



Grades Three and Four

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

Week 1

Warm-up / Foundations 5 min

1. 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**

2. 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**

3. 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

4. Passing- gates-

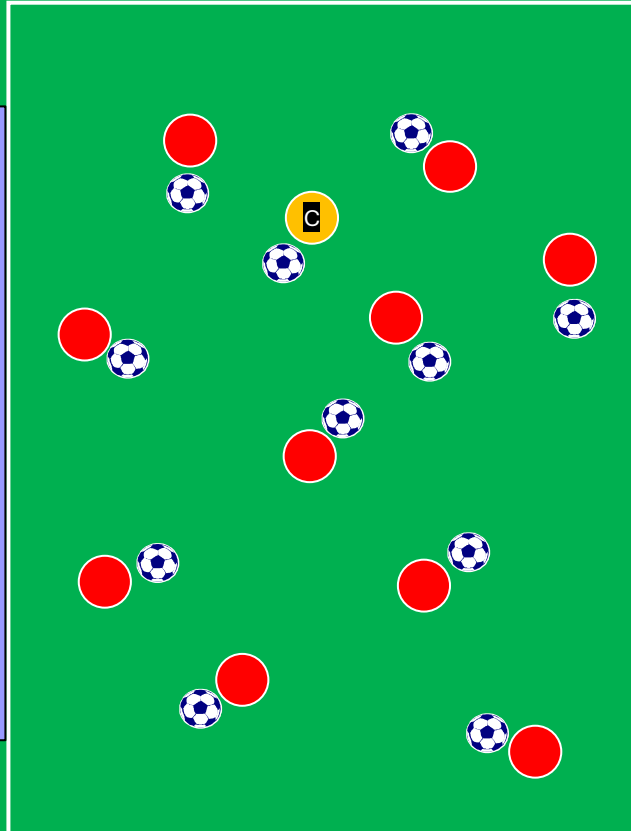
- a) Pair the players up and have them pass the ball between the gate- the gate is 2 discs that you set down. Start to work with them on not using their toe. Be sure to have them work on their week foot. Time **10 min**

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

Warm-up / Foundations

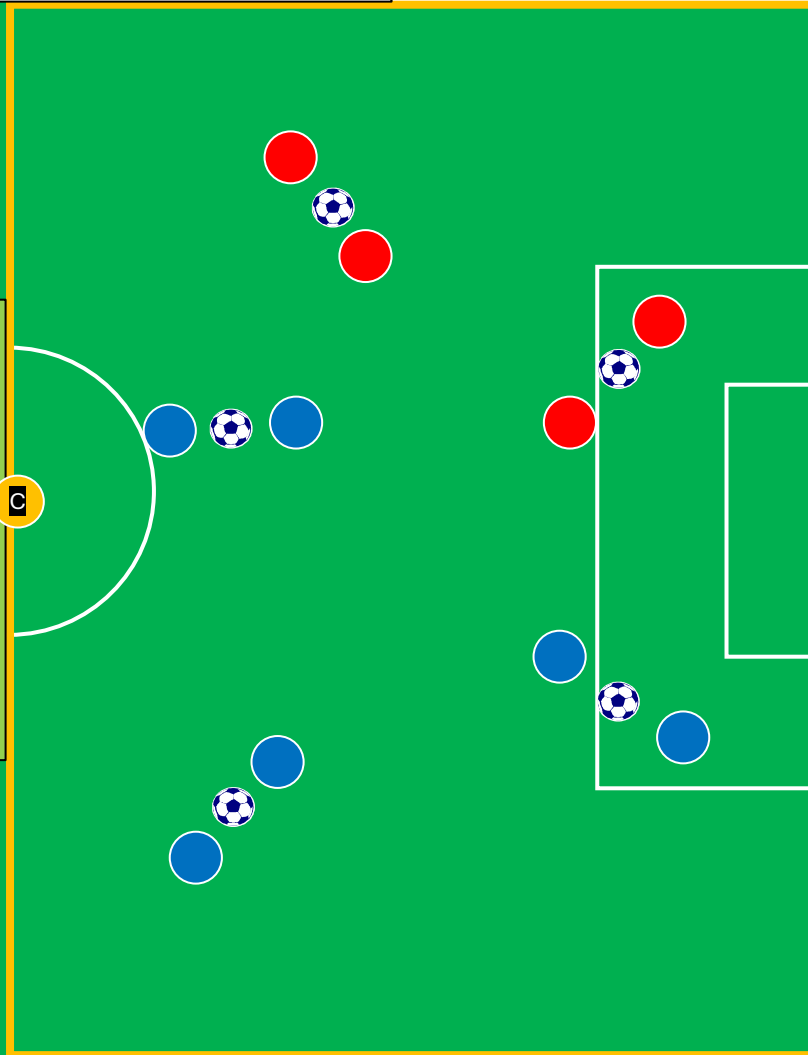
Warm-up foundations Dribbling / Turning / Ball Control / Juggling

- 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.



Head; Shoulders; Knees and Toes

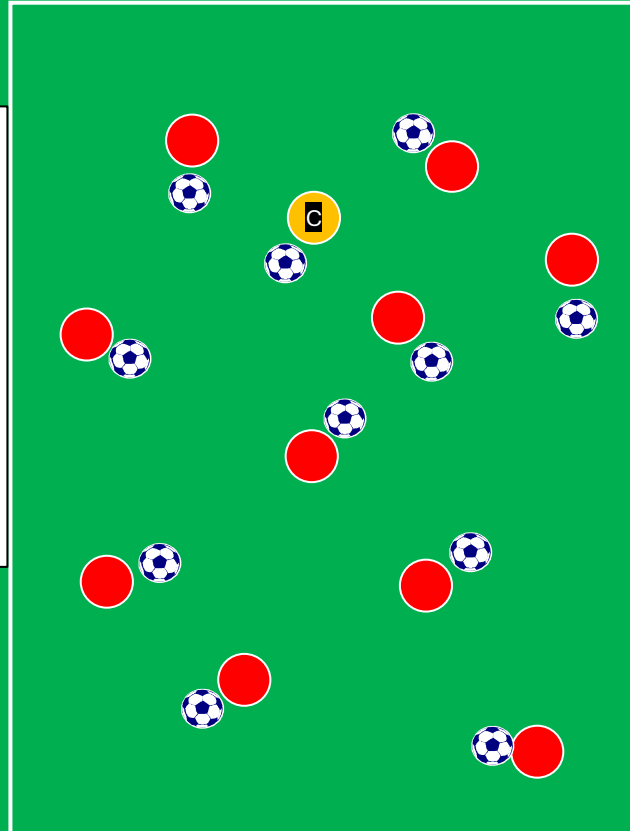
- Head; Shoulders; knees; Toes.**
- a. Pair players up with one ball between them.
 - b) Each player standing close to the ball facing it.
 - c) Coach calls out different parts of the body and the players must touch that part of the body.
 - d) When the coach yells BALL they must win the ball from their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



Tail-Tag

Tail-Tag

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



Clean your bedroom

Clean your bedroom

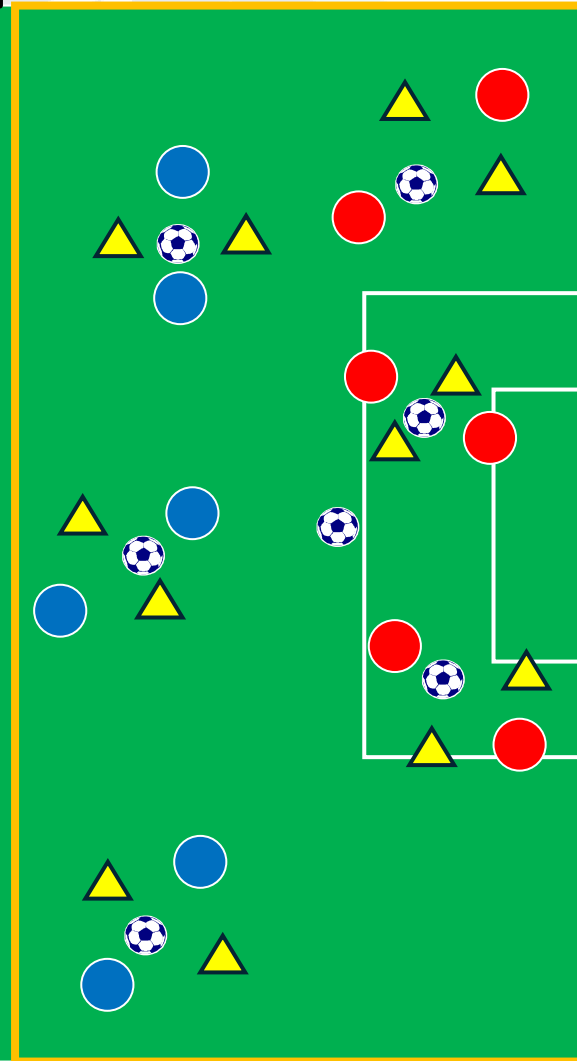
- In the same grid and tail-tag divide the grid into 2 equal sides. A bunch of balls needed for this.
- Divide the players into two teams. On your command have them run out and kick the balls into the other side making it a Mess.
- The players must stay in their Grid. If a ball goes out, you will simply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



Passing Gates

Passing Gates

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

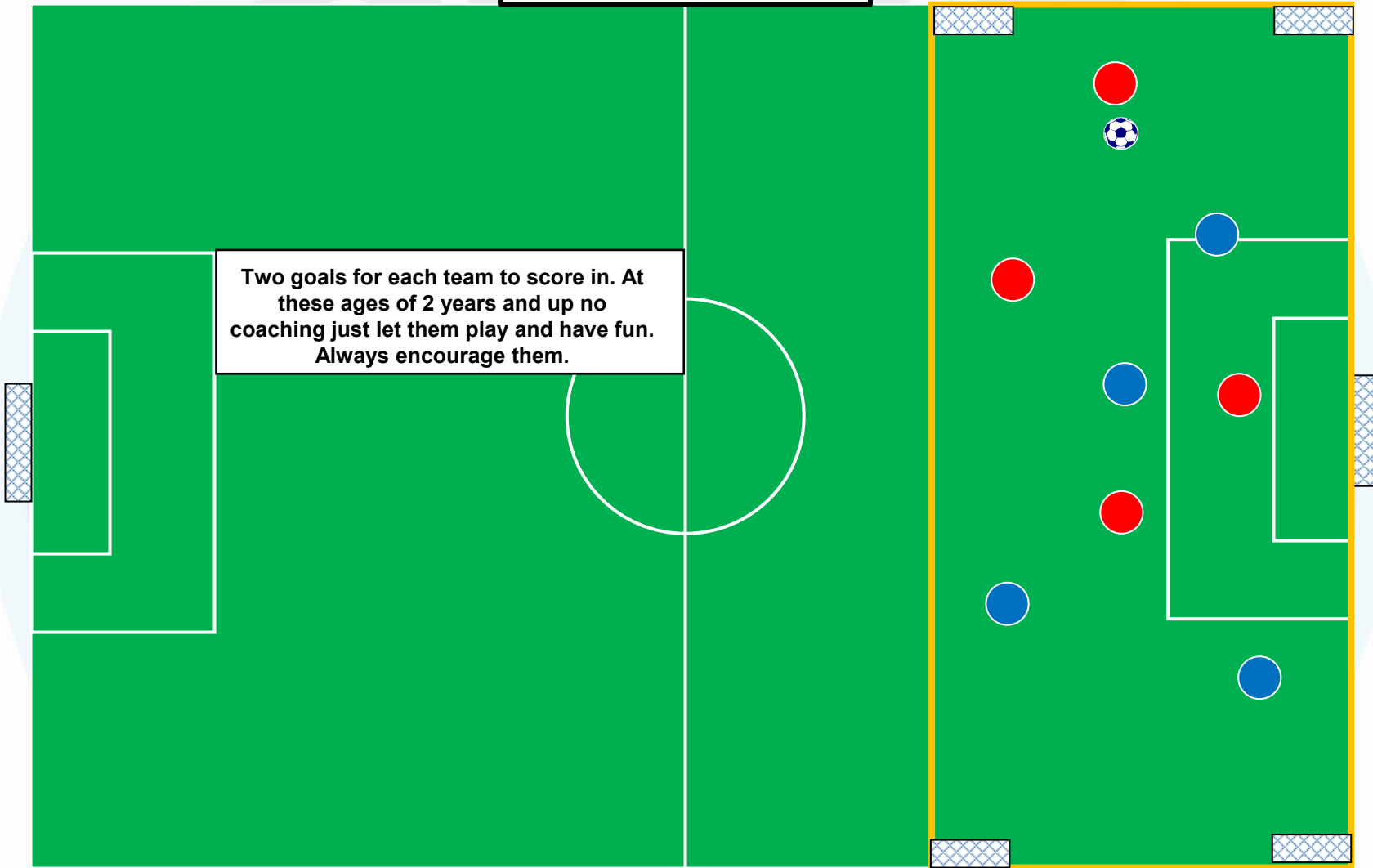


Always a
Scrimmage

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.





Grades Three and Four

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

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.

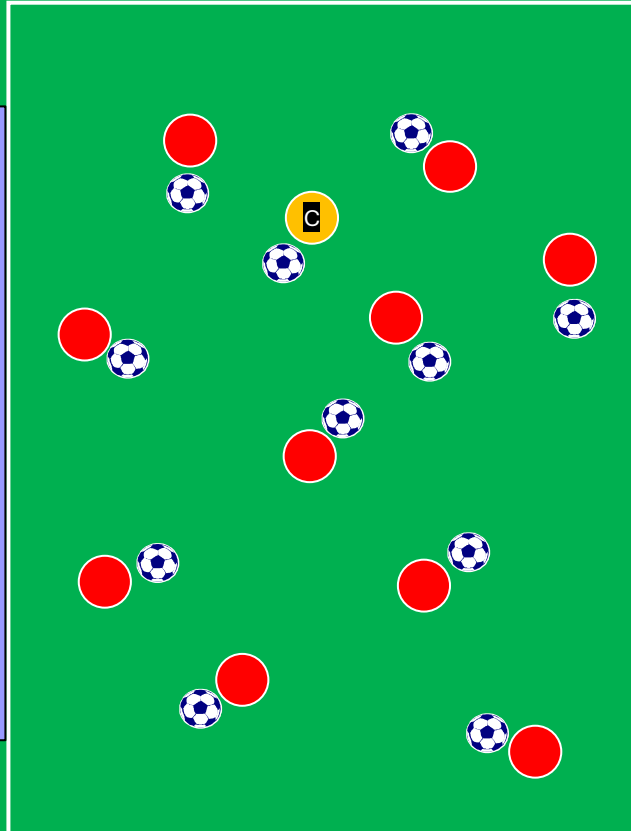
- b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
- c) Place a bunch of balls in the middle.
- d) On your command they must run out get a ball and bring it back to their goal.
- e) First time with hands.
- f) Second time with feet. The team with the most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

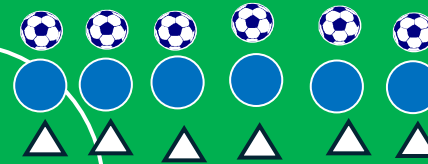
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Bowling

Bowling

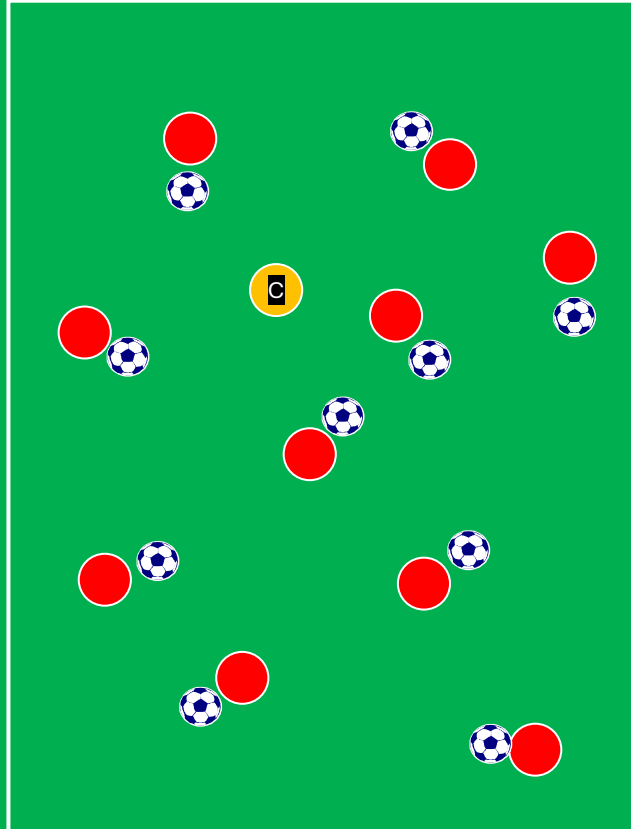
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Tiger Ball

Tiger Ball

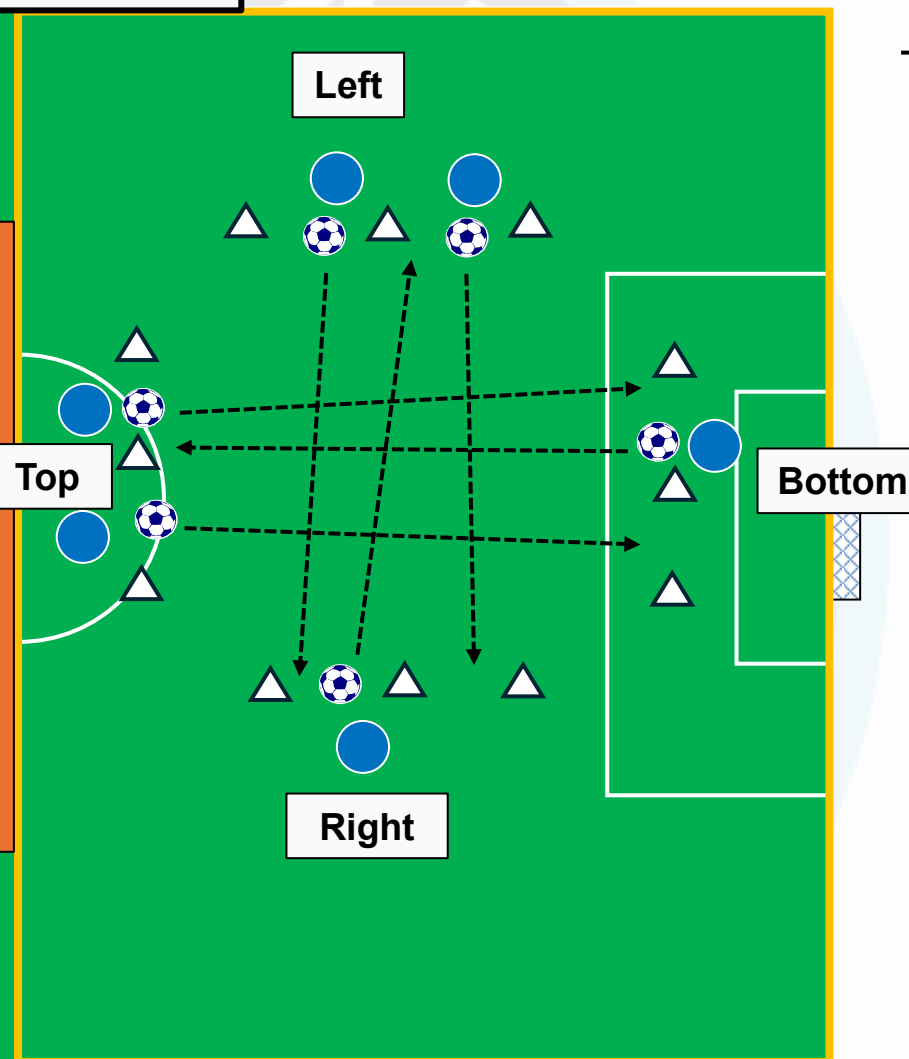
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player.
- c. The player without a ball then needs to steal one from someone else and so on.
- d. Work on shielding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



Criss-Cross dribble

Criss -cross dribble

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



Islands

Islands:

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

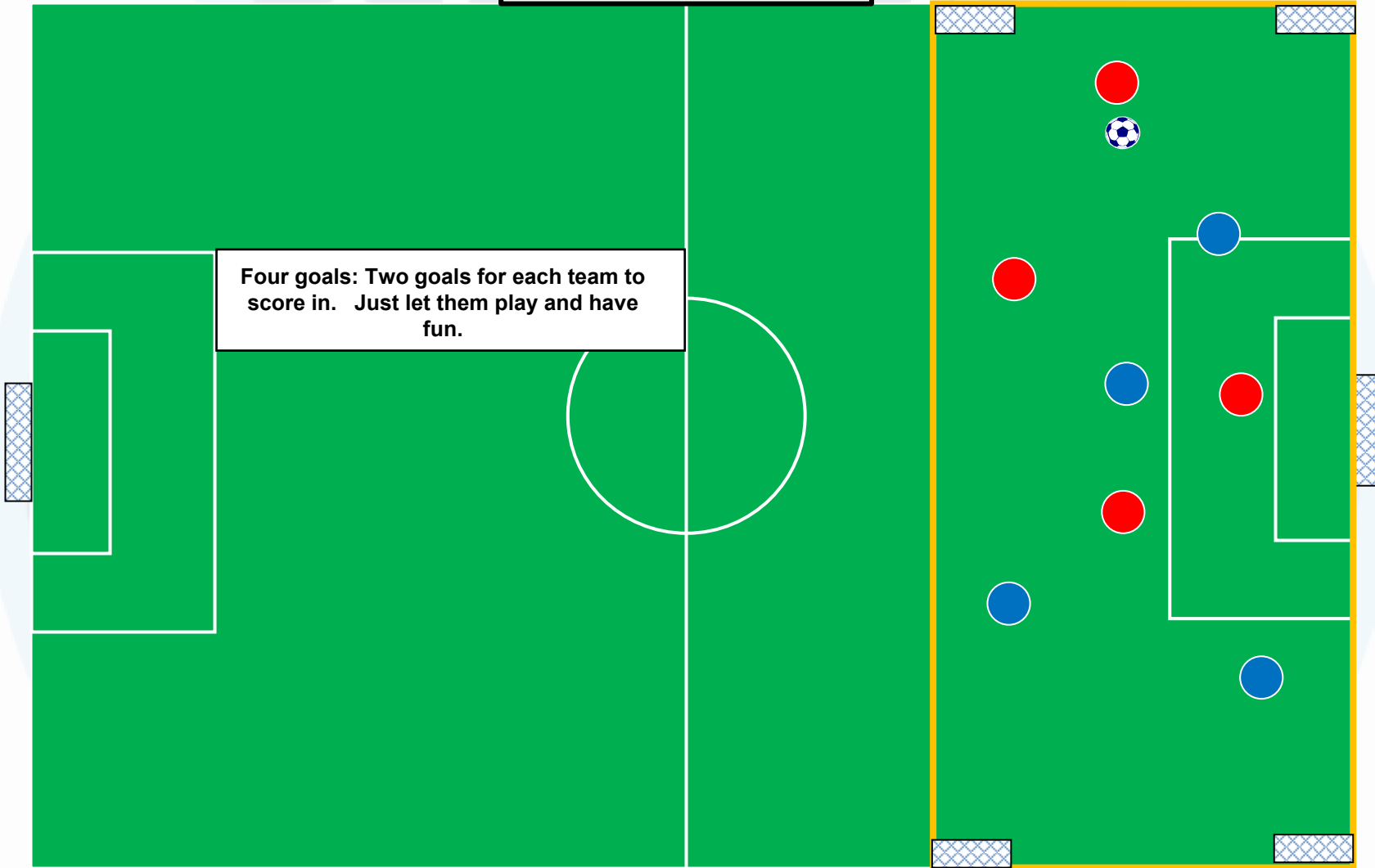


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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





Grades Three and Four

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

Week 3

Warm-up / Foundations 5 min

Anything else that you can think of for ball control.

1. 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**

2. 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.

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**

Water Break 5 Min

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

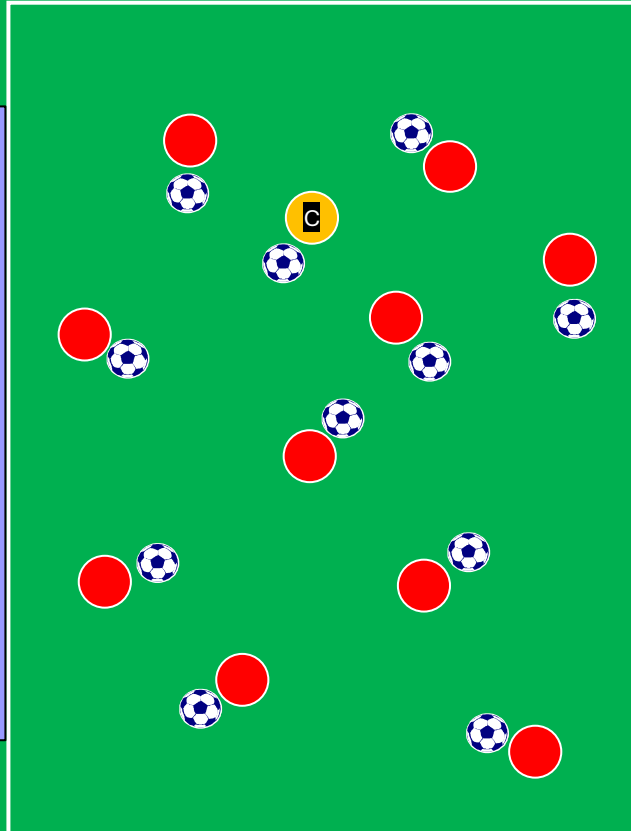
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1,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

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

Warm-up / Foundations

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

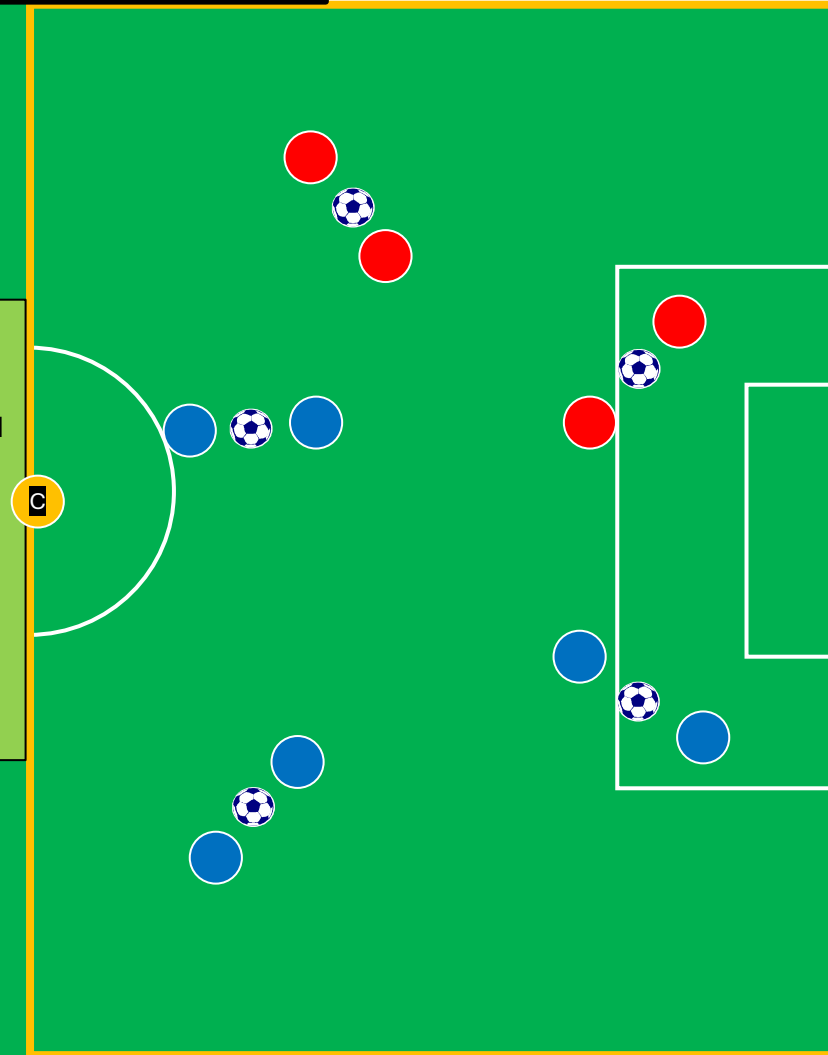
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Head Shoulders Knees Toes

Head; Shoulders; knees; Toes

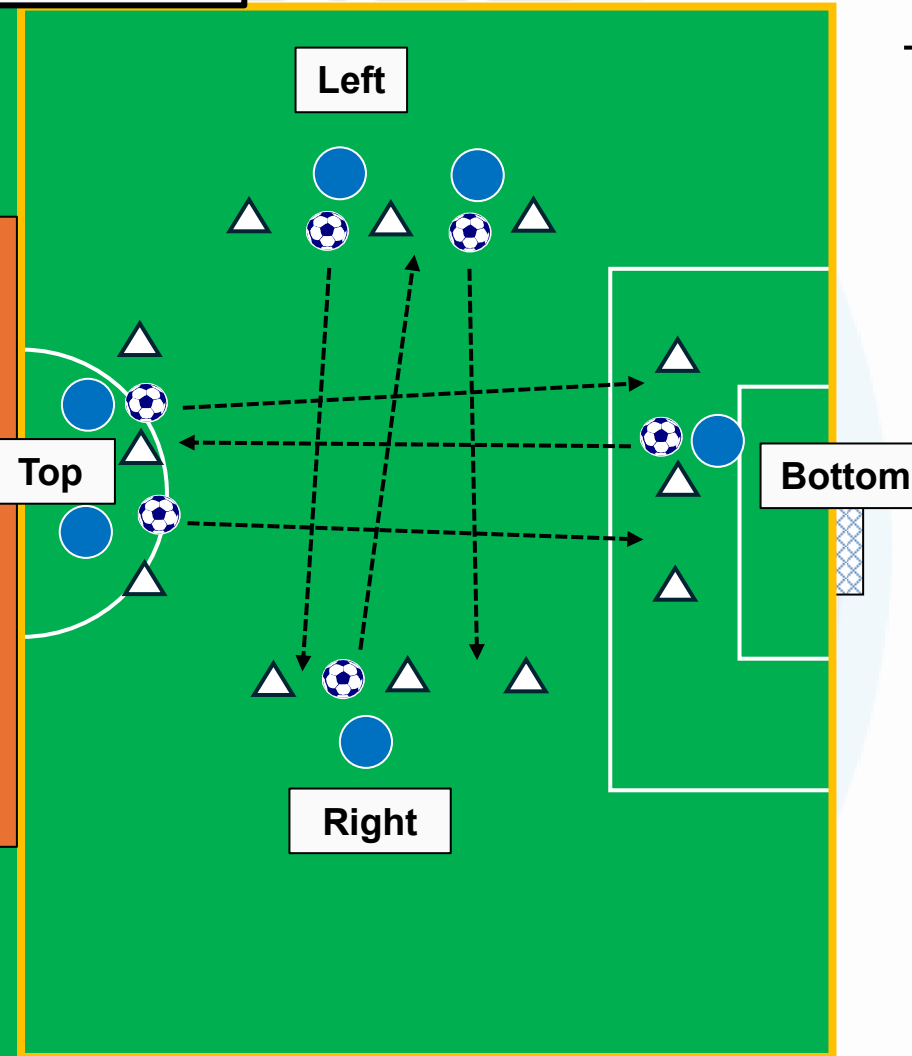
- Pair players up with one ball between them.
- Each player standing close to the ball facing it.
- Coach calls out different parts of the body and the players must touch that part of the body.
- When the coach yells BALL they must win the ball from their partner and keep it from them until the coach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



Criss-cross dribble

Criss-cross dribble

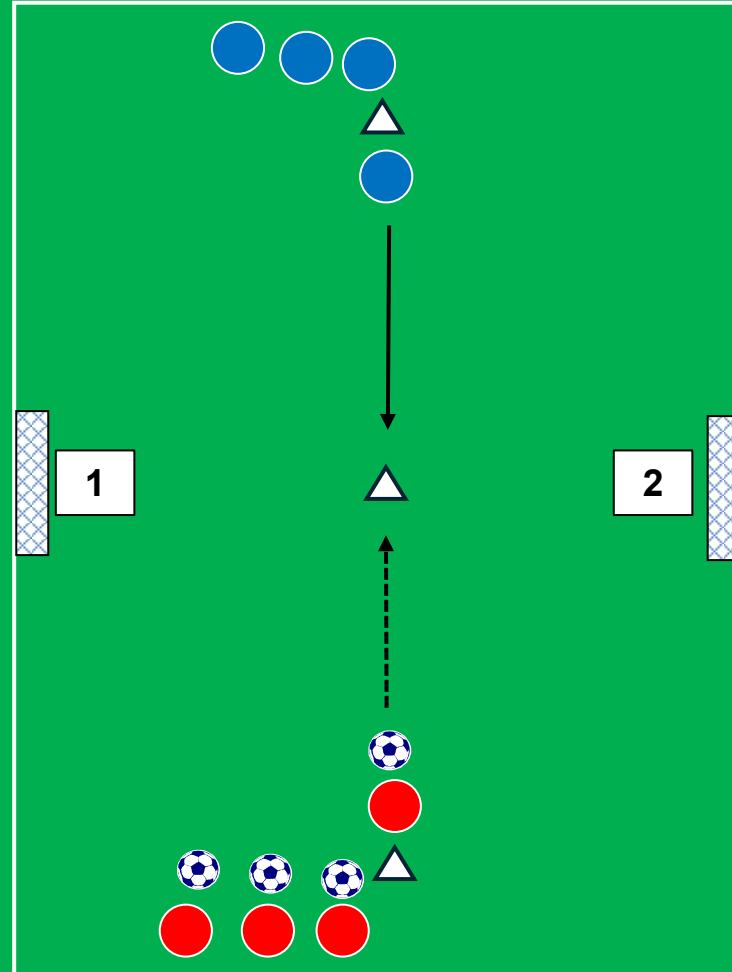
- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they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

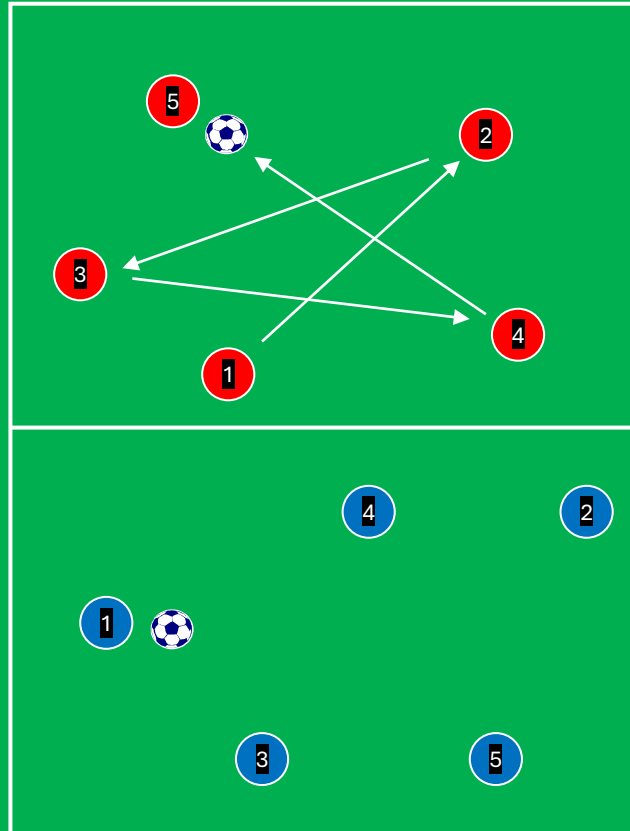


Run

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.

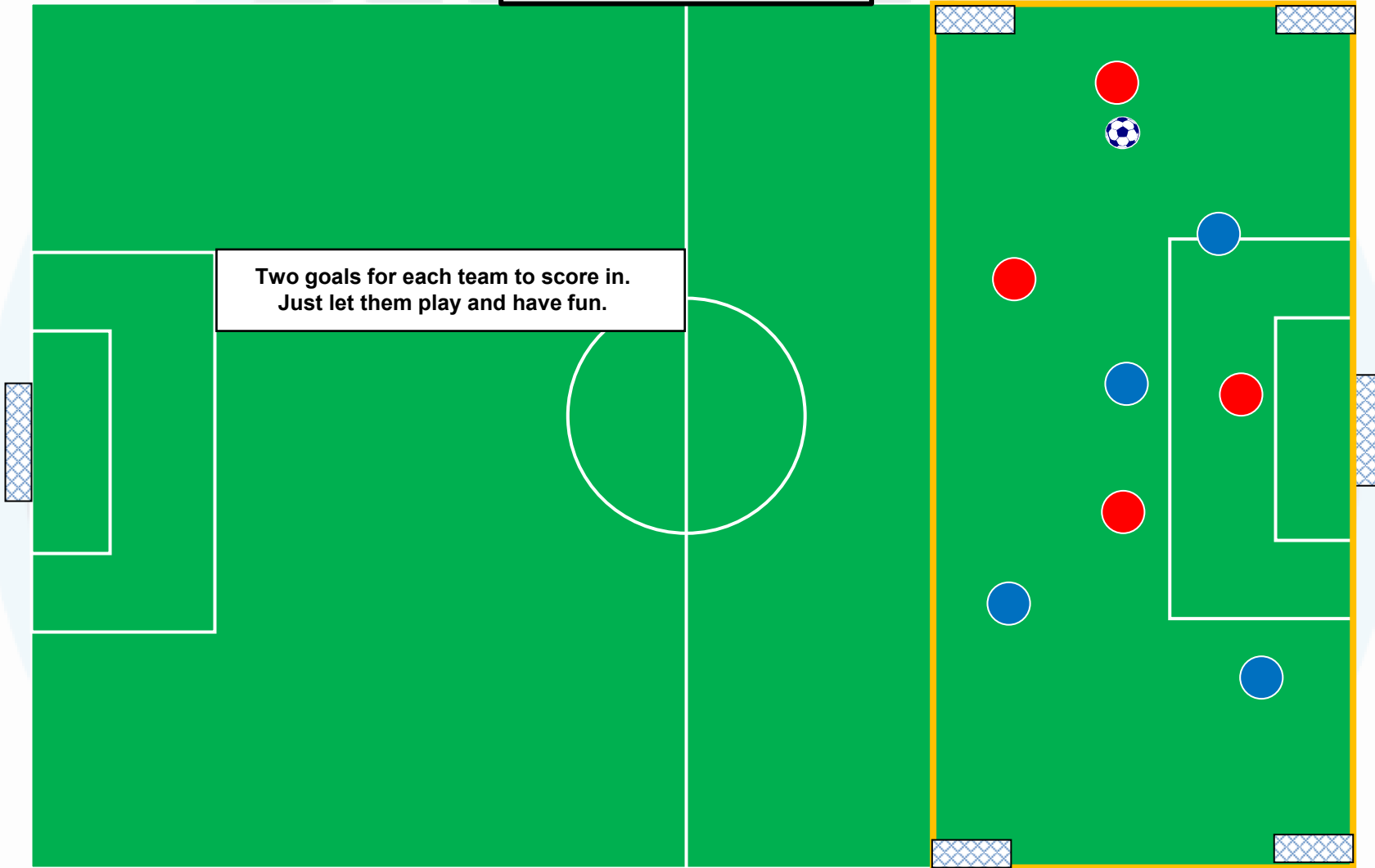


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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





Grade Three and Four

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

Week 4

Warm-up / Foundations 5 min

1. Taggers:

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

2. Three player: Check your shoulder- 10 min

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

3. Numbers Game:

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

Water Break 5 Min

4. Three team Possession game

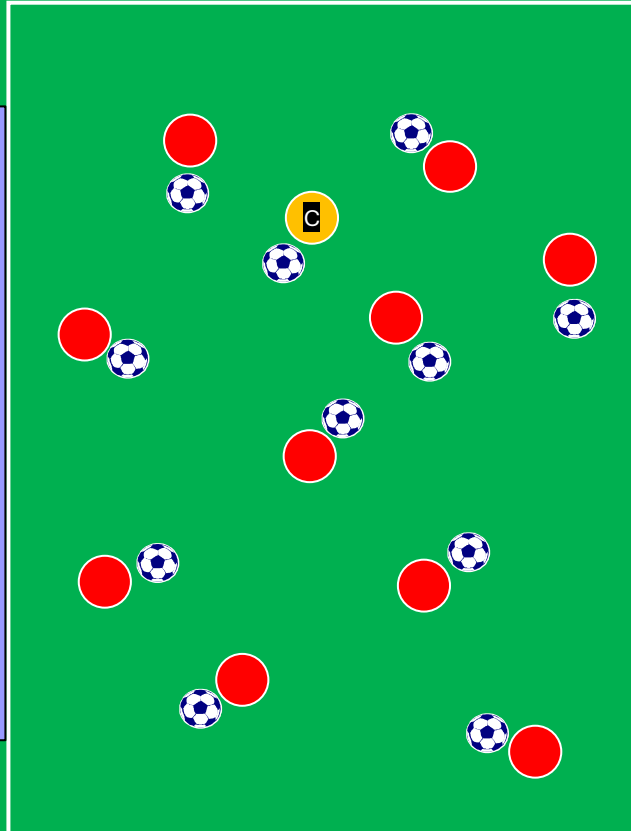
- a) 3 team keep away- make 3 teams. 2 teams on offense and 1 on defense.
- b) When the defending team wins the ball the offense team that losses it is on defense.
- c) So, a 6 v 3 all the time in favor of the team in possession. Pass and Move. **10 Min**

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

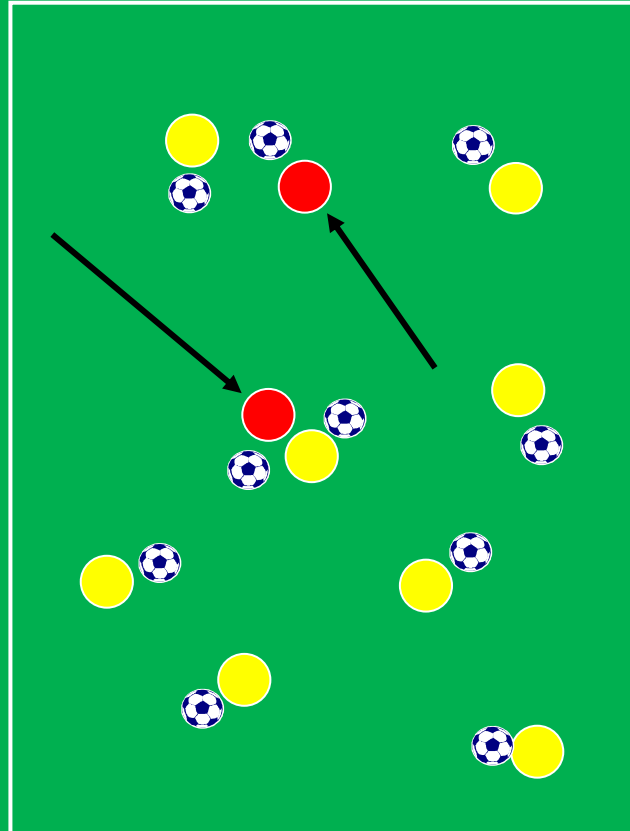
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Taggers

Taggers

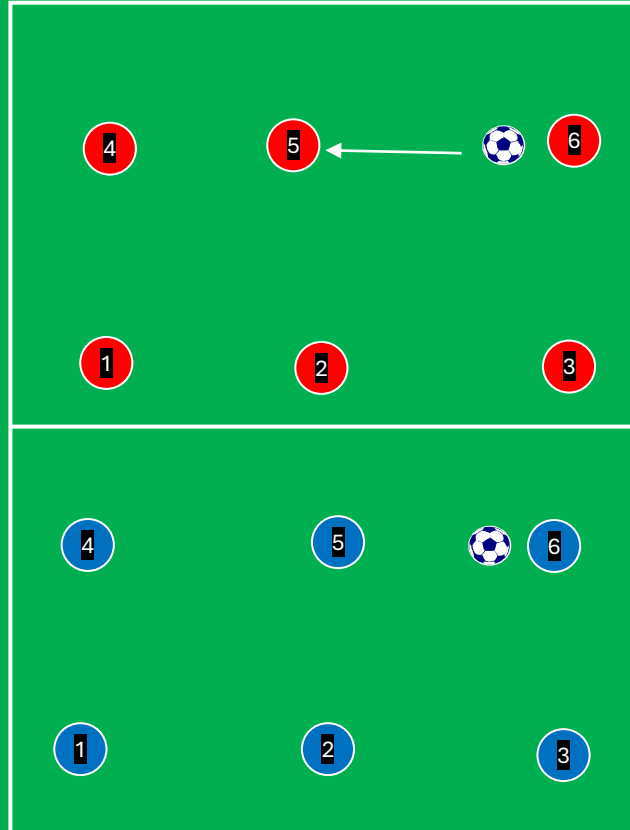
- a. Each player has a ball in a large grid. Two players are "it" and are in a red jersey- refer to diagram.
- b. On your command the players dribble around keeping the ball close to their feet, with in 10-15 seconds send in the taggers- they also have a ball.
- c. If you get tagged; you must freeze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

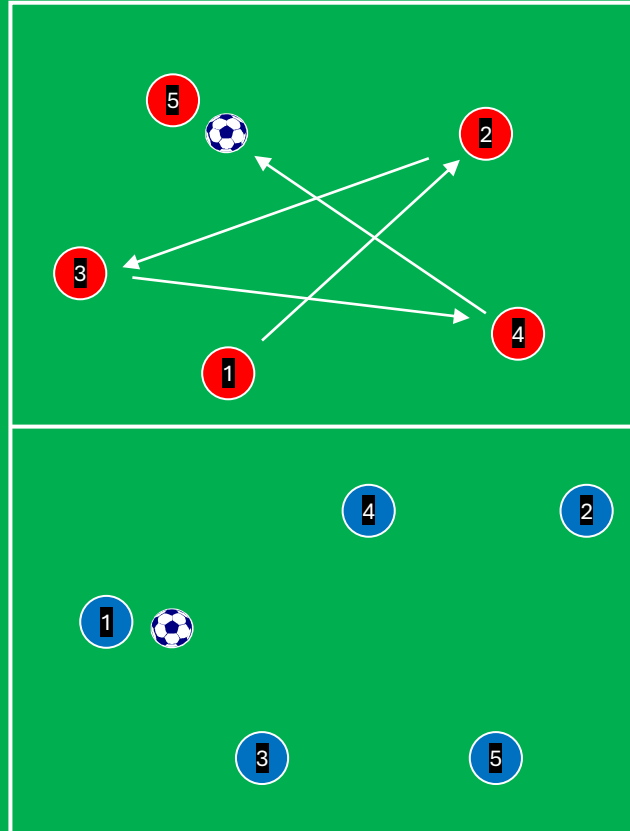


- a. The exercise starts when the player with the ball passes it to the middle player.
- b. Prior to the ball getting to the middle player, the middle player must check their shoulder to see what color pennie the other player is holding up.
- c. Green means “man on”; and they need to trap and pass it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

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

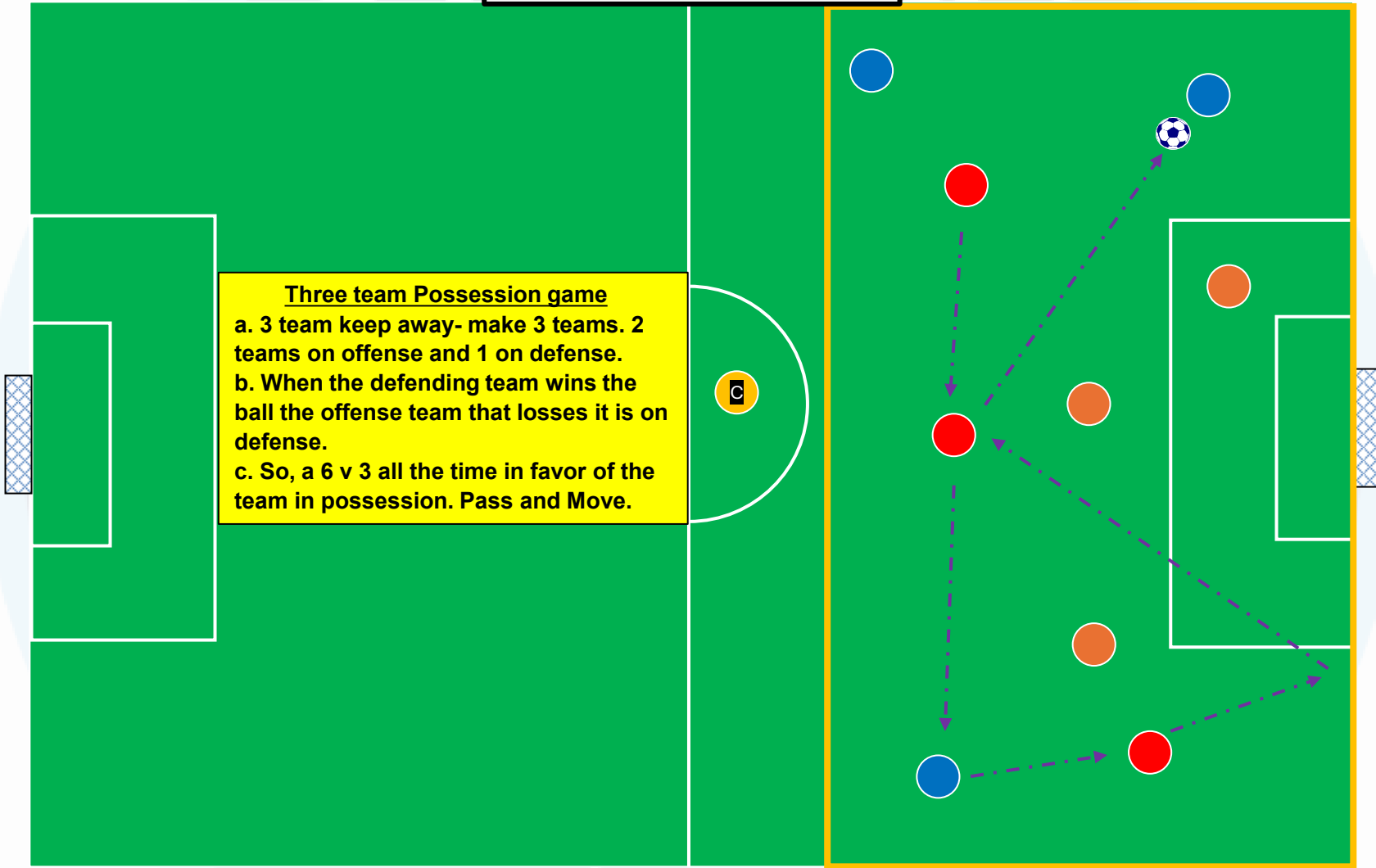


3 Team possession game

Three team Possession game

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

-----> Pass

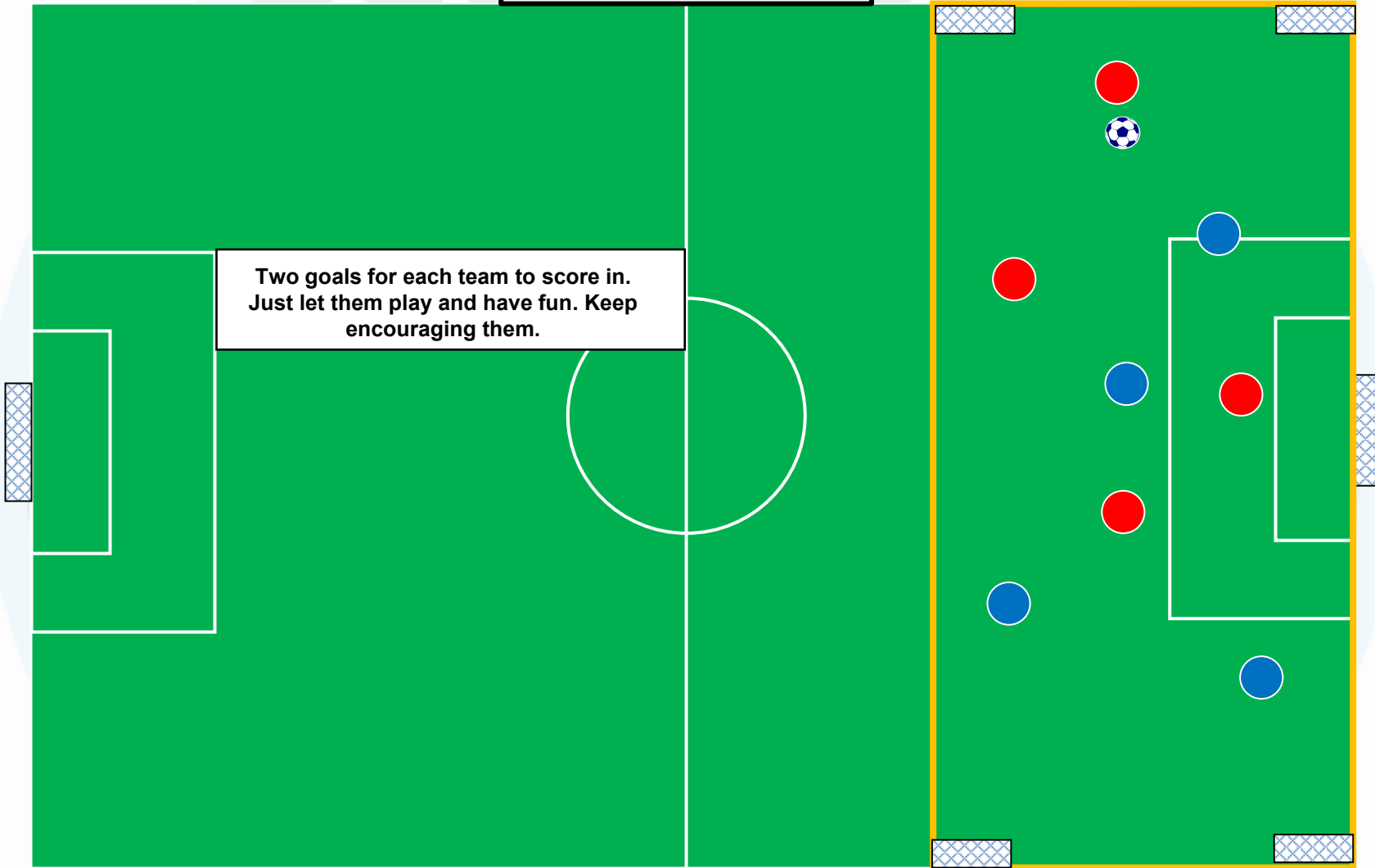


Always a
Scrimmage

Four Goal Scrimmage

Let them play free
of instruction

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

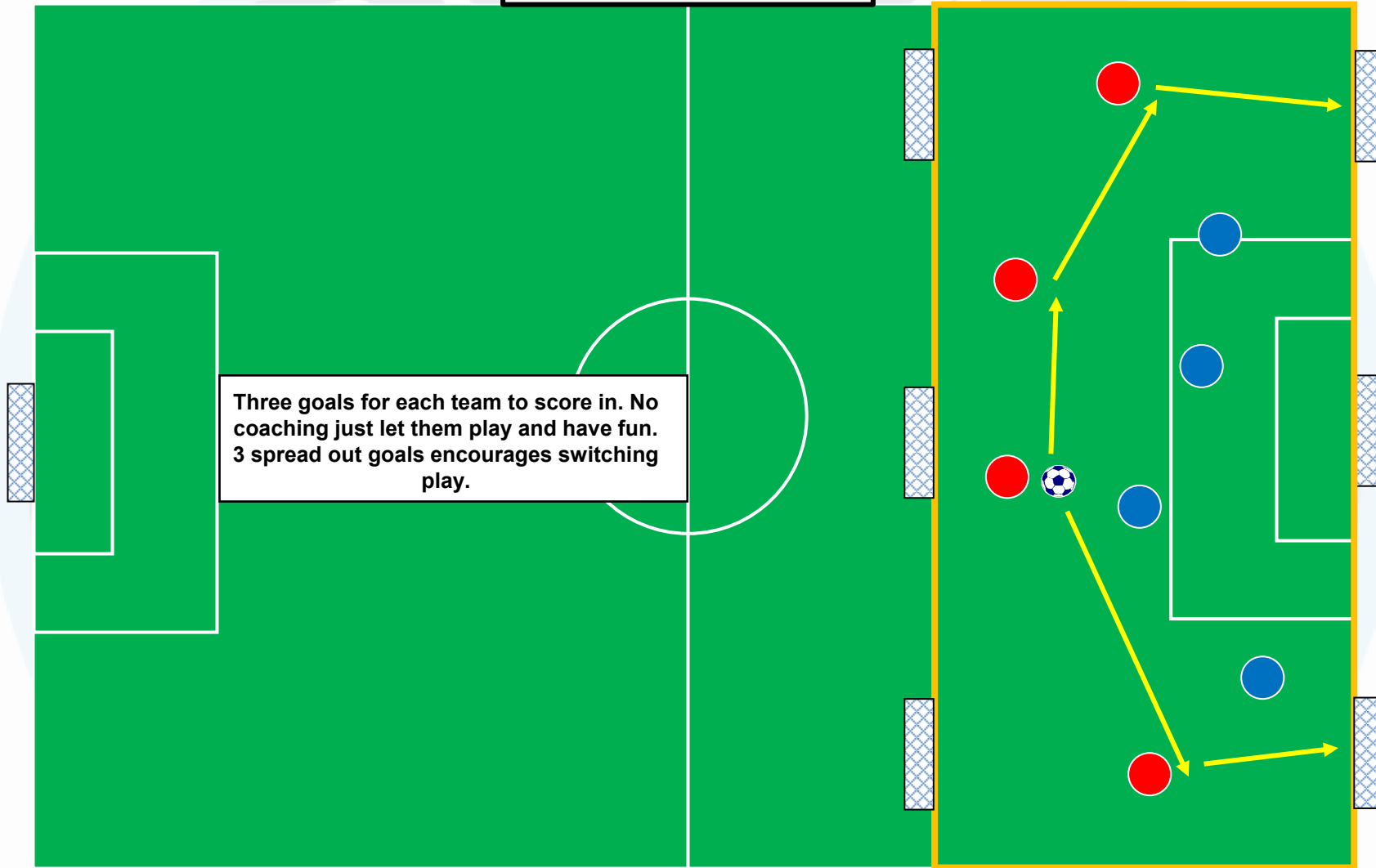


Always a
Scrimmage

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.





Grades Three and Four

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

Week 5

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

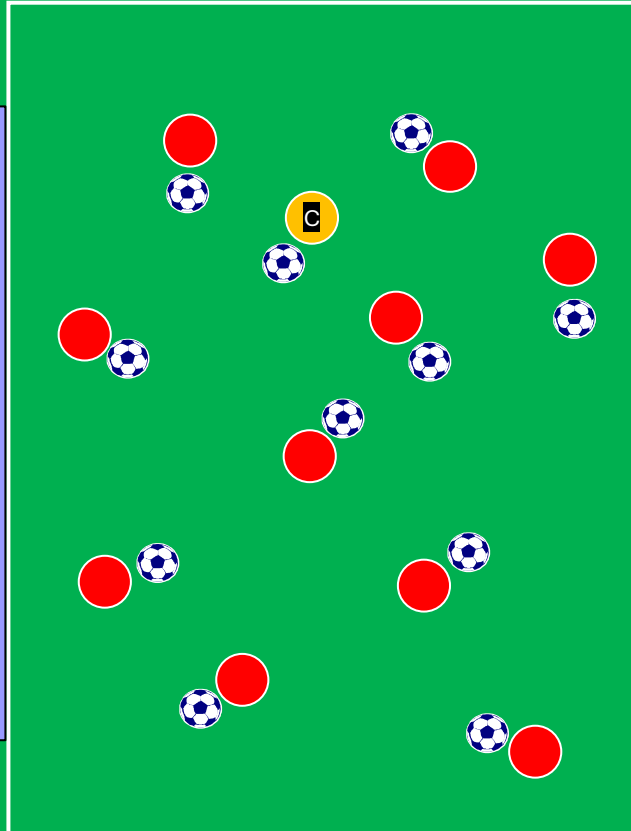
- a) Make 2 teams
- b) Give each player a number- say you have 10 kids- you would have 2 groups of 5 and each one would have a number 1 through 5. Each group makes a decent size circle- number 1 starts with the ball and passes to number 2, 2 to 3, 3 to 4, 4 to 5, and 5 to 1. Once they get back to 1,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

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

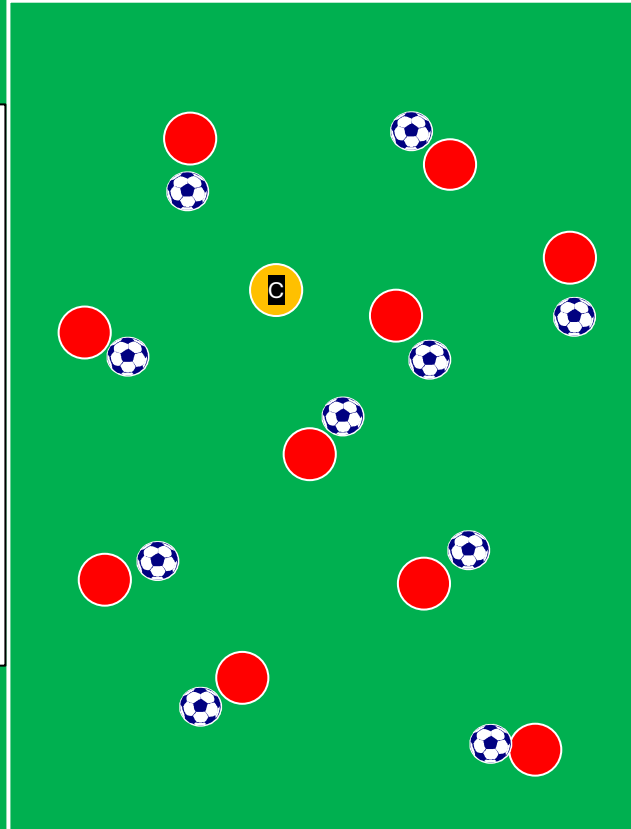
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
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Tiger Ball

Tiger Ball

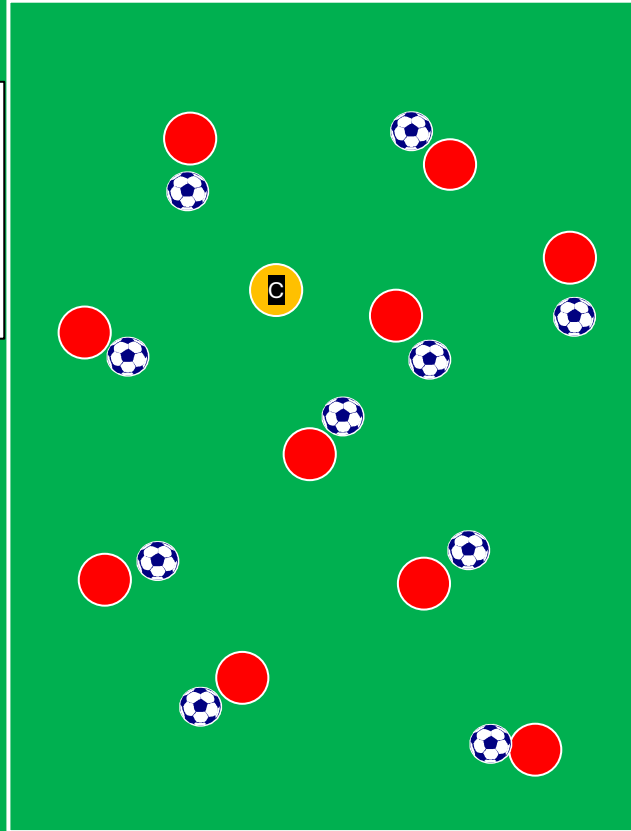
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- b. Work on shielding the ball
- c. Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.



Math Dribble

Math Dribble

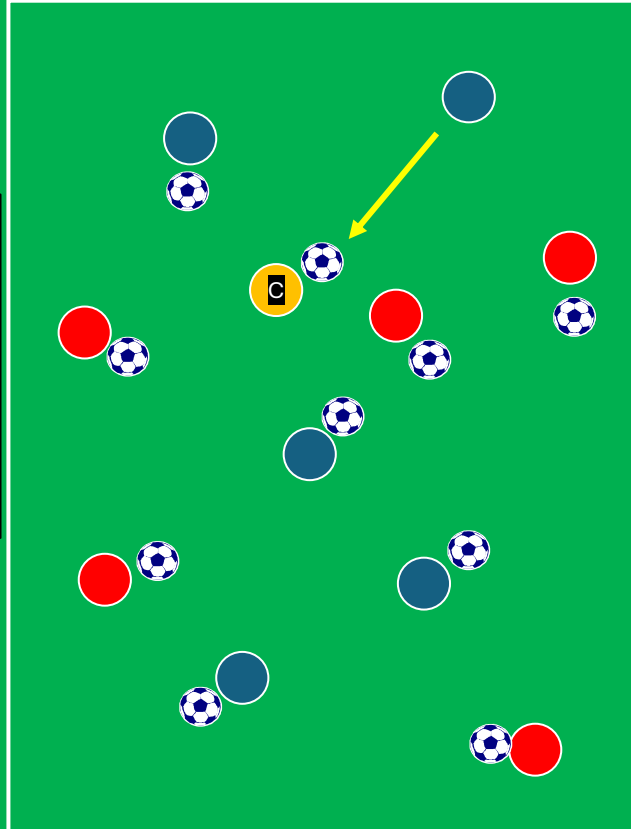
- All the players are dribbling around the ball in a grid.
- The coach yells out a math problem- 2+1- the players must figure it out and get the number of players together.



Hit the Coach

Hit the coach

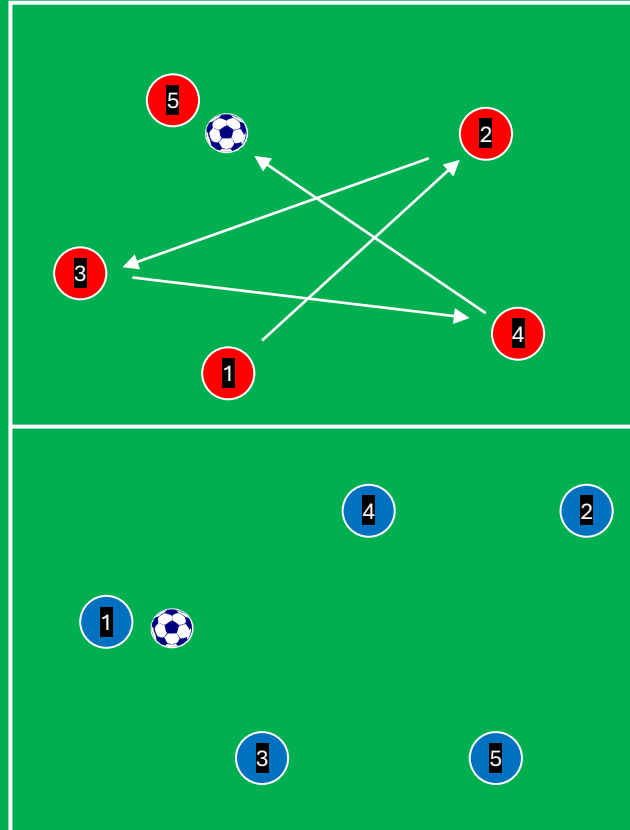
- a. Make 2 teams
- b. On your command you start walking around, the players must work on passing the ball into your legs.
- c. Remind players no toe balls.
- d. See what team can hit you the most.



Numbers Game

Numbers Game

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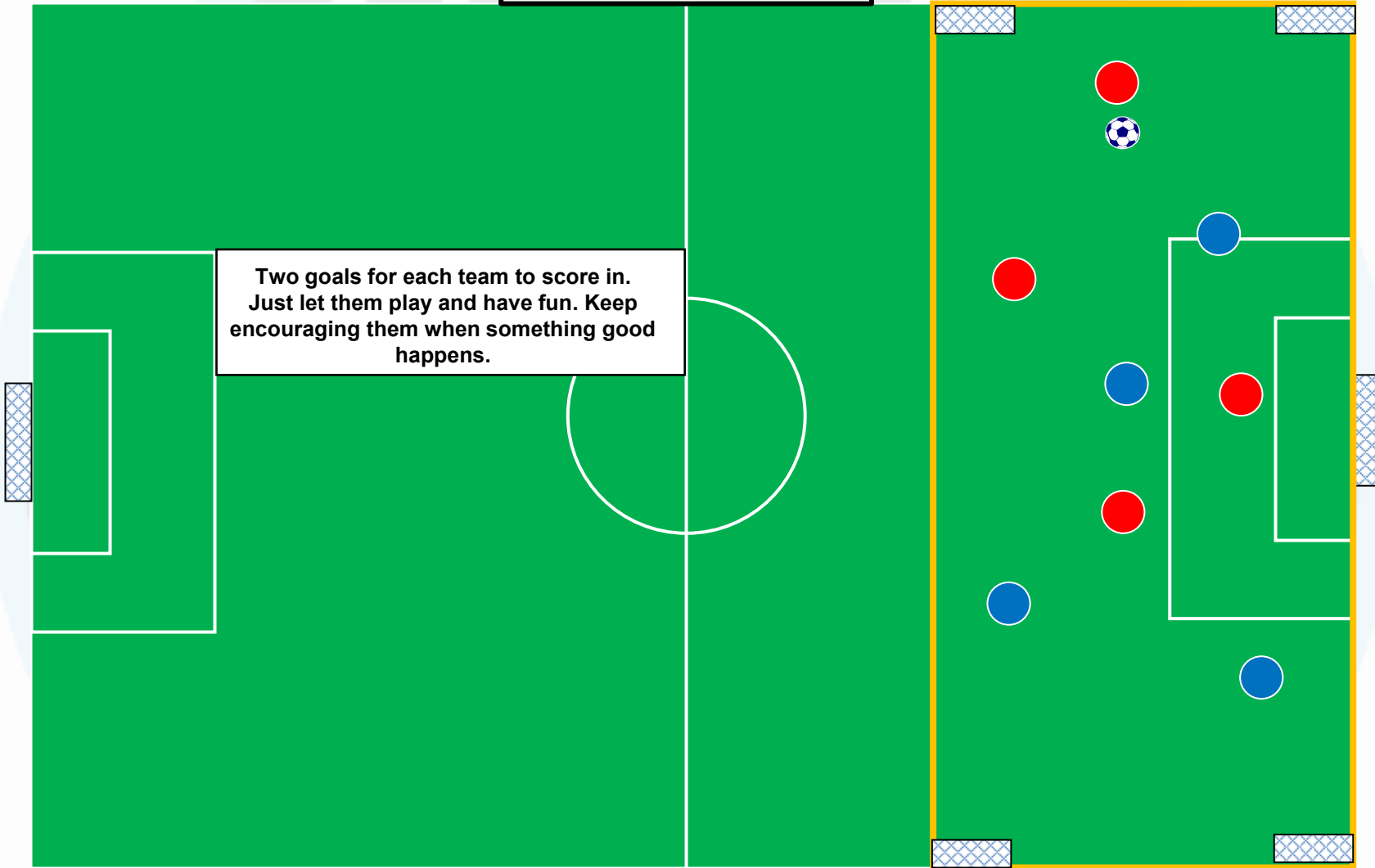


Always a
Scrimmage

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 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.

