



North Star F.C. Training Manual for Grades 1-2

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



Grades One and Two

**A Five Weeks long Training Plan for
Recreational Soccer (Week One)**

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

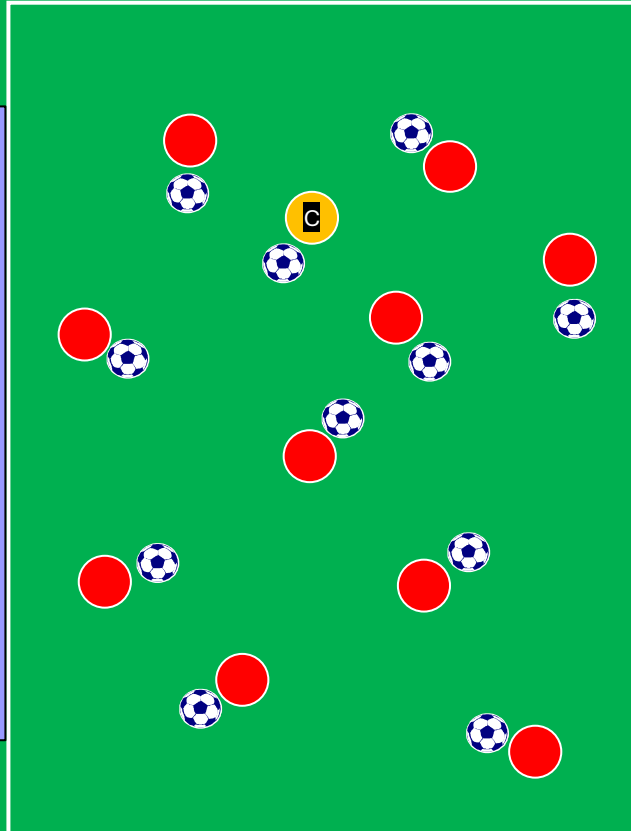
- a) Place several “gates” – using the discs throughout your field- have the gates be big and small. On your command the kids need to dribble through as many as they can. **10 min**
- b) Play 2 times.

5. Scrimmage- Try using the 2 goals goal. **10 mins**

Warm-up / Foundations

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

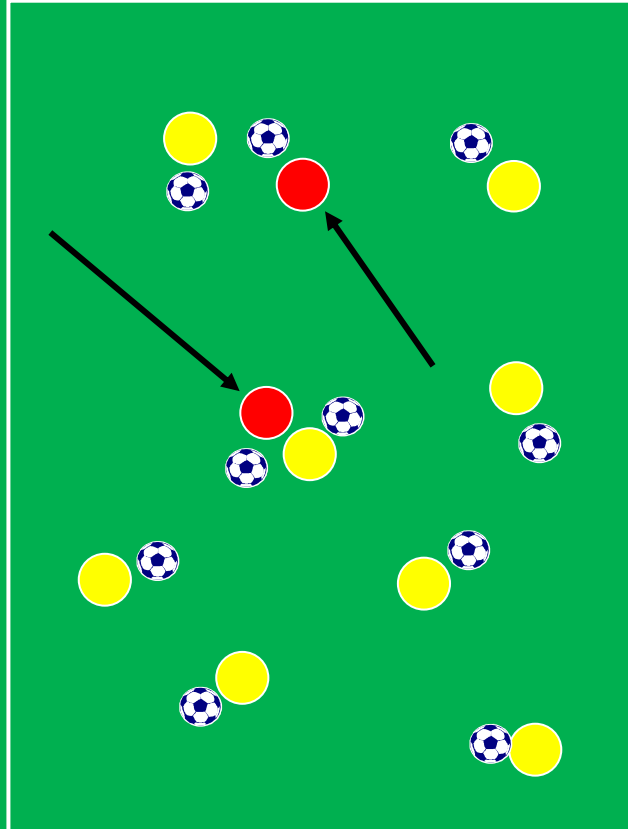
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

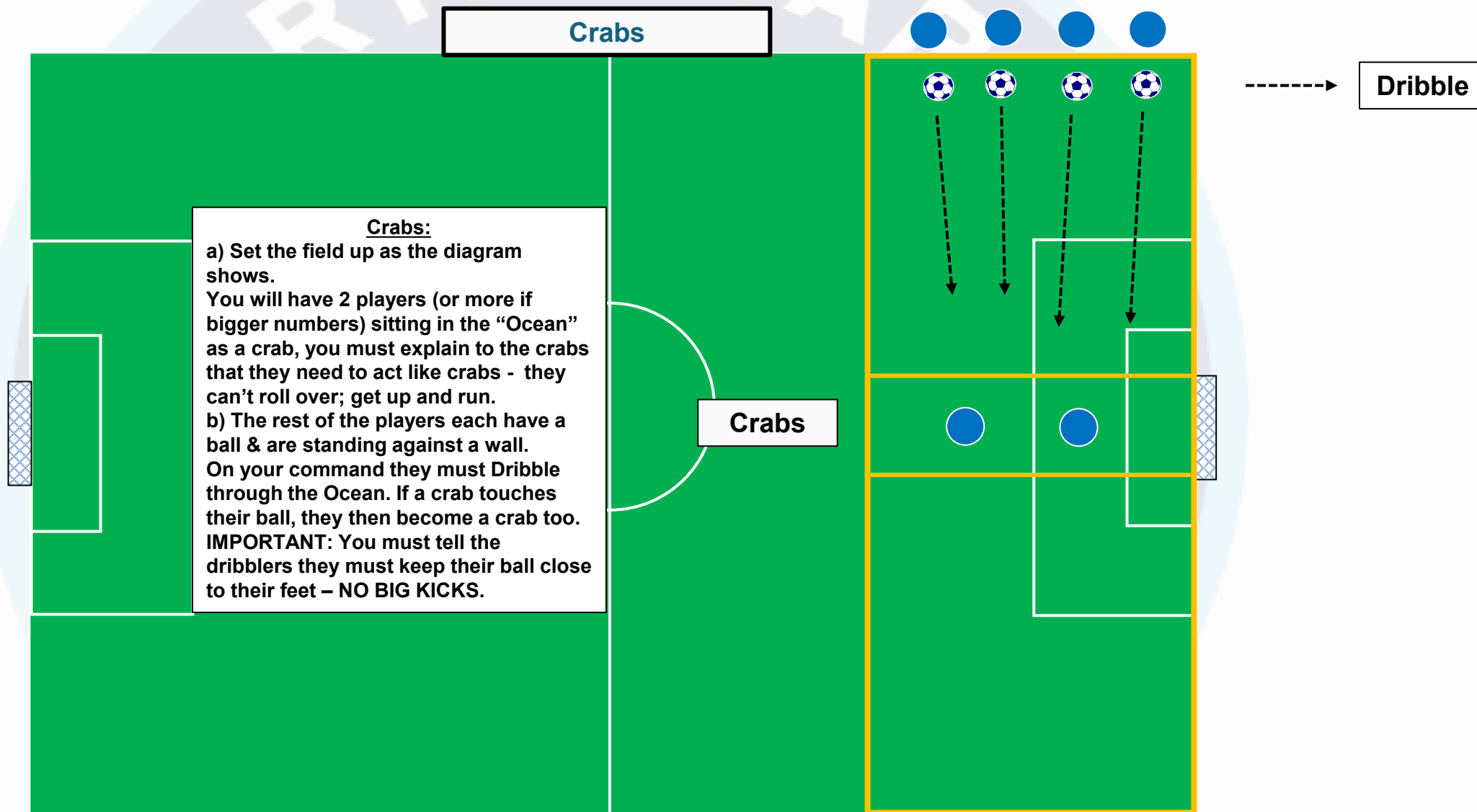


Taggers

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

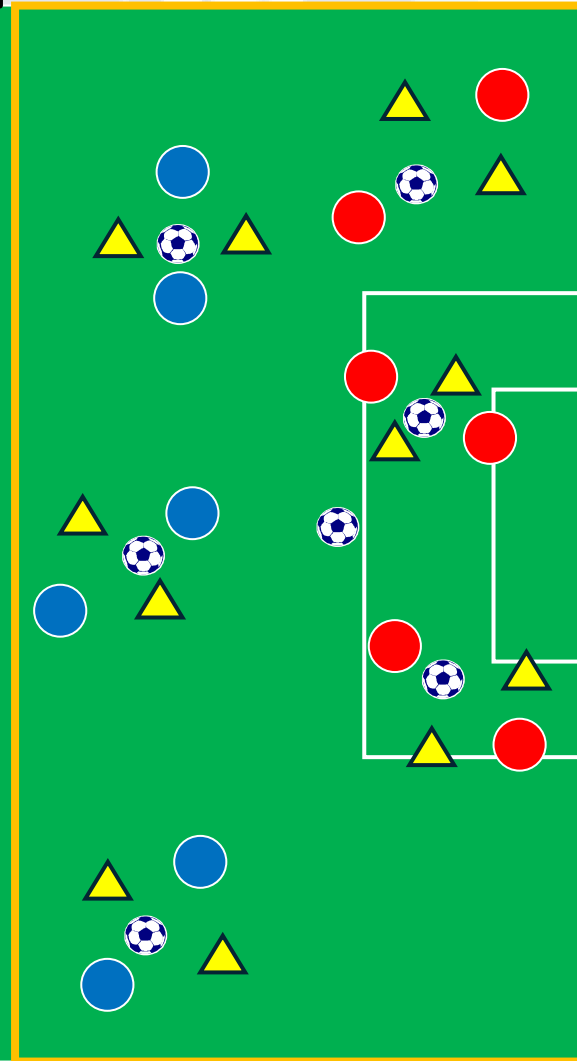




Passing Gates

Passing Gates

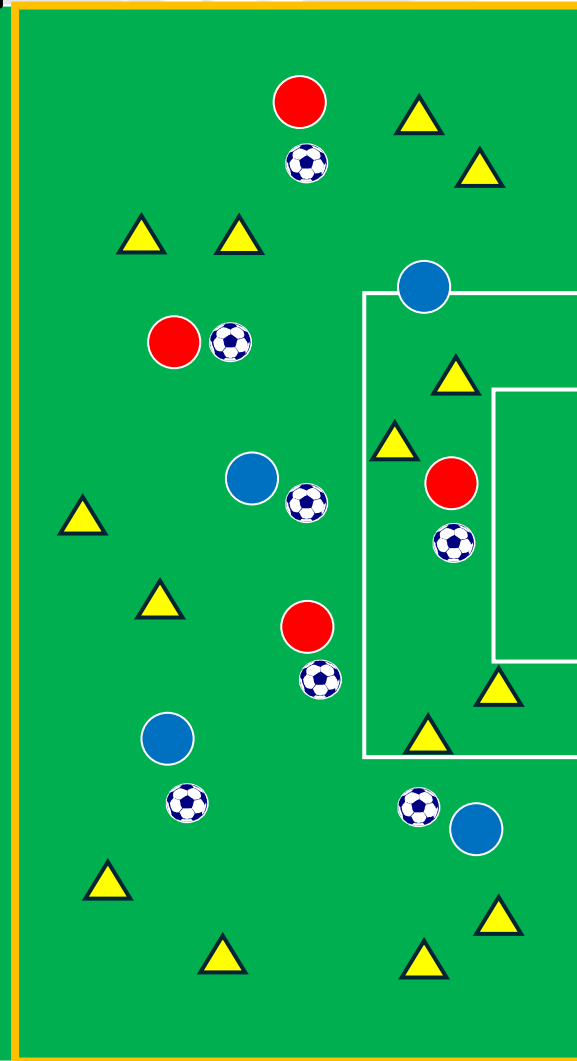
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



Gate Dribbling

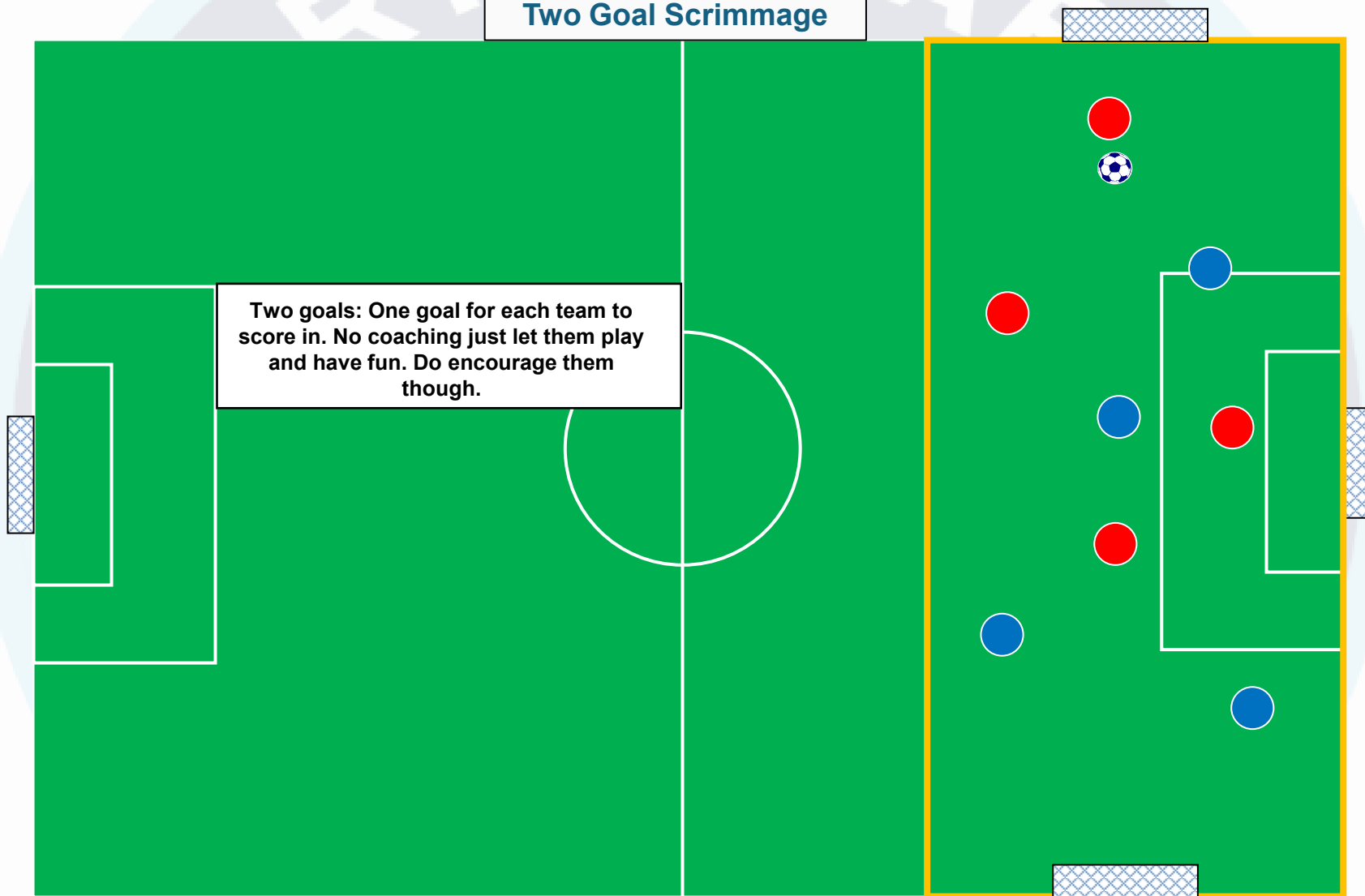
Gate Dribbling

- 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.



Two Goal Scrimmage

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





Grades One and Two

**A Five Weeks long Training Plan for
Recreational Soccer (Week Two)**

Week 2

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

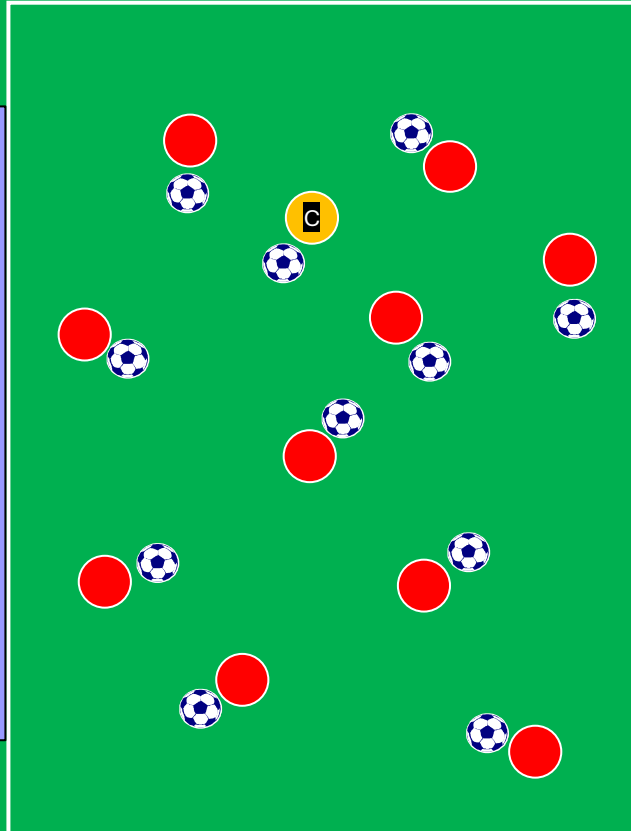
- a) Place several “gates” – using the discs throughout your field- have the gates be big and small. On your command the kids need to dribble through as many as they can. **10 min**
- b) Play 2 times.

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

Warm-up / Foundations

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

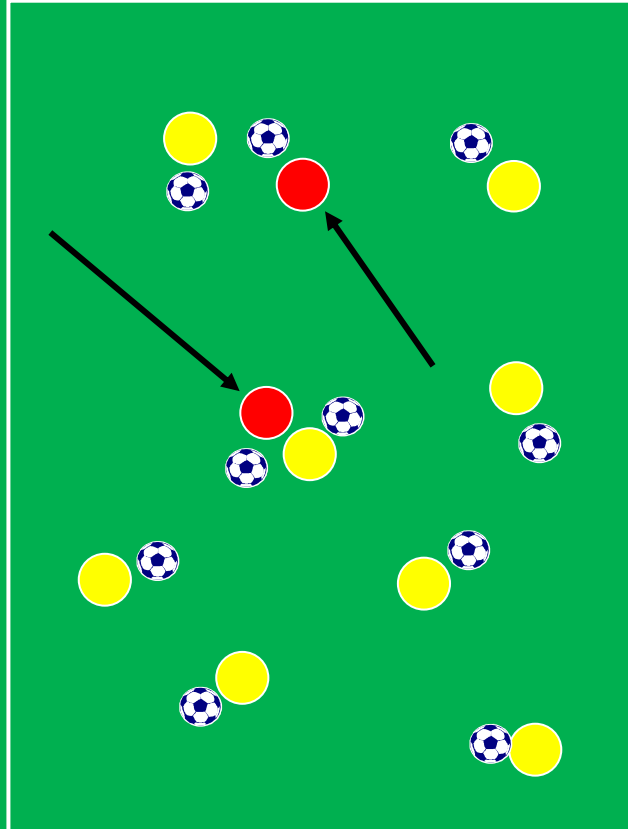
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

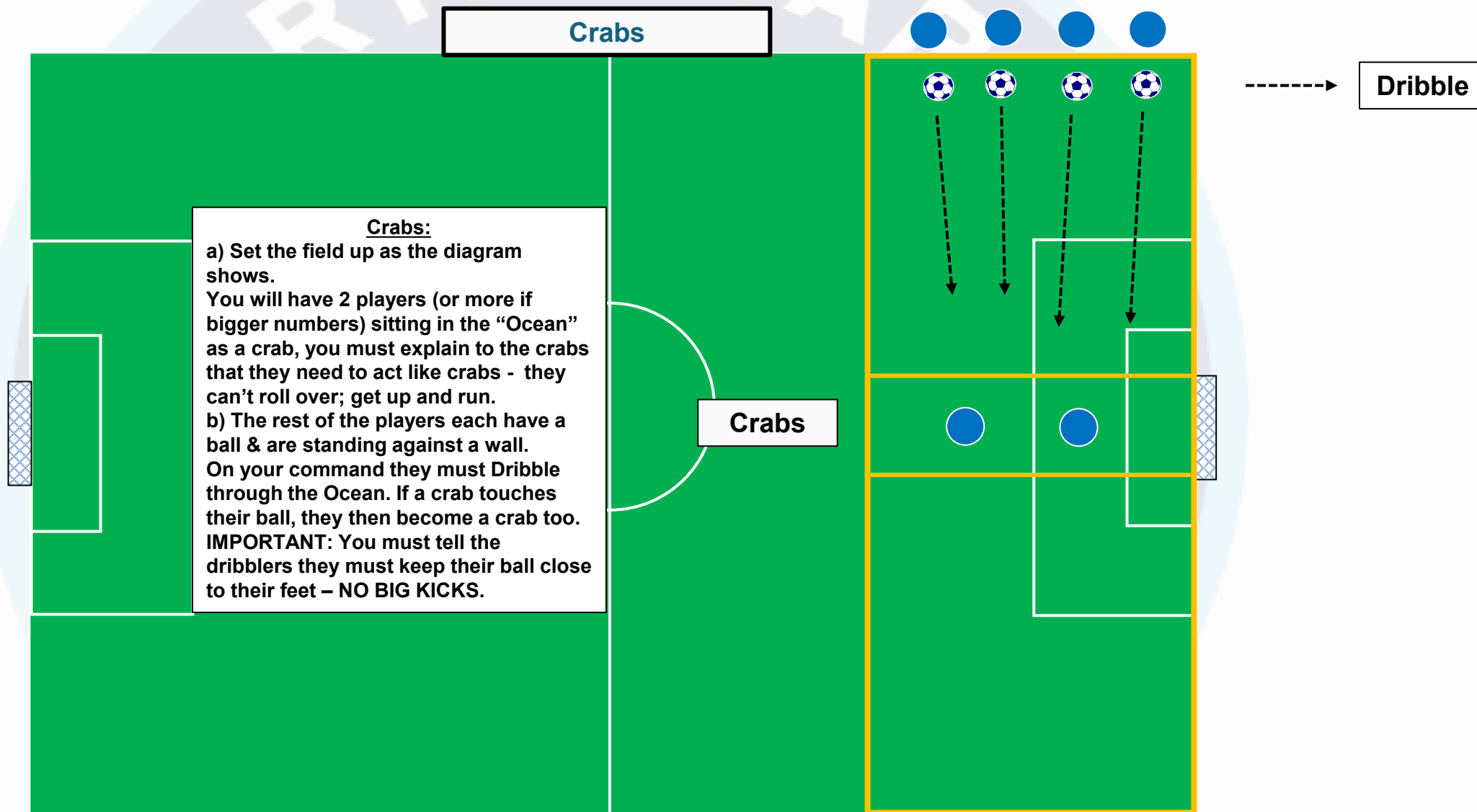


Taggers

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

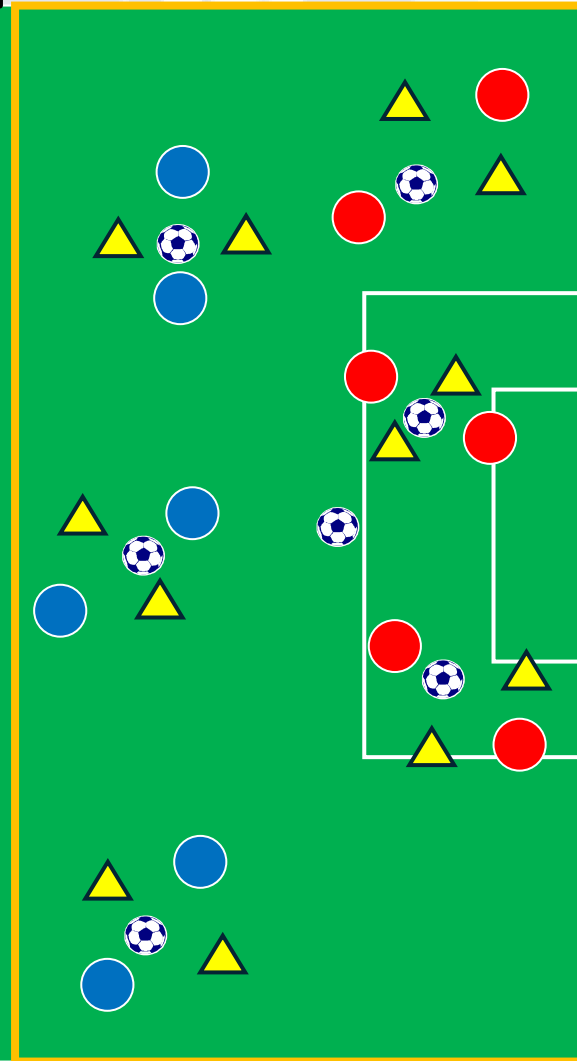




Passing Gates

Passing Gates

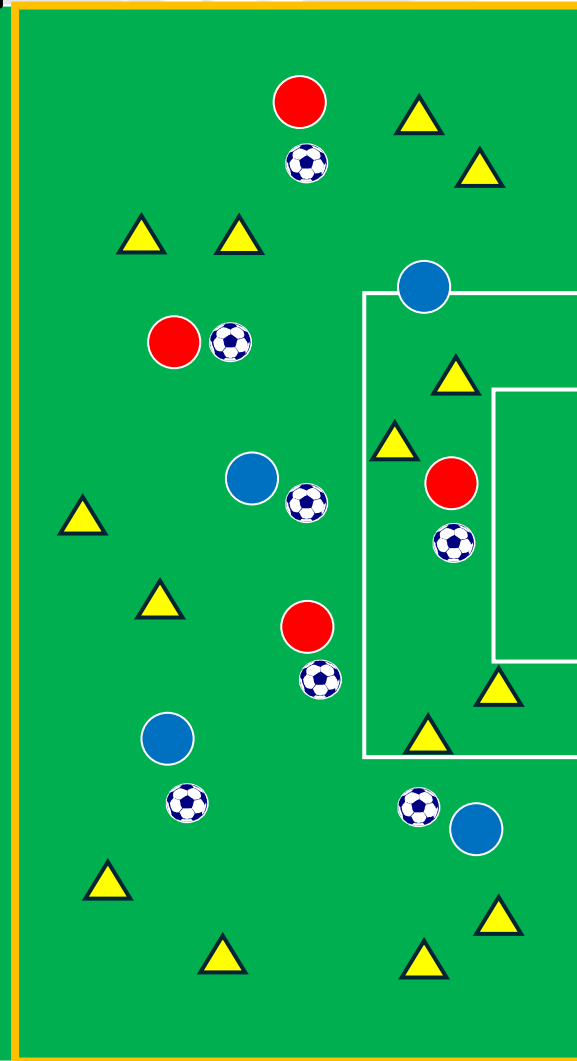
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



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.



Two Goal Scrimmage

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





Grades One and Two

**A Five Weeks long Training Plan for
Recreational Soccer (Week 3)**

Week 3

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

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.

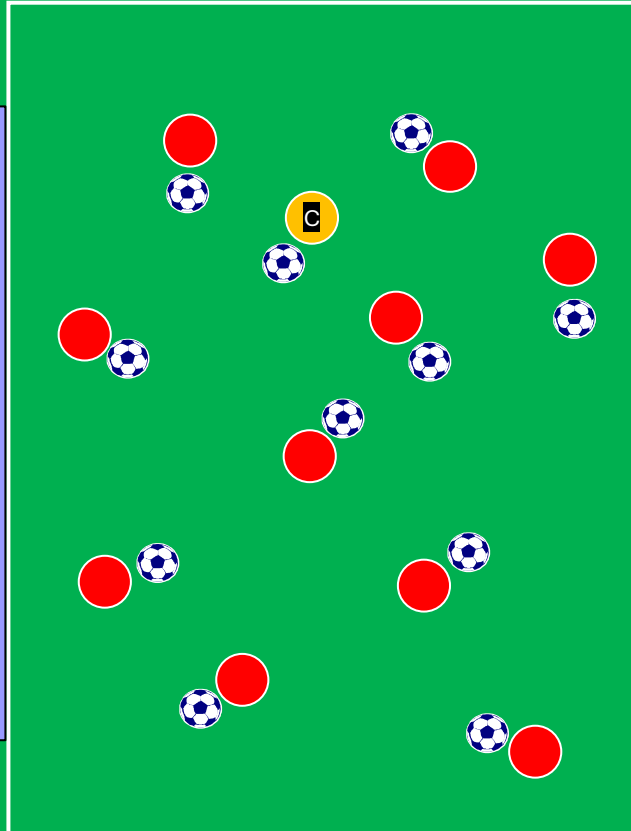
After the kids do this, have them take the balls back to the other side to play again. **10 Min**

5. Scrimmage Use 2 Goal Game **10 min**

Warm-up / Foundations

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

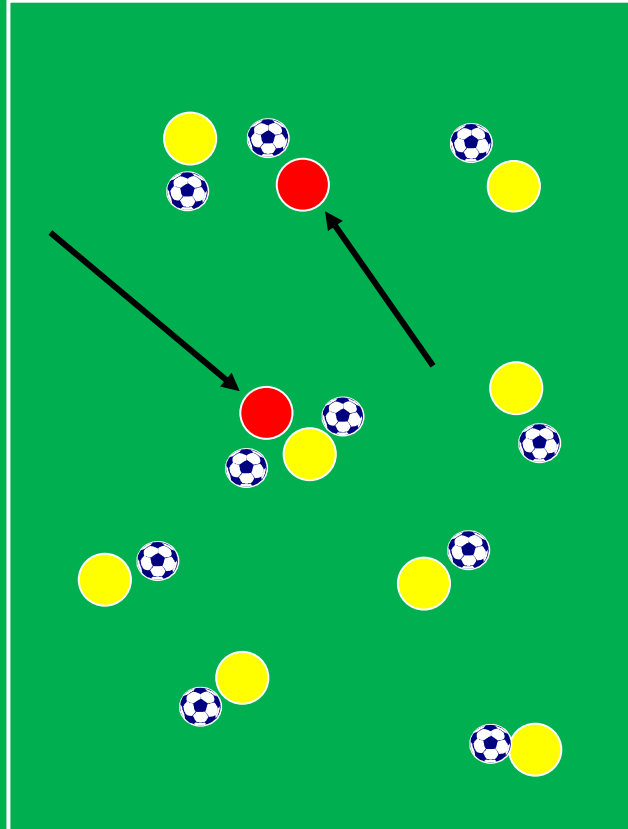
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Taggers

Taggers

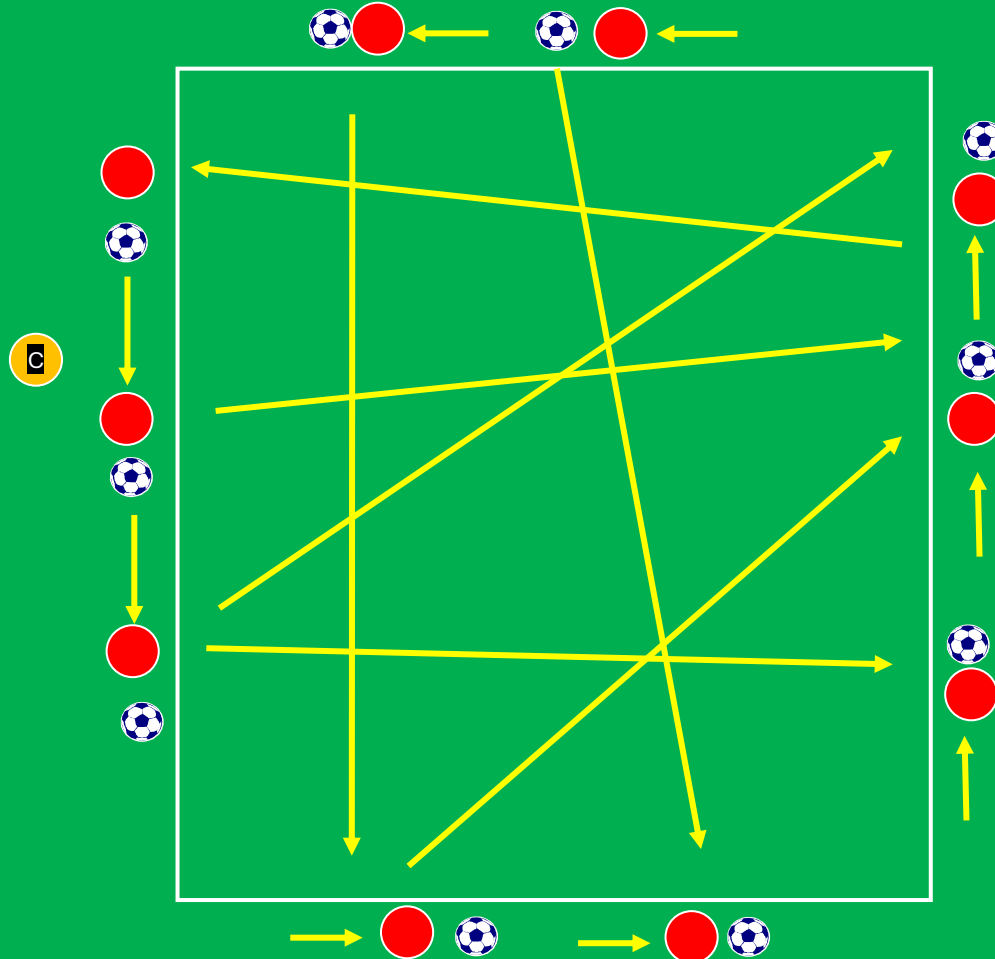
- a. Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- b. On your command the players dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- c. If you get tagged; you must freeze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



Crabs

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 – NO BIG KICKS.
- c) Play approx. 7 to 10 minutes.

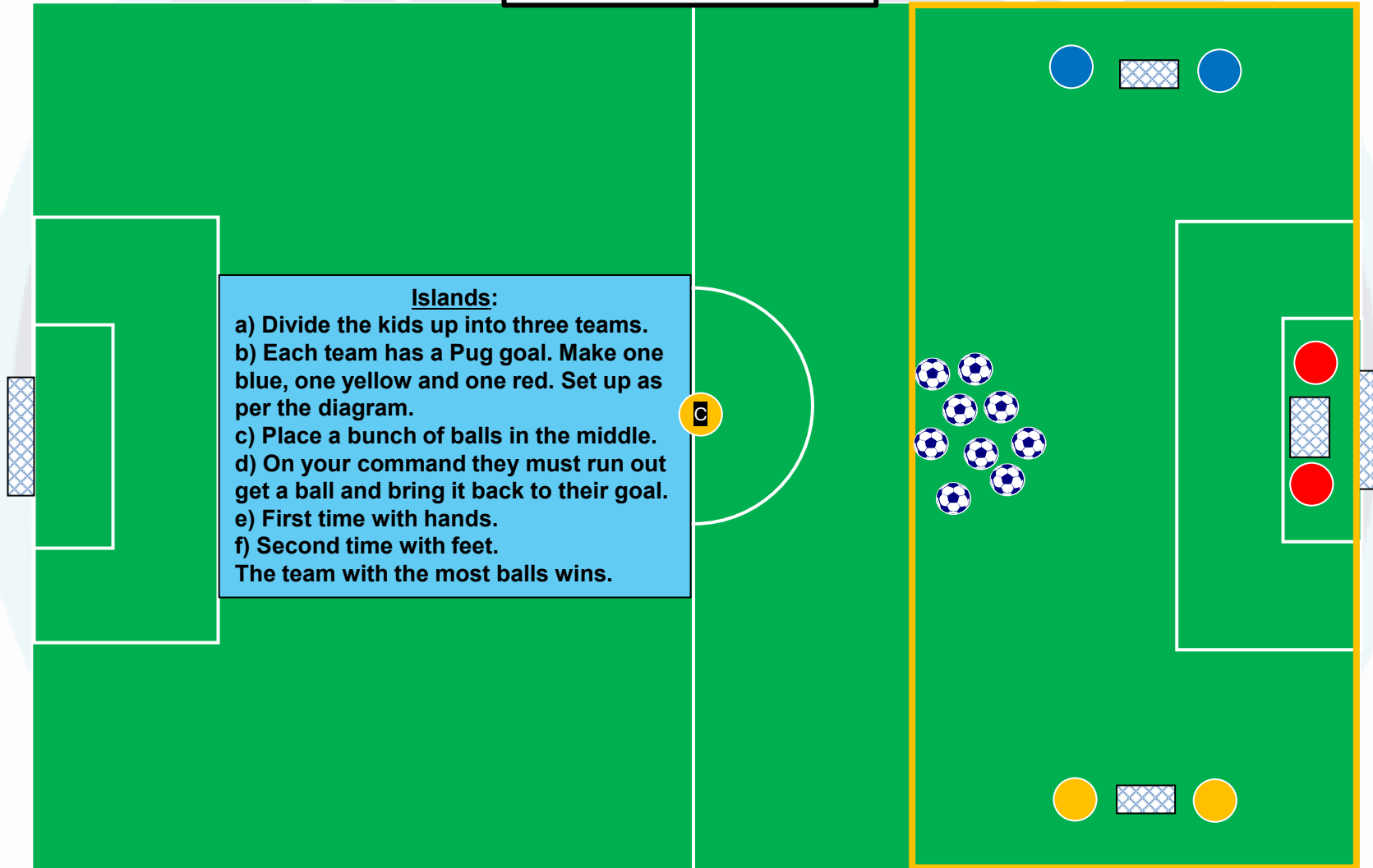
Crabs

-----> Dribble

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

**Let them play free
of instruction**

Two Goal Scrimmage

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 Four)**

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

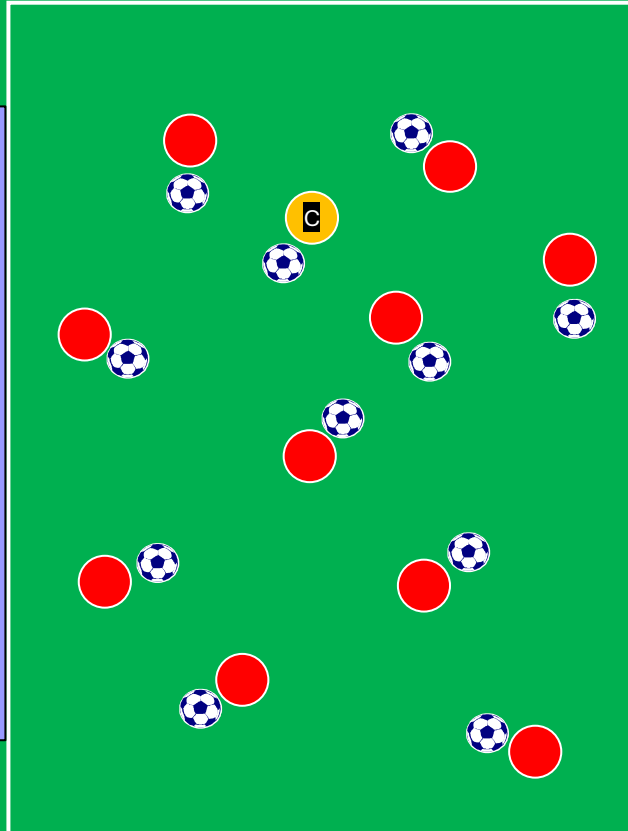
- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off.

5. Scrimmage Use 2 Goal Game 10 min

Warm-up / Foundations

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

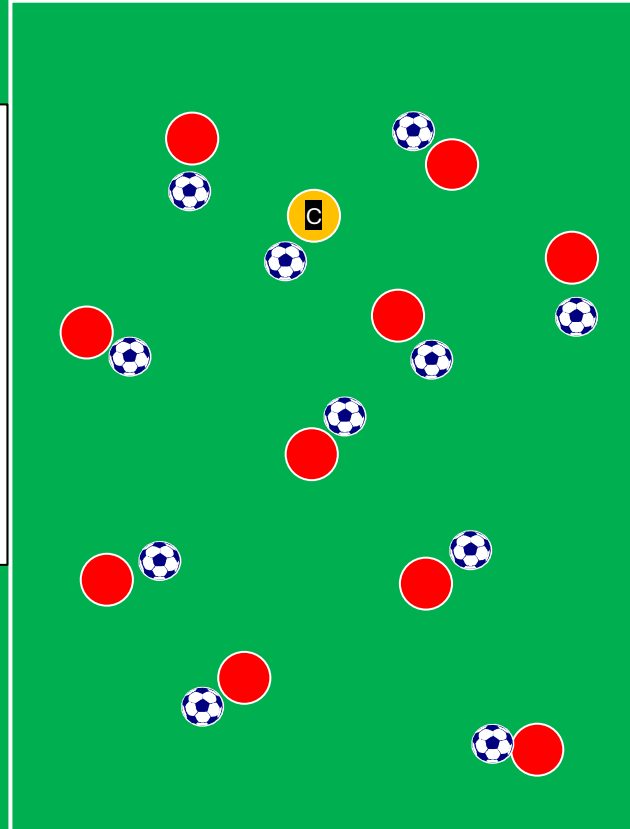
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tail-Tag

Tail-Tag

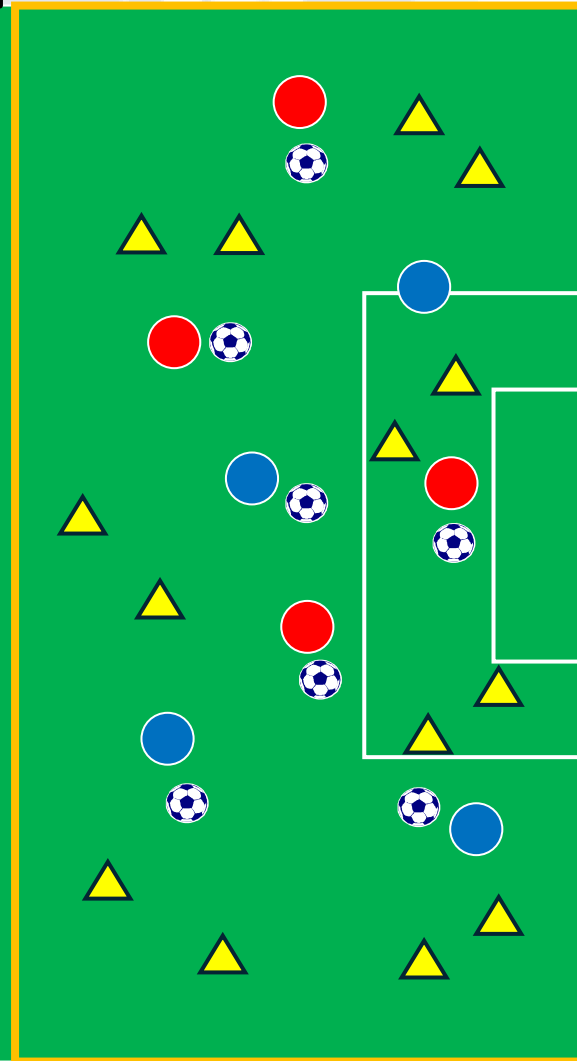
- a. In a large grid, have each child with a ball and a pennie on. They place the jersey on their back side to make a tail.
- b. You the coach do not have one, on your command everyone dribbles their ball around and you go around trying to pull their tail out.
- c. Everyone needs to have a ball at all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



Gate Dribbling

Gate Dribbling

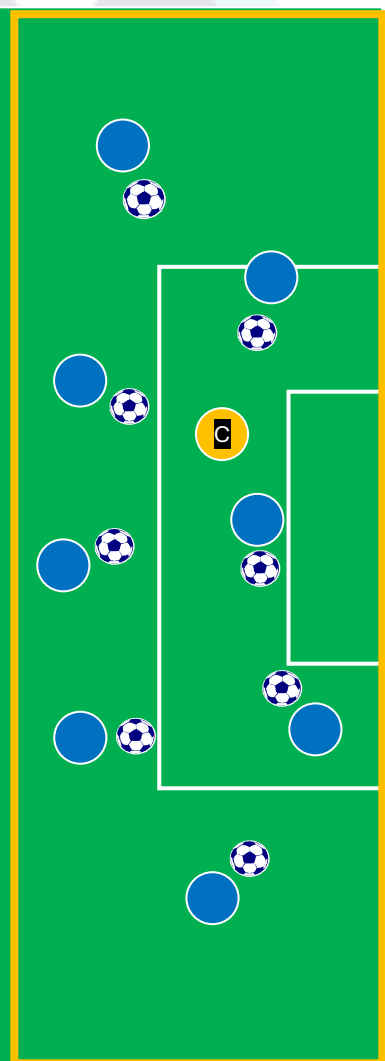
- Place several "gates" – using the discs throughout your field- have the gates be big and small.
- On your command the kids need to dribble through as many as they can.
- Play 2 times.



Tickle-Wickle

Tickle-Wickle

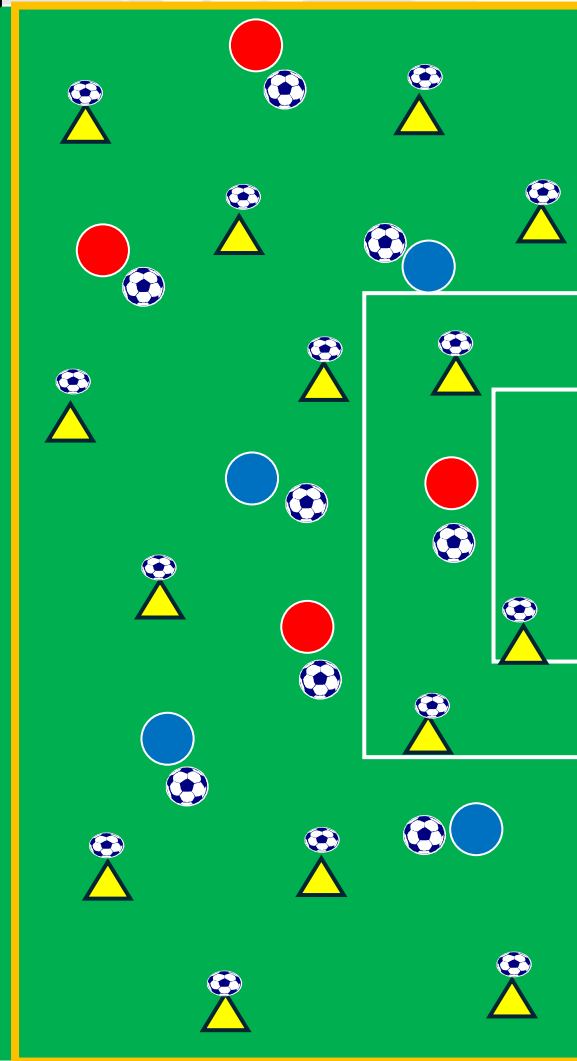
- a. Same grid as bumper cars
- b. Each play has a ball
- c. Use a swim noodle to “tickle” the kids. The kids need to stay away from you, so they don’t get tickled.



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.



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 Five)**

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

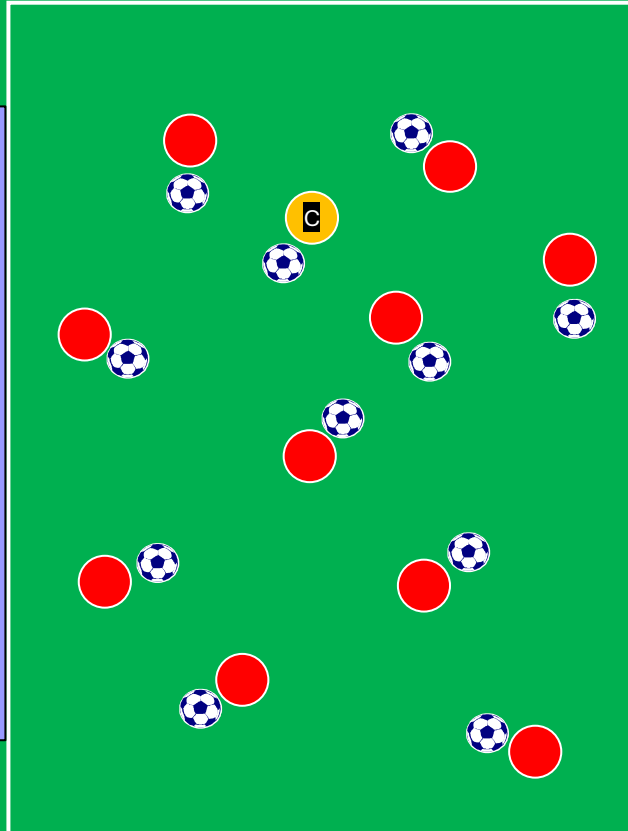
- a) Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- b) Place a bunch of balls in the middle.
- c) On your command they need to run out get a ball and bring it back to their goal.
 - i) First time with hands.
 - ii) Second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

5. Scrimmage Use the 2-goal game or advance to the 4 Goal Game. 10 min

Warm-up / Foundations

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

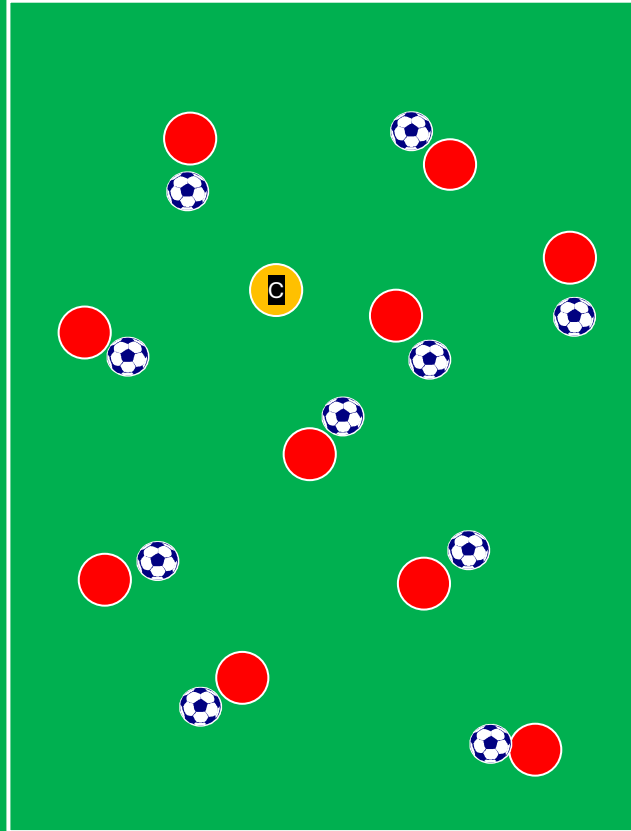
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tiger Ball

Tiger Ball

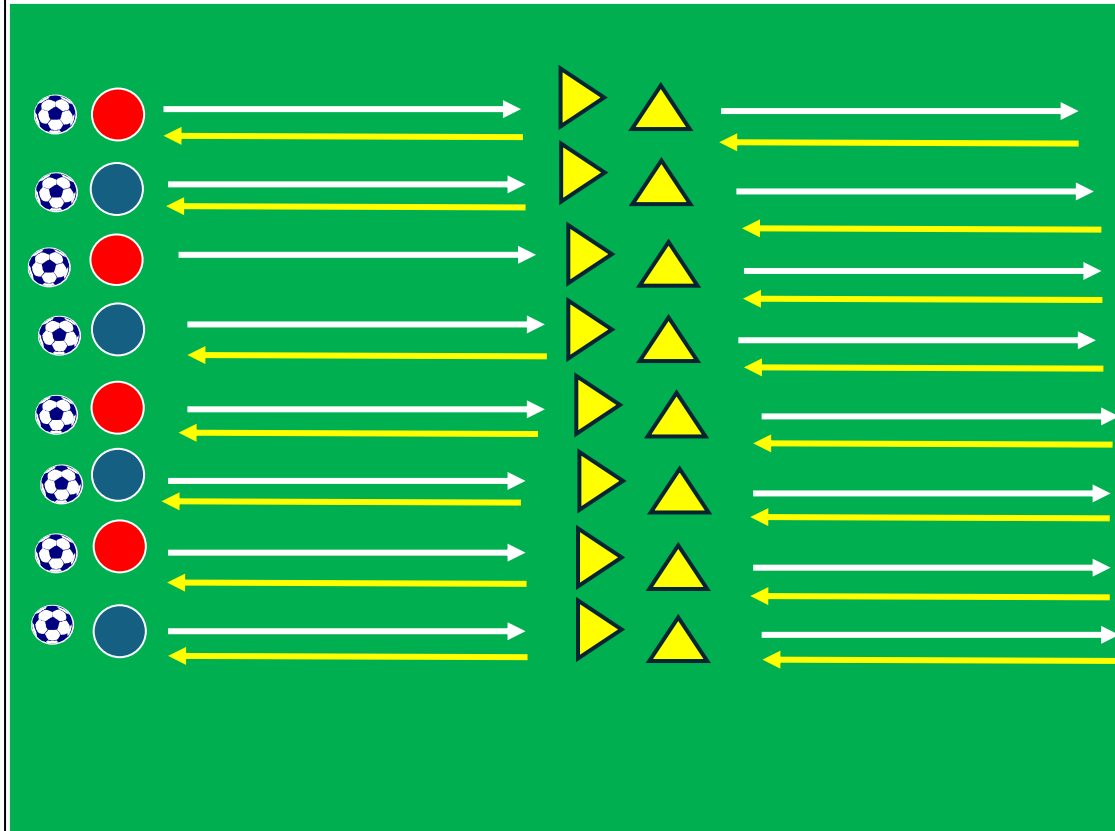
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the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

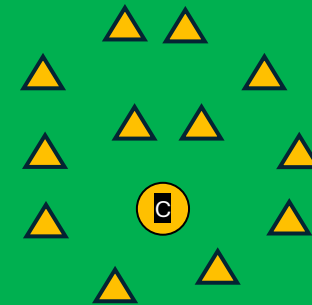
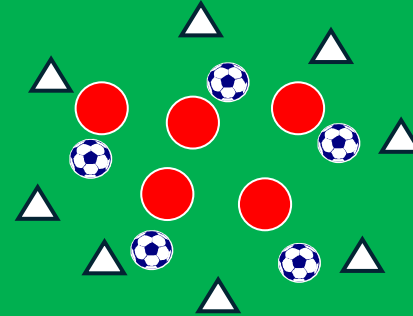
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want (If possible) to have players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing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



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.



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.
But always encourage them.

