



Eagan Rec. Soccer

Age Group	5th – 8th Grade
Theme	First Touch, Dribbling and Finishing
Time	40 minutes of training / 20 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Figure 8's Technical Warm-Up</p> <ol style="list-style-type: none"> 1. All players begin without a soccer ball warming up the body. Skipping, jumping, high knees, butt kicks, shuffles, lunges, etc. 2. Once the players are warmed up have them get in groups of 2-3 players. Each player needs a soccer ball and a set of cones in front of them. 3. Begin with figure 8 dribbling. The players use both feet to complete 3 figure 8's and then their partner goes. The players keep going training both feet. 4. Stage 1: Race right foot only – 3 times around the top cone in a figure 8 pattern 5. Stage 2: Race left foot only – 3 times around the top cones in a figure 8 pattern 6. Who has the fastest feet on your team and why!? <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball with small touches close to your body • Use all surfaces of your foot to control the ball • Change your speed after you complete a move or turn • Stay as close to the cone as possible
	<p>Passing and Receiving to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 4-7 players on opposite sides of the field with soccer balls. 2. The players pass and move through the gates with two touches using the inside of their foot – the final gate the player at the top of the activity takes a touch towards goal and takes a shot on goal with laces. 3. Warm-up the activity and have the players work together to score 10 goals. 4. Change sides so players train both right and left foot finishing <p>Question for the team: What is important to do with your first touch when you receive the ball? Coaching Points</p> <ul style="list-style-type: none"> • Players should move their first touch in the direction they want to play – do not kill your first touch • Players need to shoot with either inside or laces of their foot • Accuracy on goal
	<p>2 vs 2 to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 5-8 players on opposite sides of the field. One team in pinnies. 2. One team is attacking the big goal and one team is attacking the red gate. The team going to goal is looking to shoot with their laces – the team attacking the gate is looking to place an accurate pass through the gate for a point. 3. The balls start with the team going to goal – the teams are not allowed to score until they are passed the yellow cone. They cannot just shoot the ball from distance. 4. The defenders apply high pressure to the ball and always have a goal keeper in the big goal 5. Players play 2 vs 2 for 6-7 minutes and switch sides. <p>Question for the team: Where do you want to take your first touch? Coaching Points</p> <ul style="list-style-type: none"> • Move your first touch into space away from pressure in the direction you want to go • 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 – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

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