

U5 SAMPLE LESSON PLANS

Session 1	<u>Monday (Dribbling)</u>		Session 2	<u>Wednesday (Passing)</u>
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Survivor pg 9		10 mins	Truck & Trailer Pg 30
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 3	<u>Monday (Shooting)</u>		Session 4	<u>Wednesday (Control)</u>
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Monkey in the middle pg 28		10 mins	Think Fast Pg 31
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 5	<u>No Soccer (Holiday)</u>		Session 6	<u>Wednesday (Passing)</u>
10 mins	Parts of the body Pg 35		10 mins	Clean your room pg 23
10 mins	Catch me if you can pg 12		10 mins	Valley of Doom Pg 43
10 mins	Timber Pg 49		10 mins	Through the Gate Pg 32
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 7	<u>Monday (Dribbling)</u>		Session 8	<u>Wednesday (Control)</u>
10 mins	Parts of the body Pg 35		10 mins	Obstacle Course Pg 39
10 mins	Catch me if you can pg 12		10 mins	Up and catch Pg 40
10 mins	Timber Pg 49		10 mins	To Your Corner Pg 33
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 9	<u>Monday (Dribbling)</u>		Session 10	<u>Wednesday (Passing)</u>
10 mins	Survivor pg 9		10 mins	Truck & Trailer Pg 30
10 mins	Troll pg 13		10 mins	Bowling pg 22
10 mins	Quicksand Pg 38		10 mins	Shark Island pg 20
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 11	<u>Monday (Shooting)</u>		Session 12	<u>Wednesday (Control)</u>
10 mins	Ground Ball pg 25		10 mins	Think Fast Pg 31
10 mins	Knock it off pg 27		10 mins	Control and Pass pg 18
10 mins	Through the gate pg 26		10 mins	Coach Says pg 16
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 13	<u>Monday (Dribbling)</u>		Session 14	<u>Wednesday (Passing)</u>
10 mins	Freeze Pg 36		10 mins	Through the Gate Pg 32
10 mins	Catch me if you can pg 12		10 mins	Valley of Doom Pg 43
10 mins	Parts of the body Pg 35		10 mins	Clean your room pg 23
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below
Session 15	<u>Monday (Shooting)</u>		Session 16	<u>Wednesday (Control)</u>
10 mins	Timber Pg 49		10 mins	To Your Corner Pg 33
10 mins	Wild West Shoot Out Pg 58		10 mins	Up and catch Pg 40
10 mins	Ground Ball pg 25		10 mins	Obstacle Course Pg 39
10 mins	Fun Game - See List Below		10 mins	Fun Game - See List Below

Refer to document U4, U6 ACTIVE START on DSA Website:

www.devonsoccer.com COACH AREA pull down tab.

These are just suggestions and can be modified/replaced. YouTube is a great resource. Just search for soccer drills by YouGotMojo for plenty more examples.

Fun Games

Refer to U3 - U5 Games & Activities Sheet AND/OR

Refer to U4 - U6 Activities on DSA Website:

www.devonsoccer.com COACH AREA pull down tab.

Choose a fun game to play like:

What Time is it Mr. Wolf?, Duck Duck Goose, Freeze Tag, Follow the Leader, Red Light/Green Light, Tunnel Ball etc.