



Division Two – 7, 8, and 9 Years Old Curriculum

AIM: To reinforce the techniques introduced at D1 and further present new fundamental techniques in a FUN way that challenges the players but does not overwhelm.

The basics of the following techniques have been previously introduced, and now a much higher degree of technical mastery in these skills should be sought:

- Dribbling
- Individual Moves I.e. Pull Back turn, or L turn.
- Juggling
- Short passing

Besides reinforcing these techniques, the following additionally be covered:

- Ball Control
- Possession Related work
- Attacking
- Defending
- Instep striking

These techniques have been selected because research shows that these are the areas that young players can learn and more importantly, enjoy learning.

The emphasis of the work with Division 2 is focused firmly upon increasing the challenge to each individual player in a manner which still leaves them excited about playing. With this in mind, the following guidelines should be followed:

Age – 7, 8, and 9

Max Sessions per week – 2

Duration of Sessions – 1 hour

Type of Game – 7vs7 with goalkeeper

Length of Game – 50 minutes' total

COACHING GUIDELINES FOR D2

The guidelines below can be used as “golden rules” which will help you run your games and practices in a developmentally appropriate manor.

1. Players learn best when touching a ball. Try to give the players as much active time with the ball as possible.
2. Juggling and Dribbling type moves should be part of every session you do.
3. Do not use practices that involve the players standing in a line.
4. Play scrimmages that are as close to the recommended guidelines as possible. Ideally 3vs3 or 4vs4 with a goalkeeper.
5. Try to finish the practice on a positive point and when the children are having tremendous fun
6. Try to use language that encourages participation from all players (The hardest working player wins), rather than encouraging participation from a select, gifted few (The first player to Wins).
7. Although they are young, they need and respect discipline. Carefully select your teaching style and your guidelines for behavior and then be firm with what you will and will not accept.

Division One – Key Moves

The Drag Back Turn

Coaching points:

1. Place the non - kicking foot at the side of the ball.
2. Place the kicking foot on the top of the ball.
3. The player's body should be leaning over the ball.
4. Drag the ball back, in the opposite direction.
- 5 Push the ball away using opposite foot.

The Step Over

Coaching Points:

1. Place both feet at the side of the ball, with the strongest foot nearest the ball.
2. The strongest foot is taken over the ball and placed down.
3. The upper body has moved down wards, attempting to throw the defender off balance.
4. The weaker foot then takes the ball away in the opposite direction.

The Cruyff Turn

Coaching points:

1. Place the non-kicking foot at the side of the soccer ball.
2. The kicking foot is placed in front of the ball at 90 degrees to the non-kicking foot (making a part of a birthday box).
3. Using the inside of the kicking foot, push the ball back in the opposite direction.
(wrapping the present)
4. The player should then turn and pivot around the non-kicking foot. Children will often pivot on the wrong foot. Note - for a young child this is a complex bio- mechanical movement. To successfully coach the Cruyff turn, the coach should adopt a hands-on approach.

The L Turn

Coaching Points:

1. Place the non-kicking foot at the side of the soccer ball
2. Place the kicking foot on top of the ball
3. Roll the ball backward and let go when it is behind the standing foot
4. Use the inside of the kicking foot to push the ball behind the non-kicking foot
5. The movement of the ball will be either the shape of an L or a reverse L

The V Shape

Coaching Points:

1. Place the sole of the kicking foot on top of the soccer ball
2. Pull the ball backwards diagonally toward the non-kicking foot
3. Point the toes of the non-kicking foot toward the ground and push it diagonally away from the body using the laces
4. The movement of the ball will be the shape of a V.

The Inside Cut

Coaching Points:

1. Place the non – kicking foot directly at the side of the ball.
2. The non – kicking foot should be slightly bent.
3. The player should pivot in the non – kicking foot making contact with the ball using the inside of the foot, taking the ball in the opposite direction.
4. The player should have a lower their center of gravity for balance.
5. Upon completing the move the player should accelerate away into space.

The Outside Cut

Coaching Points:

1. Place the non – kicking foot a comfortable distance away from the ball and level with the ball.
2. Using the outside of the foot flick the ball in the opposite direction.
3. The player should then turn and spin in the opposite direction. The turn takes the player through 180 degrees.

The Inside-Outside

Coaching Points:

1. Place the ball on the outside of the strongest foot
2. Pass the ball a short distance using the outside of the strongest foot away from the body (in a side wards direction).
3. Using the inside of the same foot pass the ball side wards back towards the body.
4. By quickly moving the feet now pass the ball with the outside of the weakest foot so that it continues in the same direction.
5. By quickly moving the feet pass, the ball with the inside of the weak foot back towards the body and start the sequence again.

Division 2 – Activities

Ball Based Warm Up

All players with a ball each dribbling around inside square. Every three touches they do a move, changing direction, feet, surface of feet, and speed.

Advanced Ball Based Warm Up

Copy the Ball Based Warm Up with the addition that every twenty seconds or so, the coach calls the name of a move that has previously been taught. On command the players do the move at speed until they are told to begin dribbling again.

Coaching Points:

1. Insist that the players dribble at game speed with their heads up.
2. When performing moves they do them with both feet, at speed.
3. Use this warm up game to introduce new moves and reinforce moves previously taught.

Numbers Game

Players dribble in space and when coach calls a number they get into groups of that number.

Coaching Points:

1. Encourage cooperation between teammates.
2. Protect any player likely to be ostracized with phrase, "If you cannot find a partner or group then you come to me"
3. Finish game with groups of the size that you need for your next practice

Body Breaks

While the players move around with a soccer ball in a square, the coach calls out a body part, for example, elbow. The players must try to stop their soccer ball with the sole of their foot and then touch that body part on the ball.

Coaching Points:

1. If a child's ball is running away from them and they are unable to stop it, they are not in control and should take smaller touches.
2. When the children are stopped, the coach should encourage the players to move in open space.
3. The coach can use 'hands' as a trigger word to encourage players not to use their hands in play. When the coach says hands, rather than put their hands on the ball, the players put their foot on the ball and scream 'no hands in soccer'.

Pairs Juggling

Players work in pairs with one ball for each pair. Standing about 5 feet apart, one player serves to his partner who must control it with one foot and then before the bounce volleys it back with the other. Pairs do cycles of five each and then change.

Coaching Points:

1. Vary the sequence and the controlling surface.
2. Encourage the players to stay on their feet and move to stay in line with the ball.

Sequence Juggling

Players work with a partner. One feeds the ball from their hands to their partner who must perform a given sequence before returning. As the player's progress and their touch improves, make the sequences more demanding. For example, right laces, right thigh, left thigh and return with left foot volley.

Coaching Points:

1. This body of work examines how good their first touch is. To begin with keep the sequences simple.
2. Encourage them to watch the ball onto the controlling surface and not rush through the moves.

Two Touch Pass and Move

Players work in pairs with a ball between two. They must pass and move in a large space and must remain approximately 15 feet apart, every pass must be short and players are only allowed two touches - one to receive and one to pass. First pair to 30 passes are the winners.

Coaching Points:

1. Reinforce correct technique.
2. With their receiving touch encourage them to pass to themselves.
3. If their partner is not free for them to pass to introduce the concept of playing a leading pass into a space for their teammate to move onto.

Pass and Follow

Use the numbers game to divide the players into groups of four. Each group plays with one ball and simply passes to a teammate and follows the pass. Encourage the players to follow their own pass at speed almost as if they were a defender putting pressure on the player receiving.

Coaching Points:

1. Stress that the player receiving use his first touch to guide the ball away from the oncoming player.
2. Encourage the players to decide as to who they will pass to before the ball reaches them.

Nine Lives

Players move around inside the square with a ball each. When coach says freeze, they must stop straight away. Failure to do so leads to players losing one of his/her lives. Players also lose lives if; they dribble out of bounds, they move too slowly or their ball hits any other player. After 5 minutes let them earn lives back by being in the biggest space when you say freeze, or by performing any move that you give them at the quickest speed. i.e. If the coach says inside-outside the player working the hardest gets a life back. After ten minutes the player with most lives is the winner. Any player who gets down to zero lives needs nine juggles to get back in the game.

Coaching Points:

1. Head up when moving.
2. Three touches, do a move then switch feet.
3. Encourage high intensity.

Knock Out

Players dribble around in the square. On command defenders, can go in and kick other players ball from the square. Once your ball is out you become a defender. The last player in square with a ball is the winner.

Advanced Knock Out

All players moving around in square with a ball. When coach says “knock out” they try and use their ball to knock any of their teammates balls out of the square. They can only do this by playing their ball against their teammates ball using the correct passing technique. Once out of the square the only way back in is by doing a set number of juggles.

Coaching Points:

1. Unless they dribble with their heads up they will never know who is a defender and where to move to avoid pressure
2. If players are just defending their own ball and not attempting to knock one another out, try making a rule - The first to knock three balls out is the winner.

Survivors

Select catchers by seeing who tries the hardest to perform set sequence of juggles. Catchers then attempt to run into a square and simply touch a player's ball with their foot. Once touched, the player must leave the square and is only allowed to return after completing the V-shape move ten times. If catchers get all players out of square at the same time they win.

Coaching Points:

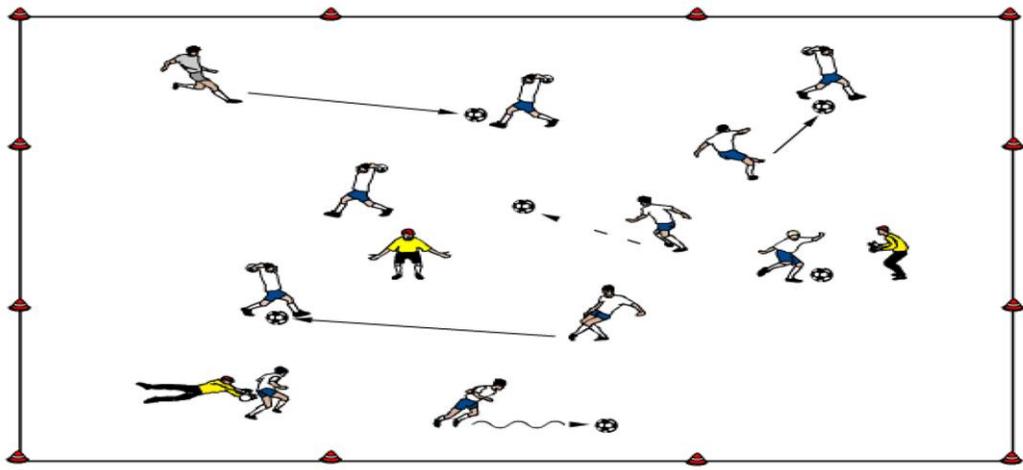
1. Encourage players to take catchers on by using their new move.
2. Encourage players to get back in the game by performing move at speed.
3. Help players with problems to master move.

Stuck in the Mud

The children dribble around the marsh land approximately 30 x 30 yds. Two mud monsters attempt to freeze out the players. To do this, they simply must touch the player's ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen player's legs.

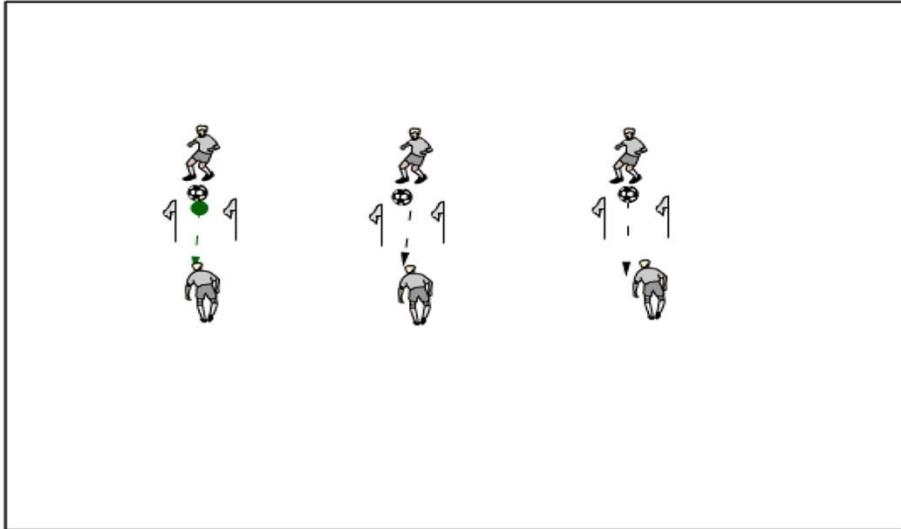
Coaching Points:

1. The hardest working player is always the first catcher
2. Encourage players to use the correct Push Pass technique when setting players free
 - a. Non-kicking foot by the side of the ball
 - b. Lock ankle and follow through in desired direction of ball
 - c. Watch the foot make contact with the middle of the ball
 - d. Encourage the correct weight of the pass by asking player to run and collect the ball on the other side of their teammate.



Bank Vault

Each player must work with a partner with one ball between two and two cones for each group, set up as shown below.



Each player must receive the ball from their teammate and take two touches to return the ball back through the gate. The first team to successfully complete 10 passes are the winners. The rules can be made more challenging by being specific about how the first touch is taken. For example, with the outside of a player's weaker foot.

Coaching Points:

1. Watch the ball arrive.
2. Cushion the ball with a small touch to the side of the foot that you will be passing with

Fort Knox

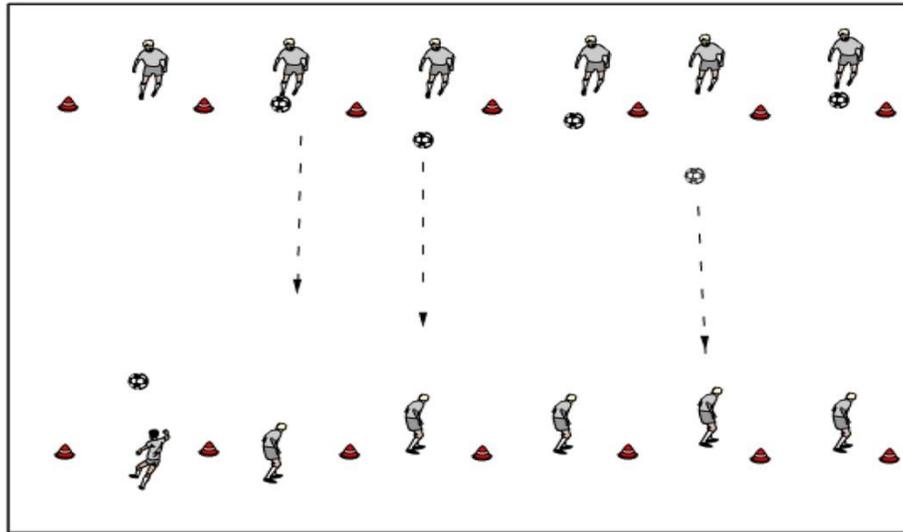
As above, but this time tell the players that they must receive the ball in this order- inside of strongest, inside of weakest, outside of strongest and outside of weakest. They must go through the cycle twice without mistake.

Coaching Points:

1. Watch the ball arrive
2. Pass it into the space at the side & move with it.

Grand Canyon

Divide team into two groups and set them up as shown below.



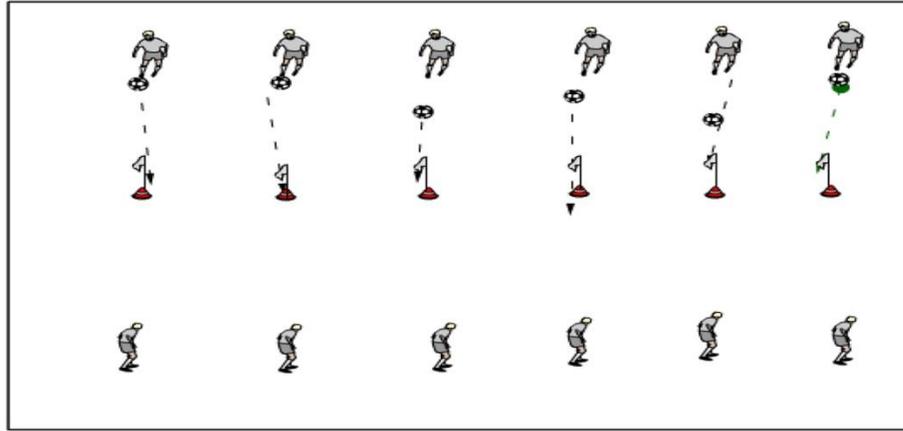
Every player has a ball. They score by striking the ball with their instep so that it goes through their opponents 'Grand Canyon' - their two cones. To score a point the ball must travel through the canyon between chest height and the ground. Players can use the nearest ball possible to strike with but can only shoot for the line in-between their own two cones.

Coaching Points:

1. Address the ball - approach it with a curved run.
2. Place non-kicking foot down by the side of the ball.
3. With toe down and heel up watch your laces make contact with the ball.
4. Follow through and land on the striking foot.
5. Play with right foot for ten minutes and then with the left foot.
6. Coach keeps track of the scores and keeps them close.

Missile Base

Use the numbers game to divide the players into groups of two. Once this has been achieved, set them out in the following organization.



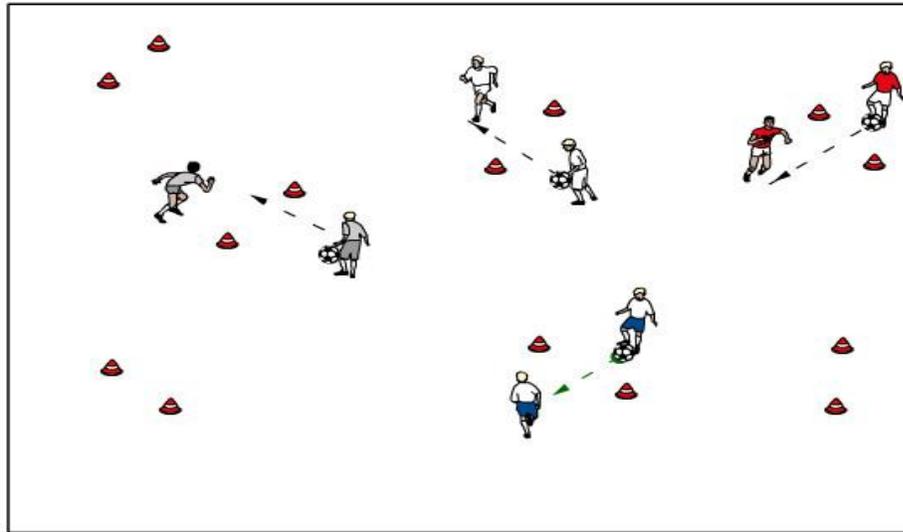
Each pair has a ball between two and can score by hitting the cone (missile base). If they miss their ball goes to their partner who gets to use it and vice versa. The first player to score five is the winner.

Coaching Points:

1. Approach the ball with a curved run.
2. Place non-kicking foot beside the ball.
3. With toe down and heel up watch your laces make contact with the ball.
4. Follow through and land on the striking foot.
5. Play with right foot for ten minutes and then with the left foot.

Through the Gate

Using half a field randomly set up a series of gates with cones as shown below.



Players work in pairs and must pass and move inside the field. To score, they must pass the ball through as many gates as possible within the time limit without letting the ball stop. They cannot stand still and use the same gate over and over.

Coaching Points:

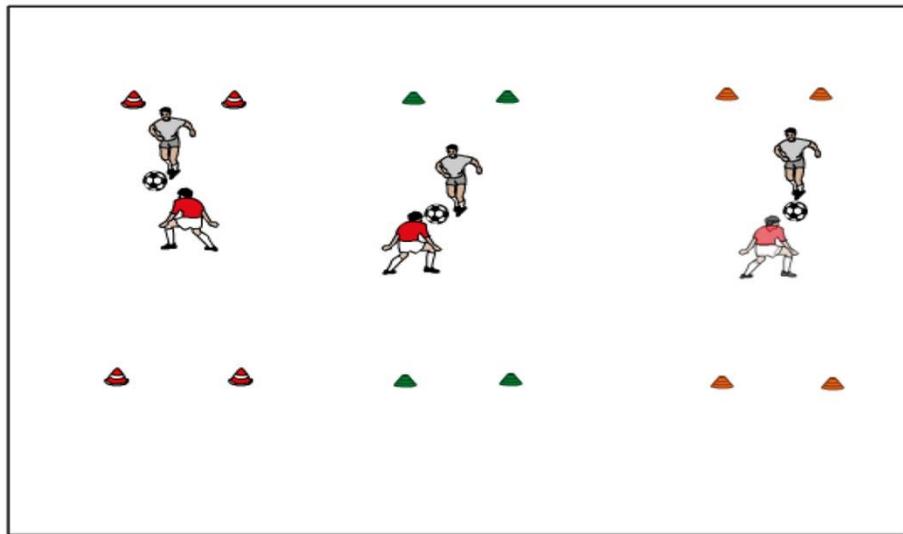
1. Players are only allowed four touches on the ball before they pass
2. If their ball hits another or goes out of bounds, they must start back at zero – This will help players move with their heads up and play away from pressure
3. The game can be made more challenging by making players pass using their weaker foot only

1v1 To Ball

Players are split into pairs with two balls. One ball is used as a target while the other is active. One player passes the active ball up to 10 yards away from the target ball. Once the active ball has stopped, the two players race to gain possession. Once in possession, a player scores by striking the active ball into the target ball. The scoring player then passes the ball and play resumes. Players must keep score and play for up to 5 minutes at a time before.

1v1 Ladder

Using cones mark out area as shown below



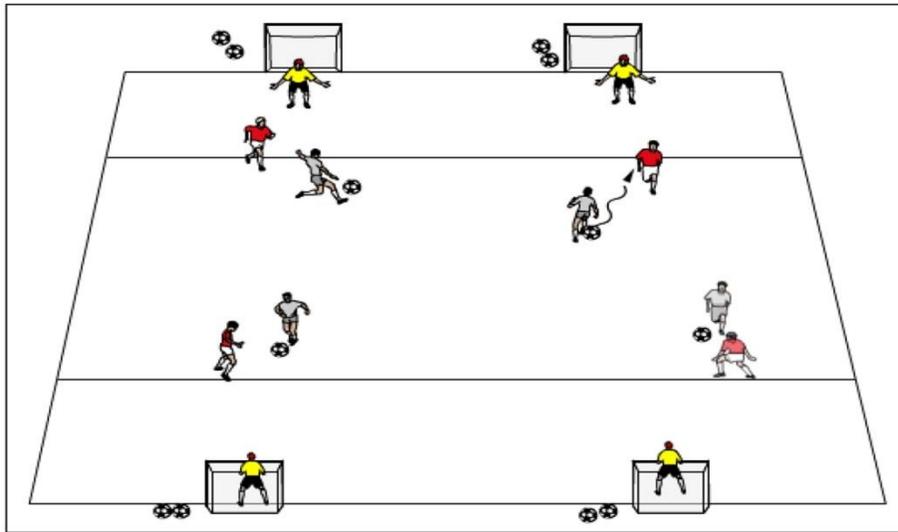
One player starts the game with the ball. They pass to the player in the opposite goal and then become the defender. Players score by playing the ball through their opponent's goal. There is no out of bounds. The player who is the first one to three is the winner of the game. If you win you move up the ladder. Lose and you move down.

Coaching Points:

1. Encourage the players to play high-pressure defense always.
2. Encourage the players to use the moves that you have taught them to create space in for a shot.
3. Use this game to develop an attitude where the players always attack space.
4. Use individual juggling as the break up activity.

1v1 To Goal

Divide the players into groups of three and use cones, flags or goals to set up the practice shown below



Attacker starts the practice with possession of the ball and gets five attempts to score a goal. Players rotate to be the defender and goalkeeper. Player with the most out of five wins.

Coaching Points:

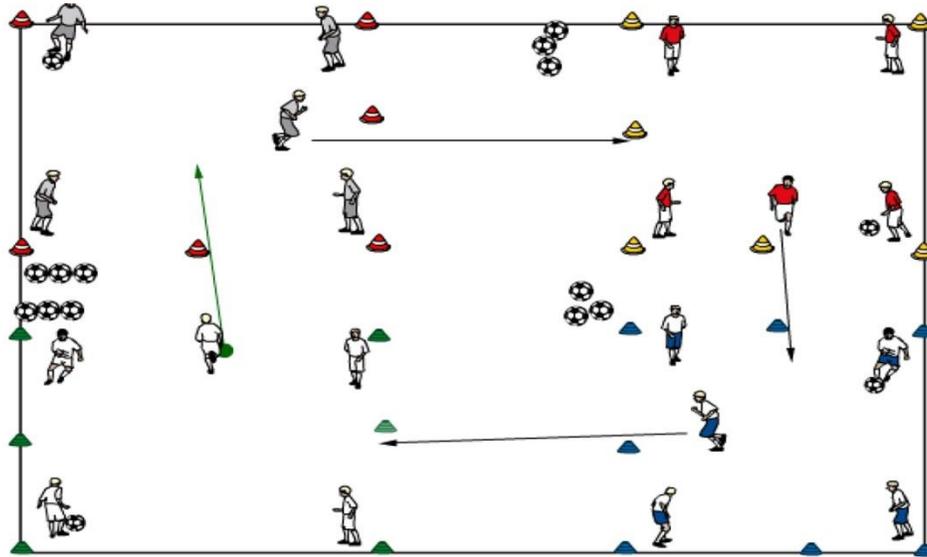
1. Encourage players to use their moves to create enough space for a shot.
2. Through use of appropriate questions lead attackers to problem solving i.e. if defender lacks pace, how might he be beaten?
3. Try to vary the situations in which the attacker has the ball. For example, back to goal under pressure or racing away from recovering defender.

2v2

Use the same set up as either 1v1 to ball, 1v1 ladder, or 1v1 to goal but adjust it so that the competition has an additional player per team. All same rules and guidelines apply.

World Cup Keep Away

In a 15 by 15 square, play four against one. One player starts the practice as the defender. The defender passes to any of the four players to start the practice. As soon as the player receiving the ball has touched it, the aim of defender is to get the ball back as quickly as possible. The aim of all other players is to get ten consecutive passes. Any player who makes a mistake becomes the defender and the defender takes their place on the outside.

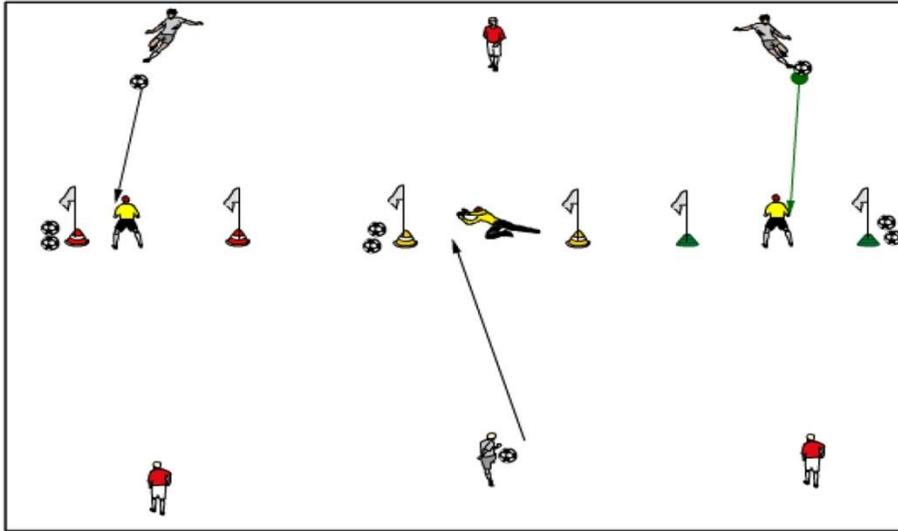


Coaching Points:

1. Player on the ball should:
 - a. Draw the defender to him before passing.
 - b. Control the ball into space every time he receives.
 - c. Attempt to disguise his intentions.
 - d. Move to support the player on the ball.
 - e. Focus upon technical perfection with the short pass.
 - f. Make the best tactical decision possible.
2. The defender should be encouraged to:
 - a. Play high pressure at all times.
3. Generally, the players should be encouraged to:
 - a. Keep high standards at all times - i.e. a pass which leaves the square puts them in the middle as the defender.
 - b. As soon as they make a mistake they become the man in the middle.

Golden Cleat

Divide the players into groups of three and use cones to set them up as shown below:



One player starts the practice with a stationary ball, takes one small touch out of his/her feet and strikes on the goal. If he/she scores the ball goes through to a second player. The goalkeeper turns and the new player shoots, beginning the sequence again. If the goalkeeper saves a shot, he/she turns and feeds the ball to the player behind him. The first player to score five goals gets to choose who goes in goal next.

Coaching Points:

1. Throughout the practice correct technique.
2. Each time the goalkeeper changes the chosen technique should change, for example;
 - a. Stationary ball - strongest foot.
 - b. Stationary ball - weakest foot.
 - c. Ball rolling away strongest foot.
 - d. Ball rolling away weakest foot
 - e. Ball rolling toward strongest.
 - f. Ball rolling toward weakest.

5 Pass Scrimmage

Play five or four a side in a square which is relatively small. For example, with eight-year old's play 4v4 in a 25-meter square. The only way to score is by making five passes without the other team touching the ball.

Coaching Points:

1. Focus on what the players do with their first touch.
 - a. The first touch must take the ball away from the defender, breaking pressure.

Games and Scrimmages – Micro Soccer

Play 3v3 with no goalkeepers or 4v4 with goalkeepers on a field approximately 30 x 20 steps

Coaching Points:

1. Throughout the game, discourage players from kicking the ball away. Players should always try to pass or dribble
2. Do not stop the game every time the ball goes out of play. Simply roll a new ball in.
3. Encourage the players to perform moves while in the game and offer positive praise to those that attempt this, irrelevant of the outcome of the move.