



## **Grade Five**

**A Five Weeks long Training Plan for  
Recreational Soccer**

# Week 1

**Greet the kids and check them in from the roster.**

**Warm-up / Foundations 5 min**

**Ball control- keeping the ball close to your feet.**

Have them go out on the field to play around for a bit until you get most players there. When you go out yell for the kids to meet you in a certain area- welcome them and talk to them about behavior- I always mention that, if it applies; this is a big class, so we need big kid behavior!

## **1. Tail Tag**

- a) In a large grid, have each child with a ball and a pennie on. They place the jersey on their back side to make a tail.
- b) You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c) Everyone needs to have a ball at all times- you can never leave your ball. **10 Min**

## **2. Freeze Tag**

- a) Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram. On your command the player's dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- b) If you get tagged; you must freeze and spread your legs open- the only way to become unfrozen is for someone to pass the ball between your legs. Play for approx. **10 min**

## **3. Numbers passing game**

- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5 to each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they all sit down, whatever team does it first wins. Play several times move the kids around in the circle to different spots. Play approx. **10 min**

The background of the slide features a large, light blue circular logo for North Star FC. The logo contains a white five-pointed star in the center, with the words "NORTH STAR FC" written in a circular path around it. Below the star are stylized blue and white waves.

Water Break 5 min

**4. Three team Possession game**

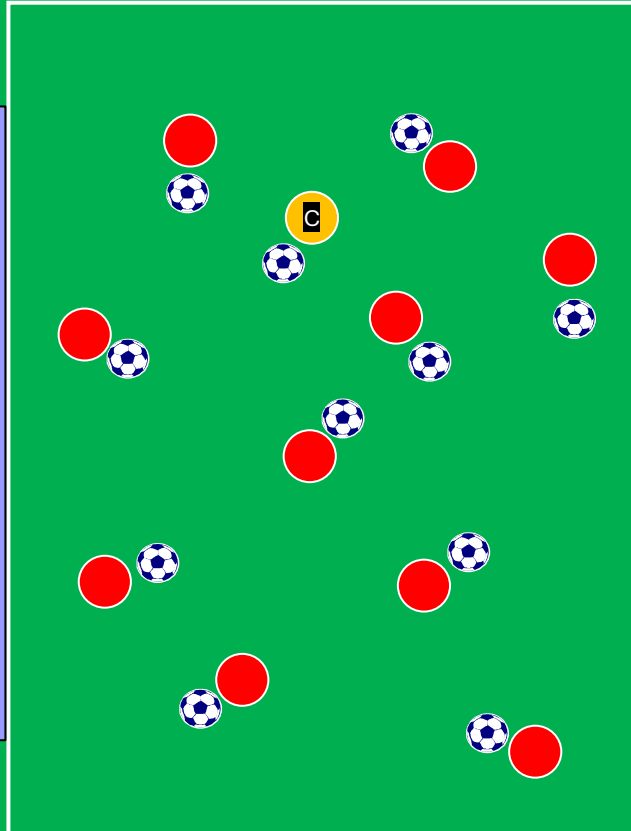
- a) 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b) When the defending team wins the ball the offense team that losses it is on defense.
- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **10 Min**

**5. Scrimmage- Divide the players equally- play the 4-goal game **10 min****

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

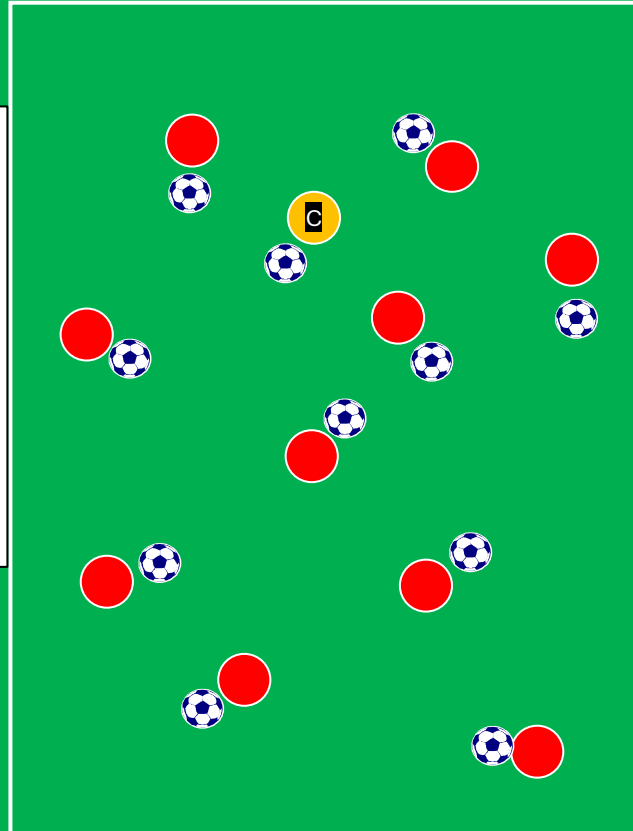
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Tail-Tag

### Tail-Tag

- a. In a large grid, have each child with a ball and a pennie on. They place the jersey on their back side to make a tail.
- b. You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c. Everyone needs to have a ball at all times- you can never leave your ball.



## Freeze Tag

### Freeze Tag:

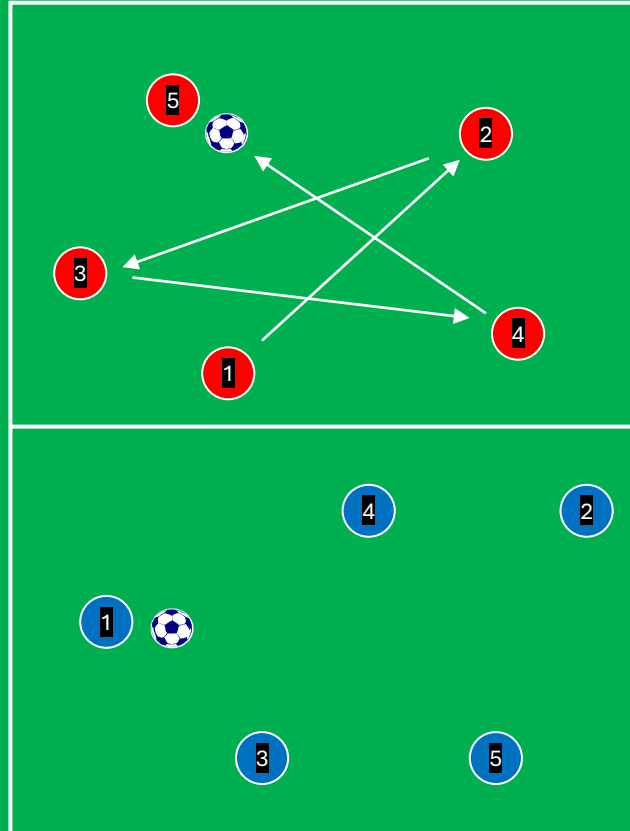
- a) Each player has a ball in a large Grid.
- b) Two players are in a **Red** jersey.
- c) On your command the players dribble around keeping the ball at their feet.
- d) In 10-15 seconds of time send in the "Taggers" who also have a ball.
- e) If you get Tagged, you must freeze and spread your legs open.
- f) Only way to become unfrozen is for another player to pass a ball through your legs.
- f) Have different taggers.



## Numbers Game

### Numbers Game

- Make 2 teams
- Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1.
- Once they get back to 1, they all sit down, whatever team does it first wins.
- Play several times move the kids around in the circle to different spots.

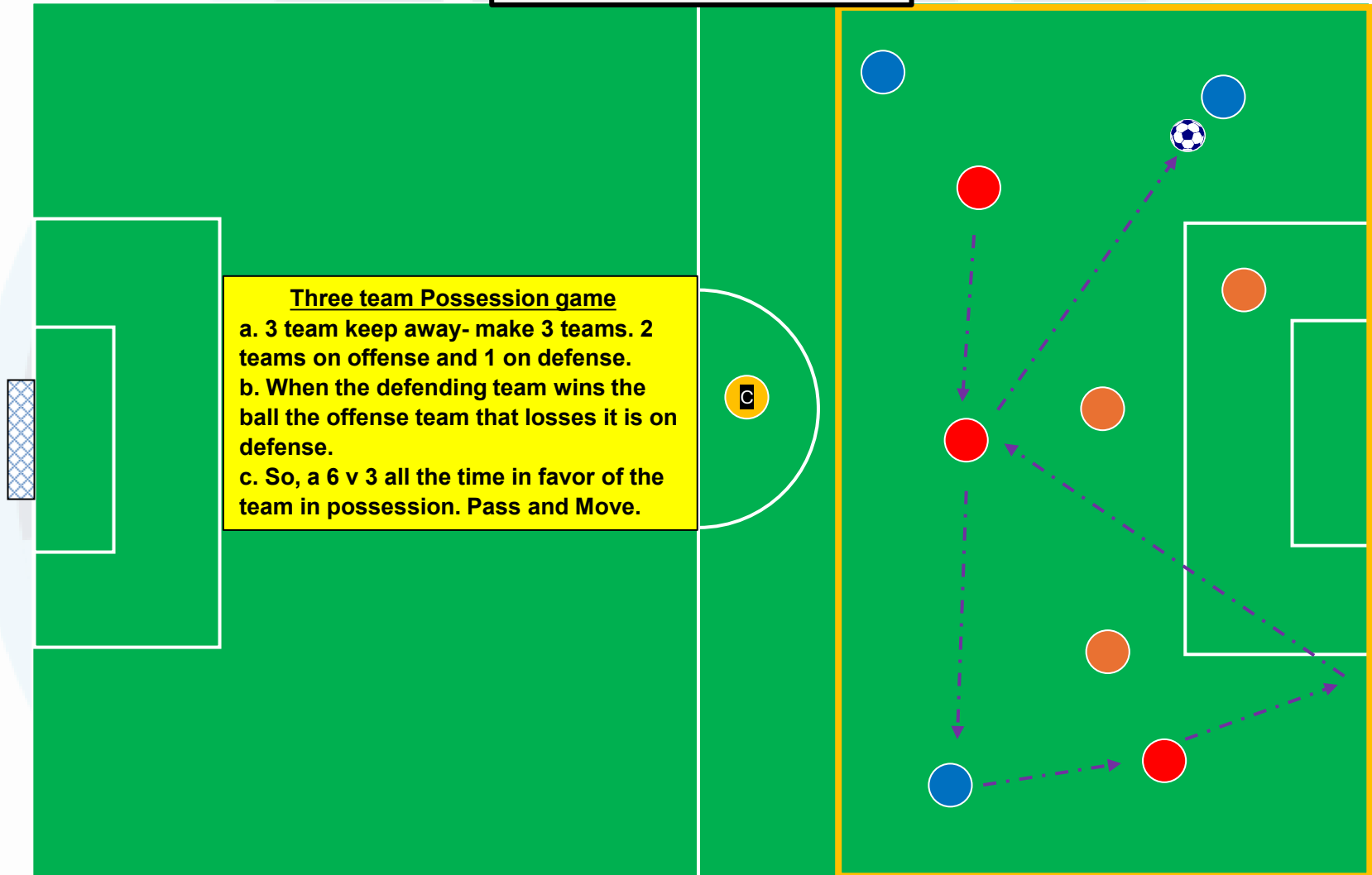


### 3 Team possession game

#### Three team Possession game

- a. 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b. When the defending team wins the ball the offense team that losses it is on defense.
- c. So, a 6 v 3 all the time in favor of the team in possession. Pass and Move.

-----> **Pass**

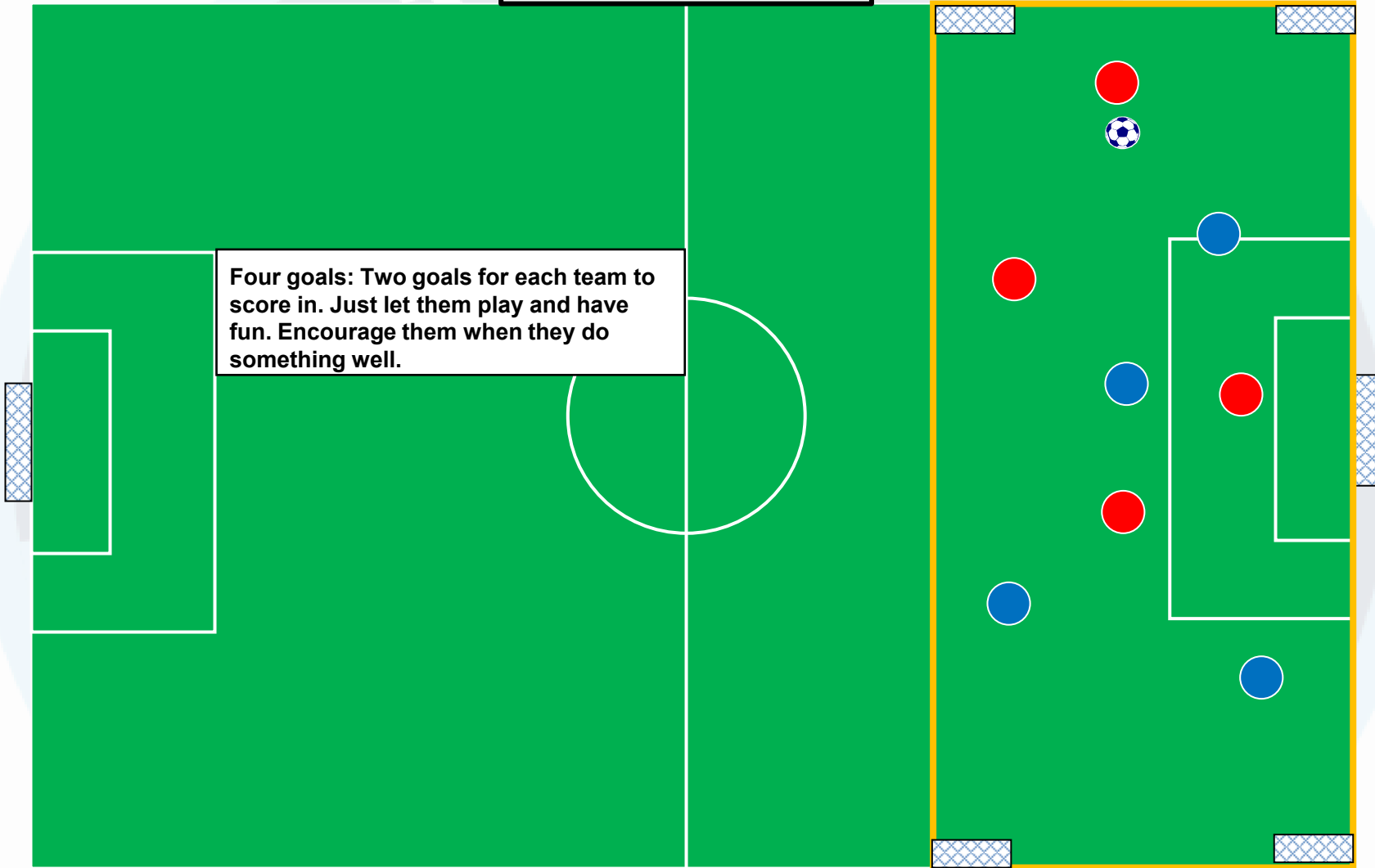


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction

Four goals: Two goals for each team to  
score in. Just let them play and have  
fun. Encourage them when they do  
something well.



## Week 2

### Warm-up / Foundations 5 min

Anything else that you can think of for ball control.

#### 1. Criss Cross Dribble- 10 min –

You will want to try and have this set up prior to getting to it...

- a) Set the grid up like the diagram
- b) The players are spaced evenly around the square
- c) On your command the players on the right and lefthand side dribble across the grid trying not to bump into each other- they need to go around a disc and finish up where they started. Next, have the top and bottom players on the grid go.
- d) Make a game out of it- they must go back and forth so many times- whoever can win.
- e) Eventually you want everyone going at the same time- both right and left along with top and bottom.

#### 2. Head, shoulders, knees, toes game- In this game the players stand facing each other with the ball in-between them. They are both close to the ball. You call out a body part and they must touch that body part. When you call out ball- they need to win it from their partner and then shield it- have them shield it for 20-30 seconds and play again Time **10 min**

### Water Break 5 Min

#### 3. 1v1's

- a) Set up your grid like the diagram. **10 min**
- b) One team is on offense and one team is on defense. On your command, one player from offense dribbles out to the disk, at the same time, one player from defense runs out to the disc. The player on offense then needs to try and score in one of the pug goals. **10 min**

#### 4. Numbers passing game - 10 min

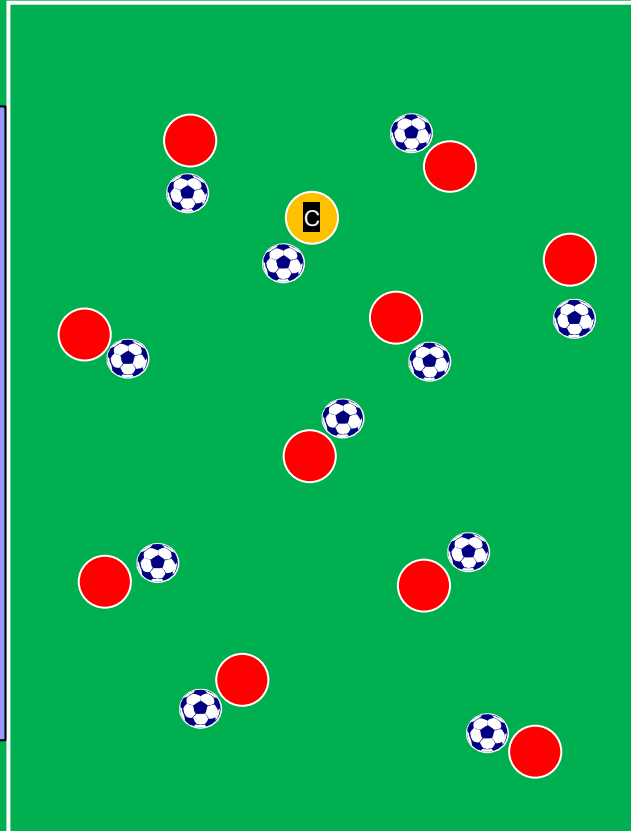
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 thru 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they all sit down, whatever team does it first wins. Play several times move the kids around in the circle to different spots.

#### 5. Scrimmage Four goal game, two goals each team. **10 Min**

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

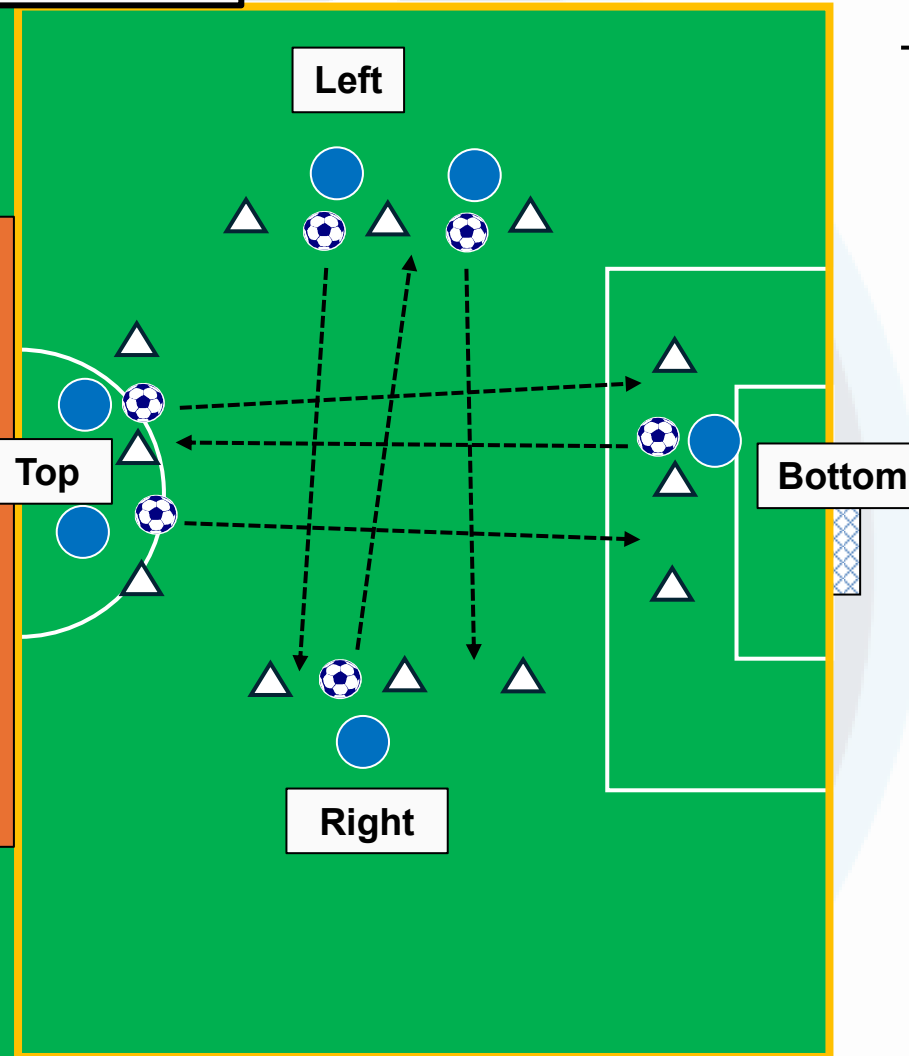
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Criss-cross dribble

### Criss-cross dribble

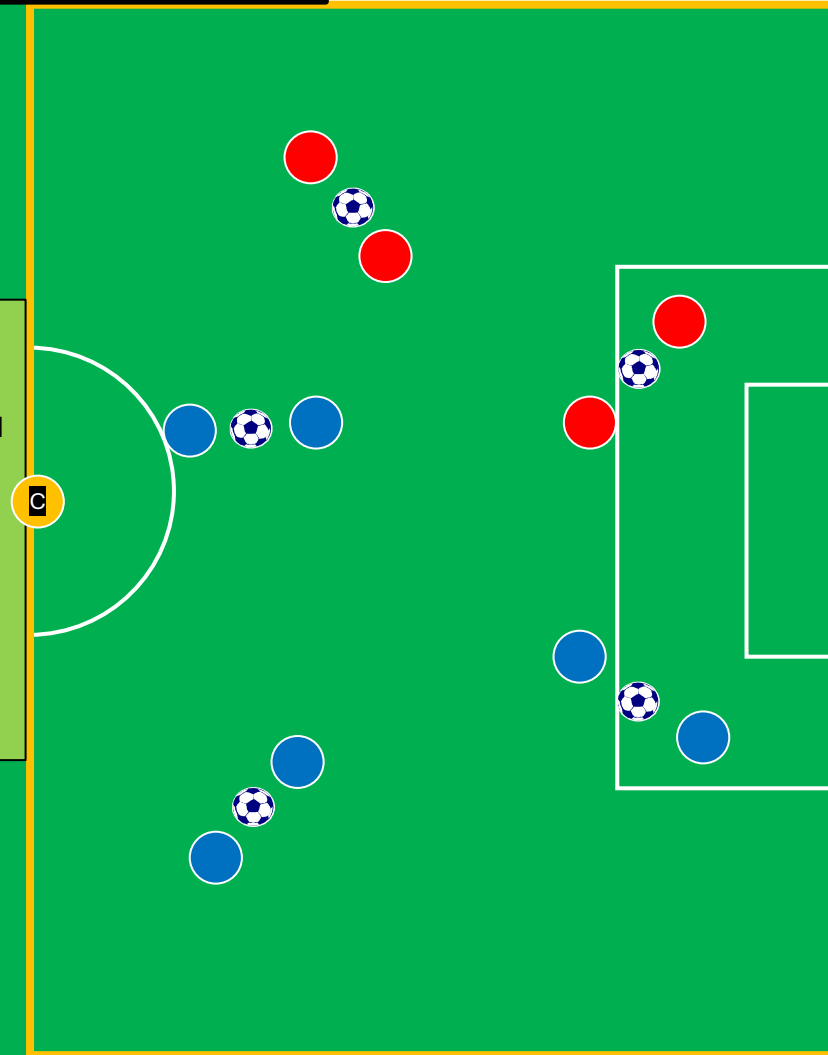
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they started.
- Next have the top and bottom groups go. Make a game of it they must go back and forth so many times, whoever does wins.
- Eventually you want everyone going at the same time both Right and Left and Top and Bottom.



## Head Shoulders Knees Toes

### Head; Shoulders; knees; Toes

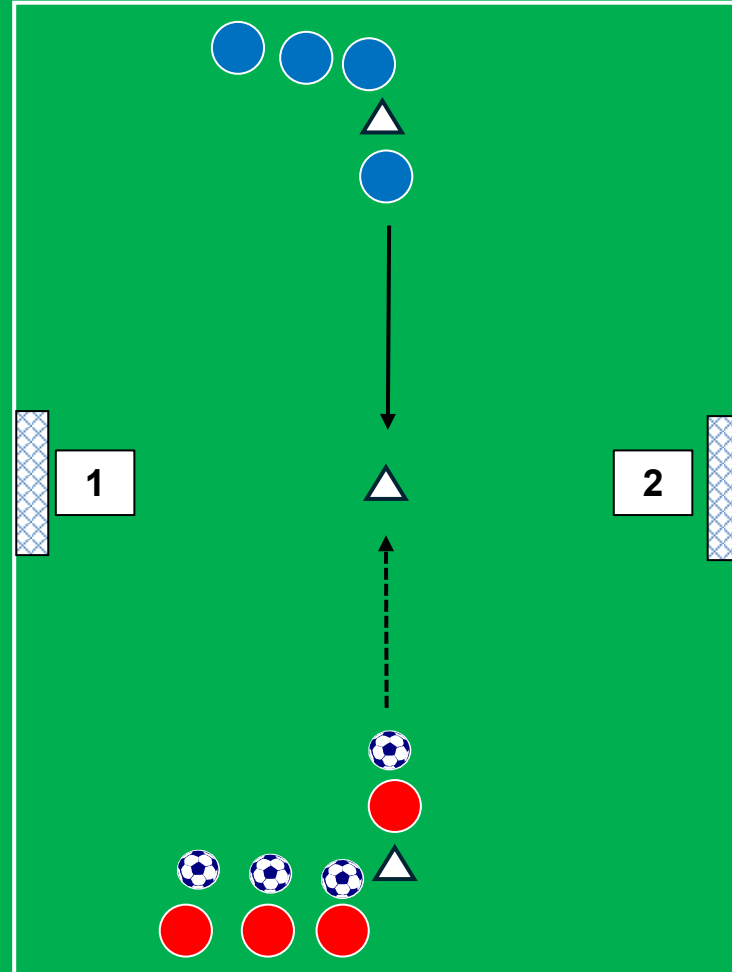
- a. Pair players up with one ball between them.
- b. Each player standing close to the ball facing it.
- c. Coach calls out different parts of the body and the players must touch that part of the body.
- d. When the coach yells BALL they must win the ball from their partner and keep it from them until the coach yells STOP.
- e. Play several times.



## 1 v 1 Challenge

### 1 v 1 Challenge

- a. A simple 1 v 1 red tries to score, blue tries to stop them. If blue wins the ball; then they try to score.
- b. Encourages changing direction with two goals to play to.
- c. OR; Blue plays to goal number 1 and Red to goal number 2.



Dribble

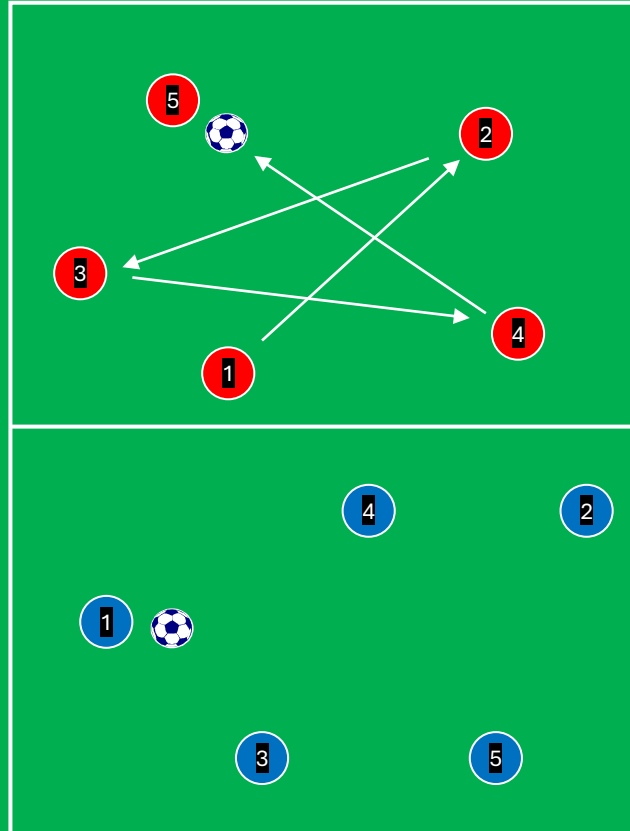


Run

## Numbers Game

### Numbers Game

- Make 2 teams
- Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1.
- Once they get back to 1, they all sit down, whatever team does it first wins.
- Play several times move the kids around in the circle to different spots.

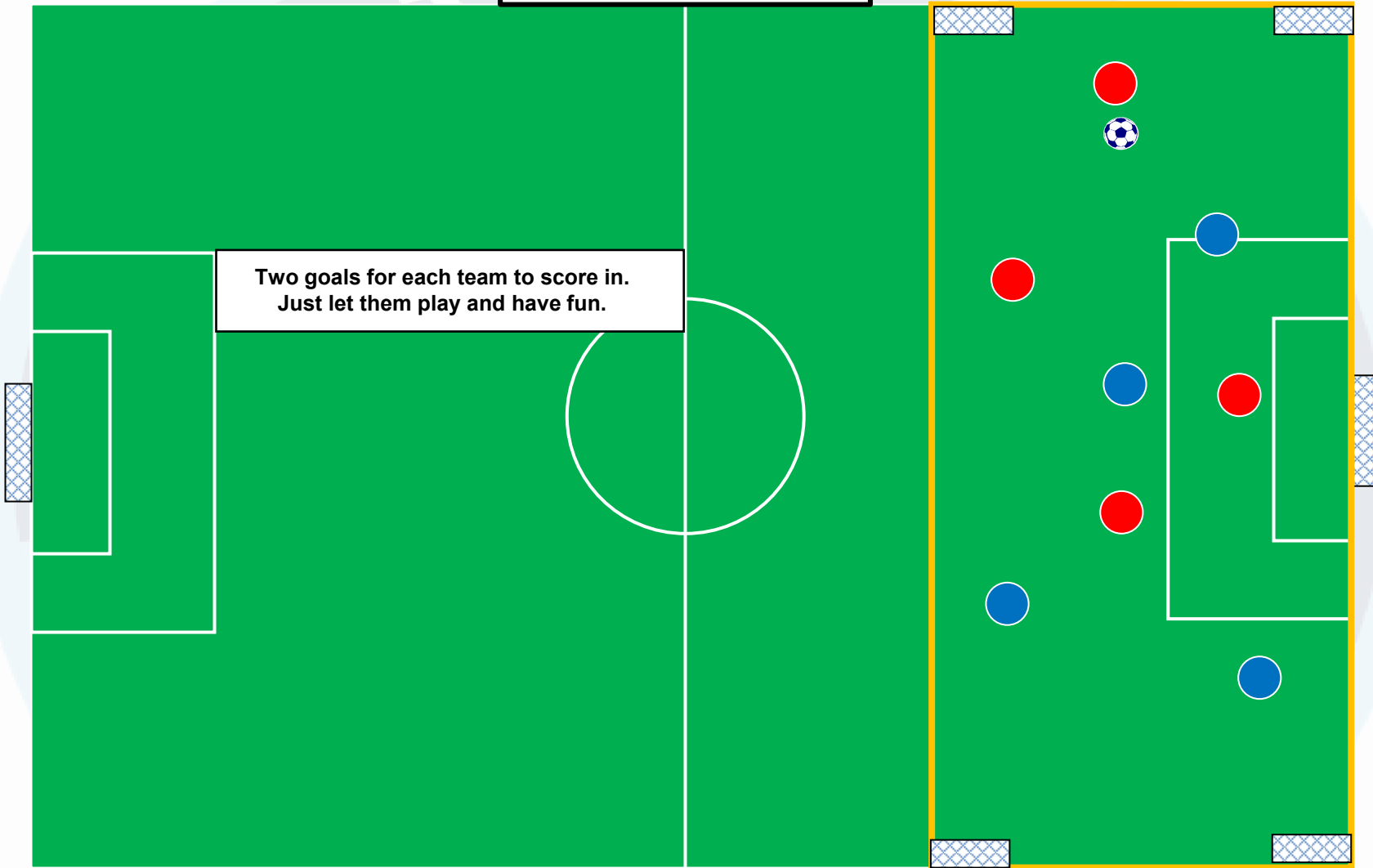


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction

Two goals for each team to score in.  
Just let them play and have fun.



## Week 3

### Warm-up / Foundations 5 min

#### **1. Taggers:**

- a) The Theme is ball control- keeping the ball close to your feet. **10 min**
- b) Always start older classes with foot work and a bit of juggling.
- c) Foundation
- d) Roll overs
- e) Juggling

#### **2. Three player: Check your shoulder- 10 min**

- a) Make groups of 3- you might need to make a group of 4
- b) In the group of 3 one player is in the middle the other two are on the ends- forming a straight line with all three.
- c) One ball per group
- d) The players on the end also have 2 pennies – a red and green
- e) The exercise starts when the player with the ball passes it to the middle player- prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up- green means man on and they need to trap and pass it back to the player it came from- red means they can receive the ball and turn passing it to the other player.

#### **3. Numbers Game:**

- a) Make 2 teams. Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- b) Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they all sit down, whatever team does it first wins. Play several times move the kids around in the circle to different spots. **10 min**

The logo for North Star Soccer is a large, light blue circular emblem. It features a white seven-pointed star in the center. The words "NORTH STAR" are written in white, uppercase letters along the top arc of the circle, and "SOCCER" is written along the bottom arc. Below the star, there are three wavy, horizontal lines in shades of light blue and white, suggesting a field or water.

### Water Break 5 Min

#### 4. Three team Possession game

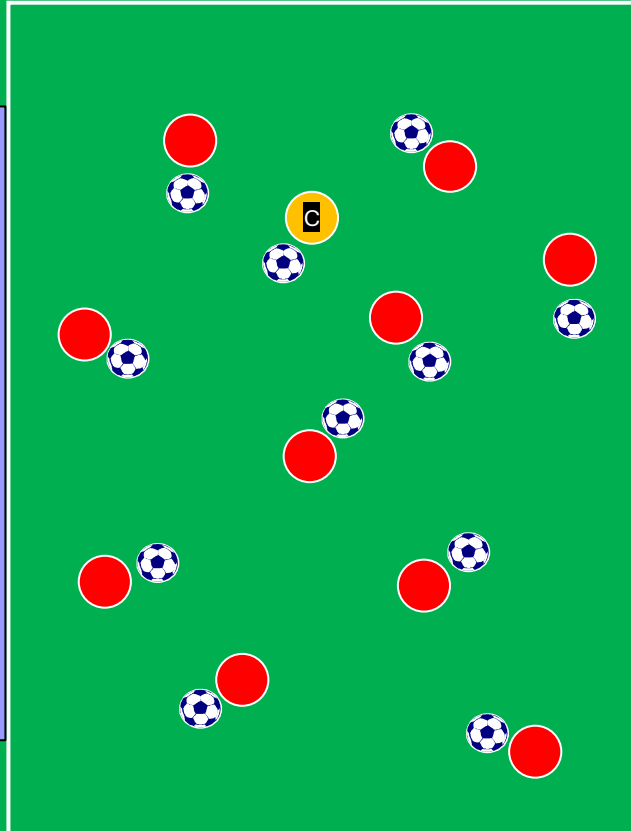
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- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **10 Min**

#### 5. Scrimmage: 4 goals game or 6 Goals, 3 each team. Expanding the idea bringing in 2 extra goals. **10 Min**

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

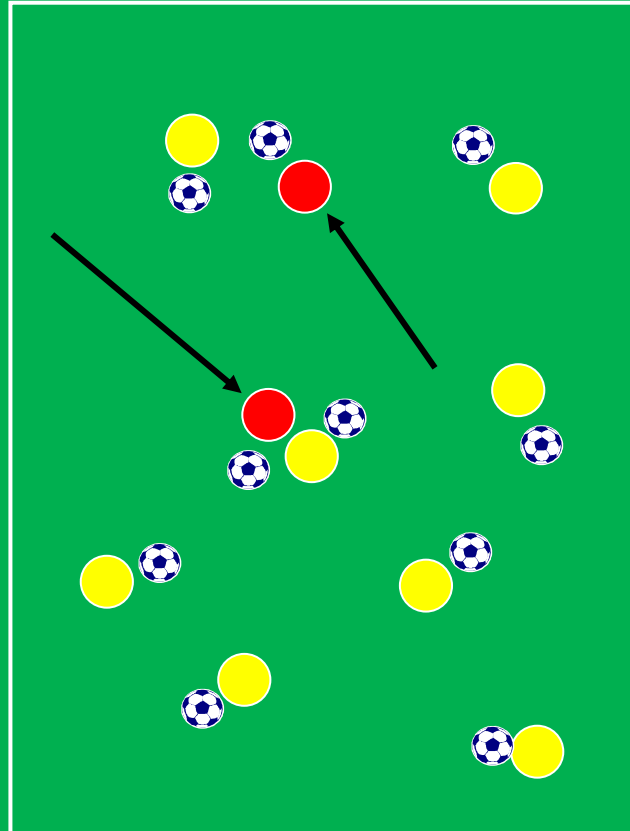
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- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
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## Taggers

### Taggers

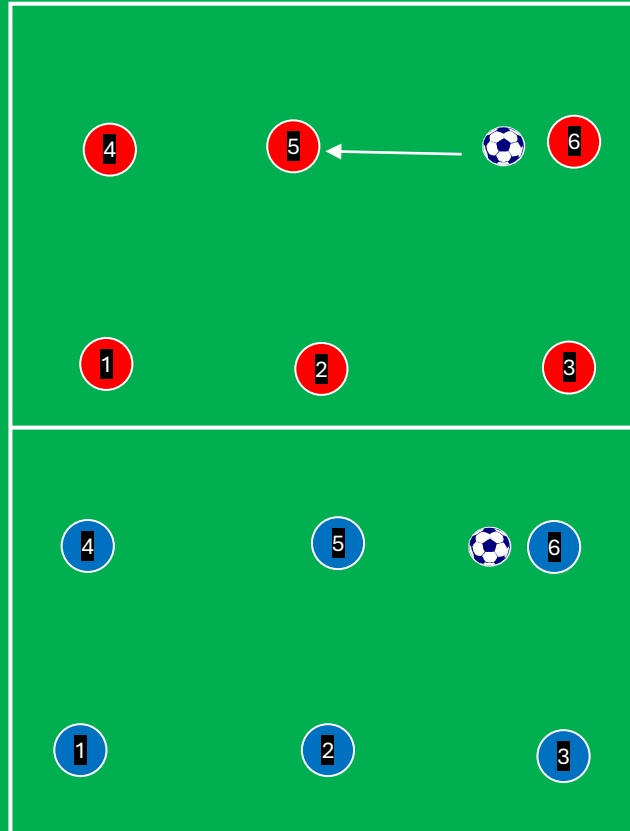
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- b. On your command the players dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- c. If you get tagged; you must freeze and spread your legs open- the only way to become unfrozen is for someone to pass the ball between your legs.
- d. Switch up taggers.



## Check your Shoulder

### Check your shoulder

- a. Make groups of 3- you might need to make a group of 4
- b. In the group of 3 one player is in the middle the other two are on the ends- forming a straight line with all three.
- c. One ball per group
- d. The players on the end also have 2 pennies – a red and green.

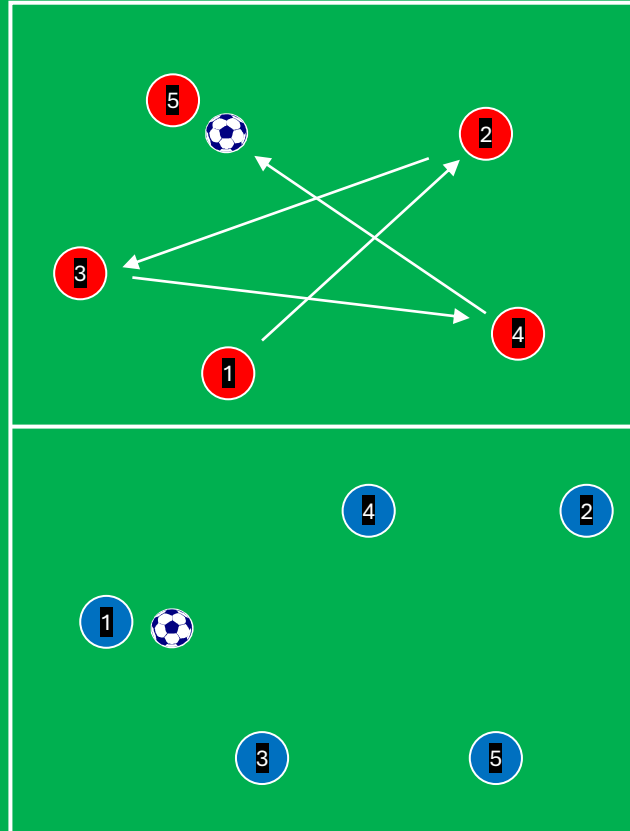


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it back to the player it came from- red means they can receive the ball and turn passing it to the other player.
- d. Rotate the middle player after so many.

## Numbers Game

### Numbers Game

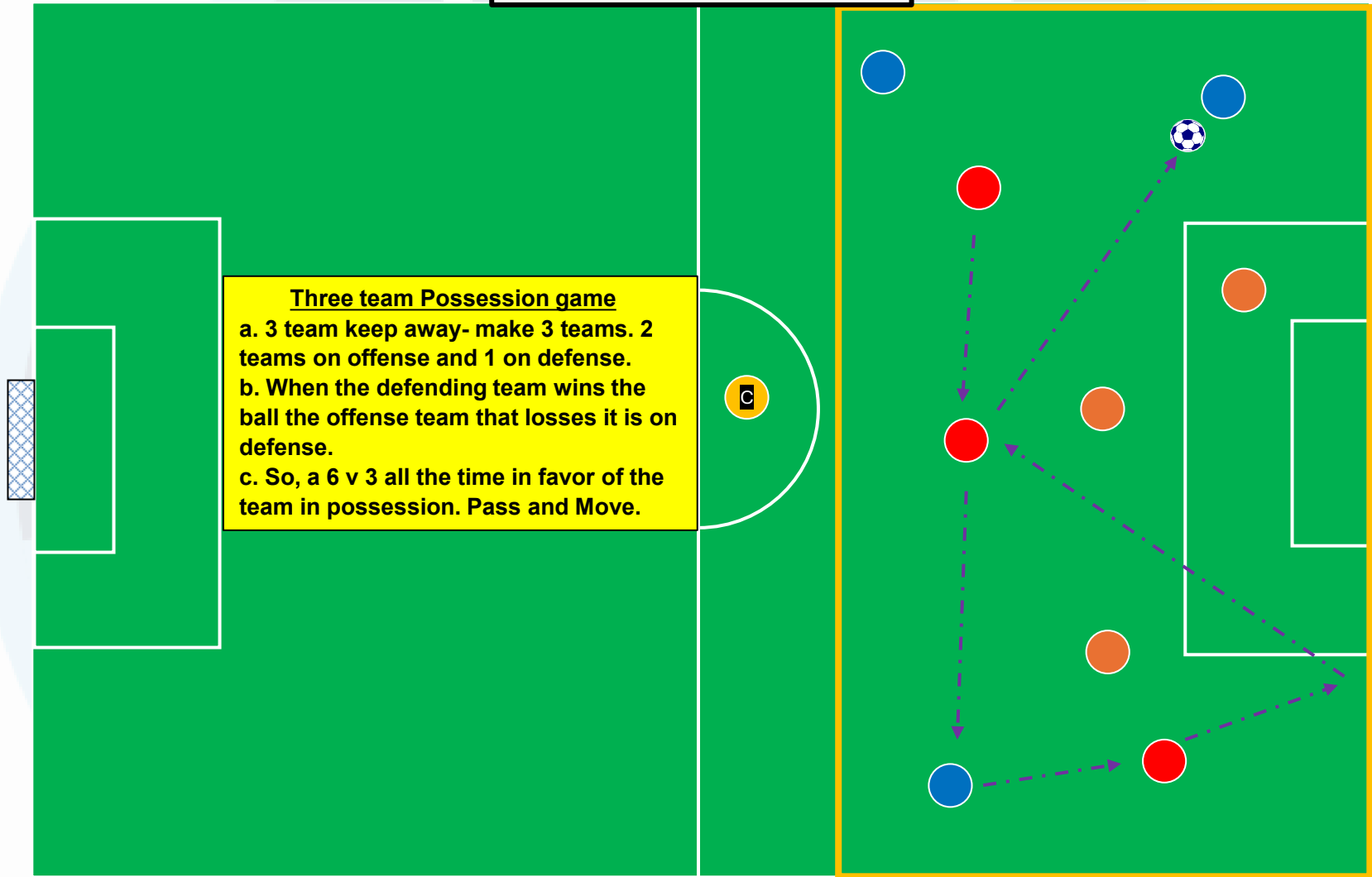
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- Play several times move the kids around in the circle to different spots.



### 3 Team possession game

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- a. 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
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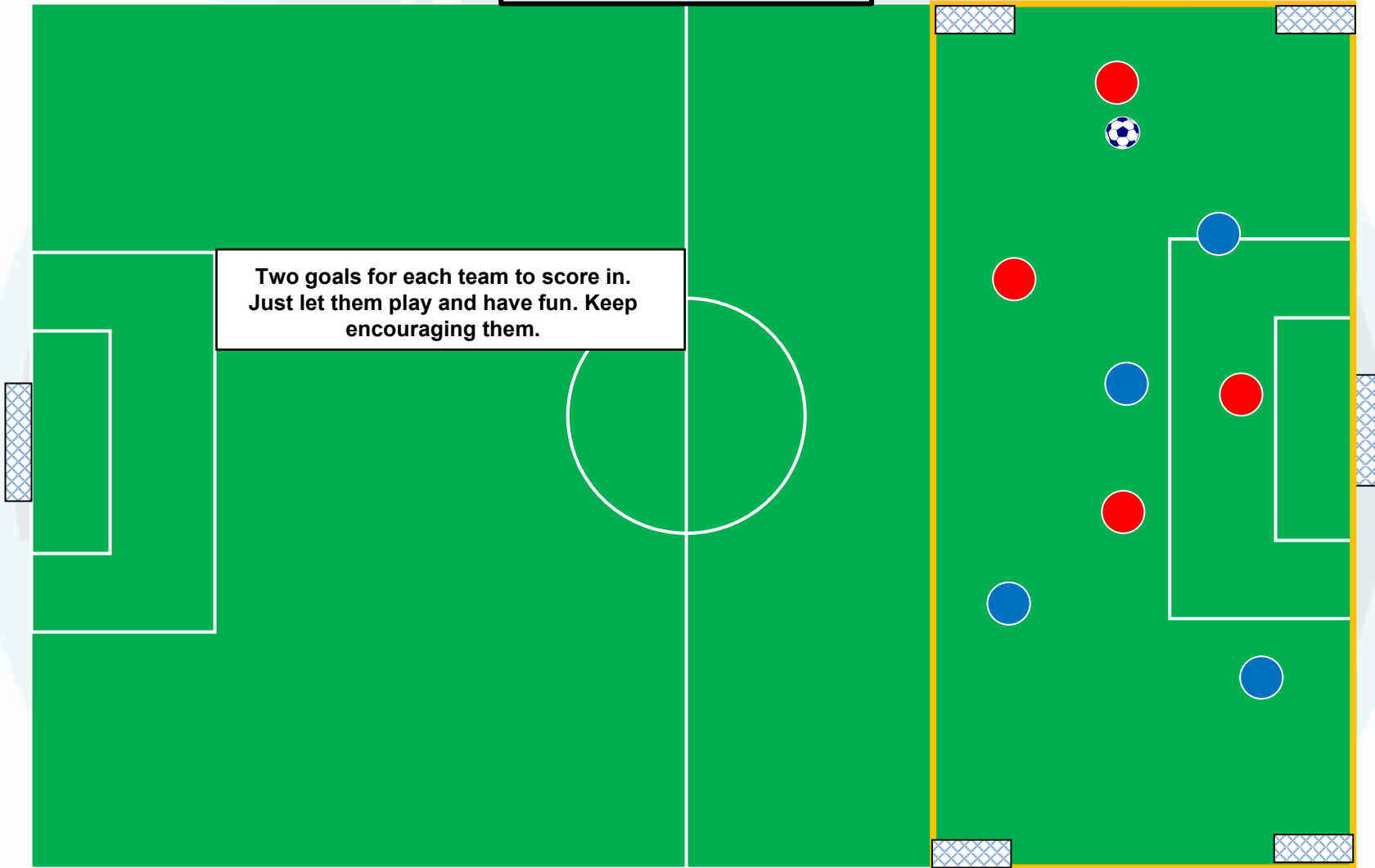


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction

Two goals for each team to score in.  
Just let them play and have fun. Keep  
encouraging them.

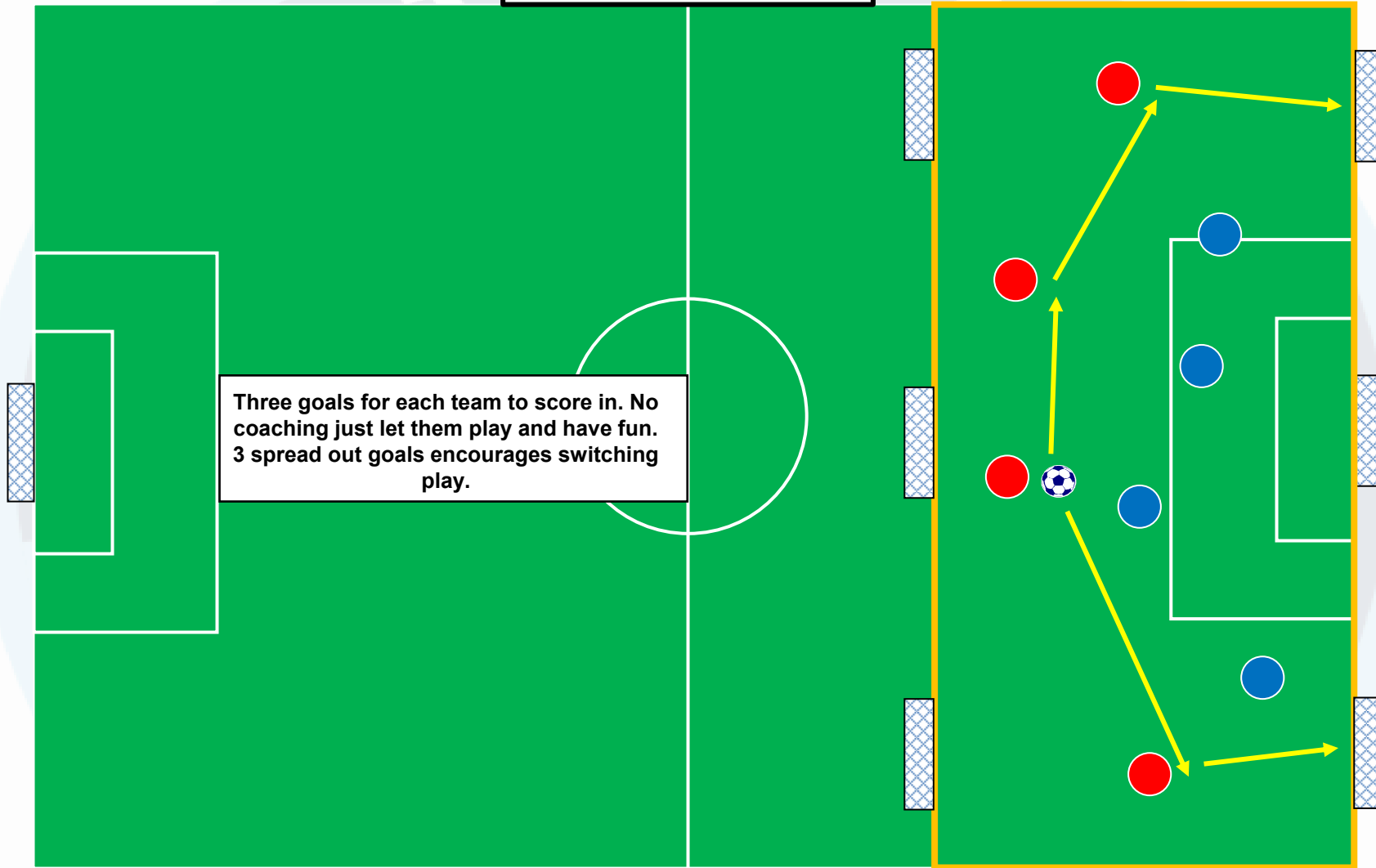


Always a  
Scrimmage

### Six Goal Scrimmage

Let them play free  
of instruction

Three goals for each team to score in. No  
coaching just let them play and have fun.  
3 spread out goals encourages switching  
play.



## Week 4

### Warm-up / Foundations 5 min

#### 1. Tiger Ball 10 Min

- a) Everyone has a ball except for 2 players that are standing outside the grid. The players with the balls are dribbling around in the grid. On your command the 2 players without a ball enter the grid and try and steal someone's ball- when they steal a ball the player losing the ball is now trying to get someone.

#### 2. Math Dribble 10 Min

- a) All the players are dribbling around the ball in a grid; the coach yells out a math problem-  $2+1$ - the players must figure it out and get the number of players together.
- b) Juggle practice.

#### 3. Hit the Coach- 10 Min

- a) Make 2 teams
- b) On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.
- c) See what team can hit you the most

### Water Break 5 Min

#### 4. Number passing - 10 Min

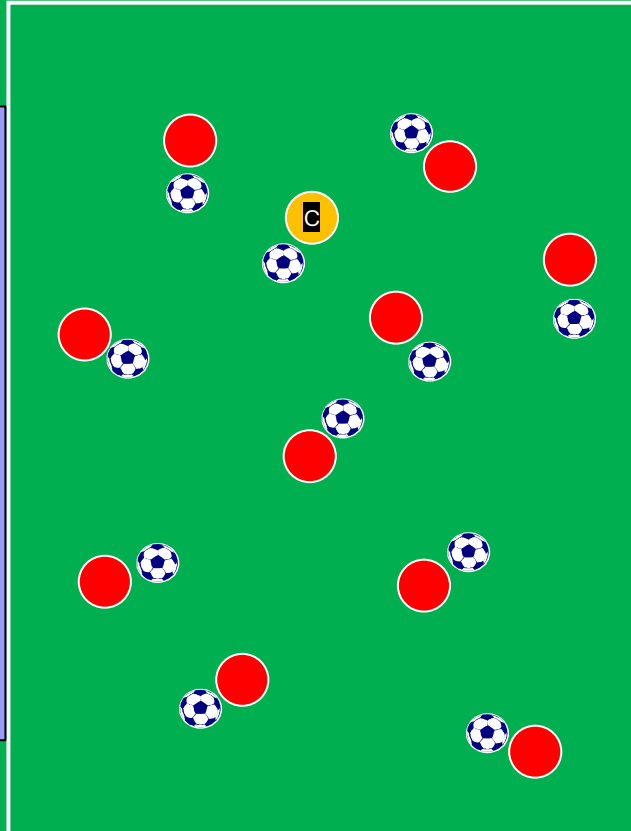
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#### 5. Scrimmage: a. Four goal game, two goals each team or 6 goals game. **10 Min**

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

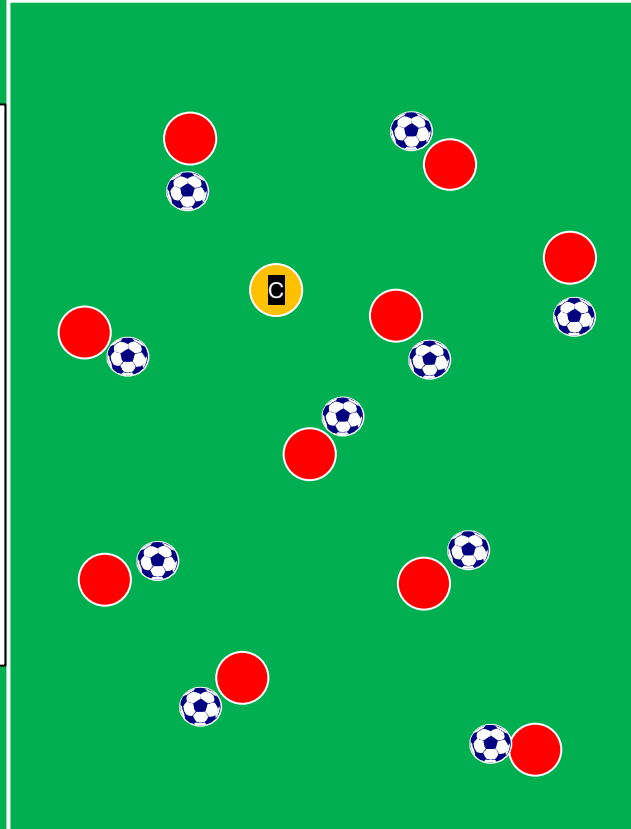
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- c. Have them go through this 3-4 times
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## Tiger Ball

### Tiger Ball

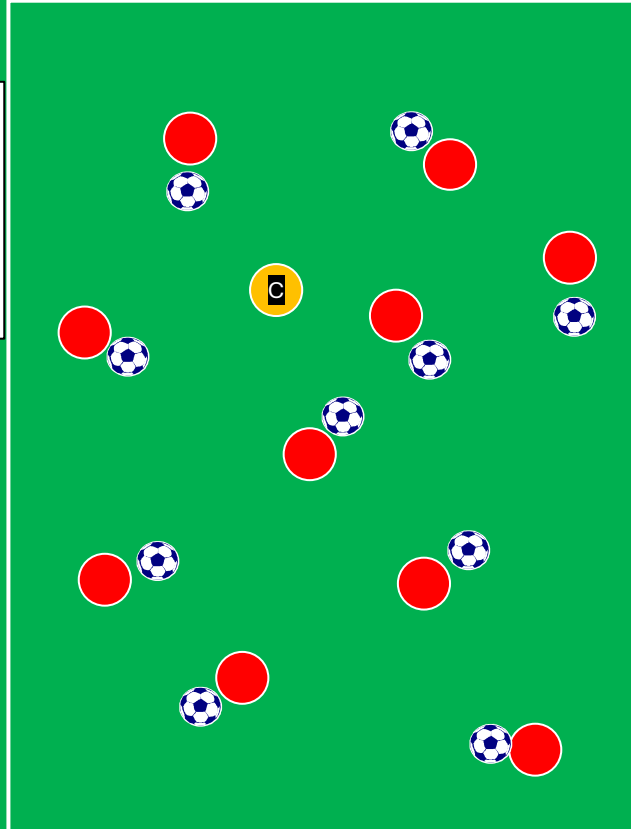
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- b. Work on shielding the ball
- c. Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.



## Math Dribble

### Math Dribble

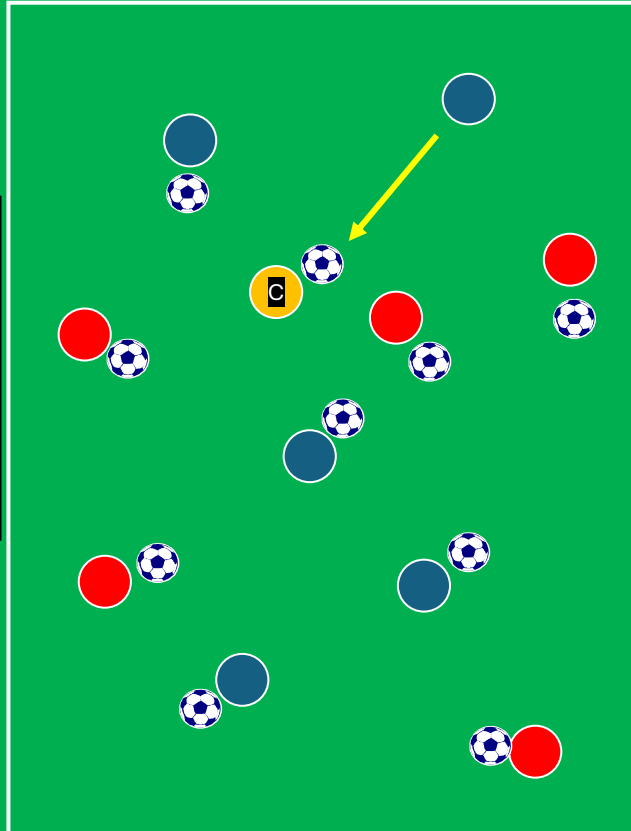
- All the players are dribbling around the ball in a grid.
- The coach yells out a math problem- 2+1- the players must figure it out and get the number of players together.



## Hit the Coach

### Hit the coach

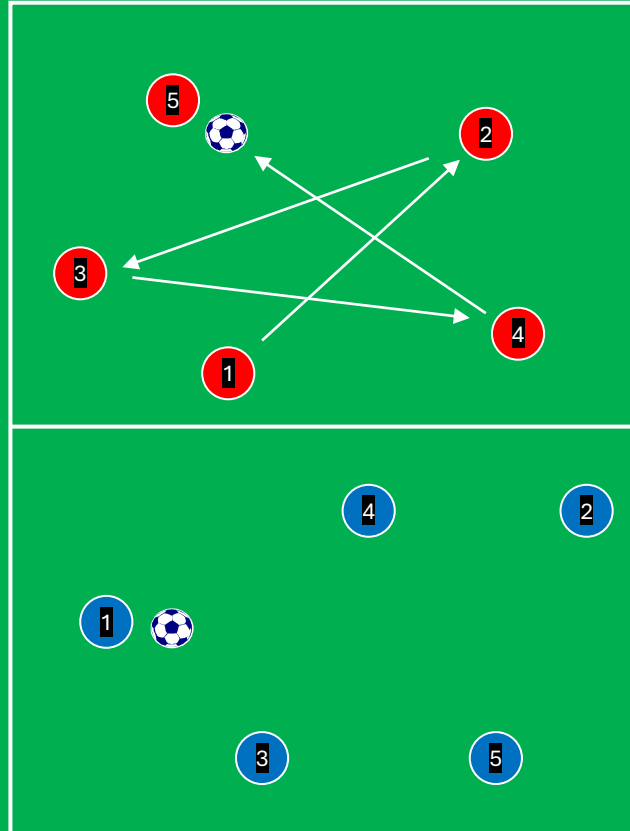
- a. Make 2 teams
- b. On your command you start walking around, the players must work on passing the ball into your legs.
- c. Remind players no toe balls.
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## Numbers Game

### Numbers Game

- Make 2 teams
- Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1.
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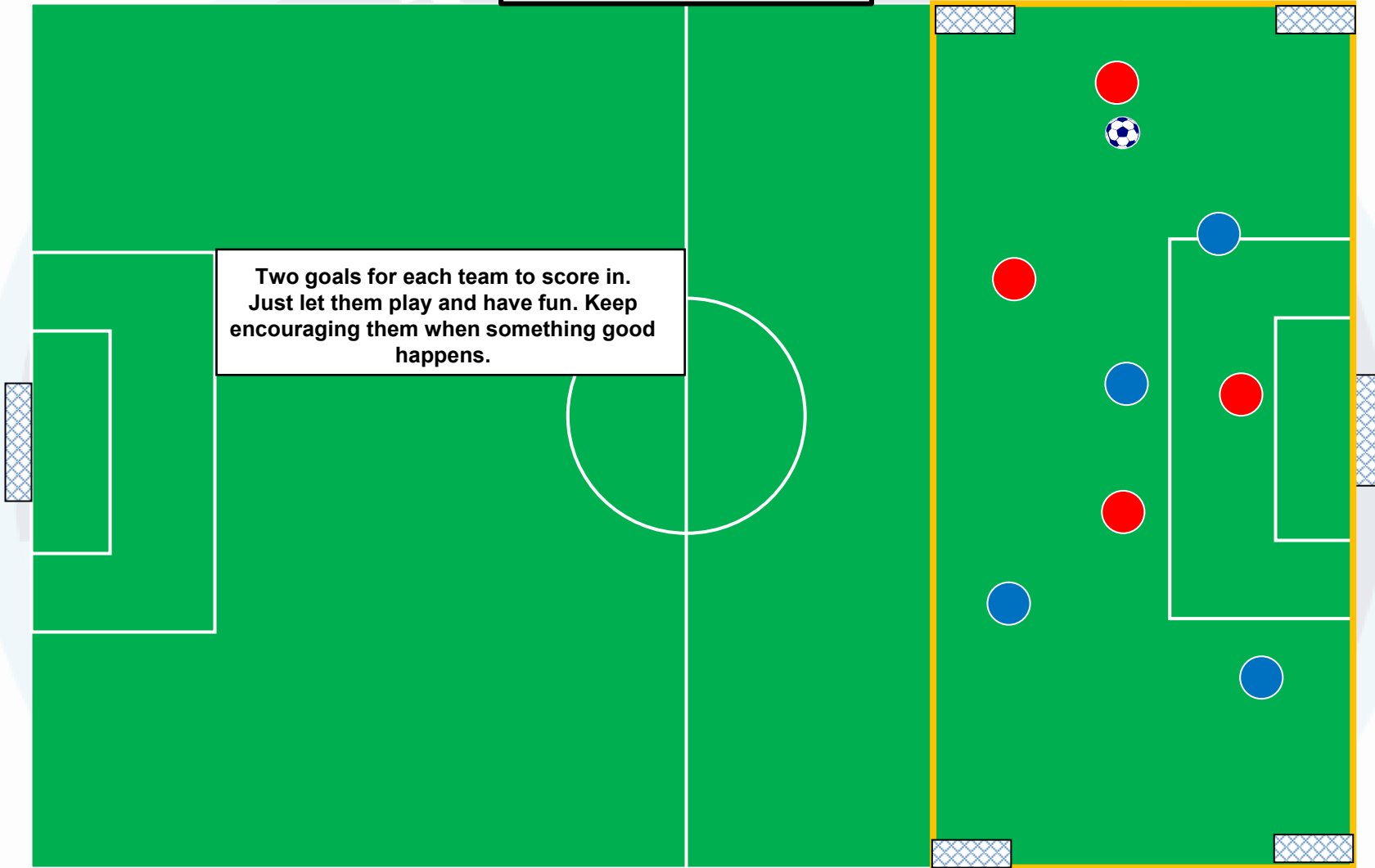


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
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Two goals for each team to score in.  
Just let them play and have fun. Keep  
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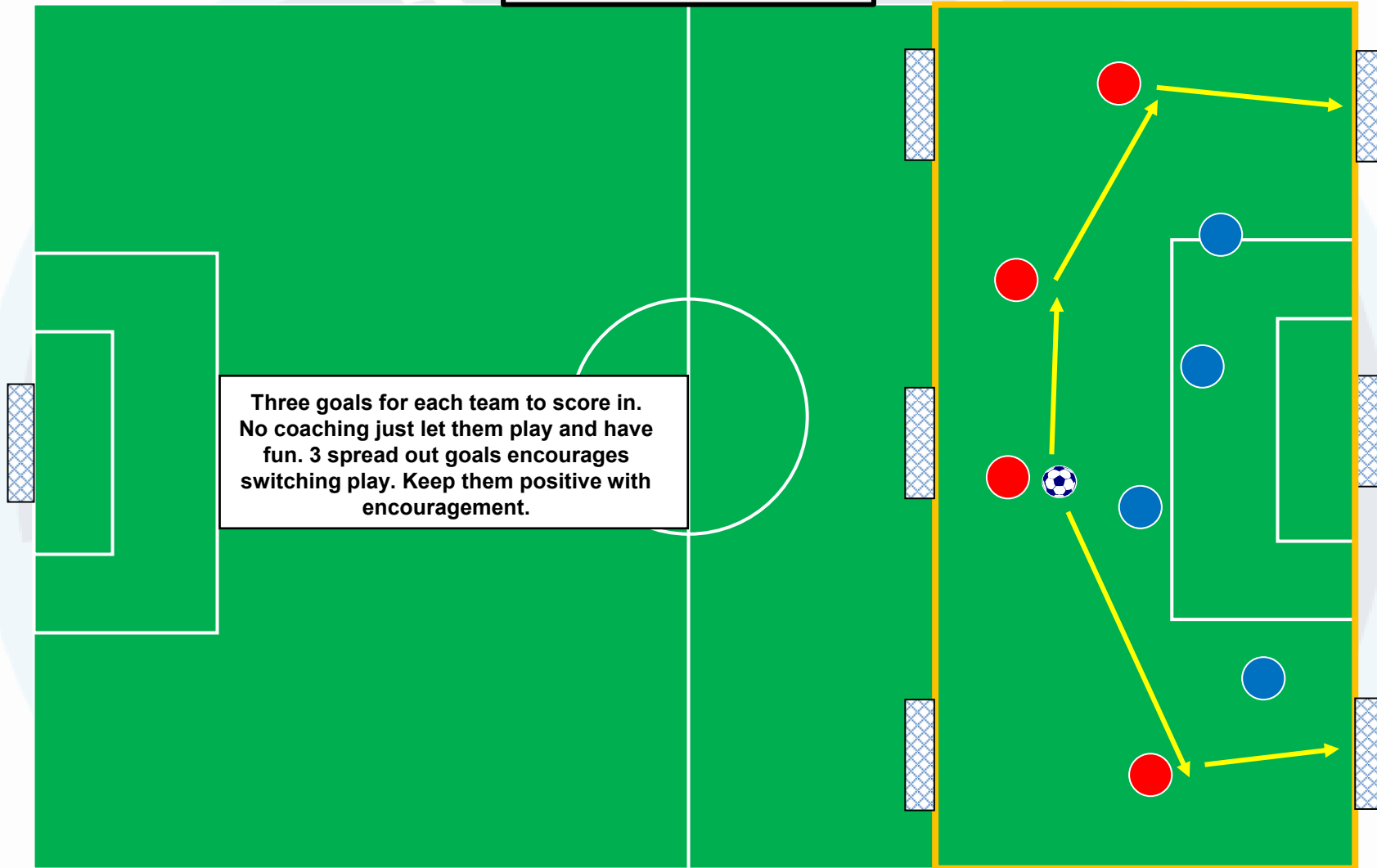


Always a  
Scrimmage

### Six Goal Scrimmage

Let them play free  
of instruction

Three goals for each team to score in.  
No coaching just let them play and have  
fun. 3 spread out goals encourages  
switching play. Keep them positive with  
encouragement.



## Week 5

Now we Are progressively moving towards more game situational training.

### Warmup / Foundations 5 min

#### 1. One v one Challenge 10 min

- a) A simple 1 v 1 red tries to score, blue tries the stop them. If blue wins the ball; then they try to score.
- b) Encourages changing direction with two goals to play to.
- c) OR; Blue plays to goal number 1 and Red to goal number 2.

#### 2. Numbers passing - 10 min

- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they all sit down, whatever team does it first wins. Play several times move the kids around in the circle to different spots.

### Water Break 5 min

**Begin to increase the time for the game situational training and ultimately the scrimmage.**

#### 3. Three team possession Game:

- a) 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b) When the defending team wins the ball the offense team that losses it is on defense.
- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **15 Min**

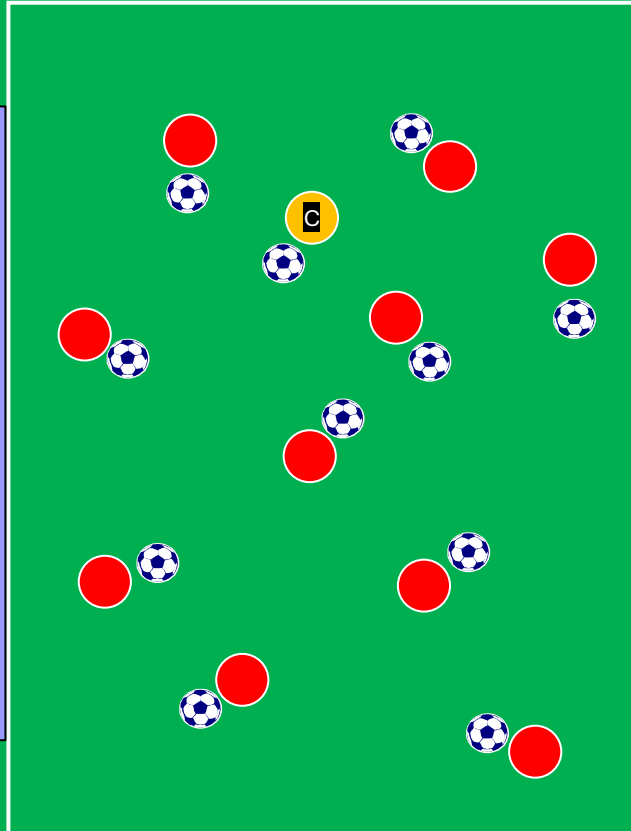
#### 4. Scrimmage Game:

- a) 4 goals game or 6 Goals, 3 each team. Expand the idea bringing in 2 extra goals. **15 min**

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

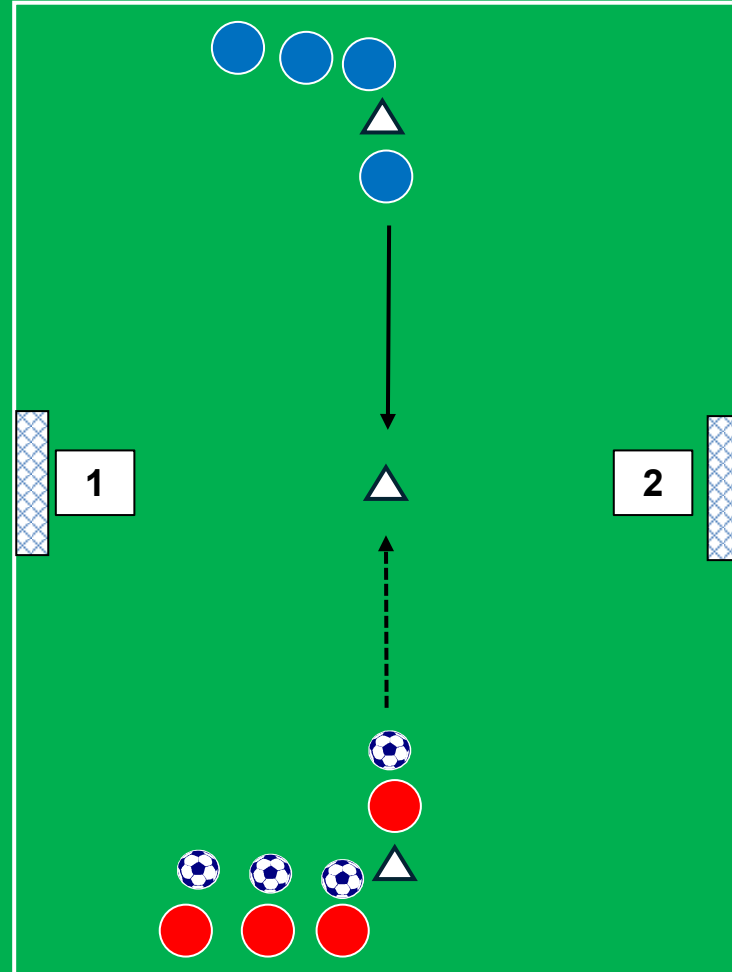
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## 1 v 1 Challenge

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Dribble

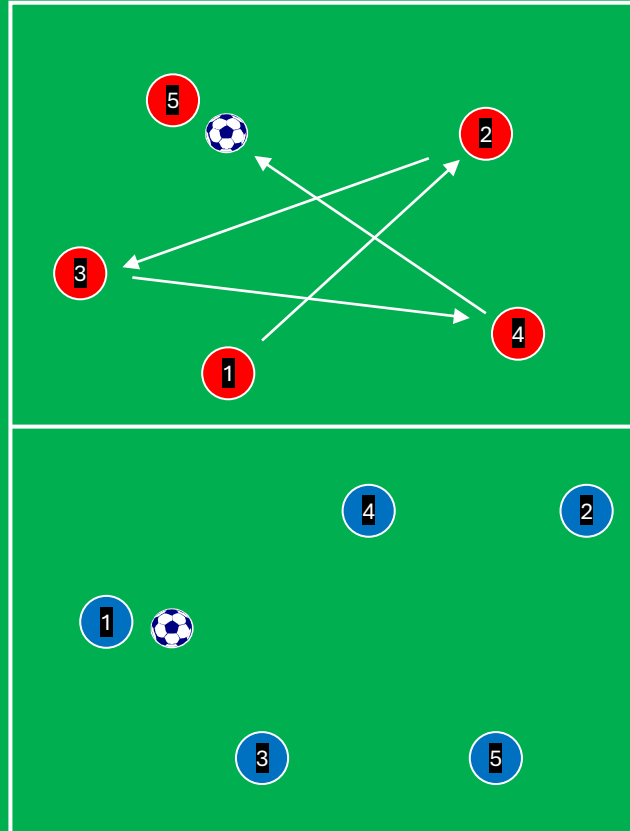


Run

## Numbers Game

### Numbers Game

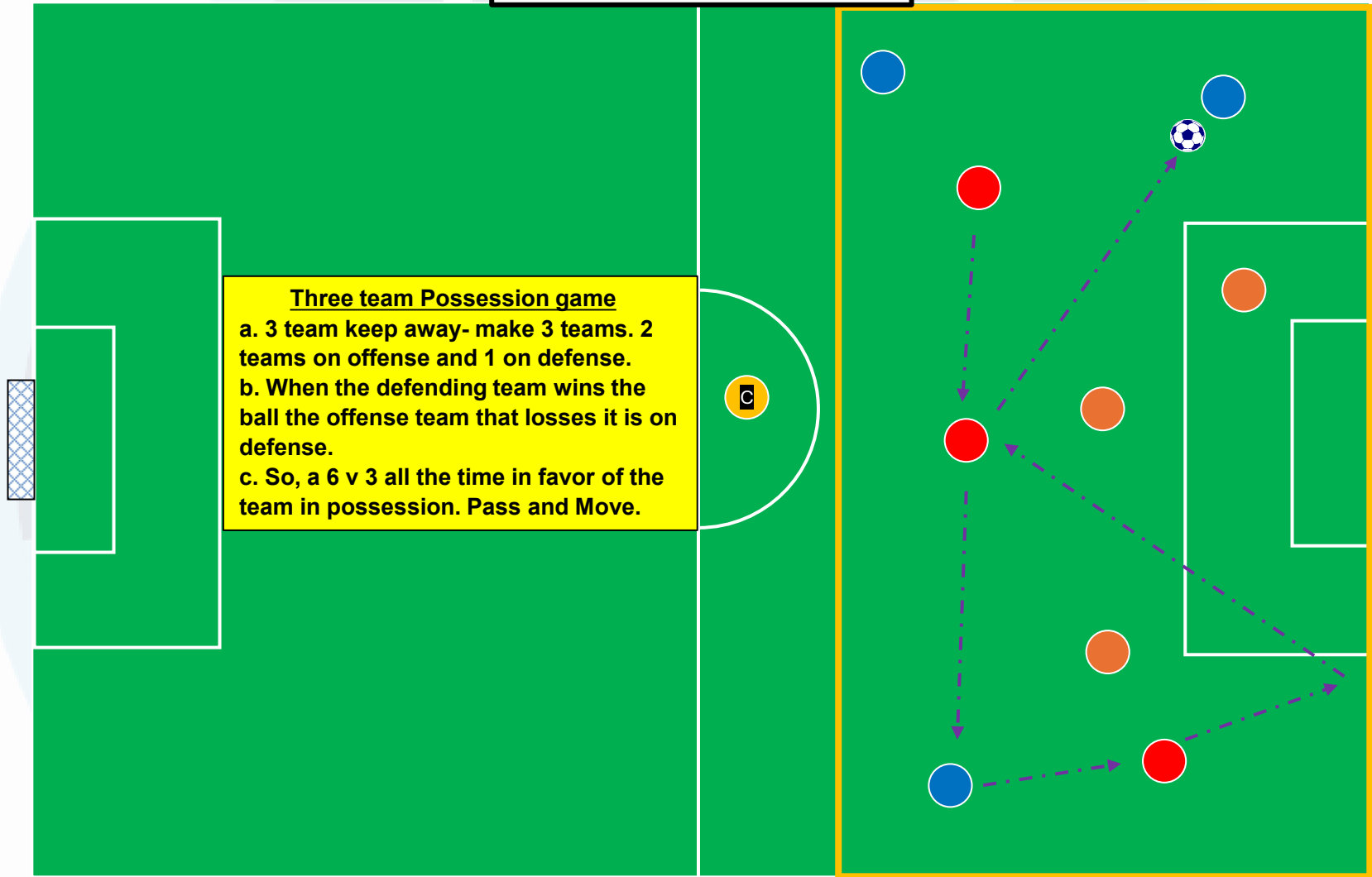
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- b. When the defending team wins the ball the offense team that losses it is on defense.
- c. So, a 6 v 3 all the time in favor of the team in possession. Pass and Move.

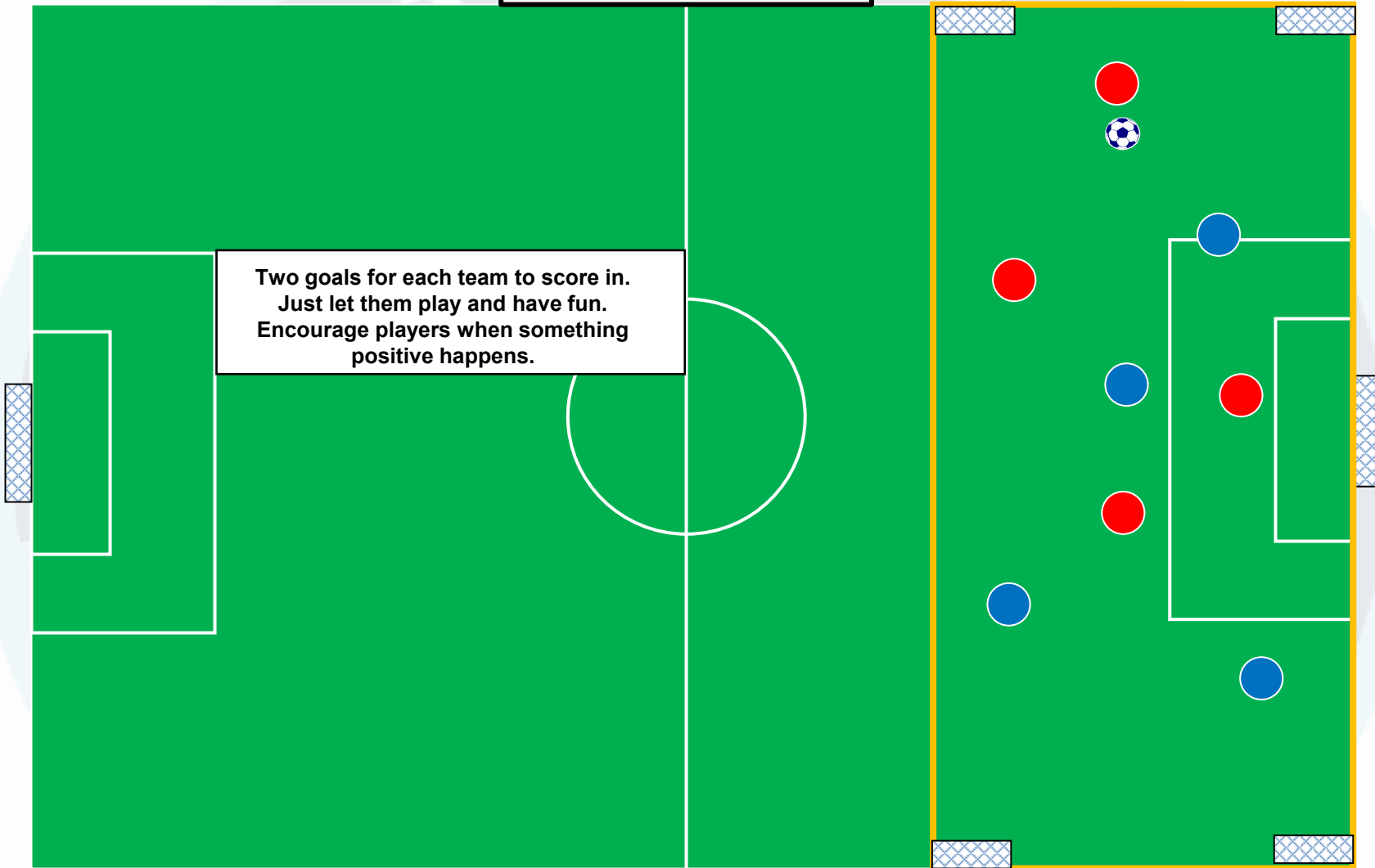


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction

Two goals for each team to score in.  
Just let them play and have fun.  
Encourage players when something  
positive happens.



Always a  
Scrimmage

### Six Goal Scrimmage

Let them play free  
of instruction

Three goals for each team to score in. No  
coaching just let them play and have fun.  
3 spread out goals encourages switching  
play.

