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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:

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
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<tbody>
<tr>
<td>▲</td>
<td>small cone</td>
</tr>
<tr>
<td>▲</td>
<td>large cone</td>
</tr>
<tr>
<td>□ ✡</td>
<td>players</td>
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<tr>
<td>●</td>
<td>ball</td>
</tr>
<tr>
<td>□</td>
<td>coach</td>
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<tr>
<td>————&gt;</td>
<td>path of ball (pass)</td>
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<tr>
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<td>path of movement (run)</td>
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<tr>
<td>≪ ≫</td>
<td>path of dribble</td>
</tr>
<tr>
<td>▲</td>
<td>cone goal</td>
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<tr>
<td>▲</td>
<td>goal</td>
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</table>
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
**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)
**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
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 defender wins ball, make quick transition from attack/defense.

Variations: Pairs can score on any goal.
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.
Week Two – Warm Up

Dribbling Vitamins

Organized with U5 #’s
6 players per team

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
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?
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.
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.
Ballistic United Soccer Club
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.
**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
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
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
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**

Organized with U7 & U8 #'s  
10 players per team

**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

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
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
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?
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.
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
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
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
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 defeneder wins ball, make quick transtion 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.
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
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
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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.
Week Six – Final Game

**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.
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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
**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.
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
**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 defender wins ball, make quick transition from attack/defense.

**Variations:** Player must use a move on defender before scoring goal
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.
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Week Eight – Warm Up

Dribbling Vitamins

Organized with U6 #'s  
8 players per team

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
**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**
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**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
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.
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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.
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
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
**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
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
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.