



Micro Soccer Coaches Manual

Faith Baptist Church

Season Practice Schedule

Practice One

10 minutes Ball Skills
10 minutes Through the Cones
5 minutes WATER
10 minutes Stop-Go-Turn
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Two

10 minutes Ball Skills
10 minutes Stop-Go-Turn
5 minutes WATER
10 minutes Pass & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Three

10 minutes Ball Skills
10 minutes Stop-Go-Turn
5 minutes WATER
10 minutes Throw-in & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Four

10 minutes Ball Skills
10 minutes Survivor
5 minutes WATER
10 minutes Throw-in & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Five

10 minutes Ball Skills
10 minutes Survivor
5 minutes WATER
10 minutes Corner kick & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Six

10 minutes Ball Skills
10 minutes Through the Cones
5 minutes WATER
10 minutes Pass & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes 1 V 1 V 1
15 minutes Scrimmage

Practice Seven

10 minutes Ball Skills
10 minutes Stop-Go-Turn
5 minutes WATER
10 minutes Throw-in & Shoot
10 minutes Corner kick & Shoot
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Eight

10 minutes Ball Skills
10 minutes Survivor
5 minutes WATER
10 minutes Corner kick & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes 1 V 1 V 1
15 minutes Scrimmage

Practice Nine

10 minutes Ball Skills
10 minutes Through the Cones
5 minutes WATER
10 minutes Pass & Shoot
10 minutes 1 V 1 V 1
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

Practice Ten

10 minutes Ball Skills
10 minutes Stop-Go-Turn
5 minutes WATER
10 minutes Throw-in & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes 1 V 1 V 1
15 minutes Scrimmage

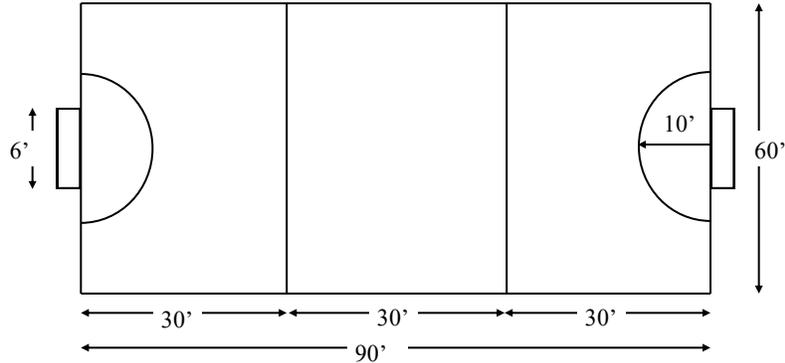
Practice Eleven

10 minutes Ball Skills
10 minutes Survivor
5 minutes WATER
10 minutes Pass & Shoot
10 minutes Roll & Catch
10 minutes WATER
10 minutes Numbers
15 minutes Scrimmage

The Rules of Micro Soccer

Field Dimension & Officiating

1. The field is 90' x 60'. The goals are 6' wide and 4' tall.



2. Games are officiated by the coaches.

Length of Match & Substitutions

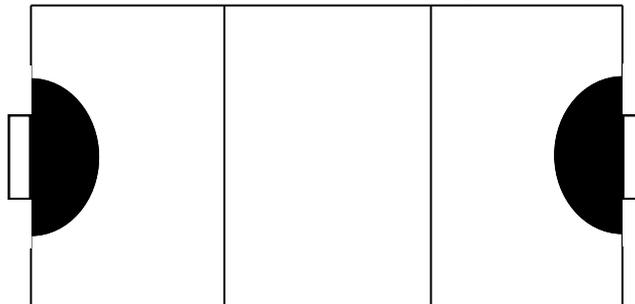
1. Each match will consist of six (6) periods. Each period will be five (5) minutes. Halftime will be after the third period.
2. Substitutions are made in between each period.
3. 4/5 Micro play 3v3, 6/7 Micro play 4v4.
4. Every player should play at least half of the match.

Scoring Goals

1. Goals can be scored from anywhere on the field.
2. Offensive players can enter the goalie arc, however when the goalie attempts to play the ball the offensive player must stop.
3. No goal can be scored directly from a goal kick, throw-in, or an indirect free kick. No penalty kicks in Micro Soccer

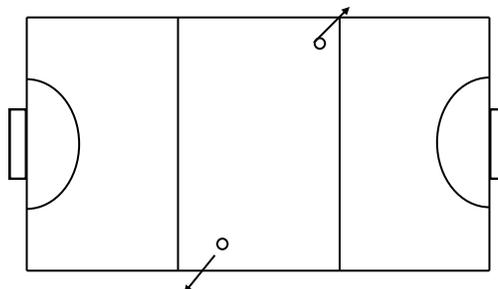
The Goalie

1. Each team has a goalie. Goalies are changed each period. All players should play goalie each match.
2. The goalie can use their hands in the shaded area in the diagram below.



Fouls & Restarts

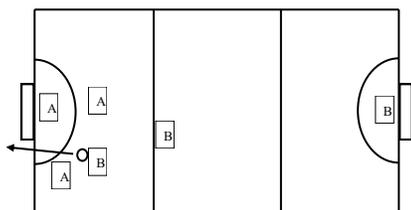
1. If a foul occurs during a throw-in, the coach should explain proper technique and the player should attempt the throw again.
2. All infringements — tripping, pushing, handling (touching the ball with hand) are punishable by an indirect free kick. The ball is placed at the spot of the foul. An indirect kick means the ball must be touched by two different players before a goal can be scored.
3. When the ball goes out of play, the game is restarted by one of the following ways:
 - A) Over the sidelines, with a throw-in.



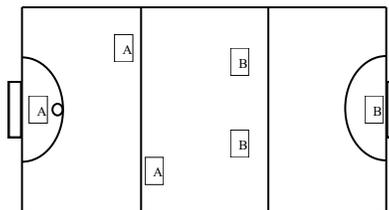
B) Over the end line

with a goal kick if attacking team last touched the ball

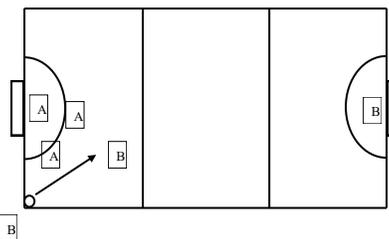
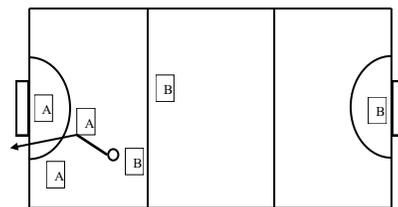
Goal kick is taken from anywhere in goalie area. Opposing team must be behind midfield.



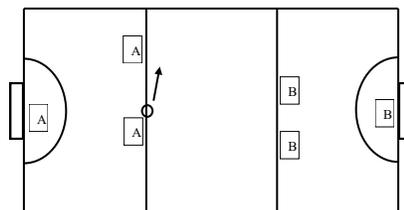
with a corner kick if defending team last touched the ball.



Corner kick is taken where the end line and sideline meet.



- C) After a goal is scored, restart on the team line that did not score. Opposing team must be on their own team line.



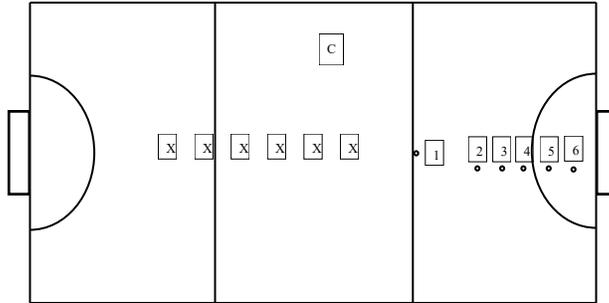
4. Opposing players must be at least five yards from the ball on free kicks, corner kicks and goal kicks.

Through the Cones

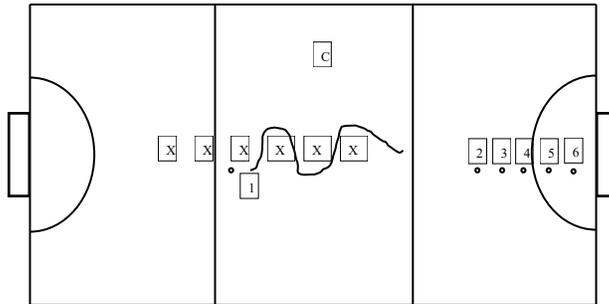
Objective: Teach the players to control and maneuver the ball.

Instruction:

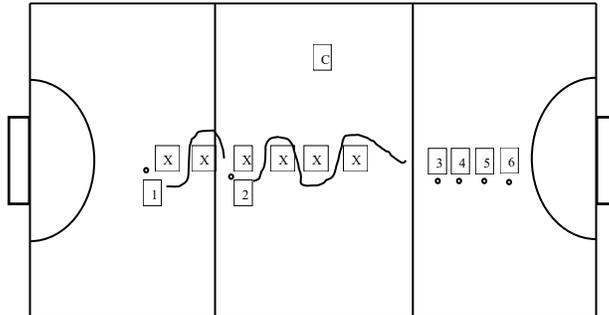
1. Set up cones in a straight line about three feet apart. Line players up at one end with a ball.



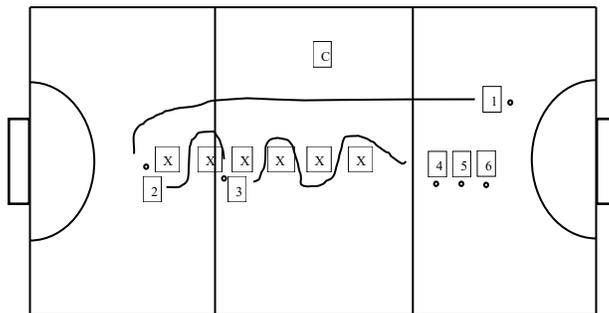
2. Send one player through the cones at a time.



3. After the first player is halfway, send the next player through the cones.



4. When player reaches the last cone, send them back to the end of the line as fast as they can.



5. After players get the hang of this, set up two lines of cones, divide team in half, and hold races.

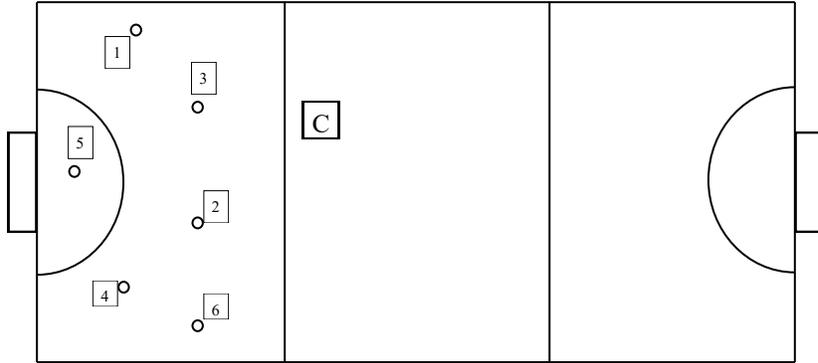
Stop—Go—Turn

Objective: Teach the players to maneuver with the ball in a crowd.

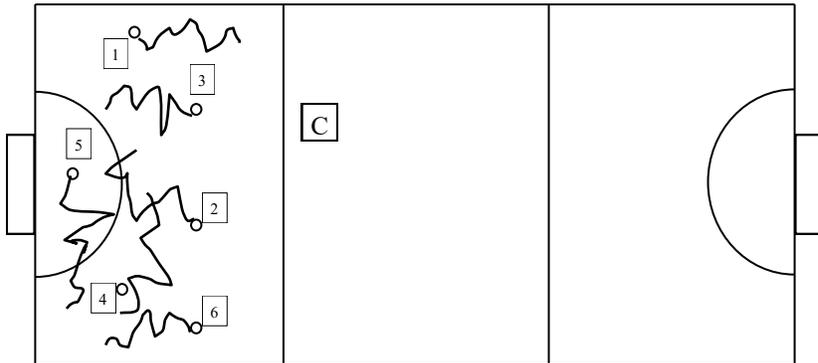
Teach the players to change direction with the ball.

Instruction:

1. Have all the players assemble between the end line and the team line. Each player needs a ball.



2. The coach begins the drill by calling out “GO”. The players begin dribbling.



3. When the coach calls out “TURN”, the players are to change the direction they are dribbling.
4. When the coach calls out “STOP”, the players are to sole check the ball. (Sole check means to stop the ball by placing the sole of the foot on top of the ball.)
5. The coach continues calling out instructions to the players allowing time between instructions for the players to react.

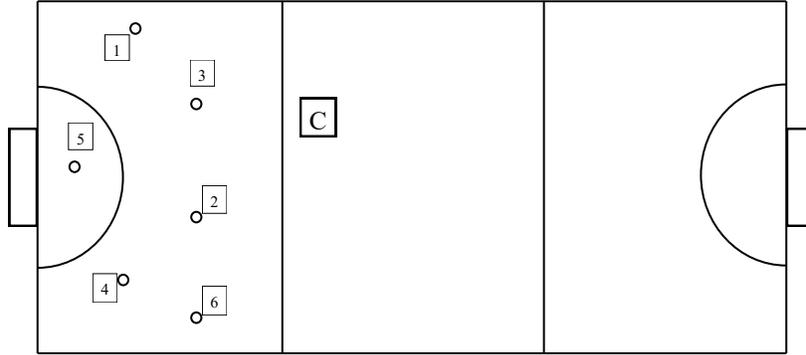
Survivor

Objective: Teach the players to maneuver with the ball in a crowd with pressure.

Teach the players to change direction with the ball with pressure.

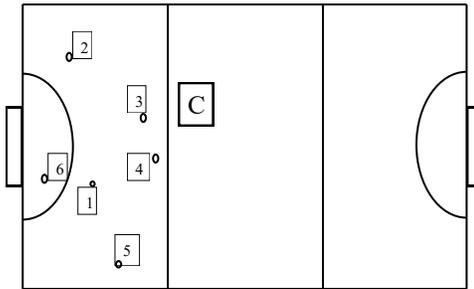
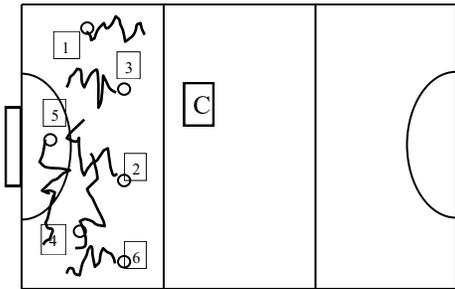
Instruction:

1. Have all the players assemble between the end line and the team line. Each player needs a ball.

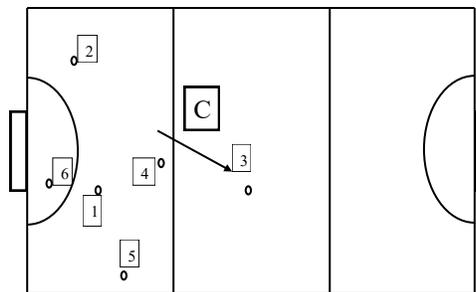


2. The coach begins the game by calling out "Go". The players dribble around.

As players approach each other (as in the case of #4 and #3) they try to kick each other's ball out of bounds.



3. When a player's ball is kicked out of bounds, that player is out of the game. Any player that is out of the game should sit down until the next game begins. The remaining players continue to play.



4. The game is over when there is only one player left in bounds or when the trainer calls time limit. (Sometimes the games could go on for a longer period of time, to keep game moving and keep players involved, during the game, either, continually reduce the size of the playing field or start counting down from 10 and then declare a winner or a tie.)

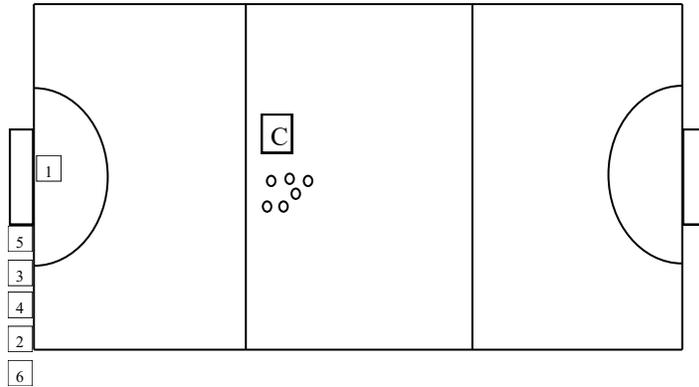
Roll & Catch (Goalie drill)

Objective: Teach the players to catch rolling balls.

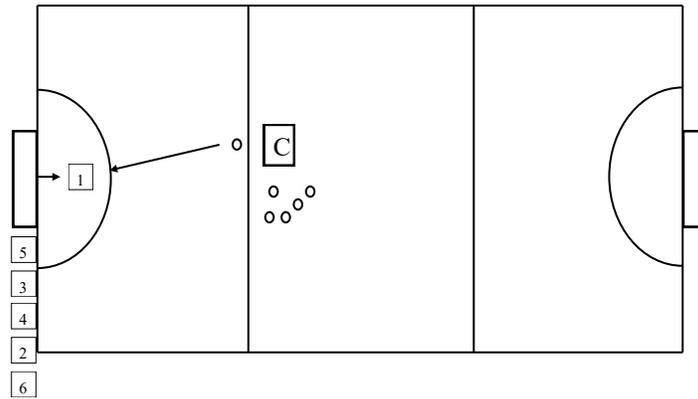
Teach the players to be aggressive to the ball.

Instruction:

1. Place the players into a line with one player in front of the goal. The coach needs to be positioned outside the team line with the soccer balls.

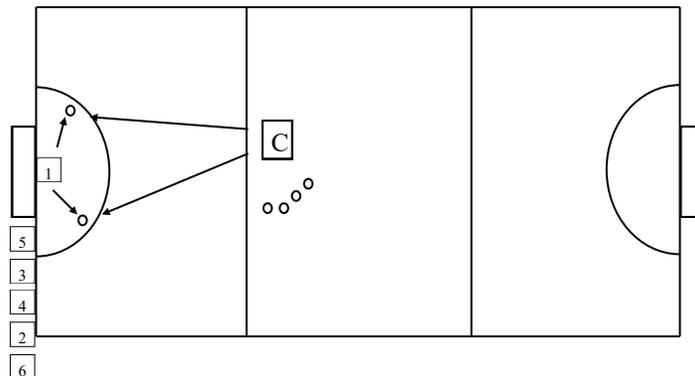


2. The coach rolls a ball toward the goalie encouraging the player to come to the ball to pick it up.



3. After the player has picked up the ball, have them throw it back to the coach and return to the line.

4. Once players come out and pick up the ball with relative ease, roll the ball in different directions or roll the balls faster.



Throw-in & Shoot

Objective: Teach players correct technique for throw-in.

Teach the players to make a run toward the goal to get open.

Teach the players to trap, dribble, and shoot.

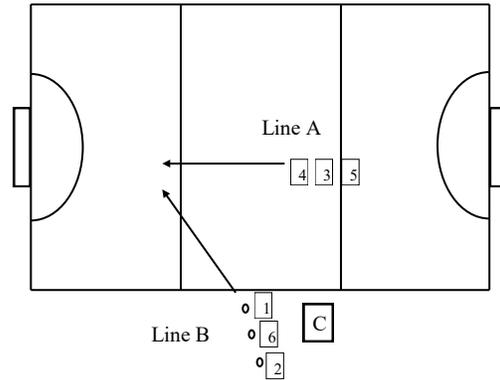
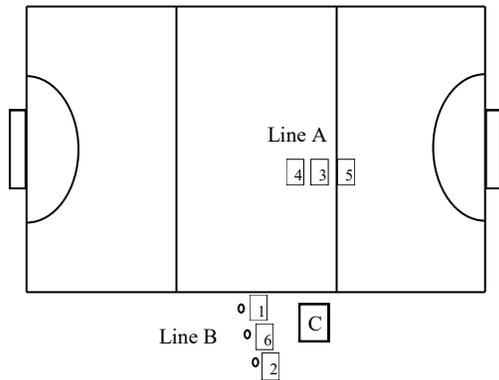
Throw-ins

1. Ball **MUST** go directly over the head
2. Both hands must remain on the ball
3. Both feet must be on the ground (not necessarily flat; it is permissible to drag the toe of the trailing foot)
4. As soon as ball is released, player should get back onto the field

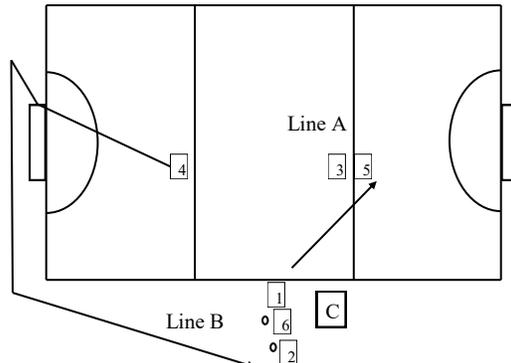
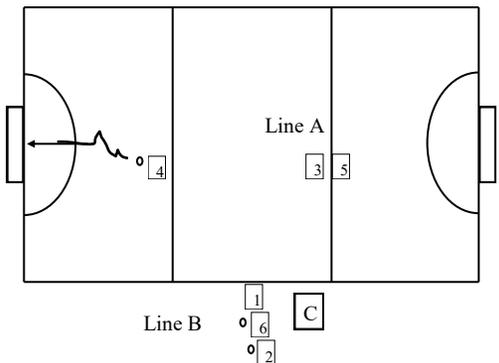
You can also search “teaching soccer throw in” on YouTube for countless video tutorials

Instruction:

1. Place the players into two lines. The players in line B (standing out of bounds) will hold the ball in their hands.
2. When the player in line A begins to run, the player in line B will throw the ball in front of the runner.



3. When the attacker receives the ball, the player is to dribble a couple of steps then shoot.
4. After the player shoots, they are to retrieve their own ball go to the end of line line B. The passer goes to the end of line A.



Corner kick & Shoot

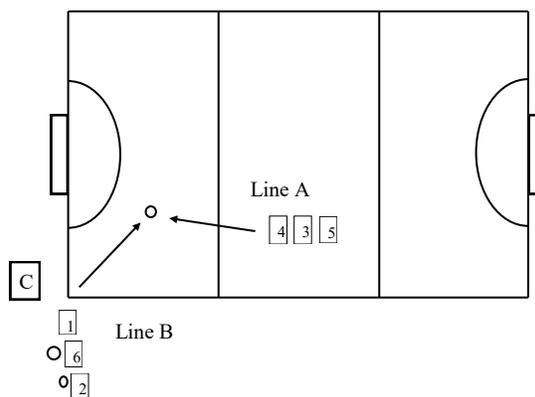
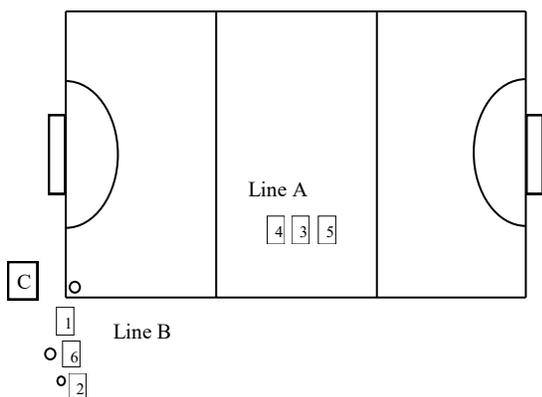
Objective: Teach the players to inbound the ball by way of a corner kick.

Teach the players to make a run toward the goal to get open.

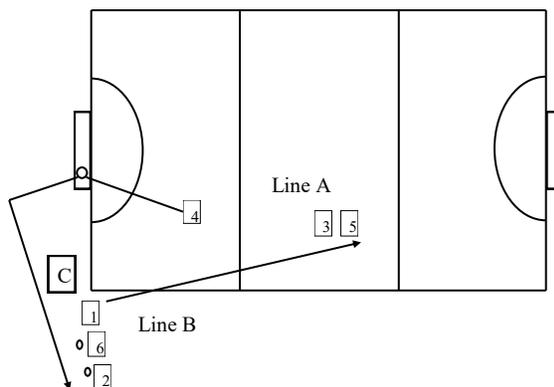
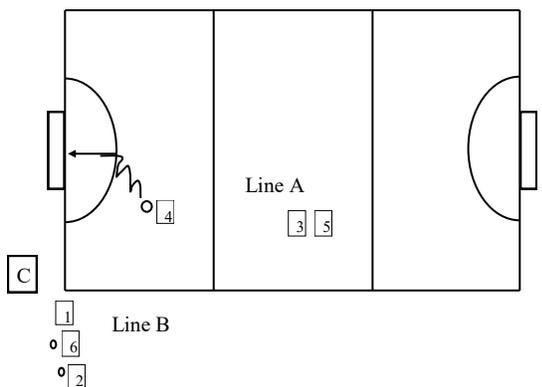
Teach the players to trap, dribble, and shoot.

Instruction:

1. Place the players into two lines. The players in line B (standing out of bounds) will place the ball in the corner of the field.
2. When the player in line A begins to run, the player in line B will pass the ball in front of the runner.



3. When the attacker receives the ball, the player is to dribble a couple of steps then shoot.
4. After the player shoots, they are to retrieve their own ball go to the end of line line B. The passer goes to the end of line A.



5. To increase the difficulty for the players have another player or parent play goalie.

* To begin the first couple of times the coach can pass the ball and have all players in Line A.

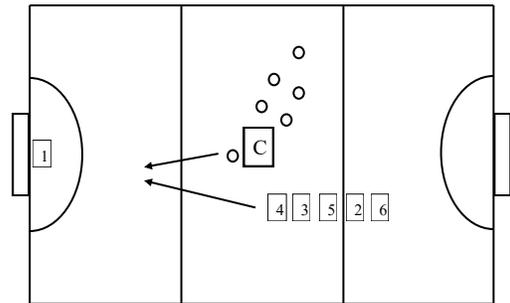
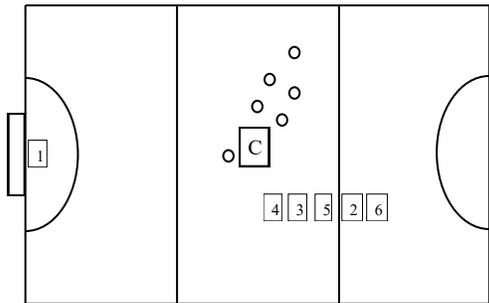
Pass & Shoot

Objective: Teach the players to make a run toward the goal to get open.

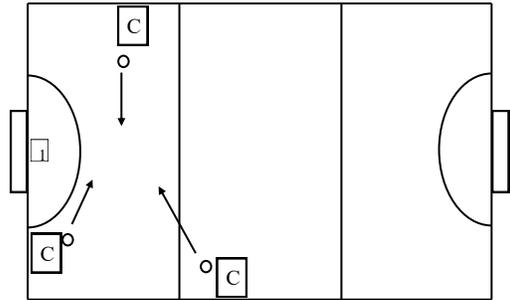
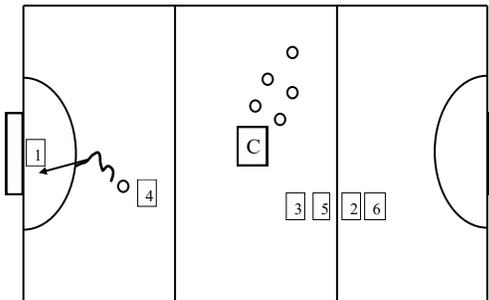
Teach the players to trap, dribble, and shoot.

Instruction:

1. Place the players into one line. The coach needs to be positioned to make a pass. Place all the balls beside the coach. One player needs to be the goalie.
2. The coach is to pass a ball. The attacker runs onto the ball.



3. When the attacker receives the ball, the player is to dribble a couple of steps then shoot. After shooting, the attacker returns to the end of the line.
4. The coach should set up at different spots allowing the players to shoot balls coming at different angles.



5. The ball moves in three directions: away from the player, towards the player and across the player. All three directions should be practiced. Encourage players to use their left foot as well as their right foot.

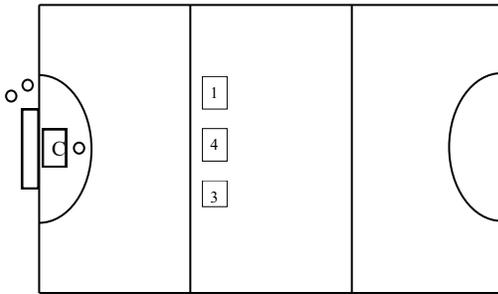
I V I V I

Objective: Teach the players to be aggressive toward a loose ball.

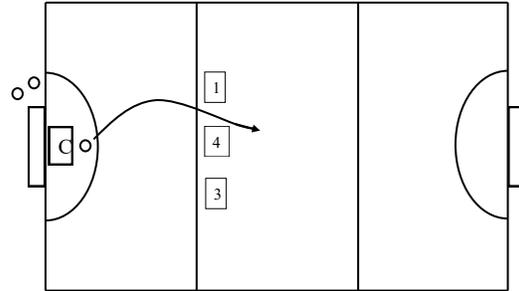
Teach the players to win balls, maneuver, and shoot in a crowd with pressure.

Instruction:

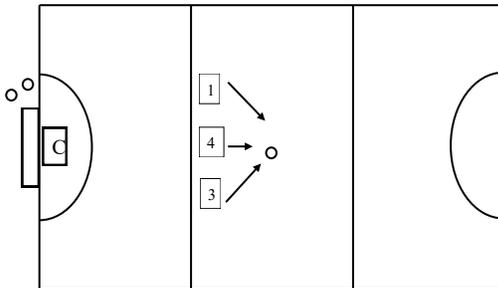
1. Have three players assemble in front of the goal just outside the team line. The coach will play goalie.



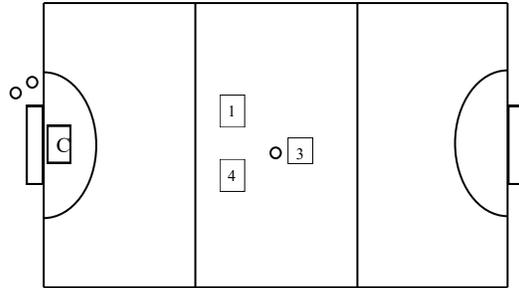
2. The coach will begin play by tossing or rolling a ball out. The ball should be played differently each time (over the head, to the side, or in front of the players).



3. Once the ball leaves the coach's hand the players are to move to get the ball.



4. The players that do not get the ball play defense on the one that does have it.



5. The player with the ball tries to score. If one of the defenders gets the ball then that player tries to score. Play stops if there is a goal scored or the ball goes out of bounds.
6. To make this a game, either play to a certain number of goals, or play for a time limit with the player scoring the most goals the winner.
7. To involve all the players, have another parent run the same game on the other end of the field.

Numbers

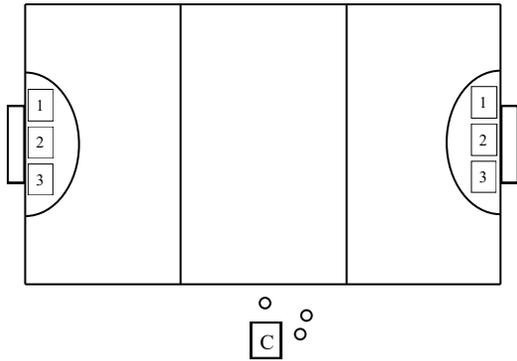
Objective: Teach the players aggression to the ball.

Teach the players individual offense.

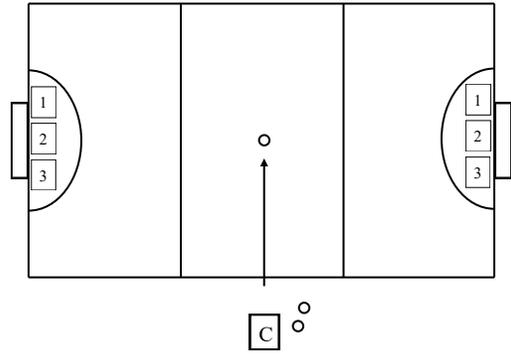
Teach the players individual defense.

Instruction:

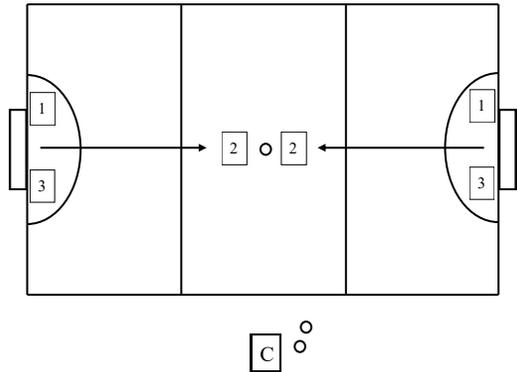
1. Place same number of players at each goal. Number each player from one to three making sure that each player knows and remembers their number.



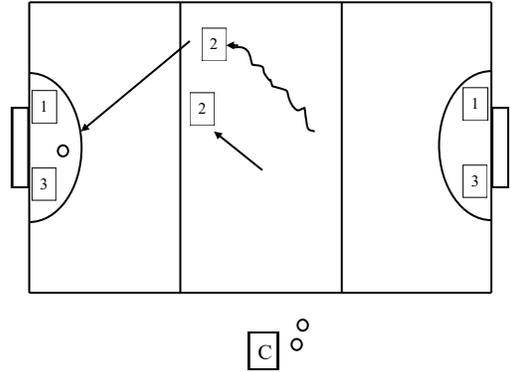
2. The coach plays a ball into the middle of the field and calls out a single number.



3. The players whose numbers were called, move to the ball.



4. The two players play against each other until the ball is shot or until it goes out of bounds. The remaining players play goalie.



5. After play is finished, the coach calls out another set of numbers.
6. After each player has had several one verse one (1v1) opportunities, the coach then calls out two numbers allowing the players to play two verse two (2v2).