



CLUB CURRICULUM

ACTIVE START



Age Group U4 - U5



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Message from the Technical Director

As the Technical Director I want to welcome you to Whitby FC. Being a returning coach or a new addition to our recreational program, I want to introduce you to the Whitby FC Club Curriculum which will assist you in planning, organizing and implementing age-specific training sessions within the 'ACTIVE START' development stage, representing the club's training model.

The Whitby FC training model is based on the concept of Long-Term Player Development (LTPD), a proven program for soccer player development that is player centered and coach driven.

At Whitby FC, we are fully committed to provide all of our players with the best opportunities for their development both on and off the field. We also stand for respectful behaviour towards coaches, teammates, opponents and officials.

The objective of this club curriculum is to provide all recreational players the same development opportunities at the same time to be able to reach their fullest potential along the road. Our dedication towards coaching development as well as player development is second to none and we will continue to stay on top of the game in future years. All of our recreational coaches will receive the appropriate tools to raise their standard of coaching and to effectively work with their respective players.

I am confident that the club curriculum will benefit your development as a coach along your coaching pathway and I thank all of you for your dedication and commitment in creating a positive environment for all of our players at Whitby FC.

We are heading into a bright future with the club and I am very pleased to be part of all this.

Thank you very much for your support and keep up the good work !

Kind regards,

Mirco Schroff

Technical Director
Whitby FC



Long-Term Player Development

Long-Term Player Development (LTPD) is a program for soccer player development, training, competition, and recovery based on biological age (physical maturity) rather than chronological age. LTPD is player centred, coach driven, and administration, sport science, and sponsor supported.

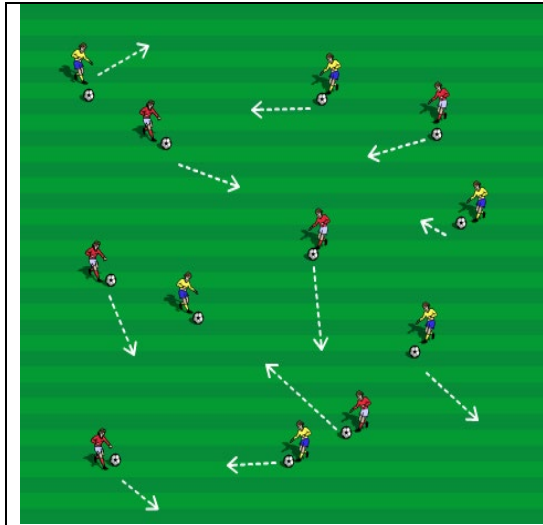
LTPD eliminates gaps in the player development system and guides planning for optimal athlete performance at all stages. It provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams. It follows scientific principles and practical coaching experiences.

The benefits that arise from LTPD are the following:

- * Players and parents will better understand what makes a good soccer program
- * More players learn at their level and have fun
- * More coaches are knowledgeable in leading safe, effective practices
- * Established pathways for player development for all levels of ability and ambition
- * Competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults.

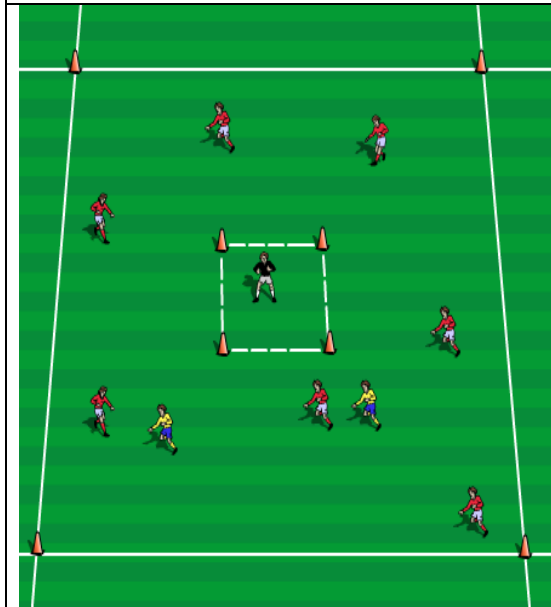


Week 1 + 2



Set-up as shown area 40yardsx30yards (10mins)

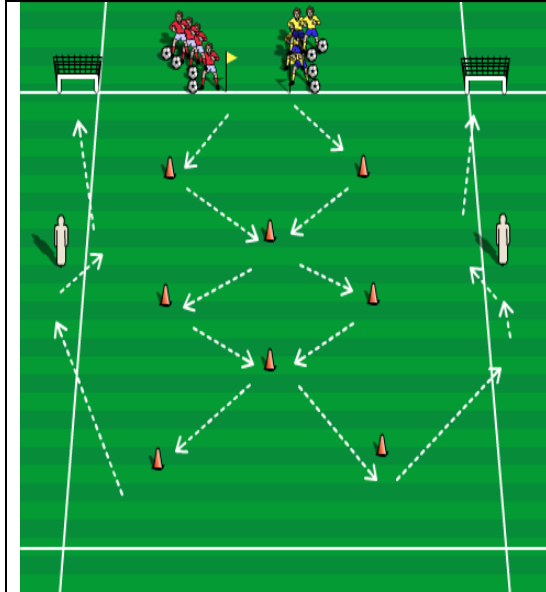
- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Sole of the foot only
- (5) Players stationary position on balls of feet on coaches instruction perform touch-touch-cut encourage players to self talk to feet
- (6) Players have 30secs to show as many skills/moves possible



Fun game – Star wars

Player in middle is Yoda, players (Jedi knights) as shown being chased by storm troopers (yellow) if Player is tagged they remain static and can only be set free if Yoda comes out of box area and gives them a high 5...Yoda is safe in the middle and cannot be tagged, if he is tagged when out the box game is over and storm troopers win.

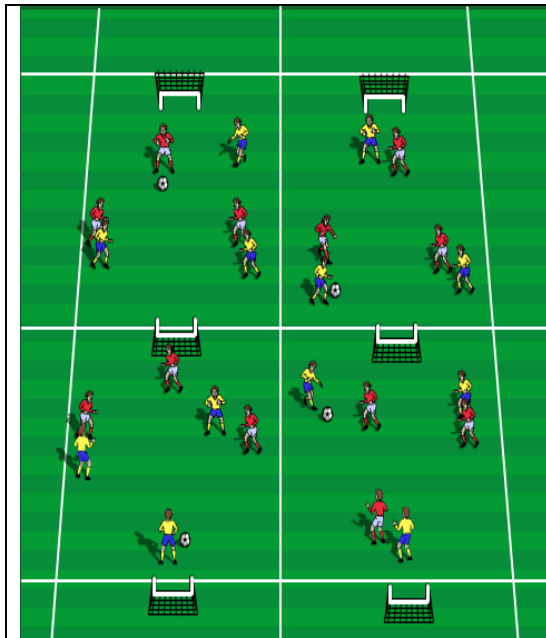
Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Practice(10mins)

- (1) Players dribble thru route as shown perform inside cuts at cone with alternate feet, beat mannequin with any move and shoot into goal
- (2) Players perform fake-take at mannequin(stop ball first if need to)
- (3) Finish with competition points for goals scored and extra points given for good technique (keeping ball under control/using disguise when executing moves)

Coaching points: Dribbling techniques/awareness look around



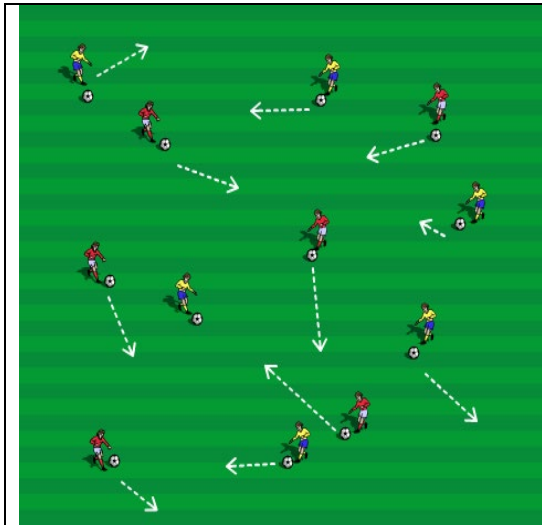
(Games 20 mins)

3v3 or 4v4 games rotate teams every 5mins



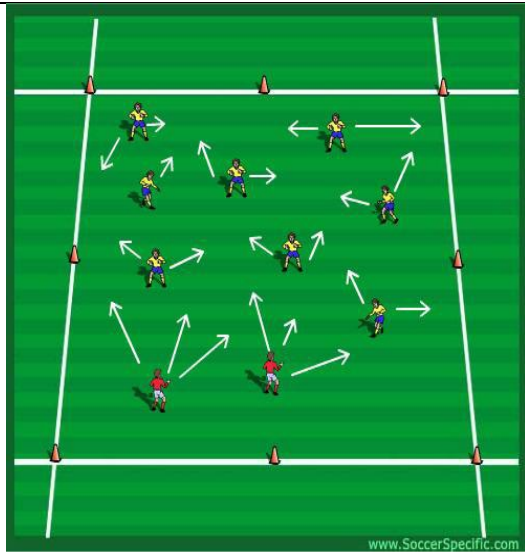


Week 3 + 4



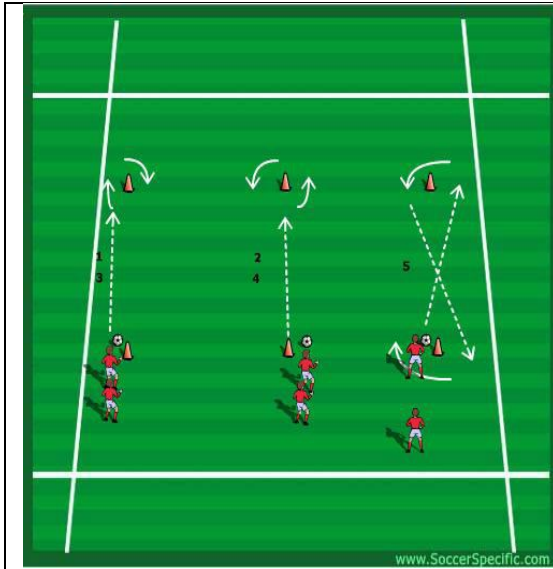
Set-up as shown area 40yardsx30yards (10mins)

- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Sole of the foot only
- (5) Players stationary position on balls of feet on coaches instruction perform touch-touch-cut encourage players to self talk to feet
- (6) Players have 30secs to show as many skills/moves possible
- (7) Finish speeds 1-5 dribbling



Fun activity – Tail tag (10mins)

Use bibs to tuck into back and create tail. 2 Players (Lion catchers) Try and grab as many tails as possible. Players come and get another tail from zoo keeper(coach) if lose tail



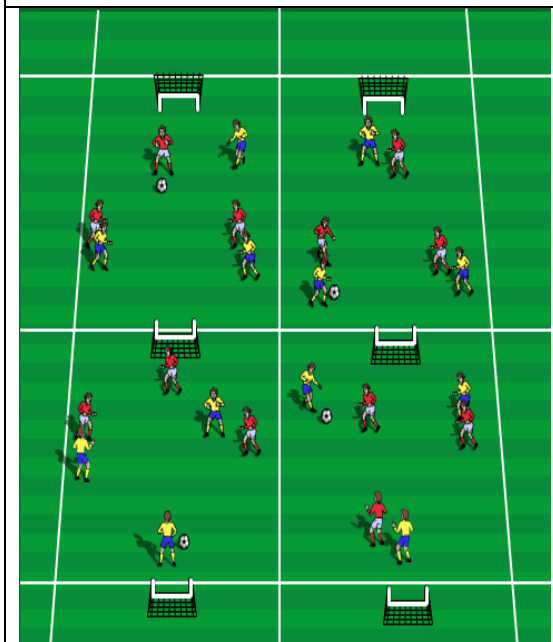
1. Players dribble round cone clockwise using outside Of right foot.
2. Players dribble round cone anti clockwise using Inside of right foot.
3. Players dribble round cone clockwise using inside of Left foot.
4. Players dribble round cone anti clockwise using Outside of left foot.

Coaching Points: Small touches and ball close to feet. Lift head as much as possible.

Supports: Slow down, use sole of foot or hand to Regain control of ball before dribbling again.

Extensions: Speed up, weaker foot, inside of both feet, Soles only.

5. Progression: Figure of 8. Race to see who can Complete figure of 8 2 times.



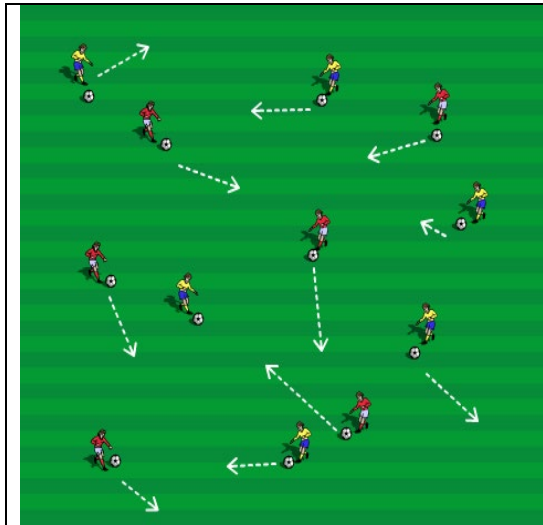
(Games 20 mins)

3v3 or 4v4 games rotate teams every 5mins



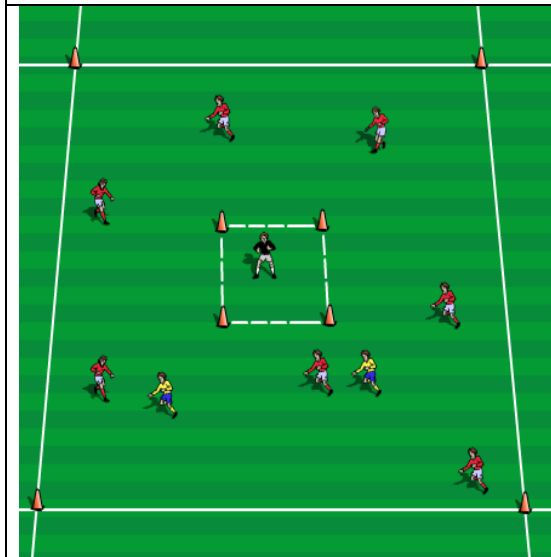


Week 5 + 6



Set-up as shown area 40yardsx30yards (10mins)

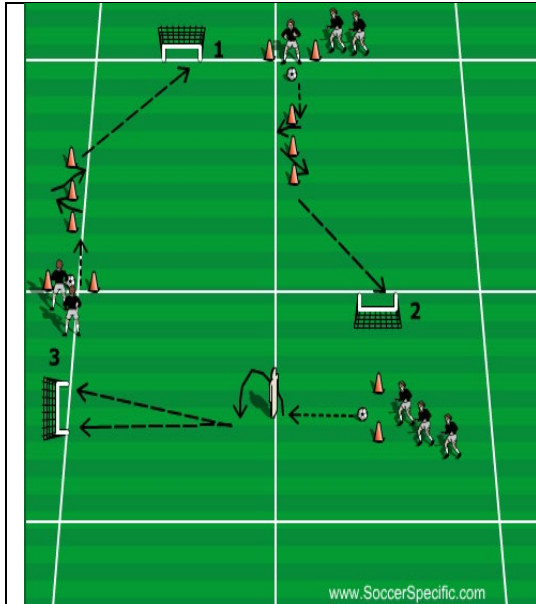
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- (2) Inside foot to inside foot
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- (5) Players have 30secs to show as many skills/moves possible
- (6) Individual ball retrieving



Fun game – Star wars

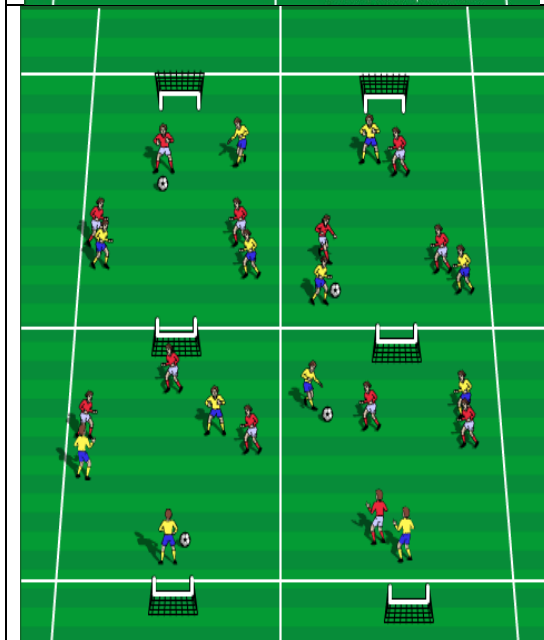
Player in middle is Yoda, players (Jedi knights) as shown being chased by storm troopers (yellow) if Player is tagged they remain static and can only be set free if Yoda comes out of box area and gives them a high 5...Yoda is safe in the middle and cannot be tagged, if he is tagged when out the box game is over and storm troopers win.

Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Group 1- Dribble around cones and shoot across goal to far away corner with left foot.
Group 2- Dribble around cones and shoot across goal to far away corner with right foot.
Group 3- Dribble around mannequin/ cone or passive defender and shoot at goal.
Players will rotate around groups from 1-2-3.

Key points:
Move to beat mannequin or coach, Encourage players to Fake and go opposite way

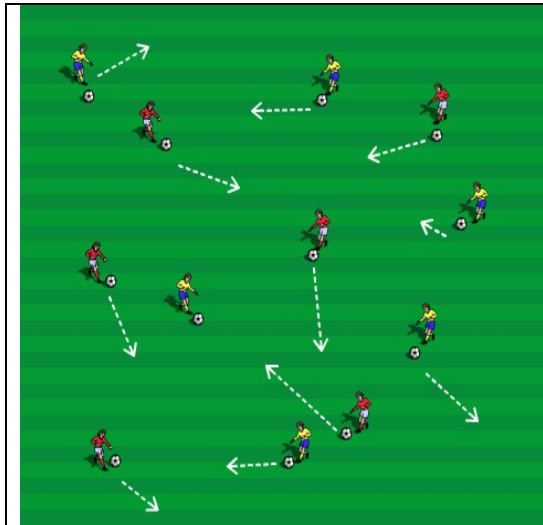


(Games 20 mins)
3v3 or 4v4 games rotate teams every 5mins



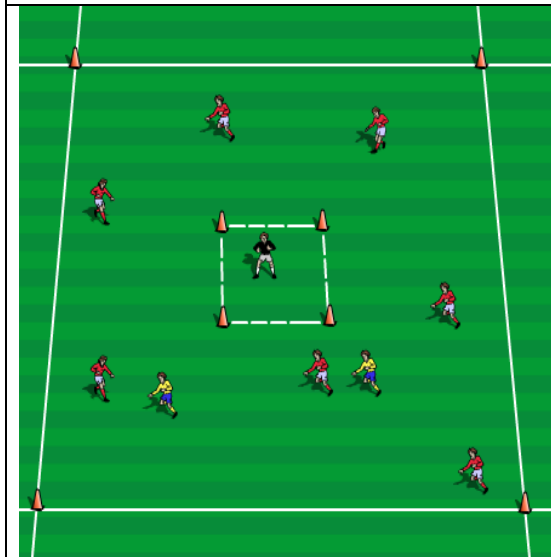


Week 7 + 8



Set-up as shown area 40yardsx30yards (10mins)

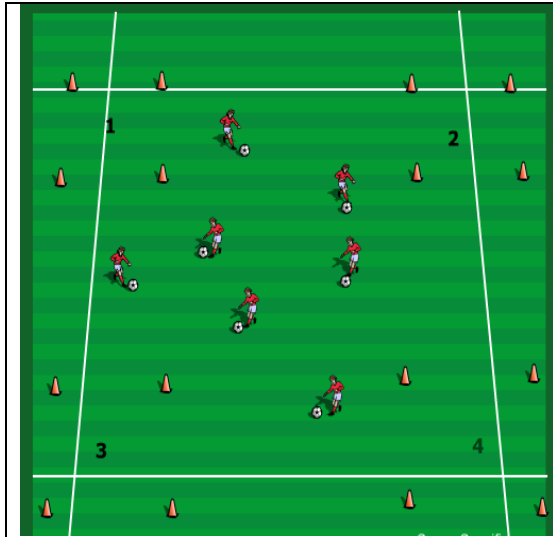
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- (6) Individual ball retrieving



Fun game – Star wars

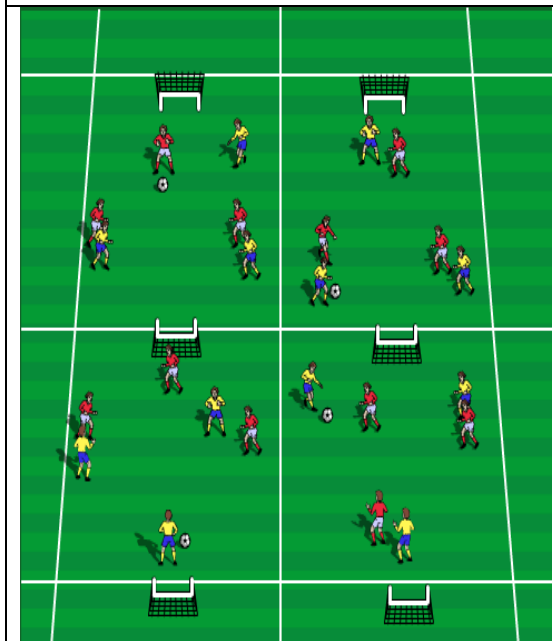
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Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Practice (10mins)

- (1) Players dribble freely, coach calls out names below, gradual build up and players dribble there as quick as possible
 - (2) Players perform 5 toe taps before dribble to box
 - (3) Drag back before dribble to box
 - (4) Coaches in middle if they touch players ball they have to perform 3 toe taps to get back in the game
 - (5) Finish with competition if coach touches ball player is out and joins coach last player in is the winner
1. Mcdonalds
 2. Dairy Queen
 3. KFC
 4. Chucky Cheeses



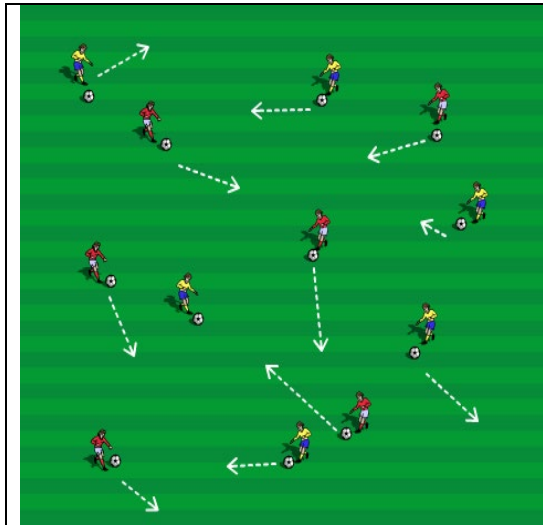
(Games 20 mins)

3v3 or 4v4 games rotate teams every 5mins



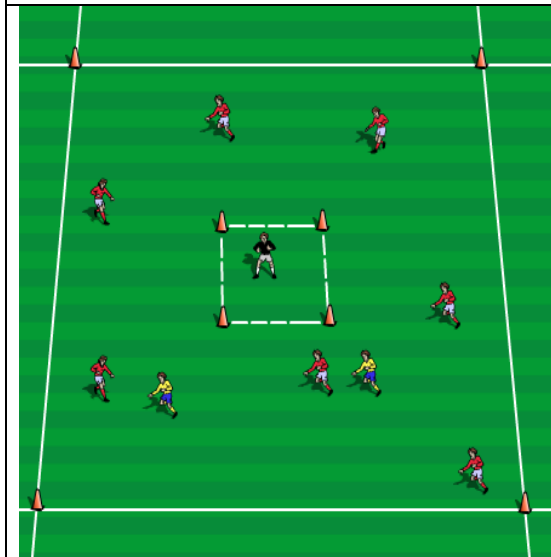


Week 9 + 10



Set-up as shown area 40yardsx30yards (10mins)

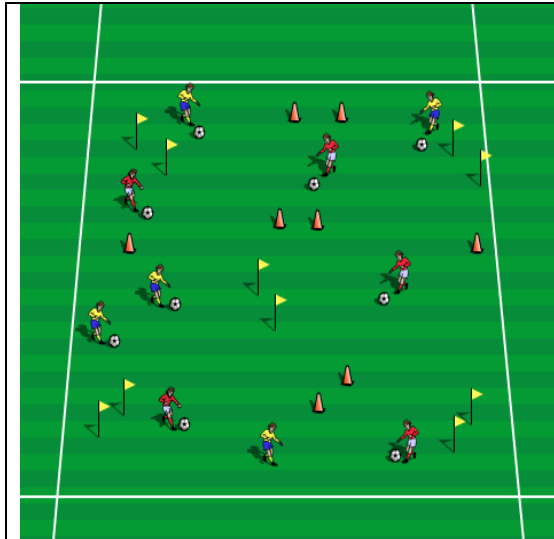
- (1) Players dribble freely showing skills moves
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Fun game – Star wars

Player in middle is Yoda, players (Jedi knights) as shown being chased by storm troopers (yellow) if Player is tagged they remain static and can only be set free if Yoda comes out of box area and gives them a high 5...Yoda is safe in the middle and cannot be tagged, if he is tagged when out the box game is over and storm troopers win.

Game is storm troopers versus rest, with objective to tag everyone or tag Yoda to win the game!



Practice (15mins)

Set-up as shown (15 minutes)

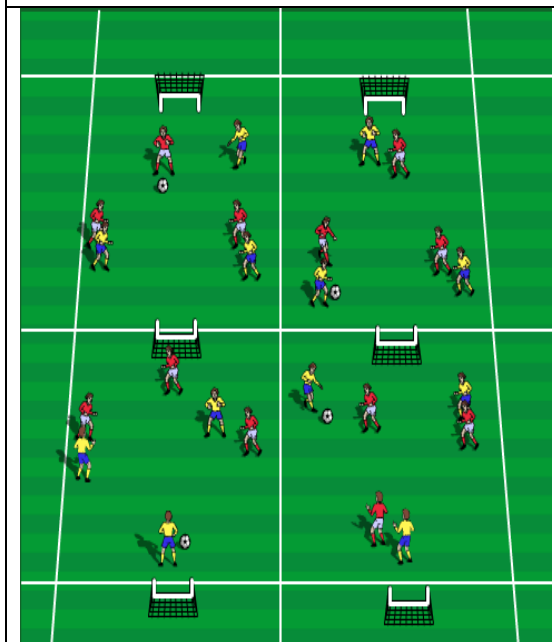
- (1) Players dribble freely between gates
- (2) Players dribble thru gates perform drag back, move to another gate
- (3) Players perform figure 8 approaching from side
- (4) Competition players score point for every time they dribble thru gate and cut (30secs)
- (5) Introduce 3 defenders who move freely between gates if they are standing between markers players cannot score (no tackling), only score in empty gates

Coaching pts:

Awareness - look around (Don't wait at gates find free ones)

Keep control of ball

Different speeds of dribbling when to move quickly (when see an opening)



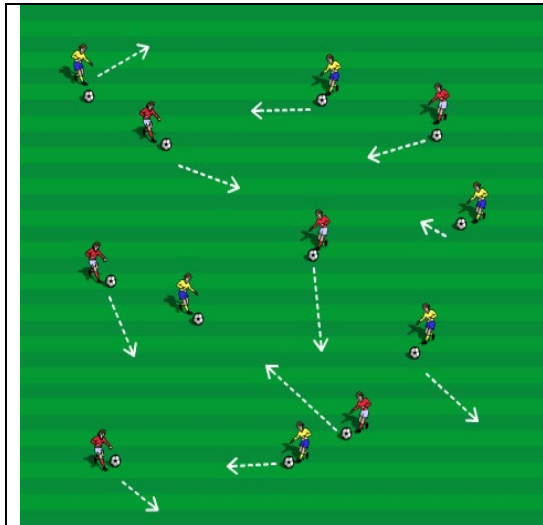
(Games 20 mins)

3v3 or 4v4 games rotate teams every 5mins



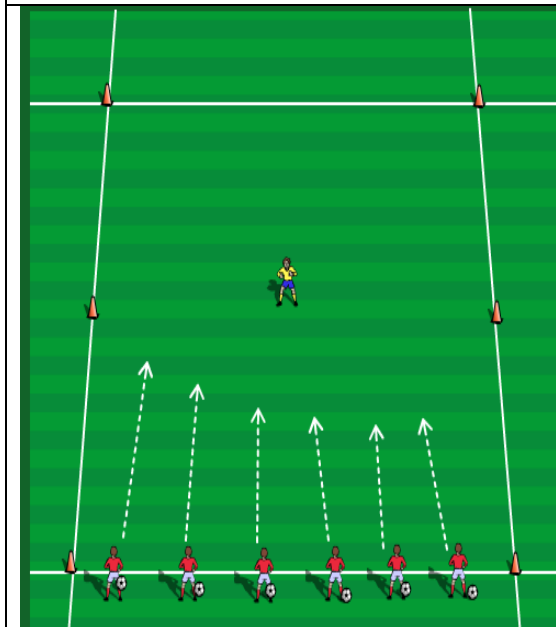


Week 11 + 12



Set-up as shown area 40yardsx30yards (10mins)

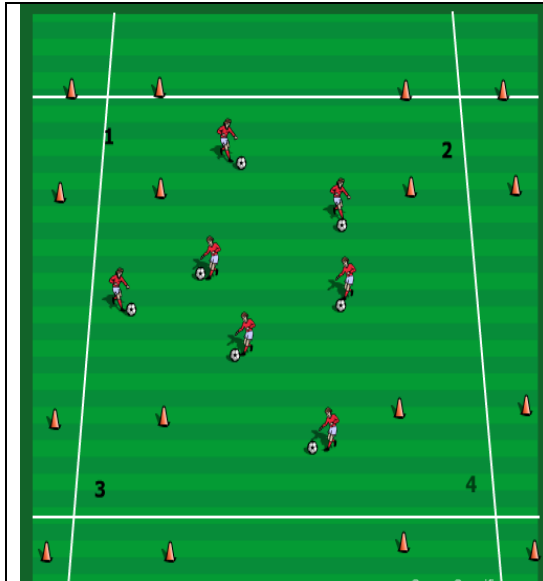
- (1) Players dribble freely showing skills moves
- (2) Inside foot to inside foot
- (3) Inside/outside alternate
- (4) Sole of the foot only
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- (6) Individual ball retrieving



Fun Game (10mins)

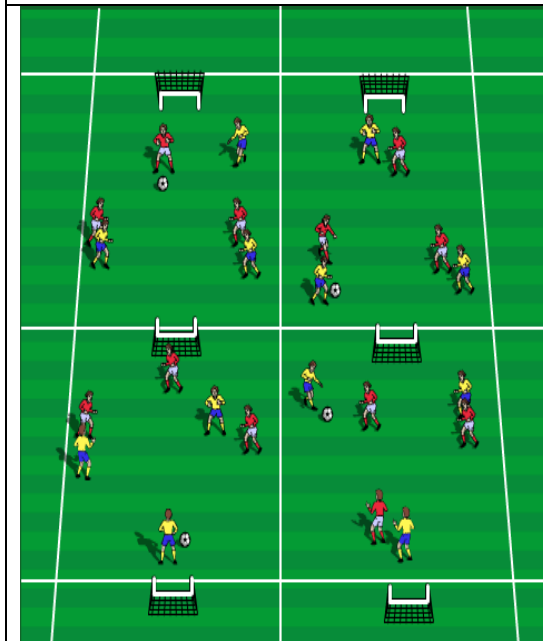
Players are on the beach and must dribble from one side to the other without their ball leaving the area or ball being touched by player (crab) in the middle...Player in middle is seated and can only move lifting self off ground and using hands and feet to move, if ball leaves the area or crab touches ball they put ball away and join player in middle, continue until last player in is the winner.

Can players fake to pretend going one way and go the other away from danger when crab comes there way??



Practice (10mins)

- (1) Players dribble freely, coach calls out names below, gradual build up and players dribble there as quick as possible
 - (2) Players perform 5 toe taps before dribble to box
 - (3) Drag back before dribble to box
 - (4) Coaches in middle if they touch players ball they have to perform 3 toe taps to get back in the game
 - (5) Finish with competition if coach touches ball player is out and joins coach last player in is the winner
1. McDonalds
 2. Dairy Queen
 3. KFC
 4. Chucky Cheeses



(Games 15 mins)

3v3 or 4v4 games rotate teams every 5mins



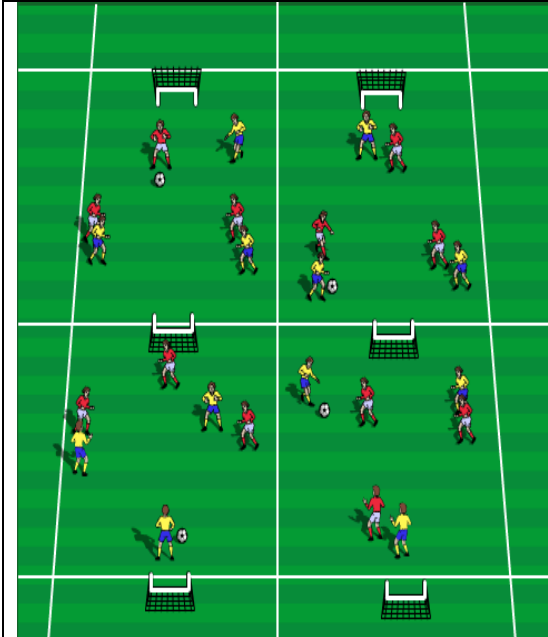


Week 13 + 14



	<p>Fun Game (10mins)</p> <p>Players are on the beach and must dribble from one side to the other without their ball leaving the area or ball being touched by player (crab) in the middle...Player in middle is seated and can only move lifting self off ground and using hands and feet to move, if ball leaves the area or crab touches ball they put ball away and join player in middle, continue until last player in is the winner.</p> <p>Can players fake to pretend going one way and go the other away from danger when crab comes there way??</p>
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WHITBY FC – ACTIVE START CURRICULUM – WEEK 13 + 14



(Games 15 mins)
3v3 or 4v4 games rotate teams every 5mins

