



## U4 – U5 LESSON PLANS and SCRIMMAGES



Training session/ scrimmage is: 60 minutes total = 25 minutes of practice followed by a 30-minute scrimmage (four 5-minute quarters with breaks). Scrimmage format is 3 v 3 without goalies.

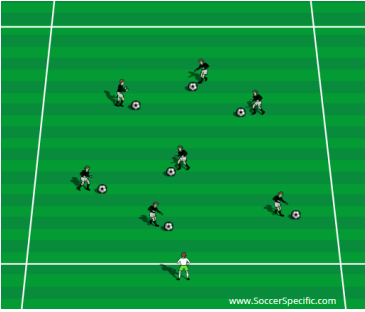
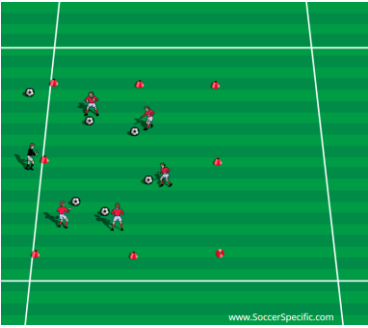
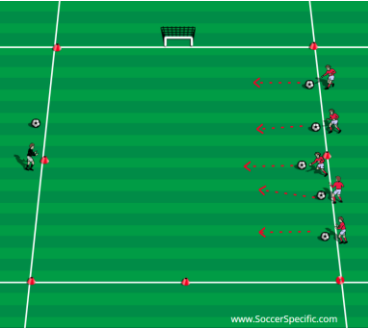
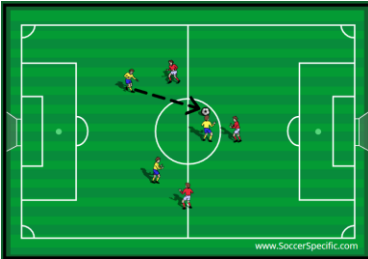
Please do not exceed 60 minutes total time. Please do not shorten (or lengthen) the practice portion unless kids are losing focus and then shorten a game/ drill vs eliminating a game/ drill. Although not recommended with these age group, if your team desires more practice time, schedule an addition session(s) vs lengthening the training portion. Please stick with the variety of games/ drill listed, however, if the vast majority of the kids really like, let say “Red Light – Green Light” it okay to substitute or add to if there is time. The goal is to keep them focusing and excited – not bored and picking daisies.

All training equipment can be found in the equipment bags except the following: swim noodles, tall cones, and corner flags. Those are located in the paint shed (barn roof shed by U4 fields). Lock combination is “LINE” and equipment is immediately to the left in the front of the shed. When is this equipment is needed? It can be found on individual training drills located on the training lesson plans. Example:

2	<p>Chain Gang <b>NOTE:</b> <b>OPTIONAL TWO-TEAM GAME</b></p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="color: red; text-align: center;">2 Corner Flags</p> </div>	<p>Ball control, teamwork, and communication why worken' on the chain gangang.</p>		<ul style="list-style-type: none"> <li>▪ Keep the ball close and under control.</li> <li>▪ Communicate with teammates.</li> </ul>
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## LESSON PLAN - PRACTICE ONE U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Warm up - Breakin' Ice	Dribbling activity done the first week of practice to get to know your teammates		<ul style="list-style-type: none"> <li>▪ It's the first practice, take full advantage of this great meeting and greet.</li> <li>▪ Inform the kids to keep their head up when dribbling do they don't run into each other.</li> </ul>
2	Simon Says	The soccer version of this classic game. Another great first practice ice breaker.		<ul style="list-style-type: none"> <li>▪ Keep the game fun.</li> <li>▪ Focus on dribbling.</li> <li>▪ Focus on listening skills.</li> </ul>
3	Red light – Green light	Direct actions based on stop light analogy.		<ul style="list-style-type: none"> <li>▪ Keep ball close so player can stop quickly.</li> <li>▪ Keep head up.</li> <li>▪ Focus on dribbling skills.</li> <li>▪ Focus on listening skills.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Keep it simple for the first week—just let them play. Introduce skills has the season progresses.</li> </ul>



## LESSON PLAN - PRACTICE TWO U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Ouch – warm up	Fun dribbling and shooting game that gives players a chance to take their frustrations out on the coach!		<ul style="list-style-type: none"> <li>▪ Keep head up and look for the coach while dribbling.</li> <li>▪ Focus on striking ball with proper part of foot.</li> </ul>
2	Sharks and Minnows	Dribble and shield to save yourself from being eaten by sharks.		<ul style="list-style-type: none"> <li>▪ Minnows focus on dribbling skills-keep head up, and shielding the ball.</li> <li>▪ Sharks focus on tackling (stealing the ball)</li> </ul>
3	Ice Monster	A soccer version of freeze tag.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up.</li> <li>▪ Use different parts of the foot.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Keep it simple again, but start to remind players to use what they just did in training. Dribbling skill, head up, shielding, and tackling.</li> </ul>

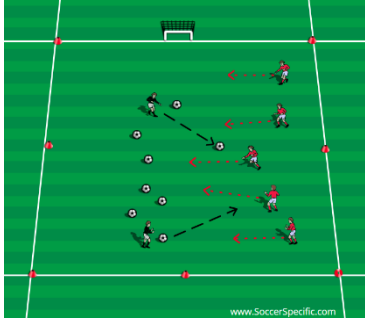
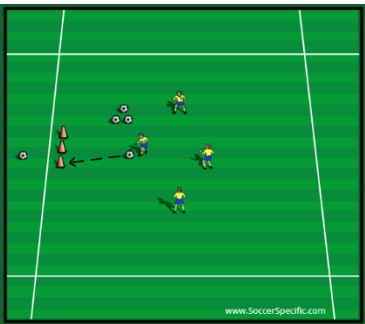
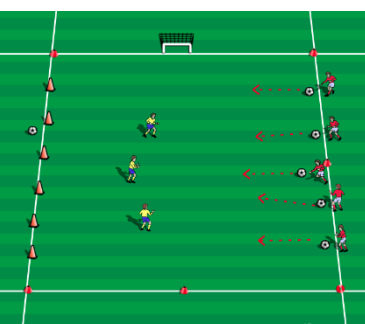



## LESSON PLAN - PRACTICE THREE U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Bees—warm up	The bees get to sting the coach and maybe Mom or Dad—how fun is that!		<ul style="list-style-type: none"> <li>▪ Keep head up and look for the coach while dribbling.</li> <li>▪ Focus on striking ball with proper part of foot.</li> </ul>
2	Goofy Red Light—Green Light	A goofy version of the game that was played in week one.		<ul style="list-style-type: none"> <li>▪ Keep ball close so players can stop quickly.</li> <li>▪ Keep head up.</li> <li>▪ Focus on dribbling skills.</li> <li>▪ Focus on listening skills.</li> </ul>
3	Clean your room	It will actually be fun to “clean your room”.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up.</li> <li>▪ Cleaners focus on tackling (stealing the ball)</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Have players work on what they learned in training. Dribbling skills, head up, proper passing technique, shielding, and tackling.</li> </ul>



## LESSON PLAN - PRACTICE FOUR U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Coaches revenge - warmup	It's the coaches turn this week. Paybacks!		<ul style="list-style-type: none"> <li>▪ Focus on speed.</li> <li>▪ Focus on striking ball with proper part of foot.</li> </ul>
2	Shooting Gallery <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;"><b>3 Tall cones</b></div>	Soccer version of the carnival game except kids actually win this one.		<ul style="list-style-type: none"> <li>▪ Body positioning in relation to the cones.</li> <li>▪ Focus on striking ball with proper part of foot.</li> </ul>
3	Pirate treasure <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;"><b>10 Tall cones</b></div>	Knock them cones over- arrgh, to win they treasure.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up.</li> <li>▪ Dribble with speed.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Have players work on what they learned in training. Dribbling skills, head up, proper shooting technique.</li> </ul>



## LESSON PLAN - PRACTICE FIVE U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Egg hunt – warmup  <div style="border: 1px solid black; padding: 5px; display: inline-block; color: red; font-weight: bold;">3 Tall cones</div>	A soccer version of an Easter egg hunt, but you don't get to keep the eggs.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up.</li> <li>▪ Quick to the ball.</li> </ul>
2	Red light – Green light	Direct actions based on stop light analogy.		<ul style="list-style-type: none"> <li>▪ Keep the game fun.</li> <li>▪ Focus on dribbling.</li> <li>▪ Focus on listening skills.</li> </ul>
3	Moving goal  <div style="border: 1px solid black; padding: 5px; display: inline-block; color: red; font-weight: bold;">1 Swim noodle</div>	Get parents involved as the player try to hit a moving target.		<ul style="list-style-type: none"> <li>▪ Keep head up.</li> <li>▪ Strike the ball with the right part of the foot.</li> <li>▪ Body position toward goal.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.</li> </ul>



## LESSON PLAN - PRACTICE SIX U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Fetch - warmup	Who says fetch is just for dogs?		<ul style="list-style-type: none"> <li>▪ Keep head up.</li> <li>▪ Controlled passes.</li> <li>▪ Communication</li> </ul>
2	Hitters and Dodgers	Dodgeball, soccer style!		<ul style="list-style-type: none"> <li>▪ Keep ball close to foot and head up.</li> <li>▪ Focus on good form and striking ball with proper part of foot.</li> </ul>
3	Sharks and Minnows	Dribble and shield to save yourself from being eaten by sharks.		<ul style="list-style-type: none"> <li>▪ Minnows focus on dribbling skills-keep head up, and shielding the ball.</li> <li>▪ Sharks focus on tackling (stealing the ball)</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.</li> </ul>

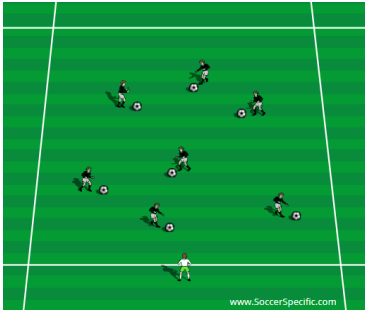
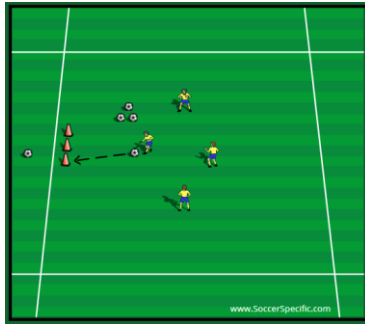
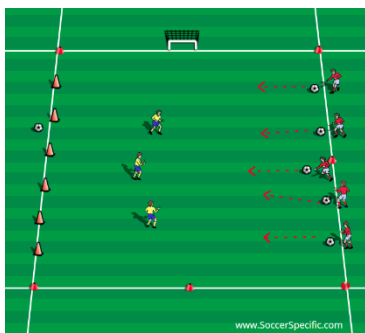
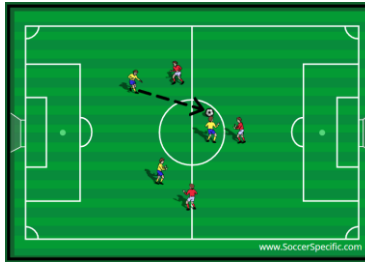


## LESSON PLAN - PRACTICE SEVEN U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Shadow dribbling - warmup	Soccer version of Follow the Leader.		<ul style="list-style-type: none"> <li>▪ Keep head up.</li> <li>▪ Keep ball close to foot</li> <li>▪ Pay attention.</li> </ul>
2	Ice Monster	A soccer version of freeze tag.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up.</li> <li>▪ Use different parts of the foot.</li> </ul>
3	Catch me if you can	A soccer race game, be the first to cross the line.		<ul style="list-style-type: none"> <li>▪ Keep the ball under control.</li> <li>▪ Keep head up.</li> <li>▪ Focus on taking a good shot.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.</li> </ul>



## LESSON PLAN - PRACTICE EIGHT U4 – U5

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Dribbling - warmup	Freestyle dribbling varying speeds, part of foot, and switching feet.		<ul style="list-style-type: none"> <li>▪ Keep head up.</li> <li>▪ Keep ball close to foot</li> <li>▪ Pay attention.</li> </ul>
2	Shooting Gallery	Soccer version of the carnival game except kids actually win this one.		<ul style="list-style-type: none"> <li>▪ Body positioning in relation to the cones.</li> <li>▪ Focus on striking ball with proper part of foot.</li> </ul>
3	Pirate treasure	Knock them cones over-arrgh, to win they treasure.		<ul style="list-style-type: none"> <li>▪ Keep ball close and in control.</li> <li>▪ Keep head up. Dribble with speed.</li> </ul>
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> <li>▪ Consider a player vs parents/coaches scrimmage. Parents and coaches should, obviously, play down to the level of the kids—in other words, “let the kids win.”</li> </ul>