

2012 Spring Recreational Practice Curriculum

Ages: 3rd and 4th Grade

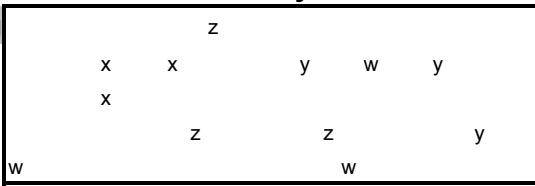


Session #1	Session Focus:	Dribbling	Activity																																										
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Session #3 Session Focus: Passing

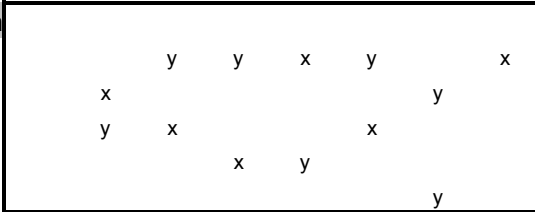
Technical Warm-up 3 Player Passing

Space 30 x 40 - Groups of 3 players and a ball - moving within the space, passing their ball between them. Work on good passing and receiving technique. Can introduce combinations, wall pass (give and go), overlaps, takeovers. Can finish with a game of possession - each team tries to keep their ball while stealing other teams.



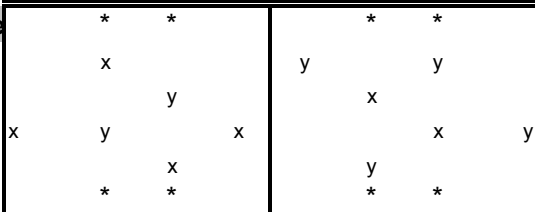
Small sided activity Super Ball Possession

Same space, divide into 2 teams, use 4 to 6 balls, fewer balls the more difficult, so start with more balls and every round remove a ball. Play 2-3 minute rounds. Teams try to possess as many balls as possible, players may either dribble to allude opponent or pass to one another. Players without balls should try to steal them from the opponent. At the end of the round, whichever team has the most balls - wins!



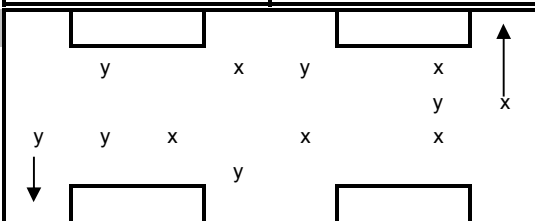
Expanded Small sided activity Monkeys in the Middle

With existing teams - create two 20x30 grids with small goals at each end. Both grids will play 4v2. Grid A will have 4 x's and 2 y's while Grid B will have 2x's and 4 y's. The teams of 4 will play possession where 4 passes in a row count as a goal, the teams of 2 will try to score in either small goal when they win the ball. Play 2 to 3 minute games, keep score and rotate players between grids.



Final game 4 Goal Soccer Game

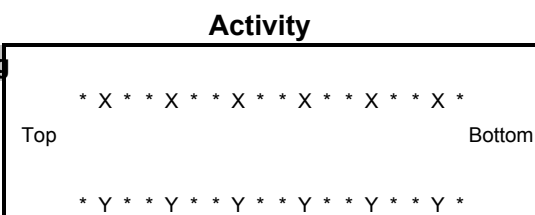
In same space - teams will play 5v5 (can add neutral player if odd numbers). Each team will attack and defend 2 goals. Should make goals large enough to encourage scoring. Multiple goals will add multiple options for players. Coach should focus on good passing technique, players should be encouraged to try moves when appropriate. Tactical awareness of spreading out to make use of both goals.



Session #4 Session Focus: Shooting

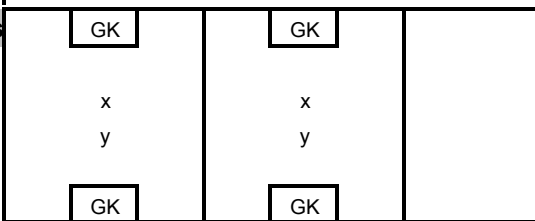
Small sided activity Kings of the Mountain Shooting

Set up goals 10-15 yards apart (distance will vary with players ability). Each player will go into a goal directly across from an opponent. These players will take turns shooting on one another. Focus on good shooting technique. Once players get idea, play 3 minute games and keep score. Winners move up the mountain, losers move down.



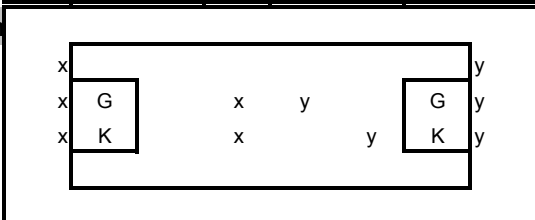
Small sided activity 1v1 + Goalkeepers To Goal Games

Create two 15x20 spaces ~ team splits into 2 groups. Withing those two groups, each has 2 teams, coach throws a ball in to the middle for two players to play 1v1, each trying to score in the opponents goal, play stops when the ball out of bounds or a goal is scored. The next two go.....progress to where a move must be performed before a shot can be taken. Many Repititions for players!!



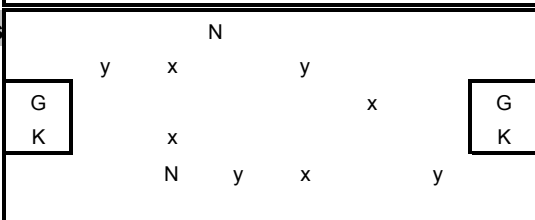
Expanded Small sided activity 2v2 or 3v3 Transition

Space 20 x 30 yard space with large goals and goalkeepers. Play 2v2 - players that are not in the game are waiting on the endlines behind their goal. As soon as ball goes over either endline, new players on that side only switch and the new players attack the defenders on the field immediately with a new ball. This game is transition and should be back and forth attacking with many attempts at goal. Keep Score



Final game 4v4+2 with Goalkeepers

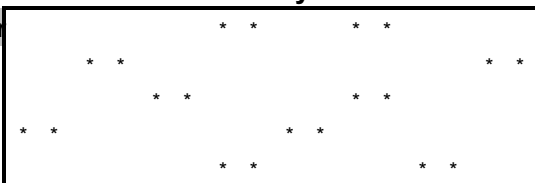
Space 30 x 40 yards ~ 2 large goals. Play 4v4 soccer with 2 Neutral players - here is where you can implement rules of the game. Neutral players pass to whatever team passes to them. This will create a numbers up situation for whatever team has the ball and create many opportunities for goals. If enough time, remove Neutrals and finish numbers even.



Session #5 Session Focus: Dribbling

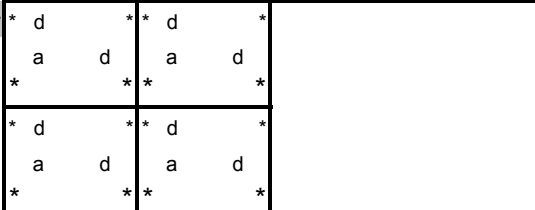
Technical Warm-up Individual Super Goal Soccer

Space 30 x 40 yards ~ 10 small goals randomly placed. 30-45 second intervals, players dribble through as many goals as possible. Progress to where they must do a move or specific dribble prior to going through the goal. Review all moves. Introduce new move - **Chase Your Tail**. Which player can score the most goals in allotted time.



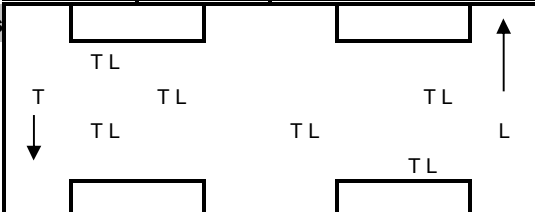
Small sided activity Base Soccer

Create Four 10x10 yard grids - with a large cone at each corner of the grid - this cone will be the "Bases". Three players in each grid, each with a ball. One player is attacker, the other two are defenders. The attacker can attack any of the bases (not the same one twice in a row) and must dribble his ball and stop it near a base. If either defender gets to the base first, it is blocked. Play 1 minute rounds, switch players, keep score.



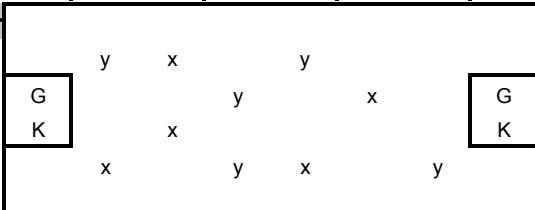
Small sided activity Lion vs Tigers

Same Space - add 2 goals to each 40 yard sideline. Split group into 2 teams, Lions and Tigers. Next have a Lion partner with a Tiger, each pair with a ball. On command all players will play at same time, essentially 1v1 with their ball. Tigers attack on pair of goals, Lions attack the other pair. Start with a move restriction before scoring than remove. Play 1-2 minute games - switch partners.



Final game 5v5 + Goalkeepers Microsoccer

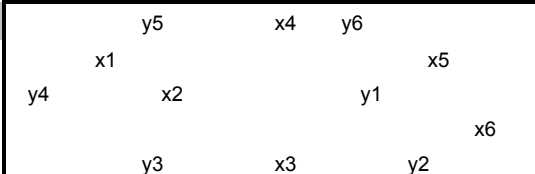
Space 30 x 40 yards ~ 2 large goals
 Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
 Focus should be on dribbling technique and Moves.
 Players not involved in games should be juggling - see Juggling Sheet.



Session #6 Session Focus: Passing

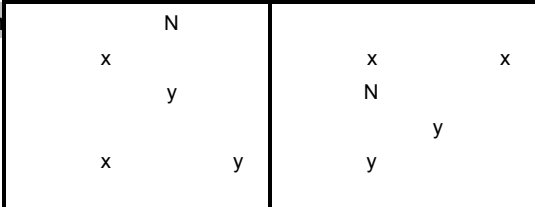
Technical Warm-up Numbers!!

30 x 40 yard space - break into 2 teams, one team in pinnies. Give each player a number and start with one ball per team. All players should be moving throughout the grid, with the ball traveling numerically through the group. If 6 players per team, #6 passes to #1 to continue. Progress - add a 2nd or 3rd ball. Focus on passing and receiving technique.



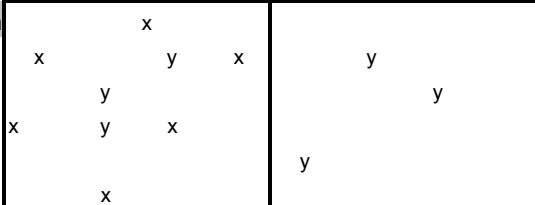
Small sided activity 2v2+1 Possession

Create two 20x30 yard spaces. So there are 2 games going on. In each grid, play 2v2 plus a Neutral player who plays with whichever team has the ball. The object is to keep the ball and collect as many passes as possible. Play 5 minute games, whichever team has most passes - wins. Rotate teams and Neutral players. All players should be playing, so manipulate numbers if necessary.



Expanded Small sided activity North - South

30 x 40 yard space - two teams of 6 players - the space is broken in half. X's want to play on the North side, Y's want to play in the South side. Object of the game is to get the ball to your side of the field and collect as many passes as you can. Defending team can send over 3 players to try to win ball (in essence - playing 6v3). When defending team wins ball, get to their side to collect passes. Keep score.



Final game 5v5 + Goalkeepers Microsoccer

Space 30 x 40 yards ~ 2 large goals
 Play 5v5 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points.
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 Players not involved in games should be juggling - see Juggling Sheet.

