

REC PROGRAM CURRICULUM IDEAS

| Week | Theme |
|------|--|
| 1 | <p>Topic- Dribbling. Introduction to dribbling. Starting and stopping with ball at player's feet. Maintaining control of ball. Coaching points- keep ball close, head up, point toe at ground, lock ankle, stop with sole of foot.</p> <p>Scrimmage. Introduce positional sense regarding defense, midfield and attack briefly. Also incorporate throw ins ie. Why it's a throw in, and how to take it. Both feet on the floor, both hands, and ball behind head.</p> |
| 2 | <p>Topic-Dribbling. Maintaining control while dribbling at various speeds. Coaching points- as above but with bigger strides comes bigger touches the faster you travel, lean over ball with each touch, keep ball closer the slower you travel. Ball always in playable distance.</p> <p>Scrimmage. Continue positional theme in scrimmage as above. Incorporate corner kicks, why is it a corner, where should ball be placed, have to pass to teammate, distance of defenders.</p> |
| 3 | <p>Topic-Dribbling. Teach move for beating opponent. Mathews !!! Dribble at defender with right foot, fake left by dropping left shoulder, and stamping left foot, then take away with outside of right foot. Accelerate away, cut back.</p> <p>Scrimmage. Introduce individual positions, quick briefing on where on field they move.</p> <p>Introduce goal kicks. Why is it a goal kick and where it is taken. Show how to take it.</p> |
| 4 | <p>Topic-Dribbling. Teach two further moves for beating opponent. Inside outside and scissors. Inside/outside. Similar to Mathews, difference being if performing move to the right, the right foot takes across body slightly with instep, then quickly transfers to left round back of ball, to take away with outside of same foot(big toe across ,little toe away) still drop left shoulder when touching across body. Scissors- dribble directly at defender, ball on right foot, swing left foot around front of ball and plant foot, with right foot take away with outside of foot(little toe) accelerate away, cut back.</p> <p>Scrimmage. Introduce individual positions part 2.Show what roles of positions are regarding opposition(responsibilities) Show them direct free kicks. Why are they given, and how to take them.</p> |

| | |
|---|--|
| 5 | <p>Topic- Dribbling. Introduce skills of changing direction. Teach 2 moves which will take player away from pressure. Drag-back and Cruyff.</p> <p>Turns- dragback. Dribble towards defender, pretend to shoot or pass forwards, stop by putting sole of foot on top of ball, then pull towards you turn in opposite direction and take away with outside of same foot(little toe) Accelerate.</p> <p>Cruyff- dribble at defender , pretend to shoot or pass forwards, plant foot should be next to ball. Move right foot around outside of ball, touch with inside of big toe behind left leg, turn same direction as plant foot, take touch and accelerate away.</p> <p>Scrimmage. Continue with individual positions regarding roles and responsibilities. Teach in-direct free kicks why are they given and how to take them. What does referee do to signal these .</p> |
| 6 | <p>Topic-Introduction to passing. Teach inside of foot pass. Perfect 10 plant foot, point in direction of pass .Inside and middle of foot used, lock ankle, lean over ball, middle to top of ball struck, high follow through.</p> <p>Scrimmage. Operate scrimmage with laws applied. See if kids have learned what's been taught, without instruction .</p> |
| | <p>All coaching points during scrimmages should be touched on briefly enough to inform but not disrupt enjoyment of game play.</p> |