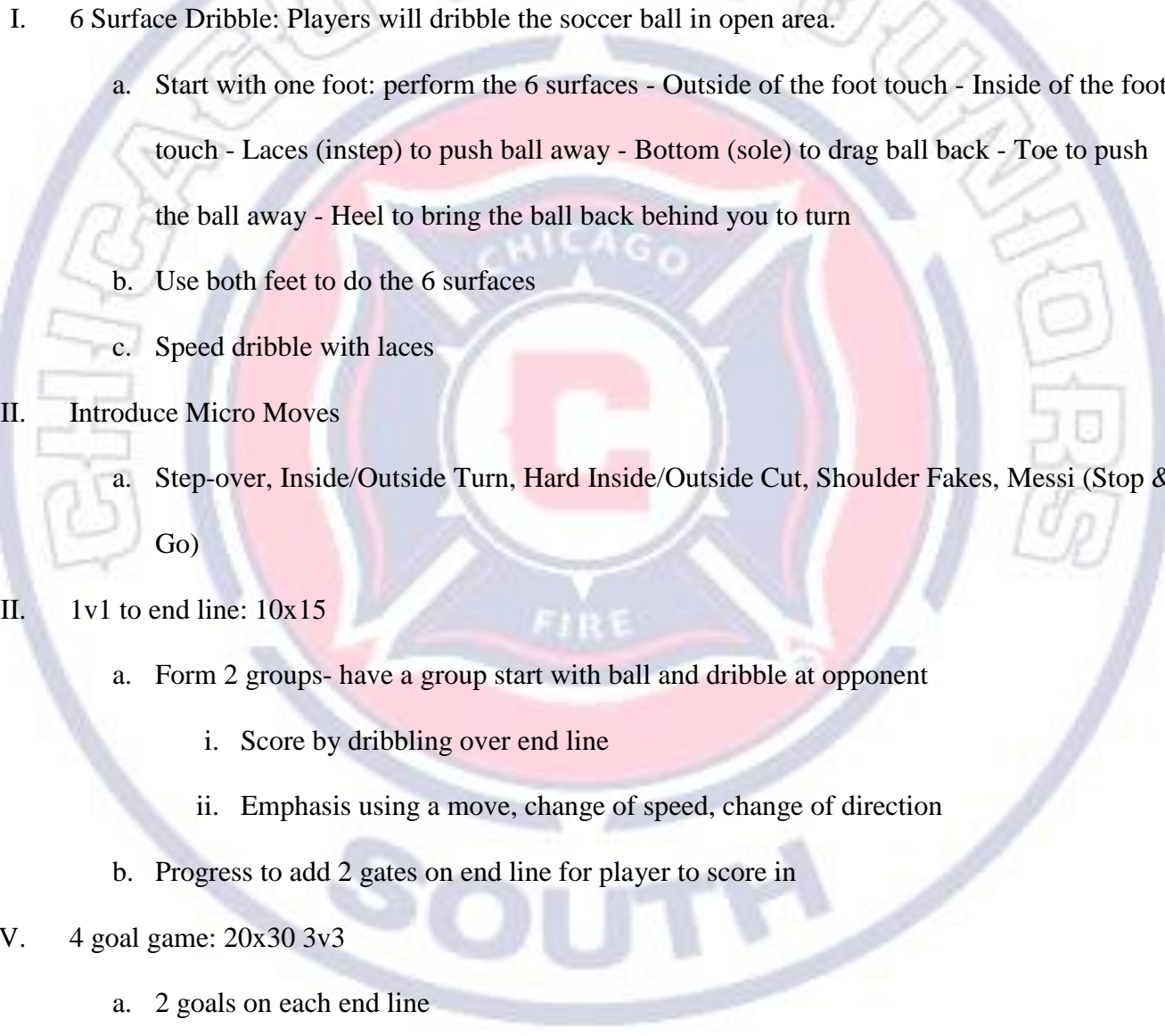


CFJS Rec Program Curriculum

1st & 2nd Grade

Week 1: Dribbling

Day 1: CFJS Trainers

- 
- I. 6 Surface Dribble: Players will dribble the soccer ball in open area.
- Start with one foot: perform the 6 surfaces - Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn
 - Use both feet to do the 6 surfaces
 - Speed dribble with laces
- II. Introduce Micro Moves
- Step-over, Inside/Outside Turn, Hard Inside/Outside Cut, Shoulder Fakes, Messi (Stop & Go)
- III. 1v1 to end line: 10x15
- Form 2 groups- have a group start with ball and dribble at opponent
 - Score by dribbling over end line
 - Emphasis using a move, change of speed, change of direction
 - Progress to add 2 gates on end line for player to score in
- IV. 4 goal game: 20x30 3v3
- 2 goals on each end line
 - Score in either goal
 - Emphasis taking a player on 1v1 and using a move

- iii. Change direction and attack open goal
- b. 1v1 situations
 - i. Space to attack behind defender
 - ii. Free space in front of defender
 - iii. Near the attacking area

V. Game Numbers scrimmage with GK

Day 2: Coaches

I. 6 Surface Dribble: Players will dribble the soccer ball in open area.

- a. Start with one foot: perform the 6 surfaces - Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn
- b. Use both feet to do the 6 surfaces
- c. Speed dribble with laces

II. Review Micro Moves

- a. Step-over, Inside/Outside Turn, Hard Inside/Outside Cut, Shoulder Fakes, Messi (Stop & Go)

III. 1v1 to end line: 10x15

- a. Form 2 groups- have a group start with ball and dribble at opponent
 - i. Score by dribbling over end line
 - ii. Emphasis using a move, change of speed, change of direction
- b. Progress to add 2 gates on end line for player to score in

IV. 4 goal game: 20x30 3v3

- a. 2 goals on each end line

- i. Score in either goal
 - ii. Emphasis taking a player on 1v1 and using a move
 - iii. Change direction and attack open goal
 - b. 1v1 situations
 - i. Space to attack behind defender
 - ii. Free space in front of defender
 - iii. Near the attacking area
- V. Game Numbers scrimmage with GK

Week 2: Passing

Day 1: CFJS Trainers

- I. Partners Passing
 - a. Pass & move in open space
 - b. Passing technique
 - i. Plant foot position
 - ii. Toe up, ankle locked, knee bent
 - iii. Strike through center of ball
 - iv. Follow through
 - v. Weight of pass
 - c. Receive with inside of foot
 - i. Absorb ball on contact
 - ii. Receive on center of ball
 - iii. Push ball in attacking direction

d. Give & Go with partner

II. 2v1 to small goal w/ 2 goal counter: 15x20

a. Form 2 groups

i. Attacking group scores in 1 small goal

ii. Defensive group can score in 2 small goals if they win ball

b. Players pass with each other and score by passing ball into goal

i. Emphasis passing technique

ii. When to pass when to dribble

III. 3v3 + 2: 20x30

a. *f* Neutral players on long sidelines

b. *f* Neutrals only have one or two touches

c. *f* Team that can string together the most consecutive passes in a 3-minute time period wins

d. Progressions:

i. Give & Go with neutral player scores a bonus point

ii. Add goals at each end, teams play to goals. Teams score 2 points for 5 consecutive passes and 1 point for a goal.

IV. Game Numbers scrimmage with GK

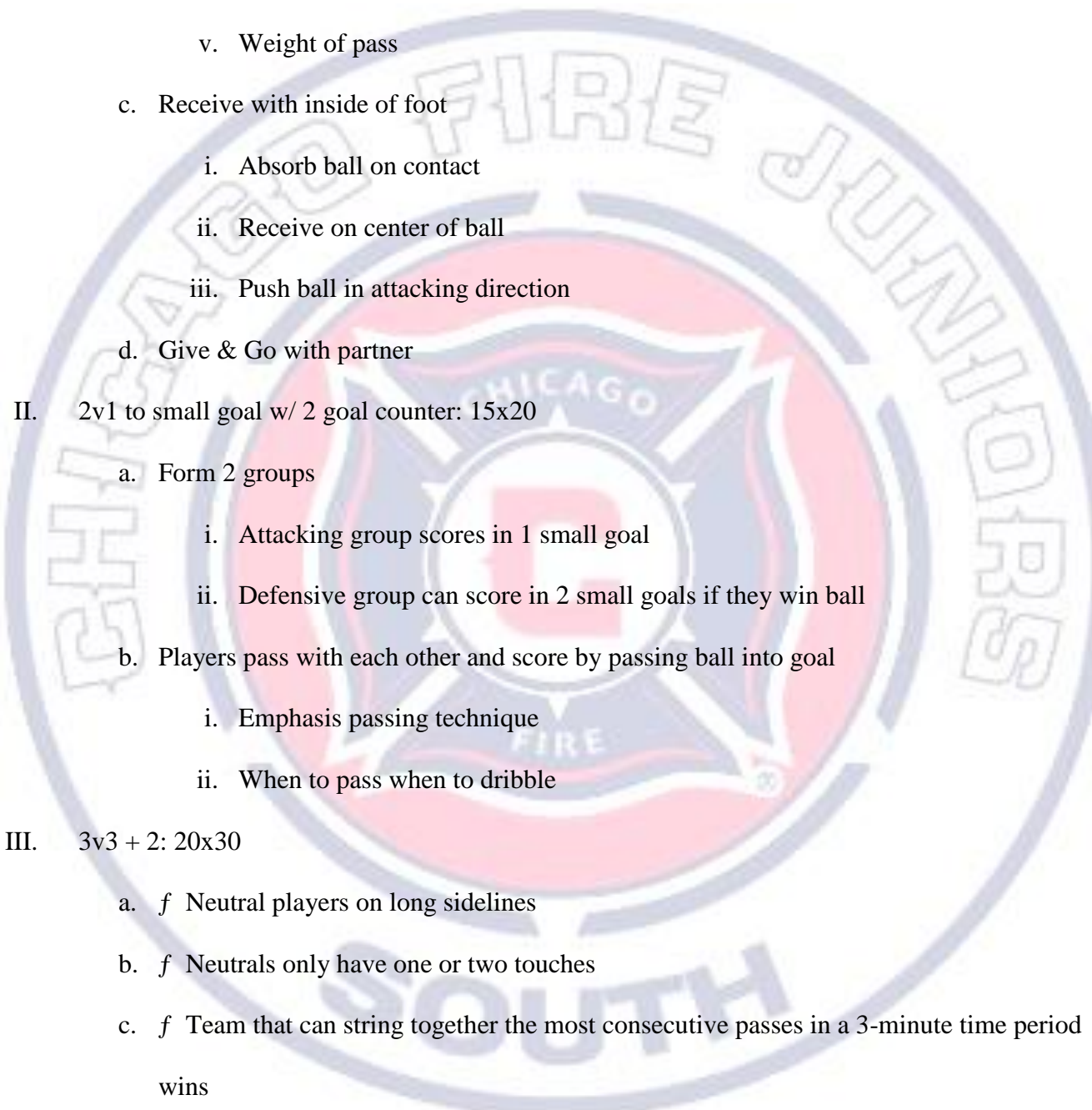
Day 2: Coaches

I. Partners Passing

a. Pass & move in open space

b. Passing technique

i. Plant foot position

- 
- ii. Toe up, ankle locked, knee bent
 - iii. Strike through center of ball
 - iv. Follow through
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 - d. Give & Go with partner
- II. 2v1 to small goal w/ 2 goal counter: 15x20
- a. Form 2 groups
 - i. Attacking group scores in 1 small goal
 - ii. Defensive group can score in 2 small goals if they win ball
 - b. Players pass with each other and score by passing ball into goal
 - i. Emphasis passing technique
 - ii. When to pass when to dribble
- III. 3v3 + 2: 20x30
- a. *f* Neutral players on long sidelines
 - b. *f* Neutrals only have one or two touches
 - c. *f* Team that can string together the most consecutive passes in a 3-minute time period wins
 - d. Progressions:
 - i. Give & Go with neutral player scores a bonus point

- ii. Add goals at each end, teams play to goals. Teams score 2 points for 5 consecutive passes and 1 point for a goal.

IV. Game Numbers scrimmage with GK

Week 3: Shooting

Day 1: CFJS Trainers

- I. Partner shooting 10-15 yards a part
 - a. 2 yard gate in middle of 2 partners
 - b. Strike with laces through gate
 - i. Make gate smaller for challenge
 - ii. Increase partner distance and power of shot
 - c. Emphasis on accuracy & proper technique
 - i. Plant foot positioning
 - ii. Wind up
 - iii. Foot placement
 - iv. Follow through
 - v. Land on kicking foot
- II. 2v2 + 2 to small goals 20x30
 - a. Shoot when opportunity arises
 - b. Emphasis on shooting technique
 - i. Range
 - ii. Choice of shot
 - iii. Prep touch for shot

III. 3v3 + 2 + GKs to large goals: 25x35

- a. Can score from anywhere
- b. Coaching points
 - i. Approach the ball at a slight angle
 - ii. Plant foot next to ball pointed in direction of target
 - iii. Ankle locked
 - iv. Body over ball – momentum forward
 - v. Follow through & Land on kicking foot
 - vi. Watch ball
 - vii. Placement versus power

IV. Game Numbers scrimmage with GK

Day 2: Coaches

- I. Partner shooting 10-15 yards a part
 - a. 2 yard gate in middle of 2 partners
 - b. Strike with laces through gate
 - i. Make gate smaller for challenge
 - ii. Increase partner distance and power of shot
 - c. Emphasis on accuracy & proper technique
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 - iv. Follow through
 - v. Land on kicking foot

- II. 2v2 + 2 to small goals 20x30
 - a. Shoot when opportunity arises
 - b. Emphasis on shooting technique
 - i. Range
 - ii. Choice of shot
 - iii. Prep touch for shot

- III. 3v3 + 2 + GKs to large goals: 25x35
 - a. Can score from anywhere
 - b. Coaching points
 - i. Approach the ball at a slight angle
 - ii. Plant foot next to ball pointed in direction of target
 - iii. Ankle locked
 - iv. Body over ball – momentum forward
 - v. Follow through & Land on kicking foot
 - vi. Watch ball
 - vii. Placement versus power

- IV. Game Numbers scrimmage with GK

Week 4: Defending

Day 1: CFJS Trainers

- I. 1v1 to gate: 10x15
 - a. Attacker must dribble through gate to score
 - b. Defender can shoot if they win ball

- c. 1st defender (Pressure)
 - i. Close down space between attacker
 - ii. Bend approach to ball
 - iii. Slow down and inch in on the ball
 - iv. Sideways on
 - v. Staggered stance
 - vi. Hand up

II. 2v2 to gates: 20x30

- a. Place 2 gates on end line
- b. Attacking team can score by dribbling through either gate
- c. Defending team can shoot if they win ball
- d. 1st defender (Pressure)
 - i. Closest player to the ball
- e. 2nd defender (Cover)
 - i. Diagonally behind 1st defender
 - ii. Guards the space, open attacker and covers 1st defender
- f. Emphasize buzz words Pressure & Cover
 - i. Review coaching points for 1st defender and 2nd defender

III. 4v3 to goal w/ counter

- a. Team of four attacks goal
- b. After defending team wins ball they can score by passing to the target player over the end line
- c. Coaching points

- i. Immediate pressure on the ball – takes away time and space
- ii. Select proper angle of challenge – come at attacker at an angle to cut off options
- iii. Select proper speed of challenge – quickly but not too fast as to be easily beaten
- iv. Proper distance and angle of cover
- v. Cover defender tracks supporting players
- vi. 1st defender force 1st attacker to 2nd defender (clog the middle)

IV. Game Numbers scrimmage with GK

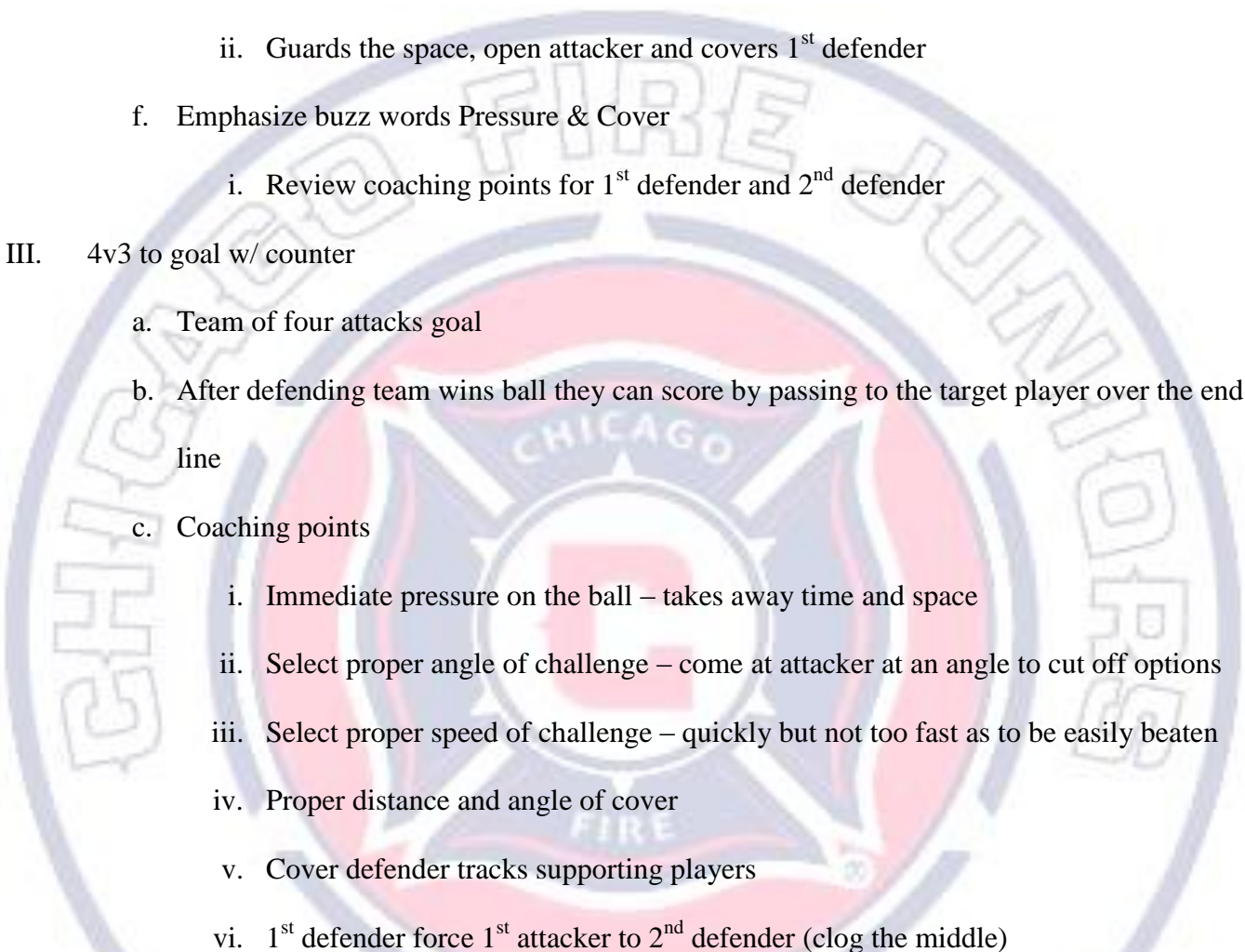
Day 2: Coaches

I. 1v1 to gate: 10x15

- a. Attacker must dribble through gate to score
- b. Defender can shoot if they win ball
- c. 1st defender (Pressure)
 - i. Close down space between attacker
 - ii. Bend approach to ball
 - iii. Slow down and inch in on the ball
 - iv. Sideways on
 - v. Staggered stance
 - vi. Hand up

II. 2v2 to gates: 20x30

- a. Place 2 gates on end line
- b. Attacking team can score by dribbling through either gate
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 - iv. Proper distance and angle of cover
 - v. Cover defender tracks supporting players
 - vi. 1st defender force 1st attacker to 2nd defender (clog the middle)

IV. Game Numbers scrimmage with GK

Week 5: Throw-ins/Passing Review

Day 1: CFJS Trainers

- I. Warm up: w/partner-Throw to one another
 - a. Check run with proper throw-in to feet w/a pass back to thrower

b. Check run with proper throw-in to feet w/1 touch pass back to thrower

II. Get Out of There! (20yds x 25yds)

a. Split into 2 groups of 4

b. Send ball in to play 2v2, 2v1, 3v1, 3v2

c. Ball out of bounds everyone gets out of there & player getting scored on gets out of there.

d. Goal scorer stays on

III. 4 v 4 to small goals: Use throw-ins when ball goes over touch lines out of bounds

IV. Full field game: Focus on proper throw-ins

Day 2: Coaches

I. Warm up: w/partner-Throw to one another

a. Check run with proper throw-in to feet w/a pass back to thrower

b. Check run with proper throw-in to feet w/1 touch pass back to thrower

II. Get Out of There! (20yds x 25yds)

a. Split into 2 groups of 4

b. Send ball in to play 2v2, 2v1, 3v1, 3v2

c. Ball out of bounds everyone gets out of there & player getting scored on gets out of there.

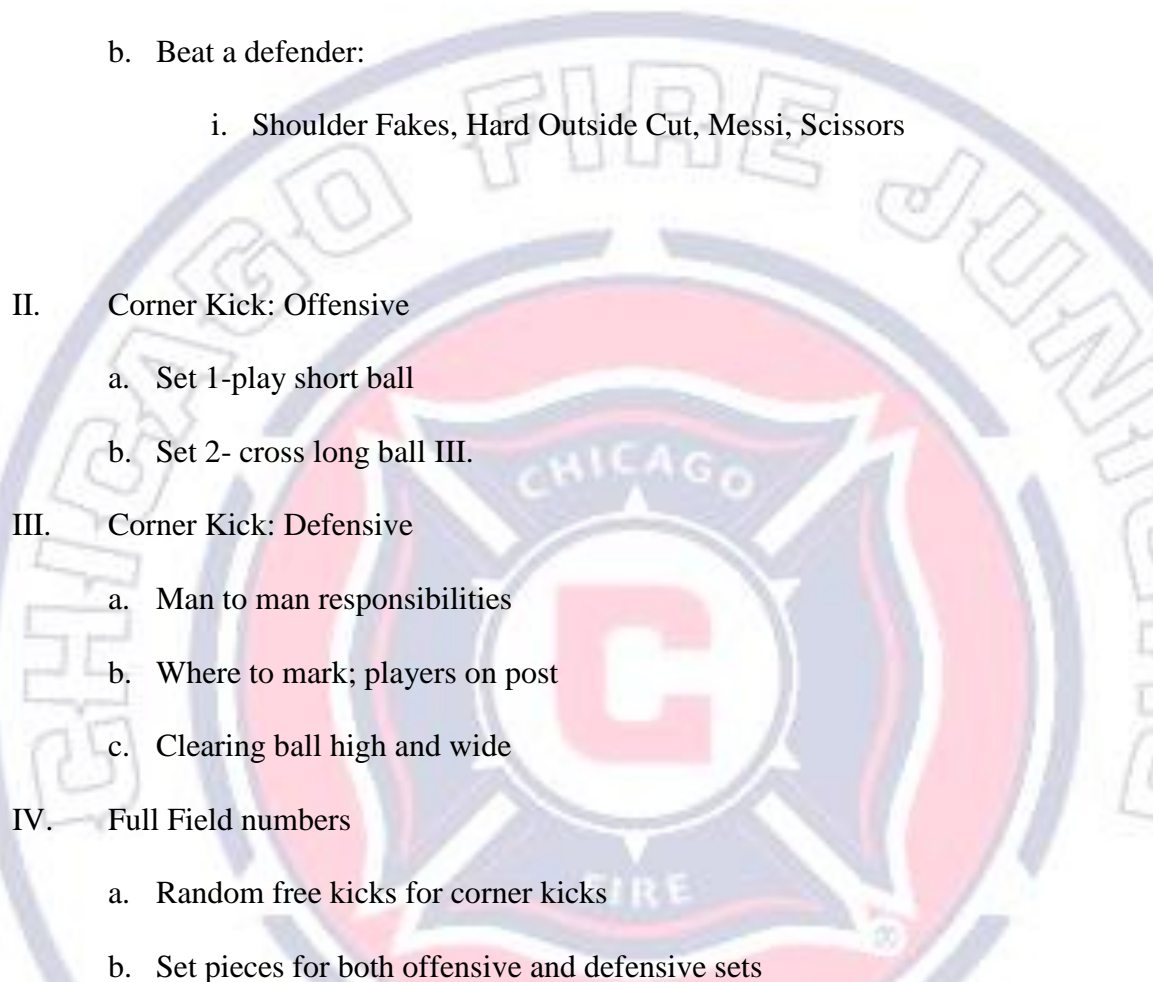
d. Goal scorer stays on

III. 4 v 4 to small goals: Use throw-ins when ball goes over touch lines out of bounds

IV. Full field game: Focus on proper throw-ins

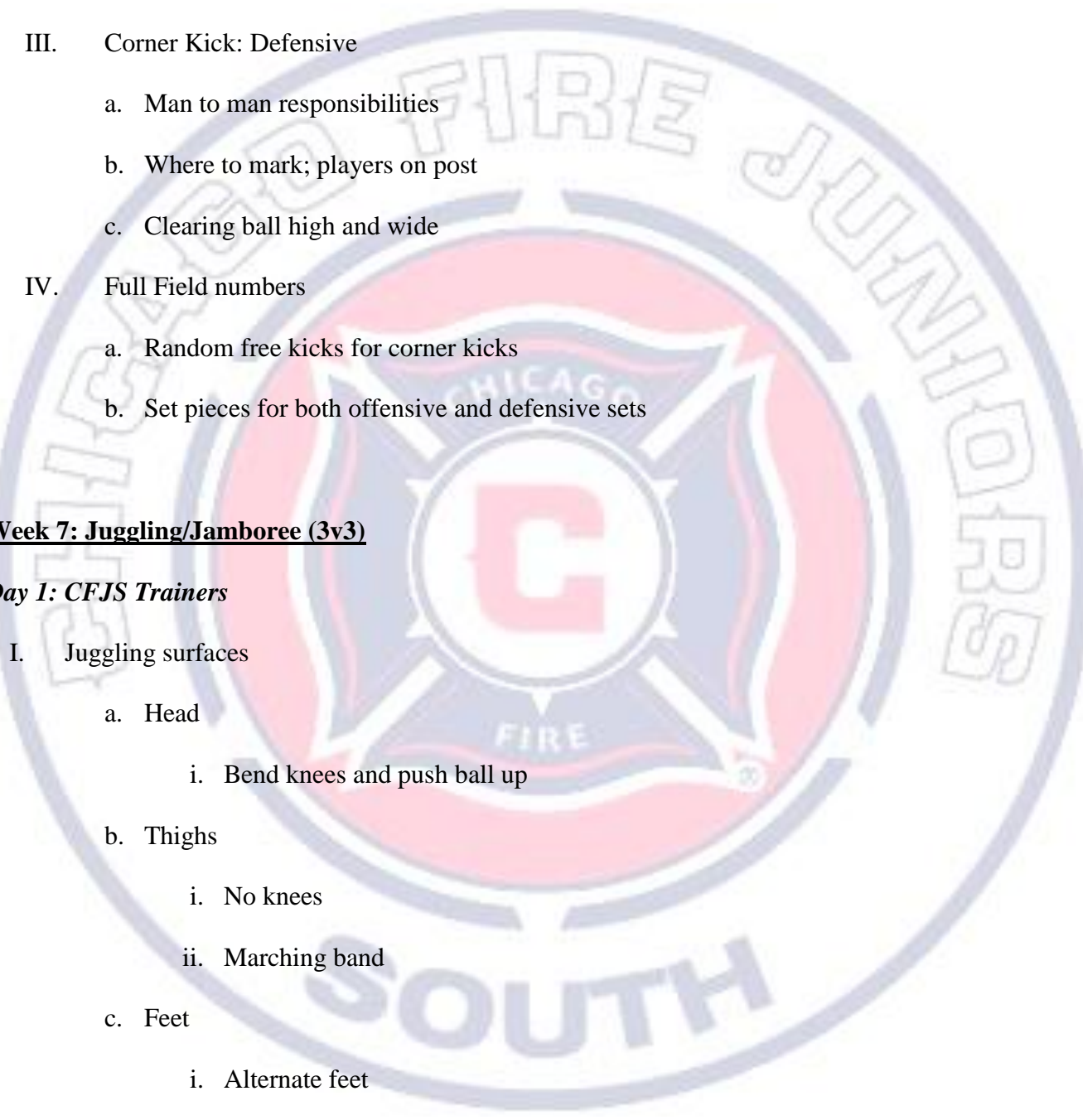
Week 6: Dribbling Review/Corners

Day 1: CFJS Trainers

- 
- I. Warm up: Dribbling review
 - a. Away from Pressure:
 - i. Step-over, Inside/Outside Turn, Hard Inside Cut, Ronaldo/Quick Stop
 - b. Beat a defender:
 - i. Shoulder Fakes, Hard Outside Cut, Messi, Scissors
 - II. Corner Kick: Offensive
 - a. Set 1-play short ball
 - b. Set 2- cross long ball III.
 - III. Corner Kick: Defensive
 - a. Man to man responsibilities
 - b. Where to mark; players on post
 - c. Clearing ball high and wide
 - IV. Full Field numbers
 - a. Random free kicks for corner kicks
 - b. Set pieces for both offensive and defensive sets

Day 2: Coaches

- I. Warm up: Dribbling review
 - a. Away from Pressure:
 - i. Step-over, Inside/Outside Turn, Hard Inside Cut, Ronaldo/Quick Stop
 - b. Beat a defender:
 - i. Shoulder Fakes, Hard Outside Cut, Messi, Scissors

- 
- The logo for Chicago Fire Juniors South is a large, circular emblem. It features a central Maltese cross with a red 'C' in the center. The words 'CHICAGO FIRE' are written across the top of the cross, and 'JUNIORS' is written along the right side. Below the cross, the word 'SOUTH' is written in a large, bold font. The entire logo is rendered in a light blue and red color scheme.
- II. Corner Kick: Offensive
 - a. Set 1-play short ball
 - b. Set 2- cross long ball III.
 - III. Corner Kick: Defensive
 - a. Man to man responsibilities
 - b. Where to mark; players on post
 - c. Clearing ball high and wide
 - IV. Full Field numbers
 - a. Random free kicks for corner kicks
 - b. Set pieces for both offensive and defensive sets

Week 7: Juggling/Jamboree (3v3)

Day 1: CFJS Trainers

- I. Juggling surfaces
 - a. Head
 - i. Bend knees and push ball up
 - b. Thighs
 - i. No knees
 - ii. Marching band
 - c. Feet
 - i. Alternate feet
 - ii. Juggle 2 times then let ball bounce and juggle again
 - d. High score

II. Street Soccer 3v3 or 4v4: 40x30

a. Games

- i. 5 minutes
- ii. Randomize teams after every game

b. Points

- i. 3 points for win
- ii. 0 points for a loss
- iii. 1 point for a tie
- iv. Bonus points
 - 1. 1 point for each goal scored
 - 2. 1 point for shut out

Coaches keep track of individual players points at the end of each game

We will total up points and see who the top 5 players with points are

III. Game Numbers scrimmage with GK

Day 2: Coaches

I. Review of micro moves

- a. Step-over, Inside/Outside Turn, Hard Inside/Outside Cut, Shoulder Fakes, Messi (Stop & Go)

II. 4 Goal Game: 1 v 1 to 2 goals (Goals 2 yds wide and each are 12 yards apart. Then other end is 15-18 yds. away)

- a. Go diagonal
- b. Use a move, change direction

c. Turn away from pressure

III. 3 v 3 (20 x 30 yard field)

a. No 1 touch; everyone must use a move before passing

b. Score by dribbling over opponent's goal line and stepping on ball

c. Score by stopping ball in opponent's triangle area

IV. Full Field game

