



## **Grade Six**

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

# Week 1

## 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 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.

2. 1 v 1's 10 min

- a) Set up your grid like the diagram.
- 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.

3. 2 v 1 to Goal 10 min

- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.
- d) Player receiving the ball must check their shoulder to see if they can turn or not.
- e) Objective is to score a goal.
- f) If the defender wins the ball the game is over. This could be tough so have the pass from 2 to 1 be a FREE pass.

## Water Break 5 Min

4. Play to Targets 10 min

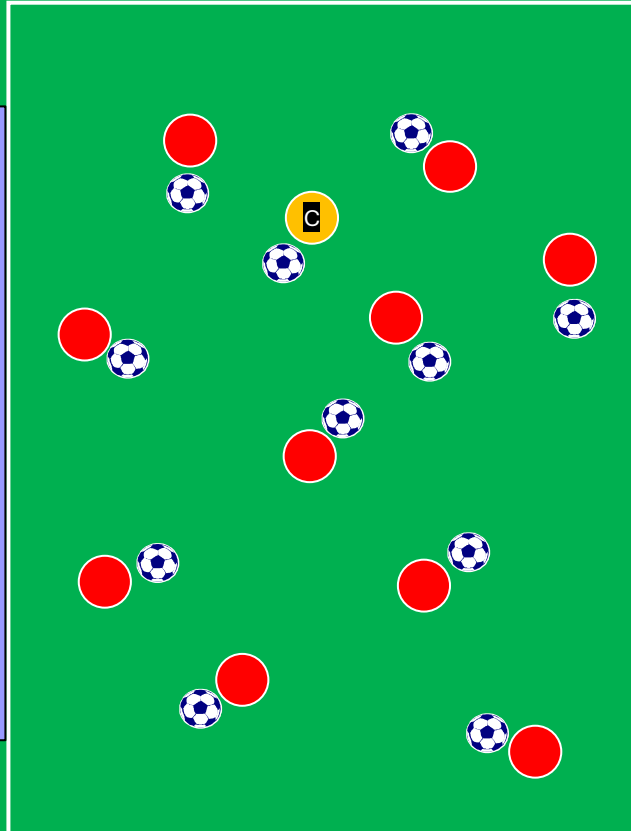
- a) 2 teams- instead of pug goals you have a target player. Once the team passes to that target player, they must go a different target player. When the target player receives the ball, they dribble in and the person that passed them the ball takes their spot

5. Scrimmage- 4 goals or 6 Goals game, 3 each team. **10 Min**

## Warm-up / Foundations

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

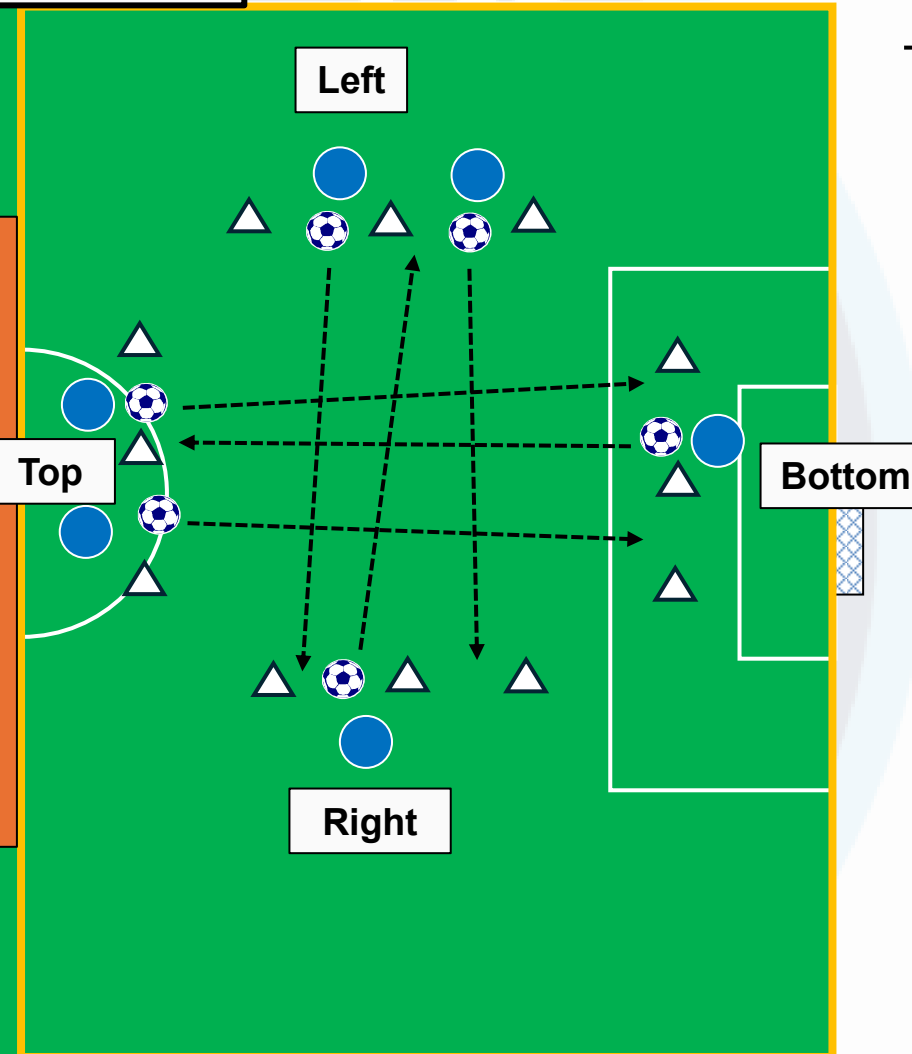
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Criss-cross dribble

### Criss-cross dribble

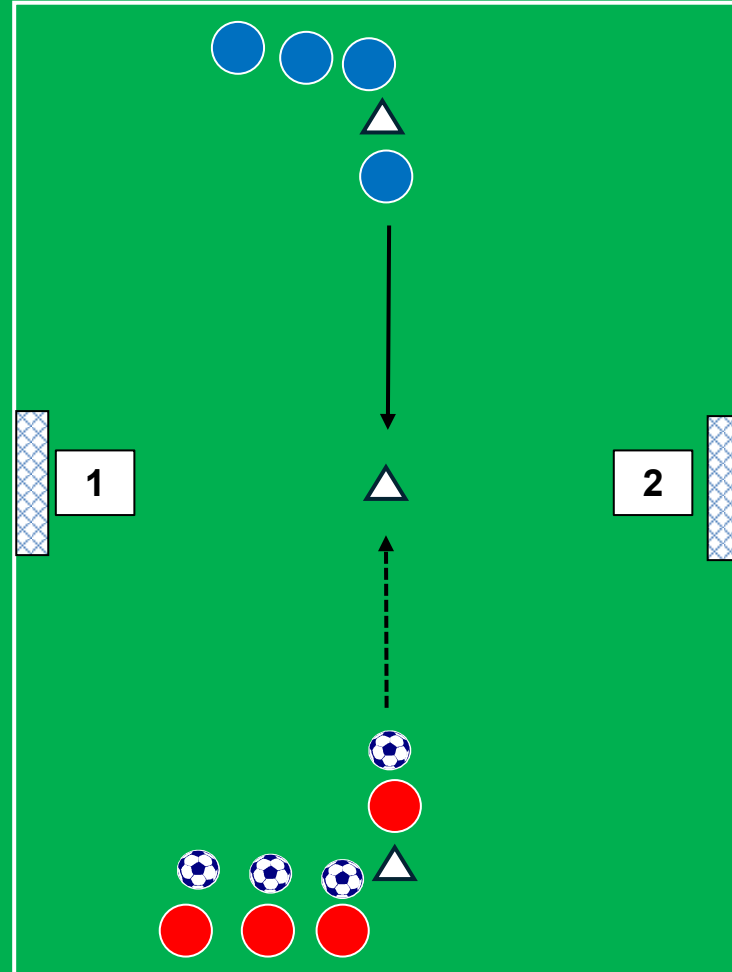
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they 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.



## 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

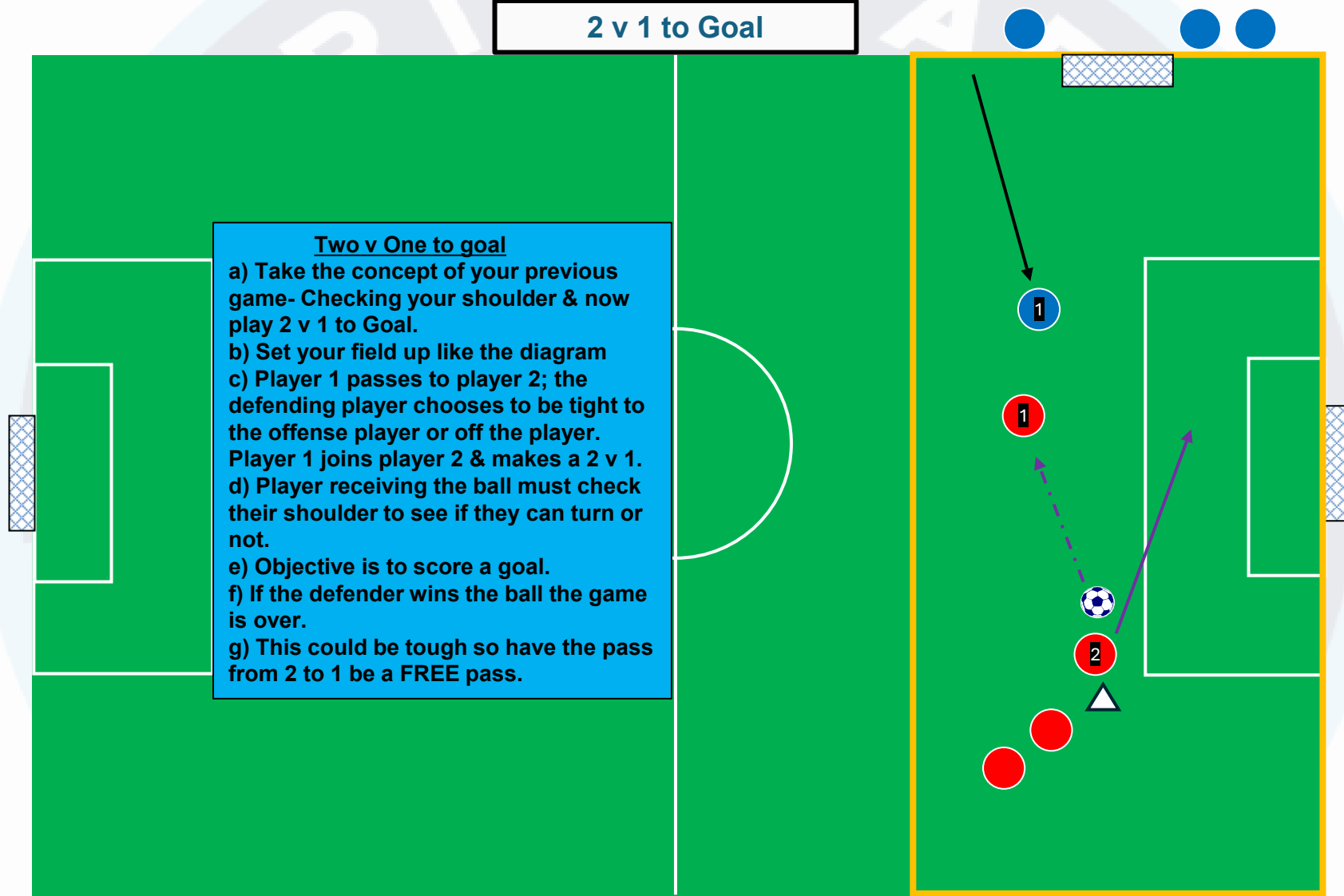


Run

## 2 v 1 to Goal

### Two v One to goal

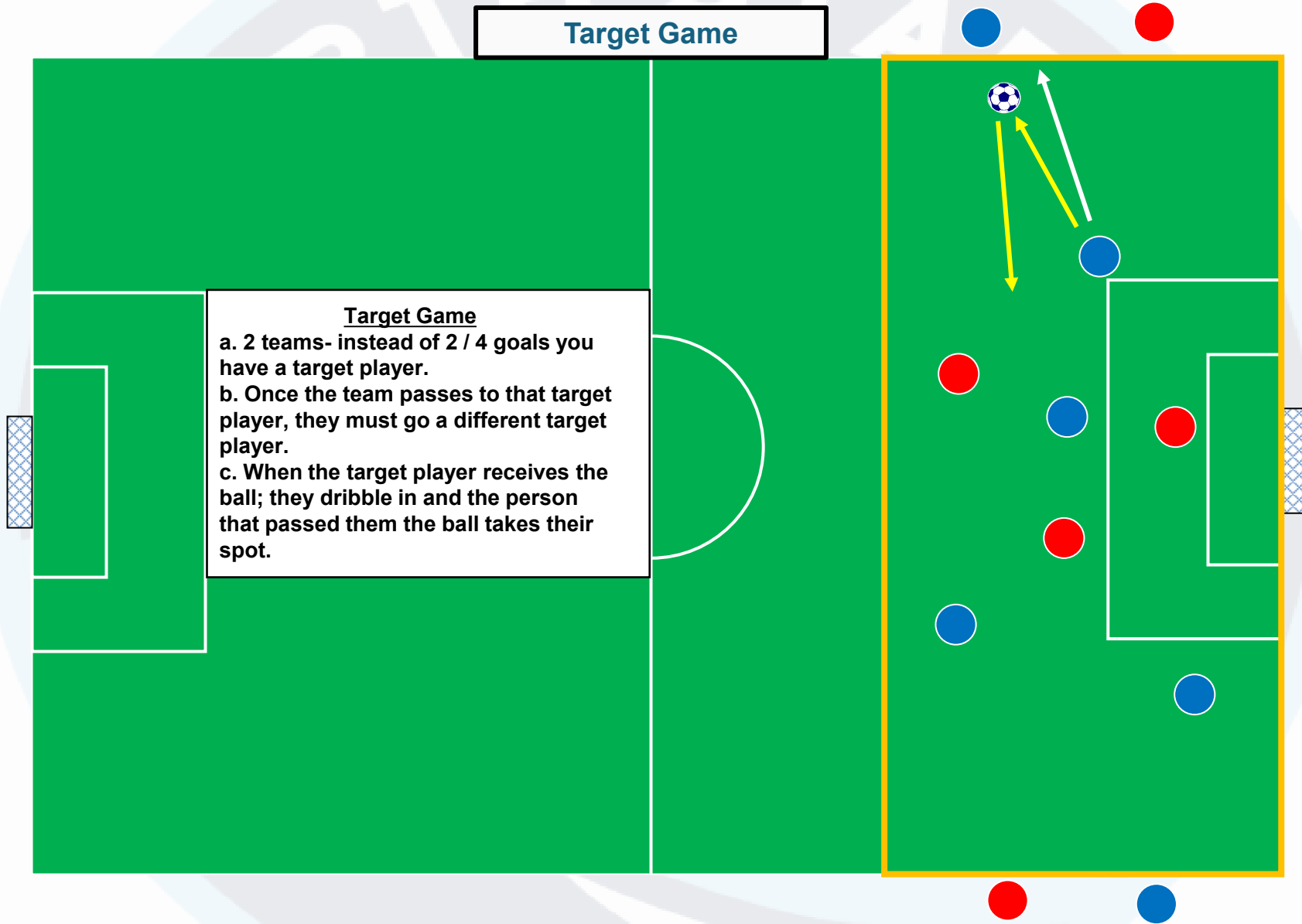
- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.
- d) Player receiving the ball must check their shoulder to see if they can turn or not.
- e) Objective is to score a goal.
- f) If the defender wins the ball the game is over.
- g) This could be tough so have the pass from 2 to 1 be a FREE pass.



## Target Game

### Target Game

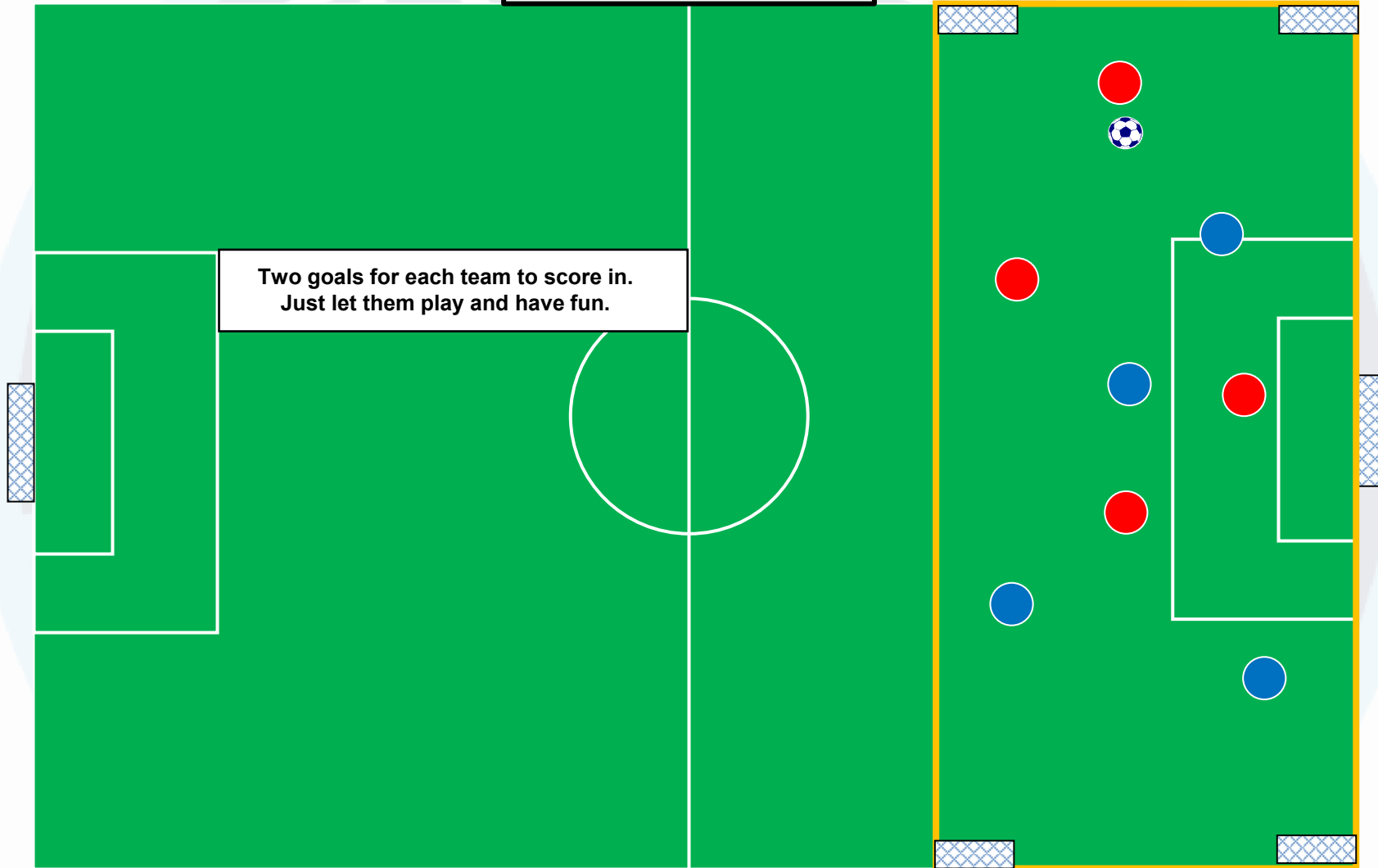
- a. 2 teams- instead of 2 / 4 goals you have a target player.
- b. Once the team passes to that target player, they must go a different target player.
- c. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot.



Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction



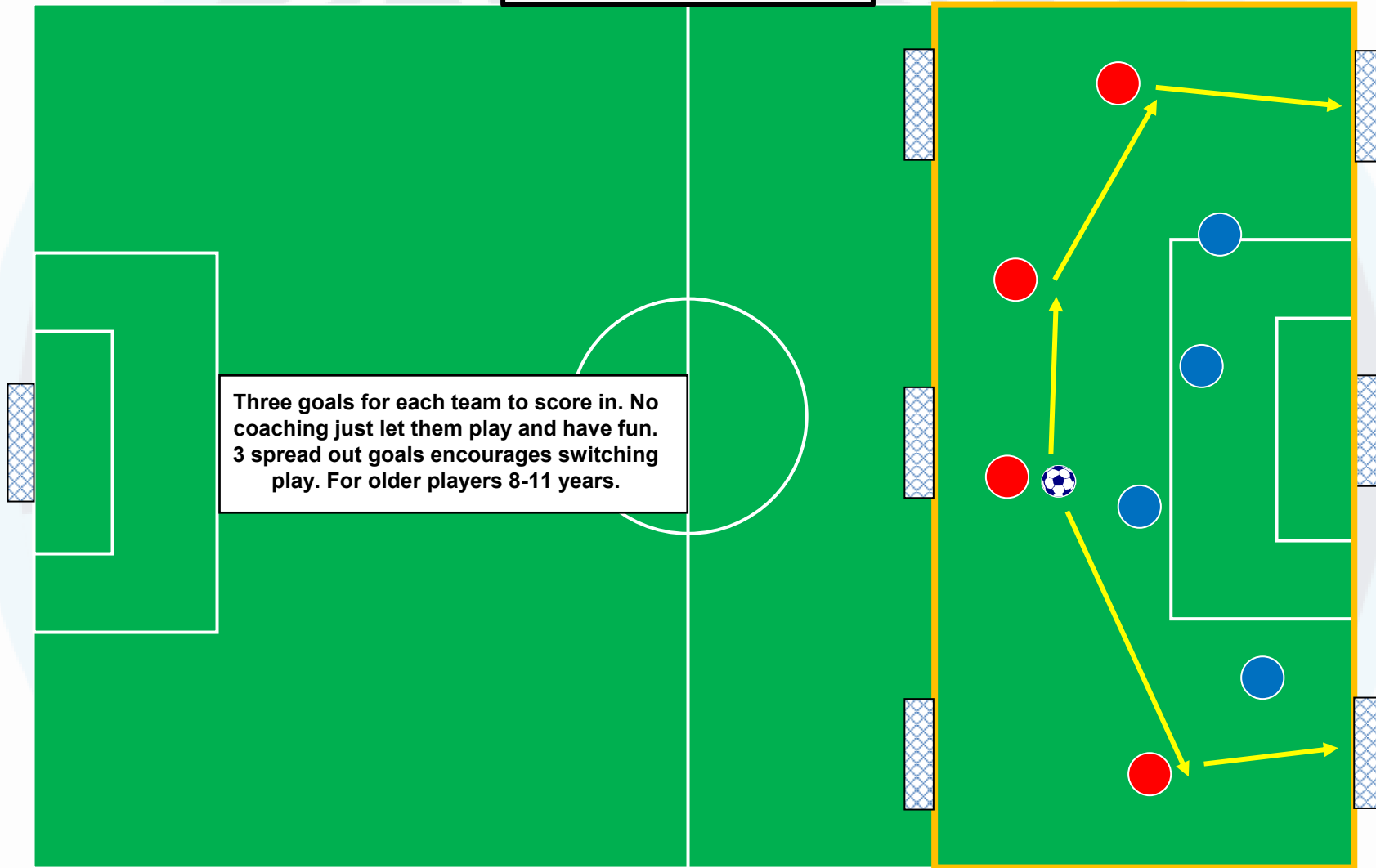


Always a  
Scrimmage

### 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. For older players 8-11 years.



## Week 2

### Warm- up / Foundations 5 min

Anything else that you can think of for ball control.

1. **Tail Tag**- In a large grid, have each child with a ball and a pinnie on. They place the jersey on their back side to make a tail. 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. Everyone needs to have a ball at all times- you can never leave your ball. Time- **10 min**
2. **Gauntlet relay race**- a) Divide the players into 2 teams. Set your field up like the diagram. Have the players help you place the tall cones in an area. On your command the first player from each team must dribble through the cones, out to the disc and back.  
b) If they knock a cone over; they must stand it back up with their feet. Tell the players they must always keep the ball close to their feet. When they make it back, they tag the next person to go. Have the kids help pick up the cones- **10 min**

### Water break 5 Min

3. **Square passing**- a) Set up like the diagram- divide the players into 2 equal groups. If you have more than 8 players, you simply add a disc and make a hexagon. b) Players must pass around the square – work on them receiving the ball across their body- opening their hips. Time- **10 min**

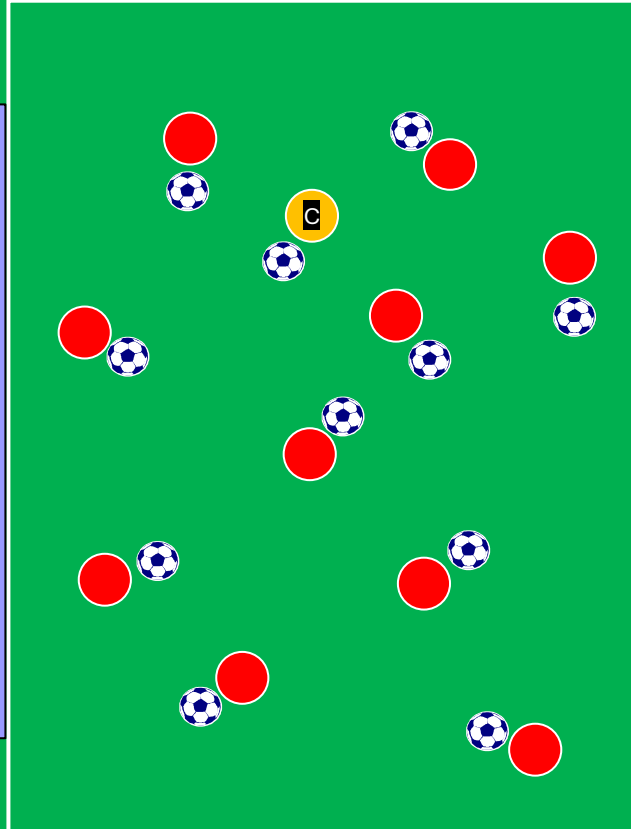
**Begin to increase the time for the game situational training and ultimately the scrimmage.**

4. **Target Game**
  - a. 2 teams- instead of 2 / 4 goals you have a target player.
  - b. Once the team passes to that target player, they must go a different target player.
  - c. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot. **10 Min**
5. **Scrimmage**- 4 goals or 6 goals game see diagrams. **10 min**

## Warm-up / Foundations

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

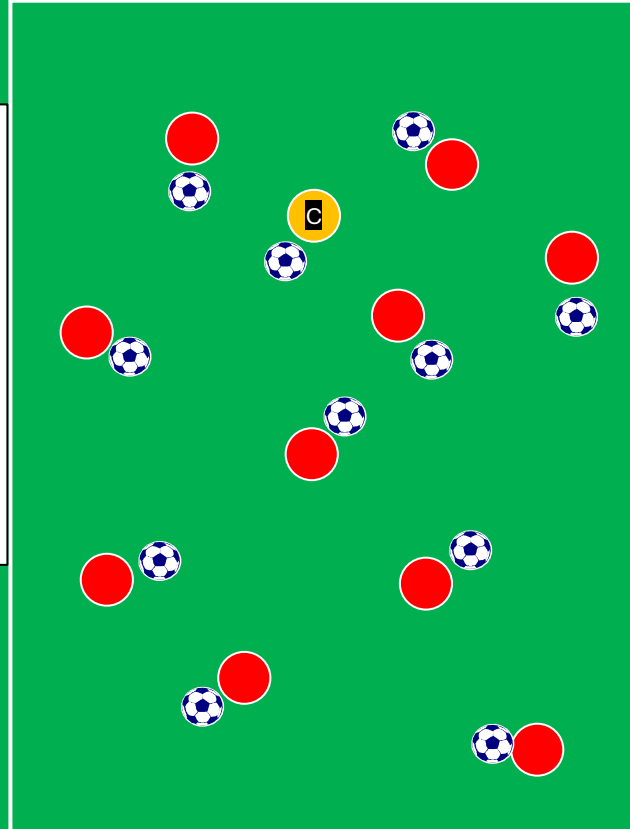
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Tail-Tag

### Tail-Tag

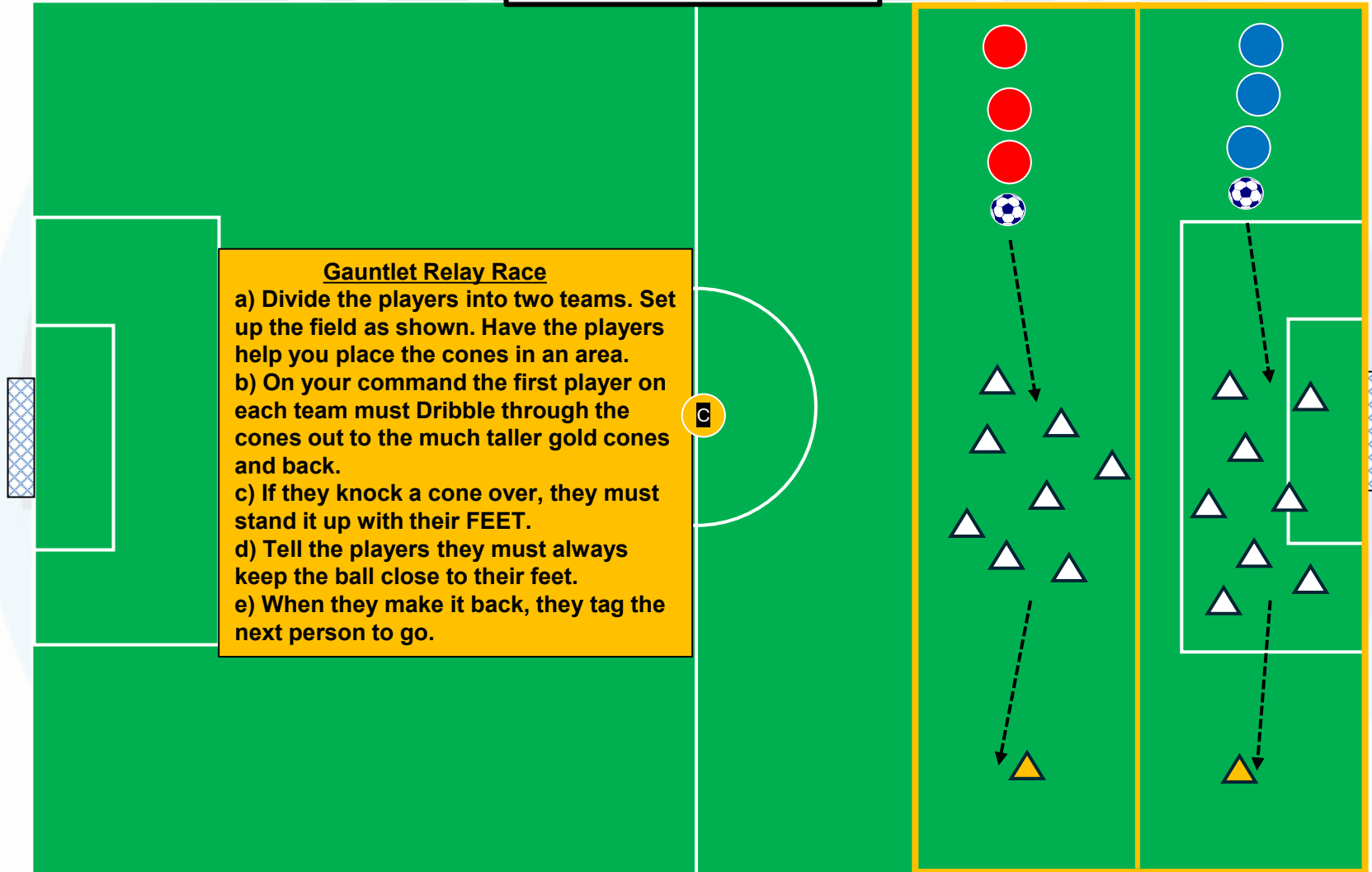
- a. In a large grid, have each child with a ball and a pinnie on. They place the jersey on their back side to make a tail.
- b. You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c. Everyone needs to have a ball at all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



## Gauntlet Relay Race

### Gauntlet Relay Race

- a) Divide the players into two teams. Set up the field as shown. Have the players help you place the cones in an area.
- b) On your command the first player on each team must Dribble through the cones out to the much taller gold cones and back.
- c) If they knock a cone over, they must stand it up with their FEET.
- d) Tell the players they must always keep the ball close to their feet.
- e) When they make it back, they tag the next person to go.

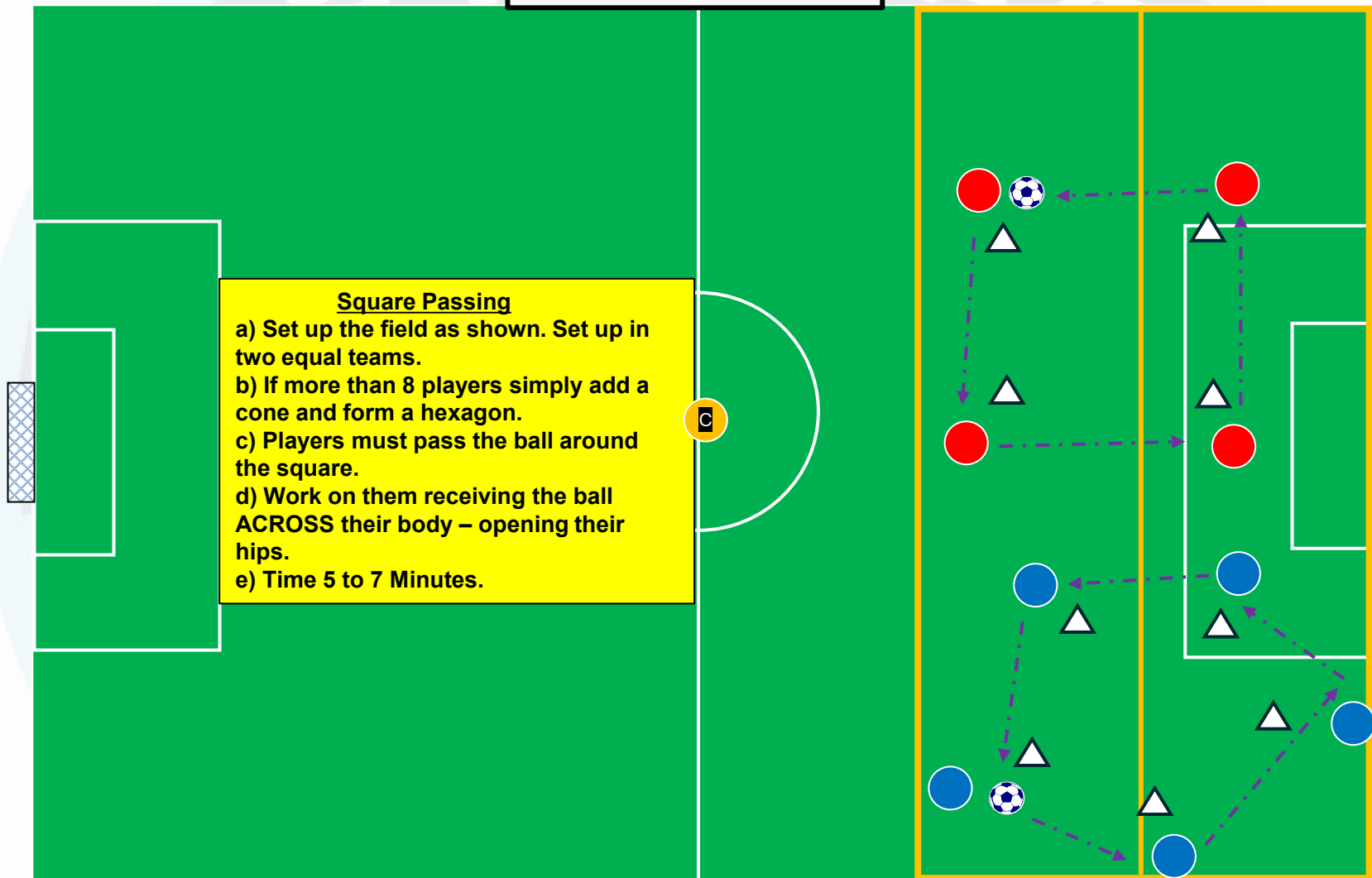


## Square Passing

### Square Passing

- a) Set up the field as shown. Set up in two equal teams.
- b) If more than 8 players simply add a cone and form a hexagon.
- c) Players must pass the ball around the square.
- d) Work on them receiving the ball **ACROSS** their body – opening their hips.
- e) Time 5 to 7 Minutes.

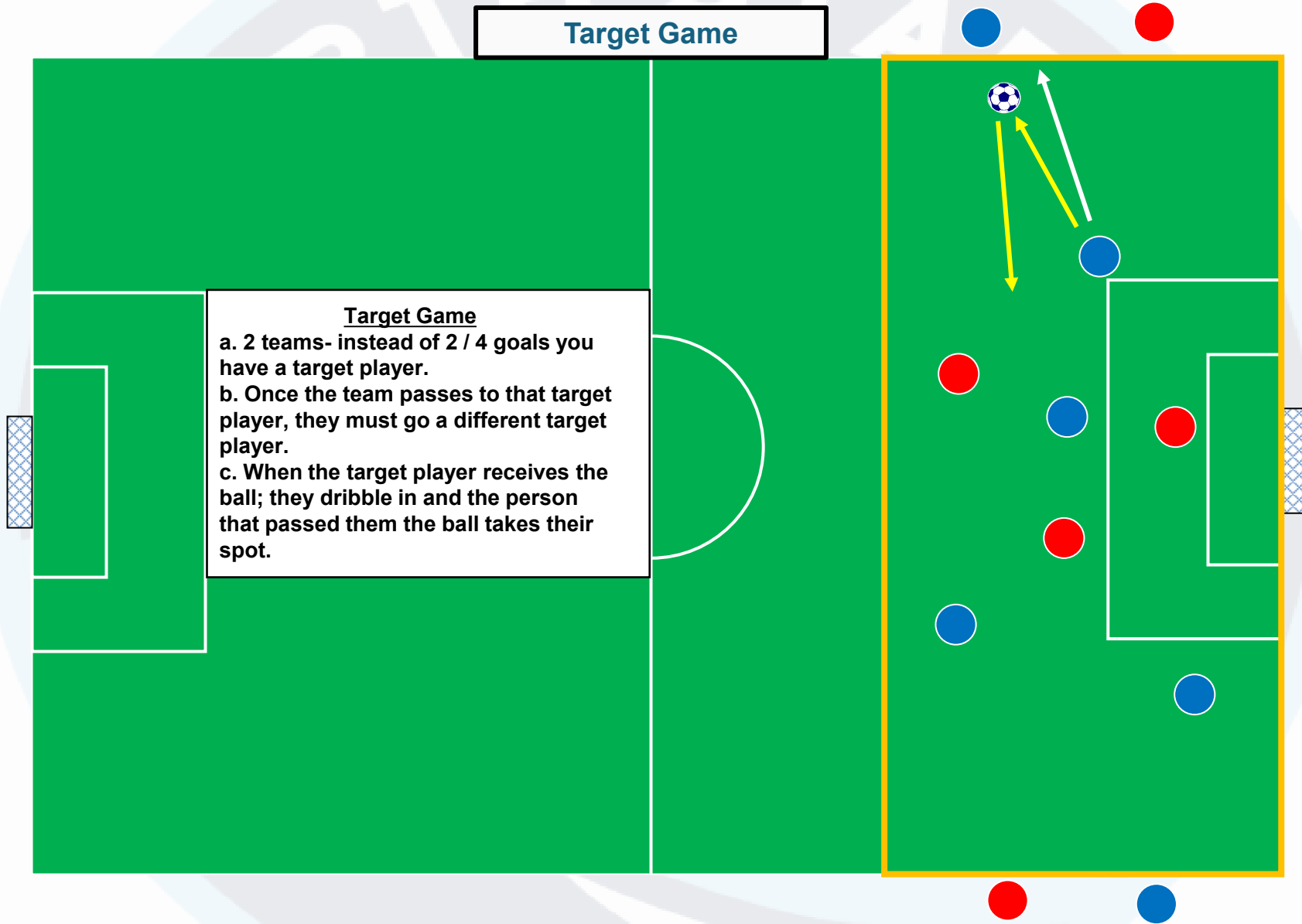
-----> **Pass**



## Target Game

### Target Game

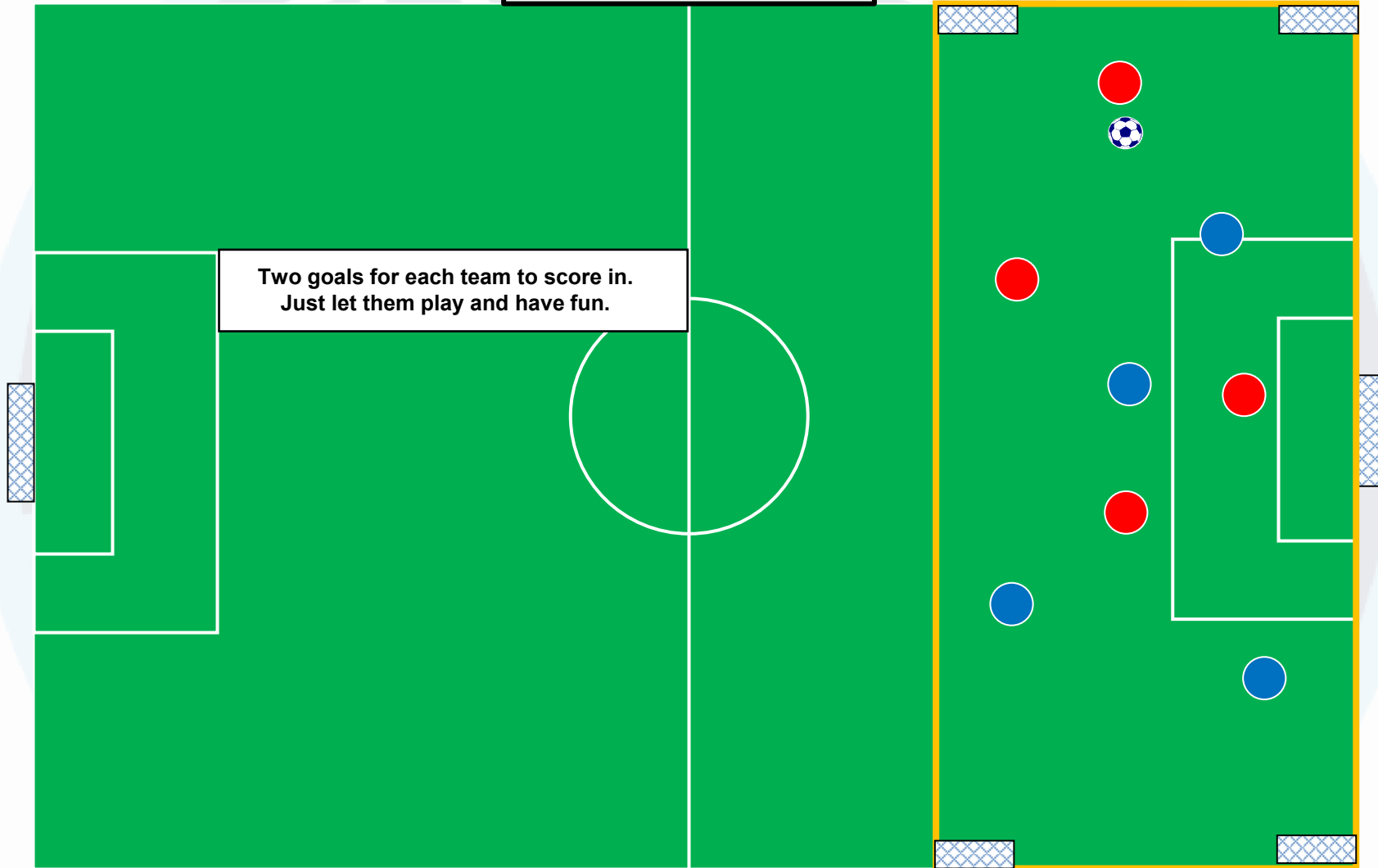
- a. 2 teams- instead of 2 / 4 goals you have a target player.
- b. Once the team passes to that target player, they must go a different target player.
- c. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot.



Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction



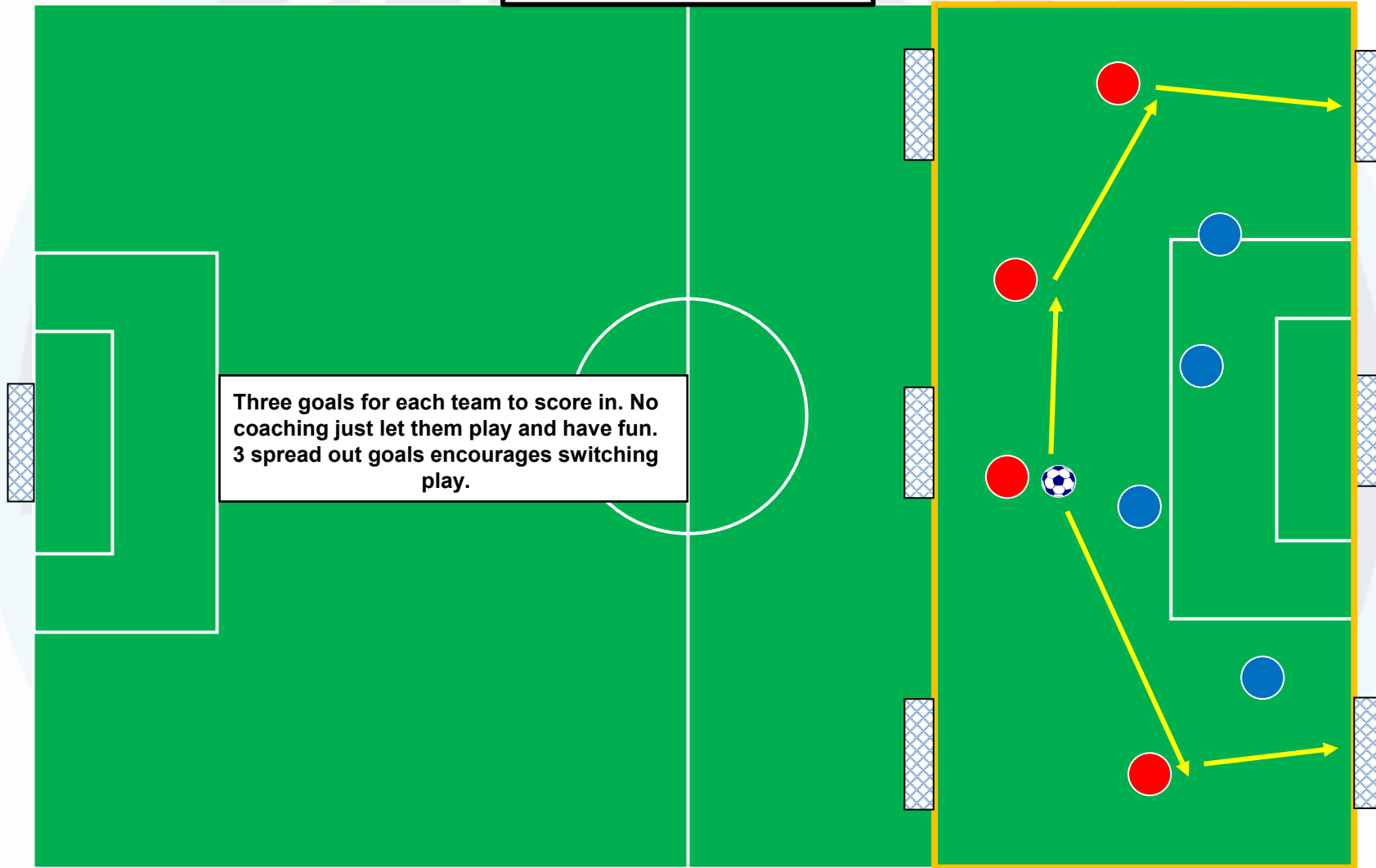


Always a  
Scrimmage

### 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 3

Now we Are progressively moving towards more game situational training.

### 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 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. 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.

3. Two v One to goal 10 min

- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram.
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.

- d) Player receiving the ball must check their shoulder to see if they can turn or not.
- e) Objective is to score a goal.
- f) If the defender wins the ball the game is over.
- g) This could be tough so have the pass from 2 to 1 be a FREE pass.

**Water Break 5 Min**

**4. Play to Targets**

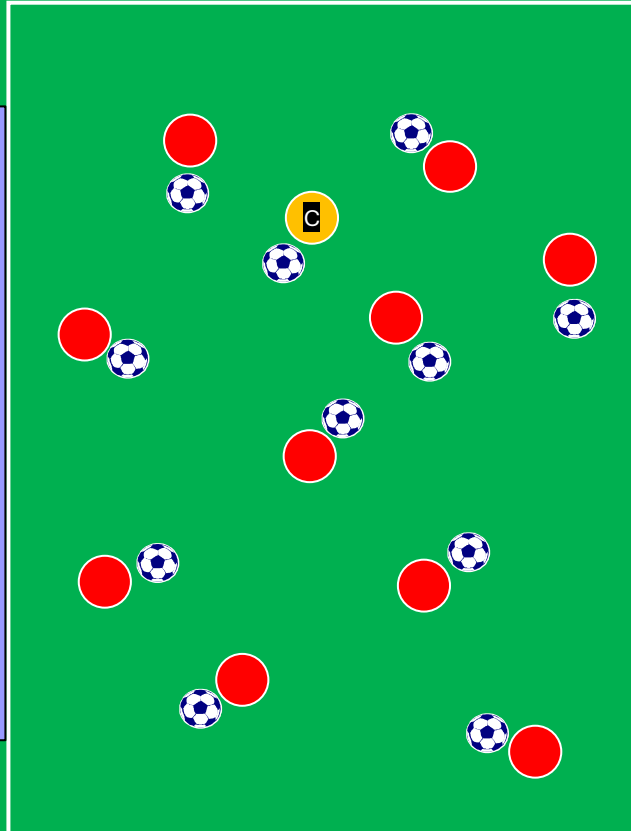
- a) 2 teams- instead of pug goals you have a target player. Once the team passes to that target player, they must go a different target player. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot. **10 min**

**5. Scrimmage- 4 goal game; two goals each team or 6 goals game see diagrams. **10 min.****

## Warm-up / Foundations

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

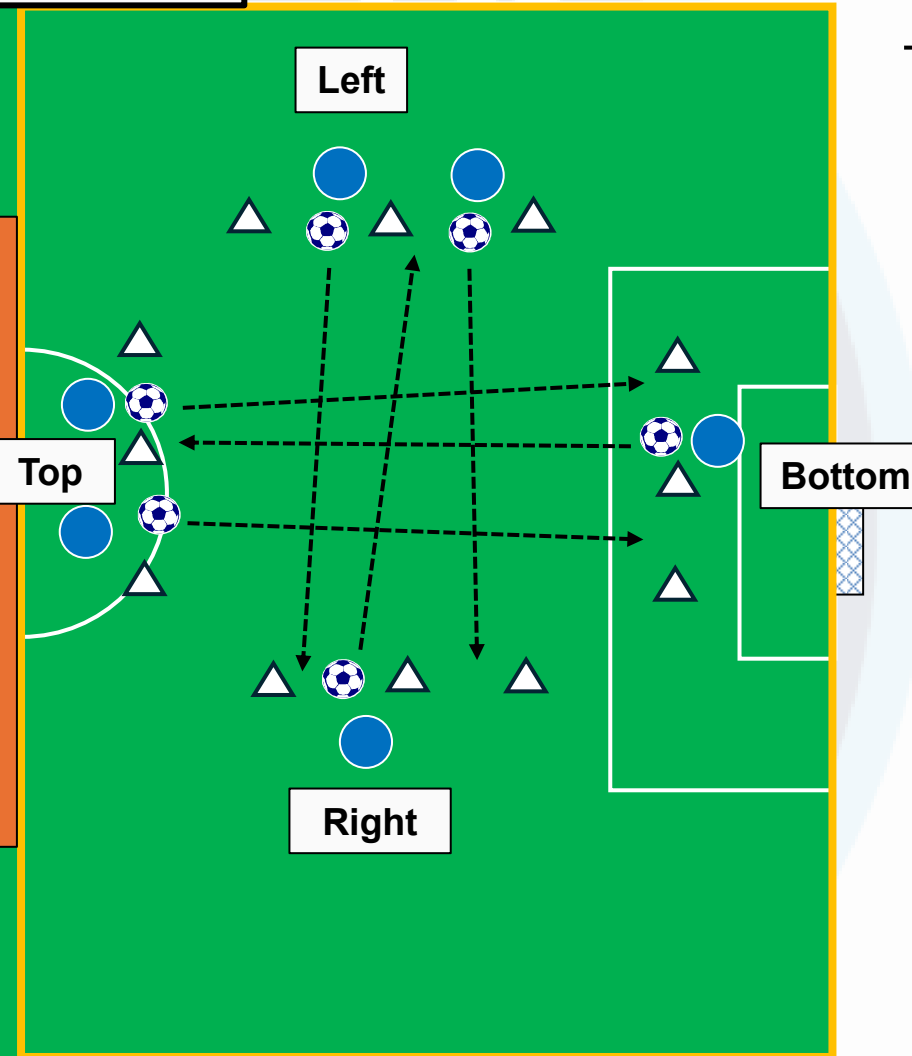
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Criss-cross dribble

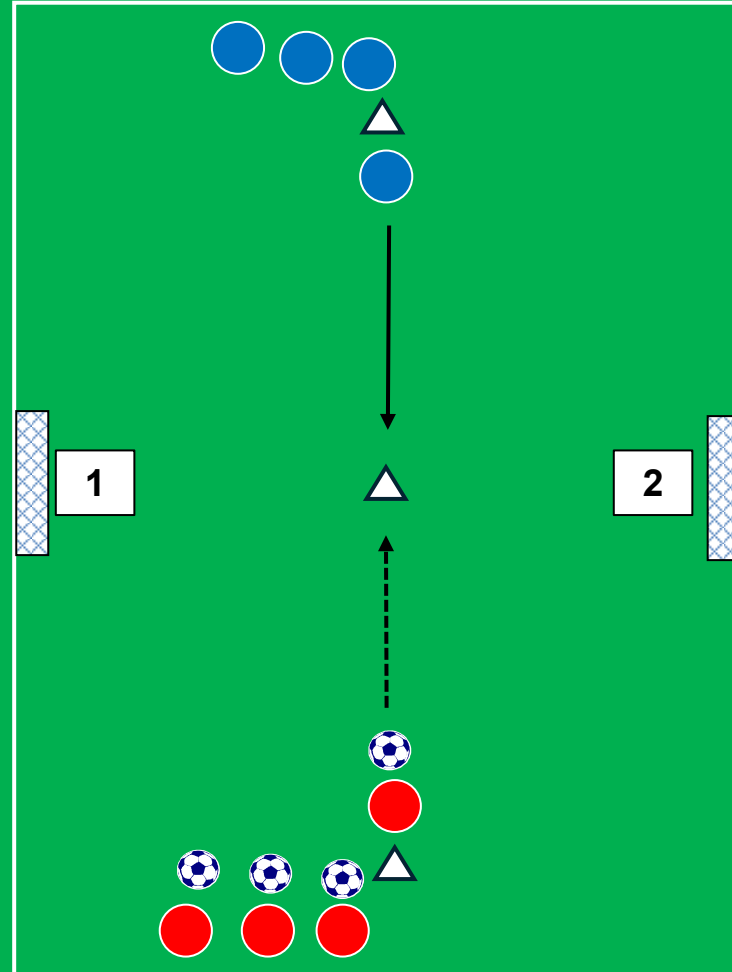
### Criss-cross dribble

- 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.



## 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

## 2 v 1 to Goal

### Two v One to goal

- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.
- d) Player receiving the ball must check their shoulder to see if they can turn or not.
- e) Objective is to score a goal.
- f) If the defender wins the ball the game is over.
- g) This could be tough so have the pass from 2 to 1 be a FREE pass.



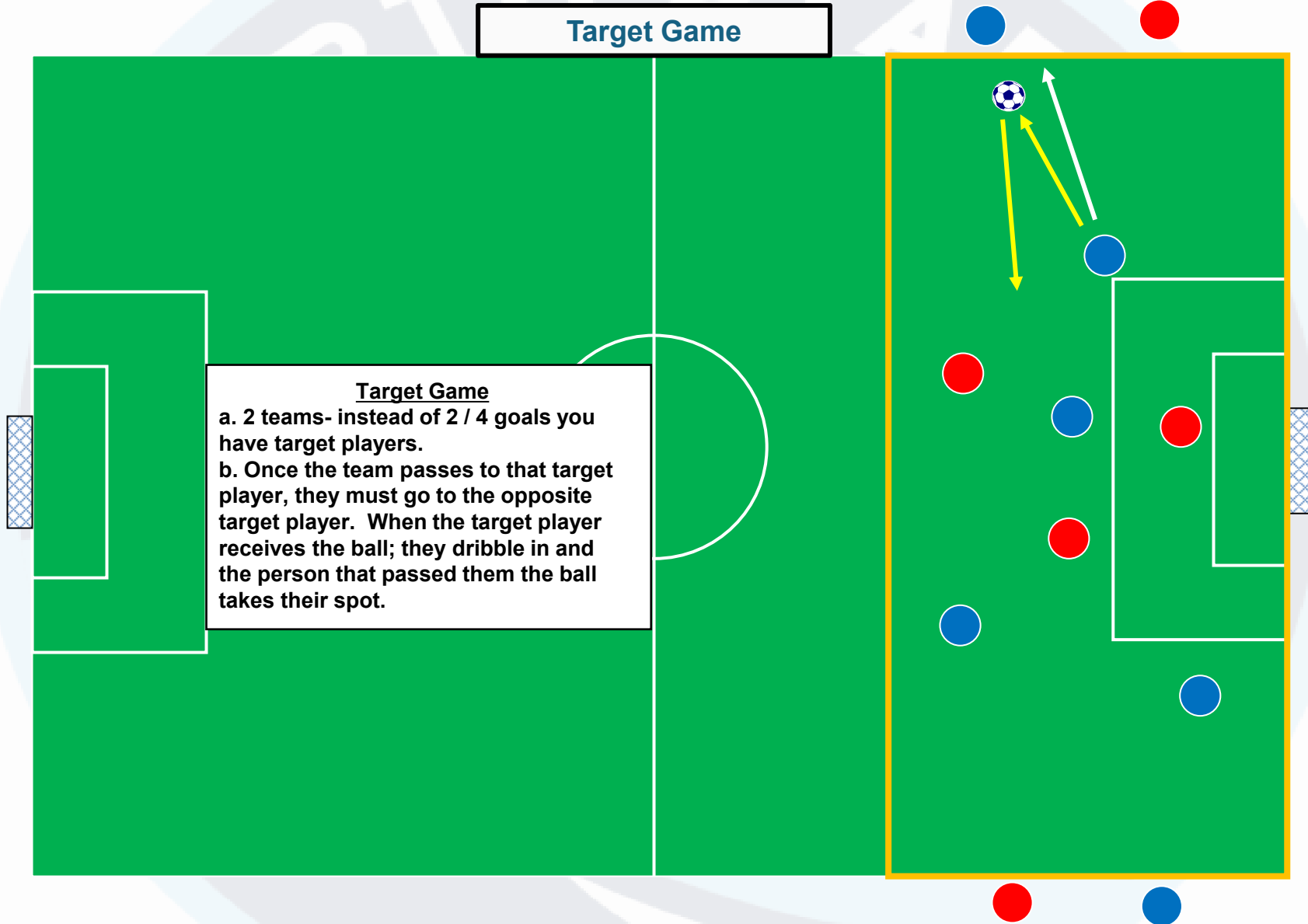
Run

Pass

## Target Game

### Target Game

- a. 2 teams- instead of 2 / 4 goals you have target players.
- b. Once the team passes to that target player, they must go to the opposite target player. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot.



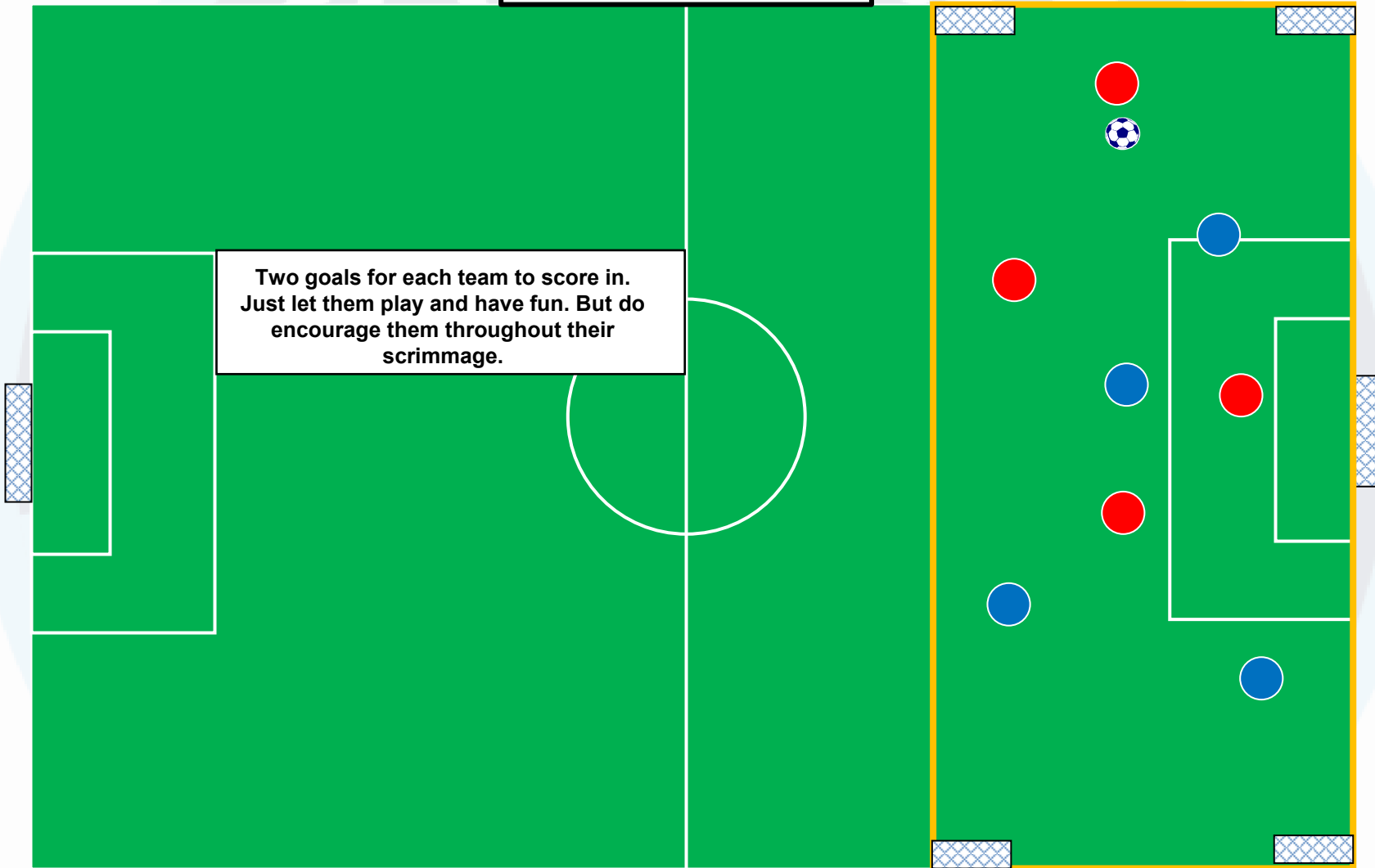


Always a  
Scrimmage

### Four Goal Scrimmage

Let them play free  
of instruction

Two goals for each team to score in.  
Just let them play and have fun. But do  
encourage them throughout their  
scrimmage.

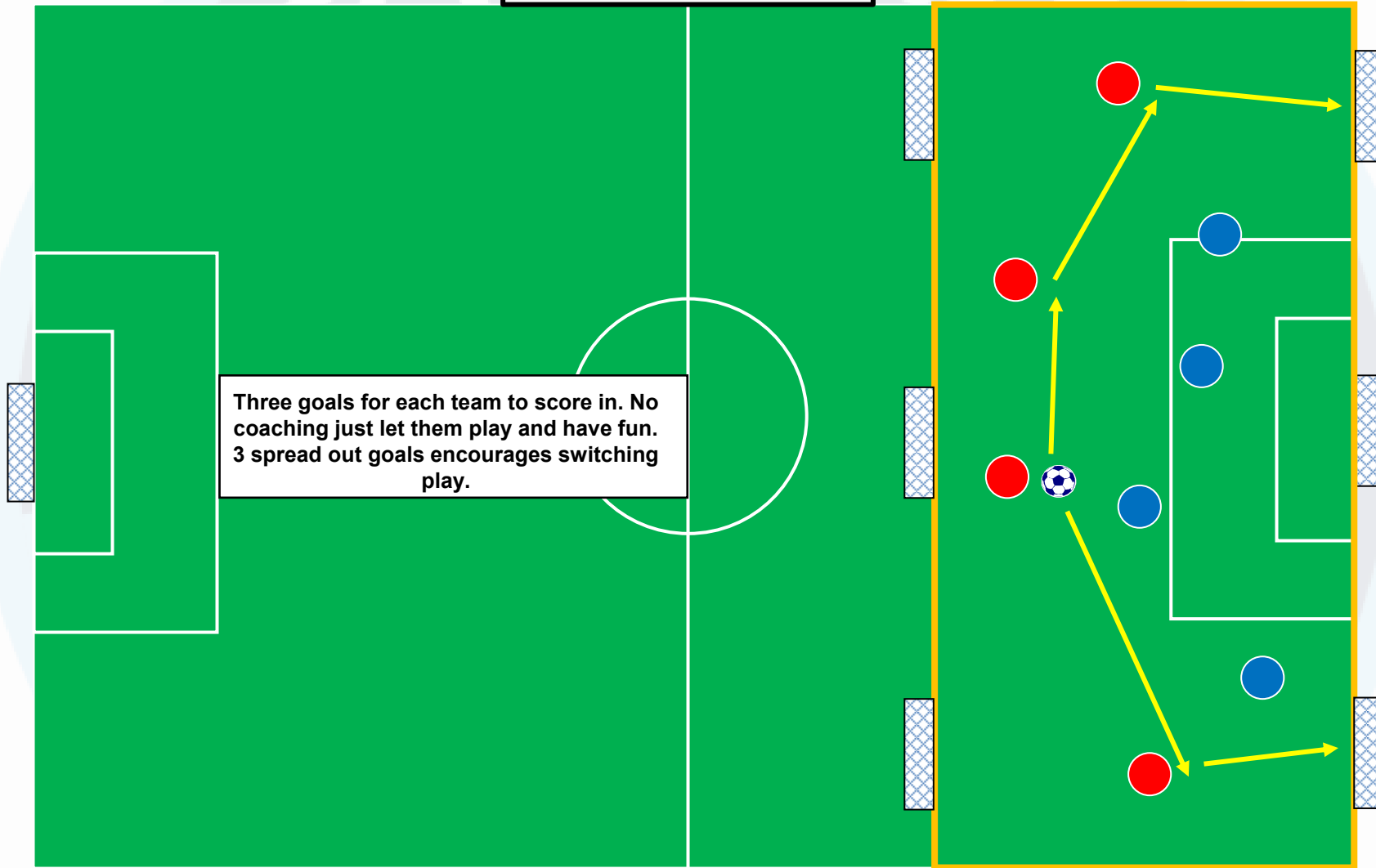


Always a  
Scrimmage

### 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

Now we are progressively moving towards more game situational training.

### Warm up- foundations, etc. 5 Min

#### **1. 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 penny 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.

#### **2. 2 v 1 to goal 10 min**

- a) Take the concept of the previous game- checking your shoulder and now play 2v1 to goal.
- b) Set your field up like the diagram.
- c) Player 1 passes it to player 2- the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 to make a 2v1.
- d) The player receiving the ball needs to check their shoulder to determine if they can turn or not. Objective is to score
- e) If the defender wins the ball the game is over.

### Water Break 5 Min

#### **3. Three team possession game**

- a) Play this for **15 mins**
- b) Make 3 teams- using your whole area have two teams be on offense and one on defense. The two teams on offense are playing keep away. If a team loses the position they are then on defense

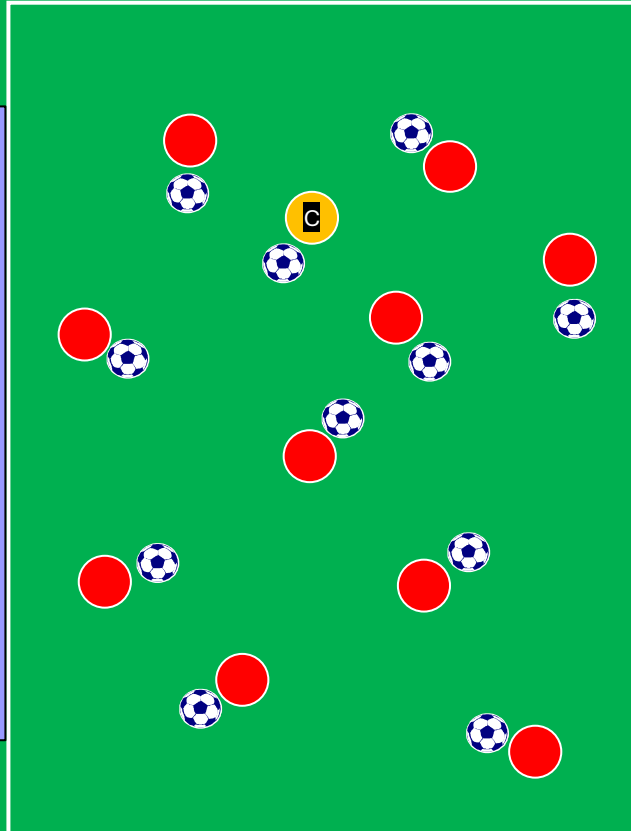
#### **4. Scrimmage**

6 goals game. 3 goals each encouraging switching play. **10-15 Min**

## Warm-up / Foundations

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

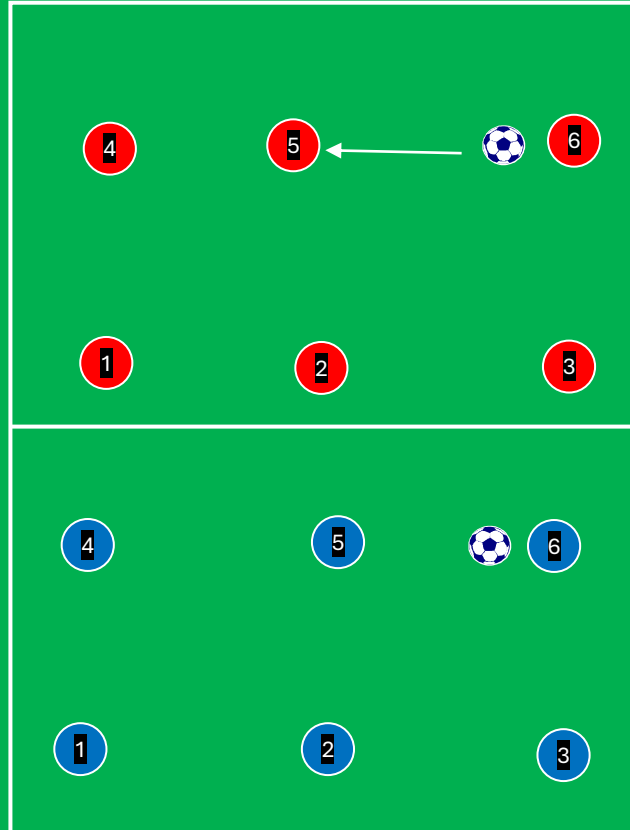
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## 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.

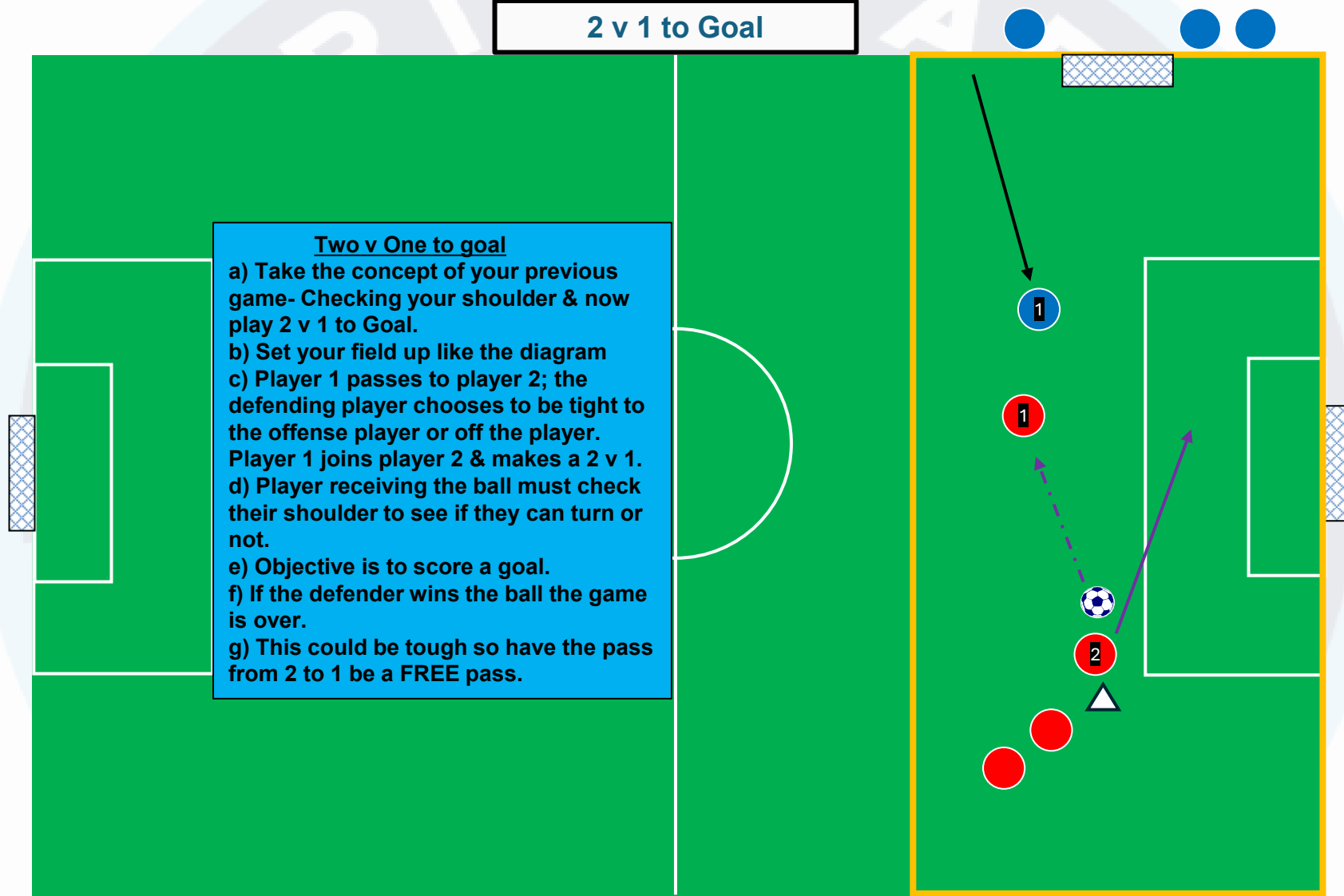


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it 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.

## 2 v 1 to Goal

### Two v One to goal

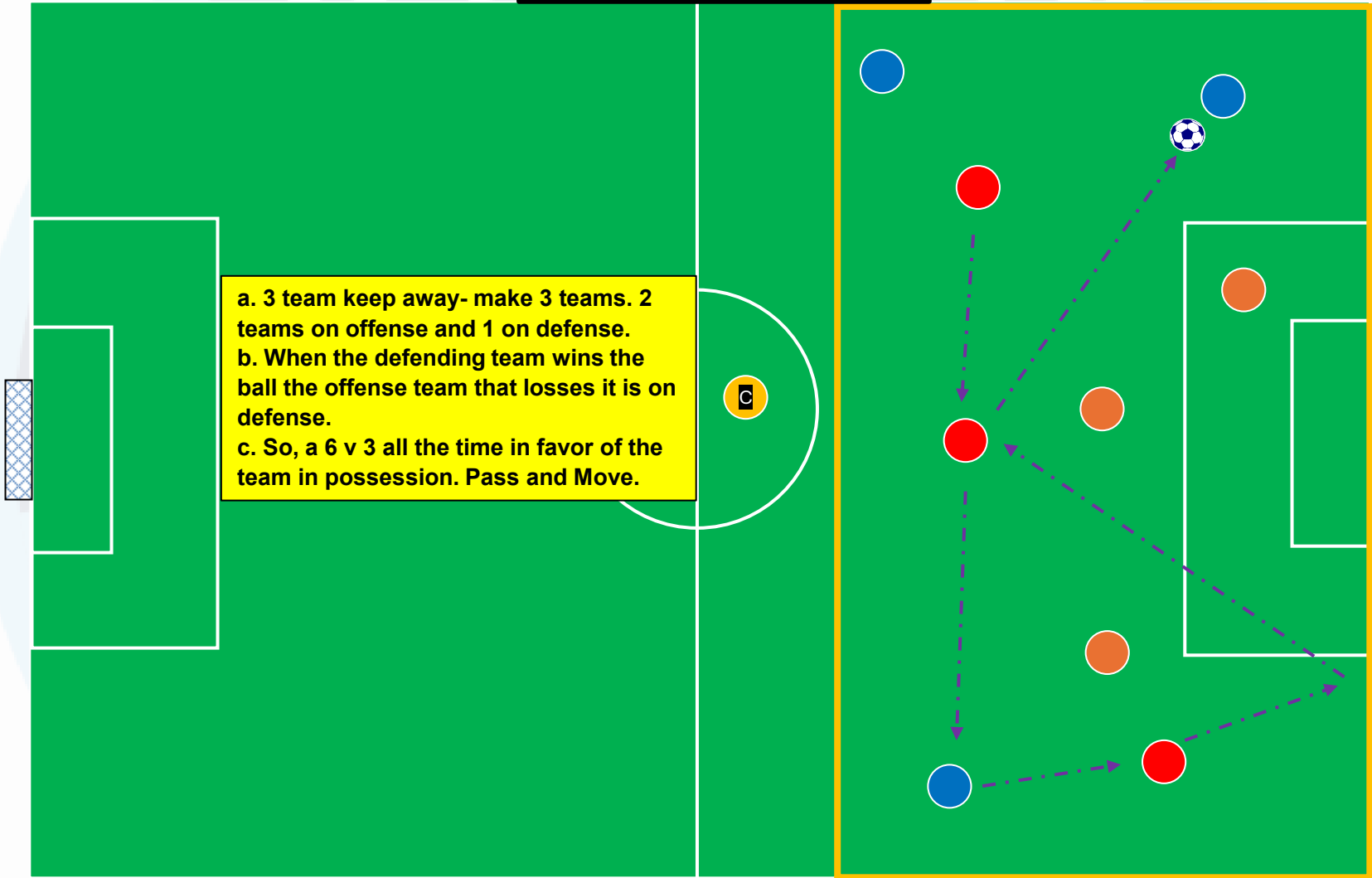
- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.
- d) Player receiving the ball must check their shoulder to see if they can turn or not.
- e) Objective is to score a goal.
- f) If the defender wins the ball the game is over.
- g) This could be tough so have the pass from 2 to 1 be a FREE pass.



### 3 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

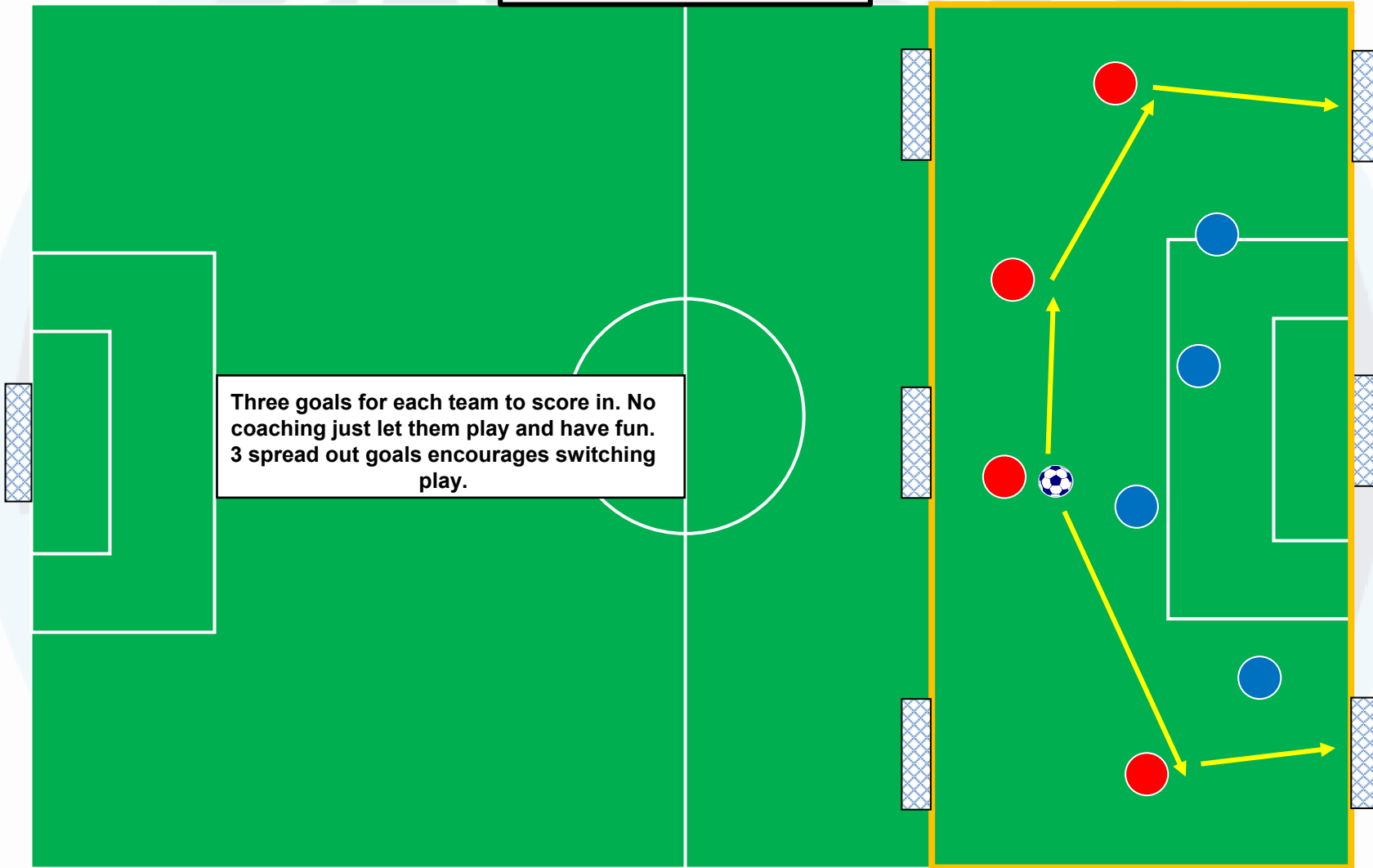


Always a  
Scrimmage

### 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 5

Now we Are progressively moving towards more game situational training.

### Warmup / Foundations 5 min

#### **1. 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 penny 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.

#### **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.

#### **3. Three team possession Game:**

- a) Make 3 teams. 2 teams on offense and 1 on defense. When the def team wins the ball the offense team that losses it is on defense. **15 min**

### Water Break 5 Min

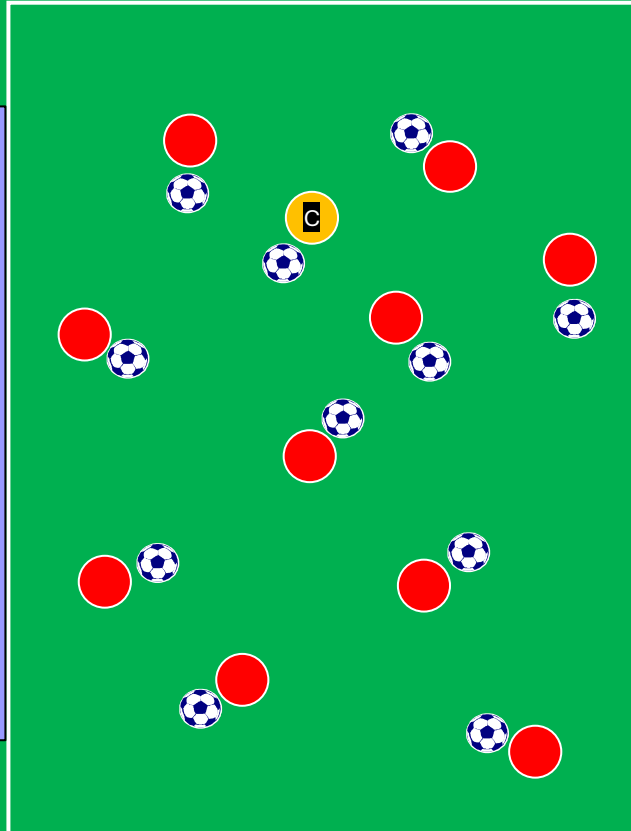
#### **4. Scrimmage Game:**

- a) 6 goals game. 3 goals each encouraging switching play. **10-15 min**

## Warm-up / Foundations

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

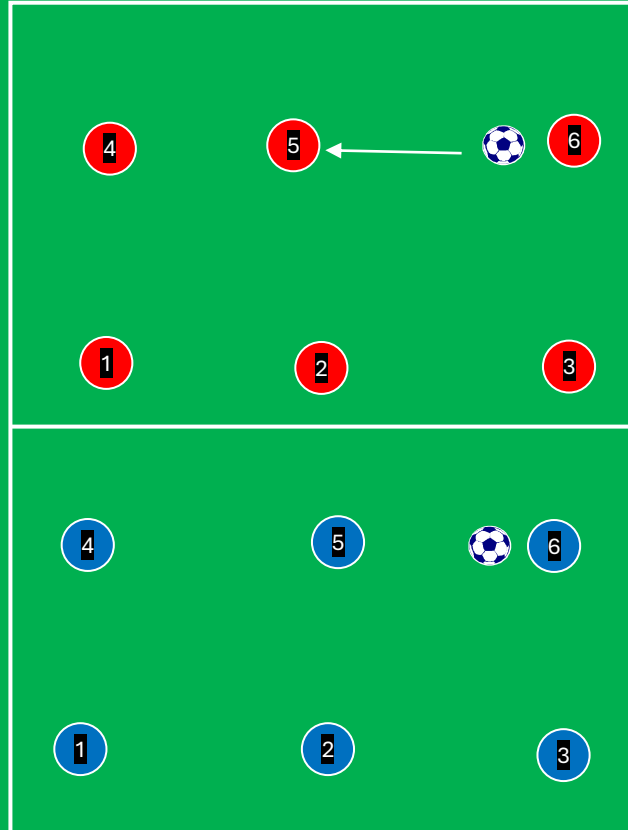
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## 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.

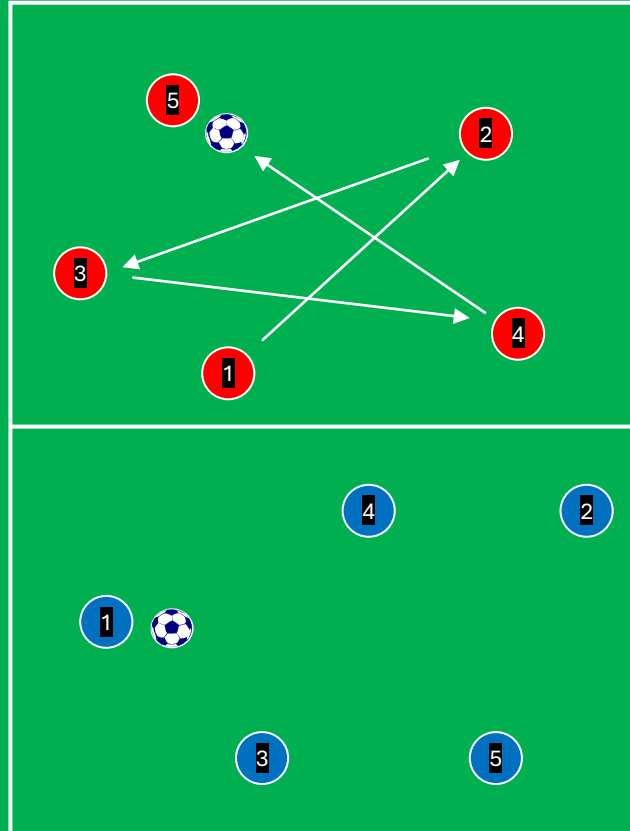


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it 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

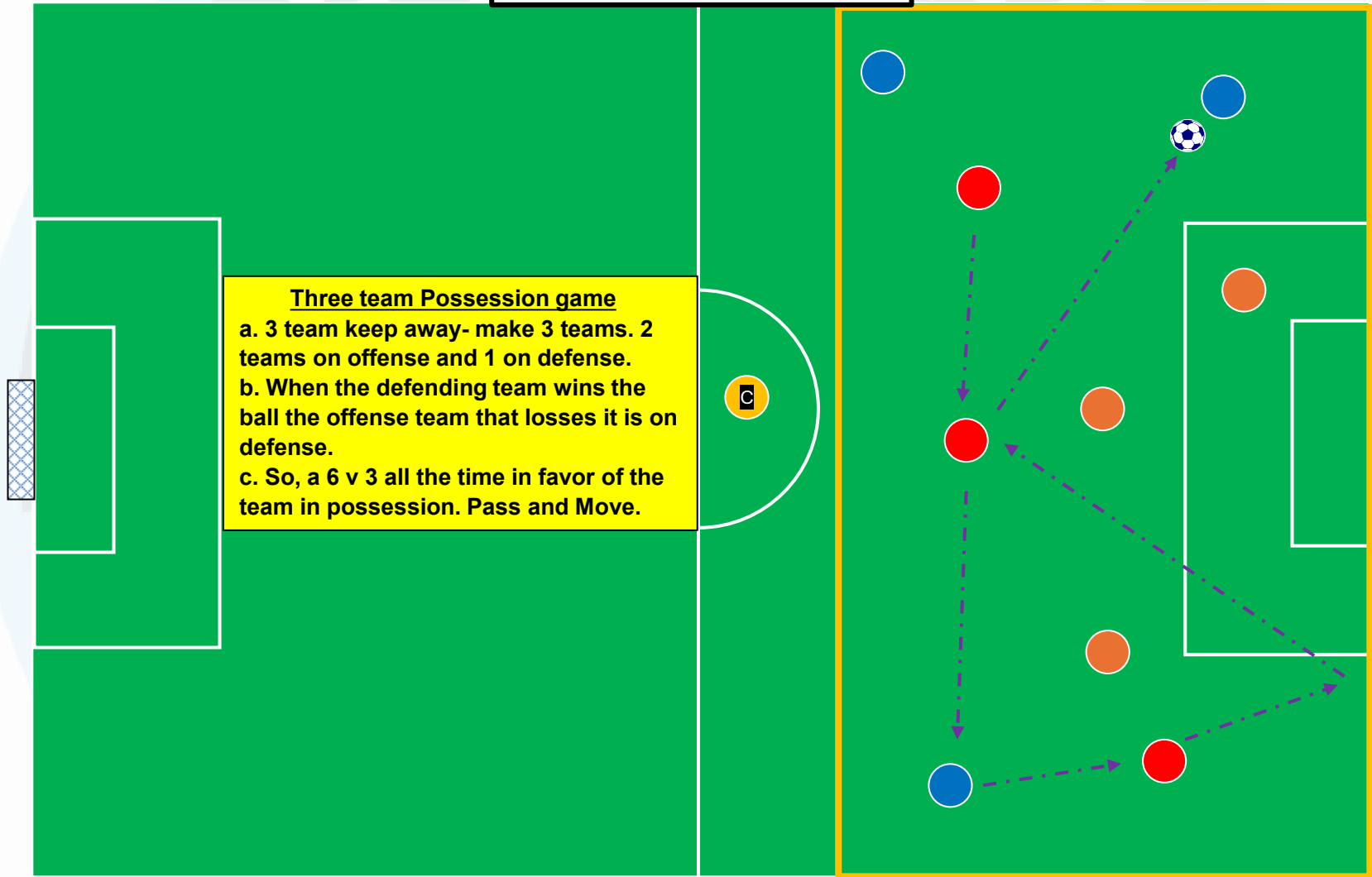
- Make 2 teams
- Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1.
- Once they get back to 1, they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

### 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.

