



Coaching Curriculum

U10 - U12

Written By Coach CJ



CHALLENGER
SPORTS™



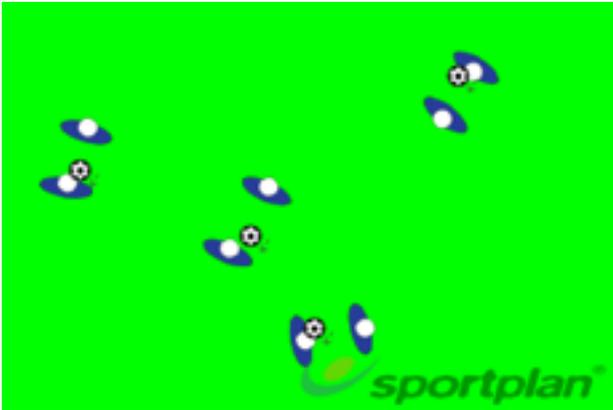
Coaching Curriculum

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.

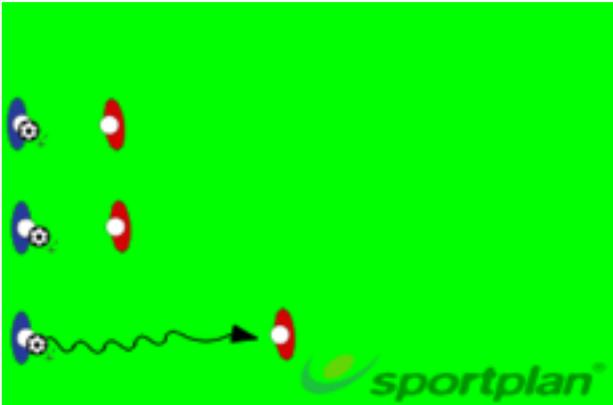
Progressions:

-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 and follow your partner

Drill 1



Game Name: 1v1's

Players partner off and face off 10 yards apart. Players dribble towards their partner who is passive and cannot steal the ball. They jog back watching the ball to emulate a defender. The players change over after reaching the other side.

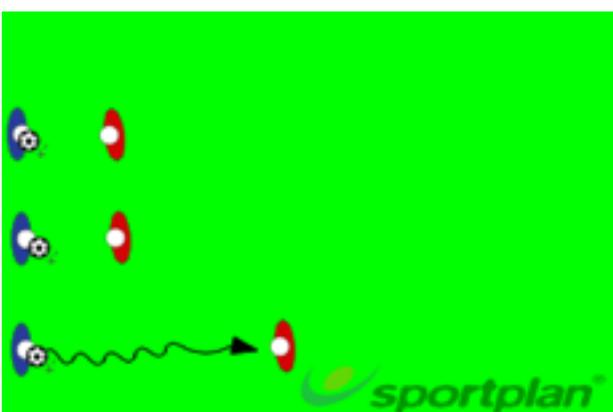
Progressions:

- 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's

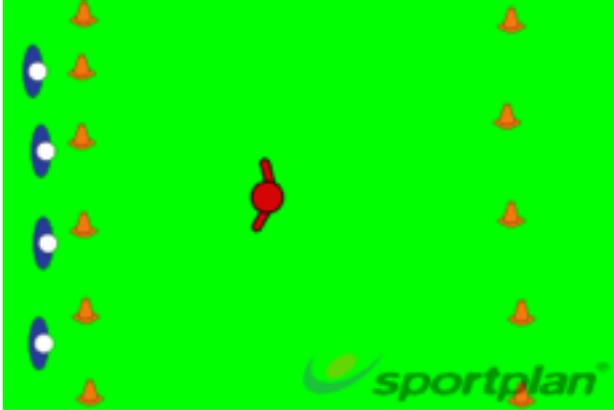
Same as before, only defenders challenge for the ball upon the coaches call. Players score points for going past defender, then change at the other side.

Progressions:

- Defender can move towards player
- Players turn on the line and do not stop for 30 seconds

Coaching Points:

- Must have close control of the ball
- Put defender off balance with speed
- Perform different moves

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.



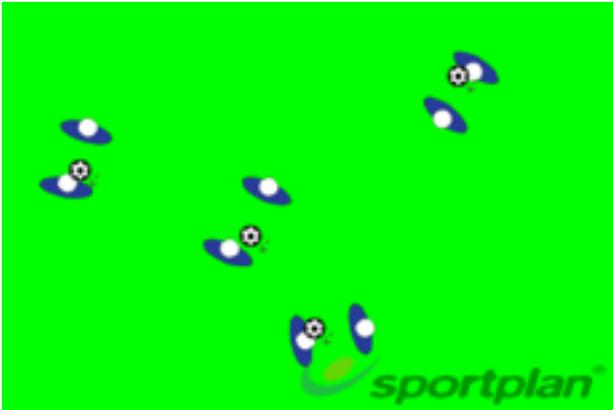
Coaching Curriculum

Topic: Dribbling

Session Length: 1 Hour



Warm Up



Game Name: 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.

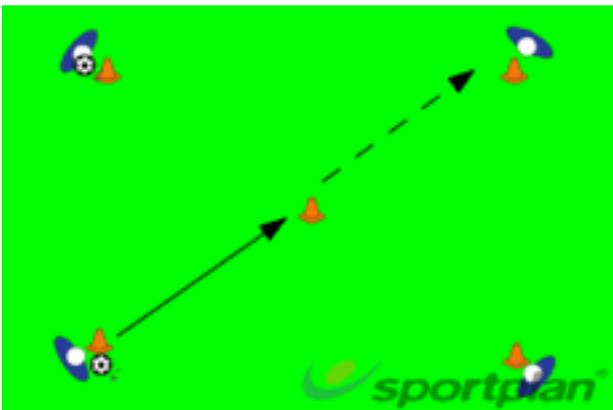
Progressions:

- 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: Dribble and Pass

Stand facing each other 25 yards apart with a cone in the centre. Players with the ball dribbles towards the cone and performs a step over before passing the ball on to the player on the other side.

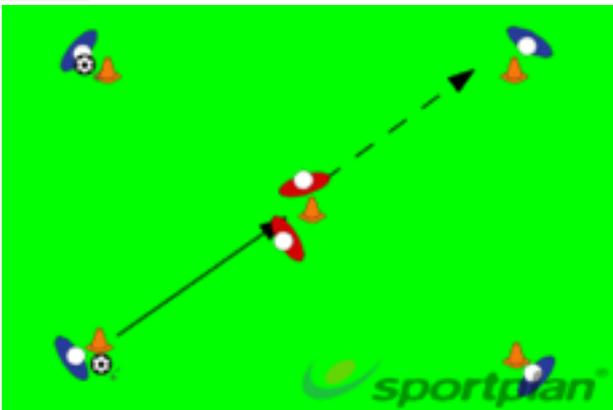
Progressions:

- Who can score the most?
- Player has to pass on first touch past the cone

Coaching Points:

- Keep their head up
- Going at pace, but always in control
- Push off with the outside of the foot

Drill 2



Game Name: Same as above

Same as above with defenders now placed on the centre cone. Defender begins passive and progress to challenging for the ball depending on the skill of the group.

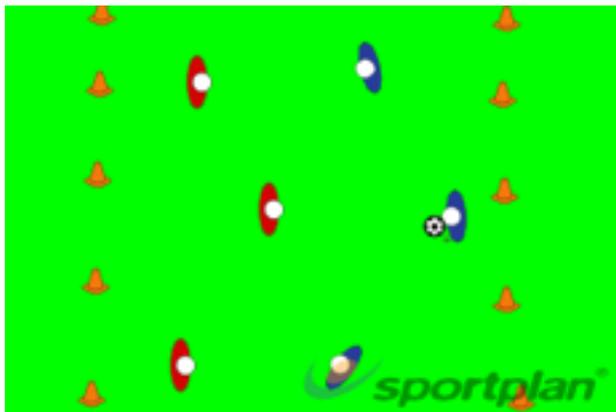
Progressions:

- Adjust the practice to suit each skill level i.e. delay defender
- Defender begins passive or to challenge

Coaching Points:

- Keeping their head up
- Using step over at correct point
- Big step over and drop the shoulder

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.



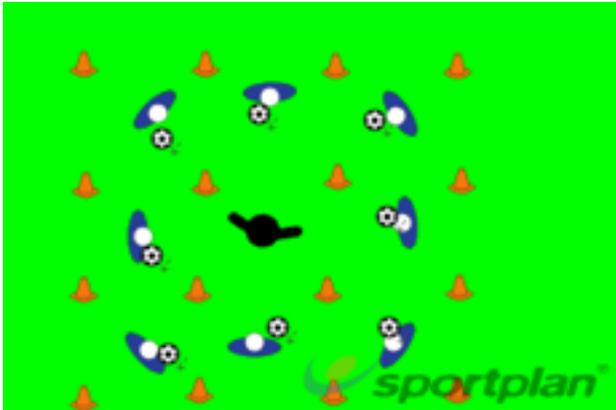
Coaching Curriculum

Topic: 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.

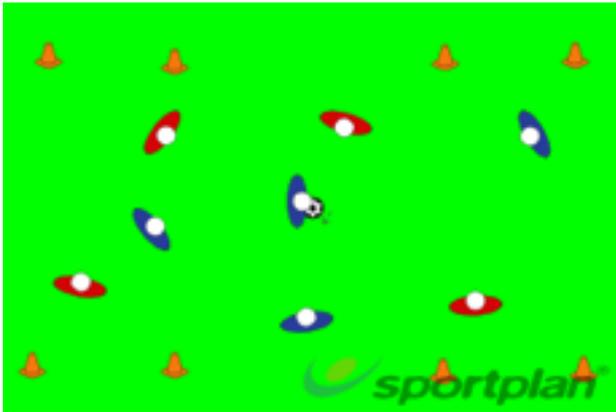
Progressions:

- 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



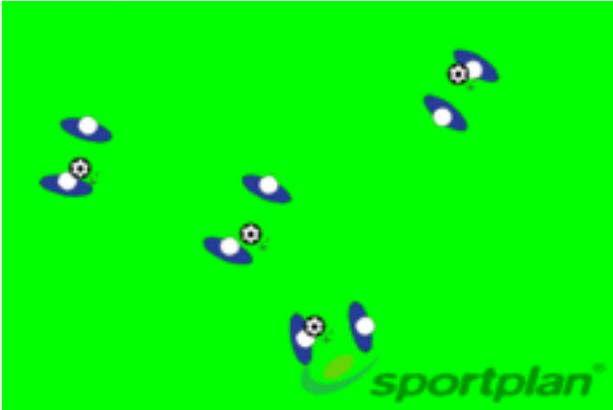
Coaching Curriculum

Topic: Passing

Session Length: 1 Hour



Warm Up



Game Name: Follow Tag

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

Progressions:

- Players perform skill when hit
- Players don't swap - time them to see who gets the top score

Coaching Points:

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

Drill 1



Game Name: Pass and Move

Players are split into 2 groups. 1 group inside small grid within the box. Other group on the outside of the box with a ball. Players on the inside must move to a feeder to receive a pass and then pass the ball back to the feeder. They must move back through the small box before receiving another pass.

Progressions:

- Pass back one touch
- Check out then back in
- Turn/Skill before pass back

Coaching Points:

- Avoid queuing - move to open feeder
- Placement of non-kicking foot
- Pass is made with communication

Drill 2



Game Name: Same as above

One or two defenders are now in place to put the players in the middle under pressure. Number of defenders is changed upon coaches request.

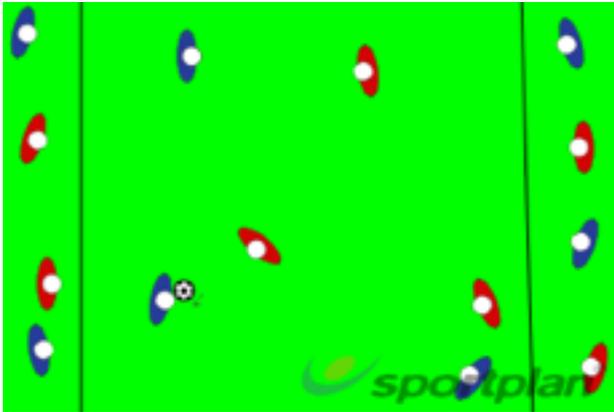
Progressions:

- Defender can tackle
- Swap inside and outside players
- Add more defenders

Coaching Points:

- Awareness of defender
- Control ball to create angle for pass
- Relax and have correct weight of pass

Drill 3



Game Name: End Zones

Players are set into 2 teams. There are 3 zones with specific number of players in each zone. Each team has to work the ball from 1 end zone to another to successfully score a point.

Progressions:

- Set number of passes per zone

Coaching Points:

- Keep moving off the ball into space
- Players must think before passing
- Work the ball away from pressure.



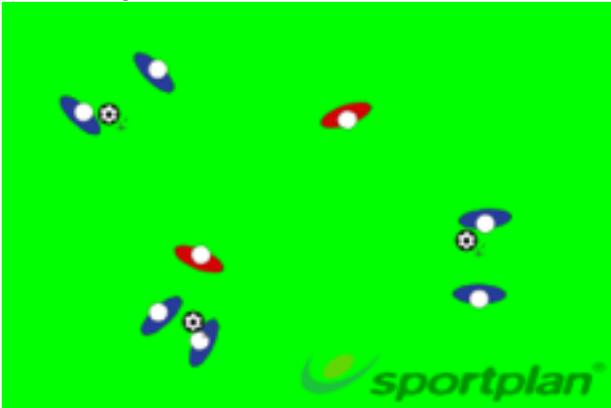
Coaching Curriculum

Topic: Passing

Session Length: 1 Hour



Warm Up



Game Name: Freeze Tag

Players dribble around the grid in pairs passing the ball to each other and avoiding defenders. If your teammate gets tagged, the only way they can be freed is if you pass your soccer ball through their legs.

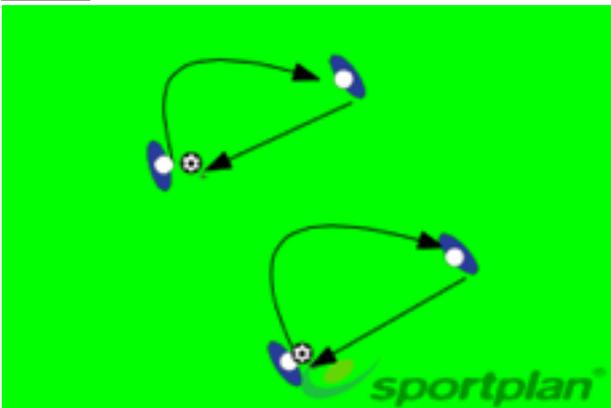
Progressions:

- Players exchange 5 passes before being freed
- Defenders tackle instead of tag

Coaching Points:

- Use the inside of your foot to pass
- Passing weight and accuracy
- Placement of non-kicking foot

Drill 1



Game Name: Control from the game

Partner gently throws the ball underarm for partner to stop and then pass back. Pass should be light and to the players feet.

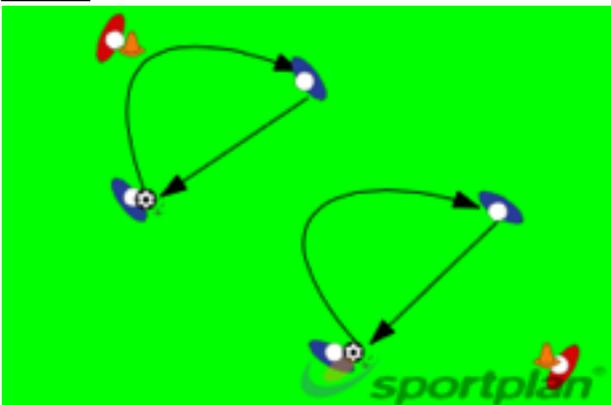
Progressions:

- Player performs skill before passing
- Player follows the pass and runs around partner and back to the start

Coaching Points:

- Players move to meet the ball
- Relax weight of pass and control
- Face where you want the ball to go

Drill 2



Game Name: Same as above

Additional player stands at a cone to the side of the player. Once the ball is thrown the 3rd player moves and put them under pressure.

Progressions:

- Adjust the practice to suit each skill level e.g. delay defender
- Vary the distance the defender travels

Coaching Points:

- Use the inside of the feet to pass
- Relax and have correct weight -Eye on the ball

Drill 3



Game Name:Pass and move

Make a set number of passes before a team can cross the half to attack and try to steal the ball. Difficulty can be increased by only giving each team a set time to make the number of passes.

Progressions:

- Reduce the number of balls used
- Or a set number of opposition players can move into the area

Coaching Points:

- Players have to keep the ball moving with short sharp passes
- Movement off the ball is crucial



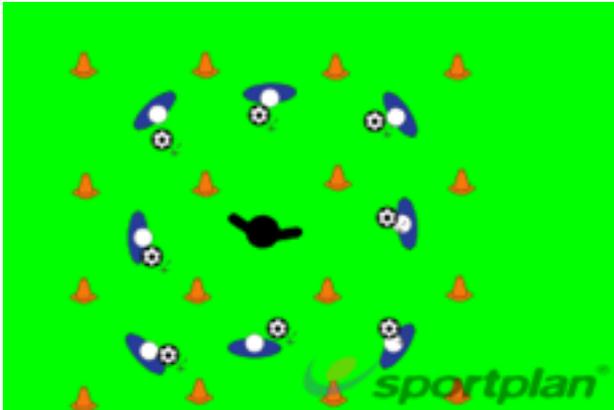
Coaching Curriculum

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.

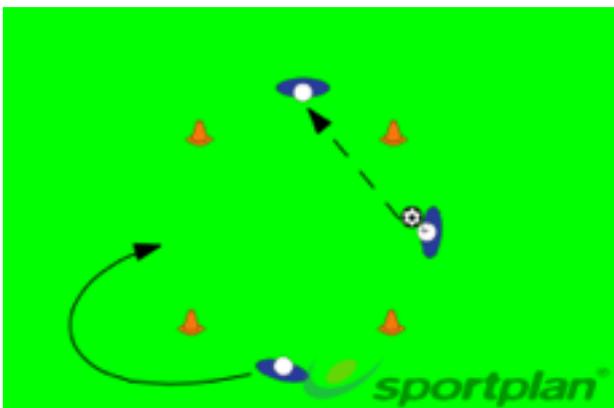
Progressions:

- 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.

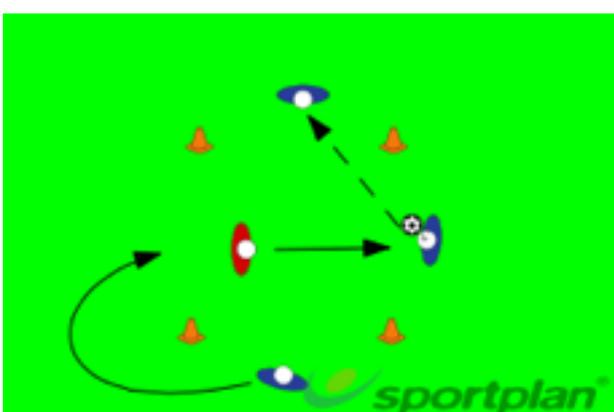
Progressions:

- 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.

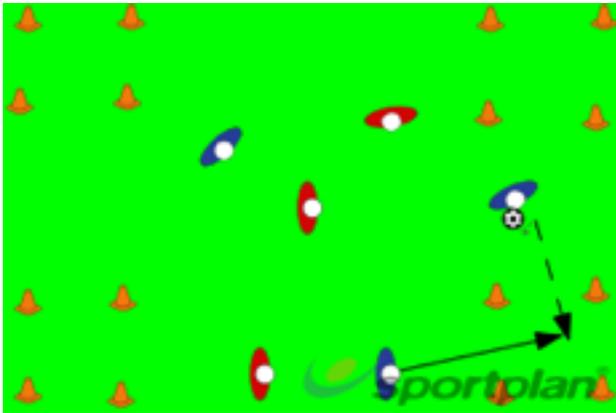
Progressions:

- 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



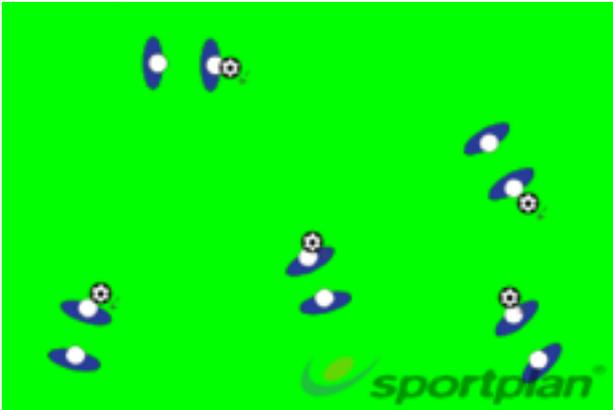
Coaching Curriculum

Topic: Shooting

Session Length: 1 Hour



Warm Up



Game Name: Players work in pairs. One partner takes the lead while the other copies their actions. When the coach calls a number they assemble into that number.

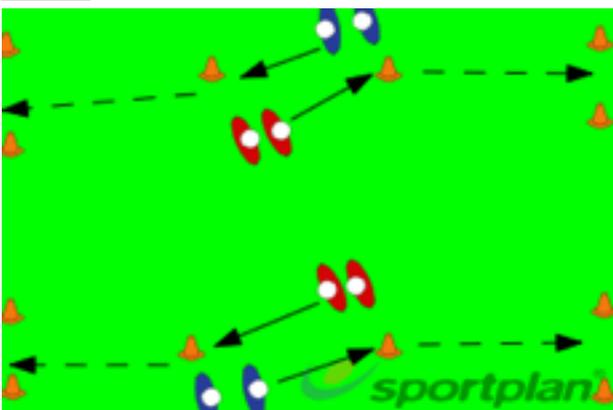
Progressions:

- On coaches call, perform various skills
- Last group to assemble has to perform skill e.g. 10 toe taps

Coaching Points:

- Players to take little touches
- Keep your head up
- Look for space

Drill 1



Game Name: Dribble and shoot
Dribble to the middle cone before performing a step over, then turn to shoot. Follow shot then move onto the 2nd line up. Set up several goals to avoid waiting.

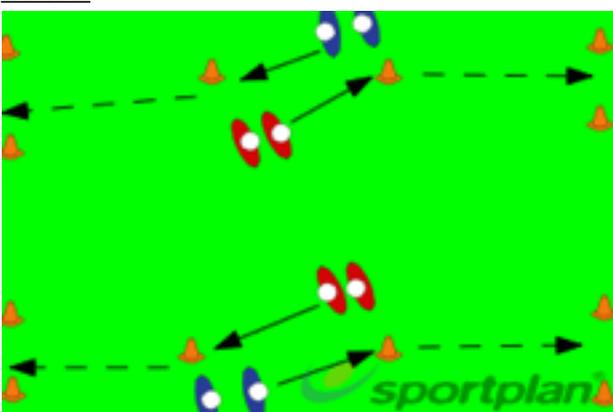
Progressions:

- Change skill at cone
- Award points for hitting the corners

Coaching Points:

- Going at pace to keep the ball under control
- Big step over the ball
- Push the ball away with outside of foot

Drill 2



Game Name: Same as above
Same as before only a defender is in place of the cone. Defender begins passive and can progress to challenging for the ball. Player now strikes a shot at goal after going round the defender.

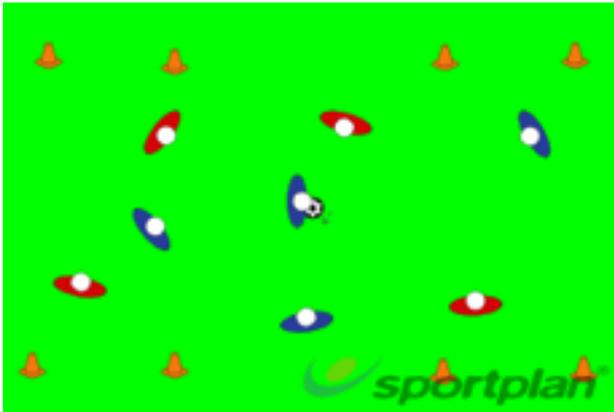
Progressions:

- Defender begins passive and can progress to challenging for the ball.

Coaching Points:

- Work on the distance from defender
- Accelerate after trick

Drill 3



Game Name: Multiple Goals

Players are separated into two teams and have to score as many goals as they can into the various goals. Team with the most goals wins.

Progressions:

-Cannot pass backwards

Coaching Points:

-Use of step over to go past defender

-Attack open space with the ball

-Shot on goal when they have the chance



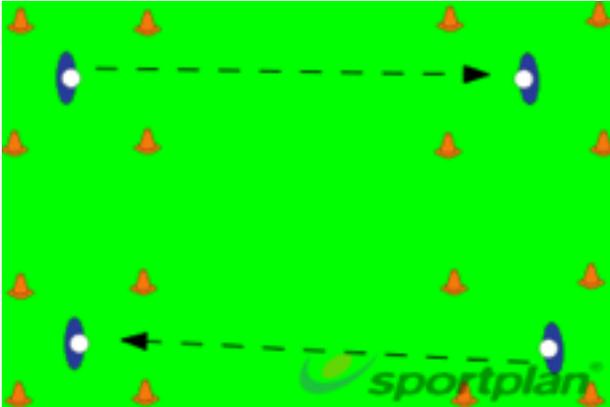
Coaching Curriculum

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.

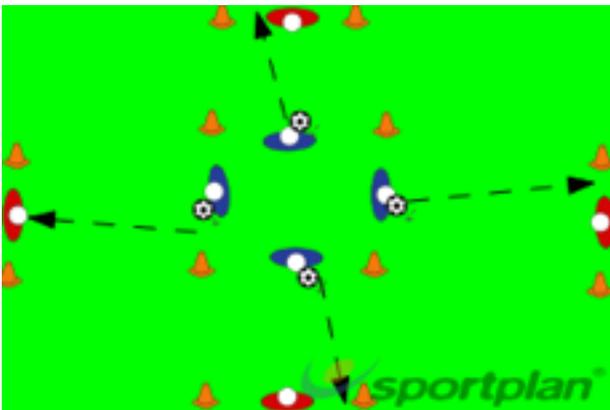
Progressions:

- 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

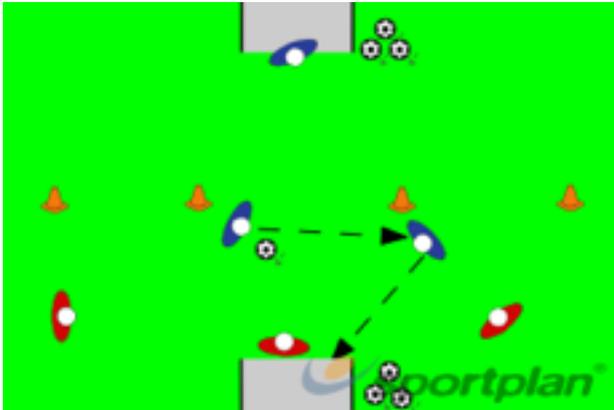
2 teams, each with a goal. Line across the middle of the field. Player 1 has to shoot before the line. Once shot, goes to the back of the line. Player 3 becomes the GK for that team. Player 2 saves, then has a shot himself in other goal. Player 3 turn to shoot and so on.

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



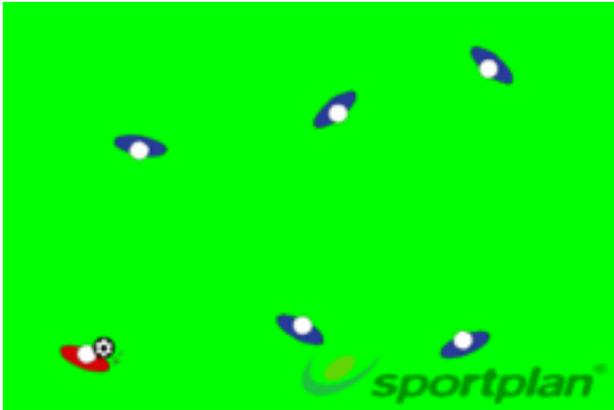
Coaching Curriculum

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.

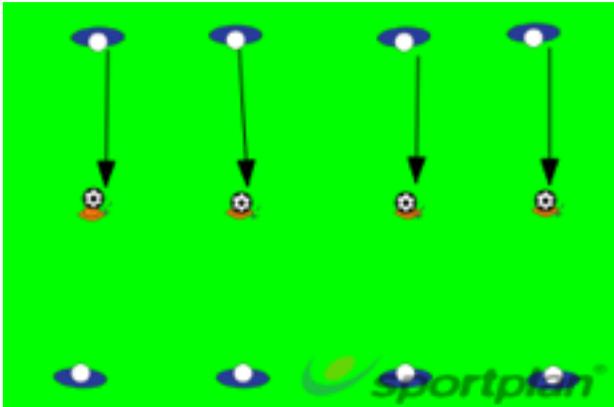
Progressions:

- 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: World Cup Shooting

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

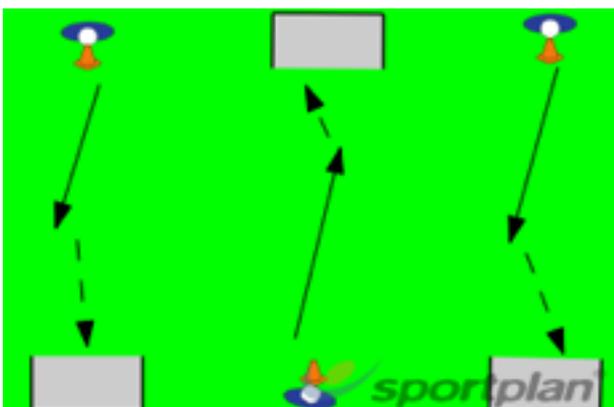
Progressions:

- Increase the distance

Coaching Points:

- Shoot with the laces
- Follow through towards the target
- Must shoot the ball from the cone you stand by.

Drill 2



Game Name: Dribble and shoot

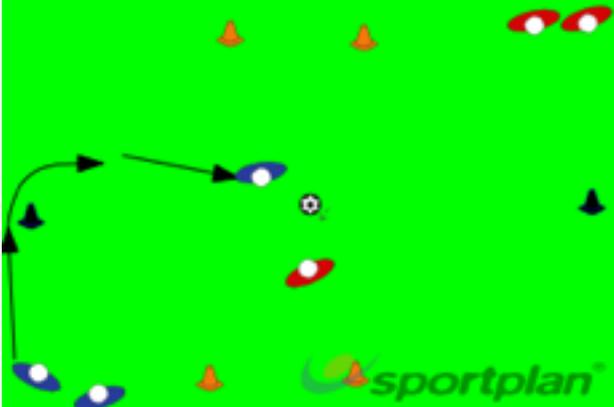
Players are split in 3 (or more, depending on numbers) lines and dribble towards the goal. After 3 touches, they perform a skill and shoot the ball straight away. They then go and join the next line and carry on.

Progressions:

- Harder skills
- Less touches
- Bring in GK's

Coaching Points:

- Know what skill you want to perform before your 3 touches
- Head down when you shoot
- Aim for the corners

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



Coaching Curriculum

Topic: Defending

Session Length: 1 Hour



Warm Up



Game Name: Pass and follow

Half of the players have a ball. Everyone is running around the area, players have to pass the ball to a player without a ball and run by the player - following their pass. The player then finds another player.

Progressions:

- Have players get low and side step
- Have players jockey side to side

Coaching Points:

- Spring - close down the space
- Don't cross feet over when you jockey

Drill 1



Game Name: Same as above

Same organisation. Players pass the ball to an open player and close down the receiving player. They now have to call over another open player to provide cover making a 2v1. Defend for a few seconds then find a new player.

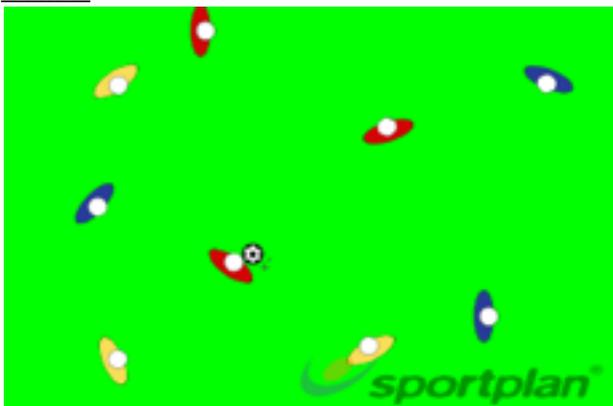
Progressions:

- Variations on attack v defence 1v2, 2v1 and 2v2
- Defenders can win the ball

Coaching Points:

- 1st defender jockeys and delays
- 2nd defender covers open space
- Cut off angles

Drill 2



Game Name: Keep away

Divide the group into 3 teams. Two teams keep possession of the ball; the other team is the defending team creating 7v3 or 6v4. If the defending team wins the ball, the team who lost it becomes the defending team.

Progressions:

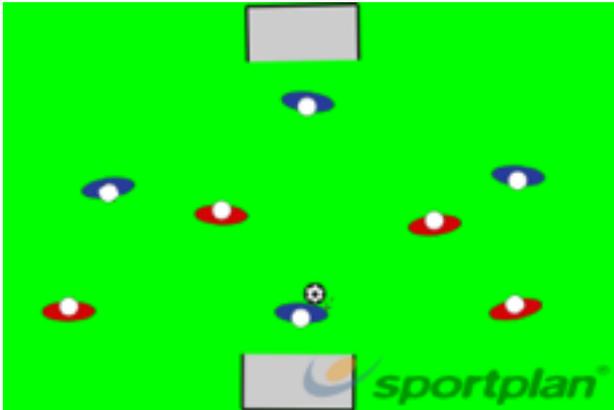
- Give defending team a time limit to win the ball

Coaching Points:

- 1st defender - pressure

- 2nd defender - cover
- 3rd defender - balance

Drill 3



Game Name: Defensive scrimmage

Players play a 4v4. Team must decide and look for triggers on which defensive strategy to use. Man v man? Low or high pressure?

Progressions:

- Type of pressure - low (all players behind the ball)
- High (all players press to win the ball)

Coaching Points:

- Communication
- Decision making - Timing of when to press



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.

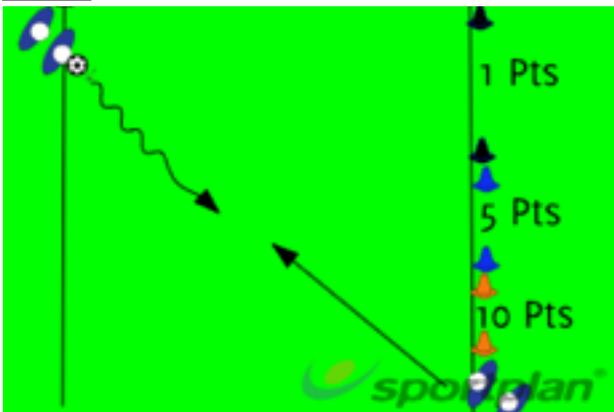
Progressions:

- 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.

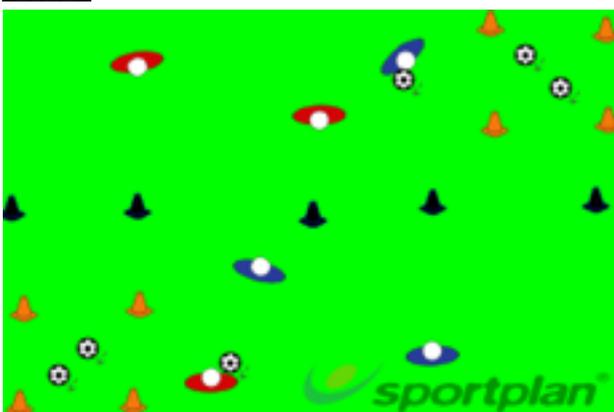
Progressions:

- 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

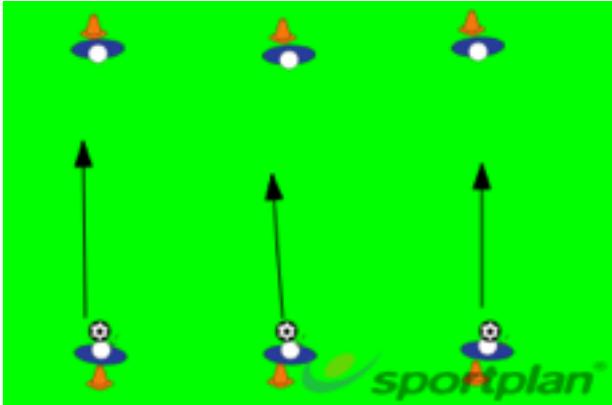
Players are in two team. Each team has to try and steal their opponents ball and take it back to their corner base. If a defender player can shield their ball for 5 seconds then the attacking player must return to their area.

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

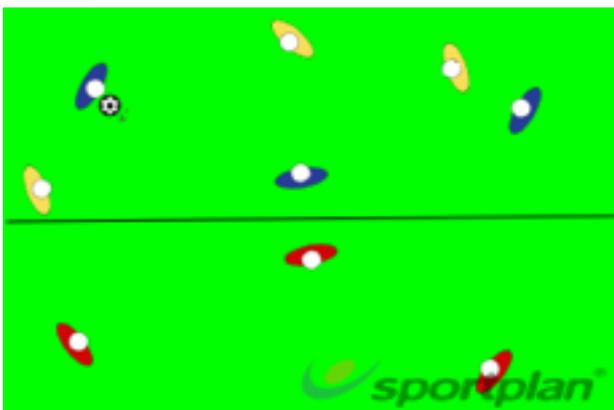
Coaching Points:

-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:

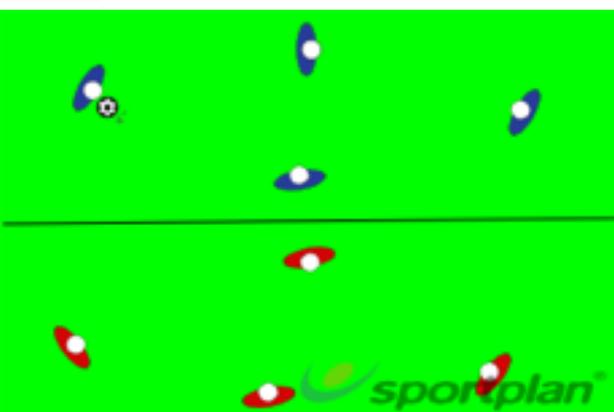
-Increase the amount of defenders

-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:

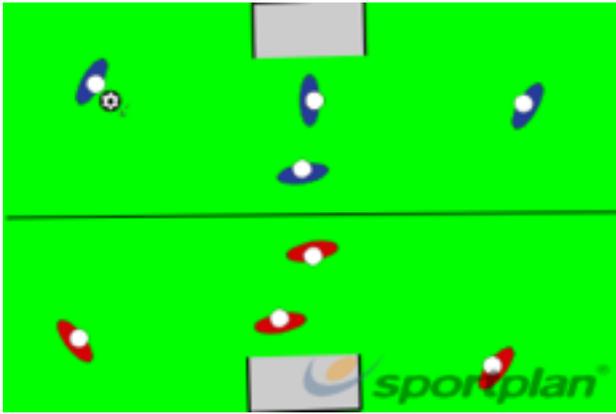
-Increase the amount of defenders allowed to cross the half way line and win the ball back.

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