



MUSA REC Curriculum U4/5





Rules - U4/5

Game Model: 3v3

Field Size: 15x20 yards

Match length: 4-6 min quarters

Referee: Coaches

Ball Size: 3

Goalie: No

Heading: No

Punting: No

Offsides: No

Sliding: No

Restarts: Kick Ins

Build Out: Team drops beyond midfield (defensive half) for opponents goal kicks

Substitutions/Playing time: Normal stoppages, 50% playing time for each player





Curriculum based on ages and stages

U4 – U5 (3v3)		
Create an environment where players are encouraged to be creative and have fun while developing technical skills and confidence on the ball		
Technical	Tactical	Psychological
- Individual Skills	- Beat defenders 1v1	- Have FUN
- 1v1 Attacking	- Dribble into attacking areas	- Have confidence with both feet
- Multiple surfaces of foot	- Score	- Be Brave
- Use of both feet		- Work with friends and mates
	<i>Respect, Discipline, Hardwork, Fun</i>	

Coaching Methodology

- Play – Practice - Play
- Guided Discovery
 - Constant

Principle of Game Model

Individual

The earliest age of development, the coach’s job is to make the game enjoyable and the soccer ball a toy for them to play the game with. Practices should be focused on foot/eye coordination, dribbling, and starting to refine certain motor skills geared to the beginning of athletics. Practices should not be tactical in manner, outside of teaching the basic rules of the game. Rather practices should be fun, and geared around the two principles that it’s fun to score goals, and it’s ok for everyone to score.

Practices shouldn’t last more than one hour, and can be shortened based on the attention span of this age. Practices should maximize movements and touches on the ball.





Practice Day: _____ Time: _____ Field: _____

Season Plan

Week 1: Dribbling – teaching them to move with the ball

Week 2: Change of Direction – teaching them to move multiple directions with the ball

Week 3: Passing, Passing to Score – teaching them to pass the ball into the net

Week 4: Defending – teaching them to defend the goal

Week 5: Dribbling – teaching them to dribble around defenders

Week 6: Passing, Sharing with Teammates – teaching them to pass with a teammate

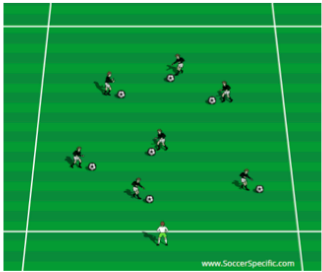
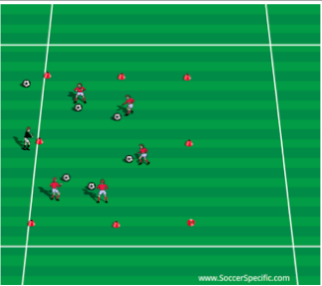
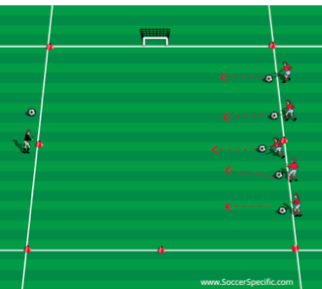
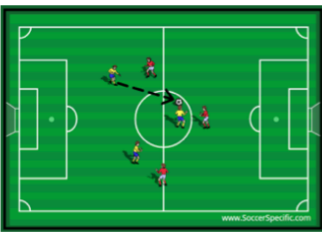
Week 7: Dribbling – teaching them to use all surfaces of the foot, both feet

Week 8: Scoring – teaching them scoring is fun





Week 1: Dribbling

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Warm up - Breakin' Ice	Dribbling activity done the first week of practice to get to know your teammates		<ul style="list-style-type: none"> It's the first practice, take full advantage of this great meeting and greet. Inform the kids to keep their head up when dribbling do they don't run into each other.
2	Simon Says	The soccer version of this classic game. Another great first practice ice breaker.		<ul style="list-style-type: none"> Keep the game fun. Focus on dribbling. Focus on listening skills.
3	Red light – Green light	Direct actions based on stop light analogy.		<ul style="list-style-type: none"> Keep ball close so player can stop quickly. Keep head up. Focus on dribbling skills. Focus on listening skills.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Keep it simple for the first week—just let them play. Introduce skills has the season progresses.





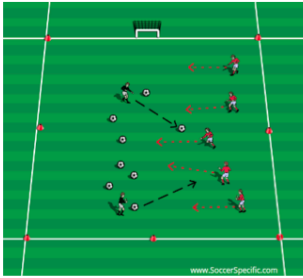
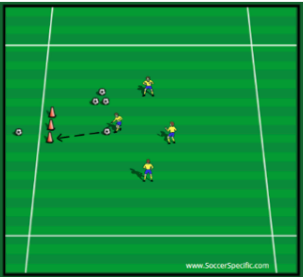


Week 2: Change of Direction

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Ouch – warm up	Fun dribbling and shooting game that gives players a chance to take their frustrations out on the coach!		<ul style="list-style-type: none"> Keep head up and look for the coach while dribbling. Focus on striking ball with proper part of foot.
2	Sharks and Minnows	Dribble and shield to save yourself from being eaten by sharks.		<ul style="list-style-type: none"> Minnows focus on dribbling skills-keep head up, and shielding the ball. Sharks focus on tackling (stealing the ball)
3	Ice Monster	A soccer version of freeze tag.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Use different parts of the foot.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Keep it simple again, but start to remind players to use what they just did in training. Dribbling skill, head up, shielding, and tackling.





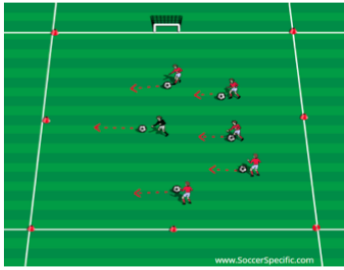
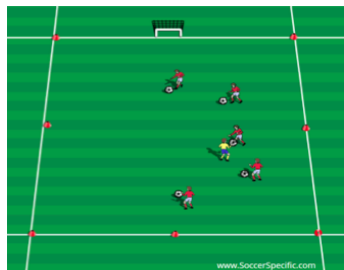
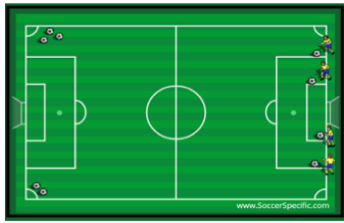

Week 3: Passing, Passing to Score

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Coaches revenge - warmup	It's the coaches turn this week. Paybacks!		<ul style="list-style-type: none"> Focus on speed. Focus on striking ball with proper part of foot.
2	Shooting Gallery 3 Tall cones	Soccer version of the carnival game except kids actually win this one.		<ul style="list-style-type: none"> Body positioning in relation to the cones. Focus on striking ball with proper part of foot.
3	Pirate treasure 10 Tall cones	Knock them cones over- arrgh, to win they treasure.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Dribble with speed.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Have players work on what they learned in training. Dribbling skills, head up, proper shooting technique.





Week 4: Defending – teaching them to defend the goal

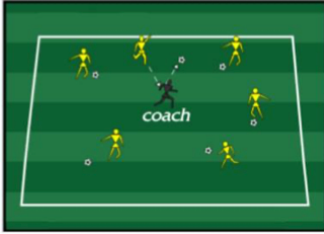
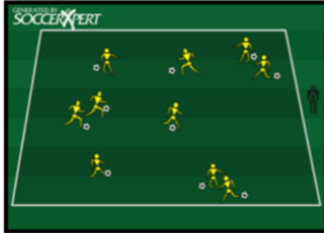

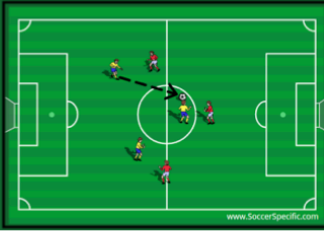
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1	Shadow dribbling - warmup	Soccer version of Follow the Leader.		<ul style="list-style-type: none"> Keep head up. Keep ball close to foot Pay attention.
2	Ice Monster	A soccer version of freeze tag.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Use different parts of the foot.
3	Catch me if you can	A soccer race game, be the first to cross the line.		<ul style="list-style-type: none"> Keep the ball under control. Keep head up. Focus on taking a good shot.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.

Notes: Coach is defender





Week 5: Dribbling – teaching them to dribble around defenders

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Bees—warm up	The bees get to sting the coach and maybe Mom or Dad—how fun is that!		<ul style="list-style-type: none"> Keep head up and look for the coach while dribbling. Focus on striking ball with proper part of foot.
2	Goofy Red Light—Green Light	A goofy version of the game that was played in week one.		<ul style="list-style-type: none"> Keep ball close so players can stop quickly. Keep head up. Focus on dribbling skills. Focus on listening skills.
3	Clean your room	It will actually be fun to “clean your room”.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Cleaners focus on tackling (stealing the ball)
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Have players work on what they learned in training. Dribbling skills, head up, proper passing technique, shielding, and tackling.

Notes: Add defenders in each game





Week 6: Passing, Sharing with Teammates – teaching them to pass with a teammate

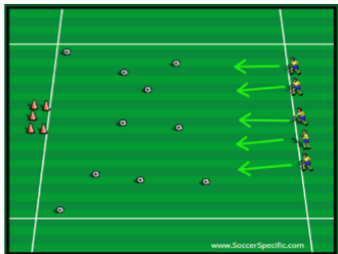
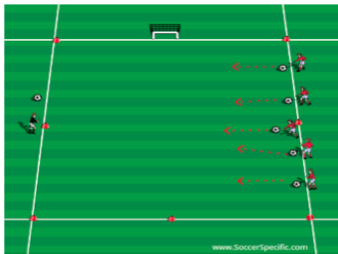
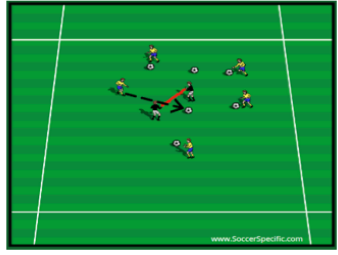
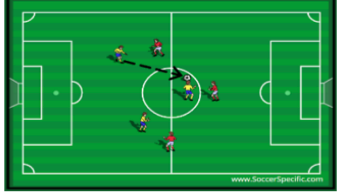
#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Fetch - warmup	Who says fetch is just for dogs?		<ul style="list-style-type: none"> Keep head up. Controlled passes. Communication
2	Hitters and Dodgers	Dodgeball, soccer style!		<ul style="list-style-type: none"> Keep ball close to foot and head up. Focus on good form and striking ball with proper part of foot.
3	Sharks and Minnows	Dribble and shield to save yourself from being eaten by sharks.		<ul style="list-style-type: none"> Minnows focus on dribbling skills-keep head up, and shielding the ball. Sharks focus on tackling (stealing the ball)
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.

Notes: Hitters and Dodgers, teach players to aim for teammates foot





Week 7: Dribbling – teaching them to use all surfaces of the foot, both feet

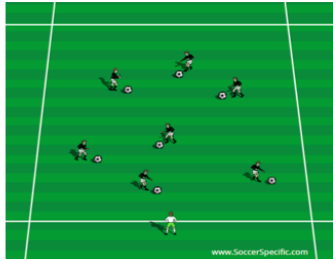
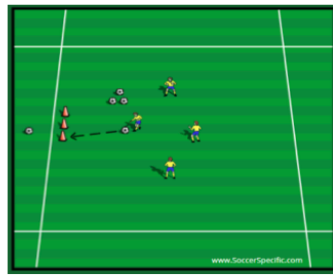

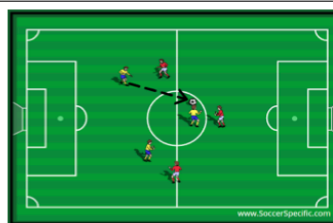
#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Egg hunt – warmup 3 Tall cones	A soccer version of an Easter egg hunt, but you don't get to keep the eggs.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Quick to the ball.
2	Red light – Green light	Direct actions based on stop light analogy.		<ul style="list-style-type: none"> Keep the game fun. Focus on dribbling. Focus on listening skills.
3	Moving goal 1 Swim noodle	Get parents involved as the player try to hit a moving target.		<ul style="list-style-type: none"> Keep head up. Strike the ball with the right part of the foot. Body position toward goal.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Have players work on what they learned in training. Dribbling skills, head up and under control, proper passing and shooting technique.

Notes: Parents move in pairs, possibly with a bib held between them, to act as a moving goal





Week 8: Scoring – teaching them scoring is fun

#	ACTIVITY	DESCRIPTION	DIAGRAM	KEY COACHING POINTS
1	Dribbling - warmup	Freestyle dribbling varying speeds, part of foot, and switching feet.		<ul style="list-style-type: none"> Keep head up. Keep ball close to foot Pay attention.
2	Shooting Gallery	Soccer version of the carnival game except kids actually win this one.		<ul style="list-style-type: none"> Body positioning in relation to the cones. Focus on striking ball with proper part of foot.
3	Pirate treasure	Knock them cones over—arrgh, to win they treasure.		<ul style="list-style-type: none"> Keep ball close and in control. Keep head up. Dribble with speed.
4	Scrimmage	4 – six-minute quarters with two-minute breaks. 3 v 3 no goalies.		<ul style="list-style-type: none"> Consider a player vs parents/coaches scrimmage. Parents and coaches should, obviously, play down to the level of the kids—in other words, “let the kids win.”

Notes: Put cones in goals, also make multiple goals

