

Kinder-3rd Grade 8-week Training Plan

Instructions: Each practice should be 45-60 mins long. Each week, coaches should use 1-2 drills from each section (dribbling, ball control, passing and receiving, attacking, and defending), depending on how long each practice is. End each practice with 15 minutes of scrimmage time (**All drills are according to U.S. Youth Soccer guidelines**).

As an additional resource, you have full access to the [George Roffman Library in Coaches Tools](#) where you can find full videos and instructions of drills. Please use your DASH/MySam login credentials to log into Coaches Tools, click on the “George Roffman Library” tab, select from each drop down box the current season, league, and lastly, your team. Select “Soccer” from the menu and then your team’s age group.

Your Week 1 practice is already listed out below:

[Week 1 Practice \(This is an example for how a practice should look\)](#)

For the next 7 weeks, coaches should use 1-2 drills from each section.

NOTE: 5-6 minutes per drill. Each link includes multiple drills to choose from.

1. Dribbling

- a. [Ball Movement](#)
- b. [Ball Sense](#)
- c. [U6-U7 Dribbling Part One](#)
- d. [U6-U7 Dribbling Part Two](#)
- e. [Advanced Dribbling](#)

2. Ball Control

- a. [Coordination and Movement](#)
- b. [Vision and Coordination](#)
- c. [One Ball, Two Players](#)
- d. [Advanced Ball Control](#)

3. Passing and Receiving

- a. [Intro to Passing](#)
- b. [Passing in Pairs](#)
- c. [Advanced Passing](#)
- d. [Receiving the Ball 101](#)
- e. [Receiving the Ball 202](#)

4. Attacking and Defending

- a. [Principles of Attacking and Defending](#)
- b. [Game Situations](#)
- c. [Small Group Play](#)
- d. [1v1, 2v2, 4v4](#)

5. Restarts

- a. [Kick-off](#) (Video)
- b. Kick-ins – Ball is placed outside of the sideline (marked with chalk) and one player kicks the ball into the field of play to another teammate.

- c. [Throw-ins](#) (Video)
- d. [Goal kick](#) (video) – [updated rules as of June 2018](#) when the last change was made.
- e. [Corner Kick](#) (Video) – [how to set up defensively/offensively](#), and [different types of corners \(short/long\)](#)
- f. Offside Rule (3rd grade and up) - [explaining the rule](#) and [practicing it](#)
- g. [Substitutions](#) – coaches can substitute an unlimited amount of times in a game

6. Positioning and Tactics

- a. [Kinder and 1st Grade – 6v6 Formations](#) (NOTE: These *include* a GK, but PSA does not play with a GK at this grade level)
- b. [2nd Grade – 7v7 Formations](#)
- c. [3rd Grade – 9v9 Formations](#)
- d. Goalkeeping (2nd grade and up) – [teaching a new goalkeeper how to play the position](#)