



# Global Premier Soccer

**2015 Curriculum  
u8 Curriculum  
8 Week Training Program**



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# Week 1: Ball Manipulation

## WARM UP



### Dribbling

#### Set up/Rules

All players have a ball and dribble inside the area.

#### Progression

Use Inside/outside/sole of feet  
Creative foot work to move ball

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Use different parts of the foot to move the ball  
Vary speed of dribbling

## TECHNICAL



### Freeze Tag

#### Set up/Rules

Each player has a ball. One player holds the ball in one hand and has one free hand to tag players. If tagged player stands with feet apart holding ball on head until another player passes ball through their legs

#### Progression

2 taggers

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Accelerate away from tagger

## TECHNICAL/TACTICAL



### Dribbling Gates

#### Set up/Rules

Players have a ball each and dribble through as many gates as possible

#### Progression

Use sole of foot only  
How many gates can player dribble through in 30 seconds  
Turn back through the gate each time

#### Coaching Points

Keep ball close to feet  
Head up to see spare gate  
Accelerate once through gate

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

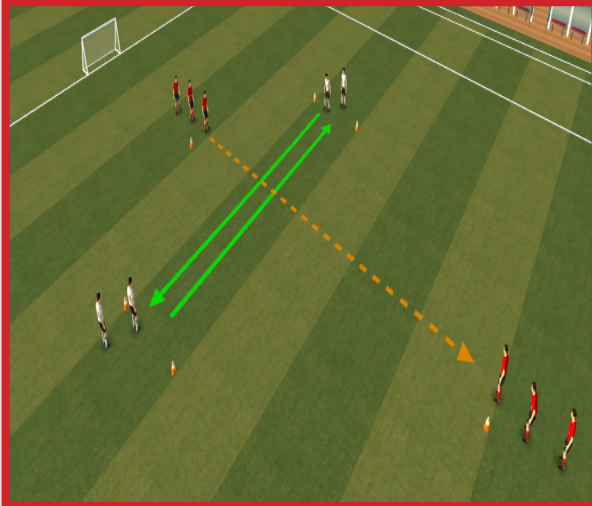
#### Coaching Points

Remind players of key coaching points from the session



# Week 2: Dribbling

## WARM UP



### T exercise

#### Set up/Rules

Players in groups of 2-3. Red players dribble and join new line. White pass and follow pass

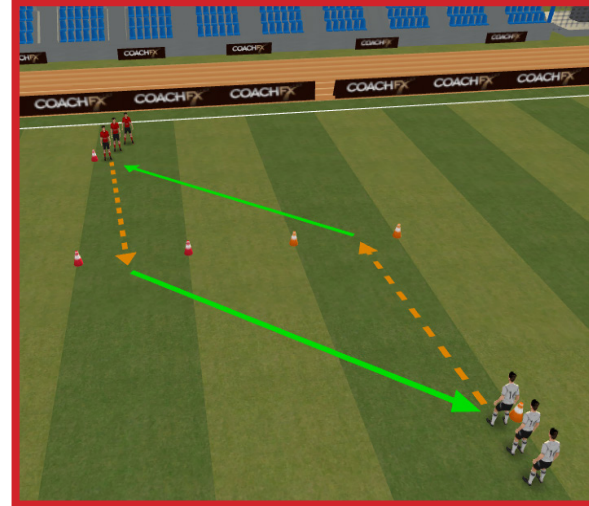
#### Progression

One touch passing  
Vary style of dribble

#### Coaching Points

Standing foot next to ball  
Strike through centre of the ball  
Keep ball close to feet  
Head up to see traffic

## TECHNICAL



### Dribbling to pass

#### Set up/Rules

1st player from each line perform ball mastery to cones then pass to opposite line and follow.

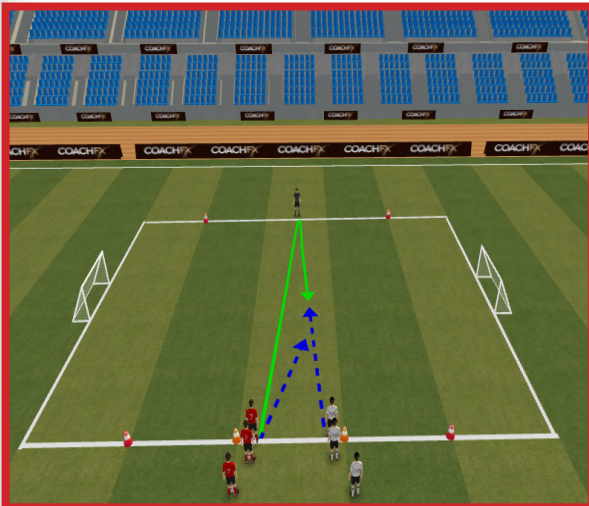
#### Progression

1st touch out of feet to cones then pass and follow.  
Red dribbles ball to cones, passes to white then sprints backwards to own line. White receives and tries to get to cones before red gets back to own line.

#### Coaching Points

Keep ball close to feet  
Inside of foot to pass

## TECHNICAL/TACTICAL



### Beat the defender

#### Set up/Rules

Red players passes ball across to coach. As pass is played white player runs into the middle to receive pass back from coach. Red player move in to defend creating 1v1. Attacker can score in either goal. Attacker can't shoot until they pass red cones

#### Progression

Switch team roles  
First team to 5 goals wins

#### Coaching Points

Clever first touch away from defender  
Dribble at speed into space  
Moves to beat defender

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

#### Coaching Points

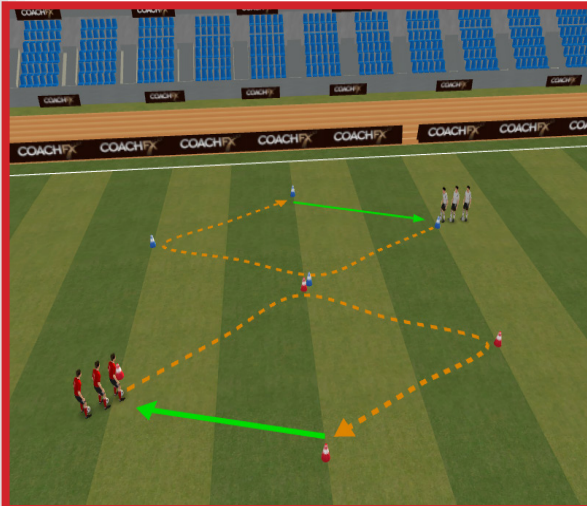
Remind players of key coaching points from the session





# Week 3: Dribbling & Turning

## WARM UP



### Dribbling & Turning

#### Set up/Rules

Dribble to each cone and change direction or turn before passing to next player.

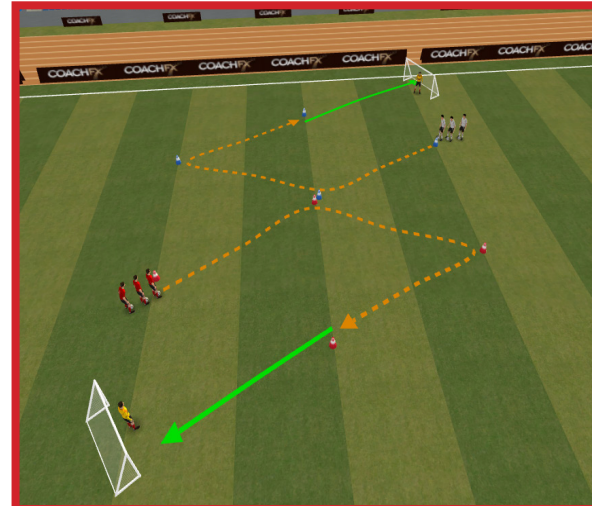
#### Progression

Toe taps to each cone  
Foundations to each cone  
Roll overs to each cone  
Inside/Outside

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Different parts of the foot to move ball  
Creativity with the turn

## TECHNICAL



### Dribbling & Turning to goal

#### Set up/Rules

Dribble to each cone and change direction or turn before shooting for goal

#### Progression

Toe taps to each cone  
Foundations to each cone  
Roll overs to each cone  
Inside/Outside  
Add defender after last cone. 1v1

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Different parts of foot to move ball  
Creativity with the turn

## TECHNICAL/TACTICAL



### 1v1 Att & Def Game

#### Set up/Rules

Player 1 dribbles to shoot. As 1 shoots player 2 dribbles to shoot at other goal. Player 1 becomes defender after shot.

#### Progression

Rotate Teams

#### Coaching Points

Attack at speed  
Quick transition from attack to defence  
Use of body/move to unbalance defender

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

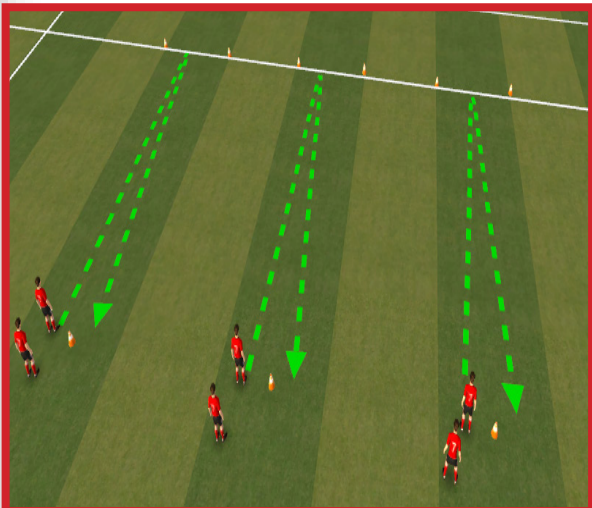
#### Coaching Points

Remind players of key coaching points from the session



# Week 4: Dribbling & Turning

## WARM UP



### Electric Fence Game

#### Set up/ rules

First player from each team dribbles out to the line and turns once the ball touches the line.

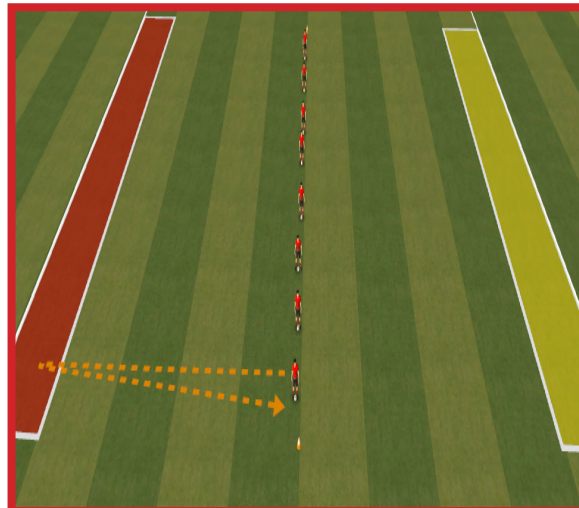
#### Progression

Competition - Teams lose point of the ball crosses the line before player turns

#### Coaching Points

Dribble to keep the ball close  
Inside/outside/sole of the foot to turn

## TECHNICAL



### 1v1 Game

#### Set up/Rules

Players all stand on the central line with a ball. Coach will call out a colour. Players must dribble the ball into that colour zone, perform a turn and return to the middle line

#### Progression

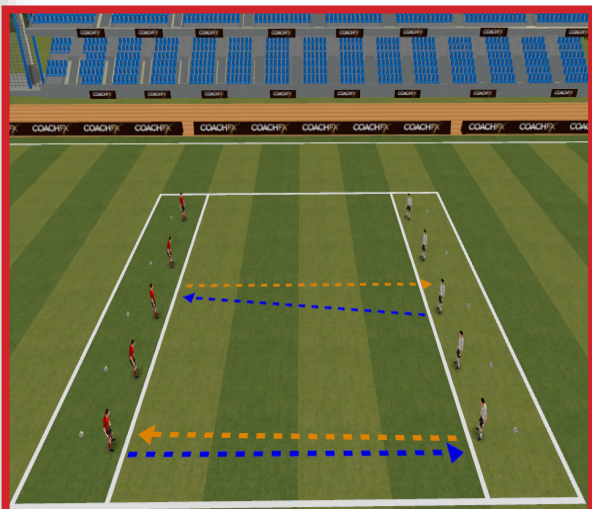
Play 'opposites' Red = Yellow zone, Yellow = Red Zone

Competition - Last player back to middle line performs a toe taps for the duration of the next race.

#### Coaching Points

Dribble to keep the ball close  
Inside/outside/sole of the foot to turn

## TECHNICAL/TACTICAL



### Numbers Game

#### Set up/Rules

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 goes and steals a ball from the other teams zone and dribbles it back to their own zone. Team with most balls in their zone after 2 mins wins.

#### Progression

Can steal from other zone or if a player is dribbling across the area.

#### Coaching Points

Dribble to keep the ball close  
Inside/outside/sole of the foot to turn

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

#### Coaching Points

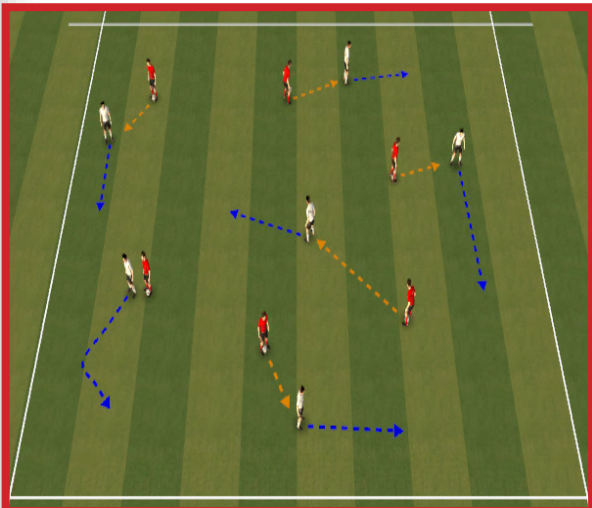
Remind players of key coaching points from the session





# Week 5: Dribbling With Pressure

## WARM UP



### Electric Fence Game

#### Set up/ rules

Players work in pairs and play tag for 1 minute. The player that is the tagger after 1 minute performs 5 star jumps.

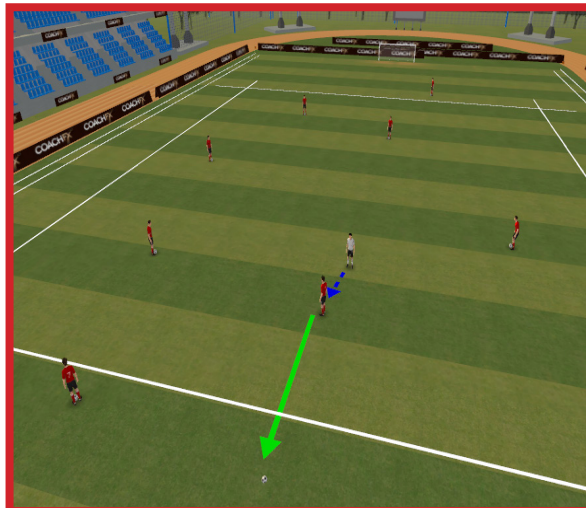
#### Progression

Each player now has a ball and plays the same game.

#### Coaching Points

Dribble to keep the ball close  
Inside/outside/sole of the foot to turn  
Accelerate into space

## TECHNICAL



### Knockout

#### Set up/Rules

Players have a ball each and dribble inside the area and high 5 each other as they pass.

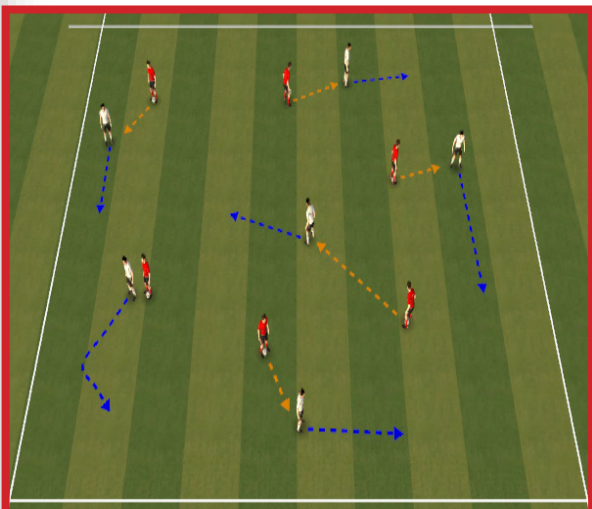
#### Progression

When coach shouts 'go' all players try and kick any other ball outside the area keeping their own ball inside the area. Last player in wins

#### Coaching Points

Dribble to keep the ball close  
Inside/outside/sole of the foot to turn  
Accelerate into space

## TECHNICAL/TACTICAL



### Numbers Game

#### Set up/Rules

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 goes and steals a ball from the other teams zone and dribbles it back to their own zone.

Team with most balls in their zone after 2 mins wins.

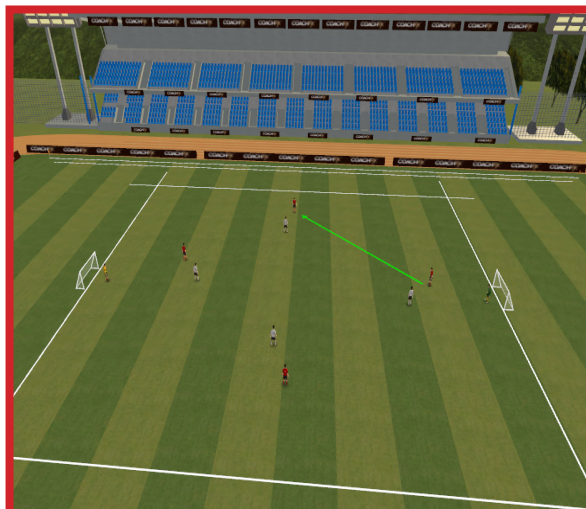
#### Progression

Can only steal ball out of zone with sole of foot

#### Coaching Points

Keep ball close to feet  
Head up for awareness  
Use sole of the foot to stop ball and

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

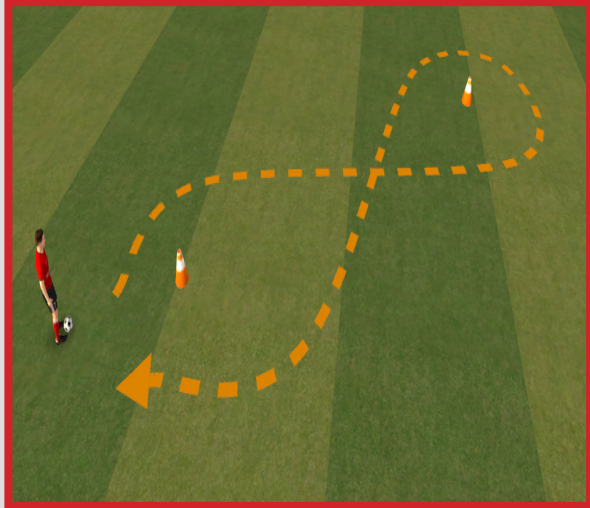
#### Coaching Points

Remind players of key coaching points from the session



# Week 6: Dribbling 1v1

## WARM UP



### Dribbling - Figure of 8

#### Set up/Rules

Players work in pairs with 2 cones.  
Players dribble around the cones in figure of 8 formation

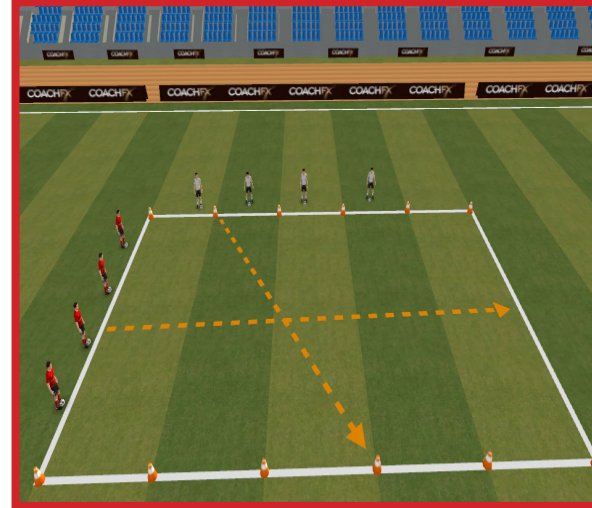
#### Progression

Toe-Taps around the cones  
Foundations around the cones  
Use sole of the foot  
Inside/outside touches  
Right foot only  
Left foot only  
Backwards

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Different surfaces to move ball

## TECHNICAL



### Dribbling Lanes

#### Set up/Rules

Split into two teams. Reds start on the short side, whites start on the long side. The red team must dribble their ball from east to west. White team dribble north to south. Players try and get across without bumping any other ball or player.

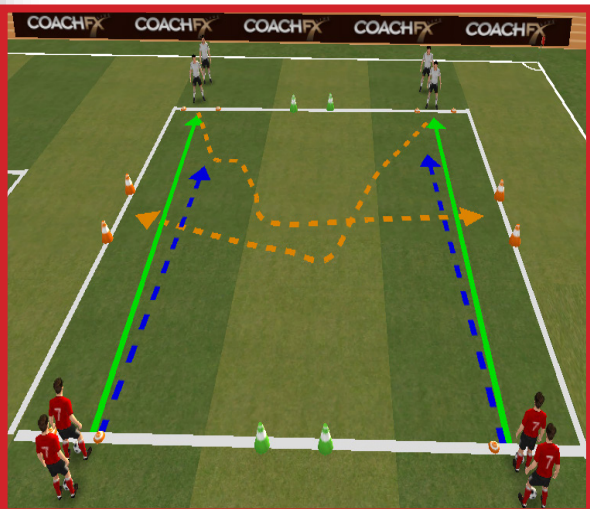
#### Progression

Switch roles of players

#### Coaching Points

Slow in traffic  
Speed up into space  
Clever footwork to avoid pressure

## TECHNICAL/TACTICAL



### 1v1 Attacking

#### Set up/Rules

Two 1v1 games playing at the same time. Attacker gets 1 point for orange gate, 3 points for green gate.

#### Progression

Remove orange gates and add another green gate on each side.

#### Coaching Points

Control with inside of foot  
Dribble fast towards goal  
Different parts of feet to change direction

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

#### Coaching Points

Remind players of key coaching points from the session





# Week 7: Dribbling & Shooting

## WARM UP



### SAQ

#### Set up/ rules

Create 3-4 lines of SAQ challenges

1. Line of 5 cones
2. 6 cones in slalom
3. 5 hurdles in a line

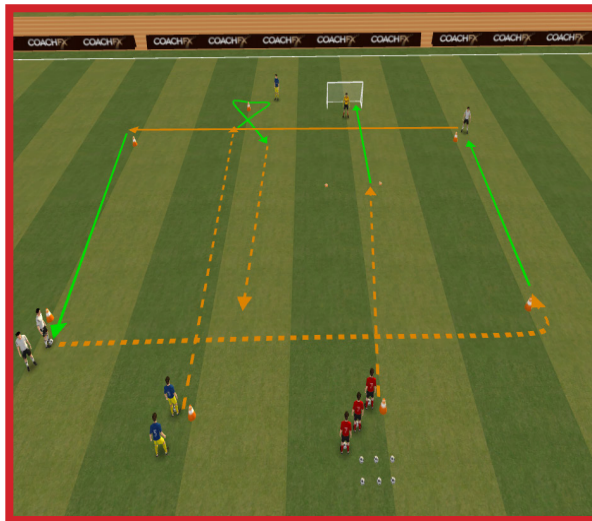
Place 2 cones 3 yards apart at the beginning of each line. First player from each line stands in between teams cones. Coach will call out "left right". Player must touch the cone to the left then right then move through their SAQ activity before rejoining the line.

#### Coaching Points

Fast foot work

Use arms for balance

## TECHNICAL



### Dribbling, Passing & Shooting

#### Set up/Rules

Reds dribble and shoot, whites dribble and pass around large square. Blues dribble and play passing combination around each end cone. Rotate team tasks

#### Progression

Add magic player who moves anywhere in the exercise and can combine with any group at anytime

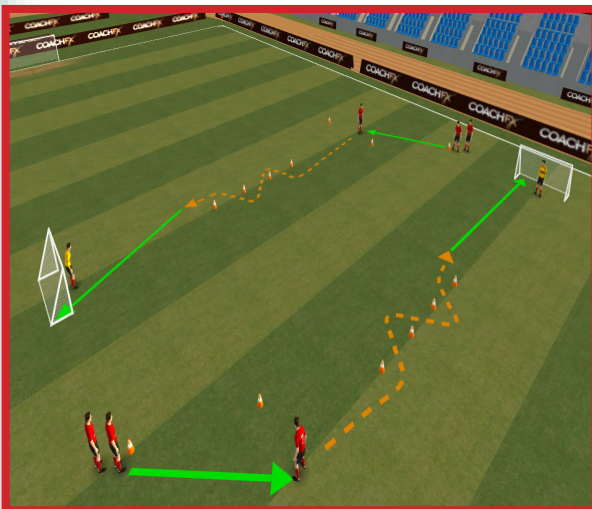
#### Coaching Points

Big touches when running with the ball

Weight and accuracy of passing

Shoot for the space in the goal

## TECHNICAL/TACTICAL



### Dribbling to shoot

#### Set up/Rules

Player receives pass and dribbles through cones to shoot for goal. Players rotate around circuit.

#### Progression

Add defender between goal and cones to create 1v1 situation

#### Coaching Points

Shoot for space in goal

Attacking at speed.

Positive play- attacking moves to beat defender

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

#### Coaching Points

Remind players of key coaching points from the session



# Week 8: Dribbling & Shooting

## WARM UP



### Turning Square

#### Set up/Rules

Each player has a ball and dribbles around the big square. At any point player moves into small square and performs 3 different turns.

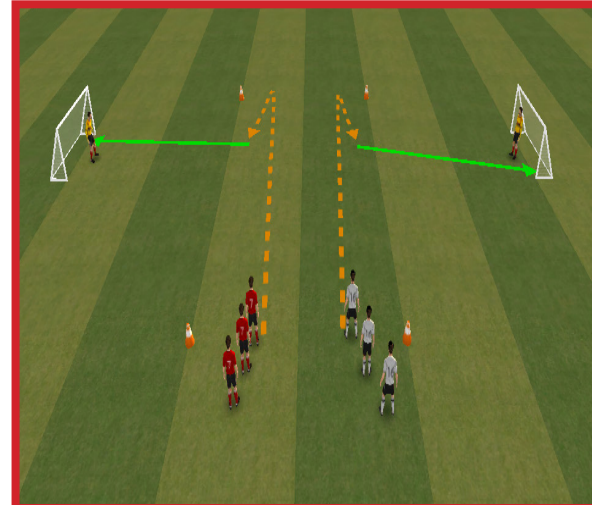
#### Progression

Add defender in middle square

#### Coaching Points

Keep ball close to feet  
Head up to see space  
Different parts of the foot to move ball

## TECHNICAL



### Turning to shoot

#### Set up/Rules

Split players into two teams. First player from each team dribbles towards the gate opposite. As player passes through the gate they perform a turn and then shoot for goal.

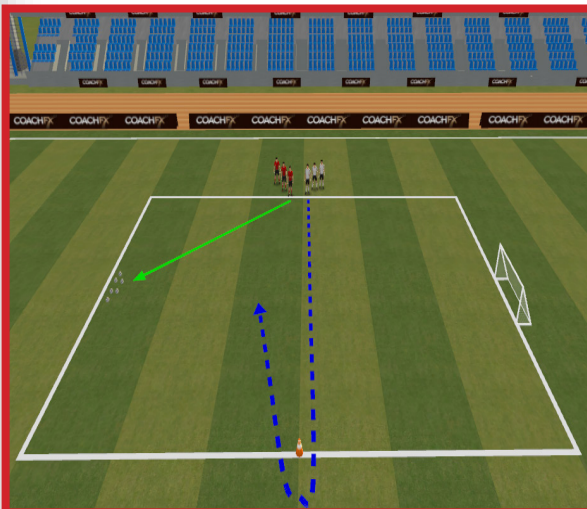
#### Progression

Competition - First player to score gets point for their team

#### Coaching Points

Creativity with turns  
Accelerate after turn to shoot

## TECHNICAL/TACTICAL



### 1v1 Turning Game

#### Set up/Rules

Attackers run to a ball and turn and dribble to goal Defender runs around the cone opposite and enters the area. A tries to score, D tries to win the ball they attack other goal.

#### Progression

3v2 in large area

#### Coaching Points

Attack at speed  
Use of body/move to unbalance defender

## SMALL SIDED GAME



### 4v4

#### Set up/Rules

Both teams play 1-1-2-1 formation

#### Coaching Points

Remind players of key coaching points from the session