

Grassroots Soccer Curriculum Master Plan (U6 to U14) - Visualization Ready

This document provides a synthesized 10-week core practice plan for four major age groups, featuring detailed Player Movement Visualization Language (PMVL) for every activity.
Field Geometry: 100 units (Length) x 80 units (Width).

1. U6 Grassroots Full Season Blueprint (Ages 4-6)

(Focus: Fun, Individual Ball Mastery, and Movement)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W1	Dribble: Red Light / Green Light	Immediate Dribbling Response	P1-P5 start at X=8. Coach stands at X=20. On "Green Light," all players dribble toward the coach (X=20). On "Red Light," players perform a sharp stop (X/Y where they are). P1 leads the movement, P2 follows, using close control. Restart when all players reach X=20.
W2	Stop: Dragon's Tail	Stopping & Change of Direction	P1-P5 dribble freely inside the grid. OP1 is the "Dragon" (defender) starting at (30/20) without a ball. OP1 attempts to touch the ball of P1-P5 . If tagged, the player (P2) must stop the ball dead and perform 5 sole rolls, then rejoin the dribbling movement.
W3	Shooting: Knock Down the Cones	Kicking and Striking	P1-P4 start with balls at X=45. Cones (Targets T1-T3) are placed at X=55. P1 executes a 1-step run-up , strikes

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			the ball toward a cone (e.g., T2), and then runs to retrieve their ball. The next player (P2) starts immediately after P1 shoots.
W4	Receive: Catch the Ball with the Foot	Receiving/Control	P1-P5 stand in a line at X=70. Coach (C) stands at X=75. C gently tosses a ball to P1 . P1 must softly cushion the ball with their foot (inside/sole/top) to stop it dead. P1 then dribbles the ball back to the line and the next player (P2) goes.
W5	Pass: Passing Pairs in the Park	Inside of the Foot Pass	P1 starts at (80/10) with the ball, P2 starts opposite at (90/10). P1 passes the ball to P2 . P1 then follows the pass to take P2's place. P2 receives and passes back to the next player in P1's original line. The flow is continuous back and forth between two lines.
W6	Shield: Crocodile River	Ball Protection/Shielding	P1-P5 enter the channel and dribble toward the far end (X=23). OP1 is a floating defender (Crocodile) at (10/55). P1 must use their body to keep the ball away from OP1 while maintaining forward movement. If OP1 wins the ball, the player (P1) restarts the drill.

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W7	Move: Freeze Tag with Ball	Agility and Movement	P1-P5 dribble freely. OP1 is "It" without a ball and attempts to tag players. Players must dribble away from OP1 . If tagged, the player (P2) must stop the ball and remain frozen until a teammate (P3) passes the ball to them to unfreeze.
W8	Space: Rocket Launch	Dribbling into Space	P1-P5 start in a small inner square (e.g., 45/55 to 55/65). On "Launch," P1 must take a massive first touch and accelerate explosively out of the small square into the large, open zone. After accelerating, P1 dribbles back to the start and P2 launches.
W9	Turn: The Magic Triangle	Simple Turning Moves	P1-P4 line up. Cone (T1) is 5 units ahead. P1 dribbles to T1 , executes a turn (e.g., V-pull), and accelerates away from the cone, dribbling back to the line. Focus is on clean footwork and rapid speed change after the turn.
W10	Game: 4v4 Small-Sided Game	Full Review / The Game	P1-P4 (Blue) and OP1-OP4 (Red) engage in free play within the grid. P1 attempts to dribble toward OP1 (defender) and make a pass to a teammate (P2) or shoot on goal. Movement is

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			directional and unscripted.

2. U8 Grassroots Full Season Blueprint (Ages 6-8)

(Focus: Directional Play, First Touch, and 1v1 Concepts)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W1	Dribble: Dribbling Freeway	Attacking Space	P1-P6 dribble freely. On call ("Zone A" or "Zone B"), all players must change direction rapidly (e.g., P1 uses an inside hook) and dribble quickly to enter the called end zone (X=30 or X=45). Continuous movement between zones.
W2	Receive: Traffic Jam (3v3)	Control in Pressure	P1-P3 (Attackers) maintain possession against OP1-OP3 (Defenders) . P1 receives a pass from the coach (C at 50/15) and must take a positive first touch into space (e.g., P1 controls ball from X=55 to X=58) to evade the nearest defender (OP2) and retain possession.
W3	Pass: Gate-to-Gate Passing	Passing Accuracy & Decision	Two lines: P1-P3 (70/10) and P4-P6 (95/10). P1 passes the ball through one of the central gates (G1-G3) to P4 . P1 then follows the pass to the back of the opposite line. P4 receives, controls, and

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			passes back to the next player in P1 's original line.
W4	Speed: The Fast Lane	Running with the Ball	P1 and P3 start with balls on the X=30 line in parallel lanes. On "Go," P1 executes a speed dribble by kicking the ball 5-10 units ahead and running onto it. The race ends when the player successfully stops the ball fully on the X=45 line.
W5	Finish: Shot Block	Scoring Accuracy	P1-P4 line up at X=52. P1 dribbles forward into the shooting zone. Upon reaching the Shot Block Line (X=60), P1 must strike the ball with the instep toward one of the small goals (G1 or G2). P1 retrieves the ball and restarts the queue.
W6	1v1 Att: Red Sea Game	1v1 Attacking Moves	P1 (Attacker) starts with the ball at (75/40) facing OP1 (Defender) at (80/40). P1 dribbles quickly toward OP1 and executes a change-of-direction move (e.g., step-over) to beat OP1 and score in Goal 1 or Goal 2 (X=95).
W7	1v1 Def: Wall Builders	1v1 Defensive Pressure	P1 (Attacker) starts at (35/65) facing OP1 (Defender) at (40/65). OP1 moves to pressure P1

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			immediately upon the start, staying low and patient. OP1 attempts to force P1 wide or execute a clean tackle (e.g., block tackle) to win the ball before P1 scores.
W8	Coop: 2v1 Advantage	Simple Attack Decisions	P1 starts with the ball, P2 supports, facing OP1 . P1 dribbles toward OP1 . P1 must decide whether to dribble past OP1 or play the Pass to P2 to score in the central goal. P2 must move to create a clean passing line for P1 .
W9	Possession: Square Pass and Move	Basic Support	P1-P4 (Blue) are static outside. OP1-OP2 (Red) are active defenders inside. P1 passes to P2 . Upon making the pass, P1 immediately moves to an empty cone/corner (e.g., from 70/58 to 80/58) to maintain passing options for P2 . Continuous pass and support.
W10	Game: 4v4 Game Phase	Full Application	P1-P4 (Blue) and OP1-OP4 (Red) engage in free play on the pitch. P1 attempts to combine with P2 using a pass-and-run, and P2 attempts to control and turn away from OP1 to attack the small goal. Unscripted movement.

3. U10 Full Season Blueprint (Ages 8-10)

(Focus: Tactical Themes, Positional Roles, and Transition)

Part 1: Attacking Themes (Weeks 1 - 4)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W1	Building Up: 6v4 Rondo	Possession/Support	P1-P6 maintain possession against OP1-OP4 . Example: P1 passes to P2. P1 immediately checks away from the passing line (e.g., 3 units) to create a new passing angle (support) for P2 if they are pressured by OP1 . Focus on quick passing and moving to support.
W2	Building Up: 7v5 to End Zone	Build-Up / Width	P1 (GK at 5/15) starts. P2 and P3 (Defenders) move wide to create width. P4 (Midfielder) checks down for support. The objective is for P1-P4 to play the ball forward, breaking the pressing line of OP1-OP3 , to P5/P6 (strikers) for a final pass to P7 (in End Zone).
W3	Scoring: 2v1/3v2 Attacking Angles	Finishing / Overloads	P1 passes to P2 (start of 2v1). P2 dribbles directly at OP1. P1 makes an attacking run (overlap wide or underlap central). P2 must decide to dribble past OP1 or execute the pass to P1 before OP1 can recover or tackle. Continuous

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
			rotation.
W4	Scoring: 6v6 with Targets	Shooting & Support	P1-P6 attack the goal (X=100). If P1 is under pressure from OP1 , they can pass to a Target Player (T1) on the boundary. T1 receives and passes back to a different teammate (P3) who has moved to create space. Movement must utilize the full width of the field to stretch the defense.

Part 2: Defending & Transition Themes (Weeks 5 - 8)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W5	Defending: Pressure & Cover	Pressure/Cover	P1 (Ball Carrier) attacks. OP1 applies immediate pressure to the ball, closing the space to P1 and forcing them to commit. OP2 must drop 3-5 units behind OP1 to provide Cover . If P1 passes to P2 , OP2 steps up to Pressure, and OP1 drops to Cover. Continuous shift.
W6	Defending: 6v4 Defensive Overload	Defensive Shape	P1-P4 (Attackers) attempt to penetrate the defense. OP1-OP6 defend compactly. OP1 pressures the ball carrier (P1). OP2 and OP3 shift laterally (e.g., 5 units) to delay the attack and prevent

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			vertical penetration. Red attempts to win the ball and counter-attack into the gates (X=90).
W7	Transition: Attacking Transition	Counter-Attack	When P1 wins the ball from OP1 , P1 must look for an immediate forward pass to P2 or P3 who is making a quick forward run into open space. Focus on the speed of thought and the first pass forward to exploit the opponent's exposed shape.
W8	Transition: Defensive Transition	Recovery/Pressing	5v5 SSG. When P1 loses the ball to OP1 , P1 and the nearest teammate (P2) must sprint back (recover) to get goal-side of the attacking players (OP2 , OP3) to re-establish defensive shape. Focus on immediate reaction and tracking runs.

Part 3: Game Phase & Review (Weeks 9 & 10)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W9	Game Phase: 7v7 SSG	Positional Play	P1-P7 play in a 1-2-3-1. P4 (Central Midfielder) drops deep (e.g., 10 units) to receive from P2 (Defender) . P4 turns and plays a forward pass to P6 (Striker) . Movement is focused on maintaining

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			positional discipline (e.g., P2 and P3 stay wide defensively).
W10	Review: All-in Game Day	Free Play / Review	P1-P7 (Blue) and OP1-OP7 (Red) play free, unscripted 7v7. Players should use all learned skills, focusing on creating and exploiting space as they see fit.

4. U14 Full Season Blueprint (Ages 12-14)

(Focus: Advanced 11v11 Tactics, Unit Coordination, and Pressing)

Part 1: Attacking Themes (Weeks 1 - 4)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W1	Building Up: Line Penetration (8v6)	Penetration Passing	P1-P8 use possession to draw in defenders. P3 runs into the opposite zone (X>35) to create a target. P2 plays the penetrating pass to P3 . P1 and P4 must shift forward to immediately support P3 to maintain possession after the pass breaks the line.
W2	Scoring: Combination Play	Final Third Combinations	P1 dribbles at OP2 . P2 makes a run behind OP2 . P1 plays a quick one-two pass with P3 (lay-off) to get into shooting position. The movement is quick and continuous to disorganize the defense.

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W3	Attacking Width: Fullback Overlap	Overlapping Runs	P1 (Defender) passes to P2 (Winger) wide. P1 makes an immediate, explosive overlapping run outside of P2 . P2 holds the defender and plays the lay-off to P1 . P1 delivers a cross into the box for P4 and P5 to attack the goal.
W4	Attacking Review: Numerical Superiority	Overload / Superiority	P2 and P3 (Fullbacks) move high to create a 4v2 overload on the left flank. The ball moves quickly from P1 (center) to the overloaded flank (P2/P4) to exploit the space before OP1-OP8 can shift over, creating a scoring chance.

Part 2: Defending & Transition Themes (Weeks 5 - 8)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W5	Defending: The Back Four Unit	Back Four Movement	When the attack (P1-P4) moves to the right flank (high X, low Y), the Back Four (OP1-OP4) must shift compactly 10-15 units right . OP4 presses the wide attacker, and OP1 (far-side CB) tucks in centrally to maintain Balance.
W6	Defending: High Pressing and Trap	High Pressing / Trap	OP1 (Striker) pressures the GK (P1) at an angle, forcing the pass wide to P2 (Fullback) . OP2

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			(Winger) immediately sprints to close down P2 , Trapping the attack against the boundary. The rest of the team (OP3-OP7) moves up to support the high line.
W7	Transition: Counter-Defending	Counter-Pressing	When P1 loses the ball to OP1 , P1 immediately turns and sprints to pressure OP1 (Counter-Press) while P2-P6 drop 5-10 units toward their own goal (Recovery) to get between the ball and the goal. Focus is on immediate reaction.
W8	Set Pieces: Defensive Free Kick Wall	Free Kick Defense	OP1 (GK) organizes the Wall (OP2-OP5) at 10 units from the ball. OP6 and OP7 use Man Marking to track the attacking runners (P2, P3). On the kick, the wall steps forward , and the markers track the runners into the box, clearing the ball.

Part 3: Positional Play & Game Phase (Weeks 9 & 10)

Week	Drill ID (Name & Setup)	Focus	Context (Detailed Player Movement Visualization Language)
W9	Positional Play: Full 11v11 Functional Training	Zonal Gaps / 1-4-3-3	P3 (Center Back) passes the diagonal penetrating pass to P5 (Central Midfielder) who is checking into the Zonal Gap (space

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			between the opponent's defensive and midfield lines). P5 receives, turns, and combines with the strikers (P8, P9). Players must honor the zone lines.
W10	Game Phase: 11v11 Full Game Day	Full Game / Review	P1-P11 and OP1-OP11 engage in free 11v11 play. Players apply all unit movements, high pressing, and attacking combinations in an unscripted game environment.