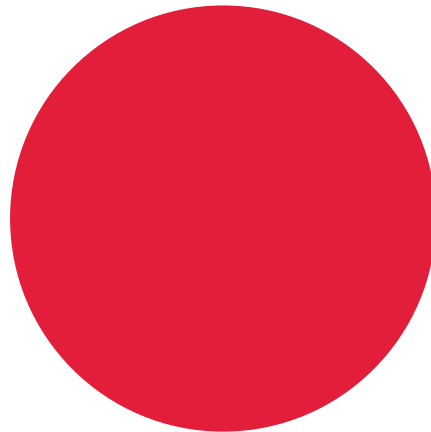
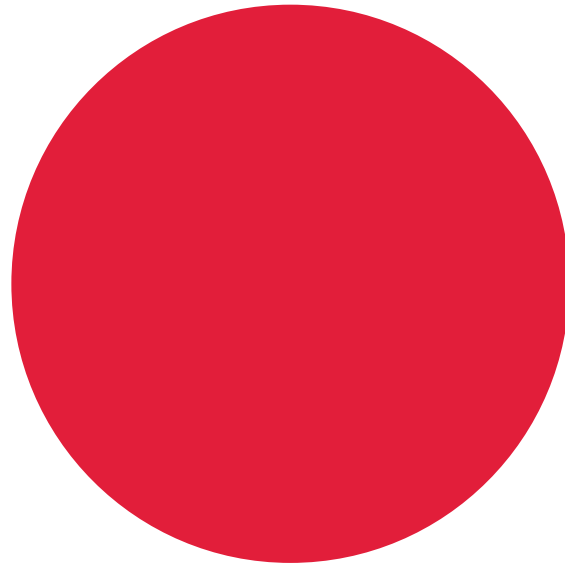
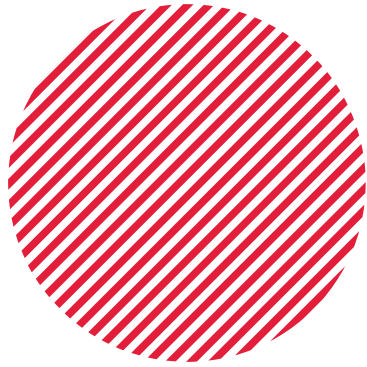
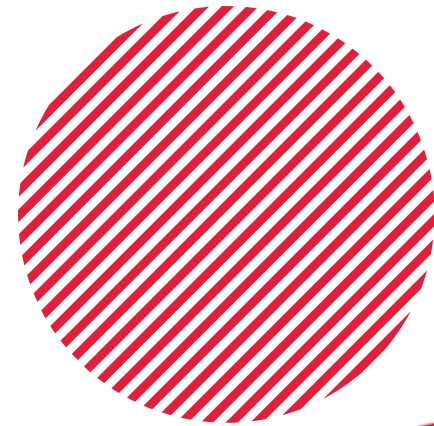






Vale is a growth-minded high character community full of passionate individuals and athletes striving to be better!

OUR MISSION:
MAXIMIZE POTENTIAL IN LIFE & SPORT.

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Your Guide To Grassroots

PLAYER DEVELOPMENT

INTRODUCTION

The SUPER Sprouts program is designed to provide an age-appropriate soccer experience for U6, U7 and U8 players. Regardless of the player's current skill level, everyone will benefit! The young athletes will learn the fundamentals of soccer, and they will develop their skills in a safe, and fun learning environment. In addition to the learning of soccer skills, players will gain important LIFE SKILLS such as responsibility, respect, teamwork, and sportsmanship, As demonstrated in the Vale Core Values.



This introductory program supports establishing a foundation for the development of young players. This age-specific, story-based approach, is built around the introduction and development of the core skills required to play the game. Through fun games and activities, SUPER Sprouts will help players develop skills with balance, running, jumping, turning, hand-eye coordination, spatial awareness, dribbling, passing and shooting---all essential skills for learning and enjoying the beautiful game of soccer!



Our age-specific approach to soccer offers the following benefits to your organization:

- Developed by child development experts and educators
- A 8-week curriculum to support coaches
- Weekly activities to engage families
- Stories to excite and inspire players
- Free online resources and materials
- Products to support the SUPER Sprouts experience
- Increase your volunteer coach numbers



**GET YOUR PLAYERS READY FOR THE
NEXT STEP IN THEIR SOCCER JOURNEY!**



CURRICULUM STRUCTURE

Each week's session plan will include the following elements:



Set-up

Clear instructions for setting up your field or playing space, including dimensions and layout of equipment.



Story time

We encourage players to use their imagination by telling them a background story for the activity that they are about to participate in. This inspires and excites them to get involved, and keeps them motivated to follow instructions.



Guided questions

What kinds of questions can you be asking players as they go through the activities? What should coaches be looking for? Questions will help coaches inspire curiosity and enhance the problem-solving abilities of players. This helps to remind players of what they are supposed to be doing and keep them on task, in a supportive rather than authoritarian way.



Key concepts

Key concepts represent the specific skills that players will acquire during the activity. Players acquire motor skills and soccer-specific skills, building upon what they have already learned, and preparing them for more advanced concepts.



Life Skill/Learning Objective

SUPER Sprouts are heroes on and off the field. We believe that soccer can teach fundamental life lessons in memorable and meaningful ways. Learning Objectives inspire players to set their intentions and think carefully about their actions. Players and families are encouraged to continue these discussions at home, inspiring important conversations for well-rounded growth and development.



Celebration/player of the week

Every SUPER Sprouts session is a cause for celebration! Coaches are encouraged to highlight a player that greatly improved or excelled, a new skill that was mastered, a creative victory dance, or anything that will help to spark joy in players. This ends the session on a high note, allows coaches to be creative with their session, and gives players something consistent to look forward to.

BEST PRACTICES

- Arrive 10 minutes before the start of the session
- Focus on collecting and setting up equipment so that you have what you need on the field/court in time to start
- Meet and greet with as many players as possible as they start to enter
- Create a roster of names (grab a clipboard if needed) – take attendance? Previously printed list?
- At the end of the session, re-cap the weekly topic and give out awards (MVP/Vale Core Value, etc.)
- Walk players off the field/court

COACHING GUIDLINES

- Remember that player development and having fun are the aims of this program
- Encourage the players and parents to not be concerned with winning and losing at this age
- Players will learn more when they feel supported, safe, and when they are having fun
- Let the players develop their skills by playing the games in the curriculum.
- Make the games dynamic and remember to play at their level
- Be mindful of not giving complicated instructions (with many steps) and check for understanding before beginning a new game or activity

RULES OF GAMEPLAY FOR U6, U7, U8

The Process

Whenever a ball goes OUT OF PLAY, a coach announces “NEW BALL” and rolls another ball into play. When a GOAL IS SCORED, each team runs back to their side of the field and the coach rolls in a new ball.

NO KICK OFFS! NO KICK-INS! NO GOAL KICKS! NO CORNER KICKS!

Substitutions

Substitutions are done “on the fly.” When a player gets tired or the coach wants to make a substitution, the player runs off the field and a new player runs on. No stoppage.

U6 games consist of four, (8) minute quarters, with a (2) minute break between quarters, and a (5) minute break at the half. 4v4, no goalkeeper.

U7 games consist of four, (10) minute quarters, with a (2) minute break between quarters, and a (5) minute break at the half. 4v4, no goalkeeper.

U8 games consist of four, (10) minute quarters, with a (2) minute break between quarters, and a (5) minute break at the half. 5v5 (4 field players + goalkeeper)

Tips For Success

- Several balls are required for this method
- If the ball goes slightly out of play, but the player dribbles the ball back in, that’s ok – let them play on! If the ball goes behind the goal do not play on, roll in a new ball
- The “NEW BALL” should be rolled to neutral space or toward the disadvantaged team
- Coaches control the pace of the game. You may need to pause for a few seconds before distributing a new ball, especially after a goal. Give the players a few seconds to restart and rest after a goal. Roll the new ball in near the center of the field toward the team that was scored against
- DO NOT bounce the “New Ball” as it is difficult for these players to judge a bouncing ball at this age

FREQUENTLY ASKED QUESTIONS

Why use the New Ball Method?

- More touches on the ball! This method doubles or triples the number of touches by each player. More touches means faster skill development and increases enjoyment of the game.
- More playing time: Youth Soccer studied the effect of the New Ball Method and found that in a 7 minute quarter, the ball was in play for 4 minutes using traditional rules, and about 6 minutes and 30 seconds using the New Ball Method.
- This method will speed up the game, produce more goals and more excitement, and emphasize play and fun (as opposed to just scoring).
- This method can be used to get non-assertive players involved. At this age, score is not kept, there is no win/loss record, and the emphasis is on playing, having fun and sportsmanship.
- Unlike soccer at higher levels, at this age, goal kicks, corner kicks, and kicks-ins do not provide the tactical advantage for the kicking team; they can often be a disadvantage. Consequently, re-starts slow the game with no benefit to the player.

Since there is no referee, who calls the fouls?

- Fouls at this age are almost always unintentional, and result from lack of coordination. Fouls should almost never be called—a player can be substituted and instructed on the rules of play when that player comes off the field.
- Players are rarely hurt (other than perhaps emotionally) by a foul at this age. Any tactical advantage obtained by a foul is meaningless—and can be corrected with the next “NEW BALL.”

Who keeps time?

- The coaches or a volunteer parent can keep time.
- Time limits must be adhered to in order to remain within the
- time frame of the session.



WEEK ONE

DRIBBLING

KEY CONCEPTS

- Comfort on the ball
- Keeping the ball close
- Quality touches
- Controlled body movement
- Lifting your head while dribbling

SKILL OF THE WEEK

- Inside and outside chops

THE DRIBBLING DASH

12

Set-up

- 12 minute activity
- Players work individually
- Playing area 20x15 yards
- Players work in groups of 2-3
- Cones/checkpoints are placed 5 yards apart inside playing area
- For this dribbling activity, the players move as individuals with a ball at their feet. Each player needs a soccer ball in this activity.
- Encourage players to use different parts of their feet.

Story time

Even superheroes need to warm up! Your soccer ball is your superpower. Practice controlling your superpower by dribbling around as many checkpoints as you can, make sure to keep your superpower (ball) as close to you as possible. The goal is to keep moving!

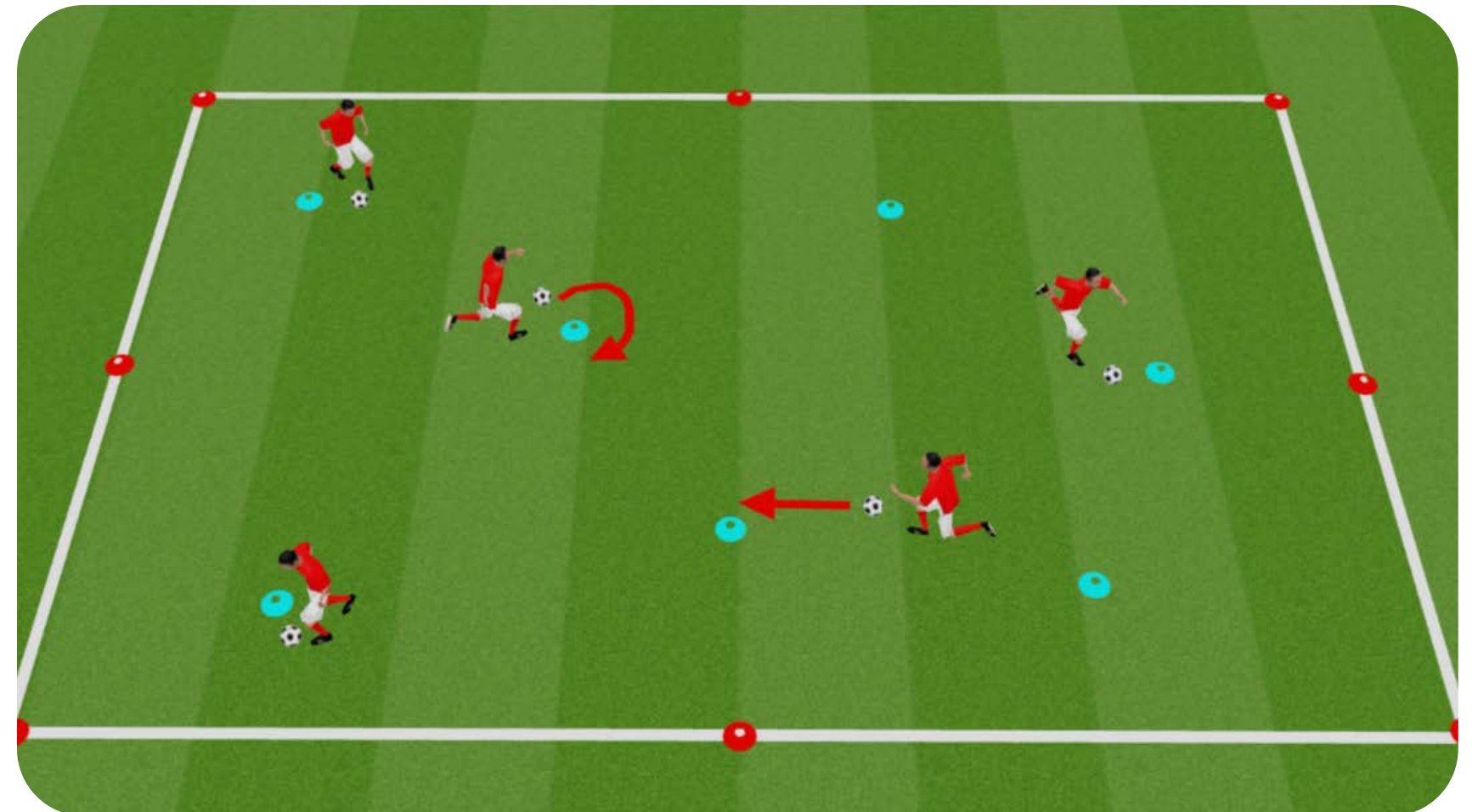
Progression: How many checkpoints can you dribble around in 1 minute 45 seconds or 30 seconds?

Key concepts

- Comfort on the ball
- Keeping the ball close
- Quality touches

Guided questions

- Where should your eyes be looking?
- How are you controlling the ball?
- Can you change speed?



THE ZIG ZAG ZONE

Set-up

- 12 minute activity
- Set up cones about 5 yards apart in a zig-zag pattern
- The length of the zig-zag should stretch approximately 20 yards in length
- Players line up at the last cone with a ball each (create enough stations so that you don't have more than 3 players in a line)

Story time

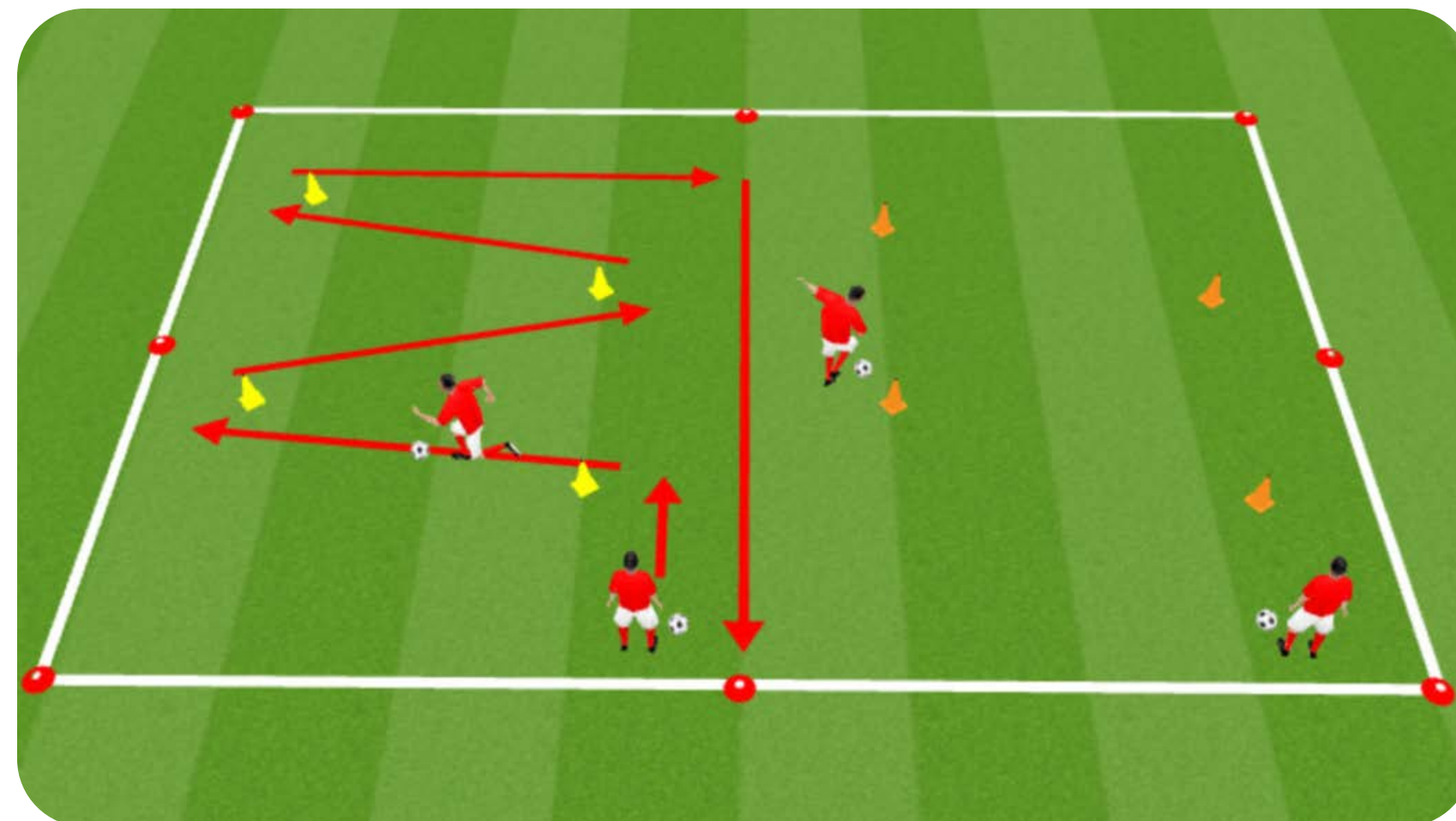
Superheroes must take turns navigating The Zig Zag Zone while controlling their superpower (ball). The first SUPER Sprout in line dribbles around the outside of the cones in a zig-zag pattern. When the dribbling Sprout reaches the end, they must dribble back to the start using their SUPER speed. There are different ways to control your soccer ball. Practice controlling the ball with all 6 parts of your foot and see how this impacts your speed and ability.

Key concepts

- Comfort on the ball
- Keeping the ball close
- Lifting your head while dribbling

Guided questions

- Can you keep your eyes up?
- Can you get close to the cone without touching the cone?
- Can you use multiple parts of your feet?



VALIENS & SUPERHEROES

14

Set-up

- 12 minute activity
- Mark a playing area 20x15 yards
- Two players are designated “the Valiens” and start in the middle of the grid without a ball
- The remaining players are superheroes and start with a ball on one of the end lines

Story time

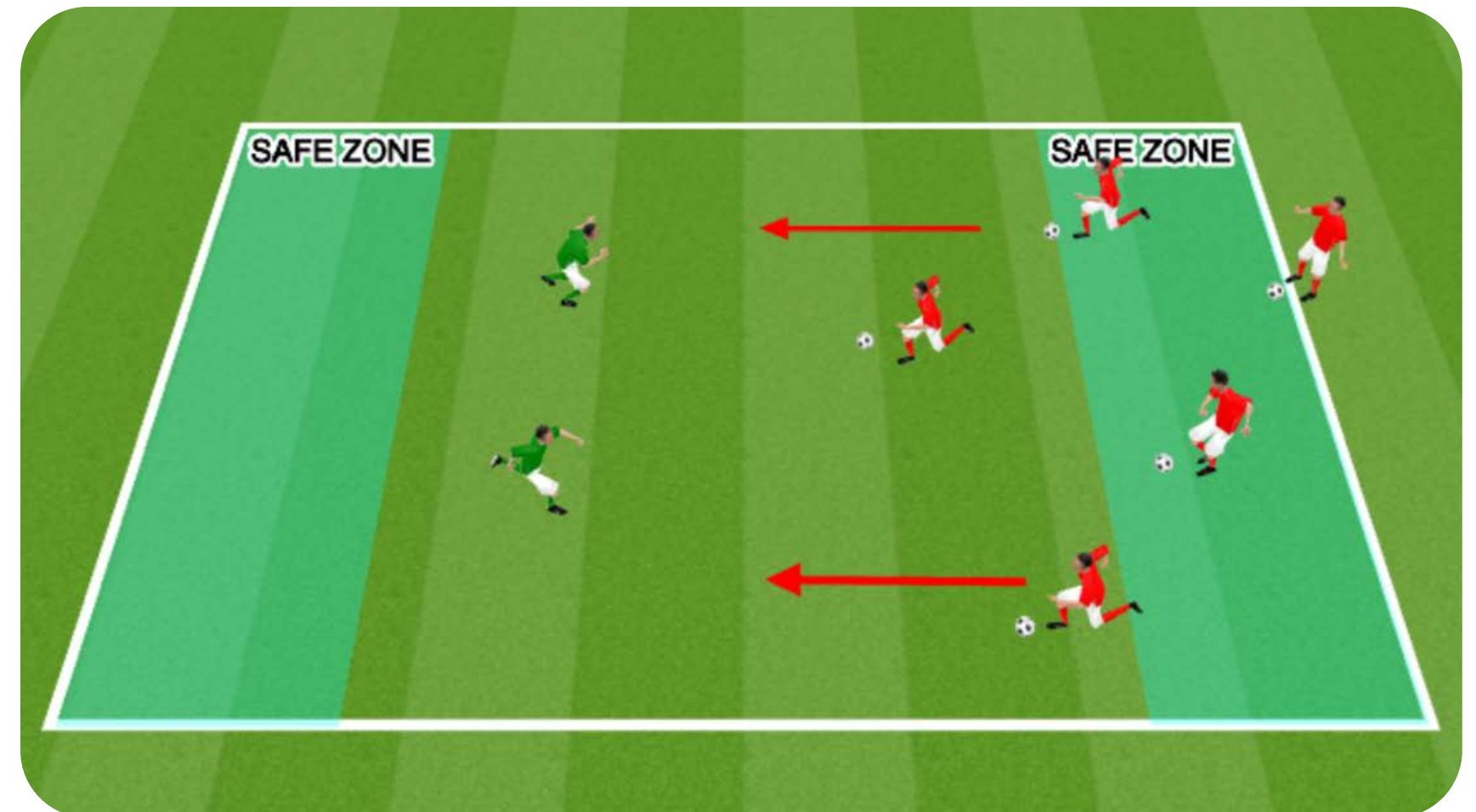
The superheroes (players with a ball) attempt to fly from one end of the planet (playing area) to the other while keeping their ball away from the Valiens. The Valiens attempt to gain possession and kick the superheroes’ balls out of the grid. Once this happens, the superhero becomes a Valien. The last superhero standing wins the competition. The focus is on finding the spaces to change direction and speed up while keeping control of your ball to successfully make it to the opposite side.

Key concepts

- Comfort on the ball
- Keeping the ball close
- Lifting your head while dribbling
- Controlled body movement

Guided questions

- Can you notice open spaces to dribble into?
- Can you change direction and speed to go past the Valien?
- Can you control the ball?



SESSION WRAP-UP

15

LIFE SKILL & LEARNING OBJECTIVES

Awareness: As we saw in Valiens and Superheroes, it is important to be aware of our surroundings. This week, take the time to notice things in your everyday life that you may normally overlook. Does someone need help? Has someone taken the time to help you without you even asking? Paying attention to others has a huge impact on our lives!

PLAYER OF THE WEEK

- Was there a dribbling hero of the day?
- Get creative and acknowledge someone's improvement or ability.





WEEK TWO

DRIBBLING

KEY CONCEPTS

- Comfort on the ball
- Changing Direction
- Keeping the ball close
- Finding open space
- Lifting your head while dribbling
- Accelerating away from defenders

SKILLS OF THE WEEK

- Inside and outside hook

SUPERHERO TAG

Set-up

- Playing area 20x20 yards
- Players work in groups of 2-3
- Each player needs a soccer ball in this activity

Story time

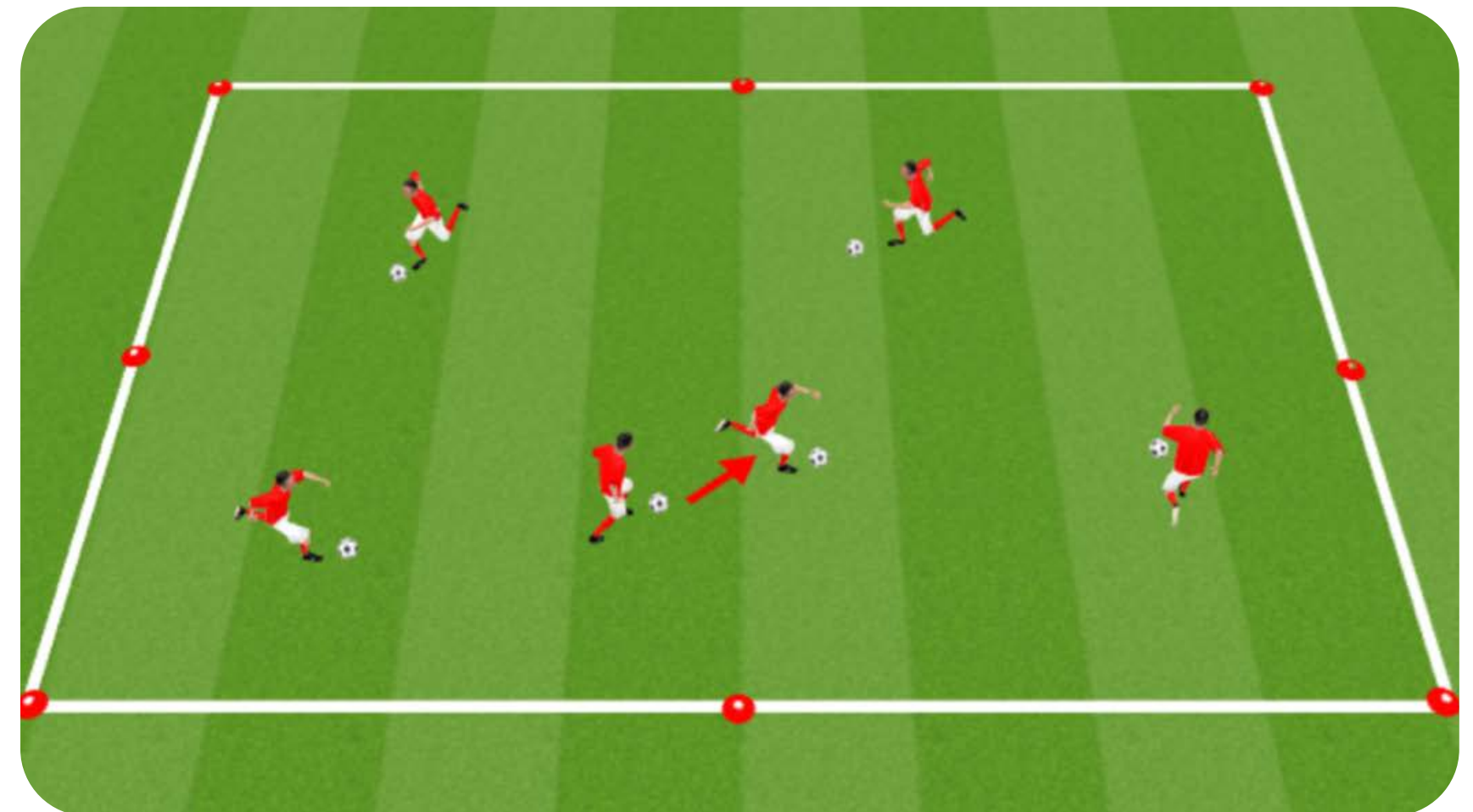
Tag! A classic game with a soccer-hero twist. SUPER Sprouts will tag as many other players as possible while avoiding getting tagged themselves! SUPER Sprouts dribble around in the grid trying to avoid a tag from the other players. The tag must be below the player's knee to receive credit for the tag. Each successful tag below the knee will result in a point being awarded to the tagging player. If the player gets tagged, a point is subtracted from their total. The first player to 5 wins that round.

Key concepts

- Changing Direction
- Finding open space
- Lifting your head while dribbling

Guided questions

- Can you keep your head up?
- Can you look around while on the move?
- Can you keep the ball close to your feet?



SUPERHERO LIGHT BEAMS

18

Set-up

- Playing area 20x15 yards
- Randomly scatter cones within the grid
- Add two fewer cones than the number of players you have
- Each player needs a ball.

Story time

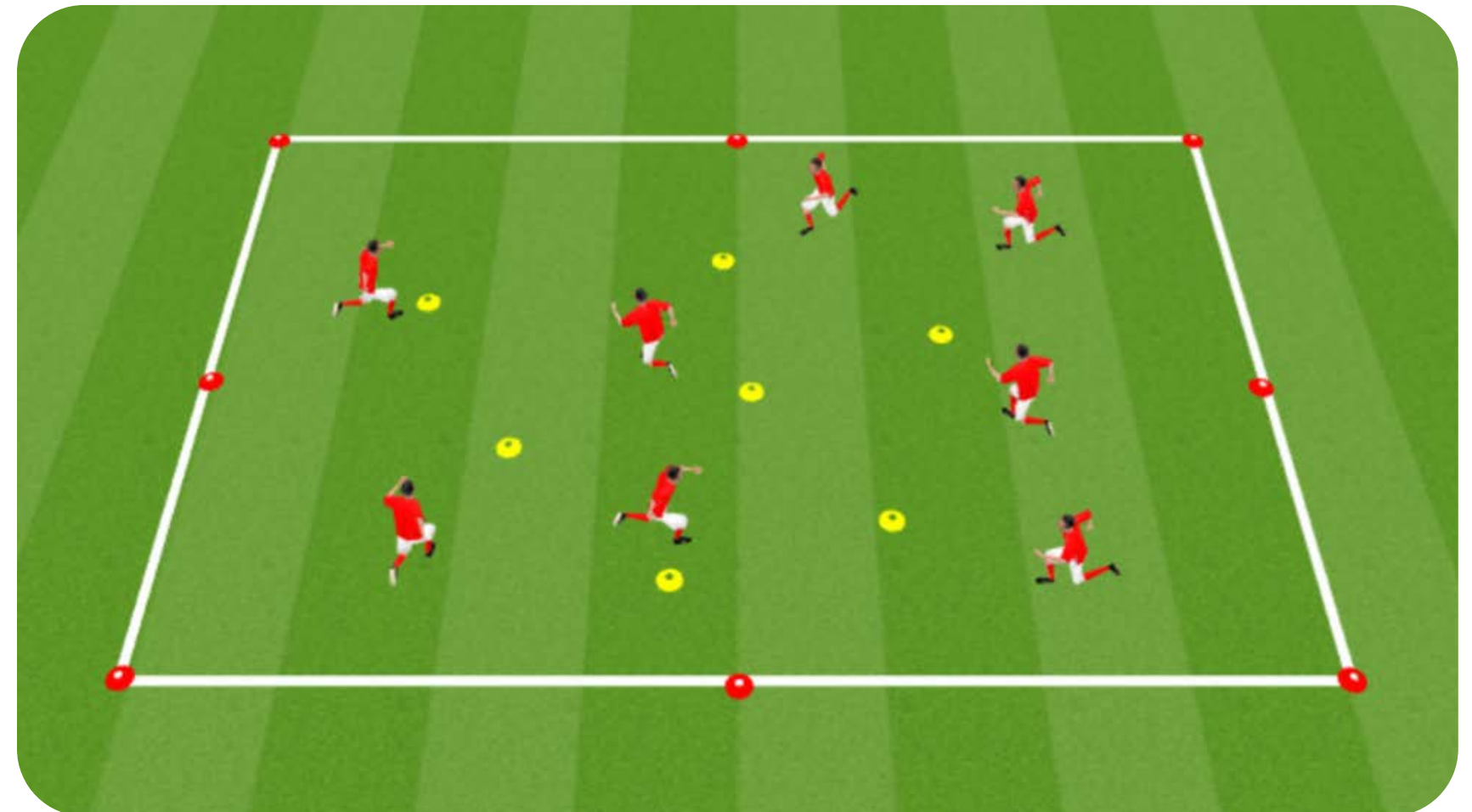
Each cone represents a beam of light shooting up to the sky (think “bat signal”). Superheroes need to find a beam of light in order to save the day! SUPER Sprouts will dribble around freely inside the grid avoiding other players and cones. The congestion of the players and cones will cause the player to look up to check their surroundings continually. Be aware of your fellow superheroes! When the coach yells “SAVE THE DAY,” each of the players must race to a free cone (beam of light) as quickly as possible. The first player to reach a cone five consecutive times wins!

Key concepts

- Comfort on the ball
- Keeping the ball close
- Lifting your head while dribbling

Guided questions

- Can you keep your head up?
- Are you going too fast?
- Can you look around you?
- Can you keep the ball close to your feet?



SUPERHERO DUO'S

19

Set-up

- Set Up a playing area 20x15 yards
- Split the group into two teams
- Attacking team starts on the sideline with a ball
- Defending team will start on the opposite sideline without a ball

Story time

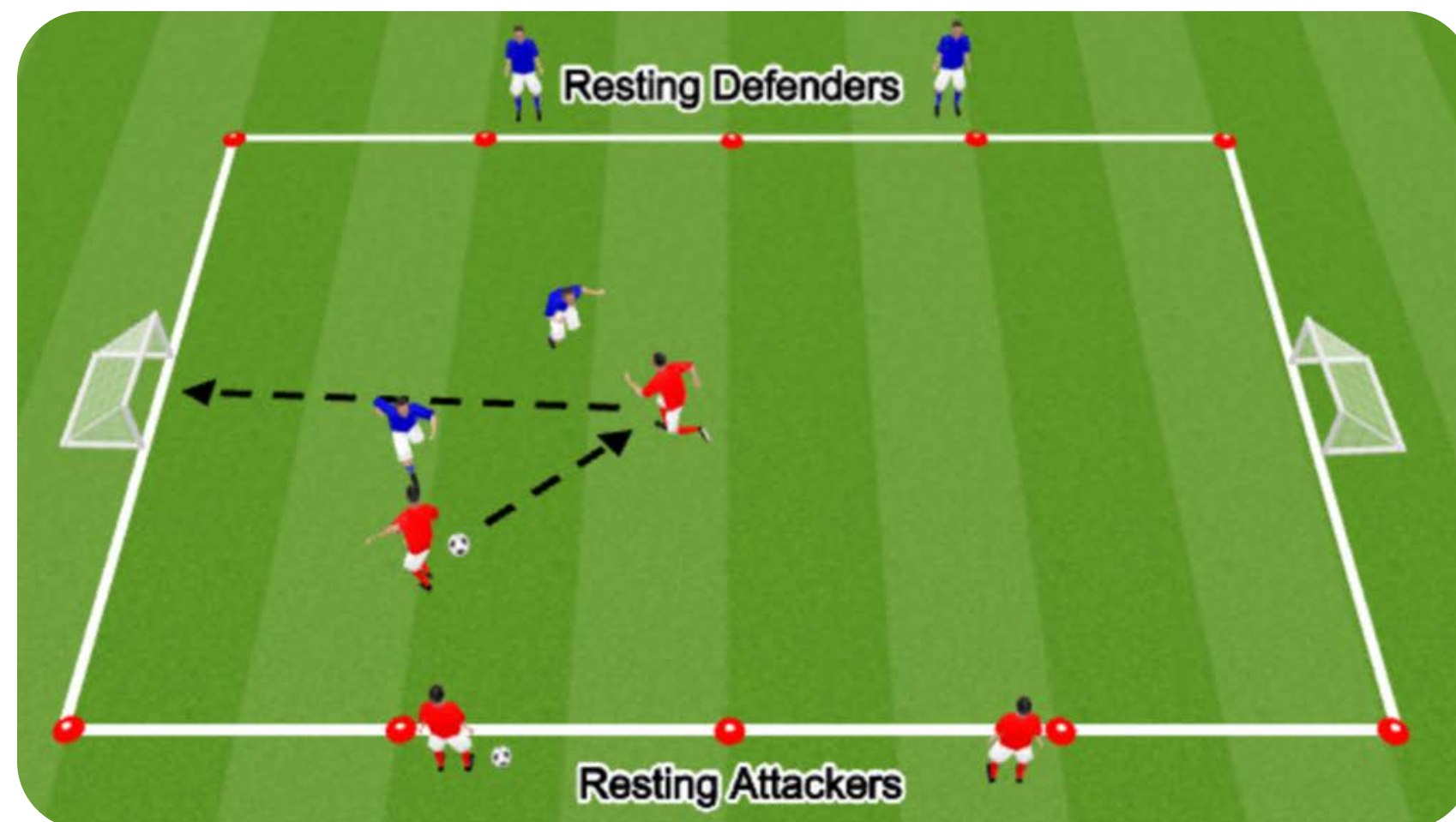
Every superhero must know how to play both roles- attacker and defender. You will work in pairs to attack or defend. Let the battle begin! Two defenders step out without a ball. Two attackers step out with a ball. The defenders quickly move to close down the two attackers. The attackers must immediately start with a pass to their partner. The attackers can attack either of the two goals. Once a goal is scored, the ball goes out of bounds, or the defensive team wins the ball, the play is over and the next group begins. Repeat with two new defenders and two new attackers. Switch the roles of each line to allow the opportunity to attack and defend.

Key concepts

- Comfort on the ball
- Changing direction
- Accelerating away from defenders

Guided questions

- When do you need to use your teammate?
- Can we play with our head up?
- Can we change direction to avoid the defenders?
- Can we accelerate into space away from the defenders?



SESSION WRAP-UP

20

LIFE SKILL & LEARNING OBJECTIVES

How can we work best with those around us? Whether it is our family, friends, teammates or classmates, there will be times when we need to depend on others, and when others need to depend on us. Think about teamwork this week and notice one specific example of what you consider to be outstanding teamwork.

PLAYER OF THE WEEK

- Did a duo demonstrate noteworthy teamwork as attackers or defenders?



WEEK THREE

DRIBBLING

KEY CONCEPTS

- Attacking the space behind the defender
- Keeping the ball close
- Get the ball under control quickly
- Lifting your head while dribbling
- Quick changes of pace and change of direction

SKILLS OF THE WEEK

- Learning about using 6 parts of the foot (inside, outside, laces, heel, sole & toe)
- Dribbling with the outside of the foot, inside of the foot, and soul of the foot
- Dribbling with speed
- Inside and outside hook
- Playing in a team

SUPERHERO SNARL UP

22

Set-up

- Playing area 20x20 yards
- Randomly place tall cones a in the middle of the grid
- Split players into four teams
- Each team starts in a corner of the playing area with
- One ball per team

Story time

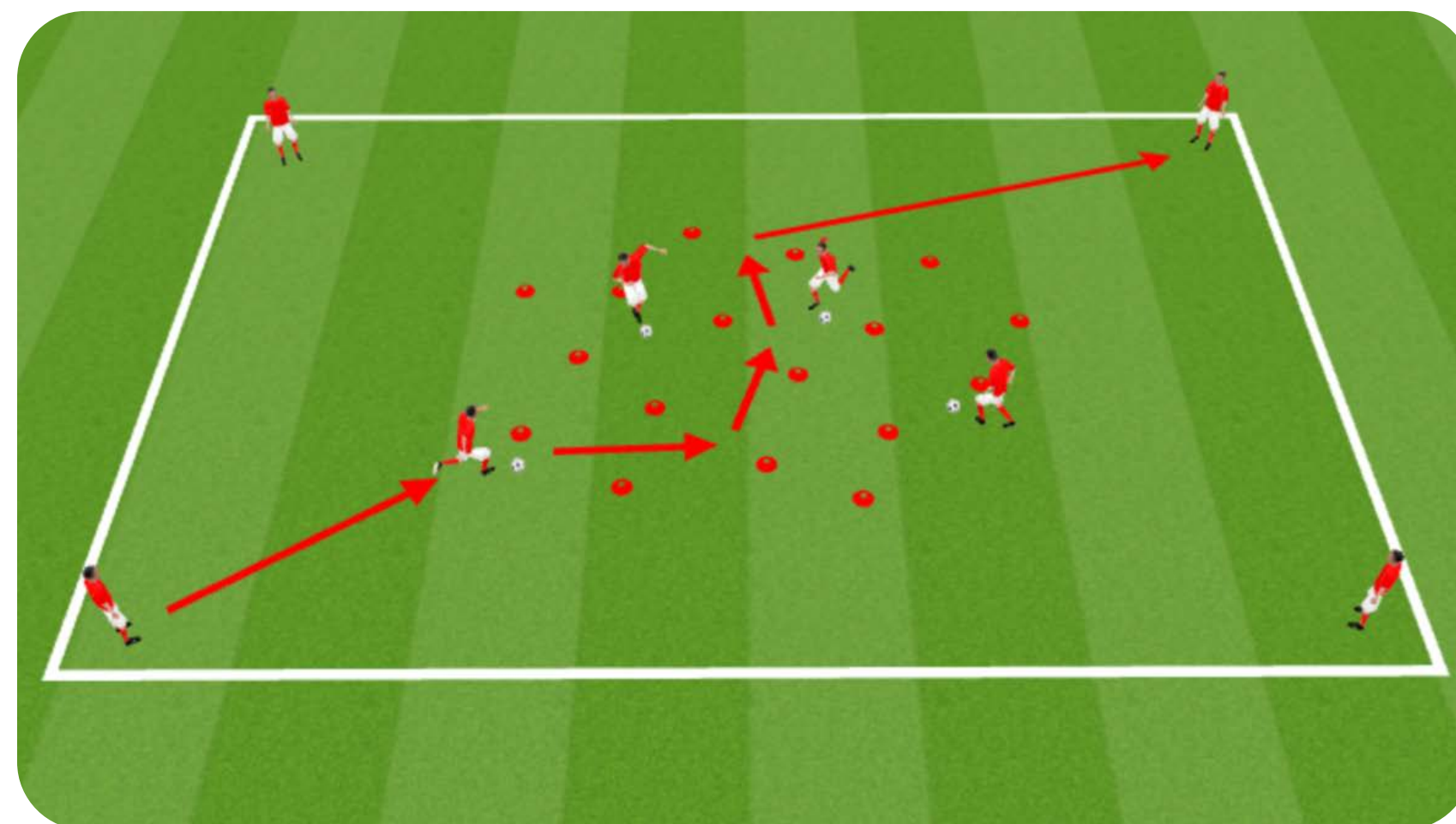
A snarl-up (traffic jam) has occurred! Superheroes are trying to navigate to their destinations but they must avoid all obstacles in their way to protect their super powers (soccer balls). On the coach's command, the first player from each line will race through the snarl-up (cones) in an attempt to not hit a cone, or another player. Once the player makes it through the traffic jam, they will dribble with speed to the line they are facing and pass the ball to the first player in line. That player should immediately head towards the traffic jam with speed in an attempt to get through the traffic jam first.

Key concepts

- Remind players to keep the ball close when entering the snarl-up area.
- Remind Players to keep their Head up so not to hit other players when entering the Snarl up zone.

Guided questions

- Can you keep your head up?
- Can you Keep the ball close to your feet? • Can we avoid other players?



SUPERVILLAIN SOCCER

23

Set-up

- Set up a circle, The size of the circle will depend on size of the group and skill level. Look to create 3 or 4 teams
- Place a goal in the middle of the circle.
- All players start in the playing area.
- Two thirds of the have players have a ball, and the rest of the players "Supervillains." do not need a ball

Story time

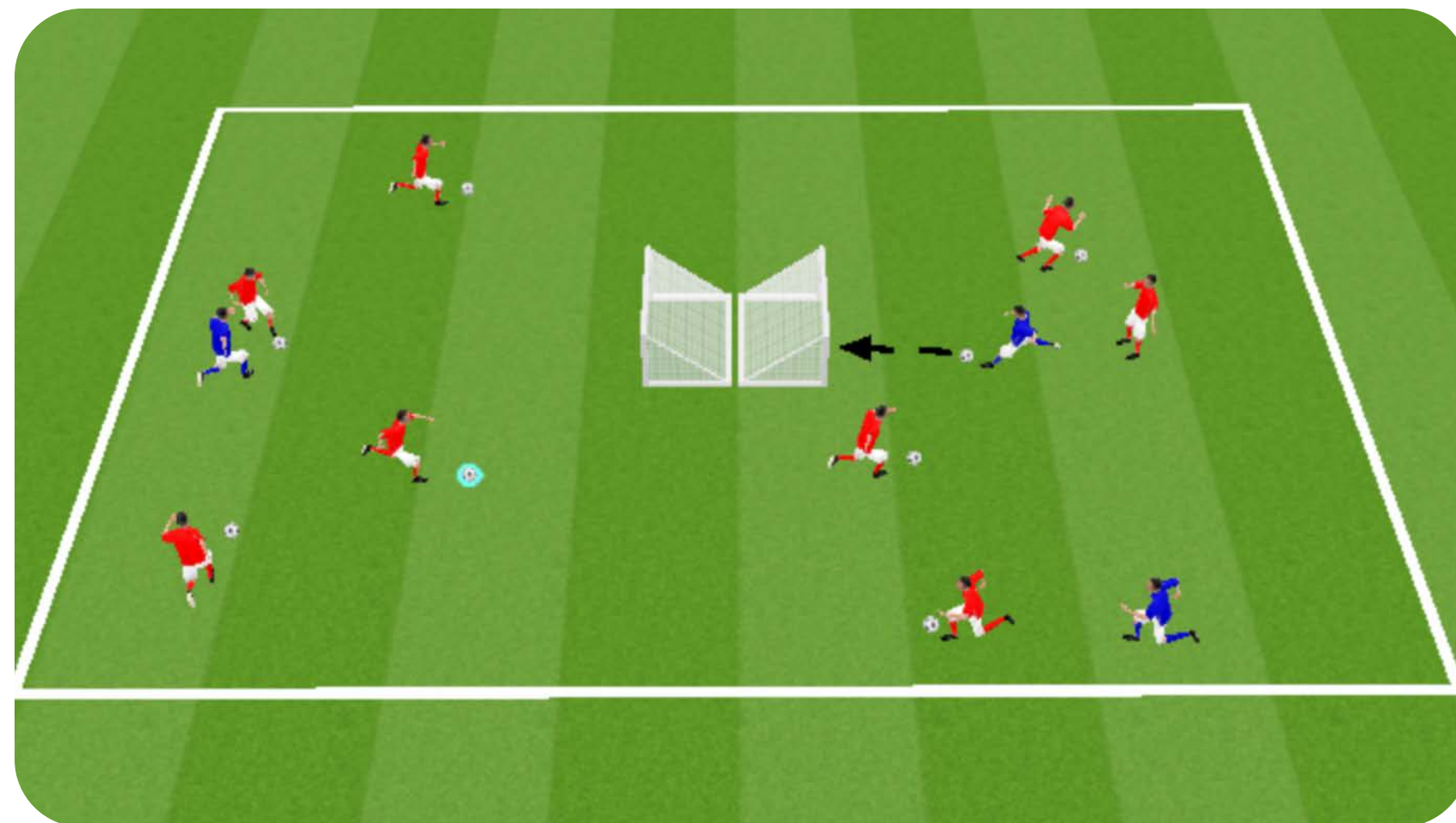
Supervillians are out to steal the superhero's superpowers (soccer balls)! Supervillians don't have a ball of their own, so they will be defending and trying to win the ball off a superhero. Once they win the ball, they will attempt to score on the goal in the middle of the circle. If the Supervillian scores the goal, that superhero who the ball was stolen from also becomes a Supervillian. Play continues until the last player with the ball wins.

Key concepts

- Keep the ball close with your head up so the players are aware of defenders and space
- Transition quickly from defensive to offensive, stay focused once the ball is won, and find the target

Guided questions

- How can you gain possession of the ball? • How can you keep possession of the ball?
- Are your eyes up?
- Are you aware of your surroundings?



POWER GRID ATTACK

24

Set-up

- Create three adjacent grids that are 5x5 yards each
- Split the group into two teams. One group attacks, the other are defends
- Attackers will start at one end line about 5 yards from the grid
- Place a defender in each grid and the remaining defenders at the opposite end to the attackers
- The coach should be on the end with the attackers with a large supply of soccer balls

Story time

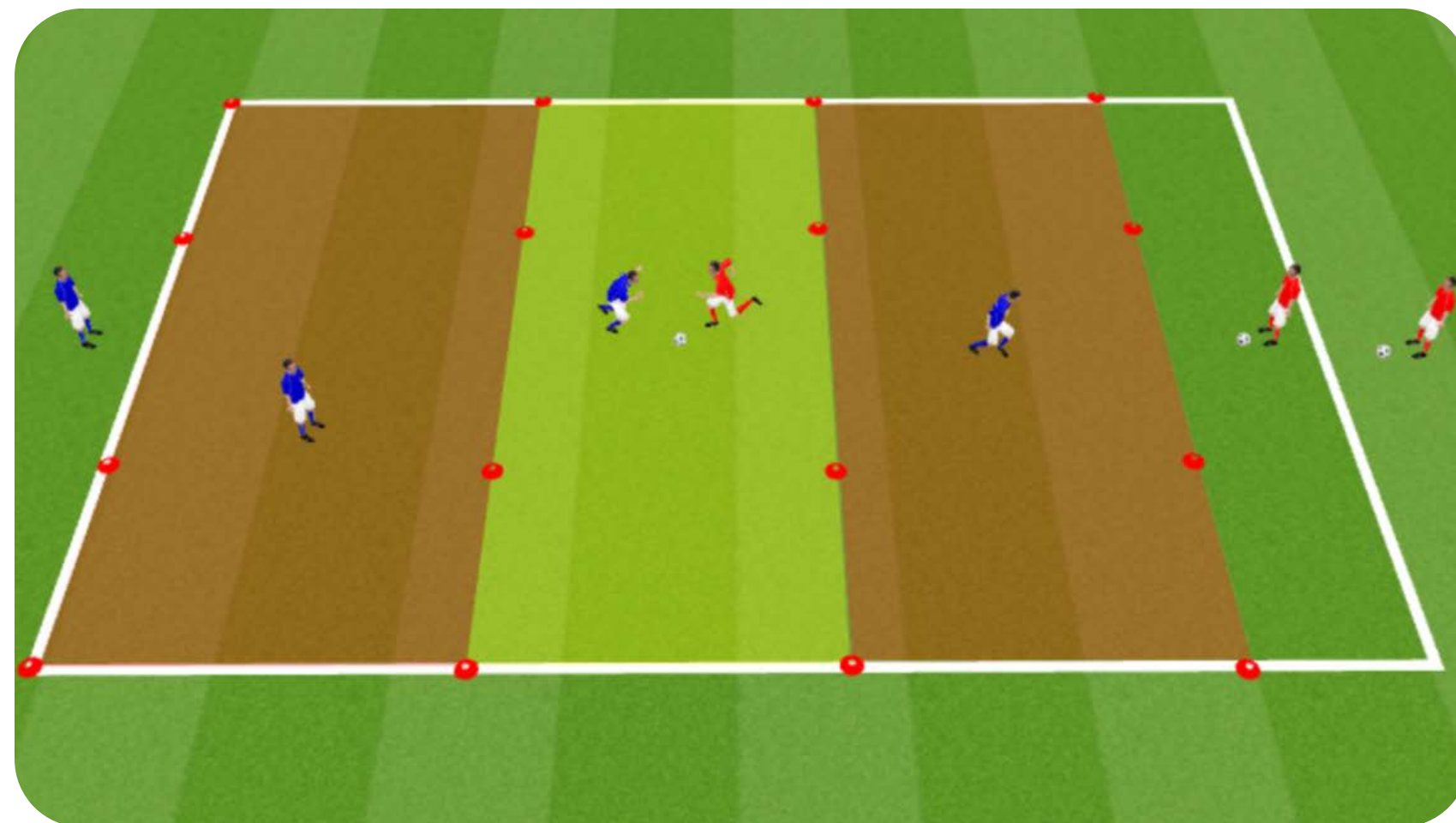
Superheroes will try to retain control of their superpowers (soccer balls) while moving through the three stages of the power grid! The coach passes the ball to the first superhero (attacker). The attacker attempts to dribble through grid 1, grid 2, and then grid 3. If the defender wins the ball in any of the grids, or the ball is played out of the area, the attacker returns to the attacker line. As the next attacker begins, the defenders all move up one grid closer to the attacker. The defender in grid 1 returns to the defender's line.

Key concepts

- Attack with speed.
- Attempting to attack the space behind the defender.
- Use fakes and feints to off balance the defender.

Guided questions

- Are you keeping the ball under control?
- Can you change speed?
- Can you change direction?



SESSION WRAP-UP

25

LIFE SKILL & LEARNING OBJECTIVES

Our actions and strategies can often depend on the “role” that we are playing at any given time. In soccer, you may use certain skills when you are defending and different skills when you are attacking. Similarly, you may act differently when you are in school, at soccer, at home, or with friends. This week, think about the different roles you play, and how you determine what actions and strategies to use for these roles.

PLAYER OF THE WEEK

- Did any play demonstrate exceptional ability in both attacking and defending?



WEEK FOUR

Sprouts World Cup Tournament

KEY CONCEPTS

A fun small sided world cup tournament to allow the players time to practice their skills in game situations.

SKILLS OF THE WEEK

Recap previous skills of the week from week 1, week 2, week and week 4.

SPROUTS WORLD CUP TOURNAMENT

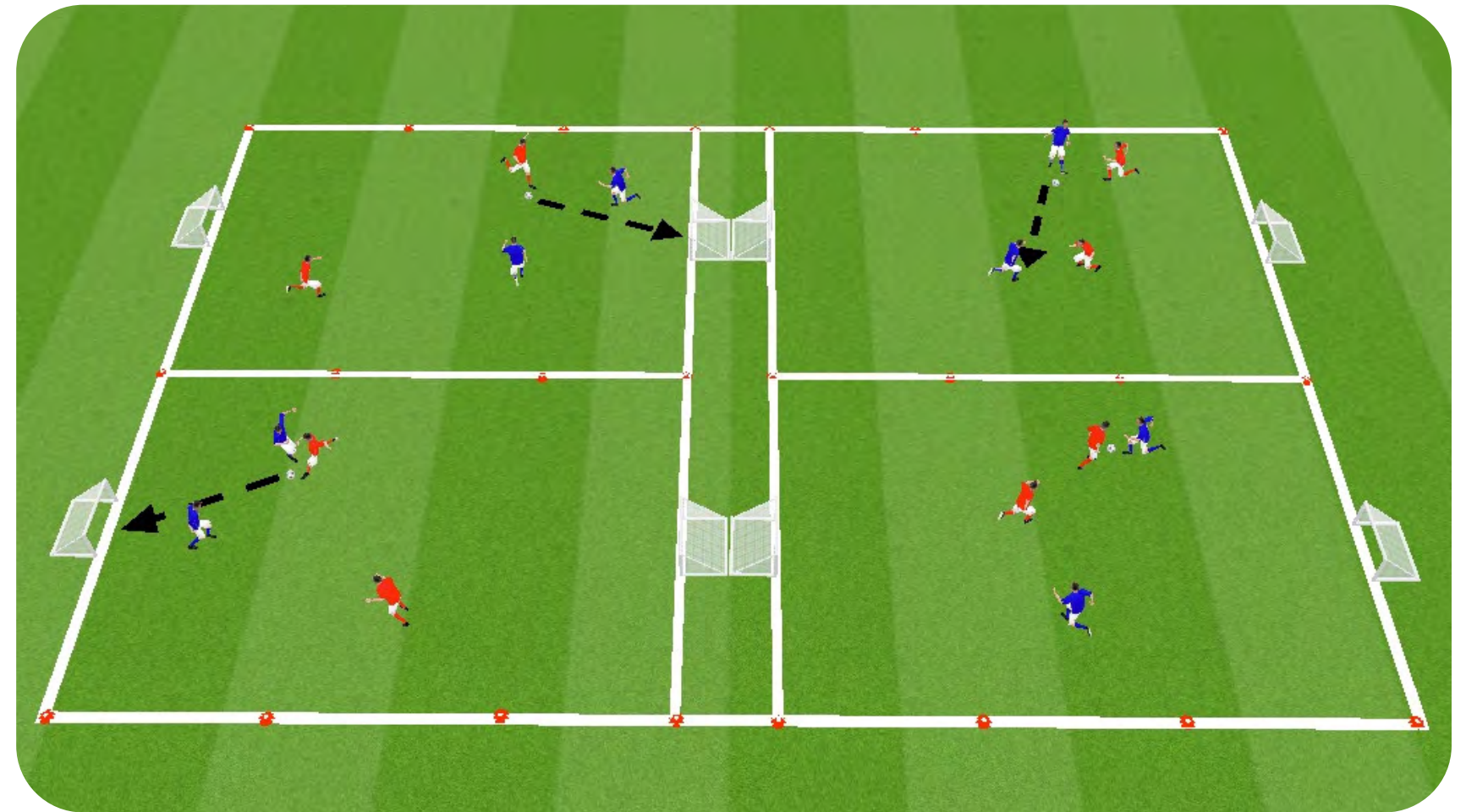
27

Set-up

- Set up the area as seen below, creating 4 teams. If you don't have enough numbers for 4 teams of 4, create 4 teams of 3, 2 or even 1. If you have odd numbers, create a 3 team world cup with one team resting in each game
- Allow the players to select a country they wish to represent in the world
- Make sure balls are placed around the outside of the field for quick restarts

Key concepts

- Encourage all players to have fun and be competitive
- What does it mean to play on a team and why is it important to work together?





WEEK FIVE

PASSING & RECEIVING

KEY CONCEPTS

- Quality first touches, keeping the ball in front of the players
- Communication between players
- Good pace on the pass
- Good accuracy of the pass
- Instruct players to get their heads up to find the pass
- Make sure the players are passing the ball with proper weight on the ball

SKILLS OF THE WEEK

- Quality first touches, keeping the ball in front of the players
- "Sole Role" to move the ball and create space for next pass

OWIE!

Set-up

- Set up a playing area 20x20 yards
- Every player begins in the grid with a ball
- The coach and assistant coach start in the grid without a ball

Story time

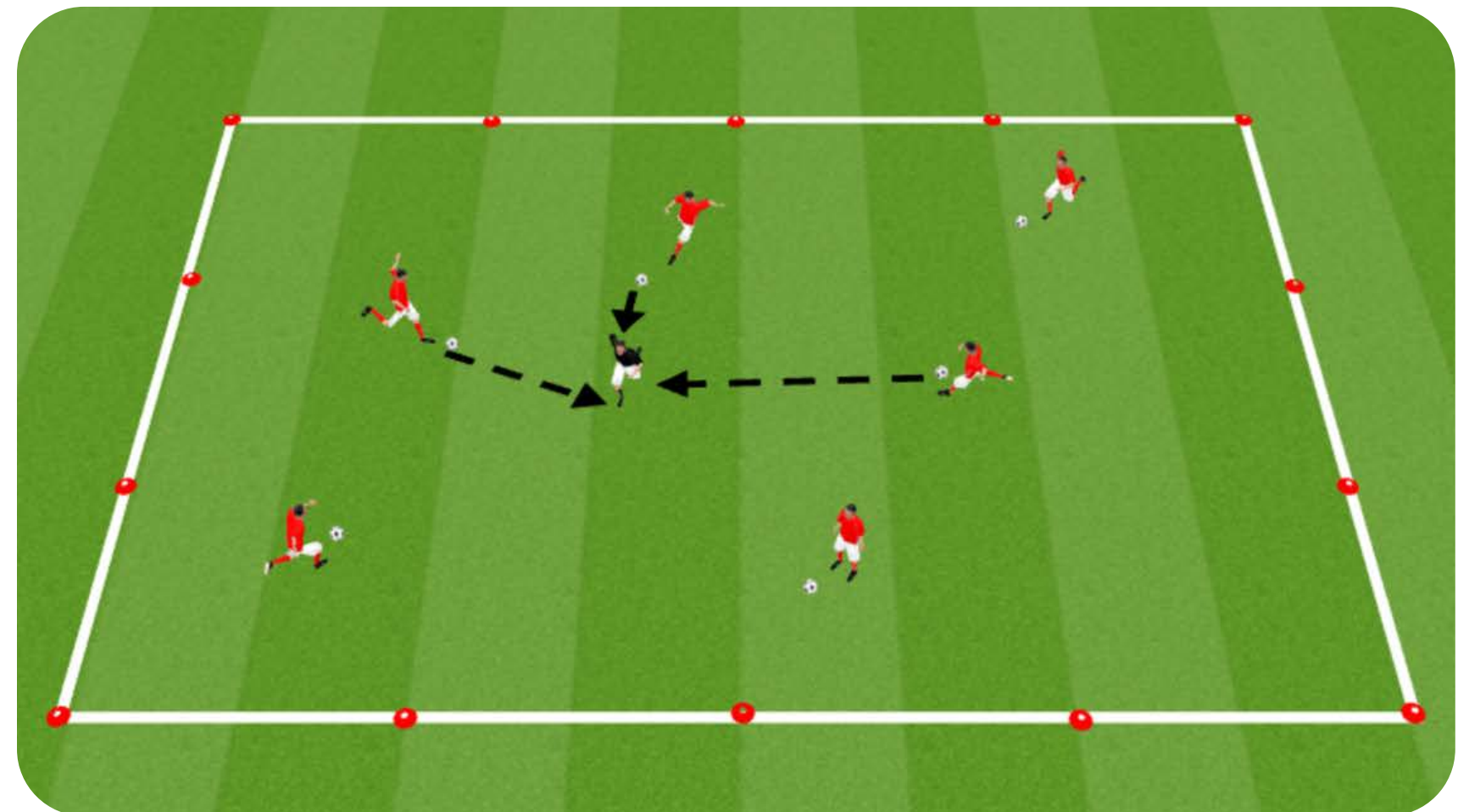
Superheroes (players) will say KAPOW and Supervillians (coaches) will say OWIE! Coaches jog around in the grid and players try to kick their balls and hit the coaches below the knees. The players get a point each time they hit the coach. The coach should yell OWIE each time they are hit to make the game more entertaining.

Key concepts

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.

Guided questions

- Can you keep your head up?
- Which part of your foot are you using?



SUPERPOWER PASS

30

Set-up

- Split the team into pairs, with one ball per pair
- Set cones up creating a passing lane about 10 yards apart
- Players position themselves between the passing lane across from their partner

Story time

Even superheroes need to practice using their superpowers! Each super-duo will pair up and pass back and forth. The coach will determine which passing variations should be used and when. Here are a few examples:

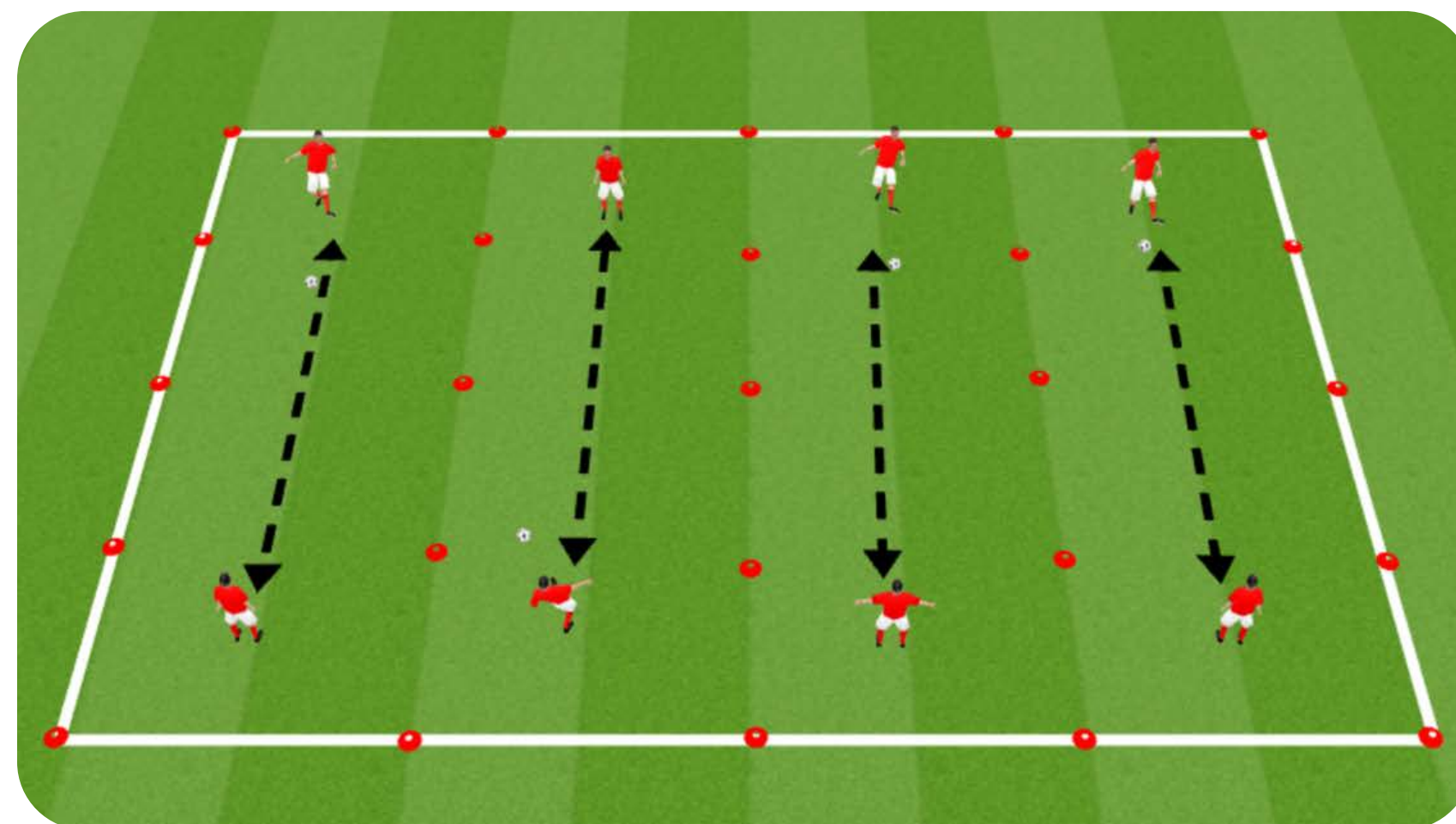
- Players start with two-touch passes to one another. Players should be on the balls of their feet and moving
- Players play in two-touches; immediately after making a pass, the passer touches their chest to the ground and quickly
- returns to their feet to receive the next pass
- Players play in two-touches; immediately after making a pass the passer touches their butts to the ground and quickly returns to their feet to receive the next pass

Key concepts

- Quality first touches, keeping the ball in front of the players
- Communication between the two players
- Good pace & accuracy of the pass

Guided questions

- What should your first touch on the ball look like?
- How are you communicating with your partner?
- What Parts of the foot can we use for our first touch?



GUARD THE GALAXY

31

Set-up

- Set up a playing area that is 12x12 yards. Possibly create two
- Organize the team into groups of four
- One of the four players is the designated defender (guardian of the galaxy)
- Place a cone with the ball on top of it in the middle of the grid; this will become the “galaxy”
- The attacking players begin with one soccer ball

Story time

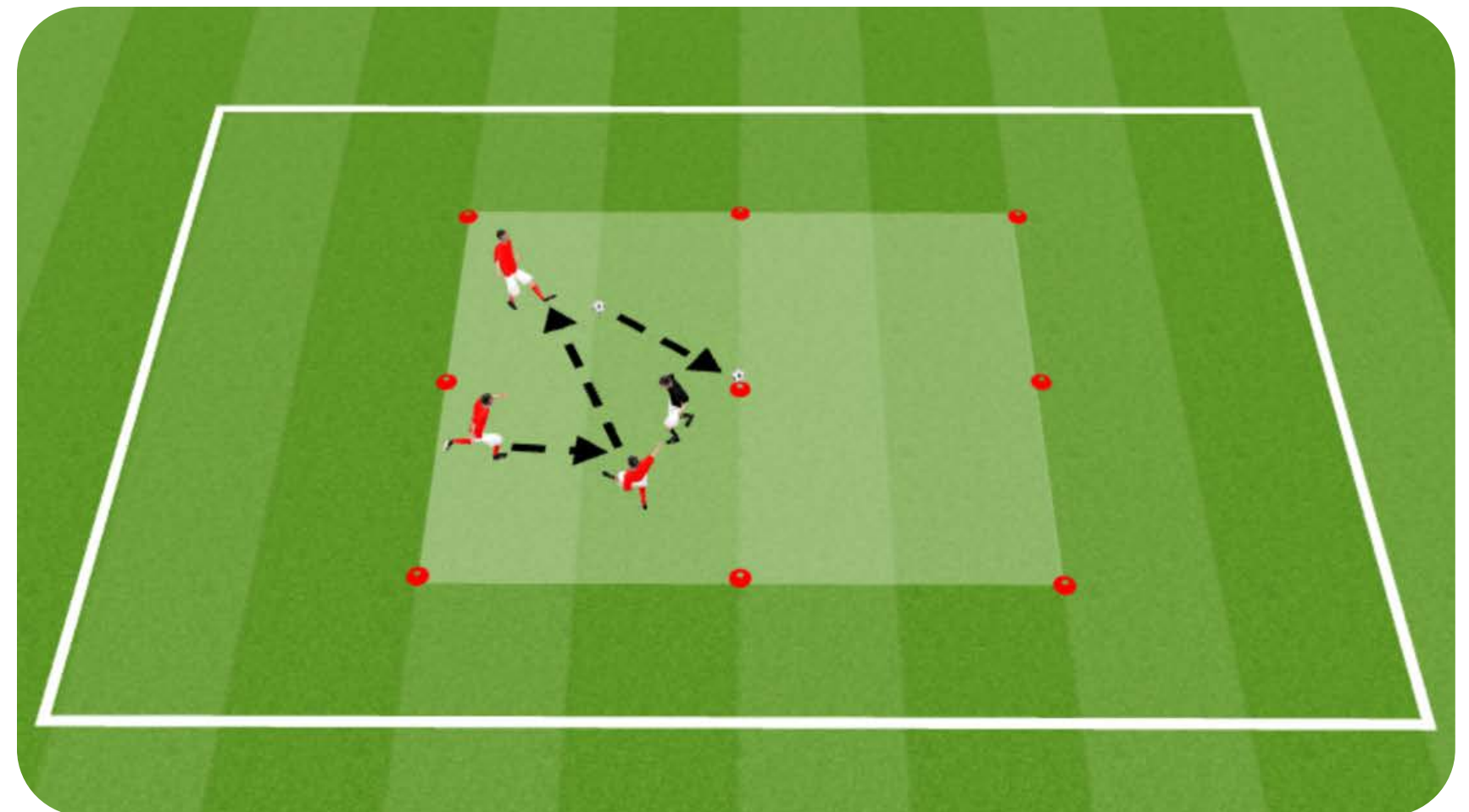
Don’t let the supervillains destroy the universe! Superheroes will take turns guarding the galaxy from powerful attacks. The three attackers should pass the ball around the defender in the grid in an attempt to destroy the galaxy with a pass. A point is awarded when the galaxy is destroyed. The galaxy is considered destroyed when the ball is knocked off the cone or the tall cone is knocked down with a pass. If the galaxy is destroyed with a foot, reset the castle and continue play. No point is awarded. Once the attackers score 3 points, switch the defender.

Key concepts

- Are you looking for someone to pass to?
- How are you passing the ball?
- Are you moving around and looking for

Guided questions

- Make sure players know it is okay to dribble the ball to space or beat the defender before making the pass
- Good accuracy of the pass
- Communicate visually and verbally before passing



SESSION WRAP-UP

32

LIFE SKILL & LEARNING OBJECTIVES

Communication is key! Soccer is a team sport and a team can not operate without communication. How do you signal to someone that you are open, or that you are passing to them? Communication is important in all aspects of our lives as well. This week, be mindful of how you communicate with others. Do you expect them to know what you are thinking or doing, do you verbally communicate, or use body language?

PLAYER OF THE WEEK

- Was there a player that demonstrated exceptional communication skills?





WEEK SIX

SHOOTING

KEY CONCEPTS

- Focus on striking the ball with the shoelaces, toe pointed down, ankle locked
- The non-kicking foot should be next to the ball, slightly behind it, and pointed towards the target
- Players should try to land on their kicking foot to use the full transfer of body weight
- Make sure their planting foot is not too close or too far from the ball
- Make sure the player is locking their ankle

SKILLS OF THE WEEK

- Striking with proper technique
- Learning to strike a static and moving ball
- Can players use the Cruyff Turn to evade other players and protect the ball when 1v1?

INSTEP SUPER SHOOTING

34

Set-up

- Set up a grid that is 25x25 yards.
- Place 6 to 10 tall cones in the middle of the grid.
- Divide the group into teams of 2.
- Partners stand on opposite sides of the grid, facing each other.
- Each group of 2 needs a ball.

Story time

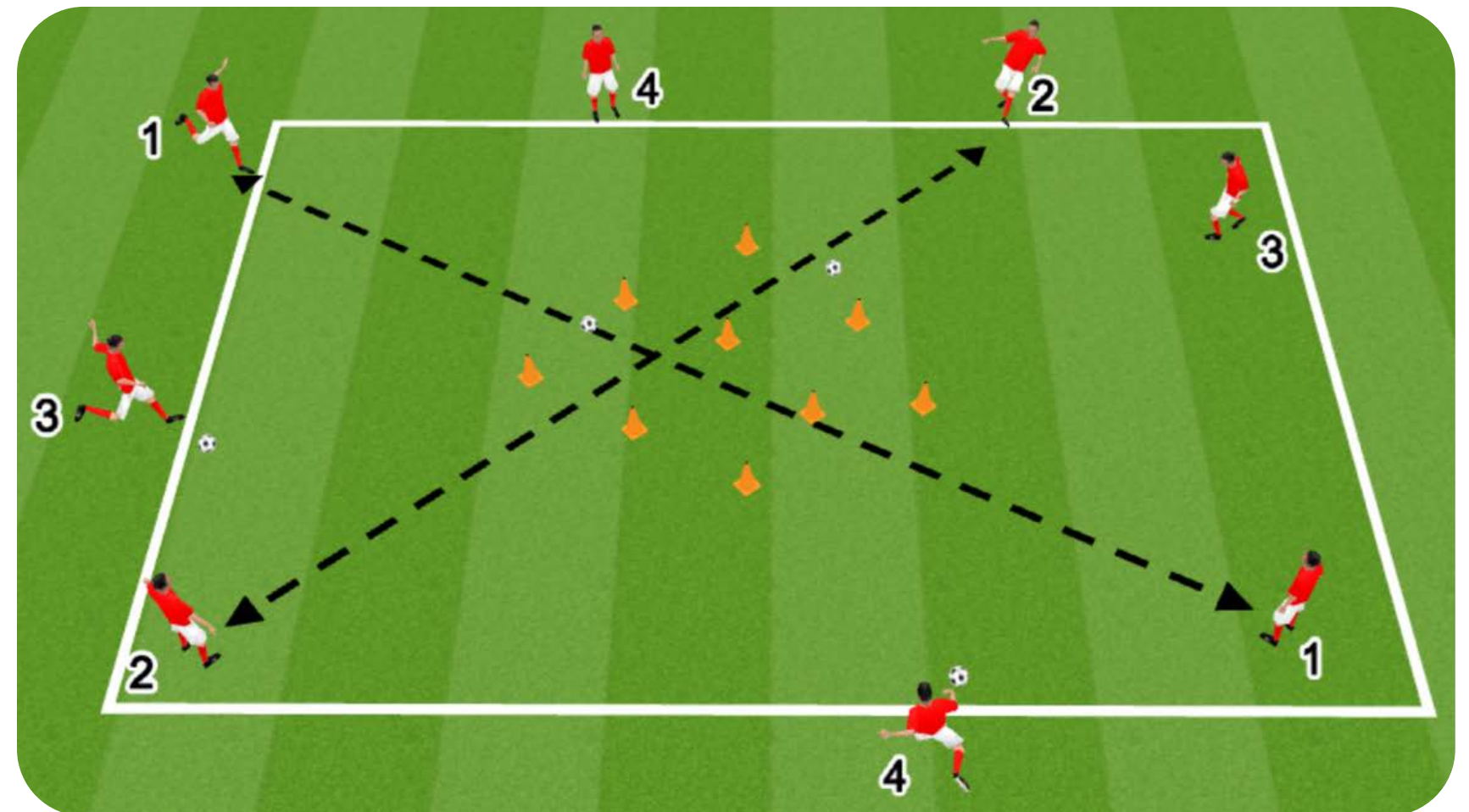
SUPER Sprouts can control their super powers (soccer balls) in many different ways. One of the most important ways is called the “instep drive.” This shooting technique is an essential method of striking a ball when shooting. The instep drive hits the shot with the foot's shoelace with the toe pointed down and the ankle locked. During “Instep Super Shooting,” players drive the ball with their instep to their partner's side of the grid. Players are awarded a point by knocking over a cone. Any of the players on the side can return the ball by driving it with the foot's instep while attempting to knock over a cone. The first player to reach 5 points wins!

Key concepts

- Focus on striking the ball with the shoelaces, toe pointed down, ankle locked.
- The non-kicking foot should be next to the ball, slightly behind it, and pointed towards the target.

Guided questions

- Which part of your foot are you using to kick the ball?
- Where is your non-kicking foot?



STRIKE & RESCUE

35

Set-up

- Organize your group into teams of 2
- One player will be the striker while the other player will be the rescuer
- Organize an arc of cones approximately 10 yards from goal for younger players and farther for older more skilled players

Story time

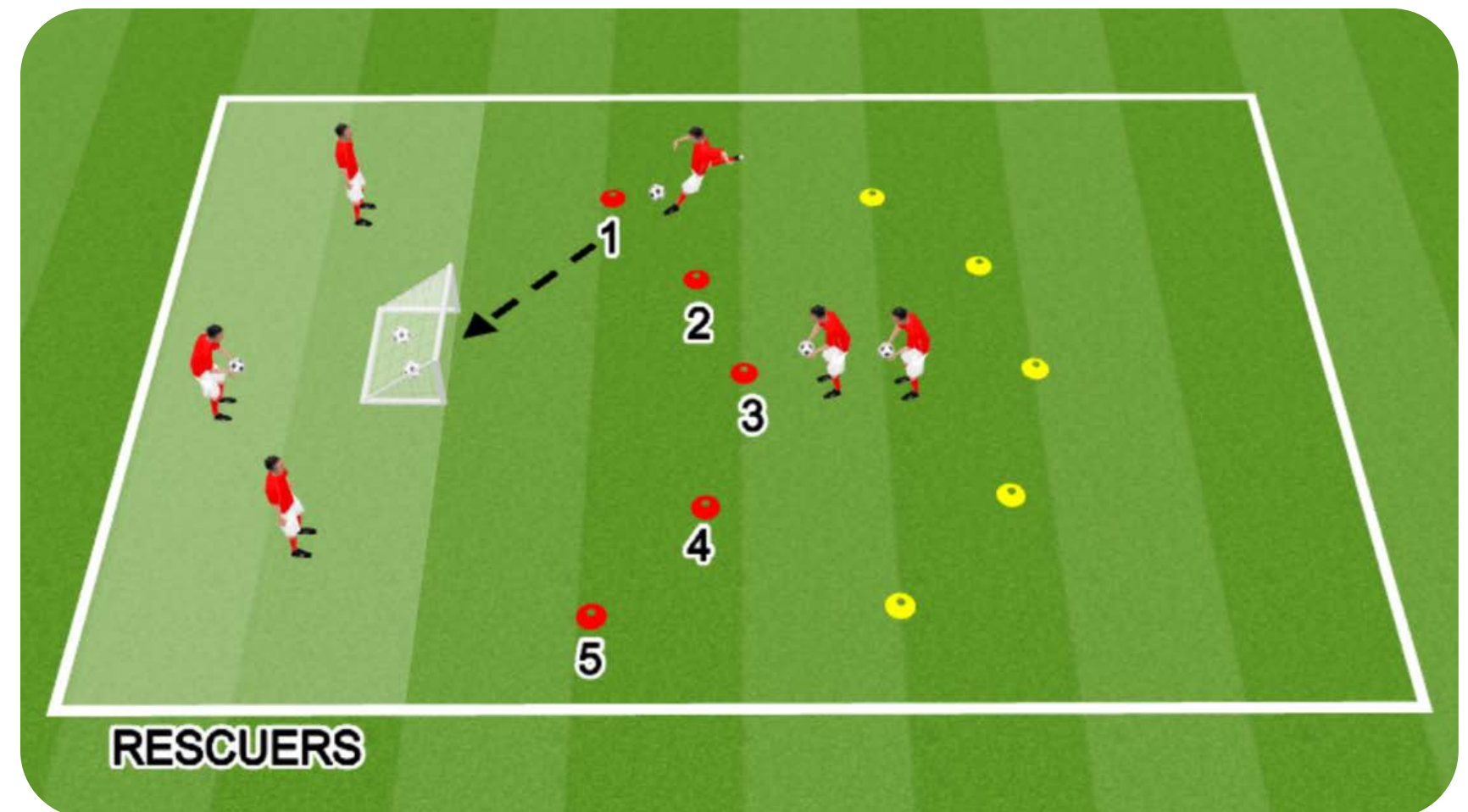
Teamwork makes the dream work! Sometimes superheroes will need to attack and strike, and sometimes they will be on more of a rescue mission. In this activity, superheroes will take turns being strikers and rescuers. Each striker begins at the start cone while their rescuer starts behind the goal. At the first cone, each striker will take turns shooting on goal in an attempt to score the goal with a direct shot into the goal without it hitting the ground (no bouncing). If the ball bounces before scoring a goal, or if they miss the goal, the striker retrieves the ball from their rescuer and continues shooting from the same cone. If the player can strike the ball into the goal without it bouncing, the player will get to continue to the next cone. The first player to successfully score from all five cones wins. Rotate with rescuer.

Key concepts

- Players should try to land on their kicking foot to use the full transfer of body weight.
- Make sure their planting foot is not too close or far from the ball.
- Make sure the player is locking their ankle.

Guided questions

- Are you locking your ankle?
- Where is your non-kicking foot?



SUPER NUMBERS

Set-up

- Set up a small 1v1 field approximately 15X20 with two small goals on each end line
- Split the group into two even teams and assign a number to each player in each team. For instance, if you have 5 players in each team, number off 1-5 in each team

Story time

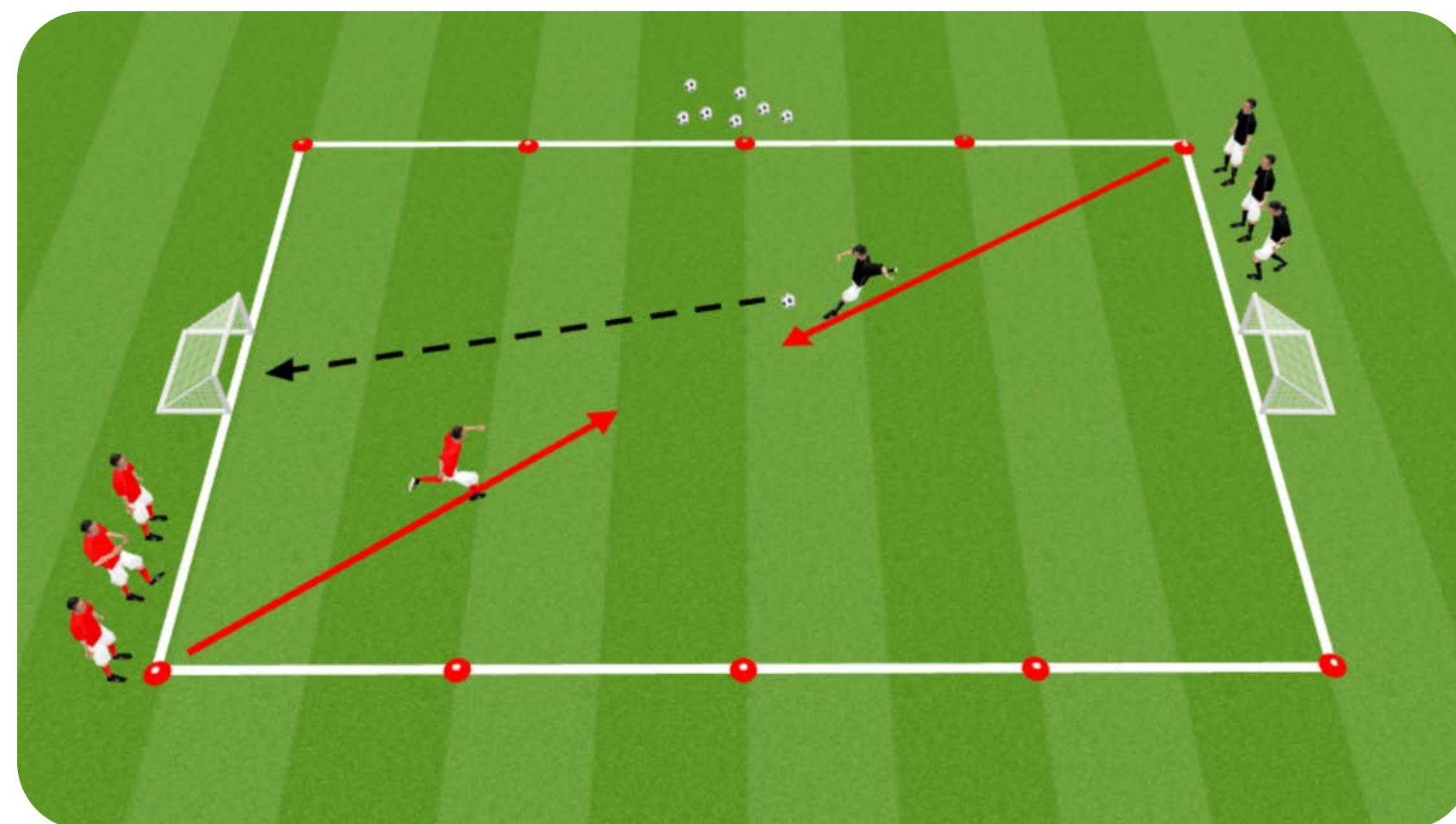
Each superhero has a special number that gives them more power. Can you remember the number that the coach gives to you? The coach plays a ball into the area and calls out a number. Those players assigned to that number sprint onto the field and play a 1v1. The game continues until a team scores a goal or the ball goes out of bounds. Optional: have more than one 1v1 going at the same time OR call out two or more numbers to create a 2v2 or 3v3 game.

Key concepts

- Focus on striking the ball with the shoelaces, toe pointed down, ankle locked
- The non-kicking foot should be next to the ball, slightly behind it, and pointed towards the target
- Make sure their planting foot is not too close or far from the ball

Guided questions

- Can you win the ball first?
- Do you have space to shoot the ball?
- Can you protect the ball once you have it?



SESSION WRAP-UP

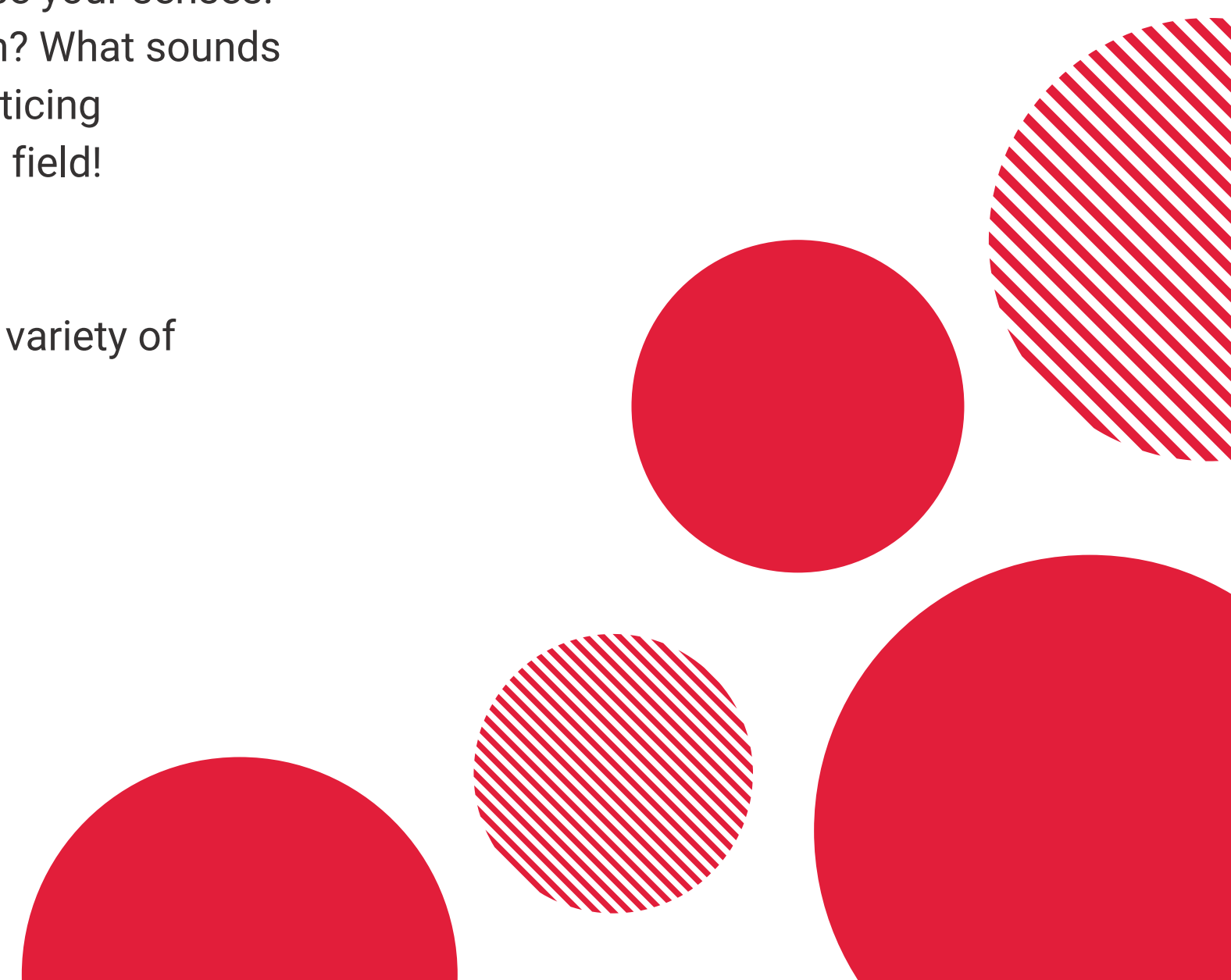
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LIFE SKILL & LEARNING OBJECTIVES

Striking is all about finding the perfect moment and taking advantage of it! If you wait just a second too long, you may miss your shot. An important component of finding this perfect moment is awareness. Try working on your awareness throughout the week. Pick a time (set an alarm), and everyday at the same time take a pause and use your senses. What do you see ahead of you and in your peripheral vision? What sounds do you hear? What smells or tastes can you observe? Practicing awareness will help you to be more mindful, on and off the field!

PLAYER OF THE WEEK

- Who was the super-striker of the session? Who used a variety of techniques to strike the ball?





WEEK SEVEN

SHOOTING

KEY CONCEPTS

- Focus on aiming for a particular area of the goal
- Get the ball under control quickly.
- Attack with speed.
- Attempting to attack the space behind the defender.
- Use fakes and feints to off balance the defender.
- Quick change of pace and change of direction. Speed is critical.
- Make sure the player is in control of the ball and not just kicking the ball forward.
- If the midfielders have an opportunity to shoot first-touch they should take the shot.

SKILLS OF THE WEEK

- Finishing from close range
- Learning to aim for corners
- Double Scissor

SUPER STRIKE BLAST

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Set-up

- Divide the team up into 2 equal teams in a 20x20 grid
- Each player begins with a ball, and they are responsible for that ball.
- Each group numbers themselves from 1-x players and must shoot in that order.

Story time

Superheroes are on a mission! There are two different possible missions in this activity:

#1: Shoot the ball into the goal, and the ball must hit the back of the net in the air. It cannot bounce before it goes in the goal. #2: Hit the crossbar

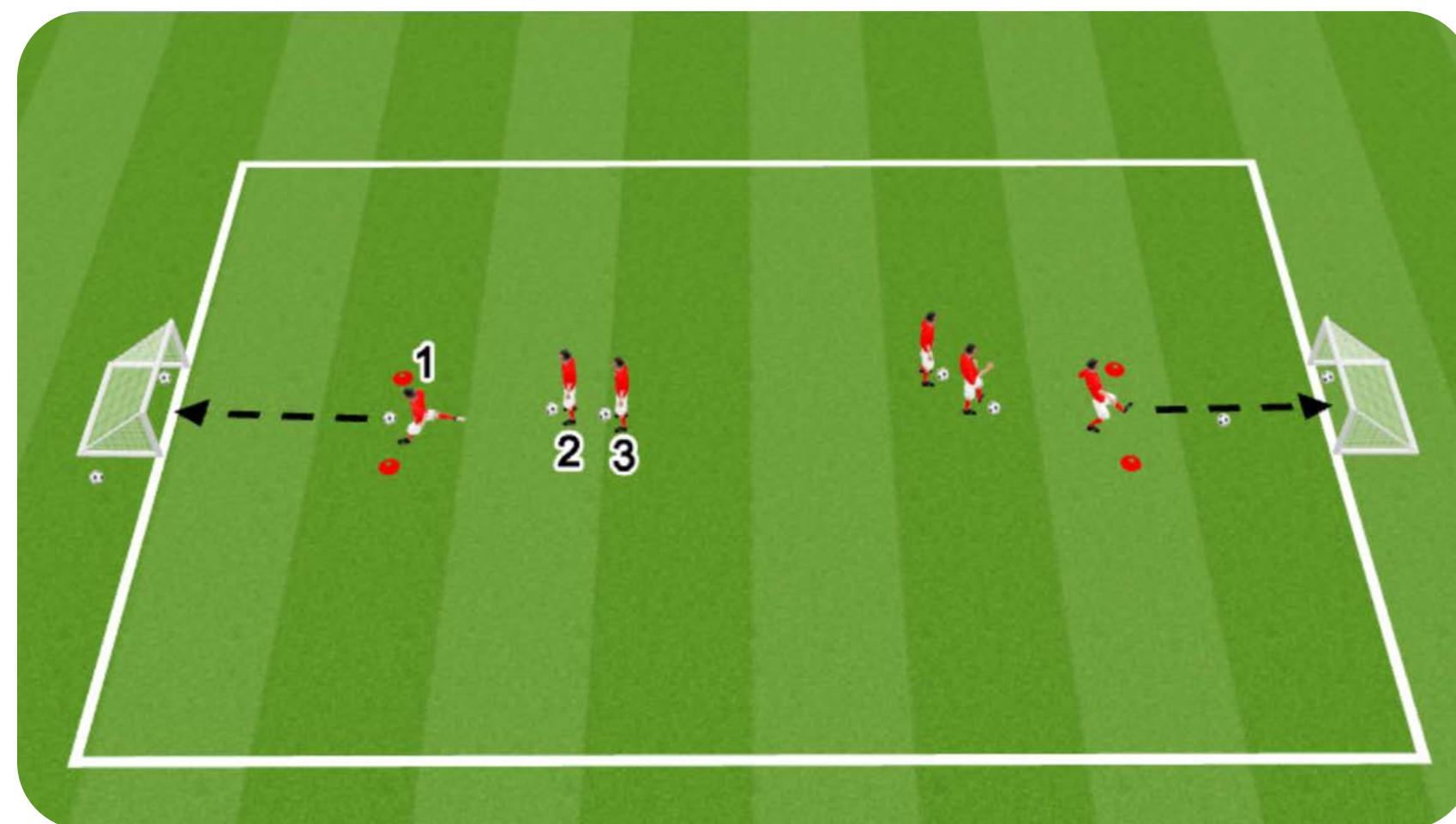
Each mission can last for about 5 minutes or until a team completes the mission 10 times. The players are responsible for keeping the same ball throughout this exercise and must shoot and retrieve their own ball. Players must shoot in the correct order as assigned. The teams can shoot as fast as they want just as long as they are using their assigned ball in the correct order. After a shot, that player must quickly get their ball and get back to be ready for their next opportunity. After 5 minutes the team with the most executed exercises or 10 perfectly executed skills is awarded a win and teams rotate to a different cone/angle (and next mission begins).

Key concepts

- Focus on aiming for a particular area of the goal
- Striking the ball accurately

Guided questions

- Where are you aiming the ball?
- Which part of your foot are you using?



POWER GRID ATTACK

40

Set-up

- Create three grids that are 10x10 yards each
- Split the group into two teams. One group attacks, the other are defends
- Attackers will start at one end line about 5 yards from the grid.
- Place a defender in each grid and the remaining defenders at the opposite end to the attackers
- The coach should be on the end with the attackers with a large supply of soccer balls

Story time

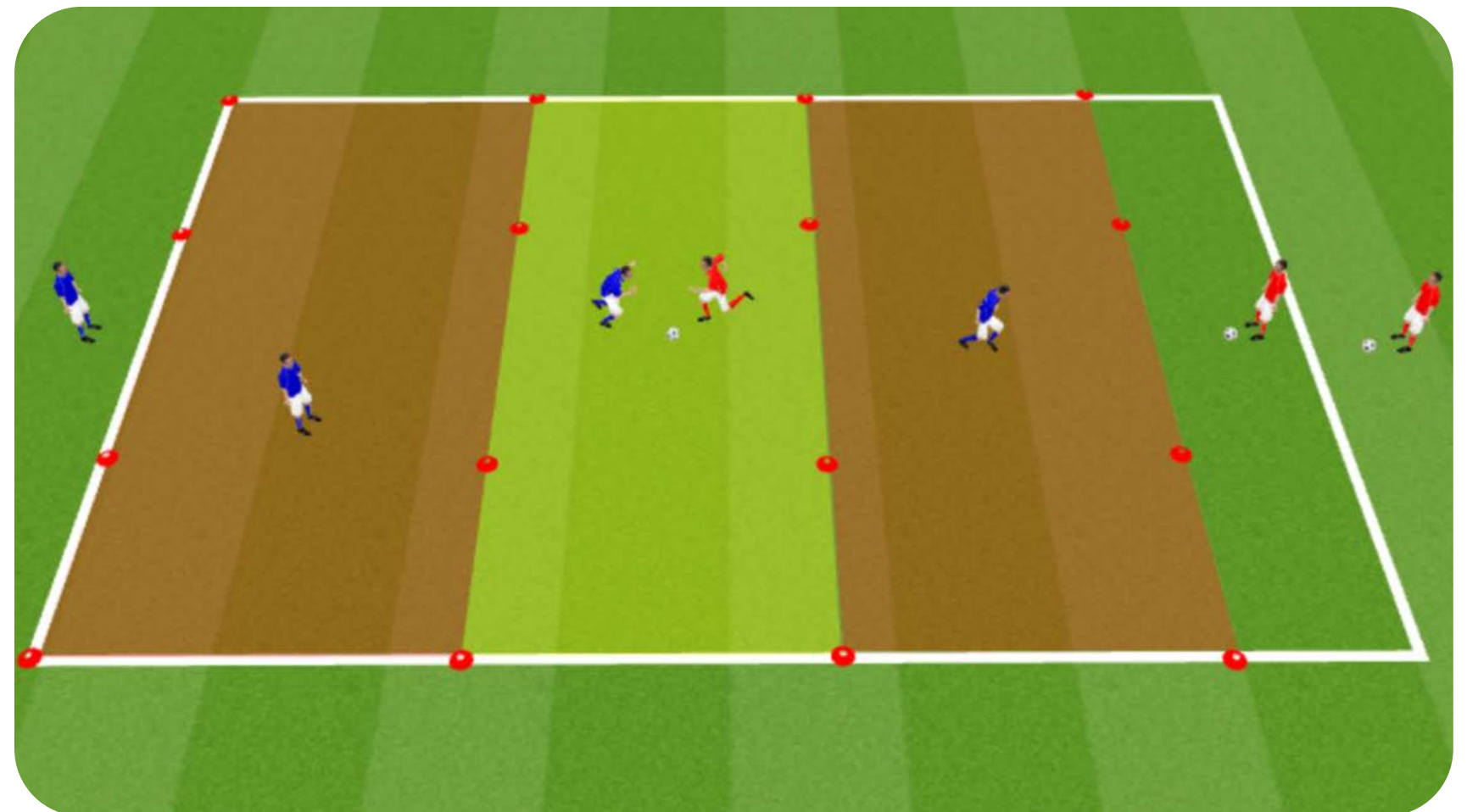
Superheroes will try to retain control of their superpowers (soccer balls) while moving through the three stages of the power grid! The coach passes the ball to the first superhero (attacker). The attacker attempts to dribble through grid 1, grid 2, and then grid 3. If the defender wins the ball in any of the grids, or the ball is played out of the area, the attacker returns to the attacker line. As the next attacker begins, the defenders all move up one grid closer to the attacker. The defender in grid 1 returns to the defender's line.

Key concepts

- Attack with speed
- Attempting to attack the space behind the defender
- Use fakes and feints to off balance the defender

Guided questions

- Are you keeping the ball under control?
- Can you change speed?
- Can you change direction?



OUTNUMBERED

Set-up

- The grid should be approximately 25x25 yards
- -Place goals 25 yards apart in the center of the goal line
- -Split the group into two teams and place a goalkeeper in each goal
- -Each team should position themselves on either side of the goalposts, one side with a supply of soccer balls

Story time

A battle is not always equal on both sides--sometimes even superheroes are outnumbered! That doesn't mean they can't be successful. In this activity, two target players from the attacking team will start the drill at the goal they are attacking, while the other players start at the goal they are defending. The target players will check-in and ask for the ball from their teammates located near the defensive area. The opposing team also sends 2 defenders to close down the target players checking in. The starting attacker plays into the feet of the target player and plays 4v2 to the goal. The target player decides whether or not to turn and shoot or lay a ball back to the midfielders. If a defender wins the ball they attack 2vs4 on the other goal.

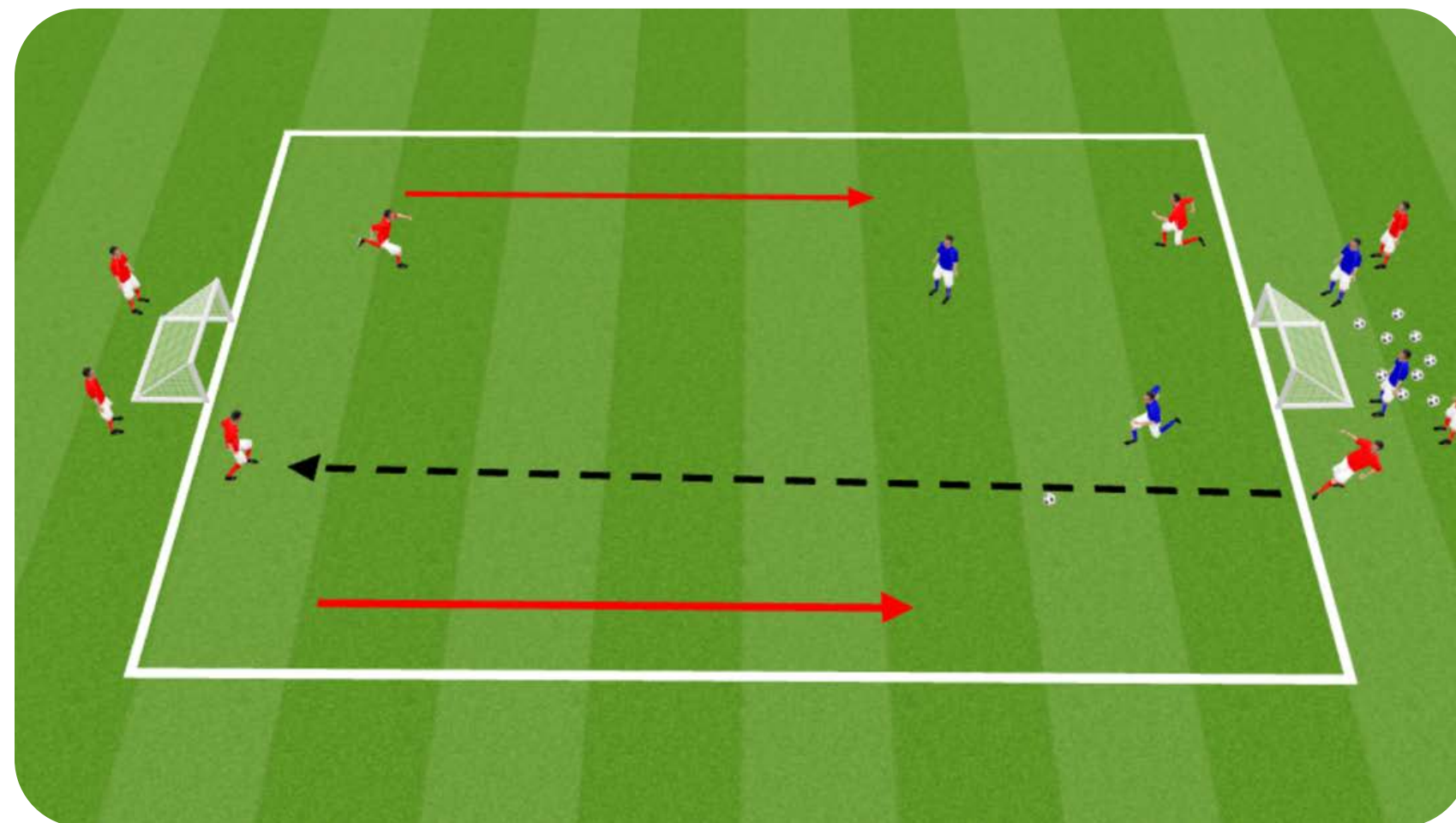
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Guided questions

- Can you take the shot?
- Can you shoot first-touch?

Key concepts

- Quick change of pace and change of direction. Speed is critical.
- Make sure the player is in control of the ball and not just kicking the ball forward
- If the midfielders have an opportunity to shoot first-touch they should take the shot



SESSION WRAP-UP

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LIFE SKILL & LEARNING OBJECTIVES

Once you recognize an opportunity and have awareness of your surroundings, it is time to react! It is not as simple as reacting or not reacting, however. Success is all about how you react. Do you pass or do you shoot? Fight or flight? How do your emotions impact your reactions? Sometimes we may be feeling upset or scared, and in these moments, our reactions may be more defensive or aggressive than if we were feeling excited or confident. This week, take some time to think about your actions and reactions. Pay special attention to how you are feeling when you make certain decisions. Once you understand your own patterns, you can begin to change your reactions and regulate your emotions if needed. This can have a huge impact on you during the game, in class and at home.

PLAYER OF THE WEEK

- Who had the best reaction speed? Who had the best accuracy on target?



WEEK EIGHT

Sprouts World Cup Tournament

KEY CONCEPTS

A fun small sided world cup tournament to allow the players time to practice their skills in game situations. This allows for experiential learning to take place

SKILLS OF THE WEEK

Recap previous skills of the week from week 5, week 6, week 7. Can they show them in a game?

SPROUTS WORLD CUP TOURNAMENT

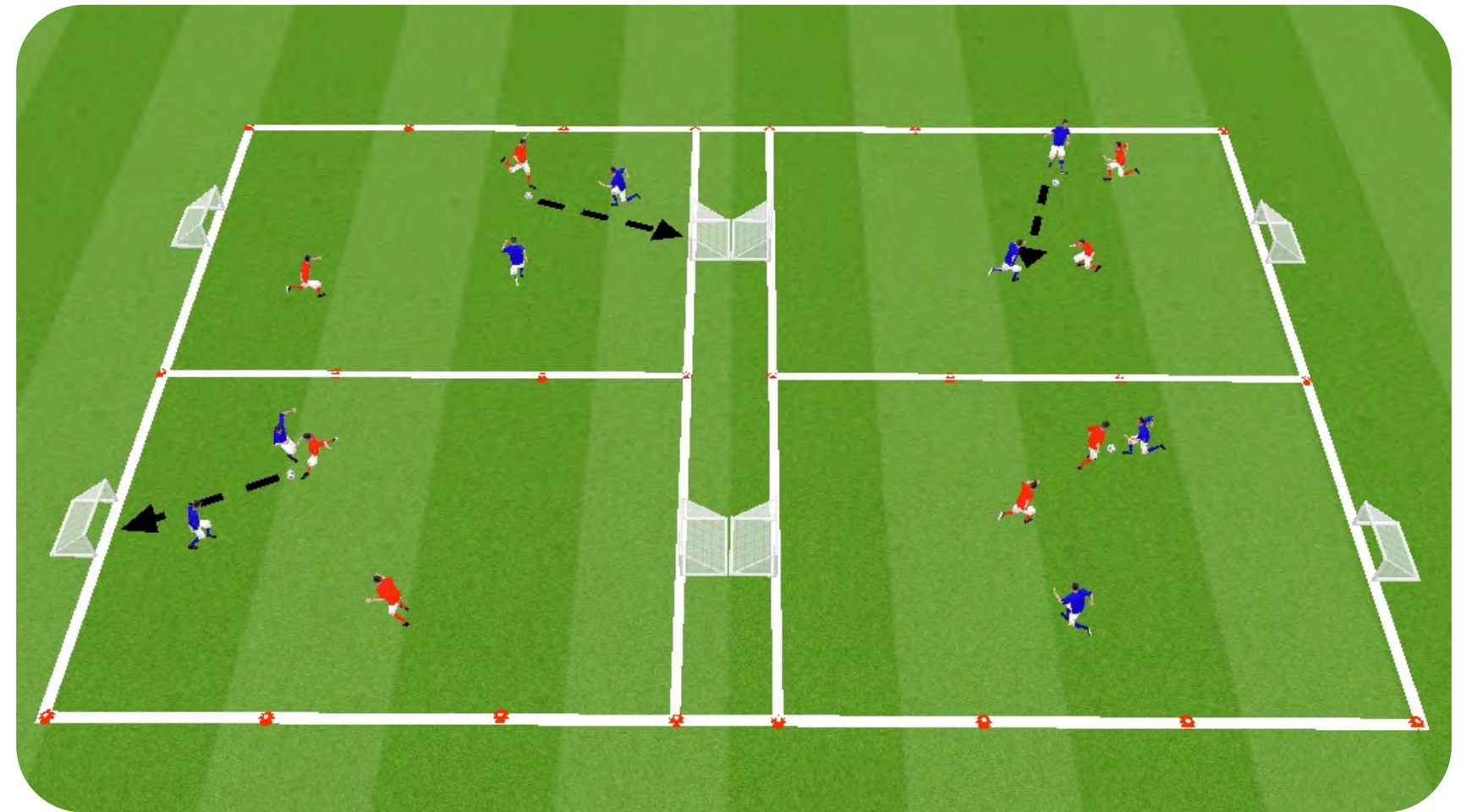
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Set-up

- Set up the area as seen below, creating 4 teams. If you don't have enough numbers for 4 teams of 4, create 4 teams of 3, 2 or even 1. If you have odd numbers, create a 3 team world cup with one team resting in each game
- Allow the players to select a country they wish to represent in the world
- Make sure balls are placed around the outside of the field for quick restarts

Key concepts

- Encourage all players to have fun and be competitive





***THANK YOU FOR JOINING
US ON OUR SOCCER JOURNEY.
OUR SPROUTS AND SEEDLINGS TEAM***



Nate Roberts
nate@valesc.com



Meghan Ryczek
meghan@valesc.com