



Wheaton Park District
Youth Soccer League
Seasonal Plan Pee Wee-3rd Grade



OBJECTIVE:

To teach players individual and team skills, rules, strategies, as well as reinforce basic tactical concepts to teach players to play effectively in a game.

INSTRUCTIONAL GOALS:

1. Players will be able to pass a soccer ball.
2. Players will be able to receive and control a soccer ball.
3. Players will be able to juggle a soccer ball using feet.
4. Players will be able to support teammates so their team can keep possession of the ball.
5. Players will be able to dribble under control and keep the ball close to the feet.
6. Players will be able to play as a goalkeeper and save ground shots and air balls.
7. Players will be able to distribute the ball when playing as a goalkeeper.
8. Players will be able to perform a throw-in.
9. Players will be able to shoot for a goal.
10. Players will demonstrate knowledge of soccer rules.
11. Players will demonstrate knowledge of individual defensive strategies.
12. Players will demonstrate knowledge of team defensive strategies.
13. Players will demonstrate knowledge of team offensive strategies.
14. Players will demonstrate knowledge of restarts: throw-ins, corner kicks, goal kicks, free kicks.
15. Players will demonstrate knowledge of the positional responsibilities of playing defense, midfield and offense.
16. Players will demonstrate the ability to play as a team and a system of play.



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SUBJECT MATTER

1. Teach players how to pass the ball
 - Inside of foot pass
 - Laces/instep pass
 - Outside of foot pass
2. Teach players how to receive and control the ball
 - With feet
 - With thigh
 - With chest
3. Teach players how to juggle the ball
4. Teach players how to support each other to keep possession of the ball
 - Support at the best angle
 - Support at the best distance
 - Support behind the ball
 - Support in front of the ball
5. Teach players how to dribble a ball
 - Using all foot surfaces
 - Changing direction
 - Shielding the ball from opponents
6. Teach players how to play as a goalkeeper
 - Saving ground balls
 - Save air balls
 - Basic diving techniques
 - Distribution with throws and kicks
7. Teach players the technique of throw-ins and strategies at throw-ins
 - Techniques
 - Creating space to receive a throw
 - Long throws
8. Teach players how to shoot
 - Using a low and accurate shot to the corners of the goal
 - Shooting angles
9. Teach players basic soccer rules
 - How to start a game
 - How to restart play after the ball goes out of bounds
 - How to score a goal
 - Understand fouls
10. Teach players how to play defense
 - Marking an offensive player
 - Defending as a team
11. Teach players basic offensive strategies
 - Moving to create space
 - Crossing ball from wings to goal mouth
 - Depth of attack
 - Spreading out the offense
12. Teach players basic offensive and defensive strategies at restarts.
 - Goal kicks
 - Corner kicks
 - Free kicks
 - Drop ball
13. Teach players how to play offensive, defensive and midfield positions
 - Offensive roles
 - Defensive roles
 - Midfield roles
 - Playing a system of play