



WISC/SHARKS REC SOCCER LEAGUE

Coaches Page - Weekly Curriculum/Description/Videos

Age Divisions 4-5, 5-6

Week 1

Skill of the week – Dribbling [Video](#)

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:50pm – Dribbling in Square (body part dribbling) [Description](#)

5:55-6:10pm – Crab Game [Description](#); [Video](#)

6:10-6:20pm – Bumble Bee Tag [Description](#); [Video](#)

6:20-6:30pm - Scrimmage

Week 2

Skill of the week – Passing [Video](#)

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:50pm – Soccer Bowling [Description](#); [Video](#)

5:55-6:10pm – Jailbreak [Description](#); [Video](#)

6:10-6:30pm – Scrimmage

Additional game if needed – Sneaky Pants [Description](#)

Week 3

Skill of the week – Shooting [Video](#)

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:50pm – Pass/Shooting to Cone [Description](#); [Video](#)

5:55-6:10pm – Cat & Mouse [Description](#)

6:10pm-6:30pm – Scrimmage (periodically freeze the game to encourage them to spread out)
[Video](#)

Additional Game if needed – Rattlesnake Soccer [Description](#)

Week 4

Skill of the week – Dribbling [Video](#)

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:45pm – Dribbling in Square (introduce pull back move) [Description](#); [Video](#)

5:45-5:55pm – Crazy Robot Game [Description](#); [Video](#)

6:00-6:15pm – Superhero Tag [Description](#); [Video](#)

6:15-6:30pm – Scrimmage while try to teach positions (defense, offense, midfield)

Additional Game if needed - Bumble Bee Tag [Description](#); [Video](#)

Week 5

Skill of the week – Passing [Video](#)

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:45pm – Asteroids [Description](#); [Video](#) (soccer bowling video to show form/technique)

5:45-6:00pm – Dragon Slayer Soccer [Description](#); [Video](#)

6:00-6:15pm – Partner Tag [Description](#); [Video](#)

6:15-6:30pm – Scrimmage

Additional Game if needed – Cat & Mouse [Description](#)

Week 6

Skill of the week – Trapping [Video](#)

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:50pm – Teach Trapping technique and play Ball Gobblers [Description](#); [Video](#) (shows trapping technique)

5:50-6:10pm – Flo Flickity Soccer [Description](#); [Video](#)

6:10-6:30pm – Scrimmage

Additional Game if needed – Sleepy Monster [Description](#)

Week 7 - Last Week of Training

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-6:15pm – Favorite games – **Choose 2-3 from previous weeks**

6:10-6:30pm – Scrimmage