



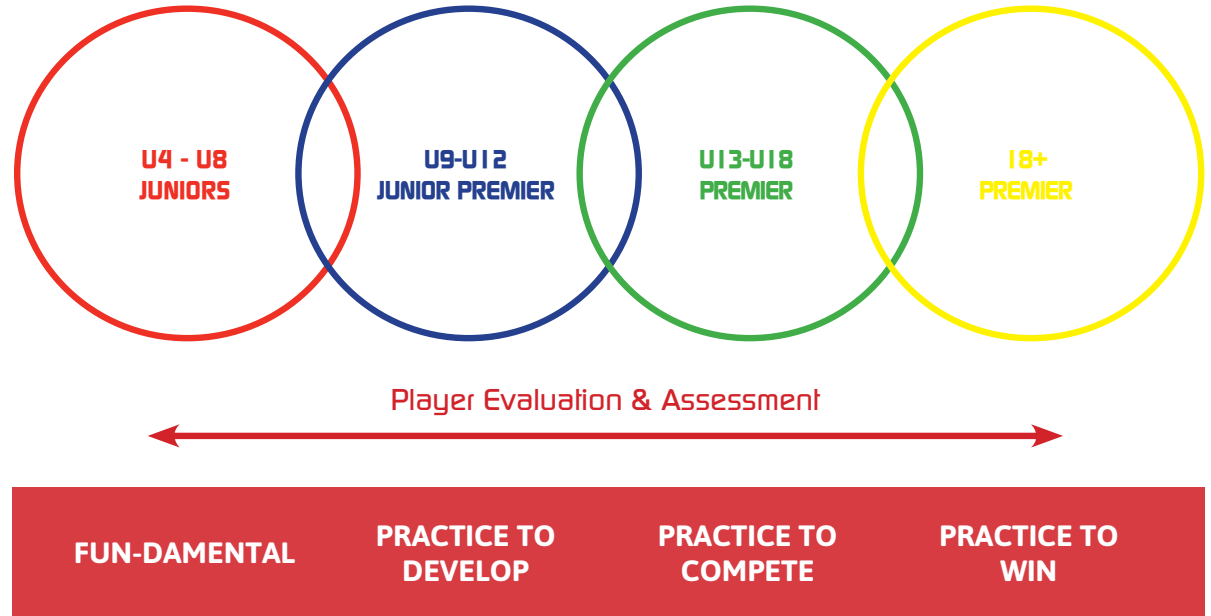
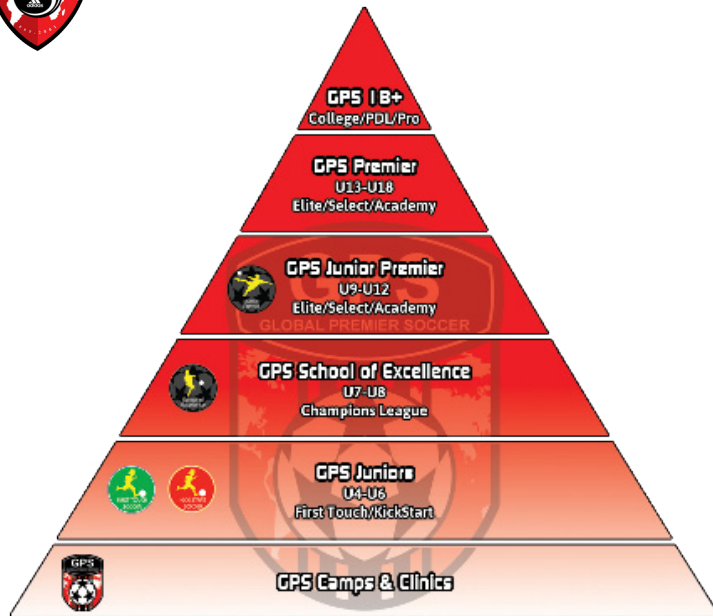
GLOBAL PREMIER SOCCER

GPS NY SYMPOSIUM

SESSION DELIVERED BY PETER BRADLEY



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:

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


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

ORGANISED. 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.


RELEVANT. Ensure that the exercises in your session are relevant to the game.

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

KEY

PLAYER MOVEMENT WITH THE BALL 

PLAYER MOVEMENT WITHOUT THE BALL 

MOVEMENT OF THE BALL (PASS / SHOT) 



TECHNICAL WARM UP

WARM UP

Below is a selection of activities/progressions that can be played in a 30x40 yard area. Each game builds on from the last and prepares a player for a game by working on the four key areas; Technical/Tactical, Physical, Psychological & Social. Each exercise gives players plenty of touches on the ball working on dribbling, passing and ball control.



THE SET UP

Create 30x40 a playing area.

Each player has a ball and dribbles inside the area. On coach's command player pick up the ball throw it in the air and control with the outside of the foot to take the ball into space

PROGRESSION

Control with inside of foot

Cushion with laces

Cushion with knee

Receive with creative turn

Swap balls with another player by throwing ball up in the air towards them - communication important

COACHING POINTS

A,B,C - Awareness, Body Shape, Control

Awareness of space

Cushion ball into space

Accelerate away after touch



TECHNICAL WARM UP

THE SET UP

Create 30x40 a playing area.

Players now work in pairs with one ball between them. One player dribbles the ball inside the area. The partner without the ball follows about 10 yards behind. Player without the ball will shout 'turn' at which point player with the ball will turn quickly and pass to partner (shown by white team). Process repeats

PROGRESSION

Creative foot work when dribbling the ball

Receive with outside of foot

Receive with creative turn

Player now plays 1-2 with partner. Swap roles after 1 minute

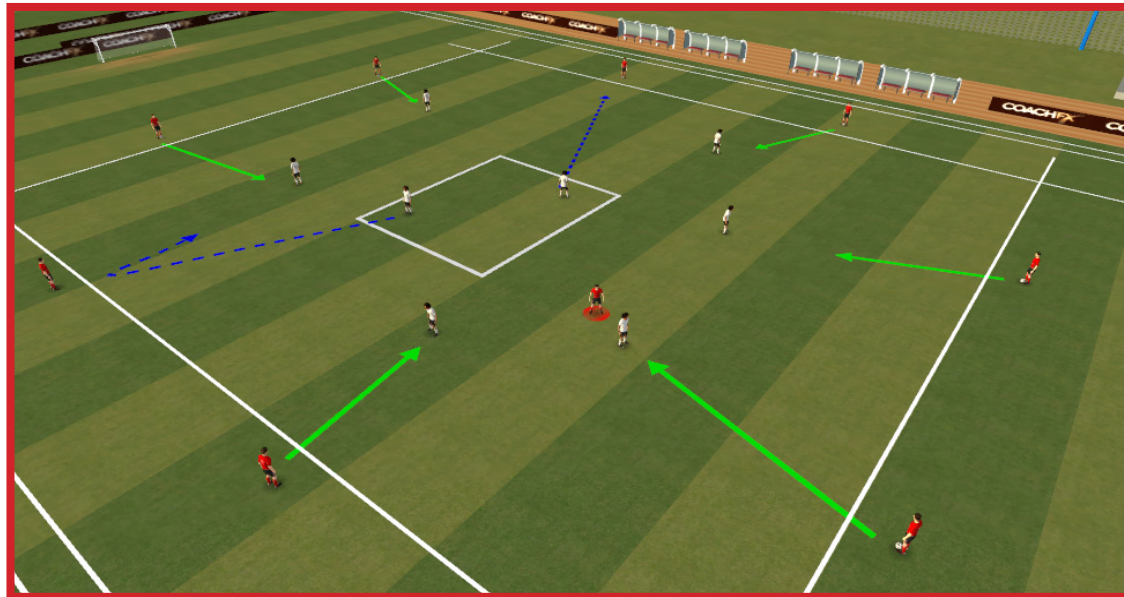
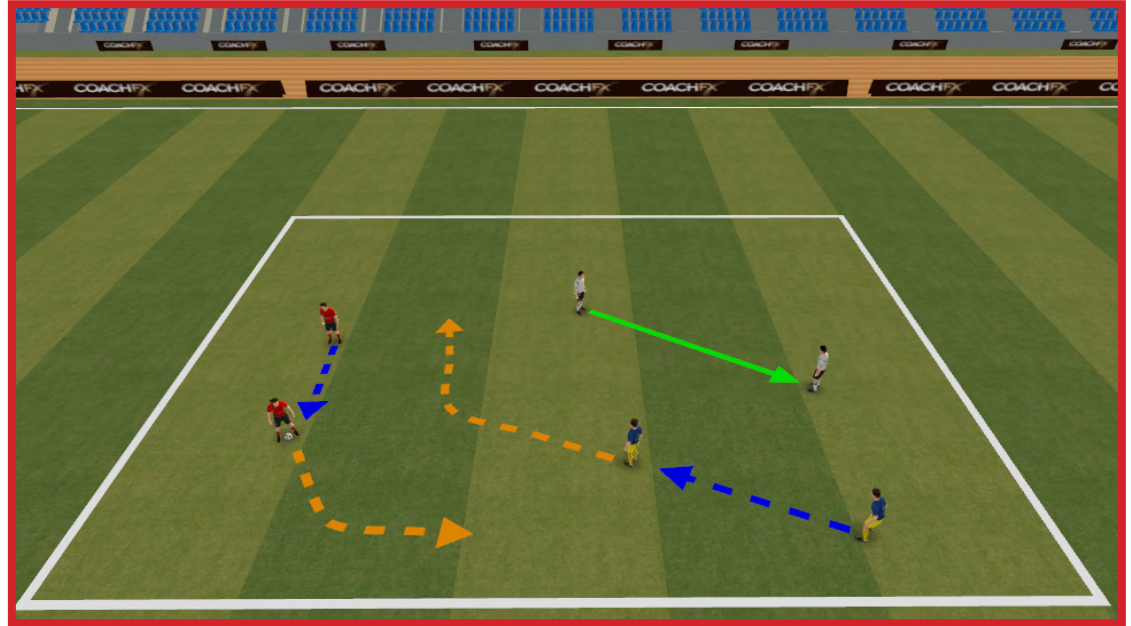
COACHING POINTS

A,B,C - Awareness, Body Shape, Control

Awareness of space

Weight and accuracy of pass

Create good angle for the 1-2 pass



THE SET UP

Create 30x40 a playing area.

Half the group start on the outside of the area without a ball, half the group start inside the area with a ball. Players dribble out and pass to a spare player on the outside of the area. Player on the outside receives and dribbles into the area being replaced on the outside by the player passing them the ball.

PROGRESSION

Must dribble through central square, use creative footwork to avoid traffic

Receive with outside of foot

Receive with inside of foot

Pass to outside player and run around them before receiving a return pass. Swap outside players after 1 minute

COACHING POINTS

Keep ball close to feet

Head up to see space/cone

Creative foot work to move ball

A,B,C - Awareness, Body Shape, Control

Awareness of space

Cushion ball into space

Accelerate away after touch



TECHNICAL WARM UP



THE SET UP

Set out two lines of cones, each cone 10 yards apart with the cones in zig zag formation.

Each player has a ball and dribbles around the cones in a zig zag formation.

Use right foot to first cone, left foot to next cone. Repeat until the last cone and dribble back to the starts.

Use different foot work exercises between each cone:

Toe Taps

Foundations

Roll Overs

Inside/Outside

COACHING POINTS

Keep ball close to feet

Head up to see space/cone

Creative foot work to move ball



PROGRESSION

Players now work in pairs with a ball each. One player (White) starts on the first cone, the partner starts on the second cone (red). Red player starts the game as soon as they have their first touch. On this touch the white player can dribble their ball and chase the red player. If red player gets to the end without being tagged they win. If white player can tag red they win. Switch roles each time.

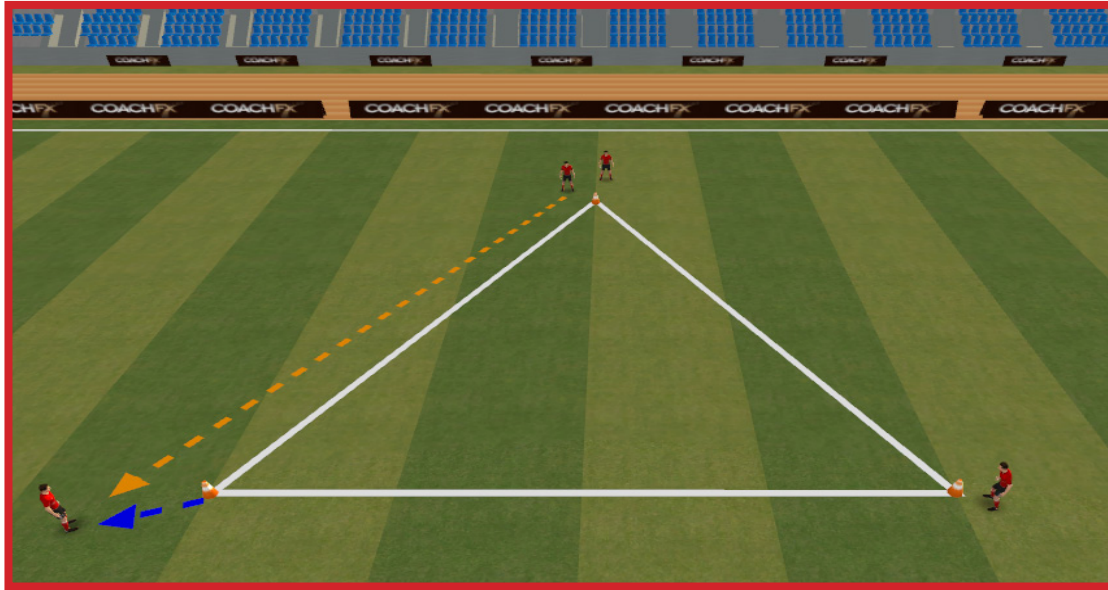
COACHING POINTS

Fast out to press with angled run slowing on approach

Half turn, feet to the side of the ball. Arm out to get body across.

Aggressive to win possession. Block/poke tackle to win ball

PASSING TRIANGLE



THE SET UP

Set out 3 cones in a triangle with each cone being 15 yards apart. (vary distance depending on age and ability)

Players work to the right and dribble the ball towards the next person playing a little lay off pass to allow the next person to take the ball. Play works round the outside of the triangle.

PROGRESSION

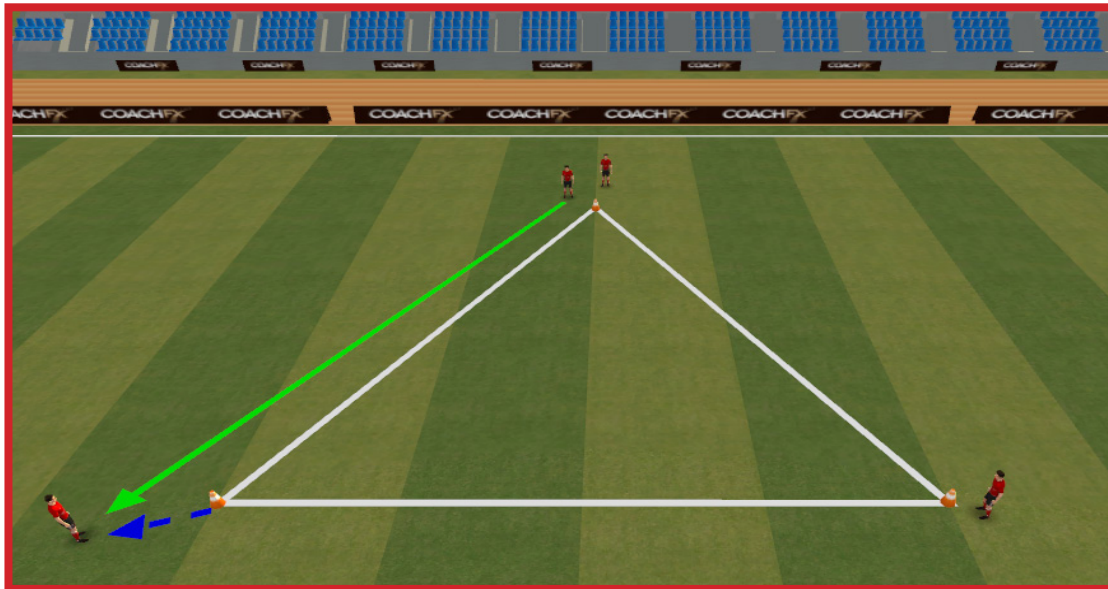
Reverse direction of play

Have the players use different foot work exercises to get to the cone:

Toe Taps

Foundations

Inside/outside



PROGRESSION

Players now pass the ball to the next player. Receiving player must check away from the cone to create space to receive.

COACHING POINTS

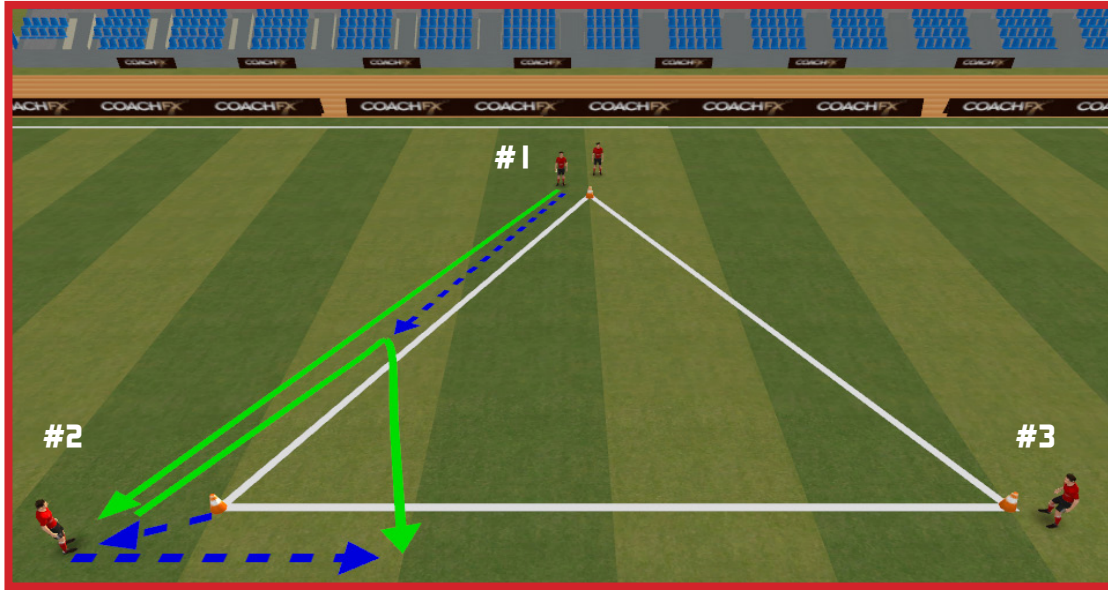
Dribble at speed keeping ball close to feet

Inside of the foot to pass the ball

Weight and accuracy of pass

A,B,C - Awareness, Body Shape, Control

PASSING TRIANGLE

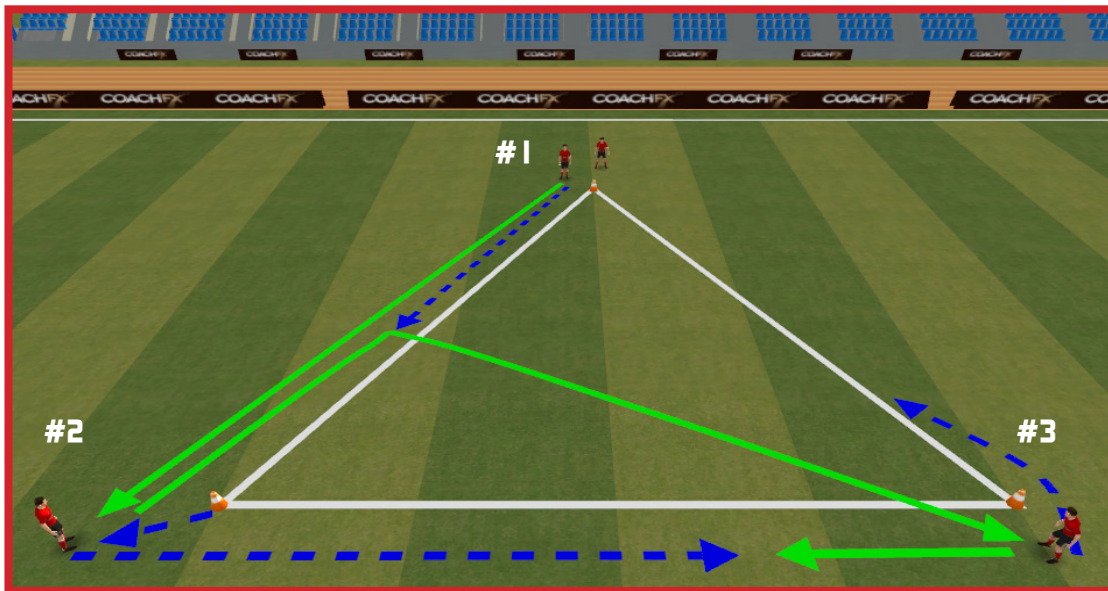


PROGRESSION

Players now play a 1-2 around the cone. Receiving player (#2) checks away from cone to create space. As player 2 moves player 1 passes the ball across. Player 2 sets back to player 1 and moves around the cones for the return pass to play to number 3. Players replace player at the cone they pass too.

COACHING POINTS

Timing of movement
Weight and accuracy of pass and set
A,B,C - Awareness, Body Shape, Control



PROGRESSION

Players now switch play.. Receiving player (#2) checks away from cone to create space. As player 2 moves player 1 passes the ball across. Player 2 sets back to player 1 who switches the ball to player 3. Player 2 moves around the cone for the set from player 3 and switches the ball to player 1. Player 3 moves around the cone to support and receive from player 1 to switch to player 2. Players replace the player at the cone they receive from.

COACHING POINTS

Timing of movement
Weight and accuracy of pass and set
A,B,C - Awareness, Body Shape, Control



PASSING SQUARE



THE SET UP

Set out 4 cones in a triangle with each cone being 15 yards apart. (vary distance depending on age and ability)

Players work to the right and dribble the ball towards the next person playing a little lay off pass to allow the next person to take the ball. Play works round the outside of the square.

PROGRESSION

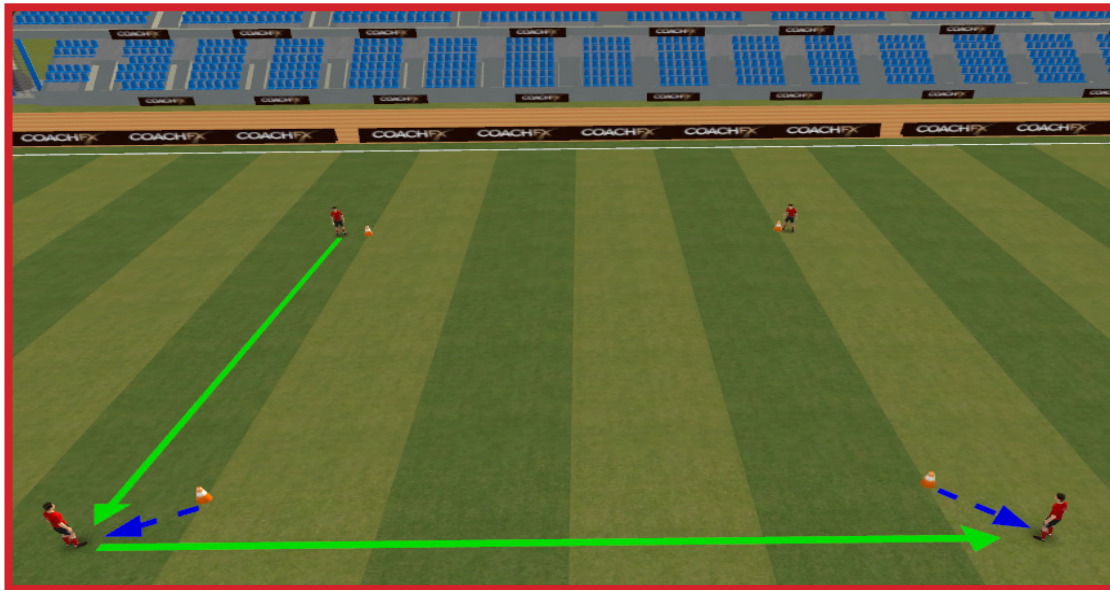
Reverse direction of play

Have the players use different foot work exercises to get to the cone:

Toe Taps

Foundations

Inside/outside



PROGRESSION

Players now pass the ball to the next player. Receiving player must check away from the cone to create space to receive.

COACHING POINTS

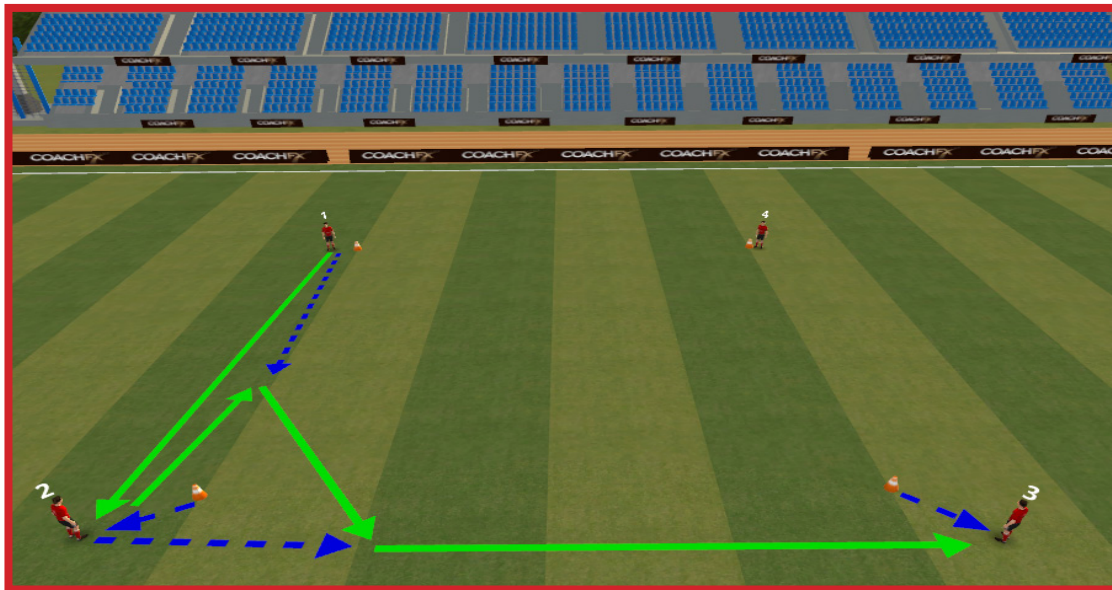
Dribble at speed keeping ball close to feet

Inside of the foot to pass the ball

Weight and accuracy of pass

A,B,C - Awareness, Body Shape, Control

PASSING SQUARE

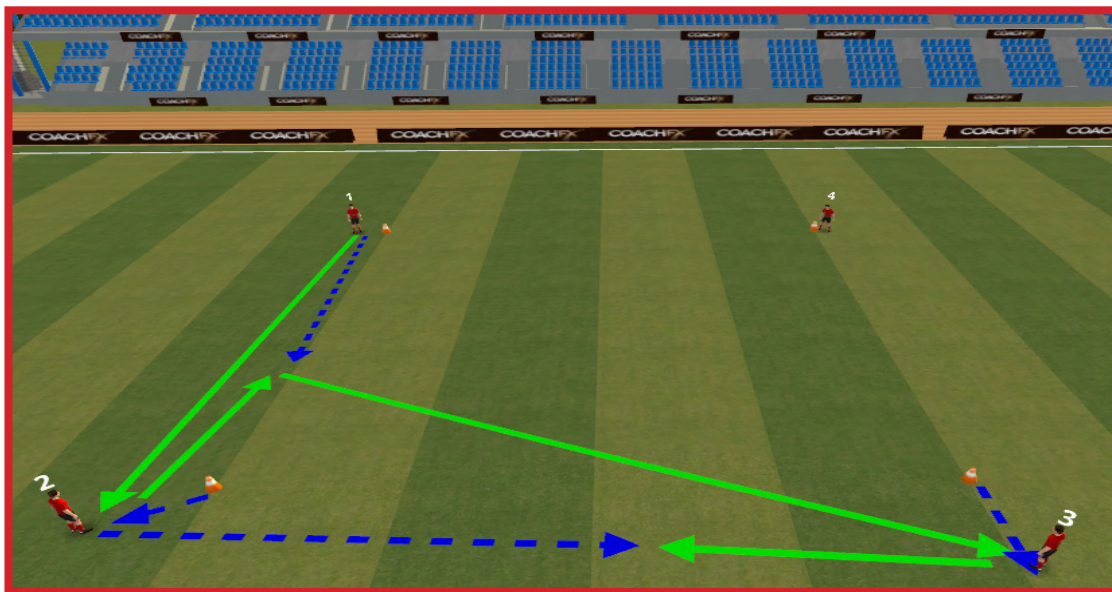


PROGRESSION

Players now play a 1-2 around the cone. Receiving player (#2) checks away from cone to create space. As player 2 moves player 1 passes the ball across. Player 2 sets back to player 1 and moves around the cones for the return pass to play to number 3. Players replace player at the cone they pass to.

COACHING POINTS

Timing of movement
Weight and accuracy of pass and set
A,B,C - Awareness, Body Shape, Control



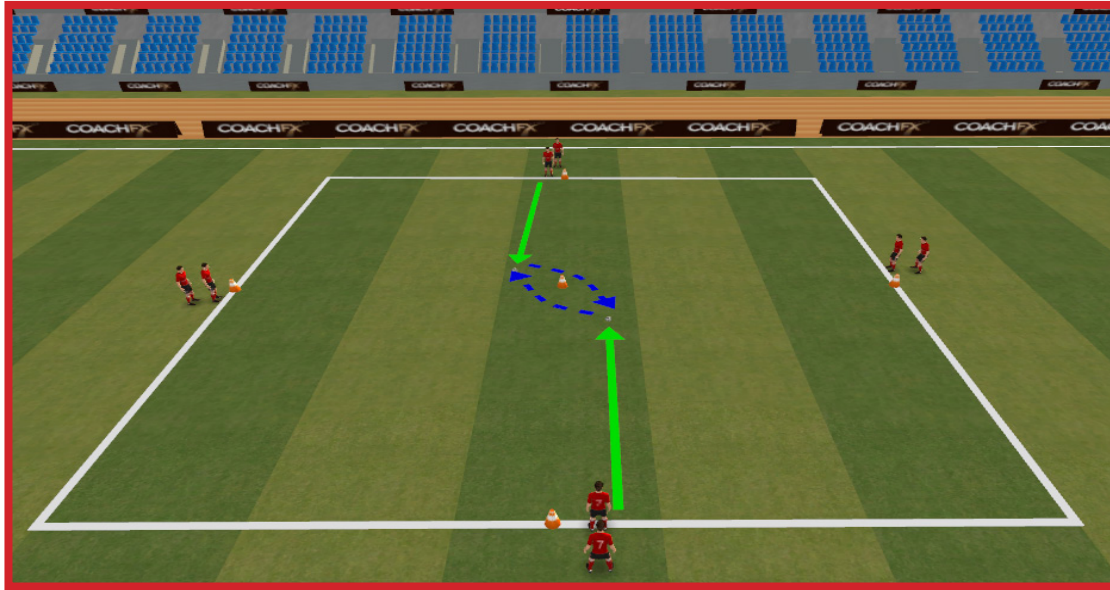
PROGRESSION

Players now switch play. Receiving player (#2) checks away from cone to create space. As player 2 moves player 1 passes the ball across. Player 2 sets back to player 1 who switches the ball to player 3. Player 2 moves around the cone for the set from player 3 and switches the ball to player 1. Player 3 moves around the cone to support and receive from player 1 to switch to player 2. Players replace the player at the cone they receive from.

COACHING POINTS

Timing of movement
Timing and angle of supporting movement
Weight and accuracy of pass and set
A,B,C - Awareness, Body Shape, Control

Training The Brain



THE SET UP

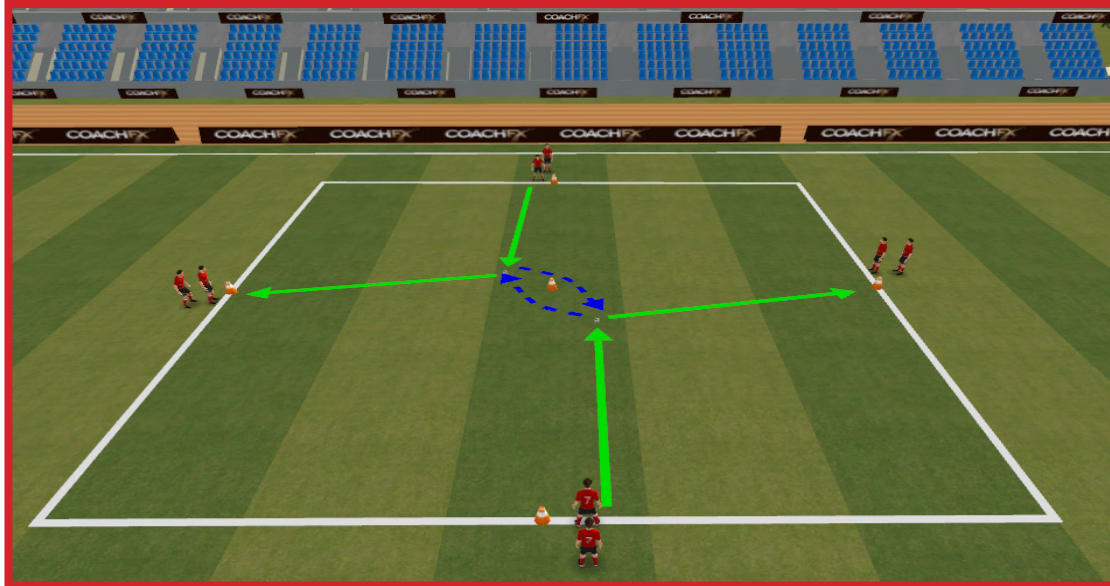
Create a 20x20 yard area with cones placed centrally on each side of the square with one cone in the centre.

Split players evenly between the cones. Groups will work with groups lined up opposite. Players start to the right of the cones. First player in the lines dribble the ball towards the middle cone and stop the ball. Players then switch balls and dribble the new ball to the group opposite. Use the central cone as the visual cone for the next 2 groups to go, so as soon as the 2 players get to the central cone, the other two groups go.

PROGRESSION

Have the players use different foot work exercises to get to the cone:

Toe Taps
Foundations
inside/outside



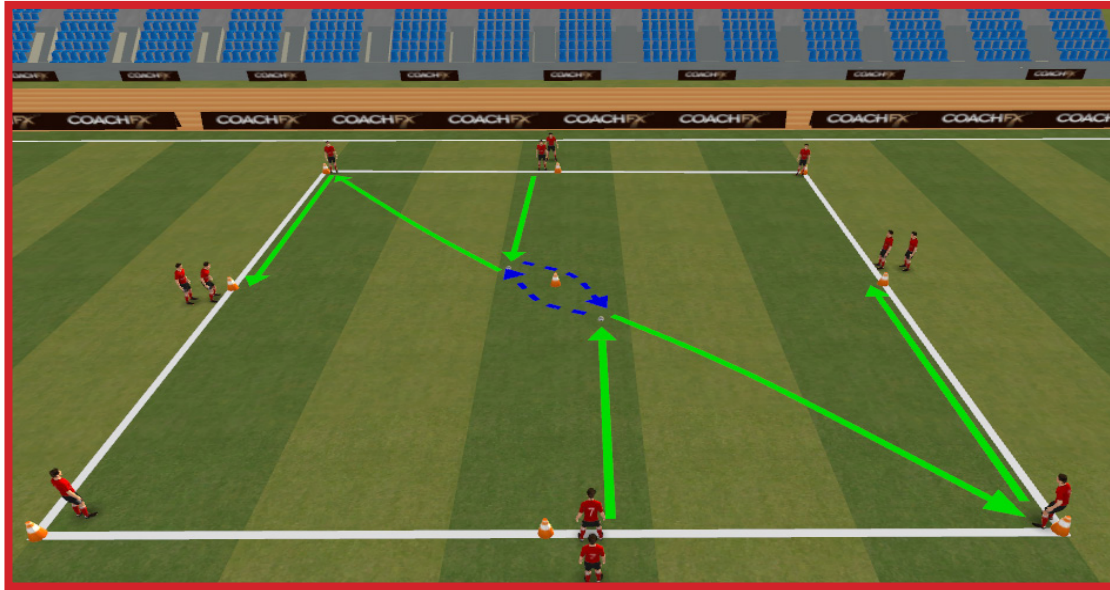
PROGRESSION

Players start to the right of the cones. First player in the lines dribble the ball towards the middle cone and stop the ball. Players then switch balls and dribble the new ball to the group to the left.

COACHING POINTS

Keep ball close to feet to make stopping the ball easier
Head up to check for traffic
Weight and accuracy of pass

Training The Brain

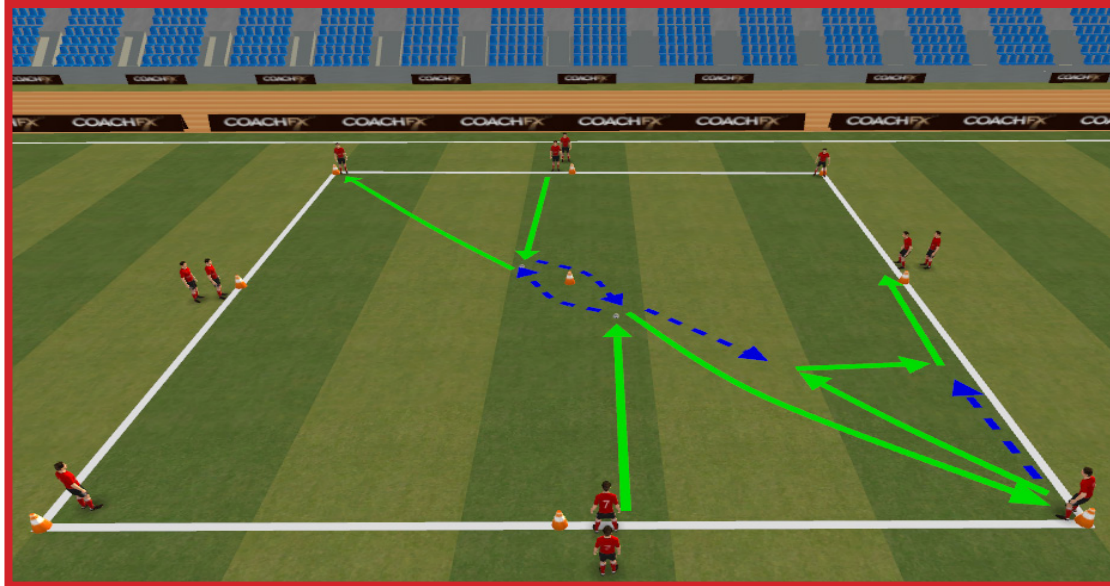


PROGRESSION

Now have one player in each corner with 2 or more players on each cone.
First player in the lines dribble the ball towards the middle cone and stop the ball. Players then switch balls. Rather than dribbling to the next line players will now pass the ball to a player in the corner and follow the pass. Corner player passes to the line which needs a ball and join that line. Use the central cone as the visual cone for the next 2 groups to go, so as soon as the 2 players get to the central cone, the other two groups go.

COACHING POINTS

A,B,C - Awareness, body shape, control
Weight & Accuracy of pass
Awareness of where next pass is going and where pass is coming from



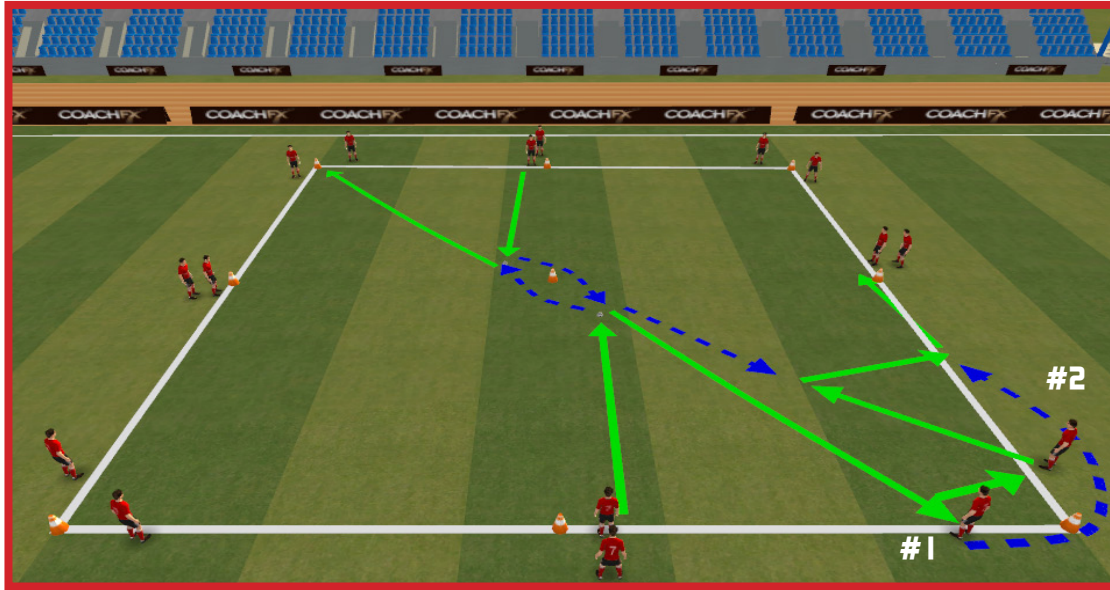
PROGRESSION

Now players play a 1-2 with the corner player before pass is played to next line.

COACHING POINTS

Hold supporting run to allow space for 1-2
Awareness of which line needs a ball
Communication - point to where pass needs to be played

Training The Brain

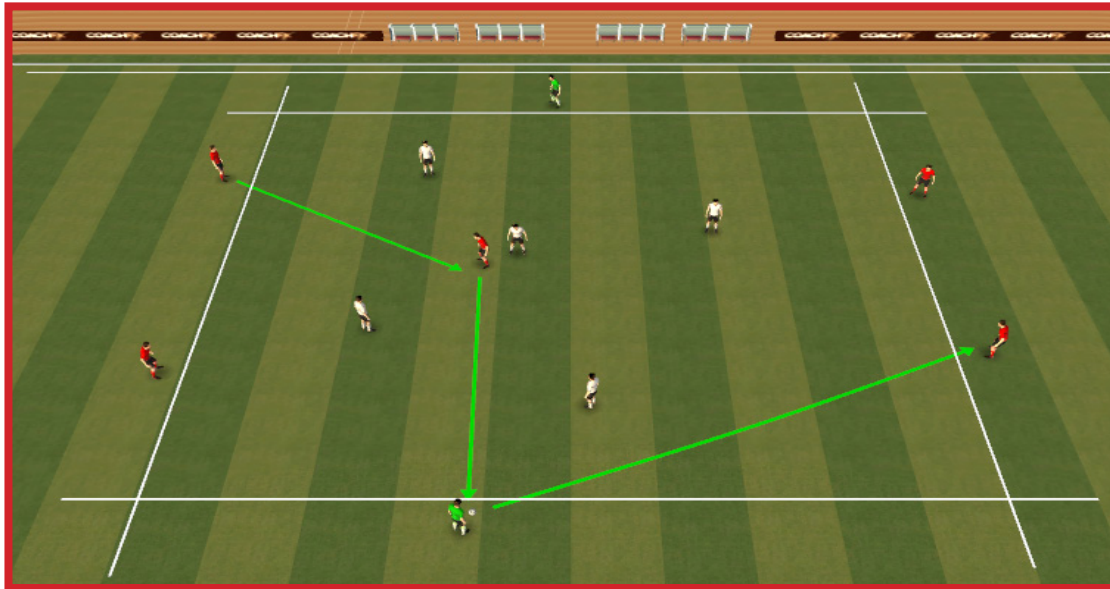


PROGRESSION

Now have 2 players on each corner. Corner players will now combine with central player to execute an overlap. In the diagram player 1 receives and sets to player 2. Player 2 sets to central player who lays off to overlapping player 1. Player 1 overlaps player 2 after setting the ball and receives a pass from central player.

COACHING POINTS

Hold supporting run to allow space for 1-2
Awareness of which line needs a ball, which player needs to overlap and which player needs to receive.
Communication - point to where pass needs to be played



PROGRESSION

Red team split with two players on each side of the area and 1 player inside the area. All white players begin inside the area. 2 neutral players (green) work on the spare sides of the area. Reds try and maintain possession working within 5 yards of the edge of the area. Greens play for the team working on the outside of the area. If white team win possession they quickly transition to the outside and the reds move into the area.

COACHING POINTS

A,B,C,D, E- Awareness, Body shape, Control, Decision & Execution
Speed of play
Quickly transition from an attacking to a defensive attitude.
Penetration
Confidence to use the neutral player in the middle to combine.

