



WISC/SHARKS REC SOCCER LEAGUE

Coaches Page - Weekly Curriculum/Description/Videos

Age Divisions 7-9, 10-12

Week 1

Skill of the Week – Dribbling [Video](#)

5:30-5:40pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:40-5:55pm – Dribbling in Square (ball touches, fast feet...) [Description](#); [Video](#)

5:55-6:10pm – Soccer Tag [Description](#); [Video](#)

6:10-6:30pm – Scrimmage and evaluation of players

Week 2

Skill of the Week – Passing [Video](#)

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:55pm – Two Lines, Follow your pass [Description](#); [Video](#)

5:55-6:10pm – Jailbreak [Description](#); [Video](#)

6:10-6:30pm – Scrimmage vs another team

Week 3

Skill of the Week – Shooting [Video](#)

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:50pm – Pass/Shooting to Cone [Description](#); [Video](#)

5:50-6:10pm – Power/Finesse [Description](#); [Video](#)

6:10pm-6:30pm - Introduce Team Tactics [Video](#)

Week 4

Skill of the Week – 1 v 1 Moves [Video](#)

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:50pm – Turns and Moves (pull back, cut, step over....) [Description](#); [Video](#)

5:50-6:10pm – Steal the Bacon [Description](#); [Video](#)

6:10-6:30pm – Scrimmage while stressing team tactics [Video](#)

Week 5

Skill of the Week – Passing and Moving

5:30-5:35pm – Juggling (continue to challenge them to beat their previous score) [Video](#)

5:35-5:45pm – Passing and Moving in Space [Description](#); [Video](#)

5:45-5:55pm – Number Passing [Description](#); [Video](#)

5:55-6:10pm –Cat & Mouse [Description](#)

6:10-6:30pm – Work again on Team Tactics [Video](#)

Week 6

Skill of the Week – Trapping Technique [Video](#)

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:50pm – Dribbling and Trapping in a Square [Video](#)

5:50-6:10pm – Sharks and Minnows [Description](#); [Video](#)

6:10-6:30pm – Scrimmage while stressing team tactics [Video](#)

Week 7 – Last Week of Training

5:30-5:35pm – Juggling (bounce juggling to begin with, emphasis on using both feet) [Video](#)

5:35-5:55pm – Skill of the Day – Recap of skills learned – **Choose one from previous week**

5:55-6:10pm – Favorite game – **Choose one from previous week**

6:10-6:30pm – Scrimmage vs another team