

3rd & 4th Grade Rec

Warm Up – 15 Minutes – Use the following drills each week to warm the players up. Additional warmups may be added throughout the season, look for these in the weekly lessons.

- All players line up with a ball at their feet, equally spaced out to allow for movement without crowding each other
 - **Toe Taps** – Each player stands in a static position while tapping their bottom of their toes on top of the ball.
 - Coaches Talking Points –
 - Use only the toes and touch the top of the ball, not the sides
 - Work on looking up and not at the ball
 - Steady rhythm will help improve the skill, they can work on increasing speed as they get the motions mastered.
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform toe taps across the field to the cones.
 - **Pendulums** - Each player stands in a static position with the ball placed between their legs, they then pass the ball back and forth between each leg.
 - Coaches Talking Points –
 - Maintain a steady pace, increase pace as they master the skill
 - Focus on looking up while performing the skill
 - Keeping the toes pointed slightly inward will aid in keeping the ball between their legs
 - Next level challenge –
 - Place cones across from the players, midway through the field and have them perform pendulums across the field to the cones.
 - Have them work on performing the skill backwards as well.
 - **Pull Overs** – Have each player line up on the side of the field with a ball at their feet and all face either right or left. Have the players shuffle to the side, while pulling the ball with their back foot. The players foot should roll over the top of the ball as they move sideways. Have the players change directions once they reach the other side of the field, they should be using the opposite search on the way back.
 - Coaches Talking Points –
 - Slow and steady will help build this skill.
 - Steady pace will help players move the ball across the field.
 - Players will increase speed as they master the skill
 - **Dribbling** – Have each player line up on the side of the field with a ball at their feet and dribble across to the other side.
 - Challenge the players with changing up the dribbling technique
 - Use both feet, any side
 - Use only right or left foot
 - Use only inside or outside, left or right foot
 - Use only laces
 - Coaches Talking Points –

- Keep the touches close, touches that are too big allow defenders to steal the ball during a game

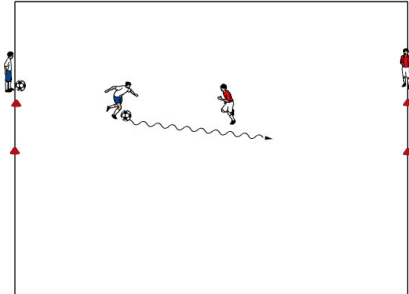
Week 1 – Time – 1 Hour

Warm Up – 15 Minutes

- See warm up activities section.

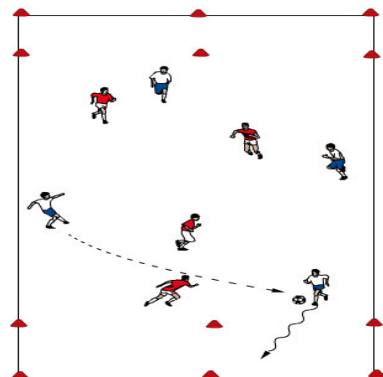
1v1 to Goals – Small Sided Activity – 15 Minutes

- Place two goals on the sides of the field and split your players into two teams
- Place one team at each goal, one team will have balls at their feet. The players with the ball are the attackers, those without are the defenders.
- The attacker's goal is to dribble the ball across the field and plays the ball through the goal.
- If the defender steals the ball, they can then work on playing the ball through their goal.
- If the ball goes out of bounds it is a dead ball and the next two players will start.
- Have players go back to the lines they came from if a player scores or the ball goes out of bounds.
- Once you have worked each line through once, switch the roles. The defenders become the attackers and vis versa.
 - Coaches Talking Points –
 - Focus on varying the dribbling techniques.
 - Defenders should anticipate where the attacker is going, watch the defender's eyes.
 - Defenders should not stab at the ball, wait for the attacker to make a mistake, i.e. too big of a touch or a bad touch.
 - Attackers should use a skill to get around the defender. Using a foot skill, i.e. pull over, to get around the player
 - Attackers do not always have to go forward, changing direction can aid in getting down the field. Going backwards is ok.



2v2, 3v3, 4v4 with End Zones – Expanded Small Sided Activity – 15 Minutes

- Set up the field with two end zones, utilize cones to depict the zones.
- Split your players into equal number teams – 3v3, 4v4, etc.
 - If you have an odd number, one team will have a slight advantage. Rotate the player to the other teams to even the advantage out.
- To score in this activity the teams must dribble their ball into the opposing teams end zone.
 - Passing into the end zone will not count.
 - Dribbling in is the only way to score.
- If the ball goes out of bounds it is a dead ball and the next two players will start.
 - Coaches Talking Points –
 - Focus on recognizing the opportunity to burst into an open space or to beat a defender.

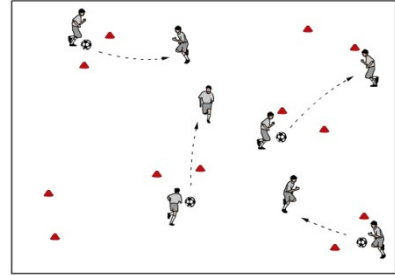


- Focus on varying the dribbling techniques.
- Players should work on communicating with each other, let each other know they are open for the ball.
- Players should look for open spaces so their teammates can pass to them

Week 2 – Time – 1 Hour

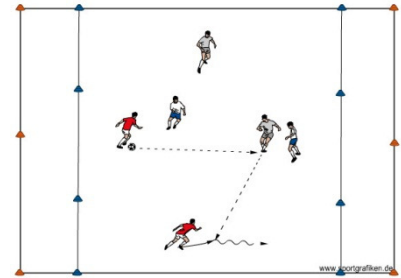
Warm Up – 15 Minutes

- Gates Passing
 - Place many pairs of cones, making small goals around the field in different areas and directions.
 - Pair up your players in teams of two.
 - Players must successfully pass the ball between the gates in order to score a point.
 - Teams must move to different goals, they cannot use the same goal over and over.
- Next Level
 - Challenge players to use only their left or right foot or only the inside or outside of their foot.



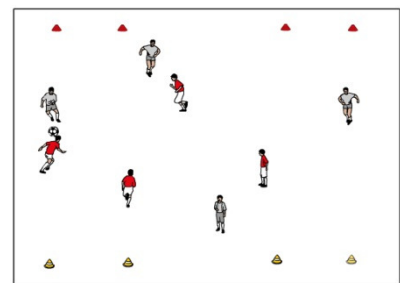
2v2, 3v3, 4v4 with End Zones – Small Sided Activity – 15 Minutes

- Set up the field with two end zones, utilize cones to depict the zones.
- Split your players into equal number teams – 3v3, 4v4, etc.
 - If you have an odd number, one team will have a slight advantage. Rotate the player to the other teams to even the advantage out.
- To score in this activity the teams must dribble or pass their ball into the opposing teams end zone.
 - Note players cannot be standing in the end zone to earn points. The ball has to be passed in and the receiving players must be running into the end zone to receive it.
 - Players should look for open spaces so their teammates can pass to them
- Coaches Talking Points –
 - Focus on recognizing the opportunity to burst into an open space or to beat a defender.
 - Focus on varying the dribbling techniques.
 - Players should work on communicating with each other, let each other know they are open for the ball.



4v4 with 4 Small Goal – Expanded Small Sided Activity – 15 Minutes

- Set up the field with four goals, one in each corner of the field.
- Split your players into equal number teams – 3v3, 4v4, etc.
 - If you have an odd number, one team will have a slight advantage. Rotate the player to the other teams to even the advantage out.
 - Teams need to work together to pass the ball through the goals on the opposite sides of the field in order to score points.
 - If the ball goes out of bounds have the players practice a throw in.
 - Ensure player stays off the field when throwing in.



- Both feet must stay on the ground, if they lift their feet, allow them to try again
- Ball must go over top the players head, not off to the side.
- The team that wins the game will stay on the field and take the next team on. Winner stays on the field and is challenged by the oncoming team.
- Coaches Talking Points –
 - Use the various dribbling techniques we've practiced last week.
 - Look for the open space, use the entire field. Spreading out will be a key objective for the players to work on.
 - Players should work on communicating with each other, let each other know they are open for the ball.

Scrimmage – 15 Minutes

- Split teams into two equal groups.
- Each team should have a goalie in place, rotate goalie so that all players can play different positions.
- As the scrimmage progresses stop play to recognize good passing, teamwork, or any other positive opportunity. Stopping play to correct bad passing or missed opportunities is important as well.
 - Asking players to “freeze” is a great way to share your coaching points. It is very important that all the players freeze in place as the field layout may change enough that will make the coaching point difficult to convey.

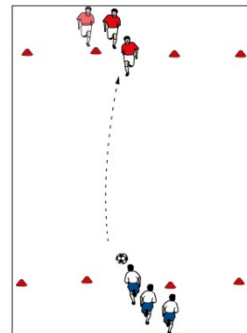
Week 3 – Time – 1 Hour

Warm Up – 15 Minutes

- Shield & Steal
 - Split your team into two groups, one half of the group starts with the ball.
 - The players without the ball have the goal of stealing from those with the ball.
 - Talk to the players about the following:
 - Use your body to shield the ball from the defender
 - Keep arms extended out to keep the defender away
 - Keep knees bent to allow players to move easily.
 - Utilize pull overs to move the ball away from the defender
 - Attackers
 - Keep pressure on the player
 - Try to step around and in front of the player with the ball, getting their body in between the player and the ball.
 - Avoid stabbing at the ball

1 vs 1 to Lines – Small Sided Activity – 15 Minutes

- Split the players into two teams, one team on each side of the field.
- Establish a line on either side of the field.
- One line will be the attackers and the other the defenders.
- The first player in each line will move out on to the field.
- If the attacker makes it across the opposite line, their team scores a point.
- If the defender can steal the ball away, they need to dribble it across the opposite sides line to score a point.
- Coaches Talking Points –
 - Players should use the shielding techniques that were practiced during the warmup.
 - Players should also use varying dribbling skills while trying to cross the line.



3 Team Box Game – Expanded Small Sided Activity – 15 Minutes

- Split your team into three even groups
- Use the entire field and create a smaller box within the field so that you have two lanes running the length of the field.
- The box in the middle will hold one team who will try to stop any pass that is made through the box. They will also provide one defender against the teams who will be passing the ball. These players cannot come out of the box.
- Challenge the end teams to achieve 3-4 passes before passing the ball to the other end zone team. The end teams can use the two lanes on either side of the field to pass the ball.
- If the center team or their defender stops the ball/pass they switch places and move to the end zone. The end zone team would then move into the middle. The ball is passed over to the other end team to continue play.
- The first pass is always free with the end zone team to allow them to get things in motion.

- Coaches Talking Points
 - End Teams should use the passing lanes as much as possible, forces them to use the whole field.
 - Avoid passing through the middle where we have defenders waiting for the ball.
 - End teams should spread out and use the who field as well.

Week 4 – Time – 1 Hour

Warm Up – 15 Minutes

Throw Ins

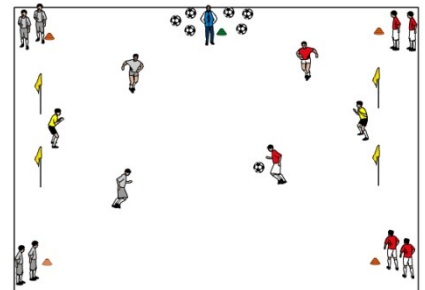
- Match your players up in teams of two.
- Line one of the groups up on the edge of the field, a couple of steps behind the line.
- Place the other line of players approximately 8-10 feet away, place a cone in front of each of them to represent the line of the field.
- Key elements
 - Players must throw ball over the top of their head, not off to the side.
 - Players must keep both feet on the ground.
 - Players must stay behind the line/cone.
 - If players are having a hard time keeping their feet down on the ground, have them cross their feet and then throw the ball.
 - Receiving the ball
 - Players should try to settle the ball down by using their body to drop the ball down to their feet.
 - Players should not use their hands to receive the ball.
 - Players should not use their heads at this level.
 - Receiving players can shuffle from side to side in order to position themselves in the right spot to receive.

Numbered Passing – 15 Minutes

- Line your players up and number them.
- Spread them out on the field and have them pass the ball in order.
- They need to move around the field while passing the ball.
- Neither the player or ball should stop moving.
- Next level –
 - Add in additional balls to increase the challenge of activity.
 - Challenge players to only use a certain foot or certain part of their foot.
- Coaches Talking Points –
 - Communication is key. Players should be communicating with each other to let each other know where they are on the field.
 - Accurate passes are critical as well. Sloppy passes will throw the entire drill off. When adding in multiple balls passing accuracy is key.

4 Corners – Expanded Small Sided Activity – 15 Minutes

- Split your team into two teams and then two groups each. One group in each corner of the field.
- Place two goals in the middle of the field on either side, place a player in as goalie. Rotate goalie every few minutes.
- Coach will send ball into play from the midfield line.



- One player from each corner will come into the field of play and try to win the ball.
- Players will rotate if the ball goes out of bounds or a goal is scored.
- Coaches Talking Points
 - Players should hustle to the ball.
 - Players will need to work with each other to move the ball around.
 - Challenge players to get X number of passes in before trying to score.
 - Players will need to change from offense to defense throughout the drill.

3v3 or 4 v 4 – Expanded Small Sided Activity – 15 Minutes

- Split your team into 3 equal groups, 3, 4, 5 etc. per team.
- Place two goals on the field with no goalies.
- Coach will send ball into play from the midfield line.
- Teams will play till one goal is scored. The team who scored the goal will stay on and the next the next group comes on to play.
- Continue play, rotating groups based off goals scored.

Coaching Points

- Players need to use each other.
- No goal keeping, players may try to play defense and place themselves in front of the goals.
- Use the entire field, spread out.