

F-M Soccer Club Curriculum Guide

Law/Skill	Grade Level			
	PK	K-1	2-3	4-5-6
Preliminaries				
<ul style="list-style-type: none"> Coin is tossed and the team which wins the toss decides which goal it will attack or chooses to kick the ball first 	☒	☒	☒	☒
<ul style="list-style-type: none"> The opposite team will kick the ball the second half to start the match 	☒	☒	☒	☒
<ul style="list-style-type: none"> At the second half of the match, the teams change ends and attack the opposite goals. 	☒	☒	☒	☒
Kick Off	☒	☒	☒	☒
<ul style="list-style-type: none"> At the start of each match 				
<ul style="list-style-type: none"> Team scored upon kicks after a goal has been scored 	☒	☒	☒	☒
<ul style="list-style-type: none"> At the second half of the match 	☒	☒	☒	☒
<ul style="list-style-type: none"> A goal may be scored directly from the kick-off 	☒	☒	☒	☒
<ul style="list-style-type: none"> All players outside of circle until ball is kicked 	☒	☒	☒	☒
<ul style="list-style-type: none"> Know where players should be playing (e.g. defenders by goal) 	☒	☒	☒	☒
<ul style="list-style-type: none"> The kicker does not touch the ball a second time until it has touched another 	Play on	Warn-play on	☒	☒
<ul style="list-style-type: none"> An indirect free kick is awarded to the opposing team from where the infringement occurred 			2 nd offense	☒
Throw-in	☒	☒	☒	☒
<ul style="list-style-type: none"> Both feet on ground Ball behind head <ul style="list-style-type: none"> PK, K-1 – let redo until they get it right 2-3 – give 2nd chance, then ball goes to other team 4-5-6 – Ball goes to other team, no warning 				
Corner Kicks	☒	☒	☒	☒
<ul style="list-style-type: none"> Corner kicks occur when the defending team last kicks the ball out of play along the goal line 				
<ul style="list-style-type: none"> The ball is placed on the corner arc/corner flag 	☒	☒	☒	☒
<ul style="list-style-type: none"> Corner kicks are a direct kick (does not need to touch other player before goal is made) 			☒	☒
Goal Kicks	☒	☒	☒	☒
<ul style="list-style-type: none"> Goal kicks occur when the attacking team last kicks the ball out of play along the goal line 				
<ul style="list-style-type: none"> The ball is placed on the corner of the goal area 	☒	☒	☒	☒
<ul style="list-style-type: none"> Ball must go outside of box before it can be kicked by another player 		☒	☒	☒
<ul style="list-style-type: none"> Goal kicks do not need to be kicked by the goalie. Older players should use a defender so goalie does not leave goal open 			☒	☒
Goalie		☒	☒	☒
<ul style="list-style-type: none"> The only one that can touch the ball with their hands 				
<ul style="list-style-type: none"> Can not go outside of the box with the ball in hands – can kick the ball outside of area 		☒	☒	☒
<ul style="list-style-type: none"> 				

Grade Level	PK	K-1	2-3	4-5-6
<ul style="list-style-type: none"> If goalie steps back into the goal area it counts as a goal for the other team. 		Warning	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fouls:				
<ul style="list-style-type: none"> Hitting or running goalie in the box (direct) <ul style="list-style-type: none"> Fouls occurs if the goalie has body touching the ball at the time of attack 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Hand ball (direct – players must give kicker 5 yards) Handball in penalty box – penalty kick 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Pushing, tripping and kicking other players (direct) 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> High Kicks (indirect) 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Fouls in the penalty box are a penalty kick 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Offsides <ul style="list-style-type: none"> Player is offside if he/she is nearer to his opponents' goal line than both the ball and the second last opponent Not offsides until on your scoring side of field or level with second last opponent Foul is called once pass is received Flagrant offsides can be called at the 2-3 level Offsides is not called on a goal kick, throw-in or corner kick 				<input checked="" type="checkbox"/>
Substitutions <ul style="list-style-type: none"> Substitute on dead ball, your team possession only 			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ball sizes				
<ul style="list-style-type: none"> Size 3 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
<ul style="list-style-type: none"> Size 4 			<input checked="" type="checkbox"/>	
<ul style="list-style-type: none"> Size 5 				<input checked="" type="checkbox"/>
Number of players on field <ul style="list-style-type: none"> The teams concerned reach an agreement on a maximum number Gentleman Agreement is in place when one team does not have enough players Ref is informed of number of players 	3-4 players, no goalie no defenders - noncompetitive play	1 goalie, 3-4 other players.	7 to 9 players	7 to 10 players
Periods of play Time may be shortened due to adverse weather or low numbers of players as long as both coaches agree and ref is informed of decision.	Determined by coaches	15-20 minute halves	20 minute halves	25-30 minute halves
Dropped Ball <ul style="list-style-type: none"> A dropped ball is a way of restarting the match after a temporary stoppage of play. 	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<ul style="list-style-type: none"> Ball must make contact with the ground before a player touches it 		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Developmental Coaching				
<p>PK and K-1</p> <ul style="list-style-type: none"> ○ Players will follow the ball all over the field ○ Players will attempt to keep possession and not pass ○ Players are unable to understand the concept of space ○ De-emphasize winning ○ Instruction through fun games ○ Positions not coached strongly ○ Shorter practices ○ Use lots of hugs and positive reinforcement ○ Always demonstrate ○ Be sure to rotate goal keepers <p>2-3</p> <ul style="list-style-type: none"> ○ Players confronting an opponent and taking the ball away by tackling ○ Players are beginning to grasp concepts like position space, support play, combinations and the indirect approach to goal ○ Players usually focus on power over accuracy in shooting goal ○ Players will gain better sense for concepts like movement off the ball, space, and change of direction ○ Provide only one suggestion for improvement at a time ○ Focus on one technique or theme each practice ○ Begin with a walk-through of each activity. ○ Develop dribbling, turning, and pursuit, basic mechanics and techniques of shooting ○ Use lots of hugs and positive reinforcement <p>4-5-6</p> <ul style="list-style-type: none"> ○ Players will confront team concepts like balance, space, width, etc. ○ Develop start and stop techniques, fast feet and turns, close control, first touch, passing under pressure, passing into space, passing and shooting angles, support play and formation on field. 				

Basic Skills

Throw Ins

SIMPLE THROW-IN (for beginners)

- 1st Stand facing the field with feet apart
- 2nd Place one hand on each side of the ball
- 3rd Take the ball behind the head and throw forward onto the field
 - a. Both feet must stay on the ground
 - b. Can stand on or behind the side line
 - c. Ball must go behind the head
 - d. Must use both hands equally (can't use only one hand & if there is a lot of side spin the referee may say one hand was used too much)
 - e. Beginners should throw toward the other team's goal (the goal the opposing Goalie is in)

B. ADVANCED THROW-IN (advanced)

Basic Teaching Points:

1. Teach throw-ins without a ball (i.e., use an imaginary ball).
2. Be sure the player drags the toes of rear foot so hard he can hear it (this requires knees to be bent).
3. When the ball goes behind the head, elbows should be pointing out to the side (for power).
4. Remain upright, follow through, snap wrists.
5. Teach players to throw over opponent's heads (they're less likely to raise a foot when they throw over their opponents than if they throw toward the ground).

DETAILED DIRECTIONS FOR TEACHING THROW-INS:

Start by holding the ball out in front of your face with your arms fully extended. Put your hands on each side of the ball with your fingers apart and pointing straight ahead. (Your thumbs should be pointing toward the top of the ball and several inches apart.) Now, take the ball behind your head so the ball touches the back of your neck.

When the ball is touching the back of your neck, your elbows should be pointing out to the sides, not straight ahead, and your fingers should be pointing backward. (Having your elbows point out to the side allows you to use your chest muscles when you throw the ball, as well as your arms and shoulders. You can throw the ball farther because you are using more muscles.) You can bend your back a little for more power.

1. Be sure the player drags the toes of rear foot so hard he can hear it (this requires knees to be bent).
2. Now take a step forward and throw the ball. Keep your eyes on your target and stay upright (don't bend forward). Be sure to snap your wrists and follow through toward the target. (A full wrist snap adds more power.) Also, **be sure to drag the toe of your rear foot so hard you can hear it and you'll never be called for having a foot off the ground.**

Positions

- The difficulty of teaching Soccer Positions is that, except for Fullbacks at young ages, players often move around the field and don't stay in one spot. So, the positions are "relative" to each other.
- Generally when on Defense, the "left" side players should stay on the left side of the field, the "right" side players on the right side of the field (left and right are as you face the opposing Goalie),
- Fullbacks should be closer to their Goalie than their Midfielders are, and Midfielders should be closer to their Goalie than their Forwards are.

These guidelines also apply when a team is on offense, but not as strictly. (Offense is more creative than defense and players may "overlap" in order to advance the attack; this is particularly true with Midfielders and Forwards, because most coaches may want their Fullbacks to be conservative and stay in a defensive position in case there is a counterattack by the opponent).

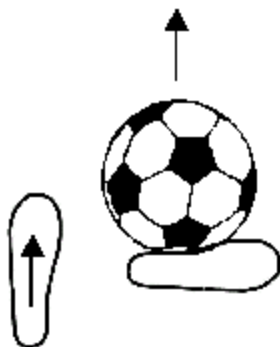
Receiving a Pass

1. **While waiting to receive a pass, keep your knees slightly bent and stay on the "balls" of your feet so you are ready to quickly move to either side.** (If you raise your heels off the ground about 1/2", you are on the "balls" of your feet). You may want to "bounce" from one foot to the other. Be ready to move in any direction. When the ball is kicked, quickly notice its direction (is it going to your left or right or straight at you?) and move toward the ball. Stop the ball in front of you or to the left or right depending on where your imaginary opponent is. If an opponent isn't close by, stop the ball so it comes to rest one step away from you (and in the direction you want to go) so you can quickly step up to the ball and pass or shoot it. But, if an opponent is close, you may want to stop the ball at your feet or you may want to block the ball so it rolls away from your opponent into an open area so you can have "time and space" to dribble or pass.
2. For consistency, get used to stopping the ball with the inside of your foot. (This is the safest and easiest way to stop it). **Start by** putting the inside of the foot receiving the ball even with the toes of your "plant" foot (i.e., your non-receiving foot) and about 5" off the ground. (Do not put your receiving foot flat on the ground or the ball will hit it and bounce away.) **Pull your toes up** so your toes and the heel of your receiving foot are about the same distance off the ground and **let the ball hit your arch** or toward the back of your foot, not your toes. (It's easier for a bad bounce to hop over your toes.) Estimate how hard the pass is and relax or tense your foot so the ball stops where you want it to. (If it's a hard pass, pretend the ball is an egg that you don't want to break and pull your foot back on contact to absorb the impact). **If you want to stop the ball to your left or right**, you must angle your foot & contact the ball more in front of you or behind, depending on whether you want it to go left or right.
3. **Anticipate the direction of the ball and start moving as soon as you can tell whether it is going left or right or straight at you. Do not just stand still and stretch your leg out** to the side to stop the ball. Depending on where your opponents are, you may want to move toward the passer to intercept the ball early or you may want to let the ball roll by you while you run beside it or behind it and shield it from your opponent. **Remember: You must stop the ball & then control it.**
4. Practice the following with both your right foot and your left foot: (a) Practice 2-touch (which means you stop the ball and then pass it so that you have touched it 2 or more times) and 1-touch (which means you pass the ball back without stopping it so that you have only touched it once). **Pass quickly & accurately.** (b) See how hard a pass you can receive and still control the ball. (c) Angle your left foot so that when you receive the ball with your left foot the ball bounces to your right foot and then pass the ball with your right foot (try for one continuous motion). (d) Block the ball so it stops 2 or 3 steps to your right or left & then pass it.

Note: If you are closely marked, it may be better for you to be "sideways" to receive the ball & to receive it with the outside of your foot so you can better shield the ball and keep it farthest from the defender; also, if a defender is nearby you should move toward the ball to receive it.

Dribbling/Passing

- Soccer dribbling games and how to dribble and shield a soccer ball. Dribbling is perhaps the most important soccer skill.



Teaching The Inside-of-Foot "Push" Pass:

Over 75% of all passes & receptions are made using the inside-of-the-foot. Passing, receiving and dribbling are the most fundamental and important skills to teach. To be a good player, a child must learn the correct technique for the inside-of-foot "push" pass. Over 50% of the youth players use incorrect technique. The result is passes that are inaccurate, don't have the right pace or don't stay on the ground. It's important to teach proper technique at an early age because if a child

hasn't learned the proper technique by U-10, it's hard to correct the improper technique. This section is written as if speaking to the player.

The inside-of-the-foot "push" pass is the most important pass and the one you should use most of the time. It is used a lot because the inside of the foot provides the largest flat surface for striking the ball and, therefore, it is easiest to be consistent when using the inside of the foot. You will need to use your "instep" (i.e., the "laces") to make a long pass and in some cases you should pass with the outside of your foot, but most of the time you should use the inside of your foot.

1. **Start by** positioning yourself so the ball is directly between you and your target. You should be facing the ball and not turned sideways to it.
2. Place your left foot (your non-kicking foot, which is called your "plant" foot) on the left side of the ball so it is about 3" to 6" from the ball and pointing toward the target. This "plant" foot should be placed where you will feel comfortable when you strike the ball with your right foot; the toes of your plant foot can be toward the middle or back of the ball (whichever works best for you, but if you have trouble keeping the ball on the ground, move your plant foot back). Keep the knee of your plant leg bent a little, bend your kicking leg and take a short backswing.
3. Watch the ball with your head over the ball when you kick it and turn your foot so it is flat (squared) to the back of the ball on contact. Strike the ball with the inside of your foot at the arch just behind the middle of your foot near the anklebone, not with the front of your foot), lock your ankle on impact **with toes pulled up** (so your toes are about the same distance off the ground as your heel), strike the ball in the middle (about 5" above the ground) and follow through toward the target. **It is called a "push" pass because you should use a long follow-through like you are pushing the ball** toward the target.
4. **Look up as soon as you strike the ball** so you can see what to do next. For consistency and power, try to always take 1 step before striking the ball (although if an opponent is close you may not be able to do so). You will get top-spin if you use correct technique. **The best players can pass the ball quickly and accurately.**

Practice the following:

- a. Right foot pass **quickly and accurately**. Left foot pass quickly and accurately
- b. Practice 2-touch (which means you stop the ball and then pass it so that you have touched it 2 or more times) and 1-touch (which means you pass the ball back without stopping it so that you have only touched it once). **Stress quick and accurate 2-touch passing.**
- c. See how hard a pass you can receive and still control the ball.
- d. Angle your left foot so that when you receive the ball with your left foot the ball bounces to your right foot and then pass the ball with your right foot (try for one continuous motion).