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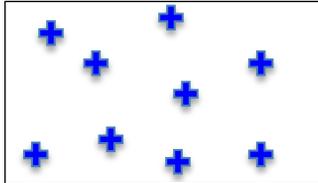
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Are You Ready To Play? UK Elite Training Methodology

Age: 5 Years **Date:** Session 1 (Week 1 Session 1)
Theme: Motor skill and technical development
Dribbling with close control 1

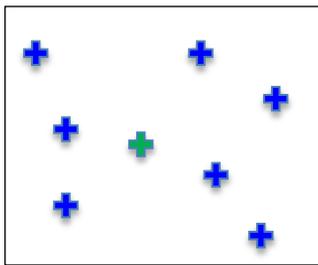
Time	Activity	Diagram	Coaching Points
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10 **Animals** – players move around with a ball.
Cheetah = Fast, Snake = Slow, Kangaroo = Toe Taps,
Frog = Squeeze ball between feet & hop/jump,
Bunny = Put forehead on ball
Progression: Call each animal faster



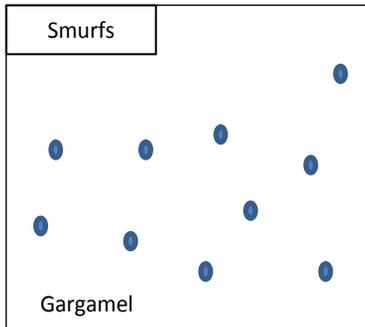
Keep ball close
Avoid everyone else/look for space
Foot on top of ball to stop before progressing to next animal.

15 **Mud monsters** – Players move around with a ball.
Coach tries to place a foot on players ball. If they do that player is now also a mud monster
Progression 1: As before, but now when players are caught they pick the ball up and open legs shouting for help. Other players must dribble to them and pass the ball between their legs which frees them again.
Progression 2: Choose a certain number of players to become the mud monsters (rotate players)



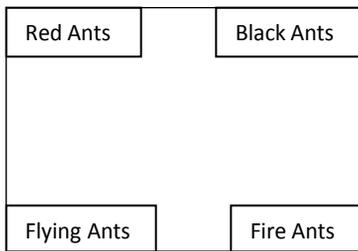
Keep ball close and away from monster.
Use inside/outside of foot to move the ball & change direction.
Always be looking around for the monster.

20 **Smurfs** – in the middle are all the soccer balls. The Smurfs must come out of their secret hideaway & take all of the special power packs (balls) back with them to their village. If Gargamel/Coach puts his foot on the ball, that ball is kicked out of the grid & is a point for the coach. All the balls in the hideaway are points for the smurfs.
Progression 1: If Coach gets players ball, they help the coach.
Progression 2: Some players become Gargamel/defenders
Progression 3: Have 1 team players & 1 team Gargamel/defenders



Dribble at speed when you have space
All the above

15 **Ants Nest** – 2/3/4 teams, teams start in a corner with a ball each. On command, the ants (players) must dribble a ball to the opponents nest (corner), stop the ball using their feet & return to their nest. When they return they must take any balls that have been put in their nest to another teams nest. Team with least amount of balls in their nest wins.
Progression 1: Coach becomes ant eater and takes balls back to teams nests if he/she steals the ball.



All the above

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls

Look to emphasize all coaching points made in the session





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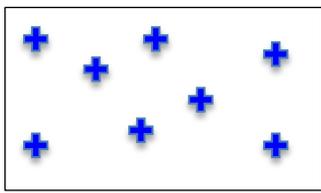
Age: 5 Years **Date:** Session 2 (Week 1 Session 2)
Theme: Motor skill and technical development
Dribbling with close control 2

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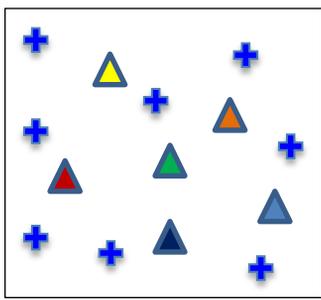
Time	Activity	Diagram	Coaching Points
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10 **Space Ships** – Players are astronauts & are exploring outer space for new planets. Blast off = dribble fast, Prepare for landing = dribble slowly, Land = stop with foot on the ball. Hover = box passes, Space Hopper = toe taps.



Keep ball close, avoid everyone else

20 **Planet Adventure** – Players have found new planets (different colored cones) & must dribble around as many cones as they can.
Progression 1: Count how many planets you see.
Progression 2: Count how many colors you see.
Progression 3: Coach shouts a color & players must dribble their ball to that color cone/planet.
Progression 4: Coach turns planets (cones) upside down and players must dribble & turn planets the right way up again.



Use inside/outside/laces of foot when dribbling.

Look around for Space/Planets & dribble into space.

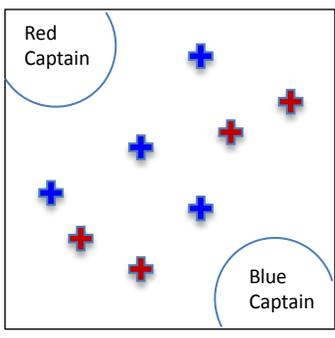
15 **Luke V Darth Vader** – Players have to Dribble from the light side, past Darth Vader/coach (who tries to steal their ball), to the dark side & bring back the light sabers (pinnies/cones) one at a time. If coach steals players ball the players help darth vader.
Progression: Add Planets (cones) to the middle to give players something to dribble around. If they hit a planet they also have to help darth vader.



Get past Darth Vader & Speed up

Slow down when approaching planets.

15 **Star Wars** – 2 Teams, each team has a captain who stays in their space ship (corner or end zone). The rest of the players battle in space. Players in space must dribble & avoid having their pinnie taken from their shorts by the other team. If their pinnie is stolen, they must sit on their ball with their hand in the air waiting to be freed by their captain. As soon as the captains leave the space ship the other team can tag them. As soon as captain lose their pinnie the other team win.
**When you're freed, pick pinnie up and put back in shorts.*



All of the above

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls





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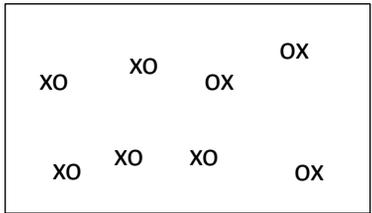
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Age: 5 Years **Date:** Session 3 (Week 2 session 1)
Theme: Motor skill and technical development
Dribbling with close control & change of Direction 1

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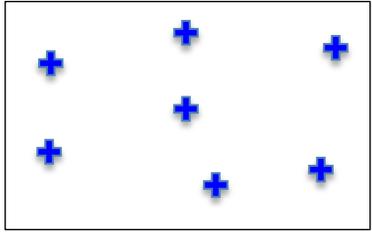
Time	Activity	Diagram	Coaching Points
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10 **Tractor/Trailer**– players in pairs, one with a ball and one without. On coaches command player with ball dribbles around the area and tries to lose his/her partner. They have 45 seconds and then switch over. If player with the ball cannot be reached by their partner when coach shouts stop they get a point
Progression: Both have balls.



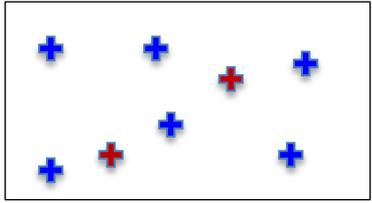
Keep ball close, avoid everyone else
Can you lose the trailer by changing speed?

20 **Cars the Movie** – players are all Lightning McQueen (the red car) and to drive they must push their soccer ball ahead of them (in a dribble). When the coach says 1st gear = slow, 2nd gear = medium, 3rd gear = fast. Wash the car = foot rolls, pump the gas = toe taps.
Progression 1: put down discs (cones), or oil (pinnies). Foot rolls if they hit oil, toe taps if they hit cone.



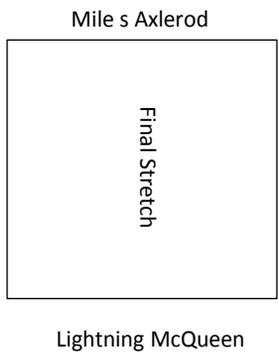
Keep ball close to avoid a crash
Use inside / outside of foot to move the ball
When you go fast it is harder to keep control so push the ball out a little further

15 **Traffic Cop** – Now the coach (and 1-2 players if needed) act as traffic cops. If they tag a players ball they get a ticket and have to make 3 juggles/10 toe Taps (group dependent) to pay the fine
Progression 1: Rotate traffic cops.



Look around for the traffic cop
Go slow in traffic and fast in space

15 **Cars Grand Prix**– Players have to make it home down the final stretch & past Miles Axlerod (coach). Miles is stood at one end of the race track and the players are stood at the opposite end. Players must dribble their soccer ball past miles but they have to freeze when miles turns to face them. If miles see’s a ball or player moving, he sends them to the start. First car back is the winner.
Progression 1: Add oil & or discs to the middle to make players change direction. If they hit either they have to go back to the start.



All the above

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls

Look to emphasize coaching points used in the session





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Are You Ready To Play?

UK Elite Training Methodology

Age: 5 Years **Date:** Session 4 (Week 2 Session 2)

Theme: Motor skill and technical development

Dribbling with close control & Change of Direction 2

Time	Activity	Diagram	Coaching Points
10	<p>Freeze Tag– players move around the area with a ball. Coach and 1-2 helpers try to tag each player. When tagged the player is frozen until released by a pass through their legs.</p> <p>Progression 1: Player must dribble around the frozen player 1/2/3 times to release them</p>		<p>Keep ball close, avoid everyone else</p> <p>Can you lose the tagger by changing direction</p> <p>Introduction to changing speed when changing direction.</p>
20	<p>Wacky Race–The players are all dribbling (driving cars) around the area (city center) changing direction freely. The coach calls out a number of commands that each player has to respond to:</p> <p>Red light = Players stop the soccer ball , Yellow Light = Players dribble around slowly Green light = Players dribble around fast , Wheel spin = Players have to change direction quickly, Reverse = roll ball backwards slowly</p> <p>Progression 1: Coach becomes a cop handing out tickets (Cones/pinnies) if he/she catches you/your ball.</p> <p>Progression 2: Have the players taking it in turns being cops 2/3/4 at a time.</p>		<p>Keep your head up to see everyone else / police</p> <p>Show me as fast / slow as you can go</p> <p>Show me some good turns away from traffic</p> <p>Change direction every couple of touches.</p>
15	<p>Cops & Robbers– All players are robbers & their ball's are stolen diamonds, & the coach is the cop. Players dribble their balls around the city, & the coach tries to put his/her foot on their ball. If they manage to touch the players ball, the robbers must go to soccer jail (circle of cones in the middle), & can only be freed by a high 5 from the other robbers.</p> <p>Progression 1: have the soccer players take it in turns being the cops.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Doughnut Steal – The coach (cop) is eating doughnuts (cones) inside the jail. The players must sneak into the square while dribbling their ball, steal a disc (doughnuts), and return it to one of the corners of the grid. If the cop/coach turns and looks at the players, they must stop and change direction & dribble somewhere else. Play several games.</p>		<p>Look to emphasize coaching points used in the session</p>
15	<p>Scrimmage</p> <p>3 vs. 3 or 4 vs. 4 on two small fields. Multiple balls</p>		





Are You Ready To Play? UK Elite Training Methodology

Age: 5 Years **Date:** Session 5 (Week 3 Session 1)
Theme: Motor skill and technical development
 Dribbling with Change of Speed 1

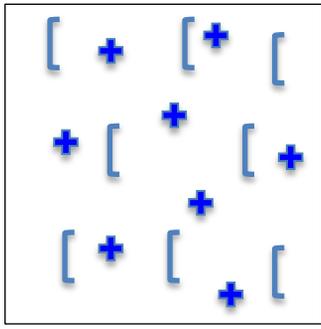
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Time	Activity	Diagram	Coaching Points
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10 **“Get Off My Land”**– Players move around the farm with a ball. Each time they dribble through a gate they enter a new farmers field. How many fields can you visit?

Progression 1: Each time the farmer shouts ‘get off my land’ , the soccer players must enter a new field as quickly as possible via a new gate.
Progression 2: Incorporate a turn as they enter a gate.



Keep ball close, avoid everyone else

How many gates can you get through?

Increase speed with every change of direction.

Dribble at speed when sheepdog is close.

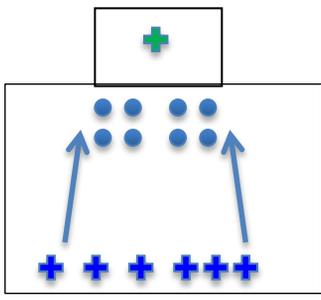
Enter every gate as fast as possible

Change direction & avoid the gate the farmer is stood in.

20 **Down on the Farm**–Same set up as above with gates. The players (sheep) dribble their balls around the farmyard, through gates. The coach(sheepdog) attempts to round the sheep up. If he catches a sheep (foot on their ball) then they become a sheep dog.

The angry farmer – Same as above but the coach becomes an angry farmer and attempts to stop the sheep going through the gates by standing in the gate. Sheep have to turn and dribble away

15 **Spider’s Web**– The coach is a giant spider and guards soccer balls at the top of the Spider’s Web. Players (flies) must creep up on the giant spider, unseen, retrieve soccer balls, and take them back to the safe house. The first player to successfully take a ball home can be the giant spider for the next round

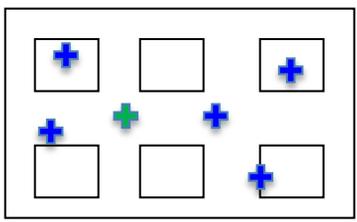


When stealing the ball, turn around & dribble back as quickly as possible.

Can you use a drag back to collect the ball?

15 **Three little piggy's**– Set up 3-6 small squares (houses). Coach (pig) is the defender. All the players (Big Bad Wolves) have soccer balls and must dribble into the houses & count to 3 without the coach (pig) chasing them away or stealing their ball. If they remain there for 3 seconds they score a point (after 3 seconds they must dribble out of the house at speed). They then dribble to another house.

Progression 1: Coach gets 2 helpers to become pigs (Rotate so every player has chance to be a defender)



Count to 3 & leave the house at speed.

Look to emphasize the coaching points made in the session

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls

Use the drag back gets you a bonus goal





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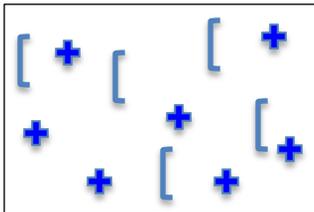
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Are You Ready To Play? UK Elite Training Methodology

Age: 5 Years **Date:** Session 6 (week 3 session 2)
Theme: Motor skill and technical development
Dribbling with change of speed 2

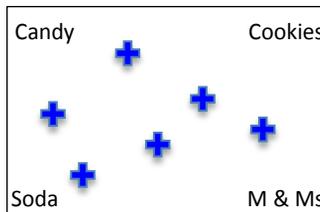
Time	Activity	Diagram	Coaching Points
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10 **Going to the movies**– players move around with a ball. On coaches command they have to dribble through as many gates as possible in 45 seconds. Each gate represents \$1. They need at least \$8 to go to the movie
Progression: They get bonus popcorn if they do a U turn in the gate



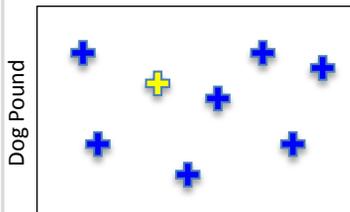
Keep the ball close
Look around for an open gate
Go as fast as you can but keep ball close

15 **Supermarket sweep**– Players move around the supermarket with a ball. Coach names each corner of the area after something from the supermarket (use different colored cones for each corner if it helps). On coaches command players must dribble to the side called. Players get bonus points for turns, speed, ball control
Progression 1: Players must do a U – Turn before they can dribble to that corner of the store.



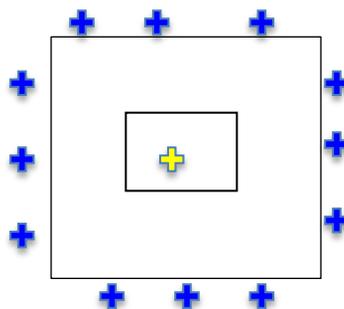
Change direction to face the corner called
Increase speed when dribbling to the corners

Walk the dog/Dog Catcher– Players take their dog (ball) for a walk in the park (grid). Coach is the dog catcher. If the soccer players lose control of their dog, the dog catcher will steal it and dribble it to the dog pound (area off to the side of the grid). Players must do 10 toe taps/U-Turn/Drag Back etc before they can walk their dog in the dog Park again.



Keep ball close
Change direction & speed if the dog catcher comes towards you.

20 **Home Alone** –Set up a small square within the larger area. Coach (Kevin) starts in the small square, all others are outside the area. On coaches command players have 45 seconds to dribble through the small square & grab some of Kevin's Cheese Pizza (Pinnies/cones). Players can only take one piece at a time. Kevin tries to kick their ball out, if this happens they do not get any pizza. At the end go around and see who has the most Pizza.
Progression 1: Players help coach and are guard dog's, security guards, police.
Progression 2: Rotate players in the middle.



Keep the ball close
Look around for Kevin (guard dog, security man)
Go faster in the house so you do not get caught
Accelerate when you have a piece of Pizza to outside of the grid.

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls

Look to emphasize coaching points used in the session





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Are You Ready To Play?

UK Elite Training Methodology

Age: 5 Years **Date:** Session 7 (Week 4 Session 1)
Theme: Motor skill and technical development
Dribbling changing Direction & Speed 1

Time	Activity	Diagram	Coaching Points
10	<p>Follow the Leader– players in pairs, one with a ball and one without. On coach's command player with ball dribbles around the area and tries to lose his/her partner. They have 45 seconds and then switch over. If player with the ball cannot be reached by their partner when coach shouts stop they get a point</p> <p>Progression 1: Players have a pinnie in their shorts, on coaches demand the player leading must accelerate for 10 seconds to try and get away, & the player following must try and steal the pinnie.</p>		<p>Keep ball close, avoid everyone else</p> <p>Can you lose the leader by changing direction?</p> <p>Increase speed when you have space to run into.</p>
25	<p>Charlie & The Chocolate Factory– set up an area with 8-10 gates. Players move around the area with their ball, going through gates. Each gate = 1 piece of candy. Most pieces = lucky ticket to the factory.</p> <p>Progression 1: When going through a gate can you speed up? How many gates can in 45 seconds?</p> <p>Progression 2: When going through a gate you must stop in the gate before dribbling through at speed.</p> <p>Progression 3: When going through a gate you must stop in the gate, turn around & dribble through at speed.</p> <p>(Play each game 3-5 times, Show them the outside hook/inside hook/any move then play the game again (group/ability dependent))</p>		<p>Keep ball close to avoid a crash</p> <p>Use inside / outside of foot to move the ball</p> <p>Keep your head up to see the gates</p> <p>Use the outside or inside of your foot to pass the ball to yourself</p> <p>Always move away from the gates fast</p>
25	<p>Candy Store – Coach names each side of the area after players favorite candy. The players move around the area and coach shouts out one of the candies, players have to get to that side as quick as possible.</p> <p>Progression: coach calls them in quick succession; bonus candy given if they use the hook turn</p> <p>As above– but add 1-2 'candy monsters' that try to steal players candy bags (ball). If they do that player becomes a candy monster</p>	<p>M & M's</p>	<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 3 vs. 3 or 4 vs. 4 on two small fields. Multiple balls</p>		<p>Look to emphasize coaching points used in the session</p>





Are You Ready To Play? UK Elite Training Methodology

Age: 5 Years **Date:** Session 8 (Week 4 Session 2)
Theme: Motor skill and technical development
 Dribbling to change Direction & Speed 2

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Time	Activity	Diagram	Coaching Points
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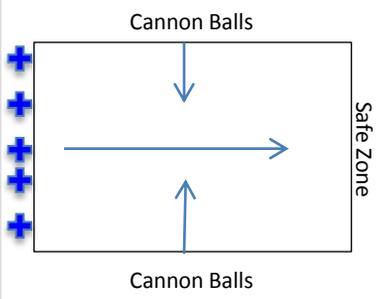
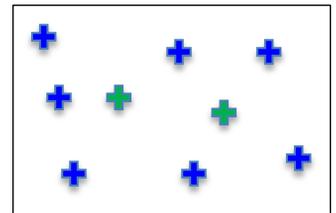
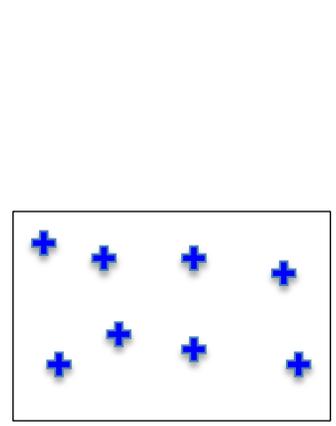
10 **Body parts** – Players move around with a ball. On coaches command they place a body part on ball
Progression 1: they get up again quickly and dribble on as quickly as they can
Progression 2: Incorporate Drag back turn

20 **Pirates** – Players move around with a ball (in their pirate ship) exploring soccer sea. Coach calls out commands; Freeze = foot on ball & salute the captain, Scrub the deck = roll ball using sole of foot, walk the plank = Toe Taps. High winds = run fast, low winds = move slow, stormy seas = box passes moving side to side. After each command dribble off at speed
Progression 1: Coach is the enemy ship who shoots his soccer ball at the soccer players/pirates. Players must dribble around avoiding the coaches ball.
Progression 2: Players shoot at coach 10 times to sink.

15 **Shark Attack**– As above, but now coach and 1-2 players act as sharks and attack the ship trying to steal the balls (treasure)
Progression – using a Drag Back can freeze the shark for 3 seconds (Rotate sharks)

15 **Cannonball** – Players have to dribble from one side of the ship to the other avoiding the cannonball. The coach stands on one side of the grid and shoots cannon/ball at players as they dribble across the ship. If a player is hit, they help the coach and shoot their cannon from the other side of the ship. Continue until there is 1 player left.

15 **Scrimmage**
 3 vs. 3 or 4 vs. 4 on two small fields.
 Multiple balls



Keep ball close, avoid everyone else

 How quick can you get body part on the ball?

How fast can you dribble after?

 Change Direction to explore the whole sea.

Increase speed with every change of direction.

 Dribble at speed when close to enemy ship.

Look out for Sharks

 Change direction and speed as often as possible.

Can you use a drag back to freeze the shark?

Change Direction to avoid being hit

Avoid running in straight lines

Increase speed when cannonballs have been shot.

Look to emphasize the coaching points made in the session

Use the drag back gets you a bonus goal





Are You Ready To Play? UK Elite Training Methodology

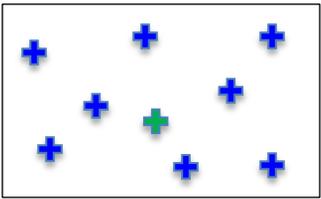
Age: 5 Years **Date:** Session 9 (Week 5 Session 1)
Theme: Motor skill and technical development
 Striking with the inside of the foot

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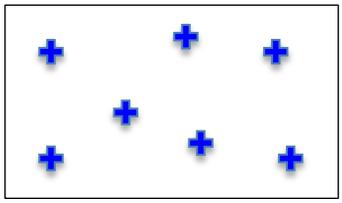
Time	Activity	Diagram	Coaching Points
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10 **Nine Lives**— players move around with a ball. On coaches command they try to kick their ball against the coach (Chester the cat). The coach has nine lives. Repeat the game 2/3 times emphasizing the use of the inside of the foot.
Progression 1: Change the cat to 1/2/3 of the players.



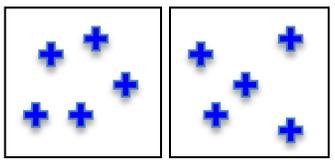
Keep ball close, avoid everyone else
 Use the inside of your foot
 Don't wait to get too close to target before kicking.

15 **Soccer Marbles**— All players start with a ball, dribbling around the area. They must pass their balls to hit other players' balls. Score 1 point every time a ball is hit.
Progression: Score 1 point each time you strike someone's ball with your own, and 2 points for each ball you knock out.



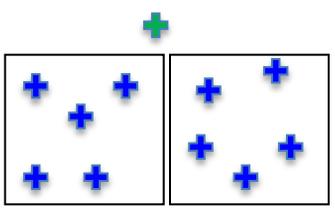
Use inside of your foot
 Lock your ankle

20 **Dodge ball**—players are on either side of the area (small area) and on coaches command pass the ball at the players on the other team. Ball must hit leg or ball of players on the opposite side to get a point. NO players are eliminated from the game though.
Progression 1: Now & again, coach run's from one side of the grid to the other. Teams/players get bonus points if they hit the coach.



Follow through with inside of foot towards partner/ball/target

15 **Clean your bedroom**— players are divided into two teams, each on half the field. Every player has a ball. On coaches command they must clear all of the balls out of their room (half a field). After 90 seconds the coach counts the balls – the team with the least wins. Play Multiple times & ensure players are using the inside of their foot.
Progression 1: Balls must stay in other teams area or they don't count as points.



Weight the pass & aim for it to stay in the opposite area....Don't just kick it!
 Continue all previous points adapted to the games

15 **Scrimmage**
 3 vs. 3 or 4 vs. 4 on two small fields.
 Multiple balls

Look to emphasize the coaching points covered in the session





Are You Ready To Play? UK Elite Training Methodology

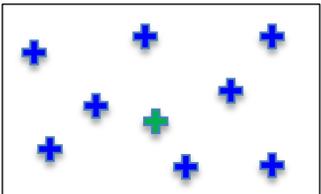
Age: 5 Years **Date:** Session 9 (Week 5 Session 2)
Theme: Motor skill and technical development
 Striking with the inside of the foot

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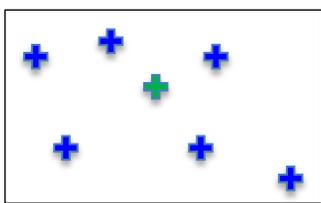
Time	Activity	Diagram	Coaching Points
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10 **Nine Lives**– players move around with a ball. On coaches command try to kick their ball against the coach (Chester the cat). The coach has nine lives. Repeat the game 2/3 times emphasizing the use of the inside of the foot.
Progression 1: Change the cat to 1/2/3 of the players.



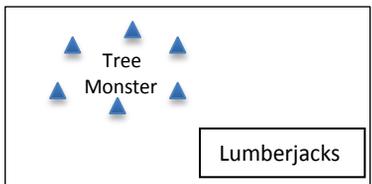
Keep ball close, avoid everyone else
 Use the inside of your foot

15 **Mud Monsters**- Coach starts as the mud monster & tries to kick their soccer ball at the players. If they hit the players ball, the players must stand with their ball in their hand and their feet wide open. The rest of the players have to free them by passing their soccer ball through their feet.
Progression 1: If the players get tagged, they become a mud monster.
Progression 2: Players start as mud monsters (rotate)



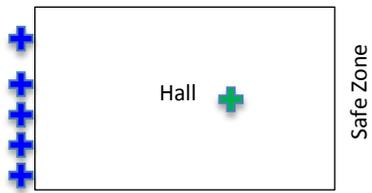
Use inside of your foot
 Lock your ankle
 Follow through with inside of foot towards the players ball.

20 **Tree Monsters**– players dribble their ball up to the forest and try to knock down as many trees (cones) with their ball as they can before the tree monster awakens and catches them. When the tree monster wakes the players must freeze & the tree monster puts the fallen trees back the right way. When he Falls asleep again the players can move again.
Progression 1: The tree monster can chase the lumberjacks when he wakes, the lumberjacks must dribble back to their corner with their ball.



Head up and identify target/cone before striking.

15 **Toy Story 3 escape from sunny side day care** – Players are their favorite characters from Toy Story, & start in the day care. They must dribble their soccer ball across the hall, past the teacher (coach) who is trying to kick a soccer ball at their ball, & into the next room. If a player is hit they must join the coach & help him capture the rest of the toys (players). Play until there is 1 player left.
Play multiple times until players are using the inside of their foot.



Continue all previous points adapted to the games

25 **Scrimmage**
 3 vs. 3 or 4 vs. 4 on two small fields.
 Multiple balls

Look to emphasize the coaching points covered in the session





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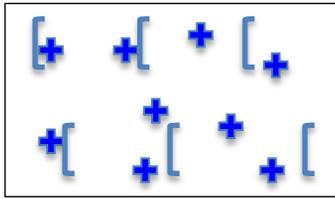
Age: 5 Years **Date:** Session 11 (Week 6 Session 1)
Theme: Motor skill and technical development
 Striking with the inside of the Foot & Locked Ankle 1

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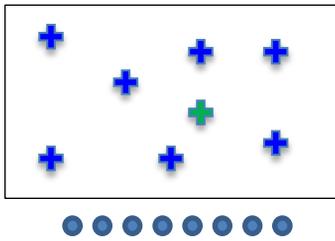
Time	Activity	Diagram	Coaching Points
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10 **Pass the Parcel** – Players dribble around the area to the gates (Letterbox), they pass their soccer ball (Parcel) through the letterbox, and then run through to retrieve their ball. How many parcels can you pass?
Progression 1: Players must run around the outside of the gate to retrieve balls.



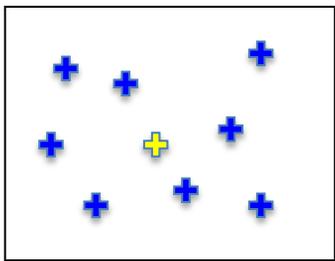
Keep ball close, avoid everyone else
 Use the inside of your foot to pass through the gate & lock the ankle
 Retrieve your ball quickly

20 **Gotcha!** – Players start without a ball & run around the area, avoiding the coach who has a ball. The coach dribbles after the players & tries to hit them on the leg. If they are hit they must retrieve a ball from the side of the grid & help the coach get the rest of the players. Play until there is one player left. That player then starts with the ball for the next game. Play several times.



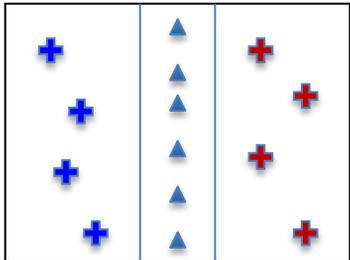
Use inside of your foot
 Lock your ankle
 Follow through with inside of foot towards target/Players

15 **Robo Coach** – Coach walks around the grid like a robot. Every time a player strikes their ball with the inside of their foot at the coach, the robot loses a limb. 1st strike = arm, 2nd strike = other arm, 3rd strike = leg (starts to hop), 4th strike = other leg (becomes a robo dog), 5th strike = crawl like a snake, 6th strike = back to a coach.
Progression 1: Play again making sure only strikes with the inside of the foot are counted.
Progression 2: Chose 2/3/4 players to become the robots & rotate until everyone has been robot.



Head up to Identify target/coach
 Use the inside of the foot
 Keep ankle locked
 Don't be afraid to kick from far away.

15 **Target Ball** – Players are split into groups. Each group must stay in their half of the field. They have to wait for the balls to be kicked back to their half and cannot enter opposite side to retrieve any balls. In the middle of the grid, there are 4-6 pointy cones. Players have to pass their ball at the cones, trying to knock them down. The team that knocks the most cones over wins. Play multiple games.



Continue all previous points adapted to the games

15 **Scrimmage**
 3 vs. 3 or 4 vs. 4 on two small fields.
 Multiple balls

Look to emphasize the coaching points covered in the session





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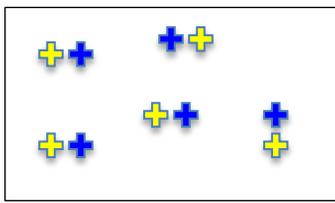
Age: 5 Years **Date:** Session12 (Week 6 Session 2)
Theme: Motor skill and technical development
 Striking with the inside of the Foot & Locked Ankle 2

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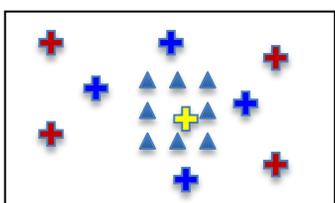
Time	Activity	Diagram	Coaching Points
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10 **Where's My Partner?** – Players are in partners. 1 player has a ball & the other does not. Player with the ball dribbles around, and player without the ball runs away from their partner. On coaches command the players must find their partner and play a pass. They repeat with the other player now dribbling.
Progression 1: increase the number of passes.



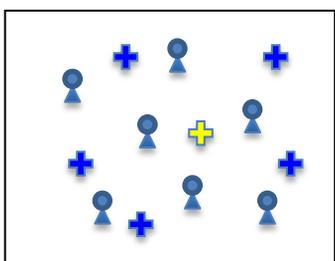
Keep ball close, avoid everyone else
 Use the inside of your foot
 Lock your ankle

20 **Guard The Prisoner** – coach (prisoner) stands inside 4-6 pointy cones (soccer jail) which 4 players are guarding (without a ball). The remaining players all have balls & try to pass their ball at pointy cones & knock them down. As soon as all the cones are knocked down the prisoner (coach) is free. Rotate defenders
Progression 1: If the players lose their ball or the defenders kick it out of the grid, they become defenders.



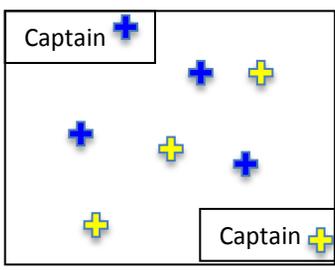
Use inside of your foot
 Lock your ankle
 Follow through with inside of foot towards target/Players

15 **Sloppy Ice Cream**- Players dribble around & try to kick their soccer ball at the balls that are on the cones (ice cream). The coach is the ice cream man who is trying to chase the children away and save his ice cream (put the balls back on the cones).
Progression 1: Chose 1/2/3 players to become the Ice cream men.
Progression 2: split the group into 2 teams and have 1 team defending and the other with balls.



As Above

15 **Battle Ships**– Divide players into two teams. They all move around the area and have one player (Captain) in their submarine. The rest of the players head out in their battle ships, & try to hit the other teams ships with their ball. If hit they are frozen until tagged free by the captain. If the captain is hit then that team loses.
Progression 1: To become free, captain and frozen player must make 1/2/3 passes.
 Play Multiple times and rotate captains.



Continue all previous points adapted to the games

15 **Scrimmage**
 3 vs. 3 or 4 vs. 4 on two small fields.
 Multiple balls

Look to emphasize the coaching points covered in the session





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Are You Ready To Play?

UK Elite Training Methodology

Age: 5 Years **Date:** Session13 (Week 7 Session 1)

Theme: Motor skill and technical development
Striking with Power & Accuracy 1

Time	Activity	Diagram	Coaching Points
10	<p>King of the Ring – Players dribble around the area trying to kick other players balls out of the area. If the players ball is kicked out, they must give the coach a high 5, collect their ball and resume.</p> <p>Progression 1: Add a few defenders (without balls) who try and kick players balls out. If ball is kicked out that player then becomes a defender also.</p>		<p>Keep ball close, avoid everyone else</p> <p>Use the laces & point the toe to the ground</p> <p>Follow through with the laces to get power.</p>
20	<p>British Bulldog – All players start without a ball at one end of the grid, and the coach is the British bulldog in the middle with a ball. When the coach barks, players have to run through next doors garden (the grid), past the dog who will try and hit their leg with the ball. If players reach the other side they have to steal a bone (ball) from the dog house, & take it back to their garden. If they are hit they help the coach. <i>Play multiple times</i></p> <p>Progression 1: Players always have a ball & collect pinnies & cones instead of balls.</p>		<p>Use the laces</p> <p>Point toe to the ground</p> <p>Follow through with laces towards the target/cone for accuracy</p>
15	<p>Cone Knockdown - Divide players into 2 teams. Place balls on cones at each end of the grid. Each team has to try & kick the other teams balls from their cones, and protect the balls on their line. To start, the players can replace the balls that are knocked off.</p> <p>Progression 1: Once balls are knocked off of cones they cannot be replaced. First team to knock all the cones off win.</p>		<p>As Above</p>
15	<p>Clean your bedroom – Players are divided into teams. One team stays in one half of the grid (bedroom), and the other team stays in the other half (bedroom). The balls are placed evenly between the 2 bedroom, and on the coaches command the players have to kick all the balls from their room, to the other. The team with the least amount of balls in their room are the winners.</p> <p>Progression 1: teams now switch rooms & play again.</p>		<p>Continue all previous points adapted to the games</p>
15	<p>Scrimmage 3 vs. 3 or 4 vs. 4 on two small fields. Multiple balls</p>		<p>Look to emphasize the coaching points covered in the session</p>





Are You Ready To Play? UK Elite Training Methodology

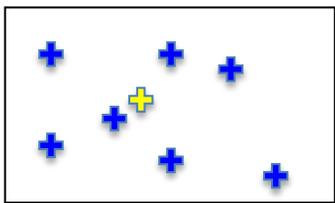
Age: 5 Years **Date:** Session13 (Week 7 Session 2)
Theme: Motor skill and technical development
 Striking with Power & Accuracy 2

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Time	Activity	Diagram	Coaching Points
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10 **Funky Chicken** – Coach has pinnie’s tucked in shorts and walks around like a funky chicken. Players have to shoot their soccer balls at the coach. If the player uses their laces and hit the chicken, the coach plucks one of his feathers (pinnie) & throws it in the air. Play until all feathers are gone (play multiple times if needed).

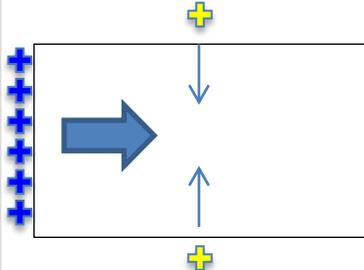


Use the laces & point the toe down when striking

Follow through on your target for power & accuracy.

Shoot from range & shoot often

20 **Cannonball** – Players start without a ball & run on coaches command, who is at one side of the grid with a ball. Player must try and get from one side of the area to the other without getting hit by the coaches ball (cannonball). If players get hit, they must collect a ball and become a cannonball shooter from the opposite side. Play until 1 player is left
Progression 1: Repeat & have players with balls.

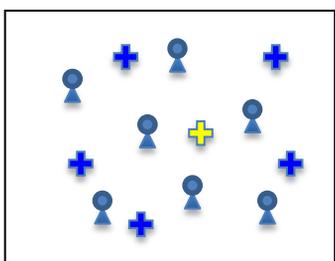


Look around & change speed & direction to avoid being hit

Use the laces & point the toe down when striking

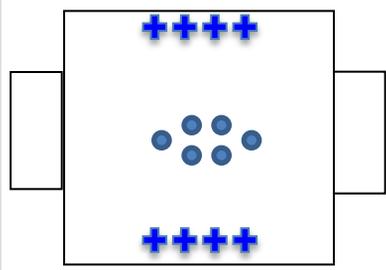
Follow through on your target for power & accuracy.

15 **Super Star Shooter** – 2 teams, one on each side of the grid. In the middle of the grid are 3-4 target balls surrounded by disc cones. Players must strike their ball using the laces, trying to hit the target ball and force them to the other teams side of the grid. Players are only allowed to enter the middle to retrieve their shooting ball.
Instead of balls, pointy cones can also be used (equipment dependent) with the winner being the team that knocks down the most cones.



As Above

15 **Steal the bacon** – Balls (Bacon) start in the middle, on coaches command, players run to the middle, get a ball and dribble to 1 of 2 goals. They then run back to the middle, get another ball, & shoot on the other goal until all the balls are gone.
Progression 1: Divide players into 2 teams. 1 team shoots on one goal, whilst the other team shoots on the opposite goal. See who has the most bacon at the end.
Progression 2: Add a GK for each team (group dependent)
Progression 3: Add a defender (group dependent) & Lead into a multi ball scrimmage.



Continue all previous points adapted to the games

15 **Scrimmage**
3 vs. 3 or 4 vs. 4 on two small fields.
Multiple balls

Look to emphasize the coaching points covered in the session

