



# CURRICULUM: THE PLAYER (U10-U13)



# CONTENTS

- 1 INTRODUCTION
  - A. Purpose
  - B. Technical Resources
- 2 CURRICULUM
  - A. Overview
  - B. The Ball
  - The Player
  - The Team
- 4 FIELD SETUP
- 5 SESSION STRUCTURE
- 7 ATTACKING SESSIONS
- 13 DEFENDING SESSIONS

## INTRODUCTION

### A. PURPOSE

BC Soccer's aim is to promote soccer environments that are inclusive, safe, enjoyable and meet the needs of player development for all participants. To achieve this BC Soccer's Technical Resources, provide an example of good practice that BC Organizations can fully integrate into their programming or use as a guideline to assist in the on-going development of their own documentation and program delivery. These documents are composed of (but not limited to) a Curriculum, Coach Profile, Player Profile and a Team Profile.

**This document focuses on the Curriculum for The Player – U10 to U13.**

### B. TECHNICAL RESOURCES

The Technical Resources indicated below detail how they fit together and where they support players and coaches. They highlight that the Curriculum and Coach Profile can be used for all ages, whereas the Player Profile is encouraged to be used at U10 to U18 and the Team Profile encouraged to be used for U14 to U18.



**Curriculum**

*U6 to U18*



**Coach Profile**

*U6 to U18*



**Player Profile**

*U10 to U18*



**Team Profile**

*U14 to U18*



A brief overview of the BC Soccer Technical Resources is described below.

#### Coach Profile

The coach profile is composed of the coach as an individual first as well as what coaches should focus on throughout the season to create a safe, positive and fun environment. These two combined provides the coach profile and is paired with the session themes of the curriculum which guides coaches in developing players as well as identifying the player's strengths and their areas for improvement.

#### Player Profile

The Player Profile refers to the Player as an individual person as well as the Player, which includes the individual players attacking and defending actions related to the game of soccer. These two combined provides the Player Profile and is paired with the session themes of the curriculum, this guides coaches in developing players as well as identifying the player's strengths and their opportunities of improvement.

#### Team Profile

The Team Profile provides an age-appropriate developmental framework for the season-long game environment and is paired with the Curriculum. It identifies the attacking and defending actions for individual players as well as the team. Throughout the season within games, players should be experiencing these actions to aid their overall technical and tactical development.

# CURRICULUM

## A. OVERVIEW

The Curriculum provides an age-appropriate developmental framework for the season-long training environment and can be paired with the Player and Team Profile. It identifies the attacking and defending actions for individual players as well as the team.

Throughout the season within sessions, players should be experiencing these actions to aid their overall technical and tactical development. Included within the curriculum are examples of session topics, plans and detailed explanations to support coaches with implementation.

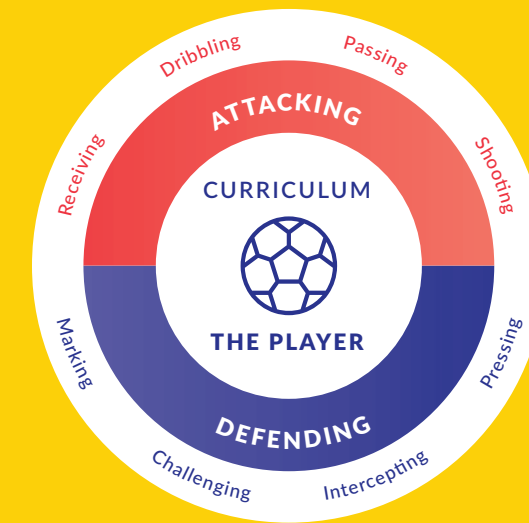


## B. THE BALL

This part of the curriculum is for younger players aged U6 to U9 and focuses on the players' relationship with the ball through a variety of fun game like activities.

## C. THE PLAYER

This part of the curriculum is for players aged U10 to U13 and focuses on the players' relationship with the ball and their teammates when attacking in small sided games.

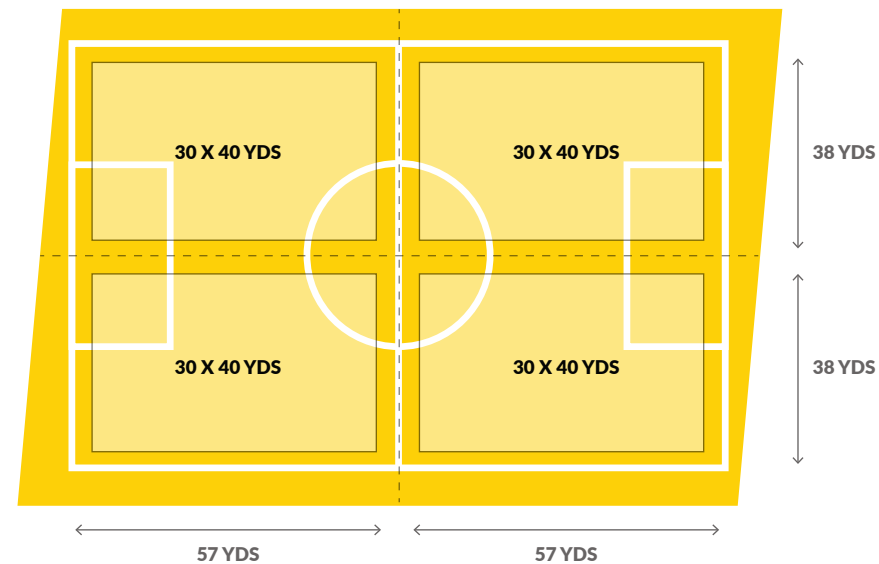
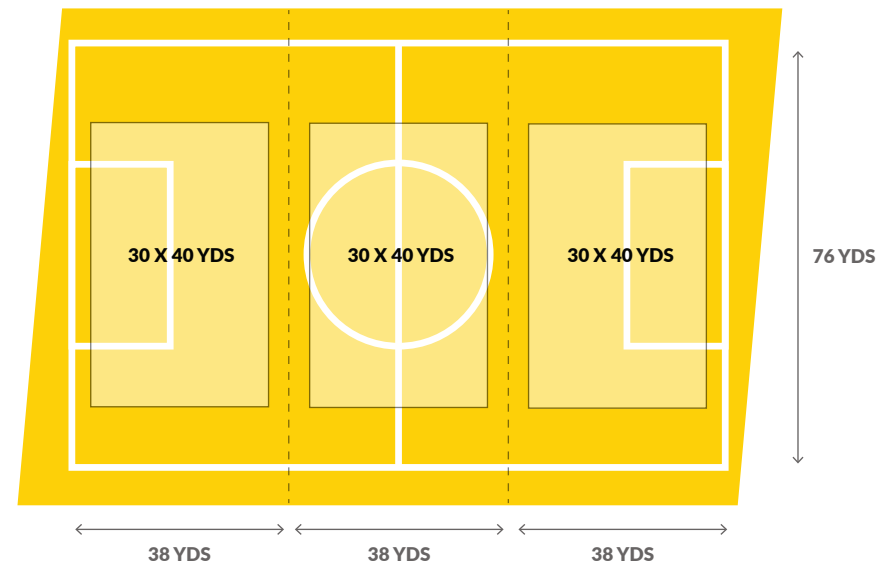


## D. THE TEAM

This part of the curriculum is for players aged U14 to U18 and focuses on the player's, role/ position within the team when attacking and defending in larger game formats; such as 11v11.

## FIELD SETUP

To maximize the available field space as well as to be sized appropriately for the players. The field setups below provide examples of what the session field set up could look like for delivery of The Player U10 to U13 curriculum on a full sized 11 v 11 field.



## SESSION STRUCTURE

The structure of the session consists of 5 parts and always includes a warm-up and introduction game. Part 3, the theme, is the focus of the session and can include 1 of 4 attacking or 1 of 4 defending themes listed below. Finally, all sessions are completed with a final game, which is theme-focused, and followed by a cool down.

Duration	Activity	Example
5-10 minutes	<b>PART 1: WARM UP</b>	Ball Control
15-20 minutes	<b>PART 2: INTRODUCTION GAME</b>	2 x (3 v 3) Variations
15-20 minutes	<b>PART 3: THEME GAME</b>	<b>ATTACKING</b>
		Receiving
		Dribbling
		Passing
		Shooting
	<b>DEFENDING</b>	
	Marking	
	Tackling	
	Intercepting	
	Pressing	
20-30 minutes	<b>PART 4: FINAL GAME</b>	1 x 6 v 6 (Variations)
5-10 minutes	<b>PART 5: COOL DOWN</b>	Ball Control

Total: 60-90 minutes

Coaches can adapt practices based on the following factors:

### Goalkeepers and Goals

- Use regular size goals if you have Goalkeepers and use smaller goals without Goalkeepers to make it more challenging.
- Use a smaller goal on one side if you only have one Goalkeeper available.
- Use poles or cones as goals if you don't have pug nets, small nets or larger goals available.

### Field size and number of players

- Increase the field size recommendation if you have more players and decrease if you have less.
- Decrease the field size if you want to provide a greater challenge and increase if it's too great a challenge for players.
- Use water breaks for players between the activities to make adjustments to your field dimensions.

### Using the Curriculum

- Follow the session structure for your practices.
- Decide each practice if you want to focus on an Attacking or Defending theme but preferably not both.
- Rotate the themes each practice so the players can experience something new.



## ATTACKING SESSIONS

### PART 1: WARM UP

#### BALL CONTROL

##### SET UP

- Area of the field is approx 30 x 40 yards
- Mark the perimeter with cones
- Keep this perimeter for the entire session duration
- Every player should have one ball each preferably

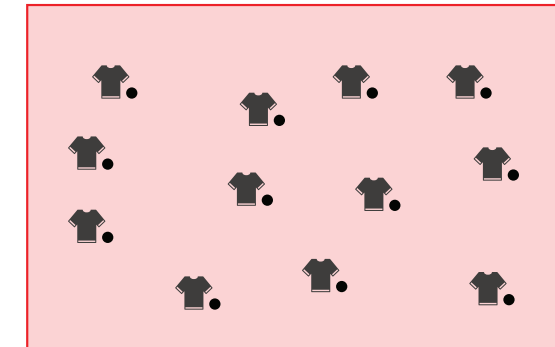
##### TIPS

###### Objective

This phase of the practice is very important to ensure that the players are being prepared for the demands of the session.

###### Coaching Points

- Slow jogging and ball manipulation (Dribbling & Juggling)
- Perform a variety of dynamic stretching movements
- Increase intensity gradually and ball work challenges



### PART 2: INTRODUCTION GAME

#### 3 V 3 (VARIATIONS)

##### SET UP

- Area of each field is divided by a 6-yard middle zone
- Mark the zone lines with cones and set up 4 goals
- The area of each field is approx 17 x 30 yards
- Each field should have a good supply of balls

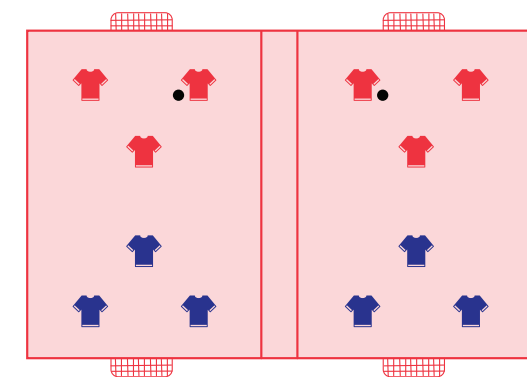
##### TIPS

###### Objective

To score on the opponent by collective and individual efforts while focusing on attacking.

###### Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Try to finish on goal when you have the chance



# ATTACKING SESSIONS

## PART 3: THEME GAME(S)

### RECEIVING

#### SET UP

- Mark a new area inside the field perimeter with cones
- Count 5 yards inwards from the perimeter
- The area of this playing field is approx 20 x 30 yards
- The field should have a good supply of balls

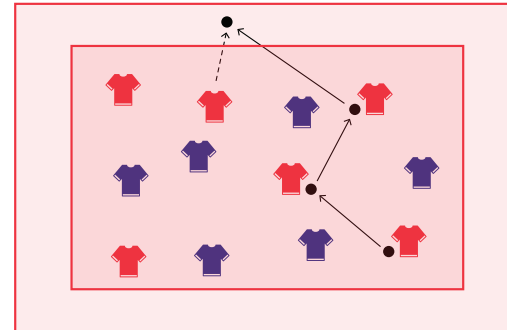
#### TIPS

##### Objective

Play 3 consecutive passes before a team-mate can receive the ball outside of the playing area in a free zone before dribbling or passing the ball back into play for a point

##### Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Make sure the run into the zone is timed well to receive



### DRIBBLING

#### SET UP

- Mark a new area inside the field perimeter with cones
- Count approx 5 yards in from both ends of perimeter
- The area of the playing field is approx 30 x 30 yards
- The field should have a good supply of balls

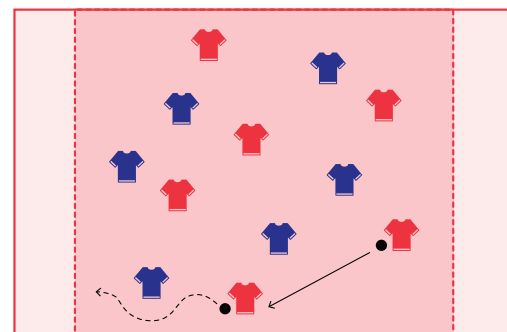
#### TIPS

##### Objective

Develop collective possession play through dribbling or passing and try to score by dribbling into the opponent's end zone for a point.

##### Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Find space to dribble the ball into end zone if you can



### PASSING

#### SET UP

- Mark new areas in each corner of the field perimeter
- Each corner is approx 5 x 5 yards marked with cones
- The area of the playing field is approx 30 x 40 yards
- The field should have a good supply of balls

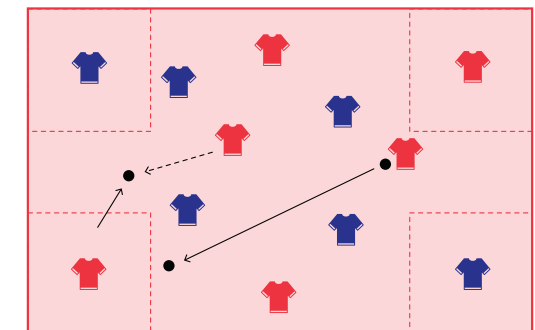
#### TIPS

##### Objective

Develop possession to pass the ball to your team-mate into 1 of the 4 zoned areas. See how many consecutive passes can be completed.

##### Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options if needed
- Find the gaps to make penetrating passes to the squares



### SHOOTING

#### SET UP

- Mark a new area by dividing the field perimeter in half
- Add goals on either end of the playing area
- The area of the playing field is approx 30 x 20 yards
- The field should have a good supply of balls

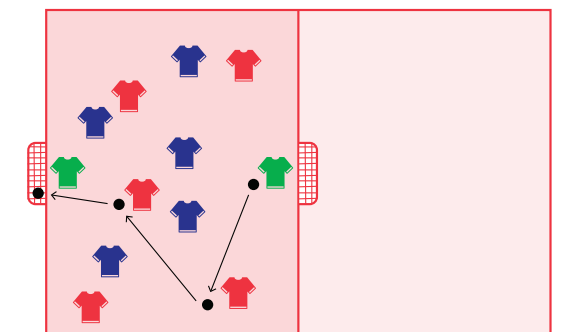
#### TIPS

##### Objective

To score on the opponent by creating various shooting opportunities while preventing the opposition from scoring at the same time.

##### Coaching Points

- Spread out to make more room to create chances
- Support the ball carrier for passing options if needed
- Find room to shoot and consider the GK's positioning



## ATTACKING SESSIONS

### PART 4: FINAL GAME

#### 6 V 6 (VARIATIONS)

##### SET UP

- Remove any markers you may have used previously
- Add goals on either end of the playing area
- The area of the playing field is approx 30 x 40 yards
- The field should have a good supply of balls

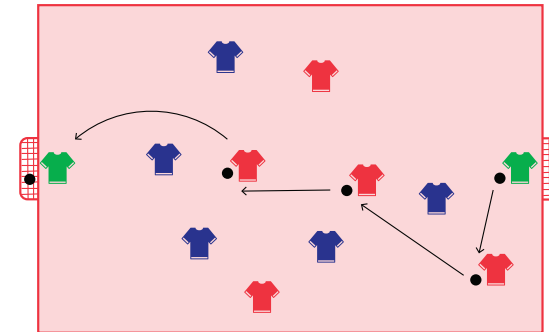
##### TIPS

###### Objective

To score against the opponent by collective and individual efforts while preventing the opposition from scoring.

###### Coaching Points

- Spread out to make more room to play in possession
- Support the ball carrier for passing options
- Through combination play, crosses or dribbling, try to finish on goal



### PART 5: COOL DOWN

#### BALL CONTROL

##### SET UP

- Area of the field is approx 30 x 40 yards.
- Mark the perimeter with cones
- Every player should have one ball each preferably

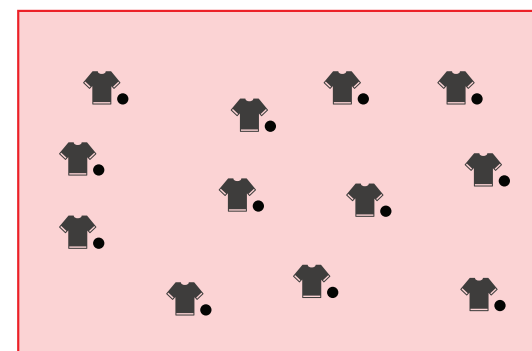
##### TIPS

###### Objective

This phase of the practice is very important to ensure that the players are bringing their core temperature down from the physical demands of the session.

###### Coaching Points

- Slow jogging and ball manipulation with the ball
- Perform a variety of static stretching movements
- Decrease intensity gradually and ball work challenges





## DEFENDING SESSIONS

### PART 1: WARM UP

#### BALL CONTROL

##### SET UP

- Area of the field is approx 30 x 40 yards
- Mark the perimeter
- Keep this perimeter for the entire session duration
- Every player should have one ball each preferably

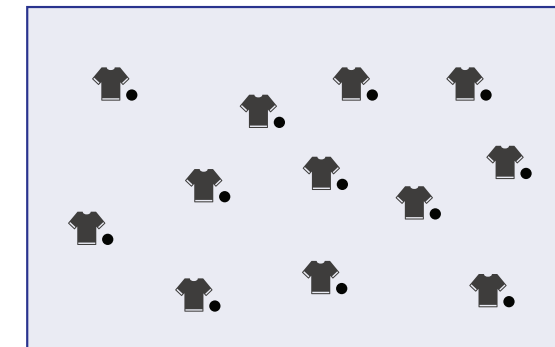
##### TIPS

###### Objective

This phase of the practice is very important to ensure that the players are being prepared for the demands of the session.

###### Coaching Points

- Slow jogging and ball manipulation (Dribbling & Juggling)
- Perform a variety of dynamic stretching movements
- Increase intensity gradually and ball work challenges



### PART 2: INTRODUCTION GAME

#### 3 V 3 (VARIATIONS)

##### SET UP

- Area of each field is divided by a 6-yard middle zone
- Mark the zone lines with cones and set up 4 goals
- The area of each field is approx 17 x 30 yards
- Each field should have a good supply of balls

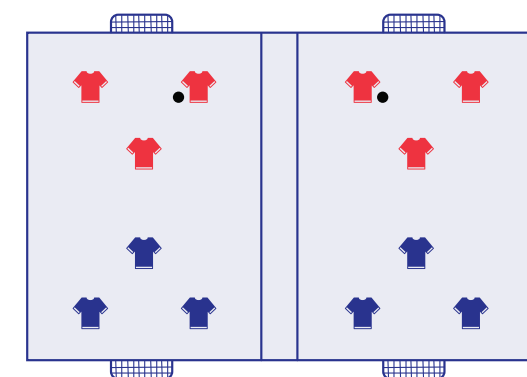
##### TIPS

###### Objective

Try to prevent the opponent from scoring by collective and individual efforts while focusing on defending.

###### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Prevent shots on goal by the opposition



# DEFENDING SESSIONS

## PART 3: THEME GAME(S)

### MARKING

#### SET UP

- Mark a new area inside the field perimeter with cones
- Count 5 yards inwards from the perimeter
- The area of this playing field is approx 20 x 30 yards
- The field should have a good supply of balls

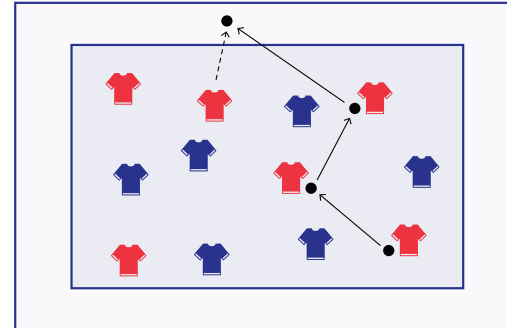
#### TIPS

##### Objective

Try to dispossess the opposition before they play the ball outside of the area into the free zone and play the ball back into play for a point.

##### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to dispossess opposition
- Mark player/space to limit passing options and regain ball



### CHALLENGING

#### SET UP

- Mark a new area inside the field perimeter with cones
- Count approx 5 yards to make 30 x 30 in from both ends of perimeter
- The area of the playing field is approx 30 x 30 yards
- The field should have a good supply of balls

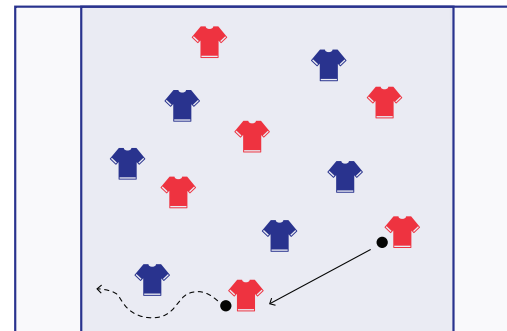
#### TIPS

##### Objective

Try to prevent the opposition from dribbling into your end zone for a point by dispossessing their collective possession play.

##### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent an attack
- Dispossess opponent especially if dribbling to score



### INTERCEPTING

#### SET UP

- Mark new areas in each corner of the field perimeter
- Each corner is approx 5 x 5 yards marked with cones
- The area of the playing field is approx 30 x 40 yards
- The field should have a good supply of balls

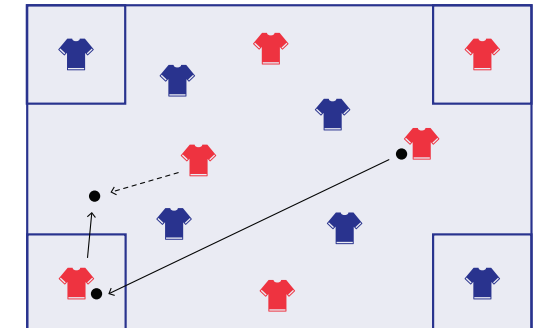
#### TIPS

##### Objective

Prevent the opposition from making passes to their team mate in the zoned areas by trying to dispossess them and limit how many consecutive times they can do this.

##### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent an attack
- Dispossess opponent by intercepting passes to zoned areas



### PRESSING

#### SET UP

- Mark a new area by dividing the field perimeter in half
- Add goals on either end of the playing area
- The area of the playing field is approx 30 x 20 yards
- The field should have a good supply of balls

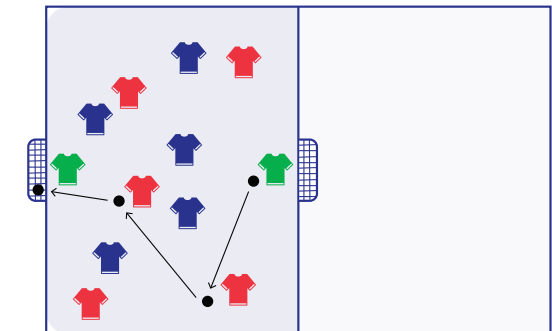
#### TIPS

##### Objective

To prevent the opponent from creating various shooting opportunities while trying to score on the other team at the same time.

##### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent an attack
- Prevent shooting chances and GK aware of positioning



## DEFENDING SESSIONS

### PART 4: FINAL GAME

#### 6 V 6 VARIATIONS

##### SET UP

- Remove any markers you may have used previously
- Add goals on either end of the playing area
- The area of the playing field is approx 30 x 40 yards
- The field should have a good supply of balls

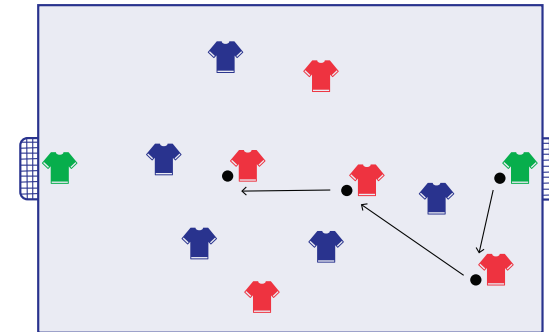
##### TIPS

###### Objective

To prevent the opposition from scoring by their collective and individual efforts while aiming to score on the opponent as well.

###### Coaching Points

- Get compact to reduce available space for opponents
- Apply pressure to the ball carrier to prevent advancing
- Mark player/space to limit scoring chances



### PART 5: COOL DOWN

#### BALL CONTROL

##### SET UP

- Area of the field is approx 30 x 40 yards
- Mark the perimeter with cones
- Every player should have one ball each preferably

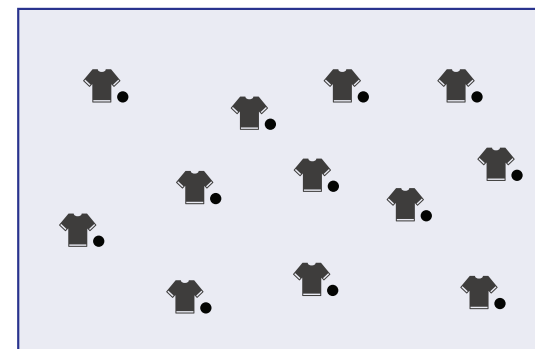
##### TIPS

###### Objective

This phase of the practice is very important to ensure that the players are bringing their core temperature down from the physical demands of the session.

###### Coaching Points

- Slow jogging and ball manipulation with the ball
- Perform a variety of static stretching movements
- Decrease intensity gradually and ball work challenges





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