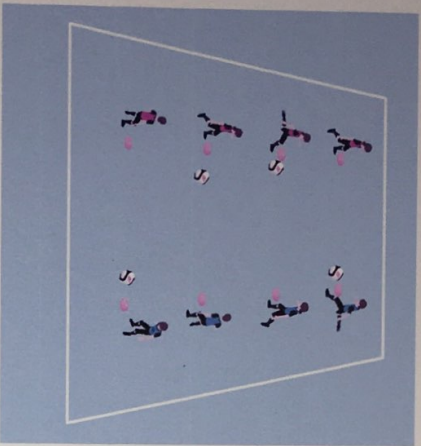


### Week Three – Warm Up

#### Passing Marbles - Instep



**OBJECTIVE:** Improving Instep Passing

**TIME:** U5-U6, 10 minutes, U7-U8 12 minutes

**GRID SIZE:** Start distance between passers 5 yards

**EQUIPMENT:** 10 cones, one ball per two players

**ORGANIZATION:** Two players with one ball

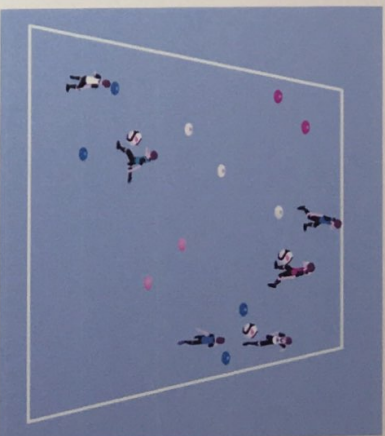
**RULES:** Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

**COACHING POINTS:** Approach ball at slight angle Non-kicking foot pointed at target Kicking foot, toe down, laces facing target, ankle locked Strike middle of ball with kicking foot Follow through (show the target the bottom of the shoe)

**VARIATIONS** Must use certain foot to pass and/or receive the ball Pass a moving ball (self-pass) to partner Increase distance between passers Have players move around field and pass

### Week Three – Tech Game

#### Passing Gates



**OBJECTIVE:** Improve passing, movement with and without the ball

**TIME:** U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:** 10 cones, 2 cones per gate

**ORGANIZATION:** Gates (3-4 steps apart) placed randomly around field. Two player with one ball

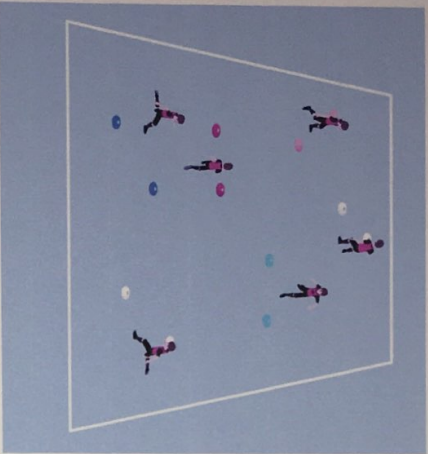
**RULES:** Players try to pass through as many gates (to partner) in allotted time Length of each run should be 30-60 seconds

**COACHING POINTS:** Vision - Avoid crowded gates Approach ball at slight angle Non-kicking foot pointed at target Kicking foot, toe down, laces facing target, ankle locked Strike middle of ball with kicking foot Follow through (show the target the bottom of the shoe)

**VARIATIONS** Pass must be with instep, must be with right/left foot Rotate Partners

**Week Three - Fitness**

**Running Gates**



**OBJECTIVE:** Improving coordination, speed and agility

**TIME:** 15 minutes

**GRID SIZE:** Gates spread around field, min. distance between 8-10 yds.

**EQUIPMENT:** 10 cones, 2 cones per gate

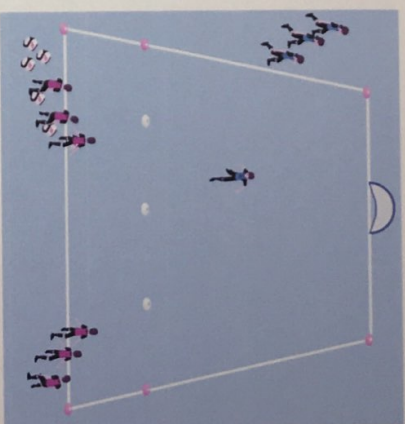
**ORGANIZATION:** Gates (3-4 steps apart) placed randomly around field.

**RULES:** Players try to run through as many gates in allotted time Length of each run should be 30-60 seconds

**COACHING POINTS:** Vision - Avoid crowded gates

**VARIATIONS**  
Running Backwards  
Skipping  
Push-Up at gate  
Figure 8 around the cones (gate)  
Somersault through gate  
Jump over cones at gate

**Week Three – Technical/Tactical Game**  
2 v 1 to goal



**OBJECTIVE:** Improving ability to go past a defender

**TIME:** U5-U6 10 minutes, U7-U8 12 minutes

**GRID SIZE:** 20 yards (length) x 15 yards (width), vary size by age and ability

**EQUIPMENT:** 6 small cones, 2 large cones, pinnies for 1/2 of team, supply of balls

**ORGANIZATION:** Team divided in half, one team attacking, the other defending

**RULES:** Two players (attackers) play against one player (defender) to goal Attacking team starts play by dribbling in to neutral zone. Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession

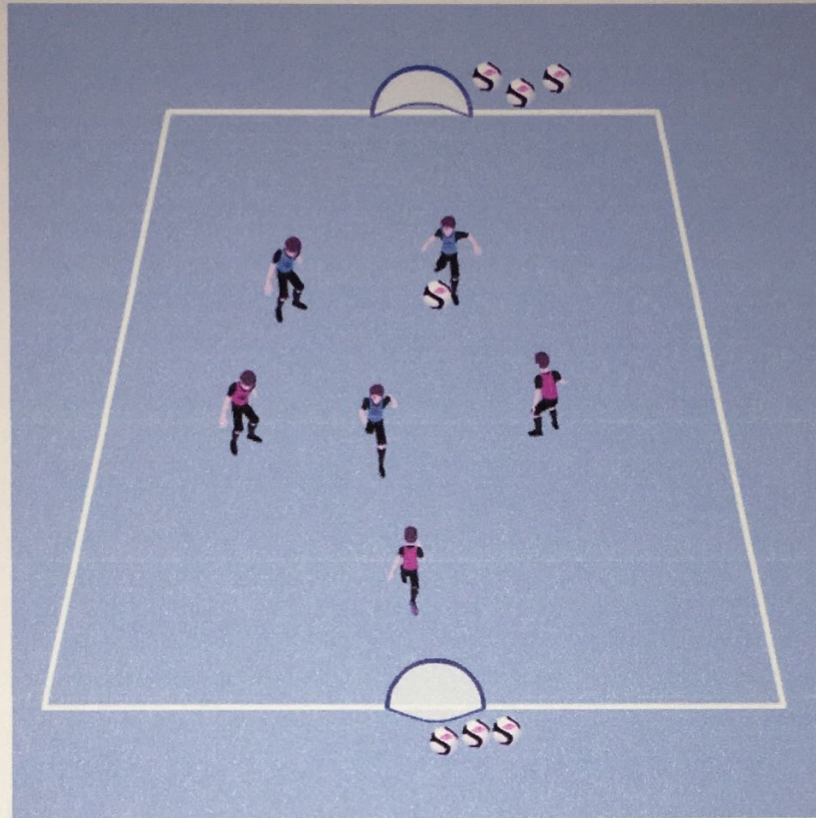
**COACHING POINTS:** Get past the defender as quickly as possible, via dribble or pass.

**VARIATIONS**  
Add a goalkeeper to the defensive team Add a 2nd defender to defensive team When defending player wins ball, he dribbles off the field



## Week Three – Final Game

### Small-Sided Games - to two goals



OBJECTIVE:	Playing the game
TIME:	U5-U6, 10 minutes, U7-U8 12 minutes
GRID SIZE:	U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width) U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and 2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side
EQUIPMENT:	4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)
RULES:	Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.
COACHING POINTS:	Teach basic rules, otherwise let them play.
VARIATIONS	When ball goes out of play, coach can restart game by playing a new ball.