

"The Golden Age Of Learning"



U10 Bartlett Travel Soccer Club - Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Topics
<p>Objectives: General technical skill development & comfort on the ball. Still looking for "risk takers" who look to beat players.</p> <p>Receiving & Control (low ball & 1/2 volley)</p> <ul style="list-style-type: none"> *Inside of foot *Outside of foot *Sole of foot *Top of thigh *Chest & Juggling <p>Turning</p> <ul style="list-style-type: none"> *Inside of foot *Outside of foot *Coerver moves ~ separate page *Shielding <p>Dribbling (steady / change of pace)</p> <ul style="list-style-type: none"> *Laces *Outside of foot *Laces <p>Moves & Turns</p> <ul style="list-style-type: none"> *Shifting ball foot to foot *Change of direction *Head Up dribbling *Use <i>superskills library</i> <p>Passing (low ball & 1/2 volley)</p> <ul style="list-style-type: none"> *Inside of foot *instep *Outside of foot <p>Tackling</p> <ul style="list-style-type: none"> *Block tackle *Poke tackle *Marking <p>Running at Speed</p> <ul style="list-style-type: none"> *Ability to cover ground w/ball 	<p>Objective: Confidence to use skills to solve problems in game</p> <p>Individual offensive tactics</p> <ul style="list-style-type: none"> *When to go 1v1 V's pass *Diagonal run *Showing for the ball <p>Individual defensive tactics</p> <ul style="list-style-type: none"> *How to mark *Watch the ball *Patience *Six steps to defending <p>Six steps to Defending</p> <ol style="list-style-type: none"> 1. In line with the ball 2. Pressure quickly 3. Touch tight 4. Boxer stance 5. Watch the ball 6. Be patient <p>Intro to 2 player offensive tactics</p> <ul style="list-style-type: none"> *Wall pass *Overlap *Take over *Fake over *Angle / distance of support *Blind side run *Recognizing 2v1 situations *Throw ins <p>Intro to 2 player defensive tactics</p> <ul style="list-style-type: none"> *Angle & distance of cover *1v2 & 2v2 situations *Recognize difference in individual defending v's group defending 	<p>*Still no fitness training required as players should still be having the ball at their feet all the time. Any conditioning can be done with a ball at their feet .</p> <p>*Controlling body through changes of direction & pace</p> <p>*Co-ordination while running</p> <p>*Short / sharp conditioning sprints done with the ball</p> <p>*Dynamic Stretching</p>	<p>*Soccer can become "serious" to players at this age.</p> <p>*Boys & girls begin to develop seperatly</p> <p>*Greater diversity in playing ability</p> <p>*Start to have an awareness of width & depth</p> <p>*Enjoy "team environment", matching uniform, warm ups etc</p> <p>*Group activities can be increased (larger groups)</p> <p>*Understand Laws of the game</p> <p>*Courage</p> <p>*Competative DRIVE</p>	<p>There should not be dedicted tactical sessions, the tactics are an extension of the technical work. For example, passing with the insdie of the foot ask the two players to pass to beat a defender: this is the introduction to the 2v2 environment</p> <p>Suggested Practices</p> <ul style="list-style-type: none"> *Two sessions a week (Fall & Spring) *No more than 90 min in duration *Two session done with team. Optional 3rd session once or twice with other U10 teams in club *10 Hours of winter training (min) *Indoor League Play <p>Topics</p> <ul style="list-style-type: none"> *Receiving / running with the ball *Passing / Shooting *Possession 3v1 - 4v2 *Dribbling / shielding / moves & turns *Tacking (1v1) *Defending (1v1) *Combination play *Coerver Training *Warm up & warm down should be with a ball....MAXIMUM ball contact

Foundation Phase
-The Romance -