



The Soccer Education Specialists

United Soccer Academy

Recreation Soccer
Training

Curriculum
(7-10 years)



Experience Excellence in Soccer Education

A division of USA Sport Group



Mission Statement

As the premier providers of soccer training on the East Coast we will deliver diverse soccer programs, which are both inspirational and educational. These programs are age and ability appropriate and are found on the principles of safety, learning and enjoyment.

Philosophy

The underpinning principles of our programs:

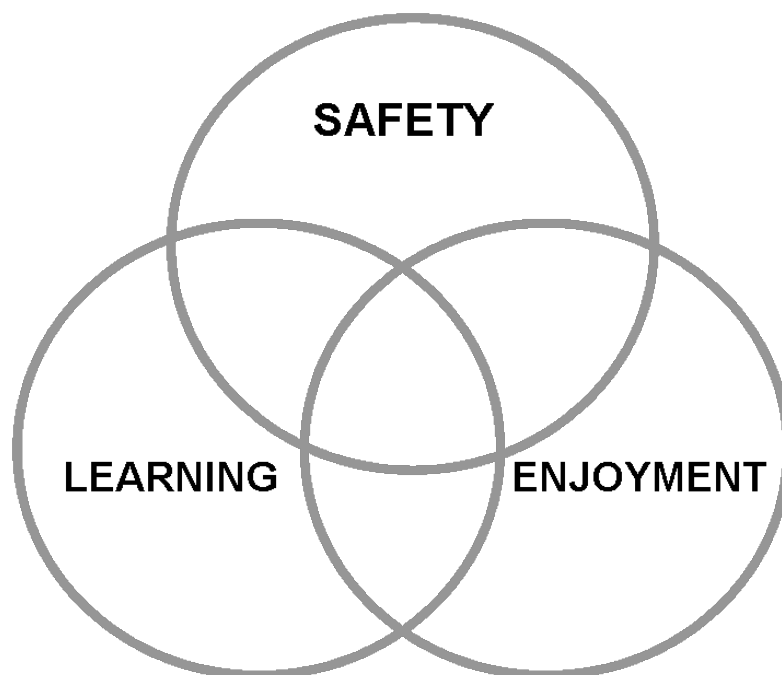
- Safety, learning and enjoyment;
- Maximum participation;
- Structured and progressive learning;
- Identify all potential partners and foster relationships between them;
- Develop positive attitudes.

Three Pillars of USA, Inc. Programs

USA, Inc. have identified three essential elements that are present in all of our own programs and coaching sessions that we call the Three Pillars of Soccer.

It is recognized that all USA, Inc. programs contain the elements of safety, learning and enjoyment. It is your responsibility as a coach to ensure that these elements are at the forefront of your mind in all sessions. All are their own separate entity, yet encompass each other. The USA program identifies a player's age and ability level (from the age and curriculum breakdown model) which will in turn affect the extent to which an element is present at any time during a USA program. It is also recognized that safety, learning and enjoyment are interpreted different at each program level.

We have placed an emphasis upon the individual importance of safety which has to be at the forefront of the coaches mind before learning and enjoyment can take place.



How to Use the Thresholds of Training

The technical and tactical objectives are designed specifically to be delivered over a series of 10 practice sessions but can be adapted for programs of differing lengths & players of varying abilities. It is important that each objective is delivered individually, so that each player can focus on that particular area.

Practice sessions should be planned so that they involve a WARM-UP, an introduction to the technique or skill (FUNDAMENTAL), a progression of the technique or skill (GAME RELATED) and a conditioned and unconditioned scrimmage (CONDITIONED GAME). It is important that each section of the practice session is based on the same “theme”, whether technical or tactical. For example a practice session on control would have elements of control in the warm up, introduction and progression of the technique, as well as the conditioned and unconditioned scrimmage.

USA, Inc. have designed & produced a series of 10 session topics for each threshold level that cover all technical and tactical thresholds. There are learning objectives & outcomes for each session and assumes player success at the previous level. The 10 session topics allow coaches to repeat sessions if necessary over the course of a 10 week season, plus allowing coaches the freedom to add their own input into the program based upon the needs of the players. The players will practice more than twice per week, thus allowing the opportunity for development and skill acquisition to be greatly increased.

Suggested Session Guide Format

Use the formats below as a guide only. Progression assumes success for players at the previous level and so some flexibility is needed in respect to content and time of any session format. The format below is categorized in parts, although distinct there is room for overlap and amalgamation of parts.

<u>COMPONENT</u>	<u>(%)</u>	<u>1 HOUR</u>	<u>1.5 HOUR</u>	<u>2.0 HOUR</u>
Warm Up	15	10 mins	10 mins	20 mins
Fundamental	20	10 mins	20 mins	25 mins
Game-Related Practice	25	15 mins	25 mins	30 mins
Conditioned Game	35	20 mins	30 mins	40 mins
Cool Down	5	5 mins	5 mins	5 mins

The Thresholds of Training that are offered contain the elements of both technical and tactical objectives in soccer that players at each age level should experience. Players should attain all of the objectives in the “Threshold” category, and several objectives in the “Premier” category. The aim is to challenge every player to his or her highest possible level of development. The technical and tactical aspects cover:

Technical

1. Creative Play
2. Shooting (Accuracy)
3. Receiving & Control
4. Attacking (1v1)
5. Passing (Switch of Play)
6. Passing (Penetration)
7. Changing Direction
8. Defending (1v1)
9. Passing (Possession)
10. Shooting (Power)

Tactical

1. Rules of the Game
2. Creating shooting opportunities
3. Dealing with pressure
4. Attacking in wide areas
5. Switch of play, transfer and creating width
6. Penetration and support
7. Changing point of attack
8. Pressure and positional awareness
9. Width, length, depth and support
10. Set pieces and restarts

Technical (7-10 Years Threshold)

- Creative Play
- Shooting (Accuracy)
- Receiving & Control
- Passing (Switch of Play)
- Passing (Penetration)
- Changing Direction

Tactical (7-10 Years Threshold)

- Rules of the Game
- Creating shooting opportunities
- Dealing with pressure
- Switch of play, transfer and creating width
- Penetration and support
- Changing point of attack

Technical (7-10 Years Premier)

- Attacking (1v1)
- Defending (1v1)
- Passing (Possession)
- Shooting (Power)

Tactical (7-10 Years Premier)

- Attacking in wide areas
- Pressure and positional awareness
- Width, length, depth and support
- Set pieces and restarts

10-week Development Academy Program (7-10 Years)

1	Creative Play
2	Shooting (Accuracy)
3	Receiving & Control
4	Attacking (1v1)
5	Passing (Switch of Play)
6	Passing (Penetration)
7	Changing Direction
8	Defending (1v1)
9	Passing (Possession)
10	Shooting (Power)



Warm Up



Physical Preparation: Quickness & Reaction

Players are split into pairs and play tag with their partner. Winner is the player that is not the catcher after 30 seconds.

Progression(s):

1. Reduce size of playing area.
2. Introduce use of a soccer ball (1v1 keep ball).
3. Introduce defender to tackle players in possession.

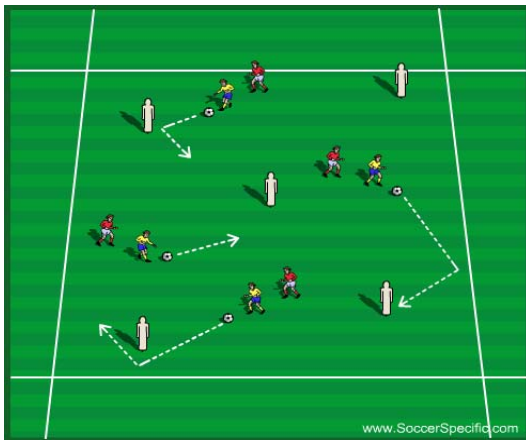
Fundamental



Fundamental: Ghostbusters

Inside the area 10 players have a ball while the two remaining players are the evil ghosts. The players must dribble their ball around the area – they can move in any direction as long as they stay within the area – trying to move away from the ghosts. The ghosts attempt to tag the dribbling players. Once a player has been tagged they freeze and stand with their feet apart holding their ball above their head. See how many players the ghosts can freeze in 1 minute. The quickest time to tag all players, or the most tagged when the time runs out, wins. After each game nominate two new ghosts and restart with all players back in the game.

Game-Related Practice



Developmental Fours: Creative Player

Players have ball between two and rotate every 60 seconds. The players are encouraged to practice various skills, tricks and moves to beat an opponent and/or change speed and direction.

Principle Focus:

Creative imagination and freedom of self-expression through free play.

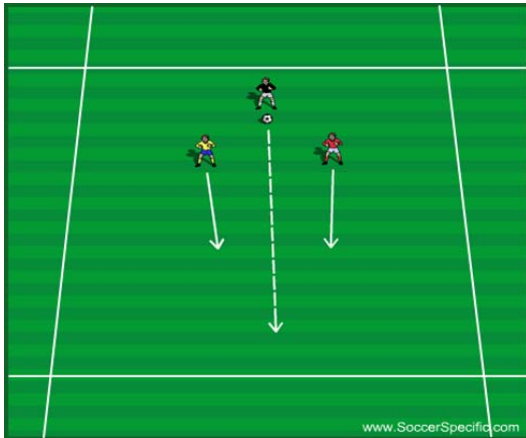
Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.





Warm Up



Physical Preparation: Quickness & Reaction

Players compete in pairs for the ball delivered by coach. First player to the ball wins.

Progression(s):

1. Vary start positions (e.g. sitting down, lying on front, knees up).
2. Vary type of delivery (e.g. bounce, spin, angle).
3. Introduce goal for players to score into.

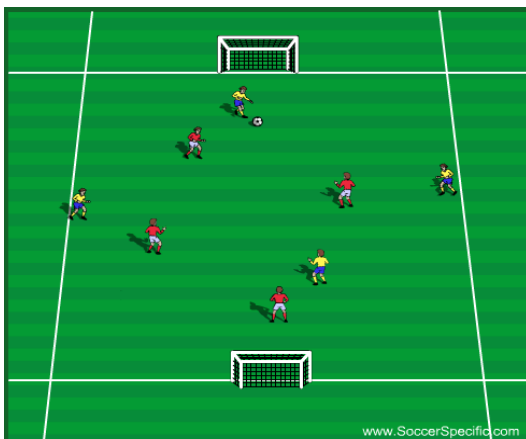
Fundamental



Fundamental: Aliens

Nominate one player to start as an alien. The rest of the players become space cadets. The alien collects a ball from the side of the area and must play the ball against any of the space cadets below knee height in order to bite them. The space cadets must run around the area – in any direction – trying to avoid being bitten by the alien. If a player is bitten they collect a ball from the side of the pitch and they too become an alien. The space cadets cannot be attacked when they are in one of the safety pods. A player can only stay in a pod for a maximum of 10 seconds and cannot return to the same pod without first visiting another.

Game-Related Practice



Developmental Fours: 4v4

The 4v4 game-related practice is set up to encourage players to play in a basic diamond (1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

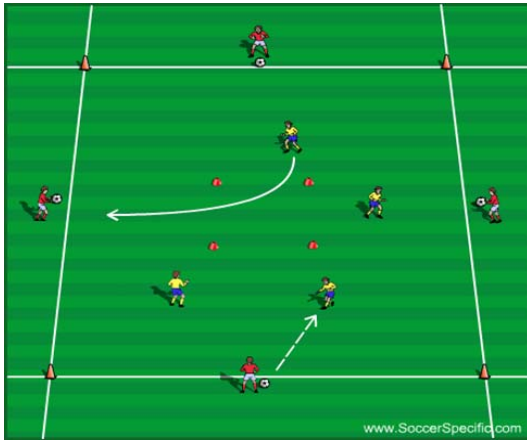
Creating shooting opportunities.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



Warm Up



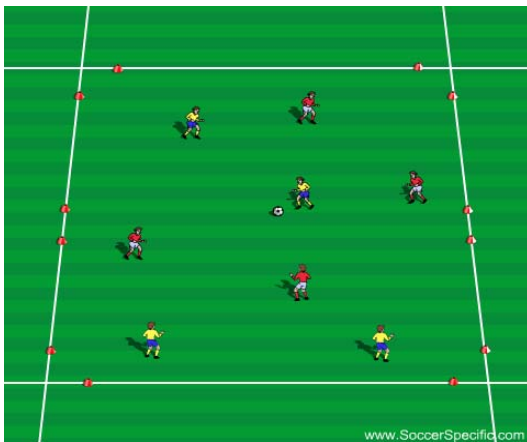
Physical Preparation: Speed, Agility & Quickness (SAQ)

Players in the middle move around randomly and play a wall pass with one of the static players on the outer perimeter. Inner players return to central area prior to moving onto the next available wall player. Rotate players every 30-60 seconds.

Progression(s):

1. Vary type of delivery (e.g. volley, header, bounce, spin).
2. Scatter markers in centre for players to slalom through.
3. First player to achieve set number of passes wins (e.g. 10).

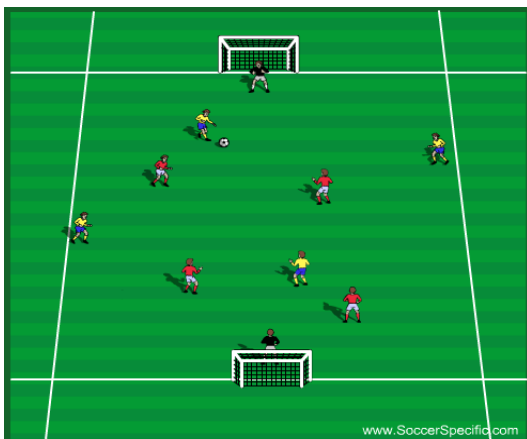
Fundamental



Fundamental: Pool Table

Two even numbered teams free play using as many skills as possible to get an opportunity to pass or shoot through one of the six pockets. The other team tries to prevent this and gain possession. If a team pots a ball they retain possession and continue their break until they miss the target or lose the ball to a tackle or interception. The first team to score 8 (i.e. 7 reds then the black) wins the game. For any fouls or cheating the opposition team is awarded a free shot.

Game-Related Practice



Developmental Fours: 4v4 + GKs

This game-related practice is set up to encourage players to play in a basic diamond (1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

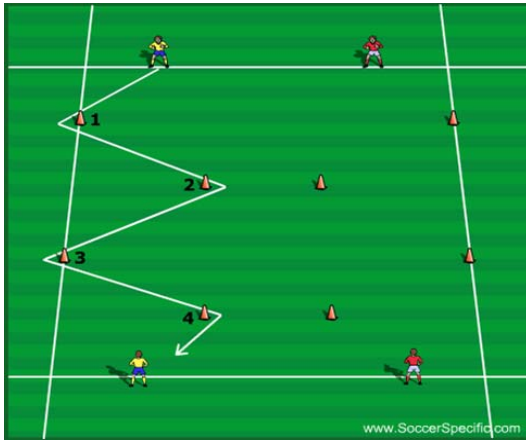
Receiving and controlling the ball under pressure.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



Warm Up



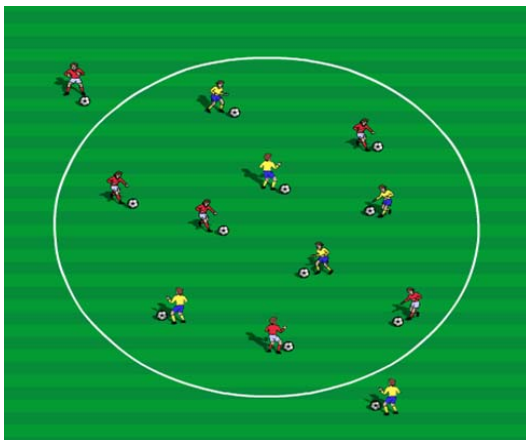
Physical Preparation: Speed, Agility & Quickness (SAQ)

Players sprint in sequence through the slalom of markers. Once they reach the end line the next player begins. Continuous sprints for 30-60 seconds.

Progression(s):

1. Introduce use of a soccer ball.
2. Perform 'figure of eight' between middle markers (2 & 3).
3. Backward sprints / sideways running.

Fundamental



Fundamental: King of the Ring

The fighters begin by dribbling around inside the ring in any direction keeping their own ball under close control. They must try to knock another fighter's ball out of the ring. To be successful fighters must decide who to attack and use defensive skills to knock their ball out, while being aware that they might be attacked from a different angle. Once a fighter's ball has been knocked out they are out of the fight and must not touch another fighter's ball. Any fighter who has been knocked out should collect their ball and walk around the outside of the ring with it so you can clearly see who is in and who is out. When down to the final 2 or 3 fighters introduce a time limit to encourage them to win. If there is no winner before the time is up everyone can rejoin and start again.

Game-Related Practice



Developmental Fours: End Zone (Dribbling)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully dribbles the ball under control into the opposition end zone. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Exploiting 1v1 situations and creative dribbling in wide areas.

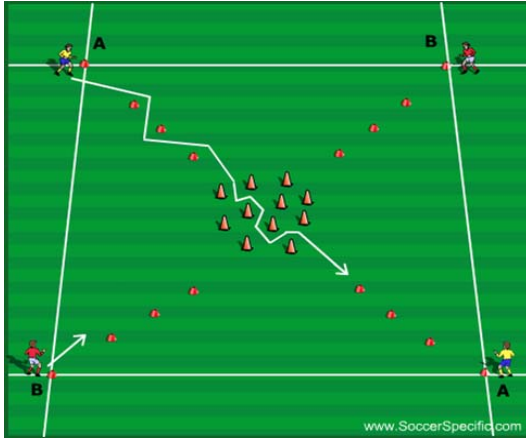
Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.





Warm Up



Physical Preparation: Speed, Agility & Quickness (SAQ)

Players slalom through markers and exchange positions with the team mate diagonally across from them.

Progression(s):

1. Touch set number of cones before sprinting to partner (e.g. 5).
2. Introduce use of a soccer ball.
3. All four players start at the same time.

Fundamental



Fundamental: Robocops

One player stands in each target zone to act as a target for the attacking team. They also serve the ball for the other team to counter attack. The ball is thrown and caught between team mates to reach the target player. Players can move with the ball but only at walking speed – like Robocop. Speed walking is permitted. They can pass freely and must pass if tagged by an opponent. Opponents can only win the ball from an intercepted throw or if the ball is dropped. A point can either be scored by reaching the target player from a designated third of the pitch or after a minimum number of passes to encourage team play.

Game-Related Practice



Developmental Fours: Four Goal (Wide)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully scores into either of the two opposing corner goals. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Switch of play and creating width.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



Warm Up



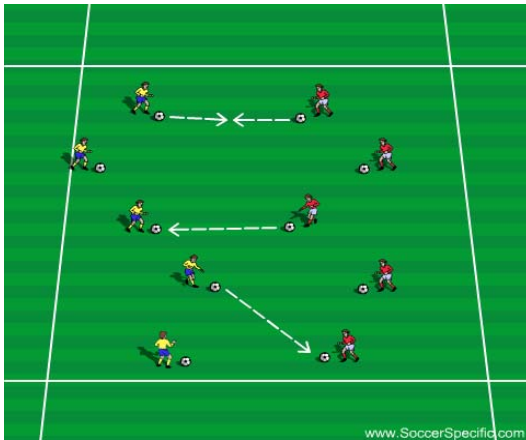
Physical Preparation: Quickness & Reaction

Players A and B play one touch wall passes with each other. When player A stops the ball with the sole of their foot, both players quickly exchange positions.

Progression(s):

1. Any player can stop the ball (other player reacts).
2. Players let ball run past them for partner to sprint and receive.
3. Reduce passing distance between players.

Fundamental



Fundamental: Space Wars

Two fleets of star fighters start either side of the grid on their launch pads. The star fighters take off on the commander's order to battle the opposing fleet. To score you must knock an opponent's ball out of the grid with your ball whilst ensuring that your ball stays inside the grid. If your ball leaves the grid you have been shot down and should crash land outside of the grid. At the end of the battle the fleet with the most remaining star fighters wins.

Game-Related Practice



Developmental Fours: Four Goal (Long)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully scores into either of the two opposing corner goals. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

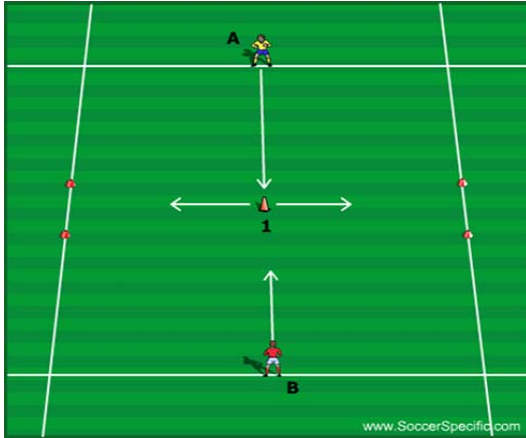
Penetrating passes, speed of play and providing support.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



Warm Up



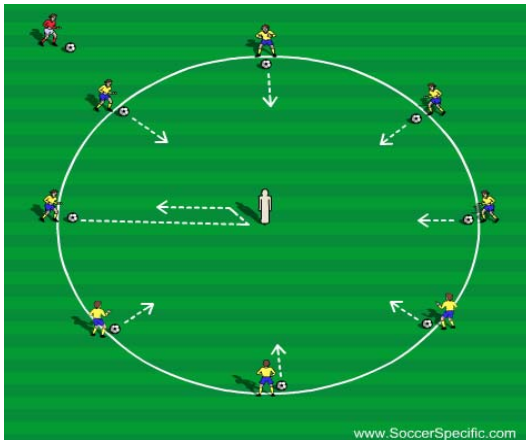
Physical Preparation: Quickness & Reaction

Player A sprints to and touches central cone (1) to change direction and sprint through either of the two side gates. Player B reacts to the movements of Player A by attempting to tag them.

Progression(s):

1. Introduce use of a soccer ball.
2. Introduce goals for players to score into.
3. Reduce sprinting distance of defender.

Fundamental



Fundamental: Funny Turns

Players start in the diamond with a ball each. Nominate a player to audition their funny turn. This can be any way they know of turning with the ball, however unorthodox. The player dribbles to one of the outside cones and shows a turn that all the others must watch. If you are happy with the turn then the player dribbles back and all of the players get 1 minute to practice the turn they have just watched. The coach and the player that auditioned the 'funny turn' now become judges and choose the best attempt at the turn as the winner. Make sure everyone has a chance to audition a turn.

Game-Related Practice



Developmental Fours: Four Goal (Dribbling)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully dribbles through a gate and passes to a teammate. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

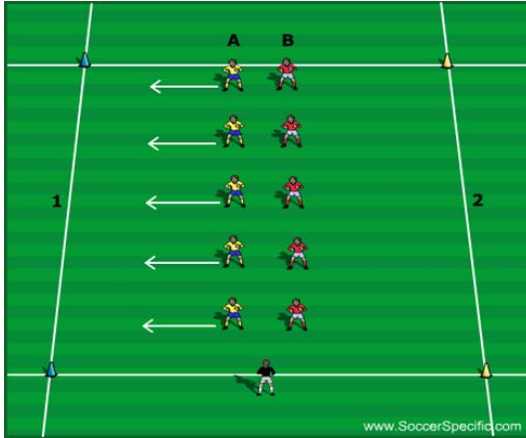
Changing direction and the point of attack.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



Warm Up



Physical Preparation: Quickness & Reaction

On coaches command, players A & B sprint to the specified line (1 or 2). The players furthest from line (defenders) attempt to tag their partner (attackers). Coach uses verbal, visual and kinaesthetic cues.

Progression(s):

1. Vary start position (e.g. sitting down, lying on front, knees up).
2. Introduce use of a soccer ball.
3. Players perform the opposite from coaches command.

Fundamental



Fundamental: Tiger Tails

Each tiger has a tail tucked into the back of their shorts. The tail must be visible so that other tigers can steal it. The tigers run around inside the area trying to steal each other's tails by pulling the tail out of another tiger's shorts. When a tiger steals a tail they add it to their own. If a tail drops on the floor any tiger can steal it. Tigers cannot grip their tail to stop it being stolen. They need to protect their tail by sprinting away, turning and screening. The game can be played to a time limit (e.g. 2 minutes). The winner is the tiger with the most tails at the end.

Game-Related Practice



Developmental Fours: Four Goal (Across)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. Two basic 4v4 games are played across the width and length of the defined area. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Movement (with and without ball) and game awareness.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.





Warm Up



Physical Preparation: Speed, Agility & Quickness (SAQ)

Players sprint around defined area and touch as many different markers as possible in 30 seconds.

Progression(s):

1. Players only touch markers of a specified color.
2. Players turnover opposition markers (and correct their own).
3. Introduce use of a soccer ball.

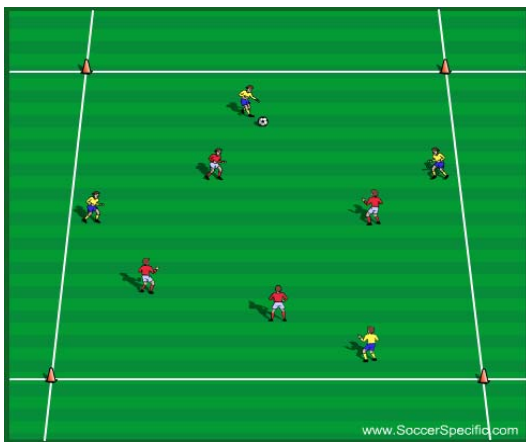
Fundamental



Fundamental: Over the Border

The teams start in opposite countries (end zones) with each player, numbered from 1 to 6, passing in order (1 to 2, 2 to 3, 3 to 4 and so on). At any point the coach can shout out a number and the player with that number must sprint across the border and try to steal the opponent's ball. Both players go across at the same time. The remaining players do not have to pass in sequence but must retain possession. The first player to win the ball or knock it out of the opponent's country wins a point and both players return home to restart the sequence. Ensure that all numbers are called - do not be predictable. The same number could go twice in a row. The first team to ten points wins.

Game-Related Practice



Developmental Fours: Possession Box

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a select number of successful passes have been completed (e.g. 5 consecutive passes). Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Ball retention, creating length and depth, and providing support.

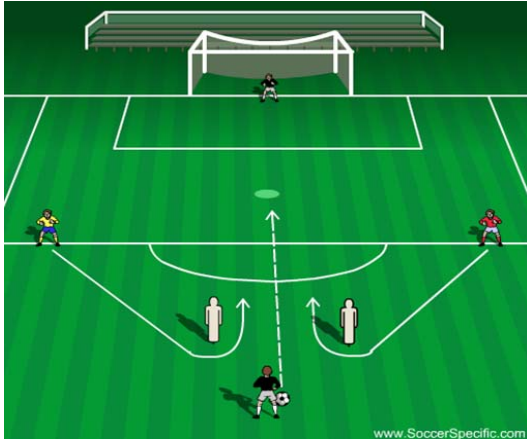
Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.





Warm Up



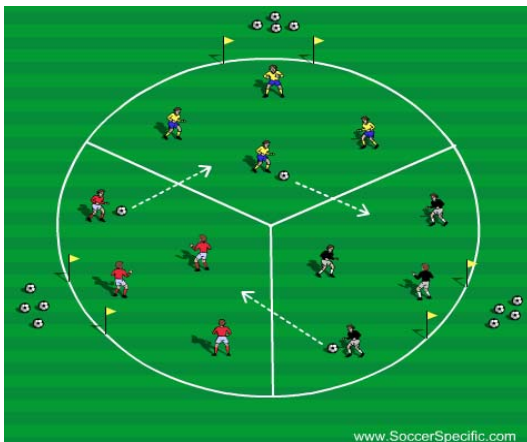
Physical Preparation: Quickness & Reaction

On coaches command, players sprint around the mannequins and compete for the ball delivered by the coach. First player to the ball shoots at goal. Coach uses verbal, visual and kinesthetic cues.

Progression(s):

1. Vary start positions (e.g. sitting down, lying on front, knees up).
2. Players sprint around the opposite mannequin.
3. Vary type of delivery (e.g. bounce, spin).

Fundamental



Fundamental: Bodyguards

Split the area into 3 equal sized zones with a VIP (goalkeeper) and two bodyguards (defenders) in each zone. Place 4 balls beside each goal. Bodyguards must stay in their zone and protect their VIP, who in turn must protect their goal. Each team has one assassin who attempts to score points by beating the VIP to score a goal. The assassin must be inside the opponent's zone to score in their goal creating 2v1 or 1v1 situations (2 assassins can go for the same VIP). Each assassin has 4 shots and must return to their own goal to reload and collect a new ball after each shot.

Game-Related Practice



Developmental Fours: One Goal

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. Both teams play towards the same goal and a point is scored when a player scores into the goal. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Creating shooting opportunities.

Conditioned Game / Cool Down

Small-sided conditioned game (4v4 maximum). Practice concluded with dynamic cool down.



50 Different Ways to Say 'Good Job'

During Practice:

1. Well done!
2. Terrific!
3. That's the way to do it!
4. That's a real improvement!
5. Good thinking!
6. Keep up the good work!
7. That's it!
8. That's better!
9. Outstanding!
10. Fantastic!
11. Fine work!
12. Magnificent!
13. Wonderful!
14. You're really working hard today!
15. That's looking good!
16. Good work!
17. That's the right way to do it!
18. Top stuff!
19. I think you've got it now!
20. Tremendous!
21. Perfect!
22. That's better than what I can do!
23. That's a great effort!
24. You're getting better!
25. Now you've got the hang of it!
26. You're getting better every day!
27. You're learning fast!
28. I knew you could do it!
29. I'm so proud of you!
30. That's much better!
31. Superb!
32. That's amazing!
33. Great work!
34. That's as good as I have seen!
35. Keep it up!
36. Spot on!
37. You are doing much better today!
38. Keep on trying!
39. Excellent - I'm impressed!
40. Very imaginative!

After Practice:

1. That was really good!
2. I'm proud of your efforts today!
3. That's the best you've ever done!
4. You did really well today!
5. You must have been practicing!
6. That was great, you remembered!
7. You worked well today!
8. Great effort out there today!
9. You really are learning quickly!
10. You're nearly getting there!

USA coaching staff honors Grassroots Soccer
by *always* creating a **POSITIVE** learning environment!

