

Longmeadow Travel Soccer Curriculum

By Travel Director of Coaching Tom D'Agostino

The following are the objectives that should be addressed at each age group.

Ages 10-12

1 Attack

Comfort with the ball:

Dribbling:

Different surfaces, Head up, Change of direction, Dribble with speed, Shielding, Escape moves, Penetration moves, 1v1 to beat the defender.

Receiving

1st touch, Different surfaces, Ground balls, Air balls, Receiving side on, Receiving on an angle, Receiving and turning.

2 Defending

1v1 defending: To win the ball in order to begin an individual attack.

3 Playing

1v1, 2v1, 2v2, 3v2, 3v3

The entire program should be based on these principals. The emphasis should be on the individual and the ball, many touches and repetition, especially on the dribbling aspect. Incorporate receiving in the second phase. In time you may want to introduce secondary techniques such as shooting, however, everything should come off the dribble.

Ages 13 & 14:

1 Review individual moves, individual possession, receiving and turning, shielding,

2 Escape maneuvers, 1v1 to beat a defender and 1v1 defense.

3 Group shape 3-1-1, 3-1-2, Directional play.

4 Receiving and turning

5 Review 1v1 defense: Closing down, Contain, Channeling.

6 Possession exercises - Shape and group.

7 Speed of play: Quick play - Quick decisions (Dribbling, Passing, 2T)

8 Group directional play to goal (5-6 players):

 Shape of team

 Roles of players

9 Movement, Mobility, Type of runs

10 Combination play

11 2nd attacker (Role), 2nd defender (Role)

Various Exercises to achieve The Technical And Tactical Aspects Of Soccer

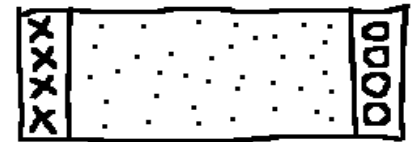
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1 Dribbling

Freeze Tag - 1 player w/o ball runs to tag the others. Everyone else has a ball. If tagged, you freeze and hold the ball over your head. You can be "unfrozen" if another player passes a ball between your legs.

Cone Dribble - Cones are distributed around the field. Everyone has a ball and dribbles from cone to cone, picking up the cones they reach one at a time. Players must have control of the ball to pick up a cone. The game ends when all the cones are picked up.

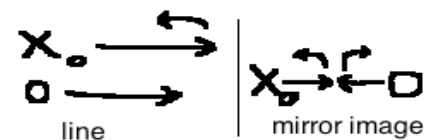
Team Cone Dribble - Two teams, each with a home base at either end of the field. Every player has a ball. Players dribble to a cone, pick it up and take it back to base. You can steal from the opponent's home base. Players can defend their home base. Defenders control their own ball and try to kick away attacker's ball. If successful, the attacker must give back the stolen cone, or restart from their own home base.



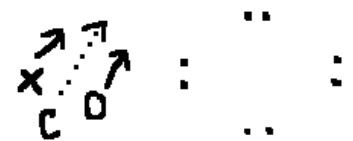
Hospital Tag - All players have a ball in the first area, and the second area is the hospital. In the first area, players dribble with control and try to tag other players and avoid being tagged. If a player is tagged they must hold the spot that was tagged (keep one hand on the point of the body that was tagged) and can continue until tagged a third time. After three tags, players dribble to the hospital and do five moves or exercises (coach's discretion) before returning to the game. *Coaches: stress ball control and change in speed and direction.* When both hands are free, attack opponents. When both hands are on tagged spots, use defensive dribbling tactics.



Individual Possession - Work on *escape moves*: cruyff (scoop the ball back between the legs - often used with a fake shot), pullback, step-over, etc. Can be done along a line or with a mirror image.



Circle of Fire - Coach passes ball to players 1v1. Players got the ball, win the ball and escape into circle through any gate and out through any other gate.

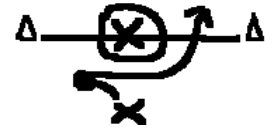


Hunt - 10-12 players per group (can accommodate more), half with a ball each. Protect the ball and escape the defense (half without balls). If defense wins the ball, he/she then protects. The player who lost the ball now "hunts" for a ball to win.

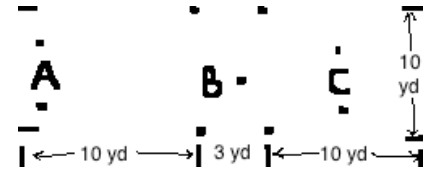
Hunt with Pass Option - 6 offense with defense 3 balls. 4 defenders hold pinnies, if they win ball give pinnie to player who lost the ball. (Look to possess & escape, if closed down, you have the option of pass.)

Popcorn - in designated area, each player has a ball. Must protect their ball while trying to knock out the other balls. If knocked out, on outside of grid must perform a certain dribbling move 5x then re-enter.

Through the gate. - Defender must stay on the line. First, try to touch either cone with the ball, then progress to trying to get past the defender.



1v1v1 - B starts with ball, dribble at A. When B enters grid, A comes out of gate for 1v1. If B scores, A gets ball and attacks C. If A steals ball B plays def to win ball back. If A can get to 3 yd safe zone, B cannot enter. A catches a breath and attacks C. Can only go in 1 direction, cannot return to grid came from.



Gate Game - Series of gates around field with defense in each gate. The Xs try to dribble through gate from either side. The Os must def but cannot leave gate. Play for 1 minute then reverse. Variation: 5v5 with 5 balls at one time. Point for every gate dribbled through. Team without ball defends. If win ball return it to attacking team. Play 1 min then reverse roles.



5v5 Man Marking - Each player is matched with a player from the other team. That is the only player that each can defend. If can beat def, can go to goal and that defender needs to chase. Try to play going to 2 goals with 2 Gk's. (This will force lots of 1v1s and breakaways.) Variation: Can have series of gates on field and in addition to points for a goal can get points if dribble thru a gate.

2 Shooting

Here is a numbered series of shooting drills on a 36 x 44 yard field (unless otherwise noted) to 2 goals.

S1a - X Pass to O using different services. O take control, dribble to mid-field and shoot.

S1b - O takes 1-touch control and shoots.

S1c - 1st time shot. Make a 3 min competition with opposite side.

Both sides work at same time.

S1d - Same set up as A x serve to O who lays ball off for X to 1-time finish



S2a - X pass to O. Check to - receive - turn - prepare - shoot.

Switch roles (both sides work at the same time).

S2b - Same set up as A. X pass to O and make overlap run. O pass into path of X. X 1-time finish.

S2c - Same set up as B. X pass to O and make overlap run. O pass into corner O make bent run to back post. X serve to O.



S3 - 1v1 to goal, 36 x 40. X serves O. O attacks goal, X comes to defend. Must stay in own 1/2. If X wins ball 1v1 is over. Play for 3 minutes and switch roles.



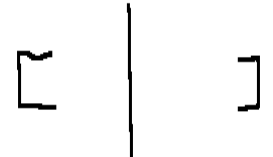
S4 - Pre-exhaust. X starts by dribbling and gets a free shot on goal. As soon as X shoots, O takes off on dribble to opposite goal. X must now chase and defend. As soon as (shoots a new X takes off from post on dribble toward goal for shot. O that just shot must now go chase and defend. Continue in this fashion. (Need many balls. Play 5 min competition)



S5 - 36 x 44 4v4 shooting frame. Play 4 min matches.

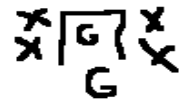
Variations:

- S5a Can only shoot in attacking ½
- S5b 3 point for goal from def ½, 1 pt goal in attack ½
- S5c Man Marking



6 - 30 x 20 to 2 goals 4v4. 3 pass max before shot. (Many shots and different types of finishing. Limit times before shot.)

Lightening Drill - 2 teams 3 min each ½. (Need many balls) Coach with balls 20 yards from goal. Team A is lined up on both sides of coach. Coach rolls balls out one at a time and one player from team A runs up and shoots. Then ball is served to the other side who shoots, and this continues. Each player gets 1 attempt before next player goes.



Defending team has GK in goal and 2nd GK can be behind in net and switch with each other as fatigue or goals are scored. Team B has 1 defender holding inside of each post who must stay in contact with post. Can play as defender but cannot use hands. Every time a goal is scored a new pair of def comes inside post. If a goal is scored during exchange, def must change again. Attacking team is allowed 1 time out to collect balls. After 3 mins switch roles.



Center Goal - 30 x 40 with center goal 5 v 5 4 min matches can shoot on either side. If score on 1 side, must now score from other side. If def wins ball can shoot immediately. If GK makes save, play to opposite team on other side of center goal.



3 Crossing

C1 - X passes to O. O can dribble with ball or prepare and serve. X makes run toward center of goal.



C2 - S1 take A touch and serve ball. On S1 touch, A makes near post run (must be dynamic and get there), B overlap run to far post. Alternate sides: S2 take touch. B make near post run. A overlap for back post run. Variation: Server cut ball instead of serve A and B must recycle runs.

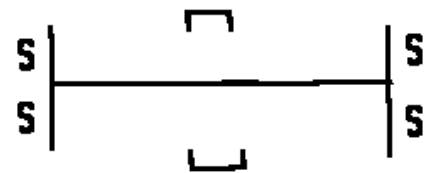


Near post run must be hard and fast.
 Rule: 1st to penalty area makes near post run.

C3 - X1 pass to (X2 and X3 check away and to) X2 return pass to X1 who passes wide to X5 to run onto. X2 near post run X3 overlap far post X1 delay run to slot (approx pen spot). Alternate side: X1 to X3 return to X1 play wide to X4. X3 near post X2 overlap far post X1 slot run



C4 - 36 x 44, 4v4 with 4 servers. Win ball and play wide for service. Near and far post runs. Play 2 mins winner stays on. Ball goes long recycle runs (right to left recycle clockwise. Left to right recycle counter clockwise.)



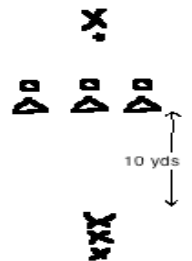
4 Heading

Head it catch it - Players circle around coach with ball. Coach toss ball toward a player's head and says either "head it" or "catch it". Player must do the opposite.

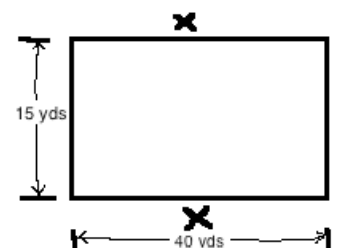


Team Hand Ball - 1. Get a point for every successful header back to passer. 2. Get 3 points for 3 man combination pass-head-another teammate catches ball. 3. Play team hand ball but go directional to goals. Can only score off a header.

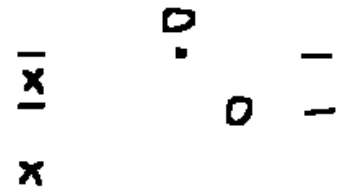
Bowling with Headers - Split players into 2 even groups. Team lines up 10 yards from cones with balls. Server is behind cones. 1 player goes at a time. Server throws ball for header to person in line who heads ball down to try and knock ball at cones. Players go one after the other until all the balls are knocked down. 2 teams going at same time. 1st team to knock all balls off cones wins.



Moving Net Game - (For older players) For defensive heading and power heading. Servers start by throwing ball up to one team that must keep ball up with head. 3rd header must go over line (where servers started) it then plays like volleyball. Both teams try to hit the ground on opposite side. When the ball hits the ground the net moves to that spot. The team that played the ball over receives from server. The objective is to get the ball to hit the ground over your opponent's end line.



2v2 heading tournament – 2 goals 5 yards wide, 15 yds apart. On defense, 1 player drops back as GK and the other player steps off. Ball is started from service from hands. Both players must head the ball before a goal can be scored. They can only use their heads, no other body part. If ball hits ground or they fail to score other pair gets ball. GK must stay on the line between flags.



5 Passing and Receiving

40 x 30, 4 groups of 4 – 1. In groups of 4 inter pass. Progress to long flight balls and give support. *Move and support* *Good individual position* *Open hips*

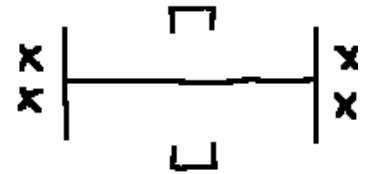
2. Wall Pass – 8 with balls, 8 without balls. Players with balls look to perform a wall pass with players without ball. *Communication* *Explode to receive pass* *Take off with speed when receive ball*

3. Takeovers – start within your group of 4 (2 with ball, 2 without ball). *Communication* *Front Foot* *Do not take extra touch*

Wall Pass Game – 40 x 30, 8v8, 2 balls. Perform a wall pass around a defender (opposite team – each team has a ball). That player steps out. If you have a player off and you perform a wall around an opponent your player comes back or 1st team to knock out opponents wins.

4v4+2 – 40 x 30 to 2 goals. Combine for wall pass or take over with +2, receive 1 point. Score a goal receive, 2 pts.

4v4+4 - 36 x 44 to 2 goals with Gk. Must combine with side player before can score. (Wall, 1-2, take over, overlap) can perform takeover with side player and switch roles. Perform over lap with side player.

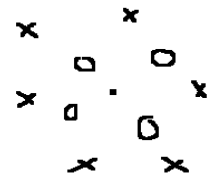


Sequence Passing – 1. 2 groups (approx 9/group) each player has a number and the passes must follow that sequence eventually progress to the 2 groups intermingle but you can only pass to your group. *Head up* *Supporting position* *Individual positioning* *1st touch in direction want to pass*

2. Progress to 2 balls one each at #1 and #5

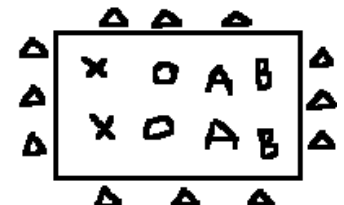
3. Progress to 3 balls #1, #4, #7. All players are constantly moving

Roxbury Circle – Set up circle up to 15 yd radius. Players along outside, players in middle with ball. Perform – takeover, wall, overlap, 3 man combs with outside players.

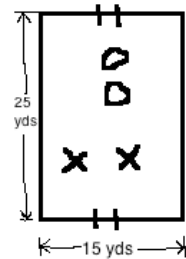


Partner passing – players in pairs with 1 ball 40 x 30. 1. Players are moving around grid dribbling and passing with each other.

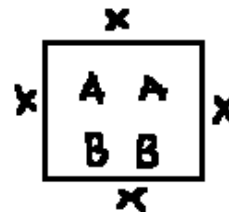
2. Player who passes ball turns and runs around a cone outside grid. Player who receives ball turns and dribbles around a cone outside grid. Pickup head and find a partner to perform same movements. (Grid size may vary on amount of players and age of players).



2v2 - 1 player drops off when on defense to create 2v1. No restrictions.
 Look for combo play to create space



2v2+4 side - 25 x 20 possess ball in your pair. While in possession can include 4 side players who have 2T (depending on skill level) to return to team that passed ball to plus player if plus player cannot return pass to 2 inside - can use another plus player but must play it (depending on skill level) to other plus player



2 grid 4v2 - Group of 6 in 2 grids 15 x10 with 10 yds between each grid. All 6 start in 1 grid. On coach's command, 6 run to other grid where ball is. Last 2 become defenders in 4v2. On command, all 6 must run to new box where ball is, last 2 become defenders...



Blackjack (21) - Play 3-4 min bouts or play to 21. Free keep away game but only receive points for successful 1-touch passes. First team to 21 wins (play 8v8 or whatever #s work)

Do Not force *Do Not use 1-touch pass if not on* *Quick Support* *Communicate*

6 Possession

3v1 - 10x12. Player with ball must have 2 support passes. 2 teammates must move and open hips to create a triangle with ball.

4v2 - 4 players in possession try to keep ball moving and split 2 defenders to get behind def. The 4 must keep moving for 2 short supports and 1 long split (Keep space fairly tight).

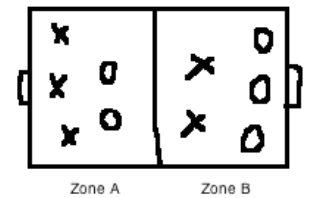
4v4+2 - 40x30 4v4 with 2 neutral that play on offense. Play 5 or 10 pass = Goal. +2 must offer as an option and change direction of play.

3v3v3 - 40x30 (30x20 if more skilled). 3 Teams of 3 different colors. Designate 1 color as defending team to start. The other 2 colors work together to maintain possession. The team that gives the ball away or puts ball out of play becomes the new defending team, and the other 2 colors possess ball against that color. Always playing 6v3.

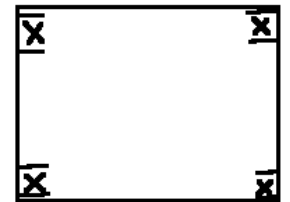
3 Ball Keep Away - Play in penalty area 9v9, 10v10, etc. Each team starts with a ball. Coach puts 3rd ball into play. Objective is to possess all 3 balls. Some players must def to

get the other balls and some must possess what balls they have. Everyone must be ready to both possess and defend. Win game when gain possession of all 3 balls.

Zone Game – 60x40 with either 2 gates or 2 GKs. 3 X players in zone A keep the ball from the 2 O players and try to pass ball to the 2 X players in Zone B to score a goal. The 3 O players in Zone B must mark from behind. If O wins ball, try to possess and go in opposite direction. *Keep Ball Moving* *Look to Beat as many defenders with one pass as possible*



4v4 with 4 Gates – 40x20. 4 people are standing in 4 gates. On coach's cue, 1 person steps to side of gate and players must find open gate and score, dribble or pass thru gates. On cue coach will close gate. *Vision* *Switch Play* *Open Up*



7 Speed of Play

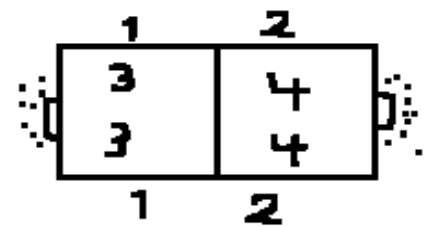
Sequence passing – Approx 9 players, up to 3 balls at #s 1, 4, 7. Play 2-touch passing, 1-touch passing

Positive 1st touch in direction want to go *Quality pass to feet or space*

3v3v3 – 30x20 (40x30 if less skilled) 3 teams of 3 different colors. Designate 1 color as defending team to start. The other 2 colors work together to maintain possession in 6v3. The team that gives the ball away or puts ball out of play becomes the new defending team and the other 2 colors possess ball against new defending team. Limit touches to 1 or 2.

Immediate Positions of Support *Proper Weight on Ball and Pass to Proper Foot* *Open Hips*

2v2+2 – 30x15 2 min matches (4 teams of 2). Need many balls at gate. Play 2v2 in middle, have use of outside players to maintain possession. Outside players have 2-touch. Restriction: Limit touches all over.

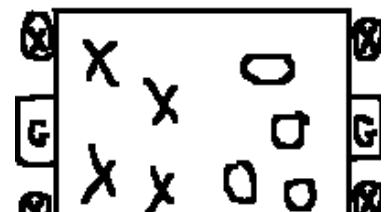


3v3 + Sweeper/Keeper – 30x26 – 3 teams at each field winner stays on. Place 5 balls on each side line. If during play, ball goes into touch, or missed shot the team (1 player) that lost ball must go retrieve the ball. Opponent may take any ball and attack goal. Playing 4v3: Other team must return ball to new spot before can rejoin game.

Quick Transition *Look to Get Forward as Quickly as Possible* *Play Quick with Numbers Advantage (Limit Touches) 3 min matches*



Bread and Butter – 4v4+4 36x30 to 2 full goals with Gks. Attack 1 goal. If score, immediately change direction and attack opposite goal. (After goal is scored, Gk gives new ball to team that just scored) Team that was scored on goes off and team on



end lines comes in. Play is continuous and immediately changes. Take advantage of numerical superiority. Can use end players who have 2-touch.

In Possession, Play Quickly *Try to Play Targets* *Look to Play forward Have Many balls in Each goal*

Black Jack - Keep Away Game - But only receive point for each successful 1-touch pass. First to 21 wins.

Good touches *Proper Weight* *Proper Form* *Quick Support* *Do Not Dribble*