

# U-5 Training Games

## WEEK 1

WEEK	Technique	Practice Theme/Key Words
1	Warm ups	Stretch and movement
1	Throw-in	Comfort ability with the ball
1	Stopping the Ball	Comfort ability with the ball
1	Dribbling	Change direction/movement
1	Passing & Shooting	Pure mechanics/static/moving
1	How to Start & Play Game Overview	Basics understanding of the U5 3v3 game
1	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 2

WEEK	Technique	Practice Theme/Key Words
2	Warm ups	Stretch and movement
2	Throw-in	Comfort ability with the ball
2	Stopping the Ball	Comfort ability with the ball
2	Dribbling	Change of direction and speed
2	Passing & Shooting	Pure mechanics/static/walking
2	Team Organization	Team selections
2	<b>GAME PLAY</b>	3v3 game play



# U-5 Training Games

## WEEK 3

WEEK	Technique	Practice Theme/Key Words
3	Warm ups	Stretch and movement
3	Passing	Pace/accuracy/targets
3	Ball Control	Pure mechanics/walk/run
3	Dribbling	Change of direction and speed
3	Passing & Shooting	Pace/accuracy/targets
3	Team Organization	Team selections
3	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 4

WEEK	Technique	Practice Theme/Key Words
4	Warm ups	Stretch and movement
4	Passing	Pace/accuracy/targets
4	Ball Control	Pure mechanics/walk/run
4	Dribbling	Direction and speed/basic moves
4	Passing & Shooting	Pure mechanics/static/walk/run
4	Team Organization	Team selections
4	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 5

WEEK	Technique	Practice Theme/Key Words
5	Warm ups	Stretch and movement
5	Passing	Pace/accuracy/jog/run/targets
5	Ball Control	Pure mechanics/run
5	Dribbling	Direction and speed/basic moves
5	Passing & Shooting	Pace/accuracy/static/run/movement
5	Team Organization	Team selections
5	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 6

WEEK	Technique	Practice Theme/Key Words
6	Warm ups	Stretch and movement
6	Passing	Pace/accuracy/jog/run/targets
6	Ball Control	Pure mechanics/walk/run
6	Dribbling	Direction and speed/basic moves
6	Passing & Shooting	Pure mechanics/static/walk/run
6	Team Organization	Team selections
6	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 7

WEEK	Technique	Practice Theme/Key Words
7	Passing	Pace/accuracy/jog/run/targets
7	Ball Control	Pure mechanics/walk/run
7	Dribbling	Direction and speed/basic moves
7	Passing & Shooting	Pace/accuracy/targets
7	Team Organization	Team selections
7	GAME PLAY	3v3 game play
7	Warm ups	Stretch and movement



# U-5 Training Games

## WEEK 8

WEEK	Technique	Practice Theme/Key Words
8	Warm ups	Stretch and movement
8	Passing	Pace/accuracy/targets
8	Ball Control	Pure mechanics/walk/run
8	Dribbling	Change of direction and speed
8	Passing & Shooting	Pace/accuracy/targets
8	Team Organization	Team selections
8	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 9

WEEK	Technique	Practice Theme/Key Words
9	Warm ups	Stretch and movement
9	Passing	Pace/accuracy/static/run/movement
9	Ball Control	Pure mechanics/run
9	Dribbling	Direction and speed/basic moves
9	Passing & Shooting	Pure mechanics/static/walk/run
9	Team Organization	Team selections
9	GAME PLAY	3v3 game play



# U-5 Training Games

## WEEK 10

WEEK	Technique	Practice Theme/Key Words
10	Warm ups	Stretch and movement
10	Passing	Pace/accuracy/jog/run/targets
10	Ball Control	Pure mechanics/run
10	Dribbling	Direction and speed/basic moves
10	Passing & Shooting	Pure mechanics/static/walk/run
10	Team Organization	Team selections
10	GAME PLAY	3v3 game play

