

HPSA Friday Night Skills Curriculum

Week 1 & 10	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Individual Touches</p> <ol style="list-style-type: none"> 1. Inside-Inside combinations 2. Inside-outside combinations 3. Inside-Inside (x4) sole drag-across 4. Inside-Inside (x4) sole drag 90° 	<p>Teaching Points: Focus is on the execution of the movement and not the speed. As each player gains a greater rhythm challenge each player to go faster while still having proper technique.</p> <p>Time Challenge: How many touches can you make in 60 seconds?</p>
<p>Phase 2 Ball Mastery</p>	<p>Moves to Turn 180°</p> <p>Moves: To Change Direction (180°)</p> <ol style="list-style-type: none"> 1. Inside Cut (x10) 2. Outside Cut (x10) 3. Pivot Turn (x10) 4. Step Over Turn (x10) 5. Combination on 1, 3, and 4 (x10) <p>Set Up: Coerver Square (10x10yds) w/ ball per player</p>	<p>Focus is on the execution of body and ball movement while utilizing the proper foot surfaces. Proper technique is the priority – players can increase speed as they feel more comfortable with movement. Push players to get to game speed.</p> <p>Advanced: use only one ball and have the player receive a pass and make a one-touch self-pass to cone before making move.</p>
<p>Phase 3 Small Sided Games</p>	<p>1v1 to Small Goals (30x20yd grid)</p> <p>Progress to 1v2 and 2v2</p> <p>Set-Up: players are opposite each other with goals (30 yards apart) to right and left – defending player passes to attacking player who has the opportunity to choose which goal to attack. Passing player defends and if he/she wins the ball they become the attacker and go to goal.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Good, weighted, pass to start 2. Positive first touch towards a goal/away from on-rushing defender 3. Use moves to change direction 4. Change direction to attack non-defended goal <p>Advanced: tell the players the number of moves they must do before they go to goal.</p>

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Week 2 & 11	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Agility 1. Side-Shuffle 2. Forward-Back 3. Side-Steps 4. Double-Steps 5. Single-Steps</p> <p>Set-Up: 7 cones in a line – 1st cone 5 yards from next 6 (1 foot apart) with 7th cone 5 yards further forward. Player sprints from 1st cone to 2nd – performs exercise through cones – sprints to last cone and back peddles to line</p>	<p>Teaching Points: Focus is on the execution of the movement and not the speed. Tell (and show) players how to keep their body in alignment while changing direction – this will help with their ball mastery. Increase of speed should be seen after each player has mastered each movement.</p>
<p>Phase 2 Ball Mastery</p>	<p>Moves to Turn 90° Moves: To Change Direction (90°) 1. Inside Chop (x10) 2. Outside Chop (x10) 3. Pivot Turn (x10) 4. Step Over Turn (x10) 5. Combination on 1, 3, and 4 (x10)</p> <p>Set Up: Coerver Square (10x10yds) w/ ball per player turning to the left and/or right with pass to waiting player</p>	<p>Teaching Points: Focus is on the execution of body and ball movement while utilizing the proper foot surfaces. Proper technique is the priority – players can increase speed as they feel more comfortable with movement. Push players to get to game speed.</p> <p>Advanced: use only one ball and have the player receive a pass and make a one-touch self-pass to cone before making move.</p>
<p>Phase 3 Small Sided Games</p>	<p>Change of Direction Game (20x20 yd grid) Progress to 1v2 and 2v2 Goals are facing outward and opposite of each other with two equal teams. One side is attacking and the other defending. Coach plays ball into the attacking area and defender goes to defend. Attacker can score in either goal.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. How, when and where to make moves 2. Ball control and movement 3. Head up and execute quickly

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Week 3 & 12	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Individual Touches</p> <ol style="list-style-type: none"> 1. Inside-Inside combinations 2. Inside-outside combinations 3. Inside-Inside (x4) sole drag-across 4. Inside-Inside (x4) sole drag 90° 	<p>Teaching Points: Focus is on the execution of the movement and not the speed. As each player gains a greater rhythm challenge each player to go faster while still having proper technique.</p> <p>Time Challenge: How many touches can you make in 60 seconds? Challenge the players to better their touches from last time.</p>
<p>Phase 2 Ball Mastery</p>	<p>Passing and Positive First Touch Passing and Receiving: Positive First Touch</p> <ol style="list-style-type: none"> 1. Inside of right foot – pass 2. Inside of left foot – pass 3. Outside of right foot – pass 4. Outside of right foot – pass <p>Set-Up: Coerver lanes</p>	<p>Teaching points: body position to receive, body position to pass, inside of foot through the middle of the ball.</p> <p>Challenge: how many passes can be made in 60 seconds.</p>
<p>Phase 3 Small Sided Games</p>	<p>Pass to Target and Finish (30x30yd grid) Progress to 1v2 and 2v2 Same set-up as week 1/10 with the addition of target players either side of both goals. The defending player passes the ball to the attacking player and enters to defend. The attacking player must combine with target player before going to either goal.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Accurate and appropriately weighted 1st pass 2. Positive first touch 3. Early pass options 4. How, when and where to make individual moves

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Week 4 & 13	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Individual Touches</p> <ol style="list-style-type: none"> 1. Inside-Inside combinations 2. Inside-outside combinations 3. Inside-Inside (x4) sole drag-across 4. Inside-Inside (x4) sole drag 90° 	<p>Teaching Points: Focus is on the execution of the movement and not the speed. As each player gains a greater rhythm challenge each player to go faster while still having proper technique.</p> <p>Time Challenge: How many touches can you make in 60 seconds? Challenge the players to better their touches from last time.</p>
<p>Phase 2 Ball Mastery</p>	<p>Passing and Positive First Touch Passing and Receiving: Positive First Touch w/ Combination passes</p> <p>After 1st pass the passing player moves out of lanes at an angle to receive pass back. The receiving player opens to free lane to receive the next pass before playing it forward. And continue.</p> <ol style="list-style-type: none"> 1. Inside of right foot – pass 2. Inside of left foot – pass 3. Outside of right foot – pass 4. Outside of right foot – pass <p>Set-Up: Coerver lanes</p>	<p>Teaching points: body position to receive, body position to pass, inside of foot through the middle of the ball.</p>
<p>Phase 3 Small Sided Games</p>	<p>Pass to Target and Finish (30x30yd grid) Progress to 1v2 and 2v2</p> <p>Same set-up as week 1/10 with the addition of target players either side of both goals. The defending player passes the ball to the attacking player and enters to defend. The attacking player must combine with target player before going to either goal.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Accurate and appropriately weighted 1st pass 2. Positive first touch 3. Early pass options 4. How, when and where to make individual moves

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Week 5 & 14	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Agility</p> <ol style="list-style-type: none"> 1. Side-Shuffle 2. Forward-Back 3. Side-Steps 4. Double-Steps 5. Single-Steps <p>Set-Up: 7 cones in a line – 1st cone 5 yards from next 6 (1 foot apart) with 7th cone 5 yards further forward. Player sprints from 1st cone to 2nd – performs exercise through cones – sprints to last cone and back peddles to line</p>	<p>Teaching Points: Focus is on the execution of the movement and not the speed. Tell (and show) players how to keep their body in alignment while changing direction – this will help with their ball mastery. Increase of speed should be seen after each player has mastered each movement.</p>
<p>Phase 2 Ball Mastery</p>	<p>Moves to Beat Players Side-on (Stop-Start Moves)</p> <p>Moves: To Beat Players Side-by-Side</p> <ol style="list-style-type: none"> 1. High Wave (x10) 2. Low Wave (x10) 3. Step Kick (x10) 4. Pull-Push (x10) 5. Cookie (x10) 5. 2 Changes of Direction and 1 Move to Beat (x10) <p>Set Up: 3 cones in a line 8 yards apart. Middle cones are “defenders” that the player must beat.</p>	<p>Teaching Points: Focus is on the execution of body and ball movement while utilizing the proper foot surfaces. Proper technique is the priority – players can increase their speed as they feel more comfortable with movement. Push players to get to game speed.</p> <p>Advanced: use only one ball and have the player receive a pass and make a one-touch self-pass to cone before making move. Hip movement towards cones on 1 and 4 are essential.</p>
<p>Phase 3 Small Sided Games</p>	<p>1v1 to Small Goals (20x20yd grid)</p> <p>Progress to 2v1 and 2v2</p> <p>Set-Up: players side-by-side with two goals facing the same direction. Defending player passes ball into grid for attacking player. If defensive player wins the ball they can attack.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Good, weighted, pass to start 2. Positive first touch towards a goal/away from on-rushing defender 3. Use moves to beat defender 4. Change direction to attack non-defended goal

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		5. Use body to protect ball and to “sell” the move.
Week 6 & 15	Exercises	Coaching Emphasis
Phase 1 Body Control	<p>Agility</p> <ol style="list-style-type: none"> 1. Side-Shuffle 2. Forward-Back 3. Side-Steps 4. Double-Steps 5. Single-Steps <p>Set-Up: 7 cones in a line – 1st cone 5 yards from next 6 (1 foot apart) with 7th cone 5 yards further forward. Player sprints from 1st cone to 2nd – performs exercise through cones – sprints to last cone and back peddles to line</p>	<p>Teaching Points: Focus is on the execution of the movement and not the speed. Tell (and show) players how to keep their body in alignment while changing direction – this will help with their ball mastery. Increase of speed should be seen after each player has mastered each movement.</p>
Phase 2 Ball Mastery	<p>Moves to Beat Players Head-on</p> <p>Moves: To Beat Players Head-on</p> <ol style="list-style-type: none"> 1. Side Step (x10) 2. Scissors (x10) 3. Double Side Step (x10) 4. Double Scissors (x10) 5. Drag Push (x10) <p>Set Up: 3 cones in a line 8 yards apart. Middle cones are “defenders” that the player must beat.</p>	<p>Teaching Points: Focus is on the execution of body and ball movement while utilizing the proper foot surfaces. Proper technique is the priority – players can increase speed as they feel more comfortable with movement. Push players to get to game speed.</p> <p>Advanced: use only one ball and have the player receive a pass and make a one-touch self-pass to cone before making move.</p>
Phase 3 Small Sided Games	<p>3 Gate Attack (25x30yd grid)</p> <p>Progress to 2v1 and 2v2</p> <p>Each end line has three gates that will be used as goals (dribble through not shoot) and two teams facing each other at the mid point of the sideline. On coaches command the first of both teams will sprint around the corner cones and enter the grid through the middle gates. The coach leaves a ball in the middle of the field (advanced players should call for ball and receive a pass from the</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Readiness of players 2. How, when and where to make moves 3. Attacking the weaker side/open gates 4. Over sell moves <p>*Can start this game without a ball and have the defender “tag” the attacking player</p>

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	coach) and the player who gets to the ball first goes to “goal” while the other player defends.	
Week 7 & 16	Exercises	Coaching Emphasis
Phase 1 Body Control	Individual Touches <ol style="list-style-type: none"> 1. Inside-Inside combinations 2. Inside-outside combinations 3. Inside-Inside (x4) sole drag-across 4. Inside-Inside (x4) sole drag 90° 5. Inside-Inside-Step-Over 	Teaching Points: Focus is on the execution of the movement and not the speed. As each player gains a greater rhythm challenge each player to go faster while still having proper technique. Time Challenge: How many touches can you make in 60 seconds? Challenge the players to better their touches from last time.
Phase 2 Ball Mastery	Passing & Receiving to Switch the Point of Attack In a 20x20yd grid (players wait inside the grid) players pass the ball around the outside of the grid after receiving the ball in various ways: <ol style="list-style-type: none"> 1. Body open – Inside of back foot 2. Body “Square” to pass – Inside of far foot 3. Body Closed – Outside of near foot 	Teaching Points: <ol style="list-style-type: none"> 1. Correct body alignment for pass and first touch 2. Anticipation of second touch/pass 3. Movement to ball (no standing and waiting)
Phase 3 Small Sided Games	2v2 4-Goal Game (20x20yd grid) Progress to 3v3 and/or add targets 2 goals at the corners of each end line with two teams lined up facing each other between the goals. As a team scores (or shoots) and the ball crosses the end line they automatically become the defending team as the next attacking group is dribbling onto the field.	Teaching Points: <ol style="list-style-type: none"> 1. Transition from attack to defense (and vice versa) 2. Overlapping runs (no straight runs) 3. Changing the point of attack to open goals 4. 1st and 2nd man defending (zonal – not man)

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Week 8 & 17	Exercises	Coaching Emphasis
<p>Phase 1 Ball Control</p>	<p>Ball Mastery Relay Moves to include: 1. All change of directions moves 2. All moves to beat players 3. Stop-Start Moves 4. Passing 5. Receiving passes with various parts of foot</p>	<p>Set-Up: 3 cones per team (teams in 4 if possible) 10 yards apart in a straight line. Team sitting down first with their hands in the air after the relays gets points (3 for win, 2 for 2nd etc.) to make it competitive.</p> <p>Emphasis is on execution of items that coach requests the players to move (challenge them each time by adding more items and more difficult items).</p>
<p>Phase 2 Ball Mastery</p>	<p>1v1 Breakaway (Fast Break) Games (20x20yd grid) 2 goals at one end with a 5yd scoring line (must dribble past line to score) with two teams opposite of the goals in a line. Each player starts with a ball and one team starts to attack. As soon as they shoot/score they sprint around the goal and defend the incoming attacking player (who starts to attack as soon as the previous shot was taken).</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. How, when and where to make moves 2. Readiness and start speed 3. Finish quickly 4. Transition to defend
<p>Phase 3 Small Sided Games</p>	<p>3v3 4-Goal Game (20x20yd grid) Flying Changes 2 goals at the corners of each end line with two teams lined up facing each other between the goals. As a team scores (or shoots) and the ball crosses the end line they automatically become the defending team as the next attacking group is dribbling onto the field.</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. Transition from attack to defense (and vice versa) 2. Overlapping runs (no straight runs) 3. Changing the point of attack to open goals 4. 1st, 2nd and 3rd man defending (zonal – not man) (Pressure, cover and balance)

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Week 9 & 18	Exercises	Coaching Emphasis
<p>Phase 1 Body Control</p>	<p>Ball Mastery Relay Moves to include: 1. All change of directions moves 2. All moves to beat players 3. Stop-Start Moves 4. Passing 5. Receiving passes with various parts of foot</p>	<p>Set-Up: 3 cones per team (teams in 4 if possible) 10 yards apart in a straight line. Team sitting down first with their hands in the air after the relays gets points (3 for win, 2 for 2nd etc.) to make it competitive.</p> <p>Emphasis is on execution of items that coach requests the players to move (challenge them each time by adding more items and more difficult items).</p>
<p>Phase 2 Ball Mastery</p>	<p>1v1 Fast Break to 2 Goals (20x20yd grid) 4-goals in each corner with two teams (split teams in two with one half behind each of their defending goals). 5yd finish line is used. Once attacking player shoots on goal he/she becomes the defender – defending the opposite corner to where they shot (ie. If they shoot to the left the next attacking player will come from their right).</p>	<p>Teaching Points:</p> <ol style="list-style-type: none"> 1. How, when and where to make moves 2. Readiness and start speed 3. Finish quickly 4. Transition to defend
<p>Phase 3 Small Sided Games</p>	<p>4v4 games</p>	

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Additional Week	Exercises	Coaching Emphasis
Phase 1 Body Control		
Phase 2 Ball Mastery		
Phase 3 Small Sided Games		