



U3

# Week by Week for Coaches

Refer to document: Coach Toolkit U3, U5, U7

You can find it in your email and there is a link on our website at

[www.devonsoccer.com](http://www.devonsoccer.com)

## SKILLS AND DRILLS

- Teams will stay on their assigned field each night
- Coach be prepared to set up and teach all 3 skills; however, you may only get through 1 or 2 of them each night.
- You will need to simplify these skills for this age level
- Each player needs to have a parent actively participating on the field
- Take water breaks as needed
- 30 mins per night

29-APR

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

Robina Baker 1

TEAM 1

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

Robina Baker 2

TEAM 2

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

Robina Baker 3

TEAM 3

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

Robina Baker 4

1-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

ROBINA BAKER 2

TEAM 2

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

ROBINA BAKER 3

TEAM 1

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

ROBINA BAKER 4

6-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 1

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

ROBINA BAKER 2

TEAM 3

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

ROBINA BAKER 3

TEAM 2

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

ROBINA BAKER 4

8-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 2

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

ROBINA BAKER 2

TEAM 3

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

ROBINA BAKER 3

TEAM 1

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

ROBINA BAKER 4

13-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 1

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

ROBINA BAKER 2

TEAM 2

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

ROBINA BAKER 3

TEAM 3

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

ROBINA BAKER 4

15-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

ROBINA BAKER 2

TEAM 1

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

ROBINA BAKER 3

TEAM 2

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

ROBINA BAKER 4



22-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

ROBINA BAKER 2

TEAM 2

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

ROBINA BAKER 3

TEAM 1

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

ROBINA BAKER 4

27-MAY

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 2

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

ROBINA BAKER 2

TEAM 3

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

ROBINA BAKER 3

TEAM 1

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

ROBINA BAKER 4

29-MAY

1  
9  
4  
9  
  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 1

PASSING

Truck & Trailer pg 30

Bowling pg 22

Shark Island pg 20

ROBINA BAKER 2

TEAM 2

PASSING

Truck & Trailer pg 30

Bowling pg 22

Shark Island pg 20

ROBINA BAKER 3

TEAM 3

PASSING

Truck & Trailer pg 30

Bowling pg 22

Shark Island pg 20

ROBINA BAKER 4

3-JUN

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

ROBINA BAKER 2

TEAM 1

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

ROBINA BAKER 3

TEAM 2

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

ROBINA BAKER 4

5-JUN

1  
9  
4  
9  
B  
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N  
G

ROBINA BAKER 1

TEAM 3

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

ROBINA BAKER 2

TEAM 2

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

ROBINA BAKER 3

TEAM 1

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

ROBINA BAKER 4

10-JUN

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 2

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

ROBINA BAKER 2

TEAM 3

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

ROBINA BAKER 3

TEAM 1

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

ROBINA BAKER 4

12-JUN

1  
9  
4  
9  
  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 1

PASSING

Through the Gate pg 32

Valley of Doom pg 43

Clean your room pg 23

ROBINA BAKER 2

TEAM 2

PASSING

Through the Gate pg 32

Valley of Doom pg 43

Clean your room pg 23

ROBINA BAKER 3

TEAM 3

PASSING

Through the Gate pg 32

Valley of Doom pg 43

Clean your room pg 23

ROBINA BAKER 4

17-JUN

1  
9  
4  
9  
  
B  
U  
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D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

ROBINA BAKER 2

TEAM 1

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

ROBINA BAKER 3

TEAM 2

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

ROBINA BAKER 4



19-JUN

1  
9  
4  
9  
B  
U  
I  
L  
D  
I  
N  
G

ROBINA BAKER 1

TEAM 3

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39

ROBINA BAKER 2

TEAM 2

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39

ROBINA BAKER 3

TEAM 1

CONTROL

To Your Corner pg 33

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Obstacle Course pg 39

ROBINA BAKER 4