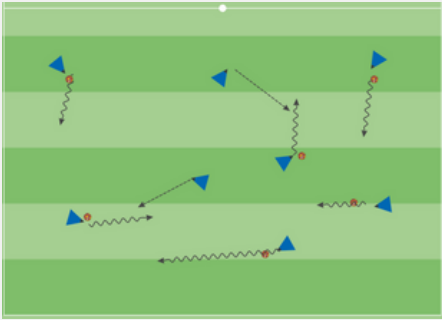


STEP CURRICULUM

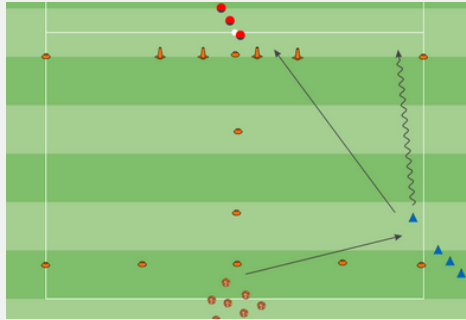
WEEK 1

Open Dribbling - Bandit



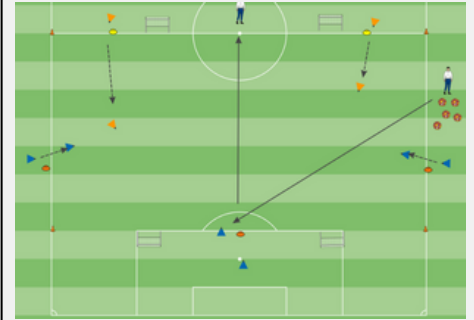
- Open space within one half of field
- All players with a ball to start
 - If doing well, remove 2-3 balls and have them steal
 - If ball is stolen, they become the bandits and have to steal someone else's ball
- Scanning
 - Where is the space? Where is the opponent?
 - Introduce when to use different parts of the foot

1v1 to End Lines



- Half field, split in half again
- Two lines shown on each side - switch sides halfway through
- Coach as shown with balls playing to blue player
- "As soon as ball is played" defensive player tries to win it
- Score by dribbling across end line (one point)
- For attacking (blue) team - can get three points by passing in small goal
- Can we score? Pass with inside of foot. Where is defender?

3v2



- Half field
- 3 attacking the half line goals vs 2 going the other way
- Should be more free play with little to no stoppage - Let play with kick-ins if it goes out
- Rotate players in after 3 minutes or so - this keeps a flow for players on the field
- Where is the space? Is there a teammate with space? How many defenders? How many on your team?
- Where should we pass to our teammate?
- Where can we be to get a pass?

Week 1 - STEP Guide

Activation-Open Dribble (15 minutes) - 1v1 (15 minutes) - 3v2 (15 minutes) - Play (15 minutes):

Standards

- Dribbling
 - Scanning, Space, Where are defenders, Where are teammates
 - Big touches vs small touches - There is a place for big touches (Don't see it enough at older ages)
- Pass
 - Inside of both feet, heel down and toe up - demonstrate this
- Introduce
 - 2v1 (when to dribble vs when to pass) - During 1v1 with small goal (simulates teammate) - 3v2 has an open player so 2v1s should be available

Focuses

- Rules, focus, concentration, routines
- Grouping players appropriately
- Have the ball - dribble forward, pass forward
- Don't have the ball - Get it! Steal it!