

# 2012 Spring Recreational Practice Curriculum

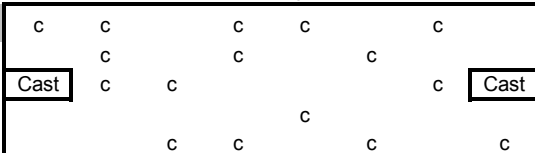
**Ages: Pre-Kind & Kind**



**Session #1      Session Focus:      Dribbling**

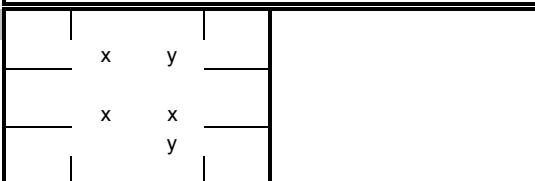
**Technical Warm-up      Through the Forest ~ To the Castle**

Space 20 x 30 yards ~ set cones random through the space, as many as you have. Players must dribble from one castle the other without hitting cones - poison trees, if they hit cones must do **3 Taps** before they can go on. As game progresses, Coaches become dragons that chase players and try to kick balls away before they get to castle.



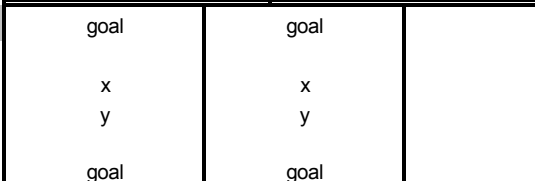
**Small sided activity      Goal!**

Space 20 x 20 ~ set up 4 goals on perimeter. Players dribble in a **zig-zag pattern, Little Piggies**, when coach says GOAL, players dribble and can score on any goal. Score by dribbling through, then score by shooting when they get close. Introduce **Step on the Bug** move here - players must perform move before scoring.



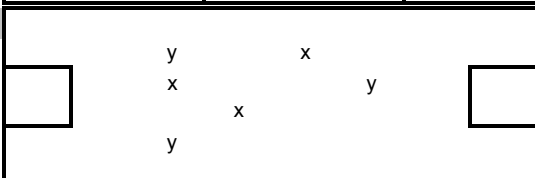
**Expanded Small sided activity      1v1 To Goal Games**

Create two 10x15 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 is out of bounds or a goal is scored. The next two go.....progress where the Step on the Bug move must be done before a goal is scored. Many Repititions for players!!



**Final game      3v3 Microsoccer**

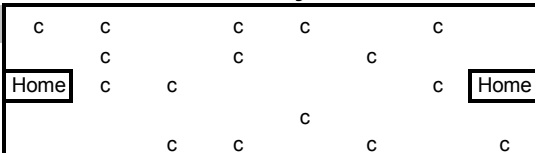
Space 20 x 30 yards ~ 2 small goals. Play 3v3 soccer - here is where you can implement rules of the game, throw ins, goal kicks, etc. Try not to stop play too much - let game flow at points. Focus should be on dribbling technique and Step on Bug move. Players not involved in the game should be juggling - see **Juggling Sheet**.



**Session #2      Session Focus:      Dribbling**

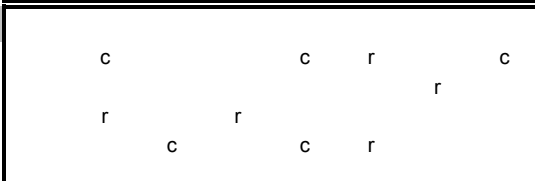
**Technical Warm-up      Halloween**

Space 20 x 30 yards ~ set cones random through the space - divide into 2 teams. Coach pick team names - should be Halloweenesque. On coach command - players have to run to a cone, pick it up and bring it back Home, one at a time, when all cones are gone, team with most wins. Now, players must dribble their ball while collecting cones.



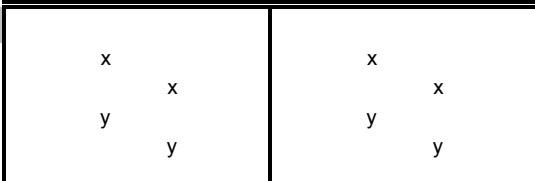
**Small sided activity      Cops and Robbers**

In same space as the first game - Keep your same teams. One team are the cops and one team are the robbers, the cops all have balls and must dribble around the area, the robbers try to steal their balls, if the robbers steal, the cops can try to steal back. After 30-45 seconds, the team with the most balls wins. Switch roles. Incorporate dribbling technique and Step on The Bug move in warm up and this activity.



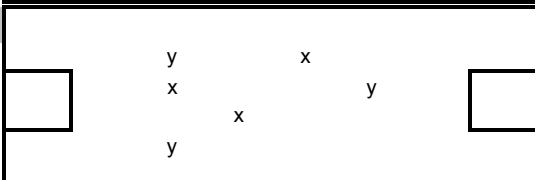
**Expanded Small sided activity      2v2 Dribble Over the Line**

Create two 30x20 spaces ~ team splits into 2 groups so there are 2 games. Game is 2v2, and the goal is to dribble the ball over the opponents endline. Focus on dribbling technique and Moves. Rotate teams so all teams play one another.



**Final game      3v3 Microsoccer**

Space 20 x 30 yards ~ 2 small goals. Play 3v3 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 Step on Bug move. Players not involved in the game should be juggling - see **Juggling Sheet**.



**Session #3**

**Session Focus:**

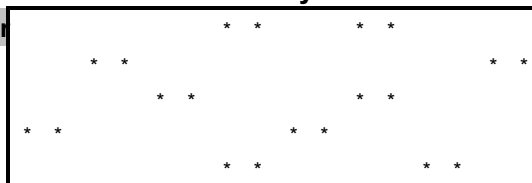
**Dribbling**

**Activity**

**Technical Warm-up**

**Individual Super Goal Soccer**

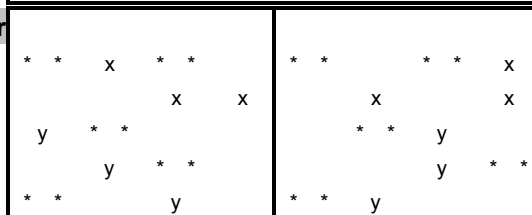
Space 20 x 30 yards ~ 10 small goals randomly placed. 30-45 second intervals, players dribble through as many goals as possible. Progress to where they must do a move or specific dribble prior to going through the goal. Introduce new move here **Shake n Bake**.



**Small sided activity**

**Team Super Goal Soccer**

Same setup as prior game except the field is split into 2 smaller fields with goals on each field. The group is broken into 2 smaller groups, for 2 games of 2v2 or 3v3, however the numbers work out, but all players are playing. Play 2 minute games, whichever team has the most goals wins, rotate teams each game. Focus on dribbling technique. Progression - accomplish dribbling move dribbling through a goal.



**Expanded Small sided activity**

**Steal the Bacon**

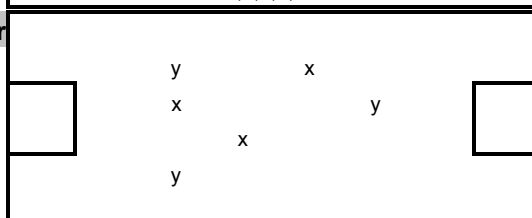
Same space needed - players are broken into 2 teams, and each given a number, stand on opposite sides of the field, coach yells a number and throws a ball and those players each try to score in their respective direction - play ends when ball goes out of bounds. Important - when playing 1v1 - should have multiple balls in play at same time to limit idle players. Progress to 2v2 and 3v3. Focus on dribbling.



**Final game**

**3v3 Microsoccer**

Space 20 x 30 yards ~ 2 small goals  
Play 3v3 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 Step on Bug move. Players not involved in the game should be juggling - see **Juggling Sheet**



**Session #4**

**Session Focus:**

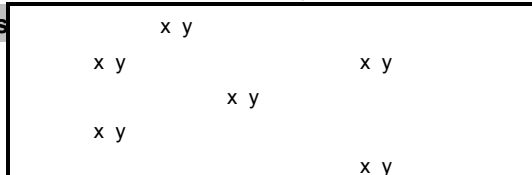
**Passing**

**Activity**

**Technical Warm-up**

**Sharks and Minnows**

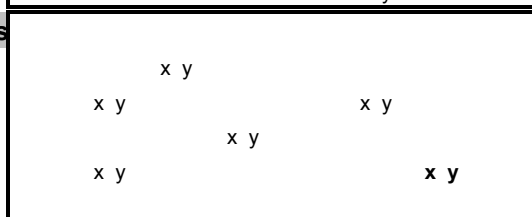
Space 20 x 30 yards ~ divide players into 2 teams, one in pinnies, one without. Each player has a partner from the other team, they are to move around the grid, passing their ball back and forth - using good passing technique. Progression - add a move before you pass the ball to your partner.



**Small sided activity**

**Sharks and Minnows**

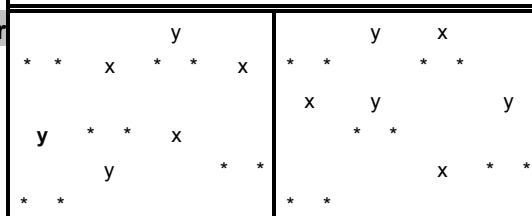
Same setup. One team is the sharks, they all have soccer balls, the other team is the minnows - no soccer balls. The sharks try to dribble around and using good passing technique, try to hit the minnows with their balls. If minnows get hit they have to go out and do 5 taps to come back in. Switch roles. Goal of the game for the Sharks is to get all of the Minnows out of the game at the same time.



**Expanded Small sided activity**

**Team Super Goal Soccer**

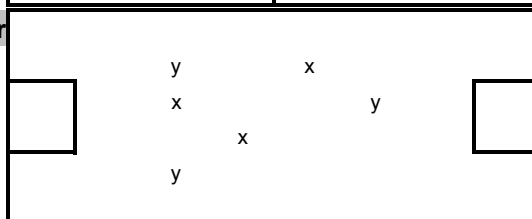
Similar to the Super Goal game in session #3, however instead of the teams dribbling through the goal to score, the teams must play a completed pass to a teammate through the goal to score. Make goals large enough so the players can have some success.



**Final game**

**3v3 Microsoccer**

Space 20 x 30 yards ~ 2 small goals  
Play 3v3 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 Step on Bug move. Players not involved in the game should be juggling - see **Juggling Sheet**



**Session #5**

**Session Focus:**

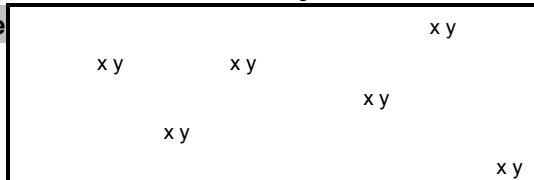
**Dribbling**

**Activity**

**Technical Warm-up**

**Shadow Me**

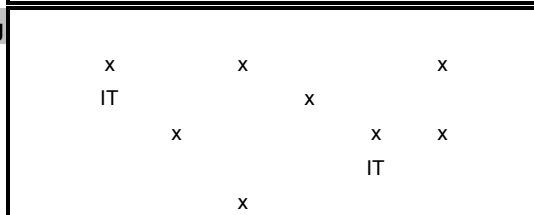
Space 20 x 30 yards ~ players should be in pairs, each with a ball.  
Between the pairs, one is the Leader and one is the Shadow. Players dribble in the grid, Shadow must do whatever leader does. Switch roles on coach command.  
Progression - on Coach command, Leader tries to get away from the Shadow.



**Small sided activity**

**Toilet Tag**

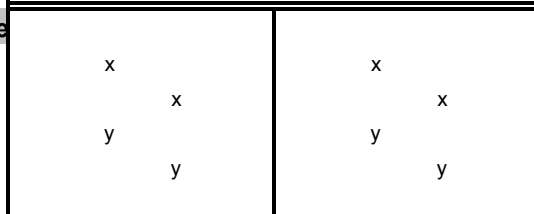
A couple of players are "IT", they run (progress to these players dribbling) around and tag other players who are dribbling their balls. When a player gets tagged, they kneel down on one knee, other thigh in the air and arm extended - to simulate a toilet. They wait for a fellow dribble to sit on the their knee to do "their business" - once this happens and the dribbler pushes down arm, player says "Flush" and begins dribbling again.



**Expanded Small sided activity**

**2v2 Dribble Over the Line**

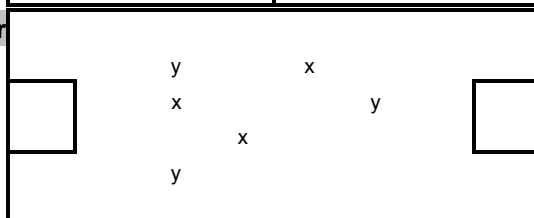
Create two 10x15 spaces ~ team splits into 2 groups so there are 2 games  
Game is 2v2, and the goal is to dribble the ball over the opponents endline.  
Focus on dribbling technique and moves.  
Rotate teams so all teams play one another.



**Final game**

**3v3 Microsoccer**

Space 20 x 30 yards ~ 2 small goals  
Play 3v3 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 the game should be juggling - see [Juggling Sheet](#)



**Session #6**

**Session Focus:**

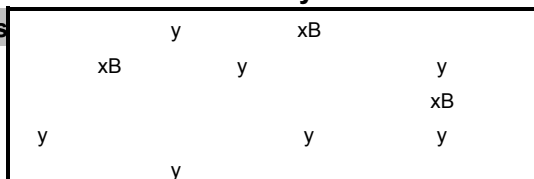
**Dribbling**

**Activity**

**Technical Warm-up**

**Hunters and Rabbits**

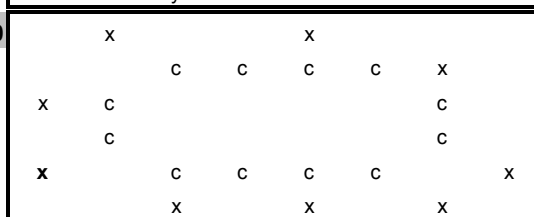
Space 20 x 30 yards  
Three players start with soccer balls - they are the Hunters, all other players are Rabbits, they do not have soccer balls. Hunters try to kick their ball and hit the Rabbits. When successful, the Rabbit gets a ball and becomes a Hunter.



**Small sided activity**

**Daytona 500**

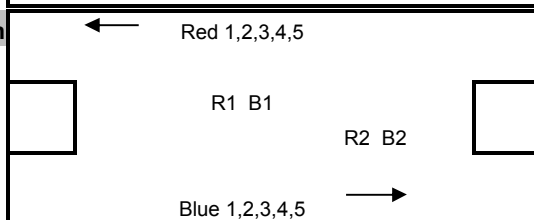
In same space, create an oval with cones to look like a race car track. Have a starting and finishing line, on Coach Command, players race (dribble their ball) around the track.  
To progress, coaches can ask players to dribble with different parts of feet or which foot to use. If player 'crashes' into cones, must go into designated 'pit' area, do 5 taps to come back onto track. Be Creative with this game.



**Expanded Small sided activity**

**Steal the Bacon**

Same space needed - players are broken into 2 teams, and each given a number, stand on opposite sides of the field, coach yells a number and throws a ball and those players each try to score in their respective direction - play ends when ball goes out of bounds.  
Important - when playing 1v1 - should have multiple ball in play at same time to limit idle players. Progress to 2v2 and 3v3. Focus on dribbling.



**Final game**

**3v3 Microsoccer**

Space 20 x 30 yards ~ 2 small goals  
Play 3v3 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 the game should be juggling - see [Juggling Sheet](#)

