



# LOCKPORT SOCCER

Program Curriculum  
U12-U14

2016



# Week 1: Dribbling

## 1. 6 Surface Dribble

Players will dribble the soccer ball in open area

- Start with one foot: perform the 6 surfaces
  1. Outside of the foot touch
  2. Inside of the foot touch
  3. Laces (instep) to push ball away
  4. Bottom (sole) to drag ball back
  5. Toe to push the ball away
  6. Heel to bring the ball back behind you to turn
- Use both feet to do the 6 surfaces
- Speed dribble with laces

## 2. Introduce Micro Moves - Say, show, do, review with players - 10 mins

- Pull Back, Step-over, Hagi (3 touch circle
- Inside/Outside Turn), Margetic/Fake n' Take (Shoulder Fakes), Messi (Stop & Go), Scissors



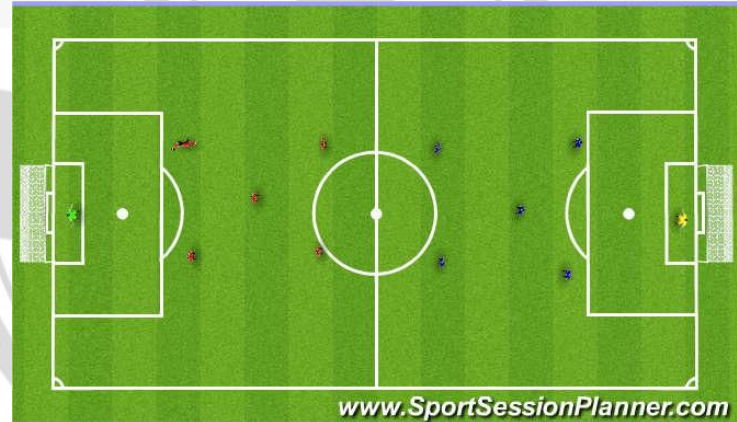
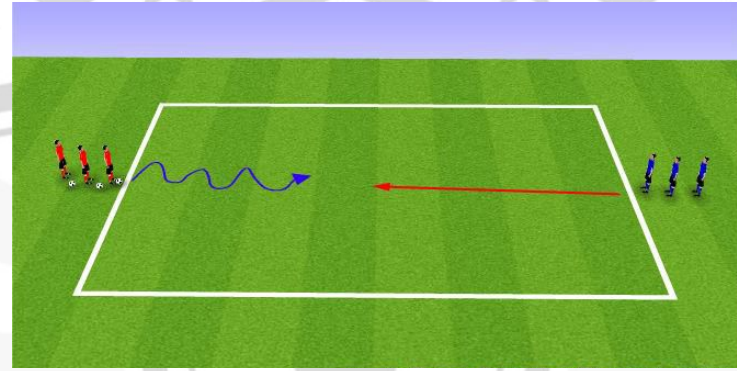


# Week 1: Dribbling

## 3. 1v1 to end line: 10x15 – 10 mins

- Form 2 groups- have a group start with ball and dribble at opponent
  - Score by dribbling over end line
  - Emphasis using a move, change of speed, change of direction
- Progress to add 2 gates on end line for player to score in

## 4. Game Numbers scrimmage with GK - (with coach after trainer)





# Week 2: Dribbling/Defending

## 1. 6 Surface Dribble

Players will dribble the soccer ball in open area

- Start with one foot: perform the 6 surfaces  
Outside of the foot touch - Inside of the foot touch  
Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn
- Use both feet to do the 6 surfaces
- Speed dribble with laces

## 2. Defending: 1v1 to gate: 10x15 - 10-15 mins

- Attacker must make a move and dribble through gate to score
- Defender can shoot if they win ball
- 1st defender (Pressure)
  - Close down space between attacker
  - Bend approach to ball
  - Slow down and inch in on the ball
  - Sideways on



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# Week 2: Dribbling/Defending

## 3. 2v2 to gates: 20x30 - 10-15 mins

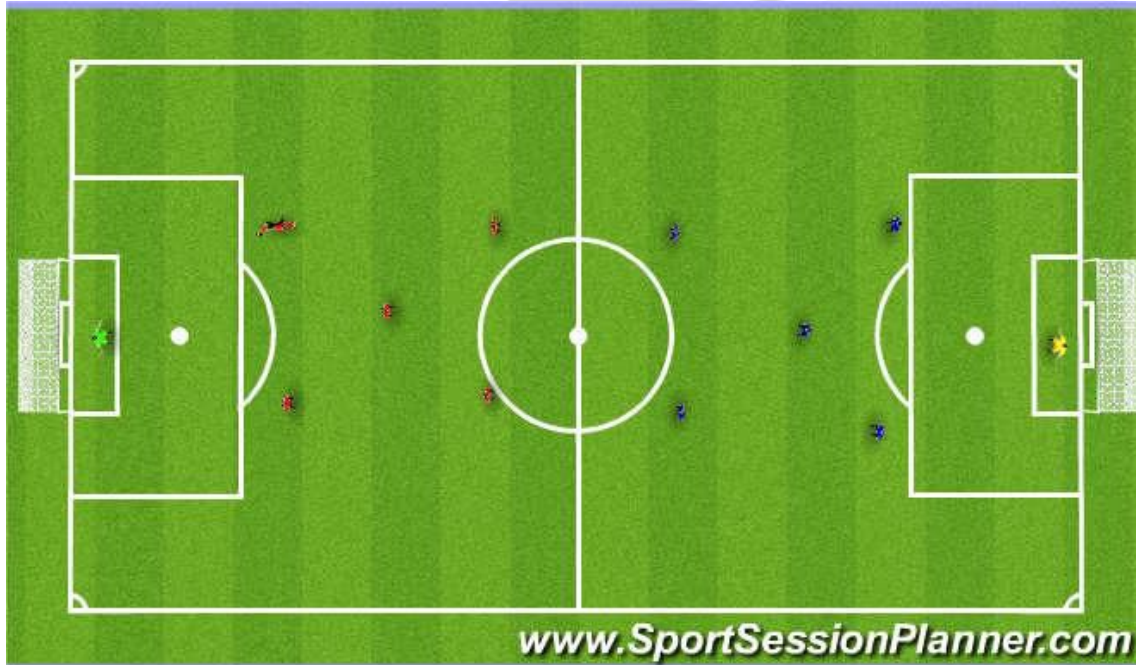
- Place 2 gates on end line
- Attacking team can score by making a move and dribbling through either gate
- Defending team can shoot if they win ball
- 1st defender (Pressure)
  - Closest player to the ball
- 2nd defender (Cover)
  - Diagonally behind 1st defender
  - Guards the space, open attacker and covers 1st defender
- Emphasize buzzwords Pressure & Cover
  - Review coaching points for 1st defender and 2nd defender





# Week 2: Dribbling/Defending

## 4. Game Numbers scrimmage with GK - (with coach after trainer)





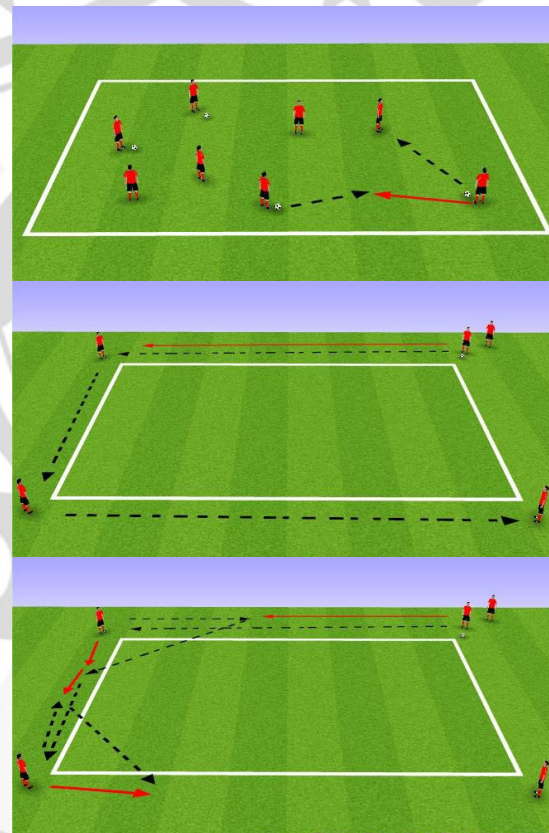
# Week 3: Ball Control/Receiving

## 1. Warm up: Groups of 2: pass & move 10 mins

- Take the ball across your body, move into open space

## 2. Ajax Box Exercise 10-15 mins

- Ball starts with 2 players on cone
- Pass clockwise-Follow Pass-Receive ball on back foot
- Pass counter clockwise
- Add Give & Go around cone



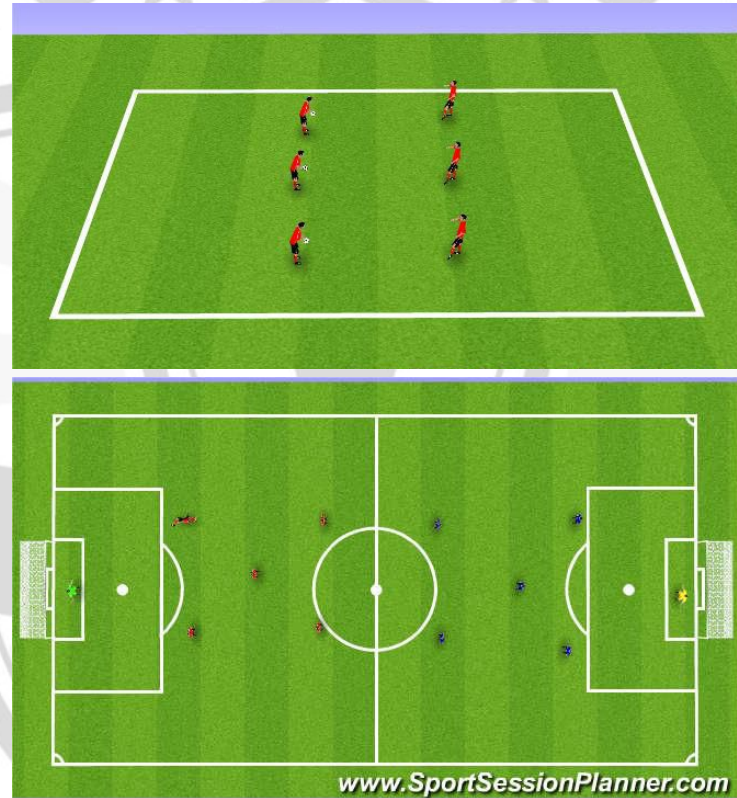


# Week 3: Ball Control/Receiving

## 3. Air Balls – 10-15 mins

- 1 juggle or hand service in air; control with laces, use a move.
- Same as above; control thigh to foot, use a move.
- With a Partner: Hand service (with an arc)
- Receive ball on lace, do a move and pass back to partner
- Receive ball on thigh, do a move and pass back to partner
- Receive ball on chest, do a move and pass back to partner
- Switch after 10 reps

## 4. Game Numbers scrimmage with GK – (with coach after trainer)







# Week 4: Passing

## Review of Micro Moves – Say, show, do, review with players – 5-10 mins

### Away from Pressure:

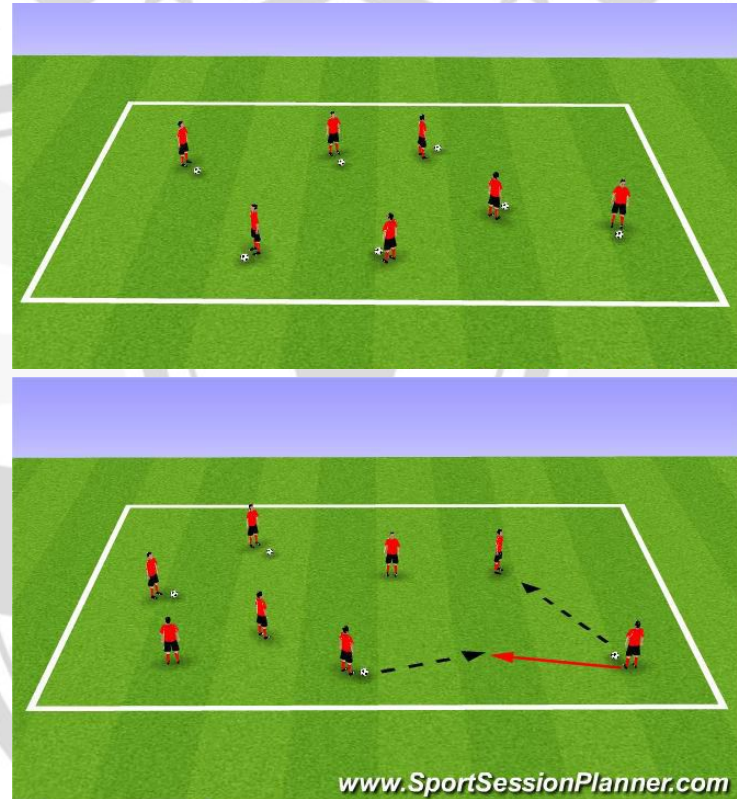
- Pull Back, Step-over, Hagi (3 touch circle with Inside/Outside Turn), Hard Inside Cut

### Beat a defender:

- Margetic/Fake n' Take (Shoulder Fakes), Hard Outside Cut, Messi
- Add: Ronaldo/Quick Stop (away from pressure) & Scissors (Beat a defender)

## 1. Warm-up: In groups of 3 or 4; passing within group - 10 mins

- Focus on inside of the foot passing
- Taking the ball across body
- Using a move before passing to a partner within the group
- All players are going at once; balls are not to touch other balls or other players



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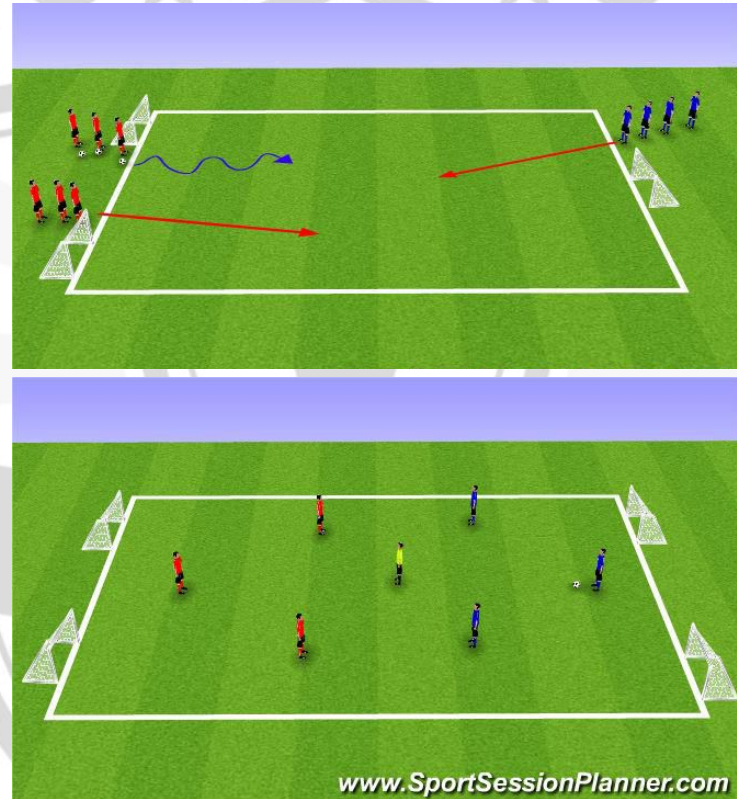
# Week 4: Passing

## 2. 2 v 1 in grid - 12 x 15 yds - 15 mins

- Blind side run
- Give and Go
- Overlap
- Improvisation

## 3. 3 v 3 + 1 to small goals

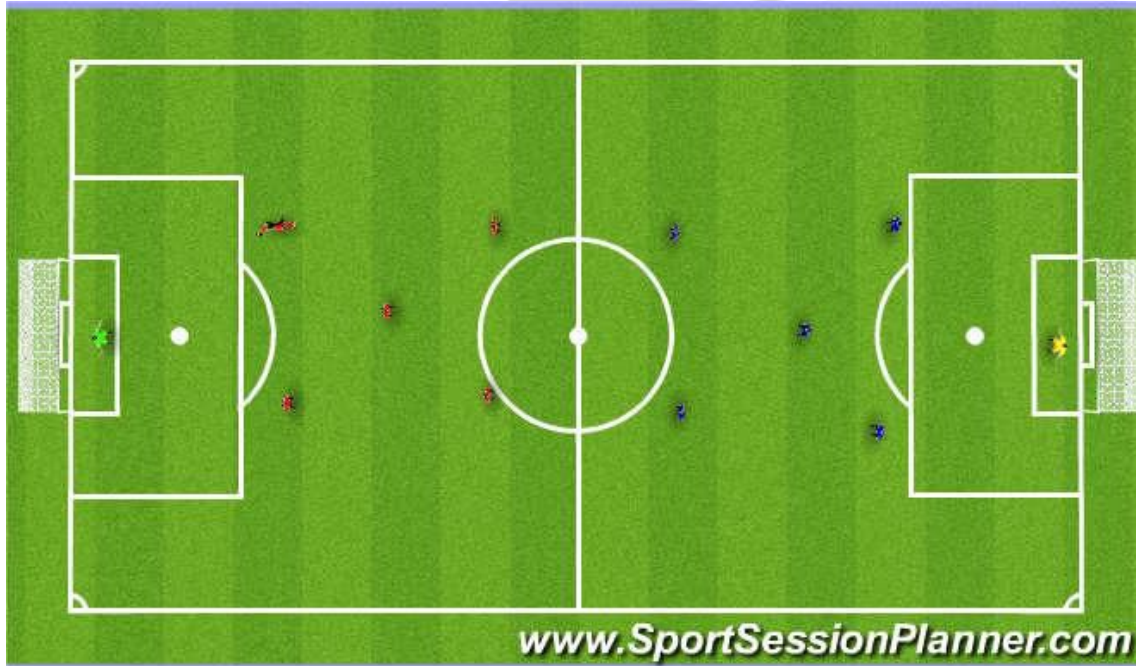
- Must use the plus player before scoring
- Must use a combination play





# Week 4: Passing

## 4. Game Numbers scrimmage with GK - (with coach after trainer)





# Week 5: Heading

## 1. Warm up

Everyone w/ball; Self headers.

- Add a partner and head ball to hand target
- Head with a toss
- Offensive header
- Defensive header

## 2. Head Juggling

- Players will try and juggle with their head.
- Players get into groups of 3 or 4 and try and juggle with their head together.





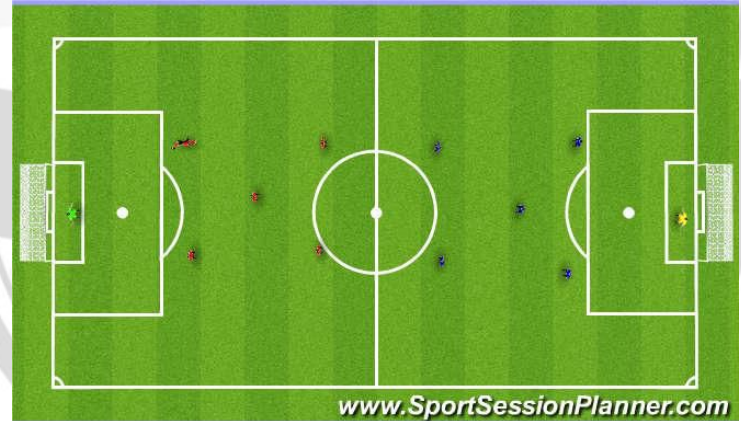
# Week 5: Heading

## 3. 3 v 3 + TP on end lines

- Must play to end line for a hand service to score with a header



## 4. Full field numbers game - (with coach after trainer)





# Week 6: Review

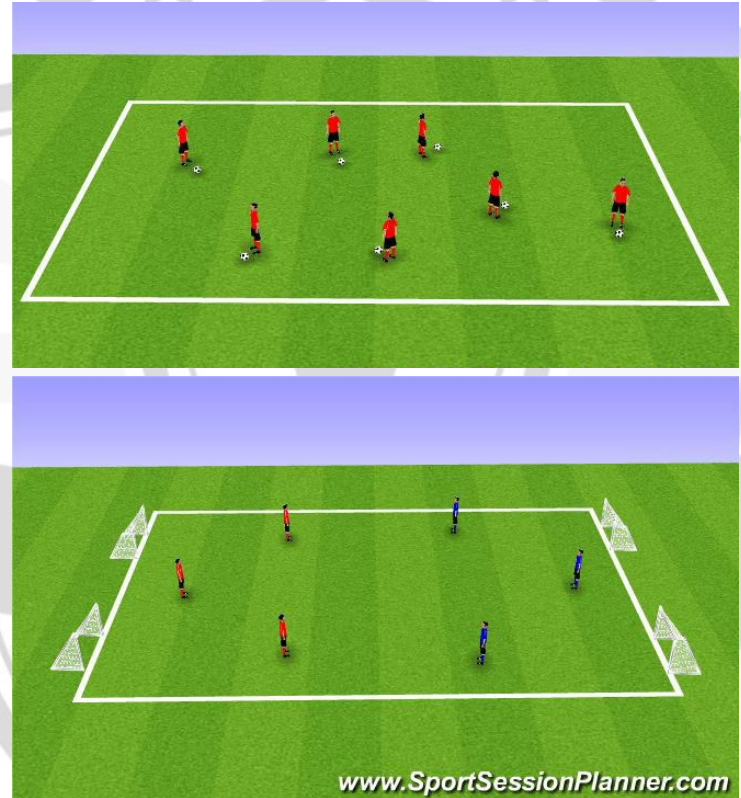
## 1. Warm Up: Review of moves – 5-10 mins

- Pull Back, Step-over, Hagi (3 touch circle Inside/Outside Turn), Margetic/Fake n' Take (Shoulder Fakes), Messi (Stop & Go), Scissors, Outside Cut, Inside Cut

## 2. 4 Goal Game - 15 mins

1 v 1, 2 v 2 or 3 v 3, to 2 goals (Goals 2 yds wide and each are 12 yards apart. The other end is 15-18 yds. away)

- Go diagonal
- Use a move, change direction
- Turn away from pressure





# Week 6: Review

## 3. 3v3 / 6v6 (20 x 30 yard field) - 15 mins

- No 1 touch; everyone must use a move before passing
- Score by dribbling over opponent's goal line and stepping on ball

## 4. Full Field game (with coach after trainer)

