

WESTMINSTER SOCCER CLUB ACADEMY PROGRAM CURRICULUM



- Play and enjoy soccer. Develop fundamental technical and tactical skills.



OBJECTIVES

- Develop a passion for soccer
- Provide professional technical and tactical instruction
- Preparation and pathway to higher level soccer



COACHING PRIORITIES

Technical

- Improve individual and collective basic soccer techniques (focus on dribbling, passing and receiving)
- Accuracy in individual soccer techniques

Tactical

- Creating space and applying basic principles
- Recognizing opportunities to apply different soccer techniques

Physical

- Develop speed, agility, coordination and balance with and without the ball

Psychological

- Positive interaction with teammates during the game
- Develop confidence within the group
- Develop respect and discipline
- Improve self confidence



SESSIONS

FALL PROGRAM

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
0-15 mins	WARMUP 1 ball/1 player-different surfaces	WARMUP 1 ball/1 player-different surfaces	WARMUP 1 ball/1 player-different surfaces	WARMUP 1 ball/1 player-different surfaces
15-30 mins	ACTIVITY 1 Control, pass & follow in 3's using inside of feet	ACTIVITY 1 Control, pass & follow in 3's using inside of feet	ACTIVITY 1 Diamond setup (2). Passing challenge. Each team starts with 5 points.	ACTIVITY 1 Diamond setup (2). Passing challenge. Each team starts with 5 points.
30-45 mins	ACTIVITY 2 Shark & Minnows	ACTIVITY 2 Shark & Minnows	ACTIVITY 2 Dribbling relays	ACTIVITY 2 Dribbling relays
45-60 mins	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
0-15 mins	WARMUP Control, pass & follow in 3's using inside of feet. Dynamic stretching	WARMUP Control, pass & follow in 3's using inside of feet. Dynamic stretching	WARMUP Control, pass & follow in 3's using inside of feet. Dynamic stretching	WARMUP Control, pass & follow in 3's using inside of feet. Dynamic stretching
15-30 mins	ACTIVITY 2 Dribbling thru gates in 2's	ACTIVITY 2 Dribbling thru gates in 2's	ACTIVITY 1 Passing thru gates in 3's	ACTIVITY 1 Passing thru gates in 3's
30-45 mins	ACTIVITY 2 2 teams with ball each, no defense, every player must touch ball between goals	ACTIVITY 2 2 teams with ball each, no defense, every player must touch ball between goals	ACTIVITY 2 Play rondo (4v4 to 6v6) 5 passes for a goal, large area	ACTIVITY 2 Play rondo (4v4 to 6v6) 5 passes for a goal, large area
45-60 mins	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev	GAME-3v3-6v6-Cool D/Rev