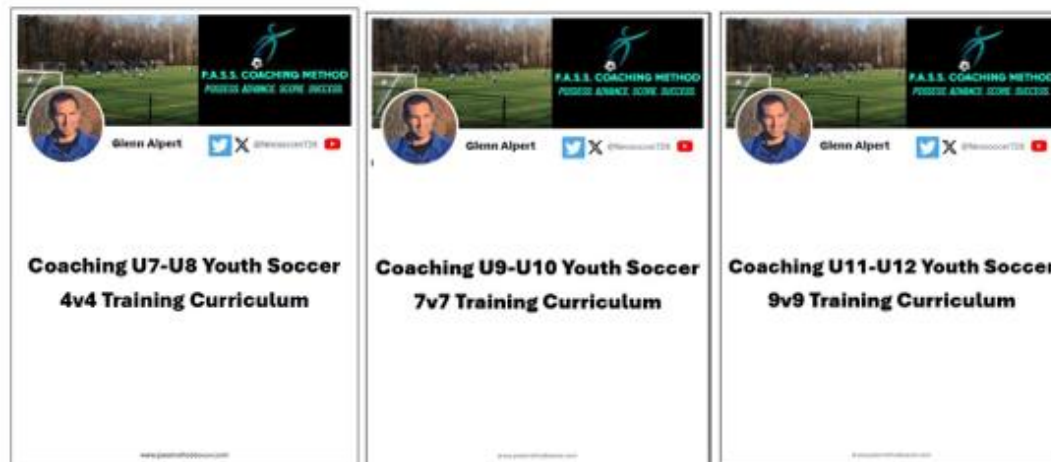




U7-U12 E-Book Content Preview



83 Pages

21 Training Sessions

Coaching U7-U8 Youth Soccer

4v4 Training Curriculum

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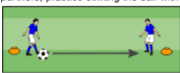

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Session Topic: Instep Striking Technique
Learning Outcome: Shooting
Curriculum Sequence: U7-U8 Session #11

Activity & Field Setup	Coaching Points
Instep Striking Setup: 2 cones about 20-30 steps apart Coach demonstrates instep striking. Players are spaced out in partners, practice striking the ball with instep   <p>Side (approach from the side) Point (toe pointed down dancer) Instep (strike on the instep) Keep plant foot pointed to target</p> <p>Goalie Wars Setup: 2 cone goals about 20 steps apart Players practice striking the ball against each other, playing goalie for each other. The player must shoot from only 1 or 2 steps ahead of their goal line and not advance further. Practice with both feet, right and left. Can also shoot with inside of the foot (same exact technique as passing)</p> <p>Goalie Wars + 1v1 Setup: add 1 field player Goalies cannot come off their line, but may save shots and redistribute to their teammate in the middle. Goalies cannot shoot. May pass back to GK. Rotate positions (GK and field player)</p> <p>Scrimmage (4v4 max size) Incentivize shooting Shot - 1 point Goal - 3 points Can play with larger goals, add GK</p>	<p>Common mistake is players to toe ball, standing directly behind the ball and their foot drags into the ground. Must approach slightly to side (by about 1 step) Players touch point on their foot where the instep is (inside edge of laces) Look where you take a preparatory lower center of balance Shooting with the foot is effective Laser / Lock / T / Swing (accuracy) Side/Point/Instep</p> <p>See the ball as well as the oncoming defender Decide which move to use in advance Decide which side (left or right) Prepare body stance ahead of time</p> <p>Urgency - don't wait to shoot when you have time and space</p>

Standard
Print-Out
Sheet

Curriculum Options:

Standard U7-U8

Foot Skills 6 Core Moves #1
 Foot Skills 6 Core Moves #2
 Dribbling
 Speed Dribbling
 Turning & Shielding
 1v1 Attacking
 1v1 Defending
 Passing
 Receiving
 First Touch
 Shooting
 Scrimmage Day

Advanced U7-U8

3v1
 2v1
 3v2
 4v3
 1v1
 2v2
 3v3
 Review
 4v4 Scrimmage

Standard U7-U8 Curriculum

This is the standard curriculum suitable for most youth soccer players. This sequence of skills can be worked through during the primary soccer season (fall or spring) or any other time of year. The program covers the four primary skills of the game—dribbling, passing, first touch, and shooting—plus individual defending. The Basic Technique Pyramid contains the topics taught in the standard curriculum.



Basic Technique Pyramid

Technical
Print-Out
Sheet

Session Topic	Learning Outcomes	Session Details
Turning & Shielding Age Group: U7-U8 Session #1 Recommended Session Length: 20-30 min Session Explanation: Shielding is a key element of keeping possession of the ball while under pressure. Players who can shield can maintain possession and prevent defenders from disrupting the attack and taking control of the ball. Players also need to learn to turn with a defender on their back to escape from pressure and create into free space. Notes:	Turning Under Pressure Shielding Curriculum Sequence: U7-U8 Session #1 Recommended Session Length: 20-30 min Session Explanation: Shielding is a key element of keeping possession of the ball while under pressure. Players who can shield can maintain possession and prevent defenders from disrupting the attack and taking control of the ball. Players also need to learn to turn with a defender on their back to escape from pressure and create into free space. Notes:	Team Name: _____ Start Time: _____ Coach: _____ Number of Players: _____ Activity Progression: 1. Warm-up of Activation Activity 2. Right Turns 3. Left Turns 4. With the Ball: Left Your Feet 5. Knight's & Queens 6. Scrimmage Equipment Setup: Any down a 20x20 square of cones for the first activity, with cones spaced out inside the box. 1 Ball per player, have cones and pop-up goals ready for later in the session. Adjust spacing for # of players or difficulty level of the activities. Smaller space = more challenge.
Activity 1 Setup: 20x20 sq. field with 1 ball. Cones placed out in training area. Activity Progression: Players dribble forward cones and turn around them quickly. Use right and left foot to dribble and turn. 1. Inside of the foot turn 2. Outside of the foot turn 3. Side turn (same move as 1 & 2) 4. Any surface to turn, into a stop Notes: Shield is also a concept turn that can be used in any situation.	Activity 2 Setup: 20x20 sq. field with 1 ball. Cones placed out in training area. Activity Progression: Players dribble forward cones and turn around them quickly. Use right and left foot to dribble and turn. 1. Inside of the foot turn 2. Outside of the foot turn 3. Side turn (same move as 1 & 2) 4. Any surface to turn, into a stop Notes: Shield is also a concept turn that can be used in any situation.	Activity 3 Setup: 20x20 sq. field with 1 ball. Cones placed out in training area. Activity Progression: Players dribble forward cones and turn around them quickly. Use right and left foot to dribble and turn. 1. Inside of the foot turn 2. Outside of the foot turn 3. Side turn (same move as 1 & 2) 4. Any surface to turn, into a stop Notes: Shield is also a concept turn that can be used in any situation.
Activity 4 Setup: 20x20 sq. field with 1 ball. Cones placed out in training area. Activity Progression: Players dribble forward cones and turn around them quickly. Use right and left foot to dribble and turn. 1. Inside of the foot turn 2. Outside of the foot turn 3. Side turn (same move as 1 & 2) 4. Any surface to turn, into a stop Notes: Shield is also a concept turn that can be used in any situation.	Activity 5 Setup: 20x20 sq. field with 1 ball. Cones placed out in training area. Activity Progression: Players dribble forward cones and turn around them quickly. Use right and left foot to dribble and turn. 1. Inside of the foot turn 2. Outside of the foot turn 3. Side turn (same move as 1 & 2) 4. Any surface to turn, into a stop Notes: Shield is also a concept turn that can be used in any situation.	Scrimmage Setup: Minimum game size should be 4v4. Adjust game field as necessary for players. No Disables necessary for 4v4. Goal number of players: 1+ (keeping ball-time effects) 12-4v4, 1v1 on the side 12-4v4, 2v2 on the side 12-4v4, 3v3 on the side 12-4v4, 4v4 on the side 12-4v4, 5v5 on the side 12-4v4, 6v6 on the side 12-4v4, 7v7 on the side 12-4v4, 8v8 on the side 12-4v4, 9v9 on the side 12-4v4, 10v10 on the side 12-4v4, 11v11 on the side 12-4v4, 12v12 on the side 12-4v4, 13v13 on the side 12-4v4, 14v14 on the side 12-4v4, 15v15 on the side 12-4v4, 16v16 on the side 12-4v4, 17v17 on the side 12-4v4, 18v18 on the side 12-4v4, 19v19 on the side 12-4v4, 20v20 on the side 12-4v4, 21v21 on the side 12-4v4, 22v22 on the side 12-4v4, 23v23 on the side 12-4v4, 24v24 on the side 12-4v4, 25v25 on the side 12-4v4, 26v26 on the side 12-4v4, 27v27 on the side 12-4v4, 28v28 on the side 12-4v4, 29v29 on the side 12-4v4, 30v30 on the side 12-4v4, 31v31 on the side 12-4v4, 32v32 on the side 12-4v4, 33v33 on the side 12-4v4, 34v34 on the side 12-4v4, 35v35 on the side 12-4v4, 36v36 on the side 12-4v4, 37v37 on the side 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82 Training Sessions

7v7 Training Curriculum

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Standard Print-Out Session

Technical Print-Out Session

Session Topic: Inside of Foot & Instep Striking Technique Learning Outcome: Shooting & Scoring Goals Curriculum Sequence: U9-U10 Preseason Training #4		
	Activity & Field Setup	Coaching Points
<p><u>Inside of Foot Striking</u> Setup: Cones 20-30 steps apart</p> <p>Coach demonstrates inside of the foot striking for power</p> <p>Players are spaced out in partners, practice striking with inside of the foot</p> <p>Exact same technique as passing</p> <p>-Laser plant foot pointed to target -Lock the ankle -Top half of ball -Step-Swing half step forward Use hip to swing leg</p>		<p>Striking with inside of the foot is used for higher accuracy</p> <p>Practice with both feet</p> <p>Settle the ball first</p> <p>Accelerate and swing leg harder to generate more power</p> <p>Follow through, step into the leg swing</p>
<p><u>Instep Striking</u> Setup: Cones 20-30 steps apart</p> <p>Coach demonstrates instep striking</p> <p>Players are spaced out in partners, practice striking the ball with instep</p> <p>3 Keys:</p> <p>-Side (approach from the side) -Point (toe pointed down) -Instep (strike on the instep)</p> <p>Still need "Laser" (plant foot to target)</p>		<p>Common mistake is players to toe ball, standing directly behind the ball and their foot drags into the ground.</p> <p>Must approach slightly to side (by about 1 step)</p> <p>Players look point on their foot where the instep is (inside edge of laces)</p>
<p><u>Goalie Wars</u> Setup: 2 cone goals about 20 steps apart</p> <p>Players practice striking the ball against each other, playing goalie for each other. The player must shoot from only 1 or 2 steps ahead of their goal line and not advance further. Practice with both feet, left and right. Can also shoot with inside of the foot (same exact technique as passing)</p> <p>Larger goal: easier Smaller goal: harder</p> <p>Progression: add 1 or 2 attackers</p>		<p>Look where you will shoot take a preparation touch, lower center of gravity, balance</p> <p>Plant foot towards area of goal you want to shoot at</p> <p>Inside: Laser / Lock / Top Step-Swing (accuracy)</p> <p>Instep: Side/Point/Instep (power)</p>

[illegible]

U9	U10
U9-U10 Preseason Themes	U9-U10 Preseason Themes
6 Core Moves & Dribbling	Turning
Speed Dribbling	1v1 Attacking
Turning & Shielding	1v1 Defending & Tackling
1v1 Attacking	1-Touch Passing
Passing & Possession	Playing to Feet or Space
Receiving & First Touch	Moving 1st Touch
Shooting Technique	1st Touch Under Pressure
Review Week & Discovery Scrimmage	Review Week & Discovery Scrimmage
Medium Distance Passing	Attacking in Team Shape
First Touch in Triangles	Principles of Attack
Shooting - Accuracy	Crossing & Finishing
Review Week / Tournament Prep	Review / Tournament Prep
3v1	3v1
2v1	2v1
3v2	3v2
4v3	4v3
1v1	Role of 1st Attacker in 1v1
2v2	Role of 2nd Attacker in 2v2
3v3	Role of 3rd Attacker in 3v3
Attacking Situations Review	Attacking Roles Review in 4v4
4v4 Scrimmage	4v4 Scrimmage
6 Core Moves & Dribbling	1st Defender in 1v1
Turning & Shielding	2nd Defender in 2v2
1v1 Attacking	3rd Defender in 3v3
1v1 Defending	Defending Roles Review in 4v4
Passing & Possession	Principles of Attack
Medium Distance Passing	Transition to Attack
4-Player Rondos	Principles of Defense
Receiving & First Touch	Transition to Defense
First Touch Under Pressure	Marking
Speed Touch (quick first touch)	Clearing
Shooting - 1 Touch finishing	Medium Distance Passing & Possession
Shooting - Far Post & Near Post	Receiving & 1st Touch - Medium Passes
Attacking in Team Shape	Goalkeeper Distribution & buildup
Principles of Attack	Back Third - Switching Patterns
Team Play & Communication	Middle Third - Possession & Changing Point of Attack
	Final Third - 1v1s to create scoring chances
	Final Third - 2-touch finishing
	Final Third - 1-touch finishing



	June 1	June 2	June 3	June 4	June 5	June 6	June 7	June 8	June 9	June 10
John	On	On	On	On	On	On	On	On	On	On
Maria	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On
John	On	On	On	On	On	On	On	On	On	On

Miles into each Program Row(s)

Row(s)	John	Maria	John	John	John	John	John	John	John	John
1	On	On	On	On	On	On	On	On	On	On
2	On	On	On	On	On	On	On	On	On	On
3	On	On	On	On	On	On	On	On	On	On
4	On	On	On	On	On	On	On	On	On	On
5	On	On	On	On	On	On	On	On	On	On
6	On	On	On	On	On	On	On	On	On	On
7	On	On	On	On	On	On	On	On	On	On
8	On	On	On	On	On	On	On	On	On	On
9	On	On	On	On	On	On	On	On	On	On
10	On	On	On	On	On	On	On	On	On	On

Legend:

- Green: On
- Yellow: Off

Summary Statistics:

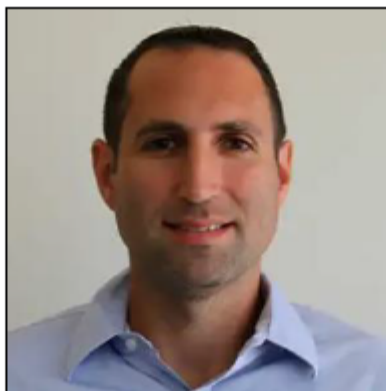
- Total On: 10
- Total Off: 10
- Total: 20
- Average: 2.0

Table:

Miles into each Program Row(s)	Miles into each Program Row(s)	Miles into each Program Row(s)
1	On	On
2	On	On
3	On	On
4	On	On
5	On	On
6	On	On
7	On	On
8	On	On
9	On	On
10	On	On

U11	U12
U11 Preseason Themes	U12 Preseason Themes
High Tempo Passing Receiving & 1st Touch to turn and dribble, pass, or shoot Goalkeeper Distribution - Playing Short Goalkeeper Distribution - Playing Long Back Third - Pattern Switching Back Third - Natural Switching Back Third - Buildup Play Middle Third - Possession & Changing the Point of Attack Middle Third - Attacking the Flank Middle Third- Through Passes Mental Preparation for Competitive Games Review Sessions	High Tempo Passing Receiving & 1st Touch to turn and dribble, pass, or shoot Goalkeeper Distribution - Playing Long or Short Back Third - Passing Back to the Goalkeeper Back Third - Pattern Switching Back Third - Natural Switching Back Third - Buildup Play Middle Third - Possession & Changing the Point of Attack Middle Third - Attacking the Flank Middle Third- Through Passes Mental Preparation for Competitive Games Review Sessions
Final Third - Attacking the End Zone Final Third - Final Pass in the Box Final Third - 1v1 to Score Final Third - 1 or 2 touch finishing	Final Third - Attacking the End Zone Final Third - Final Pass in the Box Final Third - 1v1 to Score Final Third - 1 or 2 touch finishing
3v1 2v1 3v2 4v3 5v4 Role of 1st attacker in 1v1 Role of 2nd attacker in 2v2 Role of 3rd attacker in 3v3 Attacking Roles Review in 4v4 4v4 Scrimmage	Final Third - Crossing Final Third - Breakaways 3v1 2v1 3v2 4v3 5v4 1v1 - Possession under high pressure 1v1 - Sideways on & back to goal situations 1v1 - Beating a defender in tight spaces (intensive)
Principles of Attack Attacking with +1 Numerical Advantage Transition to Attack 1st Defender in 1v1 2nd Defender in 2v2 3rd Defender in 3v3 Defending Roles Review in 4v4 Principles of Defense Transition to Defense Marking Clearing Defending Crosses Defending Breakaways	1v1 - Beating a defender and scoring (intensive) Role of 1st attacker in 1v1 Role of 2nd attacker in 2v2 Role of 3rd attacker in 3v3 Attacking Roles Review in 4v4 4v4 Scrimmage
Goalkeeper Distribution - Playing Short Goalkeeper Distribution - Playing Long Back Third - Pattern Switching Back Third - Natural Switching Back Third - Buildup Play Middle Third - Possession & Changing the Point of Attack Middle Third - Attacking the Flank Middle Third- Through Passes Final Third - Attacking the End Zone Final Third - Final Pass in the Box Final Third - 1v1 to Score Final Third - 1 or 2 touch finishing	Principles of Attack Attacking with +1 Numerical Advantage Transition to Attack 1st Defender in 1v1 2nd Defender in 2v2 3rd Defender in 3v3 Defending Roles Review in 4v4 Principles of Defense Transition to Defense Marking Clearing Defending Crosses Defending Breakaways Goalkeeper Distribution - Playing Long or Short Back Third - Passing Back to the Goalkeeper Back Third - Pattern Switching Back Third - Natural Switching Back Third - Buildup Play Middle Third - Possession & Changing the Point of Attack
	Middle Third - Attacking the Flank Middle Third- Through Passes Final Third - Attacking the End Zone Final Third - Final Pass in the Box Final Third - 1v1 to Score Final Third - 1 or 2 touch finishing Final Third - Crossing Final Third - Breakaways

About The Author



Glenn Alpert began coaching soccer in 2002 and currently holds a USSF B License from the US Soccer Federation (USSF) and a Premier Diploma from United Soccer Coaches (USC). He has coached numerous teams of all levels in Northern Virginia and Maryland and has coached many youth players who have gone on to excel at higher levels of the game.

He is currently a member of the Virginia Youth Soccer Association (VYSA) coaching education staff and has received several coaching awards for club and high school soccer, including the National Capital Soccer League (NCSL) Girls Competitive Coach of the Year Award and the Virginia High School League Patriot District & Occoquan Region Coach of the Year Award.

As a soccer coach and educator, Glenn believes in teaching and coaching the game of soccer to players across a wide range of age groups and skill levels and maintains a global perspective on the technical, tactical, physical, and mental aspects of the game.

Glenn holds an MBA from Johns Hopkins University and a B.S. in exercise science from Salisbury University.



Contact Information

Have feedback or questions?

Social Media contact info: Twitter Direct Message @Neosoccer728

Secondary contact info: E-Mail - Glenn.Alpert728@gmail.com

Future Content:

Companion Videos for the U7-U12 training activities (in progress)

Goalkeeper Training

Summer 2025: 11v11 Curriculum for U13-U14, U15-U16, U17-U19

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