



Eagan Rec. Soccer

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| Age Group | 3rd and 4th Grade |
| Theme | Dribbling and 1 vs 1 |
| Time | 35 minutes of training / 25 minute scrimmage |

| Activity/Drill | Notes and Coaching Points |
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|  | <p>Shooting the Gap – Passing and Receiving</p> <ol style="list-style-type: none"> 1. Two groups of 4-6 players. 6 players with a ball on the end line and 6 on the outside of the space with a partner across from them. When the coach says go the players on the end line dribble the ball across to other side and back 3x. 2. The passers have 2-3 touches to receive and pass without hitting a teammate on the dribble in the middle. Players should try to connect as many two touch passes as possible. 3. All passes with inside of the foot on the ground to teammates feet. Heel down – toe up! 4. Control first touch with inside of the foot and pass with inside of the foot. 5. Restrict dribblers to dribble with only left foot, right foot, both feet and the final lane is as fast as they can go under control. 6. Switch the dribblers and passers and continue the activity <p>Question for the team: What part of your foot should you pass with?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Pass with inside of the foot – lock ankle • Plant foot towards target |
|  | <p>Shooting – 1 vs 1 vs 1 to Goal</p> <ol style="list-style-type: none"> 1. Three lines of 3-4 players with a ball. The first player in line must pay attention and listen for Coach command. 2. The player at the red cones begins the sequence on the dribble – cuts through the red gate and strikes a shot on goal. As soon as they take a shot the player transitions into a defender – the player at the yellow gate takes them on 1 vs 1 to goal. As soon as the yellow player shoots they transition and become a defender to the player at the blue cones. Once the player at the blue cones shoots or the ball goes out of bounds the game restarts at the red cones. 3. The players should rotate after each round to the right. Players should always come back to the line with a ball. 4. The players need to have a quick transition from offense to defense 5. Encourage players to strike with their laces <p>Question for the team: When taking on 1 vs 1 what is something you can do to be dangerous on the ball?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Try moves/skills on the ball to beat defender • Change your speed to beat defender |



Numbers Game 1 vs 1, 2 vs 2 and 3 vs 3

1. Two teams of 5-6 players. Give each player a number and put one team in pinnies.
2. Make sure the players understand where they are scoring and what goal they are defending.
3. All of the soccer balls with the coach in the middle of the field. Coach will yell 1, 2, or 3 numbers and the players with those numbers sprint around their goal and enter the field. The game continues until the ball goes out of bounds or a goal is scored.
4. The coach plays the ball into either team – keep the game competitive by switching who receives the initial pass.
5. Change up the number combinations to build your players relationships on the field with new players.
6. Teach players to take on 1 vs 1 and look to pass/move when playing with teammates.
7. Play to 10 goals

Question for the team: When is the right time to dribble?

Coaching Points

- Dribble the ball when you have space in front of you
- Pass the ball to teammates feet – move after you pass
- Transition from offense to defense quickly



Scrimmage / Game Play

- 5 vs 5 or 6 vs 6 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and picking your head up.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble