



Wakefield Soccer Club

Spring 2013

U5 Curriculum

Key:

Ball Path:



Player Movement:



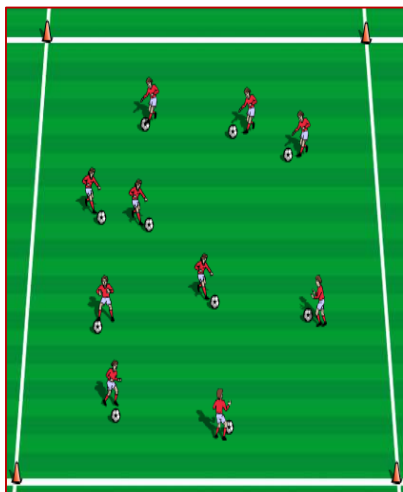
Dribble:



U5 Week 1.

Warm Up: Toe Tappers.

10 Minutes



SET UP: 15x15 Yard Area.

The whole group starts in one corner and the coach puts all the balls in the middle of the area. The coach then tells them we are going to run around to see who can tap the most balls with the bottom of their feet. After 30 seconds the coach then asks the group, on how many soccer balls they touched. Do this with every progression.

PROGRESSION:

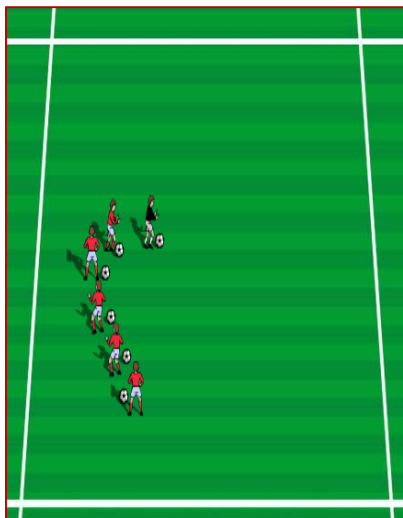
1. Touch each ball twice. (left & right toe taps)
2. Tap the ball with the inside of their feet. (foundations)
3. Jump over ball.

COACHING POINTS:

- Quick feet.
- Look around for spare soccer balls.
- Watch out for others.

Activity 1: Follow the Coach.

15 Minutes



SET UP: 15x15 Yard Area.

The coach dribbles around the area. The players are in a line and must follow wherever the coach goes.

PROGRESSION:

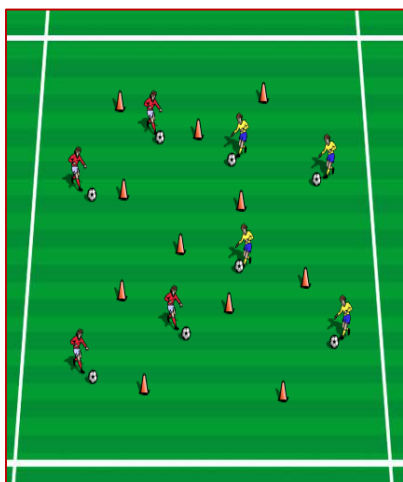
1. The coach should now stop randomly to get the children used to stopping their ball.
2. When we stop the ball, perform 5 toe-taps. Count out with the children.
3. When the coach stops he will call out body parts that the players must touch the ball with before setting off again.
4. Start changing direction using zig-zags and speeding up.

COACHING POINTS:

- Stop the ball using the bottom of your foot.
- Can they keep up with the coach?
- Who can keep the ball close?
- Soft touches.

Activity 2: Domes and Dishes.

15 Minutes



SET UP: 15x15 Yard Area. Randomly place cones both right side and upside down in the area.

Two teams. The reds must dribble their ball and turn cones upside down. The yellows are turning the right way up. After a minute see which team has the most cones upside down or right way up. Play several rounds.

PROGRESSION:

1. Players can only move the ball using the bottom of their feet.
2. Players can only move the ball around using the insides of their feet.
3. Players can only move the ball around using their laces.

COACHING POINTS:

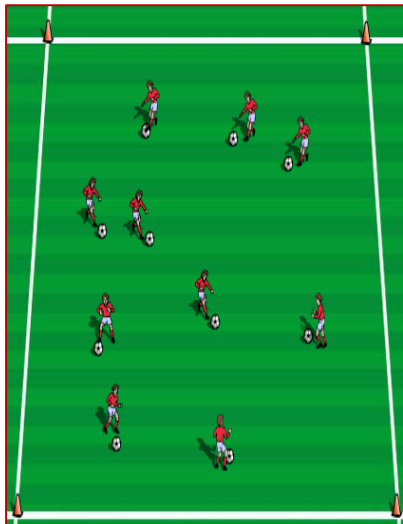
- Keep the ball close as the coach may come along and kick it away.
- Remember to stop the ball before trying to turn over a cone.
- Look around to see cones to turn around and so you don't bump into anyone.

Finish with a game: Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. Reduce stoppages and encourage lots of dribbling. Feel free to help players out or make other players tasks a little harder. Most of all, encourage to the maximum and promote fun. Take regular water breaks.

U5 Week 2.

Warm Up: Hood and Trunk.

10 Minutes



SET UP: 15x15 Yard Area.

Each player has a ball. Players walk balls around area with and on Coach (Sheriff) command; they must put their 'Hood' (head) or 'trunk' (butt) on soccer ball. Then have players jog with the ball.

PROGRESSION:

1. Introduce other car parts – engine=chest, wipers – toe-taps, etc.
2. When dribbling use different speeds: Strip Weathers=Walk, Chick Hicks=Jog, Lightning McQueen=Fast.
3. Introduce Combinations; 'Hood followed by trunk!'

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Use both feet.
- Keep ball close.
- Head up and look around.
- Change direction and speed under control.

Activity 1: Driving Round Town.

15 Minutes



SET UP: 15x15 Yard Area.

Each player has a ball and follows coach's command: Red=Stop, Green=Go, Yellow=Slow. On 'Red' Get players to make a noise and screech to a halt. Last person to stop gets a ticket.

PROGRESSION:

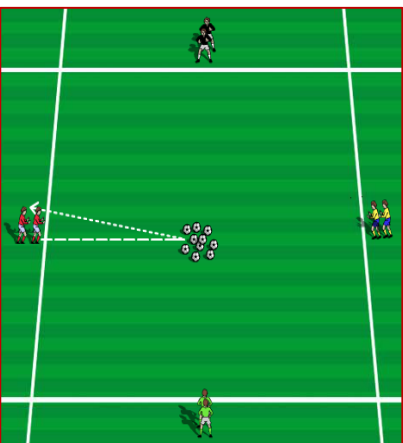
1. Take the speeds from the previous game: Strip Weathers=Slow, Chick Hicks=Medium, Lightning McQueen=Fast
2. Introduce other commands one at a time:
3. Up Hill=Foundations
4. Car Wash=Toe Taps
5. U-Turn=Turn around and go in opposite direction
6. Rotary=Circle the ball
7. Over the Bridge=Stop the ball and jump over it.

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Use both feet.
- Keep ball close.
- Head up and look around.
- Change direction and speed under control.

Activity 2: Car Pound.

15 Minutes



SET UP: 15x15 Yard Area. More balls than player in centre.

The coach shouts go and the players must run and take a ball from the centre, dribbling it back and putting to the back of their line. One player and one ball at a time. Tag your partner before they can go. The team with the most balls when all are collected from the centre wins.

PROGRESSION:

1. Players must now take their balls back one at a time to the center. The team to do this quickest wins. As before, one player and one ball at a time.
2. Use various methods of collecting and dribbling the ball. E.G. Hop to the balls. Dribble back using bottom of feet only.

COACHING POINTS:

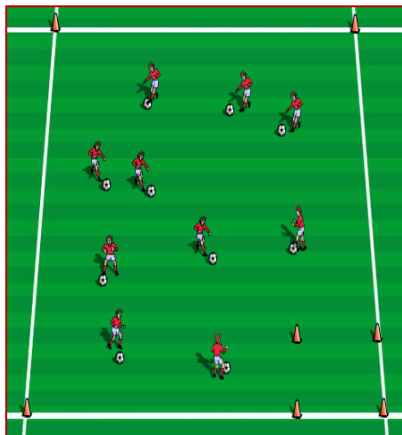
- Try to have touches that are a little bigger.
- Watch out for cheaters. Players kicking ball to the end/taking two balls/two going from one team at the same time!

Finish with a game: Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. Reduce stoppages and encourage lots of dribbling. Feel free to help players out or make other players tasks a little harder. Most of all, encourage to the maximum and promote fun. Take regular water breaks.

U5 Week 3.



Warm Up: Penny Chase.



10 Minutes

SET UP: 20x20 Yard Area with a 3x3 box in the corner.

All players have a penny tucked into the back of their shorts. Pick a player to be the chaser who tries to grab the pennies from the players and place them in the area coned off in the corner. If players has their penny taken, they join the chaser. The winner is the last person to be caught.

PROGRESSION:

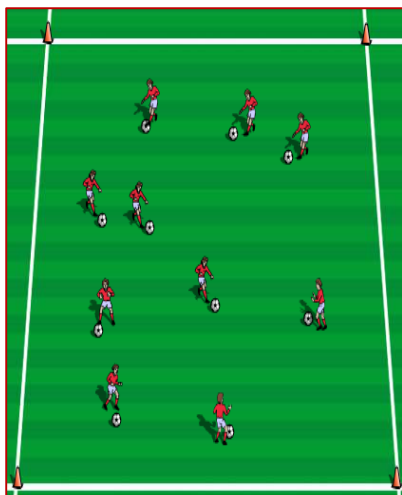
1. Now all players play the game but now with a ball at their feet.
2. Now the chaser tries to steal soccer balls and place them in the corner.

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Look around for the chasers.
- Use both feet.
- Keep ball close.

Activity 1: Sponge Bob Says.

15 Minutes



SET UP: 20x20 Yard Area.

Each player has a ball and moves around Bikini Bottom. Coach (SpongeBob) shouts various instructions - If coach command is preceded by "SpongeBob says" then players must carry it out, if not the player ignores the command and continues to move around Bikini Bottom. Use commands to work on coordination and balance as well as touches on the ball – throw ball up and catch, touch with inside of foot, touch with outside of foot, toe touches, foundations, etc.

PROGRESSION:

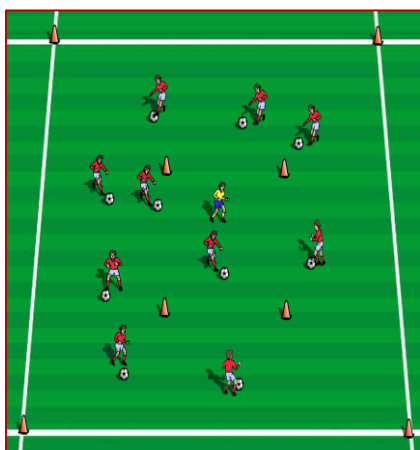
1. Make the commands quicker.
2. Increase difficulty of command – e.g. toe taps around the ball.

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Teach them to listen and follow direction.
- Use both feet.
- Keep ball close.

Activity 2: Sponge bob Says.

15 Minutes



SET UP: 20x20 Yard Area with 10x10 box in the middle.

Each player has a ball. Set up a square (use lots of cones to clearly mark out) in middle of playing area. Select a Plankton and place plankton (wearing a penny) inside square. Players begin by carrying ball and trying to run across square without being tagged to get a point. Plankton is not allowed out of square but gets a point every time they touch a player. Rotate the plankton player after a minute.

PROGRESSION:

1. Players dribble ball.
2. Player has to dribble in and turn out of square to get a point.

COACHING POINTS:

- Go through the central area quickly, keeping ball protected and close.
- Keep yourself between the ball and defender.
- Change speed and direction.

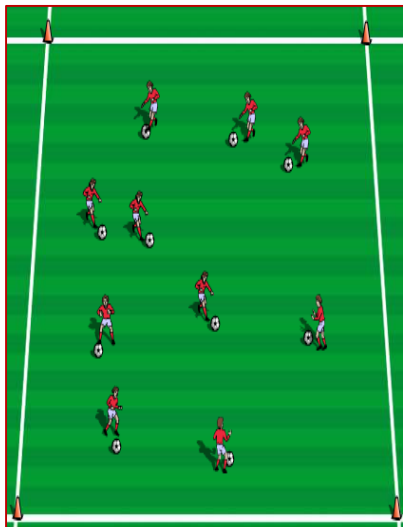
Finish with a game: Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. Reduce stoppages and encourage lots of dribbling. Feel free to help players out or make other players tasks a little harder. Most of all, encourage to the maximum and promote fun. Take regular water breaks.

U5 Week 4.



Warm Up: Stuck in the Tank.

10 Minutes



SET UP: 20x20 Yard Area.

Each player has a ball. Coach is fisherman and he is looking to add more fish to his collection. The fisherman has to touch the top of a player's ball to freeze them. When player is tagged they pick their ball up, hold it high above their head and yell 'help help I'm stuck in the tank!' Another player comes along and must crawl through players' legs to release them.

PROGRESSION:

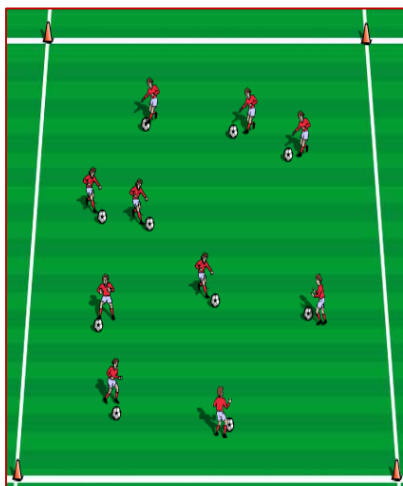
1. Roll ball through legs to release.
2. Add fishermen.

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Teach them to listen and follow direction.
- Use both feet.
- Keep ball close.
- Head up and look around.
- Can they help their friends?

Activity 1: Super Hero Masks.

15 Minutes



SET UP: 20x20 Yard Area.

Each player has a ball. Their first task is to collect a cone and wear it as a hat which gives them incredible super powers. Can they dribble their ball around wearing a super power hat?

PROGRESSION:

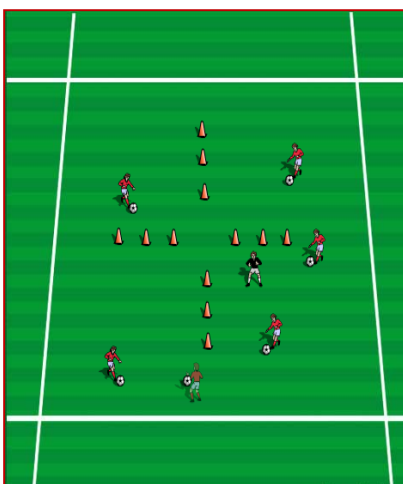
1. Switch hats with a friend.
2. Turn with ball.
3. On coach's command "the bad guys are coming", get to one corner of side as quickly as possible to be safe.

COACHING POINTS:

- Awareness of area – can they stay inside coned area.
- Teach them to listen and follow direction.
- Use both feet.
- Keep ball close.
- Head up and look around.

Activity 2: Walk the Plank.

15 Minutes



SET UP: 20x20 Yard Area. Create a slalom of cones.

Players are being chased by the Coach Pirate. Each player has a penny (treasure) in their hand. If the coach tags them they surrender over their treasure. The coach puts the treasure in the box (treasure chest) and the only way they player can get it back is dribbling in and out of the cones and then pick their treasure up again.

PROGRESSIONS

1. Players must perform 10 toe taps/foundations before retrieving treasure.
2. Pick 1-2 players to be pirates instead of the coach.
3. Players must go in and out of the cones but only use the bottom of their feet.
4. Players must go in and out of the cones but only use the outside of their feet.

COACHING POINTS

- As above.

Finish with a game: Have a supply of balls at the side to keep the game flowing. NO RULES; no throw in's, corners, goal kicks or punting. Limit stoppages. Reduce stoppages and encourage lots of dribbling. Feel free to help players out or make other players tasks a little harder. Most of all, encourage to the maximum and promote fun. Take regular water breaks.

Repeat weeks 1-4.

For week 9, Use favourite activities.