



Richardson YMCA Small Fry Soccer Sample Lesson Plan

Week One

Start off by introducing yourself as "Coach _____"

Get into a circle and allow the kids to each say their name:

Teach players to shake hands and introduce themselves to each other as they arrive while passing out name tags.

Circle passing drill - Emphasis is on learning each other's names.

While still in the circle, instruct them to yell their names as they kick the ball to another player.

Warm Up:

- Stretch - Talk about the importance of stretching. ○ Toe grabs (middle, left/right) ○ Arm pullbacks (left/right) ○ Arm circles (small/big & front/back) ○ Jumping jacks.
- Ball Rolls: Roll the ball back and forth and side to side with the bottom of the foot.
- Run around the field once in a single line.

Skills:

- Begin by explaining how to kick a ball then put kids in lines of 2 or 3 behind one another and have them kick the ball to you.
- Show them how to dribble, again put them in lines and let them dribble to you and kick the ball into the goal.
- Explain what the different lines are for (goal box, corner kick, out of bounds, center kick off line) ○ **Out of Bounds** – run laps around the field yelling "in bounds- out of bounds" and have them follow you on each side of the line.

End the session with choosing a team name and reviewing what they have learned.

Skills Learned:

1. Kicking the ball
2. Dribbling; dribbling then kicking

Other Teaching Points:

1. Lines of the field
2. Respect / Teammate Names

Week 2

As players arrive remind them to shake hands and introduce themselves.

Recite the pledge.

Circle passing drill - While in a circle, instruct them to yell their names as they kick the ball to another player. *After they have had a chance to yell their own names a few times have them yell the name of the teammate while passing the ball to that player.*

Warm Up:

- Stretch - Talk about the importance of stretching. ◦ Toe grabs (middle, left/right) ◦ Arm pullbacks (left/right) ◦ Arm circles (small/big & front/back) ◦ Jumping jacks.
- **Ball Rolls:** Roll the ball back and forth and side to side with the bottom of the foot.
- **Ball Taps:** This is a basic foot coordination skill. Stand in front of the ball and with a small hop; touch the ball with the ball of the foot. Bring foot back to ground. Repeat. The idea is to just tap the ball without moving it.
- Run a warm up lap around the field then dribble the ball around the field. Do this 2-3 times.

Review: Remind the players what was taught last week, including what the lines are for and out of bounds. Run the out of bounds drill from week one if needed.

Skills:

Go over kicking and dribbling the ball correctly. Have the players form two lines facing the goal and put two cones diagonally from each other. Have them dribble from one cone to another and then shoot into the goal!

- Run offence/ defense drills. Set up cones where the offence and defense stand at the beginning of a game. Explain that the offence is going to try to score on the defense. Explain that when you blow the whistle the game starts, and when you blow it again, the play stops. Give them the ball and blow the whistle. If the ball goes out of bounds give an explanation about the lines. Be sure to switch the kids from offence to defense.

Skills Learned:

1. Review of Kicking and Dribbling
2. Defense skills

Rules Learned:

1. Position of offense and defense

Week 3

Players arrive, greet and shake hands with teammates.

Recite the pledge.

Warm Up:

- Stretch - Talk about the importance of stretching. ○ Toe grabs (middle, left/right) ○ Arm pullbacks (left/right) ○ Arm circles (small/big & front/back) ○ Jumping jacks.
- **Ball Rolls:** Rolling the ball back and forth and side to side with the bottom of the foot.
- **Ball Taps:** Stand in front of the ball and with a small hop; touch the ball with the ball of the foot. Bring foot back to ground. Repeat. The idea is to just tap the ball without moving it. *Today, try moving up to alternating feet with each hop.*
- Run a warm up lap around the field then dribble the ball around the field. Do this 2-3 times.

Review:

- Have the players line up and do the "offense/ defense" drill. Review what was learned the past two sessions.

Skills:

- Play an inner-team scrimmage. Scrimmages will be 4 on 4 with no goalie. (or 5v5, the number of kids divided evenly)

Tip: Mark your goal with a mascot. Get a bungee cord and strap a mascot to the goal you want them to shoot at. "Always shoot at the Shark" (or whatever you choose), this helps prevent most of the "wrong way" goals.

End the session by having the parents run through the "tunnel"

Weeks 4-5

Team scrimmages.

Soccer Basics

Soccer is wonderful in that it is a very simple game. At this age, the key is to keep it as simple as possible. Emphasize the following:

Take the ball away from the other team and put it in our goal.

Pretty simple; remind them their goal is the one that has the mascot in it (or whatever point of focus you choose) and repeat before every scrimmage.

No Hands....

Bounce the ball off your/their knees, heads, etc...and tell them it's OK to hit the ball with that part of their body. Do we ever touch the ball with our hands? "NO"

Take a knee drill -

This is to teach the kids to immediately take a knee when play is stopped for an injury. Have them dribble around until you yell "take a knee". They are to stop and get on one knee as fast as they can. It's kinda silly, but they need to learn it.

"Get up fast when you fall down" drill-

This is in response to kids falling down in games and just laying there. Talk about how you can't play soccer and help your teammates if you are laying down. Have kids dribble the ball around and when you blow the whistle tell them fall to the ground. As soon as they hit the ground, start yelling, "Pop up, pop up, as fast as you can". Do this a few times until they get it.

Have Fun!

Go over the concept of cheering and encouraging all players on all teams.