U4 | WEEK 1: MEET THE BALL

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Soccer Ready + Free Dribble — 5 min

SETUP	Mark a 12x12-yard square. Give every player a ball and scatter them on different sides, all facing into open space.
SHOW IT	Stand beside a ball: show knees bent and feet ready, then take three soft touches with the inside and outside of one foot. Look up once, point to empty grass, and dribble there.
RUN IT	Players dribble anywhere without leaving the square. Call “freeze” every 30-45 seconds; players stop the ball with the sole, show soccer-ready posture, then move again.
COACH	Small touches in traffic; larger touch into open grass; avoid collisions by looking up.

ACTIVITY 1 - Red Light, Green Light — 7 min

SETUP	Make a 15x12-yard lane with a start line and finish line. Players line up shoulder-to-shoulder on the start line, each with a ball.
SHOW IT	Begin on the start line. On “green,” take several controlled touches; on “red,” place one sole on top of the ball and freeze. Show that the ball must stop before the player.
RUN IT	Coach stands at the finish and calls green/red. After everyone crosses, turn around and repeat. Add “yellow” for tiny slow touches; never eliminate a player.
COACH	Keep the ball within one step; bend the knee when stopping; look up between touches.

ACTIVITY 2 - Clean Your Room — 8 min

SETUP	Split a 16x12-yard rectangle into two equal “rooms” with cones. Divide players evenly; place the same number of balls in each half.
SHOW IT	Show a player crossing the middle line, kicking one ball into the other room, then immediately finding another ball. Demonstrate staying out of the other team’s half.
RUN IT	For 45-second rounds, players kick balls across the middle line. At time, everyone freezes; the room with fewer balls earns a point. Reset and play 3-4 rounds.
COACH	Use the inside of the foot for accuracy; plant beside the ball; find the next ball quickly.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.

U4 | WEEK 2: STOP & START

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Toe Taps + Ball Stops — 5 min

SETUP	Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines.
SHOW IT	Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed.
RUN IT	Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active.
COACH	Many soft touches; head up between touches; both feet; after the move, take a larger escape touch.

ACTIVITY 1 - Traffic Lights — 7 min

SETUP	Mark a 15x15-yard square. Every player starts inside with a ball; coach stands outside where all players can see.
SHOW IT	Show green as normal dribbling, yellow as tiny slow touches, red as sole stop, and a U-turn by pulling the ball back with the sole. Rehearse each signal once.
RUN IT	Call one signal every 10-15 seconds. Players perform it and keep moving. Finish with short rounds in which coach holds up colored cones instead of speaking.
COACH	Control before speed; use both feet; turn away from nearby players.

ACTIVITY 2 - Treasure Hunt — 8 min

SETUP	Create a 15x15-yard grid. Scatter 12-20 flat cones (“treasure”) inside. Put one empty hoop or cone square (“chest”) in each corner; one ball per player.
SHOW IT	Dribble to one treasure, stop the ball next to it, pick up only one cone, then dribble to any chest and drop it in. Show the ball stays with the player throughout.
RUN IT	Players collect one cone at a time until the middle is empty. Reset and challenge the group to beat its time without collisions.
COACH	Stop under control; look before changing direction; no carrying the ball.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.

U4 | WEEK 3: CHANGE DIRECTION

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Inside/Outside Touches — 5 min

SETUP	Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines.
SHOW IT	Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed.
RUN IT	Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active.
COACH	Many soft touches; head up between touches; both feet; after the move, take a larger escape touch.

ACTIVITY 1 - Cone Islands — 7 min

SETUP	Mark a 15x15-yard ocean. Place 5-7 two-cone islands inside, each about 2 yards wide. One ball per player.
SHOW IT	Dribble through the ocean. On “storm,” turn toward the nearest island, slow down, and stop the ball between its cones. Show how to leave toward open space.
RUN IT	Call storm every 20-30 seconds. Only two players may use an island; anyone arriving at a full island finds another. Restart with a different turn.
COACH	Look up early; turn with inside, outside or sole; accelerate away from the island.

ACTIVITY 2 - Sharks & Minnows — 8 min

SETUP	Make a 18x14-yard channel with safe end zones 2 yards deep. Minnows each have a ball on one end; one shark begins in the middle.
SHOW IT	Show a minnow taking touches across while shielding from the shark. Show the shark poking the ball out, not kicking the player.
RUN IT	On “swim,” minnows cross to the opposite safe zone. A ball knocked out is retrieved and the player becomes a shark next round. Keep all players involved until the final crossing.
COACH	Attack open space; place body between shark and ball; defender approaches under control.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.

U4 | WEEK 4: PROTECT THE BALL

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Ball Hugs + Sole Rolls — 5 min

SETUP	Mark a 12x12-yard square; one ball per player with at least two arm-lengths between players.
SHOW IT	Show a ball hug while kneeling, then stand and roll the ball side-to-side under alternating soles. Finish by rolling it forward and stopping it.
RUN IT	Players copy 20-second challenges: hugs, toe taps, side rolls and forward-back rolls. Between challenges they dribble freely.
COACH	Soft knees; balance over the standing leg; feel the ball rather than stamping on it.

ACTIVITY 1 - Killer Whale — 7 min

SETUP	Create a 15x15-yard ocean with four 3x3-yard corner safe zones. Every player except one whale has a ball.
SHOW IT	Show a dribbler keeping their body between whale and ball. Demonstrate the whale touching the ball away with the inside of the foot, then moving to another player.
RUN IT	Dribblers move throughout the ocean. Whale earns one point for each clean touch on a ball. Change whale every 45 seconds; safe zones may be used for only three seconds.
COACH	Turn away from pressure; arm out for balance; whale slows down before tackling.

ACTIVITY 2 - Safe Houses — 8 min

SETUP	Mark a 16x16-yard square and four 3x3-yard houses in the corners. One ball per player; begin outside the houses.
SHOW IT	Dribble into a house, stop with the sole, look up, then leave through a different side. Show that only two players may be in a house.
RUN IT	Coach calls a house color. Players travel there, stop, then leave for any other house. Add a gentle tagger for later rounds.
COACH	Check space before entering; shield while stopped; accelerate when leaving.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U4 | WEEK 5: KICK TOWARD A TARGET

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Dribble & Kick — 5 min

SETUP	Build four 12-yard lanes, each with a start cone and a 2-yard target gate at the far end. One player and ball per lane; extras wait safely behind.
SHOW IT	Take three dribbling touches, place the non-kicking foot beside the ball, point the toe up, and pass through the gate with the inside of the foot. Retrieve around the outside.
RUN IT	Players repeat through their own lane. After two minutes, switch the kicking foot. Award one team point for every ball that passes between the cones.
COACH	Look at target before the kick; ankle firm; follow through toward the gate.

ACTIVITY 1 - Knock Down the Castle — 7 min

SETUP	Place 6-10 tall cones in the center of a 15x15-yard square. Players with balls start outside a cone boundary 5-7 yards from the castles.
SHOW IT	From behind the boundary, show the plant foot beside the ball and strike with the inside of the foot to knock over one cone. Retrieve only after the coach says “collect.”
RUN IT	All players shoot together on “fire,” then freeze. Coach calls “collect,” players retrieve, rebuild cones, and repeat. Move the line closer if success is low.
COACH	Accuracy before power; toe up; eyes on the middle of the ball.

ACTIVITY 2 - Score on Coach — 8 min

SETUP	Set two 3-yard cone goals 12 yards apart. Players with balls wait beside one goal; coach stands as a passive goalkeeper in the other.
SHOW IT	Dribble toward goal, take a final touch slightly to the side, look at the open part of the goal, and pass the ball past the coach. Coach clearly moves slowly.
RUN IT	One player attacks at a time; after shooting, retrieve outside the field and join the opposite line. Coach varies position but allows frequent success.
COACH	Close control on approach; look up before shooting; kick toward space, not at the coach.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.

U4 | WEEK 6: CHASE & WIN IT

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Movement Tag — 5 min

SETUP	Mark a 12x12-yard square. No balls for the first two minutes; identify one tagger with a pinnie. Balls wait along one side.
SHOW IT	Show side-shuffle, forward run and change of direction without crossing feet. A tag is a gentle touch on the shoulder.
RUN IT	Play 20-second tag rounds, changing tagger each round. Then add balls for all non-taggers and repeat with controlled dribbling.
COACH	Stay balanced; look where moving; change direction away from pressure.

ACTIVITY 1 - Ball Steal Game — 7 min

SETUP	Mark a 15x15-yard square. Half the players have balls and half begin without; spread everyone out.
SHOW IT	Show a player without a ball approaching slowly, poking it away, then taking control. The player who loses it immediately tries to win another ball.
RUN IT	Play 30-second rounds. Count how many players have a ball at the whistle, then redistribute and restart. No guarding a ball while standing still.
COACH	Get close before tackling; use inside of foot; protect with side-on body shape.

ACTIVITY 2 - 1v1 to an End Line — 8 min

SETUP	Make two 12x8-yard fields. Put a supply of balls at one end; attacker and defender begin side-by-side.
SHOW IT	Coach rolls a ball in. Show attacker reaching it, turning toward the far end and stopping it under control across the line; defender tries to win and score the opposite way.
RUN IT	Serve one pair at a time on each field. Play until a score or ball out, then the next pair enters. Switch starting sides halfway.
COACH	First touch into space; body between defender and ball; defender stays goal-side.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U4 | WEEK 7: FIND OPEN GRASS

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Free Dribble — 5 min

SETUP	Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines.
SHOW IT	Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed.
RUN IT	Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active.
COACH	Many soft touches; head up between touches; both feet; after the move, take a larger escape touch.

ACTIVITY 1 - Find a New Home — 7 min

SETUP	Create a 15x15-yard square with one 2-yard cone gate per player around the outside, minus one gate. Everyone dribbles inside.
SHOW IT	On “home,” show a player looking up, choosing an empty gate, dribbling through it and stopping outside. No player is eliminated if two choose the same gate.
RUN IT	After each call, remove or relocate one gate and immediately restart. Ask players to use a different home each round.
COACH	Scan before the call; choose open space; control the ball through the gate.

ACTIVITY 2 - Four-Goal Adventure — 8 min

SETUP	Place four 3-yard cone goals, one centered on each side of a 18x15-yard field. Form two teams of 2-3; spare balls with coach.
SHOW IT	Show that either team may score in any goal by dribbling through it under control. Demonstrate turning away when one goal is crowded and finding another.
RUN IT	Play 2v2 or 3v3. After a score, coach rolls in a new ball from the center. Rotate teams every 90 seconds.
COACH	Head up; attack an empty goal; spread away from teammates.

FINAL GAME - 2v2 Free Play — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.

U4 | WEEK 8: SOCCER FESTIVAL

30-MINUTE SESSION

AGE-GROUP PURPOSE

Imagination, coordination, confidence and comfort with the ball. Keep explanations under 20 seconds and eliminate lines.

PLAY / ARRIVAL - Favorite Ball Moves — 5 min

SETUP	Mark a 12x12-yard square, one ball per player. Place four colored cones outside as reference points.
SHOW IT	Demonstrate three known moves slowly: sole stop, inside cut and pull-back. For each, show plant foot, contact surface and the first touch away.
RUN IT	Players dribble; coach calls a move and color. Players perform the move then accelerate toward that colored side before returning.
COACH	Move first, then accelerate; use both feet; keep the ball close enough to recover.

ACTIVITY 1 - Skills Adventure Course — 7 min

SETUP	Build parallel courses: dribble through four cones 2 yards apart, cross a 3-yard “bridge,” turn around one cone, then pass through a 2-yard gate.
SHOW IT	Walk through without a ball, pointing to the route. Then demonstrate slowly with a ball and show players returning outside the course so they do not collide.
RUN IT	Start one player per course every four seconds. Complete the course continuously; change the final turn after several rounds.
COACH	Accuracy over speed; small touches at cones; look up before the pass.

ACTIVITY 2 - 1v1 Challenge — 8 min

SETUP	Create two 12x8-yard fields with a 2-yard gate at each end. Pair players by size; balls beside the coach at halfway.
SHOW IT	Roll in a ball and demonstrate both players reacting. The winner attacks either gate; the other becomes defender immediately. A controlled dribble through a gate scores.
RUN IT	Play for 20 seconds or until a score. New pair enters immediately. Rotate opponents after two turns.
COACH	React quickly; change direction if one gate closes; defend without diving in.

FINAL GAME - 2v2 Mini Games — 10 min

SETUP	Build a 18x12-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 2; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 2v2. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week’s theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask “Where do you start?” and “How do you score?”; then begin.