



Eagan Rec. Soccer

Age Group	5th – 8th Grade
Theme	Passing and Receiving
Time	40 minutes of training / 20 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Knock-Out</p> <ol style="list-style-type: none"> 1. All players begin with a soccer ball dribbling in the space - touching the ball every step. 2. Limit players to dribble with only with right foot, left foot, sole of the foot, inside of the foot, laces, etc. While the players are dribbling say turn, move, to see if they can complete a move with same surface. 3. Freeze players and review juggling sequences. Laces, laces, catch. Thigh, thigh, foot, catch. Thigh, foot, thigh, catch. Foot, foot, thigh, thigh, catch. Foot, foot, foot, foot (two of each foot). 4. Play a game of knock-out! Every player has a ball dribbling around in space. The players try to knock each others balls out of bounds. If your ball is knocked out of bounds you have to complete 5 juggles in front of the coach and re-enter the game. 5. Play for 3 minutes and see who can remain dribbling the longest. <p>Question for the team: When you have the ball where should you dribble to?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball into space away from pressure • Control the ball with all surfaces of your foot • Train both right and left foot
	<p>Shooting and 1 vs 1 vs 1</p> <ol style="list-style-type: none"> 1. Three lines of 3-4 players in each line with soccer balls. 2. Assign one player to play GK for a few minutes and rotate 3. The sequence begins at the red cones. Every player in the front of the line must pay attention. 4. The players at the red cone dribble – cut through the gate and take a shot on goal, after the shot they immediately turn around and defend the player in the yellow gate. Once the player at the yellow gate shoots or the ball goes out of bounds they become a defender to the player at the blue gate. The players at the yellow and blue gates are taking on the defender 1 vs 1. 5. Players rotate to the right after they play and always return to line with a ball. 6. The coach will direct when each player should begin. Wait for the coach command. 7. Play for 10-12 minutes. <p>Question for the team: When taking on a player 1 vs 1 what is something you can do to be more dangerous in the attack?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Attacking players should try moves, change speed, and direction on the ball • Pick head up on the dribble • Take a lot of touches on the ball
	<p>3 vs 2 to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 4-6 players and a GK in goal. All of the balls at the top of the field. 2. The defending team is in two lines on both sides of the goal – the 2 defenders are defending the big goal and attacking the two counter attack goals at the top of the field. 3. The attacking team is at the top of the field in 3 lines – the 3 attackers are going to goal. 4. The attacking team begins with the ball on the dribble - the defending team applies high pressure. The game continues 3 vs 2 until the ball goes out of bounds or a goal is scored. 5. The game always restarts with the attacking team on the dribble from the top of the field. 6. The defenders work hard to win the ball back and try to score in the counter attack goals. 7. The players should play 6 minutes and switch sides. <p>Question for the team: What does the attacking team want to try and do on the field? Coaching Points</p> <ul style="list-style-type: none"> • The 3 attacking players should find the open player in the attack (3 vs 2).

- Transition from offense to defense quickly.
- Encourage players to pass and connect with their teammates to lose the defender on the field.



Scrimmage / Game Play

- 5 vs 5 or 7 vs 7 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – ball control and passing

Coaching Points

- Have fun.
- Encourage players to dribble when they have space.
- Pick their head up on the dribble.