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