




Eagan Rec. Soccer

Age Group	3rd and 4th Grade
Theme	Scoring Goals and Working with Teammates
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Juggling</p> <ol style="list-style-type: none"> 1. All players begin with a soccer ball dribbling in the space - touching the ball every step. 2. Restrict players to dribble with right foot, left foot, sole, inside and outside of the foot. 3. Coach will yell a command and the players have to listen while they are dribbling. 4. Coach Commands: Freeze, turn, move, stop-go, switch balls, speed up, slow down and touches. 5. Freeze players and work on lifting the ball to your hands from your feet. Players should try to juggle using their thighs and laces. Touch and catch without letting the ball hit the ground. <p>Question for the team: How do you avoid dribbling into your teammate? What should you do after you complete a move or turn?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball with small touches close to your body • Pick your head up to see where open space is • Change your speed after you complete a move or turn • Goal: 10 juggles without a bounce on the ground
	<p>Passing and Receiving to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 4-6 players on opposite sides of the field with soccer balls. 2. The players pass and move through the gates with two touches using the inside of their foot – the final gate the player at the top of the activity takes a touch towards goal and takes a shot on goal. 3. Change sides so players train both right and left foot finishing 4. Challenge the team to score 10 goals in 3 minutes – both groups working together <p>Question for the team: What is important to do with your first touch when you receive the ball?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should move their first touch in the direction they want to play – do not kill your first touch • Players need to shoot with either inside or laces of their foot • Accuracy on goal
	<p>2 vs 2 to Goal</p> <ol style="list-style-type: none"> 1. The players are split into two teams and line-up across from one another. Make sure the players understand what goal they are scoring in and what goal they are defending. 2. On the Coach command the player print around the cone at the bottom of the field and enter the game – 2 vs 2 to goal. 3. Encourage the players to work together on the field to score goals. Dribble when they have space and pass when they have pressure. 4. Coach passes the ball into either team – keep the game competitive <p>Question for the team: What is important to do when you have the ball at your feet?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Pick your head up when the ball is at your feet • Transition from offense to defense quickly • Encourage players to pass and connect with their teammates on the field



Scrimmage / Game Play

- 5 vs 5 or 6 vs 6 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble