



Impact Soccer Curriculum

Junior Travel – 10 to 12 years

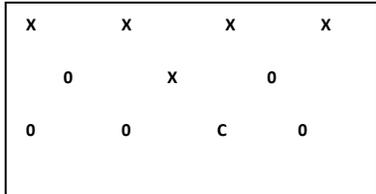


Club:	Team:
Week:	Topic: Possession

Objectives:	Positive play, comfortable in possession and movement to support.
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Warm Up	Time
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Diagram:



Description:

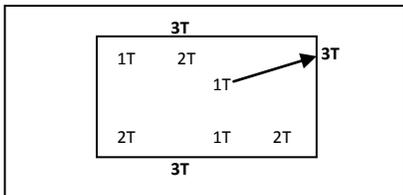
The warm-up starts with an IPS dynamic stretch. All players, with x amount of balls, pass and move inside an area approximately 30 x 30 - yards freely. This continues for 10 - 12 minutes with breaks for static stretches.

Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1	Time
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Diagram:



Description:

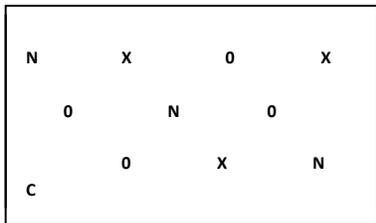
Players are split into three equal teams, two teams inside area, third team spread around the outside of area, players pass and move (1 ball per team) - unopposed but can only play a forward pass to what they see. If a ball is forced to the team on the outside they take over on the inside and team who forced a pass replaces them.

Coaching Points:

- Head up
- Positioning
- Communication
- First touch into area of support

Tactical Practice / Development 2	Time
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Diagram:



Description:

X v X + 3 Keep - Away

Using the same area, the player's then play X v X keep - away plus three neutral players who play for the team in possession.

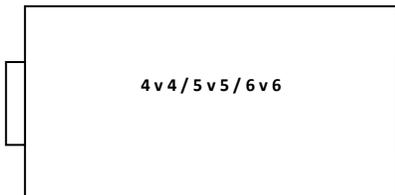
- Two-touch, but neutral player's only one-touch
- Everyone only one-touch
- One-touch but neutral players have unlimited

Coaching Points:

- Accuracy of pass
- Ball protection
- Head up look for best and safe option
- Quick change of speed and direction

Scrimmage / Development 3	Time
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Diagram:



Description:

Small sided scrimmage, teams should be in no more than a 6 v 6 game, if more players utilize some as wall players.

Players have a minimum of 2 touches each before pass or shot.

Coaching Points:

- Player awareness
- Positive passing
- Decision making
- Comfortable in possession

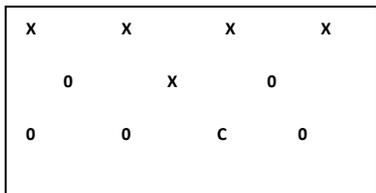


Club:	Team:
Week: 2	Topic: Defending

Objectives:	Understanding Defending
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Warm Up	Time
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Diagram:



Description:

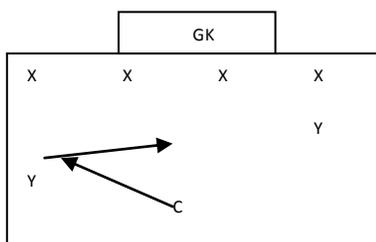
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Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1	Time
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Diagram:



Description:

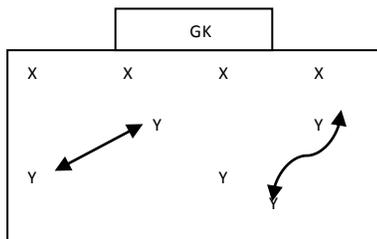
Play 3 v 4 + GK for the defending team. The coach acts as the middle player of the attacking triangle whose role is to circulate the ball from wide to middle to wide again. During this time the back four players adjust positions to counter the threat from a wide player or one from the coach in a central position.

Tackling is not the focus of this exercise, only "closing down". Rotate players in attacking role.

Coaching Points:

- Defensive movement
- Communication
- Shape
- Closing down
- Ability to keep shape in pressure cover balance

Tactical Practice / Development 2	Time
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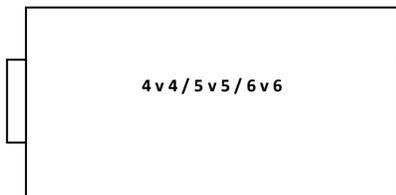
Overloading attackers with everything from shots going wide to defensive "wins" resulting in an attacking advantage, defenders have seconds to set up and position every given threat.

Defenders encouraged to be aggressive in organization and leadership.

- Defensive movement
- Communication
- Shape
- Closing down
- Ability to keep shape in pressure cover balance

Scrimmage / Development 3	Time
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Diagram:



Description:

Defensive decisions

Teams play small sided game with "goals count for defending". Each team that scores must replicate the goal they scored in a defensive, replicated and scripted play in their own final third. Can they fix it?

Coaching Points:

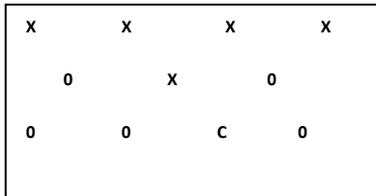
- Learning from doing / seeing
- Understanding opposition error
- Ability to recover and understand error.

Club: Week: 3	Team: Topic: Attacking
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Objectives:	Switching the point of attack
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Warm Up	Time
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Diagram:



Description:

The warm-up starts with an IPS dynamic stretch. All players, with x amount of balls, pass and move inside an area approximately 30 x 30 - yards freely.

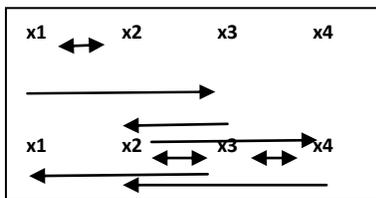
This continues for 10 - 12 minutes with breaks for static stretches.

Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1	Time
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Diagram:



Description:

X1 gives to X2 who returns to X1, X1 plays first time to X3 who lays off for X2 to play long to X4, X4 plays to X3 who lays off for X4 to play 1st time to X2, X2 lays off for X3 to play 1st time to X1.

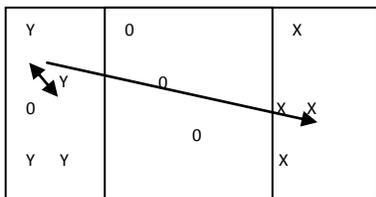
X2 and X3 are encouraged to move off the ball at all times and check to receive both short and long passes.

Coaching Points:

- Ball out of feet
- Positive pass
- Playing beyond 1st player

Tactical Practice / Development 2	Time
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Diagram:



Description:

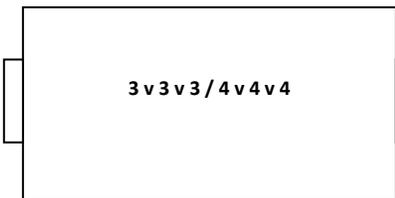
Players are split into 3 teams, the middle team represents the defenders with one team in the end zone in possession, x amount of passes with x defenders entering zone to win the ball if x passes are completed the ball must be switched to opposite end zone, if defending team wins the ball replace the attacking team.

Coaching Points:

- Possession
- Smart passing
- Movement
- Final ball

Scrimmage / Development 3	Time
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Diagram:



Description:

3 equal teams, when goal is scored point of attack is transitioned and switched from goal they scored in to opposite goal with 3rd team entering to defend.

Winning team stays on but must switch point of attack each time they score.

Coaching Points:

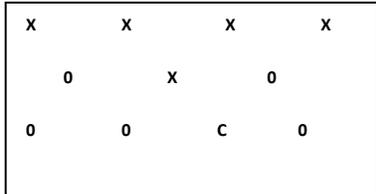
- Possession
- Quick transition
- Speed of play
- Recovery
- Ability to reshape

Club: _____ **Team:** _____
Week: 5 **Topic:** Crossing / Finishing

Objectives: Crossing and Finishing

Warm Up Time

Diagram:



Description:

The warm-up starts with an IPS dynamic stretch. All players, with x amount of balls, pass and move inside an area approximately 30 x 30 - yards freely.

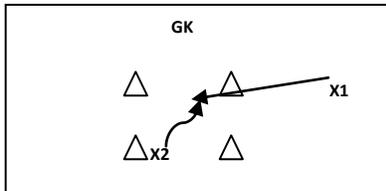
This continues for 10 - 12 minutes with breaks for static stretches.

Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1 Time

Diagram:



Description:

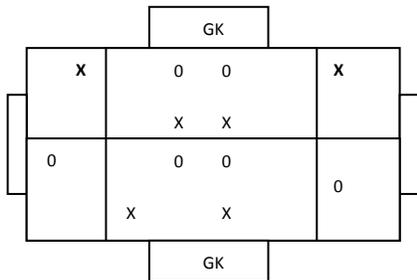
X1 takes a touch inside and crosses to the target box for X2 to finish. X1 joins the X2 line and X2 joins the X1 line so players are practicing crossing and finishing. Set this activity up twice if numbers require it.

Coaching Points:

- Get in line with ball
- Get hips around the ball to ensure it goes into target area-away from the GK
- Timing of run

Tactical Practice / Development 2 Time

Diagram:



Description:

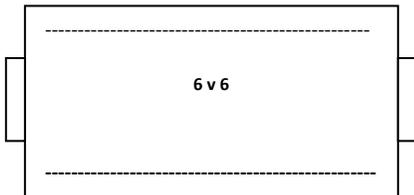
2X's v 2O's in each half. On winning the ball the two defenders pass to their forwards or to their wingers to cross the ball. The wingers cannot be challenged but have only three touches at a time. They cross the ball to the two forwards plus the winger on the opposite side who is allowed to attack the back post.

Coaching Points:

- Open up on 1st touch
- Find space between defenders
- Attack space with speed
- Angled runs

Scrimmage / Development 3 Time

Diagram:



Description:

Goals can only be scored from a cross from zoned wide area's

Encourage 1st time cross when players receive the ball.

Coaching Points:

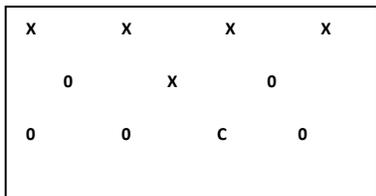
- Team Shape (spacing)
- Decision making
- Crossing
- Hips around the ball
- Timing of run and cross

Club: Week: 6	Team: Topic: Combination Play
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Objectives:	Combination and movement
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Warm Up	Time
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Diagram:



Description:

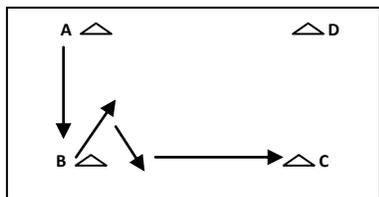
The warm-up starts with an IPS dynamic stretch. All players, with x amount of balls, pass and move inside an area approximately 30 x 30 - yards freely. This continues for 10 - 12 minutes with breaks for static stretches.

Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1	Time
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Diagram:



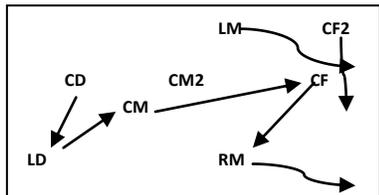
Description:

Player A should pass a long ball to Player B, who lays the ball off to player A. After making the pass, Player B will spin out around his cone and receive a ball from Player A on the other side of the cone. Player B then plays the ball long to Player C and the drill repeats

Coaching Points:

- Positive 1st touch
- Head up
- Play to feet
- Timing of runs

Tactical Practice / Development 2	Time
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In this combination, the ball is passed from the center defender to the left defender. The left defender passes to the center forward. The center forward passes to the center midfielder.

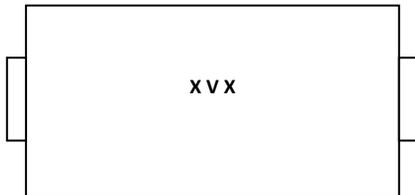
The center midfielder switches the ball wide to the running right midfielder who crosses into the penalty area.

The left midfielder, both forwards and both center midfielders make timed runs toward the penalty area.

- Positive 1st touch
- Head up
- Play to feet
- Timing of runs

Scrimmage / Development 3	Time
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Diagram:



Description:

Half field scrimmage unconditioned

Coaching Points:

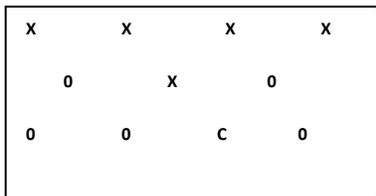
- Combination play
- Ability to create and be positive and inventive

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

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

Warm Up Time

Diagram:



Description:

The warm-up starts with an IPS dynamic stretch. All players, with x amount of balls, pass and move inside an area approximately 30 x 30 - yards freely.

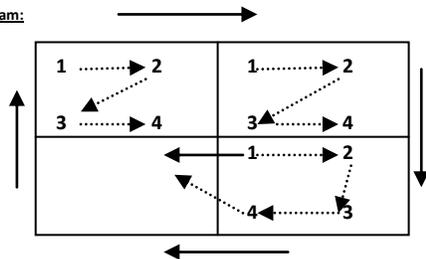
This continues for 10 - 12 minutes with breaks for static stretches.

Coaching Points:

- Stretching on the move
- Ball familiarity
- Communication and feeling points of contact

Technical Practice / Development 1 Time

Diagram:



Description:

Players in groups of 4 , 1 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.

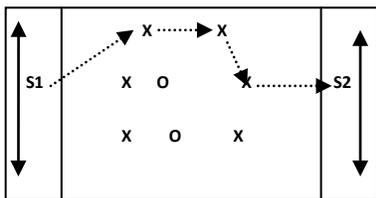
The 1st team back to their starting box wins.

Coaching Points:

- 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

Tactical Practice / Development 2 Time

Diagram:



Description:

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.

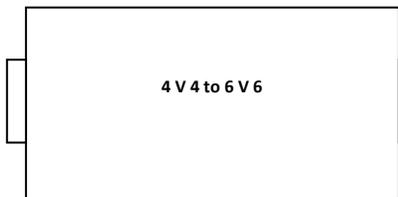
Progression – Change to 4 v 4 with direction for each team

Coaching Points:

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

Scrimmage / Development 3 Time

Diagram:



Description:

Small sided scrimmage, teams should be in no more than a 6 v 6 game.

Players have a minimum of 2 touches throughout scrimmage.

Must attempt 2 passes before shot is taken.

Coaching Points:

- Team shape - player spacing
- Decisions making
- intelligent runs
- Communication

