



CURRICULUM: THE BALL (U6-U9)



CONTENTS

1 INTRODUCTION

P

TR

2 CURRICULUM

A.O

.T

C.T P

.T T

4 FIELD SETUP

5 SESSION STRUCTURE

7 SESSION

Part 1: Warm Up

Part 2: Introduction Activities



INTRODUCTION

PURPOSE

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of player development for all participants. To achieve this good practice that BC Organizations can fully integrate the on-going development of their own documentation of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereas the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.



Curriculum



Coach Profile



Player Profile



Team Profile

Coach Profile

The Coach Profile is composed of the coach as an individual first as a safe, positive and fun environment. Coach Profile and is paired with the players as well as identifying the

Player Profile

The Player Profile refers to the Player players attacking and defending actions related to the game of soccer. Player Profile and is paired with the players as well as identifying opportunities of improvement.

Team Profile

The Team Profile provides an framework for the season-long with the Curriculum. It identifies the attacking and defending actions experiencing these actions to aid their overall technical and tactical

CURRICULUM

A. OVERVIEW

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framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players

experiencing these actions to aid their overall technical and tactical development. Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.



This part of the curriculum is for younger players aged U6 to U9 and focuses on introducing players to the game through a variety of fun game-like activities.

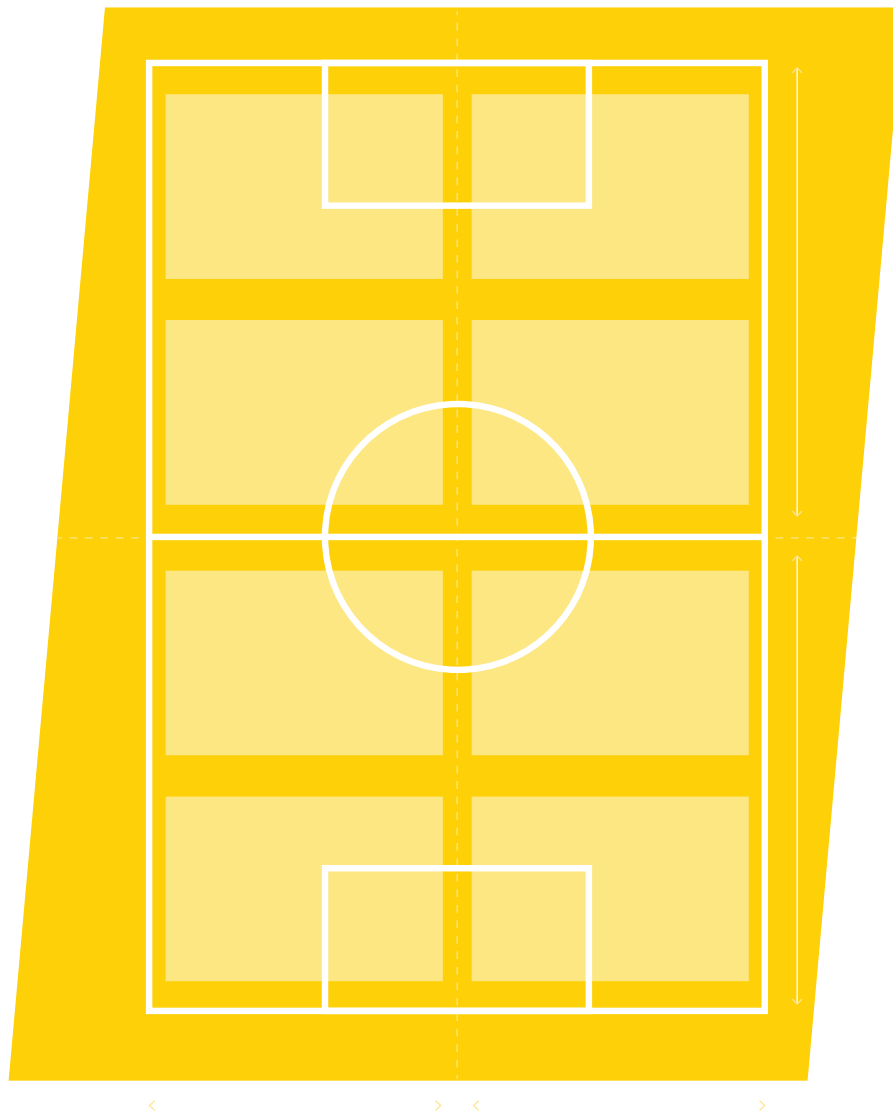


This part of the curriculum is for players aged U10 to U13 and focuses on the player's relationship with the ball when attacking and defending in small sided games.

This part of the curriculum is for players aged U14 to U18 and focuses on the player's role/ position within the team when attacking and defending in larger game formats, such as 11v11.

FIELD SETUP

To maximize the available field space as well as to be sized appropriately for the players. The field setups below provide examples of what the session set up could look like for delivery of The Ball U6 to U8 curriculum on a full sized 11 v 11 field.



SESSION STRUCTURE

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as well as a final game. Part 2 is an introduction activity for the players and is followed by Part 3 a theme game which can include 1 of 4 attacking themes listed below. Finally, all session are completed with a final game, which is theme focused and followed by a cool down.

	PART 1: WARM UP	C
	PART 2: INTRODUCTION ACTIVITY	1. Stuck in the Mud
3 minutes	PART 3: THEME GAME	1.T GR 2.CG D 3.H CP 4. Goals, Goals, Goals (Shooting)
0 minutes	PART 4: FINAL GAME	2 2 2 1 x 4 v 4 (Variations)
3 minutes	PART 5: COOL DOWN	C



Coaches can adapt practices based on the following factors

Use regular size goals if you have Goalkeepers and use smaller goals without Goalkeepers to make it

Use a smaller goal on one

Goalkeeper available.

Use poles or cones as goals if you

Increase the field size recommendation if you have

Decrease the field size if you

Use water breaks for players between the activities to make adjustments to your field dimensions.

Follow the session structure for your practices.

Decide each practice if you want to focus on an Attacking or Defending

Rotate the themes each practice



SESSION

PART 1: WARM UP

ALL CONTROL

SET UP

Area of the field is approx 20 x 30 yards

Mark the perimeter with cones

Keep this perimeter for the entire session duration

Every player should have one ball each preferably

TIPS



This phase of the practice is very important to ensure

Slow jogging and ball manipulation (Dribbling & Juggling)

Have players touch the ball with a variety of surfaces

Increase intensity gradually and ball work challenges



SESSION

PART 2: INTRODUCTION ACTIVITIES

STUCK IN THE MUD

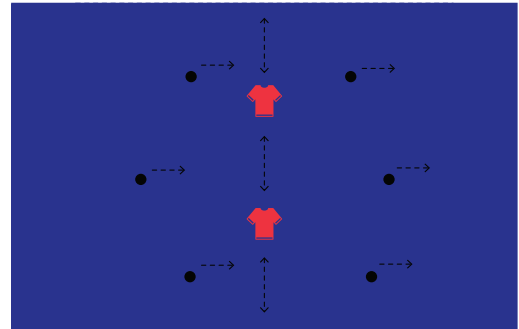
SET UP

- Mark a 20x20 zone in the middle of the field
- 6 Attackers have 1 ball each and start in the safe zone
- 2 Defenders must stay in the middle zone the 'mud'

TIPS



Players with the ball must dribble from 1 safe zone to the other. Players in the middle zone that are 'stuck in the mud' must try and stop the players.



1. Use all surfaces of both feet to dribble the ball
2. Small touches to keep the ball close
3. Look up often to be able to see where the space is

SET UP

- Mark 4 gates in various parts of the field
- Place 1 defender 'Alien' in between each line
- 4 Attackers "Astronauts" have a ball each

TIPS

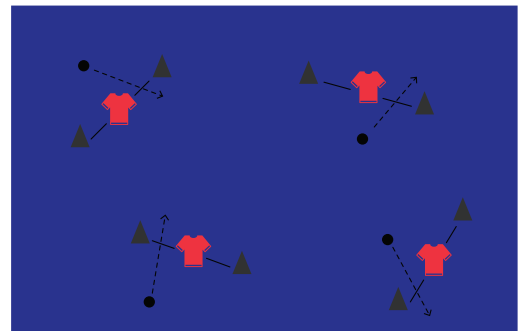


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CP

1. Use all surfaces of both feet to dribble the ball
2. Small touches to keep the ball close
3. Look up often to be able to see where the space is



SET UP

- Mark a 15x25 zone in the middle of the field
- Place 1 goal/target on each side of the zone
- Place players in pairs (1 attacker 'robber' and 1 defender 'cop')

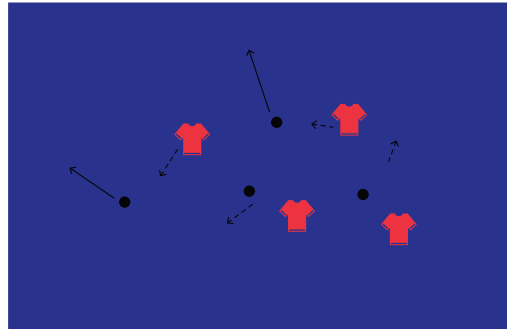
TIPS



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If the defender 'cop' wins the ball, they then swap roles.

1. Use all surfaces of both feet to dribble the ball
2. Small touches to keep the ball close
3. Look up often to be able to see where the space is



SET UP

- Mark 5 3x3 zones 'islands' around the field
- 5 Attackers have 1 ball each
- 3 Defenders must stay in the open zone 'the sea'

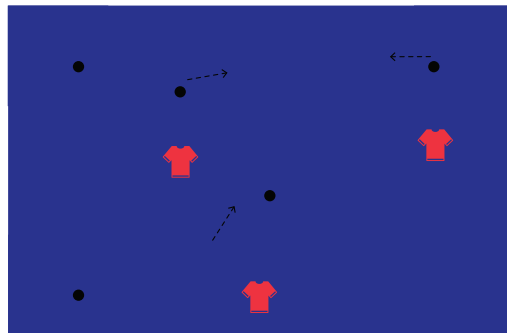
TIPS



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the defenders towards a zone 'island' where they are safe from the defenders 'pirates'. If a player loses their ball, they become a defender 'pirate'.

1. Use all surfaces of both feet to dribble the ball
2. Small touches to keep the ball close
3. Look up often to be able to see where the space is



SESSION

PART 3: THEME GAMES



SET UP

Mark 4 gates in various parts of the field

Place 8 players in 4 groups of 2

Designate 2 players as defenders

TIPS



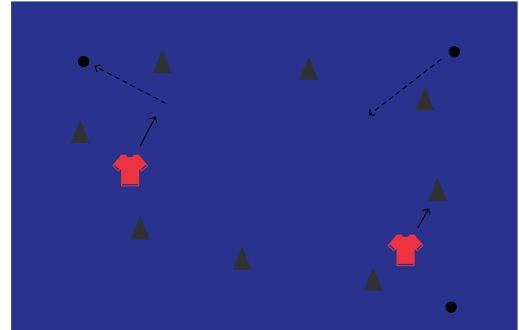
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CP

1. Position the body in alignment with the ball and pass
2. Use all surfaces of both feet to control/stop the ball



CHAIN GAME (DRIBBLING)

SET UP

Split the field in 1/2 and place 2 to 4 goals on either end

Split the group into 2 teams of 4 and give them

Have players link their arms like a 'chain'

Balls with the coach

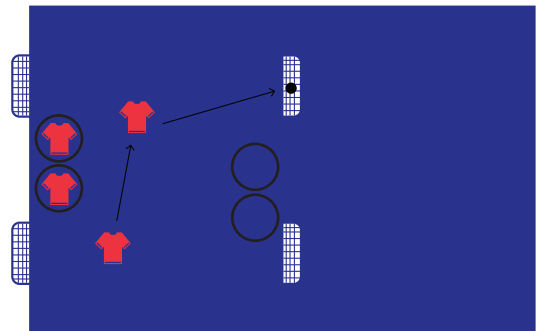
TIPS



The Coach will call a number out, for example '1' and roll

try and keep the ball to dribble and score a goal past the opponents 'chain'.

1. Use all surfaces of both feet to dribble the ball
2. Small touches to keep the ball close
3. Look up often to be able to see where the space is



HIT THE CONE (PASSING)

SET UP

Mark a 20x20 zone in the middle of the field

Split the group into 2 teams of 4 and place them in their designated zone

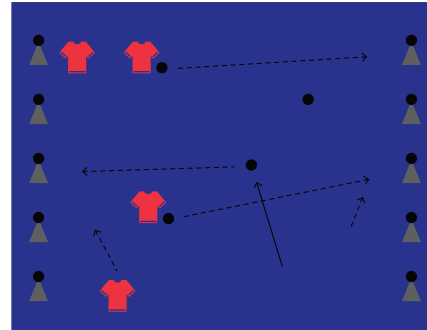
Set up several cones in the end zones and balance balls

Multiple balls can be used at one time

TIPS



By using the passing technique, players must aim to hit and knock a ball off their opponents cones. Players can pass to a teammate to create space and or dribble within their designated zone. Players must also defend and stop their opponent from hitting



1. Plant the standing foot next to the ball and pointing to where

2. Keep the head down and knee over the ball

3. Strike through the ball with the inside of the foot

SET UP

Place 1 goal/target on each side of the zone

Mark a 5x5 zone in the middle of the field

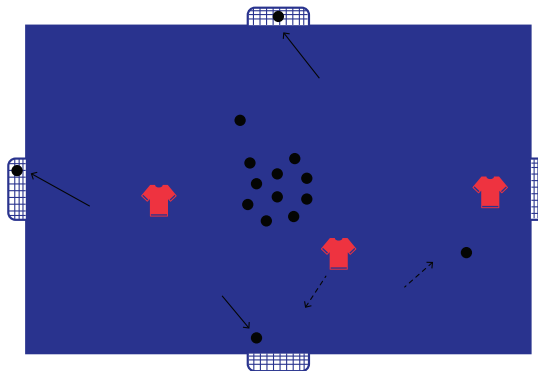
Place all the balls within the 5x5 zone

Designate 6 attackers and 2 defenders

TIPS



Attacking players must take a ball from the middle zone,



1. Plant the standing foot next to the ball and pointing

2. Keep the head down and knee over the ball

3. Strike through the ball with the front part of the foot

SESSION

PART 4: FINAL GAME

2 X 2V2 OR 1 X 4V4

SET UP

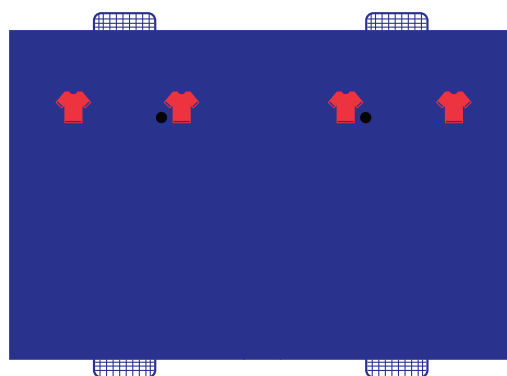
- Remove any markers you may have used previously
- Add goals on either end of the playing area
- The area of the playing field is approx 14 x 20 yards
- The field should have a good supply of balls

TIPS



To score on the opponent by collective and individual efforts while preventing the opposition from scoring.

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Through individual or combination play try to finish on net



PART 5: COOL DOWN

ALL CONTROL

SET UP

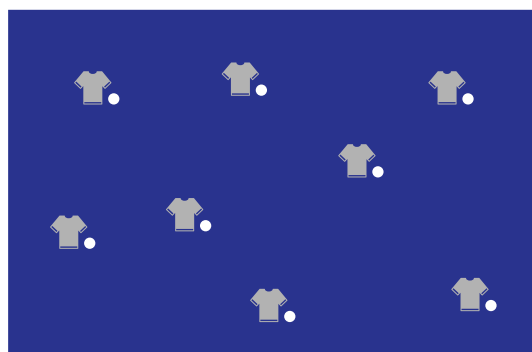
- Area of the field is approx 20x30 yards
- Mark the perimeter with cones
- Every player should have one ball each preferably

TIPS



This phase of the practice is very important to ensure

- Slow jogging and ball manipulation with the ball
- Have players touch the ball with a variety of surfaces
- Decrease intensity gradually and ball work challenges







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