



Global Premier Soccer

***Town Partner Curriculum
Kindergarten***





Week 1



Week 1: Dribbling



Organisation

Each player has a cone as a steering wheel and moves inside the middle area. Coach has 3 cones. Red = stop, yellow = go slow, green = go fast.

Progressions

Add extra cones with different challenges. Blue = jumping to refuel, Don't call out colors now only hold up the cone to make players look up for the cone. Use different balances and movements to challenge players.

Coaching Points

Head up to see other players & cones

Organisation

Each player now has a ball as their car and dribbles inside the middle area. Coach has 3 cones. Red = stop, yellow = go slow, green = go fast.

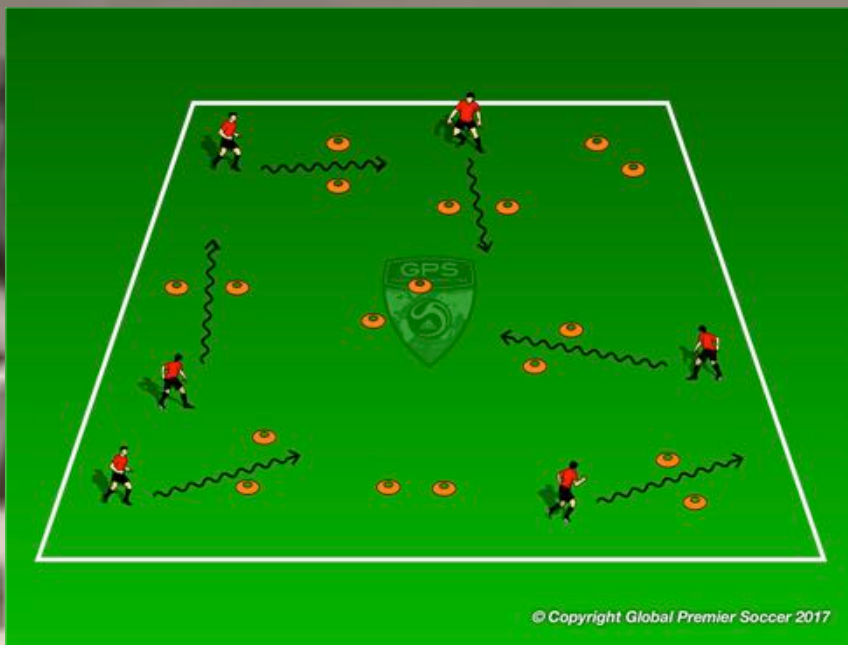
Coaching Points

Add extra cones with different challenges. Blue = toe taps to refuel, Don't call out colors now only hold up the cone to make players look up for the cone.

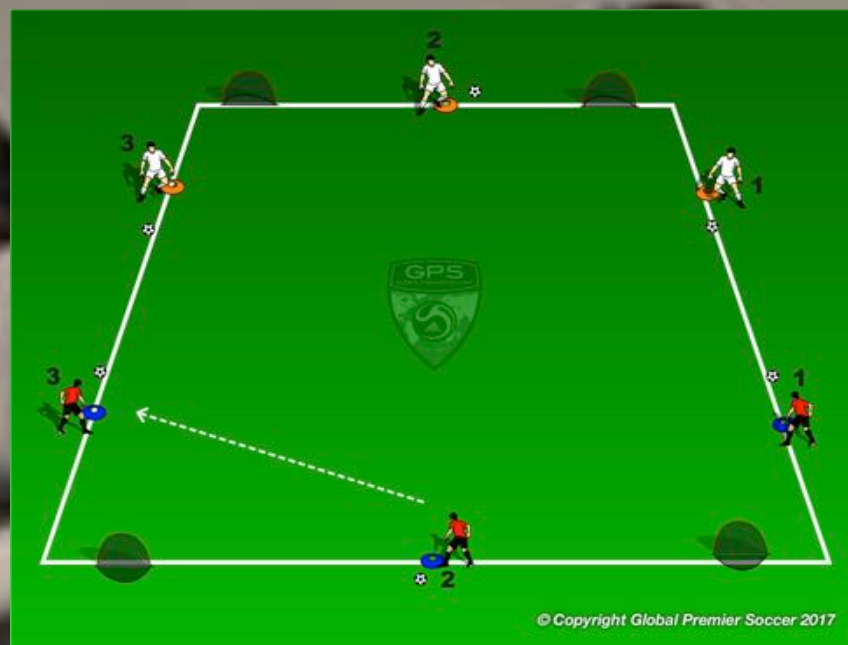
Progressions

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see other players & cones

Week 1: Dribbling



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Organisation

Set out a number of 2 yard wide 'gates' inside the area. Each player has a ball and dribbles through the gates. Each gate represents a corner on the race track and players must turn the corner as they go through the gate. Encourage players to make their own race track.

Progressions

Race – first player to dribble through 10 gates wins the race.

Coaching Points

- Use body to protect ball
- Move ball using various part of feet
- Move ball quickly to try and unbalance defender
- Exploit space at speed

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

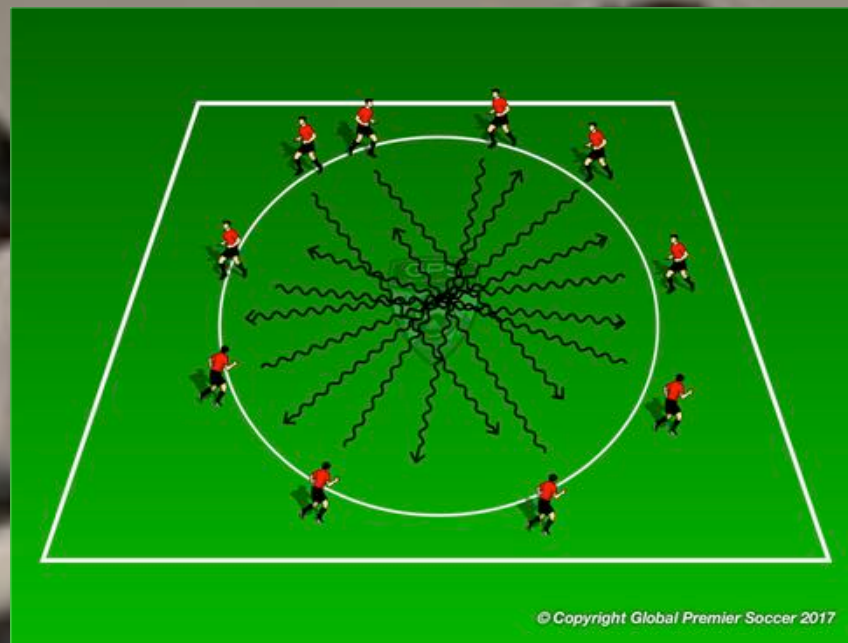
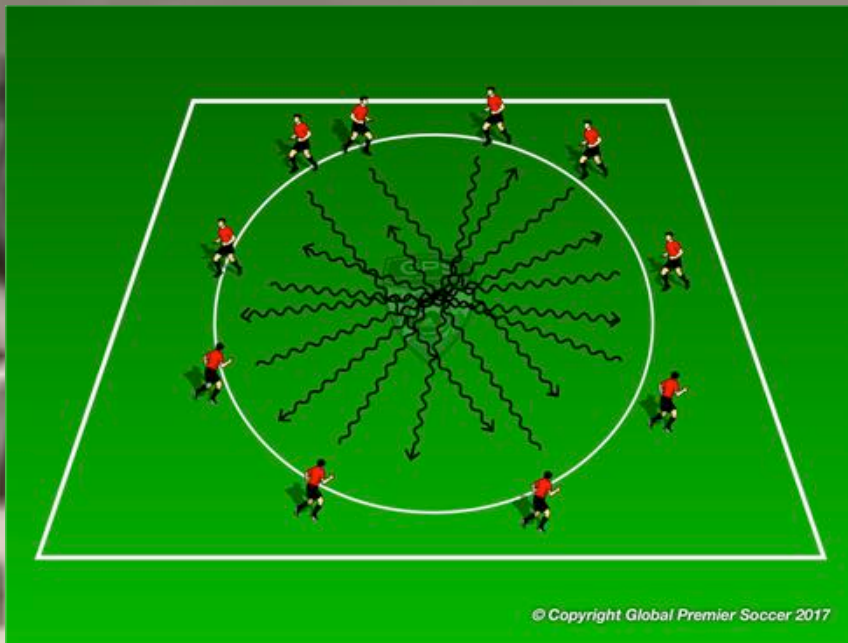
- Little touches to keep ball close
- Head up to see space
- Change direction to avoid collisions



Week 2



Week 2: Dribbling



Organisation

Each player has a cone to use as a steering wheel for their car. Players stand on the outside of the circle and walk around to the left. Coach calls go and players must run through the middle to the other side avoiding collisions.

Progressions

Use 3 cones. Red = stop, yellow = slow speed = green = go fast. On go players move through middle area.

Coaching Points

Head up to see other players
Change of speed into space or slow down to avoid collision

Organisation

Now each player has a ball. The ball is now their car. Players must dribble their car around the roundabout until coach calls go. Players then 'drive' through the middle avoiding collisions to the other side.

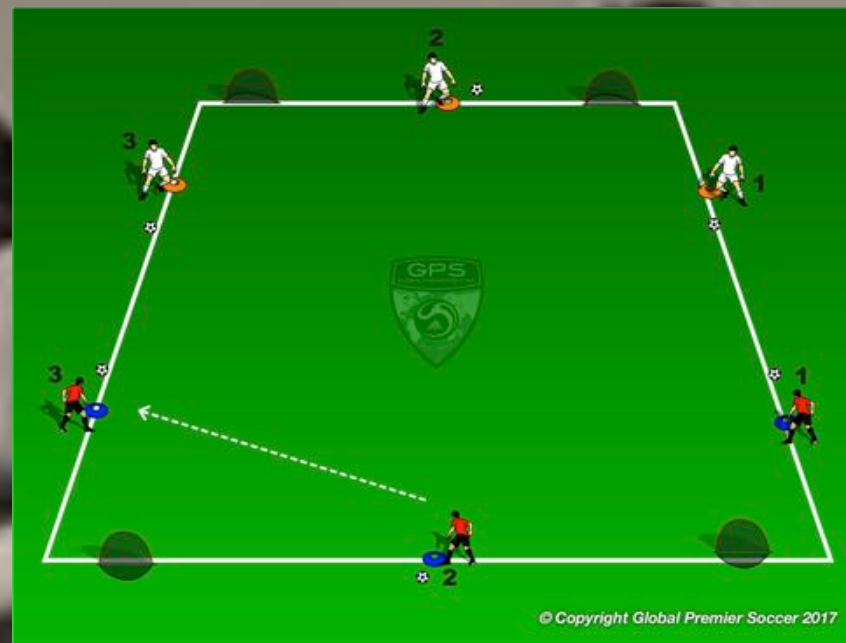
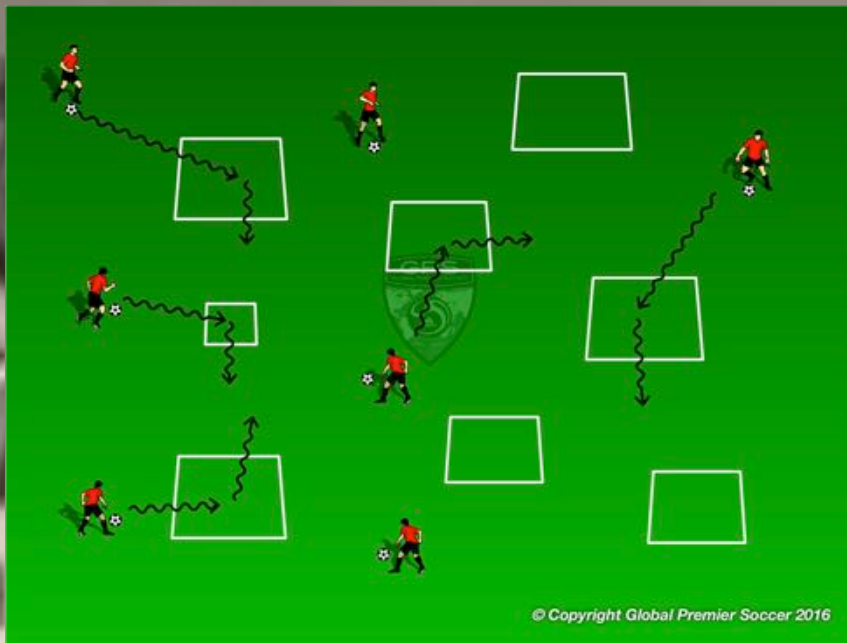
Progressions

Add a player in the middle who tries to tag any players in the circle. Players get a point for getting through the circle without being tagged. Middle player gains a point for every player tagged.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions

Week 2: Dribbling



Organisation

Set out a number of 2x2 boxes. Each box represents a store, restaurant, gas station etc. Each player has a car (ball) and drives their car (dribbles their ball) to as many stores as possible.

Progressions

Make one box blue (police station) and have one player be the policeman. Players dribble slowly until coach holds green light. Players then dribble fast. Policeman tries to catch fast drivers by tagging them. If tagged player must go to the police station until freed by a team mate with a high 5.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

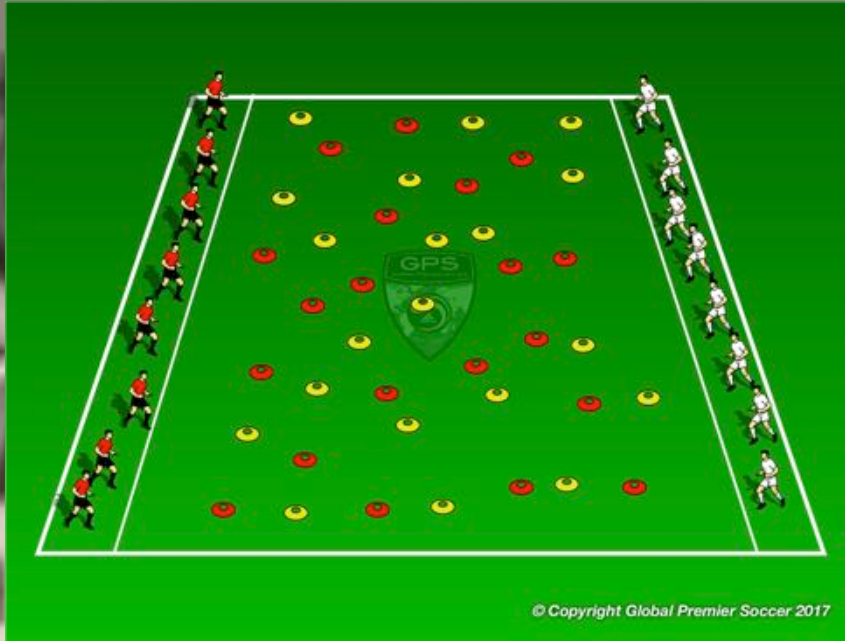
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



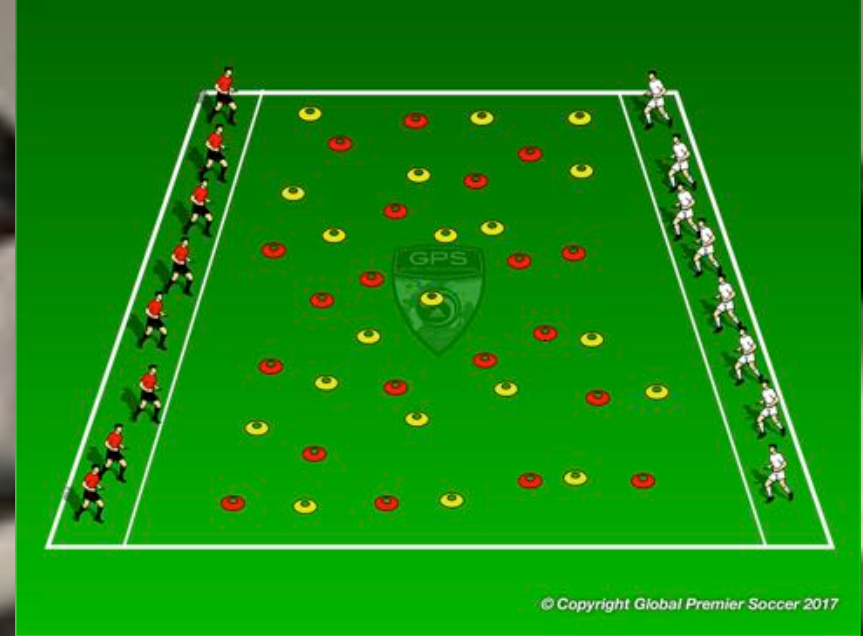
Week 3



Week 3: Dribbling



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Organisation

Split players into two teams in end zones. In central area places 2 sets of cones of two different colors. Two players only from each team can be in the central area at one time. First team to get their color cones back to their base is the winning team.

Progressions

Players can not bring the cone back using their hands.

Coaching Points

Head up to see other players & cones

Organisation

Now each player has a ball. Player must dribble the ball, stop the ball by the cone, pick up the cone and dribble the ball back. First team to get all the cones back is the winner.

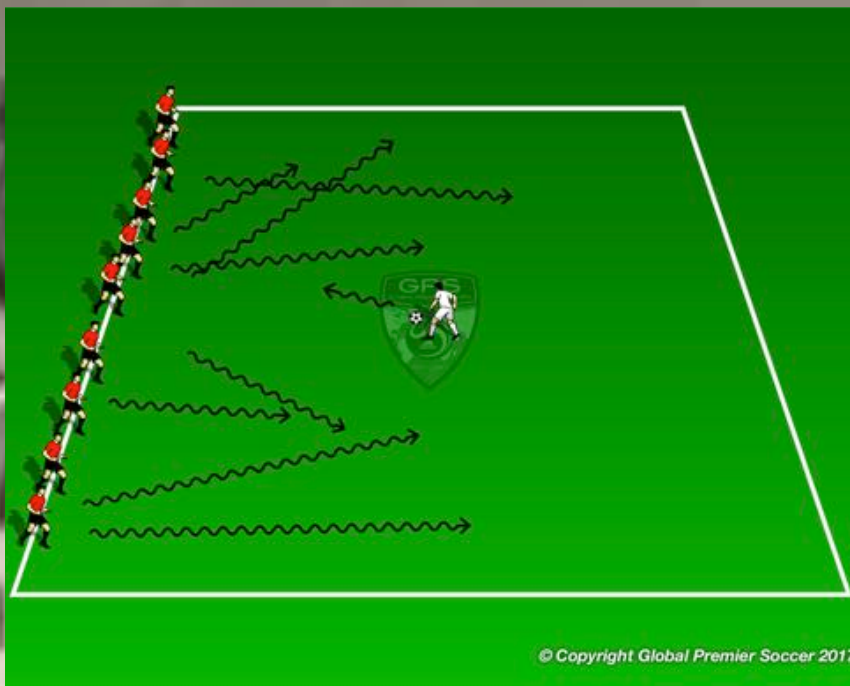
Progressions

Players can not bring the cone back using their hands.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see other players & cones

Week 3: Dribbling



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Organisation

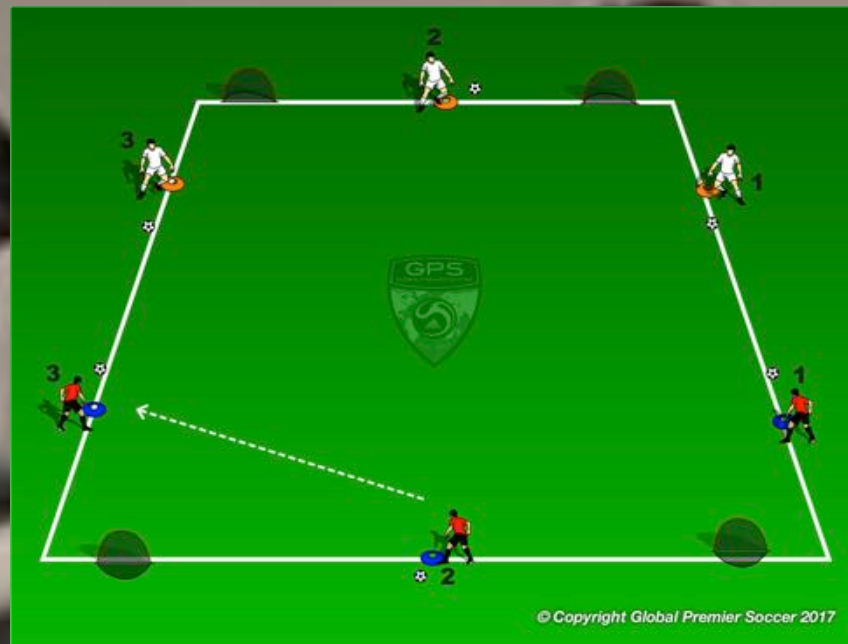
Players line up on end line without a ball. Players try and run to opposite end without being tagged by central defender. If tagged player becomes another defender.

Progressions

Each player now has a ball. Defender carries ball and tries to throw their ball onto any other ball. If caught player joins defender in central area.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players & cones



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Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 4



Week 4: Dribbling



Organisation

Each player has a ball and dribbles inside the area. Each player is a pirate and the ball is their pirate ship. Coach calls out some commands to which the players react with a soccer move

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players & cones

Progressions

ATTENTION – Stop ball and salute saying “ay ay captain”
Look out tower – toe taps
Scrub the decks – foundations

Sharks – dribble fast
Cannon ball – crouch and cover ball
Land ahoy – Dribble to edge of area
Battle – Dribble ball into feet of other players

Organisation

Create a square in each corner of the area. Pirates dribble inside the area. Use same commands as last game. Land is orange areas. Shallow water is yellow area (sharks cant get into shallow water)

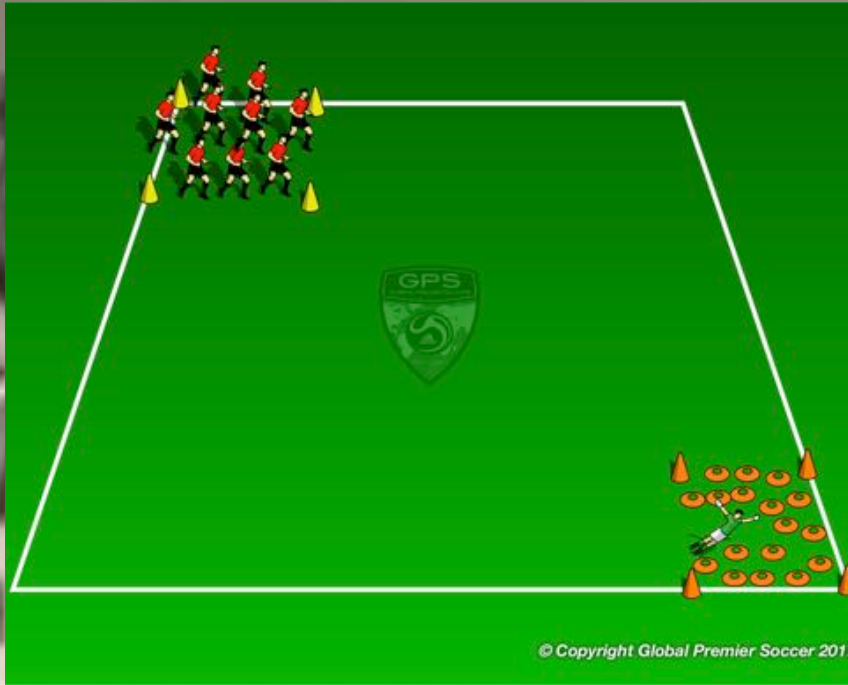
Progressions

Pirates are now safe on land and must sail from island to island to get treasure (1 point)
Have one bad pirate in the middle of the area who tries to tag any pirate in the ocean.
If tagged pirates must stand with feet apart and ball above head. To be saved another pirate must put ball through legs.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players & cones

Week 4: Dribbling



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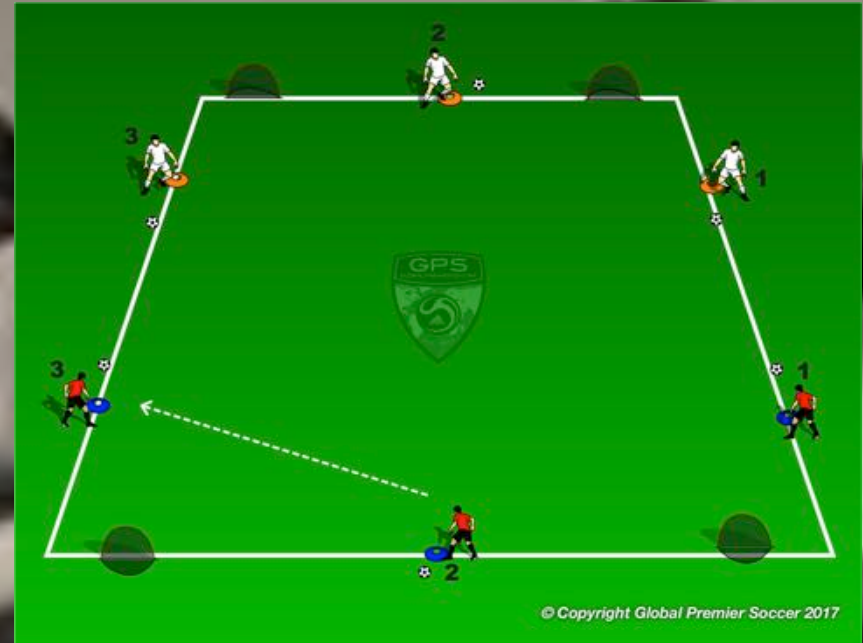
Organisation

Set out two areas. Inside one have a large number of cones and one player. In the other all players with a ball each. Players must sail their boat across onto the other pirate ship and steal the treasure (cones) from the sleeping pirate. Coach will shout "wakey wakey pirates" at which point players must dribble ball back to safety of starting ship. Any players tagged become new sleeping pirates.

Progressions

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players & cones



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Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 5



Week 5: Attacking 1v1



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Organisation

Players work in pairs. One player is the runner the other is the tagger. The tagger holds a pinny in their hands. Tagger chases their partner and tries to hit them with the pinny. If they hit their partner they switch roles.

Progressions

Coaching Points

Quick movements to change direction.
Head up to see partner and space.



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Organisation

Now each player dribbles a ball as they play. One player is the tagger. The tagger holds a pinny in their hands. Tagger chases their partner and tries to hit them with the pinny. If they hit their partner they switch roles.

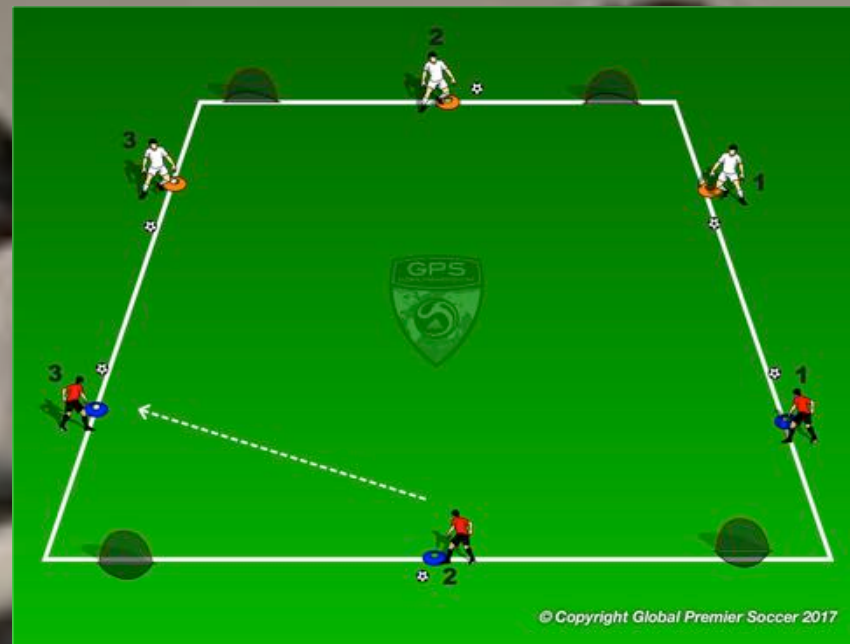
Progressions

Now play a group game. 2 players have a pinny and try and tag another player. Any player hit with the pinny becomes new tagger.

Coaching Points

Little touches to keep ball close
Quick movements to change direction.
Head up to see partner and space

Week 5: Attacking 1v1



Organisation

Split players into two teams. Coach stand between the two fields. Coach throws ball into one field. First player from each line enters the field to play 1v1. Players can score in any goal., Coach throws ball into other field for the same game.

Progressions

Play 2v2

Coaching Points

Little touches to keep ball close
Quick movements to change direction.
Head up to see partner and space

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 6



Week 6: Attacking 1v1



Organisation

Each player has a ball and dribbles inside the area. Coach asks players to perform a series of foot skill moves.

Progressions

Toe taps, foundations, toe taps on the move, foundations on the move, pull back turn, roll over,

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players.

Organisation

Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side whites the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

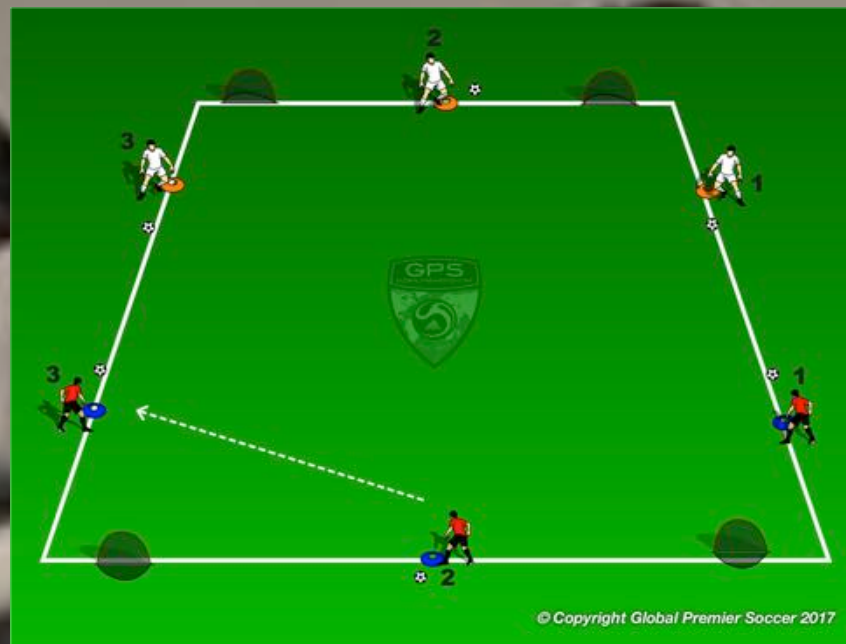
Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Week 6: Attacking 1v1



Organisation

Have 2 teams lined up alongside the coach on the side line. Coach throws a ball in for the first two players to play 1v1 trying to score in any goal. Have 3 games in play at any one time.

Progressions

Play 2v2

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

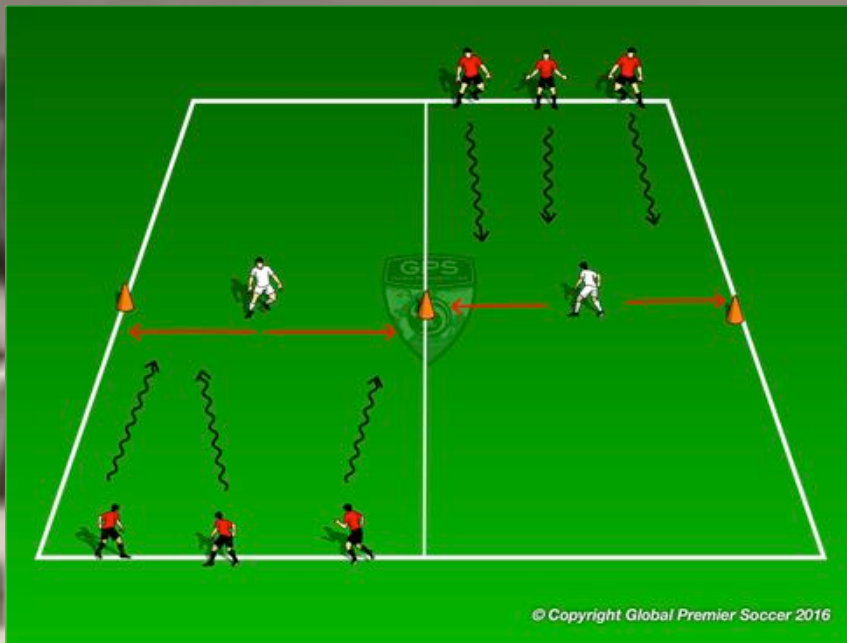
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 7



Week 7: Attacking Play



Organisation

Set out two areas with 1 defender in each. Players must try and get past defender without being tagged. Once to the other end players turn and run down the other side trying to get past the second defender. Defenders can only move side to side between the cones.

Progressions

Each player now has a ball and dribbles through the zones.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Players inside the circle move around until coach calls go. At this point they leave the middle circle and try and run out through two cones. The white players try and tag any player leaving the circle. Once escaped players can try and get back into the circle.

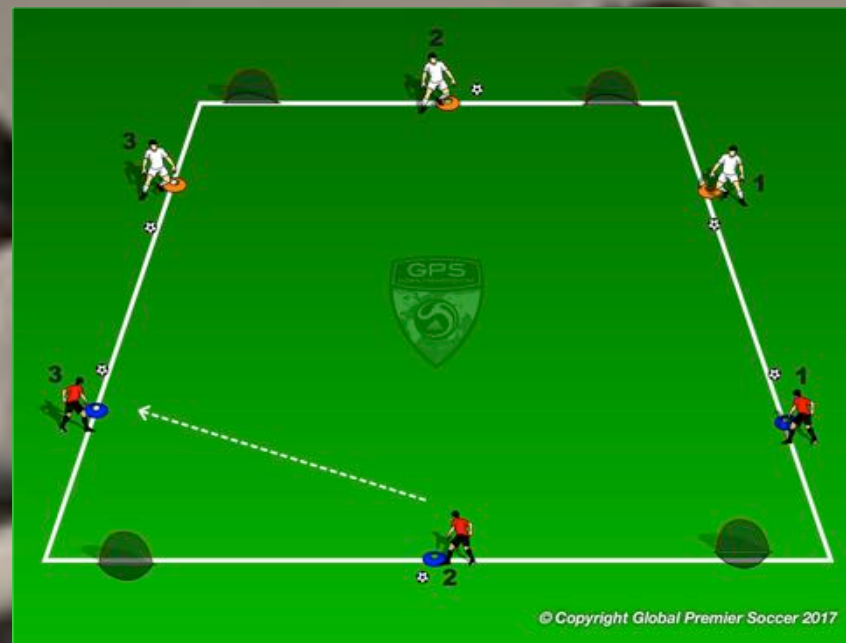
Progressions

Each player now has a ball and must dribble out to escape.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Week 7: Attacking Play



Organisation

Have 2 teams lined up alongside the coach on the side line. Coach throws a ball in for the first two players to play 1v1 trying to score in any goal. Have 3 games in play at any one time.

Progressions

Play 2v2

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

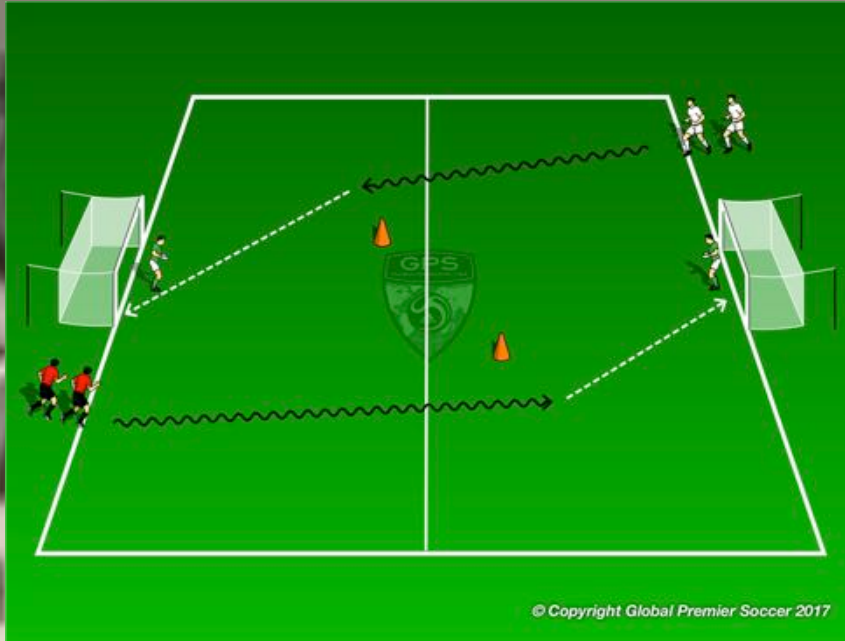
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



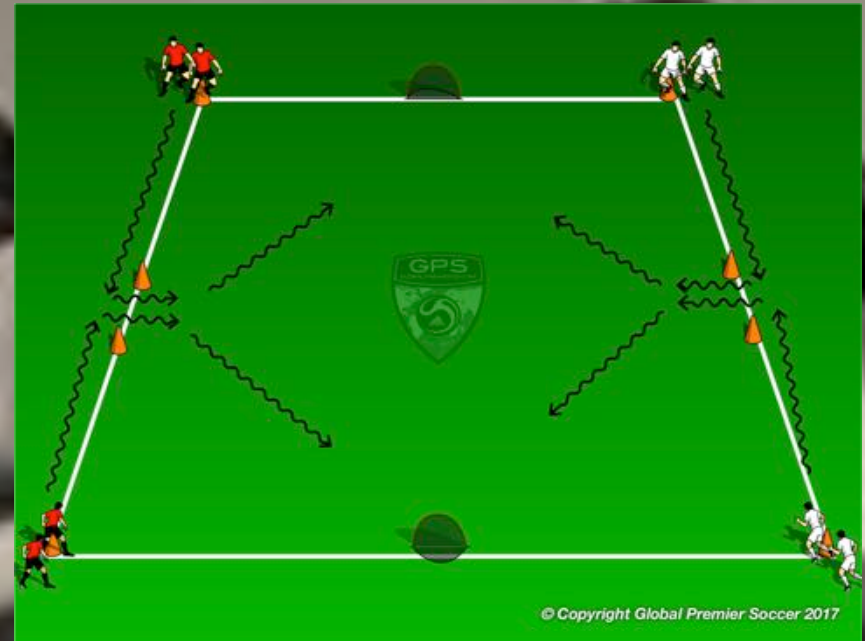
Week 8



Week 8: Shooting



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Organisation

Split players into two teams. When coach calls go the first player from each line dribbles to the goal opposite and shoots. First player to score gets the point for their team

Progressions

Add GKs
Place one cone between the two goals. Player now dribbles out around the cone and shoots for the goal they start next too.

Coaching Points

Keep ball close with little touches
Shoot with laces of foot

Organisation

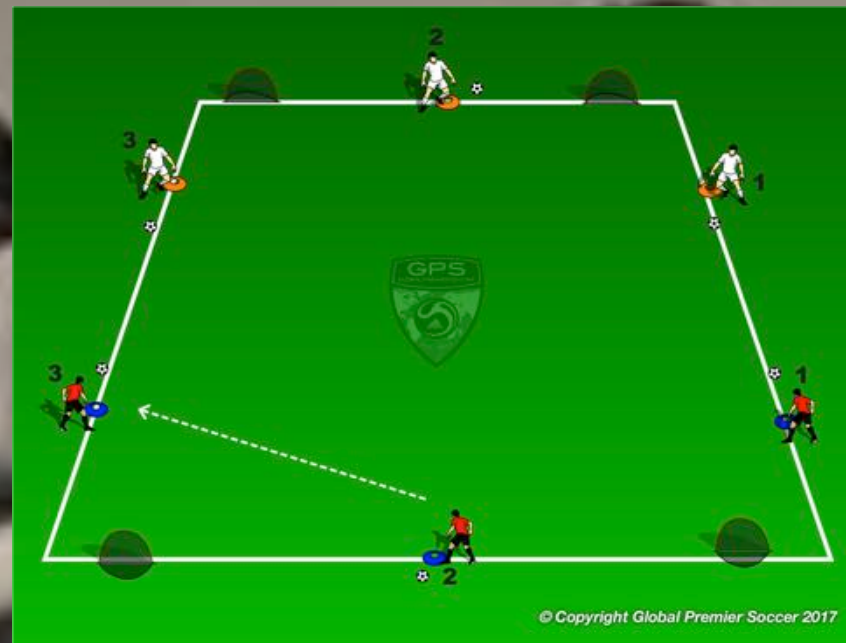
Split players into 4 teams. First player in each line dribbles out around the cone and shoots at the goal next to where they start. First player to score gets the point for their team

Progressions

Coaching Points

Keep ball close with little touches
Shoot with laces of foot

Week 8: Shooting



Organisation

Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side whites the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Keep ball close with little touches
Shoot with laces of foot

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions