



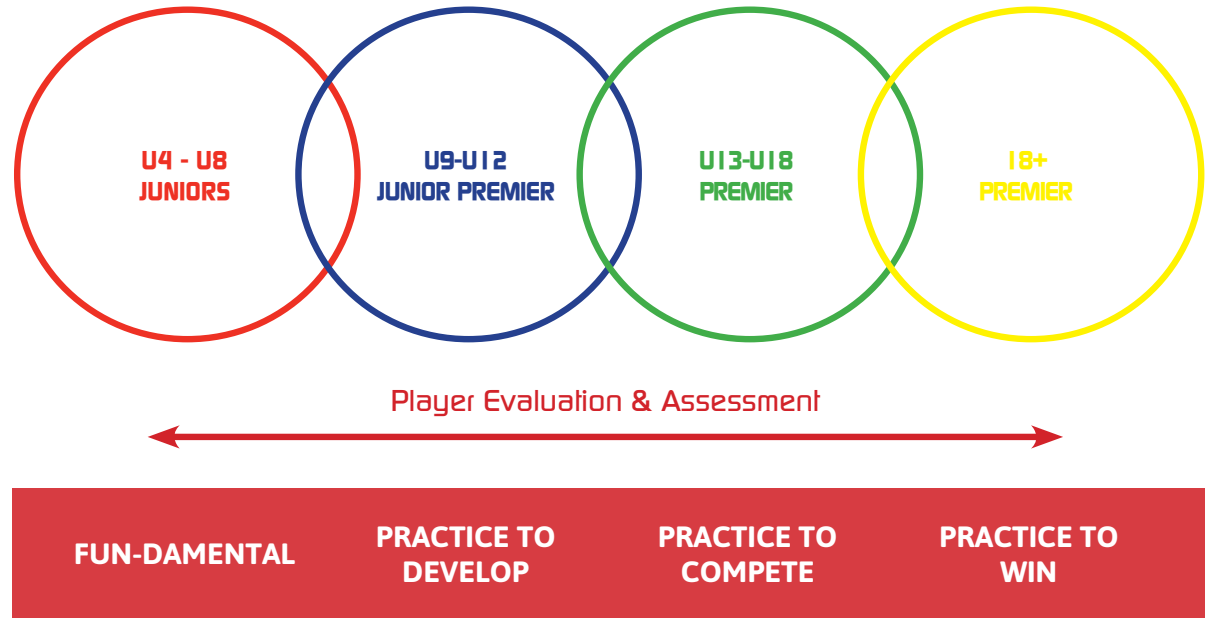
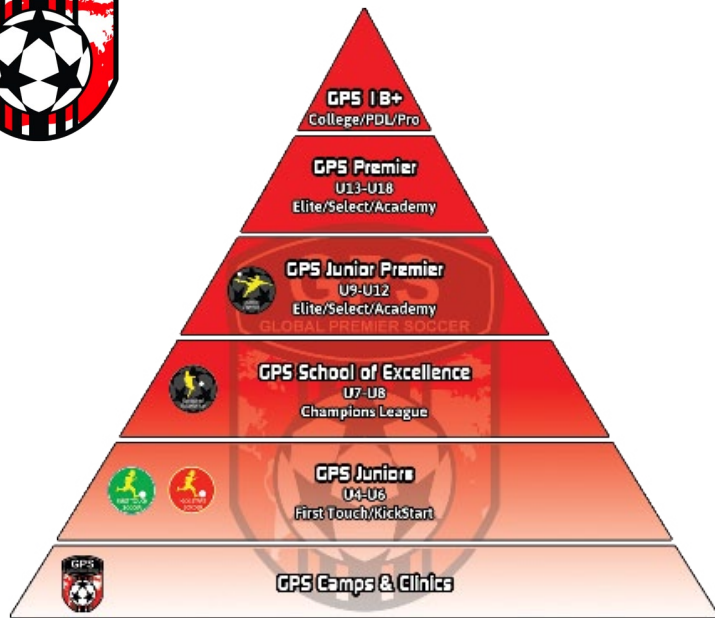
# GLOBAL PREMIER SOCCER

2013 CURRICULUM

U6 RECREATIONAL  
10 WEEK TRAINING PROGRAM



# 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 centre 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”.
- Acknowledge that players will learn and develop at different speeds.
- To keep a fresh and current outlook on the changes in young player development.
- Create a deep and underlying passion for the sport of soccer at all ages.





# SCORE METHODOLOGY

GPS recommends that all practice sessions follow the S.C.O.R.E. method:

**S**IMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

**C**HALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

**O**RGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

**R**ELEVANT. Ensure that the exercises in your session are relevant to the game.

**E**NJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game.





## LEARNS AT U6

### TECHNICAL

RECEIVING WITH BOTH FEET USING THE INSIDE  
DRIBBLING WITH THE HEAD UP  
RUNNING WITH THE BALL USING BOTH FEET  
ATTACKING UNOPPOSED  
STRIKING THE MIDDLE OF THE BALL

### TACTICAL

AWARENESS OF SELF  
AWARENESS OF THE BALL  
AWARENESS OF BOUNDARIES

### PSYCHOLOGICAL

FULFILLING NEED FOR PLAY AND FUN  
DEVELOPING THE ABILITY TO CONCENTRATE

### PHYSICAL

ALL PHYSICAL DEVELOPMENT IS DONE WITH THE BALL  
FOCUS IS ON RUNNING, COORDINATION AND AGILITY





## SESSION STRUCTURE FOR U6

SESSION LENGTH - 45 MINUTES

TYPICAL PRACTICE SESSION STRUCTURE:

WARM UP - 5 MINUTES

ACTIVITY 1 - 10 MINUTES

DRINK BREAK 1 - 3 MINUTES

ACTIVITY 2 - 10 MINUTES

DRINK BREAK 2 - 3 MINUTES

SMALL SIDED GAME (4 v 4) - 10 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 4 MINUTES

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

At U5 this game should be 4 v 4.

Encourage players to form a diamond shape to the team (1-2-1).

Use various methods of scoring:

- Stop the ball on the endline
- Dribble through corner gates
- Knock a ball of a cone

Ensure that players experience attack and defensive roles during the game.

Avoid playing teams with larger numbers (i.e. 6 v 6) in order to increase player exposure to the ball.

Ensure to have a supply of balls so that your exercises flow.



### CURRICULUM KEY

— — — — — ➔ PLAYER MOVEMENT (RUN OFF THE BALL)

—————➔ BALL MOVEMENT

— — — — — ➔ PLAYER WITH BALL MOVEMENT



# U6 WEEK ONE: RUNNING WITH THE BALL

## ACTIVITY 1: TIPPY TAP

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Spread a number of balls around the area (ensure there are more balls than players).  
On coach's call, players have 60 seconds to touch as many soccer balls with their hand.

### PROGRESSION

Touch as many balls as possible by sitting on them.

Touch as many balls using the sole of the foot.

Touch as many balls as possible - players must tap the ball with left foot then right foot before moving to a new ball.

### COACHING POINTS

Head up to see where the balls are.

If someone is already at a ball, find a different ball (rather than have 2 people at 1 ball).

Touch the ball but make sure it stays in the same spot (gentle touch, not a stamp).

Move quickly to the new ball - slow down as you get near to it.



## ACTIVITY 2: TRAFFIC LIGHTS

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Players have a soccer ball each and dribble around the area.  
Coach holds up a colored cone as a command (coach can say colors if they do not have colored cones):  
Red Light: Players stop dribbling (screech to a halt).  
Yellow light: Players rev their engines (tap the top of the ball with the sole of the foot).  
Green light: Players start dribbling again.

### PROGRESSION

When coach says "Swap cars!" players stop their ball and find a different one.

### COACHING POINTS

Head up so players can see where they are going.  
Don't just look down at the ball.

Gentle touches on the ball to keep it close.

Stop the ball with the sole of the foot. Don't stamp on the ball, be gentle.



## SMALL SIDED GAME: 4 WAY KNOCK-DOWN

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
On each side of the playing area balance 3 balls on top of cones.  
Split players into 2 teams (try to avoid teams of more than 4 players - for larger groups, create 2 playing areas).

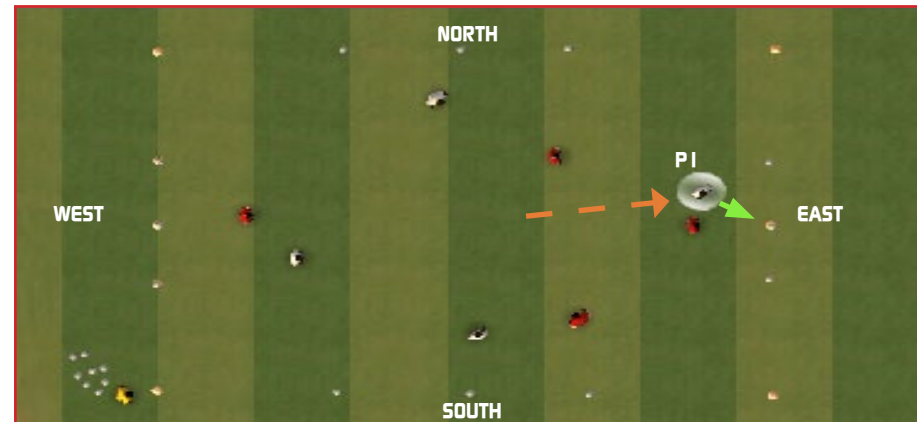
This is a 4 v 4 game - players score by knocking a ball off a cone with the game ball.

### PROGRESSION

Team 1 try to knock off the balls at NORTH and SOUTH, Team 2 EAST and WEST. The first team to knock down their balls wins.  
Once you have knocked off all of your balls, you can now knock off the other team's balls.

### COACHING POINTS

Encourage players not to crowd the ball.  
Can players use the inside of the foot and not the toe to strike the ball.



# U6 WEEK TWO: RUNNING WITH THE BALL

## ACTIVITY 1: KNOCKDOWN RELAY

### ORGANIZATION

Create multiple lanes of 10 x 5 yards.

At one end of each lane, balance 3 balls on top of cones.

Split players into teams of three - 1 player stands behind the balanced balls, the other 2 players start at the opposite end with a ball.

On coaches call, Player 1 runs while carrying a ball towards the balancing balls. Once close enough, Player 1 tries to knock down a ball by throwing the ball in their hands.

Player 2 collects the ball and carries it back to the other end. Player 2 throws the ball to Player 3. Player 3 repeats (Player 1 replaces Player 2 behind the balancing balls).

The first team to knock down all of their balls wins.

### PROGRESSION

Players now use their feet and dribble to the balancing balls.

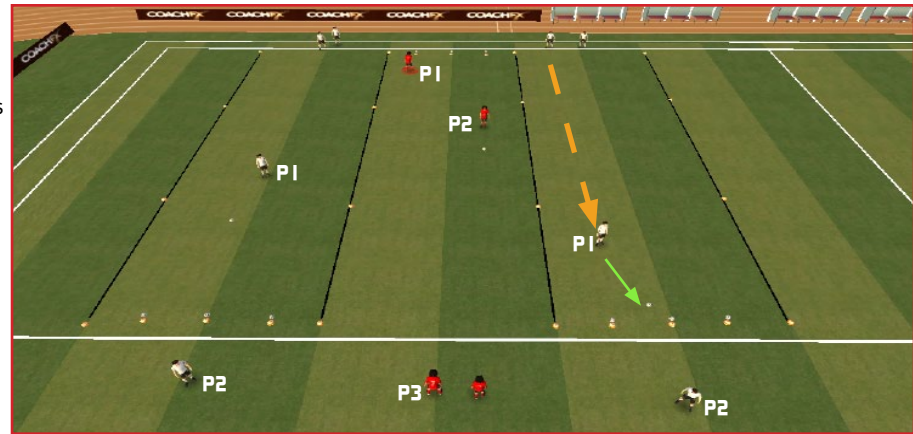
### COACHING POINTS

Head up in order to see where the balancing balls are.

Pick a target and stick with it.

When dribbling, smaller touches in order to keep the ball close.

Try to use the inside of the foot and not the toe when striking the ball.



## ACTIVITY 2: BALL TO SCORE

### ORGANIZATION

Create a playing area of 25 x 25 yards.

Give each player 4 cones in order to make a "base" on the outside of the playing area.

Spread a large number of balls in the middle of the playing area.

On coach's call, players run into the middle of the area, pick up a ball and take it back to their base.

When no balls remain in the middle, the player with the most balls wins.

### PROGRESSION

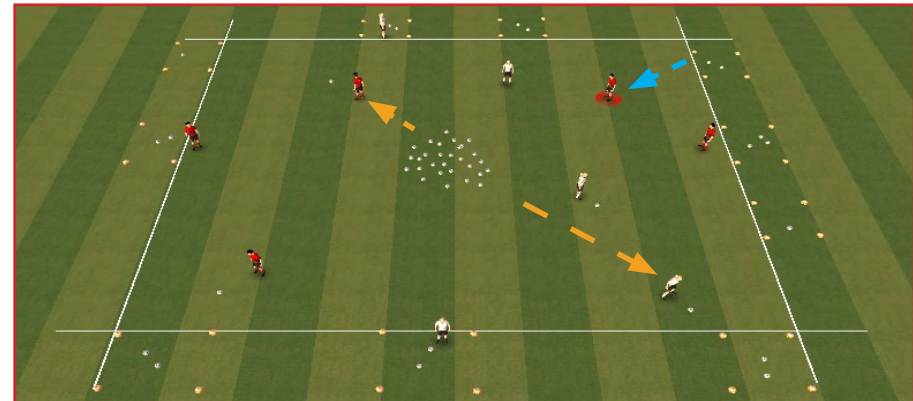
Players now run to the middle of the area and take a ball using their feet.

### COACHING POINTS

Run quickly to the middle, slow down as you get closer to a ball.

Use the sole of the foot to roll a ball out of the middle.

Keep the ball close when dribbling by taking smaller touches on the ball.



## SMALL SIDED GAME: 4 WAY GATE DRIBBLE

### ORGANIZATION

Create a playing area of 25 x 20 yards.

On each side of the playing area, create 2 goals using cones 5 yards apart.

Split players into 2 teams.

Teams score a point by dribbling through any of the cone goals.

Have a supply of balls - as soon as a goal is scored, put a new ball into the area of play.

### PROGRESSION

Team 1 can only score in the goals NORTH and SOUTH, Team 2 in EAST and WEST.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the open gate, don't try to score in a crowded gate.

Praise players who look for space to receive the ball.



# U6 WEEK THREE: DRIBBLING

## ACTIVITY 1: TEAM CONVEYOR BELT

### ORGANIZATION

Split players into teams of 4 players.  
Each team has a server (Player 1).  
Player 1 throws the ball to Player 2. Player 2 throws it back to Player 1 and then runs to the back of their team.  
The exercise continues with Player 1 passing to Player 3.  
The first team to have Player 1 back at the front of their line wins.  
Change the server after every race.

### PROGRESSION

Player 1 throws it to Player 2. Player 2 drops the ball to the ground and dribbles it to Player 1.  
Player 2 runs to the back of their team.

### COACHING POINTS

Speed of pass - throw the ball under arm to improve accuracy.

Communication - ask for the ball when you are ready.

Gentle touches on the ball when dribbling.



## ACTIVITY 2: SPONGEBOB SAYS!

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Players have a ball each and dribble around Bikini Bottom.  
SpongeBob (Coach) shouts various instructions - if SpongeBob's instruction is preceded by "SpongeBob Says" then the players must perform SpongeBob's command.  
Anyone who performs a command without hearing "SpongeBobs says" perform a task of coach's choice before rejoining the group.

### PROGRESSION

Use commands that enhance co-ordination as well as touches - throw ball in the air and catch, skip around the area, touch the ball with the left foot only etc.

### COACHING POINTS

Head up in order to avoid crashing into others.

Gentle touches on the ball when dribbling.



## SMALL SIDED GAME: END ZONES

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Using cones, create an end zone of 5 yards along each side of the playing area.  
Split players into 2 teams.  
Players score for their team by dribbling and stopping the ball in any of the end zones.

### COACHING POINTS

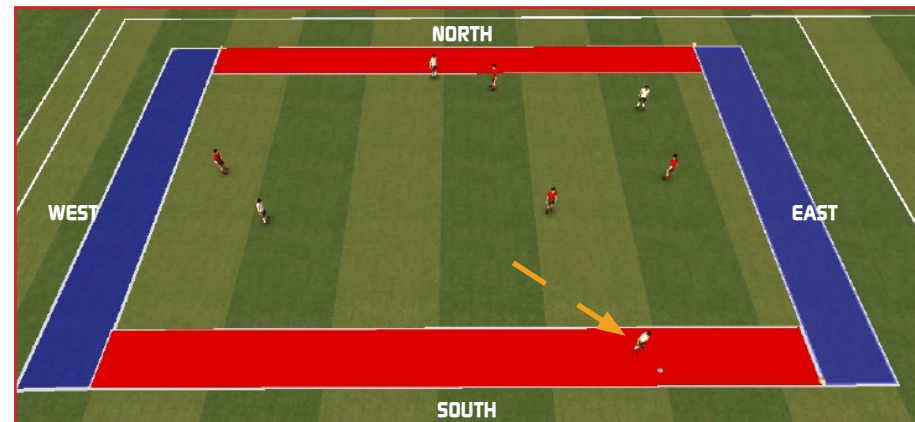
Team 1 can only score in the NORTH and SOUTH ends, Team 2 in EAST and WEST.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the end zone with the most space.

Praise players who look for space to receive the ball.



# U6 WEEK FOUR: DRIBBLING

## ACTIVITY 1: INCREDIBLE CONES

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Each player has an hat (cone) which gives them incredible powers.  
Can the players dribble around the area while wearing their super power hat.

### PROGRESSIONS

Swap hats with a friend.  
Change direction with the hat on.  
Jump as high as possible and keep your hat on.

### COACHING POINT

Head up to avoid crashing.

Smaller touches on the ball in order to keep it close.



## ACTIVITY 2: SUPERPOWER CHALLENGE

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Players have a ball each.  
Players dribble around the area - on coach's command players stop the ball, jump over it and then find a new ball.  
Each time they jump over a ball their super power increases.

### PROGRESSIONS

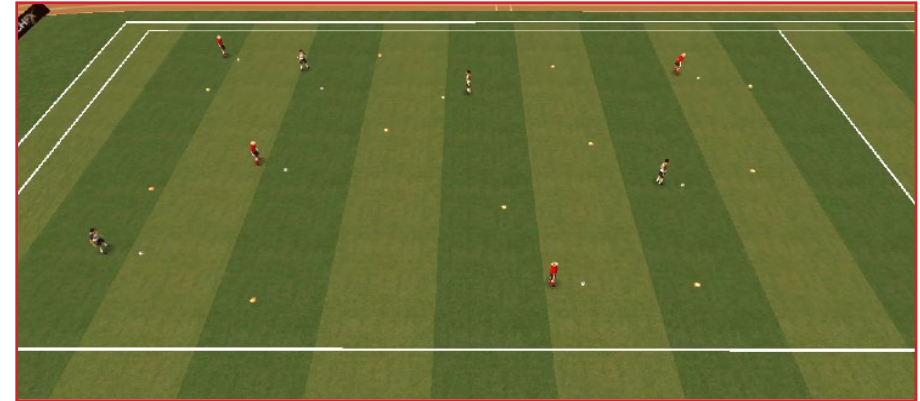
Players must stop the ball with one foot then touch it with the opposite foot before finding a new ball.

Players must stop their ball and run around it once before finding a new ball.

### PROGRESSION

Head up to avoid crashing.

Smaller touches on the ball in order to keep it close.



## SMALL SIDED GAME: 4 CORNERS

### ORGANIZATION

Create a playing area of 25 x 25 yards.  
Using cones, create a 5 x 5 yard square in each corner of the playing area.  
Split players into teams of no more than 4 players.  
Players score for their team by dribbling and stopping a ball into any of the corners.

### PROGRESSION

Team 1 can only score in A and B, Team 2 in C and D.  
Team 1 can only score in A and C.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the corner with the most space.

Praise players who look for space to receive the ball.



# U6 WEEK FIVE: ATTACKING

## ACTIVITY 1: MUSICAL CHAIRS

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Players stand in the area with their foot on the ball. On coach's call, players run around the area and touch all of the balls with the sole of their foot. When coach calls "STOP!" players must sit on a ball.  
The last player to sit on a ball must do a silly dance before the game resumes.

### PROGRESSIONS

Remove one ball. When coach calls "STOP!" the player without a ball must do a silly dance.

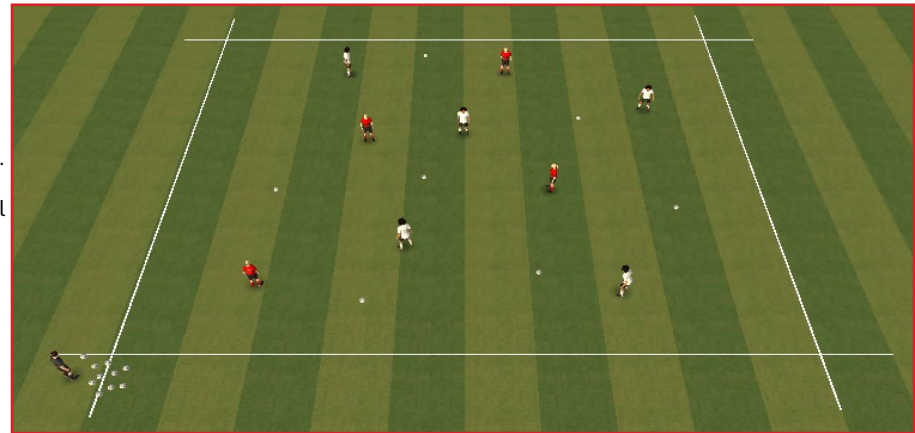
### COACHING POINTS

Head up to see where the balls are.

Gentle touch on the ball using the sole of the foot.

If someone is already at a ball, find a different ball that is open.

Move quickly to the next ball - slow down as you approach it.



## ACTIVITY 2: DEFROST GAME

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Players have a ball each.  
Select one player who is Frosty. Frosty does not have a ball.  
Players dribble around the area - Frosty tries to tap as many players as possible.  
If players are tapped by Frosty, they must freeze in place and place their ball on their head.  
Other players can defrost a frozen player by dribbling their ball through the frozen player's legs.  
If all players are tagged, Frosty wins and chooses a new Frosty.  
Ensure to change Frosty frequently.

### PROGRESSION

Frosty must have a ball that they dribble when trying to freeze players.

### COACHING POINTS

Head up to see where Frosty is.

Stay as far away from Frosty as possible without leaving the area.

Get low to make it difficult for Frosty to freeze you.

Keep the ball close by taking smaller touches.



## SMALL SIDED GAME: MULTIPLE 2 v 2s

### ORGANIZATION

Create multiple playing areas of 10 x 5 yards.  
In each area have 2 teams of 2 players.  
Have a different way to score in each area: -  
• Dribble through cones.  
• Score in a goal.  
• Stop the ball at the end line.  
Play 3 minute games and then rotate the teams.  
The team that has scored the most goals after playing all teams are the winners.

### PROGRESSION

Create a 25 x 20 yard area.  
Place goals at each end.  
Play a 4 v 4 scrimmage.

### COACHING POINTS

Team work - look for space to receive the ball rather than taking the ball from your team mate.

Encourage enjoyment and participation.



# U6 WEEK SIX: ATTACKING

## ACTIVITY 1: LEFT AND RIGHT

### ORGANIZATION

Create a number of 4 x 4 yards area using cones.  
Balance a ball on a cone in the centre of the area.  
2 players per box - players have a cone to their left and right and face the ball in the middle.  
If coach calls "Left" players touch the ball to their left, then the ball to their right before stealing the ball in the middle.  
1 point is awarded every time you steal the ball first.  
Rotate players so that they play a different person.

### PROGRESSION

Players run diagonally and touch the cones on the opposite side before stealing the ball.

### PROGRESSION

Players balanced, on the balls of the feet.

Players alert, waiting for coach's command.

Try to shuffle sideways rather than crossing their feet.



## ACTIVITY 2: WOO-CHOP TO SCORE

### ORGANIZATION

Split players into 2 teams (set up 2 goals for larger groups).  
Place 1 team either side of a goal (ensure the players are at least 6 yards away from the goal).  
Place a cone 6 yards away from the players.  
On coach's call, Player 1 from each team dribbles forward and around the cone. As players go around the cone, they must shout "WOO-CHOP!"  
Once around the cone it is a race to score in the goal.  
Rotate teams that are competing - the team to score the most goals at the end of play wins.

### PROGRESSION

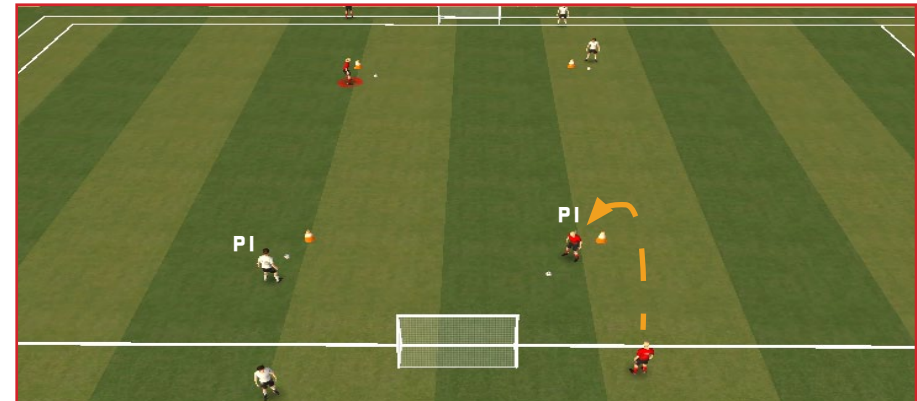
Swap sides so players are using both feet.

### PROGRESSION

Head up to see the cone and then the goal.

Smaller touches to keep the ball under control

Shoot using the inside of the foot rather than the toe.



## SMALL SIDED GAME: 4 GOALS

### ORGANIZATION

Create a playing area of 25 x 20 yards.  
Using pop up goals (or cones) create a goal in each corner of the playing area.  
Split players into 2 teams of no more than 4 players.  
Players score by dribbling through any of the corner goals.

### PROGRESSION

Nominate 2 goals that each team can only score through.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the corner with the most space.

Praise players who look for space to receive the ball.



# U6 WEEK SEVEN: ATTACKING

## ACTIVITY 1: DANCEFLOOR

### ORGANIZATION

Create an area of 5 x 5 yards.

On coach's call, one player moves into the area and freestyles as many skills / moves as possible.

When coach calls for a new player, the player currently in the middle moves out and allows a new player in.

Awards style points for moves!

### COACHING POINTS

Allow players to perform moves with or without the ball.

Encourage participation and enjoyment.

### PROGRESSION

Players go on the dancefloor in pairs.



## ACTIVITY 2: SHARKS AND MINNOWS

### ORGANIZATION

Create a playing area of 25 x 25 yards.

Each player has a pinnie in the back of their shorts which acts as their fish tail.

Coach is the shark. Minnows must run from one side to the other without the shark stealing their tail.

If a minnow loses their tail they become a shark.

Allow different players to start as the shark.

### PROGRESSION

Minnows now have a ball and try to dribble across to the other side. Shark also has a ball that they must also dribble - they are not allowed to leave the ball and go steal a tail.

### PROGRESSION

Head up to see where the shark is. Try and stay as far away as possible.

Stay low and change direction in order to get away from the shark.



## SMALL SIDED GAME: 4 CORNERS

### ORGANIZATION

Create a playing area of 25 x 25 yards.

Using cones, create a 5 x 5 yard square in each corner of the playing area.

Split players into teams of no more than 4 players.

Players score for their team by dribbling and stopping a ball into any of the corners.

### PROGRESSION

Team 1 can only score in A and B, Team 2 in C and D.

Team 1 can only score in A and C.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the corner with the most space.

Praise players who look for space to receive the ball.



# U6 WEEK EIGHT: ATTACKING

## ACTIVITY 1: GLADIATORS

### ORGANIZATION

Create a playing area of 15 x 20 yards.  
Every 5 yards play 1 Gladiator.  
The contestant must run then gauntlet from one end to the other without being tagged by a Gladiator.  
Gladiators can move laterally (left & right) along their line but can not move forward or backwards. A Gladiator is defeated once the contestant is past them and must take a knee.

### PROGRESSION

The contestant and the Gladiator must have a ball at their feet at all times.

### COACHING POINTS

Move the Gladiator to one side and create space to move into (run to one side of the gauntlet and not through the middle).

Stay low to try and avoid the Gladiator.

Quick changes of direction (knees bent, run on the balls of your feet).



## ACTIVITY 2: WHACK-A-MOLE

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Balance a number of balls on cones inside the area.  
When coach shouts "GO!" players have 60 seconds to whack as many moles as possible (knock a ball off a cone by passing their ball onto it).  
Players shout out their score as they go.  
Have parents assist in putting moles back into position once knocked over.

### PROGRESSION

Players can only whack-a-mole by striking the ball with a specific foot.  
Add one player who is the mole protector. The mole protector stops players from whacking a mole by blocking their shots.

### PROGRESSION

Head up to see the moles.

If someone is already at a mole, look for an open one.

Try to strike the ball with the inside of the foot rather than the toe.

Use smaller touches on the ball when dribbling to keep it close.



## SMALL SIDED GAME: MULTIPLE 2 v 2s

### ORGANIZATION

Create multiple playing areas of 10 x 5 yards.  
In each area have 2 teams of 2 players.  
Have a different way to score in each area: -

- Dribble through cones.
- Score in a goal.
- Stop the ball at the end line.

Play 3 minute games and then rotate the teams.

The team that has scored the most goals after playing all teams are the winners.

### PROGRESSION

Create a 25 x 20 yard area.  
Place goals at each end.  
Play a 4 v 4 scrimmage.

### COACHING POINTS

Team work - look for space to receive the ball rather than taking the ball from your team mate.

Encourage enjoyment and participation.



# U6 WEEK NINE: I v I s

## ACTIVITY 1: MONSTER SPIN

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Each player has a ball.  
Monsters carry the ball around the playing area while moving in different ways (running, jumping, sideways, jumping etc).  
On coach's call, monsters have to jump as high as they can and spin 360 degrees.  
After spinning, players continue to move around the area.

### PROGRESSION

Players throw the ball in the air, spin and then try to catch their ball.

### COACHING POINTS

Players throw the ball in the air before spinning and then try to catch their ball.



## ACTIVITY 2: MONSTER DODGE!

### ORGANIZATION

Create a playing area of 20 x 20 yards.  
Create a smaller 10 x 10 yard box in the center of the playing area.  
Place one player who is the monster inside of the center box (monster's house).  
The monster is not allowed to come out of their house.  
Players try to run through the monster's house without the monster tagging them. The monster gets 1 point for every person that they tag.

### PROGRESSION

All players now have a soccer ball and try to dribble through the monster's house.

### COACHING POINTS

Head up to see where the monster is.

Wait for the monster to go to one side of their house and dribble through the space left behind them.

Take slightly larger touches when trying to move fast.



## SMALL SIDED GAME: 4 GOALS

### ORGANIZATION

Create a playing area of 25 x 20 yards.  
Using pop up goals (or cones) create a goal in each corner of the playing area.  
Split players into 2 teams of no more than 4 players.  
Players score by dribbling through any of the corner goals.

### PROGRESSION

Nominate 2 goals that each team can only score through.

### COACHING POINTS

Encourage players not to crowd the ball.

Look for the corner with the most space.

Praise players who look for space to receive the ball.



# U6 WEEK TEN: TOURNAMENT

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## ACTIVITY 1: PLAYER'S CHOICE

### ORGANIZATION

ALLOW THE PLAYERS TO CHOOSE THEIR FAVORITE GAME FROM THE PREVIOUS 9 WEEKS.

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## ACTIVITY 2: PLAYER'S CHOICE #2

### ORGANIZATION

ALLOW THE PLAYERS TO CHOOSE ANOTHER FAVORITE GAME FROM THE PREVIOUS 9 WEEKS.

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## SMALL SIDED GAME: TOURNAMENT

### ORGANIZATION

Split players into equal numbered teams (no more than 4 players per team).  
Set up multiple fields and allow the players to play 4 v 4 to goal.

All teams play each other once - the team that has scored the most goals at the end of practice is the winner.

### COACHING POINTS

Remember the emphasis is fun and participation.

Provide praise when you see good play.

Give players other ways to score points than just scoring in the goal: -

- 1 Point for a pass.
- 1 Point for a cool move.
- 1 Point for a player moving into space to receive a pass from a team mate.

