

# Micro Soccer Lesson Plan

## Day 1

2:30 p.m. – Youth coaches set-up fields, corner flags, and balls

### Girls/Boys

#### Greet Players & Warm-up Drill

As teams are being checked in, individual teams get together:

- Hand out name tags as players arrive
- **Warm-Up Drill (Do this while players arrive): Juggling** – Every player has a ball in their hands. Have them drop the ball on their foot and try to pop it up to catch it. Have them do this with each foot and thigh. Have a contest to see who can do the most in a row without missing.
- 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)

**3:00/4:15 (7 Min): Drill 1 – Drive Around the Field** – Players work on ball control as they “dribble/drive” around a specific area. They can honk or beep their horns as they drive. Explain that they can’t hit any other balls/cars. If after a while, you can turn this into bumper cars when they need to hit each other’s balls. Players can dribble in and score at the end. Emphasize: dribbling the ball out in front and quick turns using the inside or outside of their feet.

**3:07/4:22 (5 Min): Drill 2 – Throw Ins** – Players try and throw their ball through the spread legs of the coach. Give them a target to throw at. Make sure you teach them that both feet need to remain on the ground and that the ball is held with both hands above their heads. You can place a ball on a cone and have players try and knock it off.

**3:12/4:27 (15 Min): 4 on 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. Have player’s throw-in to start play again. Stop play and explain any rules, if needed.

**3:27/4:42 (7 Min): Drill 3 – Pairs Passing** – Players pair up with a partner. Have them stand 10’ apart. Players pass back and forth. Teach proper passing with the inside of their feet. Have players switch feet when passing.

**3:34/4:49 (7 Min): Drill 4 – Junkyard** – Split players into two teams. One team lines up on one side-line. The other team lines up on the other side-line. Coaches stand in the middle to form an imaginary line. Object of game is to clear your teams yard of balls by kicking them into the other teams yard without crossing the center line. Start with kicking balls on the ground. Progress to punt kicks. Coach counts down 5,4,3,2,1 and then both teams stop to count how many balls are in their yard.

**3:41/4:56 (2 Min): Water Break**

**3:43/4:58 (15 Min): 4 on 4 Soccer Game #2 Versus Other Team** – Rotate players in and out. Encourage players by “catching them being good.”

**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**

**4:00 Youth Coaches prepare for Boy teams to arrive**

**5:15 Youth Coaches pick-up fields**

# Day 2

**2:30 p.m.** – Youth coaches set-up fields, corner flags, and balls

## Girls/Boys

### Greet Players & Warm-up Drill

- Hand out name tags as players arrive
- **Warm-UP Drill: Pairs Passing** – Players pair up with a partner. Have them stand 10' apart. Players pass back and forth. Teach proper passing with the inside of their feet. Have players switch feet when passing.
- Do Exercises (stretch, jumping jacks, jog around field etc...)

**3:00/4:15** (6 Min): **Drill 1 – Shoot on Goal** – Place cones 10' in front of the goal. Tell the players that they are going to “shoot on goal” but must kick their ball before they get to the cone. Stand off to the side from them and roll/kick the ball to them and have them shoot the ball into the goal. Please don't have them close enough that they are running into the goal to kick. Encourage them to cheer when their teammate scores. Make a contest to see how many the team can score in a row.

**3:06/4:21** (6 Min): **Drill 2 – Simon Sez** – Traditional game. Coaches call out instructions. You can juggle, dribble or do other actions.

**3:12/4:27** (2 Min): **Water Break**

**3:14/4:29** (15 Min): **4 on 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. Have players throw-in to start play again. Stop play and explain any rules, if needed.

**3:29/4:44** (6 Min): **Drill 3 – Open Door Dribble** – Set up several “doors” using 2 cones 3' apart. Object of the game is for players to dribble through all the doors. Second time through, see how many doors the players can go through in 30 seconds. Ask how many at the end.

**3:35/4:50** (6 Min): **Drill 4 – Ball Switch** – Set up a 20' x 20' playing area with cones. Each player has a ball and dribbles inside area. While dribbling, coach calls out “Switch.” Players then stop their ball where it is at and then goes to find another ball.

**3:41/4:56** (2 Min): **Water Break**

**3:43/4:58** (15 Min): **4 on 4 Soccer Game #2 Versus Other Team** – Same as game #1. Rotate players in and out. Encourage players by “catching them being good.”

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

- Reminders
- Team Cheer and High 5's

**4:00** Youth Coaches prepare for Boy teams to arrive

**5:15** Youth Coaches pick-up fields

# Day 3

2:30 p.m. – Youth coaches set-up fields, corner flags, and balls

## Girls/Boys

### Greet Players & Warm-up Drill

- **Warm-UP Drill: 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.
- Do Exercises (stretch, jumping jacks, jog around field etc...)

**3:00/4:15 (6 Min): Drill 1 – Body Parts Brake** - Players work on ball control by dribbling around area but then stop the ball with a body part that the coach calls out. i.e. coach says to stop the ball with their foot, hand, elbow, heel, head, knee, stomach, etc. Explain at the time that this is only a drill and in a real game they cannot use their hands to stop the ball.

**3:06/4:21 (6 Min): Drill 2 – Bumper Cars** - Each child dribbles a soccer ball. Coach tries to kick his/her ball so that it “bumps” the players’ ball. Keep the kids within a defined area. Coaches need to be careful to not kick too hard. You can switch and have the player’s try to hit your ball.

**3:12/4:27 (2 Min): Water Break**

**3:14/4:29 (15 Min): 4 on 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. Have players throw-in to start play again. Stop play and explain any rules, if needed.

**3:29/4:44 (6 Min): Drill 3 – Shoot on Goal** - Place cones 10’ in front of the goal. Tell the players that they are going to “shoot on goal” but must kick their ball before they get to the cone. Stand off to the side from them and roll/kick the ball to them and have them shoot the ball into the goal. Please don’t have them close enough that they are running into the goal to kick. Encourage them to cheer when their teammate scores. Make a contest to see how many the team can score in a row.

**3:35/4:50 (6 Min): Drill 4 – Junkyard** - Split players into two teams. One team lines up on one side-line. The other team lines up on the other side-line. Coaches stand in the middle to form an imaginary line. Object of game is to clear your teams yard of balls by kicking them into the other teams yard without crossing the center line. Start with kicking balls on the ground. Progress to punt kicks. Coach counts down 5,4,3,2,1 and then both teams stop to count how many balls are in their yard.

**3:41/4:56 (2 Min): Water Break**

**3:43/4:58 (15 Min): 4 on 4 Soccer Game #2 Versus Other Team** - Same as game #1. Rotate players in and out. Encourage players by “catching them being good.”

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

- **Reminders**
  - Remind parents that the last two sessions of Micro are on Fridays, April 25<sup>th</sup> and May 2<sup>nd</sup>
- **Team Cheer and High 5’s**

**4:00 Youth Coaches prepare for Boy teams to arrive**

**5:15 Youth Coaches pick-up fields**

# Day 4

**2:30 p.m.** – Youth coaches set-up fields, corner flags, and balls

## Girls/Boys

### Greet Players & Warm-up Drill

- **Warm-UP Drill: Toe Touches** – Each player has a ball. Object: “tap” the top of the ball with your big toe and continue back and forth. Pretend the grass is hot cement as this helps them bounce back and forth between alternating feet. Transition into having players pass the ball back and forth between their feet. **Ball Switch** - Set up a 20' x 20' playing area with cones. Each player has a ball and dribbles inside area. While dribbling, coach calls out “Switch.” Players then stop their ball where it is at and then goes to find another ball.
- Do Exercises (stretch, jumping jacks, jog around field etc...)

**3:00/4:15** (6 Min): **Drill 1 – Pairs Passing** - Players pair up with a partner. Have them stand 10' apart. Players pass back and forth. Teach proper passing with the inside of their feet. Have players switch feet when passing.

**3:06/4:21** (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.

**3:12/4:27** (2 Min): **Water Break**

**3:14/4:29** (15 Min): **4 on 4 Soccer Game #1 Versus Other Team**

**3:29/4:44** (6 Min): **Drill 3 – How Much Time Coach** – Players line up on an end line. Coach is on the opposite line. Players yell out “How much time coach?” The coach calls out a number (ex. 7 seconds) players must try and dribble and get to the coach before he counts to the number. The GOAL of this game is to get them running from sideline to sideline.

**3:35/4:50** (6 Min): **Drill 4 – Open Door/Closed Door Dribble** - Set up several “doors” using 2 cones 3' apart. Object of the game is for players to dribble through all the doors. Second time through, you and your assistant move through the area closing some doors by standing in them as they dribble around. Shout out the “this door is closed”

**3:41/4:56** (2 Min): **Water Break**

**3:43/4:58** (15 Min): **4 on 4 Soccer Game #2 Versus Other Team**

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

- Reminders
- Team Cheer and High 5's

**4:00** Youth Coaches prepare for Boy teams to arrive

**5:15** Youth Coaches pick-up fields

# Day 5

2:30 p.m. – Youth coaches set-up fields, corner flags, and balls

## Girls/Boys

### Greet Players & Warm-up Drill

- **Warm-UP Drill: Junkyard** - Split players into two teams. One team lines up on one side-line. The other team lines up on the other side-line. Coaches stand in the middle to form an imaginary line. Object of game is to clear your teams yard of balls by kicking them into the other teams yard without crossing the center line. Start with kicking balls on the ground. Progress to punt kicks. Coach counts down 5,4,3,2,1 and then both teams stop to count how many balls are in their yard.
- Do Exercises (stretch, jumping jacks, jog around field etc...)

**3:00/4:15 (6 Min): Drill 1 – Dribble Relay Race** – Divide your team into two groups. Place teams on each side of the goal. One ball for each team. Place two cones about 15-20 yard in front of each line of players. Object is each “team” dribbles their (1) ball out and around the cone and returns the ball to the next player in line. The team that goes through all of their players first wins. Repeat until time to stop.

**3:06/4:21 (6 Min): Drill 2 – Bumper Cars – HAVE PLAYERS GO AND GET A PARENT/ETC. TO PLAY.** Each child dribbles a soccer ball. Coach tries to kick his/her ball so that it “bumps” the players’ ball. Keep the kids within a defined area. Coaches need to be careful to not kick too hard. You can switch and have the player’s try to hit your ball.

**3:12/4:27 (2 Min): Water Break**

**3:14/4:29 (15 Min): 4 on 4 Soccer Game #1 Versus Other Team**

**3:29/4:44 (6 Min): Drill 3 – Shoot on Goal** - Place cones 10’ in front of the goal. Tell the players that they are going to “shoot on goal” but must kick their ball before they get to the cone. Stand off to the side from them and roll/kick the ball to them and have them shoot the ball into the goal. Please don’t have them close enough that they are running into the goal to kick. Encourage them to cheer when their teammate scores. Make a contest to see how many the team can score in a row.

**3:35/4:50 (6 Min): Drill 4 – Freeze Tag – PARENTS CAN PLAY THIS GAME IF THEY WISH** – All players have a ball. Select 1-2 players to be “it.” Object is to dribble around and try not to get tagged by the players who are it. If they get tagged, player is “frozen.” The only way to be “free” is to have another player kick their ball through the frozen players legs. Repeat. Select new players to be “it.”

**3:41/4:56 (2 Min): Water Break**

**3:43/4:58(15 Min): 4 on 4 Soccer Game #2 Versus Other Team**

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

- **Team Cheer**
- **Let Parents Take Team Pictures**

**4:00 Youth Coaches prepare for Boy teams to arrive**

**5:15 Youth Coaches pick-up fields**

\* \* \* Thank you so much for coaching. Your willingness to help ensured that a young player got the opportunity to have a positive experience learning and playing the game of soccer. Thanks again, and we hope to see you again next season!