



Global Premier Soccer

Town Partner Curriculum
1st & 2nd Grade

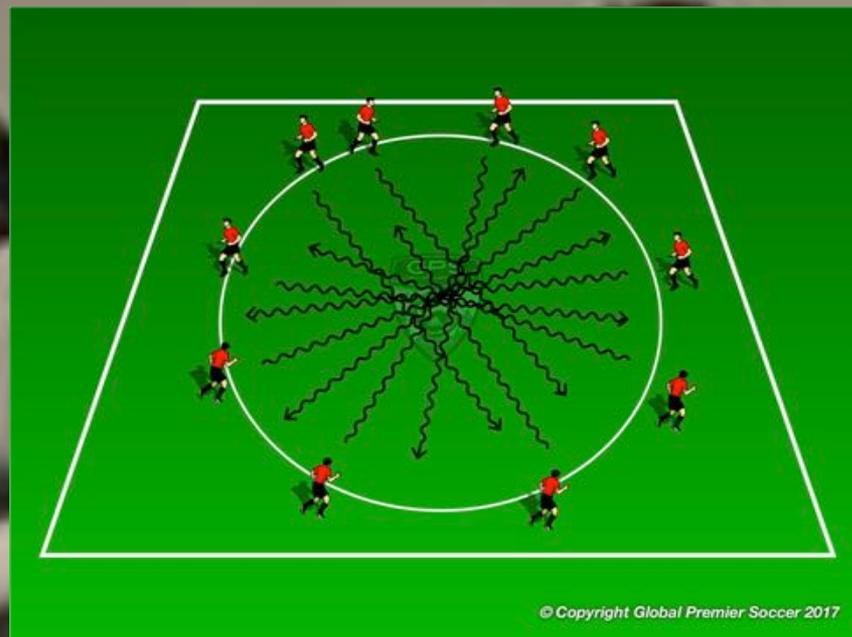
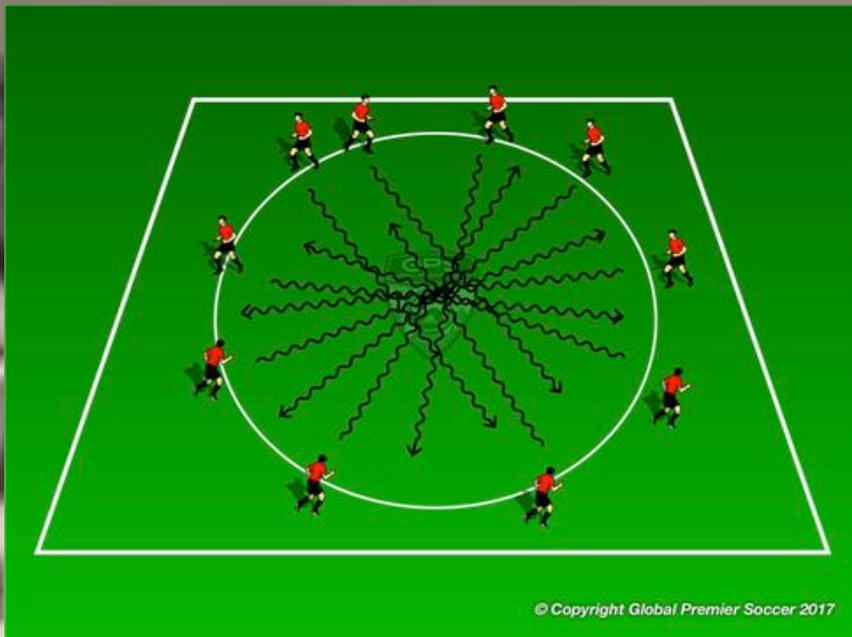




Week 1



Week 1: Dribbling



Organisation

Players stand on the outside of the circle and walk around to the left. Coach calls go and layers must run through the middle to the other side avoiding collisions.

Progressions

Now add player inside the circle who is the tagger. Any player tagged replaces the tagger in the middle.
Add 2 taggers.

Coaching Points

Head up to see other players
Change of speed into space or slow down to avoid collision

Organisation

Now each player has a ball. Players must dribble their car around the circle with little touches. When coach calls go players dribble through the middle to the other side using foot skills to avoid collisions

Progressions

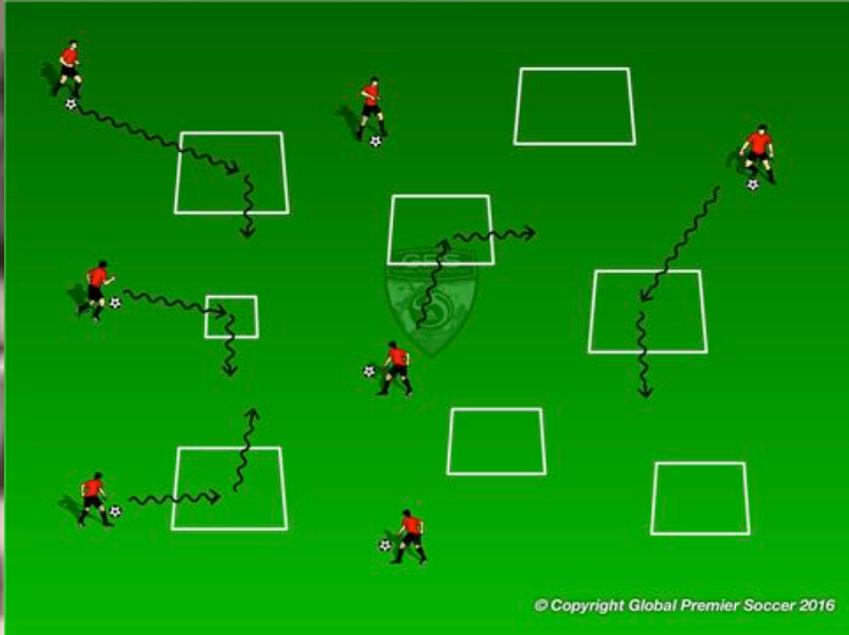
Now add player inside the circle who is the tagger. Tagger tries to hit other players ball by throwing their own ball. Any player tagged replaces the tagger in the middle.
Add 2 taggers.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions

Toe taps around the outside
Foundations around the outside
Inside/outside
Roll overs

Week 1: Dribbling



© Copyright Global Premier Soccer 2016

Organisation

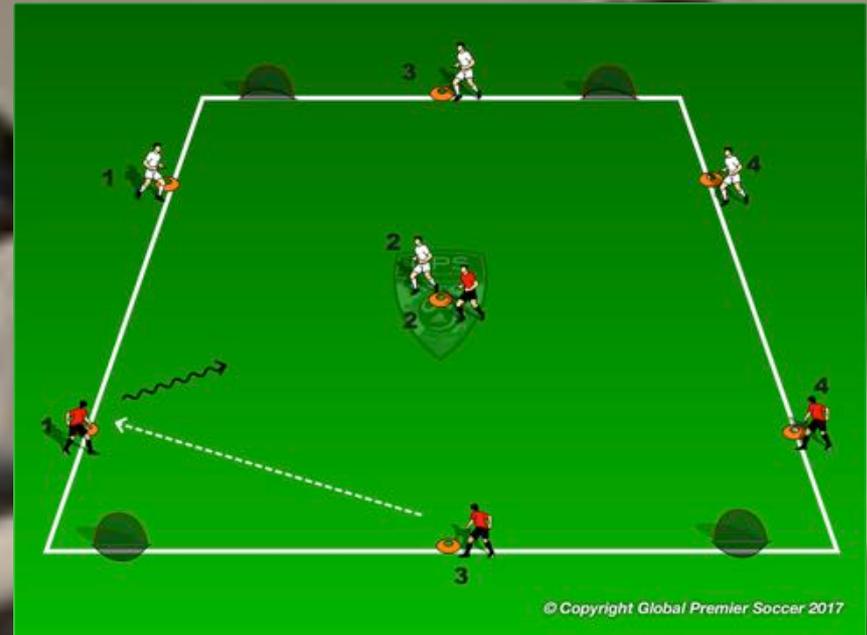
Set out a number of 2x2 yard boxes. Each box represents a store, restaurant, gas station etc. Each player has a car (ball) and drives their car (dribbles their ball) to as many stores as possible.

Progressions

Make one box blue (police station) and have one player be the policeman. Players dribble slowly until coach holds green light. Players then dribble fast. Policeman tries to catch fast drivers by tagging them. If tagged player must go to the police station until freed by a team mate.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



© Copyright Global Premier Soccer 2017

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work on the theme of the session.

Coaching Points

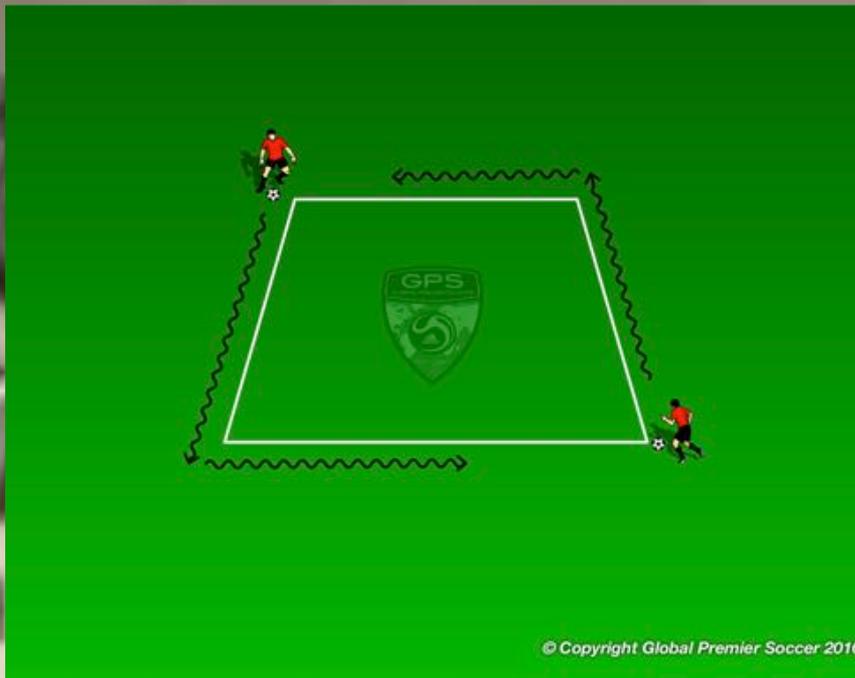
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 2



Week 2: Dribbling



© Copyright Global Premier Soccer 2016

Organisation

Players work in pairs. Each pair has one 3x3 yard box. Players leave the ball inside the box and stand on opposite corners. 1 player is the tagger and one player is the runner. Players can not go into the box and. Tagger tries to catch the runner by tagging them on the back. Tagger has 30 seconds to catch them

Progressions

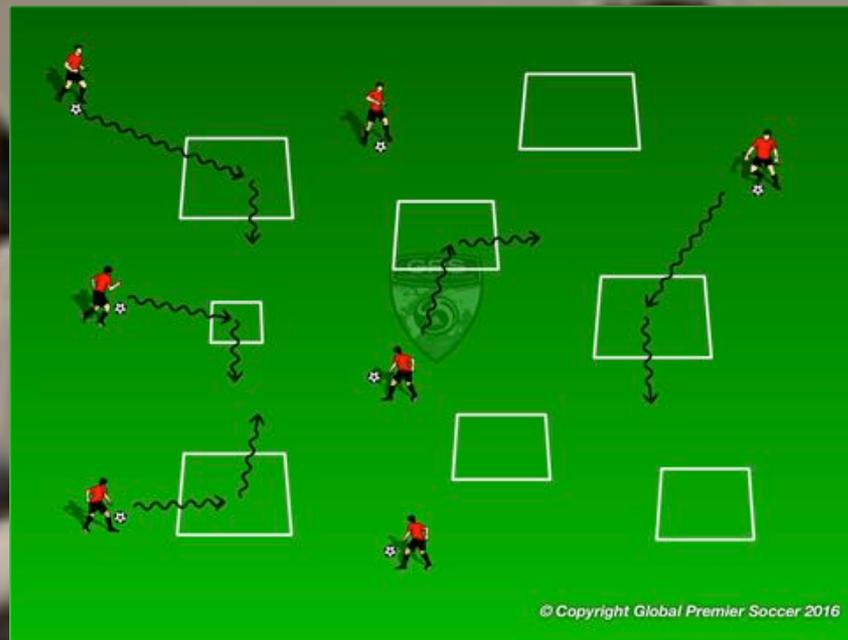
Play same game but this time players must dribble the ball

Coaching Points

Little touches on the ball to keep it close

Use different parts of the foot to change direction.

Head up to see other player



© Copyright Global Premier Soccer 2016

Organisation

Players now have a ball each and dribble around the area and through as many of the boxes from the previous game as possible.

Coaching Points

- Keep ball close
- Head up to see space
- Dribble at speed into space

Progressions

- Players dribble into the box and turn left
- Players dribble into the box and turn right
- Players dribble into the box and turn and dribble out

- Players perform 5 toe taps in each box
- Players perform 5 foundations in each box

Week 2: Dribbling



Organisation

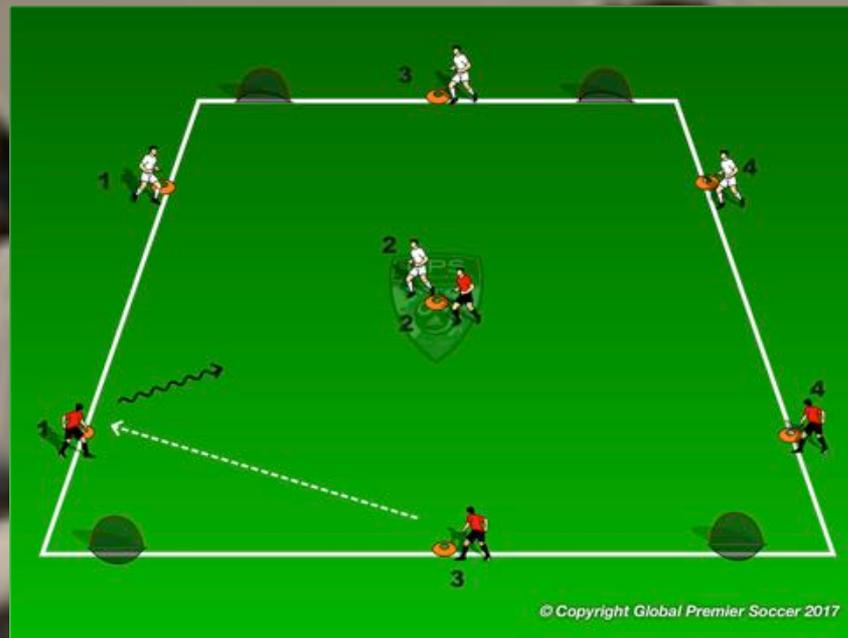
- Set out a 15x20 yard area with a box in each corner. 2 colors at one end 2 at the other. Split players into two teams, each starting between a set of boxes. Coach passes ball into area and players go 1v1 to try and stop the ball in wither box opposite their start point.

Progressions

- Play 2 1v1 games at the same time.

Coaching Points

- Use body to protect ball
- Move ball using various part of feet
- Move ball quickly to try and unbalance defender
- Exploit space at speed



Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

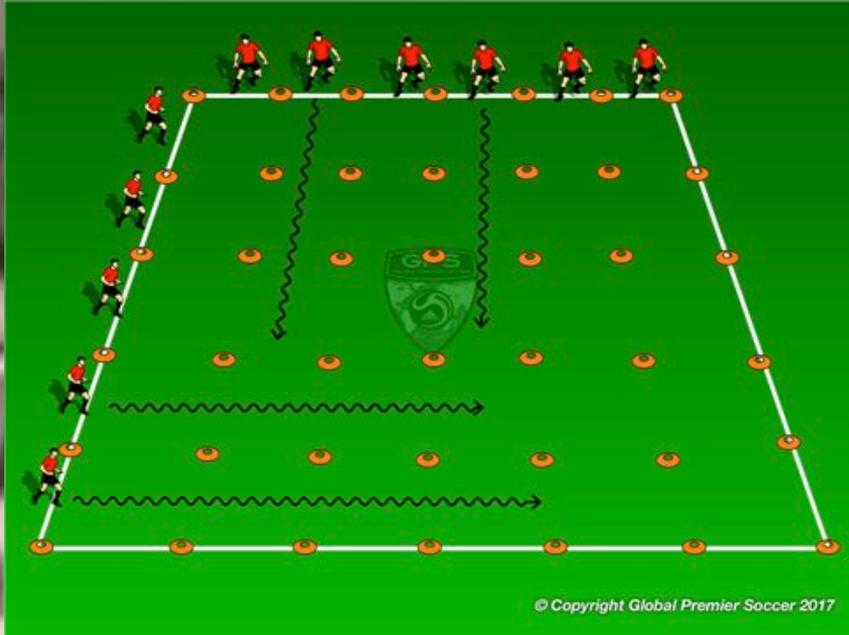
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 3



Week 3: Dribbling



© Copyright Global Premier Soccer 2017



© Copyright Global Premier Soccer 2017

Organisation

Set out a grid as shown. Each cone 2 yards apart. Each player has a ball and works in their own channel. Have 2 players at each grid if large numbers. Players dribble to the end of their channel and back before next player goes.

Coaching Points

Small touches to keep ball close
Speed control to avoid collisions.

Progressions

- Toe Taps
- Foundations
- Roll overs
- Inside/outside
- Zig Zag side to side around cones on outside of your channel
- Backwards down channel
- Dribble into 3 other channels before getting to the end.

Organisation

Now move the cones from the grid into a mess in the middle of the area. Players line up on one side with a defender in each space between cones and end lines. Players must dribble to the opposite side past the defenders and through the cones without being tagged. If you are tagged you become new defender and defender becomes an attacker.

Progressions

- 2 defenders in each space

Coaching Points

Head up to see defenders
Speed through open space
Close control between cones

Week 3: Dribbling



© Copyright Global Premier Soccer 2017

Organisation

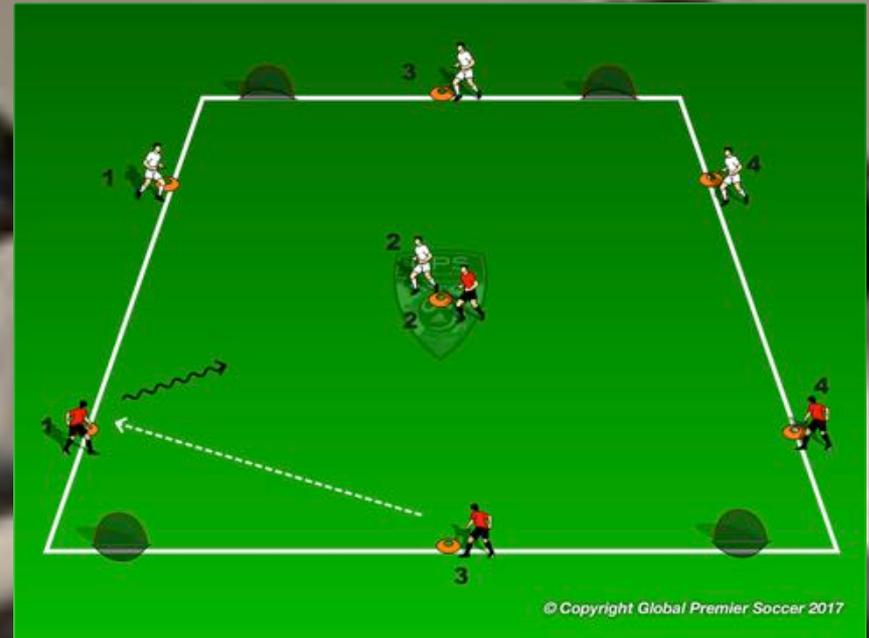
Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side whites the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent



© Copyright Global Premier Soccer 2017

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

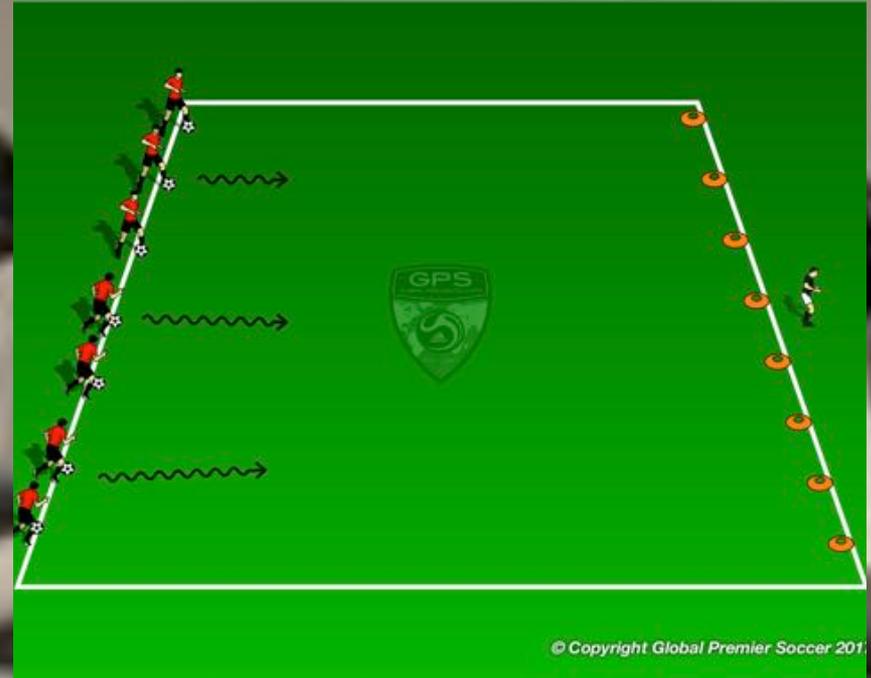
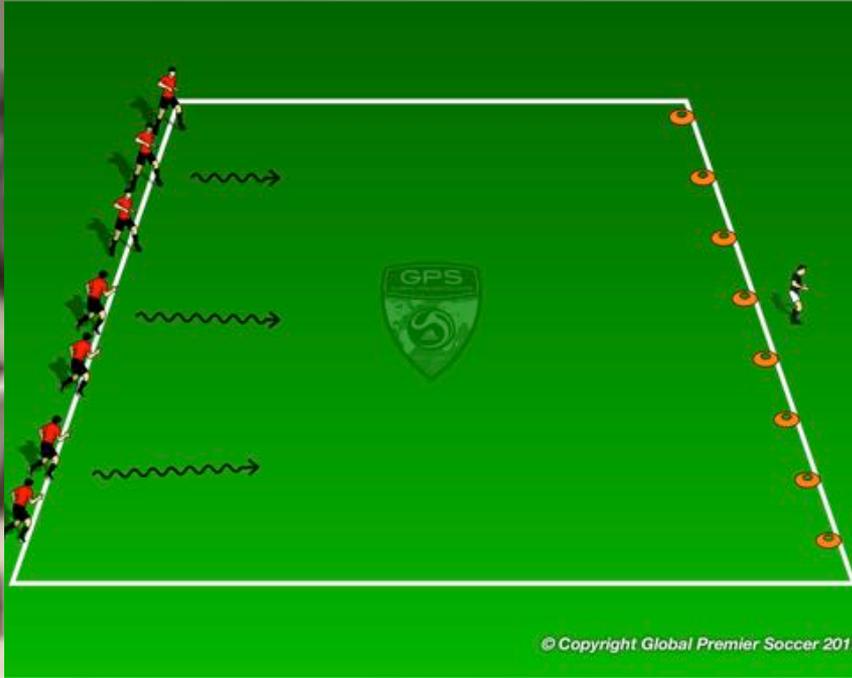
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 4



Week 4: Dribbling



Organisation

Set out a line of cones at the opposite end of an area to the players. Coach stand behind the cones. When coach faces the players, the players must be frozen on the spot. When coach turns away players try and sneak towards the cones and try and pick on up, freezing when the coach turns around.

Progressions

Coaching Points

Slow movements
Be balanced so not to wobble or fall when coach turns around.

Organisation

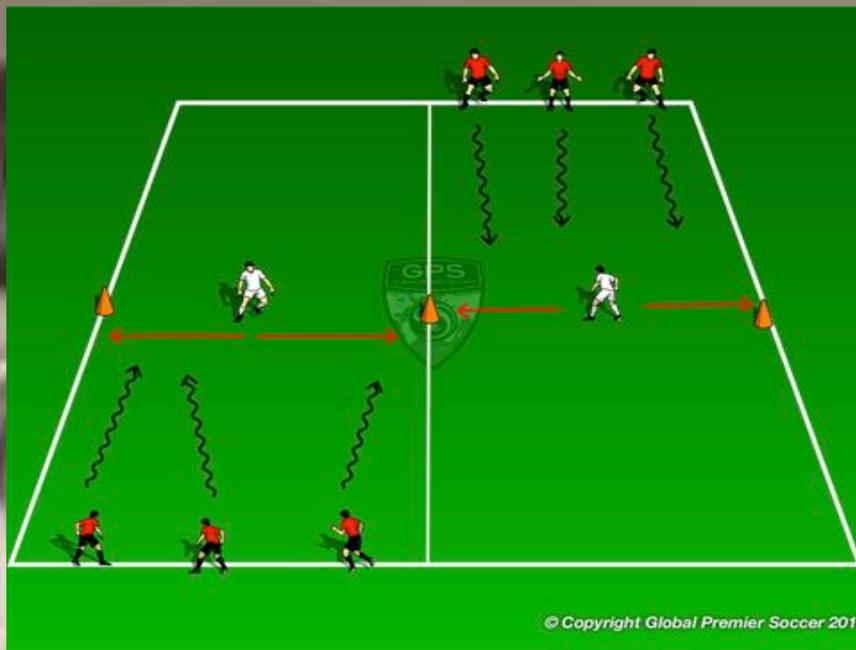
Play same game but each player must have a ball and stop the ball with the bottom of their foot.

Progressions

Coaching Points

Small touches of the ball
Keep ball close to stop quickly
Use different parts of the foot

Week 4: Dribbling



© Copyright Global Premier Soccer 2011

Organisation

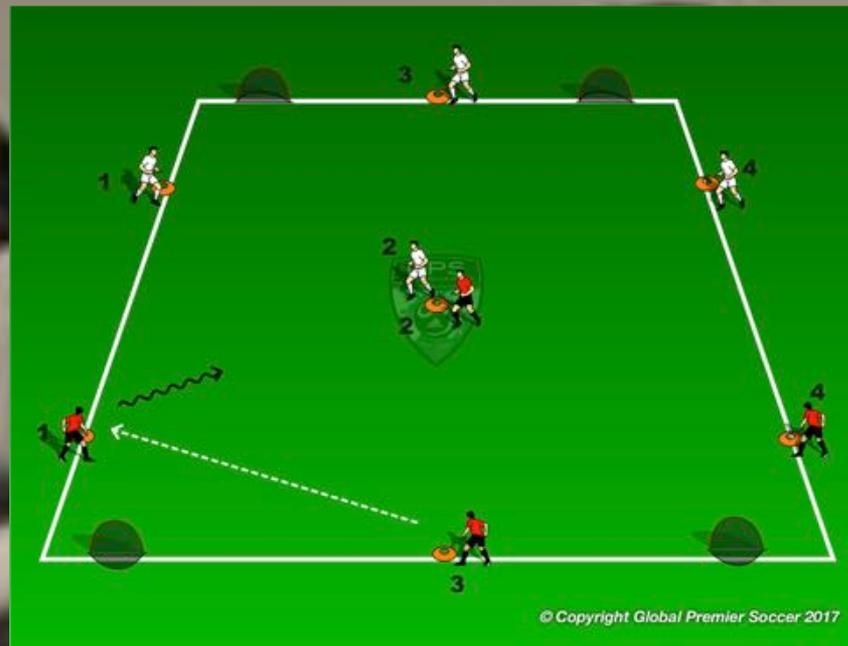
Set out area as shown with one defender in each area. Each area is 10x20 yards. Players dribble down the channels in 3s and try and get past the defender. Defender tries to kick away any soccer ball. Defenders can only move side to side between cones.

Progressions

Add another defender in each zone.

Coaching Points

Small touches keeping ball close
Speed up when you see space
Quick change of direction to beat defender



© Copyright Global Premier Soccer 2017

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

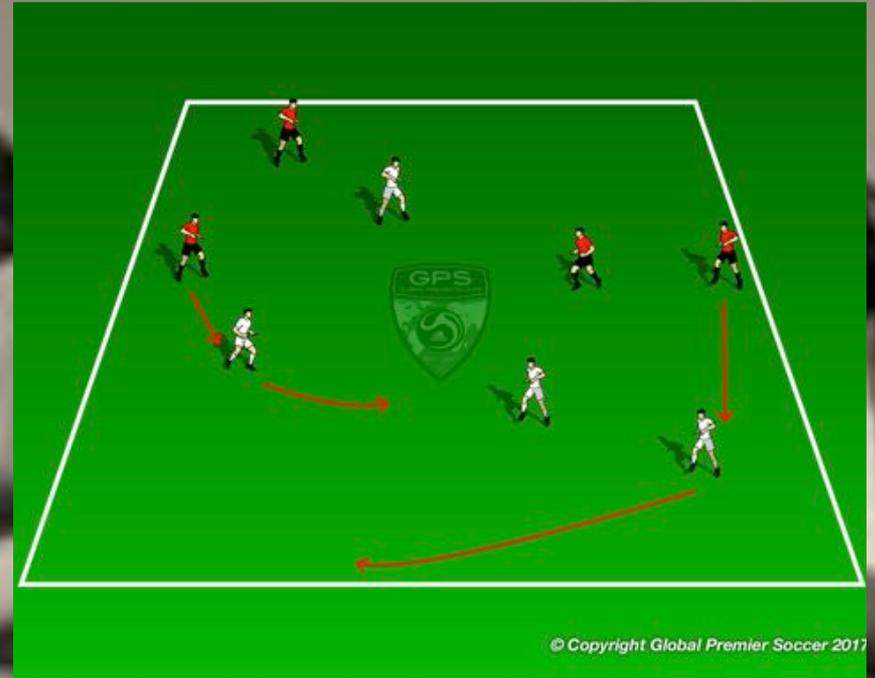
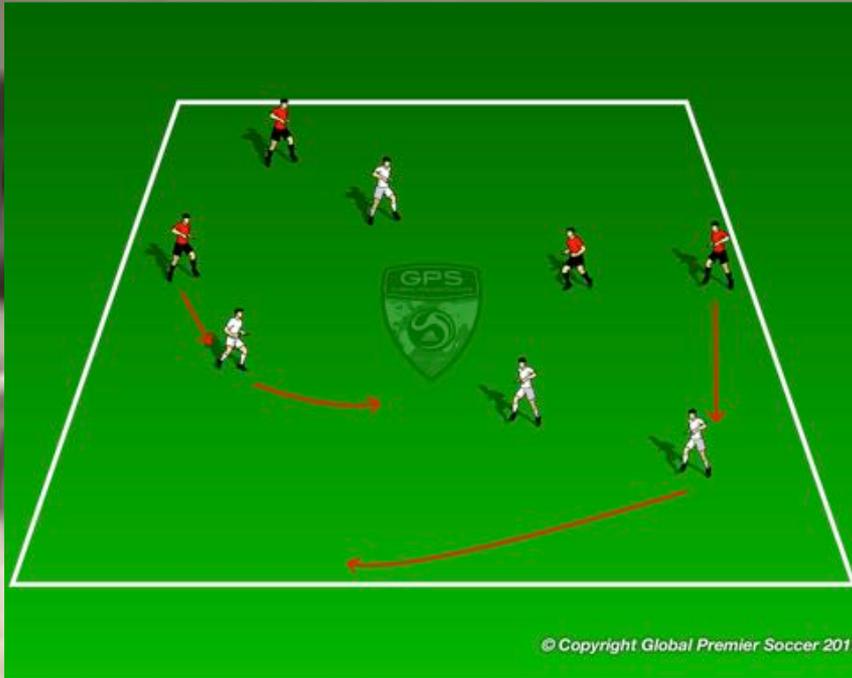
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 5



Week 5: Dribbling



Organisation

- Players are in pairs (1 red/1 white in diagram). Players play tag with just their partner. Once tag they switch roles. Player who is tagger after 1 minute performs 5 star jumps.

Progressions

- Add a ball for each player

Coaching Points

- Vary speed and direction to lose tagger.
- Accelerate into space
- Close control with ball so you can change direction at any moment.
- Awareness of other players.

Organisation

- Players are in pairs (1 red/1 white in diagram). Players play tag with just their partner. Player who is tag after 1 minute performs 5 star jumps.

Progressions

- Add a ball for each player

Coaching Points

- Vary speed and direction to lose tagger.
- Accelerate into space
- Close control with ball so you can change direction at any moment.
- Awareness of other players.

Week 5: Dribbling



Organisation

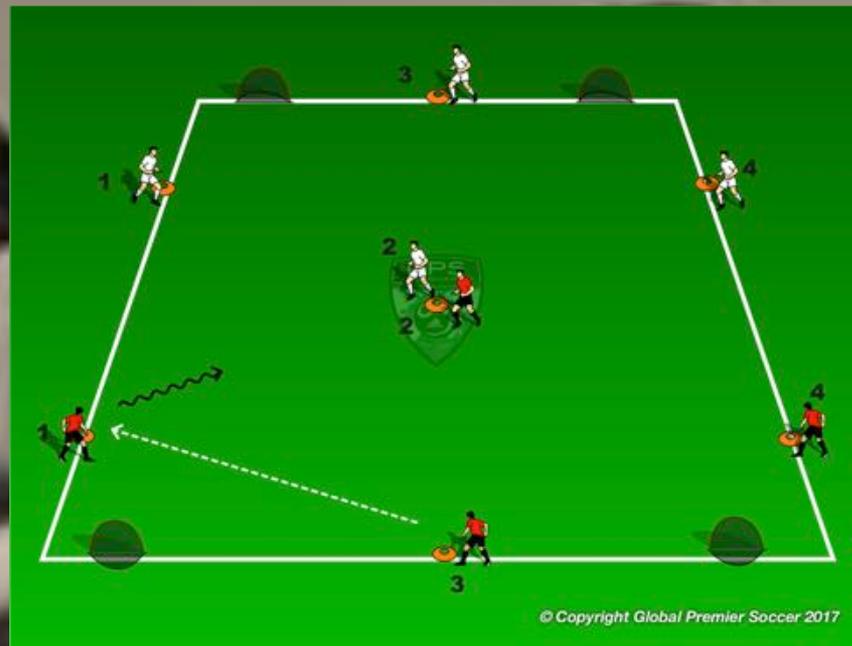
- Set up multiple 'gates' out of 2 cones around the area. Have varied color gates. Each player with a ball. Players must dribble through as many as they can in a set time.

Progressions

- Use sole only
- Players can't go through same color gate twice in a row.
- Eliminate 1 color.
- Coach acts as a defender that players must avoid.

Coaching Points

- Keep ball close so you can change direction easily.
- Head up looking for open gates. Avoid crowded ones.
- Plan your 'route' as you move around the gates.



Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 6



Week 6: Attacking 1v1



Organisation

Each player has a ball and dribbles inside the area. Coach asks players to perform a series of foot skill moves/

Progressions

Toe taps, foundations, toe taps on the move, foundations on the move, pull back turn, roll over,

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Change direction to beat defender
Head up to see other players.

Organisation

Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side whites the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

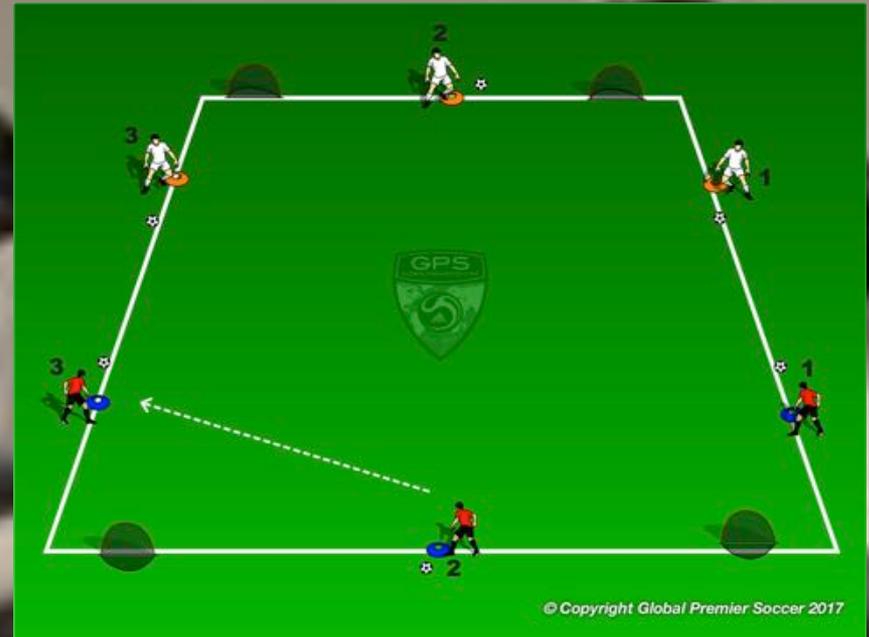
Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Week 6: Attacking 1v1



Organisation

Have 2 teams lined up alongside the coach on the side line. Coach throws a ball in for the first two players to play 1v1 trying to score in any goal. Have 3 games in play at any one time.

Progressions

Play 2v2

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 3 must run around the back of their own goal to cone 1. It's a race between both player 3s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

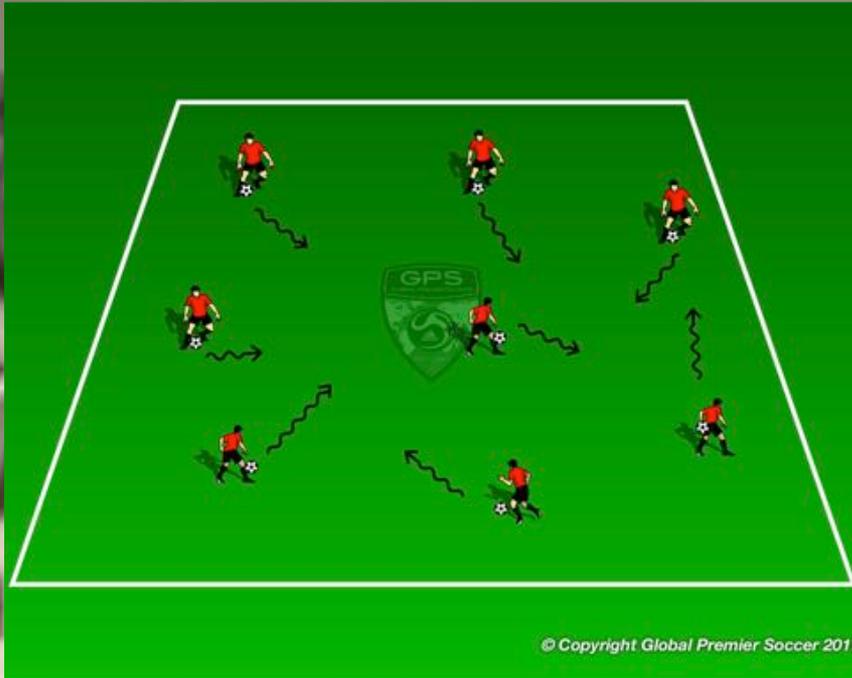
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 7



Week 7: Attacking 1v1



© Copyright Global Premier Soccer 2017

Organisation

- Set out a 20x20 yard area. Each player has a ball and dribbles freely in the space/ Ask players to perform any 1v1 moves they know from previous soccer sessions

Progressions

- Show players a new move and allow them to try and execute it.
- Scissors, double scissors, roll over, double touch, fake & take.

Coaching Points

- Small touches to keep ball close
- Accelerate after move



© Copyright Global Premier Soccer 2017

Organisation

- Now add one player in the area without a ball. This player tries to steal any ball from another player. Once the defender gets two touches on a new ball the player losing the ball becomes new defender

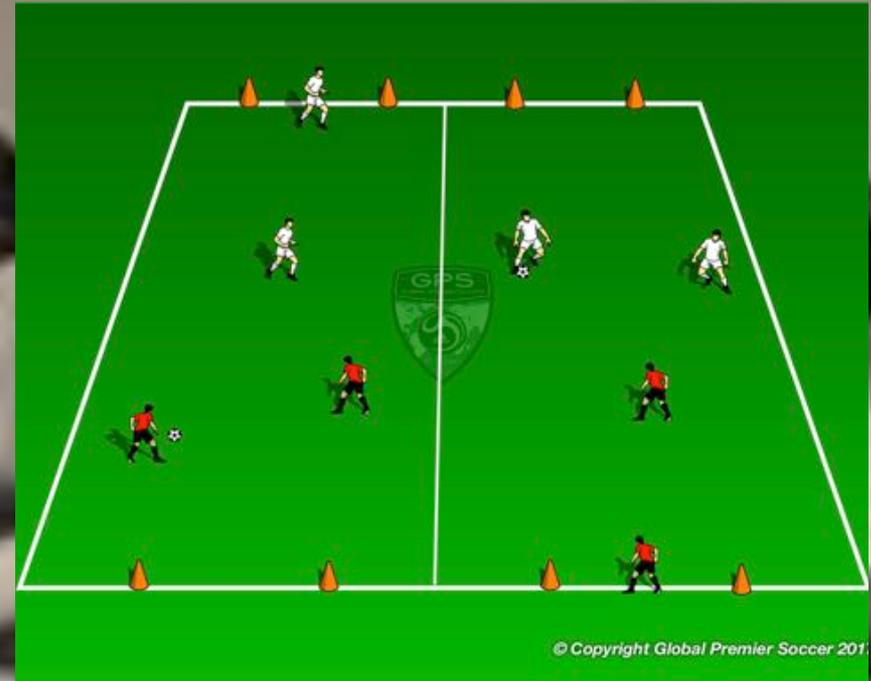
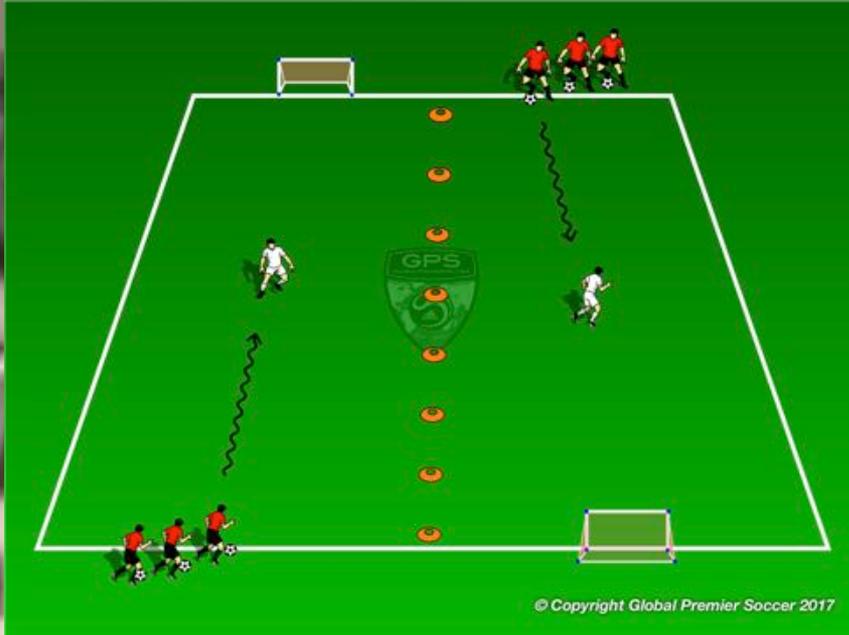
Progressions

- Add 2 defenders

Coaching Points

- Small touches to keep ball close
- Use move to unbalance and beat defender
- Accelerate after move

Week 7: Attacking 1v1



Organisation

Create 2 channels with one defender in each. Each player has a ball and dribbles down the channel and tries to beat the defender and score. If defender steals the ball they can score. Player who scores moves onto the next channel. If no goal is scored attacking player stays as attacker.

Progressions

Coaching Points

Keep ball close to be able to move ball quickly
Head up to see defender
Change of speed or direction to beat defender

Organisation

- 2v2 games. Team without the ball must have one player drop back and become GK leaving 2v1 on the field

Progressions

Coaching Points

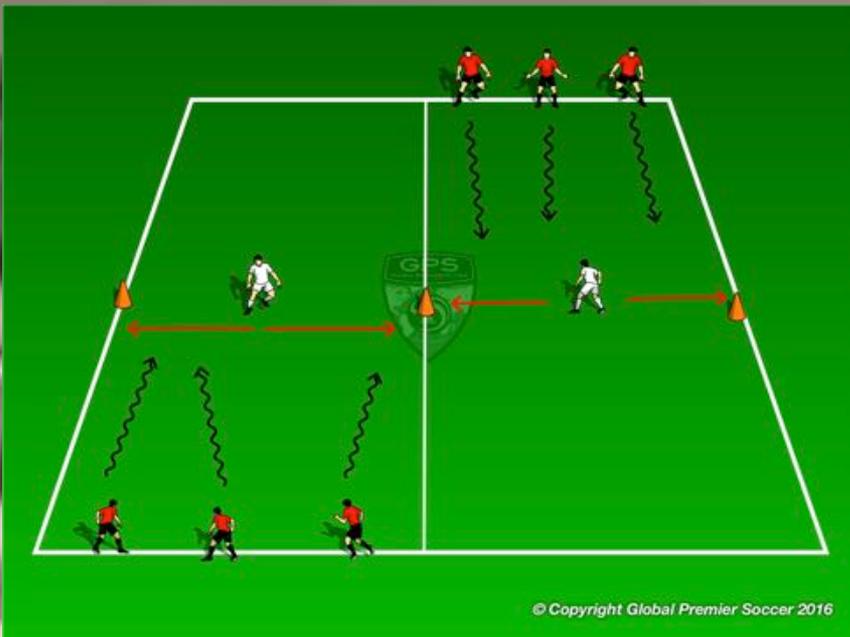
- Creativity on the ball
- Play without fear. Try moves
- Quick sprint back to box when point is gained



Week 8



Week 8: Attacking Play



Organisation

Set out two areas with 1 defender in each. Players must try and get past defender without being tagged. Once to the other end players turn and run down the other side trying to get past the second defender.

Progressions

Each player now has a ball and dribbles through the zones.
Add another defender in each zone

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Players inside the circle move around until coach calls go. At this point they leave the middle circle and try and run out through two cones. The white players try and tag any player leaving the circle. Once escaped players can try and get back into the circle.

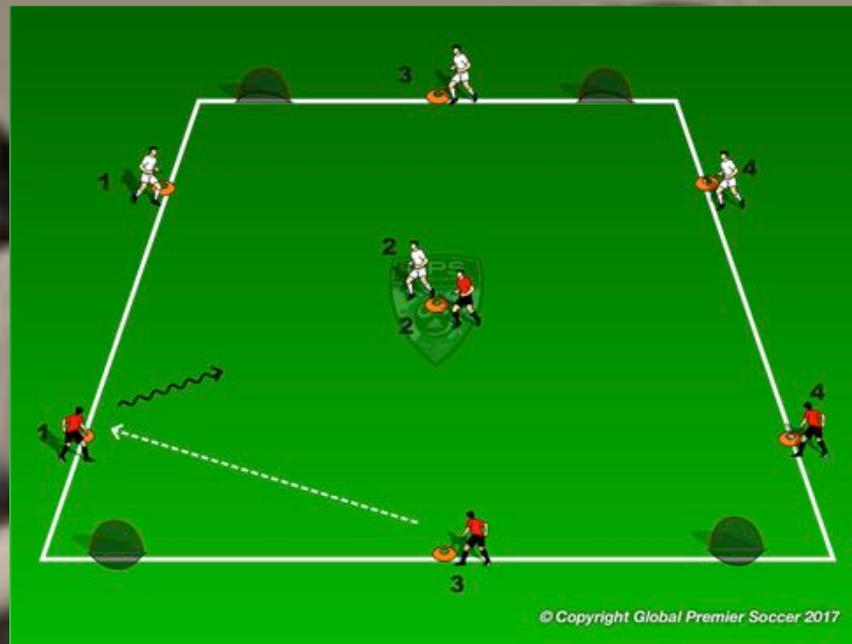
Progressions

Each player now has a ball and must dribble out to escape.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Week 8: Attacking Play



Organisation

Have 2 teams lined up alongside the coach on the side line. Coach throws a ball in for the first two players to play 1v1 trying to score in any goal. Have 3 games in play at any one time.

Progressions

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Speed to get away from opponent

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

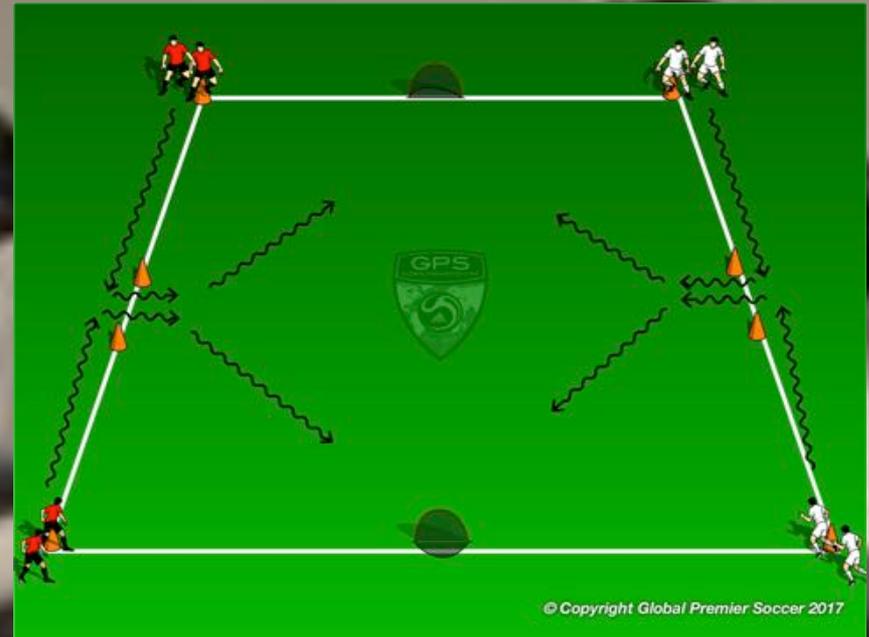
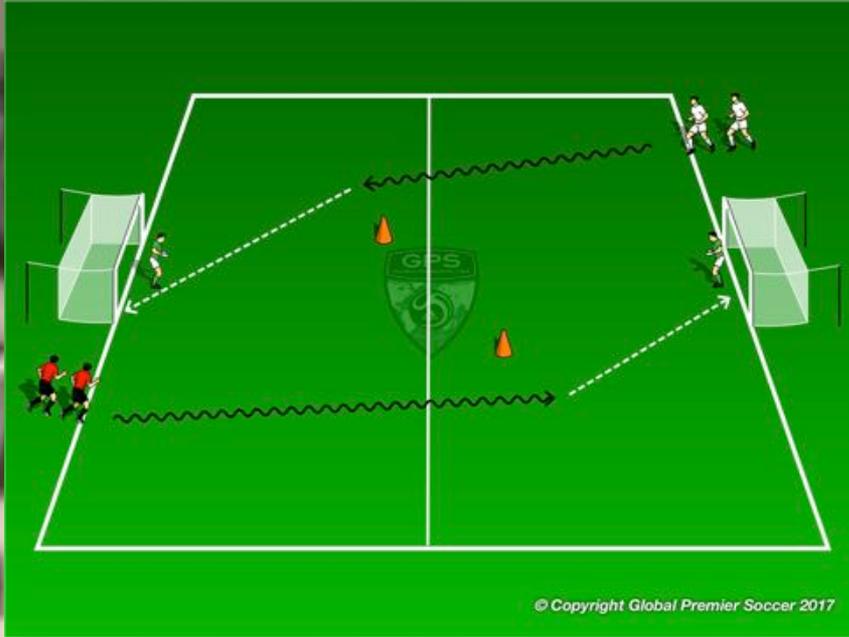
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 9



Week 9: Shooting



Organisation

Split players into two teams. When coach calls go the first player from each line dribbles to the goal opposite and shoots. First player to score gets the point for their team

Progressions

Add GKs

Coaching Points

Keep ball close with little touches
Shoot with laces of foot

Organisation

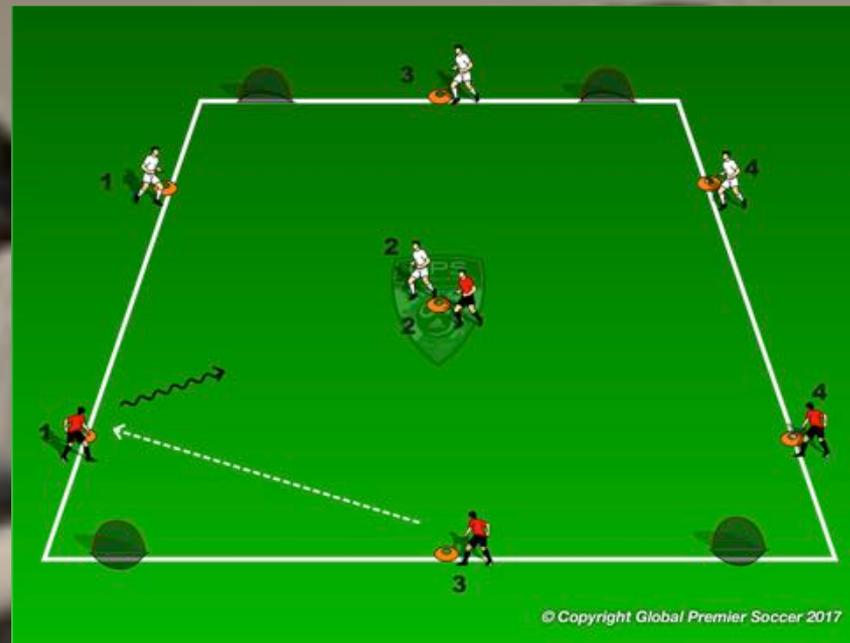
Split players into 4 teams. First player in each line dribbles out around the cone and shoots at the goal next to where they start. First player to score gets the point for their team

Progressions

Coaching Points

Keep ball close with little touches
Shoot with laces of foot

Week 9: Shooting



Organisation

Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side white the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Keep ball close with little touches
Shoot with laces of foot

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

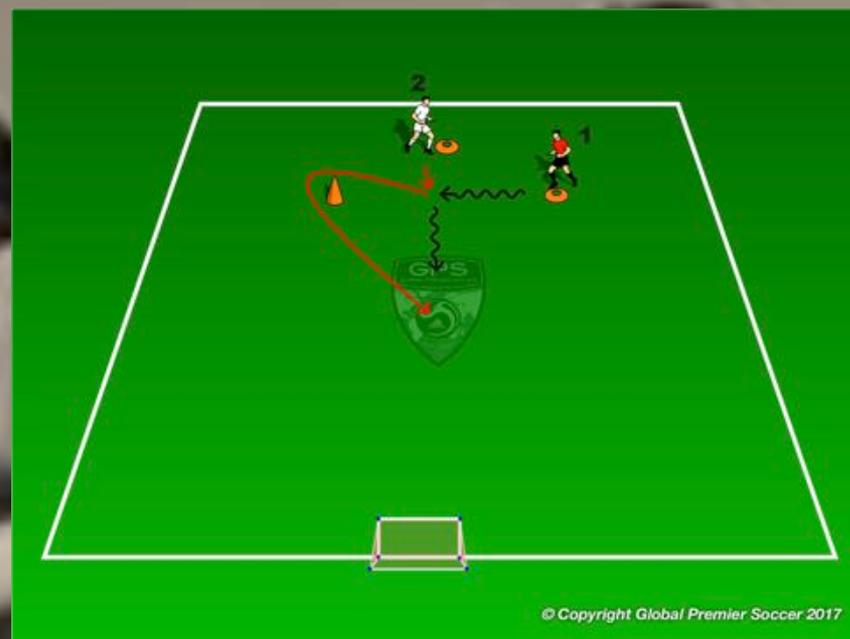
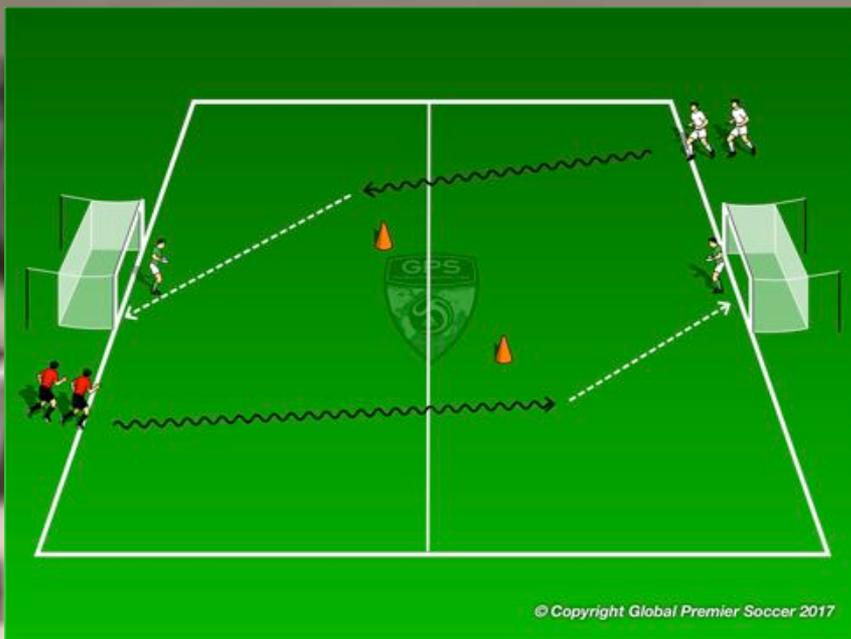
Little touches to keep ball close
Head up to see space
Change direction to avoid collisions



Week 10



Week 10: Shooting



Organisation

Split players into two teams. When coach calls go the first player from each line dribbles to the goal opposite and shoots. First player to score gets the point for their team

Progressions

Add GKs

Coaching Points

Keep ball close with little touches
Shoot with laces or inside of feet

Organisation

Split players into 4 teams. First player in each line dribbles out around the cone and shoots at the goal next to where they start. First player to score gets the point for their team

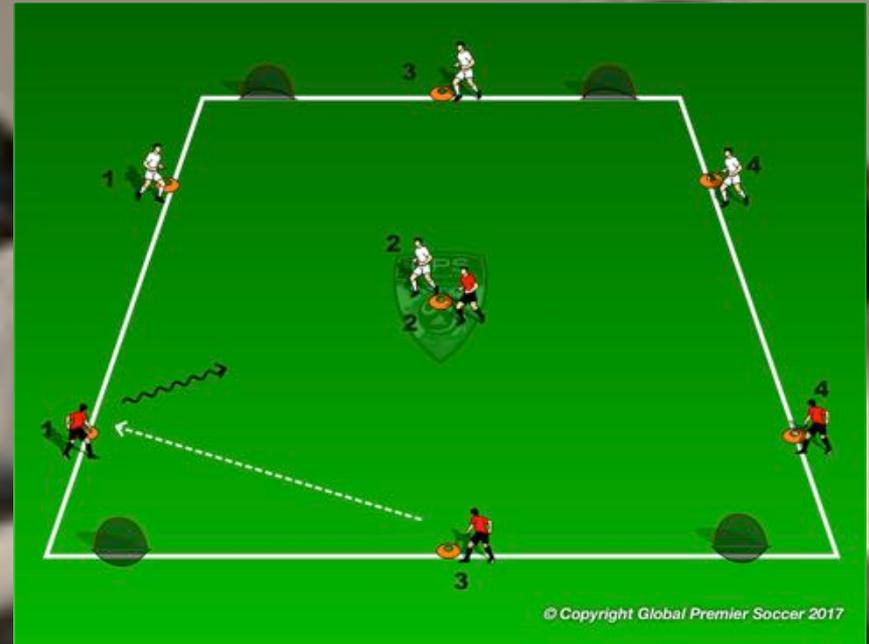
Progressions

Add GK

Coaching Points

Keep ball close with little touches
Stop ball with bottom of foot
Big touch and dribble at speed to goal
Shoot with laces or inside of foot

Week 10: Shooting



Organisation

Set out an area with 6 goals, 3 goals at each end. Players work in pairs with one ball. Players start in the middle, reds one side whites the other. Coach calls go and players play 1v1 against their partner trying to score in any goal. If a goal is scored the bring the ball back to the middle and play again.

Progressions

First player to 3 goals wins.

Coaching Points

Little touches on the ball to keep it close
Use different parts of the foot to change direction.
Head up to see open goal
Keep ball close with little touches
Shoot with laces of foot

Organisation

Set out 24x20 yard field. Player start cones are 6 yards from end line. Play 3 minute game then have players rotate to next cone in number order. Player 4 must run around the back of their own goal to cone 1. It's a race between both player 4s to get to cone 1 for extra point.

Progressions

1 coach per field if more than one coach. Any players not playing can work with coach on side line in 1-1 setting to work o the theme of the session.

Coaching Points

Little touches to keep ball close
Head up to see space
Change direction to avoid collisions