



Coaching Curriculum

U6 - U8

Written By Coach CJ



CH **all** **ENGER**
SPORTS™



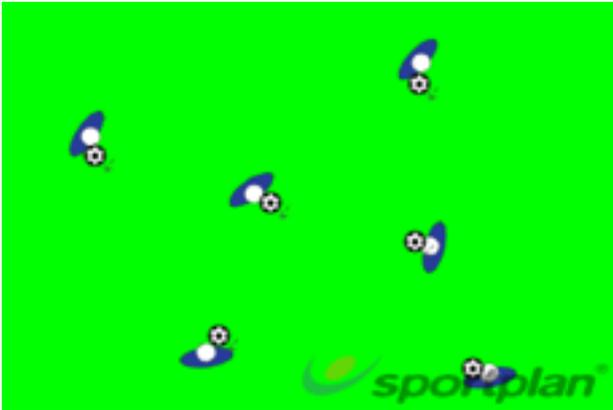
Coaching Curriculum

Topic: Dribbling

Session Length: 1 Hour



Warm Up



Game Name: Body Parts

Each player has to dribble the ball throughout the area. Once the coach calls out a body part, the players must put that body part on the ball.

Progressions:

- Multiple body parts
- Use imagination to smell and listen to the ball etc.

Coaching Points:

- Little Touches
- Look for space
- Keep your head up

Drill 1



Game Name: Freeze Tag

Everyone has a ball except for “Mr Freeze”. Kids dribble around the area avoiding Mr Freeze, if he tags you, you hold the ball above your head and stay frozen. Can only be unfrozen if someone dribbles the ball through your legs.

Progressions:

- Players cannot be caught if they squish their soccer ball.

Coaching Points:

- Little Touches
- Look for space
- Keep your head up

Drill 2



Game Name: Magic Portals

All players must dribble through as many magic portals as they can in a certain amount of time using specific dribbling techniques. They must go through a different magic portal each time.

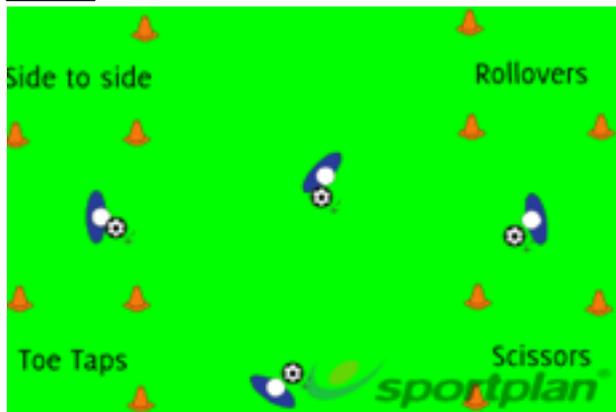
Progressions:

- Must beat their previous score.
- Can only use one foot.
- Must alternate touches between feet.

Coaching Points:

- Must use the inside of your foot to dribble.
- Two cant go through a portal together.
- YoYo technique to look for space to run into.

Drill 3



Game Name: 4 Corners

Each player has a ball and is allowed to dribble around the grid. The coach names each square with a fun name i.e. Animals. The coach calls out a name and the players have to dribble to that corner and perform a certain skill in each corner for 30 seconds.

Progressions:

- Change the name of the corners to keep players alert.
- Change the skills they have to perform.
- Different dribbling techniques for each corner.
- Bring in a defender they have to avoid.

Coaching Points:

- Keep you head up so you don't run into people.
- Small touches to help close control.
- Must perform each skill inside the box correctly before you can leave.



Coaching Curriculum

Topic: Dribbling

Session Length: 1 Hour



Warm Up



Game Name: Pair Tag

In groups of two, each player has a soccer ball and they are allowed to dribble throughout the area. During this time one partner is trying to tag the other. Roles switch round every 2 minutes.

Progressions:

- Can only tag a certain body part.
- Who can tag the most in 2 minutes.

Coaching Points:

- Small touches, close control
- Try to perform skills to lose the tagger
- Dribble to space to make it harder to be tagged

Drill 1



Game Name: Cones and Turns

Each player has a ball and is dribbling around the cones. Each player must dribble up to a cone and perform a specific turn i.e Rollback turn. Then they dribble to another cone and perform another specific turn i.e. Inside Hook. Players must practise 3 types of turns.

Progressions:

- Change the 3 turns every 5 minutes
- Must use a different part of the foot to dribble after each turn.

Coaching Points:

- Know what turn to do before you reach the cone
- No two people can turn at the same cone
- Head up to look for space
- Small touches for close control

Drill 2



Game Name: Same as above

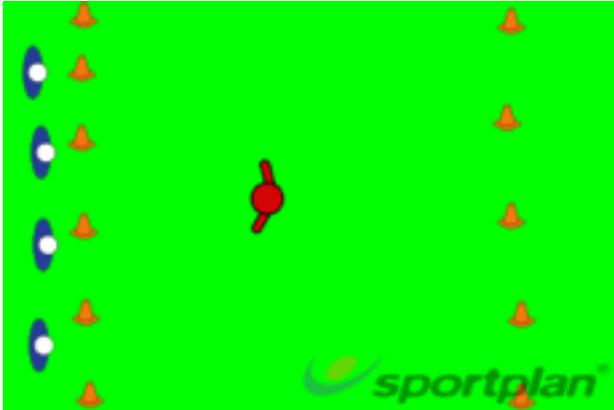
Same game as above, but now there is a defender (or two depending on numbers) who are trying to kick your ball outside of the grid.

Progressions:

- Defenders count how many times they stole the ball and defender with least amount does a funny punishment (sing to the group)
- Players ball cannot be kicked if they shield the ball

Coaching Points:

- Be aware of the defender and dribble away from the defender.
- Don't just dribble away, they still need to dribble to a cone and perform a turn.
- They need to learn how to turn when under pressure from a defender.

Drill 3**Game Name:** Chicken or Hero

All players line up on one side of the grid and the coach asks one player "Chicken or Hero?" if they answer hero, they have to dribble 1v1 against the coach to try and get to the other side. If they choose chicken, all players dribble against the coach. If the coach steals the soccer ball from a player, they become a defender.

Progressions:

-Have the defenders act like crabs to increase fun and success rate.

Coaching Points:

- Move the ball into space
- Keep the ball close when dribbling
- Have your head up at all times, so you know where the defender is.



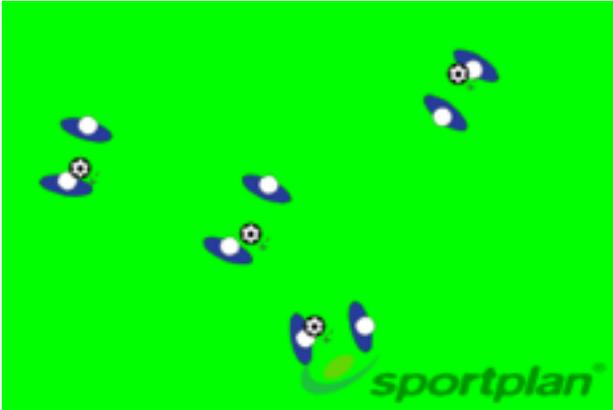
Coaching Curriculum

Topic: Dribbling

Session Length: 1 Hour



Warm Up



Game Name: Follow the leader

Players are split into groups of two and all players have a ball. Players number themselves 1 and 2. Number 2 starts off by following 1 and has to follow them and copy everything they do. When the coach shouts "Switch" Number 1 then starts to follow number 2.

Progressions:

-Can only use 1 foot or a certain part of the foot to dribble with.

Coaching Points:

- Perform a lot of skills to lose the follower
- Keep your head up to follow your partner

Drill 1



Game Name: Gates Game

Players have to dribble around the area and through the gates, but there is a defender trying to block them from getting through the gates.

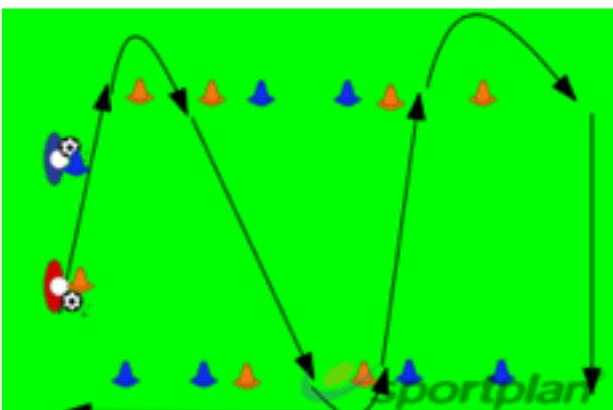
Progressions:

- Must go through a certain number of gates in a certain amount of time.
- If the defender catches you, your out.
- Different part of the foot between gates.

Coaching Points:

- Slow in, fast out of gate
- Be aware of the defenders position
- Dribble to space away from the defender

Drill 2



Game Name: Dribble Race

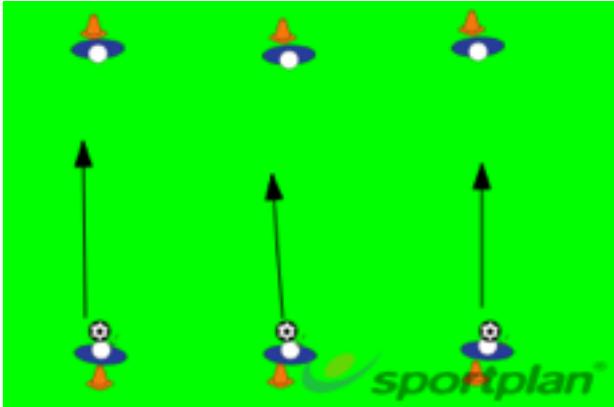
The blue team run through the blue gates and the red team through the red gates. Players run with the ball through all the gates, and back down the side before the next player runs. First team to finish wins.

Progressions:

- Different styles of dribbling
- Have to perform a turn at each gate

Coaching Points:

- Allow players to enter/exit the gates how they like (freedom of expression/creativity)
- Look for bigger touches between gates
- Get the ball out of your feet and accelerate away after turing through the gate.

Drill 3**Game Name:** 1 v 1's

Players are in pairs and take turns doing 1 v 1's. The player that starts with the ball must try to run past the player in front of them and dribble the ball to the other cone. If they get past they win a point, if the defender steals the ball, the defender wins a point.

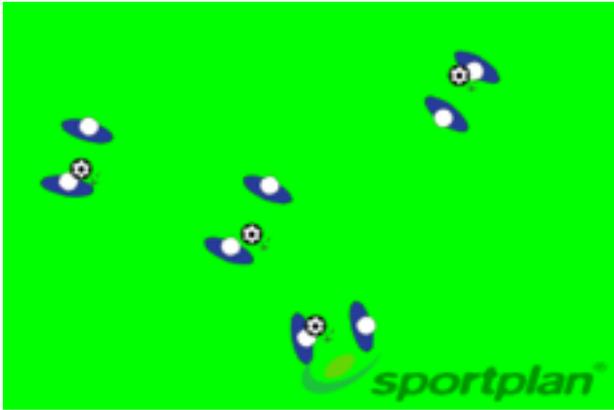
Progressions:

-2v2 and 3v3

Coaching Points:

- Dribble to the space beside the defender
- Keep the ball close to you
- Try to use a skill to get past the defender.

Warm Up



Game Name: Passing Accuracy

Players working in pairs dribble throughout the area. One player is designated as a tagger and tries to pass their ball and hit their partners. If they are successful the roles reverse.

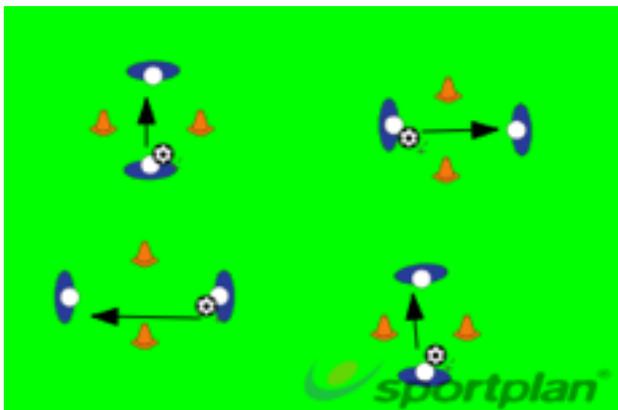
Progressions:

-If a player is tagged, they must perform a skill i.e toe taps.

Coaching Points:

- Pass with inside of foot
- Placement of non-kicking foot
- Passing weight and accuracy

Drill 1



Game Name: Gates Game

With a partner, players stand facing each other with one ball between two, passing back and forth between the gate. They gain a point for every successful pass through the gate. There points start again if they miss the gate. Aim is to get as many consecutive passes in a row.

Progressions:

- Increase distance
- Players take a touch to the side of the gate before passing.

Coaching Points:

- Same as above
- Follow through with kicking foot
- Gentle touch out of feet

Drill 2



Game Name: Transformers, Autobots vs the Deceptions

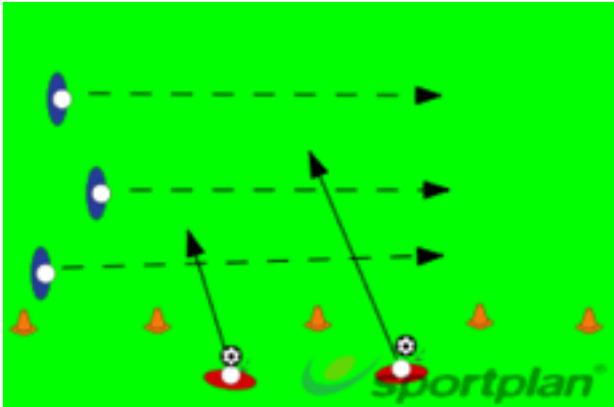
Each team has to gain possession of the ball and pass through the portal gates to a teammate.

Progressions:

- You cannot pass through the same gate twice

Coaching Points:

- Body over the ball to keep ball low
- Head up to see opposition
- Take ball into space and away from pressure

Drill 3**Game Name:** Austin Powers

Austin Powers have to run to the other side of the field. Dr Evil (Coach) have to hit Austin Powers between the knee and the foot. Using the passing technique. Dr Evil starts by saying "Austin Powers are you ready?" Austin Powers have to reply with "Yeah baby yeah, Dr Evil are you ready?" Dr Evil replies with "Fire the lasers". Then the kids run across the field. If they get hit, they become a Dr Evil, with coach.

Progressions:

- Austin Powers have to zigzag their way across the field.

Coaching Points:

- Body over the ball
- Face where you want the ball to go
- Passing weight and accuracy

Warm Up



Game Name: Numbers

Players dribble around the grid and when the coach calls out a number, they must go to a gate and perform a certain skill. 1 - toe taps 2 - side to sides 3 - pass the ball through the gate, run round to the gate and carry on dribbling before it stops.

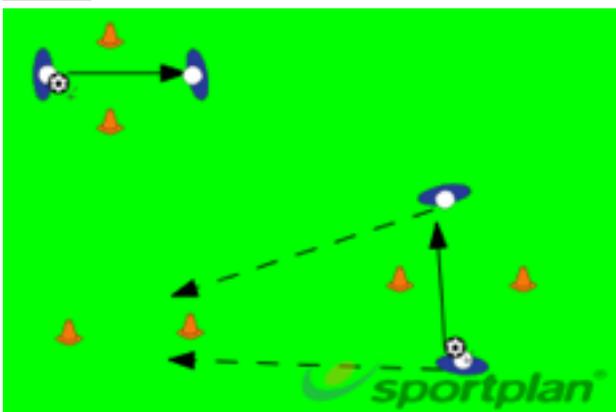
Progressions:

-Change the 3 skills

Coaching Points:

- 1 per gate
- Close control over the ball
- Must stay in the gate when performing the skill

Drill 1



Game Name: Pass and Dribble

With a partner, players stand facing each other passing the ball through a gate, once they pass the ball through, they must run to another gate and pass the ball through, then dribble to another gate etc.

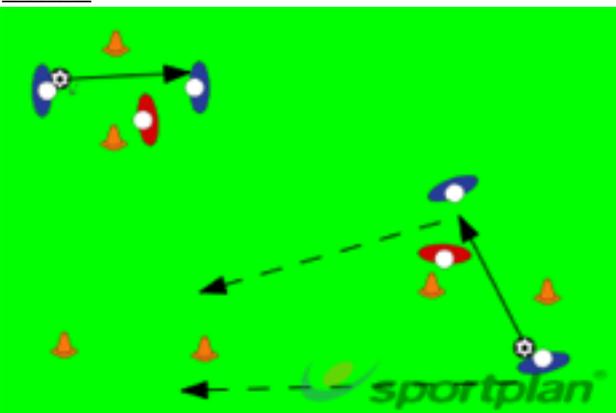
Progressions:

- Have a player perform a skill before passing
- Must go through all gates before repeating a gate

Coaching Points:

- Pass with inside of foot
- Placement of non-kicking foot
- Passing weight and accuracy

Drill 2



Game Name: Same as above

Same exercise as before, only now there are a set number of defenders trying to stop the pass.

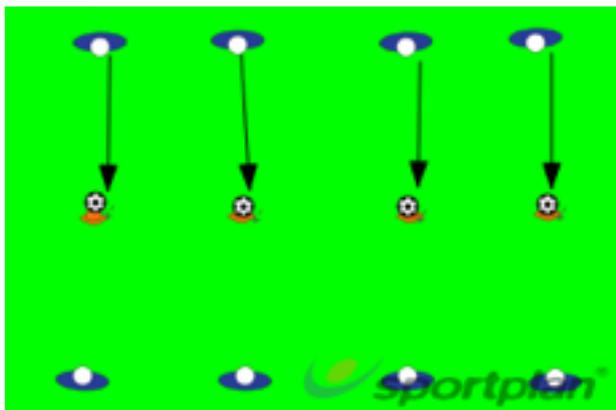
Progressions:

- Increase number of defenders
- Players get a point for each completed pass

Coaching Points:

- Head up to see defender
- Gentle touch away from pressure
- Passing weight and accuracy

Drill 3



Game Name: World Cup Passing

Players are in pairs standing equal distance away from a ball on a cone between them. One player tries to pass the ball to hit the ball off the cone. If successful, they gain a point. Players take alternate passes. 2 minutes per round, switch starting places each round so they play against a new player each time.

Progressions:

-Increase the distance

Coaching Points:

- Inside of the foot
- Follow through towards the target
- Must pass the ball from the cone you stand by.

Warm Up



Game Name: Stuck in the mud

Players dribble throughout the area avoiding the defenders. If your teammate is tagged by a defender, the only way they can be freed is if you pass your soccer ball through their legs.

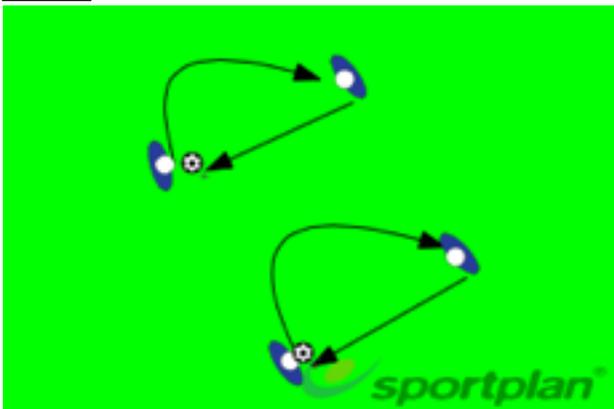
Progressions:

-Have players exchange 5 passes before being freed.

Coaching Points:

-Same as progressions

Drill 1



Game Name: Control from the air

With a partner, players stand facing each other with one ball between two. The player with the ball gently throws the ball underarm to their partner for them to control and pass back.

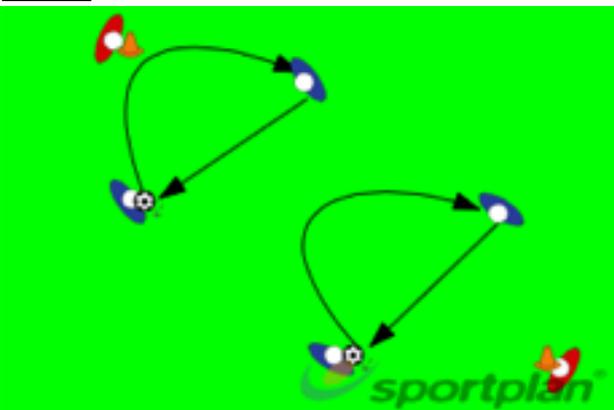
Progressions:

-Player to dribble, perform a skill before passing

Coaching Points:

-Use the middle of foot to pass and control
-Eye on the ball the whole time
- Placement of non-kicking foot

Drill 2



Game Name: Same as above

Players are now in groups of 3. Third player stands behind the cone. When the ball is served they step out from behind the cone and apply pressure to receiving player.

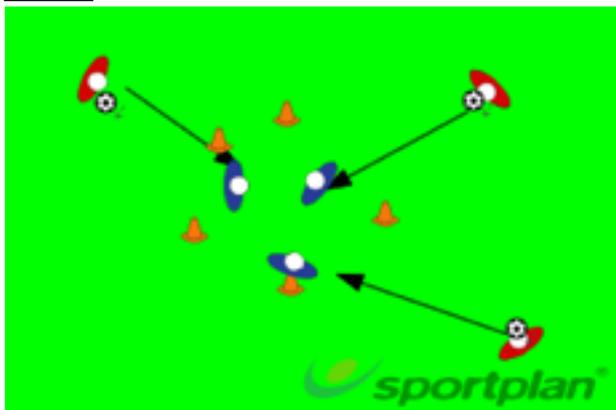
Progressions:

-Switch roles
-Vary the distance the defender travels

Coaching Points:

-Take touch away from pressure
- Same as above

Drill 3



Game Name: Pass and eliminate
Players are in two teams. One team in a defined area, the other team surrounding them. Players are eliminated if hit below the waist with a ball.

Progressions:

-Reduce the number of balls used to encourage passing a receiving on the outside.

Coaching Points:

-Strike through the ball

-Passing accuracy

- Keep your head up so you are aware of what is

around you.



Coaching Curriculum

Topic: Shooting

Session Length: 1 Hour



Warm Up



Game Name: Bulldozers

Players dribble throughout the area acting like bulldozers, shooting at and knocking over the cones which are placed in the area.

Progressions:

-Must shoot the ball from further away

Coaching Points:

-Strike the ball with laces

-Head and knee over the ball

-Preparation, contact and follow through

Drill 1



Game Name: Bulldozers and Cranes

Players are in two teams, "Bulldozers" and "Cranes". Bulldozers attempt to knock cones over while cranes run round and pick them back up.

Progressions:

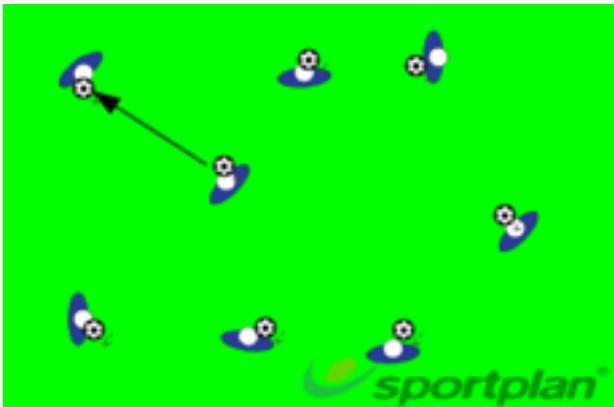
-Switch roles

-Turn into a competition

Coaching Points:

-Same as above

Drill 2



Game Name: Ball Striking

Every player has their own soccer ball and are free to dribble around the area. The aim is to shoot the soccer ball to hit other players balls. If you hit someone else's ball, you gain a point, if your ball gets hit, you lose a point.

Progressions:

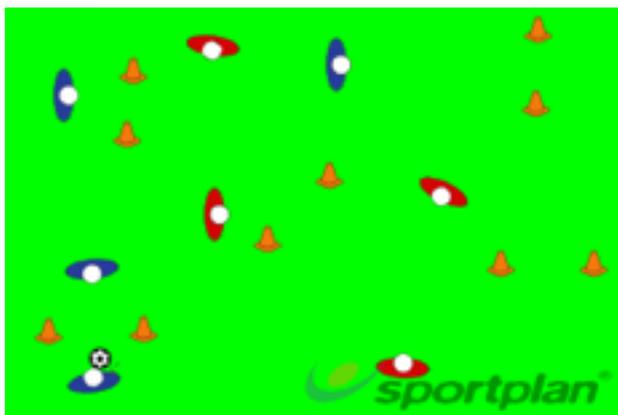
-If you shield your ball correctly you cannot have your ball hit.

-Must shoot with weaker foot.

Coaching Points:

- Head up to look for other players and their balls
- Weight and accuracy of shot
- Correct technique

Drill 3



Game Name: Shooting in two teams

Players are in two teams, several goals are laid out around the field. Team with the ball dribbles throughout the area scoring as many goals as they can. The red team runs throughout the area acting as goalkeepers.

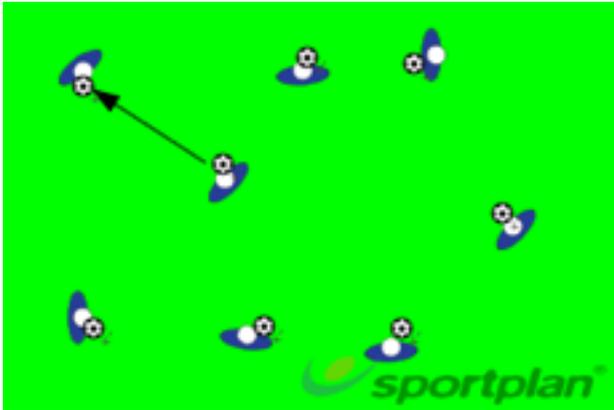
Progressions:

- See who can score the most in a set time period.
- Goal keepers can only use their feet.

Coaching Points:

- Strike the ball with laces
- Look for space and an open goal
- Aim for corners

Warm Up



Game Name: Pacman

All players are allowed to run around the grid and one player is "Pacman" and they start with a ball. Pacman's aim is to shoot the ball and hit other players below the knee, if they get hit, they also become a pacman.

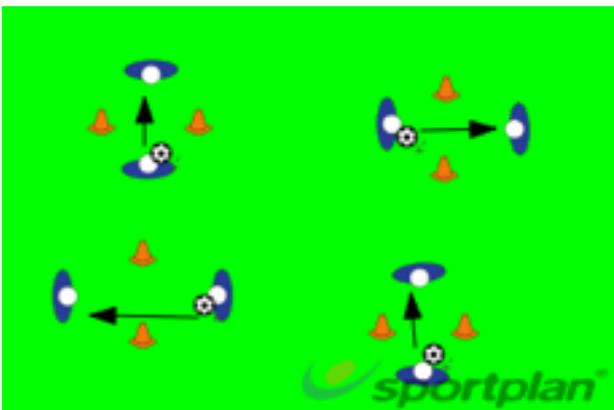
Progressions:

- Start with more than one pacman
- Can only shoot with weaker foot.

Coaching Points:

- Head and knee over the ball
- Shoot in front of the target, so they run into the ball

Drill 1



Game Name: Shooting Gates

In pairs, players shoot the ball back and forth between them through a gate. For every two successful consecutive shots, both players take a step back. The aim is to be as far back as possible both shooting through the gate.

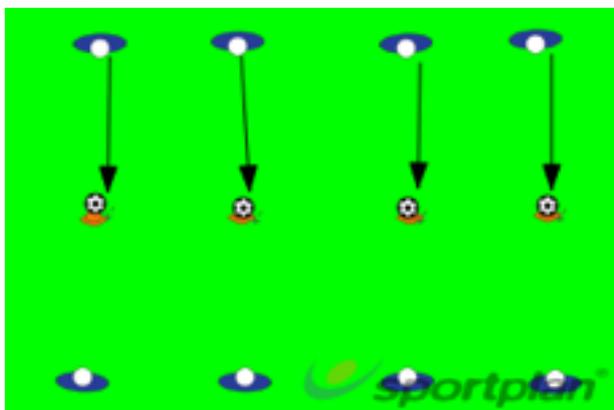
Progressions:

- Make gates smaller
- Shoot with weaker foot

Coaching Points:

- Follow through towards your target
- Head and knee over the ball to keep it low

Drill 2



Game Name: World Cup Shooting

Same set up as world cup passing, but now they must use the shooting technique to shoot with the laces.

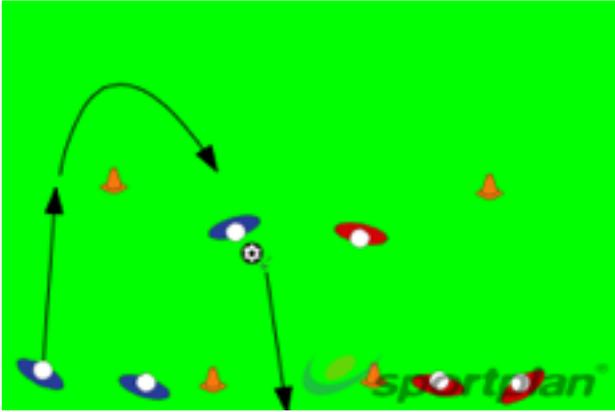
Progressions:

- Increase the distance

Coaching Points:

- Laces part of the foot
- Follow through towards the target
- Must shoot the ball from the cone you stand by

Drill 3



Game Name: Supermen vs Nuclear men
Players are in two teams, Supermen and Nuclear men. Each team stands either side of the goal. Players gain control of the energy ball which is released by the coach, then try to shoot on goal.

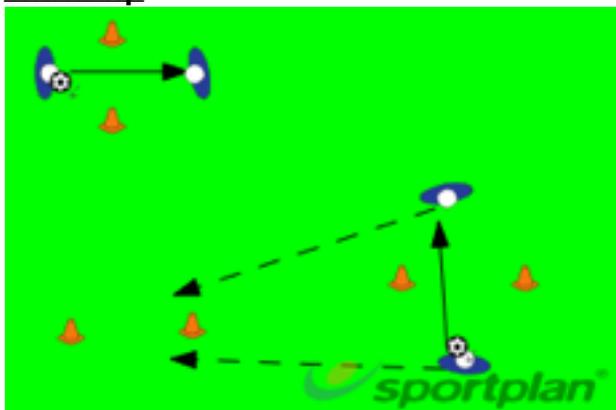
Progressions:

-Increase the number of players in the playing area

Coaching Points:

- Dribble away from opponent into space and shoot

Warm Up



Game Name: Dribble and shoot

With a partner, players stand facing each other shooting the ball through a gate, once they shoot the ball through, they must run to another gate and shoot the ball through, then dribble to another gate etc.

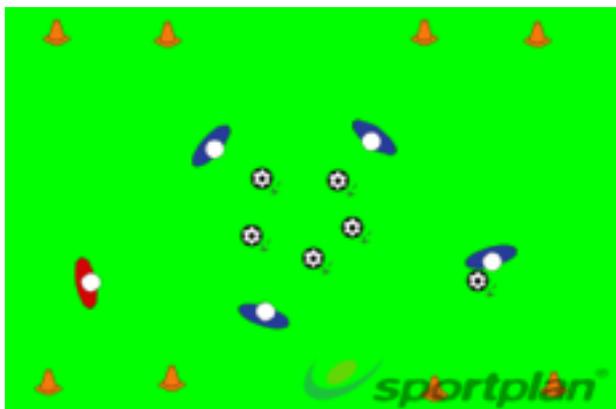
Progressions:

- Have a player perform a skill before shooting
- Must go through all gates before repeating a gate

Coaching Points:

- Shoot with the laces
- Placement of non-kicking foot
- Shooting weight and accuracy

Drill 1



Game Name: 4 Goal shooting

Four goals are spaced out in the area, with soccer balls in the middle. Players have to get a ball from the middle and shoot into one of the four goals.

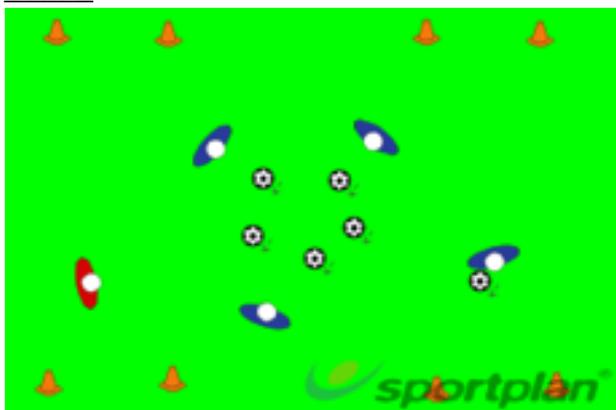
Progression:

- Players are not allowed to shoot in the same goal twice
- Lose a point if you miss a goal

Coaching Points:

- Aim for corners
- Same as above

Drill 2



Game Name: Same as above

Same set up as before only there are a set number of defenders the players must negate when shooting.

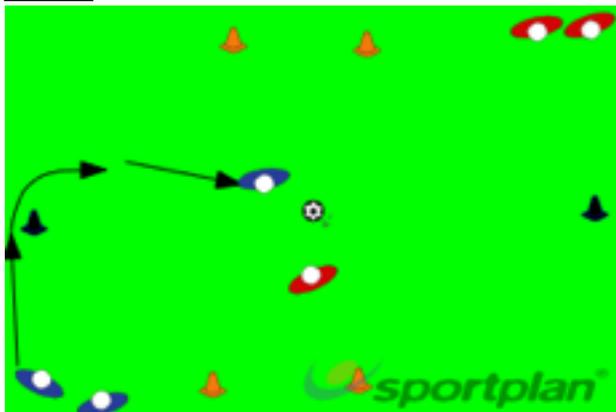
Progressions:

- Switch Roles
- Make into a competition - which team can score the most goals in a set time.

Coaching Points:

- Same as above

Drill 3



Game Name: Numbers

Players are split into two teams and must stand in the corner of the grid. Each player numbers themselves 1 to however many players in their team. The coach calls out a number and that player from each team must run round the cone in front of them and compete for the ball and try to score in the goal next to their corner.

Progressions:

-Increase the numbers called out

Coaching Points:

- Look for space to run into
- Use passing skills when there are multiple players in the area
- Do not all run to the ball, one player by the ball, the rest spread out to help

Warm Up



Game Name: King of the ring

Each player has a ball. The aim is to shield their ball whilst kicking other players out of the area. If they are eliminated they perform a set skill on the outside of the area.

Progressions:

-Each player is given 3 lives

Coaching Points:

- Side on with an open stance
- Knees bent for low centre of gravity
- Arms out and bent at the elbow for balance

Drill 1



Game Name: Practice shielding

Each player has a ball and is allowed to dribble around the area. When they approach a cone they must stop the ball and get into a shielding position.

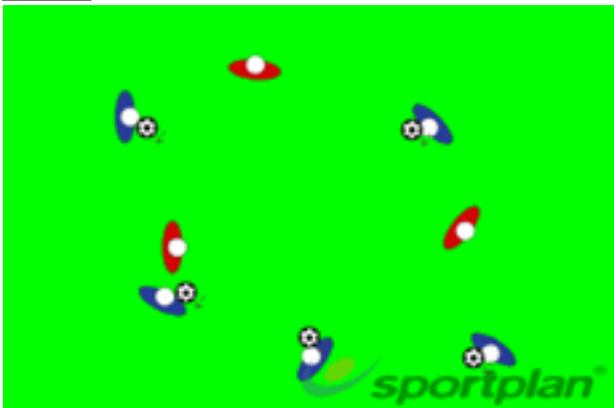
Progressions:

-Introduce a time to see how many cones they can get too and apply the correct shielding position

Coaching Points:

-Same as above

Drill 2



Game Name: Shark Attack

Each player has a ball except a designated number of sharks. If a player is approached by a shark they must get into a shielding position.

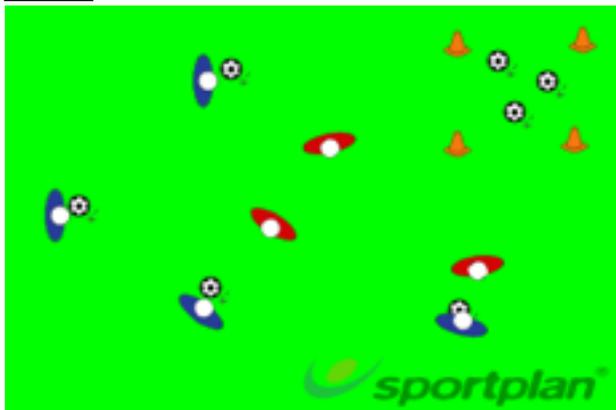
Progressions:

- Switch roles
- The shark has 5 seconds to get the ball

Coaching Points:

- Keep head up, be aware of sharks
- Keep ball moving and away from sharks

Drill 3



Game Name: Transformers

Two teams, Autobots vs Decepticons. Autobot's protect their ball by shielding from decepticons. If decepticons win the ball they take it back to their base.

Progressions:

-Decepticons only have 3 seconds to try and win the ball

Coaching Points:

- Strong shielding position
- Keep the ball moving
- Move with the ball into space



Coaching Curriculum

Topic: Defending

Session length: 1 Hour



Warm Up



Game Name: Practice Shielding

Players dribble throughout the area. In the area are a number of small boxes. Players dribble into these boxes and practice shielding the ball.

Progressions:

-Players must perform a turn when leaving a box

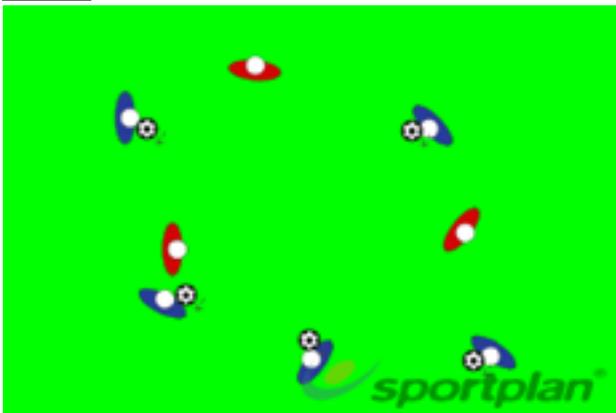
Coaching Points:

-Side of with an open stance

-Knees bent for low centre of gravity

-Arms out wide and bent at elbow for balance

Drill 1



Game Name: Captain America

Each player is "Captain America" and has a ball for a shield at their feet. The coach calls out instructions for players to get into a shielding position.

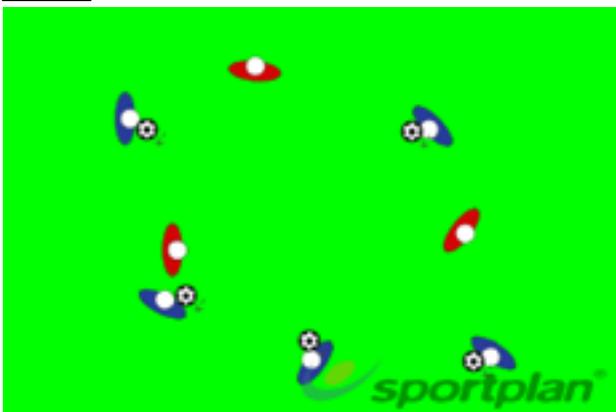
Progressions:

-Coach can use a certain buzzword i.e Red Skull Attack

Coaching Points:

-Same as above

Drill 2



Game Name: Same as above

Same as above, but now when the coach calls out Red Skull Attack, the Captain America's have to shield the ball away from the Red Skulls.

Progressions:

-Switch Roles

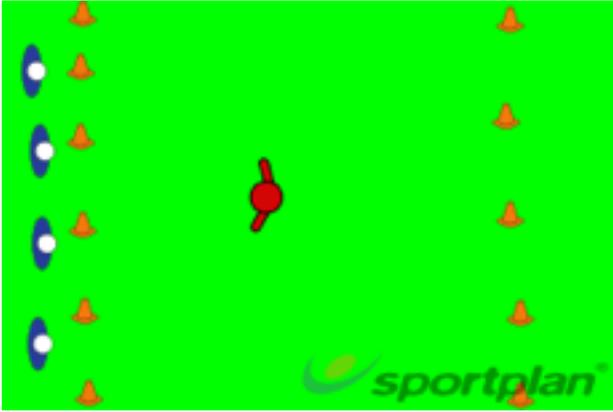
-The red skulls have 5 seconds to try and steal the ball

Coaching Points:

-Keep head up, be aware of red skulls

- Keep ball moving and away from red skulls

Drill 3



Game Name: Chicken or Hero

All players line up on one side of the grid and the coach asks one player “Chicken or Hero?” if they answer hero, they have to dribble 1v1 against the coach to try and get to the other side. If they choose chicken, all players dribble against the coach. If the coach steals the soccer ball from a player, they become a defender.

Progressions:

-Have the defenders act like crabs to increase fun and success rate.

Coaching Points:

- Move the ball into space
- Focus on shielding the ball instead of getting past the defender
- Have your head up at all times, so you know where the defender is.



Coaching Curriculum

Topic: Defending

Session Length: 1 Hour



Warm Up



Game Name: King of the ring

Each player has a ball. The aim is to shield their ball whilst kicking other players out of the area. If they are eliminated they perform a set skill on the outside of the area.

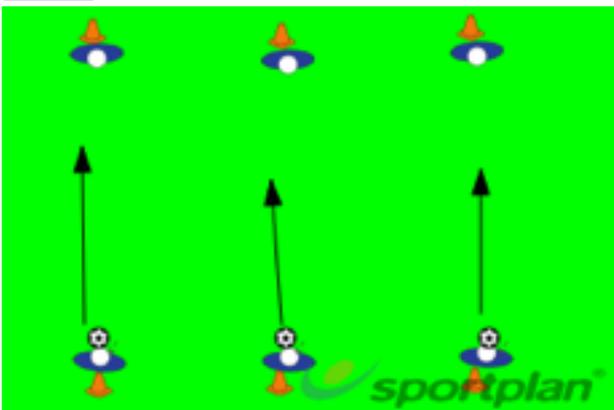
Progressions:

-Each player is given 3 lives

Coaching Points:

- Side on with an open stance
- Knees bent for low centre of gravity
- Arms out and bent at the elbow for balance

Drill 1



Game Name: 1 v 1's

Players are in pairs and take turns doing 1 v 1's. The player that starts with the ball must try to run past the player in front of them and dribble the ball to the other cone. If they get past they win a point, if the defender steals the ball, the defender wins a point.

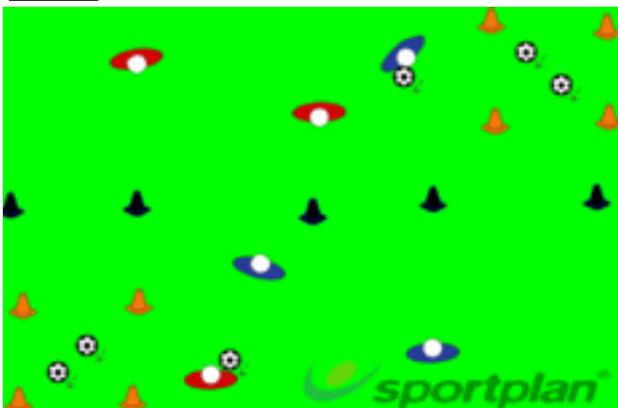
Progressions:

-2v2 and 3v3

Coaching Points:

- Focus on shielding the ball away from the defender
- Keep the ball close to you
- Try to use a skill to get past the defender.

Drill 2



Game Name: Stealing and shielding

Players are in two team. Each team has to try and steal their opponents ball and take it back to their corner base. If a defender player can shield their ball for 5 seconds then the attacking player must return to their area.

Progressions:

-Vary the time attackers have to win the ball

Coaching Points:

- Strong shielding stance
- Keep the ball moving
- Move into space with ball

