



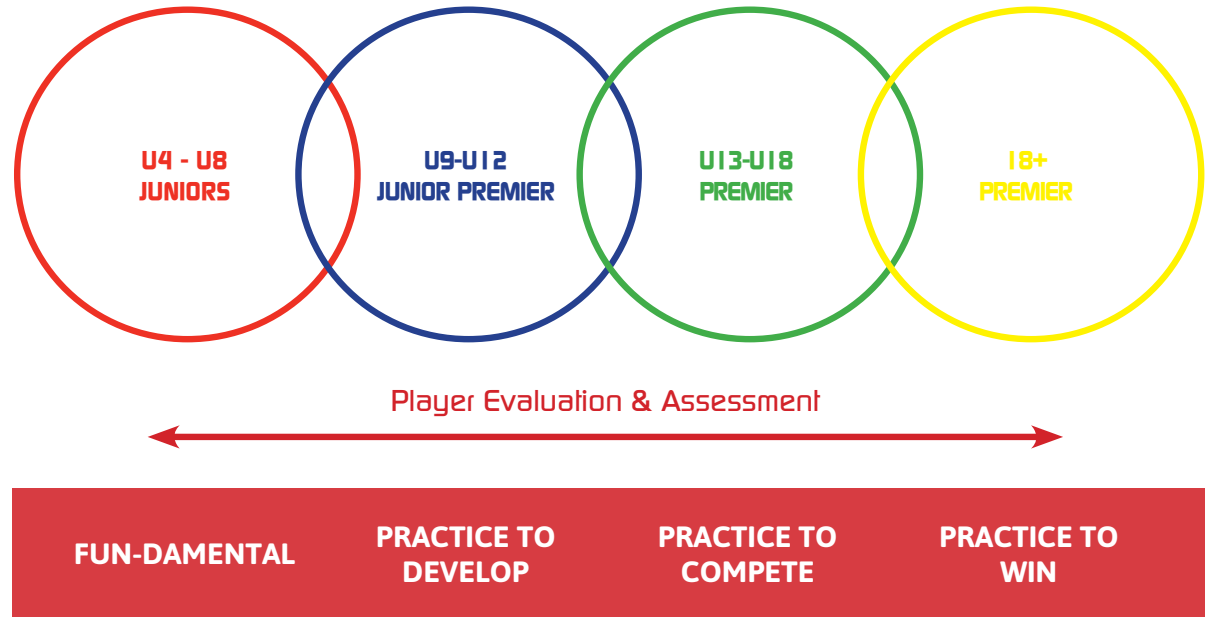
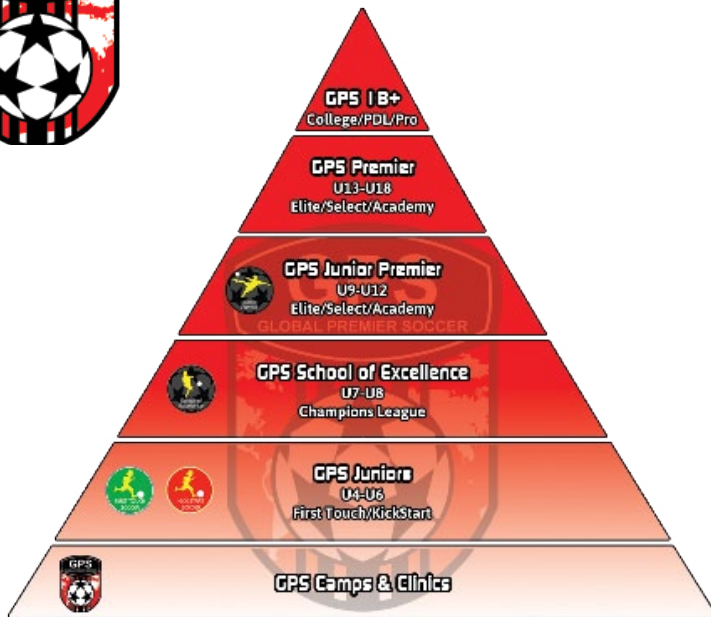
# GLOBAL PREMIER SOCCER

ANDOVER 2013 CURRICULUM

U8  
10 WEEK TRAINING PROGRAM



# GPS CURRICULUM METHODOLOGY



## AIM:

To allow players of all ages and abilities, to develop to their full potential, in an ENJOYABLE, CHALLENGING and POSITIVE environment.

## OBJECTIVES:

- Create a clear and simple pathway for player development.
- Always keep the player at the centre of the development process.
- Allow players as much active time with a ball each as possible.
- Teach the principles of the game.
- Teach "roles" not "positions".
- Acknowledge that players will learn and develop at different speeds.
- To keep a fresh and current outlook on the changes in young player development.
- Create a deep and underlying passion for the sport of soccer at all ages.





# SCORE METHODOLOGY

GPS recommends that all practice sessions follow the S.C.O.R.E. method:

**S**IMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

**C**HALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

**O**RGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

**R**ELEVANT. Ensure that the exercises in your session are relevant to the game.

**E**NJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game.





## LEARNS AT U8

### TECHNICAL

SHORT PASSING (PUSH PASS) USING BOTH FEET.  
RECEIVING WITH BOTH FEET USING THE INSIDE AND OUTSIDE  
DRIBBLING WITH BOTH FEET  
TURNING  
CHANGING DIRECTION  
CHANGING SPEED  
ATTACKING 1v1  
SHOOTING WITH THE LACES USING BOTH FEET  
APPLYING PRESSURE (1v1)

### TACTICAL

AWARENESS OF OTHERS  
UNDERSTAND DIFFERENCES IN ATTACK AND DEFENCE  
AWARENESS OF DIAMOND IN 4v4  
MAKING THE FIELD BIG IN POSSESSION

### PSYCHOLOGICAL

STILL FUN BUT A MORE STRUCTURED ENVIRONMENT  
PERFORMING EVERYTHING WITH POSITIVITY

### PHYSICAL

ALL PHYSICAL DEVELOPMENT IS DONE WITH THE BALL.  
FOCUS IS ON RUNNING, COORDINATION AND AGILITY





## SESSION STRUCTURE FOR U8

SESSION LENGTH - 60 MINUTES

TYPICAL PRACTICE SESSION STRUCTURE:

WARM UP - 5 MINUTES

ACTIVITY 1 - 12 MINUTES

DRINK BREAK 1 - 3 MINUTES

ACTIVITY 2 - 12 MINUTES

DRINK BREAK 2 - 3 MINUTES

SMALL SIDED GAME (4 v 4) - 20 MINUTES

DEBRIEF AND EQUIPMENT COLLECTION - 5 MINUTES

All sessions will end with a small manifestation of the game.

At U8 this game should be 4 v 4.

Encourage players to form a diamond shape to the team (1-2-1).

Use various methods of scoring:

- Stop the ball on the endline
- Dribble through corner gates
- Knock a ball of a cone

Ensure that players experience attack and defensive roles during the game.

Avoid playing teams with larger numbers (i.e. 6 v 6) in order to increase player exposure to the ball.

Ensure to have a supply of balls so that your exercises flow.



### CURRICULUM KEY

— — — — — ➔ PLAYER MOVEMENT (RUN OFF THE BALL)

—————➔ BALL MOVEMENT

— — — — — ➔ PLAYER WITH BALL MOVEMENT





# U8 WEEK ONE: TURNING

## TECHNICAL: Receiving to turn

### ORGANIZATION

Create a 25x25 yard area, with a 15x15 yards coned square in the centre.

1 player starts on each of the middle cones with the rest of the group split evenly on the outside four corners. Outside player passes into the middle player who receives to turn and dribble to the cone opposite. Player who passes in replaces player on middle cone.

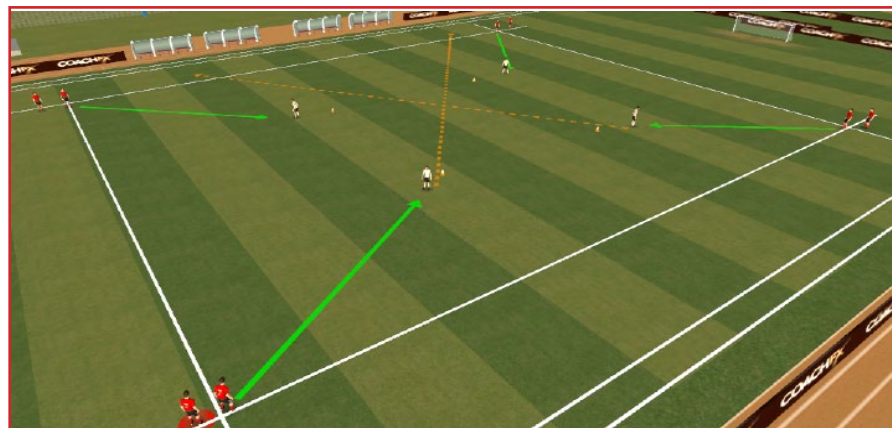
### COACHING POINTS

Half turn to receive  
Check behind before turning  
Accelerate once turned

### PROGRESSION

Different surfaces of foot to turn

No touch turn



## TECHNICAL: Receiving to turn

### ORGANIZATION

Create a 25x25 yard area, with a 15x15 yards coned square in the centre.

1 player starts on each of the middle cones with the rest of the group split evenly on the outside four corners. Outside player passes into the middle player who receives to turn and dribble to the cone opposite. Player who passes in now chases receiving player and tries to steal the ball before the player can dribble to opposite side.

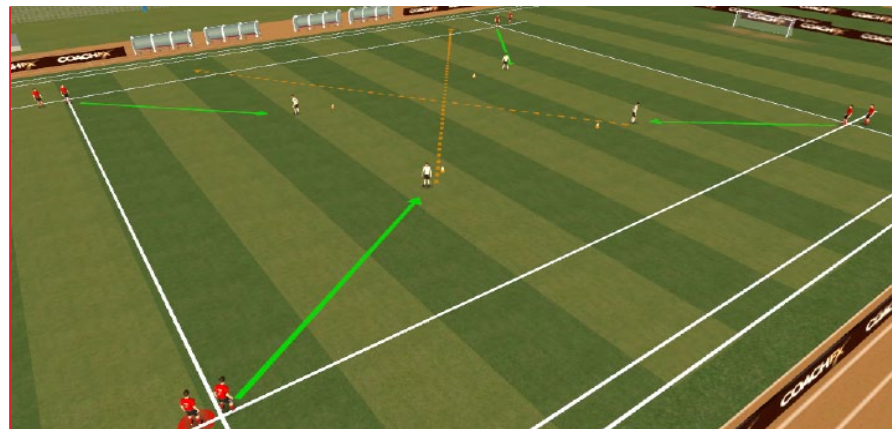
### COACHING POINTS

Half turn to receive  
Check behind before turning  
Accelerate once turned

### PROGRESSION

1 point for receiving and escaping area

1 point for stealing ball



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

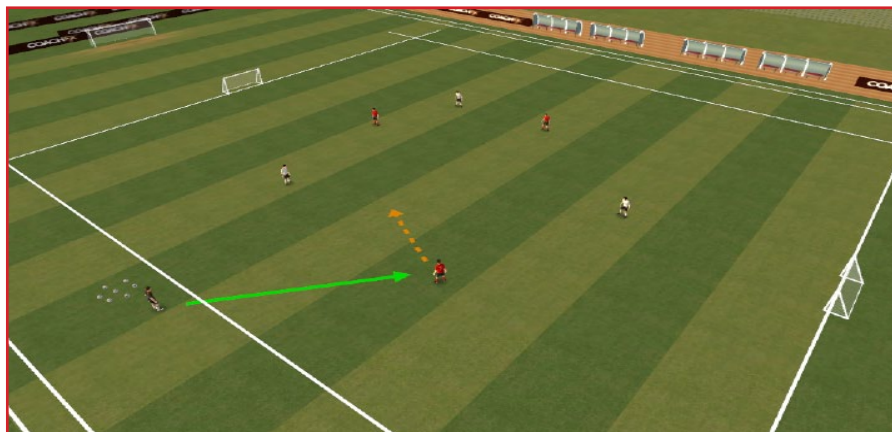
Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

Team can score in either goal. 2 points if player attacks one goal, turns and scores in other goal



# U8 WEEK TWO: TURNING

## TECHNICAL: Turning

### ORGANIZATION

Lay out cones in lines of 3 with 15 yard gaps between the cones. (as shown)

Players work in pairs and stand opposite their partners with a cone in the middle. Players dribble towards the middle cone (defender) and turn when they feel a defender would make a tackle.

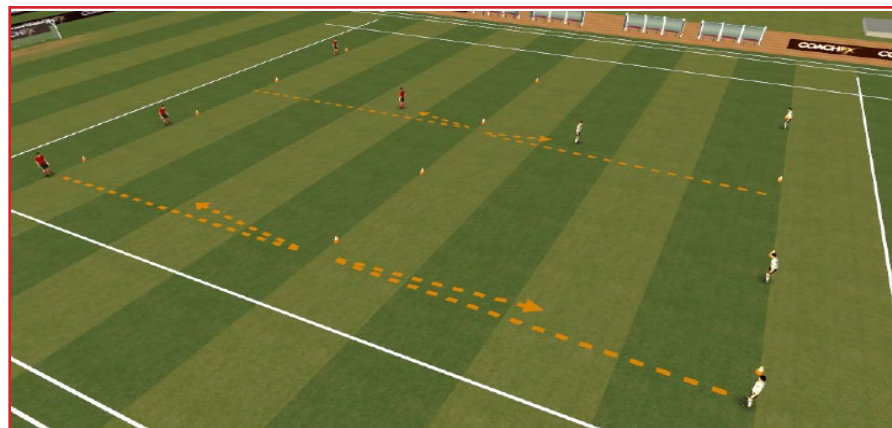
### COACHING POINTS

Small touches to keep ball close  
Check behind you before turning  
Change speed after turning

### PROGRESSION

Focus on the Cruyff Turn

Focus on Step Over Turn



## TECHNICAL: Turning

### ORGANIZATION

Create a 30x30 yard area. Inside the area create random shapes big enough for one or two players to dribble into.

Players have a ball each and dribble the ball around inside the area. Each time they dribble into a shape they have 2 seconds to turn and get out the shape. Add a defender in 2 of the shapes. Can players dribble their ball into the shape, turn and get out again before the defender can touch the ball.

### COACHING POINTS

Small touches to keep ball close  
Check behind you before turning  
Change speed after turning

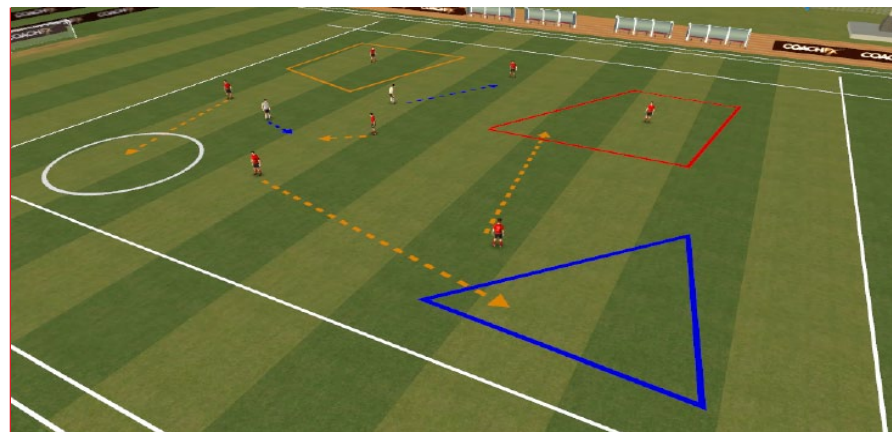
### PROGRESSION

1 point for turning in an empty shape

3 points for turning out of a shape with a defender inside

1 point each time a defender gets a touch on a ball

Add a defender in the space between the shapes to apply pressure when dribbling. 1 point each time this defender gets a touch on a ball



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

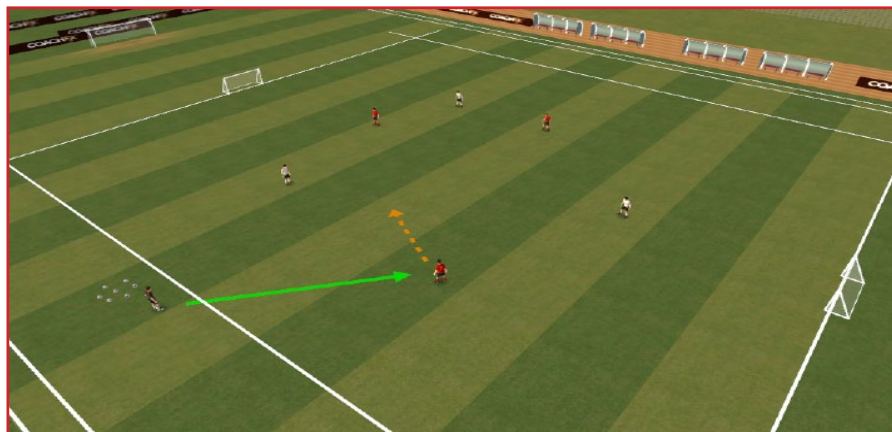
Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

Extra point for use of a turn to create a shooting opportunity





# U8 WEEK THREE: RECEIVING INSIDE OF

## TECHNICAL PRACTICE: Movements

### ORGANIZATION

30 X 30 area with 5x5 squares in each corner and gates randomly placed inside the area.

**Each player has to run through a gate and into a box changing the way they move each time they pass through a gate or enter a box. Get players to think of creative ways to move.**

### COACHING POINTS

Different movements  
Balances & changes of direction

### PROGRESSION

Players must move in the craziest way possible

Players must move in ways you would when playing soccer. As players for ideas

Players perform a different goal celebration every time they pass through a gate.



## TECHNICAL PRACTICE: Receiving skills

### ORGANIZATION

30 X 30 area with gates randomly placed inside the area.

Half the players stand on outside of the area and half inside. Players inside get into a position to receive so that their first touch takes the ball through a gate, before passing the ball to as free player on the outside and moving to find a new ball. 1 point each time they take their first touch through a gate

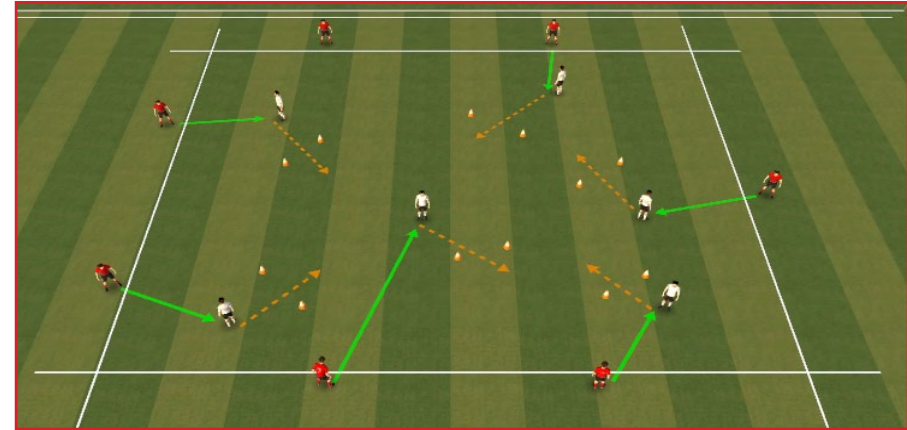
### COACHING POINTS

Dribble the ball at slow speed  
Using laces or outside of the foot push the ball to one side  
Accelerate away with ball

### PROGRESSION

Receive ball with different surfaces to get it through a gate.

Add a defender who tries to stand in a gate to prevent players going through the gate. If defender in gate when player receives the ball the pass straight back to player who passed the ball. 1 point for defender every time they force a pass back.



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

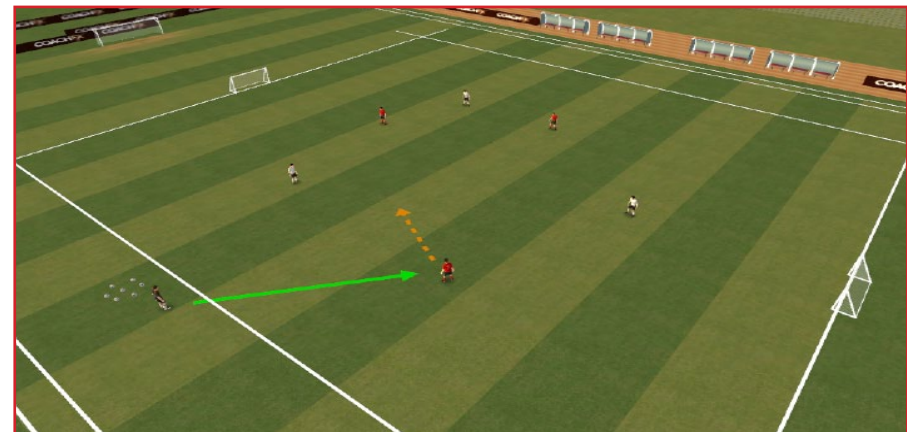
Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

Add two gates randomly placed on the field.  
Team gets a goal if they can take their first touch through one of the gates





# U8 WEEK FOUR: PASSING & RECEIVING

## TECHNICAL: Ball control Square

### ORGANIZATION

Create a 20x20 yard area with a 4x4 square in the centre.

Half the group work outside of the area with a ball. The other half start inside the small square. Players break out the little box towards a player in possession. Ball played in, controlled and passed back. Middle players turn, run through middle square and then find another spare player with a ball. One player is a neutral player and stays inside the middle square. Middle players must play a 1-2 with middle player before passing ball back to outside. Switch roles.

### COACHING POINTS

Get body in line with ball

Quick decision on what body part to control the ball

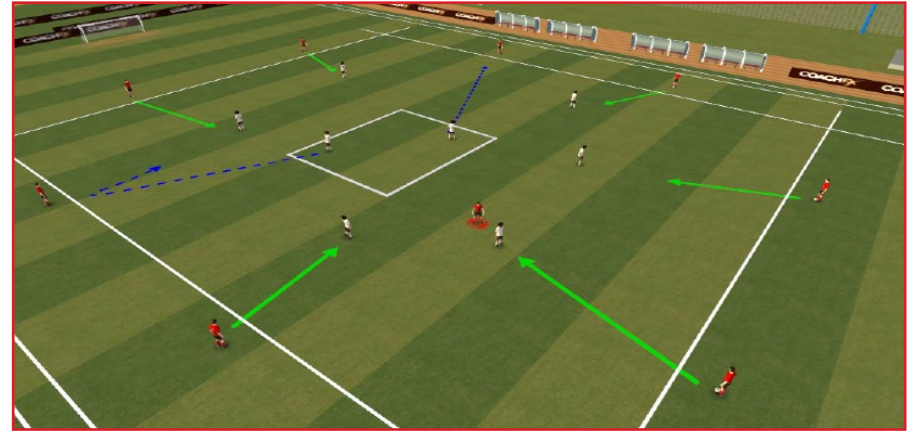
Cushion ball

### PROGRESSION

Ball served in the air to be controlled

Middle player can go anywhere but the middle square. Players must receive and find neutral player for 1-2

Players control ball turn and dribble ball through middle square, combine with neutral player and then pass to free outside player



## TECHNICAL: Ball control Square

### ORGANIZATION

Create a 20x20 yard area with a 4x4 square in the centre.

Half the group work outside of the area with a ball. The other half start inside the small square. Players break out the little box towards a player in possession. Ball played in, controlled and passed back. Middle players turn, run through middle square and then find another spare player with a ball. Switch roles.

### COACHING POINTS

Get body in line with ball

Quick decision on what body part to control the ball

Cushion ball

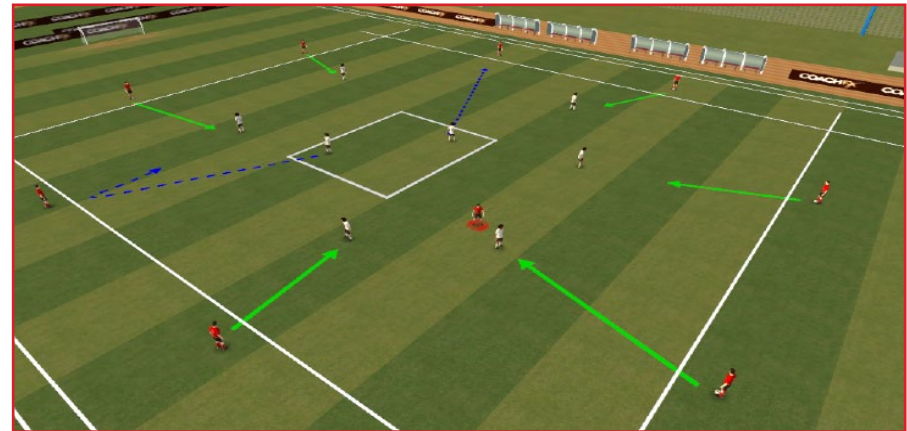
### PROGRESSION

Ball served in the air to be controlled

Players control ball turn and dribble ball through middle square and then pass to free outside player

Add a defender in the main box to apply pressure and try and steal any soccer ball that enters the main square. Middle players are 'safe' inside small square

Players work in pairs in the middle. Player who passes the ball to the outside can not get the ball straight back it must go to a team mate.



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet

Head up to see what's in front of you

### PROGRESSION

Add two gates randomly placed on the field.  
Team gets a goal if they can take their first touch through one of the gates



# U8 WEEK FIVE: ATTACKING 1v1

## TECHNICAL PRACTICE: Attacker v GK race

### ORGANIZATION

Create 2 channels 15 yards long. At the end of the channel on the middle line place 2 cones to create a 5 yard wide gate. On one side of the channel place a goal.

2 teams line up at the start of the channels. One team are shooters, one team are GK's. In the diagram the white team must dribble the ball down the channel and shoot for goal. The red team must run down the channel to become GK and try and save the shot. Switch roles.

### COACHING POINTS

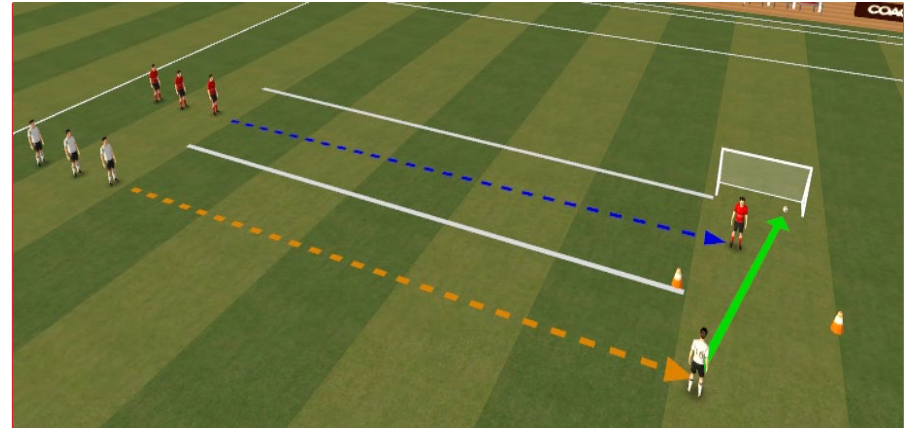
Dribble at speed  
Keep ball close to shoot  
Kick ball with shoe laces

### PROGRESSION

Must perform a 1v1 move before shooting for goal

If GK is getting to the goal well before the shot is taken have the GK hold or dribble a ball

Competition - which team can score most goals having 2 shots each



## TECHNICAL PRACTICE: Great Escape

### ORGANIZATION

Create a 25x25 yard square. On each side of the square needs to be two 3 yard gates 3 yards apart. On 2 corners of the square needs to be 2 different colour gates that will be the entrances back into the area.

4 guards will guard 2 gates each. Players begin in the middle with a ball and try and escape through an unguarded gate. Once they have escaped they re-enter the area through either entrance. How many times can they escape.

### COACHING POINTS

Close ball control  
Awareness of unguarded gate  
Accelerate into space

### PROGRESSION

Guards get a point every time they tag a player

Set a skill challenge for each side of the square a player must perform once player has escaped. For example:

Toe Taps  
Foundations  
Juggling



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

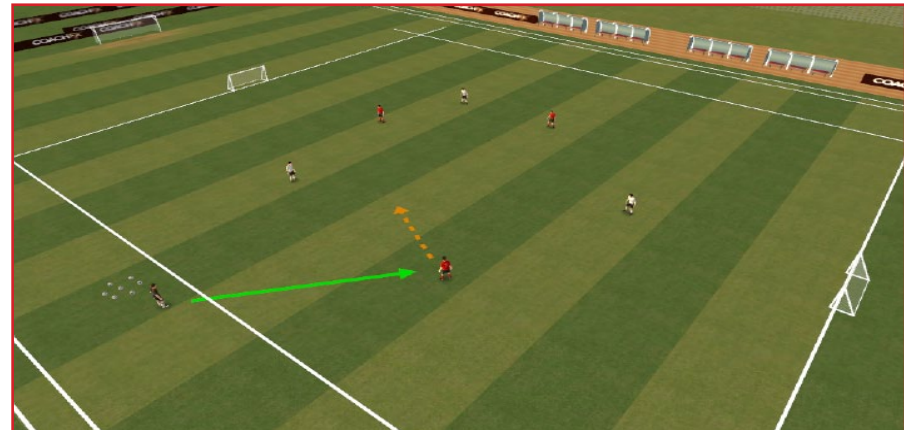
Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

Add two gates randomly placed on the field. Team gets a goal if they dribble ball through a gate or score a goal





# U8 WEEK SIX: ATTACKING 2v1

## TECHNICAL: Attacking 2v1

### ORGANIZATION

Create a 20x10 yard area split into 2 boxes. Multiple for large groups

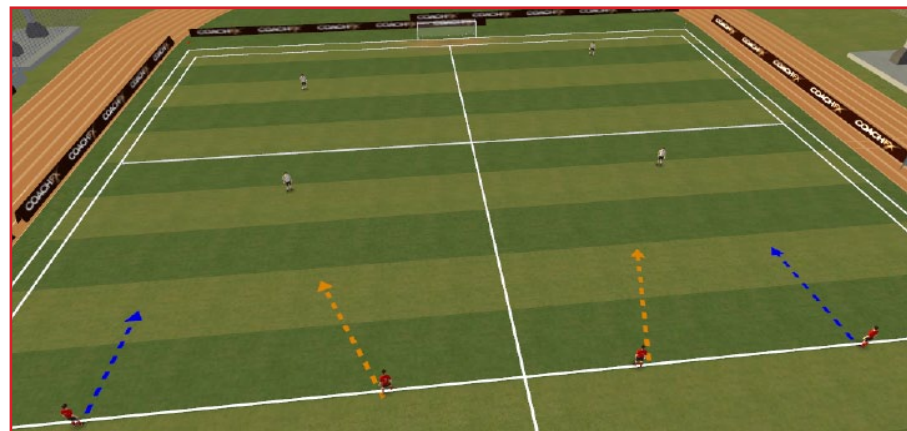
Players work in groups of 2. one pair are attackers and start on one end line, the other pair split to one player in each box. Attacking team try to combine to get past both defenders to opposite end line. Switch roles

### COACHING POINTS

Attack space  
Pass or Dribble  
Wall Pass

### PROGRESSION

How many times can you get from end line to end line without losing possession of the ball



## TECHNICAL: Attacking 2v1

### ORGANIZATION

Create a 30x20 yard area with goals as shown

Split into an attacking team (white) and a defending team (red).

Defending team pass ball into attacking player. Attacking player can take a positive first touch to either goal and try to score. Defender looks to win possession and stop shot on goal.

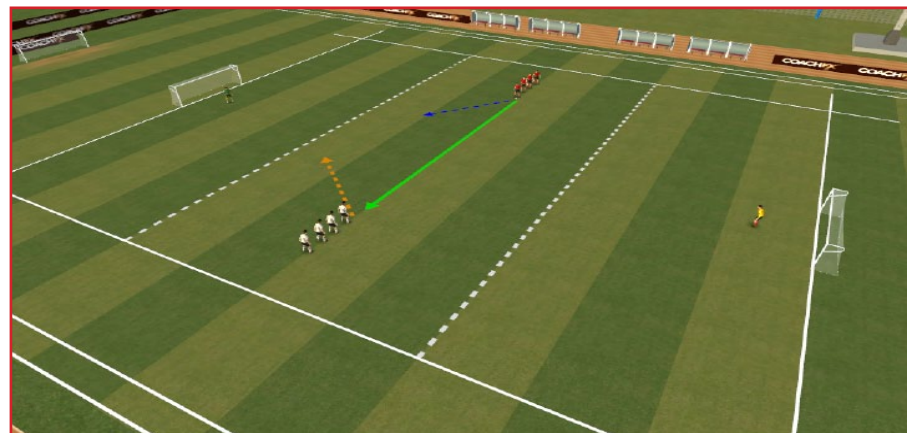
### COACHING POINTS

Positive first touch  
Quick shot  
Shot for space in the goal

### PROGRESSION

Defender can score in other goal if possession won.

Two attackers go to create 2v1



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

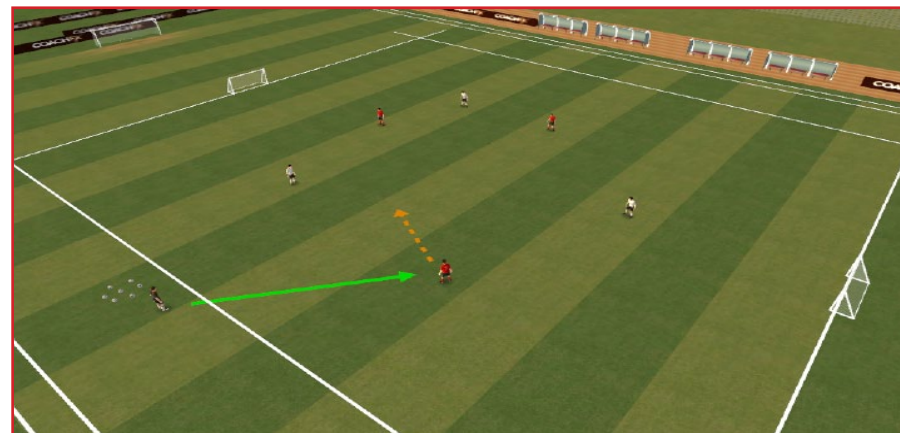
Play 3v3, 3 min games or the first team to score stays on. Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

2 points if goal from a combination play



# U8 WEEK SEVEN: SHOOTING

## TECHNICAL: SHOOTING RACES

### ORGANIZATION

Create 2 goals 20 yards apart with a cone in the middle 10 yards from each goal.

Players split into two teams and line up to the right of each goal. First player in each line dribbles ball towards opposite goal, once past the middle cone players shoot. First ball to go in the goal wins.

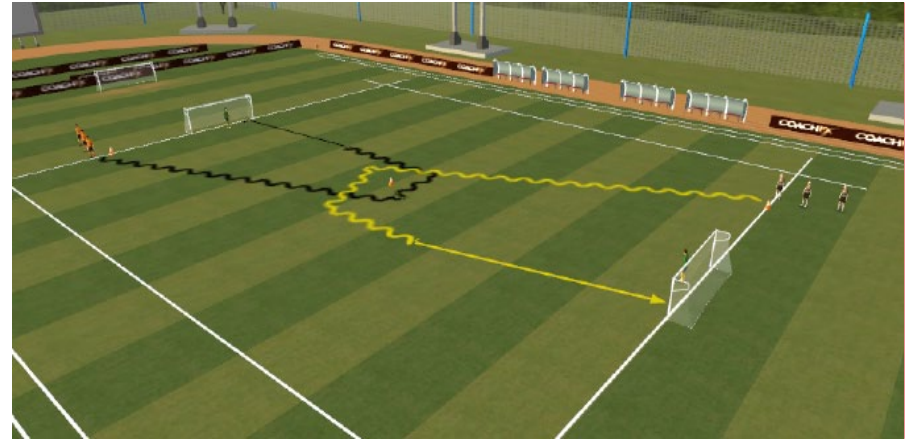
### COACHING POINTS

Look for GK position  
Shoot for open space in the goal  
Kick ball with shoe laces

### PROGRESSION

Players now dribble round middle cone and shoot towards own goal

Add GK's



## TECHNICAL: 4 Goal Numbers Game

### ORGANIZATION

Create a 20x20 yard area with a goal on each side of the area. Split into two teams on opposite corners of the area. Coach has a supply of soccer balls. Each team is numbered 1-5 (depending how many players). Coach passes a ball into the middle of the area and calls a number. Both players from each team who's number the coach calls run into the area and compete to score. Red team score in the goals with the red cross next to it, white team in the other two goals.

### COACHING POINTS

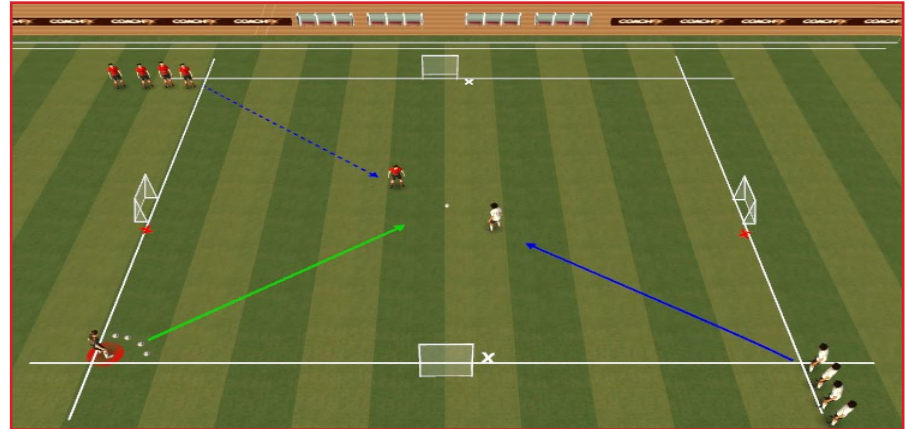
Get quick shot away if possible  
Shift ball into space to shoot  
Attack open goal

### PROGRESSION

Call 2 numbers

Call 3 numbers

Competition



## SMALL SIDED GAME - 3v3 - 4 goal game

### ORGANIZATION

30x20 yard field (multiple for large numbers) with 4 goals

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you

### PROGRESSION

Reds can only score in 2 goals, whites in the other 2 goals





# U8 WEEK EIGHT: FINISHING

## Technical: Receive, shoot and follow up

### ORGANIZATION

36x44 yard area with 2 goals, Place 4 cones 10 yards apart, 16 yards from goal as shown  
Have 4 even groups 5 yards either side of each goal post.  
1 player stands on each of the cones in the centre area.  
Player 1 plays a straight pass to player 2 and follow pass as shown. Player 2 receives to shoot in 2 touches. Follow up shot then join other line. Both sides work simultaneously.

### COACHING POINTS:

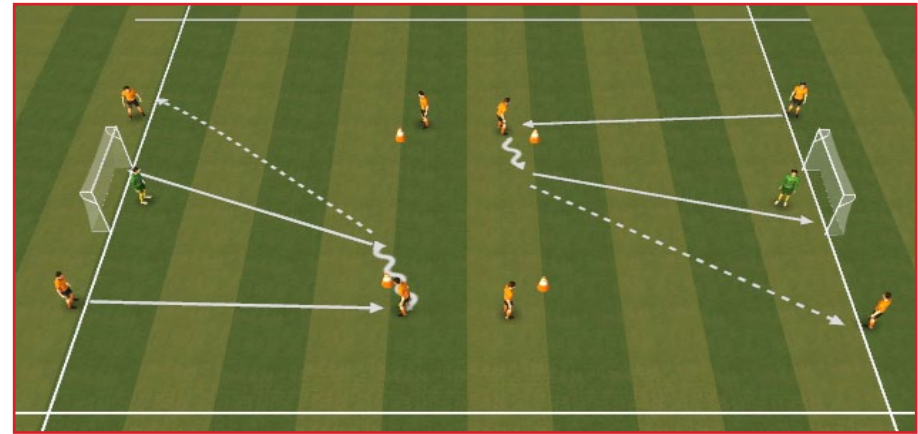
- Hit the target
- Follow up shots
- Use Both Feet
- Laces for power/inside of foot for placement

### PROGRESSION

Strike for power with laces  
Strike for placement with inside of foot

### M.O.D.E

- Movement- first touch to allow shot
- Observe - goal keeper position
- Decision - where and how to shoot
- Execute - correct technique to shoot



## TECHNICAL: Receive to shoot

### ORGANIZATION

36x44 yard area with 2 goals. Place 4 cones on 18 yard line. 2 in line with each goal post and 2 cones 5 yards from sideline.

Player on wide cone plays into central player who receives to shoot on right foot.

### COACHING POINTS:

- Hit the target
- Follow up shots
- Use Both Feet
- Laces for power/inside of foot for placement

### PROGRESSION

Take touch towards goal, turn and dribble to shoot at other goal

### M.O.D.E

- Movement- Good first touch to allow shot
- Observe - Goal keeper position
- Decision - Where and how to shoot
- Execute - correct technique to shoot



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

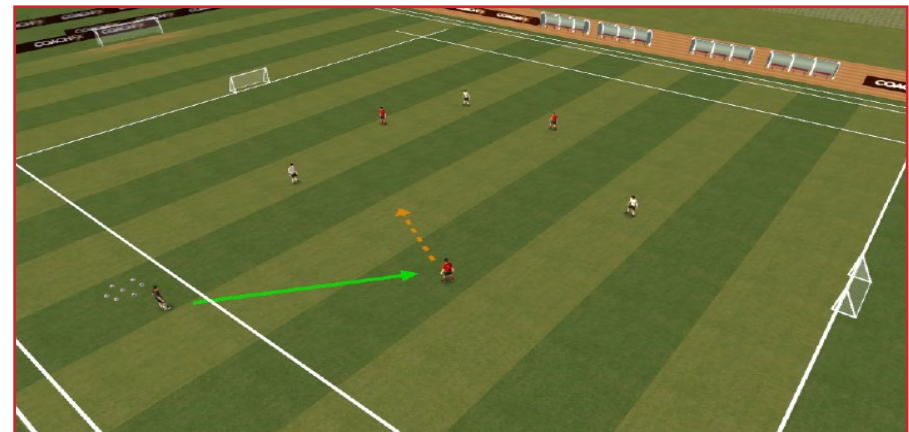
Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

- Keep ball close to feet
- Head up to see what's in front of you

### PROGRESSION

Team gain a point if they make 5 passes



# U8 WEEK NINE: DEFENDING 1v1

## TECHNICAL: Defending 1v1

### ORGANIZATION

Create multiple channels of 10x15 yards.

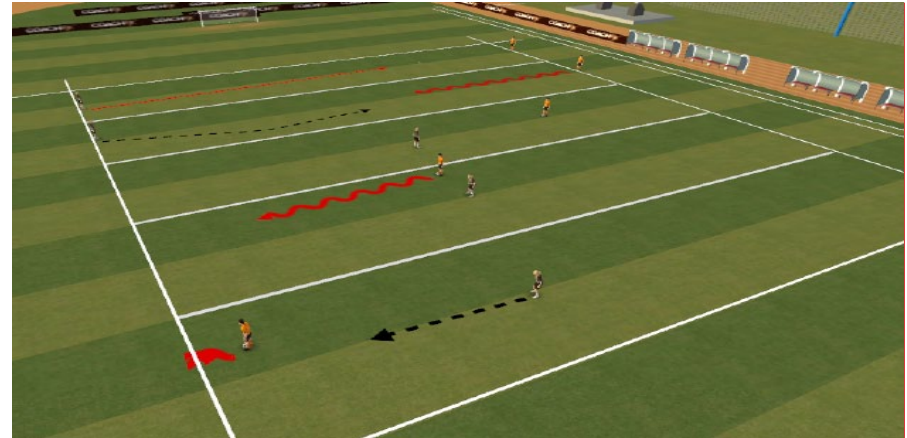
Players work in pairs starting at each end of the channel. One player starts with the ball and passes across to their partner. Receiving player looks to get past partner and get ball to opposite end of the channel. If defender looks to steal the ball and get to his partners end.

### COACHING POINTS

Fast out to close space  
Body shape - half turn  
Tackle with front foot

### PROGRESSION

Defending team try and force any player outside area now, how quick can they get all players outside. Work in pairs?



## TECHNICAL: Defending 1v1

### ORGANIZATION

Create a circle 15 yards in diameter

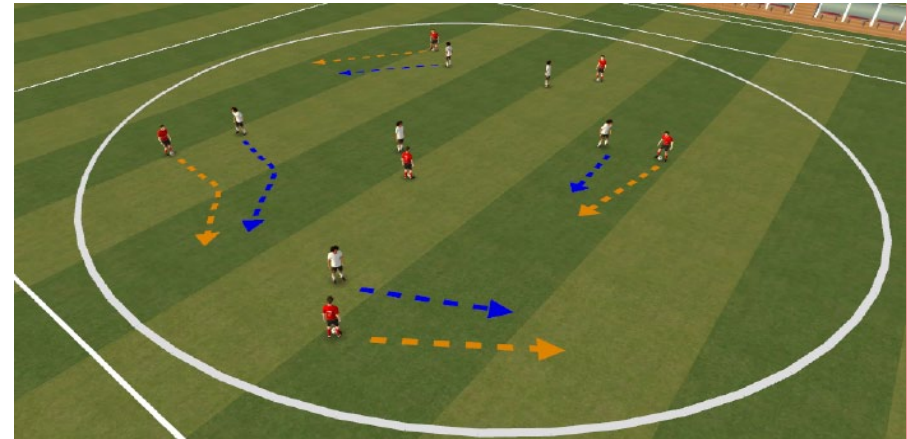
Players work in pairs with a ball between the pair. One player dribbles the ball around trying to stay inside the circle. The other player tries to force the attacker out of the circle without making a tackle. Once the ball is out the area players swap roles.

### COACHING POINTS

Stay close to attacker  
Block movements towards the centre of the area

### PROGRESSION

Defending team try and force any player outside area now, how quick can they get all players outside. Work in pairs?



## SMALL SIDED GAME - 3v3

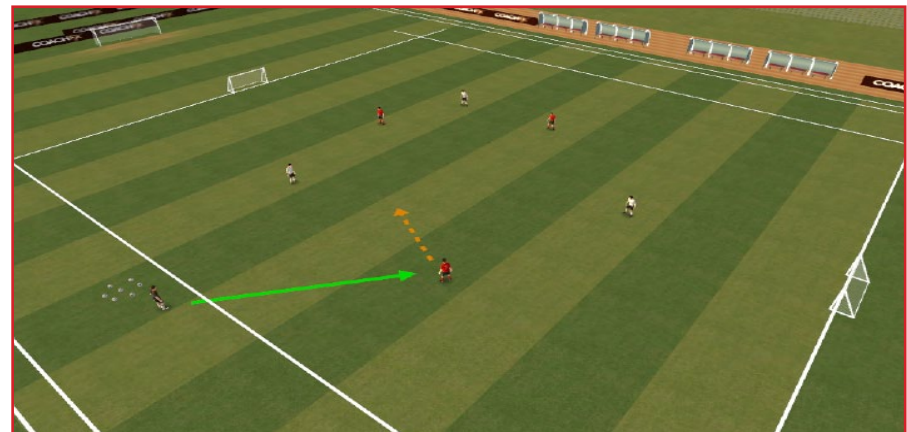
### ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### PROGRESSION

2 points gained if player steals the ball and scores without another player touching the ball



### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you





# WEEK TEN: SMALL SIDED GAMES

## SMALL SIDED GAME - 3v3

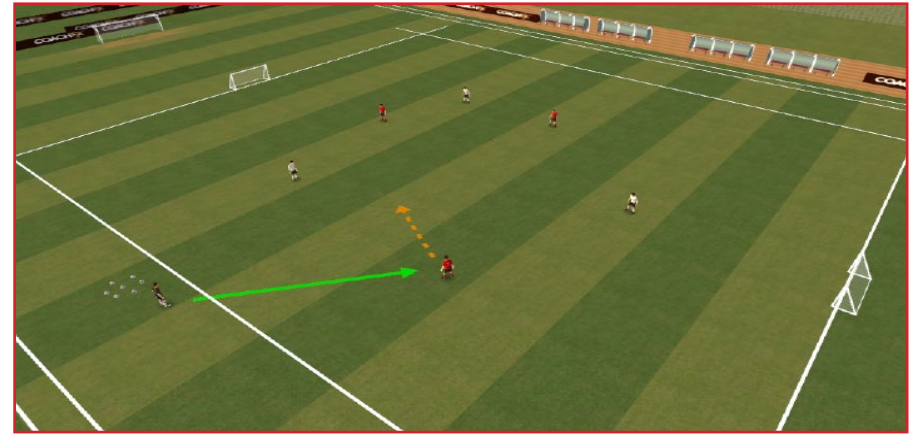
### ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you  
Pass or dribble



## SMALL SIDED GAME - 3v3

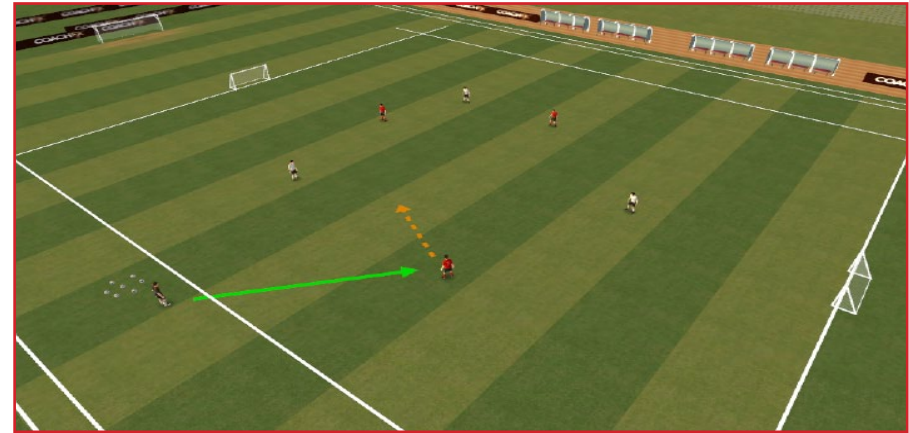
### ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you  
Pass or dribble



## SMALL SIDED GAME - 3v3

### ORGANIZATION

30x20 yard field (multiple for large numbers)

Play 3v3, 3 min games or the first team to score stays on.  
Have large supply of balls to make quick re-starts

### COACHING POINTS

Keep ball close to feet  
Head up to see what's in front of you  
Pass or dribble

