



4 to 6 Year Olds



www.TheICA.com
The International
Coaches Association

Micro Soccer – Ages 4 to 6 yrs

Monday 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.

Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.

Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

Dribbling 1 - Introductory Activity



Meet Billy Ball

Introduce campers to the ball. For some it will be their first experience with a soccer ball. While jogging in place, have players perform the following simple foot movements with the ball.

1. Tap the ball back and forth from left to right foot.
2. Roll the ball forward and backward using the sole of the feet.
3. Move the ball in a circle using the outside of each foot.
3. Move the ball in a circle using the inside of each foot.
4. Alternate tapping the ball with the sole of the right and left foot. (Tap dance).

Area 15 x 15 yards, 4 cones, 1 ball per player

Dribbling 2 - Introductory Activity



Lets Go Dribbling

This is a great exercise designed to improve each players dribbling skills. An emphasis is placed on dribbling the ball by using a variety of foot surfaces.

The group is positioned inside a square. Each player has a ball. The players dribble their ball around the square using the instep, outside, toes, laces and heel of the foot. The exercise is started slowly but the pace is increased as the players get more comfortable with the ball.

Area 15 x 15 yards, 4 cones, 1 ball per player

Micro Soccer – Ages 4 to 6 yrs

Dribbling 3 - Introductory Activity



Monster Trucks

Progress from the drills above by incorporating movement and vision. The players pretend that their ball is a Monster Truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their Monster Trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. Have them drive slow and fast, reverse and stop on demand.

Area 15 x 15 yards, 4 cones, 1 ball per player

Dribbling 4 - Fundamental Activity



Bob the Builder

Divide your group on two teams. Each player has a ball. The object of the game is for each team to build a pyramid using their balls. First team to complete wins. On the coaches command the first player on each team has to dribble their ball out 6-8 yards. They leave their ball and run back to the end of their line. The next person dribbles their ball and does the same. This is repeated until the last player who picks up the ball and placed on top of the bunch of balls. Balls should be group together.

Area 10 x 10 yards, 4 cones, 1 ball per player

Dribbling 5 - Fundamental Activity



The Wiggles

Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart.

The two teams play a competition to see which team can dribble (wiggle) through the cones first.

On the coach's command, the first player dribbles through the cones and dribbles directly back to the end of the line. The drill is performed by all the players in the group until the last player returns. First team back wins.

Area 10 x 10 yards, 5 cones, 1 ball per player

Micro Soccer – Ages 4 to 6 yrs

Dribbling 6 - Fundamental Activity



Area 10 x 20 yards, 4 cones, 1 ball per player

Sponge Bob Soccer Pants

One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid are the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid. The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. Total points then rotate roles.

Dribbling 7 - Game Related Activity



Area 20 x 20 yards, 4 cones, 1 ball per player

Cops and Robbers

Select two or three volunteers to be the "cops." All the "robbers" line up at one end with their "diamonds" (soccer balls). The robbers attempt to dribble their "diamond" from one end to the other without having their diamond kicked out by a cop. If their diamond gets kicked out, they go to jail (a designated area outside the grid).

If a robber successfully dribbles across the grid 5 times, then a jailbreak occurs and all those in jail get to re-enter the game.

Dribbling 8 - Game Related Activity



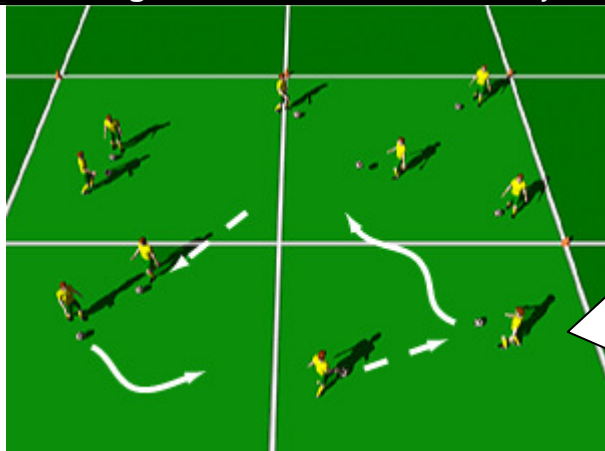
Area 20 x 20 yards, 4 cones, 1 ball per player

Lion King

Mark off a grid 20 yards by 20 yards. Have all players dribble their ball around the square. Choose one player to be the "lion". When he is released, all players try to avoid him and shield their ball from being grabbed by the lion. If the lion gets their ball they are out and have to sit outside the square. The last one left is the winner and becomes the lion in the next round.

Micro Soccer – Ages 4 to 6 yrs

Dribbling 9 - Game Related Activity



Knock Out

Mark off a square 20 by 20 yards. Have each player enter the square with his/her ball. Blow the whistle and have the kids try to knock out the other players balls without losing their own ball. Players must move and cannot leave their ball. Last one left is the winner. A good variation is to make 3 smaller grids and if your ball gets knocked out you need to start back at grid #1. If you knock a ball out of a grid you advance up to the next grid. This will keep all the kids working without having to stop or lose.

Area 20 x 20 yards, 4 cones, 1 ball per player

Eurotech® Move of the Day



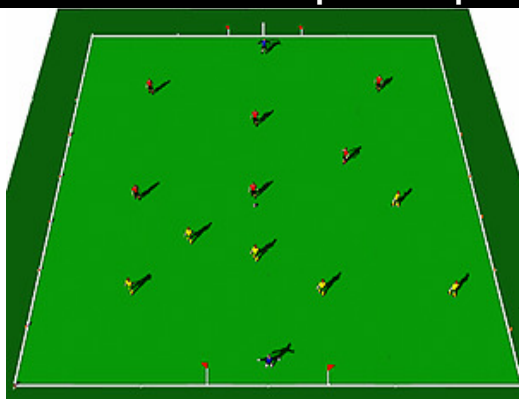
The Quarter Turn

This practice is designed to develop the Quarter Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Quarter Turn move inside the grid, working from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Eurotech® World Cup or Camp Tournament – Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v 3, 4 v 4 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Camp

Micro Soccer – Ages 4 to 6 yrs

Tuesday - 1.5 hours

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Passing 1 - Introductory Activity



Mechanics of the Push Pass

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the “Push Pass.”

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the “Push Pass.” The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

Area 10 x 10 yards, 4 cones, 1 ball per player

Passing 2 - Introductory Activity



Lock the Ankle

Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs, the players step towards the ball and lock the ball between their feet as they perform the “Push Pass”. To ensure the timing coincides, one player should slowly count out loud “one, two, and three”.

On the three count, the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

Area 10 x 10 yards, 4 cones, 1 ball per player

Micro Soccer – Ages 4 to 6 yrs

Passing 3 - Introductory Activity



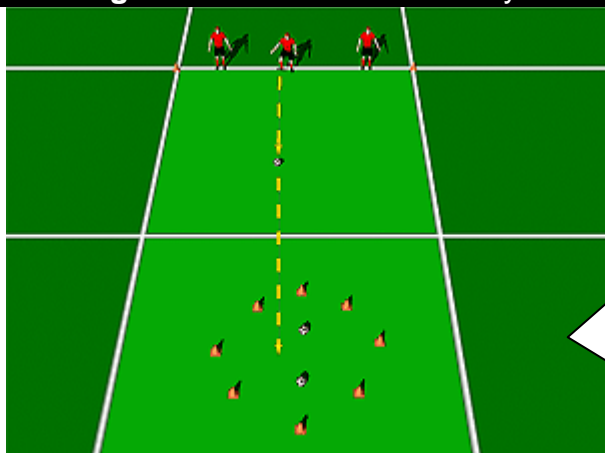
Under the Bridge

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

Area 10 x 10 yards, 4 cones, 1 ball per group

Passing 4 - Fundamental Activity



Land on Mars

A grid is marked off approximately 5 yards by 10 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of the Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle. Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

Area 5 x 10 yards, supply of cones, 1 ball per player

Passing 5 - Fundamental Activity



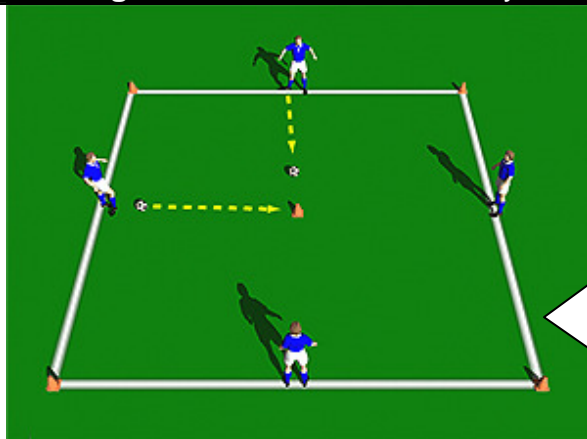
Soccer Marbles

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy". Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Small Circle, 1 ball per player

Micro Soccer – Ages 4 to 6 yrs

Passing 6 - Fundamental Activity



Hit the Cone

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy. Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Area 10 x 10 yards, 4 cones, 1 ball per group

Passing 7 - Game Related Activity



Passing Relay

Players are divided into 2 teams. The players receive the ball from the server. The receiver must pass the ball back to the server and only scores a point for each pass back through the cones. After each pass the receiver must turn and join the end of the line. First team to score 10 points wins, or how many points can your team get in 2 minutes.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball.

Area 10 x 10 yards, 8 cones, Supply of balls.

Passing 8 - Game Related Activity



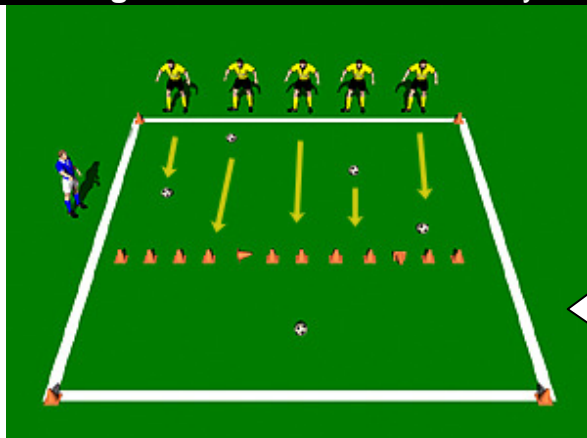
Clear the Yard

This is a fun kicking game to develop each players passing skills. Players are divided into 2 teams. Each player has a ball. The idea of the game is to see which team can end up with the least number of balls in their side of the square (yard). One the coaches’ command the players kick the ball into the other teams end (yard). Players get 2 minutes to before the balls are counted. Team with least balls in their side wins. The emphasis should be on power and accuracy of the kick.

Area 20 x 20 yards, cones, Supply of balls.

Micro Soccer – Ages 4 to 6 yrs

Passing 9 - Game Related Activity



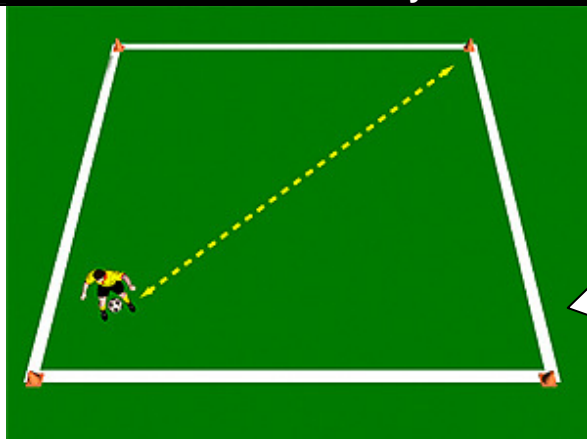
The Cone Challenge Champion

In this game each player has a ball. The object is for each player to knock down as many cones as possible within 2 minutes. On the coaches command the players kick the ball from the end line. Players get 1 point each time they knock down a cone. Player with most points after 2 minutes wins. You can also have the first player to 3 wins etc.

The emphasis should be on power and accuracy of the kick.

Area 10 x 10 yards, cones, Supply of balls.

Eurotech® Move of the Day



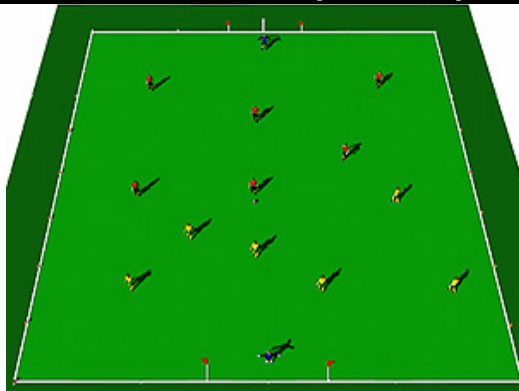
The Half Turn

This practice is designed to develop the Half Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Half Turn move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Eurotech® World Cup or Camp Tournament – Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v 3, 4 v 4 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Camp

Micro Soccer – Ages 4 to 6 yrs

Wednesday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.

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Warm-Up & Stretch

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Ball Control 1 - Introductory Activity



Cushion Control using the Feet

This exercise will introduce each player to the technical points of controlling the ball using the feet.

Divide your group into pairs. Players stand approximately 2 yards apart. One player is the server and the other the receiver. The server holds the ball in both hands and throws a “soft” serve for their partner to control using the top of the foot. The object for the receiving player is to not allow the ball to hit the ground before controlling it. Alternate roles so both players work at controlling the ball.

Players 2 yards apart, 1 ball

Ball Control 2 - Introductory Activity



Cushion Control using the Thighs

This exercise progresses nicely from the drill above and will introduce each player to the technical points of controlling the ball using the thigh. Divide your group into pairs. Players stand approximately 2 yards apart. One player is the server and the other the receiver. The server holds the ball in both hands and throws a “soft” serve for their partner to control using the thigh. The object for the receiving player is to not allow the ball to hit the ground before controlling it. Alternate roles so both players work at controlling the ball.

Players 2 yards apart, 1 ball

Micro Soccer – Ages 4 to 6 yrs

Ball Control 3 - Introductory Activity



Control Relay Game

This practice is designed to develop each players technique in controlling the ball using the sole or the inside of the foot. Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently. Emphasize quality over speed.

Area 10 x 10 yards, 6 cones, supply of balls

Ball Control 4 - Fundamental Activity



Get in Line

This practice is designed to improve ball control by having players to move into the flight of the ball.

Players are placed at the corner of the grid. The coach is at the opposite side with a supply of balls. The coach rolls out a ball for the first player to run across and control using their feet. The service must be to the opposition cone from the players and fast enough so the play meets the ball on the line. After returning the ball to the coach, the drill is repeated with the next player in line.

Area 10 x 10 yards, 4 cones, supply of balls

Ball Control 5 - Fundamental Activity



Collect the Coconuts

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.

Area 10 x 10 yards, 6 cones, supply of balls

Micro Soccer – Ages 4 to 6 yrs

Ball Control 6 - Fundamental Activity



Catch the Bus

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.

Area 10 x 10 yards, 6 cones, supply of balls

Ball Control 7 - Game Related Activity



Crabby Patties

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. The ball is a “Crabby Patty” and coach is Sponge Bob. The players hand the coach their ball and the coach throws the ball out in different directions for the player to chase after, control and return. Two players without a ball are the “Planktons”. If they steal the ball, they reverse roles with the player they stole it from. Don’t let the Planktons steal the Crabby Patty secret recipe.

Area 20 x 20 yards, 4 cones, 1 ball per player

Ball Control 8 - Game Related Activity



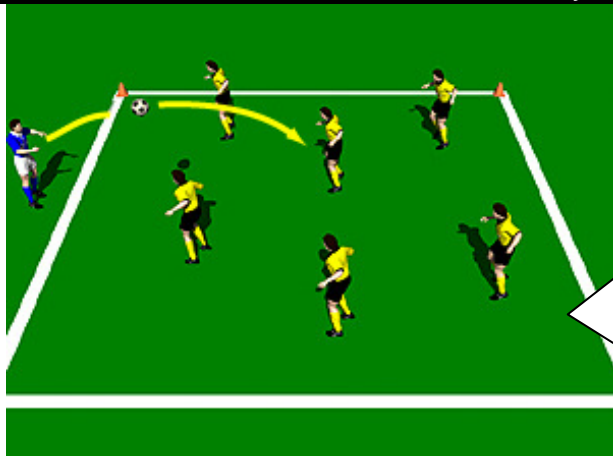
Power Rangers

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don’t collide.

Area 10 x 15 yards, 4 cones, supply of balls

Micro Soccer – Ages 4 to 6 yrs

Ball Control 9 - Game Related Activity



Catch the Egg

This practice is designed to encourage young players to have the confidence to control a ball in the air.

The entire group are placed in an area 10 x 10 yards.

The coach is positioned at the side of the square.

The coach calls out a player's name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

Area 10 x 10 yards, 4 cones, supply of balls

Eurotech® Move of the Day



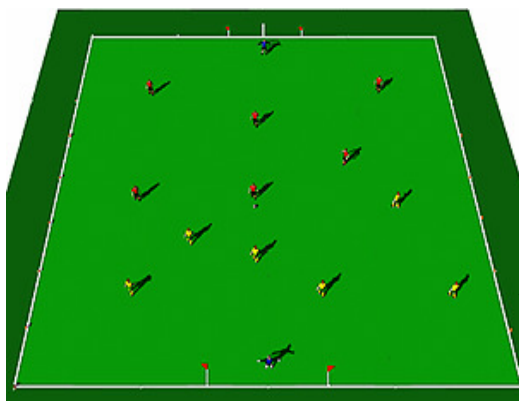
The Fake Cut

This practice is designed to develop the Fake Cut dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cut moving inside the grid.

Area 5 x 5 yards, 4 cones, 1 ball per player

Eurotech® World Cup or Camp Tournament – Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v 3, 4 v 4 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Camp

Micro Soccer – Ages 4 to 6 yrs

Thursday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.

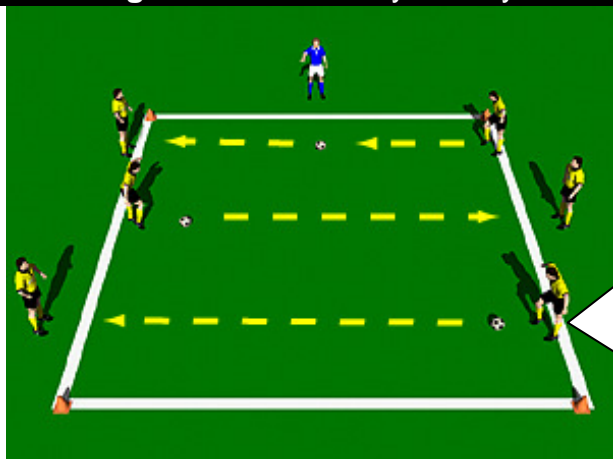
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Warm-Up & Stretch

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Shooting 1 - Introductory Activity



Basic Shooting Skills

This exercise will introduce each player to the technical points of the low driven shot. Divide your group into pairs. Players stand approximately 10 yards apart. Partners practice kicking the ball back and forth to each other.

The non-kicking foot should be placed along side and slightly in front of the ball. Contact should be made through the horizontal mid-line of the ball. The kicking foot should be fully extended down and the ball should be struck with the laces of the boot.

Players 10 yards apart, 1 ball

Shooting 2 - Introductory Activity



Shooting on the Run

This practice is a simple progression from the drill above and it is designed to introduce the novice player to the correct mechanics when shooting a moving ball.

The coach stands in between the two cones (goal) and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Emphasis should be on keeping the ball low and on target.

Small group of players, 1 ball each, 4 cones

Micro Soccer – Ages 4 to 6 yrs

Shooting 3 - Introductory Activity



Keeping the Shot Low

This is a great exercise to reinforce the importance of keeping the ball low when shooting.

Divide your group into pairs. Partners stand approximately 6 yards apart. One player is the server and the other the receiver. The server rolls the ball for their partner to kick back to them "first time". The server catches the ball and retreats backwards a few yards and repeats the drills. The object is for the players to work their way across the width of the square then alternate roles.

Area 20 x 20 yards, Players 6 yards apart, 1 ball

Shooting 4 - Fundamental Activity



Shooting a ball that is rolling away from you

In this drill the emphasis is on shooting a ball that is moving away from the players. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position alongside the line of players. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Shooting 5 - Fundamental Activity



Shooting a ball that is rolling across you

In this drill the emphasis is on shooting a ball that is moving across the players path. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position in the middle of the area. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Micro Soccer – Ages 4 to 6 yrs

Shooting 6 - Fundamental Activity



Shooting a ball that is coming towards you

In this drill the emphasis is on shooting a ball that is moving towards the player. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position near the end line. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Shooting 7 - Game Related Activity



Chase Me

Divide your group into two teams. Position both teams in line with each other at the starting cones. A goalkeeper is placed in goal and the coach is positioned on the end line and in between both groups. When the coach serves the ball into the square, the first player from each team chases the ball. The first player to the ball is the attacker and the other becomes the defender. The player with the ball must try and score. If the defender can steal the ball they then become the attacker. After the attack has ended, both players join the end of their groups.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Shooting 8 - Game Related Activity



One on One to Goal

In this exercise the player now has to try and beat a defender and take a shot at goal. Start by placing one defender in the playing area. All other players have a ball each and start from the end line. On the coaches' command, the first attacker in line dribbles the ball and must try and beat the defender and shoot at goal. After the attack has ended, the defender joins the end of the attacking line and the attacker now defends against the next attacker. This sequence is repeated after each attack. See who can score the most goals.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Micro Soccer – Ages 4 to 6 yrs

Shooting 9 - Game Related Activity

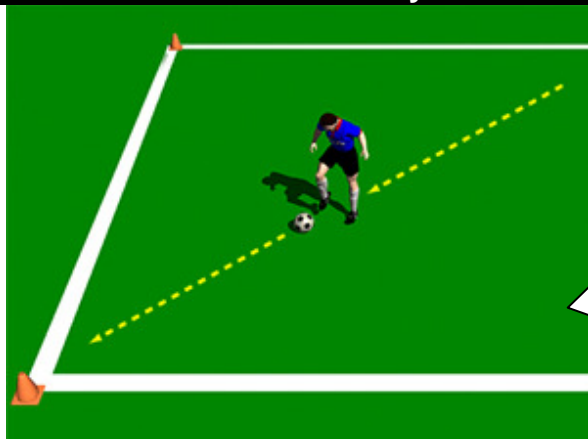


World Cup Shooting Drill

This practice is designed to improve shooting techniques while under pressure. Players are divided into three teams. Each team is identified with a different color vest. All teams are placed inside the playing area. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Teams compete against each other. Whichever team has possession tries to score, while the other two teams defend and try to win the ball. Coach serves the ball each time it leaves the playing area. First team to score 2 goals wins the championship.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Eurotech® Move of the Day



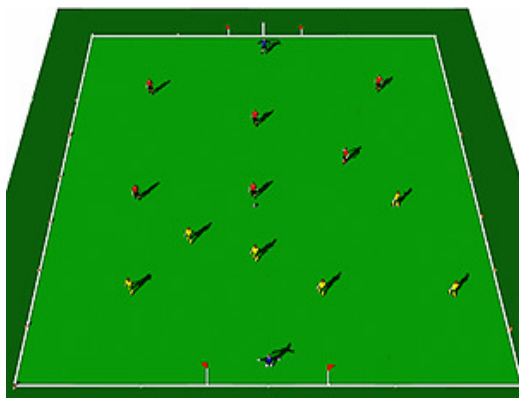
The Stop and Go

This practice is designed to develop the Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Stop and Go move inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Eurotech® World Cup or Camp Tournament – Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v 3, 4 v 4 etc (No Goalkeepers).

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- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Camp

Micro Soccer – Ages 4 to 6 yrs

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Dribbling 1 - Introductory Activity



Area 15 x 15 yards, 4 cones, 1 ball per player

Monster Trucks

Progress from the drills above by incorporating movement and vision. The players pretend that their ball is a Monster truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their monster trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. Have them drive slow and fast, reverse and stop on demand.

Dribbling 2 - Fundamental Activity



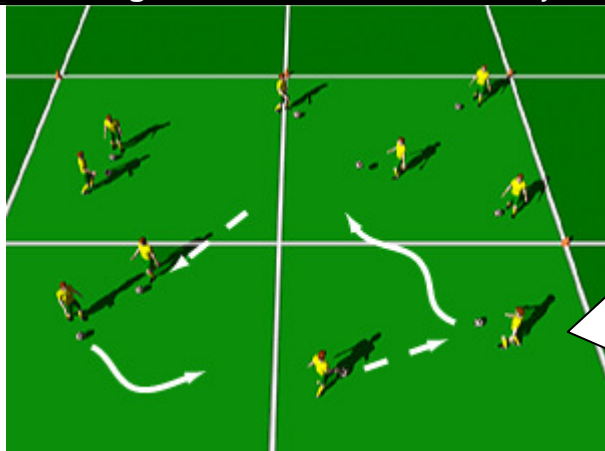
Area 10 x 20 yards, 4 cones, 1 ball per player

Sponge Bob Soccer Pants

One group is positioned on the end line of the grid with one ball each. (These are the “Sponge Bobs”). The second group of players inside the grid are the “Planktons”. The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid. The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. Total points then rotate roles.

Micro Soccer – Ages 4 to 6 yrs

Dribbling 3 - Game Related Activity



Knock Out

Mark off a square 20 by 20 yards. Have each player enter the square with his/her ball. Blow the whistle and have the kids try to knock out the other players balls without losing their own ball. Players must move and cannot leave their ball. Last one left is the winner. A good variation is to make 3 smaller grids and if your ball gets knocked out you need to start back at grid #1. If you knock a ball out of a grid you advance up to the next grid. This will keep all the kids working without having to stop or lose.

Area 20 x 20 yards, 4 cones, 1 ball per player

Passing 1 - Introductory Activity



Under the Bridge

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

Area 10 x 10 yards, 4 cones, 1 ball per group

Passing 2 - Fundamental Activity



Soccer Marbles

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy". Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

Small Circle, 1 ball per player

Micro Soccer – Ages 4 to 6 yrs

Passing 3 - Game Related Activity



Passing Relay

Players are divided into 2 teams. The players receive the ball from the server. The receiver must pass the ball back to the server and only scores a point for each pass back through the cones. After each pass the receiver must turn and join the end of the line. First team to score 10 points wins, or how many points can your team get in 2 minutes.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball.

Area 10 x 10 yards, 8 cones, Supply of balls.

Ball Control 1 - Introductory Activity



Control Relay Game

This practice is designed to develop each players technique in controlling the ball using the sole or the inside of the foot. Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently. Emphasize quality over speed.

Area 10 x 10 yards, 6 cones, supply of balls

Ball Control 2 - Fundamental Activity



Collect the Coconuts

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.

Area 10 x 10 yards, 6 cones, supply of balls

Micro Soccer – Ages 4 to 6 yrs

Ball Control 3 - Game Related Activity



Catch the Egg

This practice is designed to encourage young players to have the confidence to control a ball in the air. The entire group are placed in an area 10 x 10 yards. The coach is positioned at the side of the square. The coach calls out a player's name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.

Area 10 x 10 yards, 4 cones, supply of balls

Shooting 1 - Introductory Activity



Shooting on the Run

This practice is a simple progression from the drill above and it is designed to introduce the novice player to the correct mechanics when shooting a moving ball.

The coach stands in between the two cones (goal) and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Emphasis should be on keeping the ball low and on target.

Small group of players, 1 ball each, 4 cones

Shooting 2 - Fundamental Activity



Shooting a ball that is coming towards you

In this drill the emphasis is on shooting a ball that is moving towards the player. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position near the end line. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Micro Soccer – Ages 4 to 6 yrs

Shooting 3 - Game Related Activity

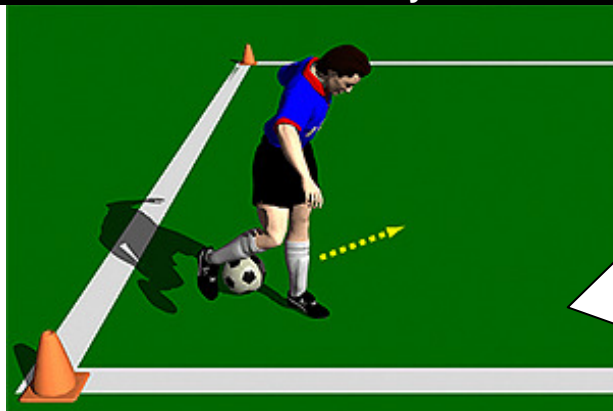


Chase Me

Divide your group into two teams. Position both teams in line with each other at the starting cones. A goalkeeper is placed in goal and the coach is positioned on the end line and in between both groups. When the coach serves the ball into the square, the first player from each team chases the ball. The first player to the ball is the attacker and the other becomes the defender. The player with the ball must try and score. If the defender can steal the ball they then become the attacker. After the attack has ended, both players join the end of their groups.

Area 10 x 15 yards, supply of balls, goalkeeper in goal

Eurotech® Move of the Day



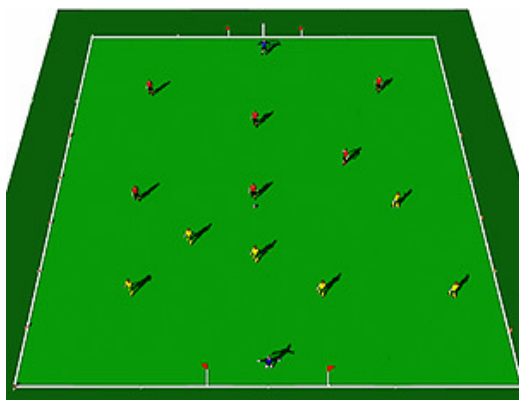
The Fake Cross

This practice is designed to develop the Fake Cross dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cross moving inside the grid, working diagonally from cone to cone.

Area 5 x 5 yards, 4 cones, 1 ball per player

Eurotech® World Cup or Camp Tournament – Game Conditioned Activity



Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v 3, 4 v 4 etc (No Goalkeepers).

The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

Conclude Camp