## 2012 Spring Recreational Practice CurriculumAges:Pre-Kind & Kind



	Session Focus:	Dribbling				Activ				
Session #1		Dribbling	<b>T</b> (1 <b>O</b> (1			Activ				
Technical Warm-u	•	Through the Forest		с с		С	С		С	
	~ set cones random through the from one castle the other without			c ast c	с	С		С	0	Cast
•	<b>Taps</b> before they can go on. A	•			C		с		C	Casi
	t chase players and try to kick				с	с	C	с		с
Small sided activit		, ,,,	Goal!							
	up 4 goals on perimeter			x	у	1				
Players dribble in a zi	ig-zag pattern, Little Piggies,	when coach says GOAL,								
	an score on any goal. Score b			x	х					
	et close. Introduce Step on th	e Bug move here - players	must	1	У	1				
perform move before	-									
Expanded Small s	-		To Goal Games	goal			goal			
	aces ~ team splits into 2 group		lla for two							
	oups, each has 2 teams, coach each trying to score in the oppo			x			X			
	goal is scored. The next two g			У			У			
	one before a goal is scored. M			goal			goal			
Final game	-	31	v3 Microsoccer							
Space 20 x 30 yards	•				у		х			
	re is where you can implement		s, goal		х			у		
•	stop play too much - let game					х				
Players not involved in	Iribbling technique and Step or n the game should be juggling	Bug move. - see Juggling Sheet.			У					
Session #2	Session Focus:	Dribbling				Activ	vity			
Session #2 Technical Warm-u		Dribbling	Halloween	c c		Activ	vity c		с	
Technical Warm-u Space 20 x 30 yards	<i>µ</i> ∼ set cones random through th	ne space - divide into 2 team	าร	с с с				с	С	
<b>Technical Warm-u</b> Space 20 x 30 yards Coach pick team nam	<i>µ</i> ∼ set cones random through the set cones random through the set of the s	ne space - divide into 2 team ue. On coach command - pla	ns ayers Ho		с	С		с	c c	Home
<b>Technical Warm-u</b> Space 20 x 30 yards Coach pick team nam have to run to a cone	<i>µ</i> ∼ set cones random through the set cones random through the set of the s	ne space - divide into 2 team ue. On coach command - pla ome, one at a time, when all	ns ayers Ho cones are	C		C C				
<b>Technical Warm-u</b> Space 20 x 30 yards Coach pick team nam have to run to a cone, gone, team with most	<i>ip</i> ~ set cones random through the nes - should be Halloweenesqu , pick it up and bring it back Ho t wins. Now, players must drib	ne space - divide into 2 team ue. On coach command - pla ome, one at a time, when all ble their ball while collecting	ns ayers Ho cones are cones.	C	c c	С	с	c c		Home
Technical Warm-u Space 20 x 30 yards Coach pick team nam have to run to a cone, gone, team with most Small sided activit	<ul> <li><i>ip</i></li> <li>set cones random through the set cones random through the set cones of the set cones of the set of th</li></ul>	ne space - divide into 2 team ue. On coach command - pla ome, one at a time, when all ble their ball while collecting <b>Cop</b>	ns Ho ayers Ho cones are cones.	c ome c		C C	C C			с
Technical Warm-u Space 20 x 30 yards Coach pick team nam have to run to a cone, gone, team with most Small sided activit In same space as the	<ul> <li><i>ip</i></li> <li>set cones random through the set cones random through the set cones of the set of the set</li></ul>	ne space - divide into 2 team ue. On coach command - pla ome, one at a time, when all ble their ball while collecting <b>Cop</b> teams. One team are the co	ns Avers Ho cones are cones. Des and Robbers Deps	C		C C	с		с	
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Technical Warm-u Space 20 x 30 yards Coach pick team nam have to run to a cone, gone, team with most Small sided activit In same space as the and one team are the the robbers try to stea	<ul> <li><i>ip</i></li> <li>set cones random through the set cones random through the set cones of the set of the set</li></ul>	ne space - divide into 2 team ue. On coach command - pla ome, one at a time, when all ble their ball while collecting <b>Cop</b> teams. One team are the co Is and must dribble around to al, the cops can try to steal b	ns ayers Ho I cones are cones. Des and Robbers ops the area,	c ome c		C C	C C		с	с
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<b>Technical Warm-u</b> Space 20 x 30 yards Coach pick team nam have to run to a cone, gone, team with most <b>Small sided activit</b> In same space as the and one team are the the robbers try to stea After 30-45 seconds, Incorporate dribbling to <b>Expanded Small s</b> Create two 30x20 spa Game is 2v2, and the Focus on dribbling tec Rotate teams so all to <b>Final game</b> Space 20 x 30 yards Play 3v3 soccer - her kicks, etc. Try not to Focus should be on d	<ul> <li><i>ip</i></li> <li>set cones random through the ness - should be Halloweenesque, pick it up and bring it back Hot twins. Now, players must dribity</li> <li>first game - Keep your same erobbers, the cops all have balat their balls, if the robbers steat the team with the most balls we technique and Step on The Busided activity</li> <li>aces ~ team splits into 2 group e goal is to dribble the ball over chnique and Moves.</li> <li>eams play one another.</li> <li>~ 2 small goals</li> <li>re is where you can implement</li> </ul>	the space - divide into 2 team ue. On coach command - play torme, one at a time, when all ble their ball while collecting <b>Cop</b> teams. One team are the co ls and must dribble around the al, the cops can try to steal be tims. Switch roles. g move in warm up and this <b>2v2 Dribbl</b> s so there are 2 games the opponents endline. <b>3v</b> rules of the game, throw inse flow at points. Bug move.	NS Address Add	c ome c c r x	c c x y y	c c r	c c c	c r r x y	c r x	с

Session #3	Session Focus:	Dribbling		Act	ivity	
Technical Warm-up		Individual Super Go	al Soccer	* *	* * *	
Space 20 x 30 yards ~ 1	0 small goals randomly place	d. 30-45 second intervals, playe	ers	* *		* *
dribble through as many	goals as possible. Progress	to where they must do a move of	or	* *	* *	
specific dribble prior to g	poing through the goal. Introd	uce new move here Shake n Ba	ake. * *		* *	
				* 1	* * :	
Small sided activity		Team Super Go	al Soccer			
Same setup as prior gar	me except the field is split into	2 smaller fields with goals on ea	ach * *	x * *	* * * * *	x
		games of 2v2 or 3v3, however		x x	x	х
the numbers work out, b	out all players are playing. Pla	y 2 minute games, whichever te	am y	* *	** у	
-	, rotate teams each game. Fo			у * *	у	* *
Progression - accomplis	h dribbling move dribbling three	ough a goal.	* *	У	* * y	
Expanded Small sid	ed activity	Steal t	he Bacon	Red 1,2,	3,4,5	
	-	s, and each given a number, sta				
		nd throws a ball and those playe		R1 E	31	
each try to score in their	respective direction - play en	ds when ball goes out of bounds	S.		R2 B2	
		alls in play at same time to limit	idle			
players. Progress to 2v	2 and 3v3. Focus on dribbling			Blue 1,2,	3,4,5	
Final game		3v3 Mic	rosoccer			
Space 20 x 30 yards ~ 2	2 small goals			У	x	
		ules of the game, throw ins, goa		х	У	
kicks, etc. Try not to sto	op play too much - let game flo	ow at points.		x		
	bling technique and Step on E	=		У		
Players not involved in t	he game should be juggling -	seeJuggling Sheet				
Session #4	Session Focus:	Passing		Act	ivity	
Technical Warm-up		Sharks and	Minnows	ху		
				<i>x</i>		
Space 20 x 30 yards ~ c	livide players into 2 teams, on	e in pinnies, one without		ху	ху	
		e in pinnies, one without re to move around the grid, pas		-		
Each player has a partn		re to move around the grid, pas		ху		
Each player has a partn	er from the other team, they a - using good passing techniqu	re to move around the grid, pas		х у х у		
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b>	er from the other team, they a - using good passing techniqu to your partner.	re to move around the grid, pas ue. Progression - add a move Sharks and	sing <b>Minnows</b>	х у х у	,	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team	er from the other team, they a - using good passing techniqu to your partner. is the sharks, they all have so	re to move around the grid, pas ie. Progression - add a move Sharks and occer balls, the other team is the	sing <b>Minnows</b>	х у х у	,	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer ba	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a	re to move around the grid, pas ue. Progression - add a move Sharks and occer balls, the other team is the pround and using good passing	sing Minnows	x y x y x y	,	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer ba technique, try to hit the	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi	re to move around the grid, pas ue. Progression - add a move Sharks and occer balls, the other team is the around and using good passing nnows get hit they have to go of	sing Minnows	x y x y x y	х у х у	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer ba technique, try to hit the and do 5 taps to come ba	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi pack in. Switch roles. Goal of	re to move around the grid, pas ue. Progression - add a move Sharks and occer balls, the other team is the pround and using good passing	sing Minnows	x y x y x y x y	х у х у	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer ba technique, try to hit the and do 5 taps to come ba all of the Minnows out o	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi pack in. Switch roles. Goal of f the game at the same time.	re to move around the grid, pas- ue. Progression - add a move Sharks and occer balls, the other team is the around and using good passing nnows get hit they have to go of the game for the Sharks is to ge	sing Minnows ut et	x y x y x y x y x y x y x y	х у х у	
Each player has a partn their ball back and forth before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer ba technique, try to hit the and do 5 taps to come ba all of the Minnows out o <b>Expanded Small sid</b>	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi pack in. Switch roles. Goal of f the game at the same time. ed activity	re to move around the grid, pas- ue. Progression - add a move Sharks and occer balls, the other team is the around and using good passing nnows get hit they have to go of the game for the Sharks is to get Team Super Go	sing Minnows ut et	x y x y x y x y x y x y y	х у х у	
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Each player has a partnet their ball back and forthe before you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer batechnique, try to hit the and do 5 taps to come be all of the Minnows out of <b>Expanded Small sid</b> Similar to the Super Gost through the goal to score	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi back in. Switch roles. Goal of f the game at the same time. <b>ed activity</b> al game in session #3, however e, the teams must play a comp	re to move around the grid, pas- ie. Progression - add a move Sharks and occer balls, the other team is the iround and using good passing nnows get hit they have to go of the game for the Sharks is to go Team Super Go er instead of the teams dribbling oleted pass to a teammate	sing Minnows ut et	x y x y x y x y x y x y y	х у х у <b>х</b> у	У
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Each player has a partnetheir ball back and fortheir ball back and forthebefore you pass the ball <b>Small sided activity</b> Same setup. One team minnows - no soccer batechnique, try to hit the eand do 5 taps to come batechnique, try to the super Goatechnique, try to the goal to score through the goal to score success. <b>Final game</b> Space 20 x 30 yards ~ 2 Play 3v3 soccer - here kicks, etc. Try not to store Focus should be on drib	er from the other team, they a - using good passing technique to your partner. is the sharks, they all have so lls. The sharks try to dribble a minnows with their balls. If mi back in. Switch roles. Goal of f the game at the same time. <b>ed activity</b> al game in session #3, however e, the teams must play a comp e. Make goals large enough so so mall goals is where you can implement re	re to move around the grid, pas- ue. Progression - add a move Sharks and occer balls, the other team is the around and using good passing nnows get hit they have to go of the game for the Sharks is to get Team Super Go er instead of the teams dribbling bleted pass to a teammate so the players can have some 3v3 Mic ules of the game, throw ins, goa aw at points. Bug move.	sing Minnows ut al Soccer * * y * *	x y x y x y x y x y x y x * * x y * * x x * * x y * *	x y x y x y x y x y x x x x x x x x x x	*

Session #5	Session Focus:	Dribbling				Activ	ity			
Technical Warm-u	p		Shadow Me						ху	
Space 20 x 30 yards ~	~ players should be in pairs, e	ach with a ball.		ху		ху				
Between the pairs, on	e is the Leader and one is the	Shadow. Players dribb	le in the grid,					ху		
Shadow must do what	tever leader does. Switch role	es on coach command.			ху					
Progression - on Coac	ch command, Leader tries to g	get away from the Shado	W.							ху
Small sided activit	ty		Toilet Tag							
A couple of players an	e "IT", they run (progess to th	ese players dribbling) ar	ound and tag	х		х			х	
other players who are	dribbing their balls. When a	player gets tagged, they	kneel down	IT			х			
on one knee, other thi	gh in the air and arm extende	d - to simulate a toilet.	They wait for a		х			х	х	
fellow dribble to sit on	the their knee to do "their bus	siness" - once this happe	ens and the					IT		
dribbler pushes down	arm, player says "Flush" and	begins dribbling again.				х				
Expanded Small s	ided activity	2v2 Drib	ble Over the Line							
Create two 10x15 spa	ices ~ team splits into 2 group	s so there are 2 games		х				х		
Game is 2v2, and the	goal is to dribble the ball over	the opponents endline.			х				х	
Focus on dribbling tec				У				у		
Rotate teams so all te	ams play one another.				У				у	
Final game			3v3 Microsoccer							
Space 20 x 30 yards ~	~ 2 small goals				у		x			
	e is where you can implemen	t rules of the game, throw	w ins. goal		x			у		
-	stop play too much - let game	-				х		,		
-	ribbling technique and moves	-			у				I	
	n the game should be juggling				,					
Session #6	Session Focus:	Dribbling				Activ	ity			
Session #6 Technical Warm-u		•	nters and Rabbits		у	Activ	r <b>ity</b> xB			
		•	nters and Rabbits	хB	у	Activ			у	
<b>Technical Warm-u</b> Space 20 x 30 yards		Hu		хB	У				y xB	
<b>Technical Warm-u</b> Space 20 x 30 yards Three players start wit	ρ	Hur Hunters, all other players	are Rabbits,	хВ у	у					
<b>Technical Warm-u</b> Space 20 x 30 yards Three players start wit they do not have socc	<b>p</b> th soccer balls - they are the I	Hun Hunters, all other players heir ball and hit the Rabb	are Rabbits,		y y		xВ		хB	
<b>Technical Warm-u</b> Space 20 x 30 yards Three players start wit they do not have socc	<b>p</b> th soccer balls - they are the I er balls. Hunters try to kick th t gets a ball and becomes a H	Hun Hunters, all other players heir ball and hit the Rabb	are Rabbits,		y y		xВ		хB	
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Technical Warm-u Space 20 x 30 yards Three players start with they do not have socc successful, the Rabbit Small sided activit In same space, create and finishing line, on C	<b>p</b> th soccer balls - they are the l er balls. Hunters try to kick th t gets a ball and becomes a H ty e an oval with cones to look lik Coach Command, players rac	Hun Hunters, all other players heir ball and hit the Rabb unter. te a race car track. Have e (dribble their ball) arou	are Rabbits, its. When <b>Daytona 500</b> e a starting nd the track.	у	y	У	xB y x	c	xB y	
<b>Technical Warm-u</b> Space 20 x 30 yards Three players start with they do not have socc successful, the Rabbit <b>Small sided activit</b> In same space, created and finishing line, on O To progress, coaches	<b>p</b> th soccer balls - they are the liver balls. Hunters try to kick th t gets a ball and becomes a H ty e an oval with cones to look lik Coach Command, players rac can ask players to dribble wit	Hunters, all other players heir ball and hit the Rabb unter. te a race car track. Have e (dribble their ball) arou th different parts of feet c	are Rabbits, its. When <b>Daytona 500</b> a starting nd the track. or which foot	y x	y	У	xB y x	C	xB y x	
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<b>Technical Warm-u</b> Space 20 x 30 yards Three players start with they do not have socce successful, the Rabbith <b>Small sided activith</b> In same space, created and finishing line, on O To progress, coaches to use. If player 'crash back onto track. Be O <b>Expanded Small st</b> Same space needed -	<i>p</i> th soccer balls - they are the lever balls. Hunters try to kick the t gets a ball and becomes a H ty e an oval with cones to look like Coach Command, players race can ask players to dribble with hes' into cones, must go into a Creative with this game. <i>ided activity</i> - players are broken into 2 tea	Hun Hunters, all other players heir ball and hit the Rabb unter. Re a race car track. Have e (dribble their ball) arou th different parts of feet of designated 'pit' area, do so	are Rabbits, its. When Daytona 500 e a starting nd the track. or which foot 5 taps to come Steal the Bacon umber, stand	y x x c c	y c c x Re	y c c d 1,2,3,4	xB y x c c x		xB y x c c	x
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<b>Technical Warm-u</b> Space 20 x 30 yards Three players start with they do not have socce successful, the Rabbit <b>Small sided activit</b> In same space, create and finishing line, on O To progress, coaches to use. If player 'crash back onto track. Be O <b>Expanded Small su</b> Same space needed - on opposite sides of the each try to score in the Important - when player	<b>p</b> th soccer balls - they are the lever balls. Hunters try to kick the ter balls and becomes a Hord try to be an oval with cones to look like. Coach Command, players race can ask players to dribble with thes' into cones, must go into the cones, must go into the cones, must go into the cones are broken into 2 terms are broken into 2 terms the field, coach yells a number eir respective direction - play ing 1v1 - should have multiple	Hun Hunters, all other players heir ball and hit the Rabb unter. The a race car track. Have e (dribble their ball) arou th different parts of feet of designated 'pit' area, do so ms, and each given a nu r and throws a ball and the ends when ball goes out a ball in play at same time	are Rabbits, its. When Daytona 500 e a starting nd the track. or which foot 5 taps to come Steal the Bacon umber, stand nose players of bounds.	y x x c c	y c x Re	У с d 1,2,3,4 R1 B1	xB y x c c x 4,5	с	xB y x c c	x
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<b>Technical Warm-u</b> Space 20 x 30 yards Three players start with they do not have socc successful, the Rabbit <b>Small sided activit</b> In same space, create and finishing line, on O To progress, coaches to use. If player 'crash back onto track. Be O <b>Expanded Small su</b> Same space needed - on opposite sides of th each try to score in the Important - when playing players. Progress to 2 <b>Final game</b>	<ul> <li><i>p</i></li> <li>th soccer balls - they are the lever balls. Hunters try to kick the t gets a ball and becomes a Here balls. Hunters try to kick the t gets a ball and becomes a Here balls. Hunters try to kick the t gets a ball and becomes a Here balls. Hunters try to kick the t gets a ball and becomes a Here balls. Hunters try to kick the topological and the ball and becomes a Here balls. Hunters try to kick the balls and the balls. The balls are broken into 2 tea the field, coach yells a number eir respective direction - play ing 1v1 - should have multiple 2v2 and 3v3. Focus on dribbli</li> </ul>	Hun Hunters, all other players heir ball and hit the Rabb unter. The a race car track. Have e (dribble their ball) arou th different parts of feet of designated 'pit' area, do so ms, and each given a nu r and throws a ball and the ends when ball goes out a ball in play at same time	are Rabbits, its. When Daytona 500 e a starting nd the track. or which foot 5 taps to come Steal the Bacon umber, stand nose players of bounds.	y x x c c	y c x Re Blu	У с d 1,2,3,4 R1 B1	xB y x c x 4,5	с	xB y x c c	x
<b>Technical Warm-u</b> Space 20 x 30 yards Three players start with they do not have socce successful, the Rabbit <b>Small sided activit</b> In same space, create and finishing line, on O To progress, coaches to use. If player 'crash back onto track. Be O <b>Expanded Small su</b> Same space needed - on opposite sides of the each try to score in the Important - when playing players. Progress to 2 <b>Final game</b> Space 20 x 30 yards -	<ul> <li><i>p</i></li> <li>th soccer balls - they are the lever balls. Hunters try to kick the tever balls. Hunters try to kick the tever balls. Hunters try to kick the tever balls and becomes a Here tever balls and becomes and the tever balls and becomes and the tever balls and the tever balls and the tever balls and the tever balls and tever balls and tever balls.</li> </ul>	Hunders, all other players heir ball and hit the Rabb unter. The a race car track. Have e (dribble their ball) arout th different parts of feet of designated 'pit' area, do so mus, and each given a nut and throws a ball and the ends when ball goes out a ball in play at same time ng.	are Rabbits, its. When Daytona 500 e a starting nd the track. or which foot 5 taps to come Steal the Bacon umber, stand nose players of bounds. e to limit idle 3v3 Microsoccer	y x x c c	y c x Re Blu	У с d 1,2,3,4 R1 B1	xB y x c c x 4,5	с	xB y x c c	x
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