

2014 British Soccer Curriculum



2014 British Soccer Camp Curriculum©

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Challenger Sports British Soccer Camp Programs

Throughout the summer it is very likely that you will coach all age groups, including some very young campers. We will arm you with a curriculum providing coaching methodology and age appropriate practices, however if you are new to this age group please put some thought into how you will make this an unforgettable experience for these children.

We also have a comprehensive library of practices for all ages at www.thechallengerway.com
At your training week end you will be provided with access to this valuable on line resource.

First Kicks - 3 to 4 year olds

A friendly, low-key introduction to the basics of the game through games, stories and fun. First kicks camps last one hour each day for five days. The coach must be extremely friendly, enthusiastic and animated and should prioritize having fun and getting each child involved.

Minisoccer - 4 to 6 year olds

Fun games, basic technical practices and small sided games. Mini-Soccer camps last one and a half hours each day for five days. Ability levels will vary - one week this will require a fun and games approach, while other weeks the children may already be playing in organized leagues and parents will expect some structured learning to take place within the fun game settings.

Half-Day Player Development Camps – 6 to 16 year-olds

The new 1,000 touches curriculum includes daily ball mastery, fakes & moves and freestyle soccer in addition to progressive coaching of core techniques. Half-Day Camps last three hours a day for five days. This is our most popular program - 75% of all campers will attend this camp. The camp must be fun, however must also focus on technical improvement. Your biggest Challenge will be to deal with the wide range of ability within the group.

Full Day Camps - 8-16 year olds

Campers will complete the half day advanced program, followed by a second session comprising of games, practices and scrimmages. There are now two different second session 3 hour templates - one for younger inexperienced players and another for those capable of higher levels of performance. The Full Day Camp also include a one hour lunch break where coaches will be required to oversee campers. The afternoon session has been updated to provide more variety and more rest breaks.

Team Camps - All ages, including High School

Custom created camps addressing specific areas of need. Team camps last three or six hours per day. Challenge yourself to pitch the level of instruction as high as possible. Teams have chosen to do this camp because they are committed to improving both individually and as a team.

Golden Goal Camps - 6 to 14 year olds

This special bonus FUN camp session is only open to campers who have also signed up for the Half Day Camp program. Includes 2 hours of non-stop action, fun soccer competitions and scrimmages - runs Monday through Thursday - does not include additional ball and shirt.

Coaching First Kicks - Ages 3 - 4



First Kicks Coaching

The secret to First Kicks coaching is your willingness to be animated, have fun to get the parents involved right from the beginning. There is a section in our flyer that says that Challenger encourages parents to join in and help guide their kids. An e-mail will also be sent out 2 weeks prior to camp again encouraging parents to join in.

At the opening ceremony of camp the Director should speak briefly about the First Kicks program and say what a fantastic fun experience it is for the kids but the coach will at times need your help - "please make sure parents that you do step forward at such a time and join in the fun." Tell the parents that the children will get more out of it if they join in too.

The actual individual coach should then hold a little group introductory meeting with all their kids AND parents and rally them all towards having a fantastic fun week where we all join in! - actually ask the kids "who wants their parents to join in?" - the response will be overwhelmingly "YEAH" - problem solved!

3 year olds are ego-centric, therefore, the best games are those where the children work individually. Pair work is just too complicated! KEEP IT SIMPLE!!

For many of the games it is best to play the game WITHOUT a ball first so the kids can understand the mechanics of the game. Once they are familiar with the basic concept you can then introduce a ball.

You can also use bibs, cones and other props to bring the games to life. Use the bibs as animal tails, elephant trunks, wigs,

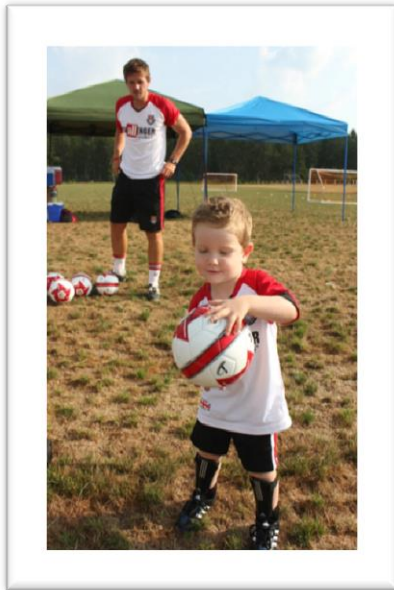
You only need a handful of games that work for this age group and you can play them all week by just making a few small changes.

Children love repetition - playing the same games gives them confidence and means they can succeed!

ABOVE ALL, BE LOUD, ENTHUSIASTIC AND FULL OF PRAISE AND ENCOURAGEMENT!!! 3 year olds will cry, stand looking clueless or keep running to their parents - it is quite normal!! - as a coach YOU HAVE DONE NOTHING WRONG - this is how some kids behave no matter who they are working with!

See a great example of First Kicks coaching at <http://www.youtube.com/watch?v=FxZRCqh3PPY>

First Kicks Coaching Tips



- Set up your practice area while kids are sitting down drinking
- Explain the game or activity as simply as possible
- Demonstrate the basic premise of the game or activity yourself
- Position the children if needed - don't just tell them where to go
- Start the game or activity quickly
- Be a cheerleader, be animated, move around
- Generate excitement through your voice and body language
- Provide very limited instruction/directions while they play
- Move around the group and help involve all children
- Stop the game and ask questions

“How can you protect your ball from the bad guy?”

“How can you get over the line faster?”

“What can you do to avoid getting tagged?”

“Who can tell me what part of the foot works best for this?”

- Restart the game
- Positively reinforce children who use correct technique
- Get timid children involved, they can help with cones etc
- When the game ends do not focus on who wins or loses
- Ask the children what they will try to do better next time
- Repeat successful games and practices each day
- Have Fun!

First Kicks Coaching Tips

Each day it is important to spend time talking with the children during each of your water breaks. Don't just let them run off and spend 5 minutes with their parents as you stand at the side tearing your hair out!. Have a special spot (preferably in the shade) where the children leave their water bottles etc and encourage them to meet there each and every time you have a water break. Parents can be close by but this should be the special den for the kids to hang out and chat while they have their break. A “bat Cave”, “Soccer locker”, “magic mountain” etc whatever is fun name for them.

Learning every child's name can be difficult but using the name game as a water break activity can make remembering fun!.

Name game: Point to each child and have them shout out their name as loud as they can. Use one hand and finger and go through each member of the group slowly. Then start to speed up and begin to use 2 hands etc. 9 times out of 10 someone will say the wrong name by mistake which might not seem funny to us but is hilarious to kids.

In your head our out loud repeat each name when you point and after a while you will begin to learn each of their names.

On the first day especially most children will be reluctant to talk and open up to the group so it's important the coach leads the discussion and gets everyone involved.

Here are a couple of fun topics to cover that young children can relate to and can discuss. Make sure to ask every child in your group.

Cartoons: ask them what cartoons they like, and then state that you love Scooby Doo the cat. The children will all say no he is a dog and let the debate begin.

Movies: ask the children which movies they have seen at the cinema or on tv. Who are their favourite characters? Are they good characters or scary characters?

Pets: ask the children if they have any pets

Family: ask them to tell you about their family, brothers, sisters, grandparents etc

Last night: ask them what they did after soccer or the night before!

FIRST KICKS DAILY CAMP FORMAT

0 - 8 mins	Warm Up (followed up by 2 min break)	Without a ball
10 - 23 mins	Fun Based games #1, #2 (followed by 2 min break)	
25 - 38 mins	Drills and Skills #1, #2 (followed by 2 min break)	
40 - 55 mins	Free Play/scrimmage	"New Ball Method" See Below
55 - 60 mins	Team Talk	

In the Free Play/Scrimmage period we will implement the **New Ball Method**.

Whenever the ball goes out of play or a goal is scored the coach shouts out "**New Ball**" and rolls another ball into a neutral space on the field.

NO KICK OFFS - NO THROW INS OR KICK INS - NO GOAL KICKS - NO CORNER KICKS - NO FREE KICKS

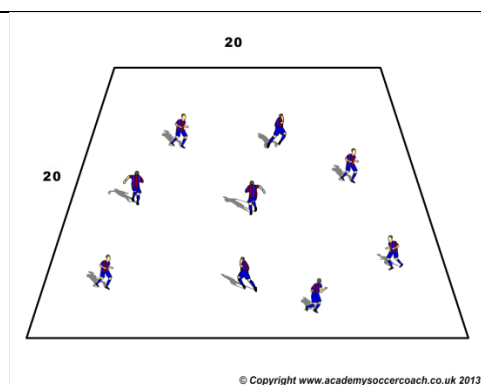
Putting the ball back into play the "new" ball should be should be

- rolled into a neutral space.
- Or favour the team on the wrong end of a one sided game
- Or favour individual players who are not becoming involved in the game
- Do Not bounce the "new" ball as it is difficult for these players to judge a bouncing ball at this age.

Why the "New Ball" method?

- More touches on the ball - less time wasted from the ball being out of bounds
- More playing time - no time wasted on set plays
- Speed up the game and produce more goals and excitement
- Gets non-assertive players involved by the coach rolling the ball to those players not involved.

First Kicks Games -Warm Up activities without a soccer ball.



Get to know the campers names.

Allow parents to join in.

Help shy campers whose parents are not there.

Freeze

The campers run around a 20 x 20 yd grid and must freeze when the coach commands. The object is to stand still and balance once the coach calls freeze.

Give commands like balance on left leg, hold arms out etc.

Simon Says.

The campers stand directly in front of the coach and must copy everything the coach does exactly only if he precedes it with "Simon Says".

Do not eliminate campers for getting it wrong.

Follow my leader.

The parents run around the square with their child following them. The child must copy every turn and twist that the parent does.

Encourage parents to hop, turn and jump

Traffic Lights.

Children run around the square and stop when you call red light. When you call Orange light they can start walking and when you call Green light they can run again.

Encourage campers to make car noises.

Pick up the cones.

The coach scatters disc cones throughout a grid. The players run around the grid and try to pick up as many cones as possible in one minute.

Have campers pick cones with the weak hands, balance them on their head etc.

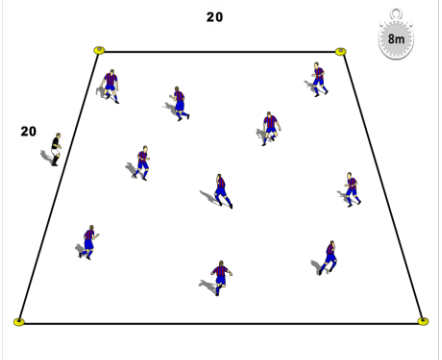
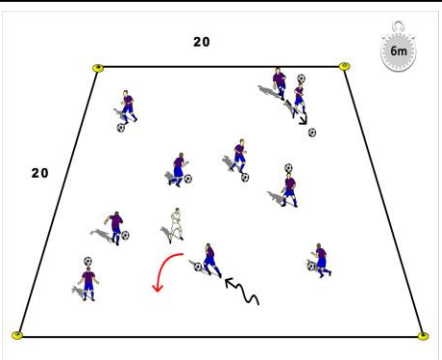
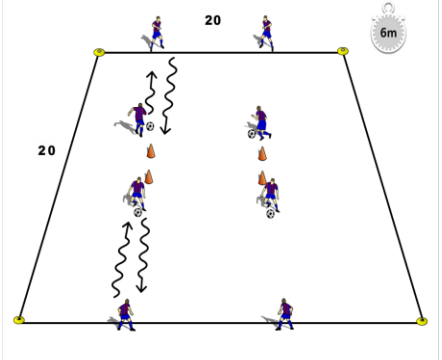
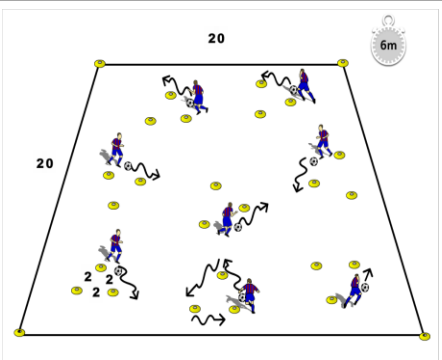
Be animated.	Tag. The coach runs around the grid chasing the campers and trying to tag them. If they get tagged they have to help him tag the others. Add variations such as pairs tag holding hands/ Donkey Tag with pinnies as tails
	Freeze Tag. The coach runs around and tags the campers who must freeze with their feet apart. Another camper can unfreeze them by crawling through their legs. Have campers call for their friends to unfreeze them.

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

MONDAY

60 minutes

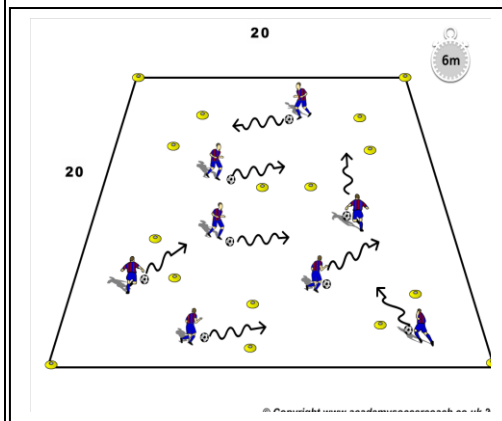
 © Copyright www.academysoccercoach.co.uk 2013	<table> <tr> <th colspan="2">Theme: WARM UP WITHOUT A BALL - FREEZE</th></tr> <tr> <th>Organization</th><th>Coaching Points</th></tr> <tr> <td> The campers run around the grid as the coach claps his/her hands. The campers must freeze when the coach stops clapping. The object is to stand still and balance once the coach calls "freeze". Give commands like "balance on your left foot", "hold your arms out" etc </td><td> Can we listen closely to the coach clapping? How quickly can you freeze? How well can you balance? How long can you balance for? </td></tr> </table>	Theme: WARM UP WITHOUT A BALL - FREEZE		Organization	Coaching Points	The campers run around the grid as the coach claps his/her hands. The campers must freeze when the coach stops clapping. The object is to stand still and balance once the coach calls "freeze". Give commands like "balance on your left foot", "hold your arms out" etc	Can we listen closely to the coach clapping? How quickly can you freeze? How well can you balance? How long can you balance for?
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BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

MONDAY

60 minutes



Theme:

DRILLS AND SKILLS #2 – DRIBBLE THROUGH GATES

Organization

Coaching Points

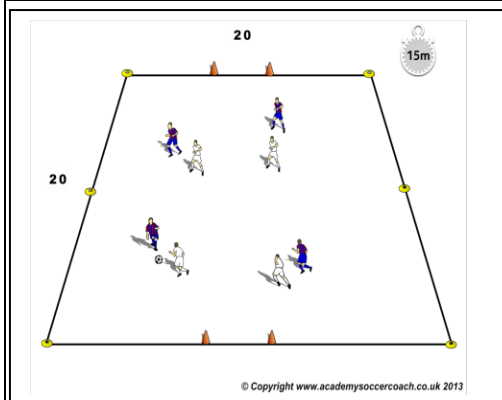
Ball each.
Set up a number of gates/goals 2 yards wide

Players have to dribble their soccer balls through as many gates as they can in 30 seconds.

How many goals did they score?

Next time they go can they beat their last score?

Can we keep the ball close?
Can we take lots of touches?
Can we keep our heads up so we can see the next gate to dribble through?
Can you count every time you dribble through the gate?
If you see other players running to the same gate as you what should you do?



Theme:

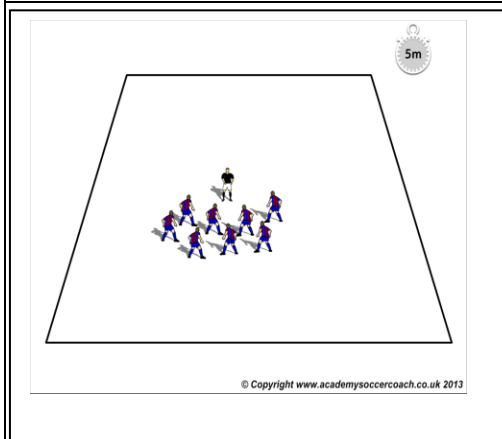
FREE PLAY/SCRIMMAGE

Organization

Coaching Points

Two teams (up to 4 v 4)
No goalkeepers.

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?



Theme:

TEAM TALK

Organization

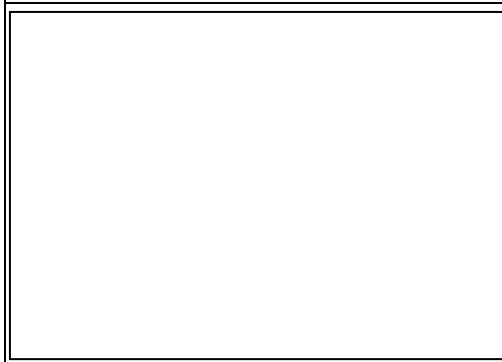
Coaching Points

Always have the parents in on your team talk.

Complete a short re-cap of the session (go over coaching points of dribbling and turning)

Discuss the importance of PRACTICE and how practice helps you become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Today we worked on dribbling and turning.
When we dribble should we keep the ball close or kick it far away? How do we keep it close (lots of touches - just like the cat)
What parts of the feet did we use to change the direction of the ball?



Theme:

TIPS

Organization

Coaching Points

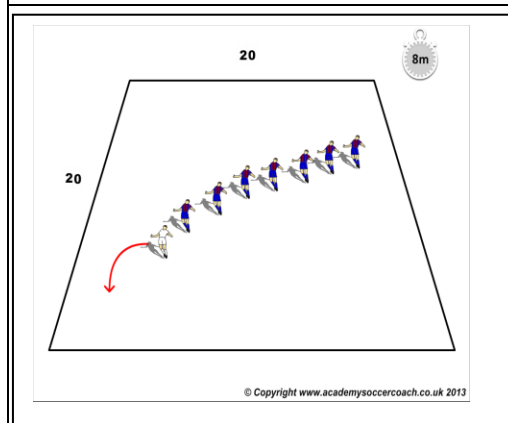
Hold the ball and ask the players if they can think of the ball as a cat.
Does it look like a cat, does it feel like a cat, does it make a noise like a cat?
What does a cat do if you stroke it? Why does it purr? If it purrs do you think it will stay close to you? What will happen if you kick the cat?
The ball is exactly the same - if you stroke it lots of times (with your feet) the ball will stay close - if you kick it - just like the cat it will run away. What will happen in a game if the ball runs away?

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

TUESDAY

60 minutes



Theme:

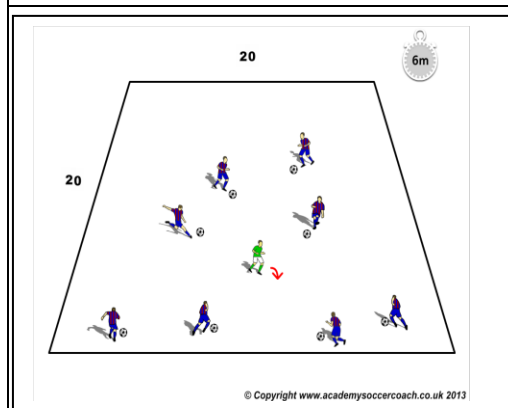
WARM UP WITHOUT A BALL - FOLLOW MY LEAD

Organization

Coaching Points

The coach moves around the island (grid) and the campers have to follow him/her and do the same actions as the coach e.g. hop, skip, jump, walk, jog, run, turn, place hand on floor etc.

Can we get in line and follow the coach?
Can we keep our heads up so we can see what coach is doing?



Theme:

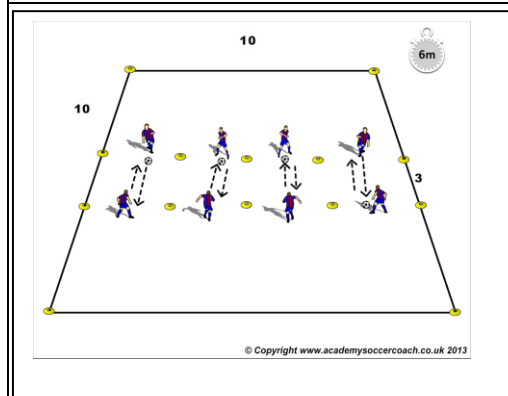
FUN BASED GAME #1 – MR WOBBLY

Organization

Coaching Points

Campers dribble their balls around the island and have to try and kick their soccer balls against the coach's (Mr. Wobbly) legs. Each time Mr. Wobbly is struck he wobbles and the game continues until Mr. Wobbly has been struck several times and eventually he/she falls over.

Can you keep your heads up to see Mr. Wobbly at all times?
What part of the foot can we use to kick the ball at Mr. Wobbly?
Should we try and get close to Mr. Wobbly or should we kick the ball from far away - why?
How can we keep the ball close and what parts of the foot can we use to change direction of the ball?



Theme:

FUN BASED GAME #2 – PASSING PALS

Organization

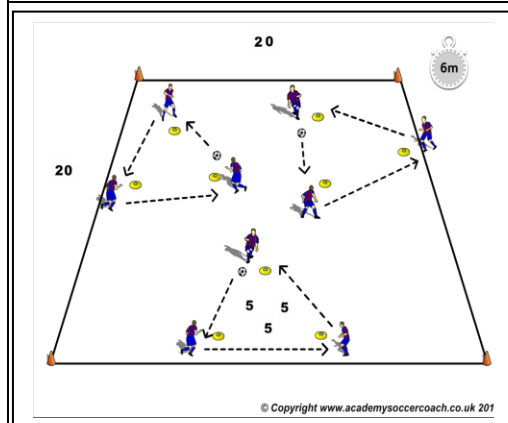
Coaching Points

On coach's command the pairs need to complete 10 passes before they can sit down. First team to sit down (if they've completed the required number of passes!) wins.

Must take at least two touches

Variation - use right foot only, left foot only, control with one foot and pass with the other etc.

Can we stay on our toes?
Show me how to control the ball (try to avoid them from stopping the ball then taking a couple of steps back before coming back to pass)
Bend your knees?
What part of the foot can we use to control the ball (inside - why? Look at the size of the area touching the ball) - the bigger the area the better the control.



Theme:

DRILLS AND SKILLS #1 – PASSING TRIANGLES

Organization

Coaching Points

In groups of 3 - one ball per group. Place three triangles with cones - each cone 5 yards apart. Child with the ball passes the ball to the player on his/her right. They control it and pass it to the next player. If possible can they avoid stopping the ball dead before passing.

Variation - change direction after a couple of minutes.

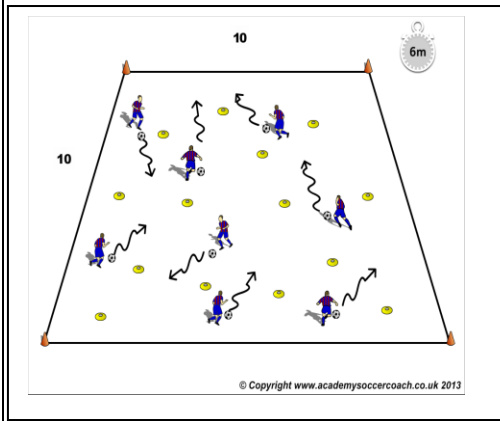
Can we get on our toes?
Don't stand on the cone - try and give yourself a little space.
As the ball comes to me can I get sideways on?
Can I try and control the ball on my right foot (foot furthest away) and then pass it with my right foot? Control the ball on your left is passing to the left.
Can I control it with the inside of my foot and then look up before passing it with the inside of my foot?

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

TUESDAY

60 minutes



Theme: DRILLS AND SKILLS #2 – DRIBBLE AROUND THE FLOWERS

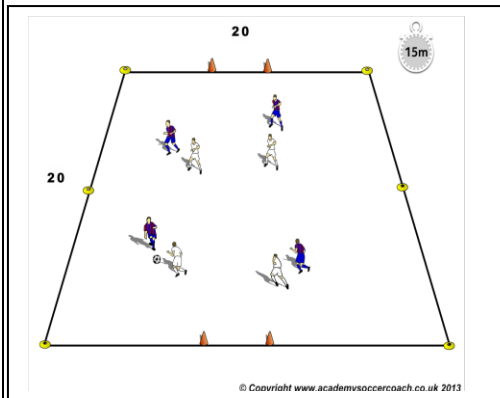
Organization

Ball each.
Smaller grid - 10 x 10 to force them to keep the ball close. Scatter a number of disc cones around the grid - turn them upside down to represent flowers.

Players have to dribble their soccer balls around the island and try to avoid running into the pretty flowers (cones)

Coaching Points

Can we keep the ball close?
Can we take lots of touches?
Can we keep our heads up so we can see where the flowers are?
What parts of the feet can we use to dribble - inside outside, laces.



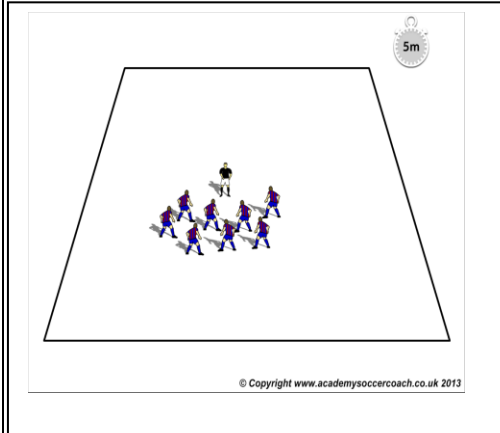
Theme: FREE PLAY/SCRIMMAGE

Organization

Two teams (up to 4 v 4)
No goalkeepers.

Coaching Points

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme: TEAM TALK

Organization

Always have the parents in on your team talk.

Complete a short re-cap of the session (go over coaching points of dribbling and passing)

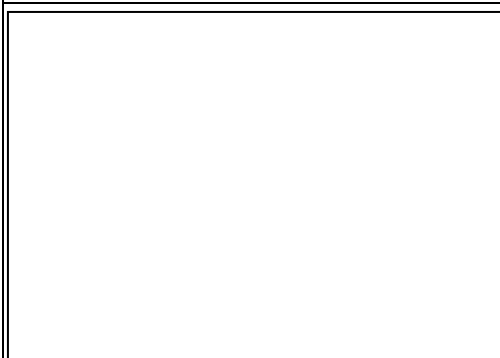
Discuss the importance of HEALTHY EATING and how eating healthy helps you become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Coaching Points

Today we worked on passing.

What part of the foot did we use to pass the ball to our team-mates?

Why should we use this part of the foot (inside of foot is bigger – the bigger the area the more we can feel the ball and the better the pass)



Theme: TIPS

Organization

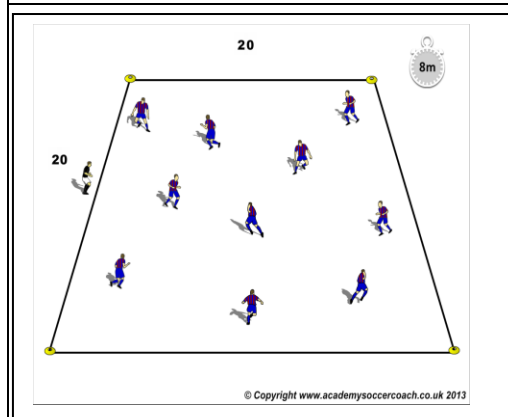
Coaching Points

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

WEDNESDAY

60 minutes



Theme:

WARM UP WITHOUT A BALL – TRAFFIC LIGHTS

Organization

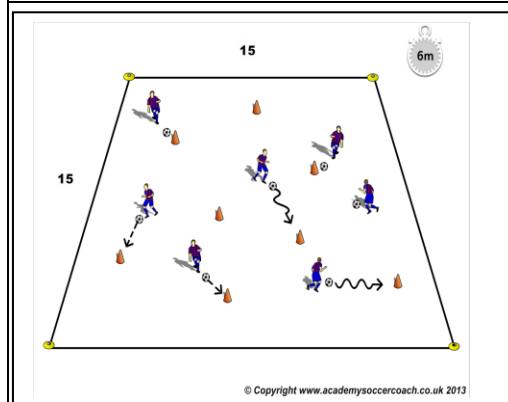
Coaching Points

Campers run around the island driving their cars and when the coach calls one of the following they have to follow the command:-

Red Light = Stop
Amber light = Walk
Green light = Run

Encourage the campers to make car noises as they travel.

How quickly can we stop?
Can we keep our heads up to make sure we don't crash into another car?
How quickly can we turn?



Theme:

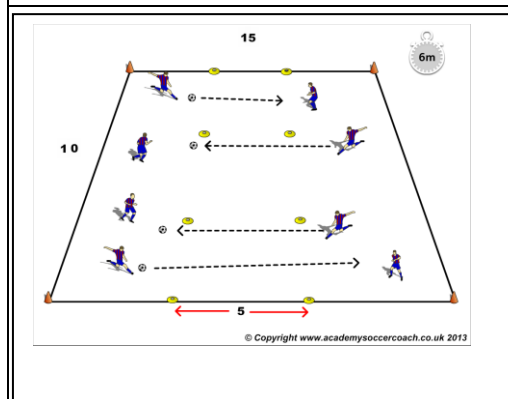
FUN BASED GAME #1 – STEAL THE TREASURE

Organization

Coaching Points

Pirates (campers) dribble their balls around the island and try to steal the treasure (pointed cones) by kicking their soccer balls and knocking the cones over. Each time they knock a cone over they pick it up and carry it with them. The player who has the most treasure once all cones have been knocked over wins the game.

Can you keep your heads up to see where the treasure is?
What part of the foot can we use to kick the ball at the treasure?
Should we try and get close to the treasure or should we kick the ball from far away - why?
How can we keep the ball close and what parts of the foot can we use to change direction of the ball?



Theme:

FUN BASED GAME #2 – CROSS THE RIVER

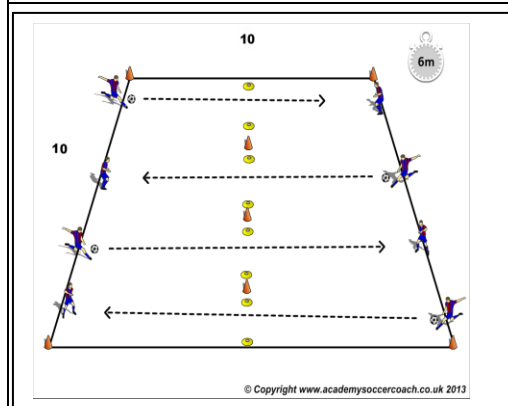
Organization

Coaching Points

Two teams - use all soccer balls
Campers are split into two groups on either side of a river ("no go") zone. Each team tries to kick as many balls over the river into their opponents zone. If a ball crosses the river into your zone you can kick it back.

Which team has the fewest number of soccer balls on their side of the river after 30 secs, 1 minute etc?

Can we stay on our toes?
What part of the foot should we try and kick the ball with?
Can we kick it further if we stand still or run at the ball as it comes towards us?



Theme:

DRILLS AND SKILLS #1 – PASS THE PARCEL

Organization

Coaching Points

In 2's - one ball between two
Set up gates in a line - each gate = 2 yds wide
The player with the ball (parcel) has to try and deliver/pass it to his partner through the gate.

Use disc cones for the gates because if you use pointed cones the campers will try and knock the cones over.

How many parcels/presents can I deliver?

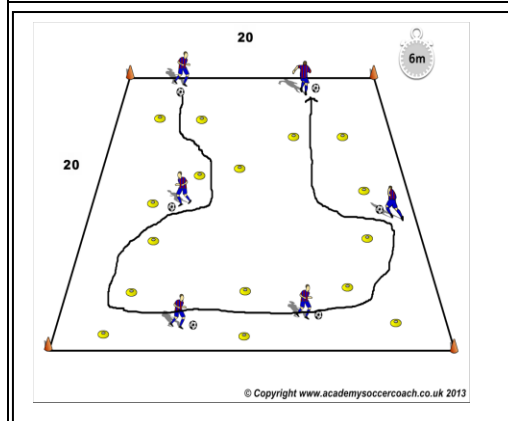
Can we get on our toes?
As the ball comes to me can I get sideways on?
Can I try and control the ball on my right foot (foot furthest away) and then pass it with my right foot? Control the ball on your left is passing to the left.
Can I control it with the inside of my foot and then look up before passing it with the inside of my foot?

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

WEDNESDAY

60 minutes



Theme:

DRILLS AND SKILLS #2 – DRIBBLE GRAND PRIX

Organization

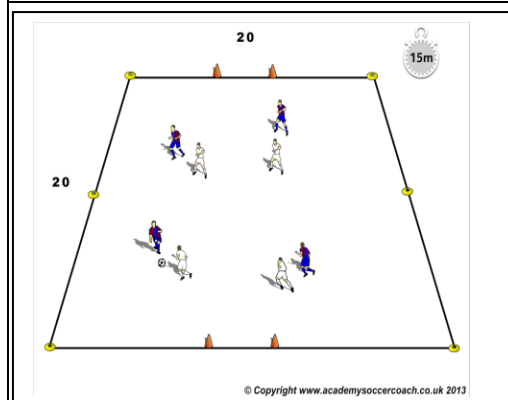
Coaching Points

Ball each.
Lay out a driving course with cones for the drivers to follow.

Players have to dribble their soccer balls (driver their cars) around the grand prix course.

After a couple of attempts maybe introduce a time limit.

Can we keep the ball close?
Can we take lots of touches?
Can we keep our heads up so we can see where the course are?
What parts of the feet can we use to dribble - inside outside, laces.



Theme:

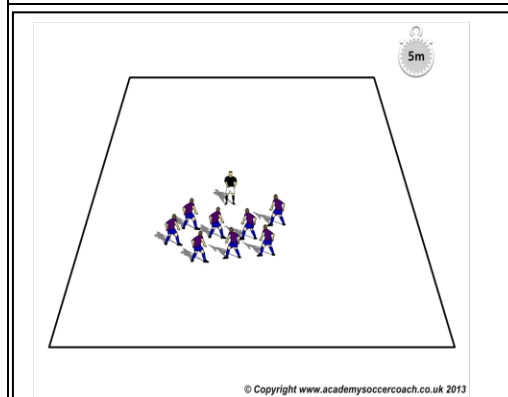
FREE PLAY/SCRIMMAGE

Organization

Coaching Points

Two teams (up to 4 v 4)
No goalkeepers.

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme:

TEAM TALK

Organization

Coaching Points

Always have the parents in on your team talk. Complete a short re-cap of the session (go over coaching points of dribbling and passing)

Discuss the importance of LISTENING and how listening to your coach helps you learn and become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Today we worked on dribbling and kicking.
When we dribble should we keep the ball close or kick it far away? How do we keep it close (lots of touches - just like the cat)
What part of the foot did we use to pass the ball to our team-mates?
When we shoot the ball what should we do before we shoot (look up)

Theme:

TIPS

Organization

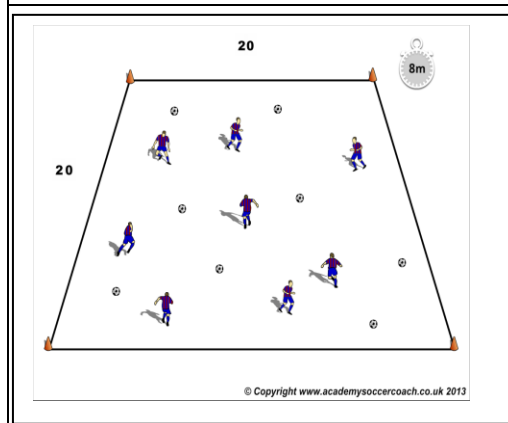
Coaching Points

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

THURSDAY

60 minutes



Theme:

WARM UP WITHOUT A BALL – BODY PARTS

Organization

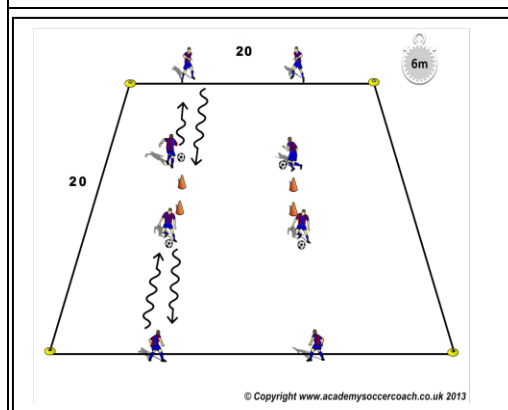
Coaching Points

Scatter the soccer balls around the grid.

The campers move around the island as directed by the coach (walking, running, jumping, skipping, crawling, backwards).

As soon as the coach calls out a part of the body the campers have to find a ball and place that part of their body on the ball e.g. foot, elbow, knee, head, stomach etc

How quickly can we find a soccer ball?
How quickly can we place our body part on the ball?



Theme:

FUN BASED GAME #1 – SOCCER RELAY

Organization

Coaching Points

In pairs - one ball per pair
Player with the ball has to dribble to the pointed cone, stop the ball, turn and face his team-mate and do 5 - 10 sole sprints (touch the top of the ball with soles of feet) before dribbling back to his partner. His partner can go once he's been high-fived. First pair to finish win the game. Get the campers standing to cheer their team-mates and count out loud the number of touches.

Keep the ball close as you're dribbling.
Lots of touches.
Put your foot on top of the ball to stop it.
Stay on your toes when doing your touches.
Bend your knees and pick your knees up so you can touch the top of the ball.



Theme:

FUN BASED GAME #2 – KING OF THE JUNGLE

Organization

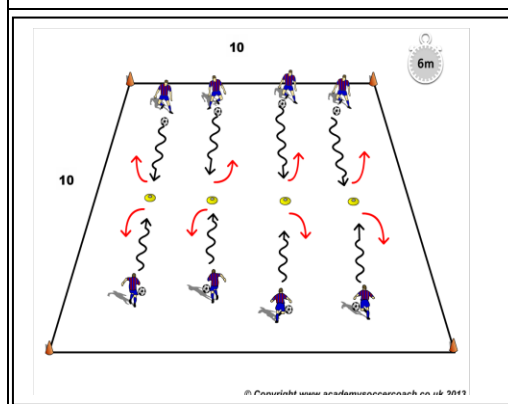
Coaching Points

Ball each

Players dribble their soccer balls around the island. After a short period of time the coach attempts to kick their soccer balls off the island and into the sea.

If their ball gets kicked into the sea can they go and get it and bring it back on the island before the fishes eat it.

Can we keep the ball close with lots of touches?
Can we keep our heads up to see where the coach is?
If the coach runs towards me what should I do? (turn away and shield the ball)



Theme:

DRILLS AND SKILLS #1 – DRIBBLE AND TURN

Organization

Coaching Points

Ball each - work in 10 x 10 but with cones laid out as shown in diagram

Players dribble towards the cone in the middle and then turn using:-

- Inside of their foot
- Sole of the foot (drag back)
- Outside of the foot (run past the ball and turn sideways before playing it back in the opposite direction with outside of foot)

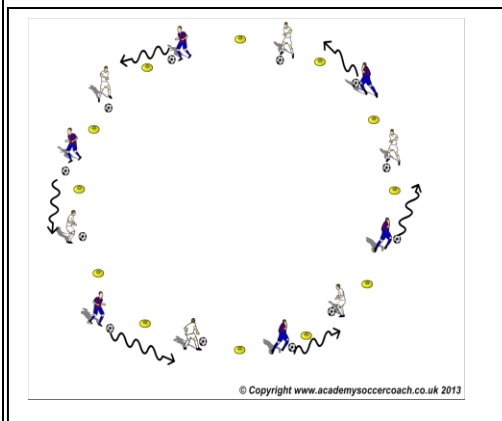
Can I keep the ball close when I dribble?
As I get close to the cone can I slow down?
When I turn can I use the correct part of the foot?

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

THURSDAY

60 minutes



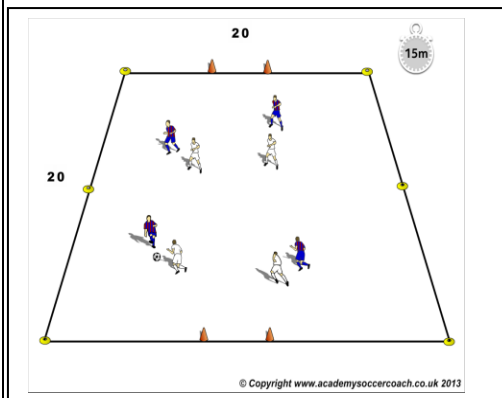
Theme: DRILLS AND SKILLS #2 – LIONS AND CHEETAHS

Organization

Ball each - circle 10 yds in diameter
The players stand in a circle with their soccer ball.
The coach nominates the players alternately as either lions or cheetahs.
On command the lions have to dribble their soccer balls around the outside of the circle. How quickly can they get back to their starting positions? Time the cheetahs to see if they can do it quicker.
Change directions.

Coaching Points

Can we keep the ball close?
Can we take lots of touches?
Can we keep our heads up so we can see where the circle is?
What parts of the feet can we use to dribble - inside outside, laces.



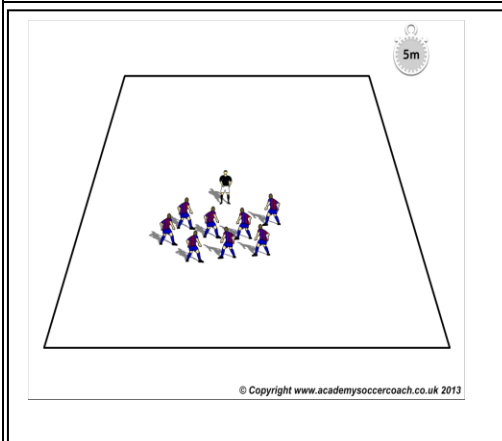
Theme: FREE PLAY/SCRIMMAGE

Organization

Two teams (up to 4 v 4)
No goalkeepers.

Coaching Points

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme: TEAM TALK

Organization

Always have the parents in on your team talk.
Complete a short re-cap of the session (go over coaching points of dribbling and turning)
Discuss the importance of GOOD BEHAVIOUR and how listening to your coach helps you learn and become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Coaching Points

Today we worked on dribbling and turning.
When we dribble should we keep the ball close or kick it far away? How do we keep it close (lots of touches - just like the cat)
What part of the foot did we use to turn with the ball?



Theme: TIPS

Organization

Coaching Points

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

FRIDAY

60 minutes



Theme:

WARM UP WITHOUT A BALL – SIMON SAYS

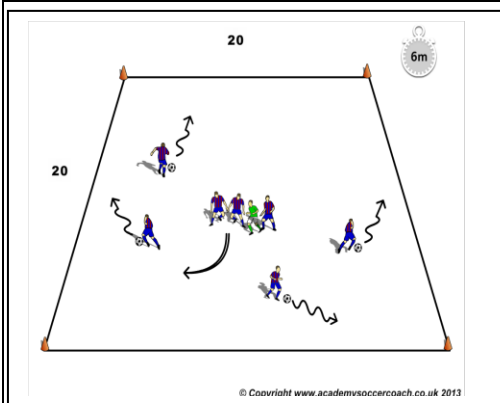
Organization

Coaching Points

Players stand anywhere on the island.

Simple game of Simon says using different movement skills of some of the animals that might live on the island e.g. simon says run around the island like a monkey, walk like a duck, fly like a bird (flapping your wings), hop like a rabbit etc

Can we make noises like the animals?
Can you pretend to be the animal?



Theme:

FUN BASED GAME #1 – TIGERS IN THE JUNGLE

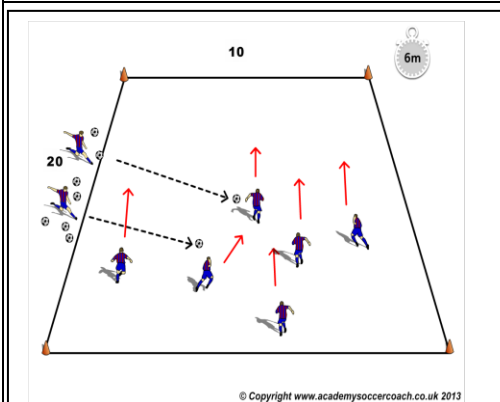
Organization

Coaching Points

Ball each
Similar to King of the Jungle but this time the coach starts as the tiger and attempts to kick the players soccer balls into the sea. If a player's ball goes into the sea he/she joins hands with the coach and becomes a tiger.

Game continues until all players become tigers.

Keep the ball close as you're dribbling.
Lots of touches.
Can you keep your head up to see where the tiger is?
What should you do if you see a tiger running towards you (turn and run away)



Theme:

FUN BASED GAME #2 – FOXES AND RABBITS

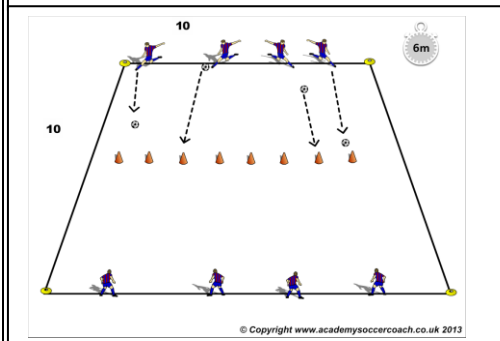
Organization

Coaching Points

Have a supply of soccer balls on one side of the grid for the foxes to use.

Rabbits line up at one end of the island. They have to run to the opposite end of the island without being hit by the soccer balls which the foxes are shooting with. If a rabbit gets struck he/she then becomes a fox. Game of elimination but if it drags on play to a time limit e.g 2 mins as you only have a total of 6 mins for this game.

Can we run quickly to the other end of the island?
Can we keep our heads up to see where foxes are?
Can we keep our heads up to see where the rabbits are?
Can I shoot the ball in front of the rabbit so he runs into the ball?
How quickly can I shoot the next ball?



Theme:

DRILLS AND SKILLS #1 – SANDCASTLES

Organization

Coaching Points

Ball each - line up pointed cones across the middle of the grid

The players are all on the beach on the island and they've built sandcastles which they now try and knock down by striking the ball at them.

Keep playing until all the sandcastles have been knocked over.

Can I keep my head up to see where the sandcastles are?
What part of my foot should I strike the ball with?

BRITISH SOCCER CAMP CURRICULUM

FIRST KICKS

FRIDAY

60 minutes



Theme:

DRILLS AND SKILLS #2 – PASS THROUGH THE GATES

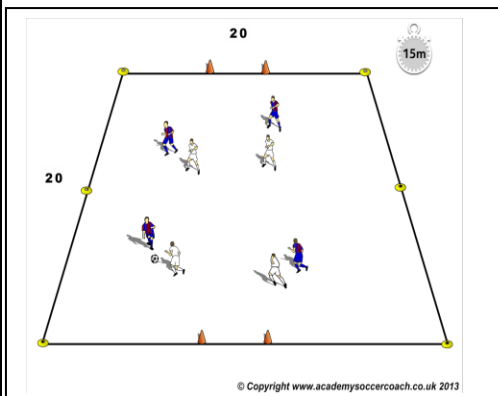
Organization

Coaching Points

In pairs - one ball between two
Set out a number of gates/goals - one gate per pair
Each gate 2 yds wide

Players have to try and pass their ball through as many gates on the island in 30 seconds. Can't score in the same gate twice in a row.
Can they beat their last score?
Can they now use their other foot to pass with?

Can we dribble quickly to the gate/next gate?
Can my partner get to the other side of the gate quickly so I can pass him/her the ball?
Which part of my foot should I use to pass the ball?
How do we know which goal to go to next? (point)



Theme:

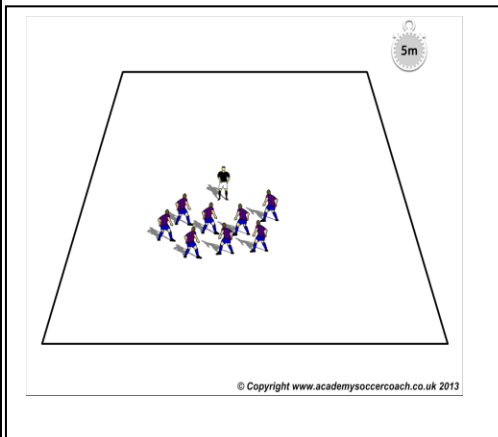
FREE PLAY/SCRIMMAGE

Organization

Coaching Points

Two teams (up to 4 v 4)
No goalkeepers.

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme:

TEAM TALK

Organization

Coaching Points

Always have the parents in on your team talk. Complete a short re-cap of the session (go over coaching points of dribbling and passing)

Discuss the importance of TEAMWORK and how listening to your coach helps you learn and become a better soccer player. Ask the parents to help their child practice the skills and drills they've worked on all week.

Today we worked on passing and kicking. When we pass what part of the foot did we use to pass the ball to our team-mates?
Why should we use the inside of the foot? (look at the big area - look at how small the toe is - why is it better to use a bigger part of the foot when we pass?)



Theme:

TIPS

Organization

Coaching Points

In the passing through gates session use the disc cones for the gates because if you use the pointed ones the campers will focus too much on knocking them over and we want them to focus on accuracy and passing the ball between the cones.

Coaching Minisoccer- Ages 4 - 6



Minisoccer Coaching

Minisoccer classes are for campers ages 4 - 6 years old and will undoubtedly contain children with very differing levels of physical and emotional development.

Soccer at this age is all about the child learning to love the game. They will quickly learn to enjoy the constant running around, the dribbling the shooting, competing for the ball, playing games and scoring goals. Coaches will be required to create an environment in which players are motivated to experiment, copy and explore, and games and practices must be kept very simple and lots of fun.

At this age we are helping the children develop in each of the following core areas:

Physical

Run forwards & backwards - Sidestep, skip and hop - Jump in the air
Sprint for 5-10 yards - Fall over without being hurt
Be able to play for two periods of 15 minutes.

Technical

Dribble the ball forwards at jogging pace - Move the ball to the left or right when dribbling
Stop the ball when dribbling - Turn 180 degrees when dribbling
Kick the ball forwards - Push the ball a short distance with the inside of the foot
Stop the ball when it is rolling towards them

Tactical

Understand the concept of attacking one goal and defending another
Understand in and out of play - Understand the basic rules - no handballs, no tripping etc

Psychological

Have fun - Try to score goals & try to stop the other team from scoring
Try to take the ball away from the opponents
Be a good sport

Minisoccer Daily Schedule

ABC's

During the warm up, the Minisoccer campers will work on basic coordination and footskills. We have created a series of simple ball ballistic exercises called The Challenger ABCs (**A**gility, **B**alance, **C**ontrol). Set up a series of 5 yards grid, one per camper and have them all face you. You will then demonstrate some basic ball manipulation exercises and have them practice them each day. Over the course of the week, the goal is to repeat the previous days exercises to and learn new ones each day. We want the children going home and showing their parents what they can do. You will also give them the chance to showcase these moves at the end of camp closing ceremony. If you have an older or more able group of campers, you can select additional exercises from the half day syllabus.



Fun Games #1, #2 and #3

The Minisoccer fun games will start the session following the ABC's. Each game should be FUN, however we are also looking for you to help these young players improve their skills. **Provide fundamental coaching points before and after each game.** You will undoubtedly repeat many of the games throughout the week, ask the campers questions before they repeat a game - what have they learned that will help them.

Skills and Drills #1, #2 and #3

The Skills and Drills section will focus more on the specific techniques of dribbling, turning, passing, shielding and shooting. However these will still be taught in a fun based setting. **Please make sure you bring out the relevant coaching points for each practice.**

Scrimmage

Always end with small sided game. Let the players enjoy the back and forth or a real game format and encourage them use the skills you have worked on throughout the day. Do not just sit back and let them play, jump in and spread them out, give them basic coaching. Remember that some of your campers will already be playing in organized leagues and their parents will want to see something like the real game. **NOTE - We frequently see these games played on fields that are too small, please allow the players plenty of room to play. We recommend you use the New Ball method as outlined in the First Kicks section but a lot of these kids may already be playing in organized leagues so you may have to remind them of re-starts etc. Try to avoid spending too much time on set plays however as this time should be devoted to touches on the ball and developing techniques.**

Coaching Points

Even though the emphasis is on fun and maximum participation at this age, do not underestimate the ability of these children to understand and take in fundamental coaching points and to make adjustments to their technique.

If it helps them achieve more success or win a fun game, they will quickly take on board any tips you can give them. Too often we set up games and as long as the kids are having fun we think the job is done. We need to have higher expectation of ourselves as coaches and higher expectations of the young players we have been paid to develop.

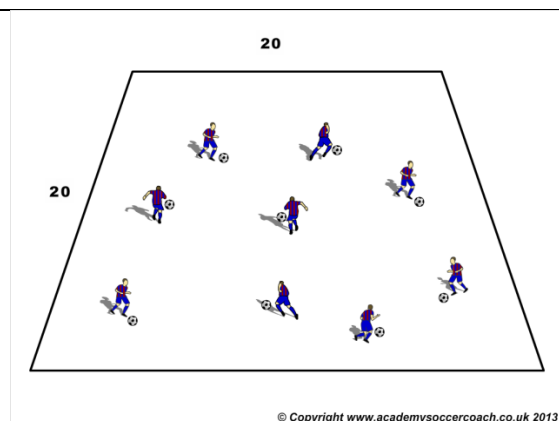
Here are examples of fundamental coaching points that you can deliver in each of the types of games.

DRIBBLING	SHOOTING	PASSING
Can you keep the ball close with gentle touches	Can you place your non kicking foot next to the ball when you kick it	Can you turn your toes to the side and lock your ankle really tight.
Can you try and look up between touches	Can you kick the ball with the laces	Can you step towards the ball before you make the pass.
Can you turn with the ball using the inside and outside of your foot	Can you point your toes when you shoot	Can you push the ball with the inside of the foot.
Can you drag the ball away from another player with the bottom of your foot	Can you take a big step before shooting	Can you make contact with the middle of the ball.
Can you push the ball further ahead when no one is near you	Can you point your toe at the goal after shooting	Can you follow through with your foot in the air.
Can you try and dribble the ball past another player	Can you try and kick with the other foot	Can you call out to another player when you want them to pass you the ball

MINISOCCKER DAILY CAMP FORMAT

5 Mins	ABC's	
30 Mins	Fun based games #1, #2 and #3	Passing dribbling shooting
30 Mins	Drills and Skills #1, #2 and #3	Passing dribbling shooting
5 Mins	Break	
15 Mins	Free Play/Scrimmage	New Ball Method
5 Mins	Team Talk	

Minisoccer - A B C Warm-Up Activities with a ball.



Set up a 15-20 yard grid or 5 x 5 yd grids (below).

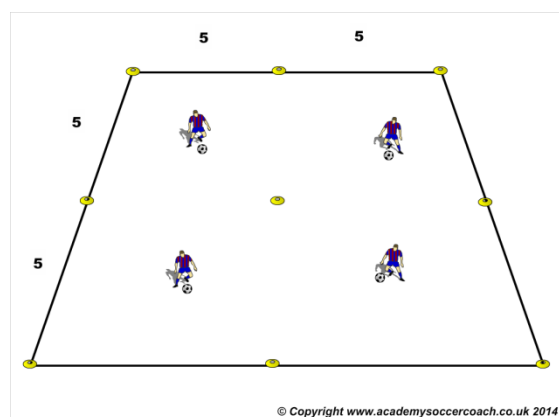
Each camper should have a ball. If they do not, take it in turns for a camper to help you.

Teach from different parts of the grid.

Provide dynamic demonstrations.

Have campers do a demonstration.

With older more able campers choose more exercises from the half day camp syllabus.



Fast feet (and turn)

The children quickly move their feet on the spot and on the coach's command they turn 90 or 180 degrees.

Can they use the sole of their feet to drag and turn the ball.

Toe Taps.

The children put one foot on the ball and then on your command they change feet.

Can they bounce from one foot to the other?

Side to Side.

The campers try to move the ball back and forth, sideways between the insides of their feet.

See if the campers can look up at you while they do this.

Drag back and push forward.

Move backwards dragging the ball with you one step at a time. Once you reach the end line, stop and then push the ball forwards with alternate touches of the soles of each foot.

Begin at walking pace and then try to bounce from one foot to the other.

Inside outside Roll

Place the sole of one foot on the top of the ball. Maintaining contact with the ball, roll the sole of your foot sideways in each direction over the top of the ball.

Try hopping on your standing leg while you roll the ball from side to side.

Roll Sideways.

The campers start at one end of the grid and roll the ball sideways across their body to the opposite end. They then repeat in the opposite direction with the other foot.

Can they keep their foot in contact with the ball as they roll it.

Roll and Stop.

The campers roll the ball sideways across the grid but must stop the ball with their other foot after each revolution of the ball.

Can they get a rhythm of roll-stop-roll-stop-roll all the way across the grid.

Dribble Around

Each player dribbles their ball around the grid. The coach calls instructions "freeze", "left", "right", "sit down" etc. The players must do as the coach says immediately.

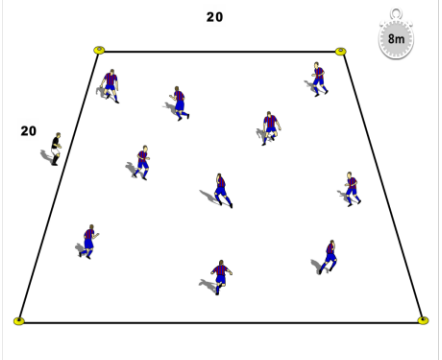
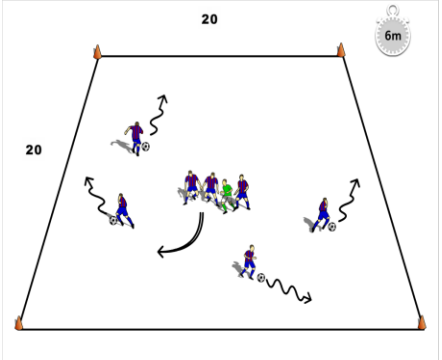
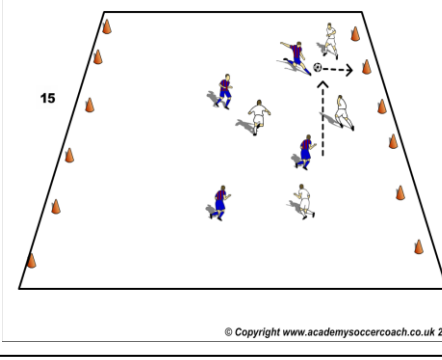
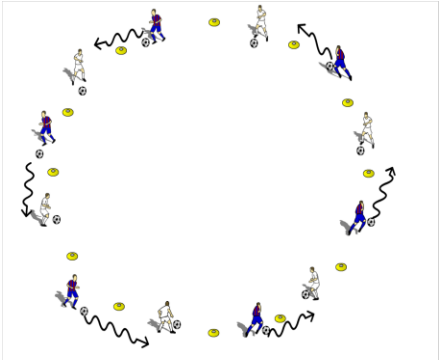
Encourage the campers to keep looking up between touches to avoid crashes.

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

MONDAY

90 minutes

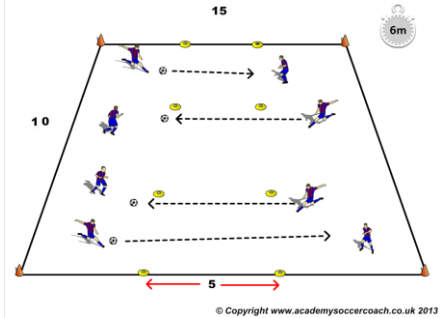
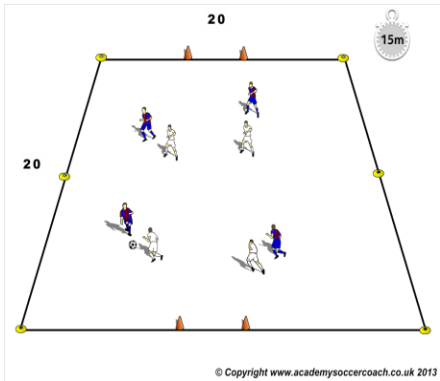
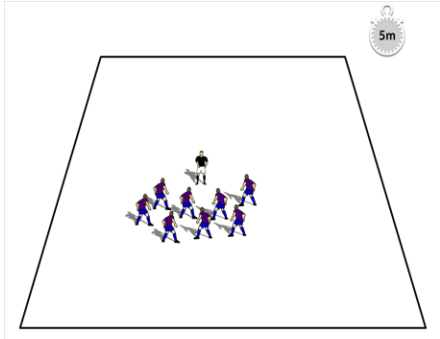
Theme: ABC's FOLLOWED BY FUN BASED GAME #1 – SIMON SAYS		
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	Players stand anywhere on the island. Simple game of Simon says using different footwork drills, e.g. toe taps, dribble using inside of foot only, use right foot only etc etc	How quickly can we listen and how quickly can we move. How many toe-taps etc can we make
Theme: FUN BASED GAME #2 – TIGERS IN THE JUNGLE		
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	Ball each Similar to King of the Jungle but this time the coach starts as the tiger and attempts to kick the players soccer balls into the sea. If a player's ball goes into the sea he/she joins hands with the coach and becomes a tiger. Game continues until all players become tigers.	Keep the ball close as you're dribbling. Lots of touches. Can you keep your head up to see where the tiger is? What should you do if you see a tiger running towards you (turn and run away)
Theme: FUN BASED GAME #3 – PIRATES OF THE CARIBBEAN		
 © Copyright www.academysoccercoach.co.uk 2014	Organization	Coaching Points
	Split the group into two teams. Set up a number of pointed cones (treasure) at each end of the grid. Each team has to try and knock over as many cones as they can. Once they steal a piece of treasure they take it (coach does) back to their end of the island. The team that has the most treasure after two mins is the winner.	How are we going to steal the treasure? (shoot the cones over) What do we do if someone is standing in front of the treasure? (try and knock a different one over) Should we shoot from close by or from far away? Why?
Theme: DRILLS AND SKILLS #1 – LIONS AND CHEETAHS		
	Organization	Coaching Points
	Ball each - circle 10yds in diameter The players stand in a circle with their soccer ball. The coach nominates the players alternately as either lions or cheetahs. On command the lions have to dribble their soccer balls around the outside of the circle. How quickly can they get back to their starting positions? Time the cheetahs to see if they can do it quicker. Change directions.	Can we keep the ball close? Can we take lots of touches? Can we keep our heads up so we can see where the circle is? What parts of the feet can we use to dribble - inside outside, laces.

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

MONDAY

90 minutes

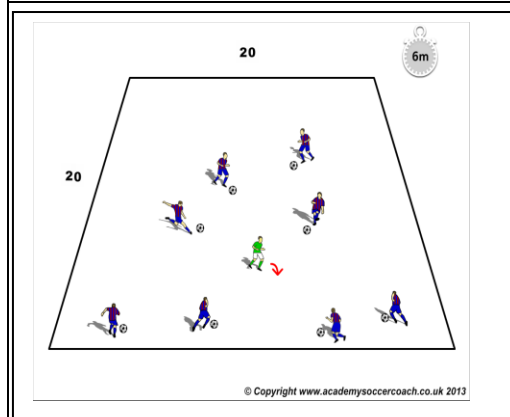
Theme: DRILLS AND SKILLS #2 – PASS THROUGH THE GATES		
	Organization In pairs - one ball between two Set out a number of gates/goals - one gate per pair Each gate 2 yds wide Players have to try and pass their ball through as many gates on the island in 30 seconds. Can't score in the same gate twice in a row. Can they beat their last score? Can they now use their other foot to pass with?	Coaching Points Can we dribble quickly to the gate/next gate? Can my partner get to the other side of the gate quickly so I can pass him/her the ball? Which part of my foot should I use to pass the ball? How do we know which goal to go to next? (point)
Theme: DRILLS AND SKILLS #3 – CROSS THE RIVER		
	Organization Two teams - use all soccer balls Campers are split into two groups on either side of a river ("no go") zone. Each team tries to kick as many balls over the river into their opponents zone. If a ball crosses the river into your zone you can kick it back. Which team has the cleanest room after 30 secs, 1 minute etc?	Coaching Points Can we stay on our toes? What part of the foot should we try and kick the ball with? Can we kick it further if we stand still or run at the ball as it comes towards us?
Theme: FREE PLAY/SCRIMMAGE		
	Organization Two teams (up to 4 v 4) No goalkeepers. Kick-in's from the sidelines if not using New Ball Method	Coaching Points Can we spread out? Can we keep our heads up to see where we are and to see our team-mates? If we have space can we dribble? If a player from the other team comes towards me when I'm dribbling what should I do? If I see a team-mate in a good position what should I do?
Theme: TEAM TALK		
	Organization Always have the parents in on your team talk. Complete a short re-cap of the session (go over coaching points of dribbling and turning) Discuss the importance of PRACTICE and how practice helps you become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.	Coaching Points Today we worked a little on dribbling . When we dribble should we keep the ball close or kick it far away? How do we keep it close (lots of touches - just like the cat) What parts of the feet did we use to change the direction of the ball?

BRITISH SOCCER CAMP CURRICULUM

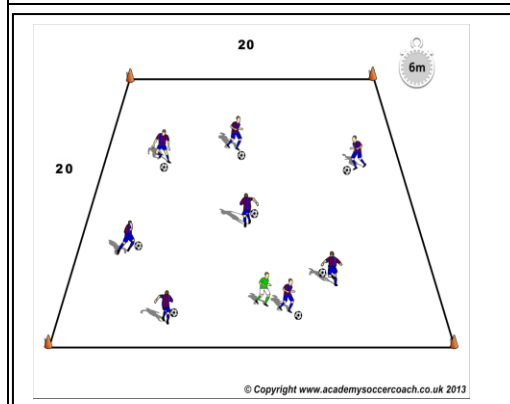
MINISOCCER

TUESDAY

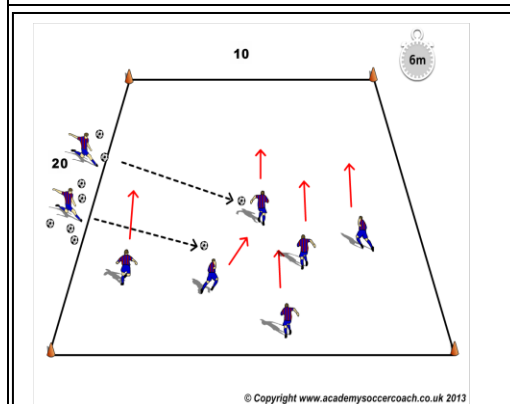
90 minutes



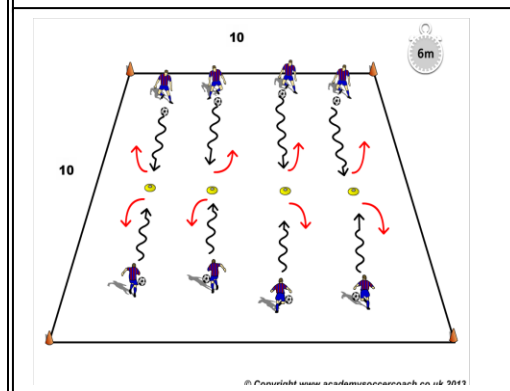
Theme: ABC's FOLLOWED BY FUN BASED GAME #1 – MR. WOBBLY	
Organization	Coaching Points
Campers dribble their balls around the island and have to try and kick their soccer balls against the coach's (Mr.Wobbly) legs. Each time Mr.Wobbly is struck he wobbles and the game continues until Mr.Wobbly has been struck several times and eventually he/she falls over.	Can you keep your heads up to see Mr.Wobbly at all times? What part of the foot can we use to kick the ball at Mr.Wobbly? Should we try and get close to Mr.Wobbly or should we kick the ball from far away - why? How can we keep the ball close and what parts of the foot can we use to change direction of the ball?



Theme: FUN BASED GAME #2 – KING OF THE JUNGLE	
Organization	Coaching Points
Ball each Players dribble their soccer balls around the island. After a short period of time the coach attempts to kick their soccer balls off the island and into the sea. If their ball gets kicked into the sea can they go and get it and bring it back on the island before the fishes eat it.	Can we keep the ball close with lots of touches? Can we keep our heads up to see where the coach is? If the coach runs towards me what should I do? (turn away and shield the ball)



Theme: FUN BASED GAME #3 – FOXES AND RABBITS	
Organization	Coaching Points
Have a supply of soccer balls on one side of the grid for the foxes to use. Rabbits line up at one end of the island. They have to run to the opposite end of the island without being hit by the soccer balls which the foxes are shooting with. If a rabbit gets struck he/she then becomes a fox. Game of elimination but if it drags on play to a time limit e.g 2 mins as you only have a total of 6 mins for this game.	Can we run quickly to the other end of the island? Can we keep our heads up to see where foxes are? Can we keep our heads up to see where the rabbits are? Can I shoot the ball in front of the rabbit so he runs into the ball? How quickly can I shoot the next ball?



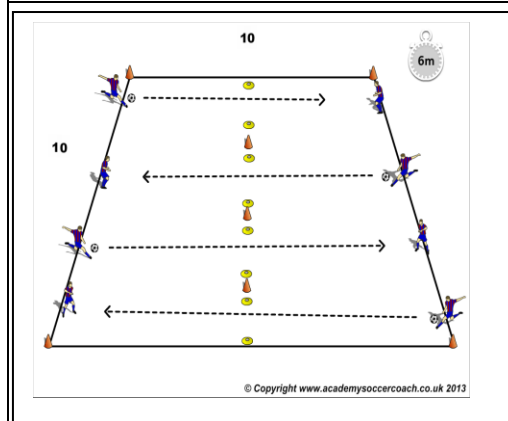
Theme: DRILLS AND SKILLS #1 – DRIBBLE AND TURN	
Organization	Coaching Points
Ball each - work in 10 x 10 but with cones laid out as shown in diagram Players dribble towards the cone in the middle and then turn using:- - Inside of their foot - Sole of the foot (drag back) - Outside of the foot (run past the ball and turn sideways before playing it back in the opposite direction with outside of foot)	Can I keep the ball close when I dribble? As I get close to the cone can I slow down? When I turn can I use the correct part of the foot?

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

TUESDAY

90 minutes



Theme: DRILLS AND SKILLS #2 – PASS THE PARCEL

Organization

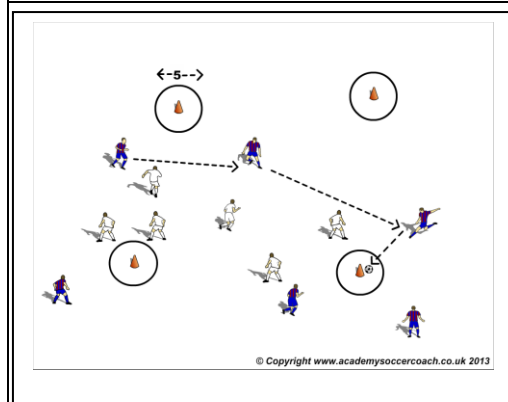
In 2's - one ball between two
Set up gates in a line - each gate = 2 yds wide
The player with the ball (parcel) has to try and deliver/pass it to his partner through the gate.

Use disc cones for the gates because if you use pointed cones the campers will try and knock the cones over.

How many parcels/presents can I deliver?

Coaching Points

Can we get on our toes?
As the ball comes to me can I get sideways on?
Can I try and control the ball on my right foot (foot furthest away) and then pass it with my right foot? Control the ball on your left is passing to the left.
Can I control it with the inside of my foot and then look up before passing it with the inside of my foot?



Theme: DRILLS AND SKILLS #3 – TOWER BALL

Organization

Two teams. Place pointed cones inside the centre of a circle of disc cones (the more the merrier – younger players need more targets). Teams have to try and shoot at the cones and knock them over. Players are not allowed in the circle.

If it's not working add an extra ball(s)

Coaching Points

Can we spread out? Can we try and pass the ball to someone who is in space? Can we keep our heads up so we can see the cones. What part of the foot do we use to shoot the ball with?



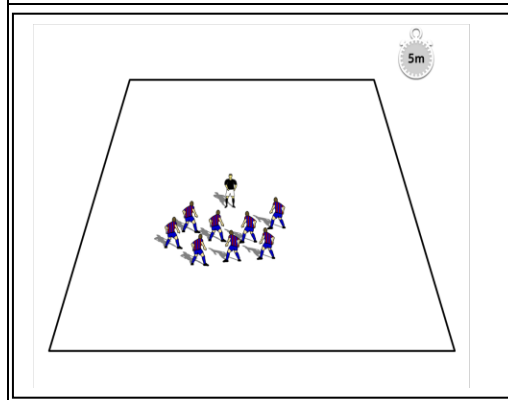
Theme: FREE PLAY/SCRIMMAGE

Organization

Two teams (up to 4 v 4)
No goalkeepers.
Kick-in's from the sidelines if not using New Ball Method

Coaching Points

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme: TEAM TALK

Organization

Always have the parents in on your team talk.
Complete a short re-cap of the session (go over coaching points of dribbling and passing)

Discuss the importance of HEALTHY EATING and how eating healthy helps you become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Coaching Points

Today we worked on dribbling and passing.

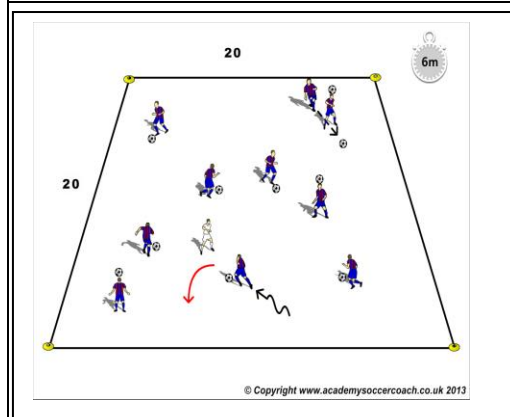
When we pass what part of the foot should we use? Why? What should we do before we pass to a team-mate (look up)? Why?

BRITISH SOCCER CAMP CURRICULUM

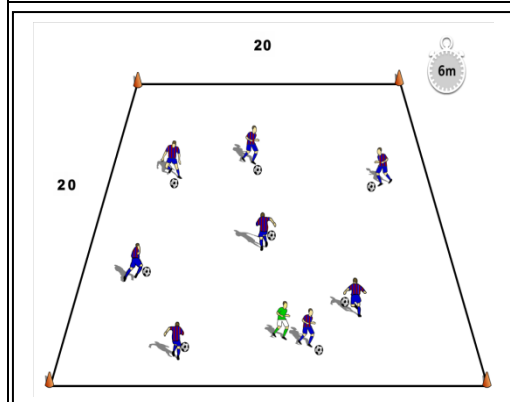
MINISOCCER

WEDNESDAY

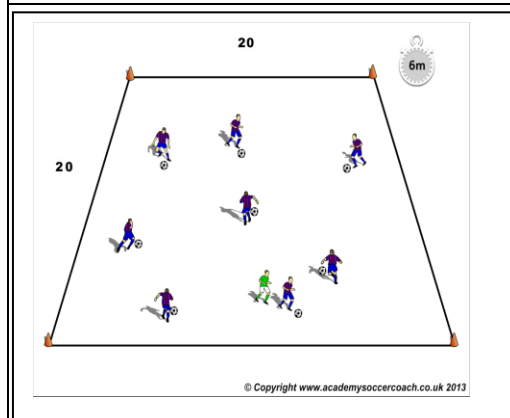
90 minutes



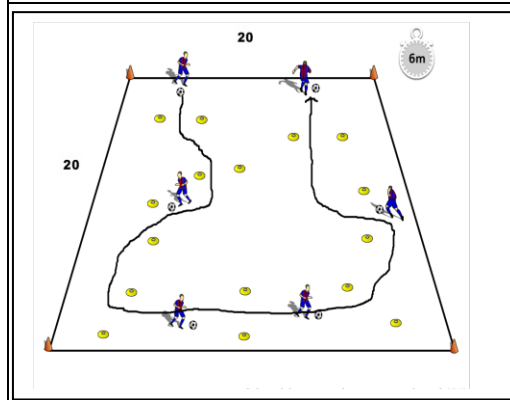
Theme: ABC's FOLLOWED BY FUN BASED GAME #1 – MR FREEZE	
Organization	Coaching Points
The campers dribble their ball on the island (grid). After 30 seconds the coach becomes Mr.Freeze and walks around the island trying to tag (freeze) the campers. If they see Mr.Freeze coming towards them they must turn and dribble away from him. If they get tagged they pick their ball above their head and stand with their feet apart. To free yourself another player must dribble their ball through your legs.	Can you keep your heads up to see Mr.Freeze at all times? What part of the foot can we use to turn away from Mr.Freeze?



Theme: FUN BASED GAME #2 – DONKEY TAG	
Organization	Coaching Points
The players dribble around the grid, each with a pinnie tucked into the back of their shorts like a tail. One or two campers chase them and attempt to pull their tails out. Once they lose their tail they can then chase the remaining donkeys until all of the donkeys have lost their tails.	How do we know where the nasty tail pullers are? (Keep your heads up) What should you do when you see someone coming after your tail?



Theme: FUN BASED GAME #3 – TRAFFIC LIGHTS	
Organization	Coaching Points
Campers dribble around the island driving their cars and when the coach calls one of the following they have to follow the command:- Red Light = Stop Amber light = Walk Green light = Run Encourage the campers to make car noises as they travel.	How quickly can we stop? Can we keep our heads up to make sure we don't crash into another car? How quickly can we turn?



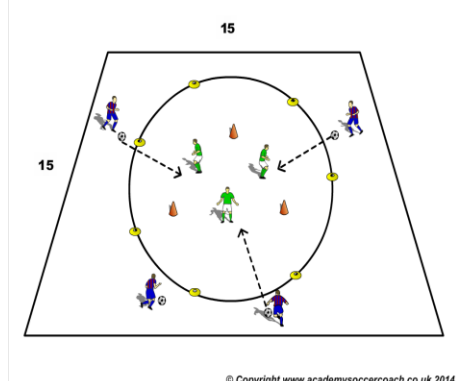
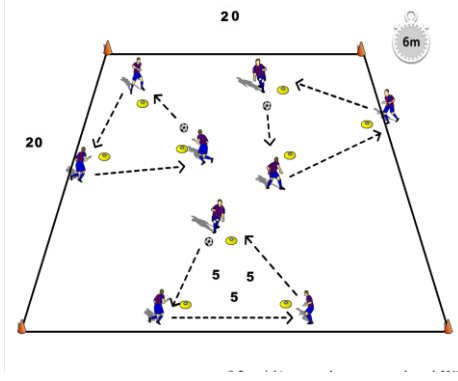
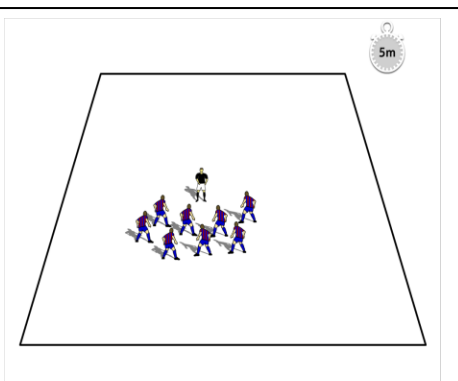
Theme: DRILLS AND SKILLS #1 – DRIBBLE GRAND PRIX	
Organization	Coaching Points
Ball each. Lay out a driving course with cones for the drivers to follow. Players have to dribble their soccer balls (driver their cars) around the grand prix course. After a couple of attempts maybe introduce a time limit.	Can we keep the ball close? Can we take lots of touches? Can we keep our heads up so we can see where the course is? What parts of the feet can we use to dribble - inside outside, laces.

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

WEDNESDAY

90 minutes

	<table><tr><th colspan="2">Theme: DRILLS AND SKILLS #2 – SHOOTING GALLERY</th></tr><tr><th>Organization</th><th>Coaching Points</th></tr><tr><td>Form three goals (5 yds wide) in a triangle and place a defender/goalkeeper in each one. Form a circle with disc cones about 10 yds in diameter. The shooters have to stay outside the circle and try and score as many goals as they can. You can make the circle bigger or smaller depending on the ability of the group. Don't let them get too close however.</td><td>Who can show me how we shoot the ball? What part of the foot should we use to shoot the ball with? Should we shoot the ball straight at the goalkeeper or to the side of him/her? Why?</td></tr></table>	Theme: DRILLS AND SKILLS #2 – SHOOTING GALLERY		Organization	Coaching Points	Form three goals (5 yds wide) in a triangle and place a defender/goalkeeper in each one. Form a circle with disc cones about 10 yds in diameter. The shooters have to stay outside the circle and try and score as many goals as they can. You can make the circle bigger or smaller depending on the ability of the group. Don't let them get too close however.	Who can show me how we shoot the ball? What part of the foot should we use to shoot the ball with? Should we shoot the ball straight at the goalkeeper or to the side of him/her? Why?
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BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

THURSDAY

90 minutes



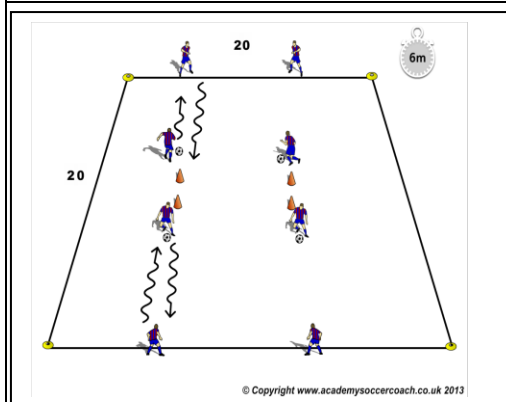
Theme: ABC's FOLLOWED BY FUN BASED GAME #1 – BODY PARTS

Organization

The campers dribble around the island and soon as the coach calls out a part of the body the campers have to place that part of their body on the ball e.g. foot, elbow, knee, head, stomach etc

Coaching Points

How quickly can we find a soccer ball?
How quickly can we place our body part on the ball?



Theme: FUN BASED GAME #2 – SOCCER RELAY

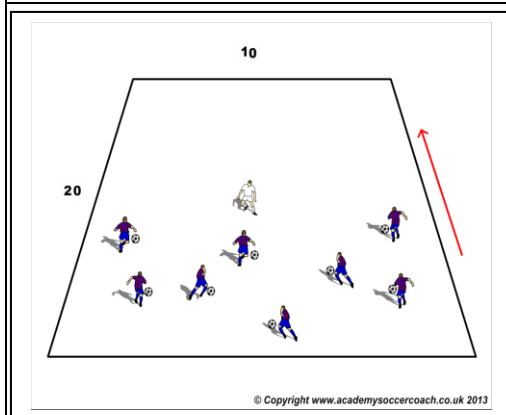
Organization

In pairs - one ball per pair
Player with the ball has to dribble to the pointed cone, stop the ball, turn and face his team-mate and do 5 - 10 toe taps (touch the ball with inside of feet) before dribbling back to his partner. His partner can go once he's been high-fived. First pair to finish win the game.

Get the campers standing to cheer their team-mates and count out loud the number of toe-taps.

Coaching Points

Keep the ball close as you're dribbling.
Lots of touches.
Put your foot on top of the ball to stop it.
Stay on your toes when doing your toe-taps.
Bend your knees.



Theme: FUN BASED GAME #2 – CRABS ON THE BEACH

Organization

Players have a ball each and all start at one end of the grid.

Coach can start off as crab on all fours.

Players attempt to dribble from one end of the grid to the other by avoiding the crab.

If the coach kicks their ball out that person becomes a crab – keep going until you have a winner.

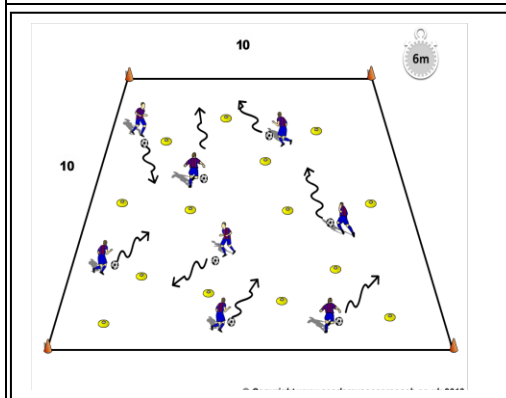
Coaching Points

Should we run straight at the crab or should we run away from him?

If we get close to him what should we do (change direction)

Show me how you'd change direction?

What should we do once we've dribbled past the crab? (run faster and get to the end line before he chases us again)



Theme: DRILLS AND SKILLS #1 – DRIBBLE AROUND THE FLOWERS

Organization

Ball each.
Smaller grid - 10 x 10 to force them to keep the ball close. Scatter a number of disc cones around the grid - turn them upside down to represent flowers.

Players have to dribble their soccer balls around the island and try to avoid running into the pretty flowers (cones)

Coaching Points

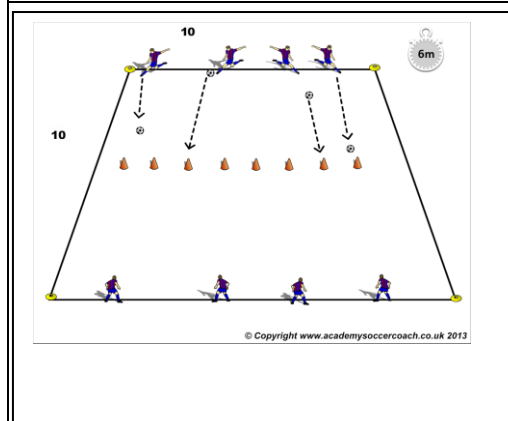
Can we keep the ball close?
Can we take lots of touches?
Can we keep our heads up so we can see where the flowers are?
What parts of the feet can we use to dribble - inside outside, laces.

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

THURSDAY

90 minutes



Theme:

DRILLS AND SKILLS #2 – SAND CASTLES

Organization

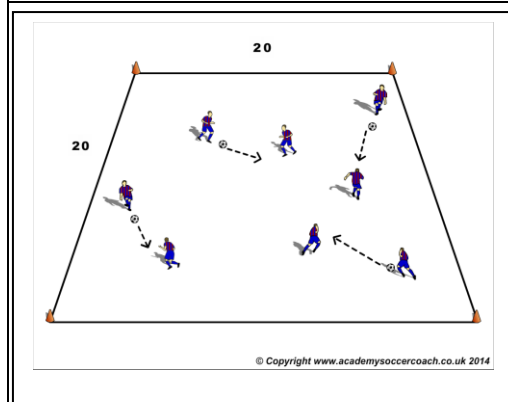
Coaching Points

Ball each - line up pointed cones across the middle of the grid

The players are all on the beach on the island and they've built sandcastles which they now try and knock down by striking the ball at them.

Keep playing until all the sandcastles have been knocked over.

Can I keep my head up to see where the sandcastles are?
What part of my foot should I strike the ball with?



Theme:

DRILLS AND SKILLS #3 – ITCHY FEET

Organization

Coaching Points

One ball between two.

If you have a ball try and pass it to someone who doesn't. If you don't have a ball try and receive a pass from someone who has.

Once you receive it have a little dribble before you pass it.

Keep the ball moving all the time.

Can we point to **where** we want the ball to be played and can we tell the player **when** to pass it?

Make sure we keep the ball moving when we receive it (don't stop the ball dead by using the sole of your foot)



Theme:

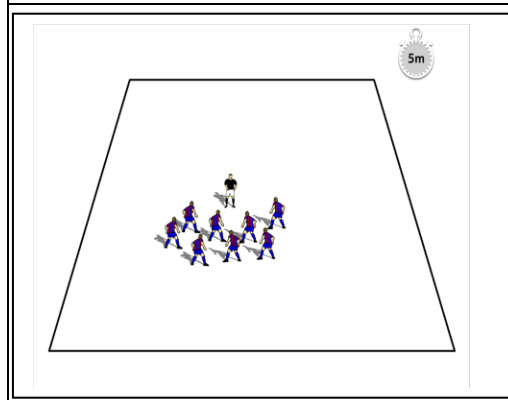
FREE PLAY/SCRIMMAGE

Organization

Coaching Points

Two teams (up to 4 v 4)
No goalkeepers.
Kick-in's from the sidelines if not using New Ball Method

Can we spread out?
Can we keep our heads up to see where we are and to see our team-mates?
If we have space can we dribble?
If a player from the other team comes towards me when I'm dribbling what should I do?
If I see a team-mate in a good position what should I do?



Theme:

TEAM TALK

Organization

Coaching Points

Always have the parents in on your team talk.

Complete a short re-cap of the session (go over coaching points of dribbling and turning)

Discuss the importance of GOOD BEHAVIOUR and how listening to your coach helps you learn and become a better soccer player. Ask the parents to help their child practice today's skills and drills before coming to tomorrow's session.

Today we worked on dribbling and turning.

When we dribble should we keep the ball close or kick it far away?

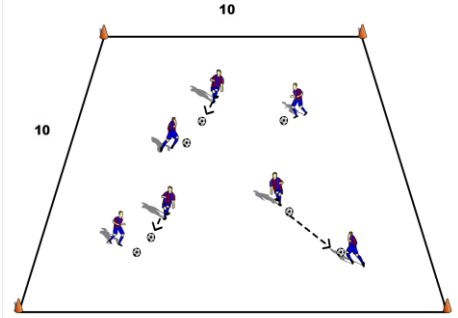
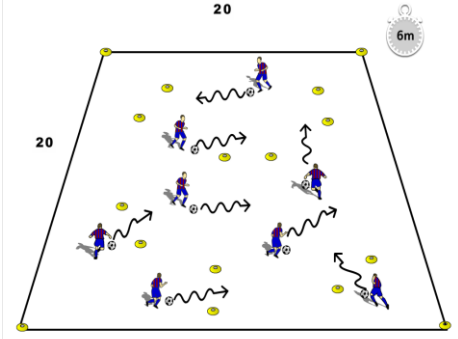
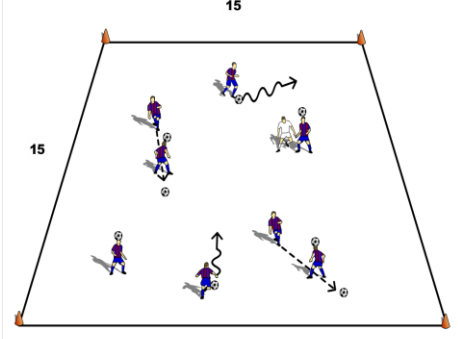
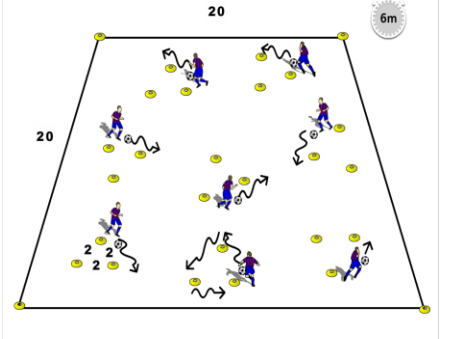
What part of the foot did we use to turn with the ball?

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

FRIDAY

90 minutes

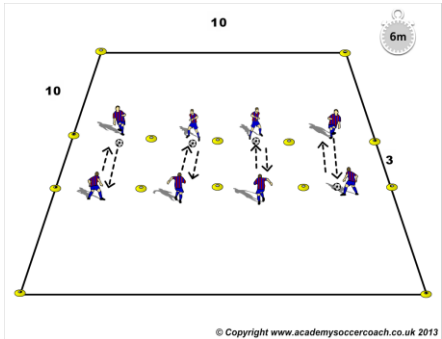
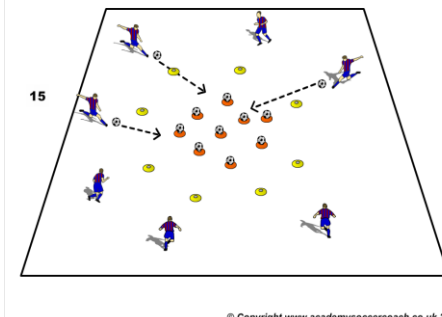
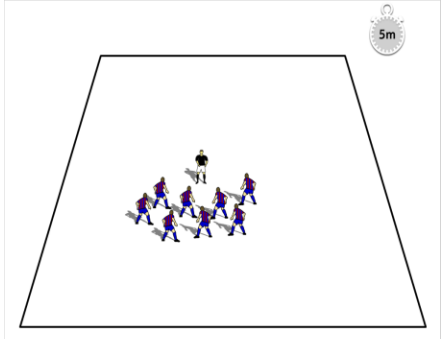
Theme: ABC's FOLLOWED BY FUN BASED GAME #1 – SOCCER MARBLES		
 © Copyright www.academysoccercoach.co.uk 2014	Organization	Coaching Points
	Ball each Players attempt to strike each other's soccer balls through passing. Give a point/goal for each time they strike an opponent's ball	What part of the foot should we use to pass the ball with? Why? What do we need to do with our heads as we're dribbling? (look up) Is it important for me to keep my ball moving all the time? Why?
Theme: FUN BASED GAME #2 – DRIBBLE THROUGH GATES		
 © Copyright www.academysoccercoach.co.uk 2014	Organization	Coaching Points
	Ball each. Set up a number of gates/goals 2 yards wide Players have to dribble their soccer balls through as many goals as they can in 30 seconds. How many goals did they score? Next time they go can they beat their last score?	Can we keep the ball close? Can we take lots of touches? Can we keep our heads up so we can see the next gate to dribble through? Can you count every time your dribble through the goal? If you see other players running to the same goal as you what should you do?
Theme: FUN BASED GAME #3 – HOSPITAL TAG		
 © Copyright www.academysoccercoach.co.uk 2014	Organization	Coaching Points
	Ball each Players dribble their ball around the island. If the coach tags them they have to stand with their feet apart with their ball on top of their head. The only way they can be freed is when another player passes their ball between their legs.	What should you do if you see the coach coming towards you? How do you know if someone's been tagged? (keep your head up) What part of the foot should you use to pass the ball through the legs of the player who's been tagged?
Theme: DRILLS AND SKILLS #1 – DRIBBLE AND CHANGE DIRECTION		
 © Copyright www.academysoccercoach.co.uk 2014	Organization	Coaching Points
	Ball each. Set out a number of triangles with cones - each cone 2 yards apart. Player dribbles his ball to one cone before changing direction with inside of foot and dribbling to the next cone in the triangle. Can we make sharp turns and keep the ball close to the cones?	Keep the ball close with lots of touches. Use the inside of the foot to change direction of the ball. Use lots of small steps.

BRITISH SOCCER CAMP CURRICULUM

MINISOCCER

FRIDAY

90 minutes

Theme: DRILLS AND SKILLS #2 – PASSING PALS		
 © Copyright www.academysoccercoach.co.uk 2013	Organization On coach's command the pairs need to complete 10 passes before they can sit down. First team to sit down (if they've completed the required number of passes!) wins. Must take at least two touches Variation - use right foot only, left foot only, control with one foot and pass with the other etc.	Coaching Points Can we stay on our toes? Show me how to control the ball (try to avoid them from stopping the ball then taking a couple of steps back before coming back to pass) Bend your knees? What part of the foot can we use to control the ball (inside - why? Look at the size of the area touching the ball) - the bigger the area the better the control.
Theme: DRILLS AND SKILLS #3 – COCONUT SHY		
 © Copyright www.academysoccercoach.co.uk 2014	Organization Place a number of soccer balls on top of disc cones in circle 10 yds in diameter. Players stand outside the circle and try and shoot the ball (coconut) off the cones. Place the balls close together to give them a better chance of scoring. Hopefully by having them in a circle they can stop the shots from going too far away.	Coaching Points What part of the foot do we use to shoot the ball with? What do we need to do before we shoot (look at the target)? Should we try and kick it as hard as we can? (no – accuracy is far more important)
Theme: FREE PLAY/SCRIMMAGE		
 © Copyright www.academysoccercoach.co.uk 2013	Organization Two teams (up to 4 v 4) No goalkeepers. Kick-in's from the sidelines if not using New Ball Method	Coaching Points Can we spread out? Can we keep our heads up to see where we are and to see our team-mates? If we have space can we dribble? If a player from the other team comes towards me when I'm dribbling what should I do? If I see a team-mate in a good position what should I do?
Theme: TEAM TALK		
 © Copyright www.academysoccercoach.co.uk 2013	Organization Always have the parents in on your team talk. Complete a short re-cap of the week. This week we've talked about the things that can make you a better soccer player. What were they? Practicing, eating good food, listening to your coach, having good behaviour etc etc.. Ask the parents to help their child practice all the skills they've learnt during the week.	Coaching Points

Half Day Camp - Ages 5 - 16



The Half Day Camp Overview

The 2014 Half Day Camp curriculum has been changed to provide more individual player development and there is a greater emphasis on the outcomes of the week of coaching, rather than just the fun of being at camp. The goal of the curriculum is to have the child go home at the end of each day and want to show their parents something new that they have learned that day.

SECTION 1

Soccer ABC's - Campers will improve their Agility, Balance and Coordination through a series of individual ball mastery exercises. Each player will be able to work at their own pace and measure their own improvement throughout the week. These are great exercise for the campers to practice at home and to show off on family day.

SECTION 2

Fakes & Turns - Throughout the week, each player will learn, practice and master more than 20 different ways to turn, fake and beat opponents. Challenger has broken down each move into easy to learn steps and will help even the most novice player master some of the most complicated fakes and turns.

SECTION 3

Core Skills Coaching- Each day, the coaches will focus on one of the five most frequently used skills in the game and will take the players through a progressive series of skill building practices from unopposed, to opposed, game related and finally into a game.

Dribbling - improve the ability to change direction and move at speed while in control of the ball

Passing/Receiving - improve accuracy, pace and timing of passes and the ability to control the ball

Shooting - improve power and placement with each foot

Heading - learn how to safely and confidently head the ball in attack and defense

Tackling/Defending - learn how to take the ball away from opponents and the basics of team defense

SECTION 4

Freestyle - Challenger have partnered up with World Freestyle Champion John Farnworth to create a daily program of juggling, lifts and balances that will help players improve their touch, control and will help them develop more confidence with the ball. Campers will love this and will practice on their own - showcase their own routines on family day.

SECTION 5

The campers will enjoy organized competitive play each day in the Camp World Cup.

THE HALF DAY CAMP SCHEDULE

	Mon	Tues	Wed	Thur	Fri
9:00-9:05 Check in	Complete Register	Complete Register	Complete Register	Complete Register	Complete Register
9:05-9:15 ABC's	Toe Taps Toe taps & turn Toe taps, switch grids Side to Side (+turn) Sideways Roll Drag Backwards	Review previous Inside - outside Push - drag Side roll & stop	Review previous Push/ drag/across (U)	Review previous Triangle	Review previous Triangle & Cruyff
9:15-9:30 Fakes/Turns	Matthews Scissors Step Over	Outside Hook Drag Back turn Cruyff	Double scissors Ronaldo Chop Beardsley	Spin Turn Zidane turn Maradona	Okocha Review all fakes
9:35-10:45 Core Skills	Dribbling	Passing/receiving	Shooting/Volleying	Heading	Tackling/Defending
10:50-11:00 Break	WATER BREAK	WATER BREAK	WATER BREAK	WATER BREAK	WATER BREAK
11:05-11:20 Freestyle	Throw to thigh catch Thigh juggles Throw to feet catch Feet juggles/bounce Free practice	Feet juggles - bounce Feet juggles Feet /Thigh Juggles Throw to head catch Free practice	Foot balance (laces) Foot drag scoop up Two footed lift Flick up Free practice	Juggles practice Foot balance Static Neck Balance Cross over Free practice	Cross over Balances practice Juggles - all surfaces Round the World Demonstration
11:25-11:55 World Cup	World Cup	World Cup	World Cup	World Cup	World Cup
11:55-Noon Recap	Recap	Recap	Recap	Recap	Recap
Noon - Check out	Stay with campers until each one has been collected and signed for by parent/guardian				

SECTION 1 - Agility, Balance and Coordination

Set up a series of 5 yard grids, one for each player in the group. Each player will work within their own grid performing repeated individual footwork exercises each day. The most basic ABC practices can be used by First Kicks and Minisoccer campers.

Toe taps

Place the sole of one foot directly on top of the ball. Quickly change the position of both feet at the same time. Begin slowly and pause between each movement. Once the routine has been mastered you can speed up and test how many toe taps you can do in one minute.

Toe taps & knees

Place the sole of one foot directly on top of the ball. Quickly change the position of both feet at the same time. After changing feet three times drop one knee on to the top of the ball. Repeat the toe taps three more times and drop the other knee on to the top of the ball. Repeat the routine on alternate knees after every three toe taps.

Fast feet Drag Turn 90 (or 180)

Stand directly behind the ball and move your feet quickly on the spot. After four quick steps place one foot on the ball and drag it back towards you. Turn 90 degrees and push the ball forwards into position with the inside of your foot. Repeat the sequence turning 90 degrees each time.

Toe taps and drag turn 90 (or 180)

After a series of quick alternate toe taps on top of the ball, drag it back towards you. Turn 90 degrees and push the ball forwards into position with the inside of your foot. Repeat the sequence turning 90 degrees each time.

Toe taps dragging backwards

While performing alternate toe taps on the ball, move backwards dragging the ball with you one step at a time. Once you reach the back of the grid, stop and then push the ball forwards with alternate touches of the soles of each foot. This can be done at walking pace to begin with and once mastered, you can spring quickly from one foot to the other moving a pace in both directions.

Toe Taps Cruyff Turn

After a series of quick alternate toe taps reach around the front of the ball and hook it with the inside of your big toe. As you bring the ball back between your legs turn and look for the ball over your opposite shoulder. Complete the 180 degree turn and with the ball under control, repeat the sequence.

Side to side

Stand directly over the ball and begin by pushing the ball laterally from foot to foot using the inside of the big toes. Keep knees relaxed and slightly flexed and allow your arms to help provide balance. Start slow and increase speed as you develop the technique and rhythm. Try doing this without looking at the ball.

Side to side and drag turn 90'

After a series of quick side to sides, drag the ball back towards you. Turn 90 degrees and push the ball forwards into position with the inside of your foot. Repeat the sequence turning 90 degrees each time.

Side to side and Push

After a quick series of side to sides, gently push the ball away from your body with the outside of the foot. Control the ball with the sole of the same foot and then drag the ball to the middle and repeat the side to sides. Then push the ball away in the opposite direction using your other foot and continue the sequence.

Side to side Spin Turn

After a series of quick side to sides, swing one foot directly over the ball (Pretend you are kicking the ball). Place that foot on the ground on the far side of the ball and then spin quickly in the opposite direction. After spinning 180 degrees control the ball and resume side to sides before repeating the sequence.

Side to side Step over

After a series of quick side to sides, swing one foot directly over the ball. Place that foot briefly on the ground on the far side of the ball and then hook the ball with the outside of that foot and move it 90 degrees to the right. Immediately resume side to sides before repeating the step over.

Inside outside Roll

Begin by placing the sole of one foot on the upper quarter of the far side of the ball. Maintaining contact with the ball, roll the sole of your foot up and over, moving the ball towards you. Then reverse the direction and roll the ball away from you, still keeping your foot in contact with the ball at all times. Repeat this several times slowly and once you have the technique, try hopping on your standing leg and moving side to side with each roll.

Inside outside Touch

Move the ball very slightly left and right by touching it gently with the inside and outside of one foot. Once you grasp the technique, try bouncing slightly on your standing leg and moving slightly side to side with each touch.

Drag and Push with one foot

Begin by pushing the ball slightly forwards with the laces of one foot. Using the same foot drag the ball back towards you with the sole of the foot. Repeat this several times until you feel comfortable with the technique and then try to bounce on your standing leg each time you push or drag the ball.

Drag & Push Crossover - "V"

Working diagonally across your body, push the ball forwards to your left with the sole of your right foot. Then immediately drag the ball back to the starting position. Turn your body to the right and push the ball across your body with the sole of your left foot, then drag it back to the starting position. Turn your body each time that you change feet and repeat this sequence several times until you master the technique. When you feel comfortable try to bounce on your standing leg as you move the ball.

Drag, Push, Drag, Push - "W"

Try to imagine that you are transcribing the letter "W" on the ground in front of you with the path of the soccer ball. Begin by dragging the ball diagonally towards you with your right foot, follow this by pushing the ball diagonally away with the inside of the same foot. Then complete the second half of the "W" by dragging the ball at an angle with the left foot, followed by an angled push away with the inside of the same foot. You will find this easier if you maintain a steady bounce in your standing leg.

Inside, Inside, Inside - Out

After playing the ball back and forth between the inside of the feet three times, you will then push the ball away from the body using the outside of the foot. The ball is then dragged back in towards the player and is once again played between the inside of the feet three times. It is then pushed away in the opposite direction using the other foot.

Outside-Outside

The ball is played laterally across in front of the body using the outside of each foot. Begin by hooking your foot around the far side of the ball and hooking it back in the opposite direction. Turn your body and take a couple of steps to catch up with the ball and then repeat the hook movement with the other foot in the opposite direction.

Push and Drag "U"

Push the ball forwards with the sole of your right foot, then, drag the ball back towards you. Next gently pass the ball across your body with the inside of the right foot and control it with the sole of your left foot. Repeat the push and drag movement with the left foot. Try to maintain a steady bounce with your standing leg.

Sideways Roll

You will move the ball across the entire width of the grid using the sole of your foot. Begin by facing directly forwards and then as you move across the grid roll the sole of your foot up and over the outside of the ball each time. Try to maintain contact with the ball throughout the rolling motion.

Roll and Stop

You will move the ball across the width of the grid using a series of repeated rolls and stops performed with the soles of both feet. As you move sideways roll the ball one revolution with the sole of your trailing foot and then immediately stop the ball by placing the sole of the opposite foot directly on top of the ball. Repeat the rolling and stopping sequence until you reach the side of the grid. You can then reverse the direction and roll back across using the opposite feet.

Static Scissors

Stand directly behind the ball and take a few quick steps on the spot. Then, swing one leg over the top of the ball and move your body upper body to give the impression that you are moving in that direction. Place that foot on the ground on the far side of the ball and at the same time bring your other leg across the back of the ball. Using the outside of the foot, this leg then takes the ball away in the opposite direction. Control the ball quickly and return it to the starting position. Alternate sides each time.

Static Double Scissors

Stand directly behind the ball and take a few quick steps on the spot. Then, swing one leg over the top of the ball and move your body upper body to give the impression that you are moving in that direction. Place that foot on the ground on the far side of the ball and at the same time bring your other leg across the back of the ball. You will then swing this leg up and over the ball and again place your foot on the far side of the ball. The original leg will then sweep behind the ball and using the outside of the foot, take the ball away in the opposite direction. Control the ball quickly and then return it to the starting position. Alternate sides each time.

Triangle

You will transcribe the shape of a triangle directly in front of you with the path of the soccer ball. The ball is dragged backwards on an angle using the sole of the right foot. It is then passed gently sideways using the inside of the right foot. It is then pushed diagonally forward back to the “point” of the triangle with the inside of the left foot. Once the routine has been mastered, try bouncing on your standing leg as you perform each movement.

Triangle step-over

Drag the ball diagonally backwards using the sole of the right foot. Then gently pass the ball sideways using the inside of the right foot and finally push the ball back to the “point” of the triangle with the inside of the left foot. Repeat this routine several times and then swing your right leg over the top and cut the ball 90 degrees to the right using the outside of the right foot. Resume the triangle movement and repeat the step over and quarter turn.

Left-Right Behind

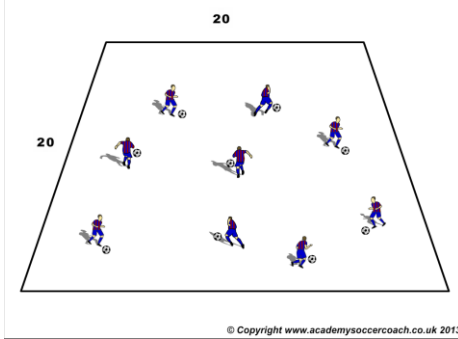
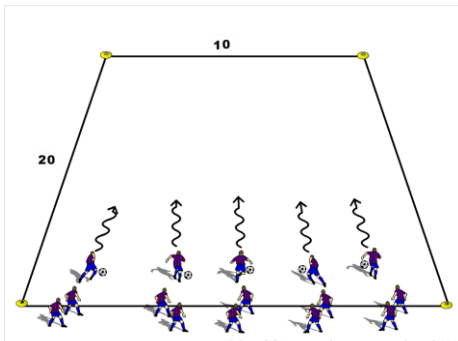
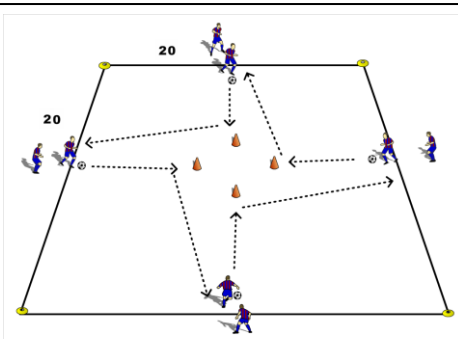
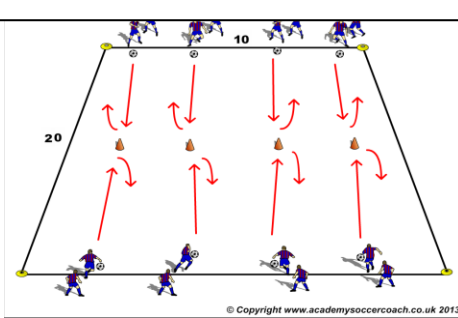
Place the sole of the right foot on top of the ball. Hop to your right and place the sole of your left foot on the ball. Move your left foot to the right and place it on the ground. At the same time bring your right foot up behind your left leg and touch the top of the ball with the toe portion of the sole. To reverse the movement, replace the right foot on the ground and place the left foot on top of the ball. Hop left and bring the right foot up onto the ball as the left foot is placed on the ground. The right foot continues on to the ground and the left foot comes up behind the standing leg and touches the top of the ball.

SECTION 2 - Fakes and Turns

Here are examples of how you can organize your grids for teaching this section.

BRITISH SOCCER CAMP CURRICULUM

Half Day Camp – Fakes and Moves Organization

 © Copyright www.academysoccercoach.co.uk 2013	<table><tr><th>Theme:</th><th colspan="2">ALL PLAYERS IN ONE LARGE GRID</th></tr><tr><th>Organization</th><th colspan="2">Coaching Points</th></tr><tr><td colspan="3">Each player works with a ball inside a large grid. Players can work at their own pace or can execute moves, turns and fakes on the command of the coach.</td></tr></table>		Theme:	ALL PLAYERS IN ONE LARGE GRID		Organization	Coaching Points		Each player works with a ball inside a large grid. Players can work at their own pace or can execute moves, turns and fakes on the command of the coach.		
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FAKES & TURNS

Select one of the organizations outlined above to teach the required move or turn each day. Video of these moves is available on www.thechallengerway.com. Each move should be reinforced the following day before attempting to teach new material. The players can demonstrate these moves on Family Day.

THE STEP OVER

- 1 Begin by dribbling the ball towards a cone.
- 2 Swing your right foot over the top of the ball from right to left as if you were going to kick it
- 3 Plant your right foot to the side of the ball
- 4 Cut the ball to your right with the outside of your right foot
- 5 Lean to the right and accelerate away
- 6 Repeat on the other side

The MATTHEWS

- 1 Begin by stand with the ball between your toes feet about twelve inches apart.
- 2 Touch the ball lightly 6 inches with the inside of the right foot.
- 3 At the same time, make a big hop 24 inches sideways to the left with your left foot.
- 4 Be sure to dip you left shoulder as you hop.
- 5 Push off with your left foot and cut the ball to the right with the outside of your right foot.
- 6 Accelerate away.

The SCISSORS

- 1 Dribble the ball towards a cone.
- 2 Then lift your left foot over the top of the ball and plant it 12 inches to the left of the ball.
- 3 As you do this, dip your shoulders to the left to fake a move in that direction
- 4 Then quickly bring your right foot around behind the ball
- 5 Push the ball forwards with the outside of your right foot.
- 6 Accelerate away.

OUTSIDE HOOK

- 1 Begin by dribbling the ball 10 yards forward.
- 2 Slow down and shorten your strides.
- 3 Plant your left foot and reach around the far side of the ball with the outside of your right foot.
- 4 Next, pull your toes up and turn your right foot as far to the right as possible.
- 5 Flick the ball 180 degrees in the opposite direction.
- 6 Then turn your whole body back toward the ball, and remember to lean your body into the turn.

DRAG BACK TURN

- 1 Begin by dribbling the ball 10 yards forward.
- 2 Then slow down as you approach the cone.
- 3 Plant your left foot next to the ball and place your right foot directly on top of it.
- 4 Roll the ball backwards with the sole of your right foot
- 5 Be sure to open up your shoulders to allow the ball to roll across in front of your feet.
- 6 Then turn keeping your eye on the ball at all times.
- 7 Push the ball away from your feet & accelerate away.

The CRUYFF

- 1 As you dribble towards the cone, slow down and plant your left foot alongside the ball.
- 2 Set up as if you are going to kick the ball with your right foot.
- 3 Swing your right leg over and hook it around the far side of the ball.
- 4 Be sure to exaggerate your arm swing when you fake kicking the ball.
- 5 Then flick the ball back through your legs with the inside of your right foot.
- 6 Spin to your left, keeping your body low, and looking over your left shoulder for the ball.
- 7 Accelerate away for 5 yards to finish.

The DOUBLE SCISSORS

- 1 Start by standing with both feet to the right of the ball.
- 2 Take your left foot, move it over the top of the ball and plant it 12 inches to the left.*
- 3 As you do this, dip your shoulders to the left to fake a move in that direction
- 4 Then quickly bring your right foot around behind the ball, but don't plant it.
- 5 Lift your right foot over the ball in the opposite direction and dip your shoulders to the right.
- 6 As you do the scissors with your right foot bring the left foot behind the ball, but don't plant it.
- 7 Finally, explode to the left, taking the ball with the outside of your left foot.

The RONALDO CHOP

1. Dribble the ball towards a cone.
2. As you approach the cone, you will hop in the air so that you are directly above the ball.
3. As you come down to the ground chop the ball left with the inside of your right foot
4. The ball will cut behind your left leg and will go diagonally forward to your left - Accelerate away to the left.

The BEARDSLEY

- 1 Begin by dribbling toward a cone.
- 2 Reach around the far side of the ball with the inside of your big toe.
- 3 Cut the ball 6 inches directly back along the line from which it was traveling.
- 4 You should now have swiveled back to face the direction from which you started.
- 5 Exaggerate your body movement as you swivel back to convince the defender you are turning.
- 6 Now reverse the swivel and quickly cut the ball back toward your target with the inside of your big toe.

The SPIN TURN

- 1 First, dribble 10 yards.
- 2 Then slow down and shorten your strides.
- 3 Swing your left foot over ball to fake a kick to the right.
- 4 Next, plant your foot a few inches beyond the right side of the ball.
- 5 Swivel 180 degrees back to the left and using the inside of your right foot, push the ball forward.
- 6 Accelerate away as you complete this move.

The ZIDANE TURN

1. Dribble towards a cone in the middle of the grid.
2. Prepare to do a backwards turn to your right by placing your right foot on the ball.
3. Do a backwards quarter turn and place your left foot on the ball.
4. Drag the ball back towards you with the sole of the left foot.
5. Continue to turn and dribble away to the next cone.

The PUSKAS

- 1 Begin by standing behind the ball.
- 2 Then drag the ball backward alongside your standing foot.
- 3 As you make this move, hop backwards so that your standing foot is always well behind the ball.*
- 4 To complete the move, push the ball away at an angle with your right foot.
- 5 Explode for 5 yards to finish.

The MATTHEWS/SCISSORS COMBO

- 1 Begin by standing with the ball between your toes feet about twelve inches apart.
- 2 Touch the ball lightly 6 inches with the inside of your right foot.
- 3 Then hop away 24 inches to the left with your left foot.
- 4 Fake playing the ball with the outside of your right foot but lift that foot up and over.*
- 5 Next, plant the right foot 12" to the right of the ball.
- 6 Finally, bring the left foot around behind the ball and accelerate away with the outside of the left foot.

The MARADONA TURN

- 1 First, place both feet behind the ball.
- 2 Then gently step on the top of the ball with the sole of your right foot.
- 3 Hop over the ball by pushing off from your left foot, turning in the air to face the opposite direction.*
- 4 Land with your left foot on top of the ball and your right foot planted.
- 5 Next, roll the ball backwards with your left foot, opening your body so it rolls across in front of you.*
- 6 Complete this move by turning as the ball rolls in front of you and then dribble away.

The OKOCHA

- 1 Dribble the ball forwards.
- 2 Roll the ball from right to left across the body with the sole of the right foot.
- 3 Swing the left leg over the ball (Faking to kick the ball right)
- 4 Lean to the right and plant the left foot on the ground.
- 5 Push off in the opposite direction and dribble away to the left

SECTION 3 - Core Skills Coaching

Each day, the coaches will focus on some of the most frequently used skills in the game and will take the players through a progressive series of skill building practices from unopposed, to opposed, game related and finally into a game.

Dribbling - improve the ability to change direction and move at speed while in control of the ball

Passing/Receiving - improve accuracy, pace and timing of passes and the ability to control the ball

Shooting/Volleying - improve power and placement with each foot

Heading - learn how to: i) safely and confidently head the ball in attack and defense, ii) volley the ball

Tackling & Defending - learn how to: i) protect the ball ii) take the ball away from opponents and iii) The basics of team defense

The two progressions (Basic and Advanced) in this curriculum provide an example of introducing each technique in an unopposed format and then developing the level of the practice by gradually introducing opposition, direction and goals.

Unopposed Practice.

In this stage, repetition is the key to skill development so set up your practices to enable players to work as individuals, pairs or small groups. The practices should repeatedly use the skill that you are focusing on and the organization of the group should provide the maximum opportunity for each player to be involved.

Opposed Practice.

Pressure may be introduced by adding opponents, or restricting space, time or touches. When adding opponents the coach may begin with limited opposition by restricting to the movement of the opponents eg. have them walk, hop, jog, play like crabs etc. Throughout the session practice the coach should remember what the goal of the practice is and should reduce the level of opposition if the players are not repeatedly executing the desired skill under pressure.

Conditioned Game Related Stage.

Having performed the skill under pressure, the players should then be required to do the same in competitive game like conditions. The game related practice should have specific direction towards goals or targets, should involve two teams (not necessarily equal) and should place the players in situations where they are forced to make game like decisions and react both offensively and defensively. The coach should place restrictions on the practice that continue to allow successful repetition of the skill.

Game or Scrimmage.

Use the World Cup Games to coach the players within the game situation. Players should be encouraged to make decisions about how, where and when they execute the specific skill on the field. Try not to break the flow of the game by repeatedly stopping it to correct bad technique or incorrect decision making.

Plan Your Practice:

All camp sessions should be planned in advance. The practices you select in your coaching plan should: teach; practice; improve; and refine the particular skill using the progressive model outlined previously. Write your practices down (or download practices from thechallengerway.com) and take them with you to the field.

Stop:

When you want to stop the practice to make a coaching point of change the activity, it is helpful to use short sharp commands such as FREEZE or on a „catchy“ command; such as, “STOP STAND STILL”. Try to avoid stopping the activity every time you see a mistake. Players will become frustrated and will no longer be motivated to learn if they are repeatedly stopped and talked at.

Start:

When you are ready for the players to resume activity, you can prepare them with a cue such as, “Ready to play, PLAY!” or “3-2-1 LIVE”. This additional cue draws their attention and prepares everyone to be ready to start the activity together.

Coaching:

Give the players a clear picture of the technique you are coaching and a limited number of coaching points. Allow them to get used to the activity and to get plenty of repetitions - resist the urge to jump in and make immediate corrections, the players should be allowed some time to feel their way into new skills and learn the correct body mechanics through discovery.

Communication:

Do not continually talk throughout the practice or the players will eventually tune you out. Be prepared to make both general coaching points to the group and to step in and make corrections to specific players techniques. Make sure that every player is looking at you when speak.

Position:

Do not stand in one spot, you should move continually throughout the practice area and be seen to be watching all players equally. When you make a coaching point, ensure that you are facing into the sun so that the players can see clearly what you are saying and doing.

Questioning:

Try to avoid talking at the players in your practice, involve them in the process of guided discovery. Ask them questions such as: “Can you do it this way?” “How many ways can you do this?” The player “discovers” the solutions through experimentation and reinforcement occurs with successful repetitions.

Recap:

Conclude the session with a recap of the key areas covered and check to see if the players can remember the coaching points.

COACHING TECHNIQUE

The execution of a technique is broken down into three phases:

PREPARATION - What happens **before you make contact** with the ball.

- Focus on the feet first as they will impact what happens with the rest of The body and they must get the body to the ball
- Look at the distribution of body weight (body posture), the angle of the approach to the ball, the position of the body and limbs in relation to the ball, the position and steadiness of the head, the position and shape of controlling surfaces and the rotation of the body into contact with the ball
- Eyes on the ball

A prime example of this is a player who attempts to shoot by approaching the ball from directly behind - this always results in the player toe-poking the ball.

CONTACT - What happens **as you make contact** with the ball.

- Look for the distribution of body weight and how it impacts balance
- Observe the hip and shoulder positions, the position of the supporting leg(s), the contact point with the ball and the movement of the limbs
- Eyes on the ball

A prime example of this is a player attempting to shoot who strikes the bottom half of the ball which results in the ball going up and over the cross-bar.

FOLLOW THROUGH - What happens **after you make contact** with the ball.

- Again focus on the distribution of body weight and posture
- Is the follow through complete or halted too soon
- Eyes on the ball

A prime example of this is a player who drags his follow through after striking the ball who finds he keeps pulling his shot to one side.

When trying to observe mistakes in technique separate the movement into each of these components.

SECTION FOUR - Freestyle Soccer (Inspired by World Freestyle Champion John Farnworth)

11:05-11:20 - Freestyle	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Throw to thigh catch	Feet juggles - bounce	Foot balance (laces)	Juggles practice	Cross over
	Thigh juggles	Feet juggles	Foot drag scoop up	Foot balance to head	Balances practice
	Throw to feet catch	Feet /Thigh Juggles	Two footed lift	Static Neck Balance	Juggles - all surfaces
	Feet juggles/bounce	Throw to head catch	Flick up	Cross over	Round the World
	Free practice	Free practice	Free practice	Free practice	Demonstration

Each day we provide time for the campers to practice a series of juggling, balances, lifts and tricks. The goal is to have them learn to enjoy practicing with the ball in their own time and to help them develop better touch, control and become more confident with

the ball. The following list of Freestyle activities can be used as a guideline for instruction, however in mixed ability groups more competitive players can be allowed to progress to more complex skills. Many of these skills can be viewed at www.thechallengerway.com

At the conclusion of each session, the players should be allowed some free practice time to try and put a number of different skills together and to experiment with their own ideas.

Throw to Thigh Catch

The ball is dropped from the hands at waist height and the player brings their thigh upwards. The ball makes contact with the thigh as it becomes parallel with the ground and is bounced back up to the hands. Repeat on each leg.

Thigh Juggles

As before but now try to keep the ball in the air bouncing from one thigh to the other, or with repeated bounces on the same thigh.

Throw to Feet Catch

The ball is dropped from the hands at waist height onto the players foot. The player kicks the ball with the laces of the foot and catches the ball. Pull the toes up to help spin the ball back to the players hands. Practice with each foot and then try to get two kicks followed by a catch.

Feet Juggle with Bounce

The player now attempts to juggle the ball continuously with their feet. They can allow the ball to bounce between juggles.

Feet Thigh Juggles

The player attempts to juggle the ball using their thighs and feet.

Throw to head Catch

The ball is thrown from chest height up into the air. The player leans back and heads the ball with their forehead directly upwards and then catches the ball. After practicing a few times the player attempts to try and get multiple consecutive headers.

Foot Balance (Laces)

The ball is placed on top of the foot and the player pulls their toes back to hold the ball in place. The player stands on one leg and attempts to maintain a balanced position. The player can then attempt to gently throw the ball up in the air and control it with the top of their foot.

Foot balance to head

When the ball is in the foot balance position, lift the foot upwards and send the ball into the air. Try to land the ball on your forehead and head it back up into the air and then continue juggling. Advanced players can attempt to catch the ball on their neck.

Drag and Scoop Up.

The ball is placed on the ground 1 yard in front of the player. They roll the ball back with the sole of their foot and then quickly scoop their toes underneath the ball and flick it up into the air.

Two Footed Lift.

The ball is placed between the feet of the player. The player squeezes both ankles into the ball and then jumps upwards bringing the ball directly up in front of them.



Flick Up

Start by placing the ball on the ground and put your right foot on top of it. Drag the ball backwards quickly to your left foot and flick it up with your left toe. You may also do this with the opposite foot to improve your skills with both feet.

Neck Balance

The player bends forwards, flexing their knees and places their arms out to their side. The back is kept straight and ball is balanced on the back of the neck where it meets the back. Once you get more comfortable with this, try throwing the ball gently up and catching it.

Cross Over

Drop the ball on to the ground and as it bounces upwards swing your left leg over the top of the ball. Hop upwards off your right foot and as the ball falls back down kick it upwards with the laces of the right foot.

Round the World

Drop the ball on the ground then kick it upward with the laces. Draw your foot up and around the top of the ball, coming from the outside of the body inward (anticlockwise). Complete the revolution by circling your foot back under the ball as quickly as you can, then kick the ball back up into the air.

SECTION FIVE - The Camp World Cup



This is the highlight of the week for the campers! It should be built up throughout the week and campers encouraged to show support for their country by creating flags, wearing make-up, dressing up etc.

The World Cup will take place during the final 30 minutes of each day. World Cup Games will be small sided games and should be around 6-8 players per team. Depending upon numbers, players should be divided up into teams spanning no more than 3 years.

On larger camps it is preferable to divide campers between 2 different age group World Cups - probably Under 11 and Over 11. Games should be 10-15 minutes long with each team getting two games per day.

Mini Soccer campers will compete in their own mini world cup - even if there are only nine campers - create three teams of three and use the last 20 minutes of each day for games.

Please create large playing areas - we commonly see pitches that are too small for competitive play and the players are continually in a chaotic mess around the ball. Create more space and allow the campers more time on the ball.

Many parents will choose to arrive early to watch the World Cup, it is important during this period that coaches are seen to be involved and offering constructive and always enthusiastic support for the players.

During the week coaches can help build up the excitement by creating a World Cup points board and spending a few minutes each day updating with points from the previous days games.

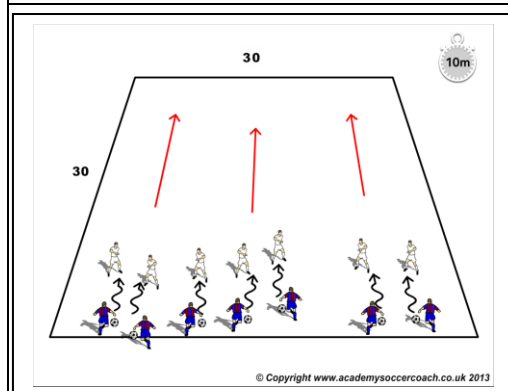
The World Cup finals provide a highlight on the last day of camp. They will either be played during the last hour of camp or at separate family days. Please be aware that it is important not to over emphasize winning at this time - we received several complaints from parents whose children were not on the winning team last year.

PLEASE NOTE - All players must participate in the World Cup play offs: 1st plays 2nd, 3rd plays 4th etc

BRITISH SOCCER CAMP CURRICULUM

Half Day Rec – Dribbling

80 minutes



Theme:

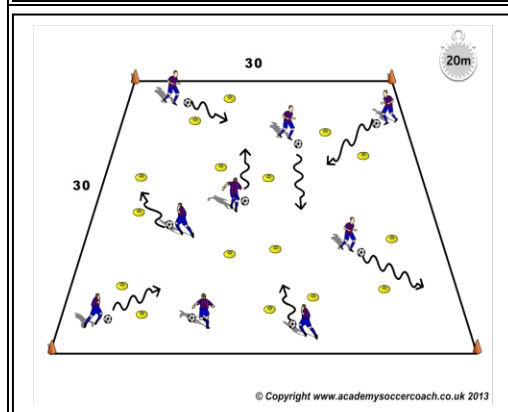
Dribbling Warm Up

Organization

In 2's - one ball between 2
Players stand 2 yards apart
Player with the ball dribbles towards his partner
Players maintain distance between themselves
As soon as they reach the other end they swap over and come back
Progression - right foot only, left foot only, alternate inside and outside of right foot, same with left foot.

Coaching Points

Keep ball close
Lots of touches
Can we make the ball zig zag - helps to unbalance defender



Theme:

Dribbling Unopposed

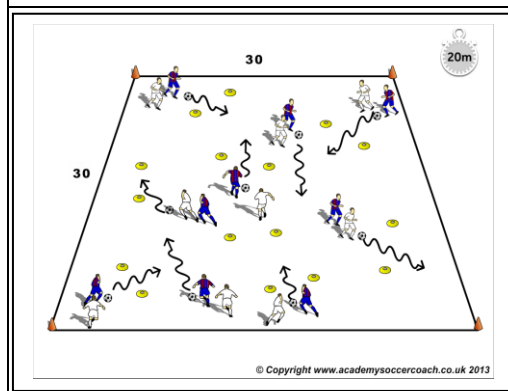
Organization

Ball each
Set up several gates/goals 2 yards apart
Players have 30 secs to see how many goals they can score
Next 30 secs can they beat their last score

Progression - right foot only, left foot only, inside of one foot only, outside of one foot only

Coaching Points

Keep the ball close
More touches as you near the goal - less touches between goals
Make sharp turns and be direct between goals
Keep your head up and as you go through a goal turn and look towards your next goal early



Theme:

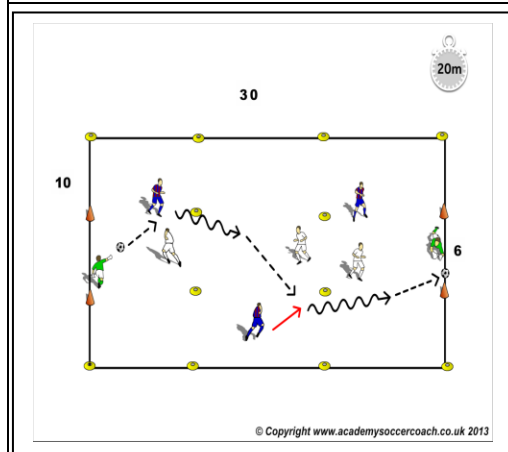
Dribbling Opposed

Organization

In 2's - one ball between 2
Have enough goals/gates for each pair
Players start by standing in a gate/goal - ball on the line and they stand facing each other 1 yd from the ball.
On command from the coach the first player to get the ball tries to score as many goals as possible in 30 secs - partner tries to win ball to score goals.
Rotate players after each 30 second game

Coaching Points

Very demanding physically
Keep heads up to avoid running into someone else
Can we change direction to create space between you and your partner.
Try to avoid running at the same speed all the time - makes it easy for your opponent.
Keep the ball close and shield the ball



Theme:

Dribbling Conditioned Game

Organization

Divide field into thirds - defending third, middle third and attacking third
Teams of 4 - one gk and 3 outfield players
Each outfield player is conditioned to play within a third of the field.
Players can only dribble the ball from one 1/3 to the other - they can pass the ball to a team-mate within that 1/3.
Indirect free kick if the ball is passed from one 1/3 to the other from where the ball crossed the line
Can play the ball in either 1/3 from a free kick

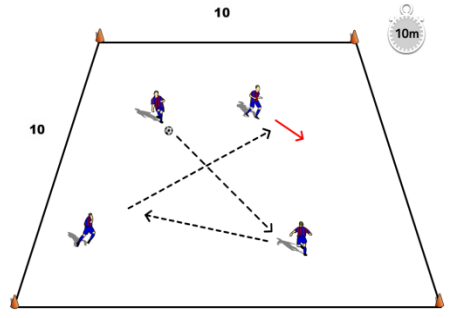
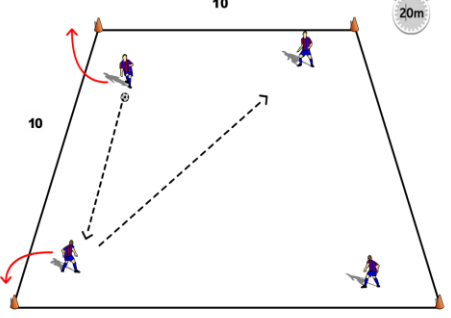
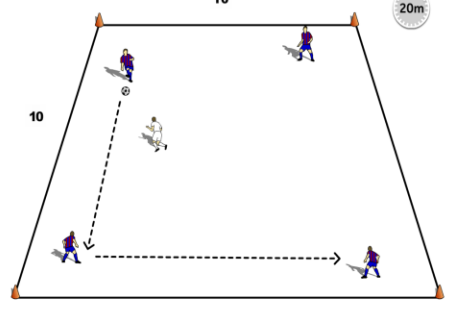
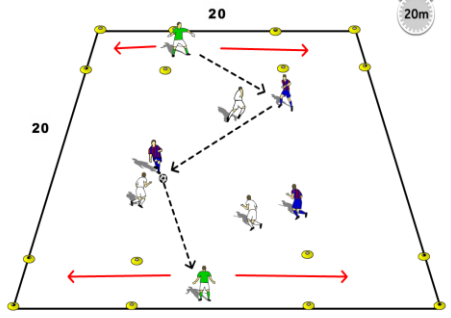
Coaching Points

Attitude - can we go forward quickly by dribbling when we receive the ball
Can we look for support when we get into the next third
Can we get an open body stance to receive the ball so we can go forward quickly

BRITISH SOCCER CAMP CURRICULUM

Half Day Rec – Passing

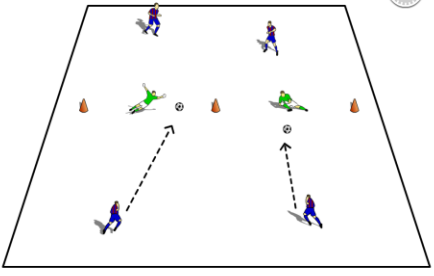
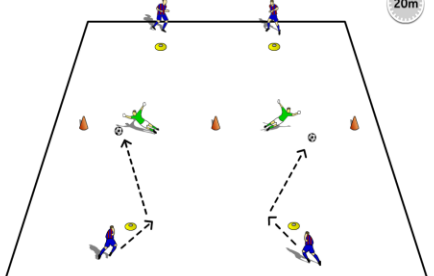
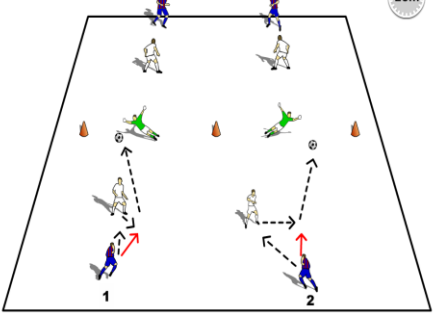
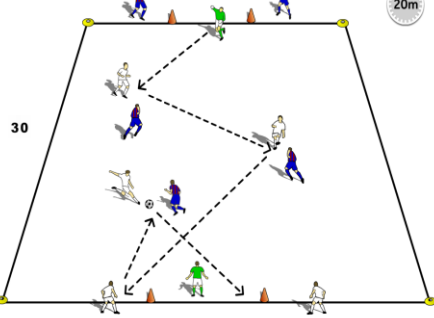
80 minutes

	Theme: Passing Warm Up				
 © Copyright www.academysoccercoach.co.uk 2014	<table border="1"> <thead> <tr> <th data-bbox="594 233 1065 264">Organization</th><th data-bbox="1065 233 1541 264">Coaching Points</th></tr> </thead> <tbody> <tr> <td data-bbox="594 264 1065 596"> In 4's - one ball per group Pass the ball in sequence to each other How many passes can each group make in 30 seconds. Can they beat their previous score in the next 30 seconds Play in one direction for 30 seconds and then in the opposite direction Should ideally be two touch - one to receive and one to pass </td><td data-bbox="1065 264 1541 596"> Stay on your toes Keep an open stance Receive the ball on your back foot Use the inside of your foot to pass Toes up and lock the ankle </td></tr> </tbody> </table>	Organization	Coaching Points	In 4's - one ball per group Pass the ball in sequence to each other How many passes can each group make in 30 seconds. Can they beat their previous score in the next 30 seconds Play in one direction for 30 seconds and then in the opposite direction Should ideally be two touch - one to receive and one to pass	Stay on your toes Keep an open stance Receive the ball on your back foot Use the inside of your foot to pass Toes up and lock the ankle
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BRITISH SOCCER CAMP CURRICULUM

Half Day Rec – Shooting/Volleying

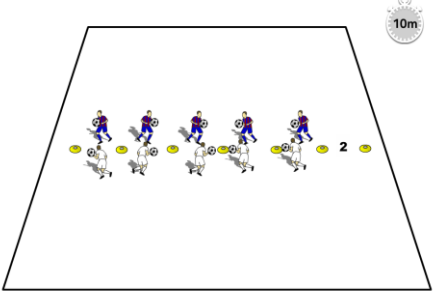
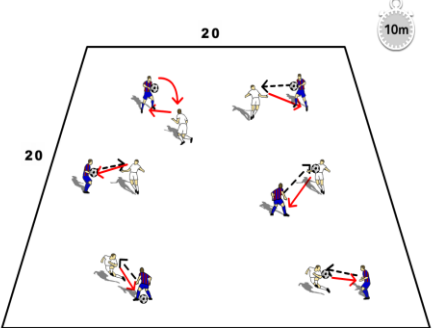
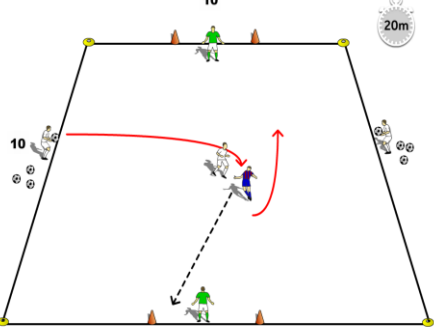
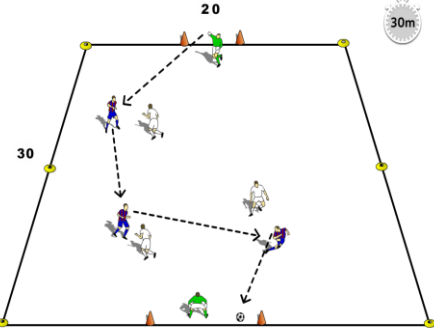
80 minutes

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As in warm up. Place a cone in front of each attacker When shooting player must take a touch to play ball past the cone before striking - this should help them approach the ball at the correct angle. Only award a goal if the ball goes below waist height Variation - throw ball past cone and volley							
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BRITISH SOCCER CAMP CURRICULUM

Half Day Rec – Heading

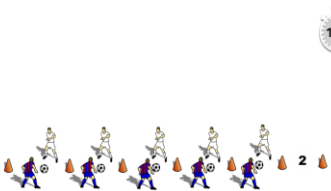
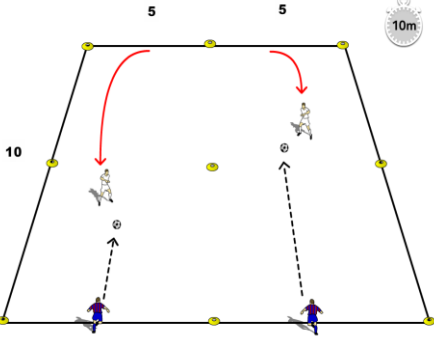
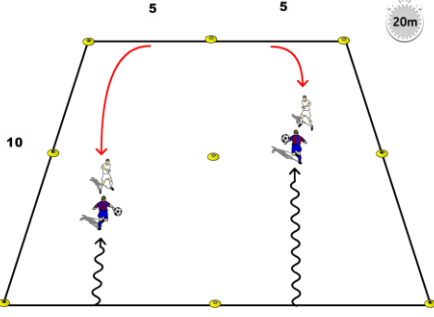
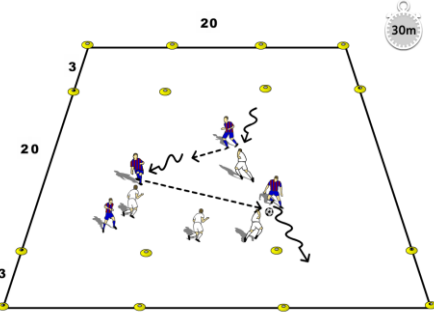
80 minutes

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BRITISH SOCCER CAMP CURRICULUM

Half Day Rec – Tackling/Defending

80 minutes

Theme:	Tackling/Defending Warm Up	
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	In 2's - One ball between 2 Have a line of cones 2 yards apart - players place their ball on the line between the 2 cones Each player uses the same foot to tackle Place your left foot next to the ball and then take one step back. On the count of 3 each player steps forward and places their left foot next to the ball and tackles with their right foot. Progression - take 2 steps back	Place non-kicking foot right next to the ball Body position should be at an angle "Close the gate" with the right foot to create a "v" shape with your feet to stop the ball going through your legs. Ankle needs to be locked with toes up Strike centre of the ball with the inside of foot Bend both knees to help in shock absorption Get the players to shout out loud when they strike the ball
Theme:	Tackling/Defending Unopposed	
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	In 2's - one ball between 2 Server stays at one end of grid and rolls/passes ball down the grid towards his partner. He must try and get the ball to stop rolling at different distances within the grid. The defender must approach the ball in a curved run and get into the correct jockeying position in relation to where the ball stops. You must judge where the ball is going to stop. Then rotate.	Judge where the ball is going to stop. Approach the ball with a curved run Get to approx 2 yards from the ball Get into surfer/boxer stance Feet apart for a wide base - knees bent Raise your closest hand/arm up to help keep your distance
Theme:	Tackling/Defending Opposed	
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	In 2's - one ball between 2 Grid is intentionally narrow to force attacker onto the defender Attacker has to try and dribble the ball to the end line to score - has to stop the ball within one foot either side of end line If defender wins the ball he can score on the opponent's end line	Speed of approach - get as far down the grid as you can but under control. Can you approach from an angle to force attacker down one side - ideally onto his weaker foot and onto your stronger foot Get into surfer/boxer's stance - one foot in front Bend your knees and stay balanced Be patient - don't dive in When tackling don't lean back and stick your foot out
Theme:	Tackling/Defending Conditioned Game	
 © Copyright www.academysoccercoach.co.uk 2013	Organization	Coaching Points
	4 v 4 in an area of 20 x 20 which includes two 3 yd zones Condition player on the ball to take 5 touches before he can pass/score (gives time for defenders to come in and pressure/tackle) Attacking team scores by dribbling the ball into the opponent's end zone	Can we close down quickly Can we position ourselves to cut off passing lanes Be patient and don't dive in. When you do decide to go in and tackle be balanced and be aggressive and above all STAY ON YOUR FEET

Half Day Advanced Camp - Ages 8 - 16



Format for Half Day Competitive Camps

SECTION 1

Soccer ABC's - Campers will improve their Agility, Balance and Coordination through a series of individual ball mastery exercises. Each player will be able to work at their own pace and measure their own improvement throughout the week. These are great exercise for the campers to practice at home and to show off on family day.

SECTION 2

Fakes & Turns - Throughout the week, each player will learn, practice and master more than 20 different ways to turn, fake and beat opponents. Challenger has broken down each move into easy to learn steps and will help even the most novice player master some of the most complicated fakes and turns.

SECTION 3

Core Skills Coaching- Each day, the coaches will focus on more technically advanced individual techniques and will take the players through a progressive series of skill building practices from unopposed, to opposed, game related and finally into a game.

Beating an Opponent - improve confidence in beating an opponent(s) in 1 v 1 and 2 v 2 situations and to introduce the basic attacking principles of penetration, support and unbalancing the defense.

Passing/Receiving - improve accuracy, pace and timing of lofted, driven and swerve passes and improve the ability to control the ball in/from aerial passes. Develop the players tactical awareness in knowing when and where to use each technique effectively.

Finishing - improve players ability to score goals within and around the 18 yard box.

Heading - learn how to safely and confidently head the ball in attack and defense

Defending to win - know when, where and how to pressure and make play predictable. Introduce the basic defending principles of pressure, cover and balance in small groups.

SECTION 4

Freestyle - Challenger have partnered up with World Freestyle Champion John Farnworth to create a daily program of juggling, lifts and balances that will help players improve their touch, control and will help them develop more confidence with the ball. Campers will love this and will practice on their own - showcase their own routines on family day.

SECTION 5

The campers will enjoy organized competitive play each day in the small sided games - with 2014 being a World Cup year we can still tie in the tournament with these small sided games. However please understand that the ability of these players is higher than in the regular half day so the focus should be on small sided games (3 v 3, 4,v 4) so they can continue to work on the skills learnt that day in a small sided game format.

ADVANCED HALF DAY CAMP

	Mon	Tues	Wed	Thur	Fri
9:00-9:05 Check in	Complete Register	Complete Register	Complete Register	Complete Register	Complete Register
9:05-9:15 ABC's	Toe Taps Toe taps & turn Toe taps, switch grids Side to Side (+turn) Sideways Roll Drag Backwards	Review previous Inside - outside Push - drag Side roll & stop	Review previous Push/ drag/across (U)	Review previous Triangle	Review previous Triangle & Cruyff
9:15-9:30 Fakes/Turns	Matthews Scissors Step Over	Outside Hook Drag Back turn Cruyff	Double scissors Ronaldo Chop Beardsley David Beckham	Spin Turn Zidane turn Maradona	Okocha Elastico
9:35-10:45 Core Skills	Beating an opponent 1 v 1, 2 v 2	Lofted/Driven/Swerve Passing Receiving aerial passes	Finishing In the 18 and from crosses	Heading Attacking & Defensive	Defending to win 1 v 1, 2 v 2
10:50-11:00 Break	WATER BREAK	WATER BREAK	WATER BREAK	WATER BREAK	WATER BREAK
11:05-11:20 Freestyle	Throw to thigh catch Thigh juggles Throw to feet catch Feet juggles/bounce Free practice	Feet juggles - bounce Feet juggles Feet /Thigh Juggles Throw to head catch Free practice	Foot balance (laces) Foot drag scoop up Two footed lift Flick up Free practice	Juggles practice Foot balance Static Neck Balance Cross over Free practice	Cross over Balances practice Juggles - all surfaces Round the World Demonstration
11:25-11:55 Small Sided Games	Small Sided Games	Small Sided Games	Small Sided Games	Small Sided Games	Small Sided Games
11:55-Noon Recap	Recap	Recap	Recap	Recap	Recap
Noon - Check out	Stay with campers until each one has been collected and signed for by parent/guardian				



Principles of Attack and Defense

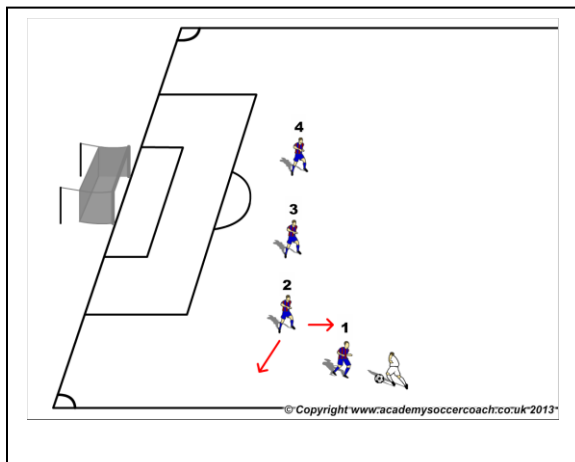
The purpose of this Half day Advanced Curriculum is to develop more advanced individual technical skills and to introduce players to the basic principles of attack and defense in small groups (1 v 1 and 2 v 2).

Sessions may be adapted to suit the needs of the group and you may drop your own practice into the plan, as long as it fits into the appropriate stage of the progression.

Principles of Defense

Good defending begins with an understanding of how the principles of defense are applied by both the individual player as well as collectively within the team. The moment a team loses possession an immediate organization begins.

A. **Pressure** - The moment possession is lost the nearest player(s) try to regain possession or apply *pressure* on the ball, if possible. Players giving immediate chase can also help to *delay* the attack by making recovery runs that deny the opponent the opportunity to play the ball quickly forward. If a defender cannot put “immediate” pressure on the ball, he or she must drop back and delay the attacker’s advance.



Player 1 is pressurizing the ball - he is the closest defender to the ball. Player 2 provides cover (5 - 7 yds behind and to the side of pressurizing player). Players 3 and 4 provide balance

B. **Delay** - The pressuring defender(s) forces the attacking team to slow down so that the defense may organize. While applying pressure the defender must be careful to not over-commit. If the defender is beaten easily, the time for the team to organize is shortened.

C. **Depth** - This refers to the immediate organization of players behind the pressuring defender. While the ball is being pressured all other players should be recovering into defensive positions. The positions taken should support the pressuring defender in the event he is beaten. This is called

providing defensive cover.

D. **Balance** - As the team concentrates their defense in the area of the ball, defenders away from the ball (opposite side of field) must position themselves to cover vital spaces (central areas) in order to prevent attackers from making penetrating runs into these spaces in which to receive the ball for an attempt on goal. All players who are on the opposite side must seek positions in which to provide balance to the defense.

E. **Compactness** - As players recover towards their own goal and organize their defense, the objective is to limit the time and space for the opponent by concentrating their defense in the area of the ball. Defenders also recover centrally towards their goal in order to limit the opponents’ ability to directly attack the goal.

F. **Control and Restraint** - Players must be disciplined and play “under control” when challenging for the ball. Too often players make poorly timed or off-balanced attempts to win the ball. Players should restrain from tackling until they are confident they will win the ball.

G. **Counterattack** - The ability of the team to effectively counterattack forces the opposing team to keep players focused on their defensive responsibilities, not allowing them to become actively involved in the attack. The threat of a counterattack improves the defending team’s ability to defend.

Defensive Roles

It is important for players to understand their role and function within the game as well as their position. While the team is defending, a player will assume the responsibility to provide pressure, cover, balance or depth.

A. Pressure (pressuring defender) the closest player to the ball.

- Apply pressure to the ball to regain possession if possible.
- Deny penetration of any kind.
- Select proper angle of challenge.
- Select proper speed of challenge.

B. Cover (covering defender(s)).

- Provide cover for the pressuring defender.
- Select proper angle of cover.
- Should be a distance that the covering defender can tackle or immediately close down the attacker who has beaten the pressuring defender.
- Distance of cover will vary with the third of the field and the amount of pressure on the ball.
- Responsible for tracking supporting attackers who make forward runs.

C. Balance (balancing defender(s)).

- Track attackers away from the area of the ball who are making forward runs.
- Squeeze space towards center of the field to “lock up” vital areas.
- Preserve balance/shape

D. Compactness (collective play of all players).

- Pressure, cover, balance together provide depth in defense.
- Organization of defending between the various lines, e.g. midfield and defending line.
- Proper positioning, spacing and number of defenders in area of the ball vital to maintain depth in defense.

Principles of Attack

Unlike most team sports, soccer does not have a series of set plays. It is a fluid game in which the player who has possession of the ball must always have several options to pass the ball. The more options a player has, the less likely they are to lose possession. Therefore, it is necessary for players not in possession to quickly help the player with the ball. While defenders attempt to make play predictable, attackers look to make the attack unpredictable by improvising. In an effort to score goals the offense utilizes penetration, depth, mobility, width and improvisation.

A. Penetration - The first choice of the player with the ball is to penetrate the opponents’ defense. Depending where the player is on the field they can look to shoot, pass to a teammate that has penetrated the defense or simply dribble for penetration or to space.

B. Depth (support) - When we refer to depth in attack we are talking about support play. Good depth provides the player on the ball with all around support so that there are options to play the ball forward, square or back. The more options a player has, the less likely they will lose the ball. Good support play is achieved when there are good angles of support, proper distance of support and speed of support. The shape most often seen in good support play is a triangle. Players who stand or run to create straight lines are destroying support and risk losing possession of the ball by eliminating options for the player with the ball.

C. Mobility - Movement is necessary in the game so that players can create space for themselves or for their teammates. Good mobility involves moving in support of the ball as well as “playing without the ball.” Players without the ball need to “unbalance” the opponent’s defense by running into positions that will create scoring opportunities or create space for the teammates near the ball (the work of the attackers away from the ball).

D. Width - When a team is in possession of the ball it has to use all the area available in which to play. Successful teams use all the width of the field and as much of the length as the offside rule will allow. The more space they have in which to play in, the greater the time and space each player in possession will have. As a result, there is less chance of being pressured into mistakes. Using the full width of the field makes it difficult for the defense to provide good cover and compactness.

E. Improvisation - There are many times when players have to use their own individual flair to create passing or shooting opportunities for themselves or teammates. Clever dribbling or inter-passing eliminates defenders and creates openings for attackers. Players who have the ability to turn quickly, evade a challenge easily, shoot off balance or even perform their own “tricks” to create opportunities are an asset of a team.

Attacking Roles

Developing an understanding of your task and function in the game is vital for successful attacking play. With defending teams trying to take away time and space, attackers must quickly make decisions based upon these roles and functions in order to be successful in attack. Players whose technical skills break down under pressure will find that they are always out of time and cannot make simple decisions that benefit the attack.

A. Player on the ball

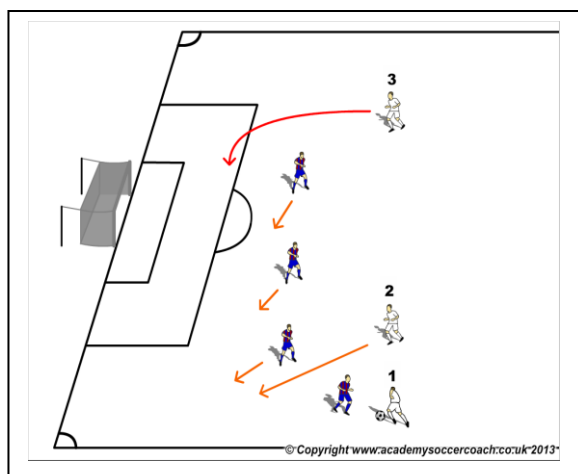
- Player with the ball is the most important player.
- First choice is to achieve penetration by making the best tactical decision based upon the players technical capabilities.

B. Supporting player(s)

- Player(s) in immediate support of the player on the ball.
- Positioned behind, square or in advance of the ball based upon pressure applied to the ball.
- Positioned at the proper distance to insure that one defender cannot restrict both attackers.
- Must combine with the player on the ball to gain penetration through bent runs, overlapping runs, 1-2 double pass, wall pass, take overs, etc.
- Bent and overlapping runs may isolate the player on the ball for dribbling.

C. Attacking player(s) away from the ball

- Attempts to unbalance the defending team by making constructive runs to increase the attacking options, most runs are penetrating.
- A penetrating run allows for the possibility of an attacker away from play to receive the ball or create space behind their run for another attacker.

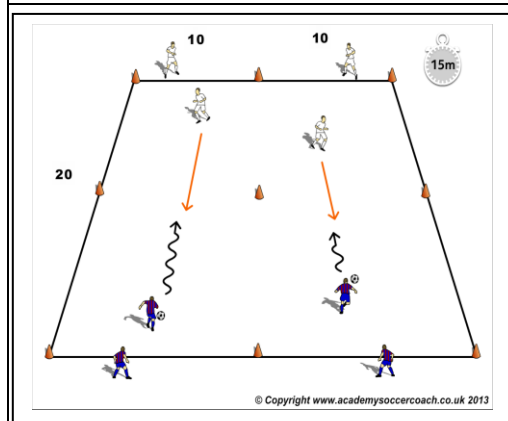


Player 1 is looking to penetrate either by dribbling past the closest defender, or passing the ball down the line to his supporting player (2), or alternately allowing the supporting player to make the run and then cutting inside and looking to link up with player 3 or shoot. Player 2 is the closest supporting player and is looking to attack the space behind the first defender or draw him away to create space for the player on the ball to attack. Player 3 stays wide to try and unbalance the defence and looks to attack the space on the blind side at the far post.

BRITISH SOCCER CAMP CURRICULUM

Half Day Advanced – Beating an Opponent

80 minutes



Theme:

Warm Up

Organization

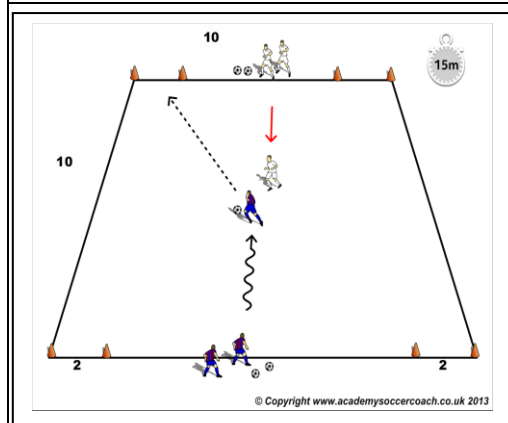
As in diagram - no more than 4 in a channel
Attacker has to dribble down the channel, beat the defender and stop his ball on the far touchline.
If the defender wins the ball he/she can score on the attackers touchline.

Note - if the defenders are too strong have them hop on one leg - must build confidence in the attacker

Coaching Points

Have the ball under control.
Keep the ball moving and as you get closer to defender make it zig-zag to unbalance defender
Attack the front foot
Change direction to get past the defender
Change speed once you've got past

ATTITUDE - THINK ABOUT DRIBBLING PAST THE DEFENDER - NOT DRIBBLING UP TO HIM AND THEN STOPPING - ATTACK THE SPACE BEHIND



Theme:

Unopposed

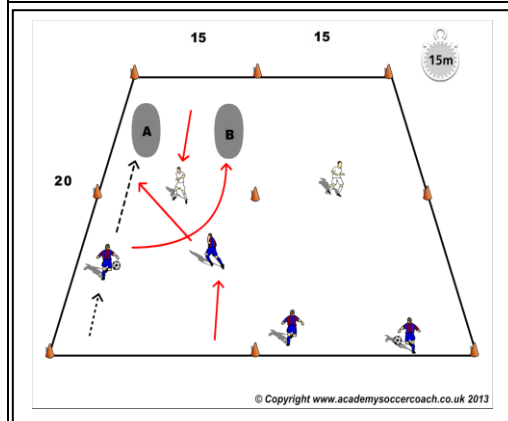
Organization

As in diagram - can use 15 x 15 or 20 x 20 for older players. No more than 6 players in a grid.
Attacker receives ball from opposing player and then attacks one of the two small goals - he has to dribble through the goal to score (not kick it through)

As much as this is in the unopposed section you have to have opposition when working on beating an opponent

Coaching Points

As above - can we use our body to fake out (unbalance) the defender - feints, moves etc



Theme:

Opposed

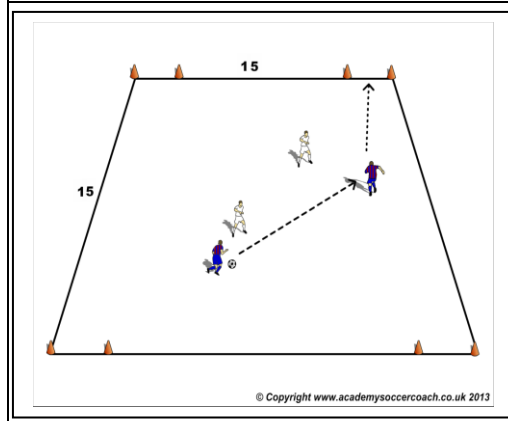
Organization

2 v 1 in 15 x 20 grid.
Two attackers have to get past the opponent and stop the ball on the end line to score.

If the defender wins the ball he/she can score by stopping the ball on the opponents end line. If defender wins ball he can score on opponents line.

Coaching Points

Player in possession needs to attack down the side and not down the middle - gives better angles for passing. (avoid passing diagonally in front of defender.)
In diagram ball player has option to pass the ball down the line (into space A) to team-mate making diagonal run (either in front or blind side of defender). If supporting player pulls defender across with diagonal run ball player can dribble and attack space B.



Theme:

Conditioned Game

Organization

2 v 2 in 20 x 20 grid - 4 goals.
Team in possession has to score in either of the two goals - they must get past the yellow cones before they can score

NOTE - In any of these exercises if the attacker(s) is taking too long to score introduce a time limit e.g. you have 5 seconds to get from your line to the other line/score a goal - count them down.

Coaching Points

Attitude - one on one take him on.
Can supporting player make diagonal runs to draw defenders out of good positions.
Can the ball player take defender(s) out of the game by passing behind them instead of in front of them.
Combination play - give and go, overlap, cross-over

BRITISH SOCCER CAMP CURRICULUM

Half Day Advanced – Lofted/Driven Passing & Receiving

80 minutes



Theme:

Warm Up

Organization

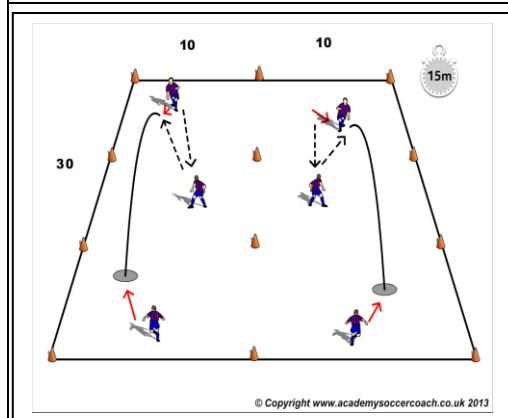
In 2's - one ball per pair.

Players work in half a field playing long balls to each other. They can try any variation, e.g. lofted, driven, swerve, chip. Player receiving has a total of three touches - one to control, second to set and third to pass.

Once you've passed the ball can you move into another space?

Coaching Points

Lofted pass - approach ball at an angle; strike lower half of ball; body leaning back
Driven pass - approach ball at an angle, non-kicking foot closer to the ball; strike centre of ball; body leaning more forwards.
Swerve pass - approach ball at an angle, strike across the face of the ball - just below the centre. Follow through continues across the face



Theme:

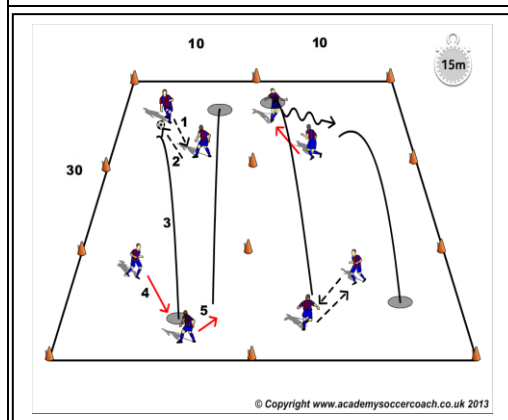
Unopposed

Organization

Player plays ball to partner in middle grid who lays it back to him at an angle. He then plays a long/lofted pass to the player in the far grid. If the ball lands in the far grid and if it's controlled within the grid they get one point.
Variation - keep player in the middle until team scores set number of points or have him rotate with the guy he lays ball off to. The player who plays the long ball will then have to support the receiver and look for the layoff.

Coaching Points

As above
Receiving - get into the line of flight early, can you get to the first bounce, judge which part of the body to receive the ball, cushion ball on impact. Where is your 1st touch going to go?



Theme:

Opposed

Organization

Groups of 4 - one ball per group in 10 x 30 grids
1 - player in possession plays ball to team mate
2 - Team mate lays ball off at an angle
3 - player receives lay-off and plays lofted ball over the middle zone and into the far zone.
4. Player receives ball under passive pressure.
5. As he/she receives ball away from pressure he/she then prepares ball for a long pass back to the far grid. Rotate positions each time within grid.

Coaching Points

Players take it in turns to receive the ball. Player receiving ideally takes up position at end of grid to give him/her space in front to play the ball into with 1st touch. Avoid standing on the line next to middle grid as they'll have no space to play into.
Get into line of flight early - decide which part of the body to receive the ball with.



Theme:

Conditioned Game

Organization

Three teams of 4 or 5, each in different colour bibs
Working in area of 20 x 30 - divided into three zones of 10. The team in the middle zone(defenders) send one player into a zone - the team in that zone has to get 3 consecutive passes together and then play a long ball over the middle zone into the far zone. If successful the defending team send a different player into that zone to defend again. If the defenders win the ball they change zones with the team that gave up the ball.

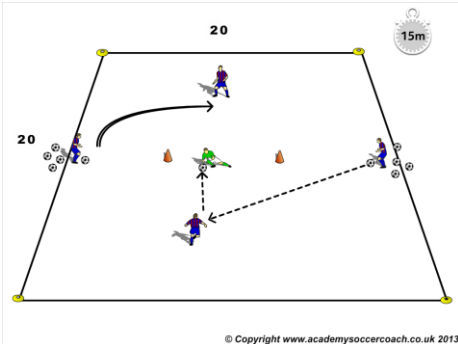
Coaching Points

Use all available space.
Get an open body stance so you can switch the ball and see the whole area.
Player making the long pass needs to be facing the other grid.
Post a player close to the line next to the middle grid and use them to play the ball into and lay it off for a player to play the long ball.

BRITISH SOCCER CAMP CURRICULUM

Half Day Advanced – Crossing and Finishing

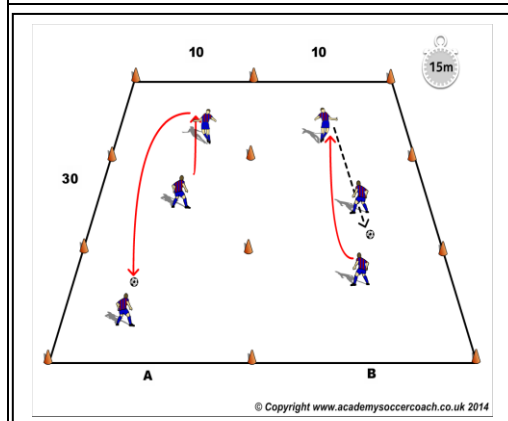
80 minutes

 © Copyright www.academysoccercoach.co.uk 2013	<table border="1"> <tr> <th colspan="2">Theme: Warm Up</th></tr> <tr> <th>Organization</th><th>Coaching Points</th></tr> <tr> <td>Divide group into three - one to serve, one to act as target (legs open), and the third who practice finishing. Servers run around the grid and find a player to serve the ball to - the receiver has to try and score by playing the ball between the legs of a target - can serve it on the floor to pass, or in the air to volley, or in the air to head. Once a goal is scored the server chases the ball and looks for another player to serve to. Rotate positions every few minutes.</td><td>Attackers need to get open so they have a good angle to score. Communication is vital - call for the ball. Decide early which technique to use - pass, volley, half volley, head</td></tr> </table>	Theme: Warm Up		Organization	Coaching Points	Divide group into three - one to serve, one to act as target (legs open), and the third who practice finishing. Servers run around the grid and find a player to serve the ball to - the receiver has to try and score by playing the ball between the legs of a target - can serve it on the floor to pass, or in the air to volley, or in the air to head. Once a goal is scored the server chases the ball and looks for another player to serve to. Rotate positions every few minutes.	Attackers need to get open so they have a good angle to score. Communication is vital - call for the ball. Decide early which technique to use - pass, volley, half volley, head
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BRITISH SOCCER CAMP CURRICULUM

Half Day Advanced – Heading – Attacking and Defensive

80 minutes



Theme:

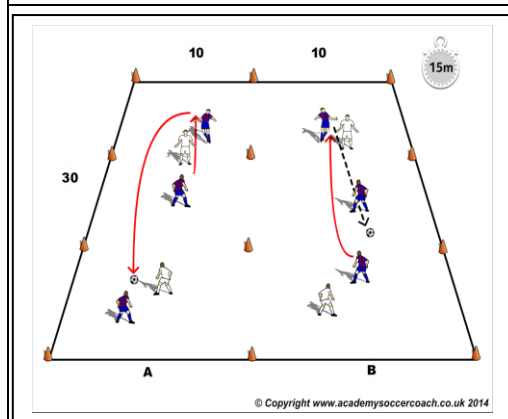
Warm Up

Organization

Area 10 x 30. Groups of 3. One player in each grid. In A group is working on defensive headers where player in middle serves looping ball for player to head back over him to the player in the farthest grid. In B group is working on attacking headers where player serves flat ball across the middle grid for the player to head down and through the legs of the player in the middle grid. Rotate players often.

Coaching Points

Get on your toes. Judge the flight of the ball. Body position boxers stance or square on. Bend the legs and drive.
In defensive header head below centre of the ball – in attacking head above centre point of the ball. Use your arms for balance and to drive your head through the ball (to add power). Keep eyes open.



Theme:

Unopposed

Organization

As above but now in groups of 5. Attacker and defender in each end grid. Player has to head the ball with very limited opposition (have opposing player hop on one leg). Player heading the ball should jog behind the opposing player and then come forward to head the ball. Focus on one technique at a time – head up and away in defensive header and get over the ball and head it down in attacking.

Coaching Points

As much as the opposition is fairly passive you must get on your toes and attack the ball. Get around and in front of the opposing player if you can. Use your arms for power, balance and protection.



Theme:

Opposed

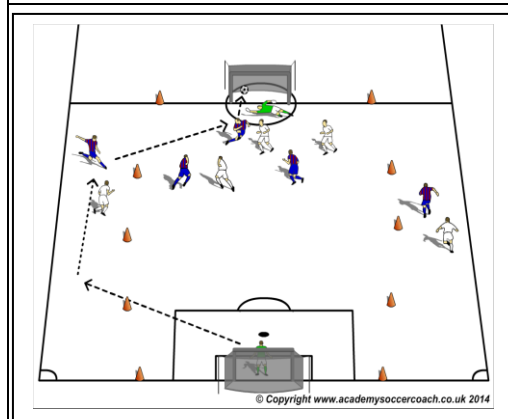
Organization

Use half field with goal if available – if not use pointed cones for goal. Two lines work alternately. Player starts at A and makes run into the box to score with a header – he then continues his run around the outside of the opposite line to attack a high ball served from the coach. He heads the ball in a defensive manner back to the coach or another target(s) on the half way line. Station one defender in the box and one on each side of the field for the defensive header.

Coaching Points

Make a curved run into the box and get in line with the flight of the ball if you can. Get in front of the defender for the near post attacking header or go in later for the far post header. Head the ball down and to the corner of the goal.
Attack the ball for the defensive header and head it up and away.

Condition the defenders by having them hop on one leg or passive if they are too strong.



Theme:

Conditioned Game

Organization

Use half field with two goals if available. Set up zoned areas on the sides where only one player from each team can play in. Once these players get the ball they can't be tackled (but can be put under pressure) and once they've received it they put crosses in for their team to attack and for the other team to defend.

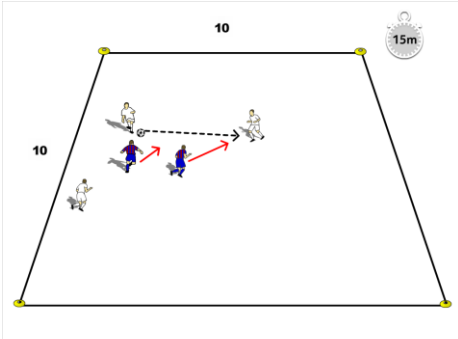
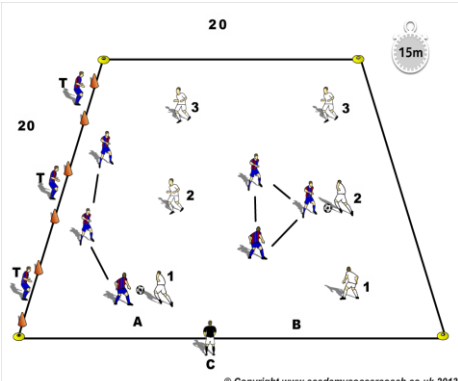
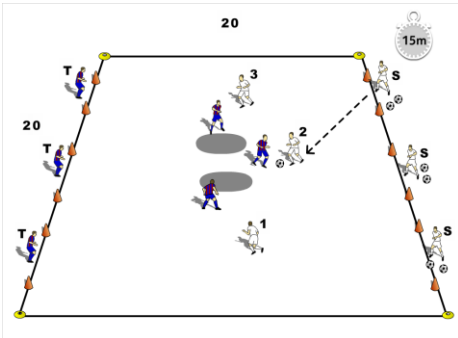
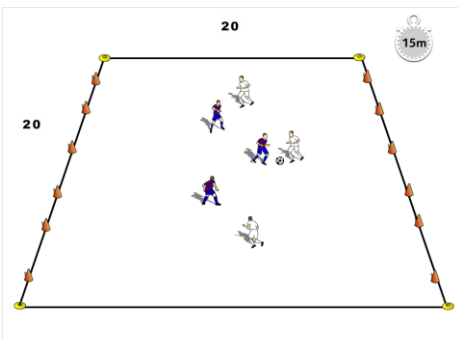
Coaching Points

Can we attack the ball when trying to score from a header or defend from a header? Look at the timing of the runs into the box and the angle of the runs – go in late but go in fast.
Quality of service into the box is vital – if the players can't get consistent crosses in with their feet condition them to use their hands and throw the ball in for the players to head.

BRITISH SOCCER CAMP CURRICULUM

Half Day Advanced – Defending to Win

80 minutes

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Full Day Camp - Ages 10 - 18



Full Day Camp



The Full Day Camp is a 6 hour program that is split between two three hour sessions. The sessions normally run from 9-12pm and 1-4pm or 9-12pm and 5:30-8:30pm. When the sessions run morning and afternoon you will also be responsible for supervising the campers during the lunch break. During this lunch break it is essential that the Challenger Sports member of staff knows exactly who is staying for lunch and that the campers are kept in an area where they can be monitored at all times.

The Campers will normally be between the ages of 9 and 14, although occasionally you will have both younger and older groups. It is also likely that the age spread in the Full Day camp groups will be wider than in Half Day camps.

Some of our regions attract High School and competitive club teams, however the normal level of ability will be similar to our mixed ability Half Day camps.

The Full Day Campers will begin by following the appropriate Half Day camp morning session. The campers will undoubtedly be tired during the second session which will also be during the hottest part of the day. The second session is therefore less physically demanding and we have created a 3 hour program of non-directed learning which includes skill stations, fun games, conditioned games and coached scrimmages. The goal is to allow the campers to continue to practice and develop the techniques they worked on in the morning sessions within a competitive and fun environment.

Although these 6 hours camps can be challenging, the coach must maintain the tempo of the camp through their body language, enthusiasm and by following the schedule of activities.

FULL DAY ADVANCED PLAYER AND TEAM CAMPS

Coaches should prepare the second session for these camps themselves based upon the age, ability and team analysis provided by the local coach. Additional material is available at www.thechallengerway.com.

Second 3 hour Session for Full Day Camp for Young/Inexperienced Players

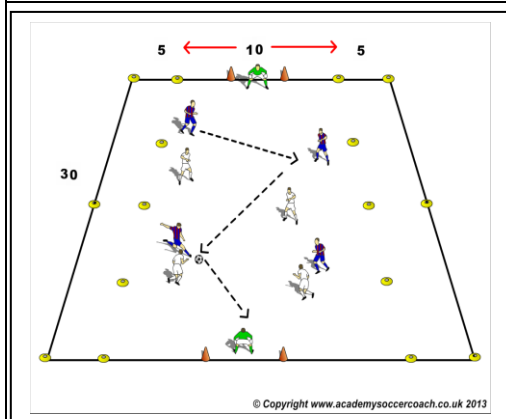
0-25 min	SKILL STATIONS Set up 6-8 skill stations that focus on techniques not covered in the morning session. Put players in groups of 2 at each station Provide a good demonstration and coaching points and then have the campers work for 2 minutes on each station. Provide feedback when the players rotate. Examples of skills stations could be: Lofted passes - To partner 25 yards away Bending the ball with the inside of the foot - To partner 20 yards away Bending the ball with the outside of the foot - To partner 20 yards away Fakes & Turns - Select advanced turns not covered in the am session Volleys - Partner feeds inside of foot volley and front foot volley back to hands Chest Control - Partner feed lob pass for chest control and return pass Thigh Control - Partner feeds lob pass for thigh control and return pass Dribbling - Set up slalom course with cones Speed Dribble - Straight dribble over 15 yards, turn and straight back
25-30 mins	BREAK
30 -1:10 hrs	SMALL SIDED GAMES Reinforce the technique covered in the morning session within small sided games. Choose from the small sided games below or introduce your own however you must provide coaching within the game.
1:10-1:15 hrs	BREAK
1:15-1:45 hrs	FUN SOCCER GAMES Players should be allowed to relax and have fun in an informal soccer game setting. Coaches can add rules to reinforce the technique covered during the morning sessions - Wembley, Soccer Baseball, Soccer Cricket, Soccer Tennis, Handball etc
1:45-1:50 hrs	BREAK
1:50-2:20 hrs	THE MATRIX GAME The group is divided into teams of 3-5 per side (Maximum two games per coach). Each player is given a number. The coach assigns teams based upon their numbers. After the game (5-10 mins) all players return to the coach and report their personal score - 2 points for win, 1 for a tie, 1 per goal scored. The coach then re assigns the players to different teams and they go back to their fields and play. After each game the players return and the coach records their cumulative score. Coaches should coach: give & gos, overlaps, split passes, trail & switch, individual defending, cover and balance.
2:20-2:30 hrs	BREAK
2:30-3hrs	COACHED SCRIMMAGE Set up the group in the largest possible format. Combine groups if you have more than one to create full sided teams. Create real game environment. Step in and coach shape, organization and decision making of players.

Fun Soccer Games for Full Day Camp
Wembley The entire group compete against each other within the penalty area, trying to score a goal to progress to the next round. The coach plays the ball in and the players attempt to shoot or head the ball into the goal. If the player scores, they leave the field and wait until the next round. This continues until one player is left, they are eliminated. The remaining players return to the field and repeat. This is repeated until there is one champion.
Team Wembley As above, however players team up in two or threes and now combine to score. Once one of the team scores the whole team leaves the field and is qualified to the next round.
Pairs Soccer Two equal teams play against each other in a small sided game. The players are paired up against an equal ability player. Players score a point for each goal they score and minus a point when their opposite number scores.
Headers and Volleys The coach, or a strong player, supply crosses to the group of players waiting in the penalty area. Each the players attempt to score by either heading or volleying the ball into the goal. Goalkeepers are optional.
The Numbers game Players are divided into two teams and given numbers 1-6. Each team waits at the half way line of opposing sidelines on a 30 x 40 yd field. When the coach calls their number the players run through the back of their own goal and out on to the field to compete against their opposite number.
Lightning One player goes in goal and the other players line up on the edge of the penalty area. The first player pushes the ball forward a few yards and then shoots. If they score they get their ball and go to the back of the line. If the goalkeeper saves it the shooter goes in goal.
Shoot out One player goes in goal and the other players line up 25 yards out. Each player takes it in turn to dribble and try and score within 5 seconds. The game can either be played as an elimination game or players can earn a point for scoring and go in goal if they fail to score.
Turnaround The players are divided into two teams and play against each other within the first 25 yards of the field. One team attacks the main goal and the other attacks two small counter attack goals which are spread out on the 25 yard line. If the team attacking the counter attack goals scores, their team turns around and attacks the main goal.
One V One Shoot out Players are paired up with an opponent and have one ball per pair outside of the penalty are. When the game starts each player attempts to score on the main goal. Who ever scores earns a point and waits until all pairs are through and the coach then re assigns the pairs.
Winner stays on Divide the group into four teams. Two of the teams compete inside the penalty area both trying to score in the main goal. When a team scores they stay on and the losing team is replaced.
Ladder games Players stand opposite a partner, the pairs being in one long line (ladder). The coach sets a challenge for the pairs - ie make as many passes as you can in 30 second; score as many juggles as you can in 30 seconds; make as many consecutive headers as you can in 30 secs etc. Each pair then reports their score at the end of the 30 seconds and the coach moves them up or down the ladder depending upon how they rank.
Juggling Competitions. This can be done for a limited time each day. The campers should improve over the course of the week and should look forward to trying to improve their personal best each day.
Fun Soccer Games contd.
Change Soccer The group is divided into two white teams and two red teams, One of each color play on a 30 x 40 yd field. The other two teams sit behind each of the opposite goals. When one team lets a goal in they are replaced by their corresponding color team who are sitting behind their goal. The team who scores must run back and touch their own goal line before they can touch the ball.
Non Stop Cricket Divide into two teams. Set up bowlers position, batters wicket and running base 15 yards to the right of batter. Bowler passes ball along ground to batter who can kick anywhere. They must then run around the running base and try to get back to defend their wicket. Ball is returned to bowler who can pass the ball at the wicket as soon as they get the ball in their area.
Soccer Baseball (Kickball) Set up three bases and home plate as per baseball field. Ball is rolled from pitchers mound to kicker who can kick the ball anywhere in front of first and third base. Kicker runs around bases and can stay at any base if the ball is fielded. Next batter attempts to advance runners and get on base. If ball is caught in the air player is out. All players on team have one at bat per inning.
Soccer Tennis Set up pointed cones as net and make court with disc cones. Players may juggle the ball between them on each side of the net before returning it over. Ball is allowed to bounce once on each side of net.
Handball Two teams play against each other on a 30 x 40 yard field. Player attempt to pass the ball to one of their team mates over the opponents goal line. The ball must be passed from hand to hand and players may not run with the ball. The ball can be intercepted but not taken out of players grasp.

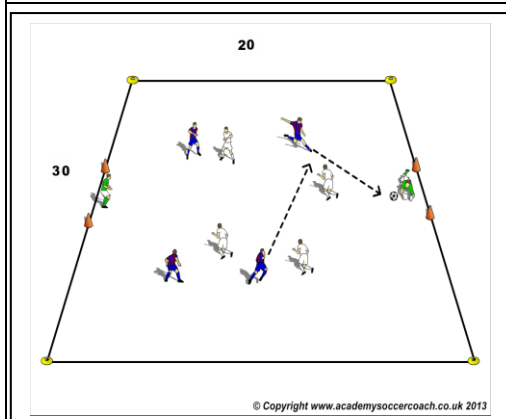
Hand-Volleyball
Two teams play against each other on a 30 x 40 yard field. Players pass the ball to their team mates by punching the ball underhand out of their palm. They score by volleying the ball to a team mate in the end zone.
Rugby
Divide into two teams and play small sided Touch Rugby game on appropriate sized field. Normal rules apply - only pass backwards and must release when touched below waist.
Team dribbling relays
Divide the group into teams and set up a dribbling challenge. Straight speed dribble; slalom; dribble and pass; dribble and juggle; dribble and head etc.
Penalty Shoot outs or Free Kicks
Players take turns shooting penalties or Free Kicks at each other. Add variation to the free kick challenge by changing the distance and angle, making some direct and some indirect and challenging players to use their weaker foot.
Cross Bar Challenge
Can be played as a team game with players taking turns trying to hit the cross bar from the edge of the penalty area.
Soccer Obstacle Course
Set up a series of challenges for each player to complete as they travel around the course. ie - Juggling, dribble through cones, lift the ball over a cone, knock cones down, chip into a circle etc.
Freestyle
Campers can experiment with the Freestyle moves taught to them in the morning session.

BRITISH SOCCER CAMP CURRICULUM

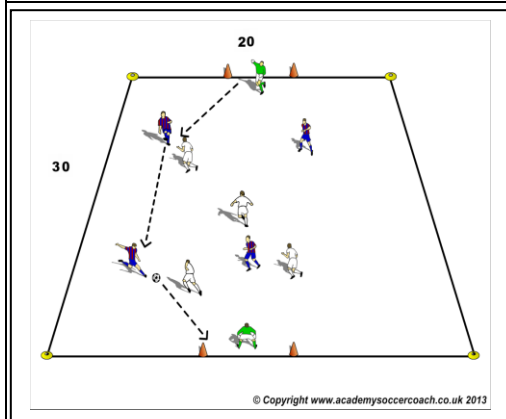
Full Day Advanced – Conditioned Games - Passing



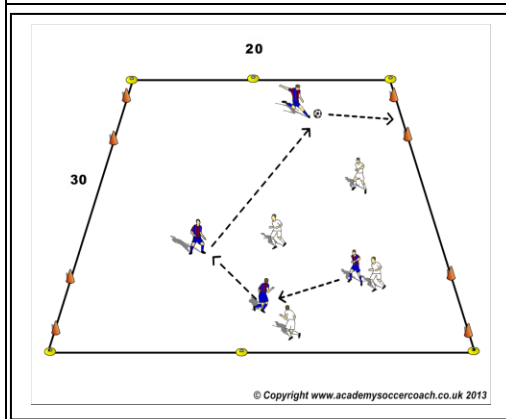
Theme: Narrow Field Game	
Organization	Coaching Points
Two teams of four players - Two keepers	Can we look for combination play - one two's, take overs, lay off's
The pitch is long in length but short in width. This forces the teams to try to build up through the middle of the pitch using quick skills and passing combinations.	Can we be direct, make penetrating passes
The game is played for a set time period.	



Theme: Wide Field Game	
Organization	Coaching Points
Two teams of four players - Two keepers	Can also condition teams to limited number of passes before they have to shoot.
The game is played on a wide pitch that is short in length. This encourages the following tactics from the teams:	
1. Players must move into wide support positions.	
2. Passing the ball into wide areas to create crossing opportunities	



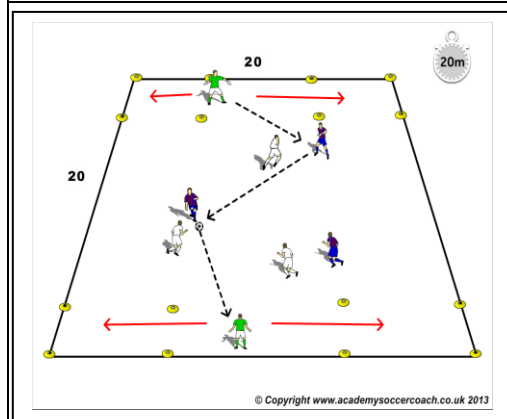
Theme: Three Touch Soccer	
Organization	Coaching Points
The game is played as a normal but each player may only have a maximum of three consecutive touches at a time. If they take more than three a free kick is awarded to the opposing team.	Get open early - face the field is possible
	Play the way you're facing
	Get your 1st touch out of feet
	Need quick support
For more competitive players try using only two touches.	



Theme: Four Goal Game	
Organization	Coaching Points
Four mini target goals	Keep depth and width to give option for the switch
If the ball leaves play, you or a ~helper must feed a new ball in immediately	Play the way you're facing
The game is played as a normal without keepers, but each team must defend two goals and attack two goals.	Keep open stance so you can see the switch
	Communication is key - call for the trail and call for the switch
Teams must look to switch the ball quickly to attack the unguarded goal.	Look before you switch

BRITISH SOCCER CAMP CURRICULUM

Full Day - Conditioned Games - Passing



Theme:

Hit the Target in the End Zone

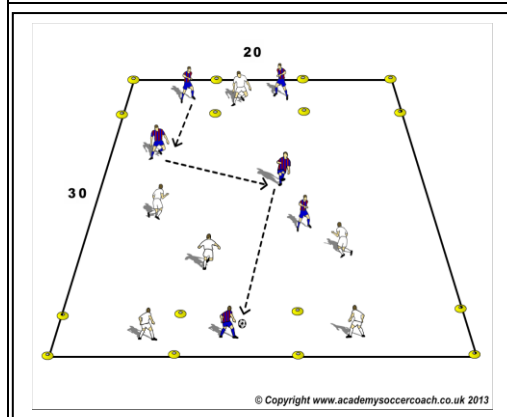
Organization

Two teams play in an area with two end zones (3 - 5 yds wide) marked out. Each team has a target player in the opposite end zone who's job it is to receive the ball from any of his team mates and control it within the zone to score. Once he's received it he then serves the ball in for the other team to start their attack.

Variation - when working on flighted passes condition target to catch the ball in the air.

Coaching Points

Attitude - can we be direct?
Get an open stance - use the width.
Play the way you're facing - the furthestmost attacker can lay the ball off for the supporting player to hit the target.



Theme:

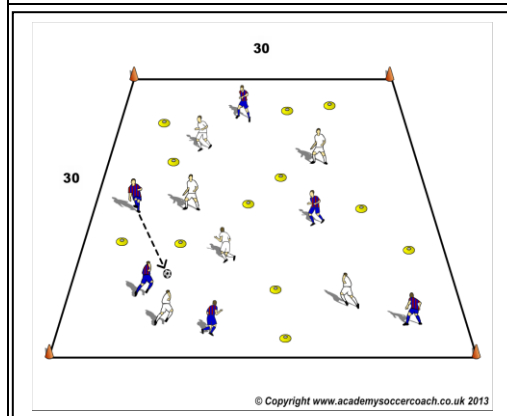
Find Your Team-mate

Organization

As above but now introduce defenders (can have one or two) who try and stop the target receiving the ball. You could reverse the diagram to have two targets v one defender.

Coaching Points

As above but now more important to look up early to see if target's open
Can we be direct



Theme:

6 v 6 Passing Through Gates

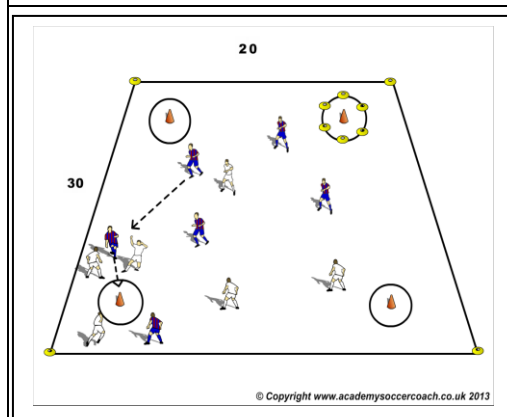
Organization

6 v 6
Set up a number of gates/goals

Team in possession scores a goal by passing the ball through a gate/goal to a team-mate

Coaching Points

Stay spread out - can we switch the play?
Make the ball do the work
Keep an open stance as much as possible
Support quickly
Communication



Theme:

Tower Ball

Organization

Two teams

Place pointed cone within a circle 5 yds in diameter.
Each team defends two circles and attacks two circles - no one is allowed inside the circle.

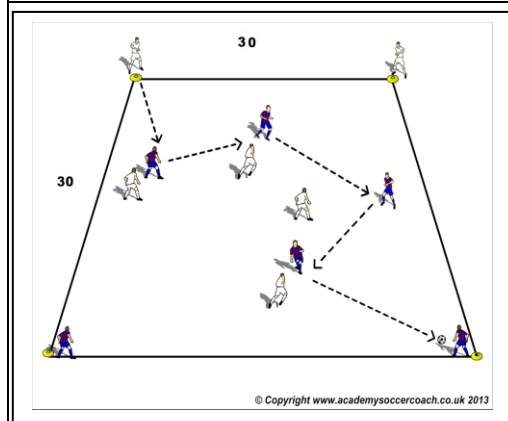
Teams score by passing the ball to knock down a cone (tower)

Coaching Points

Try and spread the play/switch point of attack to attack a goal that's lightly defended.
Need supporting players to back up any pass to knock down a cone.

BRITISH SOCCER CAMP CURRICULUM

Full Day – Conditioned Games - Passing



Theme:

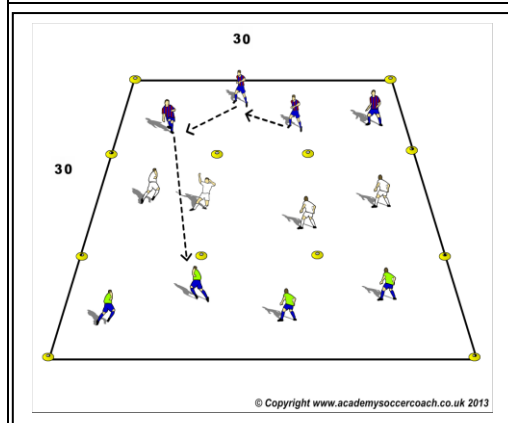
4 v 4 With Two Targets

Organization

Two teams with two targets/servers who stand in the corners.
Team receives ball from one of the servers and then has to try and pass the ball to one of their targets at the opposite end.
They can play the ball back to a server if they can't go forwards.
If ball is lost the team who wins it has to play it back to their server first before getting it back and attacking.

Coaching Points

Targets are conditioned to stay within one yard of the corner cone.
Can we go forward quickly?
Can we receive it with an open stance?
Don't take up the same space e.g. if one goes short the other goes long, if one makes a run to the right the other goes left.



Theme:

4 v 4 v 4

Organization

Three teams of 4
Team in the middle zone has to try and stop the team in possession splitting them with a pass.
If they do block a pass they swap with the team that gave up possession.

Variation - limit number of touches

Coaching Points

Patience - don't force passes
Can we keep possession to try and open up the defending team
Keep an open stance
Keep head up
Can we disguise passes/fake

Theme:

Organization

Coaching Points

Theme:

Organization

Coaching Points

BRITISH SOCCER CAMP CURRICULUM

80 minutes

	Theme:	Warm Up
	Organization	Coaching Points
	Theme:	Unopposed
	Organization	Coaching Points
	Theme:	Opposed
	Organization	Coaching Points
	Theme:	Conditioned Game
	Organization	Coaching Points

BRITISH SOCCER CAMP CURRICULUM

80 minutes

	Theme:	Warm Up
	Organization	Coaching Points
	Theme:	Unopposed
	Organization	Coaching Points
	Theme:	Opposed
	Organization	Coaching Points
	Theme:	Conditioned Game
	Organization	Coaching Points

BRITISH SOCCER CAMP CURRICULUM

80 minutes

	Theme:	Warm Up
	Organization	Coaching Points
	Theme:	Unopposed
	Organization	Coaching Points
	Theme:	Opposed
	Organization	Coaching Points
	Theme:	Conditioned Game
	Organization	Coaching Points

