



Sunday Soccer Curriculum

BUSA Sunday Soccer Curriculum

BUSA Sunday Soccer Session #1

Age Group: U4-U5

Topic: Dribbling

<p>Warm-Up 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) and then move to new cone. Repeat.</p> <p><u>Activities Without Ball</u> 1 foot balance, other foot balance, 1 foot hop, other foot hop, 2 foot hop.</p> <p><u>Introduce ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch, and Ball Taps.</p> <p><u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>	<ul style="list-style-type: none"> -Warming up. -Stretching. -Relaxation. -Balance. -Coordination. -FUN.
<p>Activity #1 “Red Light - Green Light” Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat.</p> <p>The next progression to get players to dribble with their heads up, use a red and green vest in your hand. Players now have to see if it is a green or red light.</p>	<ul style="list-style-type: none"> -Dribbling with head up. -Keeping control of the ball. -Dribbling at speed. -Stopping quickly.
<p>Activity#2 A-“Grab the Tail” Each player puts a pennie/vest in the waist band. The players first play without a ball trying to pull the tail off each other. If they lose their tail they go outside the box do an activity (Jumping Jacks, Star Jumps.....Etc.) and get back in to play.</p> <p>B-“Grab the Tail w/ball” Same as in A except players must dribble the ball around the grid while trying to pull the other players tails off.</p>	<ul style="list-style-type: none"> -Dribbling at speed. -Creativity. -Changing directions. -Thinking ahead. -Close control of the ball. -Changing speeds.

END EVERY SESSION WITH 4 VS. 4 GAME TO SMALL GOALS

BUSA Sunday Soccer Session #2

Age Group: U4-U5

Topic: Dribbling

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch Toe Taps, Toe Tap Around, Forward, Backward, Jumping Over the Ball, Sliding Around the Ball, Scissor the Ball. <u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>	<ul style="list-style-type: none">-Warming up.-Stretching.-Relaxation.-Balance.-Coordination.-FUN.
<p>Activity #1 “Body Parts Dribbling” Players dribble around grid and the coach names a body part that the player must stop the ball with (right foot, knee, sit on it, forehead.....etc.).</p>	<ul style="list-style-type: none">-Dribbling.-Changing direction.-Close control of ball.-Thinking.-FUN.
<p>Activity #2 “Crab Soccer” Four players start in the crab position on the ground and the rest of the players have a ball and start on one side of the grid. On the coaches command they try to dribble the ball to the other side while the crabs try to win the ball. If a crab wins the ball the player that lost the ball becomes a crab. Keep playing until there is only one player left with the ball. Coach comes up with a second activity for the second half of the station if needed.</p>	<ul style="list-style-type: none">-Dribbling with head up.-Keeping control of the ball.-Creativity.-Changing direction.-FUN.

END EVERY SESSION WITH 4 VS. 4 GAME TO SMALL GOALS

BUSA Sunday Soccer Session #3

Age Group: U4-U5

Topic: Dribbling-Changing Direction

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Figure 8's around legs with hands, Round the Waist, Ball Tap on Forehead, Thigh Catch, Throw Catch, Head Catch Toe Taps, Toe Tap Around, Forward, Backward, Jumping Over the Ball, Sliding Around the Ball, Scissor the Ball. <u>Combine Two Activities</u> – Random select two activities to combine which players perform before moving on.</p>	<ul style="list-style-type: none">-Warming up.-Getting players engaged.-Getting players to think.-Getting players prepared to train.-Make sure to build on last week's motor skills.
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<p>Activity #1 “School of Fish” In a grid, All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>	<ul style="list-style-type: none"> -Dribbling with head up. -Dribbling and changing direction. -Keep the ball a “legs length” away.
<p>Activity #2 “Many Gates Dribbling” Create a grid with many goals “Gates” throughout the grid. Make sure to have more goals than players. Each player has a ball. On your signal have the players dribble through as many goals as possible. A progression would be that players are paired together and must pass to their teammate through the gate for a point. If the players are too young only have them dribble through individually.</p>	<ul style="list-style-type: none"> -Dribbling with head up. -Changing direction. -Close control of ball. -Thinking ahead.

BUSA Sunday Soccer Session #4

Age Group: U4-U5

Topic: Dribbling-1v1 and Competition

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Introduce Turning With The Ball: Pull Back, Stop Ball With Bottom of The Foot, Step Over, Cruyff, <u>Individual Moves:</u> Scissors, Double Scissors, Stop and Go, Tick Tocks, Toe Touches, etc.</p>	<ul style="list-style-type: none"> -Warm-up. -Getting players engaged. -Getting player to think. -Getting players prepared to train.
<p>Activity #1 “Knock Out” In a grid, All players have a ball. Each player is dribbling around and tries to kick the other player’s ball out of the grid. If they lose the ball they go outside the box do an activity (Jumping Jacks, Star Jumps.....etc.) and get back in to play. Do not play to a winner, keep all the players engaged and playing.</p>	<ul style="list-style-type: none"> -FUN. -Dribbling with head up. -Dribbling and changing direction. -Keep the ball a close. -Shielding.
<p>Activity #2 “Sharks and Minnows” Two players are the sharks they should wear a vest and do not have a ball. The rest of the players are the minnows and have a ball. On the coaches command the players try to dribble and keep the ball away from the sharks. The sharks try to kick the minnow’s ball out of the grid. If they lose the ball they go outside the box do an activity (Jumping Jacks, Star Jumps.....etc.) and get back in to play. The next</p>	<ul style="list-style-type: none"> -FUN. -Dribbling with head up. -Changing direction. -Close control of ball. -Shielding the ball. -Defensive play. -Team work.

progression, the sharks are paired and have to hold one end of the vest. This means they have to work together when trying to kick the ball away from the minnows.	
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BUSA Sunday Soccer Session #5
Age Group: U4-U5
Topic: Passing and Competition

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Introduce Turning With The Ball: Pull Back, Stop Ball With Bottom of The Foot, Step Over, Cruyff, <u>Individual Moves:</u> Scissors, Double Scissors, Stop and Go, Tick Tocks, Toe Touches, etc.</p>	<ul style="list-style-type: none"> -Warming up. -Getting players engaged. -Getting player to think. -Getting players prepared to train. -Make sure to build on last week’s motor skills.
<p>Activity #1 “Pac-Man” All players get inside a very small square/circle without a ball except for 1-2 players who have a ball. A pile of balls is on the outside of the grid. They are to dribble their ball and when they get close enough, try and pass their ball and hit a player without a ball below the knees. Players that get hit by a ball grab a ball and then become it as well. Play until about half of the players get hit and have balls. Then start a new game. The reason for a small area is to keep the distance of passing minimal for safety reasons. Make sure the players are under control and understand that they need to aim below the knees.</p>	<ul style="list-style-type: none"> -FUN. -Dribbling with head up. -Passing. -Shooting. -Movement without the ball.
<p>Activity #2 “Moving Target” The coach has a ball. Coach dribbles around an area then knocks ball forward, players try to pass and hit the ball to get a point. Then progress to having two and three of the staff coaches with balls playing the target ball.</p> <p style="text-align: center;">OR</p>	<ul style="list-style-type: none"> -FUN. -Dribbling with head up. -Changing direction. -Close control of ball. -Passing. -Shooting.
<p>Activity #3 “Eat the Carrot”</p> <p>Set cones up in a designated area. The coach is the “farmer”, the players are the “rabbits”, and the cones are the “carrots”. The rabbits dribble around knocking over the carrots while the farmer tries to pick them up. Once all carrots are knocked over the game is over. Games should last 1-2 minutes. Repeat games as needed.</p>	<ul style="list-style-type: none"> -FUN. -Dribbling with head up. -Changing direction. -Close control of ball. -Passing. -Shooting.

END EVERY SESSION WITH 4 VS. 4 GAME TO SMALL GOALS

BUSA Sunday Soccer Session #6

Age Group: U4-U5

Topic: Passing, Dribbling and Competition

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Introduce Turning With The Ball: Pull Back, Stop Ball With Bottom of The Foot, Step Over, Cruyff, <u>Individual Moves:</u> Scissors, Double Scissors, Stop and Go, Tick Tocks, Toe Touches, etc.</p>	<ul style="list-style-type: none">-Warming up.-Getting players engaged.-Getting player to think.-Getting players prepared to train.
<p>Activity #1 “Many Gates Dribbling” Create a grid with many goals “Gates” throughout the grid. Make sure to have more goals than players. Each player has a ball. On your signal have the players dribble through as many goals as possible. A progression would be that players are paired together and must pass to their teammate through the gate for a point. If the players are too young only have them dribble through.</p>	<ul style="list-style-type: none">-Dribbling with head up.-Changing direction.-Close control of ball.-Thinking ahead.
<p>Activity #2 “Moving Goal” Two coaches hold a vest with their hands to create a goal. The coaches move around the grid and players dribble around and try to shoot the ball between the two coaches who are holding the moving goal. If the number of players is high have two moving goals in the grid. If players are doing well restrict them to shooting with right or left foot.</p>	<ul style="list-style-type: none">-FUN.-Dribbling with head up.-Changing direction.-Close control of ball.-Passing.-Shooting.-Scoring goals.

END EVERY SESSION WITH 4 VS. 4 GAME TO SMALL GOALS

BUSA Sunday Soccer Session #7

Age Group: U4-U5

Topic: Passing, Dribbling and Competition

<p>Warm-Up: 10-minutes <u>Players Stand near a cone</u> – cone serves as point of reference.</p> <p>Coach is the Master. Coach demonstrates skill and on command players perform skill repeatedly (10 sec.) <u>Activities With The Ball</u> Introduce Turning With The Ball: Pull Back, Stop Ball With</p>	<ul style="list-style-type: none">-Warming up.-Getting players engaged.-Getting player to think.-Getting players prepared to train.-Creating good stretching habits.
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<p>Bottom of The Foot, Step Over, Cruyff, <u>Individual Moves:</u> Scissors, Double Scissors, Stop and Go, Tick Tocks, Toe Touches, etc.</p>	
<p>Activity #1 “Lose your Shadow” In a big grid first have the players partner up. First progression: both players hold the ball in their hands. The player designated the shadow must attempt to follow his teammate as close as possible. The player being followed should run in different directions and try to lose his shadow. Once the players understand the objective, they must dribble the ball. The shadow is dribbling as well and tries to stay with the lead player.</p>	<ul style="list-style-type: none"> -Dribbling with head up. -Changing direction. -Close control of ball. -Thinking ahead.
<p>Activity#2 “Clean your yard” The game is played by dividing the players into two teams. Create a grid with a middle line. Each player starts with a ball and kicks it into the other teams yard (their half). Players must stay in their own half. Play for about three minutes. The team with the least amount of balls in their yard at the end of three minutes wins. Play several times and encourage the players two use both feet when striking the ball.</p>	<ul style="list-style-type: none"> -FUN. -Shooting. -Passing. -Quick decisions. -Receiving. -Competition. -Team work.

END EVERY SESSION WITH 4 VS. 4 GAME TO SMALL GOALS