

Comprehensive Soccer Training Curriculum Blueprint (U6 to U14)

This blueprint contains a curriculum spanning U6 through U14, with age-scaled field dimensions, player counts, grouping recommendations, and PvP classification for all drills.
Field Geometry: 120 units (Length) x 80 units (Width) (Master Field)

1. Field Definitions and Scaling (Age-Appropriate Training Areas)

All drills are conducted within these defined training areas, which are scaled versions of the 120x80 master grid.

Component	Value	Notes
Field Orientation	Horizontal (Landscape)	X runs 0-120 (Length), Y runs 0-80 (Width).
U6 Training Area (3v3)	45 units x 30 units	Coordinates: X: 37.5 to 82.5, Y: 25 to 55
U8 Training Area (4v4)	60 units x 40 units	Coordinates: X: 30 to 90, Y: 20 to 60
U10 Training Area (7v7)	90 units x 60 units	Coordinates: X: 15 to 105, Y: 10 to 70
U12 Training Area (9v9)	100 units x 70 units	Coordinates: X: 10 to 110, Y: 5 to 75
U14 Training Area (11v11)	120 units x 80 units	Coordinates: X: 0 to 120, Y: 0 to 80 (Full Field)

2. Training Curriculum by Age Group

A. U6 Grassroots Blueprint (Ages 5-6) - Focus: Ball Familiarity & Individual Control

Training Note: All coordinates are contained within the 45x30 unit area.

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
W1	Pirate Ship Dribbling	Ball Control & Awareness	5+	Non-PvP	1 group, every player with a ball.	P1-P5 dribble freely in the 45x30 area. Coach calls "Red Light" (stop ball), "Green

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						Light" (dribble), "Anchor Drop" (sole roll). P1 focuses on keeping the ball within 1 unit of their feet.
W2	Sleeping Giant (Toe Taps)	Coordination & Footwork	1+	Non-PvP	1 group, players rotate.	P1 stands over the ball, performing toe taps (alternating feet touching the top of the ball). The coach is the 'giant'. If the giant wakes up, P1 must stop the ball instantly.
W3	Ball Painting	Dribbling Surfaces	5+	Non-PvP	1 group, every player with a ball.	P1 uses the inside and outside of their foot to 'paint' the grass in the 45x30 grid. The ball is the 'paint brush'. Focus on gentle, push-pull touches.
W4	Freeze Tag (3v1)	Shielding & Dribbling under Pressure	4	PvP	2 groups of 4 (3 attackers vs 1 defender) to maximize active time.	P1-P3 pass and dribble to avoid OP1 (the tagger). If tagged, P1 freezes until a teammate

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						passes the ball to them to unfreeze. Focus on P1 positioning their body between the ball and OP1 .
W5	Shooting Volcano	Shooting Power & Direction	1+	Non-PvP	2 lines of shooters.	P1 dribbles from X=40 and shoots toward a large goal at X=70. Emphasize running into the ball and kicking with the laces (the 'volcano' top).
W6	Pass the River	Short Passing Technique	2+	Non-PvP	2 lines of passers.	P1 and P2 stand 8 units apart (P1 at X=45, P2 at X=53). P1 uses the inside of the foot to execute a gentle, accurate pass directly to P2's foot. P1 then joins the back of P2's line.
W7	Stop and Start	Change of Pace & Direction	1+	Non-PvP	1 group, solo technique.	P1 dribbles at full speed for 5 units (X=40 to X=45), performs an

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						abrupt pull-back turn , and immediately accelerates in the opposite direction (to X=35). Focus on sudden bursts of speed.
W8	Ball Tag	Control and Evasion	5+	PvP	1 large group (Tagger vs. Dribblers).	P1-P4 dribble in the grid. OP1 attempts to kick their ball out of the area. P1 must use tight turns and body feints to evade OP1 while maintaining possession.
W9	Goalkeeper Fun (No Hands)	Catching/Receiving with Feet	1+	Non-PvP	1 group, players rotate.	C rolls slow balls to P1 (acting as keeper in a small 3x3 goal). P1 must receive the ball with the sole of the foot and gently stop it, then immediately pass it back to the coach with the inside of the

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						foot.
W10	3v3 Scrimmage	Game Application	6	PvP	1 group of 6 (or 2 games of 3v3 if 12+ players).	P1-P3 vs. OP1-OP3 play 3v3 in the full 45x30 area. Focus on encouraging players to dribble and shoot .

B. U8 Grassroots Blueprint (Ages 7-8) - Focus: Decision Making in Small Spaces & Basic Passing

Training Note: All coordinates are contained within the **60x40 unit area** (X: 30-90, Y: 20-60).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
W1	Possession: Keepaway Kings	Keeping the Ball / Dribbling	7	PvP	2 groups of 7 (6 attackers vs 1 defender) to ensure small-sided density.	P1-P6 dribble freely in a 40x30 grid (X=40 to X=80, Y=25 to Y=55) . P1 must take small, controlled touches with all surfaces of the foot to keep the ball away from the designated defender (OP1). If OP1 wins the ball, the ball carrier (P1)

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						becomes the defender.
W2	Attack: Dribbling Freeway Race	Dribbling to Penetrate / Speed	1+	Non-PvP	2 lines of players.	P1 starts at X=40. On command, P1 must use a long, speed dribble into the designated attack zone (X=40 to X=75). P1 must maintain full control and perform a stop-turn at X=75 before returning.
W3	Escape: First Touch Escape	2	Non-PvP	3 groups of 3 (P, OP, C/Passer). OP1 provides non-tackling pressure.	P1 receives a gentle pass from C at X=50. OP1 closes rapidly (run from X=60). P1 must use their first touch to move the ball sharply away from the closing defender (OP1) and into open space (e.g., control from X=50 to X=55, Y=45).	
W4	Pass: Pass the Tunnel	Passing Technique	2+	Non-PvP	2 lines of passers.	P1 and P2 stand 15

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
		and Accuracy				units apart (P1 at X=45, P2 at X=60, Y=40). P1 must use the inside of the foot to execute a medium-paced pass that goes cleanly through the 'tunnel' (two cones placed 3 units apart near P2). P1 follows the pass to P2's position.
W5	Support: Triangle Pass & Movement	Passing with Support/Movement	3	Non-PvP	3-4 triangles of 3.	Continuous triangle passing between P1, P2, P3 (each 10 units apart). P1 passes to P2, then immediately moves (checks) 5 units to the side to create a new passing angle (support) for P2 . Continuous movement in a small, dense passing drill.
W6	Combo: Wall	Combination	2	Non-PvP	2 lines,	P1 passes to

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
	Pass (Give and Go)	Play			working in pairs.	P2 (the wall) at X=65. P1 makes an immediate forward run to X=75. P2 uses a quick, one-touch pass (Wall Pass) to return the ball to P1 in stride, allowing P1 to accelerate and score into a small goal at X=80.
W7	Defend: Shadow Defending (1v1)	Pressure on the Ball	2	PvP	3-4 stations of 1v1.	OP1 (Defender) starts 5 units from P1 (Attacker) . OP1 must approach P1 with speed but slow down (jockey) upon closing the gap (around X=55), maintaining a low, balanced body position to delay the attack and apply pressure .
W8	Win Ball: Intercept the	Interceptions and	3	PvP	3-4 groups of 3	Two lines of players 20

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
	Line	Reactions			(Pas-Int-Rec)	units apart (X=40, X=60). P1 passes to P2 . OP1 is positioned in the middle (X=50) and attempts to read the pass and sprint to intercept the ball before it reaches P2 . Focus on quick reaction time over short distance.
W9	Finish: Shooting Gate	Shooting Technique and Accuracy	1+	Non-PvP	2 lines of shooters.	P1 dribbles from X=40 to the Shooting Line at X=55 . P1 must strike the ball with the instep toward one of two small target goals (G1 at Y=30, G2 at Y=50). Emphasize accuracy and technique in the small space.
W10	Game: 4v4 Game Phase	Full Application / Decision Making	8	PvP	1 game (or 2 games of 4v4 if 16+ players).	P1-P4 (Blue) and OP1-OP4 (Red) play 4v4 in the full 60x40 area

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						(X=30 to X=90). P1 attempts to dribble and beat the nearest opponent (OP1) or make a penetrating pass to a teammate (P2) to create a scoring chance in the confined space.

C. U10 Grassroots Blueprint (Ages 9-10) - Focus: Positional Awareness & Combination Play

Training Note: All coordinates are constrained within the **90x60 unit area** (X: 15-105, Y: 10-70).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
W1	Building Up: 6v4 Rondo	Possession/ Support in Tight Space	10	PvP (6v4)	1 group (or 2 groups of 10 if 20+ players).	P1-P6 engage in a Rondo within a 30x30 square (X=45 to X=75, Y=25 to Y=55). P1 passes to P2 . P1 immediately checks away (5 units) from the passing

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						line to create a new passing angle (support) for P2 if pressured by OP1 . Focus is on quick, short passing.
W2	Building Up: 7v5 to End Zone	Build-Up / Width Utilization	12	PvP (7v5)	1 large group (or 2 groups of 12 if 24+ players).	Full 90x60 area . P2 and P3 (Defenders) move wide (Y=15, Y=65). P4 (Midfielder) checks down for support. Objective: play forward, breaking the pressing line of OP1-OP3 (around X=40), to P5/P6 for a final pass to P7 (in End Zone at X>95).
W3	Scoring: 2v1/3v2 Attacking Angles	Finishing / Overloads / Decision Making	3-5	PvP (2v1 or 3v2)	3-4 stations of 3-5 players.	Attack starts at X=50 . P2 dribbles directly at OP1 (Defender at X=65). P1 makes an attacking run (overlap wide or

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						underlap central toward X=85). P2 must make the correct decision (dribble, pass, or shoot) at the decision cone (X=70).
W4	Scoring: 6v6 with Targets	Shooting & Support Movement	14	PvP (Game format)	1 group (Tgt players can be C/extras).	Full 90x60 area . T1 (Target Player) is positioned wide on the boundary at X=90, Y=15 . P1 passes from central X=40 to T1 . T1 receives and passes back to a different teammate (P3) who has moved from X=50 to X=75 to create space for a shot.
W5	Defending: Pressure & Cover Progression	Pressure/Cover/Balance	3	PvP (3v1 pressure)	4-5 groups of 3 (Defenders rotate).	Drill in a 45x30 area (X=40 to X=85) . OP1 applies immediate pressure to the ball (P1 at X=45). OP2 must

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						drop 8-10 units behind (e.g., X=37) and shift laterally to provide Cover and Balance. Continuous rotational shift is mandatory.
W6	Defending: 6v4 Defensive Overload	Defensive Shape and Delay	10	PvP (6v4)	1 group (or 2 groups of 10 if 20+ players).	Attack starts at X=20 . OP1-OP4 shift laterally 15 units to cover the flank being attacked. The defensive line must work to delay the attack at the Contain Line (X=60) and deny the pass into the central area.
W7	Transition: Attacking Counter-Attack	Speed of Attack / First Pass Forward	3	PvP	4-5 groups of 3.	P1 wins the ball from OP1 at X=40 . P1 must look for an immediate forward pass (trajectory of 40 units) to P2 or P3 who is making a

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						quick forward run into the final third (X>80). Focus on the speed of thought and execution of the penetrating pass .
W8	Transition: Defensive Recovery/Pressing	Immediate Reaction to Loss of Possession	3	PvP	4-5 groups of 3.	P1 loses the ball to OP1 at X=70 . P1 and the nearest teammate (P2) must sprint back (recover 30 units) to get goal-side of the attack (e.g., X=40) while P3 attempts to apply a counter-press to delay OP1 .
W9	Positional Play: 7v7 Small-Sided Game	Positional Discipline / Zonal Movement	14	PvP (7v7)	1 group (or 2 games of 7v7 if 28+ players).	Full 90x60 area . P4 (Central Midfielder) drops deep (X=30) to receive from P2 (Defender) . P4 turns and plays a forward pass to P6 (Striker) .

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						making a run from X=75 to X=90 . Movement must maintain the team shape (e.g., 2-3-1).
W10	Review: All-in 7v7 Game Day	Free Play / Full Review	14	PvP (7v7)	1 group (or 2 games of 7v7 if 28+ players).	P1-P7 (Blue) and OP1-OP7 (Red) play free, unscripted 7v7 across the full 90x60 unit area . Players apply all learned unit movements, pressing, and attacking combinations in a game environment.

D. U12 Grassroots Blueprint (Ages 11-12) - Focus: Positional Discipline & Group Tactics (9v9)

Training Note: All coordinates are contained within the **100x70 unit area** (X: 10-110, Y: 5-75).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
W1	Thirds Game (7v7 to Goal)	Positional Play & Transition	14	PvP (7v7)	1 large group (or 2 games of 7v7 if 28+ players).	100x70 field is divided into 3 equal zones (Defensive, Midfield, Attacking).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						P2 (Defender) must stay in the Defensive Third ($X < 43$). P5 (Midfielder) must receive the ball from P2 and quickly combine with P7 (Forward) who is making a run into the Attacking Third ($X > 77$). Emphasize zonal limits.
W2	Crossing & Finishing (4v2 + GK)	Crossing Technique & Runs	7	PvP (4v2)	2 stations of 7 players.	P1 dribbles down the flank ($Y=65$) from $X=30$. P2, P3, P4 make coordinated runs (near post, central, far post) into the penalty box ($X > 70$). P1 delivers a weighted cross to the P2's run at the near post.
W3	Attacking Depth & Width	Creating Space & Angles	4	Non-PvP	4-5 groups of 4. OP is a cone or static defender.	P3 (Winger) receives the ball wide at ($X=50$,

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						Y=70). P6 (Striker) checks <i>toward</i> the ball (back to X=45) to occupy a defender, while P4 (Midfielder) makes a <i>penetrating run</i> (forward to X=70) into the space created by P6 .
W4	Defensive Recovery & Compactness	Shifting & Line Control	3	PvP	6-7 groups of 3 (Attacker vs 2 Defenders).	OP1 penetrates the defensive line (P2, P3) at X=60. P2 and P3 must quickly drop back 10 units and shift centrally 5 units to deny the passing lane to OP3 , maintaining a distance of no more than 10 units between them (compactness).
W5	Heading & Air Ball Control	Aerial Duels	2	PvP (1v1 Contest)	9-10 groups of 2.	C serves a lofted ball from X=30 to the penalty spot (X=70).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						P1 and OP1 contest the ball. P1 must win the aerial duel and direct the header down to a teammate (P2) or toward the goal.
W6	Attacking Overlaps (Fullback Runs)	Combination Play (Flanks)	3	Non-PvP	6-7 groups of 3. OP is passive.	P2 (Fullback) passes to P3 (Winger) at X=45, Y=60. P2 immediately sprints on the outside (Overlap Run to X=70, Y=70). P3 holds the ball, drawing OP1 , then plays a through pass to the running P2 .
W7	Playing Out of the Back (3v2)	Goalkeeper & Defense Distribution	5	PvP (3v2)	3-4 groups of 5.	P1 (GK) passes short to P2 (Center Back) in the 18-yard box. P2 is immediately pressured by OP1, OP2 . P2 must find the P3 (Fullback)

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						who has moved wide (Y=10) to open the passing lane and beat the high press.
W8	Midfield Diamond Possession (Rondos)	Receiving on the Turn & Vision	6	PvP (4v2 Rondo)	3 groups of 6.	P4, P5, P6, P7 create a 15x15 diamond (X=50-65, Y=30-45). P5 receives the pass from P4 , checks their shoulder, and uses a half-turn to play the ball to P6 in a forward direction, advancing play under pressure from OP1, OP2 .
W9	Defensive Communication & Organization	Holding the Line / Offside Trap Prep	4	Non-PvP	5 groups of 4. OP is passive.	The defensive line (P2, P3, P4) holds a straight line at X=70 . The line moves as a unit 5 units forward (to X=75) on the coach's call, attempting to keep the opposing

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						attacker (OP1) in an offside position (at X=76). Emphasize communication for unity.
W10	9v9 Full Field Game	Game Application & Positional Discipline	18	PvP (9v9)	1 group (or 2 games of 9v9 if 36+ players).	P1-P9 vs. OP1-OP9 play 9v9 in the full 100x70 area . Focus on maintaining team shape (e.g., 3-3-2) and applying defensive principles over a larger area.

E. U14 Grassroots Blueprint (Ages 13-14) - Focus: Tactical Principles & Set Pieces (11v11 Prep)

Training Note: All coordinates are applied to the **120x80 full field** (X: 0-120, Y: 0-80).

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
W1	Pressing Trap (Half-Field)	High Press & Forcing Mistakes	10	PvP (5v5)	2 groups of 10.	Drill in the attacking half (X=60 to X=120). P7 (Striker) cuts off the pass to the outside back (OP2). P8 (Winger) applies high

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						pressure to the center back (OP1) who is forced to pass wide to OP3 . P9 (Midfielder) then sprints to intercept the pass, executing the pressing trap .
W2	Switching the Point of Attack	Speed of Ball Movement & Vision	3	Non-PvP	7-8 groups of 3 (working across full field).	P3 (Defender) receives the ball on the left side (Y=20). P3 makes a long, diagonal pass (trajectory of 60+ units) across the field to P8 (Winger) who is positioned wide on the opposite flank (Y=70). The switch changes the defensive focus of the opponent.
W3	Defensive Set Piece (Corner Kick)	Zonal Marking / Clearances	15+	PvP	Full squad (working together). OP is the kicking team.	OP1 takes a corner from (X=105, Y=80). P2 marks the goal line. P5 ,

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						P6 defend the zonal spaces (near post and center box). P10 (Tallest Player) is assigned the clearance area and must jump to head the ball out of the 18-yard box.
W4	Attacking Set Piece (Free Kick)	Coordinated Runs / Finishing	5	Non-PvP	4 groups of 5 (working set pieces). OP is passive.	Free kick taken by P4 from X=80. P6 starts at the near post and runs to the far post . P7 makes a diagonal run from the far side toward the center of the goal . P4 delivers a low-driven pass (trajectory) to catch P7 in stride for a one-touch shot.
W5	Tactical 11v11 Game (Full Field)	System Implementation	22	PvP (11v11)	Full squad (1 group).	Full 120x80 area . Team plays in a defined system (e.g., 4-3-3). Coach calls out tactical instructions

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						(e.g., "Press higher" or "Utilize the Overlap"). Players must adjust their position and movement accordingly, requiring high soccer IQ.
W6	Maintaining Defensive Shape (4-4-2)	Collective Unit Movement	8	Non-PvP	2 groups of 8 (Def/Mid lines).	The two lines of four (Defenders P2-P5 and Midfielders P6-P9) move 15 units laterally to shift from the center to the sideline (Y=10) as a compact unit, maintaining the 10-unit distance between the two lines. Focus on communication and avoiding gaps.
W7	Attacking Midfielder Movement (The No. 10)	Finding Space Between Lines	5	PvP	4 groups of 5. OP is passive defense.	P7 (Attacking Mid) operates between the opposing Midfield line (X=50) and Defensive

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						line (X=70). P7 checks into space to receive a pass from P5 (Defensive Mid) , quickly turns, and plays a through ball (penetrating pass) behind the defenders to P9 (Striker) .
W8	Counter-Attacking Speed	Transition from Defense to Attack	3	Non-PvP	7-8 groups of 3 (GK/Long Pass/Runner).	P1 makes a save. P1 immediately launches a long, lofted ball (trajectory of 80+ units) directly to P8 (Winger) who has sprinted to the far corner (X=110, Y=10), bypassing the entire midfield for a fast break opportunity.
W9	Possession vs. Penetration	Strategic Decision Making	22	PvP (11v11)	Full squad (11v11 group).	11v11 game. P1-P11 maintain possession with short, safe passes for 5 passes (possession phase). On

Week	Drill ID (Name & Setup)	Focus	Player Count	PvP?	Grouping Strategy	Context (Detailed Player Movement Visualization Language)
						the 6th pass, they must execute a penetrating pass that travels more than 20 units forward into the attacking third.
W10	Full Game Analysis & Scrimmage	Review & Coaching	22	PvP (11v11)	Full squad (1 group).	Full 11v11 scrimmage in the 120x80 area . Focus on player self-analysis, identifying when the team is too stretched (losing compactness) or too narrow (losing width).