

# CFJS Rec Program Curriculum

## 3<sup>rd</sup> – 8<sup>th</sup> Grade

### Week 1: Dribbling

#### Day 1 Moves: CFJS Trainers

I. Review of Micro Moves

Step-over, Inside/Outside Turn, Hard Inside/Outside Cut, Shoulder Fakes, Messi (Stop & Go)

Active Rest: Juggling

II. Square (15yds x 15yds): Groups of 4 (2 teams of 2)

A. 1 minute rounds into either goals to score

B. Play 1 v 1 vs. partner; score in either goal other than the ones on your side

III. 3 v 3: 20 x 30 yds

Dribble over the endline

IV. 5 v 5 game: Must use a move

#### Day 2 Moves: Coaches

I. Review of Micro Moves

*Away from Pressure:*

Step-over, Inside/Outside Turn, Hard Inside Cut

*Beat a defender:*

Shoulder Fakes, Hard Outside Cut, Messi

Add: Ronaldo/Quick Stop (away from pressure) & Scissors (Beat a defender)

Active Rest: Juggling

II. 1 v 1 w/partner to stationary ball on cone as goal

Use a move to beat opponent & score by hitting the ball; can keep possession of ball and score multiple times. Defender is 100%.

III. 3 v 3: Triangle Goal

Field is 20 x 30: Triangle goal at each end is 6 yds wide and 6 yds. Out

Attacking teams scores by dribbling into opponent's triangle and stopping the ball in the triangle. Defending team can dribble into their triangle, unopposed, but can't stay in longer than 3 seconds.

IV. 5 v 5 : No restrictions

## **Week 2: Ball Control/Receiving**

### **Day 1 Ground balls: CFJS Trainers**

I. Warm up: Groups of 2: pass & move

Take the ball across your body

II. Diamond Exercise

a. Ball starts with 2 players on cone

b. Pass clockwise-Follow Pass-Receive ball on front foot

c. Pass counter clockwise

d. Add Give & Go around cone

III. 4 v 4 to 6 v 6: Gate game

Set a large grid with 4 mini gates inside on each side. Score by playing ball to a teammate thru a gate and must be received by player across body and maintain possession.

IV. 5 v 5 to 7 v 7 (Match #s)

Focus on using moves and taking the ball across the body with a body fake.

### **Day 2: Coaches**

I. Warm up: Air Balls

a. 1 juggle or hand service in air; control with laces, use a move.

b. Same as above; control thigh to foot, use a move.

Active Rest: Personal Record juggling: 3 min. challenge

II. With a Partner: Hand service (with an arc)

a. Receive ball on lace, do a move and pass back to partner

b. Receive ball on thigh, do a move and pass back to partner

- c. Receive ball on chest, do a move and pass back to partner

Switch after 10 reps

III. 3 v 1 in a 10 x 15 yd. grid

- a. Must use a move; take the ball across body
- b. Switch if and when defender touches ball or if bad pass or control

IV. Micro Soccer: 4 v 4 + 2 with windows on sidelines

- a. Must play a window before scoring
- b. Window is to hand serve ball in air and must be control with proper surface

**Week 3: Passing/Throw-Ins**

**Day 1: CFJS Trainers**

I. Warm-up: In groups of 3 or 4; passing within group

- Focus on inside of the foot passing
- Taking the ball across body
- Using a move before passing to a partner within the group
- All players are going at once; balls are not to touch other balls or other players

II. 2 v 2 + 2 (20yds x 25yds)

- a. Play to small goals
- b. Must score passing in goal on ground

III. Get Out of There! (20yds x 25yds)

- a. Split into 2 groups of 4
- b. Send ball in to play 2v2, 2v1, 3v1, 3v2
- c. Ball out of bounds everyone gets out of there & player getting scored on gets out of there.
- d. Goal scorer stays on

IV. Micro Soccer: 4 v 4

- a. All players on team must touch ball before scoring
- b. Gk. Must be out of the box

## Day 2: Coaches

- I. Warm up: w/partner
  - a. Check run with proper throw-in to feet w/a pass back to thrower
  - b. Check run with proper throw-in to feet w/1 touch pass back to thrower
- II. 4 v 4 to small goals: Use throw-ins when ball goes over touch lines out of bounds
- III. Full field game: Focus on proper throw-ins

## Week 4: Defending/Set pieces

### Day 1

- I. Warm up: Passing with a partner (stationary)
  - One step on ball; other bends run to defending position
  - Continue, other partner does the same
- II. 1 v 1 to a small goal (Groups of 4; rotating from defender to attacker)
  - Bending run to arrive balanced
  - Proper distance and angle
  - Give ground to not get beat on the dribble
  - Read situation to tackle ball
- III. 3 v 3 (20 x 30 yards)
  - Emphasis on 1<sup>st</sup> defender
  - Immediate pressure; cues to tackle
- IV. 5 v 5 Micro Soccer
  - No restrictions
  - Emphasis on 1<sup>st</sup> defender
  - Team Shape

## Day 2: Coaches

- I. Warm up: Dribbling review

*Away from Pressure:*

Step-over, Inside/Outside Turn, Hard Inside Cut, Ronaldo/Quick Stop

*Beat a defender:*

Shoulder Fakes, Hard Outside Cut, Messi, Scissors

II. Corner Kick: Offensive

- Set 1-play short ball
- Set 2- cross long ball

III. Corner Kick: Defensive

- Man to man responsibilities
- Where to mark; players on post
- Clearing ball high and wide

IV. Full Field numbers

- Random free kicks for corner kicks
- Set pieces for both offensive and defensive sets

**Week 5: Heading**

**Day 1: CFJS Trainers**

- I. Warm up: Everyone w/a ball; Self headers.
  - a. Add a partner and head ball to hand target
  - b. Head with a toss
- II. Head juggling
- III. 3 v 3 w/windows on endlines
  - a. Must play to endline for a hand service south to score with a header
- IV. Full field numbers

**Day 2: Coaches**

- I. Warm up: Ball Control/Taking the ball across the body
  - a. w/a partner having ball played to front foot & taking ball across the body (Pass & Move)

- b. controlling the ball with inside of foot in attacking direction
- II. 2 v 1 in grid 12 x 15 yds

- a. Blind side run
- b. Give and Go
- c. Overlap
- d. Improvisation

- III. 3 v 3 + 1 to small goals

- Must use the plus player before scoring
- Must use a combination play

- IV. Full field game

## **Week 6: Shooting**

### **Day 1: CFJS Trainers**

- I. Warm up: w/partner. 10-15 yards apart.

- a. 2 yd. gate in middle of 2 partners
- b. Strike w/laces through gate
- c. Emphasis on accuracy and proper technique for shooting

- II. Groups of 3 : Common goal for 2 groups of 3 to play to

- 1 Gk, 1 server, 1 shooter; place cones 1 yard in from post as target area to shoot at
- 3 shots with right foot, then rotate roles
- 3 shots with left foot, then rotate roles

- III. 3 v 3 + 2 to large goals: 25 x 35 yards

- Must use a plus player
- Shoot when opportunity arises; Plus players may score as well

- IV. Full field with large goals

- Focus on opportunities to shoot on goal
- Basic shooting technique

- Offensive restarts with Corner kicks

## **Day 2: Coaches**

I. Warm up: w/partner. 10-15 yards apart.

- d. 2 yd. gate in middle of 2 partners
- e. Strike w/laces through gate
- f. Emphasis on accuracy and proper technique for shooting

II. 3 v 3 + 2 to large goals: 25 x 35 yards

- Shoot when opportunity arises; Plus players may score as well

III. 4 Large Goal Game

- a. 4 goals set up in a cross
- b. 4 teams of 4+GKs, each team defends their goal and scores in other 3 goals
- c. Find shooting range and choice of shots

IV. Full field with large goals

- Focus on opportunities to shoot on goal
- Decision making of shot

## **Week 7: Jamboree/Dribbling**

### **Day 1: CFJS Trainers**

#### ***Micro Soccer Jamboree (3 v 3 Tourney)***

#### ***All age groups***

### **Day 2: Coaches**

I. Review of moves

II. 4 Goal Game: 1 v 1 to 2 goals (Goals 2 yds wide and each are 12 yards apart. Then other end is 15-18 yds. away)

- Go diagonal
- Use a move, change direction
- Turn away from pressure

III. 3 v 3 (20 x 30 yard field)

- a. No 1 touch; everyone must use a move before passing
- b. Score by dribbling over opponent's goal line and stepping on ball
- c. Score by stopping ball in opponent's triangle area

IV. Full Field game

