

San Ramon FC

U5 – U8 Recreational Curriculum



San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans









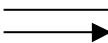
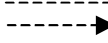



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Legend

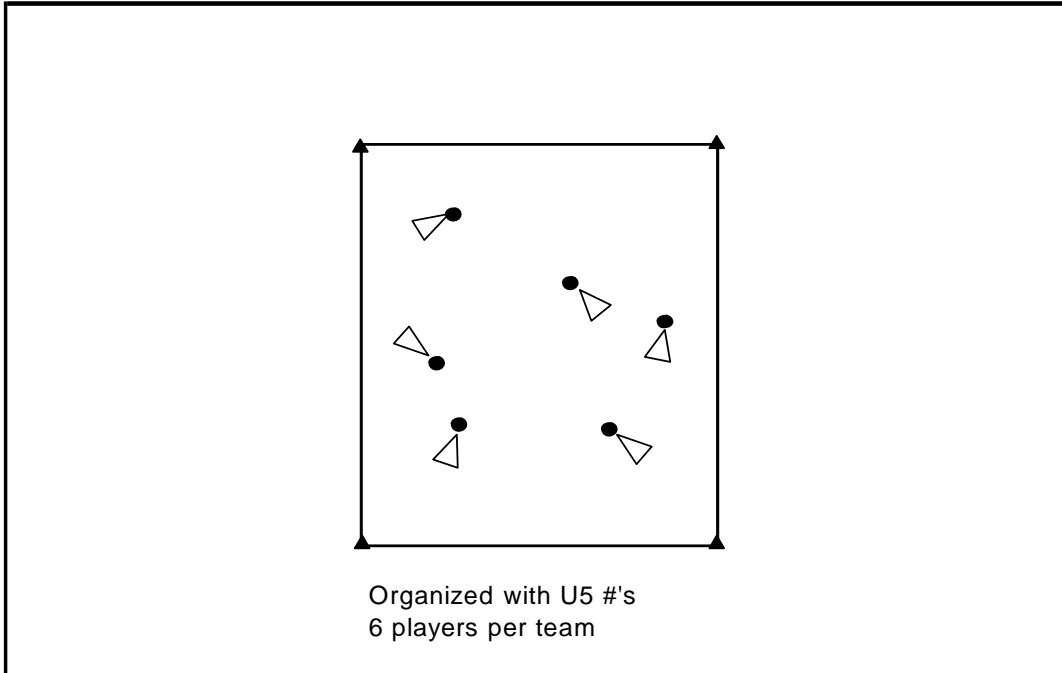
The following symbols will be used in the diagrams for the various activities that can be used at practice:

Practice Legend

	= small cone
	= large cone
   	= players
	= ball
	= coach
	= path of ball (pass)
	= path of movement (run)
	= path of dribble
	= cone goal
	= goal

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Week One – Warm Up

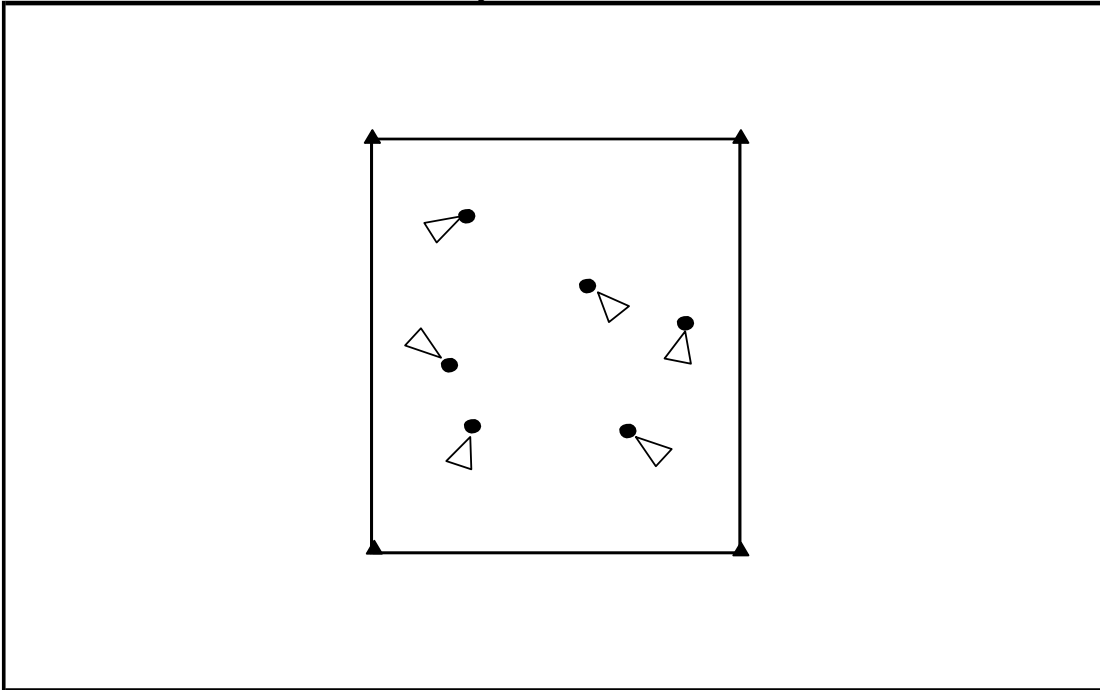
Dribbling Vitamins



- 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
 #1 Box the Ball (Basic Foundation)
 #2 Zig-Zag (Inside-Inside-Outside-Outside)
U7-U8 Dribbling Moves (in addition to 1 & 2 above)
 #3 Sole Roll
- Coaching Points:** Teach San Ramon FC Dribbling Sequence
- Variations:** Players must use right foot only; left foot only; must perform specific moves or combination of moves

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Body Parts Game

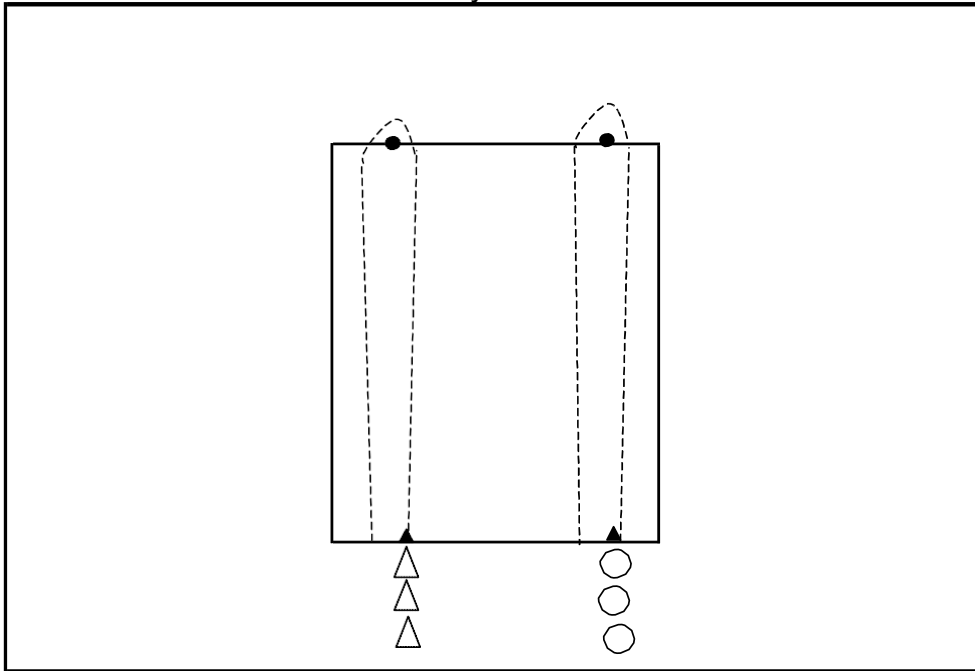


- Objective:** Ball Coordination
- Time:** U5-U6, 10 minutes; U7-U8, 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the other team)
- 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)

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Week One – Fitness

Relay Races

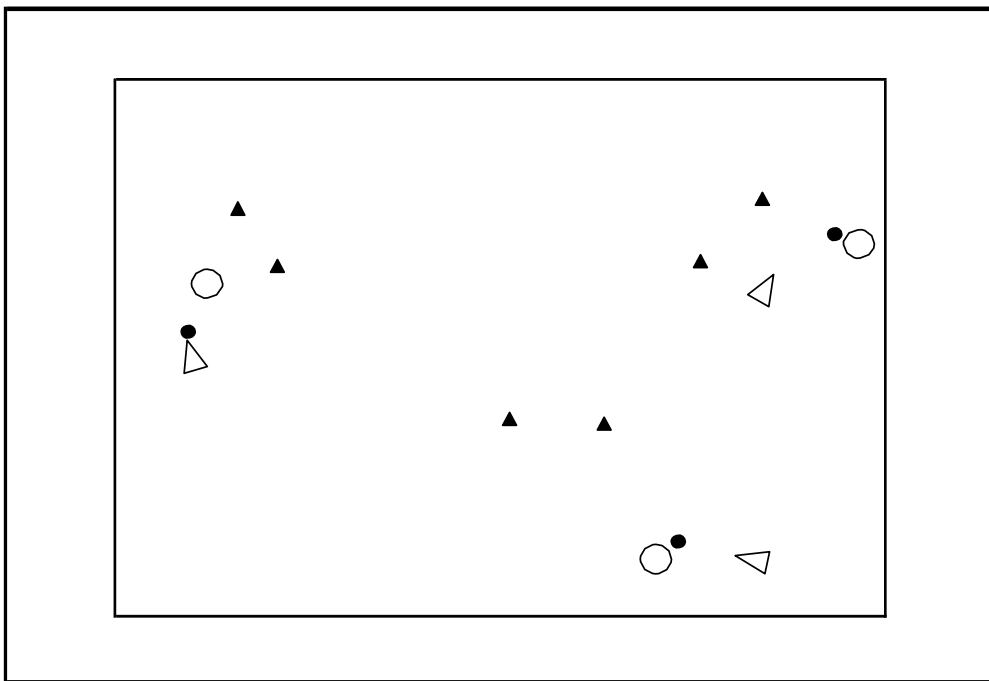


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6, 10 minutes; U7-U8, 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** Two cones and two balls for two teams; three cones and three balls for three teams (training bibs can 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

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Week One – Technical/Tactical Game

1 v 1 to Goal

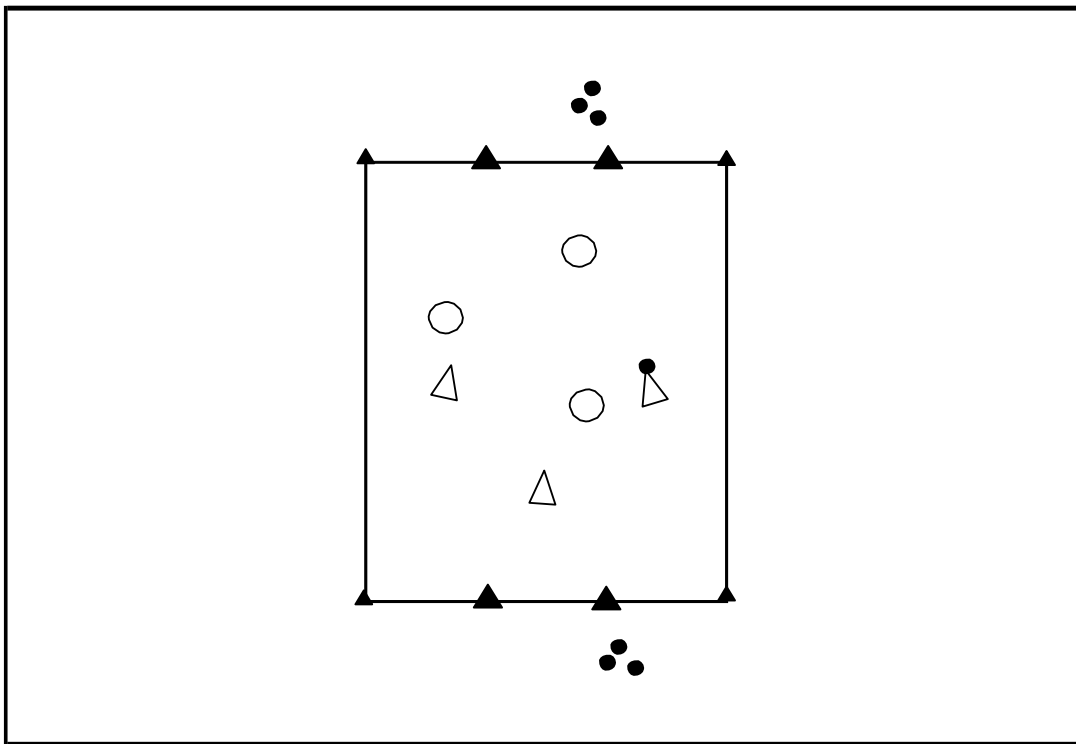


- Objective:** Learning to beat a defender, learning to win the ball
- Time:** U5-U6, 10 minutes; U7-U8, 12 minutes
- Grid Size:** Open field
- Equipment:** Two cones per pair of players, one ball per pair
- Organization:** Pair up players. Each player with a cone. Pairs move to their own part of the 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.

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Week One – Final Game

Small-Sided Games - to two goals

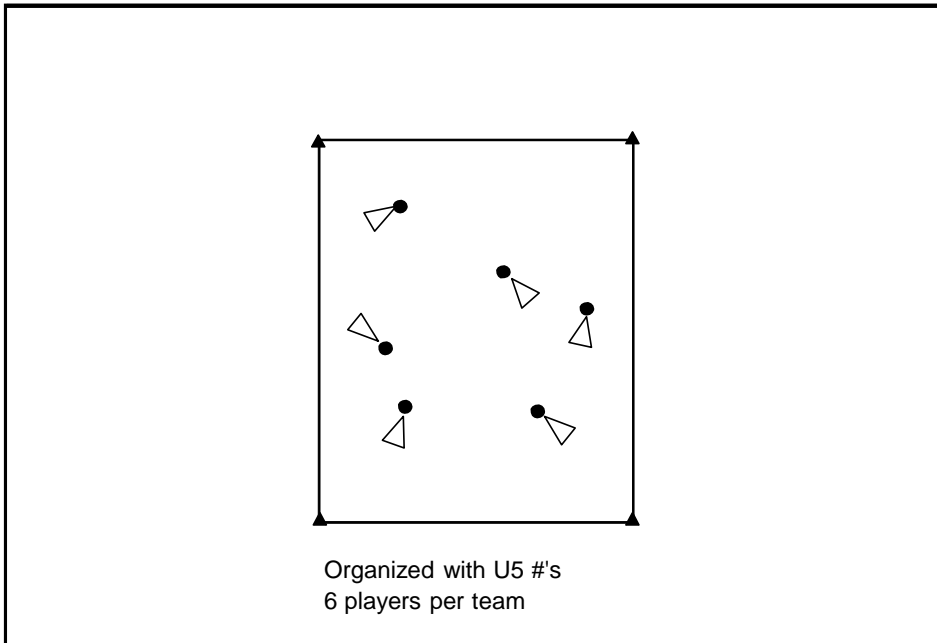


- Objective:** Playing the game
- Time:** U5-U6, 10 minutes; U7-U8, 12 minutes
- Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and
2 v 2 in a 15 yard (length) 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.

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Week Two – Warm Up

Dribbling Vitamins

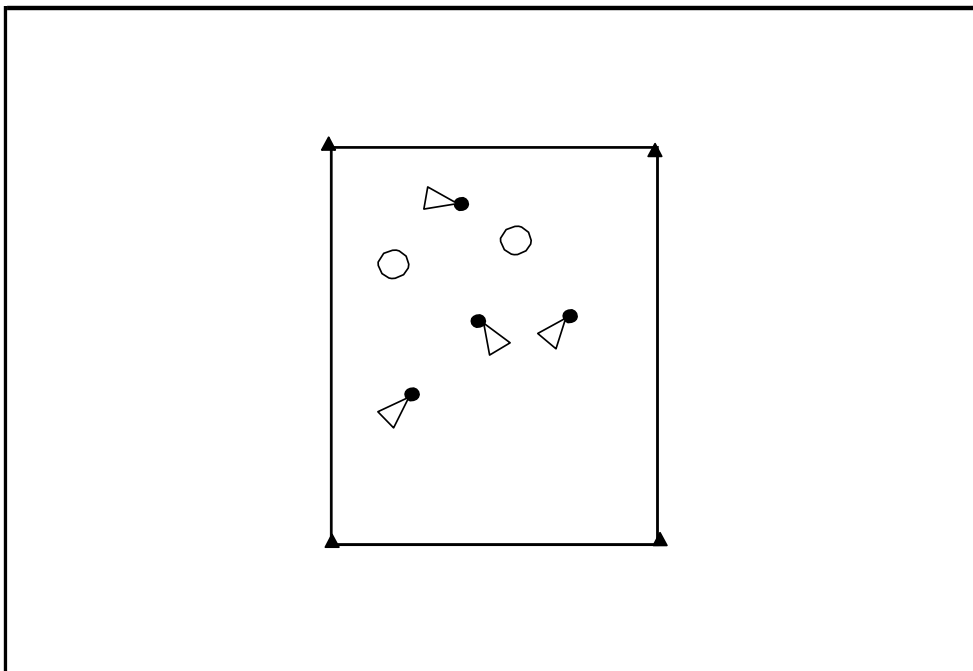


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves
Review 1 and 2
#3 Sole Roll
U7-U8 Dribbling Moves
Review 1 - 3
4 Stop Turn
5 Spin Out
- Coaching Points:** Teach San Ramon FC Dribbling Sequence (pages 48-50)
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

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Week Two – Fun Game

Dribbling Tunnel Tag

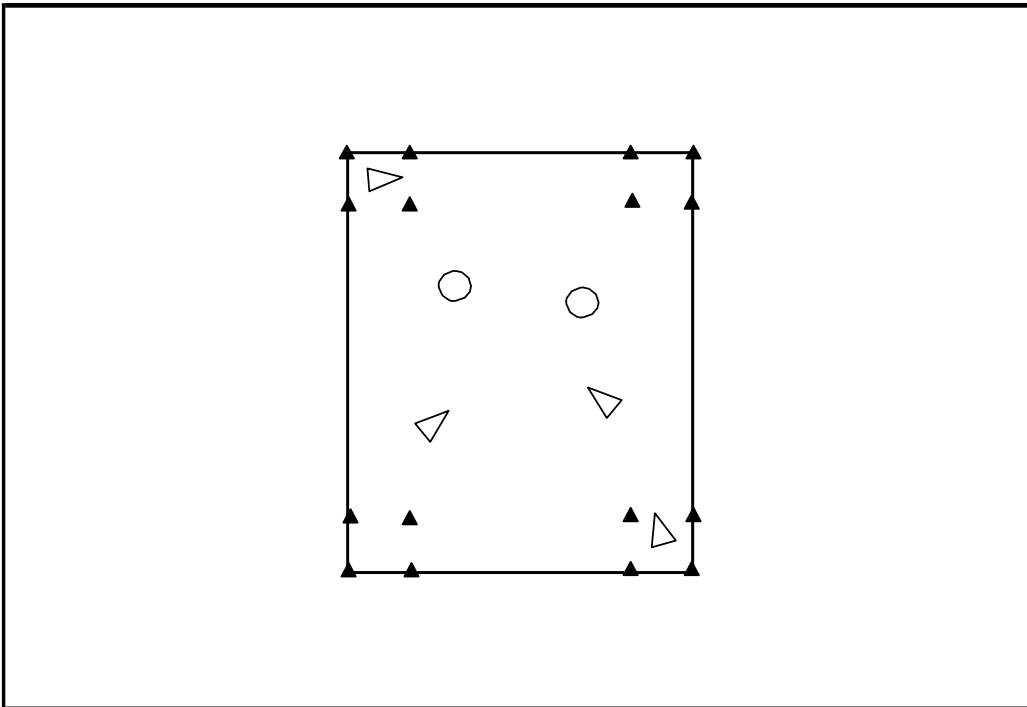


- Objective:** Dribbling under pressure, Shielding
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, ball for each attacking players, two training bibs
- Organization:** Two taggers (defenders), all other 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?

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Week Two - Fitness

Four Corners Tag

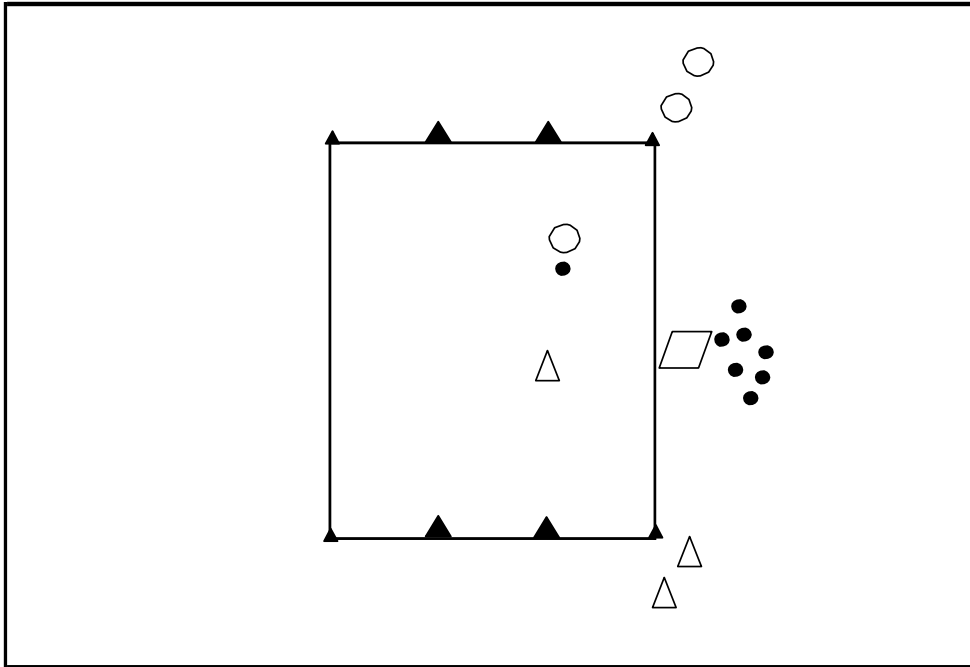


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 16 cones, one training bib
- Organization:** One tagger, all others are runners
- Rules:** Runners can use Safe Zone (corners). Only one runner can wait in the Safe Zone at a time. If a second runner arrives in Safe Zone, the first runner must leave. Runner, if tagged, kneels down. Rotate tagger every 60-90 seconds.
- Coaching Points:** Changing direction
Changing speed
Reaction Speed
Vision
- Variations:** Have runners become dribblers by adding balls.

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Week Two – Technical/Tactical Game

1 v 1 Steal the Bacon - to goal

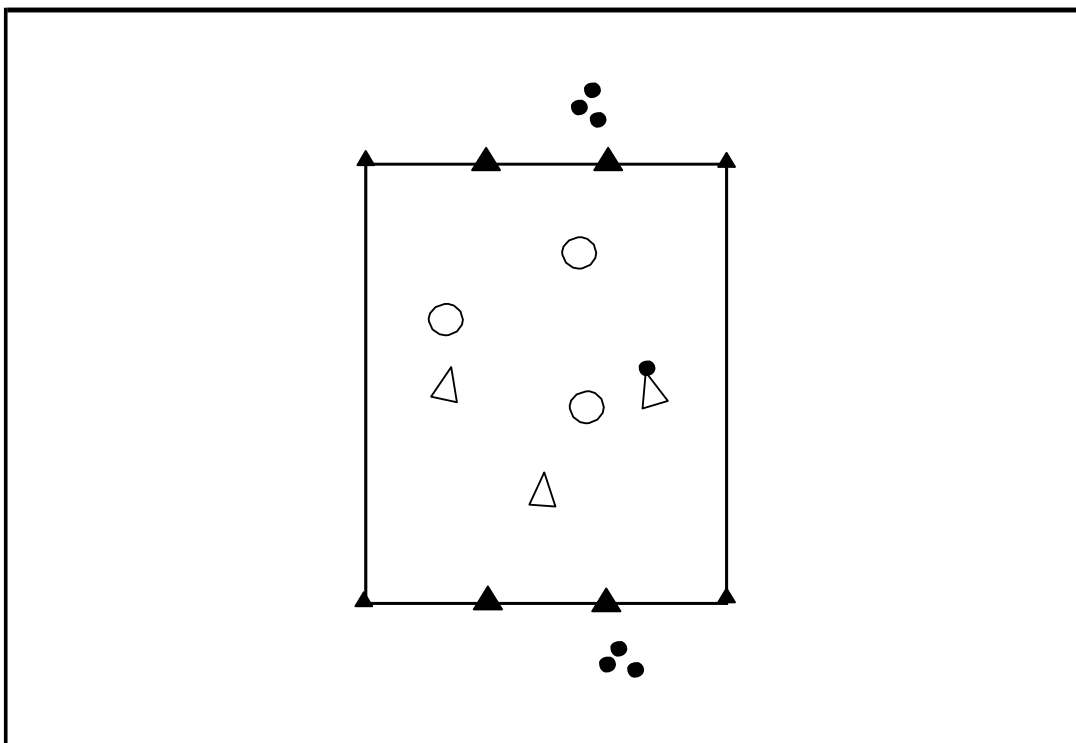


- Objective:** Learning to play 1 v 1, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams in two; assign each player on Team 1 a number. Repeat with team 2.
- Rules:** Coach starts the 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.

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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.

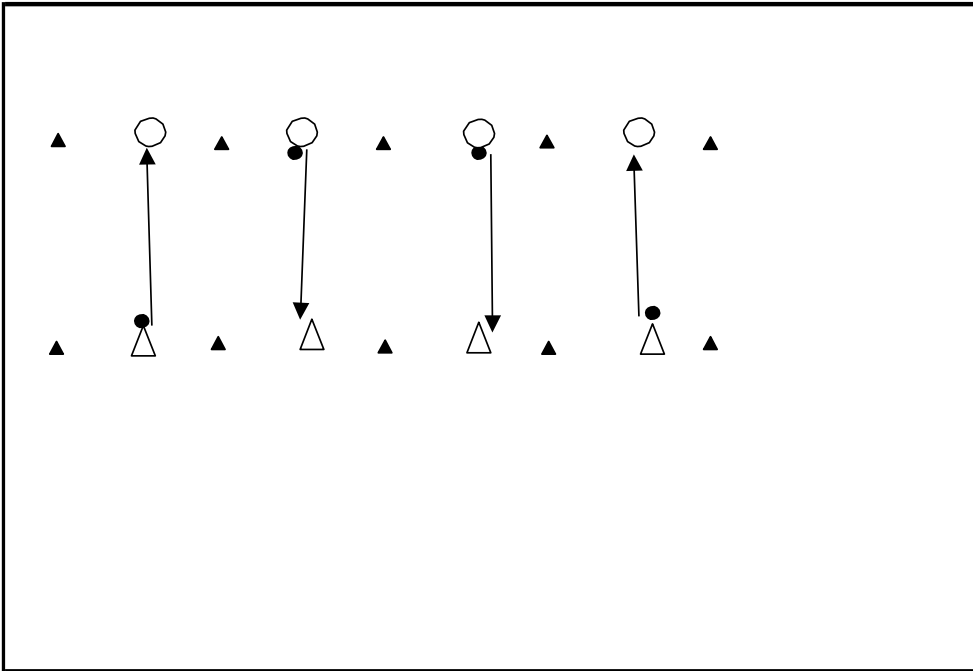
Coaching Points: Teach basic rules, otherwise let them play.

Variations: When ball goes out of play, coach can restart game by playing
a new ball.

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Week Three – Warm Up

Passing Vitamins - Instep



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

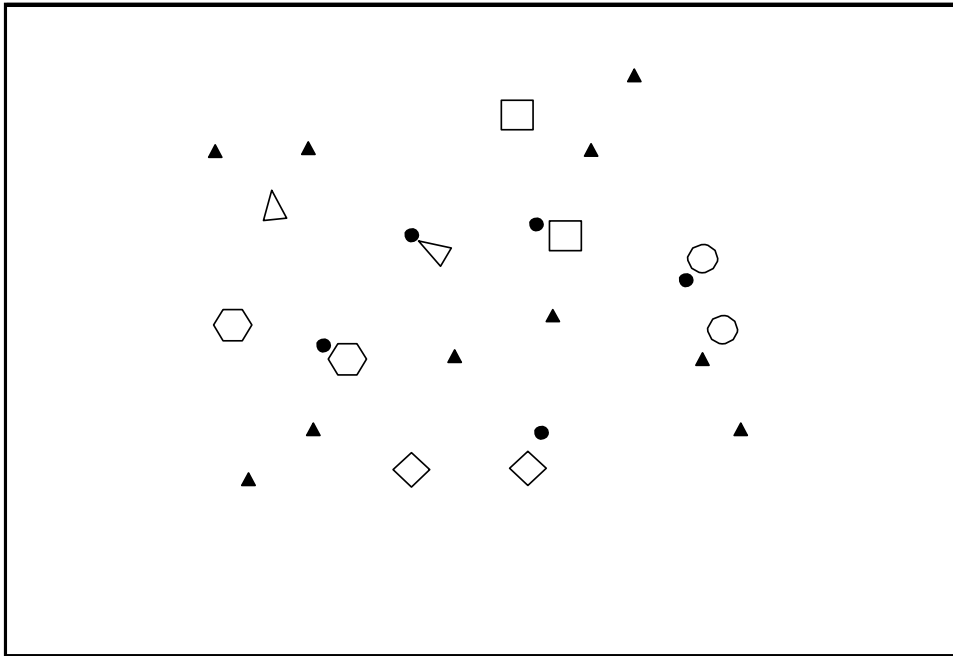
Rules: Passing with instep, Receiving ball with inside of foot. Passing (Dead Ball - non-moving) back and forth.

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

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Week Three – Fun Game

Passing Gates

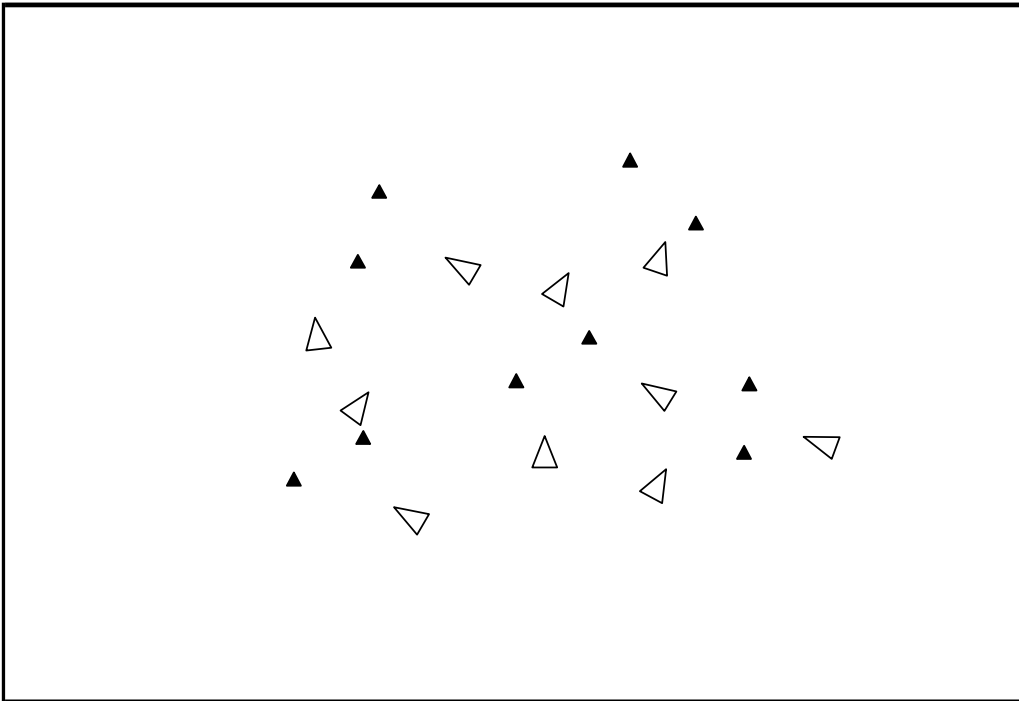


- Objective:** Improve passing, movement with and without the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field. Two players 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

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Week Three - Fitness

Running Gates

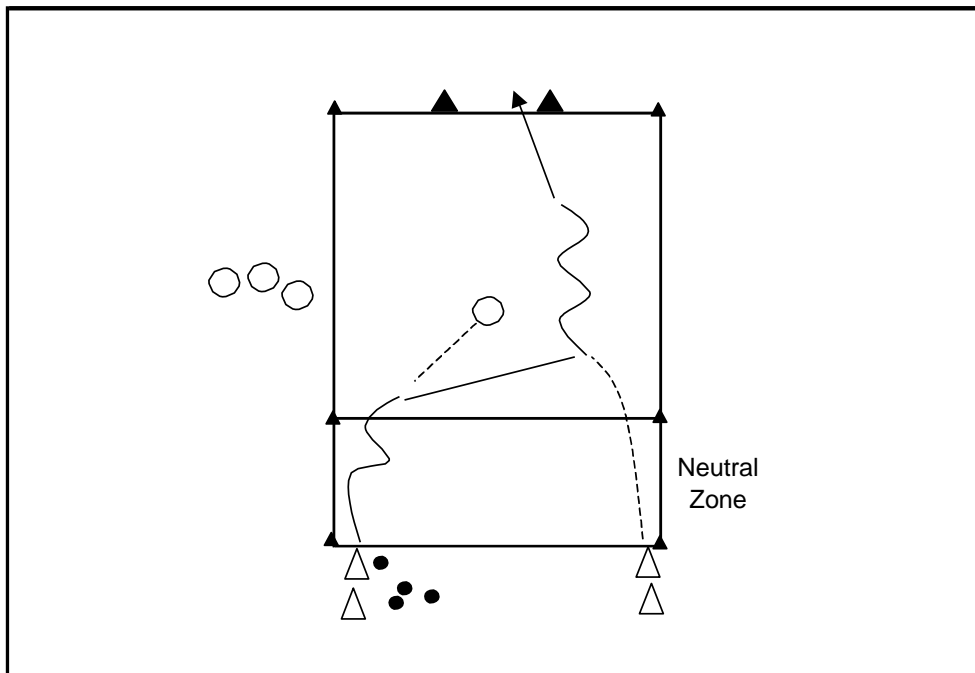


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field.
- Rules:** Players try to run through 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

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Week Three – Technical/Tactical Game

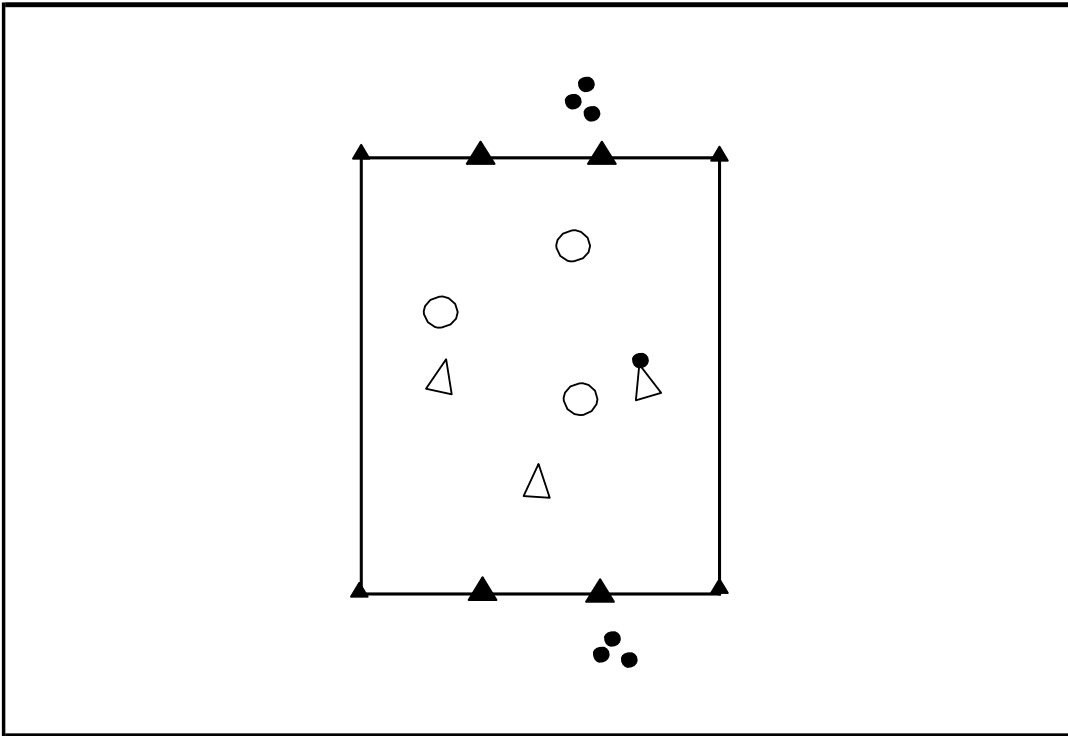
2 v 1 to goal



- 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

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Week Three – Final Game

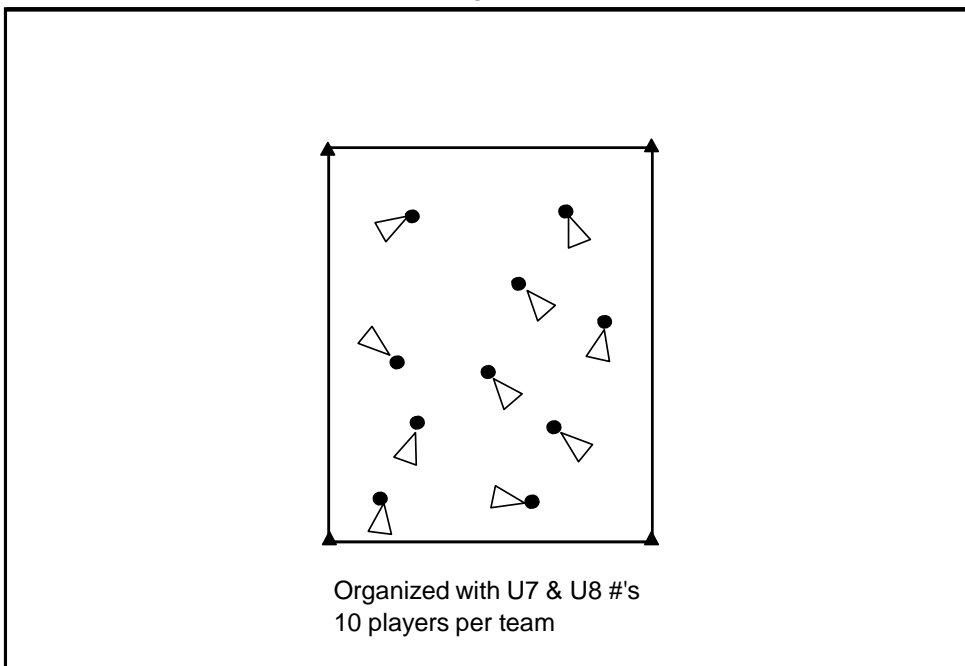
Small-Sided Games - to two goals



- 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.

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Dribbling Vitamins

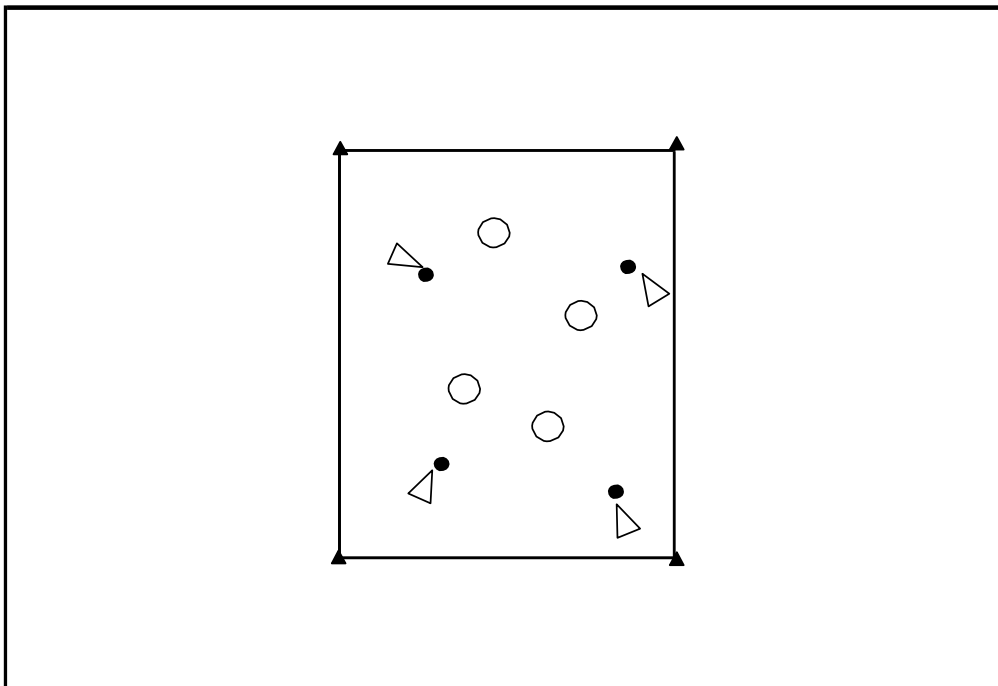


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)
- Actions:** U5-U6 Dribbling Moves
Review 1 - 4
5 Spin Out
U7-U8 Dribbling Moves (in addition to 1 & 2 above)
Review 1 - 6
7 Spin Turn
- Coaching Points:** Teach San Ramon FC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

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Week Four – Fun Game

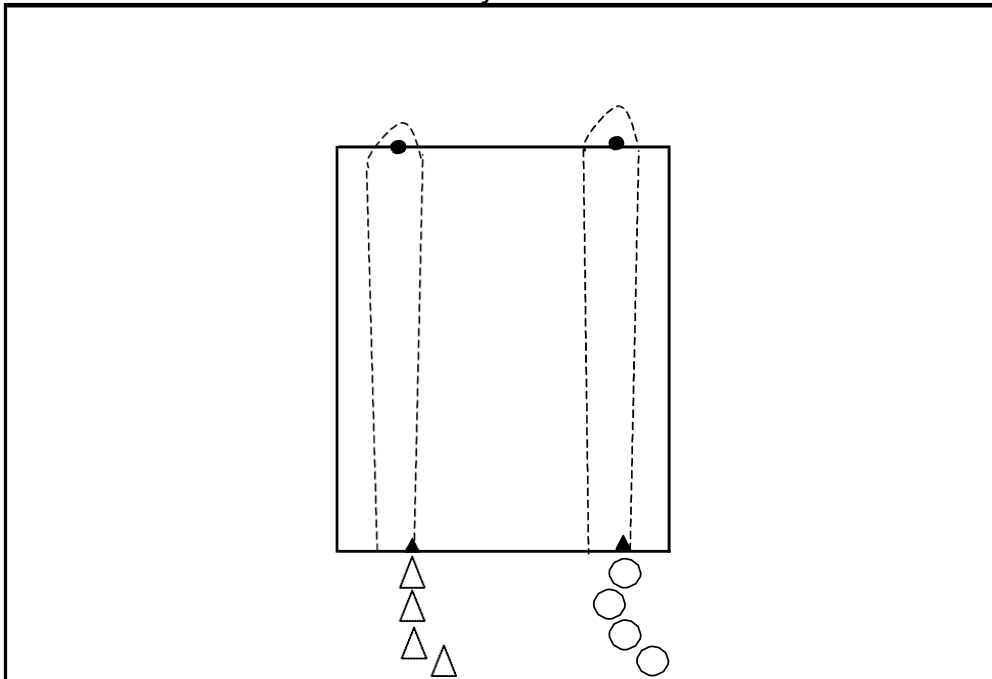
Obstacle Game



- 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

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Week Four - Fitness

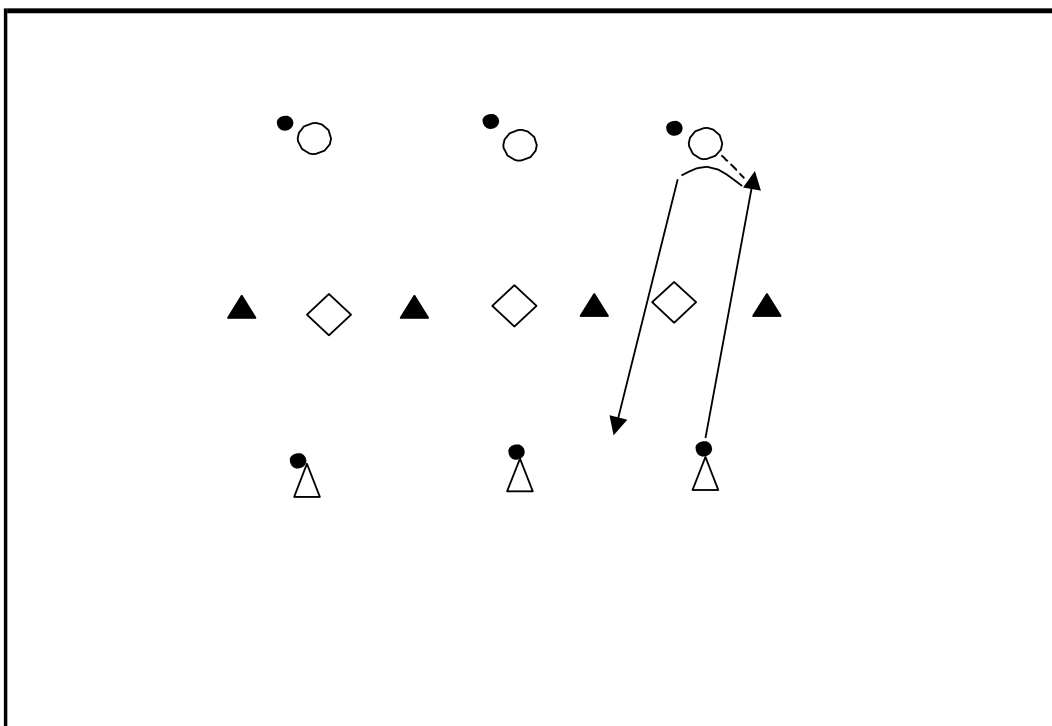
Relay Races



- 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

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Week Four – Technical/Tactical Game

Man (GK) in the middle

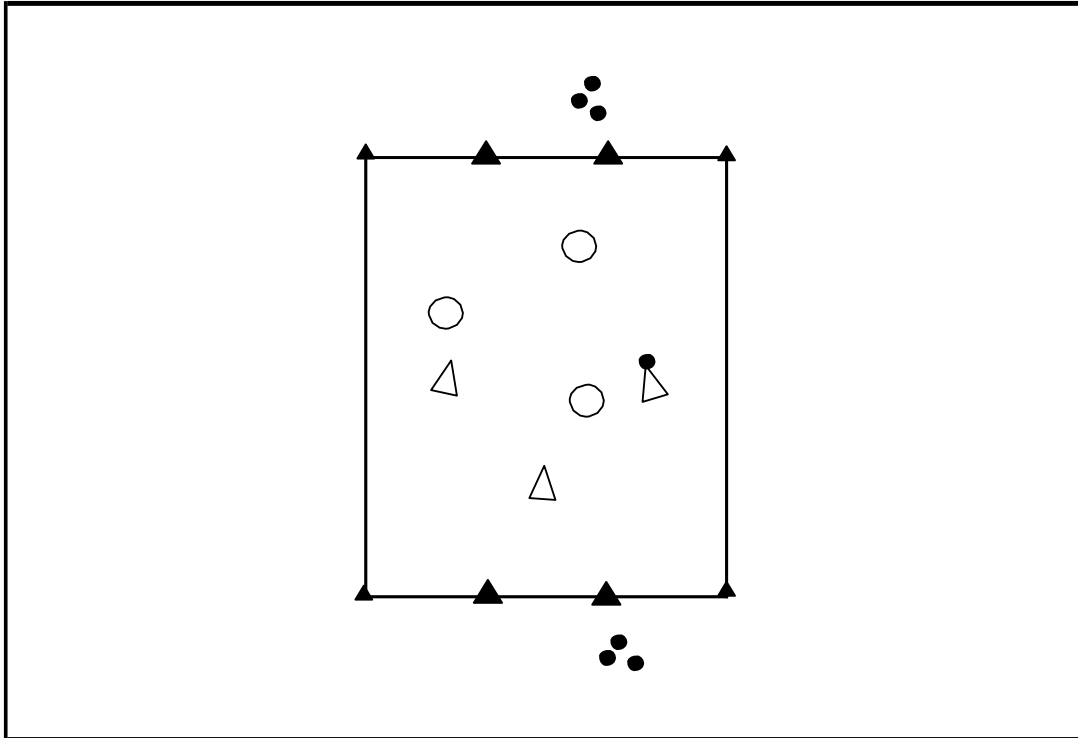


- Objective:** Learning to shoot with Instep
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Distance between shooters and goals (5-10 yds.) Goals 5 yards wide (side by side)
- Equipment:** 4 large cones, supply of balls
- Organization:** 2 players with two balls (outside), 1 in the middle (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?

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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.

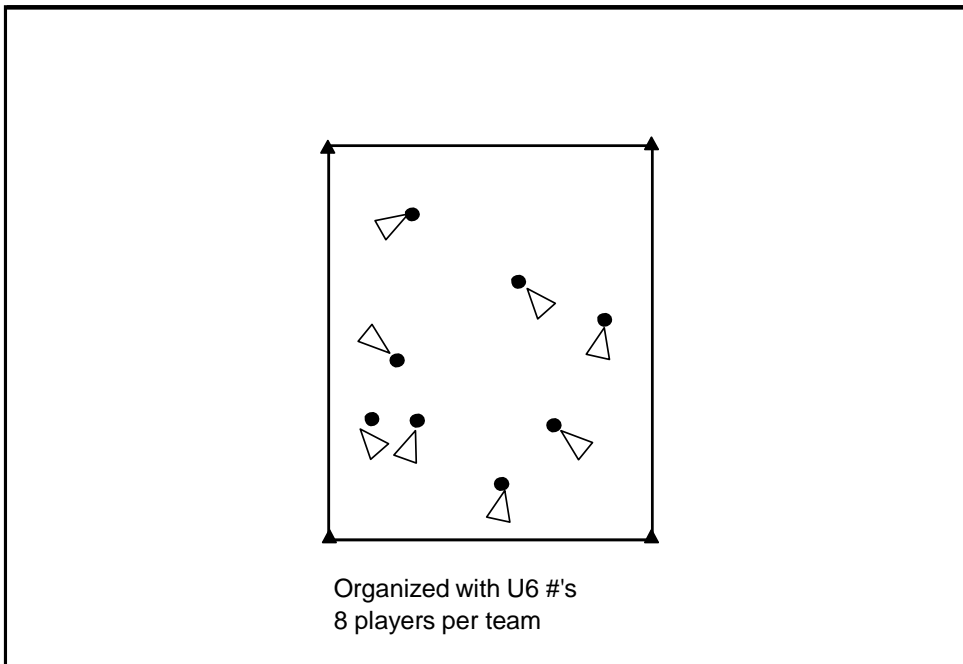
Coaching Points: Teach basic rules, otherwise let them play.

Variations: When ball goes out of play, coach can restart game by playing a new ball.

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Week Five – Warm Up

Dribbling Vitamins

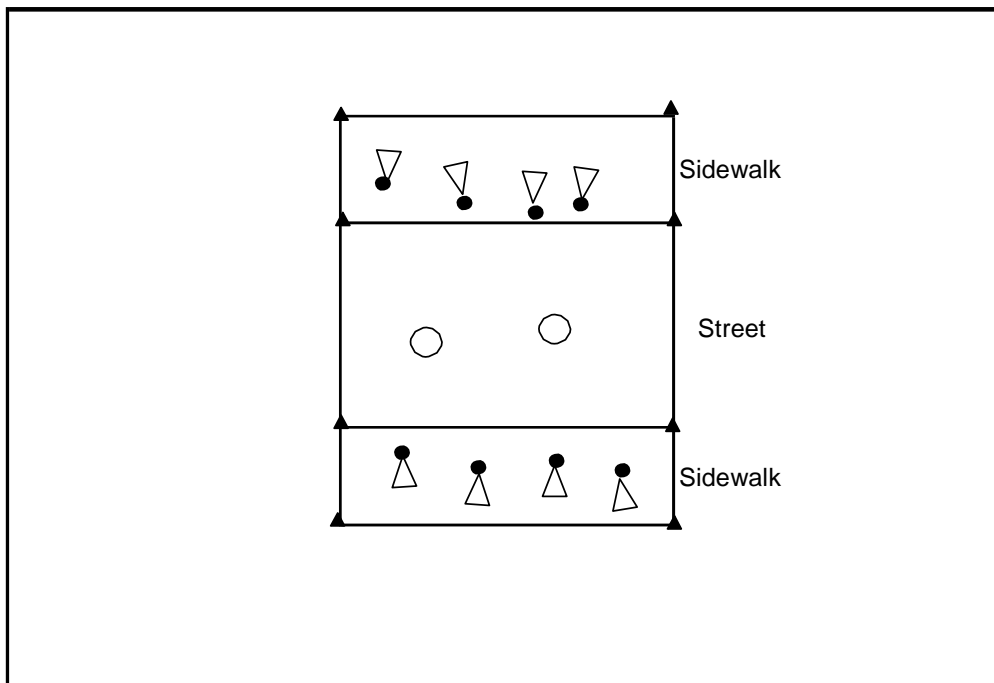


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, one ball for each player
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside 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 Stop Turn
U7-U8 Dribbling Moves
Review 1 - 5
6 Pull Back
- Coaching Points:** Teach San Ramon FC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

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Week Five – Fun Game

Street Dribble

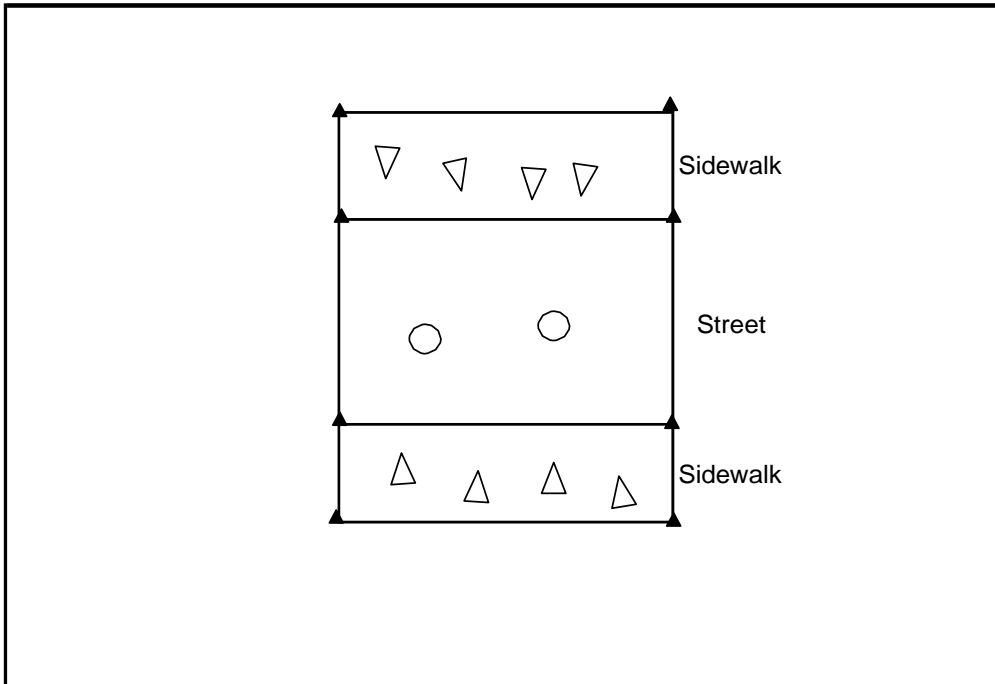


- Objective:** Learning to dribble in tight spaces, Improving coordination, speed and agility, taking on a defender
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 30 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 8 Cones, 2 training bibs, supply of balls
- 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Five - Fitness

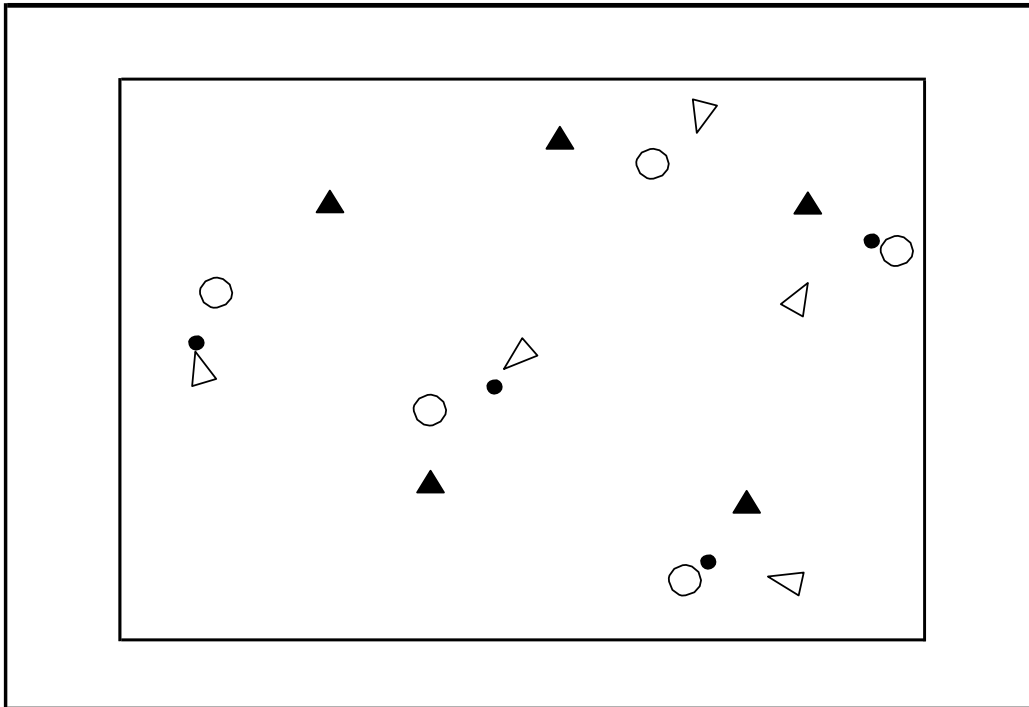
Street Tag



- 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans
Week Five – Technical/Tactical Game

1 v 1 to a Cone

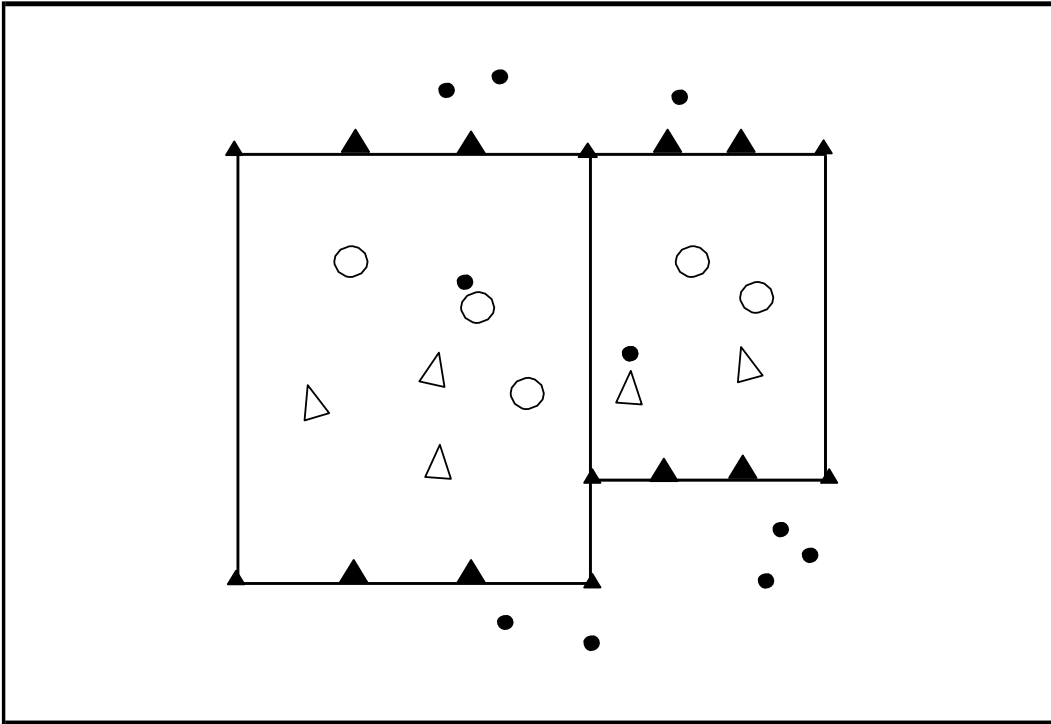


- Objective:** Learning to beat a defender, learning to win the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Open field
- Equipment:** One large cone per pair of players, one ball per pair
- Organization:** Pair up players. Each pair has a ball and a cone. Pairs move to their own 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 defender wins ball, make quick transition from attack to defense.
- Variations:** Pairs can score on any cone.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

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

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.

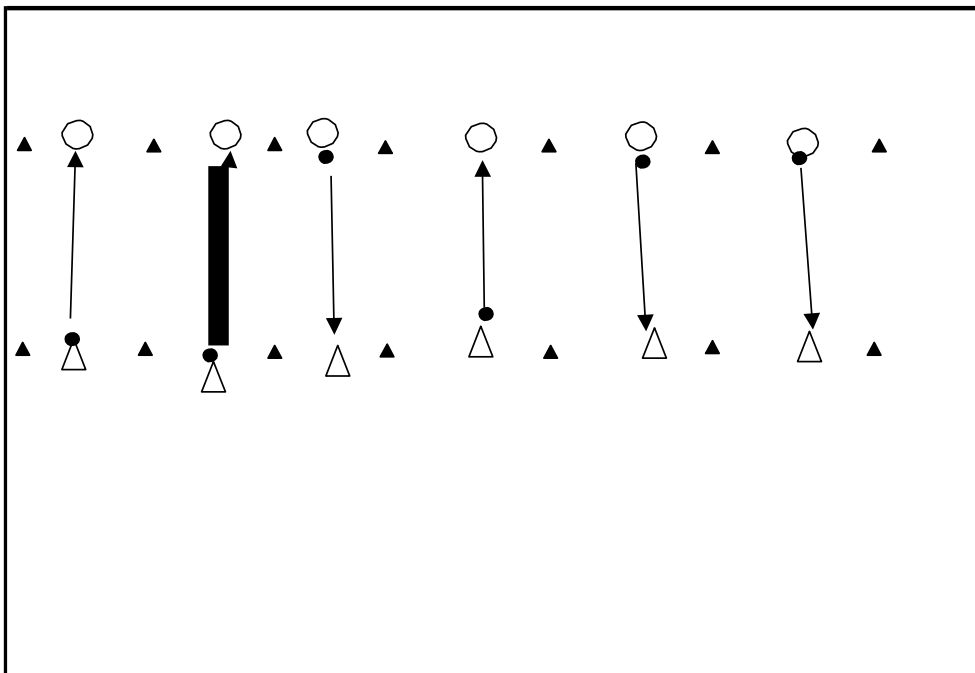
Coaching Points: Teach basic rules, otherwise let them play.

Variations: When ball goes out of play, coach can restart game by playing a new ball.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

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.

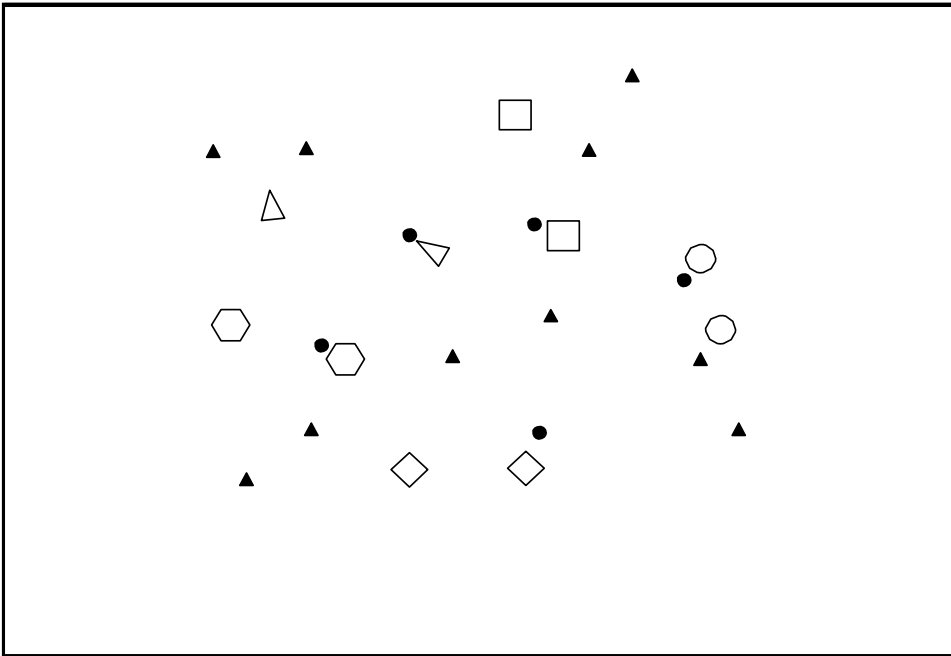
Coaching Points: Approach ball at slight angle
Non-kicking foot pointed at target
Kicking foot, toe down, laces facing target, ankle locked
Strike middle of ball with kicking foot
Follow through (show the target the bottom of the shoe)

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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Six – Fun Game

Passing Gates

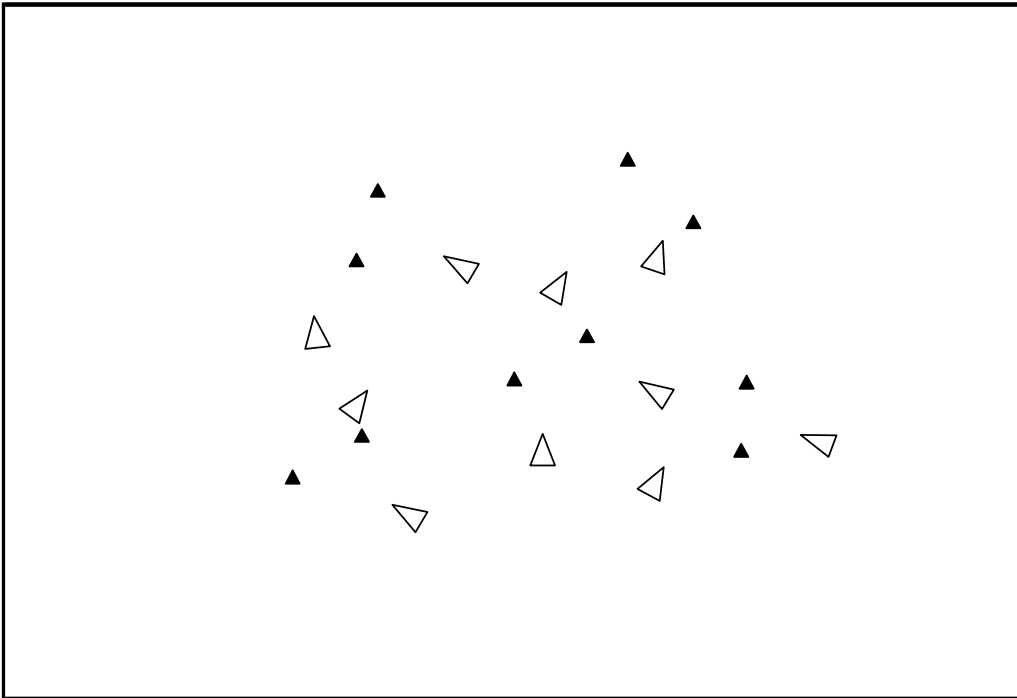


- Objective:** Improve passing, movement with and without the ball
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field. Two 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Six - Fitness

Running Gates

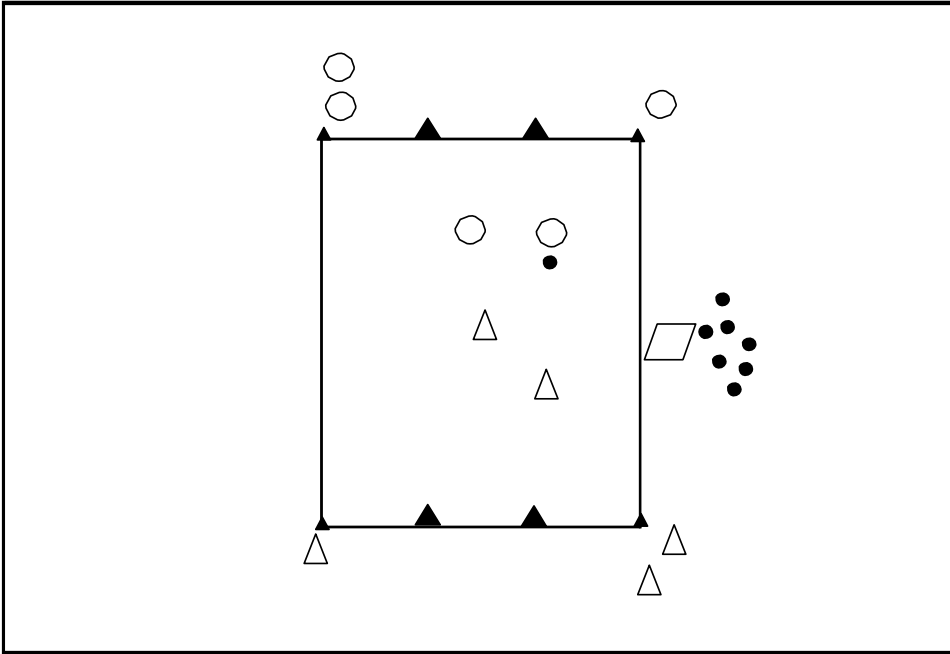


- Objective:** Improving coordination, speed and agility
- Time:** 15 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Gates (3-4 steps apart) placed randomly around field.
- Rules:** Players try to run through 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Six – Technical/Tactical Game

2 v 2 Steal the Bacon - to goal

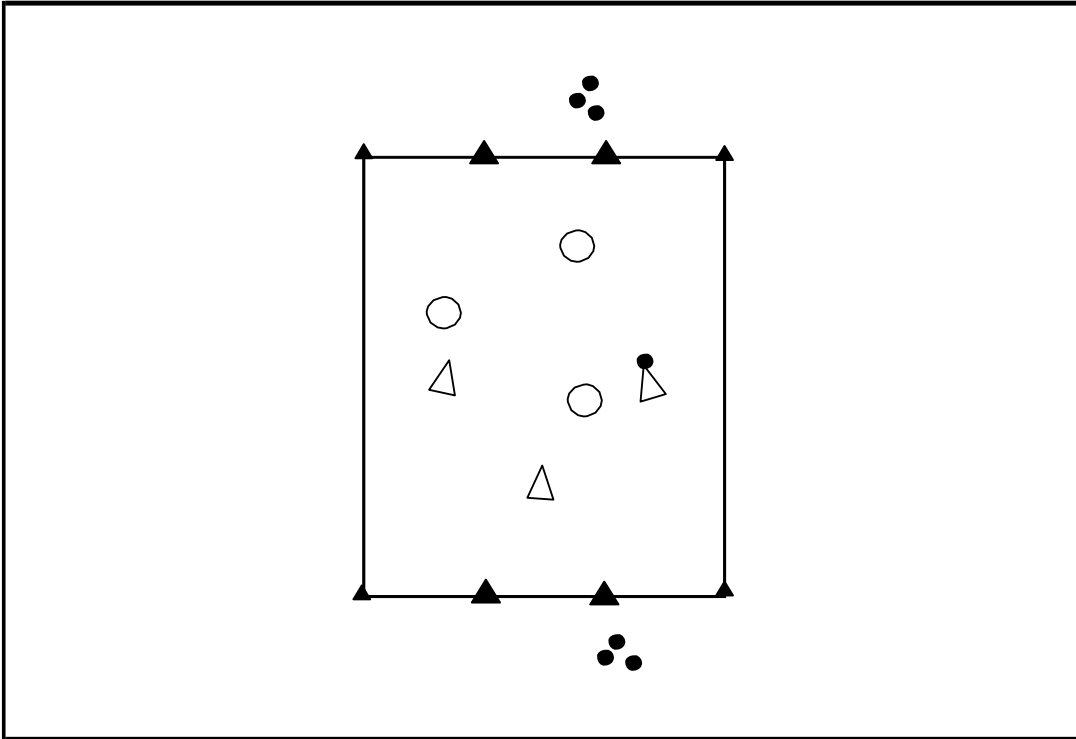


- Objective:** Learning to play 2 v 2, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide teams 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 to defense add defense to attack.
- Variations:** Coach calls out single #'s.
Coach calls out multiple #'s.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Six – Final Game

Small-Sided Games - to two goals

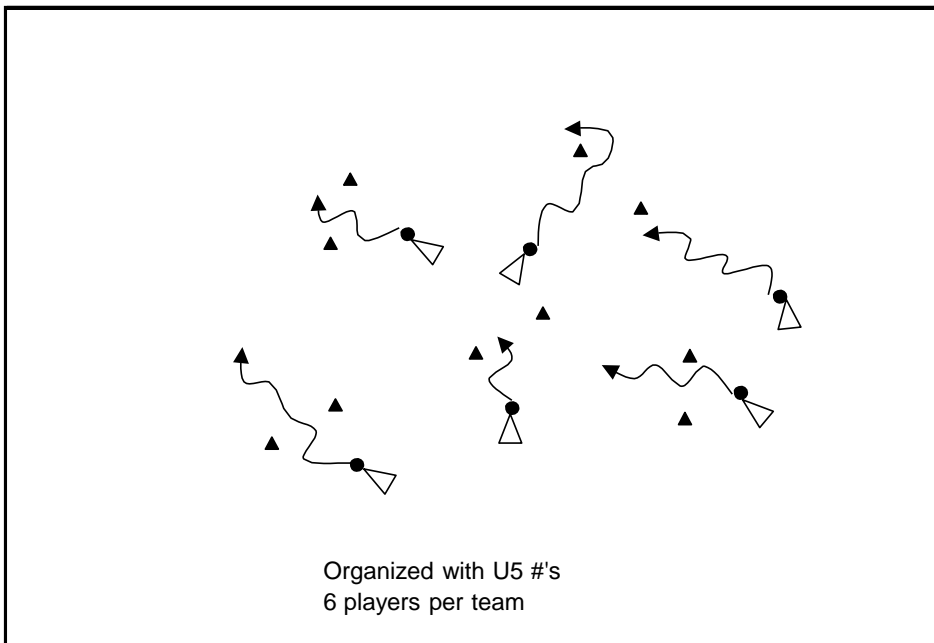


- Objective:** Playing the game
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and
2 v 2 in a 15 yard (length) 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.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Seven – Warm Up

Dribbling Gates

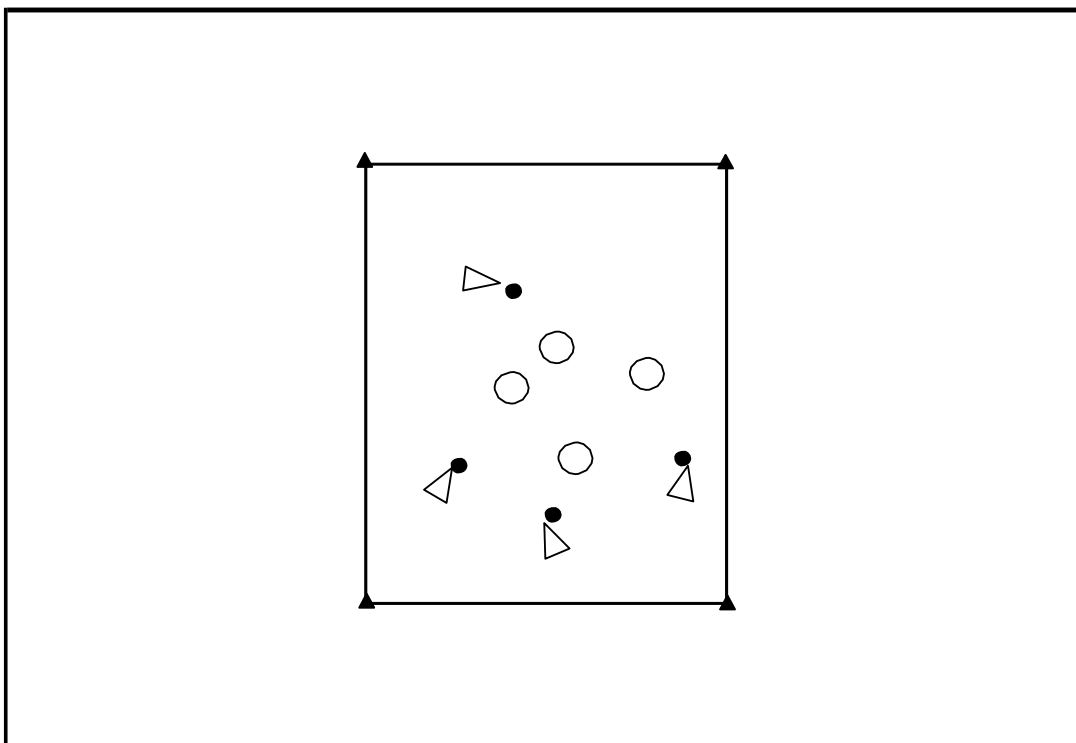


- Objective:** Learning to dribble in tight spaces
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Gates spread around field, min. distance between 8-10 yds.
- Equipment:** 10 cones, 2 cones per gate
- Organization:** Every player with a ball
- Rules:** Dribbling ball inside grid, maintain 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 Tap
- Coaching Points:** Teach San Ramon FC Dribbling Sequence
- Variations:** Players must use right foot only, left foot only, must perform specific moves or combination of moves

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Seven – Fun Game

Crab Game

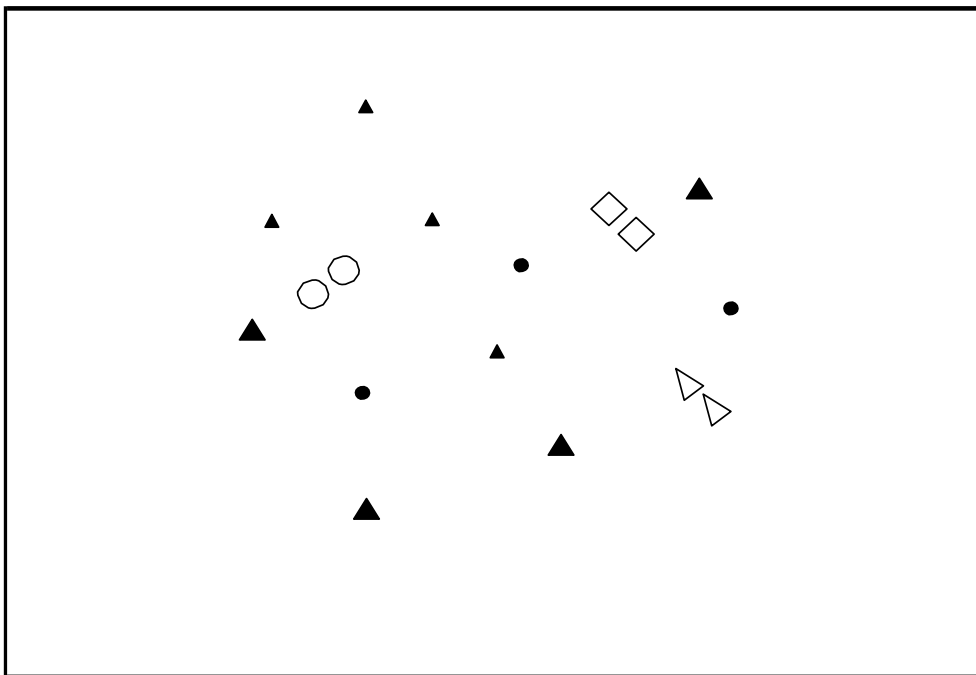


- Objective:** Improving dribbling, cutting and turning
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 cones, supply of balls, 1/2 of team with training bibs
- Organization:** Half the team with balls, other 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.

San Ramon FC
Recreational Coaching Curriculum – U5 to U9
Weekly Lesson Plans

Week Seven - Fitness

Follow the leader -- TAG

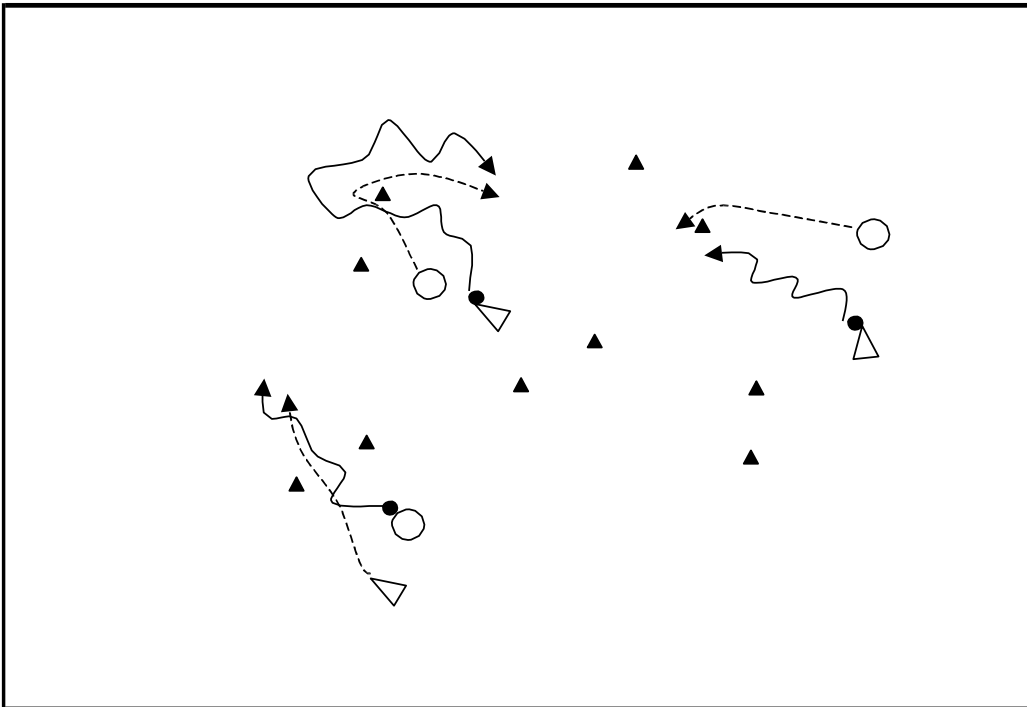


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Open field space, cones/balls can be used for obstacles
- Equipment:** 4 large cones, 4 small cones, 4 balls
- Organization:** Players form pairs, one leader with one follower
- Rules:** 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Seven – Technical/Tactical Game

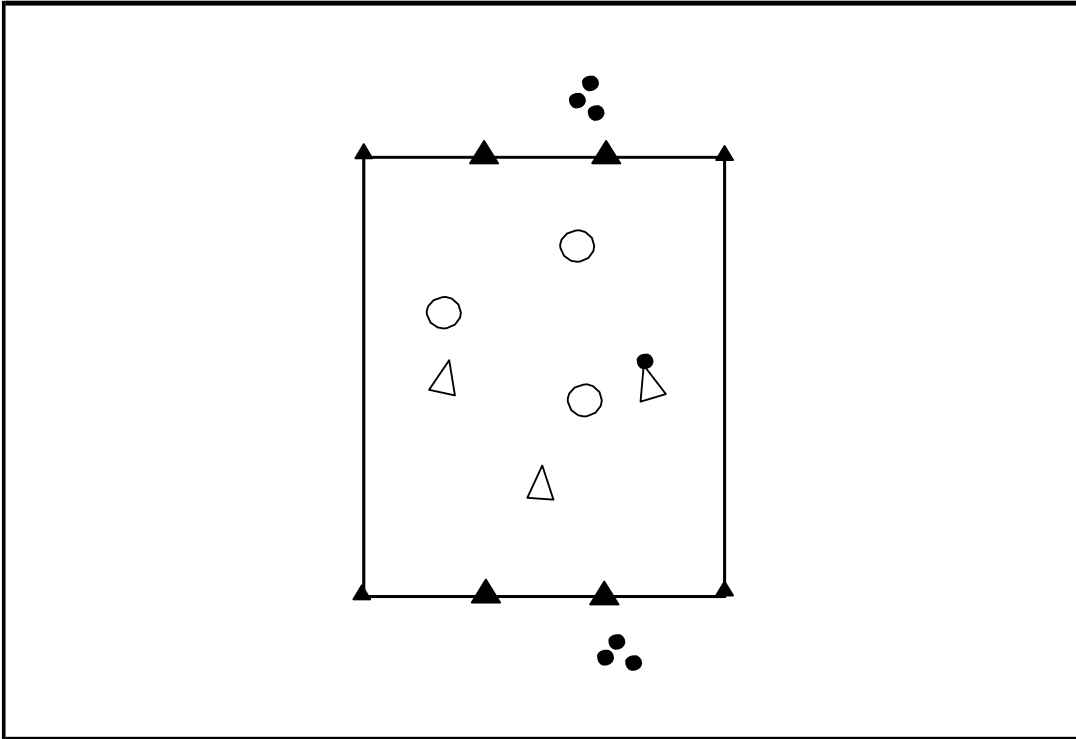
1 v 1 Dribbling Gates



- 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 to defense.
- Variations:** Player must use a move on defender before scoring goal

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans
Week Seven – Final Game

Small-Sided Games - to two goals

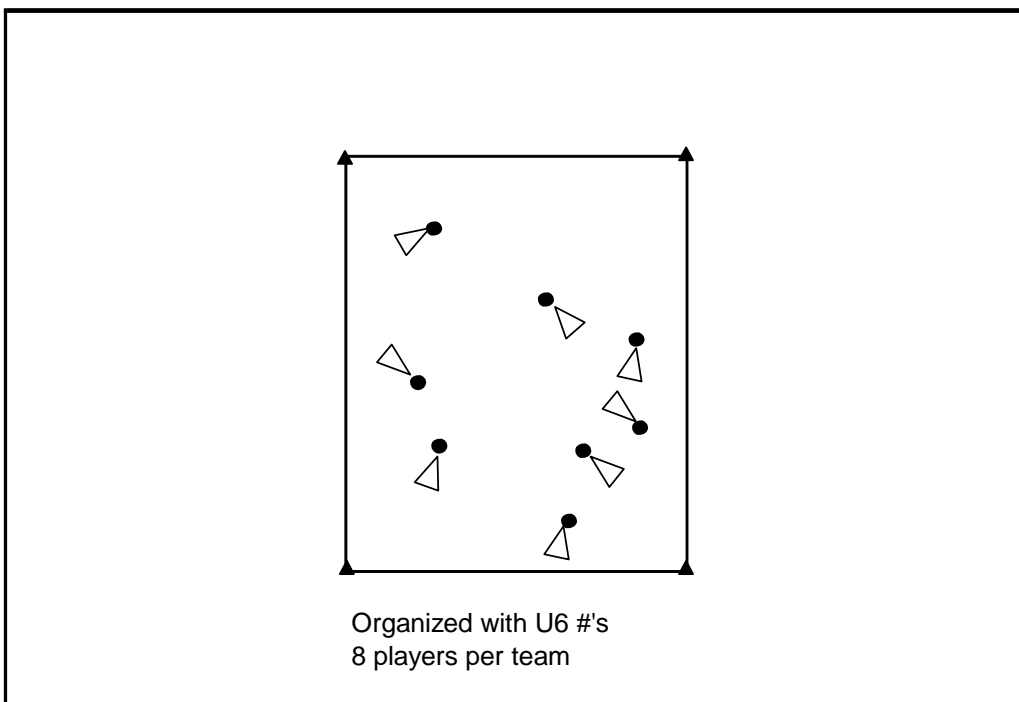


- Objective:** Playing the game
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and
2 v 2 in a 15 yard (length) 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.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Eight – Warm Up

Dribbling Vitamins

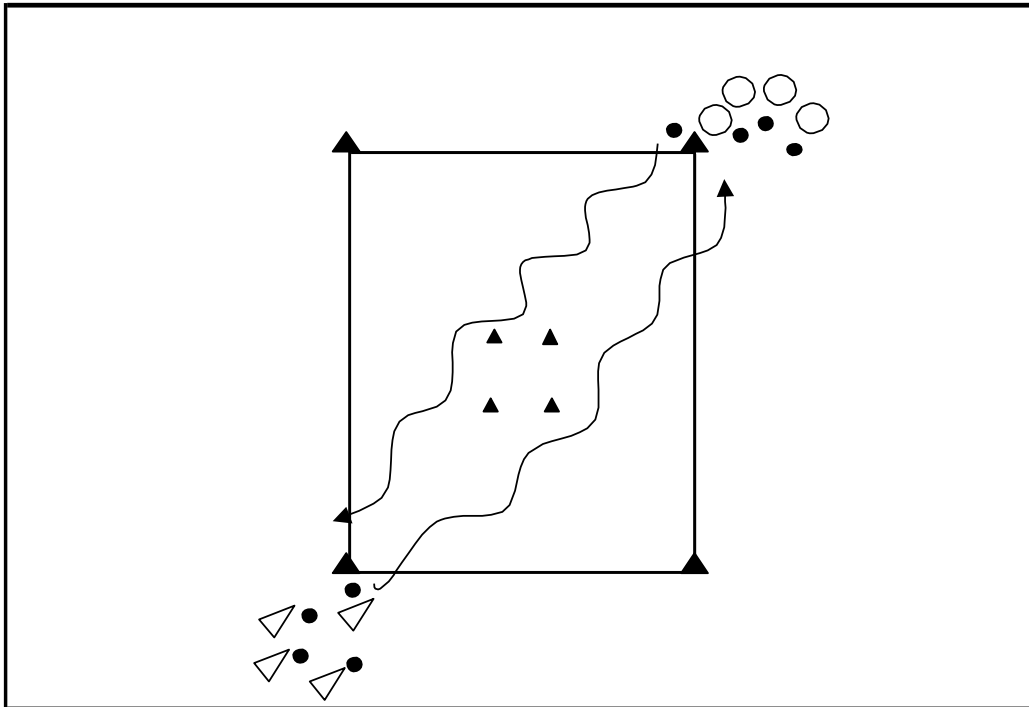


Objective	Learning to dribble in tight spaces
Time	U5-U6 10 minutes, U7-U8 12 minutes
Grid Size	20 yards (length) x 15 yards (width); vary size by age and ability
Equipment	4 cones, one ball for each player
Organization	Every player with a ball
Rules	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the other team)
Actions	U5-U6 Dribbling Moves Review 1 - 5 U7-U8 Dribbling Moves Review 1 - 8 # 9 Step Over
Coaching Points	Teach SRS Dribbling Sequence
Variations	Players must use right foot only, left foot only, must perform specific moves or combination of moves

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Eight – Fun Game

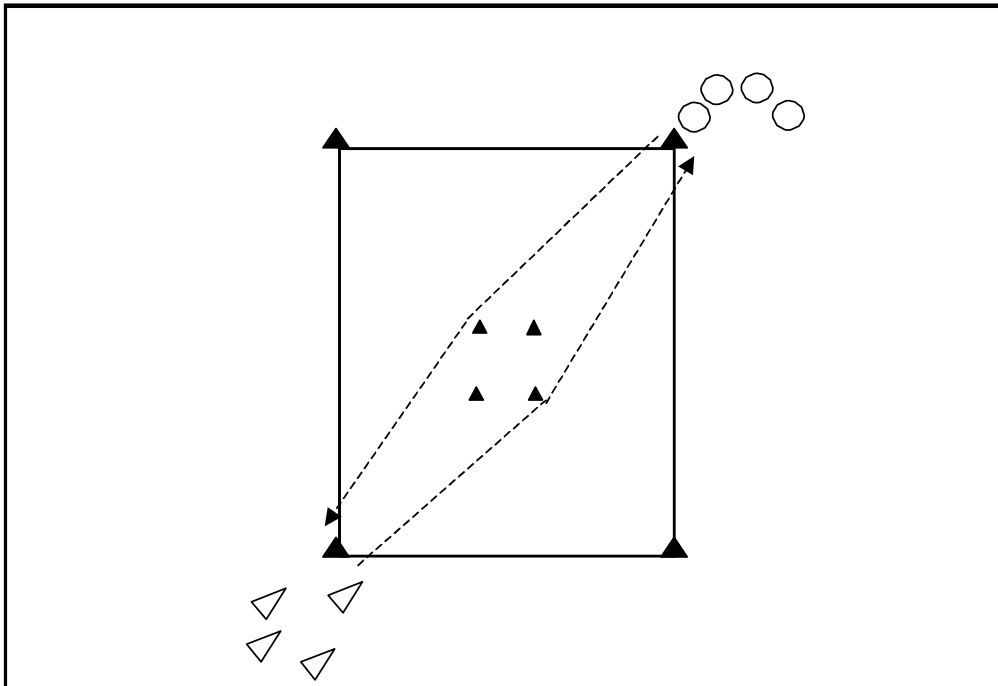
Four Corners X 2 with ball



- 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)

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans
Week Eight - Fitness

Four Corners X 2

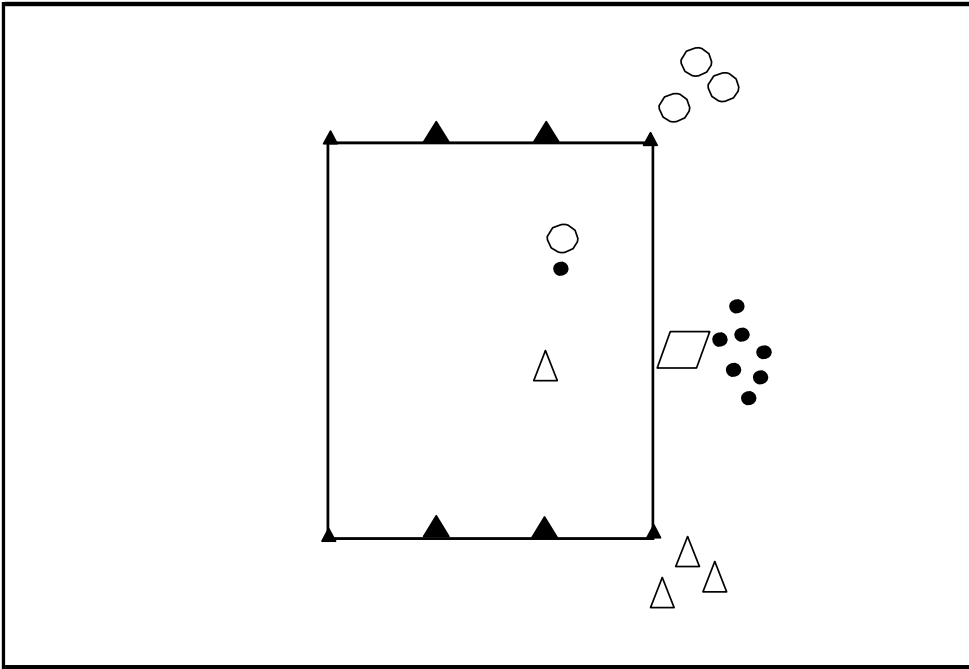


- Objective:** Improving coordination, speed and agility
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width)
- Equipment:** Four large cones, four small cones
- Organization:** Team split between two opposite corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
- Rules:** 1st player runs to opposite corner as quickly 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Eight – Technical/Tactical Game

1 v 1 Steal the Bacon - to goal

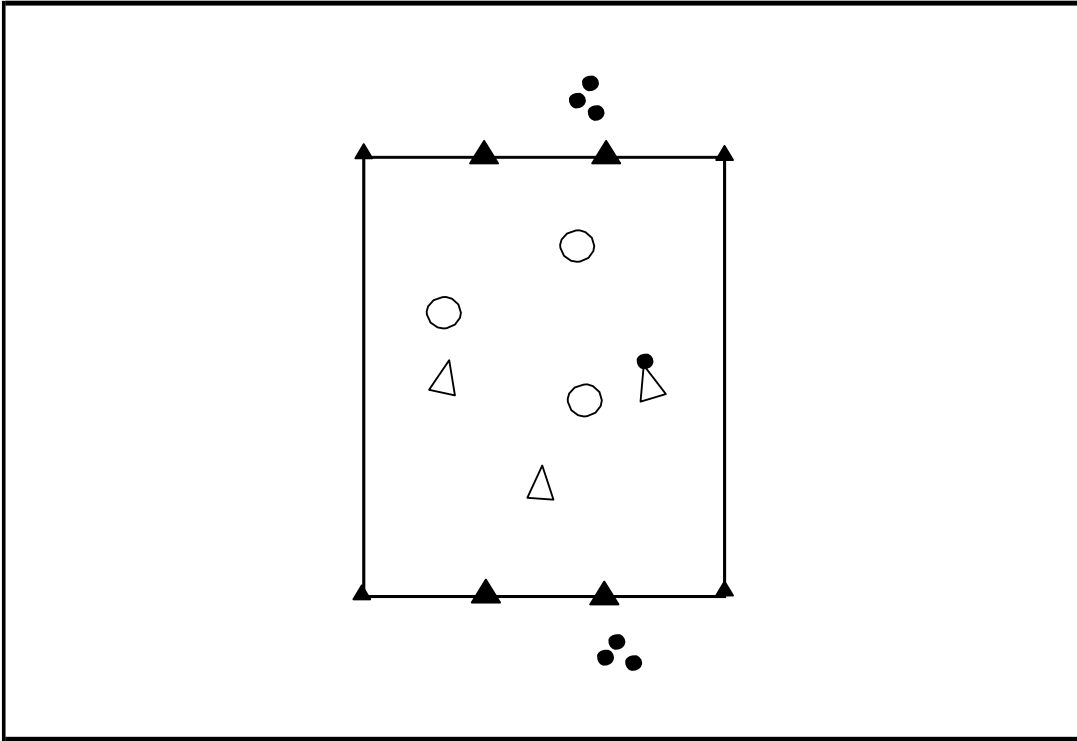


- Objective:** Learning to play 1 v 1, Attack and Defense
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** 20 yards (length) x 15 yards (width); vary size by age and ability
- Equipment:** 4 small cones, 4 large cones, supply of balls, training bibs for one team
- Organization:** Divide players into two teams; assign each player on Team 1 a number. Repeat with team 2.
- Rules:** Coach starts the game by rolling ball into field and calling a number corresponding to assigned players. Those players play 1 v 1 until ball goes out of play or in the goal. Coach then restarts with another ball, and another number. 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.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Eight – Final Game

Small-Sided Games - to two goals

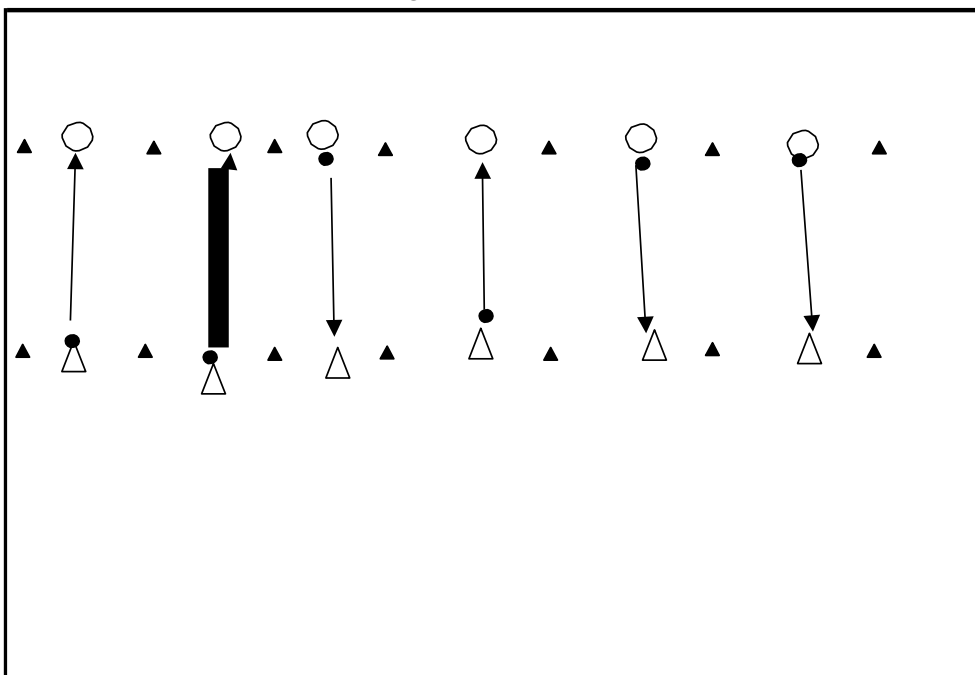


- Objective:** Playing the game
- Time:** U5-U6, 10 minutes, U7-U8 12 minutes
- Grid Size:** U5 plays 3 v 3 in a 20 yard (length) x 15 yard (width) PICTURED
U6 plays 4 v 4 in a 30 yard (length) x 15 yard (width)
U7 and U8 play 3 v 3 in a 20 yard (length) x 15 yard (width) and
2 v 2 in a 15 yard (length) 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.

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Nine – 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans

Week Nine – Fun Game

Pass Through

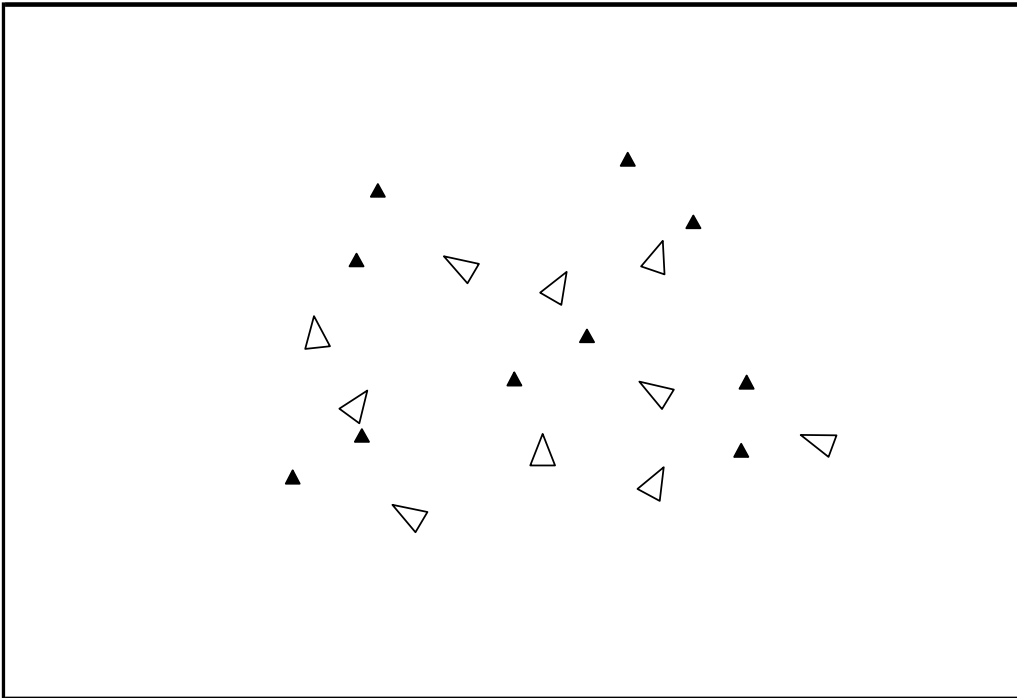


- Objective:** Improve Instep Passing Technique and Accuracy
- Time:** U5-U6 10 minutes, U7-U8 12 minutes
- Grid Size:** Start cone = 12 yds. from pass goal (5 yds. wide)
- Equipment:** 7 cones and supply of balls
- Organization:** Team split into three groups; one player is behind goa/gate without ball, all others at starting cone with a ball
- Rules:** 1st player dribbles ball and prior to the 1/2 way point between passes the ball through the goal, receiver controls ball and dribbles back to start. Passer replaces receiver. Receiver must use inside of foot or sole to control the ball.
- 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

San Ramon FC
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U5 to U9 Weekly Lesson Plans

Week Nine - Fitness

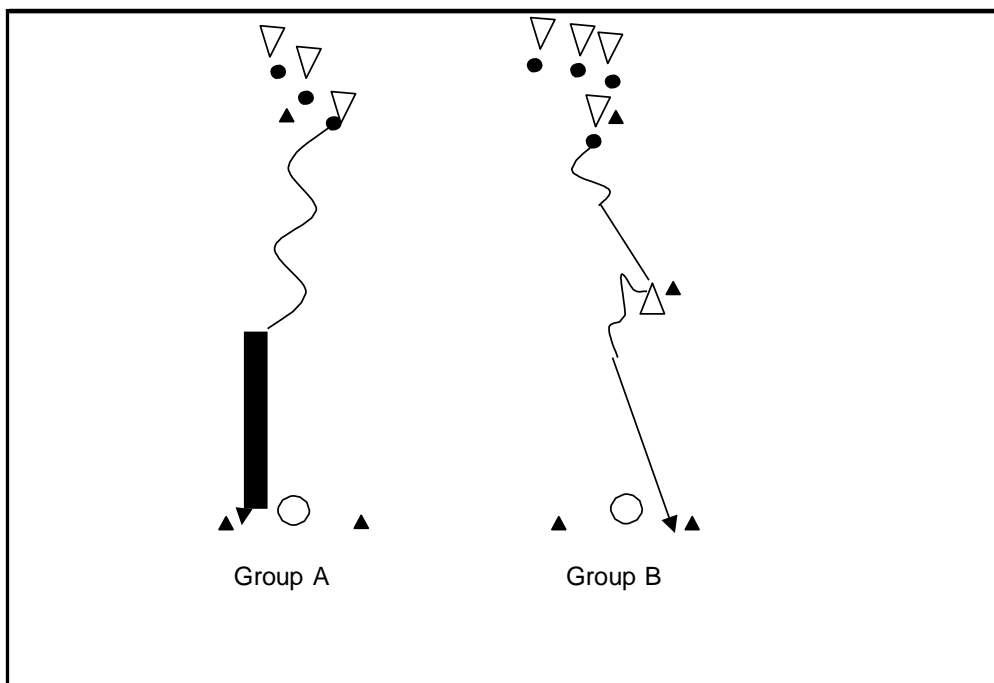
Running Gates



- 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

San Ramon FC
Recreational Coaching Curriculum
U5 to U9 Weekly Lesson Plans
Week Nine – Technical/Tactical Game

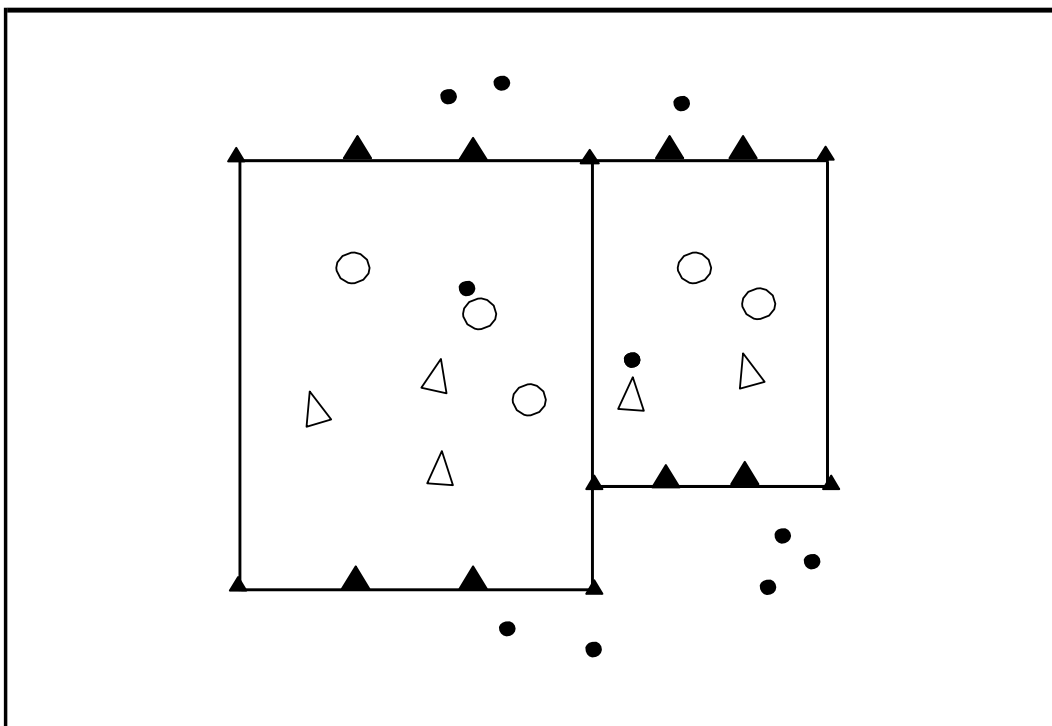
Dribble Shoot & Dribble-Pass-Shoot



- 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

Week Nine – 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.

San Ramon FC Dribbling Sequence

Keys to teaching dribbling components

- Start slow, let players learn it at their own pace (many repetitions)
- If they have success ask them to perform at a faster pace
- After each move a change of speed or “FAST GET-AWAY” is necessary to separate from the defender

1st FIVE to be mastered by the U5-U6 age group

1) “Box the Ball” (Basic Foundation – In between the feet)

Explanation – Touching the ball back-and-forth between the feet. Surface used is inside of the foot from mid-foot to big toe.

2) “Zig-Zag” (Inside-Inside-Outside-Outside)

Explanation - Two dribbles/touches with the inside of the foot in same direction, followed by two dribbles/touches with the outside of the foot in opposite direction. Pattern repeats.

3) “Sole roll”

Explanation – Using sole of foot, roll the ball in different directions (across the body, side-to-side, forwards, backwards).

4) “Stop Turn”

Explanation – Dribbling forward stop the ball with sole of the foot, jump over, or step past the ball, and continue dribbling in the opposite direction

5) “Spin Out” (Spin and away from pressure with outside of foot – Outside Cut)

Explanation – Dribbling forward, slow and turn the ball with the outside of the foot and continue dribbling in the opposite direction.

San Ramon FC Dribbling Sequence

2nd FIVE to be mastered by the U7-U8 age group

6) "Pull Back"

Explanation – Dribbling forward, slow down and put sole of foot on top of ball, pull or roll the ball back in opposite direction. Turn hips towards the ball (allows players to see the ball) and continue in the opposite direction.

7) "Spin Turn"

Explanation - Dribbling forward, slow down and touch ball 3-4 times with the inside of the foot (a $\frac{3}{4}$ turn with the ball) and continue dribbling.

8) "Pull Back and Tap Behind"

Explanation – Dribbling forward, slow down and put sole of foot on top of ball, pull ball back and out, then tap ball behind standing leg with inside of foot, follow ball and continue dribbling

9) "Shoulder Feint"

Explanation – Dribbling forward, step and dip a shoulder one way then with outside of other foot dribble forward.

10) "Chop" (Fake kick and cut ball across the body with inside of the foot)

Explanation – Dribbling forward, slow down and with a kicking motion cut the ball back across your body to the other foot and continue to dribble past defender.

San Ramon FC Dribbling Sequence
3rd FIVE to be mastered by the U9-U10 age group

11) “Wave” (Fake Pull Back)

Explanation – Dribbling forward, raise foot over top of the ball as if a pullback is taking place, wave foot forward and back over the ball, then push the ball forward with laces and continue dribbling forward.

12) “Double Touch” (Touch-Hesitate-Go)

Explanation – Dribbling forward, stop ball with front foot (toe), swivel hips (gives impression dribbler is stopping), touch forward with other foot and continue dribbling.

13) “Fake kick and spin out”

Explanation – Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), fake kick, then with outside of the kicking foot spin away in opposite direction and continue dribbling.

14) “Step Over”

Explanation – Dribbling forward, take two steps past the ball in one direction (one step at a time, but in quick succession), then quickly tap the ball away from pressure with outside of closest foot and away from the initial fake.

15) “Cruyff Turn” (Named after Dutch legend Johan Cruyff) Dribbling forward, take a longer touch (similar to prior to striking a long pass), take a peek up (towards potential target), non-kicking foot needs to be planted in front of the ball (protects the ball and creates the space for the move), fake kick with kicking foot ending the movement on the outside of the ball with inside of foot (toe), then slide ball behind the non-kicking foot and continue dribbling.