U4 Season Video Card

TSA Recreational · 2026–27 · 4v4 diamond · 60-minute sessions

FULL U4 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Dribbling out of our zone

WATCH FIRST
U6 Soccer Practice Session | Fun Soccer Drills by MOJO
yougotmojo · 6:46
Copy the fast activity changes but halve each block to 3–4 minutes for U4 attention spans.

RUN THIS
The BEST Dribbling Drills for Young Soccer Players & Beginners
Kreider Academy · 5:52
One ball each, giant spaces, coach calls silly targets to dribble toward.

W2 SEAL — SEPTEMBER

Getting the ball back

WATCH FIRST
How to Coach Kids During Games | Minute Clinic by MOJO
yougotmojo · 1:37
Go further than the video at U4 — say almost nothing during the game and cheer everything.

RUN THIS
How to Play 'Stuck in the Mud' - Fun Drill for Youth Soccer/Football
Soccerspective · 8:41
Coaches are the taggers; freed players rescue instantly so nobody stands frozen long.

W3 OBSERVE — OCTOBER

Heads-up games

WATCH FIRST
10 Best U6 Soccer Drills | Fun Soccer Drills by MOJO
yougotmojo · 14:25
Pick the two most eyes-up games from the menu and repeat them all night — repetition is mastery at U4.

RUN THIS
SoccerCoachTV - Try this Fun Pre-Warm Up Game.
SoccerCoachTV · 4:34
Run as the arrival game with parents joining; add a ball per child for bonus touches.

W4 REACT — NOVEMBER

Lose it? Chase it! Win it? Go!

WATCH FIRST
US FOOTBALL Play-Practice-Play Grassroots training session #soccertrainin...
Soccer Family · 14:38
The play-first shape is right; halve every block so the whole night fits an easy 60 minutes.

RUN THIS
SoccerCoachTV - FUN Upside Down Cone Game.
SoccerCoachTV · 4:45
Perfect U4 chaos: flip cones, giggle, repeat; add a second ball to double the laughter.

W5 SUPPORT — DECEMBER

Finding space

WATCH FIRST
SoccerCoachTV - How to Get your Team to Talk More!
SoccerCoachTV · 2:25
At U4 "talking" means shouting one teammate's name out loud — that is the whole target.

RUN THIS
U6 Sharks and Minnows Activity
Cal South Soccer · 1:42
Coaches are the sharks and hunt in slow motion; minnows dribble to safe islands — that IS finding space.

W6 LINK-UP — JANUARY

Kicking to a friend

WATCH FIRST
Simple Passing Drills — U4–U9
Athlete Era · 2:53
Make every pass a kick at a big funny target (cone tower, coach's feet); no accuracy standard.

RUN THIS
SoccerCoachTV -Try this FUN Passing Competition with your team.
SoccerCoachTV · 6:02
Drop the competition and the scoring — just count the passes out loud together as a team.

W7 CONNECT — FEBRUARY

Stopping & starting

WATCH FIRST
6 Soccer Skills Kids Love | Soccer Skills from the MOJO App
yougotmojo · 5:28
Pick the two simplest skills and turn each into copy-the-coach; celebrate any touch that stops or starts the ball.

RUN THIS
⚽ Soccer Games For Kids ⚽ Fun Soccer Drills - Red Light Green Light!
GO WITH YOYO - Fitness Fun Fo... · 4:38
Run it exactly as shown — red light/green light IS stopping and starting; let kids take turns calling the colors.

W8 BRAVE — MARCH

Exploring the ball & taking on the monster

WATCH FIRST
SoccerCoachTV - King of the Hill - Fun Ball Control Game.
SoccerCoachTV · 6:16
The coach is the only monster on the hill — theatrical near-misses, and every child keeps their ball.

RUN THIS
Insanely Fun 1v1 Training Drill That Will Transform Players Dribbling Ski...
Formation Football · 1:46
Make the defender a slow-moving "monster" — a coach on their knees, never another child.

W9 FINISH — APRIL

Scoring goals

WATCH FIRST
10 Best Soccer Shooting Drills for Kids | Fun Soccer Drills by MOJO
yougotmojo · 15:13
Take the two simplest only; at U4 shooting is one big kick at a big goal from close range.

RUN THIS
SoccerCoachTV - FUN 2 Goal Shooting Game.
SoccerCoachTV · 6:05
Shrink the space, use two giant goals, and let every child score every round.

W10 LEAD — MAY

Festival & celebration day

WATCH FIRST
Soccer Lesson Plan "World Cup Soccer"
Dr. Jordan Weber · 3:49
Tiny teams with animal-nation names, no knockouts — every team plays every round.

RUN THIS
7 Small-Sided Games (1v1–3v2)
Coach Thomas Vlaminck · 2:29
Use the 1v1 and 2v2 games only — festival day is lots of tiny games, never one big one.

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer

U6 Season Video Card

TSA Recreational · 2026–27 · 4v4 diamond · 75-minute sessions

FULL U6 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Playing out from the back

WATCH FIRST
Youth Soccer 4v4 Formation
Soccer Dots · 3:41

RUN THIS
Build Out Breakdown Games
Coach Rory Soccer · 9:31

W2 SEAL — SEPTEMBER

Defending basics: chase and steal

WATCH FIRST
10 Best Soccer Defending Drills for Kids | Youth Soccer Defense Drills |...
yougotmojo · 16:28

RUN THIS
SoccerCoachTV - Try this Rapid 1v1 and 2v2 Drill with your players.
SoccerCoachTV · 9:27

W3 OBSERVE — OCTOBER

Scanning and awareness

WATCH FIRST
10 Most Popular Soccer Drills on MOJO | Soccer Drills From the MOJO App
yougotmojo · 14:41

RUN THIS
SoccerCoachTV - Quick Decision Drill (for all levels).
SoccerCoachTV · 8:45

W4 REACT — NOVEMBER

Transition: win it back fast, go forward fast

WATCH FIRST
Soccer Drills for Kids to Teach Aggression (Intensity & Effort)
Progressive Soccer · 4:44

RUN THIS
SoccerCoachTV - Try this different Defending and Attacking game with your...
SoccerCoachTV · 6:23

W5 SUPPORT — DECEMBER

Support and getting open

WATCH FIRST
Play Practice Play Training Session
WORLD CLASS COACHING · 7:41

RUN THIS
SoccerCoachTV.com - Belgium Give and Go Passing Drill.
SoccerCoachTV · 1:38

W6 LINK-UP — JANUARY

Passing and link-up play

WATCH FIRST
6 Essential Soccer Passing Drills for Kids (U6 U8 U10 U12)
Progressive Soccer · 5:22

RUN THIS
SoccerCoachTV - Warm Up Passing Drill.
SoccerCoachTV · 8:49

W7 CONNECT — FEBRUARY

First touch and receiving

WATCH FIRST
5 Beginner Passing Drills For Football / Soccer | Joner Football
Joner Football · 13:19

RUN THIS
Best Beginner Footwork Drills — U6 & U8
MOJO · 16:05

W8 BRAVE — MARCH

Dribbling and 1v1 attacking

WATCH FIRST
10 Best Soccer Dribbling Drills U6–U10
MOJO · 16:33

RUN THIS
SoccerCoachTV - 1v1 to 1v2 to 2v2 Attacking & Defending Game.
SoccerCoachTV · 8:21

W9 FINISH — APRIL

Finishing and shooting

WATCH FIRST
SoccerCoachTV - Try this Fun Shooting Game I did with Pentland Athletic F...
SoccerCoachTV · 5:41

RUN THIS
SoccerCoachTV - Fun 2 Way Shooting Game.
SoccerCoachTV · 5:37

W10 LEAD — MAY

Festival, game day and leadership

WATCH FIRST
Run Better Rec Soccer Practices!
Coach Rory Soccer · 10:48

RUN THIS
9 Animal-Themed Soccer Drills for U6 and U8 Kids | Soccer Coaching by MOJO
yougotmojo · 14:07

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer

U8 Season Video Card

TSA Recreational · 2026–27 · 4v4 diamond · 75-minute sessions

FULL U8 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Playing out from the back

WATCH FIRST
10 Best U8 Soccer Drills
MOJO · 14:27

RUN THIS
How To Teach Building Out Of The Back
Next Play Soccer Training · 4:16

W2 SEAL — SEPTEMBER

Defending basics

WATCH FIRST
2v2 Defending The Line | Football Coaching Session From Joanne Williams
England Football Learning · 1:59

RUN THIS
Defending 1v1 Scenario Game
The Coaching Manual · 3:15

W3 OBSERVE — OCTOBER

Scanning & awareness

WATCH FIRST
Top Soccer Drills for U8, U9 & U10 Players | Academy Tested
MyPersonalFootballCoach.com · 12:08

RUN THIS
Soccer Dribbling Drills For Kids
SimplySoccer · 4:15

W4 REACT — NOVEMBER

Transition — win it back fast, go forward fast

WATCH FIRST
1vs1 Dribbling Soccer Drill | Attacking & Defending Exercises
Professional Soccer Coaching · 3:19

RUN THIS
SoccerCoachTV - Give and Go Drill.
SoccerCoachTV · 6:33

W5 SUPPORT — DECEMBER

Support & getting open

WATCH FIRST
Teaching KIDS what to SAY on the pitch
Catalan Soccer · 7:01

RUN THIS
Coaching Soccer ~ How to do a Wall Pass + Online Soccer Academy
Online Soccer Academy · 6:04

W6 LINK-UP — JANUARY

Passing & link-up play

WATCH FIRST
10 Best Soccer Passing Drills for U8, U10 and U12 | Fun Soccer Drills by...
yougotmojo · 16:28

RUN THIS
Passing And Receiving Drill - u8 & u9
Young Player Training · 3:23

W7 CONNECT — FEBRUARY

First touch & receiving

WATCH FIRST
Pass And Move | Receiving Coaching Session | Ryan Davies | England Footba...
England Football Learning · 10:02

RUN THIS
Ball Mastery Drills for U8, U9 & U110 | On The Move | Soccer Drills - Foo...
Coach Thomas Vlaminck · 4:08

W8 BRAVE — MARCH

Dribbling & 1v1 attacking

WATCH FIRST
3 BEST 1v1 Drills To Instantly Improve Youth Soccer Players
Coach Ricky Soccer · 4:45

RUN THIS
High Tempo, FUN Youth Soccer 1v1 Warm-Up Games and Dribbling Exercises!!
Modern Soccer Coach · 4:50

W9 FINISH — APRIL

Finishing & shooting

WATCH FIRST
Fun Finishing | Shooting And Finishing Coaching Session | England Footbal...
England Football Learning · 10:23

RUN THIS
How I Coach this FINISHING technique | Soccer Training
Joner Football · 12:06

W10 LEAD — MAY

Festival, game day & leadership

WATCH FIRST
Stop Yelling "Talk!" — 3 Drills That Fix Communication
Coach Jesse · 6:11

RUN THIS
1v1, 2v1 & 2v2 To Small Goals Drills | Football/Soccer
Onside - Training · 2:35

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer

U10 Season Video Card

TSA Recreational · 2026–27 · 7v7 (1-2-3-1) · 75-minute sessions

FULL U10 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Playing out from the back

WATCH FIRST
How To Play Out from the Back — Kids Coaching Guide
Catalan Soccer · 12:22

RUN THIS
Teach Your Youth Team to Build Out of the Back
Coach Rory Soccer · 10:51

W2 SEAL — SEPTEMBER

Defending basics

WATCH FIRST
Defending The Line | Football Coaching Session | England Football Learning
England Football Learning · 7:09

RUN THIS
2v2 Attack Versus Defence Football Coaching Session | England Football Le...
England Football Learning · 3:32

W3 OBSERVE — OCTOBER

Scanning & awareness

WATCH FIRST
How to Coach: Scanning
Foot-Tech Academy · 5:03

RUN THIS
Scanning Drill For Teams | Check Your Shoulder | Scan Drill | Football/So...
KS Performance · 2:05

W4 REACT — NOVEMBER

Transition — win it back, go forward fast

WATCH FIRST
SoccerCoachTV - Pass & Defending Transition Drill.
SoccerCoachTV · 6:21

RUN THIS
Pass & Move Drill | U9 U10 U11 U12 | Soccer/Football Passing Combination
KS Performance · 1:55

W5 SUPPORT — DECEMBER

Support & getting open

WATCH FIRST
SoccerCoachTV - Creating Space
SoccerCoachTV · 5:58

RUN THIS
Soccer Drill: Creating Space (U10)
The Coaching Manual · 2:55

W6 LINK-UP — JANUARY

Passing & link-up play

WATCH FIRST
Combinations to play forward | Coaching session on attacking skills
England Football Learning · 9:34

RUN THIS
SoccerCoachTV - Passing Combination Drill.
SoccerCoachTV · 8:21

W7 CONNECT — FEBRUARY

First touch & receiving

WATCH FIRST
Passing Circles | Tactics Board Session On Passing | Pete Augustine | Eng...
England Football Learning · 9:55

RUN THIS
Soccer Drills: Passing & Receiving (U9)
The Coaching Manual · 3:02

W8 BRAVE — MARCH

Dribbling & 1v1 attacking

WATCH FIRST
5 Dribbling Trick Moves (includes Maradona, Cruyff, Rivelino) | Advanced...
yougotmojo · 4:50

RUN THIS
Take your session to the next level with these new Battle Boxes!
Coach Rory Soccer · 7:18

W9 FINISH — APRIL

Finishing & shooting

WATCH FIRST
Teach Youth Soccer Players to Finish!!
Coach Rory Soccer · 9:07

RUN THIS
Soccer Drill: Finishing (U9)
The Coaching Manual · 3:40

W10 LEAD — MAY

Festival, game day & leadership

WATCH FIRST
Be the best in game youth soccer coach
Coach Rory Soccer · 8:56

RUN THIS
World Cup Shooting Drills
Challenger Sports · 5:39

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer

U12 Season Video Card

TSA Recreational · 2026–27 · 7v7 (1-2-3-1) · 75-minute sessions

FULL U12 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Playing out from the back

WATCH FIRST
9v9 Soccer: Playing Out from the Back!
Coach KW — 7v7 & 9v9 Soccer · 26:08

RUN THIS
Playing Out the Back With Neutrals (U10–U13)
Professional Soccer Coaching · 4:30

W2 SEAL — SEPTEMBER

Defending basics

WATCH FIRST
Effective 1v1 defending | Week five | Marking and intercepting
England Football Learning · 11:19

RUN THIS
1v1 Defending Small Sided Game (11-12)
The Coaching Manual · 3:00

W3 OBSERVE — OCTOBER

Scanning & awareness

WATCH FIRST
Scanning and turning | Coaching session on attacking skills
England Football Learning · 6:34

RUN THIS
Soccer Coaching Receiving on the Half Turn Game
Jack Norbury - Football Coach · 5:14

W4 REACT — NOVEMBER

Transition — win it back fast, go forward fast

WATCH FIRST
Transition And Counter-Attacking | FA Learning Football Coaching Session...
England Football Learning · 7:24

RUN THIS
Small-Sided Transition Games Progressing to Goal
Championship Productions · 4:35

W5 SUPPORT — DECEMBER

Support & getting open

WATCH FIRST
How to Coach Movement off the Ball in Soccer I Full Session
Round World Soccer · 6:40

RUN THIS
Creating Space Soccer Drill (11-12)
The Coaching Manual · 3:03

W6 LINK-UP — JANUARY

Passing & link-up play

WATCH FIRST
Rondo Progression: 10 Drills Every Team Should Use
Rondo Coach · 4:04

RUN THIS
4 v 2 Rondo | Possession Exercise | Soccer Drill
JB Soccer · 1:48

W7 CONNECT — FEBRUARY

First touch & receiving

WATCH FIRST
Scanning in attack | Session two | Passing and receiving
England Football Learning · 13:01

RUN THIS
Receiving And Turning Football/Soccer Drill | Technical Training | U11 U1...
AD Football Training Videos · 5:08

W8 BRAVE — MARCH

Dribbling & 1v1 attacking

WATCH FIRST
10 EASY 1v1 Skills to Beat Defenders
AllAttack · 7:03

RUN THIS
Soccer Coaching Attacking Drill: Attacking 1v1/2v1
The Coaching Manual · 3:27

W9 FINISH — APRIL

Finishing & shooting

WATCH FIRST
Striking on the Laces | Improve your Shooting from Distance
The Final Third · 4:12

RUN THIS
High Tempo, Competitive Finishing Exercises (Free Drills)
Modern Soccer Coach · 5:15

W10 LEAD — MAY

Festival, game day & leadership

WATCH FIRST
Run the best youth soccer sessions ever!!!
Coach Rory Soccer · 14:47

RUN THIS
Small Sided Games | 5 Variations | Football/Soccer
KS Performance · 3:03

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer

U14 Season Video Card

TSA Recreational · 2026–27 · 7v7 (1-2-3-1) · 75-minute sessions

FULL U14 CURRICULUM

PLAY → PRACTICE → PLAY. Kids play from the moment they arrive · the **RUN THIS** video is your PRACTICE part — teach that one thing in the middle · always finish playing the real game.

W1 BUILD — AUGUST

Playing out from the back

WATCH FIRST
Build-Up Play Explained: How to Play Out with Confidence
JB Soccer · 5:11

RUN THIS
Building The Attack — FA Learning Coaching Session
England Football Learning · 4:41

W2 SEAL — SEPTEMBER

Defending basics

WATCH FIRST
Pressing Successfully | Football Pressing Session From Debbie Barry | Eng...
England Football Learning · 9:56

RUN THIS
Practising the press | Session one | Pressing and covering six-week train...
England Football Learning · 8:22

W3 OBSERVE — OCTOBER

Scanning & awareness

WATCH FIRST
Visual Awareness Training For Footballers/Soccer Players | Improve Your V...
7mlc · 5:49

RUN THIS
5 Scanning Drills to Improve Football IQ | How to Scan Like a Pro
Training121 · 12:11

W4 REACT — NOVEMBER

Transition — win it back fast, go forward fast

WATCH FIRST
Turn Possession Into Goals (3 Training Drills That Work)
Modern Soccer Coach · 4:29

RUN THIS
Three High-Intensity Attacking Transition Exercises With Gary Curneen!!
Modern Soccer Coach · 6:18

W5 SUPPORT — DECEMBER

Support & getting open

WATCH FIRST
Off Ball Movement
Coach Rory Soccer · 7:15

RUN THIS
Midfield Rotation - Full Training Session
Modern Soccer Coach · 7:56

W6 LINK-UP — JANUARY

Passing & link-up play

WATCH FIRST
Best Passing Pattern Youth Soccer
Coach Rory Soccer · 6:21

RUN THIS
'Y' Passing Pattern | 5 Variations | Combination & Third Man Run | Footba...
KS Performance · 4:00

W7 CONNECT — FEBRUARY

First touch & receiving

WATCH FIRST
Receiving under pressure | Session five | Passing and receiving
England Football Learning · 7:51

RUN THIS
Soccer TRAINING - Receiving on the Half Turn
WORLD CLASS COACHING · 11:01

W8 BRAVE — MARCH

Dribbling & 1v1 attacking

WATCH FIRST
Coaching 1v1s Through Decision-Making, Not Cones (3 Exercises)
Modern Soccer Coach · 9:02

RUN THIS
Aaron Danks: 1v1 and 2v1 Attacking | FA Learning Coaching Session
England Football Learning · 6:15

W9 FINISH — APRIL

Finishing & shooting

WATCH FIRST
How to Train Final Third Attacking | Striker Movement- Creating Space & F...
Pelota Academy - Pro Football... · 8:29

RUN THIS
Attacking Patterns in the Final 3rd!!
Modern Soccer Coach · 7:28

W10 LEAD — MAY

Festival, game day & leadership

WATCH FIRST
How To Manage Matchday | Football Coaching Advice
England Football Learning · 17:53

RUN THIS
Skills Challenge FULL HIGHLIGHTS | 2024 MLS All-Star Skills Challenge
Major League Soccer · 7:22

Point your phone camera at any code — the video opens straight away.

Fall Break Oct 10–17 — no soccer