



ASC Curriculum

Under 6 Beginner & Advanced

+ Select U8 Groups



IMPACT

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

Coaching Points: Use different surfaces to dribble, keep head up & change direction.
Activity Awareness: Understand boundaries, follow coach instructions.

Opener	Body Parts	Time	10
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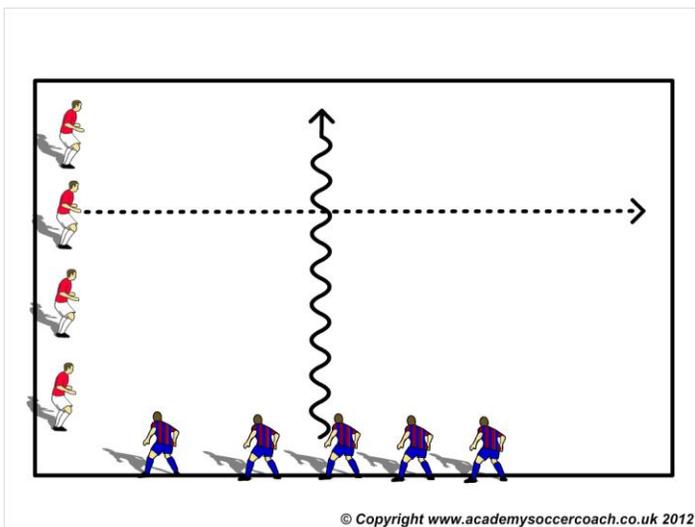
Players dribble the ball within a square and must place a different body part on the ball on coach's command.

Introduce silly forfeits for last player ready (funky chicken, etc). Coach can make more difficult by having players complete combinations and having players stop the ball in a certain way (drag back, inside hook, etc.)

Coaching Points

- Close Control
- Keep head up
- Use different parts of the foot to change direction

Game 1 / Development 1	Zig Zags and Jaguars (Run vs. Dribble)	Time	10
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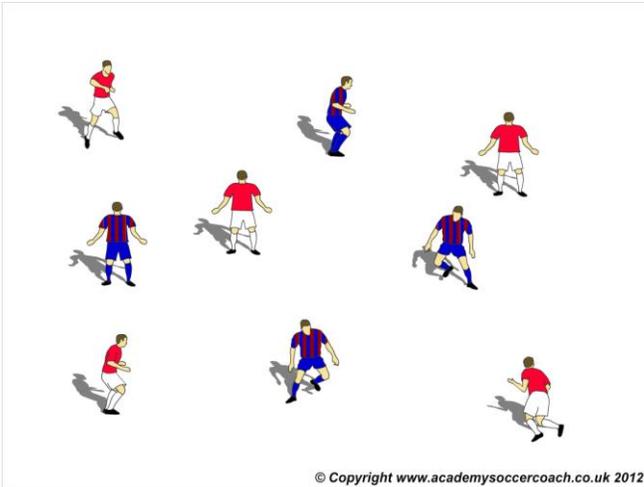
The red players practice running with the ball, they use a toe down technique with around 3 to 5 touches to make it across the playing area (Quick like Jaguars). The blue players are told how they are to dribble, using the inside and outsides of their feet to quickly change direction in a zig-zag shape (as if they are running from an alligator).

Players are told to stop the ball as close to the opposite line as they can. Have the red team run a couple of practice runs on themselves, then the blue team. After a while both teams go at the same time in a race to have all their team finished (eyes must be up for this to avoid a crash!).

Coaching Points

- As detailed within the above

Game 2 / Development 2	Stuck in the Mud	Time	15
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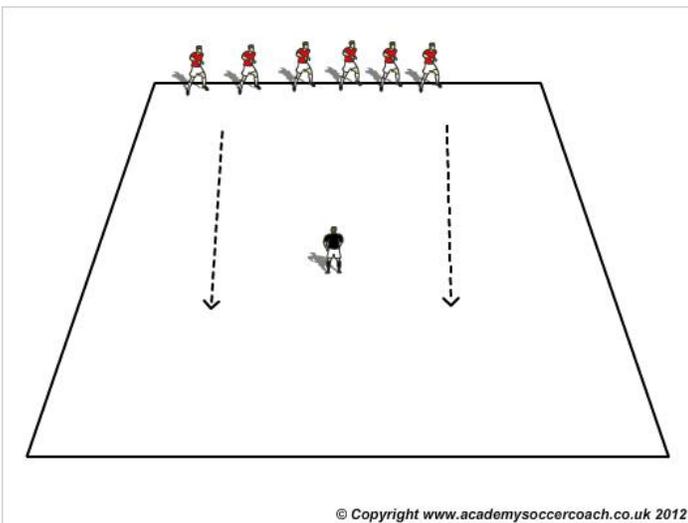
Players have to stay inside Mud Monster world whilst dribbling and keep away from the mud monster that has to try and tag everyone on the back with a football (mud ball) which is in their hands.

Caught players must stand with the ball on their head with feet apart shouting 'Help I'm Stuck in the Mud'. Another player releases them by kicking a football through their legs.

Coaching Points

- Close control
- Use both feet to change direction

Game 3 / Development 3	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 their soccer balls.

Crabs on hands and bottoms and can only move sideways. Sharks may be used either side of the beach to attack 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!

Keep head up, keeping ball close (to avoid crabs).

Coaching Points

- Keep soccer ball close for quick change of direction
- Have your eyes up to plan a route

Game Play

Set up a small side game with two teams. Encourage players to know when to dribble and when to run with the ball.

Coaching Points

- Eyes up for awareness
- Change direction with both feet
- Bigger touches to move in to an open space quickly

IMPACT

Week:	Two
Theme:	Dribbling and Awareness
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Be aware of pressure when dribbling the ball.
Activity Awareness:	Being brave with the ball.

Opener	Body Parts	Time	10
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Similar to week 1 (to allow players to get quickly moving). Players dribble the ball within a square and must place a different body part on the ball on coach's command.

Introduce silly forfeits for last player ready (funky chicken, etc). Coach can make more difficult by having players complete combinations and having players stop the ball in a certain way (drag back, inside hook, etc.). Gradually progress to make more difficult.

Make sure players stop the ball with their feet and not hands!

Coaching Points

- Close Control
- Keep head up
- Use different parts of the foot to change direction

Game 1 / Development 1	King of the Ring / Knockout	Time	15
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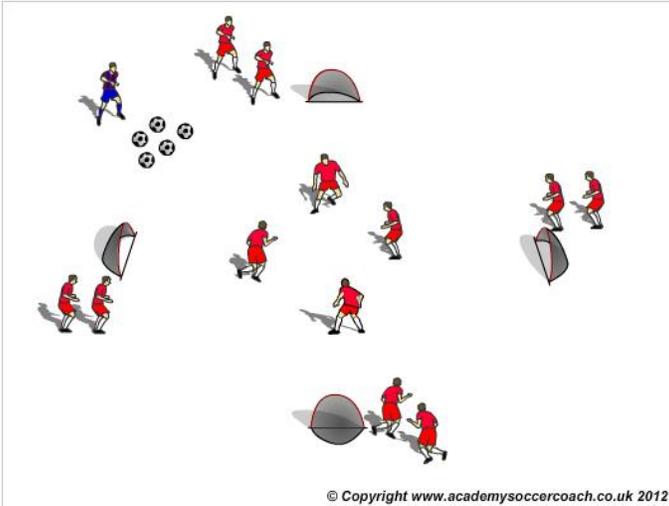
Players must strive to keep their ball within the Wrestling Ring whilst trying to kick those of other players out. Players eliminated are encouraged to cheer on other players and may be rewarded (from round 2) by being made 10 second **Destroyers** who can run in and kick footballs out for ten seconds.

Winner is the last player within the ring; coach can gradually move inwards to make the ring smaller (mention no one can go behind you or they are out). During the early rounds coaches can allow players to get back in by completing ten toe-taps.

Typically play 3 rounds, during the last round when a player loses their soccer ball they straight away become a destroyer (play until only one player is left).

Coaching Points

- Close Control
- Keep head up
- Shielding



4 teams of 3 players, 4 players on the field at a time.

1. Goals are arranged North, South, East, and West.
2. Coach serves the soccer balls in.
3. Once ball is in play, first four players in line run in and try to score in the other three goals.
4. Once there is a goal scored or the ball goes out of play, those 4 go off and the next four come in once the next ball is played.
5. Each team keeps track of their total number of goals.
6. Team with the most goals at the end wins the game.

Coaching Points:

- Ball control
- Changing direction quickly
- Awareness of defenders

Game Play

Set up a small side game with two teams.

Encourage players to know when to settle the ball and look to dribble to the space when possible.

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground.

Coaching Points

- Eyes up for awareness
- Recognize where the space and drive in to it with a dribble.

IMPACT

Week:	Three
Theme:	One vs. One Skills
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Completion of one vs. one skills Eyes up on approach Quick acceleration after the move
Activity Awareness:	Beat a player!

Opener	King of the Ring / Knockout	Time	10
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Similar to week two.

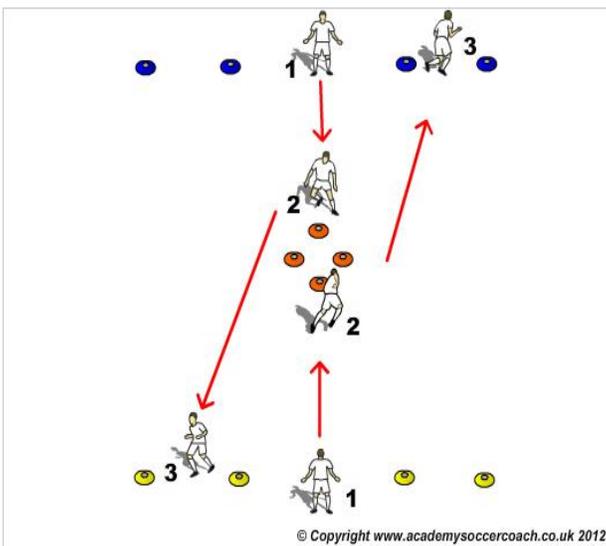
Players must strive to keep their ball within the Wrestling Ring whilst trying to kick those of other players out. Players eliminated are encouraged to cheer on other players and may be rewarded (from round 2) by being made 10 second **Destroyers** who can run in and kick footballs out for ten seconds.

Winner is the last player within the ring; coach can gradually move inwards to make the ring smaller (mention no one can go behind you or they are out). During the early rounds coaches can allow players to get back in by completing ten toe-taps. Typically play 3 rounds, during the last round when a player loses their soccer ball they straight away become a destroyer (play until only one player is left).

Coaching Points

- Close Control / Keep head up / Shielding

Game 1 / Development 1	One vs. One Skill Development	Time	15
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One player at a time starts up from each end of the field (two fields working at once – set the activity up twice side by side). Just before the players meet in the middle they perform a move and go to their right and sprint through to the goal (change to go to left goal eventually). Follow 1 / 2 / 3 path.

Move the players thru:

- Drop of Shoulder / Lean and go
- Scissors

On the way to do the move players should progress steadily and then after completing the move players should pick up speed to get to the gate. Players can race to be first finished after a number of rounds.

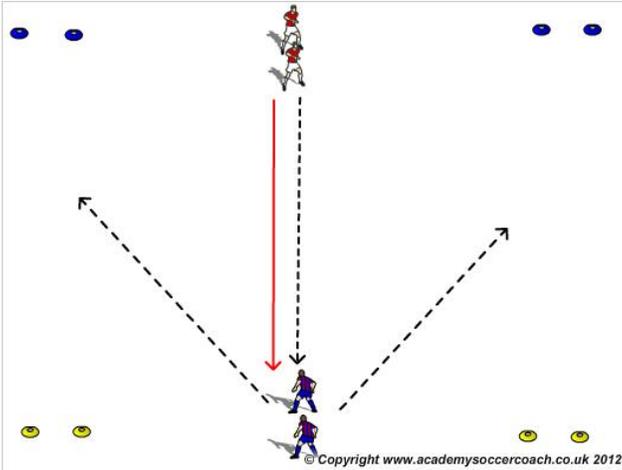
Coaching Points

- Slow Approach
- Eyes up to see the defender / cone

IMPACT

Game 2 / Development 2

One vs. One Progression



Same setup as previous activity. This time the moves will be practiced in a 1 v 1 battle scenario. The player from one end plays a long pass to the other waiting player, when that player takes their first touch, the passing player can step to try and win the ball back and score themselves.

When the ball goes off the field the next players begin straight away.

Coaching Points:

- Eyes up to see defender coming
- Complete the move at just more than an arm's length away

Game Play

Set up one small game with two teams. Encourage players to try one vs. one moves wherever possible.

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground.

Coaching Points

- Eyes up to spot good times to try a move
- Accelerate after completing the move

Progression

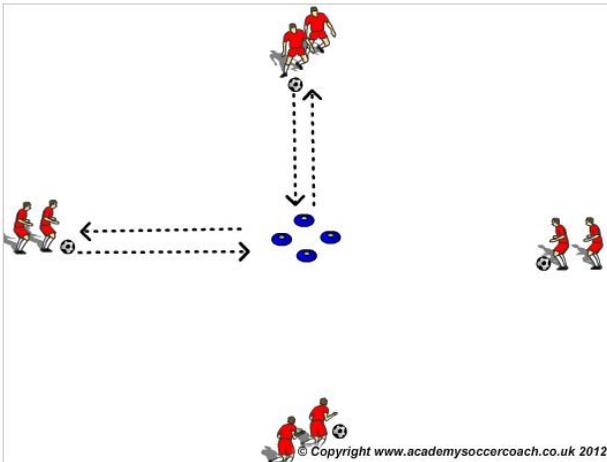
- A team can only score after completing a one vs. one move.

IMPACT

Week:	Four
Theme:	Turns
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Completion of different turns Eyes up on approach Quick acceleration after the turn
Activity Awareness:	Escape a player!

Opener	Skill Development – Turns	Time	10
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Players are positioned in pairs (one soccer ball between two) in the circle format as shown. One player from each line works towards the center and completes a turn. When getting back to the start they then exchange the soccer ball with their partner who then goes.

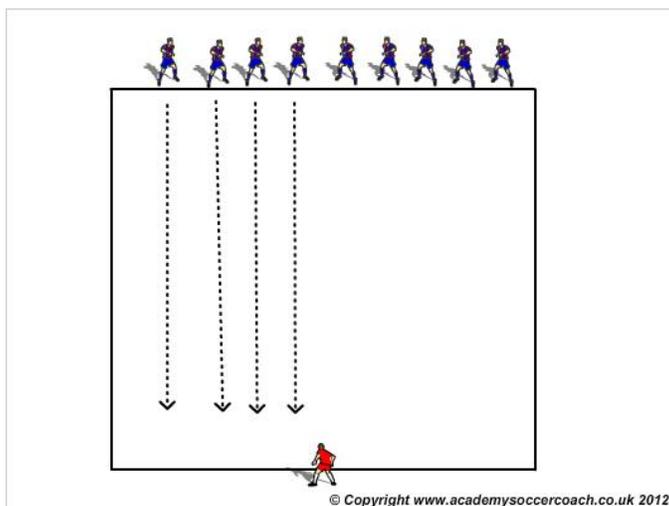
Turns to Practice

- Stop Turn
- Drag Back Turn
- Inside Turn (Cut)

Have players move steady on the way out to the center, they perform the turn carefully and then pick up their speed on the way back to their partner. Coach should actively demonstrate each turn and provide each player with tips as the practice progresses.

You may use relay races to wrap up the practice but for the main part the practice should not be about speed.

Game 1 / Development 1	Hungry Bear - Skill Development with Pressure	Time	15
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All players start on one side of the grid, they slowly dribble towards the coach. When they get close the coach shouts 'Foot On' for players to complete the first part of their turn, when the coach shouts 'Quick Away' the players complete the turn and race back to the start line.

After a few practices the coach chases the players down (to promote quick acceleration away). The coach should explain that the player's soccer balls are the hungry bears food and that he is trying to get the food back before the players get back to shelter!

Coaching Points

- Slow Approach
- Steady Turn
- Accelerate after the turn

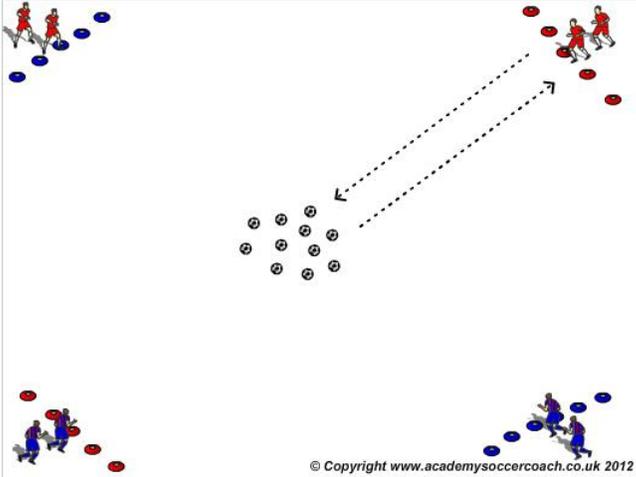
IMPACT

Game 2 / Development 2

Steal the Bacon

Time

15



Players are in 3 or 4 teams (maximum group of 3 players) starting in opposite corners.

To start, first player runs to the center to collect a soccer ball (using one of the practiced turns). When they get back and tag a team mate that player can go. Game finishes when there are no soccer balls left. Team with the most wins.

For second round and on, players can take a soccer ball from another team (with a turn only – no guarding). Coach counts down from ten when all soccer balls are gone from middle, only one player can go at a time (kids will try and cheat at this point!).

Game Play

Set up one small game with two teams. Encourage players to use turns to get out of tricky spaces. Effective use of a turn can see a bonus goal awarded!

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground.

Coaching Points

- Recognize pressure and use a move to turn away.
- Accelerate after completing the turn.

Progression

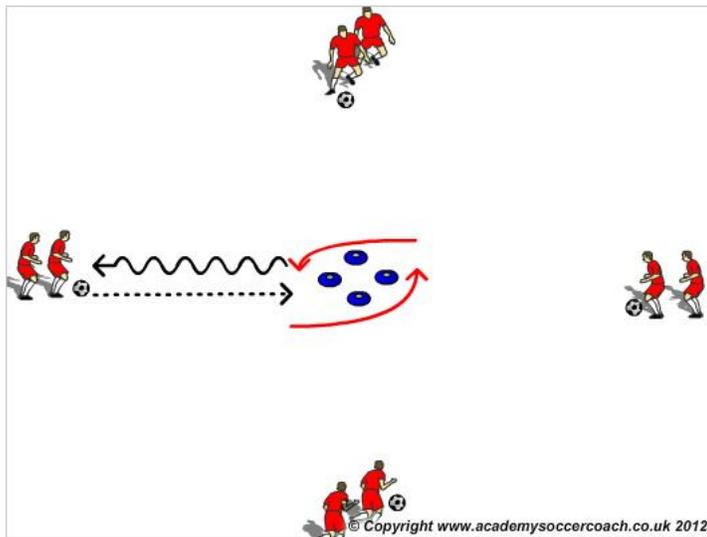
- A team can only score after one of their players completes a practiced turn.

IMPACT

Week:	Five
Theme:	Passing
Equipment:	Balls, cones, pinnies and goals

Coaching Points:	Correct technique to pass Eyes up to target Locked ankle
Activity Awareness:	Work as a team

Opener	Skill Development – Passing (Body Parts to Start)	Time	10
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This week we will see us use similar practice layouts to week four but with a different emphasis.

Begin the session with a body parts warm up (until most of children have arrived). Then sit the players down and show them passing technique:

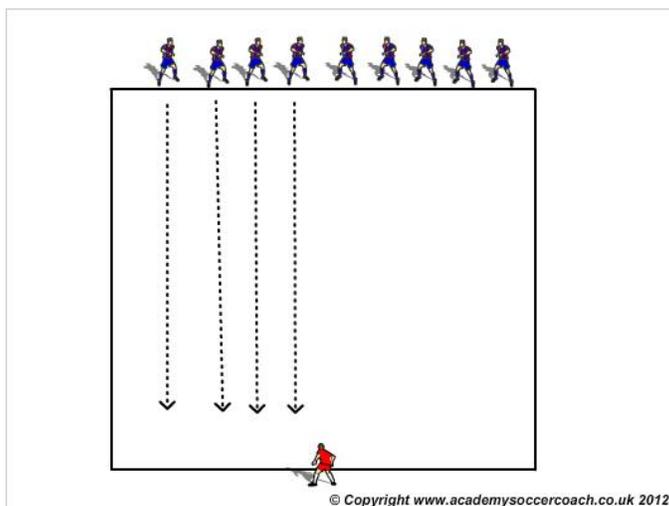
- Non kicking foot goes to the side of the ball
- Kicking foot is open in an L position
- We use the inside of foot to hit the equator of the ball

You can then use the turn's layout (see image) from the week before but this time each player dribbles around the four cones and then on the way back plays a pass to their team mate, who then goes.

Progressions

- Practice passing with right and left foot
- Make it a race between teams (accurate passes save time).

Game 1 / Development 1	Hungry Bear – Passing with Pressure	Time	15
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All players start on one side of the grid working in pairs, they slowly dribble towards the coach making at least 3 passes on the way towards the bear.

When they get close the coach shouts 'Foot On' for players to complete a turn, when the coach shouts 'Quick Away' the players complete the turn and race back to the start line.

On the way back the players must make at least one pass between them. Encourage the players to make as many passes as they can to tease the bear!

NOTE: This game could also be played liked crab attack with passes to work across the beach.

Coaching Points

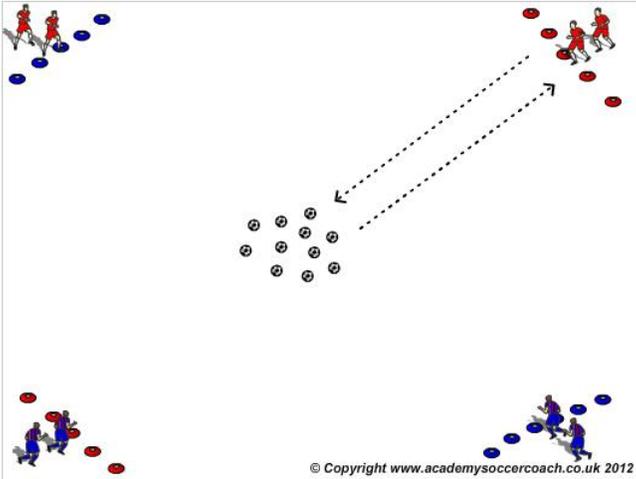
- Eyes up to see the defender / bar
- Controlled short passes
- Send a leading pass (for teammate to run on to)

IMPACT

Game 2 / Development 2

Steal the Bacon - Passing

Time



PASSING ELEMENT: The players must this week pass their soccer ball back from wherever they find it!

Players are in 3 or 4 teams (maximum group of 3 players) starting in opposite corners.

To start, first player runs to the center to collect a soccer ball. When they get back and tag a team mate that player can go (remember after passing the ball back this week). Game finishes when there are no soccer balls left. Team with the most wins.

For second round and on, players can take a soccer ball from another team (with a turn only – no guarding). Coach counts down from ten when all soccer balls are gone from middle, only one player can go at a time (kids will try and cheat at this point!).

Game Play

Set up one small game with two teams. Before scoring a goal each team must make a minimum of 4 passes (increase for more skilled teams). A team can look to try and score 3 goals by making ten passes before scoring!

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground and strongly encourage players to settle the ball calmly on their first touch.

Coaching Points

- Settle the ball quickly and calmly (no wild kicks)
- Move with your eyes up to see where open players are
- Strike the equator of the ball to make sure of a smooth pass

Progression

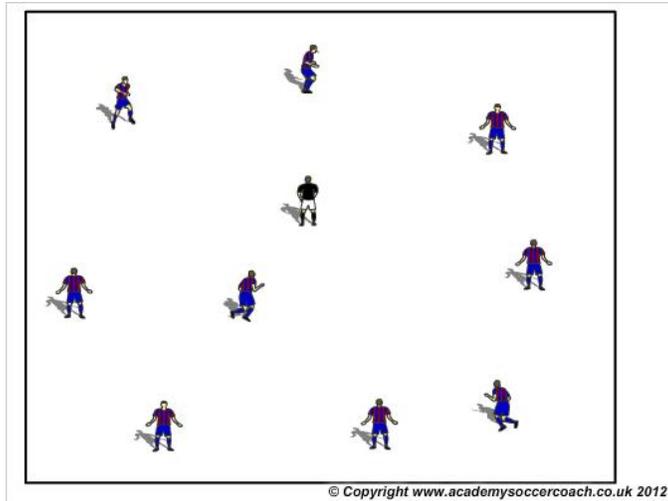
- A team can only score after each of their players have touched the ball.

IMPACT

Week:	Six
Theme:	Passing with pressure
Equipment:	Balls, cones, pinnies and goals.

Coaching Points:	Correct technique to pass Eyes up to target Locked ankle
Activity Awareness:	Take care of the ball

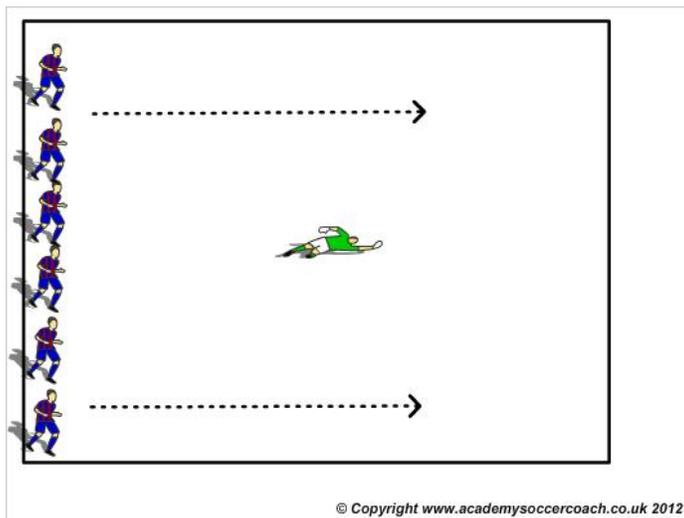
Opener	Five Steps to Heaven	Time	10
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Players dribble the ball whilst completing different activities on coaches demand. As the coach shouts a number the players shout the name of task (in bold below) and then complete it:

1. **On the Run** (players shout on the run and start running!)
2. **On the Shoe** (players place sole of shoe on ball)
3. **On the Knee** (players chicken dance by putting their knees alternately on the ball)
4. **Head to the Floor** (players put their head on the ball in a push up position!)
5. **Staying alive** (players perform toe taps, raise hands in the air and sing staying alive!)

Game 1 / Development 1	Crab Attack	Time	15
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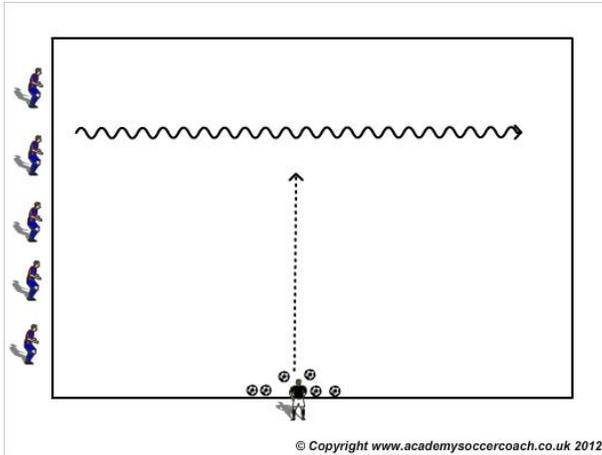


Surfer dudes work in pairs to move their soccer ball to the other side of the beach without the crabs snapping up their soccer balls. **THEY MUST MAKE 3 PASSES BETWEEN THEM ON THE WAY ACROSS.**

Crabs on hands and butt and can only move sideways.

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

Coaching Points: Keep head up; pass the ball in front of the receiver.



Players are Cowboys looking to run across the desert. Players again work in pairs making at least 3 passes on the way across.

Coach checks players are ready by asking if they are ready who then respond with a yee-haw (lesser with older kids).

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.

As you get to last 4 Cowboys players then dribble their own soccer ball across individually with all other players using the passing technique to try and catch them (hit them with a soccer ball).

SAFETY: The players trying to hit others should only be using a passing technique, with the ball staying close to the ground at all times.

Game Play

Similar to week 5 - Set up one small game with two teams. Before scoring a goal each team must make a minimum of 4 passes (increase for more skilled teams). A team can look to try and score 3 goals by making ten passes before scoring!

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground and strongly encourage players to settle the ball calmly on their first touch.

Coaching Points

- Settle the ball quickly and calmly (no wild kicks)
- Move with your eyes up to see where open players are
- Strike the equator of the ball to make sure of a smooth pass

Progression

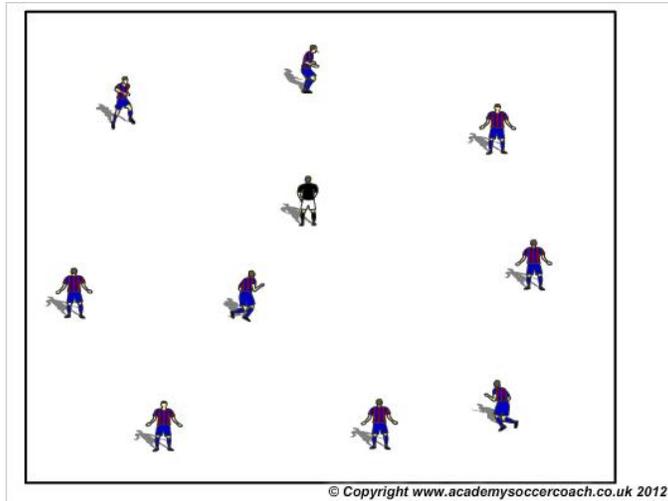
- A team can only score after each of their players have touched the ball.

IMPACT

Week:	Seven
Theme:	Shooting and 1 v 1
Equipment:	Balls, cones, pinnies and goals.

Coaching Points:	Eyes up to see the goal Shoot on sight
Activity Awareness:	Score goals!

Opener	Terminator	Time	10
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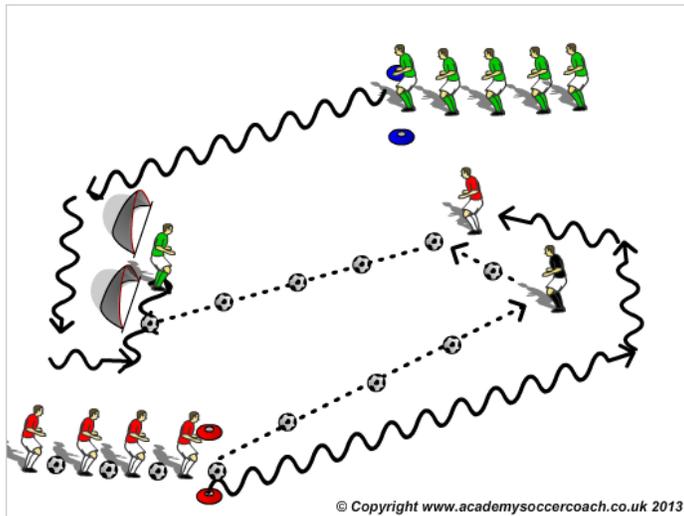
All players stay within a squared area (no ball). Inside this square all players are trying to escape from the Terminator who has a laser ball and is trying to laser the other players by passing the ball at them below the knee.

If caught, players must stand frozen with their feet apart shouting 'I'll be back'. When another free player runs through their legs they are free to go again.

Coaching Points: Keeping head up. Awareness of other players.

Progression: Two or three players as Terminators, players are out when hit. Last one in wins!

Game 1 / Development 1	Goalies and Strikers	Time	15
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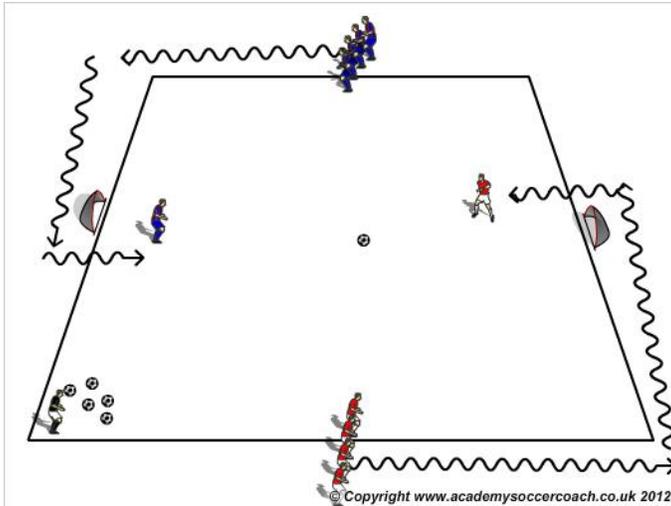


One team of players placed in a line where a corner would be taken from. These players one at a time pass the ball to the coach who is on the penalty spot, coach then lays the ball forward towards the goal, player (strikers) then run around the coach and strike the ball in to goal ASAP.

There are also a team of goalkeepers who are in line with coach at a team base on the other side of the pitch. As the strikers pass the ball, one goalie at a time may set off to run around the back of the goal and then round in front to try and save the ball.

Players then join the back of their team lines. Teams have 3 minutes each and then switch over.

Coaching Points: Strike with the laces for power
Use inside of foot for accuracy



Two teams of players, one team sat outside half way point on one side (facing a corner), the other team at the other side of the field facing the corner at the other end of the field.

Each team has a player with a number between 1 - 6. When coach shouts a number that player runs to the corner flag in front of them and then to the middle of their goal, they should be facing each other and run into field to battle for a football and score in opponents goal.

Coaching Points: Use 1 v 1 moves, display striking technique(s)

Progression: Two or three players can go at once
3 passes before a shot

Game Play

Regular game play but use cones for goal posts and make the goals twice as wide as a pug. Encourage players to shoot whenever they see an opportunity (the goals can be up against the wall).

The coach should have soccer balls ready to serve in when the ball goes off the field, please serve the ball in on the ground and strongly encourage players to settle the ball calmly on their first touch.

Coaching Points

- Settle the ball quickly and calmly (no wild kicks)
- Get eyes up to see the WINDOW to goal
- Either strike with toe down (power drive) or inside of the foot (long pass technique) to shoot.

Progression

- Team gets 3 bonus goals if everyone on the team manages to take a shot.

IMPACT

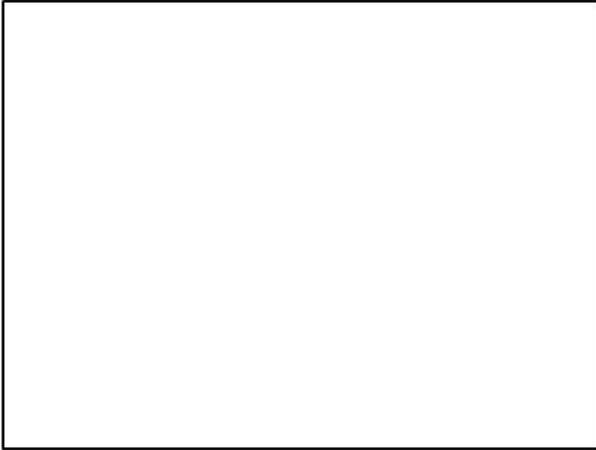
Week: Eight - 25th Feb
Theme: Coaches Week
Equipment: Balls, cones, pinnies and goals.

Coaching Points: From previous 7 weeks
Activity Awareness: Coaches choice

Opener

Time

10

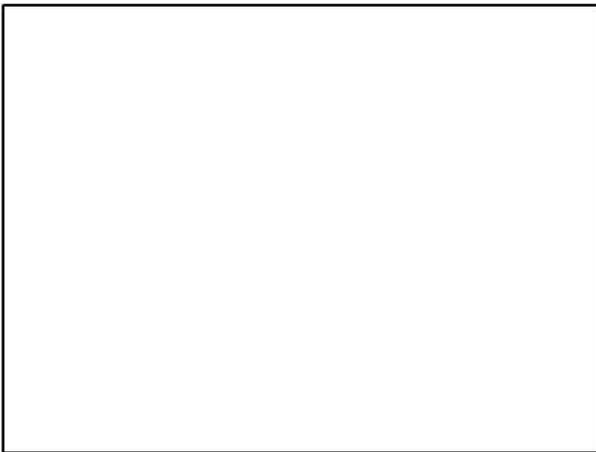


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Game 1 / Development 1

Time

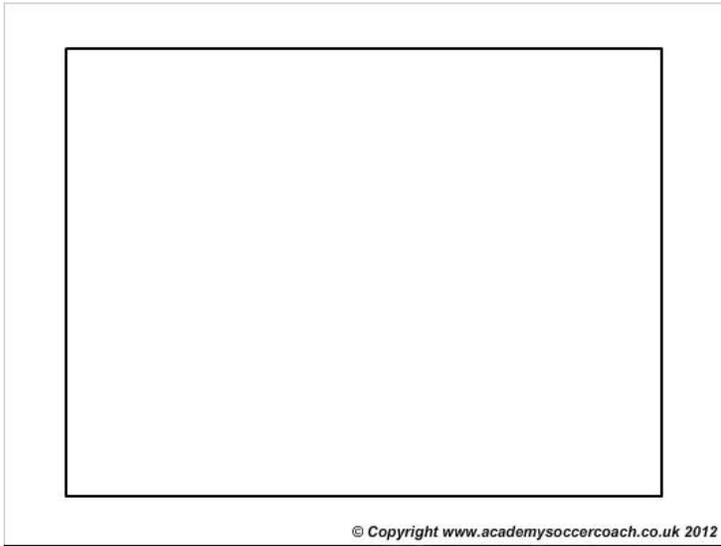
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Game 2 / Development 2	Time 15
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Game 4 / Development 4	Game Play
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