

U4/U5/U6 LESSON PLAN – DribblingA

Activity Name	Description	Diagram	Purpose/Coaching Points
Dribbling Circle	All players have a ball and dribble around circle counter-clockwise. After about 1 min, stop them and switch to clockwise. Repeat a couple of times	Create a cone circle that is about 10 yards in diameter	<ul style="list-style-type: none"> • Less Skilled: Use in-step to dribble and use both feet • More Skilled: Use both inside and outside of foot to dribble.
Red Light – Green Light	Players start at one end of field with ball. Players dribble toward other end where coach is standing when he/she says “green light”. They use bottom of foot to stop the ball when he/she says “red light”. Send players back to start or back 10 steps if you catch them dribbling on “red”.	All players with a ball	<ul style="list-style-type: none"> • Quick, soft touches that you can control • If you kick the ball way ahead, you won’t be able to stop it on red. • Get used to using bottom of foot.
Egg Hunt	Players line up near the goal with their backs to the field. You randomly distribute all the balls around the field. When you say go, they run and get a ball, dribble it toward the goal and finish with a shot. If you wish you can continue to throw the balls out until the score a certain number of times (e.g. 5) which is fun for the kids and also builds endurance.	<p>This drill is best if you have more balls than players if you have access to a few extra.</p> <p>You can add passing to this drill by partnering the kids up and having one run to the balls and pass to their partner who finishes.</p>	<ul style="list-style-type: none"> • Concentrate on good first dribble to move into space. • Control the ball; no big kicks ahead (Coach can choose to steal the ball and send it further from goal if you see players doing this) • Have FUN!!
Number Game	<p>Divide the team into 2 equal groups. Number players from each group 1, 2, 3, etc..</p> <p>Players start on sideline at midfield. Call out a number Players with that number must run to opposite corners of field and then enter the field. They play to score in the goal on the opposite side Once a team scores or the ball is out, call different numbers.</p>	<p>Full field</p> <p>One team with pennies.</p> <p>2-3 balls with coach to keep the game moving. Players should retrieve ball and bring it back to you after their turn.</p>	<ul style="list-style-type: none"> • Number based on skill level • Start with 1 v 1 but can go to 2 v 2 or 3 v 3 if you want • Mix up numbers • Great for fitness • Don’t bunch up.
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play for one side.</p>	<p>Full field</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Have fun! • Work on spreading out • In U6, start talking about shape (triangle)

U4/U5/U6 LESSON PLAN – DribblingB

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Random gates	<p>Players dribble through gates. Time them for a minute and have them count how many they get. Do it again and challenge them to improve by at least one gate.</p> <p>For U6: Add that they must go through the gate using the outside of their foot.</p> <p>Add that they must go through each gate twice by dribbling around one of the cones.</p>	Place random gates about 2 yards apart throughout half the field	<ul style="list-style-type: none"> • Head up • Use all surfaces • Use both feet as you turn around the cones
Footskill homework (U6 only) U4/U5 plays Sharks and Minnows below	<p>Players demonstrate footskills from one side of the field to the other.</p> <p>Introduce a new footskill each time you use this plan. Practice each known footskill each time you use this plan.</p>	Place cones about 20 yards apart	<ul style="list-style-type: none"> • Remind them to work on these at home • Encourage, encourage, encourage!!!
Sharks and Minnows (U4/U5)	<p>All but one player (the shark) has a ball. Players with ball line up one sideline. The shark tries to steal the ball away from the other players. If a player has their ball stolen, they become a shark and help the other sharks on the next turn.</p> <p>Continue taking turns from one side of the field to the other until only one player has a ball. They become the shark for the next round.</p>	<p>All players with a ball except one</p> <p>Play sideways using half of the field.</p>	<ul style="list-style-type: none"> • Head up • Shield the ball you're your body
1 v 1	<p>Players form 2 lines (one at each goalpost)</p> <p>Coach rolls ball out onto field.</p> <p>First player to reach the ball is offense. The other player is defense. Play 1 v 1 toward the goal they came from. Defender must clear the ball out or past the half line.</p>	<p>Full field</p> <p>Coach has a couple of balls to keep things moving (kids hate lines!!)</p>	<ul style="list-style-type: none"> • Once you beat opponent, explode toward goal • Finish with a good shot • If a game stalls, just end it and roll out the ball for the next group.
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play for one side.</p>	<p>Full field</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Have fun! • Work on spreading out • In U6, start talking about shape (triangle)

U4/U5/U6 LESSON PLAN – DribblingC

Activity Name	Description	Diagram	Purpose/Coaching Points
Freeze Tag or Flag Tag	Players play either freeze tag or flag tag without a ball. Just have fun and warm up.	Use half of the field	<ul style="list-style-type: none"> • Have fun!
Ball Tag	<p>Players play “tag” (whichever game you played above) while dribbling the soccer ball. In order to tag a teammate, you have to have control of your ball.</p> <p>If a player tags another player and doesn’t have control of the ball, they are the one that is tagged.</p>	All players with a ball	<ul style="list-style-type: none"> • Quick, soft touches that you can control • U6: Get your head up. • U6: Dribble into space
King of the Ring	All players start with a ball somewhere in the ring. Players control their ball while trying to kick opponents ball out of ring. For the first minute, a player can re-enter by doing 10 toe taps. After that minute, players are eliminated until there is just one left.	<p>Create a 20-yard circle using cones</p> <p>Everyone has a ball</p> <p>Stopwatch or estimate time</p>	<ul style="list-style-type: none"> • Use your body to shield the ball • Quick feet to move into space
Number Game	<p>Divide the team into 2 equal groups. Number players from each group 1, 2, 3, etc..</p> <p>Players start on sideline at midfield.</p> <p>Call out a number</p> <p>Players with that number must run to opposite corners of field and then enter the field.</p> <p>They play to score in the goal on the opposite side</p> <p>Once a team scores or the ball is out, call different numbers.</p>	<p>Full field</p> <p>One team with pennies.</p> <p>2-3 balls with coach to keep the game moving. Players should retrieve ball and bring it back to you after their turn.</p>	<ul style="list-style-type: none"> • Number based on skill level • Start with 1 v 1 but can go to 2 v 2 or 3 v 3 if you want • Mix up numbers • Great for fitness • Don’t bunch up.
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play for one side.</p>	<p>Full field</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Have fun! • Work on spreading out • In U6, start talking about shape (triangle)

U4/U5/U6 LESSON PLAN – Passing

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm up: Passing lines	Partner up and pass back and forth to a partner. Start about 5 yards away and then move to about 10 yards away.	Set up a line of cones at 5 yards and 10 yards apart.	<ul style="list-style-type: none"> • Pass to partners feet • Receive with one touch and pass with a second touch • Open up the foot, lock the ankle and bend at the knee
Passing down the field	Partners line up across from one another and pass ball back and forth to other end of the field and finish with a shot.	Spread lines out to encourage longer passes	<ul style="list-style-type: none"> • Pass it in front of partner • Run to where the ball is going to be. • U6: Pass with the proper foot.
Knockout	<p>Divide the team into 2 equal groups.</p> <p>Players on Team A each have a ball and attempt to dribble around grid and pass it in order to hit players on Team B below the knee. If a Team B player is hit, they are out. Play until all Team B players are hit. Then switch roles.</p>	<p>Create a grid with cones that is about 15 yards by 15 yards</p> <p>Time how long it takes for each team to eliminate their opponent.</p>	<ul style="list-style-type: none"> • Head up while dribbling • Controlled pass is easier to retrieve if you miss • Work together to corner opponents
2 v. 1	2 offensive players start at half line. Coach rolls ball to one of them and they try to score against 1 defensive player who starts from goal box.	<p>2 lines at half line</p> <p>1 line next to goalposts</p> <p>Switch up the lines</p>	<ul style="list-style-type: none"> • Draw defender to you and then pass • U4 may struggle with passing so just play 1 v1 if necessary
Scrimmage	<p>Divide the team into 2 equal groups.</p> <p>If you have odd numbers, coach can play for one side.</p>	<p>Full field</p> <p>One team with pennies</p>	<ul style="list-style-type: none"> • Have fun! • Work on spreading out • In U6, start talking about moving to get open

U4/U5/U6 LESSON PLAN – Shooting

Activity Name	Description	Diagram	Purpose/Coaching Points
Warm-up: Flag Tag	Players tuck a penny in the back of their shorts and run around trying to get everyone else's flag while guarding their own. Once your flag is taken, you are out and wait until next game.	Use half of the field Make the grid smaller by having them stay on side of you as the number of players decreases	<ul style="list-style-type: none"> • Have fun and get their hearts beating • Play 3-4 games
Sweet Spot	Players partner up. Each group has a ball. One player gets on one knee with shooting foot extended and toe pointed. Players bounce ball off laces ("sweet spot) and try to hit partner. Partner retrieves ball. Switch after 5 tries. Coach should demonstrate where ball should hit foot.	Spread out on half of the field 1 ball per group	<ul style="list-style-type: none"> • Ball should bounce straight off of their foot. If it bounces sideways, they are missing the "sweet spot". • Make sure toe is pointed.
Striking I	Players form a single line at half line They take turns dribbling toward goal and taking a shot from about 5 yards away (use a cone if needed)	A cone 5 yards from goal if needed so players shoot from a decent distance.	<ul style="list-style-type: none"> • Bring heel to butt • Point toe and lock angle • Hit with laces • Follow through • NO TOES!!
Shooting Line	Players line up near center circle. Players pass ball to coach and then make a run to the cone. They control pass back from coach and then take a shot at goal. Retrieve ball, go around drill and to back of line	Cones about 5 yards apart on the top of the penalty area. Coach stands between cones	<ul style="list-style-type: none"> • Explosive run after pass • Control the pass • Strike with laces • NO TOES!!!
Scrimmage	Divide the team into 2 equal groups. If you have odd numbers, coach can play for one side. 3 points for every goal and 1 point for every shot on goal to encourage shooting.	Full field One team with pennies	<ul style="list-style-type: none"> • Look to shoot • Have fun!