



Wheaton Park District

Youth Soccer League

Seasonal Plan 4th-8th Grade



OBJECTIVE:

To teach players individual and team skills, rules, strategies, to develop personal skills for specific positions and increase tactical understanding to play effectively in a game.

INSTRUCTIONAL GOALS:

1. Players will be able to pass a soccer ball using the inside, outside and laces/instep kick in the air and on the ground.
2. Players will be able to disguise passes and select the appropriate passing technique to use in different game situations.
3. Players will be able to receive and control a ball, selecting the best method of control depending on the flight of the ball.
4. Players will be able to support each other at the correct angle, distance and location in offense and defense.
5. Players will be able to juggle a ball down to the ground and head high into the air.
6. Players will be able to dribble a soccer ball under control and demonstrate moves and fakes to dribble past opposing players.
7. Players will be able to play as goalkeeper and understand correct positioning, demonstrate knowledge of saving shots and distributing the ball.
8. Players will be able to shoot for goal when under pressure from opposing defensive players.
9. Players will be able to defend as individuals and combine together to defend as a team.
10. Players will be able to execute offensive strategies.
11. Players will demonstrate knowledge of offensive and defensive strategies at throw-ins, corner kicks, goal kicks and free kicks.
12. Players will demonstrate an understanding of the roles and responsibilities of playing defense, midfield and offense.
13. Players will demonstrate knowledge of soccer rules and procedures.



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WHEATON PARK DISTRICT
S U P P O R T S
CHARACTER
RESPECT
CITIZENSHIP responsibility
CARING trustworthiness
FAIRNESS
COUNTS!

SUBJECT MATTER

1. Teach players how to pass a ball and which techniques to select in different game situations.
 - using all foot surfaces
 - in the air and on the ground
 - using disguise
 - using one and two touch passing
2. Teach players how to receive and control.
 - using foot, thigh, chest
 - selecting the best surface to use according to flight of ball
 - selecting a wedge or cushion method according to flight of ball
3. Teach players how to support each other
 - in 3 v 1
 - in 2 v 1
 - in 5 v 2
 - in small-sided game
 - in full game
4. Teach players how to juggle a ball.
 - with feet and thigh
 - with feet, thigh and chest combinations
5. Teach players how to dribble past opposing players
 - dribbling moves and fakes
 - 1 v 1 dribbling
 - when to dribble and when not to dribble
 - shielding the ball
6. Teach players how to play as a goalkeeper
 - saving shots
 - diving
 - distribution
 - positioning
7. Teach players how to shoot for goal
 - shooting low and to the corners
 - good shooting angles
 - volley shots
 - when to shoot and when not to shoot
8. Teach players how to play defense
 - block, tackle
 - individual defense techniques
 - marking and covering
 - defensive roles of fullbacks and central defensive players
 - delay and depth
9. Teach players how to create space for each other and set up goal scoring opportunities in offensive play.
 - wall pass
 - overlap
 - diagonal run
 - crossing the ball
 - near and far post runs
10. Teach players how to play offense and defense at restarts.
 - corners
 - free kicks
 - goal kicks
 - throw-ins
11. Teach players systems of play and positional responsibilities
 - functions of defensive, midfield and offensive players
 - Playing defense with a sweeper back
 - midfield players playing both offense and defense
12. Teach player to understand rules of the game and sportsmanship
 - soccer rules and procedures
 - sportsmanship