

Micros Lesson Plan

9:30-9:45 Field set up and chat with lead coach

9:45-9:55 **Warm-up “Skills on Demand”**

Coaches will need to introduce these a couple at a time and take time at the beginning to demonstrate

Micros Skill Curriculum:

Toe Taps (forwards & backwards)

Double Pull Back

Instep Turn

Fast/Slow Dribbling

Scissors

Inside Cuts

Step Over

10:00-10:30 **3 Stations** (8 minutes long with 2 minutes transition)

Station #1: King/Queen of the Court

Station #2: Shark Attack

Station #3: Shooting Bonanza

10:30-10:40 **Snack Break** (transition back to original coaches)

10:40-11:00 **Game Time**

Mini games consisting of 3 vs 3 (coach is on the field with the kids, assistants monitor kids on the side & make subbing changes). **NO GOALIES.** If the ball goes out of play, use your discretion, let them play as much as possible. Don't worry about teaching throw-ins or corner kicks, that comes later as does goal tending. Cheer & shake hands at end of the game.

Great Resource:

http://www.footy4kids.co.uk/soccer_drills_and_games_for_very_young_children.htm