



## **U5 Coaches Guide and Drills**

With the U5 age group our goal is to keep all players involved and active. Given the young age of these groups, the goal of each drill is to teach a small subset of underlying skills in a fun manner. This helps to keep ALL the children active, interested and having fun.

Contained in this package is a variety of sample practice and game plans, as well as a list of various drills and games. The games and drills are “self-teaching” where each child develops by simply participating and playing. Each game is designed to teach different soccer skills and concepts without “boring” the kids.



**There are 6 key points that you should be concerned with when coaching the U5 division:**

**1. Make it FUN!!** – Whether or not your players will continue to play soccer in the years to come will depend on whether it's fun. Make the games and drills fun while having fun yourself and the kids will fall in love with soccer.

**2. A ball for every player** – It's of utmost importance that **EVERY** player have a ball during practice. Also be sure to use a variety of drills and games so that the amount of time each player has with a ball is maximized, as opposed to watching, listening to instructions or standing in a line).

**3. Choose good practice games** – Avoid games that use “knock-out” or elimination games. This results in kids standing and watching others. The goal is keep all the kids involved. Also, use games that involve the parents (ie: Soccer Bees) to further enhance the players' experience.

**4. Teach the following Concepts & Rules:**

i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.

ii. The concept of a “field” that has lines that they must stay within.

iii. The concept of “our goal” and “their goal”

**5. How to properly kick the ball:** Focus on teaching the kids to use the inside of the foot and the instep of the foot (ie: “the laces”) and not the toe.

**6. Focus on dribbling & kicking** – The foundation of the game soccer is to kick the ball. All kids want to do it. Focus your drills and games on having the kids dribble and kick the ball as often as possible. The more comfortable they are kicking and dribbling the ball, the more inclined they will be to enjoy the game and actively partake in it.



## Practice Plans – Keep it Simple!!

The following are some sample practice plans with approximate timings and drills/games. There are additional drills at the back of this guide. If you find the players have lost interest in a drill pick a new drill from the back pages. Most drills are set up to include a soccer ball. It is ok to start the drill without the ball and then add the ball in.

### Practice Plan #1 (60 minutes)

**Introductions:** Gather players; have them sit in a circle. Coaches start off with introducing themselves, go around the circle and have players say their names. Have some fun with it, maybe ask them to say their name and favorite color as well.

**Before Starting Warm-Ups:** Teach the following Concepts & Rules:

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Follow The Leader (dribbling) (6:15pm – 6:20pm)

**Summary:** A great warm-up that teaches dribbling skills. Easy set-up and everyone has a ball.

**Teaches:** "Control dribbling" and "speed dribbling". The "leader" will set the various paces.

**The Game:** Each player has a ball. Coach starts off as leader, all others line up behind the coach and follow the coach dribbling while the coach dribbles around the field at moderate speed for about 1 minute (or, if you wish coach can speed up). Only go forward (no pullbacks), but leader can circle around and cross thru the line. Emphasize control of the ball over speed. Ask for a volunteer leader and have them lead for another minute; then a third. **Let the kids take a quick water break.**

**Basic Skills:** Teach the kids simple ball handling skill. (6:20pm – 6:25pm)

- **Passing the Ball:** Teach kids how to properly kick the ball – use the inside of the foot to kick the ball and bottom of foot to stop the ball. Pair kids up with a partner. One ball between 2 kids and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts – inside of foot to kick and the bottom of foot to stop the ball. **Let the kids take a quick water break.**

**Drills:** (6:25 pm – 6:45 pm)

1. **Coach Says** (5-10 minutes) Summary: Simple fun game for U5. Similar to "Simon says", but instead with soccer related activities.  
**Teaches:** Control dribbling, kicking/shooting the ball, stopping and changing directions.  
**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.



**The Game:** Players spread out and coach stands in the middle among them. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.). Every time “coach says” is used, the players must perform the task. If “coach says” is not used, players must stand with their foot on top of the ball or continue doing the previous task.

2. **What Time is it Mr. Wolf?** (5-10 minutes) Summary: Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction, stopping.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out “what time is it Mr. Wolf” and take that many steps while dribbling the ball. When coach yells “It’s dinner time!” players quickly turn and dribble back to their starting line.

### **Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. Review with the players who is on their team so they know who to be passing the ball to. Arrange your first line of players and your second line of players.

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team. (Players line up, high-five opposing team players exchanging “good game”)

Final huddle with your team – provide positive reinforcement with your players. All players put hand in, on count of 3 cheer “Soccer” or something like “we love soccer”!



## Week 2

### Practice Plan #2 (60 minutes)

**Set up:** When you arrive, set up 4 cones, marking off an area for players to dribble ball around in as they arrive.

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

**Before Starting Warm-Ups:** Review the following Concepts & Rules:

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Follow The Leader (dribbling) (6:15pm – 6:19pm)

**Summary:** A great warm-up that teaches dribbling skills. Easy set-up and everyone has a ball.

**Teaches:** "Control dribbling" and "speed dribbling". The "leader" will set the various paces.

**The Game:** Each player has a ball. Coach starts off as leader, all others line up behind the coach and follow the coach dribbling while the coach dribbles around the field at moderate speed for about 1 minute (or, if you wish coach can speed up). Only go forward (no pullbacks), but leader can circle around and cross thru the line. Emphasize control of the ball over speed. Ask for a volunteer leader and have them lead for another minute; then a third. **Let the kids take a quick water break.**

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net.(6:19pm – 6:25pm)

- **Passing the Ball:** Teach kids how to properly kick the ball – use the inside of the foot to kick the ball and bottom of foot to stop the ball. Pair kids up with a partner. One ball between 2 kids and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts – inside of foot to kick and the bottom of foot to stop the ball.
- **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net. Work on this for 3 mins.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

1. **Coach Says** (5-10 minutes) Summary: Simple fun game for U5. Similar to “Simon says”, but instead with soccer related activities.

**Teaches:** Control dribbling, kicking/shooting the ball, stopping and changing directions.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players spread out and coach stands in the middle among them. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.). Every time “coach says” is used, the players must perform the task. If “coach says” is not used, players must stand with their foot on top of the ball or continue doing the previous task.

2. **Red Light, Green Light** (5-10 minutes)

**Summary:** Simple fun game for U5.

**Teaches:** Control dribbling, speed dribbling, change of direction, stopping.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players line up at one end of playing area. Coach shouts “Yellow Light” – players dribble ball forward in a straight line at a slow pace. Coach shouts “Green Light” – players continue to dribble forward in a straight line but at a fast pace. Finally Coach shouts “Red Light” – players stop ball and keep foot on top of the ball in possession. Continue to control the drill with the frequency and variation of the light changes.

**Comments:** When players begin to get accustomed to the drill, vary it by allowing them to dribble in any direction. Add new colored lights; “Black Light” – players need to dance around the ball. “Blue Light” – players need to hop back and forth over the ball.

**Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. Review with the players who is on their team.

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## Week 3

### Practice Plan #3 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask the players if they remember some of the rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Duck, Duck, Goose(6:15pm – 6:19pm)

**Summary:** Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction and stopping.

**Set-up:** Mark off an appropriate sized area to play.

**The Game:** Players spread out in a circle. The fox walks around the outside of the circle tapping each child on shoulder or head saying "duck" for each player. Once the fox says "goose" and taps the next child, he runs as quickly as he can around the circle. The "goose" then chases the fox in the same direction the fox is running. If the fox reaches the gap left by the goose in the circle before he is tagged he is safe and the goose becomes the new fox. If the goose tags the fox then the fox stays the fox for the next round.

**Comments:** Build upon this game by adding a ball.

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- **Passing the Ball:** Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart). After a couple minutes of this exercise, split them up into groups of 3, have them space out in form of a triangle and pass the ball amongst the 3 players.
- **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net. Work on this for 3 mins.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

1. **Red Light, Green Light** (5-10 minutes)

**Summary:** Simple fun game for U5.

**Teaches:** Control dribbling, speed dribbling, change of direction, stopping.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players line up at one end of playing area. Coach shouts “Yellow Light” – players dribble ball forward in a straight line at a slow pace. Coach shouts “Green Light” – players continue to dribble forward in a straight line but at a fast pace. Finally Coach shouts “Red Light” – players stop ball and keep foot on top of the ball in possession. Continue to control the drill with the frequency and variation of the light changes.

**Comments:** When players begin to get accustomed to the drill, vary it by allowing them to dribble in any direction. Add new colored lights; “Black Light” – players need to dance around the ball. “Blue Light” – players need to hop back and forth over the ball.

2. **Soccer Bees** (5-10 minutes) Summary: A simple, fun U5 game that can involve the parents attending practice. Players buzz like bees and kick the ball at the "giants" to try to "sting" them

**Teaches:** Familiarity with using feet to dribble and kick a ball

Set-up: Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate). Each player has a ball. Ask any parents at practice to participate

**The Game:** 1st, tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their “bee hive”. 2nd, after a few minutes, have the parents go inside the square. Tell the “bees” that their hive is being invaded by giants and they should “sting” them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it. Don’t keep score

**Comments:** Just have fun and don’t let anyone get hurt. This type of activity is perfect for U5 players. **Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”. *Be prepared with your first line of players and 2<sup>nd</sup> line of players. Mix it up from previous week.*

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.* Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes. At the end of the game, line the players up to shake hands of opposing team.



## Week 4

### Practice Plan #4 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have them shoot on net as well.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask kids if they can remember any rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Duck, Duck, Goose(6:15pm – 6:19pm)

**Summary:** Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction and stopping.

**Set-up:** Mark off an appropriate sized area to play.

**The Game** Players spread out in a circle. The fox walks around the outside of the circle tapping each child on shoulder or head saying "duck" for each player. Once the fox says "goose" and taps the next child, he runs as quickly as he can around the circle. The "goose" then chases the fox in the same direction the fox is running. If the fox reaches the gap left by the goose in the circle before he is tagged he is safe and the goose becomes the new fox. If the goose tags the fox then the fox stays the fox for the next round.

**Comments:** Build upon this game by adding a ball.

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- **Passing the Ball:** Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart). After a couple minutes of this exercise, split them up into groups of 3, have them space out in form of a triangle and pass the ball amongst the 3 players.
- **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net. Work on this for 3 mins.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

- 1. Soccer Bees** (5-10 minutes) Summary: A simple, fun U5 game that can involve the parents attending practice. Players buzz like bees and kick the ball at the "giants" to try to "sting" them

**Teaches:** Familiarity with using feet to dribble and kick a ball

**Set-up:** Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate) Each player has a ball. Ask any parents at practice to participate

**The Game:** 1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive". 2nd, after a few minutes, have the parents go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it. Don't keep score

**Comments:** Just have fun and don't let anyone get hurt. This type of activity is perfect for U-5 players.
- 2. What Time is it Mr. Wolf?** (5-10 minutes) Summary: Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction, stopping.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out "what time is it Mr. Wolf" and take that many steps while dribbling the ball. When coach yells "It's dinner time!" players quickly turn and dribble back to their starting line.

**Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of "our goal" and "their goal". *Be prepared with your first line of players and 2<sup>nd</sup> line of players – mixed it up from previous week.*

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## Week 5

### Practice Plan #5 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area. Have players shoot on net.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask kids if they can remember any rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Players to warm up with ball (6:15pm – 6:19pm)

**Summary:** Easy set-up and everyone has a ball.

**Teaches:** Ball handling. Gets them going a little bit and warmed up for more drills!

**The Game:** Toe-tops: Place the bottom of their foot on top of the ball and alternate feet. Start off slow and build up speed. Tick-tock: Place the ball between their feet and have them knock the ball back and forth between their feet. Stretching: Have them touch their toes and then stretch up to the sky as far as they can. Run in place and then have them jump up and down and act silly. Repeat a couple of times.

**Let the kids take a quick water break.**

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart).
- Shooting on net: Have 2 rows of 5 cones spaced out leading to the net. Divide players up into 2 groups. One group at the starting point of one row of the cones and other group at the starting point of the other row of cones. Coach to show kids dribbling ball around cones going towards net, after dribbling around last cone take a shot on net. Emphasize control of the ball over speed.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

1. **Soccer Bees** (5-10 minutes) Summary: A simple, fun U5 game that can involve the parents attending practice. Players buzz like bees and kick the ball at the "giants" to try to "sting" them  
**Teaches:** Familiarity with using feet to dribble and kick a ball  
**Set-up:** Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate) Each player has a ball. Ask any parents at practice to participate  
**The Game:** 1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive". 2nd, after a few minutes, have the parents go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them. Play until they get tired of it. Don't keep score  
**Comments:** Just have fun and don't let anyone get hurt. This type of activity is perfect for U5 players.

2. **Don't Crash The Car!** (5 to 10minutes) Summary: A simple, fun game that teaches many basic skills. Easy setup and everyone is involved at all times.  
**Teaches:** Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using bottom of foot to stop.  
**Set-up:** Each player has a ball  
**The Game:** Coach uses a ball to demonstrate what each of the instructions mean:
  - i. 'Green Light' – Start dribbling, keep head up and ball close to feet.
  - ii. 'Red Light' – Use bottom of foot to stop the ball, and remain still
  - iii. 'Honk the Horn' – Just for fun but the kids love it. Players stop the ball sit on it and honk their imaginary car horns!!

**Comments:** The game can forever be expanded to further develop additional skills.

### **Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of "our goal" and "their goal".

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## Week 6

### Practice Plan #6 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask kids if they can remember any rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Follow The Leader (dribbling) (6:15pm – 6:19pm)

**Summary:** A great warm-up that teaches dribbling skills. Easy set-up and everyone has a ball.

**Teaches:** "Control dribbling" and "speed dribbling". The "leader" will set the various paces.

**The Game:** Have cones spaced out in a few different rows. In a couple of rows have cones closer together and in other row have spaced other further. Each player has a ball. Coach can start off as leader, all others line up behind coach and follow the coach dribbling through the various rows of cones. Emphasize control of the ball over speed. Ask for a volunteer leader and have them lead for another minute; then a third. *Let the kids take a quick water break.*

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart).
- Shooting on net: Have 2 rows of 5 cones spaced out leading to the net. Divide players up into 2 groups. One group at the starting point of one row of the cones and other group at the starting point of the other row of cones. Coach to show kids dribbling ball around cones going towards net, after dribbling around last cone take a shot on net. Emphasize control of the ball over speed.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

1. **Don't Crash The Car!** (5 to 10minutes)Summary: A simple, fun game that teaches many basic skills. Easy setup and everyone is involved at all times.

**Teaches:** Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using bottom of foot to stop.

**Set-up:** Each player has a ball

**The Game:** Coach uses a ball to demonstrate what each of the instructions mean:

- i. 'Green Light' – Start dribbling, keep head up and ball close to feet.
- ii. 'Red Light' – Use bottom of foot to stop the ball, and remain still
- iii. 'Honk the Horn' – Just for fun but the kids love it. Players stop the ball sit on it and honk their imaginary car horns!!

**Comments:** The game can forever be expanded to further develop additional skills.

2. **Clean Your Room**

**Summary:** Fun, straight forward drill that works foster team work and movement.

**Teaches:** Passing, teamwork, control dribbling, turns

**Set-up:** Mark off an appropriate sized area to play. Mark out a line with cones to separate the play area in half. Every player with a ball. Split players into two teams

**The Game:** Have each team stand in their half of the play area with their balls. When the coach yells "GO", each team must pass their ball into the other teams "room" or half. Once a ball comes back into their room area, they should once again control and kick it back.

**Comments:** Make sure proper passing technique is used with the inside of the foot. If the ball is kicked past a player, they should chase after it, stop and turn and dribble it back into their room so they can pass it back.

**Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of "our goal" and "their goal".

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## Week 7

### Practice Plan #7 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask kids if they can remember any rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Duck, Duck, Goose(6:15pm – 6:19pm)

**Summary:** Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction and stopping.

**Set-up:** Mark off an appropriate sized area to play.

**The Game** Players spread out in a circle. The fox walks around the outside of the circle tapping each child on shoulder or head saying "duck" for each player. Once the fox says "goose" and taps the next child, he runs as quickly as he can around the circle. The "goose" then chases the fox in the same direction the fox is running. If the fox reaches the gap left by the goose in the circle before he is tagged he is safe and the goose becomes the new fox. If the goose tags the fox then the fox stays the fox for the next round.

**Comments:** Build upon this game by adding a ball.

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart).
- Shooting on net: Have 2 rows of 5 cones spaced out leading to the net. Divide players up into 2 groups. One group at the starting point of one row of the cones and other group at the starting point of the other row of cones. Coach to show kids dribbling ball around cones going towards net, after dribbling around last cone take a shot on net. Emphasize control of the ball over speed.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

**1. Clean Your Room**

**Summary:** Fun, straight forward drill that works foster team work and movement.

**Teaches:** Passing, teamwork, control dribbling, turns

**Set-up:** Mark off an appropriate sized area to play. Mark out a line with cones to separate the play area in half. Every player with a ball. Split players into two teams

**The Game:** Have each team stand in their half of the play area with their balls. When the coach yells “GO”, each team must pass their ball into the other teams “room” or half. Once a ball comes back into their room area, they should once again control and kick it back.

**Comments:** Make sure proper passing technique is used with the inside of the foot. If the ball is kicked past a player, they should chase after it, stop and turn and dribble it back into their room so they can pass it back.

**2. Treasure Hunt**

**Summary:** Coach drops about 20 “treasures” around the field (2 or 3 per player). Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

**Teaches:** Control dribbling, stopping turning with ball.

**Set-up:** Use cones to make a square within which the treasures will be found (or use half the field). Choose treasures and scatter around the square. Each player has a ball and starts in the center of the square.

**The Game:** On “GO”, players dribble and collect their appropriate amount of treasures.

**Comments:** Game can be further expanded to have each player get as much treasure as they can to see who gets the most, either as an individual or part of a group

**Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”.

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## Week 8

### Practice Plan #8 (60 minutes)

As players start arriving welcome them, hand them a ball and have them just dribble ball in a marked off area.

**Before Starting Warm-Ups:** Review following Concepts & Rules: Ask kids if they can remember any rules.

- i. Don't use your hands. Encourage players to use feet, legs, chest but not their arms and hands.
- ii. The concept of a "field" that has lines that they must stay within.

**Warm-Up:** Players to warm up with ball (6:15pm – 6:19pm)

**Summary:** Easy set-up and everyone has a ball.

**Teaches:** Ball handling. Gets them going a little bit and warmed up for more drills!

**The Game:** Toe-tops: Place the bottom of their foot on top of the ball and alternate feet. Start off slow and build up speed. Tick-tock: Place the ball between their feet and have them knock the ball back and forth between their feet. Stretching: Have them touch their toes and then stretch up to the sky as far as they can. Run in place and then have them jump up and down and act silly. Repeat a couple of times.

**Let the kids take a quick water break.**

**Basic Skills:** Review passing the ball and stopping the ball. Shooting on net. (6:19pm – 6:25pm)

- Passing the Ball: Pair players up with a partner and have them practice kicking ball back and forth – use the inside of foot to pass and bottom of foot to stop the ball. One ball between 2 players and have them spread out(7 to 10ft apart).
- Shooting on net: Have 2 rows of 5 cones spaced out leading to the net. Divide players up into 2 groups. One group at the starting point of one row of the cones and other group at the starting point of the other row of cones. Coach to show kids dribbling ball around cones going towards net, after dribbling around last cone take a shot on net. Emphasize control of the ball over speed.

**Let the kids take a quick water break.**



**Drills:** (6:25 pm – 6:45 pm)

**1. Treasure Hunt**

**Summary:** Coach drops about 20 “treasures” around the field (2 or 3 per player). Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

**Teaches:** Control dribbling, stopping turning with ball.

**Set-up:** Use cones to make a square within which the treasures will be found (or use half the field). Choose treasures and scatter around the square. Each player has a ball and starts in the center of the square.

**The Game:** On “GO”, players dribble and collect their appropriate amount of treasures.

**Comments:** Game can be further expanded to have each player get as much treasure as they can to see who gets the most, either as an individual or part of a group.

**2. What Time is it Mr. Wolf?** (5-10 minutes) Summary: Similar to childhood game, except players have a ball with them.

**Teaches:** Control dribbling, speed dribbling, change of direction, stopping.

**Set-up:** Each player has a ball. Mark off an appropriate sized area to play.

**The Game:** Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his back turned to the players. Players yell out “what time is it Mr. Wolf” and take that many steps while dribbling the ball. When coach yells “It’s dinner time!” players quickly turn and dribble back to their starting line.

**Time for a quick water break!**

**Review:** (6:45 pm – 6:50 pm) – Quick review of rules and concepts learned today. (Not using hands, using inside of foot to kick ball and bottom of foot to stop ball). Prepare players for game versus the opposing team. The concept of “our goal” and “their goal”.

**Game:** (6:50 pm - 7:15 pm) *One coach out on the field, other coach sits on the sideline with players waiting for substitutions. Coach on sideline keeps track of time – substitutions to happen every 3 to 4mins.*

Play the weekly game versus the opposing team. Again the focus is to get every player involved and chasing the ball. No score will be kept and no players will play goalie. Substitutions (line changes) should be made every 3-4 minutes to balance the amount of time played by each player. At the end of the game, line the players up to shake hands of opposing team.



## **Additional Drills:**

### **Soccer Cleats Game**

**Summary:** Soccer Cleats will become an important piece of footwear for many children and hopefully for many years. This fun game called 'head, shoulders, knees and ball' is a fun game for the U5 age group

**Teaches:** Balance, using both feet Set-up: Every player with a ball.

**The Game:** Players stand around the coach with their ball close to them but not touching it. When the coach says a body part, the players must touch that body part (ie: head, nose, ears, etc.). When the coach says "BALL", they must put a foot on top of the ball as quickly as possible.

**Comments:** Experiment with different body parts to make it fun. Get them to lightly stretch by having them touch their toes or the sky. Also use words that sound similar to "ball" such as back, belly or bottom/bum. This can trick the youngsters and always gets a laugh!!

### **Egg Hunt**

**Summary:** Simple fun game for U5

**Teaches:** Running, dribbling, kicking/shooting the ball.

**Set Up:** Mark out playing area. The net should be included in the playing area.

**The Game:** Scatter the balls at the end of the playing area opposite of the net. Have players line up along the end line by the net. On "go" players will run and find their egg(ball) and dribble back and put in the basket(score in goal).

**Comments:** Add a little obstacle course, set up some cones that once kids find their egg they need to dribble ball through the cones before putting the ball in the basket(score in goal).

### **Hit the Coach!**

**Summary:** Simple fun game for U5.

**Teaches:** Control dribbling, kicking/shooting the ball

**Set-up:** Each player has a ball

**The Game:** Players stand shoulder to shoulder facing the coach who is about 5 steps away. On "GO", the coach runs slowly away while players dribble to chase him and try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to help and split the game into 2 games so it is less crowded. Stay in a small area and have fun!!



## **Freeze Tag**

**Summary:** Simple fun game for U5

**Teaches:** Control dribbling, change of direction

**Set Up:** Mark off designated playing area. Every player has a ball.

**The Game:** Coach starts off as being the tagger. On “go” players dribble ball around in playing area while coach tags “freezes” as many players as possible. If player is tagged he/she must pick up the ball and hold over their head and spread their legs. They should be encouraged to shout “help” as loud as possible. To get unfrozen another teammate must dribble to and pass ball through the spread legs of the frozen player. Once the player is unfrozen, he/she resumes dribbling in playing area.

**Comments:** Players need to stay in playing area; if they dribble outside of the playing area they are frozen and will need to be helped. Players should be encouraged to keep head up while dribbling to see where the tagger is. Switch it up and have another player be a tagger as well.