

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

SOCGER

CURRICULUM



★ **LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME.** ★

DESIGNED FOR AGES 6-10

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	BALL MASTERY & CONTROL	PASSING & RECEIVING	DRIBBLING & MOVEMENT	SHOOTING & FINISHING	DEFENDING & TEAMWORK	GAME IQ & PLAY
 SKILL DEVELOPMENT	• Dribbling with both feet • Ball control & soft touches • Change of direction • Toe taps & fun footwork	• Inside-foot passing • Accurate short passes • First touch basics • Receiving while moving	• Dribbling with speed • Using both feet • Cone and obstacle dribbling • Keeping my head up	• Shooting technique • Balance and body control • Accuracy and placement • Finishing on goal	• Defensive stance • Staying with my player • Winning the ball safely • Communication and teamwork	• Spacing and positioning • Decision making • Transition play • Game awareness
 GAMEPLAY FOCUS	• 1v1 moves and keeping the ball	• Partner passing and passing in small groups	• 1v1 attacking and beating a defender	• Shooting in game situations	• Small-sided games focused on defending	• Small-sided games and team play
 PLAYER TAKEAWAY	• I can control the ball with confidence.	• I can pass and receive the ball with control.	• I can dribble in space and attack with confidence.	• I can shoot with confidence and score goals.	• I can defend, communicate, and help my team.	• I understand the game and can play as a teammate.



EVERY SESSION INCLUDES:



**45 MINUTES
OF SKILL DRILLS**



**15 MINUTES
OF GAMEPLAY**



**FUN, POSITIVE &
DEVELOPMENT FOCUSED**



CERTIFIED ATHLETIC COACHES



**AGES 6-10
COED**



**EQUIPMENT
PROVIDED**



**BUILD SKILLS.
GAIN CONFIDENCE.
HAVE FUN!**

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

FLAG FOOTBALL CURRICULUM



★ LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME. ★

DESIGNED FOR AGES 6-10

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	FOUNDATIONS OF FOOTBALL	PASSING & RECEIVING	ROUTES & OFFENSE	DEFENSE & FLAG PULLING	SPEED, AGILITY & FOOTWORK	GAME IQ & COMPETE
 SKILL DEVELOPMENT	• Stance & starts • Hand-offs & exchanges • Catching fundamentals • Flag football rules	• Throwing mechanics • Short & long passes • Catching on the move • Tip drills	• Running routes • Cuts & releases • Timing with QB • Spacing & movement	• Defensive positioning • Flag pulling techniques • Pursuit & angles • Reading the play	• Speed & acceleration • Agility & change of direction • Footwork drills • Reaction & quickness	• Reading defenses • Play calling basics • Situational football • Team execution
 GAMEPLAY FOCUS	1v1 drills and fundamentals in motion	Short & deep passing in small group situations	Route running & QB timing in 7v7 play	Defensive stops and flag pulls in live play	Fast paced drills and competitive challenges	Full game scenarios and tournament style play
 PLAYER TAKEAWAY	I understand the basics and play with confidence.	I can throw and catch accurately in different situations.	I can run routes and work with my team to move the ball.	I can read plays, play tough defense, and pull flags.	I move faster, react quicker, and compete with energy.	I make smart decisions and help my team win games.

★ EVERY SESSION INCLUDES:  45 MINUTES OF SKILL DRILLS +  15 MINUTES OF GAMEPLAY +  FUN, POSITIVE & DEVELOPMENT FOCUSED



CERTIFIED ATHLETIC COACHES



AGES 6-10
COED



EQUIPMENT
PROVIDED



BUILD SKILLS. GAIN CONFIDENCE.
HAVE FUN!

SKILLS DRILLS

ST. LUKE'S SPORTS CENTER

LACROSSE CURRICULUM



★ **LEARN THE SKILLS. BUILD CONFIDENCE. LOVE THE GAME.** ★

DESIGNED FOR GRADES 3RD-8TH

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
 FOCUS	STICK SKILLS & BALL CONTROL	PASSING & CATCHING	DODGING & FOOTWORK	SHOOTING & FINISHING	DEFENSE & GROUND BALLS	GAME IQ & COMPETE
 SKILL DEVELOPMENT	• Proper grip & cradling • Scooping fundamentals • Stick protection • Strong hand & weak hand control	• Passing mechanics • Quick-stick passing • Catching fundamentals • Passing and catching while moving	• Split, roll & face dodges • Change of pace • Footwork & agility • Attacking open space	• Overhand shooting mechanics • Accuracy & placement • Shooting on the run • Finishing in front of goal	• Defensive stance & approach • Body positioning • Ground ball technique • Transition to offense	• Field awareness • Off-ball movement • Communication • Reading the play
 GAMEPLAY FOCUS	• 1v1 control and small area games	• Passing in pairs and small groups	• 1v1 dodging and footwork challenges	• Shooting drills and scoring situations	• Defensive drills and ground ball battles	• Small-sided games and live game situations
 PLAYER TAKEAWAY	I can cradle, protect, and control the ball with confidence.	I can pass and catch with accuracy while moving.	I can dodge with confidence and attack open space.	I can shoot with power, accuracy, and confidence.	I can defend, win ground balls, and make the next play.	I understand the game and can make smart decisions in competition.



EVERY SESSION INCLUDES:



**45 MINUTES
OF SKILL DRILLS**



**15 MINUTES
OF GAMEPLAY**



**FUN, POSITIVE &
DEVELOPMENT FOCUSED**



CERTIFIED ATHLETIC COACHES



**GRADES 3RD-8TH
COED**



**FULL LACROSSE
EQUIPMENT REQUIRED**



**BUILD SKILLS. GAIN CONFIDENCE.
HAVE FUN!**