

CAMP FIRE SOCCER COACHES' QUICK GUIDE 4th & 5th Grade Players

PRE-ESSENTIAL SKILLS:

All of 2nd-3rd skills
Cont'd development of fundamentals

Midfielder position

Set plays

OTHER RESOURCES:

Camp Fire Coaches' Manual	www.strongsoccer.com
www.pocatellocampfire.org	www.headball.com
Ann Seamons (Ex. Dir.)	www.flashdrills.com
www.pillsdrills.com	www.eteamz.com
www.joesoccer.com	www.soccerhelp.com

GAME FORMAT:

5 v 5	Four 10 min quarters (with 1 min breaks)	3-5 min. half-time
Referees provided	No scores recorded	Players shake hands at end of game

PRACTICE DRILLS:

RECEIVING DRILL

Setup:

two small boxes 2 yards X 2 yards about 15 - 20 yards apart. (One player in each box).

The Drill:

Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

Add ons

Drill: The players form a circle. First player goes in the middle and performs a skill (juggle, head, pass, fake, flick, chip, etc.). The next player goes in the middle and performs the same trick and then one of their own. To make it more competitive, instructor may eliminate players for performing incorrectly and for forgetting the sequence.

Emphasize: creativity

Statue Shop

Drill: An owner and a customer are chosen (instructor makes a great owner). The rest of the players are statues. Each statue has a ball and picks a trick/skill to perform. The customer comes in and the owner turns on the statues one at a time. Statues are allowed to be silly or work in pairs as long as they do their trick/skill. The customer picks his/her favorite statue and that player becomes the next customer.

Emphasize: creativity, good technique (no pressure).

Junk Yard Dog

Setup: Using cones layout three or four 30 X 15 yard grids with an imaginary

line centered in the grid (use cones to mark the line). Position one player on the top of the grid and one player at the bottom of the grid each with a soccer ball (attackers). Position one player at the center point of the grid (defender).

Drill: One at a time the attackers try to dribble over the middle line without losing the ball to the defender. If the defender wins the ball the player who lost the ball becomes the defender. One point is awarded for crossing the centerline. Game must always start from the top or the bottom of the grid. First player with four points wins.

Pac Man

15 minutes, 20x30 yards, two players without the ball are ghosts, the ghosts object is to get as many balls out of the grid as possible in two minutes, if a player has their ball kicked out of the grid they retrieve their ball and re-enter the grid.

End Zone

20 minutes, two 20x30 yard grids, create two games of 3v3 or 4v4, players score by dribbling over the endline with the ball

Team Knockout

15 minutes, 20x30 yards, half the players with balls, the other half need to be around the outside of the grid, the players outside the grid will come into the grid and work together to steal balls away from the dribblers and dribble the outside of the grid, once a player loses their ball they can help their team mates out by passing with them, time the team that started out with the ball on how long they can keep the balls inside the grid.

Capture the Ball

30x30 yards, Pile of 7 balls is put in the middle of grid, divide the players into four teams and assign them to one of the corner boxes, Objective is to get three balls back to your box, only one player may go at a time for your team, you may steal a ball from another team's box, you can not stop someone from stealing a ball from your box.

Passing gates

Setup a eight gates (two cones 3 yards apart) in a random pattern around a 30x30 yard area, organize players in groups of three, 1 ball per group, how fast can each team get through all of the gates?, how many gates can you get through in 1 minutes

2v2 to goal

Have two 15x20 yard grids setup, with small goals on the end line, play 2v2 for 3-4 minutes and then switch the players that are resting, score two points for dribbling through the goal and one point for shooting through the goal