

Ballistic United Soccer Club
Coaching Curriculum Division 4 – Under 9 to Under 11
Weekly Drills









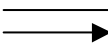
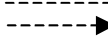



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Coaching Curriculum Division 4 – Under 5 to Under 8
Weekly Drills

Legend

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

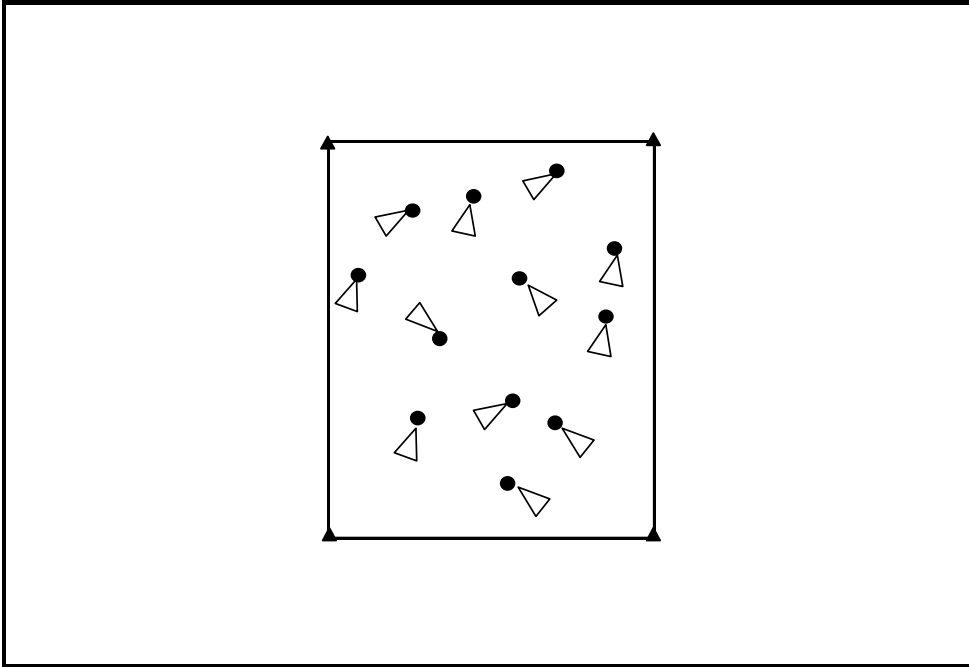
Practice Legend

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

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

Week One – Warm Up

Dribbling Vitamins

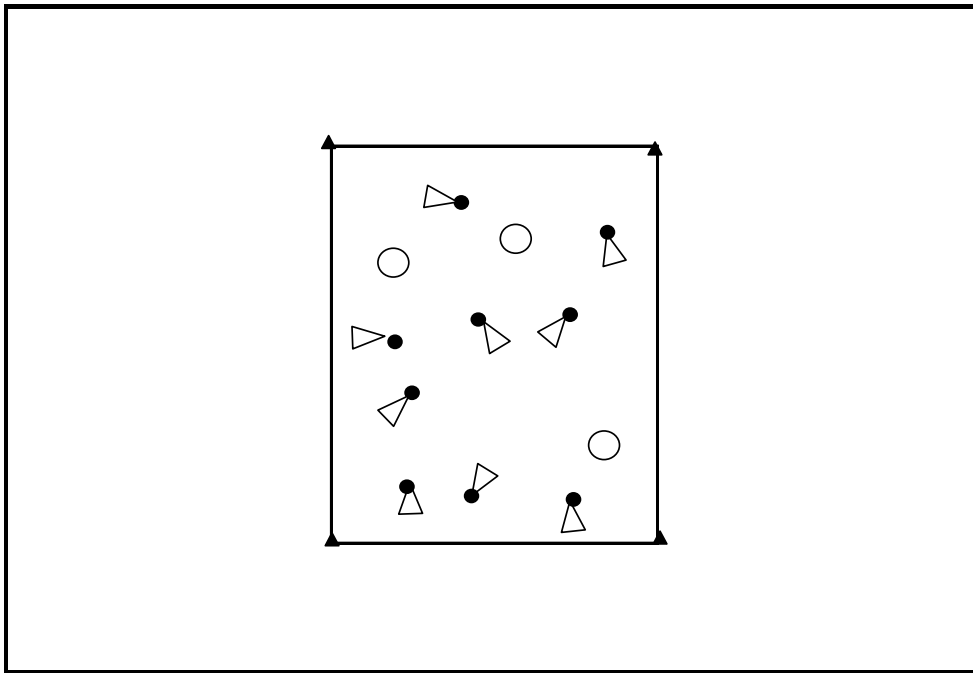


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-5 and introduce #11 Fake Pullback
U11 Ball Coordination
Review 1-5 and 11
- 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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Week One – Fun Game

Dribbling Tunnel Tag

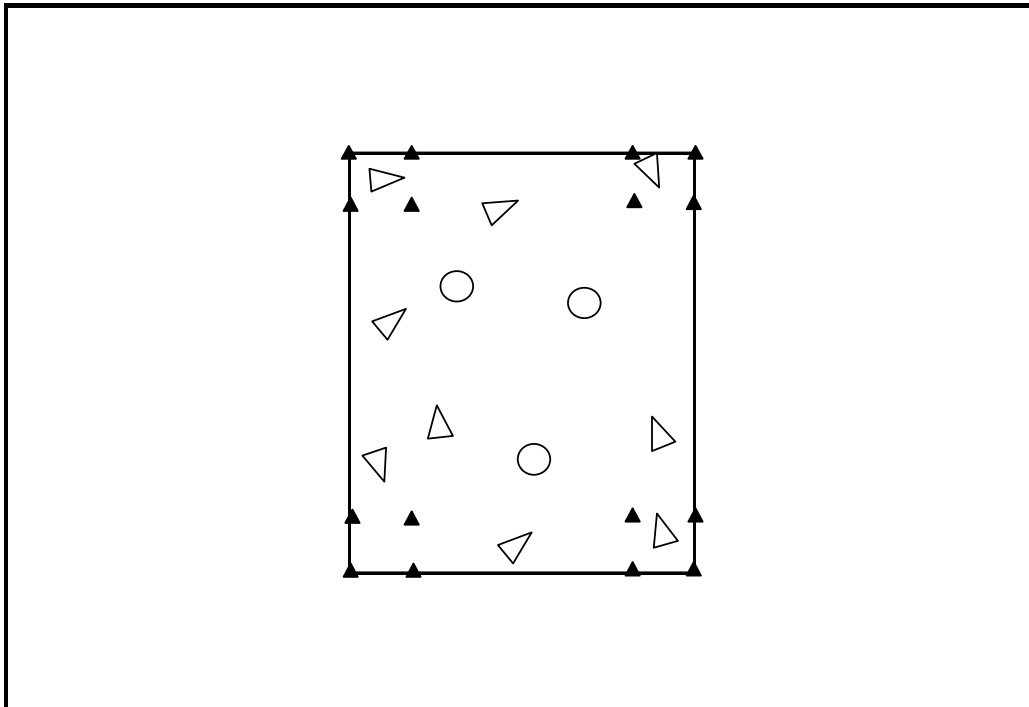


- Objective:** Dribbling under pressure, Shielding
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, ball for each attacking player, three training bibs
- Organization:** Three taggers (defenders), all other players (dribblers 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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Week One – Fitness

Four Corners Tag

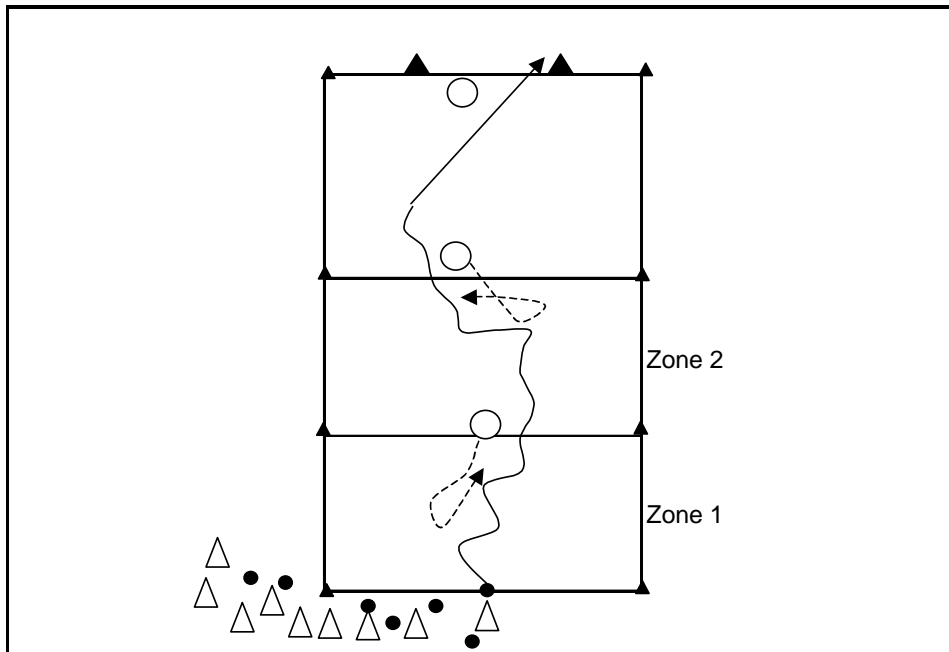


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 16 cones, three training bib
- Organization:** Three taggers, all others are runners
- Rules:** Runners can use Safe Zone (corners). 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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Week One – Technical/Tactical Game

1 v 1 zones to goal

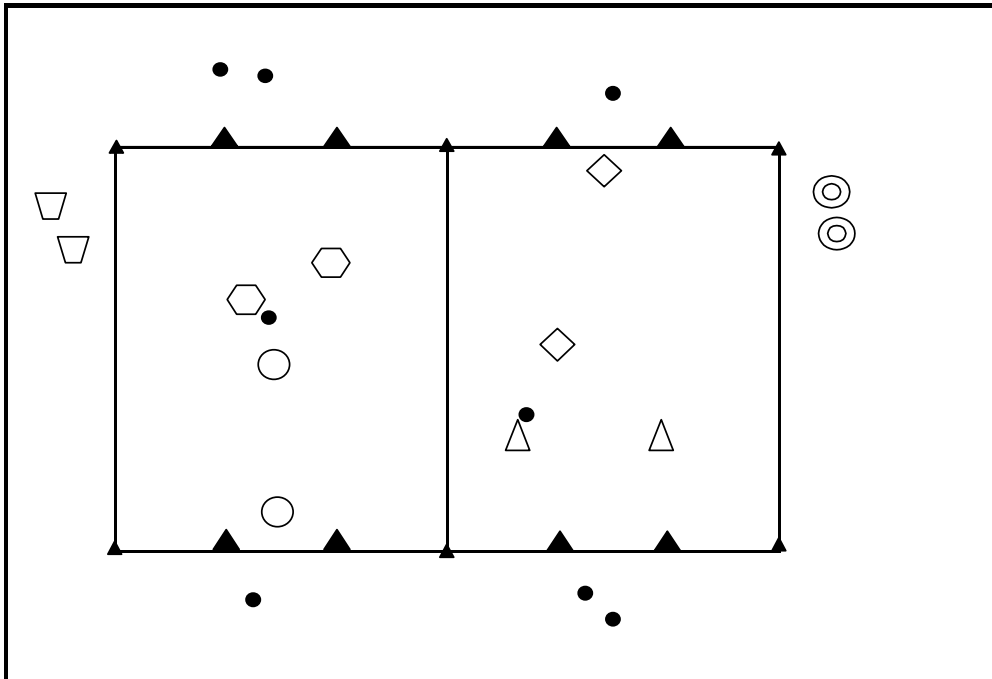


- Objective:** Improving ability to go past a defender, Shooting
- Time:** 15 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability; goal 7 yards (width)
- Equipment:** 8 small cones, 2 large cones, 2 training bibs, supply of balls
- Organization:** Two defending players, one Gk, the rest are attackers.
- Rules:** Attacking player starts play by dribbling into zone. Defending player(s) cannot enter zone until the ball has entered the zone. Attacking player attempts to beat both defenders and shoot on goal. Defender wins ball and passes back to the attacking line. Next attacker dribbles when ball is out of bounds, attacker is out of the 2nd zone, or when defender passes ball back to line.
- Coaching Points:** Get past the defender as quickly as possible, via dribble. Shoot on goal (low shot to corners is ideal)
- Variations:** When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack. Defenders rotate with attacker after they win the ball.

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Week One – Final Game

2 v 1 + 1 (GK)



Objective: Improving Combination Play, movement with and without the ball

Time: 15 minutes

Grid Size: 2 grids side-by-side 20 yards (length) x 15 yards (width)
goals 5 yards (wide)

Equipment: 6 small cones, 8 large cones, 6 training bibs

Organization: Divide into pairs (six teams). Four teams will play, while two teams rest. Teams rotate in after 3 minutes.

Rules: Team in possession has two players, team not in possession defends with one, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, both players become attackers.

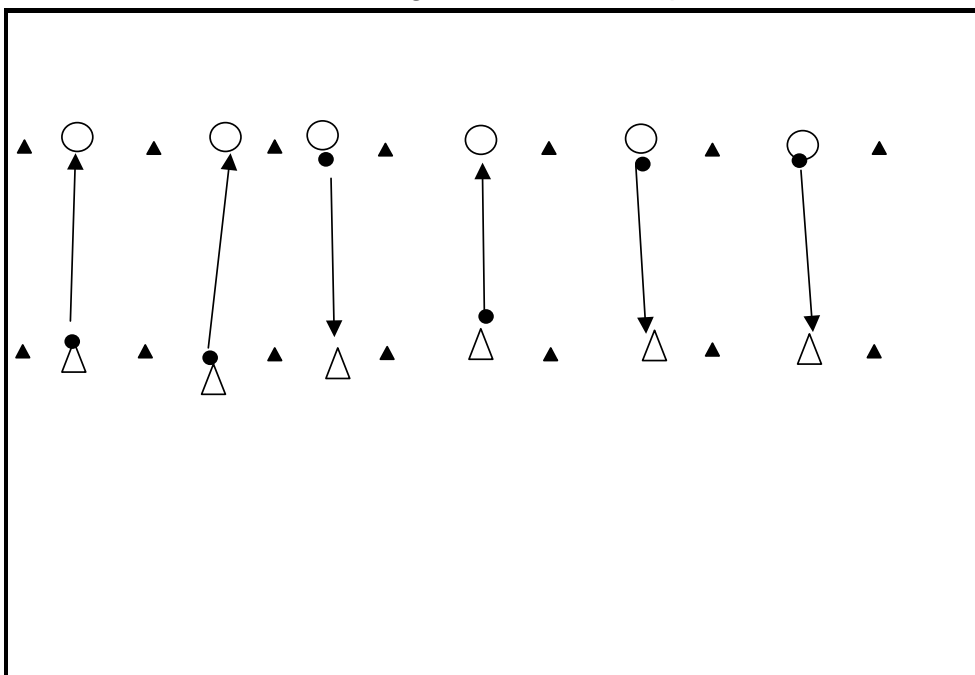
Coaching Points: Combination play (2 v 1 - wall pass, takeover)
Transition from Attack to Defense and Defense to Attack

Variations: Play 2 v 2 with resting teams as GK
Play 2 v 2 without GK

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Week Two – 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.

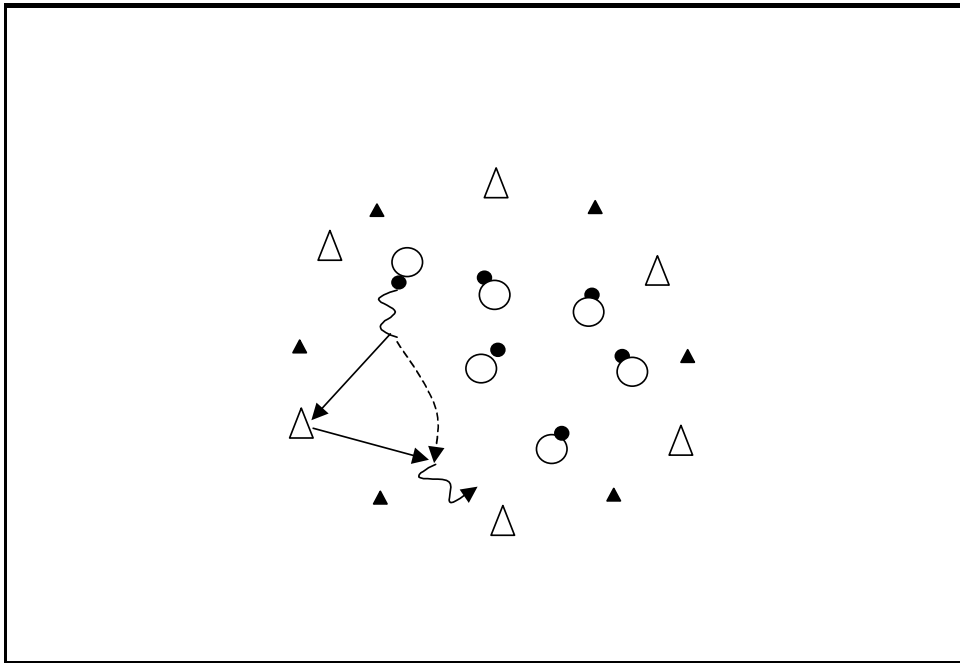
Coaching Points: Approach ball at slight angle
Non-kicking foot pointed at target
Kicking foot, toe down, laces facing target, ankle locked
Strike middle of ball with kicking foot
Follow through (show the target the bottom of the shoe)

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

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Week Two – Fun Game

Circle Up

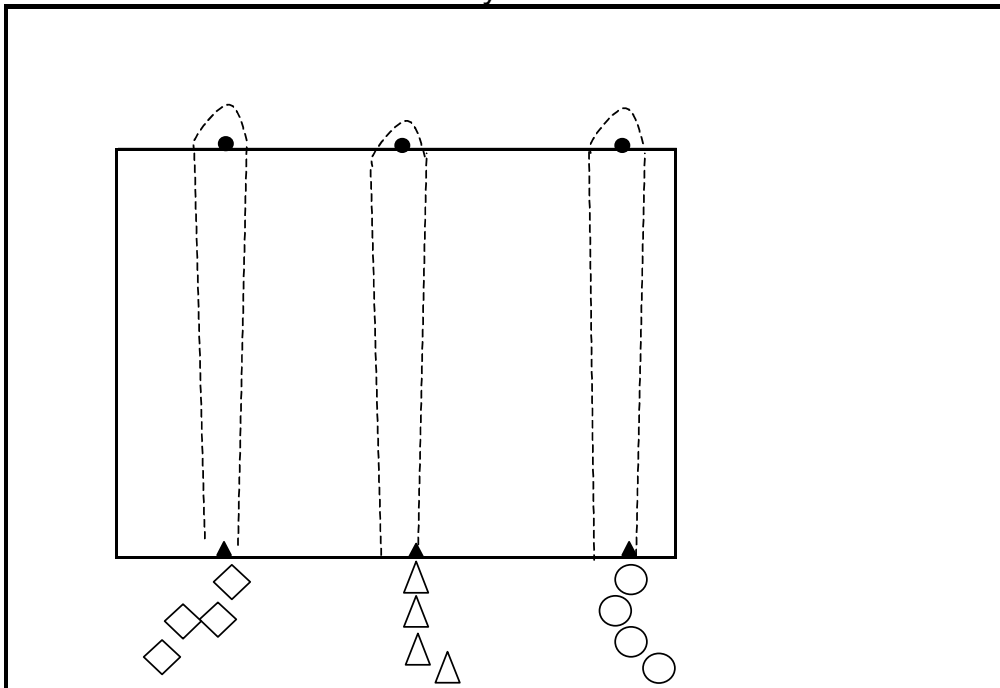


- Objective:** Improving passing technique, introduce wall pass
- Time:** 15 minutes
- Grid Size:** Circle 20 yards (diameter)
- Equipment:** 6 cones, balls for 1/2 of team
- Organization:** Players partnered up (two's). 1 partner on outside of circle, the other 1/2 in the middle of the circle.
- Rules:** Players on outside start with ball. Players inside move around and receive and pass ball back to outside player. Then move to another outside player. Rotate inside to outside 45-60 seconds. Players in middle start with the ball and players on the outside serve as wall passers. PICTURED
- Coaching Points:** Proper instep passing technique
Proper inside of foot passing technique
Teach wall pass
- Variations:** Focus on receiving balls (on ground, in air: to foot, thigh, chest head)
Inside player passes ball to outside player and sprints around outside player then receives return pass.

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Week Two - Fitness

Relay Races

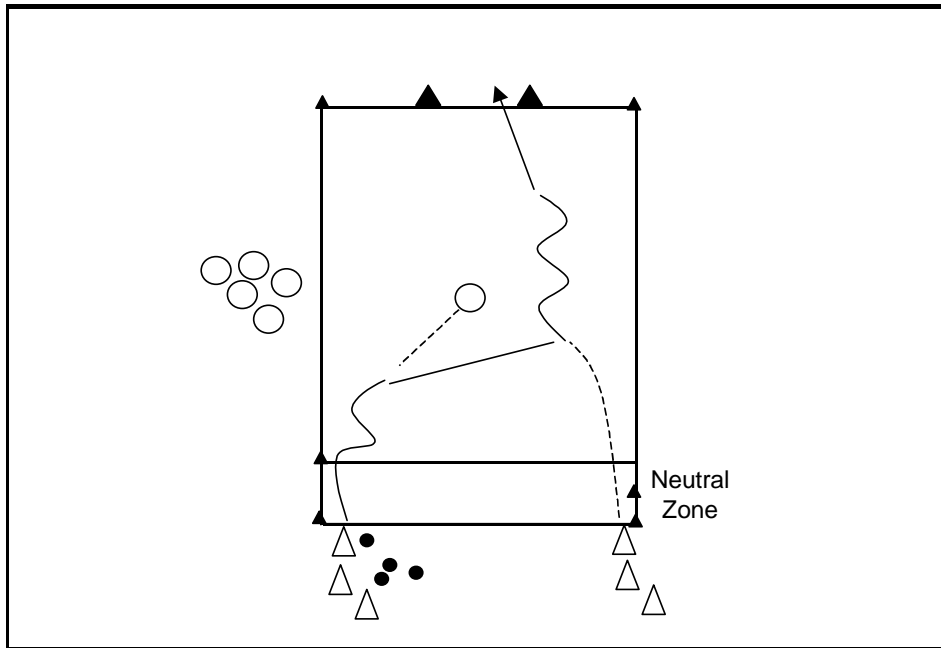


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** Three cones and three balls for three teams (training bibs can be used to differentiate between the teams).
- Organization:** Divide into 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 Two – Technical/Tactical Game

2 v 1 to goal



Objective: Improving ability to go past a defender; Combination Play (wall pass)

Time: 15 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

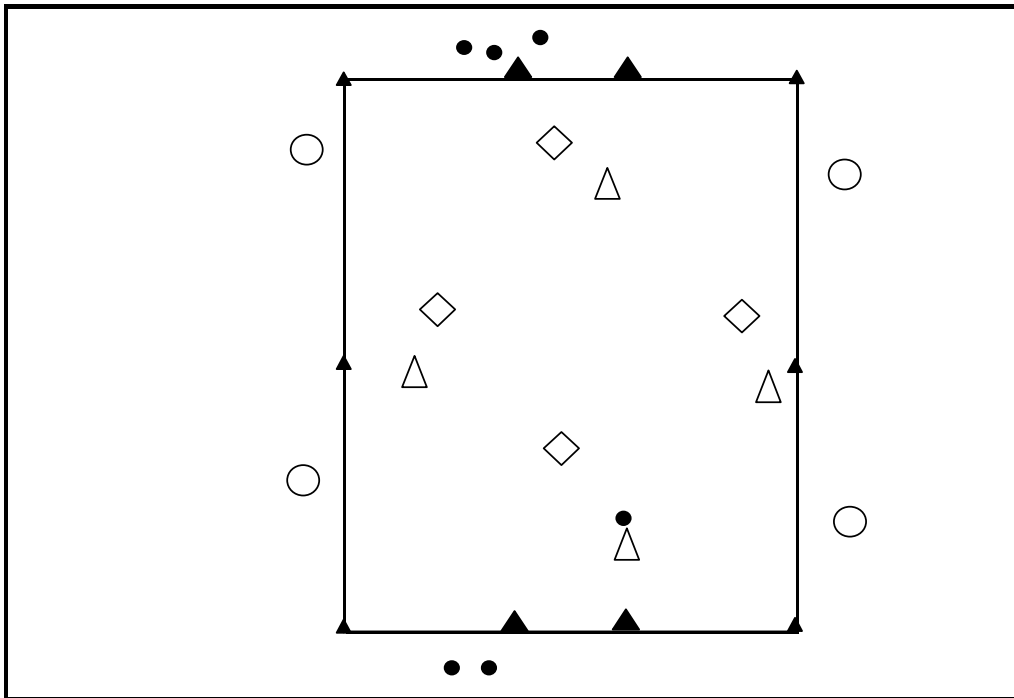
Coaching Points: Get past the defender as quickly as possible, via dribble or pass.
Look for wall pass opportunities
Shoot on goal (low)

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

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Week Two – Final Game

4 v 4 + 4

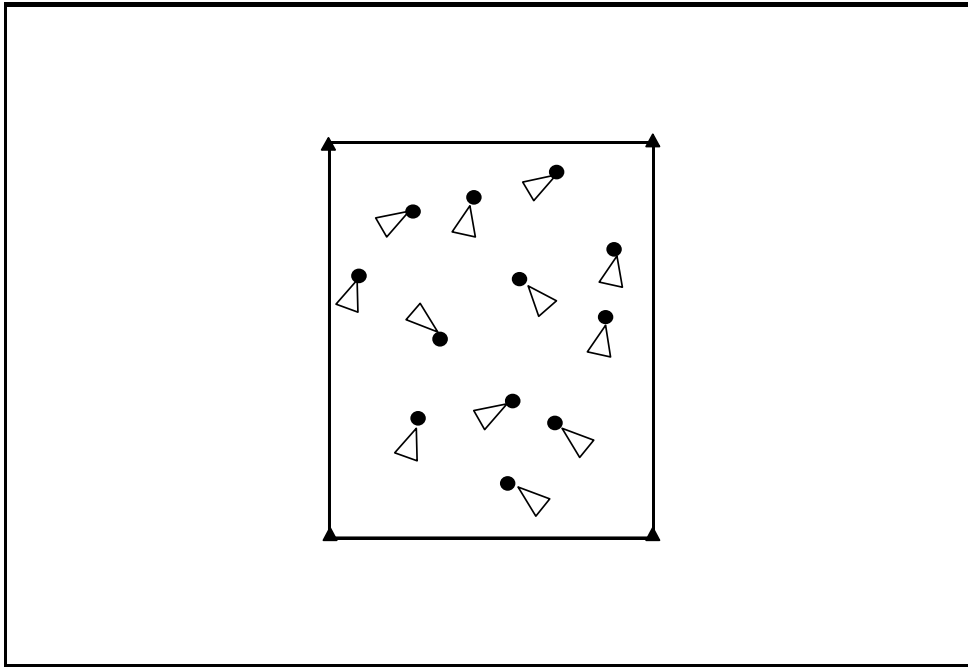


- Objective:** Creating game situations in small sided games, utilizing numerical advantage
- Time:** 15 minutes
- Grid Size:** 30 yards (length) x 20 yards (width), goals 7 yards (wide)
- Equipment:** 6 small cones, 4 large cones, 4 training bibs
- Organization:** Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team.
- Rules:** Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.
- Coaching Points:** Pass to open players, use neutral players if necessary
Team shape - Diamond (organize when ball is out of play)
Combination play (wall pass)
- Variations:** Limit # of touches (two touch max., 3 touches max.)
Game to one goal, winning team stays on.

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Week Three – Warm Up

Dribbling Vitamins

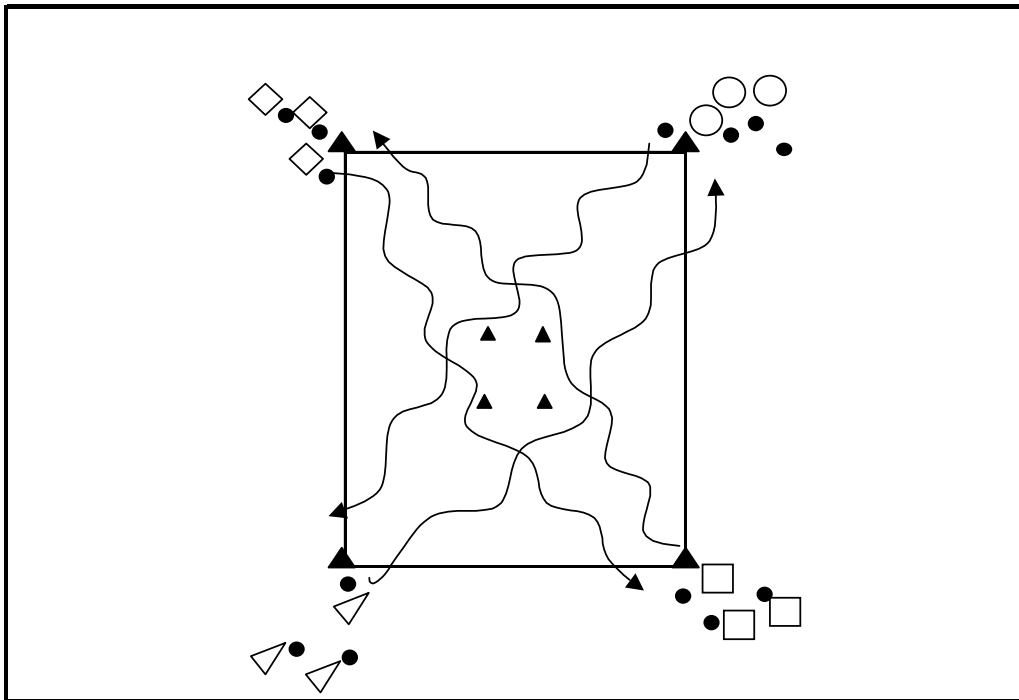


- Objective:** Learning to dribble in tight spaces
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-6, 11 and introduce #12 Double Touch
U11 Ball Coordination
Review 1-6, 11 and 12
- 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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Week Three – Fun Game

Four Corners X 2 with ball



Objective: Improving Speed Dribbling

Time: 15 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 four 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.

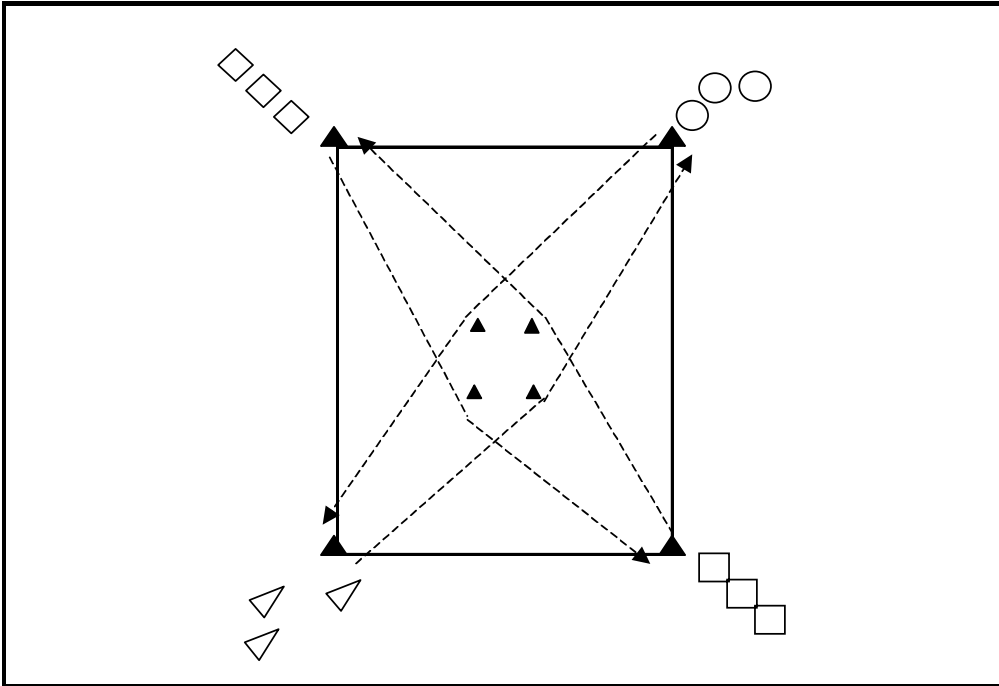
Coaching Points: Dribbling with speed (instep/laces)

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)

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Week Three - Fitness

Four Corners X 2

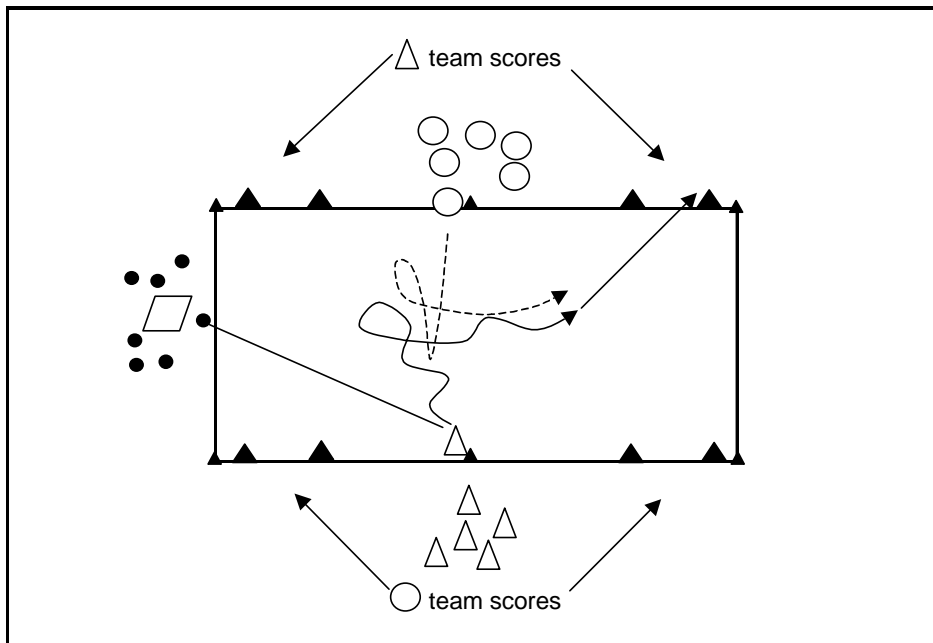


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width)
- Equipment:** Four large cones, four small cones
- Organization:** Team divided into four corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
- 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 a different corner
 - Run to rectangle, somersault continue to opposite corner

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Week Three – Technical/Tactical Game

1 v 1 to four goals

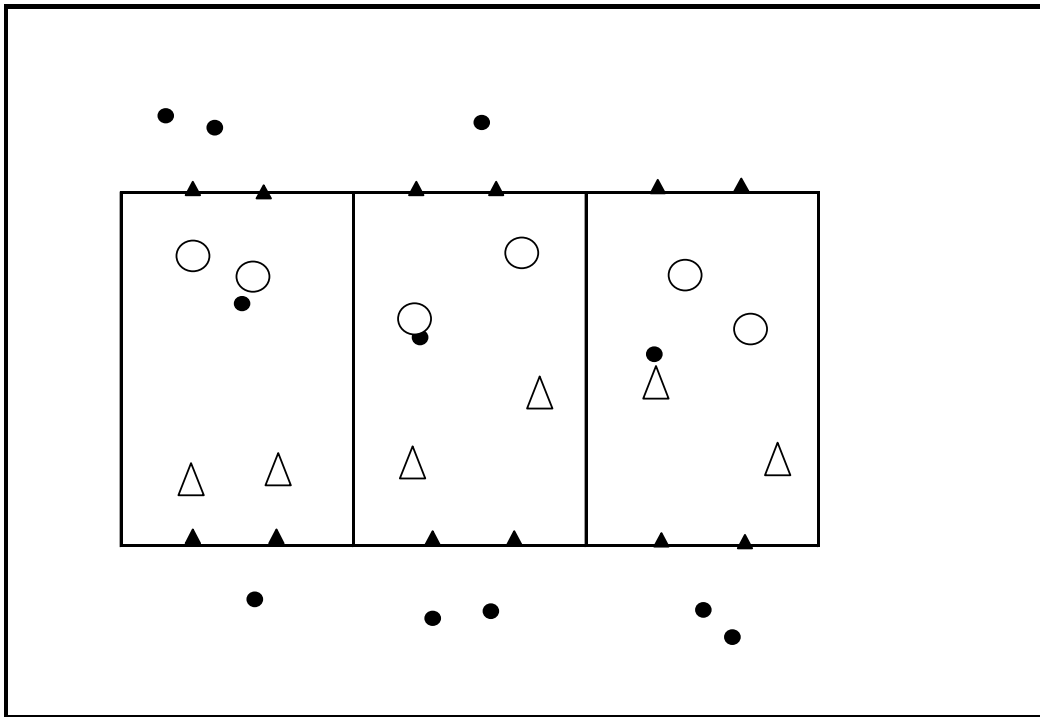


- Objective:** Improving ability to go past a defender, changing the point of attack with the dribble.
- Time:** 15 minutes
- Grid Size:** 15 yards (length) x 20 yards (width); vary size by age and ability
- Equipment:** 6 small cones, 8 large cones, training bibs for 1/2 of team, supply of balls
- Organization:** 2 teams (one on each end of field). Players defend two goals and attack two goals.
- Rules:** Players can enter the field when coach passes ball. Attacking player attempts to score on either goal, if defending player wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.
- Coaching Points:** Make defender move (dribble at angles, not straight)
 Change direction with a burst of speed
 Use dribbling moves, which ones are most effective?
 Transition from attack to defense; and defense to attack.
- Variations:** Two attackers vs. one defender
 Two attackers vs. two defenders

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Week Three – Final Game

2 v 2 Tournament

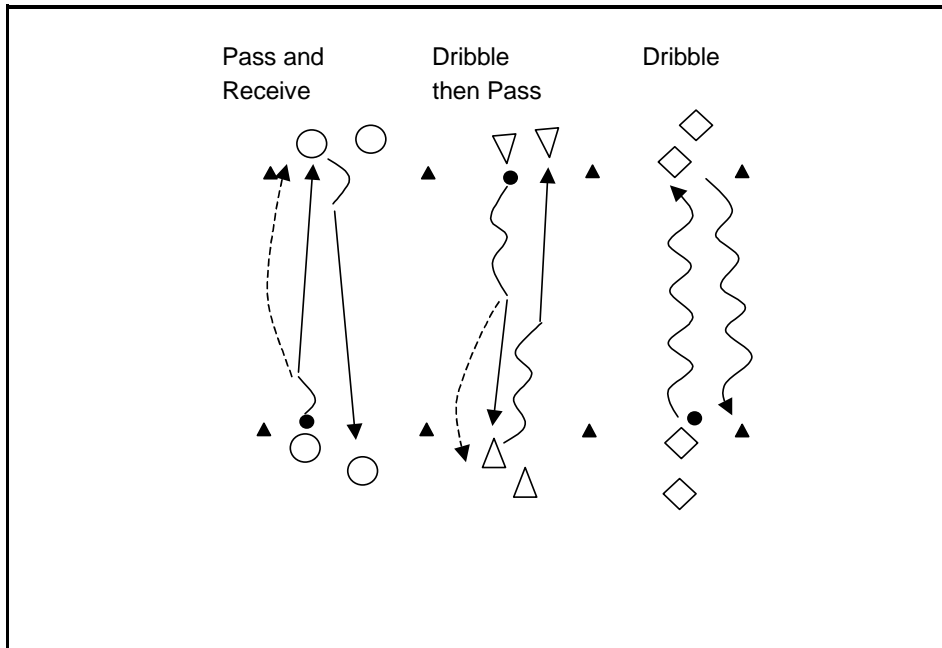


- Objective:** Improving play in 1 v 1 and 2 v 2 situations
- Time:** 15 minutes
- Grid Size:** 3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width
- Equipment:** 12 cones (for goals only) No sidelines
- Organization:** Divide team into pairs (six pairs)
- Rules:** Teams play 2 v 2 and rotate opposition every 3 minutes. Team with most wins tournament.
- Coaching Points:** Decision making dribbling vs. passing
Players dribbling with head up (vision)
Combination Play (wall pass)
Transition from attack to defense and defense to attack
- Variations:** Players rotate partners (individual score)

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Week Four – Warm Up

Follow Pass

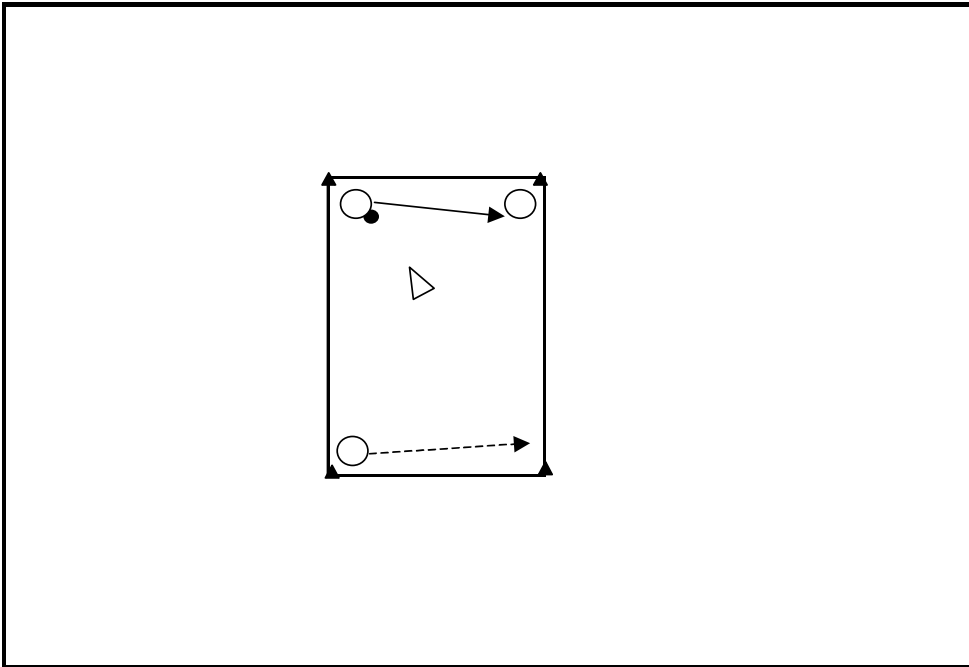


- Objective:** Improve instep passing, introduce inside of foot passing
- Time:** 15 minutes
- Grid Size:** Two lines of cones 15 yards apart, adjust based upon ability
- Equipment:** 8 cones, supply of balls
- Organization:** Divide team into groups of 3-4 players
- Rules:**
 DRIBBLE-1st player dribbles ball across field and exchanges ball (takeover) with teammate on opposite side of field (repeat)
 DRIBBLE-PASS-1st player dribbles half way and passes to teammate opposite and follows pass then replaces teammate (repeat)
 PASS-RECEIVE-1st player passes ball to teammate opposite and follows pass then replaces teammate. (repeat)
- Coaching Points:** Dribble with speed
 Pace of pass & pass on ground
 Instep passing technique
 Inside of foot passing technique
- Variations:** Restrict # of touches
 Must pass/receive with right/left foot

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Week Four – Fun Game

3 v 1 (Empty Corner)

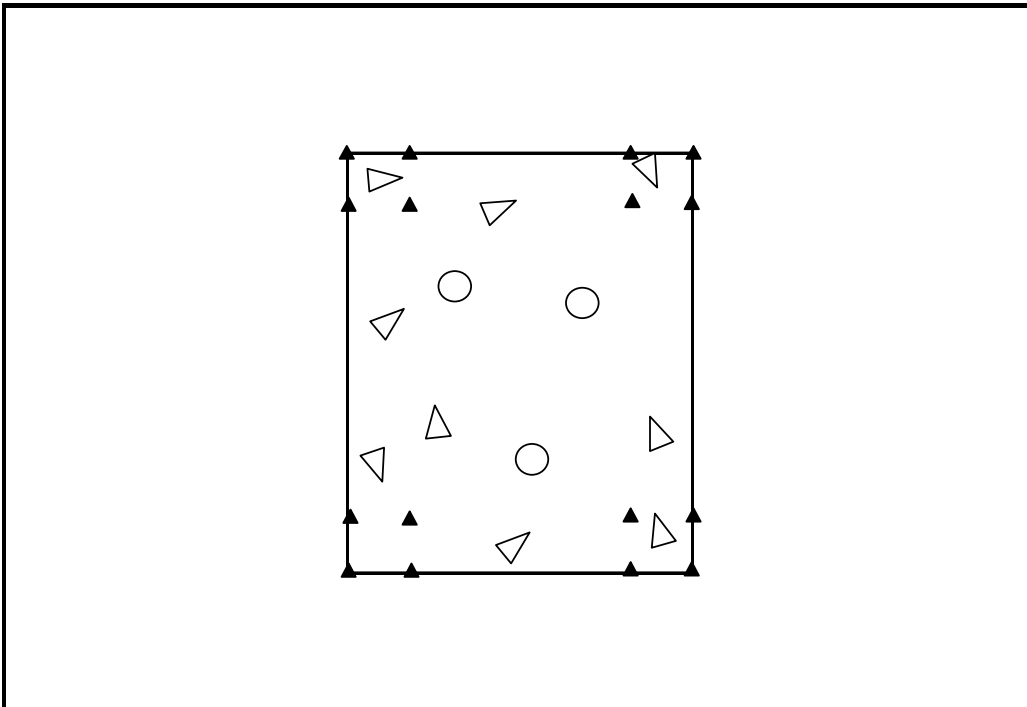


- Objective:** Passing, movement without the ball
- Time:** 15 minutes
- Grid Size:** 3 grids of 15 yards (length) x 10 yards (width)
- Equipment:** 12 cones, 3 training bibs, supply of balls
- Organization:** Divide team into groups of four. Three attacking players vs. one defending player.
- Rules:** 3 v 1 possession. Attacking team moves without the ball to create triangle (Player with the ball should have support on the left side and right side - 2 options). Defender starts at walking pace, then to jogging pace, then full pace. Rotate defenders after 3 minutes
- Coaching Points:** Attackers adjust position while the ball is moving
Accurate passing
- Variations:** If defender wins ball or if the attacker passes the ball out of bounds, the defender switches with the attacker that lost the ball.

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Week Four - Fitness

Four Corners Tag

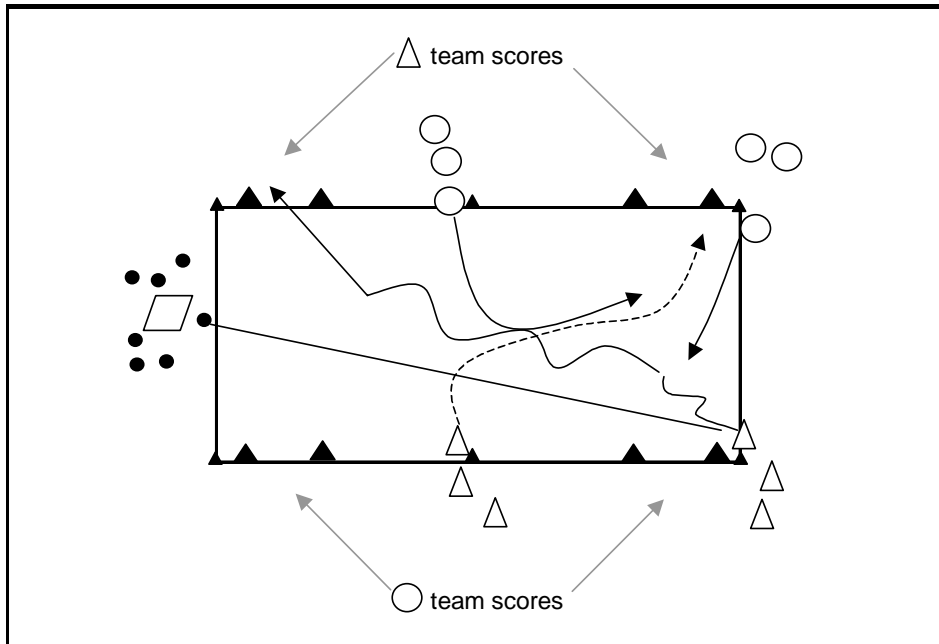


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 16 cones, three training bib
- Organization:** Three taggers, all others are runners
- Rules:** Runners can use Safe Zone (corners). 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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Week Four – Technical/Tactical Game

2 v 2 to four goals

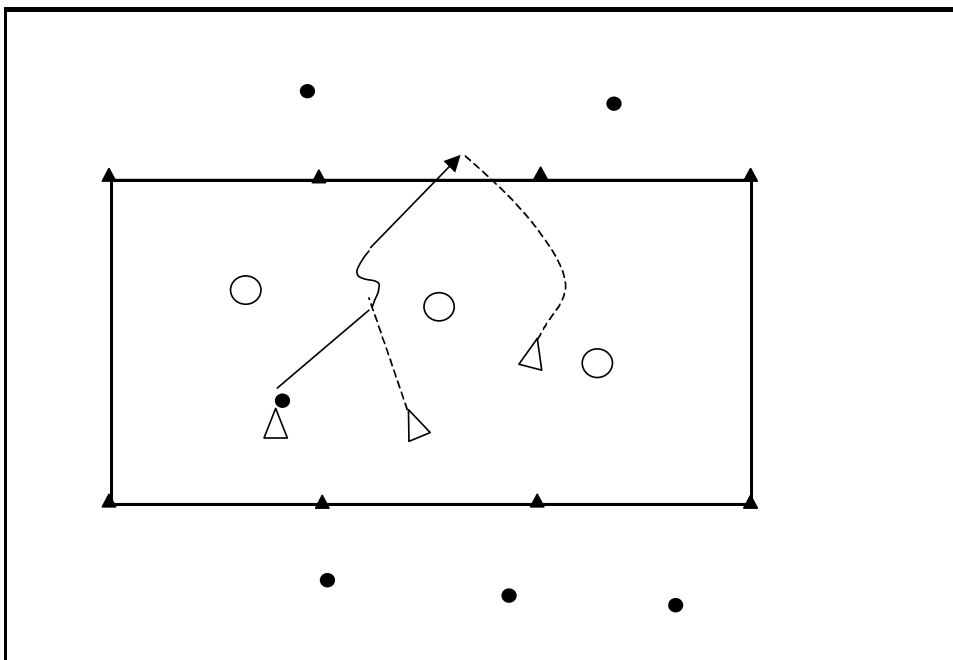


- Objective:** Improving combination play, changing point of attack
- Time:** 15 minutes
- Grid Size:** 15 yards (length) x 20 yards (width); vary size by age and ability
- Equipment:** 6 small cones, 8 large cones, training bibs for 1/2 of team, supply of balls
- Organization:** 2 teams (one on each end of field). Players defend two goals and attack two goals.
- Rules:** Players can enter the field when coach passes ball. Attacking team attempts to score on either goal, if defending team wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.
- Coaching Points:** Movement of attacker without the ball to create space (diagonal run)
 Combination play (wall pass, takeover)
 Pass, if dribble is not on
 Attack the goal that has the fewest defenders
 Transition from attack to defense; and defense to attack.
- Variations:** One attacker vs. one defender
 Two attackers vs. one defender
 One attacker vs. two defenders

Ballistic United Soccer Club
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Week Four – Final Game

3 v 3 Line Soccer (Passing)



Objective: Penetration by passing, combination play

Time: 15 minutes

Grid Size: 2 grids - 20 yards (length) x 30 yards (width)

Equipment: 16 cones, 6 training bibs, supply of balls

Organization: Divide players in to groups of three (four teams)

Rules: Teams play 3 v 3 in grid. In order to score attacking team must complete a pass to teammate beyond (no more than 10 yards) end line. Defending players cannot run beyond end line.

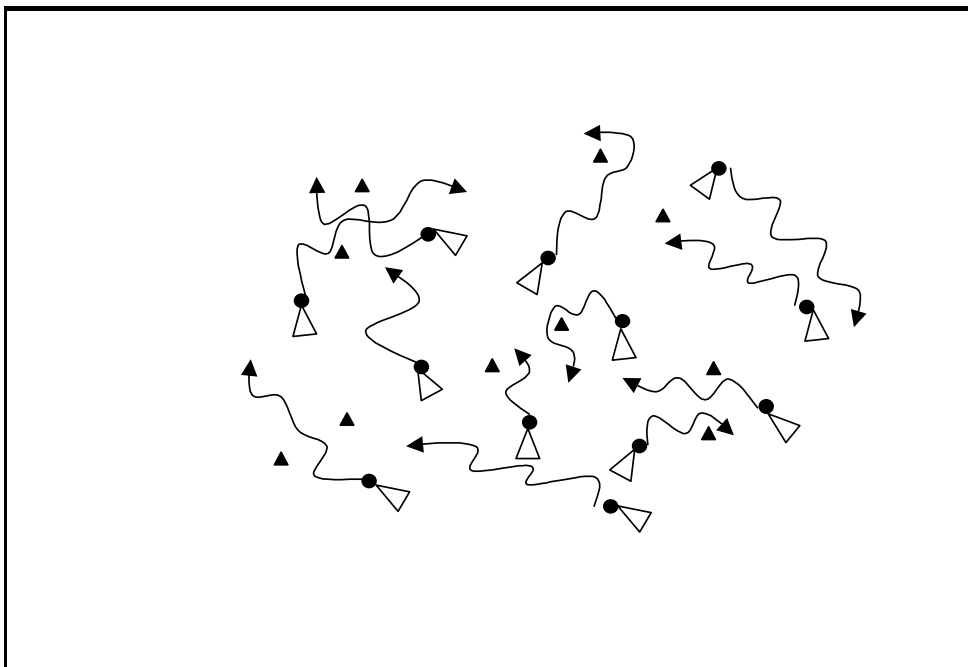
Coaching Points: Create space by movement with and without the ball
Combination play (wall pass, takeover)
Possession of ball, when penetration is not on
Accurate passing

Variations: Dribbling over line
Attacking team must have minimal number of passes prior to scoring.
Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).

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Week Five – Warm Up

Dribbling Gates

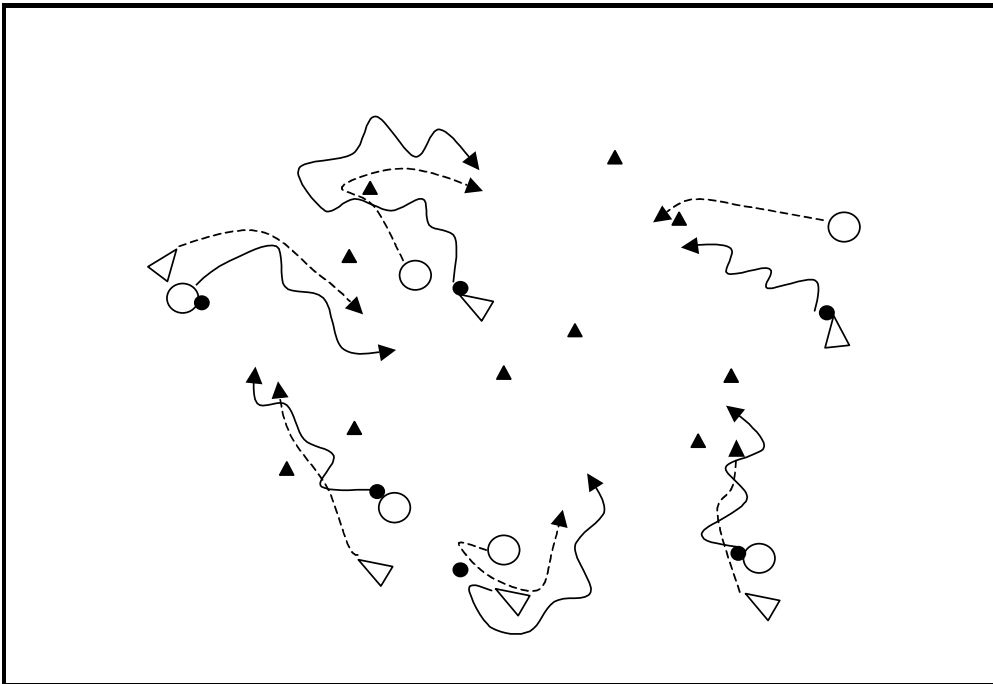


- Objective:** Learning to dribble in tight spaces
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy). How many gates can players dribble through in allotted time?
- Actions:** U9-U10 Ball Coordination
Review 1 - 7, 11, 12 and introduce #13 (fake kick and spin away)
U11 Ball Coordination
Review 1 - 7, 11-13
- 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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Week Five – Fun Game

1 v 1 Dribbling Gates

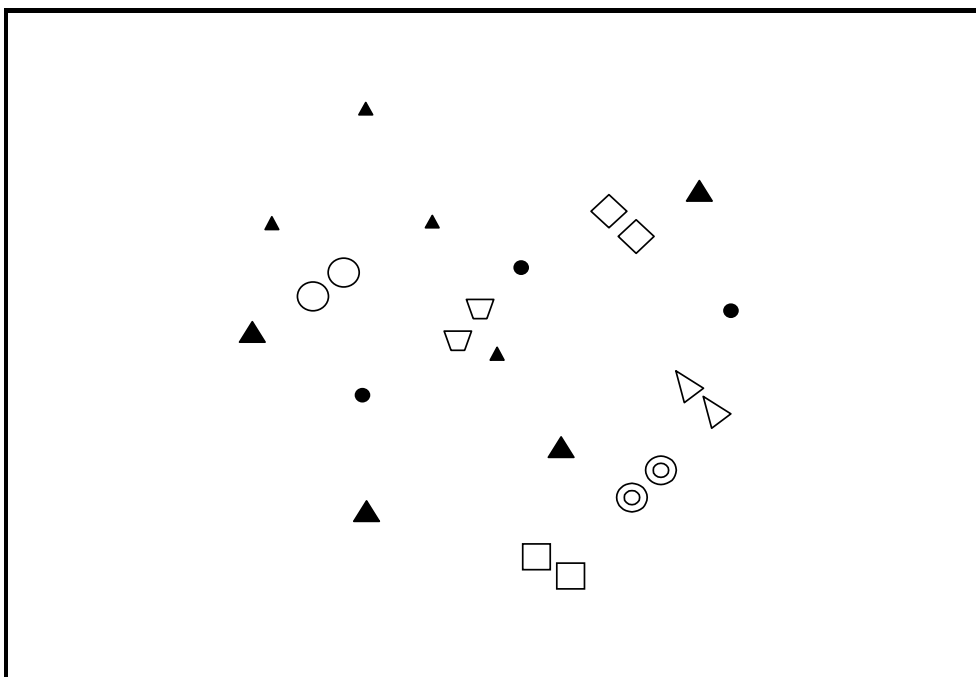


- Objective:** Improving beating a defender, improving winning the ball
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate; 1/2 team with training bibs;
1 ball per 2 players
- Organization:** Players paired up.
- Rules:** Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Players cannot dribble through same gate twice in a row, must go to another gate. Length of game 30-60 seconds. Rotate opponent.
- 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 Five - Fitness

Follow the leader -- TAG

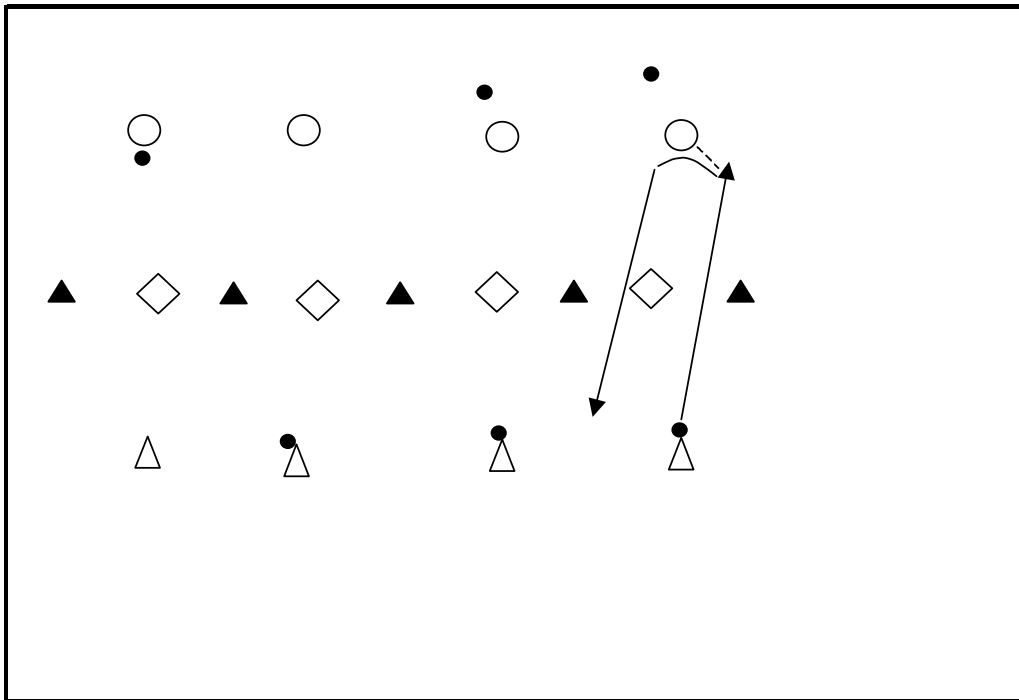


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** Open field space, cones/balls can be used for obstacles
- Equipment:** 4 large cones, 4 small cones, 4 balls
- Organization:** Players form pairs, one leader with one follower
- Rules:** Leader does different 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 Five – Technical/Tactical Game

Man (GK) in the middle

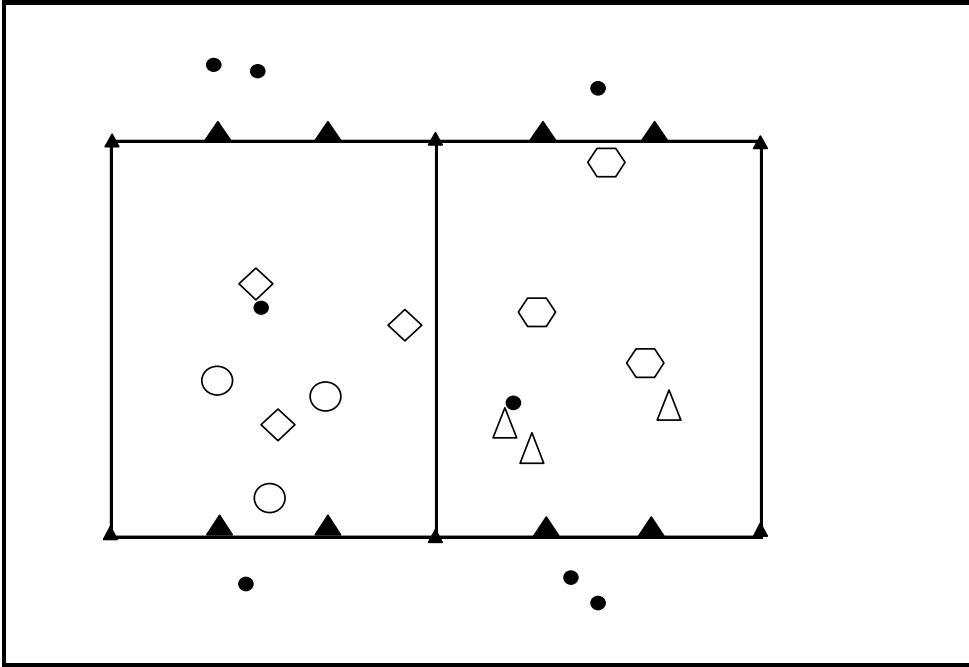


- Objective:** Learning to shoot with instep and inside of foot
- Time:** 15 minutes
- Grid Size:** Distance between shooters and goals (5-10 yds.) Goals 5 - 7 yards (width) side by side
- Equipment:** 5 large cones, supply of balls
- Organization:** 2 players with two balls (outside), 1 in the middle (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
Inside of foot passing technique
- Variations:** Shoot with right or left foot only
Self-pass then shoot
Who can score the most goals in allotted time?

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

Week Five – Final Game

3 v 2 + 1 (GK)



Objective: Improving Combination Play, movement with and without the ball

Time: 15 minutes

Grid Size: 2 grids side-by-side 30 yards (length) x 20 yards (width)
goals 5 yards (wide)

Equipment: 6 small cones, 8 large cones, 6 training bibs

Organization: Divide into three players each (four teams). Teams will rotate after 5 minutes.

Rules: Team in possession has three players, team not in possession defends with two, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, all players become attackers

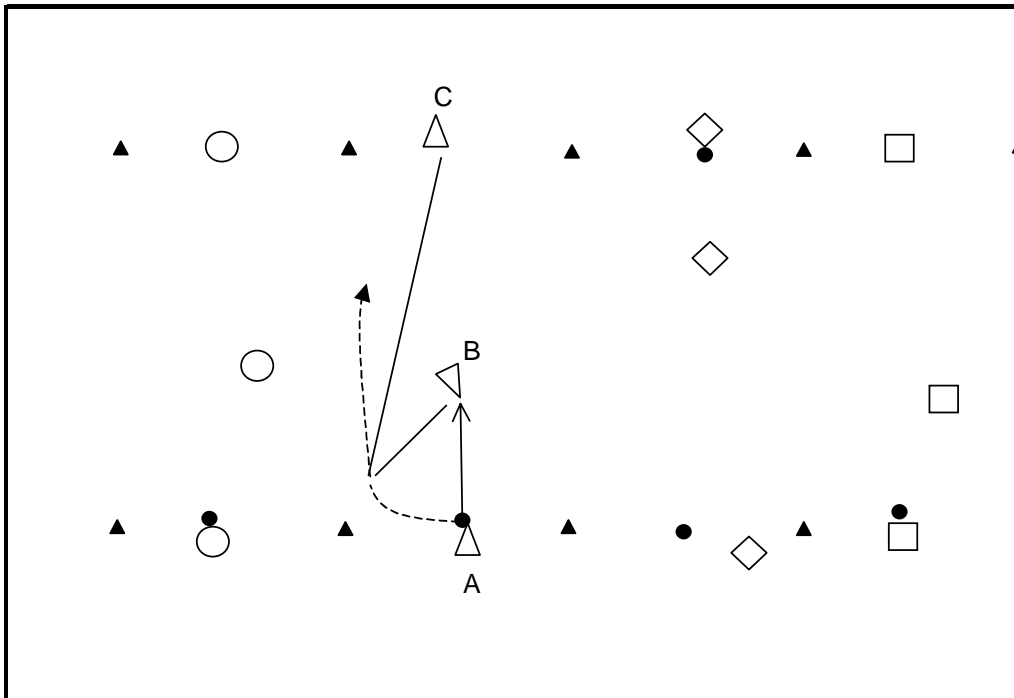
Coaching Points: Combination play (2 v 1 - wall pass, takeover)
Transition from Attack to Defense and Defense to Attack
Team shape - Two back-One Forward TRIANGLE (organize when ball is out of play)

Variations: Play 3 v 3 without GK

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

Week Six – Warm Up

Short-Short-Long

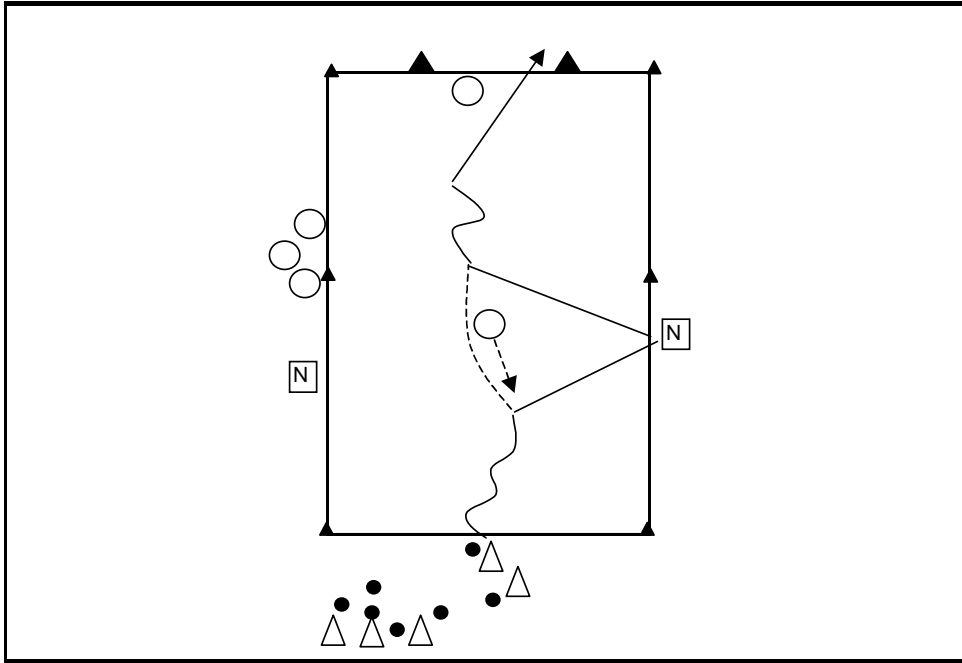


- Objective:** Passing/Receiving Technique, Movement without the ball
- Time:** 15 minutes
- Grid Size:** 2 lines of cones 20 yards (length) and 10 yards (width)
increase/decrease based on ability and technique being taught
- Equipment:** 10 cones, 4 balls
- Organization:** Groups of three players (four groups) One player each on the ends and one player in the middle
- Rules:** A plays SHORT pass to B; B plays SHORT pass back to A; A plays LONG pass to C and follows pass. B takes A's spot
Creating another SHORT-SHORT-LONG opportunity.
- Coaching Points:** Inside of foot passing technique
Instep passing technique
- Variations:** Player in middle stays for 45-60 seconds, then rotates to the outside.

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

Week Six – Fun Game

1 v 1 + 2 to goal

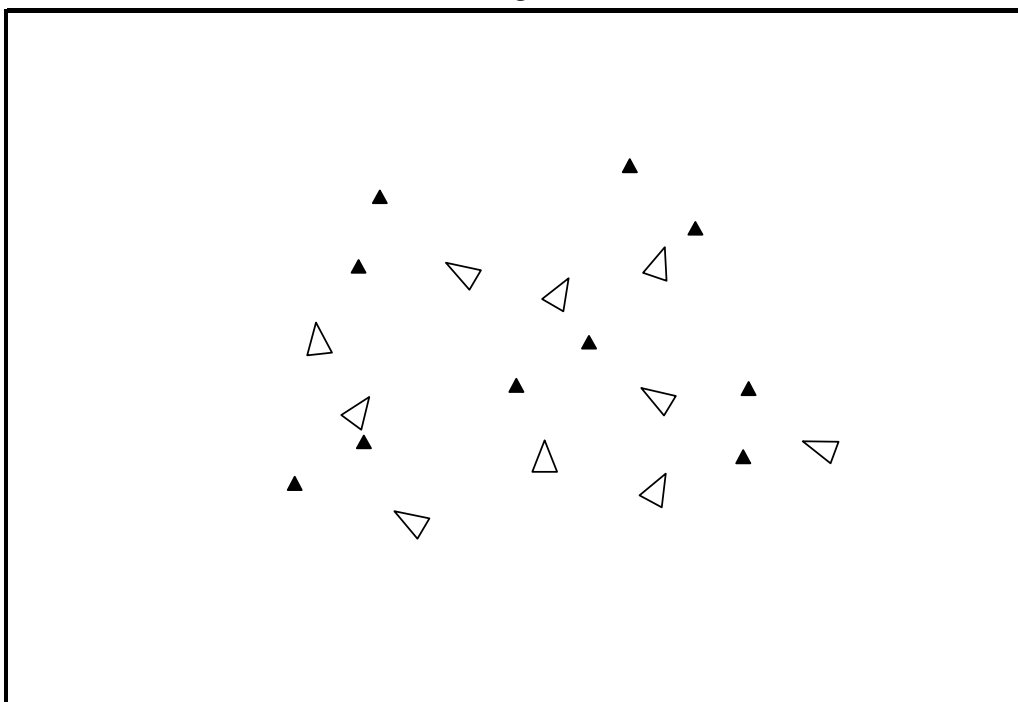


- Objective:** Improving ability to go past a defender (Dribble or Wall Pass)
Improving shooting on goal
- Time:** 15 minutes
- Grid Size:** 25 yards (length) x 15 yards (width); vary size by age and ability;
goal 7 yards (width)
- Equipment:** 6 small cones, 2 large cones, 2 training bibs, supply of balls
- Organization:** One GK, Two neutral (wide) players, the rest divided into two teams (1 Attacking, 1 Defending)
- Rules:** Attacking player starts play by dribbling into field. Defending player defends when ball is put into play. Attacking player attempts to beat defender (dribble or wall pass with neutral player(s) and shoot on goal. Defender wins ball and dribbles across the attacking start line (for a score). Rotate teams including GK and Neutral players.
- Coaching Points:** Get past the defender as quickly as possible, via dribble.
Shoot on goal (low shot to corners is ideal)
- Variations:** When defending player wins ball, he dribbles off the field, and attacker must now attempt to win the ball back. Transition from attack to defense and defense to attack.
Defenders rotate with attacker after they win the ball.

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

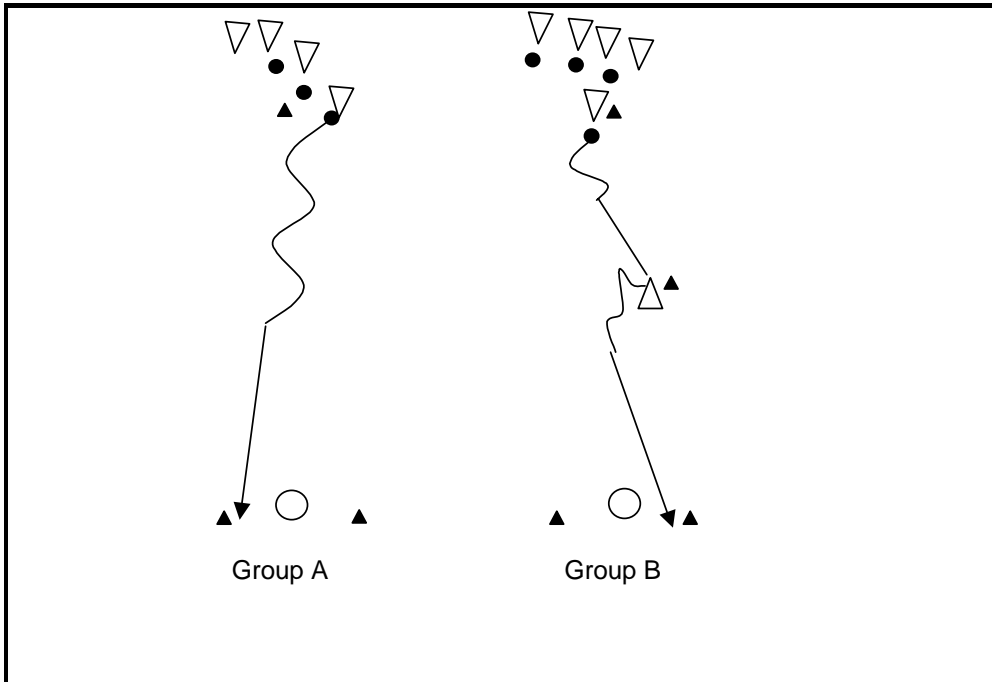
Coaching Points: Vision - Avoid crowded gates

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

Dribble Shoot & Dribble-Pass-Shoot

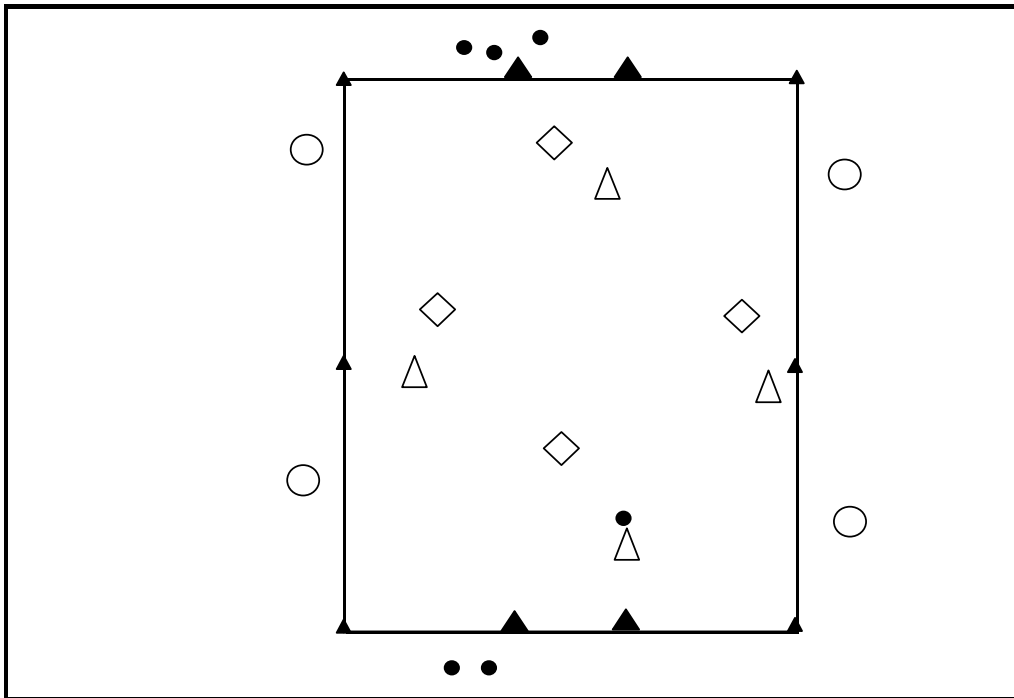


- Objective:** Improving Shooting on Goal
- Time:** 15 minutes
- Grid Size:** Start point is 20 yards away from goal (goal 6 yards wide)
- Equipment:** 7 cones and supply of balls
- Organization:** One goalkeeper in each goal (2), one receiver 12 yards from B Goal, all others with a ball at start cones (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 Six – Final Game

4 v 4 + 4

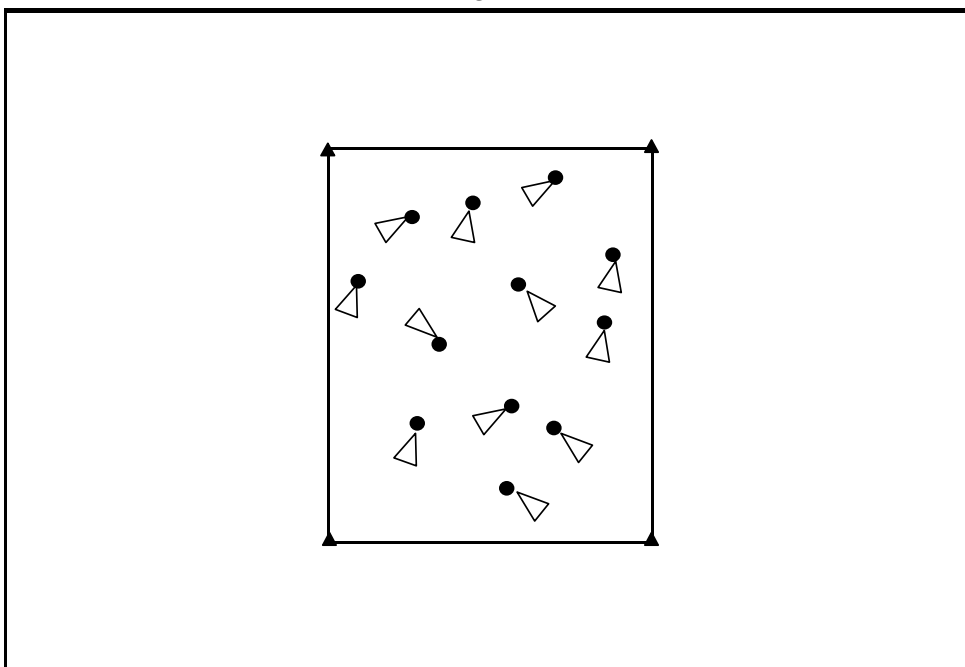


- Objective:** Creating game situations in small sided games, utilizing numerical advantage.
- Time:** 15 minutes
- Grid Size:** 30 yards (length) x 20 yards (width), goals 7 yards (wide)
- Equipment:** 6 small cones, 4 large cones, 4 training bibs
- Organization:** Four teams of four players. Two teams play 4 v 4 with other team on outside of field (neutral) playing with the attacking team.
- Rules:** Teams play 4 v 4, attacking team can play ball to each other and 4 neutral players (on outside). Rotate teams every 5 minutes.
- Coaching Points:** Pass to open players, use neutral players if necessary
Team shape - Diamond (organize when ball is out of play)
Combination play (wall pass)
- Variations:** Limit # of touches (two touch max., 3 touches max.).
Game to one goal, winning team stays on.

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

Week Seven – Warm Up

Dribbling Vitamins

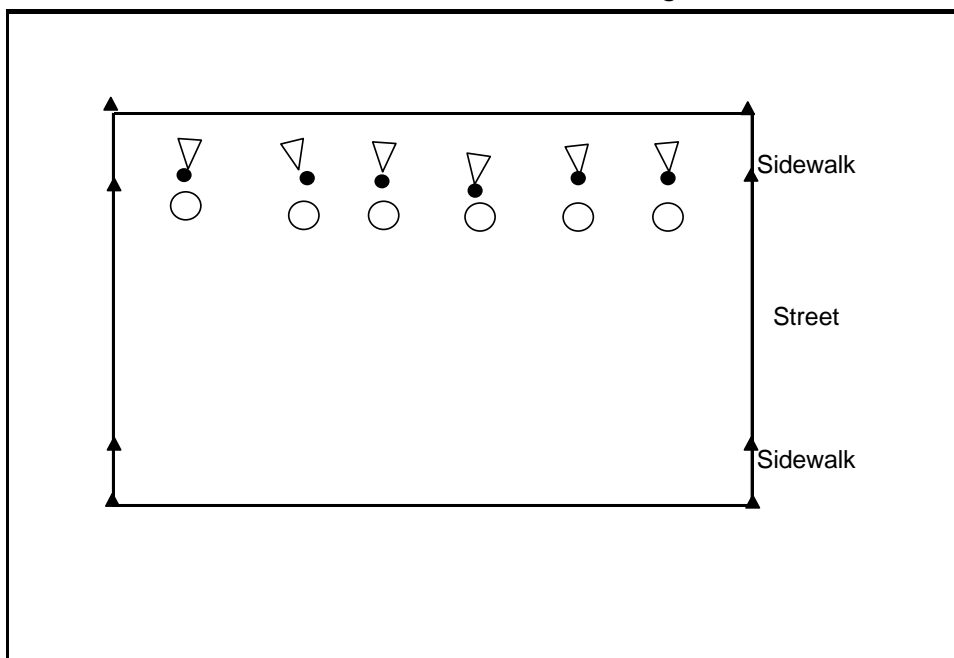


- Objective:** Learning to dribble in tight spaces
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-8, 11-13 and introduce #14 Scissors
U11 Ball Coordination
Review 1-8, 11-14
- 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

Street Dribble - Defending



Objective: Learning proper defending technique

Time: 15 minutes

Grid Size: 30 yards (length) x 30 yards (width); vary size by age and ability

Equipment: 8 Cones, 2 training bibs, supply of balls

Organization: 1/2 the team with balls, the other half without

Rules: Attackers start dribbling (changing direction) while heading towards the other sidewalk. Defender tries to keep attacker in front of himself. Attacker starts at a jogging pace, and increases speed after each round. Players switch roles after crossing the street twice = 1 round.

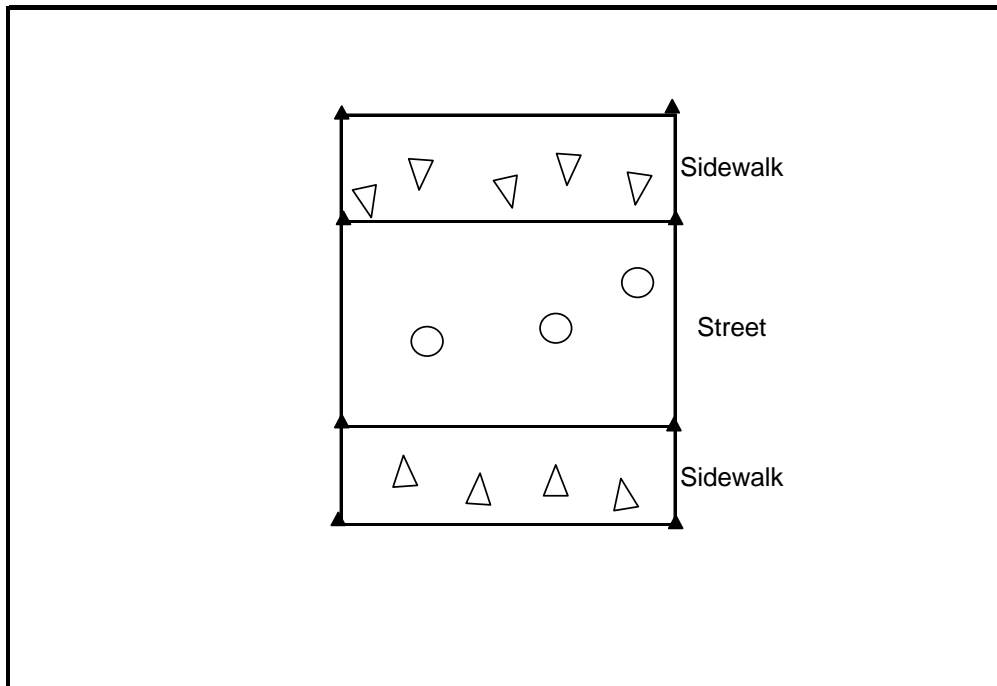
Coaching Points: Defensive body position (1 foot in front of the other) Sideways On
Force attacker one way (shepherd)
Keep Attacker in front of themselves
Be patient (don't dive in at the ball)
Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)

Variations: 1 v 1 line soccer (dribbling)

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

Week Seven - Fitness

Street Tag

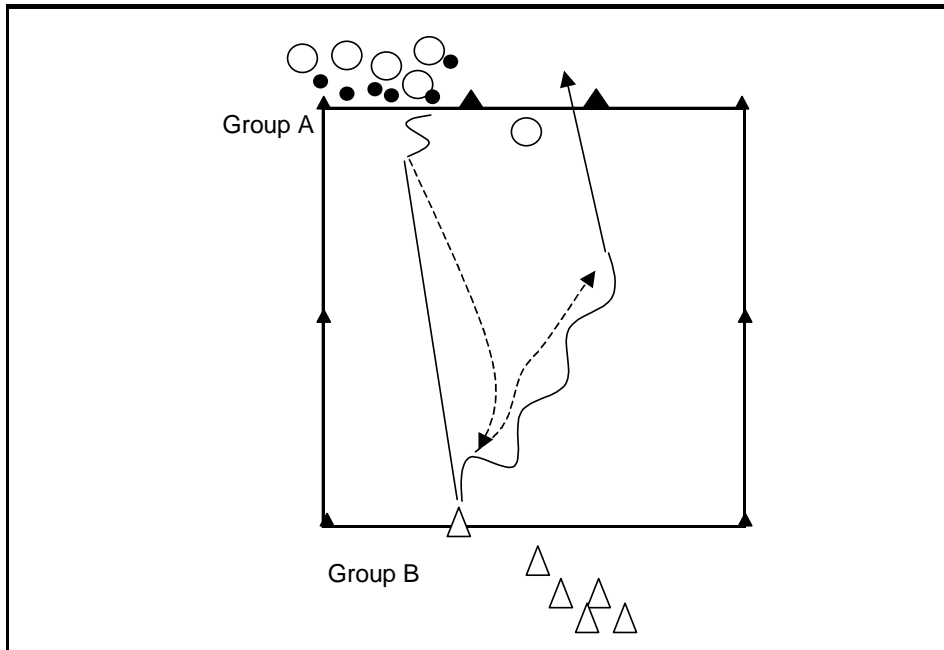


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 8 Cones, 3 training bibs
- Organization:** Three players in the street (Street Sweepers) all other players in the sidewalk.
- 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 Seven – Technical/Tactical Game

Chip and Defend

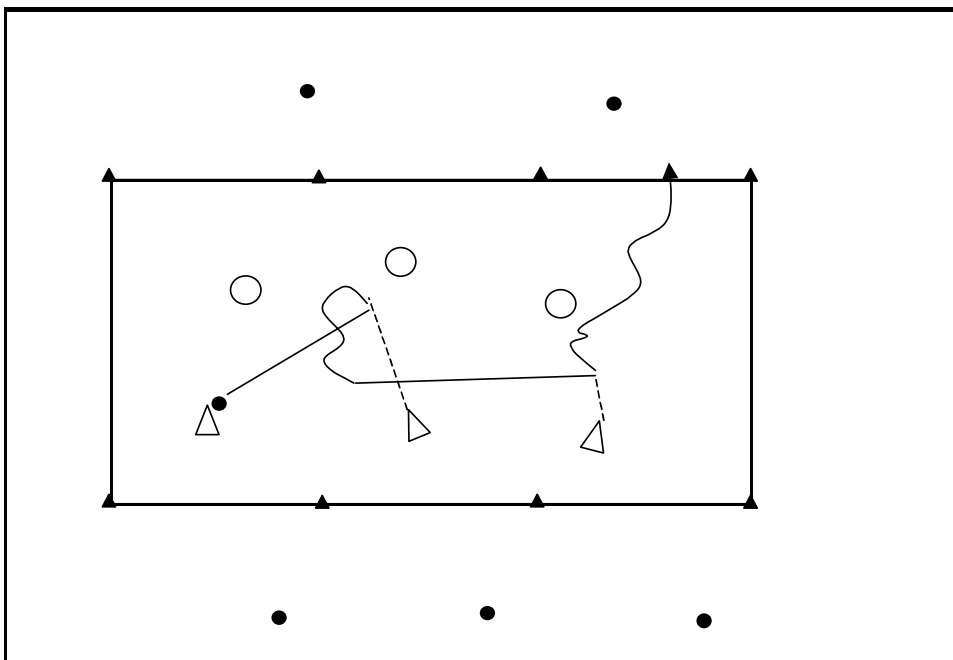


- Objective:** Attacking and Defending 1 v 1
- Time:** 15 minutes
- Grid Size:** 25 yards (length) x 20 yards (width) goal 7 yards (wide)
- Equipment:** 6 small cones, 2 large cones, training bibs for 1/2 team, supply of balls
- Organization:** One team defends (Group A), One team attacks (Group B). Defending team provides a GK.
- Rules:** A dribbles 3-4 touches and plays long pass to B. A follows pass with a sprint. A and B play 1 v 1. If the defending team wins the ball, passing back to the GK = a goal. The attacking team earns a goal by scoring. Rotate teams every 3-4 minutes.
- Coaching Points:** Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Be patient (don't dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)
- Variations:** A must play chipped pass (in air)
 B sends two players (2 v 1)
 Both A and B send two players (2 v 2)

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

Week Seven – Final Game

3 v 3 Line Soccer (Dribbling)



Objective: Penetration by dribbling, creating 1 v 1 opportunities.

Time: 15 minutes

Grid Size: 2 grids - 25 yards (length) x 40 yards (width)

Equipment: 16 cones, 6 training bibs, supply of balls

Organization: Divide players in to groups of three (four teams)

Rules: Teams play 3 v 3 in grid. In order to score attacking team must dribble beyond end line.

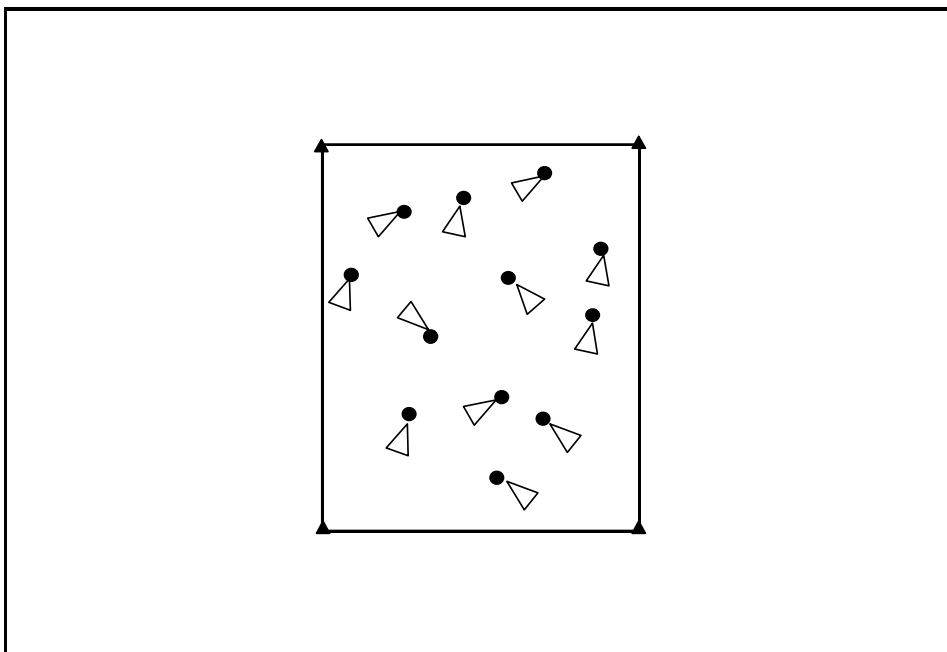
Coaching Points: Create space by movement with and without the ball
Take opponent on quickly when 1 v 1 is present
Possession of ball, when penetration is not on

Variations: Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
If team scores, they maintain possession and attack in the other direction.
Passing over the line
Attacking team must have minimal number of passes prior to scoring.

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

Week Eight – Warm Up

Dribbling Vitamins

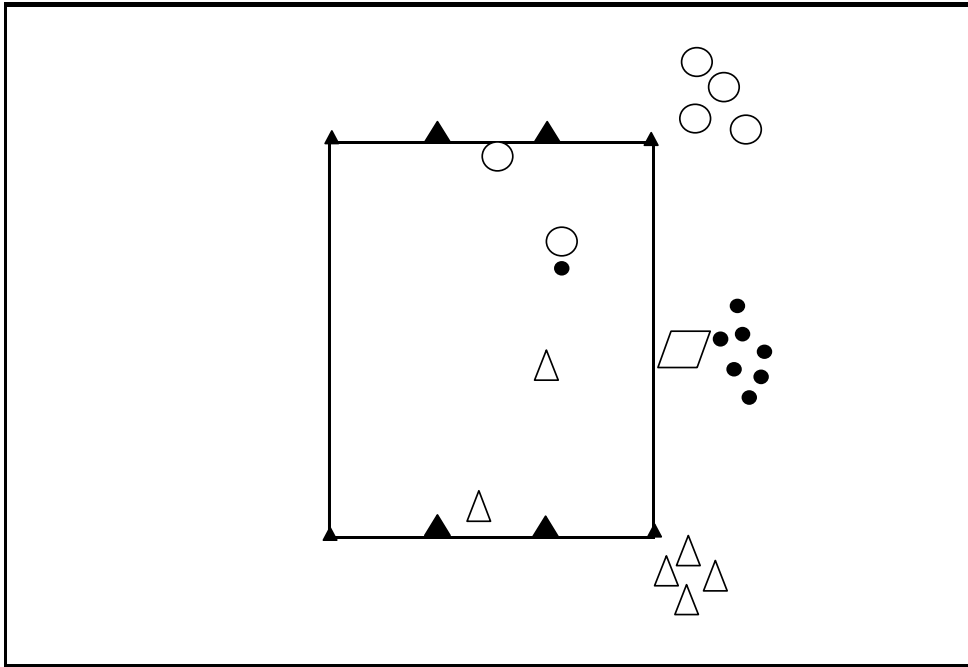


- Objective:** Learning to dribble in tight spaces
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.
U9-U10 Ball Coordination
Review 1-9, 11-14 and introduce #15 Fake Kick and Behind
U11 Ball Coordination
Review 1-9, 11-15
- 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

1 v 1 Steal the Bacon - to goal

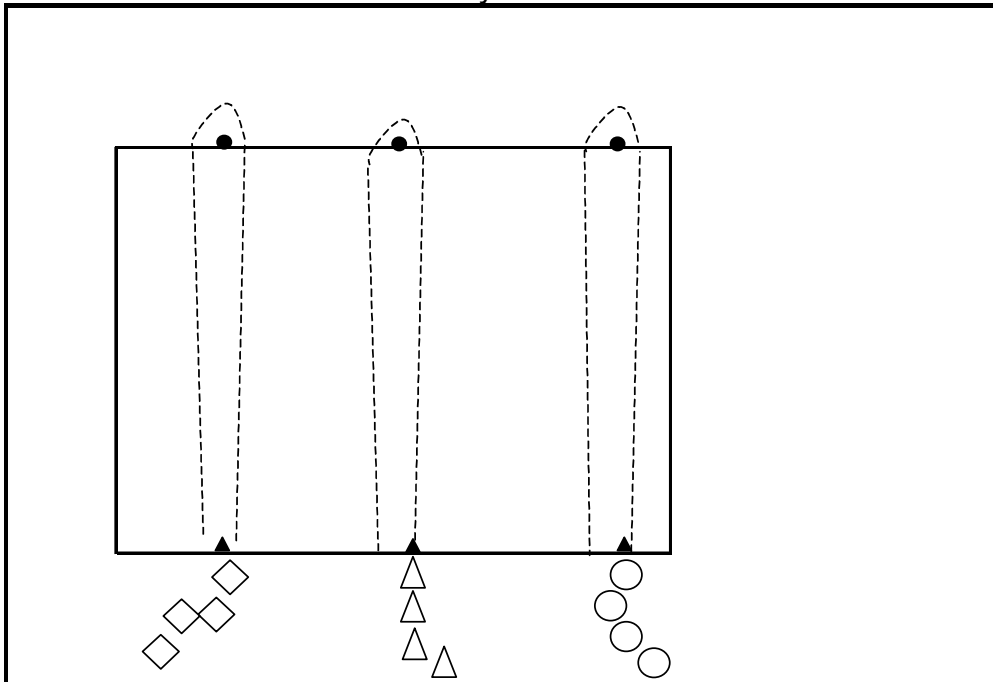


- Objective:** Learning to play 1 v 1, Attack and Defense
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams in two; assign each 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 - Fitness

Relay Races

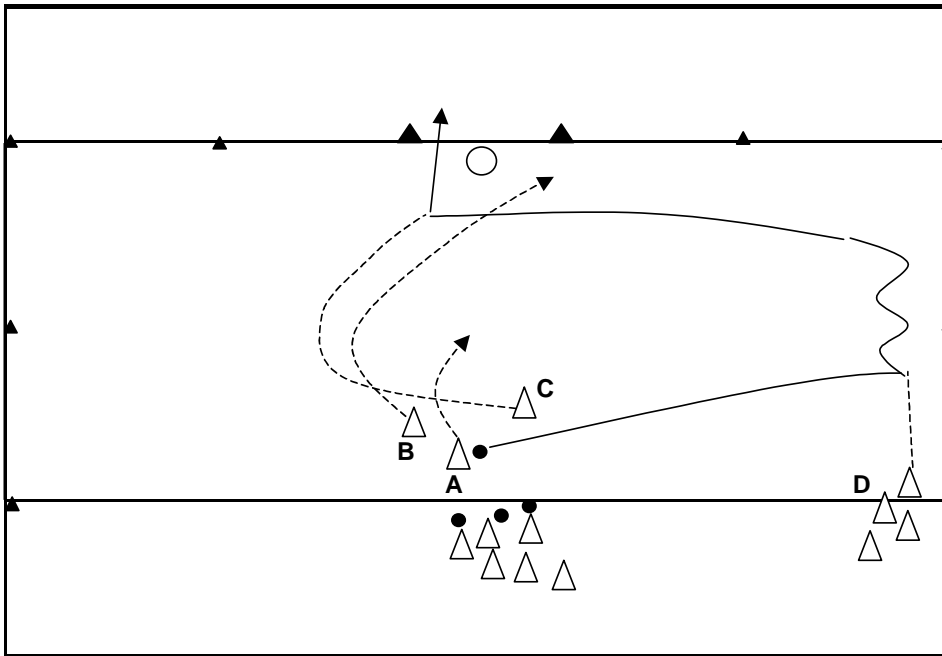


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** Three cones and three balls for three teams (training bibs can be used to differentiate between the teams between the teams)
- Organization:** Divide into 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

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

Week Eight – Technical/Tactical Game

Finishing Touches

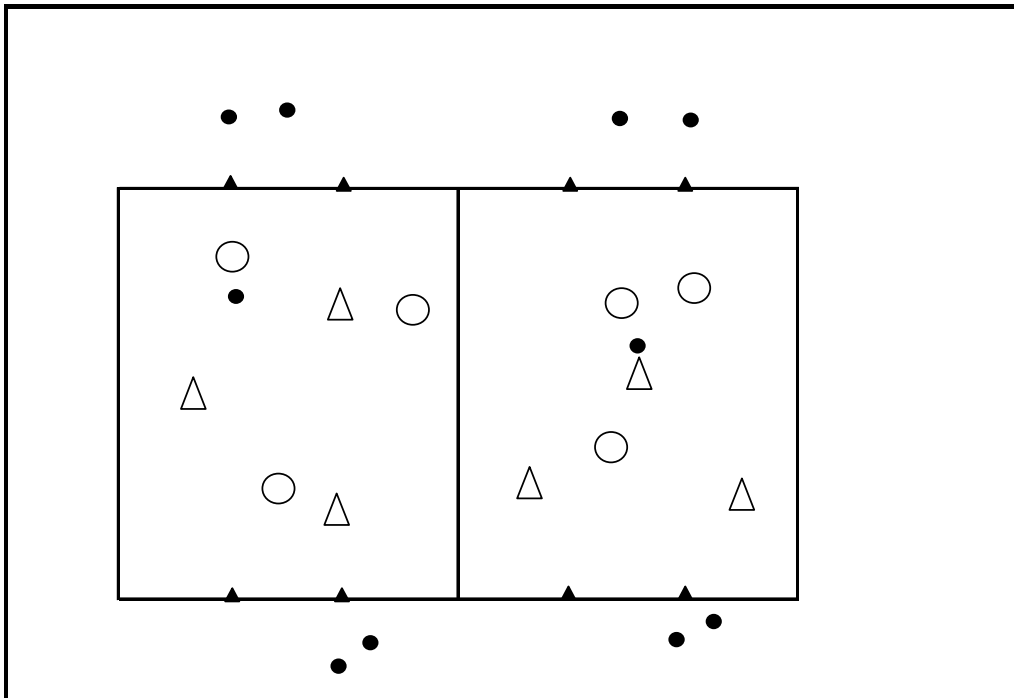


- Objective:** Finishing on goal from a cross, movement off the ball
- Time:** 15 minutes
- Grid Size:** 30 yards (length x 60 yards (width))
- Equipment:** 8 small cones, 2 large cones, supply of balls
- Organization:** 3-4 players in wide channel to cross, 1 GK, groups of three to finish crosses.
- Rules:** A (Trailer) passes ball wide to D (Crosser), B (near) and C (far) make runs into the box for the cross. A after pass, takes up position at the top of the penalty box. D receives pass, dribbles down wide channel and crosses ball into (A, B, or C). Rotate crossers to left side after 7 minutes.
- Coaching Points:** Pace of cross (on ground, in air if needed)
 Bending runs in front of goal (facing ball and goal)
 Timing of runs (arrive at near post at same time as cross)
 Finishing on goal
- Variations:** Add a defender that marks one of the runners, crosser must find and pass to open runner.
 Competition between Attackers and GK. Who can get to score of 10 first (Attackers must score, no more than 1 touch to finish)
 GK scores by making a clean save on cross or shot)

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

Week Eight – Final Game

3 v 3 Tournament

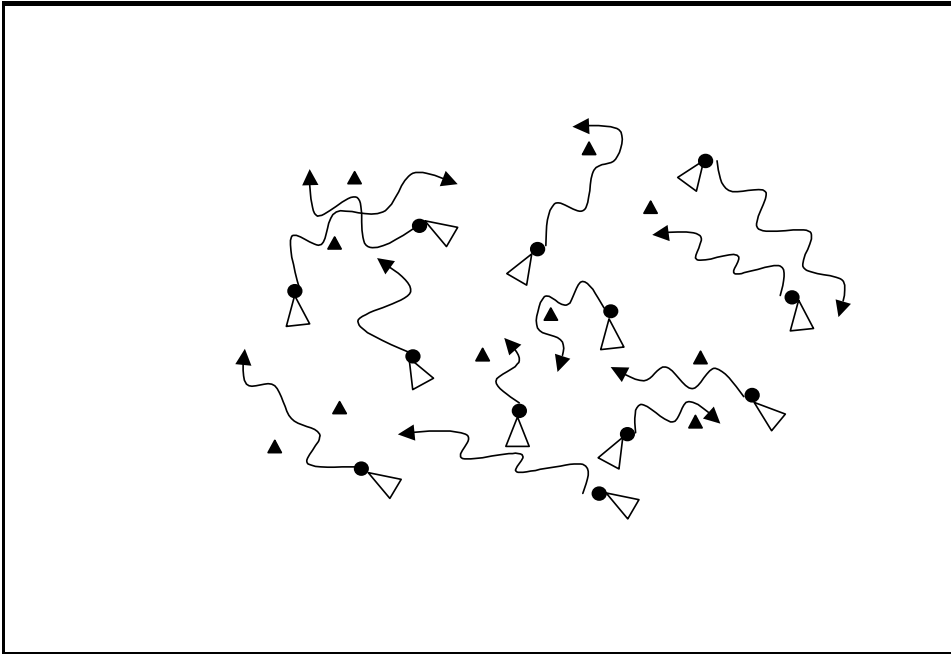


- Objective:** Improving play with small sided games
- Time:** 15 minutes
- Grid Size:** 3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width
- Equipment:** 8 cones (for goals only) No sidelines, (sidelines can be added)
6 training bibs
- Organization:** Divide team into three's (four teams)
- Rules:** Teams play 3 v 3 and rotate opposition every 4 minutes. Team with most wins tournament.
- Coaching Points:** Decision making dribbling vs. passing
Players dribbling with head up (vision)
Combination Play (wall pass)
Transition from attack to defense and defense to attack
- Variations:** Players rotate partners (individual score)

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

Week Nine – Warm Up

Dribbling Gates

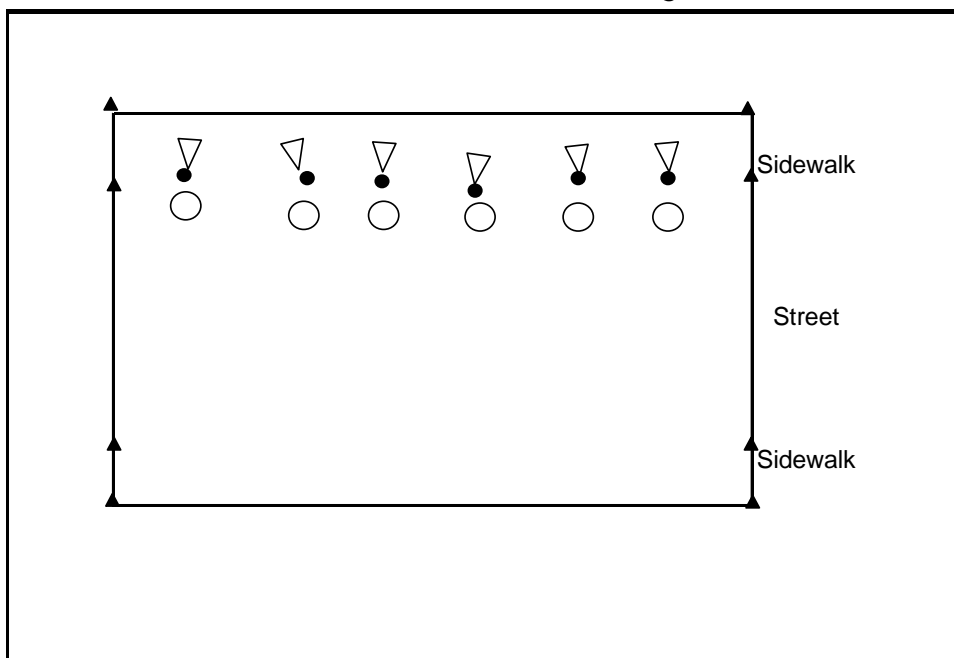


- Objective:** Learning to dribble in tight spaces
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy). How many gates can players dribble through in allotted time?
- Actions:** U9-U10 Ball Coordination
Review 10-15
spin away)
U11 Ball Coordination
Review 10-15
- 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 Nine – Fun Game

Street Dribble - Defending



Objective: Learning proper defending technique

Time: 15 minutes

Grid Size: 30 yards (length) x 30 yards (width); vary size by age and ability

Equipment: 8 Cones, 2 training bibs, supply of balls

Organization: 1/2 the team with balls, the other half without

Rules: Attackers start dribbling (changing direction) while heading towards the other sidewalk. Defender tries to keep attacker in front of himself. Attacker starts at a jogging pace, and increases speed after each round. Players switch roles after crossing the street twice = 1 round.

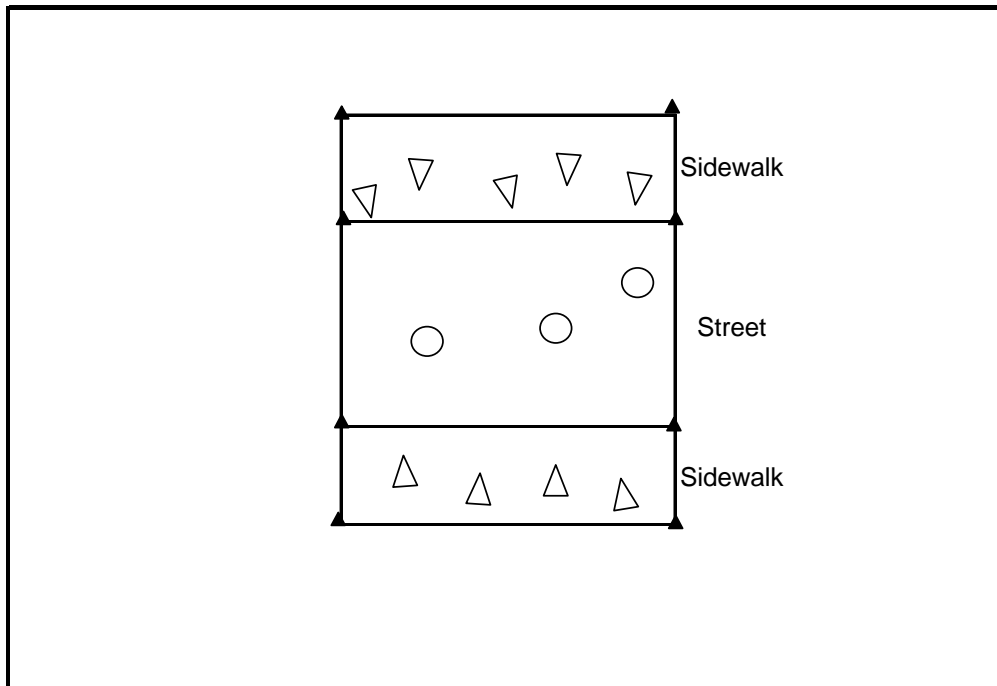
Coaching Points: Defensive body position (1 foot in front of the other) Sideways On
Force attacker one way (shepherd)
Keep Attacker in front of themselves
Be patient (don't dive in at the ball)
Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)

Variations: 1 v 1 line soccer (dribbling)

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

Week Nine - Fitness

Street Tag

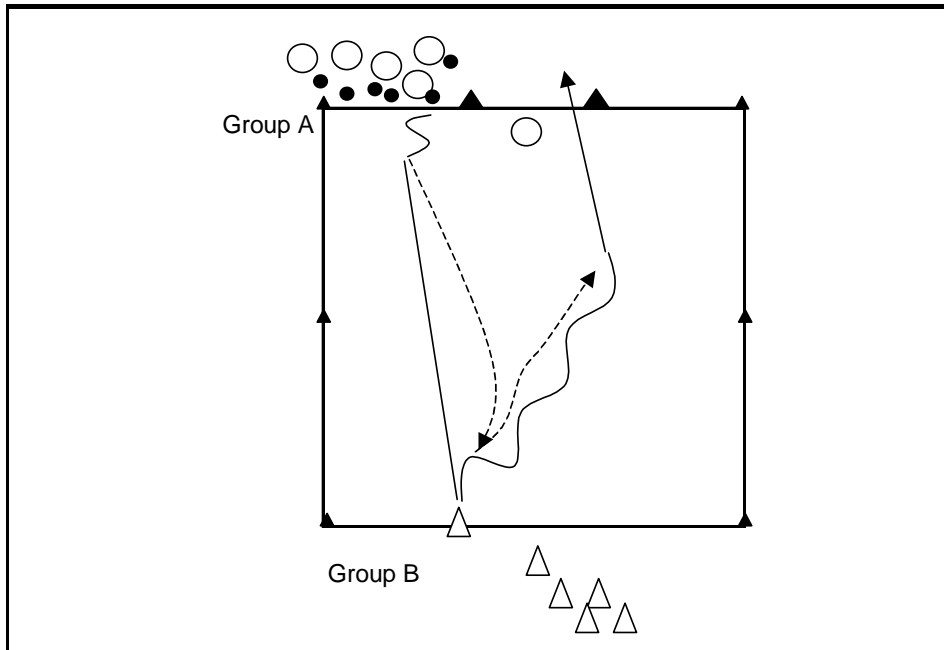


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 8 Cones, 3 training bibs
- Organization:** Three players in the street (Street Sweepers) all other players in the sidewalk.
- 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 Nine – Technical/Tactical Game

Chip and Defend

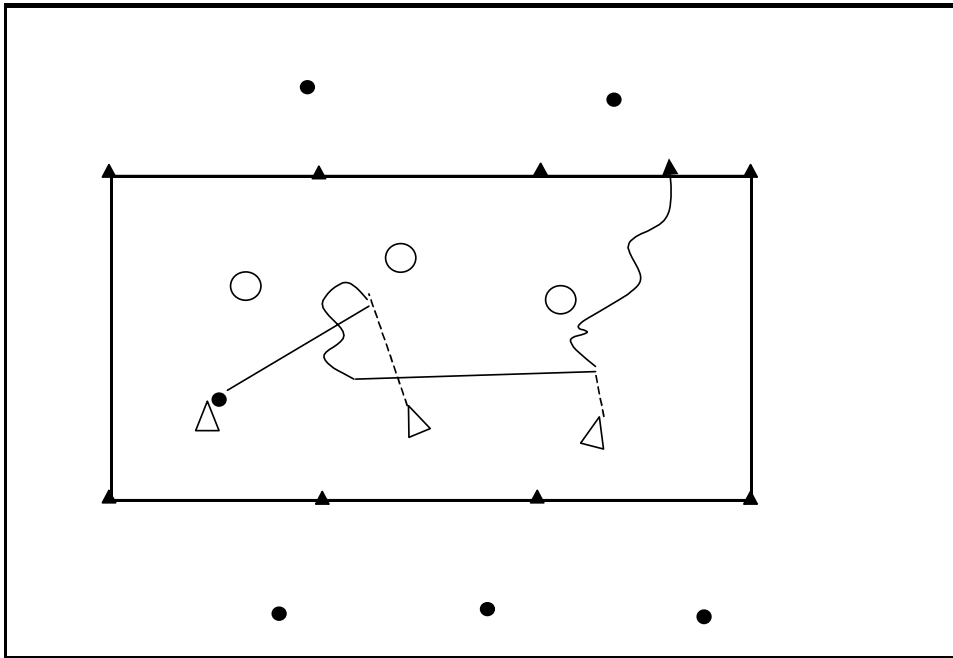


- Objective:** Attacking and Defending 1 v 1
- Time:** 15 minutes
- Grid Size:** 25 yards (length) x 20 yards (width) goal 7 yards (wide)
- Equipment:** 6 small cones, 2 large cones, training bibs for 1/2 team, supply of balls
- Organization:** One team defends (Group A), One team attacks (Group B). Defending team provides a GK.
- Rules:** A dribbles 3-4 touches and plays long pass to B. A follows pass with a sprint. A and B play 1 v 1. If the defending team wins the ball, passing back to the GK = a goal. The attacking team earns a goal by scoring. Rotate teams every 3-4 minutes.
- Coaching Points:** Defensive body position (1 foot in front of the other) Sideways On Force attacker one way (shepherd) Be patient (don't dive in at the ball) Tackle ball when opponent makes mistake or is in danger area (within scoring distance from the goal)
- Variations:** A must play chipped pass (in air)
 B sends two players (2 v 1)
 Both A and B send two players (2 v 2)

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

Week Nine – Final Game

3 v 3 Line Soccer (Dribbling)



Objective: Penetration by dribbling, creating 1 v 1 opportunities

Time: 15 minutes

Grid Size: 2 grids - 25 yards (length) x 40 yards (width)

Equipment: 16 cones, 6 training bibs, supply of balls

Organization: Divide players in to groups of three (four teams)

Rules: Teams play 3 v 3 in grid. In order to score attacking team must dribble beyond end line.

Coaching Points: Create space by movement with and without the ball
Take opponent on quickly when 1 v 1 is present
Possession of ball, when penetration is not on

Variations: Once a team goes up by a goal, they cannot score until the opponent scores (to tie, or go up by a goal).
If team scores, they maintain possession and attack in the other direction.
Passing over the line.
Attacking team must have minimal number of passes prior to scoring.