



CURRICULUM U10 - U12



First Touch Soccer

PREPARED FOR: AYSO REGION 5



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Season **CURRICULUM**

Session Structure

0-10 Mins	Warm Up
10-15 Mins (5 Mins Max)	Drinks Break
15-25 Mins	Activity One
25-30 Mins (5 Mins Max)	Drinks Break
30-40 Mins	Activity Two
40-45 Mins (5 Mins Max)	Drinks Break
45-60 Mins	Scrimmage





Season **CURRICULUM**

WARM-UP



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4-13

Juggling

Written by First Touch Soccer

Set Up



10 mins



10 players



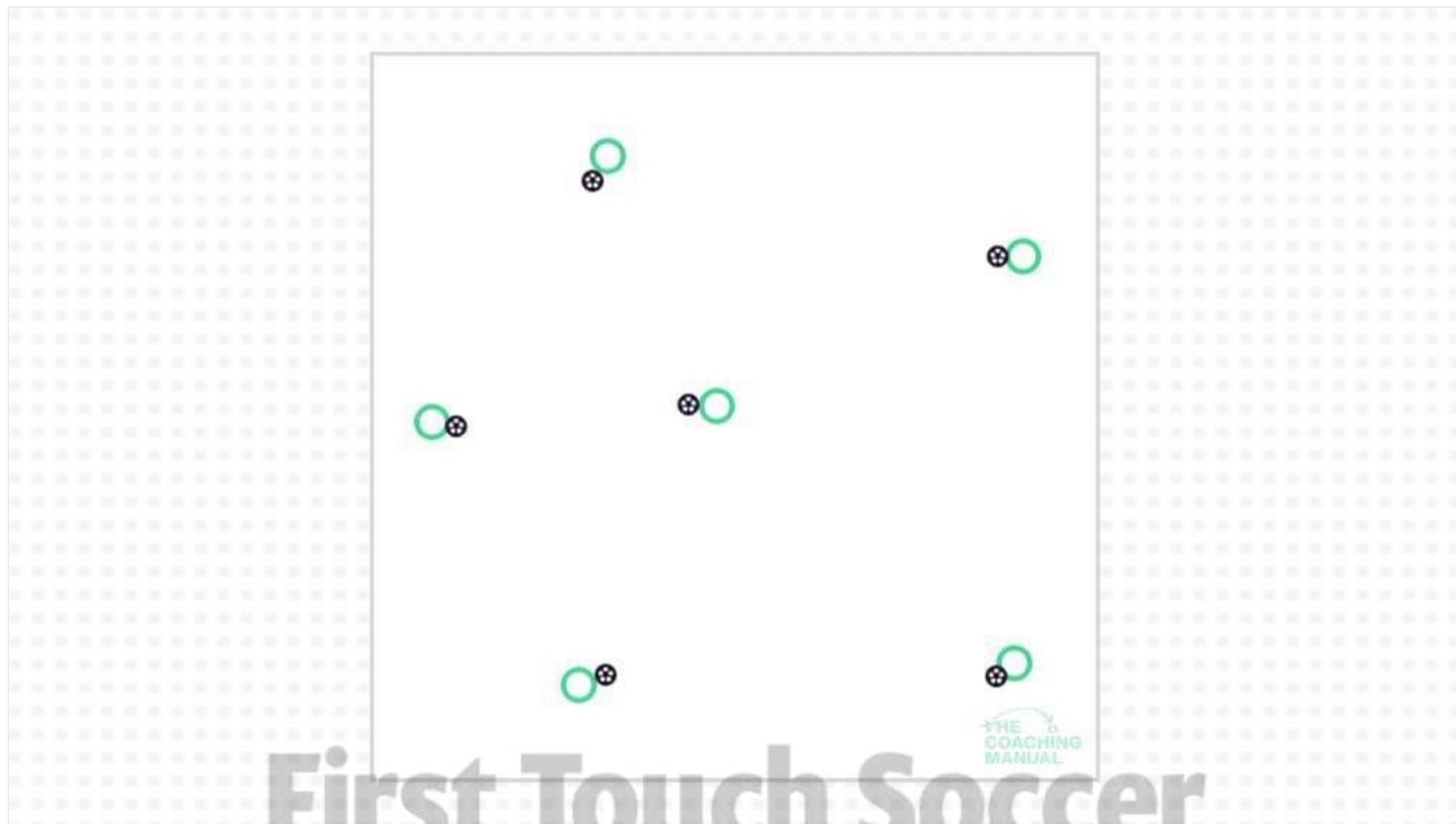
10 balls



8 cones



30x30 area



Organization

Each player has a ball and finds their own space within the 30x30 area.

Activity

They will then attempt to juggle the ball in their space. Players drop the ball from their hands and attempt to kick it upwards in order to catch it.

Coaching Points -

- Use laces
- Point toes up to keep ball close
- When using the thigh, keep the knee high so the ball stays close

Progressions

- Two, three, four etc...juggles
- Thigh and foot
- Alternating feet

4-13

Ball Mastery

Written by First Touch Soccer

Set Up



12 mins



12 players



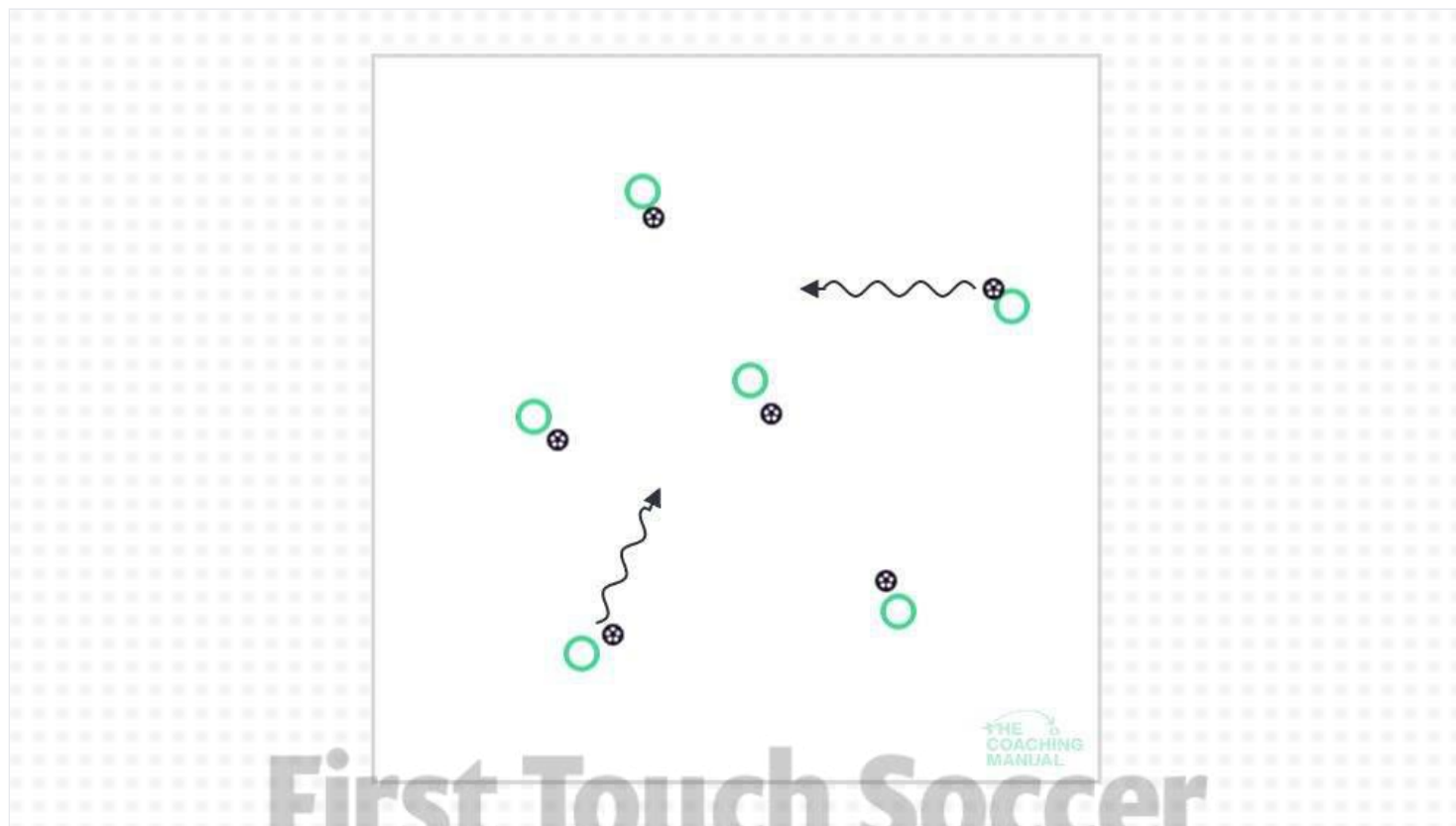
12 balls



8 cones



30x30 area



Organization

30x30 area, players with a ball each.

Activity

Players dribble their ball around the area. The three basic rules are - don't leave the area, don't bump into anyone and don't stop until the coach says stop. As the players move around the area, the coach sets out certain demands for the players including: non-dominant foot only, sole rolls, toe taps, bells, inside-outside, juggles on the spot, scissors, step overs, drag back, Cruyff turn.

Coaching Points

- Small touches
- Head up
- Balance
- Use both feet

Progressions

- Each new activity/demand should act as a progression.
- Increase competitive element by making players count their touches and compare with teammates.

8-16

Technical Activity

Written by First Touch Soccer

Set Up



10 mins



10 players



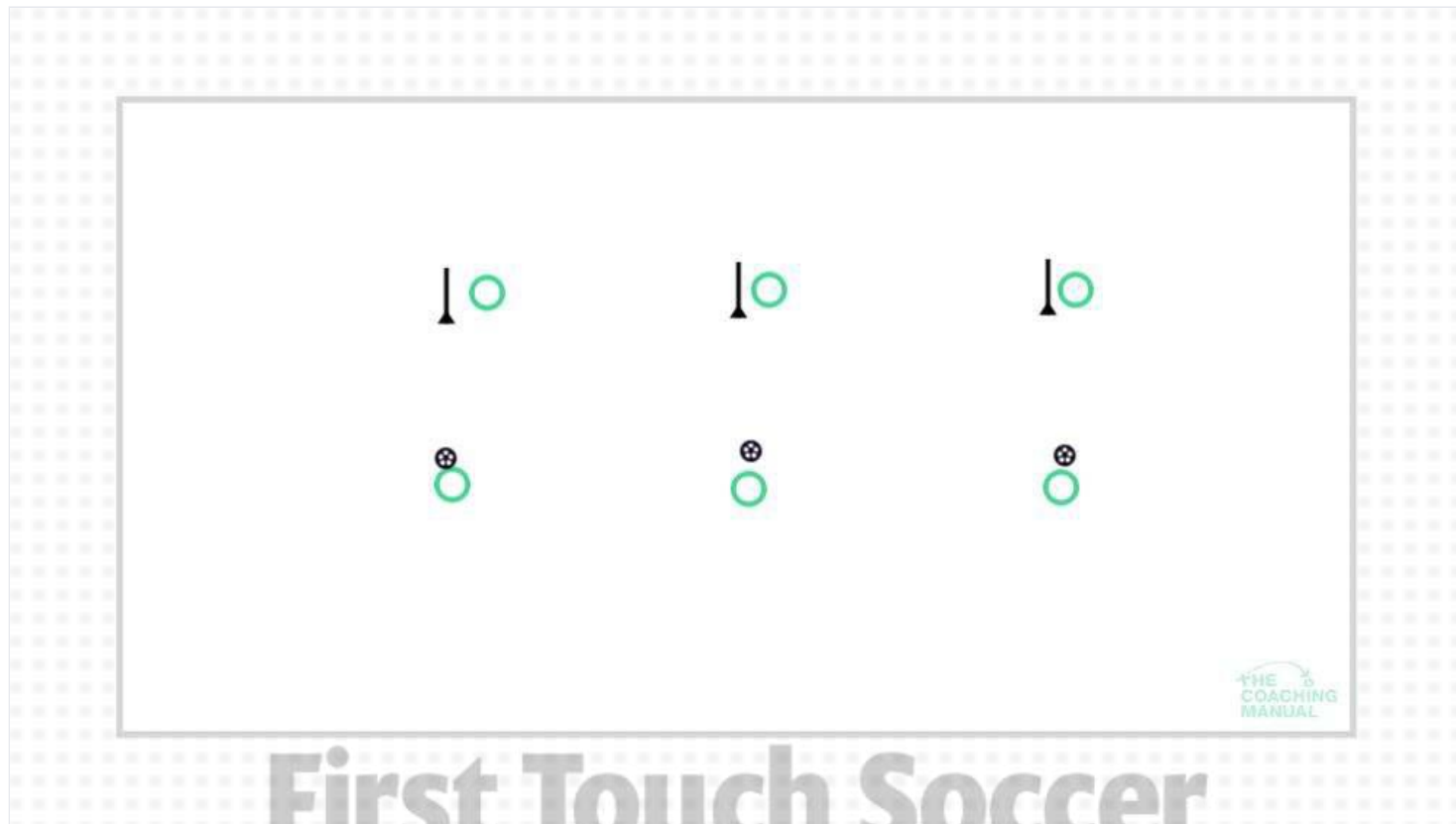
5 balls



5 cones



30x40 area



Organization

30x30 area. Players get into pairs, poles or cones laid out as markers for each pair.

Activity

In pairs, players work on a number of different techniques using a pole or cones as a marker. One player acts as the server, while the other player returns the ball. Activities include - passing (one and two touch) around the marker, side foot and laces volleying, chest or thigh control and volley return.

Coaching Points

- On your toes
- Use correct technique for each technical activity

Progressions

- Increase intensity
- Pairs move further away from each other
- Add in extra touches



Season **CURRICULUM**

WEEK 1

DRIBBLING



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4-13

Passing/Dribbling in Threes

Written by First Touch Soccer

Set Up



15 mins



9 players



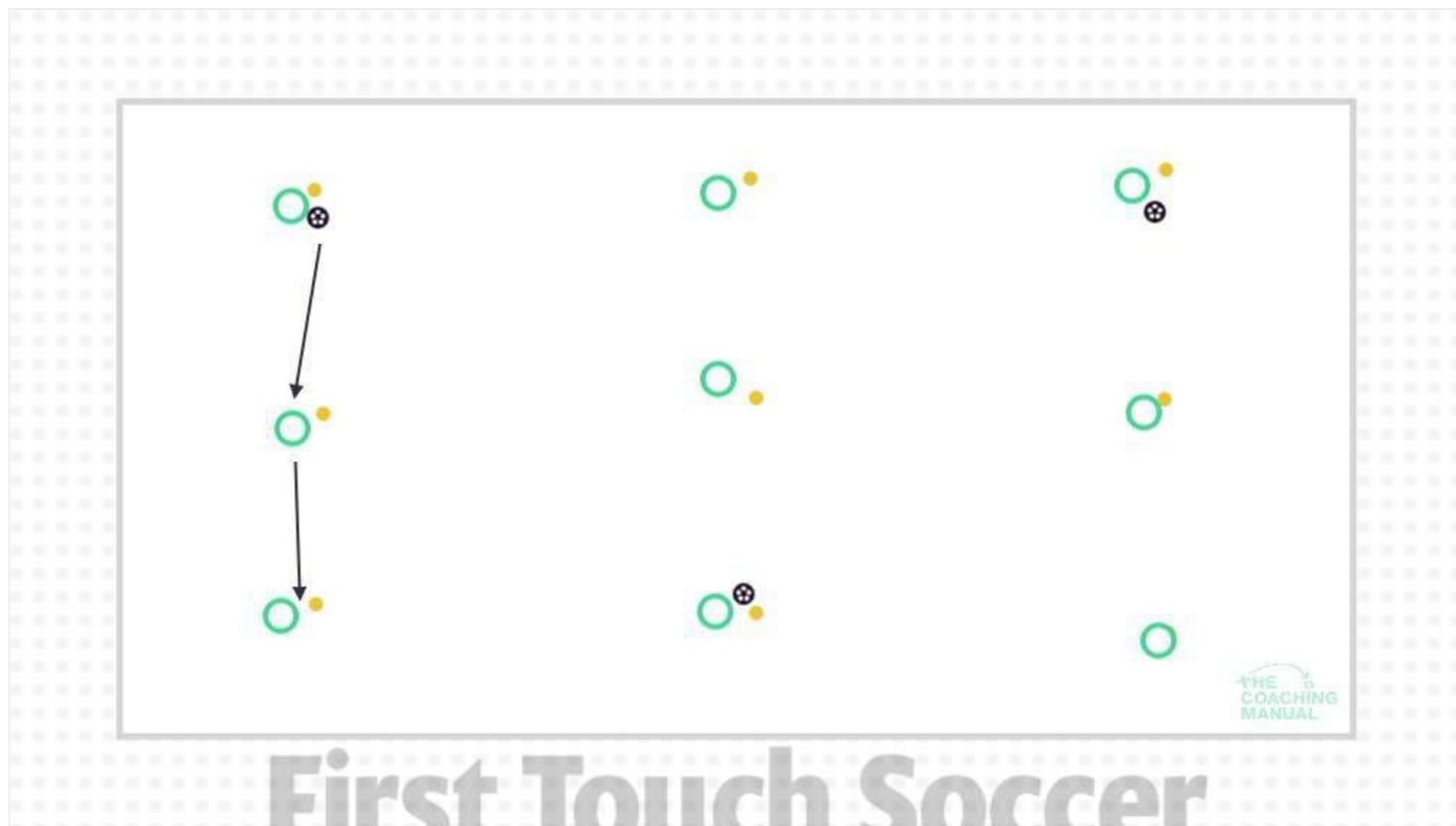
9 balls



9 cones



30x40 area



Organization

30x40 area, players split into groups of three. Three cones/poles set up in a straight line with one player on each.

Activity

Players pass the ball from the player at one end to the player in the middle who turns and plays the ball to the opposite end.

Emphasis should be placed on playing on the half turn and receiving on back foot.

Coaching Points

- Movement away from cone/pole
- Checking & Scanning
- Receive on back foot
- Use both feet
- Open body shape

Progressions (Passing)

- Follow your pass so that everyone is now on the move.
- Add in a one-two.
- One player moves, passes the ball to one end, runs around the player in possession and then has them release into their path for the next pass.

Alternatively, this activity can be used as a dribbling exercise, where the players must dribble from one end to the other.

Progressions (Dribbling)

- Use non-dominant foot
- Inside/Outside
- Move using bells or toe taps

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4-12

Relay Race

Written by First Touch Soccer

Set Up



15 mins



12 players



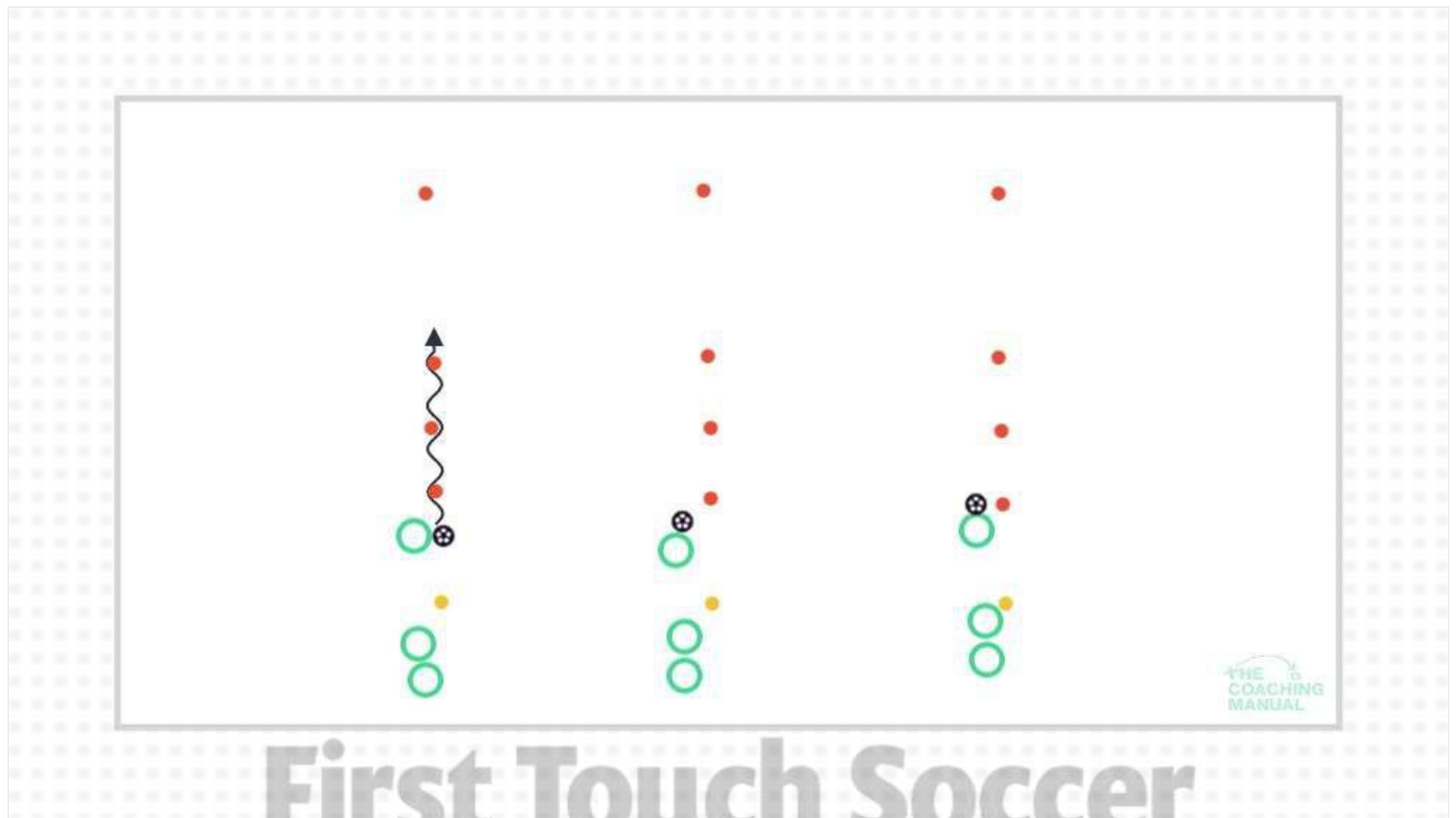
12 balls



20 cones



30x40 area



Organization

30x40 area, players are put into teams of no more than three players. Cones are set up in front of each team. Each team has one ball.

Activity

One at a time, each player dribbles through the cones and back to their team. Once everyone has had their turn, the first team to finish wins. This activity can be used for dribbling or passing.

Coaching Points

- Head up
- Small touches
- Use different parts of feet
- On your toes

Progressions

- Add more cones
- Limit to non dominant foot



Season CURRICULUM

WEEK 2

PASSING



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7-13

Triangle Passing/Dribbling

Written by First Touch Soccer

Set Up



15 mins



10 players



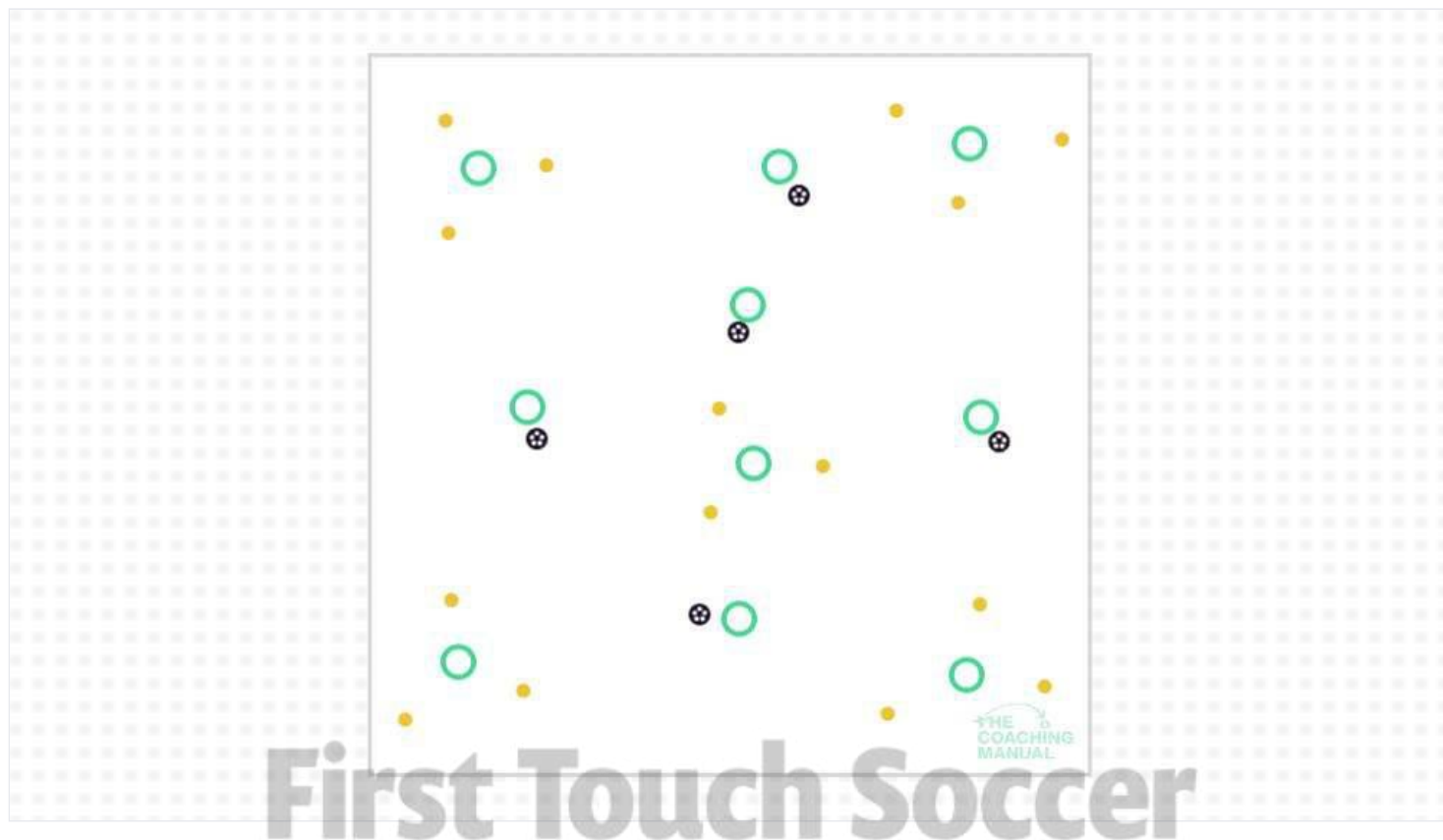
5 balls



15 cones



30x30 area



Organization

30x30 area. The coach creates triangles throughout the playing area. Half of the players, without a ball, will find a triangle to each stand in. The rest of the players, with a ball, will find a space in the area.

Activity

The players with a ball will pass the ball to a player inside a triangle, follow their pass and switch places with them.

The player who has just taken possession of the ball will then try to find someone else in a triangle, pass to them and switch places.

Coaching Points

- Head up
- Communication
- Ready/on your toes
- Positive first touch

Progressions

- Players inside the triangle, when receiving the pass, must take the ball out of the triangle through a different side to which it entered.

Alternatively, this activity can be used as a dribbling exercise, with the focus being close control and direction changes. Instead of passing into the triangle, players dribble the ball to their teammate.

7-13

Passing Circuit Race

Written by First Touch Soccer

Set Up



15 mins



12 players



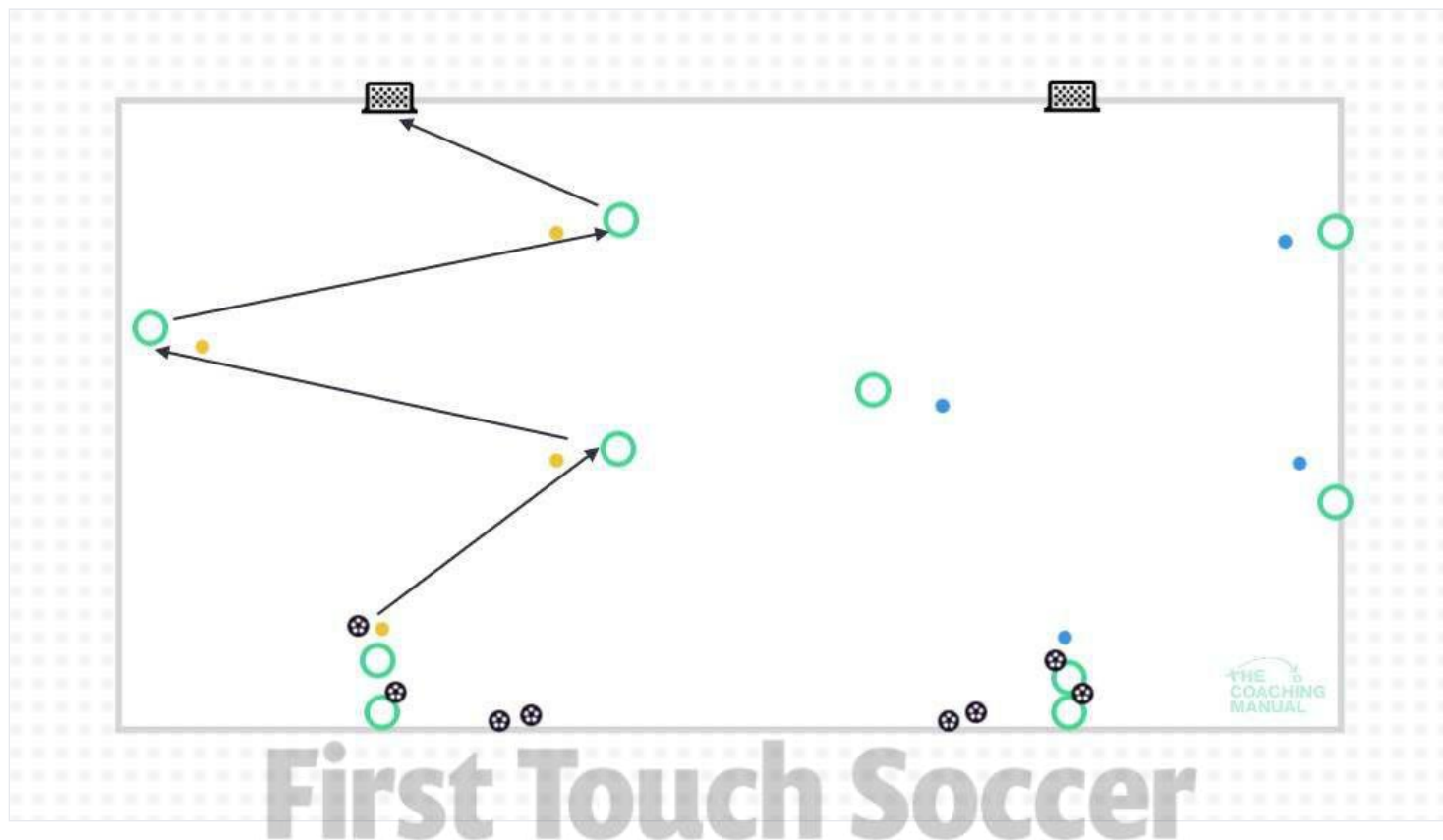
6 balls



8 cones



30x40 area



Organization

Players are split into two teams. Two separate circuits marked out by cones with balls at one end of each circuit. A mini goal is set up at the opposite end of the circuit.

Activity

The player's job is to play the ball around the passing circuit until the ball reaches the last player, who attempts to score in the goal. Once players have passed the ball they must follow their pass and make their way to the next cone. The team that scores first wins. Once both teams have finished and have set up for the next round, the coach will start them again.

Coaching Points

- Play quickly (one and two touches)
- Open body shape
- Receive on back foot
- Head up
- Move away from marker

Progressions

- Increase competitive element - eg. first team to score wins the point
- Limit time each team has to score
- Limit touches taken
- Change the degree of difficulty of the circuit combination itself



Season **CURRICULUM**

WEEK 3

DEFENDING



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8-16

3v3 Wave

Written by First Touch Soccer

Set Up



15 mins



9 players



10 balls



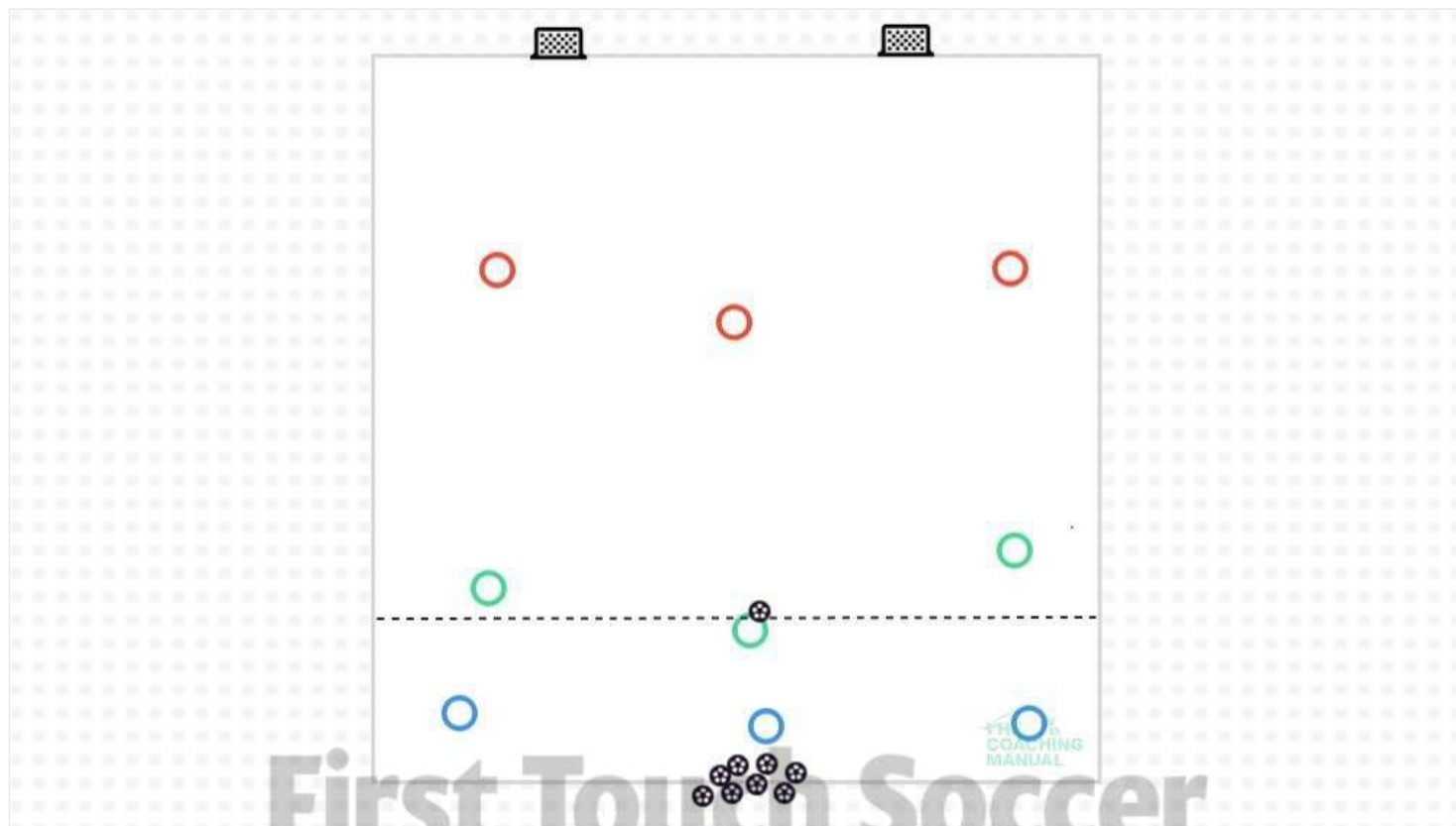
9 bibs



8 cones



40x40 area



Organization

Players are split into three teams and two mini goals are set up at one end of a 40x40 playing area. One team will start the game as the defenders.

Activity

On the coaches call, one team will enter the playing area from the opposite end to the goals, aiming to score against the defending team. If the attacking team are successful in scoring, the defending team continue as defenders and the attacking team head back to the start. If they are not successful, the attacking team become the defending team and the defenders head to the starting point behind the next team. The next team will then take their turn at trying to score.

Coaching Points

- Move the ball quickly
- Support with movement
- Shoot when opportunity presents itself
- Connect with teammates
- Shift and organize defensively
- Communicate
- Mark up

Progressions

- Add time limit to score
- Add extra attacker/defender

8-18

Attack V Defence

Written by First Touch Soccer

Set Up



20 mins



11 players



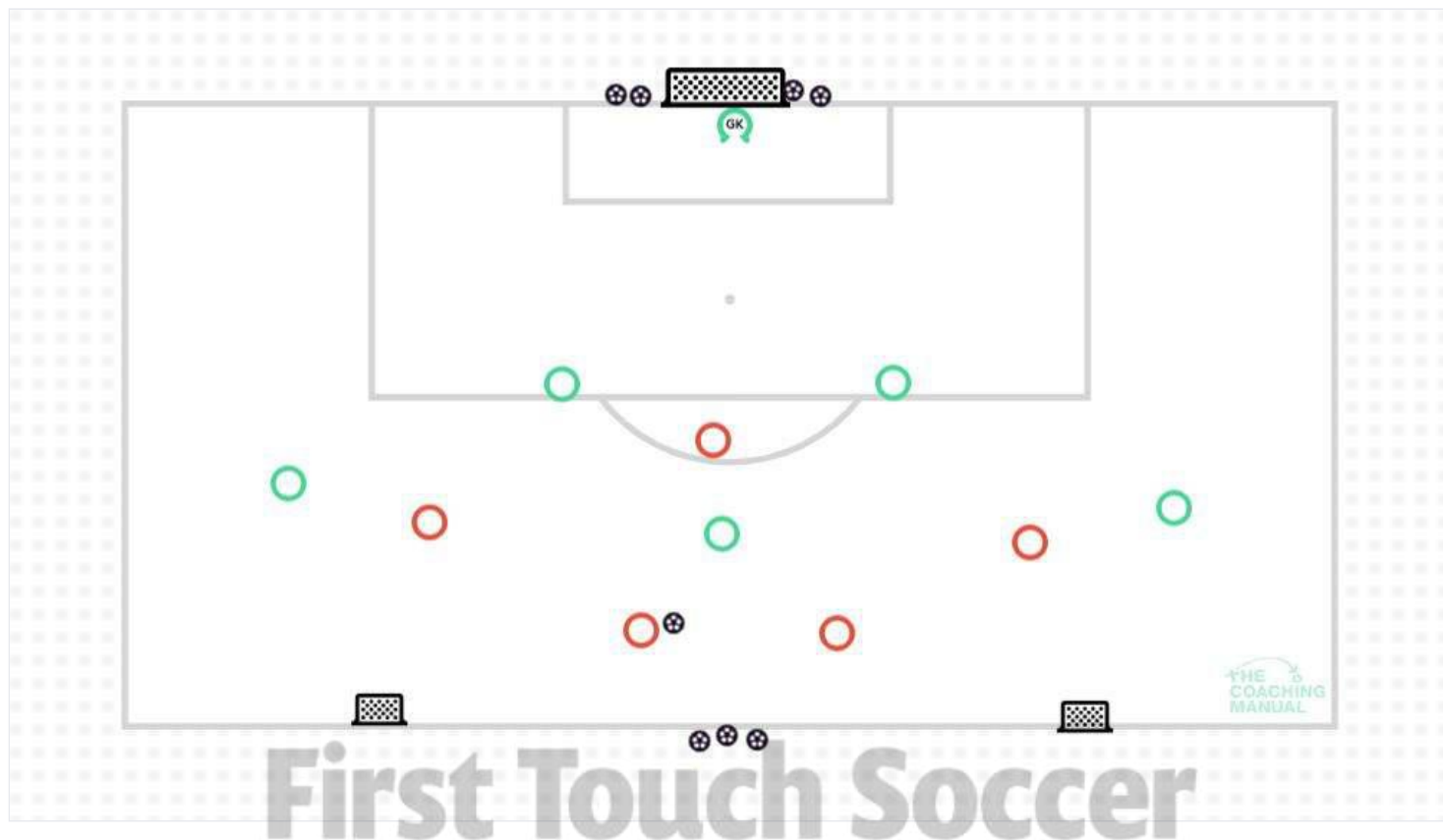
10 balls



11 bibs



50x75 area



Organization

Players set up in their formations with two mini goals positioned at the edge of the final third.

Activity

One team attacks the normal sized goal while their opponents aims to defend the goal and score in the mini goals that have been positioned at the edge of their defensive third. From this set up, it is possible to work with either the attacking or defending team.

Coaching Points

- Move ball quickly
- Support with movement
- Communication
- Shift and organize quickly
- Show desire & intensity

Progressions

- Add extra attacker/defender
- Take away a goal



Season **CURRICULUM**

WEEK 4
TURNING



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4-12

Gate Game

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Set Up



15 mins



8 players



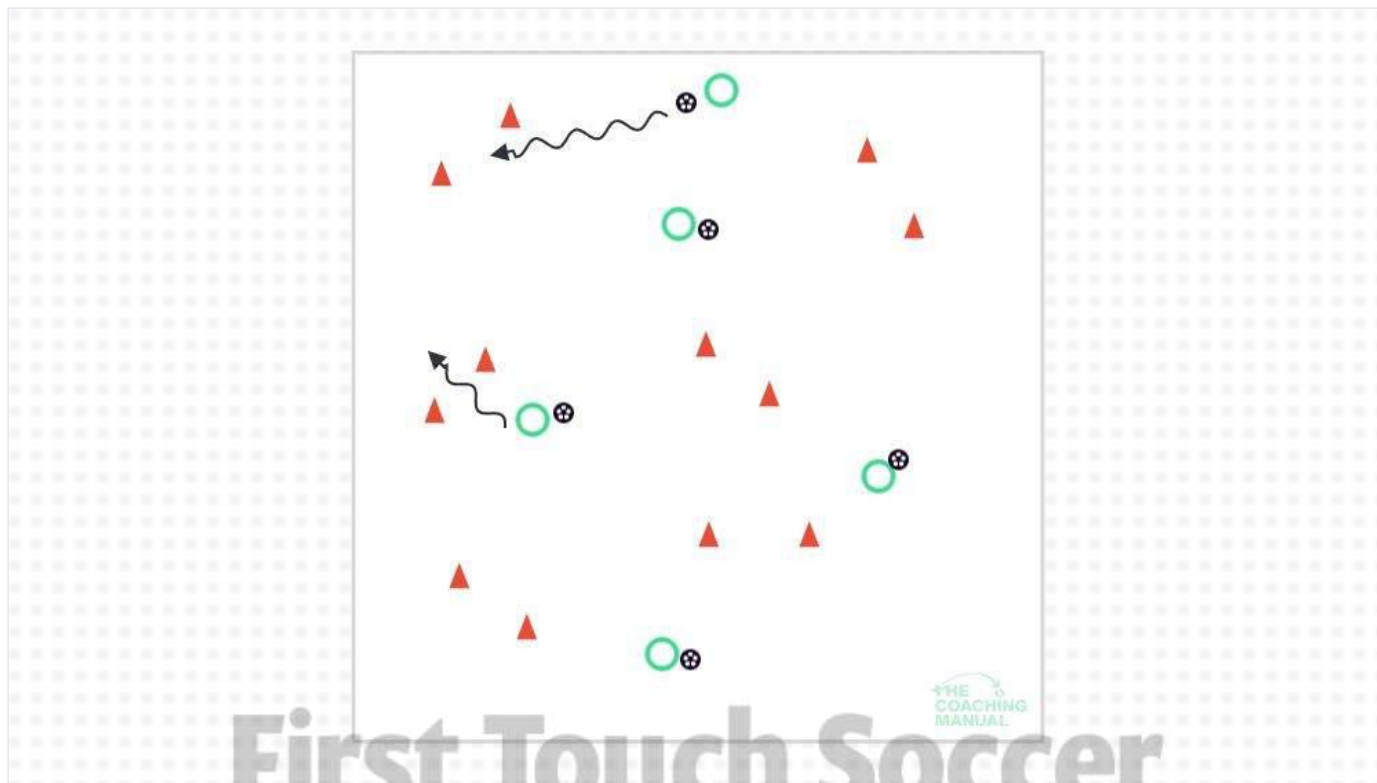
8 balls



20 cones



30x30 area



Organization

30x30 area, each player has a ball. Coach sets up a number of small 'gates' inside the area, ensuring there are more gates than players. Each player begins at a gate.

If used as a passing activity, the players are put into pairs and have a ball between their pair.

Activity

Dribbling - Players attempt to dribble their ball through as many of the gates in the area as possible.

Passing - Players pass to their teammate through as many gates as possible.

Coaching Points

- Use different surfaces of the foot; inside, outside, laces, sole
- Players must keep their head up as much as possible to look for space
- Keep the ball close to your feet
- Communication

Progressions

- Introduce different conditions: right foot only, left foot only, sole rolls through the gate, turn at the gate etc.
- Players perform 5 toe taps when they reach a gate before they continue to dribble through.

4-12

Tic-Tac-Toe

Written by First Touch Soccer

Set Up



7 mins



8 players



8 balls



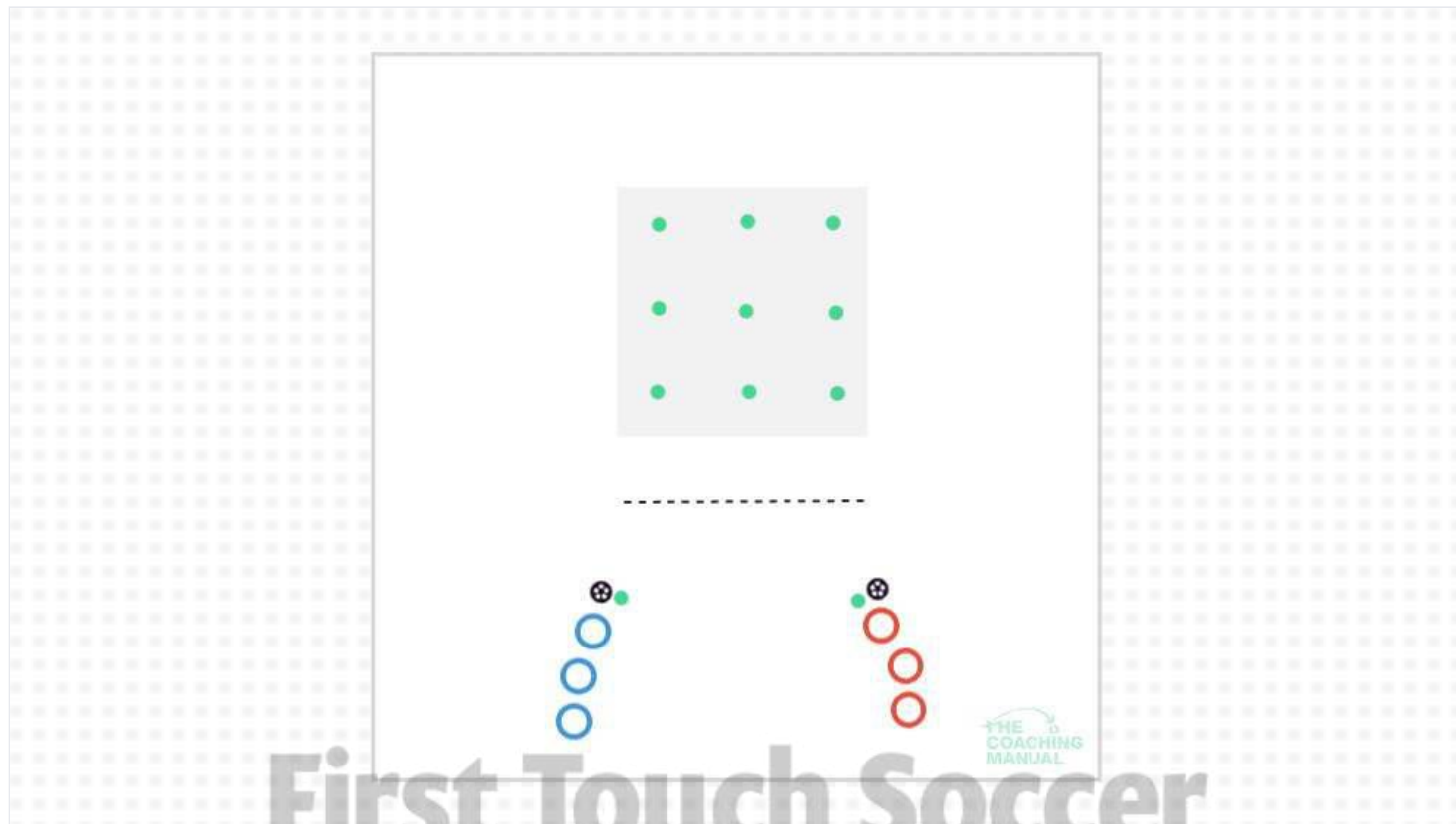
8 bibs



8 cones



20X20 area



Organization

25x25 area with 9 cones set up in three lines - mimicking a game of tic tac toe. Players are split into two teams and start ten yards from the area. Each team has one ball and three pinnies each.

Activity

Players dribble the ball into the area and place their pinnie down on top of a cone. They dribble the ball back and their teammate does the same. The first team to have three pinnies in a row wins. If there is no winner after three turns, the players are allowed to move their own team's pinnies to a different spot, until there is a winner.

Coaching Points

- Small touches
- Burst away at the start
- Head up
- Awareness

Progressions

- Use balls Instead of bibs
- 4 in a row (Connect 4)



Season CURRICULUM

WEEK 5
SHOOTING



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9-13

X Shooting

Written by First Touch Soccer

Set Up



15 mins



8 players



8 balls



4 cones



50x30 area



Organization

50x30 area with two cones are set up either side of a goal with a GK. Two cones are set up on the edge of the box. Players line up evenly on each cones. Players on the cones on either side of the goal have a ball each. The players on the edge of the box are without a ball.

Activity

One at a time, a ball is played diagonally from the goal line to the edge of the box, where the player receiving the ball shoots at goal. Once the passer has released the ball, they follow their pass and make their way to the edge of the box. Once the player receiving the pass shoots, they collect their ball and make their way to the goal line. The player on the other side of the goal then starts and the game continues. After two minutes the players can switch sides so they get a chance to shoot from both angles.

Coaching Points

- Head over ball
- Knee over ball
- Glance at goal before striking
- Use laces

Progressions

- Players must get a shot off in fewer touches.
- Set up cones in different locations to vary the type of finish required.

9-18

Combination Play

Written by First Touch Soccer

Set Up



11 players



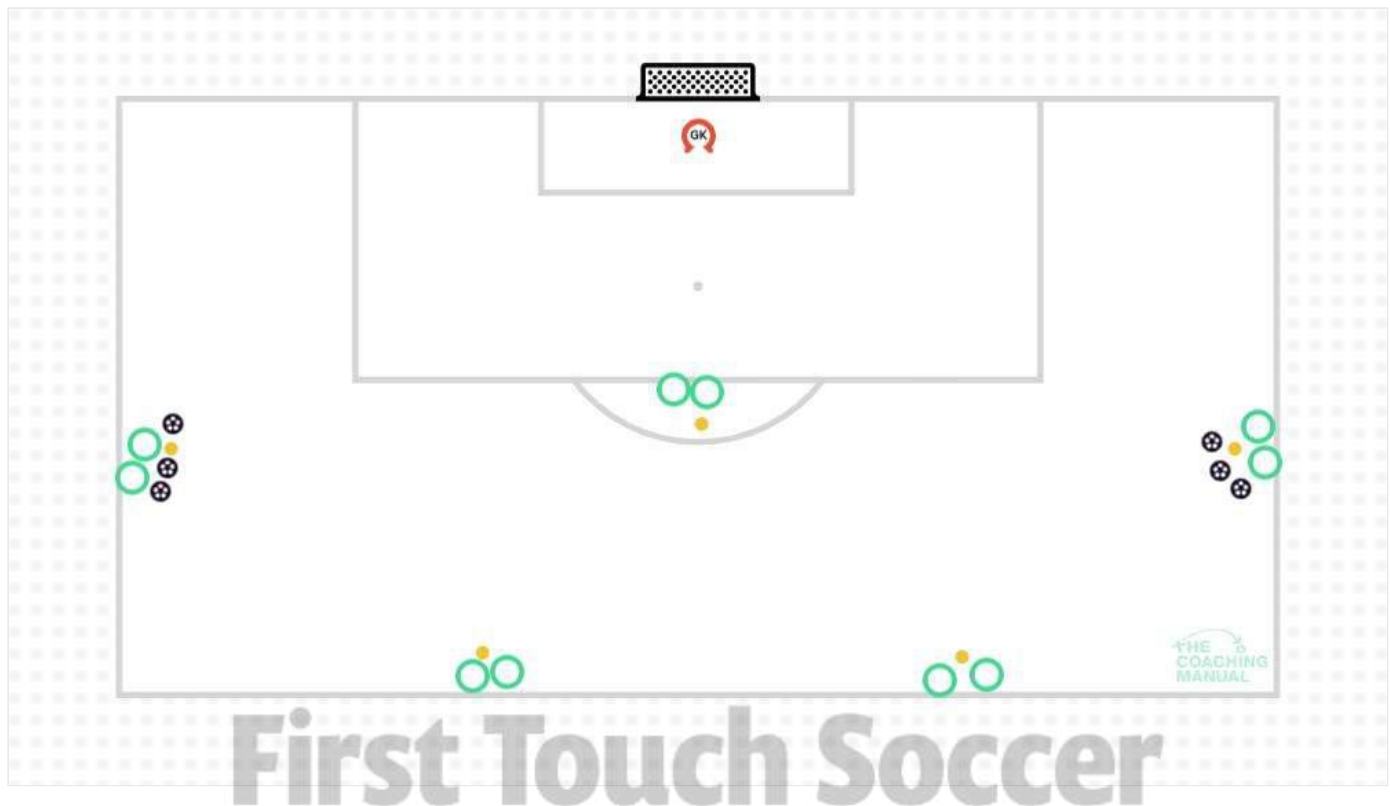
10 balls



5 cones



50x75 area



Organization

In the attacking third, the coach sets up 5 cones - representing two midfielders, two wingers and a striker. Two players stand at the each cone - a GK is in goal.

Activity

Play starts from the one side of the field with a winger. They play the ball into a central area to the nearest midfielder who then plays the ball into the strikers feet. The striker passes to the remaining midfielders who plays a one-two with the remaining winger to put them into crossing position. They cross the ball for the striker, opposite winger and midfielders to finish.

Coaching Points

- Receive on back foot with open body
- Move away from cone/marker to simulate movement away from defender
- Head up before crossing
- Cut back towards the penalty spot or cross to edge of six yard box
- Show desire to get into the box and attack the ball
- Communication

Progressions

- Add in a defender
- Limit touches
- Change the starting point of attack or the passing pattern



Season **CURRICULUM**

WEEK 6

1 V 1 DEFENDING



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8-13

1 v 1

Written by First Touch Soccer

Set Up



15 mins



10 players



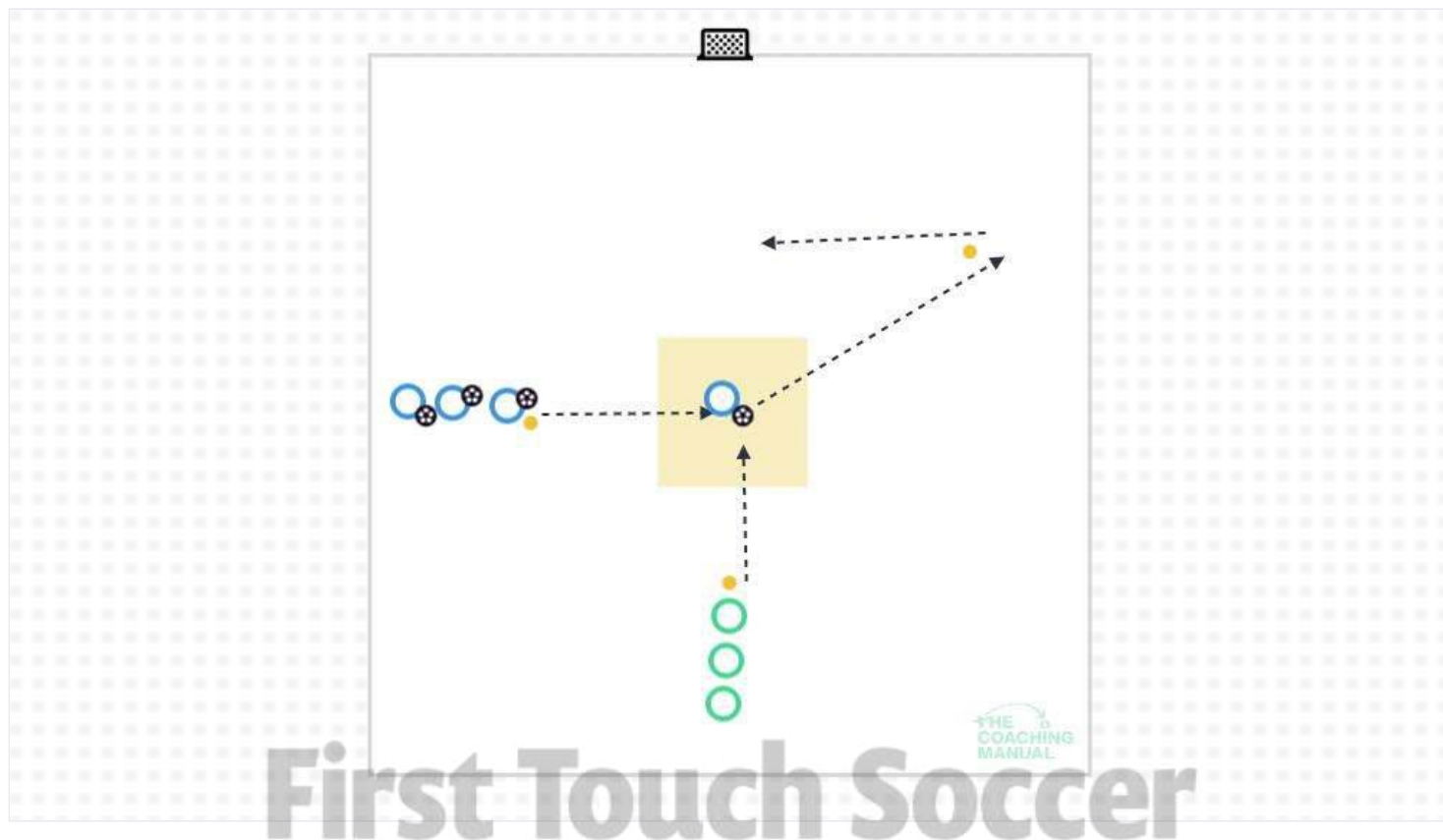
8 balls



7 cones



30x30 area



Organization

Coach sets two cones at 90 degrees to a square, with an additional cone diagonally from the square toward the goal. Players are split into two teams. One team, with a ball each, stands behind the side cone. The other team starts behind the cone directly opposite the goal.

Activity

One at a time, the player with the ball dribbles into the square and leaves the ball. When they have left the ball they must run around the cones that is located diagonally away from the square. They must then defend 1 v 1.

Once the ball is left, the player on the other team can retrieve it from the square and try to score.

Coaching Points

- Change of direction (att)
- Change of speed (att)
- Quick feet (att)
- Stay on feet (def)
- Be patient - don't dive in (def)
- Knees bent, side on, jockey (def)
- Desire

Progressions

- Increase/Decrease distances to cone (depending on focus area)

- Add/remove a goal
- Add GK (if using a regular sized goal)

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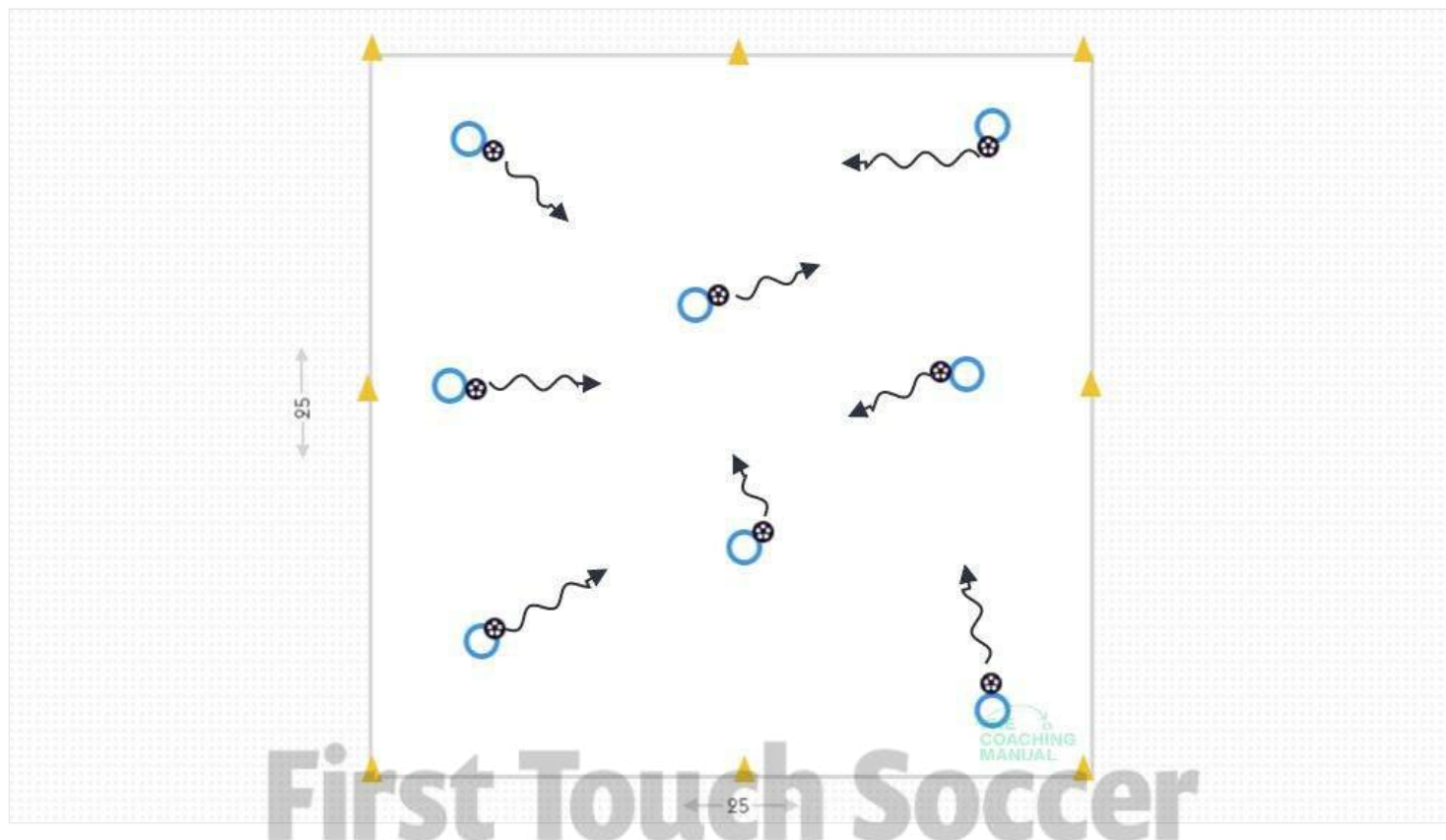
6-13

King/Queen Of The Ring (K.O.T.R/Q.O.T.R)

Written by First Touch Soccer

Set Up

 8 mins  8 players  8 balls  8 cones  30x30 area



Organization

30x30 area, each player has a ball.

Activity

Players dribble around the area, protecting their own ball and at the same time attempting to kick others' balls out of the area. For round one, players should be able to return and continue playing - if their ball is kicked out, they must complete a specific skill to return to the game eg. toe taps, bells etc. For the final round, once their ball is kicked out of the area they cannot return to the game. The last player left with their ball in the area is the winner.

Coaching Points

- Control
- Awareness
- Change of speed/direction

Progressions

- Add in defenders whose sole purpose is to kick balls out
- Non dominant foot only