Micro Soccer Lesson Plan

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. It 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!