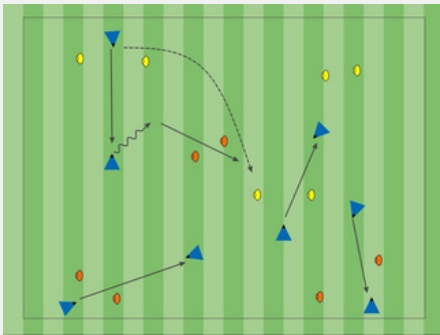


STEP CURRICULUM

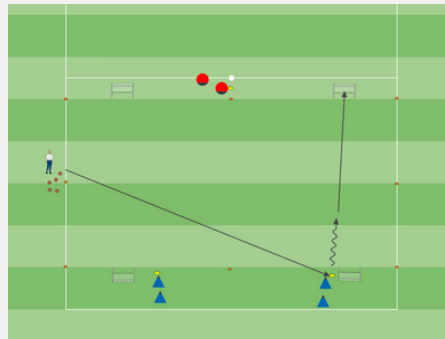
WEEK 4

Gate Passing



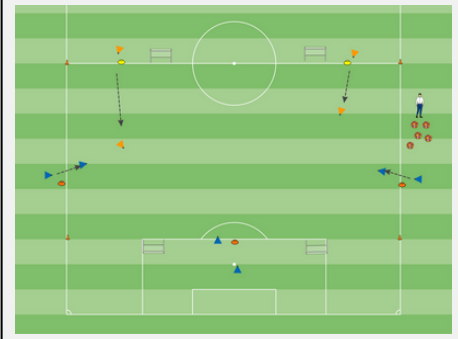
- Open space within a half
- Two players (teammates) - One ball
- Numerous small gates throughout - two colors
- When coach says "GO" pass through as many gates in 2 min
- Demo proper passing technique
 - Inside, heel down, toe up
- How do we get through them faster?
- Receiving
 - Proper technique - heel down, toe up
 - Where are we going next
 - Where should our first touch go

2v1 to Two Goals



- Field as shown - 30w x 20h
- Score in either goal
- Defender can defend as soon as ball is played
 - May be better for coach to play
- Score bypassing through either goal
- Do you have space? Dribble
- What happens when we get the defender close?
 - Teammate has space
- Where should teammate be - close to us or away from us?
- Where should we play our teammate? In front
- Where should your first touch go when you receive the ball?

3v2



- 3v2 - Field as shown
- Cones for each line
 - Can be free flowing or repetitive ball from coach on each out
- 3 from blue and 2 from orange come out when ball is played
- Big touches/small touches
- Have space? Dribble
- Don't have space? Where is the free player?
- Keep depth (support in back) - not square or above
- Keep width - higher than support
- If we go to this side - is it 2v1?
 - Find the 2v1

Week 4 - STEP Guide

Play (10 minutes) - Practice (30 minutes) - Play (20 minutes):

Standards

- Passing
 - Scanning, Space, Where are defenders, Where is the goal, Where are teammates
 - Passing technique - Heel down, toe up
 - Dribble to commit - pass in front of teammate
- Receiving
 - Proper technique, where is our first touch going, how should our body look
- Introduce - Don't stop for things we are introduce them, use individual coaching when they aren't actively playing

Focuses

- Rules, focus, concentration, routines - Shorten time between activities - keep them moving!
- Set high standards!
- Fast rotations through the 2v1 - don't freeze to coach unless you demo, pull kids individually and get them back in quickly.
- Group by ability