

DAKOTA UNITED SOCCER CLUB



K – 3

Lesson Plans

WEEK 1

| Activity | Description | Coaching Points/Focus |
|---|--|---|
| <p>I can do something, can you?</p> <p>5-10 minutes</p> | <p>The coach begins the activity by saying “I can do something can you?” and demonstrating a physical activity. Example: jumping jacks, one-legged jumps, skips, star jumps, ect. After demonstrating a couple activities, next ask the kids “Can you show me a different way to move?” and take their suggestions.</p> <p>Progression: How can you move the soccer ball?</p> | <p>Body movement. The important thing is to allow the children to explore how their body moves, and different ways to move the soccer ball.</p> |
| <p>Soccer Anatomy</p> <p>5-10 minutes</p> | <p>Give the players a grid to stay in, like the size of 1 half of the field. Players will move the ball on the field with their feet. (Give them time to get comfortable with this). When you shout out a body part, players must stop the ball with that part of the body. Start with foot, and make your way to the butt, ear, belly button, ect.</p> | <p>Movement with the soccer ball. Getting use to stopping the ball and the coordination of doing so.</p> |
| <p>Sharks & Minnows</p> <p>5-10 minutes</p> | <p>The minnows, the players, line up shoulder to shoulder on one end of the grid. The coach is designated as the shark and is positioned inside of the grid. On the coach’s command, the minnows must run through the grid and get to the other side without getting tagged. If a player gets tagged while crossing the grid, he/she becomes a shark.</p> <p>Start without the ball, and then add the soccer ball with just the minnows.</p> | <p>FUN...Dribbling under pressure; decision making; change of speed; change of direction and balance; defending.</p> |
| <p>End Line Soccer</p> <p>5-10 minutes</p> | <p>Set up 3v3 teams using the training vests. Players score by kicking the ball or dribbling the ball across an end line. Give each team an end line to score at.</p> | <p>Same as above</p> |
| <p>3v3 Game to Goals</p> <p>5-10 minutes</p> | <p>Use the teams set up from above. Using the small goals and half size field, play 3v3. You as the coach are the keeper of the balls on the side of the field. If the ball goes out, you restart by playing a new one in on the ground.</p> | <p>Same as above</p> |
| <p>Cool Down 3-5 minutes</p> | <p>Relay races of your choice. Kids will always enjoy doing something goofy!</p> | |

- This is just a template; you do not have to do all the activities if they do not fit in.
- Also remember this age group will need multiple short (60seconds or less breaks)

WEEK 3

| Activity | Description | Coaching Points/Focus |
|---|--|-----------------------------------|
| Warm-Up: Ball Retrieval | Everyone starts off with a soccer ball. They bring it to you and you give them a special assignment to bring the ball back. Example: 2 elbows, 1forehad and 1 hand, 2 fingers, bring it back while hopping, in 15 dribbles, ect. | Coordination and balance |
| Activity 1: Sharks & Minnows 10 minutes | Everyone with a ball on one end line. When coach says go, the players (minnows) try to get to the other side of the field with their soccer ball without getting tagged. If they become tagged by the coach (shark) they also become a tagger (sharks). Progression: Exchange who is the “shark” | Same as above. |
| Activity 2: Pirates of the Caribbean! 10 minutes | Make two big squares in the corners of the field. These will be each team ship. Use one goal as your island that is storing all the gold (soccer balls). The space in-between the ship and island is water. Object of the game is to send one player from your ship, one at a time, out across the sea to capture a piece of goal and successfully return it to the ship, than the next player will go, ect. When all the gold is gone teams should count their number of pieces to see who wins. Progression: Now you (coach) can be a pirate in the middle of the sea who is trying to prevent players from stealing your gold. | Same as above. Teamwork, head up. |
| Activity 3: Get out of here! 10 minutes | Just play 1v1 get out of here. Don’t give them numbers; just have the first person in each line go out to play. Make some rounds worth more points as you go. | Same as above |
| 3v3 Game to Small Goals 10 minutes | Use the teams set up from above. Using the small goals and half size field, play 3v3. You as the coach are the keeper of the balls on the side of the field. If the ball goes out, you restart by playing a new one in on the ground. | Same as above |
| Cool Down: | Relay Races <u>with</u> the soccer ball. | |

WEEK 4

| Activity | Description | Coaching Points/Focus |
|--|---|--|
| Warm-Up: Hospital Tag 5-10 minutes | Everyone with a soccer ball. Split the ½ size field into half with cones. Everyone in the grid is “it”. Objective of the game: Try to tag everyone else, and get tagged as few times as possible. If a player get tagged the first time, they put hand over the part that got tagged. If the get tagged a second time they put their other hand over where they got tagged. If they get tagged for a third time, they must go to the hospital (which is you the coach.) You then give them a “special” assignment in order to get that back into the game. For example: toe touches, jumping jacks, 2 juggles (drop catch, drop catch). | Keeping your head up, and keeping the ball close. Emphasize they should not use their hands! |
| Activity 1: Sharks & Minnows 5-10 minutes | Everyone with a soccer ball on the end line, the players are the minnows. Coach is “it”, and is the shark in the middle of the field. On the coach’s command, everyone tries to dribble across the field without getting tagged by the “shark”. If the get tagged, they become a shark in the middle too. | Same as above. |
| Activity 2: Pirates of the Caribbean! 10 minutes | Make two big squares in the corners of the field. These will be each team ship. Use one goal as your island that is storing all the gold (soccer balls). The space in-between the ship and island is water. Object of the game is to send one player from your ship, one at a time, out across the sea to capture a piece of goal and successfully return it to the ship, than the next player will go, ect. When all the gold is gone teams should count their number of pieces to see who wins. Progression: Now you (coach) can be a pirate in the middle of the sea who is trying to prevent players from stealing your gold. | Same as above. Teamwork |
| Activity 3: Get out of here! 10 minutes | 1v1. Don’t give them numbers; just have the first person in each line go out to play. Make some rounds worth more points as you go. Progression: Play 2v2. | Encourage players to try and beat their opponent on the dribble. |
| 3v3 Game to Small Goals 10 minutes | Use the teams set up from above. Using the small goals and half size field, play 3v3. You as the coach are the keeper of the balls on the side of the field. If the ball goes out, you restart by playing a new one in on the ground. | Same as above |
| Cool Down: 3-5 minutes | Relay Races with the soccer ball. | |

WEEK 5

| Activity | Description | Coaching Points/Focus |
|--|---|--|
| Warm-Up: Hospital Tag 5-10 minutes | Everyone with a soccer ball. Split the ½ size field into half with cones. Everyone in the grid is “it”. Objective of the game: Try to tag everyone else, and get tagged as few times as possible. If a player gets tagged the first time, they put hand over the part that got tagged. If they get tagged a second time they put their other hand over where they got tagged. If they get tagged for a third time, they must go to the hospital (which is you the coach.) You then give them a “special” assignment in order to get that back into the game. For example: toe touches, jumping jacks, 2 juggles (drop catch, drop catch). | Keeping your head up, and keeping the ball close. Emphasize they should not use their hands! |
| Activity 1: Sharks & Minnows 5-10 minutes | Everyone with a soccer ball on the end line, the players are the minnows. Coach is “it”, and is the shark in the middle of the field. On the coach’s command, everyone tries to dribble across the field without getting tagged by the “shark”. If they get tagged, they become a shark in the middle too. | Same as above. |
| Activity 2: Pirates of the Caribbean! 10 minutes | Make two big squares in the corners of the field. These will be each team ship. Use one goal as your island that is storing all the gold (soccer balls). The space in-between the ship and island is water. Object of the game is to send one player from your ship, one at a time, out across the sea to capture a piece of gold and successfully return it to the ship, then the next player will go, ect. When all the gold is gone teams should count their number of pieces to see who wins. Progression: Now you (coach) can be a pirate in the middle of the sea who is trying to prevent players from stealing your gold. | Same as above. Teamwork |
| Activity 3: Get out of here! 10 minutes | 1v1. Don’t give them numbers; just have the first person in each line go out to play. Make some rounds worth more points as you go. Progression: Play 2v2. | Encourage players to try and beat their opponent on the dribble. |
| 3v3 Game to Small Goals 10 minutes | Use the teams set up from above. Using the small goals and half size field, play 3v3. You as the coach are the keeper of the balls on the side of the field. If the ball goes out, you restart by playing a new one in on the ground. | Same as above |
| Cool Down: 3-5 minutes | Relay Races with the soccer ball. | |