

## 5<sup>th</sup> & 6<sup>th</sup> 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

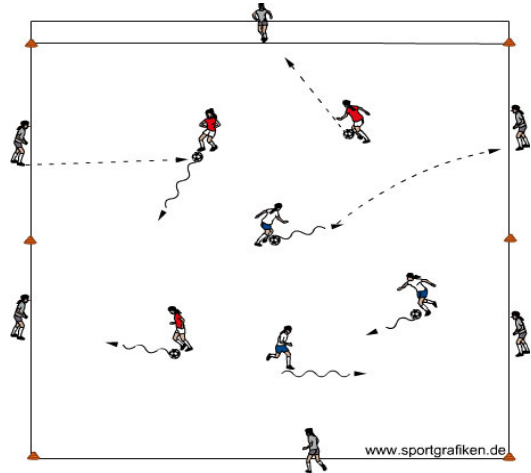
## Week 1 – Time – 1 Hour

### Warm Up – 15 Minutes

- See warm up activities section.

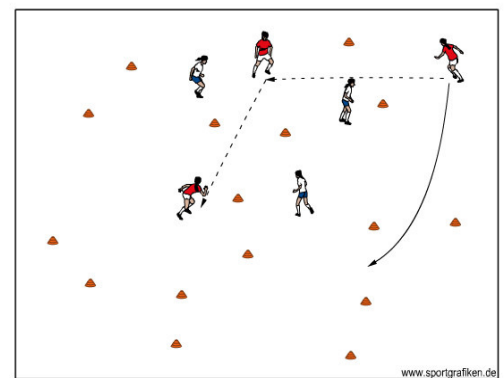
### Inside Out – 15 Minutes

- Split your team into two groups, place one group on the outside edge of the field (outsiders) and the other group are spread throughout the inside of the field (insiders).
- Insiders will start with the ball at their feet.
- Insiders are to dribble around the field looking for an outsider to pass the ball to.
- Outsiders should use one or two touches and get the ball back to the insider.
- Insider then dribbles around the field to find another outsider to pass to.
- Rotate insiders and outsiders after a few minutes of play.
- Variation
  - Outsiders can start with the ball in their hand and throw the ball in to an insider who is calling for the ball.
- Coaches Talking Points –
  - Focus on varying the dribbling techniques.
  - Accurate passes are key, proper receiving is key as well.
  - Outsiders should be in a ready position, on their toes and ready to shuffle to receive the ball.
  - Players should communicate with each other “I’m open”, “Ball Ball Ball”, etc.



### 3v3 or 4v4– Expanded Small Sided Activity – 15 Minutes

- Set up 6-8 gates throughout the field in random angles and positions.
- Split teams into equal groups.
- One ball is in play for this drill.
- Teams score points when they can pass a ball through one of the gates to a teammate while maintaining control of the ball.
- If the opposing team wins the ball, they are on the attack.
- Play until a team reaches 5 points or a certain amount of time.
- Variation
  - Add more players
  - If adding more players increase the field size and number of gates.



- 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
  - Players should keep their head up and look at the field and where players are.

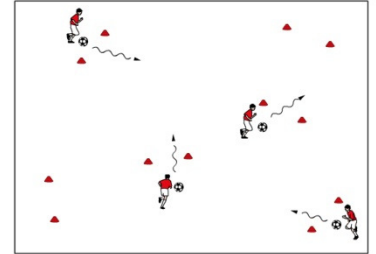
#### Scrimmage – 15 Minutes

Work with other team practicing on the same field to scrimmage the final 15 minutes of practice.

## Week 2 – Time – 1 Hour

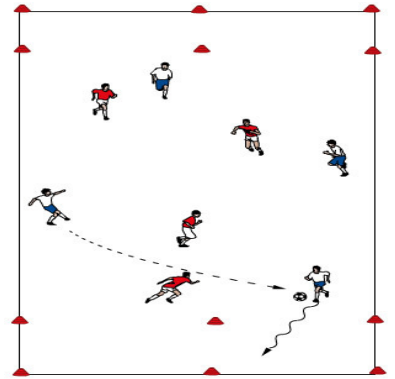
### Warm Up – 15 Minutes

- Gates Dribbling
  - Place many pairs of cones, making small goals around the field in different areas and directions.
  - Players must successfully dribble their ball through the various gates, each gate is worth one point.
  - Run the drill for a specific time, i.e. 2 min., 5 min, etc.
  - Once you run the drill once ask players for their score, challenge them to improve by “x” number, run the drill again.
  - Variation
    - Ask players to use only certain foot or a certain part 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.



### 3v3, 4v4 with 4 Small Goal – Expanded Small Sided Activity – 15 Minutes

- Place four goals near each corner of the field.
- Place teams in 3-4 to attack and defend the goals.
- Teams will attack the opposite goals and defend the goals behind them.
- Coaches Talking Points
  - Players should look to be in a triangle, diamond, or rectangle shape.
  - Accurate passes and accurate receiving will help players maintain the ball and score.

### Scrimmage – 15 Minutes

- Split teams into two equal groups.

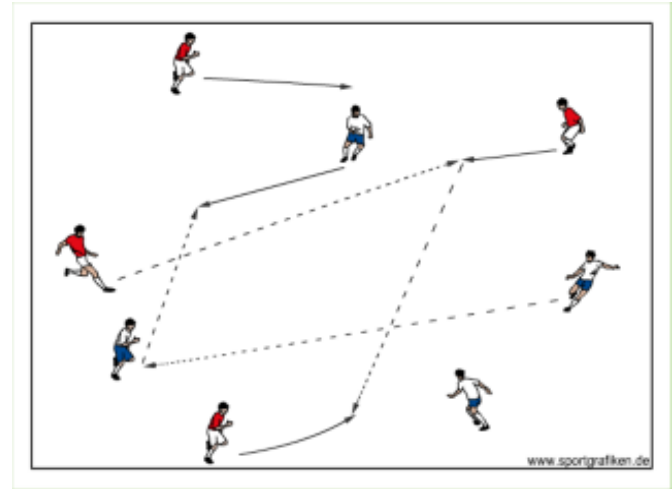
- Each team should have a goalie in place, rotate goalie so that all players can play different positions.
- As the scrimmage progresses stop play to recognize good passing, teamwork, or any other positive opportunity. Stopping play to correct bad passing or missed opportunities is important as well.
  - 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

#### 4v0 + 4v0 – Small Sided Activity – 15 Minutes

- Split the teams into even groups, 3, 4, 5, etc.
- 1 ball per group
- Have each group play through the field and through each other.
- Intent is to maintain focus and control over the ball without disrupting the other teams play.
- Coaches Talking Points –
  - Keep the head up and see the field
  - Communication amongst the teams is key so they know where each person is.
  - Strong, accurate passes are critical in this drill.



#### 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.

#### 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 4 – Time – 1 Hour

### Warm Up – 15 Minutes

#### 2v1 – 15 Minutes

- Split the team into 3 teams, two attacking and one defender.
- Attackers will be positioned on one end of the field in two separate lines. One group near each side of the field.
- Defenders will position themselves next to one side of the goal with the ball.
- Defender will pass the ball out to the attackers.
- Attackers must work together to get the ball around the defender and score.
- If defender wins the ball the drill is done.
- Players will rotate clockwise to the next position.
- Variation –
  - Increase attackers to 3, Right, Middle, and Left.
  - Increase defenders to 2, one on either side of the goal, only one ball is played.
  - Add a goalie, continue to rotate to all positions.

#### Coaching Points

- Accurate passes
- Focus on where the ball is located, find the open space and move to it.
- Defenders need to get to the ball quickly, try to slow or stop the attackers closer to the midfield versus down by the goal.
- Attackers need to use each other and the entire field to work the ball down to the goal.

#### 3v3, 4v4 – 15 Minutes

- Split the team into teams of 3-4.
- Split the field into two equal sized playing fields. Place a goal on each end of the two fields.
- Each team is focused on moving the ball around and scoring in the goals.
- Continue playing for several minutes, have each team keep track of their score.
- After a determined amount of time, swap teams so they play against different groups.
- No goalies.

#### Coaching Points

- Use the entire field.
- Find the open space and get there for a pass.
- Dropping the ball back is ok.

#### 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.