



U3

Week by Week for Coaches

Refer to document: Coach Toolkit U3, U5, U7

You can find it in your email and there is a link on our website at

www.devonsoccer.com

SKILLS AND DRILLS

- Teams will stay on their assigned field each night
- Coach be prepared to set up and teach all 3 skills; however, you may only get through 1 or 2 of them each night.
- Please simplify these drills to your needs
- Each player needs to have a parent actively participating on the field
- Take water breaks as needed
- 30 mins per night

30-APR

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U3-1

TEAM 1

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

U3-3

TEAM 3

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

U3-2

TEAM 2

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

U3-4

TEAM 4

DRIBBLING

Quicksand pg 38

Troll pg 13

Survivor pg 9

2-MAY

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U3-1

TEAM 4

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

U3-3

TEAM 2

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

U3-2

TEAM 1

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

U3-4

TEAM 3

PASSING

Shark Island pg 20

Bowling pg 22

Truck & Trailer pg 30

7-MAY

1
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U3-1

TEAM 3

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

U3-3

TEAM 1

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

U3-2

TEAM 4

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

U3-4

TEAM 2

SHOOTING

Through the gate pg 26

Knock it off pg 27

Monkey in the middle pg 28

9-MAY

1
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U3-1

TEAM 2

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

U3-3

TEAM 4

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

U3-2

TEAM 3

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

U3-4

TEAM 1

CONTROL

Coach says pg 16

Control and Pass pg 18

Think Fast pg 31

14-MAY

1
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U3-1

TEAM 1

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

U3-3

TEAM 3

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

U3-2

TEAM 2

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

U3-4

TEAM 4

DRIBBLING

Parts of the body pg 35

Catch me if you can pg 12

Timber pg 49

16-MAY

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U3-1

TEAM 4

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

U3-3

TEAM 2

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

U3-2

TEAM 1

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

U3-4

TEAM 3

PASSING

Clean your room pg 23

Valley of Doom pg 43

Through the Gate pg 32

23-MAY

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U3-1

TEAM 3

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

U3-3

TEAM 1

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

U3-2

TEAM 4

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

U3-4

TEAM 2

CONTROL

Obstacle Course pg 39

Up and Catch pg 40

To Your Corner pg 33

28-MAY

1
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U3-1

TEAM 2

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

U3-3

TEAM 4

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

U3-2

TEAM 3

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

U3-4

TEAM 1

DRIBBLING

Survivor pg 9

Troll pg 13

Quicksand pg 38

30-MAY

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U3-1

TEAM 1

PASSING

Truck & Trailer pg 30
Bowling pg 22
Shark Island pg 20

U3-3

TEAM 3

PASSING

Truck & Trailer pg 30
Bowling pg 22
Shark Island pg 20

U3-2

TEAM 2

PASSING

Truck & Trailer pg 30
Bowling pg 22
Shark Island pg 20

U3-4

TEAM 4

PASSING

Truck & Trailer pg 30
Bowling pg 22
Shark Island pg 20

4-JUN

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U3-1

TEAM 4

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

U3-3

TEAM 2

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

U3-2

TEAM 1

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

U3-4

TEAM 3

SHOOTING

Ground Ball pg 25

Knock it off pg 27

Through the gate pg 26

6-JUN

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U3-1

TEAM 3

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

U3-3

TEAM 1

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

U3-2

TEAM 4

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

U3-4

TEAM 2

CONTROL

Think Fast pg 31

Control and Pass pg 18

Coach Says pg 16

11-JUN

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U3-1

TEAM 2

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

U3-3

TEAM 4

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

U3-2

TEAM 3

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

U3-4

TEAM 1

DRIBBLING

Freeze pg 36

Catch me if you can pg 12

Parts of the body pg 35

13-JUN

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U3-1

TEAM 1

PASSING

Through the Gate pg 32
Valley of Doom pg 43
Clean your room pg 23

U3-3

TEAM 3

PASSING

Through the Gate pg 32
Valley of Doom pg 43
Clean your room pg 23

U3-2

TEAM 2

PASSING

Through the Gate pg 32
Valley of Doom pg 43
Clean your room pg 23

U3-4

TEAM 4

PASSING

Through the Gate pg 32
Valley of Doom pg 43
Clean your room pg 23

18-JUN

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U3-1

TEAM 4

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

U3-3

TEAM 2

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

U3-2

TEAM 1

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

U3-4

TEAM 3

SHOOTING

Timber pg 49

Wild West Shoot Out pg 58

Ground Ball pg 25

20-JUN

1
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U3-1

TEAM 3

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39

U3-3

TEAM 1

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39

U3-2

TEAM 4

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39

U3-4

TEAM 2

CONTROL

To Your Corner pg 33

Up and Catch pg 40

Obstacle Course pg 39