



MUFC STP



Sam's Training Program
Samantha Hall
Girl Scout Gold Award Project 2014

**"Coming together is the beginning
Staying together is progress
Working together is success
MUFC-United We Are!"**

STP (Sam's Training Program)

Welcome to MUFC's Training Program. I created this program for my Girl Scout Gold Award as a guide to follow for training the recreational players in Mechanicsville United's soccer club. This program is geared towards the 3-9 year old range and provides an eight week training guide to follow for a season.



Table of Contents

- ❖ Equipment needed
- ❖ Game Information
- ❖ Field dimensions
- ❖ Warm up/Stretches
- ❖ Week 1 training
- ❖ Week 2 training
- ❖ Week 3 training
- ❖ Week 4 training
- ❖ Week 5 training
- ❖ Week 6 training
- ❖ Week 7 training
- ❖ Week 8 training
- ❖ Suggested games



Equipment needed

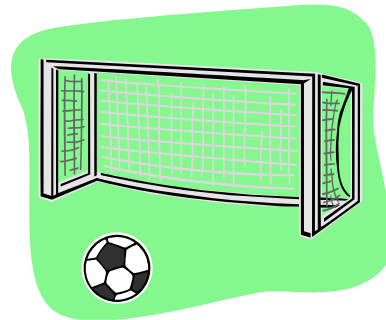
- Ball size 3 (3-5 yrs old)
- Ball size 4 (6-9 yrs old)
- Training Cones
- Pinnies
- Goals (size: 4*6)
- Corner flags



Dick's Sporting Goods is currently a club sponsor & may provide some equipment

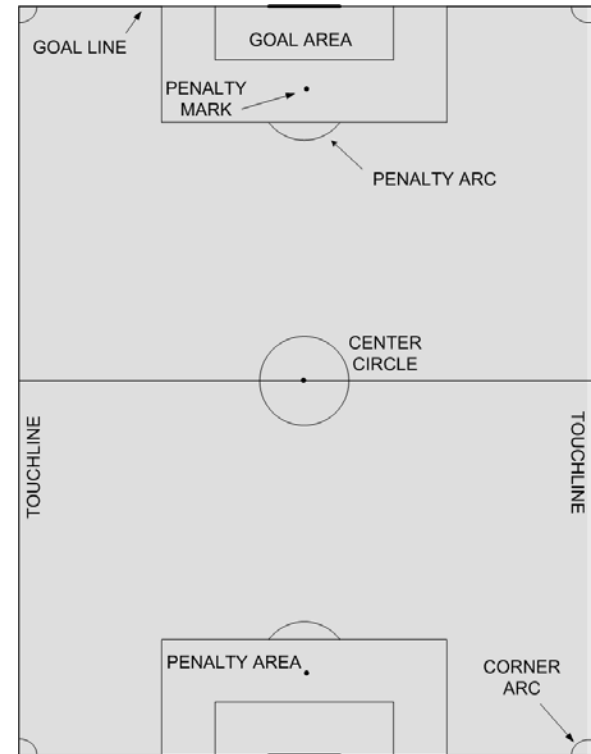
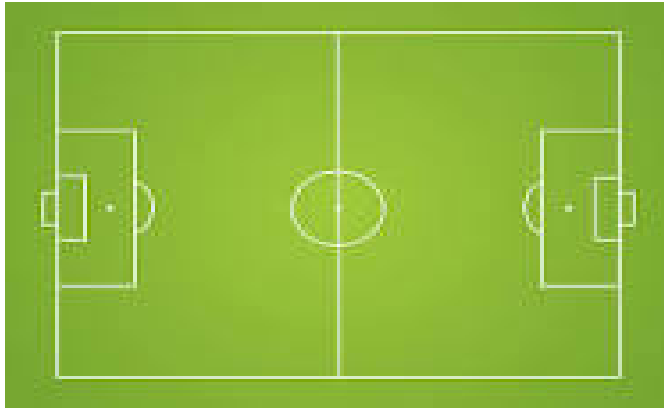
Game Information

- Games begin on Saturday at 9am
- U3-U5 are usually 3v3 depending on team size
- U3-U5 games can be four 6 min. quarters
- U6-U9 are usually 4v4 or 5v5 depending on team size
- U6-U9 games can be four 12 min. quarters



Field Dimensions

- Small field: width 75'
length 90'
- Large field: width 90'
length 120'



Warm up/Stretches

Warm the kids up before every practice and game to ensure their muscles are loose.

Suggestions:

- Jog a lap around the field
- Jumping jacks
- Stretches



Week 1 Training - Ball Control

The object for week one is to learn the basics of ball control, how to kick the ball and comfortable touches on the ball.

Drills: Toe touches on the ball

Have them touch the ball back and forth between their own feet (bells)

Have them learn to kick the ball with the laces and side of foot

They may even kick back and forth with a partner



Week 2 Training - Dribbling

The object for week 2 is learning to dribble while keeping the ball close. You may teach them the concept of changing speed by teaching them to sprint.

Drills: Make a square with cones. Have them take a ball and dribble in the square while you explain to them how to keep the ball as close as possible.

- Make a straight line of cones and have them dribble in and out. Increase the speed each time.
- Make the cones snake style and have them dribble in and out.



Week 3 Training - Trapping

The object for week 3 is to teach trapping concepts and how to stop the ball.

Drills: Show them how to stop the ball with the side of the foot

Show them how to stop the ball with the bottom of the foot (lightly stepping on the ball)

- Make 2 lines across from each other and have them pass the ball back and forth while focusing on stopping the ball



Week 4 Training - Passing/Movement

The object for week 4 is to train the players to move the ball around by passing.

Drills:

- Form 2 lines of players. Have them pass the ball back and forth while running down the field together.
- Set up cones along one side and have players with no balls stand near the cones. Have players lined up across from them and have them pass the ball while calling out their name. The player receiving the ball uses a trap to stop the ball and passes the ball back.



Week 5 Training – Shooting

- The object for week 5 is to learn how to strike the ball effectively.

Drills: First show them how to kick the ball and follow through

- Form one line and slowly roll the ball towards them and have them shoot
- Have the player dribble to a cone and shoot on goal



Week 6 Training – Positions

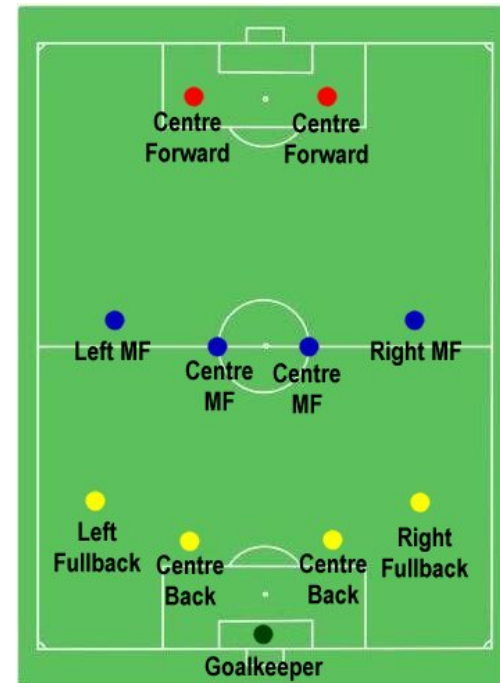
The object of week 6 is to learn the positions and where they are on the field.

Drills: Set up cones on the field as player positions and explain each position

- Call a player's name and position and have them go to the correct cone on the field (go through every player for every position)
- Play a scrimmage game while stopping to explain the area and duties of the positions during game play.

Offense – Forwards & Midfielders (MF)

Defense – Fullbacks & Backs



Week 7 Training – Rules of the Game

The object of week 7 is learning the rules of the game.

Drills: Use all of the previously learned drills and incorporate the rules. Use easy to follow rules for the younger ages.

- Teach out of bounds, throw ins, goal kicks, corner kicks, and penalty kicks to the older players
- Teach how to kick off and where to stand during kick off
- Show them what a goalie's job is and give everyone a chance to practice the position



*This week is very important because you must cover as much as possible about all of the rules.

Week 8 Training – Play the Game

This last week will combine all the skills learned. Choose some of their favorite drills to practice, quiz them on rules and positions and then have a parents versus kids game.



The basic idea is to teach the kids how to have fun while learning the game of soccer.

Suggested Games

- 🏈 Simon Says
- 🏈 Red Light/Green Light
- 🏈 Sharks and Minnows

