



Grades Three and Four

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

Week 1

Warm-up / Foundations 5 min

1. 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. 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 always- you can never leave your ball. Time - **10 min**

2. Clean Your Bedroom-

- a) In the same grid as tail tag, lay down a line of discs in the middle of the grid to divide the grid into 2 equal sides. You will need a bunch of balls for this activity. Divide the players into 2 teams and have them stand against the wall on opposite sides. On your command, have them run out and kick the balls into the other side....making it a mess!
- b) The players must stay in their grid. If a ball goes out, you simply kick it back in. Play for **1-2 minutes** and tell the players to freeze. Count how many balls are in each Bedroom- whatever bedroom has the least amount wins.

Play again, but this time they must use their week foot. Time **10 min**

Water Break 5 Min

3. Passing- gates-

- a) Pair the players up and have them pass the ball between the gate- the gate is 2 discs that you set down. Start to work with them on not using their toe. Be sure to have them work on their week foot. Time **10 min**

4. Head, shoulders, knees, toes game-

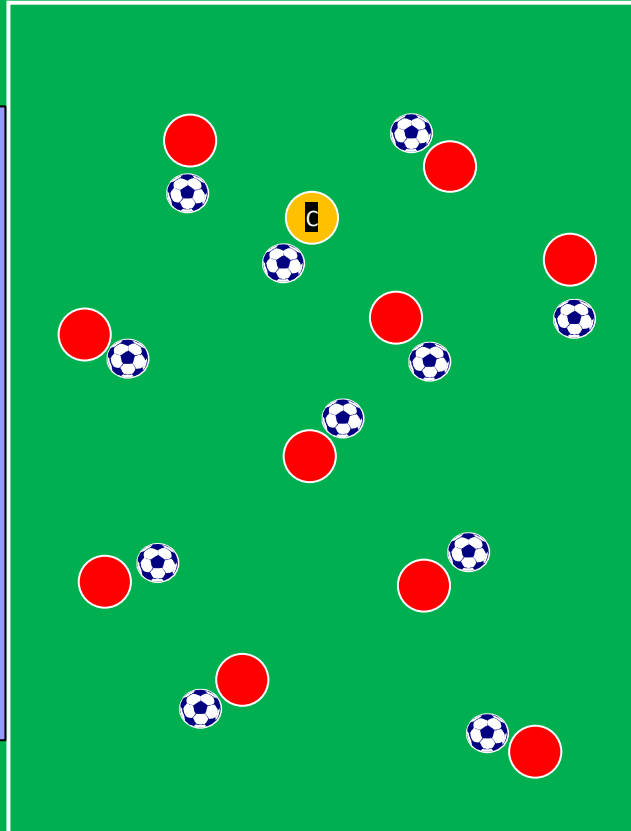
- a) In this game the players stand facing each other with the ball in-between them. They are both close to the ball. You call out a body part and they must touch that body part. When you call out ball- they need to win it from their partner and then shield it- have them shield it for 20-30seconds and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

5. Scrimmage- use 4 goals and spread the goals out. **10 min**

Warm-up / Foundations

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

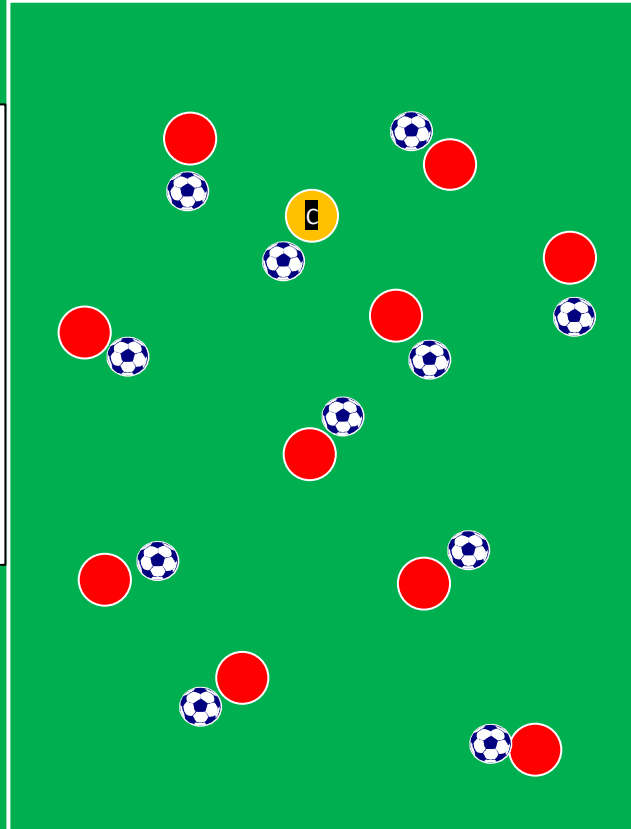
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



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.



Clean your bedroom

Clean your bedroom

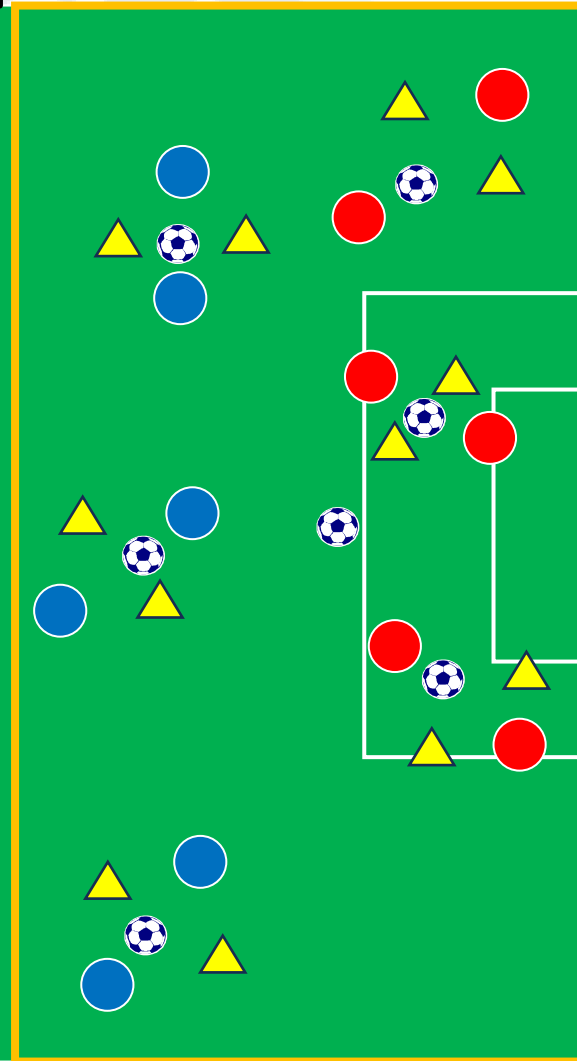
- In the same grid and tail-tag divide the grid into 2 equal sides. A bunch of balls needed for this.
- Divide the players into two teams. On your command have them run out and kick the balls into the other side making it a Mess.
- The players must stay in their Grid. If a ball goes out, you will simply kick it back in.
- Play for one to two minutes and then tell the players to FREEZE. Count how many balls are in each Bedroom.
- Whatever bedroom as the least amount wins the game. Play again but this time they must all play with their weaker foot.



Passing Gates

Passing Gates

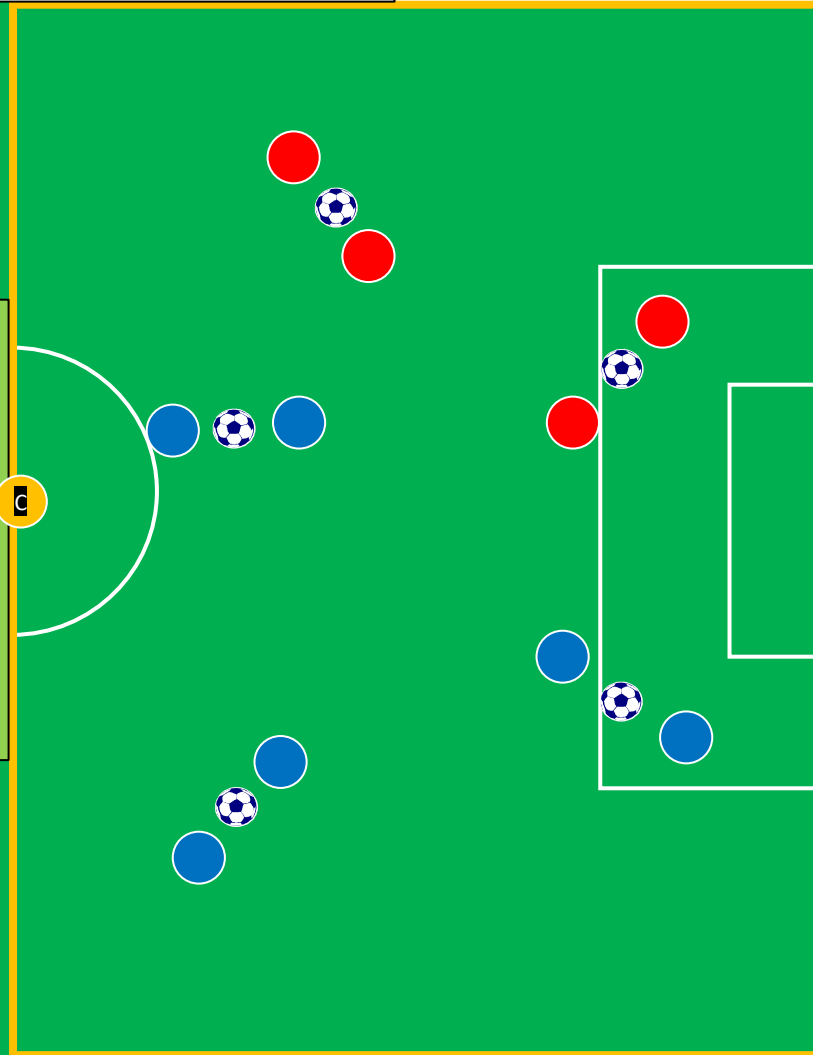
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



Head; Shoulders; Knees and 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.

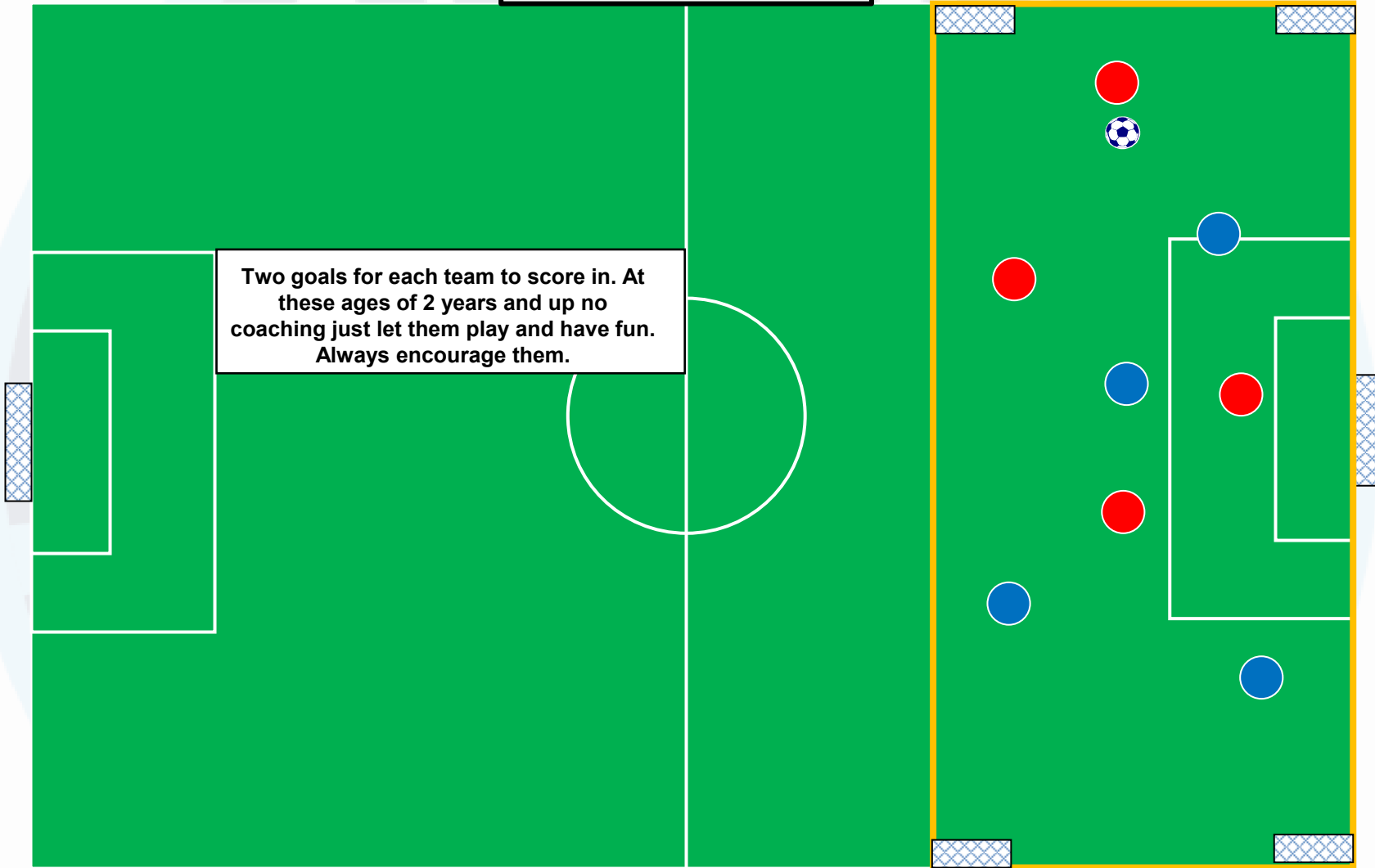


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

Two goals for each team to score in. At
these ages of 2 years and up no
coaching just let them play and have fun.
Always encourage them.



Week 2

Warm-up / Foundations 5 min

1. Bowling 10 min

- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.

2. Tiger Ball- 10 min

- 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 needs to steal one from someone else and so on.
- b) Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.

3. 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.

Water Break 5 Min

4. Islands: 10 min a) Divide the kids up into three teams.

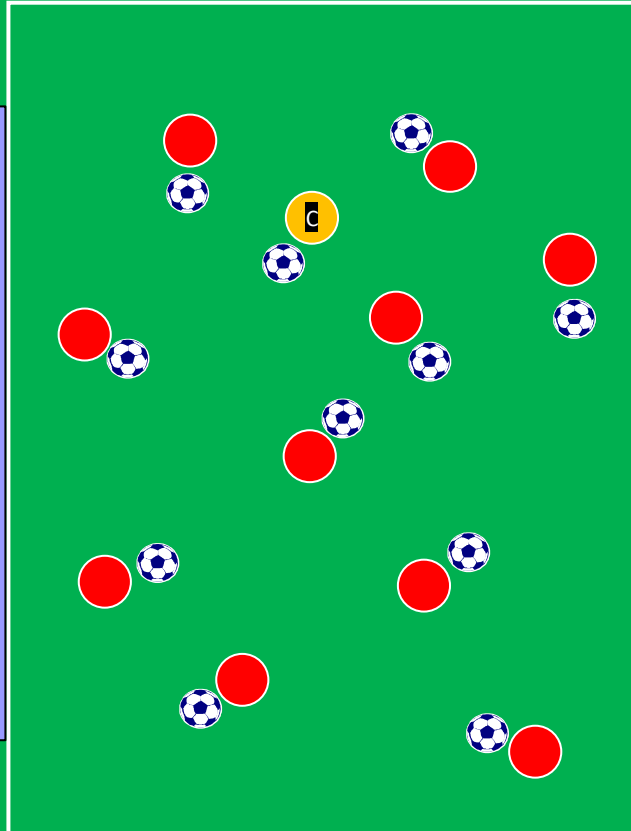
- b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
- c) Place a bunch of balls in the middle.
- d) On your command they must run out get a ball and bring it back to their goal.
- e) First time with hands.
- f) Second time with feet. The team with the most balls wins.

5. Scrimmage- play with 4 pug goals- 2 for each team- spread them out on the end line. 10 min

Warm-up / Foundations

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

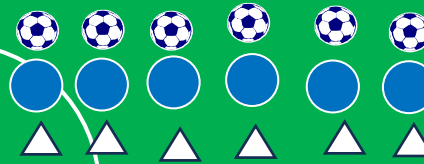
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- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able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



Bowling

Bowling

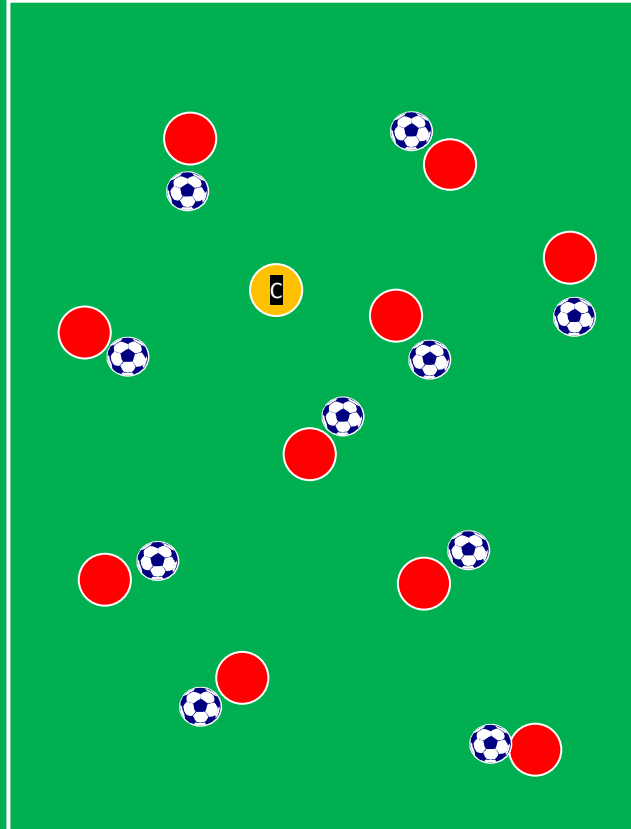
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Tiger Ball

Tiger Ball

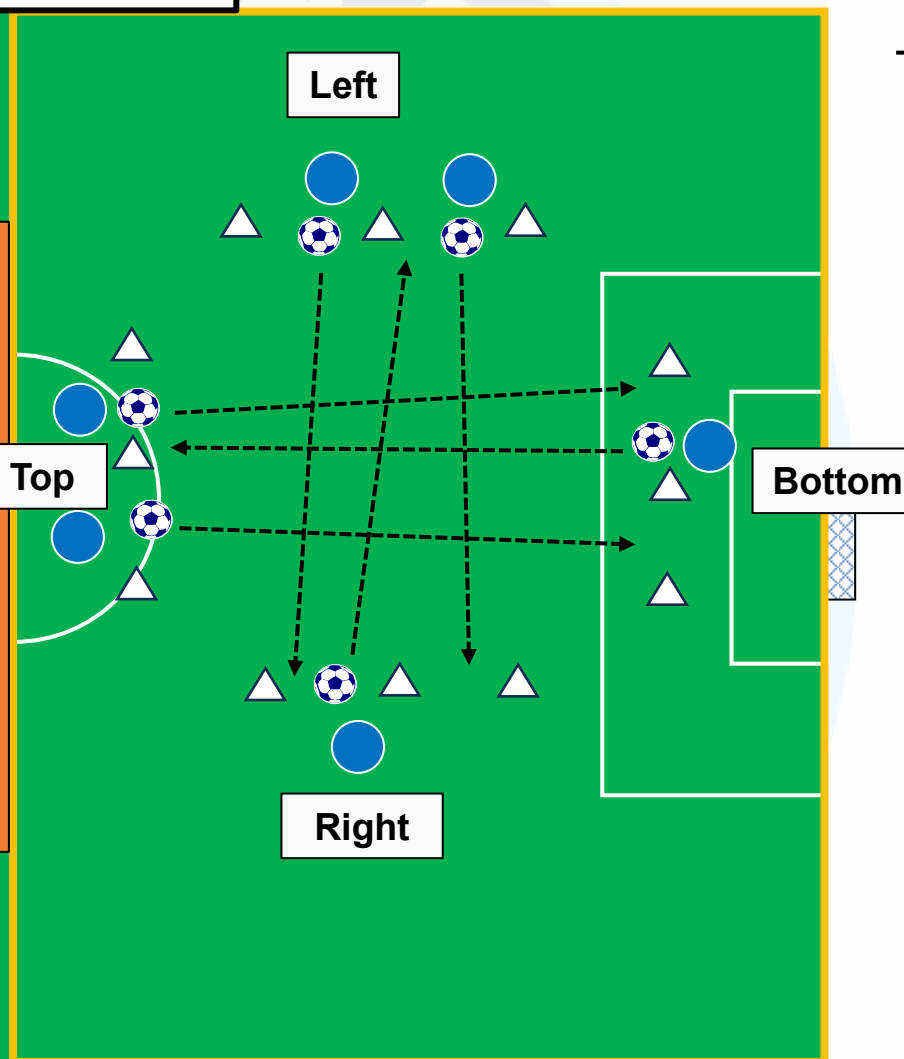
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player.
- c. The player without a ball then needs to steal one from someone else and so on.
- d. Work on shielding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



Criss-Cross dribble

Criss -cross dribble

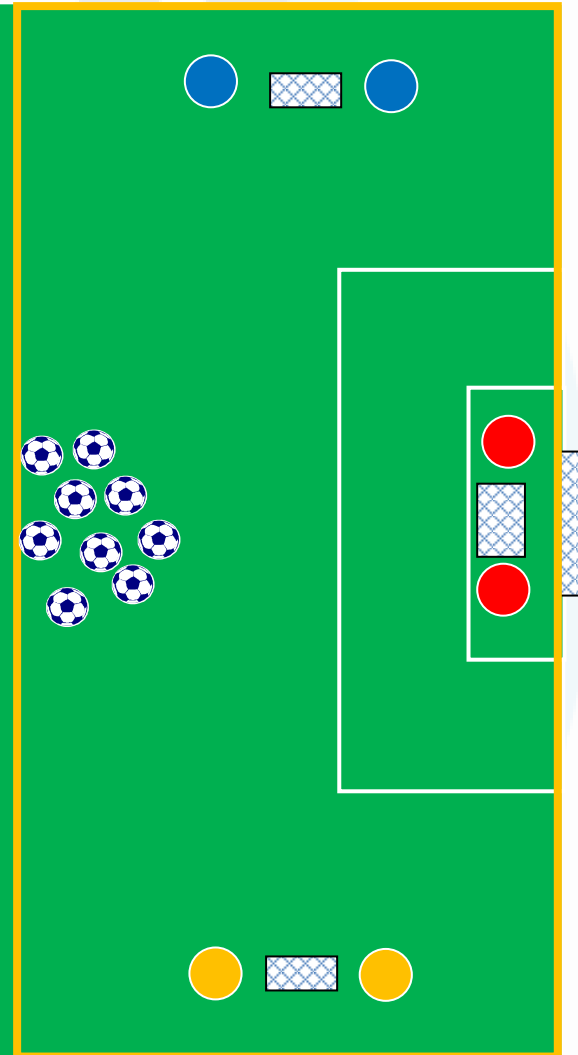
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they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



Islands

Islands:

- a) Divide the kids up into three teams.
 - b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
 - c) Place a bunch of balls in the middle.
 - d) On your command they must run out get a ball and bring it back to their goal.
 - e) First time with hands.
 - f) Second time with feet.
- The team with the most balls wins.

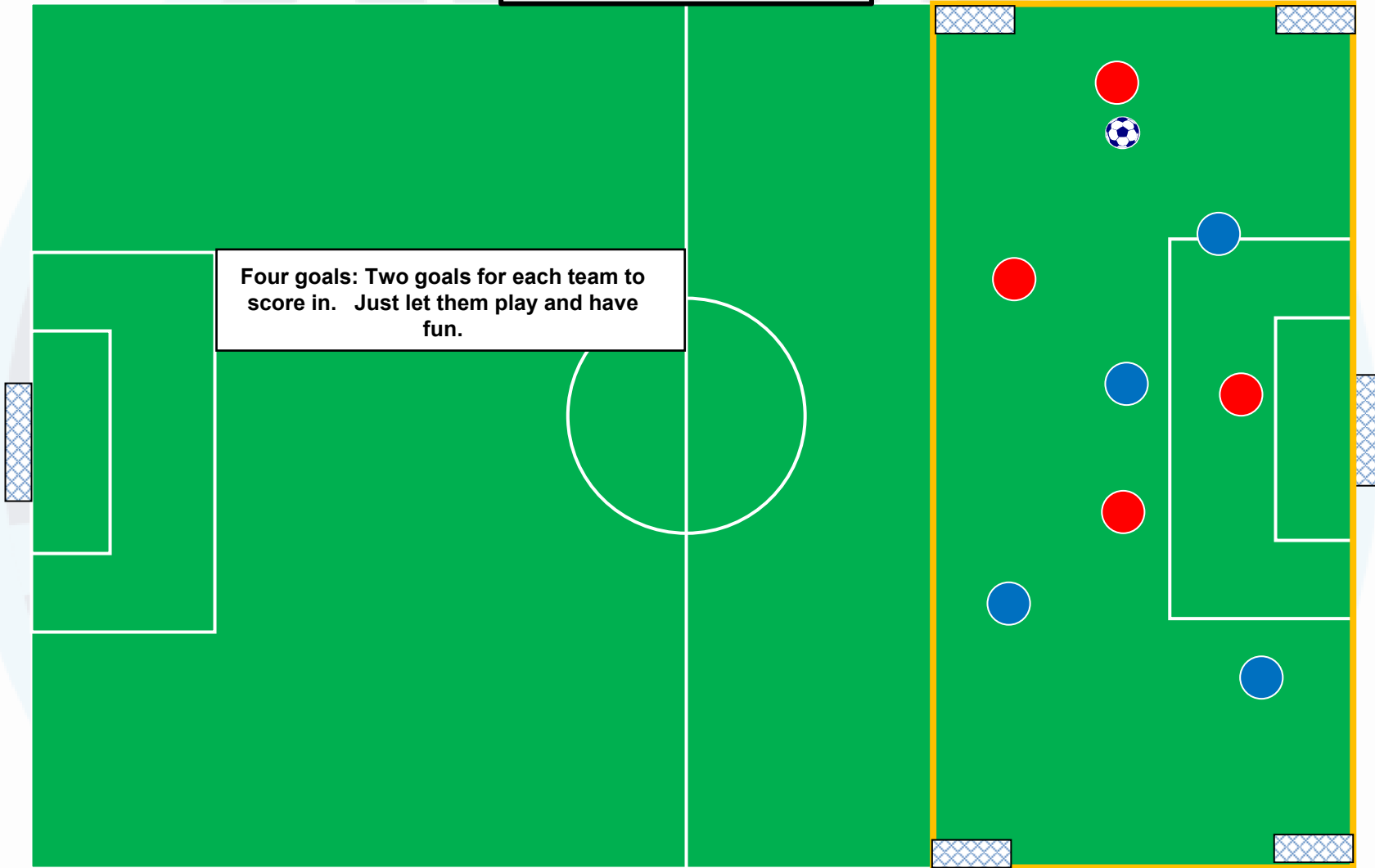


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
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Week 3

Warm-up / Foundations 5 min

1. Dribbling / Turning / Ball Control / Juggling (if able)

- 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

2. Bowling – 10 min

- a) Set up your field like the diagram
- b) On your command the players need to pass the ball at their cones working on knocking them over
- c) They need to run and get their ball and go back to the starting spot to kick again.

3. Passing Gates 10 Min

- a) Players in twos.
- b) Pass the ball back and forth.
- c) Focus on the first touch and trapping the ball.
- d. **Competitive**: the first group to ten passes wins.
- e. Switch partners.

Water Break 5 Min

4. Islands- 10 min

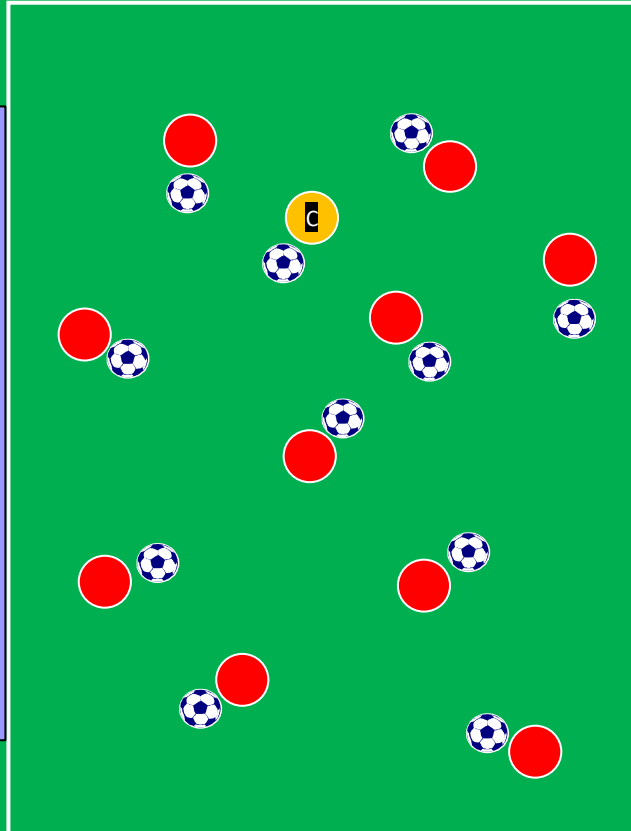
- a) Divide your class into teams of three- each team has their own pug goal (island)- they are standing near their pug goal until you tell them to go. Set your field up like the diagram. Place a bunch of balls in the middle- this is an island
- b) On your command the players need to run from their island to the middle island – they need to dribble a ball back. They continue to do this until all the balls are gone
- c) The 2nd time you play this, you can have one player from each team run to the island- they must pass the balls back to their teammates, who then kick them in the goal

5. Scrimmage play with 4 pug goals- 2 for each team- spread them out on the end line. **10 min**

Warm-up / Foundations

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

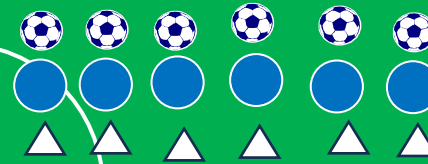
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Bowling

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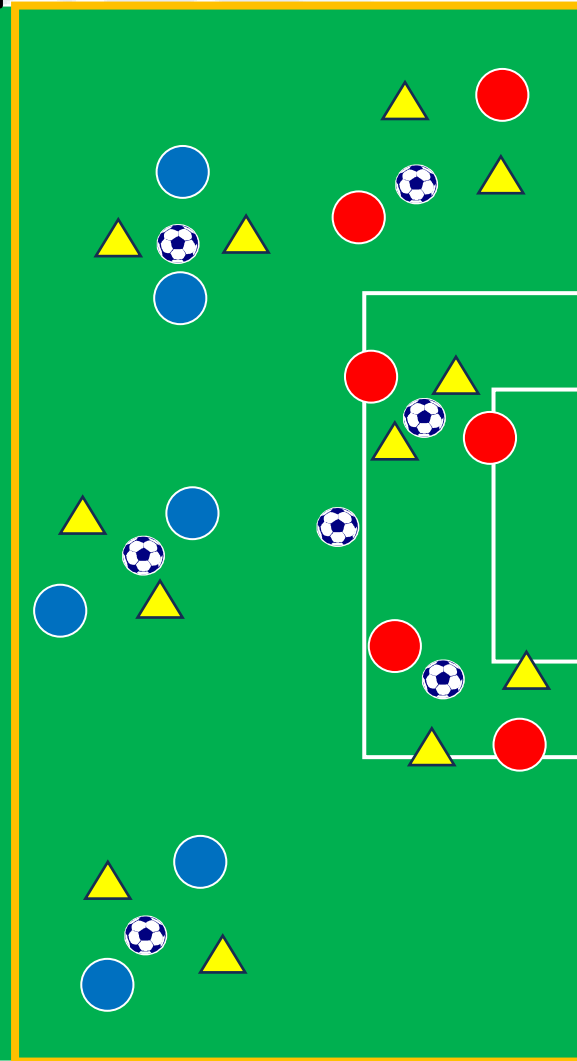
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The team with the most balls wins.

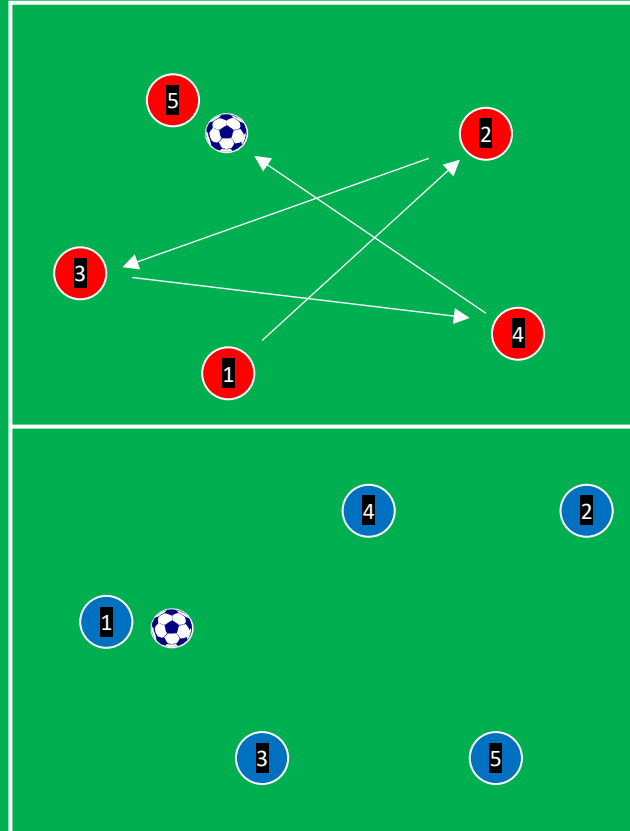
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- The team with the most balls wins.



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.

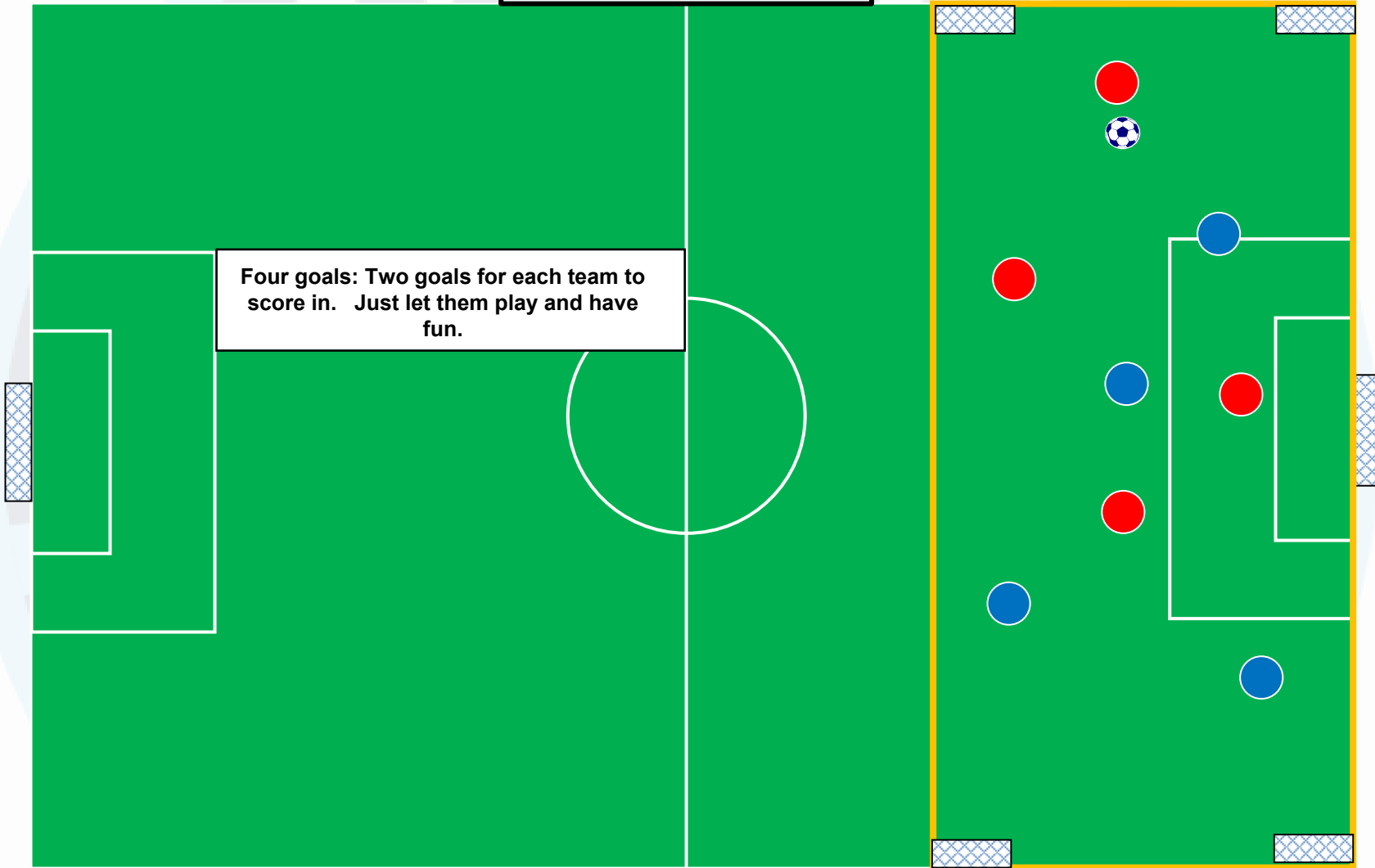


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Week 4

Warm-up / Foundations 5 min

1. Tiger Ball-

- a) Everyone has a ball except for 2 players that are standing outside the grid.
- b) 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.
- c) 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. **10 min**

2. Math Dribble

- a) All the players are dribbling around the ball in a grid.
- b) The coach yells out a math problem- $2+1$ - the players must figure it out and get the number of players together. **10 min**

3. Hit the Coach-

Make 2 teams.

- a) On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.
- b) See what team can hit you the most. **10 min**

Water Break 5 Min

4. Numbers passing game - 10 min

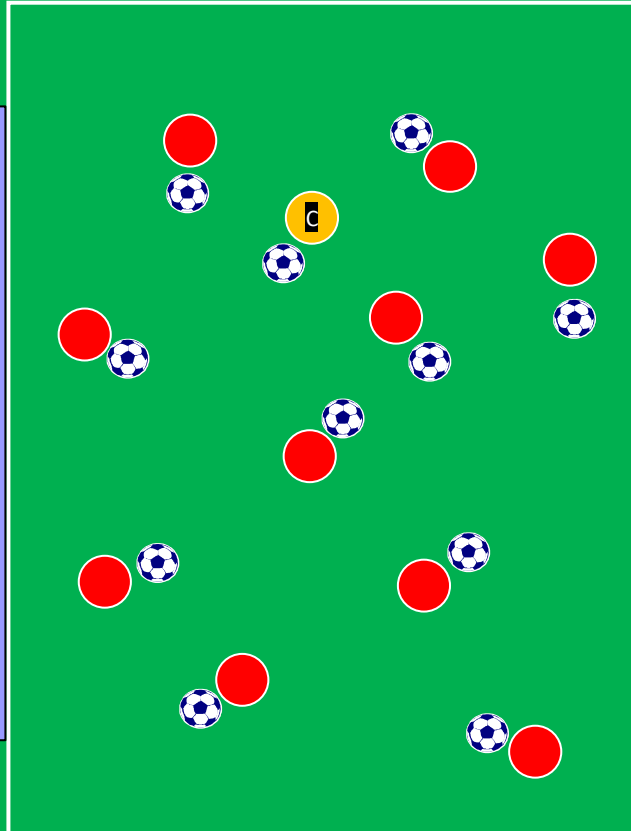
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 thru 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they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

5. Scrimmage Game Play with 4 pug goals- 2 for each team- spread them out on the end line. **10 min**

Warm-up / Foundations

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

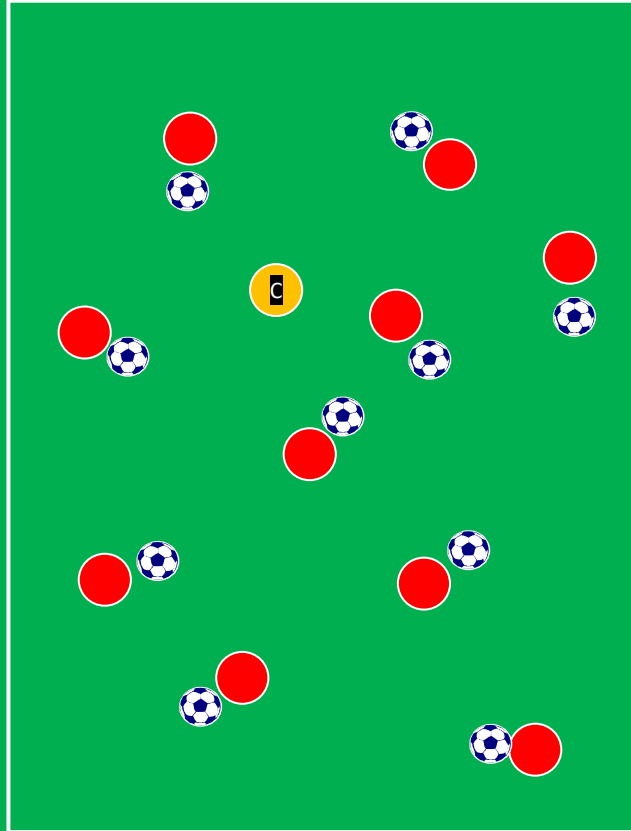
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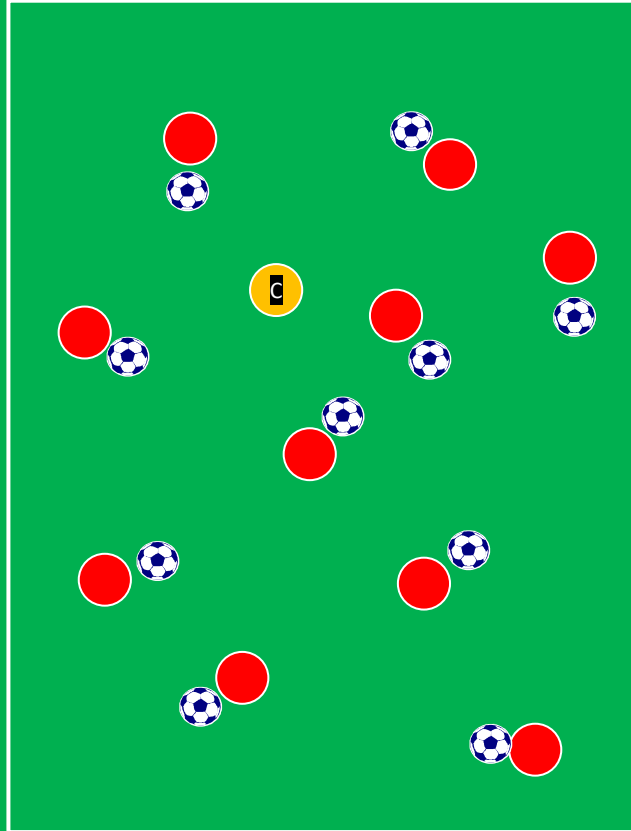
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- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the ball
- d. Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.



Math Dribble

Math Dribble

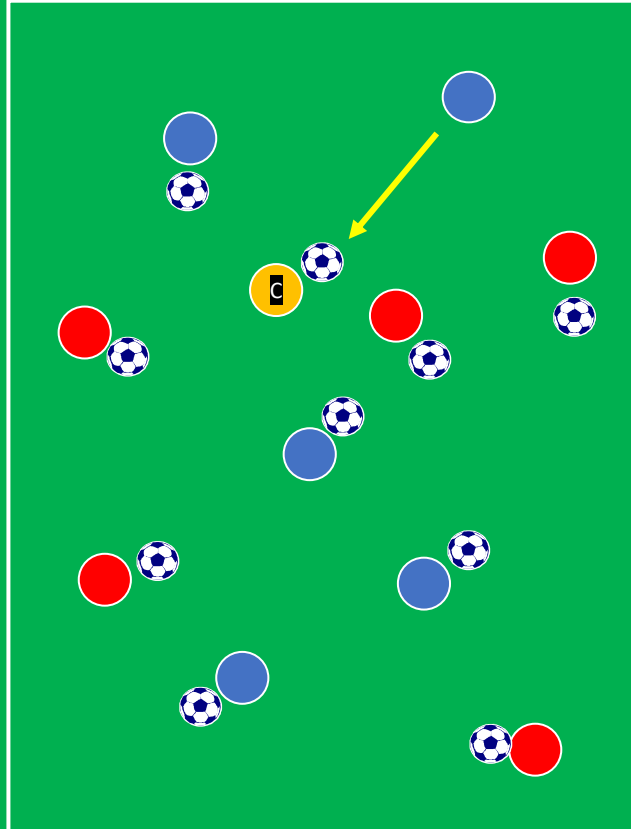
- All the players are dribbling around the ball in a grid.
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Hit the Coach

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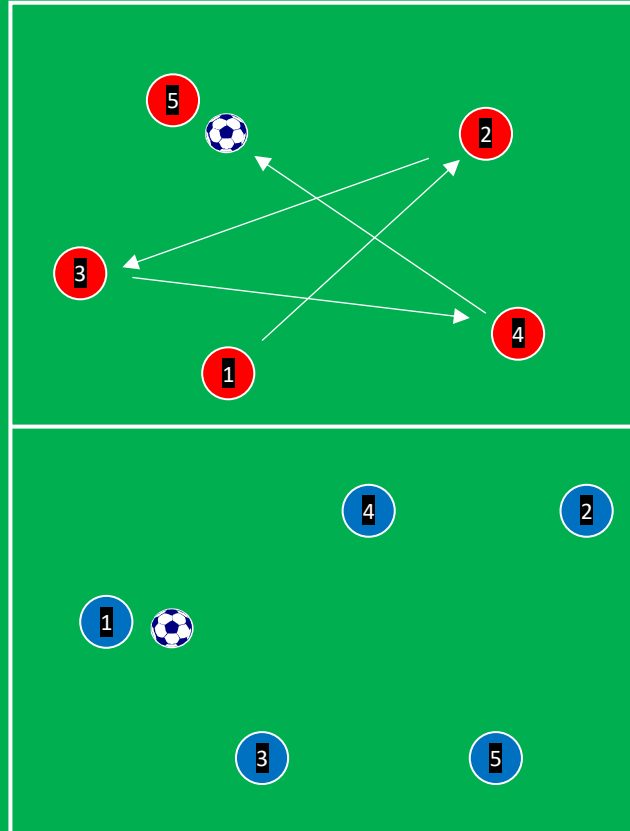
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Numbers Game

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

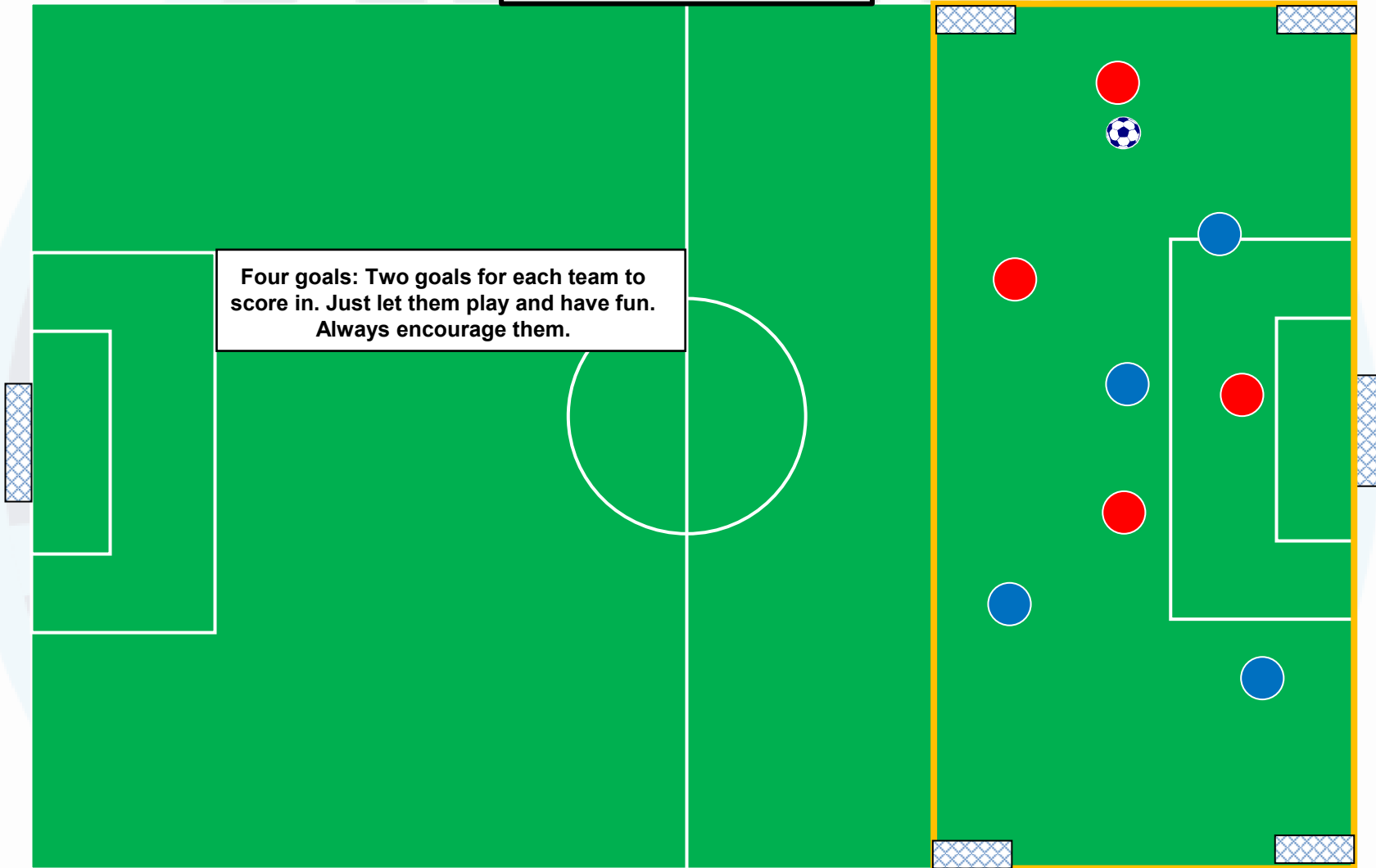


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

Four goals: Two goals for each team to
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Week 5

Greet the players.

Warm-up / Foundations 5 min

1. Tiger Ball 10 min

- a) In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b) The coach then enters the grid and tries to steal a ball from a player.
- c) The player without a ball then needs to steal one from someone else and so on. Work on shielding the ball

2. Stand the cones – knock the cones 10 min

- a) On the other end of your field have a bunch of tall cones knocked over. On your command have the parents and players run to the cones and stand them up.
- b) We want Parents to try to stand them up with their feet, but if they can't they can use their hands.
- c) Once you get all the cones standing up, have them run to the other side. When all the kids / parents to the other side your command have them run down and kick the cones over with their feet.

3. Dragon- castle 10 min

- a) Set your field up like the diagram
- b) You are the king / queen- you lie down to sleep in your castle – when you fall asleep the dragons sneak out of their cave to knock your castle down. The players must have a ball to kick at your castle. They keep knocking the cones down until they get them all.
- c) Fix your castle as the dragons go back to their cave. Play again.

Water Break 5 Min

4. Islands 10 min

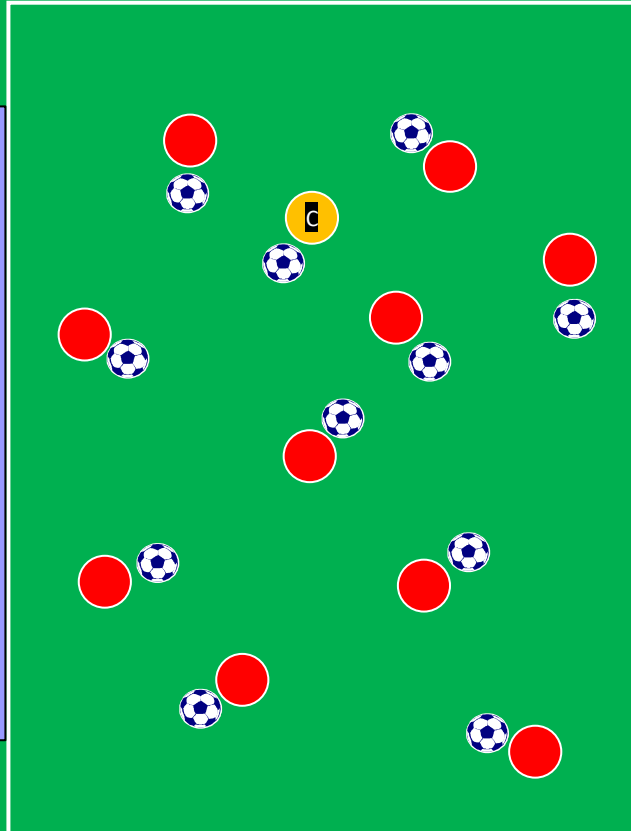
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- b) Place a bunch of balls in the middle.
- c) On your command they need to run out get a ball and bring it back to their goal.
- d) First time with hands. e) Second time with feet. The team with the most balls wins.

5. Scrimmage Use 4 Goal Game. 10 min

Warm-up / Foundations

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

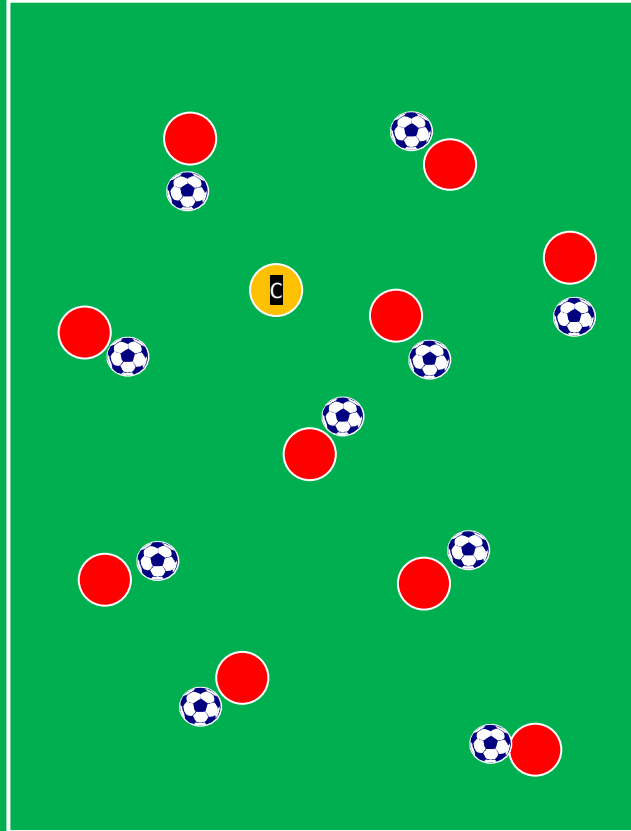
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Tiger Ball

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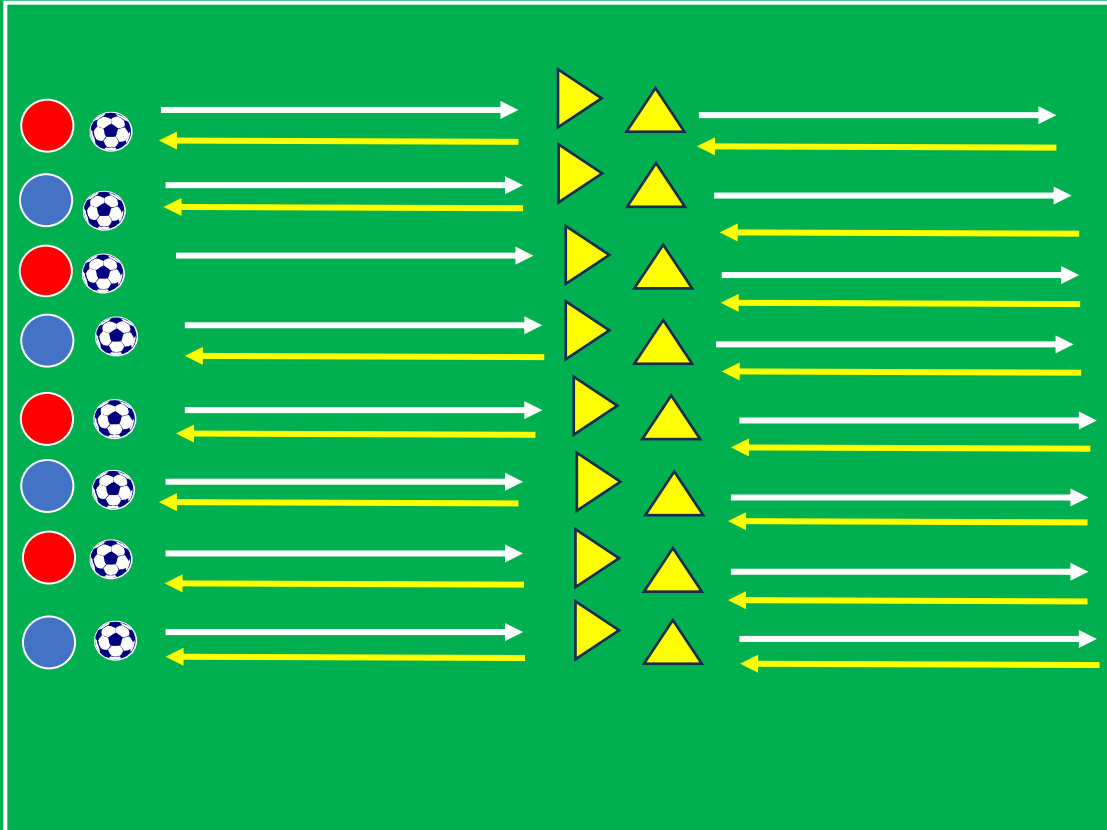
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Stand the cones – knock the cones

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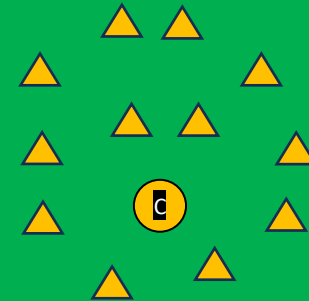
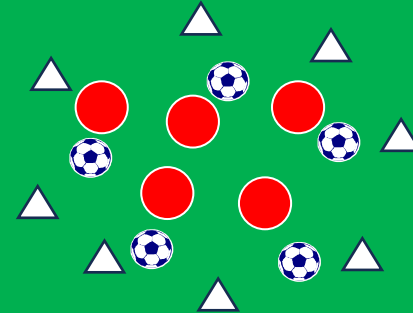
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want (If possible) to have players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing up, have them run to the other side. When all the kids to the other side, on your command have them run down and kick the cones over with their feet.
- Have them stand them back up one more time, run to the opposite side again- this time, have them use the balls and dribble back down and knock the cones over.



Dragon Castle

Dragon-Castle

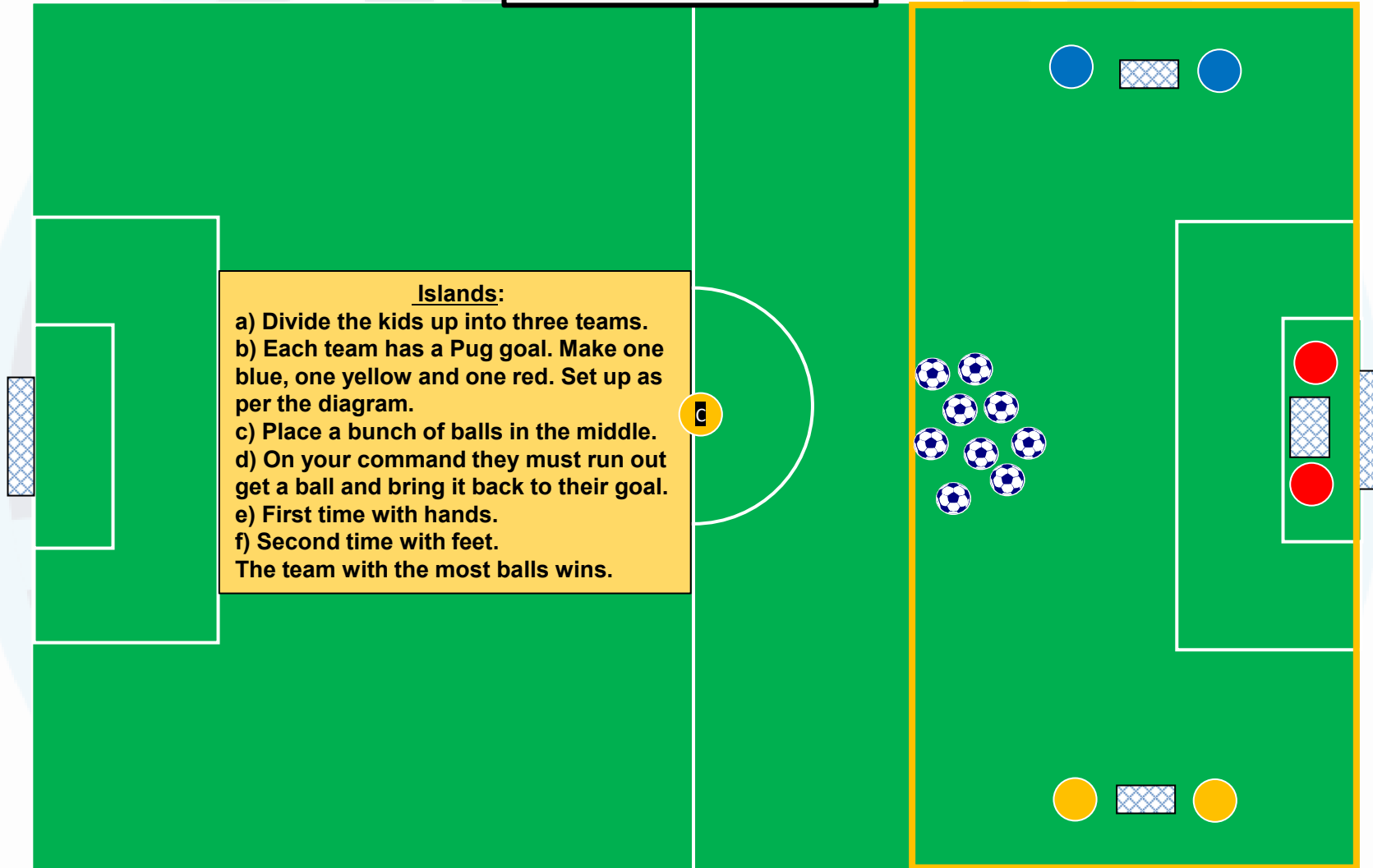
- Set your field up like the diagram.
- You are the King / Queen you lie down to sleep in your castle.
- When you fall asleep the dragons sneak out of their cave to knock your castle down.
- Players must have a ball each to kick at your castle. They keep knocking the cones down until they get them all.
- Fix your castle as the dragons go back to their cave.
- Play again.



Islands

Islands:

- a) Divide the kids up into three teams.
 - b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
 - c) Place a bunch of balls in the middle.
 - d) On your command they must run out get a ball and bring it back to their goal.
 - e) First time with hands.
 - f) Second time with feet.
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Four Goal Scrimmage

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