



GLOBAL PREMIER SOCCER

GPS JUNIORS CURRICULUM 2015
U4 & U5 MODULE 1



Leading GPS Juniors

In this document you will find eight sessions which incorporate a mixture of fun themes, basic movements and soccer techniques. Each session is carefully explained so that you, the coach, will get maximum understanding to be able to run these sessions effectively. The eight sessions, have a main technical theme to the session, some psychological components and also key basic physical components. The coach may have the flexibility to alternate the games/exercises but should follow the technical and physical theme to ensure the players cover all keys aspects through each module. In order to make each coach feel comfortable running a GPS Juniors session below are a list of help reminders what to do for every session;

- Arrive Early – Get to your session 15-30 minutes before it starts. If your session starts at 1pm and you arrive at 1pm YOUR LATE.
- Have appropriate equipment – Make sure that all your soccer balls are pumped up before you even leave for your session. At this age group we use size 3 soccer balls which you can request to borrow from Operations. Also have clean colorful pinnies and cones because players this age group like colorful and new equipment.
- Communication – speak clearly, calmly, and unrushed. As you will be working with 3-6 year olds they are still tuning their sense of hearing so better communication we have the easier it will be for the players. Ensure you DEMONSTRATE.
- Be patient and entertaining – The children you work with may be completely new to soccer. They will take time to even familiarize themselves with a soccer ball so keep reinforcing the basics; using feet instead of hands, can we keep our head up, keep the ball under control.
- HAVE FUN – Most importantly have fun! Do not be afraid to have fun yourself and be funny because the players will respond to that. If you provide energy and happiness to the session the players will do the same!

KEY





Small-Sided Games

Each session should finish with small sided games, giving the players the opportunity for free play.

The small sided games should account for around 40% of the session time at this age (approx 25mins)

This allows the players at a young age the opportunity to express themselves and to practice what has just been coached, in a fun and structured environment.

Small Sided Game (25mins) - 3v3/4v4 (no goalkeepers)

30x25 yard area

Restarts should be made by the coach, where possible playing a ball into play. Allowing the ball to be in play as much as possible.

The time can be split into three 7 minute periods, allowing the players the opportunity to play for longer spells with a coaching point being made at the start or end of each period.

Coaching Points

Close control- Keep ball close to feet

Awareness- look for space to dribble/move into, where is the defender? Where is your team mate?

Movement- try to keep moving into space, help be an option for your team mate to pass to.

Physical- ensure their basic movements are correct

Have FUN! Let them play!!





GPS CURRICULUM INDEX

INDEX- U4 & U5 Module 1

Physical Elements- Basics- Running, Changing direction, Acceleration and Deceleration

Technical Elements-

Week 1 - Monsters Inc - Ball Familiarity

Week 2 - Pirates - Ball Familiarity

Week 3 - Thomas the Tank Engine- Team work

Week 4 - Cars- Dribbling

Week 5 - Superman - Dribbling

Week 6 - Batman and Robin- Dribbling and Turning

Week 7 - Mr Potato Head- Dribbling and Turning

Week 8 - GPS Juniors World Cup



Monsters Inc - Ball Familiarity

WARM UP

Warm Up (15mins)- Stay away from Sully

Set up
Create 20x20 yard area.
Players run around inside the area trying to stay away from Sully (defender). If player is tagged they must stand on the spot until high 5'd by another player

Coaching Points

Running technique- alignment and movement of arms hips, knees.
Push off to change direction
Keep ball close under control
Awareness- Head up to scan for defenders.

Progression

If player is tagged they must stand with feet apart so player can crawl through legs to free them- Keep your balance!

Each player has a ball

Ball on head if tagged, player only free when another player dribbles ball between their legs.



TECHNICAL/TACTICAL

Technical (20mins)- Scares

Set up
Create 20x20 yard area divided into 4 quarters.
Each player is a monster and needs to generate scares to gain points. To generate a scare a player must perform a different physical movement in each zone. 1 point per scare. Once player has eight points sit on their ball and roar like a monster!!

Coaching Points

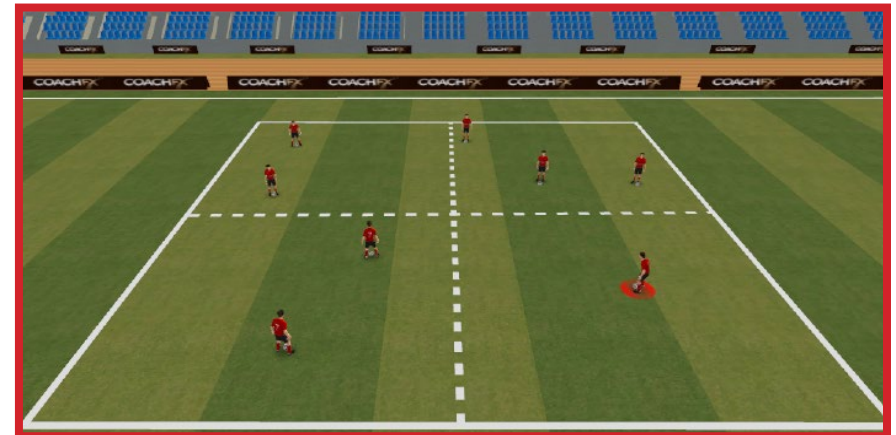
Running forward, Moving sideways, Moving backwards, Jumping, hopping.

Progression

Give players ideas-
Hopping, skipping, jumping, crawling

Each player now has a ball:
Toe Taps, Foundations, Moving toe taps, moving foundations

Add a defender to try and steal scares (the players ball) if player has ball stolen they must steal another ball.



SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup
25x20 yard area
Free play games.
Coach should have plenty of footballs to pass into the playing area when ball goes out of play.
Keep the game flowing. With periodic coaching points

Coaching Points

Look for space, defender, team mate
Move into space to receive
Head up when on the ball- can you find a team mate
Keep ball close to feet- under control

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score





Pirates - Ball Familiarity

WARM UP

Warm-Up (15mins): Ay Ay Captain

Set up 20x20 yard area.

With 4 orange cones side by side - The Plank.

Coach will shout out commands: Walk, Run forwards, run backwards, Hop, Jump, stop. Last one to stop must walk the plank before returning back into game.

After each command the crew must shout:

"AY AY CAPTAIN" and move as commanded.

Coaching Points

Correct movement technique

Keep Ball Close

Head up to see space

Progression

Each player now has a ball:

New Commands:

Scrub the decks - Foundations with the ball to scrub the floor

Rats on deck - Toe Taps on the ball to scare the rats away

PIRATES!! - Dribble to the edge of the area and cuddle the ball to hide from pirates.

Shark - Dribble the ball faster- but under control.



TECHNICAL/TACTICAL

Technical (20mins)- Treasure Chest

Set up

20x20 yard area with a 6x6 circle in the centre.

Split players into 4 teams. Place a selection of balls, cones & pinnies in the circle in the middle. 1 player from each team will run to the middle and collect 1 item of treasure to bring to their team area. Team with most items of treasure once all items are gone from the middle win.

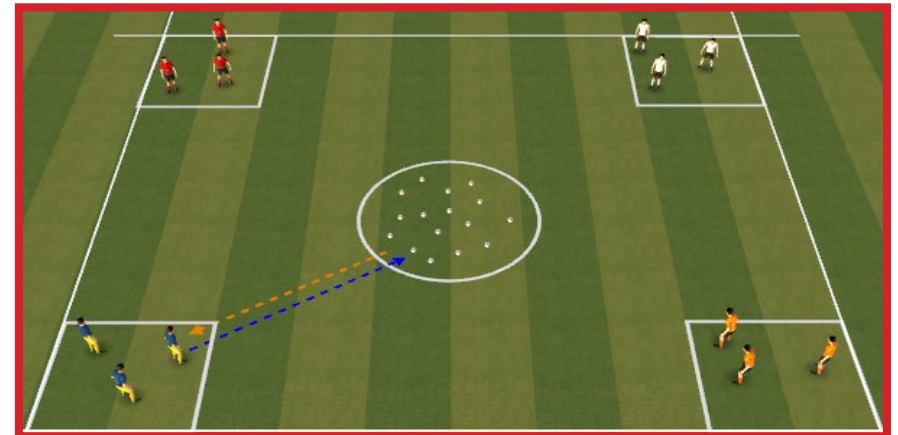
Coaching Points

Running technique, changing direction and acceleration back to team.

Progression

Have a magic piece of treasure which is worth 5 points if that team has it at the end of the game.

Players now have a ball, must dribble in, collect item and dribble back.



SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

Coaching Points

Look for space, defender, team mate

Move into space to receive

Head up when on the ball- can you find a team mate

Keep ball close to feet- under control





Thomas the Tank Engine - Team Work

WARM UP

Warm-Up (15mins) - Thomas and Percy

Set up 15x15 yard area

Players work in Pairs. One player is Thomas and one is Percy. Thomas will move around the area and Percy must follow and copy everything Thomas does. Switch roles after 45 seconds.

Coaching Points

Running forward at speed, can you lose partner, turning quickly, running forward, backwards, sideways, jumping, hopping etc. Keep Ball close to feet. Use both feet

Progression

What different ways can you move?

How many other teams can you high 5 while moving?

Thomas will lead, Percy will follow, when coach shouts switch, Thomas stops with feet apart, Percy crawls through Thomas Legs and becomes new leader.

Each player now has a ball.

Thomas will lead, Percy will follow, when coach shouts switch Thomas stops with feet apart, Percy crawls through Thomas Legs and becomes new leader.

TECHNICAL/TACTICAL

Technical (20mins)- Pick up The Train

Set Up 15x15 yard area

Split into two teams. Each team has one train driver starting outside the area. All other players (carriages) start anywhere inside the area. The train driver must pick up all the carriages by crawling through the players legs. The carriage then joins the train by holding onto the drivers shirt. First team to have all carriages on the train wins.

Coaching Points

Communication, co-ordination, throwing, catching

Progression

Switch driver each time

Driver now has a ball and must carry it with them as they pick up carriages.

Driver now has a ball and dribbles the ball around and passes the ball through players legs to get carriage.

SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

Coaching Points

Look for space, defender, team mate

Move into space to receive

Head up when on the ball- can you find a team mate

Keep ball close to feet- under control





Cars - Dribbling

WARM UP

Warm Up (15mins) - Lightning McQueen

Set up 20x20 yard area

The coach (highlighted) on the outside has one red and one green pinny.

When coach shows red, players stop and balance on spot. Coach shows green players go.

Coaching Points

Green- running at speed

Red- quickly stopping- showing deceleration and stopping. Show stopping in 4 steps, 3 and 2 steps

Keep ball close to feet

Keep head up to see Pinnie.

Progression

Each player now has a ball.

Coach will have different commands:

Roundabout - spin around with the ball

Oil - Player puts foot on the ball and moves it back and forth on the spot.

Brake down - players high 5 coach to fix car.

Police - change direction and go fast.

TECHNICAL/TACTICAL

Technical (20mins): NASCAR

Set up Two 15x10 areas. 10 yards apart.

1 team in each area. Players dribble around the area they are in. Coach shouts SPEEDWAY and players must dribble across to the opposite box.

Coaching Points

Keep ball close to feet, under control

Head up for awareness

Progression

High 5 one other player when crossing.

Use other foot.

Use both feet.

Race - First team to get across wins a point.

First team to 3 points wins.

Put one player in the middle zone (policeman) to stop speeding. Player tries to put their foot on top of any ball.

SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

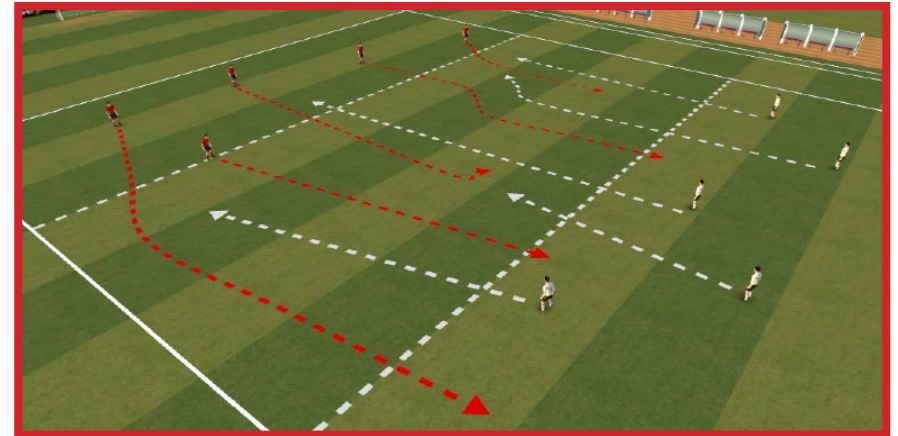
Coaching Points

Look for space, defender, team mate

Move into space to receive

Head up when on the ball- can you find a team mate

Keep ball close to feet- under control





Superman - Dribbling

WARM UP

Warm Up (15mins) - Superman Speed

Set up 25x25 yard area

Give each player 2 cones and have them make a mini goal anywhere inside the area.

Players fly (run) inside the area through as many gates as possible.

Coaching Points

Keep ball close and within reach of feet

Head up to see where your going

Accelerate once through a goal

Progression

Each player has a ball. Can you get through 5 gates in 30 seconds?

Can you beat your last score?

Turn back through each goal you go through.

Make 2 gates wider and have a defender in the gate. Player can only move in between the 2 cones and tag any player going through. Can players get through without being tagged. Can't go through twice in a row.



TECHNICAL/TACTICAL

Technical (20mins) - Steal The Cape

Set up 10x10 yard area

Each player has a pinny tucked into their shirt (like a cape) Superman (highlighted) will try and grab as many of the bad guy pinny's as possible. 1 point for each pinny. Once a pinny has been taken, it is dropped on the floor so player can tuck the pinny in and re-join the game. Players move around the area trying to keep away from all other players.

Coaching Points:

Move into space

Keep ball close to feet

Progression

Add another catcher

Each player now has a ball to dribble. Tagger has no ball.



SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score



Coaching Points

Look for space, defender, team mate

Move into space to receive

Head up when on the ball- can you find a team mate

Keep ball close to feet- under control



Batman & Robin - Dribbling and Turning

WARM UP

Warm-Up (15mins)- Batmans Cape

Set up

Create 20x20 yard area
Each player has a ball and dribbles inside the area.
Batman (highlighted) will have a pinny (Bat Cape)
Batman will throw the cape to try and tag players. If player is hit by a cape they are frozen.
How many bad guys can Batman have frozen after 45 seconds. Players can be unfrozen with a high 5 from another bad guy.

Coaching Points

Keep ball close to feet

Head up for awareness

Use sole of the foot to stop ball before turning

Progression

Players now have a ball. Batman will try and throw his cape onto any player's soccer ball to capture it.

If players ball is hit they must stand with the ball on their head and feet apart so another player can pass the ball through their legs.

2 taggers (Batman & Robin)

TECHNICAL/TACTICAL

Technical (20mins)- Saving Gotham

Set up

20x20 yard area with 5 yard end zones
Split players into two teams, 1 team in each end zone.
Each player has a ball. When coach shouts 'go' each player leaves their ball and steal a ball from the other teams zone and carry it back to their own zone. Team with most balls in their zone after 2 mins wins. Red team are Batmans helpers trying to get the treasure back to Gotham City, white team are the robbers trying to steal the treasure. Players can't steal a ball from another player.

Progression

Players must dribble ball back to their zone

Players can only use one foot to dribble the ball

Can only steal ball out of zone with sole of foot- turning to change direction

Coaching Points

Keep ball close to feet

Head up for awareness

Use sole of the foot to stop ball and turning

SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

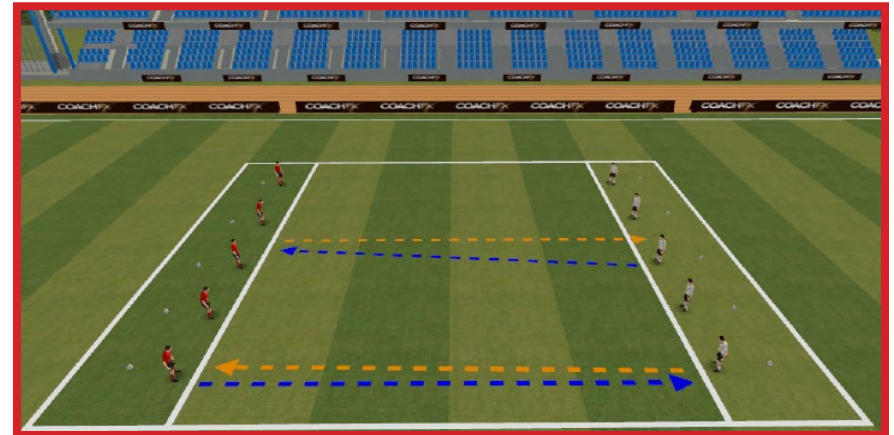
Coaching Points

Look for space, defender, team mate

Move into space to receive

Head up when on the ball- can you find a team mate

Keep ball close to feet- under control





Mr Potato Head - Dribbling and Turning

WARM UP

Warm-Up (15mins)- Body Parts

Set up

Create 20x20 yard area
All players are a Mr/Mrs Potato Head and must collect their body parts. Each player has a ball and dribbles inside the area. Coach will call out body parts. When a body part is called the player must stop their ball and place that body part on the ball to collect the body part.

Coaching Points

Keep ball close
Head up to look for coach

Progression

Coach will now point to body parts rather than shout out so players have to look.



TECHNICAL/TACTICAL

Technical (20mins)- Mr Potato Head

Set up

Create 20x20 yard area
One player is the tagger (highlighted). All players run around the area. Tagger will try and tag players on various parts of the body (arms, legs, hands, feet, head). Once tagged players must move as if the part of the body tagged is missing. Players will dribble to coach for a high 5 to get that body part back.

Coaching Points

Keep ball close
Head up to watch for defender

Progression

All players now have a ball.



SMALL SIDED GAME

Small Sided Games (25mins) - 3v3/4v4

Setup

25x20 yard area
Free play games.
Coach should have plenty of footballs to pass into the playing area when ball goes out of play.
Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

Coaching Points

Look for space, defender, team mate
Move into space to receive
Head up when on the ball- can you find a team mate
Keep ball close to feet- under control





GPS Juniors World Cup - Recap

TECHNICAL/TACTICAL

Technical - Sticky Toffee (20mins)

Set up 15x15 yard area

Players move around in the area whilst the catcher tries to tag them. If player is caught then they stand in a star position. Only way they can be released is by another player give them a high five.

Coaching Points

Spatial Awareness

Balance- while in star position.

Acceleration & changing direction to get away from catcher.

Progression

Give each player a soccer ball, if their ball is touched by the catcher they become stuck.

Only way to release a player is dribbling ball between their legs.



SMALL SIDED GAME

Small Sided Games (35mins) - 3v3/4v4

Setup- World Cup format if 3-4 teams.

25x20 yard area

Free play games.

Coach should have plenty of footballs to pass into the playing area when ball goes out of play.

Keep the game flowing. With periodic coaching points

Progression

Re-starts need to be as quick as possible - have a spare ball ready to put into play

3 short periods

Don't keep score

