

U4-U6 SOCCER PLANS

H.A.R.D#1

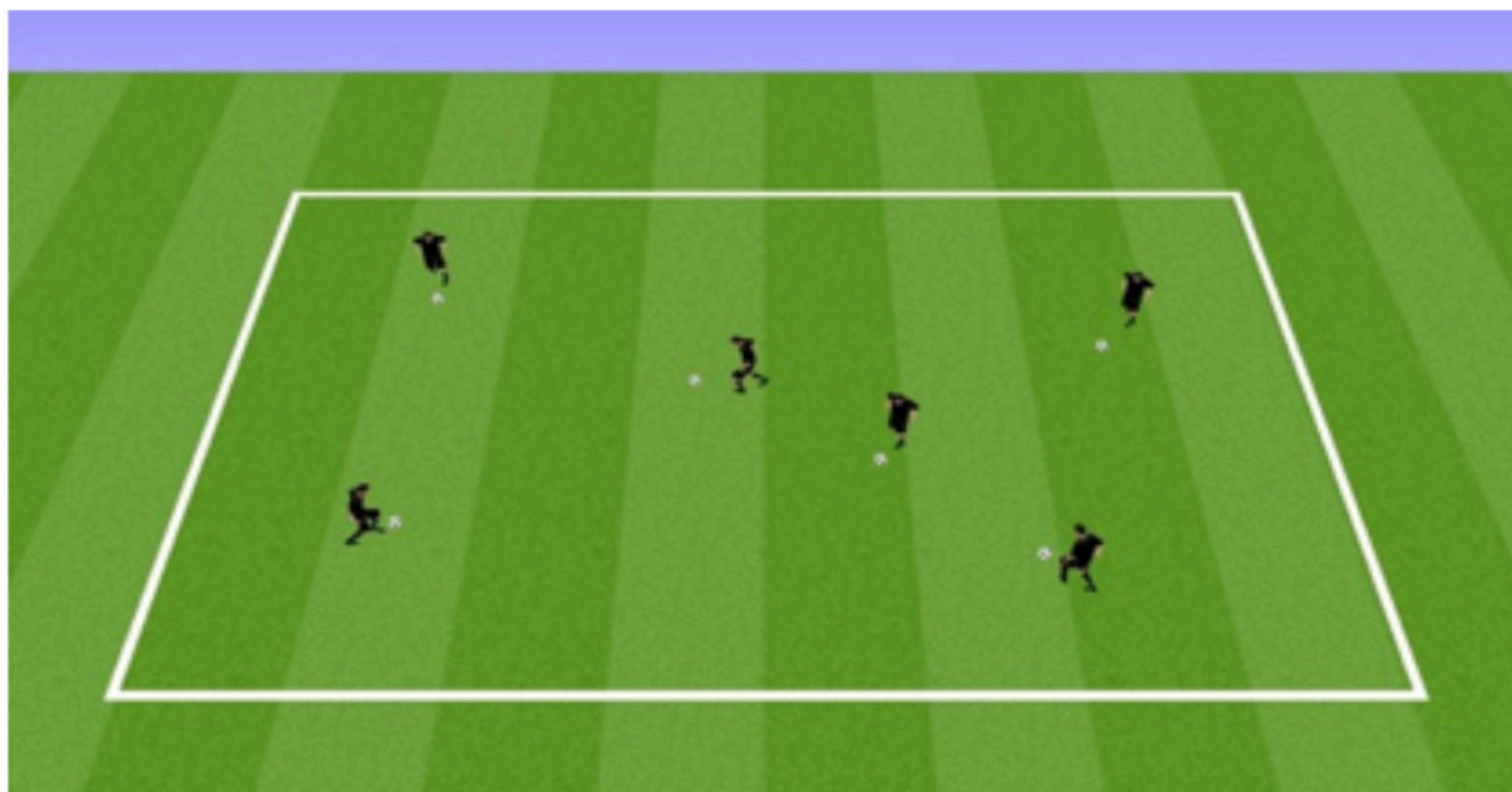
WEEK 1

ACTIVITY 1

5 mins
Half field

Red light, green light

Learnig how to stop to ball by placing foot on top.

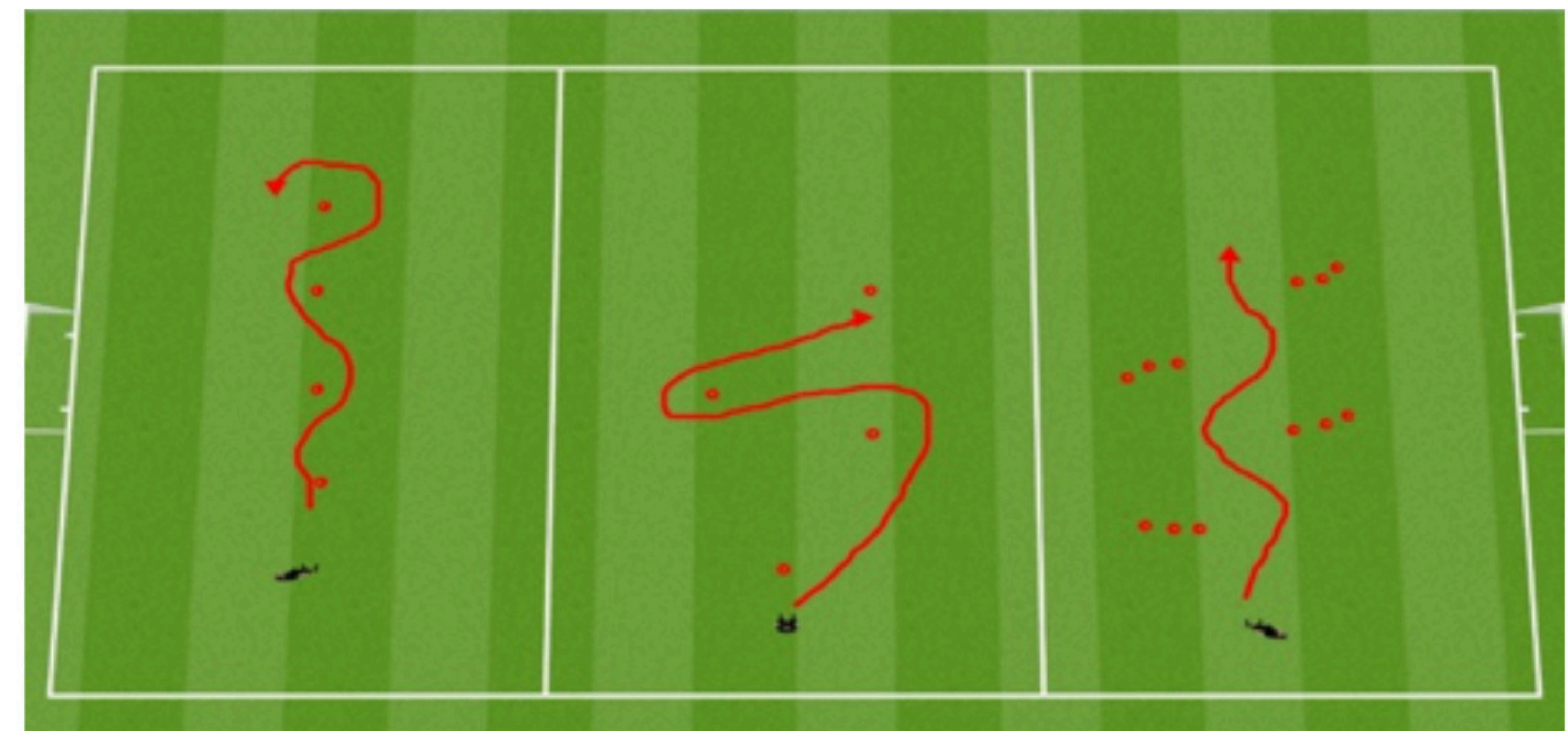


ACTIVITY 2

10 mins
2 yards
between
cones

Dribbling patterns

Start will simple pattern. Small touches.

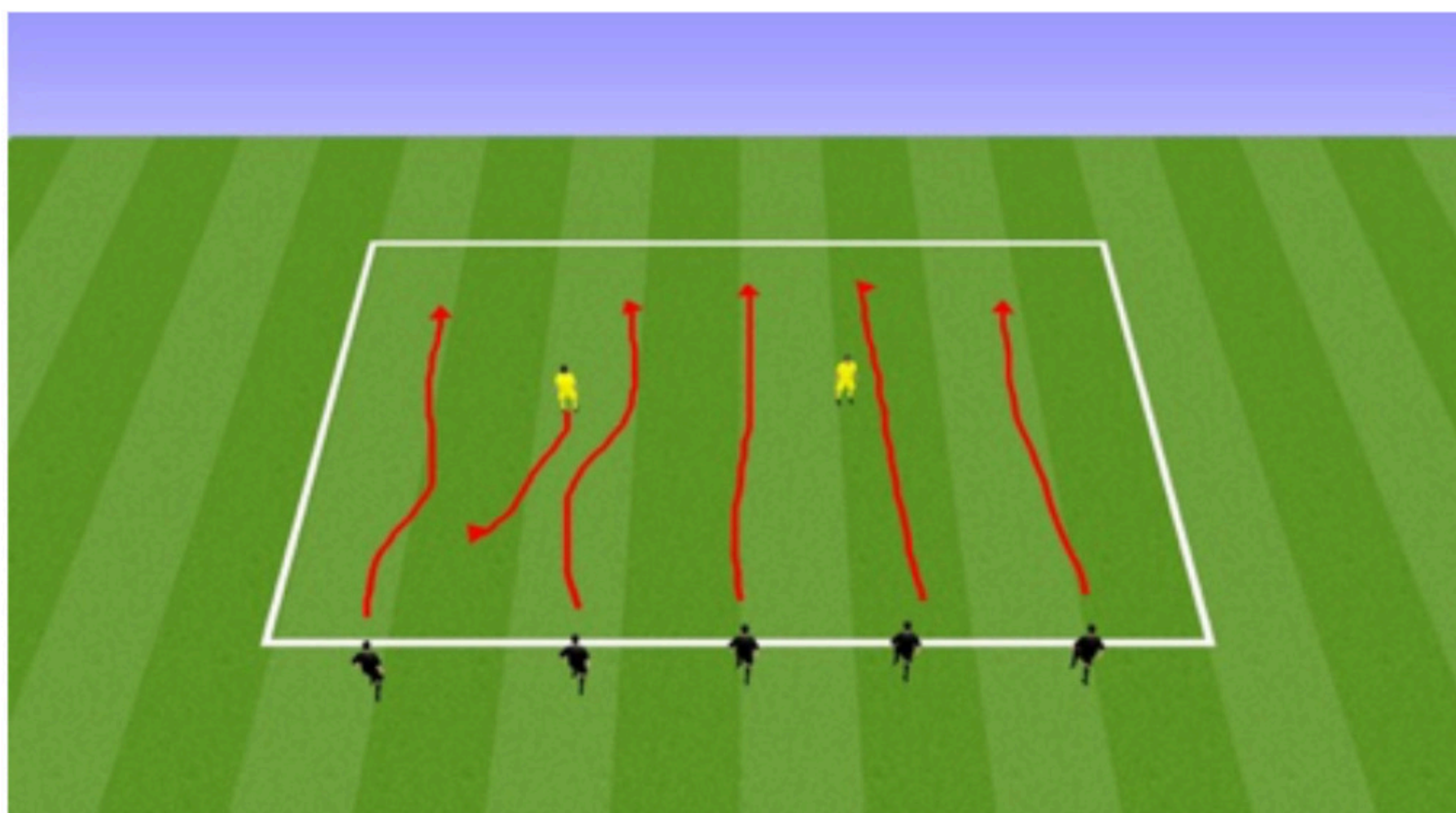


FUN

10 mins
Half field

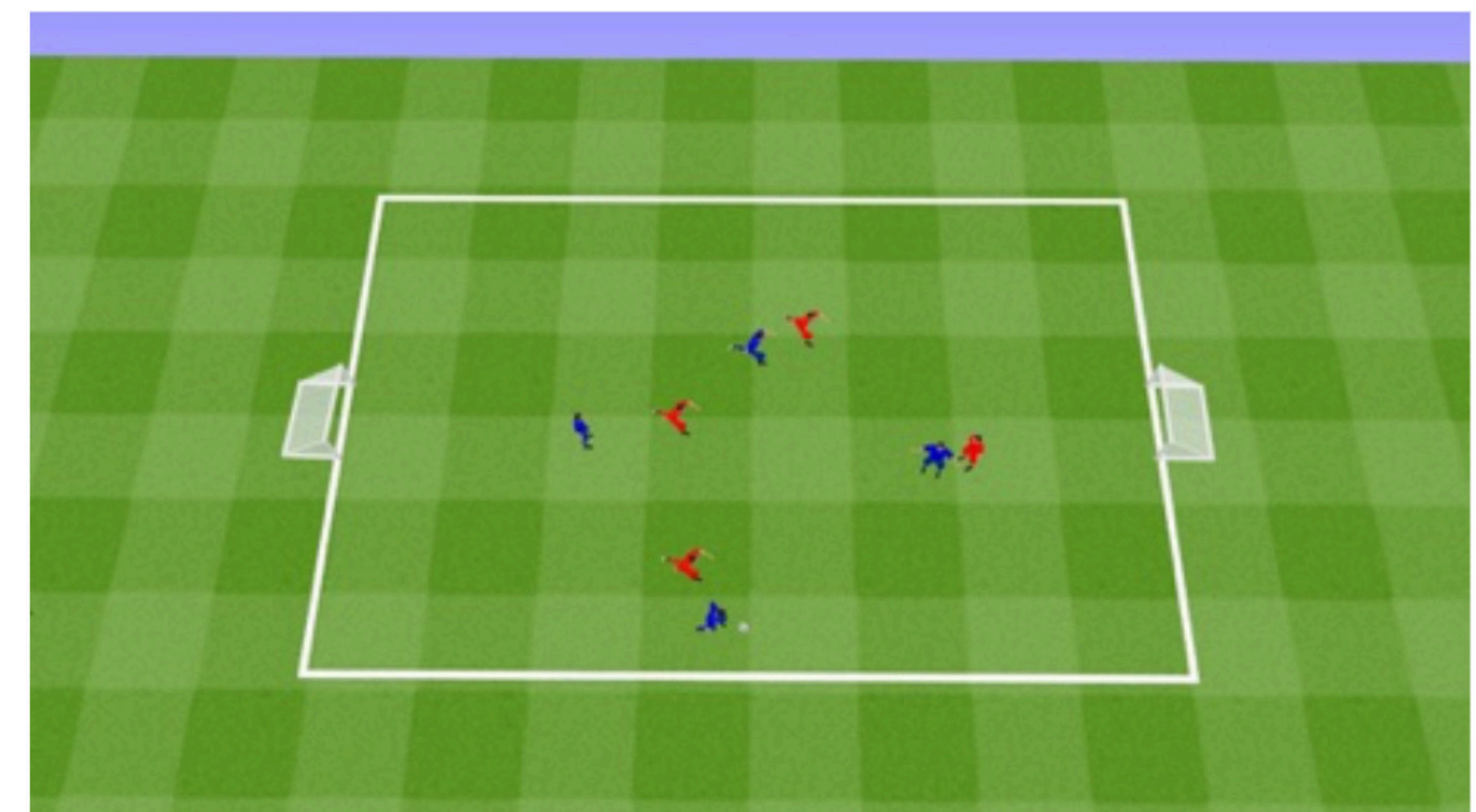
Sharks and minos

Fun time- applying touches and stopping the ball into a game



Scrimmage

Teaching boundries. Stop when ball goes out of bounds = throw in.



U4-U6 SOCCER PLANS

H.A.R.D#1

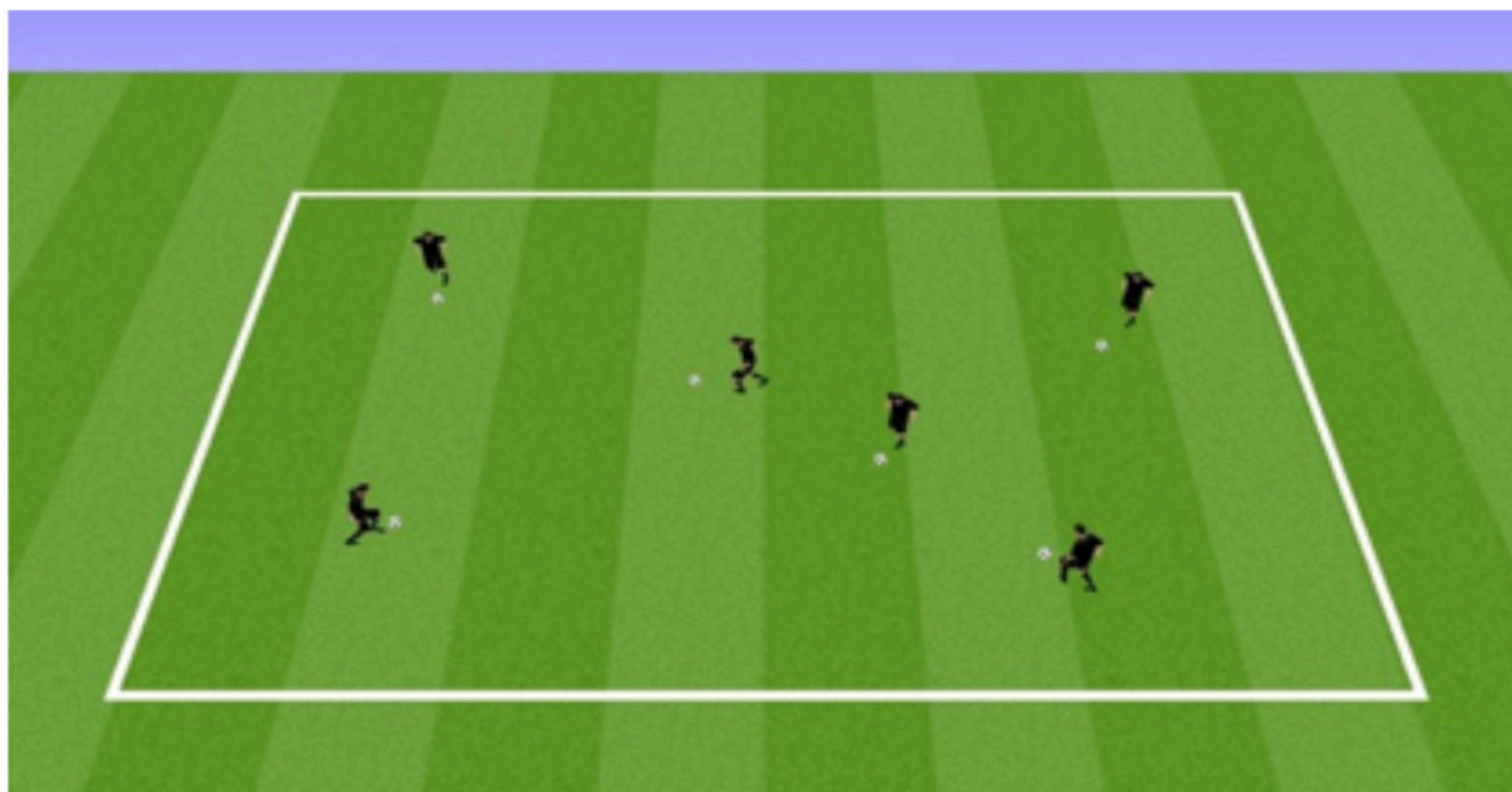
WEEK 2

ACTIVITY 1

5 mins
Half field

Red light, green light

Learnig how to stop to ball by placing foot on top.

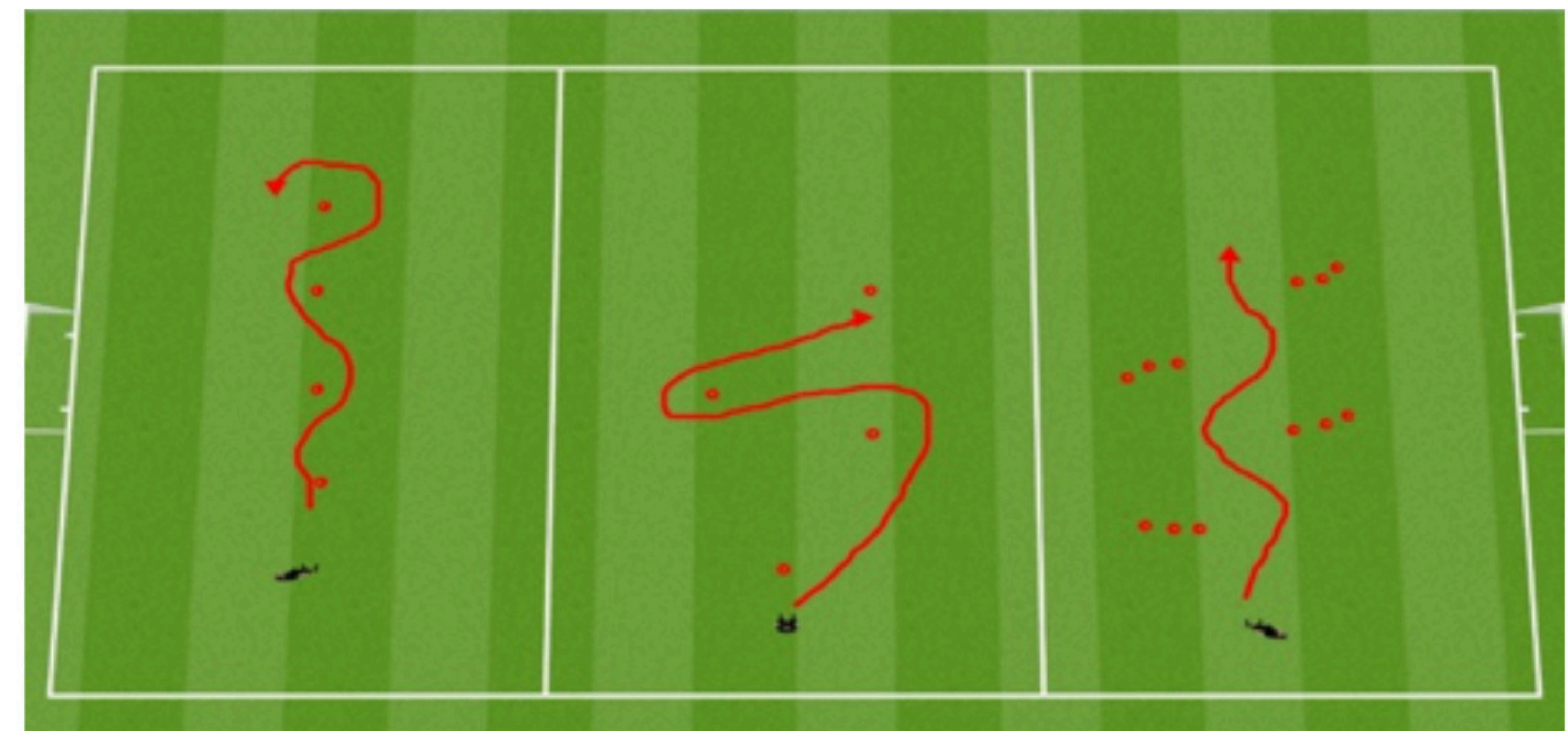


ACTIVITY 2

10 mins
2 yards
between
cones

Throw ins

Have players stand and throw ball at goal or teammate - Both feet on the ground, hand behind head.

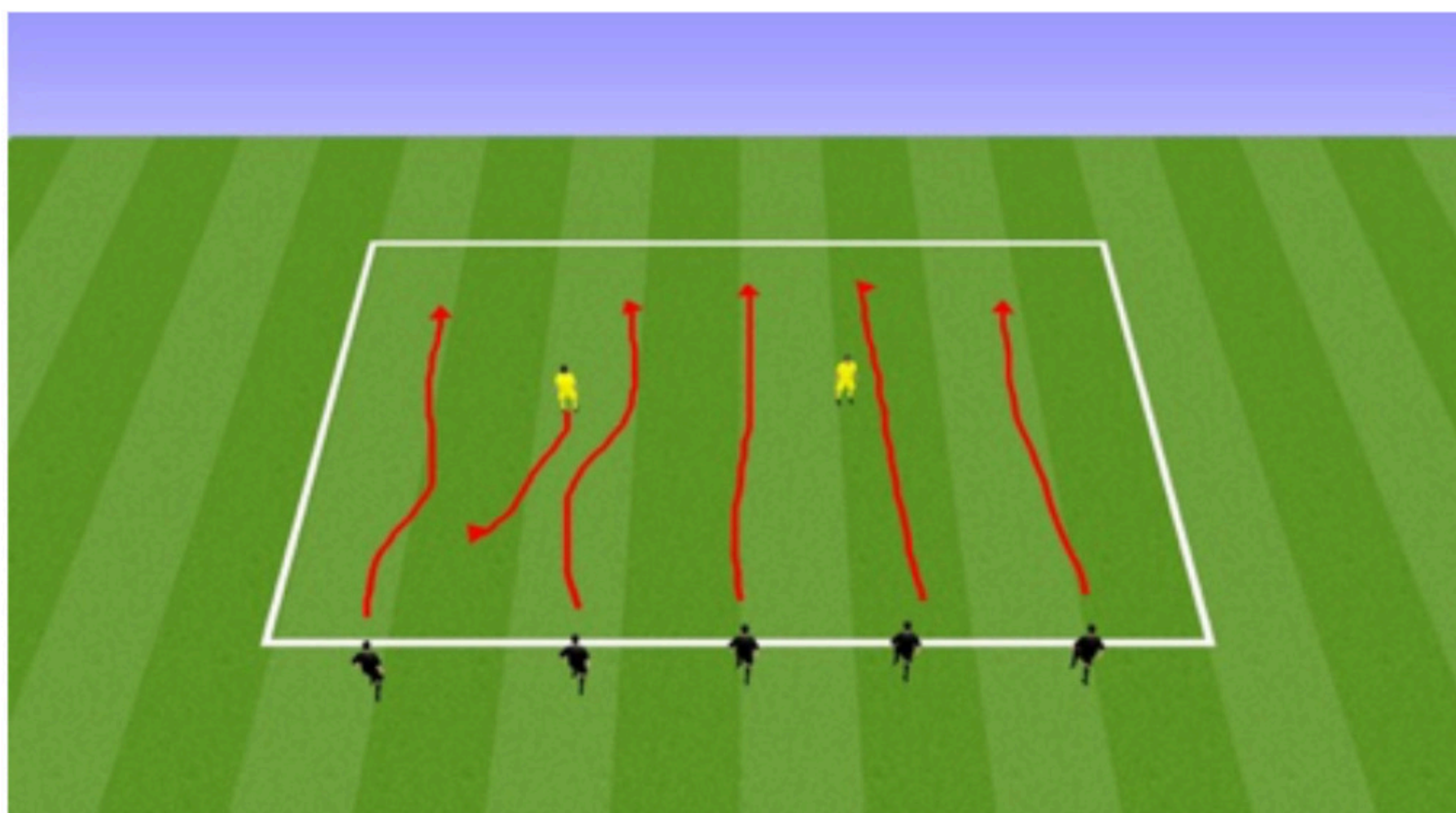


FUN

10 mins
Half field

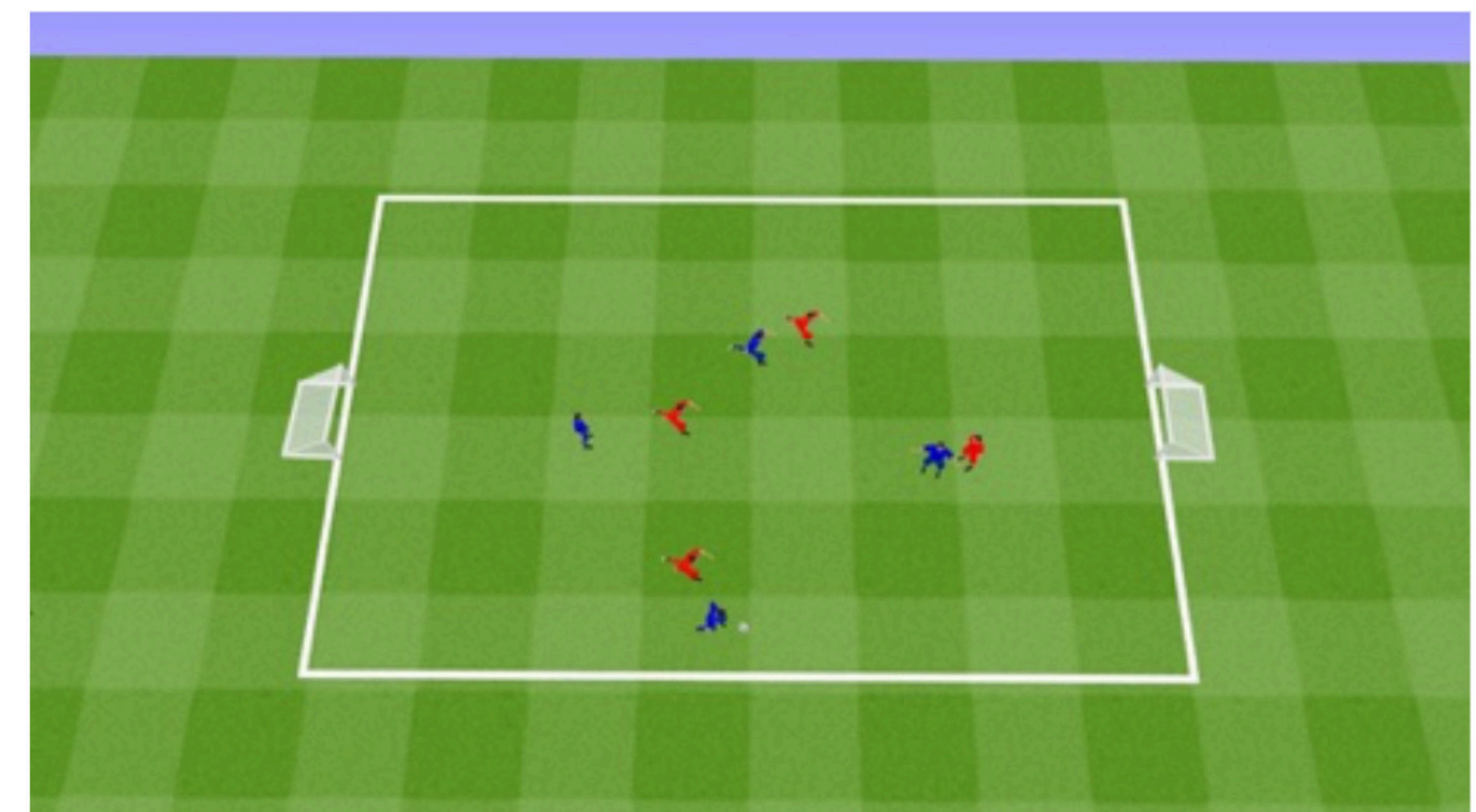
Sharks and minos

Fun time- applying touches and stopping the ball into a game



Scrimmage

Teaching boundries. Stop when ball goes out of bounds = throw in.



U4-U6 SOCCER PLANS

H.A.R.D#1

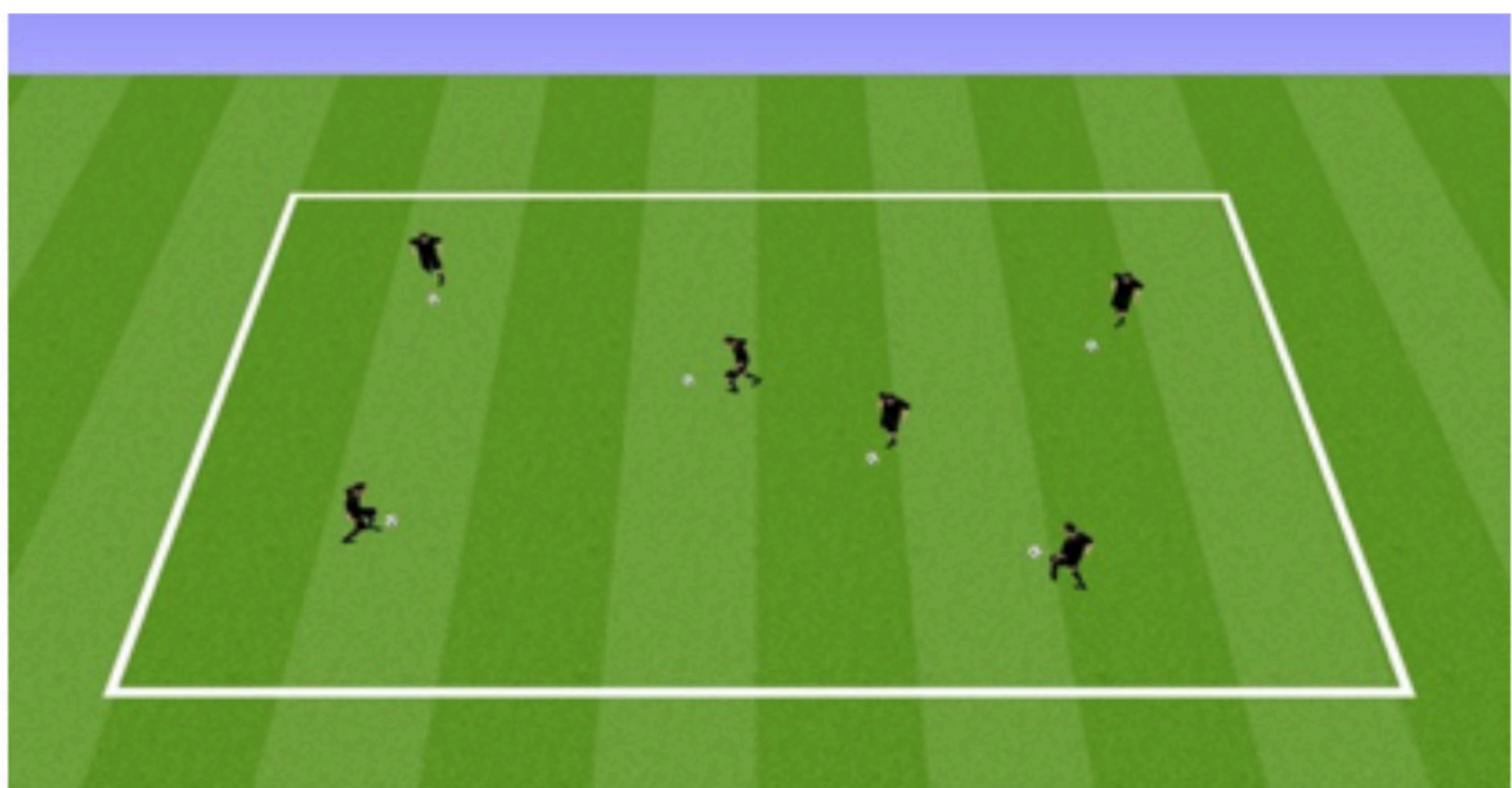
WEEK 3

ACTIVITY 1

5 mins
Half field

Teaching Touches

Staying In bounds - Teach stopping, starting, small touches and bigger touches

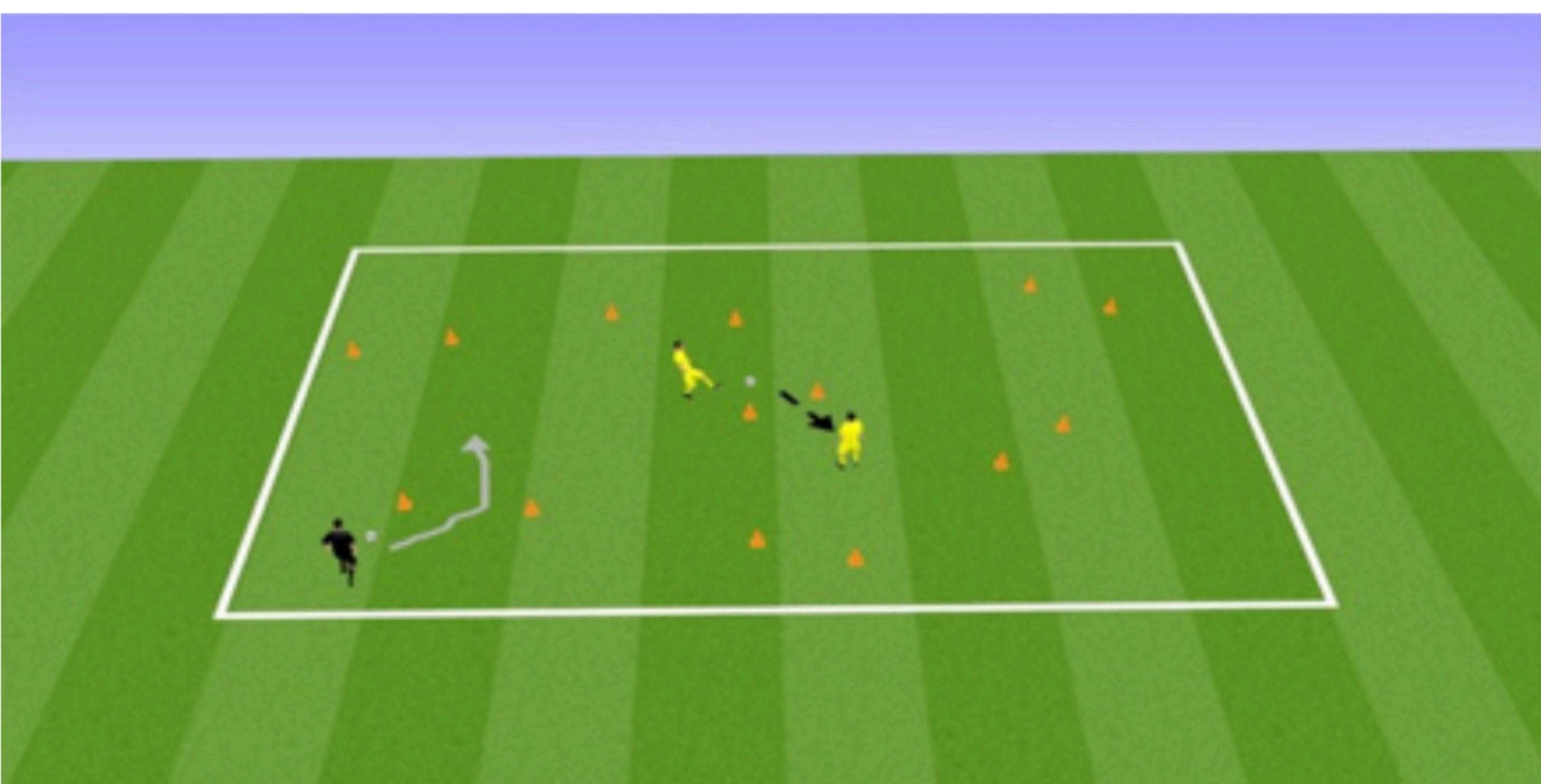


ACTIVITY 2

10 mins
Half field

Gates

Dribbling through gates- Small touches and bigger touches continued.

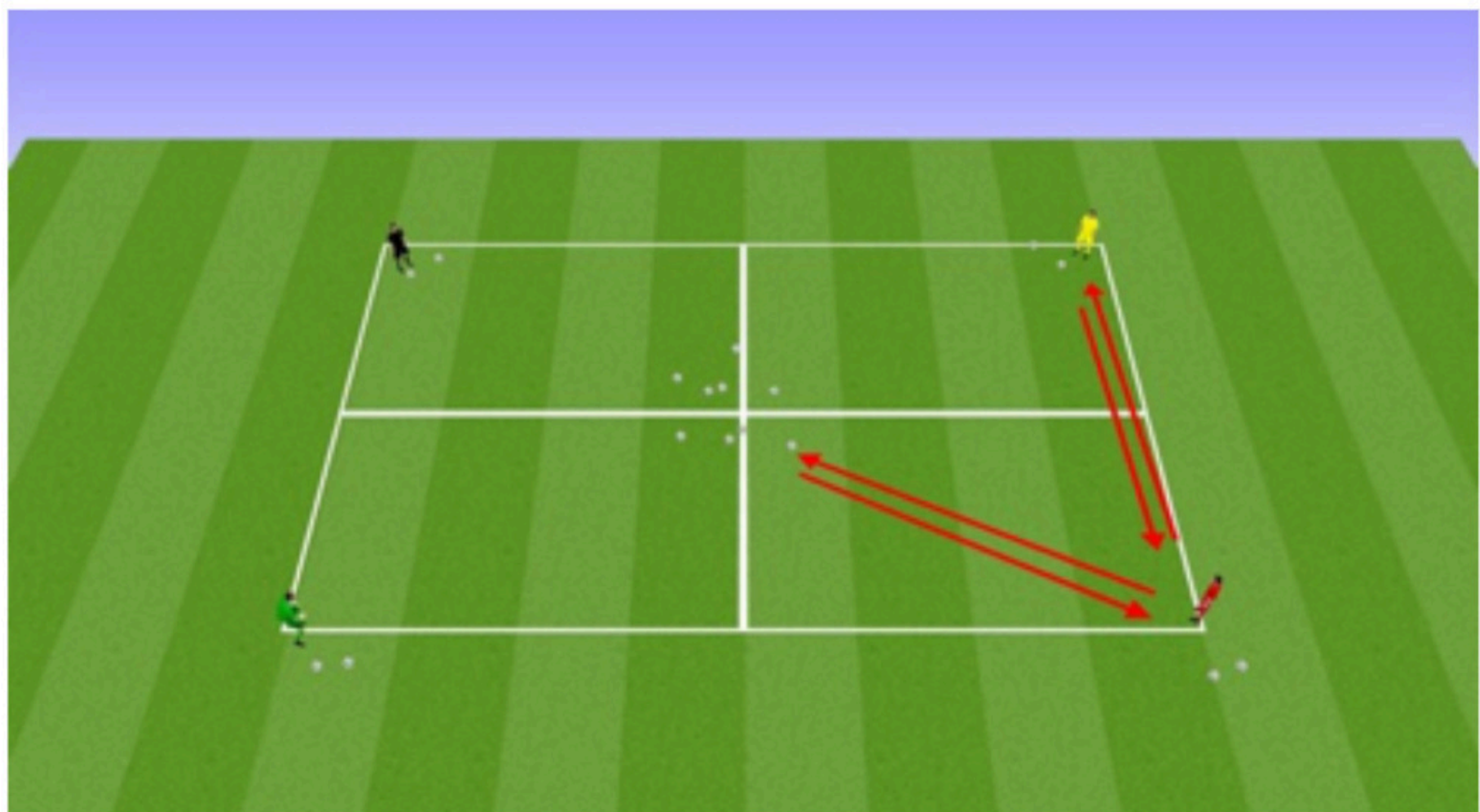


FUN

10 mins
20x20

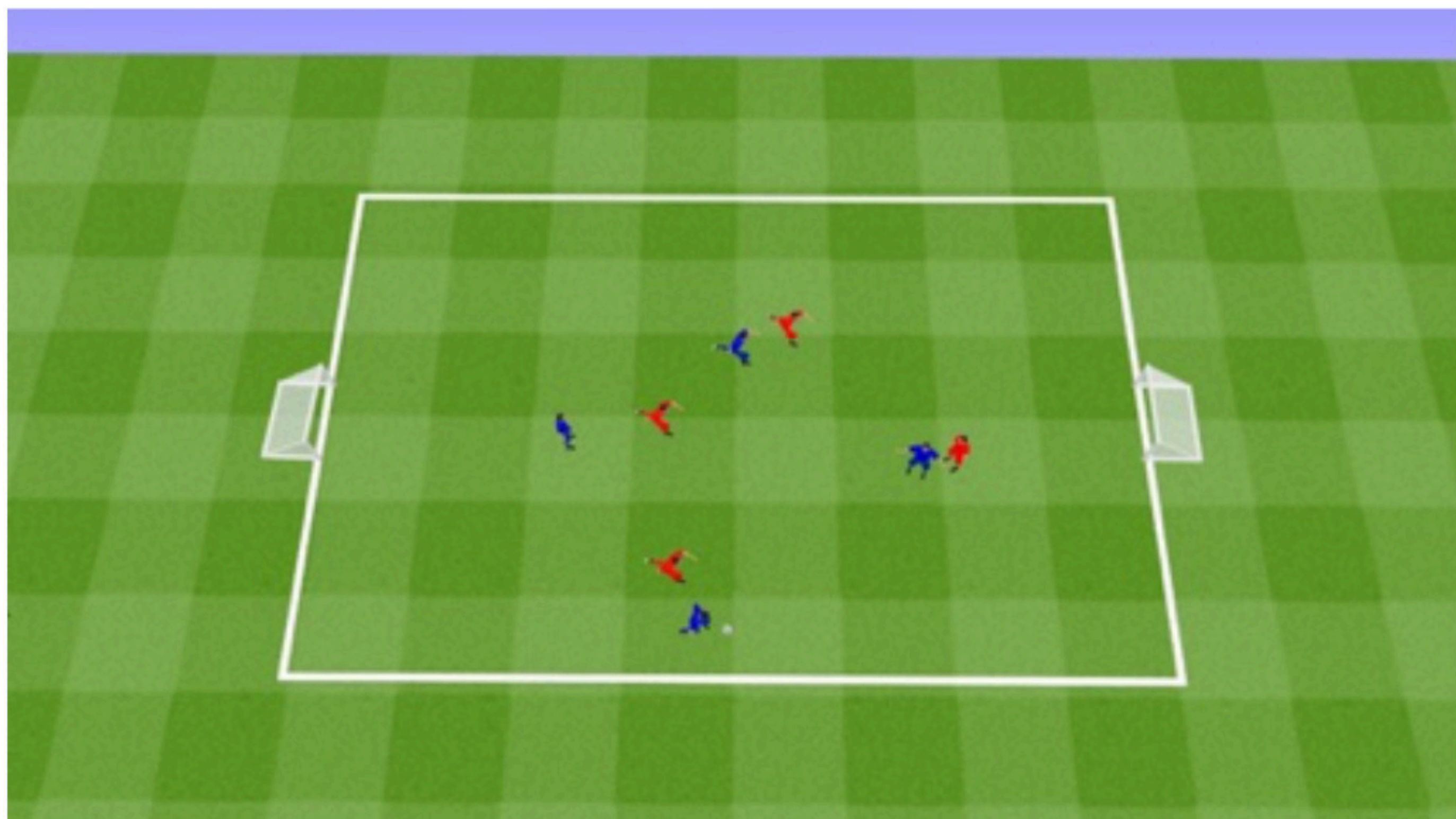
Hungry Hippos

divide into team. 1 by 1 dribble ball back to base, then steal from other teams



Scrimmage

Throw ins continued



U4-U6 SOCCER PLANS

H.A.R.D#1

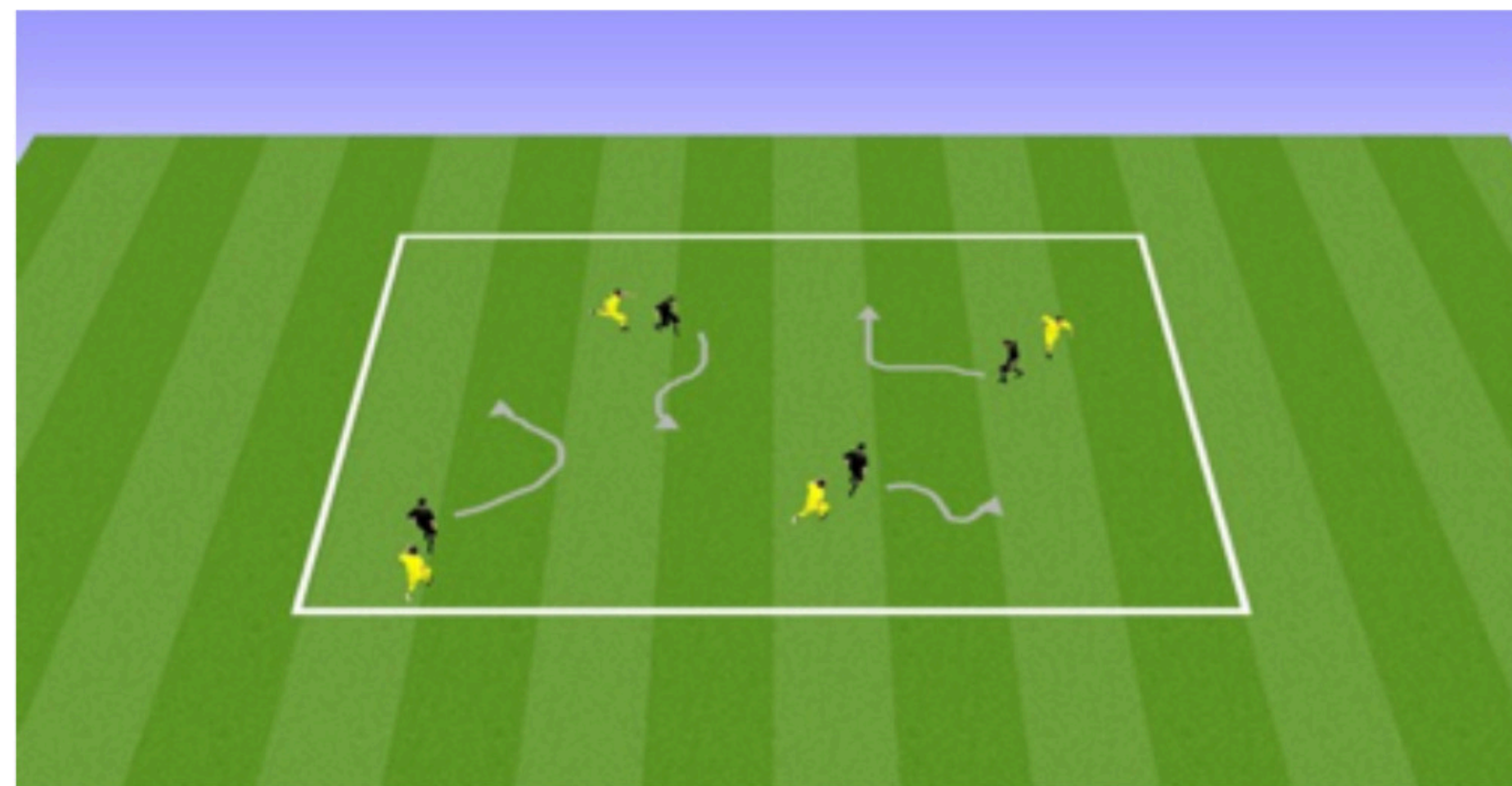
WEEK 4

ACTIVITY 1

5 mins
Half field

Shadows

In pairs, both with a ball. One will be the shadow, trying to follow partner. Keep ball close and change direction.



ACTIVITY 2

10 mins
Half field

Cat and mouse tag into dribbling

Start with tag and then introduce a ball each, dribbling around different shapes.

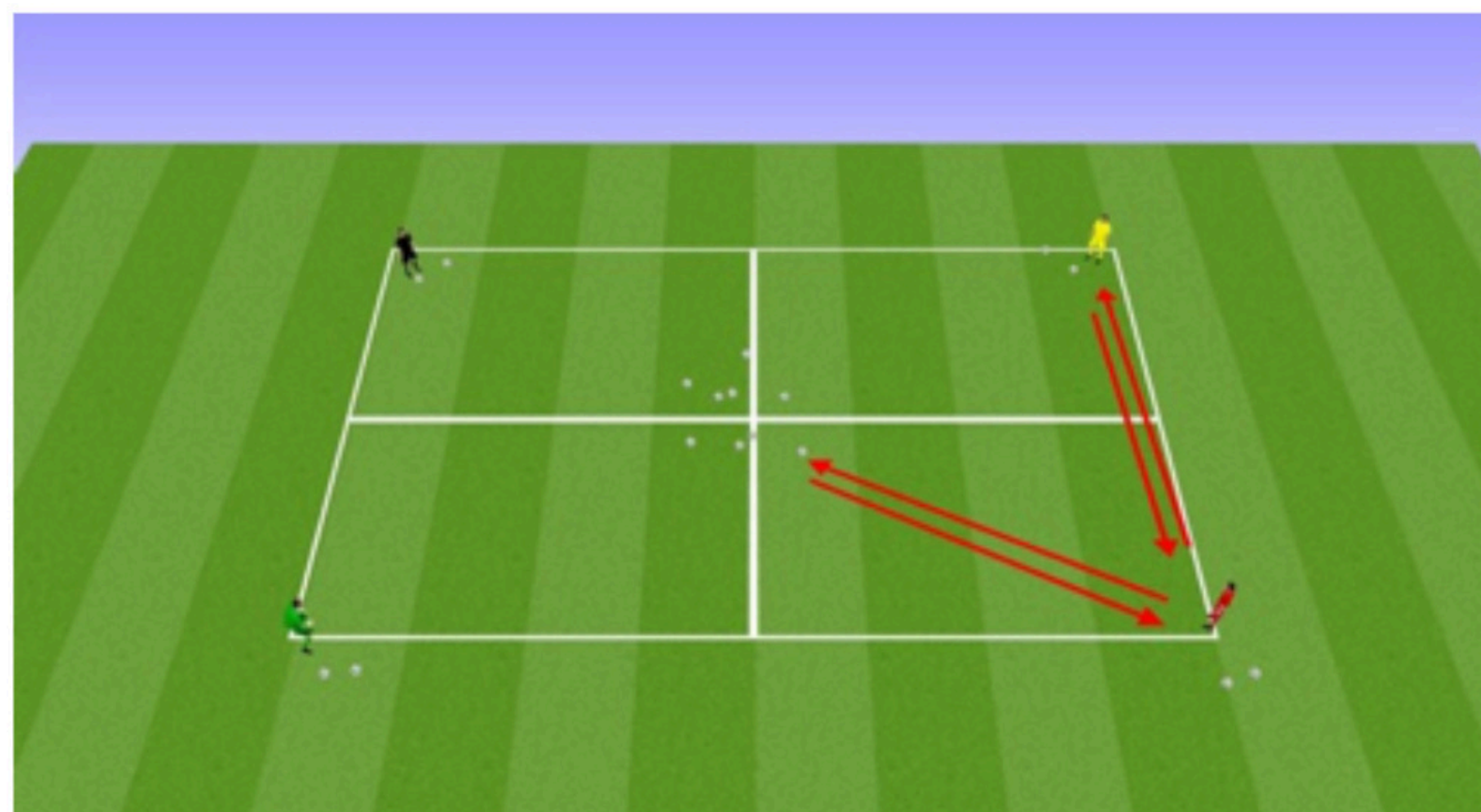


FUN

10 mins
20x20

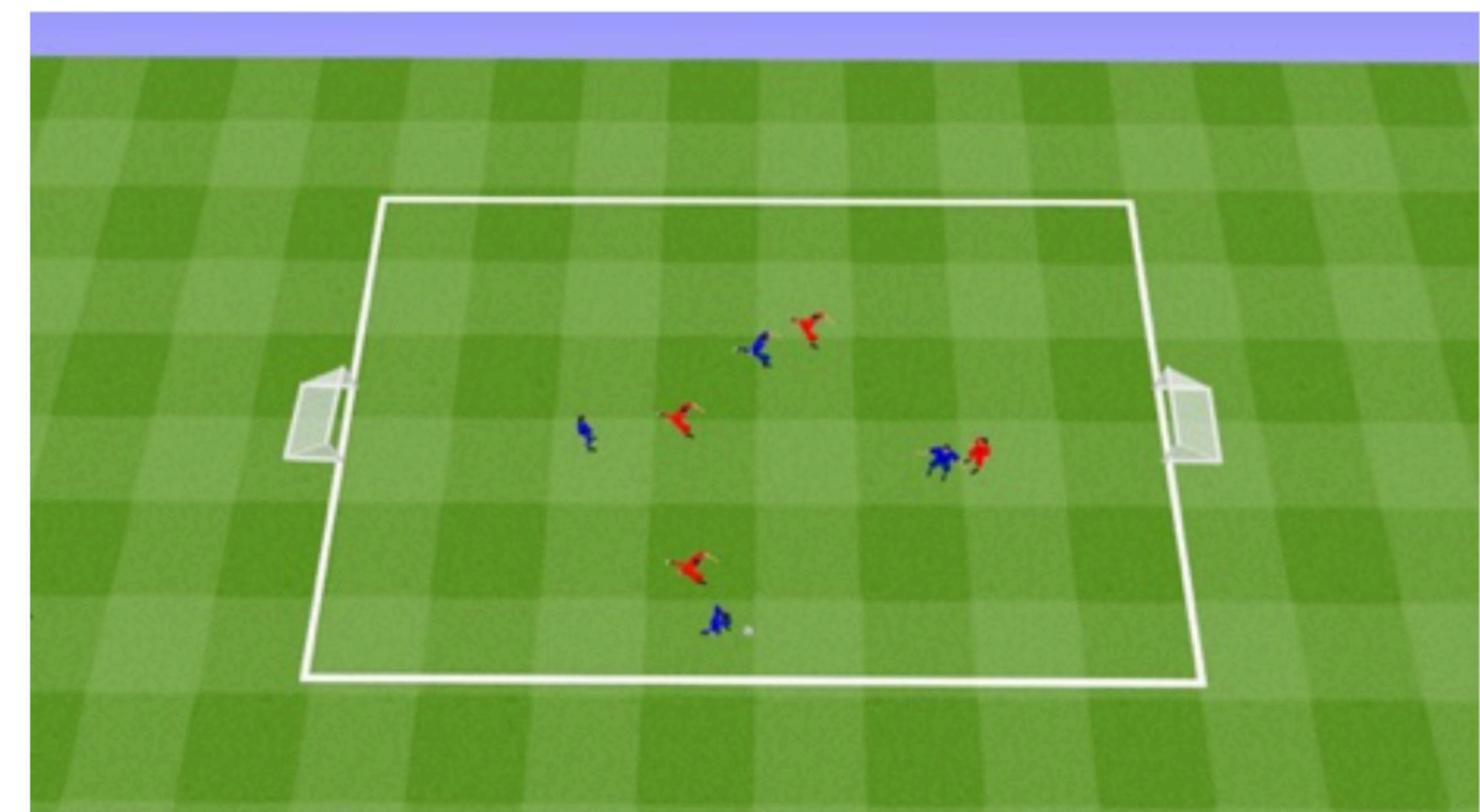
Hungry Hippos

divide into team. 1 by 1 dribble ball back to base, then steal from other teams



Scrimmage

Throw ins continued



U4-U6 SOCCER PLANS

H.A.R.D#1

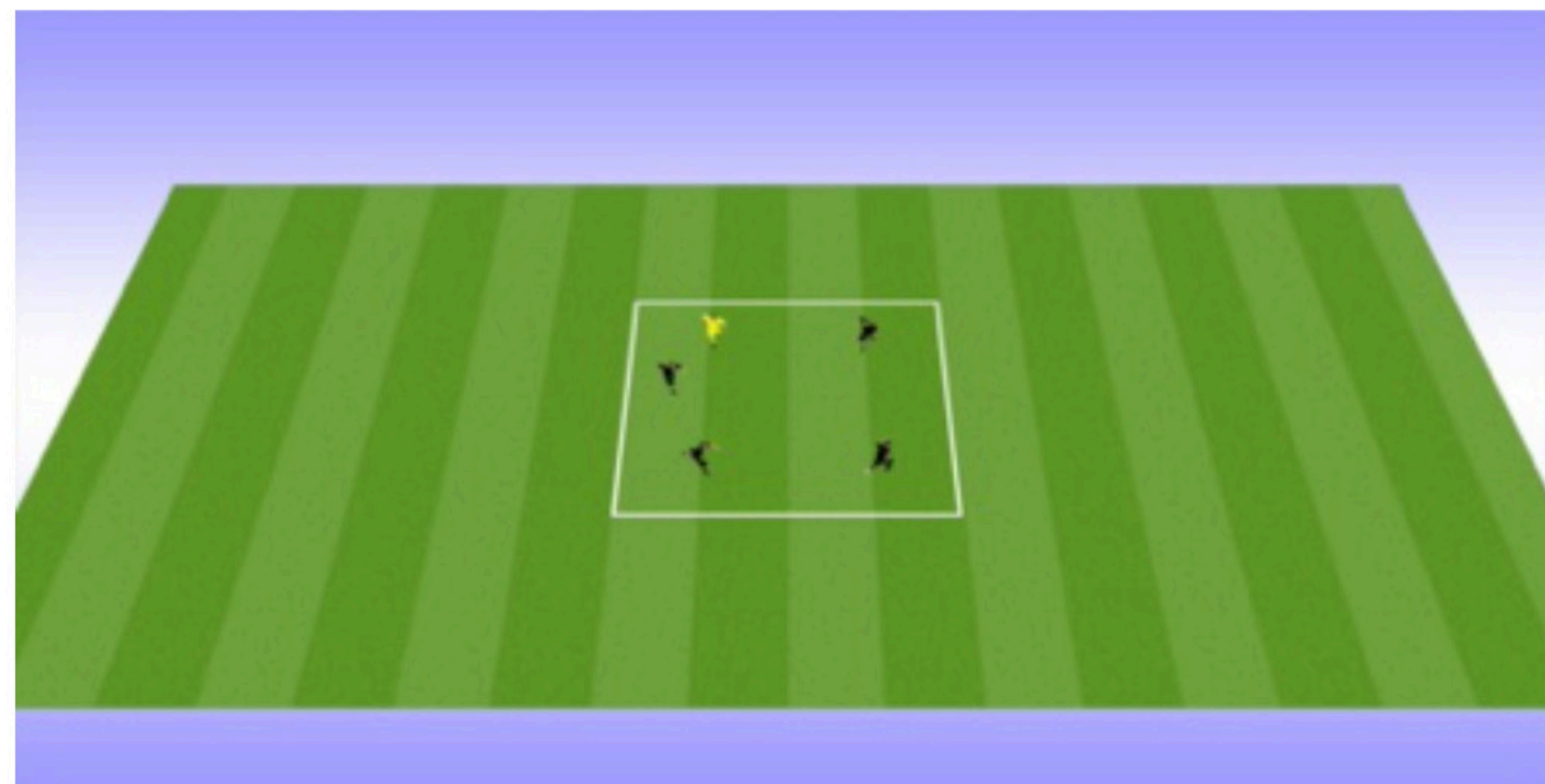
WEEK 5

ACTIVITY 1

5 mins
Half field

Tag

Start with a simple game of tag- Get away from the 'defender'.

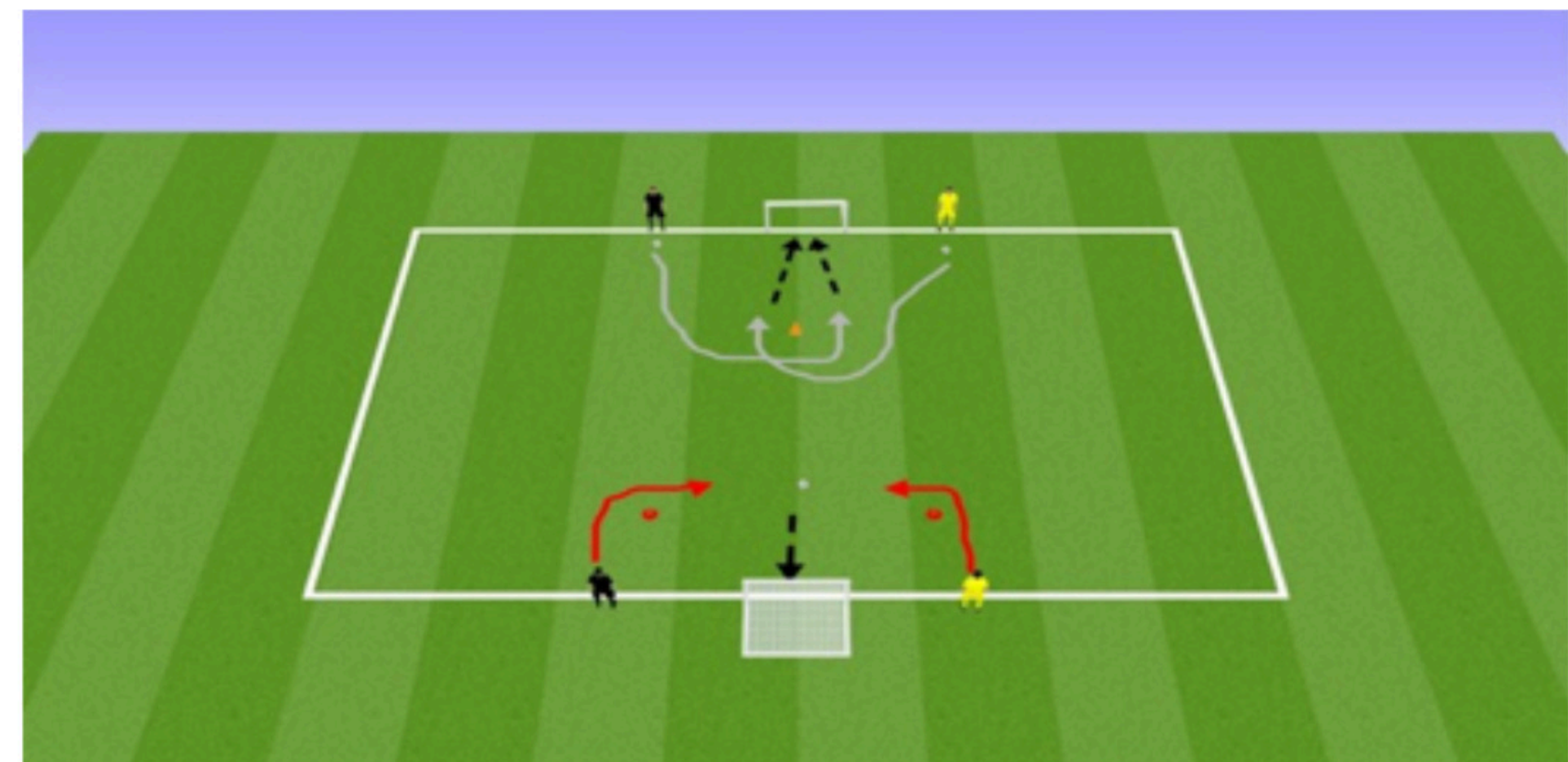


ACTIVITY 2

10 mins
1/2 field- 10
yard cones

1v1 races

Start with tag and then introduce a ball each, dribbling around different shapes.



FUN

10 mins
1/2 Field

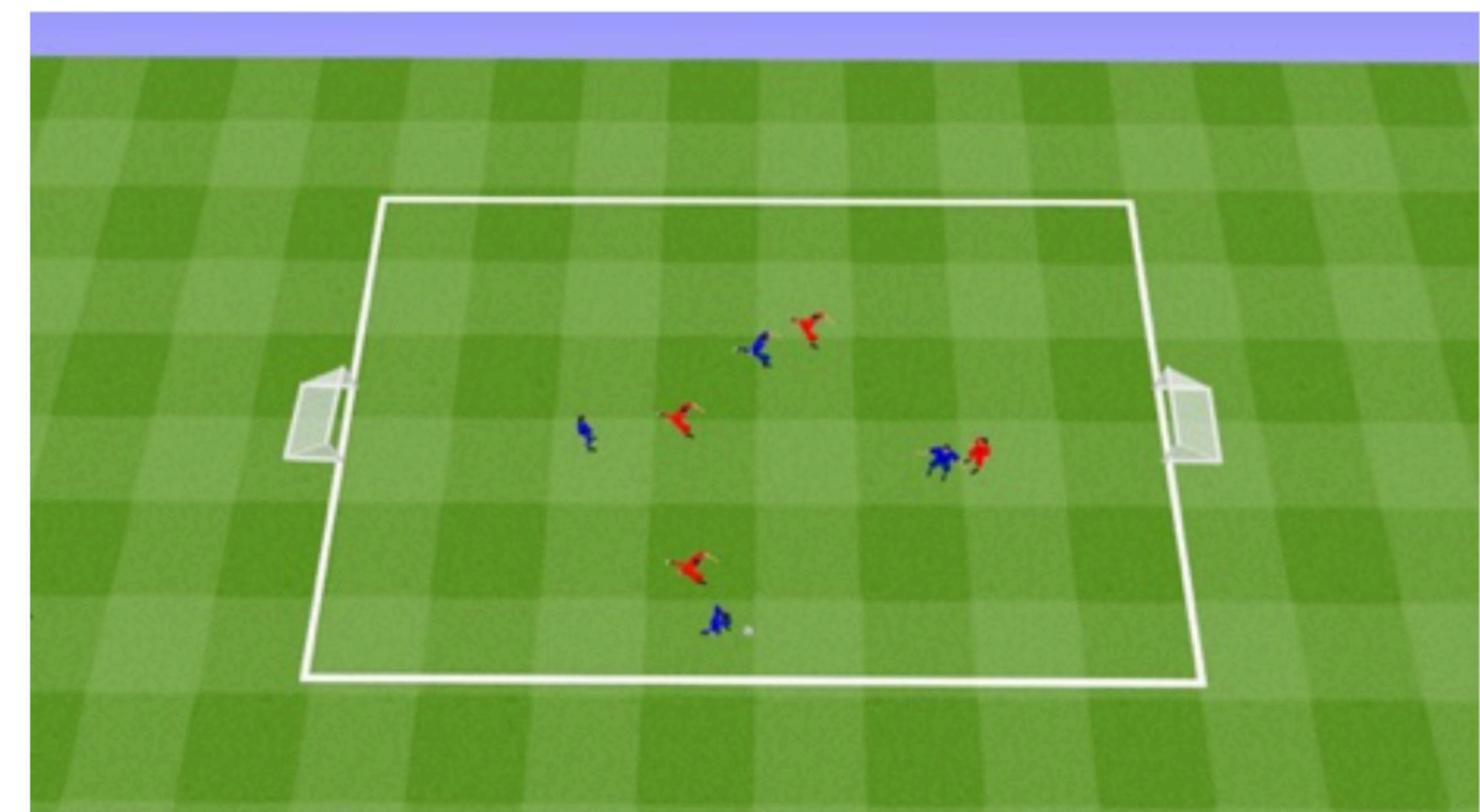
Treasure Hunt

Two teams- dribble and shoot 5 yards from goal. Take treasure if you score.



Scrimmage

Throw ins continued



U4-U6 SOCCER PLANS

H.A.R.D#1

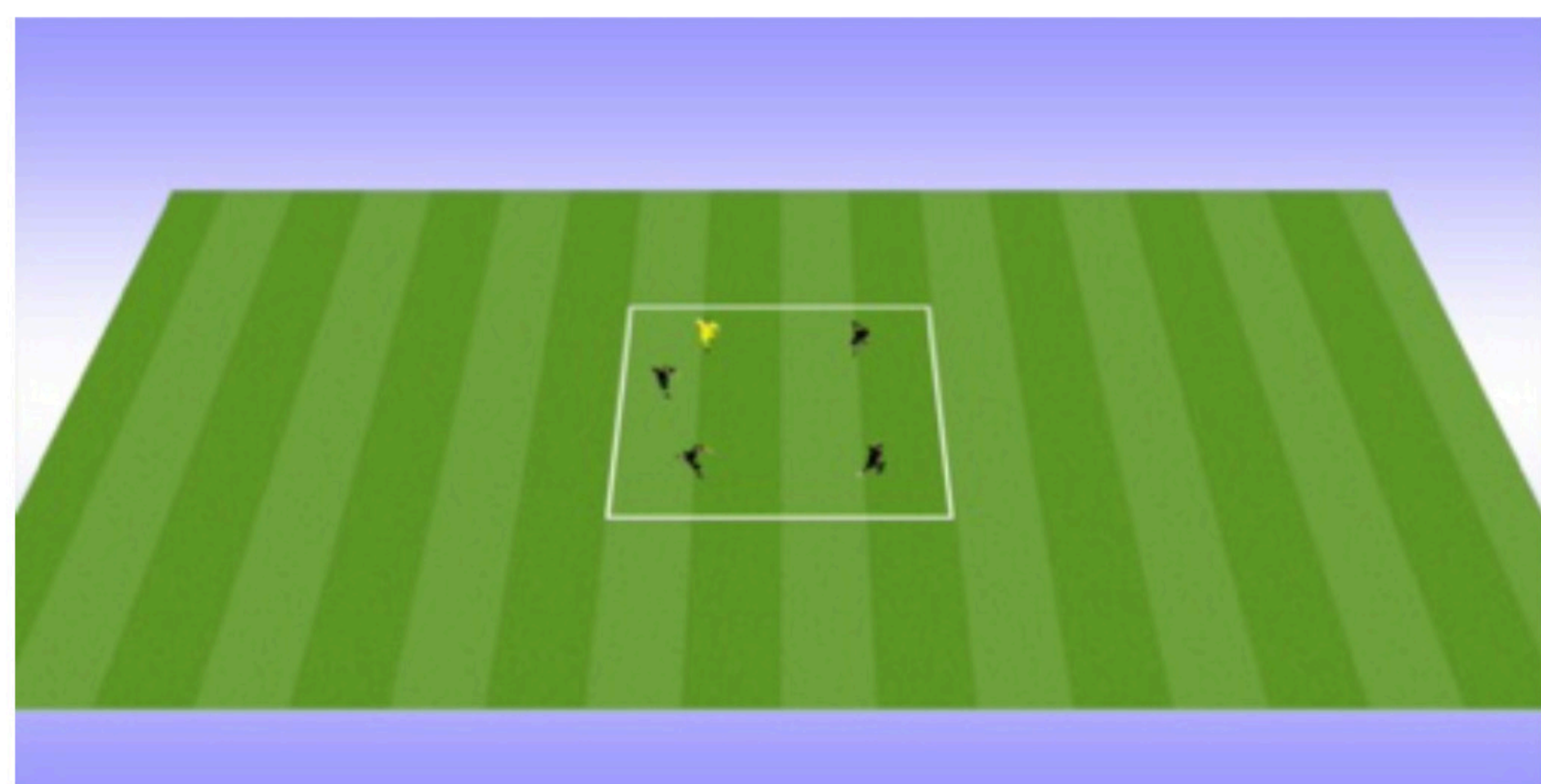
WEEK 6

ACTIVITY 1

10 mins
1/2 field- 10
yard cones

1v1 races

Start with a ball each, dribble around cones and pass into goal.



ACTIVITY 2

10 mins
1/2 field

1v1 to goal

Place ball in mini and players go 1v1 to goal



FUN

10 mins
1/2 Field

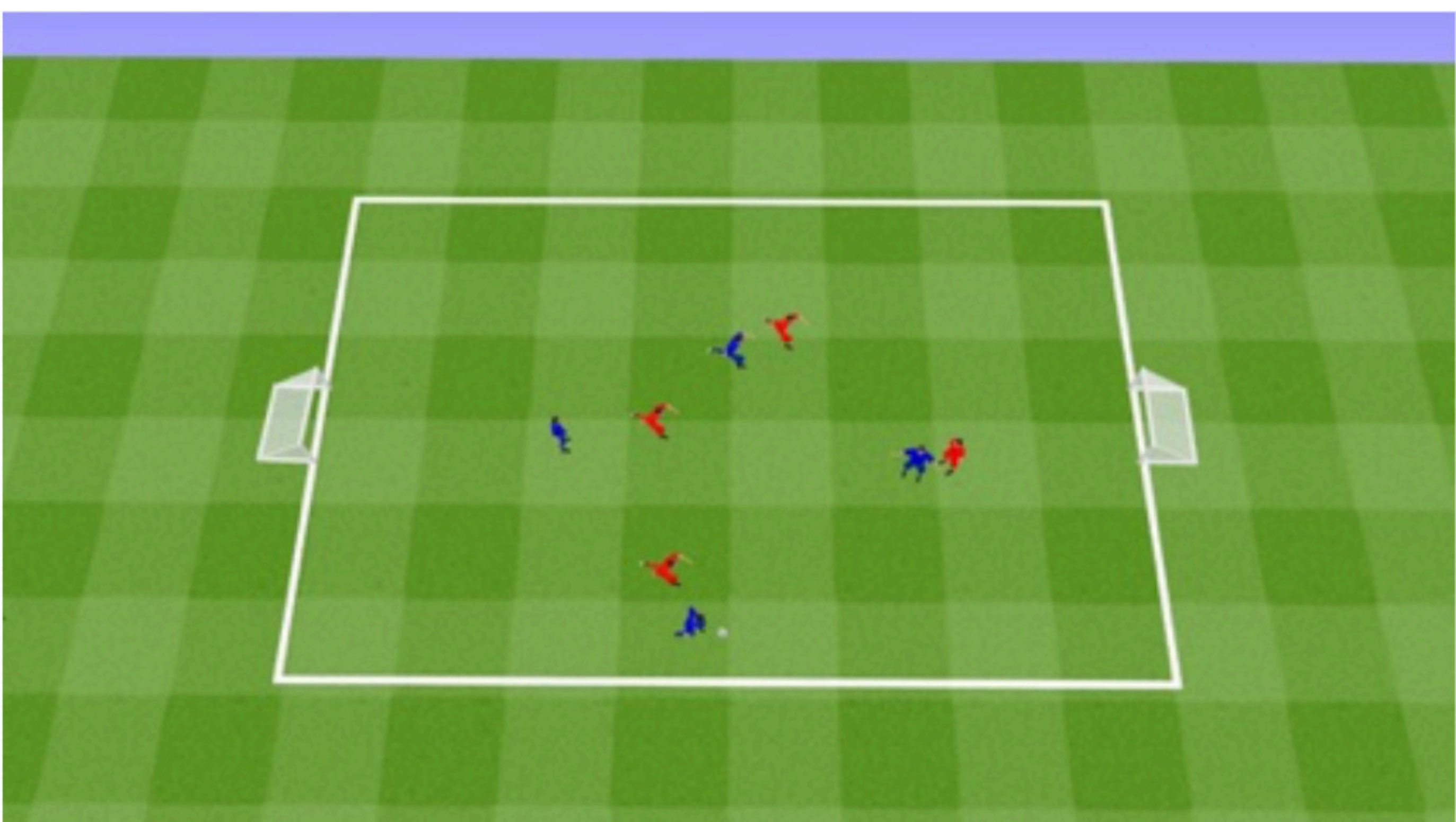
Treasure Hunt

Two teams- dribble and shoot 5 yards from goal. Take treasure if you score.



Scrimmage

Throw ins continued



U4-U6 SOCCER PLANS

H.A.R.D#1

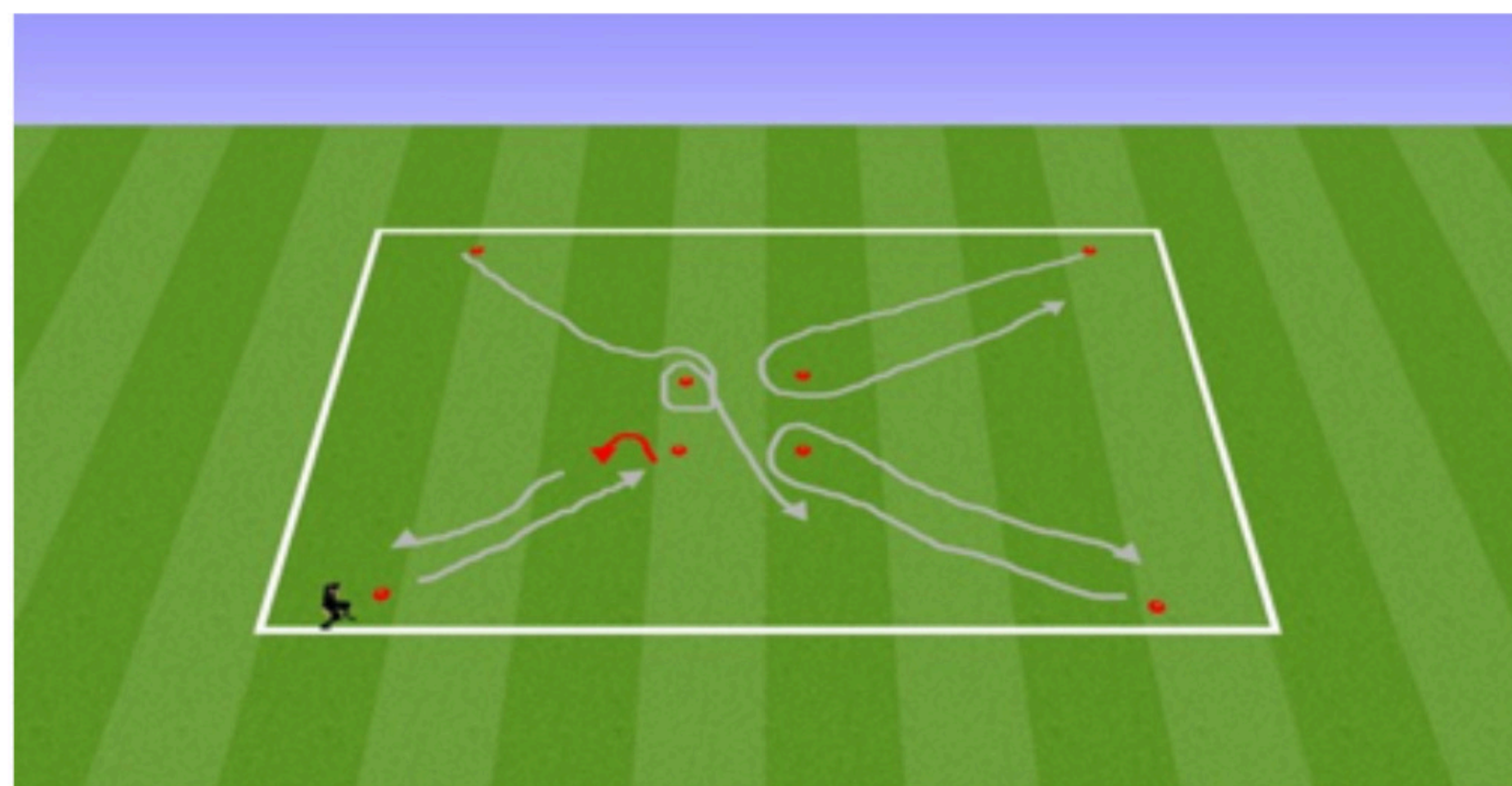
WEEK 7

ACTIVITY 1

5 mins
10 yards
away

Skills and dribbles

Place cones down, dribble and complete skill at cone or around

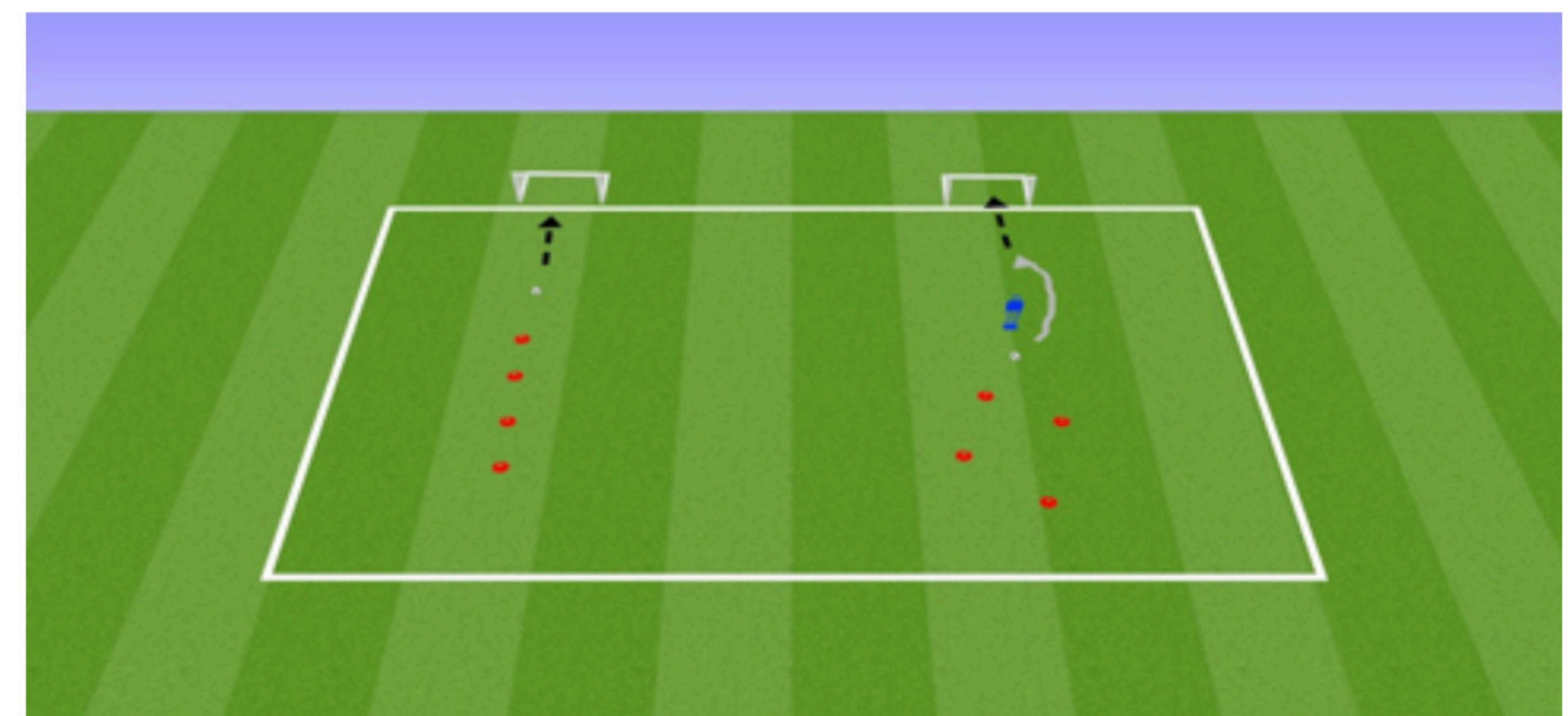


ACTIVITY 2

10 mins
Cones 2
yrd/shot 5 yrd

Dribbling circuit into shooting/passing

Touches through cones, shoot at the end. Vary patterns.



FUN

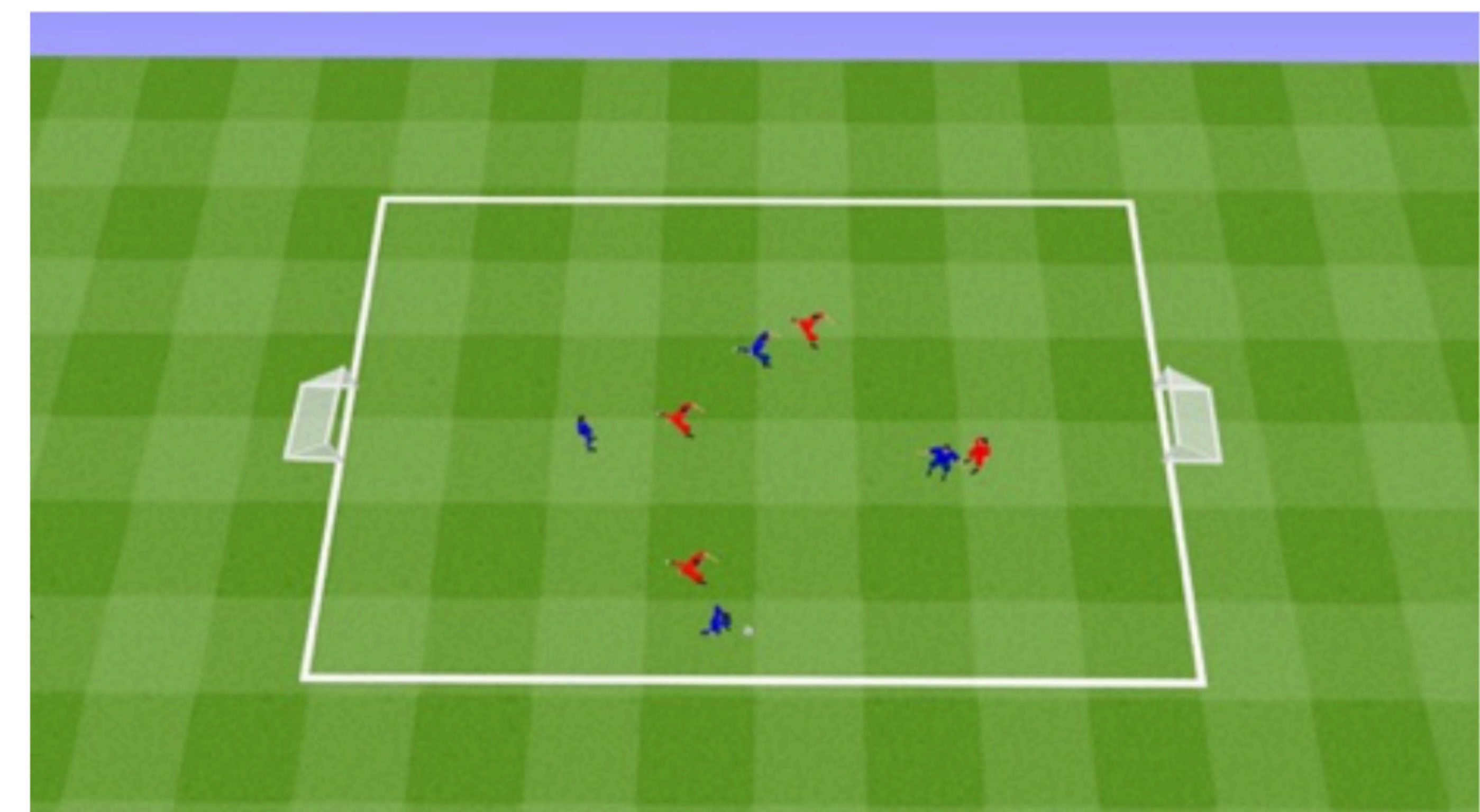
FUN
10 mins
10 yards

Soccer Bowling

Inside foot- Step with plant foot and make contact with the middle of the ball.



Scrimmage



U4-U6 SOCCER PLANS

H.A.R.D#1

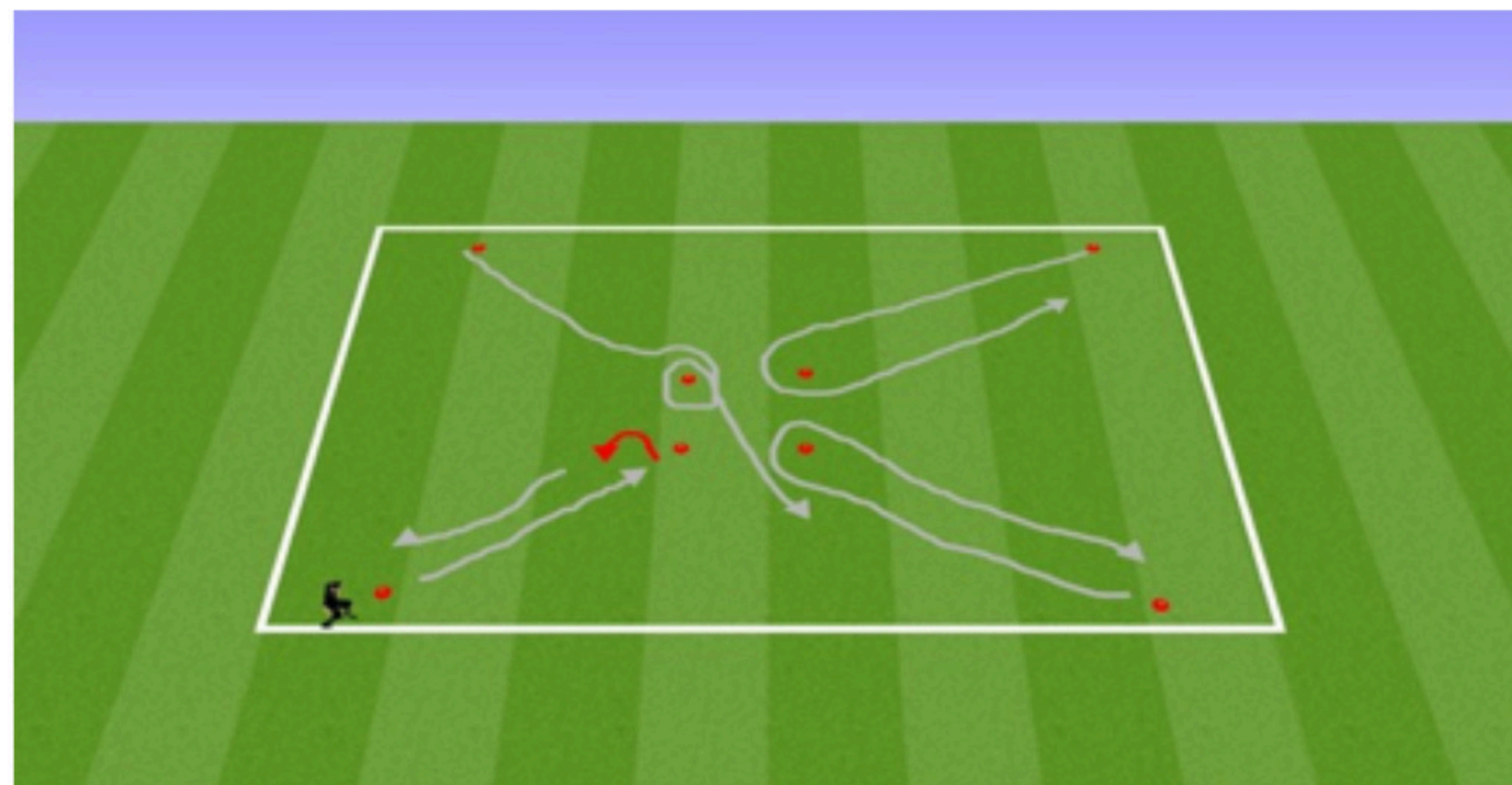
WEEK 8

ACTIVITY 1

5 mins
10 yards
away

Skills and dribbles

Place cones down, dribble and complete skill at cone or around

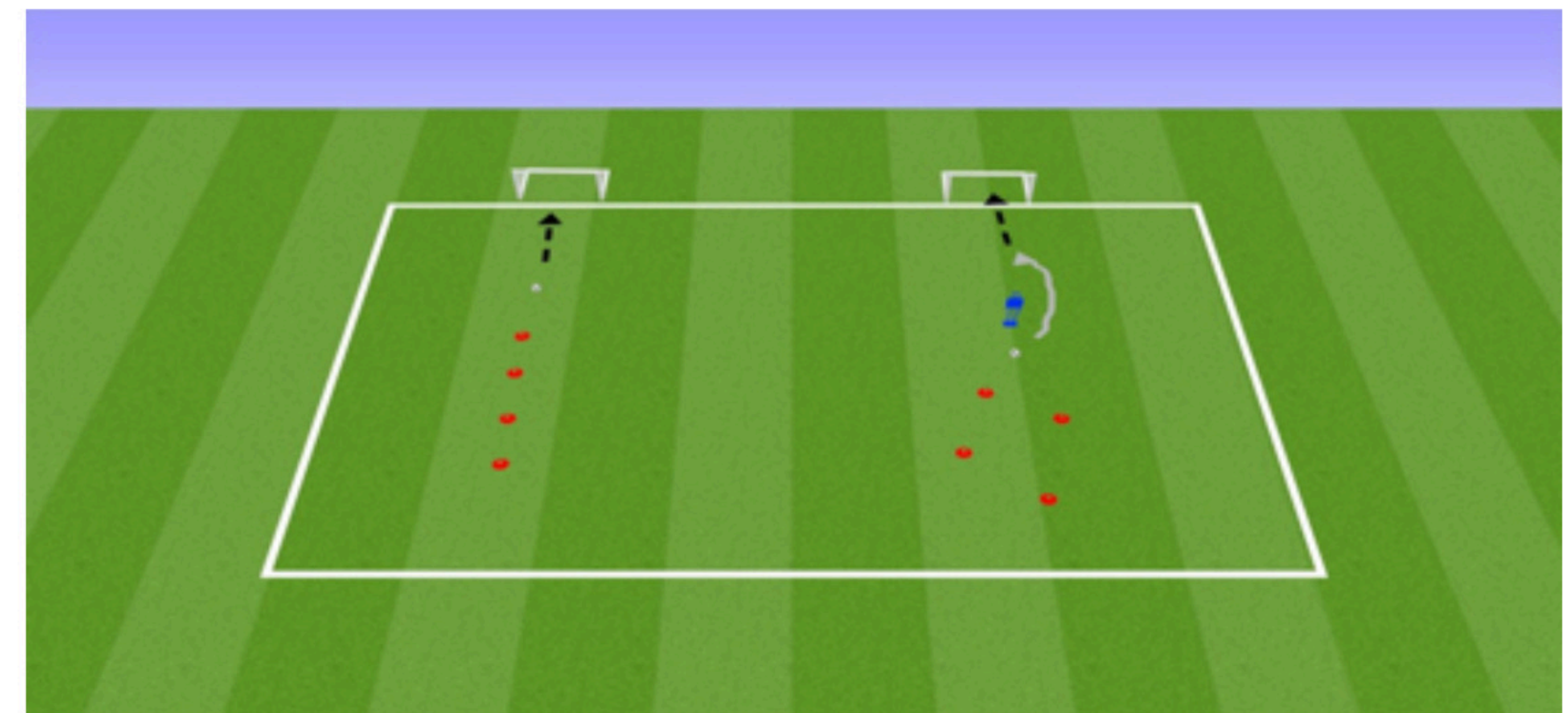


ACTIVITY 2

10 mins
Cones 2
yrd/shot 5 yrd

Dribbling circuit into shooting/passing

Touches through cones, shoot at the end. Vary patterns.



FUN

10 mins
5,10,15 yards

Soccer shooting challenge

Vary distances, challenge to hit goal



Scrimmage

