

Please remember to greet every child before you start this lesson plan, make them feel comfortable, heard, and seen since they might be learning something new. It'll make your job easier!

Lesson 1: Dribbling

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Introduction to Dribbling (page 92) – 15 - 20 minutes**

- Using different parts of the foot: inside, outside, laces, and sole
- Demonstrates the four different styles to the kids. Then have the kids dribble back and forth between cones (cones should be about 10 – 15 yards apart same set up used for warm-ups)

Break - 5 minutes

Related Game **JRs/CORE: Body Parts (page 83) – 15 - 20 minutes**

- All the kids are inside of a 25 x 30-yard grid. Each kid has a ball.
- Objective – Kids dribble the ball with control and stay inside the grid. Reinforce the idea to dribble with head up and find space (Coach Tip; remind kids to social distance on the field.) Coach will then call out a body part, the kids will then stop the ball with that body part; i.e. left foot. If a kid leaves the grid or is last to stop the ball he/she must do toe taps to get back in the game.

Related Game **MIDDLE: Dribbling Circle (page 99) - 15-20 minutes**

- Set up cones to form a circle, and split everyone into 2 groups.
- Group on the inside dribbles using each part of both feet while not running into each other. The group on the outside practices foot skills (ie toe taps, foundations, roll overs). Switch groups after each minute or so.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - **Possible questions:** What are the parts of the foot we use to dribble with? Why is it important to keep our heads up?
- **Health Tip:** *Playing soccer and other sports is great exercise! Regular Exercise helps us to strengthen our muscles and bones.*

Lesson 2: Passing

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/**CORE**/**MIDDLE**: Introduction to Passing (page 119) – 15 - 20 minutes**

- Set up two cones about 5 to 6 yards apart. Create as many cone set ups as pairs of kids. If you have odd numbers, create a triangle.
- Each group should have one ball.
- Demonstrate passing the ball with the inside of the foot. The inside of the kicking foot, hips, and plant foot should all be pointed where you want the pass to go.
- Have the players continue passing the ball back and forth. Step in and make corrections after players have a chance to try a few times.

Break - 5 minutes

Related Game **JRs/**CORE**/**MIDDLE**: Thread the Needle (page 120) – 15 - 20 minutes**

- Have the team pair up and give each pair one ball.
- Place mini-goals (or cones five feet apart) randomly around a 30x30-yard grid, creating at least one mini goal per each pair of players.
- On “GO,” each pair attempts to make as many passes as they can through the mini-goal in one minute. Pairs then report the number to you.
- In the second round, ask every pair to try and improve on their original number; this focuses on improvement and allows all skill levels to find success!
- Communication and teamwork will help facilitate improvement.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What part of our foot do we use to pass? Can someone tell or show me proper passing technique?
- **Health Tip:** *Drinking pop (soda) and other caffeinated beverages lead to dehydration.*

Lesson 3: Dribbling & Passing

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder *JRs*/CORE/MIDDLE: Dribble and Pass – 15 - 20 minutes

- Set up two cones about 5 to 6 yards apart. Create as many cone set ups as pairs of kids.
- Each group should have one ball. Have the players line up behind the same cone.
- The first player will leave Cone A and dribble around Cone B. As the player makes the turn around Cone B they will pass the ball back to their partner at Cone A. Player one will then run back to Cone A.
- Player two will receive the ball at Cone A and repeat the process.
- This drill is design to keep continuous movement, coaches may use three players instead of two

Break - 5 minutes

Related Game *JRs*/CORE/MIDDLE: Ice Monster Tag (page 81) – 15 - 20 minutes

- Each player has a ball and is dribbling throughout a grid of any size.
- One person is the "Ice Monster" or "It" and is attempting to tag the other players with a pool noodle
- When a player is tagged s/he holds his/her ball over his/her head until another teammates pass the ball through his/her legs to free him/her
- The game ends when everyone is frozen.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: Why is it important to keep our head up when we are dribbling? If someone is open for a pass far away, do we put more or less power in our pass?
- ***Health Tip: Eating fruits is a great way to get a sweet treat and stay healthy.***

Lesson 4: Defending

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Defending with Partner – 15-20 minutes**

- *Role of Defender/Midfielder* is to keep the other team from scoring and to keep the ball away from the other team on offense
- In pairs students will practice defensive posture and movement. One student will dribble in a straight line towards the defender
- Defender will shuffle their feet moving backwards to stay a few feet ahead of the dribbler. The defender should not try to steal the ball, but remain in an athletic posture with knees bent and body balanced.
- Once the pair reaches the boundary of the exercise, the ball should be passed to the defender and the pair will switch roles, heading in the opposite direction.

Break - 5 minutes

Related Game **JRs/CORE: Monkey in the Middle (page 124) – 15-20 minutes**

- In 10x10yrd grids, play three attackers vs. one defender (the monkey in the middle).
- Attackers run along the path of the cones as they are trying to stay at a 90 degree angle to the teammate with the ball.
- Encourage players to think about where they should move next to support their teammate.
- Attackers score a point by making five passes in a row.

Related Game **CORE/MIDDLE: Monkey in the Middle *Advanced* (bottom of page 124) – 15-20 minutes**

- Same set up as above.
- Limit the number of touches among the attackers to 2/3 touches.
- To create more variation, make the grid smaller to make the passes between the attackers more difficult

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What is the role of a defender or midfielder? What are some things to keep in mind as we are defending the ball?
- **Health Tip**: *Fill half your dinner plate with vegetables. Great way to fuel your body.*

Lesson 5: Possession

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Passing in Order (page 127) – 15 - 20 minutes**

- In a 25x25 yard grid, split the team in half and ask each team to go to their own half of the field. Each team has one ball.
- Number off the players on each team 1 through 8. Next, ask each team to pass, in order, from player #1 to #2 to #3... to #8, then back to #1.
- After both sides succeed a few times on their own half of the field, tell the teams to spread out through the whole field and repeat the exercise, continuing 1,2,3,4,5,6,7,8,1,2,3....
- Start one team on player #1, and the second team on player #4. See if one team can catch up to the other – make it a race.
- Although the teams are competing, they cannot defend against the other team

Break - 5 minutes

Related Game **JRs/CORE/MIDDLE: Sharks and Minnows (page 86) – 15 - 20 minutes**

- Create a 20x 30 yard grid with cones. Use multiple cones on the long side.
- Have all the players line up along one of the short sides of the grid, each with their own ball. They are the Minnows.
- The coach will be on the opposite side of the grid. The coach will have the pool noodle and be the Shark.
- On “Go” the Minnows will dribble their balls from one side of the grid to the other side of the grid. The players or “Minnows” must stay inside the cones. They may not go out of bounce.
- The Shark will try to use the pool noodle to tap the Minnow’s ball. If the Shark’s pool noodle taps a ball that Minnow is out.
- Continue to play until only one Minnow is left.
- Play as many rounds or games as possible during your allotted time.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: Why is it important to possess the ball? How do we possess the ball?
- **Health Tip:** *Taking care of your body - make sure you are brushing your teeth. Make sure we keep our teeth strong.*

Lesson 6: Shooting

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder *JRs*/CORE/MIDDLE: Introduction to Shooting (page 129) – 15-20 minutes

- *Role of Forward* is to help bring the ball up the field and score goals.
- Shooting: plant foot next to the ball, lean over the ball, hips facing target, kick the ball using the laces, kicking foot should follow through with a full swing, and land on kicking foot for power
- Have players line up across the six yard line and practice shooting into an open goal; encourage proper technique as well as low and hard shots out of reach from the goalkeeper.

Break - 5 minutes

Related Game *JRs*/CORE/MIDDLE: Shooting Practice (page 131)- 15-20 minutes

- Have a goal (or two) set up for kids to practice shooting 10-15 yards away from the goal practicing good technique.
- Each player takes a turn shooting from near the cone on the goal.
- Progress by having players dribble up then shooting near the set cone.
- For more challenging shots, have players run up to the cone and shoot the ball from an incoming pass from the side using 1 or 2 touches

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What is the role of a forward? Can someone tell or show me proper shooting form?
- **Health Tip**: *Getting plenty of sleep. It is very important that we get a full 8 hours of sleep. Our Bodies need a full night sleep to recover.*

Lesson 7: Goalkeeping

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder *JRs*/CORE/MIDDLE: Introduction to Goalkeeping (page 146-147) – 15-20 minutes

- *Role of Goalkeeper* is to keep the other team from scoring and are the only players that can use their hands.
- *Catching*: balls above the waist use a triangle catch; balls below the waist or on the ground use the basket catch.
- Have players pair up with one ball and practice receiving and distributing the ball to each other.
 - Roll the ball back and forth
 - Catch the ball in the air above & below the waist
- *Diving*: hands to the ball, lean sideways, roll onto hip then side, and bring the knee of the top leg up.
 - Sideways dives without the ball first; then sideways dives with the ball

Break - 5 minutes

Related Game *JRs*/CORE/MIDDLE: Goalkeeper Keep Away (page 154) – 15 - 20 minutes

- Divide the group into two teams in a 30x35 grid. Play regular keep-away with every single player as a goalkeeper.
- In order to pass the ball, each player must throw it and catch the ball without it dropping. Players can score by getting five “passes” (throw-catch) in a row.
- A team loses possession when the ball goes out of bounds or it is dropped

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What is the role of a goalie? Can someone tell or show me proper catching form?
- **Health Tip**: *Keep your body moving. Encourage your family to go for a walk or bike ride daily.*

Lesson 8: Shooting & Goalkeeping

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder JRs/CORE/MIDDLE: Multi-Goal (page 180) - 15-20 minutes

- Create four goals, one on each endline in a 30x30yrd grid. Split the team in half for even teams.
- Teams can score in any goal. With the many goals, players should keep eyes open for teammates.
- Have teams keep track of how many goals they score.

Break - 5 minutes

Related Game JRs/CORE/MIDDLE: World Cup (page 135) – 15 - 20 minutes

- Create a 20x20 yard grid with one large goal, a goalkeeper, and evenly skilled groups of two or 3; each group creates a team name (USA, Ghana, Mexico...).
- Stand outside the grid and throw a ball into the playing area where all of the teams are waiting.
- The teams must retrieve the ball, work together, and score quickly. Once a team scores, the players must leave the grid to wait for the next round.
- The last team remaining on the field is eliminated from the World Cup. Eliminated teams can help throw-in the balls or shag miss-hit shots.
- Continue to the next round with one less team.
- Play until one team remains - the World Cup Champions!

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: When we shoot, what areas of the goal should we aim for? What part of the foot do we use to shoot?
- **Health Tip:** *Exercising our bodies is very important, but we need to also exercise our brain. Pick up a book and read outside of school work.*

Lesson 9: Dribbling & Passing

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Brazilian Tunnel (page 116) – 15 - 20 minutes**

- Create a “tunnel” with two parallel lines of four cones each. Start one line 6 feet before the other so that the cones are diagonal. Split the players into two groups: passers and runners. Arrange passers at the cones with balls at their feet. The runners should line up behind a cone at the mouth of the tunnel.
- The first runner enters the tunnel and approaches the first passer, receives a pass and returns it to the passer, they turn to the other line of the tunnel, approach passer, receiver and return pass. Continue this until they have completed the tunnel. They then return to the end of the runner line. When the first runner is half way through the tunnel, the second player can enter the tunnel. When all runners have had two trips to the tunnel, have the groups switch roles

Break - 5 minutes

Related Game **JRs/CORE/MIDDLE: Nest Relay (page 102) – 15-20 minutes**

- In a 25x 25 yard grid, place a cone at each corner and all the balls in the middle.
- Split the group into four teams of 2 kids (or 3 kids), each team in line behind a cone.
- On “Go”, one player per team can collect a ball from the center. Only one player per team can leave the cone at a time, and a player can only dribble one ball at a time.
- Count the number of balls each team has collected. The team with the most collected wins

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: Why is it important to keep our head up when we are dribbling? If someone is open for a pass far away, do we put more or less power in our pass?
- **Health Tip:** *Fruits and Vegetables are full of Fiber: Fiber helps to fill up our bodies with healthy foods.*

Lesson 10: Defending

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Break - 5 minutes

Skill Builder **JRs/CORE/MIDDLE: Cone Ball: 3v3 – 15-20 minutes**

- Divide the team into two teams of 3's.
- Create a 10x10yrd grid with two cones with a ball on top, near the “endzone” of each team’s side.
- Within the space, have the teams of 3 possess the ball within their teams and to the other team’s cone on the opposite side while passing the ball and avoiding the other team. When on defense, the team should defend their cones from being targeted.
- A point is scored when the soccer ball is passed into the ball on top of the cone and awarded to the team who knocked it off; Keep track of points, the team with the highest score wins.

Related Game **JRs/CORE/MIDDLE: Endlines (page 172) - 15-20 minutes**

- Create a wide, short field 25x10yds and create four mini goals, 2 on each endline in the corners.
- Teams can score in 1 of 2 ways: shooting into an open mini-goal for 1 point or by stopping the ball on the endline between the two goals for 2 points. Have players keep track of their number of goals. Teams should defend when they do not possess the ball.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What is the role of a defender or midfielder? What are some things to keep in mind as we are defending the ball?
- **Health Tip**: *Brushing Teeth not only keeps our breath fresh: it also helps our overall health.*

Lesson 11: Possession

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Passing Goals (page 172) – 15 - 20 minutes**

- Set up a normal scrimmage field, with players divided into two teams.
- Add a few mini goals spread around the inside of the field. If players complete passes through the mini goals, their team receives a point just as if they score on the traditional goal.

Break - 5 minutes

Related Game **JRs/CORE/MIDDLE: Magic Ball (page 126) – 15 - 20 minutes**

- Create a 25x25 square. Split the group into two teams. The offense is given 1 ball, the defense 2.
- The offense will try to complete 6 passes in a row, while the defense will throw their two balls between one another seeking an opportunity to strike the offense's ball with one of their own.
- When this happens, or the offense completes 6 passes, teams switch roles

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: Why is it important to possess the ball? How do we possess the ball?
- **Health Tip:** *Sleeping: Not only does sleep rejuvenate our bodies, But regular good night sleep can help our bodies grow.*

Lesson 12: Shooting

DURATION: 45-60 minutes

Warm Up – 10 minutes

- Dynamic stretch - butt kicks, high knees, shuffles, toe touches, and etc. (set up cones about 10 – 15 yards apart)
- Foot skills – toe taps, foundations, foundations with roll (have kids stand in front of their cone to perform skill)

Skill Builder **JRs/CORE/MIDDLE: Superman (page 133) - 15-20 minutes**

- Create two teams and line players in two lines about 35 yards out from the goal.
- Coach will stand between two lines with all the balls and serve a ball in towards the goal.
- The first player to the ball is the attacker and tries to score, the second the defender.

Break - 5 minutes

Related Game **JRs/CORE/MIDDLE: 2v2 Shooting Game (page 134) - 15-20 minutes**

- Set up two goals about 20 yards apart and divide players into two teams. Each team starts on either side of their defending goal. Sidelines/grid optional.
- Coach plays a ball in the center of both teams. Each pair works with their partner to score in the other team's goal. If nobody scores in 30secs or 1 minute, switch pairs.

Cool Down, Debrief, and Health Tip – 5-10 minutes

- Static stretch - leg stretches (hamstrings, quads, hips, etc.) and arm stretches (across chest, behind head, etc.). As the kids stretch, ask them some questions about the session.
 - Possible questions: What is the role of a forward? Can someone tell or show me proper shooting form?
- **Health Tip:** *Regular Exercise helps us to strengthen our muscles and bones.*