

PDC Plan (first 4 classes): Soccer

Programming Day Card - 1

Warm Up: Clean Up Your Backyard

Skill/Review: Dribbling

Drill: Dribble Stacks

Games:

1. Egg Hunt

2. Yo-yo

3. Battleship

4. Numbers Game

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Safe Base

Skill/Review: Passing

Drill: Passing Stacks

Games:

1. Clean Up Your Backyard

2. Dribble Eliminator

3. Monkey in the Middle

4. Fireball

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: Steal the Bacon

Skill/Review: Shooting

Drill: Shooting Stacks

Games:

1. Run and Rip

2. Soda Fountain

3. Around the Wheel

4. 2 on 2 Tournaments

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Capture the Flag

Skill/Review: Trapping

Drill: Partner Trapping

Games:

1. Dribble Maze

2. Shootout

3. Corner Kick Challenge

4. World Cup

5. Game Play Scrimmage

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment