

The AYS mission is to teach children of all backgrounds and abilities the game of soccer through the development of individual skill, fitness, teamwork and fair play.

Cherubs

10 Week Curriculum



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Key Qualities of a U6 Player

- Focused on themselves – reality to them is based on what they see and feel
- Unable to see the world from another’s perspective
- Everything is in the here and now
- Cooling systems are less efficient - need frequent water breaks
- Enjoy playing, not watching. Every player should have a ball in practice
- Limited attention span - keep directions concise and to the point
- Effort is performance – if they try hard, they are doing well
- Active imaginations – utilize their imagination in activities, and they will love practice!
- Look for adult approval – be encouraging when they say “Coach, look what I can do!”
- Unable to think abstractly – spatial relationships are a mystery
- Typically have 2 speeds -- extremely fast and stopped
- Usually unaware of game scores – keep it that way

Cherubs Curriculum

Week 1 – Dribbling & Ball Familiarity

Week 2 – Introduction to Kicking

Week 3 - Running with the Ball into Space

Week 4 – Ball Familiarity & Foot Skills

Week 5 – Keeping the Ball Close & Dribbling

Week 6 – Shooting at Goal

Week 7 – Keeping the Ball

Week 8 - Passing

Week 9 – Pass and Control

Week 10 – Dribbling under pressure

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session-

Running with the ball and familiarity

WARM-UP/ ACTIVATOR

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Traffic Lights</u></p> <p>Coach shouts either the colors red, yellow and green. Green means run. Red means stop and Yellow's command is to perform toe-taps.</p>	<ul style="list-style-type: none"> • Toe Taps touching the top of the ball with the right foot and then the left in quick motion • Keep the ball close to feet when running with the ball • Keep head up 		5 max

TECHNICAL DEVELOPMENT/ SKILL BUILDING

<p><u>Pirate Ship</u></p> <p>The captain of the ship (coach) will shout out the following commands commands. 'Scrub the deck, climb the ladder and abandon ship'.</p> <p>Players must perform the commands. As a progression a 4th command can be introduced 'Shark Attack' where the coach will run around and try to kick soccer balls off the ship. Players must then attempt to perform 5 scissor motions to 'swim' back onto the boat.</p>	<ul style="list-style-type: none"> • Scrub the deck - Foot on top of the ball rolling forwards and backwards • Climb the ladder - Toe Taps touching the top of the ball with the right foot and then the left in quick motion • Abandon ship - Run to the small square in the corner as quick as possible • Keep ball close to feet and inside the area • Scissor - Make big circles around the ball 		10 max
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<p><u>Sea Monster</u></p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> • Keep the ball close to feet when running with the ball • Keep head up • Encourage players to run around the sea monster • Stay inside the coned area 		10 max
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CONDITIONED GAMES/ SMALL SIDED GAMES

<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> • Reinforce all of the above coaching points. • Running into space • Use inside of the foot when passing 		20 max
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Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session-

Introduction to kicking the ball

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> Keep head up to see where the coach is moving Encourage using the inside of the foot when kicking the ball Keep the ball close to feet using soft touches. 		5 max
<p><u>Coconut Tree</u></p> <p>Players work in pairs. The aim of the game is to kick the soccer ball, at their feet, against the ball positioned on the cone in front of them trying to knock it off. As soon as one player kicks, the other player gets the ball and takes their turn.</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Follow through to get power 		10 max
<p><u>Fishy Fishy Cross my Ocean</u></p> <p>Players stand on the red line (Fish). The coach will stand on the side line. Fish must try to get from the red line to the blue line without having their ball or lower legs hit by one of the Sharks soccer balls. If they do the Fish then becomes an Shark.</p> <p>Sharks must stand outside the coned area.</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Keep the ball close to feet when running with the ball Keep head up to see where the Sharks kick their ball 		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session- Running with the ball into space/ Passing to a player on the move

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p><u>Follow the Leader</u></p> <p>Coach jogs/walks slowly backwards with the players following the coach in a line.</p> <p>Coach changes direction to encourage players to use inside and outside of feet with dribbling</p>	<ul style="list-style-type: none"> Use inside, outside and laces of the feet when running with the ball Keep head up to see where the coach is moving 		5 max
	<p><u>Dribbling through the Gates</u></p> <p>Players run with the ball through the separate gates of cones.</p> <p>Players get a point every time they run through a gate. Ask the children who can run through the most gates which will add competition and increase effort level.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Look up to see where the next gate is Use different the inside, outside and laces of the feet when dribbling 		5 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p><u>Passing through the Gates</u></p> <p>Players team with a partner. As a team they run to a gate with players on different sides. They pass it and then move onto a different gate.</p> <p>Again teams get a point every time they get to a gate.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Look up to see where the next gate is Use different the inside, outside and laces of the feet when dribbling Use inside of foot when passing the ball. Encourage not using the toe 		10 max
	<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		10 max
CONDITIONED GAMES/ SMALL SIDED GAMES				

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session-

Ball Familiarity and developing footskills

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Traffic Lights</u></p> <p>Coach shouts either the colors red, yellow and green. Green means run. Red means stop and Yellow's command is to perform tick-tocks.</p>	<ul style="list-style-type: none"> • Toe Taps touching the ball from the right foot to the left and then left to right using the inside of the foot • Keep the ball close to feet when running with the ball • Keep head up 		5 max
<p><u>Car Wash</u></p> <p>Players run around the coned area 'highway' and follow the coaches commands. 'Car Wash' 'Gas Station' and 'It's Raining'</p> <p>As a progression the coach will shout Lightening where one of the players will be chosen to kick other player's balls off the 'highway'. Players can get back into the game by performing 5 'tick tocks'.</p>	<ul style="list-style-type: none"> • Gas Station - Run to red square and perform toe taps. Touching the top of the ball with the right foot and then the left in quick motion. • Car Wash - Run to blue square and roll the top of the ball forward and backwards with one foot • Raining - Move feet around the ball one at a time making big circles (windshield wipers) • Tick tocks - Using the inside of the feet touch from right foot to left then left to right. 		15 max
<p><u>Knockout</u></p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> • Tick tocks - Using the inside of the feet touch from right foot to left then left to right • Keep head up • Keep the ball close to feet using soft touches 		5 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> • Reinforce all of the above coaching points. • Running into space • Use inside of the foot when passing 		20 max

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

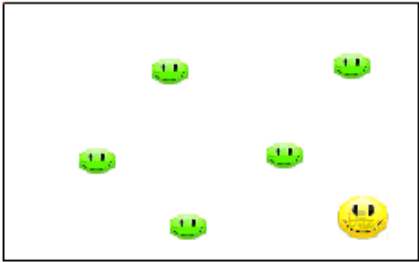
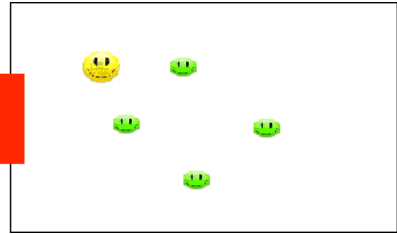
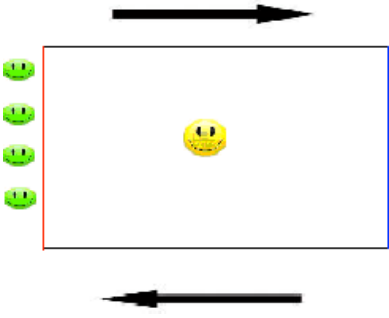
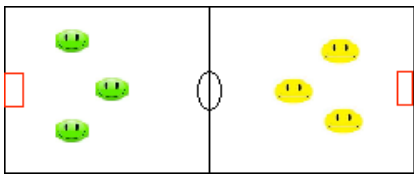
Objective of the Practice Session- Running with the ball and keep it close

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p><u>Keep it close!</u></p> <p>Players run around with the ball. If the coach notices a ball is too far away they must place a cone on top of it. The player must then perform 10 toe taps as a forfeit before carrying on.</p>	<ul style="list-style-type: none"> Use inside, outside and laces of the feet when running with the ball Keep head up Keep the ball close to feet using soft touches. Toe Taps touching the ball from the right foot to the left and then left to right using the inside of the foot 		7 max
	<p><u>Bodyparts</u></p> <p>Players run around with the ball. When the coach shouts the name of a body part they must stop and place that body part on the ball. Therefore the ball must always be close to the players feet.</p> <p>If a player is clearly the last to perform the action they must do 10 toe taps.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Use different the inside, outside and laces of the feet when dribbling Toe Taps touching the ball from the right foot to the left and then left to right using the inside of the foot Keep head up 		7 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p><u>How many seconds?</u></p> <p>Players line up on the red line. The coach will face away from them. The players will shout 'How many seconds'. To which the coach will reply 1,2,3,4 or 5. The players must then make their way to the blue line before the coach turns around.</p> <p>If the coach notices the players moving they must go back to the start.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touches. Keep head up 		10 max
	<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max
CONDITIONED GAMES/ SMALL SIDED GAMES				

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session-		Kicking/Shooting towards a goal		
Outline & Progressions		Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p><u>The always moving goal</u></p> <p>Players will run around the square and attempt to score through a goal. The coach and one of the players will hold a pinny at both ends and run around. The space in between the coach and the player will act as the goal.</p>	<ul style="list-style-type: none"> Use the inside of the foot when kicking the ball Keep head up to see where the goal is Keep the ball close using soft touches 		5 max
	<p><u>Protect the castle</u></p> <p>Players kick their soccer balls at the two balls positioned on cones in the middle. Players are not allowed inside the middle square.</p> <p>The coach will try to protect the cones and then the next round players can take turns protecting the castle.</p>	<ul style="list-style-type: none"> Use the inside of the foot when kicking the ball. Follow through to get power Standing foot by the side of the ball Look up before shooting 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p><u>Cone Kick</u></p> <p>Players run around in the inner square. When the coach shouts shoot the players must stop and try to kick their soccer ball against one the outside cones and knock it down.</p>	<ul style="list-style-type: none"> Use the inside of the foot when kicking the ball. Follow through to get power Standing foot by the side of the ball 		10 max
	<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		20 max
CONDITIONED GAMES/ SMALL SIDED GAMES				

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session-		Keeping the ball		
Outline & Progressions		Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Knockout</p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> • Tick tocks - Using the inside of the feet touch from right foot to left then left to right • Keep head up • Keep the ball close to feet using soft touches 		5 max
	<p>Bank Heist</p> <p>The robbers run around trying to keep their ball (stolen gold) away from the security guard. The security guards are trying to deliver the stolen gold (balls) back to the bank (goal).</p>	<ul style="list-style-type: none"> • Keep the ball close to feet using soft touches. • Get body in between the ball and the security guards. Use it as a shield • Keep head up to see where the security guard are 		10 max
	<p>Sea Monster</p> <p>Players line up on red line and try to get to the blue line without losing their ball to the sea monster. If they do then they must then join the sea monster by holding hands. The sea monster must not break the chain.</p>	<ul style="list-style-type: none"> • Keep the ball close to feet when running with the ball • Keep head up • Encourage players to run around the sea monster • Stay inside the coned area 		10 max
	<p>Scrimmage</p>	<ul style="list-style-type: none"> • Reinforce all of the above coaching points. • Running into space • Use inside of the foot when passing 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING				
CONDITIONED GAMES/ SMALL SIDED GAMES				

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

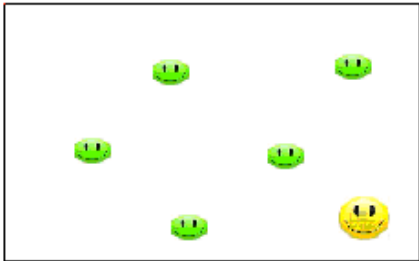
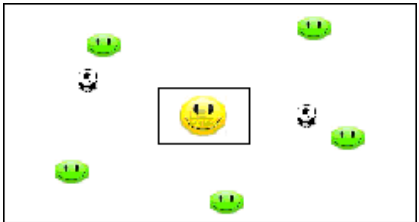
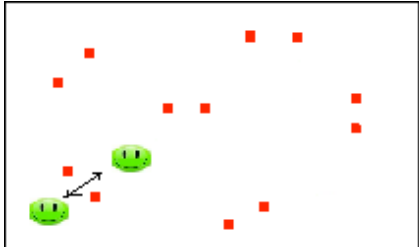
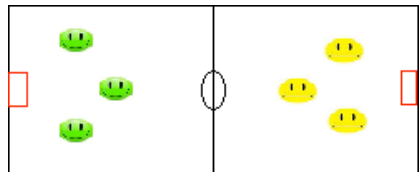
Objective of the Practice Session-

Passing

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/
SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> Keep head up to see where the coach is moving Encourage using the inside of the foot when kicking the ball Keep the ball close to feet using soft touches. 		5 max
<p><u>Pass the ball coach!</u></p> <p>The coach stands in the middle of the field holding 4 - 5 balls. Players are running around the field. The coach then throws a ball to a player who must then pass the ball back to the coach.</p>	<ul style="list-style-type: none"> Use inside of foot when passing the ball. Encourage not using the toe 		5 max
<p><u>Passing through the Gates</u></p> <p>Players team with a partner. As a team they run to a gate with players on different sides. They pass it and then move onto a different gate.</p> <p>Again teams get a point every time they get to a gate.</p>	<ul style="list-style-type: none"> Keep the ball close to feet using soft touch. Look up to see where the next gate is Use different the inside, outside and laces of the feet when dribbling Use inside of foot when passing the ball. Encourage not using the toe 		10 max
<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		10 max

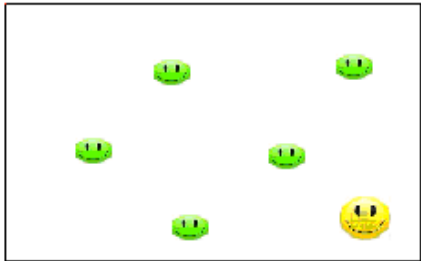
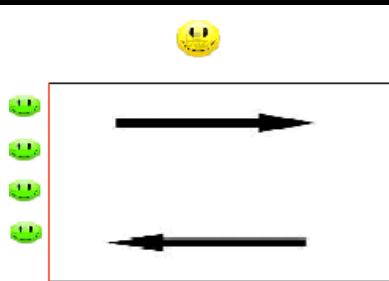
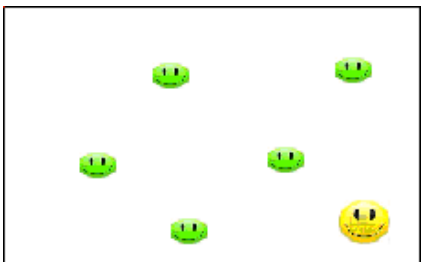
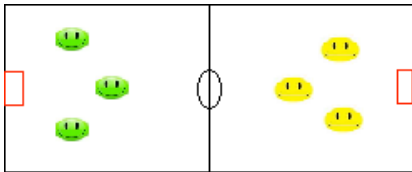
Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session- Passing & Controlling/Trapping the ball

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p><u>Follow the Leader</u></p> <p>Coach jogs/walks slowly backwards with the players following the coach in a line.</p> <p>Coach changes direction to encourage players to use inside and outside of feet with dribbling</p>	<ul style="list-style-type: none"> Use inside, outside and laces of the feet when running with the ball Keep head up to see where the coach is moving 		5 max
	<p><u>Pass through the goal</u></p> <p>Players pass through the cones to their partner who will control the ball and then pass it back.</p>	<ul style="list-style-type: none"> Use the inside of the foot when passing Use the inside of the foot when stopping the ball with a soft touch Standing foot by the side of the ball Follow through with passing foot to get power 		10 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p><u>Pass and Shoot</u></p> <p>Players line in 2 lines. They pass the ball to their partner. That player then touches the ball in front of them before shooting on goal.</p> <p>Players change lines each time.</p>	<ul style="list-style-type: none"> Use the inside of the foot when passing Use the inside of the foot when stopping the ball with a soft touch Standing foot by the side of the ball Follow through with passing foot to get power 		10 max
	<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		10 max
CONDITIONED GAMES/ SMALL SIDED GAMES				

Age Group-	Cherubs	Equipment Needs-	12 cones 1 ball per player
Ability Level-	Beginners		

Objective of the Practice Session- Running/Dribbling with the ball. Fun Games

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p><u>Stuck in the mud</u></p> <p>Players run around the area with their soccer ball. The coach runs around tagging players. Once a player is tagged they place their soccer ball on their head and stand still.</p> <p>Players can only carry on playing once another player kicks a ball through their legs.</p>	<ul style="list-style-type: none"> Keep head up to see where the coach is moving Encourage using the inside of the foot when kicking the ball Keep the ball close to feet using soft touches. 		5 max
	<p><u>Fishy Fishy Cross my Ocean</u></p> <p>Players stand on the red line (fish). The coach will stand on the side line. Fish must try to get from the red line to the blue line without having their ball or lower legs hit by one of the Sharks soccer balls. If they do the fish then becomes a shark.</p> <p>Sharks must stand outside the coned area.</p>	<ul style="list-style-type: none"> Use the inside of the foot, heel down and toe pointing up Standing foot by the side of the ball Keep the ball close to feet when running with the ball Keep head up to see where the Sharks kick their ball 		5 max
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p><u>Knockout</u></p> <p>Players run around the coned area trying to keep their ball safe whilst also trying to kick other player's balls away.</p> <p>If a player loses their ball they must then collect it and perform 5 'tick tocks' before joining back in</p>	<ul style="list-style-type: none"> Tick tocks - Using the inside of the feet touch from right foot to left then left to right Keep head up Keep the ball close to feet using soft touches 		10 max
	<p><u>Scrimmage</u></p>	<ul style="list-style-type: none"> Reinforce all of the above coaching points. Running into space Use inside of the foot when passing 		10 max
CONDITIONED GAMES/ SMALL SIDED GAMES				