

DAY 1

2:00 *Field Set up - 2 goals per field, 2 ball bags per field (helpers and early coaches)*

2:30/3:45 *Coaches should check in at storage room - collect jerseys & name tags.*

2:45/4:00 *Greet Players at your field.*

Names and introductions

Cover basic rules: no using hands, pushing, or kicking opponents or teammates
Create a Team Name

Do Exercises (stretch, jumping jacks, etc...)

Boundaries and field lines (jog lines)

2:55/4:10 *5 Minute Warning Horn or Announcement*

3:00/4:15 (5 Min): **Drill 1 – Drive Around the Field** – Players work on ball control as they “dribble/drive” around a specific area (you can use cones to form a large box). They can honk or beep their horns as they drive. Explain that they can’t hit any other balls/cars. After 2-3 minutes, you can turn this into a race to score a goal. Use “GO” command for the players to race from the box to kick the ball into their goal. *Emphasize:* dribbling the ball out in front and quick turns using the inside or outside of their feet. <https://www.youtube.com/watch?v=ySFE5NDOvWI>

3:06/4:21 (7 Min): **Drill 2 – Pairs Passing** – Players pair up with a partner. Have them stand 10’ apart. Players pass back and forth. Teach proper passing with the inside/instep of their feet. Encourage players switch feet when passing. You may use a line/row of cones for gates to pass thru. *Emphasize:* Stepping/running into their passes – not standing stationary above the ball. <https://www.youtube.com/watch?v=B8IQxdWnyjc>

3:15/4:30 (12 Min): **4 vs 4 Soccer Game #1 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:27/4:42 (3-5 Min): **Water and Rest**

3:31/4:46 (7 Min): **Drill 3 – Sharks and Minnows** – One player (or coach) starts on one side of the field without a ball, all of the other players on the other side with a ball. When the coach yells go, all the players with the balls have to dribble to the Sharks side of the field without being eaten (touched) by the shark. Those touched by the shark become sharks for the next round. Play as many rounds as it takes to touch all the Minnows. The last minnow standing becomes the Shark in the next game. <https://www.youtube.com/watch?v=tONiMWAgIAA>

3:38 (12 Min) **MINI-Micro 4 vs 4 Soccer Game #2 Versus Other Team** **3:50 – Game Over Team Cheer and High 5’s**

3:38/4:53 (5 Min): **Drill 4 - Simon Sez** <https://www.soccerxpert.com/drills/details/id1226>
<https://www.youtube.com/watch?v=r9-5p0Hj74s>

3:43/4:58 (2-3 Min): **Water**

3:46/5:01 (12 Min): **4 vs 4 Soccer Game #2 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:58/5:13 (2 Min): **Closing**

Reminders

Remind to bring Labeled Water Bottles, Shin Guards & Team Shirts Every Session

Team Cheer and High 5’s

DAY 2

2:30 *Field Set up - 2 goals per field, 2 ball bags per field (helpers and early coaches)*

2:45/4:00 *Greet Players at your field.*

Hand out name tags as players arrive

Names and introductions

Cover basic rules: no using hands, pushing, or kicking opponents or teammates

Create a Team Name

Do Exercises (stretch, jumping jacks, etc...)

Boundaries and field lines (jog lines)

2:55/4:10 *5 Minute Warning Horn or Announcement*

3:00/4:15 (6 Min): **Drill 1 – Gates Dribble** – Set up several gates” using 2 cones 3’ apart. Object of the game is for players to dribble through all the gates. Second time through, see how many gates the players can go through in 30 seconds. Ask how many at the end. Use half the players each time. <https://www.youtube.com/watch?v=Noasi7i8-cE>
<https://www.youtube.com/watch?v=GajlbRgBUzU>

3:07/4:26 (6 Min): **Drill 2 – Gates Passing – Phase 1** using the same gates from the previous drill. Divide the players into pairs and place each pair on either side of a gate, 6-8 feet apart. Have them pass back and forth, trapping and passing thru the gate. You can have them move closer and farther apart to make the drill easier/harder. Phase two – have each pair move (dribble) to a new gate each after each completed pass, count the total number of passes completed in 30 seconds as a contest.

3:15/4:30 (12 Min): **4 vs 4 Soccer Game #1 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:27/4:42 (3-5 Min): **Water and Rest**

3:31/4:46 (6 Min): **Drill 3 – Shoot on Goal – Phase 1** Place a cone 6-8 feet out from goal, and another 20 feet from goal. Have them dribble 1 by 1 to the first cone and shoot on goal. After 2-3 rotations have them line up, side-by-side in 2 groups and do the same simultaneously, the group that scores the most goals is the winner. **Phase 2** - back to the single line format, have the player dribble & pass to you (off to the side), you lay a pass off to the player who shoots on goal as they continue forward.

3:38 (12 Min) **MINI-Micro 4 vs 4 Soccer Game #2 Versus Other Team** **3:50 – Game Over Team Cheer and High 5’s**

3:38/4:53 (5 Min): **Drill 4 – Knockout** – Within a small box everyone dribbles with their ball but tries to kick the other players ball out of the box. No standing, players must keep moving – talk/demonstrate about shielding their own ball from other players.

3:43/4:58 (2-3 Min): **Water**

3:46/5:01 (12 Min): **4 vs 4 Soccer Game #2 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:58/5:13 (2 Min): **Closing Reminders**

Remind to bring Labeled Water Bottles, Shin Guards & Team Shirts Every Session

Team Cheer and High 5’s

DAY 3

2:30 *Field Set up - 2 goals per field, 2 ball bags per field (helpers and early coaches)*
2:45/4:00 *Greet Players at your field.*
2:55/4:10 *5 Minute Warning Horn or Announcement*

3:00/4:15 (6 Min): **Drill 1 – Soccer Freeze Tag** – One or two players are assigned to be Taggers, the other players have a ball at their feet. When play proceeds the players with the ball dribble and try to avoid being tagged by the taggers – when tagged the dribble becomes frozen and can't move. To become "unfrozen" the tagged player can be touched by an unfrozen dribbler (or do a specific skill while frozen). [Soccer Freeze tag](#)

3:07/4:26 (6 Min): **Drill 2 - Pairs Passing** – Players pair up with a partner. Have them stand 10' apart. Players pass back and forth. Teach proper passing with the inside/instep of their feet. Encourage players switch feet when passing. You may use a line/row of cones for gates to pass thru. *Emphasize:* Stepping/running into their passes – not standing stationary above the ball. <https://www.youtube.com/watch?v=B8IQxdWnyjc>

3:15/4:30 (12 Min): **4 vs 4 Soccer Game #1 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player's kick-in to start play again. Stop play and explain any rules, if needed.

3:27/4:42 (3-5 Min): **Water and Rest**

3:31/4:46 (6 Min): **Drill 3 - Partner Tag** – Set up 3-4 small cone triangles, there will be 2 players per triangle both with a ball. Have them start on opposite sides of the triangle. At the start, one player will chase the other player and try to lightly tag him/her. Players have to move with the ball at their feet. Players can/should be encouraged to change directions to avoid, chase the other player. When tagged, that player will become the chaser. After each 30 second round, take a light break and rotate players to provide a new challenge.

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Team Cheer and High 5's

DAY 4

2:30 *Field Set up - 2 goals per field, 2 ball bags per field (helpers and early coaches)*
2:45/4:00 *Greet Players at your field.*
2:55/4:10 *5 Minute Warning Horn or Announcement*

3:00/4:15 (6 Min): **Drill 1 - Gates Dribble** – Set up several gates” using 2 cones 3’ apart. Object of the game is for players to dribble through all the gates. Second time through, see how many gates the players can go through in 30 seconds. Ask how many at the end. Use half the players each time.
<https://www.youtube.com/watch?v=Noasi7i8-cE>

<https://www.youtube.com/watch?v=GajlbRgBUzU>

3:07/4:26 (6 Min): **Drill 2 - Clearing the Field Relay Race** - Divide your team into two groups. Place teams on each side of the goal. Put the number of balls each side has out in the field at random spots but generally in the same area. KEY POINT: Split the field in half making sure there are no balls straight out from the goal. Object is each side sends a player out and gets a ball to dribble back to score with. Once a player is done, have them sit back on their side. The side that clears their field of balls first wins.

3:15/4:30 (12 Min): **4 vs 4 Soccer Game #1 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:27/4:42 (3-5 Min): **Water and Rest**

3:31/4:46 (6 Min): **Drill 3 – Numbered 1 v 1 to goal** – Line up all the players on both sides of the goal – assign a number to each player. Toss a ball out 10-15 yards from goal and call out two numbers. Those two players race to the ball, the first to get to the ball tries to score in the goal, the 2nd player tries to win the ball and score him/herself

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3:58/5:13 (2 Min): **Closing Reminders**

Remind to bring Labeled Water Bottles, Shin Guards & Team Shirts Every Session
Team Cheer and High 5’s

DAY 5

2:30 *Field Set up - 2 goals per field, 2 ball bags per field (helpers and early coaches)*
2:45/4:00 *Greet Players at your field.*
2:55/4:10 *5 Minute Warning Horn or Announcement*

3:00/4:15 (6 Min): **Drill 1 – Drive Around the Field** – Players work on ball control as they “dribble/drive” around a specific area (you can use cones to form a large box). They can honk or beep their horns as they drive. Explain that they can’t hit any other balls/cars. After 2-3 minutes, you can turn this into a race to score a goal. Use “GO” command for the players to race from the box to kick the ball into their goal. *Emphasize:* dribbling the ball out in front and quick turns using the inside or outside of their feet. <https://www.youtube.com/watch?v=ySFE5NDOvWI>

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3:31/4:46 (6 Min): **Drill 3 – Shoot on Goal – Phase 1** Place a cone 6-8 feet out from goal, and another 20 feet from goal. Have them dribble 1 by 1 to the first cone and shoot on goal. After 2-3 rotations have them line up, side-by-side in 2 groups and do the same simultaneously, the group that scores the most goals is the winner. **Phase 2** - back to the single line format, have the player dribble & pass to you (off to the side), you lay a pass off to the player who shoots on goal as they continue forward.

3:38/4:53 (5 Min): **Drill 4 - Clearing the Field Relay Race** - Divide your team into two groups. Place teams on each side of the goal. Put the number of balls each side has out in the field at random spots but generally in the same area. KEY POINT: Split the field in half making sure there are no balls straight out from the goal. Object is each side sends a player out and gets a ball to dribble back to score with. Once a player is done, have them sit back on their side. The side that clears their field of balls first wins.

3:43/4:58 (2-3 Min): **Water**

3:46/5:01 (12 Min): **4 vs 4 Soccer Game #2 Versus Other Team** – Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds, but be creative in helping the ball stay in play. Have player’s kick-in to start play again. Stop play and explain any rules, if needed.

3:58/5:13 (2 Min): **Closing Reminders**
Last date

Team Cheer and High 5’s