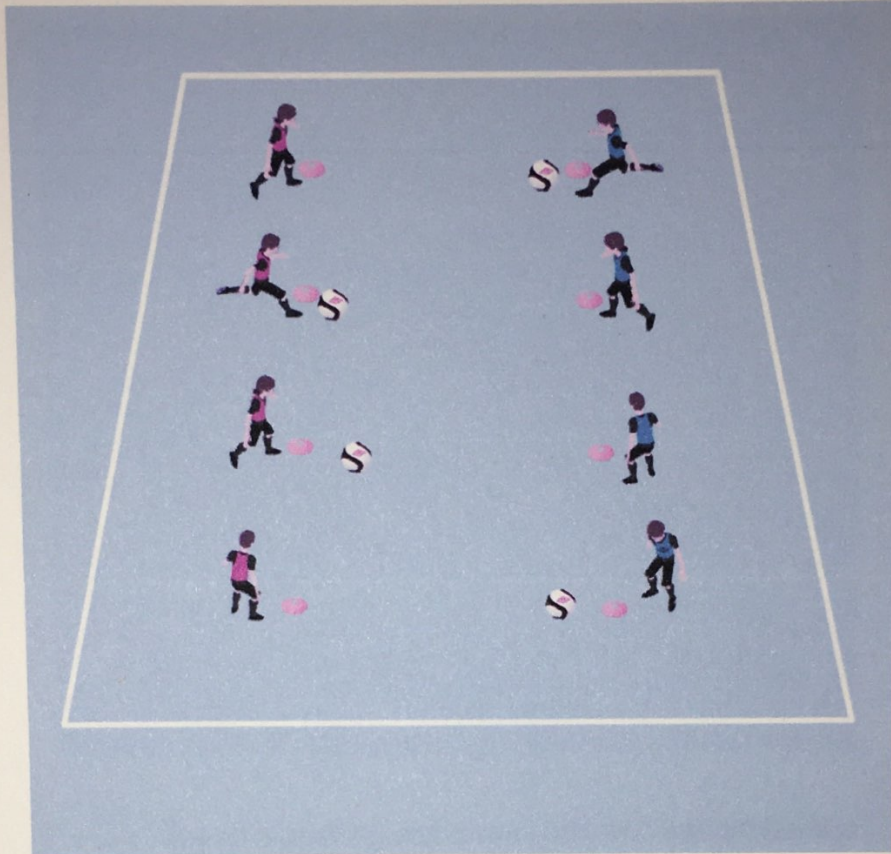


Week Six – Warm Up

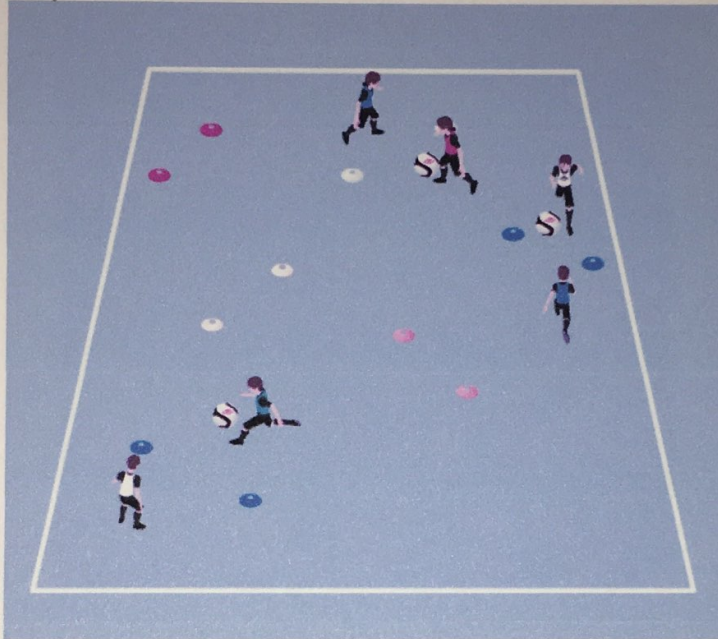
Passing Vitamins - Instep



OBJECTIVE:	Improving Instep Passing
TIME:	15 minutes
GRID SIZE:	Start distance between passers 5 yards
EQUIPMENT:	14 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 Six – Tech Game

Passing Gates

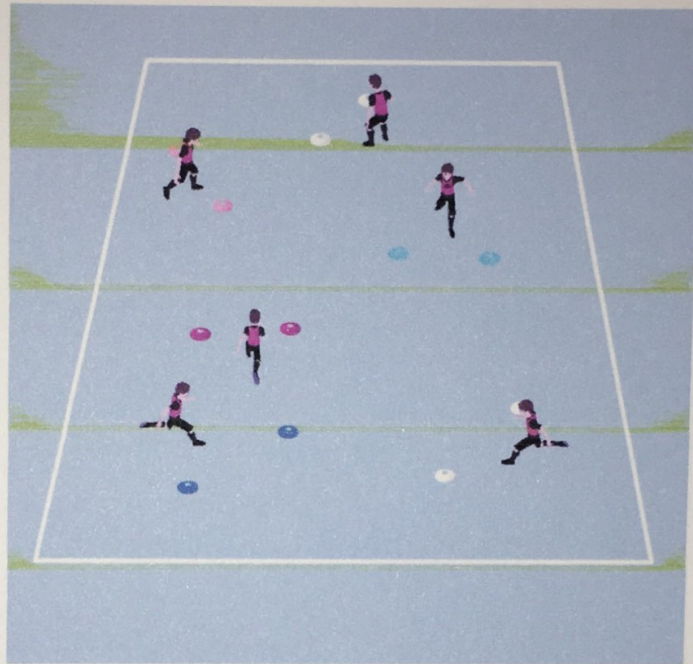


OBJECTIVE:	Improve passing, movement with and without the ball
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	Gates spread around field, min. distance between 8-10 yds.
EQUIPMENT:	10 cones, 2 cones per gate
ORGANIZATION:	Gates (3-4 steps apart) placed randomly around field. Two player with one ball
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

U5-U8 House Coaching Curriculum

Week Six - Fitness

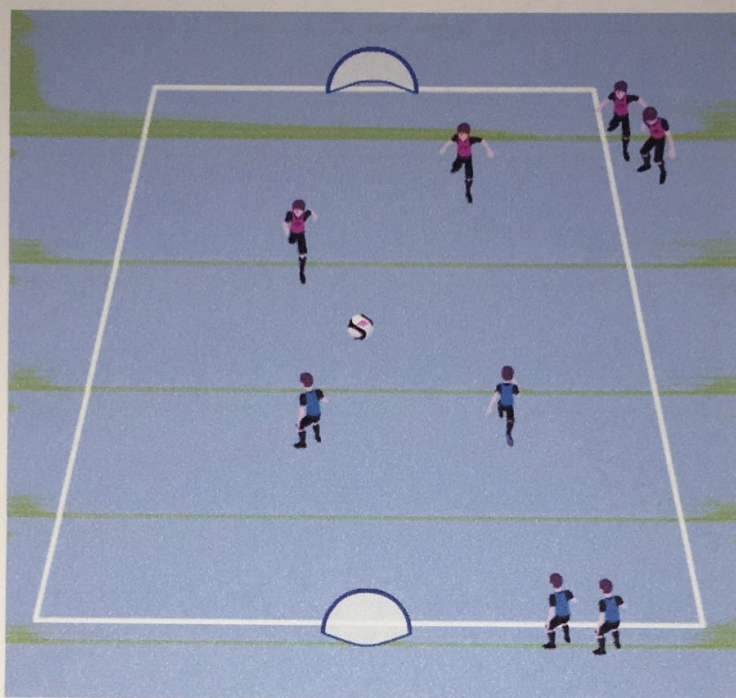
Running Gates



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 Six – Technical/Tactical Game

2 v 2 Steal the Bacon - to goal

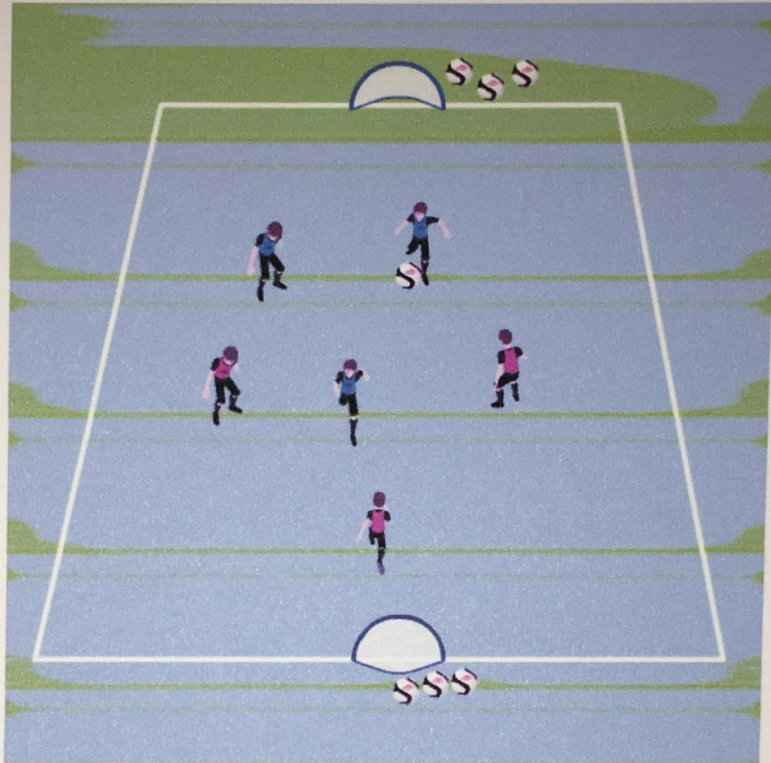


OBJECTIVE:	Learning to play 2 v 2, Attack and Defense
TIME:	U5-U6 10 minutes, U7-U8 12 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	4 small cones, 4 large cones, supply of balls, pinnies for one team
ORGANIZATION:	Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
RULES:	Coach starts game by rolling ball into field and calling two #'s corresponding numbered players play 2 v 2 until ball goes out of play or in the goal. Coach then restarts with another ball and other #'s. Maximum length of 1 game is 30 seconds.
COACHING POINTS:	Get past the defender as quickly as possible, via dribble or pass. When defenders win ball, make quick transition from attack/ defense add defense to attack.
VARIATIONS	Coach calls out single #'s. Coach calls out multiple #'s.

U5-U8 House Coaching Curriculum

Week Six – 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 pinnies (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.