



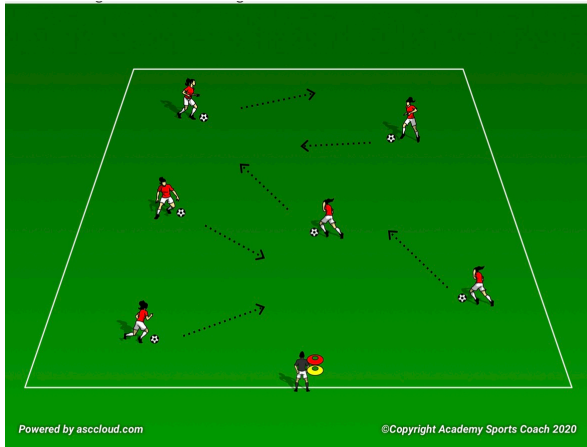
RYE YOUTH SOCCER

**FOUNDATION
CURRICULUM**

Week 1

Dribbling & Ball Control

Dribble at different speeds using different surfaces of the foot.



1- **Traffic Lights** - Coach calls Red, Yellow, Green. Players stop, get ready (ball mastery move: Insides) and go. **Progression:** Hold the cones

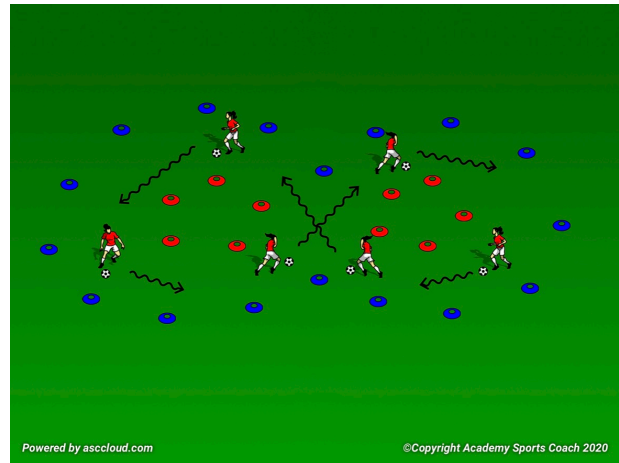
2- **Lightening McQueen** - Go Fast
Hudson Hornet - Change direction using the Inside, Outside, Sole or Heel
Sally the Porsche - Turn with a Pull Back or L Turn

Mater - Move backward using the sole

3 - **Race Track** - Who can complete 10 laps the quickest?

Players now dribble on the blue race track. In a figure of 8, they must avoid crashing or leaving the track (all start at different points).

If they lose control and leave the race track, must take a 'pit stop' in the red zones and perform 10 of a ball mastery move before re - entering on their current lap.



4 - **Race Track - Demolition Derby** - Who can complete 10 laps the quickest?

As above, but now players are permitted to knock each other's ball off the race track. Fun!

5 - **Finish with Small Sided Games**

Week 2

Dribbling & Ball Control

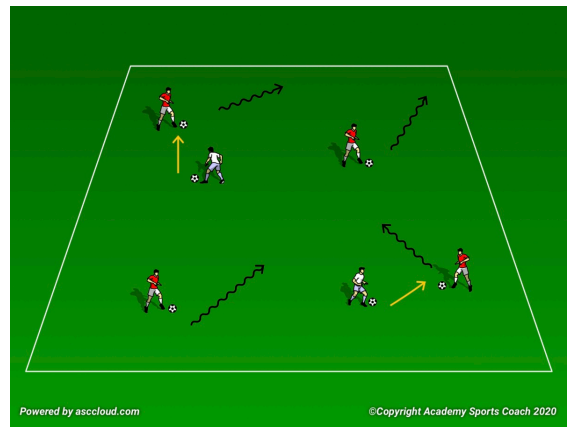
Dribble at various speeds using different surfaces of the foot. Laces to move fast, Inside & Outside are useful to turn. Sole is great to maneuver and control the ball.



1 - *Superhero Skills*

All players have a soccer ball and move around the playing space learning super hero powers from coach.

***Flash:** Dribble Fast **Wonder Woman:** Kick (pass) ball into space and retrieve (fly) before ball leaves playing space. **Hulk:** Toe Tap Smash the ball 10 times **Mr Freeze:** Who can freeze with their foot on the ball first? **Captain America:** Dribble and bump balls (shields) together using the sole. **Spider-Man:** Web each other's balls with an inside foot pass. **Batman/CatWoman:** Show off your new skill (super gadget) the coach has taught you*



2 - *Superhero Tag* - Now introduce Supervillains to battle the heroes

***Green Goblin** - 2 players dribble with green pinnies (sticky shooters) and attempt to throw them at the heroes. If caught, the hero stands with arms and legs wide so other heroes can break the sticky web and score a hero point.*

***Sandman** - 2 players dribble with yellow pinnies (sand shooters) and attempt to throw at heroes. This time players sit on their ball, sunk in quicksand, and wait for heroes to free them by tapping on head.*

***Maleficent** - 1 player begins as Maleficent, the sorcerer. Every time she hits a player with the blue pinnie, they turn into a villain too. Dribble to the coach, retrieve a Maleficent pinnie and help the villains. Last hero left wins.*

3 - *Finish with Small Sided Games*

Week 3

Dribbling & Ball Control - Introducing Turns

Introducing different ways to turn (Pull Back & Step Over) and change direction.



1 - *Meet the animals* - all players dribbling

Players dribble ball and meet the zoo animals. Coach calls animal and players respond with the relevant action.

Cheetah: Dribble fast **Sloth:** Move slow using all surfaces

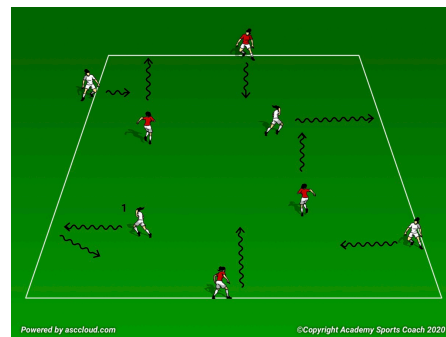
Penguin: Move with Inside Touches

Snake: Never in a straight line, changing direction with both feet

Kangaroos: Leave balls and jump over as many as possible in allotted time

Crab: Dribble ball while doing the crab walk!

Chameleon: Teach Pull Back & Step Over Turns. They can perform either of these as this animal always appears differently!

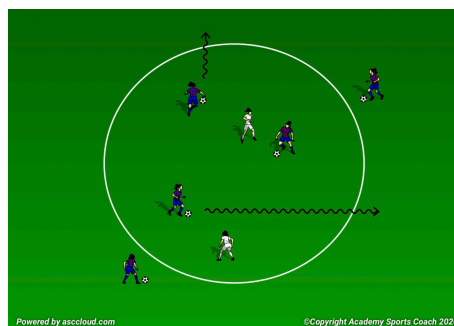


2 - *Zoo Keeper Training (Introducing Turns)*

Zoo Keepers need to be alert and have the ability to escape dangerous animal enclosures. Players dribble and practice each skill turn for 30 seconds. On coaches command, players race to see how many of the skill turn they can complete in 1 minute. They must perform a turn every time they reach one of the 4 sides of the playing space.

3 - *Enter the Lions Den*

Players dribble around the lions den (10x10). 1-2 lions (wearing pinnies) are waiting inside without a ball. Dribblers (Zoo Keepers) must feed the lions by dribbling through one side of the lions den and out of another without getting eaten.



If a lion challenges a dribbler and kicks their ball out of the den, they swap places. Winners are the players who are zoo keepers at the end of the game.

Progression:

1 - Cannot go straight through, must TURN and exit from another side

2 - Players now do not swap places. Lion numbers just increase

4 - *Finish with Small Sided Games*

Week 4

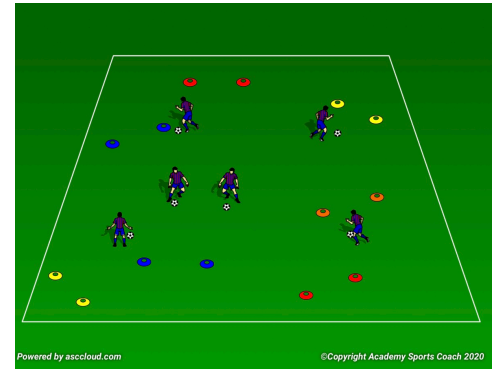
Skill Turns - How to lose a Defender



Changing Direction and Turning with the Ball. Recap of Pull Back & Step Over while introducing L Turns and Hook Turns

1 - *Big Brother Challenge*

Coach (big brother) sets players challenges to complete through gates. These include: *dribbling foundation, ball mastery touches (Insides, Taps, Sole Roll before leaving the gate), Pull Back, L Turn, Step Over & Hook Turns.*



Progression: Players practice each move for 30 seconds, then race for 45 seconds completing the skill at speed.

2 - *Walk the Dog*

Players are paired up. One player is the *Walker* while the other is the *Dog*. Both players dribble their ball, dog leads the walker, through the gates. On the coaches' command, dogs will attempt to race away from their owner through as many gates as possible. Owner attempts to keep up. When coach yells "Stop" dogs are winners if they are a large distance away from their owner. Walkers win if they were within reach of their dog. *As players race, reinforce foundation dribbling (keep ball close, surfaces of foot to change direction) while giving positive feedback to those who use TURNS to lose their walker.*

3 - *1v1 Family Feud*

Players group with coach at bottom of playing space in 2 teams (families). Coach rolls ball in and player from each team races out and battles for ball. Player who dribbles through gate first (*Progression: 2 or 3 gates*) wins a point for their team. *To avoid long waiting lines - Roll ball in for a pair, and as they begin playing roll another ball in at a different side of the field for the next players. Have up to 3 pairs playing at once - this also helps players' spatial awareness.*

4 - *Finish with Small Sided Games*

Week 5

Beat The Player Moves

Recap of Dribbling Foundations & Turns while introducing Body Feint, Scissors and Rollover moves

1 - *Explore the Ocean* - Players dribble while completing soccer moves

3 different color cones (2 are rocks, the blue ones are jellyfish) scattered along the ocean floor. Players dribble and familiarize themselves with playing space while avoiding these obstacles. Coach will call ball mastery moves (*Inside, Inside / Outside, Toe Taps*) for players to do every 20-30 seconds.

Red Rocks - players must do a Beat The Player Move to move around this color

Yellow Rocks - players must do a Turn to move away from the color

Blue Jellyfish - try to avoid these. If hit, replicate being stung with 10 toe taps

Progression: When moves have been introduced, players race to see how many they can complete in 1 minute. If they hit a *Jellyfish*, they must start count again.

2 - *Octopus Tag*

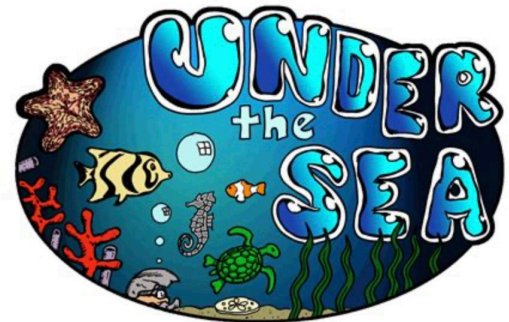
Players line up on end line and must reach other side without their ball being touched by the Octopus. The Octopus can move anywhere but the end zones.

If caught, player becomes Seaweed, and stands on the spot attempting to tag fish. *Note: Unlike Sharks & Minnows this prevents accidents and gives attackers more opportunities to identify gaps and gain success. If a child has been a seaweed for a while, allow them to turn into a crab.*

If a seaweed tags a player while standing still, they become a crab. Crabs can move horizontal but never forward or back. If a player tags 3 fish, they can re-enter with their ball as a fish. Last fish left at the end of the game wins.

Progression: Player must complete a Beat the Player Move before reaching the other side.

4 - *Finish with Small Sided Games*



Week 6

Using Skills Under Pressure

Developing the ability to use close control and skill moves to retain possession and lose defender pressure

1 - *King / Queen of the Castle* - Set up: multiple triangle zones

First, players dribble around the playing space. When Coach calls a ball mastery move; *Insidies, Sole Taps, Squeeze + Push* they must race to a triangle and perform 10 of the move.

Second, players continue to dribble but this time enter the triangles when *they see there is an open space* and perform a *Beat The Player Skill Move* or *Turn* chosen by the coach. *Helps players identify attacking opportunities* - make this a race. If players crash, lose points.

Third, make groups of 3-4 players. Teams stand by a castle (triangle) and leave their soccer balls within it. On coaches call, players race to other castles and steal one soccer ball at a time. Team with most wins.

Progression: Now the team nominate a defender to guard their castle. Defenders cannot go in their castle but can tag any player trying to steal their soccer balls. When a player is tagged, they must return to their castle before rejoining the game. If a player has stolen a ball and is returning to their castle, nobody can take the ball from them.

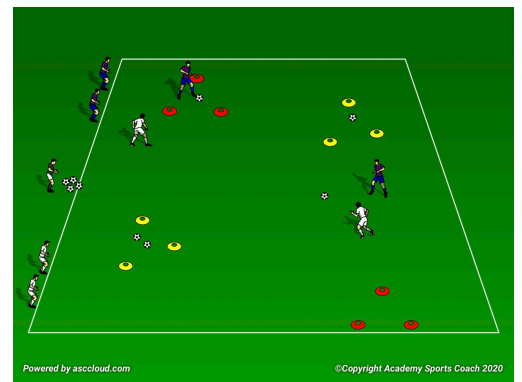
2 - *Take over the Empire* - Now there are 2 teams. They line up either side of Coach who has all soccer balls.

Coach rolls a ball into playing space and 2 players from either team battle 1v1. The aim is to dribble and stop the ball in a castle while competing with the other player.

When 3 soccer balls have been placed in a castle, the team member who placed *the last soccer ball* in that castle picks up the castle cones and brings them to coach. This castle was conquered (won) for that team. The team with the most castles at the end wins.

Coaching Points: *This is a 1v1 game. Close control and turns will win the game. Decision Making & Awareness - You only score points if you complete the castle (third ball) so look for castles with 2 balls already inside.*

3 - *Finish with Small Sided Games*

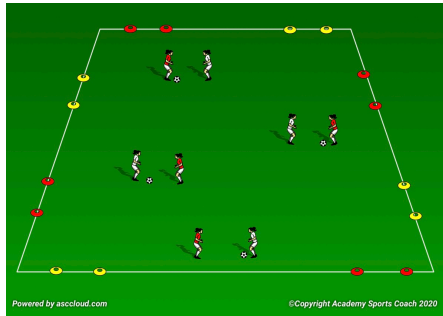


Week 7

1v1

Encourage players to be creative and find ways to dominate their opponent in 1v1 situations

1 - 1v1 Colored Goals



Players begin with a **Memory Skills** game. All players dribble their ball and wait for the coaches command. 5 skills will be introduced **Body Feint, Rollover Push, Scissors, Step Over, Pull Back** as a recap.

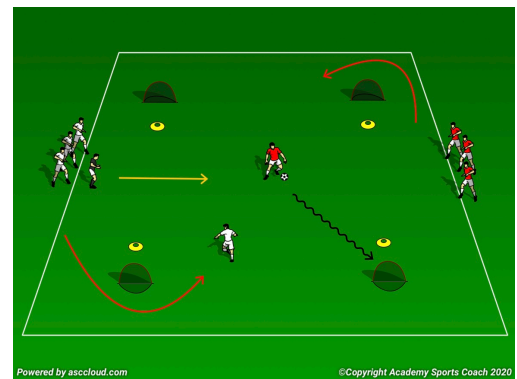


These skills will be given a number, and when coach calls out the number they must perform the corresponding move. **Progression: Coach calls multiple numbers (2,1,5) and players must do the skill combination**

Players are now placed in pairs, sharing one ball. Both representing a different color, players will pass and move in the space, performing one skill upon receiving the ball and then returning the pass. When coach calls “attack”, the player in possession of the ball races to one of their colored gates to score (must dribble through). Their partner must attempt to win possession and dribble through theirs. **Progression: Nearest goal = 1 point but dribbling past partner with a move to another goal = 3 points.**

2 - 1v1 attacking 2 goals

Now there are 2 teams, stood at opposite sides of the field. Coach rolls ball in and a player from each side run around the back of their goal and compete 1v1 to score in either of the opponents two goals. **Limit duels to 20 seconds to prevent wait time.**



Progression: Allow teams to play 2v2

3 - Finish with Small Sided Games

Week 8

End of season review

World Cup soccer tournament allows the players to showcase their skills. Let them play.

1 - World Cup Qualifiers

Players are told only the best players & teams represent their country at the World Cup. They must showcase all of their best skills in the warm up (coaches choice) to gain entry.

2 - World Cup Tournament

Win = 3 points Tie = 2 points Loss = 1 point

Allow 3-4 games to take place in a tournament style. Players pick their country.

Coaching Note: Praise players for trying take ons and being creative.

