

**FIND YOUR INNER ATHLETE**

# SOCCER

**Kick, run, score!**



**6 weeks of soccer-inspired lessons designed to build skills, boost confidence, and keep kids moving.**

- 2 times a week
- 30–40 min ready-to-go sessions
- Tips & tricks for success
- Videos for extra support



# Find Your Inner Athlete: Soccer

## Copyright & Acknowledgments

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The activities and lessons in this curriculum are intended to support youth physical activity, skill development, teamwork, and confidence-building. Activities should be adapted based on participant age, ability, available space, and supervision. Safety, hydration, and inclusion should always be prioritized.

For more information, visit: [www.activekids.org](http://www.activekids.org)

## Acknowledgments

Active Kids & Minds would like to thank the coaches, educators, athletes, families, and community partners who helped support and inspire this curriculum.

Special thanks to Charlotte Phillips, Laney Ross, Rachel Brody, Denise Thomas and the Active Kids & Minds team for their expertise, creativity, and passion for helping kids build confidence, teamwork, and a lifelong love of movement through sport.

We are also grateful to the schools, organizations, volunteers, and families around the world who continue to help make physical activity and play part of every child's day.

Life is not a spectator sport.



# Forward



## Charlotte Phillips

Girls Director,  
The International Football  
Academy  
Former Director of Coaching,  
Dover Sherborn Soccer Club  
Former Coach, Arsenal FC  
English FA Licensed Coach

By Charlotte Phillips:

Soccer has the power to change lives. Over the years, I've had the privilege of coaching thousands of girls and helping them build not only technical skills on the field, but also confidence, resilience, teamwork, leadership, and a lifelong love of movement and sport.

As someone who grew up in the United Kingdom, studied Sports Management at Loughborough University, and coached with Arsenal FC before continuing my coaching career in the United States, I have seen firsthand how powerful positive sports experiences can be for children. The best programs do more than teach soccer skills, they create environments where every child feels included, encouraged, and capable of success.

That is why I was excited to review and help refine the Active Kids & Minds soccer curriculum. This program does an outstanding job of making soccer approachable, fun, developmentally appropriate, and engaging for children of all skill levels. It encourages kids to move, play, connect with others, and discover confidence in themselves through physical activity. What I especially appreciate is the curriculum's focus on participation, enjoyment, and helping children build healthy habits that can last a lifetime. In a world where many children are becoming increasingly sedentary, programs like this are more important than ever.

I hope this curriculum inspires children to find joy in movement, develop new skills, support their teammates, and most importantly – believe in themselves both on and off the field. Thank you for being part of creating positive experiences for children through sport and physical activity.



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# Introduction

This Play Soccer mini-unit is a 6-week introduction to the sport of soccer with Active Kids & Minds. Get ready to have fun while learning the fundamentals of the game! Each session includes a warm-up, running-based activity, soccer skill of the day, game, and cool-down activity. Lesson plans are designed to last approximately 30–45 minutes. We also encourage you to include optional fun scrimmages at the end of each session. Sometimes that’s the best part and where athletes build confidence, teamwork, and a love for the game.

## WARM UP



Each day will begin with a dynamic warm up. These warm ups will be soccer related but remain true to the Active Kids + Minds routine. At the beginning of our workout we want to move in a way that helps us to loosen our muscles and joints and reduces the chance of sprains and strains.

## RUNNING RELATED ACTIVITY



Each lesson includes running and footwork activities. Footwork is an essential part of soccer. Building up endurance and speed is important for moving around the field. For some weeks the running related activities and the skill of the day will be combined into the same activity.



## SKILL OF THE DAY



Each day your group will build on the skills they learned in a previous lesson. This will be done through soccer oriented skill sessions. We will stay true to the Active Kids and Minds program by incorporating running and agility activities that will help with soccer play.

## GAMES



Each lesson includes engaging soccer themed games designed to be fun while working on the skills that we are trying to learn.

## STATIC STRETCH & MOVEMENT FLOWS



Following your class, we recommend a cool down activity to bring everyone’s heartrates back to normal, stretch muscles and prepare students to go to class. These cool downs will include a movement flow or a few static stretches which involve holding a stretch for 20–40 seconds.

## SCRIMMAGE



Optional: End each class with a scrimmage.

# About Active Kids and Minds

Active Kids & Minds (AK&M) is a physical activity program designed for kids of all ages and abilities. Our mission is to make movement and play part of every child's day while helping kids build confidence, improve well-being, and discover their inner athlete. Through fun, inclusive, and engaging activities, we aim to inspire a lifelong commitment to physical activity, health, and fitness.

## Program Highlights

01

### Variety of Resources

Resources include functional fitness lesson plans, speciality and seasonal lesson plans, short movement breaks, training and more!

02

### Evidence-Based and Measurable Results

Proven to improve academic performance, mental health, and physical health. Curriculum is science-based and designed to inspire a lifelong love of movement.

03

### Empowerment and Collaborative Effort

Empowers community role models and provides leadership opportunities for older children. Emphasizes a preventative approach involving parents, schools, and both private and public sectors.





**Sign Up today for  
FREE and bring  
AK&M to your  
child's school!**




# Equipment, Safety and Rules


## EQUIPMENT

 Soccer ball (age-appropriate size)

 Cones or markers for boundaries

 Athletic clothing + sneakers or cleats

 Shin guards (recommended)

 Pinnies/jerseys for teams

## SAFETY

-  Warm up before play, stretch after
-  Keep your head up and be aware of others
-  Stay hydrated—drink water before, during, and after activity
-  Food is fuel—eat healthy foods to give your brain and body the nutrients and energy to be a strong athlete
-  Play with control—avoid reckless contact
-  Wear proper footwear for the surface

## RULES

-  Use your feet to pass, dribble, and shoot (goalkeeper can use hands)
- Keep the ball in bounds
- No pushing, tripping, or unsafe contact
- Respect teammates, opponents, and coaches
- Work as a team, communicate, and have fun!

## PLAYERS & POSITIONS

Players on the field:  
**Typically 11 vs 11**  
(1 goalkeeper + 10 field players)

Smaller games may be 3v3, 5v5, or 7v7 for younger players.

### POSITIONS

- GK** **GOALKEEPER** – Protects the goal and can use hands.
- D** **DEFENDERS** – Stop the other team from scoring.
- M** **MIDFIELDERS** – Connect defense and offense, run the field.
- F** **FORWARDS** – Focus on scoring goals.

## KEY RULES

- OFFSIDES:** Stay level with or behind defenders when the ball is passed to you.
- THROW-INS:** When the ball goes out on the sideline, throw it in with both hands over your head.
- GOAL KICKS:** When the other team kicks the ball out of bounds over your end line.
- CORNER KICKS:** When the other team kicks the ball out of bounds off their line.
- FOULS & FREE KICKS:** Unsafe play results in the other team getting the ball.
- KICKOFF:** Starts the game and restarts after a goal.

## FIELD & POSITIONS (11 vs 11)





# Skill of the Week Calendar

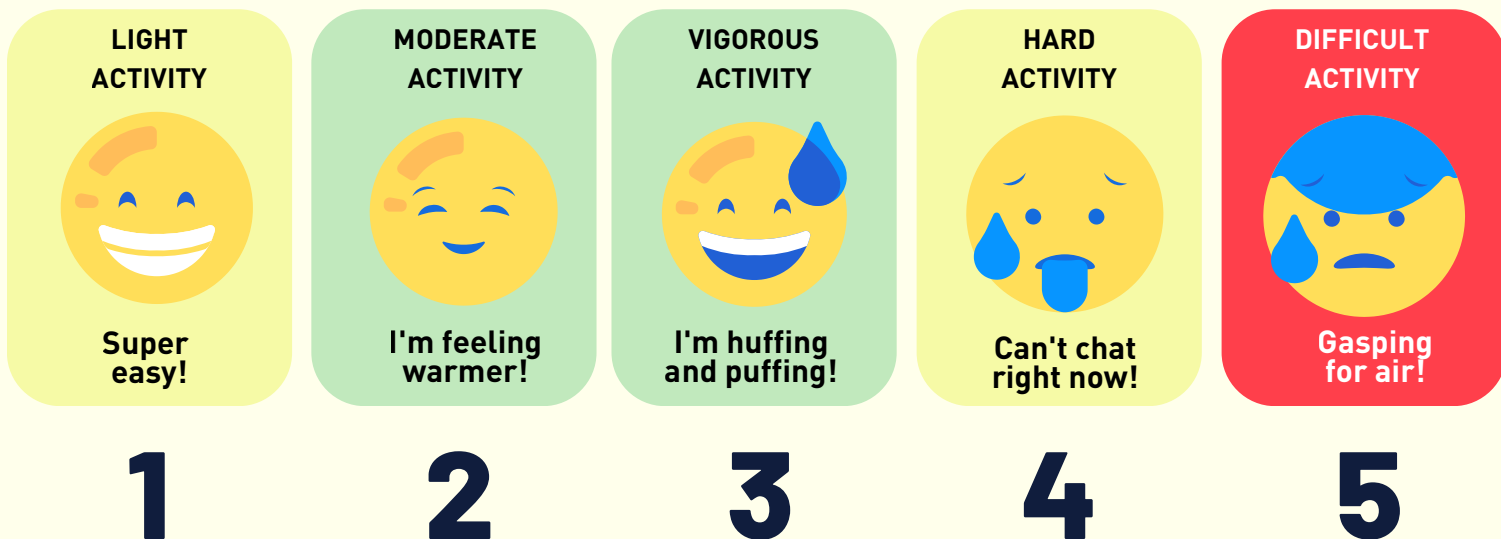
The reason to learn any of these movements is to be able to use the strength developed in everyday life. This is called functional fitness.

WEEK	SKILL	Key Focus	FITNESS PRINCIPLES	EVERYDAY LIFE
1	 <b>DRIBBLING</b> Control the ball with both feet while moving	Close control, changes of direction, ball mastery	Agility, coordination, balance	Helps you move with confidence in any situation
2	 <b>PASSING</b> Pass the ball accurately to a teammate	Accuracy, timing, communication	Coordination, teamwork	Improves teamwork and working with others
3	 <b>ATTACKING</b> Beat players with skills and moves	Skills, 1v1 moves, ball mastery	Change in speed and direction	Builds confidence to try new things
4	 <b>SHOOTING</b> Strike the ball with power and accuracy	Technique, aim, power	Strength, power, focus	Builds confidence and goal-setting mindset
5	 <b>DEFENDING</b> Win the ball back and protect your goal	Positioning, tackling, awareness	Strength, reaction time, discipline	Teaches responsibility and staying focused
6	 <b>GAME AWARENESS</b> Make smart decisions and support your team	Vision, decision making, teamwork	Endurance, focus, communication	Build leadership and problem solving skills



# Rate of Perceived Exertion

## HOW SHOULD YOU FEEL?



To effectively guide you through the activities, the Rate of Perceived Exertion will be used to indicate the recommended effort level for each activity. This guide will help to make sure that we are not working out too hard and being unsafe, but also helps to make sure that we are working hard enough to get all of the benefits of a good workout!

For the most part, we want to be working out in the MODERATE TO VIGOROUS (green) zones. Warm up can be in the LIGHT (yellow) zone to start, and then we want to progress towards moderate to vigorous. We should sustain the HARD (yellow) and DIFFICULT (red) zones for a short period of time and only after a thorough warm up.

- Zone 1 and 4 = Only want to be here for a short time.
- Zone 2 and 3 = This is where you want to be most of the time.
- Zone 5 = Caution.



# Meet the Soccer Experts



**Denise**

**Thomas**

Denise Thomas is currently a Coach Development Manager at CrossFit, LLC. She played professional soccer (Boston Renegades and Irish National Team) and holds a Master's in Exercise Physiology. She loves everything about fitness and sharing it with anyone and everyone willing to give it a try. Denise believes fitness can save lives and change the world.

Laney Ross is a former Division I soccer player at the University of Vermont Athletics, where she was a four-year player and member of the 2021 America East Championship team. A native of Natick, Massachusetts, Laney was known for her leadership, consistency, and strong work ethic both on and off the field.

Following graduation, she continued her involvement in collegiate athletics as Director of Operations for the UVM Women's Soccer program, helping support student-athletes and team development.



**Laney**

**Ross**



**Jill**

**Brody**

Rachel "Jill" Brody is a former Division I soccer player at the University of Vermont Athletics, where she played an important role in the program's success during her collegiate career. Known for her energy and competitiveness, Jill helped lead the Catamounts through multiple successful America East seasons.

After graduation, she joined the UVM Athletics Department as Director of Marketing and Fan Engagement, where she continues to support and promote student-athlete experiences through sport and community engagement.

# Week 1



## SOCCER

Skill of the week: Dribbling & Ball Control

### WARM UP AND SKILL OF THE WEEK

#### Warm Up (RPE 1-2)

##### Warm-Up & Dynamic Stretching (5-7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists. Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core). Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

##### WARM UP VIDEO



#### Skill of the Week

##### Skill of the Week: Dribbling

Dribbling is all about control, confidence, and keeping the ball close. Encourage athletes to use light touches with both feet, keeping the ball within a step so they can change direction quickly. Eyes should be up when possible to stay aware of space, teammates, and defenders. Start by practicing slow, controlled dribbling, then build to faster movements, changes of direction, and simple moves like cuts or turns. Use cones or markers to create fun challenges that help develop coordination and agility. The goal: stay in control, move with purpose, and have fun with the ball at your feet.

##### SKILL OF THE WEEK VIDEO





## DAY 1

### Warm Up (RPE 1-2)

#### SOCCER CORNERS



Materials: Four cones for the corners of the game. A soccer ball for each person or group of 2.

#### Directions:

1. Divide the class into four equal teams and allocate a corner of the play area for each team.
2. Each team will gather in their corner and give their corner a name (for example could use their favorite color or animal).
3. When the music starts, the teams leave their corner and dribble their ball around in the square (if two people are sharing a ball they will alternate dribbling).
4. On the signal "Soccer Corners," each team dribbles their balls back to their original corner of the play area.
5. When all teams are at their corners the trainer gives a fitness/soccer command (e.g., ten jumping jacks/toe taps, squats/toe taps, burpees/toe taps, push-ups/toe taps).
6. Each group does the movement together as a team, alternating the person with the ball.
7. After the movement is complete, the team waits for the music to play again then they can leave their corner and begin dribbling.
8. Now the coach calls a name, the players all must dribble to that corner as quickly as they can. The last player must do 10 toe taps in the ball.

### Running Related Activities (RPE 2-3) and Skill Of The Day - Ball Control/Dribbling (RPE 2-3)

#### SKILL INTRO - CONE MAZE



Materials: Cones, soccer balls.

#### Skill points:

- Keep the ball close
- Head up
- Dribble into space
- Use both of your feet to dribble

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10 MIN



5-10  
MIN



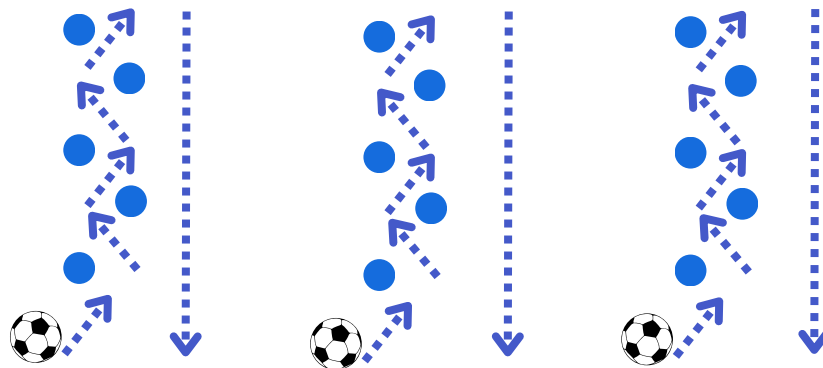
## SOCCER

Skill of the week: Dribbling & Ball Control

### DAY 1

#### CONE MAZE

1. Split the group into groups of 3-4 students. Set up a cone maze for each group. In relay line fashion (cone at the start, 4-5 cones in a line).
2. Remind students of the skill points.
3. To start, students race through the cone maze one by one without the ball and return back to the start.
4. Then introduce the soccer ball. Each team has one soccer ball. The first player in each line dribbles through the cone maze, using both of their feet and trying to keep the ball under control. When they get to the end of the cones, they turn around and dribble back to the start.
5. The next player in line then takes their turn. This activity can be then turned into a race where the winning team is the first team to have all of their players complete the maze.



#### Game (RPE 2-3)

##### SOCCER TAG - DRIBBLING



Materials: Soccer balls for each player. Cones to mark the boundaries.

#### Skill points:

1. Set up a rectangular playing area using cones.
2. Give every student a soccer ball.
3. Choose 1-2 students to be "taggers." Taggers do not have a ball.

continue to the next page....



10 MIN



10 MIN



## DAY 1

### Game (RPE 2-3)

#### SOCCER TAG DRIBBLING - CONTINUED...



10 MIN



Materials: Soccer balls for each player. Cones to mark the boundaries.

5. All other players dribble their ball around the area, keeping control and avoiding the taggers.
6. Taggers try to tag players while they are dribbling.
7. If a player gets tagged, they must:
  - Stop their ball.
  - Perform a quick skill (example: 10 toe taps on the ball or 5 touches with the inside of their foot on the ball).
  - Then rejoin the game and keep dribbling.
8. Players must keep their ball close and stay inside the boundaries.
9. Rotate new taggers every 1-2 minutes so everyone gets a turn.

### Cool Down (RPE 1-2)

#### STRETCHES



Stretching, mindfulness and wrap up by discussing students' experience in the session.

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



5 MIN



## DAY 2

### Warm Up (RPE 1-2)

#### GO BACK HIT IT SOCCER STYLE



Materials: Cones

#### Directions:

1. Set up cones on the end line, no more than 3-5 kids per line.
2. The trainer yells "GO!" The kids run as fast as they can towards the end of the gym.
3. The trainer can either yell "BACK!" or "HIT IT!".
4. If they yell "BACK", the kids start running backwards as fast as they can.
5. If they yell "HIT IT", the kids will mimic a soccer kick toward the goal. They then start running again as fast as possible towards the end of the gym.
6. The trainer can alternate calling Go, Back or Hit It as many times as they want until the kids reach the end of the gym.
7. Cycle through the lines, making sure all kids have a few turns to GO.

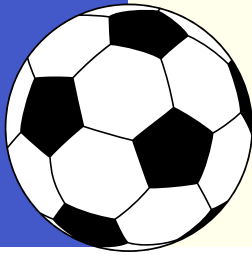
Note: When the kids are running, it is an all-out effort. They should not be slowly jogging to try and predict what the trainer will say next.

Variation: Add a soccer ball and dribble the ball while they are moving.



5-10  
MIN

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## DAY 2

### Running Related Activities (RPE 2-3) and Skill Of The Day - Ball Control/Dribbling (RPE 2-3)



10-15  
MIN

#### STEAL THE BALLS

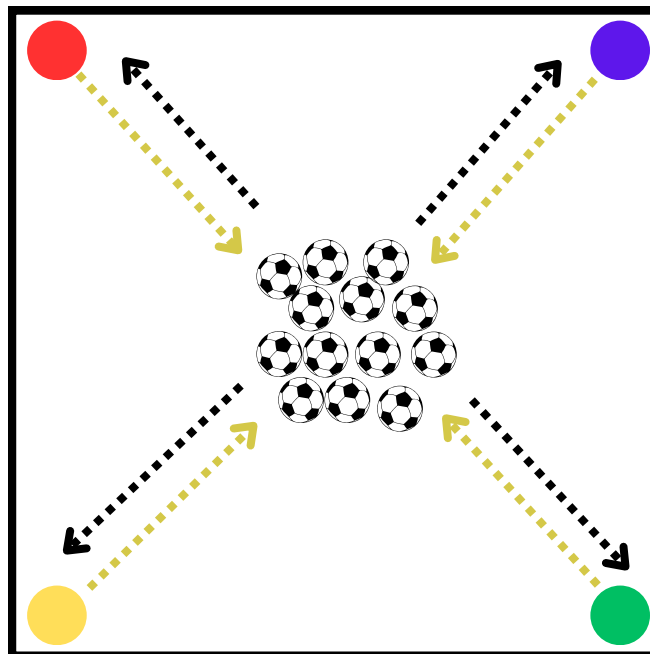


Materials: Cones, soccer balls.

#### Directions:

1. Set up a square and place all the soccer balls in the middle.
2. Split the players into 4 teams with each team standing in a different corner of the square.
3. When the coach shouts 'GO!', one player from each team runs into the middle, gets a soccer ball and dribbles it back to their team using their feet.
4. Once the player returns to their team, the next player can go.
5. Keep going until all soccer balls are gone. The winning team are the ones with the most balls.
6. Remind players of their skill moves of dribbling with both feet and keeping the ball close to their feet.

Note: A progression you could add is to allow players to steal balls from another team once all the balls from the middle are gone. You can set a time limit on how long they can steal balls for using their feet only.





## DAY 2

### Game (RPE 2-3)

#### SHARK ATTACK



10 MIN



Materials: Balls for each participant. Not sharks

1. Set up a rectangular playing area with cones.
2. Select 1-2 players to be the "sharks". Sharks start in the middle without a ball.
3. All other players (the "fish") start on one end line with a soccer ball.
4. When the coach says "GO!", the fish dribble their soccer ball across the field to the opposite side.
5. The sharks try to steal the ball or kick it out of the area.
6. If a player loses their ball, they become a shark in the middle for the next round.
7. Players who make it safely across the field wait on the opposite line.
8. The coach calls "GO!" again, and players dribble back across the field.
9. Continue playing until most players become sharks.

### Cool Down (RPE 1-2)



5 MIN

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility





## WARM UP AND SKILL OF THE WEEK

### Warm Up (RPE 1-2)

#### Warm-Up & Dynamic Stretching (5–7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists. Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core).

Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

### Skill of the Week

#### Skill of the Week: Passing

Passing is all about communication, teamwork, and accuracy. Encourage athletes to use the inside of the foot for better control and precision, aiming to pass the ball smoothly along the ground to a teammate. Players should keep their head up when possible to see teammates, space, and opportunities on the field.

Start by practicing short, controlled passes with a partner, focusing on proper foot placement and balance. As confidence grows, build to longer passes, movement while passing, and simple passing challenges that encourage timing and teamwork.

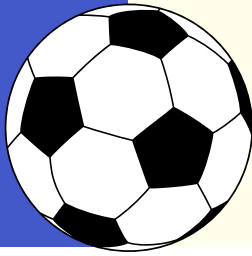
The goal: make accurate passes, work together, and keep the ball moving with confidence.

#### WARM UP VIDEO



#### SKILL OF THE WEEK VIDEO






## DAY 1

### Warm Up (RPE 1-2)

#### PARTNER PASSING

 Materials: Four cones for the corners of the activity. 8-10 soccer balls, one for each group of 2-3.


#### Directions:

1. Students get into groups of 2-3.
2. Groups will have 1 soccer ball between them.
3. Students will be instructed to pass the ball between the group.
4. Begin stationary while passing.
5. Trainer will walk around and observe how students pass so they know what to focus on when they address the skill.
6. Ask the students to count how many passes they can make in a row within 30 seconds.
7. Challenge students to pass with only their right foot for 10 passes, then change to their left foot.



5 MIN

### Running Related Activities (RPE 2-3) and Skill Of The Day - Passing (RPE 2-3)

 Materials: Cones to mark the gates. 1 ball for each pair.

#### PASSING GATES - SKILL INTRO

#### Key Points/Reminders:

1. Use the inside of the foot to pass and receive the ball.
2. Point your toe up and heel down, and face towards where you want the ball to go.
3. Look at your teammate before passing.
4. Follow through pointing your foot in the direction you want to ball to go. Passing softly.
5. Phrase to repeat - "Look, Step, Pass" - Look at partner, step beside the ball, pass ball.



10-15  
MIN

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## SOCCER

Skill of the week: Passing

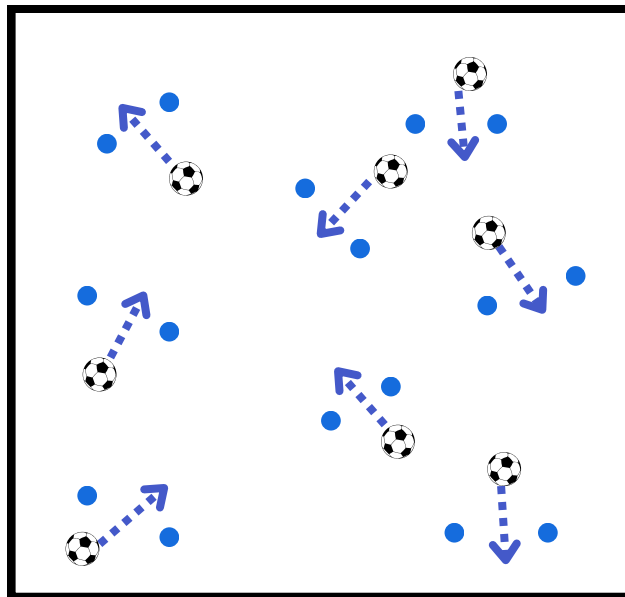
### DAY 1

#### Directions:

1. Using cones create gates of 2 cones spaced about 3 ft apart within the marked off space.
2. Players find a place to start inside the marked off space.
3. Coach shouts 'GO!' and the players must jog and run through as many gates as they can during the given time frame (suggested 1 minute).
4. Players must keep count of how many gates they go through.
5. Have the players repeat but using different movements....side steps or backwards jogging.
6. Players then get into pairs, each pair needs one soccer ball.
7. The players move around the space, trying to pass the soccer ball through as many of the gates as possible.
8. Players must stand 3-5 ft apart in the gate, passing using the inside of their foot.
9. Encourage the players to use both feet to pass and receive the ball.
10. Add a competition to see which pair can get through the most gates during the given time.



15 MIN





## DAY 1

### Game (RPE 2-3)

#### MINI GAMES



Materials: Cones to mark fields, soccer balls.

Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. Choose if you want goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching)
  - Pass and move
  - Find open space
9. Play for 3–5 minutes per round, then rotate teams if needed.

### Cool Down (RPE 1-2)

#### STRETCHES



Stretching, mindfulness and wrap up by discussing the events of the day.

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



10 MIN



5 MIN



## DAY 2

### Warm Up (RPE 1-2)

#### WALL PASS



Materials: Balls for each player or group of players..

#### Directions:

1. Have kids spread out around the gym/court facing a wall.
2. Pass the ball toward the wall and move to receive it with the inside of the foot, stop the ball and pass again.
3. If people are sharing a ball, the first person will pass, the second will receive and repeat. Alternating back and forth.
4. Continue for 3-5 minutes.



5 MIN

### Running Related Activity (RPE 2-3)

#### PASS AND MOVE



Materials: Soccer balls, cones to mark out space

1. Mark out an area for the players to stay in.
2. Players are jogging around the marked area, trying to find the space and avoid other players.
3. Add 2-3 soccer balls, the players must pass the soccer ball and then move into a space.
4. Aim of the game is to keep all the soccer balls inside the marked area. This requires communication and the players to be looking up.



5-10  
MIN



## DAY 2

### Skill Of The Day - Passing (RPE 2-3)



10 MIN

#### PASSING INTRO - Coconut Shy



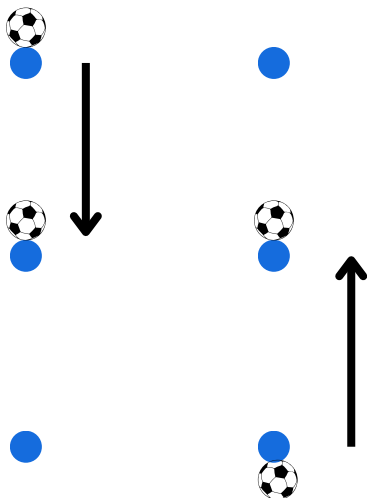
Materials: Balls for each player or group of players. 3 cones for each group.

#### Coaching Points

1. Use the inside of the foot for passing.
2. Step next to the ball with the non-kicking foot, ensure it is facing the target.
3. Call your teammate's name before passing.
4. Follow through making sure your foot is facing where you want the ball to go.

#### Directions:

1. Players are split into pairs with 2 soccer balls.
2. Each pair sets up 3 cones 5-7 yards apart.
3. Put a soccer ball balance on the middle cone.
4. Players must stand behind their cone, and try to pass their ball to hit the soccer ball off the cone.
5. Their partner then takes a turn.
6. If the player hits the ball off the cone they get a point. You can make this competitive with individuals playing against each other, or pairs can work as a team to see how many times they can hit the ball.





## DAY 2

### Game (RPE 2-3)

#### SOCCER TAG - PASSING



Materials: Cones to mark the space. Soccer balls.

#### Directions:

1. Set up a square playing area with cones.
2. Divide players into pairs, with one soccer ball per pair.
3. Choose 1-2 players to be taggers (they do not have a ball).
4. All pairs move around the area passing the ball back and forth to each other.
5. Players must pass often (no long dribbling).
6. Taggers try to tag the player who has the ball.
7. To avoid being tagged, players should quickly pass the ball to their partner.
8. If a player gets tagged while holding the ball, that pair becomes the new taggers.
9. Restart the game and continue playing.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



10 MIN



5 MIN

# Week 3



## SOCCER

Skill of the week: Trapping and Attacking

# WARM UP AND SKILL OF THE WEEK

## Warm Up (RPE 1-2)

### Warm-Up & Dynamic Stretching (5-7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists. Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core). Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

## Skill of the Week

### Skill of the Week: Trapping and Attacking

Trapping and attacking are all about control, awareness, and creating opportunities. Encourage athletes to focus on a soft first touch when receiving the ball, using the inside of the foot, thigh, or chest to bring the ball under control and keep play moving. Once the ball is controlled, players should quickly look up to find space, teammates, or a chance to move toward the goal.

Start by practicing simple partner drills that combine receiving and moving with the ball. As confidence grows, build to activities that include quick changes of direction, give-and-go passes, and attacking open space. Encourage athletes to stay active, make quick decisions, and play with confidence. The goal: control the ball, attack with purpose, and create scoring opportunities while having fun and staying engaged in the game.

### WARM UP VIDEO



### SKILL OF THE WEEK VIDEO





## DAY 1

### Warm Up (RPE 1-2)

#### TRAFFIC SOCCER STYLE



Materials: Balls for each student. Or one ball for a pair of students.

Directions:

1. Students dribbling around inside the space with their soccer ball.
2. Choose a leader to call out the cues.
  - Green light – move forward dribbling the ball.
  - Red light – stop, control ball with ball of the foot on top.
  - Yellow light – toe taps
  - Speed bump – quick jump and accelerate forward.
  - Deer crossing – perform a jump, pretend a header, land and continue dribbling.
  - Highway – speed up and dribble as fast as they can.
4. Continue for a designated amount of time.

### Running Related Activity (RPE 2-3) and Skill of the Day - Attacking (RPE 2-3)



Materials: Ball for each player. Cones for the corners of the field or space.

Coaching Points:

1. Keep the ball close and under control
2. Use both of your feet to execute moves and beat the defender.
3. Try different skills to get around the defender.
4. Once you have executed a move, accelerate and speed up.



5 MIN



10 MIN

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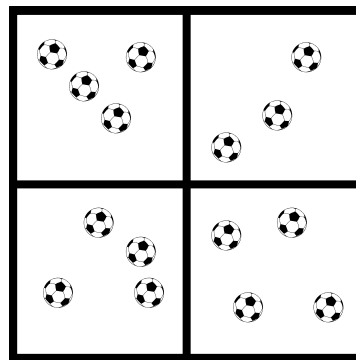
## SOCCER

Skill of the week: Trapping and Attacking

### DAY 1

Directions:

1. Split the space into a grid, with 4 separate boxes.
2. Each player has a soccer ball and spread out into the different boxes.
3. Designate a soccer move/skill to each box....toe taps, scissors, step over, sole rolls, you can ask players to demonstrate a soccer move that they know for the rest of the group to practice.
4. Players move around the space and must do the designated move inside that box.
5. Encourage players to go to all the different boxes and practice each move.
6. You can then progress to add a defender, the defender doesn't have a soccer ball and they try to steal the ball away from players.



### Game (RPE 2-3)

#### 1V1 ATTACKING



Materials: Cones, balls.

Directions:

1. Set up two 'goals' approximately 10-15 yards apart.
2. Players line up behind the goal, facing each other.
3. The balls start at one end.
4. The first player passes the ball to the player opposite them.
5. The players then compete 1v1 to try and score into the goal.



10-15  
MIN

# Week 3



## SOCCER

Skill of the week: Trapping and Attacking

### DAY 1

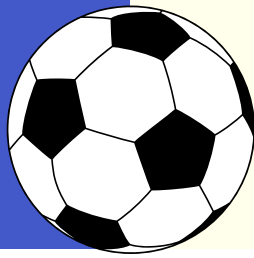
#### Cool Down (RPE 1-2)

##### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



5 MIN



## DAY 2

### Warm Up (RPE 1-2)

#### DRIBBLING



Materials: Balls for each player

Directions:

1. Players dribbling their soccer ball in the given space.
2. Encourage players to practice skills/moves learned from the day before.
3. Coach shouts commands to players while dribbling.....'right foot only', 'left foot only', 'dribble with your laces', 'dribble with the sole of your foot'. This encourages the players to use both their feet and all different surfaces.
4. You can add a competitive element, the first player to get 50 touches of the soccer ball is the winner.



5 MIN

### Running Related Activity (RPE 2-3) and Skill Of The Day - Receiving (RPE 2-3)

#### STEAL THE BACON



Materials: Cones, balls.

Coaching Points:

1. Keep the ball close and under control
2. Use both of your feet to execute moves and beat the defender.
3. Try different skills to get around the defender.
4. Once you have executed a move, accelerate and speed up.
5. Keep your head up to aim for the goal.



10-15  
MIN

continue to the next page....



## DAY 2

### Directions:

1. Split players into two teams standing either side of the goal.
2. The coach calls out a number (e.g., "3!")
3. The players with that number from each team run onto the field.
4. The coach passes the ball into space.
5. The first person to the ball is on offense, second is the defender.
6. The two players compete 1v1:
  - Try to control (receive) the ball first
  - Then dribble and shoot on goal
5. Play continues until:
  - A goal is scored
  - The ball goes out
  - Or coach stops play
6. Players return to their line, and a new number is called.

## Game (RPE 2-3)

### MINI GAMES



Materials: Cones to mark fields, soccer balls.

### Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. Choose if you want goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching)
  - Pass and move
  - Find open space
9. Play for 3–5 minute rounds, then rotate teams if needed.



10-15  
MIN

# Week 3



## SOCCER

Skill of the week: Trapping and Attacking

### DAY 2

#### Cool Down (RPE 1-2)

##### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



5 MIN



# WARM UP AND SKILL OF THE WEEK

## Warm Up (RPE 1-2)

### Warm-Up & Dynamic Stretching (5-7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists. Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core). Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

### WARM UP VIDEO



## Skill of the Week

### Skill of the Week: Shooting

Shooting is all about balance, confidence, and striking the ball with control and power. Encourage athletes to keep their eyes on the ball, plant their non-kicking foot beside it, and use the laces or inside of the foot depending on the type of shot. Players should focus on accuracy first, then gradually build power as their technique improves.

Start by practicing simple shots on goal from short distances, helping athletes develop proper form and confidence. As skills improve, build to shooting while moving, quick shots after receiving a pass, and fun target challenges that encourage accuracy and quick decision-making.

The goal: strike the ball with confidence, aim with control, and create scoring opportunities while having fun and staying active.

### SKILL OF THE WEEK VIDEO





## DAY 1

### Warm Up (RPE 1-2)

#### ACTIVE KID SAYS SOCCER STYLE



Materials: None.

#### Directions:

1. Have kids spread out with plenty of room between them.
2. Trainer calls out "Active Kid Says" followed by a movement (just like a "Simon Says!" game).
3. The movements should be soccer movements (e.g., kick like you are passing a soccer ball, jump like you are heading a soccer ball, perform fast feet like you are racing to a soccer ball, high knees side to side like dribbling around opponents).
4. Trainer calls out exercise movements quickly to keep kids moving.
5. If the trainer does not say "Active Kid Says" before the movement, kids should not move.
6. If kids move when the trainer does not say "Active Kid Says", have them do ten jumping jacks prior to joining back in the game.
7. Continue for an allotted period of time.



5 MIN

### Running Related Activity (RPE 2-3)

#### SHOOTING MAZE



Materials: Cones, soccer balls.

#### Directions:

1. Set up cones to create weaving lines, this is similar to a relay race.
2. Put cones between the end line and goals.
3. Students run toward the goals, weaving between the cones.
4. Stop at a designated spot and take a shot on goal.
5. If it goes in the goal, the student scores a point.
6. Run back to the start for the next person to go.
7. Lines should keep track of how many goals/points they score.
8. Repeat until everyone has had a chance to go or continue for 3-5 minutes.



10 MIN



# DAY 1

## Skill Of The Day - SHOOTING

### SHOOTING - SPEED RACE



Materials: Cones, soccer balls.



10-15  
MIN

#### Key Points:

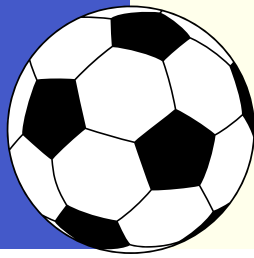
1. Approach the ball with control, taking a few quick steps toward it.
2. Place your non-kicking foot next to the ball, pointing toward the target.
3. Keep your head down and eyes on the ball when striking it.
4. Use the laces (top of your foot) to strike the middle of the ball for power or the inside of your foot for placement.
5. Swing your kicking leg through the ball, not just at it.
6. Lean slightly forward to keep the shot low and controlled.
7. Follow through toward the goal after kicking the ball.

#### Coaching Tips:

1. Plant foot next to the ball.
2. Hit with your laces or inside.
3. Follow through with your foot.

#### Directions:

1. Set up a goal or a use cones.
2. Split the group into two teams, each team stands in a line either side of the goal.
3. Set up cones 15 yards away from the goal.
4. Each team has a ball.
5. When the coach shouts 'GO!' the first player in each line dribbles the ball up and around the cone, they turn have to shoot at the goal.
6. First player to score gets the point.



## DAY 1

### Game (RPE 2-3)

#### SOCCER TAG - SHOOTING



Materials: Soccer balls. Cones, small soccer goals or more cones to use as goals.

#### Directions:

1. Set up a playing area with cones and place several small goals around the outside of the field.
2. Divide players into two groups: shooters and taggers.
3. Each shooter has a soccer ball. Taggers do not have a ball.
4. Shooters dribble around the area looking for an open goal.
5. When a shooter gets near a goal, they take a shot.
6. After shooting, they quickly retrieve their ball and continue playing.
7. Taggers try to tag players before they shoot.
8. If a player gets tagged while dribbling or preparing to shoot, they must do 5-10 quick toe taps on the ball, then rejoin the game.
9. Continue playing for 1-2 minutes, then switch in new players to be taggers.



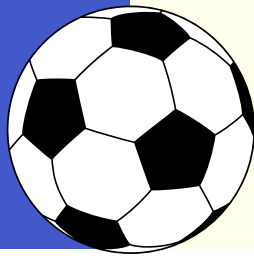
5 MIN

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility





## DAY 2

### Warm Up (RPE 1-2)

#### FRUIT BASKET SOCCER STYLE



Materials: Cones for activity corners.

#### Directions:

1. Assign each group to be a soccer term or team - headers, shots, kickers, nutmegs - or - lightning, storm, tornados, sharks.
2. Call out two teams and the teams will run to switch places in the gym or the field.
3. Continue this for a few rounds.
4. Continue calling teams, but now instead of running, kids need to skip, hop, gallop, walk on tip toes, etc.
5. Finish the game by calling "Soccer!" to have all the kids come in the middle and do 3 burpees.

### Running Related Activity (RPE 2-3)

#### RELAY SHOOTING - DIFFERENT SIZE TARGETS



Materials: Cones for relay lines, soccer balls. Different size objects for targets - hula hoops, tall cones, goals, etc...

#### Directions:

1. Make four to six teams, mark the start line with a cone.
2. Place a cone or marker at the end of the line where kids should shoot from.
3. Assign points to each of the targets.
4. If a player hits a target they get that number of points.
5. Keep track of the points scored in each line.
6. The line with the most points when the activity is over are the winners.

Challenge the kids to come up with new variations and demonstrate them. Use different size and shape goals as a challenge.



5 MIN



10 MIN



## DAY 2

### Skill Of The Day - SHOOTING (RPE 2-3)



10 MIN

#### SHOOTING GAMES



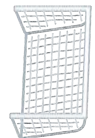
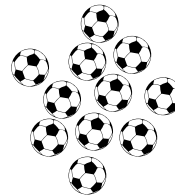
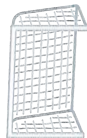
Materials: Cones, soccer balls.

#### Key Points:

1. Approach the ball with control, taking a few quick steps toward it.
2. Place your non-kicking foot next to the ball, pointing toward the target.
3. Keep your head down and eyes on the ball when striking it.
4. Use the laces (top of your foot) to strike the middle of the ball for power.
5. Swing your kicking leg through the ball, not just at it.
6. Lean slightly forward to keep the shot low and controlled.
7. Follow through toward the goal after kicking the ball.

#### Coaching Tips:

1. Plant foot next to the ball.
2. Hit with your laces or the inside.
3. Follow through with your foot.



#### DRIBBLE AND SHOOT DRILL

##### Directions:

1. Set up two goals at opposite ends of the playing space, you can use cones if you don't have goals.
2. Place all the soccer balls in the middle, even distance from both goals.
3. Split the group into two teams who stand by the midway point.
4. When the coach shouts 'GO!', the first player in each team runs into the middle, gets one soccer ball and dribbles to shoot in their goal.
5. Once they return to the line, the next player can go.
6. Keep going until all the balls have been taken and then count up which team score the most goals.



## DAY 2

### Game (RPE 2-3)

#### FISHY FISHY WITH BALLS



Materials: Soccer balls.

Directions:

1. All players (the fish) start on one end line with a soccer ball.
2. Choose one player to be the "shark" who stands in the middle of the field without a ball.
3. The fish call out: "Fishy, fishy, cross my ocean!"
4. The shark responds: "Only if..." and names a condition (example: "Only if you're wearing blue!").
5. Any players who match the condition must dribble their soccer ball across the field to the opposite line.
6. The shark tries to tag those players while they are dribbling.
7. If a player gets tagged, they become a shark in the middle for the next round.
8. Players who make it safely across the field wait on the opposite line.
9. Continue playing with new conditions until most players become sharks.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



10 MIN



# WARM UP AND SKILL OF THE WEEK

## Warm Up (RPE 1-2)

### Warm-Up & Dynamic Stretching (5-7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists.

Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core).

Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

## Skill of the Week

### Skill of the Week: Defending

Defending is all about focus, positioning, and working hard to protect the goal. Encourage athletes to stay balanced with knees bent, eyes on the ball, and bodies in front of the attacker. Defenders should move their feet quickly, stay patient, and avoid reaching or lunging for the ball too early. Start by practicing simple one-on-one activities that teach athletes how to stay between the attacker and the goal. As confidence grows, build to drills that include teamwork, communication, and winning the ball back through smart positioning and effort.

The goal: stay alert, defend with confidence, and work together to stop scoring opportunities while having fun and supporting teammates.

### WARM UP VIDEO



### SKILL OF THE WEEK VIDEO





## DAY 1

### Warm Up (RPE 1-2)

#### SOCCER AS IF



Materials: None.

Directions:

1. Have kids spread out in the gym/court.
2. Do each activity for 30 seconds and switch to the next activity.
3. Trainer will stand in the middle of the court for the drill.
  - Move "As If" you are weaving between other soccer players.
  - Move "As If" you are jumping to hit a head ball.
  - Move "As If" you are dribbling down the soccer field.
  - Move "As If" you are running backwards to defend the opposing players.
  - Celebrate "As If" your team just won the championship.
  - Repeat as time permits.

### Running Related Activity (RPE 2-3)

#### KING/QUEEN OF THE RING



Materials: Cones. Ball for each player.

Directions:

1. Set up a square or circle playing area.
2. Each player is in the area with a soccer ball.
3. Coach shouts 'GO!'
4. Each player must dribble around the area, trying to kick out other players soccer balls, whilst keeping their own ball under control.
5. If a players ball is kicked outside of the playing area they are 'out'. They must get there ball and go toe taps on the side.
6. The last player to have still have their ball is the winner.



5 MIN



10 MIN



## DAY 1

### Skill Of The Day - DEFENSE (RPE 2-3)

#### DEFENSE INTRO - 1v1's



Materials: Cones and soccer ball.



10 MIN

#### Key Points:

1. Stay on the balls of your feet, body slightly turned (not square).
2. Knees bent, stay low and balanced.
3. Always stay between the attacker and the goal, don't let the attacker get behind you.
4. Approach the attacker quickly, then slow down.
5. Stop about an arm's length away, be ready to react.
6. Force them to the sideline or weaker foot, don't let them go straight to goal.
7. Focus on patience (don't dive in), stay in front of the attacker.
8. Wait for a mistake or heavy touch, use the inside or toe poke to win the ball.
9. Time the tackle when the ball is slightly away from the attacker.

#### 1v1's

#### Directions:

1. Split the players into groups of 3-4.
2. Set up a 10x5 playing area with cones as goals at each end.
3. Players stand opposite each other on the end line. One line starts with the balls, they must try to dribble across the opposite line.
4. Defending player tries to stop them and win the ball, they can then dribble across the opposite line.
5. Rotate groups so that players get different challenge.





## DAY 1

### Game (RPE 2-3)

#### 3V3 GAMES



10 MIN



Materials: Cones to mark off each soccer field. Ball for each field.

#### Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. No goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching).
  - Pass and move.
  - Find open space
9. Play for 3–5 minute rounds, then rotate teams if needed.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



5 MIN



## DAY 2

### Warm Up (RPE 1-2)

#### MESSY ROOM



Materials: Soccer balls, objects of various shapes and sizes (cones, hurdles, balls, etc.).

Directions:

1. Players dribble their ball through the messy room, avoiding obstacles.
2. Encourage using different parts of the foot (inside, outside, laces) to control the ball.
3. If a player hits an obstacle, they must perform a quick skill (e.g. 5 toe taps, a pull-back turn) before continuing.
4. Players continue dribbling for a set time limit (30-60 seconds) or until everyone reaches a finish line.
5. You can repeat multiple rounds, changing the obstacle pattern each time.

### Running Related Activity (RPE 2-3) and Skill Of The Day - DEFENSE (RPE 2-3)

#### NUMBERS GAME



Materials: Cones, soccer balls.

Key Points:

- Stay on the balls of your feet, body slightly turned (not square).
- Knees bent, stay low and balanced.
- Wait for a mistake or heavy touch, use the inside or toe poke to win the ball.

Directions:

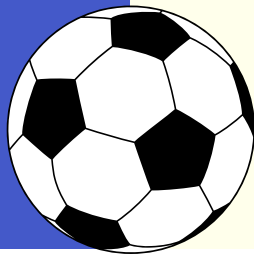
1. Split the group into two teams. Set out two 10x10 boxes and each team stays in their box.
2. Number the players
3. Players are passing one soccer ball in their box
4. Coach shouts out a number, that player must go to the other box and try to steal the soccer ball and kick it out the box, OR force the team to make a mistake.
5. When the ball leaves the box, round is over.
6. Players return to their box and coach calls another number.
7. Keep track of the score.



5-10  
MIN



5-10  
MIN



## DAY 2

### Game (RPE 2-3)

#### 3V3 GAMES



Materials: Cones, ball for each game.



10 MIN

#### Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. No goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching).
  - Pass and move.
  - Find open space
9. Play for 3–5 minute rounds, then rotate teams if needed.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



5 MIN



## WARM UP AND SKILL OF THE WEEK

### Warm Up (RPE 1-2)

#### Warm-Up & Dynamic Stretching (5-7 minutes)

Start with light movement—jogging, skipping, or high knees—to get the heart rate up. Then move into dynamic stretches like leg swings, walking lunges, quad pulls, hamstring sweeps, and hip openers, along with arm circles and torso twists. Keep athletes moving with control and balance to activate the muscles used in soccer (hips, legs, and core). Finish with short accelerations or light dribbling to transition into play—get warm, get loose, and get ready to move.

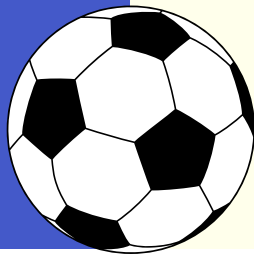
#### WARM UP VIDEO



### Skill of the Week

#### Skill of the Week: Game Awareness

Game awareness is all about understanding the flow of the game, making smart decisions, and staying aware of what is happening around you. Encourage athletes to keep their heads up, communicate with teammates, and pay attention to open space, defenders, and opportunities to support the play both on offense and defense. Start by practicing simple small-sided games and activities that encourage movement, teamwork, and decision-making. As confidence grows, help athletes recognize when to pass, move into space, defend, or take a shot. Encourage players to stay engaged, think ahead, and support teammates throughout the game. The goal: stay aware, make smart decisions, and work together as a team while building confidence and having fun on the field.



## DAY 1

### Warm Up (RPE 1-2)

#### MOVE IT SOCCER STYLE



Materials: None.

Directions:

1. Spread kids throughout the space.
2. Trainer will call out commands starting slowly and speeding up their commands as the kids start learning the skills.
  - Kick it - pretend to kick a soccer ball.
  - Head it - pretend to jump up and head a soccer ball.
  - Dribble it - pretend to dribble a soccer ball down the field.
  - Throw it - pretend to throw the ball in from the sideline.
  - Sprint it - pretend to sprint down the field after an opponent.
3. Continue for the desired amount of time.

### Running Related Activity (RPE 2-3)

#### SOCCER TAG - BODY AWARENESS



Materials: Cones to mark a field. Soccer balls.

Directions:

1. Set up a square playing area with cones.
2. Every player has a soccer ball.
3. Choose 1-2 players to be taggers (they do not have a ball).
4. All other players dribble their ball around the area, trying to avoid the taggers.
5. Players must keep control of their ball while moving in different directions.
6. When a player is tagged, they must:
  - Stop their ball.
  - Perform a body-awareness skill.
  - Rejoin the game.

Body-awareness skills (rotate through these):

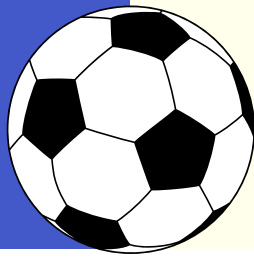
- 5 toe taps.
  - 5 foundations (side-to-side touches).
  - 3 turns (pull-back or inside turn).
  - Do a quick spin and find their ball again.
7. Taggers continue trying to tag as many players as possible.
  8. Rotate new taggers every 1-2 minutes.



5 MIN



5-10  
MIN



## DAY 1

### Skill Of The Day - GAME AWARENESS (RPE 2-3)

#### GAME AWARENESS INTRO



Materials: Cones, soccer balls.

#### Directions:

1. "Body awareness means knowing where your body is and how it moves."
2. Stand on one foot (to work on balance).
3. Try with eyes looking forward, not down at the ground, add the ball later.
4. "Where are your arms, legs, and body?"
5. Practice moving in different ways.
6. Walk, jog, shuffle sideways, move backwards.
7. Change directions quickly.
8. Dribble slowly while staying in control.
9. Keep the ball close to your body.
10. Teach spacial awareness: "Don't bump into others", "Find your own space", Encourage heads up.
  - Look around while moving, don't just stare at the ball.
13. Use stop-and-go control
  - Start fast → stop the ball → balance
    - Balance + toe taps, Dribble, then freeze, Turn your body quickly and go.
14. Simple cues
  - "Control your body"
  - "Stay balanced"
  - "Keep the ball close"
  - "Head up!"

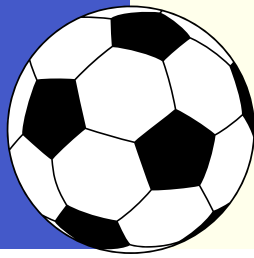
#### Quick Drill - Freeze & Balance

#### Directions

1. Create a small grid with cones, Each player has a soccer ball.
2. Players dribble around the grid freely.
3. When the coach calls "FREEZE!", players must:
  - Stop the ball quickly.
  - Balance on one foot (ball under control) other foot on the ball.
4. Hold the balance for 3-5 seconds, then continue dribbling.
- Repeat with different challenges: Balance on left foot / right foot, Put foot on top of the ball.
  - Do a quick turn before freezing



10 MIN



## DAY 1

### Game (RPE 2-3)

#### MINI GAMES



Materials: Cones to mark fields. A ball for each field.

Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. Choose if you want goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching)
  - Pass and move
  - Find open space
9. Play for 3–5 minute rounds, then rotate teams if needed.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

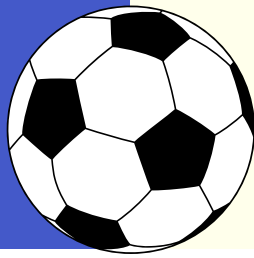
- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



10 MIN



5 MIN



## DAY 2

### Warm Up (RPE 1-2)

#### SOCCER AGILITY DRILL



Materials: Cones to mark the space.

Directions:

1. Students spread out throughout the space.
2. Leader will call out commands as follows:
  - Right - students side shuffle right.
  - Left - students side shuffle left.
  - SOCCER - students touch the floor.
  - Goal - students hop and mimic shooting a soccer ball.
  - Throw - students jump and mimic a sideline throw in.
  - Continue for 2-3 minutes.



5 MIN

### Running Related Activity (RPE 2-3)

#### SOCCEROUT - KNOCKOUT



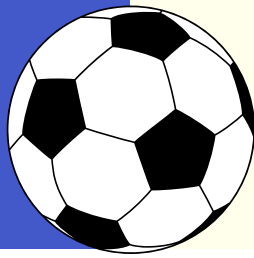
Materials: Soccer balls, soccer goal or cones if no goal is available.

Directions:

1. Set up a goal or 2 cones to make a goal.
2. Players line up at midfield or at the other end line.
3. The first player tries to kick the ball into the goal.
4. If it goes in they are safe, they run to get the ball and go to the end of the line.
5. If the ball doesn't go in they run, get their ball and try again.
6. They must get their ball in the goal before the person behind them gets their ball in the goal.
7. If the person behind you gets the ball in the goal first, the previous player is out for the remainder of the round.
8. Continue until there is only one person left or for a certain amount of time.
9. Adjust starting positions after each round.



5-10  
MIN



## DAY 2

### Skill Of The Day - GAME AWARENESS (RPE 2-3)

#### ULTIMATE SOCCER



Materials: Cones to mark the field. Soccer ball for each field.



10 MIN

#### Key Points:

1. "Body awareness means knowing where your body is and how it moves."
2. Stand on one foot (to work on balance).
3. Try with eyes looking forward, not down at the ground, add the ball later.
4. "Where are your arms, legs, and body?"
5. Practice moving in different ways.
6. Walk, jog, shuffle sideways, move backwards.
7. Change directions quickly.
8. Dribble slowly while staying in control.
9. Keep the ball close to your body.
10. Teach space awareness, "Don't bump into others", "Find your own space", Encourage heads up.
  - Look around while moving, don't just stare at the ball.
11. Use stop-and-go control.
12. Start fast → stop the ball → balance.
  - Balance + toe taps, Dribble, then freeze, Turn your body quickly and go.
13. Simple cues.
14. "Control your body"
15. "Stay balanced"
16. "Keep the ball close"
17. "Head up!"

#### ULTIMATE SOCCER

#### Directions:

1. Set up a cones at the corners of the soccer field, with 4 extra cones, 2 on each end about 10 feet from the end line - creating an "end zone".
2. The spaces at each end of the field are where goals will be scored.
3. Students set up as if they are playing a soccer game, without goalies.
4. Players will start the game as usual, making passes and running around the field.
5. To score a goal players must pass the ball into the "end zone" to another player.
6. If the ball is received from the other player that team scores a point.



## DAY 2

### Game (RPE 2-3)

#### MINI GAMES



Materials: Cones to mark fields, soccer balls.

Directions:

1. Set up a small field using cones (about 20–30 yards long and 15–25 yards wide).
2. Place a small goal on each end (or use cone goals if needed).
3. Divide players into teams of 3. Choose if you want goalkeepers.
4. Start the game with a pass from the coach or a kickoff from the center.
5. Teams try to score by dribbling or passing into the goal.
6. When a goal is scored, the other team restarts with a pass from their end.
7. If the ball goes out of bounds:
  - Players pass or dribble it back into play (no throw-ins).
8. Encourage players to:
  - Spread out (no bunching)
  - Pass and move
  - Find open space
9. Play for 3–5 minute rounds, then rotate teams if needed.

### Cool Down (RPE 1-2)

#### MOVEMENT FLOW

- Calves/Hamstrings
- Hip Flexors/Quadricep
- Hips
- Groin
- Hamstrings
- Calves
- Hip Mobility



10 MIN



5 MIN

Every time kids move, play, and try something new, they're building confidence that goes far beyond the field.

Find more activities, videos, and resources to keep kids active: [www.activekids.org](http://www.activekids.org)

**Keep the game going!**

