

U8 CURRICULUM

Jerry Gordon Challenger Sports

*Fond du Lac Soccer
Association*



CHALLENGER SOCCER ACADEMY

Welcome to the Challenger Soccer Academy (CSA) a division owned and operated by the Challenger Sports Corporation the largest provider of soccer programs, camps and clinics in North America working with over 150,000 children between the ages of 2 through 18 on an annual basis. Our pursuit is to offer the highest level of year round Coaching to Players, Coaches and Organization's available.

Challenger Soccer Academy offers seasonal coaching to organizations throughout North America. We offer two main services with our first being the ability to provide an International and qualified coaching staff that organizations and clubs have access to, thus helping to develop and grow their programs. Secondly we offer supplemental programs aimed at players of all ages include Player Development Programs, MiniKickers, Skill Development Leagues, Coaching Clinics and Individual Player clinics to name but a few. These are all offered nationwide and run through our regional staff located in our 15 present regional offices.

The following Challenger Soccer Academy curriculum has been provided as a base for you the Challenger Trainer. It must not be underestimated the role that each of our Academy staff members will now play for the organizations that they will work for and come into contact with throughout North America. In this curriculum we have strived to provide for each area of a players development and cater for all levels of ability and ages.

This staff curriculum has been taken, adapted and customized from various coaching materials provided by Football / Soccer Association's from throughout North America, South America and Europe. This curriculum is a base for each of our Academy Staff to work from and utilize their personal coaching style and experiences for implementation into each of their training sessions.

The most important person within our Academy program is you the Trainer and we would hope that you follow this guide in structuring your sessions and in developing the key areas for each Phase of Development outlined. Above all we are hopeful that you use the information provided along with your own knowledge and experiences to help develop the Organizations, Clubs, Teams, Coaches and Players you work for and help maintain the Challenger Soccer Academy (CSA) and Challenger Sports as the largest and most successful soccer company worldwide.

STYLES OF PLAY: GENERAL

MATCH

OFFENSIVE STYLE

All teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.

QUICK TRANSITIONS AND FINISHING

Speed of play, avoiding over-dribbling, looking for an organized and quick movement of the ball and finishing will be encouraged in all age groups.

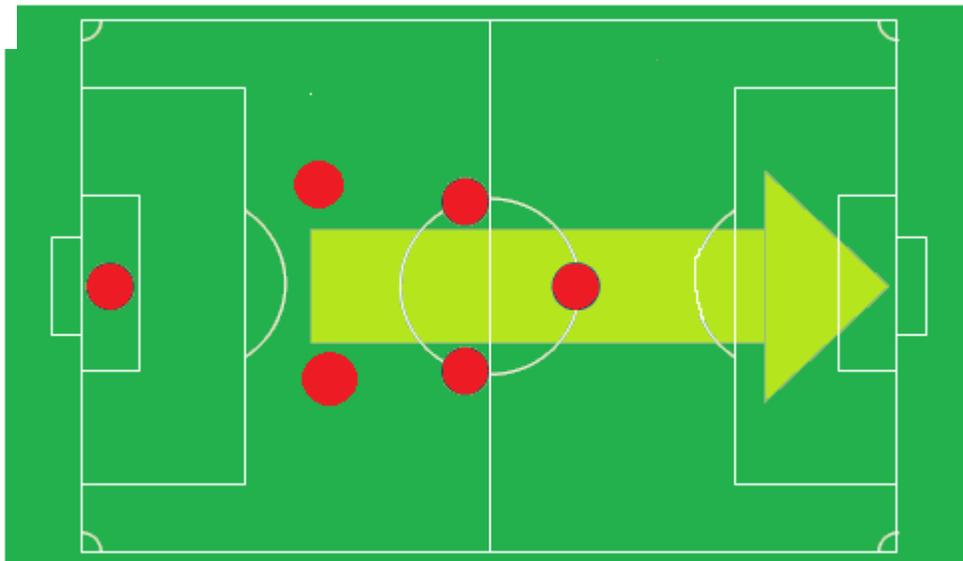
POSITION SPECIFIC

A team must be organized defensively, keeping their specific positions in the formation. However, players will look for space and movement to support the forward when attacking by moving away from their original positions.

FORMATIONS

2-2-1 FORMATION

Teams will use the 3-3 formation. 2 defenders 2 midfielders 1 attacker.



STYLES OF PLAY: SPECIFIC

TECHNICAL

PASSING & RECEIVING:

Passing the ball on the ground with pace from different distances and receiving the ball while keeping it moving will be encouraged in all age groups.

SHOOTING

Players must develop the ability to shoot from different distances. All players should be encouraged to shoot around the goal keeper box.

BALL CONTROL AND TURNING

Players will be encouraged to keep close control of the ball and use different turning techniques to move away from the defender.

TACTICAL

PLAYING OUT FROM THE BACK

All teams must feel comfortable playing the ball from the back through the midfield and from there to the final quarter of the field.

GOAL KEEPERS

All goal keepers are only allowed to play the ball to the team mate by rolling, throwing, or passing the ball. No Punting allowed. This is so the team can keep possession and play from the defense and work the ball up field.

POSSESSION & TRANSITION

All teams must try to keep possession of the ball playing a one-two touch game. Players will be encouraged to support and move, thus creating passing options. Once the possession game is consolidated the team must learn how to transfer the ball in the most efficient way from one area of the field to another.

PHYSICAL

SPEED & AGILITY

These qualities will be evident in the game from the early ages.

ENDURANCE

Individual players and teams will train to be resilient to high-intensity action.

STRENGTH & POWER

Strong players develop their speed more quickly, prevent injuries and are more competitive in games.

PRINCIPLES OF PLAY

TEAM

1. **All players attack and all players defend:** All players must be involved in the game as a unit.
2. **Numerical advantage:** Soccer is a game of numbers where we try to create a numerical advantage in attack and avoid being in a numerical disadvantage in defense.
3. **Flow of the ball:** The ball should flow from inside (of the space) to outside and outside to inside. Balls out wide are more secure and the ball in the middle increases the options of play.
4. **Triangle principle and passing options:** The player in possession of the ball must receive constant support and have at least two passing options.
5. **Speed of play:** Quick movement of the ball creates 2v1 situations.
6. **Movement off the ball:** Find the best available space to create passing options for the player in possession of the ball.
7. **Pressure as a unit:** Organized pressure forces the opponents to commit errors.
8. **Transition:** Improve transition by reducing the number of passes needed to arrive at the target area or the opponent's goal.
9. **Direction of the game:** The game flows in two directions. Keep the essence of the game in the majority of your practices.
10. **Take initiative during the game:** Team breakdowns will occur. The team must be capable of adapting to new situations and imposing its own style of play during the game.
11. **No Punting from the Goal Keeper:** this is so the team can keep possession and not give the ball away.

STRUCTURE OF A TRAINING SESSION

BASIC STAGE U8			
Sessions per week	3 or 4	Duration of the session	60 min
Players per session	16	Duration of the match	60 min
TRAINING SESSION STRUCTURE	WARM-UP (10 min)		Fun & dynamic games, passing & possession practices, stretching & dynamic movement
	CORE TOPIC	Technical (10 min)	Exercises based on agility, speed, coordination & balance
		Physical (15 min)	Unopposed practices to develop quality and opposed practices to develop competitiveness. Opposed practices are more realistic and force players to make decisions as they would in the game
		Tactical Complex (15 min)	Practice games based on basic understanding of the game (attacking principles), possession, combination play, playing out from the back & finishing
	SCRIMMAGE (10 min)		Games based on position specific, quick movement of the ball and distribution of space

STRUCTURE OF A TRAINING SESSION

SPACE	Keep the organization of the space simple. The initial set up, with small changes, should be maintained throughout the whole session. Resetting cones during a session can easily disturb the flow of training. Attention during the session should be Focused on making the coaching points.
TIME	Time is flexible. Let the practice flow and make the coaching points at the right time, using breaks to give feedback to the group.
INTENSITY	Use short periods of time at high-intensity and utilize resting periods to explain the practices or make coaching points.
RULES	Use different rules to adapt the practices to the characteristics of the players and make the exercises age-appropriate.
NUMBER OF PLAYERS	Practice should progress from smaller to bigger groups of players. Use support players to create superiority in numbers and to make the exercises easier for the attackers.

SCHEDULE

Format for 10 week Team Training Session

The following is a guide for the for an eight-week team training-coaching block. The guide is split into three stages as follows:

Early Touches (age 6 -8): At this young age the players must work to improve their technical ability, this guide of sessions will look at primarily improving the player’s technical ability and improve their understanding of the game.

Within the foundation level a 5-session cycle system is used. This method of development is used to improve the players technical ability.

For example:

- **Wk 1 Passing, Turning and Control**
- **Wk 2 Dribbling, Running with the ball and Defending.**
- **Wk 3 Shooting**
- **Wk 4 Shielding/ Protecting the ball**
- **Wk 5 Passing, Turning and Control**
- **Wk 6 Dribbling, Running with the ball and Defending.**
- **Wk 7 Shooting**
- **Wk 8 Receiving the ball**
- **Wk 9 Dribbling, Running with the ball and Defending**
- **Wk 10 Shooting**

The process of this cycle is continued using different sessions each week on all the above aspects.

Also each week the players will learn a new “move” to take home & practice

- **Wk 1 Inside Hook**
- **Wk 2 Drag Back Turn**
- **Wk 3 Scissors**
- **Wk 4 Maradona**
- **Wk 5 Outside Hook**
- **Wk 6 Spin Turn**
- **Wk 7 Dribble fake dribble**
- **Wk 8 Dribble stop dribble**
- **Wk 9 Reflection on all turns**
- **Wk 10 Reflection on all Skill Moves**

Week 1: INSIDE HOOK

- 1 Begin by dribbling the ball forward about 10 yards.
- 2 Slow down and shorten your strides as you approach your turning point.
- 3 Reach around the furthest side of the ball with the inside of your foot.
- 4 Using 1 sharp cut with the inside of your right foot; turn your body 180 degrees.
- 5 Pivot on your standing foot to face back in the direction from which you came.
- 6 Make sure to coordinate the cut and the pivot to achieve the sharpest turn.
- 7 Go in to the turn slow and come out quickly.

Week 2: DRAG BACK TURN

1. Begin by dribbling the ball 10 yards forward
2. The slow down as you approach the cone
3. Plant your left foot next to the ball and place your right foot directly on top of it
4. Move the ball with the sole of your right foot with enough force that it rolls at least 2 yards back
5. Be sure to open your shoulder to allow the ball to roll across in front of your feet
6. Then turn keeping your eye on the ball at all times
7. Push the ball away from your feet & accelerate away

Week 3: The SCISSORS

- 1 Stand with both feet to the right of the ball.
- 2 Then lift your left foot over the top of the ball and plant it 12 inches to the left.*
- 3 As you do this, dip your shoulders to the left to fake a move in that direction
- 4 Then quickly bring your right foot around behind the ball so that you can play it away with the outside of that foot.
- 5 The ball should be played at a forty-five degree “forward” angle.
- 6 Explode for 5 yards to the right to finish.

Week: 4: The MARADONA TURN

- 1 First, place both feet behind the ball.
- 2 Then gently step on the top of the ball with the sole of your right foot.
- 3 Hop over the ball by pushing off from your left foot, turning in the air to face the opposite direction.*
- 4 Land with your left foot on top of the ball and your right foot planted.
- 5 Next, roll the ball backwards with your left foot, opening your body so it rolls across of you
- 6 Complete this move by turning as the ball rolls in front of you and then dribble away.

Week 5: OUTSIDE HOOK

- 1 Begin by dribbling the ball 10 yards forward.
- 2 Slow down and shorten your strides.
- 3 Plant your left foot and reach around the furthest side of the ball with the outside of your right foot.
- 4 Next, pull your toes up and turn your right foot as far to the right as possible.
- 5 Using 1 sharp cut with the outside of your foot; flick the ball 180 degrees in the opposite direction.
- 6 Then turn your whole body back toward the ball, and remember to lean your body into the turn.
- 7 Finally, make sure that you go into the turn slow and out fast.

Week 6: SPIN TURN

- 1 First, dribble 10 yards.
- 2 Then slow down and shorten your strides.
- 3 Swing your left foot over ball to fake a kick to the right. Be sure to make the fake convincing so the defender moves to the right. You can do this by exaggerating your body movement in fake.
- 4 Next, plant your foot a few inches beyond the right side of the ball.
- 5 Swivel 180 degrees back to the left and using the inside of your right foot, push the ball forward.
- 6 Accelerate away as you complete this move.
- 7 Finally, remember to go in slow and out fast.

Week 7: DRIBBLE FAKE STOP DRIBBLE

- 1 To start, dribble the ball 5 yards forward.
- 2 Pretend to stop by pushing your right foot over the ball.*
- 3 Be sure to hop on your left foot as you do this.
- 4 Bring the right foot back quickly behind the ball.
- 5 Then push the ball forward and accelerate away.
- 6 Practice this move slowly at first and then increase the speed at which your foot moves over the ball.

Week 8: DRIBBLE STOP DRIBBLE

- 1 Begin by dribbling the ball 5 yards forward.
- 2 Stop dead by planting your non kicking foot along side the ball , place your other foot on the ball.
- 3 After a momentary pause, continue by pushing the ball forward with your instep or laces, and continue dribbling.
- 4 Avoid falling over the ball by controlling your speed until you master the skill.



ACADEMY CURRICULUM
PHASE 2 (Ages 6 – 7)
TOPIC: Dribbling
OBJECTIVE: Moving with the Ball

WEEK: 1

Session Part: Warm Up		Time: 5mins
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players work in pairs one partner takes the lead while the other copies their actions. On coaches call they switch roles	
	Progressions <ul style="list-style-type: none"> Introduce a turn i.e drag back. 	Coaching Points <ul style="list-style-type: none"> Players to take little touches Keep your head up Look for space
Session Part: Unopposed Practice		Time: 15mins
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball and is allowed to dribble throughout the area. The coach calls out a part of the body which the player must put on the ball	
	Progressions <ul style="list-style-type: none"> Call out multiple parts of the body Players use imagination to smell and listen to their soccer ball 	Coaching Points <ul style="list-style-type: none"> Players to take little touches Keep your head up Look for space
Session Part: Opposed Practice		Time: 15mins
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball except Shrek. Players have to dribble with the ball and avoid Shrek. If Shrek gets the ball, they must hold the ball above their head. They are freed by another player putting the ball through their legs.	
	Progressions <ul style="list-style-type: none"> Players cannot be caught if they squish their soccer ball 	Coaching Points <ul style="list-style-type: none"> Players to take little touches Keep your head up Look for space
Session Part: Conditioned Game		Time: 15mins
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC When the Giant is sleeping, players dribble to the Giant's layer and attempt to steal his clothes.	
	Progressions <ul style="list-style-type: none"> When the giant wakes up, players must freeze and squish their soccer ball 	Coaching Points <ul style="list-style-type: none"> Use both feet when moving with the ball Keep your head up Put foot on the ball when still



ACADEMY CURRICULUM

PHASE 2 (Ages 6 – 7)

TOPIC: Passing

OBJECTIVE: Passing and Receiving

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WEEK: 2

Session Part: Warm Up		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players working in pairs dribble throughout the area. One player is designated as a tagger and tries to pass their ball and hit their partners. If they are successful the roles reverse		
	Progressions		Coaching Points
	<ul style="list-style-type: none"> If a player is tagged they must perform a skill i.e. toe taps 		<ul style="list-style-type: none"> Pass with inside of foot Placement of non-kicking foot Passing weight and accuracy
Session Part: Unopposed Practice		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC With a partner, players stand facing each other with one ball between two, passing back and forth.		
	Progressions		Coaching Points
	<ul style="list-style-type: none"> Have passing player run around their partner, back to starting position Increase passing distance 		<ul style="list-style-type: none"> Pass with inside of foot Placement of non-kicking foot Passing weight and accuracy
Session Part: Opposed Practice		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players now have to pass through a gate to their partner		
	Progressions		Coaching Points
	<ul style="list-style-type: none"> Increase distance Players take a touch to the side of their gate before passing 		<ul style="list-style-type: none"> Follow through with kicking foot Gentle touch out of feet Passing weight and accuracy
Session Part: Conditioned Game		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Cowboys and Aliens – Cowboys have to run across the field to the other side. Aliens have to hit the running cowboy between the knee and the foot.		
	Progressions		Coaching Points
	<ul style="list-style-type: none"> Cowboys have to zigzag their way across the field 		<ul style="list-style-type: none"> Body over the ball Face where you want the ball to go Passing weight and accuracy



ACADEMY CURRICULUM

PHASE 2 (Ages 6 – 7)

TOPIC: Shooting

OBJECTIVE: Ball Striking and Accuracy

WEEK: 3

Session Part: Warm Up		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players dribble throughout the area, shooting at and knocking over the cones which are placed in the area.		
	Progressions <ul style="list-style-type: none"> • Players must perform a turn or skill before shooting 		Coaching Points <ul style="list-style-type: none"> • Strike ball with laces • Head and knee over the ball • Preparation, contact & follow through
Session Part: Unopposed Practice		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players acting as bulldozers attempt to knock over cones.		
	Progressions <ul style="list-style-type: none"> • Players now dribble around the area attempting to knock to cones over 		Coaching Points <ul style="list-style-type: none"> • Strike ball with laces • Head and knee over the ball • Preparation, contact & follow through
Session Part: Opposed Practice		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players are in two teams, “Bulldozers” & “Cranes”. Bulldozers attempt to knock cones over while Cranes build them back up		
	Progressions <ul style="list-style-type: none"> • Switch Roles • Turn into a competition 		Coaching Points <ul style="list-style-type: none"> • Strike ball with laces • Head and knee over the ball • Preparation, contact & follow through
Session Part: Conditioned Game		Time: 15mins	
<p>© Copyright www.acadmysoccercoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players are in two teams, several goals are laid out around the field. Team with the ball dribbles throughout the area scoring as many goals as they can. The white team runs throughout the area acting as Goalkeepers.		
	Progressions <ul style="list-style-type: none"> • See who can score the most in a set time period. 		Coaching Points <ul style="list-style-type: none"> • Strike ball with laces • Look for space and an open goal • Aim for corners



Session Part: Warm Up		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball. The aim is to shield their ball whilst kicking other players out of the area. If they are eliminated they perform a set skill on the outside of the area.		
	Progressions <ul style="list-style-type: none"> Each player is given 3 lives. 	Coaching Points <ul style="list-style-type: none"> Side on with an open stance Knees bent for low center of gravity Arm out and bent at the elbow for balance 	
Session Part: Unopposed Practice		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball and is allowed to dribble around the area. When they approach a cone they must stop the ball & get into a shielding position		
	Progressions <ul style="list-style-type: none"> Introduce a time to see how many cones they can get too and apply the correct shielding position 	Coaching Points <ul style="list-style-type: none"> Side on with an open stance Knees bent for low center of gravity Arm out and bent at the elbow 	
Session Part: Opposed Practice		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball except a designated number of sharks. If a player is approached by a shark they must get into a shielding position.		
	Progressions <ul style="list-style-type: none"> Switch Roles The shark has 3 seconds to try and get the ball 	Coaching Points <ul style="list-style-type: none"> As above Keep head up, be aware of sharks Keep ball moving and away from sharks 	
Session Part: Conditioned Game		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Two Transformers teams – Autobots & Decepticons. Autobots protect their ball by shielding from Decepticons. If Decepticons win the ball they take it back to base		
	Progressions <ul style="list-style-type: none"> Decepticons only have 3 seconds to try and win the ball 	Coaching Points <ul style="list-style-type: none"> Strong shielding stance Keep the ball moving Move with ball into space 	



ACADEMY CURRICULUM

PHASE 2 (Ages 6 – 7)

TOPIC: Passing

OBJECTIVE: Passing and Receiving

WEEK: 5

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Session Part: Warm Up		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Players dribble throughout the area provided avoiding defenders. If your teammate is tagged by a defender the only way they can be freed is if you pass your soccer ball through their legs		
	Progressions <ul style="list-style-type: none"> Have players exchange 5 passes before being freed 	Coaching Points <ul style="list-style-type: none"> Pass with inside of the foot Strike through the ball Placement of non-kicking foot 	
Session Part: Unopposed Practice		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC With a partner, players stand facing each other with one ball between two, passing back and forth.		
	Progressions <ul style="list-style-type: none"> Have passing player run around their partner, back to starting position Increase passing distance 	Coaching Points <ul style="list-style-type: none"> Pass with inside of the foot Strike through the ball Placement of non-kicking foot 	
Session Part: Opposed Practice		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Groups of two, one ball per group. One player with a ball has to dribble after their partner and try to pass the ball and hit their feet.		
	Progressions <ul style="list-style-type: none"> 30seconds to try not get hit Who can hit their partners feet the most in 1minute 	Coaching Points <ul style="list-style-type: none"> As above Passing weight and accuracy Pass the ball in front of player 	
Session Part: Conditioned Game		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Dodge ball – Players are in two teams. One team in a defined area, the other team surrounding them. Players are eliminated if hit below the waist with a ball.		
	Progressions <ul style="list-style-type: none"> Reduce the number of balls used to encourage passing and receiving on the outside. 	Coaching Points <ul style="list-style-type: none"> As above Body weight over the ball Be aware of what is going on around you 	



ACADEMY CURRICULUM
PHASE 2 (Ages 6 – 7)
TOPIC: Shooting
OBJECTIVE: Ball Striking

WEEK: 6

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Session Part: Warm Up		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players are divided into pairs. They must strike the ball to their partner as if shooting.		
	Progressions <ul style="list-style-type: none"> For each successful shot, players take 2 steps backwards. 		Coaching Points <ul style="list-style-type: none"> Angle of approach to striking the ball Strike through the ball Body weight over the ball
	Session Part: Unopposed Practice		
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC With a partner, Batman and Robin stand facing each other with one ball between two, shooting back and forth.		
	Progressions <ul style="list-style-type: none"> Increase shooting distance Use various parts of the foot to shoot 		Coaching Points <ul style="list-style-type: none"> Angle of approach to striking the ball Strike through the ball Body weight over the ball
	Session Part: Opposed Practice		
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Same exercise as before only the players now have the penguin goalkeeper to shoot past.		
	Progressions <ul style="list-style-type: none"> Rotate positions Increase shooting distance Move with the ball before shooting? 		Coaching Points <ul style="list-style-type: none"> As above Placement of non-kicking foot Accuracy – Can you hit the corners?
	Session Part: Conditioned Game		
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players are split into two teams – “Batman” and “Robin”. Several goals are placed throughout the field. Team with the ball have to run and score, while the other team acts as Goalkeepers.		
	Progressions <ul style="list-style-type: none"> Goalkeepers must move Which team can score the most goals in a set time 		Coaching Points <ul style="list-style-type: none"> As above Body weight over the ball Be aware of what is going on around you



Session Part: Warm Up		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC In groups of two, players dribble throughout the area. During this time one partner is trying to tag the other.		
	Progressions <ul style="list-style-type: none"> Add a time to see who can tag their partner the quickest. 	Coaching Points <ul style="list-style-type: none"> Players to take small touches Head up Look for space to dribble into 	
Session Part: Unopposed Practice		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Each player has a ball and is allowed to dribble around the area. The coach names each square with a fun name i.e Animals. The coach calls out a name and players have to dribble to that corner		
	Progressions <ul style="list-style-type: none"> Change the names of corners to keep players alert 	Coaching Points <ul style="list-style-type: none"> Players to take small touches Head up Look for space to dribble into 	
Session Part: Opposed Practice		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Same exercise as before only now there is a hunter (defender) who is trying to catch the animals (players)		
	Progressions <ul style="list-style-type: none"> Players can now only be caught when the coach calls out a corner Players are safe if they stop and shield 	Coaching Points <ul style="list-style-type: none"> As above Go at a pace which allows player to stop Be aware of the hunter 	
Session Part: Conditioned Game		Time: 15mins	
<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	Organization Area: 20x20 Numbers: TBC Each player has a ball and attempts to dribble past the defender and get to the other side.		
	Progressions <ul style="list-style-type: none"> Have the defenders act like crabs to increase fun and player success rate 	Coaching Points <ul style="list-style-type: none"> Move the ball into space Keep the ball close when dribbling Have head up at all times 	



Session Part: Warm Up		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Players dribble throughout the area. In the area are a number of small boxes. Players dribble into these boxes and practice shielding the ball.		
	Progressions <ul style="list-style-type: none"> When players leaving the box's players must now perform turns 		Coaching Points <ul style="list-style-type: none"> Side on with an open stance Knees bent for low center of gravity Arm out and bent at the elbow for balance
Session Part: Unopposed Practice		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player is "Captain America" and has a ball for a shield at their feet. The coach calls out instructions for players to get into a shielding position.		
	Progressions <ul style="list-style-type: none"> Coach can use a certain buzzword i.e. Red Skull Attack 		Coaching Points <ul style="list-style-type: none"> Side on with an open stance Knees bent for low center of gravity Arm out and bent at the elbow
Session Part: Opposed Practice		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Captain America's dribble around shielding the ball from the Red Skulls.		
	Progressions <ul style="list-style-type: none"> Switch Roles The Red Skull has 3 seconds to try and get the ball 		Coaching Points <ul style="list-style-type: none"> As above Keep head up, be aware of Red Skulls Keep ball moving and from Red Skulls
Session Part: Conditioned Game		Time: 15mins	
<p>© Copyright www.academyfootballcoach.co.uk 2013</p>	Organization Area: 20x20 Numbers: TBC Each player has a ball and attempts to dribble past the defender and get to the other side.		
	Progressions <ul style="list-style-type: none"> Red Skulls only have 3 seconds to try and win the ball 		Coaching Points <ul style="list-style-type: none"> Strong shielding stance Keep the ball moving Move with ball into space



PLAYER EVALUATION

DATE:

NAME:

TEAM / AGE:

COACH:

ASSESSED BY:

WHEN EVALUATING EACH PLAYER USE THE BELOW CODE:

1 = BELOW AGE LEVEL 2 = CLOSE TO AGE LEVEL 3 = AGE APPROPRIATE 4 = ABOVE AGE LEVEL 5 = BEST IN AGE GROUP

TECHNICAL

	1	2	3	4	5	TECHNICAL ABILITY COMMENTS
1 st Touch						
Passing						
Dribbling						
Shooting						
Shielding						
Heading						
Defending						

TACTICAL

	1	2	3	4	5	TACTICAL KNOWLEDGE COMMENTS
Ability To Keep Possession						
Combination Play						
Changing The Point of Att.						
Ability To Maintain Shape						
Defending Principles						

PHYSICAL

	1	2	3	4	5	PHYSICAL ABILITY COMMENTS
Speed						
Strength						
Endurance						

PSYCHOLOGICAL						
Motivation	1	2	3	4	5	PHYSCHOLOGICAL COMMENTS
Confidence	1	2	3	4	5	
Determination	1	2	3	4	5	
Communication	1	2	3	4	5	
Discipline	1	2	3	4	5	

TOTAL (OUT OF 100)		
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COMMENTS

CONCLUSION

The following booklet guide has been provided as a base for the coach to then go and implement. It must not be underestimated the role the coach will now play for each of players he or she works with.

The most important person involved in a player's soccer life is the coach and I would hope that you follow this guide in structuring your sessions and in developing the key areas for the young players you will work with.

I hope that you use the information provided and your own knowledge to help make this a positive experience for all the players and for yourself



