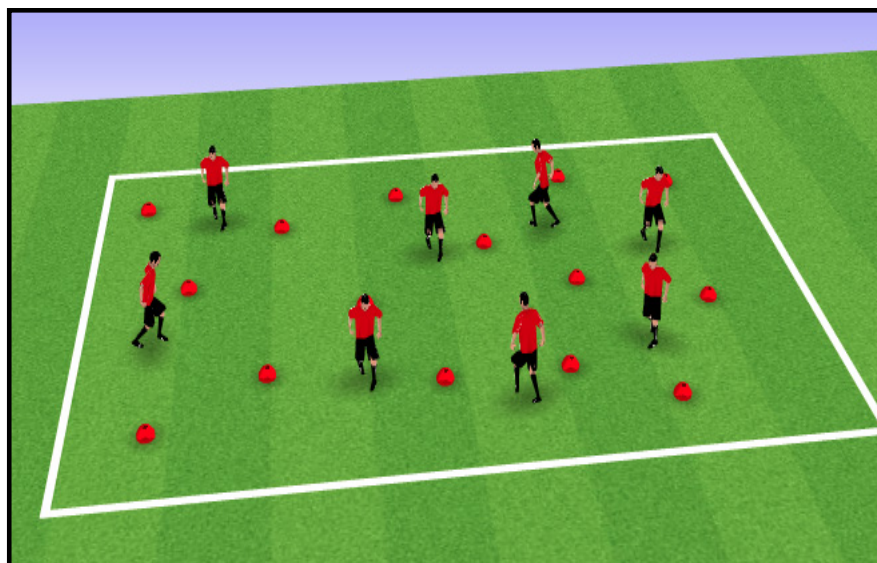
All players start on the line with coach on opposite side. Players call out "How Many Steps Coach" Coach responds with a number. Players take that many steps forwards. Process repeats. If coach calls ball players have to turn and run back to their ball on the start line. If coach tags a player that player joins coach on end line as tagger.

Progressions

Players now dribble the ball with each step. Players shout "how many touches coach?"

Coaching Points

Big or little touch?



How Many Cones

Set Up/Rules

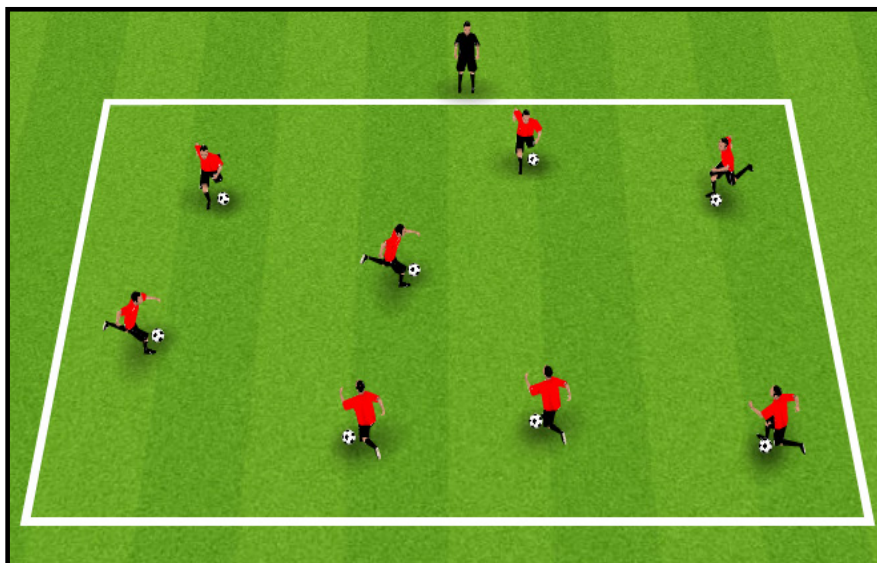
Players dribble inside the area avoiding the cones. Coach shouts out a number and the players must pick up that many cones. First player to do so gets a point. Players put the cones back down and dribble again.

Progressions

Before picking up a cone players must:
perform 5 toe taps
perform 5 foundations

Coaching Points

Small touches when dribbling
Head up to see space
Increase speed to get to cone

**Body Parts****Set Up/Rules**

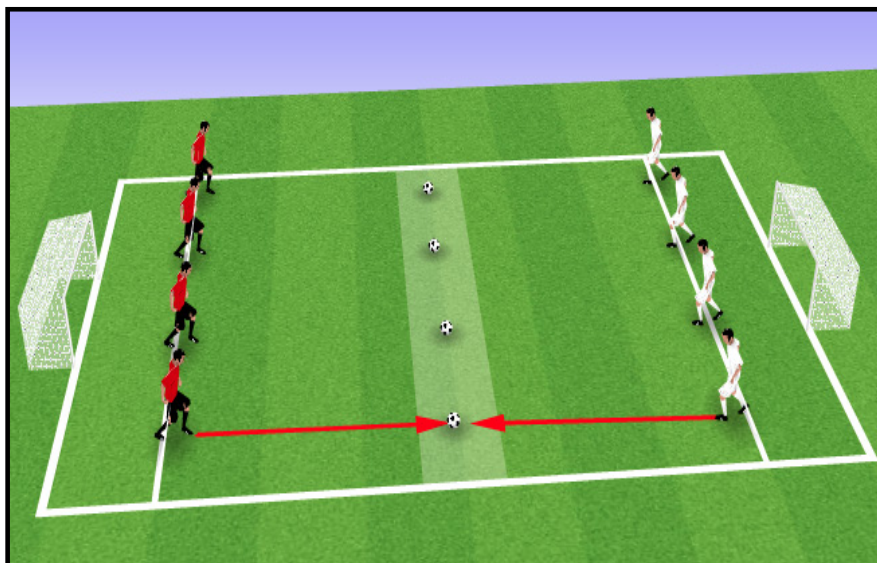
Players dribble the ball around inside the area. Coach calls out a number and players must touch the ball with that many body parts. (E.G. 3 - foot, knee, head)

Progressions

Must perform 5 toe taps before putting body parts on the ball

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space & cones

**Multi Ball****Set Up/Rules**

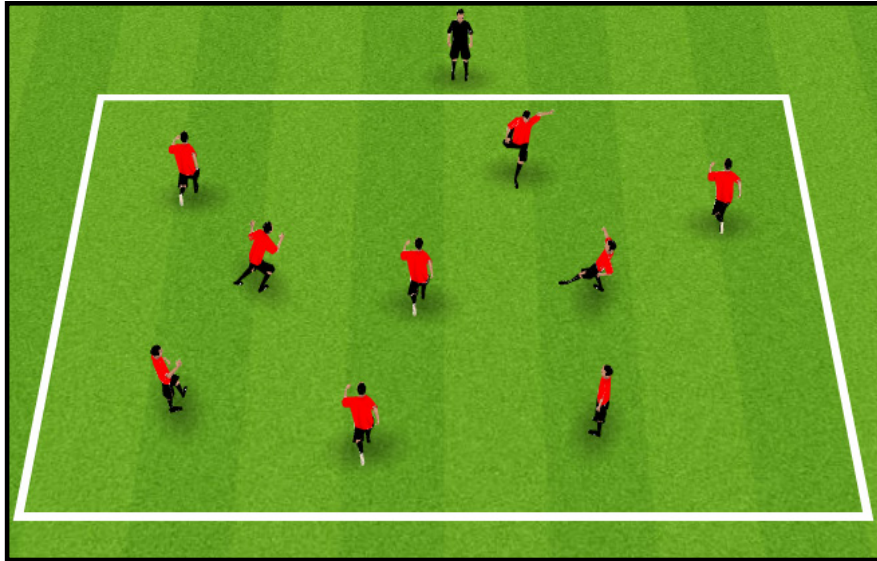
Split players into two teams. Players work with a player on the other team. Each player stands facing a ball on their team line. When coach calls go players play 1v1 with the ball between them. Reds try and get the ball in one goal, white the other. When all 4 are done. Re-start game.

Progressions

Switch players around so they play different players

Coaching Points

Keep ball close to feet
Big kick to get ball in goal.



Walk The Zoo

Set Up/Rules

Frankie goes to the zoo and copies all the movements the animals make. Coach calls out an animal and the players must move about the area like that animal. (Elephant, frog, rabbit, cheetah, snake, monkey, penguin, crab).

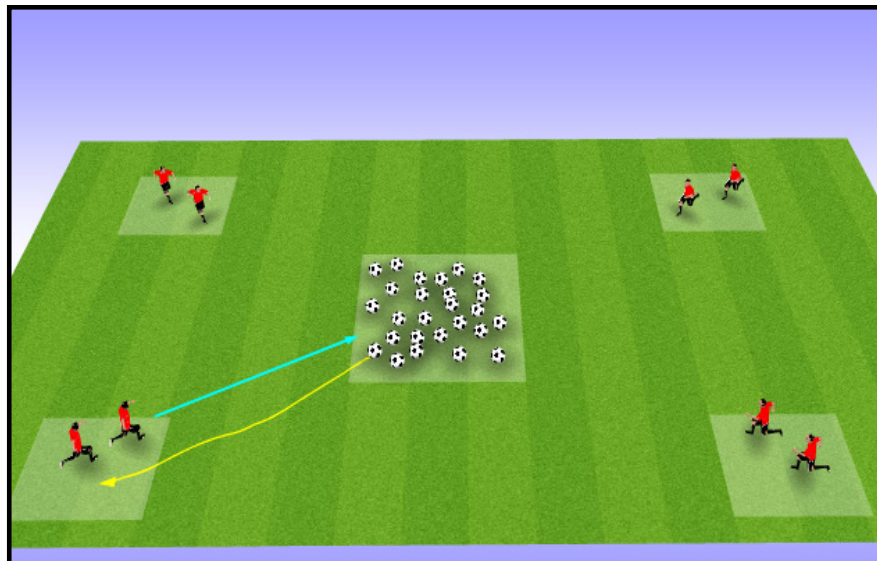
Progressions

Add in some obstacle for players to move around and over. Move around like the animals avoiding the objects.

Players now dribble a ball.

Coaching Points

How many different ways can you move?



Monkey Feeding Time

Set Up/Rules

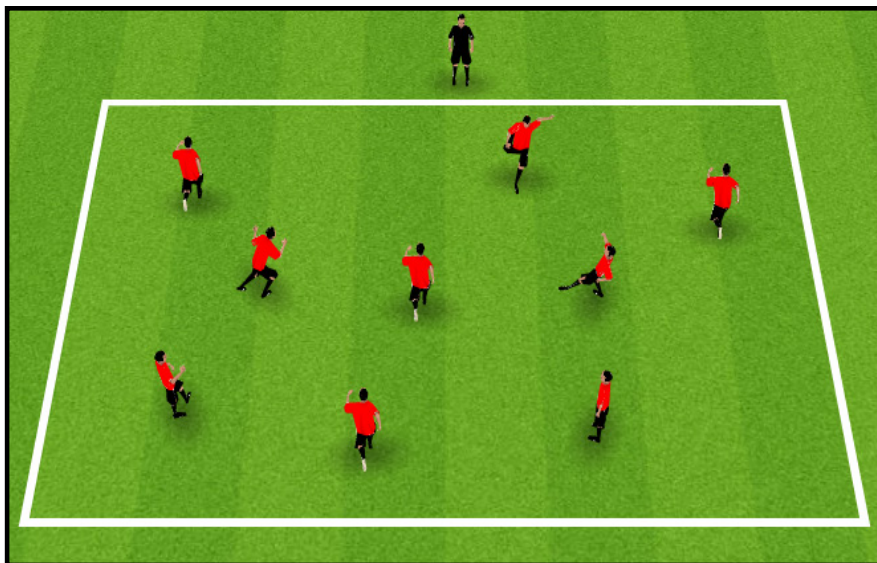
Frankie is helping the zoo keeper feed the monkeys. Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win.

Progressions

Replace the balls with cones. Each player dribbles the ball each time and carries a cone back (yellow cones for Bananas)

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Catch The Monkey's

Set Up/Rules

The monkey cage was left open during feeding time and now the Monkeys have escaped. Players are escaped monkeys and ran around inside the area. The coach is the monkey catcher and tries to tag each player. If tagged players stand still until another monkey high 5s them free.

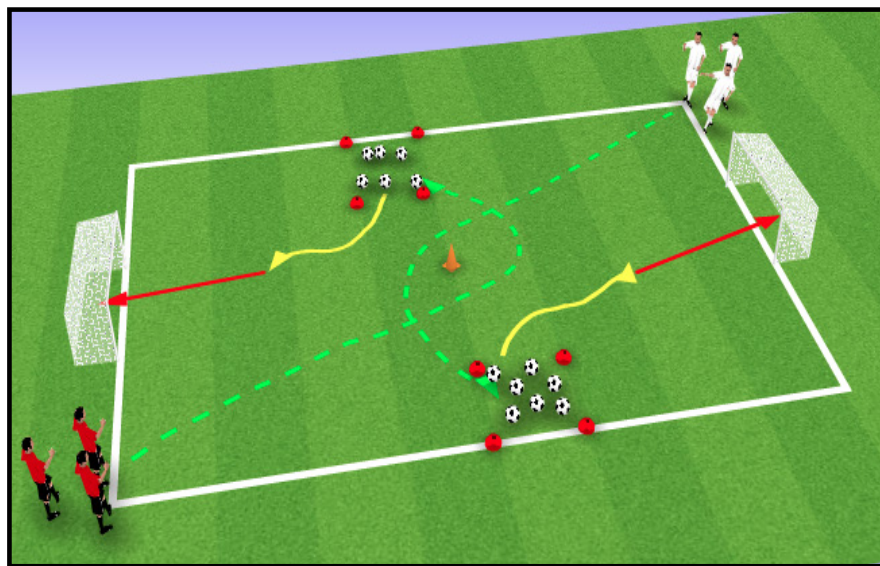
Progressions

Each player now dribbles a ball.

Pick one player as monkey catcher

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Shooting Races

Set Up/Rules

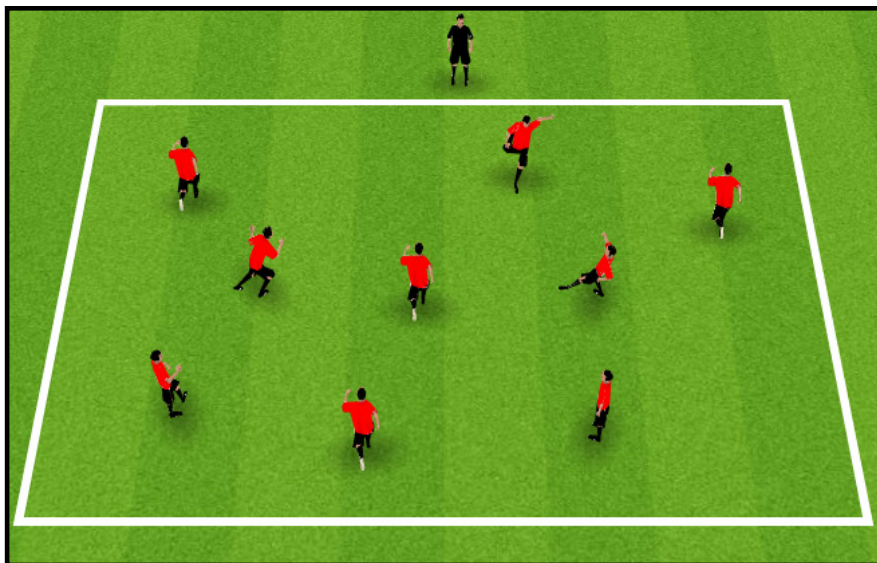
Split players into two teams. Have a collection of balls at half way as shown. 1st player runs out around the cone, gets a ball and shoots for goal. Once the player has shot they high 5 next player who repeats. Team with most goals once all balls are gone is the winner.

Progressions

Each player now dribbles a ball out, around the cone and shoots for goal. Player who's ball goes in the goal first wins.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Frankie Travels

Set Up/Rules

Players move freely inside the area. Coach calls out different types of transport and players move their body as if that type of vehicle.

Car - steering wheel, plane - arms out, train, roll arms by side, boat-row with arms

Progressions

Players now dribble a ball

Car - Toe taps to start engine before moving

Train - Follow a team mate

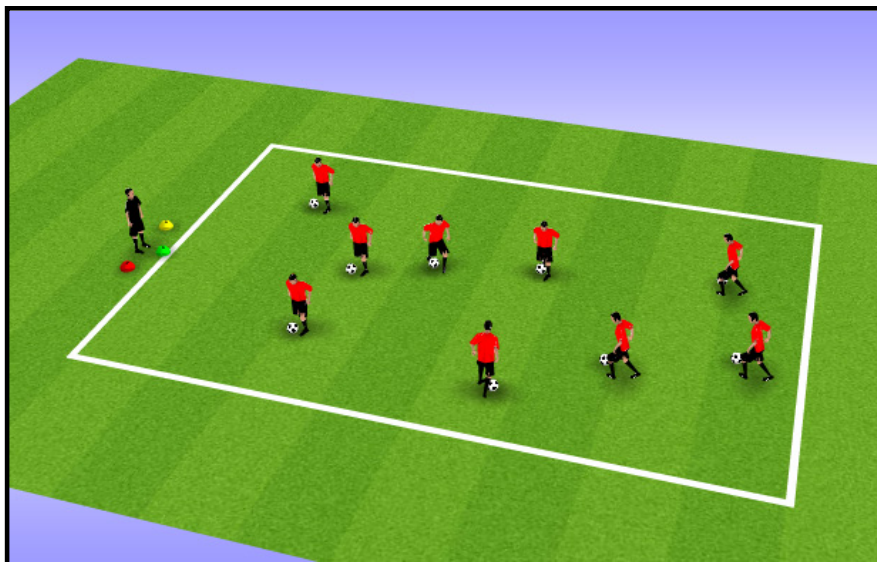
Plane - Get ball off ground

Boat - Rock foundations

Coaching Points

Keep ball close to feet

Head up to see space



Traveling The World

Set Up/Rules

Players move around inside the space. Coach has 3 color cones.

Red = Stop, Yellow = go slow, Green - go fast.

Progressions

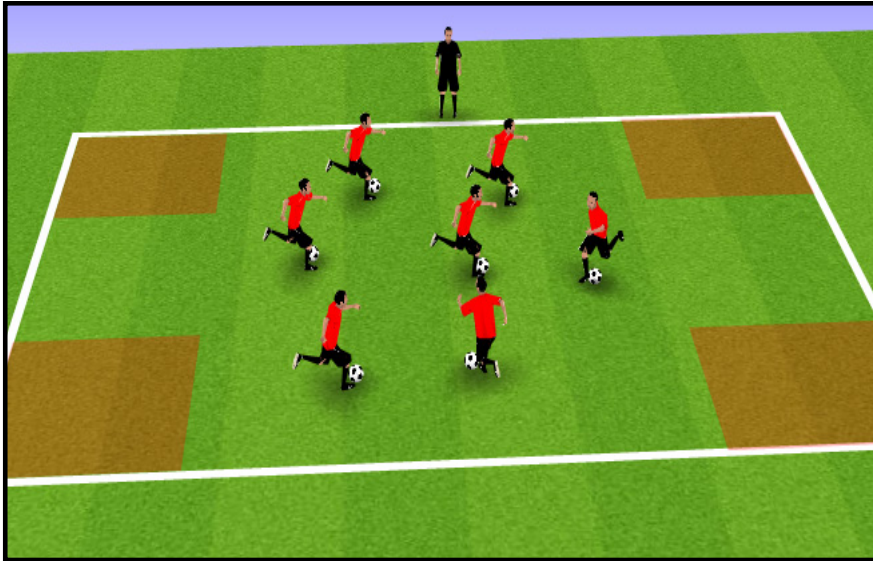
Blue - Cops and robbers - coach tries to tag as many players as possible or players try and steal coaches ball.

Coaching Points

Keep ball close to feet

Little touches of the ball

Head up to see space & cones



Traveling The World

Set Up/Rules

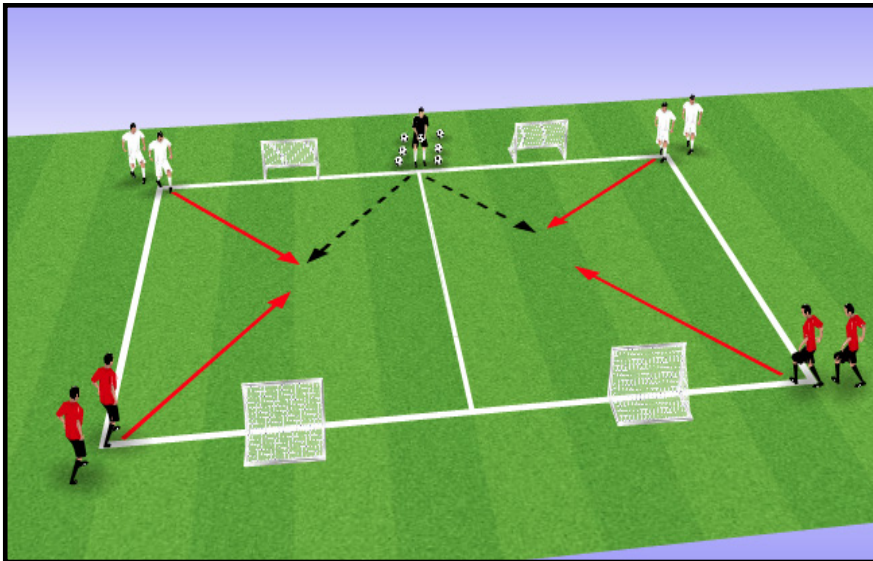
Create 4 zones in the cores of the areas. Each area is a different country. Coach calls out a country and means of transport and players have to get to that zone. "Fly to England, Drive to France, sail to USA, Train to Canada.

Progressions

Players must perform 5 toe taps in each box
5 foundations

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



1v1

Set Up/Rules

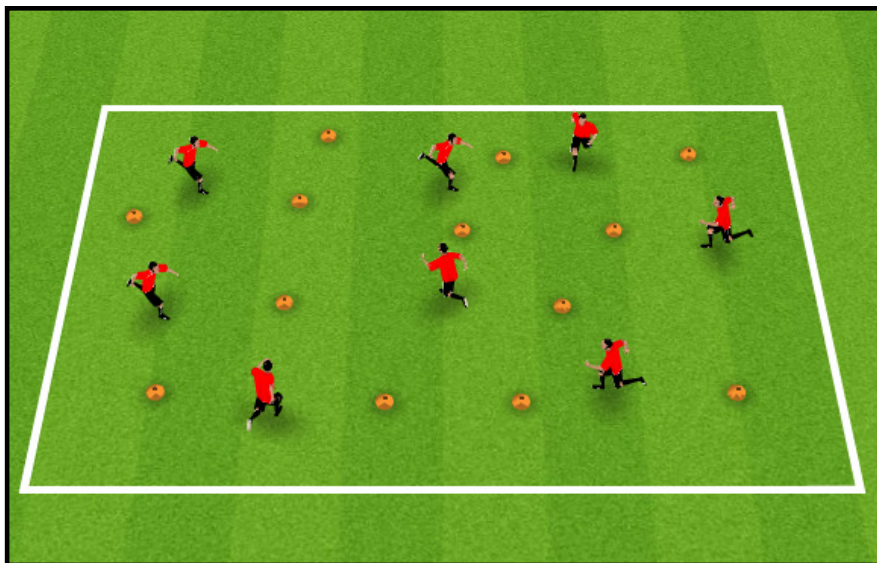
Use 2 fields to avoid lines. Coach stands between fields and rolls the ball in. First player from each team moves into the area and plays 1v1. Once game is done coach throws next ball in.

Progressions

Switch teams so they play different teams.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Spider-Man

Set Up/Rules

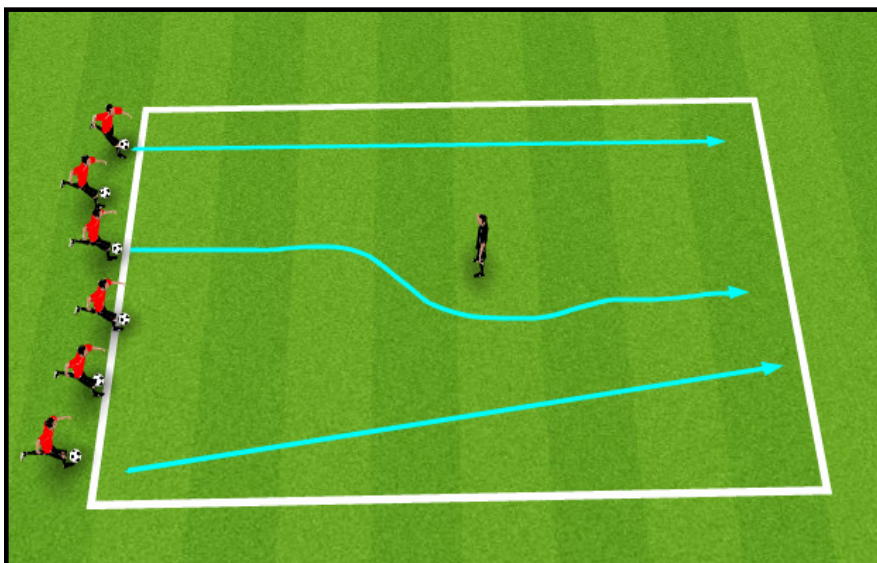
Place cones all over the area. Players to run around and jump over the cones acting like Spider-Man, Superman, Ironman, Antman. How does each character move differently.

Progressions

Ask players to go over the cones with different movements.
Players now dribble a ball around the area. One Player 'Superman' runs around with a pinny and tries to throw the pinny over any soccer ball.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space & cones



Batman & The Joker

Set Up/Rules

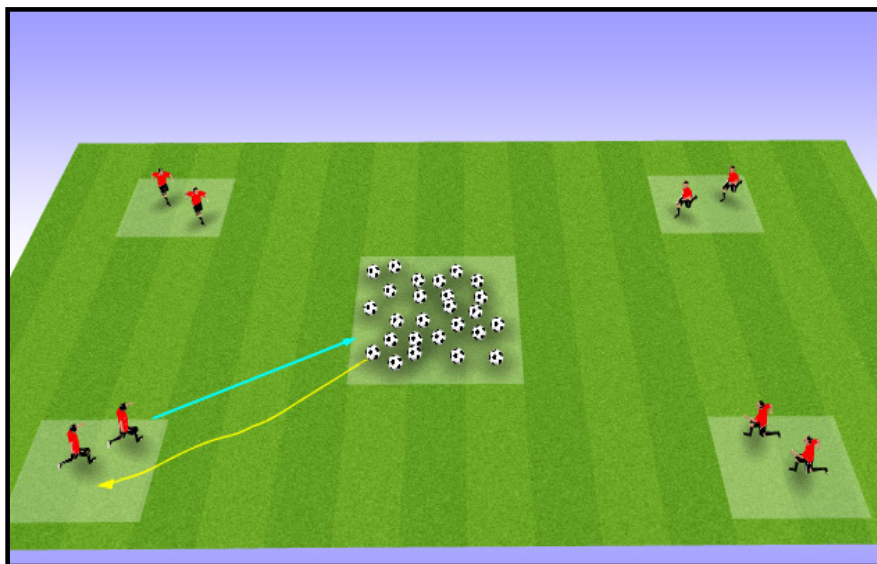
Players line up on one side of the area and try and dribble across to the other side. The coach 'joker' is in the middle and tags any player who loses control of their soccer ball.

Progressions

One of the players is the joker

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Save The Soccer Ball

Set Up/Rules

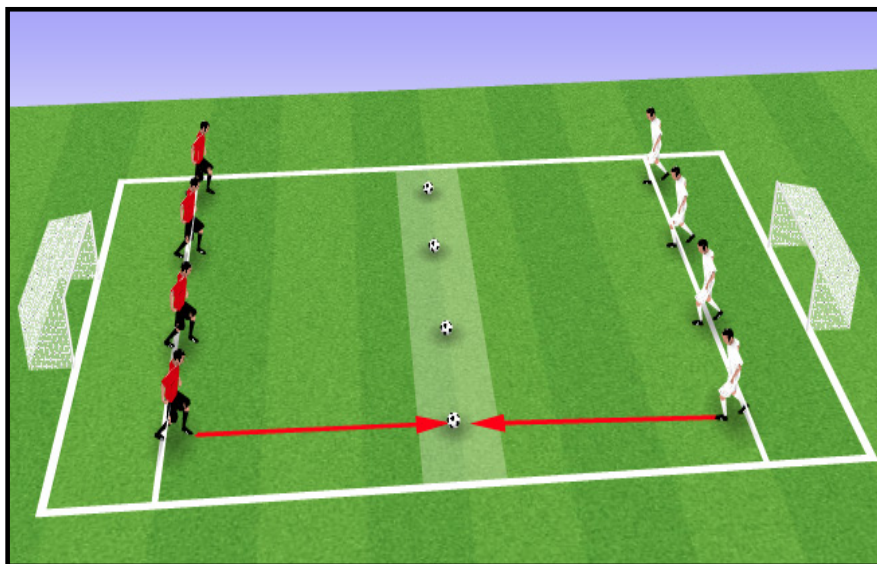
Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win. Players are superman and must fly and save as many people as possible.

Progressions

Replace the balls with cones. Each player dribbles the ball each time and carries a cone back.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Multi Ball

Set Up/Rules

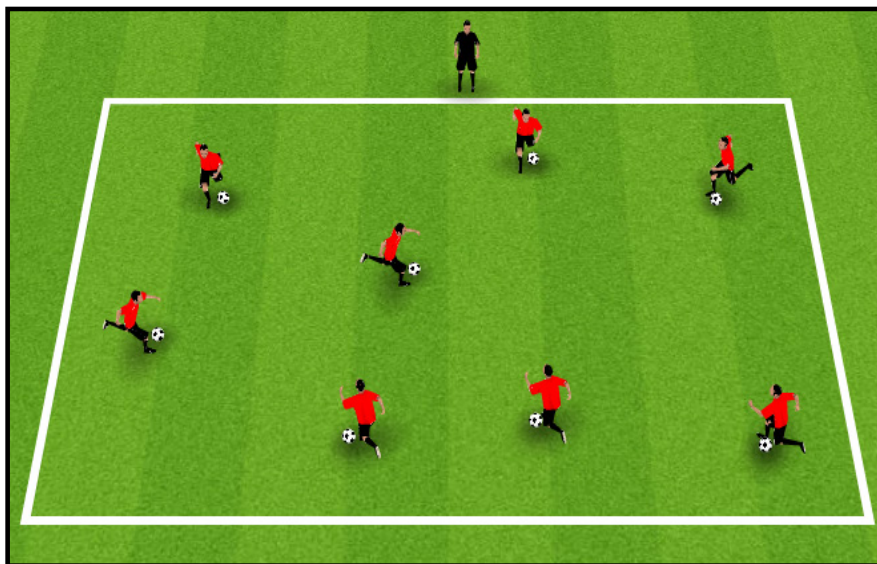
Split players into two teams. Players work with a player on the other team. Each player stands facing a ball on their team line. When coach calls go players play 1v1 with the ball between them. Reds try and get the ball in one goal, white the other. When all 4 are done. Re-start game.

Progressions

Once a pair have finished their game they can go and help a team mate in that game to create a 2v1 or 2v2.

Coaching Points

Keep ball close to feet
Big kick to get ball in goal.

**Pirates****Set Up/Rules**

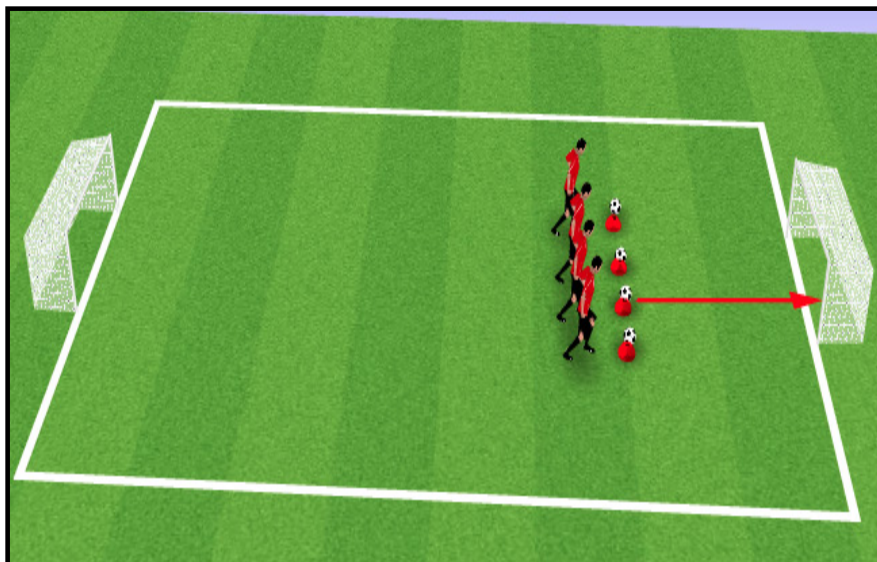
Players dribble about inside the area and react to coaches command.
 "Scrub the deck" = Foundations, "Climb the Rigging" = Toe Taps,

Progressions

Shark = Dribble to middle of area,
 Land = Dribble to edge of boat,
 "Man overboard" = Cuddle soccer ball to float
 "Pirates" = dribble fast

Coaching Points

Keep ball close to feet
 Head up to see space

**Cannonball****Set Up/Rules**

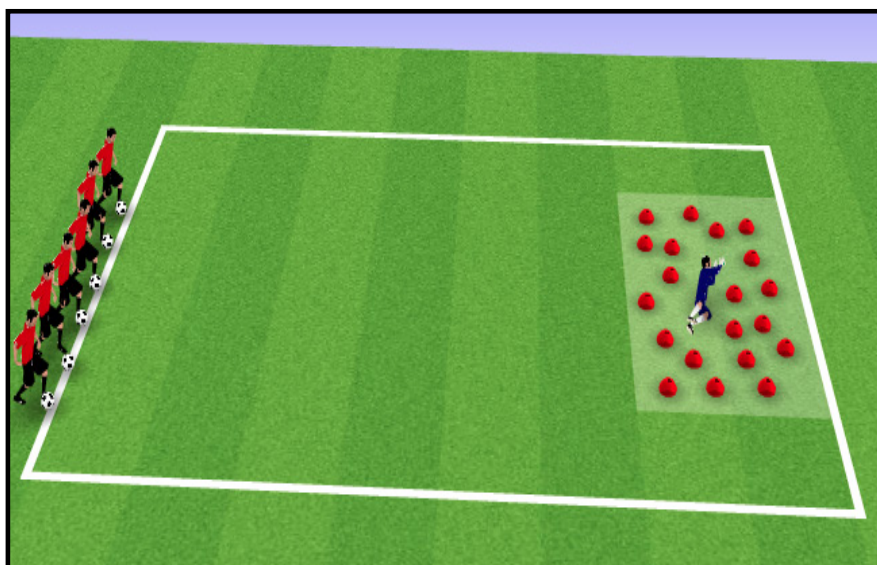
Players place their ball on a cone as shown. Coach asks players if they can get the ball in the goal from one kick. If 6 players see if they can get 4 in the net.

Progressions

Now turn players around and ask if they can get the ball in the second net. give them a few goes.
 How can they make it easier? Dribble and then shoot.
 Add pinnies (seaweed) & cones (rocks) between start point and goal to dribble through

Coaching Points

Keep ball close to feet
 Little touches of the ball
 Head up to see space & cones
 Big kick to shoot for goal



Sleeping Pirates

Set Up/Rules

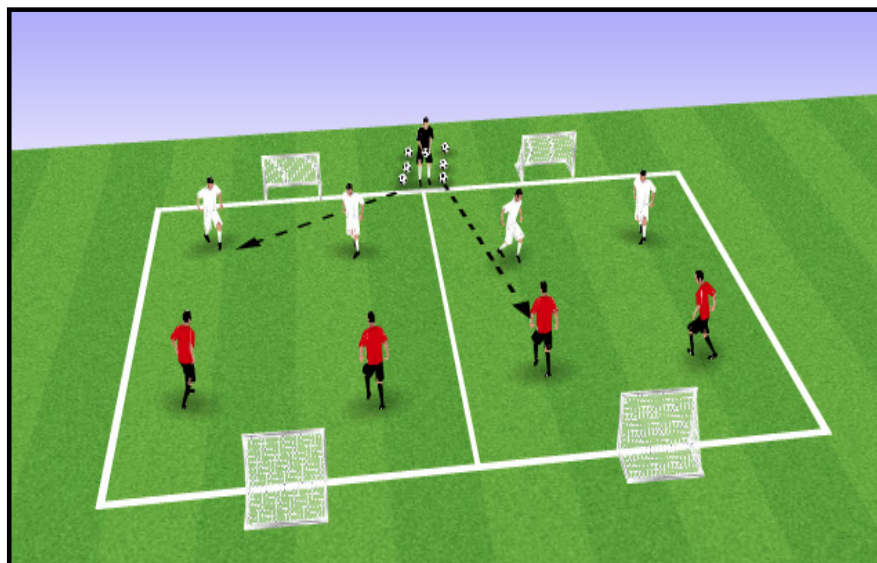
Players line up on one side of the area and try and dribble across to the other side. The coach or a parent (sleeping Pirate) lays in an area full of cones. Players must dribble the ball across quietly and pick up a cone and get it back to the start. Coach calls "Wakey Wakey Pirates" gets up and tries to tag any player dribbling back. Any tagged players become sleeping pirates and take cones back.

Progressions

Players hide their ball by curling around it so the Pirate can't see it, then dribble back to the start.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Small Sided Game - 2v2

Set Up/Rules

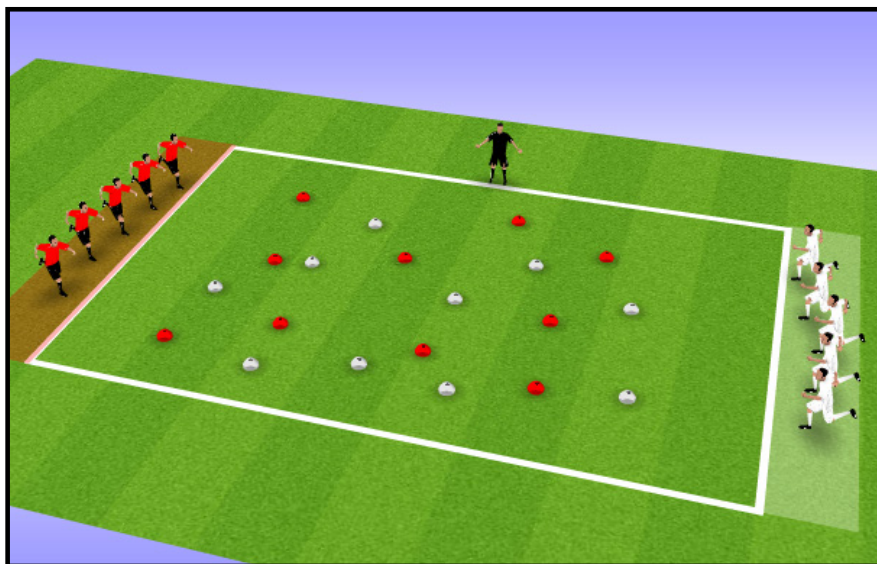
Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

**Athletics****Set Up/Rules**

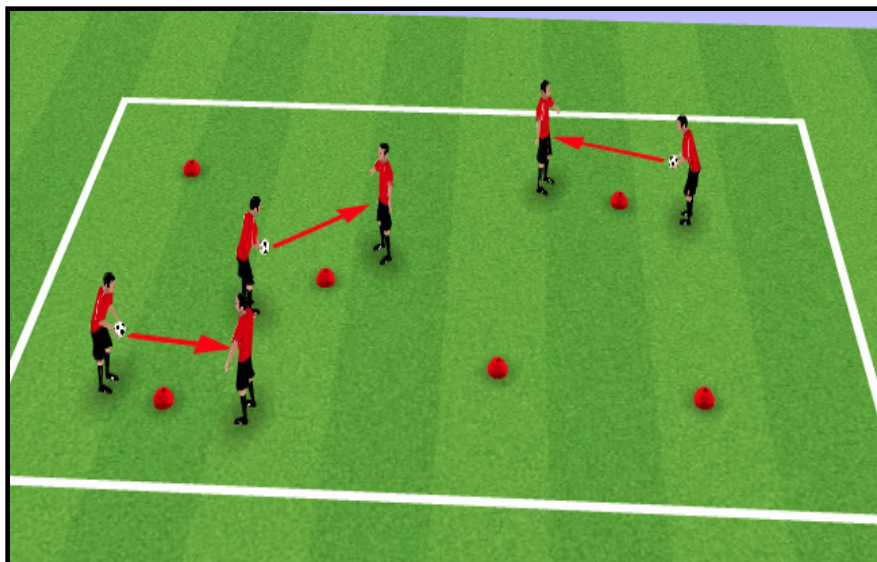
Place cones inside the area. Split players into two teams. Each team has to get across the otherside by jumping over 6 cones. First team across gets a point. Players now hop over, run around, Bounce and catch ball at each cone before getting across.

Progressions

Players now dribble a ball and must lift ball over 6 cones.

Coaching Points

Keep ball close to feet
Head up to see next cone

**Passing In Pairs****Set Up/Rules**

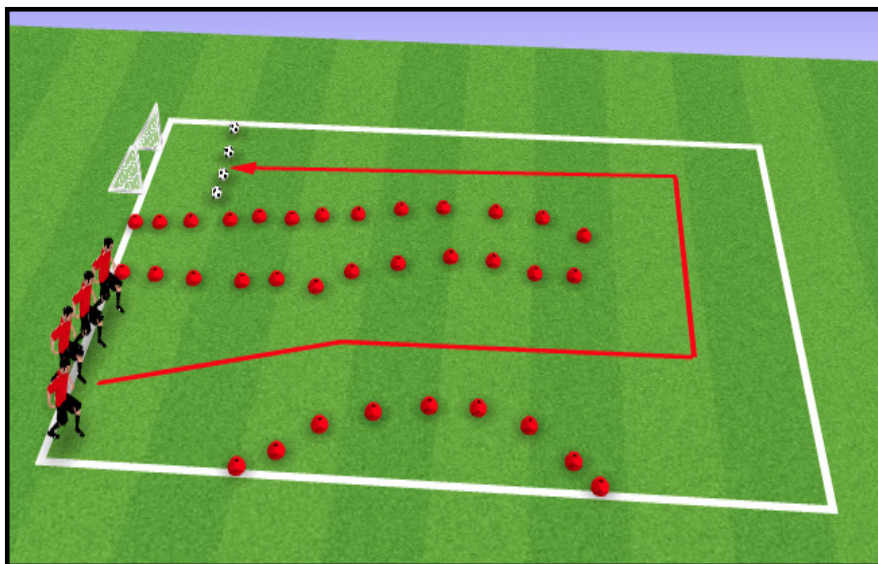
Players work in pairs. Players have to throw and catch the ball between them 5 times over a cone to get a point.

Progressions

Add another cone next to each to create a gate. Ball now at feet, players pass back and forth 5 times to get a point. Players then dribble to another gate and repeat.

Coaching Points

Use inside of foot to pass ball



Race Track Set Up/Rules

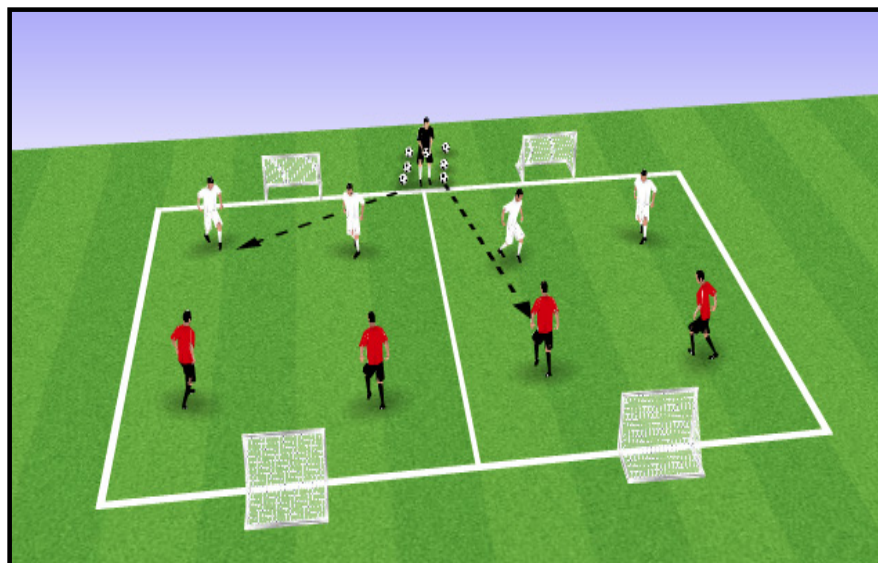
Set out some areas to create a race track as shown. Players run around the track and kick ball in goal.

Progressions

Add cones into the track as obstacles to jump over.
Players now dribble a ball around the track and score to finish race.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Small Sided Game - 2v2

Set Up/Rules

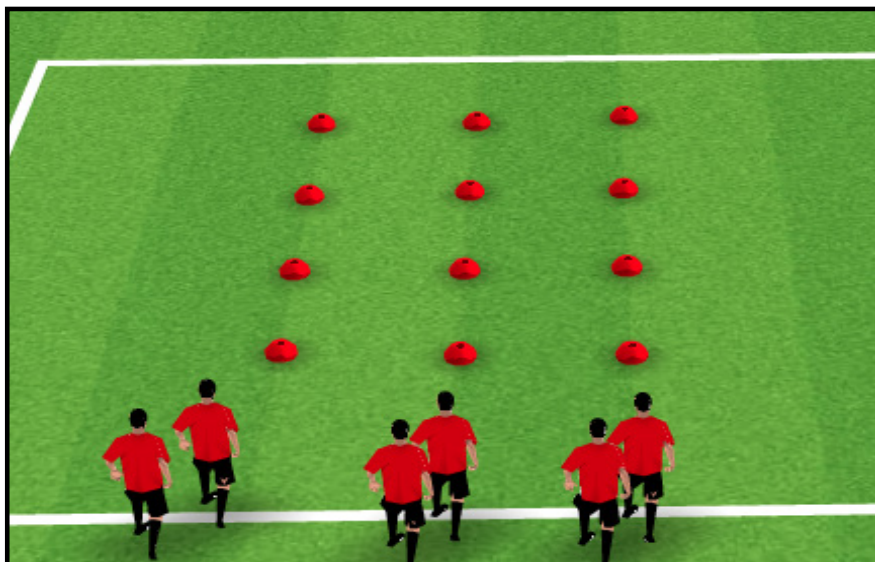
Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Relay Races

Set Up/Rules

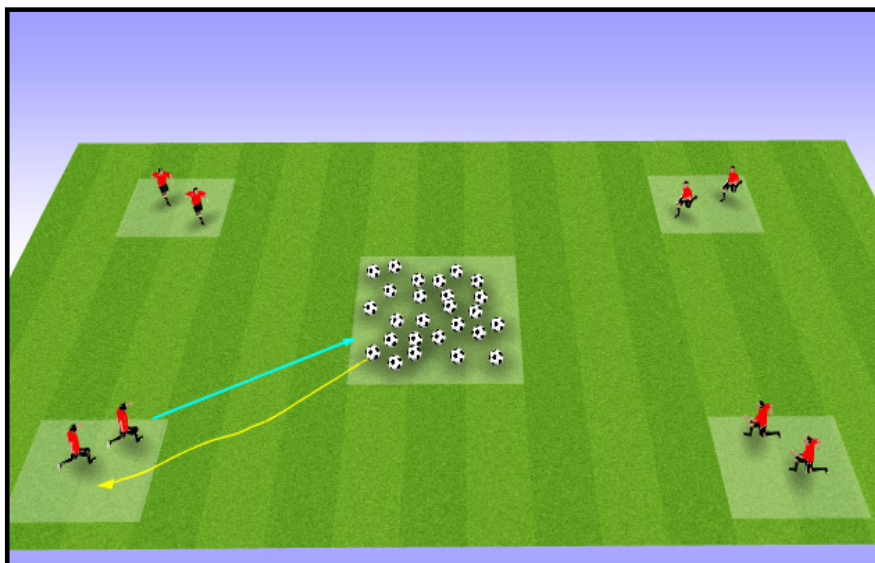
Split players into teams. First player in each team runs in and out the cones, around the end cone and back to the start, high 5 next player who repeats. First team back after 2 runs each wins.

Progressions

Jump over each cone
Hop over each cone
Players now dribble a ball

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Save The Soccer Ball

Set Up/Rules

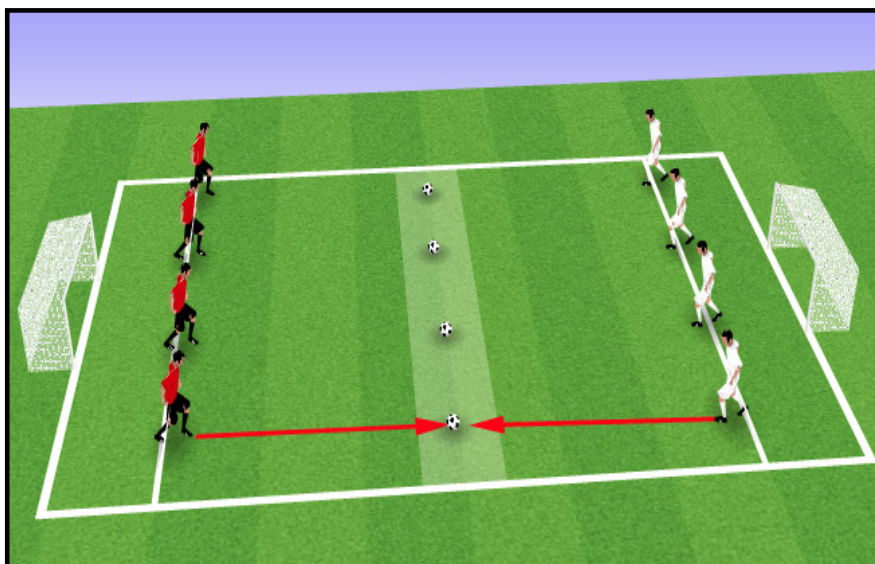
Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win. Players are superman and must fly and save as many people as possible.

Progressions

Replace the balls with cones. Each player dribbles the ball each time and carries a cone back.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

**Multi Ball****Set Up/Rules**

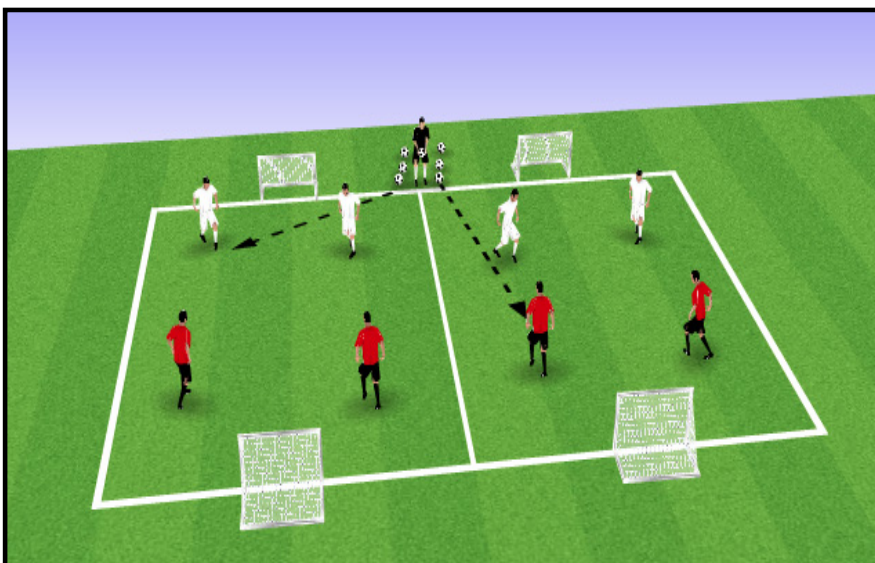
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Progressions

Once a pair have finished their game they can go and help a team mate in that game to create a 2v1 or 2v2.

Coaching Points

Keep ball close to feet
Big kick to get ball in goal.

**Small Sided Game****Set Up/Rules**

Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space