

Impact Soccer Curriculum

Squiggles - 3 to 5 years

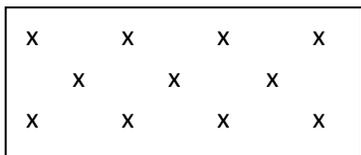


Week: U.S.A. **Theme:** Philadelphia Union
Equipment: Balls, cones, pinnies and goals

Objectives: Understanding of boundaries
 Use of both feet whilst travelling with ball at speed

Warm Up **Soccer Racing Cars** **Time**

Diagram:



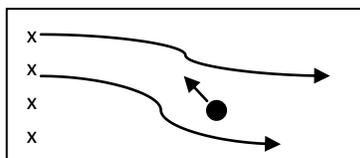
Description:

Players move around the area with ball completing different tasks.
 Pump up the tires > Toe taps.
 Windshield wipers > Boxes.
 Fill gas > Roll ball back and forth with sole.
 Reverse > Roll ball behind and turn around.
 Green > Fast / Yellow: Slow / Red:
 Stop and Super Green: Faster

Coaching Points:

- Head up whilst driving
- Close control
- Change of speed and direction
- Different surfaces of feet: Inside / Outside / Sole and laces
- (Use car horns)

Game 1 / Development 1 **Dora the Explore** **Time**

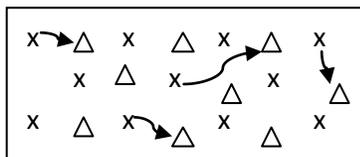


All players line up on one side of the area with a ball each. Players look to explore different countries around the world by travelling from one side of the area to the other. Once they leave a country they will have to get around Swiper the Fox who tries to steal their backpacks (ball). If Swiper takes the ball they become a Swiper with the coach. Coach educates players on the next country e.g. Australia – everyone hop like a kangaroo. Furthermore all players shout 'SWIPER NO SWIPING' with coaches' reply – 'OH MAN' before they try to make it across.

- Close Control –s mall kicks
- Attack space
- Head up to see Swiper
- Change direction to avoid Swiper

(Point for every country visited)

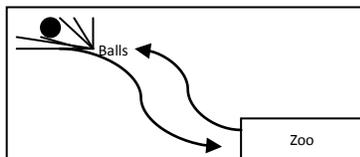
Game 2 / Development 2 **Nemo** **Time**



All players have a ball each and coach tells players that Nemo wants to play hide and go seek. Coach places cones around area and demo's Nemo swimming under a rock in the sea hiding from players. Coach then demo's using soccer feet to travel with the ball and lifts up a rock to see if Nemo is there whilst shouting 'Nemo Where Are you!' To hide Nemo has all players place their head on the ball and close their eyes counting to twenty seconds. If players keep looking whilst counting, then they place Nemo (pinnie) in pocket until all players are looking for Nemo. **Progression** – introduce Dory, the blue fish / ball must hit rock to lift up

- Close control
- Using sole of foot to stop ball
- Head up to travel to new rock
- All surfaces to move ball
- Change of direction

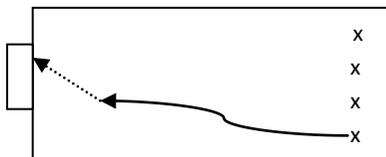
Game 3 / Development 3 **Silly Monkey** **Time**



Silly monkey (coach) has taken all of the children's bananas and to get them back all the players must creep into the monkey enclosure without a ball. Whilst players are creeping to the monkey tree, silly monkey (coach) will be dancing around acting silly. Every time the silly monkey stops and looks at the players they must pretend to act like a silly monkey or freeze so they can get closer to the bananas (soccer balls). Once players get close enough to the bananas they must steal them using their feet and get them back to the zoo where the monkey can't steal the banana's back. **Progression** – Monkey reaches into the zoo and steals bananas back.

- Change of speed and direction
- Head up to see silly monkey
- Travelling at speed with ball
- Inside/outside to change direction away from monkey

Game 4 / Development 4 **Score a Goal** **Time**



Coach lines players up on opposite side of area to goal. All players have a ball each and score a goal one at a time. Coach demos how to travel to the goal and when coach gets closer to goal, coach then performs a harder shot to put the ball into the goal.

- Close control – to goal
- Use inside or laces to shoot
- Harder kick to shoot

Session Question for week two – What is soccer called in the UK?

Celebration: Aeroplanes

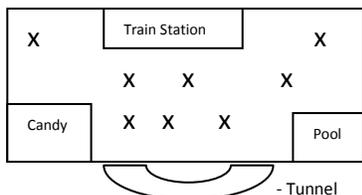


Week: Italy **Theme:** Inter Milan
Equipment: Balls, cones, pinnies and goals

Objectives: Striking a moving ball
Introduction to the inside foot pass

Warm Up **Thomas the Tank Engine** **Time**

Diagram:



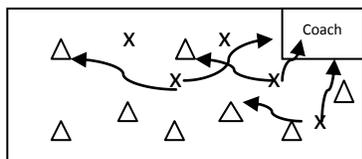
Description:

All players have a ball, each which is their Thomas the Train, they travel around the island of Sodor. Players start at the train station & pick up passengers with toe taps. Whenever the train is in motion players make a train noise 'choo choo!'. They stop at the candy station and make candy for the passengers > Role the ball with sole. Travel through a tunnel / Some kids make tunnels. A stop at the swimming pool station > imitate swimming motion & use boxes (on the ball) to dry off. Before each visit to different stations, players must travel around area showing the speed and noise of the train..

Coaching Points:

- Close control
- Head up after every touch
- Use of all surfaces of feet
- Change of speed and direction

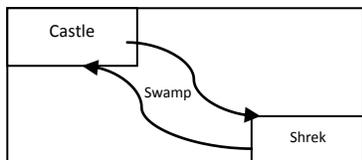
Game 1 / Development 1 **Mickey Mouse's Mail** **Time**



All players drive around in their mail vans (ball) and try to deliver mail to all Disney characters. The coach will have mail (pinnies) at the post office. Players come and collect the mail and then receive a character from coach, the players must then post the mail as well. Once players receive a pinnie they must drive to an empty mail box (cone) and knock on door by rolling the ball twice, using the sole of foot on cone and then place mail (pinnie) in mail box (under the cone).

- Use of sole of foot
- Head up
- Change of speed and direction

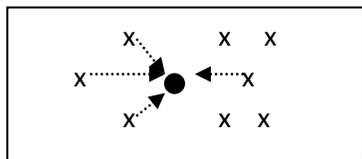
Game 2 / Development 2 **Shrek** **Time**



Players start at the castle, where they will decide if they are a prince or princess. They travel on their horses (ball) across the swamp trying to steal Shrek's smelly clothes and will bring them back to the castle to clean. Players can only move towards Shrek's clothes when he falls asleep, if he sits up all players must hide behind their horse (ball) and if he stands up players must travel back to the castle before Shrek steals their horse. Once players have all of Shrek's clothes they must clean them and return them to Shrek's swamp.

- Use of laces to travel at speed
- Change of speed
- Change of direction
- Head up to see Shrek

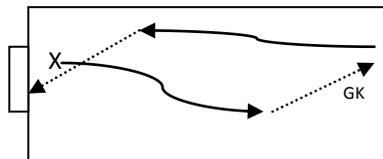
Game 3 / Development 3 **Golden Eagle (To be repeated 2 or 3 times)** **Time**



Players all have a ball each & travel around area trying to shoot their ball at the golden eagle (coach). Every time a player hits the golden eagle (coach) he will drop a feather (pinnie). Coach will place as many pinnies as he / she can in shorts & hands and will look to avoid getting hit for at least the first 1 min. Coach should try to get every player to hit the golden eagle (themselves) at least once. When golden eagle has no more feathers players count how many golden feathers they have.

- Use of inside to strike ball
- Standing foot beside ball
- Lock ankle
- Head up

Game 4 / Development 4 **Score a Hat-Trick** **Time**



Players line up facing the goal and all at one time they look to shoot on goal against the goalkeeper (coach) then they turn around and attack the other goal without a goalkeeper. Then the final time they turn around and attack and shoot in the first goal where they will face the goalkeeper again (coach). After this is performed the coach will discuss and tell players that three goals in soccer equals 'A Hat-Trick'.

- Close control
- Head up
- Change of direction
- Use of inside for shot

Celebration: Pinnie over the head.

Session Question for week four – What Country won the last World Cup in 2010?

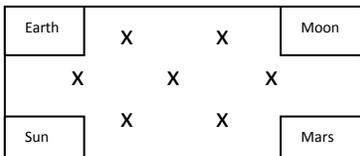


Week: Spain **Theme:** FC Barcelona
Equipment: Balls, cones, pinnies and goals

Objectives: Introduction to shooting
 Use of the lace and inside of foot for shot / pass

Warm Up **Soccer Space Ships** **Time**

Diagram:



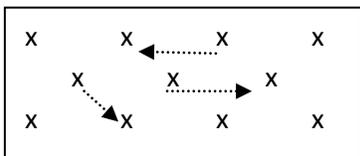
Description:

Players have a space ship (ball) and blast off from planet earth. Travelling around outer space (area) listening for coaches command. Moon > role the ball with sole. Sun > toe taps. Mars > boxes. Small cones are to be spread around area (aliens) and players are to fly up to aliens and roll ball 3 times on the cone with sole of shoe & pick up alien and bring it back.

Coaching Points:

- Close control
- Head up
- Change of speed and direction
- Use of all surfaces

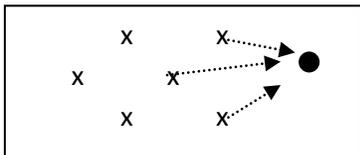
Game 1 / Development 1 **Super Heroes** **Time**



Players have a ball each and travel around the area trying to hit other player's soccer balls with their ball. Players only get their superhero cape and powers once they have hit 10 other soccer balls. To increase length of game players can use inside of foot and laces of foot.

- Inside foot pass
- Striking with laces
- Head up
- Standing foot beside ball

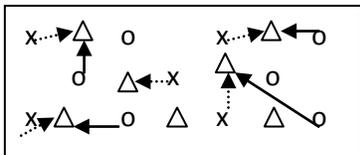
Game 2 / Development 2 **Robot Coach** **Time**



Players have their super powers and cape from the last game and look to defeat the Bad Robot Coach who is here to destroy soccer. To defeat the robot coach the players must shoot their soccer balls (super hero power) at the robot. Every time the robot is hit the robot will lose a piece of his metal body, for example > arm (hide arm behind back). Once the robot is defeated, the players must try to beat the robot one more time, however the players can't get too close or the robot coach will grow back his metal body.

- Follow through shot / pass
- Eye on ball
- Lock ankle and raise toes using inside foot pass
- Point toes to ground, when using laces

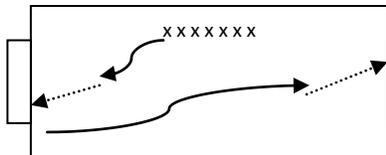
Game 3 / Development 3 **Spiderman** **Time**



Split players up in to two teams, half green goblin and half Spiderman. Make 7+ houses with a cone and ball on top or tall cones to knock over - placed all around the area. The goblins fire their soccer balls against the houses destroying as many houses as possible, whilst the Spiderman try to fix the houses by lifting the houses back up or placing the balls back on the cones. If all of the houses are destroyed then the goblins win.

- Big step to strike a moving ball
- Head up, vision
- Block target (Spiderman)
- Poke ball way

Game 4 / Development 4 **Score as many Goals as Possible** **Time**



All players' line up shoulder to shoulder on one side of the area. The coach will then demo how to score as many goals as possible. Attacking from one goal to the next, at the end coach asks players if they scored more than one goal etc...

- Use of Laces for shot
- Strike a moving ball
- Standing foot pointing to corner of goal
- close control

Session Question for week five - What color home Jersey do the Netherlands play in?

Celebration - Fist pump / knee slide

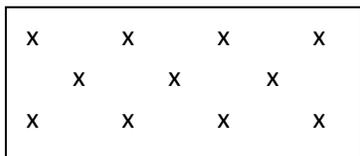


Week: Netherlands **Theme:** Ajax
Equipment: Balls, cones, pinnies and goals

Objectives: Individual possession
 Dribbling at top speed with ball

Warm Up **Pirate Ships** **Time**

Diagram:



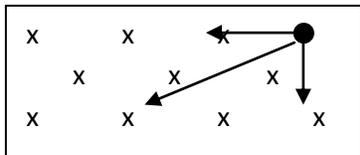
Description:

Players have a ball each and become pirates searching the sea for treasure. On their journey they encounter different obstacles: Storm > boxes. Hoist the sail > toe taps. Mop the decks > role the ball with the sole. After the storm, players will have to fix the pirate ship holes (cones) by using their hammer (x3 toe taps) and turning them over. Once the ship is fixed they will then dig for treasure (using shovel) by rolling the ball with the sole of foot on to the cone and picking it up. Once all cones (treasure chests) have been collected - all pirates gather in and count them up. Players make pirate noises throughout game.

Coaching Points:

- Close control
- Head up
- Change in speed and direction

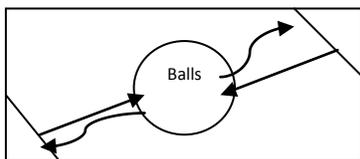
Game 1 / Development 1 **Foxes and Farmers** **Time**



Players spread out in the area with a ball each and pinnies hanging from their shorts or top (fox tail). The foxes try to keep away from the farmer so the farmer (coach) cannot steal their tails. If the farmer steals a foxes tail then that fox now becomes a farmer with the coach, game ends when all foxes are farmers. Progression – split into half foxes and half farmers and if the farmers steal the tail then they become a fox and the fox becomes the farmer.

- Head up to see farmers
- Quick change of direction
- Quick change of speed
- Inside / outside and laces

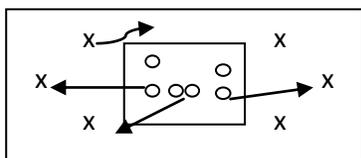
Game 2 / Development 2 **Steal the Bacon (To be repeated 2 or 3 times)** **Time**



You can play this game with 2 / 3 / 4 groups, put the teams in opposite corners of the area with the soccer balls placed in the center of the area. Make the groups choose which animal they would like to be (Lions, etc) & before you start, ask them to give you a 'roar! Then one at a time, a player from each group races out and dribbles a ball back to their group. The game ends when there are no balls left in the middle. Progression – Have the animals (players) steal the balls from other animal enclosures all-going at the same time.

- Attack space
- Use of laces to dribble
- Quick change of direction
- Sole & drag back

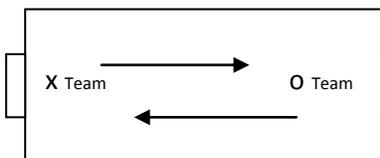
Game 3 / Development 3 **Cat and Mouse** **Time**



Arrange the cones to make a smaller square in the middle of the area. Half the players are mice and half are cats, the cats dribble in the outer large area with 2 / 3 pinnies hanging from their shorts or top. Whilst the cats are dribbling the mice are also dribbling around in their smaller area (hole). On the coaches command the mice come out of their hole and chase after the cats trying to steal the cheese (pinnies) if they succeed then they put them in the hole, but cats can steal them back once all of their cheese has been taken.

- Close control
- Head up
- Change of speed and direction

Game 4 / Development 4 **Score a Goal** **Time**



All players have a ball each; split the players into two teams standing at each goal. On the coaches command the players dribble towards their opponent's goal and look to score (no defenders). Repeat again but now make it a competition by seeing which team can score all their goals first.

- Use of laces to shoot
- Inside/outside/laces
- Follow through with shot

Session question for week six - Can you name a German football club?

Celebration – Klinsmann's (forward dive to the ground)

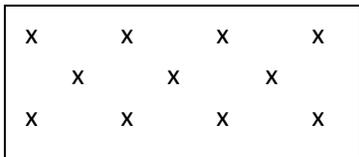


Week: German **Theme:** FC Bayern Munich
Equipment: Balls, cones, pinnies and goals

Objectives: To beat opponent in 1 v 1 situation
Advanced shooting techniques

Warm Up	Body Parts	Time
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Diagram:



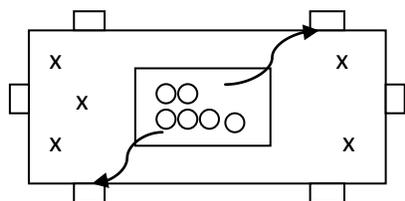
Description:

Every player dribbles around the area with a ball each and on the coaches' command he / she will shout out a part of the body. The players will then stop the ball with the sole of their foot and put the relevant body part on the ball. The 1st player to do this gets a point. Progression – Coach shouts out more than one body part at a time.

Coaching Points:

- Close control
- Head up
- Use of all surfaces
- Change of speed and direction

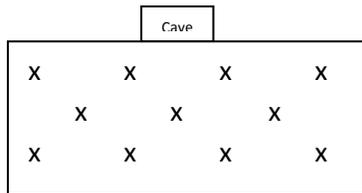
Game 1 / Development 1	Treasure Island	Time
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Half of the group (Pirates) begins in the small area (Island) with 2+ balls (Treasure) each. The other players (Octopus) stay within the outer larger area. On the coaches signal the pirates dribble off the island and try to place their treasure in any open gate (treasure chest), they then return to the island and get another ball (treasure) to take to the treasure chest. If the octopuses steal the treasure of the pirates they then return it to the island. Team with the most treasure wins.

- Head up
- Quick change of direction
- Close control
- Pressure (from Octopus)

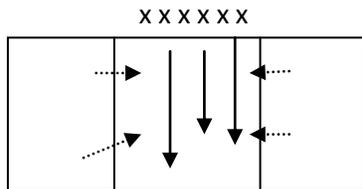
Game 2 / Development 2	Batman	Time
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Players get to choose if they want to be batman or catwoman and each player has a ball each. They are driving their bat car around Gotham city fighting crime and stopping the baddies. Coach takes players through a story by defeating each bad guy performing different moves; Joker > Toe taps. Penguin > boxes. Mr. Freeze > sole on ball & then freeze. Sandman > shoot ball at coach. There are also cones spread out (Bat phone) to find out where to find bad guys and the Bat cave to pick up the utility belt.

- Head up
- Change of speed and direction
- Use of all surfaces
- Inside foot pass
- Attack into open space

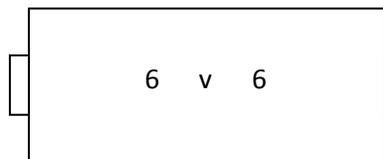
Game 3 / Development 3	Ghost Hunters	Time
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All players place their soccer balls on either side of the area in between cones. The players (Ghosts) then line up shoulder to shoulder and try to travel through the corridor (tunnel of cones) without getting hit below the knee with a soccer ball. If the ghosts get hit they then become a ghost hunter with the coach and try to catch the other ghosts. Ghost hunters cannot enter the corridor until the other ghosts have travelled through the corridor.

- Standing foot beside ball
- Follow through the ball
- Lock ankle
- Use of laces or inside

Game 4 / Development 4	Short Scrimmage	Time
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Players are split into two teams and try a short scrimmage with one ball. Coach has all the balls ready to be passed in if the ball goes out of play. This will stop players from carrying on away from the area and also keep game flowing.

- Team find space to support
- Pass to teammate in space
- Look to be positive when dribbling and shooting

Celebration – Tunnel with cones and give coach / parents high five.

