

DAKOTA UNITED SOCCER CLUB



4th – 5th Grade

WEEK 1

Activity	Description	Coaching Points/Focus
Tag Game 5-10 minutes	Select 2 players to be "it". These players do not have a soccer ball. The rest of the players do have a ball at their feet. Once everyone has been tagged. Take a couple of seconds to stretch one set of muscles per break (real briefly). Switch who is "it" and restart the game. Continue until everyone has been "it".	Warm-up
Goal Game 10 minutes	Give each player 2 cones. Allow them to make a 3 yard goal anywhere in the field of play they want (can't be on the end line.) You may want to add more goals yourself so there are more goals than players. Each player should have a ball, and you give them 1 minute to dribble through as many goals as possible. Allow them a 2nd time to beat their score. Progression: Give them a restriction: only left foot, only right foot, make some goals a different color worth more points, ect. Pick up: Each player with their ball. If they stop their ball right next to a cone, they can pick it up. Player with the most cones at the end wins!	Encourage them to get their heads up while dribbling Keep the ball close with small touches. Toe down, and hit the ball with the laces of the foot, or inside.
Stop, Go! 5-10 minutes	Everyone with a soccer ball in the half sized field moving with their soccer ball. On coaches command players stop, and dribble out of the grid to any end line as fast as they can. Last player give a special assignment to: example: Martian push-ups (backwards push –ups on your back with your arms pushing up to the ceiling.) Progression: teach them different ways to turn. Example: pull back, Kroief turn, step over, scissors, cutting the ball to the side, ect. 2nd Progression: assign each end line a number, letter, of animal name. When you call out that assignment player must dribble to that end line.	Same as above. Also, encourage players now to have a change of pace after they turn to get away from the opponent.
Get Out of Here! 15 minutes x x x x C o o o o	Split player's into 2 teams. Set up the field per the diagram to the side. Coach is the keeper of the balls standing between the two teams. Each team can have 1 player on the field when the ball is in play. When the ball goes out of bounds, coach yells "Get out of here!" Players than hustle to the end of their teams line. The next person can enter the field of play when the new ball enters the field. If a goal is scored, players also "get out of here" to the end of their line. Progression: Make some balls worth bonus (2pts). Also you can progressed after several rounds to 2v2. Meaning 2 players from each team can be on the field at one time. *Make one player captain from each team. They are in charge of team points. On diagram: X = team 1, O = team 2, C = Coach	Head up on the dribble so players know when to shoot or dribble. Encourage players to take on the defender. Teamwork and working together.
3v3 Game 10 minutes	3v3, Coach is the keeper of balls and kicks in a new ball when they go out of bounds.	Have Fun! Encourage players to dribble opponent!
Relay Races 3-5 minutes	Relay Races with the soccer ball.	Cool Down.

WEEK 2

Activity	Description	Coaching Points/Focus
Tag Game 5-10 minutes	Select 2 players to be "it". These players do not have a soccer ball. The rest of the players do have a ball at their feet. Once everyone has been tagged. Take a couple of seconds to stretch one set of muscles per break (real briefly). Switch who is "it" and restart the game. Continue until everyone has been "it".	Warm-up
Goal Game 10 minutes	Give each player 2 cones. Allow them to make a 3 yard goal anywhere in the field of play they want (can't be on the end line.) You may want to add more goals yourself so there are more goals than players. Each player should have a ball, and you give them 1 minute to dribble through as many goals as possible. Allow them a 2nd time to beat their score. Progression: Give them a restriction: only left foot, only right foot, make some goals a different color worth more points, ect. Pick up: Each player with their ball. If they stop their ball right next to a cone, they can pick it up. Player with the most cones at the end wins!	Encourage them to get their heads up while dribbling Keep the ball close with small touches. Toe down, and hit the ball with the laces of the foot, or inside.
Stop, Go! 5-10 minutes	Everyone with a soccer ball in the half sized field moving with their soccer ball. On coaches command players stop, and dribble out of the grid to any end line as fast as they can. Last player give a special assignment to: example: Martian push-ups (backwards push –ups on your back with your arms pushing up to the ceiling.) Progression: teach them different ways to turn. Example: pull back, Kroief turn, step over, scissors, cutting the ball to the side, ect. 2nd Progression: assign each end line a number, letter, of animal name. When you call out that assignment player must dribble to that end line.	Same as above. Also, encourage players now to have a change of pace after they turn to get away from the opponent.
Get Out of Here! 15 minutes x x x x C o o o o	Split player's into 2 teams. Set up the field per the diagram to the side. Coach is the keeper of the balls standing between the two teams. Each team can have 1 player on the field when the ball is in play. When the ball goes out of bounds, coach yells "Get out of here!" Players than hustle to the end of their teams line. The next person can enter the field of play when the new ball enters the field. If a goal is scored, players also "get out of here" to the end of their line. Progression: Make some balls worth bonus (2pts). Also you can progressed after several rounds to 2v2. Meaning 2 players from each team can be on the field at one time. *Make one player captain from each team. They are in charge of team points. On diagram: X = team 1, O = team 2, C = Coach	Head up on the dribble so players know when to shoot or dribble. Encourage players to take on the defender. Teamwork and working together.
3v3 Game 10 minutes	3v3, Coach is the keeper of balls and kicks in a new ball when they go out of bounds.	Have Fun! Encourage players to dribble opponent!
Relay Races 3-5 minutes	Relay Races with the soccer ball.	Cool Down.

WEEK 3

Activity	Description	Coaching Points/Focus
<p>Warm-Up: Soccer Ball Freeze Tag 10 minutes</p>	<p>Everyone with a soccer ball, except for 2 people who are “it”. The players who are “it” have 2 minutes to try and tag as many players as possible. If a player gets ‘tagged’ they must grab their ball, hold it over their head, and open up their legs, shoulder width apart. Other players may set them free by passing their ball in between the tagged players legs. Progression: rotate who is “it” 2nd Progression: To make this harder, if needed, have the players who are “it” also have a ball.</p>	<p>Warm-up with brief stretching in between each round. Encourage players to keep their ball close.</p>
<p>Activity 1: Hospital Tag/ KnockOut 10 minutes</p>	<p>Everyone with a soccer ball in a grid (about 20 yards, 20 yards). Everyone in the grid is “it”. The object of the game is to stay in the game as much as possible. Players try to tag as many players as possible in the grid. If a player gets tagged they must use 1 hand to cover where they got tagged. If they get tagged a 2nd time, they must use their other hand to hold where they got tagged a 2nd time. If they get tagged a 3rd time, they must come out of the grid, next to the coach for a special assignment in order to get back into the game. Progression: you can play several rounds, restricting players to only dribble with left foot, right foot, ect. 2nd Progression: Play this game in the form of knock-out. Now the object of the game is to keep your ball, and keep it in the grid constantly moving. All the players are “it” again, trying to knock out, or kick out opposing players soccer balls. If a player gets out they must come to the coach for a special assignment (like 20 toe-touches) in order to get back into the game.</p>	<p>Keeping the ball close and dribbling out of pressure. Keeping head up to look for pressure.</p>
<p>Activity 2: Team Gate Dribble 10 minutes</p>	<p>Divide your group into 3 groups and give them different color training vests. (they don’t have to be even, but try to get close). Have players lay out 3 cone goals, like last week, in various places all over the field. You may add a few extra if needed. Pick 1 group to be “it”. This team job is to run to various goals, and block players from dribbling through these goals. They do not defend, or kick players balls out, they simply run from goal to goal to try and stop players from scoring in that goal. If someone is standing in a goal, the opposing players can not score in that goal. The other players are with a ball trying to dribble through as many free goals as possible. At the end see who scores the most goals. Make each round 1-2 minutes in length. Progression: Rotate the teams who are “it”. 2nd Progression: Allow teams to go twice to try and beat their score.</p>	<p>Same as above. Now players also need to be turning and looking to go somewhere new quickly in order to be the team who is “it” to the specific goal.</p>
<p>Activity 3: End Line Game 10 minutes</p>	<p>Play 3v3. Extra players can be on the outside as neutral players, you can use 1 in the middle as a neutral player as well. Play using the width of the field. The field will be set up 20 x 35 yards. Have the players have the 35 yard line be the width, and the 20 yard line be the length. Players score by dribbling across their teams endline.</p>	<p>Same as above, now incorporating more players. You will need to stop them at times to show them how to spread out.</p>
<p>3v3 Game 15 minutes</p>	<p>3v3, Coach is the keeper of balls and kicks in a new ball when they go out of bounds. If your numbers are too big for 3v3, start with playing get of here: 1v1, 2v2, then build to playing 3v3. You can also play 3v3 + 1 neutral player if needed.</p>	<p>Have Fun! Encourage players to dribble opponent!</p>
<p>Warm Down: Relay Races 5 minutes</p>	<p>Relay Races with the soccer ball. Try Juggling: Dribble Catch method</p>	<p>Cool Down.</p>

WEEK 4

Activity	Description	Coaching Points/Focus
<p>Warm-up Activity 10 minutes</p>	<p>Each player should find a partner and create a triangle with cones somewhere in the field of play. Players should put 2-3 balls in their triangle. Object of the game is, when coach says “go” for teams to race and steal soccer balls from other triangles and bring them back to their triangle as quickly as possible. Give them 2-3 minutes to play, and see who wins. Progression: Allow them to beat their score. Give them hints how to do better: Maybe show them the fastest way to get soccer ball is by keeping a partner in your triangle and passing to them instead of both of them racing to get a soccer ball. 2nd Progression: Split players into two or three teams with training vests. Still keeping their same triangle goal, but now they are just trying to get soccer balls from the opposing colors goals. At the end, have players count their teams score to see who wins. Clean-up</p>	<p>Working in pairs, thinking, and screaming.</p>
<p>Activity 1: Blob Tag 10 minutes</p>	<p>Blob tag with the soccer ball. Everyone is on one end line with their soccer ball. Coach is in the middle trying to tag players as they run across the field. If the coach tags someone they add on to the chain or “blob”. Continue until everyone gets tagged.</p>	<p>Working with partners.</p>
<p>Activity 2: Simon Says 10 minutes</p>	<p>Simon Says Game with the soccer ball Progression: Try letting who wins be Simon.</p>	<p>Listening, following directions, eye contact</p>
<p>Activity 3: six goal game 10 minutes</p>	<p>3 goals on each end line. Give teams one direction to score at. Object of the game is to score into one of the teams goals on the end line. Goals should be about 3 yards in width. Players can dribble though the goal, or pass through the goal. Play 3v3 + neutral players. Rotate who is the neutral player. Losing teams have a special assignment. Example: Martian push-ups</p>	<p>Teamwork, keeping possession of the ball, passing technique, speed of play</p>
<p>3v3 Game 10-15 minutes</p>	<p>3v3, Coach is the keeper of balls and kicks in a new ball when they go out of bounds.</p>	<p>All of the above</p>
<p>Warm Down: Relay Races 3-5 minutes</p>	<p>Relay Races with the soccer ball.</p>	<p>Cool Down.</p>

WEEK 5

Activity	Description	Coaching Points/Focus
<p>Warm-up Activity 10 minutes</p>	<p>Each player should find a partner and create a triangle with cones somewhere in the field of play. Players should put 2-3 balls in their triangle. Object of the game is, when coach says "go" for teams to race and steal soccer balls from other triangles and bring them back to their triangle as quickly as possible. Give them 2-3 minutes to play, and see who wins. Progression: Allow them to beat their score. Give them hints how to do better: Maybe show them the fastest way to get soccer ball is by keeping a partner in your triangle and passing to them instead of both of them racing to get a soccer ball. 2nd Progression: Split players into two or three teams with training vests. Still keeping their same triangle goal, but now they are just trying to get soccer balls from the opposing colors goals. At the end, have players count their teams score to see who wins. Clean-up</p>	<p>Working in pairs, thinking, and screaming.</p>
<p>Activity 1: Blob Tag 10 minutes</p>	<p>Blob tag with the soccer ball. Everyone is on one end line with their soccer ball. Coach is in the middle trying to tag players as they run across the field. If the coach tags someone they add on to the chain or "blob". Continue until everyone gets tagged.</p>	<p>Working with partners.</p>
<p>Activity 2: Simon Says 10 minutes</p>	<p>Simon Says Game with the soccer ball Progression: Try letting who wins be Simon.</p>	<p>Listening, following directions, eye contact</p>
<p>Activity 3: six goal game 10 minutes</p>	<p>3 goals on each end line. Give teams one direction to score at. Object of the game is to score into one of the teams goals on the end line. Goals should be about 3 yards in width. Players can dribble through the goal, or pass through the goal. Play 3v3 + neutral players. Rotate who is the neutral player. Losing teams have a special assignment. Example: Martian push-ups</p>	<p>Teamwork, keeping possession of the ball, passing technique, speed of play</p>
<p>3v3 Game 10-15 minutes</p>	<p>3v3, Coach is the keeper of balls and kicks in a new ball when they go out of bounds.</p>	<p>All of the above</p>
<p>Warm Down: Relay Races 3-5 minutes</p>	<p>Relay Races with the soccer ball.</p>	<p>Cool Down.</p>