Micro Soccer Lesson Plan

Day 4

2:30 p.m. – Youth coaches set-up fields, corner flags, and balls

Girls/Boys

Greet Players & Warm-up Drill

* + - Warm-UP Drill: Toe Touches – Each player has a ball. Object: “tap” the top of the ball with your big tow and continue back and forth. Pretend the grass is hot cement as this helps them bounce back and forth between alternating feet. Transition into having players pass the ball back and forth between their feet. Ball Switch - Set up a 20’ x 20’ playing area with cones. Each player has a ball and dribbles inside area. While dribbling, coach calls out “Switch.” Players then stop their ball where it is at and then goes to find another ball.
    - Do Exercises (stretch, jumping jacks, jog around field etc…)

3:00/4:15 (6 Min): Drill 1 – Pairs Passing - Players pair up with a partner. Have them stand 10’ apart. Players pass back and forth. Teach proper passing with the inside of their feet. Have players switch feet when passing.

3:06/4:21 (6 Min): Drill 2 – Clearing the Field Relay Race - Divide your team into two groups. Place teams on each side of the goal. Put the number of balls each side has out in the field at random spots but generally in the same area. KEY POINT: Split the field in half making sure there are no balls straight out from the goal. Object is each side sends a player out and gets a ball to dribble back to score with. Once a player is done, have them sit back on their side. The side that clears their field of balls first wins.

3:12/4:27 (2 Min): Water Break

3:14/4:29 (15 Min): 4 on 4 Soccer Game #1 Versus Other Team

3:29/4:44 (6 Min): Drill 3 – How Much Time Coach – Players line up on an end line. Coach is on the opposite line. Players yell out “How much time coach?” The coach calls out a number (ex. 7 seconds) players must try and dribble and get to the coach before he counts to the number. The GOAL of this game is to get them running from sideline to sideline.

3:35/4:50 (6 Min): Drill 4 – Open Door/Closed Door Dribble - Set up several “doors” using 2 cones 3’ apart. Object of the game is for players to dribble through all the doors. Second time through, you and your assistant move through the area closing some doors by standing in them as they dribble around. Shout out the “this door is closed”

3:41/4:56 (2 Min): Water Break

3:43/4:58 (15 Min): 4 on 4 Soccer Game #2 Versus Other Team

3:58/5:13 (2 Min): Closing

* + - Reminders
    - Team Cheer and High 5’s

4:00 Youth Coaches prepare for Boy teams to arrive

5:15 Youth Coaches pick-up fields