



U15 Curriculum



ABOUT THE CURRICULUM

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This curriculum has been specifically designed to support coaches with the delivery of soccer activities that are specific and relatable to the developmental needs of athletes aged 13 and 14 years (7th – 8th grade).

The resources enclosed look at the whole child and uses the art form of soccer to support the holistic development of the student. We acknowledge through the curriculum that we need to consider a variety of social-environmental, psycho-social, physical and mental variables to be able to encourage participation and performance.

The curriculum has been specifically designed to also include social and emotional learning (S.E.L.) themes within its lesson guides. The inclusion of SEL within sporting activities is of growing interest to community and school-based programs. While developing fundamental soccer skills, coaches can also support the child's awareness of self, and can help modify or sustain key behaviour's that can help students away from the field and inside the classroom.

Above all the curriculum is there to act as a workable guideline to how we as administrators can create safe, positive, engaging learning environments for students to grow and nurture through soccer.





SOCIAL AND EMOTIONAL LEARNING (S.E.L) INCLUSION

SOCIAL AND EMOTIONAL LEARNING

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (Casel, 2017)

This curriculum focuses on 5 key SEL Themes:

- Self Awareness and Desire to Achieve
- Teamwork and Corporation
- Motivation & Movement Towards Goals
- Perseverance
- Resilience

It is our aim to explore these key themes within our lessons and imbed conversations within the delivery time to create practical illustrations and experiences for students.





PLAYER DEVELOPMENT

PLAYER DEVELOPMENT | DEVELOPMENTAL STAGE

Specialization	Age	Objective	
FUNDamental Stage	Females 6-8 Males 6-9	Learn Fundamental movement skills	
Learning to Train	Females 8-11 Males 9-12	Learn fundamental soccer skills	
Training to Train Stage	Females 11-15 Males 12-16	Build the aerobic base and build strength toward the end of the phase and further develop soccer-specific skills	
Training to Compete Stage	Females 15-17 Males 16-18	Optimize fitness preparation and sport, individual and position specific skills as well as performance	
Training to Win Stage	Females 17+ Males 18+	Maximize fitness preparation and sport, individual and position specific skills as well as performance	



PLAYER DEVELOPMENT | AGE REGULATIONS

	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes



TECHNICAL

- ASSOCIATIVE - AUTOMATIC REHEARSAL STAGE
 - GAME-BASED APPROACH
 - SMALL SIDED GAMES
-

TACTICAL

- TACTICAL AWARENESS AND POSITIONAL PLAY
 - FORMATIONS AND FULL SIZE GAMES
 - IMPROVE DECISION MAKING ON AND OFF THE BALL
-

PHYSICAL

- HIGH AEROBIC AND ANEROBIC TRAINING
 - INTRODUCTION TO PHYSICAL DEVELOPMENT
 - CONTINUED PHYSICAL DEVELOPMENT
-

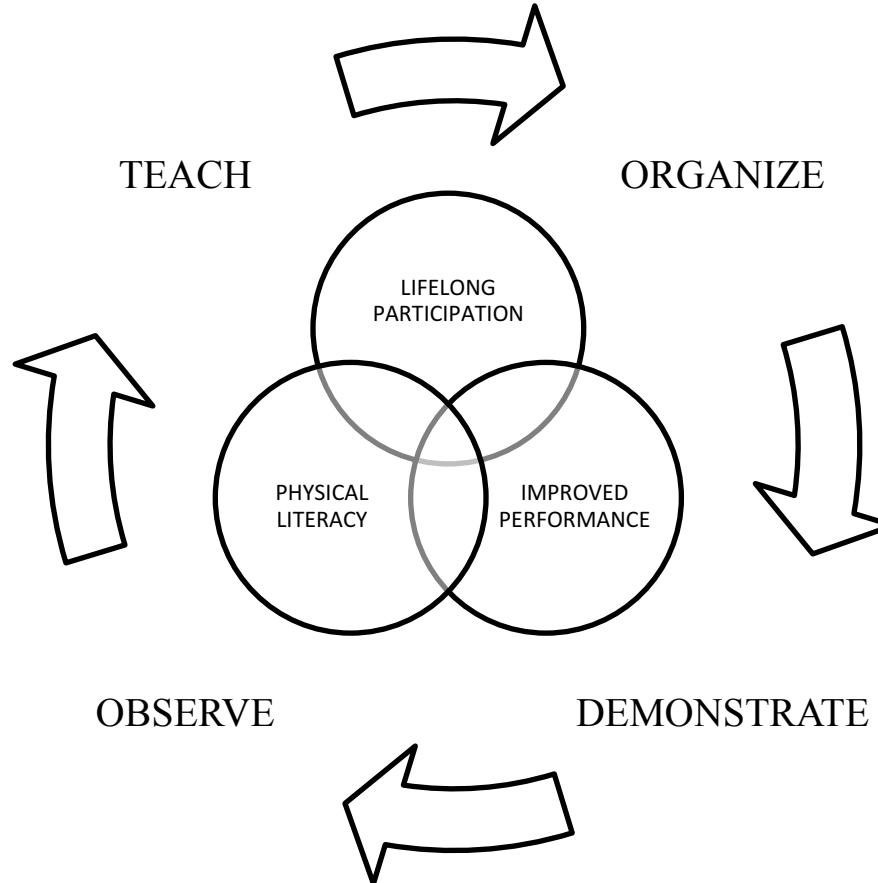
PSYCHO-SOCIAL

- CONTINUED PHYSIOLOGICAL CHANGES (ADOLESCENCE)
- HIGH PEER-ASSESSMENT INFLUENCE
- REDUCED PEER INFLUENCE
- MOTIVATION TO COMPETE
- WORK MORE INDEPENDANTLY



LESSON PLANS

METHOD OF COACHING



PRINCIPLES OF PLAY

Principles of play are the underpinning concepts of the game and can be coached across all development ages and stages. The principles relate to attacking and defending and should not be confused with systems of play – the formation of the team on the field.

PENETRATION-WIDTH-MOBILITY-SUPPORT

PRESSURE-COVER-BALANCE-COMPACT

The principles of play are the same in any system of play. It is found that coaches with working understanding of these principles are able to make better decisions on which skill, technique and tactic to select. With a good appreciation of the principles of play and excellent technique a team will be able to play any system and style.

Systems Of Play



ATTACKING PRINCIPLES

SUPPORT

A player in possession of the ball receives help to maintain possession. Support attackers provide forward, backward and sideways options to the attacker in possession. Support can be introduced once competency is shown in passing and receiving.

PENETRATION

In simplistic terms penetration is the act of breaking through the defense by dribbling, shooting, running or passing. The focus is on identify angles of space that can be exploited with a singular act. Penetration can be introduced at any level especially through 1v1 and small side games.

WIDTH

The attacking team attempts to stretch the opponent's defensive shape. The attacking players use the width of the field to tempt defenders from a compact shape covering the dangerous areas in front of goal and in so doing create space. The attackers move the ball to change the point of attack in an effort to find space between or behind the defense.

MOBILITY

Attackers make runs into different areas of the field in order to draw defenders out of their positions. With a need for greater cognitive understand of space and on-field positioning, mobility is introduced in the mid/later stages of development.



DEFENDING PRINCIPLES

PRESSURE

The moment possession is lost the nearest player(s) try to regain possession or apply pressure on the ball, if possible. Players giving immediate chase can also help to delay the attack by making recovery runs that deny the opponent the opportunity to play the ball quickly forward. If a defender cannot put “immediate” pressure on the ball, he or she must drop back and delay the attacker’s advance.

COMPACT

As players recover towards their own goal and organize their defense, the objective is to limit the time and space for the opponent by concentrating their defense in the area of the ball. Defenders also recover centrally towards their goal in order to limit the opponents’ ability to directly attack the goal.

COVER

The immediate organization of players behind the pressuring defender. While the ball is being pressured all other players should be recovering into defensive positions. The positions taken should support the pressuring defender in the event he/she is beaten.

BALANCE

As the team concentrates their defense in the area of the ball, defenders away from the ball (opposite side of field) must position themselves to cover vital spaces (central areas) in order to prevent attackers from making penetrating runs into these spaces in which to receive the ball for an attempt on goal. All players who are on the opposite side must seek positions in which to provide balance to the defense.



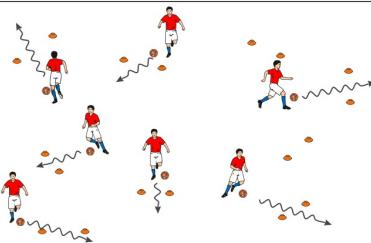
Curriculum Session template

SEL THEME: An explanation of the SEL theme and its attributes.

DISCUSSION POINTS

Open ended questions to use during activity stoppages to reinforce the SEL session theme and to assess participant understanding.

WARM UP



SET UP: How to prepare for the activity

DESCRIPTION: How to best deliver the activity and provide an understanding of the activity

LOOK OUT FOR: What to find within the session that can highlight the sessions SEL theme.

SKILL ACTIVITY

Visual Reference

SET UP:

DESCRIPTION:

LOOK OUT FOR:

EXPANDED ACTIVITY

Visual Reference

SET UP:

DESCRIPTION:

LOOK OUT FOR:

GAME

Visual Reference

SET UP:

DESCRIPTION:

LOOK OUT FOR:

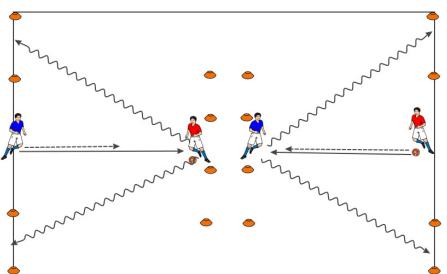


THESE ARE YOUR 3 COACHING TO COACH AND REINFORCE DURING THE SESSION

PENETRATION

Aim: To use the attacking principle, Penetration, to attack available spaces between defensive positions.

TECHNICAL WARM UP



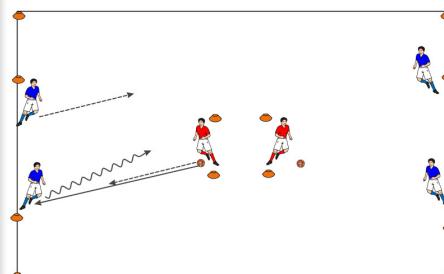
SET UP: 40 x 40 split in half. 2 x 5 yards gates wide and 2 x 5 yards gate narrow in middle. One ball. 2 player rotation,

DESCRIPTION: 1v1. blue passes the ball to red attacker. Attacker gets could first touch out in front and attempts to reach one of the outside gates. Defender wins back the ball and attacks narrow gates.

LOOK OUT FOR: How is the defender set up positionally. What is the optimal distance from defender to start move.

C.P's: Speed of play, be direct and intentional.

SKILL ACTIVITY



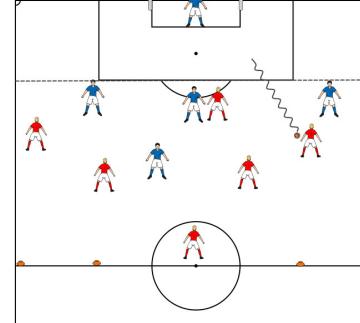
SET UP: 40 x 40 split in half. 2 x 5 yards gates wide and 1 x 10 yard gate in middle. One ball. 2 attacking player, 1 defender

DESCRIPTION: Attacking pair are working together to penetrate through the middle of the field by dribbling. If defender wins possession then they attack wide goals.

LOOK OUT FOR : How is the defender set up positionally. How does the movement of team mate support your decision making. How intentional is the dribble.

C.P's: Speed of play, be direct and

EXPANDED ACTIVITY



SET UP: 6 v 5 with counter. $\frac{1}{2}$ regulated field (make narrower depending on ability and age).

DESCRIPTION: Play will always be started at midfield by player dribbling forwards. Outside gates for defending team. Attacking team set up 1-4-1 or 1-2-3

LOOK OUT FOR: Spaces in between defensive line being created by attacker movement. Emphasis on dribble to penetrate but allow pass to penetrate if opportunity presents.

C.P's: Positional awareness. How can we use support players to combine? Is width created to stretch defensive line.

GAME



SET UP: 2/3 regulated field two goals. Play with even players

DESCRIPTION: As above

LOOK OUT FOR: Key coaching points being administered independently.

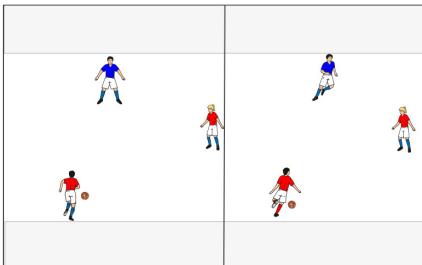
C.P's: Reinforce previously discussed points if needed.



WIDTH

Aim: To use the attacking principle, width, to create attacking situations in the wide areas

TECHNICAL WARM UP



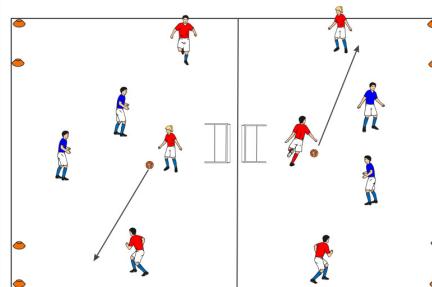
SET UP: 20 x 40 split in half. 1 blue defender, 2 red attackers. 5 yard endzones on each end. One ball.

DESCRIPTION: 2 v 1 attack. Looking for the 2 attackers to use space to get in behind defender by pass or dribble. Point for getting into zone. Defender wins ball back, attacks opposite zone.

LOOK OUT FOR: Are players maximizing wide areas. Are players creating distance between each other and space.

C.P's: speed of play, decision making on the ball

SKILL ACTIVITY

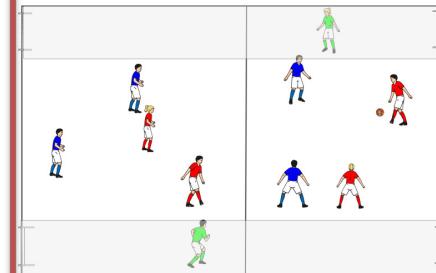


SET UP: 25 x 40 split in half. 2 blue defender, 3 red attackers. 5 yard gates on one end, goal on other. One ball in play

DESCRIPTION: 3 v 2 attack. Looking to isolate 1 defender with 2 attackers. Third attack to create space wide on opposite flank. Red attack gates, defenders wins ball back and attacks goal.

LOOK OUT FOR: Do they recognize the correct situations to overload. Recognize the best situations to change point of attack.
C.P's: speed of play, decision making on the ball, movement of the ball.

EXPANDED ACTIVITY



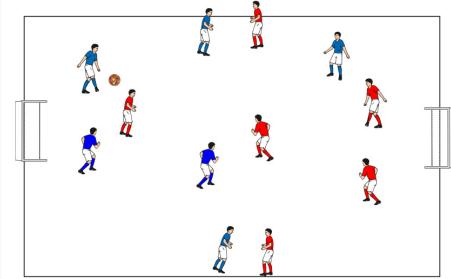
SET UP: 25 x 40 . 4 red, 4 blue, two natural wide players. One ball. 4 wide goals/gates

DESCRIPTION: 4v4 with wide support. Each team is looking to use the wide player efficiently to move play forward and attack the wide goals.

LOOK OUT FOR: Do they recognize the correct situations to overload. Recognize the best situations to change point of attack.

C.P's: Wide players to play opposites. One drops, one moves forwards. Recognize when to use the width to attack and to keep possession.

GAME



SET UP: 1/2 regulated field two goals. Play with even players

DESCRIPTION: As above

LOOK OUT FOR: Key coaching points being administered independently.

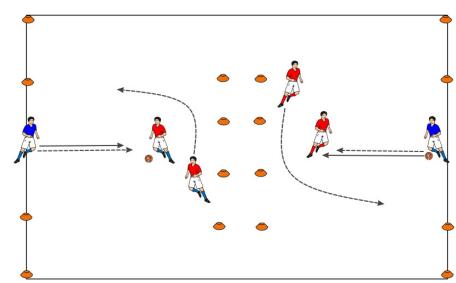
C.P's: Reinforce previously discussed points if needed.



MOBILITY

Aim: To use the attacking principle, mobility, to build an attack from the back.

TECHNICAL WARM UP



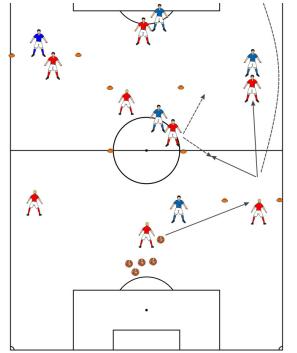
SET UP: 40 x 40 split in half. 2 x 5 yards gates wide and 2 x 5 yards gate narrow in middle. One ball. 1 defender, 2 attackers.

DESCRIPTION: 2v1. blue passes the ball to red attacker. Attacker gets could first touch out in front and attempts to reach one of the outside gates. Supporting attacking looks to make overlap either side of ball player to create options

LOOK OUT FOR: Individual awareness. Movement type off the ball.

C.P's: Speed of play/decision. Movement of ball.

SKILL ACTIVITY

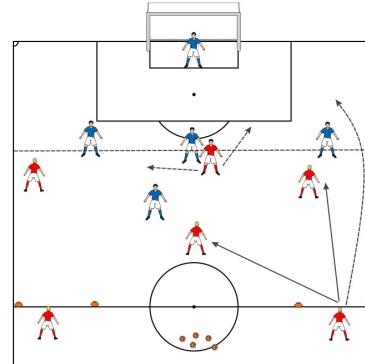


SET UP: Use center zone of regulated field. 50 x 50. 5 yard gate to right side of field, both ways. 15x15 square in center. Positon players as shown.

DESCRIPTION: Pattern play, used to show the options available with #2 (FB) overlapping run and movement between #6, #7 & #9. Ball player (#5) feeds right. Begin with sequence #5-#2-#6-#7-#2-#9. After flow is created, show alternative movement patterns and combinations with #2 overlap.

LOOK OUT FOR: Understanding & Decisions

EXPANDED ACTIVITY



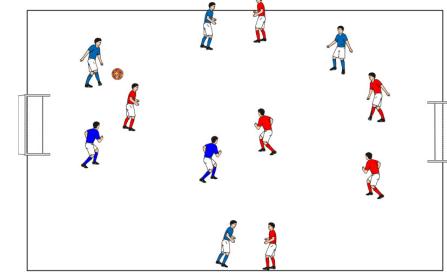
SET UP: Use center zone of regulated field. 50 x 50. 5 yard gate to right side of field, both ways. 15x15 square in center. Positon players as shown.

DESCRIPTION: 6v5 attack including goal. Use ½ of regulated field size. Create two 5 yards gates at half. Coach to begin play to left or right. Set up attack and defense as shown.

LOOK OUT FOR: Options to the ball player. How can we take advantage of the overlap directly or indirectly. What space is created with support players movement.

C.P's: Speed of play, assess player movement.

GAME



SET UP: 2/3 regulated field two goals. Play with even players

DESCRIPTION: As above

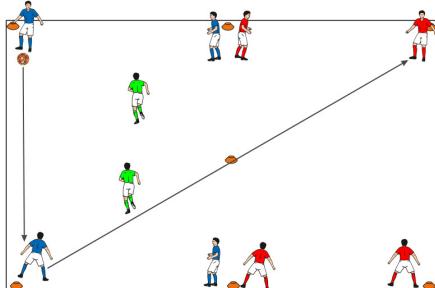
LOOK OUT FOR: Key coaching points being administrators independently.

C.P's: Reinforce previously discusses points if needed.

SUPPORT |

Aim: To use the attacking principle, support, to maintain possession and move into final third.

TECHNICAL WARM UP



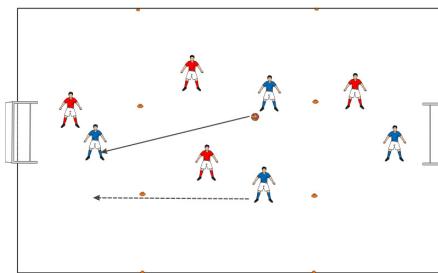
SET UP: 15 x 35 split in half. 4 blue, 4 red, 2 defenders. One ball.

DESCRIPTION: 4 x 2 transition. Blue to maintain possession. After 5 passes move the ball to red. Defensive players attempt to break down. Defenders move across when play is moved.

LOOK OUT FOR: Are players creating good angles of support. Are players creating distance between each other and space.

C.P's: First touch to open play. Technique and pace on the pass. Communication methods

SKILL ACTIVITY



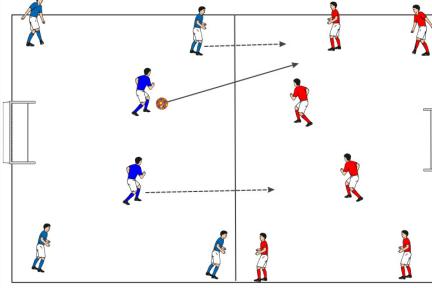
SET UP: 15 x 35 split in 1/3 4 blue, 4 red defenders. One ball. 2 end goals. Positions set up as shown.

DESCRIPTION: Transition into final Third. Maintain possession while progressing through zones to goal. 1 middle player is able to move into end zones to support.

LOOK OUT FOR: Are players creating good angles of support. Are players creating distance between each other and space.

C.P's: Head up and look at options. Be direct, and reinforce first touch into open play.

EXPANDED ACTIVITY



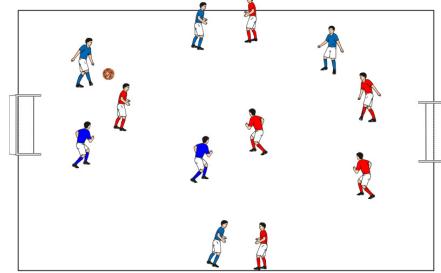
SET UP: 30x40 . Split in half

DESCRIPTION: Blue team has possession of ball inside their own half. Three red players come into blue half to defend. Blue must maintain possession and work ball into red zone. Red players can not move between halves. If reds win ball in blue half, they attack.

LOOK OUT FOR: Support on the ball. Good runs from blue team into red half to create attack. Look to overload/isolate a defender.

C.P's: Head up and look at options. Be direct, and reinforce first touch into open play.

GAME



SET UP: 2/3's regulated field with two goals. Play with even players

DESCRIPTION: As above

LOOK OUT FOR: Key coaching points being administered independently.

C.P's: Reinforce previously discussed points if needed.

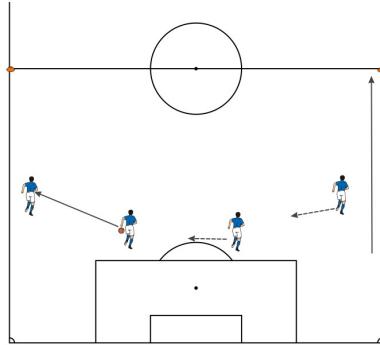
Perseverance: Willingness to do something despite difficulty or delay in achieving success

DISCUSSION POINTS

Q. Why is it important to continue working towards difficult tasks?

Q. How can perseverance help you with turning on the ball?

WARM UP

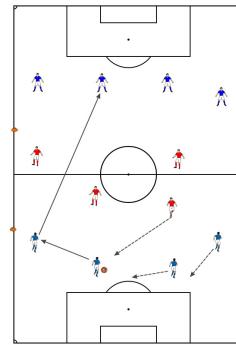


SET UP: Groups of 4 across the back line. One ball with space forwards.

DESCRIPTION: Players will work the ball from left-right and right to left shifting field positioning to support the ball. Encourage wide players to stay further forward than center defenders.

LOOK OUT FOR: Communication and spacial awareness.

SKILL ACTIVITY

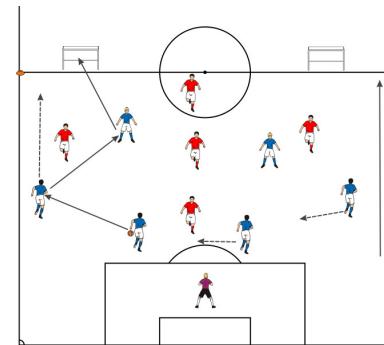


SET UP: Three teams of four. 15 x 30 grid set up.

DESCRIPTION: defensive lines (blue) maintain possession of ball. One defender (red) moves in the break down play. After X amount of passes ball is move forward through the center and to opposite defensive line. Repeat practice.

LOOK OUT FOR: position of defensive players to support the ball player.

EXPANDED ACTIVITY

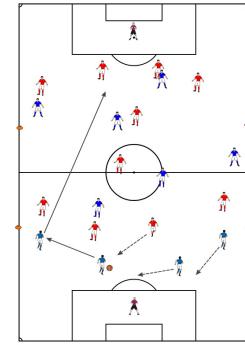


SET UP: 7 v 4. two goals for blue to attack, one central goal for counter.

DESCRIPTION: Blue work to create opportunities to feed the ball into attacking players. Wide players support attacks. As one attacks the other shifts inside to create balance.

LOOK OUT FOR: Ability to decide when to take the space and when to switch the play to optimize space,

GAME



SET UP: two goals, one ball, full field.

DESCRIPTION: Full game. Split players into 3/4 teams and rotate if required. Play a back 4 in your game.

LOOK OUT FOR: Ability to use key ideas independently in the game.



GOALKEEPING

Improve goalkeepers starting position and angle of play

Resilience: The capacity to recover quickly from difficulties; toughness

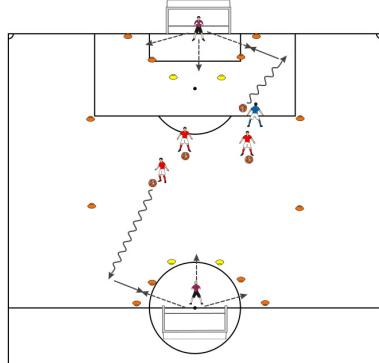
DISCUSSION POINTS

Q. Is it good to overthink a mistake? How does it effect your emotions?

Q. What could you do instead? How should we handle our emotions?

Q. What aspects of your life change how you feel? How do you feel we can recover quickly?

WARM UP



SET UP: 20x20 grid outside 18 yard box. 1-2 goals with 3, 5 yard gates to each side of goal.

DESCRIPTION: Each player in middle grid is giving a number. Players dribble ball around until Gk calls out their number. On call, playersw dribble out of grid and strike through one of three GK gates.

LOOK OUT FOR: GK's positional sense.

SKILL ACTIVITY



SET UP: Same set up as Warm Up. 2v2 in center gid with third netural player, playing for team in possession.

DESCRIPTION: Game-related practice, creating as many shorts at goal as possible. Remove cones once GK's become adjusted.

LOOK OUT FOR: Starting position of GK, keeping in line with the ball, ability to recover and start the game.

EXPANDED ACTIVITY

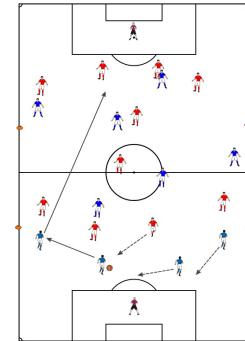


SET UP: Full Field. Two teams, 7v7 game. Play 2-3-2 formation.

DESCRIPTION: GK to maintain concentration and follow the flow of the game, assessing the position of the ball on the field

LOOK OUT FOR: Get into set position and reduce angle between each goal post

GAME



SET UP: Two goals, one ball, full field.

DESCRIPTION: Full game. Split players into 3/4 teams and rotate if required.

LOOK OUT FOR: Ball Line: Ensure GK has vision of the ball and can see the balls positioning on the field.

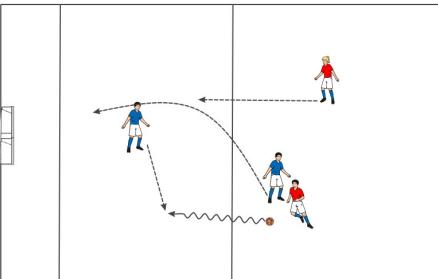
COVER | Defend against the counter attack

Teamwork: The combined action of a group of people, especially when effective and efficient

DISCUSSION POINTS

- Q.** How can working within a team help you to create greater success?
- Q.** Who could be considered as a teammate within soccer and in your life?
- Q.** Where else may working as a team help and support you?

WARM UP



SET UP: Two zones in a 15 x 40 grid. 2v2 with one defender in each grid. One endzone or goal (optional).

DESCRIPTION: Attacking team (red) focus on beating first defender to get into second zone. First defender recovers by moving behind to cover second defender,

LOOK OUT FOR: 1st defender to use body position to show ball player a specific direction.

SKILL ACTIVITY



SET UP: Two teams. 6 v 4 + GK. Two goals for attacking team. Center goal for counter, Set up blue in a 1-3-1.

DESCRIPTION: Attacking team (blue) are able to attack freely in their positions. When possession is lost encourage red to attack quickly. Aim to get closest defender to ball and recovering players to cover in behind.

LOOK OUT FOR: Effort, covering defending to react to first defender.

EXPANDED ACTIVITY



SET UP: 7v7 same set up as Skill activity.

DESCRIPTION: We are looking to see how well the defensive line can recover and prevent the counter attack within the defensive half

LOOK OUT FOR: 1st defender to the ball is delaying and reducing the space for penetration pass or run. Covering player will use space and angle of approach to reduce the options.

GAME



SET UP: Two goals, one ball, full field.

DESCRIPTION: Full game. Split players into 3/4 teams and rotate if required.

LOOK OUT FOR: Ball Line: Ensure GK has vision of the ball and can see the balls positioning on the field.



THANK YOU!

WHO'S THE BEST? FI-RE, FI-RE, FI-RE
HERE WE GO!
HOT TIME IN THE OLD TOWN TONIGHT
¡VAMOS CHICAGO!
LET'S GO FIRE!

HOT TIME IN THE OLD TOWN TONIGHT
¡VAMOS CHICAGO!
LET'S GO FIRE!
¡VAMOS LA MADUINA ROJA!
HEY! HO! LET'S GO!
DON'T FORGET TO TURN ON THE RED
COME ON YOU MEN IN RED

