

CS Soccer 8 week program structure

First drill of each session a obstacle course is setup with the following equipment (Week 1 excluded)

- Hurdles
- Agility Ladder
- Passing Arches
- Goals
- Soccer Balls
- Cone Markers

Week 1

We start with basic soccer skills so the kids get comfortable with their surroundings and environment.

5min- Toe-Taps and Inside foot touches

Coach makes a circle with the kids putting 1 foot on the ball, once all kids have their foot on ball, the kids start tapping the ball with each foot, LEFT, RIGHT, LEFT, RIGHT, then they use the inside of their feet to knock it from left foot to the right foot, they alternate between

Toe-Taps and Inside foot touches

5min- Traffic Lights

This game involves 3 colours that resemble tasks they need to do for the drill, Coach will blow whistle then say a colour

Red- Kids place one foot on the ball and balance

Orange- Kids sit on the ball

Green- Kids dribble the soccer ball with their feet around the field until coach calls out next colour

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells “ FISHY FISHY in the sea. SHARKY SHARKY you can’t catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Shooting Practice

Kids lineup behind cone put down by the coach that will be just over a metre away from the goal. Kid puts their ball on the ground and kicks it into the goal with their preferred foot.

Coach puts cone further away every 2mins

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 2

10min- Obstacle course

- Hurdles
- Agility Ladder
- Passing Arches
 - Goals
- Soccer Balls
- Cone Markers

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells "FISHY FISHY in the sea. SHARKY SHARKY you can't catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Shooting Practice (with hurdles)

Kids lineup behind cone put down by the coach that will be just over 3 metres away from the goal. Kid holds their ball as they jump the hurdles, when at end of hurdles they put ball on the ground and kicks it into the goal with their preferred foot. Coach puts cone and hurdles further away every 2mins

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 3

10min- Obstacle course

- Hurdles
- Agility Ladder
- Passing Arches
- Goals
- Soccer Balls
- Cone Markers

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells “ FISHY FISHY in the sea. SHARKY SHARKY you can’t catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Take the eggs to the nest

All soccer balls start in one of the goals, kids need to take ball out with their feet and dribble to opposite goal and kick it in the goal, then kids run back and get another soccer ball and repeat.

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 4

10min- Obstacle course

- Hurdles
- Agility Ladder
- Passing Arches
 - Goals
- Soccer Balls
- Cone Markers

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells “FISHY FISHY in the sea. SHARKY SHARKY you can’t catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Shooting Practice (2 Goals to shoot in)

Kids line up behind cone put down by the coach that will be just over 6 metres away from the goals, balls are placed 1 meter away from each goal ball as they put ball they run to first ball and kick it into the goal with their preferred foot. Then runs to next ball and kicks it into the goal, Coach puts cone further away every 2mins.

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 5

Obstacle course- 10min

- Hurdles
- Agility Ladder
- Passing Arches
 - Goals
- Soccer Balls
- Cone Markers

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells “FISHY FISHY in the sea. SHARKY SHARKY you cant catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Stuck in the mud

This game each kid needs to dribble the ball around the designated area, Coach needs to try and win the ball with their feet off the kids then coach picks up the ball once the ball is won and places in kids hand, kid then spreads his legs open and yells out “IM STUCK IN THE MUD” the other kids that are not stuck, can free the kid stuck by passing the ball through the stuck kids legs. Coach wins if all kids get stuck in the mud.

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 6

Obstacle course- 10min

- Hurdles
- Agility Ladder
- Passing Arches
- Goals
- Soccer Balls
- Cone Markers

10min- Stuck in the mud

This game each kid needs to dribble the ball around the designated area, Coach needs to try and win the ball with their feet off the kids then coach picks up the ball once the ball is won and places in kids hand, kid then spreads his legs open and yells out "IM STUCK IN THE MUD" the other kids that are not stuck, can free the kid stuck by passing the ball through the stuck kids legs. Coach wins if all kids get stuck in the mud.

10min- Take the eggs to the nest

All soccer balls start in one of the goals, kids need to take ball out with their feet and dribble to opposite goal and kick it in the goal, then kids run back and get another soccer ball and repeat

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 7

Obstacle course- 10min

- Hurdles
- Agility Ladder
- Passing Arches
 - Goals
- Soccer Balls
- Cone Markers

10min- Fishy Fishy in the sea

This game involves each child having a ball and starting on the goal line with their foot on the ball. The coach is the shark and stands in the middle of the field and the kids are the fish, the coach yells “FISHY FISHY in the sea. SHARKY SHARKY you can’t catch me! The fish have to get to the other goal line before the coach gets the ball off them.

10min- Shooting Practice (with hurdles)

Kids line up behind cone put down by the coach that will be just over 3 metres away from the goal. Kid holds their ball as they jump the hurdles, when at end of hurdles they put ball on the ground and kicks it into the goal with their preferred foot. Coach puts cone and hurdles further away every 2mins

10min – Soccer Game

Kids get split evenly and have a 10min soccer game

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Week 8

Obstacle course- 10min

- Hurdles
- Agility Ladder
- Passing Arches
 - Goals
- Soccer Balls
- Cone Markers

20min – Soccer Game

Kids get split evenly and have a 20min soccer game

10min-Medal Presentation

Kids receive their medals