



GLOBAL PREMIER SOCCER

GPS JUNIORS CURRICULUM 2016

Pre-k & Kindergarten





GPS Juniors - Focus Techniques

Each session in this 8 week curriculum will have a focus technique the coach will reinforce throughout the session. Each of those techniques are broken down below:

Week 1 - Dribbling with little touches

- Keep ball close to feet
- Little touches of the ball
- Head up to see space & cones

Week 2 - Stopping the ball with bottom of the foot.

- Little touches to keep ball close
- Put foot on top of ball to stop ball.
- Other foot next to the ball.
- Arms out to balance

Week 3 - Toe Taps

- Put one foot on top of the ball.
- Switch and put the other foot on the ball.
- Switch feet again.
- Can player jump and switch

Week 4 - Foundations

- Pass the ball between your feet.
- Use inside of feet.
- Little touches side to side

Week 5 - Changing Direction

- Little touches to keep ball close
- Use outside of the foot to move ball
- Head up to see space and other players

Week 6 - Speed Dribble

- Little touches to keep ball close
- Bigger steps when running.
- Head up to see space and other players

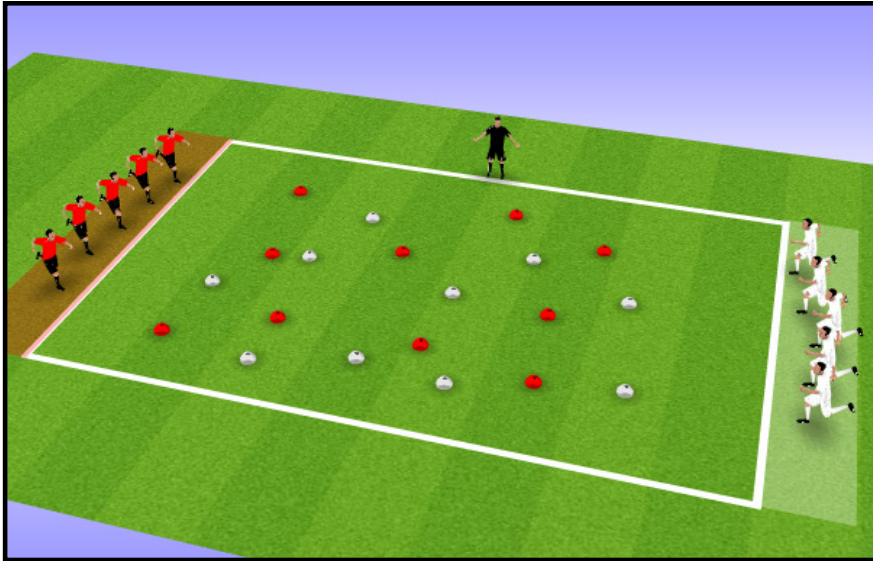
Week 7 - Passing

- Have foot point sideways.
- Use inside of foot to kick ball
- Use toe on other foot to aim.

Week 8 - Shooting

- Have kicking foot point sideways.
- Use inside of foot to kick ball.
- Use toe on other foot to aim.
- Use shoe laces for extra power





Pick Favorite Color

Set Up/Rules

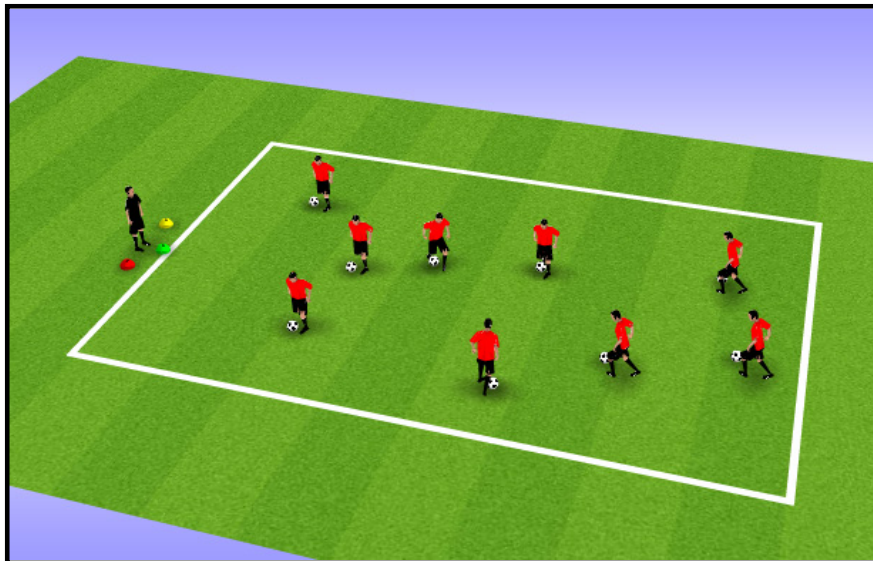
Red team must pick up red cones only and take them back to their area. White team must pick up white cones and take them back to their area. Players may only pick up one cone at a time. First team to clear the space wins. Can add pinnies to give each team two options.

Progressions

- Players must perform the below before picking up the cone:
 - Jump over it
 - Run around it
 - Hop over it
- Players have a ball in hands and have to bounce the ball and catch it.
- Players dribble ball
- Players must start again if their ball hits the wrong color cone.

Focus Technique

Keep ball close to feet
Little touches of the ball
Head up to see space & cones



Traffic Lights

Set Up/Rules

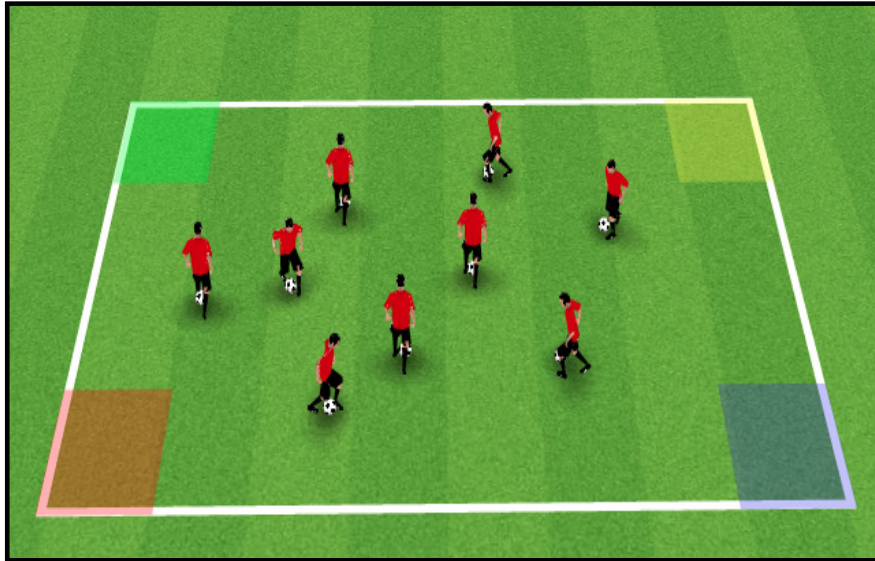
Players move around inside the space. Coach has 3 color cones. Red = Stop, Yellow = go slow, Green - go fast, Blue - Cops and robbers (coach tries to steal players balls or players try and steal coaches ball)

Progressions

- Players now dribble a ball and play the same game.
- Challenge players to stop the ball with different body parts.
- Coach to walk around holding up cones so players get head up to look

Focus Technique

Keep ball close to feet
Little touches of the ball
Head up to see space & cones



Find The Color

Set Up/Rules

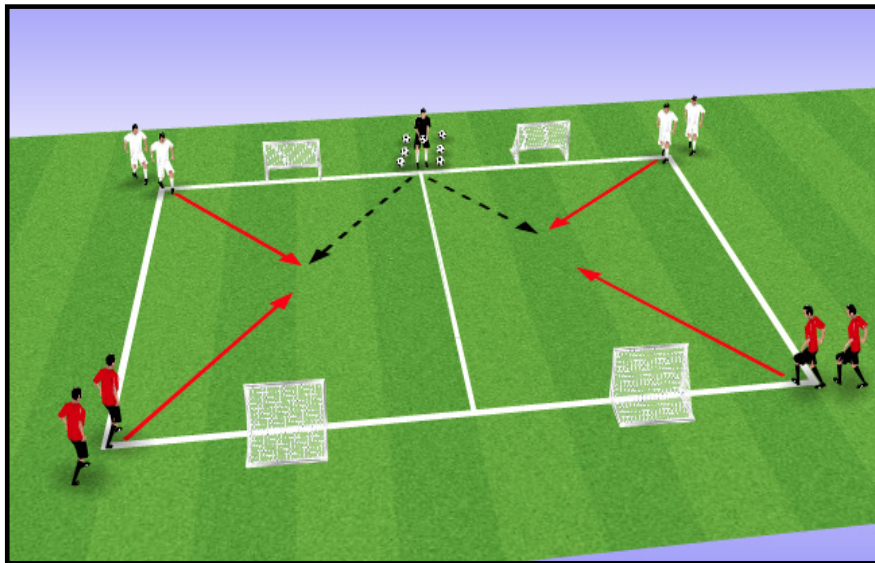
Players dribble inside the area and must move into color area when coach calls the color.

Progressions

Must perform 5 toe taps when in the area.
Challenge players to stop the ball with different body parts

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



1v1

Set Up/Rules

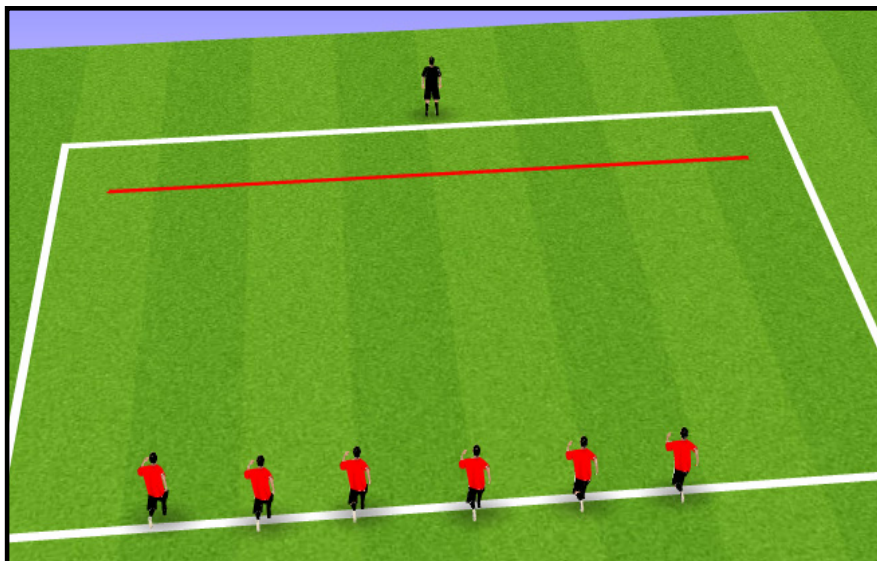
Use 2 fields to avoid lines. Coach stands between fields and rolls the ball in. First player from each team moves into the area and plays 1v1. Once game is done coach throws next ball in.

Progressions

Switch teams so they play different teams.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



How Many Steps

Set Up/Rules

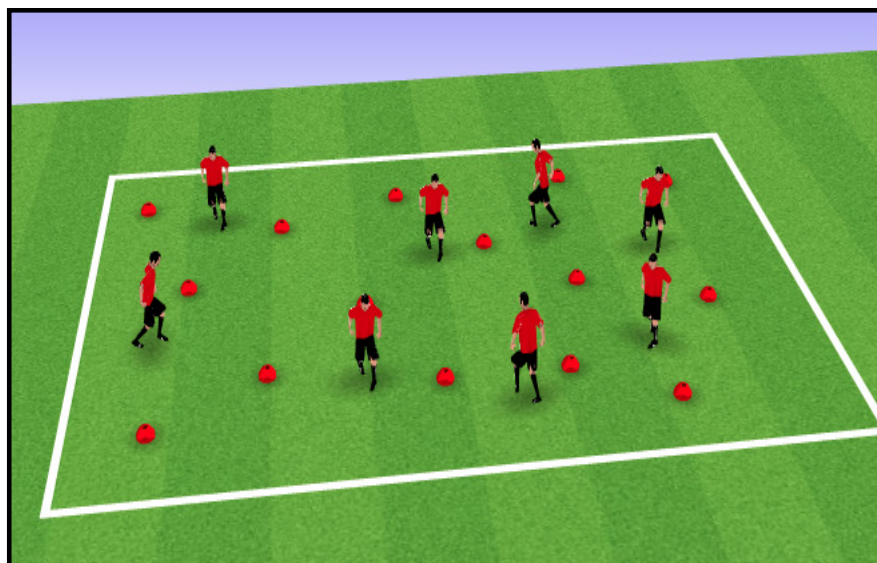
All players start on the line with coach on opposite side. Players call out “How Many Steps Coach” Coach responds with a number. Players take that many steps forwards. Process repeats If coach calls ball players have to turn and run back to their ball on the start line. If coach tags a player that player joins coach on end line as tagger.

Progressions

Players now dribble the ball with each step. Players shout “how many touches coach?”

Focus Technique

Stopping the ball with bottom of the foot.
 Little touches to keep ball close
 Put foot on top of ball to stop ball.
 Arms out to balance



How Many Cones

Set Up/Rules

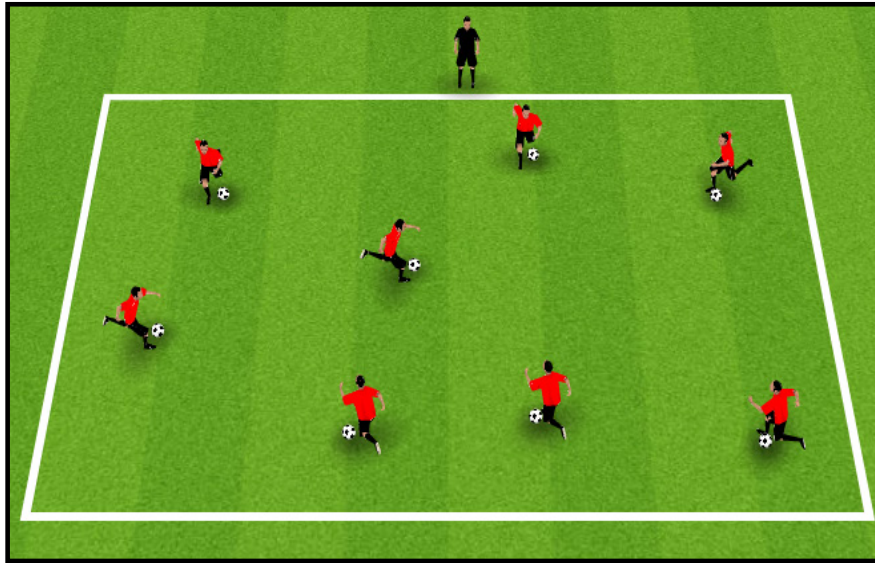
Players dribble inside the area avoiding the cones. Coach shouts out a number and the players must pick up that many cones. First player to do so gets a points. Players put the cones back down and dribble again

Progressions

Before picking up a cone players must:
 perform 5 toe taps
 perform 5 foundations

Focus Technique

Stopping the ball with bottom of the foot.
 Little touches to keep ball close
 Put foot on top of ball to stop ball.
 Arms out to balance



Body Parts

Set Up/Rules

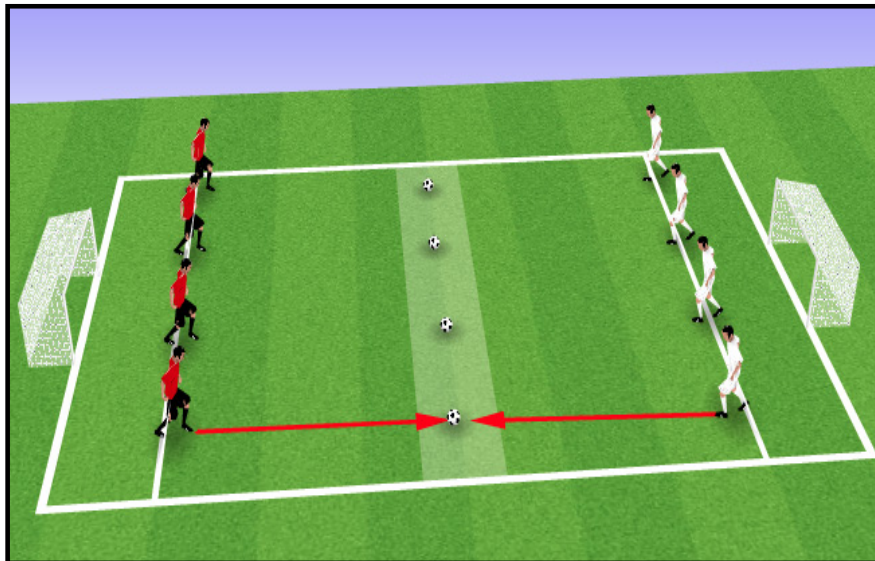
Players dribble the ball around inside the area. Coach calls out a number and players must touch the ball with that many body parts. (E.G. 3 - foot, knee, head)

Progressions

Must perform 5 toe taps before putting body parts on the ball

Focus Technique

Stopping the ball with bottom of the foot.
Little touches to keep ball close
Put foot on top of ball to stop ball.
Arms out to balance



Multi Ball

Set Up/Rules

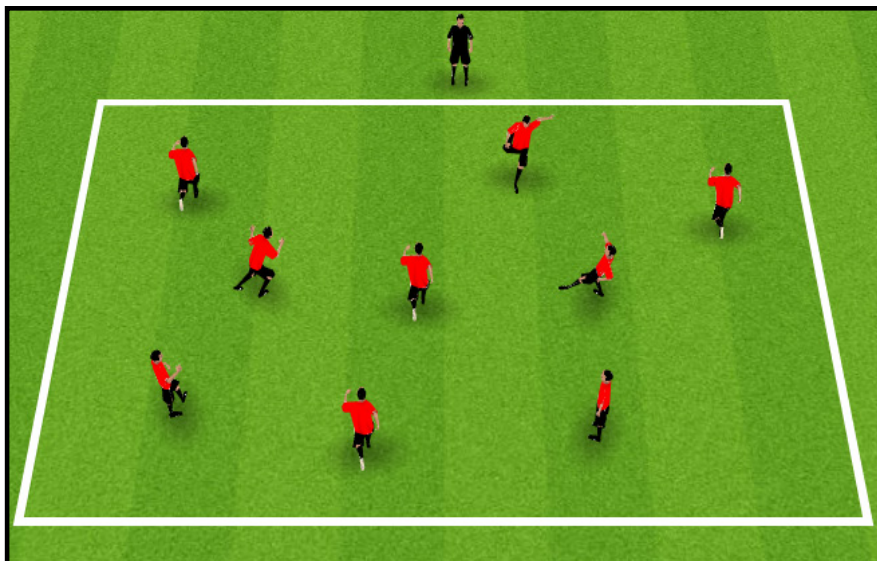
Split players into two teams. Players work with a player on the other team. Each player stands facing a ball on their team line. When coach calls go players play 1v1 with the ball between them. Reds try and get the ball in one goal, white the other. When all 4 are done. Re-start game.

Progressions

Switch players around so they play different players

Focus Technique

Stopping the ball with bottom of the foot.
Little touches to keep ball close
Put foot on top of ball to stop ball.
Arms out to balance.



Walk The Zoo

Set Up/Rules

Coach calls out an animal and the players must move about the area like that animal. (Elephant, frog, rabbit, cheetah, snake, monkey, penguin, crab).

Progressions

Add in some obstacle for players to move around and over. Move around like the animals avoiding the objects.

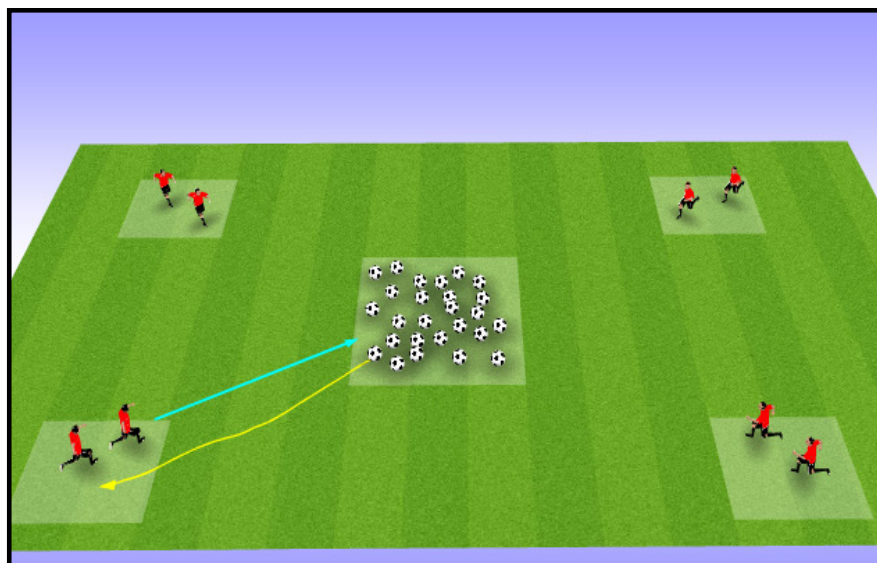
Players now dribble a ball.

Coaching Points

How many different ways can you move?

Focus Technique

Put one foot on top of the ball.
Switch and put the other foot on the ball.
Switch feet again.



Monkey Feeding Time

Set Up/Rules

Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win.

Progressions

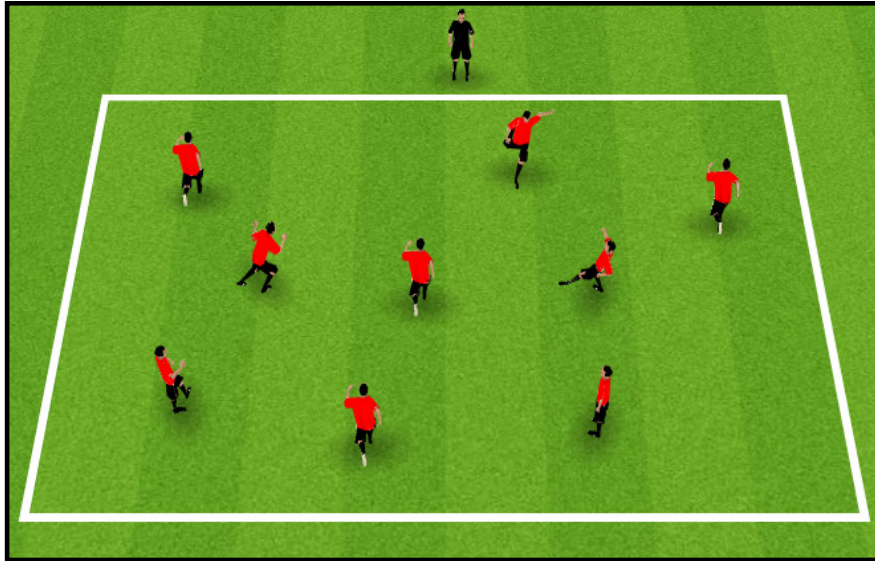
Replace the balls with cones. Each player dribbles the ball each time and carries a cone back (yellow cones for Bananas)
Player must perform 5 toe taps before picking up a cone.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

Focus Technique

Put one foot on top of the ball.
Switch and put the other foot on the ball.
Switch feet again.



Catch The Monkey's
Set Up/Rules

The monkey cage was left open during feeding time and now the Monkeys have escaped. Players are escaped monkeys and ran around inside the area. The coach is the monkey catcher and tries to tag each player. If tagged players must perform 5 toe taps before playing again.

Progressions

Each player now dribbles a ball.

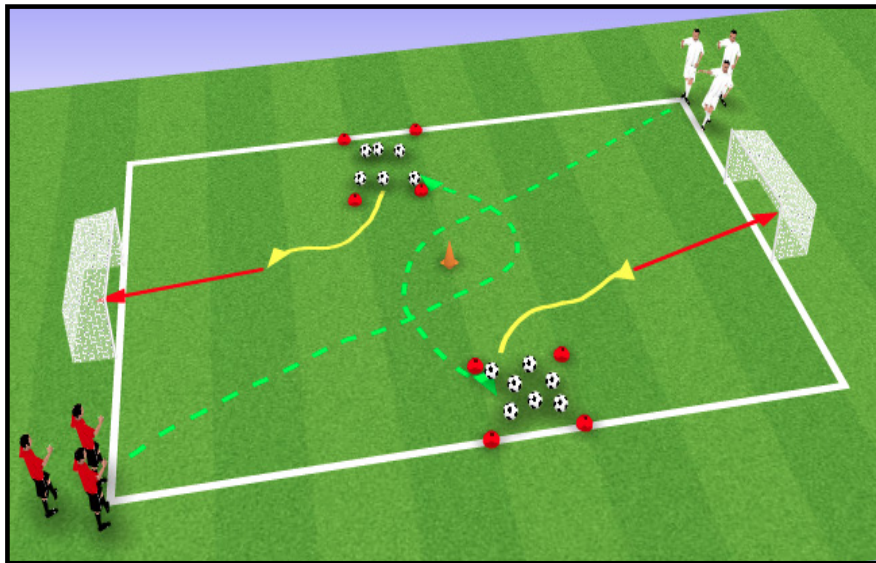
Pick one player as monkey catcher

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

Focus Technique

Put one foot on top of the ball.
Switch and put the other foot on the ball.
Switch feet again.



Shooting Races
Set Up/Rules

Split players into two teams. Have a collection of balls at half way as shown. 1st player runs out around the cone, gets a ball and shoots for goal. Once the player has shot they high5 next player who repeats. Team with most goals once all balls are gone is the winner.

Player must perform 5 toe taps before taking the ball out of the box.

Progressions

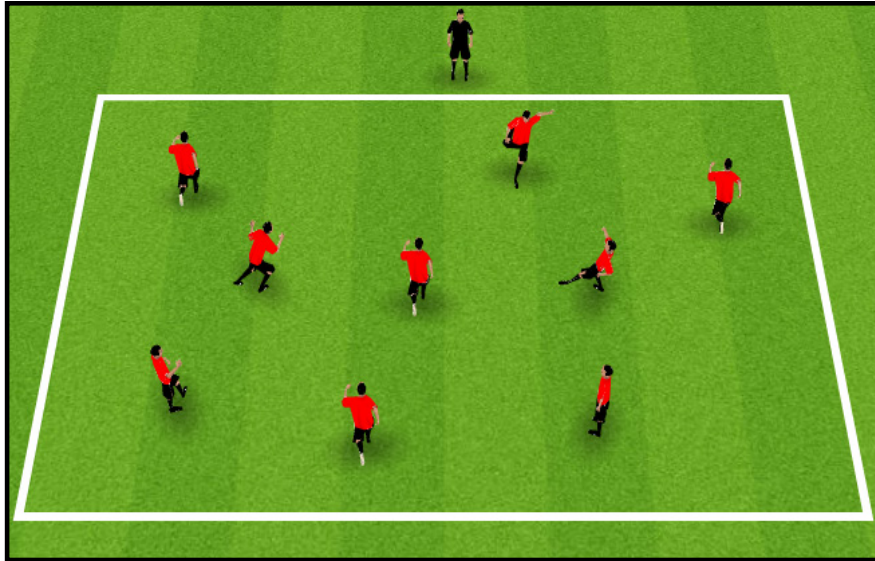
Each player now dribbles a ball out, around the cone and shoots for goal. Player who's ball goes in the goal first wins.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space

Focus Technique

Put one foot on top of the ball.
Switch and put the other foot on the ball.
Switch feet again.



Frankie Travels

Set Up/Rules

Players move freely inside the area. Coach calls out different types of transport and players move their body as if that type of vehicle.
Car - steering wheel, plane - arms out, train, roll arms by side, boat-row with arms

Progressions

Players now dribble a ball
Car - Toe taps to start engine before moving
Train - Follow a team mate
Plane - Get ball off ground
Boat - Rock foundations

Coaching Points

Keep ball close to feet
Head up to see space

Focus Technique

Foundations
Pass the ball between your feet.
Use inside of feet.



Traveling The World

Set Up/Rules

Players move around inside the space. Coach has 3 color cones.
Red = Stop, Yellow = go slow, Green - go fast.

Progressions

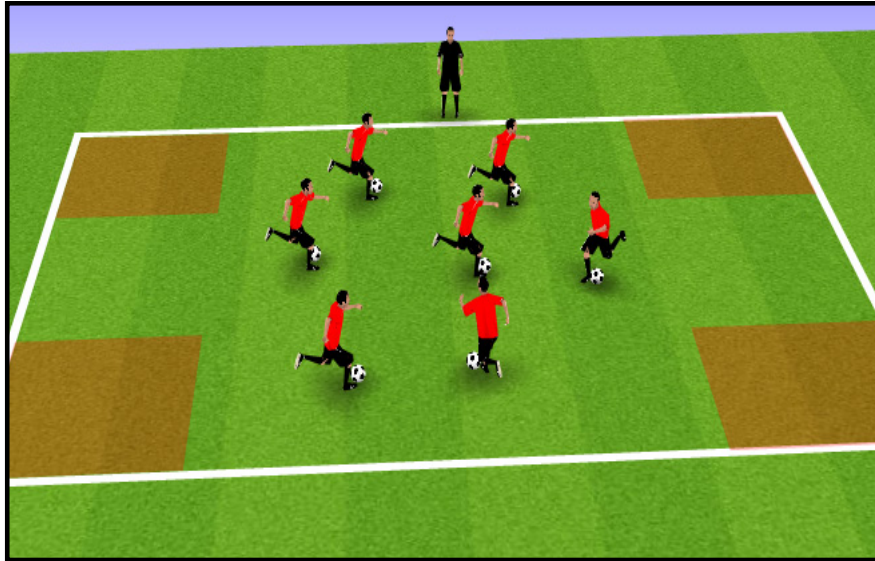
Blue - Cops and robbers - coach tries to tag as many players as possible or players try and steal coaches ball.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space & cones

Focus Technique

Foundations
Pass the ball between your feet.
Use inside of feet.



Traveling The World

Set Up/Rules

Create 4 zones in the cores of the areas. Each area is a different country. Coach calls out a country and means of transport and players have to get to that zone. "Fly to England, Drive to France, sail to USA, Train to Canada.

Progressions

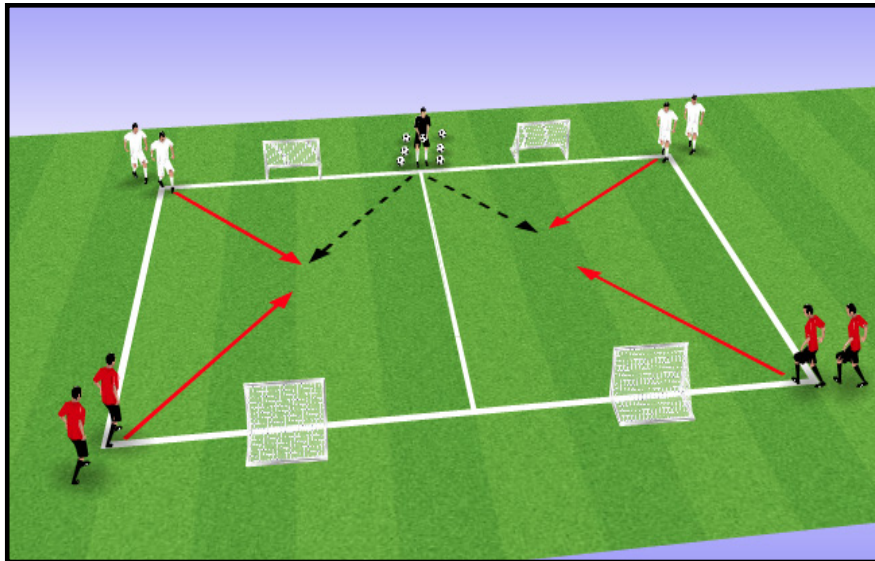
Players must perform 5 toe taps in each box
5 foundations

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space.

Focus Technique

Foundations
Pass the ball between your feet.
Use inside of feet.



1v1

Set Up/Rules

Use 2 fields to avoid lines. Coach stands between fields and rolls the ball in. First player from each team moves into the area and plays 1v1. Once game is done coach throws next ball in.

Progressions

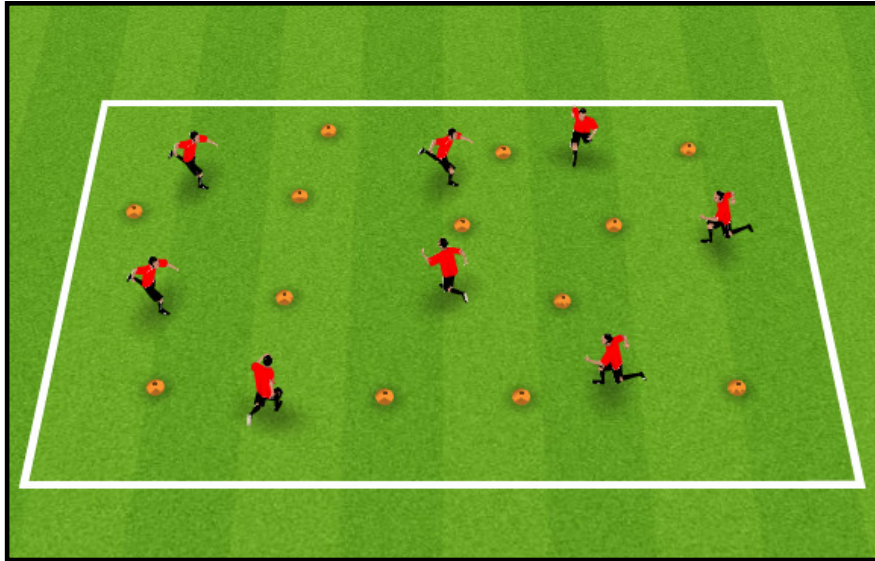
Switch teams so they play different teams.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space.

Focus Technique

Foundations
Pass the ball between your feet.
Use inside of feet.



Spider-Man

Set Up/Rules

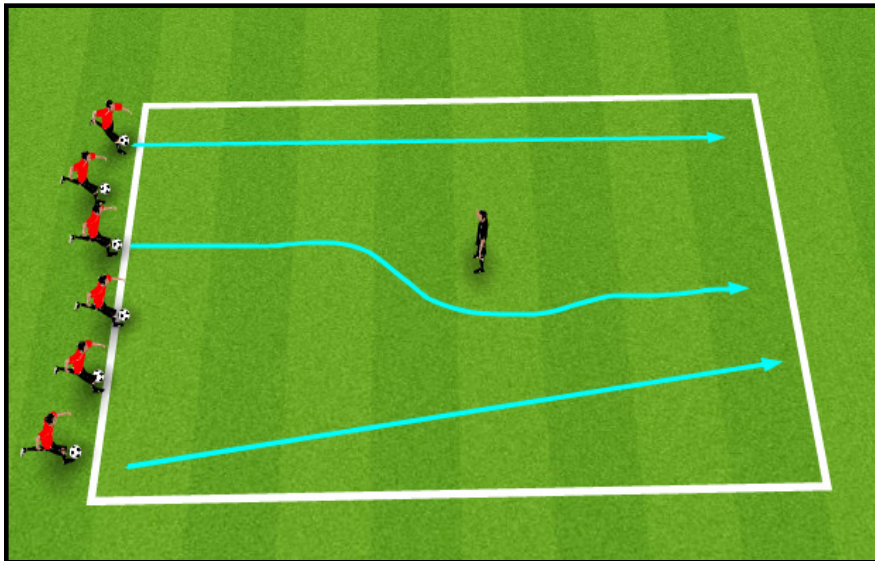
Place cones all over the area. Players to run around and jump over the cones acting like Spider-Man, Superman, Ironman, Antman. How does each character move differently.

Progressions

Ask players to go over the cones with different movements.
 Players now dribble a ball around the area. One Player 'Superman' runs around with a pinny and tries to throw the pinny over any soccer ball.

Coaching Points

Keep ball close to feet
 Little touches of the ball
 Head up to see space & cones
Focus Technique
 Little touches to keep ball close
 Use outside of the foot to move ball
 Head up to see space and other players



Batman & The Joker

Set Up/Rules

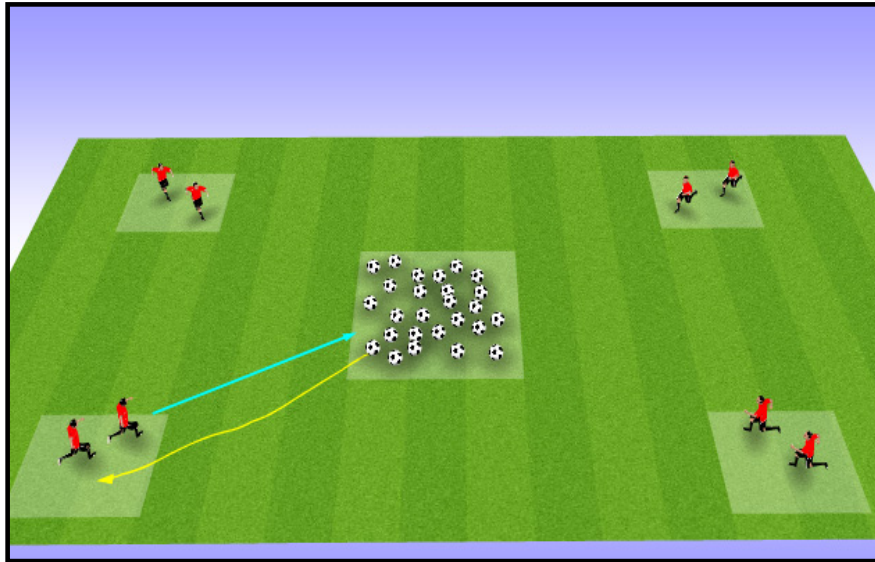
Players line up one one side of the area and try and dribble across to the other side. The coach 'joker' is in the middle and tags any player who loses control of their soccer ball.

Progressions

One of the players is the joker

Coaching Points

Keep ball close to feet
 Little touches of the ball
 Head up to see space
Focus Technique
 Little touches to keep ball close
 Use outside of the foot to move ball
 Head up to see space and other players



Save The Soccer Ball

Set Up/Rules

Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win. Players are superman and must fly and save as many people as possible.

Progressions

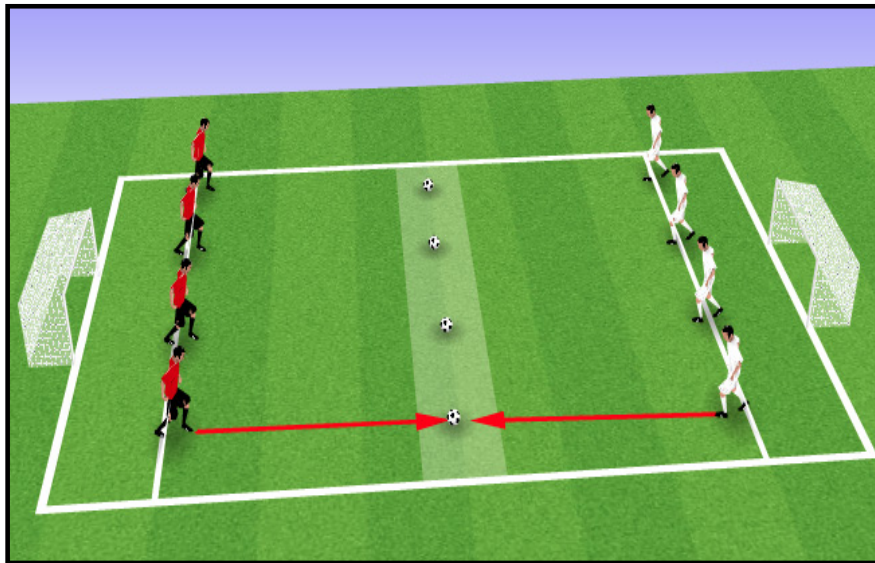
Replace the balls with cones. Each player dribbles the ball each time and carries a cone back.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space.

Focus Technique

Little touches to keep ball close
Use outside of the foot to move ball
Head up to see space and other players



Multi Ball

Set Up/Rules

Split players into two teams. Players work with a player on the other team. Each player stands facing a ball on their team line. When coach calls go players play 1v1 with the ball between them. Reds try and get the ball in one goal, white the other. When all 4 are done. Re-start game.

Progressions

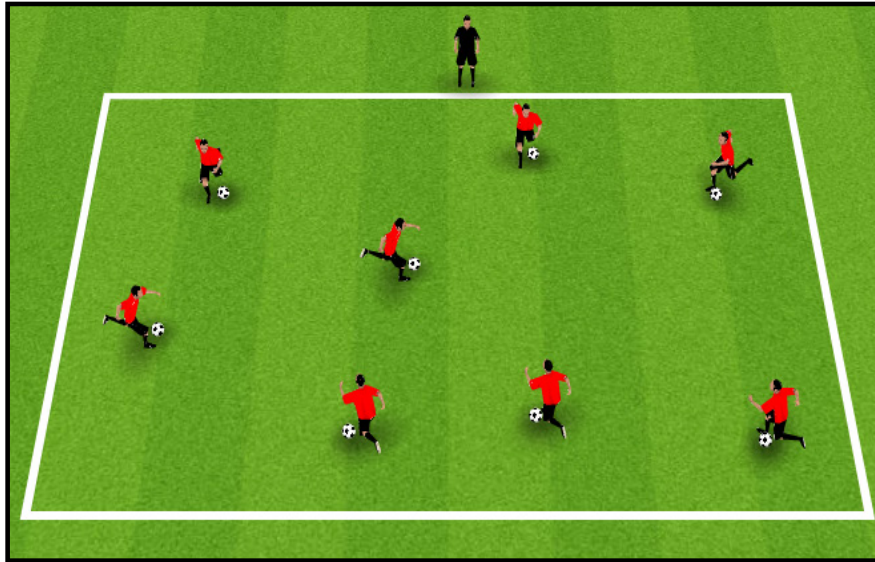
Once a pair have finished their game they can go and help a team mate in that game to create a 2v1 or 2v2.

Coaching Points

Keep ball close to feet
Big kick to get ball in goal.

Focus Technique

Little touches to keep ball close
Use outside of the foot to move ball
Head up to see space and other players



Pirates

Set Up/Rules

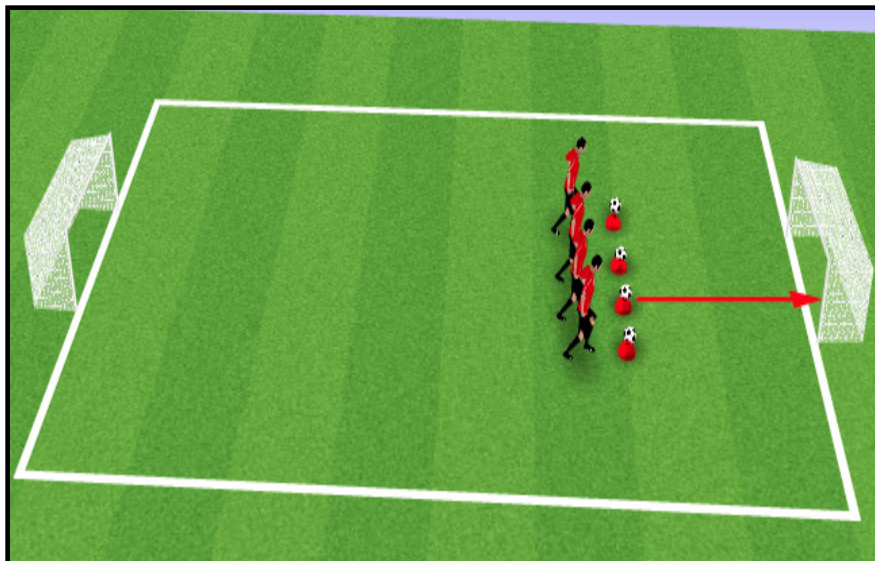
Players dribble about inside the area and react to coaches command. "Scrub the deck" = Foundations, "Climb the Rigging" = Toe Taps,

Progressions

Shark = Dribble to middle of area,
Land = Dribble to edge of boat,
"Man overboard" = Cuddle soccer ball to float
"Pirates" = dribble fast

Coaching Points

Keep ball close to feet
Head up to see space



Cannonball

Set Up/Rules

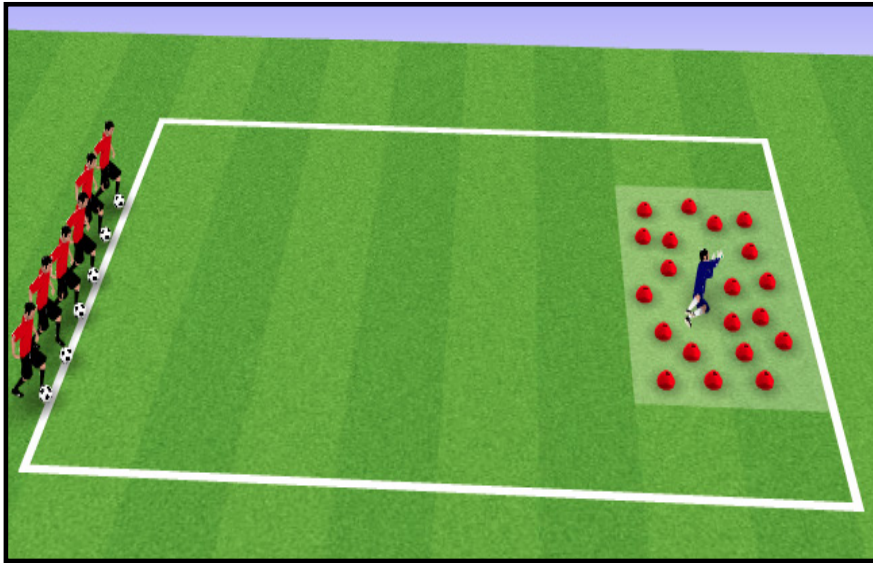
Players place their ball on a cone as shown. Coach asks players if they can get the ball in the goal from one kick. If 6 players see if they can get 4 in the net.

Progressions

Now turn players around and ask if they can get the ball in the second net. give them a few goes.
How can they make it easier? Dribble and then shoot.
Add pinnies (seaweed) & cones (rocks) between start point and goal to dribble through

Coaching Points

Keep ball close to feet
Little touches of the ball
Bigger steps when running.
Head up to see space and other players
Big kick to shoot for goal



Sleeping Pirates

Set Up/Rules

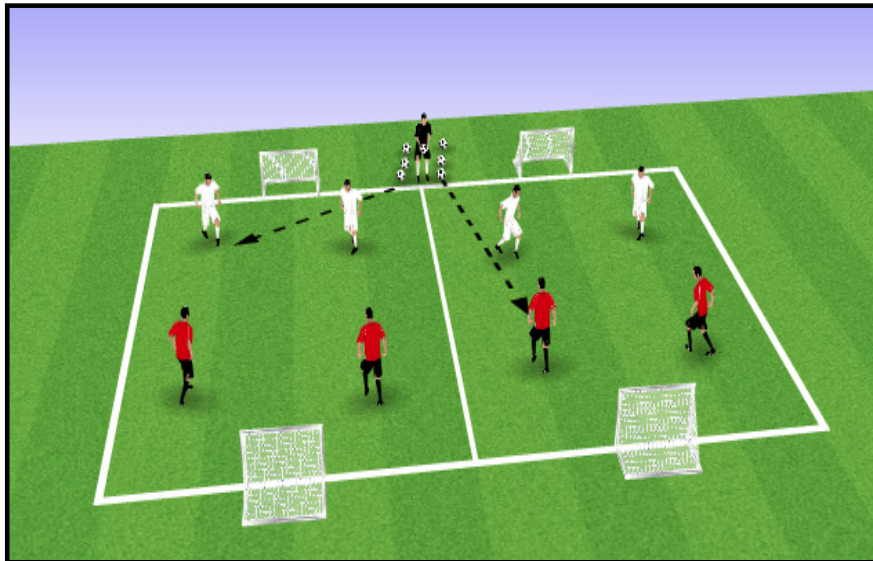
Players line up one side of the area and try and dribble across to the other side. The coach or a parent (sleeping Pirate) lays in an area full of cones. Players must dribble the ball across quietly and pick up a cone and get it back to the start. Coach calls "Wakey Wakey Pirates" gets up and tries to tag any player dribbling back. Any tagged players become sleeping pirates and take cones back.

Progressions

Players hide their ball by curling around it so the Pirate can't see it, then dribble back to the start.

Coaching Points

Little touches to keep ball close
Bigger steps when running.
Head up to see space and other players



Small Sided Game - 2v2

Set Up/Rules

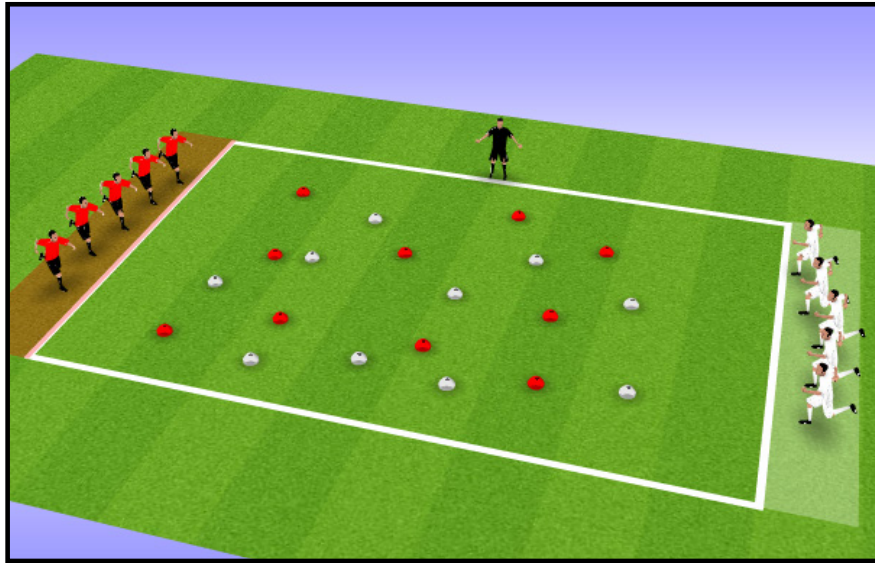
Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Athletics

Set Up/Rules

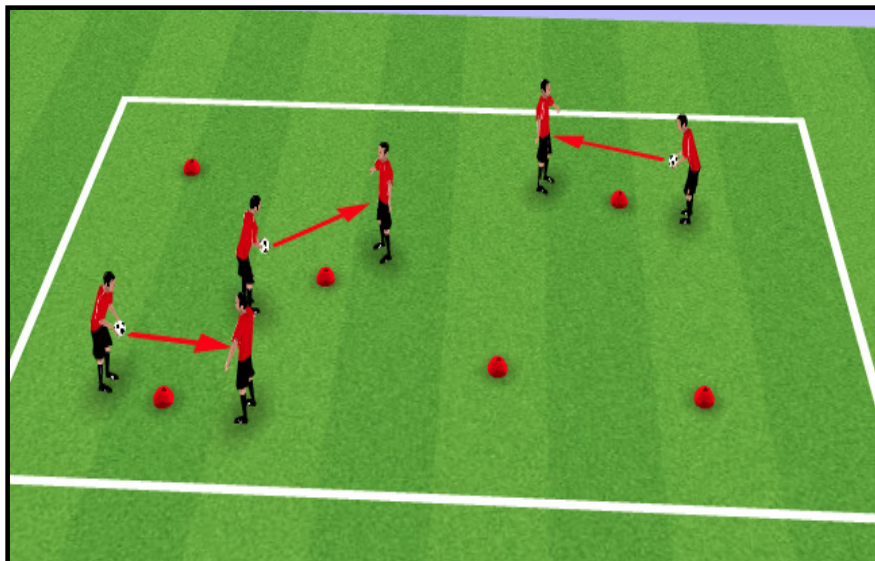
Place cones inside the area. Split players into two teams. Each team has to get across the otherside by jumping over 6 cones. First team across gets a point. Players now hop over, run around, Bounce and catch ball at each cone before getting across.

Progressions

Players now dribble a ball and must lift ball over 6 cones.

Coaching Points

Keep ball close to feet
Head up to see next cone



Passing In Pairs

Set Up/Rules

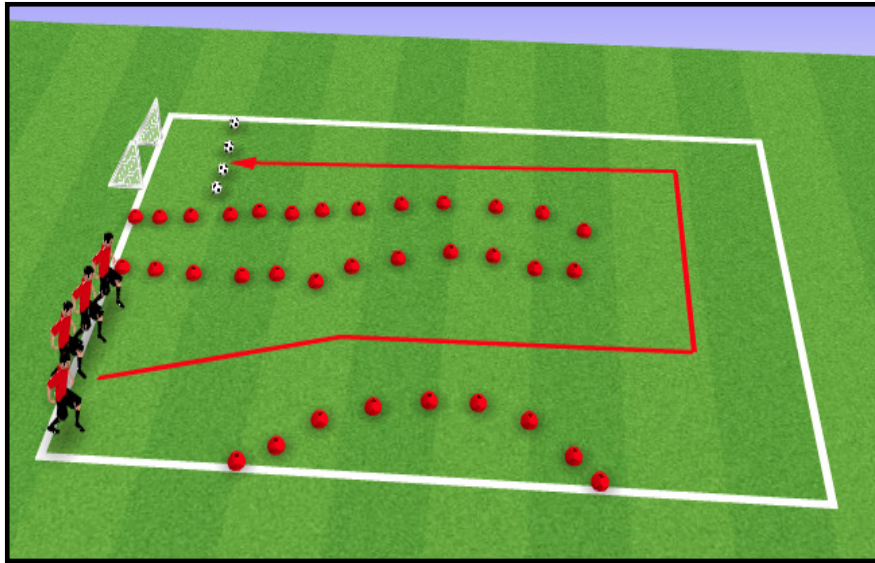
Players work in pairs. Players have to throw and catch the ball between them 5 times over a cone to get a point.

Progressions

Add another cone next to each to create a gate. Ball now at feet, players pass back and forth 5 times to get a point. Players then dribble to another gate and repeat.

Coaching Points

Have kicking foot point sideways.
Use inside of foot to kick ball
Use toe on other foot to aim.



Race Track Set Up/Rules

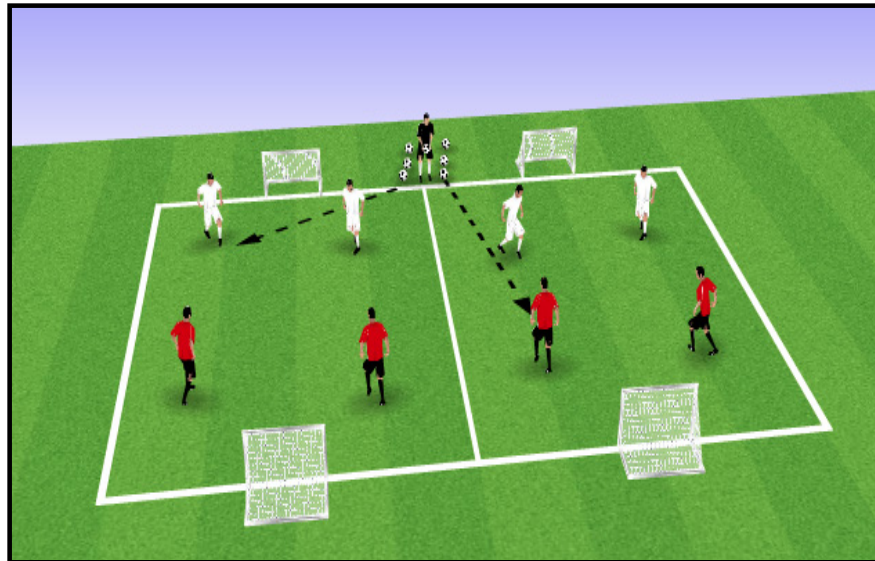
Set out some areas to create a race track as shown. Players run around the track and kick ball in goal.

Progressions

Add cones into the track as obstacles to jump over.
Players now dribble a ball around the track and score to finish race.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Small Sided Game - 2v2

Set Up/Rules

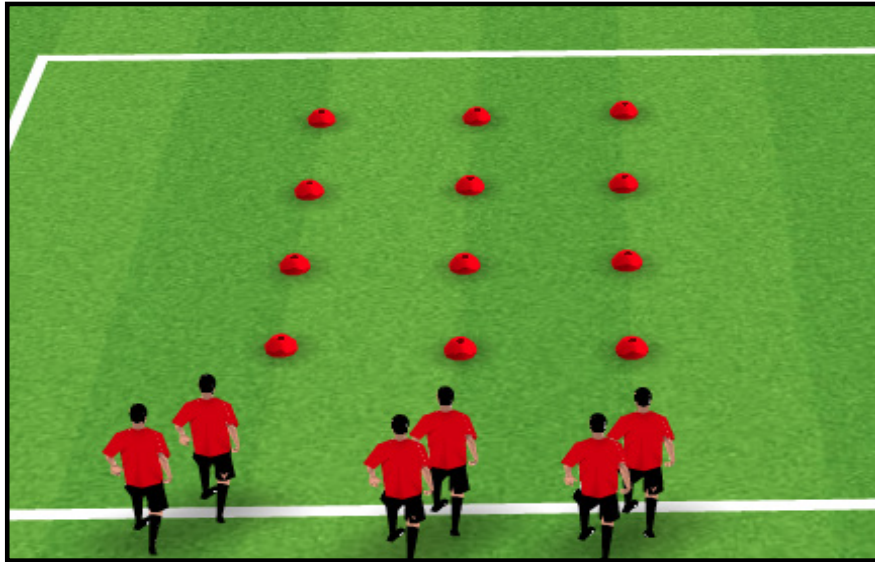
Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Relay Races

Set Up/Rules

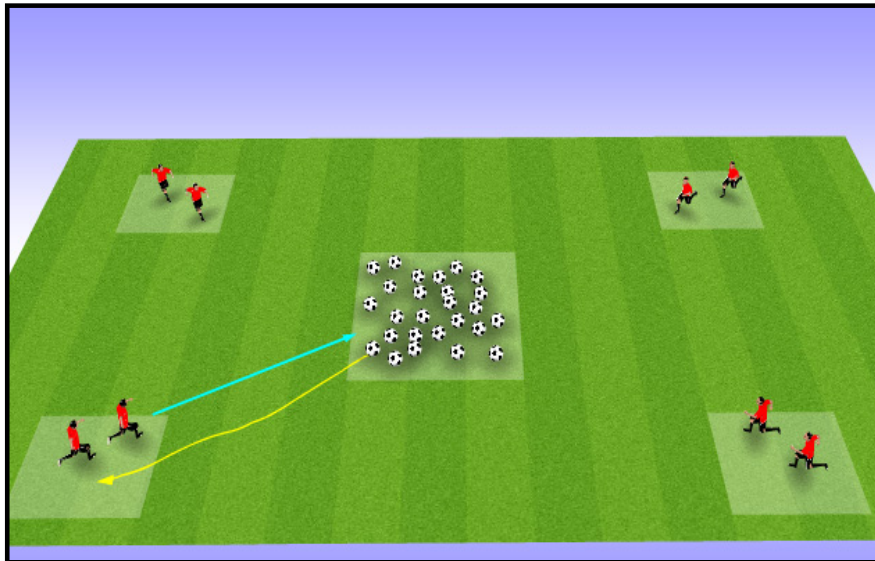
Split players into teams. First player in each team runs in and out the cones, around the end cone and back to the start, high 5 next player who repeats. First team back after 2 runs each wins.

Progressions

Jump over each cone
Hop over each cone
Players now dribble a ball

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Save The Soccer Ball

Set Up/Rules

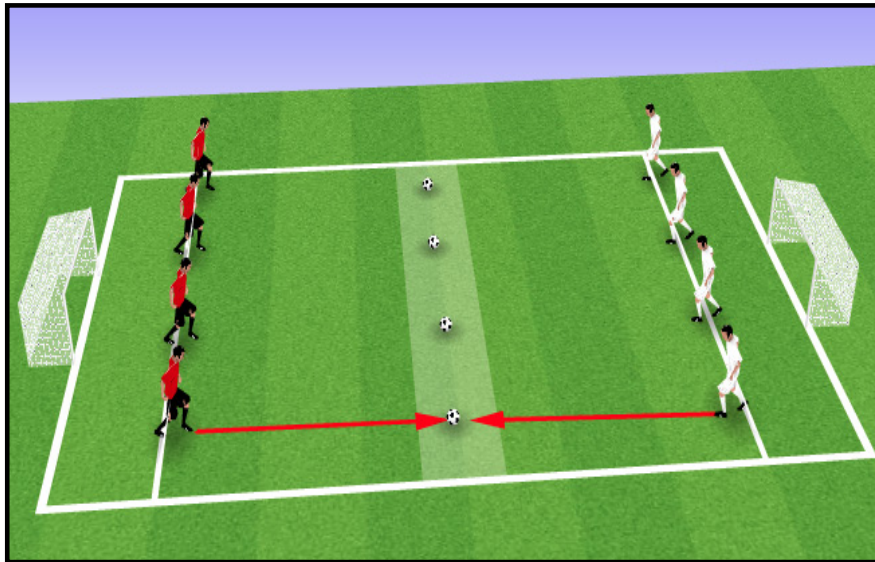
Create 4 zones with a central area full of soccer balls. 1 player from each team runs out and dribbles a ball back to their zone. Team with the most balls in their zone once all the balls are gone from the middle win. Players are superman and must fly and save as many people as possible.

Progressions

Replace the balls with cones. Each player dribbles the ball each time and carries a cone back.

Coaching Points

Keep ball close to feet
Little touches of the ball
Head up to see space



Multi Ball

Set Up/Rules

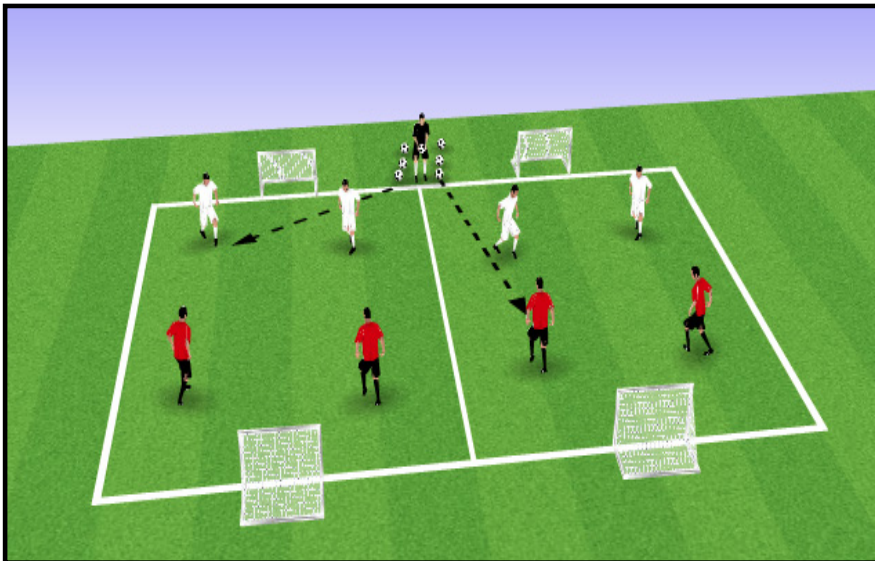
Split players into two teams. Players work with a player on the other team. Each player stands facing a ball on their team line. When coach calls go players play 1v1 with the ball between them. Reds try and get the ball in one goal, white the other. When all 4 are done. Re-start game.

Progressions

Once a pair have finished their game they can go and help a team mate in that game to create a 2v1 or 2v2.

Coaching Points - Shooting

Have kicking foot point side-ways.
Use inside of foot to kick ball.
Use toe on other foot to aim.
Use shoe laces for extra power



Small Sided Game

Set Up/Rules

Create 2-3 fields depending on numbers. Play 2v2 on each field. Coach serves ball into play once ball is out of bounds or goal has been scored.

Progressions

Switch teams so teams play different teams every few minutes.

Coaching Points - Shooting

Have kicking foot point side-ways.
Use inside of foot to kick ball.
Use toe on other foot to aim.
Use shoe laces for extra power