

MICRO SOCCER

DAY 1

5-6 YR. OLDS

- 1) Warm-Ups:
 - A) Everyone with a ball, dribble around, stop and go. Now show the skill draw back.
 - B) Everyone with a ball - call body parts to stop the ball on.
 - C) Set out cones 10 to 20 yards in a straight line. Everyone line up – first without a ball. On command, jog 10, then sprint 10, and back. Then with the ball.

- 2) Relay:
 - A) Two to three equal lines – sit facing the coach. 10 yards behind the last player, place a cone. First perform without ball. The last player in line races around the cone and back to sit, touching the next player in line. Repeat until all players are sitting. Now perform with ball.

- 3) Follow the Leader:
 - A) Form a single file line. Coach will lead. Whatever the coach does is repeated by the players. Some ideas – dribble, pick ball up, toss in air, hold on top of head, stand on one foot, Figure 8 between legs, etc.

- 4) Ball Master:
 - A) Two lines with coach in middle. Player passes ball to coach who tosses ball away. Player must retrieve and return to opposite line.

- 5) Tag Game:
 - A) Set up a 20 x 40 grid. One player in the middle of the grid, with the rest at one end with the balls. As they dribble to the other end, the middle man attempts to tag the balls. If touched, the dribbler becomes a middle man. Line moves back and forth until all dribblers are middle men.

- 6) Scrimmage: If time.

HAVE FUN OUT THERE!

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DAY 2

5-6 YR. OLDS

1) Warm-Ups:

- A) Everyone with a ball. Dribble, do stop-go. On whistle, find another ball. Introduce step over, review draw.
- B) Put out one cone per player. Everyone dribble around. On whistle, leave ball, go to cone, stand on one leg. On command, find closest ball and dribble, etc.

2) Relay Racing:

- A) Depending on number of players, set up lines of cones – 5 or 6 in a row. At the end, place a cone out about 10 ft. With and without the ball, weave through cones around farthest cone and home. Without – holding – on head-dribble.

3) Red Light – Yellow Light – Green Light:

- A) Red light means stop with right foot on ball. Yellow light means dribble real slow. Green light means go like crazy.
- B) On every red light, have them do a skill, roll, stand on one leg, etc.

4) Hurdles:

- A) Set up three lines of hurdles. Split players into three groups for a race. Pass ball under the hurdles, dribble to a cone and back.

5) Scrimmage:

- A) During the scrimmage, play the number game.

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DAY 3

5-6 YR. OLDS

1) Warm-Ups:

- A) Everyone jog around the field without a ball.
- B) Half with a ball, half without, jog around. Find someone without a ball and pass it to them, etc.
- C) Everyone with ball do a new skill and review the old ones. New one – fake left, go right. Fake right, go left using outside of left and right feet.

2) Relay Racing:

- A) Depending on number of players, set up two or three lines. Start with a player with a ball. In 10 feet, another player with a ball, in 10 feet another player with a ball, etc. On command, first player dribbles to second, second to third, etc. Last player dribbles back to start – go again.

3) Island Game:

- A) Set out the hula hoops – enough for one for every two kids first, then one for every three kids. Kids run around when coach blows whistle, kids must go to a cone. In 2 or 3 each whistle, pull a hoop.

4) Attack & Protect:

- A) Set up two circles – one big, one smaller. Everyone in big circle with ball, try to knock out player's ball while protecting your own. Now go to smaller circle and do the same.

5) Scrimmage:

- A) Just let them play – no rules.

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DAY 4

5-6 YR. OLDS

- 1) Warm-Ups:
 - A) Introduce ladder and rings. Using ladder, show two ways to go through ladder. Bunny hop, right in right out, left in left out. Rings are in colors – spread them out. First person in line go to all yellow, second person go to all blue, etc.
 - B) Everyone with ball stop go tick tock etc.
- 2) Follow the Coach:
 - A) Set up series of gates. Follow the coach – first without balls. When coach gets to a gate, they do a skill, stand on one leg, crabwalk, etc. Do as many fun ones as possible.
 - B) Now add a ball. When coach gets to a gate, do a simple skill – Figure 8, between feet, pass ball around waist, bounce off head, etc.
- 3) Relay Races:
 - A) Form two or three lines. First person in line has a ball. Over the head, between legs, back up and over, etc. Last person in line comes to front and starts again.
 - B) Form two lines. First person in line has ball. Pass back between legs. Last person grab ball, race to front and start again.
- 4) Weave Run:
 - A) Everyone in a line about arm's length apart. Can be straight, curved, or in a circle. Everyone has a ball. On cue, first person picks up ball and weaves through everyone, then next player, etc. Now dribble through, etc.
- 5) Scrimmage:

HAVE FUN OUT THERE!

MICRO SOCCER

DAY 5

5-6 YR. OLDS

1) Warm-Ups:

Can you
hear me?

- A) Everyone with a ball - dribble around, coach calls stop, go. On whistle, go find another ball. Two whistles, toss ball in air. Review draw and step over. Introduce shoulder roll.
- B) Play Number Game.

2) Shooting:

- A) Players in line with a ball. Pass ball to coach who touches ball. Away player runs to ball and shoots.
- B) Place three stand up cones in goal. Have players line up on the six, and one at a time, shoot and try to hit a cone.
- C) Set up a line of cones. Weave through cones without ball. Coach passes out a ball, player runs on the ball and shoots. Now players dribble through cones and shoot at the end of last cone.

3) Scrimmage:

HAVE FUN OUT THERE!