



GPS - Newton Youth Soccer

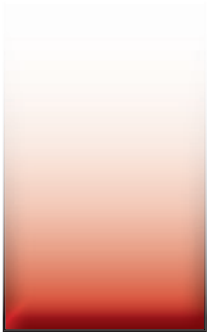
2015 Curriculum
U8 Curriculum Program - Fall 2015
8 Week Training Program



NYS - CURRICULUM

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Week 1: Ball Manipulation

WARM UP



Mastering the feet

Set up/Rules

One ball per player inside the 15x15 yard square. Roll over forward, backwards, inside/outside, and scissor always avoiding traffic. When the coach whistle everybody has to switch the ball with another teammate. *Leave the players be creative.*

Progression

The coach hands up indicating a number with their fingers, players must keep head up to say the number while keep executing the moves.

Coaching Points

- Use inside/outside and sole of feet to move the ball forwards and backwards.
- Have your head up to and keep the ball close.

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Scan the area

TECHNICAL PRACTICE



Feet competition

Set up/Rules

1st player from each team perform ball mastery to cone in front then pass back to the line and follow. Roll over forward, backwards, inside/outside

Progression

Instead of going to the front cone, change the colour or do combinations with other cones (create traffic).

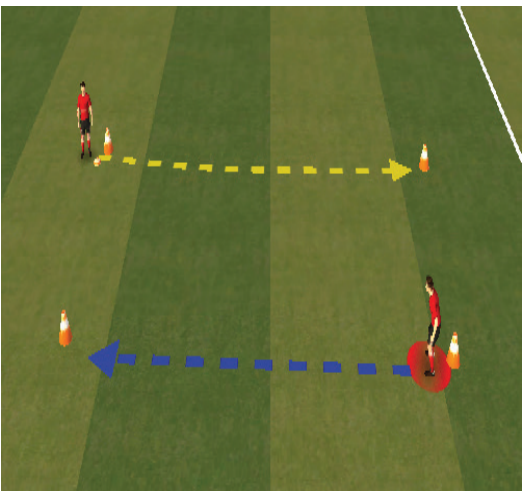
Coaching Points

- Ball manipulation under pressure.
- Keep your head up to see the space and avoid traffic

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Scan the area

TACTICAL PRACTICE



Create an angle

Set up/Rules

One player leads and the other has to go always to the opposite cone to create a diagonal angle. Every time the leader change the cone has to execute: Roll over forward, backwards, inside/outside, and scissor. Switch the role each 30s.

Progression

Put a defender in the middle of the square to block the angle, depending on his move the players will have to create another angles. Always executing some ball manipulation.

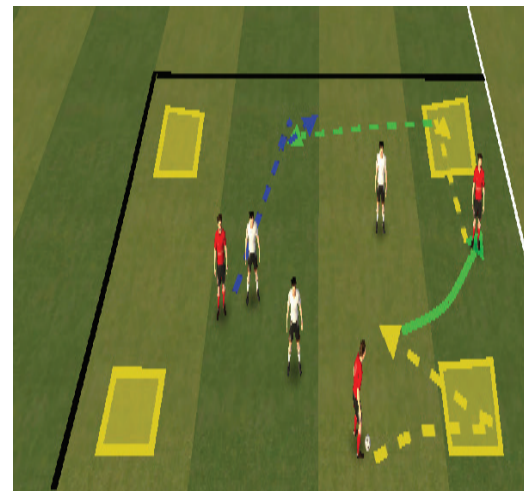
Coaching Points

- Have your head up to see the angle.
- Use inside/outside and sole of feet to move the ball forwards and backwards.

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Create a diagonal angle

SSG



Get the 3 squares

Set up/Rules

3v3+1 in a 25x25 yard area with 4 mini square insides. To get a point They have to get into 3 squares and execute 3 different ball manipulation.

Progression

Add 2 mini goals to score after they get 3 squares. A goal is 2 more points.

Coaching Points

- Use inside/outside and sole of feet to move the ball forwards and backwards.
- Have your head up to see the space
- Without possession create an angle

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Attacking the free space
Out of possession create an angle



Week 2: Turning

WARM UP

Through the gates

Set up/Rules

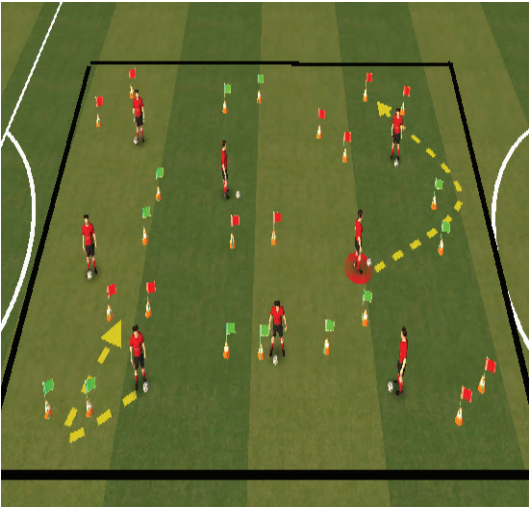
One ball per player in a 20x20 yard area. Set up gates with two different colours. Each time the players go through a gate has to turn in a different way and look a free gate. Use: Inside/outside, sole part of feet and chop. *Leave the players be creative*

Progression

See how many Red or Yellow gates the player can get in 15s and 30s

Coaching Points

- Accelerate after turning
- Keep your ball close
- Keep your head up to see the free space



TECHNICAL PRACTICE

Chase your partner

Set up/Rules

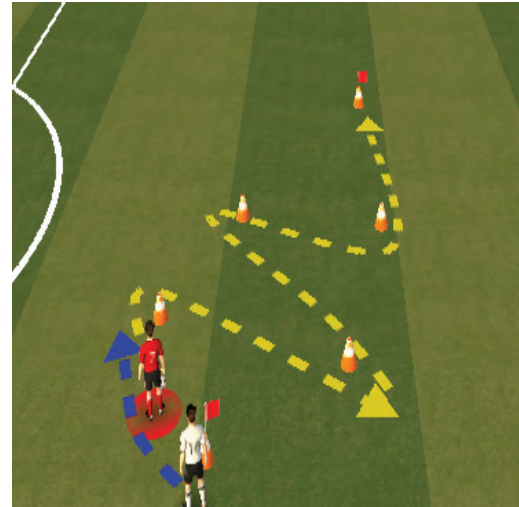
In pairs, both with ball. The 1st has to scape and the 2nd chase. The chaser starts 2s after the 1st one. Follow the circuit till the end. Execute a different turn in each cone depending on the direction of next one.

Progression

In the middle of the race, the coach can exchange the role of the players, so they will have to follow the circuit inside out.

Coaching Points

- Keep your ball close with small touches
- Accelerate after turning



Technical

Keep your body in front of the ball
Use small and quick touches when turning

Tactical

Attacking space
Scan the area

Technical

Turning with both feet
Turning with different parts of feet

Tactical

Scan the area

TACTICAL PRACTICE

Team work

Set up/Rules

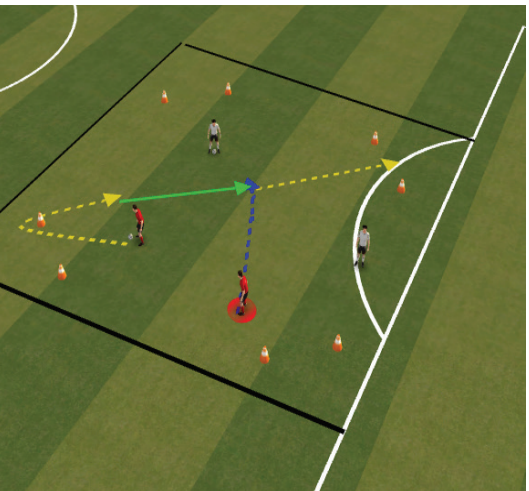
20x20 yard area with 4 gates. 2 pairs with 1 ball each. One player has to go through one gate, turn and then find their teammate to go to another gate till they complete the 4 gates. First team who gets the 4 wins.

Progression

Add 2 more goals and 1 more player per group.

Coaching Points

- Keep the ball close
- Communication
- Keep your head up to find your teammate



Technical

Turning with both feet
Turning with different parts of feet

Tactical

Scan the area
Create an angle out of possession

SSG

Score both sides

Set up/Rules

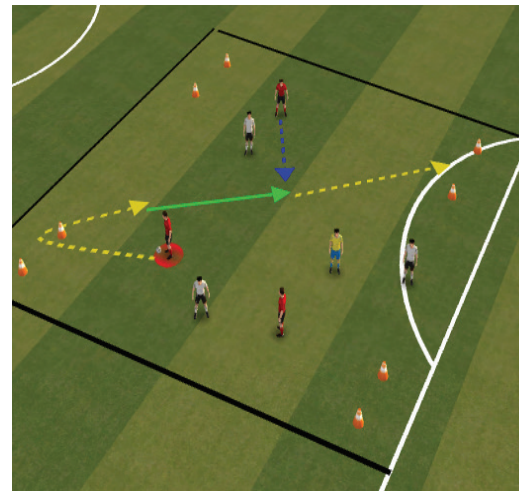
30x25 yard area with 2 goals in each side. 3v3+1. In order to score the players has to drive through the goals and turn to look for another goal. Both teams can score in both sides.

Progression

The way to score is the going through the opposite diagonal goal

Coaching Points

- Looking for the less crowded goal.
- Accelerate after turning
- Turning depending on the teammates, defenders and goals.



Technical

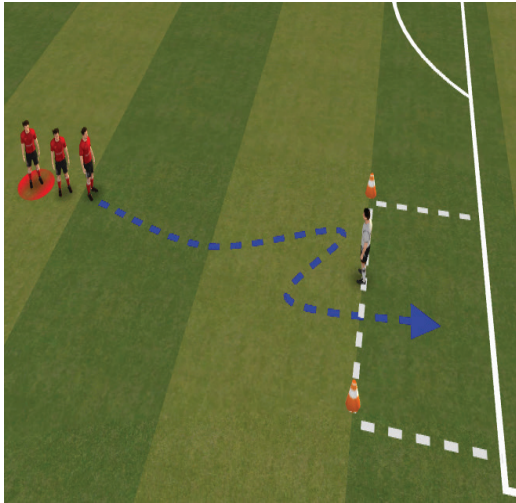
Turning with both feet
Turning with different parts of feet

Tactical

Avoid overload areas
Create angles when out of possession

Week 3: Dribbling

WARM UP



Tricking the defender

Set up/Rules

8 yard gate with a defender in the middle. One line 10 yards away with 3-4 players with a bib in the back of their shorts. To get 1 point the attackers have to trick the defender and go through the gate without lose the bib. The defender just can move in horizontal way. *Leave the players be creative with and without the ball*

Progression

Attackers with ball and without a bib. The defenders must have their hands on the back .

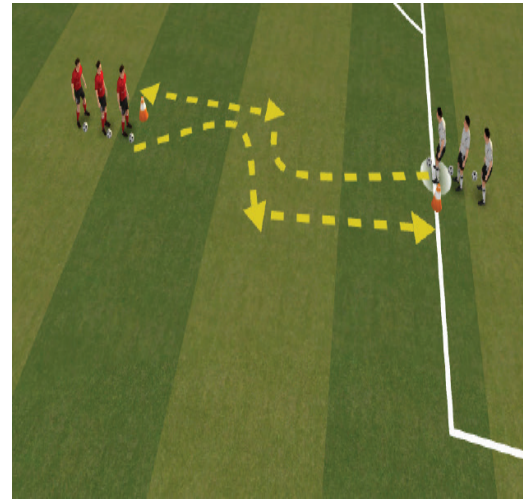
Coaching Points

- Quick change of direction
- Keep the ball close
- Be aware of defender movement

Technical
Dribbling with both feet

Tactical
Attacking space

TECHNICAL PRACTICE



Dribbling timing

Set up/Rules

One line in front of another one. The players must drive till find the perfect timing to dribble in the same way, so one will go right and the other left. Use: Scissor right/left, double scissor, roulette and roll over+step over.

Progression

Add 2 cones on the side so when they are going to the line have to dribble in the other side that they did before.

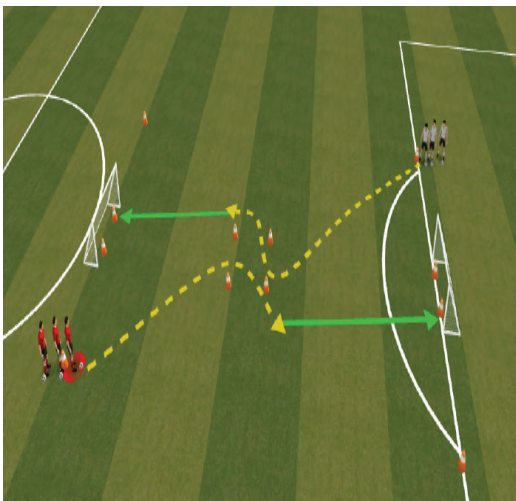
Coaching Points

- Timing
- Keep the ball close
- Accelerate after the dribbling

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Timing decision

TACTICAL PRACTICE



Dribbling decision

Set up/Rules

Player has to drive to the middle square and dibles the cone, if he arrives the 1st, can choose a goal, if he's the second has to shoot in the other. You can use goalkeeper or cones next to the post.

Progression

If the 1st scores with the weaker foot gets 2 point

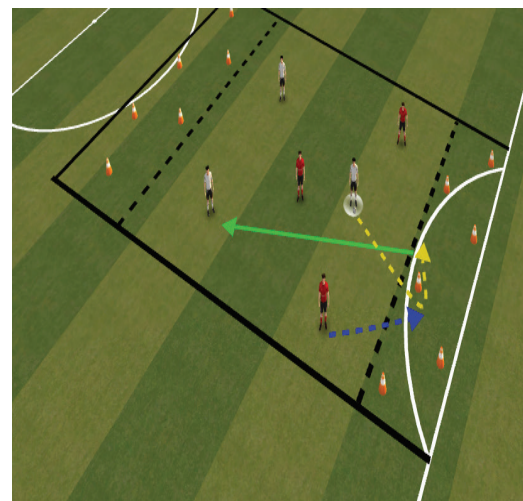
Coaching Points

- Keep the ball close
- Keep your head up
- Be creative and efficient depending on the goal you go.

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Decision making

SSG



Dribbling Zone

Set up/Rules

30x25 yard area with 2 end zones with 6 cones inside. 3v3+1. Every time a player comes in the end zone with the ball, just one defender can go in. If the player dibles the defender and gets to the end, 2 point, if the player dribbles 1 cone gets 1 point.

Progression

Add 1 goal in each side in order to score after dribbling.

Coaching Points

- Decision making between passing or dribbling
- Create an angles out of possession
- Be brave to take the dribbling in the final third.

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Avoid overload areas
Out of possession create angles

Week 4: Passing & Control

WARM UP



Find the gate Set up/Rules

25x25 yard area with lots of gates inside. One ball per pair. Player without possession has to create an angle behind the gate. Once you pass, you must go and create an angle behind another gate to receive the ball. Switch partners each 1min

Progression

Put 4 cones in each side out of the area. Each time you receive a ball has to drive to the cone and back to pass through a gate again.

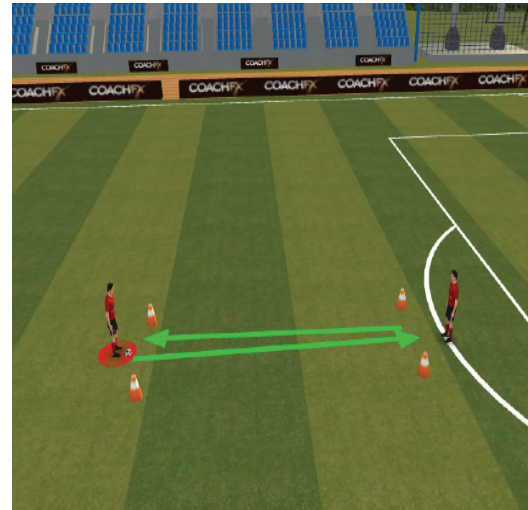
Coaching Points

- Proper weight and accuracy.
- Keep the ball on the ground to facilitate control
- Use a proper surface depending on the distance and direction.

Pass with both feet
Dribbling with head up

Tactical
Scan the area to pass
Create an angle after passing

TECHNICAL PRACTICE



The right pass Set up/Rules

2 gates of 2 yard, one in front of the other with 1 player in the middle of each one. You have to pass through the gate. Use: both feet (laces, inside/outside part of feet). Each time you pass between the cones gets 1 point. To control the ball, use always inside part to do a static control.

Progression

Make the distance between gates bigger and do an oriented control with inside and outside part of foot.

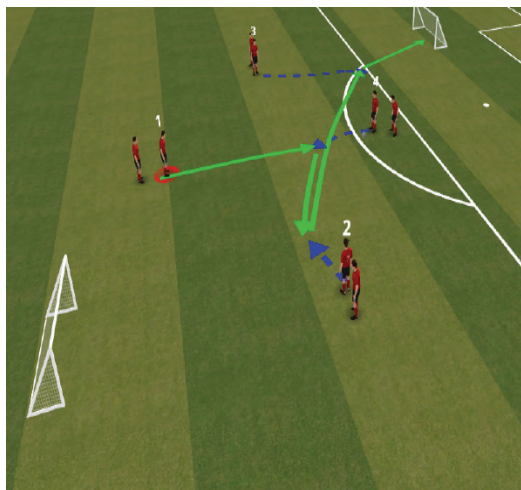
Coaching Points

- Proper weight and accuracy
- Keep the ball on the ground to facilitate control
- Body always behind the ball to control

Technical
Pass and control with both feet

Tactical
Oriented control depending on the next action

TACTICAL PRACTICE



Passing combination 1-2-1 structure (5v5) Set up/Rules

1-2-1 formation. 1 cone in each position. 1 pass to 4, 4 pass back to 2 who pass into the space for 3. Then the ball starts in 4 to do the same passing combination but inside out. Players do the rotation on their right.

Progression

Add 2 goals, one each side to score after the last pass.

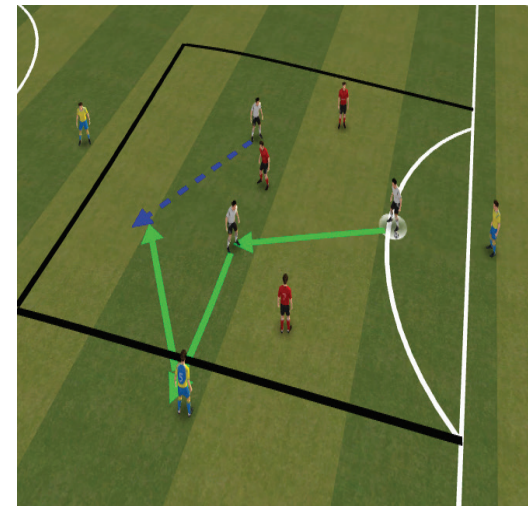
Coaching Points

- Proper weight and accuracy.
- Keep the ball on the ground to facilitate your partner's control
- Don't wait till the ball arrives, attack it.

Technical
Pass and control with both feet

Tactical
Understanding different roles of 4 positions

SSG



Get the pass Set up/Rules

30x30 yard area. 3v3+3 neutrals outside. Possession game with overload 6x3 when in possession. Try to get 10 passes to get 1 point. Each 2min switch the neutral team.

Progression

Team who lose possession, come out to be neutral and the other come in trying to win possession asap.

Coaching Points

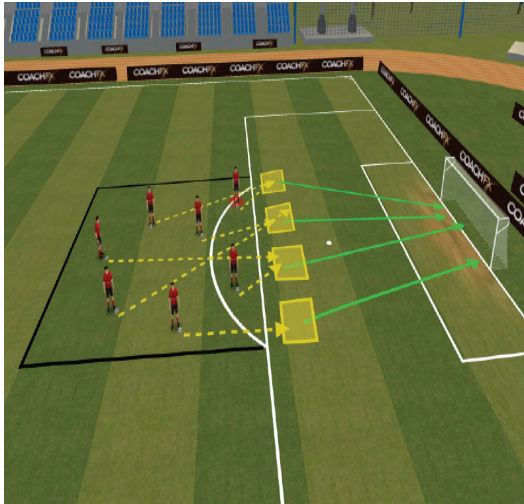
- Open body shape when control
- Keep the ball on the ground to facilitate control
- Out of possession create angles

Technical
Pass and control with both feet

Tactical
Decision making with the ball
Pressing after lose the ball

Week 5: Shooting

WARM UP



Go into the box Set up/Rules

20x20 yard area with 4 2x2 yard boxes outside. Everyone with a ball inside the big area driving free till the coach whistle, then each player have to go to the closer box and shoot to goal. Use: laces, inside/outside part of feet. *Leave the players be creative with the ball.*

Progression

Set a cone next to the post and a bib in the top corners to encourage the players to shoot to the bottom corner to get a point.

Coaching Points

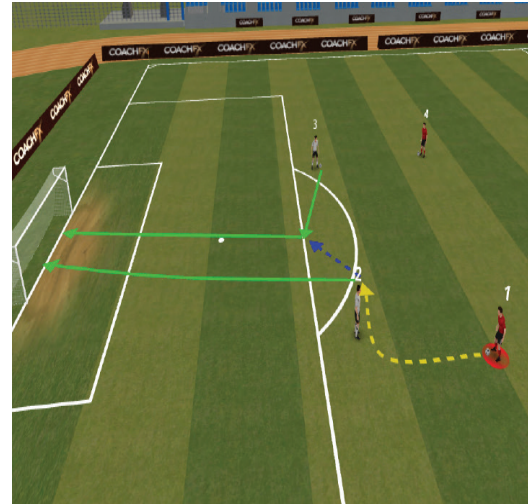
- Take a quick look at the goal before shooting
- Look for corners, top or bottom
- Don't stop in the box, shoot while driving

Technical

Tactical

Shoot looking for the furthest post.

TECHNICAL PRACTICE



Double shooting Set up/Rules

1 drives against 2, dribbles and then shoot. Then 3 pass to 1 who controls and shoot again. Then the same process starts with 4 from right side after the other three have rotated to the right.

Progression

Instead of dribbling into the centre area, do it into the flank area, it will challenge the shooting angle.

Coaching Points

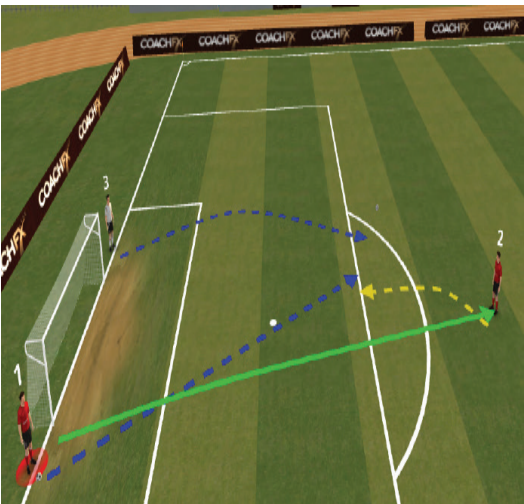
- Take a quick look at the goal before shooting
- Look for corners, top or bottom
- Execute a quick shoot after change of direction or control.

Technical
Shooting with both feet
Use all the surfaces

Tactical

Shoot looking for the furthest post.

TACTICAL PRACTICE



Make the decision Set up/Rules

Groups of 3. Player with the ball next to the post, the defender next to the other post and the other attacker in the cone. 1 pass to 2 at the same time than 3 is coming out to defend, creating 2v1. Player with the ball has to get into the box asap.

Progression

Add one defender behind the cone who will start to defend after 8s from the 1st pass, creating 2v2.

Coaching Points

- Find the space to take the shoot asap
- Look for corners, top or bottom
- Use your teammate to create a space

Technical
Shooting with both feet
Use all the surfaces

Tactical

Attacking space
Scan the area

SSG



The triangle Goal Set up/Rules

30x30 yard area with a triangle goal in the middle (3 goals) with just 2 goalkeepers. 4v4. Finishing as many time as possible.

Progression

Add 2 outside neutrals, who have to touch the ball before the team can score.

Coaching Points

- Find the empty goal
- Use your teammates to create a space.
- Execute a quick shoot after change of direction or control.

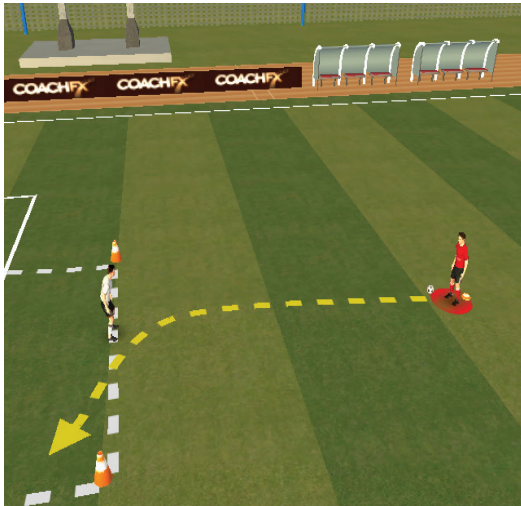
Technical
Shooting with both feet
Use all the surfaces

Tactical

Find the free players to take the shoot

Week 6: Attacking movements

WARM UP



Go through the gate Set up/Rules

8 yard long gate with a defender in the middle. An attacker in front of the gate with a ball has to beat the defender and cross the gate. The defender has to have his hands on the back and can move just in horizontal way. *Leave the players be creative with the ball and try new dribbling.*

Progression

Add a passer behind the attacker and do it back to goal. The defender can move forward but with hands in the back.

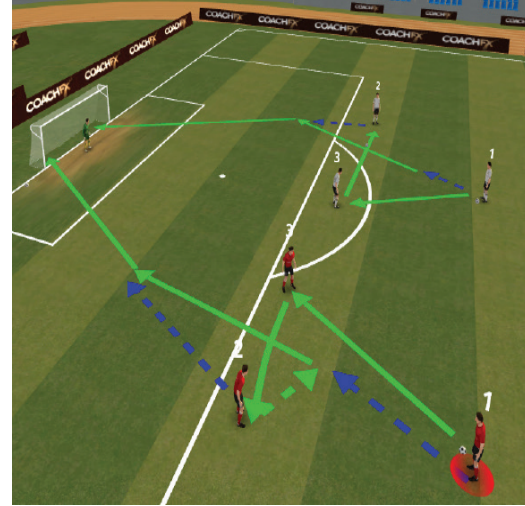
Coaching Points

- Quick change of direction
- Keep the ball close
- Accelerate after dribbles

Technical
Dribbling with both feet
Dribbling with head up

Tactical
Attacking space

TECHNICAL PRACTICE



Combination in the final third Set up/Rules

1 pass to 3 who pass back to 2, this pass to 1 and make the run into the space to receive and finish. Rotate to the right.

Progression

Change the combination. 2 pass to 3 who pass back to 1 and make the run into the space to receive and finish.

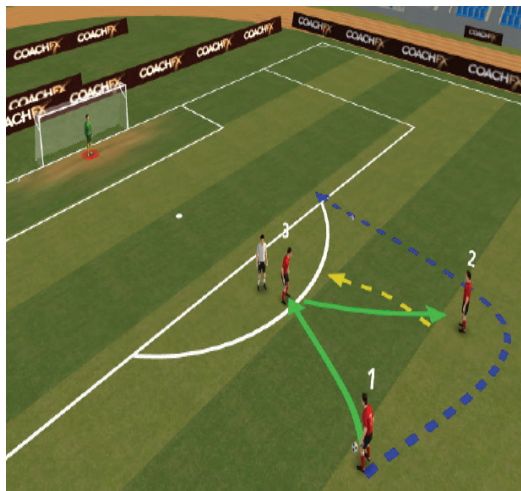
Coaching Points

- Timing when make the run
- Create space to receive
- Oriented control to finish

Technical
Body shape
Oriented control before finish

Tactical
Understanding roles of the 4 positions
Timing to make the run

TACTICAL PRACTICE



Overlapping in the final third Set up/Rules

3v1. Number 1 or 2 starts with the ball passing forward to 3, this pass back in order to create an overlap. Player with the ball decide if pass into space, drives or dribbles. DO NOT force the player with the ball to pass to the runner. *Let them make the decision*

Progression

8s after the 1st pass another defender come in to create 3v2. Add two mini goals in front of the goal. If the defenders wins the ball can attack.

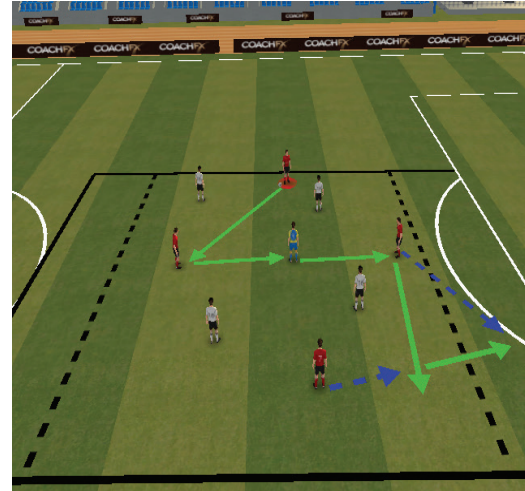
Coaching Points

- Timing to overlapping
- Create angles
- Pass into the spaces to win time.

Technical
Body shape
Oriented control before finish

Tactical
Attacking space
Timing to make the run

SSG



Attack the space Set up/Rules

4v4+1. 30x30 yard area with two 7 yard end zones. Both teams can attack the 2 zones. To get the point one player has to make the run into the end zone. Before that, the team has to do at least 4 passes.

Progression

Each team attack just one zone.

Coaching Points

- Look for empty spaces to win time and space.
- Be on blind side of defender.

Technical
Dribbling, passing and control with both feet

Tactical
Attacking space
Timing to make the run

Week 7: 1st touch finishing

WARM UP



1st touch cage Set up/Rules

Players in pairs. Two 3 yard box separate with a cone gate, 1 player in each box. Pass each other through the gate using 1st touch. Every time you pass well, gets 1 point.

Progression

The ball can just bounce 1 time in each box. Like soccer tennis. Create a competition with Levels. Do the same but playing in pairs.

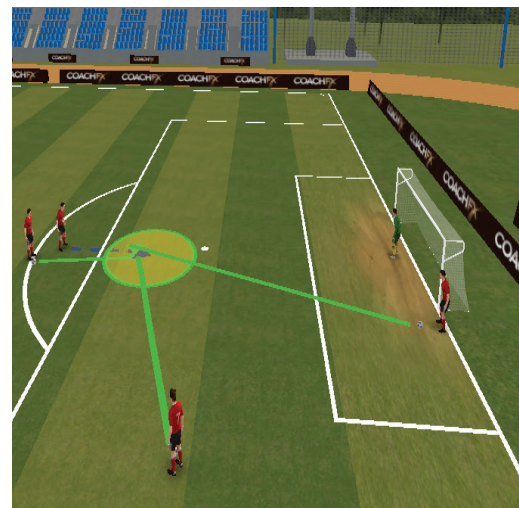
Coaching Points

- Body behind the ball
- Quick feet to get a good body shape
- Use a proper surface

Technical
Proper accuracy and weight

Tactical
Speed of game

TECHNICAL PRACTICE



Shooting race Set up/Rules

Groups of 4 players. 3 different type of passes, for 3 different type of finishes. 1st with laces, 2nd with inside part (ball on the ground) and 3rd laces/outside (aerial). Both feet.

Progression

Add bibs on the top corners and cones on the bottom corners to improve accuracy and get points.

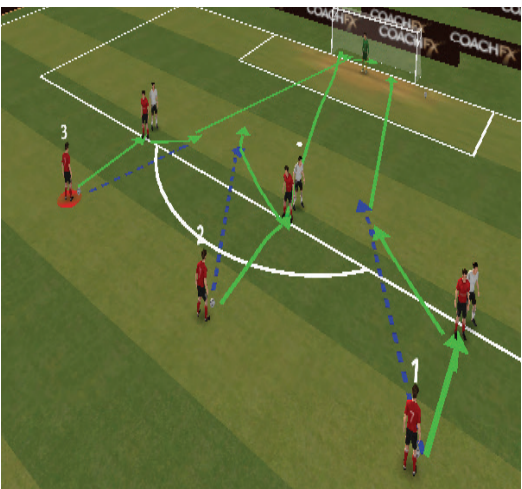
Coaching Points

- Open body shape to kick the ball
- Lean your body forward in order to get a good high.
- Kick the ball in the middle
- Take a quick look at the goal before shooting.

Technical
Finish with both feet
Finish with different surfaces

Tactical
Attack the ball, don't wait for it

TACTICAL PRACTICE



Combination back to goal Set up/Rules

Groups of 3 players. 3 different finishing positions in front of the goal. The player with ball pass and follow to the player back to the goal, this pass into the space and the other finish. The defender is passive. The rotation once the 3 played in the 3 roles is to the right.

Progression

Player back to goal pass back to the passer and create a space for himself to receive a pass into the space and finish.

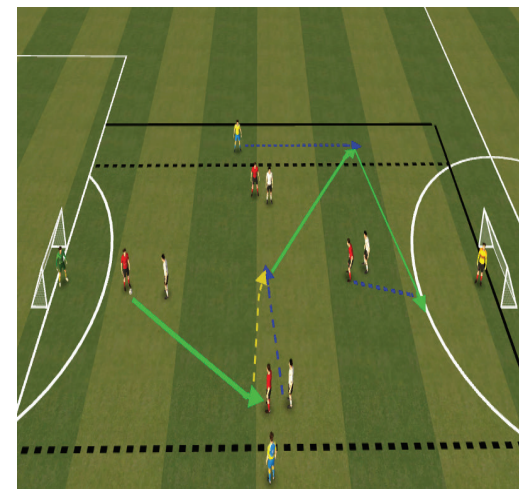
Coaching Points

- Don't lose the ball reference while creating the space.
- Kick the ball in the middle
- Take a quick look at the goal before

Technical
Finish with both feet
Finish with different surfaces

Tactical
Attack the ball, don't wait for it
Attract defenders to create spaces

SSG



Dribbling to pass Set up/Rules

30x25 yard area with two flanks of 7 yard. Two goals with goalkeeper. 4v4+2 outside. In the flank areas the players inside can't get pressure. 1st touch goal 2 point, 1st touch goal after cross 3 points.

Progression

While the ball is on the left flank, the player in the right can play inside to create overload in the middle.

Coaching Points

- Take the shoot asap in the final third
- Body shape to kick the ball
- Lean your body forward in order to get a good high.
- Kick the ball in the middle

Technical
Finish with both feet
Finish with different surfaces

Tactical
Play wide and get into the box to finish
Create angles out of possession to gain

Week 8: Attacking with an overload

WARM UP

2v1 competition

Set up/Rules

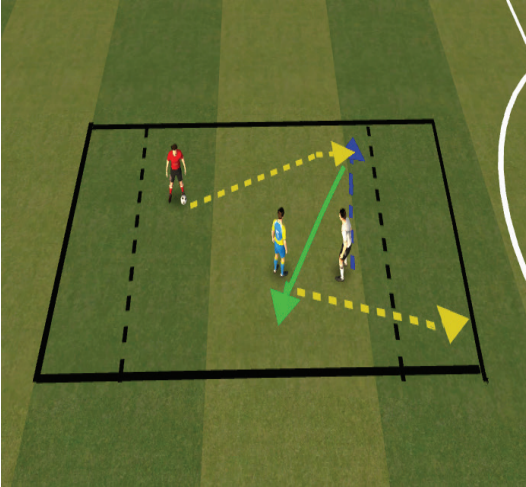
7x7 yard area with two end zones. 1v1+1. Create a competition with different levels. To get a point has to dribble into the end zone. Change the role each 2' (defender, attacker, neutral).

Progression

Wall pass before getting in end zone gets 2 points.

Coaching Points

- Keep your head up
- Drive till attract the defender and free your teammate up.



TECHNICAL PRACTICE

2v1 finishing

Set up/Rules

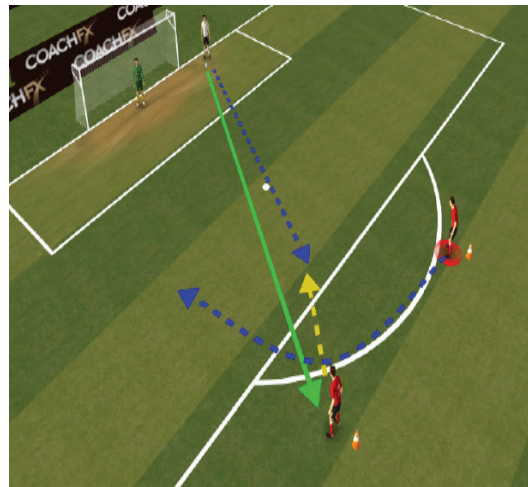
Defender next to the post, pass to one of the two attackers out of the box and follow it to defend 2v1 scenario. *Leave the players solve the situation (overlapping, get wide, dribbling, passing, etc)*

Progression

The same scenario adding another defender coming in after 7s of the first control to create 2v2.

Coaching Points

- Scan the situation
- Look at the defender movement
- Be aware of your teammate movement.



Technical

Dribbling and driving with both feet
Dribbling and driving with head up

Tactical

Decision making depending on defender movement

Technical

Dribbling and driving with both feet
Dribbling and driving with head up

Tactical

Quick attacks
Decision making

TACTICAL PRACTICE

Counter-attacking with overload

Set up/Rules

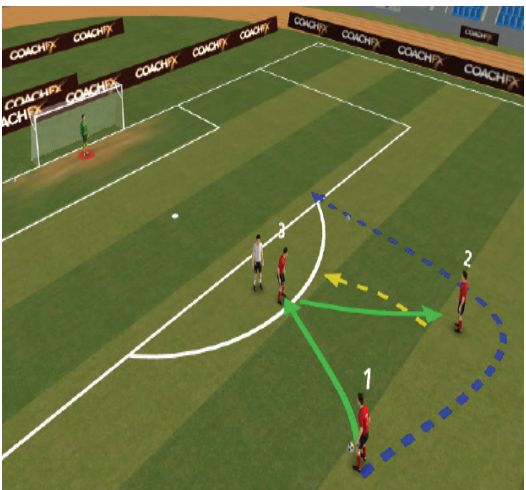
Goalkeeper passes from the goal-kick to one of the 3 attackers to start 3v1 scenario. *Leave the players solve the situation (overlapping, get wide, dribbling, passing, back to goal, runs, etc)*

Progression

Add another defender to create 3v2 situation.

Coaching Points

- Scan the situation
- Look at the defender movement
- Be aware of your teammates movement.



Technical

Dribbling and driving with both feet
Dribbling and driving with head up

Tactical

Quick attacks
Decision making

SSG

Finishing in final third with overload

Set up/Rules

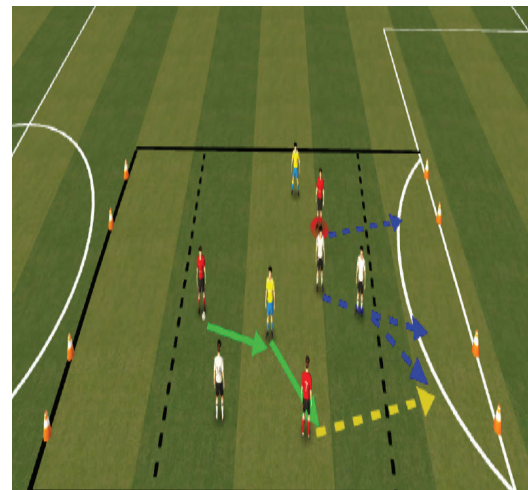
30x30 yard area with two final third 10 yard. 3v3+2 with 2 mini goals on each side. When the player with possession comes in the final third only 2 defenders can be in there to create: 1v2, 2v2, 3v2, 4v2.

Progression

One goal with goalkeeper in each side.

Coaching Points

- Scan the situation
- Look at the defender movement
- Be aware of your teammates movement.



Technical

Dribbling and driving with both feet
Dribbling and driving with head up

Tactical

Quick attacks
Decision making