



SOCCKER FOR SUCCESS **CURRICULUM**

———— GRADES K-2 | AGES 6-8 | LEVEL 1 ————



WEEK 1: PREPARATION SHEET



SOCCER OBJECTIVES

BY THE END OF THE WEEK, PLAYERS WILL BE ABLE TO:

- Understand the different parts of the foot used to dribble and control the ball
- Understand the technical concepts of running with the ball

SOCCER TEACHING POINTS

DAY 1: DRIBBLING: BALL CONTROL

- Explain that the laces, inside, outside, and sole of the foot can all be used to control the ball
- Show how to keep the foot pointed down, knees bent, and arms out for balance

DAY 2: DRIBBLING: RUNNING WITH THE BALL

- Have participants take quick little steps when dribbling, using the outside of foot or shoelaces to dribble (pinky toe)
- Have participants keep their head up (eyes up) to know what's around them

NUTRITION OBJECTIVES: HEALTHY BODIES

BY THE END OF THE WEEK, PLAYERS WILL BE ABLE TO:

- State the difference between anytime and sometimes foods
- State that anytime foods are those that can be eaten every day, while the consumption of sometimes foods should be limited

NUTRITION TEACHING POINTS

DAY 1: ANYTIME VS. SOMETIMES FOODS

- Introduce the *Soccer for Success* season and the goal to develop soccer skills and healthy habits
- Explain that anytime foods are always healthy and can be consumed with every meal, while sometimes foods are less healthy and should be consumed in moderation
- Distinguish between anytime foods and sometimes foods

DAY 2: FUELING OUR BODIES

- Explain that soccer players should try their best to maintain healthy bodies
- Have participants name athletes or people that they think are healthy role models

COACH-MENTOR BLUEPRINT



MAKING THE CONNECTION

The first two weeks of your season are focused on making the best possible first impression and *Putting Your Best Foot Forward*. Ways to do this include:

- Learn names
- Be positive
- Ask questions
- Use inclusive language
- Make yourself available before and after practice

WEEK 1: DAY 1

SOCCER TEACHING POINTS: DRIBBLING: BALL CONTROL

- Explain that the laces, inside, outside, and sole of the foot can all be used to control the ball
- Show how to keep the foot pointed down, knees bent, and arms out for balance

NUTRITION TEACHING POINTS: HEALTHY BODIES: ANYTIME VS. SOMETIMES FOODS

- Introduce the *Soccer for Success* season and the goal to develop soccer skills and healthy habits
- Explain that anytime foods are always healthy and can be consumed with every meal, while sometimes foods are less healthy and should be consumed in moderation
- Distinguish between anytime foods and sometimes foods

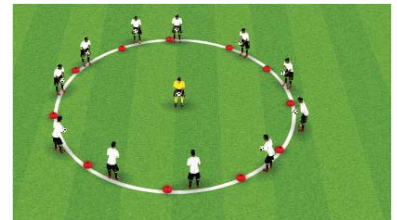
SCHEDULE

- 1.) STAFF SET-UP (15 MIN.)
- 2.) WARM-UP & OPENING CIRCLE (10 MIN.)
- 3.) ACTIVITY 1 (15 MIN.)
- 4.) ACTIVITY 2 (15 MIN.)
- 5.) SCRIMMAGES (10-25 MIN.)
- 6.) COOL DOWN (5 MIN.)
- 7.) CLOSING CIRCLE & CHEER (5 MIN.)
- 8.) STAFF DEBRIEF (15 MIN.)

ACTIVITY 1 (15 MIN.): I CAN DO THIS, CAN YOU?

Set-Up: multiple disc cones - 20 yd. diameter circle, 1 soccer ball per player

- Players line up on circle facing coach in the middle of circle, coach demonstrates a simple movement and asks players to try it in the circle for 30 seconds
- After 30 seconds, players return to the circle and coach chooses another simple movement or dribble
- Some examples of movements include skipping, hopping, jumping, twirling, bouncing the ball with 1 or 2 hands, tossing and catching the ball with 1 or 2 hands, tossing the ball and clapping hands before catching the ball, dribbling with different parts of the foot: inside, outside, laces, bottom



PROGRESSION SUGGESTIONS

- No soccer balls
- Add soccer ball in hands
- Add soccer ball at feet for movements/dribbling

COACHING POINTS

- Soccer: Use different parts of the foot to control and dribble a soccer ball, begin with inside of the foot and laces, advance to outside and bottom of the foot

ACTIVITY 2 (15 MIN.): DOORWAYS

Set-Up: multiple disc cones - 20 yd. diameter circle, 16 disc cones for 8 "doorways", half of the doorways are 1 color of cones, the other half are another color, doorways are formed by 2 disc cones placed 3 yards apart, 1 soccer ball per player

- Place 8 doorways (or more) randomly inside grid, 1 doorway color represents anytime foods, the other represents sometimes foods
- *Phase 1:* Players dribble inside the grid and must go through doorways to score a point
- Players accelerate when coach calls out an anytime food
- Players move in slow-motion when coach calls out a sometimes food
- *Phase 2:* Identify half of the doorways as sometimes foods and half as anytime foods
- When coach calls out an anytime food, players go through the corresponding doorways, and vice versa for a sometimes food



PROGRESSION SUGGESTIONS

- No soccer ball, run through doorways
- Chase/tag partner going through doorways
- When dribbling through doorway, players must attempt to do a move

COACHING POINTS

- Soccer: Take quick little steps, keep the foot pointed down, knees bent, and arms out for balance
- Nutrition: Review the different types of anytime and sometimes foods mentioned

WEEK 1: DAY 2

SOCCER TEACHING POINTS: DRIBBLING: RUNNING WITH THE BALL

- Have participants take quick little steps when dribbling, using the outside of foot or shoelaces to dribble (pinky toe)
- Have participants keep head up (eyes up) to know what's around them

NUTRITION TEACHING POINTS: HEALTHY BODIES: FUELING OUR BODIES

- Explain that soccer players should try their best to maintain healthy bodies
- Have participants name athletes or people that they think are healthy role models

SCHEDULE

- 1.) STAFF SET-UP (15 MIN.)
- 2.) WARM-UP & OPENING CIRCLE (10 MIN.)
- 3.) ACTIVITY 1 (15 MIN.)
- 4.) ACTIVITY 2 (15 MIN.)
- 5.) SCRIMMAGES (10-25 MIN.)
- 6.) COOL DOWN (5 MIN.)
- 7.) CLOSING CIRCLE & CHEER (5 MIN.)
- 8.) STAFF DEBRIEF (15 MIN.)

ACTIVITY 1 (15 MIN.): PELE SAYS

Set-Up: 4 cones - 20 x 20 yd. grid, 1 soccer ball per player

- Players in half circle around coach-mentor, respond to directive
- Players should only follow directive if it starts with "Pele Says"
- Players who go at wrong time must perform exercise (ex. star jumps, jumping jacks, etc.)
- Some examples of movements include skipping, hopping, jumping, twirling, bouncing the ball with 1 or 2 hands, tossing and catching the ball with 1 or 2 hands, tossing the ball and clapping hands before catching the ball, dribbling with different parts of the foot: inside, outside, laces, bottom
- Mentor Moment: Choose players to lead new movements or repeat old movements
- Introduce basics of ball mastery moves (See Appendix D: Ball Mastery Moves)



PROGRESSION SUGGESTIONS

- Add soccer ball in hands
- Add soccer ball at feet for movements/dribbling
- Increase complexity of movements/dribbles
- Allow players to swap Pele for their favorite player

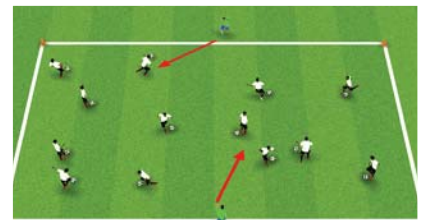
COACHING POINTS

- Soccer: Use different parts of the foot to dribble

ACTIVITY 2 (15 MIN.): ZAPPED

Set-Up: 4 cones - 20 x 20 yd. grid, 2 pinnies, 1 soccer ball per player, 2 "zappers" (taggers - no ball)

- 2 zappers outside grid wearing pinnies, soccer players dribbling inside grid
- 2 zappers choose names of sometimes foods
- When coach says "Go!", zappers "zap" (tag) as many players as possible
- A zapped player is frozen and must hold ball above head, feet spread apart
- Other players may unfreeze a zapped player by dribbling the ball between frozen player's legs
- Play 30-second, 60-second, and 2-minute games and rotate the zappers



PROGRESSION SUGGESTIONS

- No soccer balls
- Adds soccer balls in hands
- Soccer balls must be dribbled
- Add/decrease number of zappers

COACHING POINTS

- Soccer: Keep head up to see zappers and open spaces, take quick little steps, use the outside of the foot or shoelaces (pinky toe) to dribble
- Nutrition: Encourage players to fuel their bodies with anytime foods

WEEK 1: GAME DAY

GAME DAY SCHEDULE

1. STAFF SET-UP (15 MIN.)
2. WARM-UP & OPENING CIRCLE (10 MIN.)
3. SCRIMMAGES (40 - 55 MIN.)
4. COOL DOWN (5 MIN.)
5. CLOSING CIRCLE & CHEER (5 MIN.)
6. STAFF DEBRIEF (15 MIN.)

***Soccer for Success* PROMOTES GAME DAY - OR SMALL-SIDED GAMES - TO COMPLEMENT THE PRACTICE SESSIONS EACH WEEK.**

The goals of Game Day are to 1.) promote a love of soccer and active living, 2.) allow players to practice skills they are learning in a challenging environment, 3.) infuse the spirit of healthy competition, and 4.) reinforce the concepts of fair play and sportsmanship.

To keep players moving and engaged, full 11v11 games are not recommended. A list of *Soccer for Success* Game Day recommendations are provided in the chart below. Additionally, to reduce stoppage time, the Continuous Play Model should be used. To implement the Continuous Play Model, coach-mentors should use all available soccer balls, keeping 1-3 coach-mentors stationed around the field with extra balls in hand. When the ball goes out of bounds, announce "New ball!" and roll a new ball onto the field.

***Soccer for Success* GAME DAY RECOMMENDATIONS**

RECOMMENDATIONS	LEVEL 1: K-2 ND	LEVEL 2: 3 RD -5 TH	LEVEL 3: 6 TH -8 TH
FIELD SIZE	30 X 20 YDS	50 X 30 YDS	50 X 30 YDS
BALL SIZE	3	4	5
NUMBER OF PLAYERS ON THE FIELD	4V4	7V7	7V7
PLAYER TIMES (QTRS/HALF X MIN)	4 X 8	2 X 25	2 X 30
GOAL SIZE	4 X 6	4 X 6	4 X 6
GOALKEEPERS	NO	NO	NO
HEADING	NO	NO	NO
CO-ED TEAMS	YES	YES	YES

For examples of a small-sided format, plus additional game-like activity variations, see *Appendix C: Game Play*