

# 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	<b>P1-P5</b> 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 <b>sharp stop</b> (X/Y where they are). <b>P1</b> leads the movement, <b>P2</b> follows, using close control. Restart when all players reach X=20.
W2	Stop: Dragon's Tail	Stopping & Change of Direction	<b>P1-P5</b> dribble freely inside the grid. <b>OP1</b> is the "Dragon" (defender) starting at (30/20) without a ball. <b>OP1</b> attempts to touch the ball of <b>P1-P5</b> . If tagged, the player ( <b>P2</b> ) must stop the ball dead and perform 5 sole rolls, then rejoin the dribbling movement.
W3	Shooting: Knock Down the Cones	Kicking and Striking	<b>P1-P4</b> start with balls at X=45. Cones (Targets T1-T3) are placed at X=55. <b>P1</b> executes a <b>1-step run-up</b> , strikes

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

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W7	Move: Freeze Tag with Ball	Agility and Movement	<b>P1-P5</b> dribble freely. <b>OP1</b> is "It" without a ball and attempts to tag players. Players must <b>dribble away from OP1</b> . If tagged, the player ( <b>P2</b> ) must stop the ball and remain frozen until a teammate ( <b>P3</b> ) passes the ball to them to unfreeze.
W8	Space: Rocket Launch	Dribbling into Space	<b>P1-P5</b> start in a small inner square (e.g., 45/55 to 55/65). On "Launch," <b>P1</b> must take a <b>massive first touch</b> and <b>accelerate explosively</b> out of the small square into the large, open zone. After accelerating, <b>P1</b> dribbles back to the start and <b>P2</b> launches.
W9	Turn: The Magic Triangle	Simple Turning Moves	<b>P1-P4</b> line up. Cone ( <b>T1</b> ) is 5 units ahead. <b>P1</b> dribbles to <b>T1</b> , executes a <b>turn</b> (e.g., V-pull), and <b>accelerates away</b> 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	<b>P1-P4 (Blue)</b> and <b>OP1-OP4 (Red)</b> engage in free play within the grid. <b>P1</b> attempts to dribble toward <b>OP1</b> (defender) and make a pass to a teammate ( <b>P2</b> ) 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)
<b>W1</b>	Dribble: Dribbling Freeway	Attacking Space	<b>P1-P6</b> dribble freely. On call ("Zone A" or "Zone B"), all players must <b>change direction rapidly</b> (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.
<b>W2</b>	Receive: Traffic Jam (3v3)	Control in Pressure	<b>P1-P3 (Attackers)</b> maintain possession against <b>OP1-OP3 (Defenders)</b> . P1 receives a pass from the coach (C at 50/15) and must take a <b>positive first touch into space</b> (e.g., P1 controls ball from X=55 to X=58) to evade the nearest defender ( <b>OP2</b> ) and retain possession.
<b>W3</b>	Pass: Gate-to-Gate Passing	Passing Accuracy & Decision	Two lines: <b>P1-P3</b> (70/10) and <b>P4-P6</b> (95/10). <b>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</b>

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

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			immediately upon the start, staying low and patient. <b>OP1</b> attempts to force <b>P1</b> wide or execute a clean tackle (e.g., block tackle) to win the ball before <b>P1</b> scores.
W8	Coop: 2v1 Advantage	Simple Attack Decisions	<b>P1</b> starts with the ball, <b>P2</b> supports, facing <b>OP1</b> . <b>P1</b> dribbles toward <b>OP1</b> . <b>P1</b> must decide whether to dribble past <b>OP1</b> or play the <b>Pass to P2</b> to score in the central goal. <b>P2</b> must move to create a clean passing line for <b>P1</b> .
W9	Possession: Square Pass and Move	Basic Support	<b>P1-P4 (Blue)</b> are static outside. <b>OP1-OP2 (Red)</b> are active defenders inside. <b>P1 passes to P2</b> . Upon making the pass, <b>P1 immediately moves</b> to an empty cone/corner (e.g., from 70/58 to 80/58) to maintain passing options for <b>P2</b> . Continuous pass and support.
W10	Game: 4v4 Game Phase	Full Application	<b>P1-P4 (Blue)</b> and <b>OP1-OP4 (Red)</b> engage in free play on the pitch. <b>P1</b> attempts to combine with <b>P2</b> using a pass-and-run, and <b>P2</b> attempts to control and turn away from <b>OP1</b> 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	<b>P1-P6</b> maintain possession against <b>OP1-OP4</b> . Example: <b>P1 passes to P2</b> . <b>P1 immediately checks away</b> from the passing line (e.g., 3 units) to create a new passing angle (support) for <b>P2</b> if they are pressured by <b>OP1</b> . Focus on quick passing and moving to support.
W2	Building Up: 7v5 to End Zone	Build-Up / Width	<b>P1 (GK at 5/15)</b> starts. <b>P2 and P3 (Defenders)</b> move wide to create width. <b>P4 (Midfielder)</b> checks down for support. The objective is for <b>P1-P4</b> to play the ball forward, breaking the pressing line of <b>OP1-OP3</b> , to <b>P5/P6</b> (strikers) for a final pass to <b>P7</b> (in End Zone).
W3	Scoring: 2v1/3v2 Attacking Angles	Finishing / Overloads	<b>P1 passes to P2</b> (start of 2v1). <b>P2 dribbles directly at OP1</b> . <b>P1 makes an attacking run</b> (overlap wide or underlap central). <b>P2</b> must decide to dribble past <b>OP1</b> or execute the pass to <b>P1</b> before <b>OP1</b> can recover or tackle. Continuous

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			rotation.
<b>W4</b>	Scoring: 6v6 with Targets	Shooting & Support	<b>P1-P6</b> attack the goal (X=100). If <b>P1</b> is under pressure from <b>OP1</b> , they can pass to a <b>Target Player (T1)</b> on the boundary. <b>T1 receives and passes back</b> to a different teammate ( <b>P3</b> ) 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)
<b>W5</b>	Defending: Pressure & Cover	Pressure/Cover	<b>P1 (Ball Carrier)</b> attacks. <b>OP1</b> applies <b>immediate pressure</b> to the ball, closing the space to <b>P1</b> and forcing them to commit. <b>OP2</b> must drop 3-5 units behind <b>OP1</b> to provide <b>Cover</b> . If <b>P1</b> passes to <b>P2</b> , <b>OP2</b> steps up to Pressure, and <b>OP1</b> drops to Cover. Continuous shift.
<b>W6</b>	Defending: 6v4 Defensive Overload	Defensive Shape	<b>P1-P4 (Attackers)</b> attempt to penetrate the defense. <b>OP1-OP6</b> defend compactly. <b>OP1</b> pressures the ball carrier ( <b>P1</b> ). <b>OP2</b> and <b>OP3</b> shift laterally (e.g., 5 units) to <b>delay</b> the attack and prevent

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			vertical penetration. Red attempts to win the ball and counter-attack into the gates (X=90).
<b>W7</b>	Transition: Attacking Transition	Counter-Attack	When <b>P1</b> wins the ball from <b>OP1</b> , <b>P1 must look for an immediate forward pass to P2 or P3</b> who is making a quick forward run into open space. Focus on the speed of thought and the <b>first pass forward</b> to exploit the opponent's exposed shape.
<b>W8</b>	Transition: Defensive Transition	Recovery/Pressing	5v5 SSG. When <b>P1</b> loses the ball to <b>OP1</b> , <b>P1</b> and the nearest teammate ( <b>P2</b> ) must <b>sprint back</b> (recover) to get <b>goal-side</b> of the attacking players ( <b>OP2, OP3</b> ) 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)
<b>W9</b>	Game Phase: 7v7 SSG	Positional Play	<b>P1-P7</b> play in a 1-2-3-1. <b>P4 (Central Midfielder)</b> drops deep (e.g., 10 units) to receive from <b>P2 (Defender)</b> . <b>P4</b> turns and plays a forward pass to <b>P6 (Striker)</b> . Movement is focused on maintaining

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			positional discipline (e.g., <b>P2</b> and <b>P3</b> stay wide defensively).
<b>W10</b>	Review: All-in Game Day	Free Play / Review	<b>P1-P7 (Blue)</b> and <b>OP1-OP7 (Red)</b> 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)
<b>W1</b>	Building Up: Line Penetration (8v6)	Penetration Passing	<b>P1-P8</b> use possession to draw in defenders. <b>P3</b> runs into the opposite zone ( $X>35$ ) to create a target. <b>P2</b> plays the <b>penetrating pass</b> to <b>P3</b> . <b>P1</b> and <b>P4</b> must shift forward to immediately support <b>P3</b> to maintain possession after the pass breaks the line.
<b>W2</b>	Scoring: Combination Play	Final Third Combinations	<b>P1</b> dribbles at <b>OP2</b> . <b>P2</b> makes a run behind <b>OP2</b> . <b>P1</b> plays a <b>quick one-two pass</b> with <b>P3</b> (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	<b>P1 (Defender)</b> passes to <b>P2 (Winger)</b> wide. <b>P1 makes an immediate, explosive overlapping run</b> outside of <b>P2</b> . <b>P2</b> holds the defender and plays the lay-off to <b>P1</b> . <b>P1</b> delivers a cross into the box for <b>P4</b> and <b>P5</b> to attack the goal.
W4	Attacking Review: Numerical Superiority	Overload / Superiority	<b>P2 and P3 (Fullbacks)</b> move high to create a 4v2 overload on the left flank. The ball moves quickly from <b>P1</b> (center) to the overloaded flank ( <b>P2/P4</b> ) to exploit the space before <b>OP1-OP8</b> 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 ( <b>P1-P4</b> ) moves to the right flank (high X, low Y), the <b>Back Four</b> ( <b>OP1-OP4</b> ) must shift compactly 10-15 units right. <b>OP4</b> presses the wide attacker, and <b>OP1</b> (far-side CB) tucks in centrally to maintain Balance.
W6	Defending: High Pressing and Trap	High Pressing / Trap	<b>OP1 (Striker)</b> pressures the GK ( <b>P1</b> ) at an angle, forcing the pass wide to <b>P2 (Fullback)</b> . <b>OP2</b>

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			(Winger) immediately sprints to close down <b>P2</b> , <b>Trapping</b> the attack against the boundary. The rest of the team ( <b>OP3-OP7</b> ) moves up to support the high line.
<b>W7</b>	Transition: Counter-Defending	Counter-Pressing	When <b>P1</b> loses the ball to <b>OP1</b> , <b>P1</b> immediately turns and sprints to pressure <b>OP1</b> (Counter-Press) while <b>P2-P6</b> drop 5-10 units toward their own goal (Recovery) to get between the ball and the goal. Focus is on immediate reaction.
<b>W8</b>	Set Pieces: Defensive Free Kick Wall	Free Kick Defense	<b>OP1 (GK)</b> organizes the <b>Wall (OP2-OP5)</b> at 10 units from the ball. <b>OP6</b> and <b>OP7</b> use <b>Man Marking</b> to track the attacking runners ( <b>P2</b> , <b>P3</b> ). On the kick, the wall <b>steps forward</b> , 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)
<b>W9</b>	Positional Play: Full 11v11 Functional Training	Zonal Gaps / 1-4-3-3	<b>P3 (Center Back)</b> passes the diagonal penetrating pass to <b>P5 (Central Midfielder)</b> who is checking into the <b>Zonal Gap</b> (space

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