



# CURRICULUM U5 & U6



## First Touch Soccer

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PREPARED FOR: AYSO REGION 5

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# *Season* **CURRICULUM**

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## **Session Structure**

<b>0-10 Mins</b>	<b>Warm Up</b>
<b>10-15 Mins (5 Mins Max)</b>	<b>Drinks Break</b>
<b>15-25 Mins</b>	<b>Activity One</b>
<b>25-30 Mins (5 Mins Max)</b>	<b>Drinks Break</b>
<b>30-40 Mins</b>	<b>Activity Two</b>
<b>40-45 Mins (5 Mins Max)</b>	<b>Drinks Break</b>
<b>45-60 Mins</b>	<b>Scrimmage</b>





# *Season* **CURRICULUM**

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**WARM-UP**



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4-8

## Body Parts

Written by First Touch Soccer

### Set Up



12 mins



12 players



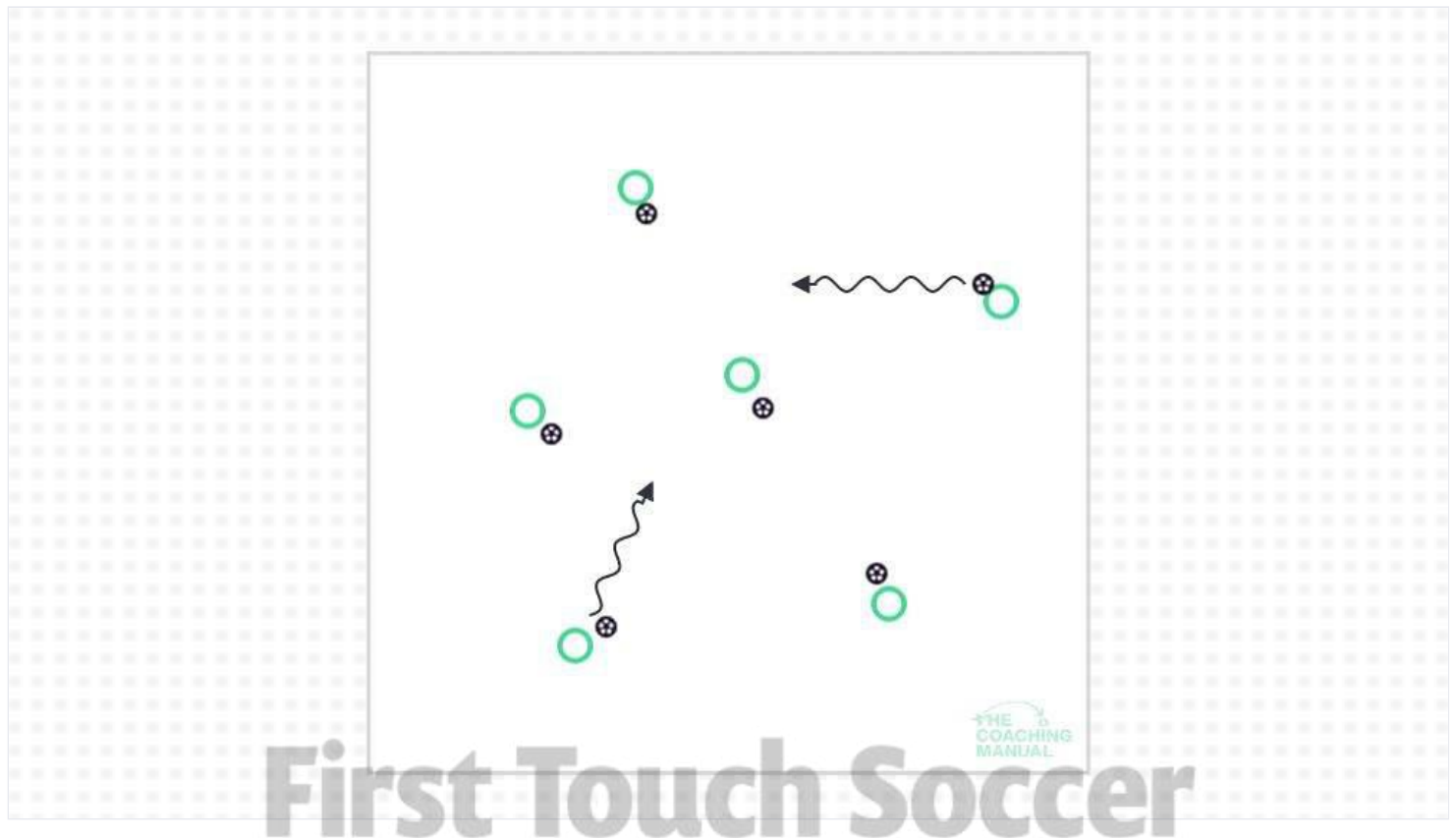
12 balls



8 cones



30x30 area



### Organization

30x30 area, each player has a ball.

### Activity

The players dribble the ball inside the area until the coach yells out a body part. When a body part is yelled out by the coach the player must stop the ball and put that body part on the ball. Example - knee, elbow etc.

### Coaching Points

- Small touches
- Head up
- Stop the ball quickly using different parts of foot

### Progressions






- Increase competitive element by seeing who can stop the ball quickest
- See how many different body parts players can place on the ball in 20 seconds

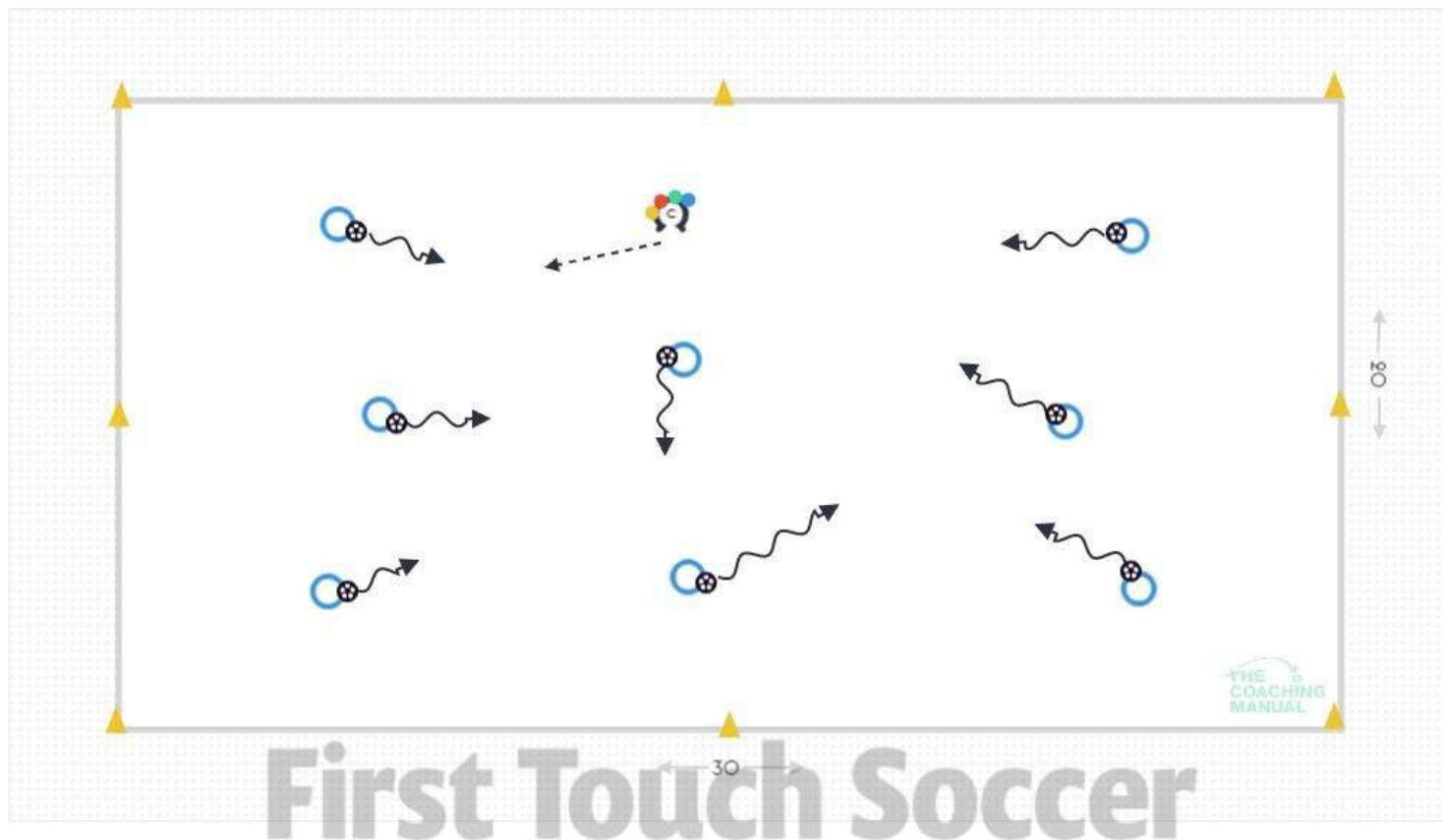
4-5

## Traffic Lights

Written by First Touch Soccer

### Set Up

 6 mins    8 players    8 balls    8 cones    30x30 area



### Organization

30x30 area, each player has a ball.

### Activity

Players dribble their ball around the area. Coach will shout out a color and players must complete the task related to that color. Green light = go fast, yellow light = go slow, red light = stop and put your foot on the ball.

### Coaching Points

- Small touches
- Head up
- Change of direction

### Progressions

- Add in an extra color which requires skills to be completed. Eg. Blue light = toe taps/bells etc.
- Coach becomes 'crazy driver' who attempts to steal the balls.



4-9

## Clean Up

Written by First Touch Soccer

### Set Up



10 mins



8 players



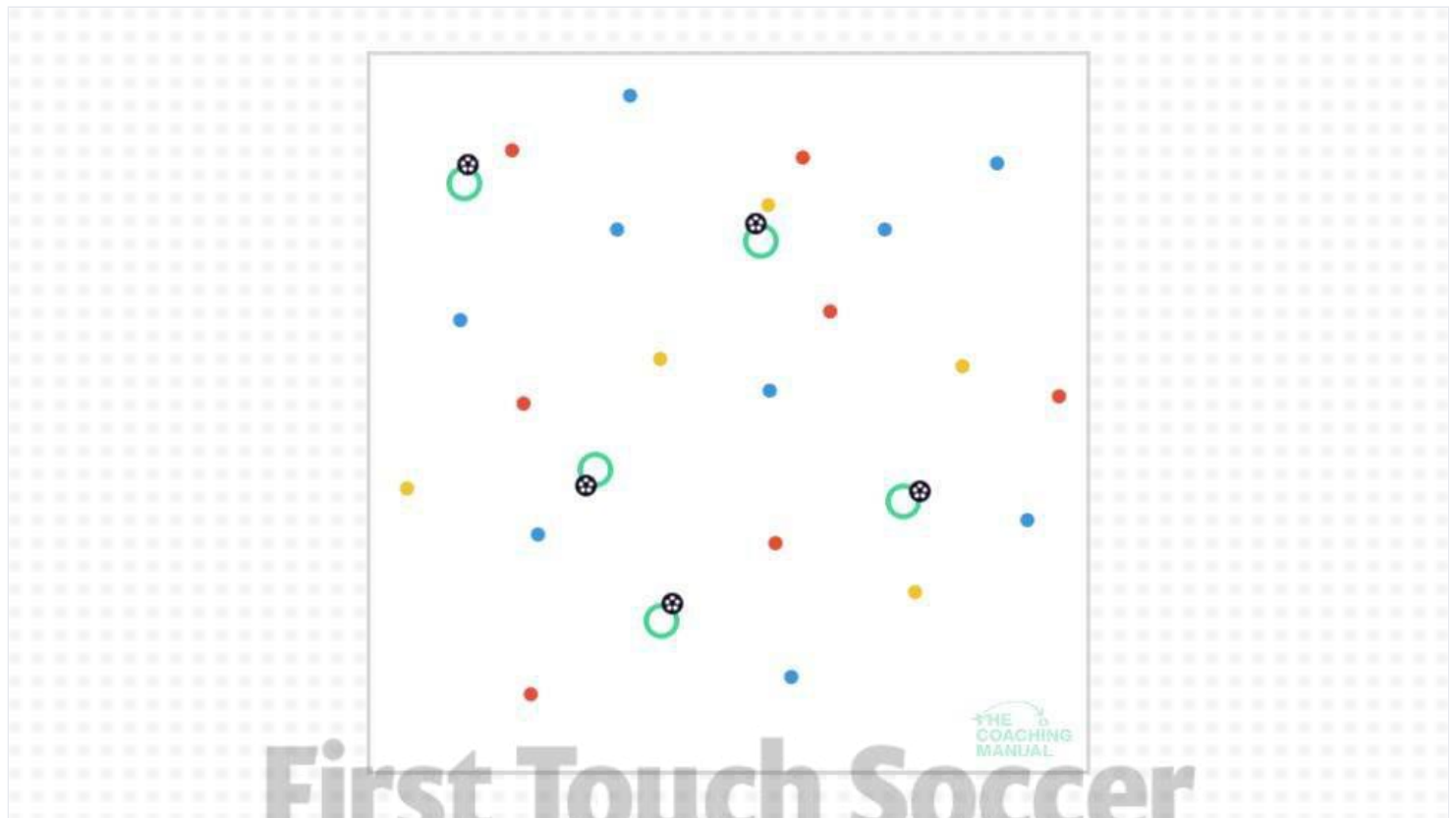
8 balls



20 cones



30x30 area



### Organization

30x30 area with different color cones scattered around. Each player has a ball.

### Activity

The players must dribble around inside the area and attempt to pick up as many cones as possible within a time limit.

### Coaching Points

- Head up
- Small touches
- Use different parts of your feet to change direction

### Progressions

- Players must use non-dominant foot as they take their ball around.
- Player must do ten toe taps or bells before they can pick up a cone.



# *Season* **CURRICULUM**

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WEEK 1

**DRIBBLING**



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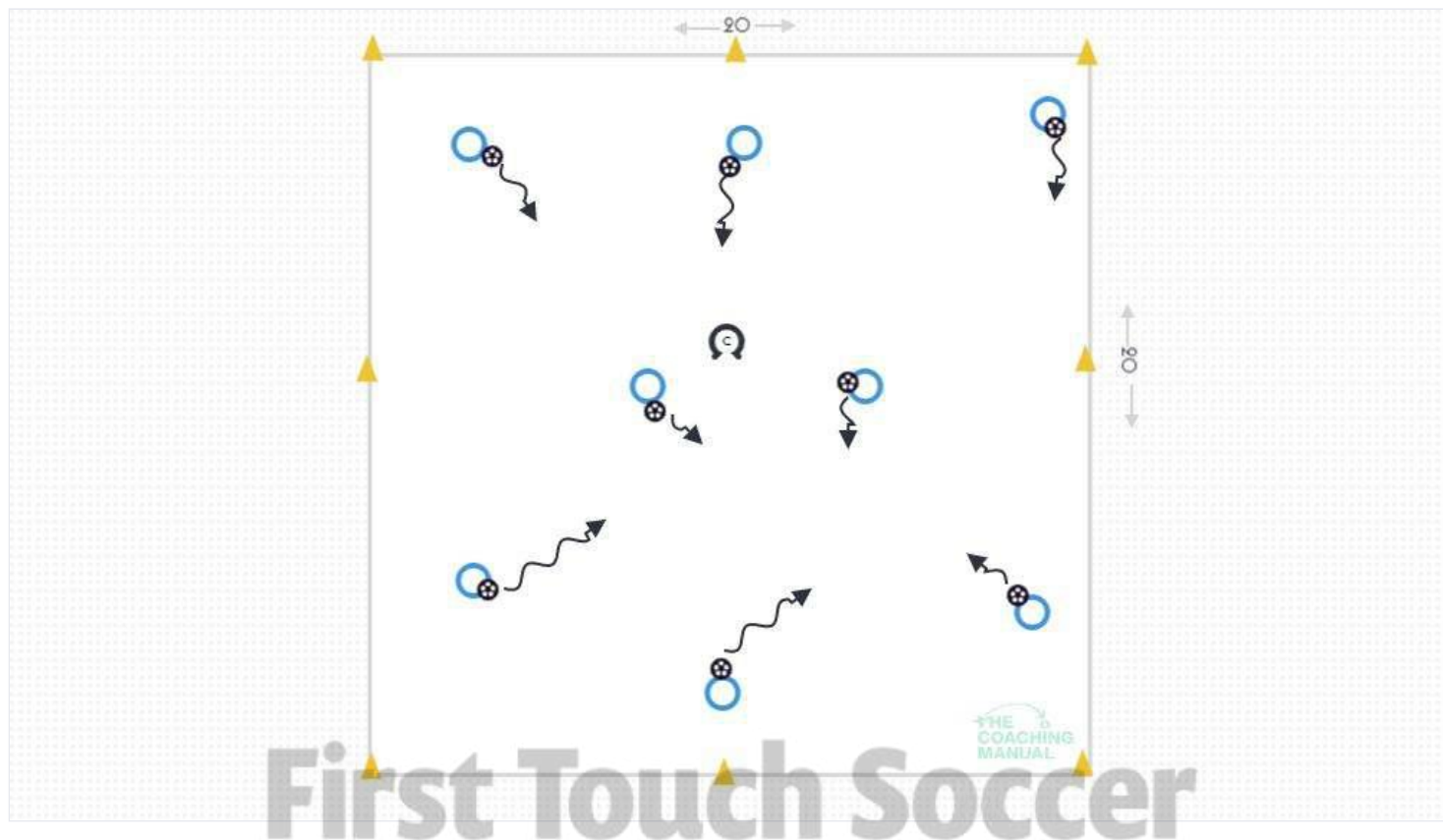
4-5

## Walk The Doggy

Written by First Touch Soccer

### Set Up

 6 mins    8 players    8 balls    8 cones    20x20 area



### Organization

20x20 area, each player has a ball.

### Activity

Coach says 'walk your doggy'= players dribble ball slowly. Coach says 'sit'= players stop ball with sole of foot. Coach says 'give doggy a rub'= players roll ball back and forth with sole of foot. Coach says 'pet him on the nose'= players do toe taps. Coach says 'tickle his belly'= players do tic tocs/boxes. Coach says 'stroke the doggy' and= players roll ball with bottom of foot. Coach says 'teach doggy a trick'= players do a skill with the ball (sole roll/drag/toe taps etc). If players crash into each other= players stop ball, say 'bad doggy' and do a pullback.

### Key Coaching Points

- Head up
- Change of direction when needed
- Small touches

### Progressions

- Make the area smaller
- Coach becomes a doggy-snatcher and attempts to take the ball from each player

4-6

## Mr. Wolf

Written by First Touch Soccer

### Set Up



10 mins



7 players



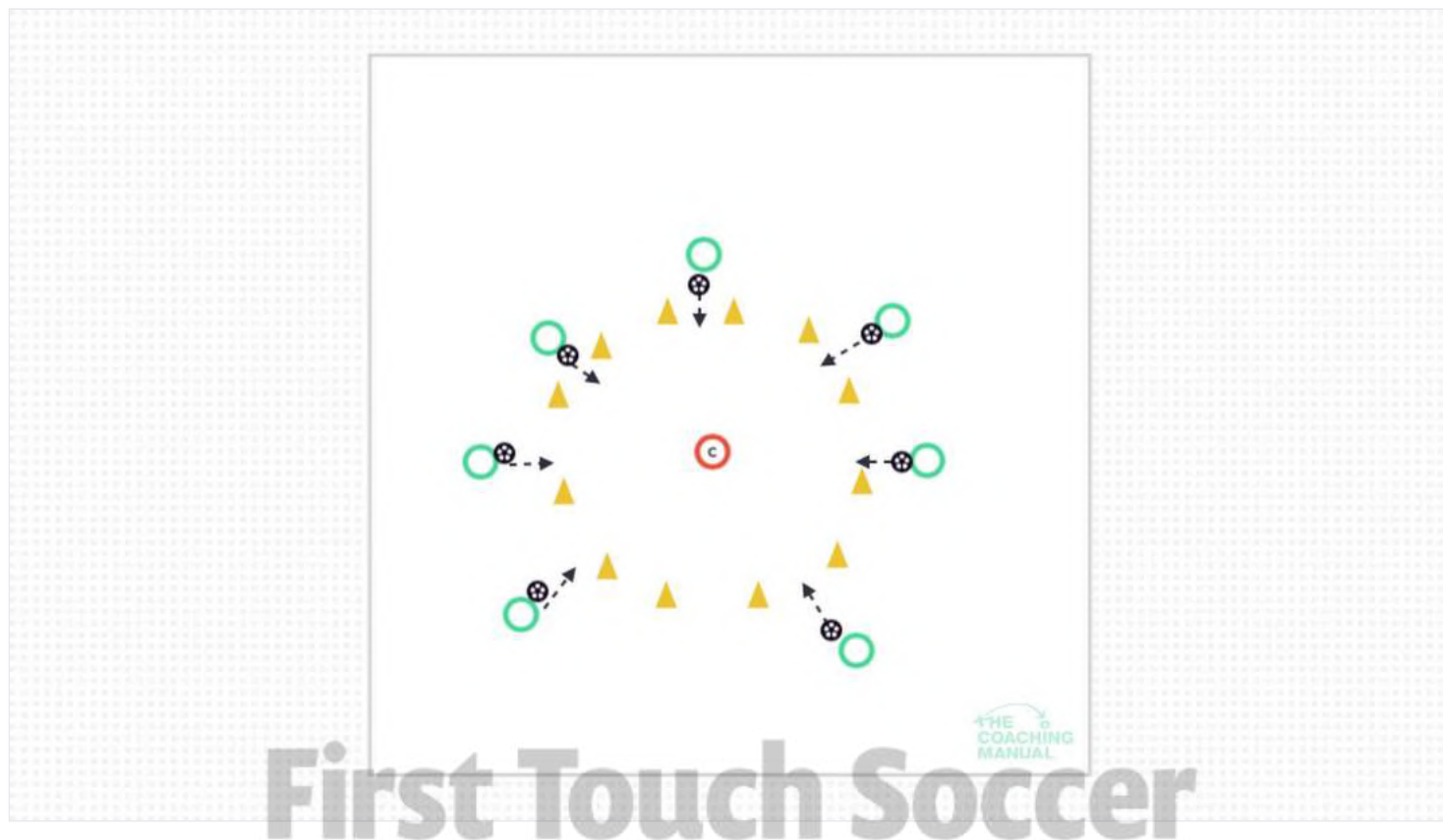
7 balls



10 cones



20x20 area



### Organization

20x20 area, each player has a ball. Coach (Mr Wolf) creates a circle around them using cones. The players begin the game with their ball on the perimeter of the circle facing Mr Wolf.

### Activity

The players call out to the coach "What time is it Mr. Wolf?" The Wolf must then say a time e.g. "2 O'Clock". Each player must then dribble forward the amount of steps said by Mr Wolf (2 O'Clock = 2 steps). When the players get close enough to the center the coach must announce "Dinner time". The coach then chases the players and attempts to steal their balls. The players must turn and get outside the circle before being captured. When a player is caught they become a wolf in the middle. The last remaining player is the winner.

### Coaching Points

- Encourage the players to keep the ball the close to them and change directions quickly.
- Keep head up as often as possible
- Encourage players to use both feet and different parts of their feet

### Progressions

- Make the area bigger
- Use non dominant foot
- Add in more challenging elements for players eg. must roll the ball forward rather than dribble



# Season CURRICULUM

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WEEK 2

**PASSING**



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4-13

## Hit the Ball

Written by First Touch Soccer

### Set Up



15 mins



12 players



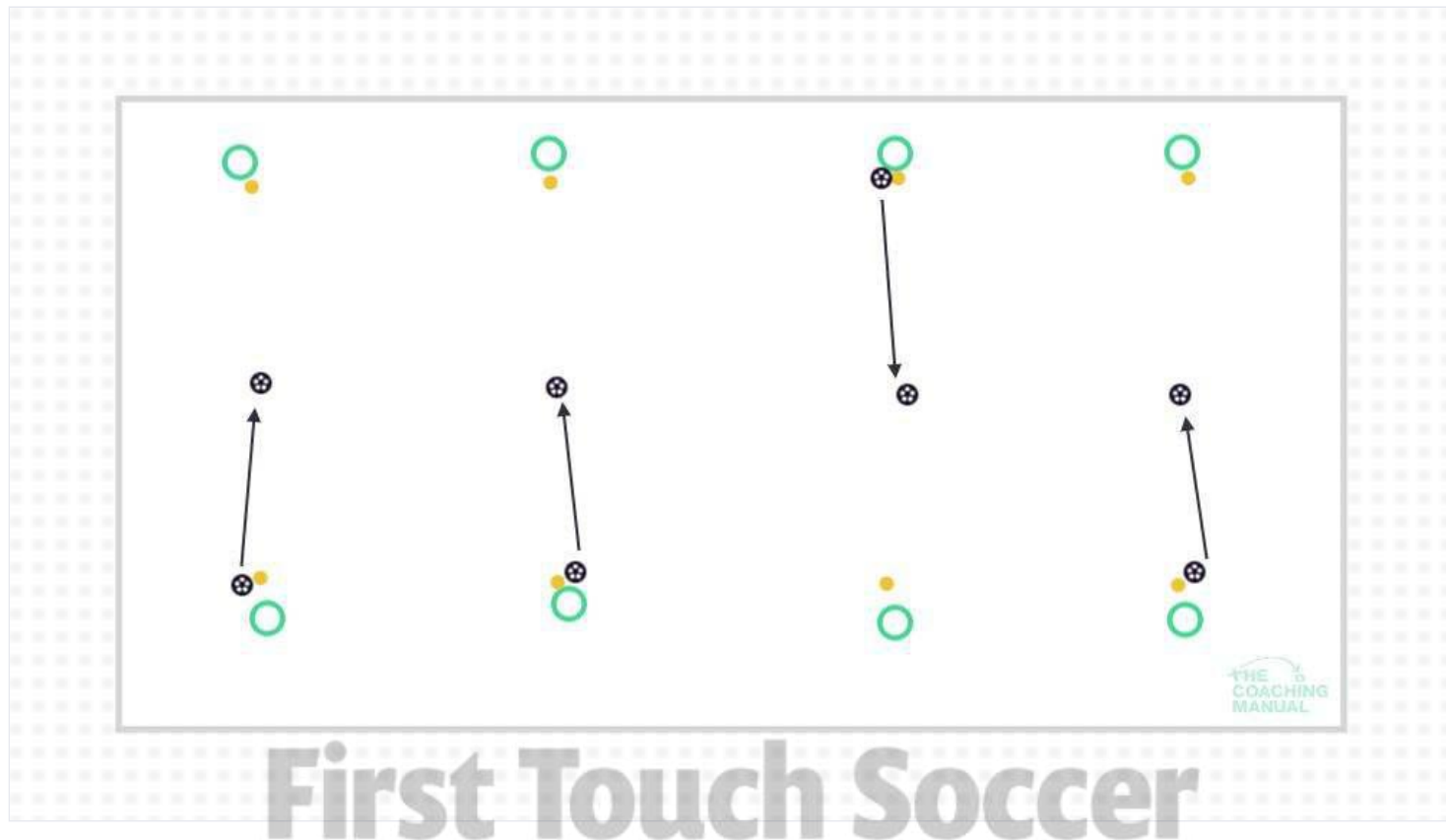
12 balls



18 cones



30x40 area



### Organization

30x40 area with players put into pairs. Coach sets up an area with three cones in a straight line for each team. The players stand behind the end cones with a ball balancing on the middle cone.

### Activity

Players take it in turns to try knock the ball off the cone in the middle.

### Coaching Points

- Standing foot next to ball with toes pointing toward target
- Use inside of foot (pass)
- Use laces (shot)
- Head & knee over the ball when striking
- Follow through with kick

### Progressions

- Use non- dominant foot
- Move the cones further away from the ball.

4-12

## Soccer Bowling

Written by First Touch Soccer

### Set Up



15 mins



10 players



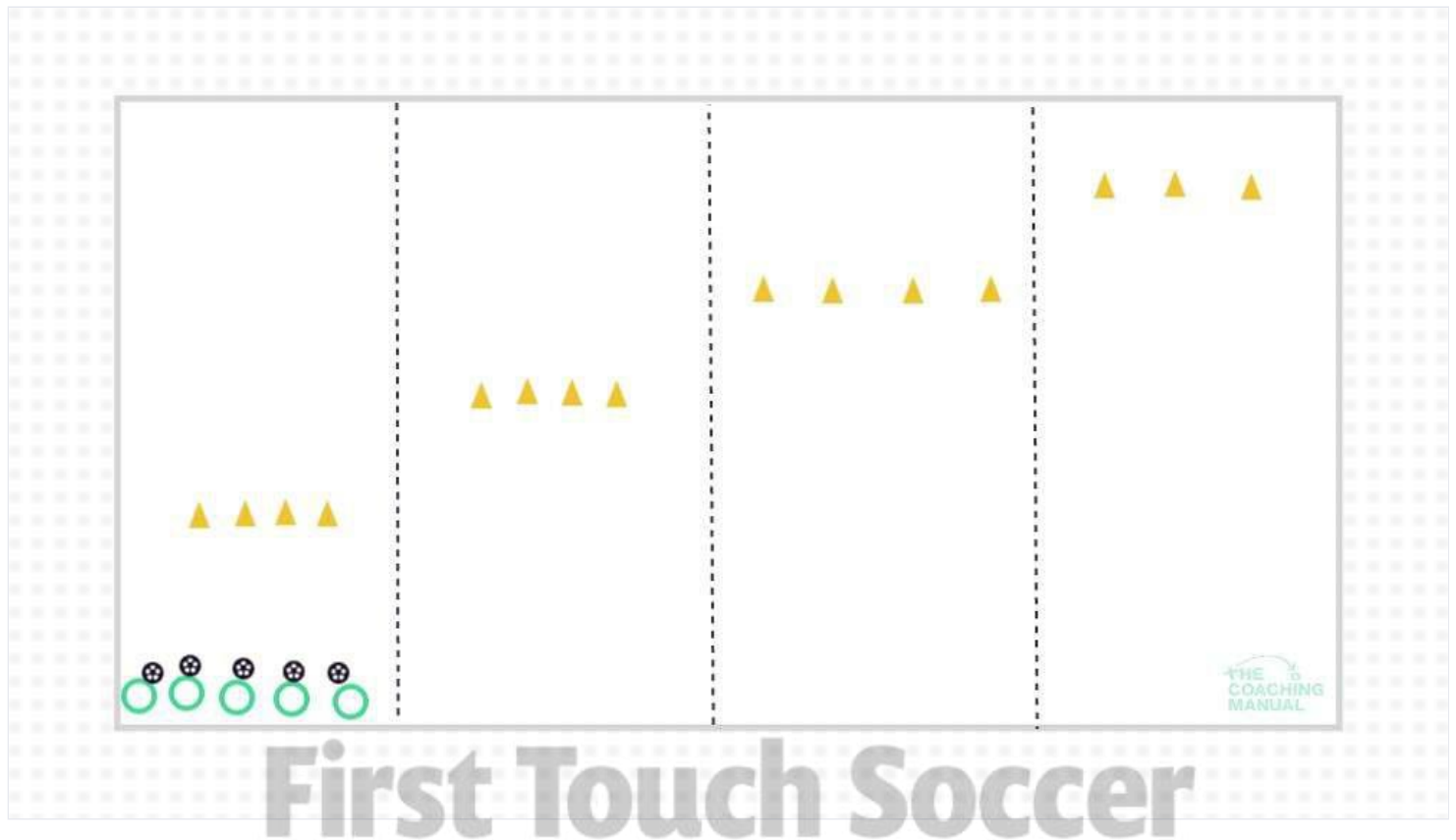
10 balls



15 cones



50x30 area



### Organization

50x30 area, coach sets up four stations with tall cones acting as bowling pins, with the pins getting progressively further away from the players, who stand on the start line with a ball each.

### Activity

Each player attempts to knock down one 'pin' by passing the ball towards the cones. Once they knock down a 'pin', they must pick it back up and move onto the next station where they try to knock another one down. The first player that manages to knock down a 'pin' at each station wins.

### Coaching Points

- Head over the ball
- Knee over the ball
- Standing foot planted next to the ball, toes pointed toward target
- Strike ball with inside of foot
- Follow through

### Progressions

- Increase the distance between players and cones
- Introduce a time limit to get through the course





# *Season* **CURRICULUM**

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WEEK 3

**DEFENDING**








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4-8

## Sharks and Minnows

Written by First Touch Soccer

### Set Up

 6 mins    8 players    8 balls    8 cones    30x30 area



### Organization

30x30 area, each player (apart from one) has a ball and stands at one end of the area. The player without a ball - the shark - stands in the middle of the area facing the players - the minnows.

### Activity

Players attempt to take their ball from one end of the area to the other without being tackled and their ball taken away by the player in the middle. If their ball goes out of play they become a 'shark'. The game continues until the last player is left with their ball - they are the winner.

### Coaching Points

- Head up
- Change of speed/direction
- Keep ball under control

### Progressions

- Add in extra defenders
- Make area smaller
- Players can only use non dominant foot

4-6

## Knock Down Soccer

Written by First Touch Soccer

### Set Up



15 mins



12 players



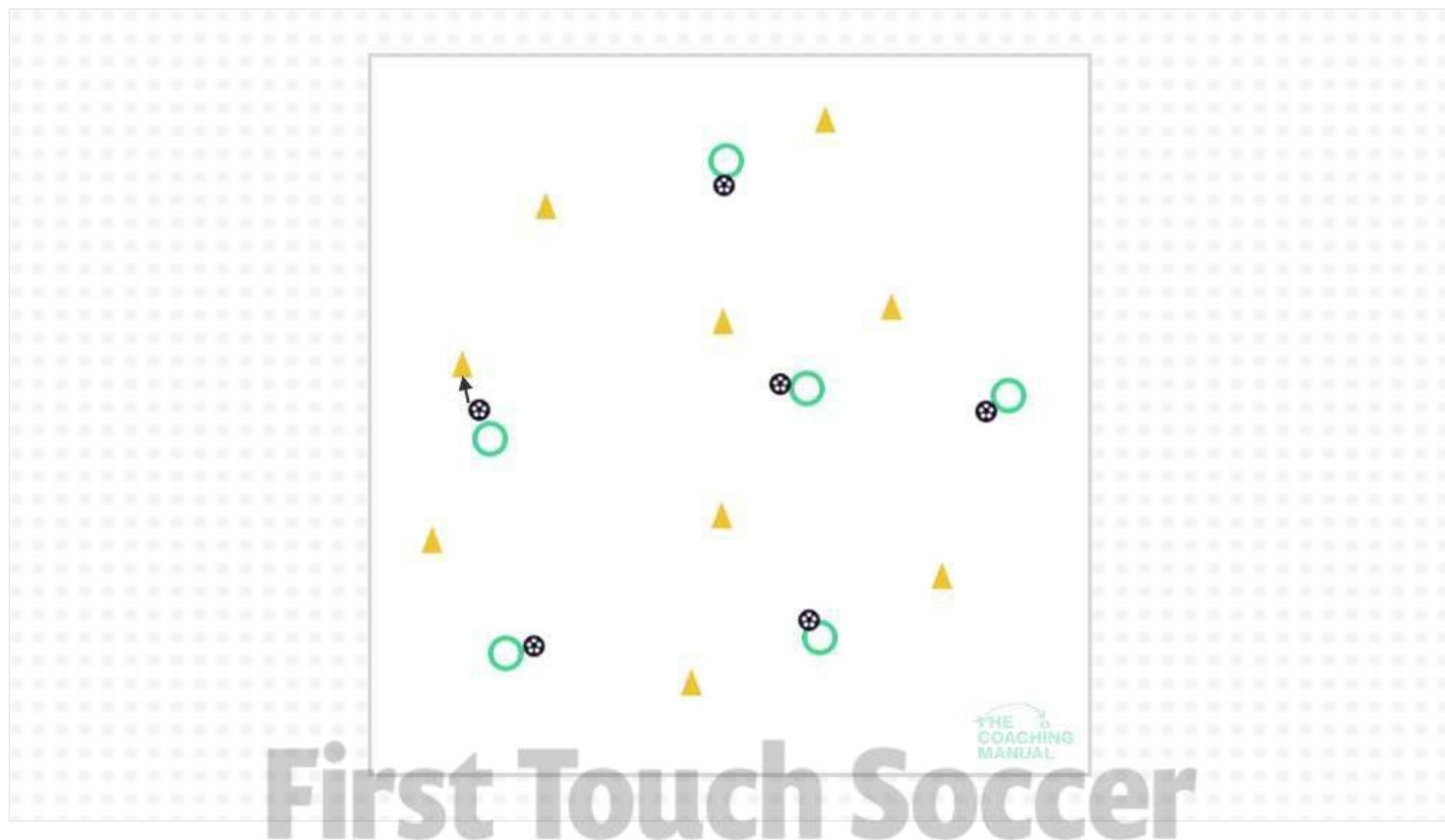
12 balls



8 cones



30x30 area



### Organization

30 x 30 area with tall cones spread around. Each player has a ball.

### Activity

Each player takes their ball around the area and tries to hit or knock down as many cones as possible in one minute. Players should be aware that they must stop the ball before they kick it at a cone and must pick up the cone after. At the end of the minute we ask which player has knocked over the most cones.

### Coaching Points

- Stop the ball before passing/shooting
- Keep your head up
- Use the correct striking technique (standing foot next to the ball, use the inside of the foot for a pass, laces for a shot)

### Progressions

- Limit the time players have to complete the task
- Take away some cones
- Add a defender to protect the tall cones



# *Season* **CURRICULUM**

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WEEK 4  
**TURNING**



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4-12

## Spider Tag

Written by First Touch Soccer

### Set Up



15 mins



8 players



7 balls



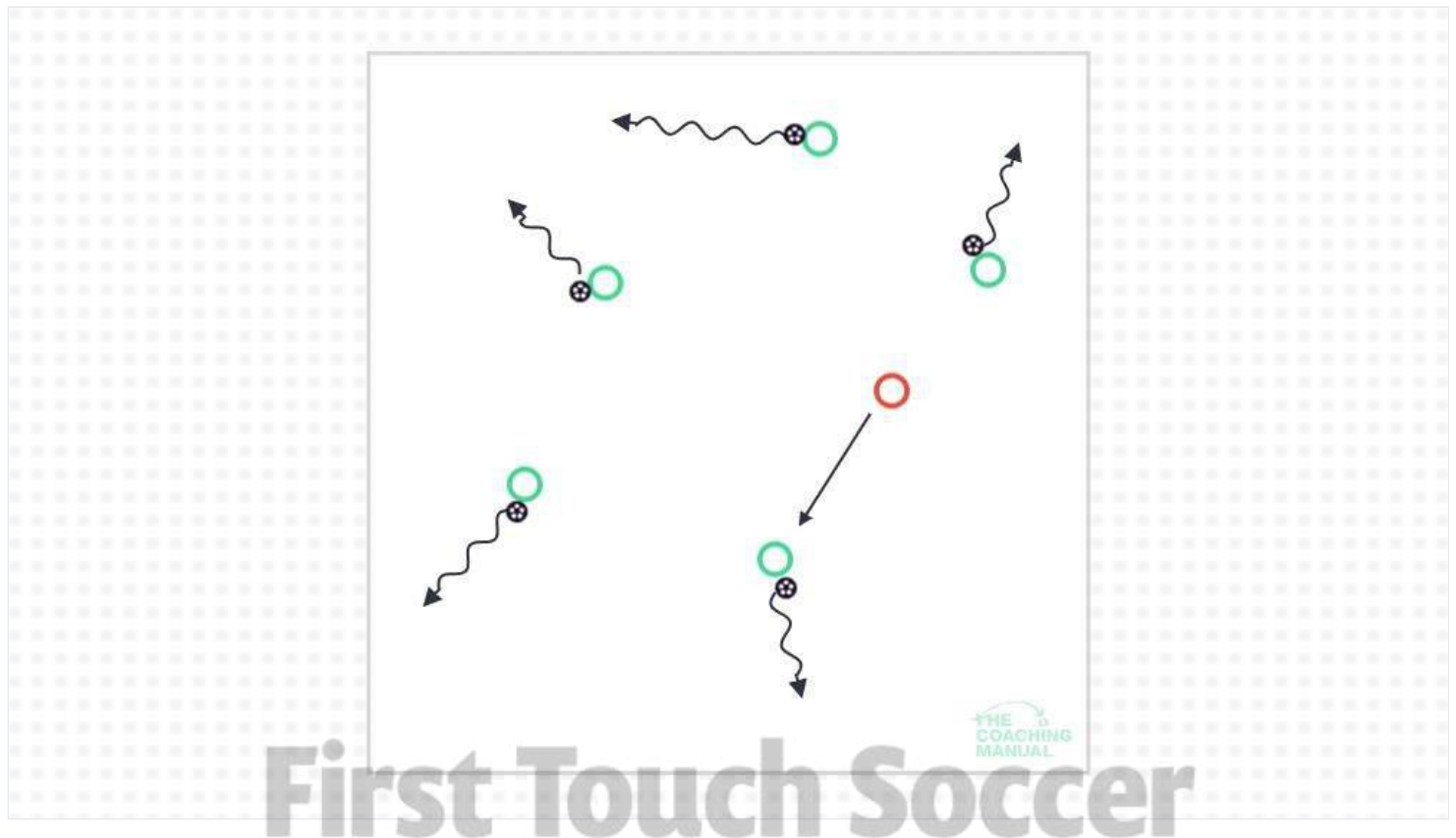
1 bib



8 cones



30x30 area



### Organization

30x30 area. All players apart from one start with a ball.

### Activity

The player without a ball is chosen to be the "spider". It is their job to attempt to catch the other players by throwing their pinnie onto their ball. If the hit the ball, the player is "stuck" and must stand still with their ball on their head. The stuck player can only be freed by one of their teammates passing their ball through their legs. The spider counts how many players they catch in one minute.

### Coaching Points

- Close control
- Use body to protect the ball
- Change directions using different parts of your feet
- Keep your head up

### Progressions

- Add in extra "spiders"
- Make the area smaller



4-8

## Color Cones Race

Written by First Touch Soccer

### Set Up



15 mins



12 players



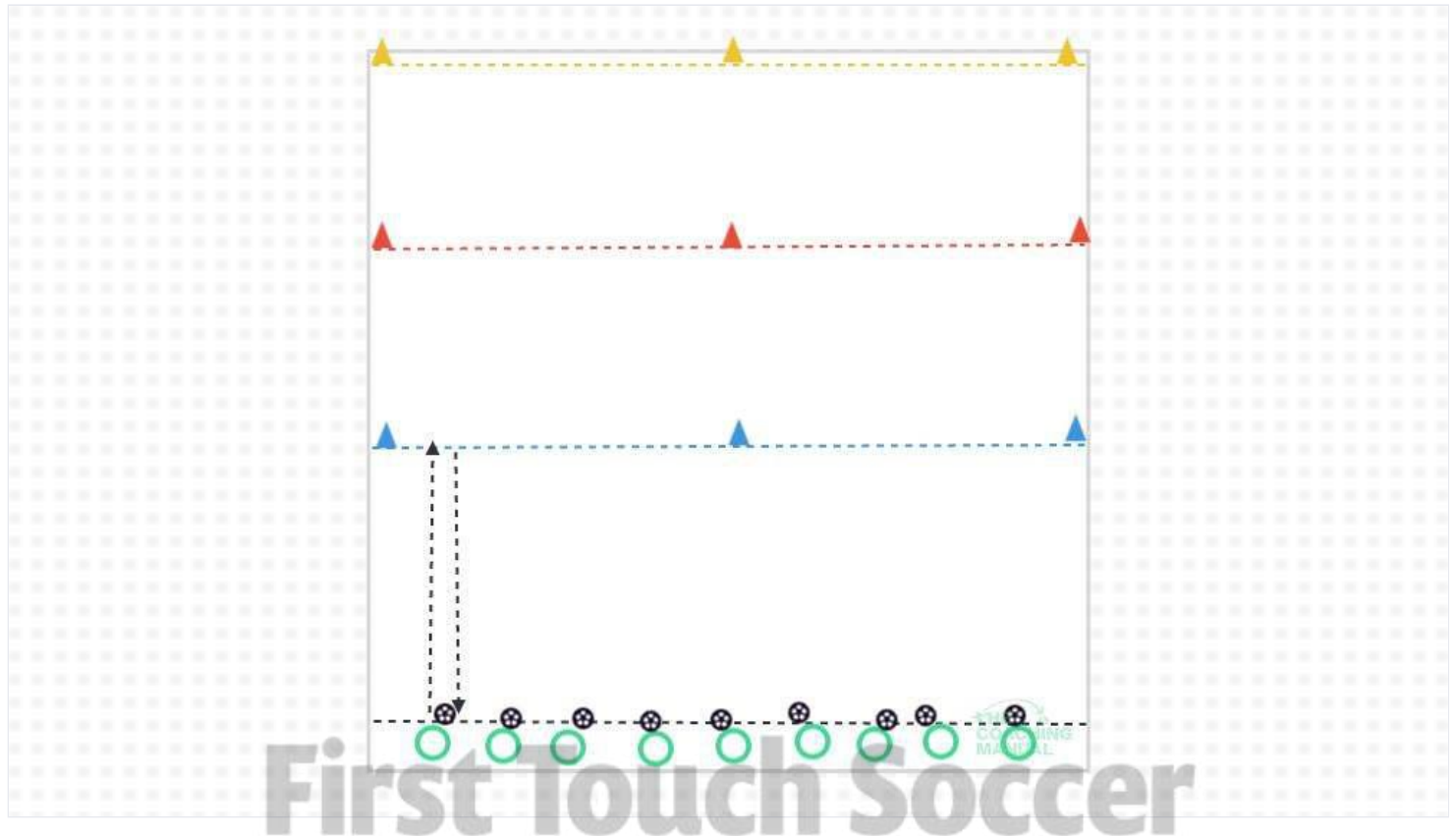
12 balls



9 cones



30x30 area



### Organization

30x30 area, coach sets up four different colored lines in the playing area. Players start with a ball along the "starting line".

### Activity

When coach shouts a color, the players must take their ball up to the corresponding line, turn and then head back to the start.

### Coaching Points

- Keep ball under control using small touches
- Head up
- Smaller steps as you get closer to the turning point
- Use different parts of your feet to turn

### Progressions

- Add in different turns (drag back, outside/inside foot)
- Use bells or toe taps to move the ball forward



# *Season* **CURRICULUM**

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WEEK 5  
**SHOOTING**



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4-6

## Volcano Soccer

Written by First Touch Soccer

### Set Up



15 mins



12 players



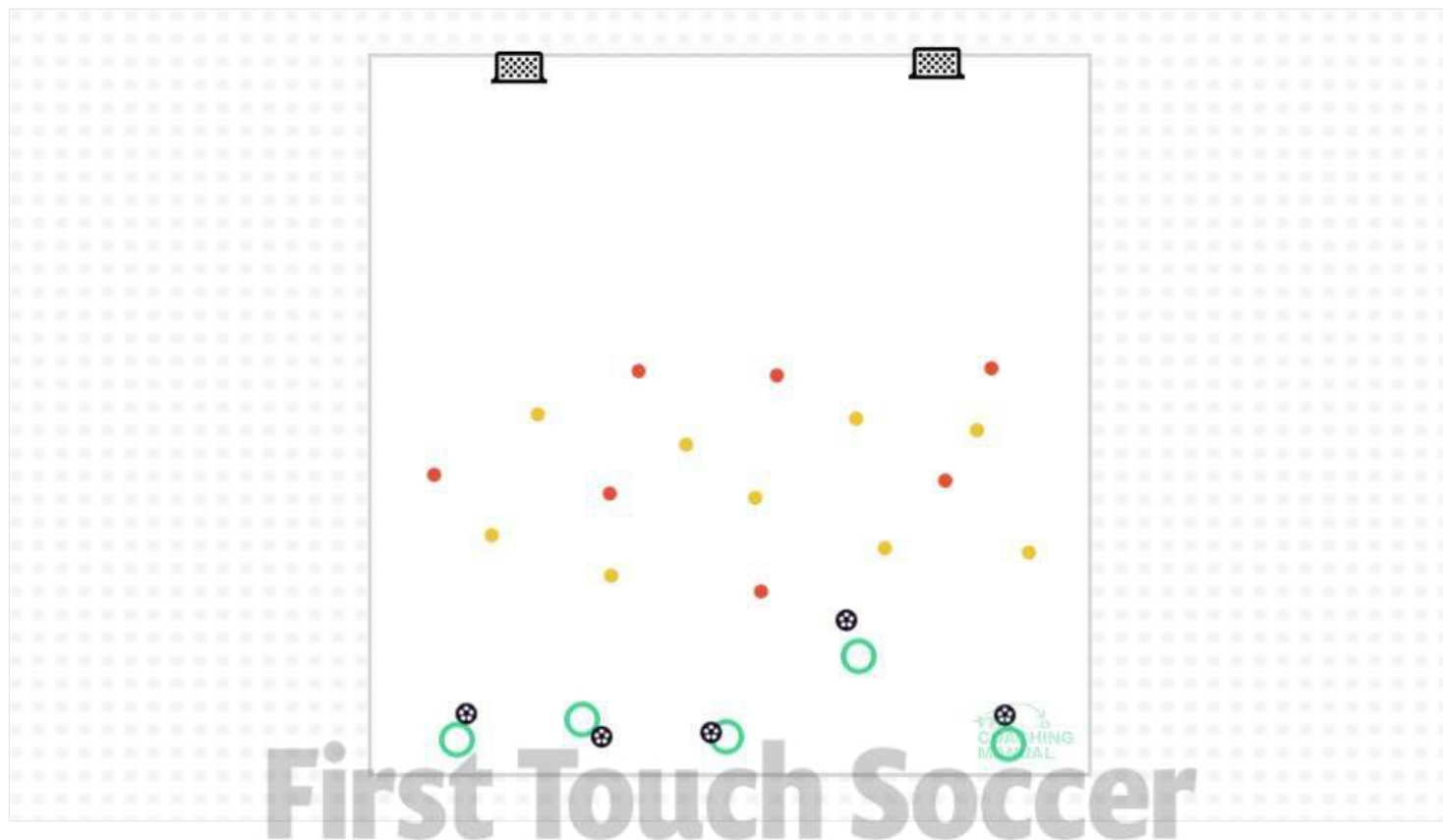
12 balls



20 cones



30x40 area



### Organization

30x40 area with a goal/goals set up at one end. Players have a ball each and start at the opposite end to the goals. Cones are laid out as 'volcanoes' between the players and goals.

### Activity

Players will attempt to dribble through the 'volcanoes' before then shooting at goal. If their ball hits the 'volcano', the ball 'explodes' and the coach throws it high in the air - the player then returns to the start. Once a goal is scored the player returns with their ball to the start. Each round will last two minutes.

### Coaching Points

- Small touches
- Use different parts of feet
- Head up

### Progressions

- Add more volcanoes
- Add a defender

4-8

## Dribble and Shoot

Written by First Touch Soccer

### Set Up



15 mins



12 players



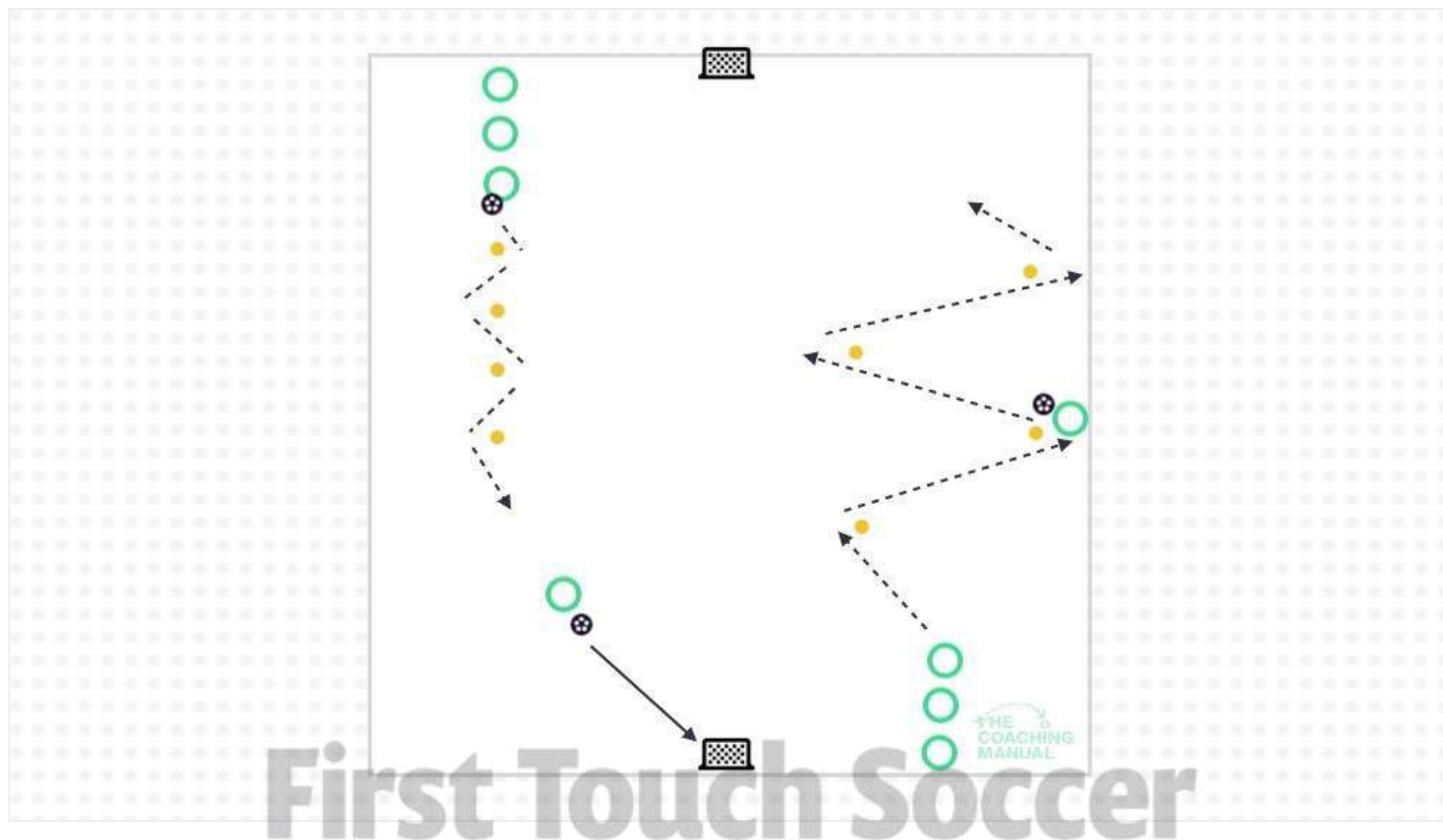
12 balls



8 cones



30x30 area



### Organization

30x30 area with a goal set up at each end. Cones are laid out on each side leading to their goal. Each player starts with a ball, half will start at one end while the rest of the players will start on the opposite side.

### Activity

Players dribble through the cones in front of them towards the goals, either zig-zagging or dribbling around their cones. Once the players have finished their dribble, they will shoot on goal, collect their ball and make their way toward the other teams area. Players will continue like this for two minutes and at the end of the playing time, the coach will collect their scores.

### Coaching Points

- Small touches
- Use different parts of feet
- Change of speed, length of touches
- Head up
- Laces to shoot

### Progressions

- Add a defender
- Add a goalkeeper
- Add extra cones or obstacles



# *Season* CURRICULUM

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WEEK 6

**1 V 1 DEFENDING**



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4-13

## Obstacle Course

Written by First Touch Soccer

### Set Up



15 mins



10 players



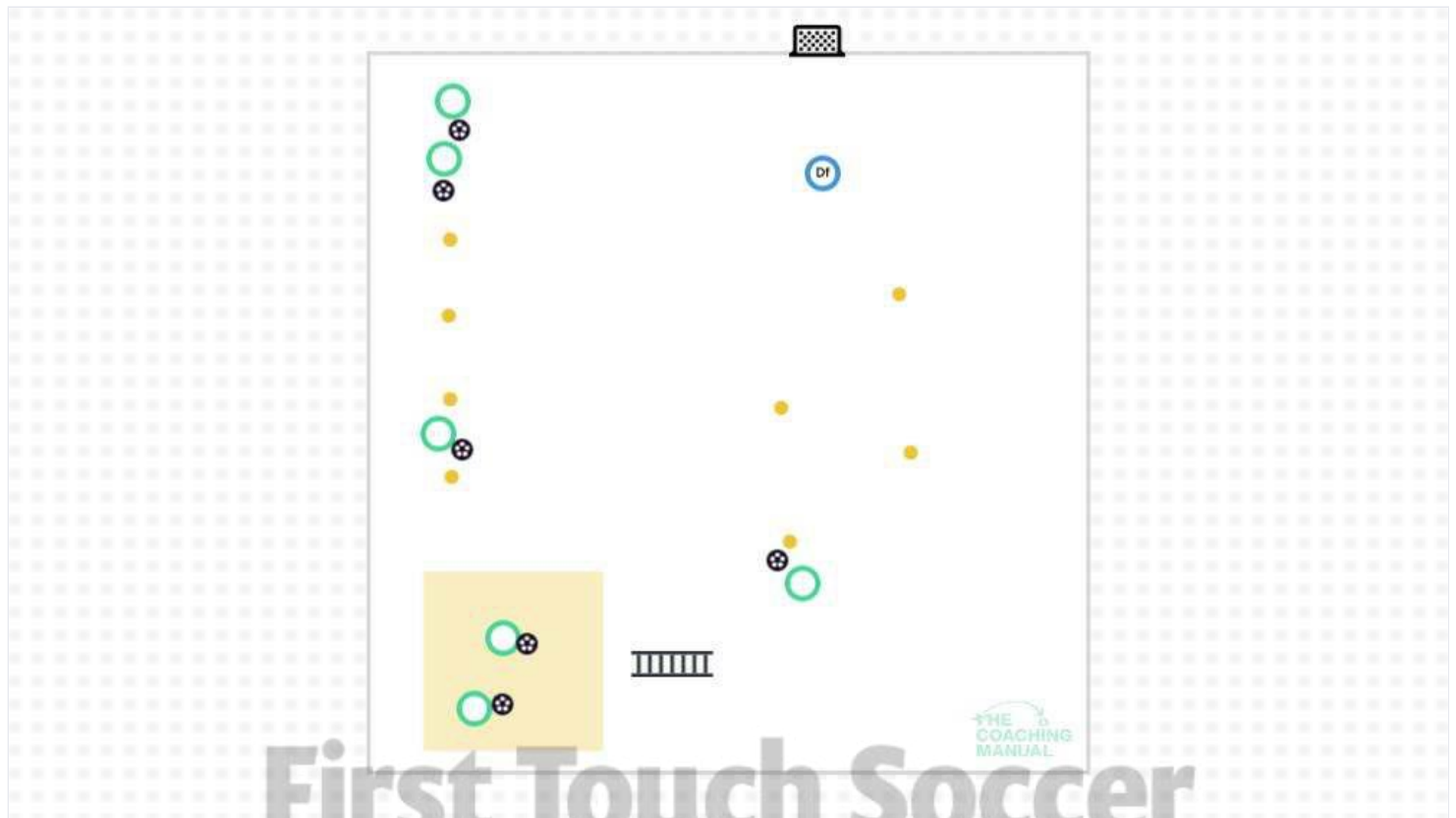
10 balls



12 cones



30x30 area



### Organization

30x30 area. The coach sets an obstacle course consisting of cones, squared off area and a ladder.

### Activity

Players aim to dribble the ball in and out of the cones, perform toe taps, bells, then step through the ladder before dribbling around the remaining cones and shooting at goal.

### Coaching Points

- Small touches
- Head up
- Use both feet and different parts of your feet

### Progressions

- Add in extra obstacles
- Add in a defender or GK

7-13

## Follow the Leader

Written by First Touch Soccer

### Set Up



10 mins



10 players



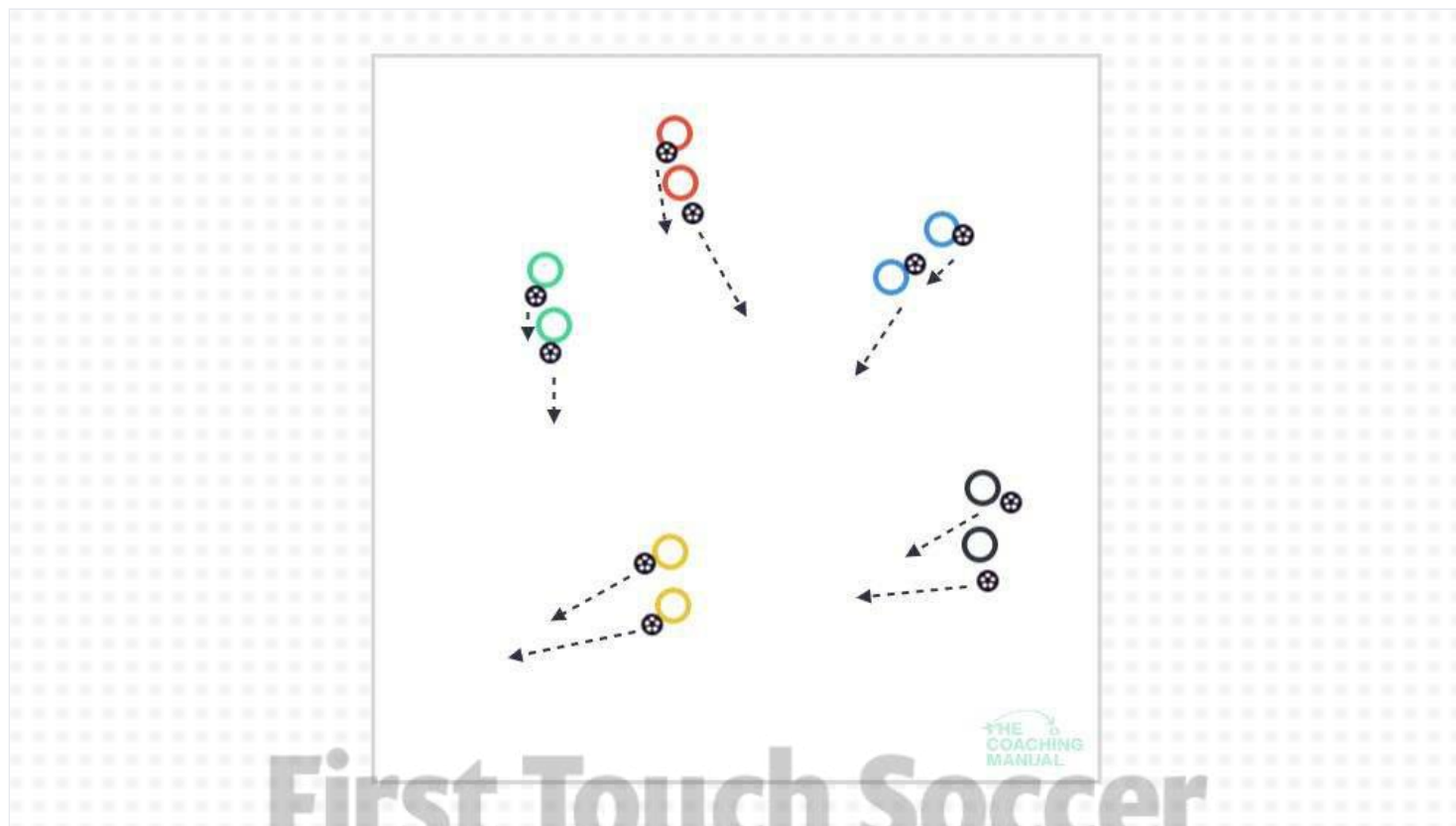
10 balls



8 cones



30x30 area



### Organization

30x30 area, players are put in pairs with a ball each.

### Activity

One player acts as the attacker, the other as the defender. The attacker leads and attempts to get as far away from their partner as possible. The defender follows and tries to get as close to their partner as possible. They play for 30 seconds and then their roles are switched.

### Coaching Points

- Change of speed (att)
- Change of direction (att)
- Head up (att)
- Anticipation (def)
- Bend knees (def)

### Progressions

- Use non-dominant foot only.
- Take away the defenders ball so they have to steal the attackers ball.