



**Revolution Academy**

**Skills Curriculum**

**Fall 2014**



# Welcome Note

Dear Soccer Coaches,

Welcome to our club and we thank you for volunteering your time and effort for the youth in town. We value each and every coach that is willing to dedicate so much for the community.

Some of your coaches have played soccer to a high level and some haven't kicked a ball but this development program is designed to take all coaches to the next level. The guide will run through what we will be working on through out the season and how we are going to achieve our goals.

The sessions are to be followed with guidance from the New England Revolution Academy coach that will be at your group practice. The coach will be able to help adapt your session for the players you have. Although the coach is not there to run your session, they are there to develop you as a coach, they are your tool to progress – Use them!

Good luck this season!!

Ross Duncan  
Technical Director  
New England Revolution Academy



# The Language

<b>ARM FLASH</b> - Player must use arm and body to protect ball.
<b>BE PROVOCATIVE</b> - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.
<b>One - Two</b> – Players must look to perform a quick 1-2 combination pass.
<b>BREAK LINES</b> - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.
<b>CONNECT PASSES</b> - Passes should be made to players feet and not leading. “Utilize when we wish to keep possession”
<b>CORRECT FOOT</b> - Player must use the foot that is under the least amount of pressure.
<b>DECISIONS</b> – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively.
<b>EXPLODE</b> – Once a move is performed, players must change speed and direction to accelerate away from opponent
<b>HEELS TO THE LINE</b> - Players must recognize when to break wide and open the field up by running to the touch line.
<b>INTELLENT FEET</b> - Players must always adjust their feet and avoid stretching for the ball as much as possible.





# The Language

**MAN ON** – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

**PLAY THE WAY YOUR FACING** - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

**POSITIVE TOUCH** - Players must take directional touches of the ball

**PRESS THE FIRST TOUCH** - Players must press the opponent who has the ball so they are not able to turn and face forward.

**RE-CONNECT** - Players must reconnect, 4 to 5, 7 to 8 and so on.

**RELAX** – The player in possession must relax and slow play down.

**RELEASE** - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

**RESET ATTACK** – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

**SCAN** - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

**SEARCH** – The player in possession must get their head up and search for the correct option.

**SEE PASS TWO** – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

**SIDEWAYS ON**– The player must open shoulders and hips to set themselves to receive the ball.

**TIME** - Player have time to turn, face forward and be positive. There is no immediate pressure on the player

# Development Band “Pathway to Success”

## Development Band

### Techniques:

Ball Mastery  
Turns  
Receives  
Combination Play  
Creating Space

### Game Play With Ball:

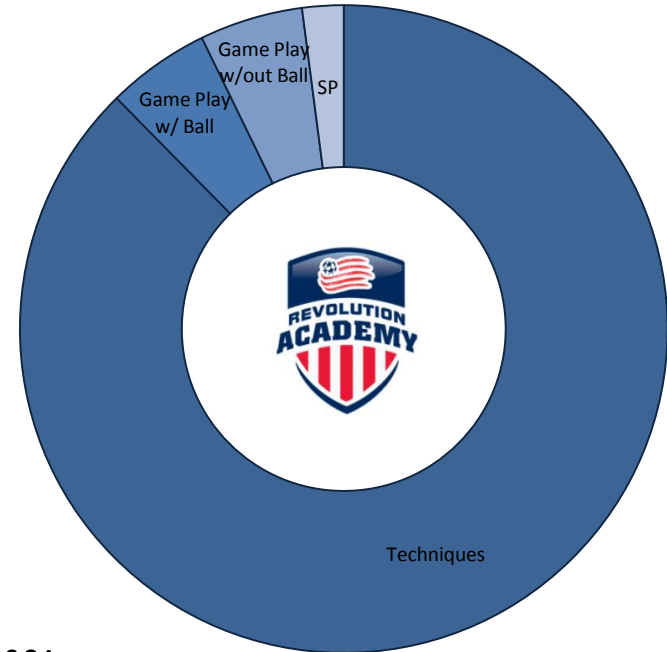
Build Up  
Control  
Incision  
Finish

### Game Play Without Ball:

Line of Confrontation  
Pressing  
Tracking  
Containing  
Winning the ball

### Sports Performance:

Physical  
Psychological



# Movement Sheet

## **Dynamic Movements**

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

## **Fast Footwork**

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

# Ball Mastery

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years. As this skill is mastered, the rest of the game becomes easier. Practices should be built around facilitating the development of the skills necessary to move and control the ball well. As these individual skills and the creativity to make them come alive in the game are developed to a level of competence, the finer points, first of passing skill and later of team organization can be taught.



# Session Plan: Skills Clinics

Each session will follow the same format. The format is designed to get the player into game situations right from the start of the practice. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Dynamic/Ball Mastery/Moves (25 minutes)
2. Skill Drill or Small Sided Game Using Topic Of The Day (20 minutes)
3. Game With Restrictions (15 minutes)

Each session will last 60 minutes and the timings are only recommendations.

**IMPORTANT:**

Keep explanations short.

Keep the players active.

**NO LAPS! NO LINES! NO LECTURES!**

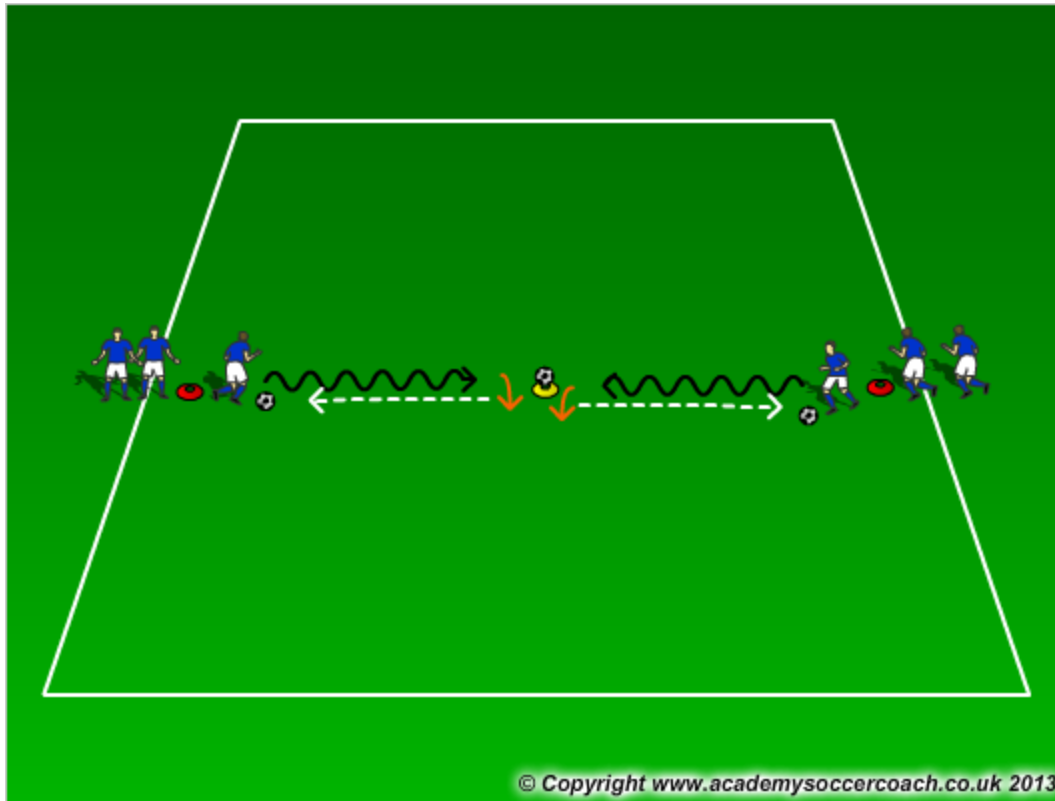


# Development Guide



## Session One: Change of Direction Moves

# Change of Direction Moves: Scaley



**Area:** 20x20

**Description:** 3 – 5 players per line, multiple groups set up. First player in front of each line perform ball mastery toward center cone with ball placed on top. Player then does a change of direction move prior to reaching the center ball. After COD move, passes to next person in line, and follows their pass.

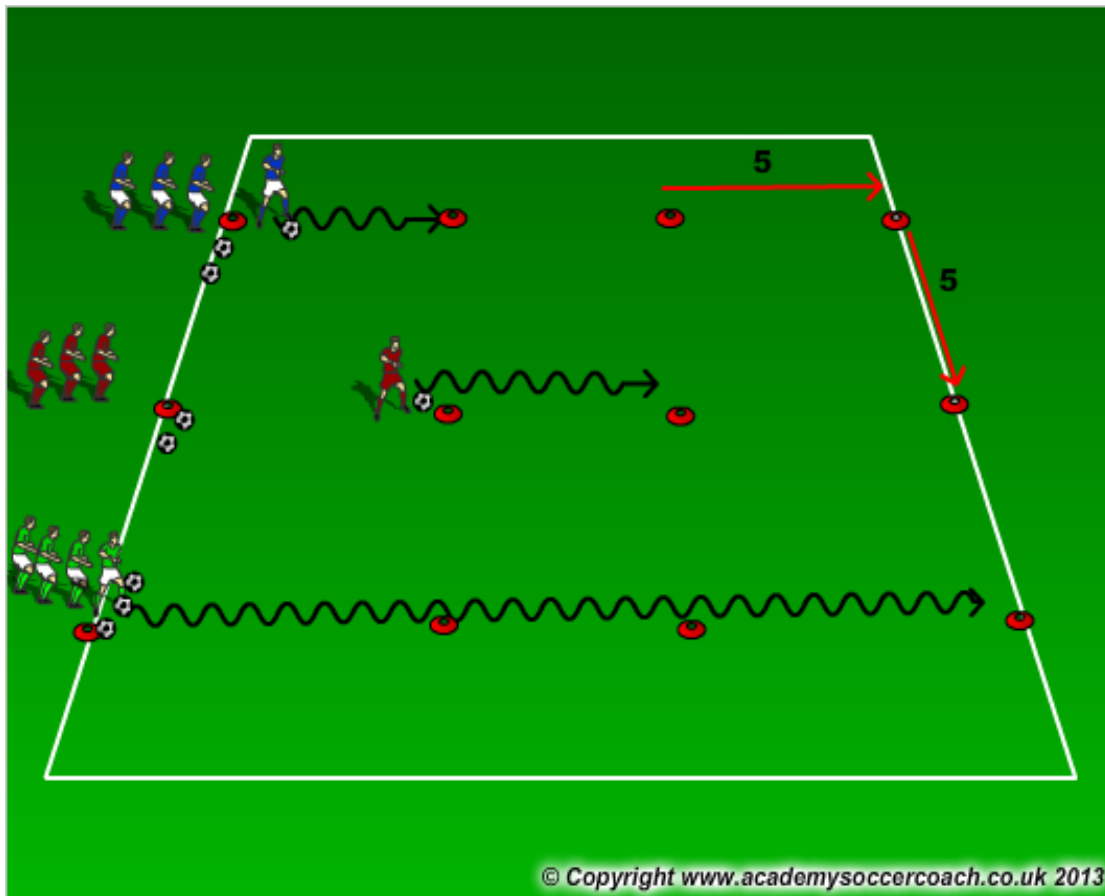
**Coaching Points:**

**Ball Mastery:** Keep touches close to body, knee over the ball (don't reach for ball). Ball must zig /zag side to side. Every step should be a touch, how many touches can you get before you reach the center cone.

**Change of Direction Moves:** Sharp COD move, move ball 12 o'clock to 6 o'clock. Get ball out of feet in order to make a quick pass after turn. Scan over shoulder before COD. Accelerate after COD.



# Change of Direction Moves: Revs Relay



**Area: 15 X 20**

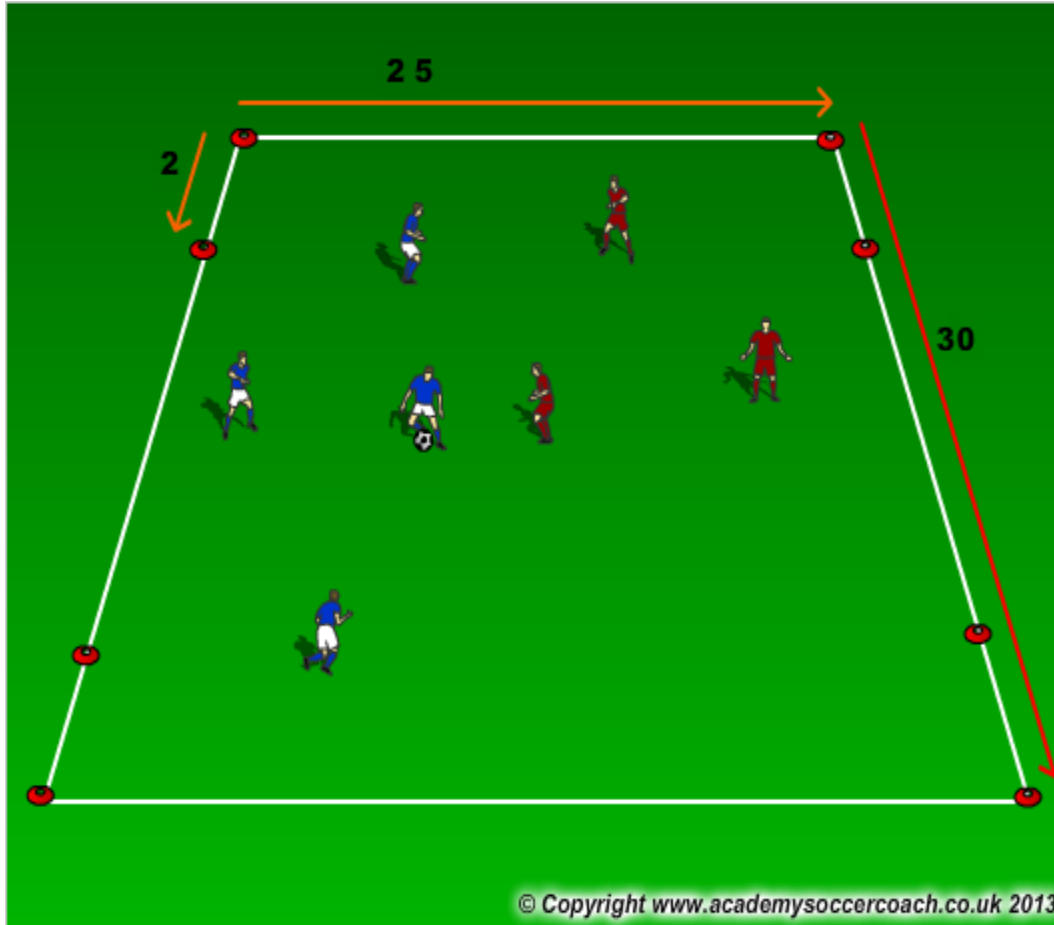
**Description** Player 1 dribbles ball 1 to any 3 cones, runs back to start; brings ball 2 to any 3 cones, runs back to start; brings ball 3 to final cone, runs back to start and tags 2<sup>nd</sup> player  
 Player 2 runs out and retrieves ball 1, dribbles it to start; runs out to ball 2, dribbles to start; runs out to ball 3, dribbles to start and 3<sup>rd</sup> player  
 Player 3 does as 1<sup>st</sup>  
 Player 4 does as 2<sup>nd</sup>  
 Team that retrieves all their balls and sits at starting cone wins  
 ( Note: add change of direction moves within skill drill  
 1. must use a pull back to retrieve balls at start  
 2. must use a stop turn to leave balls at cones  
 3. must use an inside cut to retrieve balls at cones )

### **Coaching Points**

- sharp, quick turns
- controlled touch's while dribbling
- dribble straight line
- run with ball (using laces) in control on longer distances
- Scan over shoulder before changing direction



# Small Sided Game: 4 Goal Game



**Area:** 25 X 30

### **Description**

- 4v4 to two goals each
- End line friendly, no corners
- Kick in's from sideline
- Can add Play Maker or Targets

### **Coaching Points**

- Use moves to possess and beat defenders
- Keep good team shape, especially width
- Look to make runs to get in behind, diagonal
- Good support angles and splits
- Don't force, there are two goals
- Look to create 1v1 and numbers up opportunities





# Development Guide



## Session Two: Change of Direction Moves



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# Ajax



**Area:** 25x25 Yard Diamond

**Description:**

# 1 – Dynamics (into central cones)

# 2 – Ball Mastery touches (into central cones)

# 3 – Skill Moves

Change of direction (into central cones)

Stop Start Moves (same as 1v1 moves)

**Coaching Points:**

Short sharp touches on the ball

Check and flash back to receive ball

Vary passing surfaces

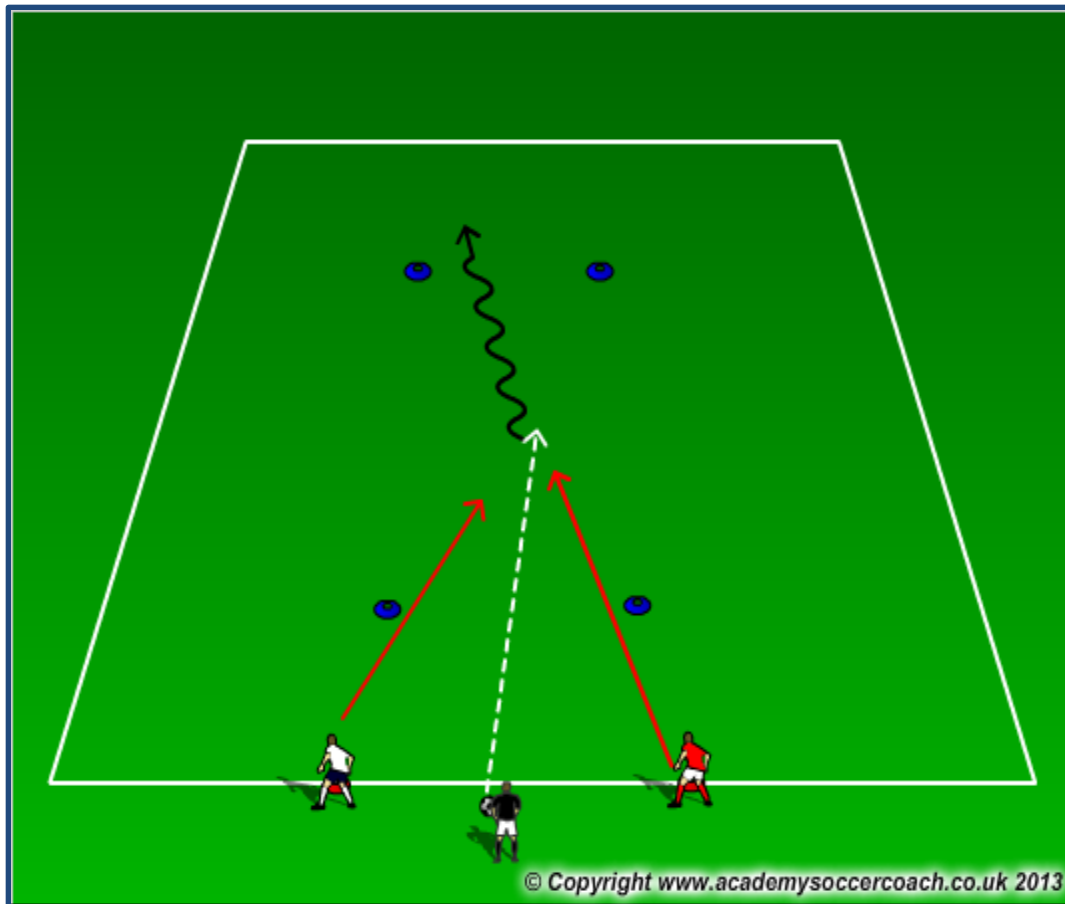
Vary receiving technique

Scan as they dribble

Scan before they receive



# 1v1 Change of Direction



**Area:** 15 yard grid with two 5 yard goals

**Description:**

Separate the group into 2 teams, no more than four players per line. Coach plays the ball out into the middle and one player from each line must chase to receive the ball, perform a change of direction move before dribbling successfully through one of the gates.

**Coaching Points:**

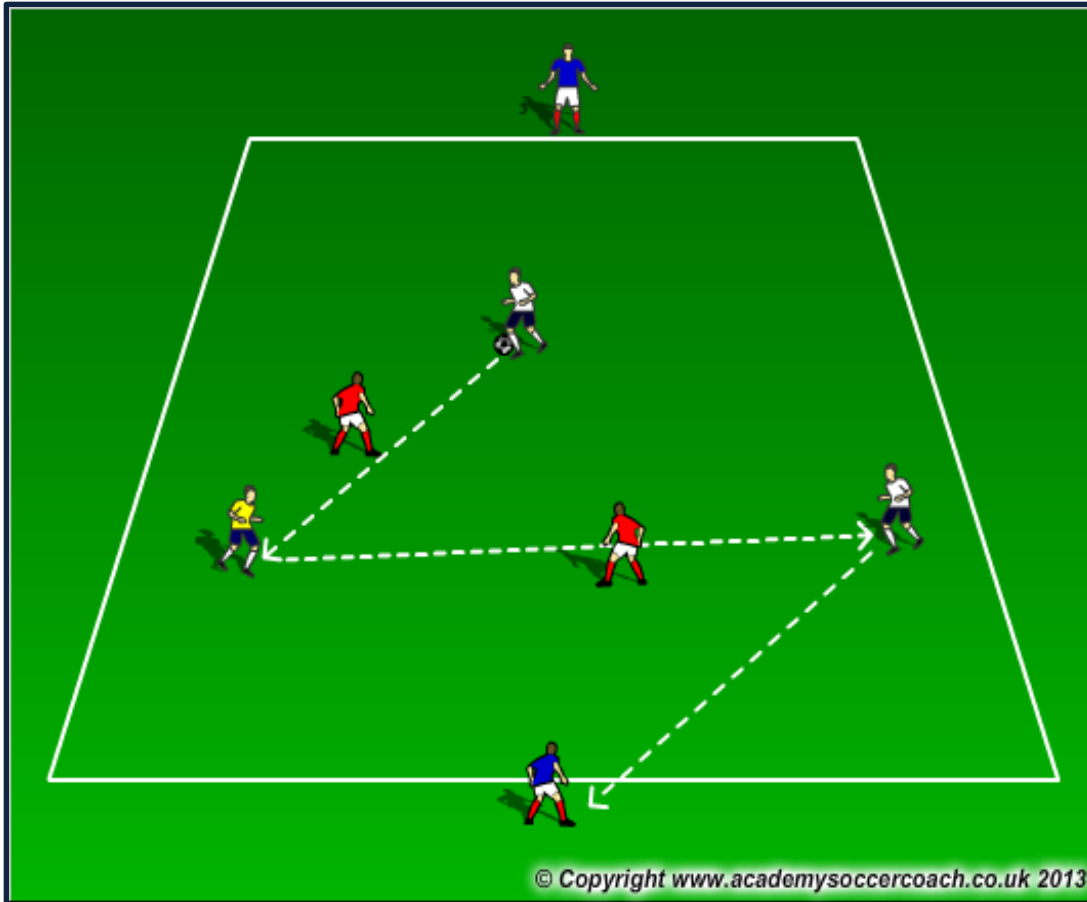
Be creative on how you receive the ball,  
Always protect the ball,  
Arm Flash, Correct Foot, Scan,  
Accelerate away after performing change of direction move.





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# 2v2 + 1 to Target Player



**Area:** 20x15 yard grid

**Description:** In groups of 7, create 2 teams of 2, 2 Target players and a play maker that plays for any team in possession of the ball. A goal is scored when a player passes to a target man who is stuck on the end of the field.

**Coaching Points:** Positive touch, movement off the ball, reiterate the receiving points from earlier.





# Development Guide

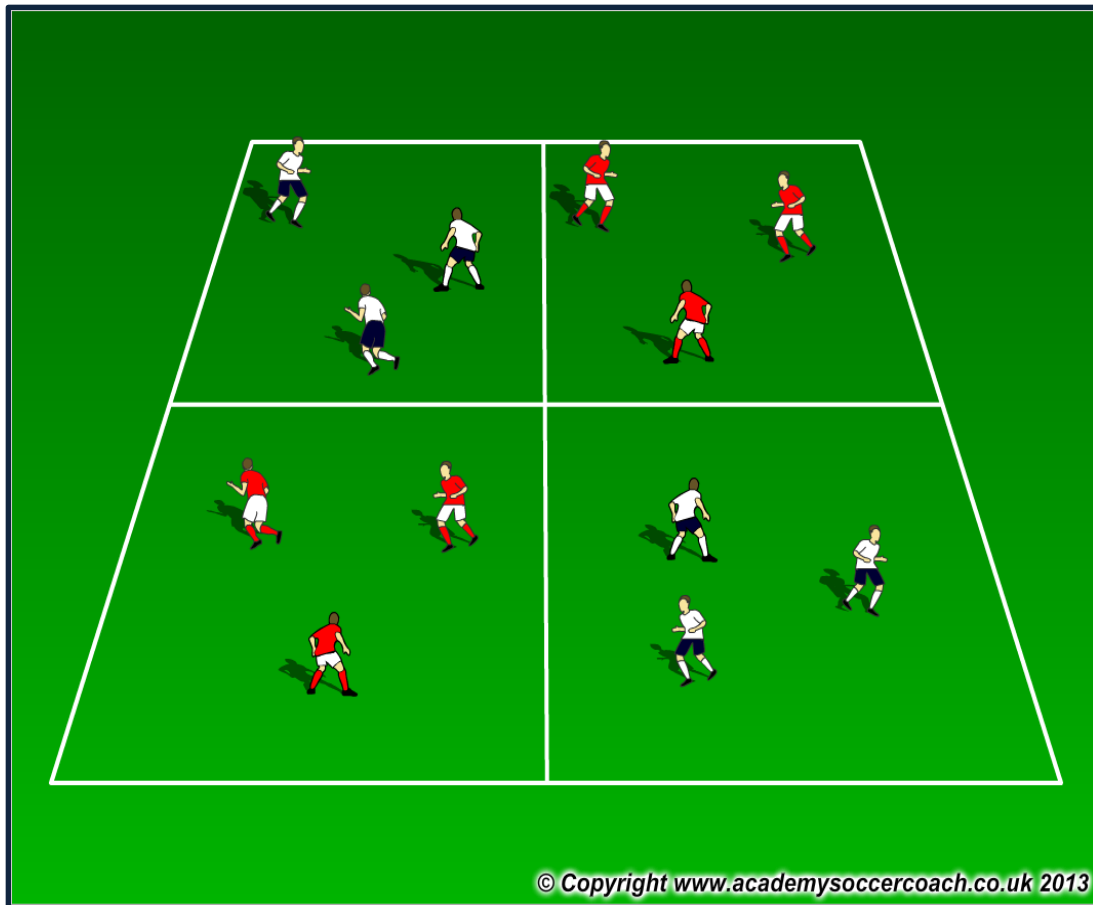


## Session Three: 1v1



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# Four Box Dynamic



**Area:** 25x25 yard area

**Description:**

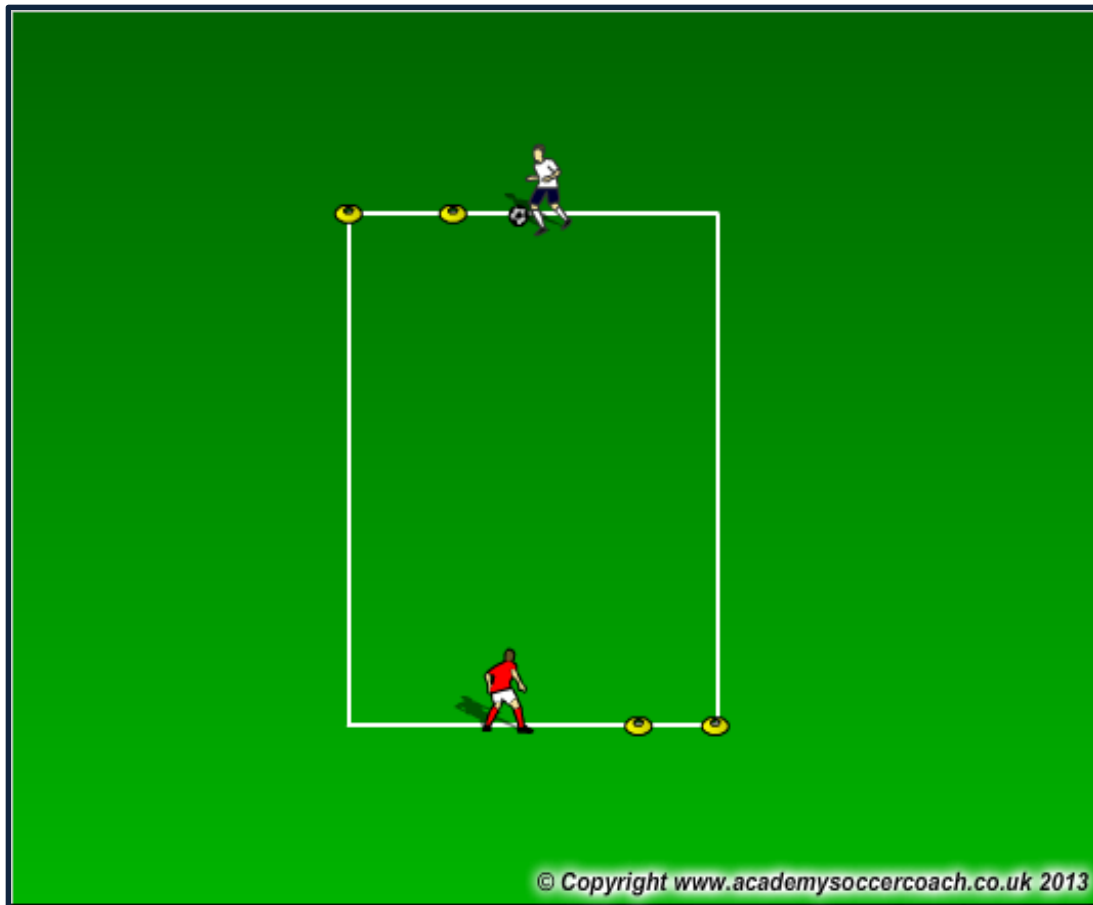
1. Separate players into 4 groups. Players begin with no ball. Players must jog in their own box. When the coach shouts 1 – All players must sprint to the box to the left, 2- All players must sprint to the box to their right, 3 – All players must sprint to the box diagonally across. Change the jog to different dynamic movements (see “movement sheet” for different dynamics)

2. Add Balls, incorporate ball mastery & 1v1 moves

**Coaching points:** Players must mentally and physically prepare for the session, react quickly to the coach’s command



# 1v1 Dribble



**Area:** 12x8 yard grid

**Description:** Separate team into groups of 4. Place group of 4 in a grid. The Attacking player must attempt to dribble to the end line. If successful earns a point, if not, the defender can score a counter point by dribbling to the attackers end line and rotate out. Players rotate position. The exercise begins when the attacker takes their first touch. Add in a gate on the end line as shown, If a player can dribble through the gate it is worth 3 points.

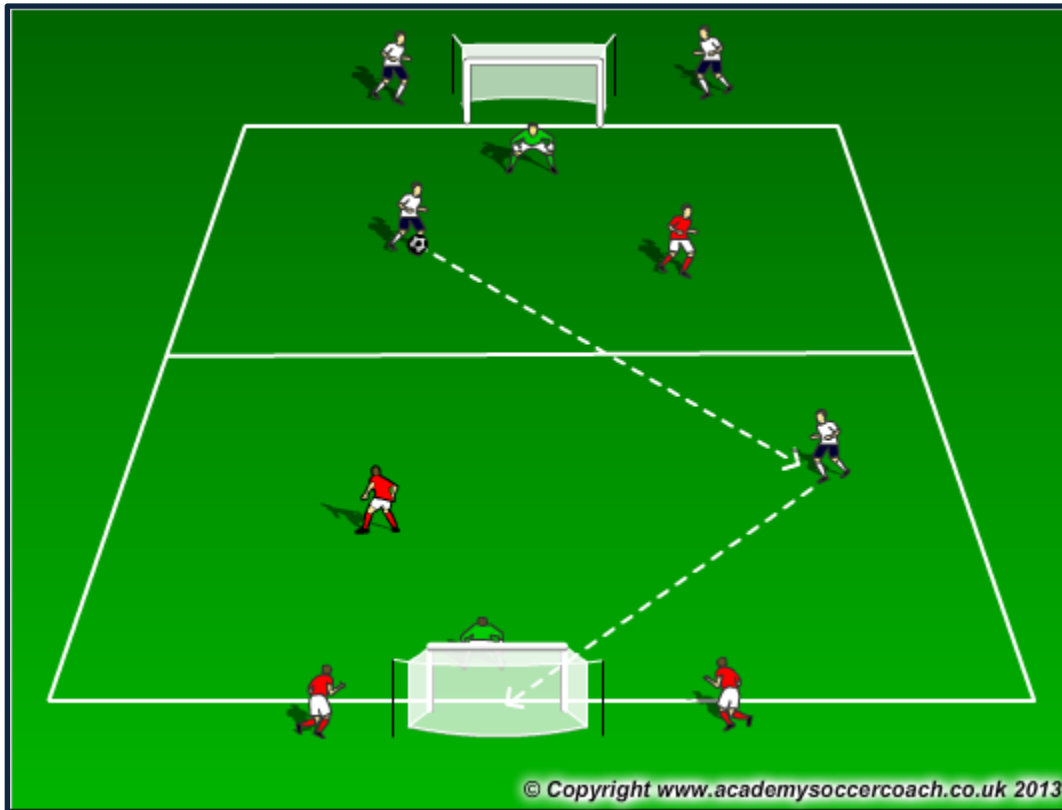
**Coaching points:** Dribble positively by attacking quickly. On approach to the opponent shorten touches, option to perform a 1v1 move and explode past to score past. Use correct foot, Utilize arm flash and scan as you dribble.





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# Inter Milan 1v1 at Speed



**Area:** 20x15 yard Area

**Description:**

Players play 1v1 in each half of the field. Players can't cross the line cross into other half

**Progression 2v1**

Defenders can cross to support Attacker after pass in

**Progression 2v2**

No Boundaries

**Coaching Points:**

- Communication
- Good passes
- Use shielding when necessary
- Movement off the ball
- Good support
- Short bursts
- Awareness once win ball
- Timing of movement
- Take shot earliest opening



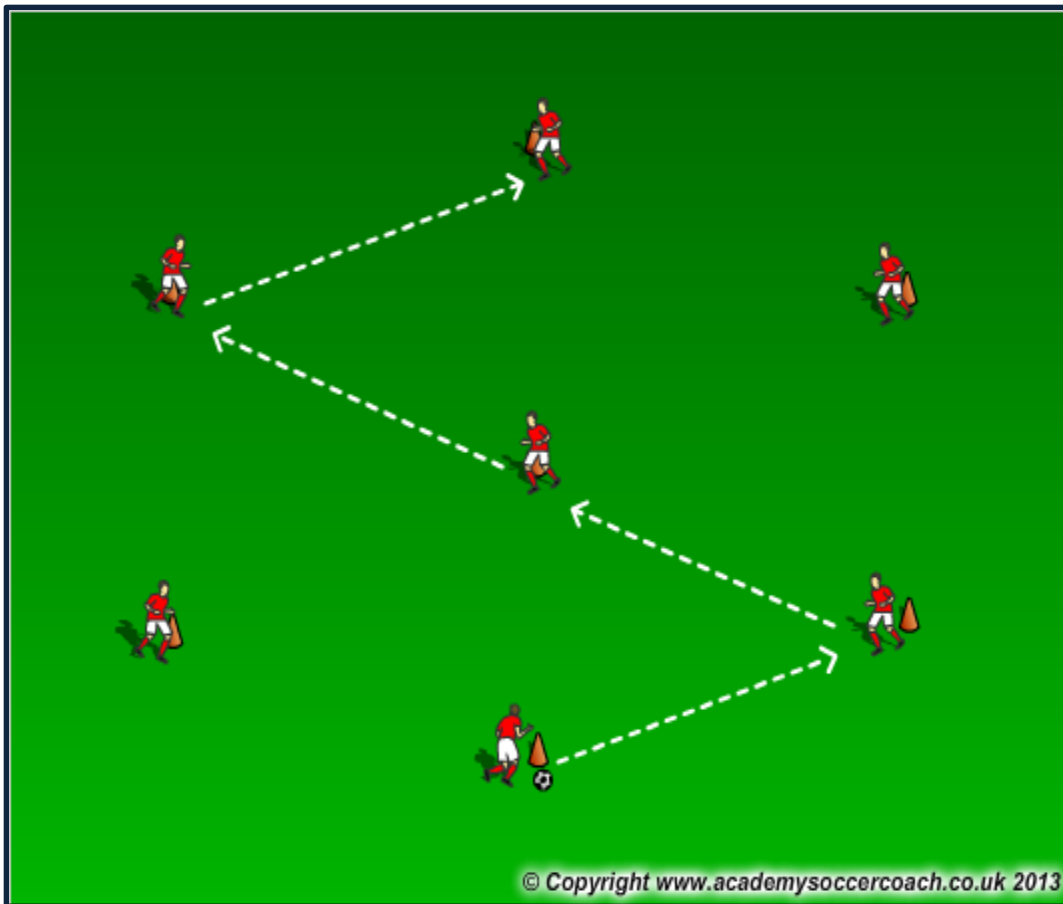


# Development Guide



## Session Four: 1v1 Decision Making

# 7 Cone Drill Dynamic



**Area:** 7 cone set up in 20 x 25 area

**Description:** Players perform different sequences within the cones.

Work Up and Down

Work in a square

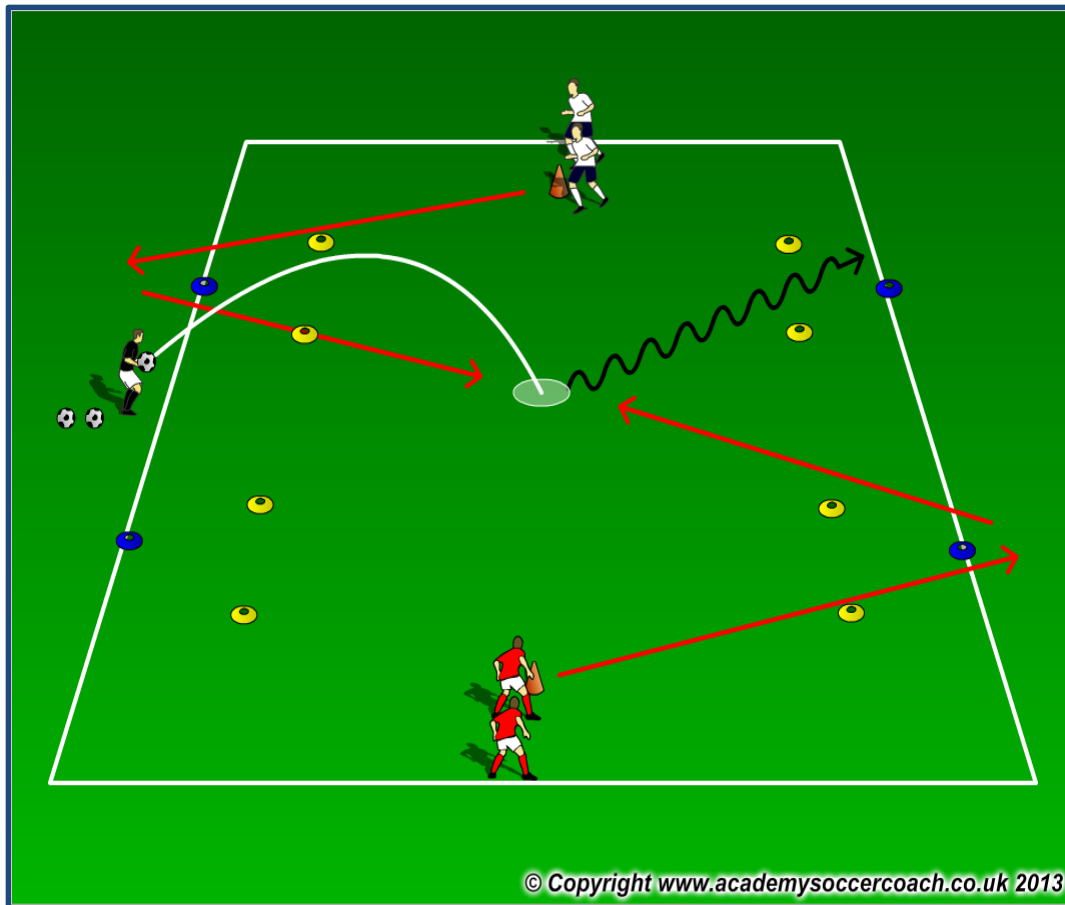
Work in a zig zag

Work in a triangle

**Coaching Points:** Be creative and encourage quick repetition of moves with each player quickly moving to the next repetition (no standing around – no lines)



# 1v1 Change of Direction Reactions



**Area:** Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

**Description:**

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

**Coaching Points:**

Always protect the ball,  
Arm Flash,  
Correct Foot,  
Scan,  
Quick acceleration after move.



# 2v2 Four Goal Game



**Area:** 20 x 15 yard grid, Balls scattered in grid, four goals, each positioned in the corners of the field.

**Description:** Separate players into teams of 2. This is a regular game of 2v2 soccer however to score a player must dribble through their opponent's goals.

**Coaching points:**

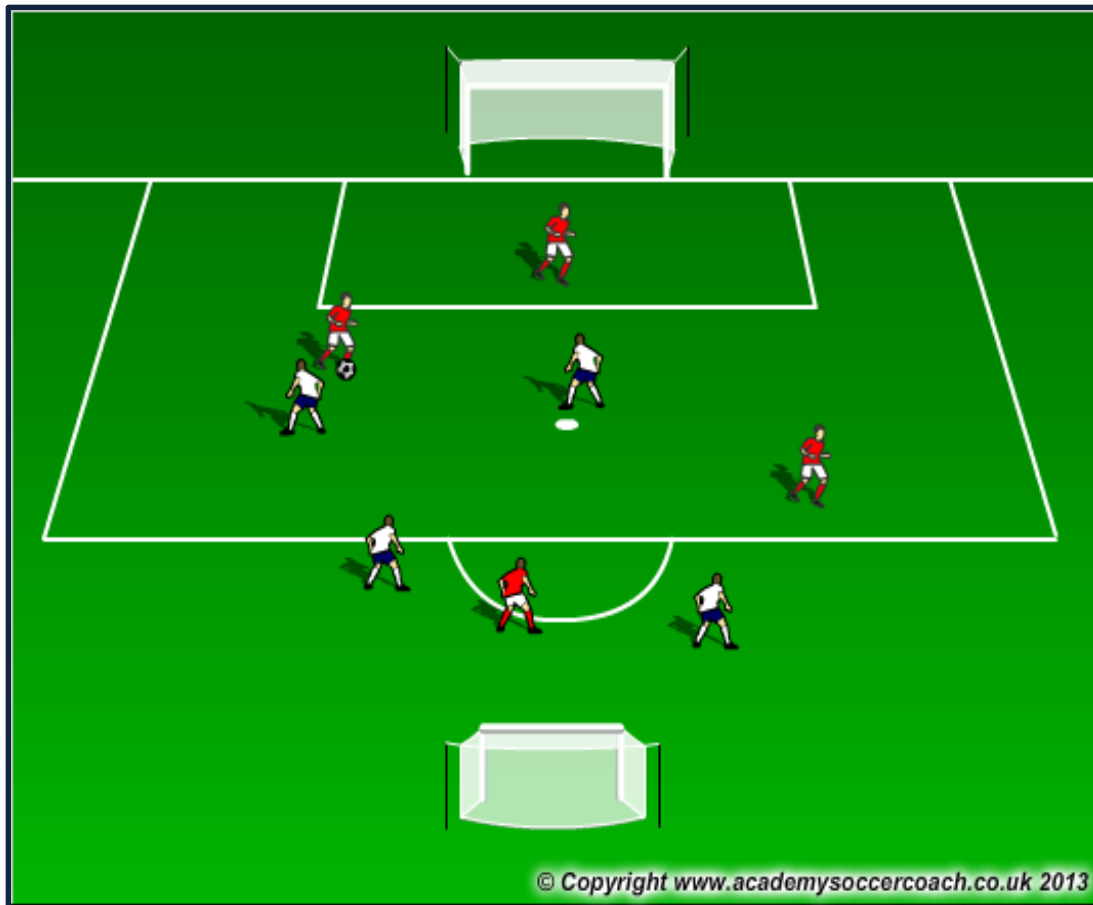
Attacker with ball must be aware of when to go 1v1 and when to pass  
When going 1v1 attack at speed, perform move at right moment, accelerate after move, good touch past defender after fake/feint.

Attacker without ball must move to create space for teammate with ball, as well as get in a good spot to support.





# 4v4 Game



**Area:** 40x30 yard field

**Description:** Games should be played either 3v3 or 4v4. This is a regular soccer game

**Progression:** Conditions can be implemented to force skills to be performed.

**Coaching points:** Re-enforce coaching points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

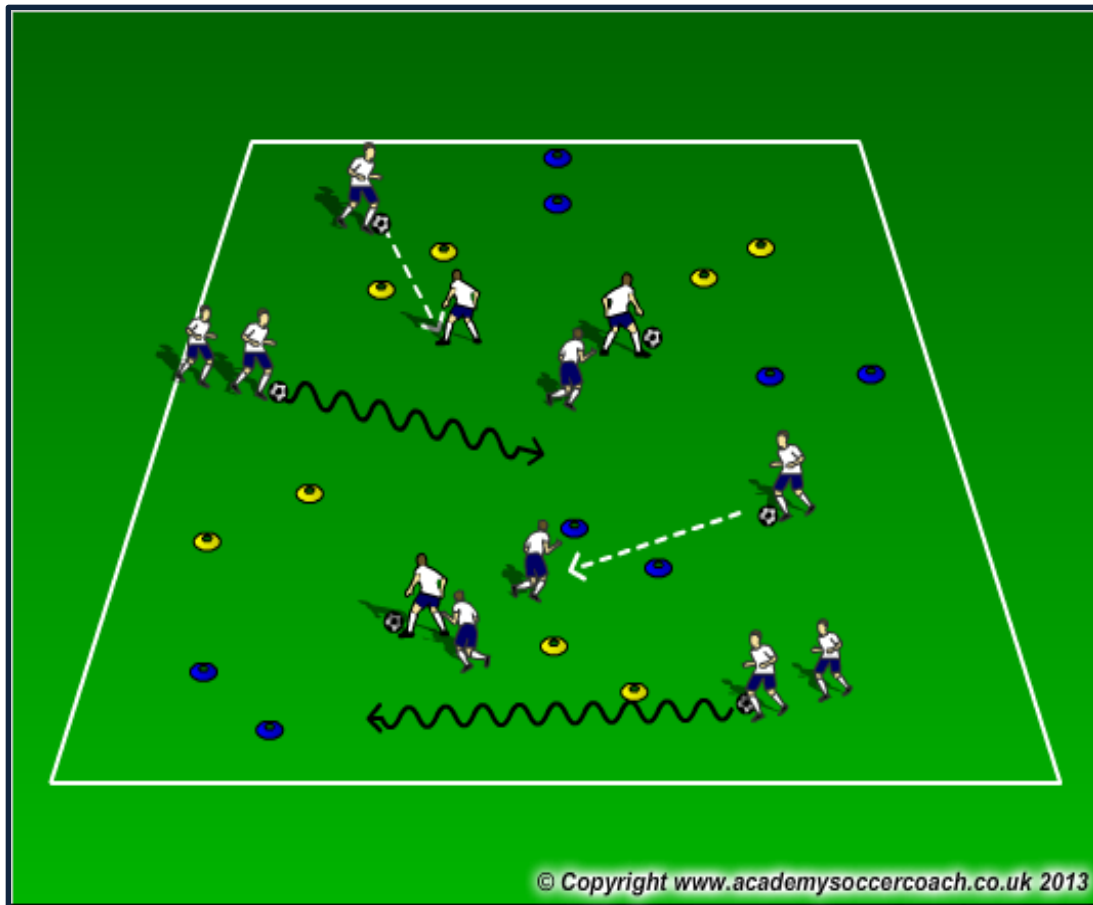


# Development Guide



## Session Five: Short Passing/First Touch

# Gates



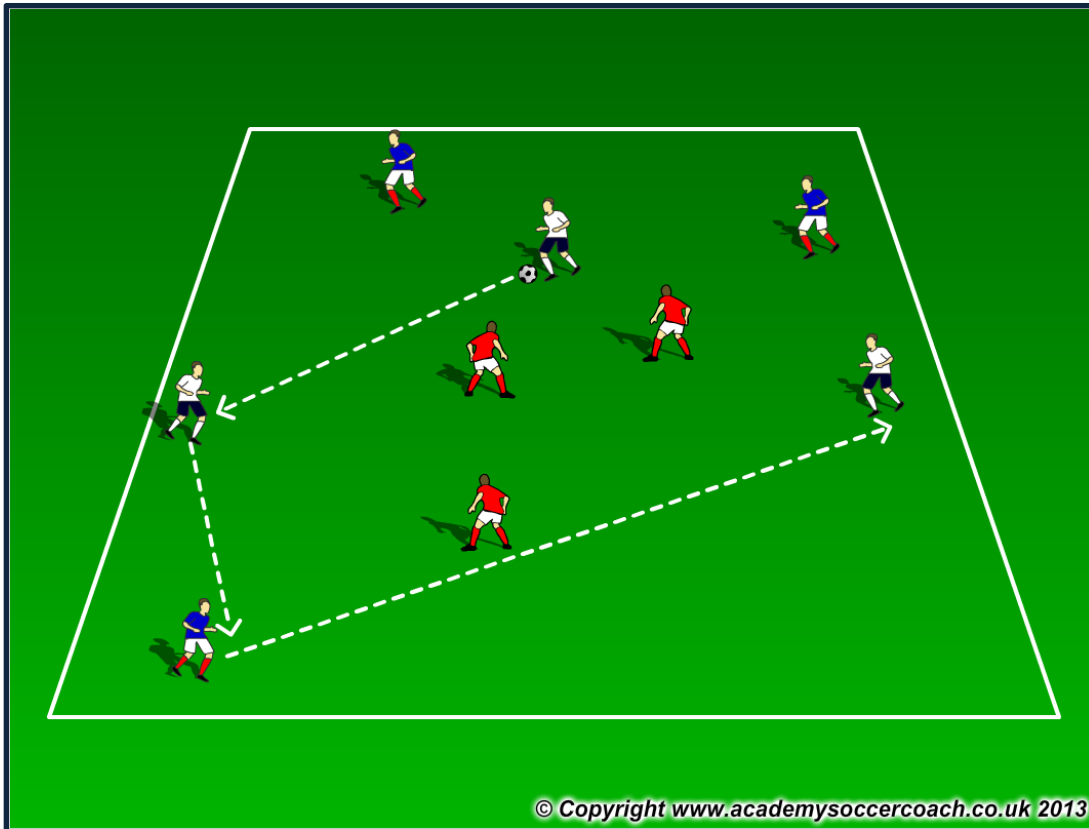
**Area:** 20x30 yard field, Create 10 gates, 5 red and 5 blue.

**Description:** Players must dribble to gates, when at a gate, players must complete 1 pass then move as a pair to a different gate and complete another pass. Continue for 90 seconds. (incorporate ball mastery skills).

**Coaching points:** Keep light on the ball of your feet, move in line with the ball, lock ankle to receive with inside of the foot. Take a positive first touch



# Phase Two: 3v3 + 3 Passing



**Area:** 20x30 yard grid

**Description:**

**Option 1:** Separate group into 3 teams. 2 teams will try to keep possession of the ball while the other team will be defending. Whichever player makes the mistake to lose possession then their team becomes the new defenders.

**Option 2:** Can also have one team defend for 2 minutes & keep track of passes made in 2 minutes. Then switch the defending team.

**Coaching Points:** Relax in possession, balanced body position, lock ankle, head steady, follow through in direction of target. Communicate to help the player on the ball







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# 3v3 + 2 With Zone



**Area:** 30x20 yard field, 8 yard grid in the center of field.

**Description:** Players play 3v3 +2, This is a regular game of soccer however play must go through the 2 playmakers before scoring, teams score 1 point for each goal scored.

**Coaching points:** Balance body before striking, bend knee over the ball, body weight moving forward, strike through the center of the ball, inside of foot for placement, laces for power. Aim for corners



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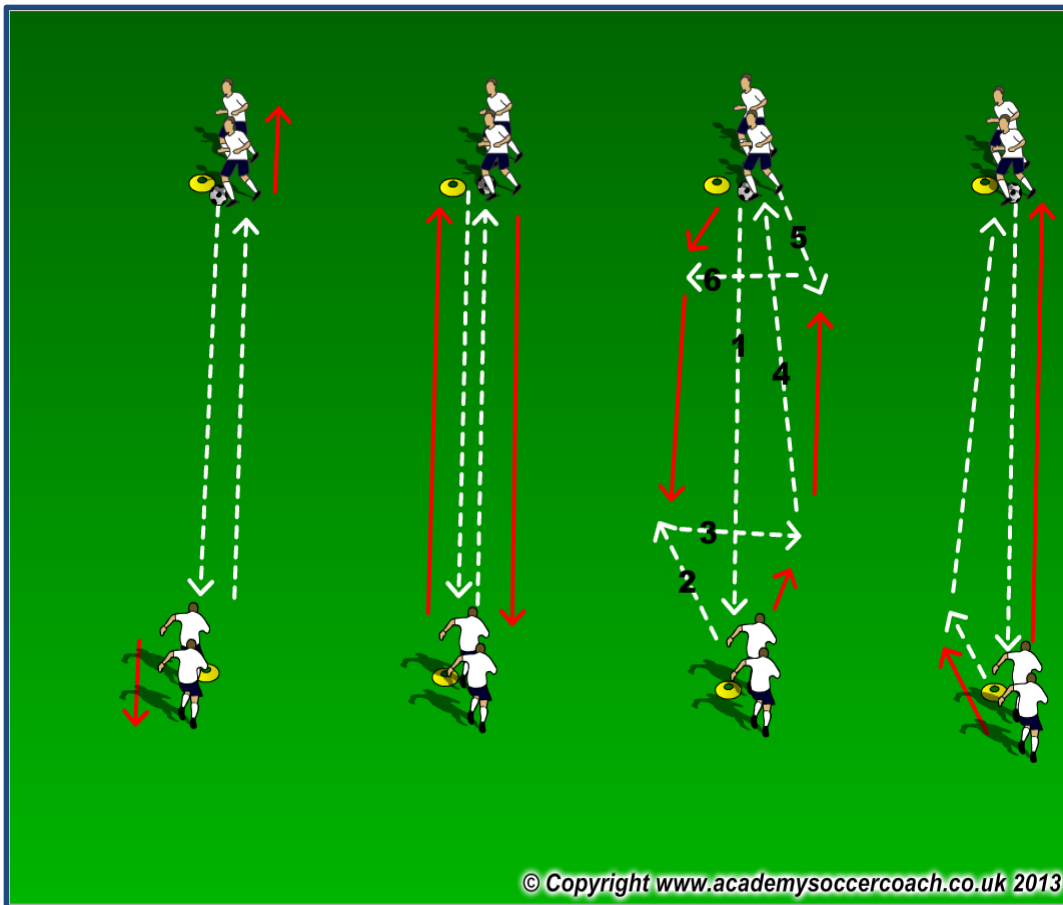


## Session Six: Receiving the Ball on the Ground



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# Passing Patterns in Fours



**Area:** 10 yards apart

**Description:**

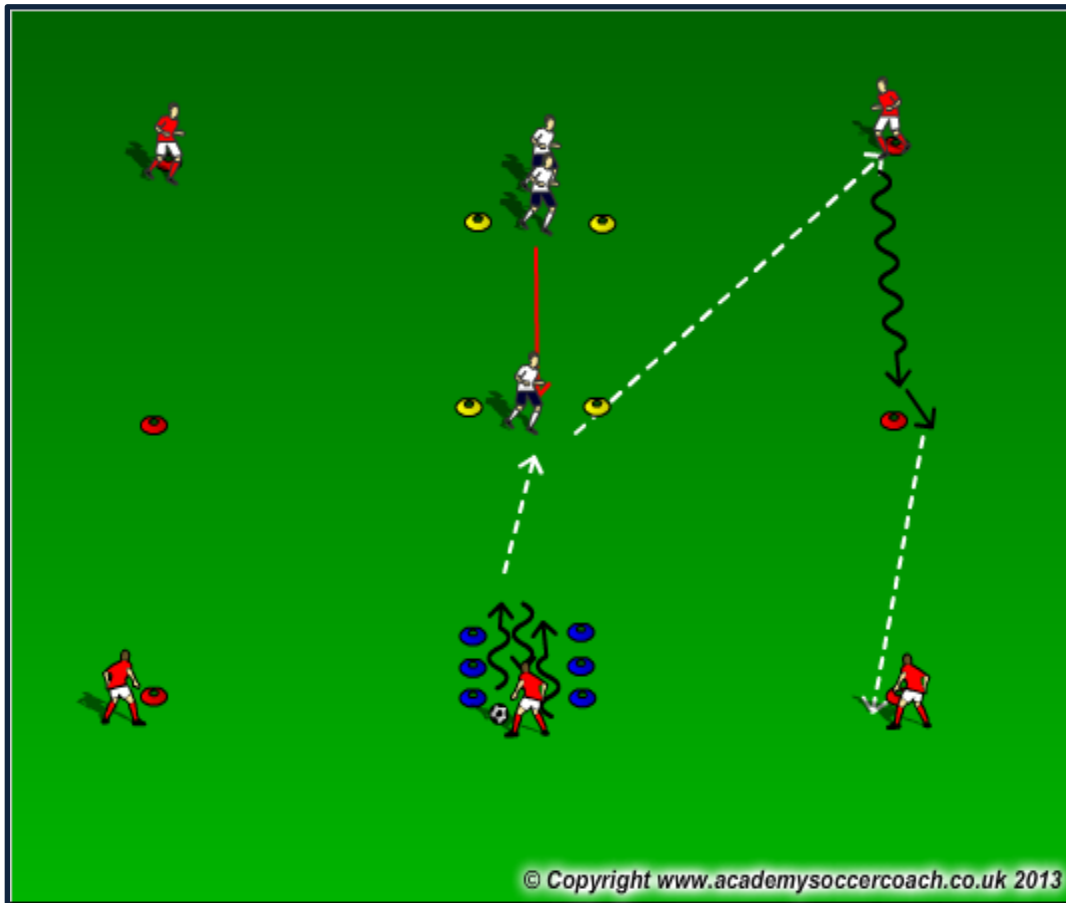
Short, sharp passing routine. Pass and follow the pass..

**Coaching Points:**

Arrive on time for each pass after counter movement  
Scan,  
Correct foot,  
Weight of pass,  
See pass 2



# The Y



**Area:** 40x30 yard Area

**Description:**

Passer starts with ball in middle line of blue cones and performs 2 change of direction moves before passing to next in line

This player receives and take ball round the corner and performs quick 1v1 move and passes to the player at the front of the group on the left or Right

**Pass # 2**

(Work left/right groups alternately)

Receiving player takes positive first touch forward and makes 1v1 moves around cone before passing down line

**Coaching Points:**

Quick COD moves (tight)

Quality of 1<sup>st</sup> touch to take ball around the corner

Quick pass off 1v1 move- Position players as per diagram

**PROGRESSION**

Add a XAVI to start (3 quick chops)



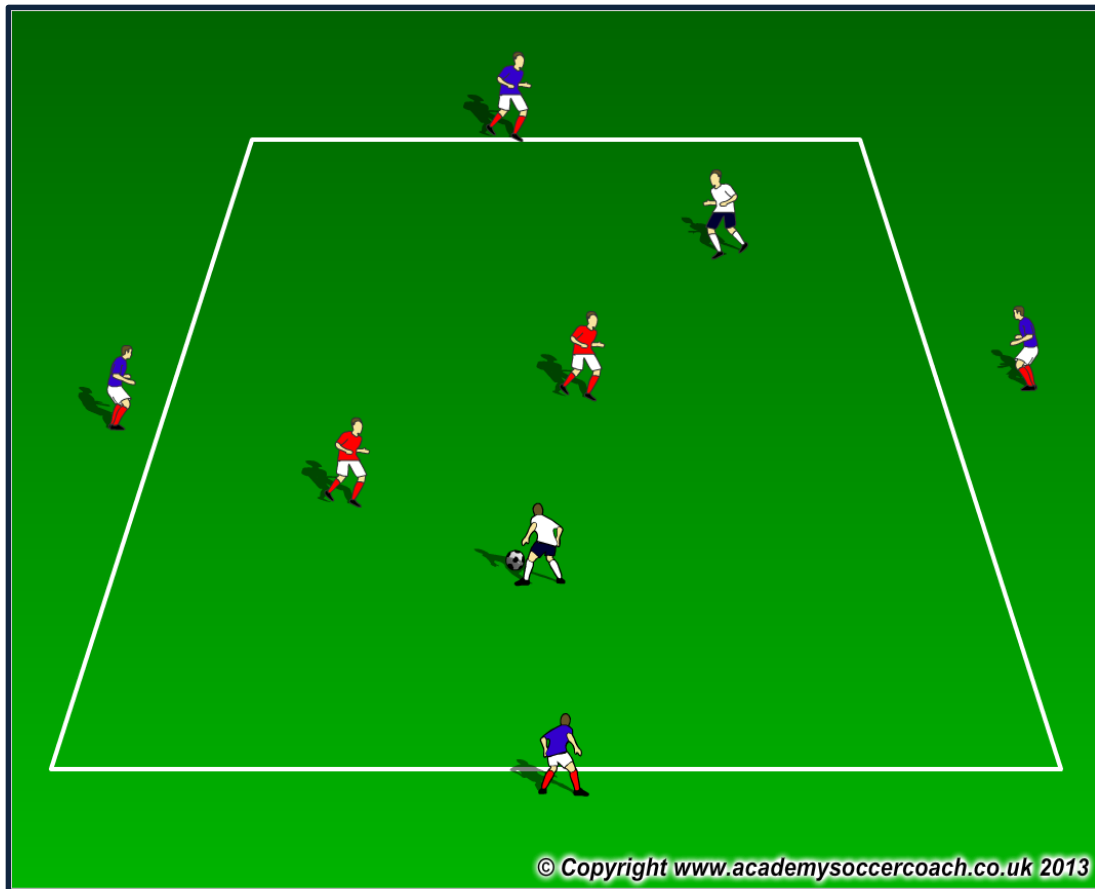




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# 2v2 + 4 Possession



**Area:** 20x10 yard grid

**Description:** Separate team into groups of 8 and play 2v2 + 4 in 1 grid. This is a possession game. Players must keep the ball under control and in the grid. Each team can use the 4 wall players when in possession of the ball. Wall players can pass to other wall players as shown in the diagram. Play lasts for 2 minutes and then change the wall players.

**Coaching points:** Keep light on the ball of your feet, move in line with the ball, lock ankle to receive with inside of the foot. Take a positive first touch, switch play and split defenders when possible, encourage 2 touch play.

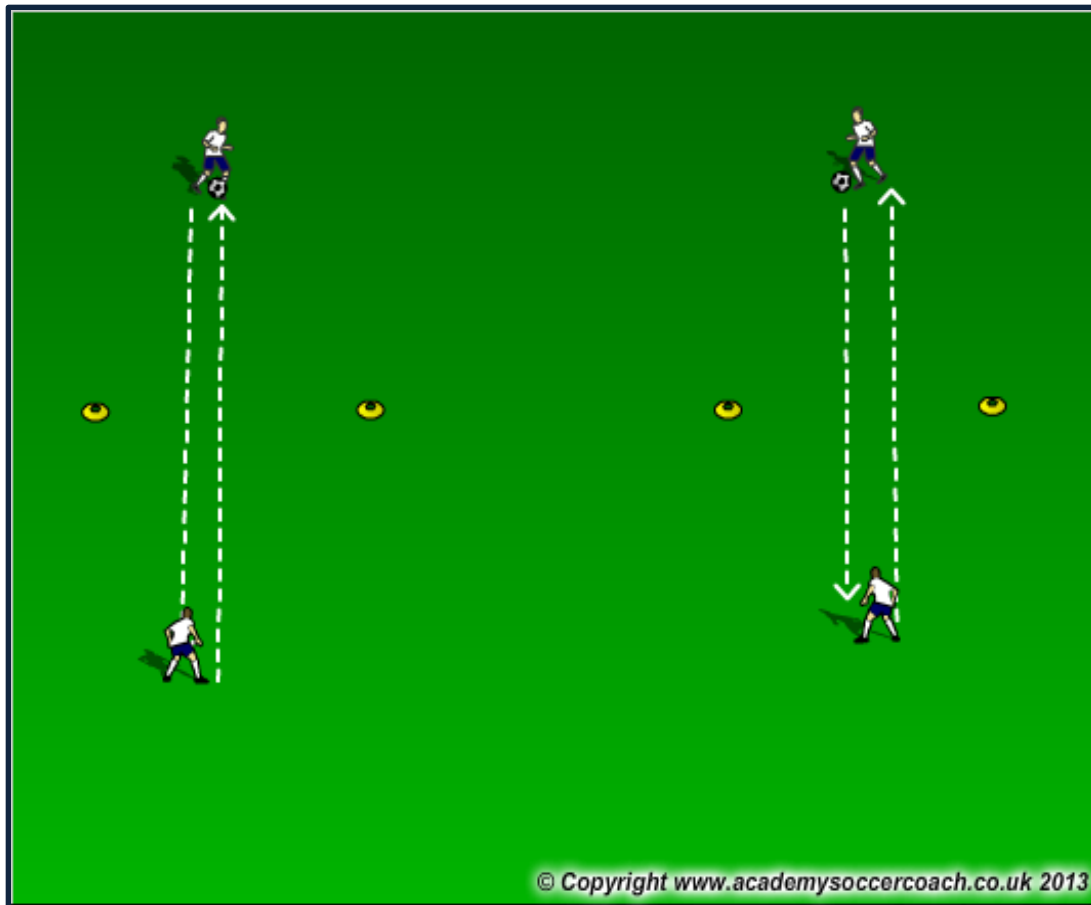


# Development Guide



## Session Seven: Striking Technique

# Finishing in 2's



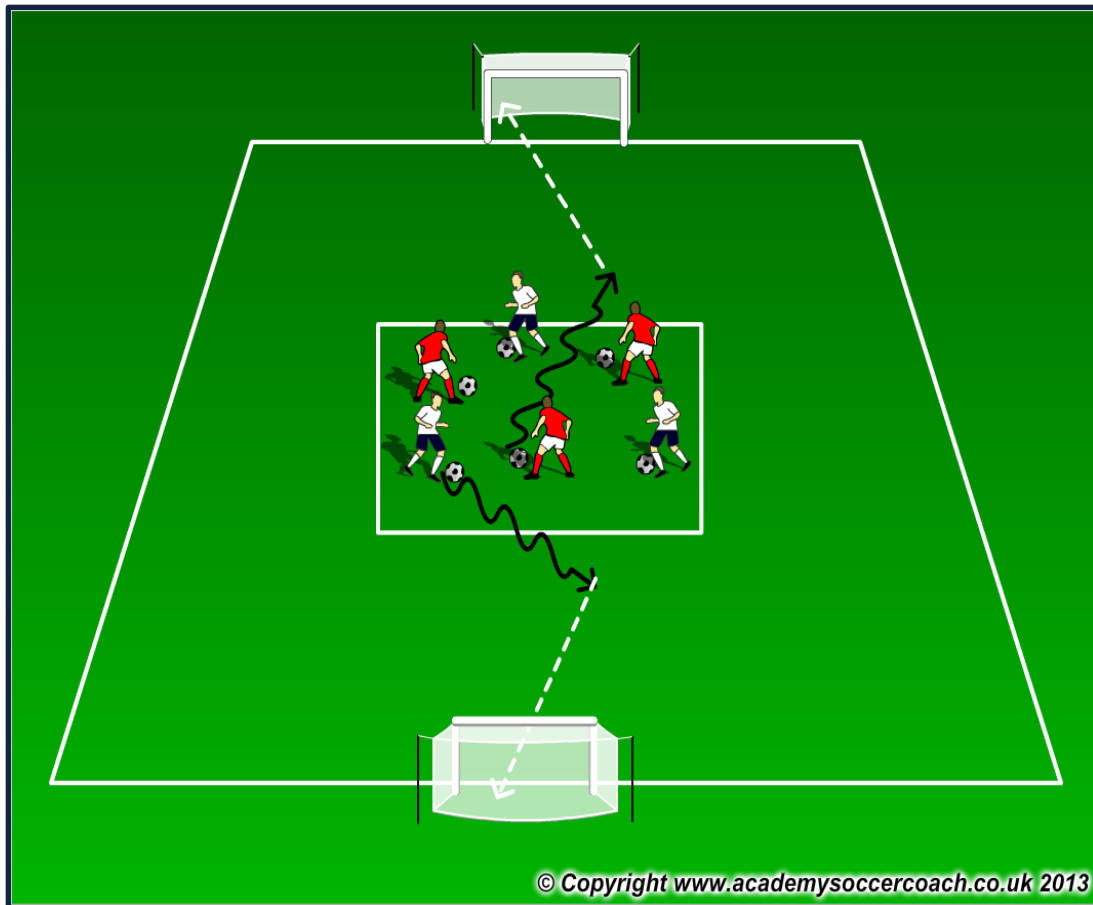
**Area:** 3 yard goal, players stand 5 yards from goal

**Description:** In pairs, players must strike the ball back and forth through the goal. Players must keep the ball under control as they shoot.

**Coaching points:** Balance body before striking, bend knee over the ball, body weight moving forward, strike through the center of the ball, inside of foot for placement, laces for power. Aim for corners



# Team Numbered Shooting



**Area:** 15 x 10 yard grid, 2 goals placed a further 8 yards from the side of the grid

**Description:** Players are numbered 1-5 on both the red and blue team, Players must dribble in the tight grid and once the coach shouts out a number, those players must exit the grid and shoot on goal, the blues to the blue goal and the red to the red goal.

**Coaching points:** Players must dribble the ball under control in the tight area. Players must listen carefully and react quickly to their number. Relax and hit the target. Explain inside of the foot for accuracy, laces for power.





# The Numbers Game



**Area:** 40x30 yard Area

**Description:**

Split Group into two teams with keepers. Players form two lines behind each goal  
Coach passes into attacking team and calls out a number

11 = 1v1

21 = 2v1

32 = 3v2 (as shown)

**Progression**

Limit time to 20 seconds to promote quick sharp attacks on goal

**Coaching Points**

- Player with the ball must make good decisions
- Player with ball should try to commit a defender to open space for team mates, take shot of defending team back off
- Creative movement from support players
- Angle and distance of support
- Use combination plays to unbalance defenders

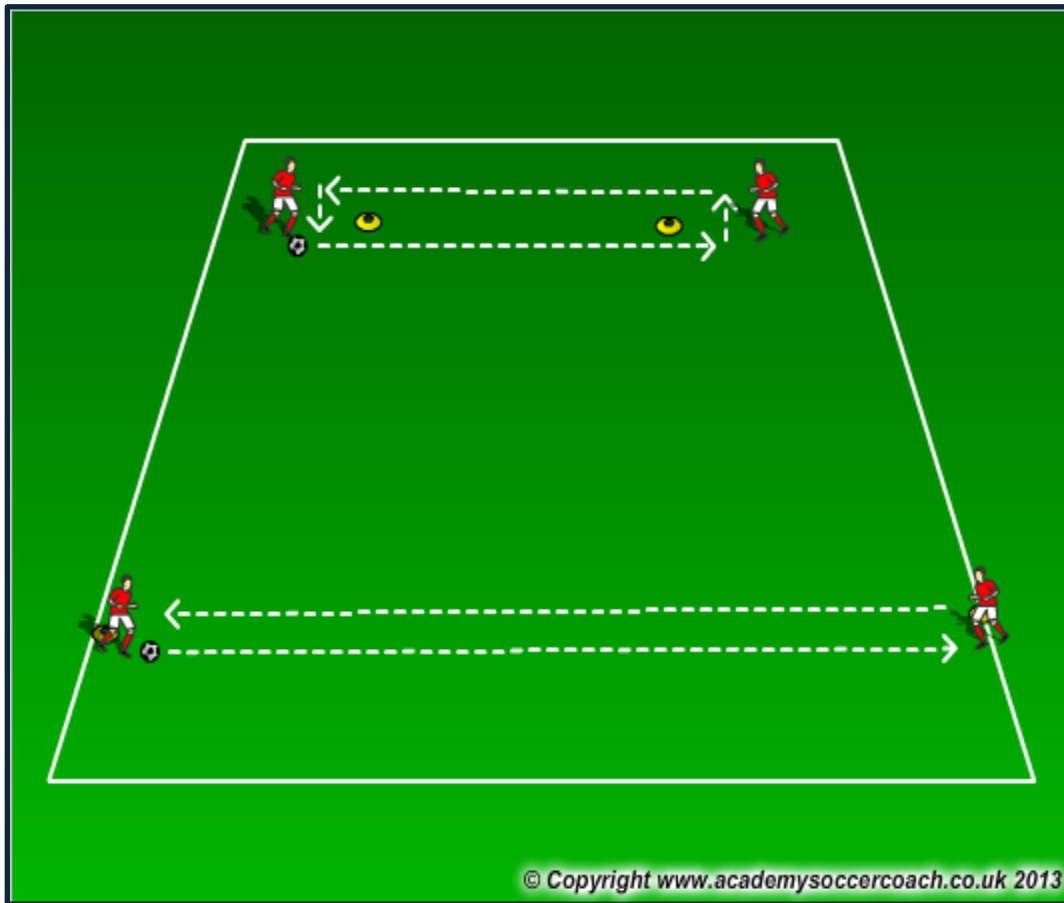


# Development Guide



## Session Eight: Crossing & Finishing

# Ball Striking in 2's



**Area:** 10x10 yard grid

**Description:**

Players in pairs 10 yards apart with 1 ball between 2

1 – Passing around square

(reverse direction to go with left foot also)

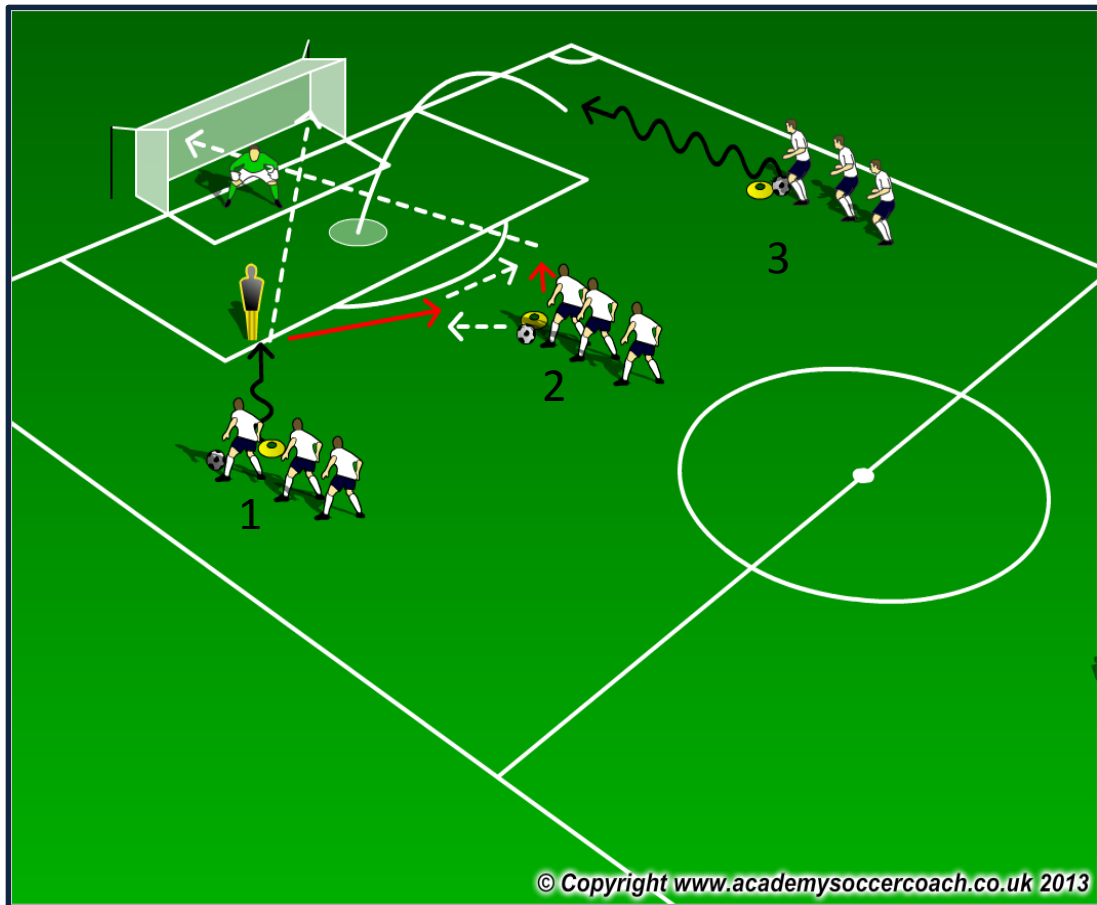
2 – Adjust grid to 20 yards (move one line only) – Now working on striking ball to partner using driven strike

**Coaching Points :**

- Angle of approach (45 degrees)
- Surface of foot (ridge running from big toe to toe up foot)
- Head and knee over ball
- Follow body to target
- Land on striking foot



# Finishing Exercise 1



**Area:** 30x25yard field.

**Description:** Separate players into 3 sections as shown. Player 1 Attacks the defender, and strikes on goal. Player 1 then turns to play a 1-2 combination with Player 2. Player 2 shoots on goal. After the shot, Player 3 dribbles down the wing and crosses for player 1 and 2 to score. Each player moves 1 spot down. After they play.

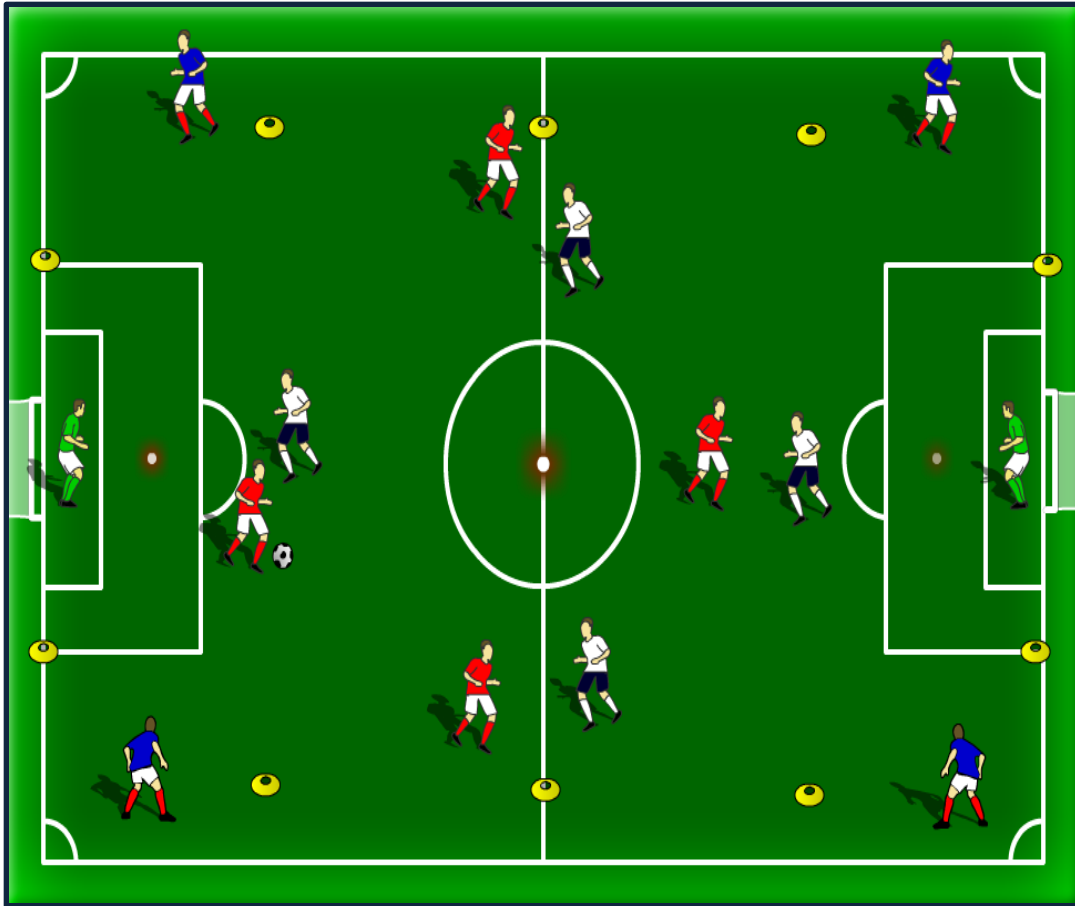
**Coaching points:** Visual and Verbal Communication between players.

1: Attack defender by taking the ball one way and exploding to the other. Strike low hard and across the keeper.  
 2: Supporting angle should not be in straight line. Set the pass. The finish shoot be composed and either placed by using the inside of the foot or drilled by using the laces.  
 3: Cross should be whipped in. Movement should be from deep outside the box to come onto the ball.





# Phase Three: 5v5 + 4 Wall Players



**Area:** 50x30 yard field, 2 wide zones

**Description:** Players play 5v5 plus 4 wall players. Play should be developed in the center of the park and played wide to a wall player where they will play a ball into the box for the forwards to finish. This is a regular game of soccer and players should be rotated so each color acts as a wall player within the duration of the game.

**Coaching Points:** Recognizing which phase we are in, when can we change phase successfully, when the ball is wide have we got the correct movement and support in the middle. Recognizing the moment to attack: Numbers Up. Opponent is disorganized. We are better than our opponent 1 on 1. Otherwise keep the ball moving to unbalance the opposition.

