



Impact Soccer Curriculum

Micros – 6 to 9 years

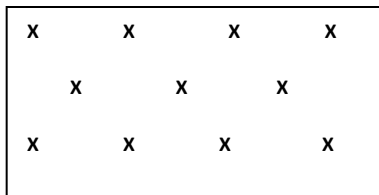


Week: 1	Topic: Dribbling
Club:	Team:

Objectives:	Maintain close control of ball Change direction and speed
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Warm Up	Time
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Diagram:



Description:

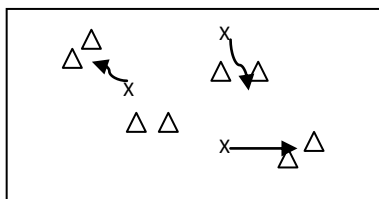
Ball each dribbling around the area; coach shouts commands to practice ball control.
Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: Drag back

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up

15mins

Technical Practice / Development 1	Time
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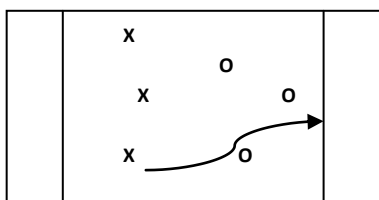


Ball each, players try to dribble around area going through as many gates as possible. Players can't go through the same gate twice in a row. Point for every gate.
Progression – use drag back move to go back through the same gate penetrated.
Use defenders as blockers in gates.

- Keep ball close
- Accelerate into space
- Awareness of other players
- Quick change of speed and direction

15mins

Tactical Practice / Development 2	Time
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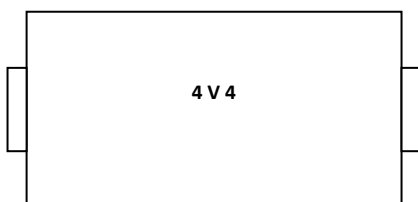


Team X and Team O start with 5 balls and attempt to dribble ball into opposition end zone and leave ball once scored. If the defender steals the ball then he / she can attack end zone. The scoring player must retreat to the halfway line before becoming active again. Team with fewest balls in the end zone when play ends, wins.
Progression - X v O with one ball, team score by dribbling into end zone.

- Attack space
- Awareness of opponents
- Positive and aggressive attitude when on the ball
- Attack quickly when regaining possession

15mins

Scrimmage / Development 3	Time
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'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game. Players have a minimum of 2 touches each before pass or shot. (If high numbers, coach floats between two scrimmages)
Introduction game rule – Throw In

- Player spacing
- Decisions during the game
- Positive when 1 v 1 situation

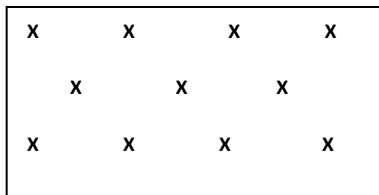
15mins

Week: 2 **Topic:** Individual Possession
Club: **Team:**

Objectives: Develop shielding technique
To shield whilst under pressure

Warm Up Time

Diagram:



Description:

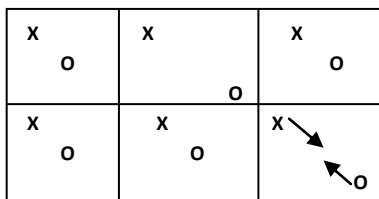
Ball each dribbling around the area, coach shouts commands to practice ball control.
Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: Stop and Go.

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up

15mins

Technical Practice / Development 1 Time

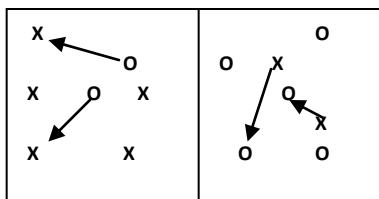


Shielding: One ball between two and start with both players on diagonal sides of area with ball in middle. On coaches command players race to ball and attempt to keep possession of ball away from each other. If ball goes out the other player gets ball to start. When coach shouts stop, player with ball holds it above his/her head and wins point.
Competition ladder - winner moves up and loser moves down.
Progression – 2 v 2

- Keep ball close
- Keep body between ball and defender
- Turn away from pressure emphasis on shielding not dribbling at speed
- Side on keeping ball on furthest foot

15mins

Tactical Practice / Development 2 Time

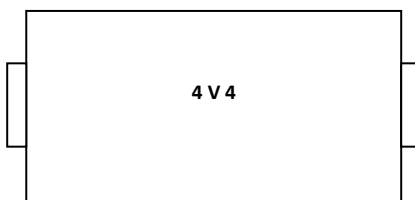


5 v 2 in each half X v O. The 5 in each half have a ball each and the 2 don't have a ball.
The 2 in each half have 1 minute to touch as many of the opposition's soccer balls as possible and the team with the most touches wins that game.
After 1 minute swap the 2 defenders round.
Progression – X v O with 5 balls and hold ball in air when coach shouts stop.

- Feel the ball and see the field
- Awareness of opponents
- Keep ball close
- Decision: Pass or dribble to keep possession
- Turn away from pressure

15mins

Scrimmage / Development 3 Time



'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 scrimmage and No Gk's (If high numbers, coach floats between two scrimmages)
Players have 2 touch minimum during scrimmage
Introduction game rule – Goal Kick

- Player spacing
- Decisions during the game
- Decision on when to dribble or pass.

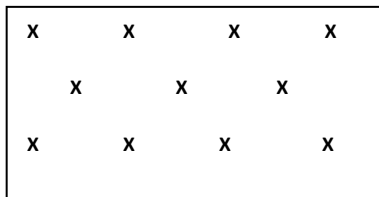
15mins

Week: 3 **Topic: Short Passing**
Club: **Team:**

Objectives: Passing using the inside foot technique
 Movement to create a passing option

Warm Up Time

Diagram:



Description:

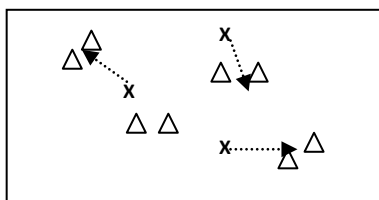
Ball each dribbling around the area; coach shouts commands to practice ball control.
 Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: L - Turn

Coaching Points:

- Close control of ball
- Use of inside /outside / laces and sole to dribble
- Head up

15mins

Technical Practice / Development 1 Time

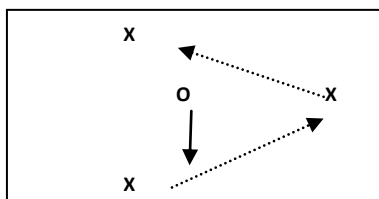


Ball each, players try to pass through as many gates and run around to collect in time allocated by coach. Players must use the inside of the foot pass only.
Progression – Players pair up and work around gates but must make two passes before moving to new gate.
Progression – Introduce defenders to float as blockers in gates.

- Use inside of feet to pass
- Lock ankle (toes point up)
- Follow through in direction of target
- Standing foot points towards target

15mins

Tactical Practice / Development 2 Time

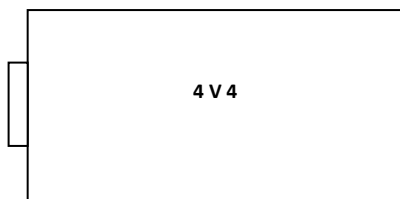


Pass and move - 3 v 1:
 3 X's keep ball away from O by passing and moving around the area. Always allow on restart - 1st pass for free.
 3 passes = 1 goal
 Defender wins possession and penetrates area = 1 goal
 Rotate after 3 minutes.

- On toes to receive ball
- Step into ball
- Triangle shape to create two options away from pressure
- Follow through ball with standing foot pointing at target
- Head up before pass to see target

15mins

Scrimmage / Development 3 Time



'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game.
 Teams must have 1 pass combination before shot.
 (If high numbers, coach floats between two scrimmages)
Introduction game rule – Corner kick

- Player spacing
- Decisions during the game
- Quick movement to find space to support pass
- Angle and weight of pass
- Communication

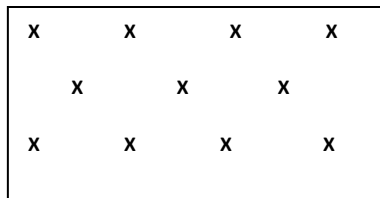
15mins

Week: 4 **Topic: 1 v 1 attacking**
Club: **Team:**

Objectives: To beat an opponent
 To create shooting opportunity

Warm Up	Time
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Diagram:



Description:

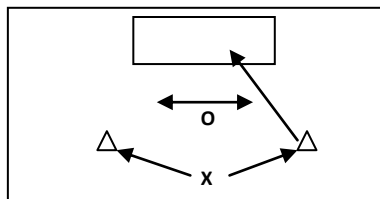
Ball each dribbling around the area; coach shouts commands to practice ball control.
 Commands - Stop / Go / Change speed & Direction - left and right foot.
 Progression: Tag game (competition)
Move: Inside and out

Coaching Points:

- Close control of ball
- Use of inside / outside / laces and sole to dribble
- Head up
- Quick change of speed and direction

15mins

Technical Practice / Development 1	Time
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Fake out break out: X has possession of ball and has to dribble into one of the cones with ball or touch with foot whilst in possession of ball to gain 1 point. O Defender scores by getting foot in between cone and ball, and then if ball hits foot they receive 1 point. Defenders aren't allowed to steal the ball.

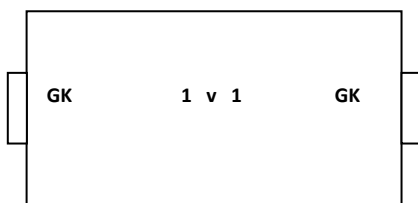
Progression – X player can now penetrate through gate for 3 points.

Progression – X player once penetrated through gate can attack box for an extra 2 points.

- Keep ball close
- Clear Distinctive fake
- Quick change of speed and direction
- Head up to see space to attack
- Cut of defenders run

15mins

Tactical Practice / Development 2	Time
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On receiving the ball, the player must attempt to beat the defender and score. Players score 1 point by completing a shot on target and get 2 points by scoring a goal.

On completing any of the above the player must retreat to the halfway before advancing to defend the ball.

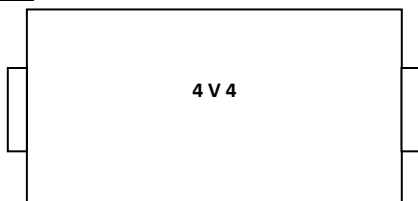
First pass from GK is always free.

- Attack space
- Awareness of opponents
- Look to create space for a shot
- Once beaten defender doesn't slow down
- Decision making
- Angles and distances

15mins

Scrimmage / Development 3	Time
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Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game.

Players must have minimum 2 touches.

Bigger goals for more success when shooting (If high numbers, coach floats between two scrimmages)

Introduction game rule – Kick Off

Coaching Points:

- Player spacing
- Decisions during the game
- Positive when 1 v 1 situation
- All of above

15mins

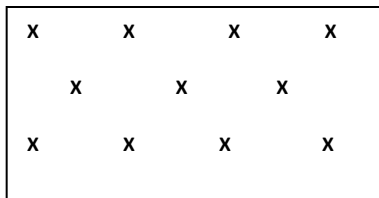


Week: 5	Topic: Receiving
Club:	Team:

Objectives:	Direct 1 st touch away from pressure To maintain control on 1 st touch
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Warm Up	Time
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Diagram:



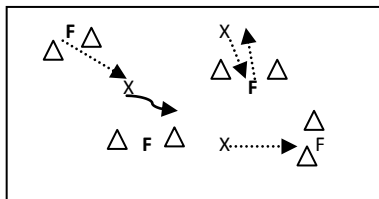
Description:

Ball each dribbling around the area, coach shouts commands to practice ball control.
 Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: The drag and push turn / V move
 (Drag ball back in line with body and open up to that foot and push it out with the inside.)

Coaching Points:

- Close control of ball
 - Use of inside / outside / laces and sole to dribble
 - Head up
 - Change of speed and direction
- 15mins**

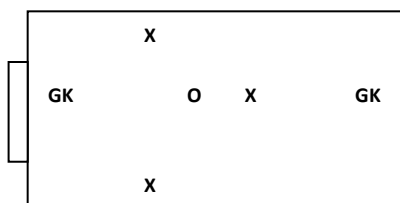
Technical Practice / Development 1	Time
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X's have a ball each and dribble to the gates and pass to the F who then in turn passes back. On receiving the ball back X's must then find a new F in a gate. Players receive a point for each gate visited. Swap round after sufficient playing time. **Progression** – Receive with different parts of the foot.

- Get in line with ball
 - Be on toes ready for ball
 - Receive ball with inside of foot
 - Direct ball into space towards next gate
- 15mins**

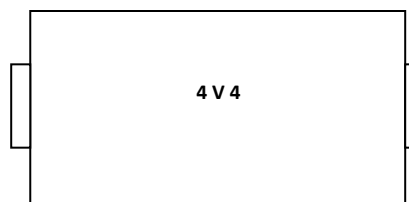
Tactical Practice / Development 2	Time
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X's receive ball from GK (pass is free from GK) and must make two passes before shooting on either goal.
 Restart immediately with GK making a free pass to the X's.
Progression – Increase passes required before shot
Progression – 2 v 2 in area

- Open up on 1st touch
 - Awareness of opponents
 - Receive ball with direction away from pressure and ideally towards goal
 - Try to receive on the front foot (when attacking)
- 15mins**

Scrimmage / Development 3	Time
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'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game.
 Players must have a minimum of 2 touches during scrimmage.
 (If high in numbers, coach floats between two scrimmages)
Introduction game rule – offside

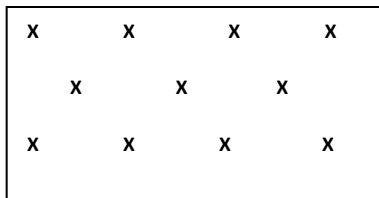
- Team Shape (spacing)
 - Decision making
 - Reward successful 1st touch
 - Communication between players
- 15mins**

Week: 6	Topic: Defending
Club:	Team:

Objectives:	Pressure / Position / Patience Pressure and Cover
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Warm Up	Time
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Diagram:



Description:

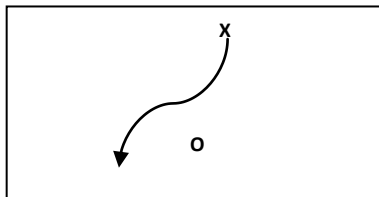
Ball each dribbling around the area; coach shouts commands to practice ball control.
Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: Outside hook

Coaching Points:

- Close control of ball
- Use of inside / outside / laces and sole to dribble
- Head up

15mins

Technical Practice / Development 1	Time
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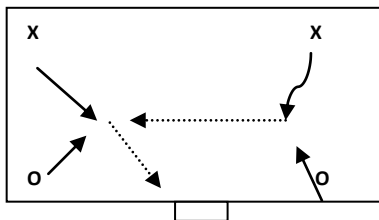
1 v 1 defending end line - X begins with ball and on his / her 1st touch O can pressure to challenge the ball. X scores by dribbling through end line and putting foot on top of ball. If successful the X retreats and O repeats the same. When defending if you manage to win ball the player can attack the line straight away and if the ball goes out the once defender now becomes the attacker.

Progression – Competitive by operating as a ladder, move up if you win and move down if you lose.

- Keep eyes on the ball
- Pressure ball
- Surfing stance (side on)
- Patient – wait for right moment to challenge
- Recovery run if beaten

15mins

Tactical Practice / Development 2	Time
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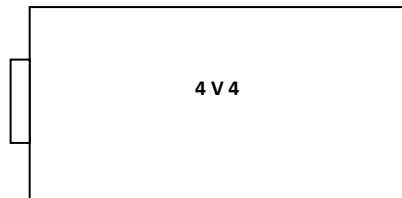
2 v 2 defending small goal - O always defend the small goal. Players always restart at the corners after each time the ball goes out of play. When X team has their 1st touch off the corner cone the O team can pressure the ball. Team can only score when they are attacking the small goal. Roles swap after 3 attempts at attacking the goal.

Progression – Competitive by operating as a ladder, move up if you win and move down if you lose.

- Pressure / Position / Patience
- Side on (weight on back foot until ready to commit)
- Cover 1st defender
- Angles and distances

15mins

Scrimmage / Development 3	Time
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'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game.

If in possession in offensive half players should have 2 touch minimum (if high numbers, coach floats between two scrimmages)

Introduction game rule – Free Kick

- Decisions during the game
- Defensive team shape
- Mark player or space

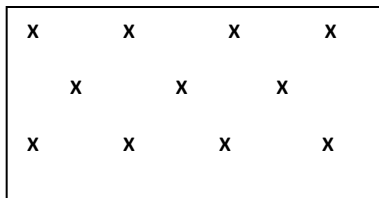
15mins

Week: 7 **Topic:** Passing and movement
Club: **Team:**

Objectives: Improve the accuracy, weight & timing of pass
To create width in possession

Warm Up Time

Diagram:



Description:

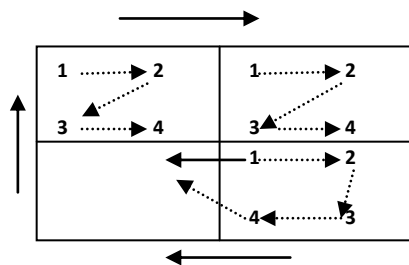
Ball each dribbling around the area, coach shouts commands to practice ball control. Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: Step over

Coaching Points:

- Close control of ball
- Use of inside / outside / laces and sole to dribble
- Head up
- Quick change of speed and direction

15mins

Technical Practice / Development 1 Time

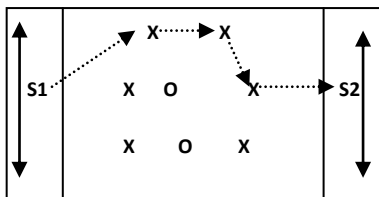


Players in groups of 4 with one ball between each group. Players number themselves 1 - 4 and pass through the cycle and finish back at number 1. After this is practiced they then pass through cycle then move into the next box clockwise to their box with #1 receiving the ball in the new box each time. The 1st team back to their starting box wins.

- Accuracy, weight and timing of pass
- Head up before pass
- Ankle locked with standing foot pointing to target
- Don't turn back to ball
- Diamond shape

15mins

Tactical Practice / Development 2 Time

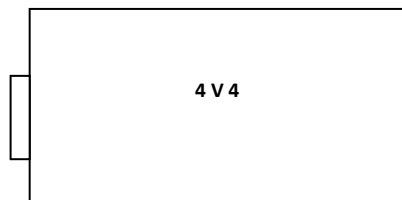


6 v 2 + support: S1 plays into X who must work the ball down towards the other end zone and pass ball to S2 to score. S must control the ball for the goal to be valid and then work ball back to other end.
Progression – Team must make 3 passes before passing to S.
Progression – Change to 4 v 4 with direction for each team.

- Angle and distance of support
- Movement to support future play
- Width
- Follow through pass for weight and accuracy

15mins

Scrimmage / Development 3 Time



'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game. Players have a minimum of 2 touches throughout scrimmage. Must attempt 2 passes before shot is taken. (If high in numbers, coach floats between two scrimmages)
Introduction game rule – Offside

- Team shape - player spacing
- Decisions during the game
- Curved runs
- Communication
- All above

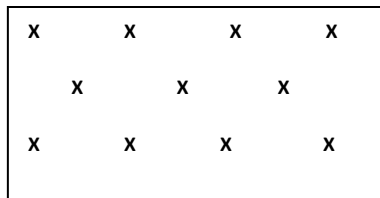
15mins

Week: 8 **Topic: Shooting**
Club: **Team:**

Objectives: To develop technique when using laces / inside shooting
 To attack at speed to goal

Warm Up **Time**

Diagram:



Description:

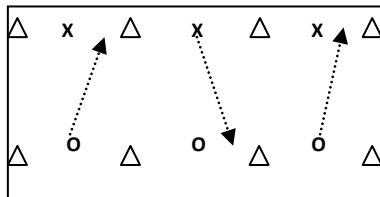
Ball each dribbling around the area; coach shouts commands to practice ball control. Commands - Stop / Go / Change speed & Direction - left and right foot.
Move: outside inside

Coaching Points:

- Close control of ball
 - Use of inside / outside / laces and sole to dribble
 - Head up
 - Quick change of direction and speed
- 15mins**

Technical Practice / Development 1 **Time**

Diagram:



Description:

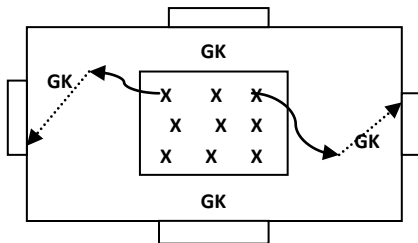
X stands in a goal mirroring player O. X then shoots a stationary ball in between the cones trying to score against player O's goal. O then saves / retrieves the ball and shoots on O's goal. Play is continuous for 3 minutes and swap partners.
Progression – touch to roll ball then shoot

Coaching Points:

- Lock ankle (toes pointed to ground)
 - Standing foot pointing to target, weight over the ball
 - Aim for opposite corner
 - Follow through and rotate hips
- 15mins**

Tactical Practice / Development 2 **Time**

Diagram:



Description:

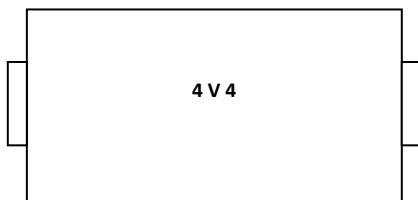
X players all have a ball each and dribble inside of small area using different parts of the foot to travel, similar to warm up. On coaches command the players will race out of box to attack goal and score past goalkeepers. The 1st player to score gets a point and repeat.
Progression – Add defenders who poke ball away
Progression – split X's into two teams and have 6 balls 3 balls between each team, 1st team to score all 3 goals. Then 1 ball between each team and other team can use players to defend.

Coaching Points:

- Head up to attack space
 - Place shot when close to goal away from GK
 - Awareness of GK position
 - Take a touch to approach goal at an angle
 - Attack at speed before players take space
- 15mins**

Scrimmage / Development 3 **Time**

Diagram:



Description:

'Coached' small sided scrimmage, teams should be in no more than a 4 v 4 game. Goals are bigger to increase rate of shots taken. (If high numbers, coach floats between two scrimmages)
Introduction game rule – pass back

Coaching Points:

- Team shape - player spacing
 - Decisions during the game
 - Look to take shot when opportunity arises
 - Attitude: Positive
 - All above
- 15mins**