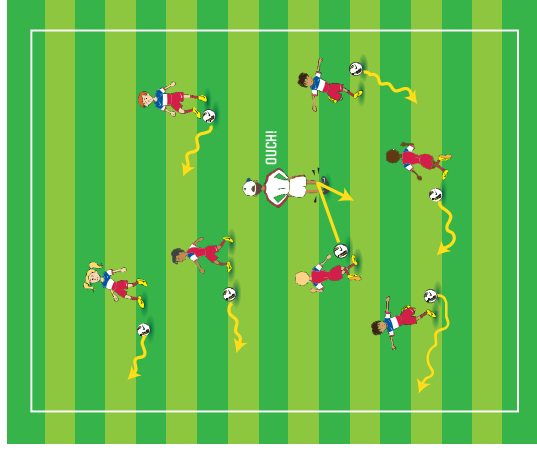


# F LICENSE (5-6 YEAR OLDS) – WEEK 5



## TRAINING OBJECTIVES: STRIKING THE BALL TO SCORE

- To improve striking the ball.
- To continue to work on dribbling with the head up and striking the ball.

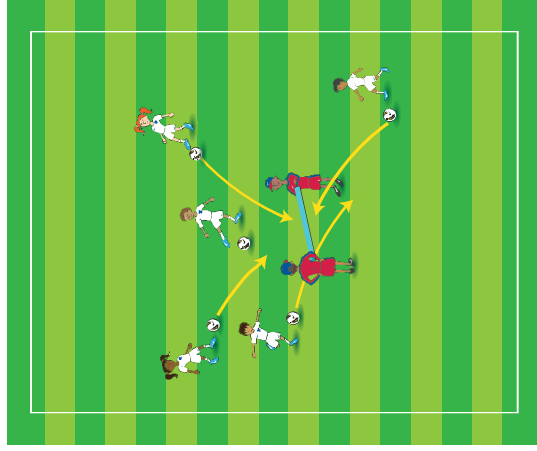


### I. Warm-up: “Ouch”

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players dribble their own soccer ball and try to hit the coach below the knee. When coach gets hit, they yell “ouch.” Include parents or assistant coaches for other rounds.

**Coaching Points / Key Concepts:** Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

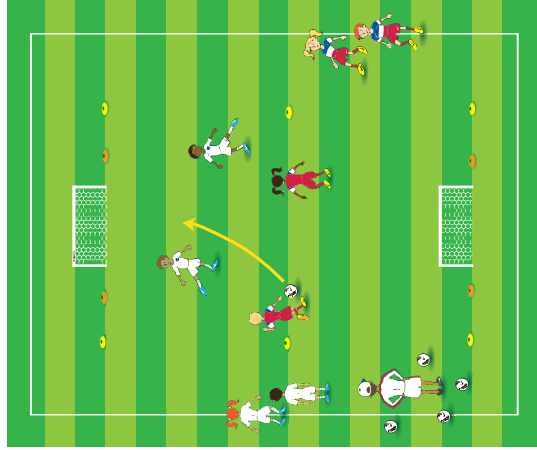


### II. Main Part: Moving Goal

**ACTIVITY INTENSITY:** Medium  
**ACTIVITY TIME:** 1 minute  
**DURATION:** 12 minutes  
**REPETITIONS:** 6  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Coach and Assistant (Parent) hold a pool noodle or tie bibs together. Players are instructed to dribble their soccer ball and try to score on the “Moving Goal!” Coaches lower the goal to encourage shooting lower.

**Coaching Points / Key Concepts:** Dribbling with the head up. What part of the foot can they use to score a goal?



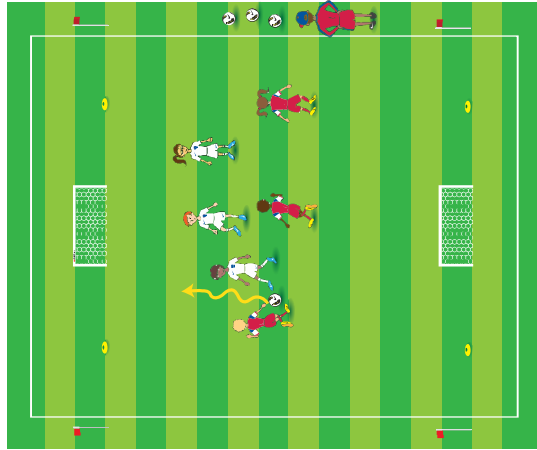
### III. Main Part: Expanded Activity (2v2 / 3v3 Get out of here!)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells “Get outta here” and the players on the field run off. A new pair runs on and plays against another. Note: Make the field smaller so the ball goes out of bounds and the players aren’t waiting too long in line.

### Coaching Points / Key Concepts:

What part of the foot do you use to score? What if you can’t shoot? Then what? (pass the ball to a teammate)



### IV. Game: 3v3

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

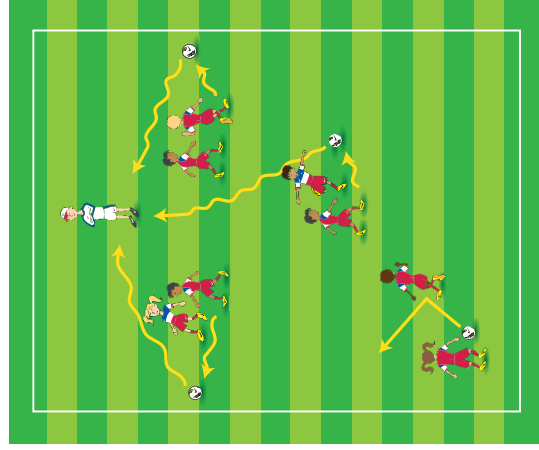
**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals. Make a goal worth a million points!  
**Coaching Points / Key Concepts:** Play and enjoy!

## F LICENSE (5-6 YEAR OLDS) – WEEK 6



### TRAINING OBJECTIVES: PUSH PASS

- To improve passing the ball. Specifically the push pass with the inside, instep or outside of the foot.
- To introduce how to work with a teammate.

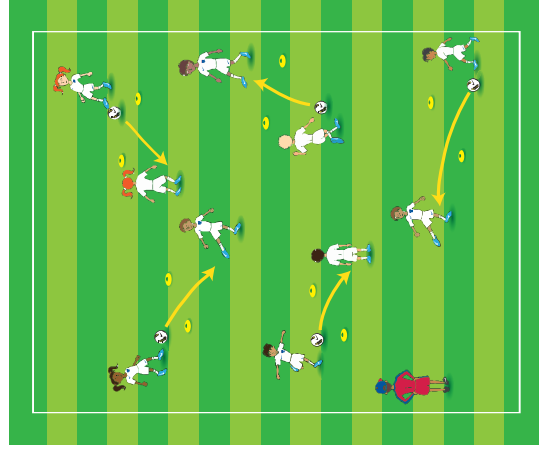


#### I. Warm-up: “Back to Coach - Pairs”

**ACTIVITY INTENSITY:** Low-Medium  
**ACTIVITY TIME:** 1-2 minutes  
**DURATION:** 8 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Players are in pairs. Coach tosses ball and each pair brings the ball back to the coach by passing it back to each other. A) Get it back to coach B) make a specific amount of passes. C) Coach walks away. Now can they find the coach?

**Coaching Points / Key Concepts:** Dribbling with the head up. Striking the ball with the biggest part of the foot, which is the inside.

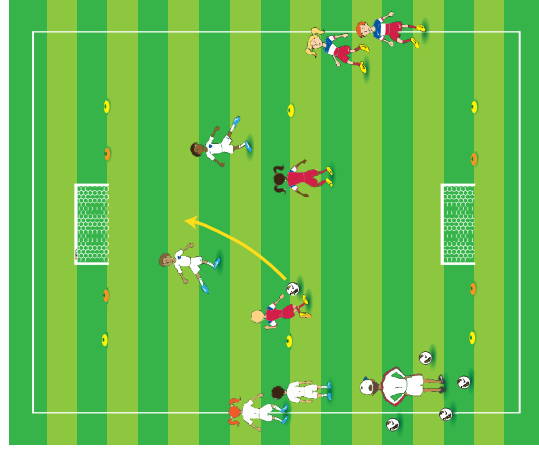


#### II. Main Part: Gates

**ACTIVITY INTENSITY:** Medium  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Each pair has a ball. Make small gates. Progression: A) Players pass ball back and forth through gate. See how many they can get in 20 seconds. B) Pass through gate and go to a new one. C) Pass through gate two times then go to a new one. D) Coach and assistants walk around and block a gate.

**Coaching Points / Key Concepts:** Push pass. What part of the foot do you use to pass the ball? (Inside, instep, or outside). Note: For this age, using the outside of the foot is very challenging. Challenge players based on their abilities.

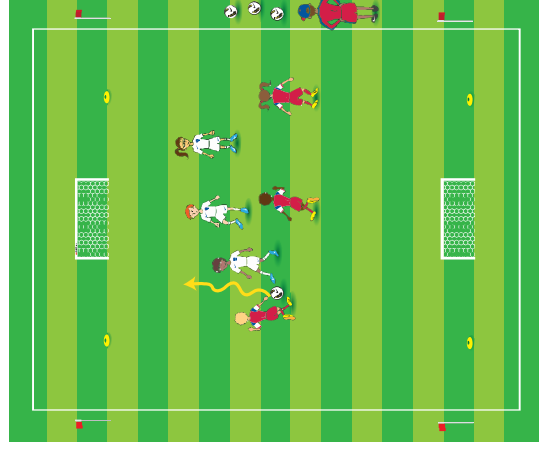


#### III. Main Part: Expanded Activity (2v2 Get out of here!)

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 2 minutes  
**DURATION:** 12 minutes  
**REPETITIONS:** 4  
**RECOVERY TIME:** 1 minute

**Organization (Physical Environment / Equipment / Players):** Bring two teams together. Play 2v2 to goals. When the ball goes out of bounds, the coach yells “Get outta here” and the players on the field run off. A new pair runs on and plays against another. Note: Make the field smaller so the ball goes out of bounds and the players aren’t waiting too long in line.

**Coaching Points / Key Concepts:** What part of the foot do you use to score? What if you can’t shoot? Then what? (pass the ball to a teammate)



#### IV. Game: 3v3

**ACTIVITY INTENSITY:** Medium-High  
**ACTIVITY TIME:** 3 minutes  
**DURATION:** 10 minutes  
**REPETITIONS:** 2  
**RECOVERY TIME:** 2 minutes

**Organization (Physical Environment / Equipment / Players):** Play small-sided game to goals.

**Coaching Points / Key Concepts:** Play and enjoy!