## 4 to 6 Year Olds



## Micro Soccer - Ages 4 to 6 yrs

## Monday 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.
Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.
Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

## Warm-Up \& Stretch

Refer to the "Warm Up" section of your manual for a variety of fun warm up activities for your group.
Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day.
Be creative, energetic, and make the warm-up a fun start to the day.


Area $15 \times 15$ yards, 4 cones, 1 ball per player

## Dribbling 2 - Introductory Activity



Area $15 \times 15$ yards, 4 cones, 1 ball per player

## Micro Soccer - Ages 4 to 6 yrs



Area $15 \times 15$ yards, 4 cones, 1 ball per player


## Bob the Builder

Divide your group on two teams. Each player has a ball. The object of the game is for each team to build a pyramid using their balls. First team to complete wins. On the coaches command the first player on each team has to dribble their ball out 6-8 yards. They leave their ball and run back to the end of their line. The next person dribbles their ball and does the same. This is repeated until the last player who picks up the ball and placed on top of the bunch of balls. Balls should be group together.

Dribbling 5 - Fundamental Activity


## The Wiggles

Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart.

The two teams play a competition to see which team can dribble (wiggle) through the cones first.

On the coach's command, the first player dribbles through the cones and dribbles directly back to the end of the line. The drill is performed by all the players in the group until the last player returns. First team back wins.

## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 20$ yards, 4 cones, 1 ball per player


## Cops and Robbers

Select two or three volunteers to be the "cops." All the "robbers" line up at one end with their "diamonds" (soccer balls). The robbers attempt to dribble their "diamond" from one end to the other without having their diamond kicked out by a cop. If their diamond gets kicked out, they go to jail (a designated area outside the grid).

If a robber successfully dribbles across the grid 5 times, then a jailbreak occurs and all those in jail get to re-enter the game.

Area $20 \times 20$ yards, 4 cones, 1 ball per player


## Micro Soccer - Ages 4 to 6 yrs



Area $5 \times 5$ yards, 4 cones, 1 ball per player

## Eurotech® World Cup or Camp Tournament - Game Conditioned Activity



## Area $20 \times 30$ yards, cones, supply of balls, colored vests

## Conclude Camp

## Micro Soccer - Ages 4 to 6 yrs

## Tuesday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.
Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.
Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

## Warm-Up \& Stretch

Refer to the "Warm Up" section of your manual for a variety of fun warm up activities for your group.
Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day.
Be creative, energetic, and make the warm-up a fun start to the day.
Passing 1 - Introductory Activity


## Mechanics of the Push Pass

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Push Pass."

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the "Push Pass." The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

## Passing 2 - Introductory Activity



[^0]
## Micro Soccer - Ages 4 to 6 yrs



## Under the Bridge

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards $\times 10$ yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

Area $10 \times 10$ yards, 4 cones, 1 ball per group


Area $5 \times 10$ yards, supply of cones, 1 ball per player

## Passing 5 - Fundamental Activity



## Soccer Marbles

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy". Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

[^1]
## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 10$ yards, 4 cones, 1 ball per group
Passing 7 - Game Related Activity


Area $10 \times 10$ yards, 8 cones, Supply of balls.
Passing 8 - Game Related Activity


Area $20 \times 20$ yards, cones, Supply of balls.

## Micro Soccer - Ages 4 to 6 yrs

## Passing 9 - Game Related Activity



Area $10 \times 10$ yards, cones, Supply of balls.

## Eurotech® Move of the Day



## Conclude Camp

## Micro Soccer - Ages 4 to 6 yrs

## Wednesday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.
Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.
Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

## Warm-Up \& Stretch

Refer to the "Warm Up" section of your manual for a variety of fun warm up activities for your group.
Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day.
Be creative, energetic, and make the warm-up a fun start to the day.
Ball Control 1 - Introductory Activity


Ball Control 2 - Introductory Activity


[^2]
## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 10$ yards, 4 cones, supply of balls
Ball Control 5 - Fundamental Activity


## Collect the Coconuts

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.

## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 10$ yards, 6 cones, supply of balls

## Ball Control 7 - Game Related Activity



## Crabby Patties

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. The ball is a "Crabby Patty" and coach is Sponge Bob. The players hand the coach their ball and the coach throws the ball out in different directions for the player to chase after, control and return. Two players without a ball are the "Planktons". If they steal the ball, they reverse roles with the player they stole it from. Don't let the Planktons steal the Crabby Patty secret recipe.

Ball Control 8 - Game Related Activity


## Power Rangers

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them. Divide your group into two teams (Red Rangers and Blue Rangers). Each team is placed at opposite cones. The coach serves the ball forward into the grid. The first Power Ranger from each team must run out and try and win the ball and return in back to the starting line. They must try and keep control of the ball and turn while being challenged. Avoid 50/50 service so players don't collide.

Area $10 \times 15$ yards, 4 cones, supply of balls

## Micro Soccer - Ages 4 to 6 yrs

## Ball Control 9 - Game Related Activity



## Catch the Egg

This practice is designed to encourage young players to have the confidence to control a ball in the air.
The entire group are placed in an area $10 \times 10$ yards. The coach is positioned at the side o the square.
The coach calls out a players name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.


Area $5 \times 5$ yards, 4 cones, 1 ball per player

## Eurotech(®) World Cup or Camp Tournament - Game Conditioned Activity



## Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v $3,4 \mathrm{v} 4$ etc (No Goalkeepers).
The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area $20 \times 30$ yards, cones, supply of balls, colored vests

## Conclude Camp

## Micro Soccer - Ages 4 to 6 yrs

## Thursday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.
Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.
Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

## Warm-Up \& Stretch

Refer to the "Warm Up" section of your manual for a variety of fun warm up activities for your group.
Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day.
Be creative, energetic, and make the warm-up a fun start to the day.


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## Micro Soccer - Ages 4 to 6 yrs

Shooting 3 - Introductory Activity


## Keeping the Shot Low

This is a great exercise to reinforce the importance of keeping the ball low when shooting.

Divide your group into pairs. Partners stand approximately 6 yards apart. One player is the server and the other the receiver. The server rolls the ball for their partner to kick back to them "first time". The server catches the ball and retreats backwards a few yards and repeats the drills. The object is for the players to work their way across the width of the square then alternate roles.

Area $20 \times 20$ yards, Players 6 yards apart, 1 ball
Shooting 4 - Fundamental Activity


## Shooting a ball that is rolling away from you

In this drill the emphasis is on shooting a ball that is moving away from the players. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position alongside the line of players. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly. Emphasize accuracy.

Area $10 \times 15$ yards, supply of balls, goalkeeper in goal
Shooting 5 - Fundamental Activity


## Micro Soccer - Ages 4 to 6 yrs



## Shooting a ball that is coming towards you

In this drill the emphasis is on shooting a ball that is moving towards the player. All players are placed at a cone approximately 15 yards from goal with a goalkeeper in goal. The coach serves the ball from a position near the end line. When the coach rolls the ball out into the middle of the area, the first player in line runs forward towards the ball and shoots the ball at goal. After shooting the ball the player joins the end of the line. Keep score. First player to score 2 goals wins. Rotate the goalkeeper regularly.
Emphasize accuracy.

Area $10 \times 15$ yards, supply of balls, goalkeeper in goal
Shooting 7 - Game Related Activity


Area $10 \times 15$ yards, supply of balls, goalkeeper in goal
Shooting 8 - Game Related Activity


Area $10 \times 15$ yards, supply of balls, goalkeeper in goal

## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 15$ yards, supply of balls, goalkeeper in goal
Eurotech ${ }^{(8)}$ Move of the Day


## Eurotech® World Cup or Camp Tournament - Game Conditioned Activity



## Small Sided Game (no goalkeepers)

Finish with a small sided game 3 v $3,4 \mathrm{v} 4$ etc (No Goalkeepers).
The practice should be concluded with a small-sided game reinforcing the Dribbling coaching points from your session.

- Game 10 minutes in duration.
- At the end of your session, review all coaching points made during the session.

[^3]
## Conclude Camp

## Micro Soccer - Ages 4 to 6 yrs

## Friday - 1.5 hours

Arrival and Preparation (8:30am): Coaches arrive by 8:30 AM for the director's morning meeting. The director will provide an overview of the week, assign duties, and review coach's schedules.
Welcoming Duties (8:45am): Parking Lot duties, Greet and Guide, Group Duty.
Orientation (9:00am): Director Presentation, Age group and ball distribution, Personal Introduction within groups.

## Warm-Up \& Stretch

Refer to the "Warm Up" section of your manual for a variety of fun warm up activities for your group.
Use a combination of exercises "with" and "without" the ball. Relate the warm up to the skill of the day.
Be creative, energetic, and make the warm-up a fun start to the day.
Dribbling 1 - Introductory Activity


## Monster Trucks

Progress from the drills above by incorporating movement and vision. The players pretend that their ball is a Monster truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their monster trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. Have them drive slow and fast, reverse and stop on demand.


Area $10 \times 20$ yards, 4 cones, 1 ball per player

## Micro Soccer - Ages 4 to 6 yrs



## Passing 1 - Introductory Activity



## Under the Bridge

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

Area $10 \times 10$ yards, 4 cones, 1 ball per group

## Passing 2 - Fundamental Activity



[^4]
## Micro Soccer - Ages 4 to 6 yrs



## Passing Relay

Players are divided into 2 teams. The players receive the ball from the server. The receiver must pass the ball back to the server and only scores a point for each pass back through the cones. After each pass the receiver must turn and join the end of the line. First team to score 10 points wins, or how many points can your team get in 2 minutes.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball.

Ball Control 1 - Introductory Activity


Area $10 \times 10$ yards, 6 cones, supply of balls
Ball Control 2 - Fundamental Activity


## Collect the Coconuts

This practice is designed to improve ball control by having players redirect the ball with their feet as it is moving across them.

The coach is the monkey and he is throwing coconuts (ball). The players alternate collecting the coconuts and returning them to the coach. Only count the balls that the player controls when it is moving. If the ball has stopped then it does not count.

## Micro Soccer - Ages 4 to 6 yrs

Ball Control 3 - Game Related Activity


## Catch the Egg

This practice is designed to encourage young players to have the confidence to control a ball in the air.
The entire group are placed in an area $10 \times 10$ yards. The coach is positioned at the side o the square.
The coach calls out a players name and serves a "soft" throw just above head height to the player. The player must prevent the ball (egg) from hitting the ground by "catching" (controlling) it using their thigh or foot. A point is awarded for each successful attempt. Increase height of service gradually.


Shooting 1 - Introductory Activity


Area $10 \times 15$ yards, supply of balls, goalkeeper in goal

## Micro Soccer - Ages 4 to 6 yrs



Area $10 \times 15$ yards, supply of balls, goalkeeper in goal


Area $5 \times 5$ yards, 4 cones, 1 ball per player
Eurotech® World Cup or Camp Tournament - Game Conditioned Activity


Area $20 \times 30$ yards, cones, supply of balls, colored vests

## Conclude Camp


[^0]:    Area $10 \times 10$ yards, 4 cones, 1 ball per player

[^1]:    Small Circle, 1 ball per player

[^2]:    Players 2 yards apart, 1 ball

[^3]:    Area $20 \times 30$ yards, cones, supply of balls, colored vests

[^4]:    Small Circle, 1 ball per player

