



## U5 Curriculum



## Week 1

Topic: Dribbling

### **Warm-up (5 min): Tag**

### **Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

### **Drill 2 (10 min): Coach Says**

**Setup:** 20x25 field, all players have a ball

**Instructions:** Similar to the game ‘Simon Says’, Every time you say “coach says...” the kids must perform the task given. (i.e Coach says...put your nose on the ball, Coach says...green light, etc). However, if you do not say "coach says" at the beginning of the sentence the kids must stay still or carry on the previous task. Be creative and have fun with it.

**Coaching Points:** Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in the drill, Keep head up so they don't run into each other, and make sure they are using the inside and outside of foot and not their toes.

### **Drill 3 (10 min): Drinks Game**

**Setup:** 20x25 field, all players have a ball

**Instructions:** Each endline and sideline of the field should be assigned a drink. Ask the players what their favorite drinks are to get them participating and excited. Once that has been done, have the players start dribbling and call out one of the drinks. When you call the drink out, the players should then dribble as fast as they can while keeping the ball close to them. Continue to call out different drinks and have them all dribble to the endline or sideline. Help them out sometimes by pointing in the direction of the line they should be dribbling to.

**Coaching Points:** Keep head up and keep ball close and under control

*Water Break (2-3 min)*

### **Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### **Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively



**Week 2**

Topic: Dribbling

**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min): Bob Builders vs King Kong**

**Setup:** 20x25 field, all players have a ball and are split up into two teams (Team King Kong and Team Bob Builder), 10-15 cones setup randomly (*See below picture*)

**Instructions:** On the coach’s command Team King Kong dribbles with the ball and turns as many of the opposition’s cones upside down while Team Bob Builders turn cones back upright. They do this while keeping control of the ball for 1 minute. The team with the most cones flipped wins.

**Coaching Points:** Keep head up and keep ball close and under control



**Drill 3 (10 min): Gladiators**

**Setup:** 20x25 field, every player has a ball except one - the Gladiator.

**Instructions:** Players dribble their ball and try to protect it from the Gladiator who tries to kick the other players' balls out of the playing area. Players who have their ball kicked out - or allow their ball to leave the playing area - become Gladiators. The winner is the last player still dribbling.

**Coaching Points:** Keep head up and keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes



**Coaching Points:** Have fun and encourage your players positively!

**Week 3**

Topic: Dribbling

**Warm-up (5 min):** *Tag*

**Drill 2 (5 min) :** *Red Light/Green Light*

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

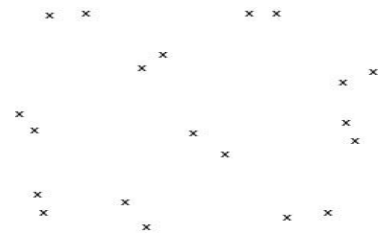
*Water Break (2-3 min)*

**Drill 2 (10 min):** *Pizza Delivery Game*

**Setup:** 20x25 field, all players have a ball (their car), set up a number of gates (houses) that are made of cones about two yards apart as shown in the below picture, throughout the field. Each gate/house should be 2 yards wide (a gate is simply two cones set up as things to go through such as a goal)

**Instructions:** Players try to score points by dribbling (driving) through as many gates (delivering as many pizzas to a house) as they can in one minute. The only restriction is that the players can NOT dribble through the same goal two times in a row.

**Coaching Points:** Keep head up and keep ball close and under control



**Drill 3 (10 min):** *Stuck in the Mud*

**Setup:** 20x25 field, every player has a ball except two players who are the taggers.

**Instructions:** The children dribble their ball around the playing area while the two taggers try to tag them. If a player is tagged, they are frozen and must pick their ball up and hold it above their head shouting "HELP!" as loudly as they can. They can only be unstuck from the mud by another player who passes their ball between the frozen players' legs.

**Coaching Points:** Keep head up, keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min):** *Numbers Game*

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min):** 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



**Week 4**

Topic: Dribbling

**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min): Sharks and Minnows**

**Setup:** 20x25 field, all players (Minnows) have a ball except for one- the SHARK

**Instructions:** The Minnows start at one end of the grid. The Sharks stand on the opposite line. The Minnows must try to cross the Shark's line without losing possession of their ball. The Sharks defend their line, trying to kick the Minnows' balls out of the defined area. Minnows who successfully dribble across the Shark's line go back for round two. Each Minnow who loses their ball join the Sharks. The last Minnow left in is the winner.

**Coaching Points:** Keep head up and keep ball close and under control

**Drill 3 (10 min): Fetch**

**Setup:** 20x25 field, every player has a ball

**Instructions:** Coach collects all the balls and has the players stand around coach. Coach then throws balls in different directions all around the field. Once that is done, coach then yells “GO FETCH” and players must find their ball and dribble back as fast as they can under control. You can vary this up by having them cover their eyes so they don't know where their ball is. You can also have them bring the ball back with different body parts. Get creative and have fun.

**Coaching Points:** Keep head up, keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!



## Week 5

Topic: Dribbling

### Warm-up (5 min): Tag

### Drill 2 (5 min) : Red Light/Green Light

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

### Drill 2 (10 min): Castle Robber

**Setup:** 20x25 field, all players (Minnows) have a ball except for one- the SHARK

**Instructions:**

**Coaching Points:** Keep head up and keep ball close and under control

### Drill 3 (10 min): Shadow Dribbling

**Setup:** 20x25 field, instruct players to pair up with every player having a ball

**Instructions:** The lead dribbler dribbles around inside the grid while the following dribbler attempts to shadow the lead dribbler’s every move and keeping a good close distance. Change leaders after a minute.

**Coaching Points:** Keep head up, keep ball close and under control

*Water Break (2-3 min)*

### Drill 4 (10 min): Numbers Game

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

### Small Sided Games (10 min): 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!

## Week 6

Topic: Dribbling



**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

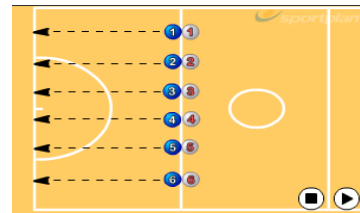
*Water Break (2-3 min)*

**Drill 2 (10 min): Rats and Rabbits**

**Setup:** 20x25 field, all players have a ball, split players into two teams, Team Rats and Team Rabbits

**Instructions:** Both teams line up in a straight line (see below picture), coach will call out either Rats or Rabbits, whichever team he calls out, that team must dribble to the sideline closest to them while the opposite team tries to tag them. Once everyone has reached the sideline, have them lineup again and repeat.

**Coaching Points:** Keep ball close and under control



**Drill 3 (10 min): Minnows and Crabs**

**Setup:** 20x25 field, all players (minnows) have a ball except for one- the CRAB

**Instructions:** This game is similar to Sharks and Minnows. The Minnows start at one end of the grid. The Crab stands on the opposite line. Crabs must mimic a crab with their hands and feet on the ground (belly and face up). The Minnows must try to cross the Crabs line without losing possession of their ball. The Crabs defend their line by trying to kick the Minnows' balls out of the defined area or gain possession of the ball. Minnows who successfully dribble across the Crab's line go back for round two. Each Minnow who loses their ball join the Crabs. The last Minnow left in is the winner.

**Coaching Points:** Keep head up and keep ball close and under control

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!

**Week 7**

Topic: Dribbling



**Warm-up (5 min): Tag**

**Drill 2 (5 min) : Red Light/Green Light**

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min): Braveheart**

**Setup:** 20x25 field, Divide players into two teams and have the two teams line up at opposite ends. Place a row of soccer balls in the center of the grid (See below picture).

**Instructions:** The objective is for each team to race to the soccer balls and dribble them to the opposite end line (ex. Blue wants to dribble the soccer ball to the red team’s end line). The team that gets more to the opposite line wins.

*Variations: 1. Allow all players to strip their opponents of the soccer ball. 2. Dribble balls back to own end line.*

**Coaching Points:** Players should be getting to the ball quickly, keep head up and keep ball close and under control



**Drill 3 (10 min): Bank Robbery**

**Setup:** 20x25 field, 10-12 balls grouped in the middle of field, all players stand on the endline/sideline at their assigned cone

**Instructions:** The coach will yell “Bank Robbery” and at that time, all players must sprint to the center of the grid, collect a ball with their feet, return to their assigned cone as quickly as possible and stop the ball. The player then returns to the center to get another ball. When all balls have been collected, the player who has the most balls wins.

*Variation: Have players use only left foot or right foot, etc*

*Water Break (2-3 min)*

**Drill 4 (10 min): Numbers Game**

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min): 3v3**

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!

**Week 8**

Topic: Players Choice





**Warm-up (5 min):** *Tag*

**Drill 2 (5 min) :** *Red Light/Green Light*

**Setup:** 20x25 field, all players have a ball

**Instructions:** To start, say “Yellow Light”! Players should dribble the ball around the playing area at a slow pace. Then say “Green Light”! Players should continue to dribble the ball but this time at a fast pace. Finally, say “Red Light”! Players should stop the ball and keep their foot on top of the ball in possession. Continue to control the drill with the frequency and variation of light changes!

**Coaching Points:** Instruct players to keep their heads up while dribbling. Players should also try and keep the ball close to their feet and not lose possession when it needs to be stopped.

*Water Break (2-3 min)*

**Drill 2 (10 min):** *Favorite Game*

**Drill 3 (10 min):** *Favorite Game*

*Water Break (2-3 min)*

**Drill 4 (10 min):** *Numbers Game*

**Setup:** 20x25 field, split players into two teams and number them 1-5 (go higher if need be), players start by standing on the goal line of their goal.

**Instructions:** Coach kicks a ball into the field, and calls out a number. Player of that number on each team come out and plays 1v1 trying to score. Players not called stay behind the goal. Once a goal is scored or ball goes out of bounds, players run back to their side of the goal and back in line. Coach then kicks a new ball onto the field and calls a new number. You can also call more than one number if you would like a 2v2 or 3v3 game.

**Coaching Points:** Just keep simple and fun, try to keep players on the goal line. Remember, encourage successes and have fun with your players!

**Small Sided Games (10 min):** 3v3

**Setup:** 20x25, split players into two teams

**Instructions:** Rotate players in and out every couple minutes

**Coaching Points:** Have fun and encourage your players positively!