



LOCKPORT SOCCER

Program Curriculum
U5, U6, and U8

2016



Week 1: 1v1 Skill Set

1. Warm up TAG GAME - 10 mins.

Sharks & Minnows (1 round without ball U5/U6)

All players line up on one side of field; Coach stands in the middle as the Shark. On coach's command the players (minnows) sprint across the field avoiding the SHARK (COACH). If player (minnow) is TAGGED, they become a SHARK with the COACH.

Sharks & Minnows (2 rounds with ball U5/U6, 3 for U8)

Coach puts 4 cones or pug goals out. Now players must control their ball across, while the SHARKS steal the balls and work together to put balls into goals. If a minnow ball is put into a goal they become a SHARK and help steal the other balls from minnows and score into the goals. Last minnow WINS and becomes the SHARK for round 2.





Week 1: 1v1 Skill Set

2. Channel Dribbling Skills - 10 mins

- Organize players in PAIRS. Each pair will have their own CHANNEL to perform skills.
- They dribble towards each other, meeting in the middle they perform the specific skill move and continue to the other side.

Dribble MOVES (COD) Change of Direction

- Ramos (Sole Roll)
- Fake and Take - Margetic
- Pull back





Week 1: 1v1 Skill Set

3. Apply Dribble Skill - 10 mins

Organize group into 2 teams

- 4 boxes, 2 teams
- One player goes per team at a time
- Dribble clockwise to all boxes performing the skill in each box

Race

- All players on each team must complete one complete lap, performing the moves in each box.





Week 1: 1v1 Skill Set

4. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4





Week 2: Shooting Skill Set

1. Warm up GAME - 5 mins - using moves

Sharks & Minnows (2 rounds with a ball)

- Coach puts 4 cones or pug goals out. Now players must control their ball across, while the SHARKS steal the balls and work together to put balls into goals. If a minnow ball is put into a goal they become a SHARK and help steal the other balls from the minnows and score into the goals.





Week 2: Shooting Skill Set

2. Review COD Moves / Introduce Theme of Day (Shooting)

Review 3 COD moves (Chop, Tunnel Turn, Pull Back)
COD / Shooting Game

- 3 teams Red, Blue, Yellow
- 1 player on each team dribbles on coach's command
- Players must speed dribble to the far cone, complete the COD move, come back to the nearest cone, perform COD move, back to far cone COD move, then dribble at goal and shoot.
- Progress to a race

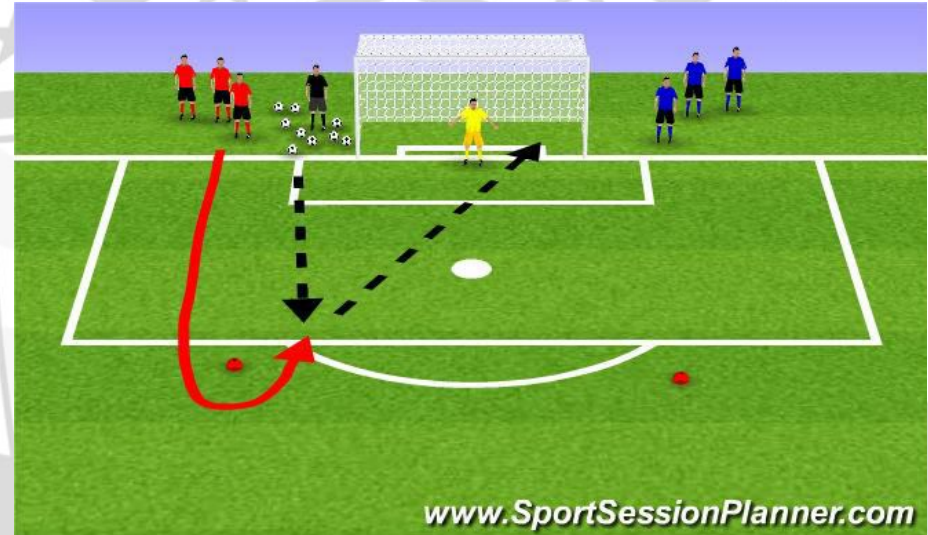




Week 2: Shooting Skill Set

3. Shooting Game

- All players line up at both goal posts
- One player at a time jogs out to cone, jogs around cone to face the GOAL. Coach passes ball from behind goal to player who gets one touch to shoot the ball. LACES and POWER.
- To make competitive, make 2 teams and have a contest





Week 2: Shooting Skill Set

4. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4





Week 3: Passing Skill Set

1. Warm Up Game

Pirates Game – using moves

- Each Player has own ball (pirates gold). Coach is the PIRATE and Holds a COLOR BIB so everyone knows HE is the PIRATE.
- Pirate tries to steal gold with feet and kick into the Pirates' Treasure Chest, which are pug goals/cones spread around.
- Once gold is taken by pirate and kicked into goal, the player grabs a bib and becomes a pirate.





Week 3: Passing Skill Set

2. Passing Activity - 10 mins

2 or 3 Team Gate Passing

- Pass through gate follow pass, point for each pass thru gate
- Have competition 1st team to 20 pts. etc...





Week 3: Passing Skill Set

3. Review COD Moves - 10 Mins

Box Relay Race with COD Moves

- Organize group into 2 teams
- 4 Boxes, 2 Teams
- One Player goes per team at a time
- Dribble clockwise to all boxes performing the skill in each box.

Race

- All players on each team must complete one complete lap, performing the moves in each box.





Week 3: Passing Skill Set

4. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4





Week 4: Change of Direction Skill Set

1. Introduce Theme of Day (Change of Direction Moves) - 15 mins

- Organize players in PAIRS. Each Pair will have their own CHANNEL to perform skills.
- They dribble towards each other; meeting in the middle they perform the specific COD move.

Change of Direction MOVES (COD)

- Beckenbauer Chop (inside / outside chop)
- Cruyff Turn (tunnel turn)
- Pull Back (step on ball with sole of foot and pull back behind)

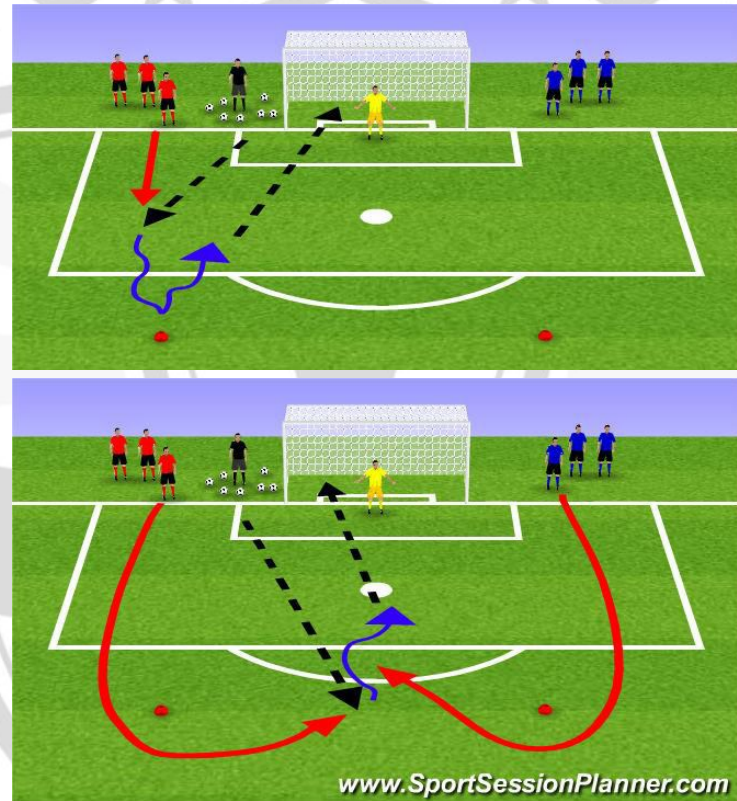




Week 4: Change of Direction Skill Set

2. Apply COD Skill - 15 Mins

- Organize group into 2 teams
 - Coach in Middle with all balls
 - Coach rolls 2 balls at same time, one to Red player and one to Blue player.
 - Race to their ball and perform the proper COD move.
 - After COD move score goal and back to end of their line
- Now 1v1. Roll ball out and Red battles Blue for the ball and score for a point. 2 pts if they use a COD move.
- After 5 mins move to 2v2 and then finally 3v3. Same game and concept, working on COD moves for extra pts.





Week 4: Change of Direction Skill Set

3. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4





Week 5: Stop and Start Skill Set

1. Warm Up Game - 5 mins

Pirates Game using moves

- Each Player has own ball (pirates gold). Coach is the PIRATE and Holds a COLOR BIB so everyone knows HE is the PIRATE.
- Pirate tries to steal gold with feet and kick into the Pirates' Treasure Chest, which are pug goals/cones spread around.
- Once gold is taken by pirate and kicked into goal, the player grabs a bib and becomes a pirate.





Week 5: Stop and Start Skill Set

2. Introduce Theme of Day (Start and Stop Moves) - 15 mins

Start Stop Moves - Say, show, do, review

- **Rock / Roll** – stop ball with sole and roll forward with same foot
- **Pull / Push** – stop ball with one foot, start ball with opposite foot
- Organize players in PAIRS. Each pair will have their own CHANNEL to perform skills.
- Head up and make sure do not CRASH in the middle





Week 5: Stop and Start Skill Set

3. Stop Start 1v1, 2v2 Challenge - 10 mins

- Organize group into 2 Teams, set 2 Goals in the middle at an angle
- Red team passes the ball to Blue team.
- Red player then defends and the Blue player attacks one of the goals.
- If Red steals it then they are on offense and try and score.
- Encourage Start and Stop / or Change of Direction moves
- Give bonus points for doing specific moves
- 1v1 can progress to 2v2, same rules apply
- Switch offense defense after two minutes.





Week 5: Stop and Start Skill Set

3. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4





Week 6: Speed Dribbling

1. Review of all moves- Say, show, do, review - 10 mins

2. Introduce Theme of Day (Speed Dribbling) - 10 mins

Demonstration Activity

- Organize players in Teams of 3. Each team will have their own CHANNEL to perform activity.
- One Player stands 25 yds away from his team, with his LEGS WIDE OPEN, like a TUNNEL
- First player SPEED DRIBBLES down around teammate, passes ball thru teammates LEGS, Dribbler Stays and makes next Tunnel, while Tunnel player speed dribbles back to other teammate





Week 6: Speed Dribbling

3. Relay Races With SPEED DRIBBLE - 10 mins

- Do same Speed Dribble Activity, but now make it a RACE and the Players must perform a START and STOP MOVE in the middle of their SPEED DRIBBLE.





Week 6: Speed Dribbling

4. Scrimmage Games (with coach after trainer)

- 3v3 or 4v4

