Micro Soccer Lesson Plan

Day 3

2:30 p.m. – Youth coaches set-up fields, corner flags, and balls

Girls/Boys

Greet Players & Warm-up Drill

* + - Warm-UP Drill: Clearing the Field Relay Race – Divide your team into two groups. Place teams on each side of the goal. Put the number of balls each side has out in the field at random spots but generally in the same area. KEY POINT: Split the field in half making sure there are no balls straight out from the goal. Object is each side sends a player out and gets a ball to dribble back to score with. Once a player is done, have them sit back on their side. The side that clears their field of balls first wins.
    - Do Exercises (stretch, jumping jacks, jog around field etc…)

3:00/4:15 (6 Min): Drill 1 – Body Parts Brake - Players work on ball control by dribbling around area but then stop the ball with a body part that the coach calls out. i.e. coach says to stop the ball with their foot, hand, elbow, heel, head, knee, stomach, etc. Explain at the time that this is only a drill and in a real game they cannot use their hands to stop the ball.

3:06/4:21 (6 Min): Drill 2 – Bumper Cars - Each child dribbles a soccer ball. Coach tries to kick his/her ball so that it “bumps” the players’ ball. Keep the kids within a defined area. Coaches need to be careful to not kick too hard. You can switch and have the player’s try to hit your ball.

3:12/4:27 (2 Min): Water Break

3:14/4:29 (15 Min): 4 on 4 Soccer Game #1 Versus Other Team - Start with a kick-off. NO GOALIES. Make sure you substitute regularly. Stop play if the ball goes out of bounds. Have players throw-in to start play again. Stop play and explain any rules, if needed.

3:29/4:44 (6 Min): Drill 3 – Shoot on Goal - Place cones 10’ in front of the goal. Tell the players that they are going to “shoot on goal” but must kick their ball before they get to the cone. Stand off to the side from them and roll/kick the ball to them and have them shoot the ball into the goal. Please don’t have them close enough that they are running into the goal to kick. Encourage them to cheer when their teammate scores. Make a contest to see how many the team can score in a row.

3:35/4:50 (6 Min): Drill 4 – Junkyard - Split players into two teams. One team lines up on one side-line. The other team lines up on the other side-line. Coaches stand in the middle to form an imaginary line. Object of game is to clear your teams yard of balls by kicking them into the other teams yard without crossing the center line. Start with kicking balls on the ground. Progress to punt kicks. Coach counts down 5,4,3,2,1 and then both teams stop to count how many balls are in their yard.

3:41/4:56 (2 Min): Water Break

3:43/4:58 (15 Min): 4 on 4 Soccer Game #2 Versus Other Team - Same as game #1. Rotate players in and out. Encourage players by “catching them being good.”

3:58/5:13 (2 Min): Closing

* + - Reminders
      * Remind parents that the last two sessions of Micro are on Fridays, April 25th and May 2nd
    - Team Cheer and High 5’s

4:00 Youth Coaches prepare for Boy teams to arrive

**5:15 Youth Coaches pick-up fields**