



## US Lesson Plans



- **Week One – Technical Dribbling Part 1**
- **Week Two – Technical Dribbling Part 2**
- **Week Three – Technical Turns Part 1**
- **Week Four – Technical Turns Part 2**
- **Week Five – Passing the Ball Part 1**
- **Week Six – Passing the Ball Part 2**
- **Week Seven – Shooting**
- **Week Eight – Open Play**



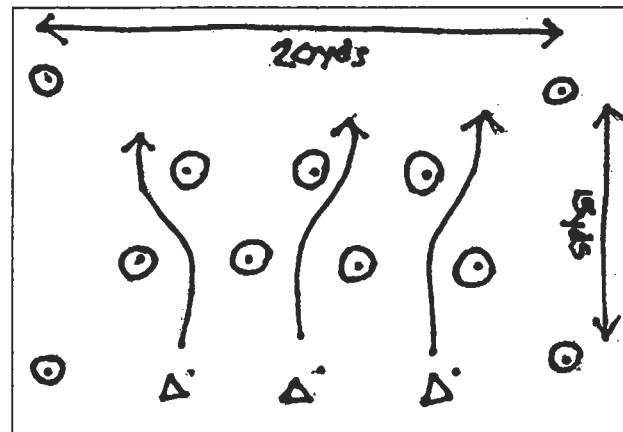
U5 Lesson Plans Week One  
Technical Dribbling Part 1



U5 Lesson Plans: Week One

Topic: Technical Dribbling Part 1

- Activity One: Inside Foot Dribbling Around Cones
  - Force players to dribble around cones and/or obstacles as they go to goal. Players learn to change directions by using the inside surface of their foot.
    - Coaching Points
      - Encourage small quick touches.
      - Encourage sharp changes in direction.

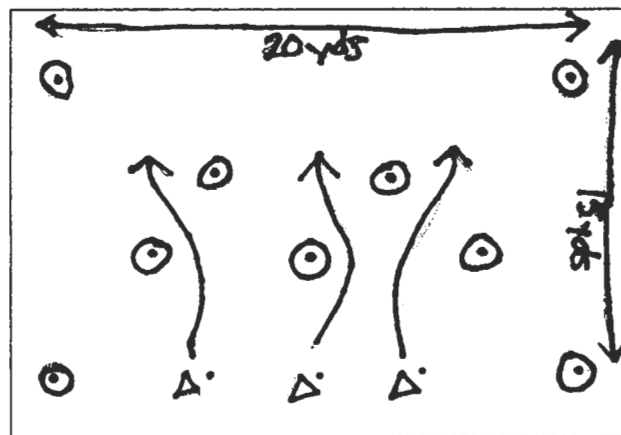




U5 Lesson Plans: Week One

Topic: Technical Dribbling Part 1

- Activity Two: Outside Foot Dribbling Around Cones
  - Force players to dribble around cones and/or obstacles as they go to goal. Players learn to change direction by using the outside surface of their foot.
    - Coaching Points:
      - Encourage small quick touches on the ball.
      - Encourage sharp changes in direction.

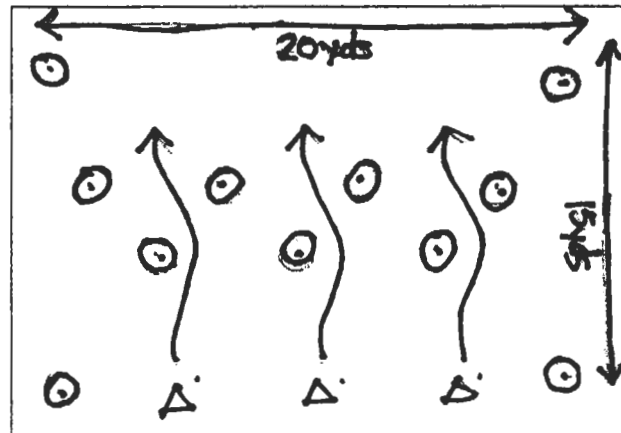




U5 Lesson Plans: Week One

Topic: Technical Dribbling Part 1

- Activity Three: Inside/Outside Foot Dribbling w/ Obstacles
  - Force players to dribble around cones and/or obstacles as they go to goal. Players learn to change direction by using the outside surface of their foot.
  - Coaching Points:
    - Encourage small quick touches on the ball.
    - Encourage sharp changes in direction.





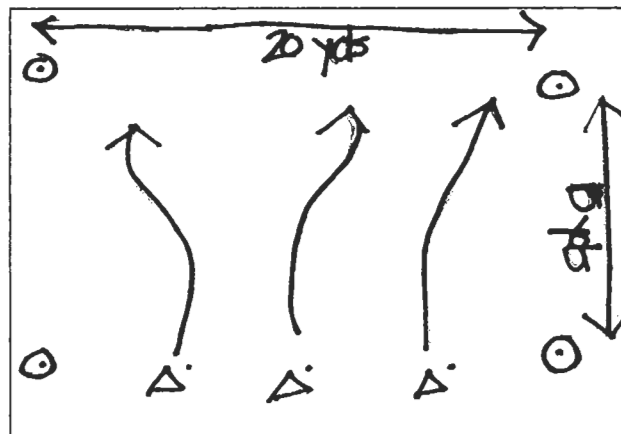
U5 Lesson Plans Week Two  
Technical Dribbling Part 2



U5 Lesson Plans: Week Two

Topic: Technical Dribbling Part 2

- Activity One: Inside Foot Dribbling w/ Inside Cut
  - Players dribble up field and at half line executes an inside cut and then goes to goal.
  - Coaching Points:
    - Encourage small quick touches on the ball.
    - Encourage sharp changes in direction.

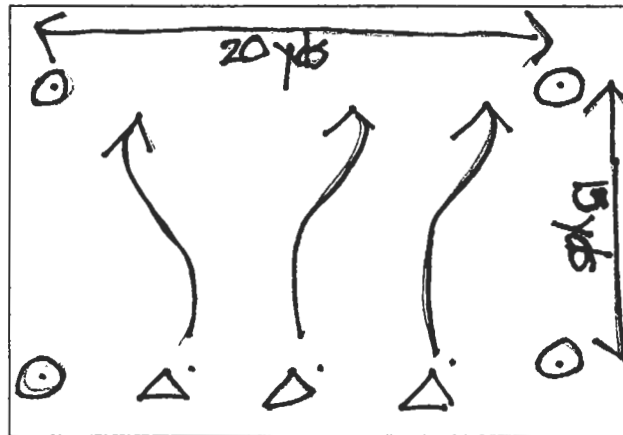




U5 Lesson Plans: Week Two

Topic: Technical Dribbling Part 2

- Activity Two: Outside Foot Dribbling w/ Outside Foot Cut
  - Players dribble up field and at half line executes an outside foot cut and then goes to goal.
  - Coaching Points:
    - Encourage small quick touches on the ball.
    - Encourage sharp changes in direction.

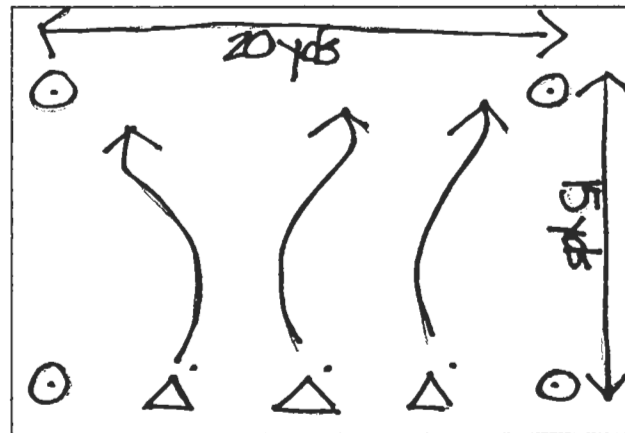




U5 Lesson Plans: Week Two

Topic: Technical Dribbling Part 2

- Activity Three: Inside/Outside Dribbling w/ Cruyff Turn
  - Players dribble up field and at half line executes a Cruyff turn and then goes to goal.
  - Coaching Points:
    - Encourage small quick touches on the ball.
    - Encourage sharp changes in direction.





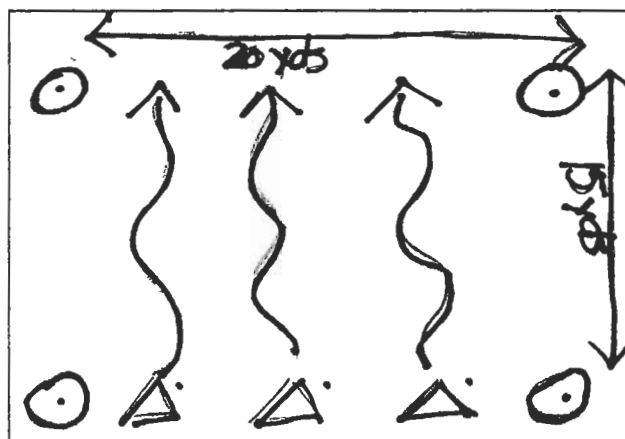
U5 Lesson Plans Week Three  
Receiving the Ball – Technical Turns Part 1



U5 Lesson Plans: Week Three

Topic: Technical Turns Part 1

- Activity Three: Cruyff
  - Players dribble the width of the field while executing Cruyff turns.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.

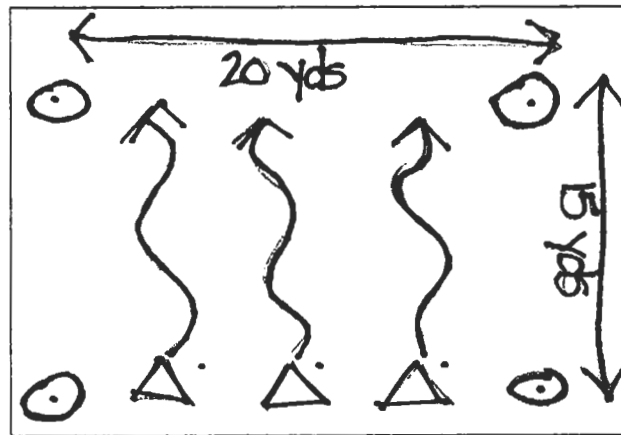




U5 Lesson Plans: Week Three

Topic: Technical Turns Part 1

- Activity Two: Toe Turns
  - Players dribble the width of the field while executing toe turns.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.

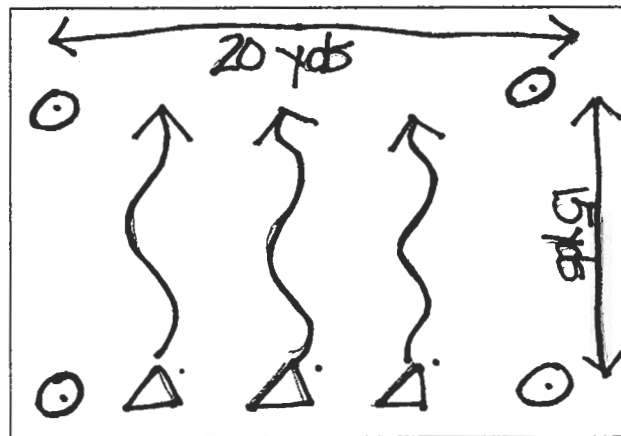




U5 Lesson Plans: Week Three

Topic: Technical Turns Part 1

- Activity One: Inside/Outside Cuts Review
  - Players dribble the width of the field while executing inside and outside cuts.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.





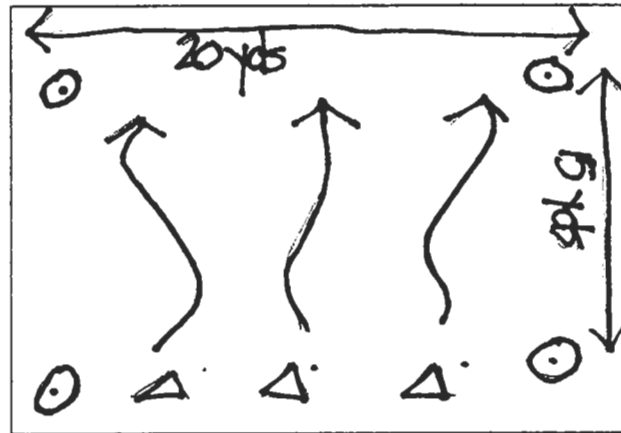
U5 Lesson Plans Week Four  
Receiving the Ball – Technical Turns Part 2



U5 Lesson Plans: Week Four

Topic: Technical Turns Part 2

- Activity One: Inside/Outside Cuts Review
  - Players dribble the width of the field while executing inside and outside cuts.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.

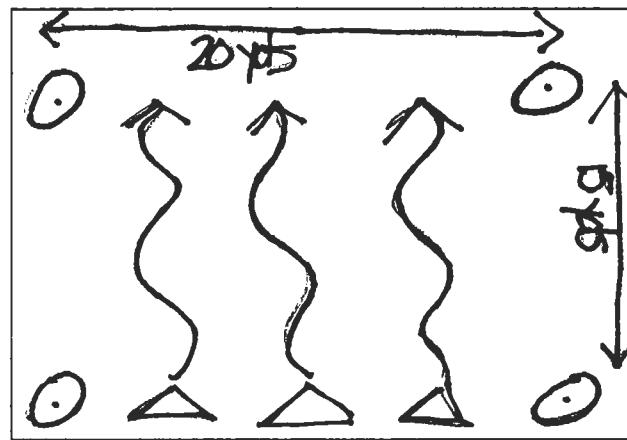




U5 Lesson Plans: Week Four

Topic: Technical Turns Part 2

- Activity Two: Toe Turns
  - Players dribble the width of the field while executing toe turns.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.

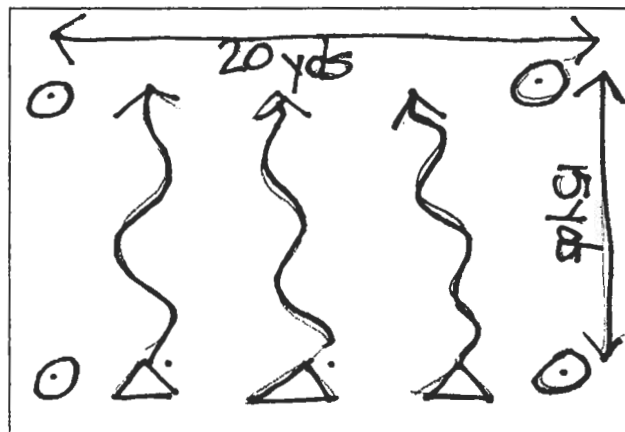




U5 Lesson Plans: Week Four

Topic: Technical Turns Part 2

- Activity Three: Cruyff
  - Players dribble the width of the field while executing Cruyff turns.
  - Coaching Points:
    - Encourage the players to do the turn correctly.
    - Encourage sharp changes in direction.





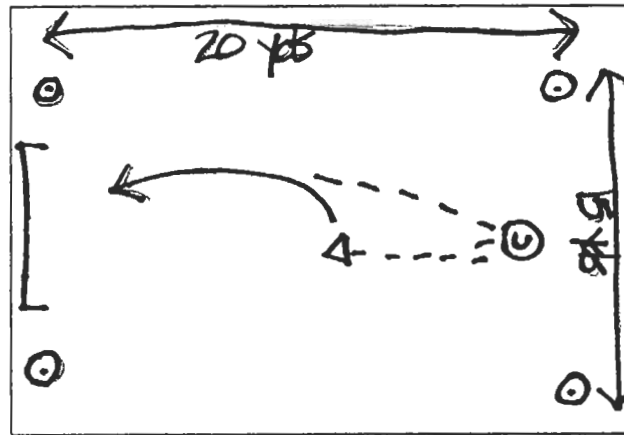
U5 Lesson Plans Week Five  
Passing - Part 1



U5 Lesson Plans: Week Five

Topic: Passing Part 1

- Activity One: Inside Foot Passing
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the inside surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.

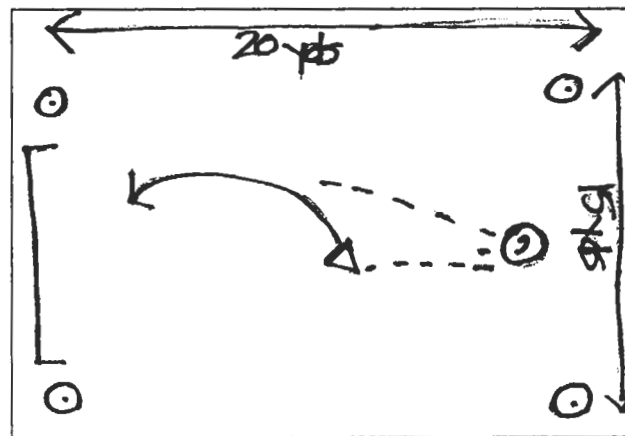




U5 Lesson Plans: Week Five

Topic: Passing Part 1

- Activity Two: Outside Foot Passing
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the outside surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.

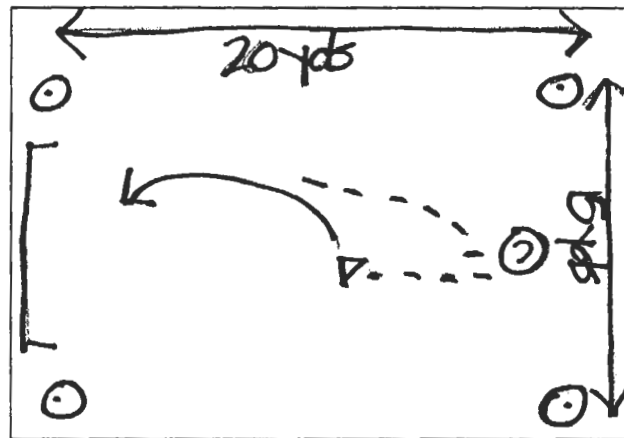




U5 Lesson Plans: Week Five

Topic: Passing Part 1

- Activity Three: Instep Passing
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the instep surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.





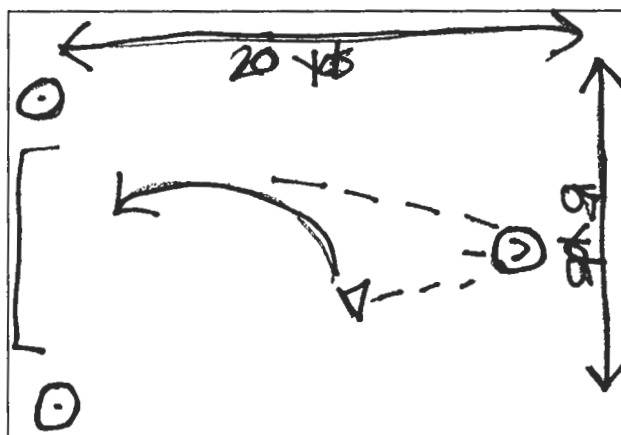
U5 Lesson Plans Week Six  
Passing - Part 2



U5 Lesson Plans: Week Six

Topic: Passing Part 2

- Activity One: Inside Foot Passing Review
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the inside surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.

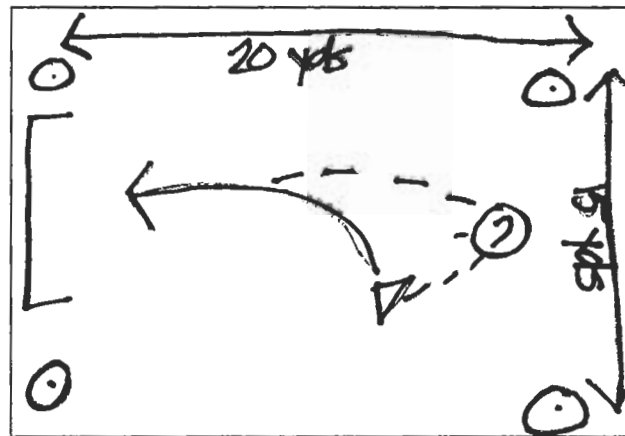




U5 Lesson Plans: Week Six

Topic: Passing Part 2

- Activity Two: Outside Foot Passing Review
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the outside surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.

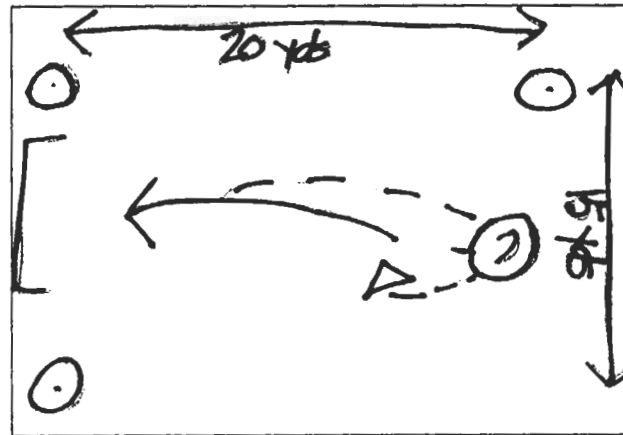




U5 Lesson Plans: Week Six

Topic: Passing Part 2

- Activity Three: Instep Passing Review
  - Players pass to their coach who then passes the ball back. Players then turn and dribble to goal.
  - Coaching Points:
    - Encourage the players to use the instep surface of the foot.
    - Encourage players to use their plant foot to help with accuracy.





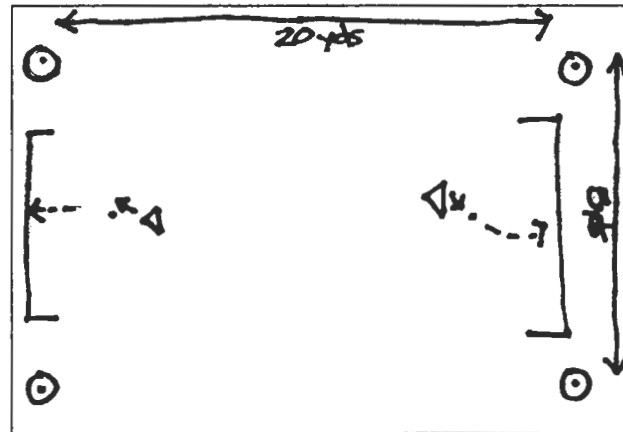
U5 Lesson Plans Week Seven  
Technical Shooting



U5 Lesson Plans: Week Seven

Topic: Technical Shooting

- Activity One: Instep Shooting
  - Players step up to about 5yds from goal and strike a still ball. As drill progresses, back players further from goal.
    - Coaching Points:
      - Encourage the players to use the instep surface of the foot.
      - Encourage players to use their plant foot to help with accuracy.

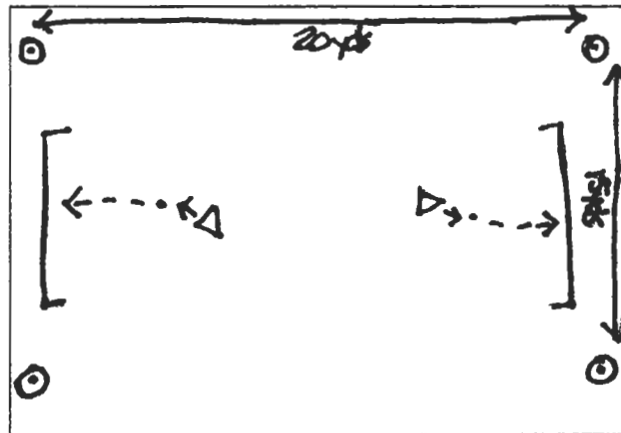




## U5 Lesson Plans: Week Seven

## Topic: Technical Shooting

- Activity Two: Placement Shooting
  - Players step up to about 5yds from goal and strike a still ball. As drill progresses, back players further from goal.
    - Coaching Points:
      - Encourage the players to use the inside surface of the foot.
      - Encourage players to use their plant foot to help with accuracy.
      - Encourage players to aim for the corners of the goal.

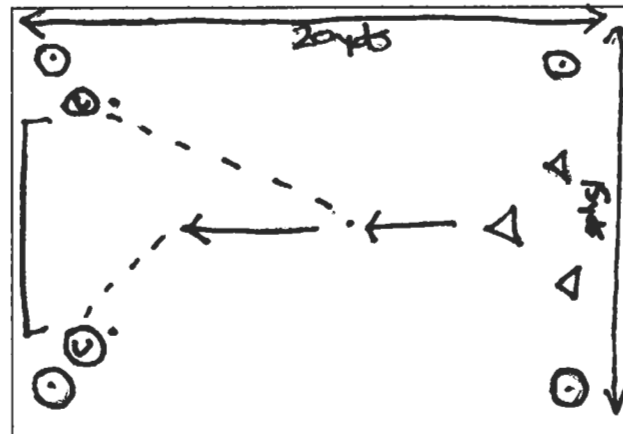




U5 Lesson Plans: Week Seven

Topic: Technical Shooting

- **Activity Three: Power & Finesse**
  - Players run towards goal and coach passes out one ball that the player strikes towards goal using his instep. After his strike, player continues towards goal and coach plays out a second ball which the player strikes with a placement shot.
    - **Coaching Points:**
      - Encourage players to use their plant foot to help with accuracy.
      - Encourage players to aim for the corners of the goal.
      - Coaches play second ball closer to goal.





U5 Lesson Plans Week Eight  
Open Play



U5 Lesson Plans: Week Eight

Topic: Technical Open Play

- Activity: Play Game
  - Encourage players to use the things they have learned this season.
  - Review dribbling, turns, passing, and shooting skills at every opportunity.
  - Let the kids have fun. They've worked hard.

