




Eagan Rec. Soccer

Age Group	3rd and 4th Grade
Theme	Offense and Defense – Transition
Time	35 minutes of training / 25 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Gate Dribbling</p> <ol style="list-style-type: none"> 1. Players begin without soccer balls warming up in space. Have players run, jump, skip, and back pedal through the games. 2. First round the players dribble through gates under control using both feet but cannot go in the same gate twice in a row. 3. Second round the players stop the ball using the sole of their foot when they dribble through the gate between the cones. This move is called the “stop-go”. Players complete 6 “stop-go’s through 6 gates – 3 with each foot. 4. Third round the players complete a pull-back in each gate – sole of the foot on top of the ball and pull the ball backwards to turn the other direction. 5. Final round is a competition first to dribble through 10 gates. Players must dribble through all of the gates and cannot dribble through the same gate twice in a row. <p>Question for the team: How do you know what gate you want to dribble through next? Coaching Points</p> <ul style="list-style-type: none"> • Pick your head up on the dribble to find the next open gate. • Dribble the ball under control close to your body • Use all surfaces of the foot – sole, inside, outside, and laces.
	<p>1 vs 1 to Two Goals</p> <ol style="list-style-type: none"> 1. Two teams of 3-5 players. You might have to create two drills. 2. Coach passes the ball into either team and the players in the front of the line play 1 vs 1 to two goals. Either team can score by dribbling or passing through the goals. 3. Dribbling through the goal is 2 points, passing through the goal is 1 point. 4. Keep the game competitive by switching which team you pass the initial pass to. 5. When you say +1 the next player in the line joins the game and the players continue 2 vs 2 <p>Question for the team: Do you think it is easy to defend a player who only dribbles in one direction? Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to change direction and speed to beat the defender. • Players need to pick their head up and attack the open gate. • Work hard on defense and try to win the ball back. •
	<p>Numbers Game</p> <ol style="list-style-type: none"> 6. All of the balls in a pile in the middle of the field. Select two teams – one in pinnies. 7. Coach numbers off each player on the team. 8. When the Coach yells out a number the players with the number sprint around their goal and enter the field. The game continues until the ball goes out of bounds or a goal is scored. 9. Begin the game 1 vs 1 and transition into 2 vs 2, 3 vs 3, and 4 vs 4. 10. Make sure to call out every number and have goals for both teams to score on. <p>Question for the team: If you know you are not going to be first to the ball what should you do? Coaching Points</p> <ul style="list-style-type: none"> • If you are not first to the ball – get ready to defend and try to win the ball back • Transition from offense to defense quickly. • Encourage players to pass and connect with their teammates on the field. • Take on the dribble



Scrimmage / Game Play

- 5 vs 5 or 6 vs 6 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble