

# Byron Youth Soccer Association



## 3<sup>rd</sup>-4<sup>th</sup> Grade Recreation Soccer

These practice plans are designed to introduce and reinforce fundamental soccer skills in a fun and engaging way for kindergarten-aged children. Adjust the activities based on the group's energy levels and interests.

### Practice Session 1: Fundamentals of Dribbling

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Dribbling Basics (10 minutes): Dribbling relay

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|  | <p>Make teams small so they get lots of touches and there are short lines.<br/>Set up cones so they can vary the skills (dribble around the far cone, tight circles around middle cone, dribble through close cones etc.)</p> <p>Coaching points:</p> <ol style="list-style-type: none"><li>1. Break up races with coaching points.</li><li>2. Focus on good control</li><li>3. Keep eyes out in front</li><li>4. Push yourself to go fast</li></ol> |
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3. More Dribbling (10 minutes): Dribble Tag

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|  | <p>A 10 x 10 yard square. Players begin at one corner of the square, dribbling the ball in straight lines around the square. When players arrive at a cone, they circle cut around the cone (360 degree turn).</p> <p>Coaching points:</p> <ul style="list-style-type: none"><li>Ball always under control</li><li>Dribble fast in a straight line</li><li>Get low when cutting</li><li>How quick can you get around the cone?</li></ul> |
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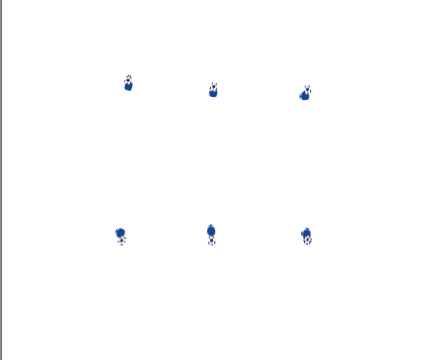
4. Game Time (20-30 minutes):  
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):  
Gentle stretches and a recap of what they learned.

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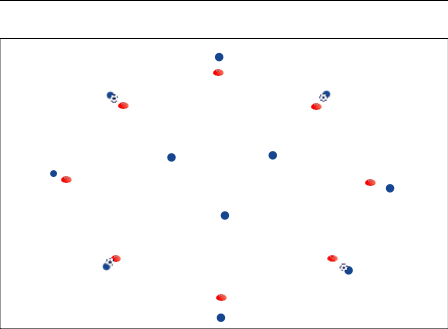
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## Practice Session 2: Passing and Receiving

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes): Passing and receiving

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|  | <p>1 ball per 2 players, partner passing (12 yards apart)</p> <ul style="list-style-type: none"><li>- 1 touch</li><li>- 2 touch</li><li>- Make it a game with points per pass</li><li>- Add creativity for fun (eg. first touch with knee, control-spin around-pass)</li></ul> <p>Coaching points:</p> <ol style="list-style-type: none"><li>1. Light on feet, bouncing after pass.</li><li>2. Toes should be up, creating a big surface.</li><li>3. Plant foot pointed at target.</li></ol> |
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3. Ball Control Drills (10 minutes): More passing and ball control.

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|  | <p>Set up a good sized circle (maybe 30 yards diameter). Half the players on the outside are servers. Servers have a ball in hand. Workers move inside the grid going to different servers. When workers arrive at the server, (about 5-6 yards away), the server tosses a ball to the worker who controls and passes it back.</p> |
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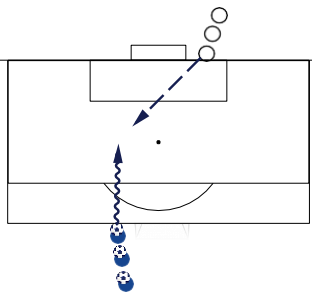
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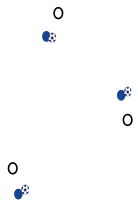
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### Practice Session 3: One on One and Ball Control

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. One on One Battle (10 minutes): Start with 1 on 1, then add +1 as players get better control through season.

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|  | <p>Half the team line up 22 yards from goal with a ball each (attackers). The other half line up beside the goal without a ball (defenders). Defender tries to stop the attacker from shooting on goal. When defender wins the ball, they become the attacker and roles are reversed and they tried to score on 2nd goal.</p> <p>Coaching points:<br/>Go win the ball, stay goal side, don't dive in, keep your feet moving.</p> |
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3. Keep away/ball shielding (10 minutes):

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|  | <p>Organization:<br/>Perform this exercise in open space. One ball per two players. One player shields the ball from the other for 30-60 seconds and then swap over. Time: 10 mins.</p> <p>Coaching points:<br/>Keep body between ball and defender. Body position is side on, forearm out to protect space. Use inside foot to manipulate the ball. Stay 4:1 on the positive to instructional comment throughout the session.</p> |
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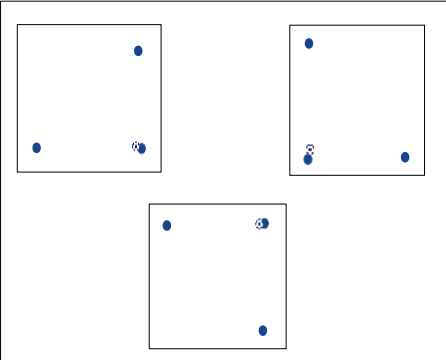
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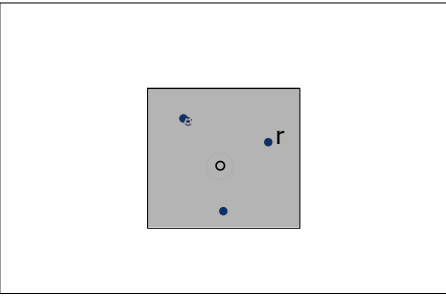
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### Practice Session 4: Passing and Rondo introduction.

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes):

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|  | <p>Organization:<br/>10x10 grid. Groups of 3 with a ball in a grid. Player with the ball should pass to his/her left or right. Free player must move to the proper corner to provide two passing options. Ball always start with the player that has two passing options as illustrated in the picture.</p> <p>Coaching points:<br/>Pass and move. Have fun.</p> |
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3. Rondo (10 minutes): Start with a 3 v 1 rondo first, or 4 v 1, move to more defenders if too easy.

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|  | <p>In a 10 x 10 yard grid, three attackers play keep away from 1 defender. Defender cannot run at first (only walk), until attackers get more confident.</p> |
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4. Game Time (20-30 minutes):  
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
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### Practice Session 5: Introduction to Defense

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Defensive shape (10 minutes): Introducing pressure and cover defender.

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|  | <p>1 attacker and 2 defenders. Attacker tries to dribble to the other side of the grid. Defenders attempt to steal the ball.</p> <p>Coaching points:<br/>First defender be patient, force attacker into covering defender.</p> |
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3. Defense (10 minutes): 1 v 2, working on cutting passing lane, force them into 1 v 1.

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|  | <p>2 attackers and 1 defender. Two attackers try to keep the ball away from the defender. If the defender wins the ball, they try to keep it.</p> <p>Coaching points:<br/>Defenders should try and cut off the passing lane to the other attacker.</p> |
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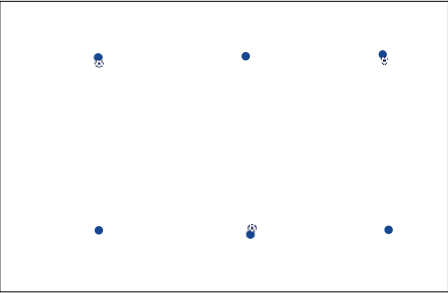
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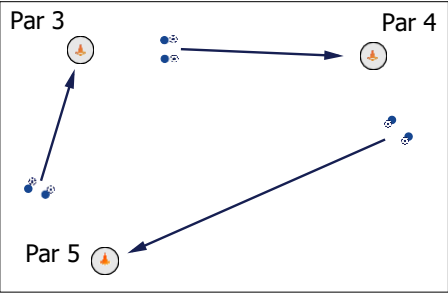
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### Practice Session 6: Passing Control

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing games (10 minutes):

|                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                              |
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|  | <p>Partner passing - 1 ball between 2 players about 12 yards apart.</p> <ol style="list-style-type: none"><li>1 touch</li><li>2 touch</li><li>3 touch with change of direction cuts</li></ol> <p>Make it fun and add challenges!</p> <p>Coaching points:</p> <ol style="list-style-type: none"><li>1. Light on feet, bouncing after pass.</li><li>2. Plant foot pointed at target.</li></ol> |
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3. Passing (10 minutes): Weight of the pass and accuracy drill.

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|  | <p>Organization:</p> <p>Coach sets up cones like a golf course. Coach determines if it is a Par 3, Par 4 or Par 5 depending on distance. The player with the lowest number of passes wins the hole or the game, depending on how you score it.</p> <p>Coaching points:</p> <p>Talk to players about the weight of their pass. Which part of the foot to use in certain situations (farther distances - drive with the instep, closer distances - use the inside of the foot and finesse the ball). Be positive and have fun.</p> |
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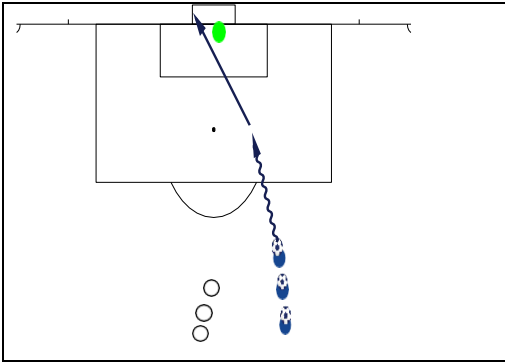
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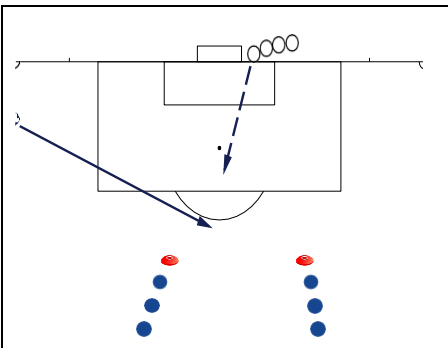
### Practice Session 7: Finishing

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Finishing 1 v 1 (10 minutes): Work on shot accuracy and not just power.



To begin, players start 25 yards from goal with a ball, and one at a time, they dribble towards goal for a 1 v 1 with the goalkeeper. Progression is half the players become defenders and line up alongside and chase the attacker once they play the ball forward.

3. Passing and finishing (10 minutes): Working on 2v1 advantage offensively.



Two attacking lines on the outside of the box. One defending line to the side of the goal. Coach passes to one of the attackers, front of each line goes out and 1 defender comes out to try and prevent a shot.

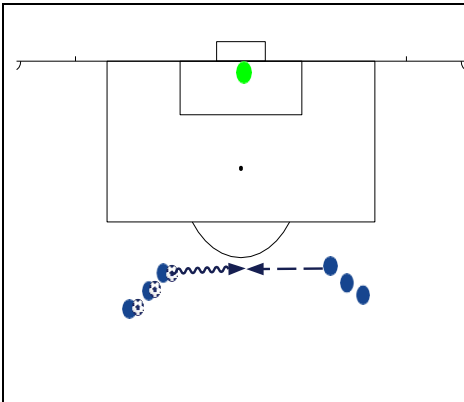
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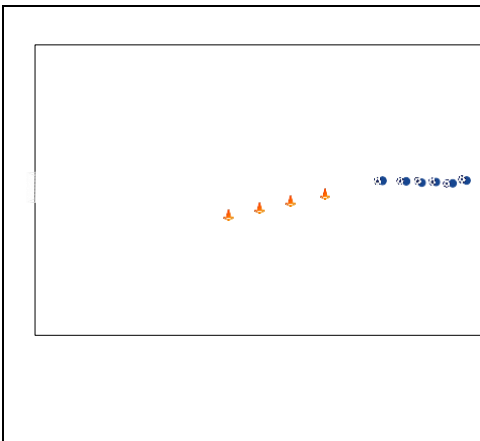
### Practice Session 8: Scoring

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Scoring games (10 minutes): Shots, shots, shots! Movement with scoring.



Two lines facing each other at the top of the penalty area, one line with balls. Player A dribbles towards player B who runs out and takes over the ball before a shot at goal.

3. Shooting (10 minutes):



#### Organization:

Dribble through the cones without touching them, once by the last cone, shoot at goal. Once player has had a shot, the next in line goes.

#### Coaching points:

Dribbling technique. Shooting - use laces, toe down, ankle locked. Plant foot pointed at the goal. Strike center of the ball. Follow through.

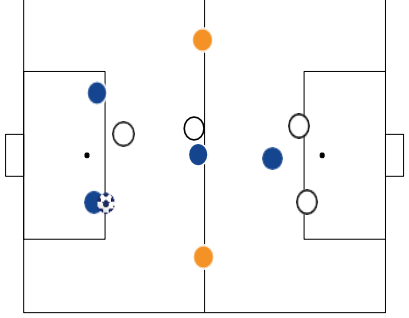
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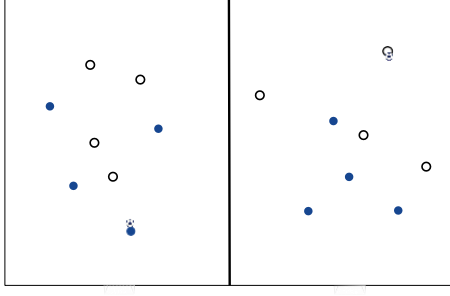
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### Practice Session 9: Possession and Field Awareness

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Possession games (10 minutes): Using numbers up to create possession advantage.

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|  | <p>Organization:<br/>Play 4v4 with 2 neutral players who can play with the team who have possession of the ball. Field size: 30x40 yards.<br/>Time: 30 mins.</p> <p>Coaching points:<br/>Encourage players to pass, find the extra players and play the game. Become fan of the players.</p> |
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3. Small sided games (10 minutes):

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|  | <p>2 game fields set up.<br/>Max 4 v 4 - use neutral players if needed.</p> <p>Coaching points:</p> <ol style="list-style-type: none"><li>1. Get flying!</li><li>2. Not here for long so attack, take players on 1 v 1 , get to goal, shoot, have fun!</li></ol> |
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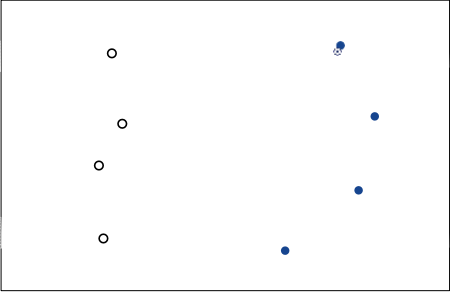
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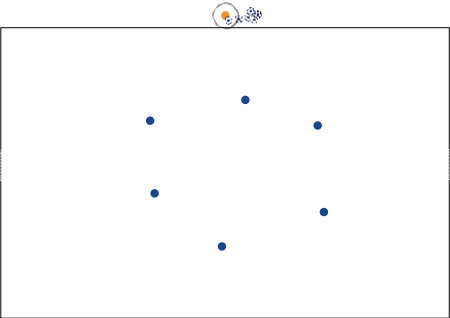
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### Practice Session 10: Game situations

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. 4 goal game (10 minutes): Ball control, dribbling and using body to shield defenders. Work on spreading and using space.

|                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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|  | <p><b>Organization:</b><br/>Players are split into two teams (4v4). Each team has two goals to defend and two goals to attack. Field size: 40x30 yards. Time: 10 min.</p> <p><b>Coaching points:</b><br/>Technique of kicking the ball - strike ball with laces, toe down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players. Encourage players to score.</p> |
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3. World Cup (10 minutes):

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|  | <p><b>Organization:</b><br/>Use two goals with one ball. Coach serves a ball onto the field. All players are up against each other to try and score in either goal. After a player scores, they come off and wait to progress to the next round. The last player left is out.</p> <p><b>Coaching points:</b><br/>Dribbling to beat players.</p> |
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4. Game Time (20-30 minutes):  
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):  
Gentle stretches and a recap of what they learned.