

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**









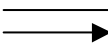
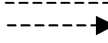



Legend.....	2
Week One – Warm Up .....	3
Week One – Fun Game.....	4
Week One – Fitness.....	5
Week One – Technical/Tactical Game.....	6
Week One – Final Game.....	7
Week Two – Warm Up.....	8
Week Two – Fun Game .....	9
Week Two - Fitness.....	10
Week Two – Technical/Tactical Game .....	11
Week Two – Final Game .....	12
Week Three – Warm Up .....	13
Week Three – Fun Game .....	14
Week Three - Fitness .....	15
Week Three – Technical/Tactical Game.....	16
Week Three – Final Game .....	17
Week Four – Warm Up .....	18
Week Four – Fun Game .....	19
Week Four - Fitness.....	20
Week Four – Technical/Tactical Game.....	21
Week Four – Final Game .....	22
Week Five – Warm Up .....	23
Week Five – Fun Game .....	24
Week Five - Fitness .....	25
Week Five – Technical/Tactical Game.....	26
Week Five – Final Game .....	27
Week Six – Warm Up .....	28
Week Six – Fun Game .....	29
Week Six - Fitness .....	30
Week Six – Technical/Tactical Game.....	31
Week Six – Final Game .....	32
Week Seven – Warm Up .....	33
Week Seven – Fun Game.....	34
Week Seven - Fitness .....	35
Week Seven – Technical/Tactical Game.....	36
Week Seven – Final Game.....	37
Week Eight – Warm Up .....	38
Week Eight – Fun Game .....	39
Week Eight - Fitness .....	40
Week Eight – Technical/Tactical Game.....	41
Week Eight – Final Game .....	42
Week Nine – Warm Up.....	43
Week Nine – Fun Game.....	44
Week Nine - Fitness .....	45
Week Nine – Technical/Tactical Game.....	46
Week Nine – Final Game.....	47

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Legend**

The following symbols will be used in the diagrams for the various activities that can be used at practice :

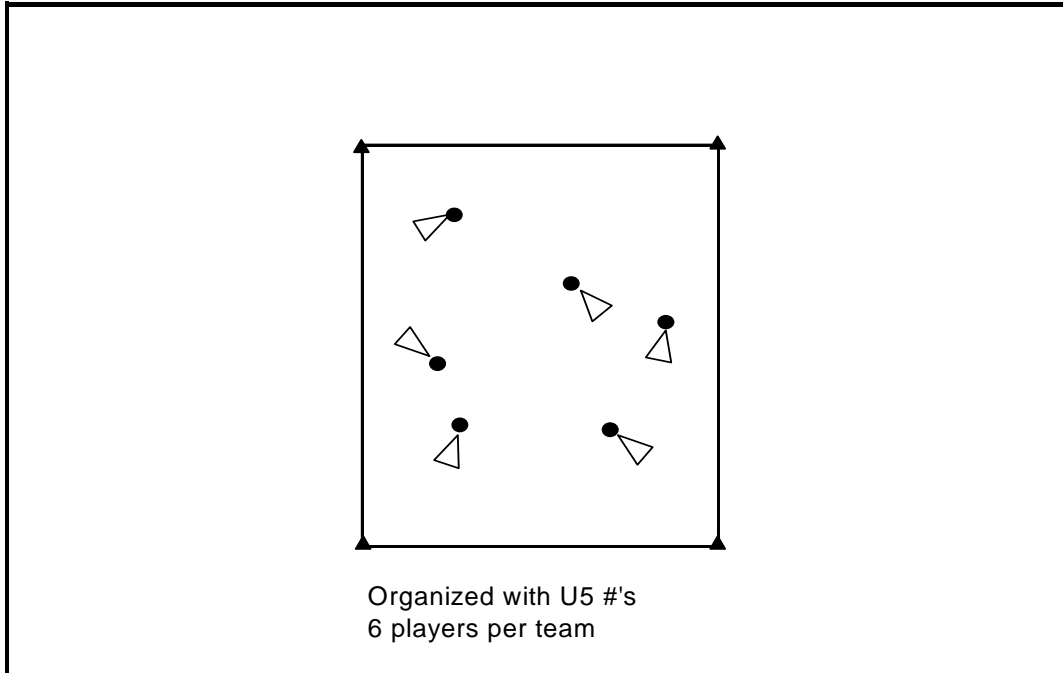
**Practice Legend**

	= small cone
	= large cone
   	= players
	= ball
	= coach
	= path of ball (pass)
	= path of movement (run)
	= path of dribble
	= cone goal
	= goal

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**Week One – Warm Up**

Dribbling Vitamins

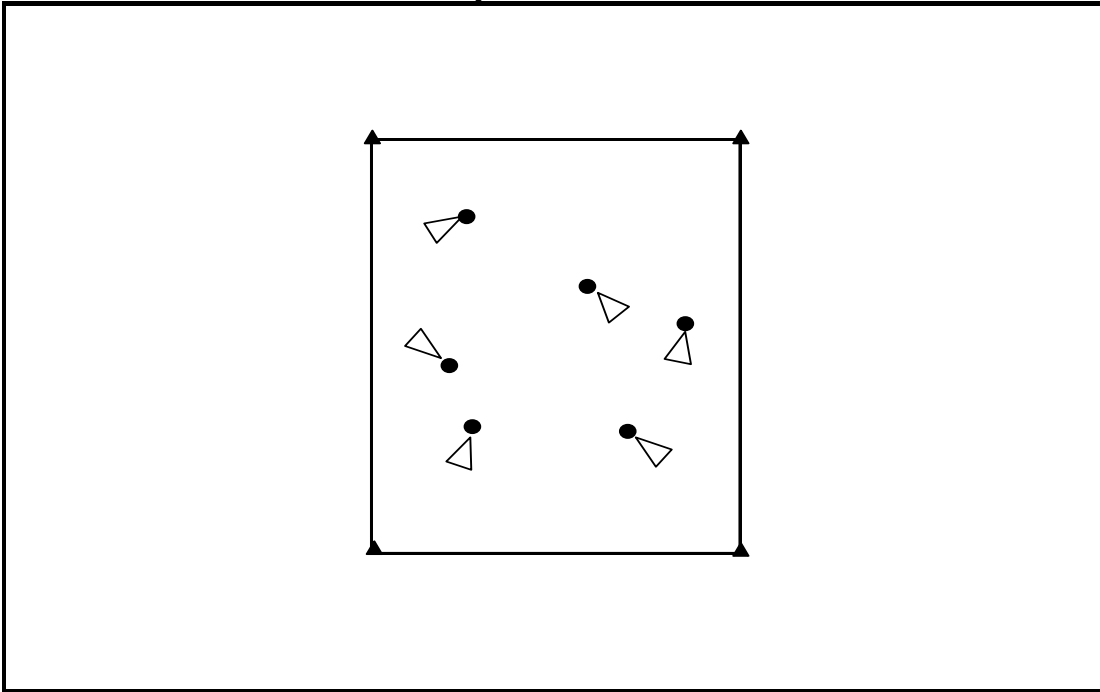


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves  
    #1 In Between the Feet (Basic Foundation)  
    #2 Inside-Inside-Outside-Outside (Zig-Zag)  
U7-U8 Dribbling Moves (in addition to 1 & 2 above)  
    #3 Sole Roll
- Coaching Points:** Teach BUSC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week One – Fun Game**

**Body Parts Game**

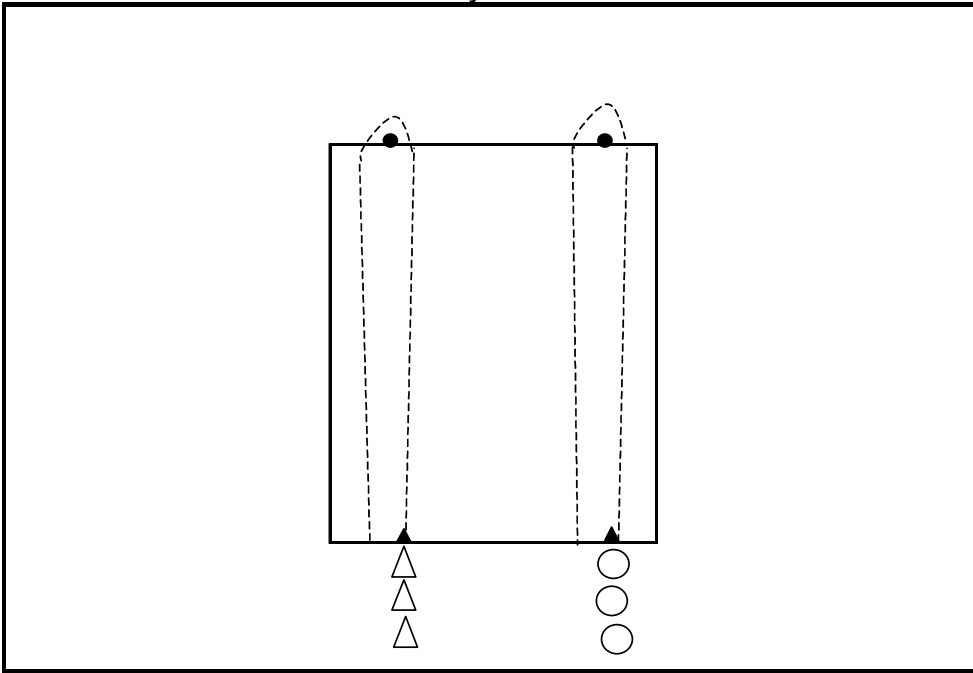


- Objective:** Ball Coordination
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** Actions = Dribbling with different surfaces of the foot, inside, instep, outside and sole. Coach calls out different body parts (head, right foot, left knee etc.,) and players immediately place indicated body part on the ball.
- Rules:** Last player to perform task does a physical task (i.e., two jumping jacks , two jumps over the ball, two pushups or two situps)
- Coaching Points:** Perform task as quick as possible
- Variations:** Coach calls out multiple body parts (i.e., right knee and head)

**Ballistic United Soccer Club**  
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**Weekly Drills**

**Week One – Fitness**

Relay Races

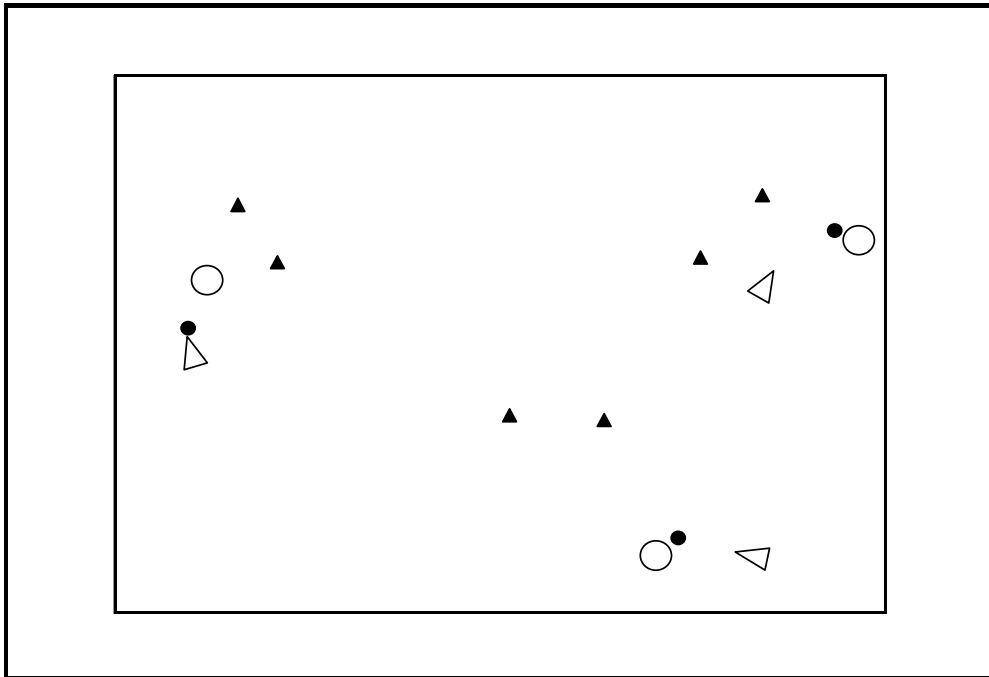


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** Two cones and two balls for two teams; three cones and three balls for three teams (training bibs can be used to differentiate between the teams)
- Organization:** Divide into two or three teams
- Rules:** 1st runner must sprint around ball and back and touch next player to start.
- Coaching Points:** Strong Effort
- Variations:** Run backwards  
Skip  
Jump over ball twice  
Somersault  
Start on stomach  
Start sitting

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**Week One – Technical/Tactical Game**

1 v 1 to Goal

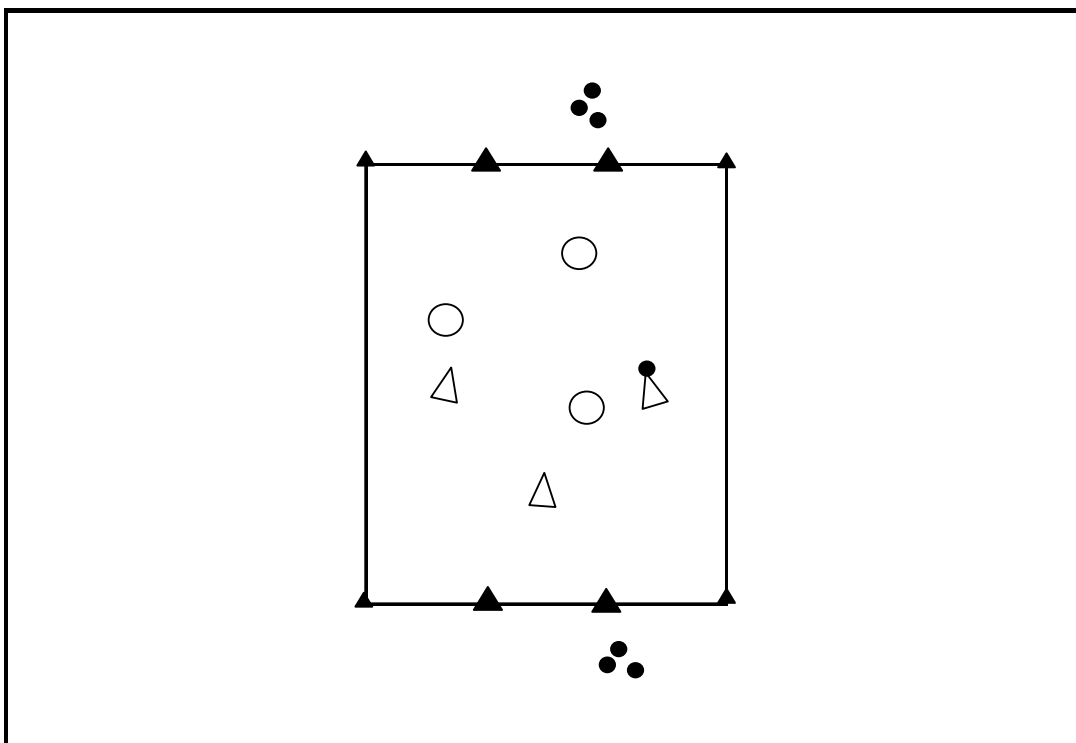


- Objective:** Learning to beat a defender, learning to win the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Open field
- Equipment:** Two cones per pair of players, one ball per pair
- Organization:** Pair up players. Each player with a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Players stand back-to-back then take two steps and place cones on ground, creating goal.
- Rules:** 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone. Rotate players every 30-60 seconds
- Coaching Points:** Take on defender with speed  
Change direction and change speed  
When defeneder wins ball, make quick transtion from attack/defense.
- Variations:** Pairs can score on any goal.

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**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week One – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

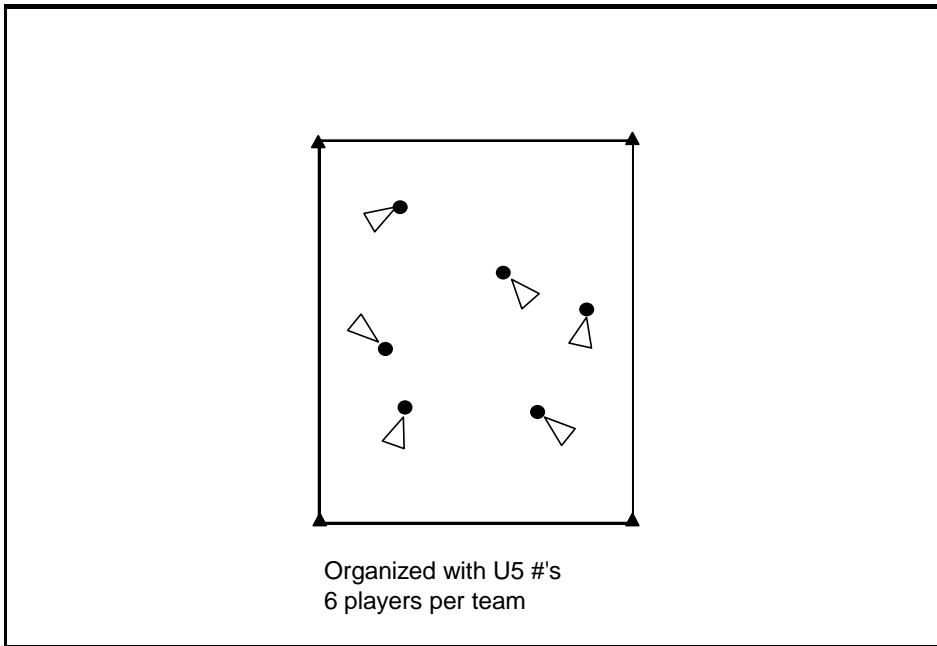
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Two – Warm Up**

Dribbling Vitamins

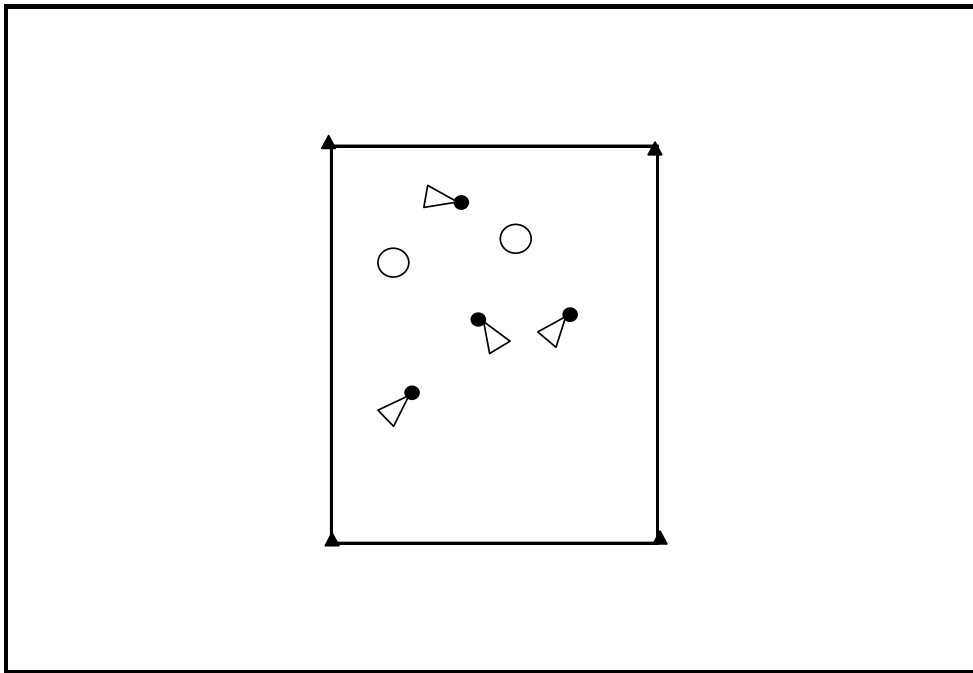


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves  
Review 1 and 2  
#3 Sole Roll  
U7-U8 Dribbling Moves  
Review 1 - 3  
# 4 Psych  
# 5 Spin Away
- Coaching Points:** Teach BUSC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

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**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Two – Fun Game**

**Dribbling Tunnel Tag**

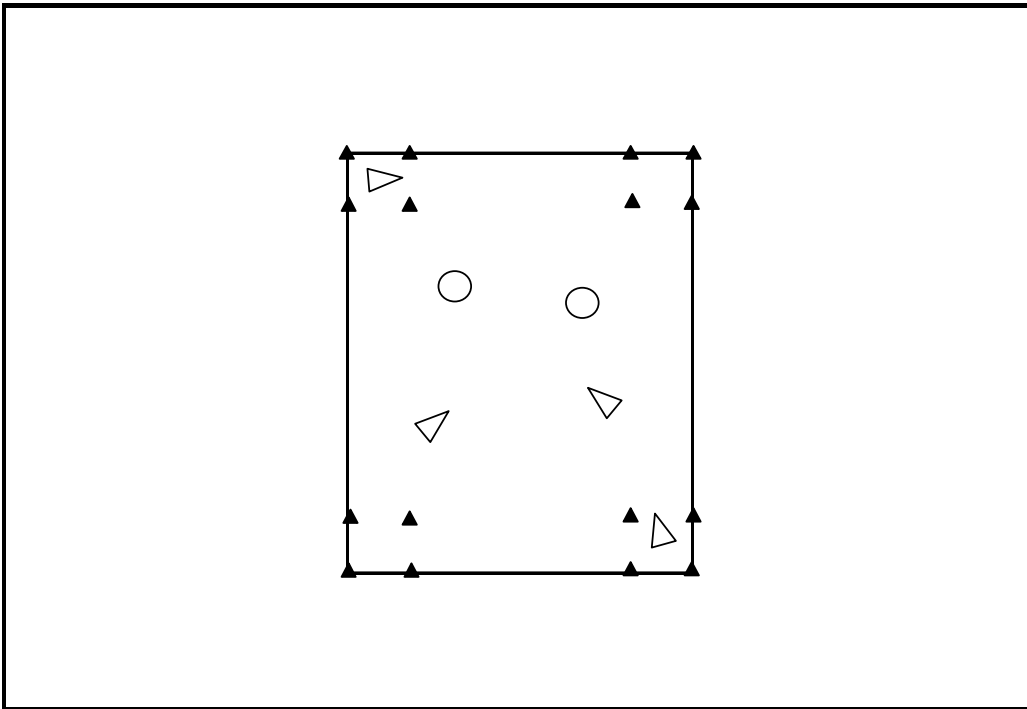


- Objective:** Dribbling under pressure, Shielding
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, ball for each attacking players, two training bibs
- Organization:** Two taggers (defenders), all other players (dribblers with a ball)
- Rules:** Maintain control of ball inside grid. Tagger is attempting to touch dribblers ball. If touched, dribbler picks up ball and raises over head and creates tunnel through legs. Dribbler returns to game, when another dribbler, dribbles ball between legs (Tunnel) Rotate taggers every 90-120 seconds.
- Coaching Points:** Dribbling with head up (vision)  
Maintaining possession of the ball (shielding)  
Changing direction and changing speed  
Defenders working as a team
- Variations:** How many players can taggers tag in allotted time? Can taggers tag all dribblers before end of allotted time?

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**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Two - Fitness**

**Four Corners Tag**

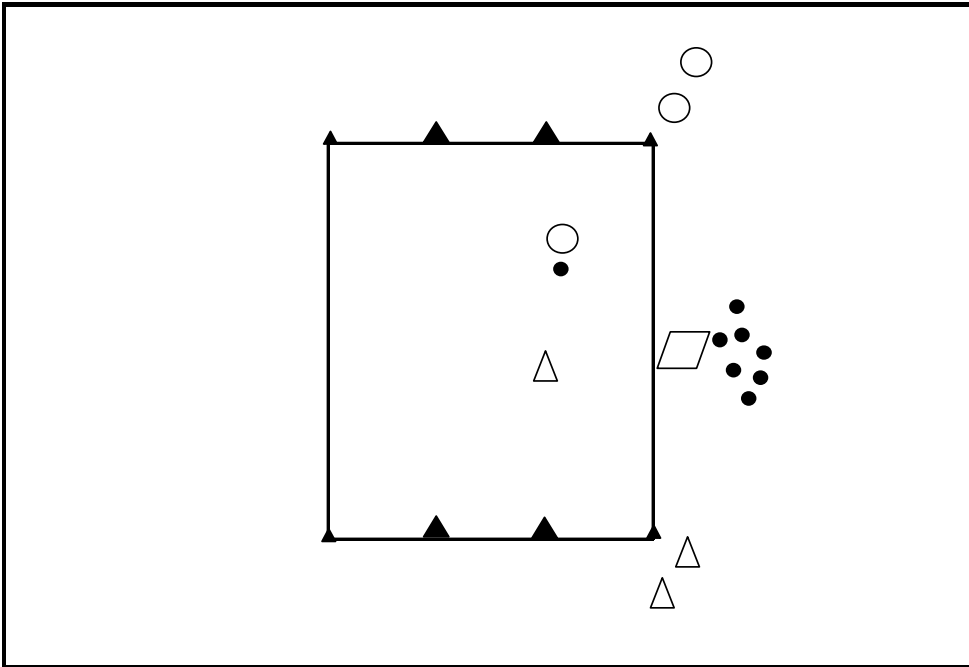


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 16 cones, one training bib
- Organization:** One tagger, all others are runners
- Rules:** Runners can use Safe Zone (corners). Only one runner per Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner if tagged, crouches down. Rotate tagger every 60-90 seconds.
- Coaching Points:** Changing direction  
Changing speed  
Reaction Speed  
Vision
- Variations:** Have runners become dribblers by adding balls.

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**Weekly Drills**

**Week Two – Technical/Tactical Game**

1 v 1 Steal the Bacon - to goal

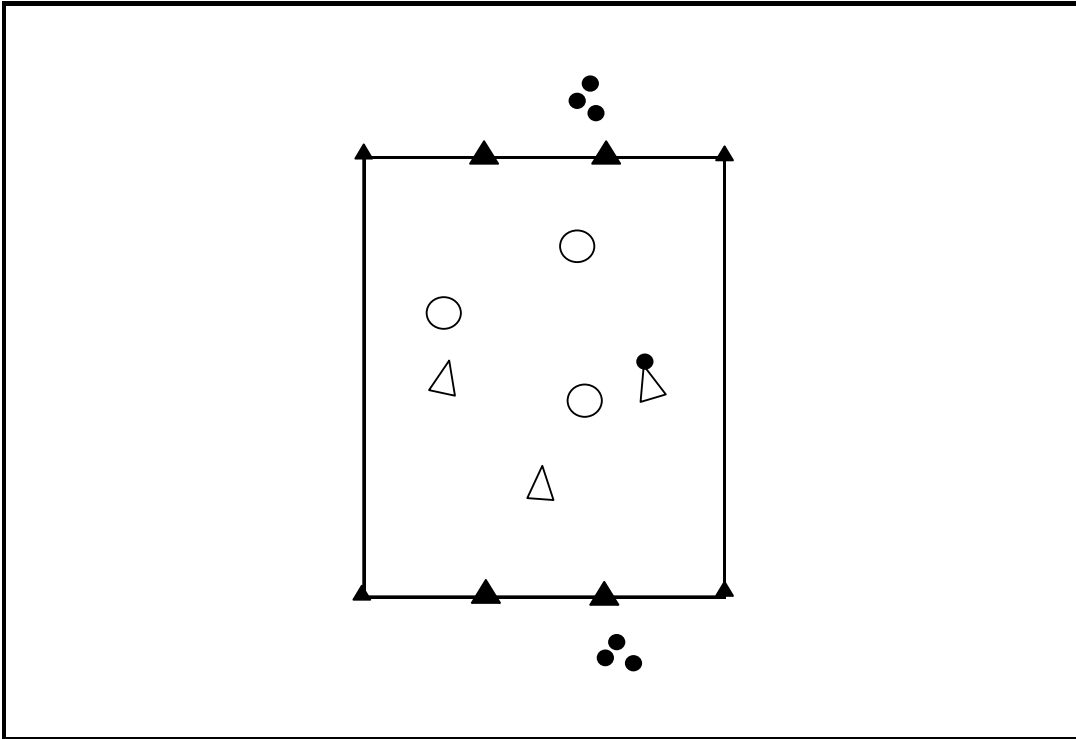


- Objective:** Learning to play 1 v 1, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
- Rules:** Coach starts game by rolling ball into field and calling a # corresponding numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.
- Coaching Points:** Take on defender with speed  
Change direction and change speed  
When defender wins ball, make quick transition from attack to defense.
- Variations:** Coach calls out multiple #'s.

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**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Two – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

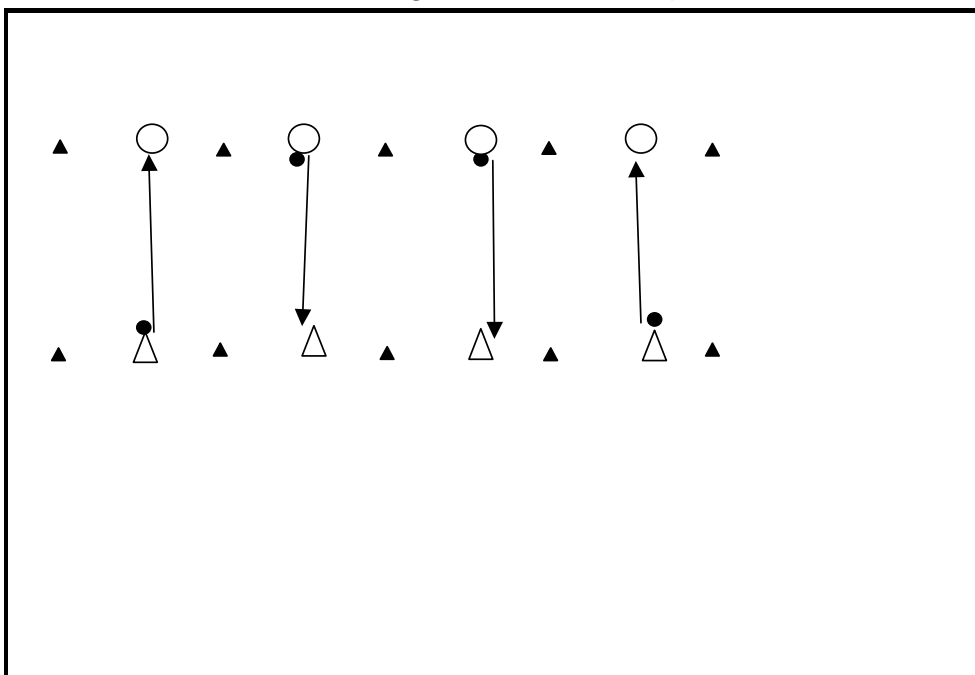
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Three – Warm Up**

**Passing Vitamins - Instep**



**Objective:** Improving Instep Passing

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** Start distance between passers 5 yards

**Equipment:** 10 cones, one ball per two players

**Organization:** Two players with one ball

**Rules:** Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

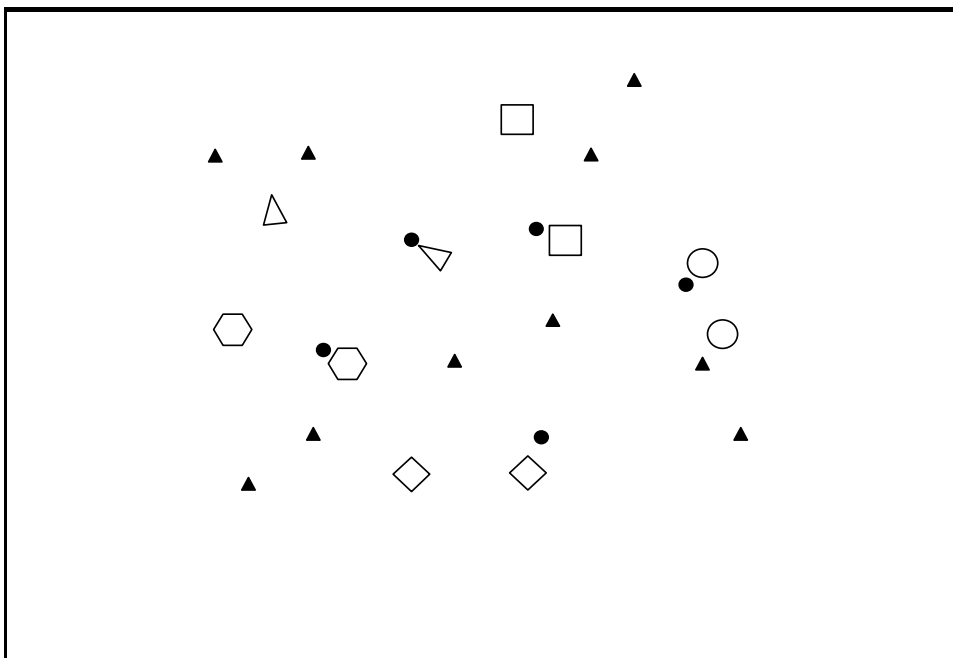
**Coaching Points:** Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)

**Variations:** Must use certain foot to pass and/or receive the ball  
Pass a moving ball (self-pass) to partner  
Increase distance between passers  
Have players move around field and pass

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Three – Fun Game**

Passing Gates

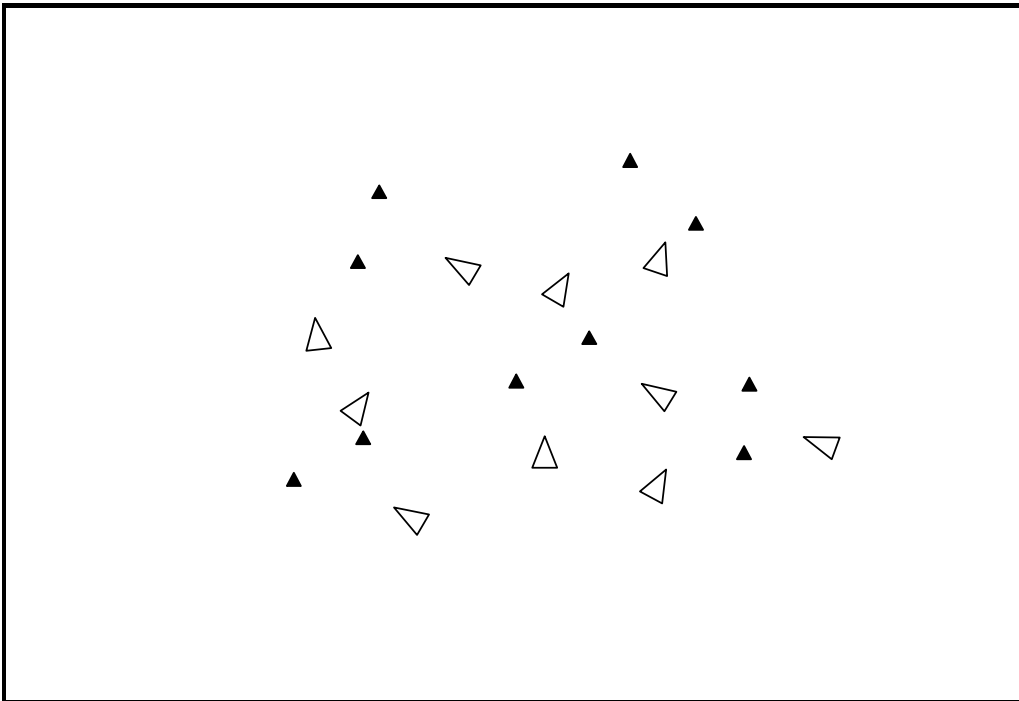


- Objective:** Improve passing, movement with and without the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field. Two player with one ball
- Rules:** Players try to pass through as many gates (to partner) in allotted time
- Length of each run should be 30-60 seconds
- Coaching Points:** Vision - Avoid crowded gates  
Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)
- Variations:** Pass must be with instep, must be with right/left foot  
Rotate Partners

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Three - Fitness**

Running Gates

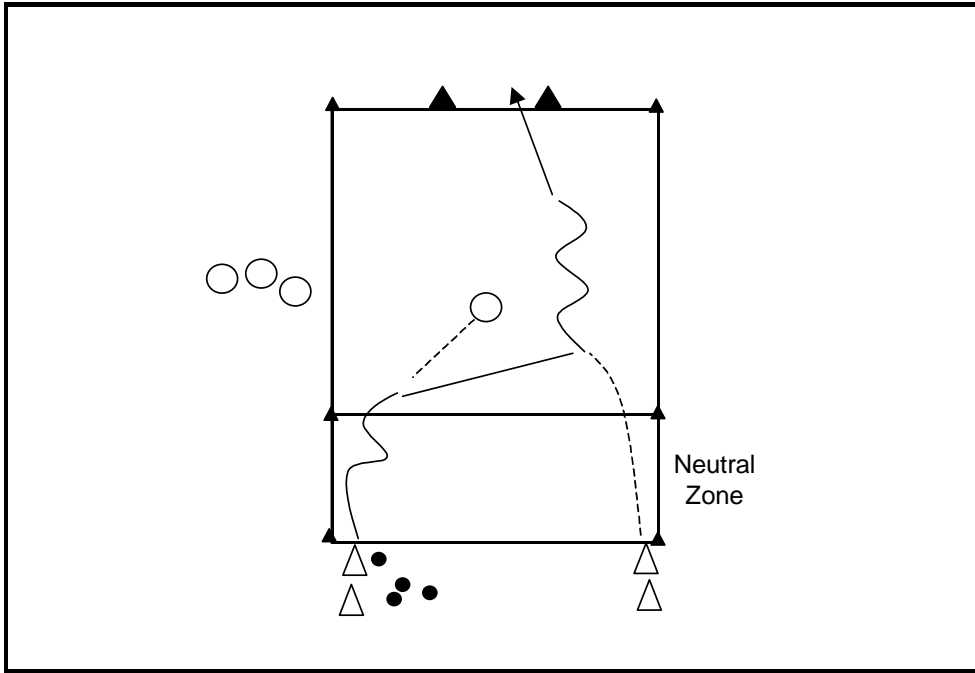


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field.
- Rules:** Players try to run through as many gates in allotted time  
Length of each run should be 30-60 seconds
- Coaching Points:** Vision - Avoid crowded gates
- Variations:** Running Backwards  
Skipping  
Push-Up at gate  
Figure 8 around the cones (gate)  
Somersault through gate  
Jump over cones at gate

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Three – Technical/Tactical Game**

2 v 1 to goal

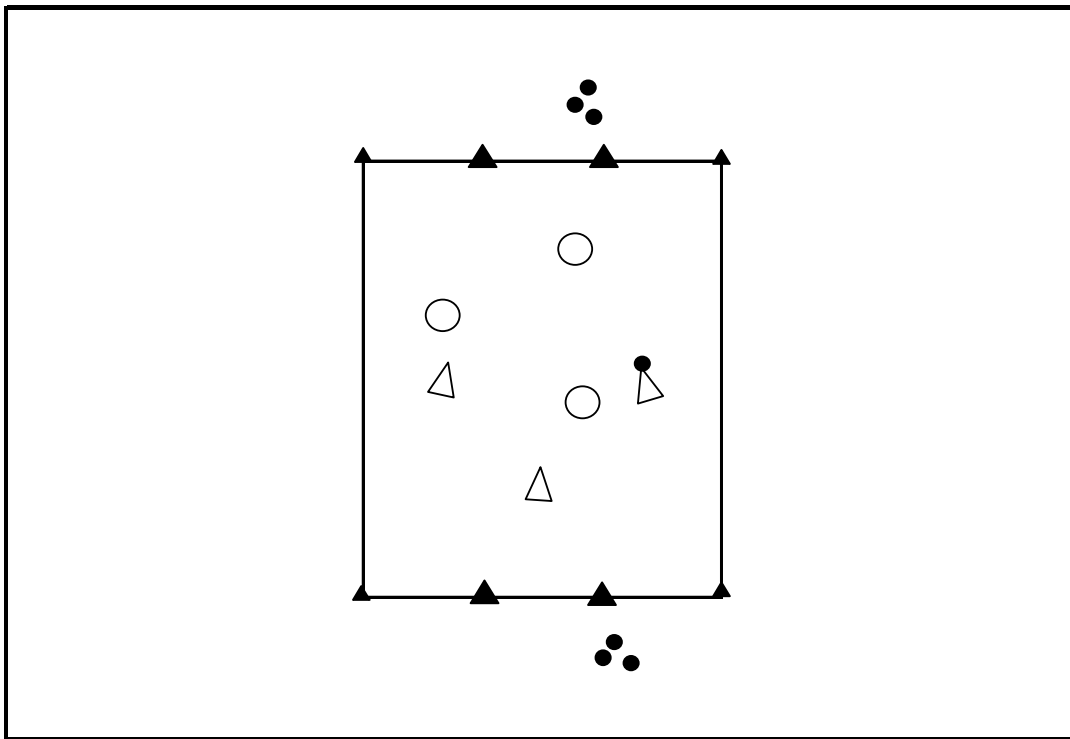


- Objective:** Improving ability to go past a defender
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 6 small cones, 2 large cones, training bibs for 1/2 of team, supply of balls
- Organization:** Team divided in half; one team attacking, the other defending
- Rules:** Two players (attackers) play against one player (defender) to goal  
Attacking team starts play by dribbling in to neutral zone.  
Defending player can only take ball after the attackers have moved beyond the neutral zone. Next group of players begins when ball goes out of bounds, or defender gains possession
- Coaching Points:** Get past the defender as quickly as possible, via dribble or pass.
- Variations:** Add a goalkeeper to the defensive team  
Add a 2nd defender to defensive team  
When defending player wins ball, he dribbles off the field

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Three – Final Game**

Small-Sided Games - to two goals

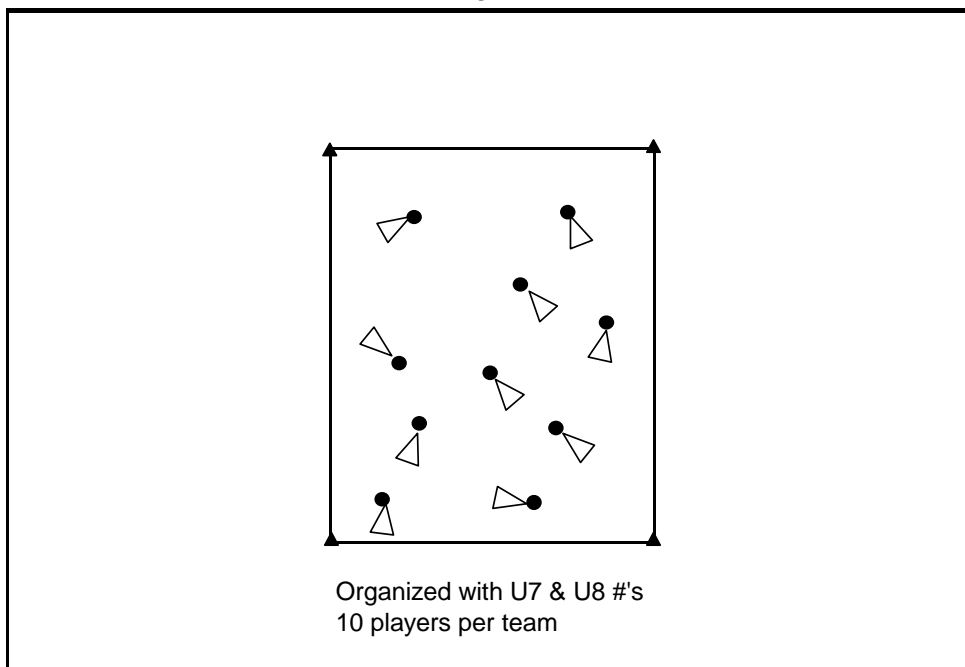


- Objective:** Playing the game
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side
- Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)
- Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.
- Coaching Points:** Teach basic rules, otherwise let them play.
- Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Four – Warm Up**

Dribbling Vitamins

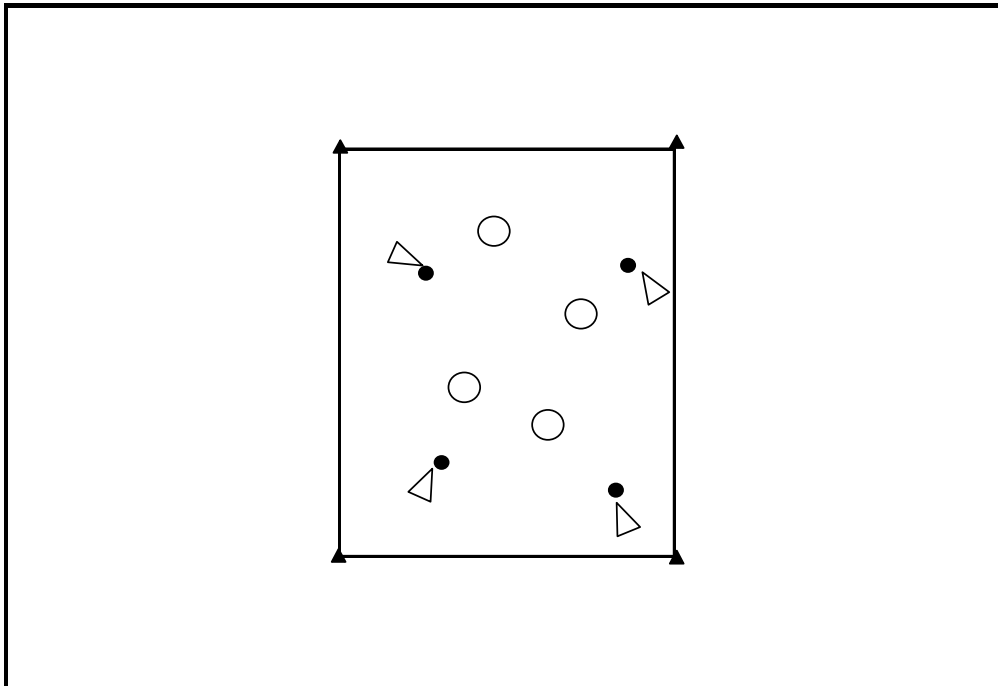


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves  
Review 1 - 4  
# 5 Spin Away  
U7-U8 Dribbling Moves (in addition to 1 & 2 above)  
Review 1 - 6  
# 7 Spin Turn
- Coaching Points:** Teach BUSC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Four – Fun Game**

**Obstacle Game**

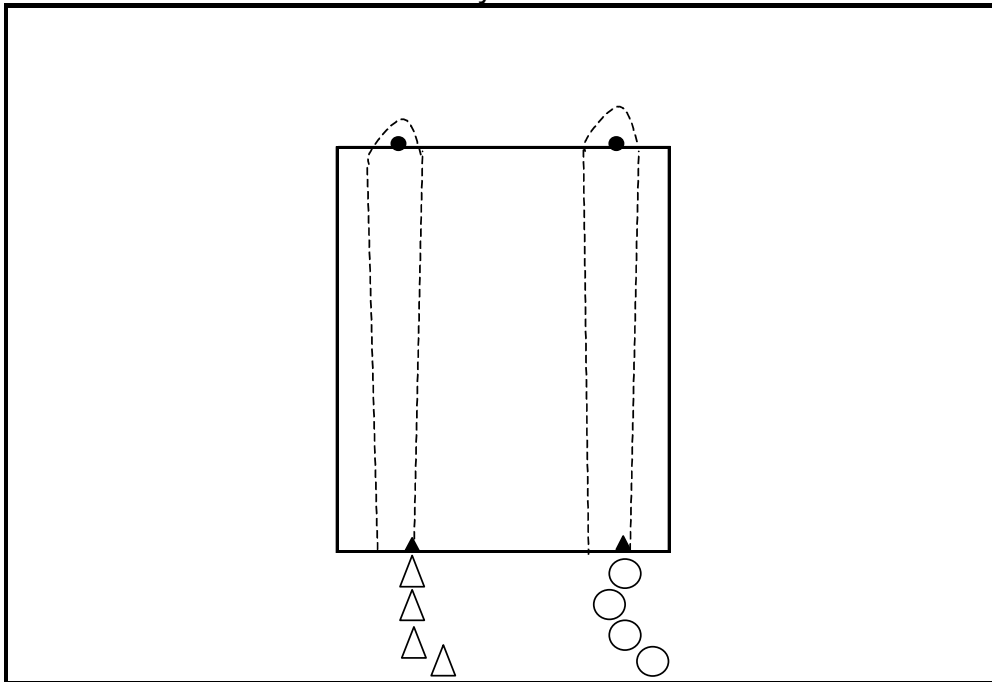


- Objective:** Learning to dribble, cut and turn
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, supply of balls, 1/2 of team with training bibs
- Organization:** Half the team with balls, other half obstacles
- Rules:** Dribbling ball inside of grid, avoiding obstacles (other players) positioned randomly throughout the field. Rotate after 45-60 seconds
- Coaching Points:** Using specific moves  
Using right/left foot only
- Variations:** Obstacles with:  
legs open (tunnel)  
laying on stomach (arms and legs tucked in)  
make a bridge  
Add a defender

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**Weekly Drills**

**Week Four - Fitness**

**Relay Races**

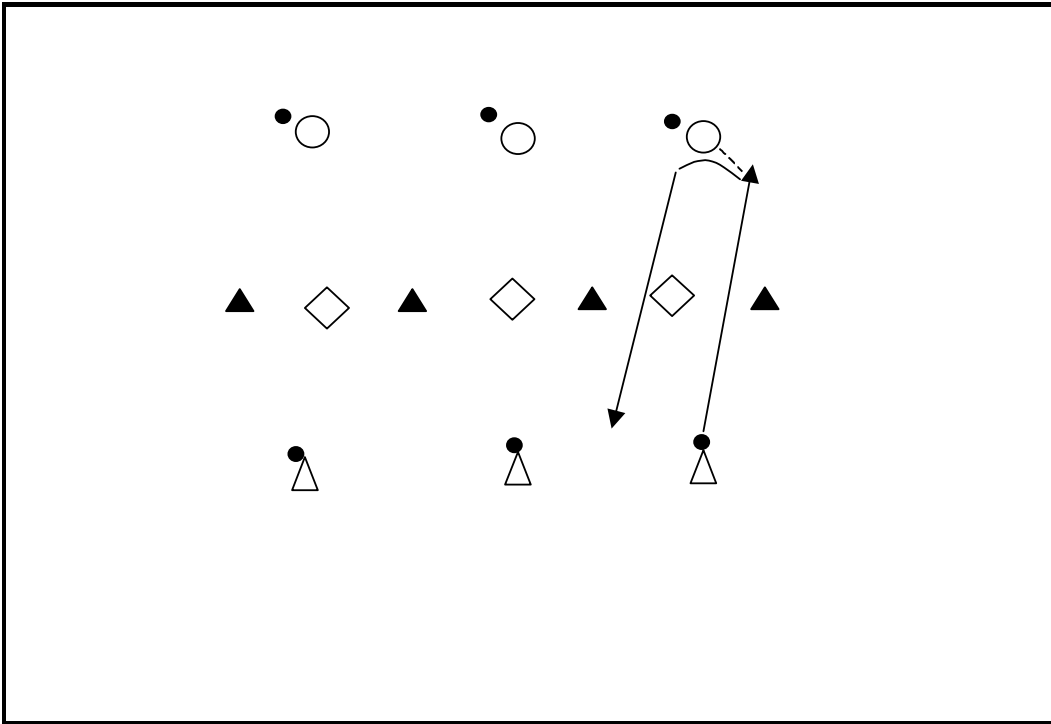


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** Two cones and two balls for two teams; three cones and three balls for three teams (training bibs can be used to differentiate between the teams)
- Organization:** Divide into two or three teams
- Rules:** 1st runner must sprint around ball and back and touch next player to start.
- Coaching Points:** Strong Effort
- Variations:** Run backwards  
Skip  
Jump over ball twice  
Somersault  
Start on stomach  
Start sitting

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**Weekly Drills**

**Week Four – Technical/Tactical Game**

Man (GK) in the middle

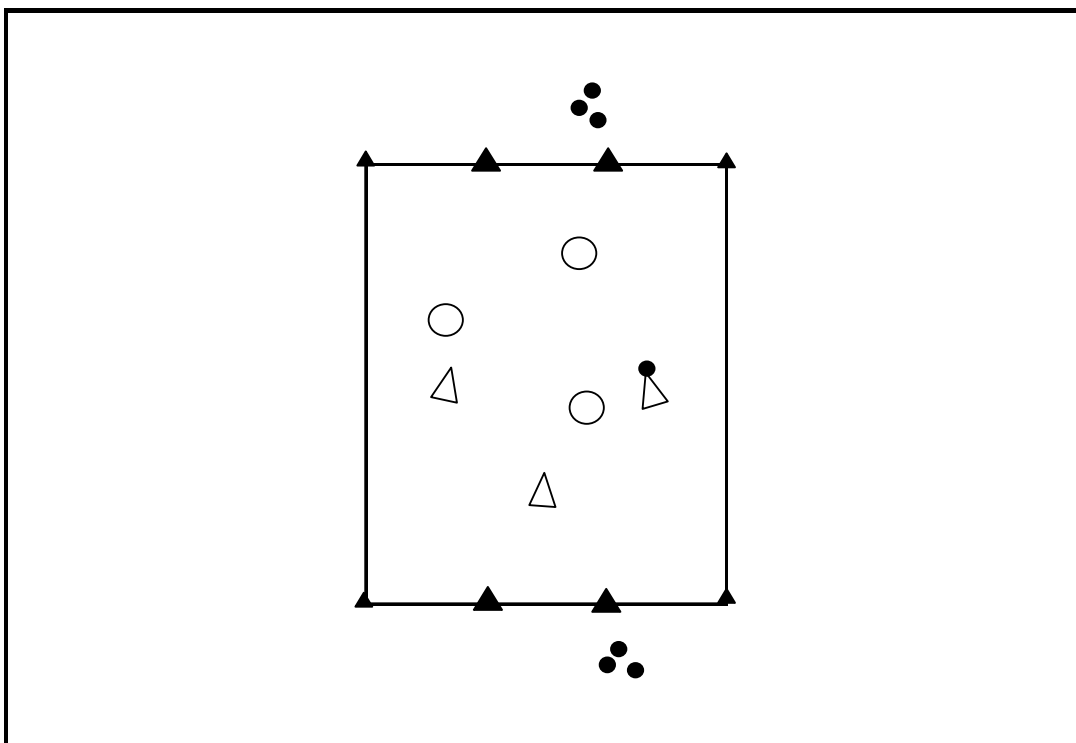


- Objective:** Learning to shoot with Instep
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Distance between shooters and goals (5-10 yds.) Goals 5 yards wide (side by side)
- Equipment:** 4 large cones, supply of balls
- Organization:** 2 players with two balls (outside), 1 in the middle (GK)
- Rules:** Player on outside shoots (instep), other outside retrieves and shoots from opposite side. If GK makes a save, then roll ball out to other shooter. Rotate GK every 90-120 seconds
- Coaching Points:** Instep passing technique
- Variations:** Shoot with right or left foot only  
Self-pass then shoot  
Who can score the most goals in allotted time?

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**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Four – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

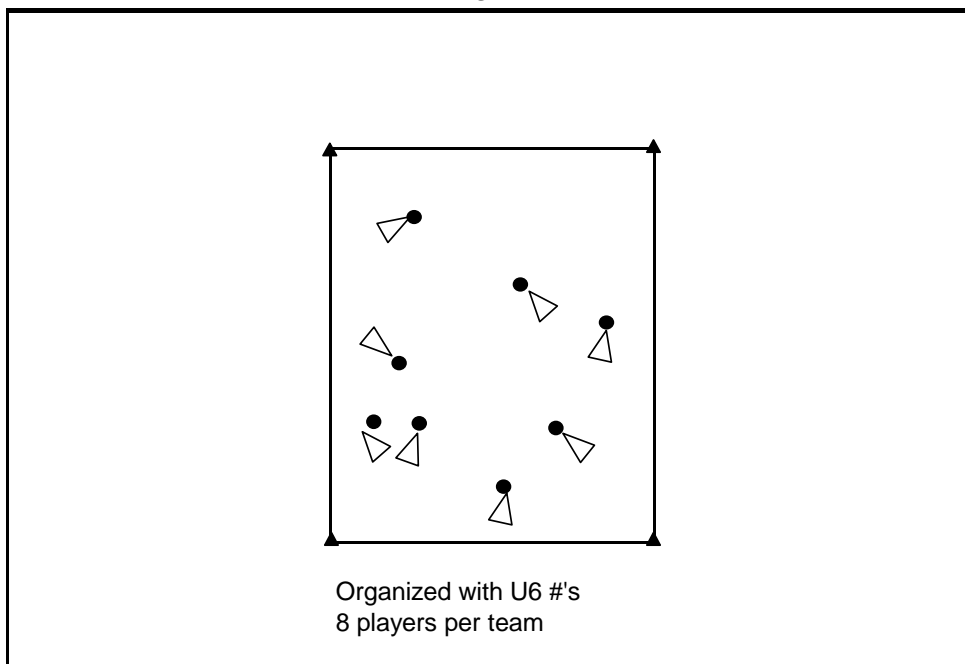
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Five – Warm Up**

**Dribbling Vitamins**

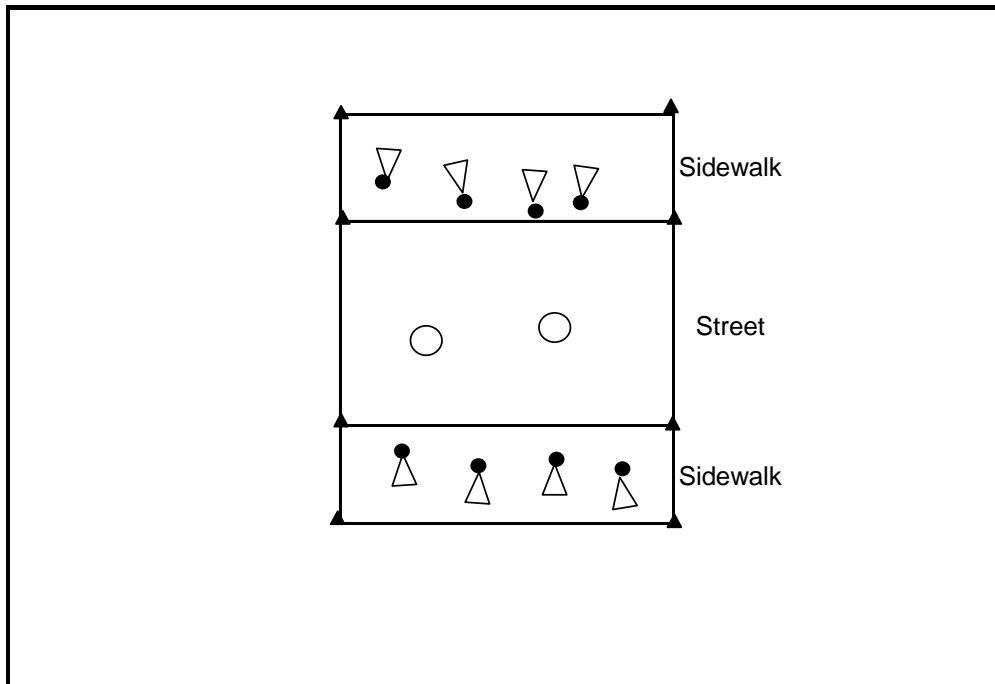


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves  
Review 1 - 3  
# 4 Psych  
U7-U8 Dribbling Moves  
Review 1 - 5  
# 6 Pull Back
- Coaching Points:** Teach BUSC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Five – Fun Game**

**Street Dribble**

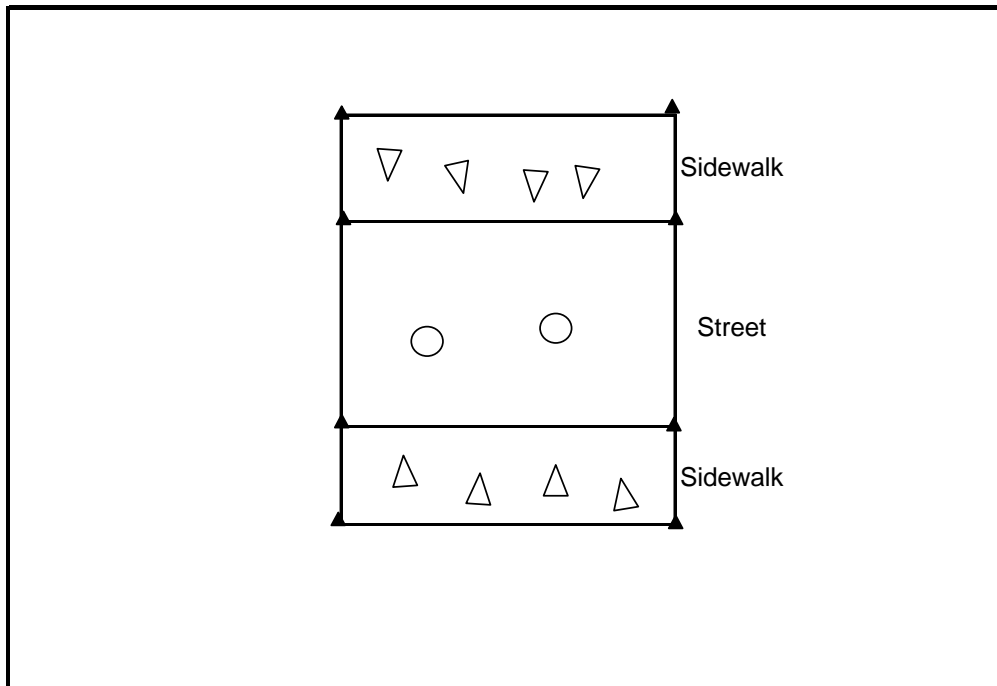


- Objective:** Learning to dribble in tight spaces, Improving coordination, speed and agility, taking on a defender
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 8 Cones, 2 training bibs, supply of balls
- Organization:** Two players in the street (Street Sweepers) all other players in the sidewalk.
- Rules:** Coach gives command and players attempt to dribble across without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?
- Coaching Points:** Take on defender with speed  
Change direction and change speed
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Five - Fitness**

**Street Tag**

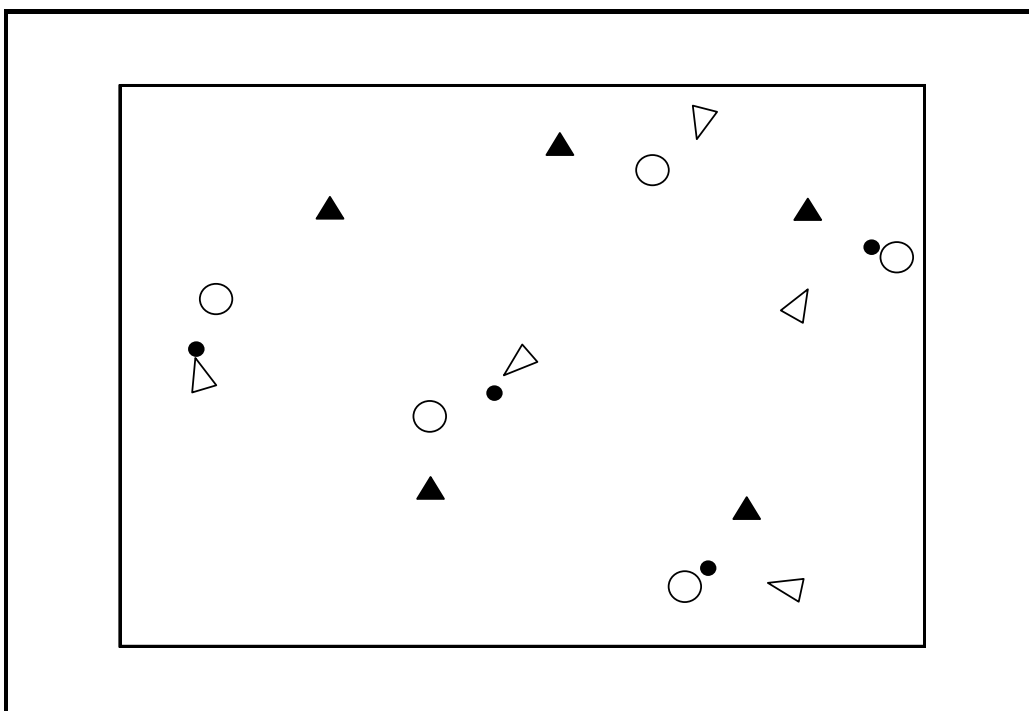


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 8 Cones, 2 training bibs
- Organization:** Two players in the street (Street Sweepers) all other players in the sidewalk.
- Rules:** Coach gives command and players attempt to cross street, without Sweeper(s) tagging them. Change Street Sweepers every 4-6 crossings. How many times can the players cross the street without being tagged by the sweeper(s)?
- Coaching Points:** Change direction and speed  
Vision, avoid sweepers and other players
- Variations:** All must skip  
All must start on stomach (get up and run)  
All must crab walk

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Five – Technical/Tactical Game**

1 v 1 to a Cone

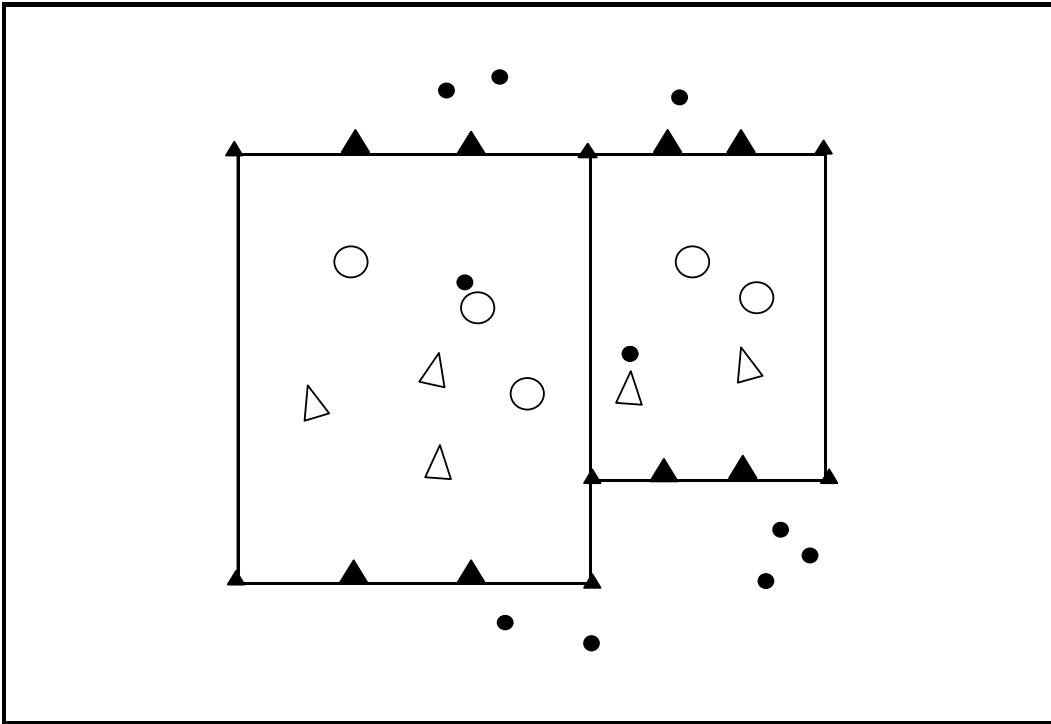


- Objective:** Learning to beat a defender, learning to win the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Open field
- Equipment:** One large cone per pair of players, one ball per pair
- Organization:** Pair up players. Each pair has a ball and a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Place cone on ground
- Rules:** 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone.
- Coaching Points:** Take on defender with speed  
Change direction and change speed  
When defender wins ball, make quick transition from attack/defense.
- Variations:** Pairs can score on any cone.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Five – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width)  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side  
PICTURED

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

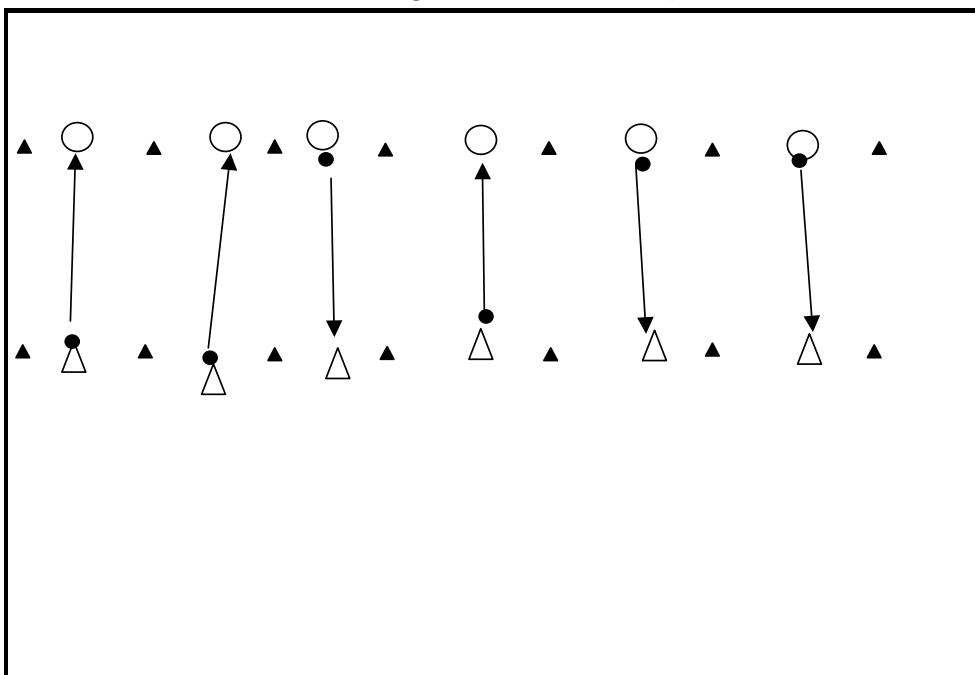
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Six – Warm Up**

**Passing Vitamins - Instep**



**Objective:** Improving Instep Passing

**Time:** 15 minutes

**Grid Size:** Start distance between passers 5 yards

**Equipment:** 14 cones, one ball per two players

**Organization:** Two players with one ball

**Rules:** Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

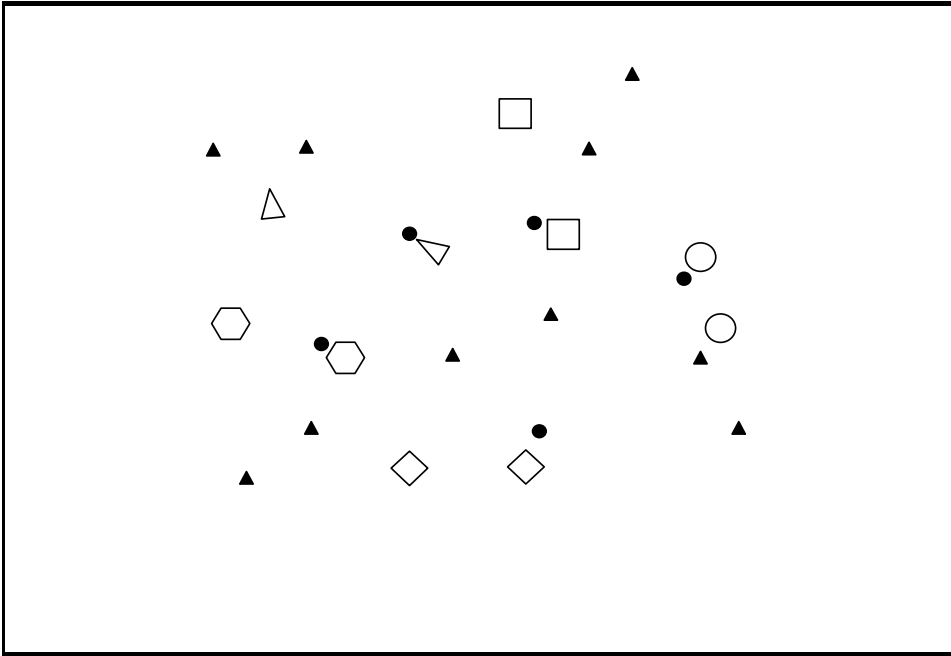
**Coaching Points:** Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)

**Variations:** Must use certain foot to pass and/or receive the ball  
Pass a moving ball (self-pass) to partner  
Increase distance between passers  
Have players move around field and pass

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Six – Fun Game**

Passing Gates

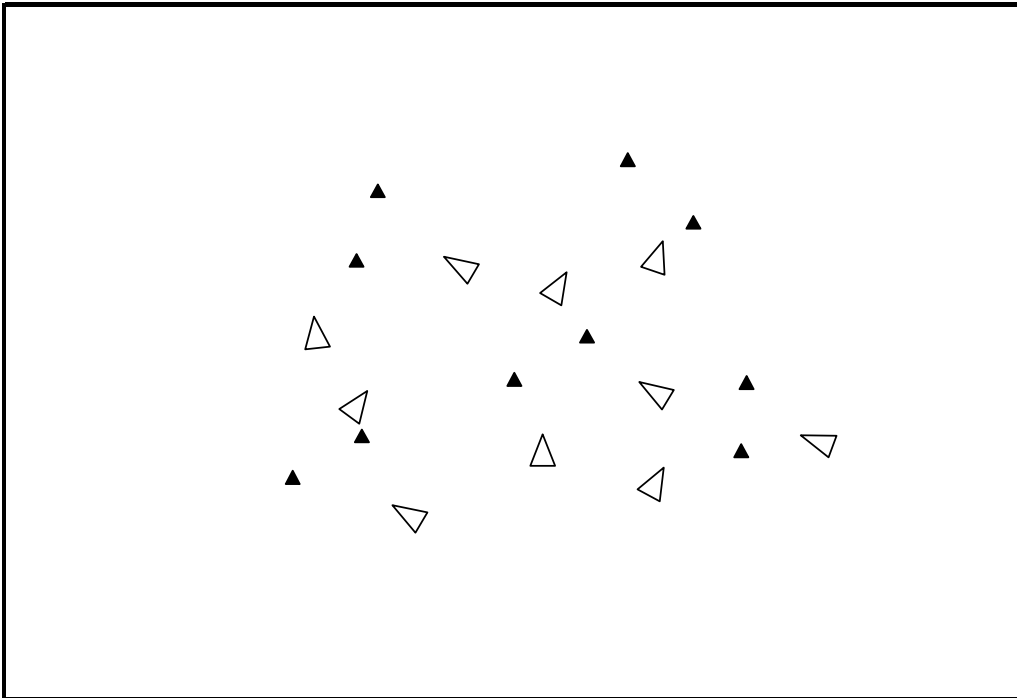


- Objective:** Improve passing, movement with and without the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field. Two player with one ball
- Rules:** Players try to pass through as many gates (to partner) in allotted time
- Length of each run should be 30-60 seconds
- Coaching Points:** Vision - Avoid crowded gates  
Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)
- Variations:** Pass must be with instep, must be with right/left foot  
Rotate Partners

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Six - Fitness**

Running Gates

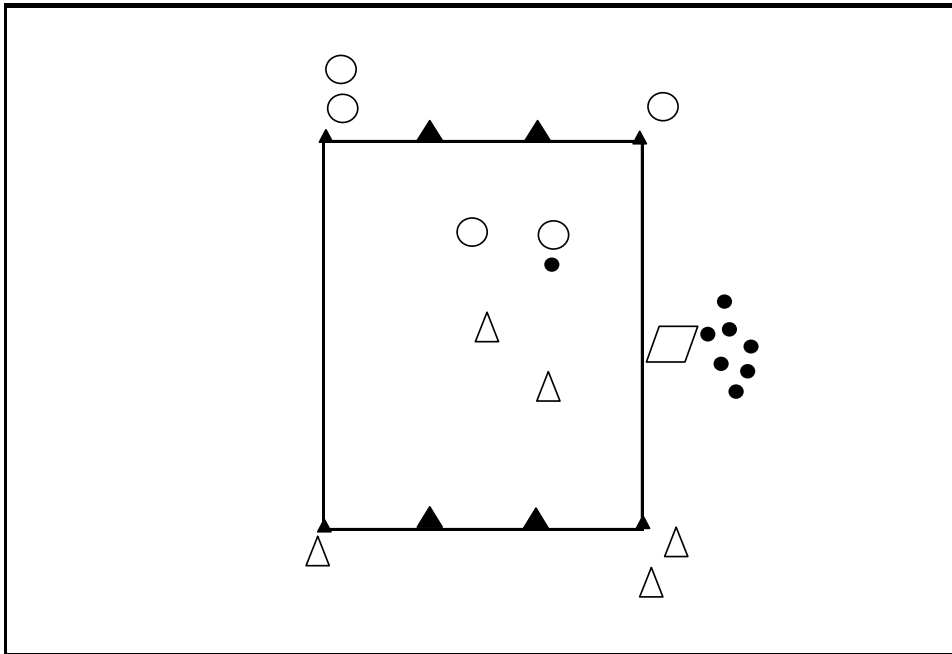


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field.
- Rules:** Players try to run through as many gates in allotted time  
Length of each run should be 30-60 seconds
- Coaching Points:** Vision - Avoid crowded gates
- Variations:** Running Backwards  
Skipping  
Push-Up at gate  
Figure 8 around the cones (gate)  
Somersault through gate  
Jump over cones at gate

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Six – Technical/Tactical Game**

2 v 2 Steal the Bacon - to goal

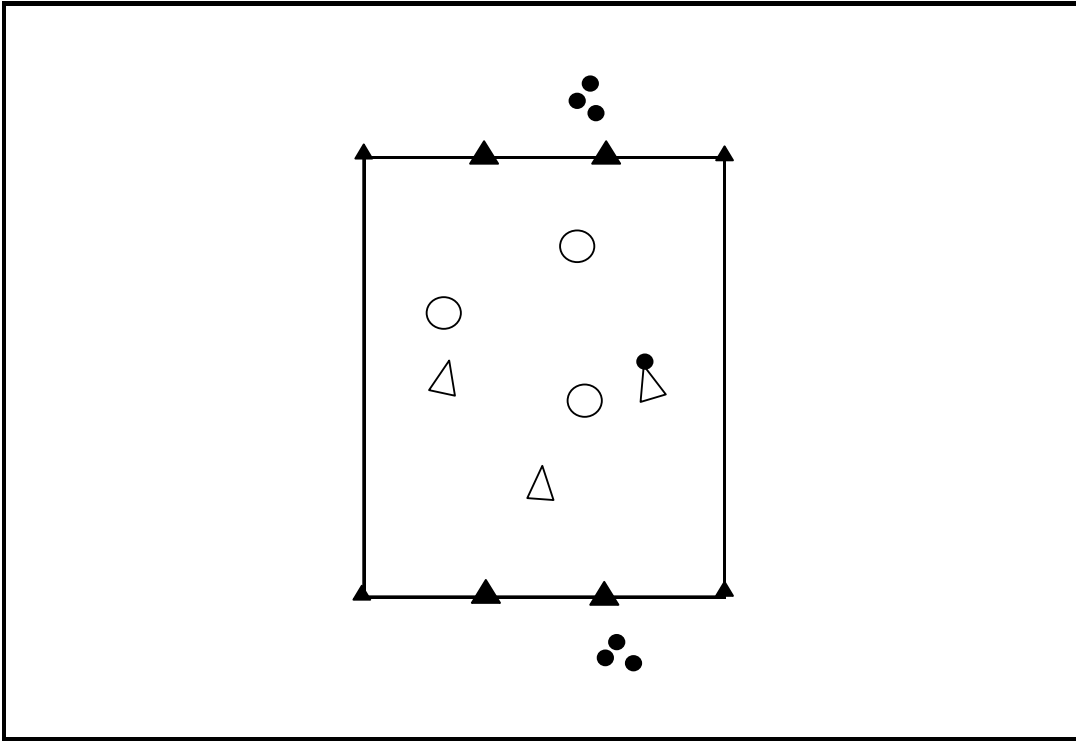


- Objective:** Learning to play 2 v 2, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
- Rules:**  
Coach starts game by rolling ball into field and calling two #'s corresponding numbered players play 2 v 2 until ball goes out of play or in the goal. Coach then restarts with another ball and other #'s. Maximum length of 1 game is 30 seconds.
- Coaching Points:** Get past the defender as quickly as possible, via dribble or pass.  
When defenders win ball, make quick transition from attack/defense add defense to attack.
- Variations:** Coach calls out single #'s.  
Coach calls out multiple #'s.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Six – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

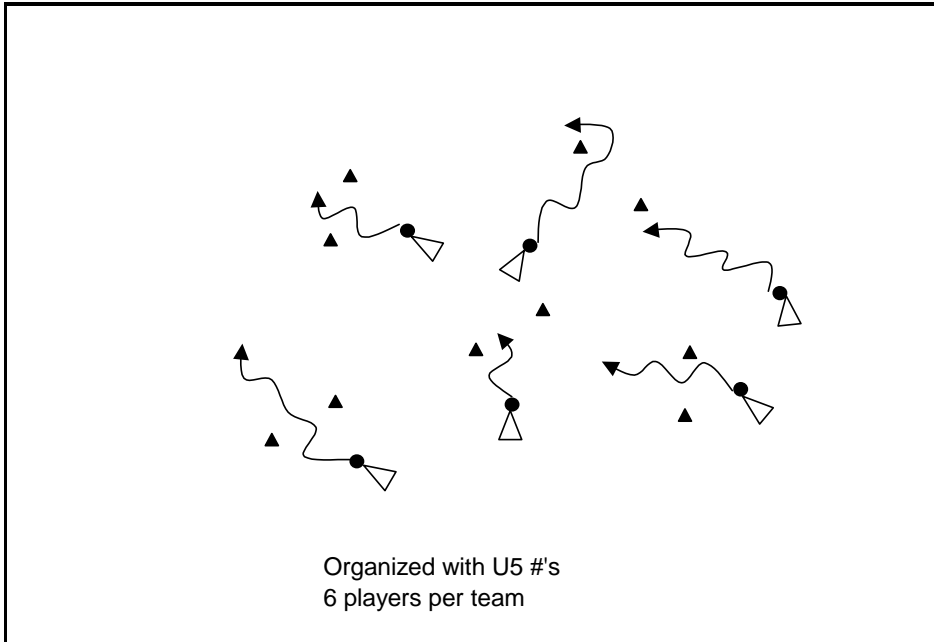
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Seven – Warm Up**

Dribbling Gates

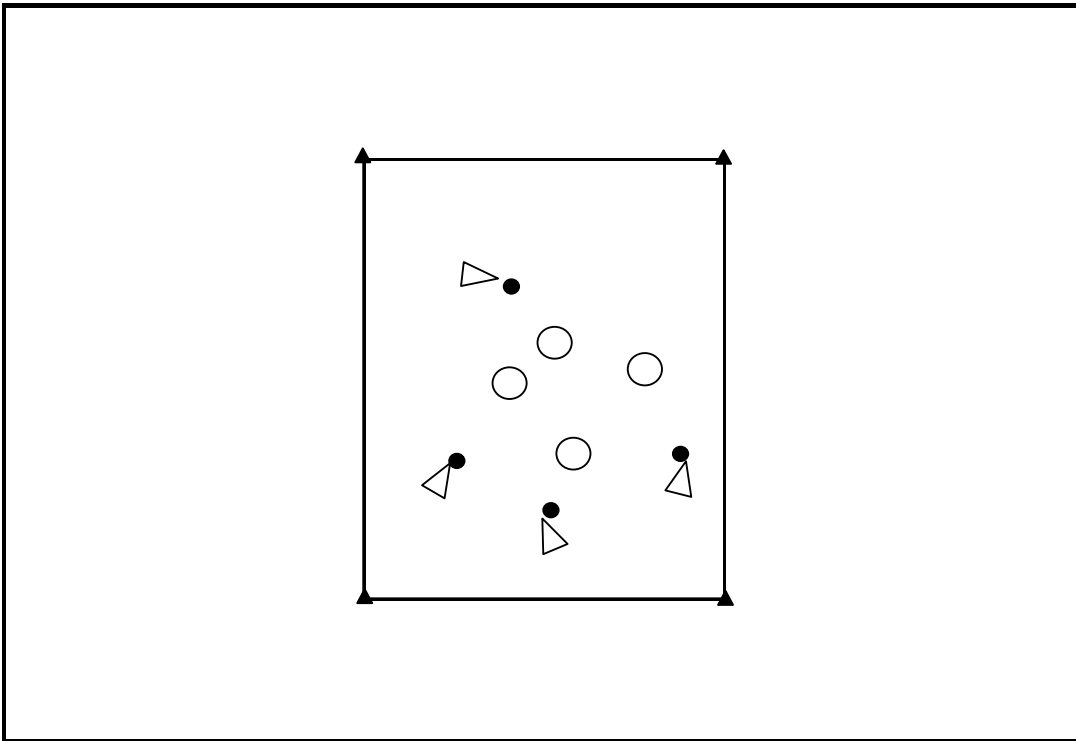


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)  
How many gates can players dribble through in allotted time?
- Actions:** U5-U6 Dribbling Moves  
Review 1 - 5  
U7-U8 Dribbling Moves  
Review 1 - 7  
# 8 Pull Back and Push
- Coaching Points:** Teach BUSC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Seven – Fun Game**

**Crab Game**

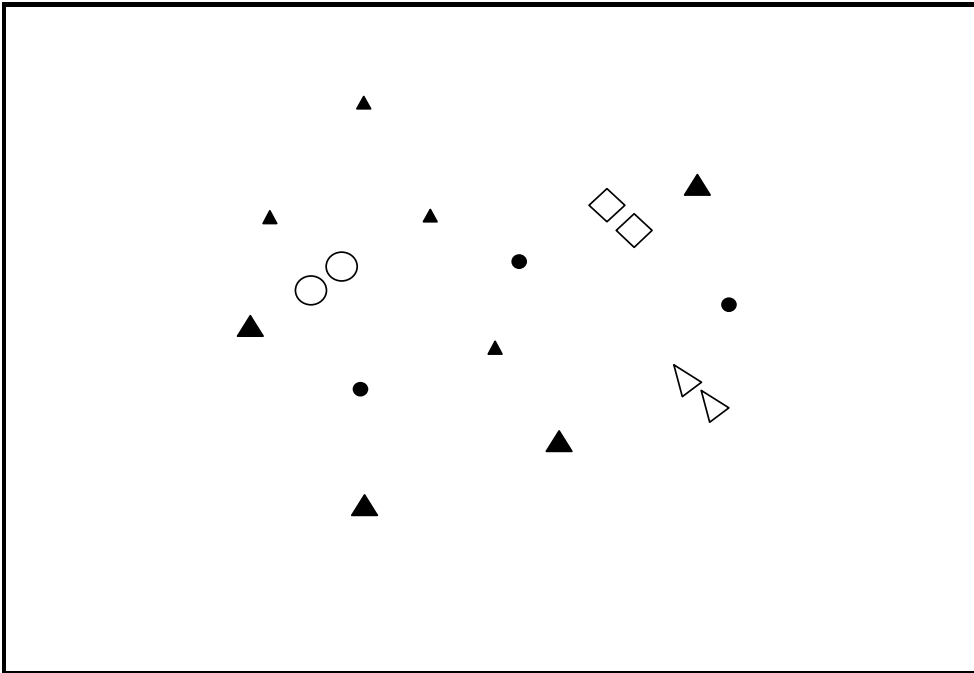


- Objective:** Improving dribbling, cutting and turning
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, supply of balls, 1/2 of team with training bibs
- Organization:** Half the team with balls, other half crabs
- Rules:** Dribbling ball inside of grid, avoiding crabs (other players) positioned randomly throughout the field. Rotate after 45-60 seconds. Crabs can only touch balls with their feet.
- Coaching Points:** Using specific moves  
Using right/left foot only
- Variations:** When crab touches ball, he switches with the dribbler. Who are the dribblers at the end of the allotted time.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Seven - Fitness**

Follow the leader -- TAG

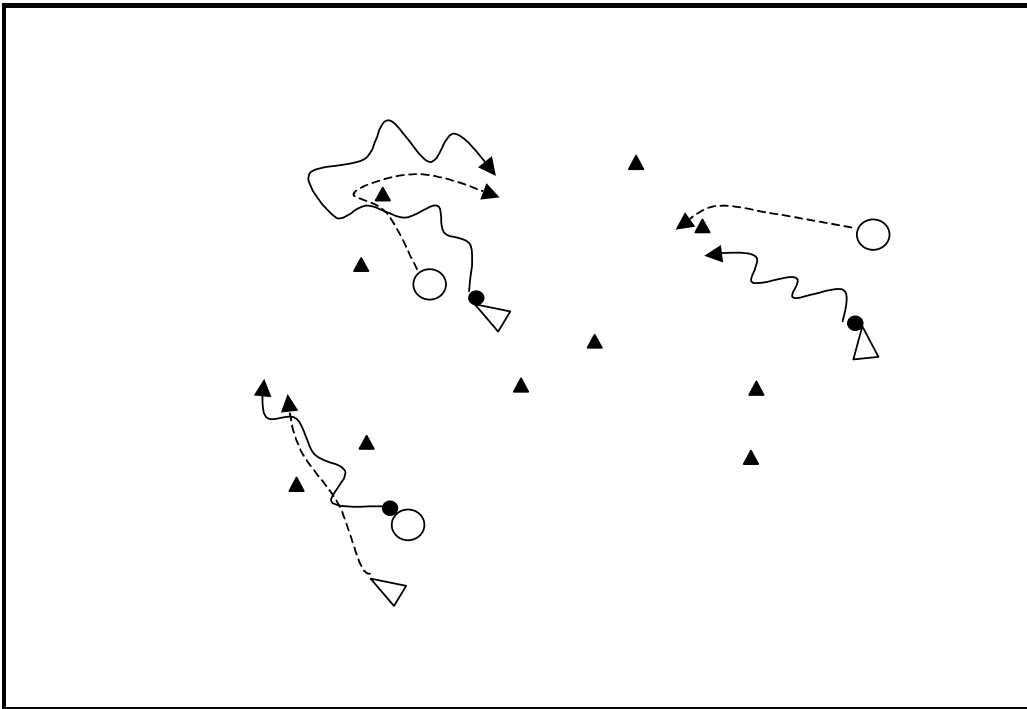


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Open field space, cones/balls can be used for obstacles
- Equipment:** 4 large cones, 4 small cones, 4 balls
- Organization:** Players form pairs, one leader with one follower
- Rules:** Leader does different movements and follower must duplicate. At coaches command, leader becomes a tagger and the follower attempts to avoid be tagged, if a tag occurs roles are immediately reversed. Rotate leaders every 60-90 seconds.
- Coaching Points:** Leaders be creative  
Followers repeat movement accurately
- Variations:** Running backwards  
Skipping  
Jumping (over obstacles)/ two footed jumps  
Somersaults  
Hop on one foot

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Seven – Technical/Tactical Game**

1 v 1 Dribbling Gates

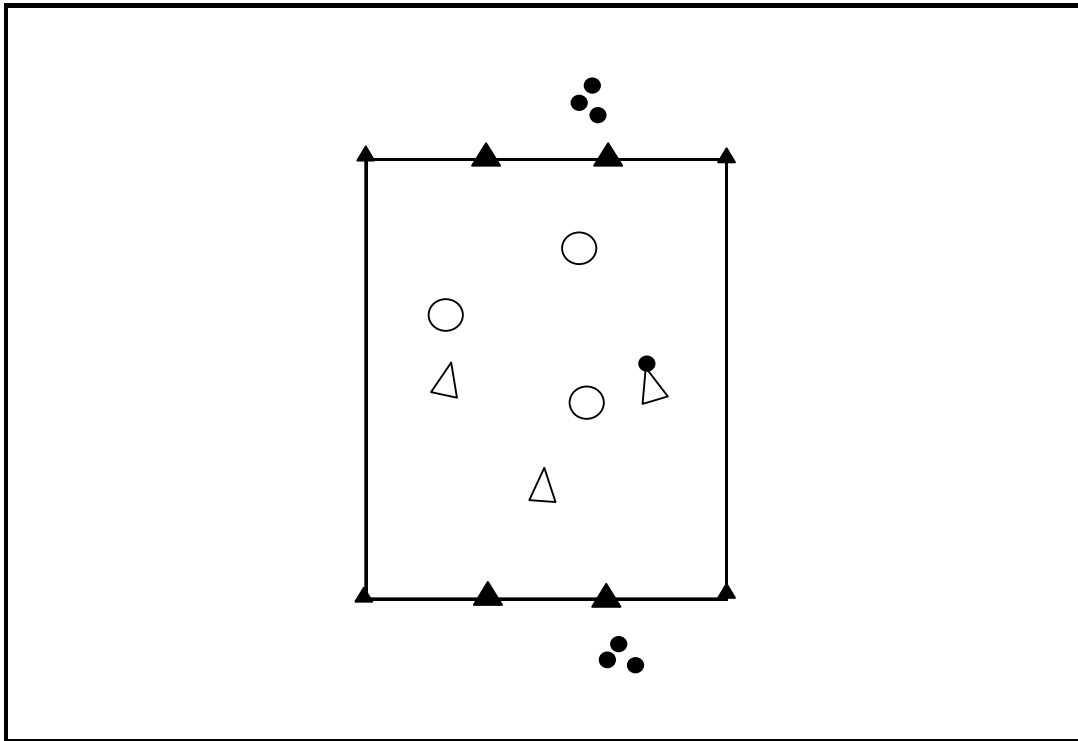


- Objective:** Improving beating a defender, improving winning the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate; 1/2 team with training bibs;  
1 ball per 2 players
- Organization:** Players paired up.
- Rules:** Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Length of game 45-90 seconds. Rotate partners
- Coaching Points:** Take on defender with speed  
Change direction and change speed  
When defeneder wins ball, make quick transtion from attack/defense.
- Variations:** Player must use a move on defender before scoring goal

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Seven – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

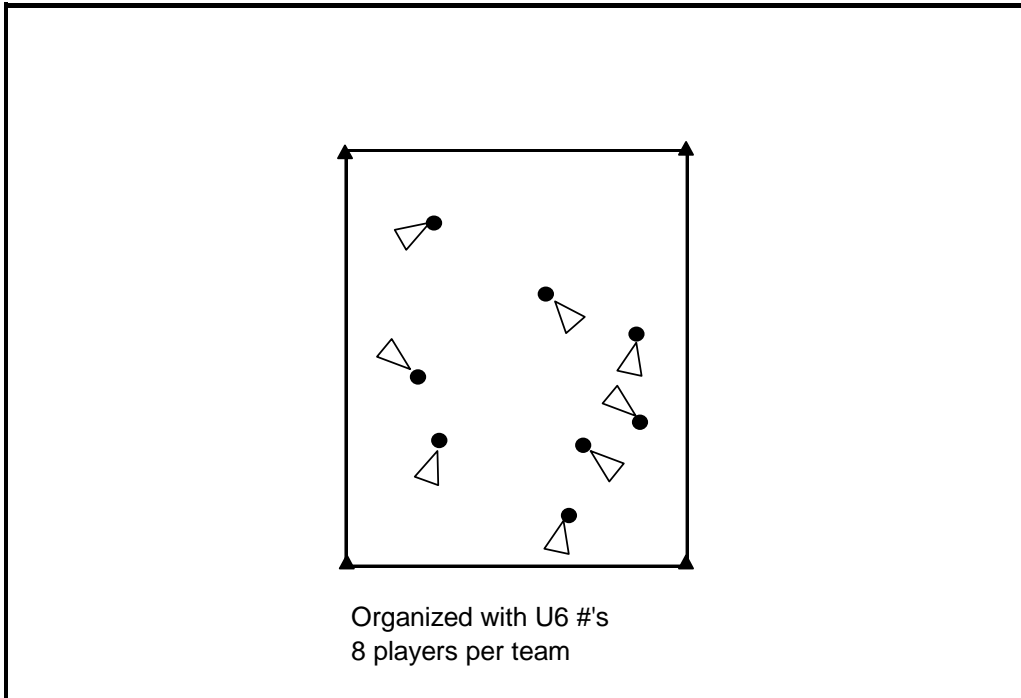
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Eight – Warm Up**

Dribbling Vitamins

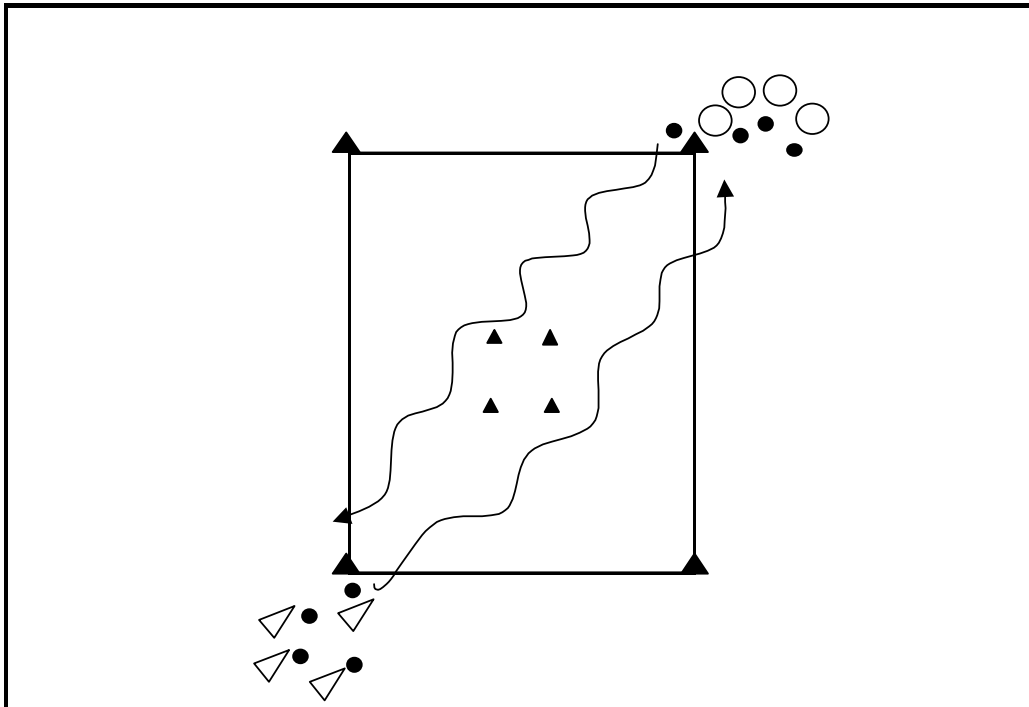


Objective	Learning to dribble in tight spaces
Time	U5-U6 10 minutes, U7-U8 12 minutes
Grid Size	20 yards (length) x 15 yards (width); vary size by age and ability
Equipment	4 cones, one ball for each player
Organization	Every player with a ball
Rules	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
Actions	U5-U6 Dribbling Moves Review 1 - 5 U7-U8 Dribbling Moves Review 1 - 8 # 9 Step Over (Shoulder Feint)
Coaching Points	Teach BUSC Dribbling Sequence
Variations	Players must use right foot only, left foot only, must perform specific moves or combination of moves

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Eight – Fun Game**

Four Corners X 2 with ball

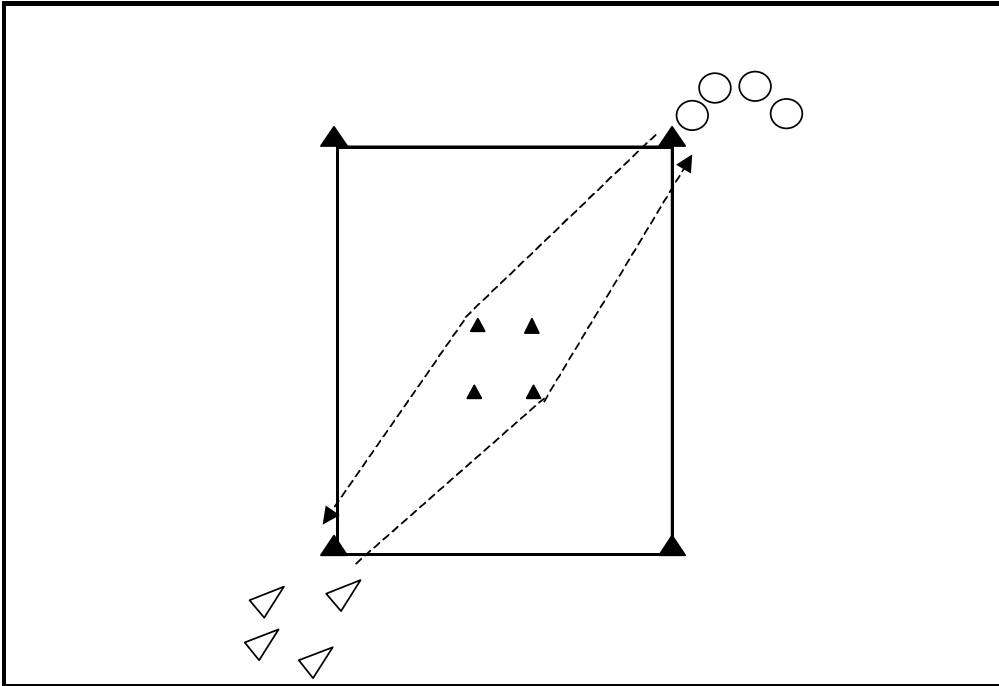


- Objective:** Improving Speed Dribbling
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width)
- Equipment:** Four large cones, four small cones, ball for each player
- Organization:** Team split between two opposite corners, each player with a ball  
Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
- Rules:** Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle
- Coaching Points:** Dribbling with speed (instep/laces)
- Variations:** Dribble with right/left foot  
Dribble through rectangle (avoid opposing player)  
Dribble around one cone (two cones)  
Dribble around a cone and go to an open corner  
Dribble around cone and pass back to teammate (repeat)

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Eight - Fitness**

**Four Corners X 2**

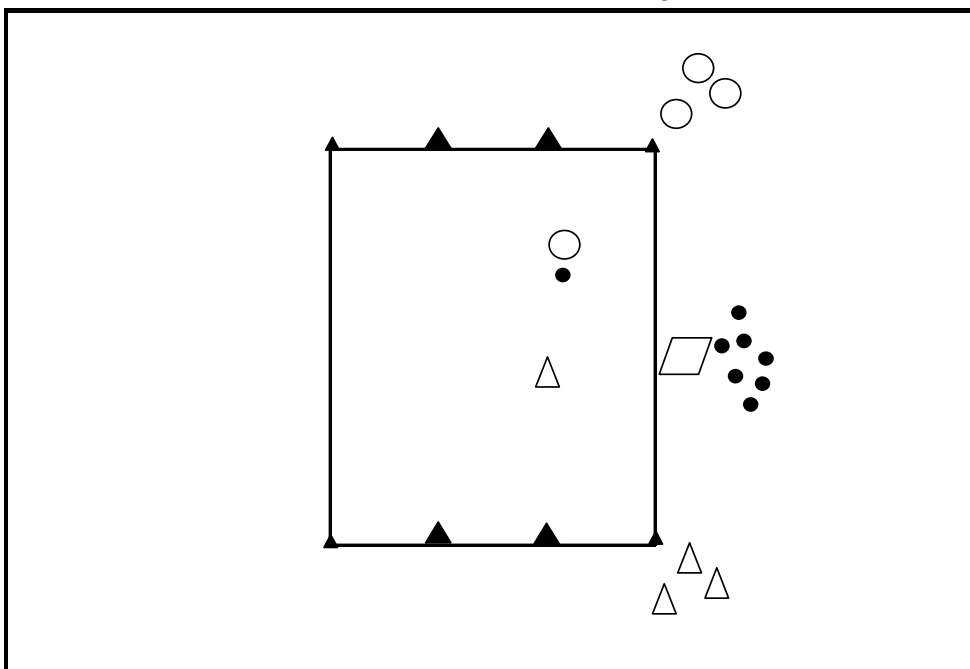


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width)
- Equipment:** Four large cones, four small cones
- Organization:** Team split between two opposite corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
- Rules:** 1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle
- Coaching Points:** Strong Effort
- Variations:**
- Start on stomach
  - Start sitting up, cannot use hands to get up
  - Run through rectangle (avoid opposing player)
  - Run around one cone (two cones)
  - Run around a cone and go to an open corner
  - Run to rectangle, somersault continue to opposite corner

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Eight – Technical/Tactical Game**

1 v 1 Steal the Bacon - to goal

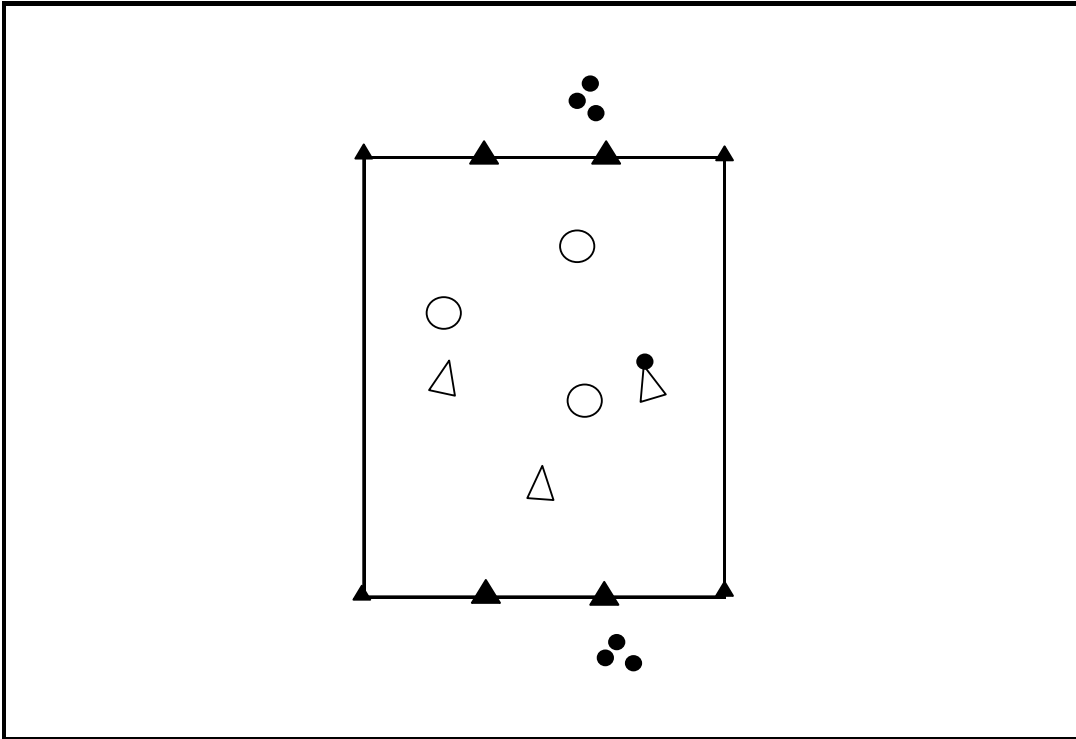


- Objective:** Learning to play 1 v 1, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams in two; assign each player on Team 1 a number. repeat with team 2.
- Rules:** Coach starts game by rolling ball into field and calling a # corresponding numbered players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball and another #. Maximum length of 1 game is 30 seconds.
- Coaching Points:** Take on defender with speed  
Change direction and change speed  
When defender wins ball, make quick transition from attack/defense.
- Variations:** Coach calls out multiple #'s.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Eight – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6, 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

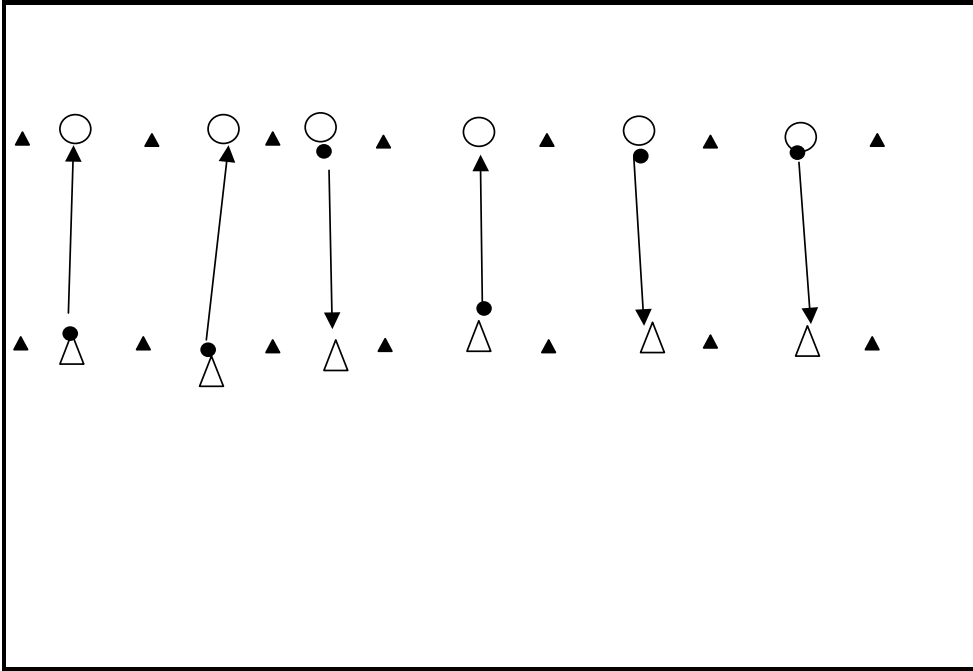
**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Nine – Warm Up**

**Passing Vitamins - Instep**



**Objective:** Improving Instep Passing

**Time:** 15 minutes

**Grid Size:** Start distance between passers 5 yards

**Equipment:** 14 cones, one ball per two players

**Organization:** Two players with one ball

**Rules:** Passing with instep, receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

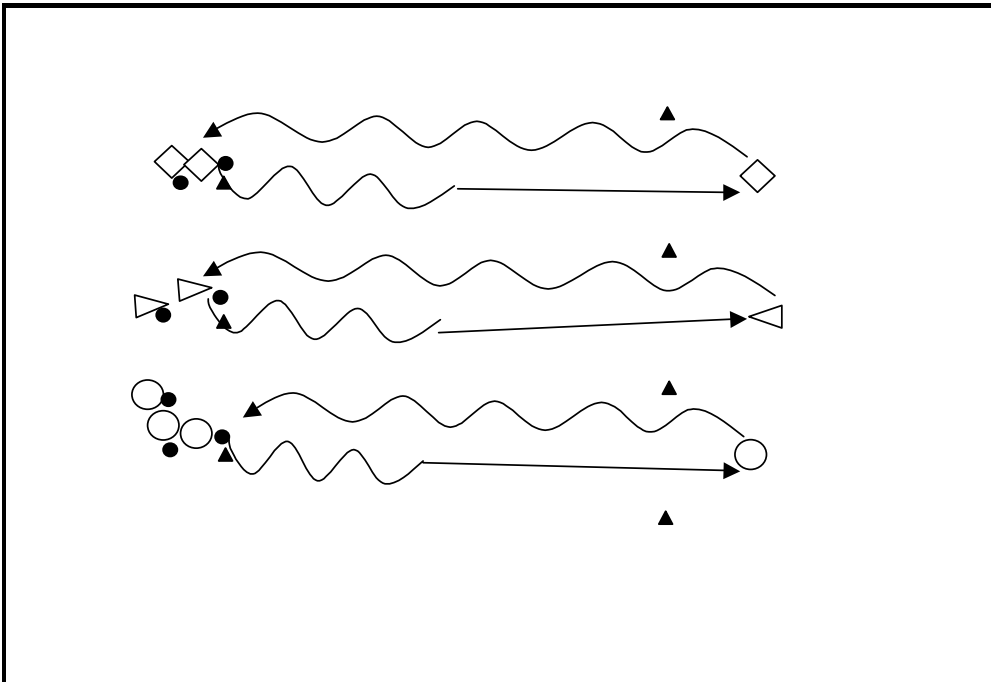
**Coaching Points:** Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)

**Variations:** Must use certain foot to pass and/or receive the ball  
Pass a moving ball (self-pass) to partner  
Increase distance between passers  
Have players move around field and pass

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Nine – Fun Game**

**Pass Through**

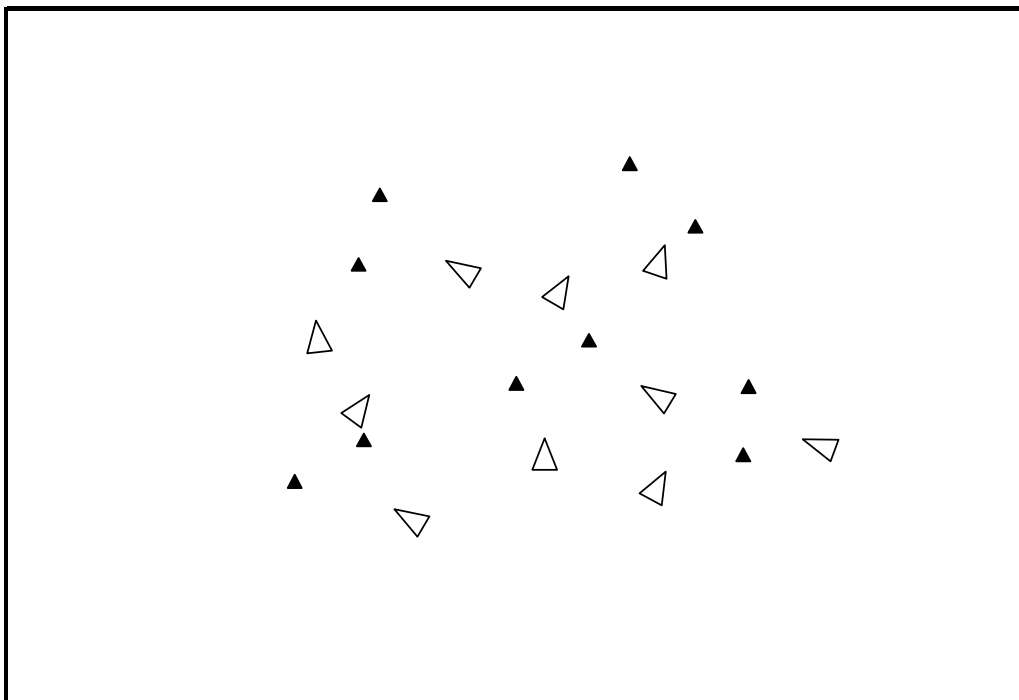


- Objective:** Improve Instep Passing Technique and Accuracy
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Start cone = 12 yds. from pass goal (5 yds. wide)
- Equipment:** 7 cones and supply of balls
- Organization:** Team split into three groups, one player is behind pass goal without ball, all others at start cone with a ball
- Rules:** 1st player dribbles ball and prior to 1/2 way between passes ball between goal, receiver controls ball and dribbles back to start. Passer replaces receiver. Receiver must use inside of foot or sole
- Coaching Points:** Approach ball at slight angle  
Non-kicking foot pointed at target  
Kicking foot, toe down, laces facing target, ankle locked  
Strike middle of ball with kicking foot  
Follow through (show the target the bottom of the shoe)
- Variations:** Must use right/left foot to dribble, pass or receive

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Nine - Fitness**

Running Gates



**Objective:** Improving coordination, speed and agility

**Time:** 15 minutes

**Grid Size:** Gates spread around field, min. distance between 8-10 yds.

**Equipment:** 10 cones, 2 cones per gate

**Organization:** Gates (3-4 steps apart) placed randomly around field.

**Rules:** Players try to run through as many gates in allotted time  
Length of each run should be 30-60 seconds

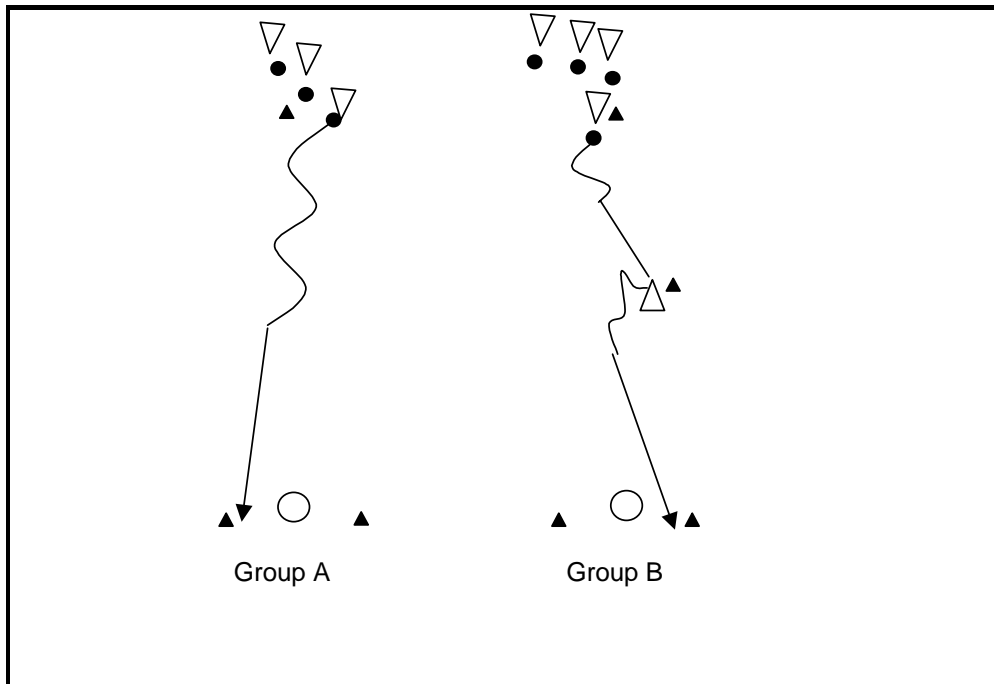
**Coaching Points:** Vision - Avoid crowded gates

**Variations:** Running Backwards  
Skipping  
Push-Up at gate  
Figure 8 around the cones (gate)  
Somersault through gate  
Jump over cones at gate

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Nine – Technical/Tactical Game**

**Dribble Shoot & Dribble-Pass-Shoot**

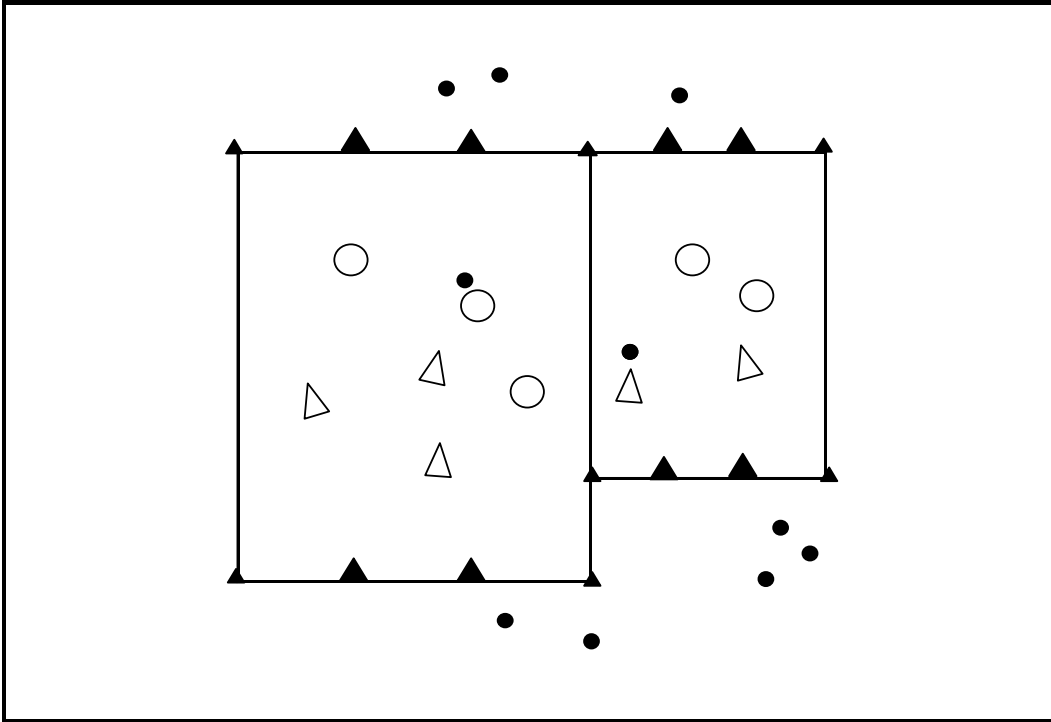


- Objective:** Improving Shooting on Goal
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Start point is 20 yards away from goal (goal 6 yards wide)
- Equipment:** 7 cones and supply of balls
- Organization:** One goalkeeper in each goal (2), one receiver 12 yards from B Goal, all others with a ball at start cones (Groups A and B)
- Rules:** Group A shooter dribbles within 10 yards of goal and shoots; Group B passer dribbles 3-4 yards and passes to receiver, who receives ball, turns and shoots on goal. Passer replaces the receiver/shooter. Rotate Goalkeepers every 5 shots
- Coaching Points:** Dribble at game speed  
Instep passing technique  
Inside of foot passing technique  
Shoot low and to corners
- Variations:** Shooter must use right/left foot or pre-determined technique

**Ballistic United Soccer Club**  
**Coaching Curriculum Division 4 – Under 5 to Under 8**  
**Weekly Drills**

**Week Nine – Final Game**

Small-Sided Games - to two goals



**Objective:** Playing the game

**Time:** U5-U6 10 minutes, U7-U8 12 minutes

**Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width)  
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)  
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and  
2 v 2 in a 15 yard (length) x 10 yard (width) Fields side-by-side  
PICTURED

**Equipment:** 4 small cones, 4 large cones, supply of balls, 1 team in training bibs (to differentiate between teams)

**Rules:** Goal is scored, when ball passes over goal line in between cones. Ball out of bounds is a dribble or pass-in.

**Coaching Points:** Teach basic rules, otherwise let them play.

**Variations:** When ball goes out of play, coach can restart game by playing a new ball.