

SPENCER SOCCER CLUB

U-5 CURRICULUM SESSION PLAN SCHEDULE



Fall and Spring Session (7 week schedule)

Spring Session only (10 week schedule)

Under 5								
Session #	Day	Instructions	Warm-Up		Activity 1	Juggling	Activity 2	Small Sided Game
Session 1	Weekend	U-5 Weekend	Plus 1 Pyramid	Traffic Lights*	Tree House	Controlled Juggling	Sleeping Giant	Match 3 v 3
Session 2	Weekend	U-5 Weekend	Plus 1 Pyramid	Soccer Safari	Catch Me	Controlled Juggling	Runaway Robot Coach	Match 3 v 3
Session 3	Weekend	U-5 Weekend	Plus 1 Pyramid	Madagascar	Ice Woman/Ice Man Tag	Controlled Juggling	Jimmy Newton	Match 3 v 3
Session 4	Weekend	U-5 Weekend	Plus 1 Pyramid	Old MacDonald's Farm	What time is it Mr. Fox?	Controlled Juggling	Clean My Room	Match 3 v 3
Session 5	Weekend	U-5 Weekend	Plus 1 Pyramid	Soccer Monster Trucks	The Gruffalo	Controlled Juggling	Fox and Rabbits	Match 3 v 3
Session 6	Weekend	U-5 Weekend	Plus 1 Pyramid	Body Part Dribbling	Antz Nest	Controlled Juggling	Follow the Leader	Match 3 v 3
Session 7	Weekend	U-5 Weekend	Plus 1 Pyramid	Coach Says	Tree House	Controlled Juggling	Sleeping Giant	Match 3 v 3
Session 8	Weekend	U-5 Weekend	Plus 1 Pyramid	Can You	Speed Dribble	Controlled Juggling	British Bull Dog	Match 3 v 3
Session 9	Weekend	U-5 Weekend	Plus 1 Pyramid	Body Part Dribbling	Bob the Builder	Controlled Juggling	Stamford Bridge	Match 3 v 3
Session 10	Weekend	U-5 Weekend	Plus 1 Pyramid	Traffic Lights	Soccer Marbles	Controlled Juggling	Two Squares	Match 3 v 3
Session #	Day	Instructions	Warm-Up		Juggling	Activity 1	Small Sided Game	
Session 1	Weekday	U-5 Weekday	Plus 1 Pyramid	Body Part Dribbling	Controlled Juggling	Sharks and Minnows	Match 3 v 3	
Session 2	Weekday	U-5 Weekday	Plus 1 Pyramid	Coach Says	Controlled Juggling	Looters	Match 3 v 3	
Session 3	Weekday	U-5 Weekday	Plus 1 Pyramid	Can You	Controlled Juggling	British Bull Dog	Match 3 v 3	
Session 4	Weekday	U-5 Weekday	Plus 1 Pyramid	Body Part Dribbling	Controlled Juggling	Sharks and Minnows	Match 3 v 3	
Session 5	Weekday	U-5 Weekday	Plus 1 Pyramid	Traffic Lights	Controlled Juggling	Looters	Match 3 v 3	
Session 6	Weekday	U-5 Weekday	Plus 1 Pyramid	Soccer Safari	Controlled Juggling	British Bull Dog	Match 3 v 3	
Session 7	Weekday	U-5 Weekday	Plus 1 Pyramid	Madagascar	Controlled Juggling	Sharks and Minnows	Match 3 v 3	
Session 8	Weekday	U-5 Weekday	Plus 1 Pyramid	Old MacDonald's Farm	Controlled Juggling	Knock Out	Match 3 v 3	
Session 9	Weekday	U-5 Weekday	Plus 1 Pyramid	Soccer Monster Trucks	Controlled Juggling	Dribbling Tag	Match 3 v 3	
Session 10	Weekday	U-5 Weekday	Plus 1 Pyramid	Body Part Dribbling	Controlled Juggling	Looters	Match 3 v 3	

* Escape Move - Step Over

* Escape Move - Drag Back

* Individual Ball Warm Up 1

* Individual Ball Warm Up 2