

UK International Soccer Camps Online Curriculum

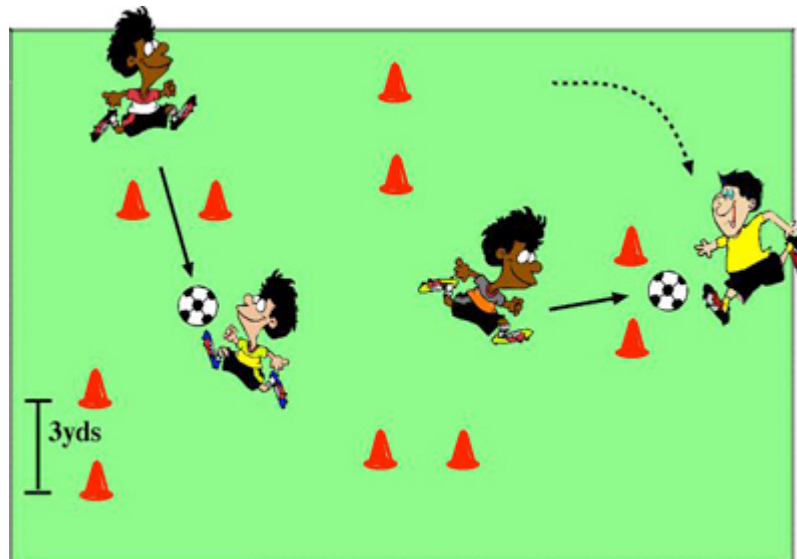
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Session Detail

WARM UP: Gate Ball



Exercise Objective

Passing with movement.

Set out a 30x30 playing area.

Organisation

Have players spread out and split players into pairs with one ball for each pair. Place cones inside the grid making small goals, make sure you have more goals than pairs. Each pair counts how many goals they can score by passing the ball through the goal to their partner. After each goal, the pair must move to another goal to score again.

Progression

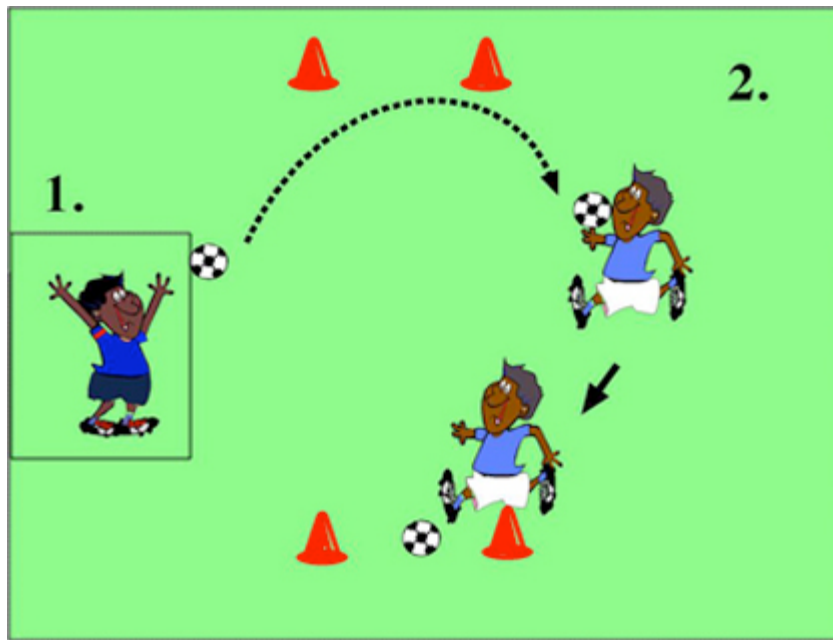
Progress this exercise by using a time limit. After each time, ask players to beat their previous score by moving faster, using better skill and better communication to score more goals in the same time limit.

Use of controlling surfaces (foot, thigh, chest) do not just use any part of the body. Move into line with the ball in time to receive it - Soft control.

Coaching Points

Read the speed and trajectory of service, be willing to move forward or back to receive. Prepare the ball to space or away from defenders. Let the ball come across the body to open out.

**TECHNIQUE
WITH
PASSIVE
PRESSURE:
T Junction**



**Exercise
Objective**

Controlling the ball under pressure

Organisation

Set out 15x10 yard playing areas.

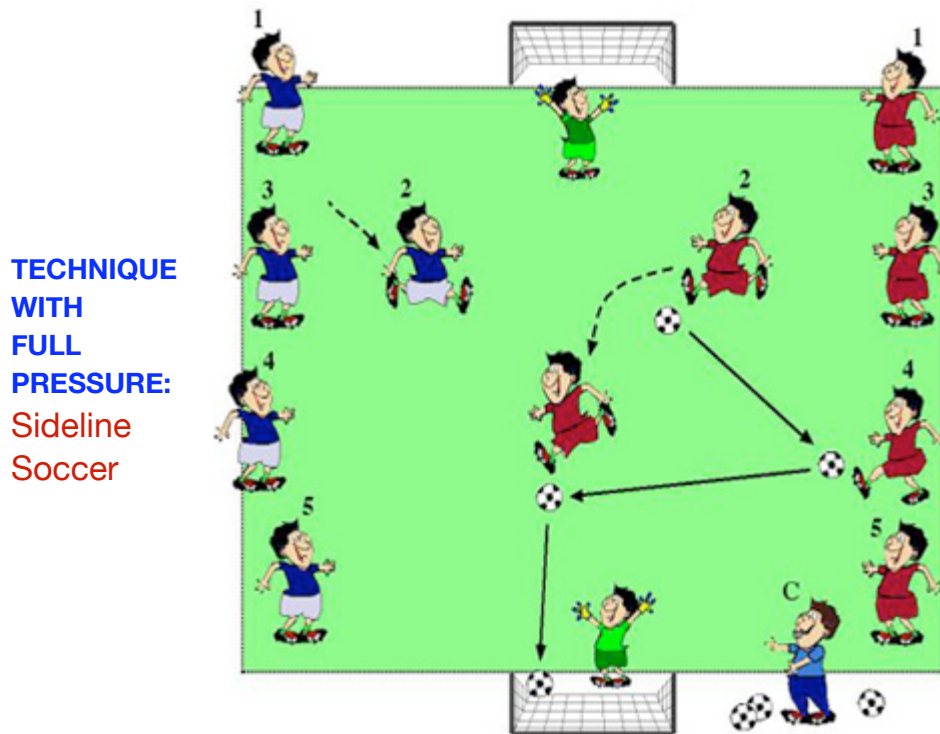
Players work in pairs one ball per pair. Two small goals are set up 15 yards apart and a service line is marked at right angles 10 yards away. Player 1 serves the ball to player 2 as a throw-in. Player 2 controls the ball in that direction of the goal he wants to go through.

Progression

Develop the drill by once player 1 has served the ball he is live as a defender and attempts to prevent player 2 achieving his objective.

Coaching Points

Use of controlling surfaces, do not just use any part of the body
Get in line with the ball and move towards the ball to control "check in"
Control the ball towards space, away from defenders or towards the goal
Control ball on back foot if looking to open out



Exercise Objective

Controlling to score

Organisation

Mark out two goals facing each other on a pitch approximately 30 x 30 yards.

The group is split into two teams and each player on the team is given a number. The players are positioned on the sidelines facing each other. The players should spread out along the line. Two players should be used as designated goalkeepers and do not have a number. The coach stands in a position where he can feed balls in to the grid. The coach calls out a number. If the coach calls out the number '1', the numbers 1s from each team run into the middle to compete 1v1 and try to score on their designated goal. Progress the exercise by allowing the players to use their team mates on the side to play a wall pass.

Progression

Read the service and move into line with the ball

Select controlling surface early and adjust body accordingly

Coaching Points

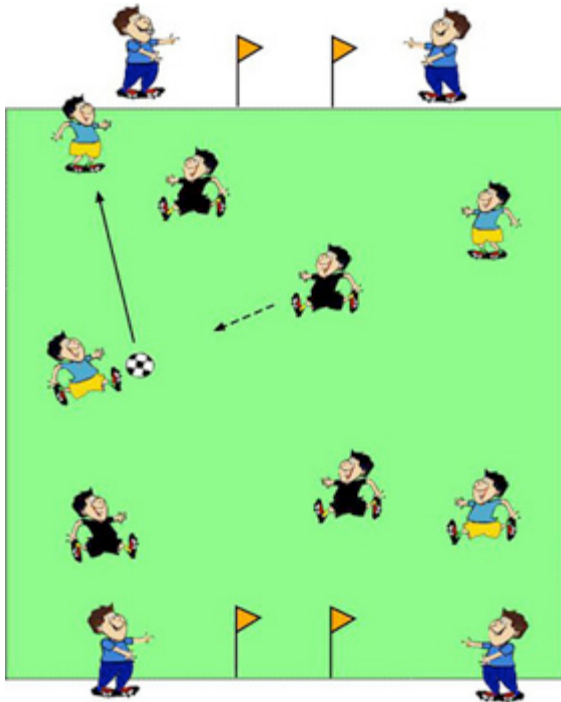
Check in or check out to lose any defenders by creating passing angles or options

Control into space or towards the goal if that is an option (Prepare the ball)

If defender is tight control and protect the ball

Attitude to beat the defender with 1st touch or on the turn

**SMALL SIDED
GAME:
Bumper Ball**



**Exercise
Objective**

Getting used to playing a game

Organisation

Make the coned area 40 x 30 yards.

Place two cones or flags as goals at each end. Place the players into two teams with one team in bibs. Explain which team defends which goal, so players know which way to attack. Ask the parents to stand on the endline and if the ball goes over the line to tap it back into play so we do not have to teach corners and goal kicks and the game flows better.

Progression

Let the game be the teacher

Coaching Points

Make sure the players are going to the correct goal to score
Encourage the topic you have been attempting to teach that day

"The Best Possible Soccer Experience"

