

Week 1

- Socks over shin guards.
- 'lines around fields' - In bounds and out of bounds.
- dribble with inside of feet. Use cones as serpentine.
- Play micro soccer. Change lines every 3 minutes.
- Review the day's activity.

Week 2

- Review socks over shin guards, lines on field (show clip board).
- Review dribbling (inside feet), kids dribble about 10 yards up & back.
- Teach passing/receiving (leg looks like a hockey stick).
- Kids line up in 3 lines across the field and kids pass to volunteers.
- Play micro soccer, change lines every 3 minutes.
- Review the day's activities.

Week 3

- Review dribbling (inside feet). Use cones to form 3 big circles and have kids dribble in the circle. Now volunteers pretend to try and knock ball away (volunteer demonstrate).
- Review passing/receiving (leg looks like a hockey stick). Volunteers walk side by side with kids (about 10 yards) and pass back and forth using 3 separate lines.
- Kids line up in 3 lines across the field and kids pass to volunteers.
- Teach kids how to shoot.
- Kids line up in 3 lines across the field and kids kick to volunteers.
- Play Micro soccer, change lines every 3 minutes.
- Review the day's activities.

Week 4

- Review Dribbling (inside feet), use cones to form 3 big circles and have kids dribble in the circle. Now volunteers pretend to try and knock ball away (volunteers demonstrate).
- Review passing/receiving (leg looks like a hockey stick). Volunteers walk side by side with kids (about 10 yards) and pass back and forth. Use 3 separate lines.
- Teach throw ins and explain when it's used. Kids throw to volunteers.
- Play micro soccer, change lines every 3 minutes, use throw ins.
- Review the day's activities.

Week 5

- Review Dribbling
- Review Passing
- Review Kicking
- Review Throw-ins
- 6 kids from U-10 team scrimmage for 5 minutes (micro soccer)
- Play micro soccer, change every 3 minutes.
- Review all of the skills again.
- Thank volunteers, compliment kids, talk about minors and give out trophies.