

4 - 6 Year Olds

Twelve-Week Training Program



Coaching Ages 4 to 6 Years

This section provides you with an eight-week training program for children ages 4 through 6 years. Each practice features three fun and progressive drills and culminates with a small-sided game. Emphasis is placed on the development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.



Main topics include skills in dribbling, passing and ball control. The program starts with dribbling to familiarize novice players with the ball and introduces the game as a fun and enjoyable sport. Passing practices concentrate on developing the basics using drills designed to focus purely on the mechanics, pace and accuracy of the push pass. The program is age appropriate and sets a solid foundation for players to advance to the next level.

Each practice is illustrated in 3D graphics and we use drills performed by top coaches worldwide. The program is only a guideline and coaches are encouraged to incorporate a minimal understanding of team concepts and laws of the game.

Weekly Practice Schedule:

Week	Technique	Practice Theme/Key Words
Week One	Dribbling	Comfort ability with the ball
Week Two	Dribbling	Change of direction and speed
Week Three	Dribbling	Change of direction, speed and vision
Week Four	Passing	Pure mechanics of passing the ball
Week Five	Passing	Pace/accuracy/targets
Week Six	Passing	Pace/accuracy/jog/run/targets
Week Seven	Ball Control	Getting behind the ball, basic control, controlling a moving ball
Week Eight	Ball Control	Controlling a moving ball, controlling a soft a

Warm Up:

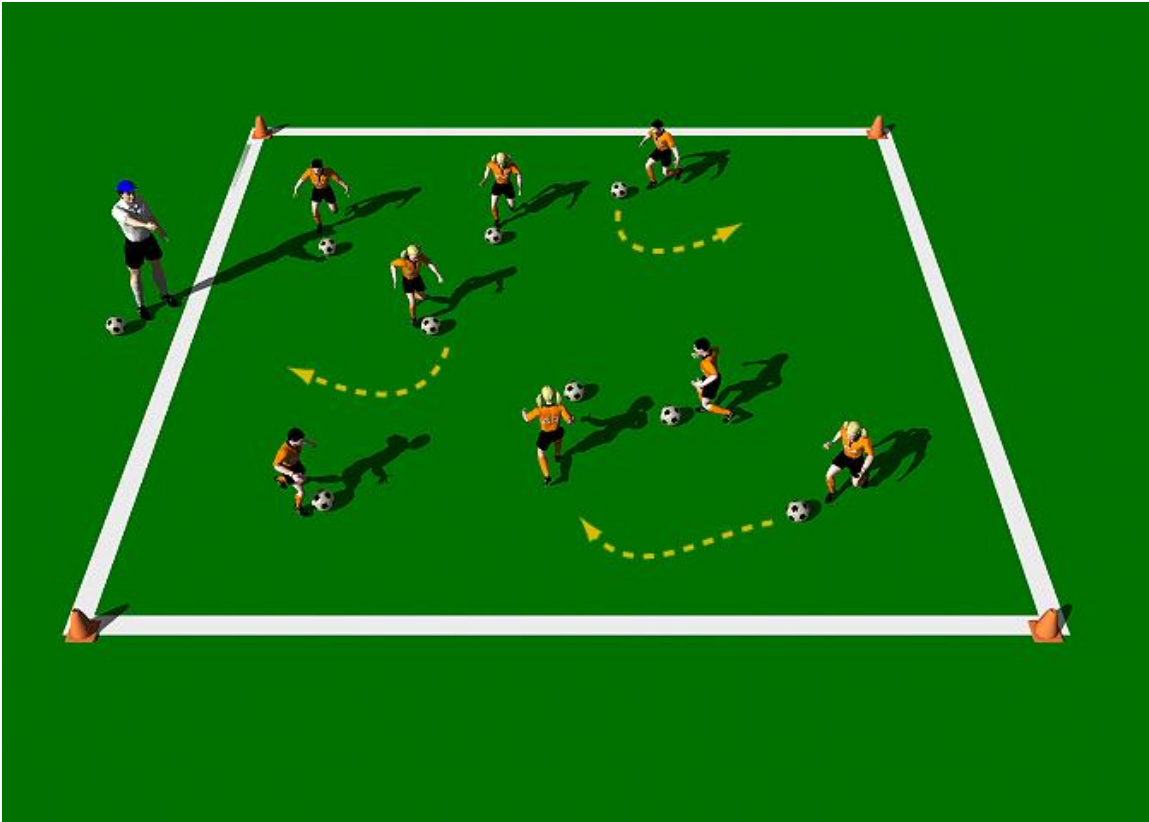
A thorough warm up should be performed before each practice session. Refer to the “**Warm Up**” section of the website for a variety of fun warm up activities for your team. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the practice session.



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Week One – Drill One

Meet Mr. Ball



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is for the young players to get familiar and comfortable with the ball. This can also be used as a fun warm up activity with your team.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

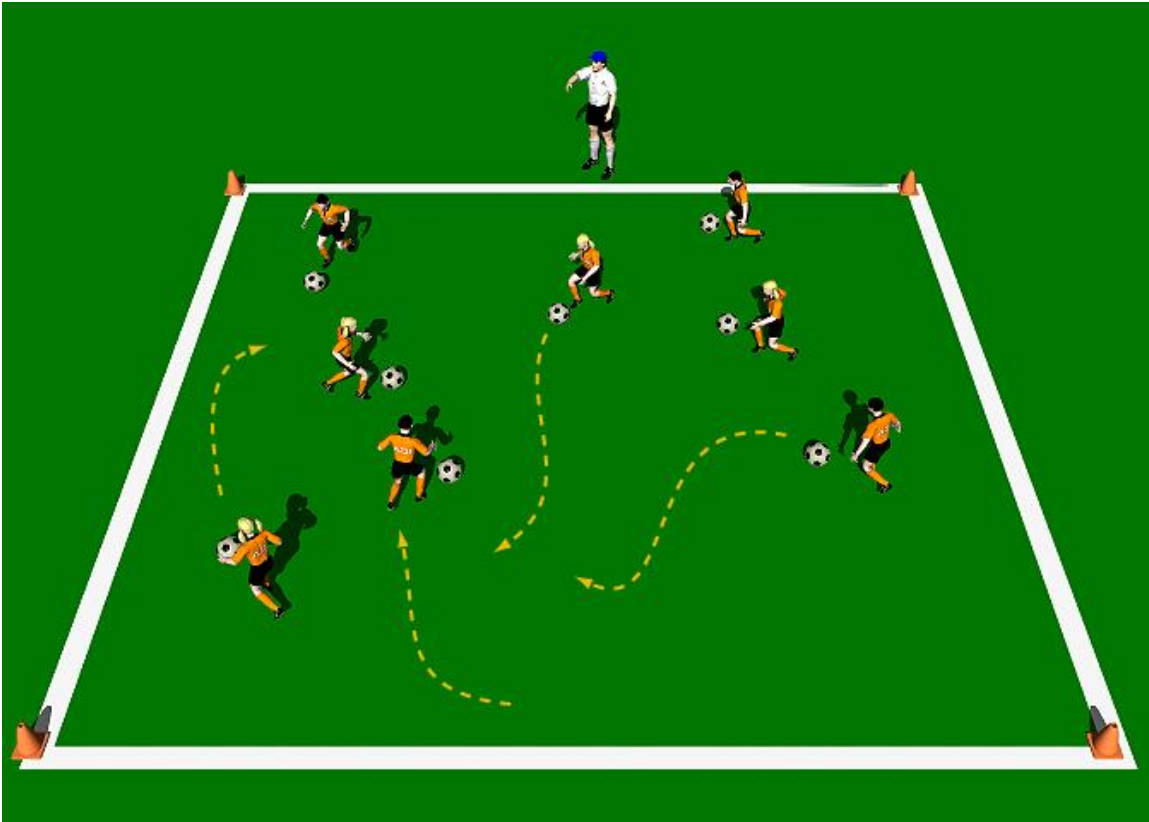
Coaching Pointers:

Have players tap the ball back and forth from left to right foot while jogging in place. Have them roll the ball forward and backward using the sole of the feet. Have them move side to side or in a circle using the outside of each foot. Allow them to be creative and combine all surfaces of the foot in any sequence while moving around each other.

Give specific commands such as "Stop", "Dribble", "Tap Dance".

Week One – Drill Two

Lets Go Dribbling



Exercise Objectives:

This is a great exercise designed to improve each players dribbling skills. An emphasis is placed on dribbling the ball by using a variety of foot surfaces.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

The group is positioned inside a square. Each player has a ball. The players dribble their ball around the square using the instep, outside, toes, laces and heel of the foot. The exercise is started slowly but the pace is increased as the players get more comfortable with the ball.

Week One – Drill Three

Monster Trucks



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision and having the players scan the field while dribbling the ball. This can also be used as a fun warm up activity with your team.

Field Preparation

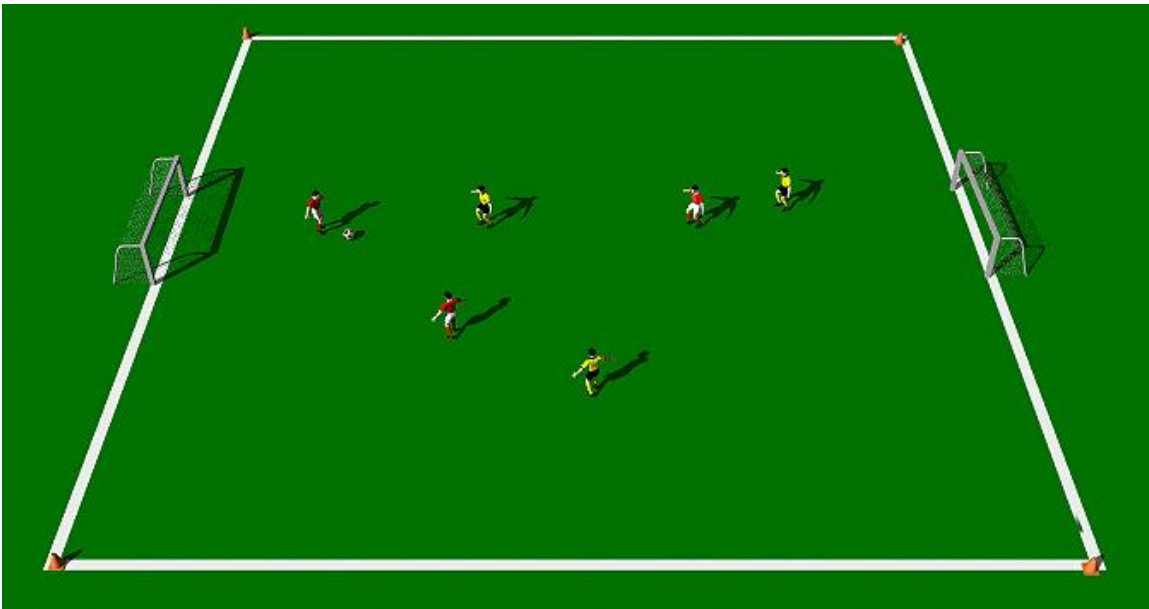
Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

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.

Week One – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

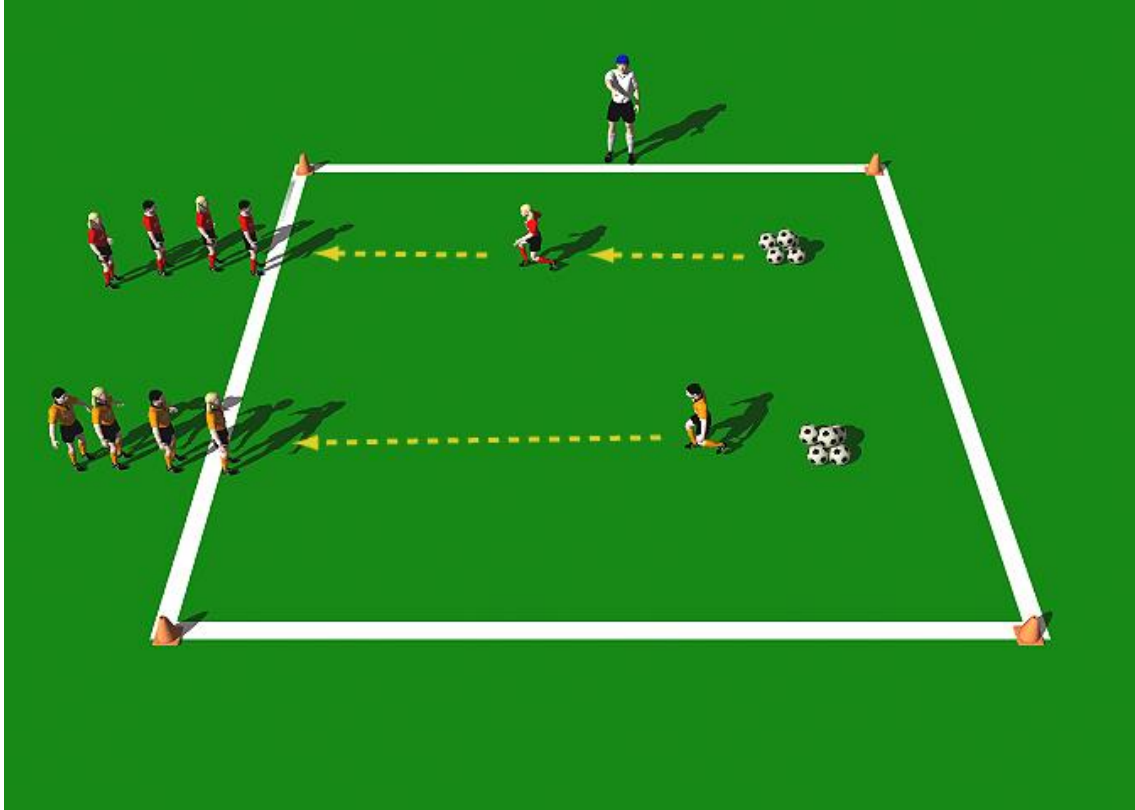
- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Two – Drill One

Bob the Builder



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls

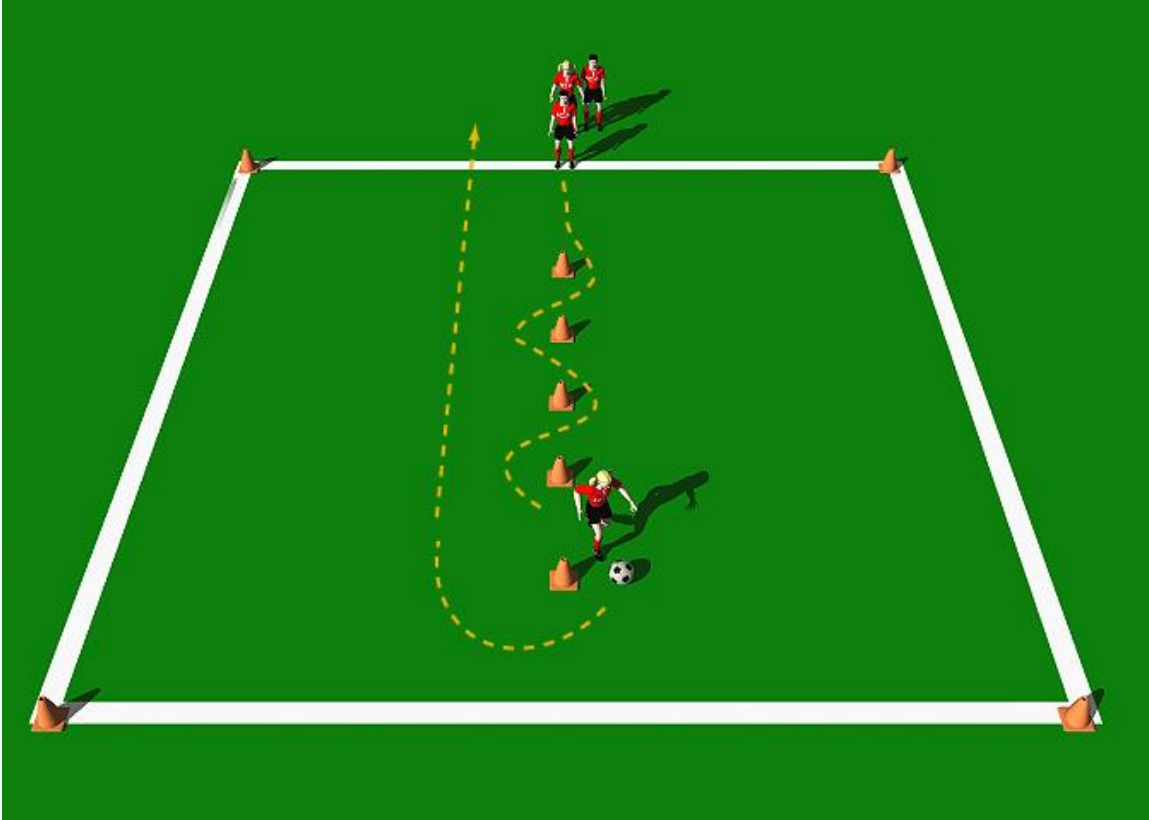
Coaching Pointers:

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.

Week Two – Drill Two

The Wiggles



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 15 x 15 yards, Cones or Flag poles, Supply of Balls.

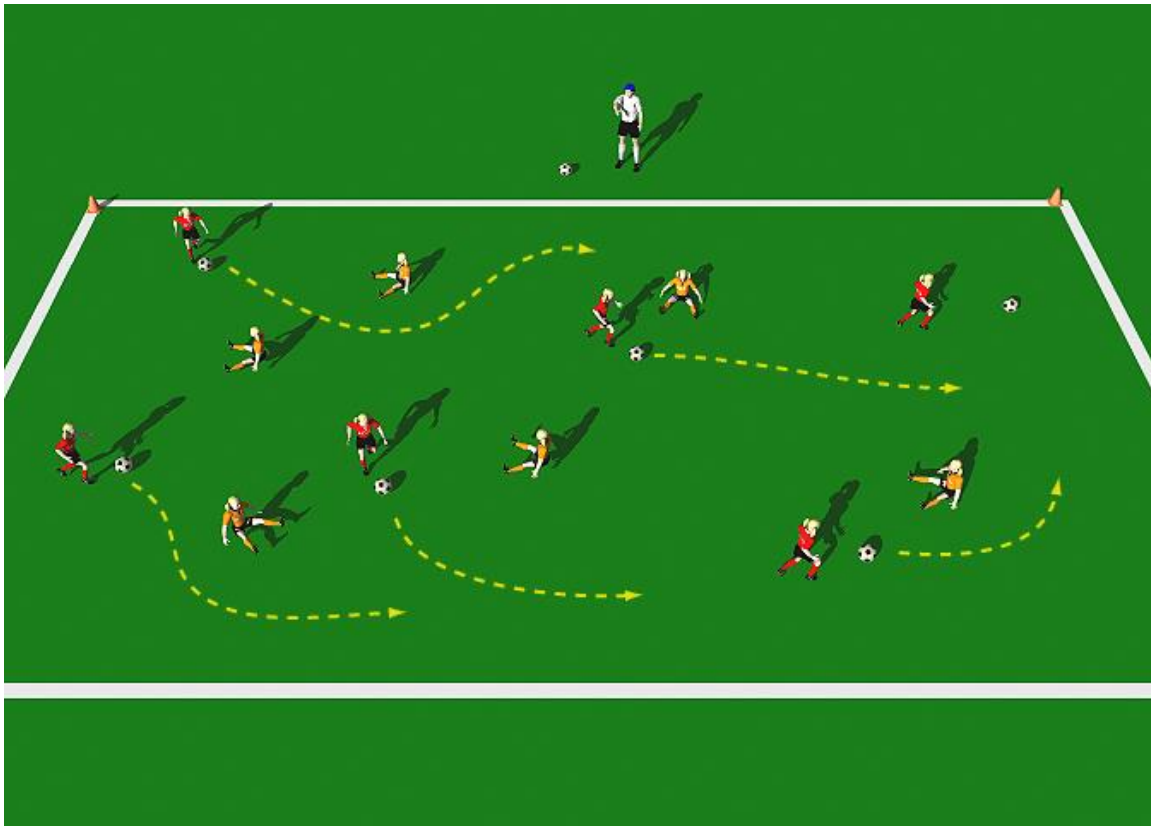
Coaching Pointers:

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.

Week Two – Drill Three

Sponge Bob Soccer Pants



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

Field Preparation

Entire Group, Area 10 x 20 yards, Supply of Balls, Cones.

Coaching Pointers:

A group of players are positioned in a grid 10 yards x 20 yards, one set of players with one ball each. The group of is divided equally into two groups.

One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid as the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid.

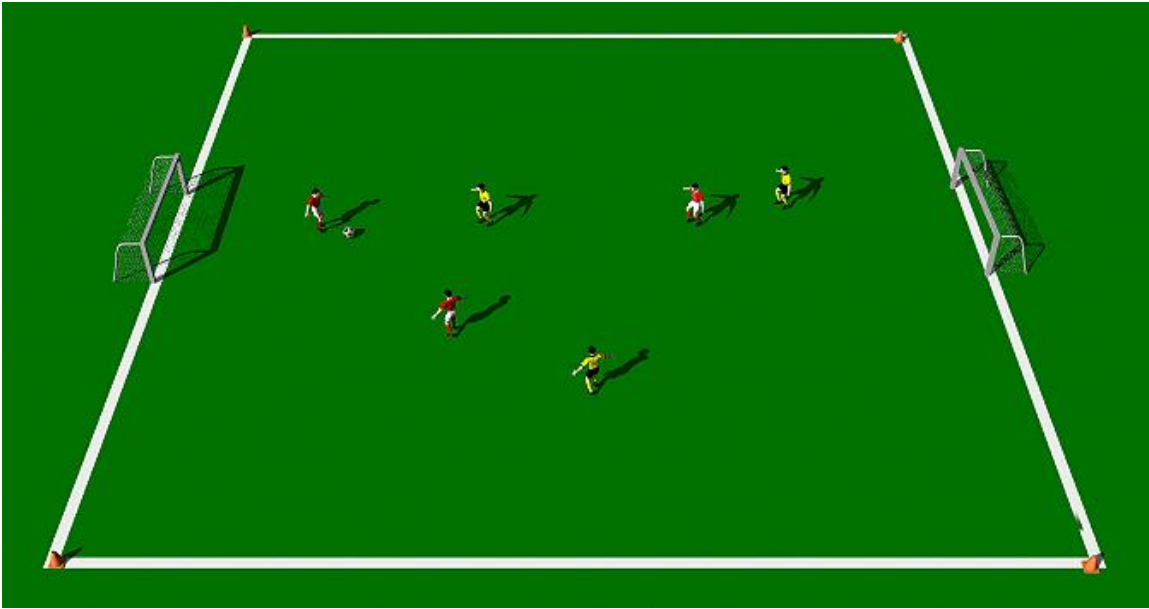
The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over.

All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over. When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles.

Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.

Week Two – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

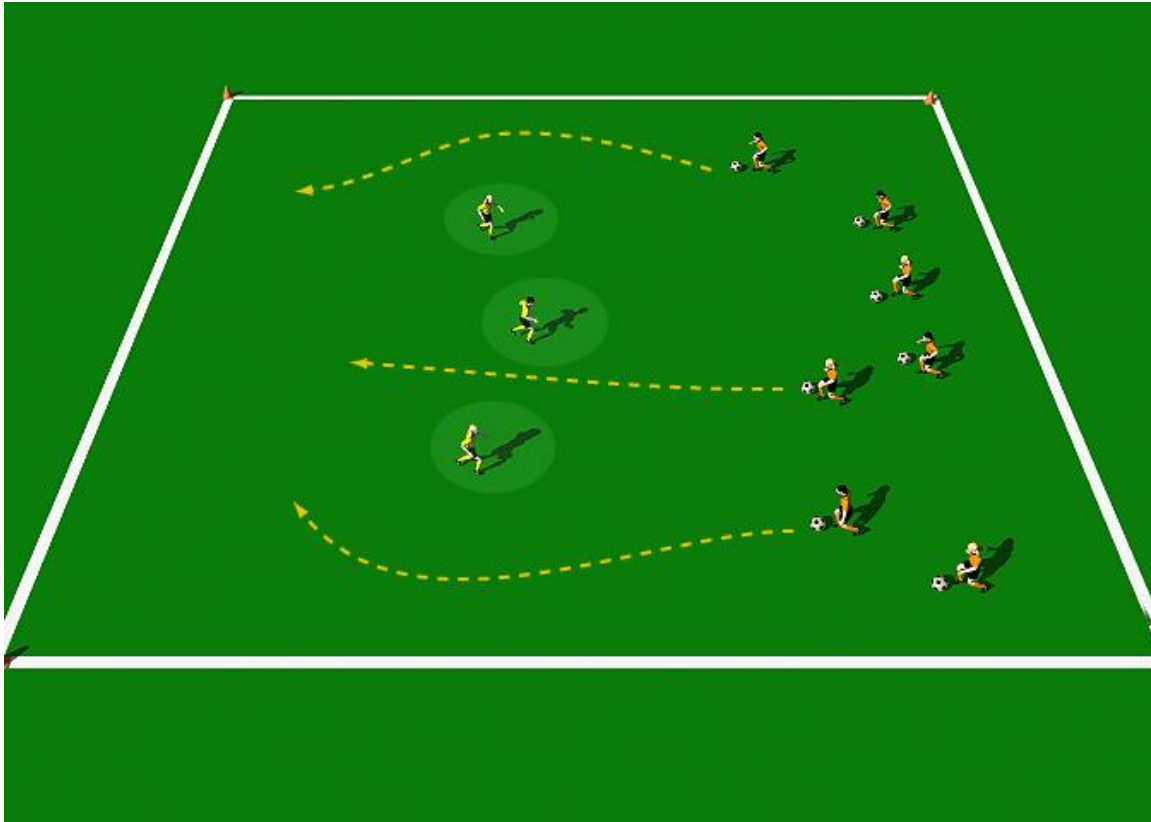
- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Three – Drill One

Cops and Robbers



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

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.

Week Three – Drill Two

Transformers



Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball.

Field Preparation

Entire Group, Area 20 x 20 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

Mark off a square about 20 x 20 yards. Line up the players at one end of the square. The object of the game is to dribble the ball from one end of the square to the other, then stop. If a player's ball is kicked from the square then he or she is to sit down on the exact spot and become a Transformer. A Transformer may not move his bottom from the ground, but if he succeeds in picking the ball from a dribblers foot, then that person is also out and must sit down also. Last child with a ball is the winner.

Week Three – Drill Three

Dribbling Knock Out



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

Field Preparation

Entire Group, Area 20 x 20 yards, Supply of Balls, Cones

Coaching Pointers:

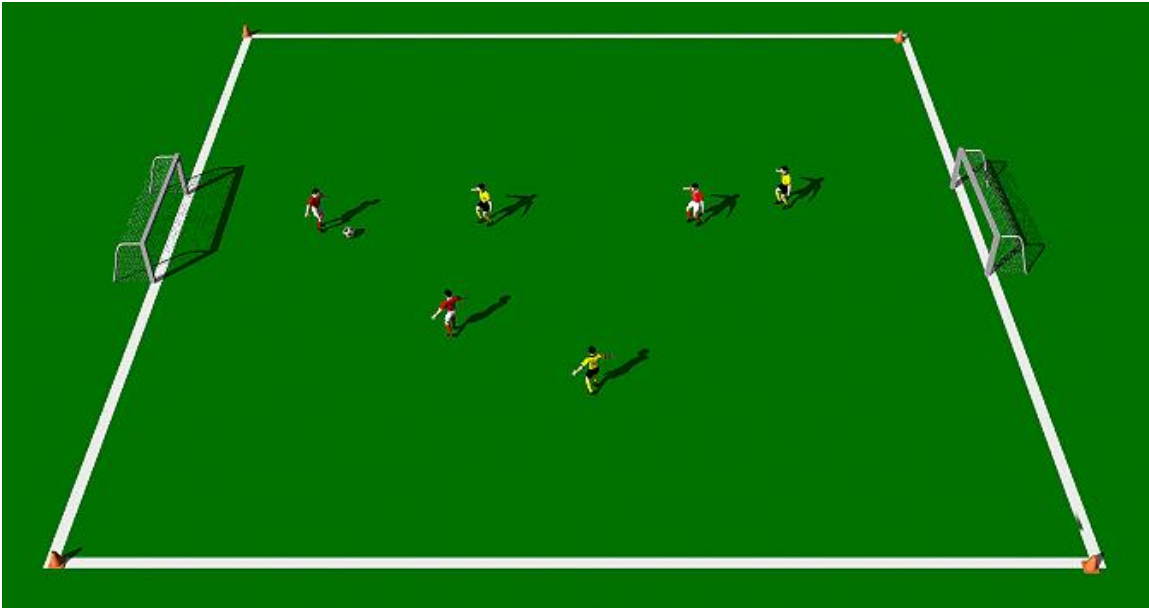
The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball. The practice is started with one defender placed in the center of the grid (Mad Max). The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he then becomes a member of the Mad Max gang and has to help him kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes Mad Max in the following game. Players should also look to screen the ball whenever needed, using their arms to hold off pressurizing defenders.

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Week Three – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Four – Drill One

Push Pass Mechanics



Objectives:

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

Field Preparation:

Two players with one ball.

Coaching Points:

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.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Week Four – Drill Two

Lock the Ankle



Objectives of the Practice:

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

Field Preparation:

Two players with one ball.

Coaching Points:

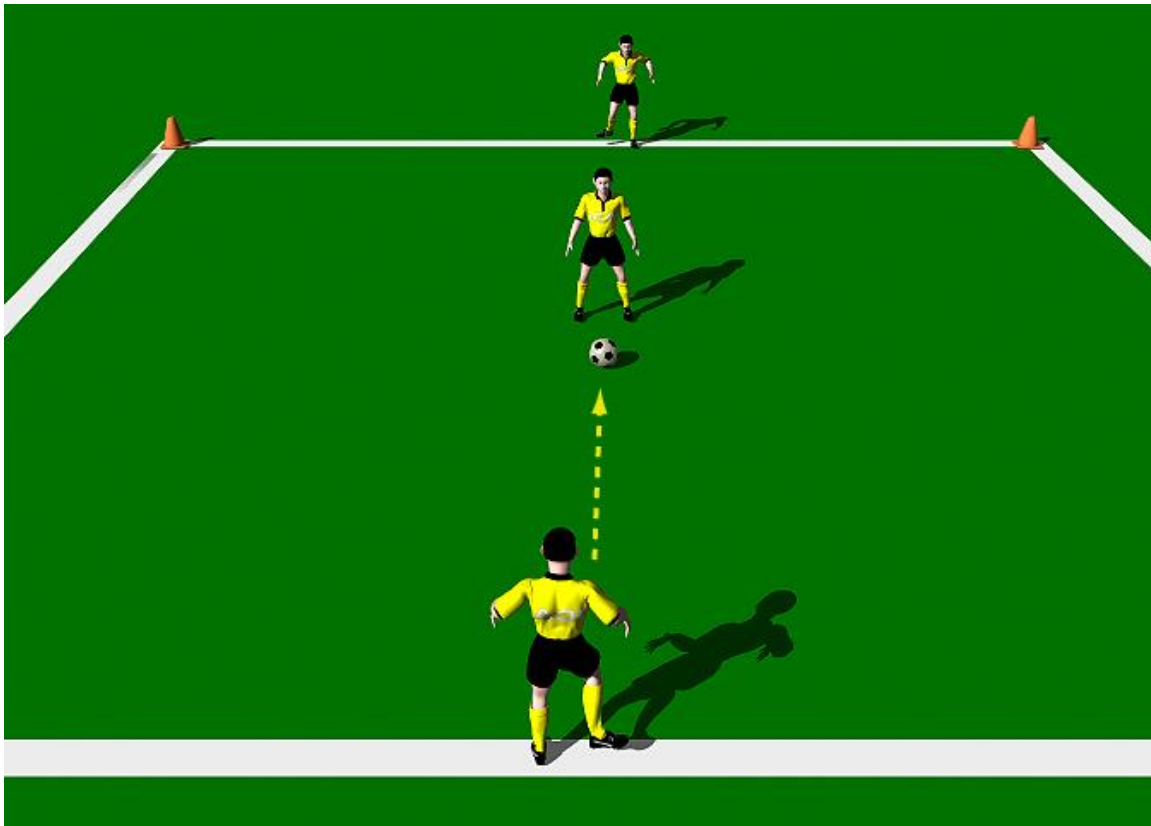
Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs the players step towards the ball and lock the ball between their feet as they perform the “Push Pass”. To ensure the timing coincides, one player should slowly count out loud “one, two, three”. On the three count the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

The coach should emphasize the following coaching points:

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Week Four – Drill Three

Under the Bridge



Objective of the Practice:

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

Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

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.

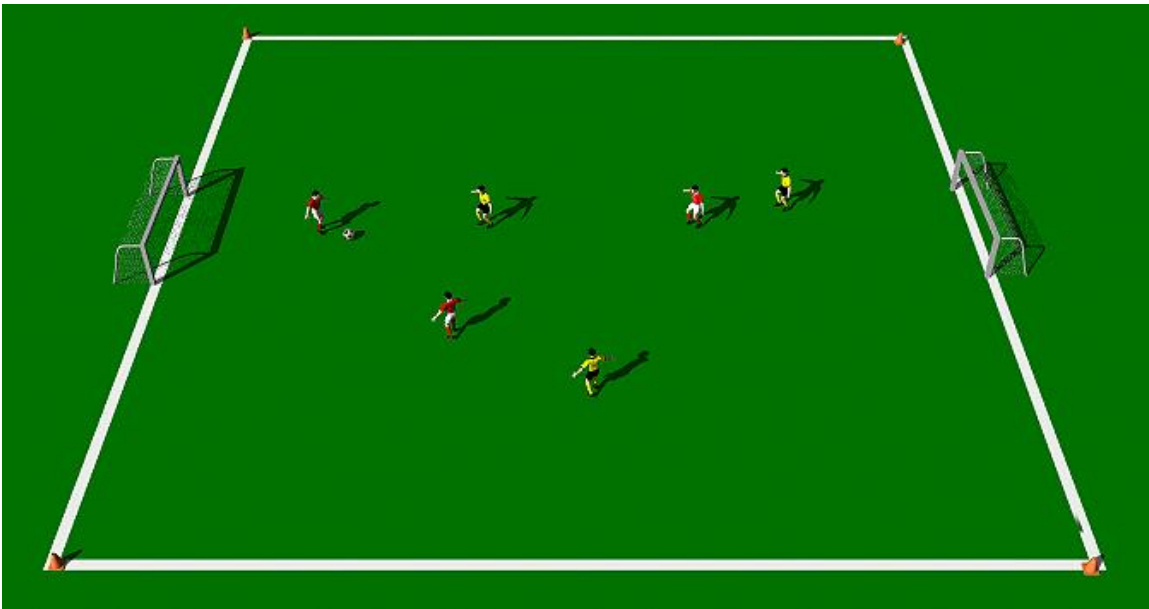
The coach should emphasize the following coaching points:

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

Week Four – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

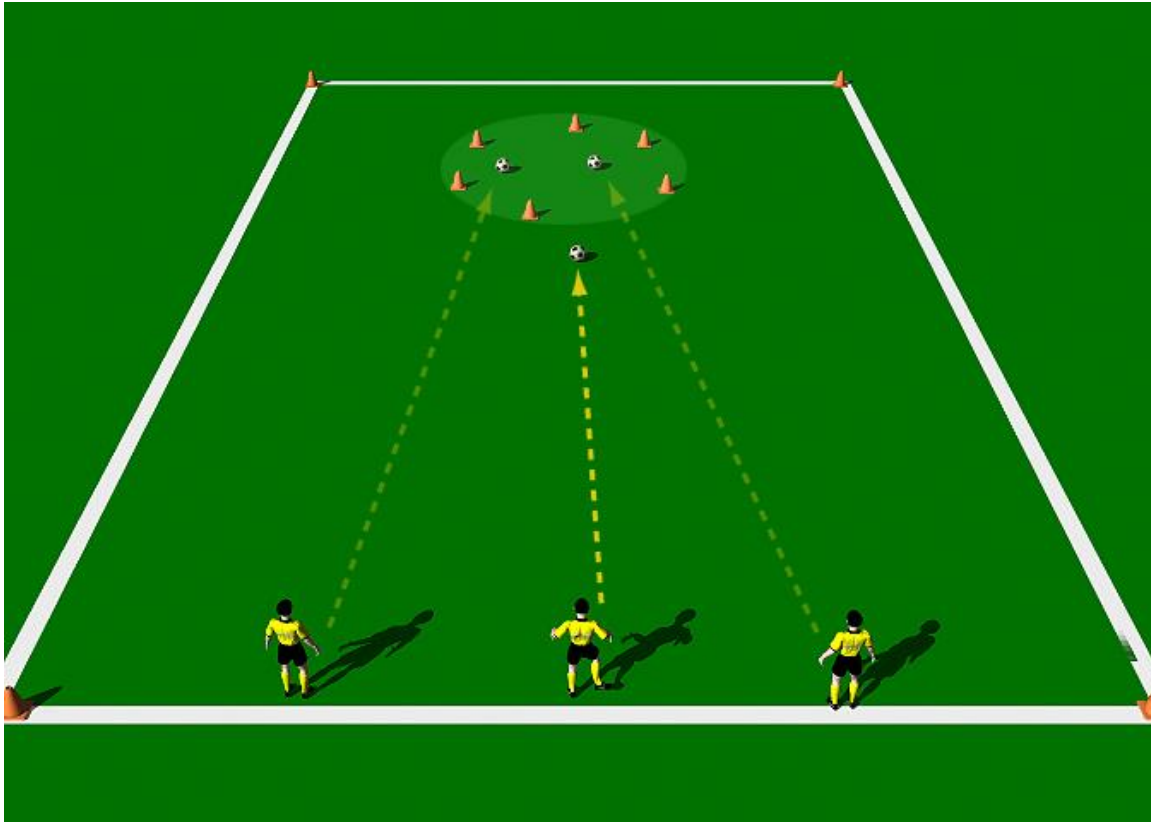
- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Five – Drill One

Land on the Moon



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Area 10 x 15 yards. Small group of players, balls and cones.

Coaching Points:

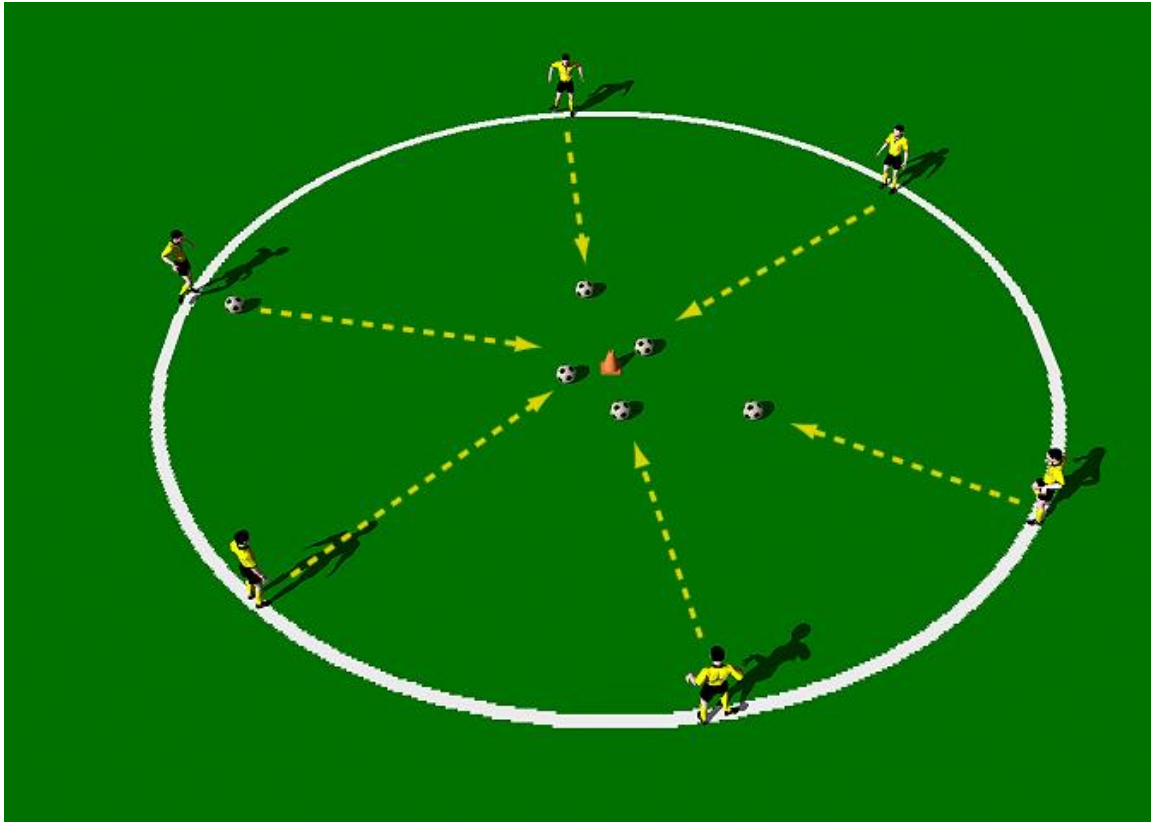
A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

Week Five – Drill Two

Soccer Marbles



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Field Preparation:

Center circle. Small group of players, balls.

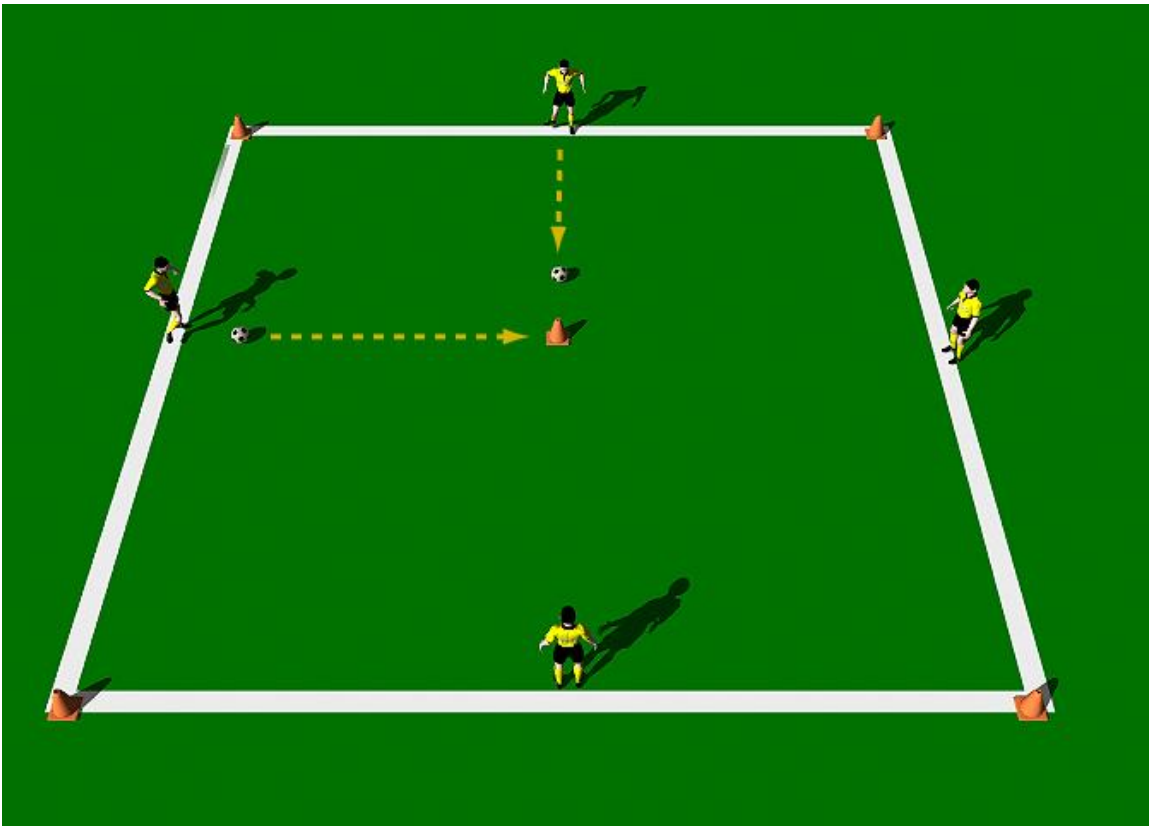
Coaching Points:

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. 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.

Week Five – Drill Three

Knock Down the Cone



Objective of the Practice:

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

Field Preparation:

Area 10 x 10 yards. 4 players. 2 balls. Cones.

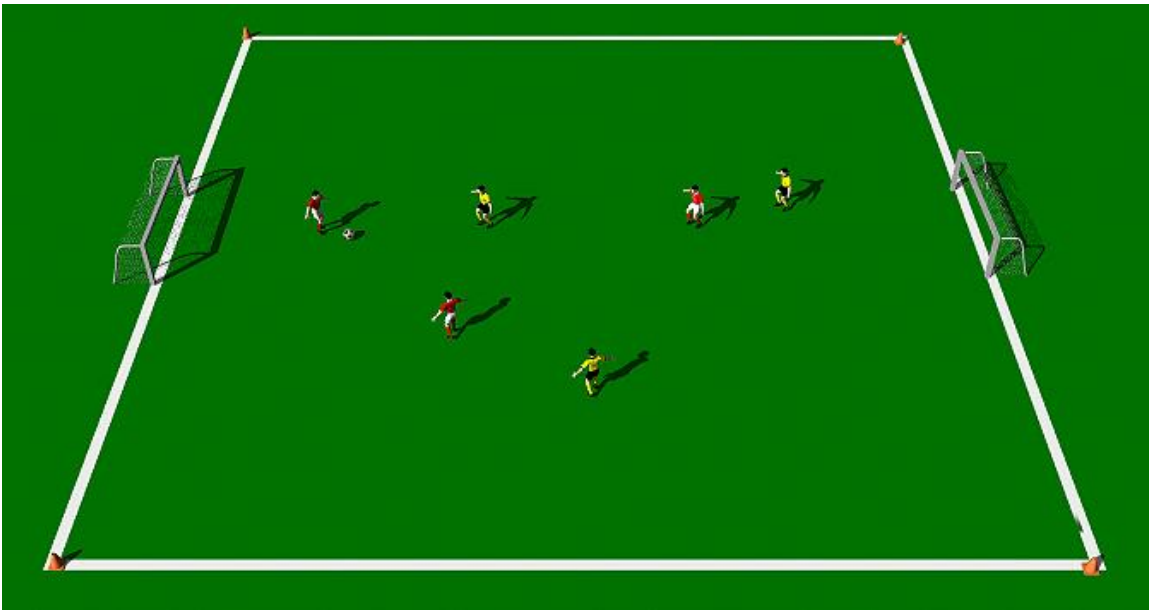
Coaching Points:

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Week Five – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

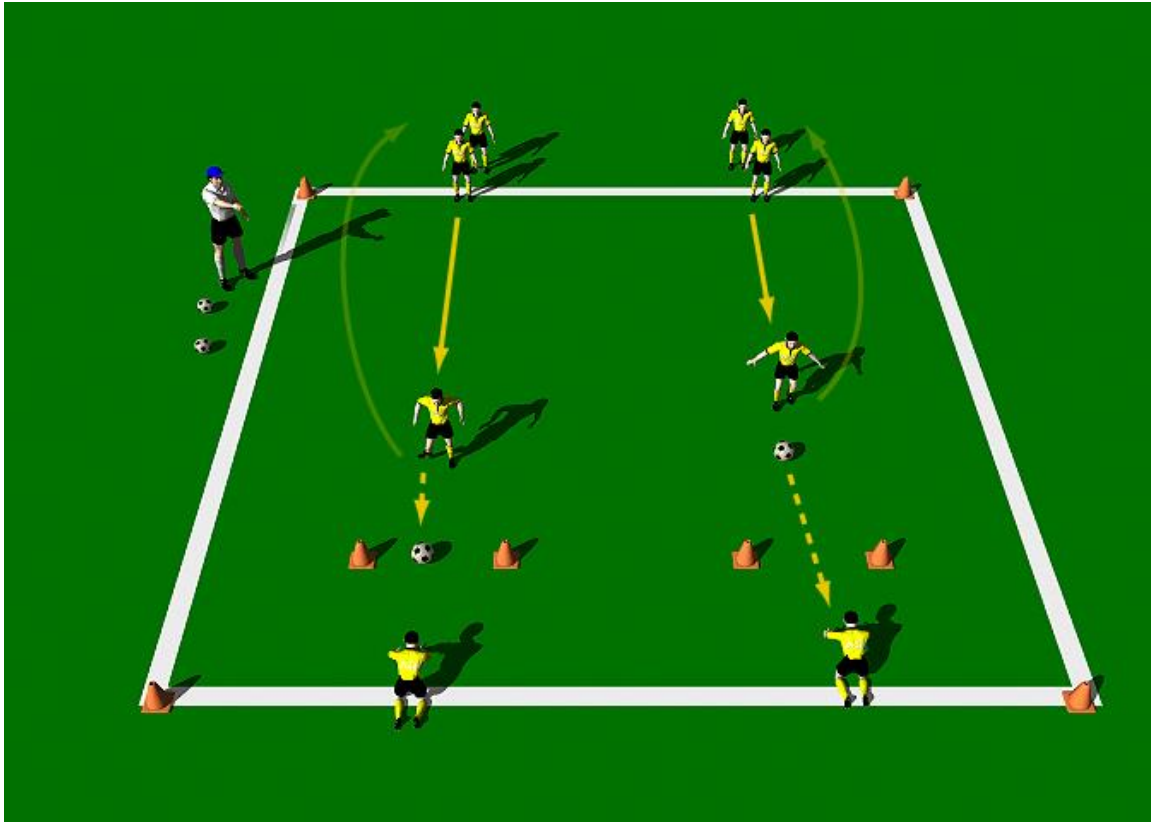
- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Six – Drill One

Passing Relay



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “Pace and accuracy”.

Field Preparation:

Area 10 x 10 yards. Three players. One ball, Four cones.

Coaching Points:

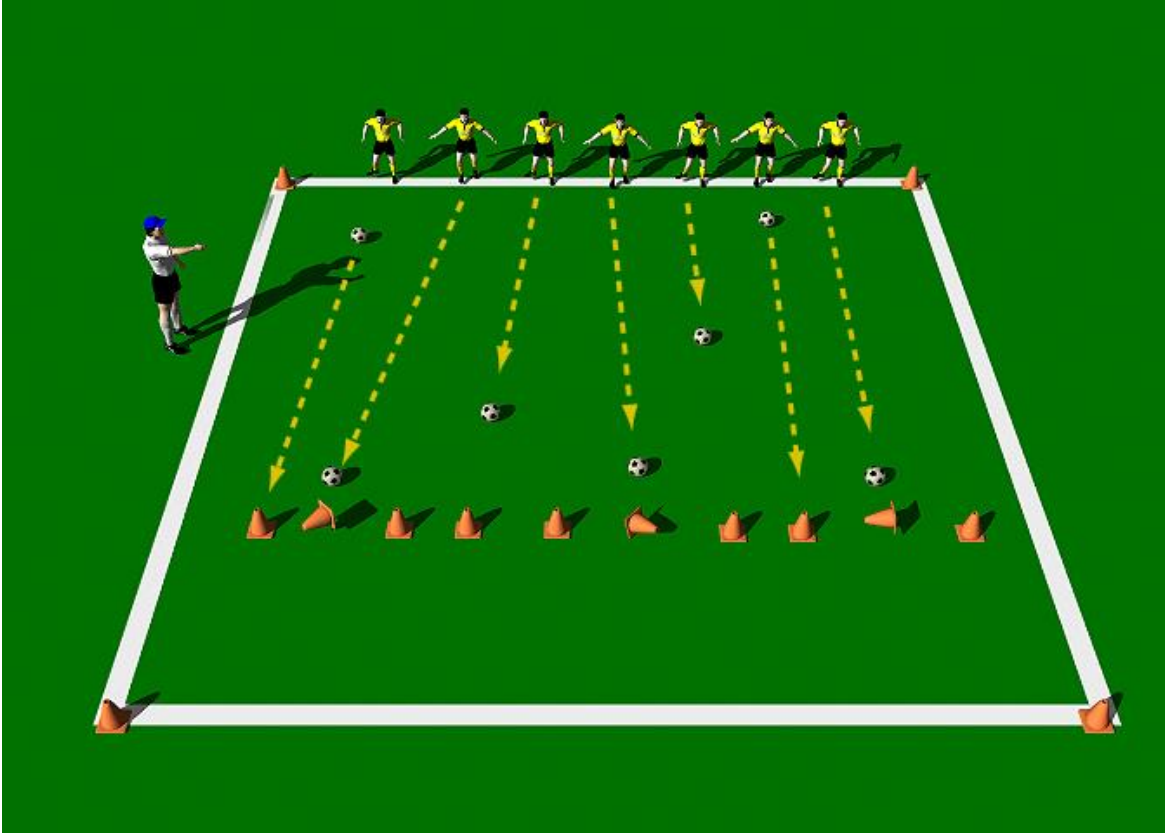
Two groups are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server “first time” and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position.

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. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.

Week Six – Drill Two

The Cone Challenge Champion



Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “Pace and accuracy”.

Field Preparation:

Area 15 x 15 yards. Entire group. Large Supply of balls, Large supply of balls.

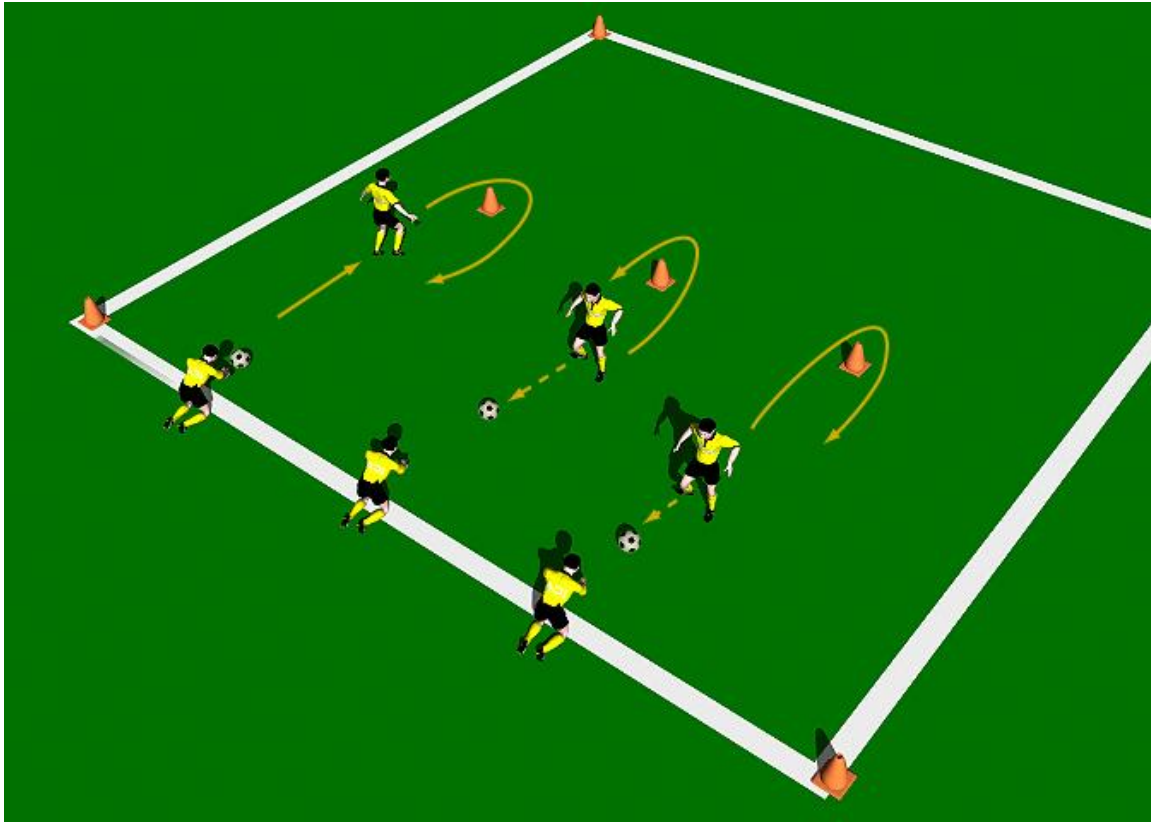
Coaching Points:

In this game each player has a ball. The object is for each player to knock down as many cones as possible within 2 minutes. On the coaches command the players kick the ball from the end line. Players get 1 point each time they knock down a cone. Player with most points after 2 minutes wins. You can also have the first player to 3 wins etc.

The emphasis should be on power and accuracy of the kick.

Week Six – Drill Three

Control Relay Game



Objective of the Practice:

This practice is designed to develop each player's technique in controlling the ball using the sole or the inside of the foot.

Field Preparation:

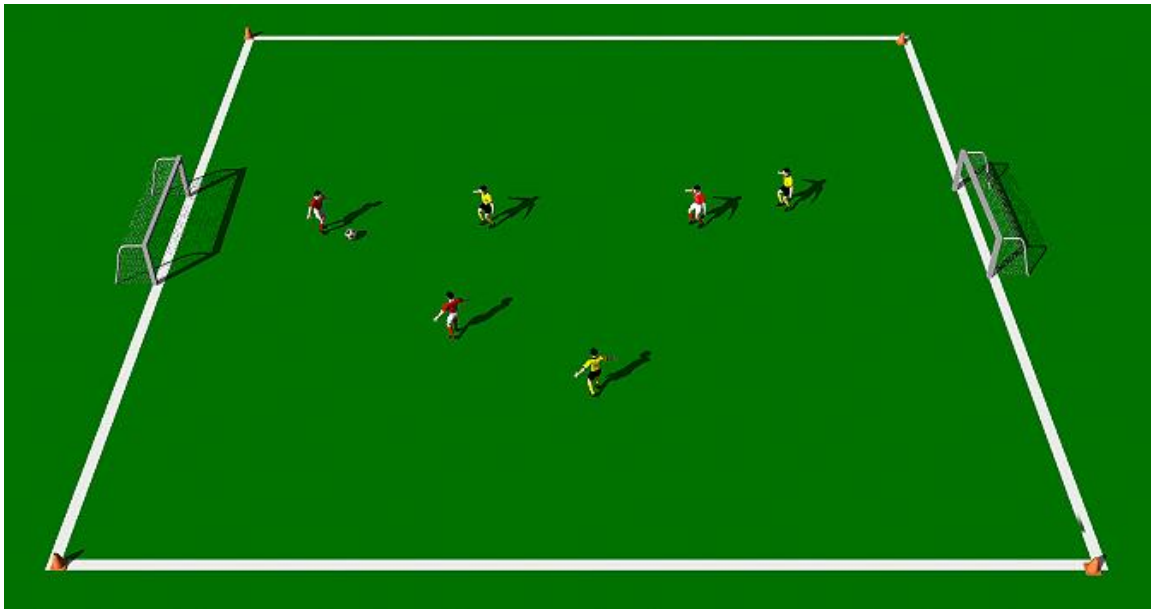
Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently. Emphasize quality over speed.

Week Six – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

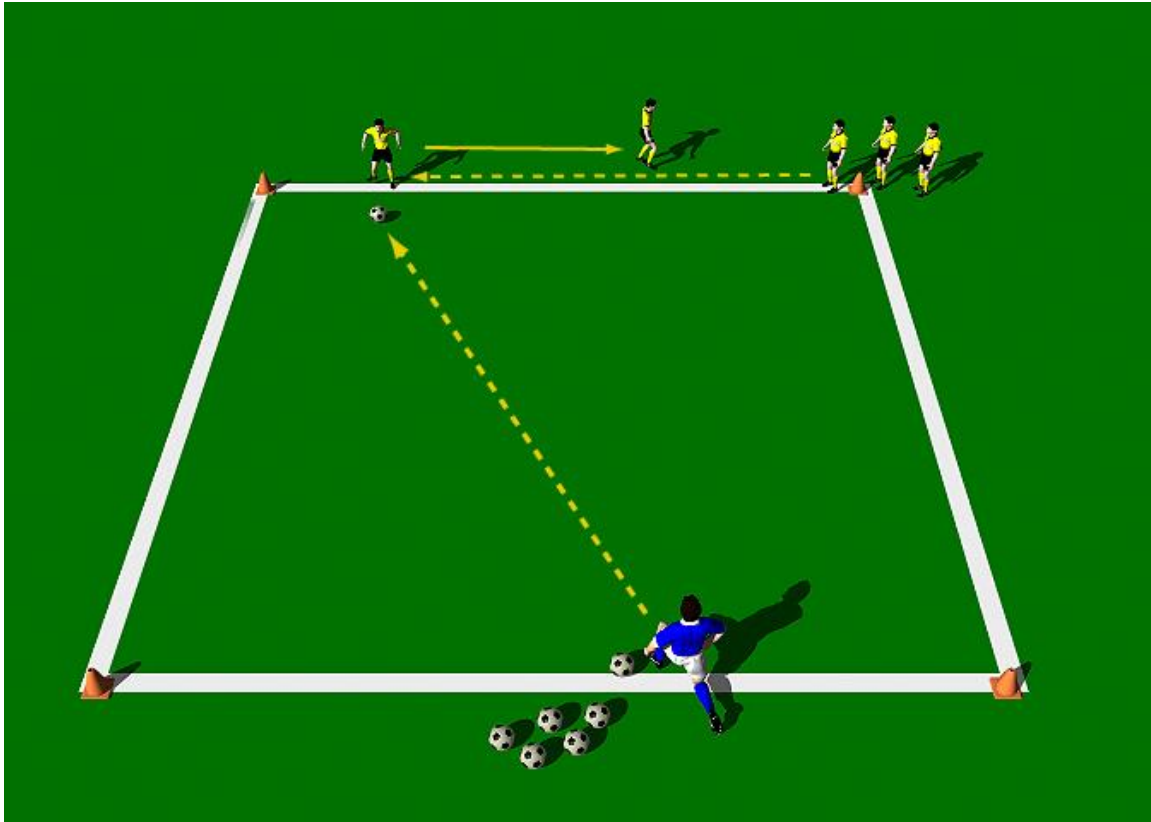
- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Seven – Drill One

Get in Line



Objective of the Practice:

This practice is designed to improve ball control by having players to move into the flight of the ball.

Field Preparation:

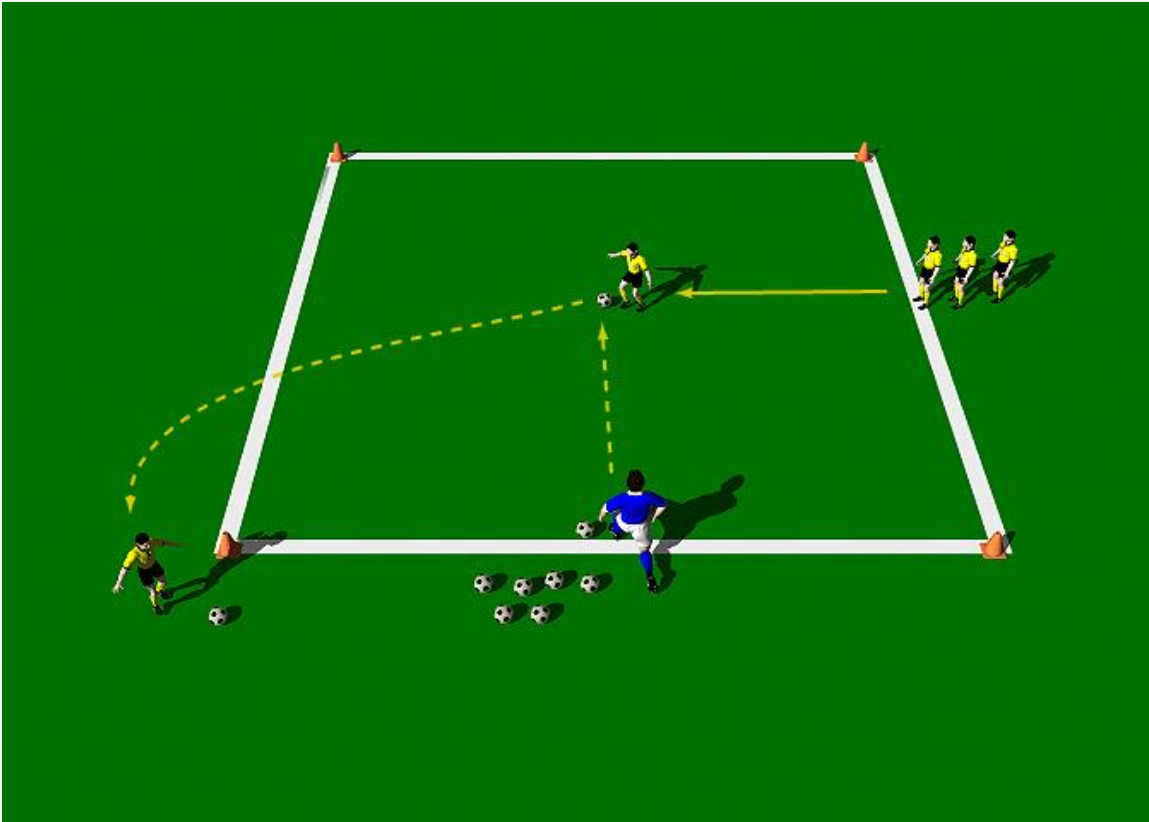
Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

Players are placed at the corner of the grid. The coach is at the opposite side with a supply of balls. The coach rolls out a ball for the first player to run across and control using their feet. The service must be to the opposition cone from the players and fast enough so the play meets the ball on the line. After returning the ball to the coach, the drill is repeated with the next player in line.

Week Seven – Drill Two

Collect the Coconuts



Objective of the Practice:

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

Field Preparation:

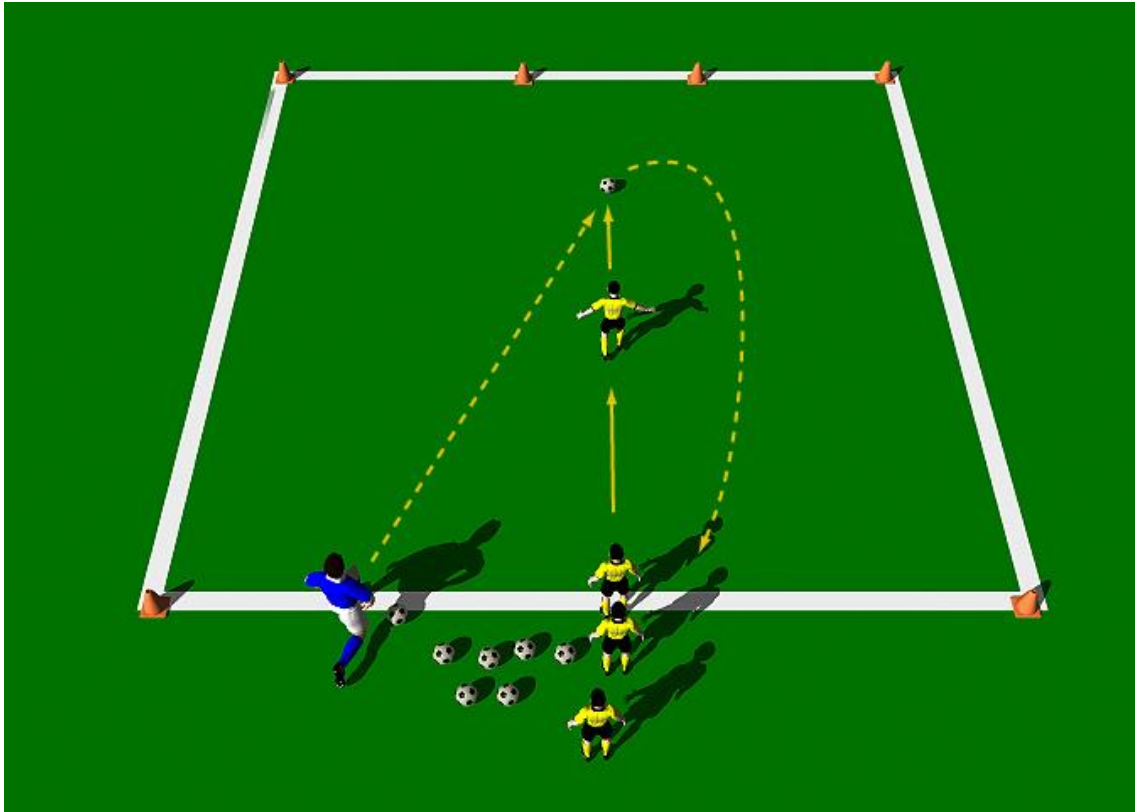
Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

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

Week Seven – Drill Three

Catch the Bus



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

Field Preparation:

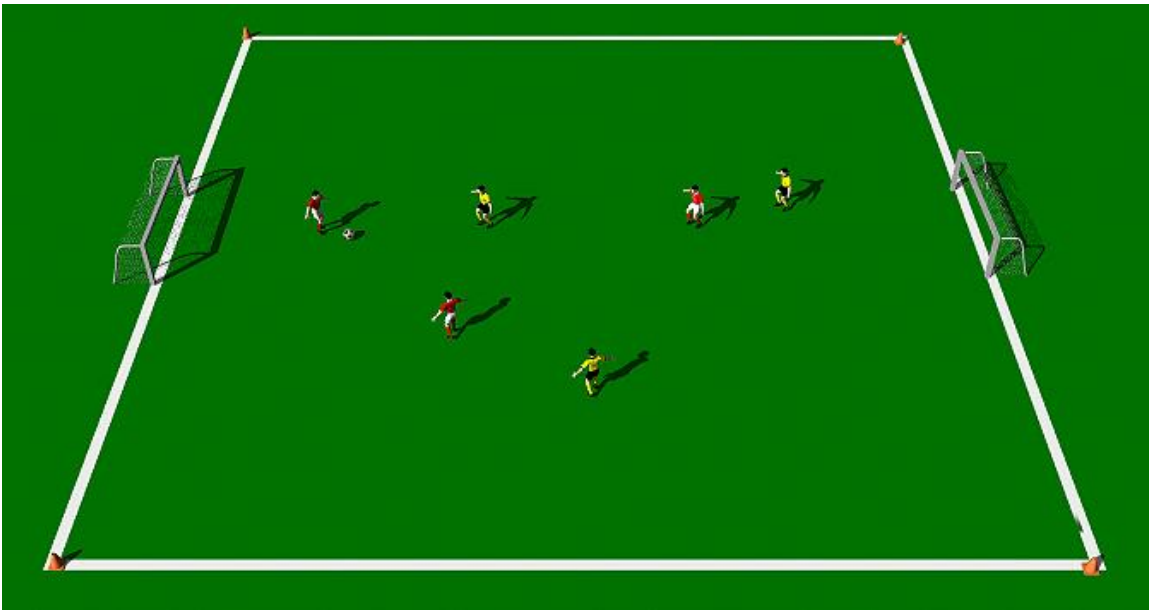
Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling. If the ball stops, then they have missed the bus.

Week Seven – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.

Week Eight – Drill One

Crabby Patties



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

Field Preparation:

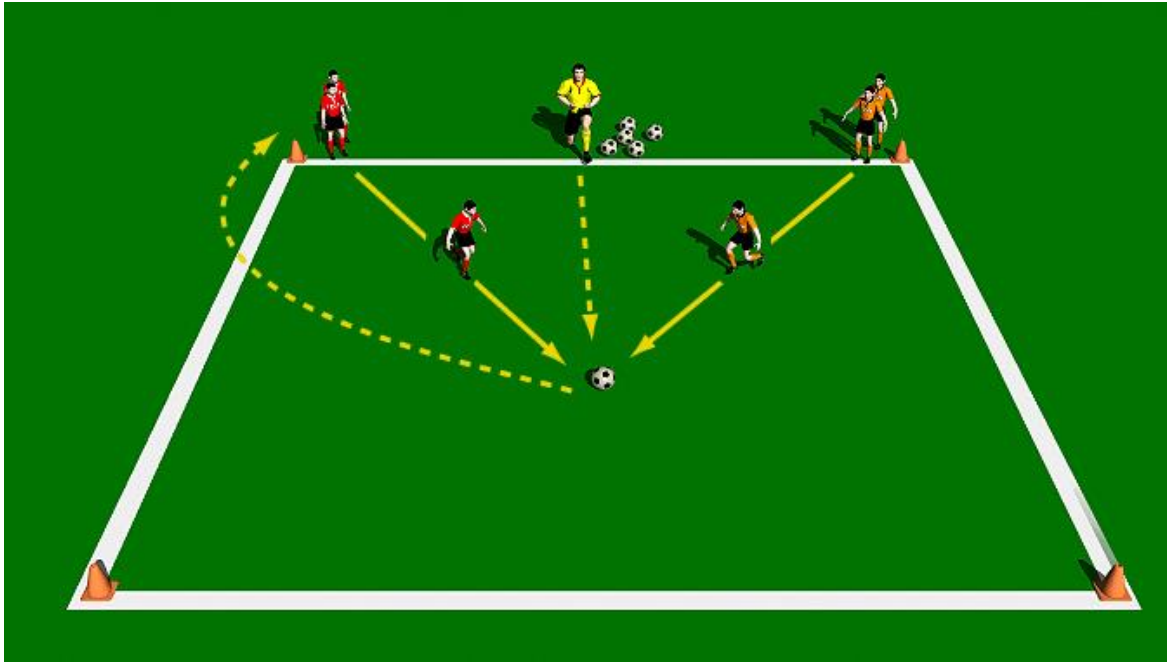
Area 20 x 20 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

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.

Week Eight – Drill Two

Power Rangers



Objective of the Practice:

This practice is designed to improve ball control by having players control the ball and turn, as it is moving away from them.

Field Preparation:

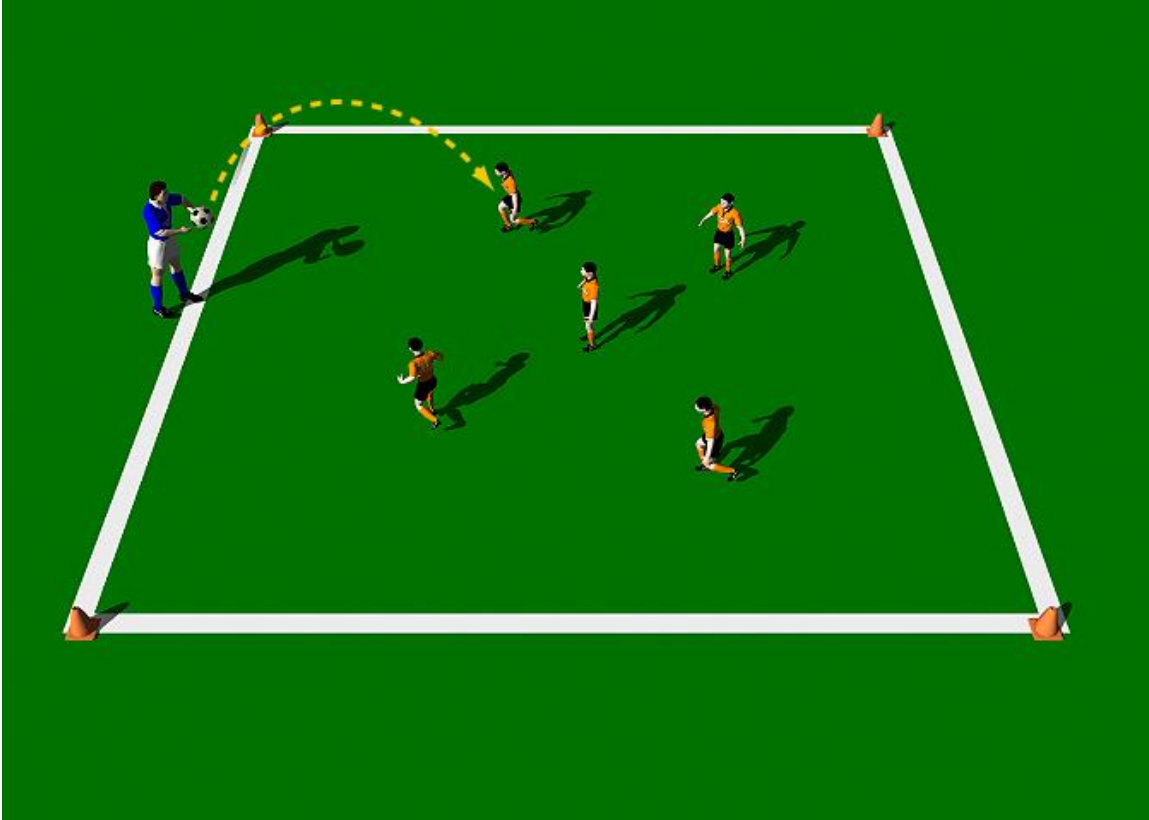
Area 10 x 10 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

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

Week Eight – Drill Three

Catch the Egg



Objective of the Practice:

This practice is designed to encourage young players to have the confidence to control a ball in the air.

Field Preparation:

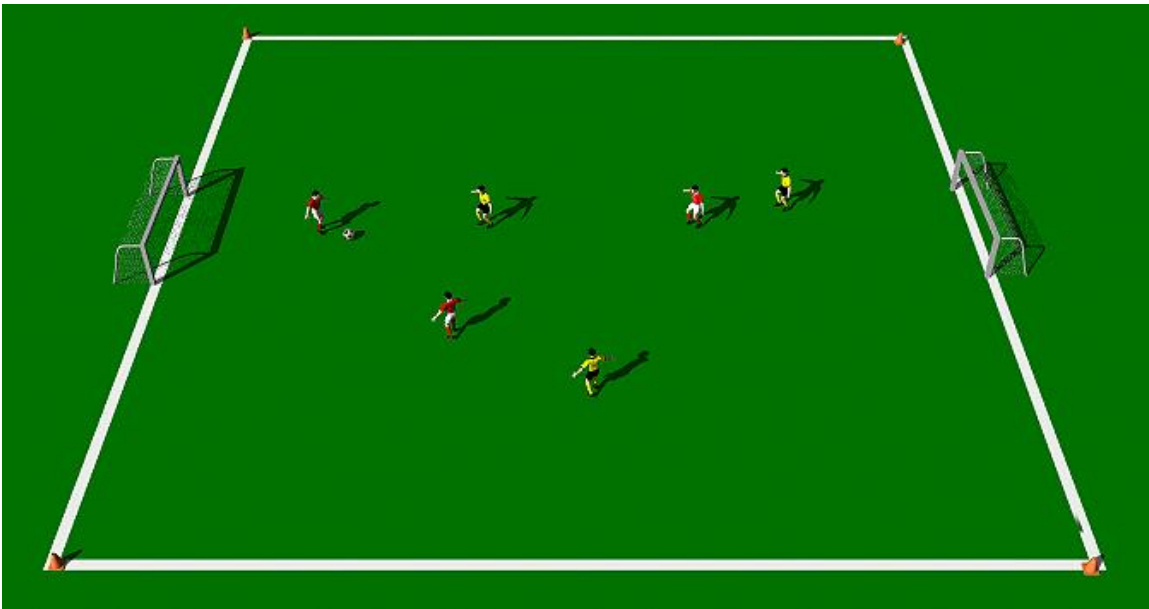
Area 10 x 10 yards. Entire group. Large Supply of balls, Large supply of balls.

Coaching Points:

The entire group are placed in an area 10 x 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.

Week Eight – Small Sided Game

Small-Sided Game (no goalkeepers)



Exercise Objectives:

Finish with small sided game 3 v 3 (No Goalkeepers). The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

Field Preparation

- Entire Group (split into teams of three or fours)
- Area 20 x 20 yards
- Use Small Goals, Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

- Divide the players into teams of three or fours, no goalkeepers.
- Each field should be approximately 20 yards x 20 yards.
- Use corner flags or cones as goals.
- Small-sided round robin tournaments can be used.
- Every team plays each other.
- Each game 10 minutes in duration.
- Total time, 30 minutes.
- At the end of your session, review all coaching points made during the practice.