



Coaching Curriculum

U14+

Written By Coach CJ



**CH** **all** **ENGER**  
**SPORTS™**



Coaching Curriculum

Topic: Dribbling

Session Length: 1 Hour



### Warm Up



#### **Game Name:** Box Warm Up

Players each have their own box. Coach shouts out different turns and moves. Use different techniques of dribbling, inside, outside, inside-outside-roll, drag and push, outside inside right, outside inside left etc.

#### **Progressions:**

- Progress moves
- Weak foot turns and moves
- Mix footwork with moves

#### **Coaching Points:**

- Keep the ball close
- Quick feet, adjusting your feet
- Different parts of the feet

### Drill 1



#### **Game Name:** Gates

Players have a ball each and have to dribble through as many gates in an allotted time. Must try to beat their previous score each attempt.

#### **Progressions:**

- Do a move through a gate
- Different techniques i.e. outside and inside, sole rolling

#### **Coaching Points:**

- Head up
- ‘Explode’ through the gap/gate
- Keep the ball close

### Drill 2



#### **Game Name:** Same as above

Now put defender(s) into the practice. Defenders have to try and stop players dribbling through the gates. If they steal a ball, they have to pass it through a gate and the player continues.

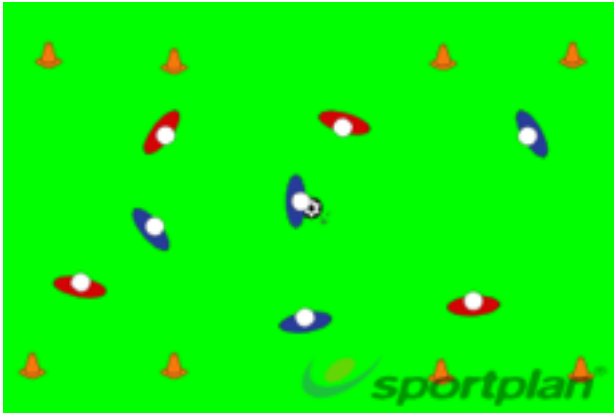
#### **Progressions:**

- When defender steals, they keep the ball, and player becomes defender

#### **Coaching Points:**

- Finding space
- Head up, awareness
- Moves to open up gate

### Drill 3



#### **Game Name:** 4 Goal Name

4 goals are placed in the corners of the grid. Both teams can score in EVERY goal, however, the only way they can score is by dribbling through the goal.

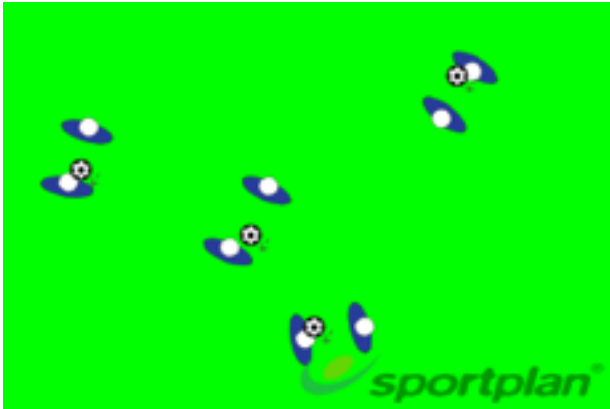
#### **Progressions:**

- Minimum amount of passes before you score
- 3 touch

#### **Coaching Points:**

- Create space and spread out
- Know when to dribble or when to pass
- Only 1 player from your team has to be on the ball

**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.

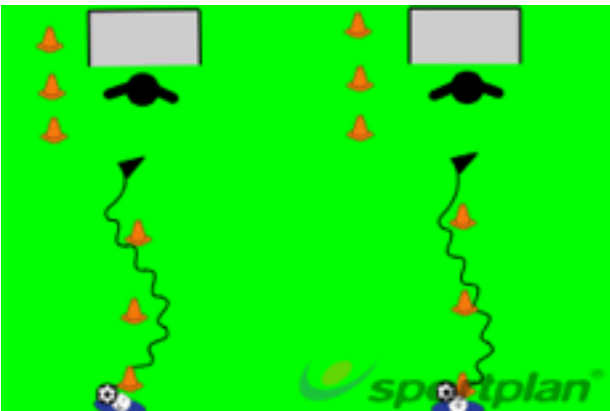
**Progressions:**

- Can only use 1 foot or a certain part of the foot to dribble with.
- Must perform a skill every 4 touches

**Coaching Points:**

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

**Drill 1**



**Game Name:** Dribble and SAQ's

Players are in small groups of 3-4 including a GK. Attackers dribble through the cones and shoot at the GK. The GK performs SAQ's in the cones while the attacker is dribbling.

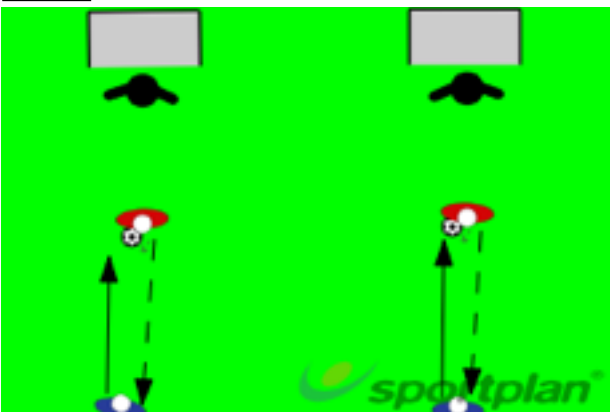
**Progression:**

- 1st time shot
- Weak foot shot

**Coaching Points:**

- Body Position and approach to the ball
- Decision of shot (side or laces)
- Create angle for shot

**Drill 2**



**Game Name:** 1v1 dribbling

Defender passes the ball to attacker and attacker dribbles at defender and tries to shoot on goal.

**Progressions:**

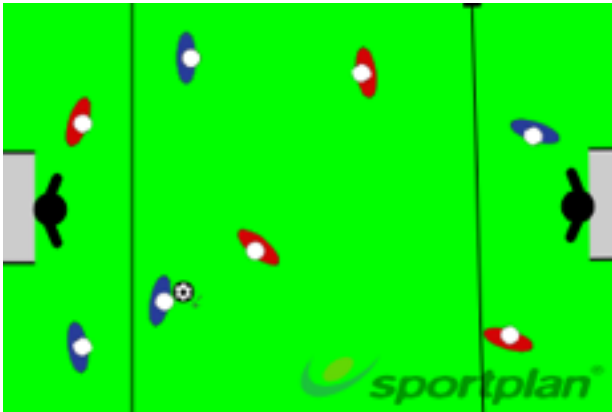
- Defenders start as passive
- Change position of defender based on skill level of attackers

**Coaching Points:**

- Take shot at correct time
- Cut across defender or make space to create and

angle to shoot.

### **Drill 3**



#### **Game Name:** 3 zone scrimmage

3 zones with a goalkeeper in each end zone, 1 defender and 1 attacker in each end zone with 2 midfielders in the middle.

#### **Progressions:**

- Players can score in different zones - create different angles and opportunities.
- Remove conditions and restrictions

#### **Coaching Points:**

- Get the ball to attacker early
- Finish with composure



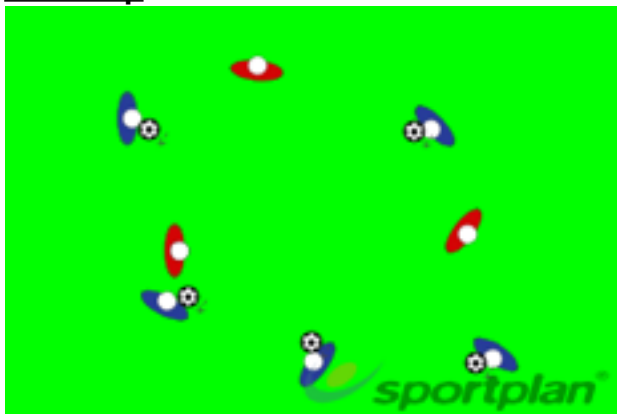
Coaching Curriculum

Topic: Dribbling

Session length: 1 Hour



### Warm Up



**Game Name:** Dribble away from defenders  
Each player has a ball except a designated number of defenders. Defenders can only try to steal the ball on the coaches command and have 30 seconds to steal the balls and kick them outside the grid.

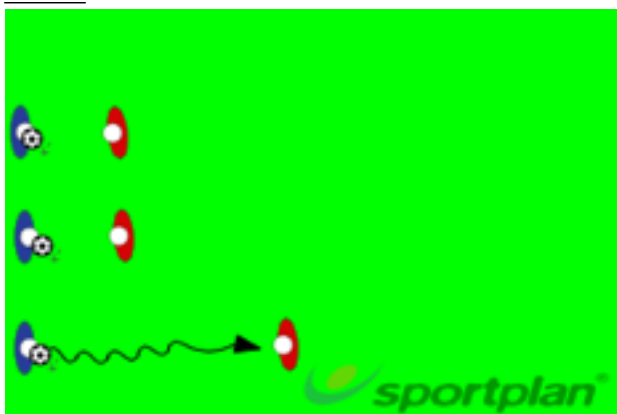
**Progressions:**

- Switch roles
- The defenders have less time to get the balls

**Coaching Points:**

- Keep head up, be aware of defenders
- Keep ball moving and away from
- Use skills to dribble into space away from defenders

### Drill 1



**Game Name:** 1v1's

Players partner off and face off 10 yards apart. Players dribble towards their partner. Once the attacker reaches the defender, they are able to try and steal the ball from them. Attackers must try and dribble past them to score a point.

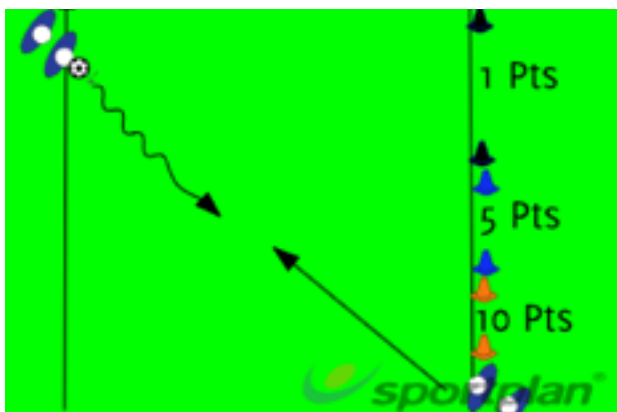
**Progressions:**

- Dribble faster
- Encourage moves, feints and shoulder dips

**Coaching Points:**

- Keep their head up
- Go at a pace which they can control the ball
- Have the ball out from under your feet

### Drill 2



**Game Name:** 1v1 points

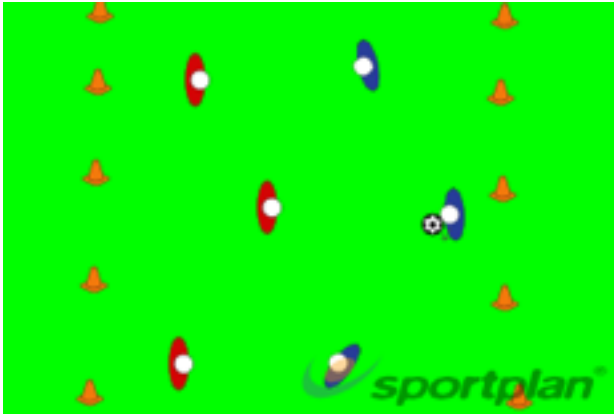
Two players line up opposite side of a square. The attacking player dribbles the ball towards the centre before then attempting to stop the ball between one of the goals, points depend on which goal they try to get the ball into.

**Progressions:**

- Less gates
- 2v1 or 1v2

**Coaching Points:**

- Try to dribble into space
- Put the defender on the back foot
- Look for good movement, speed and defensive channelling

**Drill 3****Game Name:** Dribble to the end zone

Players are split into 2 teams and they need to dribble past the other team and get to the opponents end zone for a point. Opponents play from that end. Ball must be dribbled into the end zone to score a point.

**Progressions:**

- Extra goal if they use moves to go round defenders
- Can dribble in a retain the ball
- Can only pass backwards

**Coaching Points:**

- Moving with the ball into space
- Keep the ball close when dribbling
- Have head up.



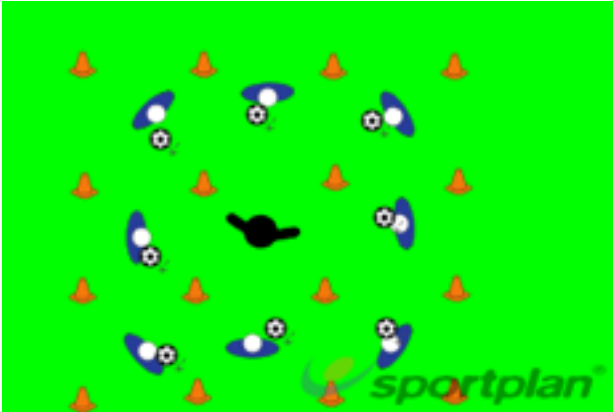
Coaching Curriculum

Topic: Passing

Session Length: 1 Hour



### Warm Up



#### **Game Name:** Box Warm Up

Players each have their own box. Coach shouts out different turns and moves. Use different techniques of dribbling, inside, outside, inside-outside-roll, drag and push, outside inside right, outside inside left etc.

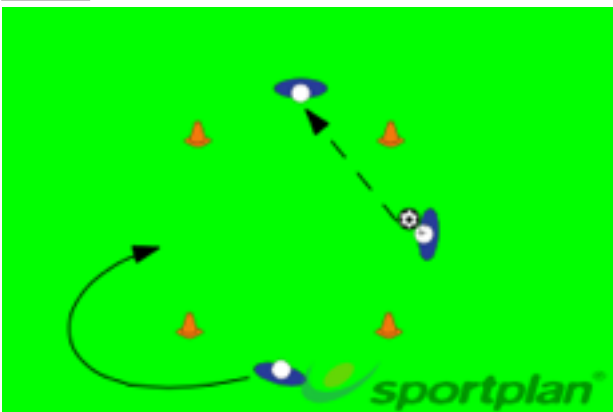
#### **Progressions:**

- Progress moves
- Weak foot turns and moves
- Mix footwork with moves

#### **Coaching Points:**

- Keep the ball close
- Quick feet, adjusting your feet
- Different parts of the feet

### Drill 1



#### **Game Name:** Pass and Move

Players are on outside of the box. Ball has to be played through the box. Once you pass, you must move to another side of the box. Move to give angles, player with the ball must have 2 options at all times.

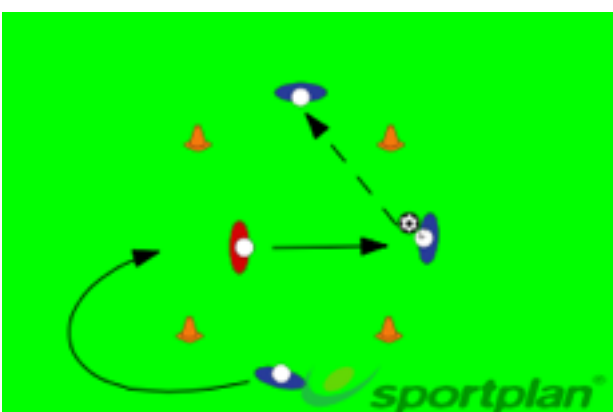
#### **Progressions:**

- 2 touch
- Weak foot
- Receive with right, pass with left

#### **Coaching Points:**

- Passing and receiving with inside
- Open body to receive
- Player with ball has 2 options

### Drill 2



#### **Game Name:** Same as above

Players on outside of box. Defender inside box to intercept only. Ball has to be played through the box, defender cannot go outside box. Move to give angles, player must have to options at all times.

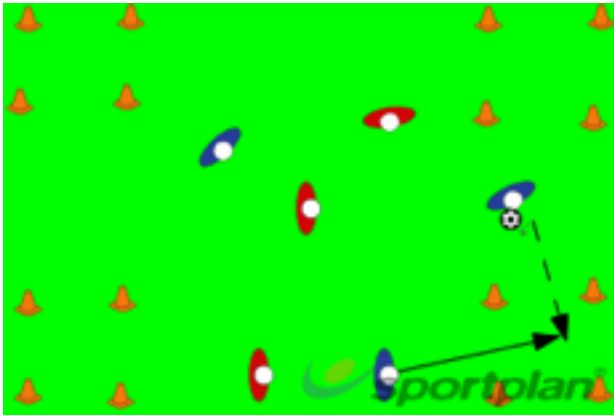
#### **Progressions:**

- Weak foot
- Receive with right, pass with left



**Coaching Points:**

- Give an angle around defender
- Always look to give option
- Look at defenders position

**Drill 3****Game Name: 4 Corners**

Possession with pass and move. Score a point by receiving in one of the boxes. Stop play after point scored, or continue play to see how many points can be scored in a row. Can we attack quick, head up and find the best option.

**Progressions:**

- Continue play after point scored
- All 4 boxes available to score
- 2-3 touch

**Coaching Points:**

- Always give an option
- Head up, spread the play
- Receiving and playing quickly



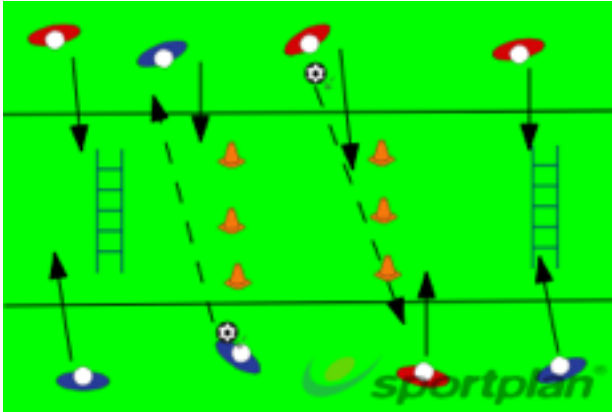
Coaching Curriculum

Topic: Passing

Session Length: 1 Hour



### Warm Up



**Game Name:** Pass and SAQ's

Two equal teams. Each team has a target player in opposite zone. Teams have to pass and move in their zone. On coaches call the ball is played to the target player. Players perform SAQ's in the middle zone and provide supporting runs for target player.

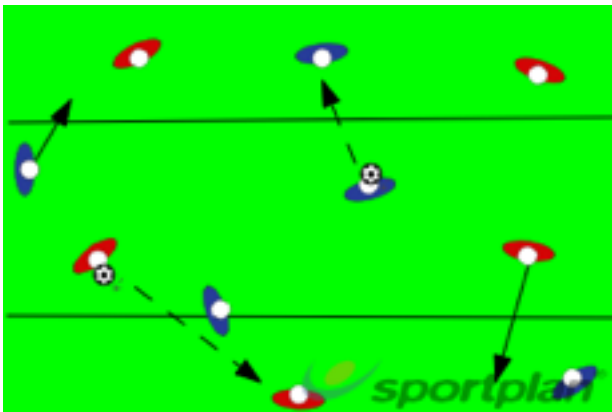
**Progressions:**

- One player stays when everyone moves so there is always a target
- Rotate the target player

**Coaching Points:**

- Target player - find feet
- Overlaps, crossovers, diagonal runs
- Combinations - short, short, long

### Drill 1



**Game Name:** Combination play

Each team passes and moves around the area playing a short combination play before playing a long ball to a designated target player.

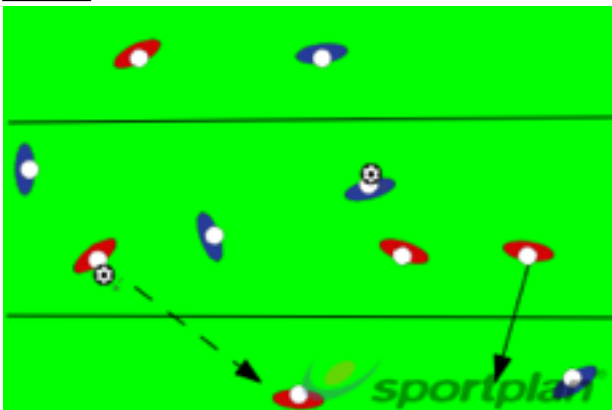
**Progressions:**

- Condition players to 2-3 touches
- Condition players to have to overlap every short pass

**Coaching Points:**

- Combination plays, 1-2's
- Angle of support
- Timing of runs

### Drill 2



**Game Name:** Same as above

Each team has a target player in an end zone. Teams compete for possession and try to get the ball to their target player. If successful the team then turns and attacks the other end zone - always creating opportunities for supporting runs.

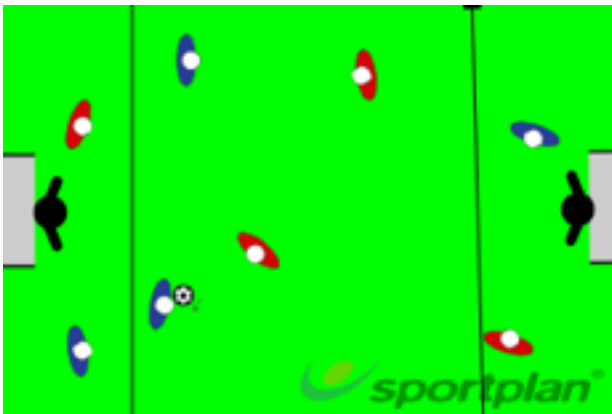
**Progressions:**

- Players are passive defenders and can only intercept bad passes
- Remove conditions after success

**Coaching Points:**

- Vary point of attack
- Movement of target men to create space for attacking runs

**Drill 3**



**Game Name:** 3 zone scrimmage

1 GK, 1 defender and 1 attacker in each end zone. Midfield is overloaded to encourage players to make attacking runs to support the attackers.

**Progressions:**

-Teams can only score as a result of a supporting run - overlap, diagonal run or crossover

**Coaching Points:**

- Get the ball forward quickly
- Variations of attacking runs
- Support player in possession



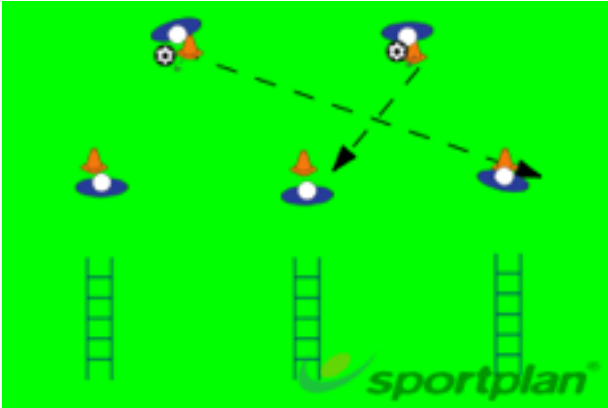
Coaching Curriculum

Topic: Passing

Session Length: 1 Hour



### Warm Up



**Game Name:** Passing options

Groups of 5. All players are 5-10 yards apart. 2 players opposite 3 players. The two players receive balls from the 3 servers and have to pass back to a different server and then receive the other ball.

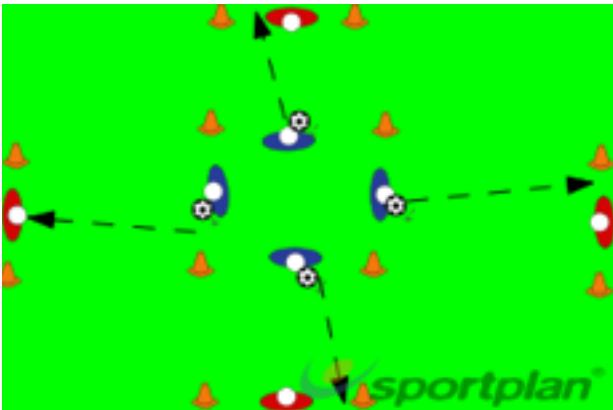
**Progressions:**

- Limit touches - two or one touch
- On coaching command perform SAQ's and then rotate positions

**Coaching Points:**

- Light feet - be on your toes
- Awareness of other ball
- Communication

### Drill 1



**Game Name:** Pass and move

Players are split into two groups. Servers and receivers. Receivers have to move through the middle square, receive a ball and pass it back to the server. Move through the square and find another open server. Switch groups.

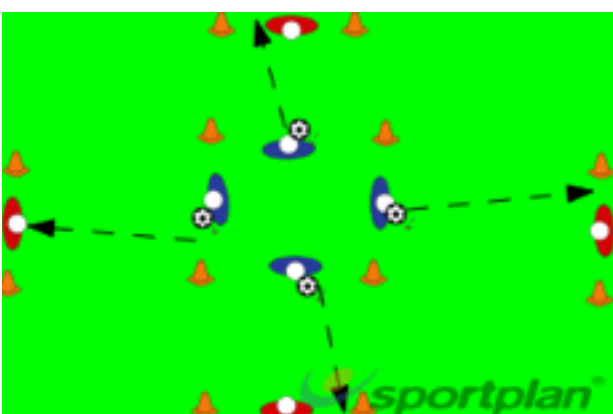
**Progressions:**

- Players receive, turn, dribble and then pass to an open server.

**Coaching Points:**

- Body position when receiving
- Communication from both groups
- Awareness - play with head up

### Drill 2



**Game Name:** Same as above

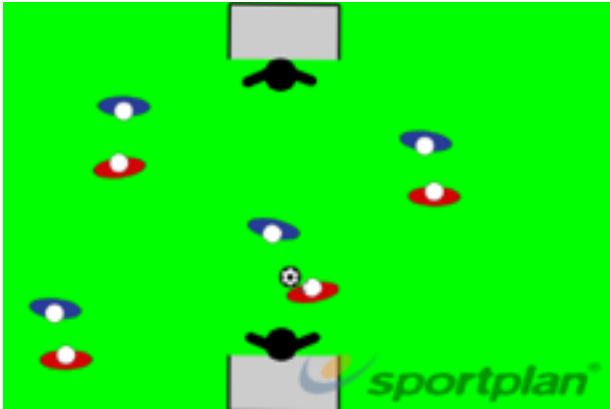
Same as previous only include 2 defenders to apply pressure to the middle receivers. Receivers have to be aware of defender - can I turn and pass to another server? Do I play a safe pass back?

**Progressions:**

- Defenders can win the ball - if successful, return to server
- Increase amount of defenders

**Coaching Points:**

- Communication -“time or man on”
- Awareness of defender
- First touch into space

**Drill 3****Game Name:** 1v1 Scrimmage

Players are given 1 set player in the opposite team they must mark and only they can take the ball of them. Bad passes can also be intercepted.

**Progressions:**

- Each team must make 4 passes before shooting
- Remove conditions and restrictions

**Coaching Points:**

- Communication is vital
- Decision making, when to pass and when to turn?
- Active off the ball - create space



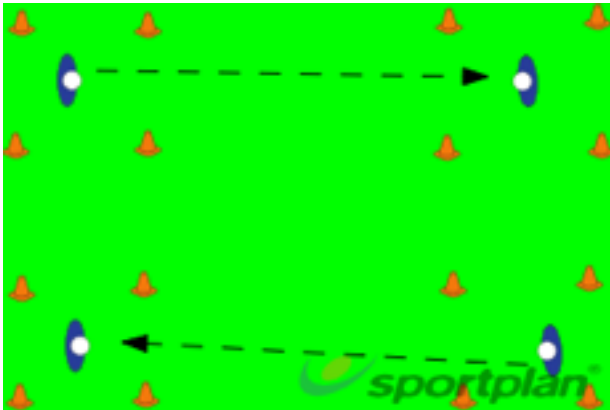
Coaching Curriculum

Topic: Shooting

Session Length: 1 Hour



### Warm Up



**Game Name:** Long range shooting  
Players in partners. Striking the ball to partner, aiming for the 5x5 box. Players get a point for each accurate shot. Players receiving get a point for keeping it in control, within the box.

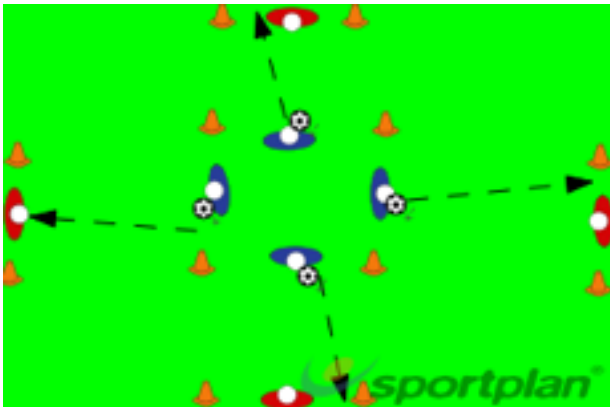
**Progressions:**

- Different shooting techniques
- Weak foot
- Dead ball, or touch then shoot

**Coaching Points:**

- Preparation, contact, follow through
- Angle of approach
- Selection of shot

### Drill 1



**Game Name:** Dribble and shoot  
Half players in the middle box, half in the goals on the outside. Dribble the ball to the inside box, perform turn or skill. On coaches command, have to manoeuvre and shoot at their partner.

**Progressions:**

- Switch roles
- Each shot, shoot at different GK

**Coaching Points:**

- Shot selection
- Aim for corners
- Get ball out of feet quickly

### Drill 2



**Game Name:** Shot Rotation

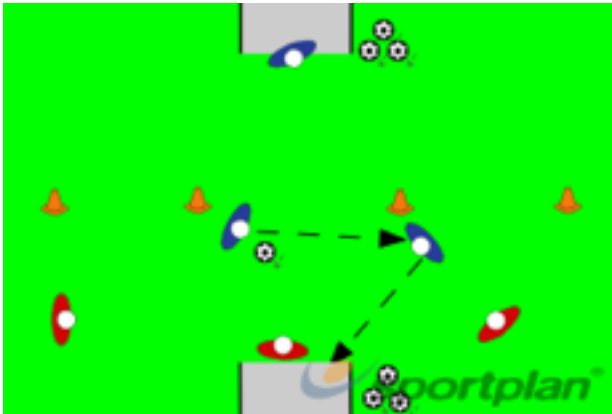
2 teams, each with a goal. Line across the middle of the field. Player 1 has to shoot before the line. Once shot, goes to the back of the line. Player 3 becomes the GK for that team. Player 2 saves, then has a shot himself in other goal. Player 3 turn to shoot and so on.

**Progressions:**

- Time limit to get shot off
- Weak foot shooting

**Coaching Points:**

- Aim for corners
- Shoot quick, aware of GK position

**Drill 3****Game Name:** 3 Seconds to shoot

2 teams, goal each. Line across of area. Players have to keep possession, as soon as the ball crosses the half way line, by a dribble or pass, player has 3 seconds to shoot.

**Progressions:**

- Player has max 2 touches to shoot
- Has to make a pass in oppositions half before a shot.

**Coaching Points:**

- Shooting for the corners
- Strike the ball, follow through
- Work the ball into other teams half



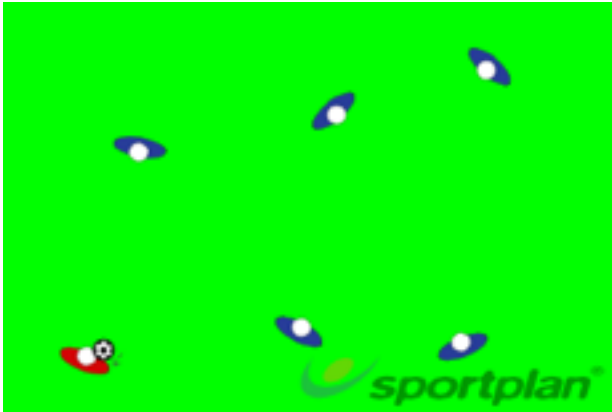
Coaching Curriculum

Topic: Shooting

Session Length: 1 Hour



### Warm Up



#### **Game Name:** PacMan

Players run around the area without a ball, apart from one player who is PacMan. PacMan has to dribble around and try to shoot the ball to hit the other players below the knee. If successful, they player hit, must go get a ball and also becomes a PacMan.

#### **Progressions:**

- Start with more PacMan
- Shoot with different parts of the feet.

#### **Coaching Points:**

- Head and knee over the ball
- Shoot in front of the target for them to run into
- Placement of non-kicking foot

### Drill 1



#### **Game Name:** 1st time shot

One player on the goal line plays the ball into the area for the player diagonally opposite them to shoot first time or allow them to have one touch first. Both players switch positions after the shot and the players on the other side then play.

#### **Progressions:**

- First time shot (if they have been taking a touch)
- Weak foot
- Player who passed the ball becomes defender

#### **Coaching Points:**

- Timing of the pass
- Correct body position to strike the ball (open up,

side on, straight on etc)

### Drill 2



#### **Game Name:** Dribble and shoot

Players must run through the cones with the ball under control. When they reach the final cone they have one final touch to set the ball and then they must shot into the far corner. After shooting players collect the other players ball and then dribble to the back of the other line.

#### **Progressions:**

- Must perform a different skill after each cone
- Shoot with weak foot

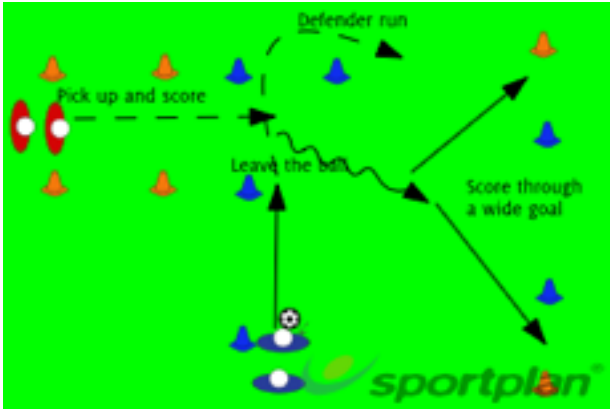


- Add a defender

**Coaching Points:**

- Must shoot after final touch, regardless of where the ball is or what position they have let themselves get into.
- Body position when approaching the ball
- Close control when dribbling through the cones

**Drill 3**



**Game Name:** 1v1 first touch and accuracy

Set up two lines of players as shown in the image. The first blue player dribbles with the ball at pace stops the ball in front of the other player. The player continues their run around the cone in front of them and then runs back inside the area. The first red player runs towards the ball and plays 1v1 with the blue player and tries to score in one of the wide goals.

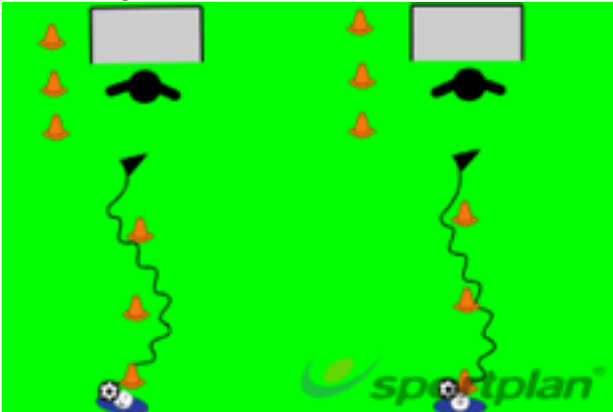
**Progressions:**

- Increase or decrease the size of the goals
- Must perform skills before shooting

**Coaching Points:**

- Positive first touch into space
- Shot should be passed into the mini goals, accuracy before power

**Warm Up**

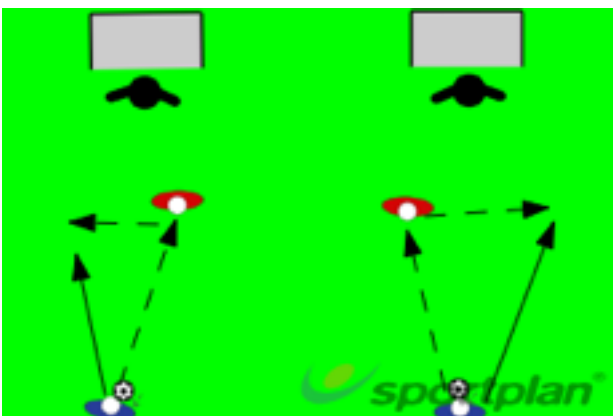


**Game Name:** Dribble, SAQ's and shoot  
 Players are in small groups of 3-4 including a GK. Attackers dribble through the cones and shoot at the GK. The GK performs SAQ's in the cones while the attacker is dribbling.

**Progression:**  
 -1st time shot  
 -Weak foot shot

**Coaching Points:**  
 -Body Position and approach to the ball  
 - Decision of shot (side or laces)  
 - Create angle for shot

**Drill 1**

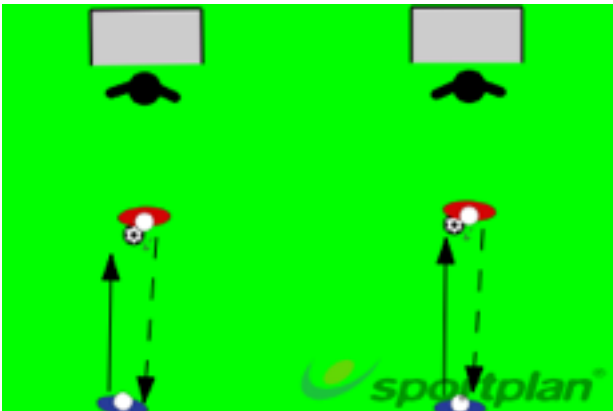


**Game Name:** Lay off and shoot  
 Players play the ball into partner who lays the ball off for the player to shoot.

**Progressions:**  
 -Layoffs at various angles  
 -Progress from taking a touch to control the ball to shooting first time

**Coaching Points:**  
 -Creation of angle for the shot  
 -Decision of shot  
 - Body position when striking

**Drill 2**



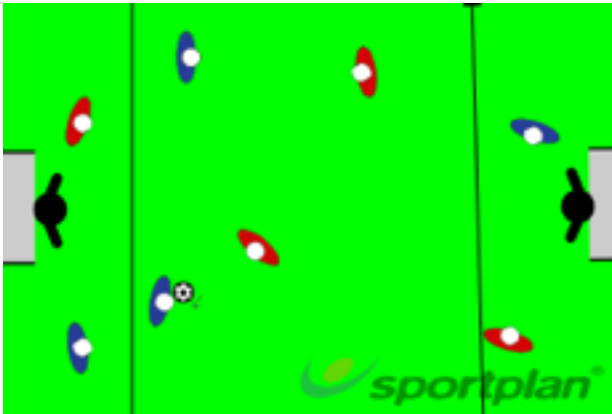
**Game Name:** 1v1 dribbling  
 Defender passes the ball to attacker and attacker dribbles at defender and tries to shoot on goal.

**Progressions:**  
 -Defenders start as passive  
 -Change position of defender based on skill level of attackers

**Coaching Points:**  
 -Take shot at correct time  
 -Cut across defender or make space to create and

angle to shoot.

### **Drill 3**



#### **Game Name:** 3 zone scrimmage

3 zones with a goalkeeper in each end zone, 1 defender and 1 attacker in each end zone with 2 midfielders in the middle.

#### **Progressions:**

- Players can score in different zones - create different angles and opportunities.
- Remove conditions and restrictions

#### **Coaching Points:**

- Get the ball to attacker early
- Finish with composure



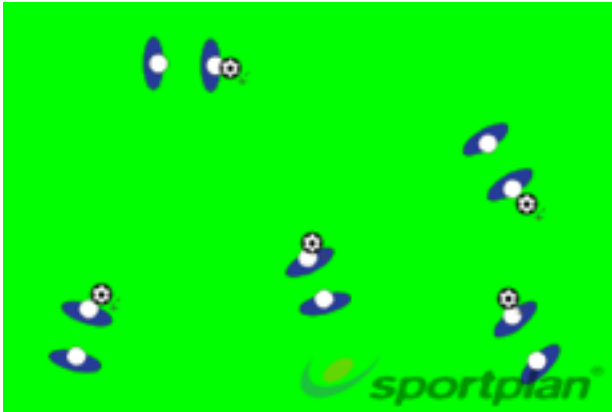
Coaching Curriculum

Topic: Defending

Session Length: 1 Hour



### Warm Up



#### **Game Name:** Shark Attack

Half the players have a ball and everyone is running around the area passing the ball back and forth between them. When the coach shouts 'Shark Attack' the players with the ball must do their best to keep the ball and the players without a ball must try to steal a ball within 30 seconds.

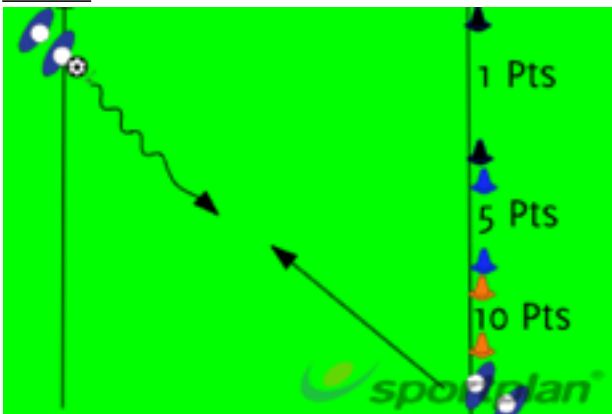
#### **Progressions:**

- Less players with balls
- Shorter time than 30 seconds

#### **Coaching Points:**

- Put your body in-between the ball and the defender
- If you are a defender, do not kick the ball away, try to take it from them

### Drill 1



#### **Game Name:** 1v1 points

Two players line up opposite side of a square. The attacking player dribbles the ball towards the centre before then attempting to stop the ball between one of the goals, points depend on which goal they try to get the ball into.

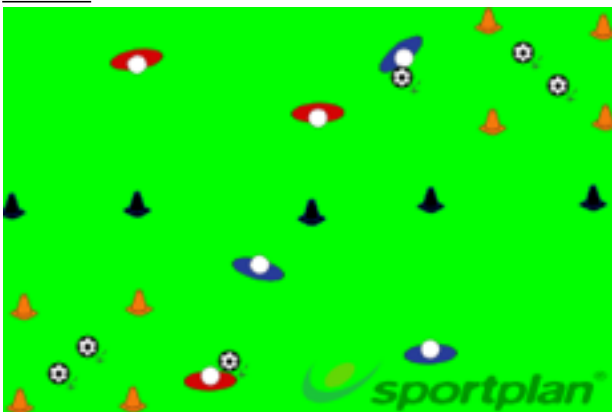
#### **Progressions:**

- Less gates
- 2v1 or 1v2

#### **Coaching Points:**

- The defender should not try and force a tackle
- Try to shadow and force the player to the 1 point goal
- Look for good movement, speed and defensive channelling

### Drill 2



#### **Game Name:** Stealing and shielding

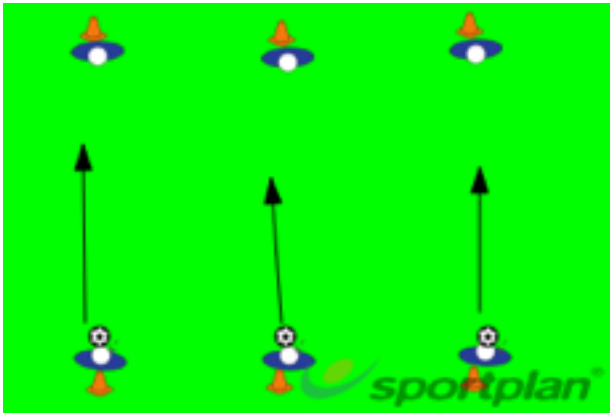
Players are in two team. Each team has to try and steal their opponents ball and take it back to their corner base. If a defender player can shield their ball for 5 seconds then the attacking player must return to their area.

#### **Progressions:**

- Vary the time attackers have to win the ball

**Coaching Points:**

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

**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:**

- 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.



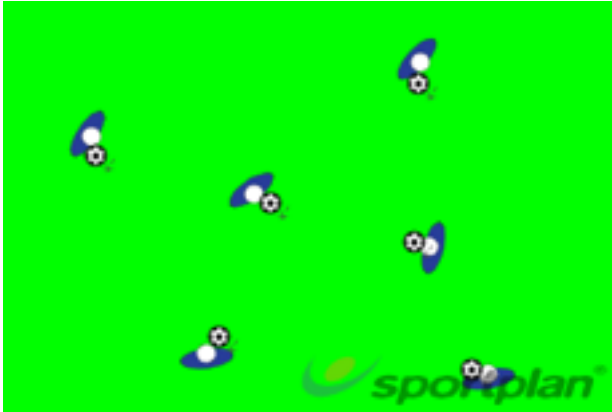
Coaching Curriculum

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

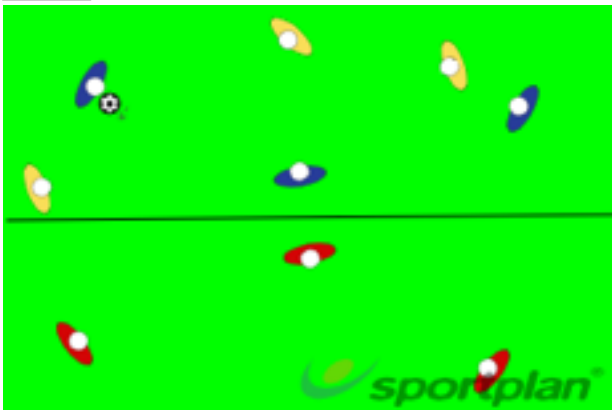
**Coaching Points:**

-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:** 2 teams v 1

1 team is each half and 1 team can play in the whole area. 1 team has to go in a try to intercept the ball from one team in their half. Possession team has to make 4 passes before they can pass the ball to the other half and the defensive team then have to go to that half.

**Progressions:**

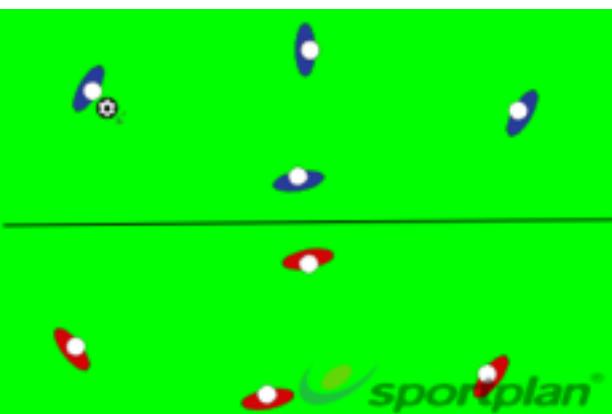
-Increase the amount of defenders

-Defenders can now win the ball through a challenge.

**Coaching Points:**

- 1st defender - pressure on the ball
- 2nd defender - provides cover
- 3rd defender - provides balance

### Drill 2



**Game Name:** Defensive scrimmage

Two equal teams in a half each. The team with the ball aim to keep possession in their half. Two defenders from opposing team can cross over to win the ball and play it back into their half. 1 goal = 5-8 successful passes.

**Progressions:**

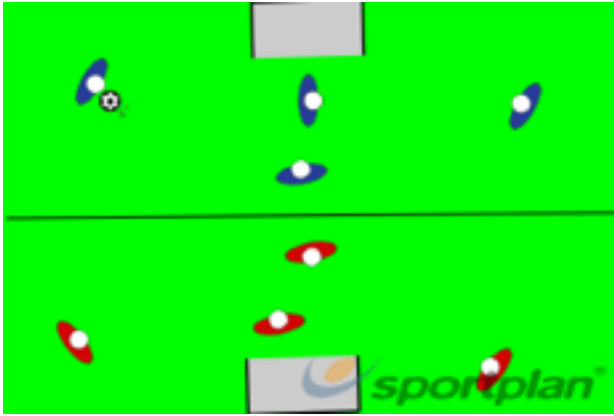
-Increase the amount of defenders allowed to cross the half way line and win the ball back.

**Coaching Points:**

-Low or high pressure

-Communication

### **Drill 3**



**Game Name:** Defensive scrimmage

Two equal teams with goalkeepers. If a team loses possession in the opposing half, two players can press, while everyone drops back in their own half.

**Progressions:**

- Increase the amount of defenders allowed to cross the half way line and press
- Remove conditions and restrictions

**Coaching Points:**

- Get shape after losing possession
- Low or high pressure



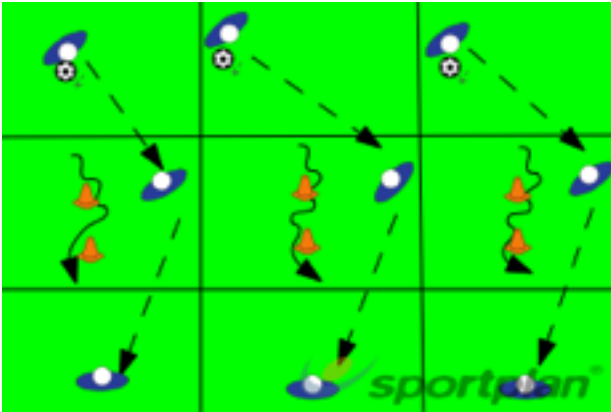
Coaching Curriculum

Topic: Defending

Session Length: 1 Hour



### Warm Up



#### **Game Name:** 1-2's and SAQ's

Two servers in the end squares and a receiver in the middle. The receiver performs SAQ in the middle, moves towards a server; plays a short 1-2 combination, turns and switches the ball to far server and repeats.

#### **Progressions:**

- Rotate player in the middle - 2 minutes each
- Vary the combination play

#### **Coaching Points:**

- Short, short, long combination
- Receive 2nd short pass with body open to be ready to switch the ball

### Drill 1



#### **Game Name:** Combination Play

Each team has to pass and move with combination plays around the grids. Only one player from a team is allowed in a grid at a time.

#### **Progressions:**

- Wall pass and third man running
- Players to do it without talking - focusing on nonverbal communication

#### **Coaching Points:**

- Verbal & nonverbal communication
- Scanning and awareness
- Support player on the ball

### Drill 2



#### **Game Name:** Combination Play

Same organisation as previous. Now, teams compete for possession 5-8 passes = a goal or a successful combination of short, short, long.

#### **Progressions:**

- Two players from team in possession are allowed in same grid to play combination and beat defender.

#### **Coaching Points:**

- Combinations - Short to long
- Keep the ball moving - be quick
- Movement - create space for pass



### Drill 3



**Game Name:** Combination Scrimmage

Two equal teams with a GK. Two players from the team in possession are allowed in the grid to play combination and beat defender.

**Progressions:**

-Remove grids, conditions and restrictions

**Coaching Points:**

- Decision making of combination - short to keep possession. Long to change point of attack.