

# Trans-Atlantic Soccer

CoVid-19 (Social Distancing) Curriculum U5-U9





# Youngers- Ages 5-9

With the return to play many coaches are racking their brains to think of ways in which to make sessions with younger players engaging, interesting, of value and safe. This booklet offers a number of ideas for sessions that we hope will be of help to you.

Within the booklet there will be 5 one hour socially distanced sessions to help you throughout your fall season.

It is important to have all of your setup done before the children arrive. This allows for a smooth transition through the session and minimal movement of cones etc.

Each player should bring their own ball and remind kids not to touch the balls with their hands, only their feet.



# Field Layout

## Field Layout & Rules

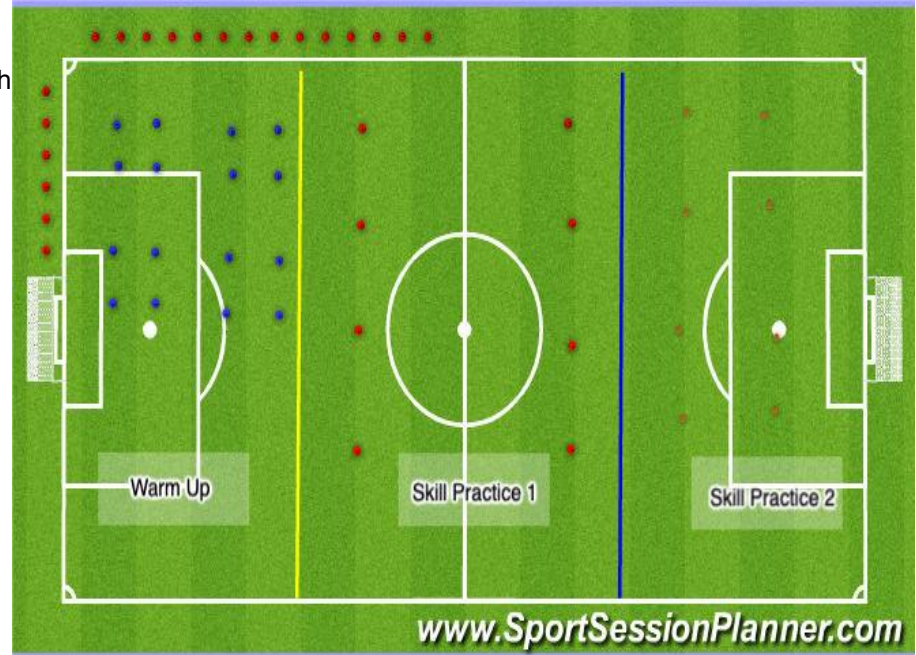
As players arrive they place their belongings on one of the cones which is set up around the field as shown in diagram. This will be where they go and stand when having water breaks and at start of practice/ camp.

- Cones are set 10 steps apart
- Players must wear mask when entering and leaving practices/ camp
- Once at field and belongings dropped at cone players may remove mask but still stay socially distanced from players

## Exercises

Equipment must be set up before the start of practices. Kids can not pick up or move cones ( Strictly coaches only).

It is important to be able to move from practice to practice with minimal time and as little reorganising as possible. This requires planning ahead.



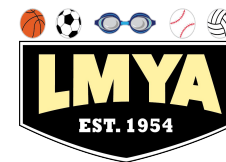
# Week 1



## Warm Up (15 minutes)

Set up 5x5 boxes depending on how many players you are expecting for your session. Each box should have 6-10 feet spacing from surrounding boxes ( Please see image for visual). I would recommend starting your session with each player going into their box as follows.

It is important you have a coaches box at the front so the players can see the skills being demonstrated while still being distanced.



# Warm Up cont. (15 minutes)

## Exercises (45 second work/ 30 second rest)

*Repeat each exercise twice*

- **1. Toe Taps on ball**  
*Using both feet tapping the ball on top with the sole of each foot gently*
- **2. Soccer boxes**  
*Bouncing the ball between the insides of each foot back and forward*
- **3. Sole, Tap, Roll**  
*Roll the ball with the sole of the foot from one side to another; stop the ball with the inside of the opposite foot and roll back across body.*
- **4. Standing Stepover**  
*With the ball stationary practice with both feet stepping Around the ball anti-clockwise.*
- **5. Pull Back Push**  
*Using the sole of the foot pull the back towards your body and then use the inside of the foot push the ball gently forward to go again. Work for 45 seconds with right then switch to 45 seconds with left.*

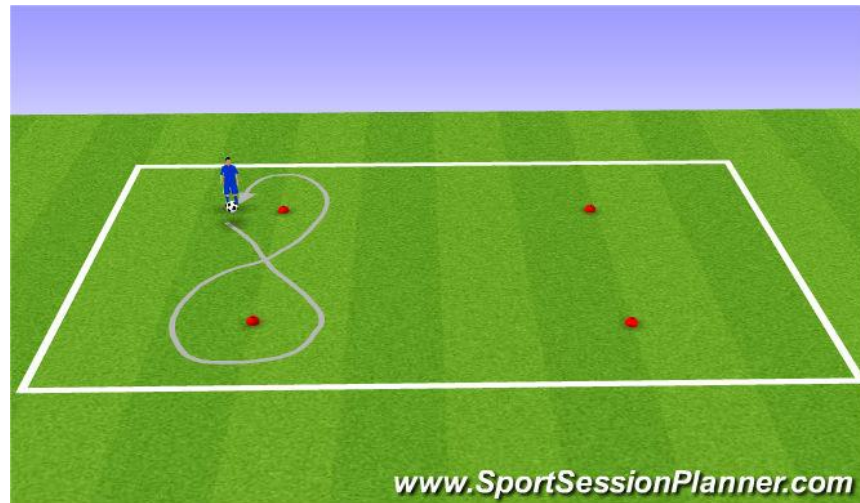


# Skill - Dribbling (20 minutes)

*Same cone setup as warm up (45 seconds work/ 30 seconds rest)*

*Using two cones to start; repeat each exercise twice. It is important to demonstrate each of the exercises.*

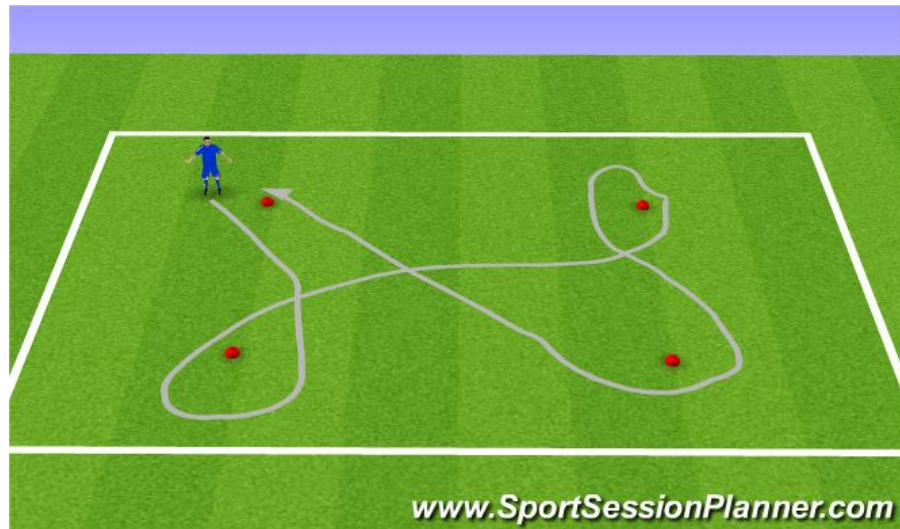
- **1. Dribble around the two cones using right foot only.**
- *It is important to stay in control of the ball and using all parts of foot- inside, outside, laces. Use small touches and keep the ball close. Use inside of foot to turn for advanced players and sole of foot to stop for beginners.*
- **2. Dribble around two cones using left foot only (same coaching points as above)**
- **3. Dribble around the two cones using both feet (same coaching points as above)**
- **4. Attack the cone and sole of foot turn.**
- *Dribble the ball from one cone to the other. Again taking small touches and being in control of the ball. When approaching the cone, Stop the ball with the sole of your foot and roll ball back in opposite direction. Gentle touches, you don't want to roll the ball away too far. Cone is acting as a defender.*
- **5. Attack cone and stepover**
- *Dribble the ball from cone to the other. When approaching the cone, stepover the ball with one foot and touch past the cone with the opposite foot. Look to exaggerate the move.*



# Skill- Dribbling Progression (10 minutes)

*Now using all four cones within the players square. Same work to rest ratio of 45 seconds: 30 seconds. Repeat each exercise twice*

- **1. Figure of 8**
- *Using both feet dribble around the four cones making a figure of 8 as shown in diagram opposite. Players will have to take both small and big touches depending on where they are. For example. Larger touches when going diagonally across square. Still keeping in control of the ball and close to you. Players should look to use the inside of their foot to go around the cones and encourage them to use both feet..*
- **2. Allow freedom for kids to create their own pattern within the four cones.** *Give players a set time to come up with idea. Players who are doing well to demo to the rest of the group to give examples to others. Encourage creativity.*





# Fun Game- Soccer Bowling (15 minutes)

*Split the players into teams while still making sure of social distance to each other.*

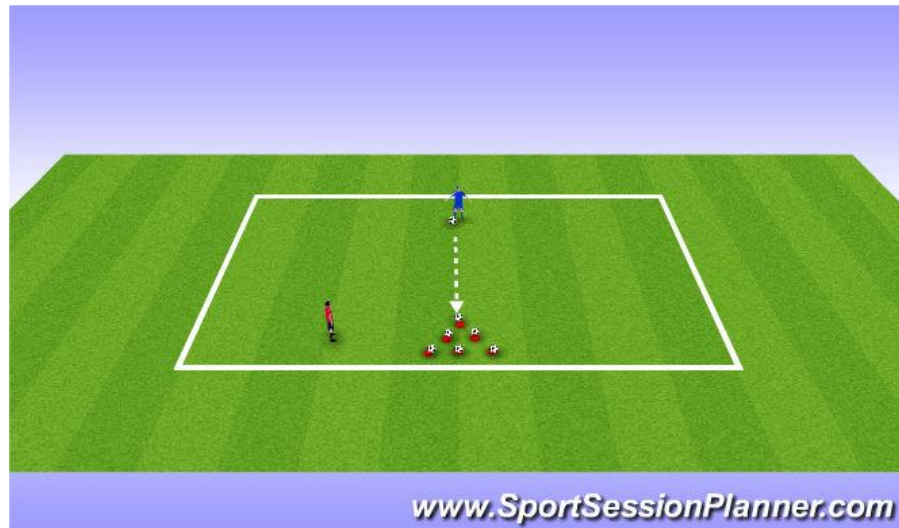
*Team players will each have one shot to strike ball into setup cones ( setup is 5 cones each with a ball on top); 1 point is awarded for each ball which is knocked off; each players total is combined with those on team to give overall score.*

**Coach must replace balls once shot/ knocked cones over**

**Make sure players waiting are distanced and not beside each other**

**As a coach you can decide whether they should use inside of foot pass or strike with laces. For example. If working on passing then using the inside of foot you would work on; if working on shooting then you would use laces.**

**Looking for power in pass/ shot but not sacrificing accuracy .**



# Summary



Using the 5x5 boxes allows the coach to create an environment in which both he and the players/ parents are comfortable being back out again on the soccer field.

It allows the coach to move around between the boxes and be able to give coaching points where necessary. I would recommend having a parent assistant monitor the session depending on how many players you have on each team.

If a ball moves out of the square it's important the players communicate to their teammates to pass the ball back and not run into another's square.

When sending players for water breaks, have them stand on their cone and remind of social distancing.

Due to the isolated nature of coaching socially distanced/ no contact it allows for a lot more individual coaching of skill/ technique. Explain the benefit of this to players and encourage them to give maximal effort when working for timed period.

As a coach your energy and enthusiasm rubs off on the players and sets the tone for the session. It's even more important during these times you are positive and full of energy.

Enjoy being on the field again and try to make soccer practice the highlight of your players week!





# Week 2- Warm Up (15 Minutes)

## Organization

10x10 grids. One player in each grid with a ball.

## Objectives

Improve dribbling technique and skills.

## Description:

1. Each player dribbles around their own grid at game pace. Coach will call out different demands: Toe taps, Boxes, Step overs, Scissors, Ronaldo's etc. be creative think of different skills.

## Competition

How many laps can you do around the area in 2 minutes.

## Coaching Points

Small, soft touches, keeping ball close to your body.

Quick changes of direction and speed.- Speed and quality.

Accelerate after skill move.

Head up- scanning.



# Attacking Moves (15 mins)

## Organization

10x10 grids. One player in each grid with a ball.

## Objectives

Improve dribbling technique and skills.

## Description

Each player dribbles around their own grid at game pace. Run through a number of attacking moves with the players.

1. Step-over
2. Scissors
3. Ronaldo Chop

## Progression

Place cone in the middles. Move onto going into direction of #2 & #3 and performing numerous attacking moves.

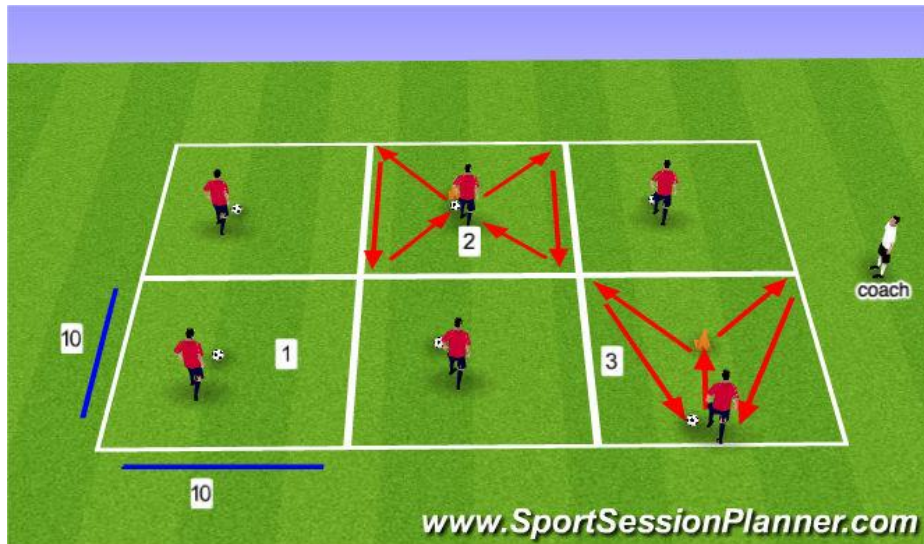
## Coaching Points

Small, soft touches, keeping ball close to your body.

Quick changes of direction and speed.- Speed and Quality

Accelerate after skill move.

Head up, scanning.





# Passing and Receiving in 2's (15 mins)

## Organization

10x10 grids. Players are on opposite side of the gate (5 yards apart).

## Objectives

Improve passing

## Description

1. Players are on opposite side of the gate (5 yards apart), passing and receiving through the gate.

- Receive right, pass right
- Receive left, pass left
- Receive left, pass right
- Receive right, pass left
- One touch right
- One touch left

## Competition

1- What team (pair) could have more passes in time frame coach decides.

## Coaching Points

Head up-scanning.

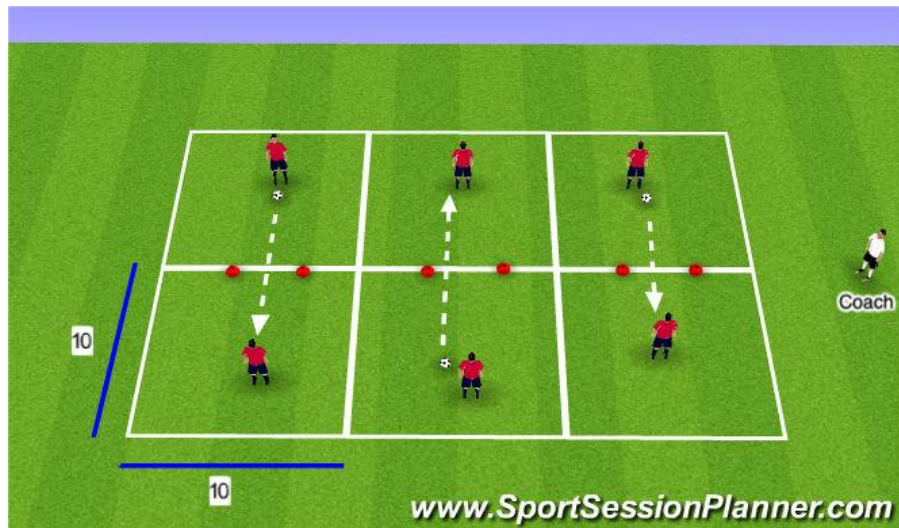
Good weight/direction of receiving touch.

Good weight/direction of pass - pass to proper foot

Move (step) to receive.

Move (step) to pass.

Communication: verbal, physical, visual.





# Fun Game- Cops and Robbers (15 mins)

## Organization

10x20 lanes depending on how many players you have.

## Objectives

Look to pass the ball below knee height and look to hit players running through.

## Description

Lanes are set up with cones so players have their own lane to run in.

Lanes are set up 10 feet apart

Cops can only hit the players below the knee with ball. Cops must wait until everybody has gone before collecting balls. Coach can help return balls to cops.

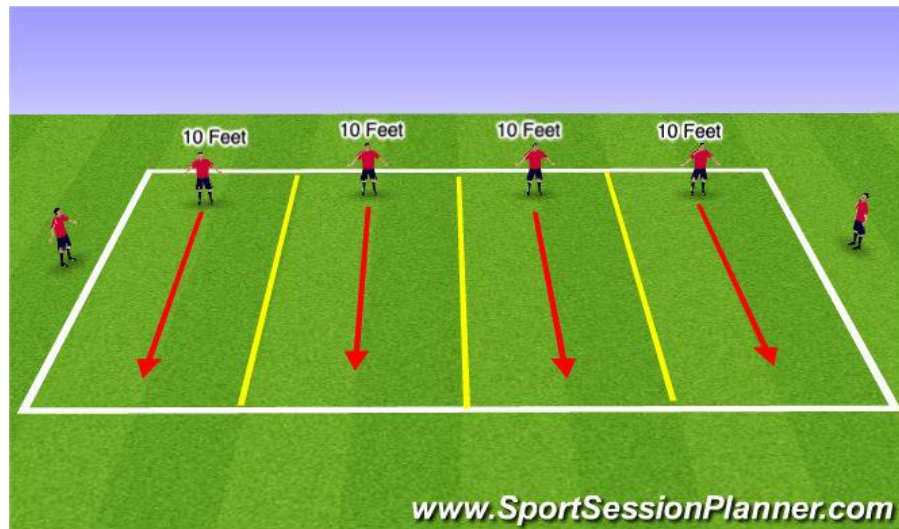
When robbers are caught make sure they are socially distanced on side when joining.

## Coaching Points

Weight of pass

Head up to see player running

Accuracy of pass





# Week 3- Warm Up ( 15 mins)

## Organization

As shown distances- main frame of work is the 10ft area; players waiting behind are distanced 6ft. I would recommend depending on number of kids having multiple setups; Ideally maximum of 3 kids per line.

## Objectives

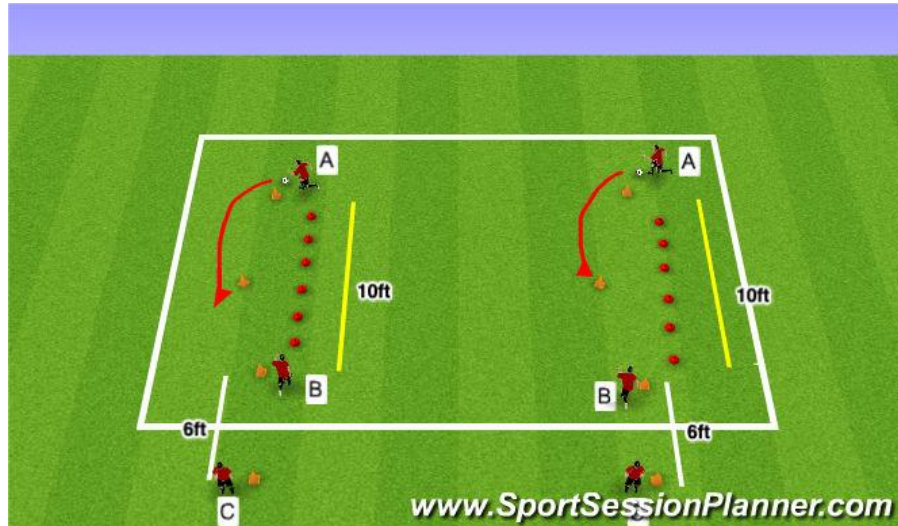
For players to improve individual skills- dribbling and turning with the ball.

## Description

Player A dribbles through the red cones using both feet; turning when they get to the orange cone. Once player A reaches the top cone, Player B may now go, Player C then steps into position that Player B is in.

## Coaching Points

- Close control of ball (Small touches)
- Head up while dribbling
- Using more than one part of the foot ( ie. Inside/outside/ sole etc.)
- Go at pace which you feel comfortable with



# Warm Up- Continued



## Organization

Same as before

## Objectives

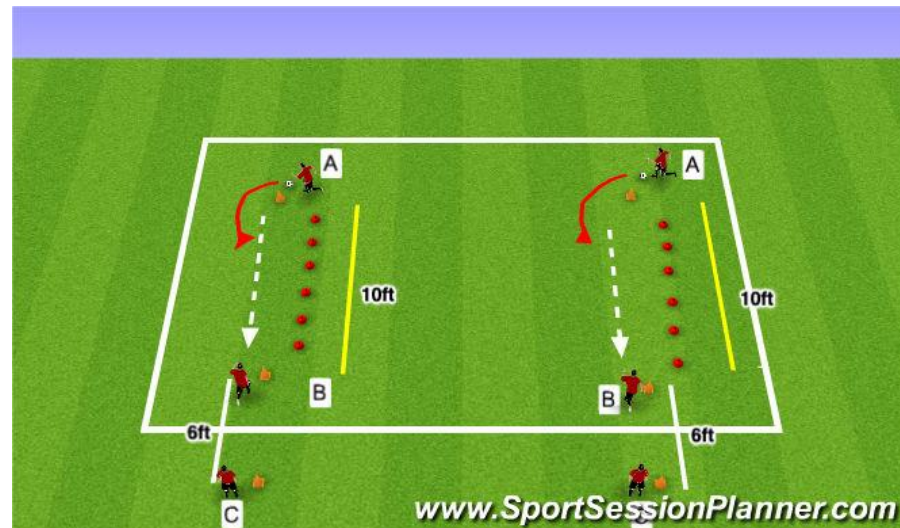
For players to improve individual skills- dribbling/ turning and making a pass with the ball

## Description

Player A dribbles through the red cones using both feet; turning when they get to the orange cone, keep dribbling and then make a pass to player B who then takes his first touch towards the red cones and starts again. Player C then moves into player B position.

## Coaching Points

- Close control of ball (Small touches)
- Head up while dribbling
- Using more than one part of the foot ( i.e. Inside/outside/ sole etc.)
- Go at pace which you feel comfortable with
- Weight of pass
- Accuracy of pass



# Dribbling and Turning (15 Mins)

## Organization:

As shown- 10x10 boxes. Players start on opposite sides of box, for social distancing.

## Objectives:

For players to improve individual skills- dribbling and turning with the ball.

## Description:

Player starts on one side of the organization, and dribbles diagonal, and turns around the diagonal cone..

Outside of foot turn - right

Outside of foot turn - left

Inside foot - right

Inside foot - left

**Progression:** On the way back, they leave the ball in the middle of the organization, for the next player to take on the dribble, and repeat the same

## Coaching Points:

Small, soft touches, keeping ball close to your body.

Quick changes of direction and speed.- Speed and quality.

Accelerate after skill/turn.

Head up- scanning.





# Dribbling and Shooting (15 mins)

## Organization

Same as Warm up but now adding in goals for some fun.

## Objectives

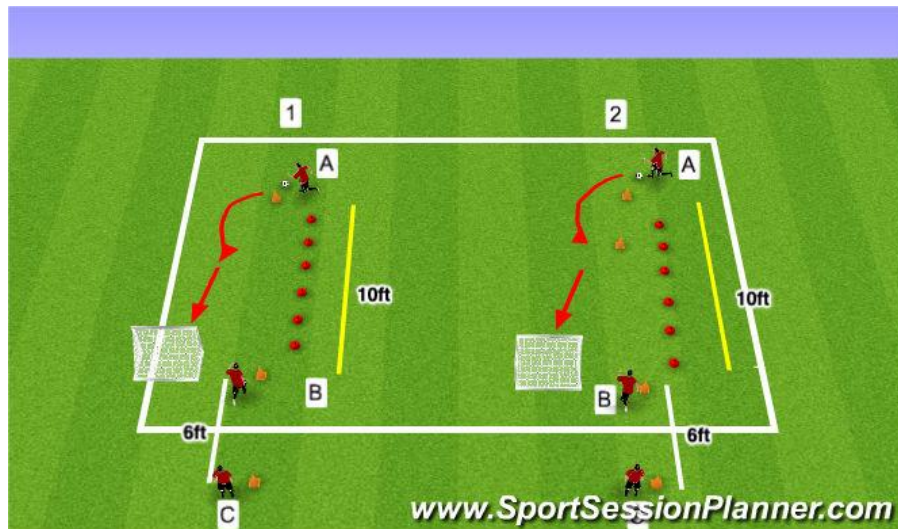
For players to improve individual skills- dribbling/ turning and getting a shot at goal to end with.

## Description

Player A dribbles through the red cones using both feet; turning when they get to the orange cone, keep dribbling and then when they are within a distance they can reach the goal having a shot into the goal. If you know your players you might put a cone of where they need to shoot before to challenge them more (setup 2). For beginners allowing the player to have success is key. Once player A has shot at goal and is going to get their ball from the goal, Player B may now start.

## Coaching Points

- Close control of ball (Small touches)
- Head up while dribbling
- Using more than one part of the foot ( ie. Inside/outside/ sole etc.)
- Go at pace which you feel comfortable with
- Strike ball with laces, make sure ball is out of feet when striking (don't use toe)
- Follow through when striking ball





# Fun Game- Soccer Golf (15 Mins)

## Organization

Set up flag/ flags as far away as you feel would be challenging yet manageable.

## Objectives

Players are looking to hit the flag in as few kicks as possible.

## Description

Each player takes a shot a time, player furthest away from flag goes first. Make sure at all times players are socially distanced. For example. If two balls are beside each other, one takes shot and other stands 6ft+ away.

## Coaching Points

- Accuracy of shot
- Weight of shot depending on distance from flag
- Decision making- whether to go for power or precision?



# Week 4- Warm Up (15 mins)



## Relay Races

### Organization:

Cones are spaced 5-10 yds apart.

### Description:

Players dribble out slaloming through the cones. After rounding last cones players dribble straight back with speed. Once player crosses last cone next player begins.

### Coaching Points:

Small, soft touches, keeping ball close to your body.

Quick changes of direction and speed.- Speed and quality.

Accelerate after skill/turn.

Head up- scanning.



# Passing (15 Mins)



## Organization

Small 3ft gate (bigger if needed) and player feed 6ft behind the gate.

## Objective

Working on passing and taking your touch into space using different parts of your foot

## Description

Server will pass the ball through the gate; receiving player will take a touch around the outside off the gate and pass the ball back to server at an angle. Repeat this action and go the opposite way.

*Players can begin drill by just working on simple passing straight through the gate. Working on 2 touch and 1 touch passes.*

## Progressions

1. Use inside of foot
2. use outside of foot
3. Control then roll with sole of foot
4. Touch one way then move opposite way
5. Skill touch i.e. L turn, control scissor etc

## Coaching Points

1. Body shape side on.
2. Be on your toes
3. Touch into direction of where you want to play
4. Check shoulders and check to ball before receiving
5. Communicate with serving player
6. Work on weak foot
7. Weight of pass



# Passing (15 Mins)



## Coconut Ball

### Organization

Cones are spaced 10 feet apart from each other. Players aim to knock opposing players ball off of cone. Player can only put his own ball back on top of cone and return opposing players ball back with feet.

### Description

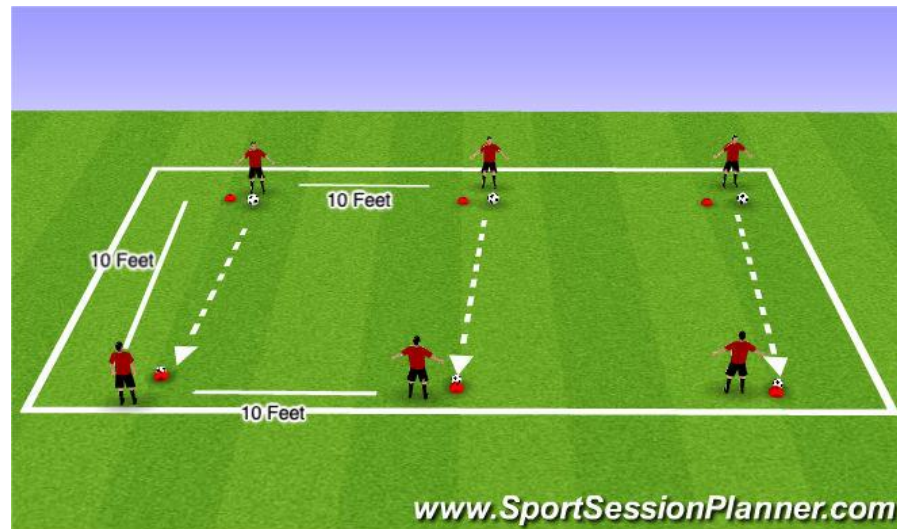
Player will aim to knock ball of opposing player off. For every time he knocks ball the ball off he gets one point. Have one player work for one minute passing ball and other replacing ball on cone when knocked off then switch roles. Have players try this using both left and right feet two times each. Then do the same but make it a competition and the team which has the most points combined will start at the top for fun game.

### Coaching Points

Weight of pass

Accuracy of pass ( non- kicking foot pointing to where ball will go)

Use Inside of foot ( pendulum motion when striking)



# Fun Game (15 mins)



**Competition Coconut ball- Each game is a different soccer stadium**

## **Organization**

Cones are spaced 10 feet apart from each other. Players aim to knock opposing players ball off of cone. Player can only put his own ball back on top of cone and return opposing players ball back with feet.

## **Description**

Players with highest combined score from previous game start at top field- Nou Camp- Earthquakes Stadium.

Players will compete against each other. Each player have one minute to knock the balls off as many times as possible. At the end of the two minute period depending on result player will either move up or down; if tied they stay where they are.

I usually go about 5 rotations of competition so it allows players to interact with others on team. Winner would be player who wins on Nou Camp after five rounds.

## **Coaching Points**

Weight of pass

Accuracy of pass ( non- kicking foot pointing to where ball will go

Use Inside of foot ( pendulum motion when striking)





# Week 5- Warm Up (15 Mins)

## Organization:

Approx. each 10x10 area. Depending on group size, 3 players on each side with a ball between 2 and 2 players on each end with a ball each.

## Objective

Players at sides ( Grey dribbling lines) aim to dribble back and across without being hit by the players who are passing back and forth ( White dotted lines).

## Description

White lined players attempt to pass the ball back and forth as many times as possible. Grey lined players look to dribble from one end to other without getting hit by a ball as many times as possible

Play for one minute then switch roles.

## Coaching Points

-Weight of pass; accuracy of pass, control of ball receiving; control of ball dribbling; small touches ( close to body); head up to see where going when dribbling; using all parts of foot ( inside/outside/ sole/ laces).





# Dribbling (15 Mins)

## Individual skill

### Organization:

Cones 10 yards away forming a cross, with the other 3 sides.- as shown

### Objective:

For players to work on and improve individual skill on the ball- dribbling, cutting, turning.

### Description:

1- Players dribble toward the cone directly in front, and turn (however they want/can) before the cone (pressure) and accelerate into the space and dribble back. They turn around the starting cone and repeat. \*\*Players are encouraged to turn back in different manners, using both feet, to both side, different surfaces, and different moves, etc.

2- Players dribble straight, directly in front of them. As they approach it, they cut/turn to the **RIGHT**, and accelerate into the space on the dribble. \*\*Players are encouraged to cut/turn in different manners, using both feet, to both side, different surfaces, and different moves, etc.

3- Players dribble straight, directly in front of them. As they approach it, they cut/turn to the **LEFT**, and accelerate into the space on the dribble. \*\*Players are encouraged to cut/turn in different manners, using both feet, to both side, different surfaces, and different moves, etc.

### Coaching Points:

- Small, soft touches, keeping ball close to your body.
- Quick changes of direction and speed
- Speed and Quality
- Accelerate into the new space/direction after skill move/turn/cut.
- Head up, scanning.



# Passing (15 mins)



## Organization

Each Player has their own 10x10 box to receive their ball in. Depending on numbers you can adjust. For example make the boxes a triangle shape for three players. Spend two minutes on each variation making sure to demo and coach/ explain where needed.

## Objective

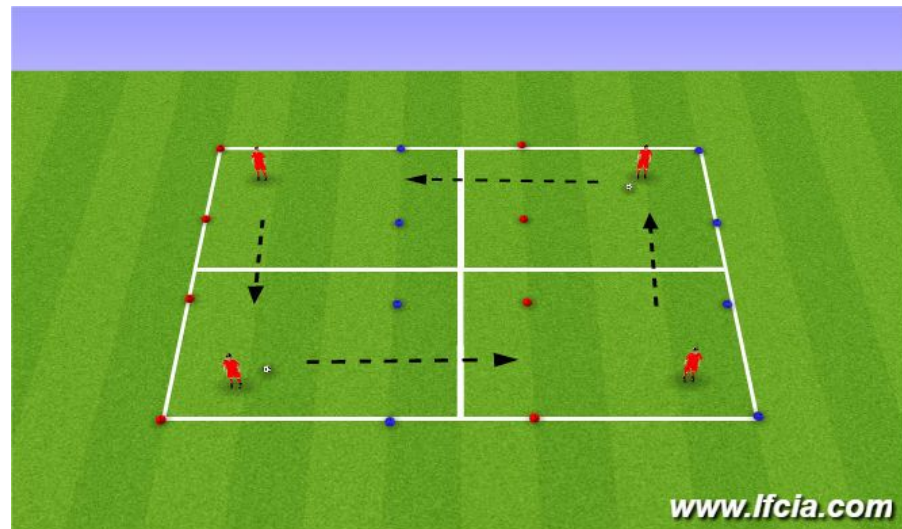
Players move the ball from square to square following the coaches instruction

## Description

1. Each player uses their right foot to control and then their right foot to pass ball to next player in rotation.
2. Going opposite way now. Each player uses their left foot to control and then their left foot to pass ball to next player in rotation.
3. Player controls ball with right foot and passes with left foot.
4. Player controls ball with left foot and passes with right foot.

## Coaching Points

- Angle to receive ball ( side on)
- Weight of pass to teammate ( needs to be well hit but not too hard)
- Accuracy of pass
- Movement within box ( Don't be a statue)
- Follow through when passing





# Fun Game- Finishing

## Jail finishing

### Organization

Players are split into two teams. With a jail box or (boxes 1 for each player) There will be a shooting line around the PK spot depending on level.

### Objective

Players will dribble the ball up to the shooting line and try and beat the goalkeeper. They will have 5 seconds to dribble and shoot. 1 player at a time

### Description

If player scores they get a decision to free one of their players from jail or put one of the opposing players in jail (for fairness you can make it the player at the front of the line).

If the player misses they go straight to jail.

The first team to put the opposition all in jail wins.

### Coaching Points

Dribble at speed

Create angle for shot on approach Placement finishing

Aim for corners

Pick free or jail wisely



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