

U4/U5 TRAINING PROGRAM

Session 1: 1 hour session with the coach

- Meet and greet with the parents
- Do game-based drills
- Can do a short team scrimmage if they seem ready

Session 2: 1 hour session with the coach

- Do game-based drills
- Do a short team scrimmage

Session 3 – 7: 30 minutes with coach, 30 minutes scrimmage against other teams

- Do game-based drills (meet at the same field)
- Games (move to game field)

Session 8 (Last Session) : 30 minutes scrimmage against other teams, 30 minutes team celebration

- Games (move to game field)
- Pass out patches, pictures and trophies - great time to have a special snack

Game Instructions

- Games are never more than 4v4. Use subs on the fly to add kids.
- Games are 30 minutes, one “A” team plays another “A” team and one “B” plays the other “B” team.
- Field is the width of the soccer field with two games running on one field. Use the pug goals at either touchline (sideline).
- Keep the ball in play and the kids on the field. No scorekeeping.
- Encourage all goals, even if they are going the wrong way.
- Try to get all kids to touch the ball. The best way to do that is to have several balls of different colors. When one goes out, shout “red ball” and throw in the red ball. Coaches/ball throwers should try to get the ball to kids who have not had touches.
- If all balls are white, say “new ball” instead and point it out to the kids before throwing it on the field. It is really hard to get some kids to stop chasing the balls out of bounds ... but eventually they catch on.