



North Star F.C. Recreational Five-week Coaching Manual for 5- to 12-year-olds

Several ideas for each age group that coaches can use. If they keep it at just 2 or 3 ideas each week from the session plans with a scrimmage to finish, then they can extend the time shown taken by each to fill the allotted session time.

North Star F.C. Recreational Coaching Manual for 5- to 12-year-olds.

Ages

KINDERGARTEN: Ages 5-6 years

GRADES 1-2: Ages 7-8 years.

GRADES 3-4: Ages 9-10 years

GRADES 5-6: Ages 11-12 years

All times are approximate.

A large, faint watermark of the North Star F.C. logo is visible in the background. It features a circular crest with a stylized star at the top and wavy lines below, representing water or a field. The text "NORTH STAR" is partially visible at the top of the crest.

North Star F.C. Recreational Coaching Manual for 5- to 12-year-olds.

For more advanced training ideas with higher level players to train there is a more advanced training manual for the coaches to refer to.

Things to Consider when coaching these age groups.

A coaches' responsibility begins with children between 5 to 8 years and older. These children are being introduced to the world of football as a team sport. These children need to enjoy their time on the pitch if they are to become the stars of tomorrow. Creating that love and passion for the game, in these young children, is the primary role of a grassroots coach.

You need to prepare everyone to play as a team, teach the absolute basics and create a level of interest – focusing primarily on ensuring **fun & excitement** for these individuals. Treat them right, and you will create a lasting impression in the next big football player. Take a few wrong [steps](#) and you will, probably, lose the biggest future star in football.

Some key aspects, for coaches to remember, are:

PHYSICAL DEVELOPMENT

- There is very little physical difference in girls & boys, at this age
 - The cardiovascular system & temperature regulation is less efficient than adults
 - [Training](#) is limited to fundamental movement skills – including running, catching, turning, jumping, kicking, throwing, etc.
 - Hand-eye or eye-foot coordination is immature, as is the general physical coordination, in these children
- Children have no sense of pace or intensity – They will always go FLAT OUT!!!

MENTAL DEVELOPMENT

- An extremely active imagination
 - Terribly short attention span
 - They can only process small bits of information – long sequences are never processed
 - They can only handle one task at a time – in problem-solving situations
 - Rules need to be simple
- They are, psychologically, extremely sensitive

SOCIAL DEVELOPMENT

Children, at this age, tend to be self-centred – It's always about "me, my and mine"

"There is little or no concern for the team – Group activities or collective play makes little sense"

There is a gradual development in self-concept or body-awareness through movement

They need extremely generous praise and positive feedback – like the sandwich feedback technique

They play football because it's fun – what better motivation do you need?

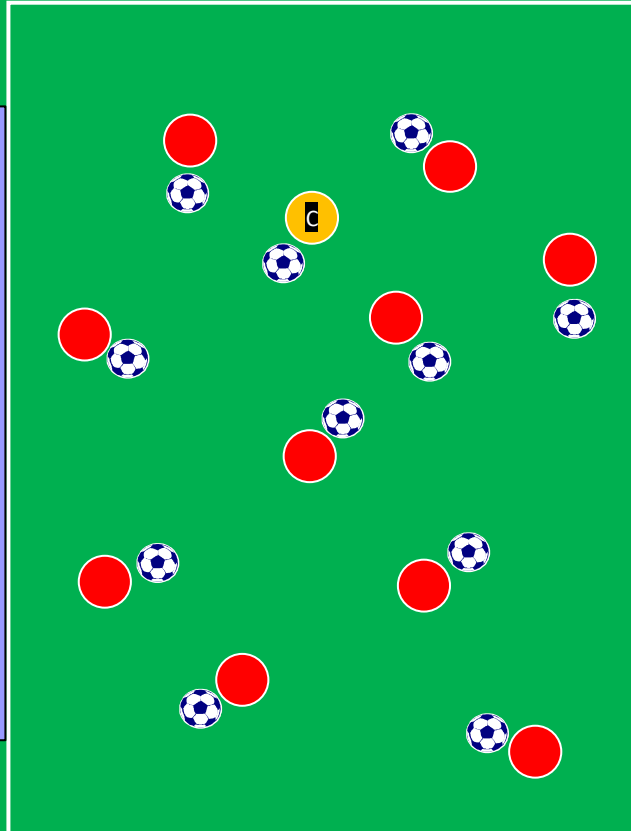
So; the next time you decide to go out there and take charge of these young ones, arm yourself with a bit more information to make your day better.



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.

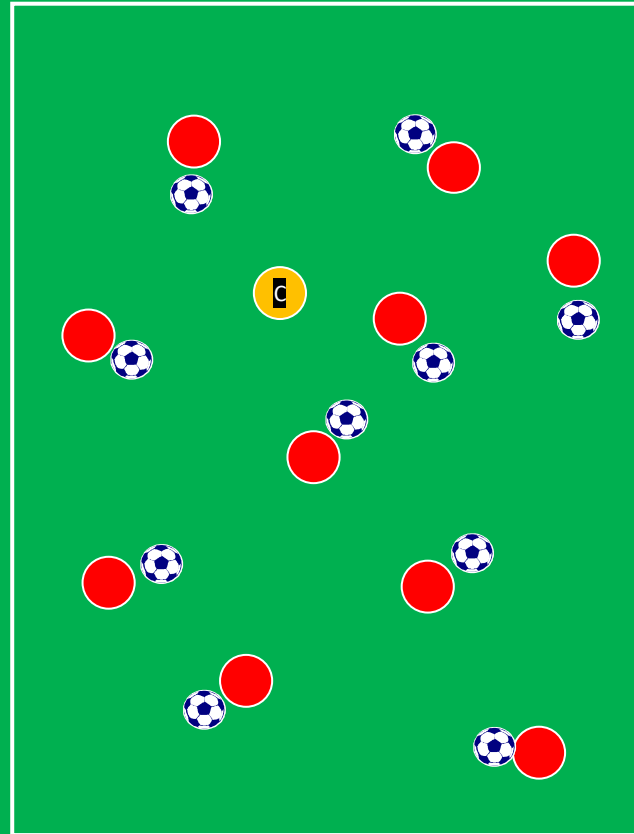


Popular and FUN alternative Warmups to our standard one.

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. 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 but try and win the ball keeping it under control.

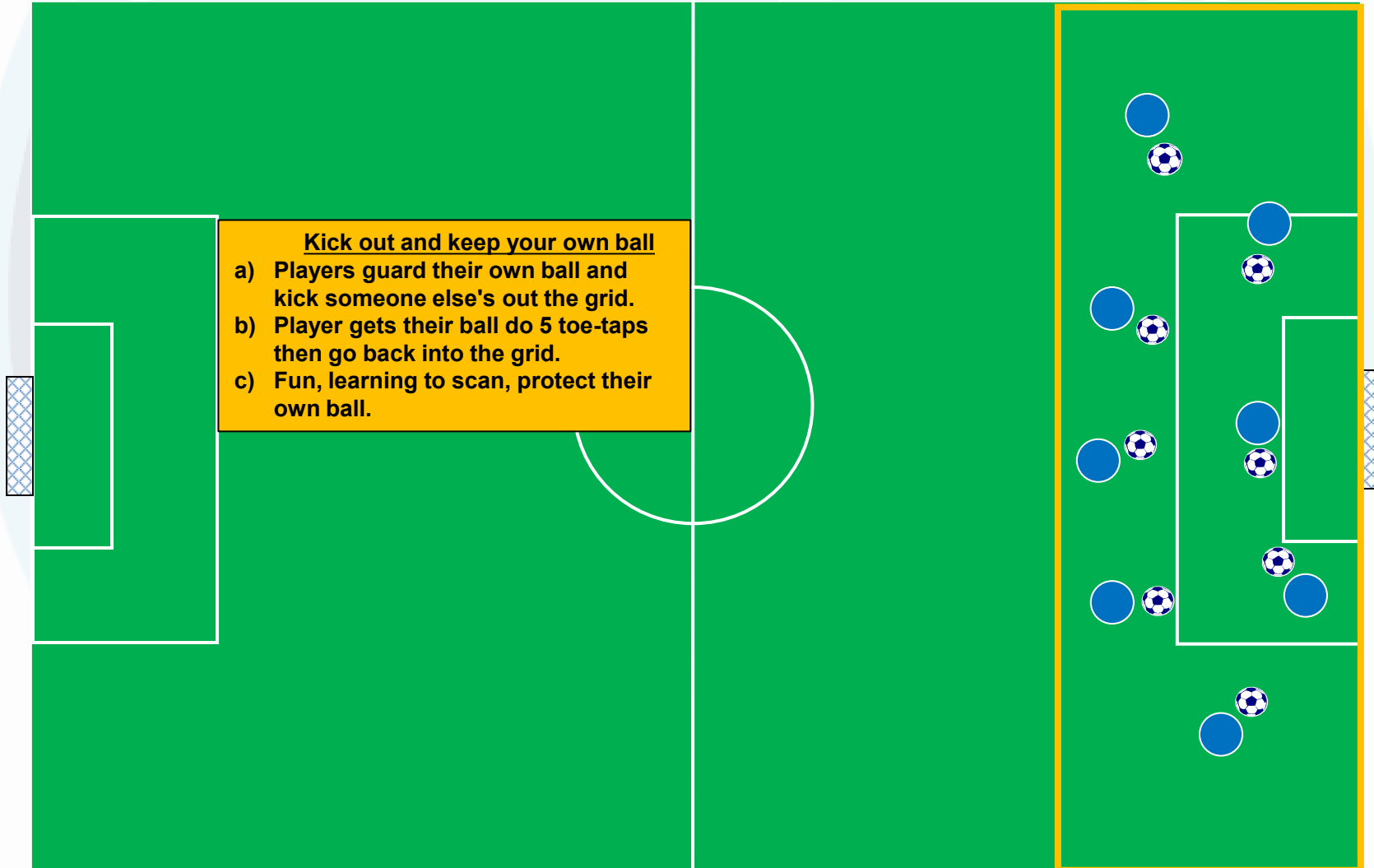


Popular and FUN alternative Warmups to our standard one..

Kick out and keep your own ball.

Kick out and keep your own ball

- a) Players guard their own ball and kick someone else's out the grid.
- b) Player gets their ball do 5 toe-taps then go back into the grid.
- c) Fun, learning to scan, protect their own ball.

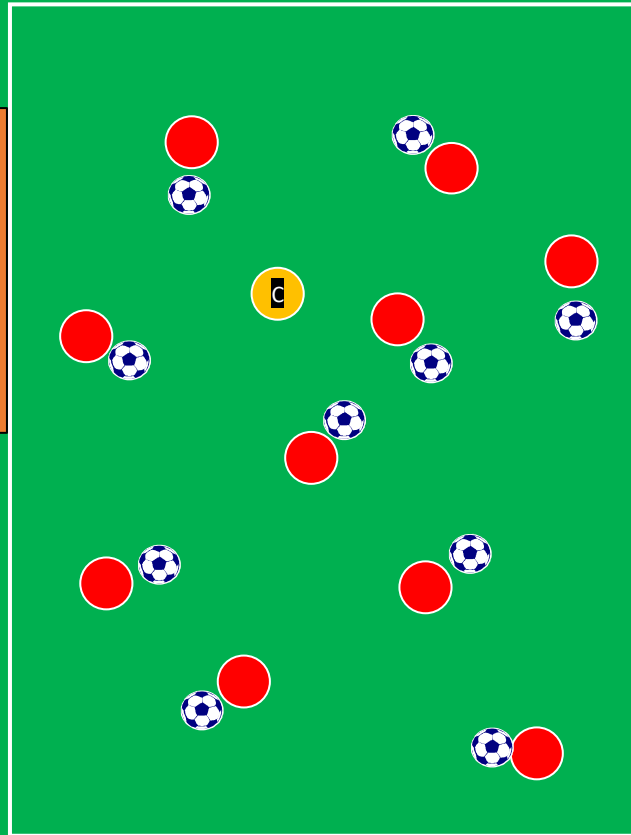


Popular and FUN alternative Warmups to our standard one.

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. Remind players no toe balls.
- c. See what team can hit you the most.





Kindergarten

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

Week 1

Welcome everyone kids and parents.

Warm-up / Foundations (If able at this age?) 5 min

1. Coach says: I can do something can you?

- a) Can be done with or without balls. Perhaps without as it's their first time and then with a ball if able.
- b) Coach then demonstrates a move with or without the ball that the players must copy.
- c) Without the ball: Could be skip, hop, run and clap; run backwards or sideways, and so on.
- d) With the ball if able: toe taps, juggling, bouncing the ball off the foot; kick it forward and so on, the simplest of things. **10 min**

- 2. 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. 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 but try and win the ball keeping it under control.

3. Pirates

- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
- b) Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate. They keep doing this until all the balls are gone. Encourage the parents to have the kids get the ball with their feet, but if they use their hands that is ok. Play 2 times. **10 min**

Water Break. 5 Min

4. Tunnel Soccer- 10 min

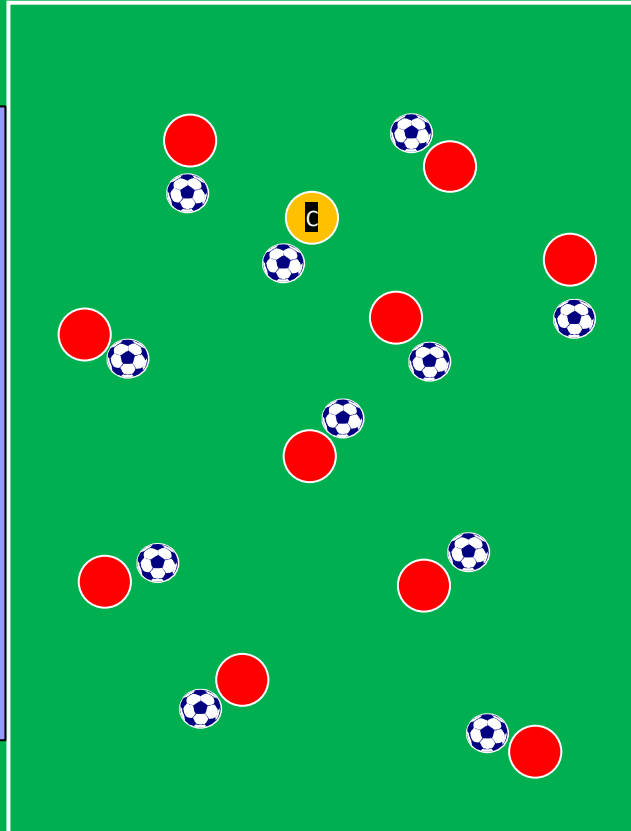
- a) Each player has a ball. On your command they dribble around, you as the coach, spread your legs open to make a tunnel- they need to kick the ball through the tunnel.
- b) If it is working well, have the parents all be tunnels and the kids dribble around kicking their ball through the tunnel

5. Scrimmage- Not easy but give it a go; and see what happens- no more than **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.

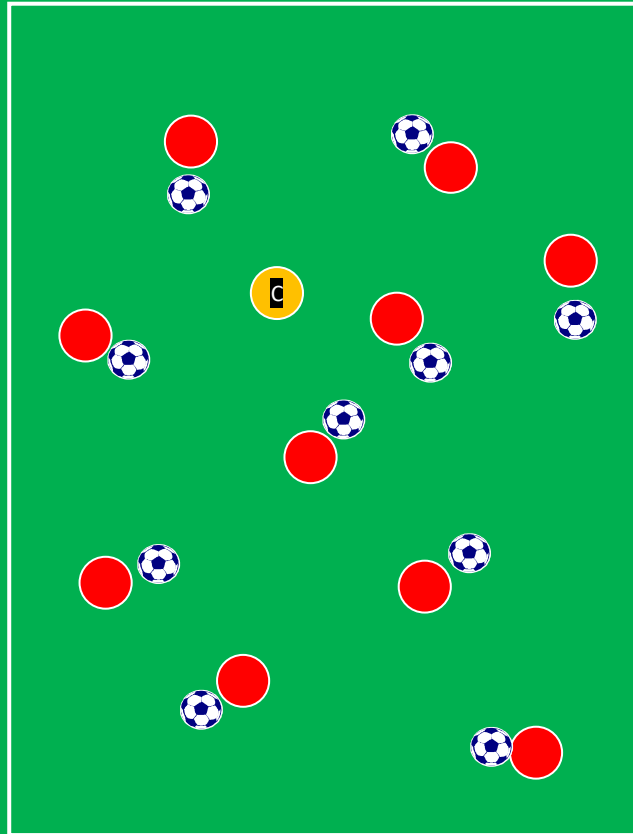


Popular and FUN alternative Warmups to our standard one.

Tiger Ball

Tiger Ball

- 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.
- Work on shielding the ball
- Mention to the kids not to simply kick the ball away but try and win the ball keeping it under control.



Coach says I can do something, can you?

Do it without the ball first to see what they can do

a. Can be done with or without balls. Perhaps without as it's their first time and then with a ball if able.

b. Coach then demonstrates a move with or without the ball that the players must copy.

c. Without the ball: Could be skip, hop, run and clap; run backwards or sideways, and so on.

d. With the ball if able: toe taps, juggling, bouncing the ball off the foot; kick it forward and so on, the simplest of things.



Pirates



Pirates

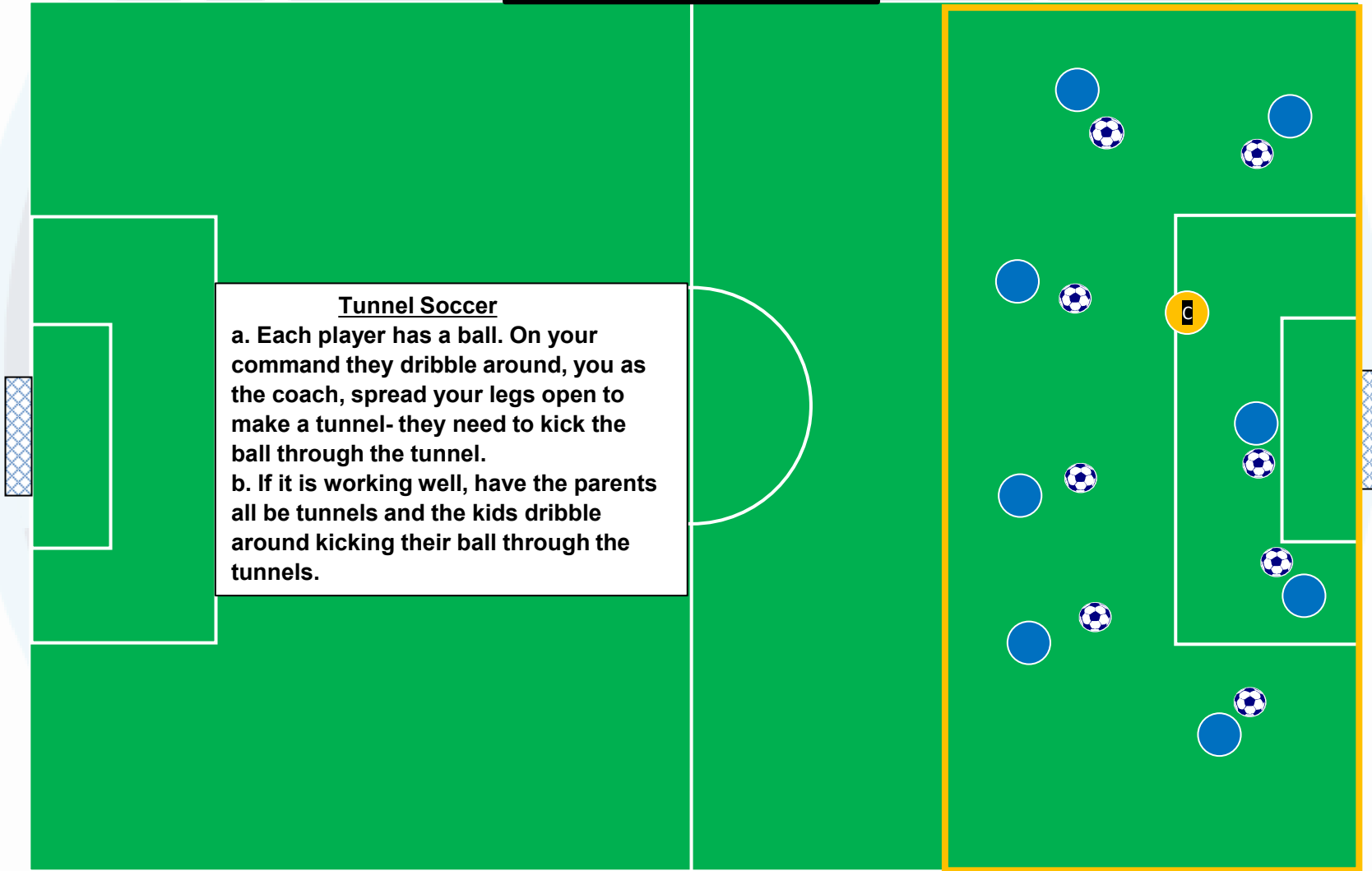
- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals with their parents.
- b. Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
- c. They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands that is ok.
- d) Play 2 or 3 times.



Tunnel Soccer

Tunnel Soccer

- a. Each player has a ball. On your command they dribble around, you as the coach, spread your legs open to make a tunnel- they need to kick the ball through the tunnel.
- b. If it is working well, have the parents all be tunnels and the kids dribble around kicking their ball through the tunnels.



Always a
Scrimmage

Two Goal Scrimmage

Let them play free
of instruction

Two goals: One goal for each team to
score in. No coaching just let them play
and have fun. But do encourage them.



Week Two

Greet everyone.

Warm-up / Foundations (If able at this age?) 5 min

1. Pirates 10 min

- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
- b) Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
- c) They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands that is ok. Play 2 times.

2. Knock the cones

- a) Set up several tall cones for the players to be able to kick over.
- b) First time players run and kick the cones over without a ball.
- c) Second time try it with a ball each. 3 to 4 times is enough, so about **10 min**

3. Follow the leader

- a) Each player has a ball, and they line up behind you.
- b) You will dribble the ball slowly, quickly, and change directions. If players are able; have different one's act as leaders.
- c) Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home. **10 min**

Water Break 5 min

4. Dragon- Castle

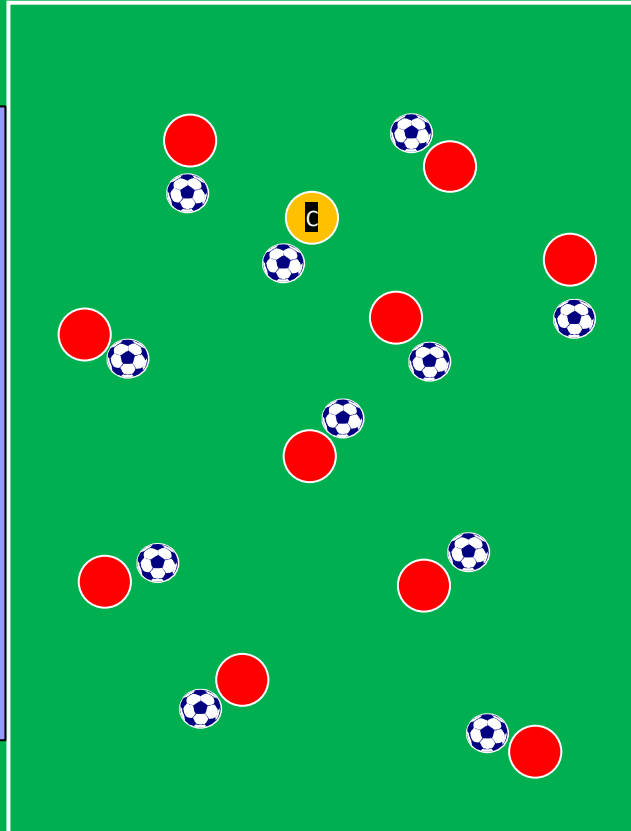
- a) Set your field up like the diagram
- b) You are the king / queen- you lie down to sleep in your castle – when you fall asleep the dragons sneak out of their cave to knock your castle down. The players must have a ball to kick at your castle. They keep knocking the cones down until they get them all.
- c) Fix your castle as the dragons go back to their cave
- d) Play again - **10 min**

5. Scrimmage Not easy but give it a go; and see what happens – **10 min**

Warm-up / Foundations

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

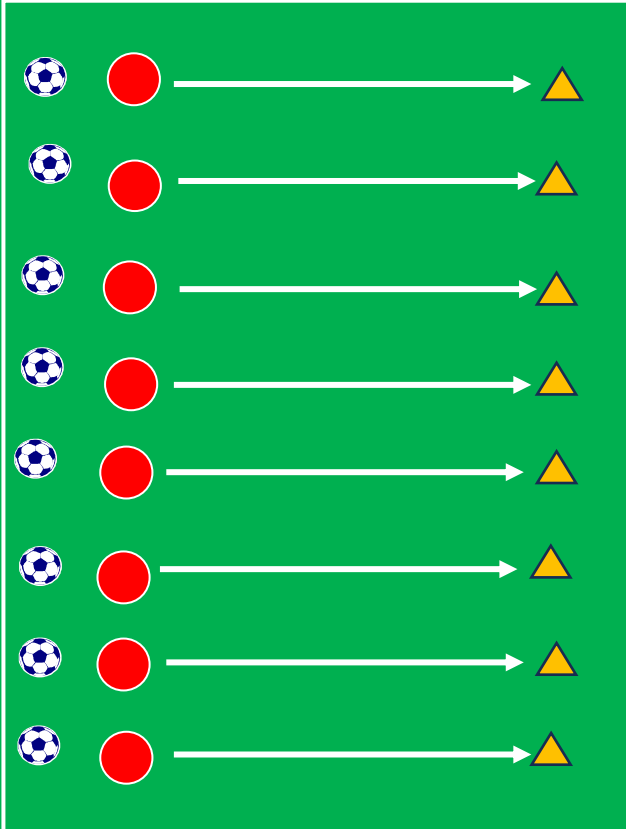
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Knock the Cones

Knock the cones

- a. Set up several tall cones for the players to be able to kick over.
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Pirates



Pirates

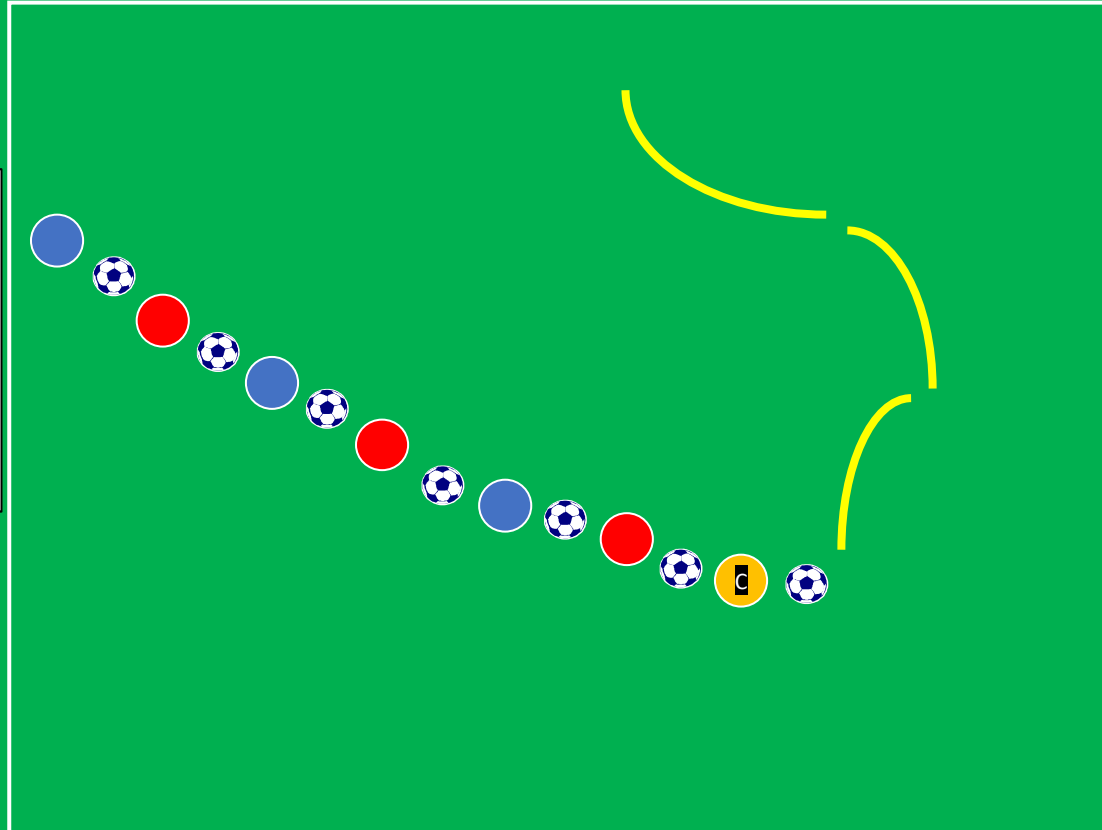
- Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
 - Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
 - They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands initially that is ok.
- Play 2 or 3 times.



Follow the leader

Follow the Leader

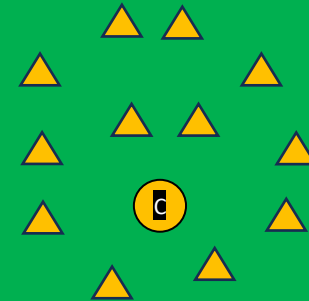
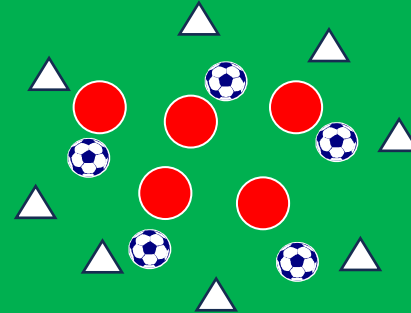
- a. Each player has a ball, and they line up behind you.
- b. You will dribble the ball slowly, quickly, and change directions.
- c. Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home.



Dragon Castle

Dragon-Castle

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



Always a
Scrimmage

Two Goal Scrimmage

Let them play free
of instruction

Two goals: One goal for each team to
score in. No coaching just let them play
and have fun. But do encourage them.



Week Three

Start your class as normal- bring them in, high 5's, maybe ring around the rosy?

Warm-up / Foundations (If able at this age?) 5 min

1. Space Invaders 10 min

- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off

2. 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.

3. Hit the Coach - 10 min

- a) Each child has a ball. When you say go you walk around slowly and then need to dribble and kick their ball at your legs- each time they hit you must act out a different animal- cow, cat, monkey, etc.

4. Tickle-Wickle 10 min

- a) Each player has a ball.
- b) Use a swim noodle to “tickle” the kids.
- c) The kids need to stay away from you, so they don't get tickled..

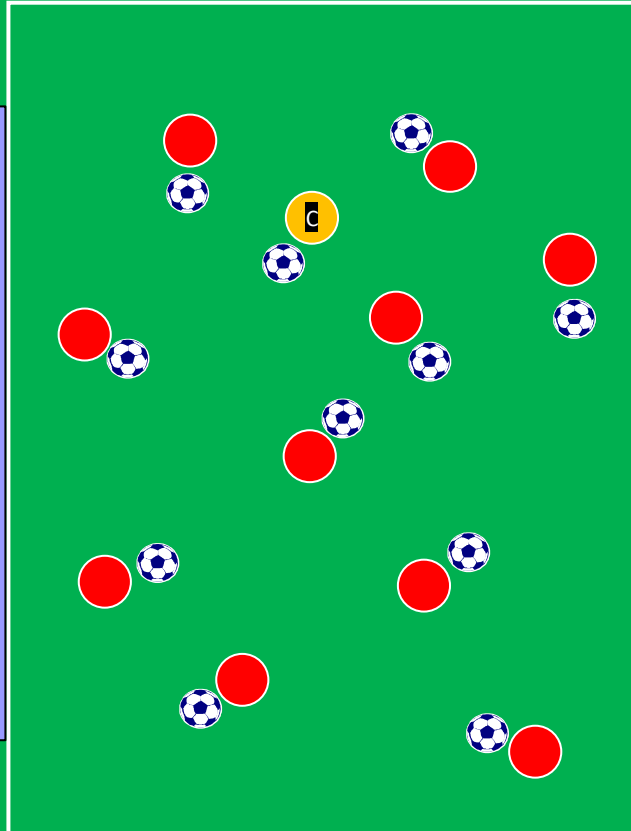
Water Break 5 min

5. Scrimmage 2 goals if players are able 10 Min

Warm-up / Foundations

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

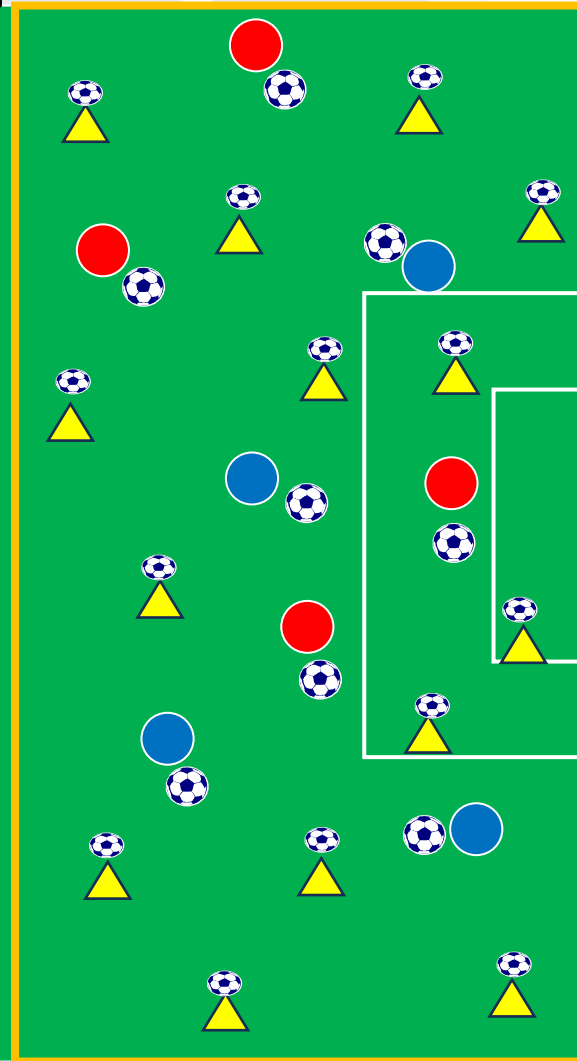
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- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
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Space Invaders

Space Invaders

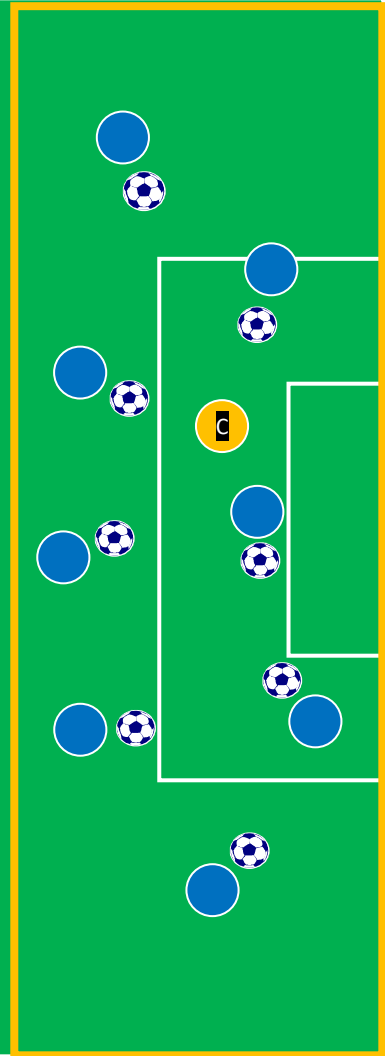
- Take the discs and spread out on your field
- Place a soccer ball on top of each disc- these are the aliens
- On your command the kids must dribble around kicking their ball at the "aliens" trying to knock the ball off.



Hit the Coach

Hit the Coach

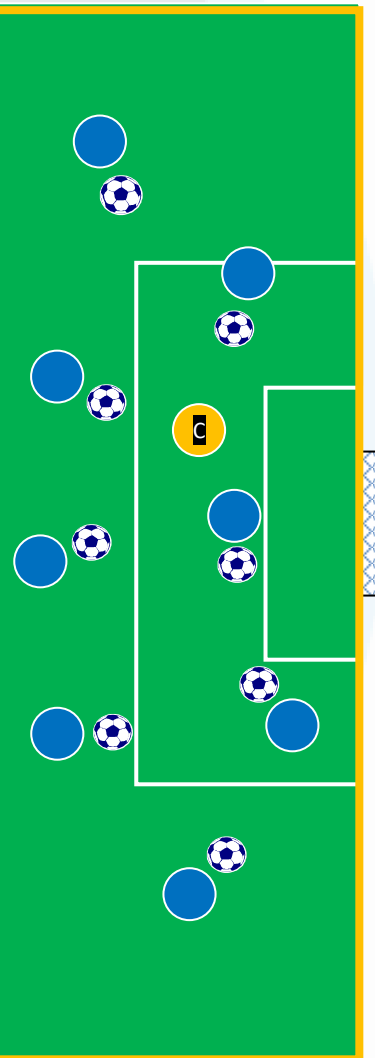
- a. Each player has a ball.
- b. When you say go you walk around slowly and then need to dribble and kick their ball at your legs- each time they hit you must act out a different animal- cow, cat, monkey, etc.



Tickle-Wickel

Tickle-Wickel

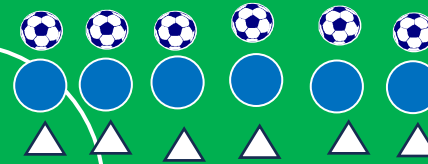
- a. Each player has a ball.
- b. Use a swim noodle to “tickle” the kids.
- c. The kids need to stay away from you, so they don’t get tickled..



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.



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Two Goal Scrimmage

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Week Four

Greet the kids- ring around the rosy, etc. Song.

Warm-up / Foundations (If able at this age?) 5 min

1. Bumper Cars 10 min

- a) In a grid, each player has a ball- they dribble around and kick their ball at someone else's ball

2. Tickle Wickle 10 min

- a) Same grid as bumper cars
- b) Each play has a ball
- c) Use a swim noodle to "tickle" the kids. The kids need to stay away from you, so they don't get tickled.

3. Islands 10 min

- a) Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- 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.

Water Break 5 Min

4. Shooting on the big goal 10 Min

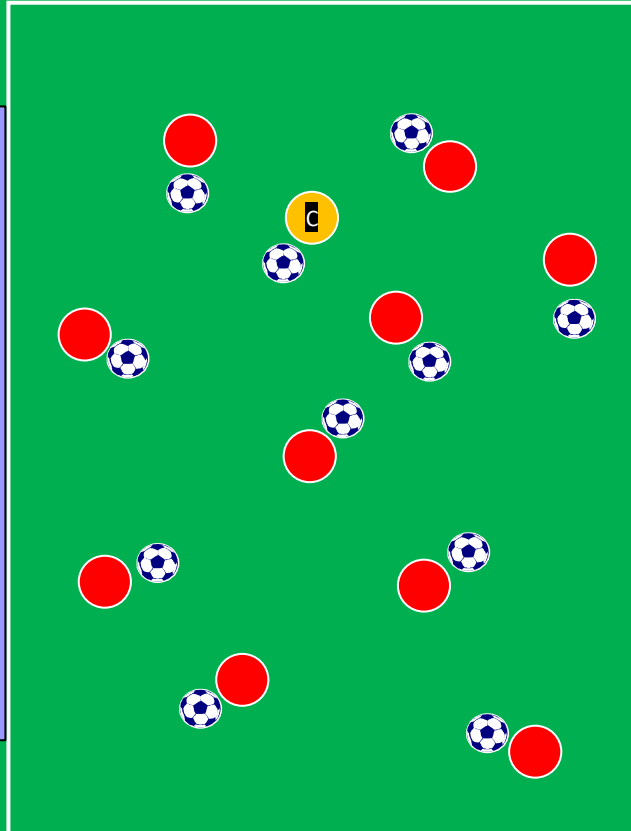
- a) Have the kids sit next to you
- b) When you call their name, they stand up and you roll a ball out towards the goal for them to kick in to.
- c) If you are in the middle of the field, you will need to use the pug goals or one of the larger yellow goals from the player side.
- d) Make a big deal out of it when they score

5. Scrimmage Perhaps Try it with 4 goals if the previous two goal game works well. 10 mins

Warm-up / Foundations

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

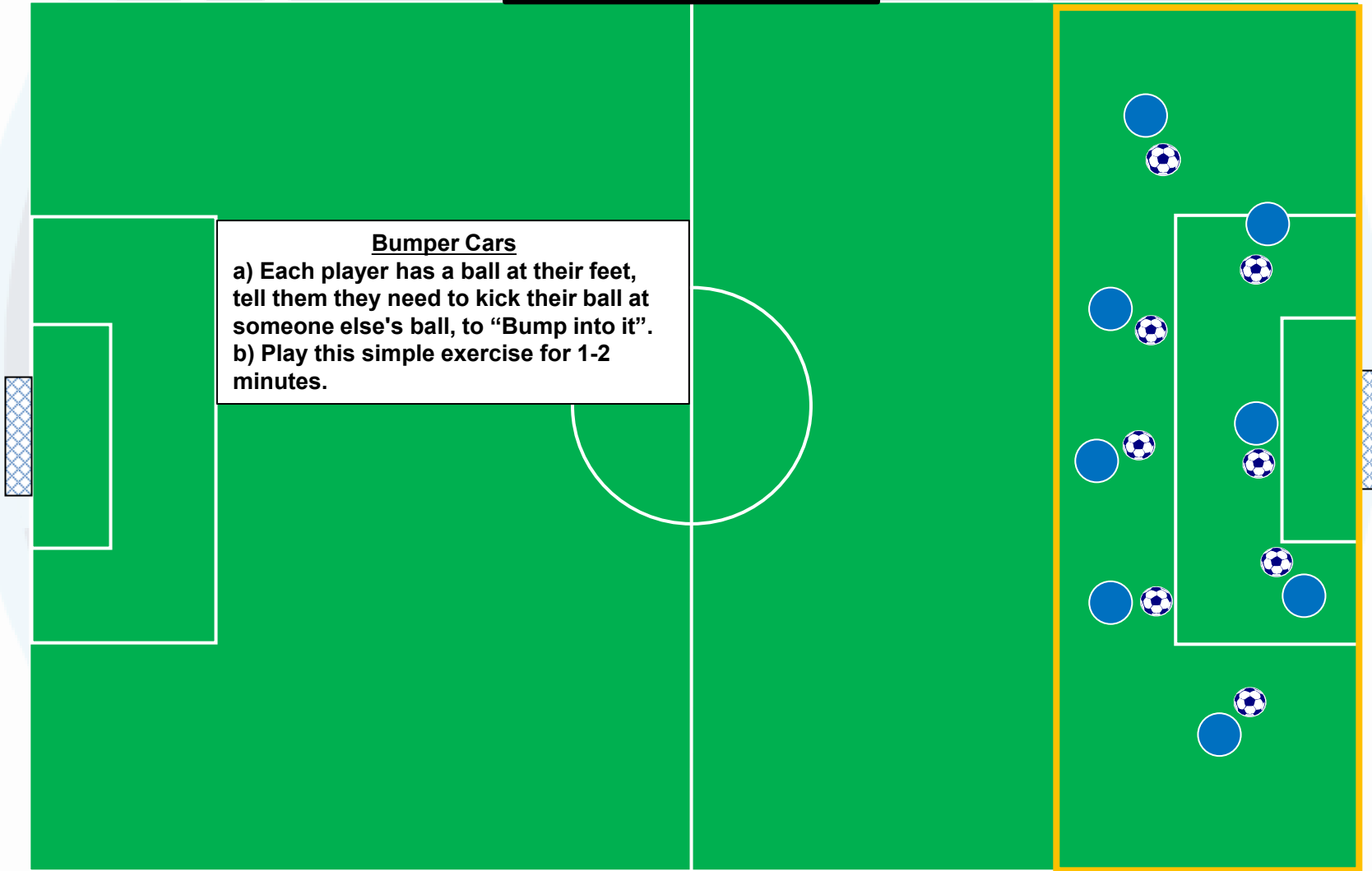
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- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
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Bumper Cars

Bumper Cars

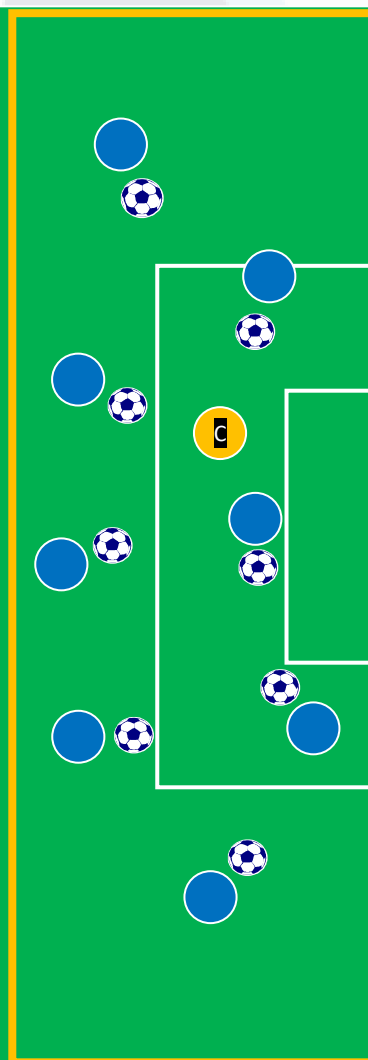
- a) Each player has a ball at their feet, tell them they need to kick their ball at someone else's ball, to "Bump into it".
- b) Play this simple exercise for 1-2 minutes.



Tickle-Wickel

Tickle-Wickel

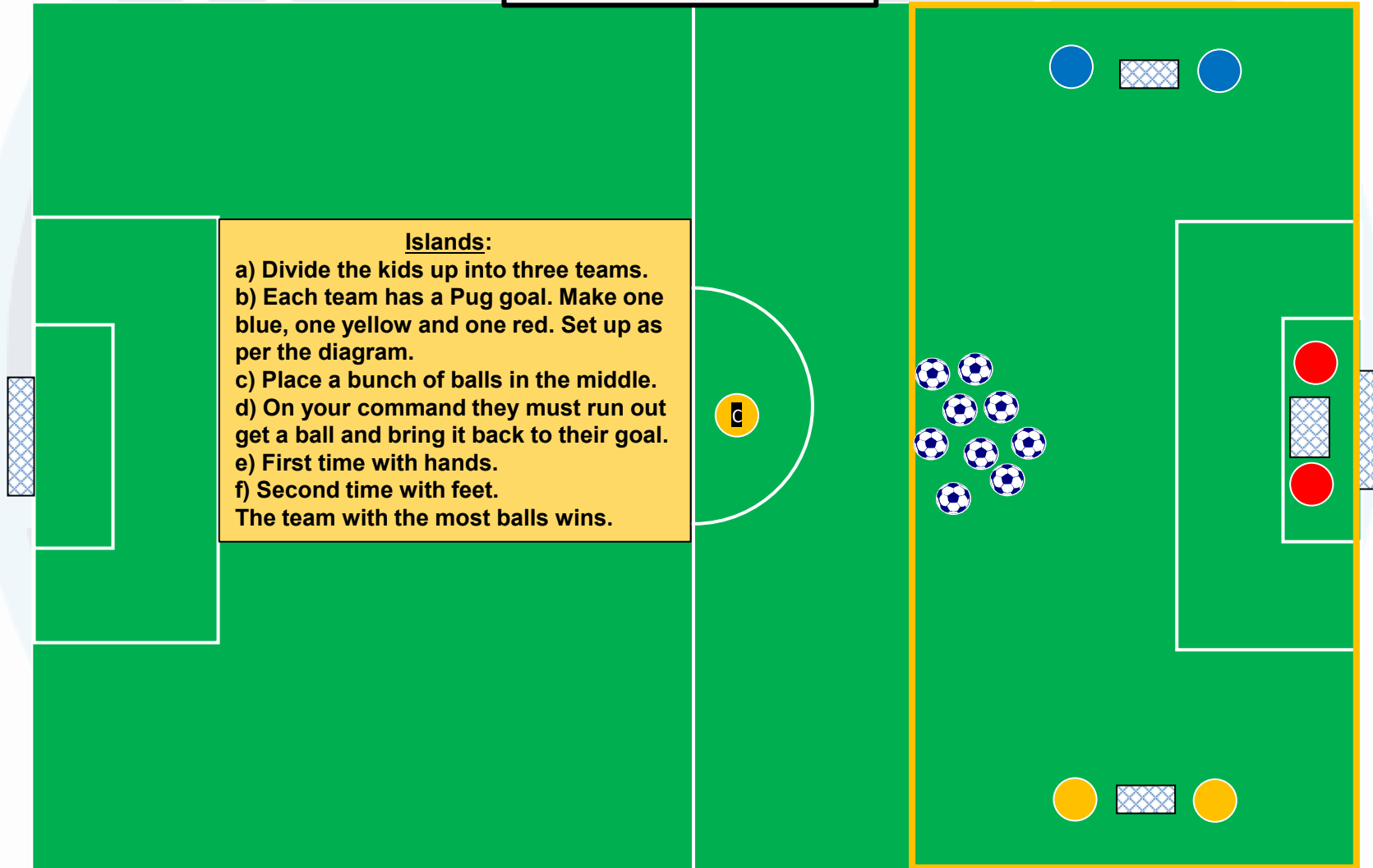
- a. Same grid as bumper cars
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Islands

Islands:

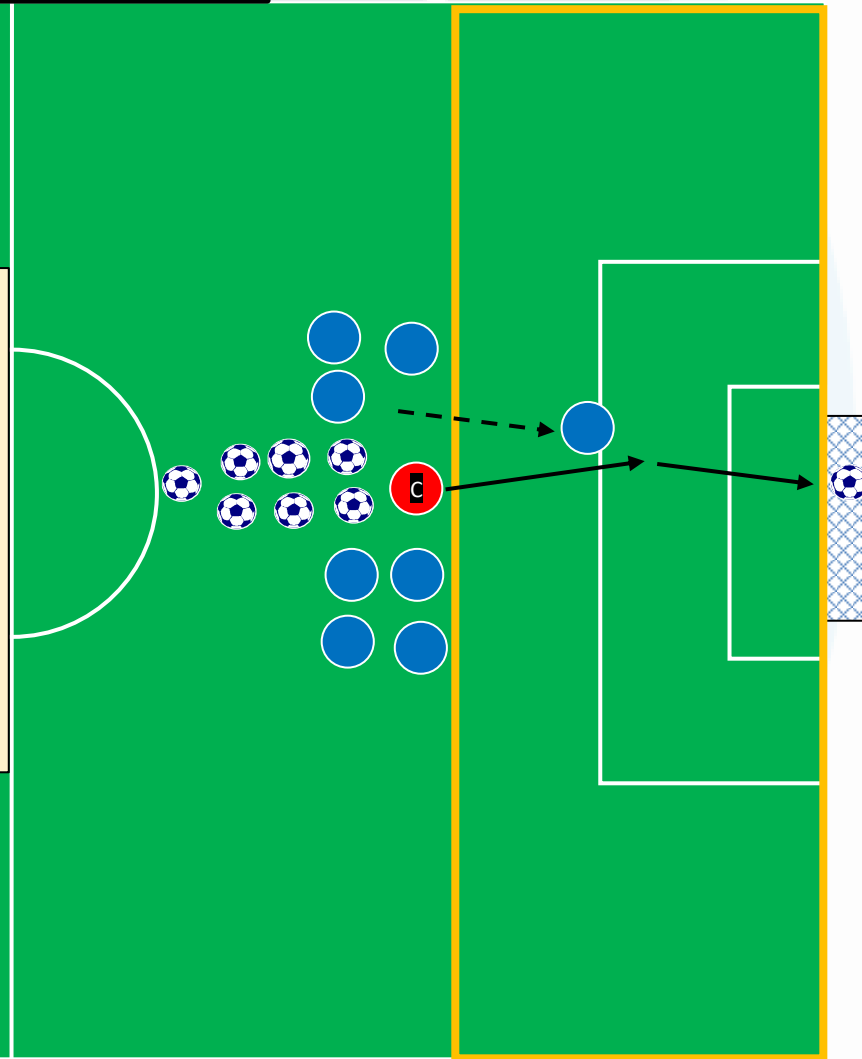
- a) Divide the kids up into three teams.
 - b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
 - c) Place a bunch of balls in the middle.
 - d) On your command they must run out get a ball and bring it back to their goal.
 - e) First time with hands.
 - f)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



Shooting on the Big Goal

Shooting on the big goal

- Have the kids sit next to you
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- When you call their name, they stand up and you roll a ball out towards the goal for them to kick in to.
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Two Goal Scrimmage

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Week Five

Greet the kids with a Song- 5 min

Warm-up / Foundations (If able at this age?) 5 min

1. Space Invaders

- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off. **10 min**

2. Follow the Leader

- a) Each player has a ball, and they line up behind you.
- b) You will dribble the ball slowly, quickly, and change directions.
- c) Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home. **10 min**

3. 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. Remind players no toe balls.
- c) See what team can hit you the most. **10 min**

Water Break 5 Min.

4. Passing Gates 10 min

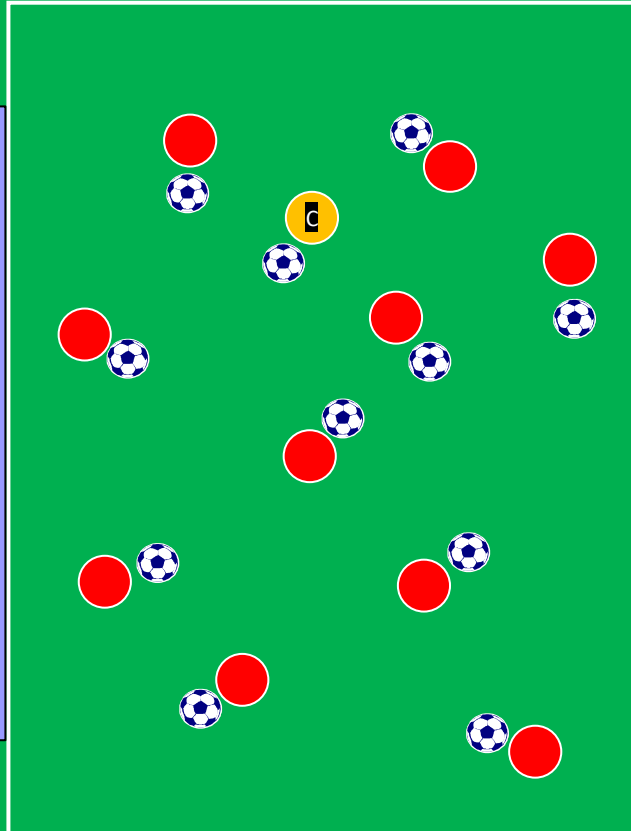
- a) Players in twos.
- b) Pass the ball back and forth.
- c) Focus on the first touch and trapping the ball.
- d) **Competitive**: the first group to ten passes wins.
- e) Switch partners.

5. Scrimmage 2 goals scrimmage 10 mins

Warm-up / Foundations

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

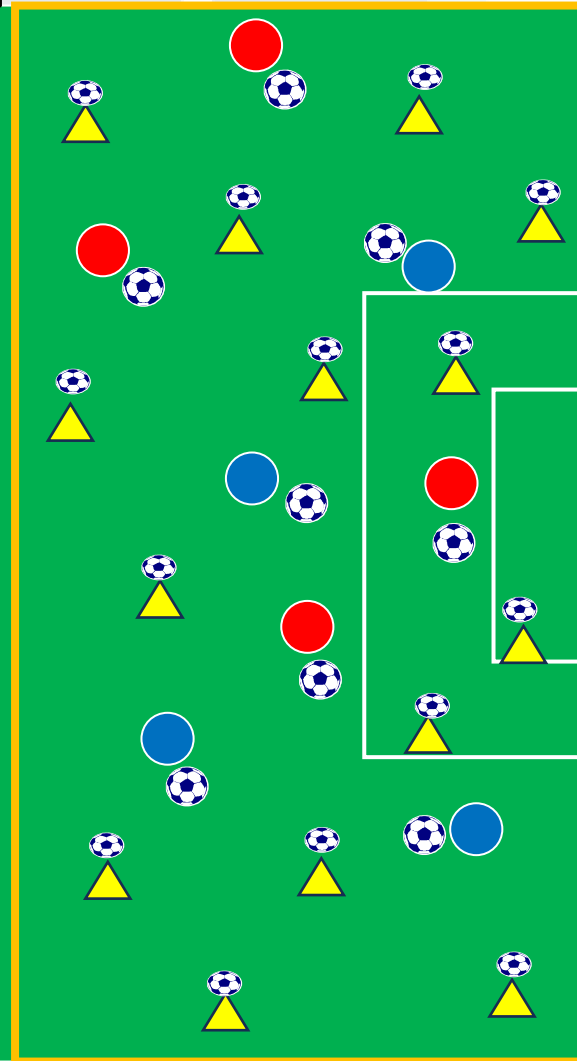
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Space Invaders

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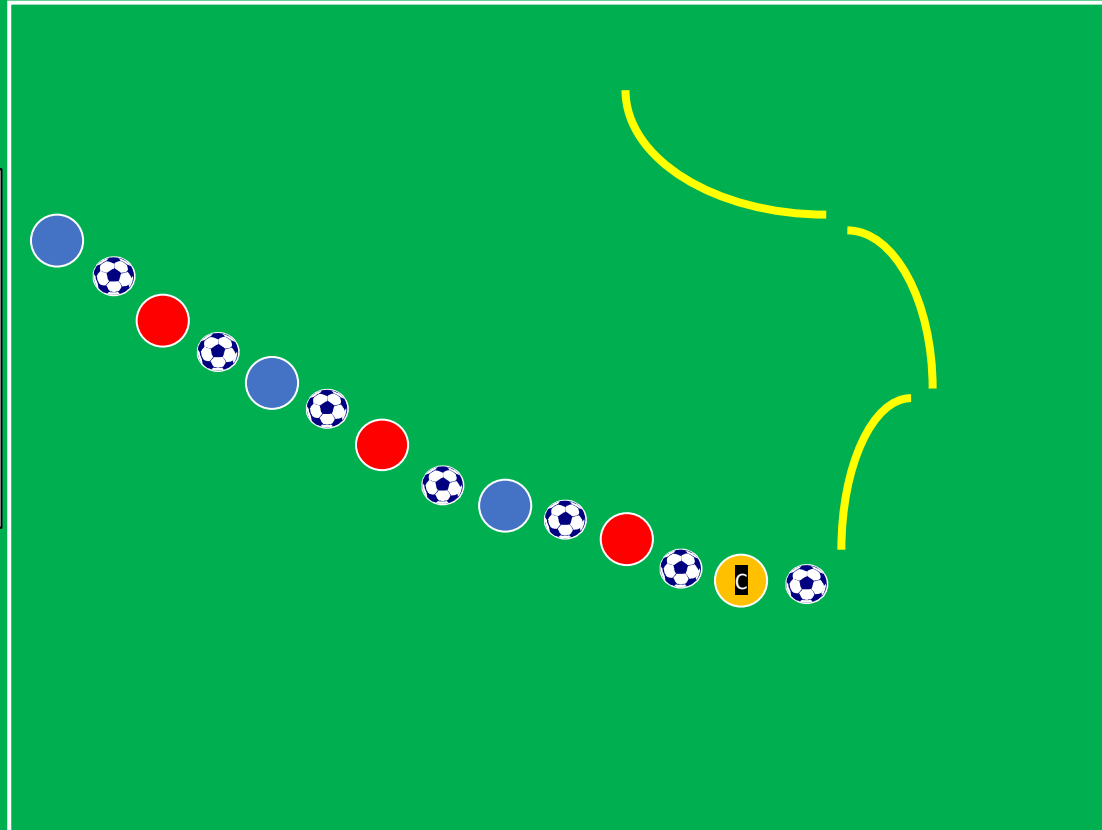
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Follow the leader

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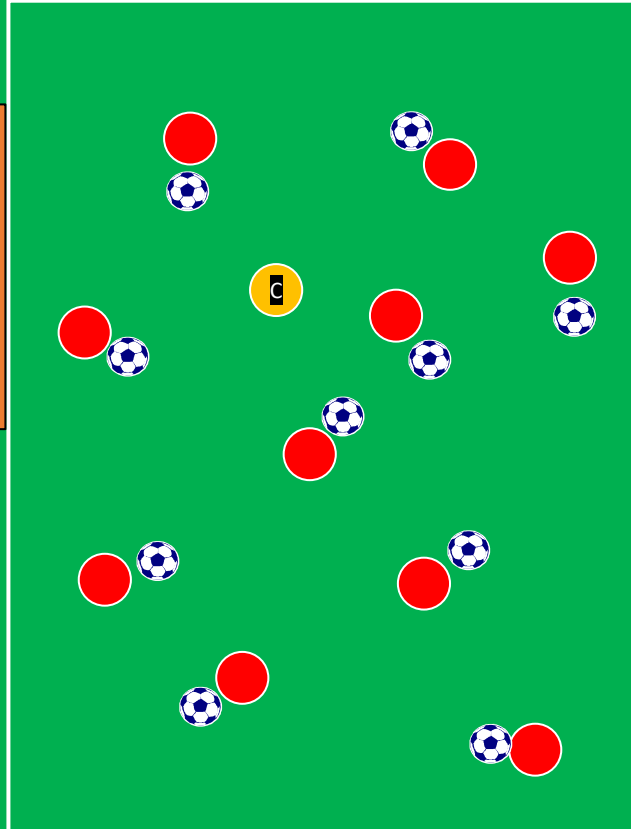
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Hit the Coach

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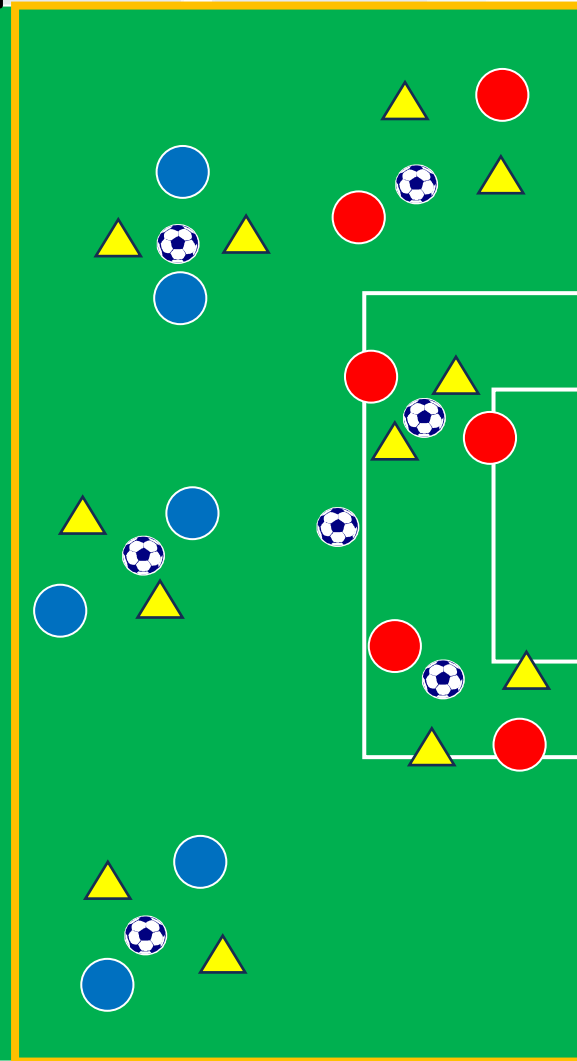
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Passing Gates

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Always a Scrimmage

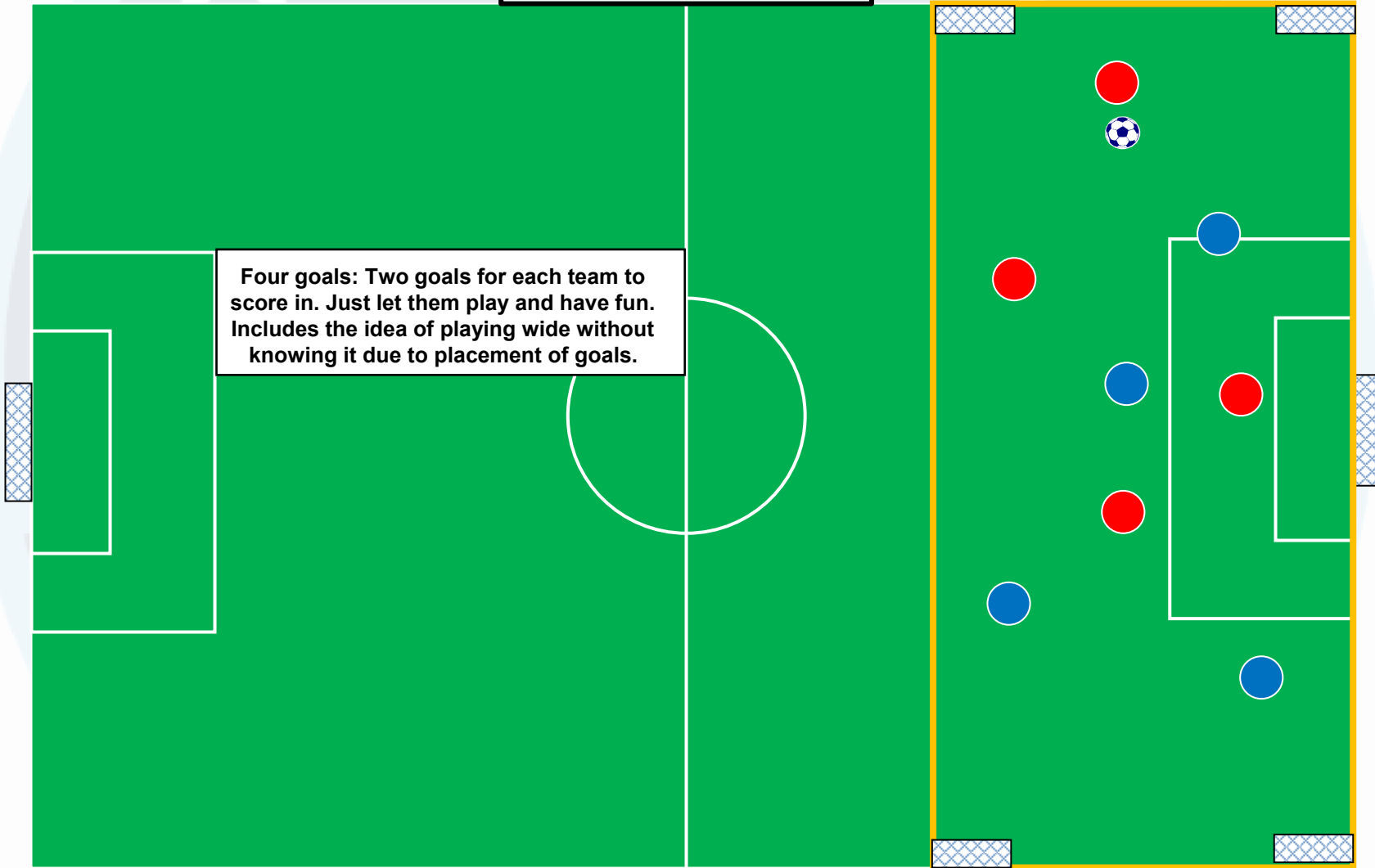
Four goals: Two goals for each team to score in. Just let them play and have fun. Includes the idea of playing wide without knowing it due to placement of goals.

Try this, if it's too difficult to make work then *revert* to the 2 goals game again.

Four Goal Scrimmage

Four goals: Two goals for each team to score in. Just let them play and have fun. Includes the idea of playing wide without knowing it due to placement of goals.

Let them play free of instruction



Always a
Scrimmage

Two Goal Scrimmage

Let them play free
of instruction

Two goals: One goal for each team to
score in. No coaching just let them play
and have fun. But do encourage them.





Grades One and Two

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

Week 1

Greet the kids- ring around the rosy, etc. Song. 5 min.

Warm-up / Foundations 5 min

1. Taggers

- a) Each player has a ball in a large grid. Two players are “it” and are in a red jersey- refer to diagram.
- 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 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 **10 Min**

2. Crabs

- a) Set the field up as the diagram shows. You will have 2 players sitting in the “Ocean” as a crab, you must explain to the crabs that they need to act like crabs - they can’t roll over; get up and run.
- b) The rest of the players each have a ball & are standing against a wall. On your command they must Dribble through the Ocean. If a crab touches their ball, they then become a crab too. IMPORTANT: You must tell the dribblers they must keep their ball close to their feet.
- c) Play approx. **10 min**

Water Break 5 Min.

3. 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. **10 min**

4. Gate Dribbling

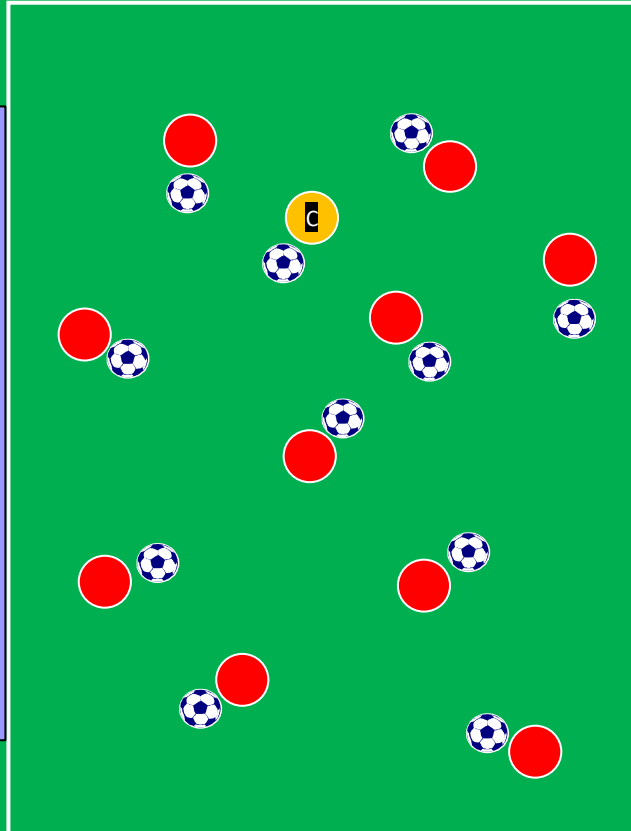
- a) Place several “gates” – using the discs throughout your field- have the gates be big and small. On your command the kids need to dribble through as many as they can. **10 min**
- b) Play 2 times.

5. Scrimmage- Try using the 4 goals one. **10 mins**

Warm-up / Foundations

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

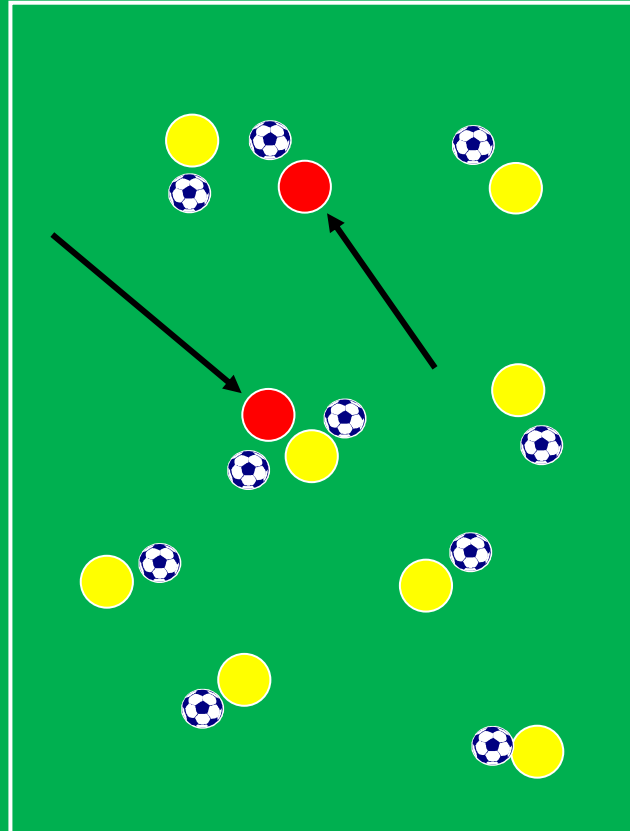
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

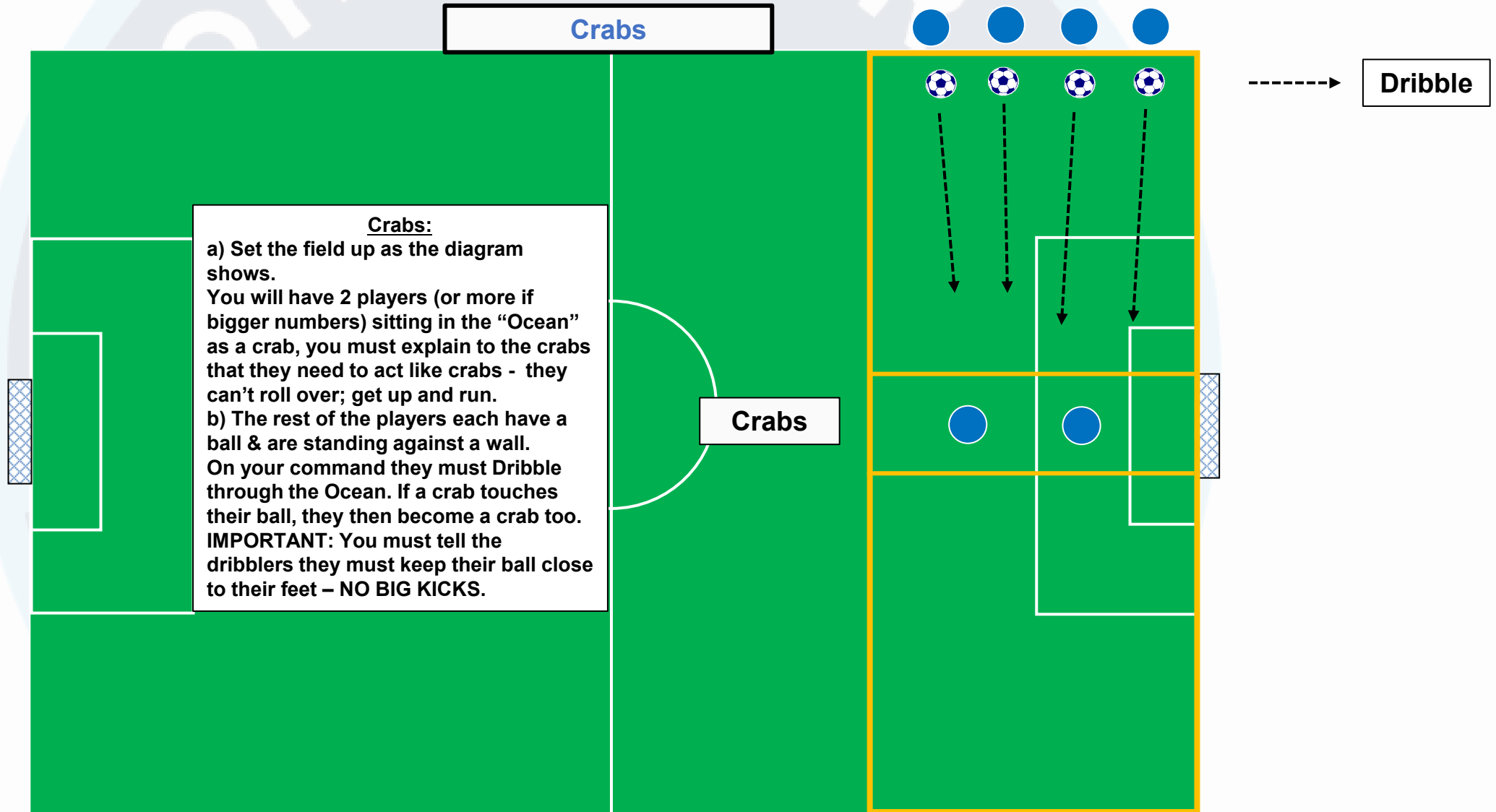


Taggers

Taggers

- a. Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- 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

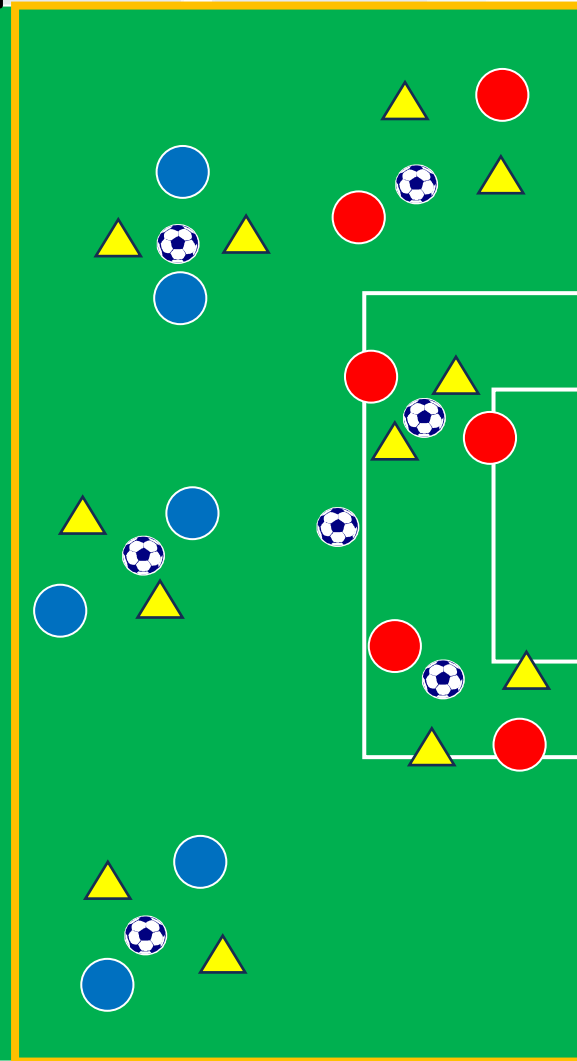




Passing Gates

Passing Gates

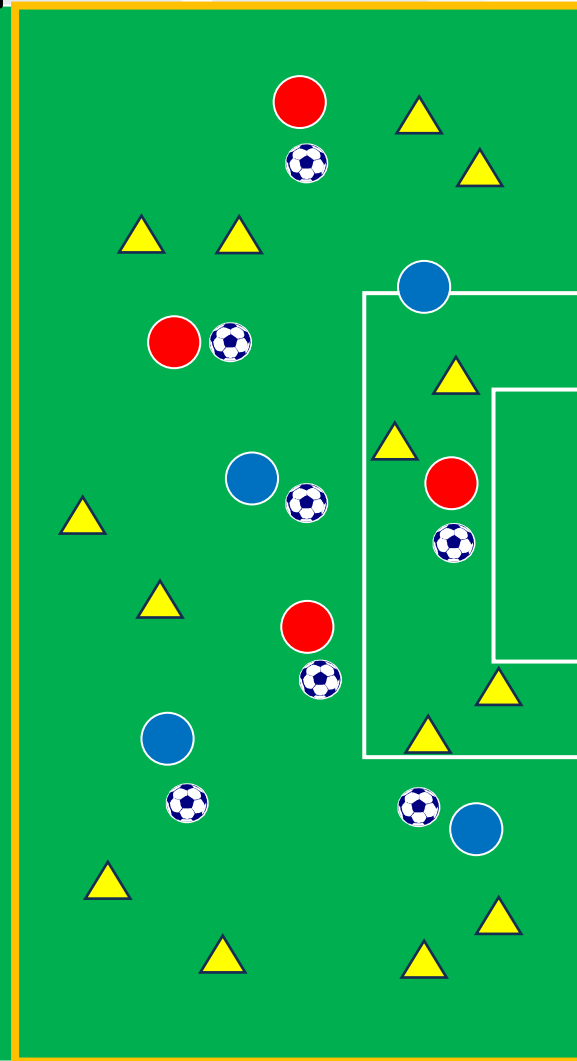
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



Gate Dribbling

Gate Dribbling

- Place several "gates" – using the discs throughout your field- have the gates be big and small.
- On your command the kids need to dribble through as many as they can.
- Play 2 or 3 times.

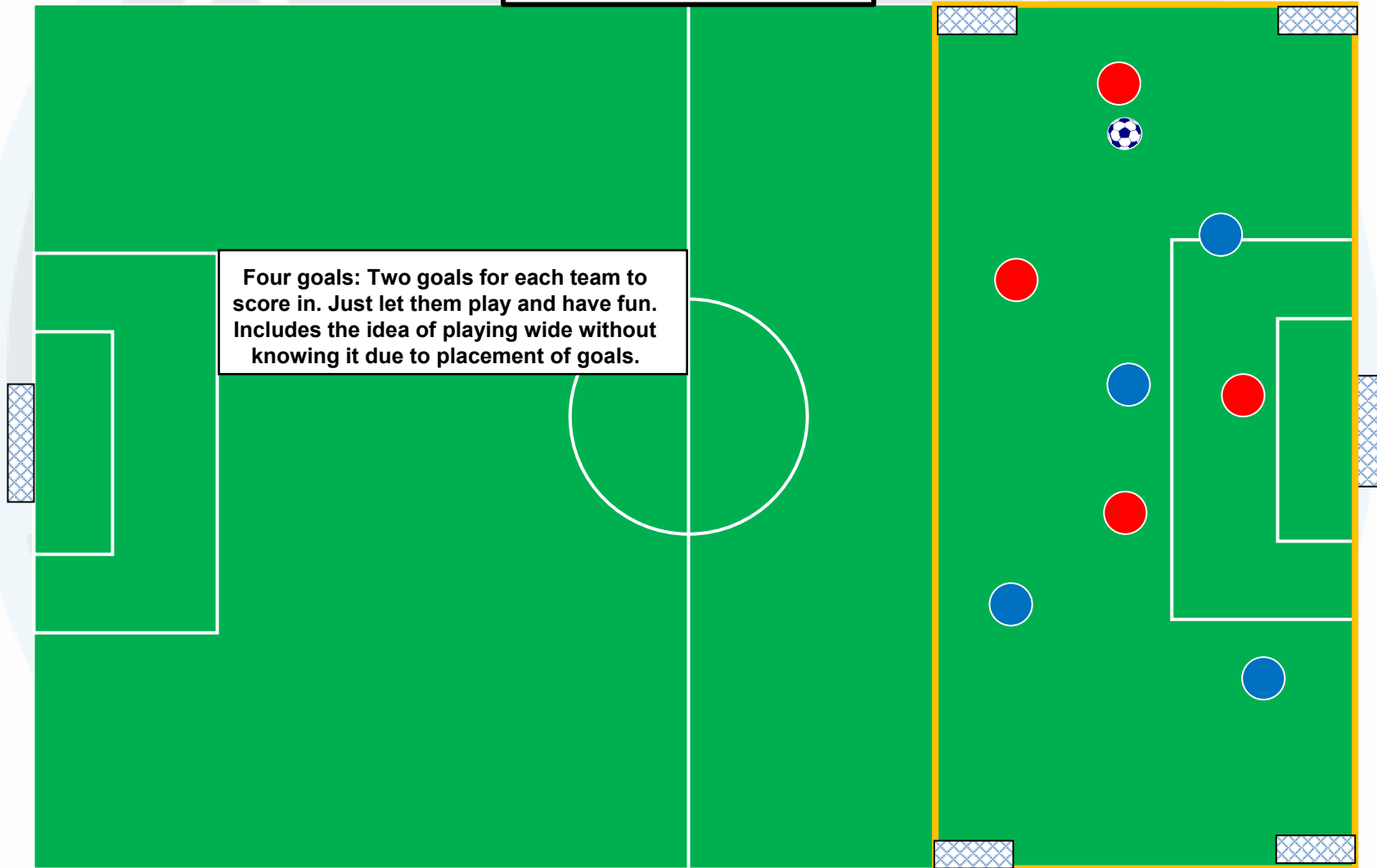


Always a Scrimmage

**Let them play free
of instruction**

Four Goal Scrimmage

Four goals: Two goals for each team to score in. Just let them play and have fun. Includes the idea of playing wide without knowing it due to placement of goals.



Week 2

Warm-up / Foundations 5 min

1. Stand the cones, knock the cones

- a) 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. Explain to the players that we want them trying to stand them up with their feet only.
- b) Once you get all the cones standing up, have them run to the other side. When you get all the kids on your command have them run down and kick the cones over with their feet.
- c) Have them stand them back up one more time, run to the opposite side again- this time, you will have them use the balls and dribble back down and knock the cones over. **10 min**

2. Hit the Coach

- a) Make 2 teams. On your command you start walking around, the players must work on passing the ball into your legs.
- b) Remind players no toe balls.
- c) See what team can hit you the most. **10 min**

3. Halloween Race

- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals. Explain to the kids that they are going trick -r- treating – ask them what they are going to be for Halloween? Explain to the kids that the soccer balls are chocolate, the goals are their Halloween baskets- on your command they run across the field to get the chocolate. They keep doing this until all the balls are gone. They can only use their feet. Play 2 times- **10 min**

Water Break 5 min

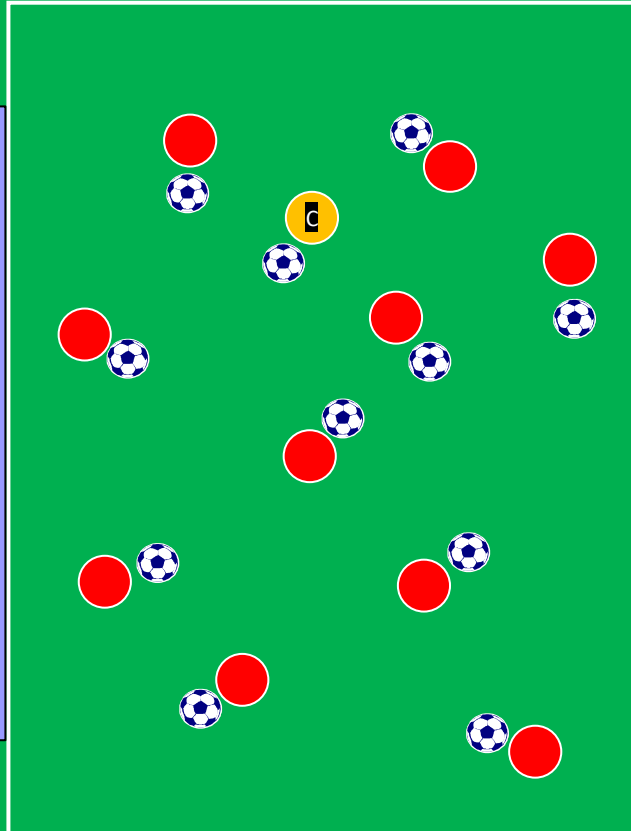
- 4. Shooting on goal: a) Field set-up- have the kids each get a soccer ball and line-up by you about 10ft above the white goal box line facing the large goal. b) You have all the balls by your side- you are simply going to roll the ball out in front a good distance to make sure all the kids are successful when they run and kick it into the net. c) Explain to the kids that you will roll the ball out and they need to run and kick it into the net- when someone scores, we all need to yell “GOAL” real loud. kids to leave their ball in the goal and run back to you. The 2nd time through, line the tall cones across the goal mouth- side by side. d) Again, have the kids with you at the starting point. This time, have the first child stand in front of you facing you, with their legs spread. the goal of the game is to see how many cones you can knock over. **10 Min**

- 5. Scrimmage- use 4 goals **10 min**

Warm-up / Foundations

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

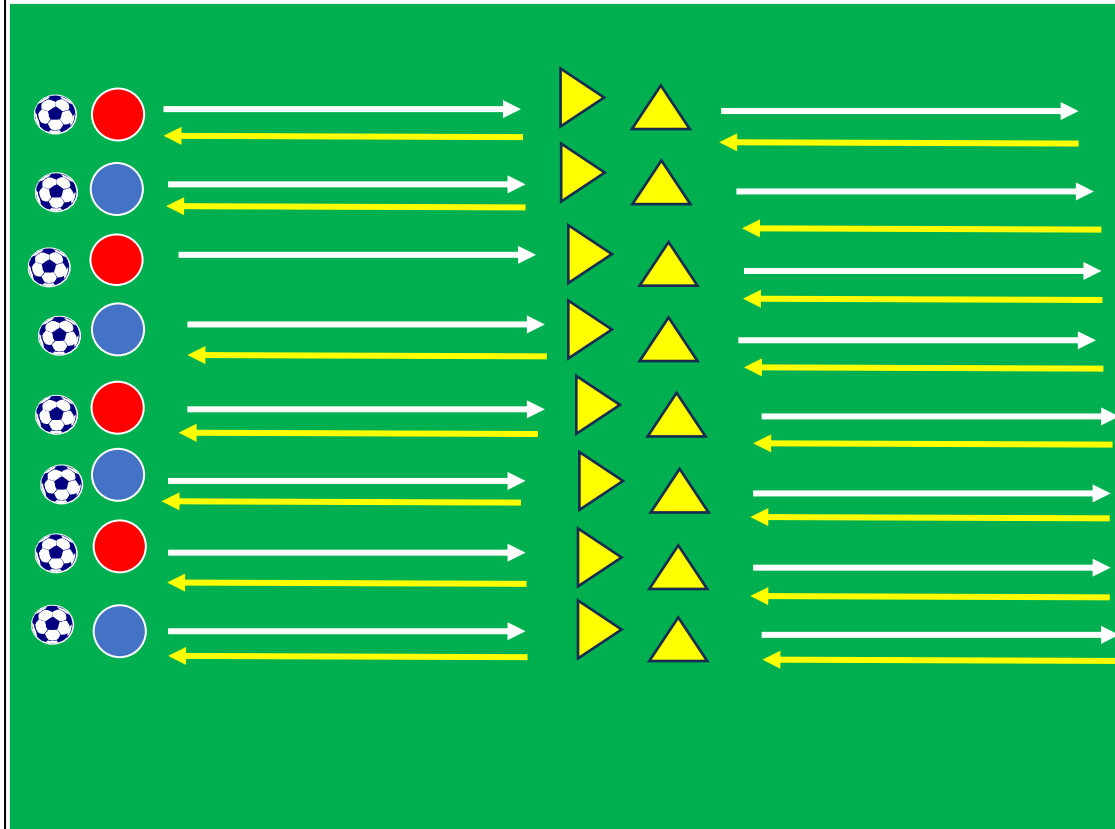
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Stand the cones – knock the cones

Stand the cones – knock the cones

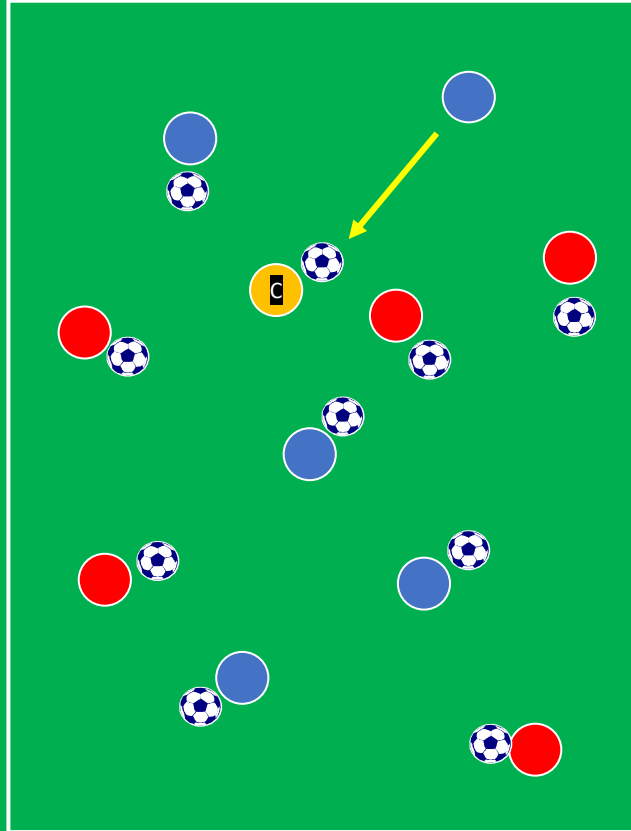
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want (If possible) to have players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing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



Hit the Coach

Hit the Coach

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



Halloween Race

Halloween Race

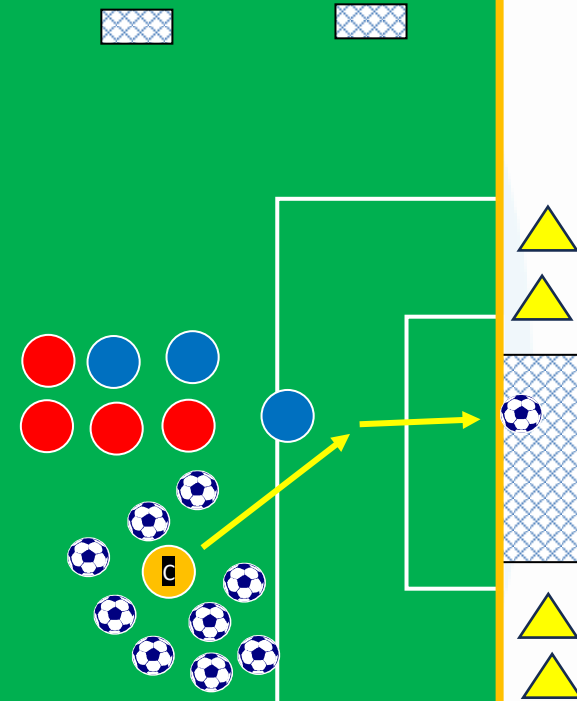
- a) Two goals one side of the field and bunch of balls the other side as shown here. Kids stand near the goals.
- b) Explain to them they are going “Trick or Treating” ask them what they will be for Halloween?
- c) Explain to the kids the soccer balls are chocolates and the goals are their Halloween Baskets.
- d) On your command they run across the field to get the chocolates. They keep going until all the chocolates have gone.
- e) They can only use their feet.



Shooting on Goal

Shooting on Goal

- Field set-up- have the kids each get a soccer ball and line-up by you about 10ft above the white goal box line facing the large goal.
- You have all the balls by your side- you are simply going to roll the ball out in front a good distance to make sure all the kids are successful when they run and kick it into the net.
- Explain to the kids that you will roll the ball out and they need to run and kick it into the net- when someone scores, we all need to yell "GOAL" real loud. Tell the kids to leave their ball in the goal and run back to you.
- The 2nd time through, line the tall cones across the goal mouth- side by side. Again, have the kids with you at the starting point. This time, have the first child stand in front of you facing you, with their legs spread.
- They need to make a silly face at you, and you need to roll the ball between their legs, they turn and kick the ball into the net knocking the cones over- again have them leave the ball their and run back to you- the goal of the game is to see how many cones you can knock over. After the game, have the kids pick up the cones for you and clear the field for the big game.

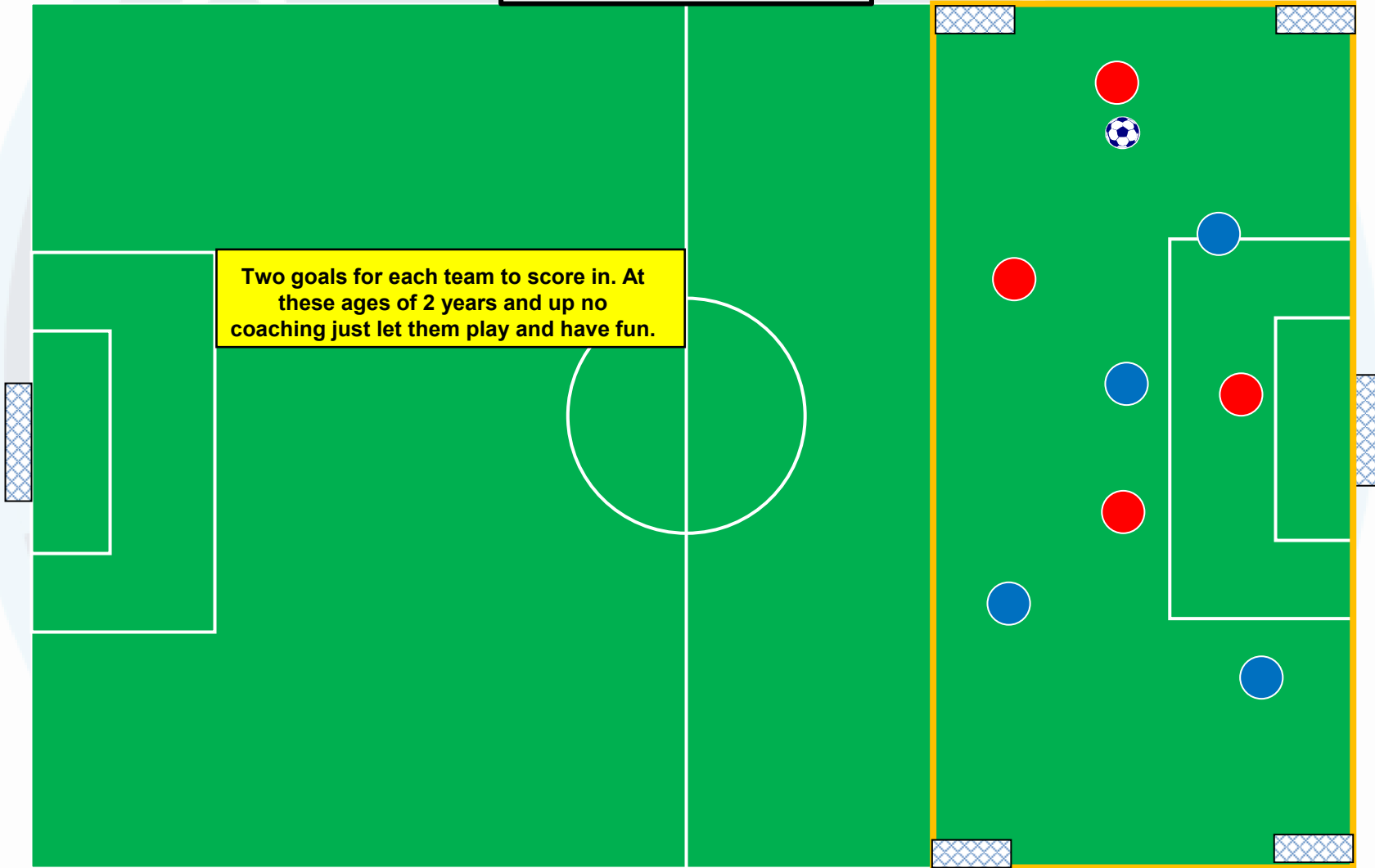


Always a
Scrimmage

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.



Week 3

Welcome- Bring them in- high 5's and maybe ring around the rosie.

Warm-up / Foundations 5 min

1. Taggers

- a) Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- 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 **10 Min**

2. Traffic Jam

- a) Set up your grid like the diagram.
- b. Spread the kids out around the grid and have them play follow my leader around it.
- c) The idea behind this is for the kids to keep the ball close to their feet. On your command all the kids dribble through the circle at the same time trying not to crash into each other. **10 min**

3. Crabs-

- a) The rest of the players each have a ball and are standing against the wall.
- b) On your command they need to dribble through the ocean. If a crab touches their ball, they become a crab.
- c) ****Important-** you need to explain to the dribblers they have to keep the ball close to their feet, NO BIG KICKS. Play approx. **10min**

Water Break 5 Min

4. 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.

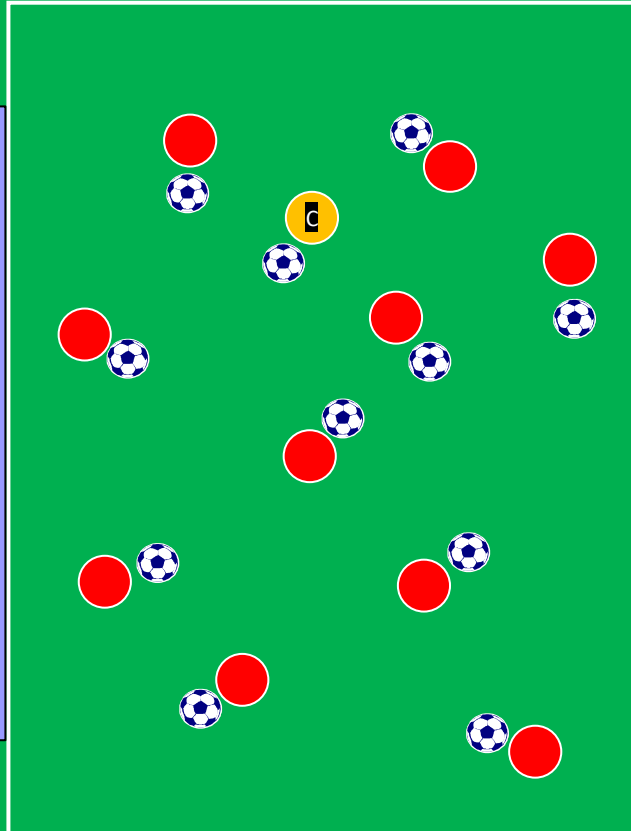
After the kids do this, have them take the balls back to the other side to play again. **10 Min**

5. Scrimmage Use 4 Goal Game **10 min**

Warm-up / Foundations

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

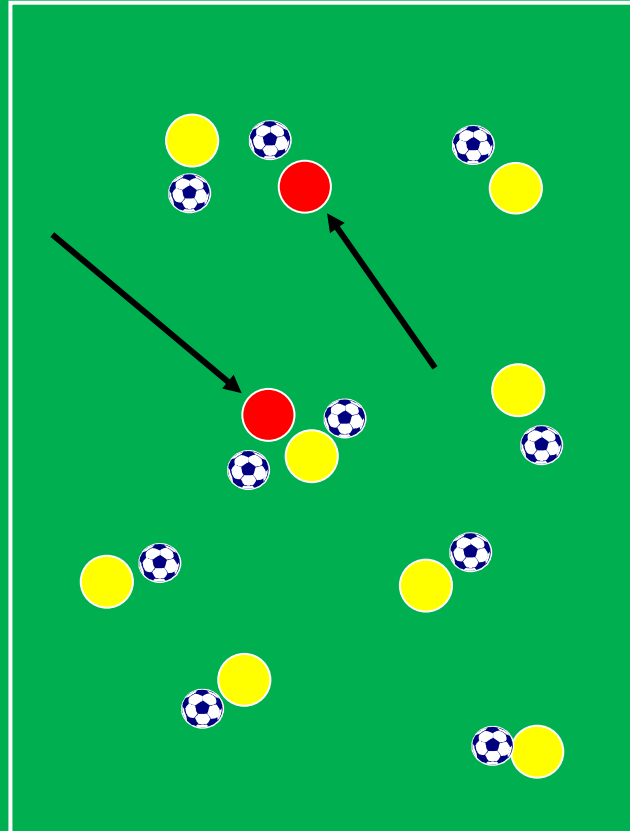
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Taggers

Taggers

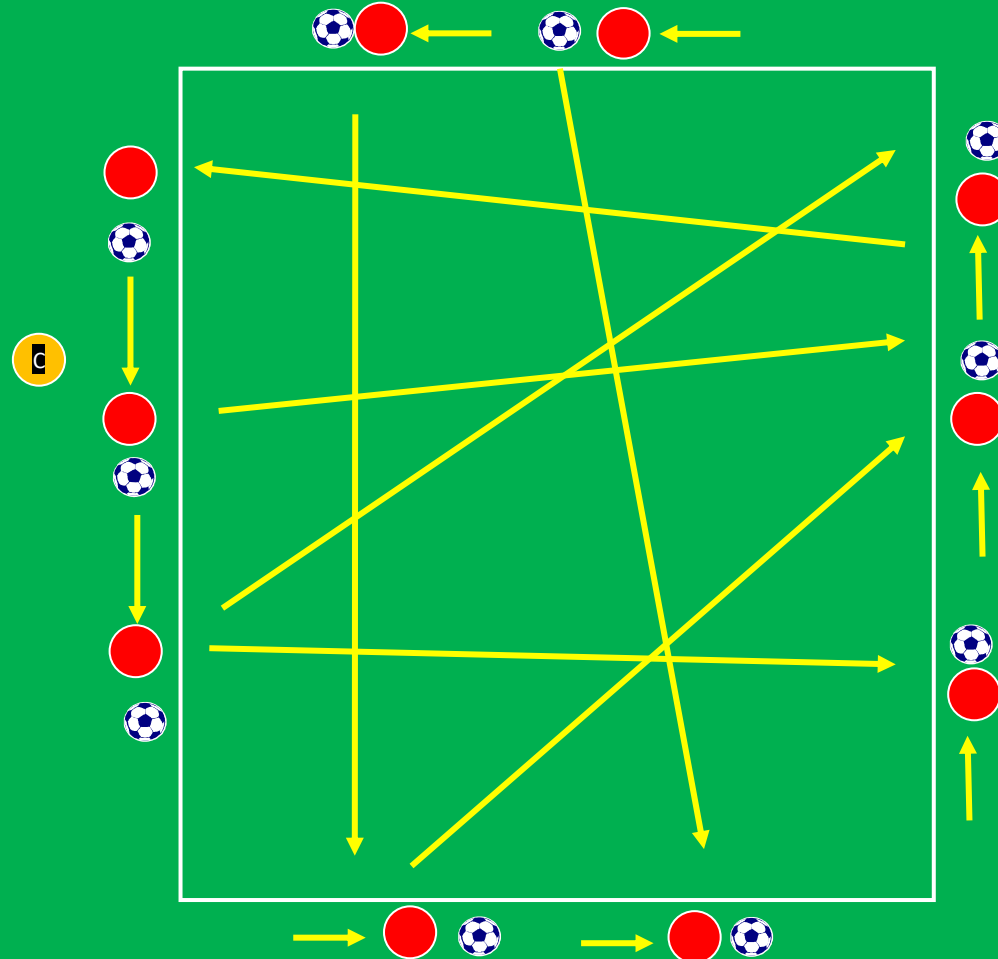
- a. Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- b. On your command the players dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- c. If you get tagged; you must freeze 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

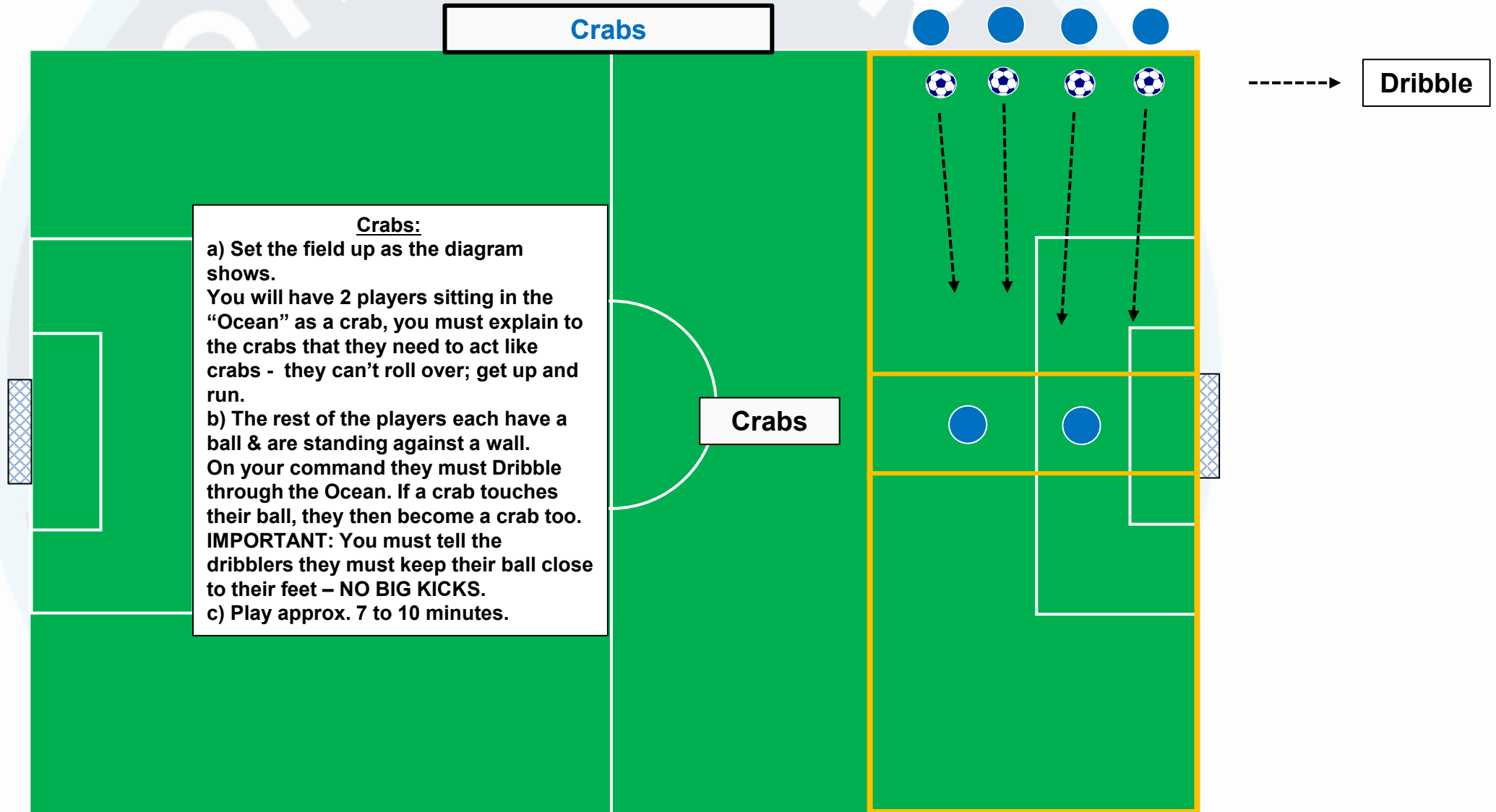


Traffic Jam

Traffic Jam

- a. Set up your grid like the diagram; it can be a circle too.
- b. Spread the kids out around the grid.
- c. The idea behind this is for the kids to keep the ball close to their feet.
- e. Run around the grid.
- f. On your command all the kids dribble through the grid or circle at the same time trying not to crash into each other.





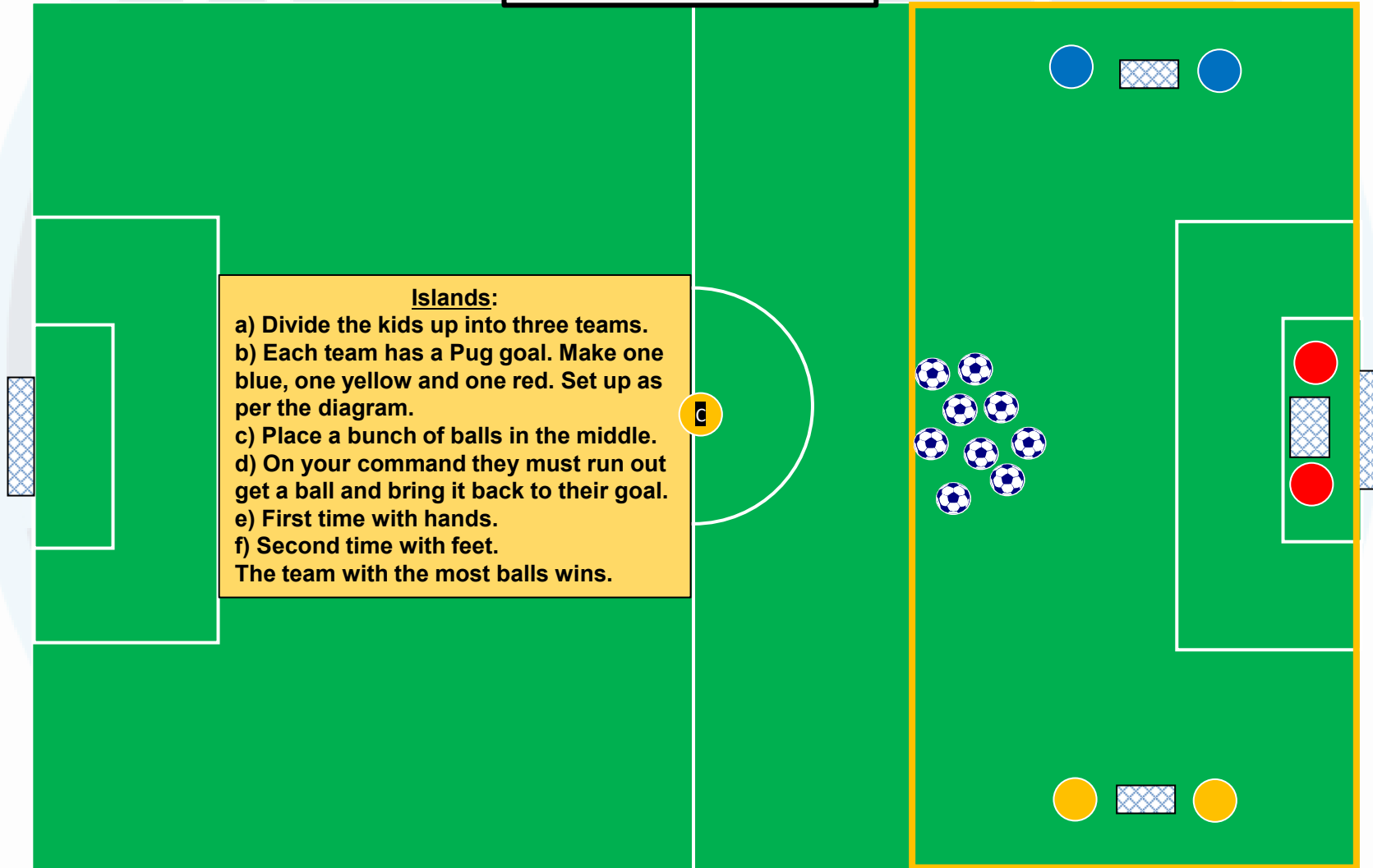
Islands

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.

- 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.

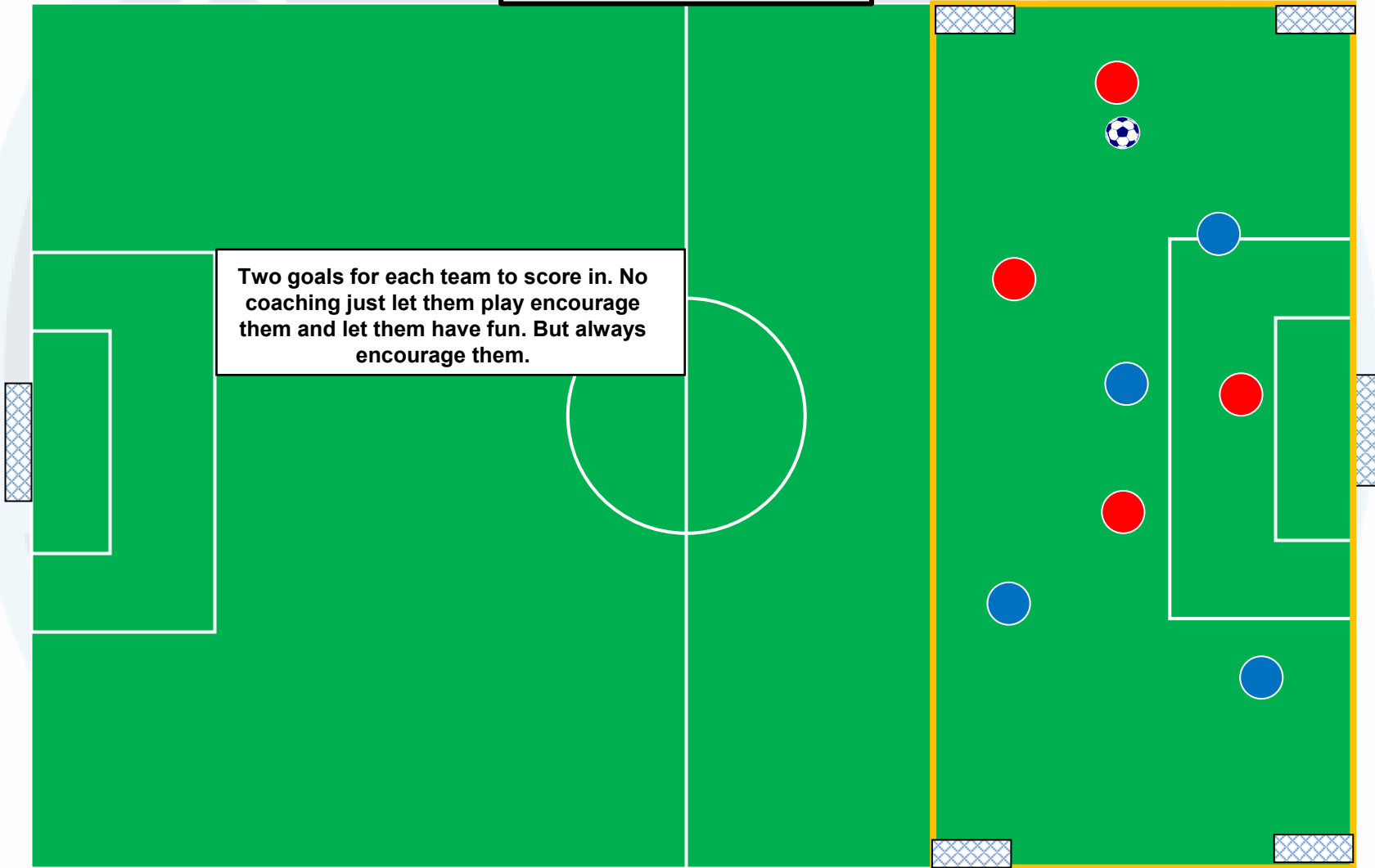


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

Two goals for each team to score in. No
coaching just let them play encourage
them and let them have fun. But always
encourage them.



Week 4

Greet the kids- ring around the rosy 5 min

Warm-up / Foundations 5 min

1. Tail-Tag 10 Min

- 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.

2. Gate Dribbling 10 min

- a) Place several “gates” – using the discs throughout your field- have the gates be big and small. On your command the kids need to dribble through as many as they can.
- b) Play 2 times

3. Tickle Wickle 10 min

- a) Same area as gate dribbling
- b) Each play has a ball
- c) Use a swim noodle to “tickle” the kids. The kids need to stay away from you, so they don’t get tickled.

Water Break 5 Min

4. Space Invaders 10 min

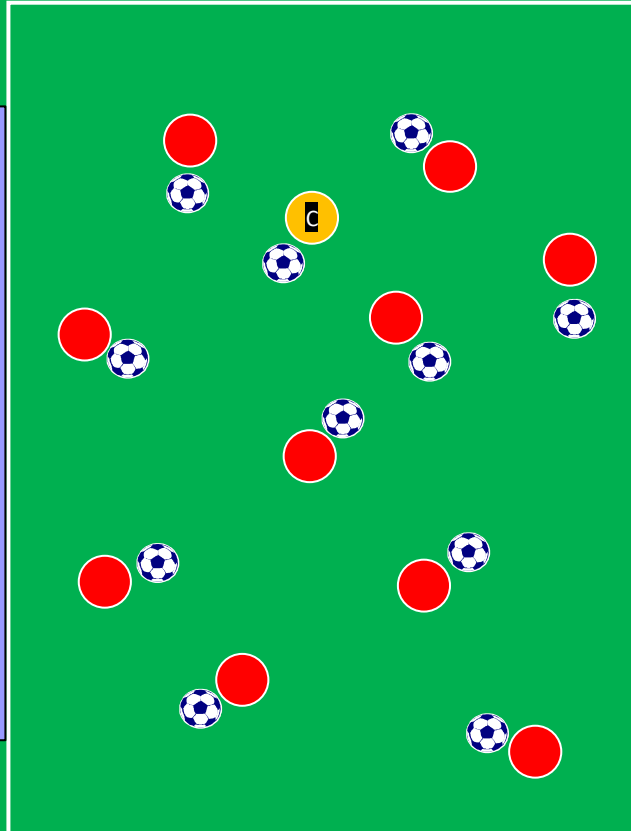
- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off.

5. Scrimmage Use 4 Goal Game 10 min

Warm-up / Foundations

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

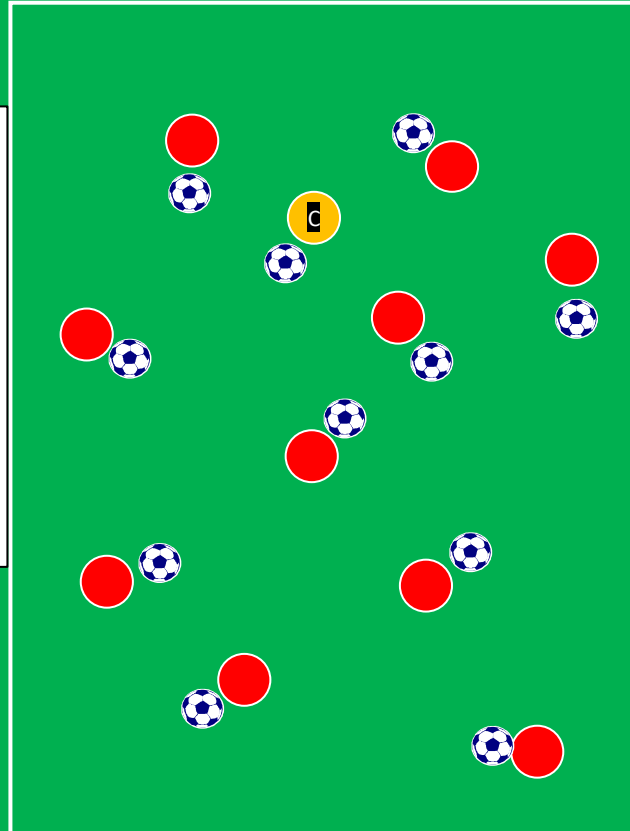
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tail-Tag

Tail-Tag

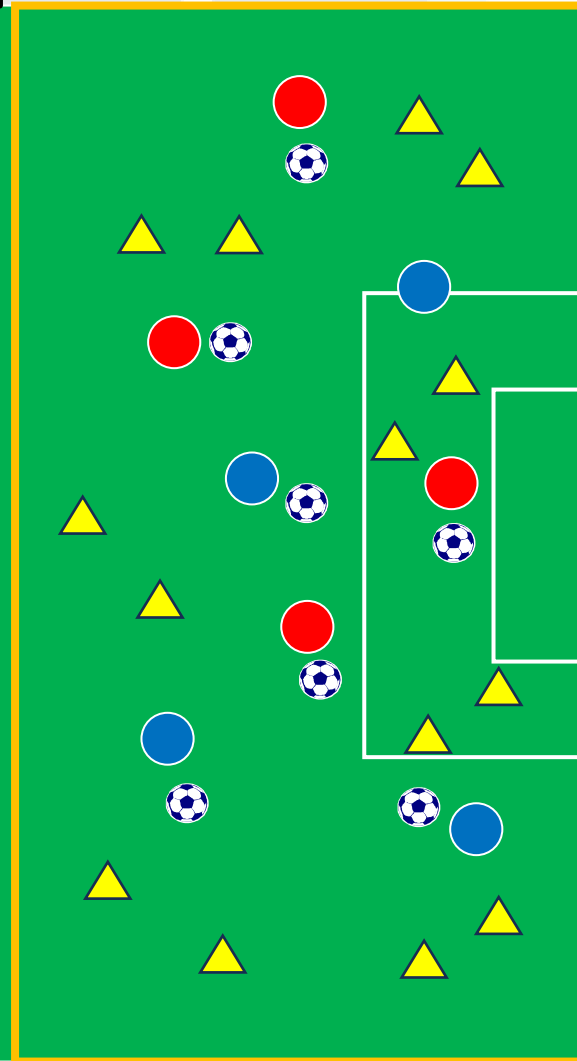
- a. In a large grid, have each child with a ball and a pennie on. They place the jersey on their back side to make a tail.
- b. You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c. Everyone needs to have a ball at all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



Gate Dribbling

Gate Dribbling

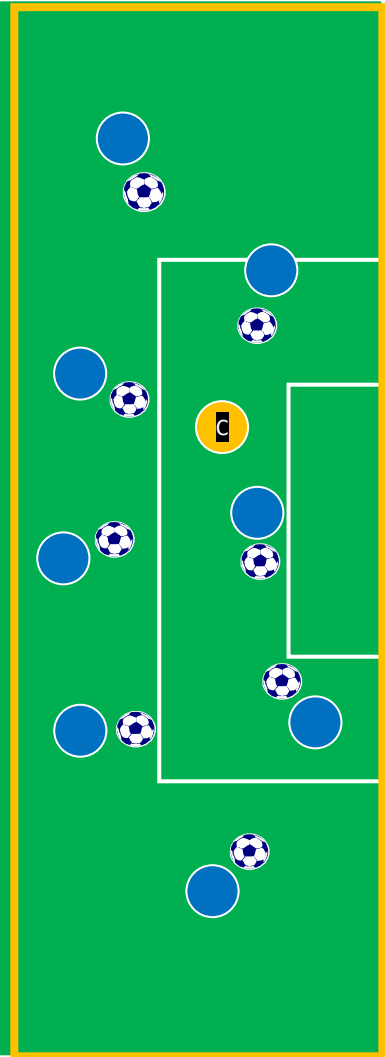
- Place several "gates" – using the discs throughout your field- have the gates be big and small.
- On your command the kids need to dribble through as many as they can.
- Play 2 times.



Tickle-Wickle

Tickle-Wickle

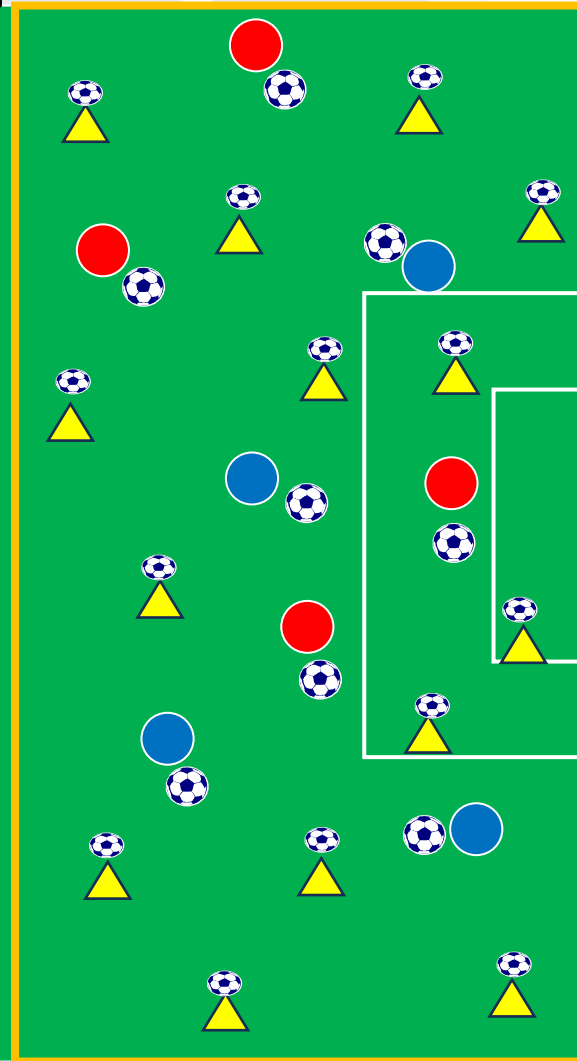
- a. Same grid as bumper cars**
- b. Each play has a ball**
- c. Use a swim noodle to “tickle” the kids. The kids need to stay away from you, so they don’t get tickled.**



Space Invaders

Space Invaders

- Take the discs and spread out on your field.
- Place a soccer ball on top of each disc- these are the aliens
- On your command the kids must dribble around kicking their ball at the "aliens" trying to knock the ball off.

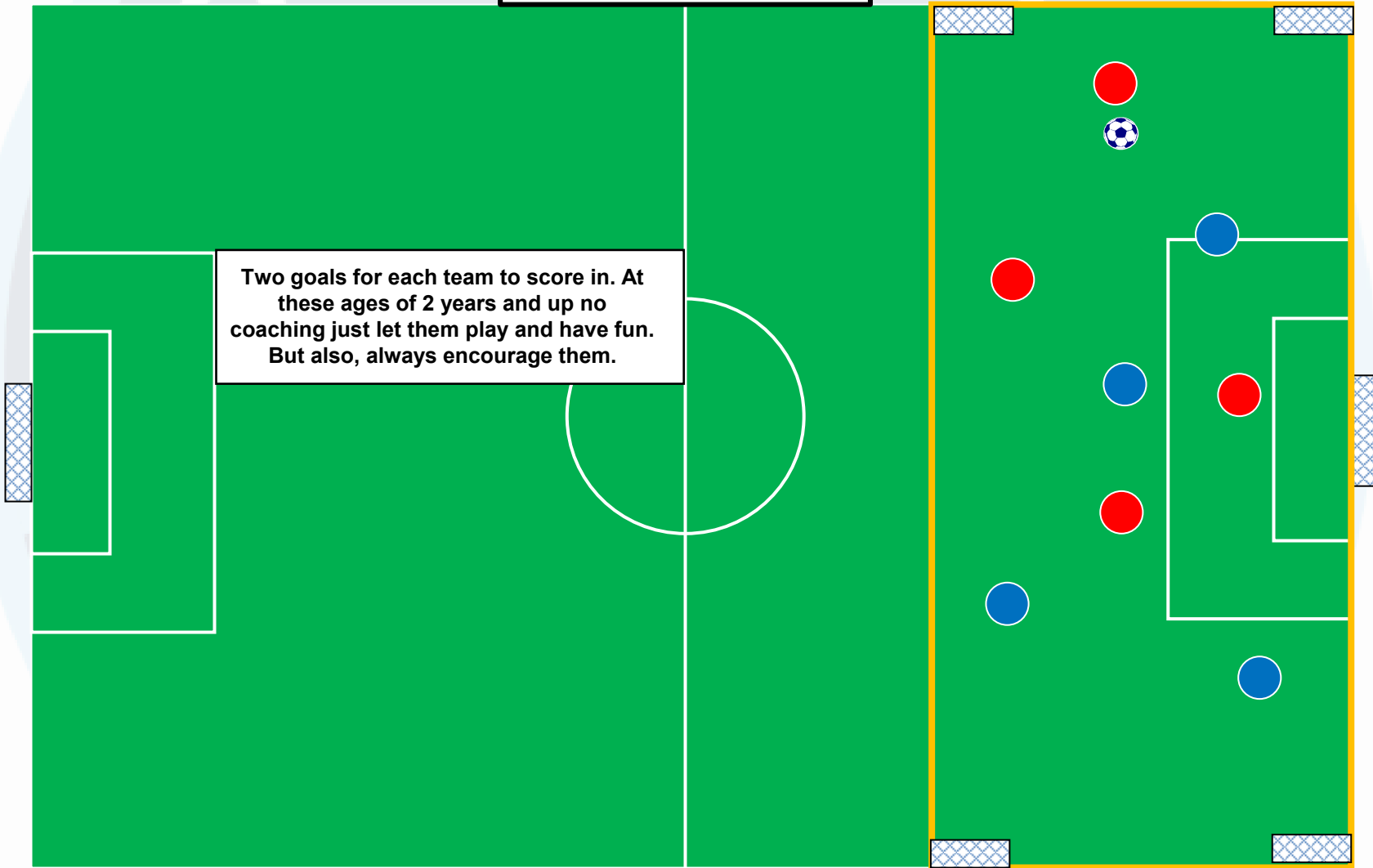


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Four Goal Scrimmage

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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.
But also, always encourage them.



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

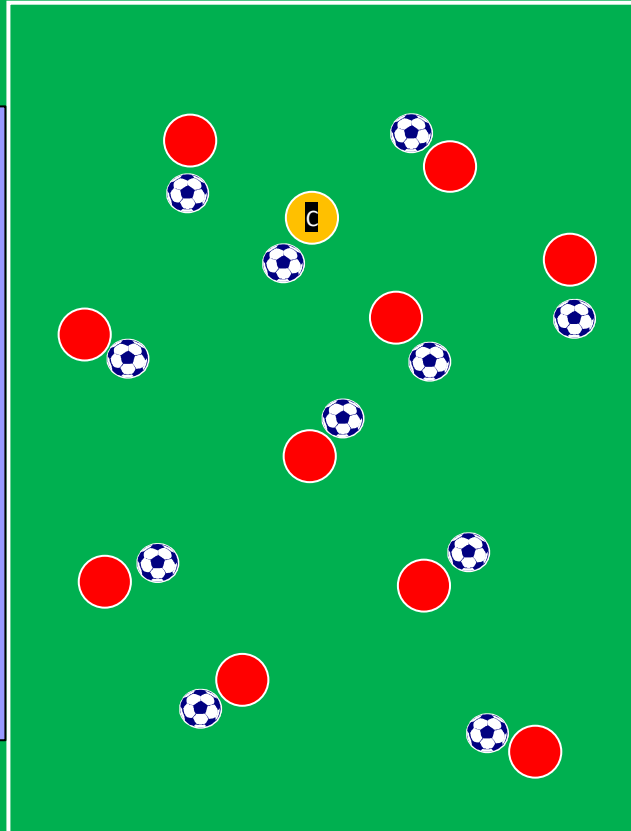
- a) Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- b) Place a bunch of balls in the middle.
- c) On your command they need to run out get a ball and bring it back to their goal.
 - i) First time with hands.
 - ii) Second 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

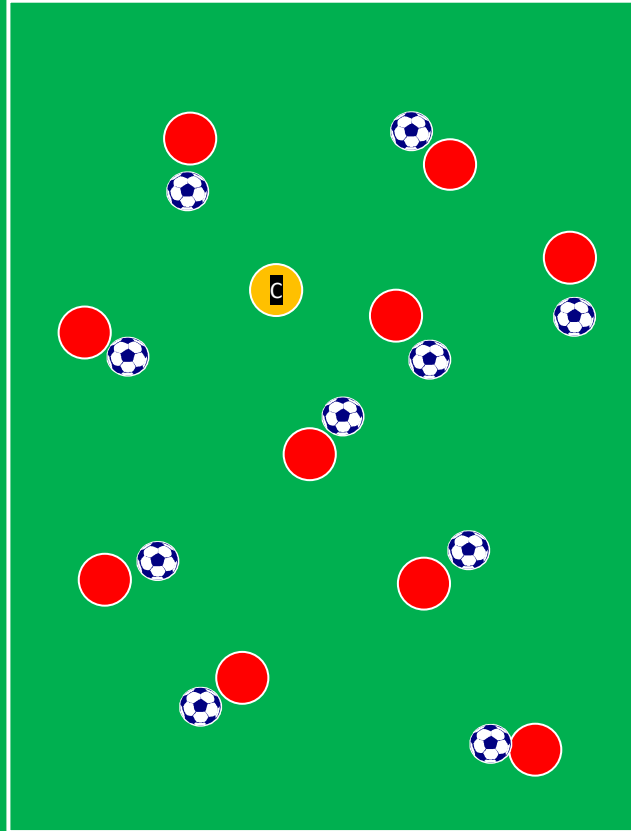
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
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Tiger Ball

Tiger Ball

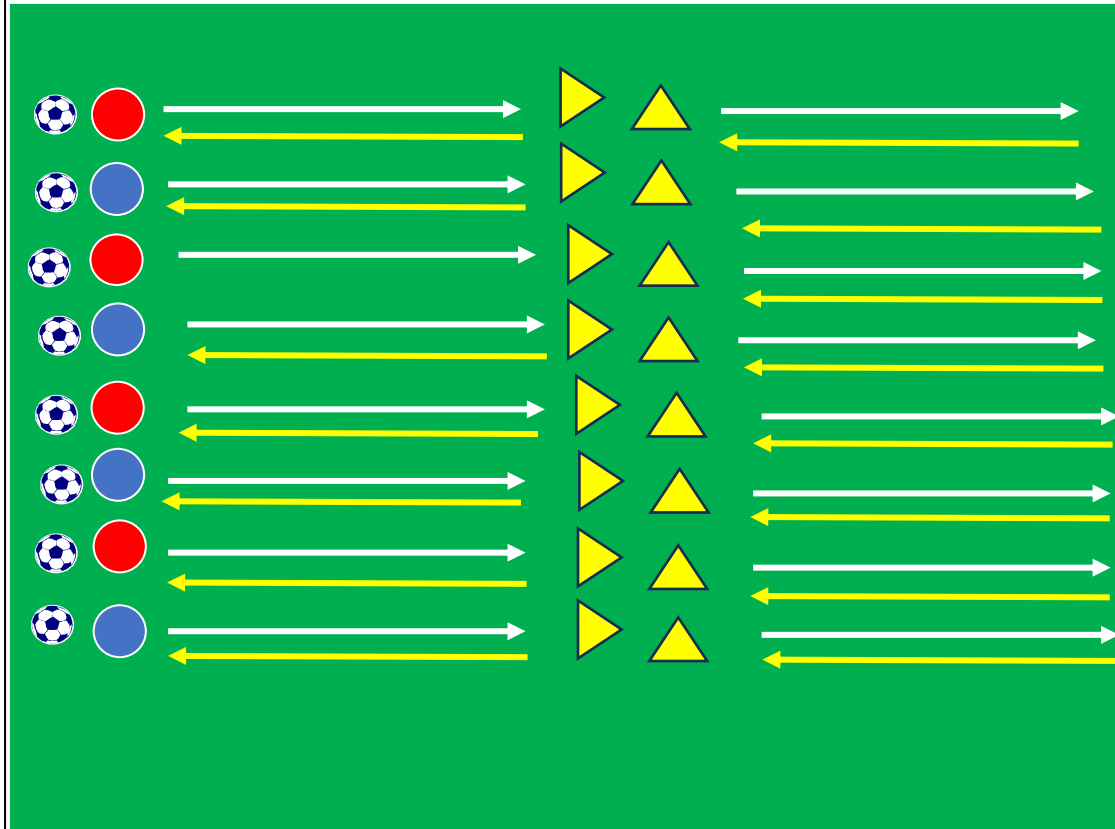
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the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



Stand the cones – knock the cones

Stand the cones – knock the cones

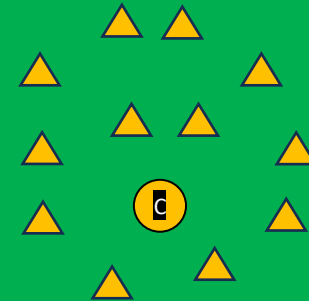
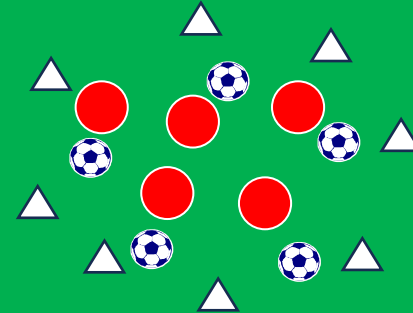
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want (If possible) to have players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing up, have them run to the other side. When all the kids are 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.
- The team with the most balls wins.

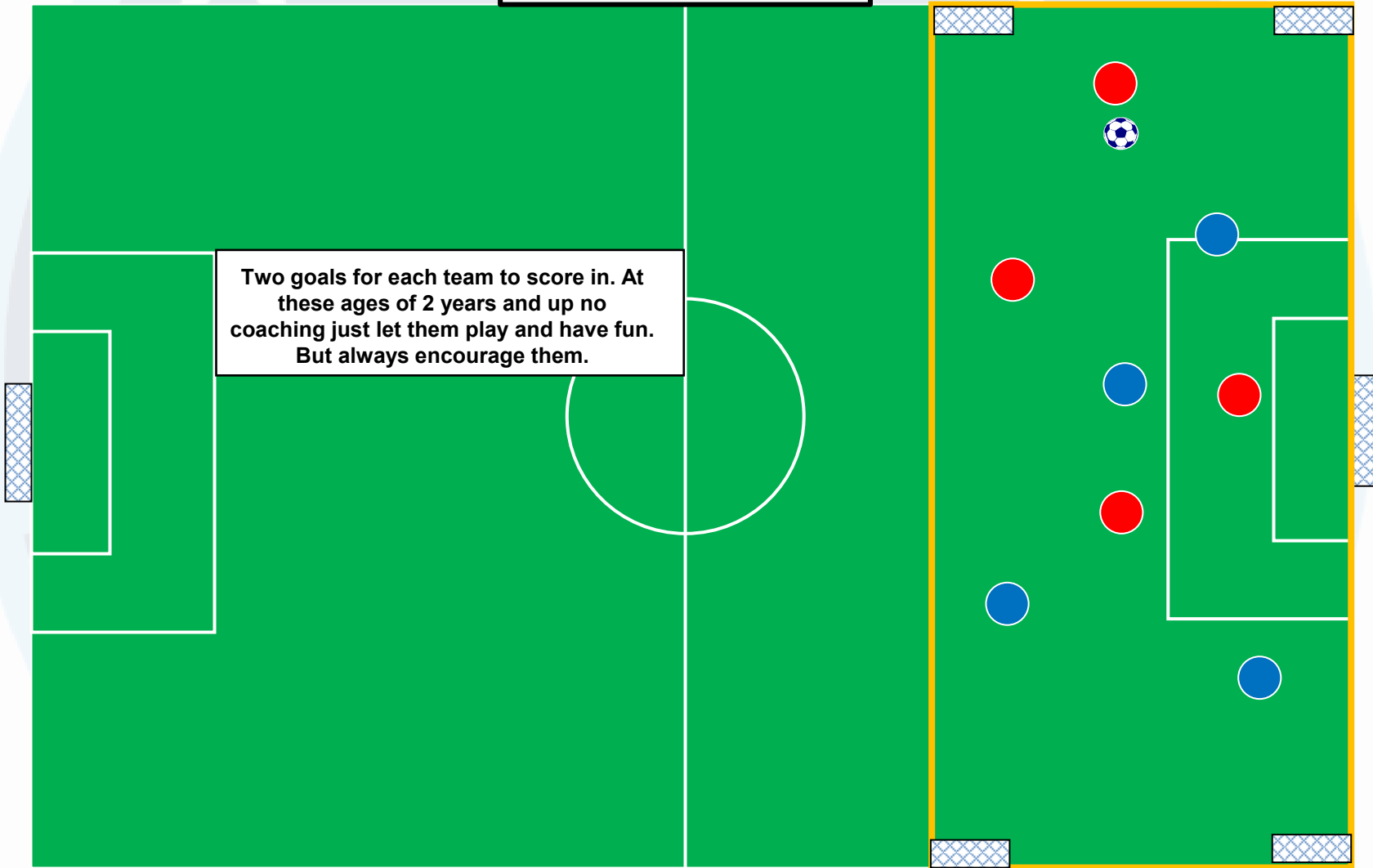


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coaching just let them play and have fun.
But always encourage them.





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-

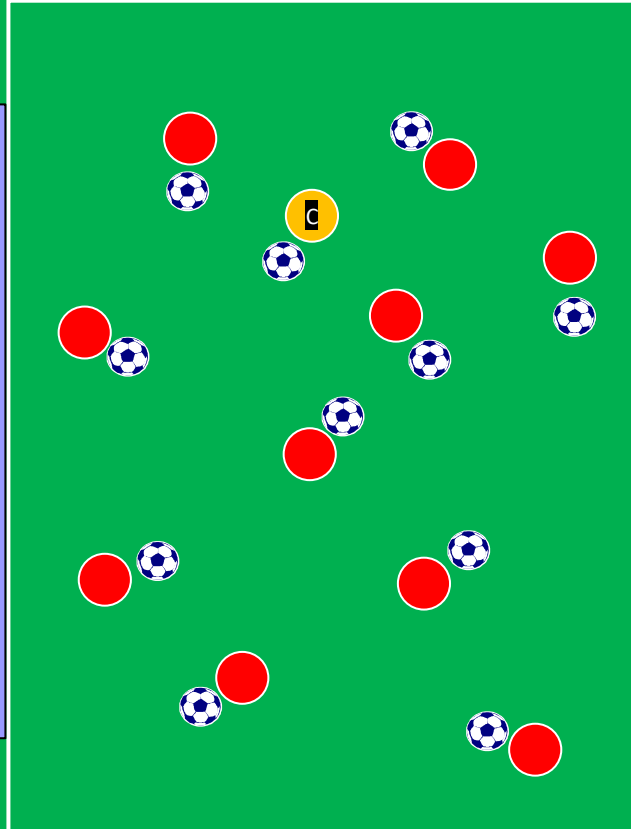
- a) In this game the players stand facing each other with the ball in-between them. They are both close to the ball. You call out a body part and they must touch that body part. When you call out ball- they need to win it from their partner and then shield it- have them shield it for 20-30seconds and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

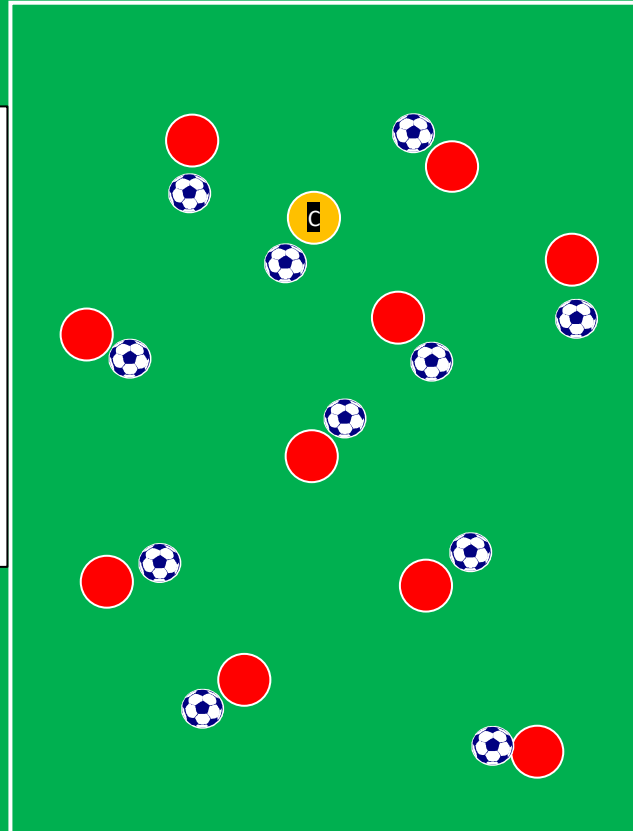
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



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

a. In the same grid and tail-tag divide the grid into 2 equal sides. A bunch of balls needed for this.

b. 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.

c. The players must stay in their Grid. If a ball goes out, you will simply kick it back in.

d. Play for one to two minutes and then tell the players to FREEZE.

Count how many balls are in each Bedroom.

e. Whatever bedroom as the least amount wins the game.

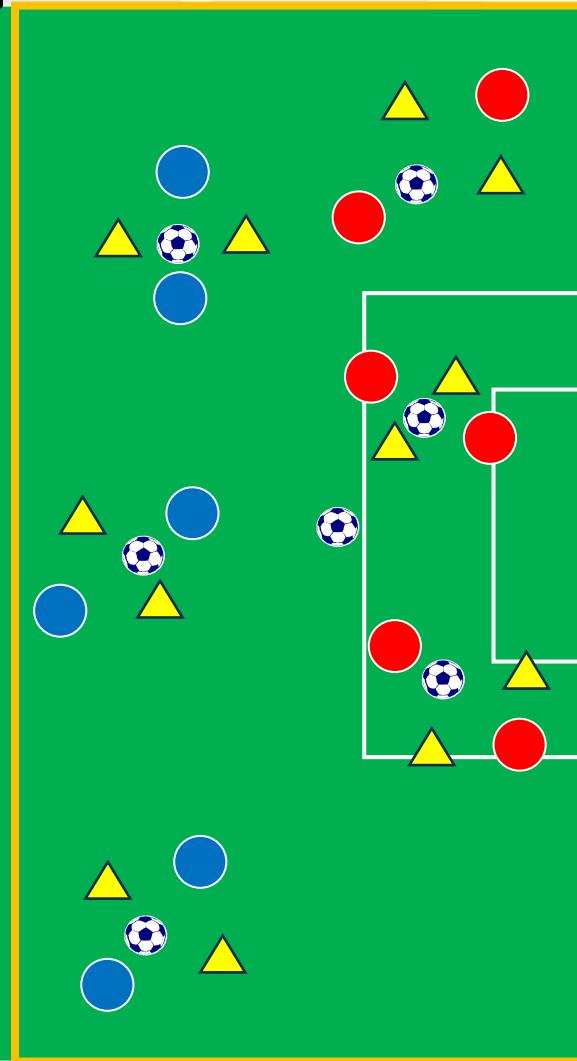
Play again but this time they must all play with their weaker foot.



Passing Gates

Passing Gates

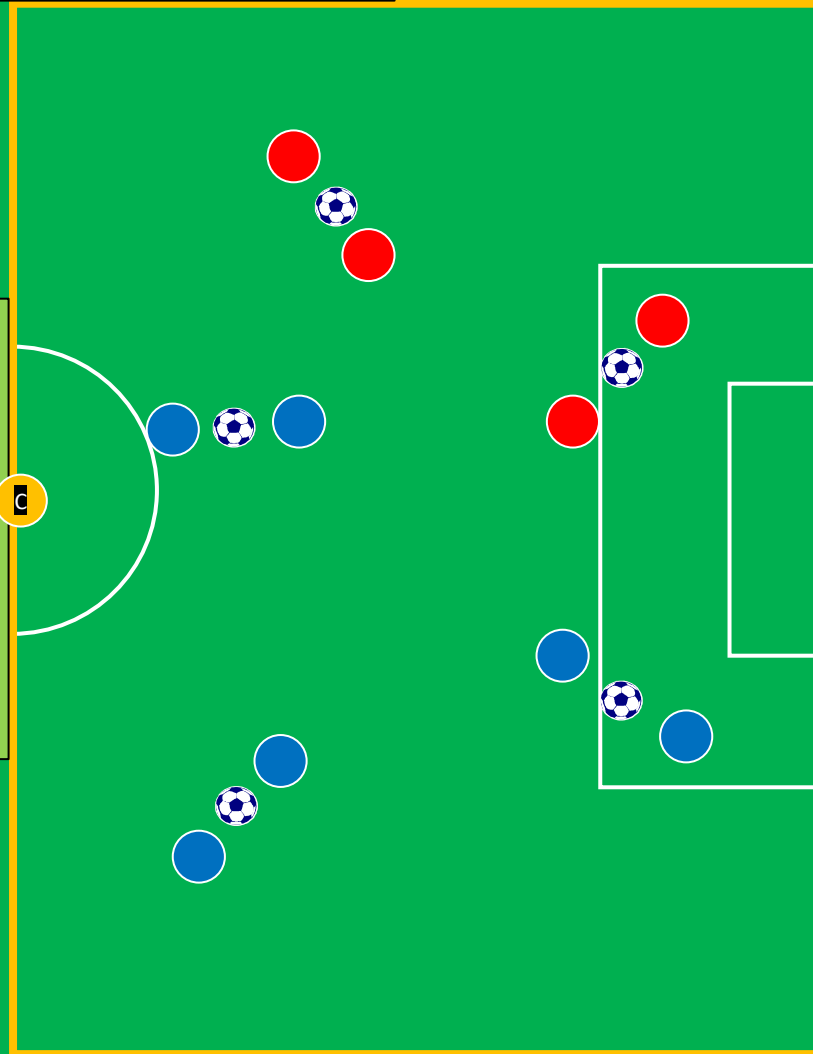
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



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.

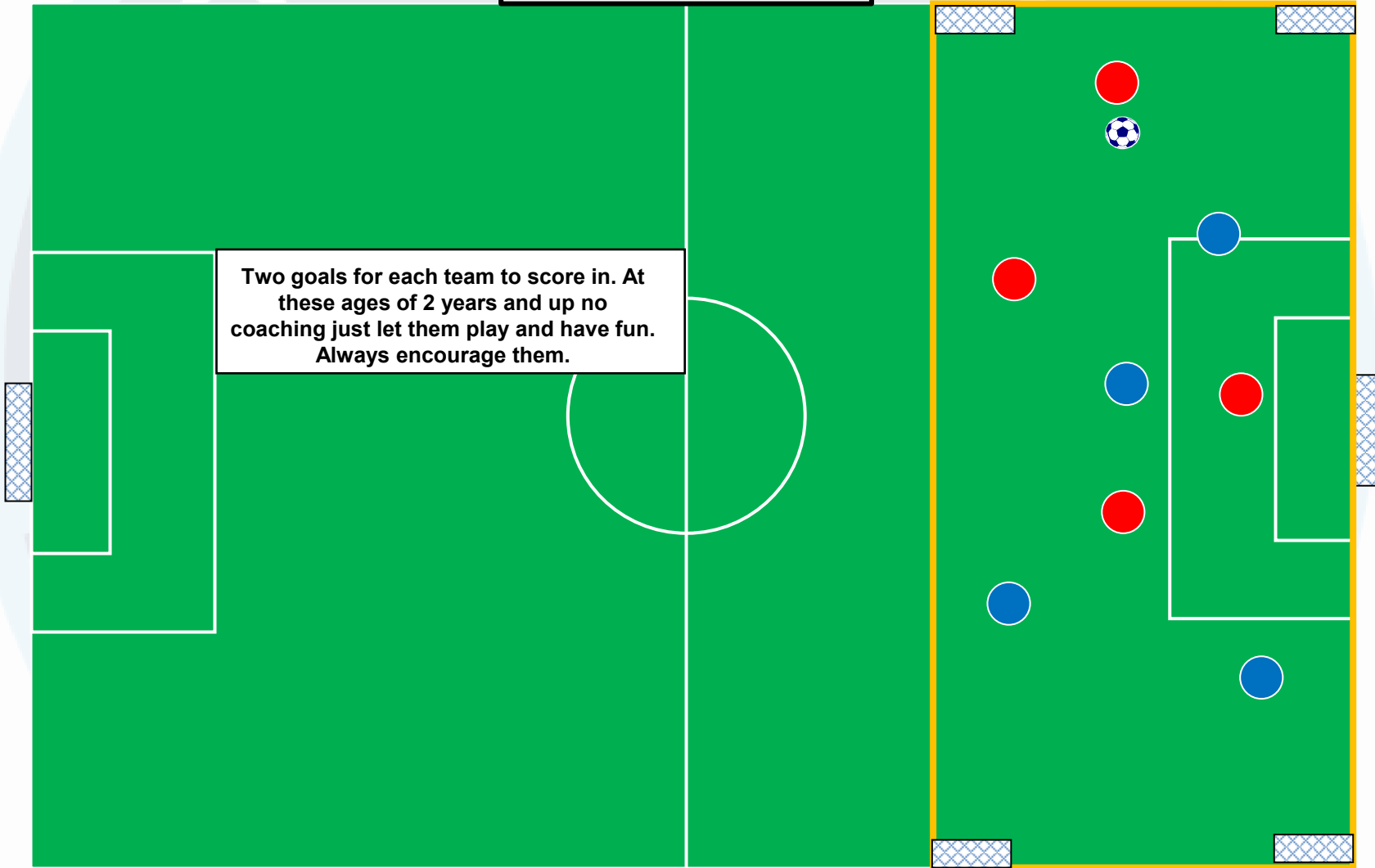


Always a
Scrimmage

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

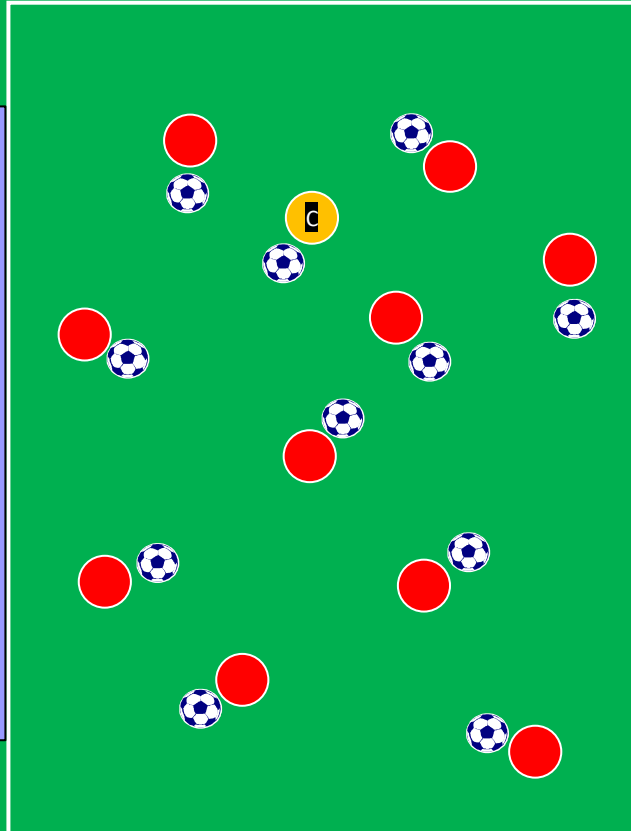
- 4. Islands: 10 min a) Divide the kids up into three teams.
- b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
- c) Place a bunch of balls in the middle.
- d) On your command they must run out get a ball and bring it back to their goal.
- e) First time with 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

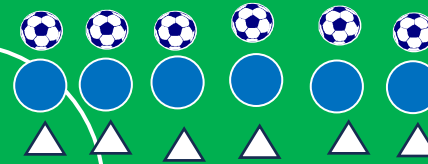
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Bowling

Bowling

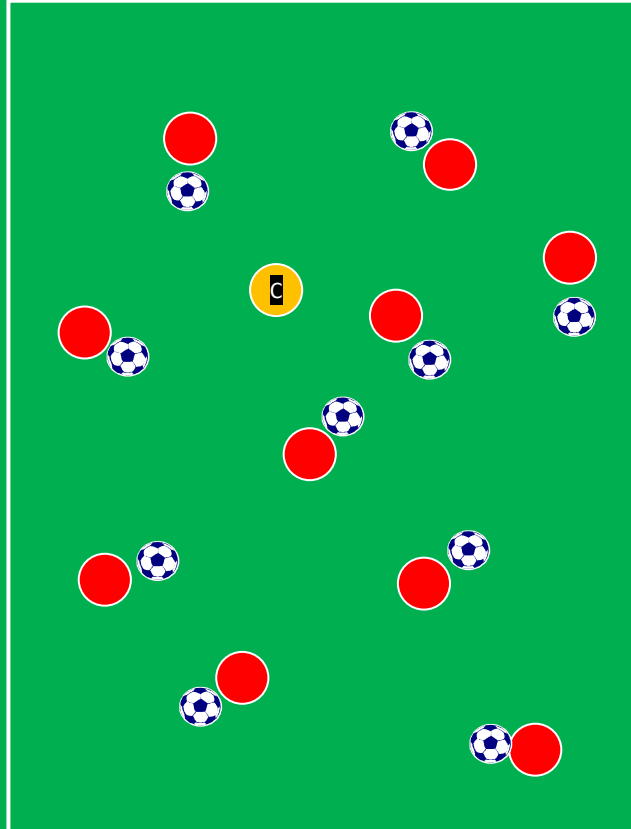
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Tiger Ball

Tiger Ball

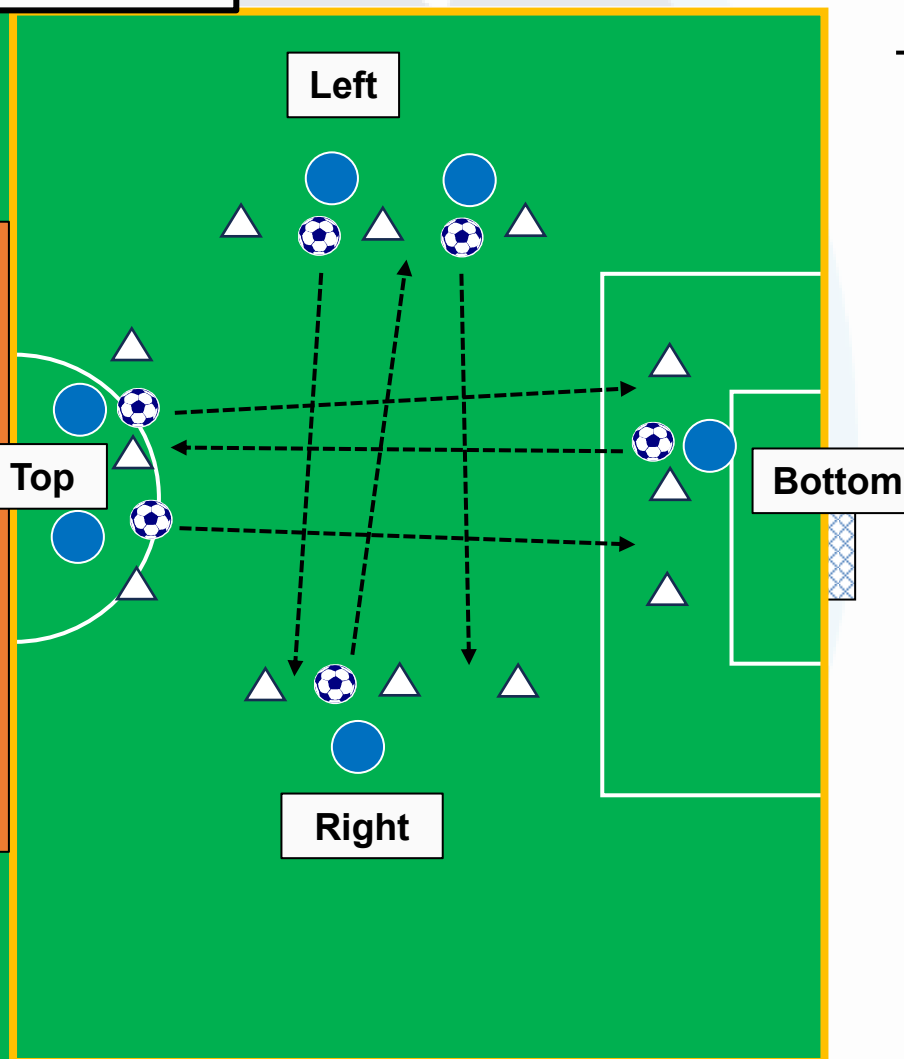
- In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- The coach then enters the grid and tries to steal a ball from a player.
- The player without a ball then needs to steal one from someone else and so on.
- Work on shielding the ball
-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

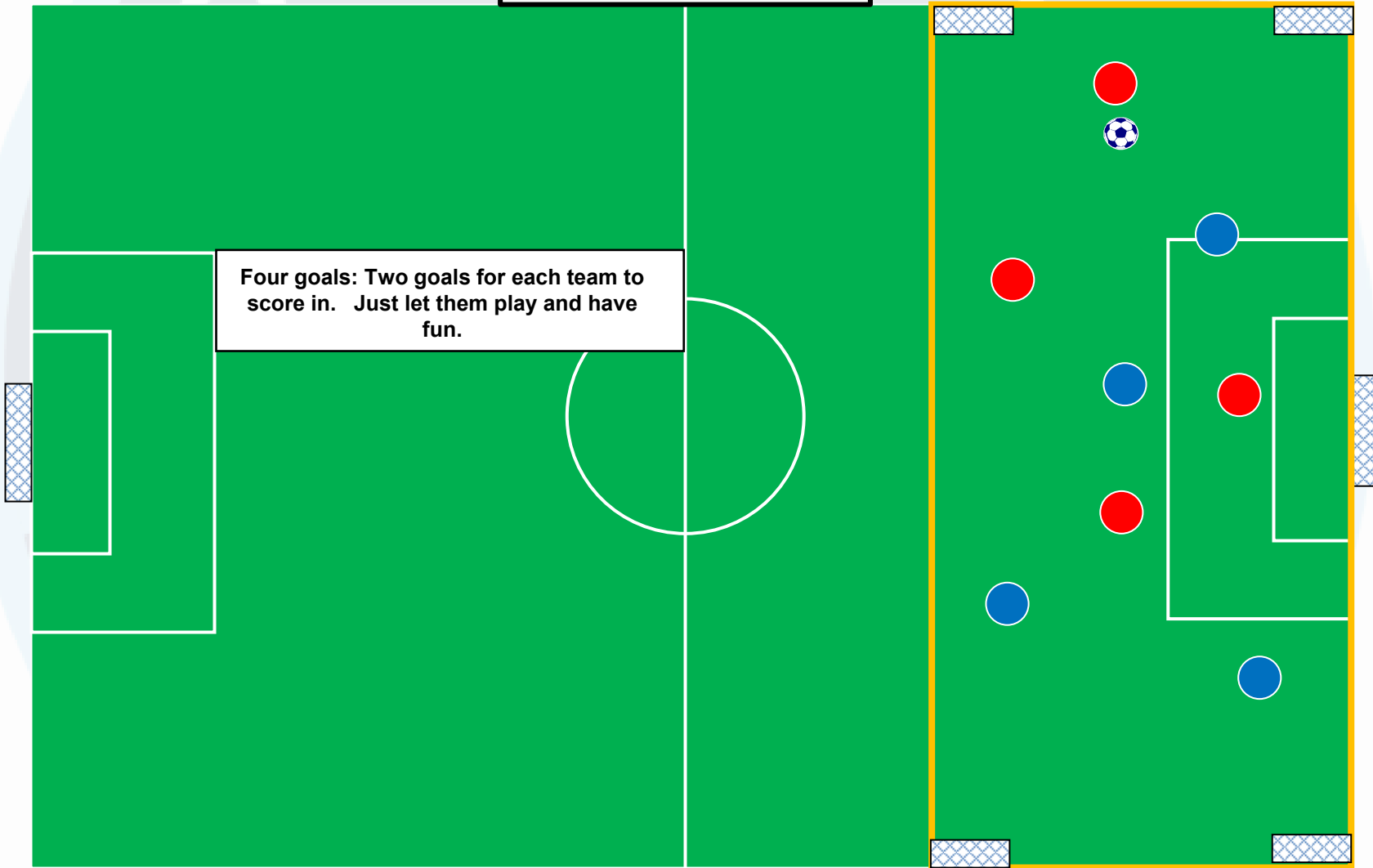


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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



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

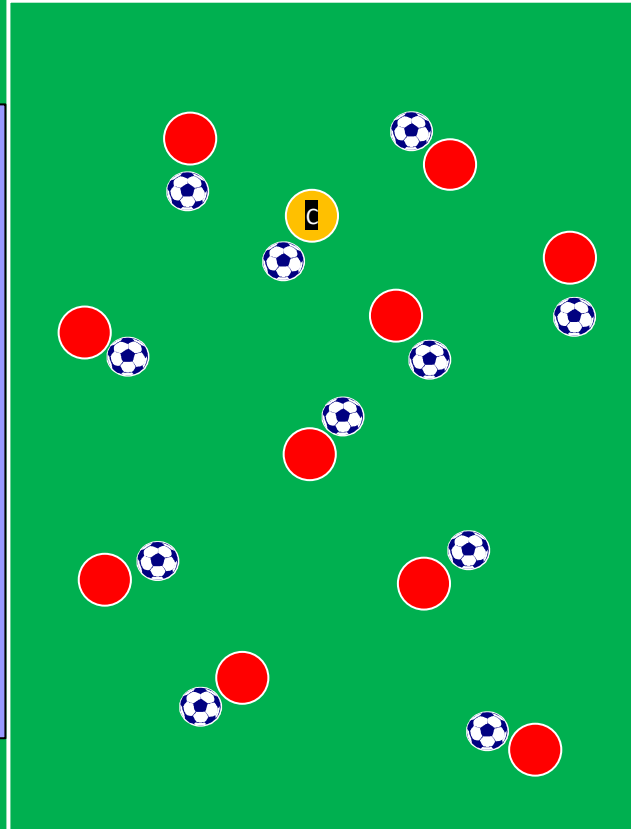
- a) Divide your class into teams of three- each team has their own pug goal (island)- they are standing near their pug goal until you tell them to go. Set your field up like the diagram. Place a bunch of balls in the middle- this is an island
- b) On your command the players need to run from their island 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

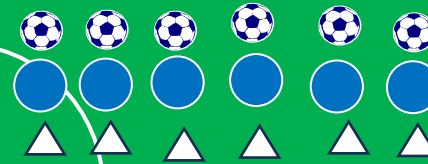
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Bowling

Bowling

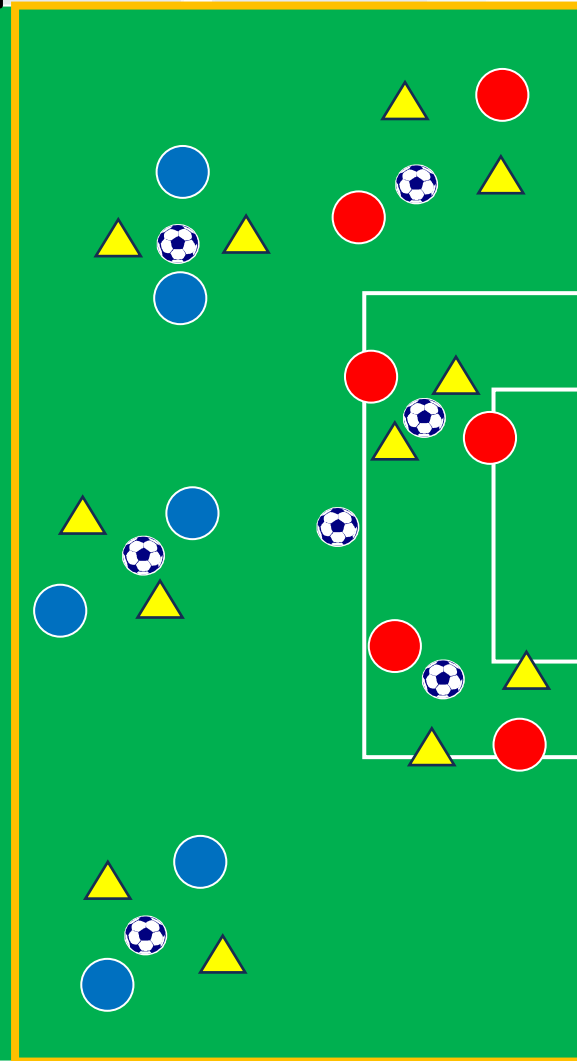
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Passing Gates

Passing Gates

- a. Players in twos.
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Islands

Islands:

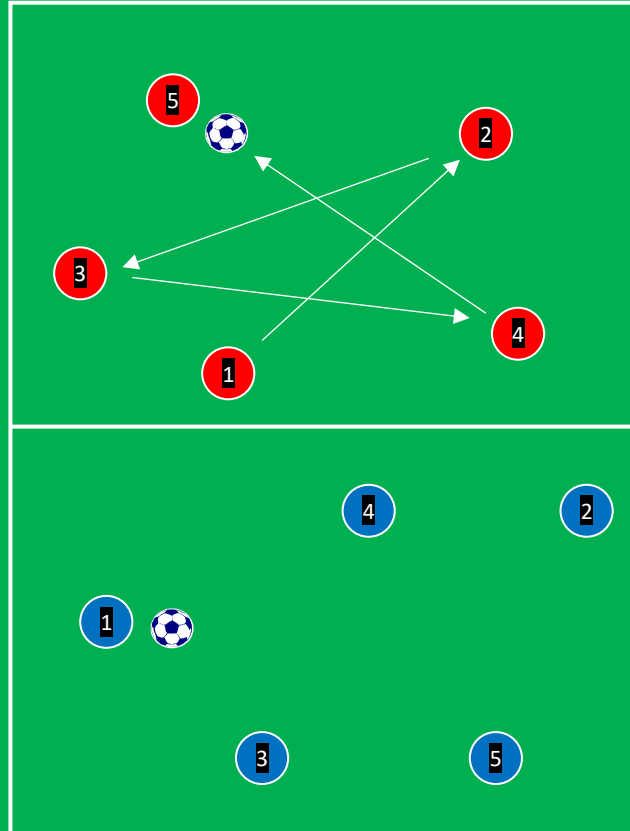
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 - b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
 - c) Place a bunch of balls in the middle.
 - d) On your command they must run out get a ball and bring it back to their goal.
 - e) First time with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



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.

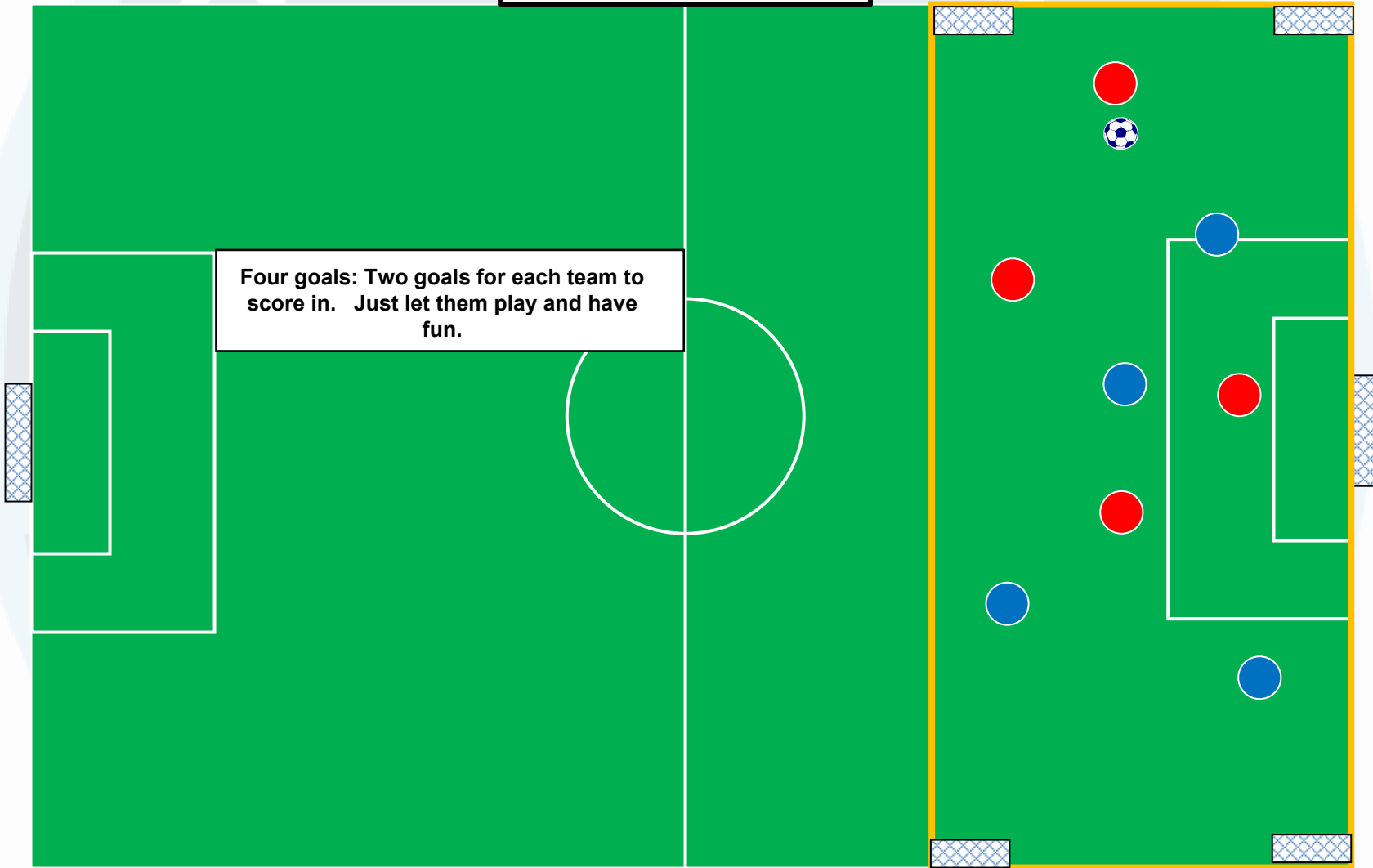


Always a
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of instruction

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fun.



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

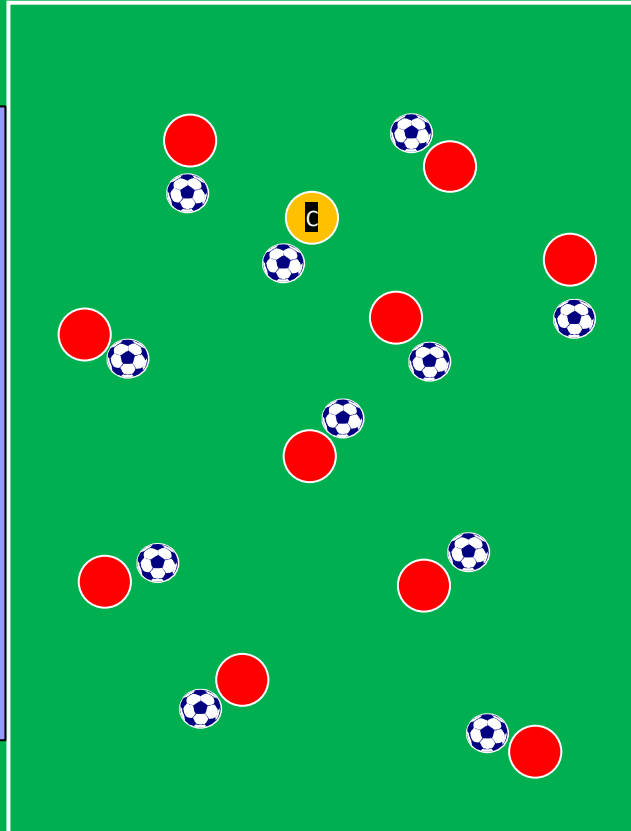
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 thru 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they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

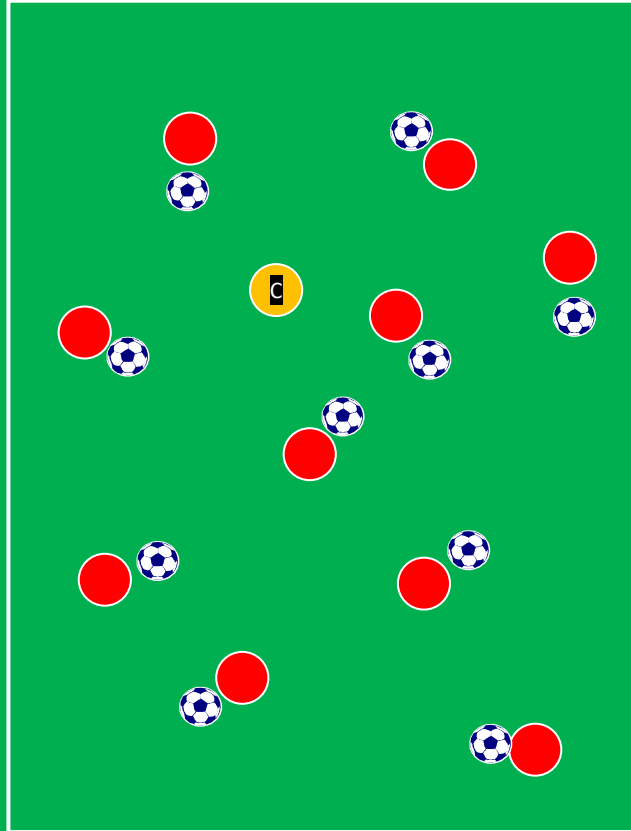
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- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
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Tiger Ball

Tiger Ball

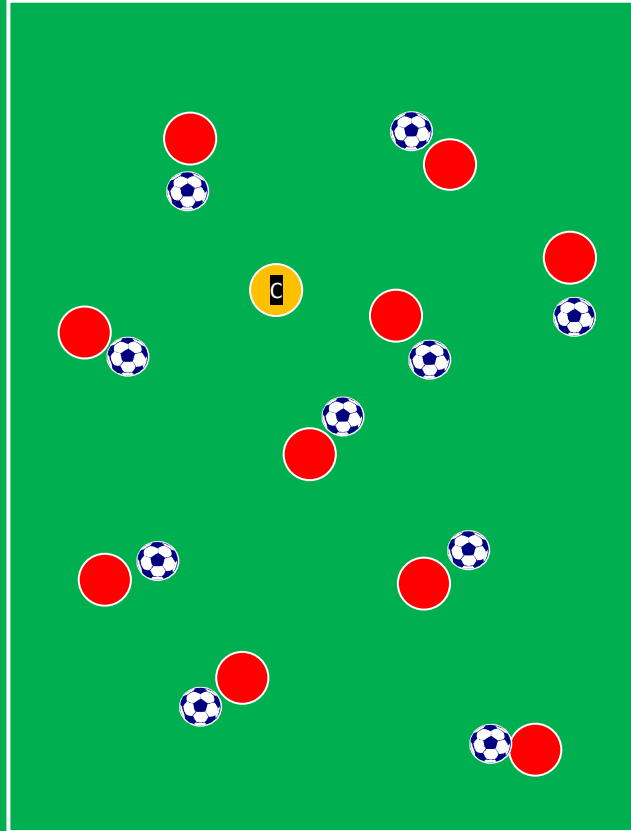
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the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

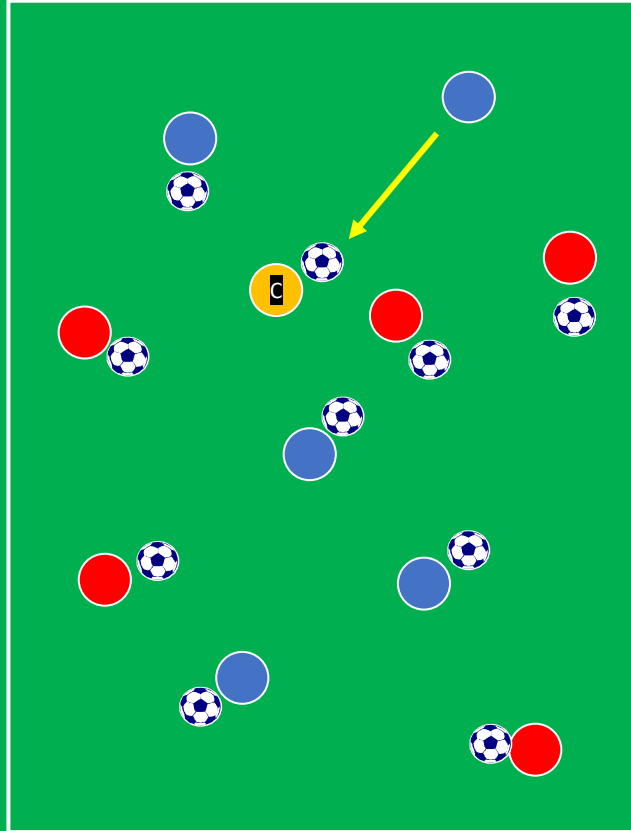
- All the players are dribbling around the ball in a grid.
- The coach yells out a math problem- $2+1$ - the players must figure it out and get the number of players together.



Hit the Coach

Hit the Coach

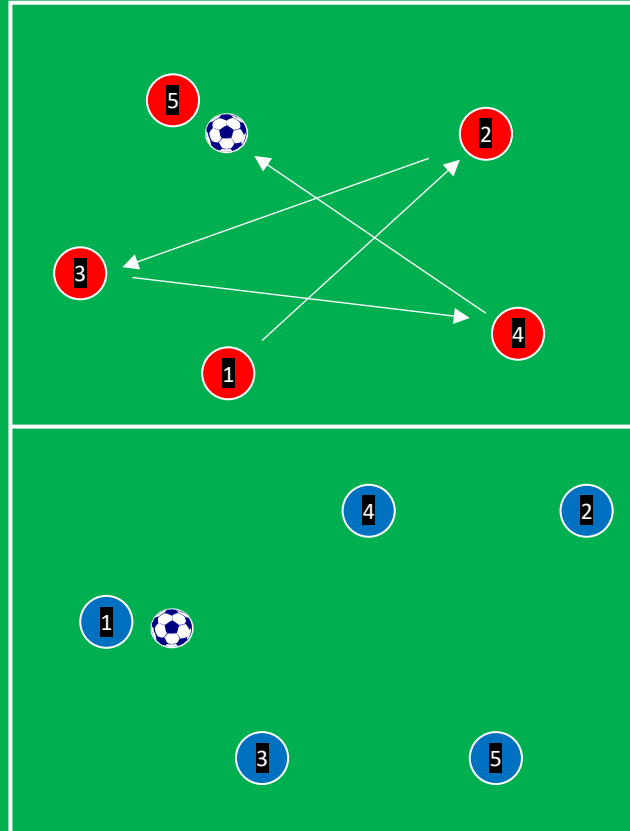
- Make 2 teams
- On your command you start walking around, the players must work on passing the ball into your legs.
- Remind players no toe balls.
- See what team can hit you the most



Numbers Game

Numbers Game

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- 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.

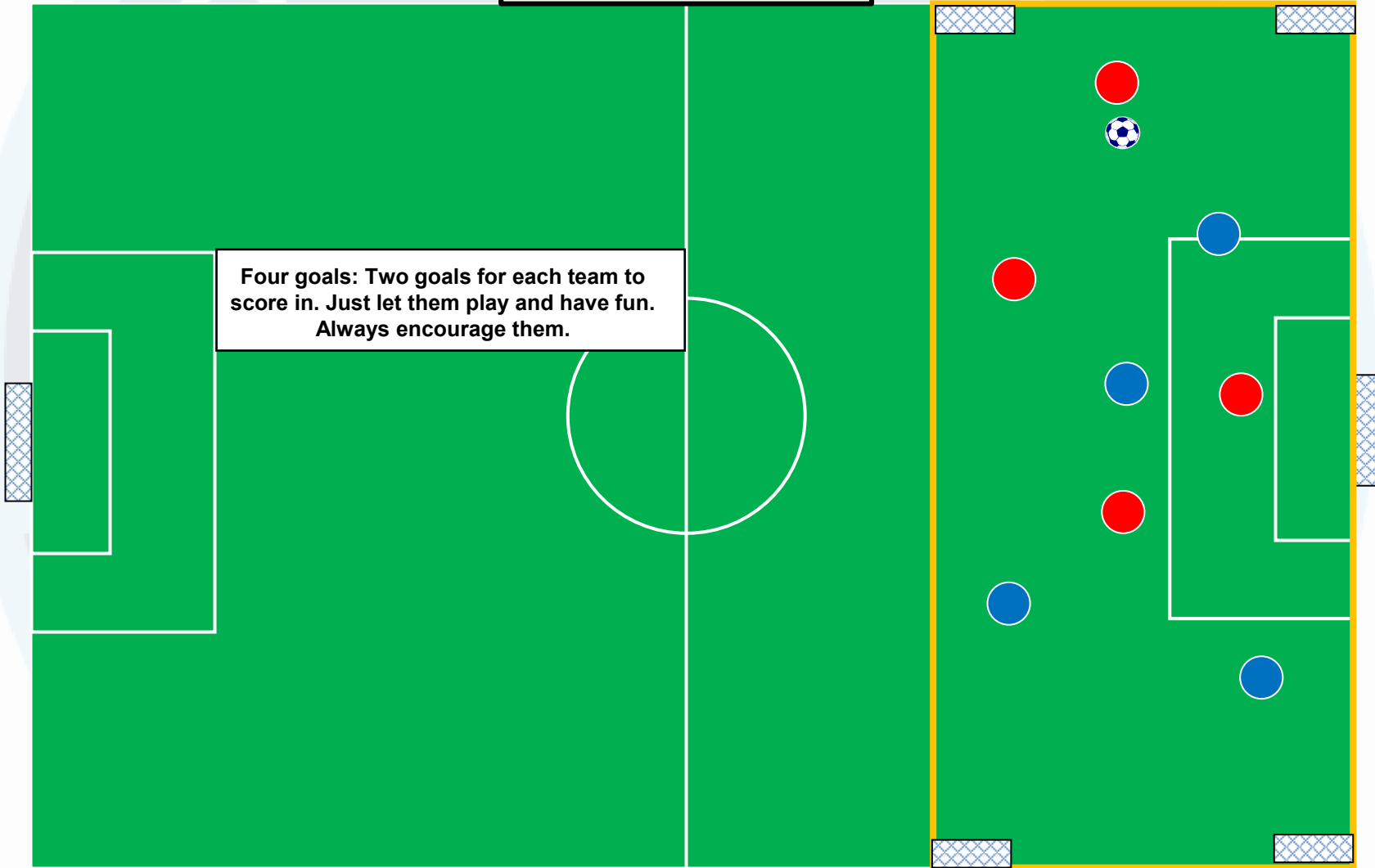


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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



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

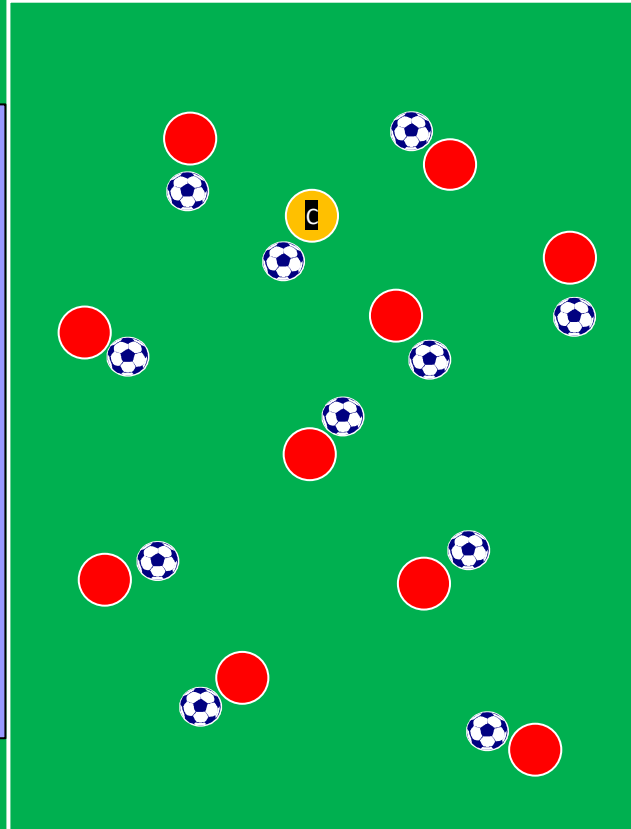
- a) Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- b) Place a bunch of balls in the middle.
- c) On your command they need to run out get a ball and bring it back to their goal.
- d) First time with hands. e) Second time 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

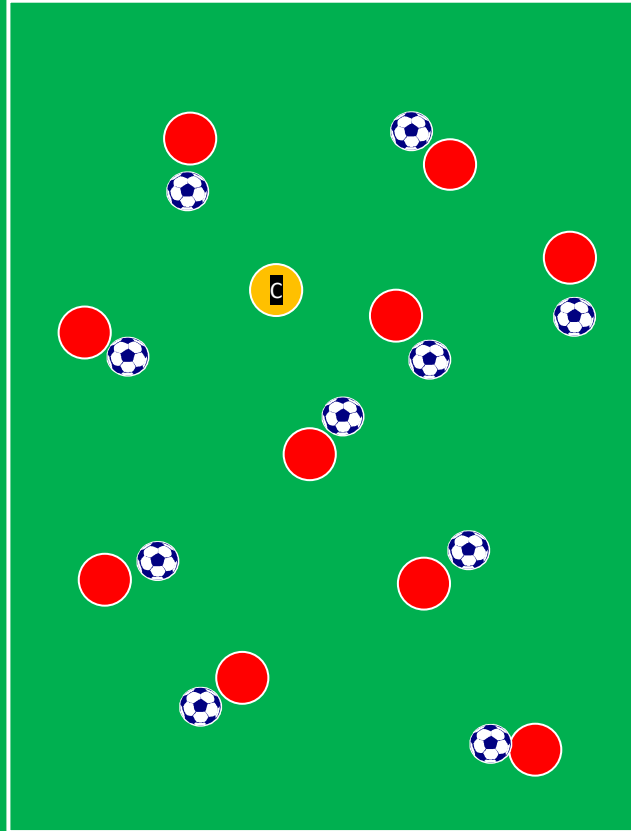
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Tiger Ball

Tiger Ball

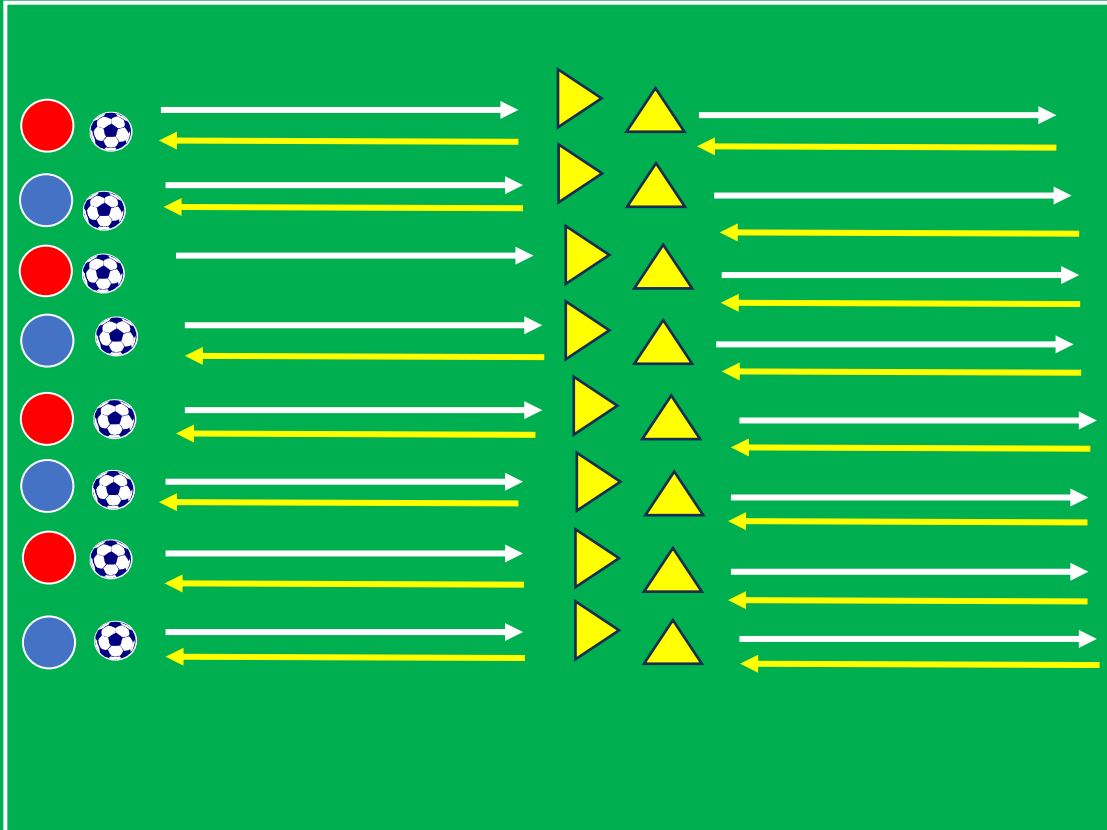
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the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



Stand the cones – knock the cones

Stand the cones – knock the cones

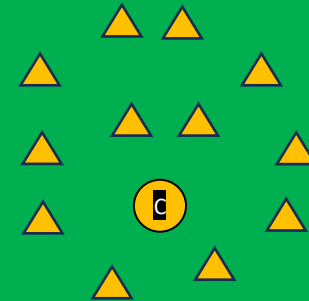
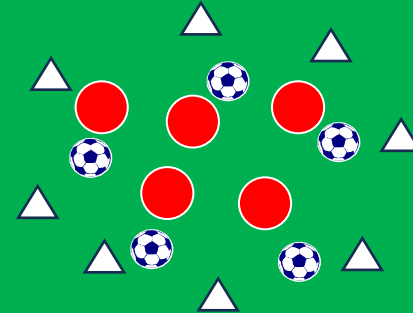
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want (If possible) to have players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing 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

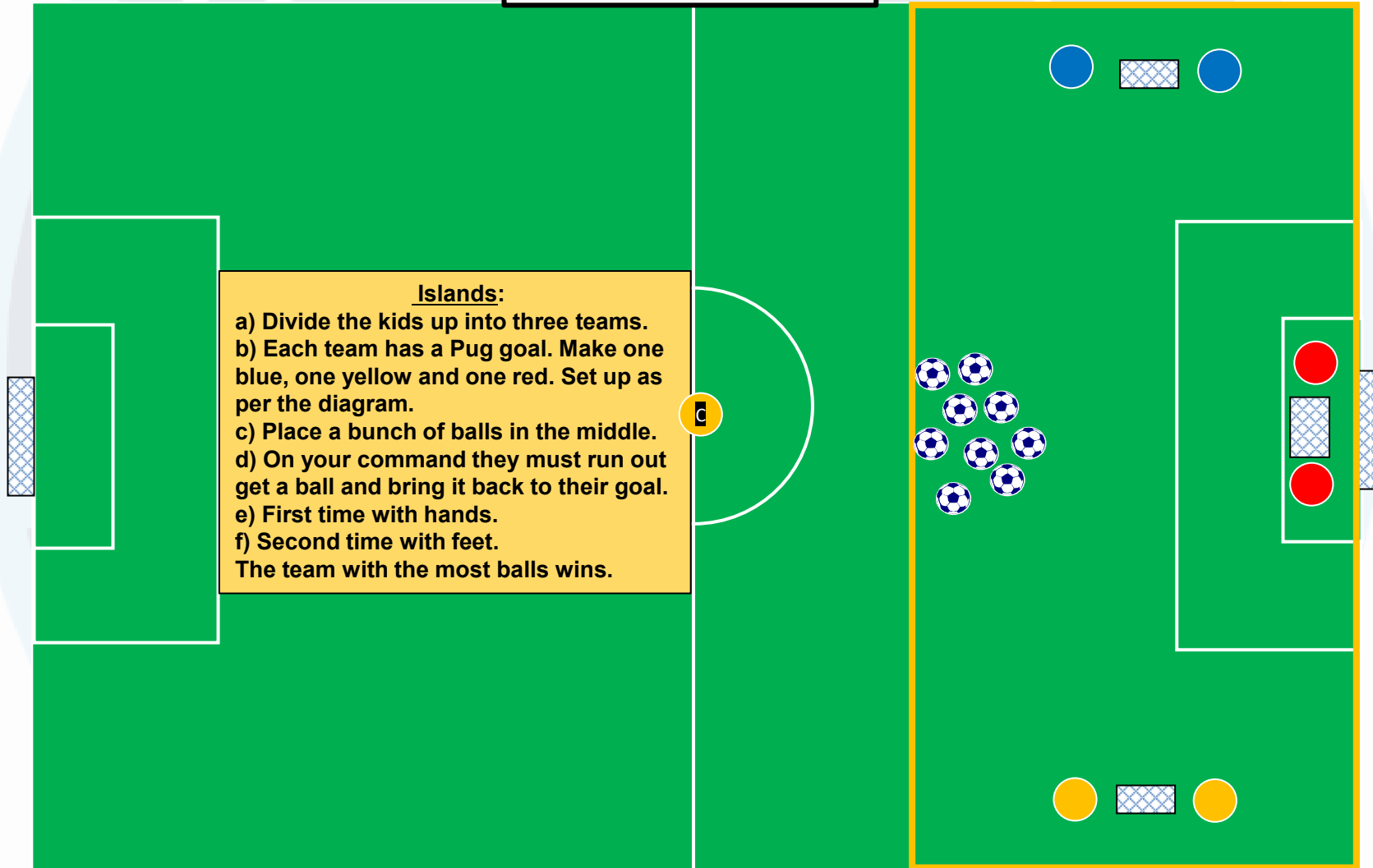
- Set your field up like the diagram.
- You are the King / Queen you lie down to sleep in your castle.
- When you fall asleep the dragons sneak out of their cave to knock your castle down.
- Players must have a ball each to kick at your castle. They keep knocking the cones down until they get them all.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



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Four Goal Scrimmage

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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**

A large, light blue watermark of the North Star FC logo is centered in the background. It features a circular emblem with a five-pointed star in the center. The words "NORTH STAR FC" are written in a circular path around the star. Below the star, there are stylized wavy lines representing water or a field.

Water Break 5 min

4. Three team Possession game

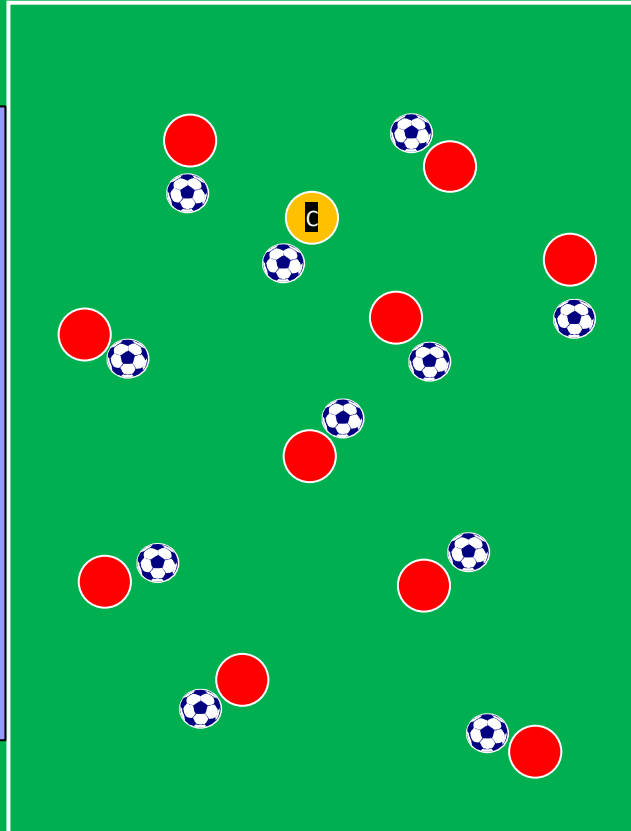
- a) 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b) When the defending team wins the ball the offense team that losses it is on defense.
- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **10 Min**

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

Warm-up / Foundations

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

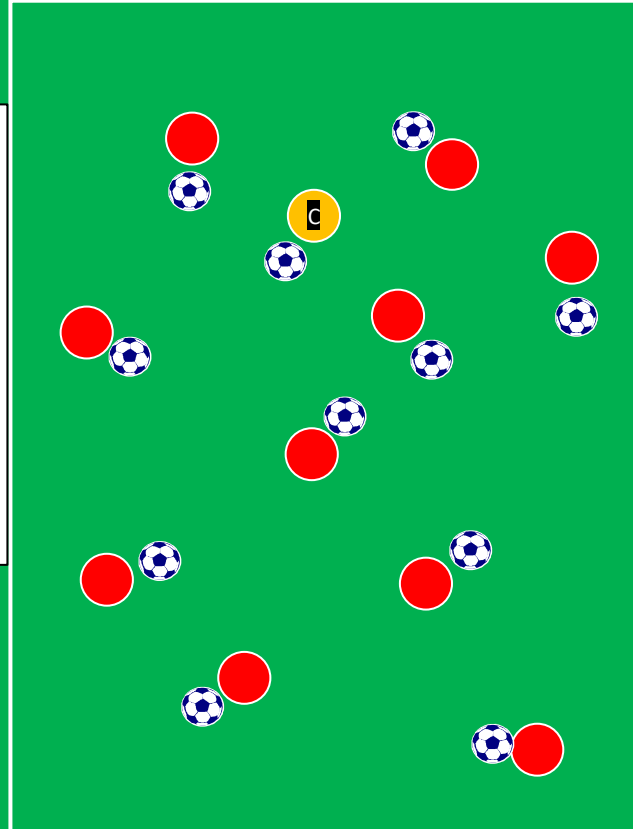
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



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:

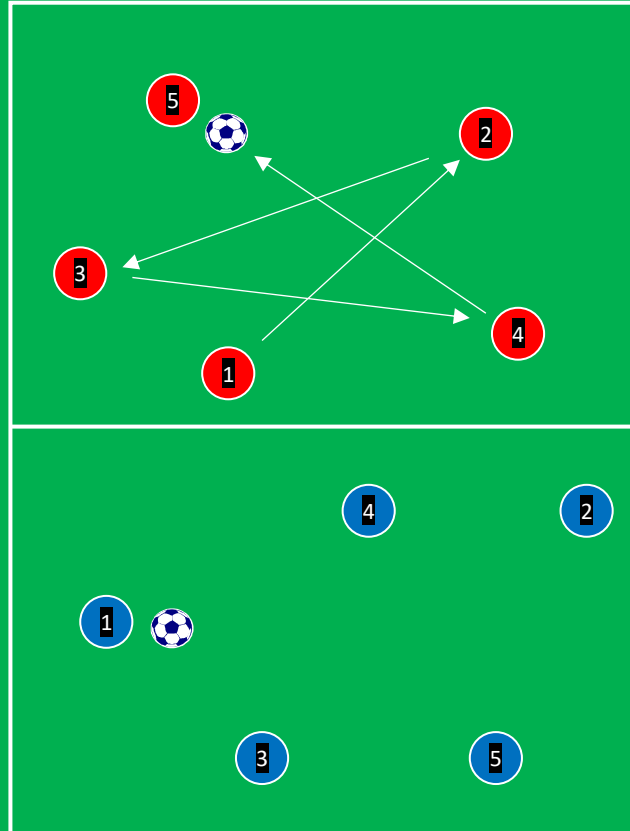
- a) Each player has a ball in a large Grid.
- b) Two players are in a **Red** jersey.
- c) On your command the players dribble around keeping the ball at their feet.
- d) In 10-15 seconds of time send in the "Taggers" who also have a ball.
- e) If you get Tagged, you must freeze and spread your legs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

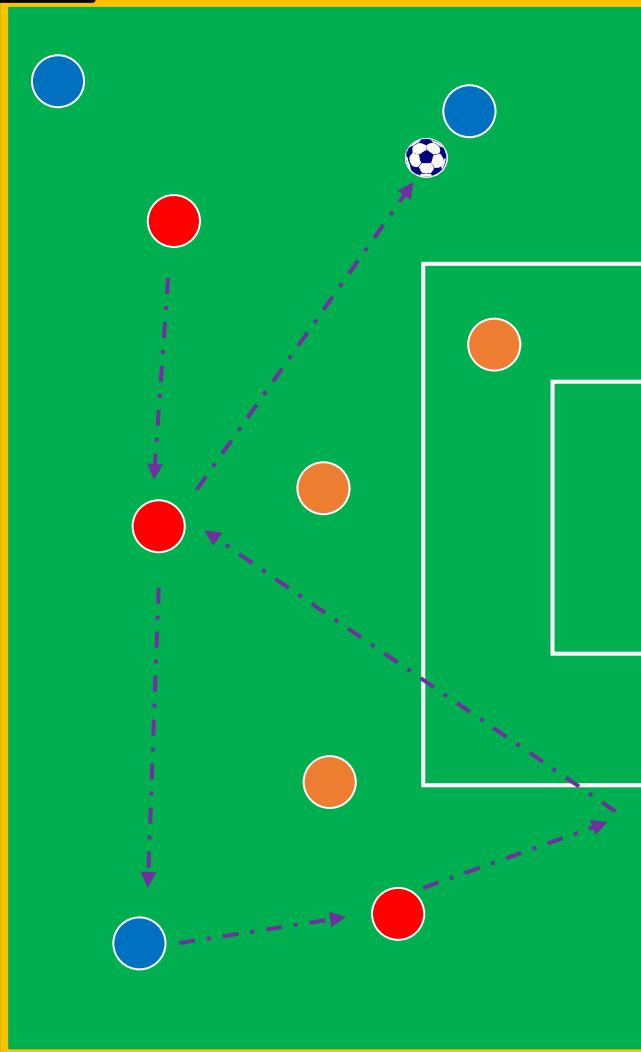


3 Team possession game

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.

- ### Three team Possession game
- a. 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
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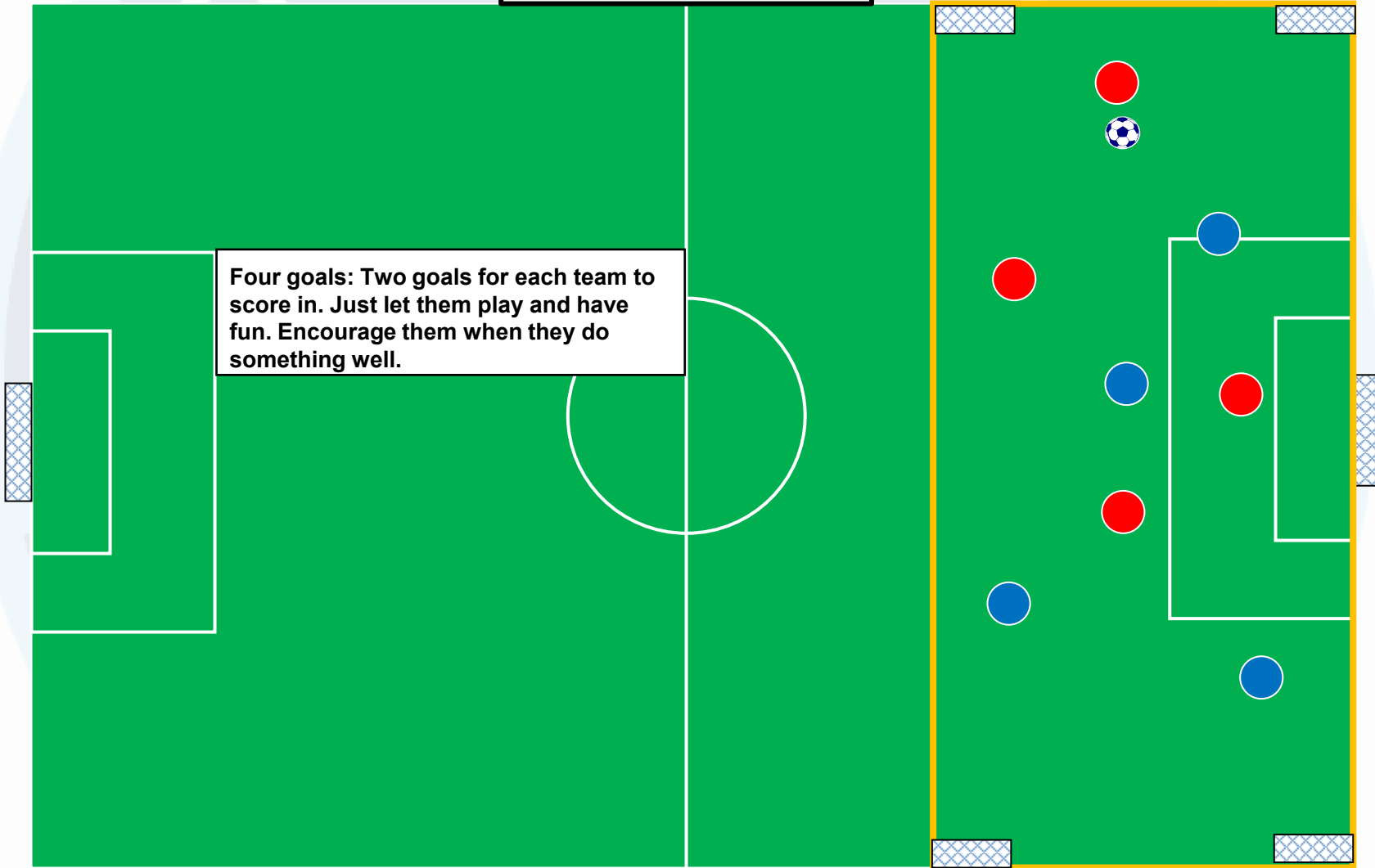
Pass

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

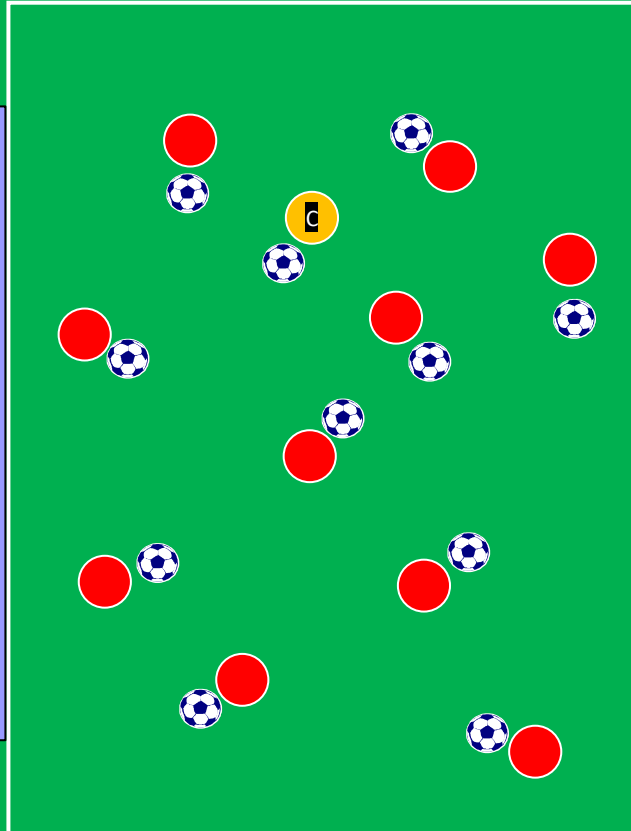
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 thru 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1, they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

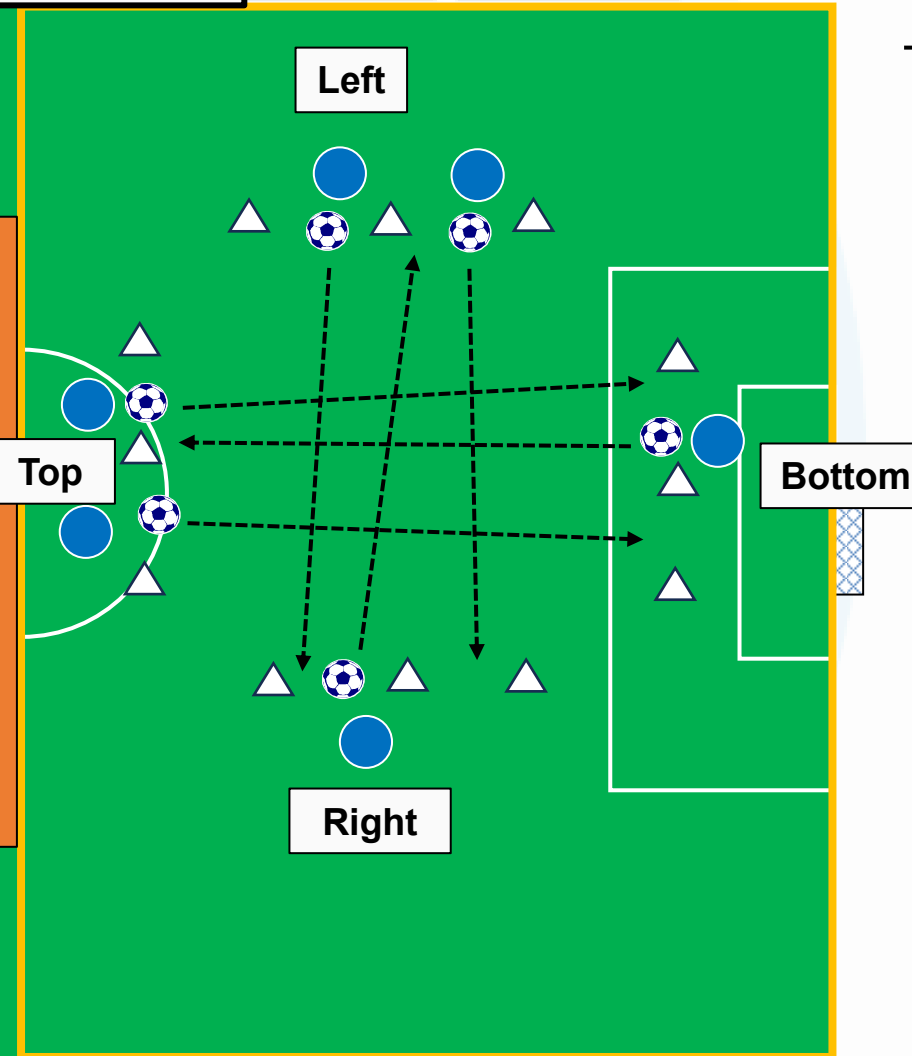
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Criss-cross dribble

Criss-cross dribble

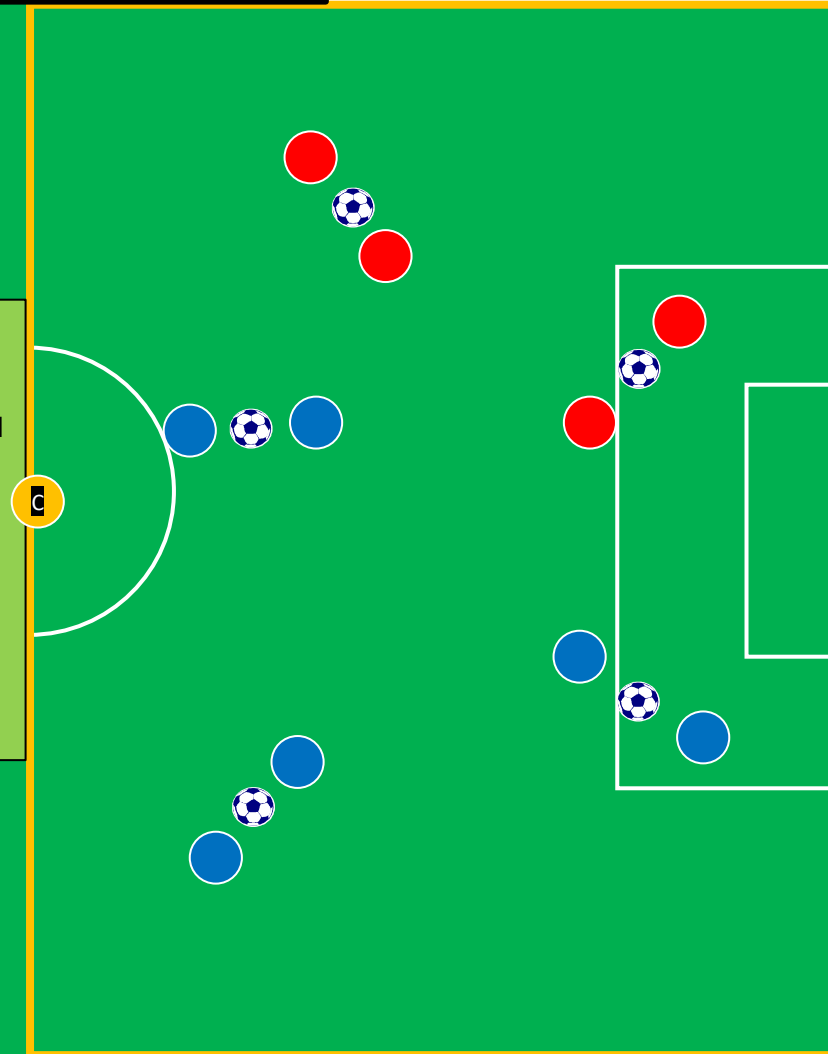
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they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

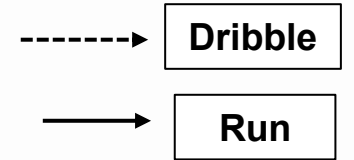
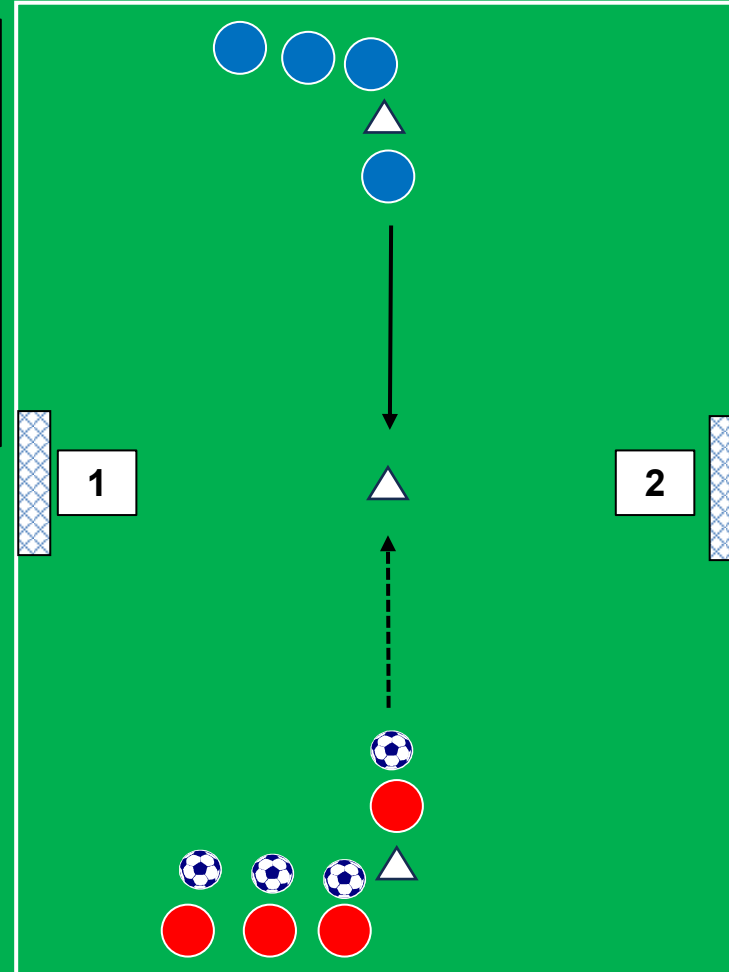
- Pair players up with one ball between them.
- Each player standing close to the ball facing it.
- Coach calls out different parts of the body and the players must touch that part of the body.
- When the coach yells BALL they must win the ball from their partner and keep it from them until the coach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



1 v 1 Challenge

1 v 1 Challenge

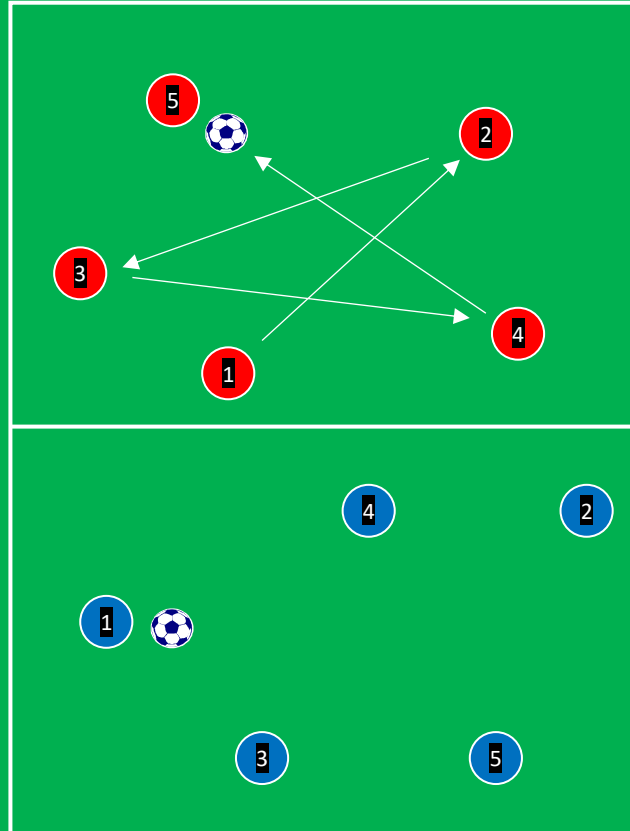
- a. A simple 1 v 1 red tries to score, blue tries to stop them. If blue wins the ball; then they try to score.
- b. Encourages changing direction with two goals to play to.
- c. OR; Blue plays to goal number 1 and Red to goal number 2.



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.

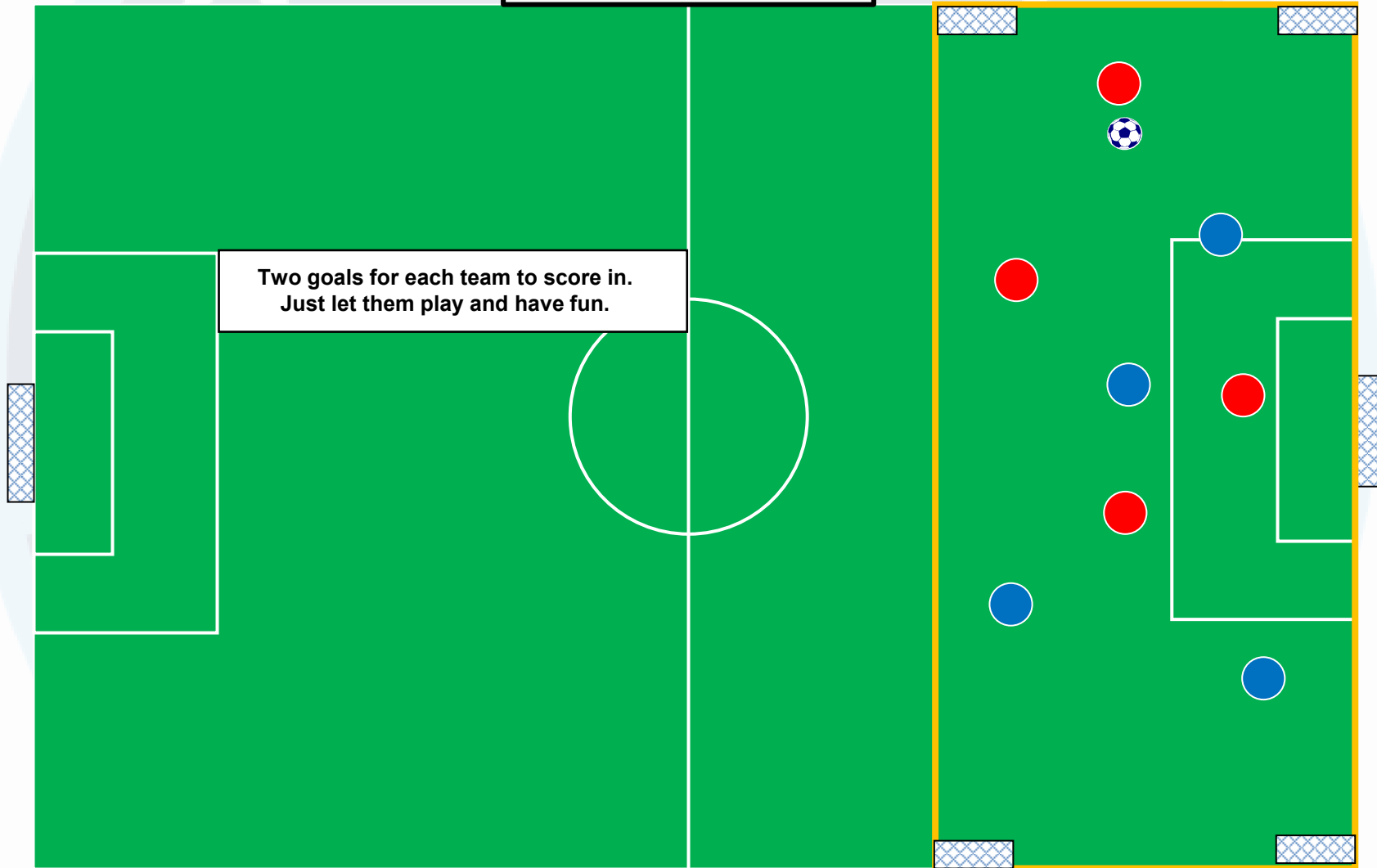


Always a
Scrimmage

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 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.

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**

Water Break 5 Min

4. Three team Possession game

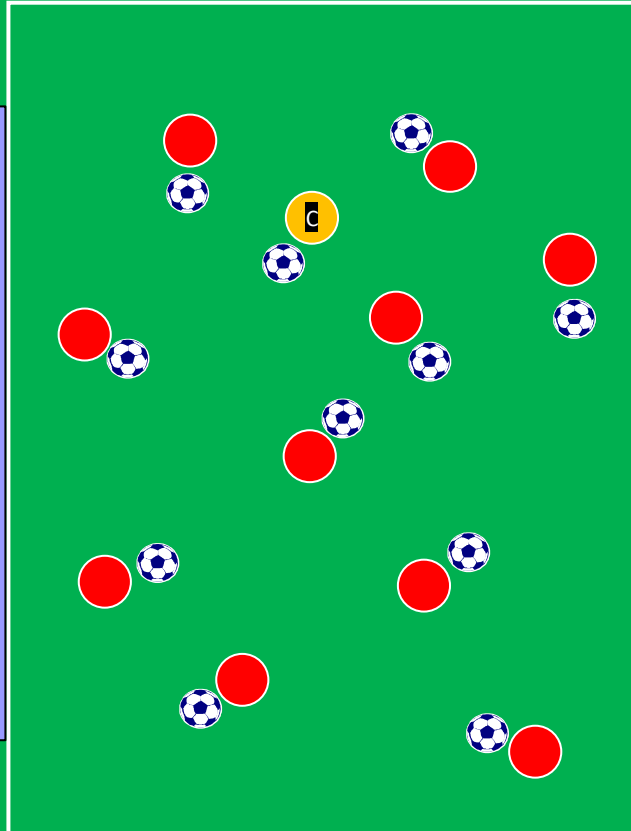
- a) 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b) When the defending team wins the ball the offense team that losses it is on defense.
- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **10 Min**

5. Scrimmage: 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

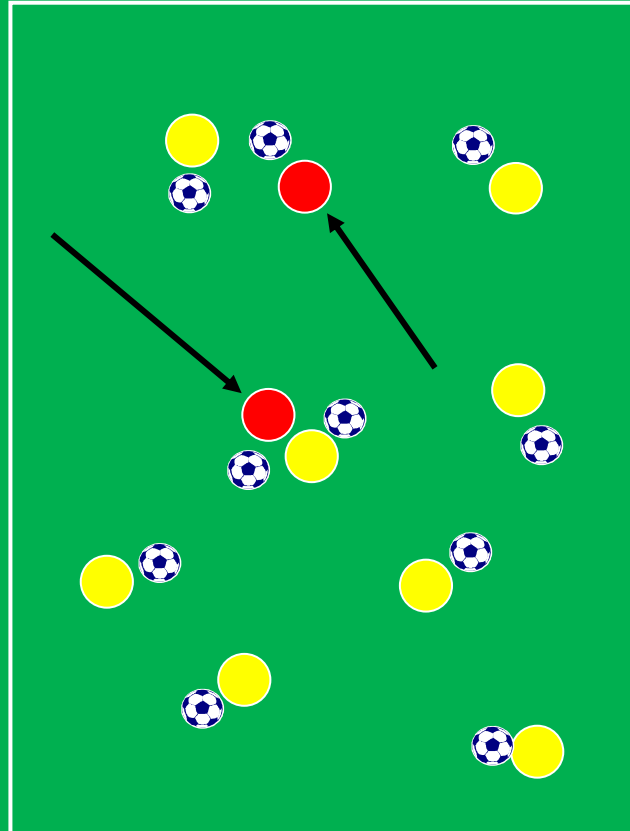
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Taggers

Taggers

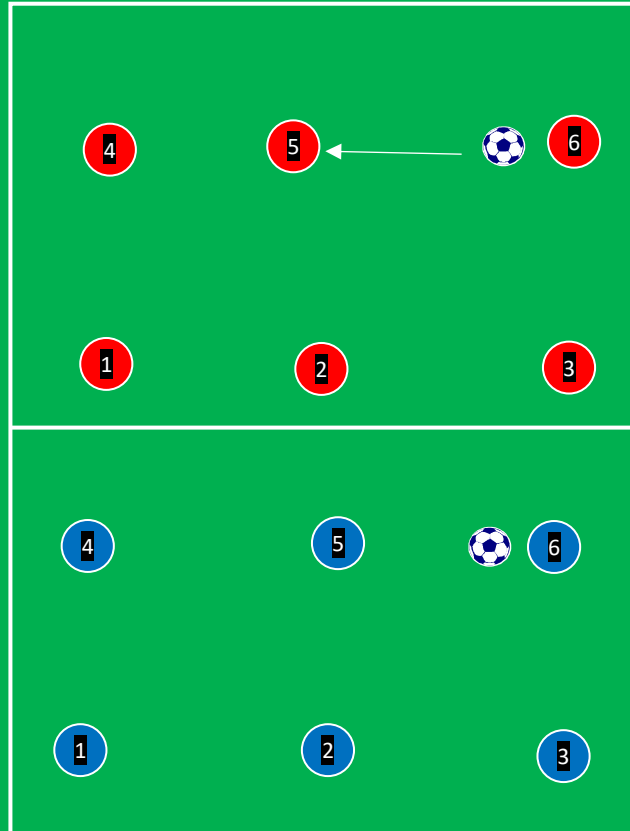
- a. Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- b. On your command the players dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- c. If you get tagged; you must freeze 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.

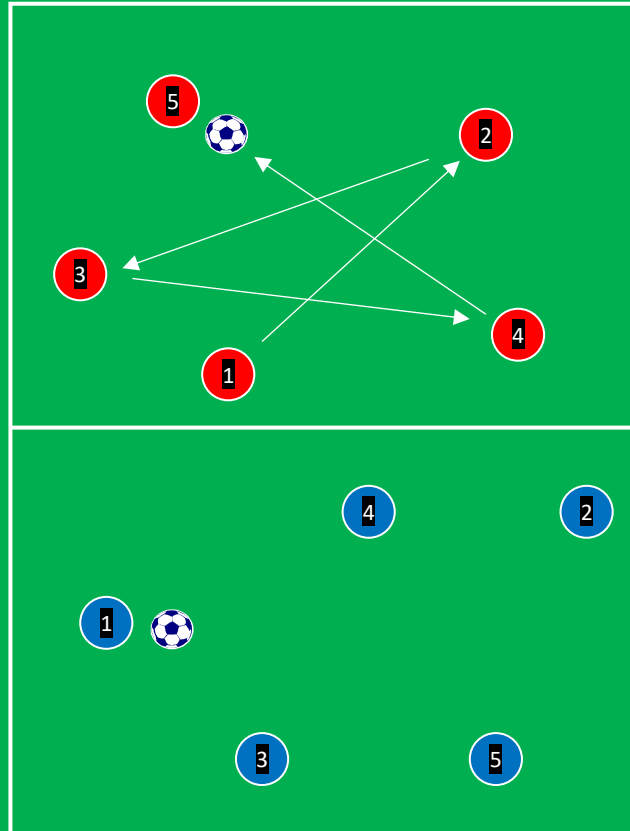


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it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

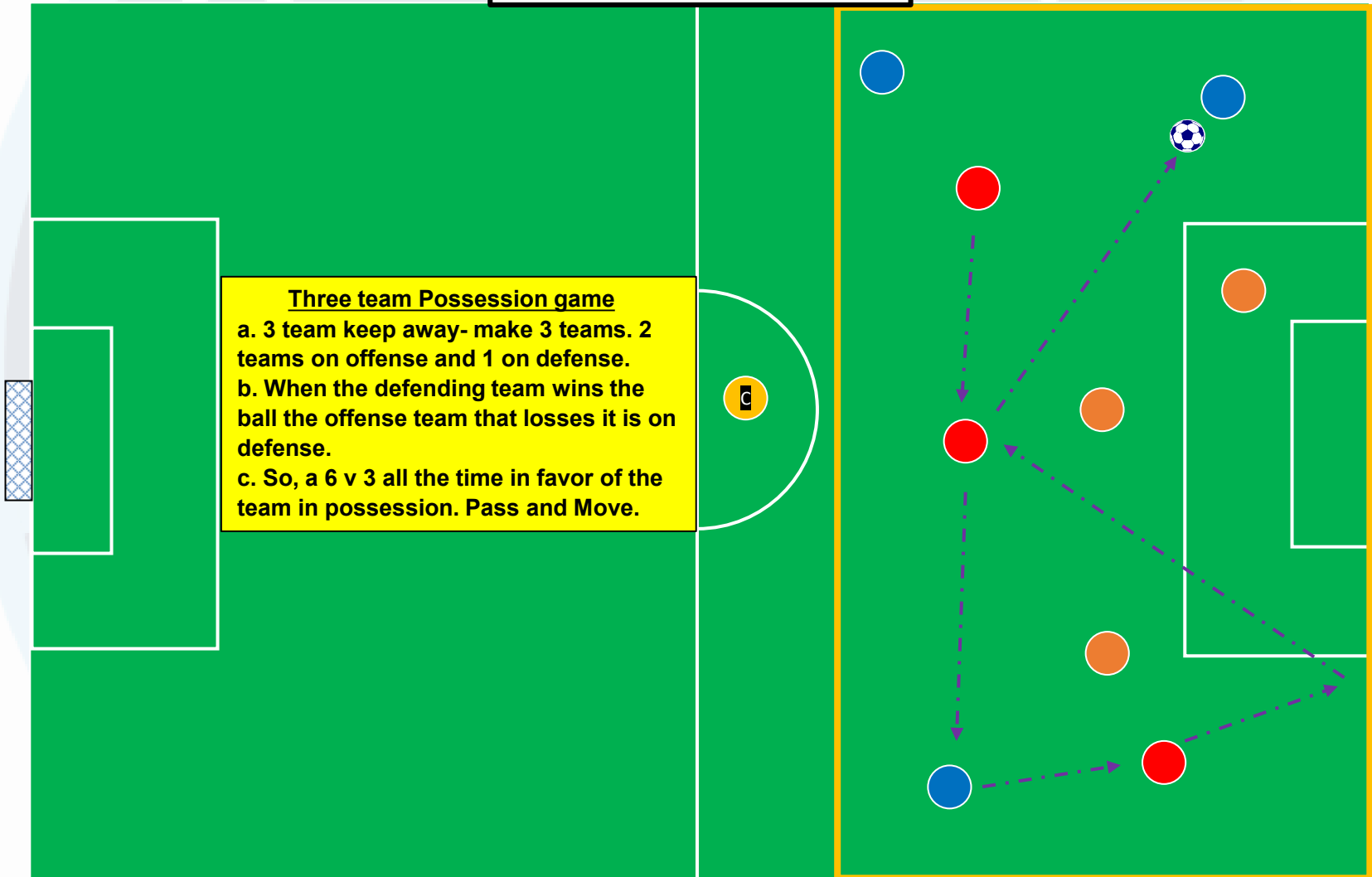
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- Play several times move the kids around in the circle to different spots.



3 Team possession game

Three team Possession game

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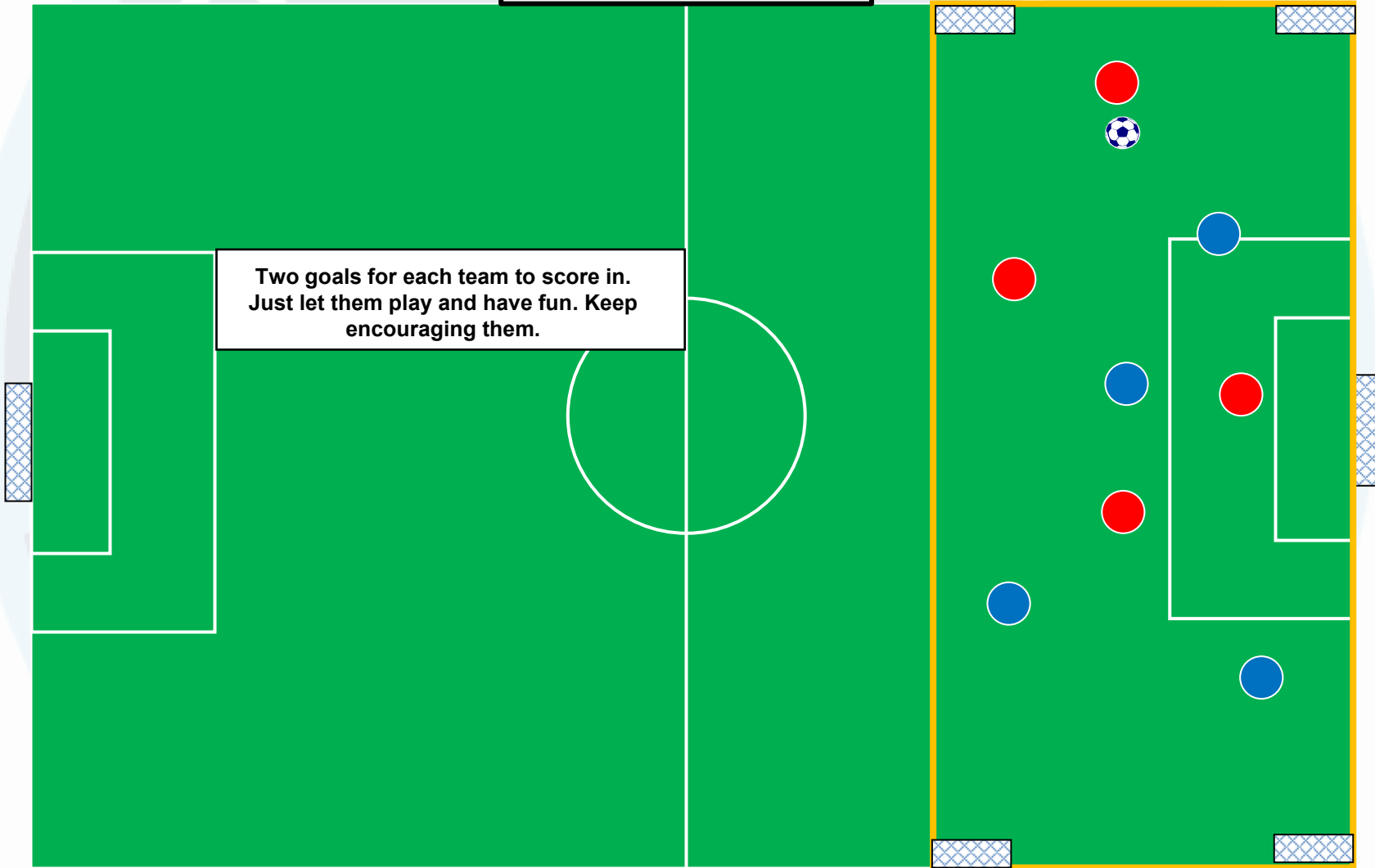


Always a
Scrimmage

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.

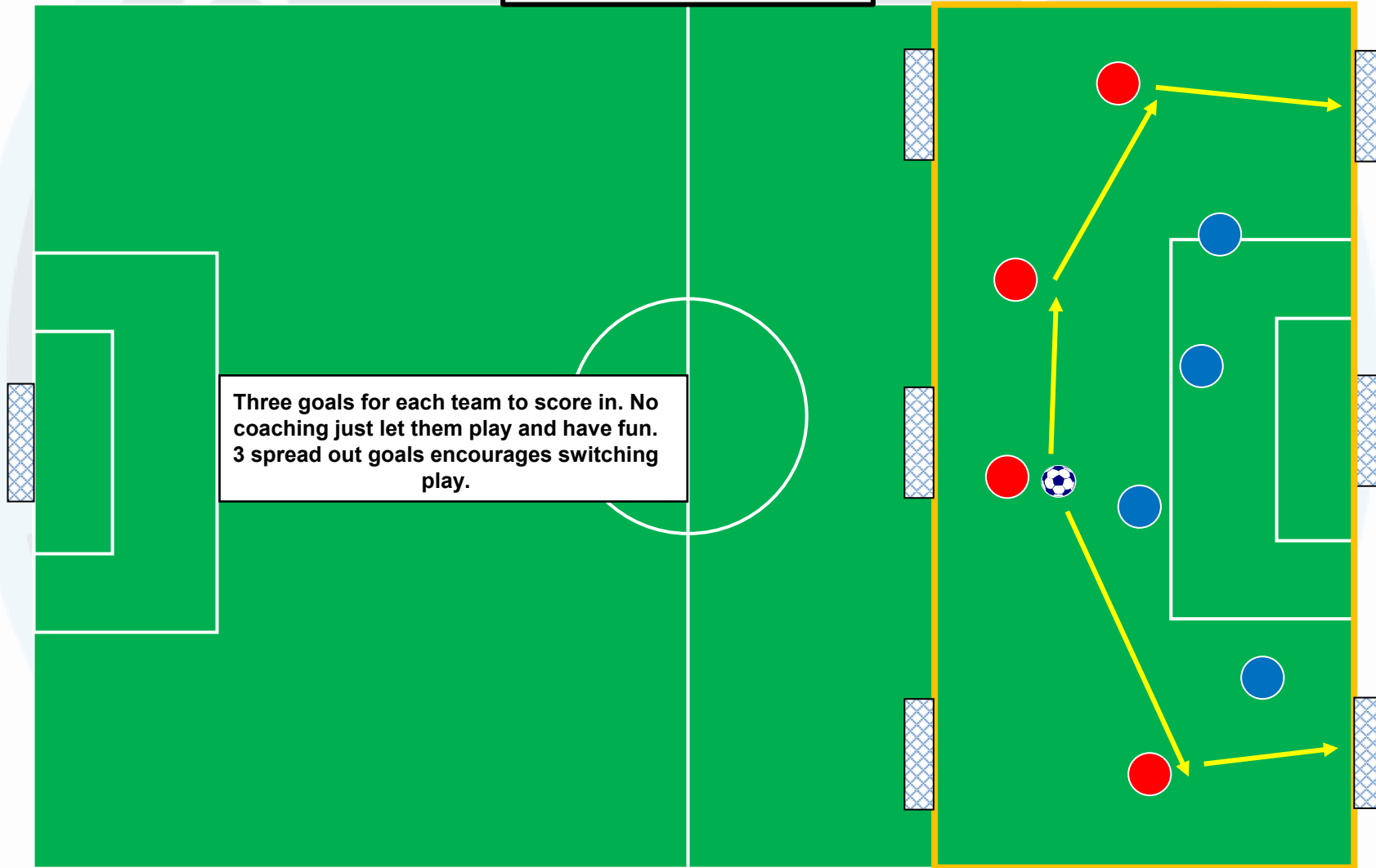


Always a
Scrimmage

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

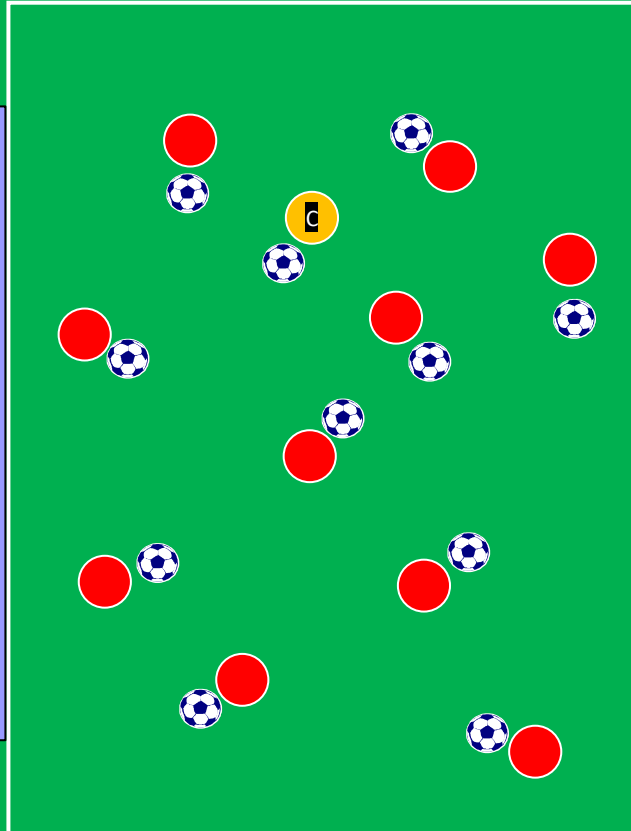
- a) Make 2 teams
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5. Scrimmage: a. Four goal game, two goals each team or 6 goals game. 10 Min

Warm-up / Foundations

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

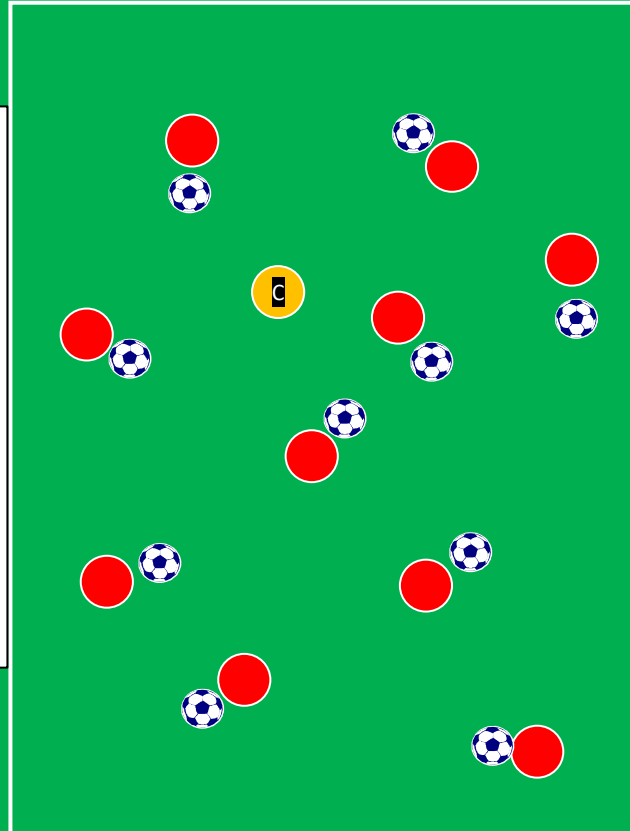
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tiger Ball

Tiger Ball

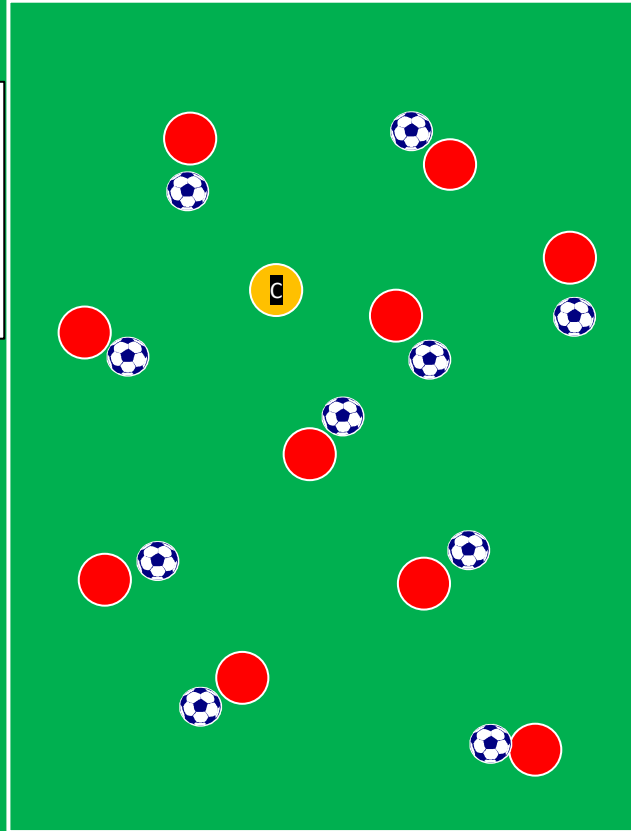
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- b. Work on shielding the ball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

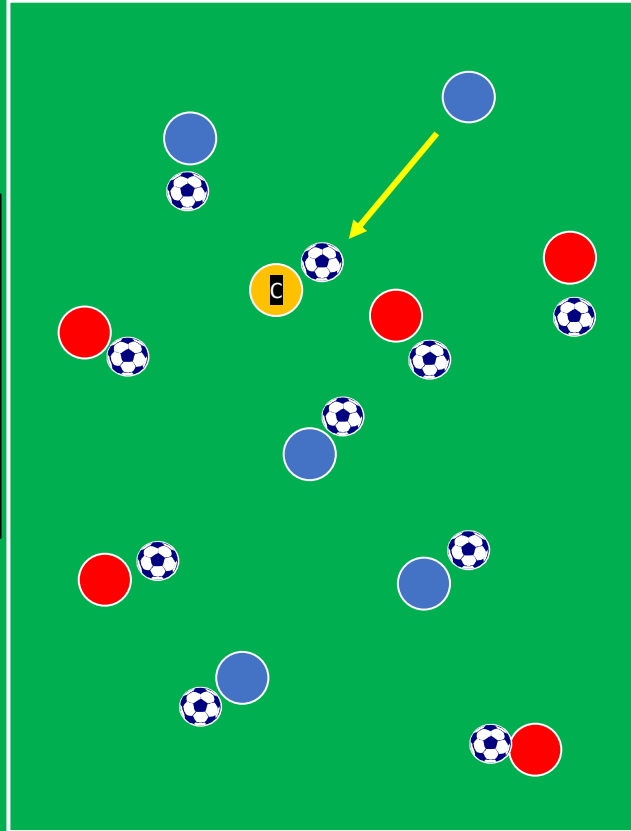
- All the players are dribbling around the ball in a grid.
- The coach yells out a math problem- 2+1- the players must figure it out and get the number of players together.



Hit the Coach

Hit the coach

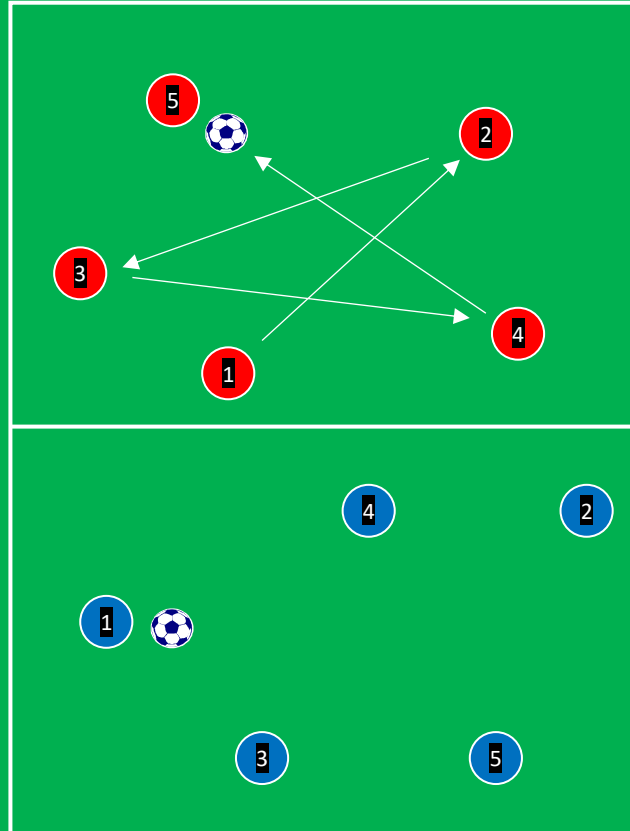
- a. Make 2 teams
- b. On your command you start walking around, the players must work on passing the ball into your legs.
- c. Remind players no toe balls.
- d. See what team can hit you the most.



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.

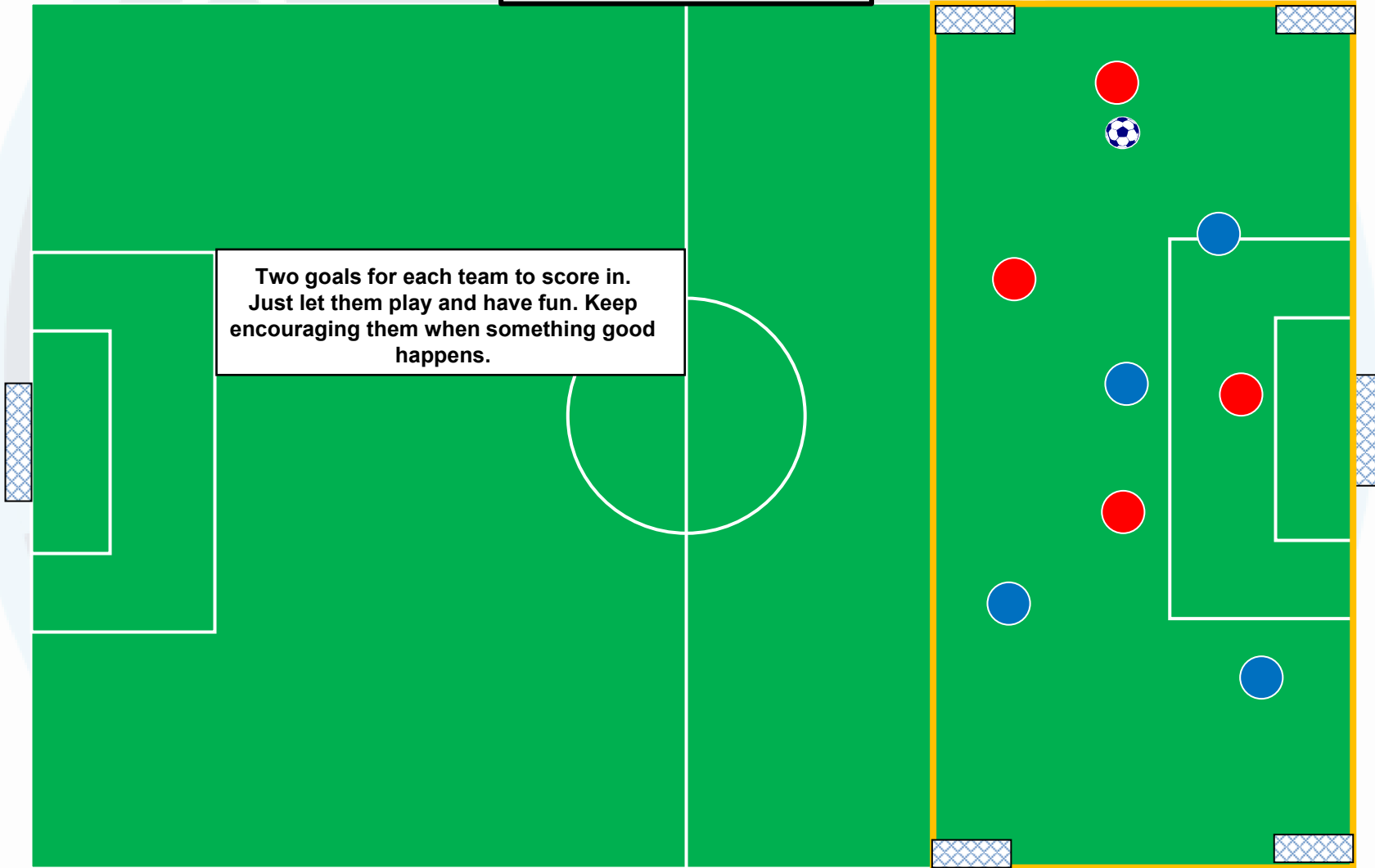


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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

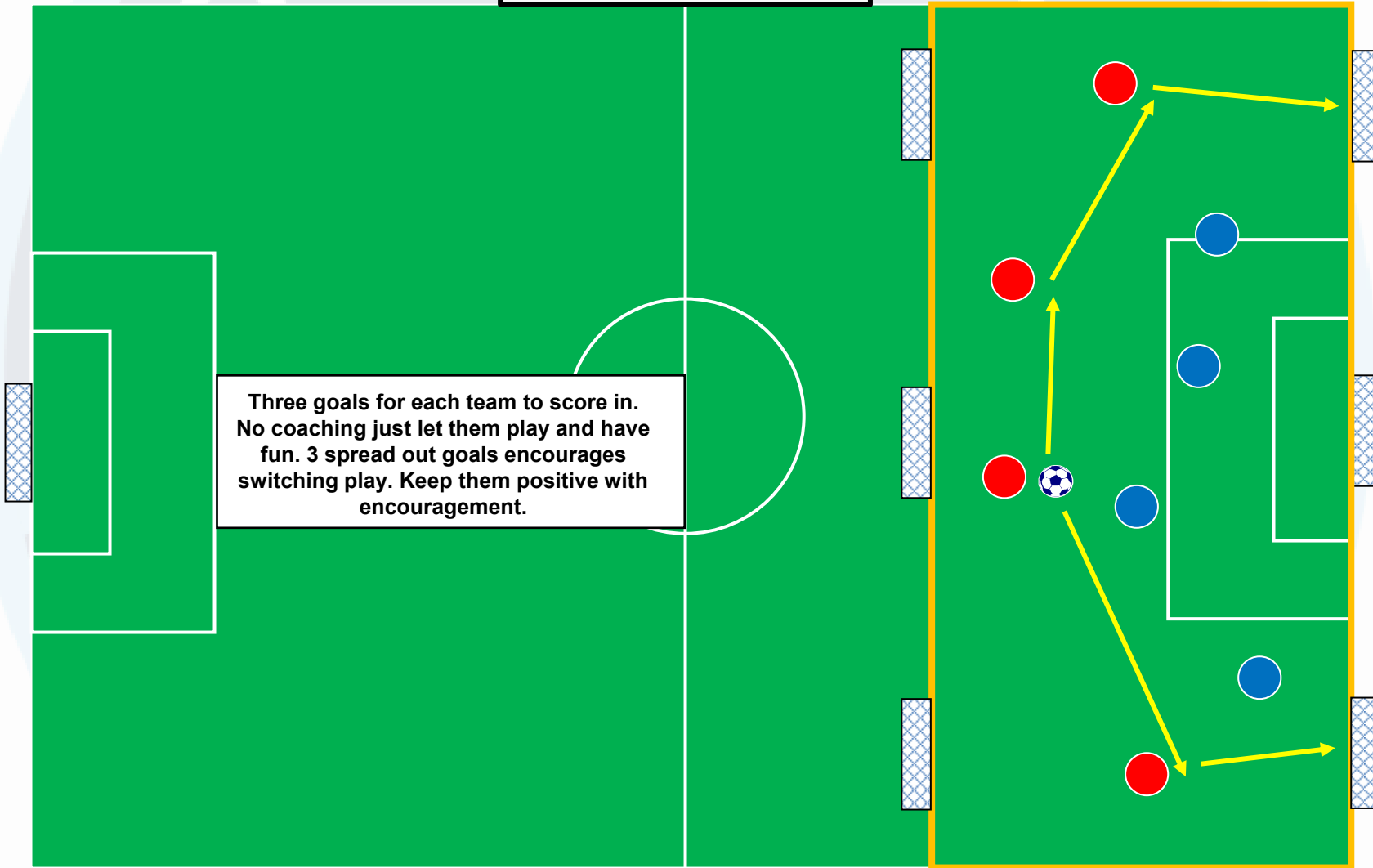


Always a
Scrimmage

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. 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 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.

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**

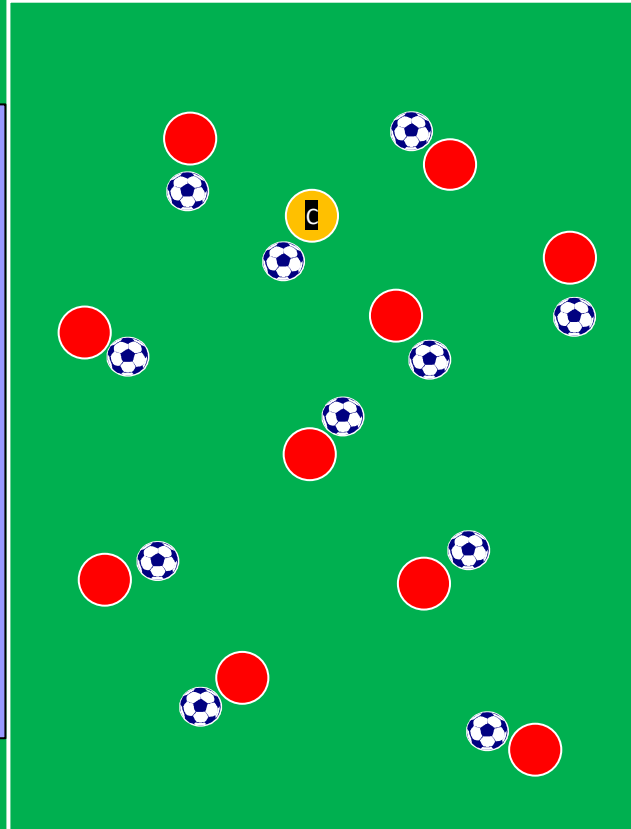
4. Scrimmage Game:

- 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

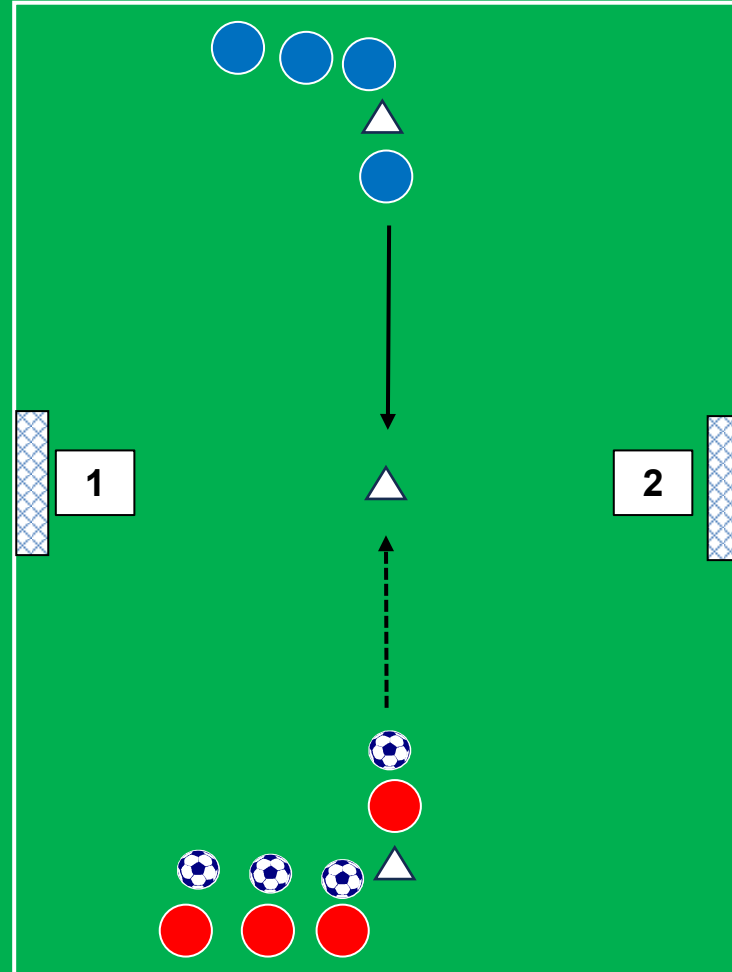
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- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



1 v 1 Challenge

1 v 1 Challenge

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- b. Encourages changing direction with two goals to play to.
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Dribble

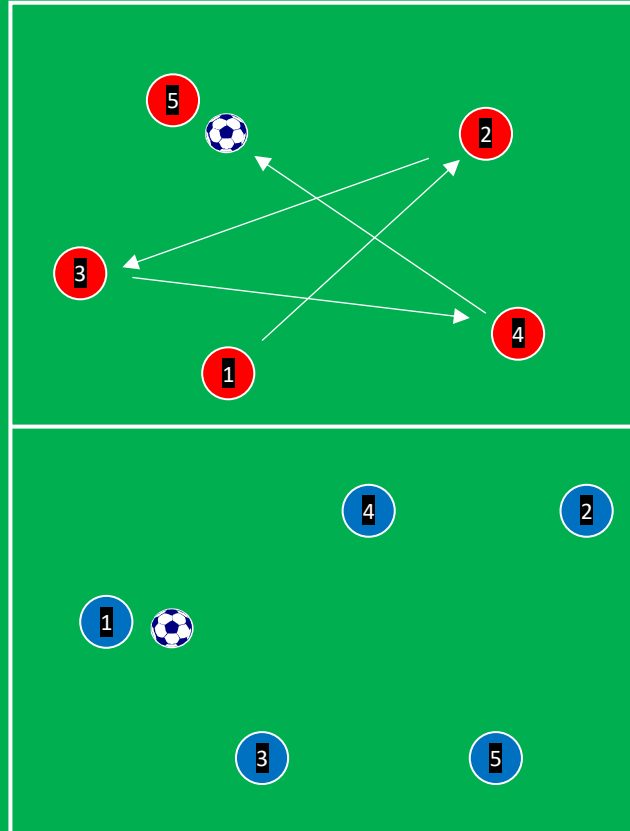


Run

Numbers Game

Numbers Game

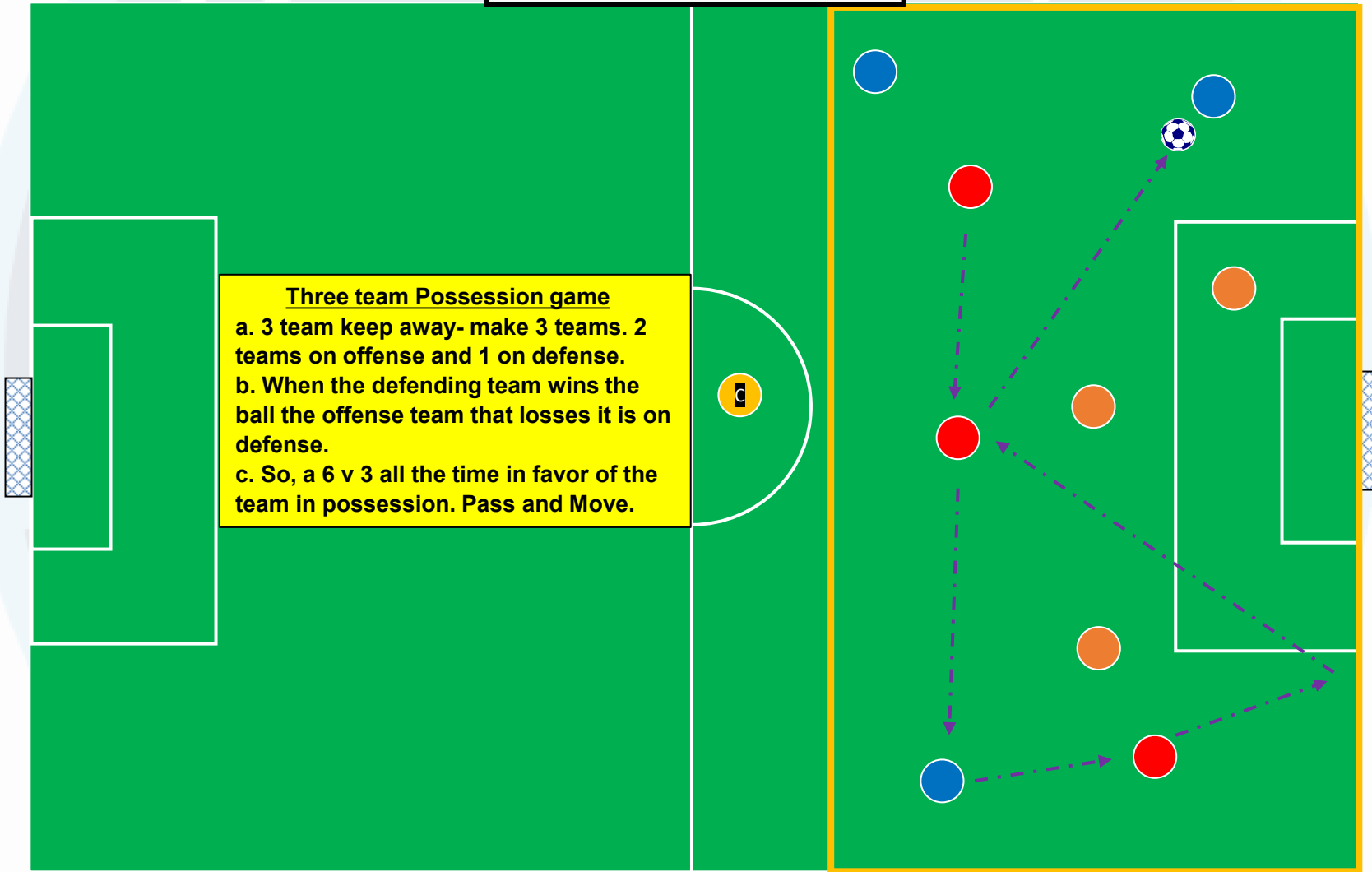
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- Once they get back to 1, they all sit down, whatever team does it first wins.
- Play several times move the kids around in the circle to different spots.



3 Team possession game

Three team Possession game

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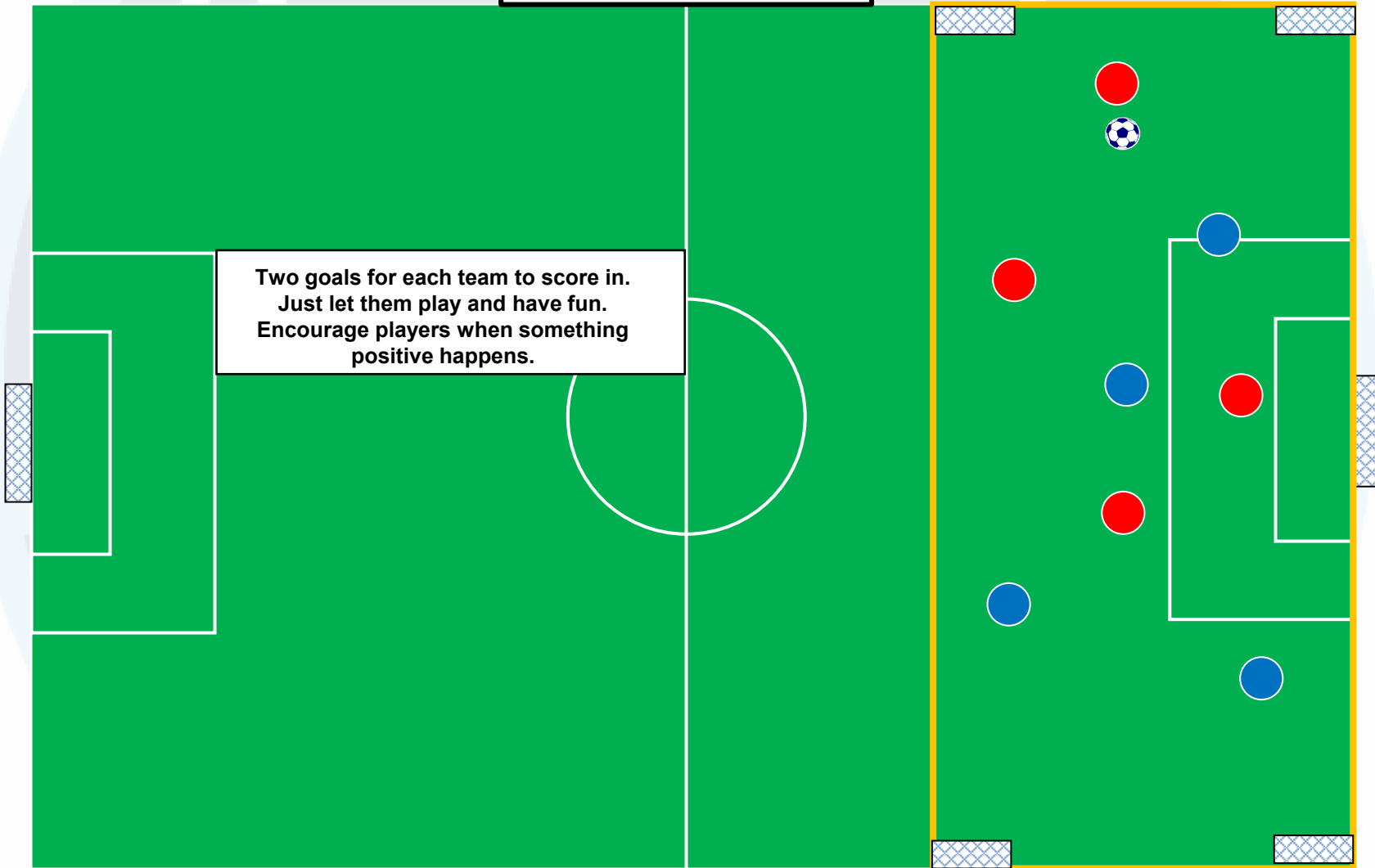
Pass

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
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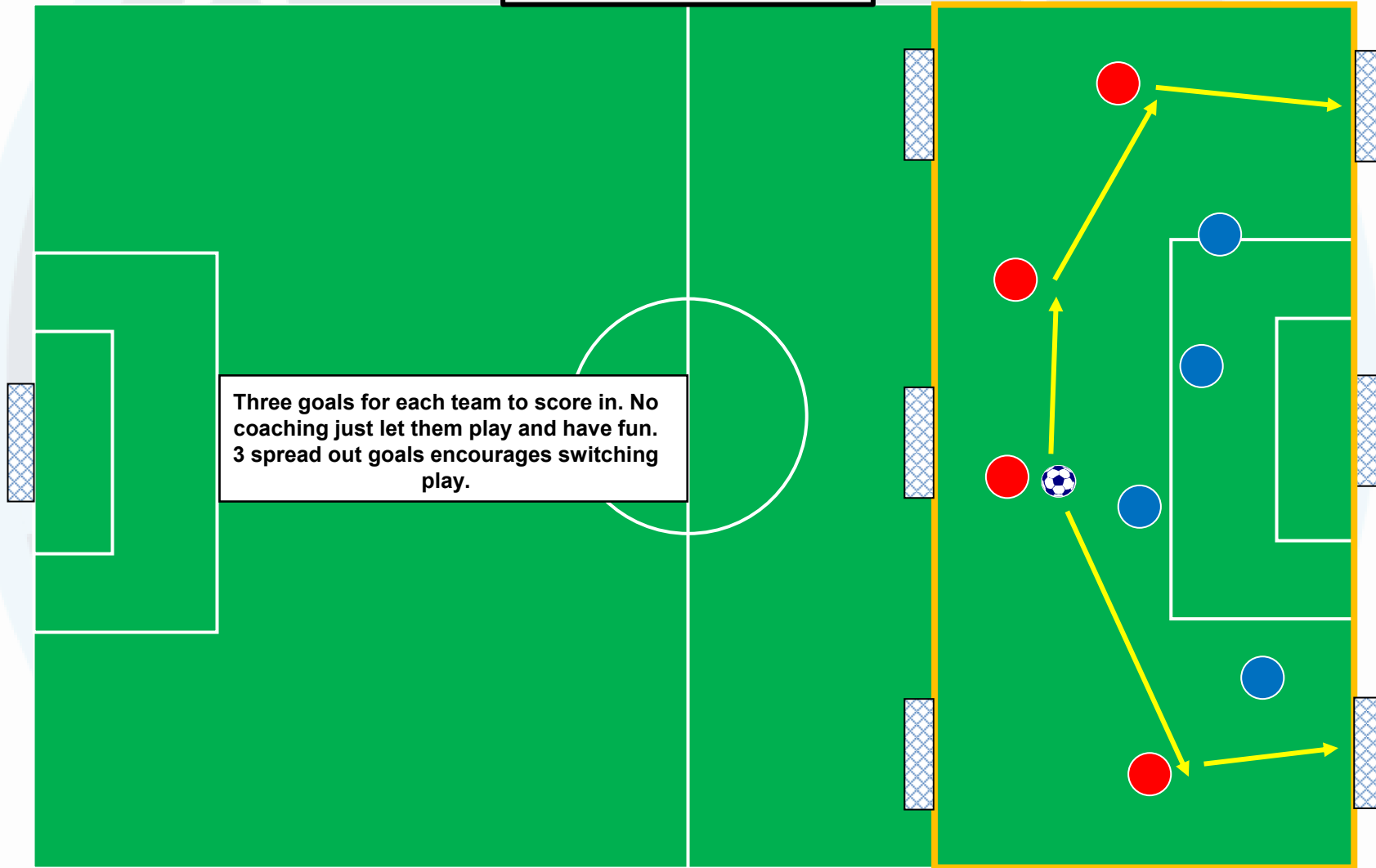


Always a
Scrimmage

Six Goal Scrimmage

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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.





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

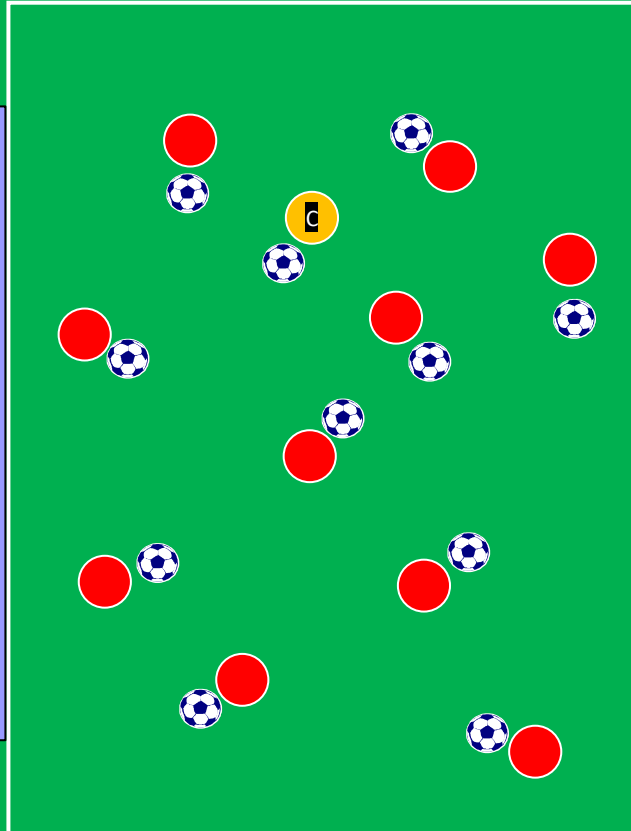
- a) 2 teams- instead of pug goals you have a target player. Once the team passes to that target player, they must go a different target player. When the target player receives the ball, they dribble in and the person that passed them the ball takes their spot

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

Warm-up / Foundations

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

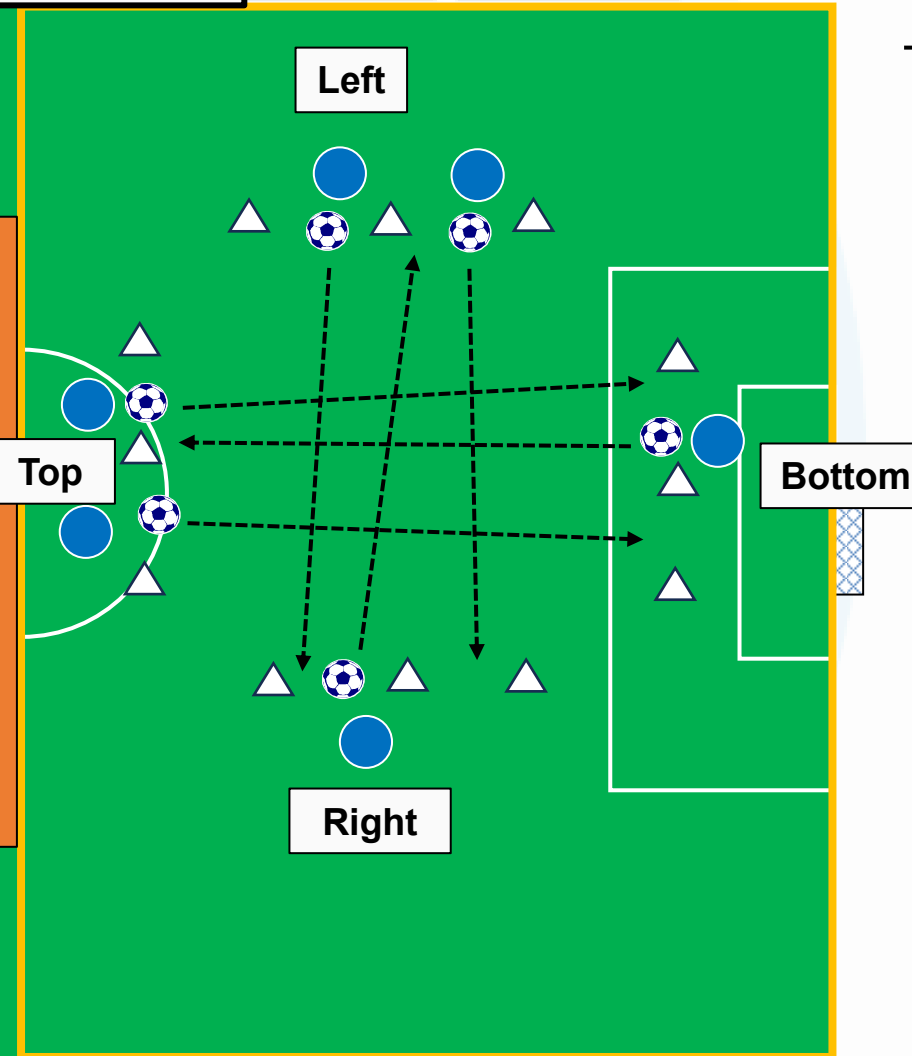
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Criss-cross dribble

Criss-cross dribble

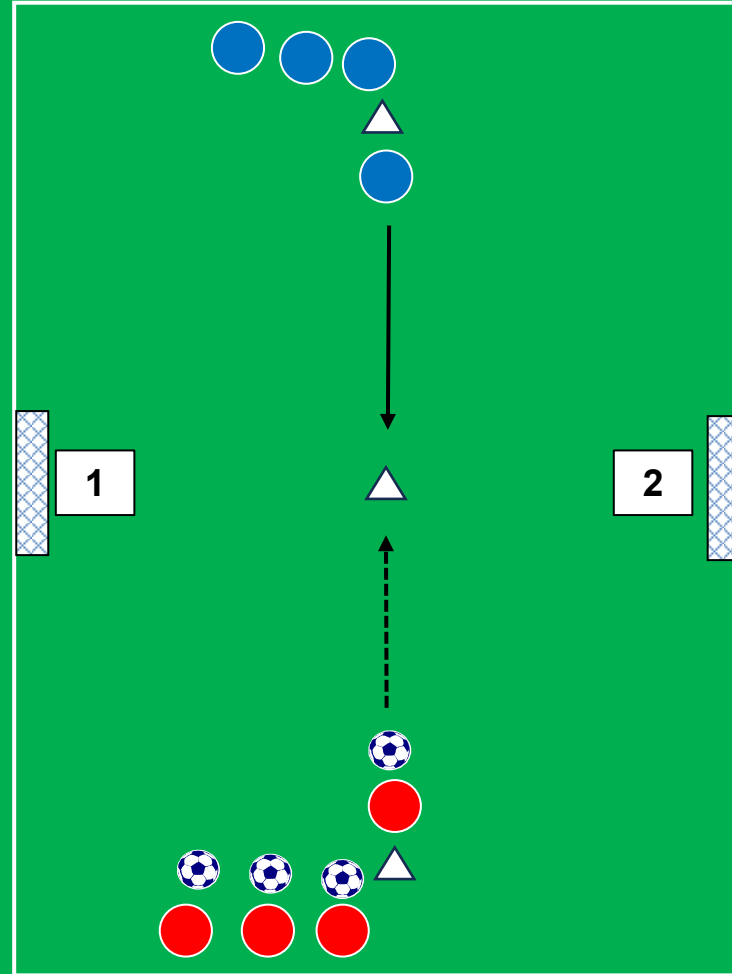
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they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

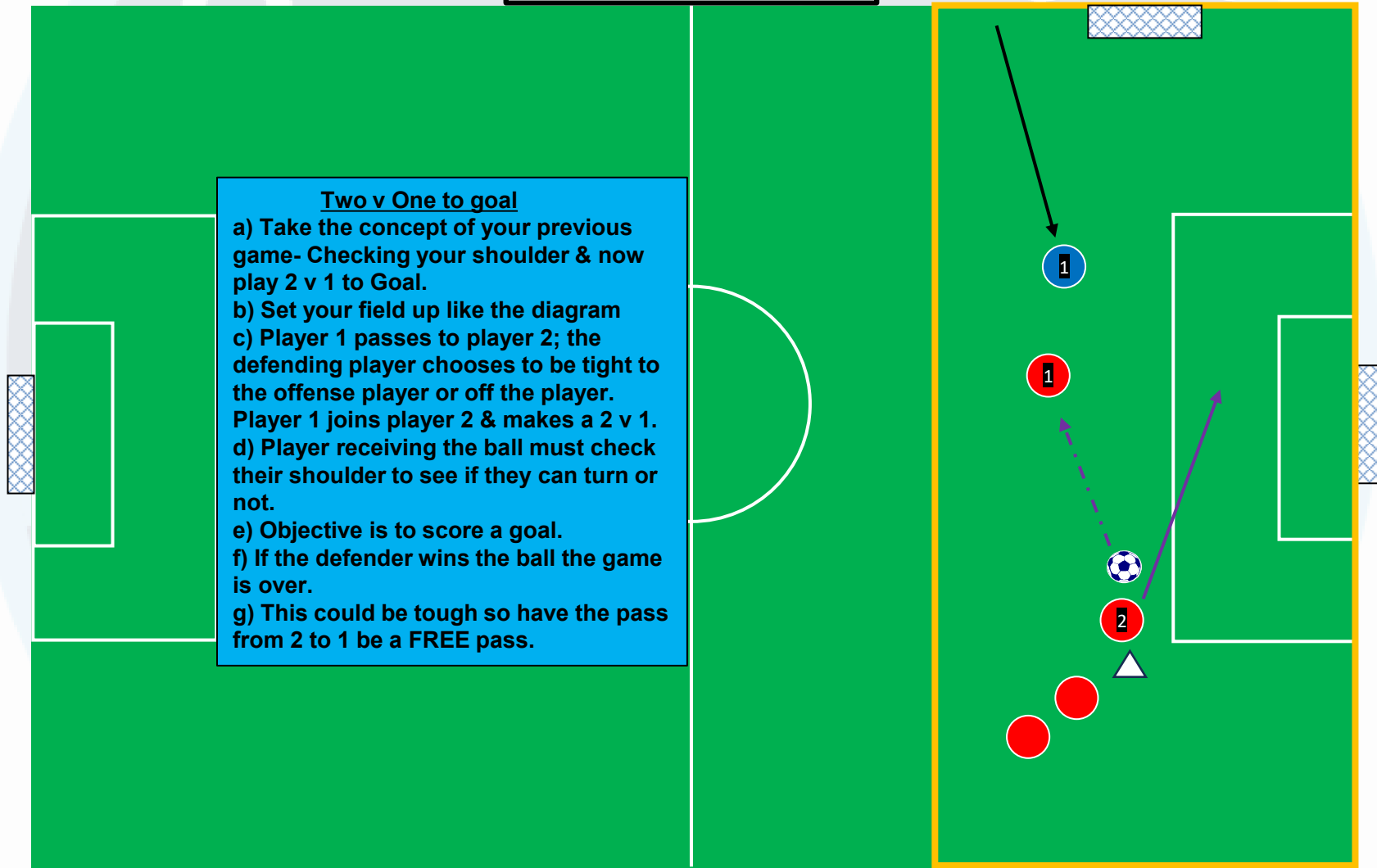


Run

2 v 1 to Goal

Two v One to goal

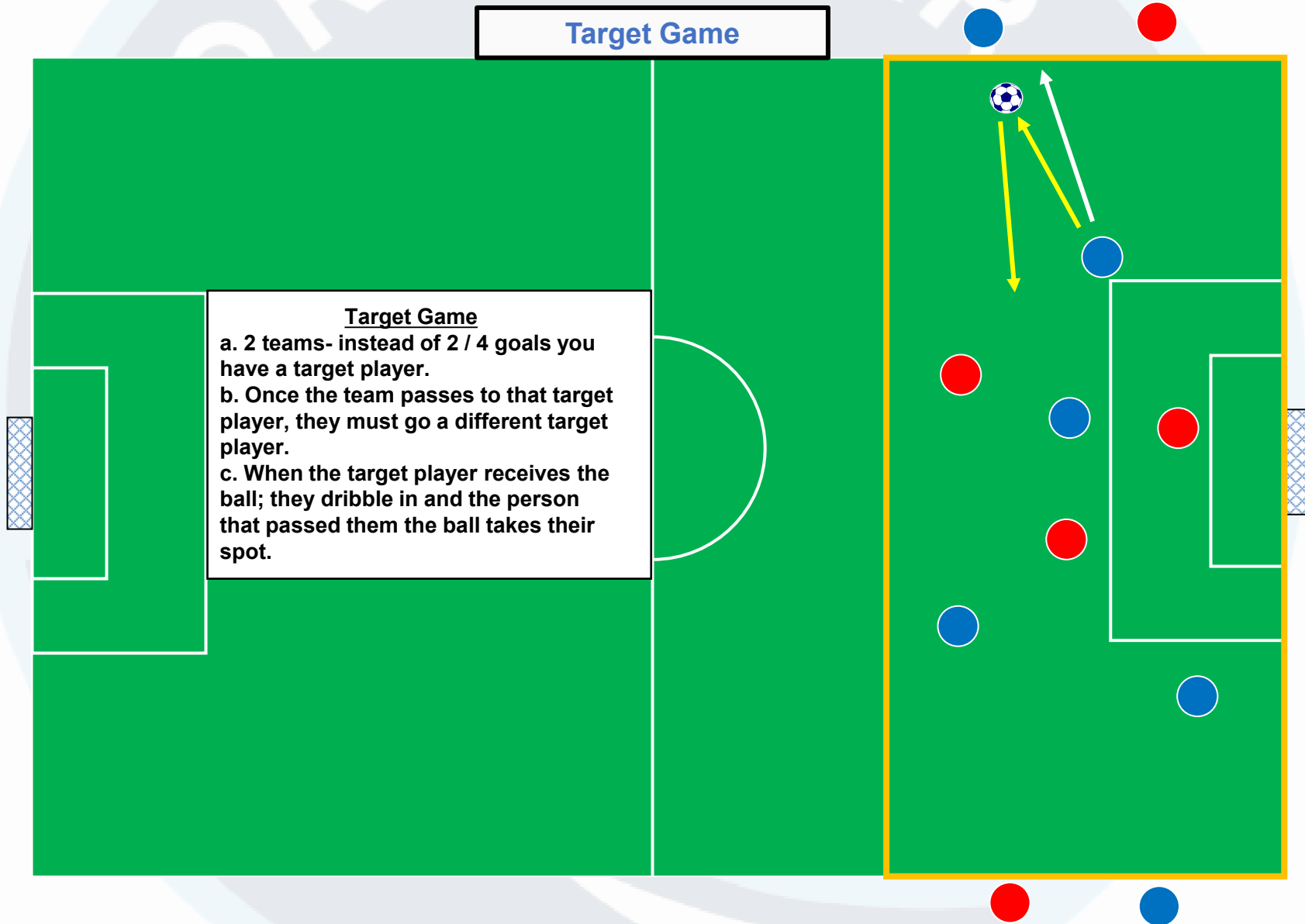
- a) Take the concept of your previous game- Checking your shoulder & now play 2 v 1 to Goal.
- b) Set your field up like the diagram
- c) Player 1 passes to player 2; the defending player chooses to be tight to the offense player or off the player. Player 1 joins player 2 & makes a 2 v 1.
- d) Player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

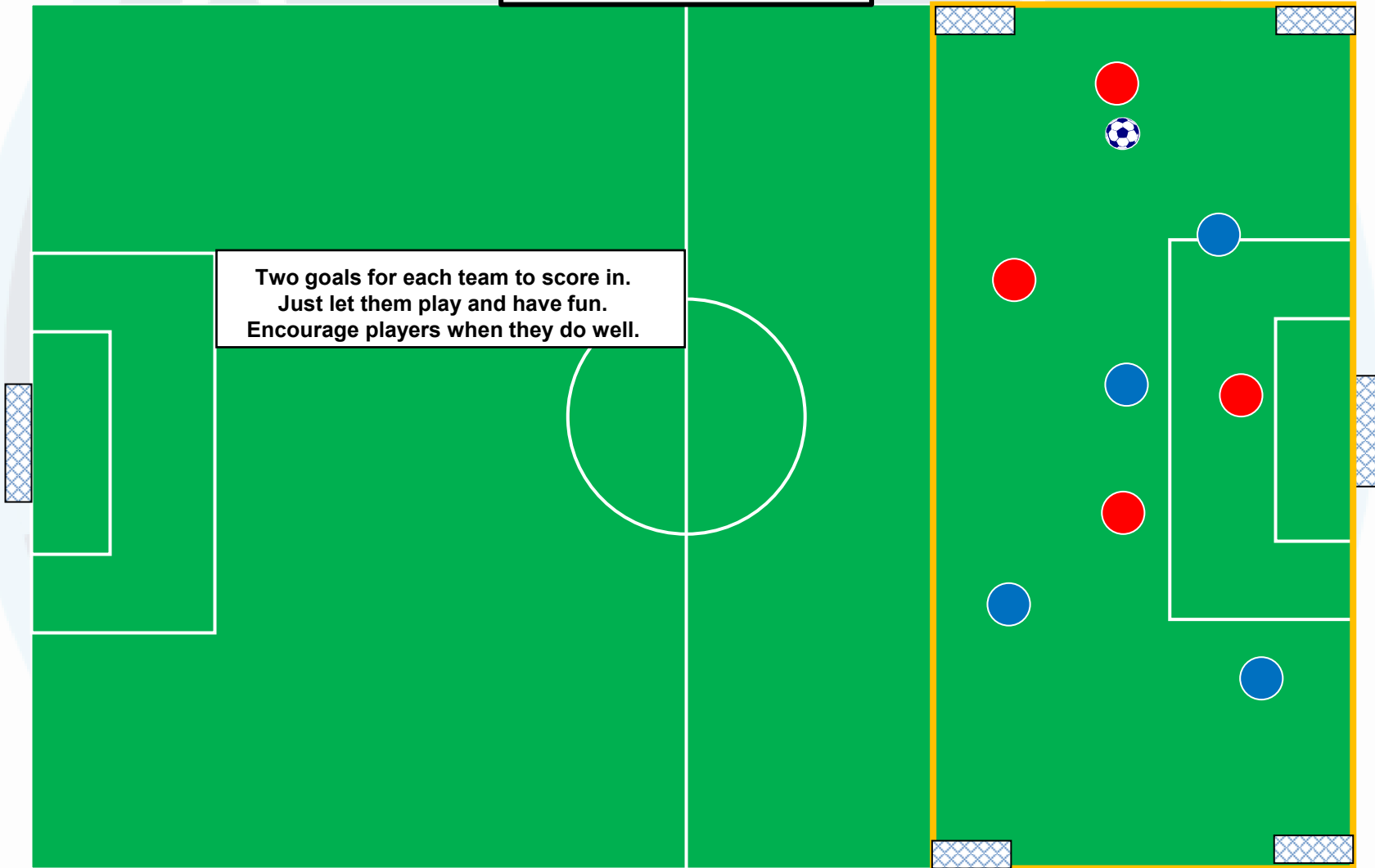


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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

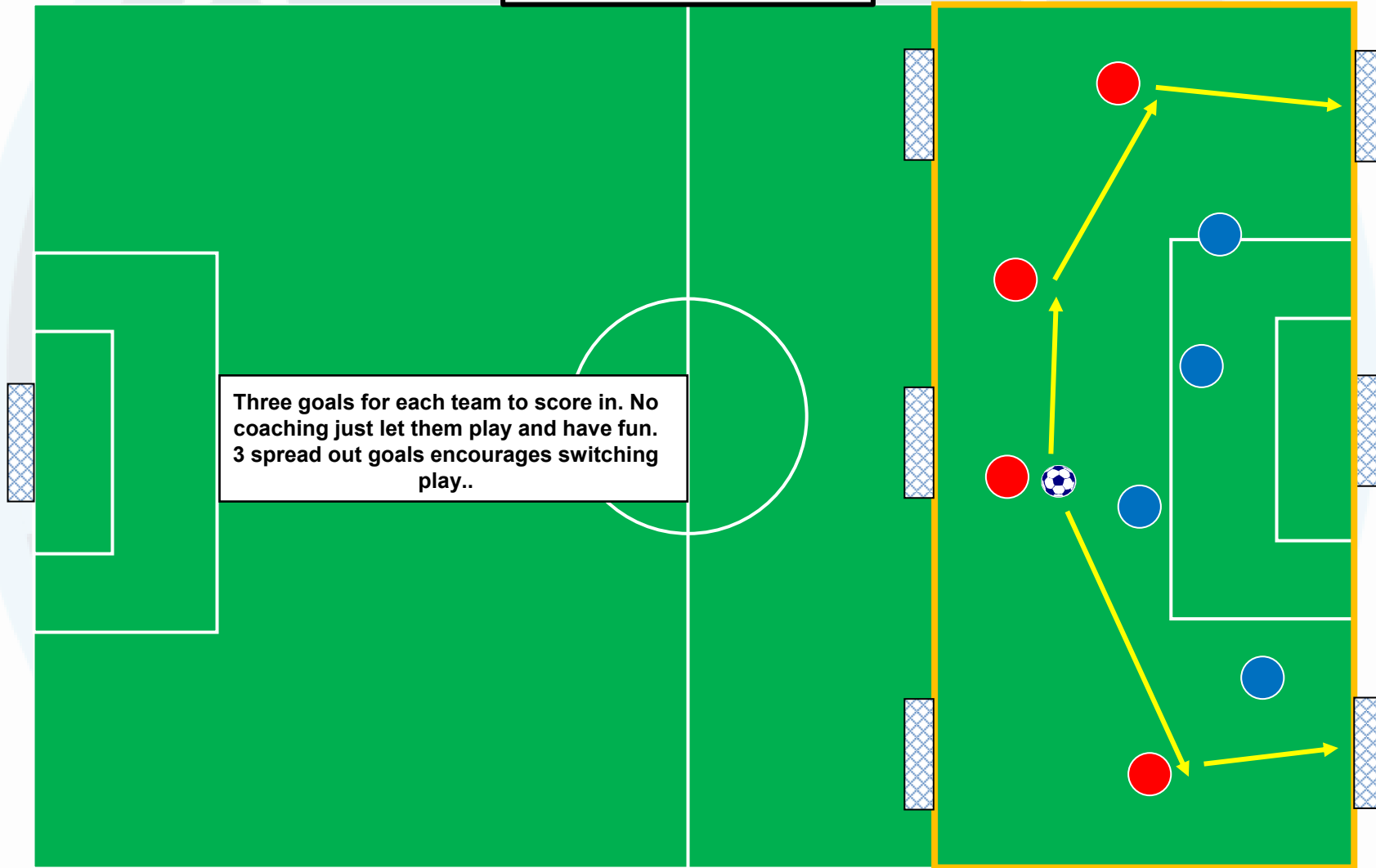


Always a
Scrimmage

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 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**

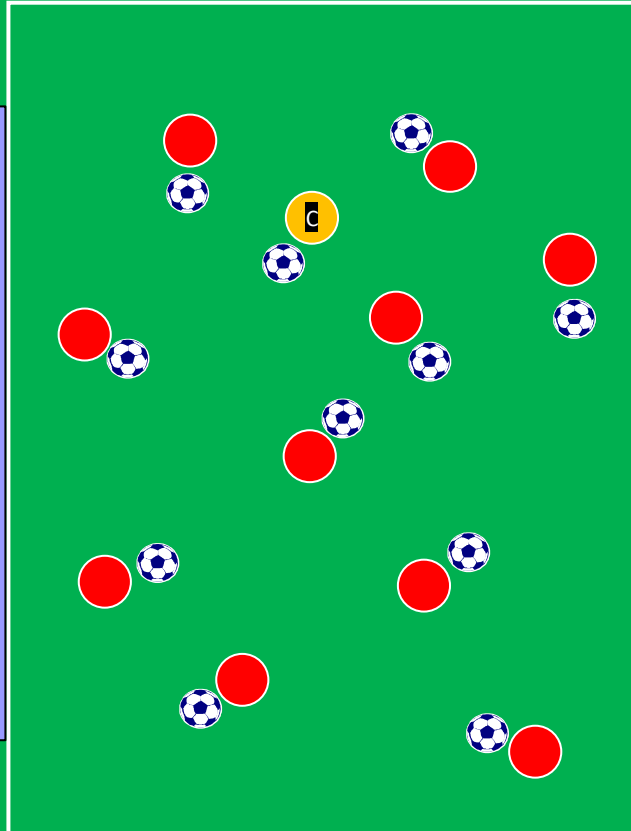
Begin to increase the time for the game situational training and ultimately the scrimmage.

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

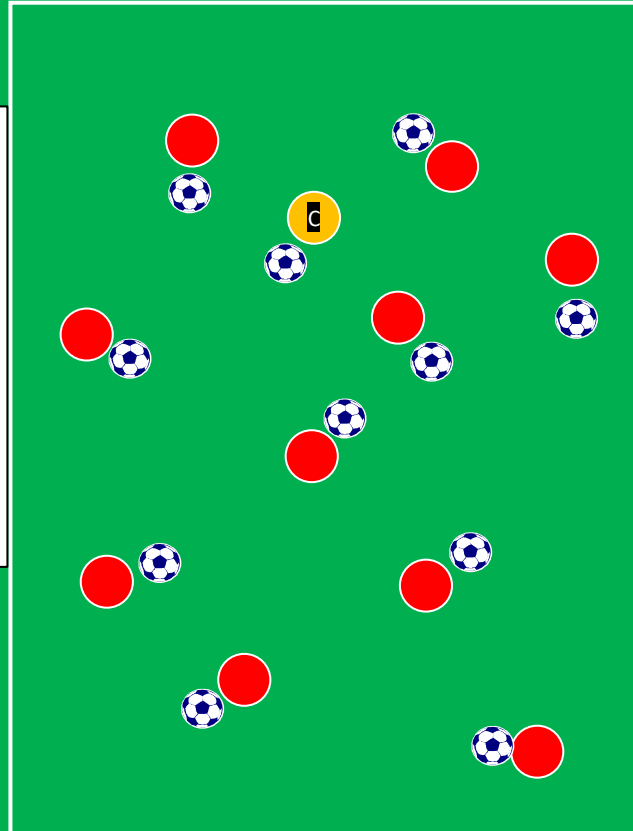
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tail-Tag

Tail-Tag

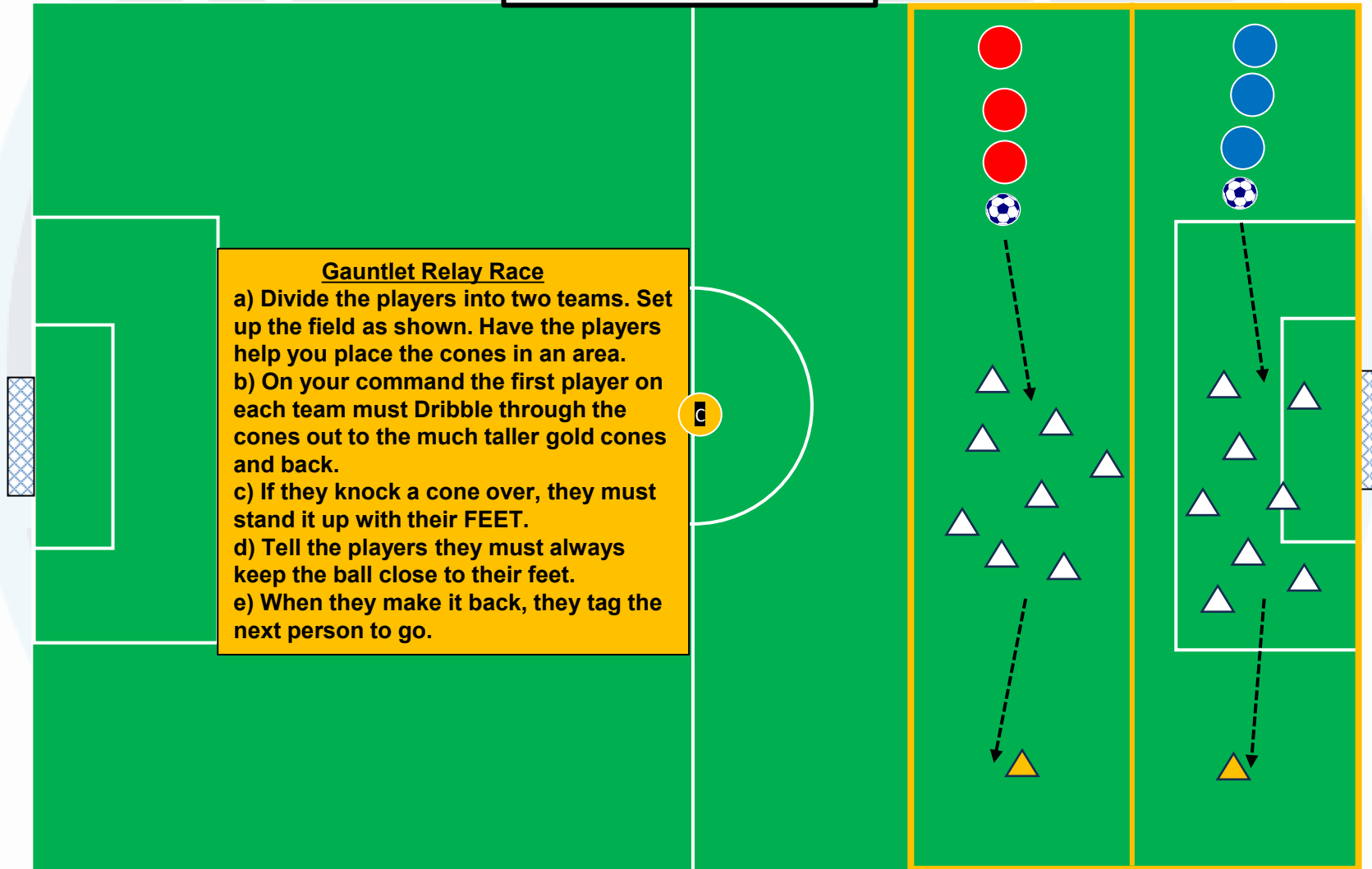
- a. In a large grid, have each child with a ball and a pinnie on. They place the jersey on their back side to make a tail.
- b. You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c. Everyone needs to have a ball at all 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.

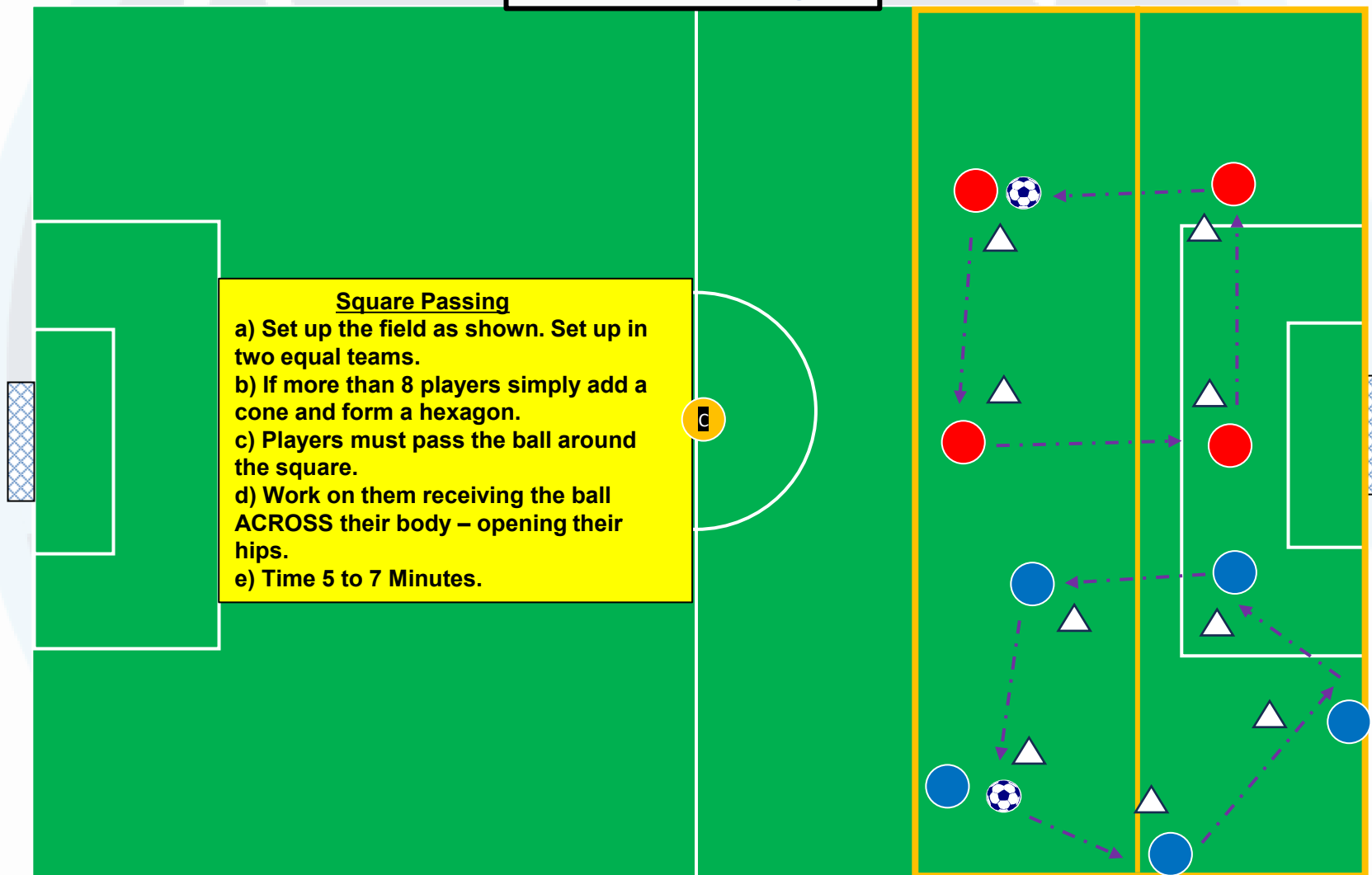


Square Passing

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.

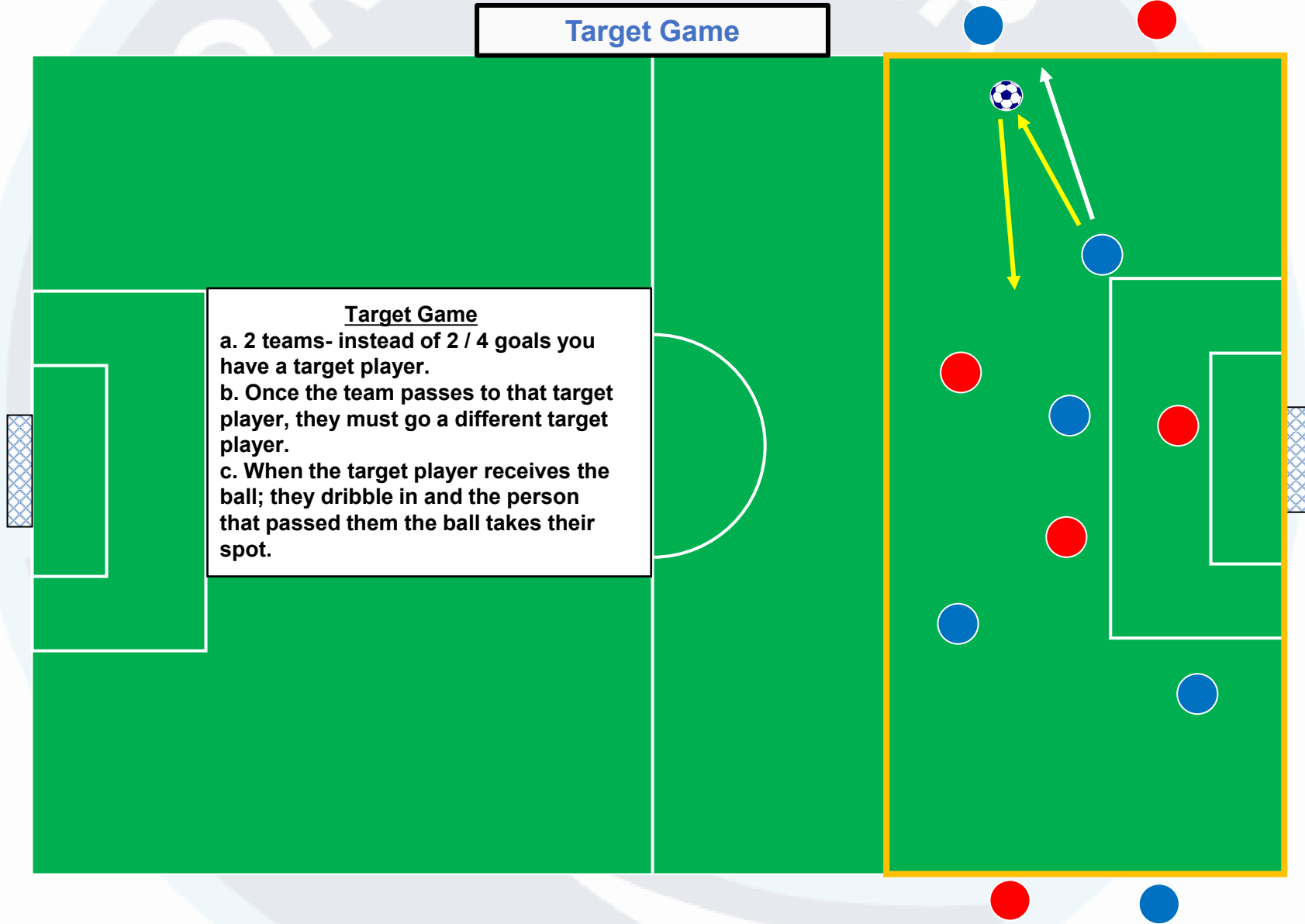
-----> **Pass**



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.

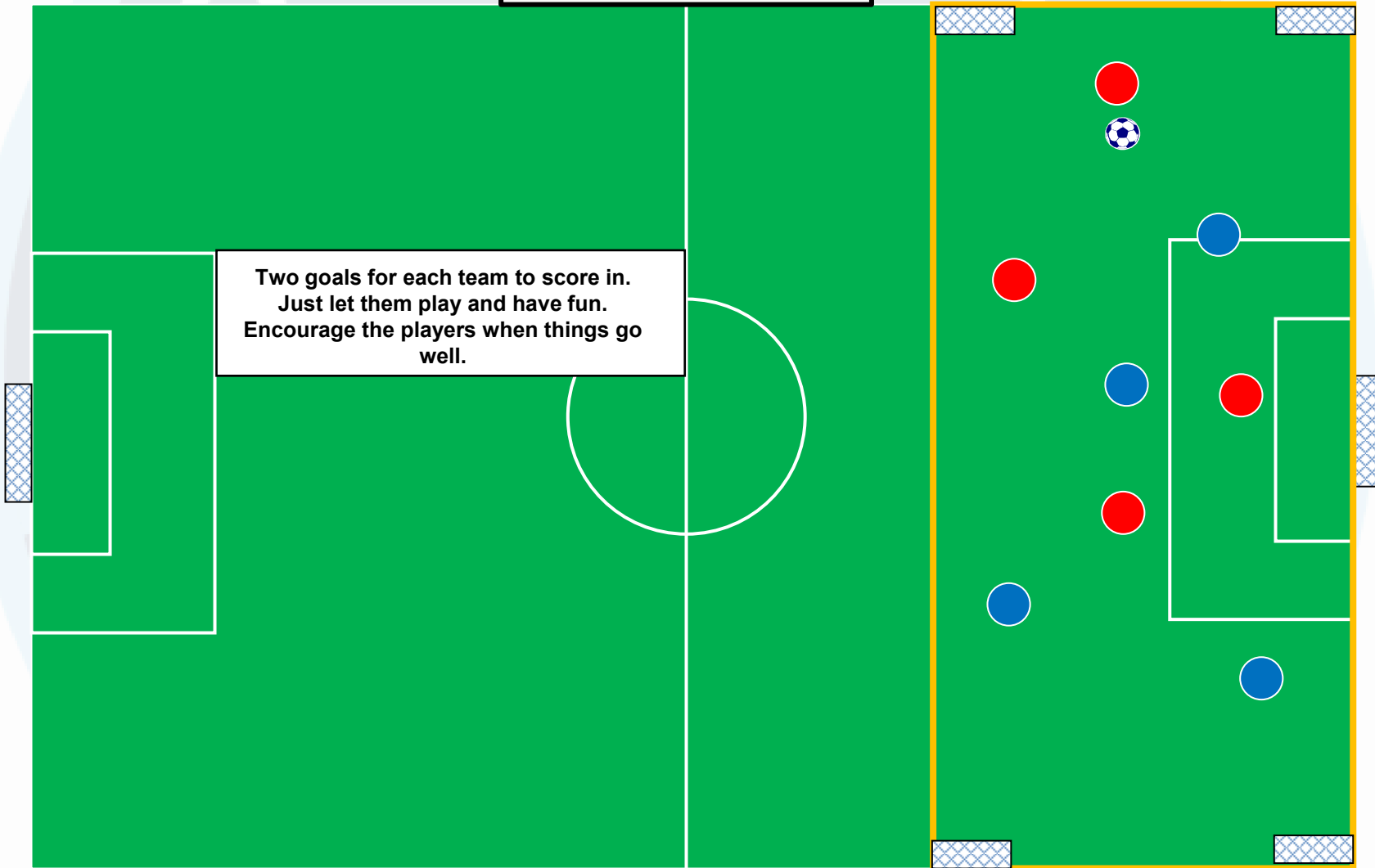


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

Two goals for each team to score in.
Just let them play and have fun.
Encourage the players when things go
well.

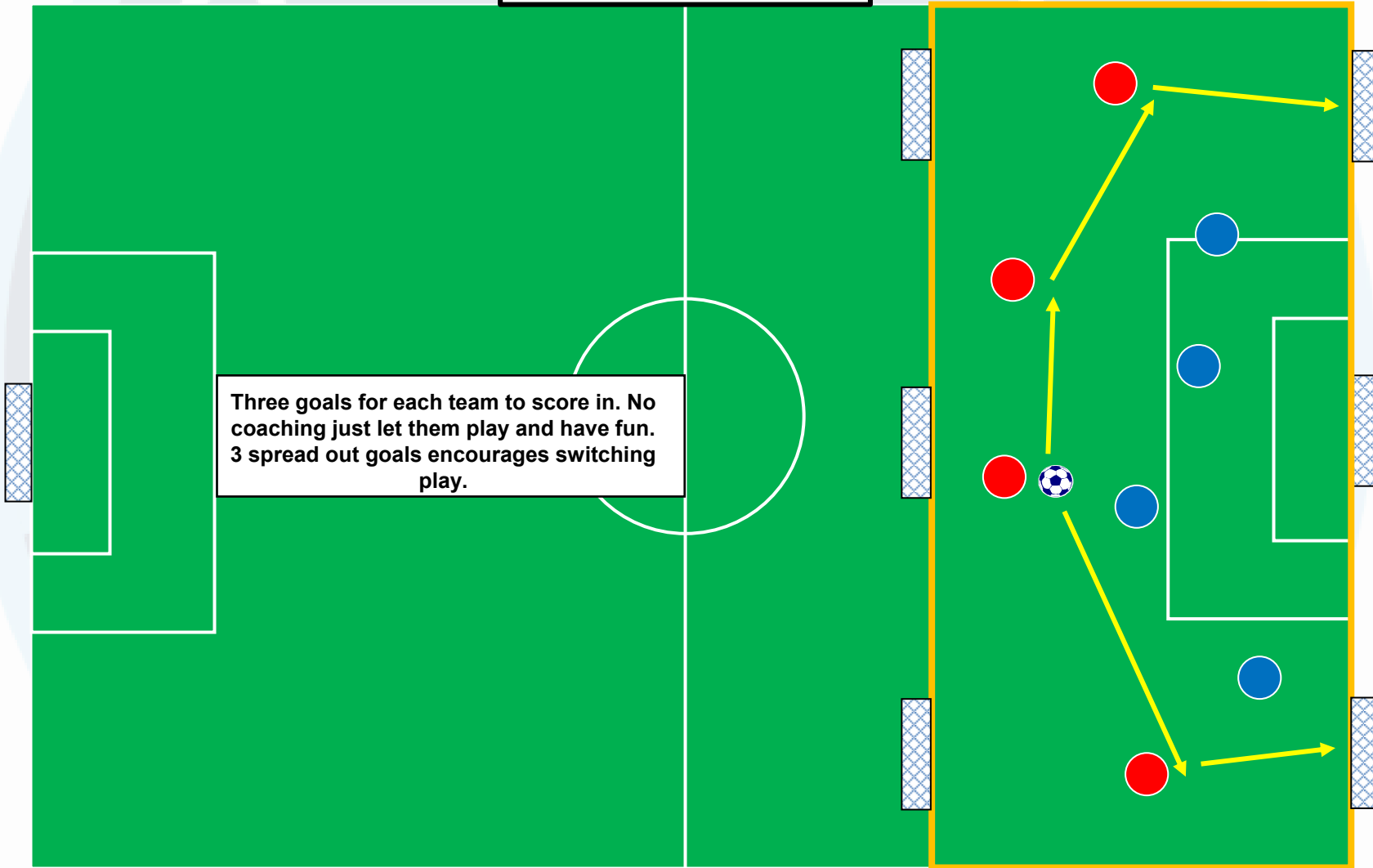


Always a
Scrimmage

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

3. Play to Targets

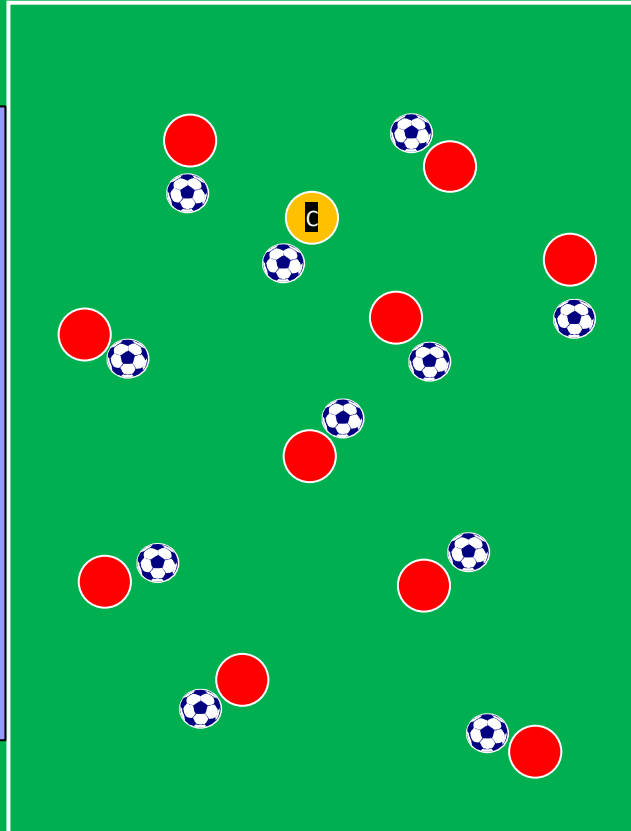
- a) 2 teams- instead of pug goals you have a target player. Once the team passes to that target player, they must go a different target player. When the target player receives the ball; they dribble in and the person that passed them the ball takes their spot. **10 min**

- 4. 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

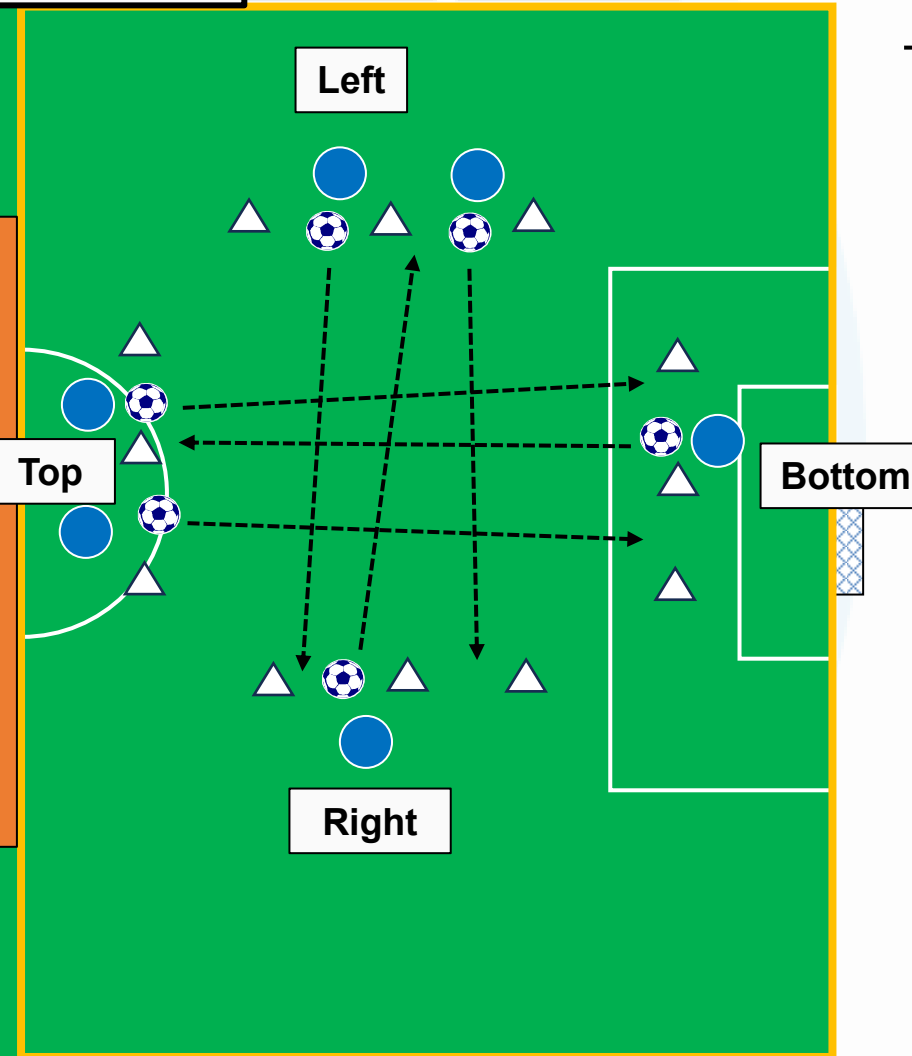
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Criss-cross dribble

Criss-cross dribble

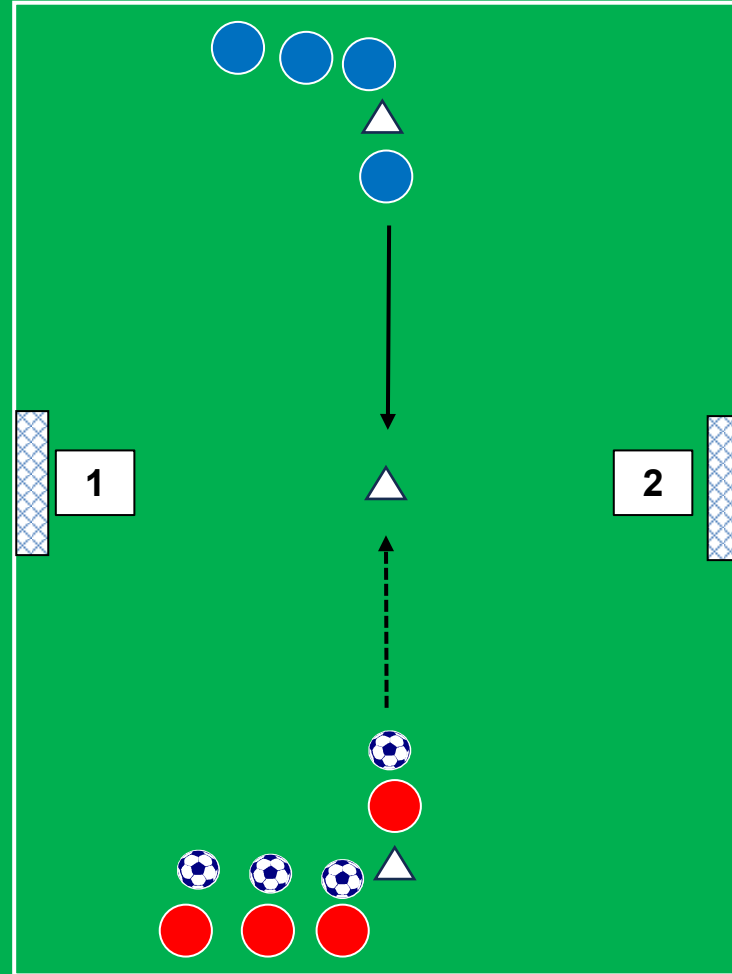
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they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

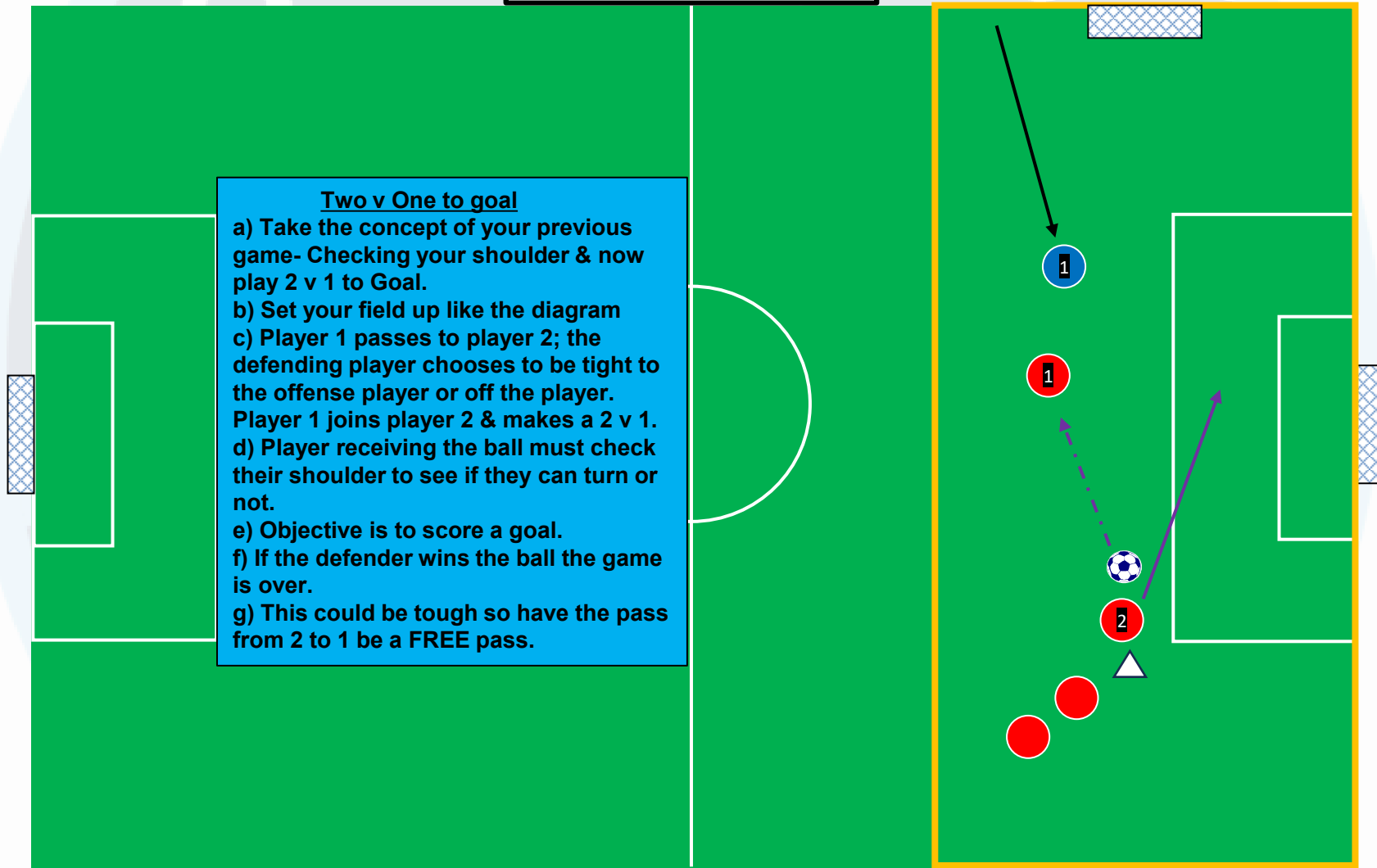


Run

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.



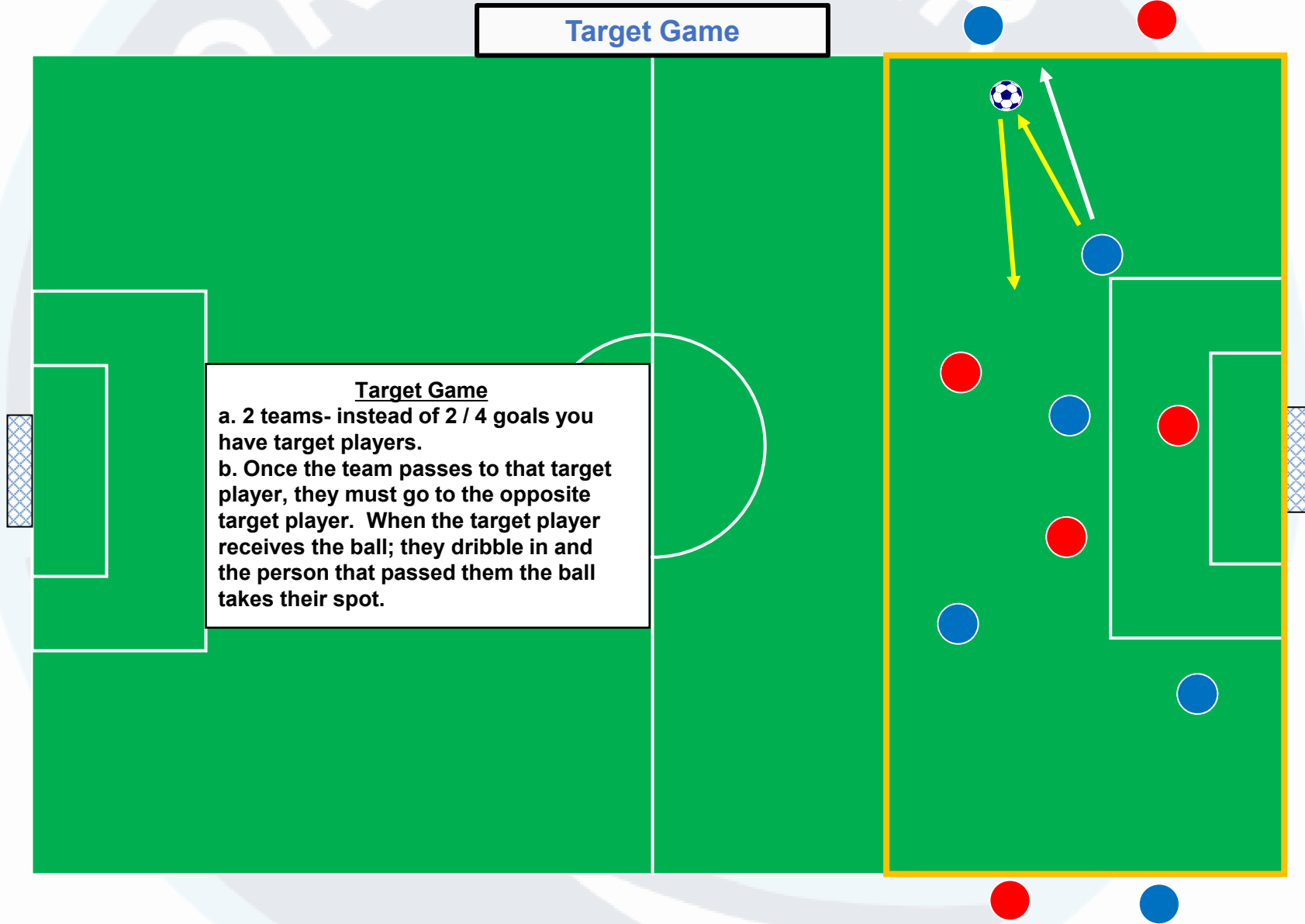
Run

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.

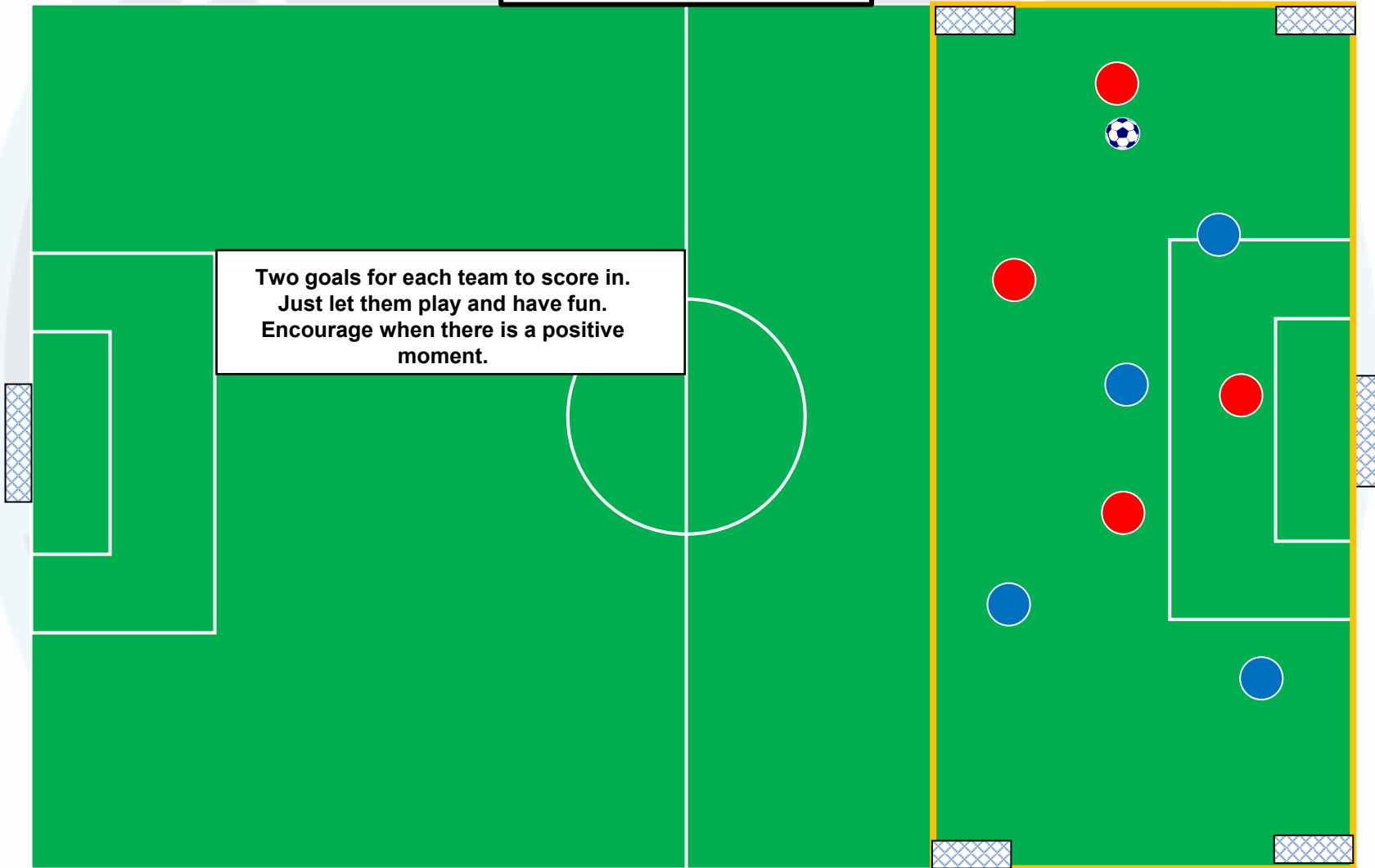


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

Two goals for each team to score in.
Just let them play and have fun.
Encourage when there is a positive
moment.

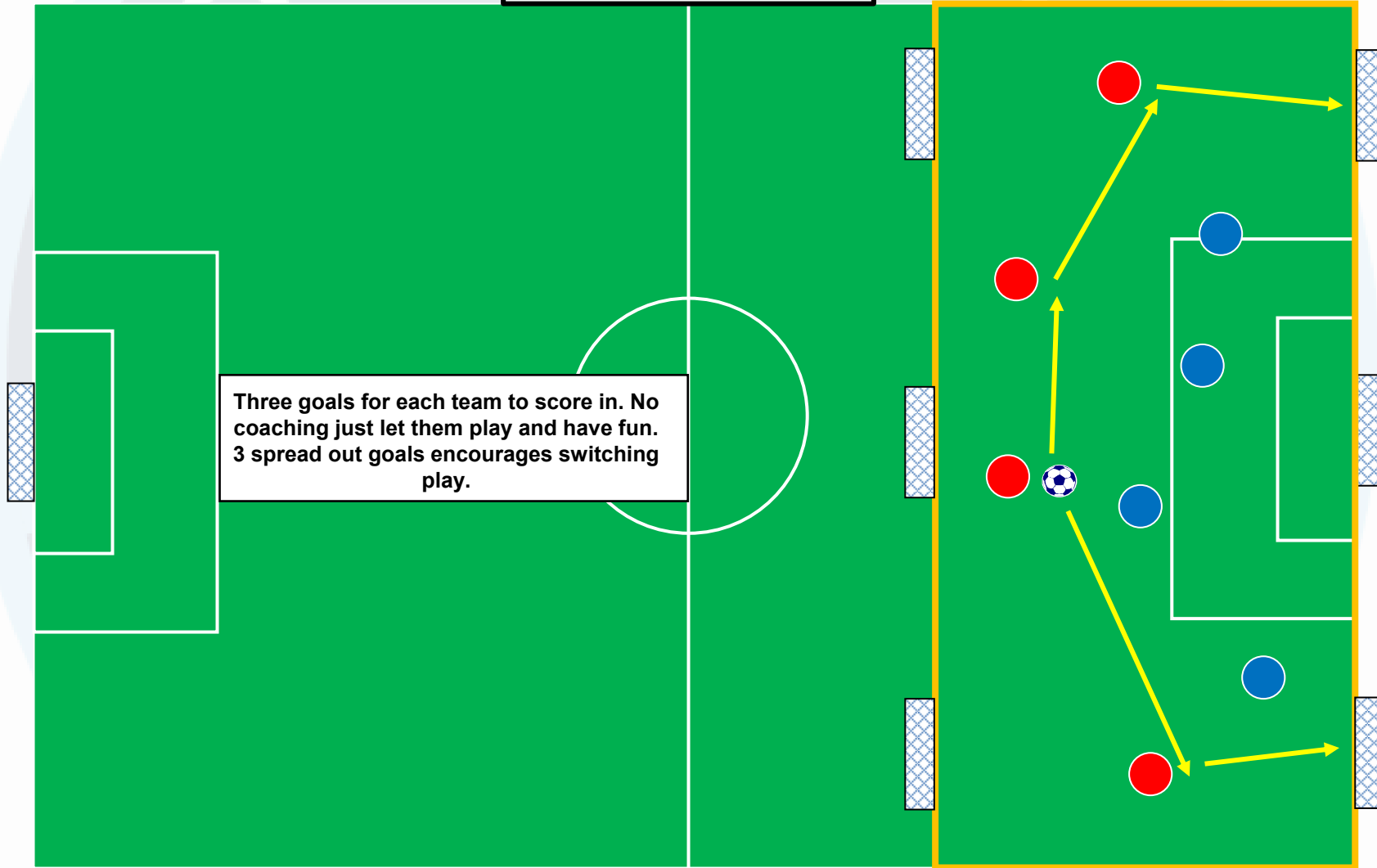


Always a
Scrimmage

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

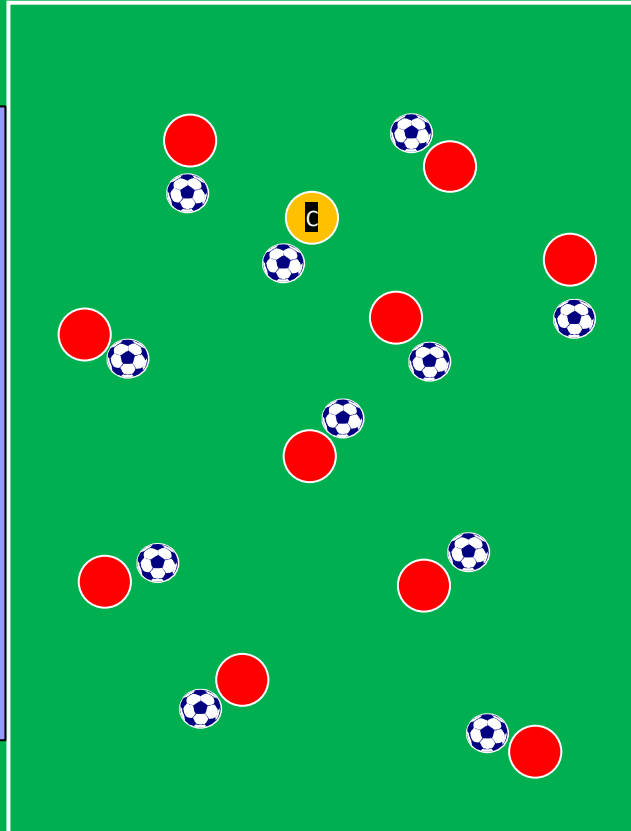
4. Scrimmage

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

Warm-up / Foundations

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

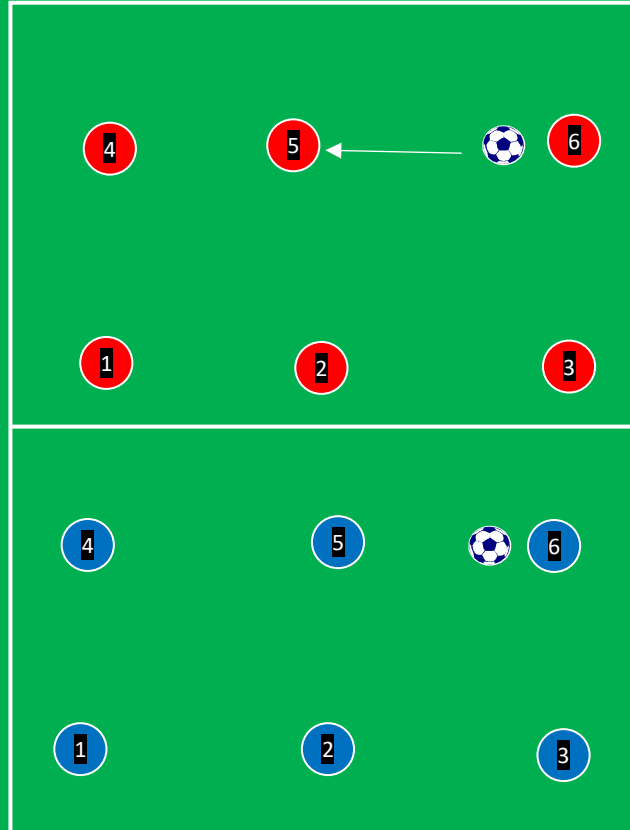
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



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.

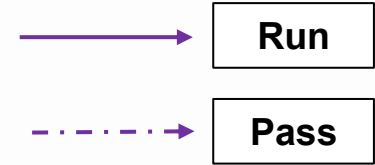


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it 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.
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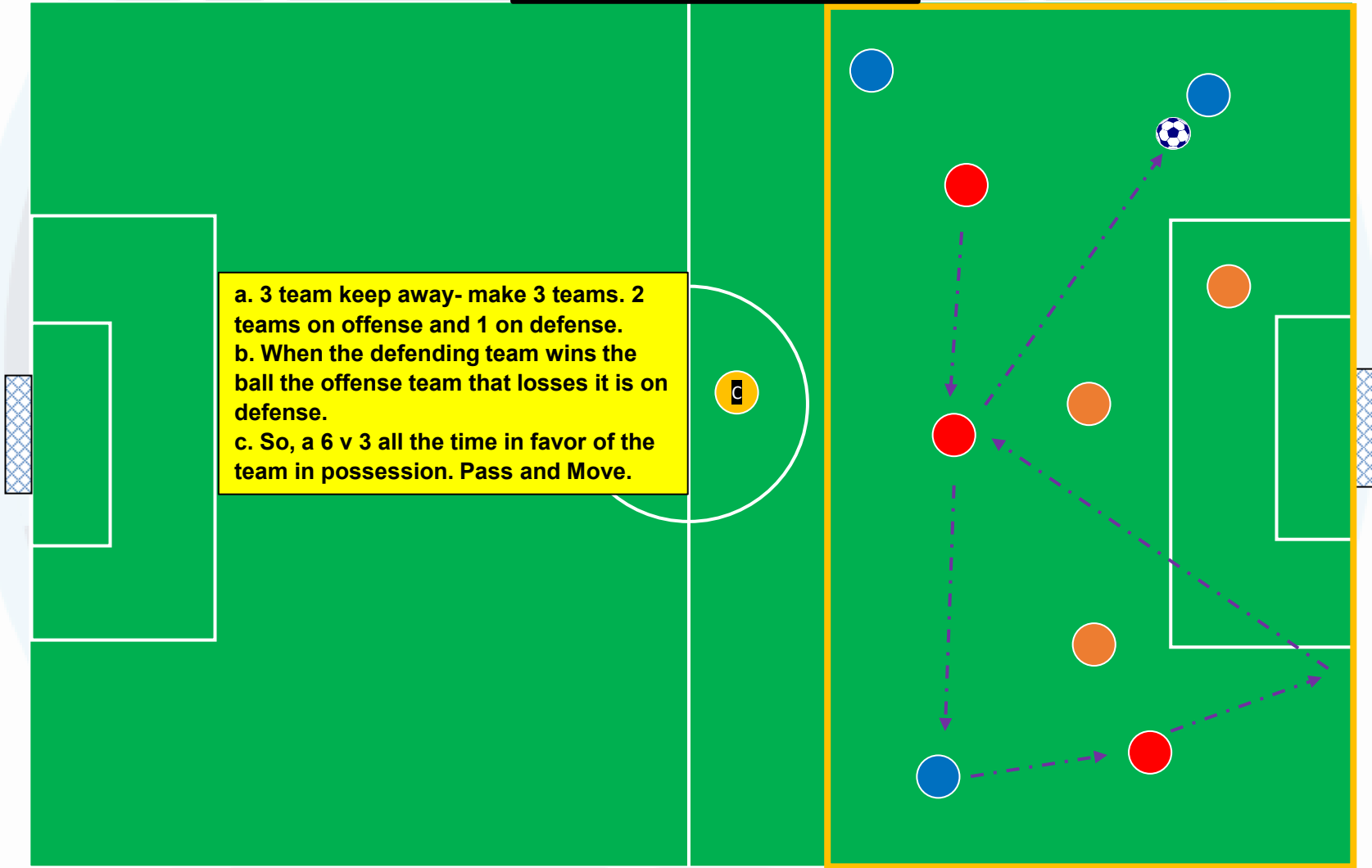
g) This could be tough so have the pass from 2 to 1 be a FREE pass.



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**

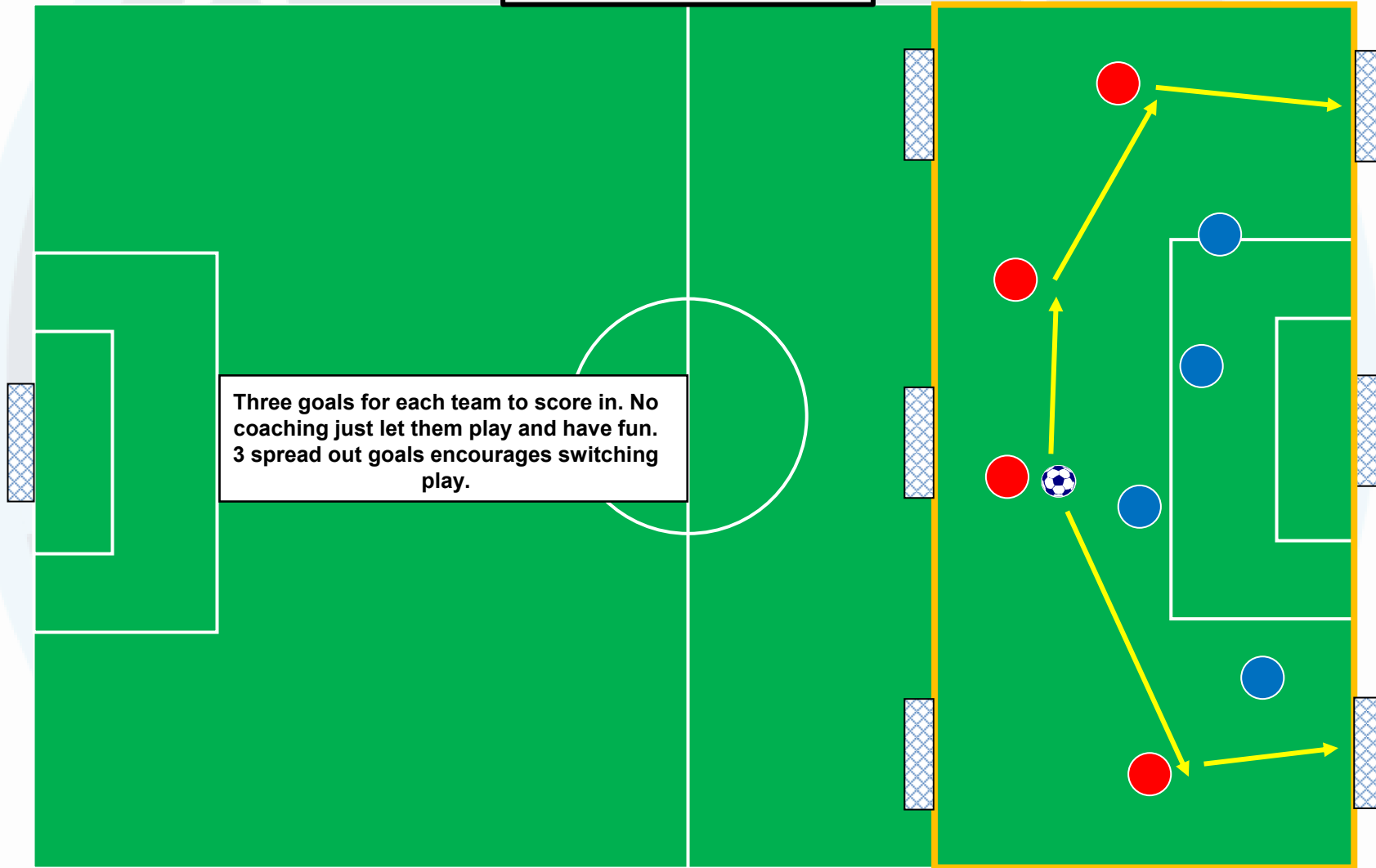


Always a
Scrimmage

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

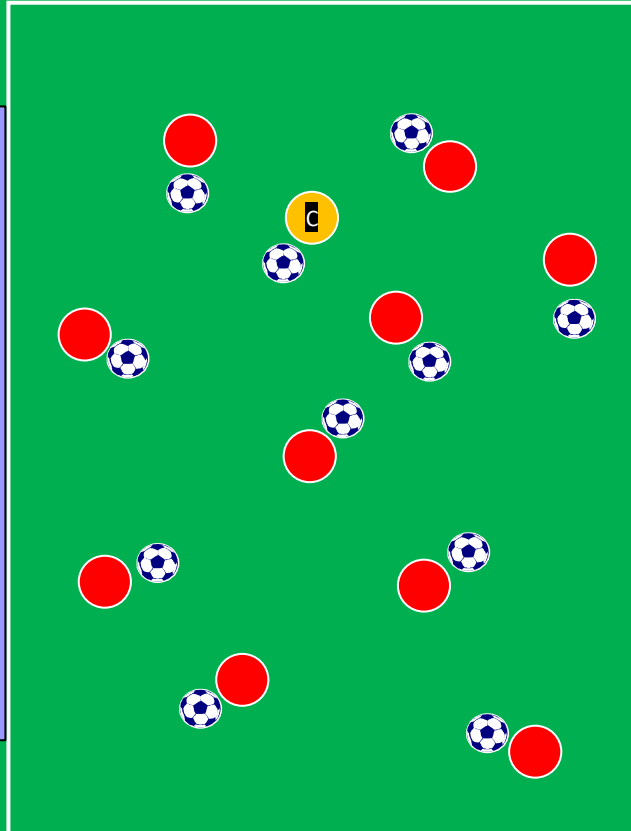
4. Scrimmage Game:

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

Warm-up / Foundations

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

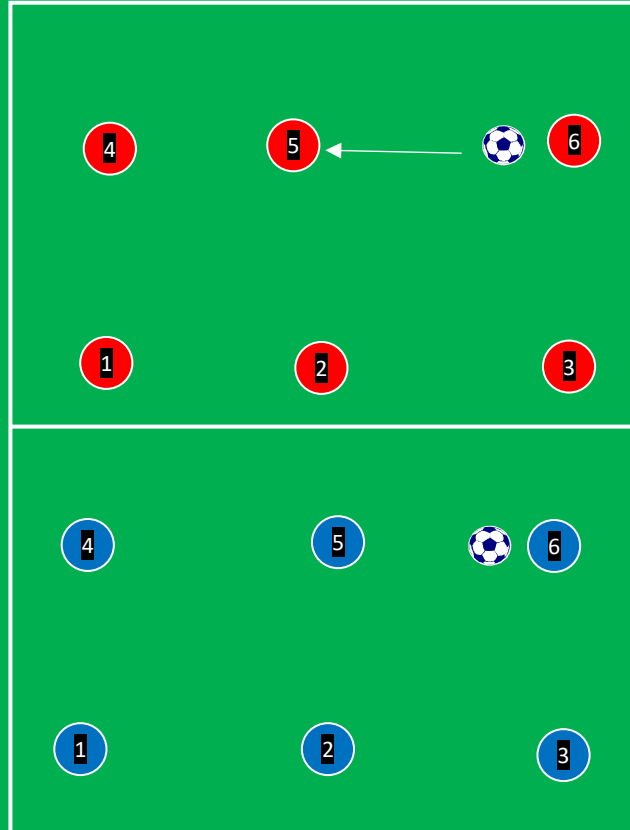
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Check your Shoulder

Check your shoulder

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- 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.
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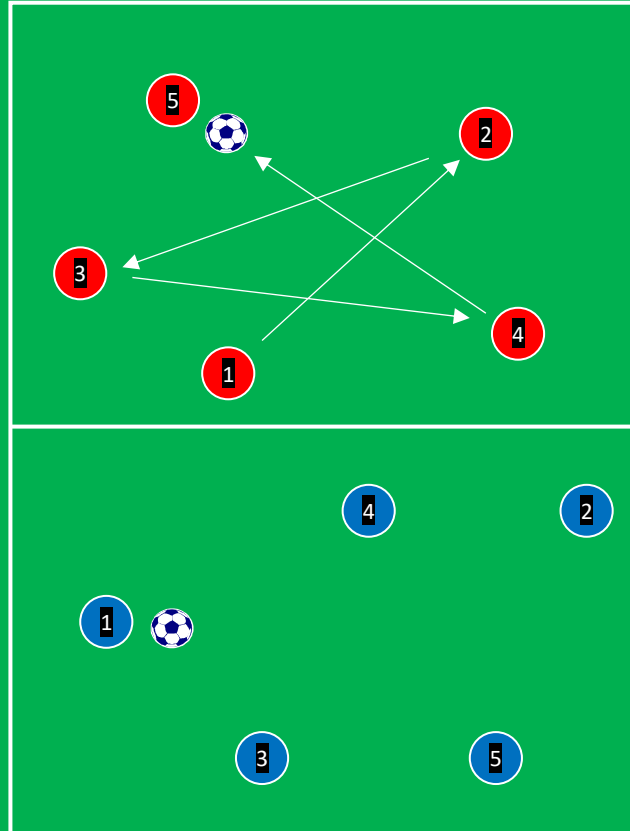


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it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

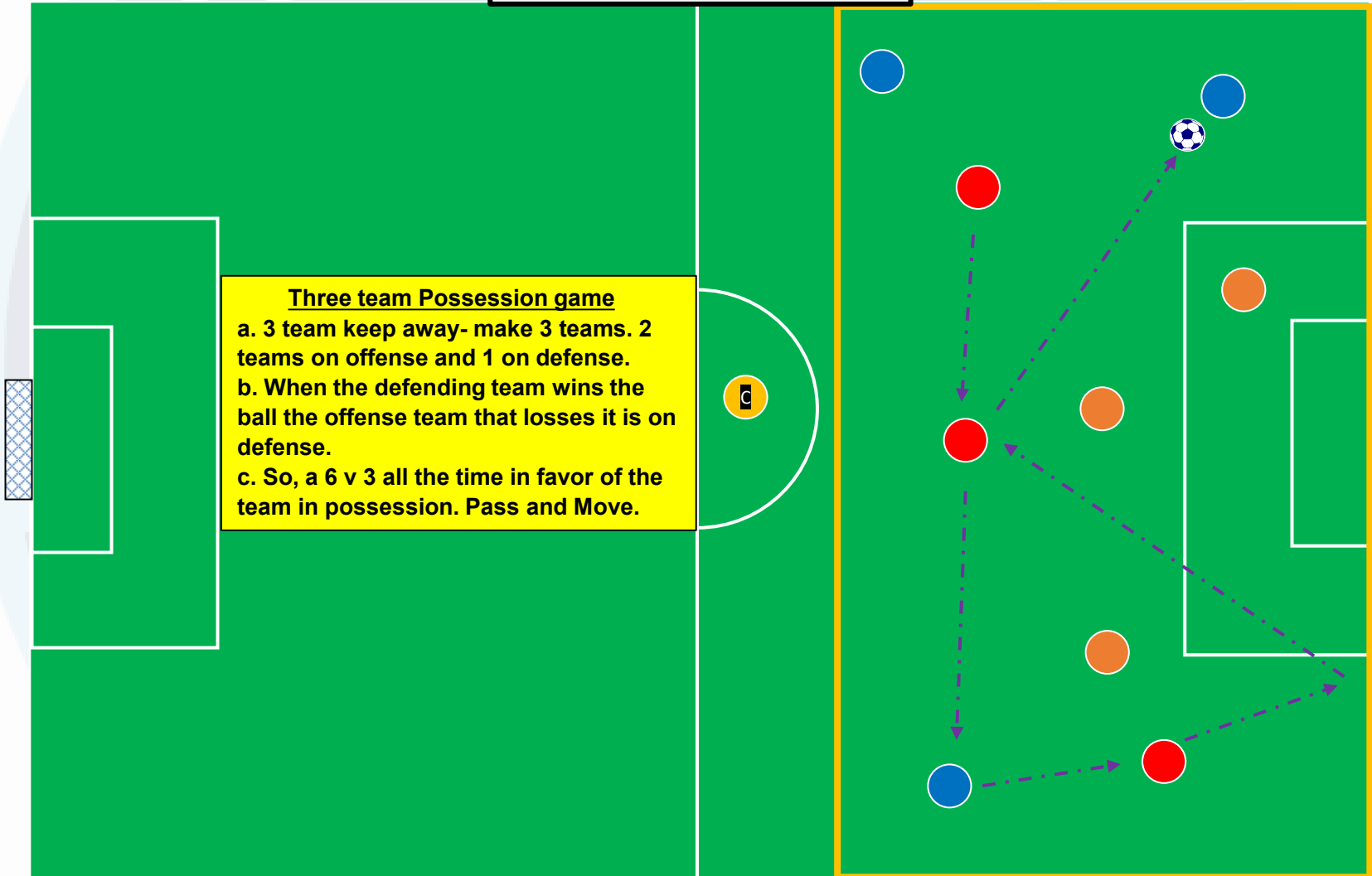
- Make 2 teams
- Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5.
- Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1.
- Once they get back to 1, they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



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