



# CURRICULUM U7 - U9



## First Touch Soccer

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PREPARED FOR: AYSO REGION 6

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*Season*  
**CURRICULUM**

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**WARM-UP**

4-13

## Ball Mastery

Written by First Touch Soccer

### Set Up



12 mins



12 players



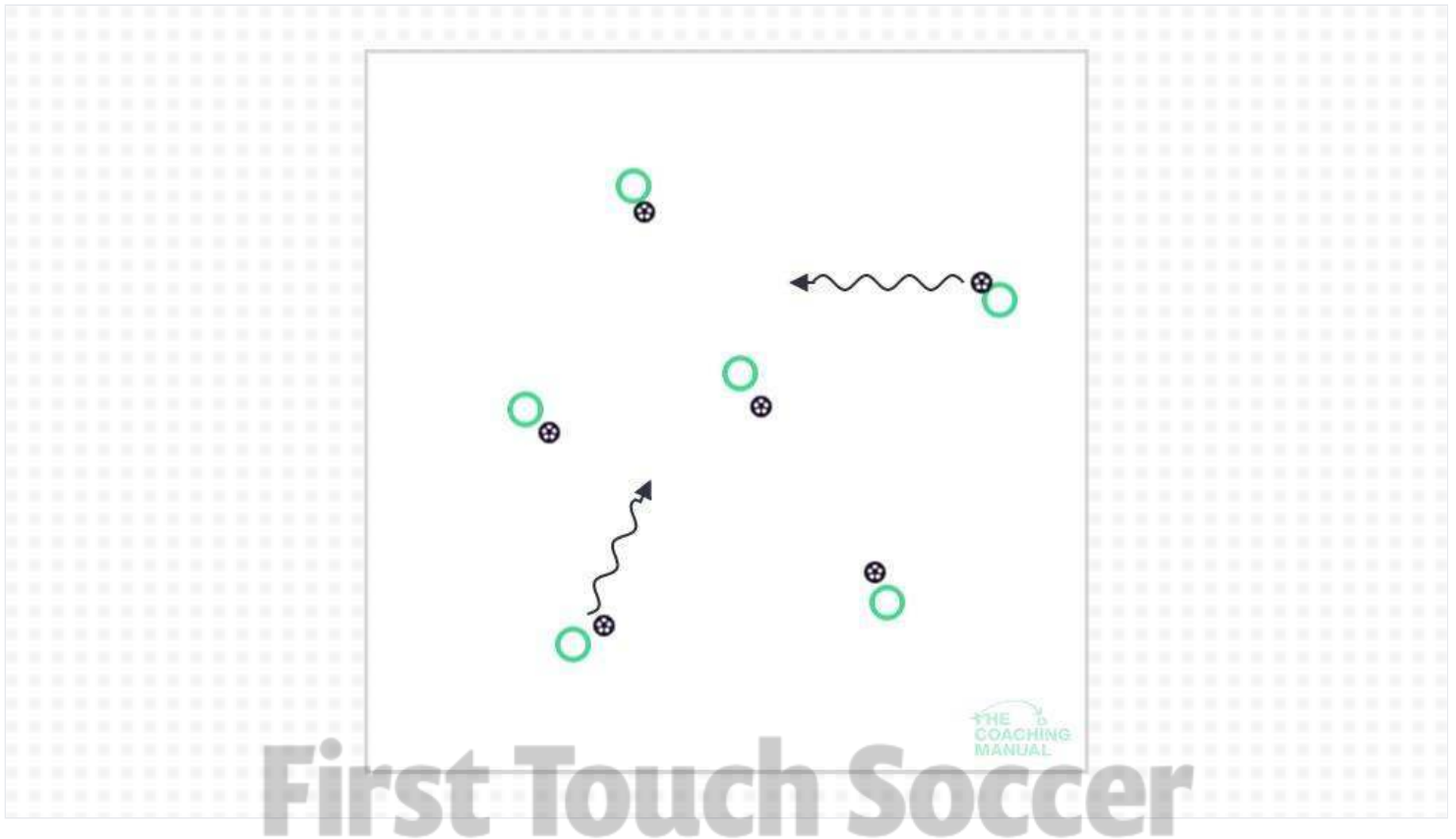
12 balls



8 cones



30x30 area



### Organization

30x30 area, players with a ball each.

### Activity

Players dribble their ball around the area. The three basic rules are - don't leave the area, don't bump into anyone and don't stop until the coach says stop. As the players move around the area, the coach sets out certain demands for the players including: non-dominant foot only, sole rolls, toe taps, bells, inside-outside, juggles on the spot, scissors, step overs, drag back, Cruyff turn.

### Coaching Points

- Small touches
- Head up
- Balance
- Use both feet

### Progressions

- Each new activity/demand should act as a progression.
- Increase competitive element by making players count their touches and compare with teammates.

4-8

## Body Parts

Written by First Touch Soccer

### Set Up

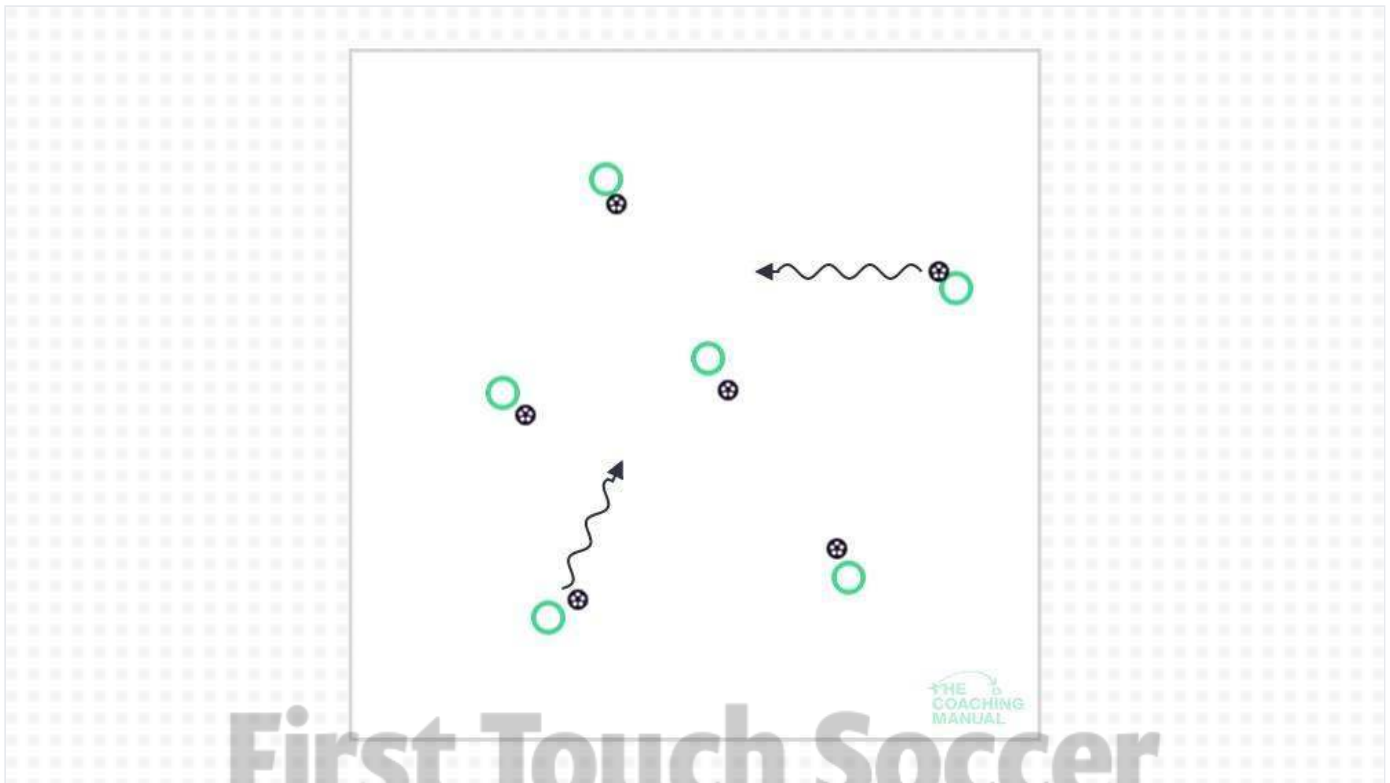
🕒 12 mins

👤 12 players

⚽ 12 balls

🚧 8 cones

📏 30x30 area



### Organization

30x30 area, each player has a ball.

### Activity

The players dribble the ball inside the area until the coach yells out a body part. When a body part is yelled out by the coach the player must stop the ball and put that body part on the ball. Example - knee, elbow etc.

### Coaching Points

- Small touches
- Head up
- Stop the ball quickly using different parts of foot

### Progressions

- Increase competitive element by seeing who can stop the ball quickest
- See how many different body parts players can place on the ball in 20 seconds

4-13

## Juggling

Written by First Touch Soccer

### Set Up



10 mins



10 players



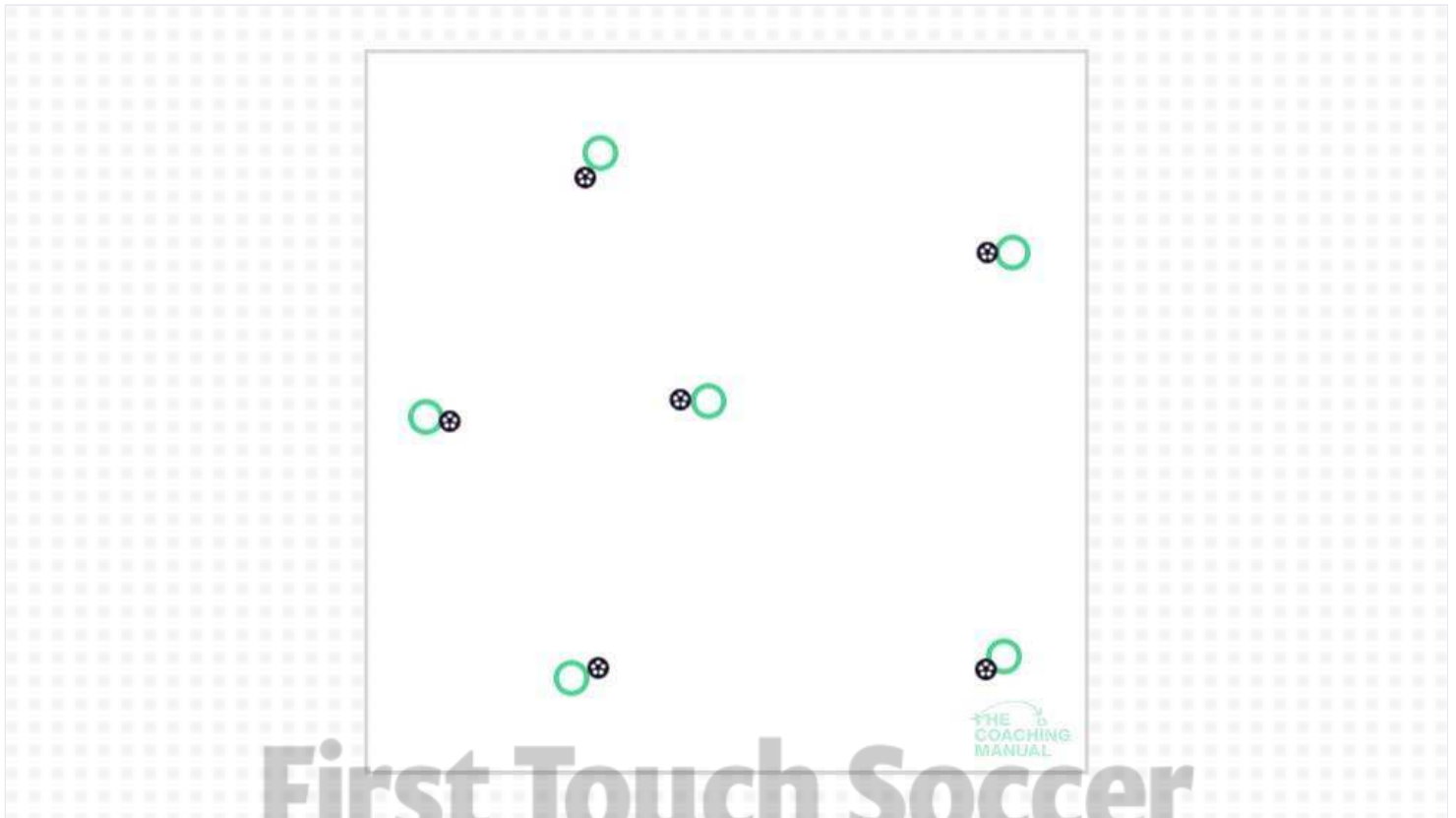
10 balls



8 cones



30x30 area



### Organization

Each player has a ball and finds their own space within the 30x30 area.

### Activity

They will then attempt to juggle the ball in their space. Players drop the ball from their hands and attempt to kick it upwards in order to catch it.

Coaching Points -

- Use laces
- Point toes up to keep ball close
- When using the thigh, keep the knee high so the ball stays close

### Progressions

- Two, three, four etc...juggles
- Thigh and foot
- Alternating feet



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WEEK 1

**DRIBBLING**



jack@firsttouchcoaching.com

4-12

## Gate Game

Written by First Touch Soccer

### Set Up



15 mins



8 players



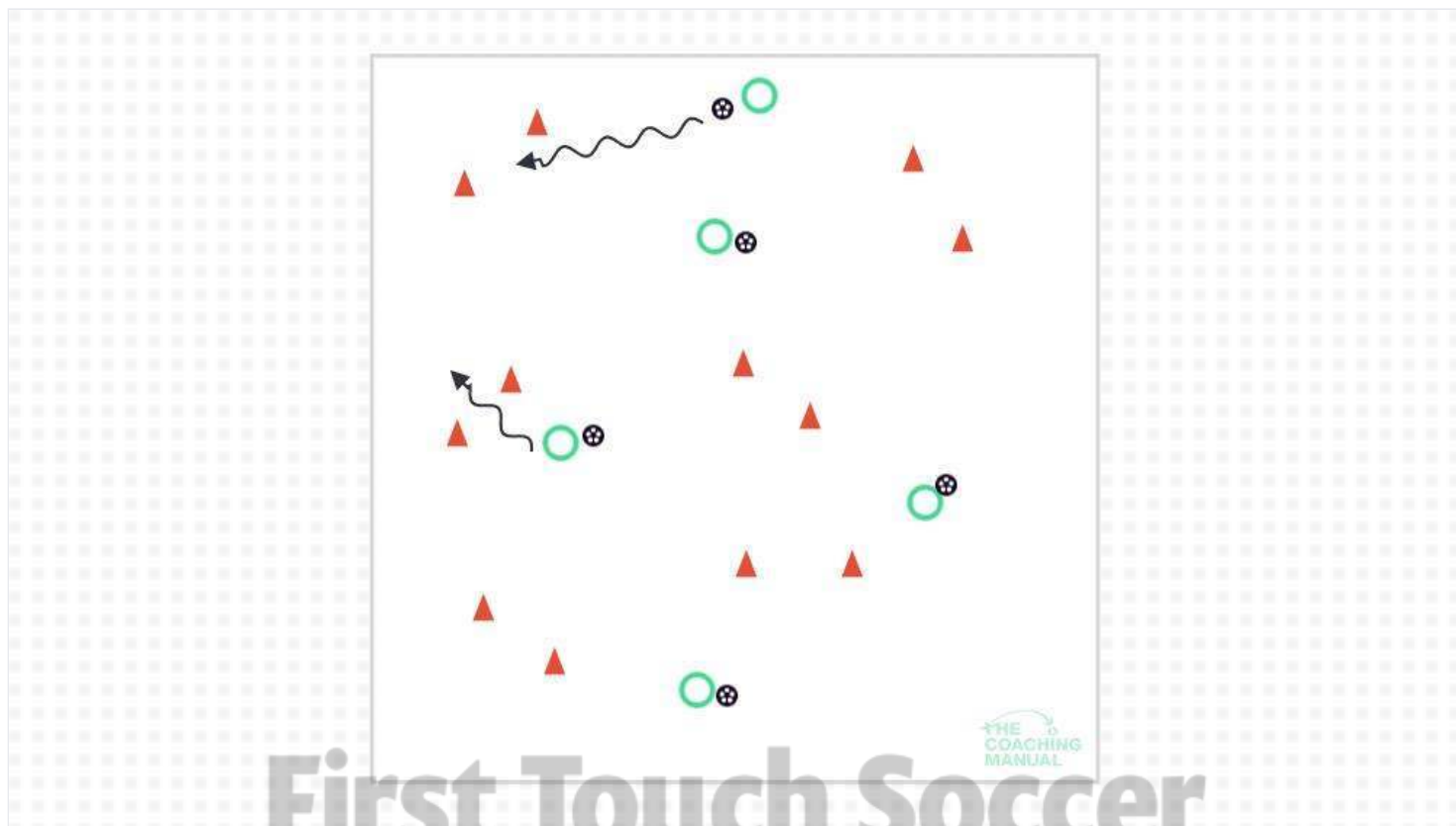
8 balls



20 cones



30x30 area



### Organization

30x30 area, each player has a ball. Coach sets up a number of small 'gates' inside the area, ensuring there are more gates than players. Each player begins at a gate.

If used as a passing activity, the players are put into pairs and have a ball between their pair.

### Activity

Dribbling - Players attempt to dribble their ball through as many of the gates in the area as possible.

Passing - Players pass to their teammate through as many gates as possible.

### Coaching Points

- Use different surfaces of the foot; inside, outside, laces, sole
- Players must keep their head up as much as possible to look for space
- Keep the ball close to your feet
- Communication

### Progressions

- Introduce different conditions: right foot only, left foot only, sole rolls through the gate, turn at the gate etc.
- Players perform 5 toe taps when they reach a gate before they continue to dribble through.

7-13

## Triangle Passing/Dribbling

Written by First Touch Soccer

### Set Up



15 mins



10 players



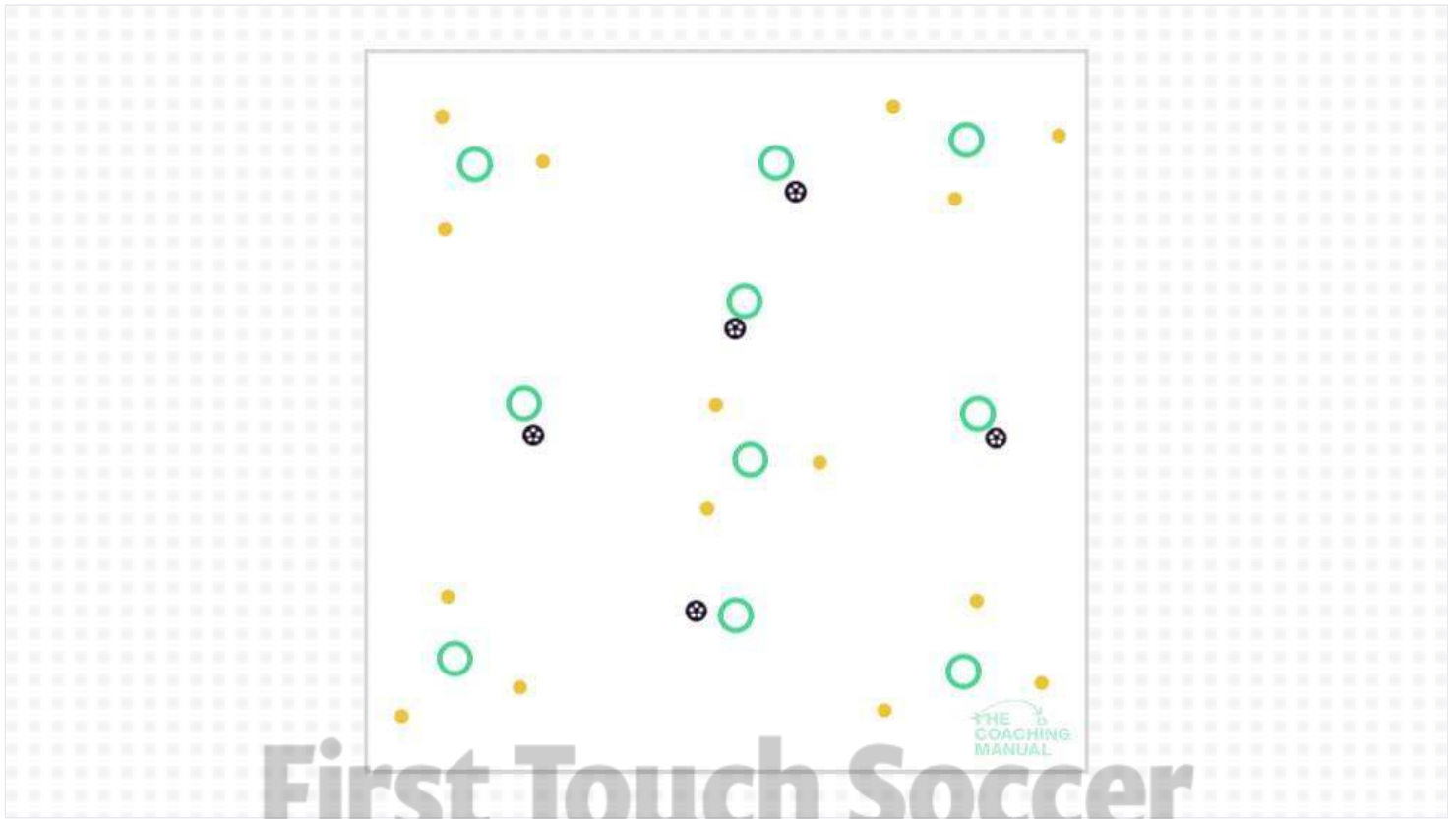
5 balls



15 cones



30x30 area



### Organization

30x30 area. The coach creates triangles throughout the playing area. Half of the players, without a ball, will find a triangle to each stand in. The rest of the players, with a ball, will find a space in the area.

### Activity

The players with a ball will pass the ball to a player inside a triangle, follow their pass and switch places with them.

The player who has just taken possession of the ball will then try to find someone else in a triangle, pass to them and switch places.

### Coaching Points

- Head up
- Communication
- Ready/on your toes
- Positive first touch

### Progressions

- Players inside the triangle, when receiving the pass, must take the ball out of the triangle through a different side to which it entered.

Alternatively, this activity can be used as a dribbling exercise, with the focus being close control and direction changes. Instead of passing into the triangle, players dribble the ball to their teammate.



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WEEK 2

**PASSING**

## Passing/Dribbling in Threes

Written by First Touch Soccer

### Set Up



15 mins



9 players



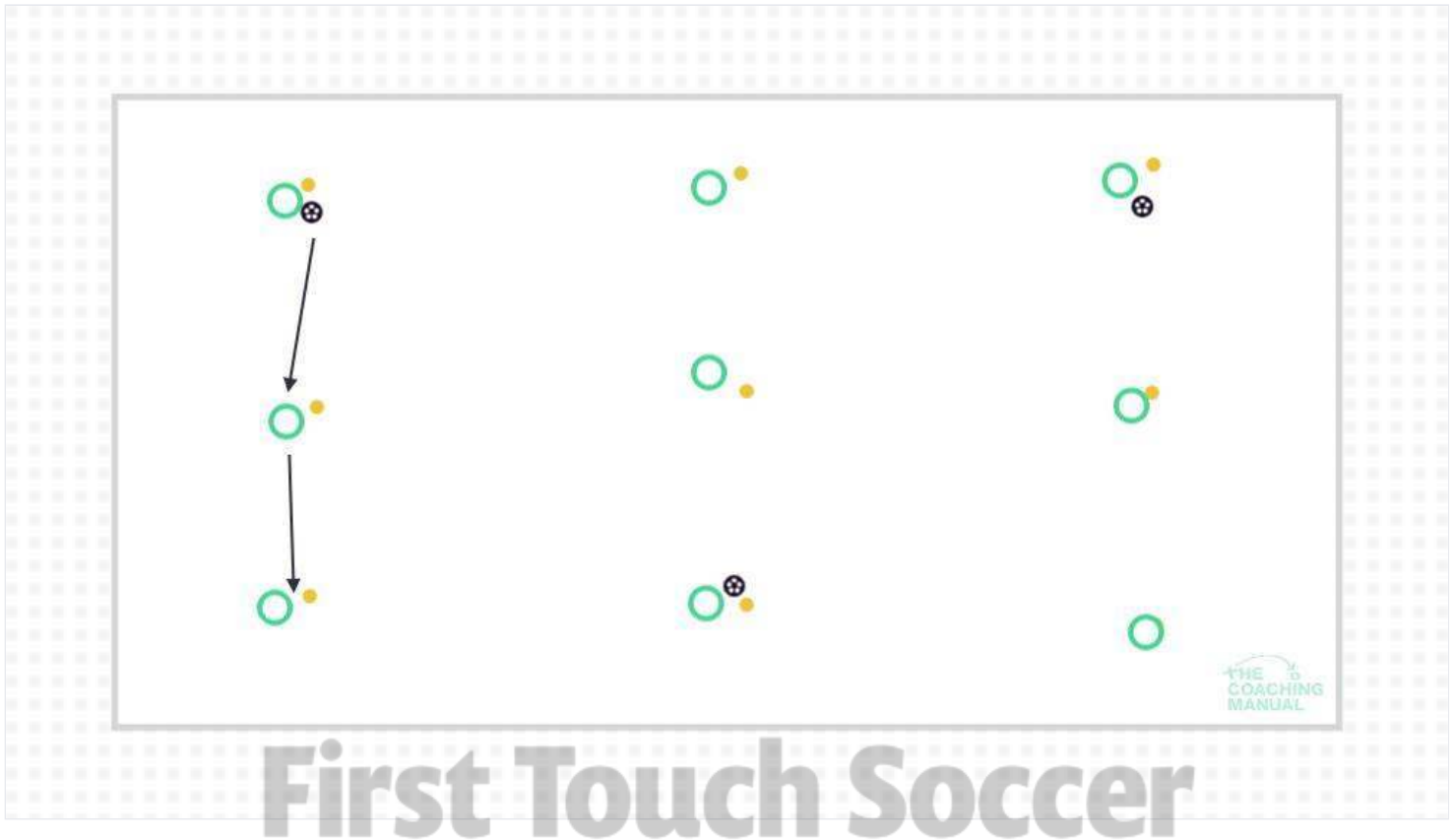
9 balls



9 cones



30x40 area



### Organization

30x40 area, players split into groups of three. Three cones/poles set up in a straight line with one player on each.

### Activity

Players pass the ball from the player at one end to the player in the middle who turns and plays the ball to the opposite end.

Emphasis should be placed on playing on the half turn and receiving on back foot.

### Coaching Points

- Movement away from cone/pole
- Checking & Scanning
- Receive on back foot
- Use both feet
- Open body shape

### Progressions (Passing)

- Follow your pass so that everyone is now on the move.
- Add in a one-two.
- One player moves, passes the ball to one end, runs around the player in possession and then has them release into their path for the next pass.

Alternatively, this activity can be used as a dribbling exercise, where the players must dribble from one end to the other.

4-12

## Gate Game

Written by First Touch Soccer

### Set Up



15 mins



8 players



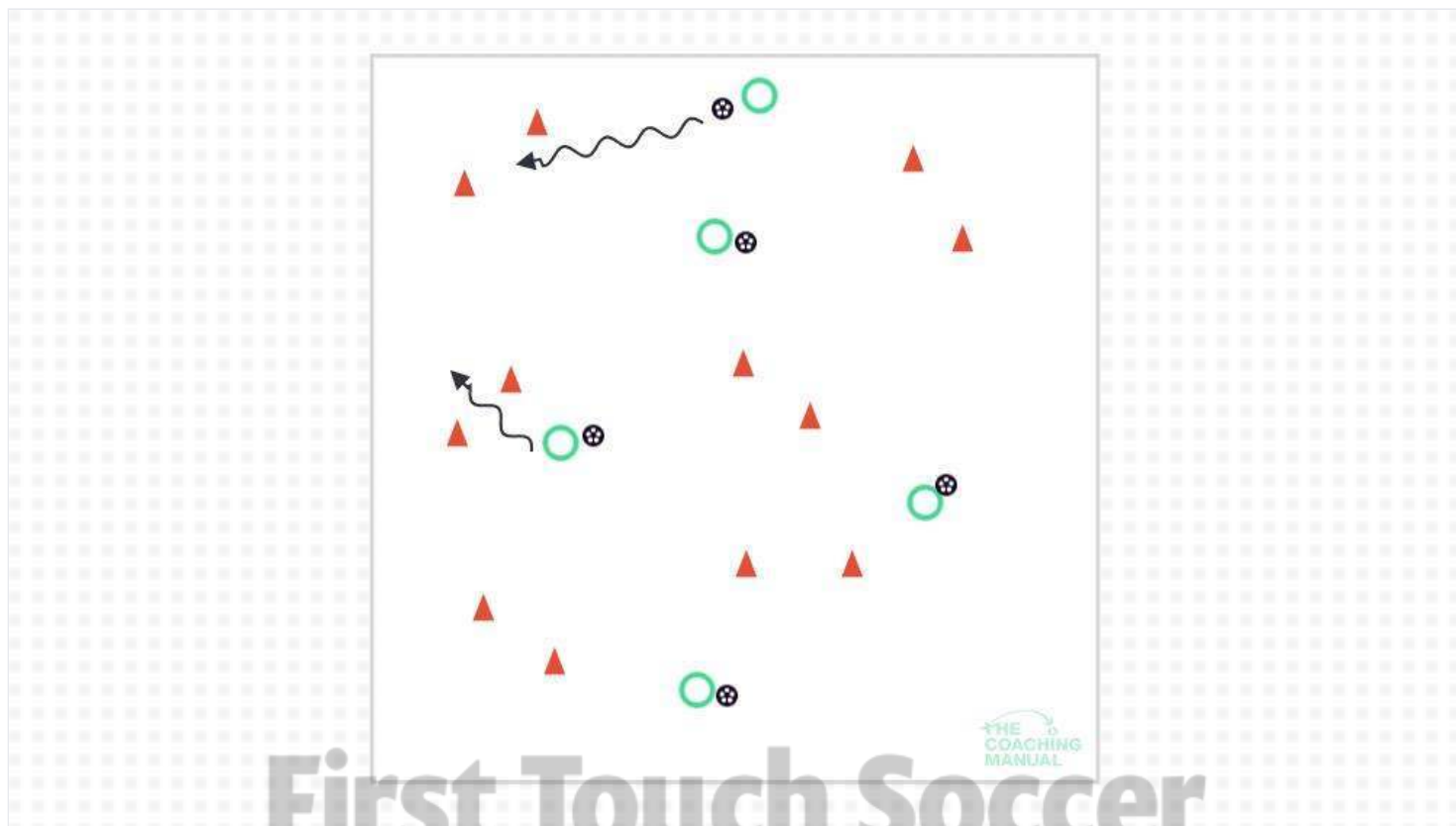
8 balls



20 cones



30x30 area



### Organization

30x30 area, each player has a ball. Coach sets up a number of small 'gates' inside the area, ensuring there are more gates than players. Each player begins at a gate.

If used as a passing activity, the players are put into pairs and have a ball between their pair.

### Activity

Dribbling - Players attempt to dribble their ball through as many of the gates in the area as possible.

Passing - Players pass to their teammate through as many gates as possible.

### Coaching Points

- Use different surfaces of the foot; inside, outside, laces, sole
- Players must keep their head up as much as possible to look for space
- Keep the ball close to your feet
- Communication

### Progressions

- Introduce different conditions: right foot only, left foot only, sole rolls through the gate, turn at the gate etc.
- Players perform 5 toe taps when they reach a gate before they continue to dribble through.



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WEEK 3  
**DEFENDING**

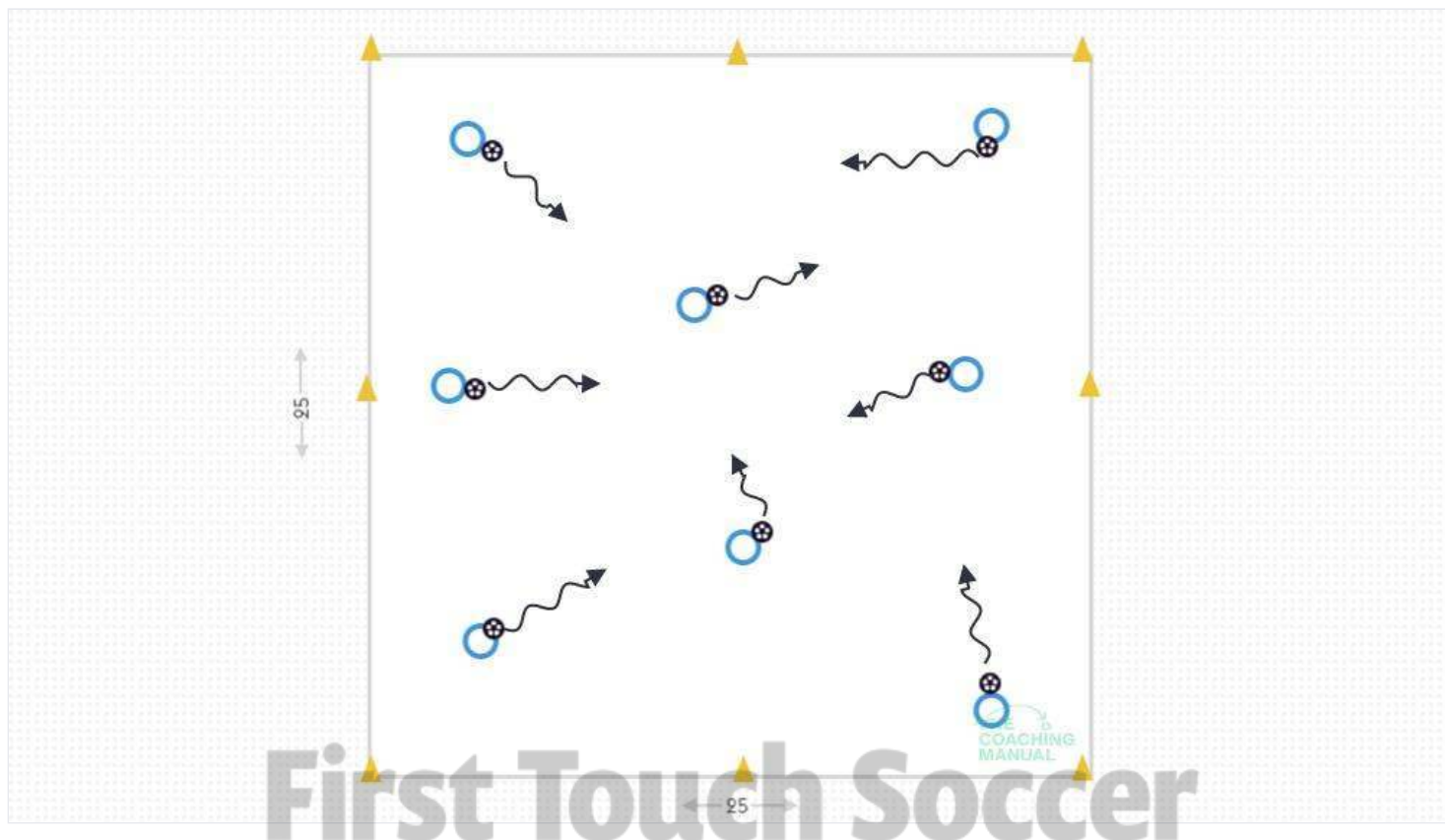
6-13

## King/Queen Of The Ring (K.O.T.R/Q.O.T.R)

Written by First Touch Soccer

### Set Up

 8 mins    8 players    8 balls    8 cones    30x30 area



### Organization

30x30 area, each player has a ball.

### Activity

Players dribble around the area, protecting their own ball and at the same time attempting to kick others' balls out of the area. For round one, players should be able to return and continue playing - if their ball is kicked out, they must complete a specific skill to return to the game eg. toe taps, bells etc. For the final round, once their ball is kicked out of the area they cannot return to the game. The last player left with their ball in the area is the winner.

### Coaching Points

- Control
- Awareness
- Change of speed/direction

### Progressions

- Add in defenders whose sole purpose is to kick balls out
- Non dominant foot only

7-12

## Numbers Game

Written by First Touch Soccer

### Set Up



10 mins



8 players



8 balls



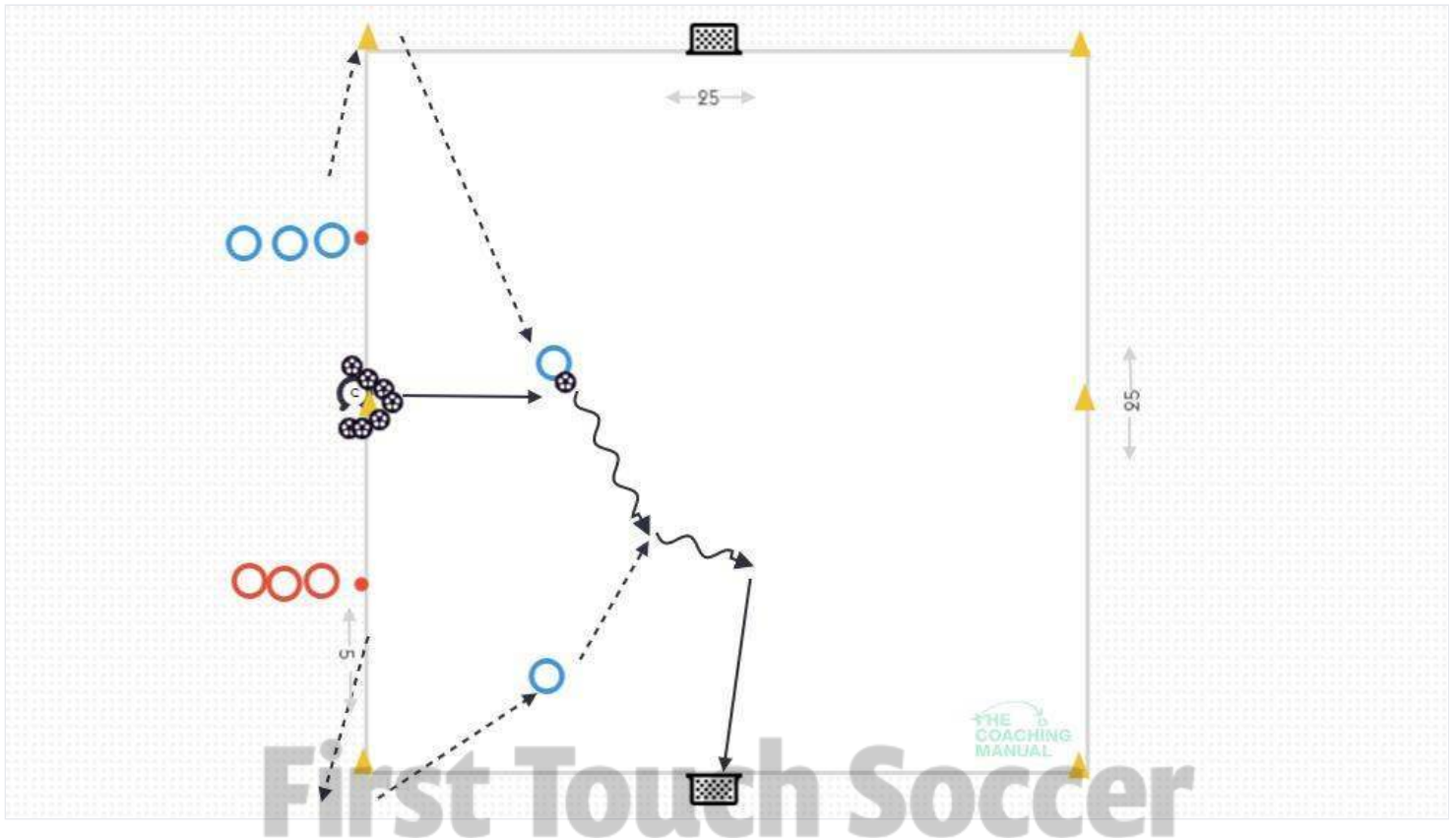
4 bibs



8 cones



30x30 area



### Organization

30x30 area, players are split into two teams. A goal is positioned at each end of the area. Coach has the balls on the side of the area. Each player is given a number which corresponds to the number given to a player on the other team.

### Activity

Coach shouts a number and serves in ball, the player with that number from each line runs around corner cone and onto the field to race to the ball. Players attempt to score in their opponents goal.

### Coaching Points

- Awareness & Control
- Variety/Skill
- Change of speed/direction

### Progressions

- Increase number of participants (2v2, 3v3, 4v4)
- Add a GK
- Add in extra balls - whichever team scores first wins the point



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WEEK 4






**TURNING**

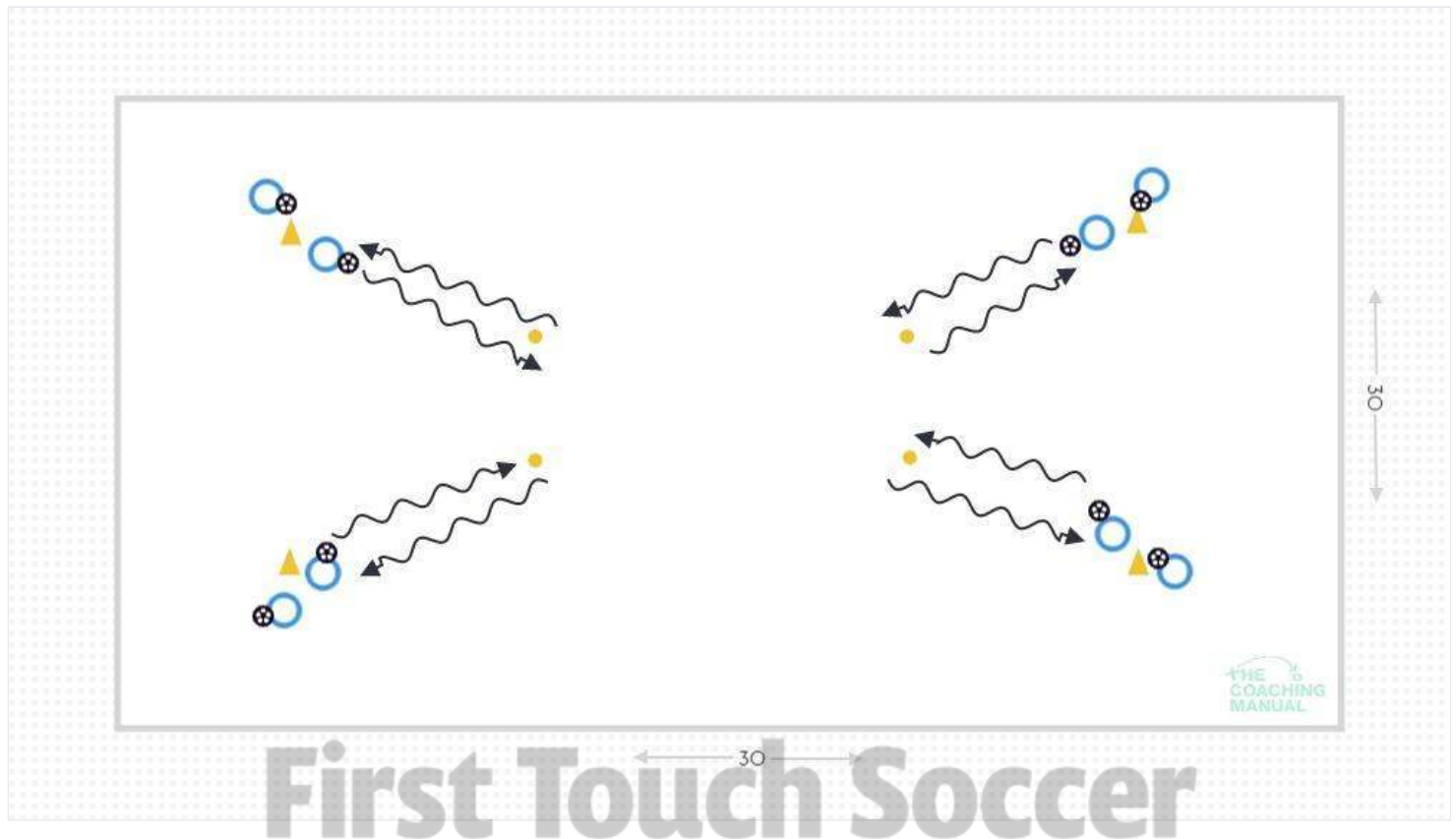
7-12

## Change of Direction Turns

Written by First Touch Soccer

### Set Up

 6 mins     8 players     8 balls     8 cones     30x30 area



### Organization

30x30 area, 8 cones are set up in the area with 4 outer cones and 4 inner cones. Multiple groups are set up in the area at their own cones. Groups of 2 (3 maximum) with one ball per player.

### Activity

One player at a time from each group dribbles diagonally from outer cone to inner cone. Players perform a variety of turns at the inner cone and dribble back to outer cone. Turns to perform:

- Pullback/dragback
- Inside hook/outside hook

### Coaching Points

- Small touches
- Head up
- Awareness
- Change of speed/direction
- Different parts of feet

### Progressions

- Add in more challenging turns for players to complete.
- Instead of dribbling back to cone players perform one of the designated turns then dribble to the station to the right. Keep going until they return to their starting point (counter-clockwise).

- Optional: Add a passive defender at the inner cone. After the attacker turns the defender applies pressure, chases the attacker back to their original cone (same line).

# First Touch Soccer

4-12

## Spider Tag

Written by First Touch Soccer

### Set Up



15 mins



8 players



7 balls



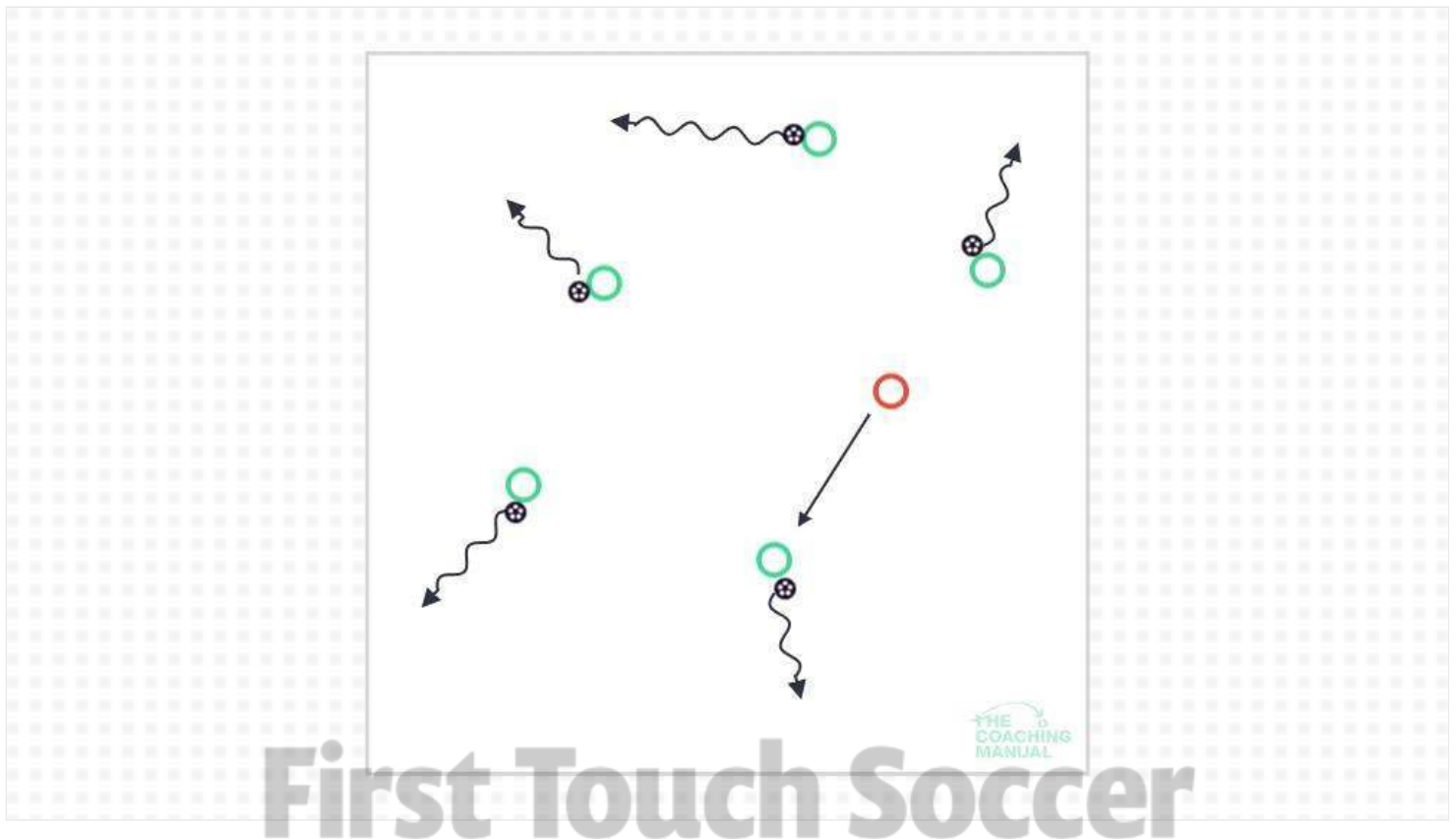
1 bib



8 cones



30x30 area



### Organization

30x30 area. All players apart from one start with a ball.

### Activity

The player without a ball is chosen to be the "spider". It is their job to attempt to catch the other players by throwing their pinnie onto their ball. If they hit the ball, the player is "stuck" and must stand still with their ball on their head. The stuck player can only be freed by one of their teammates passing their ball through their legs. The spider counts how many players they catch in one minute.

### Coaching Points

- Close control
- Use body to protect the ball
- Change directions using different parts of your feet
- Keep your head up

### Progressions

- Add in extra "spiders"
- Make the area smaller



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WEEK 5  
**SHOOTING**

4-8

## Dribble and Shoot

Written by First Touch Soccer

### Set Up



15 mins



12 players



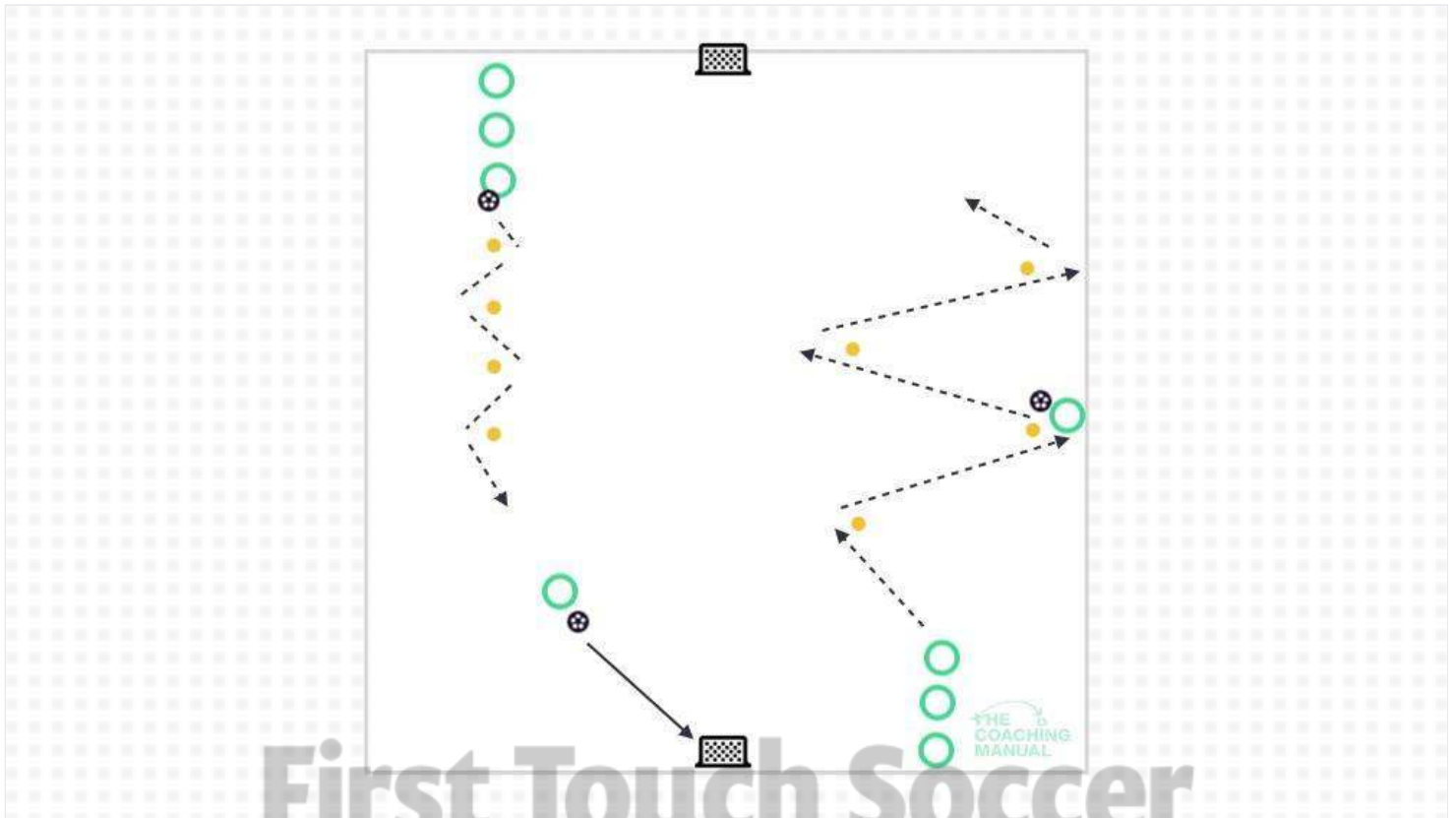
12 balls



8 cones



30x30 area



### Organization

30x30 area with a goal set up at each end. Cones are laid out on each side leading to their goal. Each player starts with a ball, half will start at one end while the rest of the players will start on the opposite side.

### Activity

Players dribble through the cones in front of them towards the goals, either zig-zagging or dribbling around their cones. Once the players have finished their dribble, they will shoot on goal, collect their ball and make their way toward the other teams area. Players will continue like this for two minutes and at the end of the playing time, the coach will collect their scores.

### Coaching Points

- Small touches
- Use different parts of feet
- Change of speed, length of touches
- Head up
- Laces to shoot

### Progressions

- Add a defender
- Add a goalkeeper
- Add extra cones or obstacles

7-14

## Shooting Stations

Written by First Touch Soccer

### Set Up



12 mins



10 players



10 balls



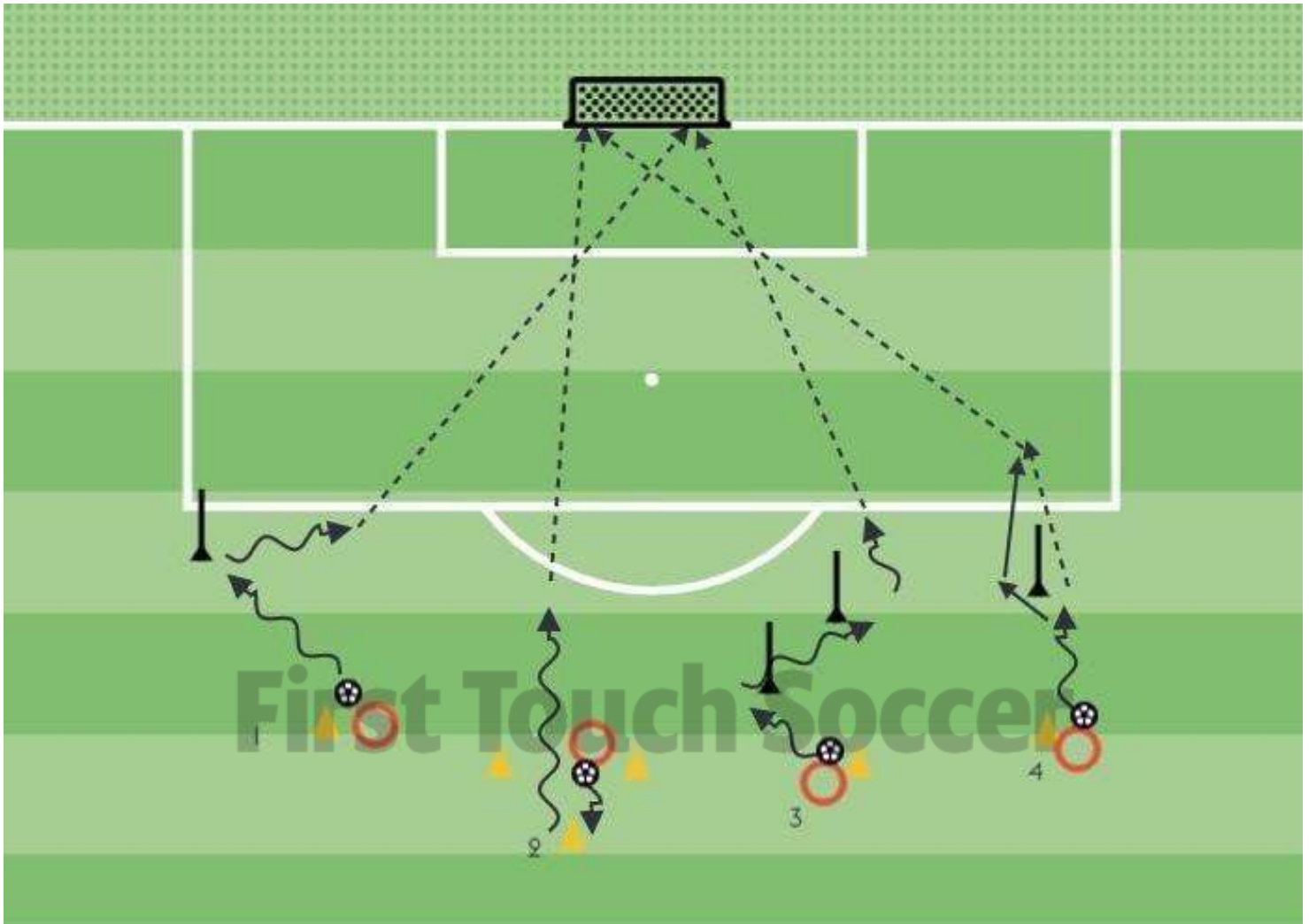
1 bib



6 cones



40x30 area



### Organization

40x30 area with a goal in it's usual position. Four stations set up on the edge of the penalty area.

### Activity

Players take turns attempting to score from four different shooting stations.

- Station 1) Dribble from cone to pole, change direction, dribble and shoot.
- Station 2) Dribble from gate to single cone, turn and dribble back through gate then shoot.
- Station 3) Start at the cone, dribble in between poles, then shoot.
- Station 4) Dribble from cone, touch ball round pole, run around other side, meet ball and shoot. Add in GK and/or defender (s) to switch to add difficulty

### Coaching Points

- Focus on basic technique, head/knee over ball, laces, follow through
- Quick glance at goal before shooting

### Progressions

- Increase/decrease distance from goal (harder/easier)
- Change angle of stations (rotate)

- Add in GK and/or defender (s) to switch to add difficulty
- Use non dominant foot

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WEEK 6

**1 V 1 DEFENDING**



jack@firsttouchcoaching.com

8-13

## 1 v 1

Written by First Touch Soccer

### Set Up



15 mins



10 players



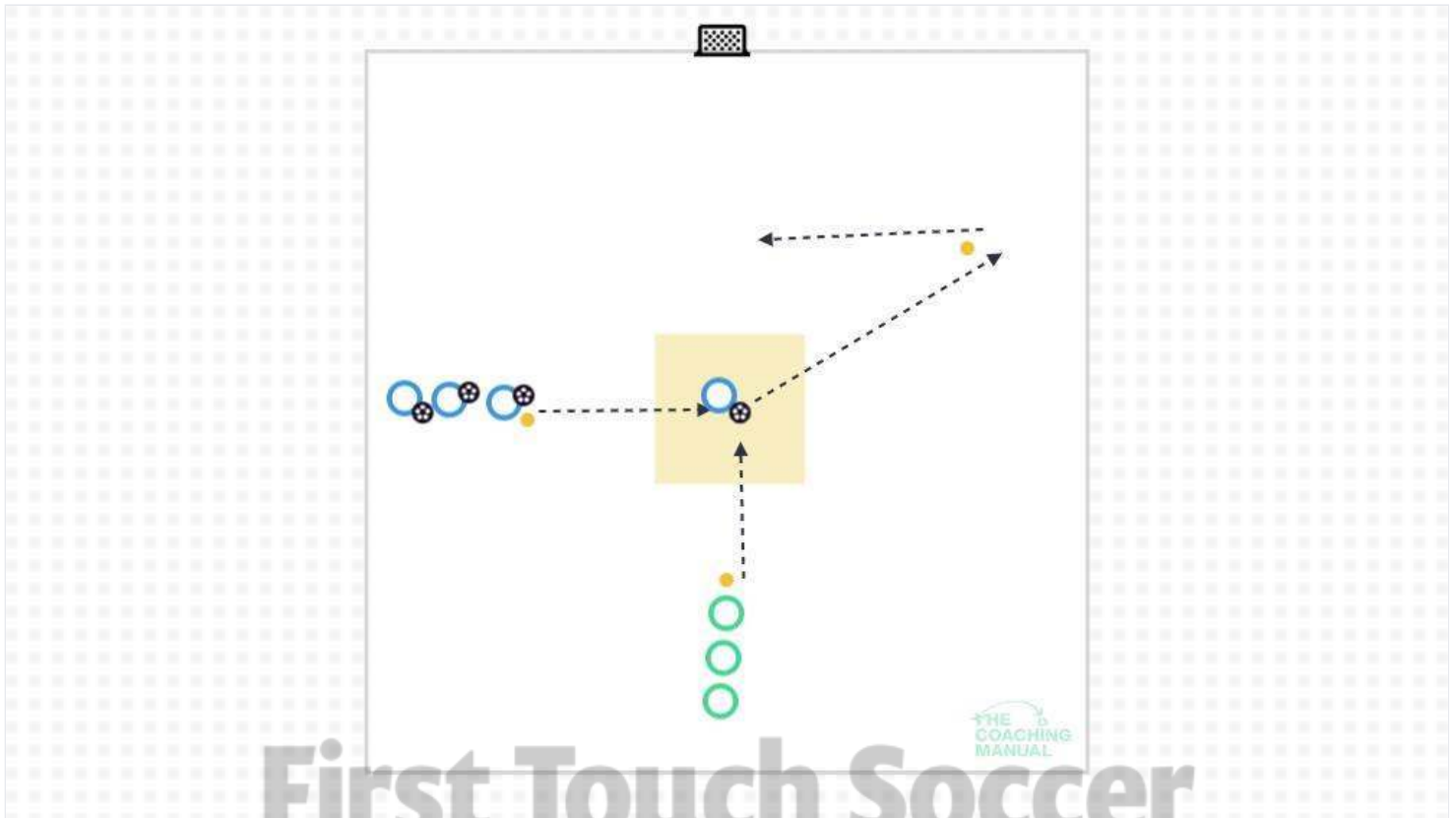
8 balls



7 cones



30x30 area



### Organization

Coach sets two cones at 90 degrees to a square, with an additional cone diagonally from the square toward the goal. Players are split into two teams. One team, with a ball each, stands behind the side cone. The other team starts behind the cone directly opposite the goal.

### Activity

One at a time, the player with the ball dribbles into the square and leaves the ball. When they have left the ball they must run around the cones that is located diagonally away from the square. They must then defend 1 v 1.

Once the ball is left, the player on the other team can retrieve it from the square and try to score.

### Coaching Points

- Change of direction (att)
- Change of speed (att)
- Quick feet (att)
- Stay on feet (def)
- Be patient - don't dive in (def)
- Knees bent, side on, jockey (def)
- Desire

### Progressions

- Increase/Decrease distances to cone (depending on focus area)

- Add/remove a goal
- Add GK (if using a regular sized goal)






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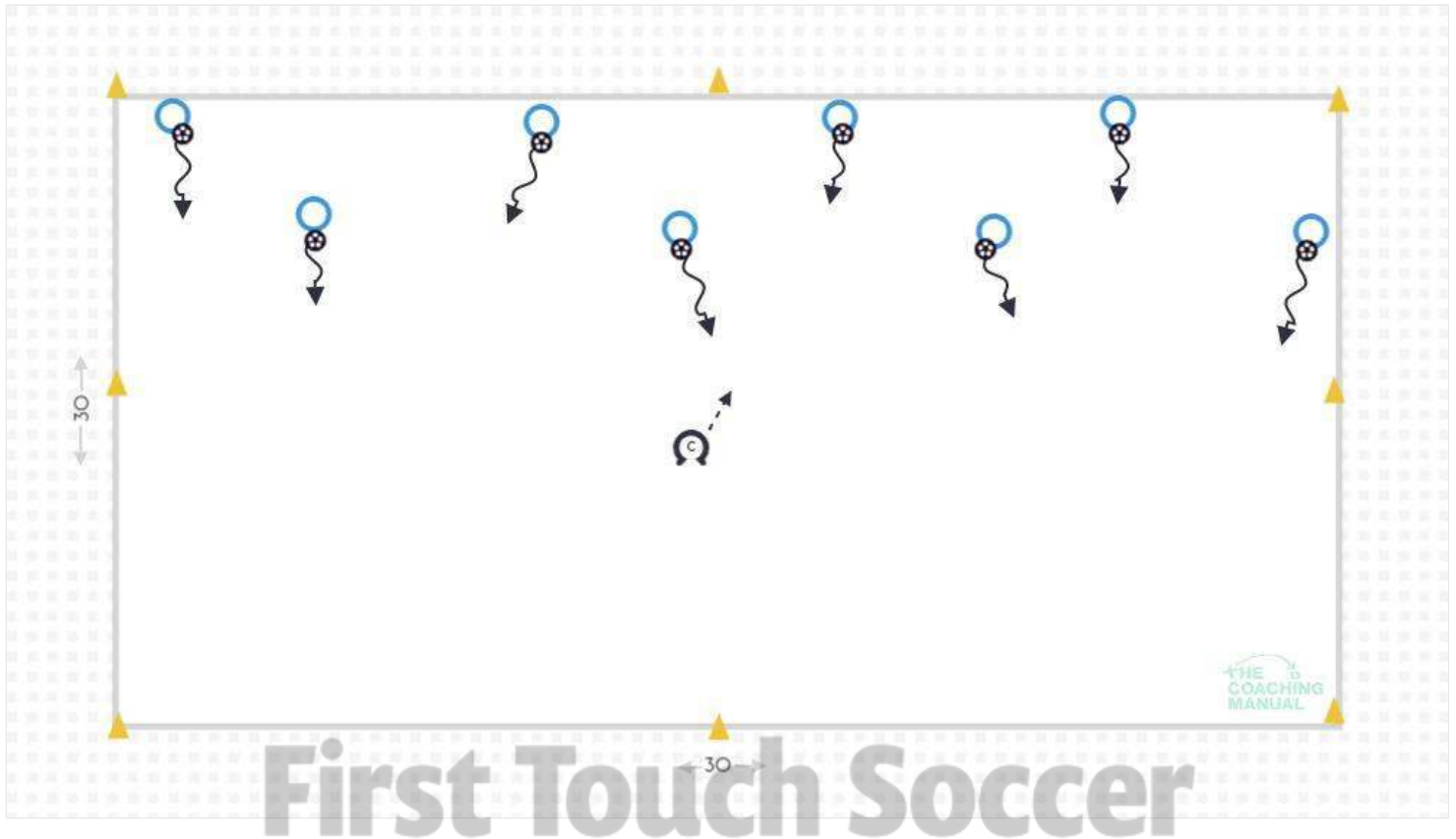
4-8

## Sharks and Minnows

Written by First Touch Soccer

### Set Up

 6 mins    8 players    8 balls    8 cones    30x30 area



### Organization

30x30 area, each player (apart from one) has a ball and stands at one end of the area. The player without a ball - the shark - stands in the middle of the area facing the players - the minnows.

### Activity

Players attempt to take their ball from one end of the area to the other without being tackled and their ball taken away by the player in the middle. If their ball goes out of play they become a 'shark'. The game continues until the last player is left with their ball - they are the winner.

### Coaching Points

- Head up
- Change of speed/direction
- Keep ball under control

### Progressions

- Add in extra defenders
- Make area smaller
- Players can only use non dominant foot