



ASC Curriculum

Under 4 Program

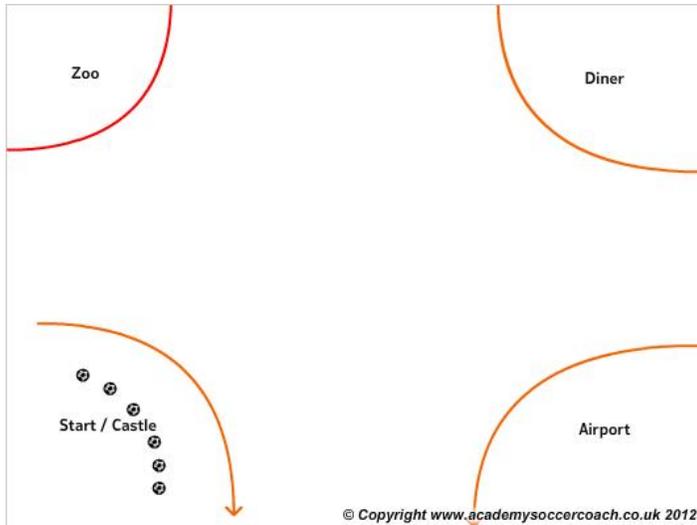


IMPACT

Week:	One
Theme:	Dribbling & Spatial Awareness
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Use feet to dribble, stop and start to follow game rules.
Activity Awareness:	Spatial, understand boundaries, follow coach instructions.

Opener	Tour of Soccer Island	Time	10
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Players are each given a ball and taken to the four corners of Soccer Island. The first corner you start in is the Soccer Squirts Castle - where they are safe from any baddies or monsters they might see (try not to scare kids at this point!).

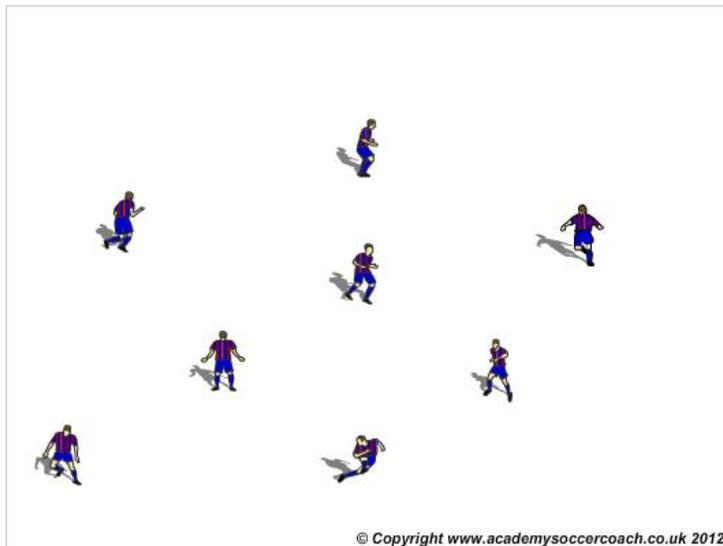
You then have kids walk with the ball at their feet (if possible) to each corner and sit down.

The Second Corner is the Zoo - you ask kids the type of creatures they might find in there and have all kids make relevant noises and actions. Coach will have to be willing to look silly for this one! Try and make each child suggest an animal.

The third corner is the Airport. Ask the kids what happens at an Airport and then have them stand up and run around imitating Planes (without a ball) before coming in to land.

The fourth corner is the volcano - you will more than likely have to mention what a volcano is and how hot fiery lava erupts from one.

Game 1 / Development 1	Soccer Racing Cars	Time	10
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Players move around the area with ball completing different tasks:

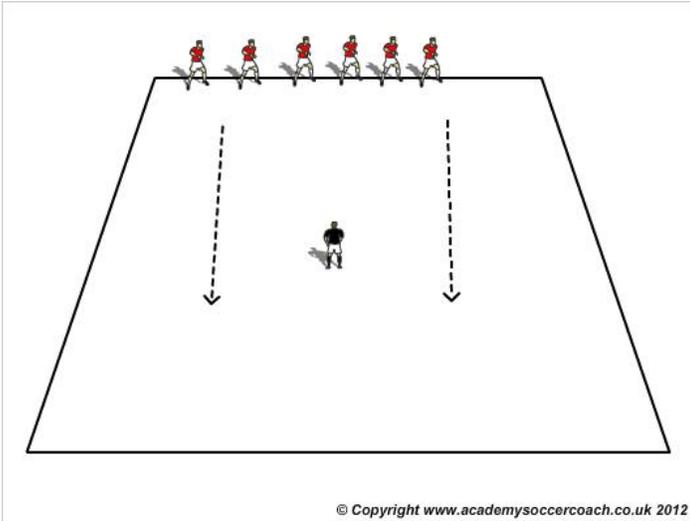
- Pump up the tires > Toe taps.
- Car Horns > Warn other drivers!
- Windshield wipers > Boxes.
- Fill gas > Roll ball back and forth with sole.
- Reverse > Roll ball behind and turn around.
- Green > Fast. Yellow > Slow
- Red > Stop. Super Green > Faster

This practice should be a simple and lively activity.

Coaching Points

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

Game 2 / Development 2	What's the time Mr. Fox	Time	15
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All players have a ball (carrot) each and become bunny rabbits.

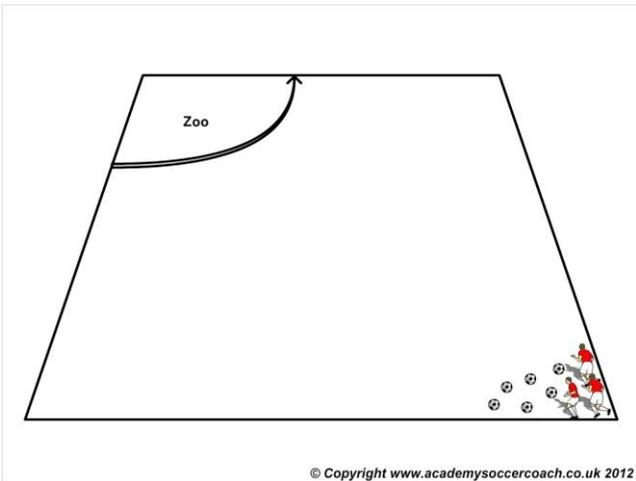
Players stand on one side of the area and try to get into the yard to plant their carrots. To move towards the foxes yard they must shout 'What's the time Mr. Fox?' and the Fox (coach) replies > 5 o'clock. In turn the players must take 5 small touches towards the yard and put their foot on top of the ball (with sole) so fox can't steal their carrot.

If Fox replies, 'party time / dinner time' (depending on frightened scale of players) players must run out of the yard to safety. First player to plant carrot and tag the fox wins.

Coaching Points

- Use of sole to stop the ball
- Use laces to dribble
- Eyes up to see Mr Fox

Game 3 / Development 3	Silly Monkey	Time	15
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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.

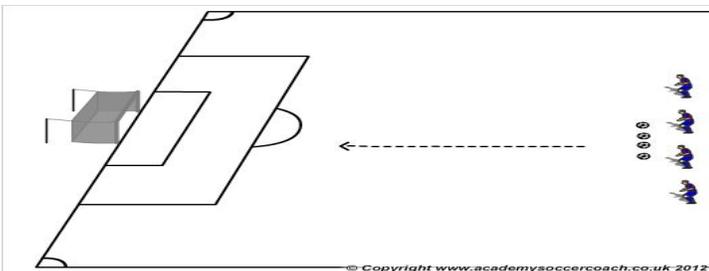
Whilst players are creeping to the monkey tree, silly monkey (coach) will be dancing around acting silly. Every time the silly monkey stops and looks at the players they must pretend to act like a silly monkey or freeze so they can get closer to the bananas (soccer balls).

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.

Coaching Points

- Change of speed and direction
- Head up to see silly monkey
- Travelling at speed with ball

Game 4 / Development 4	Score a Goal		
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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.

Coaching Points

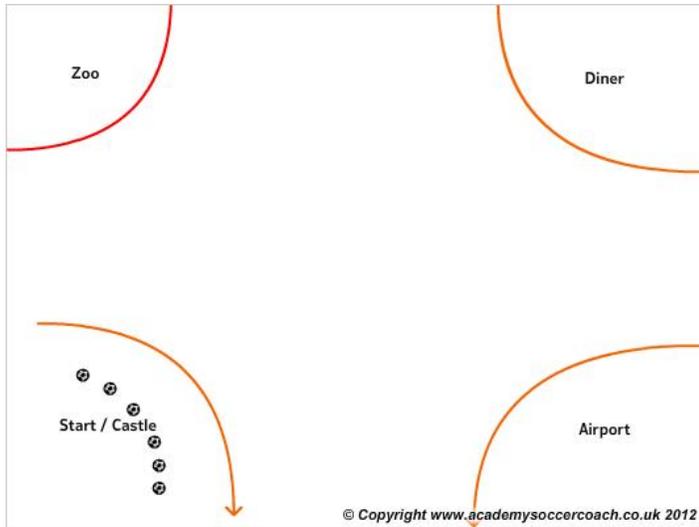
- Close control – to goal
- Use inside or laces to shoot
- Harder kick to shoot

IMPACT

Week:	Two
Theme:	Running with the ball
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Stop the ball without using hands; direct the path of the ball using feet.
Activity Awareness:	Follow the rules of the game.

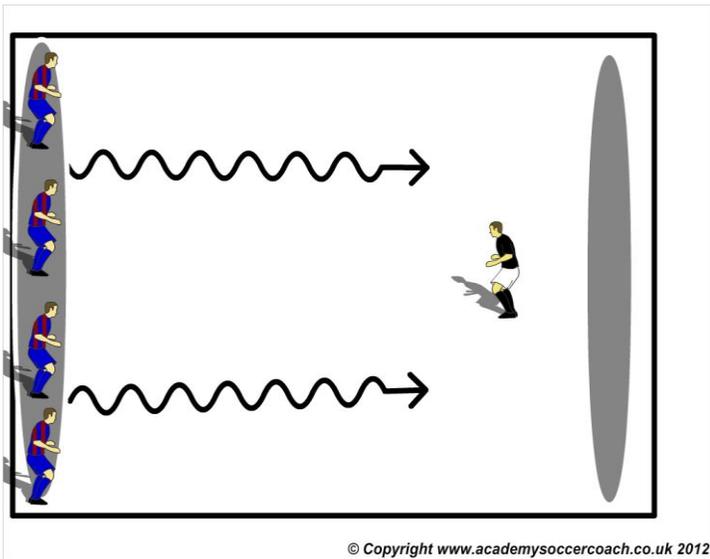
Opener	Tour of Soccer Island	Time	10
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As per week one opener.

The coach may choose to create some new stations or keep the same. Progressions can also be added to see additional tasks added. A useful airport progression for instance would be to have children take their soccer balls as they fly around the island.

Game 1 / Development 1	Dora the Explorer	Time	10
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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.

Coaching Points

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

IMPACT

Game 2 / Development 2	Foxes and Farmers	Time	15
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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. **NOTE:** You may need to play the first round without the children (foxes) using a soccer ball.

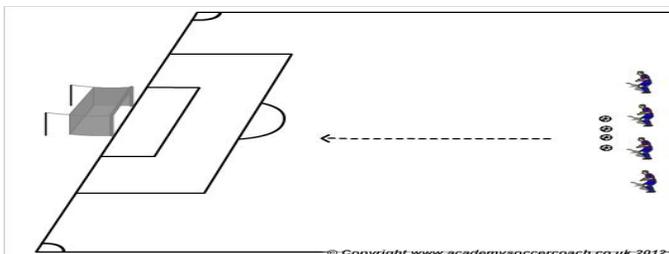
Coaching Points

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

Game 3 / Development 3	Coach Choice from Week 1	Time	
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Select one or two successful practices from week one and repeat, adding additional progressions or challenges should they be relevant.

Game 4 / Development 4	Score a Goal
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Similar to week one.

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.

Coaching Points

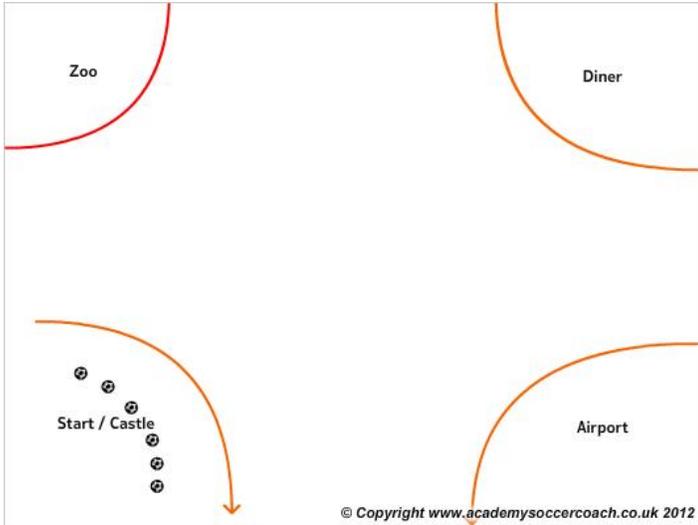
- Close control – to goal
- Use inside or laces to shoot
- Harder kick to shoot

IMPACT

Week:	Three
Theme:	Dribbling away from danger
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Keep the ball close, keep eyes up to avoid danger.
Activity Awareness:	Complete varying roles.

Opener	Tour of Soccer Island	Time	10
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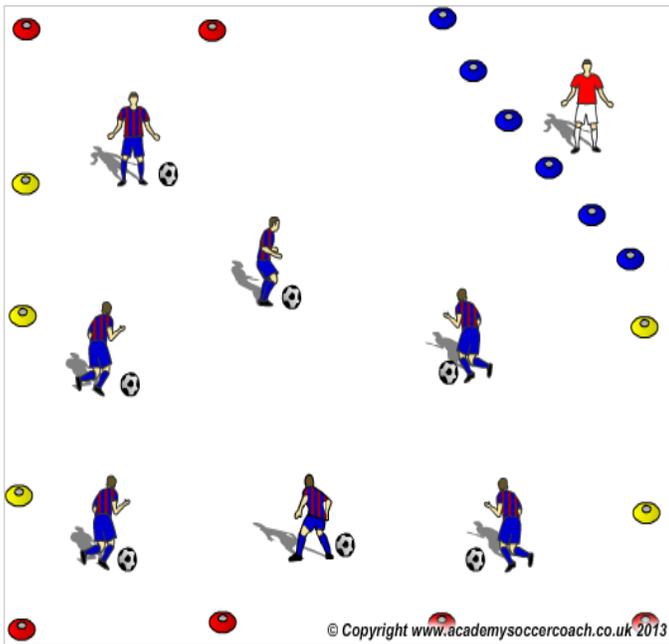


As per week one and two opener.

The coach may choose to create some new stations or keep the same. Progressions can also be added to see additional tasks added. A useful airport progression for instance would be to have children take their soccer balls as they fly around the island.

NOTE: Should the coach prefer Foxes and Farmers may be used instead of this.

Game 1 / Development 1	Cops and Robbers	Time	15
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The children are within the soccer island acting as 'Robbers' who run around with their STOLEN soccer balls.

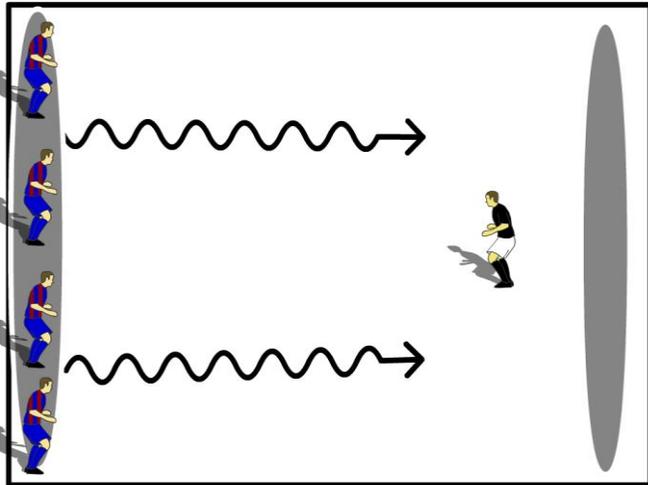
Within the Soccer Jail there is one Patrol Officer (a coach to start and a player in following rounds if relevant) who has to run out and catch the Robbers by stomping (placing their foot) on the Robbers soccer ball.

When caught the Robbers have to go to Soccer jail and perform 5 toe taps for the Assistant Coach so they can leave Jail. A progression can be that no one can escape Jail once in, which allows a last player standing scenario.

Coaching Points

- Close control
- Head up

Game 2 / Development 2	Hungry Hippos	Time	15
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Players line up on one side of the area with their ball and look to travel across swamp. Coach is in the middle imitating a hungry hippo that eats soccer balls; to give the players a chance to sneak past the hippo they must sing a song - 'Hungry Hippos x3' which will send Hippo to sleep (similar to Dora).

Players must not kick the ball too hard or the Hippo will wake up and chase after the soccer balls. If players lose the ball to Hippo, they then become a Hungry Hippo. Last player left is the winner

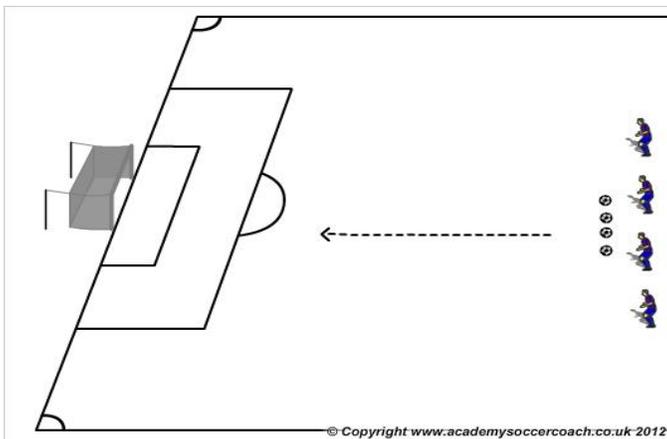
Coaching Points

- Quick change of direction
- Close control
- Head up

Game 3 / Development 3	Coach Choice from Week 2 or 3	Time	15
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Select one or two successful practices from week one or two and repeat, adding additional progressions or challenges should they be relevant.

Game 4 / Development 4	Score a Goal in Twos
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Coach lines players up on opposite side of area to goal. All players have a ball each and score a goal. Players sets off in twos in a race to goal (we don't care who wins). This will allow the players to get extra chances to score goals.

Coaching Points

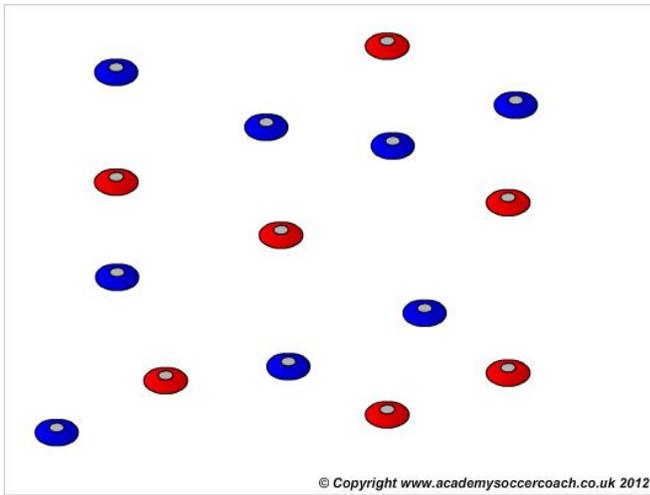
- Close control – to goal
- Use inside or laces to shoot
- Harder kick to shoot

IMPACT

Week:	Four
Theme:	Move at speed
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Keep the ball close, be speedy when completing tasks.
Activity Awareness:	Help your team and beat the coaches!

Opener	Valleys and Volcanoes	Time	10
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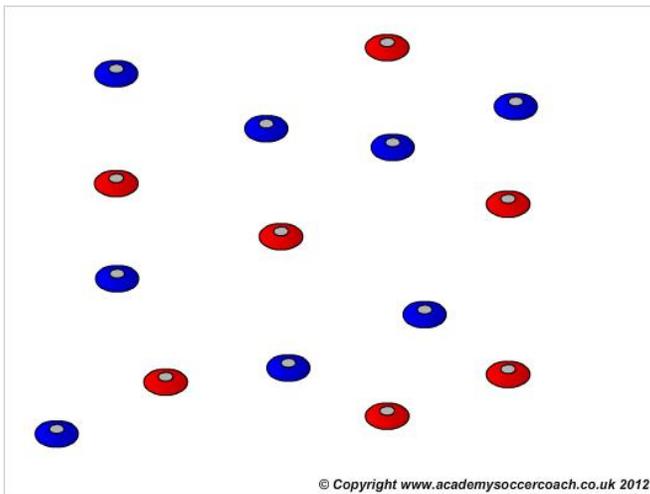
Throw down a large number of cones across a grid all facing the correct way up.

Players have to run with the ball in circles around each cone to start, firstly teaching the kids to stop still on command of freeze. Kids firstly run in circles around the cones and then take Kangaroo hops over when the coach shouts 'Kangaroos'. When the coach shouts out a color they have to find a cone of that color (play 3 or 4 rounds).

To progress, all players then have to work as a team to turn the cones the other way round so they are like Valleys. The coaches will then try and turn them all the right way up again (kids' v coach).

The coach can then split the children in to two teams and they play against each other (one team changing to cups and one saucers). Start the teams from opposite corners.

Game 1 / Development 1	Pirates of the Caribbean	Time	15
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Players divided into 2 groups (pirates start sat on the Treasure Island).

Coach places lots of cones around the island (two separate colors). Pirates then have to run round with the ball and collect a piece of treasure – they pick it up place it on their head and take it to the treasure chest (a place / area designated by the coach).

- If players drop cone / treasure they must leave it and pick up another. Winning team is the one who takes all their treasure to the chest and then sit down on Treasure Island.

Game 2 / Development 2	Scooby Doo	Time	15
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Scooby's and Scrappy's all have their Scooby snacks (soccer ball) and look to get from one side of the island to other. The ghosts are in the middle and try to steal Scooby's Scooby snack.

If Scooby or scrappy have their Scooby snack stolen they become a ghost as well.

When ghosts become too plentiful they have to link arms to make one ghost.

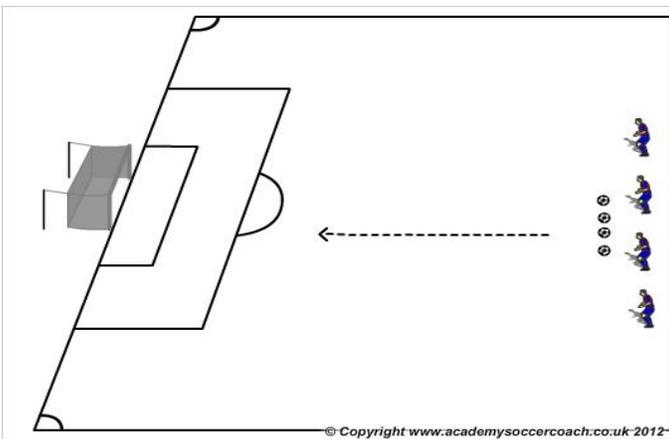
Coaching Points

- Close control
- Head up

Game 3 / Development 3	Coach Choice from Previous Week(s)	Time	
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Select one or two successful practices from previous weeks and repeat, adding additional progressions or challenges should they be relevant.

Game 4 / Development 4	Score a Goal in Twos
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Coach lines players up on opposite side of area to goal. All players have a ball each and score a goal. Players sets off in twos in a race to goal (we don't care who wins). This will allow the players to get extra chances to score goals.

Coaching Points

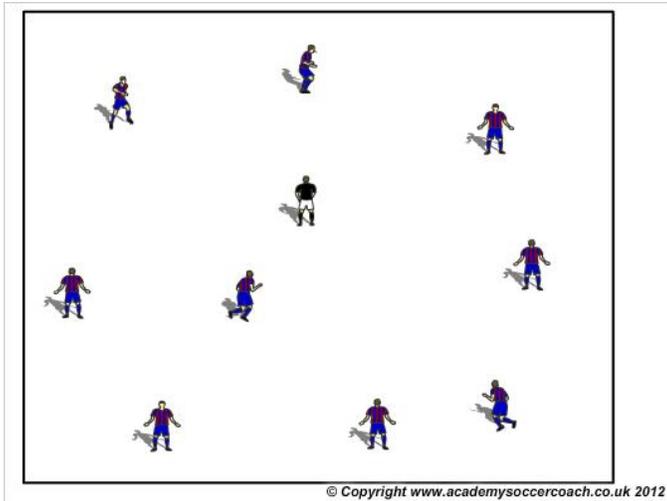
- Close control – to goal
- Use inside or laces to shoot
- Harder kick to shoot

IMPACT

Week:	Five
Theme:	Change Direction
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Use both feet to move the ball, change direction when spotting danger.
Activity Awareness:	Recognize danger.

Opener	Body Parts	Time	10
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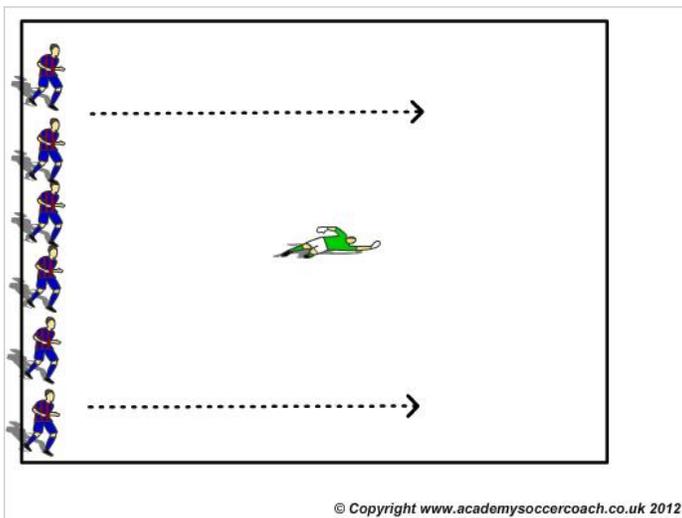


Every player dribbles around the area with a ball each and on the coaches' command he / she will shout out a part of the body. The players will then stop the ball with the sole of their foot and put the relevant body part on the ball.

The 1st player to do this gets a point.

Progression: Coach shouts out more than one body part at a time.

Game 1 / Development 1	Crab Attack	Time	15
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Surfer dudes have to dribble their ball (surf board) to the other side of the beach without the crabs snapping up their soccer balls.

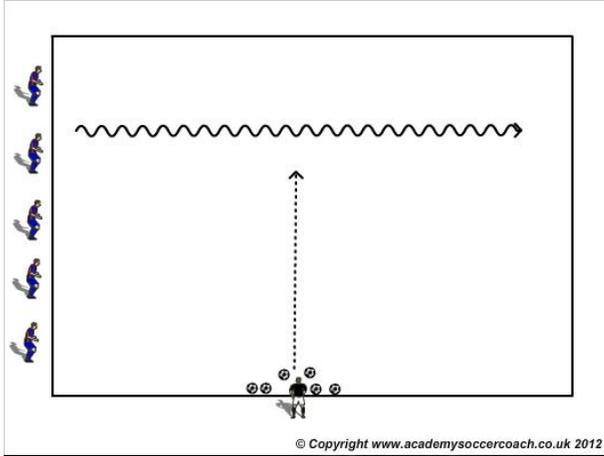
Crabs on hands and bottoms and can only move sideways. Sharks may be used either side of the beach to catch players who have strayed in to the sea.

Players having their football snapped have to put their ball in the sea and join the crabs. Last surfer left wins!

Coaching Points: Keep head up, Keeping Ball Close (to avoid crabs)

IMPACT

Game 2 / Development 2	Cowboys & Sheriffs	Time	15
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Players are Cowboys looking to ride their horses across the desert.

Coach checks players are ready by asking if they are ready who then respond with a yee-ha.

The coach stands at the side of desert as the Sheriff who then kicks tumbleweeds (balls) toward the Cowboys as they try and make their way across.

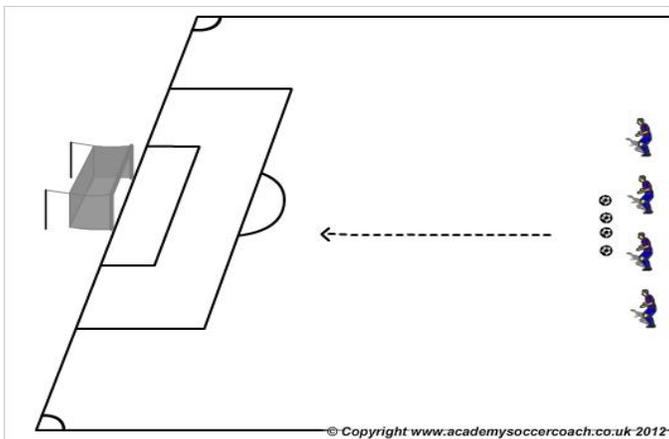
Should a Cowboy be hit they try a dramatic fall off their horse and then become a Deputy Sheriff.

Coaching Points: Look to have players use the inside of their foot when kicking the soccer balls (passing technique).

Game 3 / Development 3	Coach Choice from Previous Week	Time	15
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Select one or two successful practices from previous weeks and repeat, adding additional progressions or challenges should they be relevant.

Game 4 / Development 4	Score a Goal with a GK
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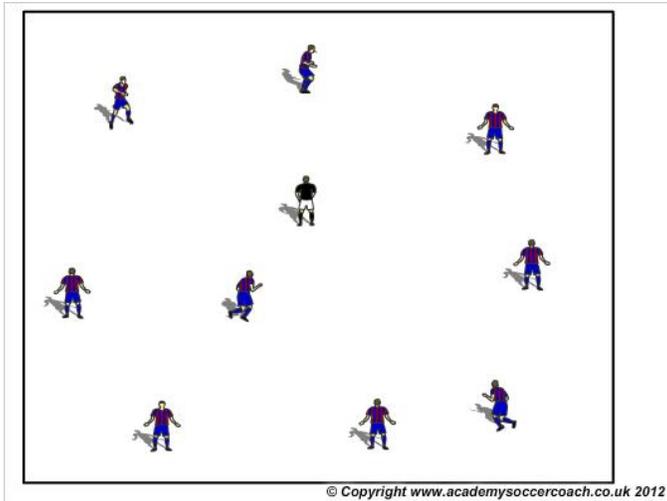
Similar to previous week's players will score a goal. To ensure progression please now place two pug goals at the side of each other to make one big goal and have the assistant be a goalkeeper that the players have to score past (coach on knees)

IMPACT

Week:	Six
Theme:	Close Control
Equipment:	Balls (Size 3), pinnies & goals

Coaching Points:	Use different parts of the foot to move the ball.
Activity Awareness:	Help your team and beat the coaches!

Opener	Soccer Racing Cars	Time	10
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As used previously. Please also feel free to use Tour of the Island / Body Parts / Foxes and Farmers.

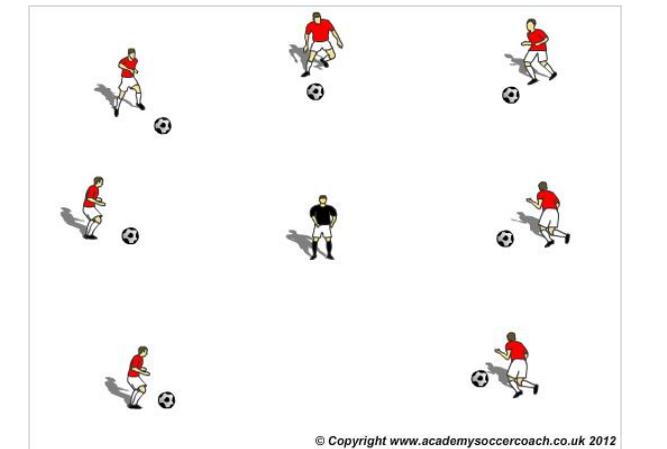
Players move around the area with ball completing different tasks.

- 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

Game 1 / Development 1	Golden Eagle	Time	15
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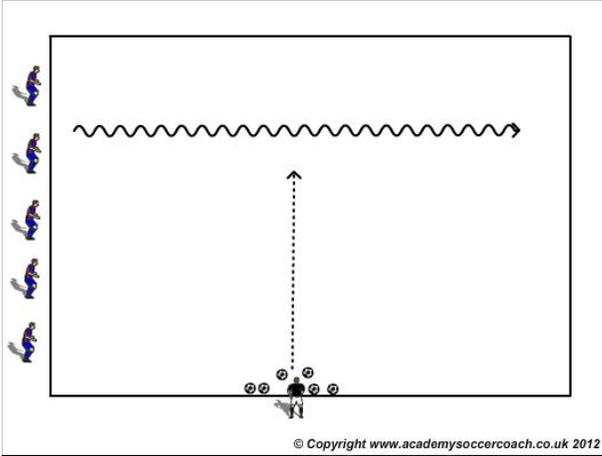
Players all have a ball each & travel around area trying to shoot their ball at the golden eagle (coach).

Every time a player hits the golden eagle (coach) he / she 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.

IMPACT

Game 2 / Development 2	Cowboys & Sheriffs - Repeat from Week 5	Time	15
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Players are Cowboys looking to ride their horses across the desert.

Coach checks players are ready by asking if they are ready who then respond with a yee-ha.

The coach stands at the side of desert as the Sheriff who then kicks tumbleweeds (balls) toward the Cowboys as they try and make their way across.

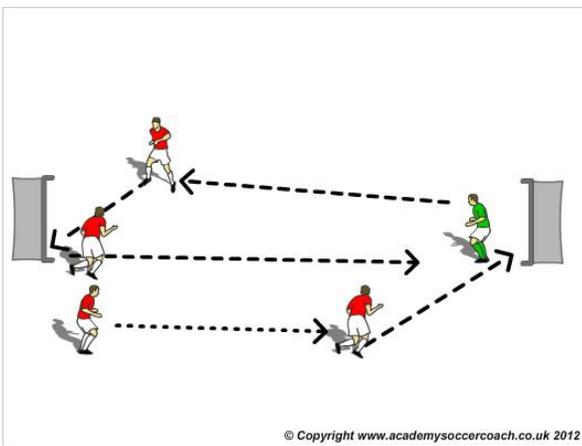
Should a Cowboy be hit they try a dramatic fall off their horse and then become a Deputy Sheriff.

Coaching Points: Look to have players use the inside of their foot when kicking the soccer balls (passing technique).

Game 3 / Development 3	Coach Choice from Previous Week	Time	15
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Select one or two successful practices from previous weeks and repeat, adding additional progressions or challenges should they be relevant.

Game 4 / Development 4	Score a Goal
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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'.

IMPACT

Week:	Seven and Eight
Theme:	Coaches Choice
Equipment:	Balls (Size 3), pinnies & goals

Coaching Points:	From previous weeks
Activity Awareness:	Coaches choice

Opener	Time 10
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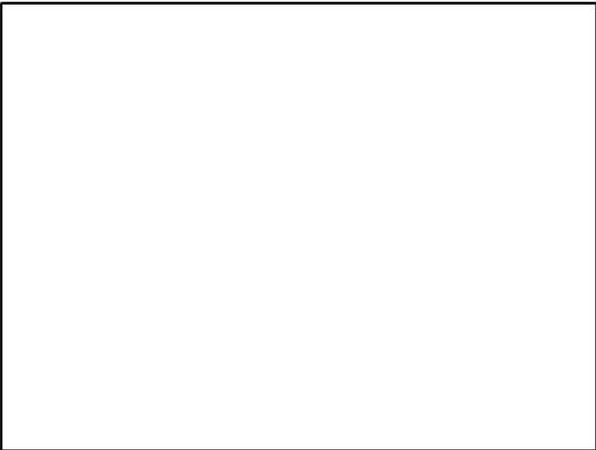
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The coach should look to integrate various games from other weeks.

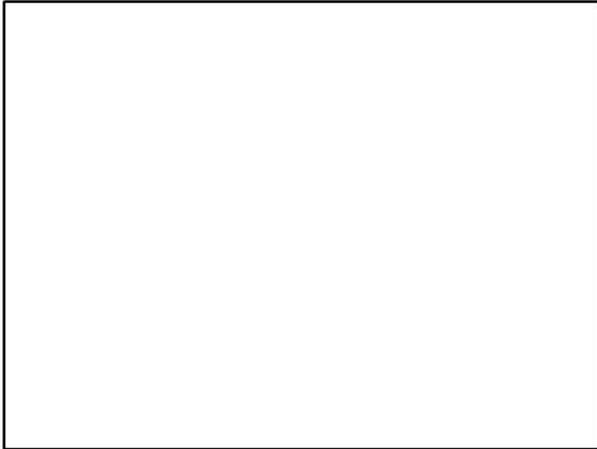
Please liaise with the Director of Coaching in regard to which of the following can be used for weeks 7 and 8.

- Small sided Soccer Games
- A one week parent (mommy n me style) event
- Additional opportunities for players to score goals (such as soccer races, four goal soccer and such)

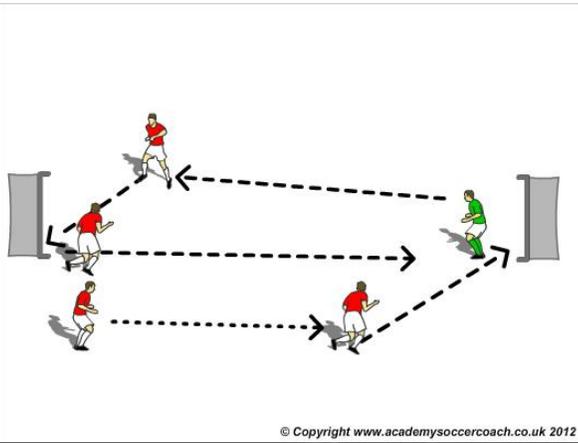
Game 1 / Development 1	Time 15
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Players line up facing the goal and all at one time they look to shoot on goal against the goalkeeper (coach) then they turn around and attack the other goal without a goalkeeper.

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'.