



# EXTRA CURRICULUM



## First Touch Soccer

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PREPARED FOR: AYSO REGION 5

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# *Season* **CURRICULUM**

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## **Session Structure**

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



# *Season* **CURRICULUM**

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**WARM-UP**



4-13

## Ball Mastery

Written by First Touch Soccer

### Set Up



12 mins



12 players



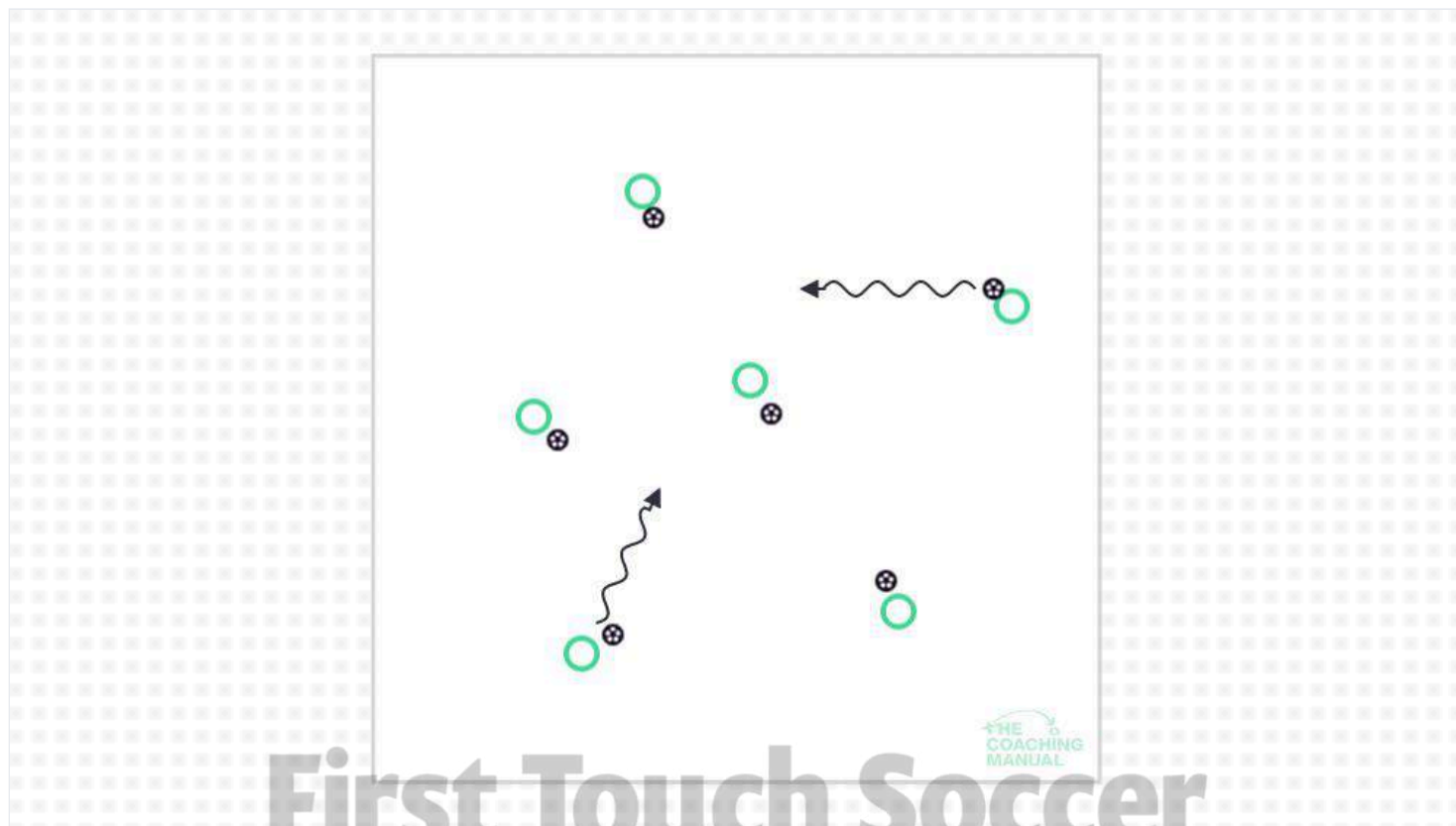
12 balls



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.

8-14

## V Passing

Written by First Touch Soccer

### Set Up

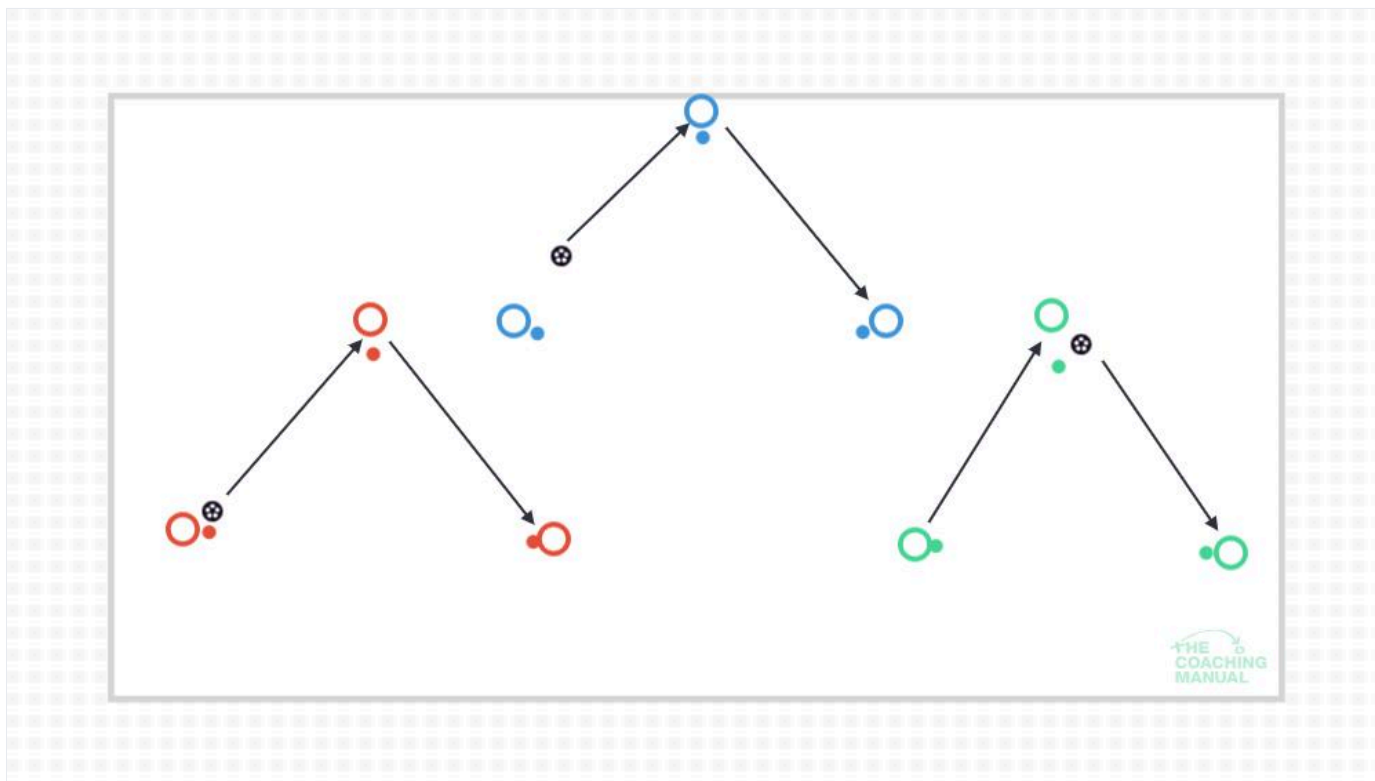
🕒 12 mins

👤 9 players

⚽ 6 balls

🚧 9 cones

🏟️ 30x20 area



### Organization

Coach sets up three cones in a 'V' shape with a player on each cone. One of the players (not the central player) begins with a ball.

### Activity

The central player receives the ball from one "server", takes it behind their cone and passes it to the remaining "server". They then receive it back and play to the original "server".

### Coaching Points

- Receive on back foot
- Scan
- Call for the ball
- Open body shape

### Progressions

- Add in an extra pass between players - central player moves towards the ball and plays a 1-2 with the server.
- Each server has a ball - central player must return the ball in 2 touches or less.

8-16

## Rondo

Written by First Touch Soccer

### Set Up

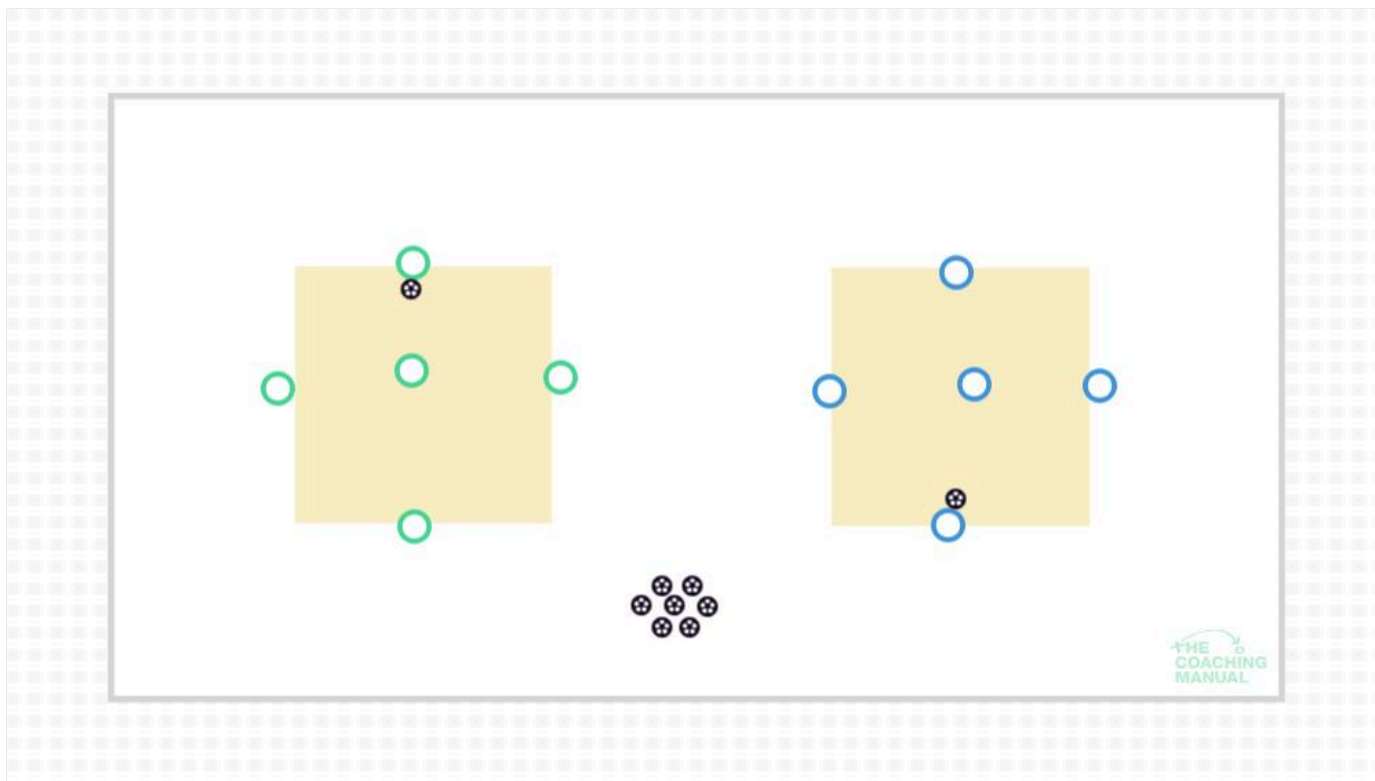
🕒 15 mins

👤 10 players

⚽ 10 balls

⚠️ 8 cones

🏟️ 40x30 area



### Organization

40x30 area, coach sets up two squares (around 10x10). Players are split into groups of 5 per square. One ball per group.

### Activity

4 v 1, with the players positioned on the edge of the squares aiming to maintain possession against the one defender on the inside of the square. If the defender wins the ball, the player that lost possession becomes the defender.

### Coaching Points

- Move the ball quickly (in poss.)
- Limit touches (in poss.)
- Bend knees, turn side on, force player in poss. one way (out of poss.)
- Press quickly with desire (out of poss.)
- Anticipate where the ball will be played (out of poss.)

### Progressions

- Limit touches
- Make players in poss. take alternating amount of touches (first player takes one, next takes two, next takes one, next takes two)



# *Team Training* **CURRICULUM**

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**IN POSSESSION - DEFENSIVE THIRD**



jack@firsttouchcoaching.com



8-13

## Pass & Move

Written by First Touch Soccer

### Set Up



15 mins



12 players



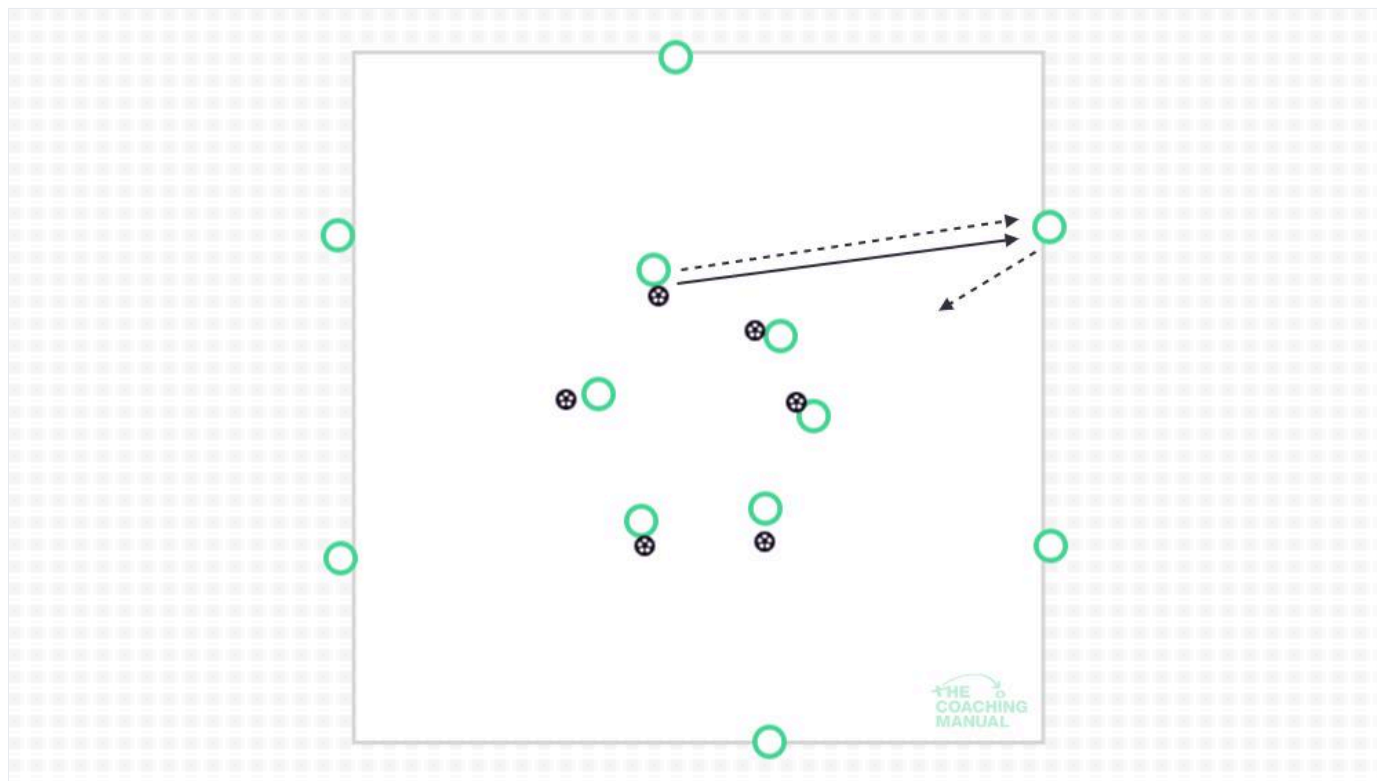
6 balls



8 cones



30x30 area



### Organization

Half of the players begin on the outside of the area without a ball, with the remaining players situated on the inside with a ball.

### Activity

Players on the inside pass the ball to a player on the outside, follow their pass and take the place of the outside player who, in turn, takes the ball inside and finds someone new to play with.

Focus should be on keeping the players head up, locked ankle, firm passes.

### Progressions

- Add in a one-two
- Outside players are used only as a wall, bouncing the ball back to the player inside after they have made a good angle to receive a return pass.

### Coaching Points/Objectives

- Focus should be on keeping the players head up prior to ball striking
- Locked ankle during execution
- Strike through the ball for a firm passes

10-16

## Build Out Scrimmage

Written by First Touch Soccer

### Set Up



15 mins



10 players



8 balls



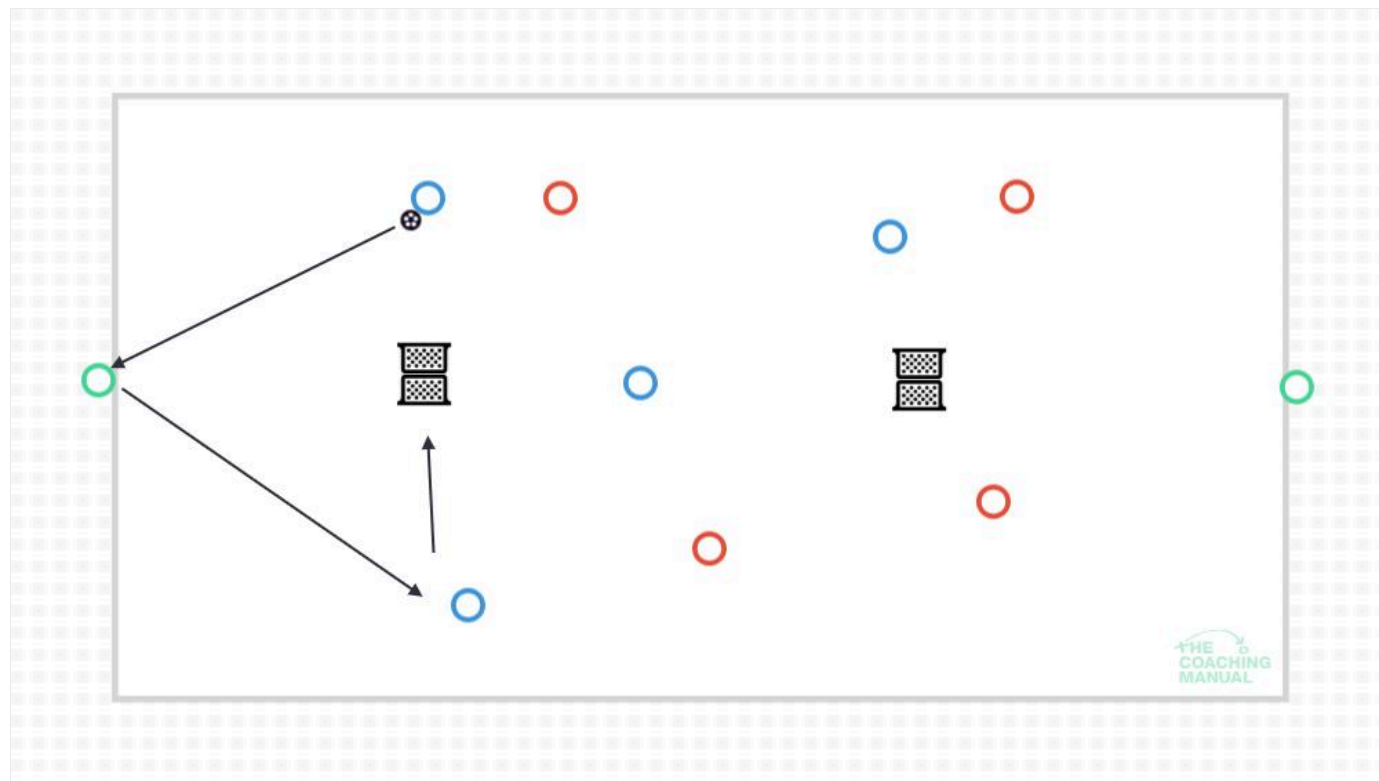
10 bibs



8 cones



50x40 area



### Organization

Four goals are set up inside the playing area. Players are split into two teams. One neutral player is positioned at either end of the area.

### Activity

In order for them to score they must first play to a neutral. The set up is supposed to mirror building out from the back with the neutral players representing full backs and a pass into the goal a penetrative pass through the lines.

### Coaching Points

- Play quickly
- Scan the field
- Support player in possession
- Open body shape when receiving the ball
- Look to play forward quickly

### Progressions

- Limit touches
- Limit finish to one touch



# *Team Training* **CURRICULUM**

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**IN POSSESSION - MIDDLE THIRD**



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10-16

## Possession

Written by First Touch Soccer

### Set Up



15 mins



10 players



8 balls



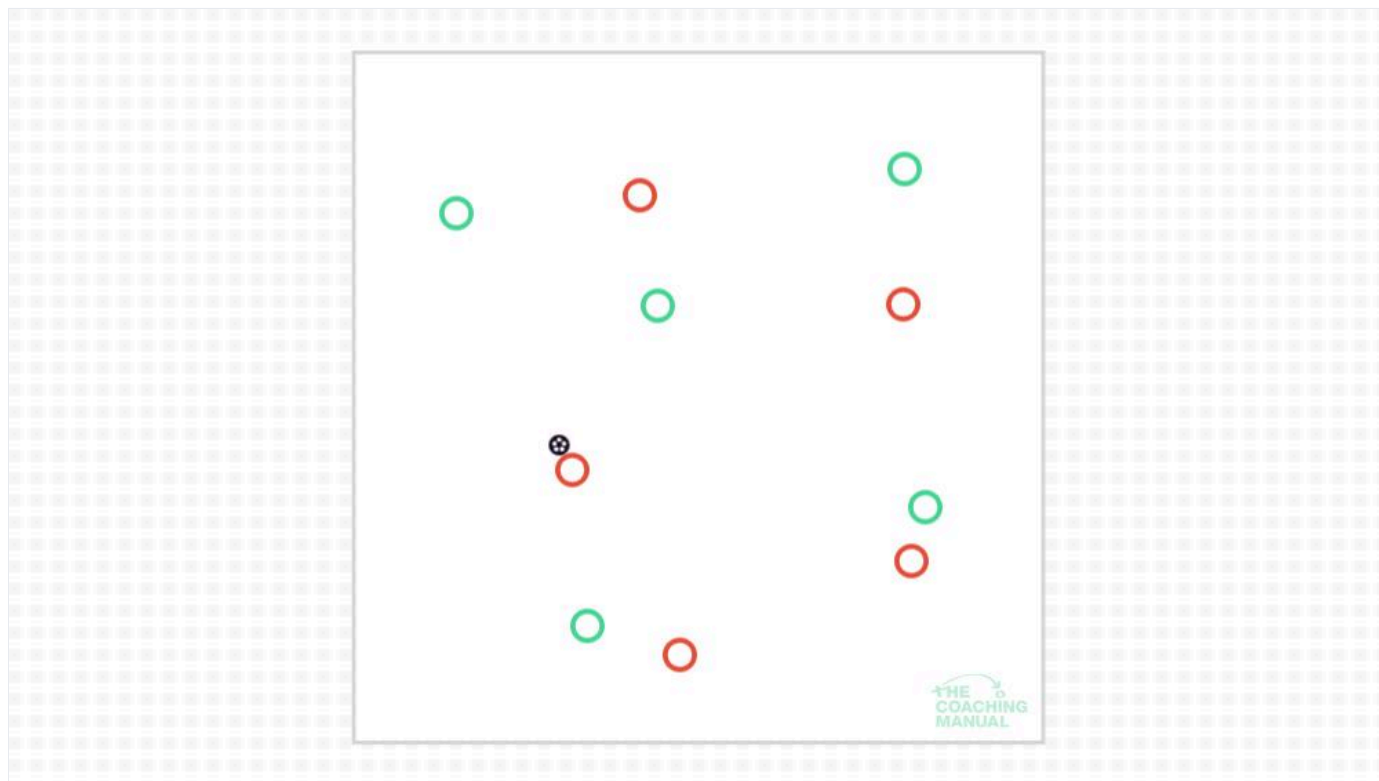
10 bibs



8 cones



40x40 area



### Organization

Players set up in two teams inside a 40x40 area.

### Activity

Within the playing area, the players aim to keep possession of the ball.

### Coaching Points

- Scan the field
- Move the ball quickly
- Open body shape and back foot when receiving
- Support with movement

### Progressions

- Make the area smaller
- Limit touches
- Move some players to the outside to increase intensity



8-16

## Wide Player Scrimmage

Written by First Touch Soccer

### Set Up



20 mins



10 players



8 balls



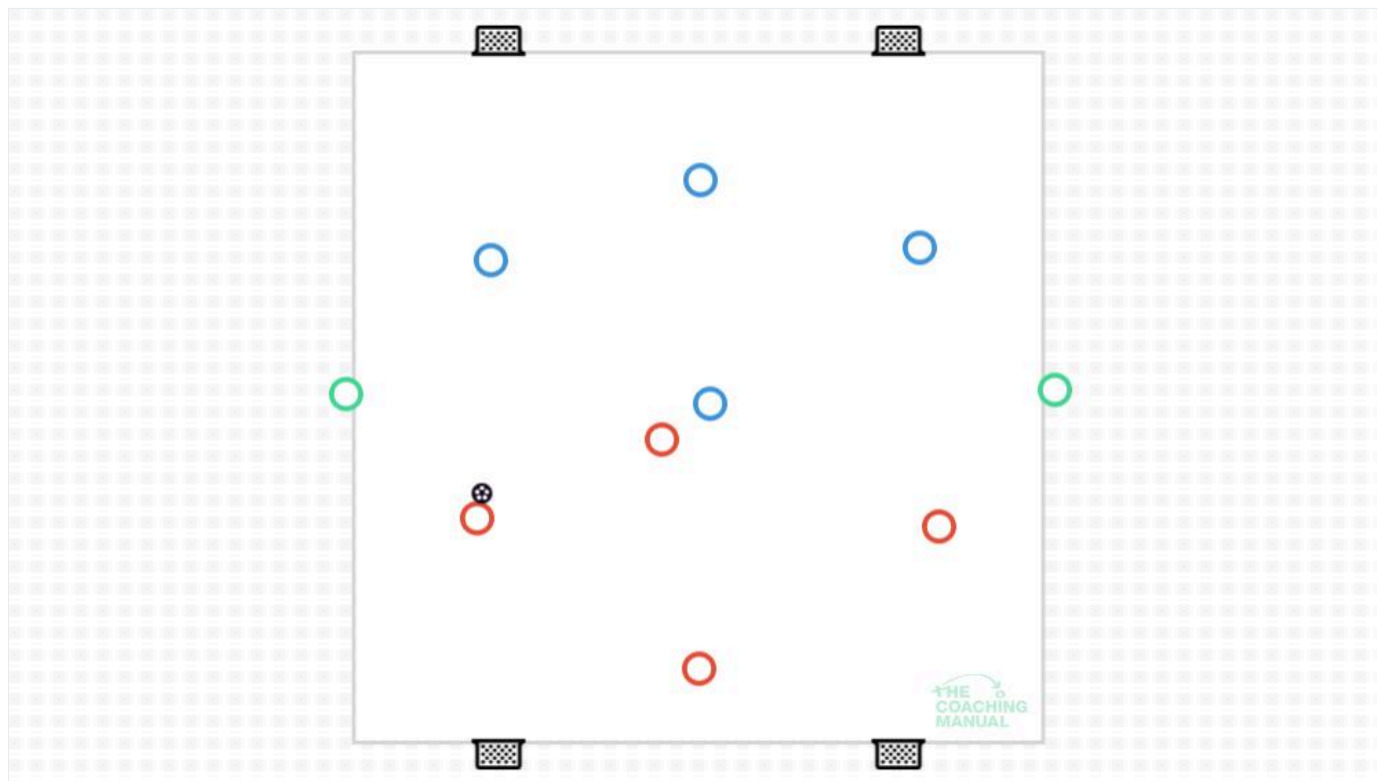
10 bibs



8 cones



50x30 area



### Organization

50x30 area with either two mini goals at each end or one regular size goal at each end. Players split into two teams with neutrals on each side.

### Activity

Teams scrimmage against each other but they can only score if they first play the ball to a neutral on the side.

### Coaching Points

- Scan the field
- Move the ball wide quickly
- Support player in possession
- Open body shape when receiving ball
- Receive on back foot

### Progressions

- Play to both sides before scoring



# *Team Training* **CURRICULUM**

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**IN POSSESSION - ATTACKING THIRD**



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8-13

## 1 v 1

Written by First Touch Soccer

### Set Up



15 mins



10 players



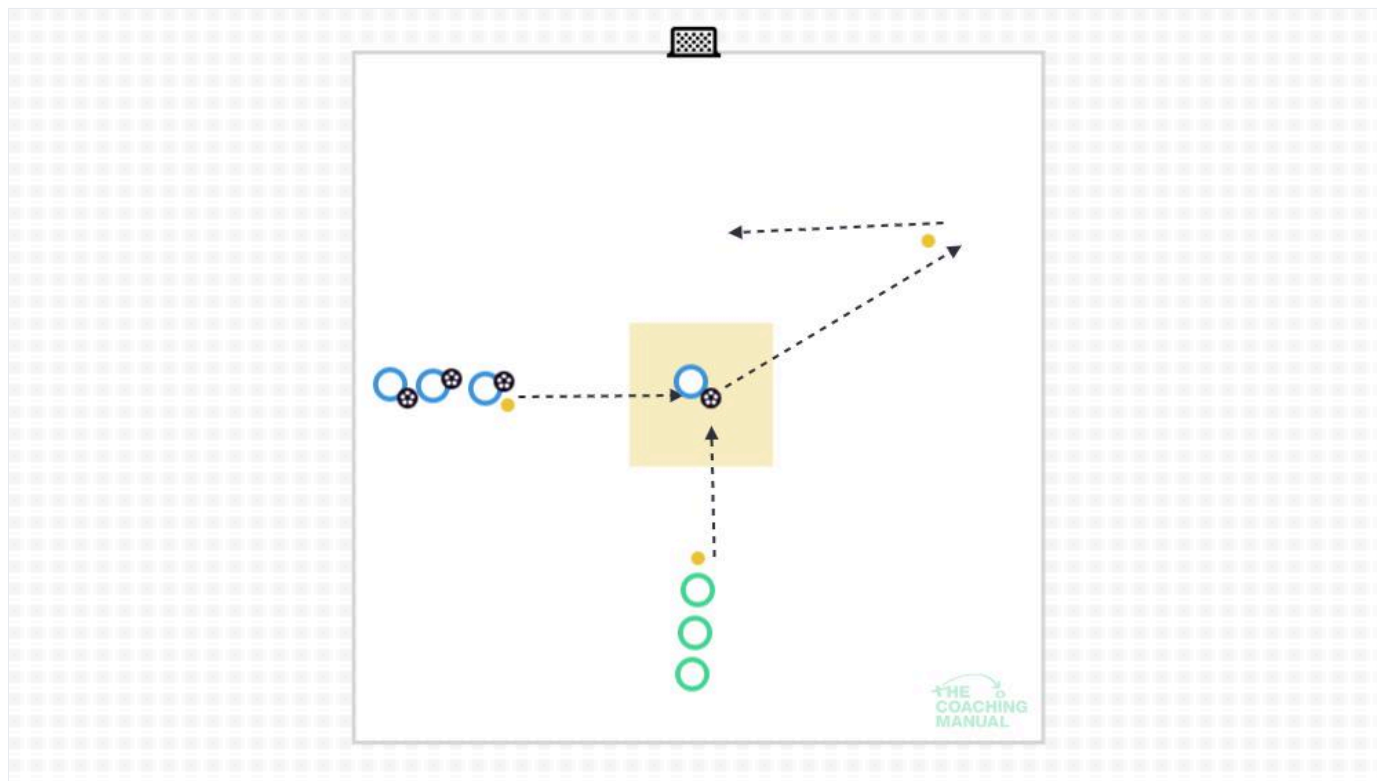
8 balls



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)



8-16

## 3v3 Wave

Written by First Touch Soccer

### Set Up

🕒 15 mins

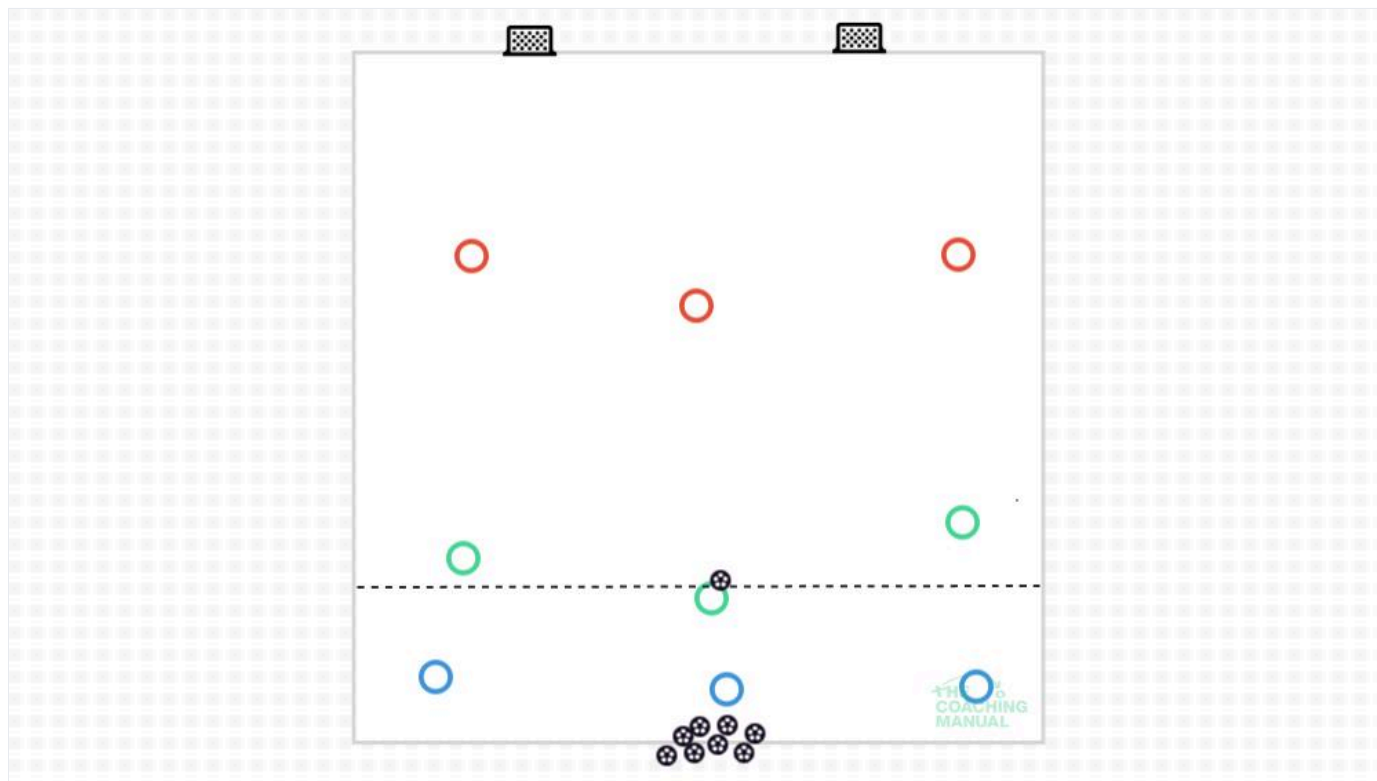
👤 9 players

⚽ 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



*Team Training*

# CURRICULUM

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**OUT OF POSSESSION - ATTACKING THIRD**



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8-13

## Two Team Rondo

Written by First Touch Soccer

### Set Up

🕒 15 mins

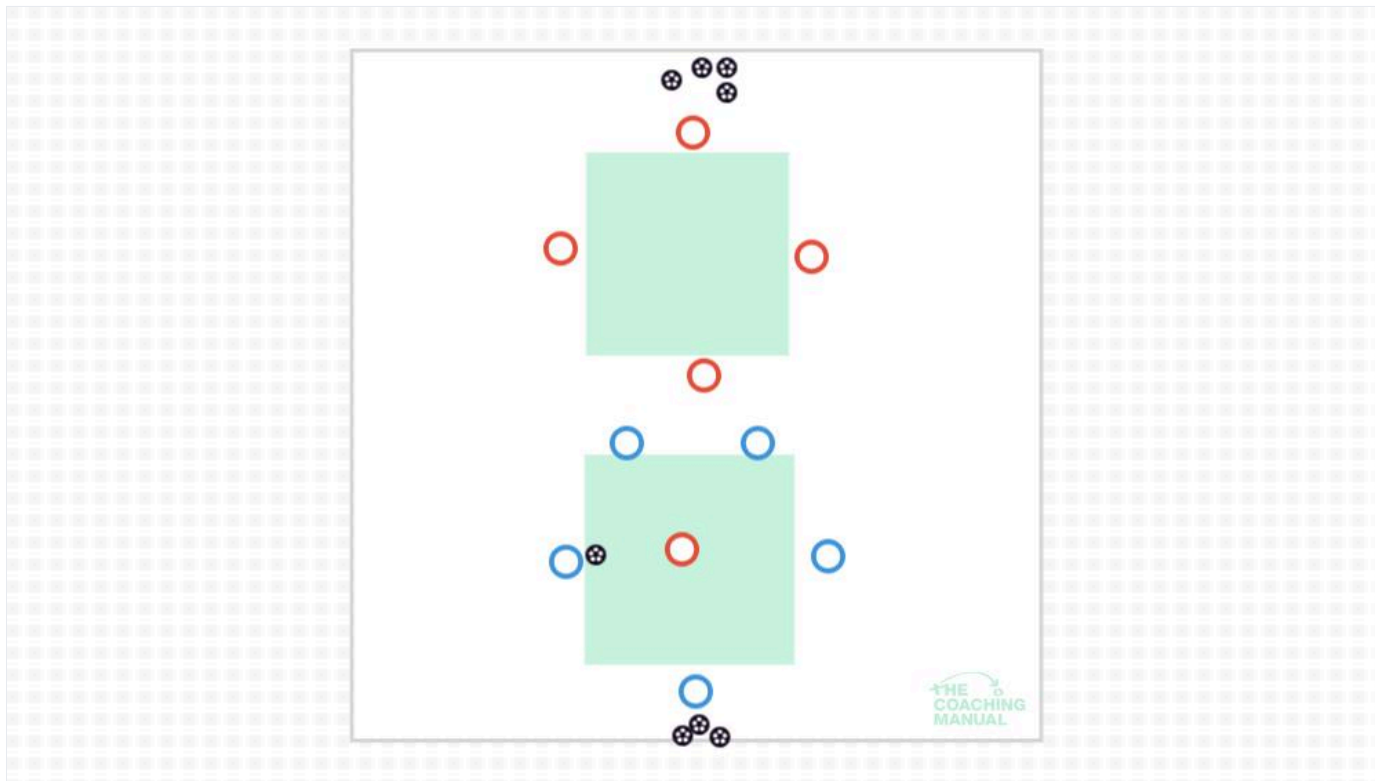
👤 10 players

⚽ 10 balls

👕 5 bibs

🚧 8 cones

📏 30x30 area



### Organization

Two rondos set up in a 30x30 area

### Activity

One team has possession at a time, with the opposition sending in one defender to win the ball back. Once the ball is won by the defender or the ball is out of play the other team starts playing in their rondo and the team who lost possession send one defender in to win the ball back.

Teams count their passes and the first team to make 30 passes overall wins.

### Coaching Points

- Show desire
- Show intensity
- Communication
- Anticipation
- Knees bent, side on

### Progressions

- Increase amount of passes needed to win (in poss. progression)
- Increase area size (out of poss. transition)

8-18

## Attack V Defence

Written by First Touch Soccer

### Set Up

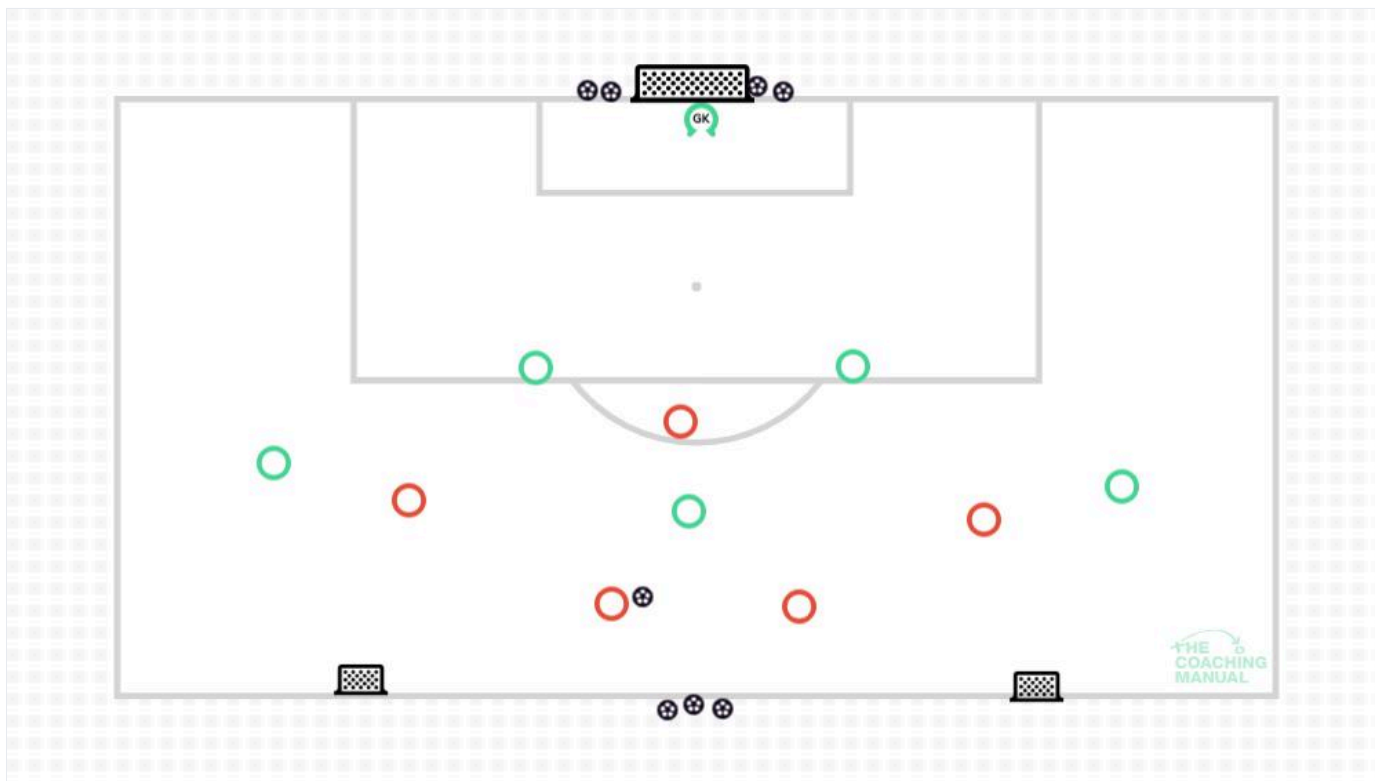
🕒 20 mins

👤 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





*Team Training*

# CURRICULUM

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**OUT OF POSSESSION - MIDDLE THIRD**



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10-16

## Three Channel Pressing Game

Written by First Touch Soccer

### Set Up



15 mins



12 players



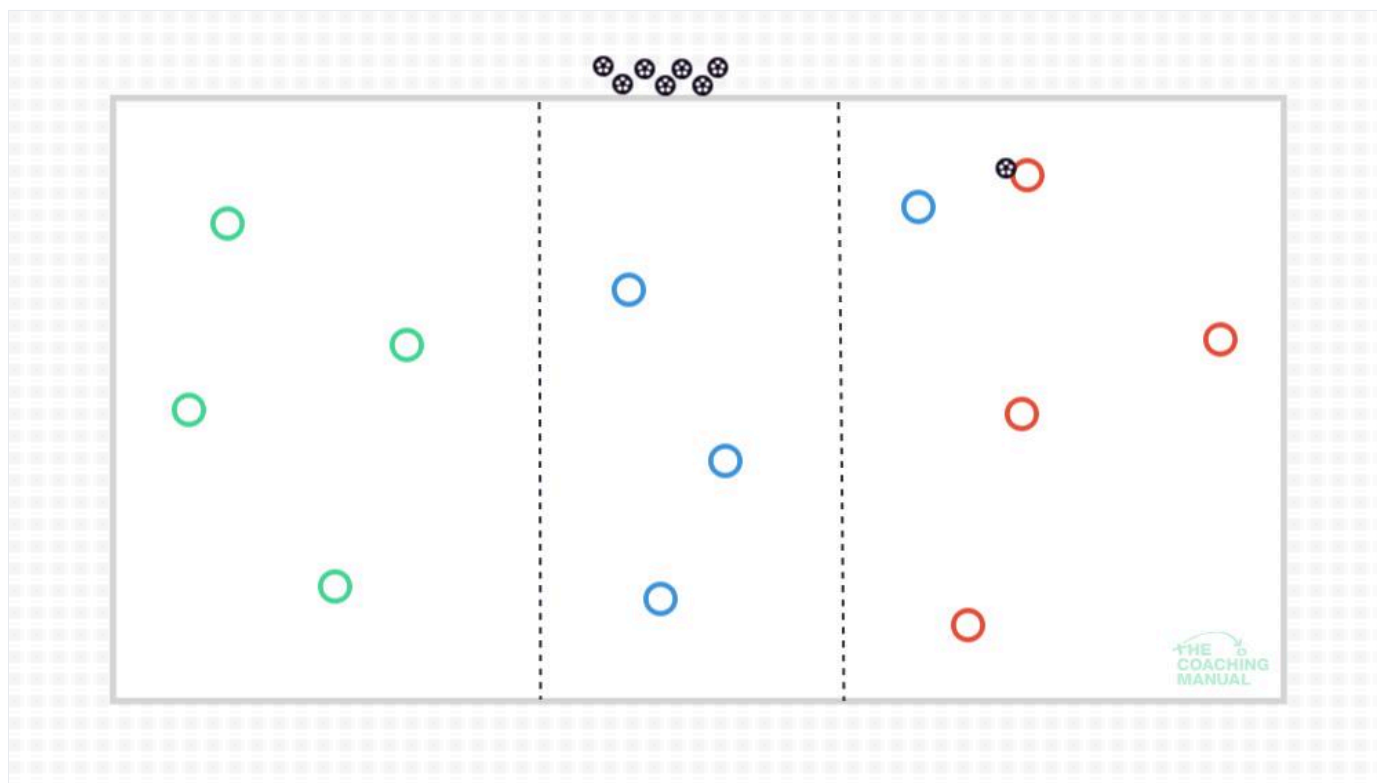
12 bibs



12 cones



50x30 area



### Organization

30x20 area split into three zones. Players are split into three teams. The three teams position themselves in the playing area in their own zone.

### Activity

The team in the central zone are defending while the remaining two teams aim to keep possession in their zone. The teams in possession can choose to switch the play whenever they want. One player from the defending team can enter the zone of the team in possession to win the ball back. If they win the ball back - or their teammate intercepts a pass in the central zone - and play it through to the other team, the team who lost the ball become the defenders.

### Coaching Points

- Show desire
- Show intensity
- Communication
- Shift with the ball and organize
- Anticipate where the ball is going

### Progressions

- Increase the size of the playing area
- Limit touches

12-16

## Defending as a Unit

Written by First Touch Soccer

### Set Up



15 mins



12 players



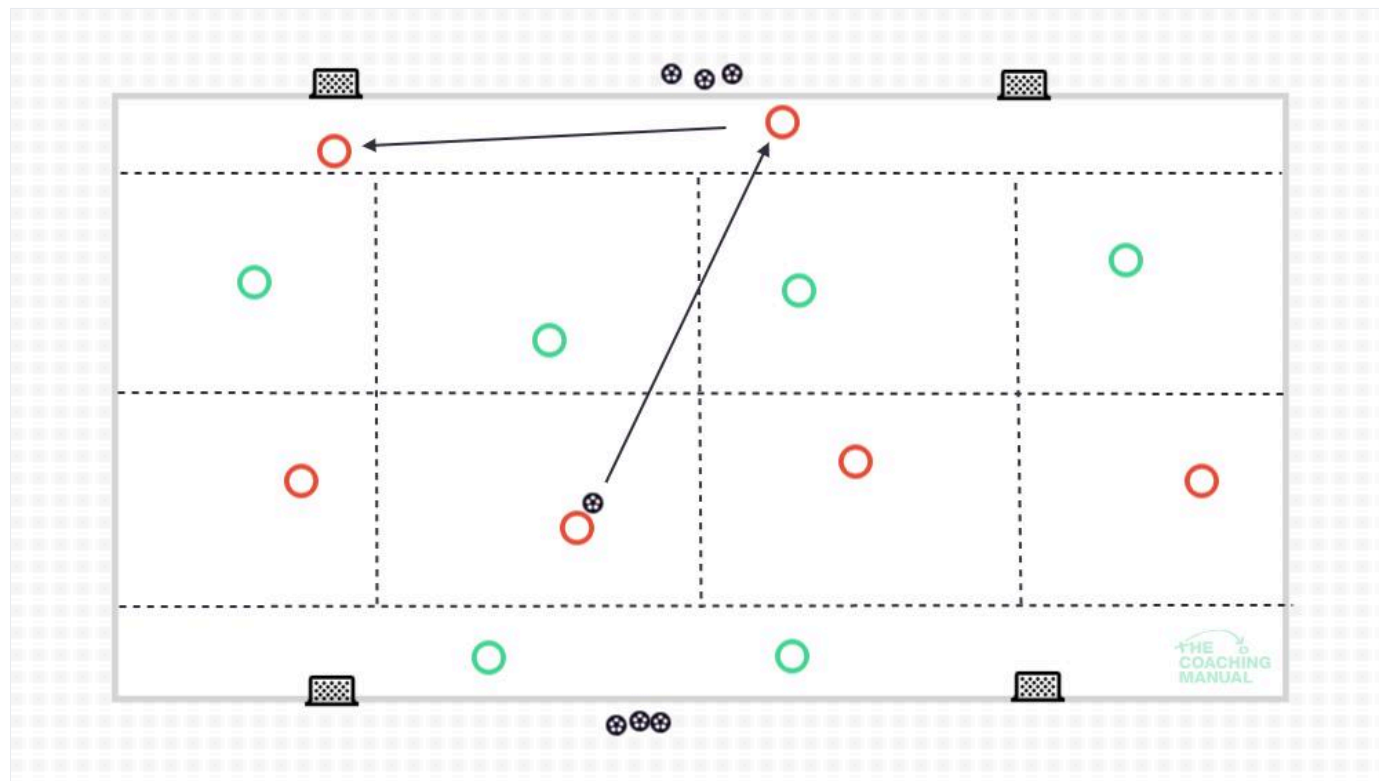
12 bibs



12 cones



50x30 area



### Organization

A number of zones set up within the playing area with mini goals situated on each side. Four players are positioned inside the zones with two "strikers" positioned in front of the mini goals they are attacking. Players are not allowed to leave their zones

### Activity

Players must attempt to move the ball along their team and look to penetrate through the defensive line to the strikers. The job of the team out of possession is to intercept and play the ball through to their strikers. Once they do this, the strikers will have a limited amount of touches before they can score (depending on their age/ability). Both strikers must touch the ball before they score a goal. For example, when the ball reaches the strikers, the coach can set out a maximum of three touches between the strikers before they can score. So the strikers will have to manoeuvre the ball to the goal within three touches.

### Coaching Points

- Play through the lines quickly
- Limit Touches
- Check shoulders and surroundings
- Shift defensively quickly with the ball
- Apply pressure quickly
- Anticipate the through ball

### Progressions

- Limit touches
- Make area bigger or smaller depending on the focus topic



# *Team Training*

# CURRICULUM

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**OUT OF POSSESSION - DEFENSIVE THIRD**



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8-13

## 1 v 1

Written by First Touch Soccer

### Set Up



15 mins



10 players



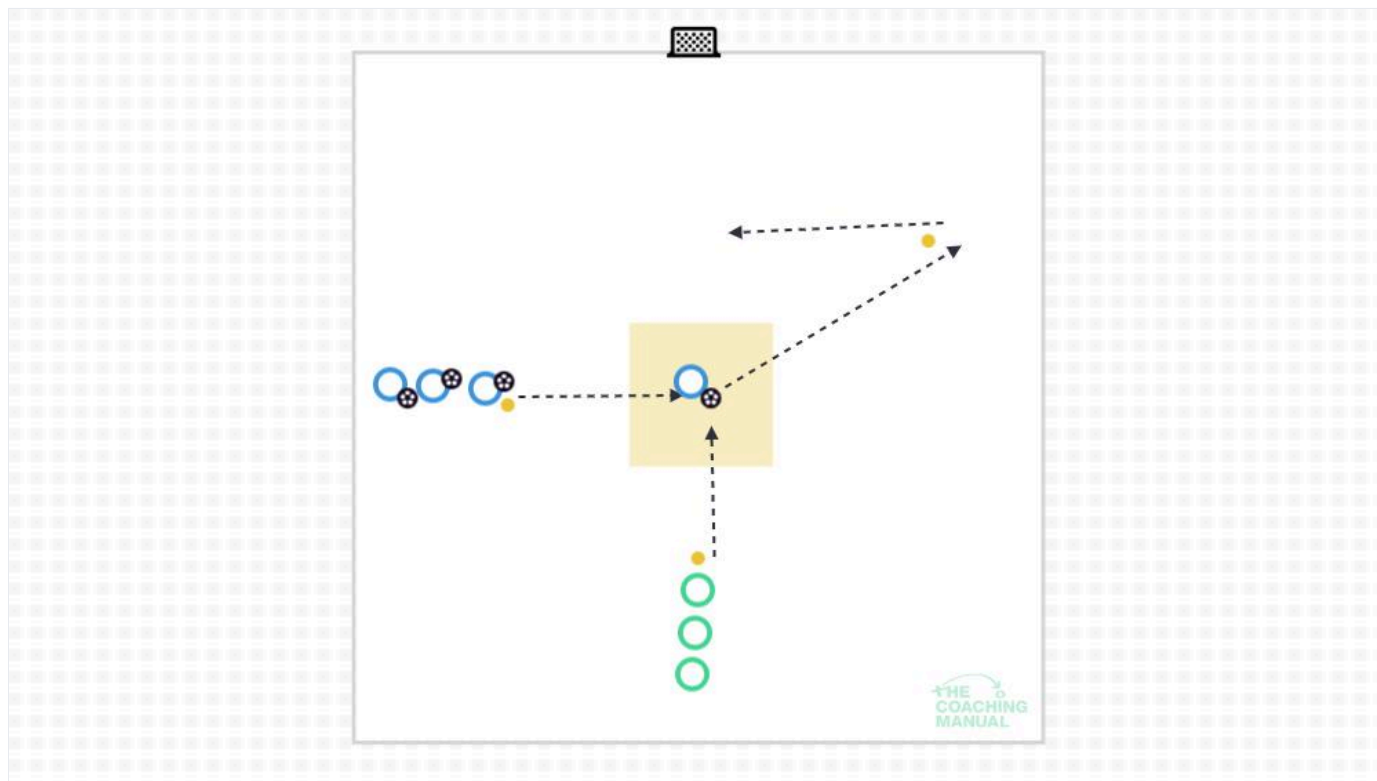
8 balls



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)

8-18

## Attack V Defence

Written by First Touch Soccer

### Set Up

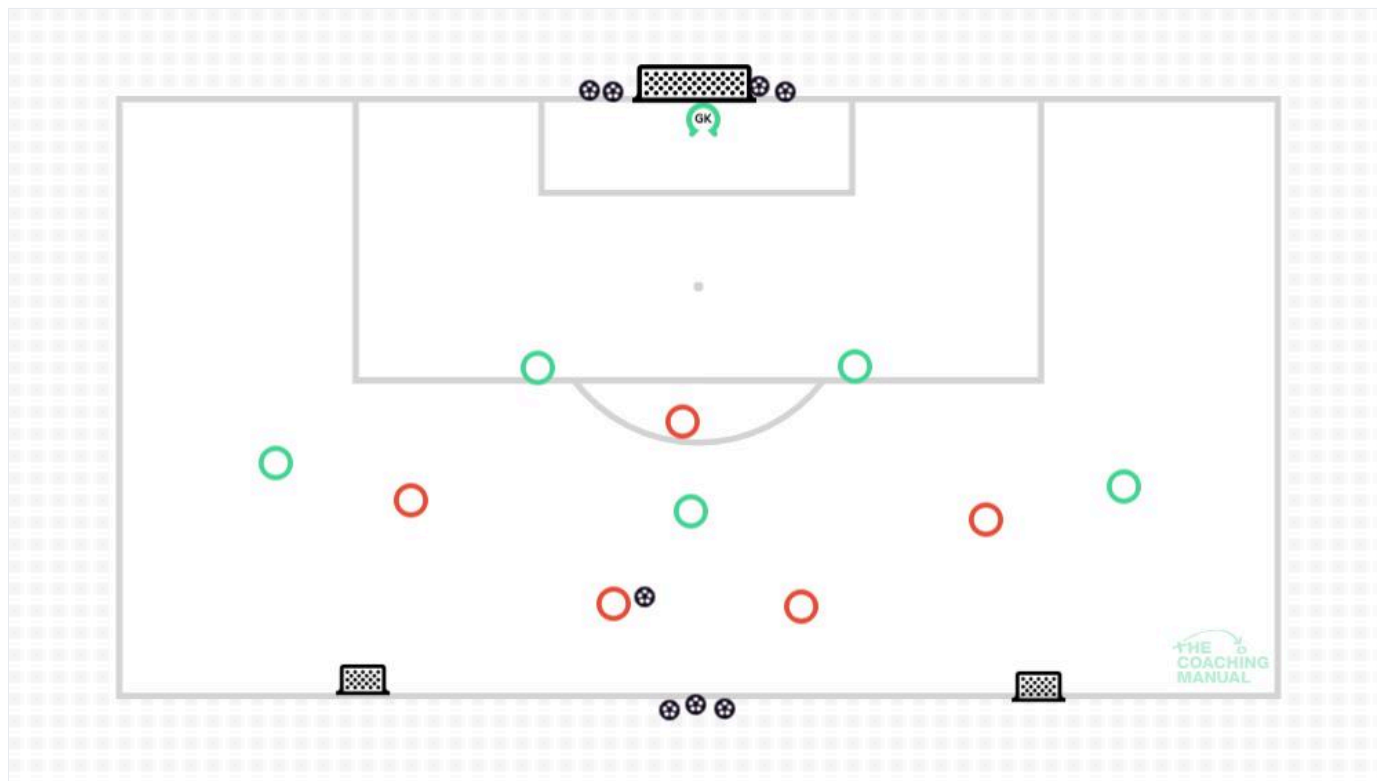
🕒 20 mins

👤 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 aim 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



# *Team Training* **CURRICULUM**

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**TRANSITION - DEFENSE TO ATTACK**



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10-16

## Switch Play Transition Game

Written by First Touch Soccer

### Set Up



20 mins



10 players



8 balls



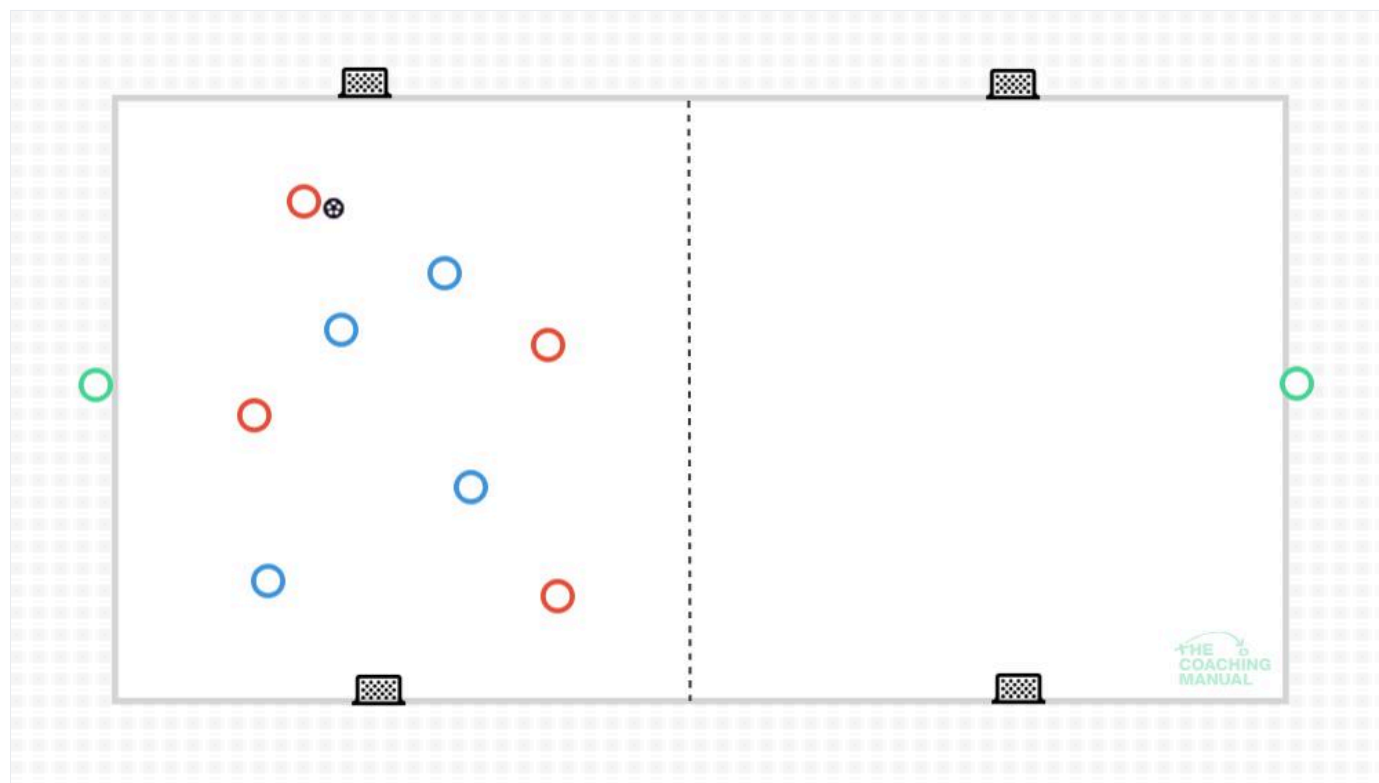
10 bibs



12 cones



50x75 area



### Organization

50x75 area with the playing area split into two halves. One neutral player is positioned at either end of the playing area.

### Activity

All players (except one neutral) aim to make at least three passes in one half of the playing area. Once three passes have been made, the team in possession can switch the ball to the opposite neutral. All players then must make it into the other half of the field within 5 seconds. The team in possession then have 30 seconds to score.

### Coaching Points

- Play quickly
- Support player in possession
- Scan the field
- Organize quickly
- Show desire and intensity

### Progressions

- Limit touches
- Limit time to score

10+

## Counter Attacking

Written by First Touch Soccer

### Set Up



20 mins



10 players



8 balls



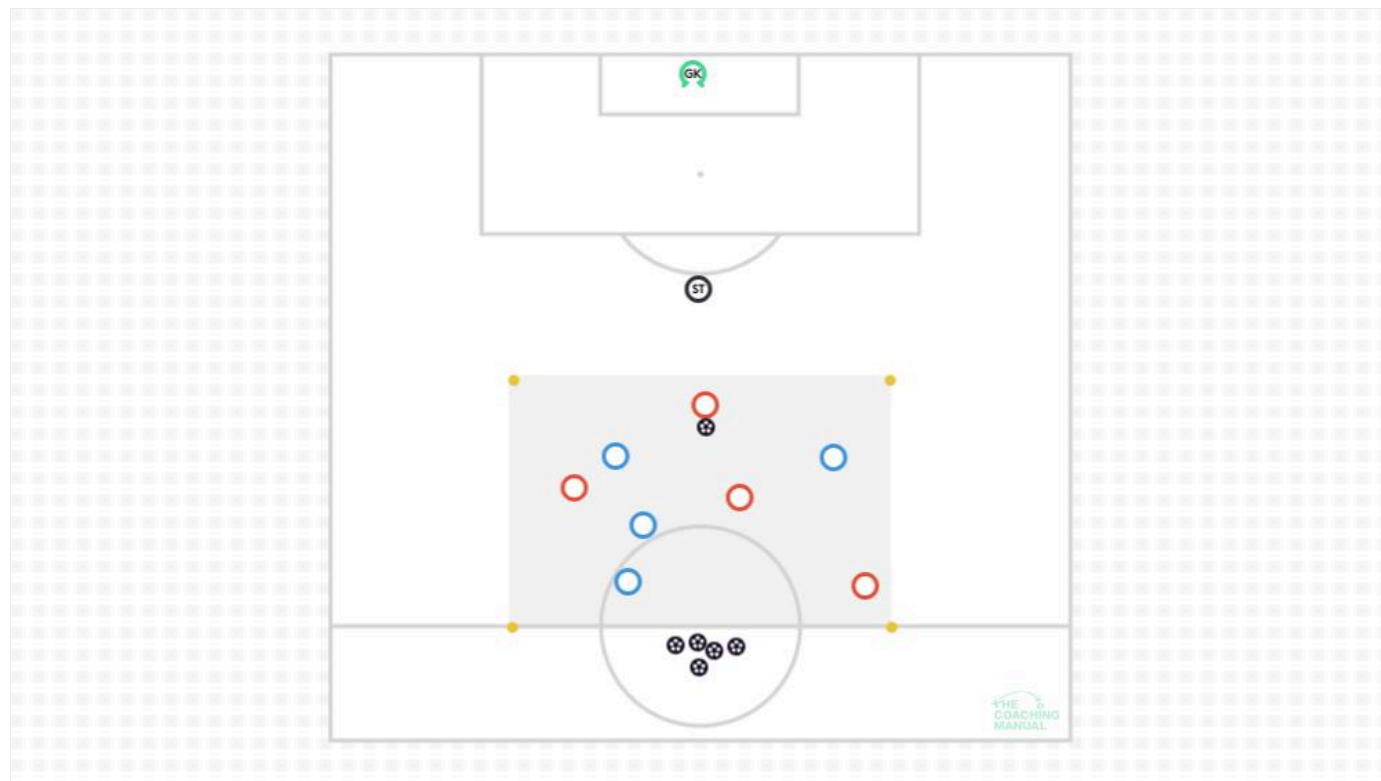
8 bibs



4 cones



600x75 area



### Organization

Coach sets up an area of 40x50 in front of the halfway line. Players are split into two teams with a GK in the goal and a Striker positioned outside the area.

### Activity

Teams play possession inside the area. Once they have made 4 passes in a row they are allowed to play the ball into the strikers feet.

Two players from the team in possession can leave the area, join the attack and attempt to score. Two players from the team out of possession must sprint back and attempt to stop the attack/win the ball.

Once the ball is out of play or the defensive team has won possession the play resets and players return to the playing area.

### Coaching Points

- Join the attack quickly
- Move the ball quickly
- Movement to create space

### Progressions

- Add an extra defender
- Add a time limit to the attacking team



# *Team Training* **CURRICULUM**

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**TRANSITION - ATTACK TO DEFENSE**



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10-16

## Switch Play Transition Game

Written by First Touch Soccer

### Set Up



20 mins



10 players



8 balls



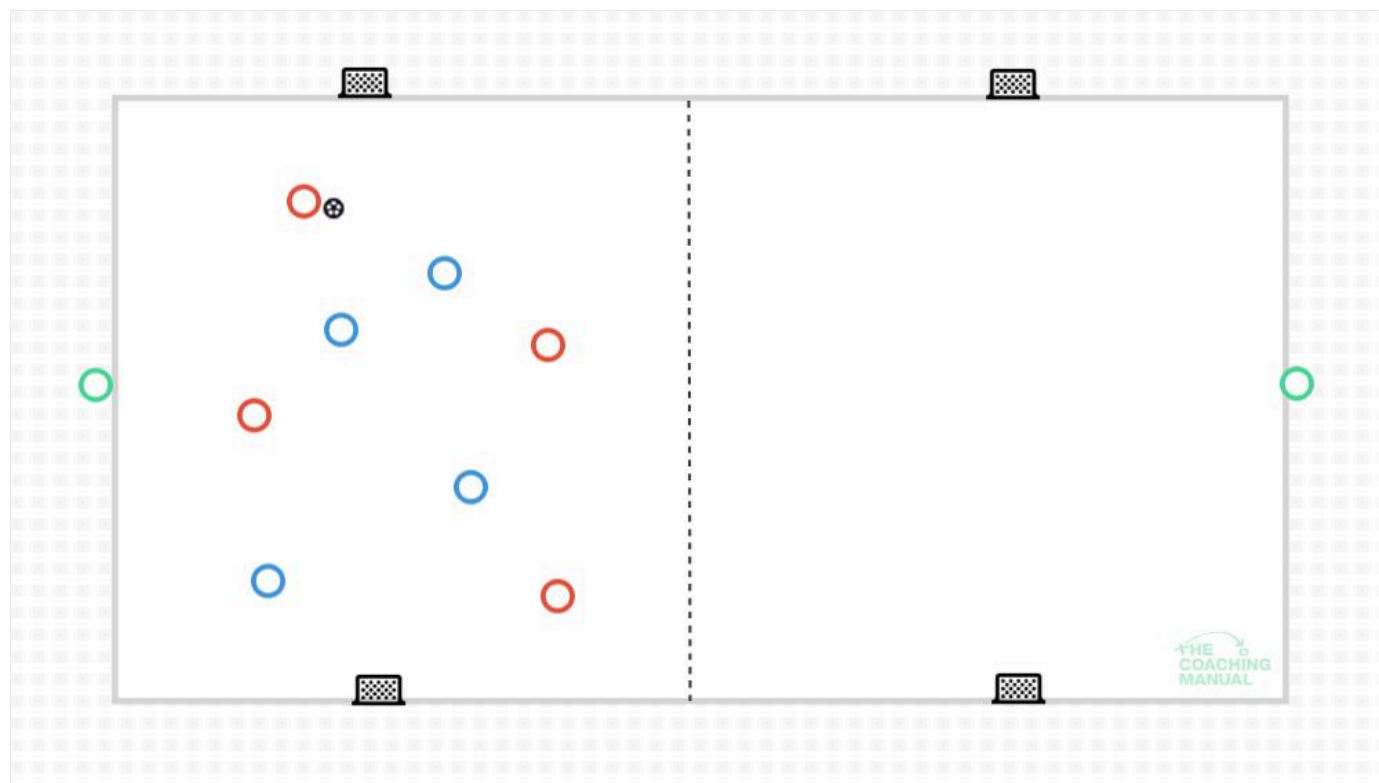
10 bibs



12 cones



50x75 area



### Organization

50x75 area with the playing area split into two halves. One neutral player is positioned at either end of the playing area.

### Activity

All players (except one neutral) aim to make at least three passes in one half of the playing area. Once three passes have been made, the team in possession can switch the ball to the opposite neutral. All players then must make it into the other half of the field within 5 seconds. The team in possession then have 30 seconds to score.

### Coaching Points

- Play quickly
- Support player in possession
- Scan the field
- Organize quickly
- Show desire and intensity

### Progressions

- Limit touches
- Limit time to score

10-16

## Three Team Scrimmage

Written by First Touch Soccer

### Set Up



20 mins



12 players



8 balls



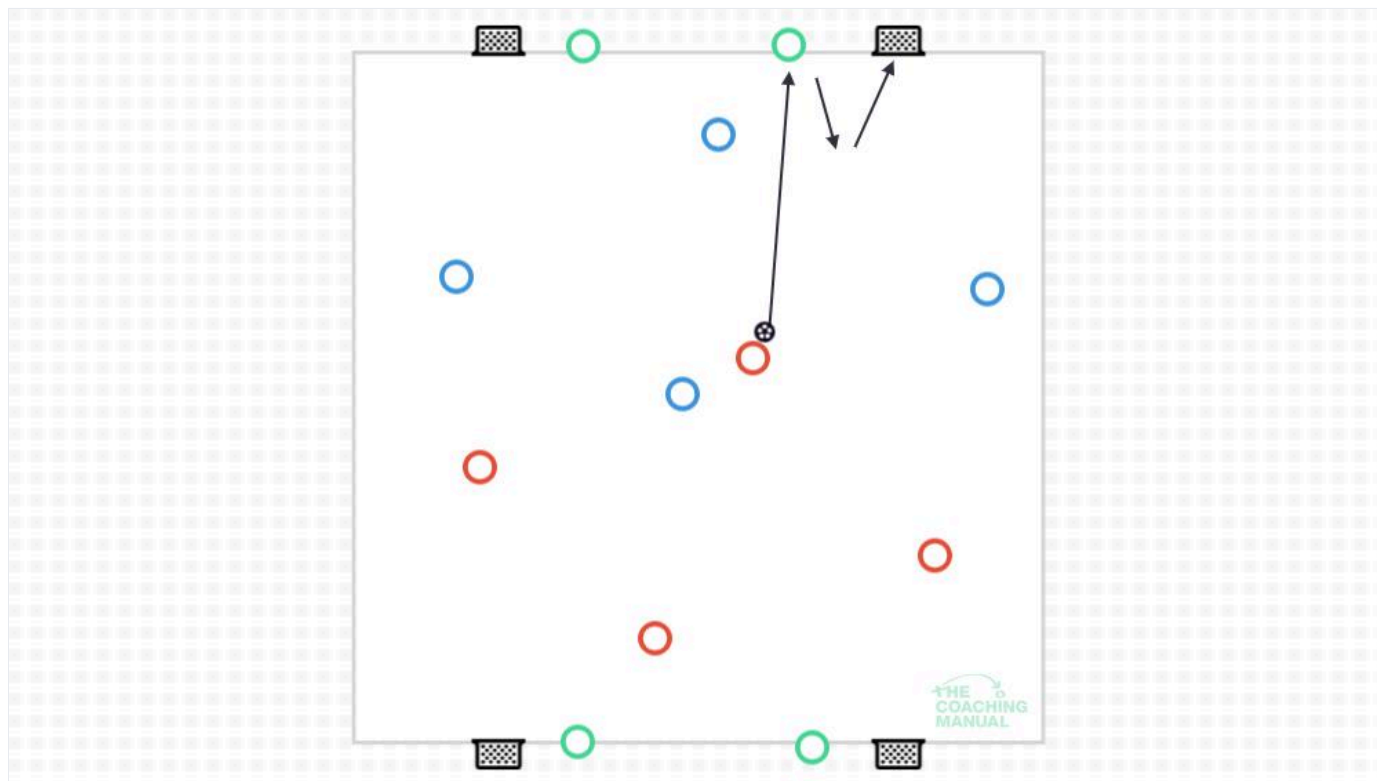
12 bibs



8 cones



50x30 area



### Organization

50x30 area, players split into three teams. Two teams scrimmage inside the playing area with one team acting as neutrals at either end.

### Activity

For a team to score, they must first play the ball to a neutral player at the end they are attacking and receive it back.

Once a goal is scored the losing team is off, replacing the neutral players who, in turn, replace them on the field.

### Coaching Points

- Play quickly
- Move the ball forward quickly
- Support player in possession
- Be patient in possession and wait for gaps to open
- Recover quickly

### Progressions

- Limit Touches
- Allow scoring team to grab ball and attack opposite end, forcing entering team to organize quickly.