

# SOCCER4LIFE

REACHING COMMUNITIES. GIVING OPPORTUNITIES



**CLUB CURRICULUM AND SYLLABUS**



## Soccer4Life Youth Soccer Curriculum

### Introduction

Soccer4Life is dedicated to providing a comprehensive soccer education to youth aged 4 to 17. Our curriculum is designed to cater to the developmental needs of players, ensuring that they not only learn the technical and tactical aspects of soccer but also develop important life skills such as teamwork, discipline, and leadership.

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### Curriculum Overview

**Age Groups:** 4-6, 7-9, 10-12, 13-15, 16-17

**Focus Areas:** Technical Skills, Tactical Understanding, Physical Development, Mental & Emotional Growth, Life Skills

**Coach Training:** Licensed and volunteer coaches will receive ongoing training through workshops led by our Director of Coaching.

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### Curriculum Breakdown by Age Group

**Ages 4-6:** Introduction to Soccer

#### Objectives:

- Foster a love for the game.
- Develop basic motor skills.
- Introduce simple rules and concepts of soccer.

#### Key Activities:

- Fun games to develop coordination (e.g., "Red Light, Green Light").
- Basic ball control (dribbling, stopping).
- Understanding the field layout and boundaries.

**Session Structure:**

**Warm-Up:** 5-10 minutes of fun, dynamic stretching.

**Skill Activity:** 15-20 minutes of simple ball games.

**Game Play:** 10-15 minutes of small-sided games (3v3).

**Cool Down:** 5 minutes of light stretching and review.

**Life Skills Focus:**

- Sharing and taking turns.
- Listening and following instructions.

**Ages 7-9: Foundation Building**

**Objectives:**

- Develop basic technical skills.
- Introduce simple team play concepts.
- Promote physical fitness and coordination.

**Key Activities:**

- Dribbling with both feet.
- Passing and receiving.
- Basic shooting techniques.
- Small-sided games to understand positions and space.

**Session Structure:**

**Warm-Up:** 10 minutes of dynamic exercises.

**Skill Activity:** 20 minutes focused on ball control and passing.

**Game Play:** 20 minutes of 4v4 games.

**Cool Down:** 10 minutes of stretching and fun review quizzes.

**Life Skills Focus:**

- Sportsmanship.
- Basic teamwork and communication.

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**Ages 10-12: Skill Development**

**Objectives:**

- Enhance technical skills.
- Introduce tactical awareness.
- Build physical fitness and strength.

**Key Activities:**

- Advanced dribbling and feints.
- Precision passing and receiving under pressure.

- Shooting with accuracy and power.
- Introduction to defensive skills and strategies.

**Session Structure:**

**Warm-Up:** 10 minutes with dynamic stretching and agility drills.

**Skill Activity:** 25 minutes on advanced technical drills.

**Tactical Session:** 15 minutes of small-sided games focused on specific tactics.

**Game Play:** 20 minutes of 7v7 games.

**Cool Down:** 10 minutes of stretching and team discussion.

**Life Skills Focus:**

- Respect for teammates and opponents.
- Responsibility and time management.

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**Ages 13-15:** Tactical Awareness

**Objectives:**

- Refine technical skills.
- Develop a deep understanding of game tactics.
- Increase physical conditioning and strength.

**Key Activities:**

- Complex dribbling and combination plays.
- Tactical passing and movement.
- Defensive positioning and strategies.
- Set-piece techniques (corners, free kicks).

**Session Structure:**

**Warm-Up:** 15 minutes of dynamic stretching and high-intensity drills.

**Skill Activity:** 30 minutes on technical and tactical drills.

**Tactical Session:** 20 minutes on team tactics and formations.

**Game Play:** 30 minutes of 9v9 games.

**Cool Down:** 15 minutes of stretching and tactical discussions.

**Life Skills Focus:**

- Leadership and decision-making.
- Handling pressure and developing resilience.

## **Ages 16-17: Advanced Tactics and Fitness**

### **Objectives:**

- Master technical skills.
- Advanced tactical understanding and application.
- Peak physical conditioning.

### **Key Activities:**

- Mastery of dribbling, passing, and shooting.
- In-depth tactical training (offensive and defensive).
- Advanced fitness and conditioning regimes.
- Specialized goalkeeper training.

### **Session Structure:**

**Warm-Up:** 20 minutes of high-intensity exercises.

**Skill Activity:** 40 minutes of advanced technical and tactical drills.

**Tactical Session:** 30 minutes on complex game strategies and formations.

**Game Play:** 40 minutes of 11v11 games with full match conditions.

**Cool Down:** 20 minutes of comprehensive stretching and tactical review.

### **Life Skills Focus:**

- Professionalism and self-discipline.
- Goal setting and career planning.

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## **Coach Training and Development**

### **Objectives:**

- Equip coaches with essential skills and knowledge.
- Ensure consistent delivery of the curriculum.
- Foster a supportive learning environment for all players.

### **Key Components:**

**Initial Workshops:** Covering basic coaching principles, age-specific training techniques, and safety protocols.

**Ongoing Training:** Monthly workshops on advanced coaching techniques, tactical planning, and player psychology.

**Mentorship Program:** Pairing new volunteer coaches with experienced coaches for hands-on learning.

**Evaluation and Feedback:** Regular assessments of coaching effectiveness and player development progress.

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## **Evaluation and Feedback**

### **Player Development:**

- Regular assessments and feedback on technical and tactical skills.
- Progress tracking through age-specific skill benchmarks.

### **Coach Performance:**

- Periodic reviews and feedback sessions.
- Opportunities for continuous improvement and certification.

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## **Conclusion**

The Soccer4Life curriculum aims to provide a holistic approach to youth soccer development, ensuring that every player has the opportunity to learn, grow, and enjoy the game. By focusing on technical skills, tactical knowledge, physical fitness, and personal growth, we strive to create well-rounded individuals who are not only skilled soccer players but also valuable members of their communities.