

# **KIDS SOCCER**

**6 - a - side**



## **Print & Go Practice Plans and Drills**

**introductory skills & having fun**

an essential guide for all kids soccer coaches

**World Cup 2010 (2nd) Edition**

written by best selling soccer author Tom Sauder

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## ACKNOWLEDGEMENTS

This book is dedicated to all coaches, players, parents and officials without whose passion for soccer the greatest game in the world could not exist.

We thank all the teams, players and coaches that have participated in developing the practice sessions and used them on the field to make sure they work.

## Introduction

The idea for Print & Go Soccer Practice Plans came from a recognition that something was missing for soccer coaches amongst all the training materials and resources available, particularly for parents volunteering to coach their young child's team with little coaching experience..

A good coach must have a practice plan when going to run a practice. If you are like most parents starting out, you probably notice the lack of practice books and for small children. If you are like most parents, you also rush from work to your house, pick up the youngster, rush to the practice field desperately trying to create drills and write a practice plan in your head (hopefully not on paper while driving). You organize and visualize drills and things to say.

To help you focus your time on deciding what is important for your team to work on we thought it would be a good idea to do the research and the writing for you. So we have developed a set of 10 complete practice sessions and a tool to develop hundreds of additional sessions. All you need to do is to decide on a theme for each practice. The printed material is supplemented by pictures of stretches and moves and by the tips published on our website [www.soccerpracticebooks.com](http://www.soccerpracticebooks.com).

The practices in this book are specifically designed for kids age 4 to 8 who are just starting the sport of soccer. The drills are fun, involve everybody and teach the fundamentals in small spaces and small groups. They are geared to physical, mental and social development of kids at this age.

Enjoy your season !

## Our Philosophy

Practices need to be fun for players and coaches. Drills must be interesting and vary across skills, fitness, social development and team building.

Players need to be busy at all times and maximize the number of touches they get with the ball.

Practices must flow and time must not be wasted by the coach setting up or thinking about drills.

Practices and drills must have a purpose.

We suggest you schedule 1 hour for the practice with the hope to start 5 minutes after the scheduled start time and allowing for breaks. That way, the sessions will fit nicely and the drills won't be rushed. If the practice starts on time and flows well, use any extra time at the end for additional scrimmages. You will be very popular with the players.

## Practice Design

Each practice starts with a warm-up session that builds in some running and lots of interactive and competitive games. You may introduce stretching with the older groups.

After the warm-up comes a drill intended to develop basic ball handling skills.

Co-ordination development at this age group is critical and special drills designed to promote agility and flexibility follow the ball handling exercises.

Skills are taught through motivational games which have an element of fun and game around which the kids will learn basic skills.

Finally, practice ends with a variety of games designed to teach fundamental game skills, competition and the beginnings of team work.

Each drill page comes with helpful coaching points to make the drills work for you and your team. We also offer suggestions on drill modifications to either challenge your players, or to reduce the challenge to increase success for the kids.

### Print & Go Practices - Usage Recommendations

We have developed a matrix for the 10 sessions showing the focus of the practice and of each of the drills in the practice. Please study the matrix to become familiar with the content of each session and drill.

We suggest you visualize the drills to make sure you understand how they will flow. If necessary, set them up in your living room and walk through them.

Keep a clean copy of the book at home and put the pages you take to the practice with you in clear plastic sheet protectors to protect them from water.

The individual drill pages allow you to make notes of what or whom you want to observe before you start the drill and notes of what you learnt from the drill. The pages fit nicely on a clipboard. They also allow you to create your own practices by simply pulling a number of drills and arranging them in a sequence that meets your needs.

We recommend that you stick with our general practice philosophy and at a minimum suggest you start with a warm-up and end with a scrimmage. In between, you can design whichever way.

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Practice #	Practice Focus	Warm-Up Focus	Ball Handling	Co-ordination	Motivational Skill	Game
1	<b>Dribbling</b> Relay Running	<b>Ball Transport</b>	<b>Dribble Between</b> squares	<b>Relay Game # 1</b>	<b>Dribble through</b> Goals	<b>4 v 4, no GK</b>
2	Ball Control Co-ordination Shooting Passing 1 v 1	Co-ordination Relay Relay Race	Ball Receiving and Control Passing and Dribble	Throw-Move-Catch Catch Game #1	Shooting # 1 Pass through small goal	5 v 5 with GK 1 v 1 with GK
4	Dribbling Passing Agility	Jumping Relay	Dribbling with change of target	Catch game # 2	Pass and follow through legs	2 v 2, no GK
5	Dribbling Headers Shooting	Developing Ball Feeling	Headers and Goalkeeping	Catch Game # 3	Shooting # 2	2 v 2 with GK
6	Dribbling with head up 1 v 1	Ball Control Dribbling	Head Up Dribbling	Catch game # 4	Dribble through Pirates	1 v 1 with GK
7	Shooting Dribbling Reaction Throw-Ins Agility Passing Dribbling Defending	Reaction Tag Game	Reaction dribble to square	Throw Ins	Shooting # 3	2 v 2 with GK one goal
8	Passing Dribbling Defending Dribbling Obstacle Runs Passing	Stop the Runners	Kick-Pick Up-Throw	Protect the Castle	Passing # 2	4 v 4 with GK
9	Obstacle Runs Passing	Obstacle Run	Circle Dribble	Obstacle Relay	Passing # 3	4 v 4 with GK three goals
10	Co-ordination Dribbling	Obstacle Circuit	Chase a Friend	Bunny Hop	Dribble Race	6 v 6 with GK

# KIDS SOCCER

Print & Go

Practice Plans



# KIDS SOCCER PRACTICE # 1

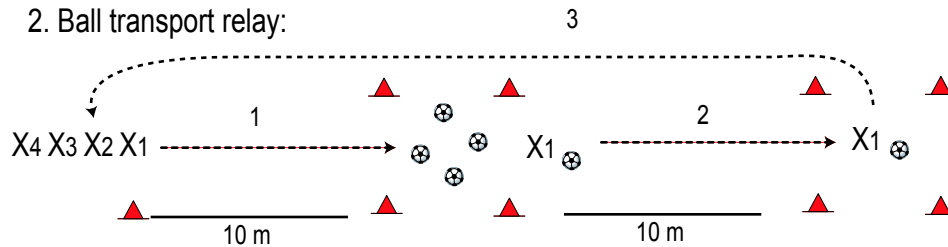
**Practice Focus: Dribbling, Relay Running**

**Time: 1 hr**

## Warm-Up: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.

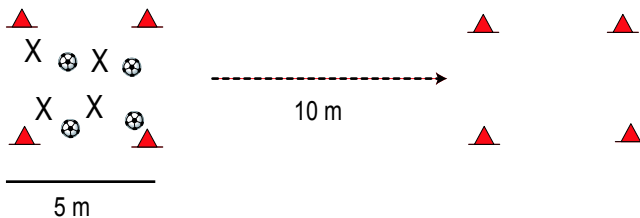
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

## Ball Handling: Dribble Between Squares (10min)

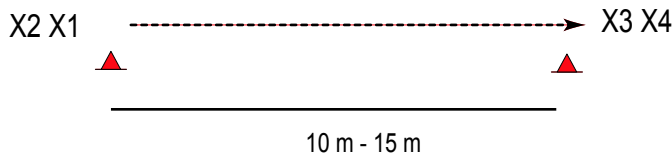


In groups of not more than 4

Dribble ball from one square to the other and back using:

- a. outside right foot
- b. inside right foot
- c. outside left foot
- d. inside left foot

## Co-ordination: Relay Game # 1 (10min)

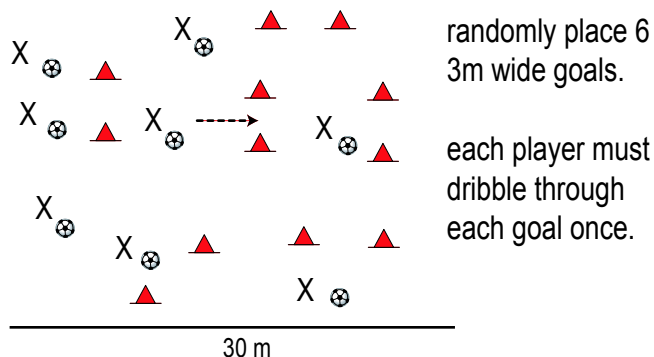


Make as many even groups as you can.

X1 sprints to X3 and touches X3 hand to send X3 running. X1 goes behind X4. X3 runs towards X2, touches off X2 and takes spot of X2. X2 runs and touches off X4, etc.

Once players are back in their starting position, they stop. Race is over when everyone is back where they started, First team to finish wins.

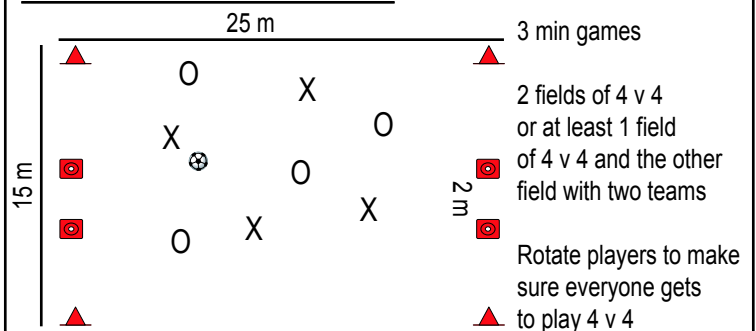
## Motivational Skill: Dribble Through Goals (10min)



randomly place 6 3m wide goals.

each player must dribble through each goal once.

## Game: 4 v 4, no GK (15 min)



3 min games

2 fields of 4 v 4 or at least 1 field of 4 v 4 and the other field with two teams

Rotate players to make sure everyone gets to play 4 v 4

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 2

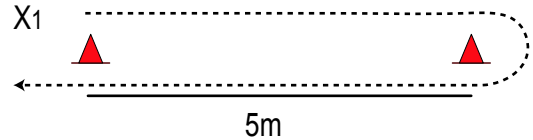
**Practice Focus: Ball Control, Co-ordination, Shooting**

**Time: 1 hr**

## Warm-Up: Co-ordination Relay (10min)

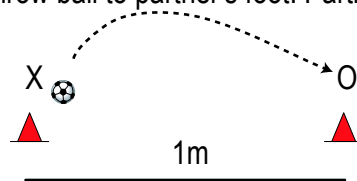
In groups of 4.

1. X1 runs around cone and back and takes
  2. X2 by hand. X1 and X2 holding hands run around cone
  3. and take X3 by hand. All three run around cone and
  4. pick up X4. All 4, holding hands, run around cone and
  5. leave X1 behind.
  6. X2,X3,X4 run around cone and leave X2 behind
  7. X3,X4 run around and leave X3 behind
  8. X4 runs around and comes back alone.
- Team that finishes first wins.



## Ball Handling: Ball Receiving and Control (10min)

1. Each player holds ball in hand and lets it drop onto a foot trying to kick it up and catch it.
2. In pairs, 1m apart, players throw ball to partner's foot. Partner stops ball and kicks it back with second touch.



## Co-ordination: Throw - Move - Catch (10min)

1. Players start with ball in hand either:

- sitting
- crouching
- kneeling
- lying on back

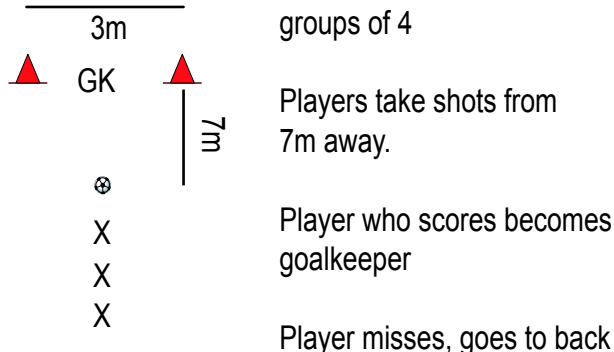
2. They then throw ball up in the air and

3. catch the ball in a different position than they started with:

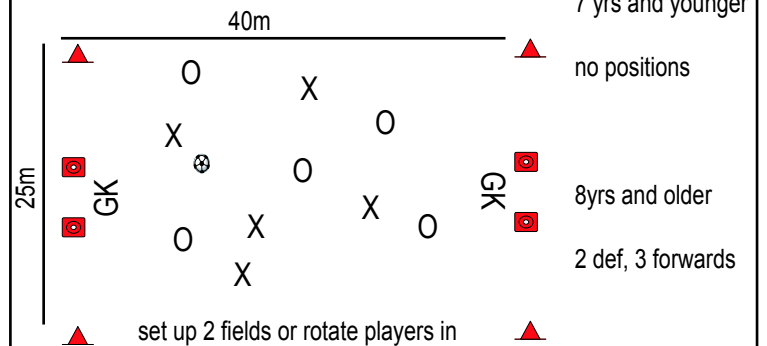
- throw sitting; catch crouching
- throw kneeling; catch lying on back.

Mix it up so that players have success and fun

## Motivational Skill: Shooting 1 (10min)



## Game: 5 v 5 with GK (15 min)



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

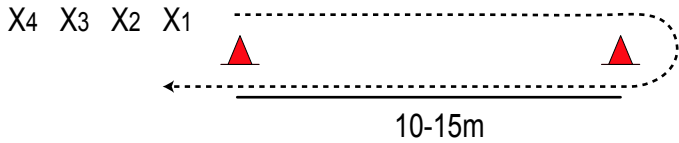


# KIDS SOCCER PRACTICE # 3

**Practice Focus: Passing, 1v1**

**Time: 1 hr**

**Warm-Up: Relay Race (10min)**



< 7yrs old: 10 m  
7 yrs + : 15 m

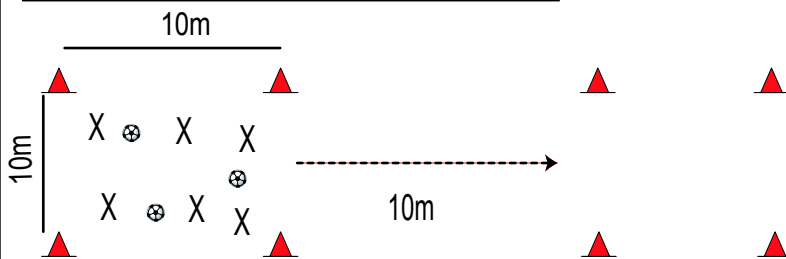
Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.

**Ball Handling: Passing and Dribbling (10min)**



Players work in partners

They pass the ball to each other inside square

On command, players with ball dribble to other square, partners run after them.

Once in other square, pass again and repeat

**Co-ordination: Catch Game 1 (10min)**

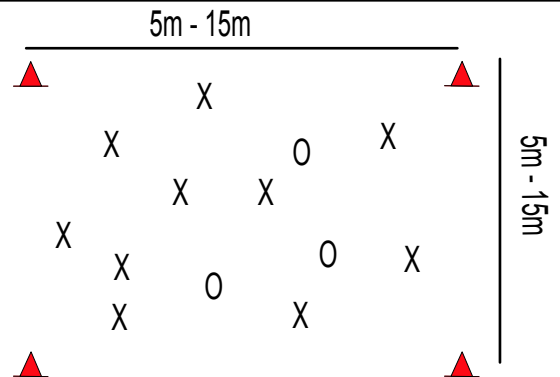
Catchers (O) are identified by wearing pinnies, hats or armbands.

Everyone runs in the square and catchers must touch runners (X)

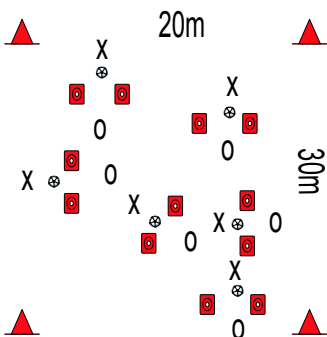
Once touched, the runner changes role with the catcher.

Who gets caught the least in each 2 minute game?

Age	Size of Square	# of catchers
< 6	5m x 5m	3
7,8	10m x 10m	2
>8	15m X 15m	1 or 2



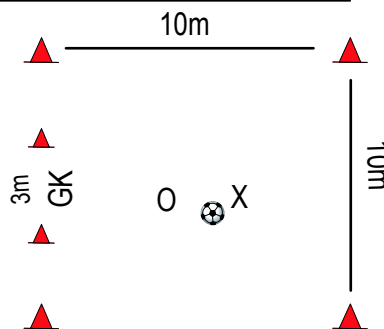
**Motivational Skill: Pass through small goal (10min)**



X and O work in pairs and pass ball to each other through 3m wide goals

<7 yrs old , pass through same goal  
7 yrs + , pass through each goal

**Game: 1 v 1 with GK (15 min)**



X plays 1v1 on goal

change GK every 2 min

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 4

**Practice Focus: Dribbling, Passing, Agility**

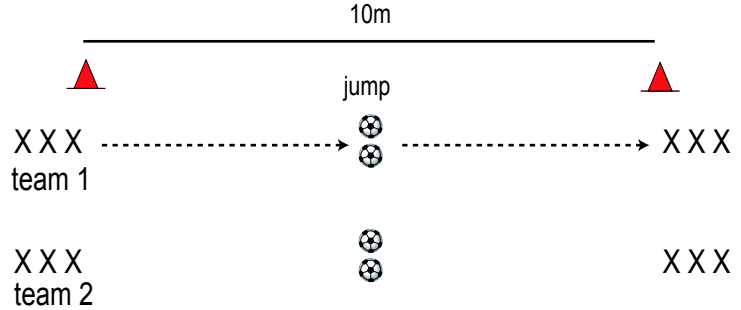
**Time: 1 hr**

## Warm-Up: Jumping Relay (10min)

Divide team into even groups as shown

On "GO" first in line sprints, jumps over balls, sprints, tags first runner and goes to end of line.

Tagged runner, sprints, jumps, sprints and tags

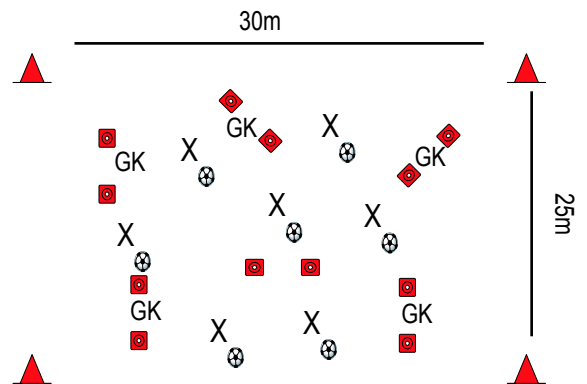


This continues until each team has its runners in their original position. Which team wins?  
If players move ball when jumping, they must stop and put ball back in its position.

## Ball Handling: Dribbling with Change of Target (10min)

6 -1m- wide goals are placed randomly in area.  
5 goals have a goalkeeper in them.  
Players with ball dribble through goal without GK in it.  
On command by coach, GK change goals such that a different goal does not have a goalkeeper, forcing players dribbling to find new target. Change goals every 30 seconds.

Rotate GK with dribblers after 2 minutes.



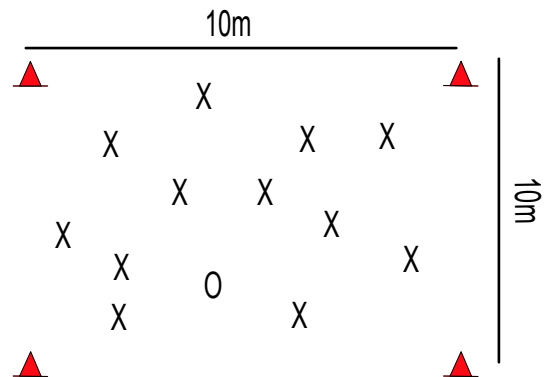
## Co-ordination: Catch Game 2 (10min)

One player is identified as catcher and must tag other players.

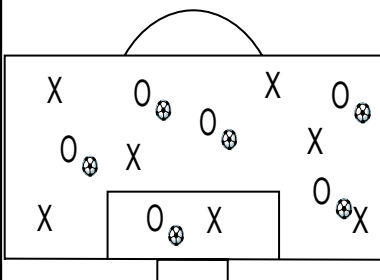
Tagged players sit down.

How many runners can you catch in 30 seconds?

Everyone gets to be the catcher once to see who wins.

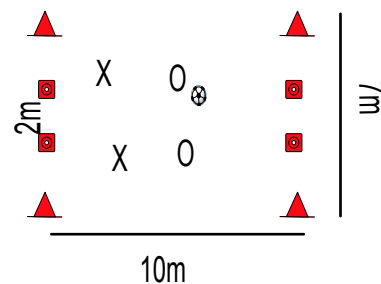


## Motivational Skill: Pass + Follow Through Legs (10min)



X stand with legs spread wide apart.  
O dribble towards an X, pass ball through X's legs and crawl through legs to retrieve ball.  
After all O's have gone through each X, change roles

## Game: 2 v 2 no GK (15 min)



Break team into groups of 2, playing 2 v 2.

Play 3 minute games and rotate groups of 2 in tournament style.

Which team wins most?

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 5

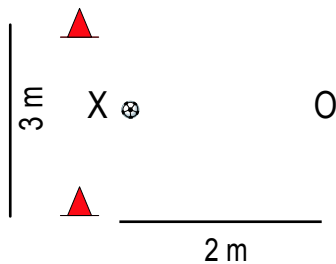
**Practice Focus: Dribbling, Headers, Shooting**

**Time: 1 hr**

## Warm-Up: Developing Ball Feeling (10min)

1. Players each have a ball. They alternate putting left foot and right foot on ball.  
Try to keep them moving on their toes continuously - soccer dancing.
2. Players dribble ball forward and stop it by stepping on it.  
Alternate left and right foot.  
For younger players, give them a command when to stop.

## Ball Handling: Headers and Goalkeeping (10min)



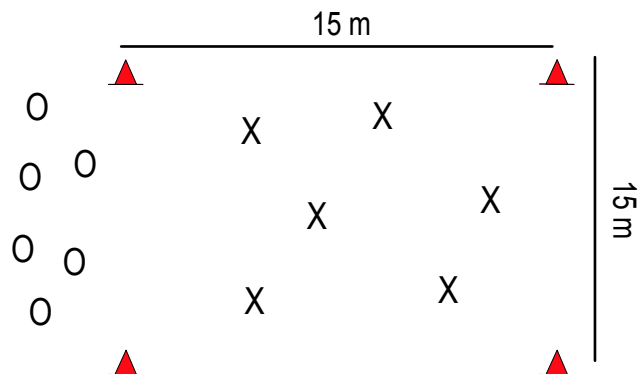
X throws ball and O tries to head it into goal.

Switch every three turns.

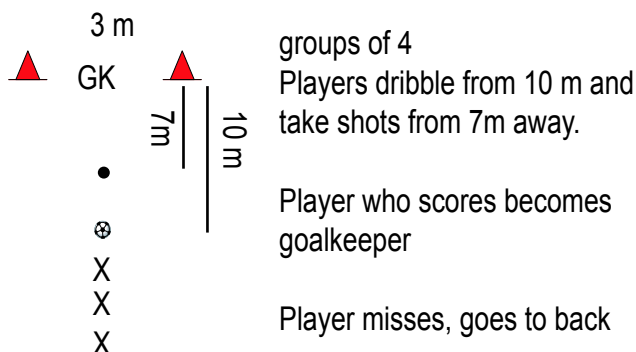
If players are afraid to head, ask them to shoot instead.

## Co-ordination: Catch Game 3 (10min)

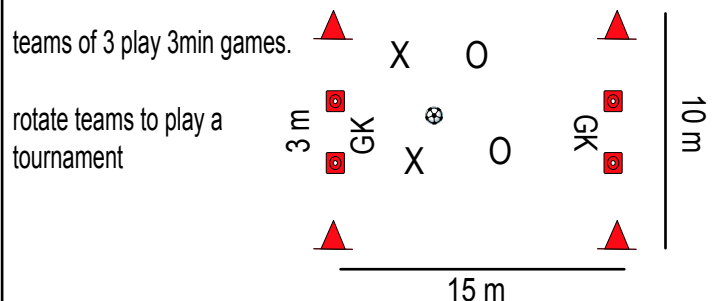
O's are catchers, X's are in grid.  
First O goes into grid and tries to touch one X.  
X, if touched, sits down.  
Second O goes in and tries to touch another X.  
Keep changing O's.  
How long does it take to catch all X's?  
If it's too hard to catch X's, send in two O's at a time  
Reverse roles



## Motivational Skill: Shooting 2 (10min)



## Game: 2 v 2 with GK (15 min)



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 6

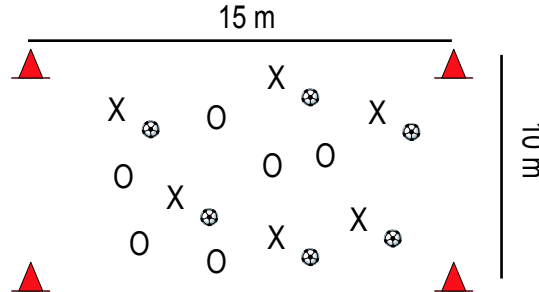
**Practice Focus: Dribbling with Head UP, 1v1**

**Time: 1 hr**

Warm-Up: Ball Control, Dribbling (10min)

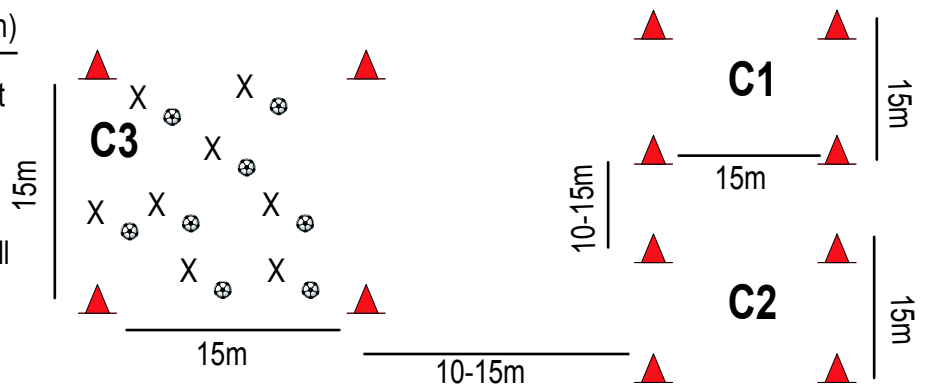
- All players with ball push ball forward with
  - laces
  - inside foot
  - outside foot
 and pull back with sole of foot on command by coach.

- X's dribble ball in grid and on command exchange it with O's who are running around freely. O's dribble, exchange, etc.



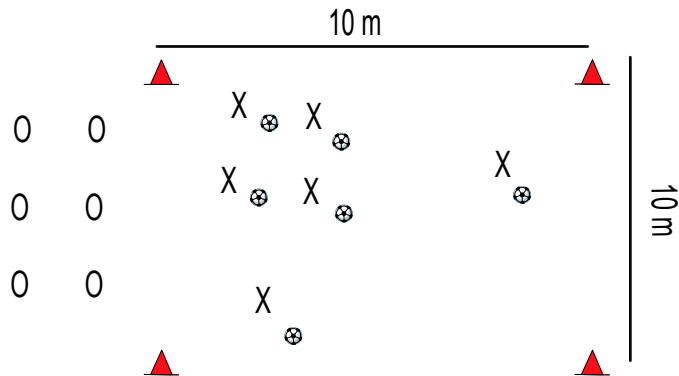
Ball Handling: Head Up Dribbling (10min)

- Three squares each with a coach/parent in it C1, C2, C3.  
 Players each with ball dribble in one square.  
 When one of the coaches lifts a hand, all players dribble to that square.  
 Coaches need to co-ordinate who lifts hand next.

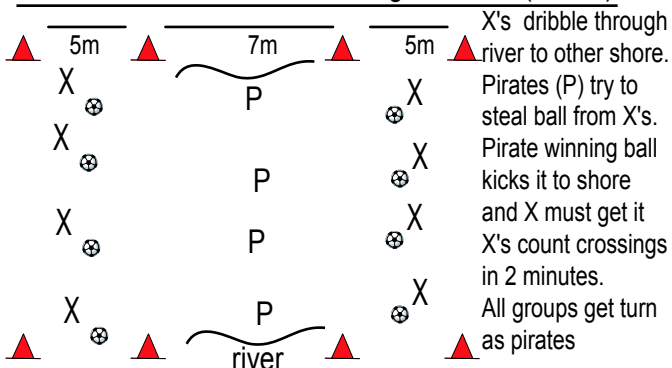


Co-ordination: Catch Game 4 (10min)

- X's in grid each have a ball in their hands and are the hunters.  
 Two O's enter grid at a time and X's try to tag them by tossing balls at them.  
 O's that are hit sit down, next two O's enter.  
 How long to knock down all O's?  
 Reverse roles.



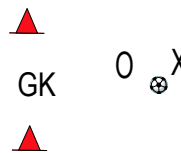
Motivational Skill: Dribble through Pirates (10min)



X's dribble through river to other shore.  
 Pirates (P) try to steal ball from X's.  
 Pirate winning ball kicks it to shore and X must get it  
 X's count crossings in 2 minutes.  
 All groups get turn as pirates

Game: 1 v 1 with GK (15 min)

- Groups of 3.  
 X v O on GK.  
 Goals can be scored from either side of goal.  
 Rotate GK every 2 minutes so each player gets 2 turns in goal.



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



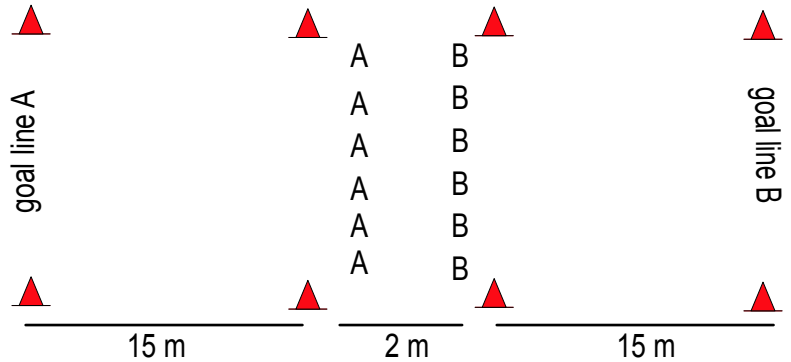
# KIDS SOCCER PRACTICE # 7

**Practice Focus: Shooting, Dribbling, Reaction, Throw-Ins**

**Time: 1 hr**

## Warm-Up: Reaction Tag Game (10min)

Players of team A and team B face each other standing 2m apart.  
 If coach calls "A", players in team A turn and sprint to goal line A, players in group B chase them and try to catch and tag them.  
 Count # players getting to goal line "safely".  
 Return to starting positions and repeat as many times as you like.

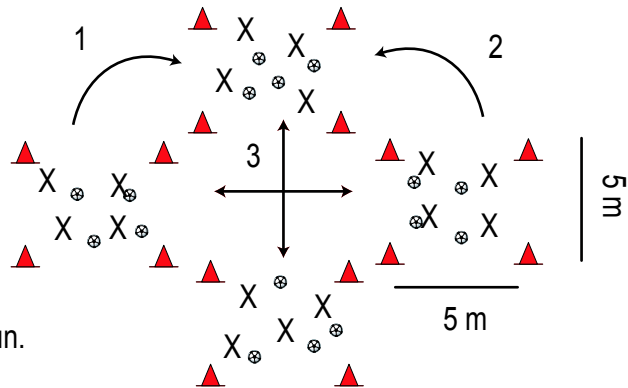


## Ball Handling: Reaction Dribble to Squares (10min)

Players are distributed in 4 squares as shown and freely dribble inside square. On command by coach, they dribble to the square:

1. to their right (clockwise)
2. to their left (counterclockwise)
3. across

There will be mix ups. Be patient, explain and have fun.

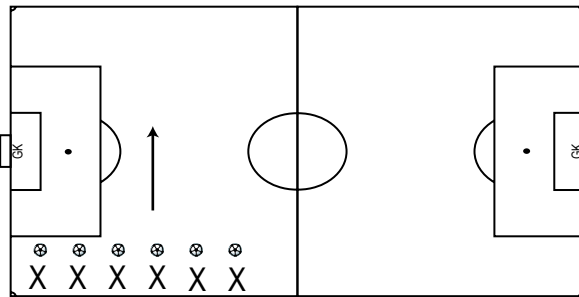


## Co-ordination: Throw Ins (10min)

Players line up on a side line and move the ball across the field and back using throw ins.

After the throw they run to pick up the ball, throw it again. Repeat.

Demonstrate proper throw in technique.



## Motivational Skill: Shooting 3 (10min)

X ⊗      ▲ GK      ⊗ O

5-7 m

-4 m wide goal  
 -X takes shot, GK turns and O takes shot.  
 -Rotate GK every 5 shots.  
 -Count # goals scored

## Game: 2 v 2 w. GK on 1 goal (15 min)

▲ GK      O ⊗ X

▲      O      X

Players can score from either side of 4m wide goal.

Encourage changing direction of attack to stimulate creativity.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



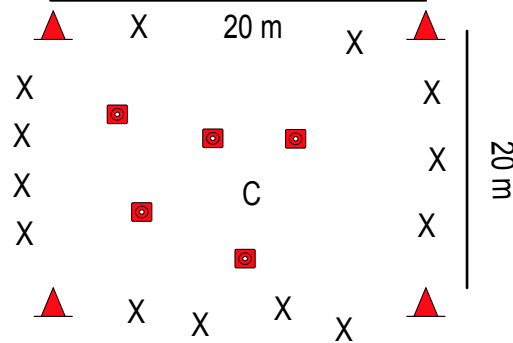
# KIDS SOCCER PRACTICE # 8

**Practice Focus: Agility, Passing, Dribbling, Defending**

**Time: 1 hr**

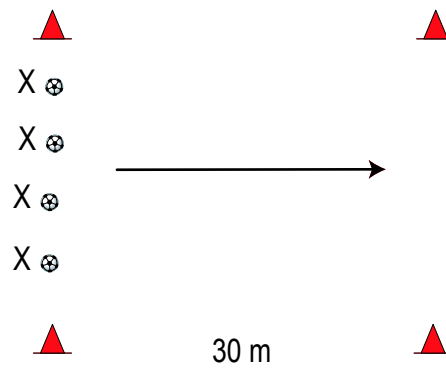
## Warm-Up: Stop the Runners (10min)

Place as many cones or other targets as players randomly inside a 20m x 20m grid.  
 One catcher (C) is waiting in grid, other players are distributed on outside of grid.  
 On command, outside players run into grid trying to get to a target.  
 Catcher tries to stop runners by tagging them before they reach a target. Tagged players are out.  
 Count number of players out. Rotate everyone to be catcher.



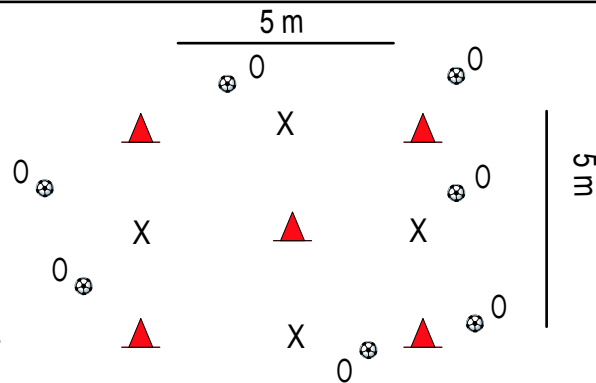
## Ball Handling: Kick-Pick Up-Throw (10min)

Players move across field and back by  
 kicking ball - running and picking it up - throwing ball-  
 kicking running -picking up-throwing, etc.

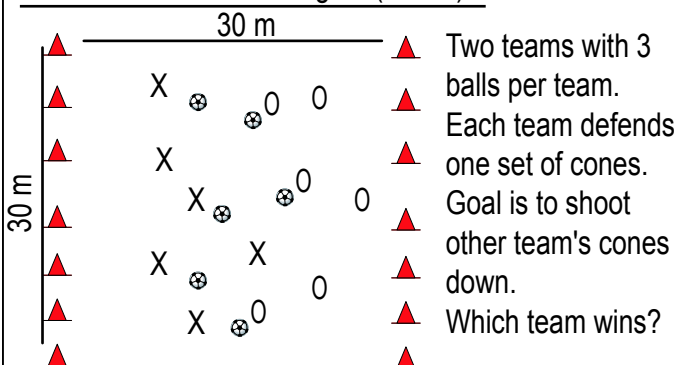


## Co-ordination: Protect the Castle (10min)

Cones, 5 m apart, are arranged in a square (the castle).  
 The line between two cones is a "castle wall".  
 Inside the square is a tall cone or other object.  
 X, between cones, protects the "castle wall" against two O's who try to dribble through wall and hit cone with a shot.  
 Time how long it takes to hit cone. Rotate X's and O's.

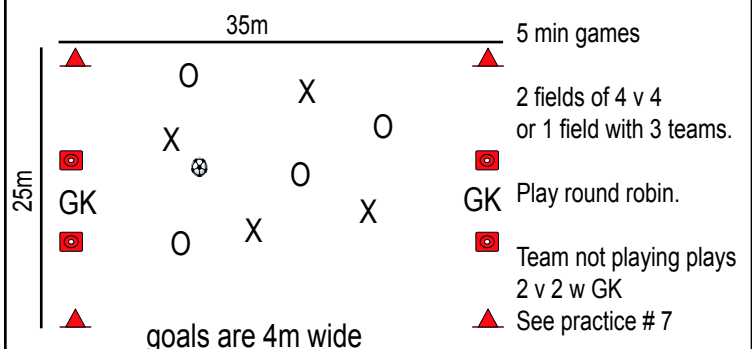


## Motivational Skill: Passing 2 (10min)



Two teams with 3 balls per team.  
 Each team defends one set of cones.  
 Goal is to shoot other team's cones down.  
 Which team wins?

## Game: 4 v 4 w. GK (15 min)



5 min games  
 2 fields of 4 v 4 or 1 field with 3 teams.  
 Play round robin.  
 Team not playing plays 2 v 2 w GK  
 See practice # 7

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 9

**Practice Focus: Dribbling, Obstacle Runs, Passing**

**Time: 1 hr**

## Warm-Up: Obstacle Run (10min)

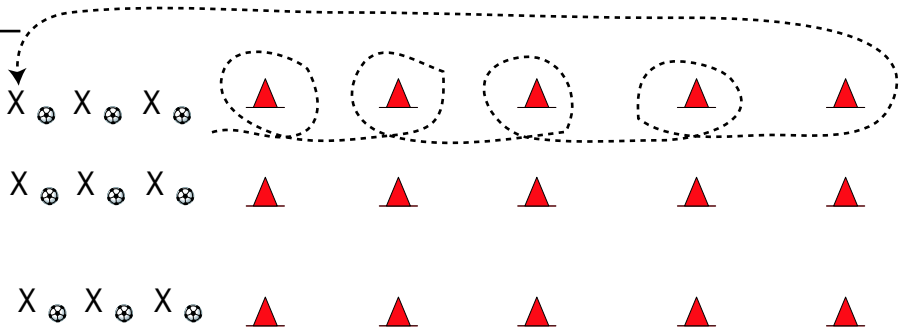
Creatively put obstacles on field (bags, balls, pieces of wood, etc.) or use obstacles already at field, such as players benches, trees, ditches, etc.

Map out an obstacle course and get team to run through. Make sure there are opportunities to jump, crawl, circle around objects, etc.

Your chance to be creative.

## Ball Handling: Circle Dribble (10min)

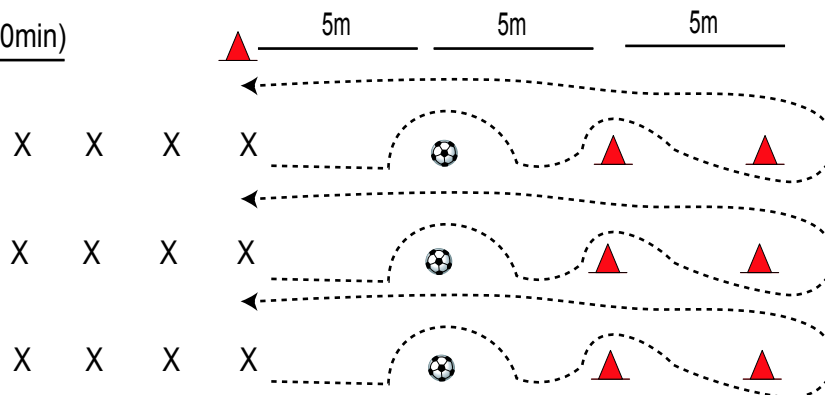
Dribble around each cone and straight back after the last one.



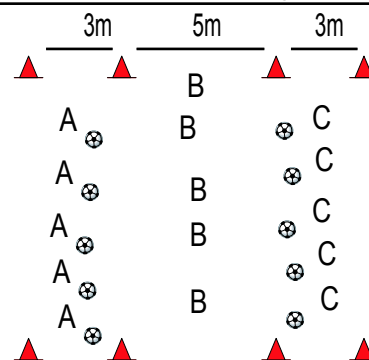
## Co-ordination: Obstacle Relay (10min)

Hop over ball, then over cone, run around second cone and then sprint back to end of line.

First team to finish wins.

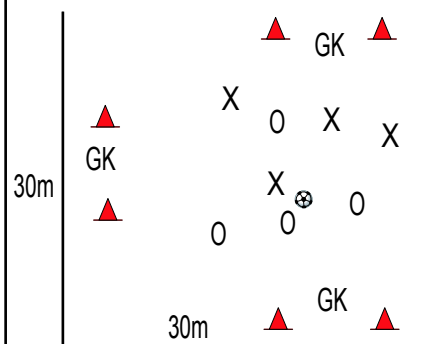


## Motivational Skill: Passing 3 (10min)



A's and C's try to pass ball across zone occupied by B.  
B's try to stop ball.  
Rotate teams through middle every 3 min.  
Count # of passes through for each team

## Game: 4 v 4 on 3 goals with GK (15 min)



Play 3 min. games. Teams can score on any goal.

Goals are 4m wide.

Rotate goalkeepers

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



# KIDS SOCCER PRACTICE # 10

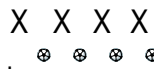
**Practice Focus: Co-ordination, Dribbling**

**Time: 1 hr**

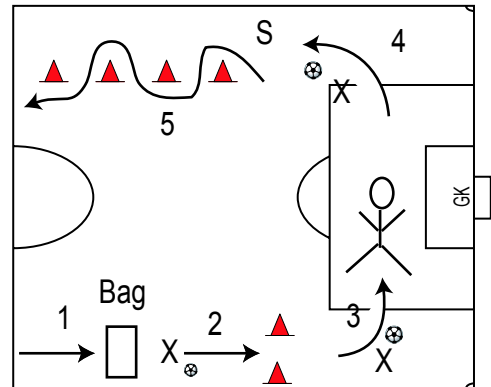
## Warm-Up: Obstacle Circuit (10min)

Kids each have a ball and:

1. Carry it, run and jump over a bag or other obstacle.
2. Put ball on ground, kick through goal, and dribble toward
3. coach, who stands with legs apart. Pass ball through legs, run around coach, pick ball up with hands and
4. throw it to server (S) who throws it back for a catch.
5. Put ball on ground and dribble through cones.



Make circuit larger or smaller depending on age of kids



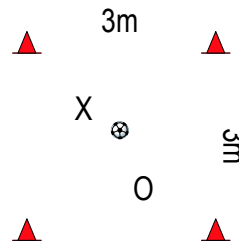
## Ball Handling: Chase a Friend (10min)

In pairs in a 3m x 3m grid.

One player has ball, the other one does not.

Player without ball tries to avoid being caught by player with ball chasing him/her while dribbling.

Once caught and tagged, roles change.



Make grid smaller/larger to allow success for both.

## Co-ordination: Bunny Hop Relay (10min)

Players "bunny hop" to opposite cone and back.

A A A A ▲

They tag next player who now hops.

B B B B ▲

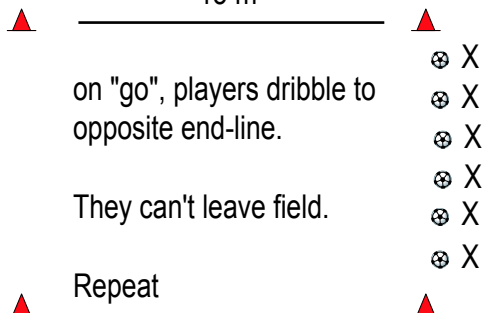
First team to finish wins.

C C C C ▲

5m

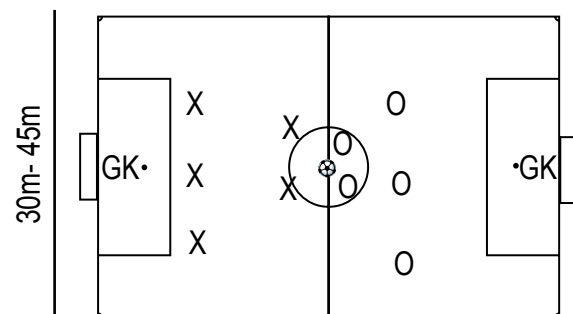
## Motivational Skill: Dribble Race (10min)

15 m



## Game: 6 v 6 (15 min)

40m - 60m



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

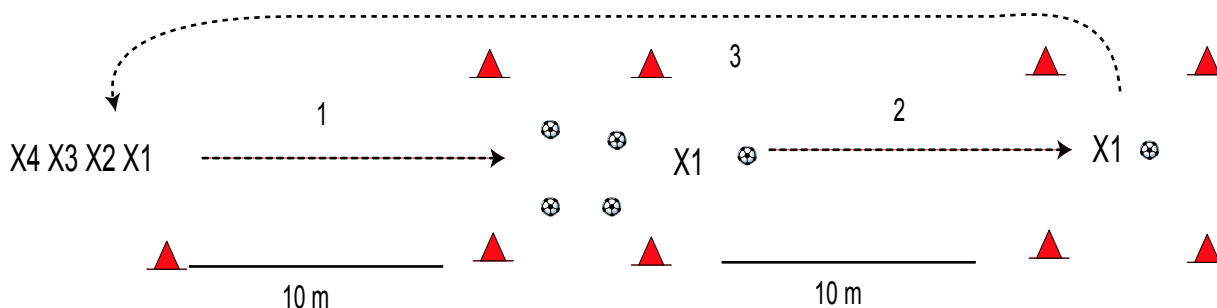
# KIDS SOCCER

## Warm-Up Exercises



## Warm-Up # 1: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball

Team that carries all balls first wins

### Coaching Points/Progression

Drill 1:

1. If kids can't jump over ball, ask them to step over it.
2. Stop the exercise after maximum of three minutes.

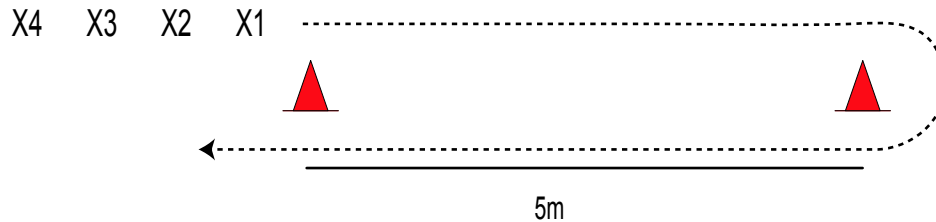
Drill 2:

1. Divide team into even groups. If there is a group with fewer players, ensure that the stronger kids are in that group.
2. Make sure number of balls to be carried by each team is same, even if some kids have to run twice
3. Progress the drill to have players dribble ball to next square, especially for 6-8 yr olds.

### Coach's Notes



## Warm-Up # 2: Co-ordination Relay (10min)



In groups of 4.

1. X1 runs around cone and back and takes
2. X2 by hand. X1 and X2 holding hands run around cone
3. and take X3 by hand. All three run around cone and
4. pick up X4. All 4, holding hands, run around cone and
5. leave X1 behind.
6. X2,X3,X4 run around cone and leave X2 behind
7. X3,X4 run around and leave X3 behind
8. X4 runs around and comes back alone.

Team that finishes first wins.

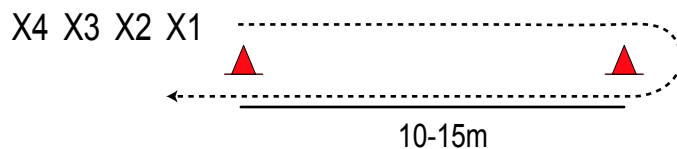
### Coaching Points/Progression

1. Keep the players close together while holding hands.
2. Players should run behind each other making a chain.
3. It is important that they coordinate their speeds so that players will not lose contact while running.
4. If they lose contact, ask them to be aware of the movements and speeds of their partners.
5. If they are doing the drill properly, progress them to:
  - a. increase speed.
  - b. run backwards (this will also add some fun)
  - c. race against another group.

### Coach's Notes



## Warm-Up # 3: Relay Race (10min)



< 7yrs old: 10 m; 7 yrs + : 15 m

Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.

### Coaching Points/Progression

1. Vary the run so that players don't run around cone, but run straight to it, touch it, turn and sprint back.
2. If one group seems to have all the fast runners, mix up the groups such that the races are closer.
3. For more advanced teams, vary the starting position so players sit down, jump up, then run.
4. For proper technique, make sure the runners waiting lean forward with one foot ahead of the other, on their toes.

### Coach's Notes





## Warm-Up # 5: Developing Ball Feeling (10min)

1. Each player has a ball. They stand with the ball in front of them and alternate putting their right foot and left foot on the ball.

Try to keep them moving continuously - doing the "soccer dance".

2. Players each have a ball and dribble it forward. On command they stop the ball by stepping on it.

Alternate left and right foot to stop the ball.

### Coaching Points/Progression

#### Drill 1:

1. Younger kids may have difficulty alternating the foot stepping on the ball. It's ok to have them use their favourite foot first and then get them to try the other foot.
2. Challenge the more experienced kids to stay on their toes as they alternate feet to ball.

#### Drill 2:

1. Make sure nobody uses their hands to stop the ball.
2. Challenge more experienced kids to dribble at a higher pace.

### Coach's Notes

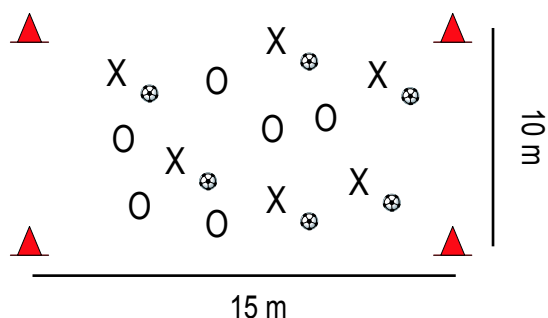


## Warm-Up # 6: Ball Control, Dribbling (10min)

1. All players have a ball and walk/run with it pushing it forward with either laces, inside foot, or outside foot.

On command by coach they stop the ball by pulling it back with the sole of the foot.

2. X's dribble ball inside the grid and O's run around freely. On command by coach every O takes a ball from an X and O's now dribble while X's run around. Command every 15-20 seconds to exchange balls.



### Coaching Points/Progression

#### Drill 1:

1. Younger kids can move the ball forward with any part of their foot, trying to avoid "toe" kicks. They may stop the ball by stepping on it without the "pull back".
2. It is important to keep the ball close to the foot for an easy stop/pull back.
3. Older and more experienced kids are encouraged to dribble at a higher pace.

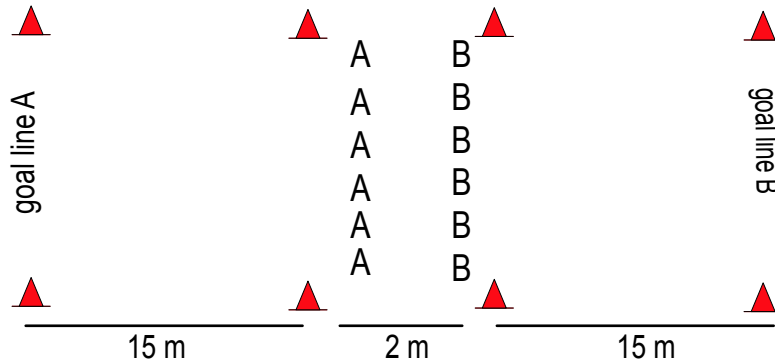
#### Drill 2:

1. Encourage players to spread out using the whole grid.
2. Encourage players without the ball to not simply follow the same player, but find the one closest to them.

### Coach's Notes



## Warm-Up # 7: Reaction Tag Game (10min)



Players of team A and team B face each other standing 2m apart.

If coach calls "A", players in team A turn and sprint to goal line A, players in group B chase, try to catch and tag them.

Count # players getting to goal line "safely".

Return to starting positions and repeat as many times as you like.

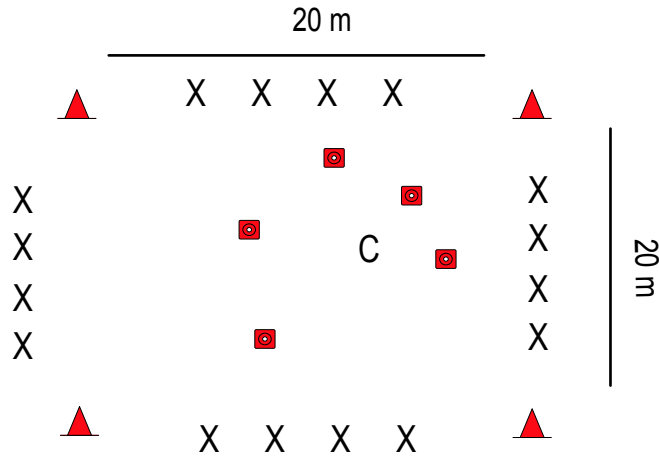
### Coaching Points/Progression

1. If you have more than 12 players, set up the in two groups.
2. For younger kids, shorten the sprint distance from 15 m to 7 m.
3. 4-5 year olds may have challenges turning and running. You can try to get them running in the right direction or you can modify the drill by both groups lining up in the same direction and playing a straight ahead run and tag game.
4. For older and more experienced age groups you can introduce a ball to each group and the players that turn must now dribble the ball and avoid getting tagged.

### Coach's Notes



## Warm-Up # 8: Stop the Runners (10min)



Place as many cones or other targets as players randomly inside a 20m x 20m grid.

One catcher (C) is waiting in grid, other players are distributed on outside of grid.

On command, outside players run into grid trying to get to a target.

Catcher tries to stop runners by tagging them before they reach a target. Tagged players are out.

Count number of players out. Rotate everyone to be catcher.

### Coaching Points/Progression

1. For younger teams, make a smaller grid and place less targets than players in the grid.
2. Get an early read on the success of the catcher. If they struggle tagging players, then add more catchers.
3. You may also set up two grids to increase success rate of catcher.
4. You can set a goal of 1 catch to start with and celebrate success with each catch.

### Coach's Notes



## Warm-Up # 9: Obstacle Run (10min)

Creatively put obstacles on field (bags, balls, pieces of wood, etc.) or use obstacles already at field, such as players benches, trees, ditches, etc.

Map out an obstacle course and get team to run through. Make sure there are opportunities to jump, crawl, circle around objects, etc.

Your chance to be creative.

### Coaching Points/Progression

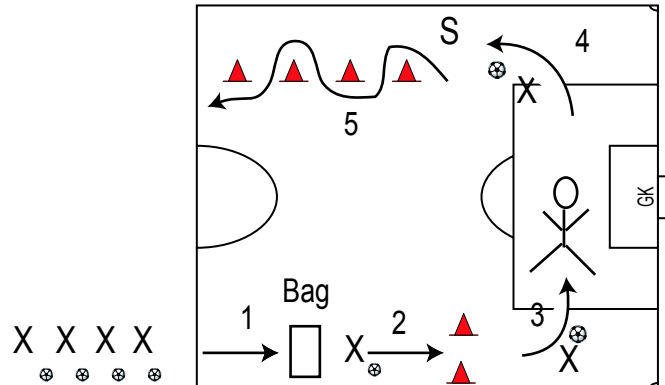
1. Adjust the size of the course to the age of your team.
2. For younger kids, consider placing a parent at each obstacle to help the kids and remind them what they need to do.
3. For older players, look for a bench and allow them to climb over, or climb on the bench and jump back down.

Be creative and ensure that the obstacles are appropriate to the age and size of the children.

### Coach's Notes



## Warm-Up # 10: Obstacle Circuit (10min)



Kids each have a ball and:

1. Carry it , run and jump over a bag or other obstacle.
2. Put ball on ground, kick through goal, and dribble toward
3. coach, who stands with legs apart. Pass ball through legs, run around coach, pick ball up with hands and
4. throw it to server (S) who throws it back for a catch.
5. Put ball on ground and dribble through cones.

### Coaching Points/Progression

1. Adjust the size of the course to the age of your team.
2. For younger kids, consider placing a parent at each obstacle to help the kids and remind them what they need to do.
3. To keep the flow going send the second player as soon as the previous one has jumped over the bag.

### Coach's Notes

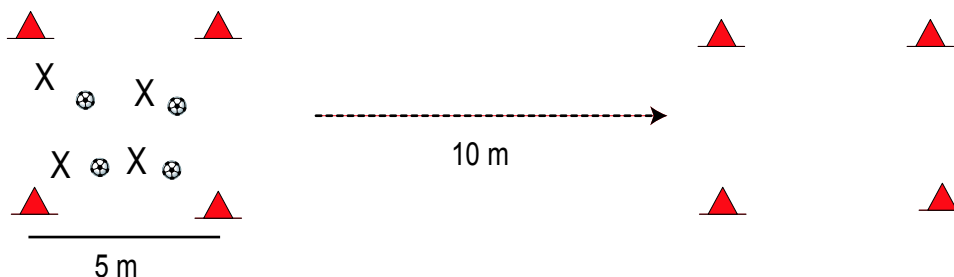
# KIDS SOCCER

## Ball Handling Drills



## Ball Handling # 1: Dribble Between Squares (10min)

In groups of not more than 4



Dribble ball from one square to the other and back using:

- outside right foot
- inside right foot
- outside left foot
- inside left foot

### Coaching Points/Progression

1. Younger kids (4-6) may have difficulty moving the ball with the various parts of the foot.

In that case, just let them dribble the ball whichever way they can. The important thing is that they get touches on the ball.

2. Older kids (7-8) should be encouraged to use all parts of the foot.

3. Ask the players to keep the ball close to the foot as opposed to kicking it far ahead.

4. If the group is very proficient, challenge them to dribble faster while keeping ball close. You can also challenge them to dribble with their head up (not staring at ball) by asking them to look at the far cones.

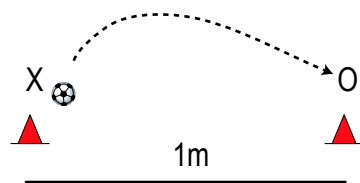
### Coach's Notes



## Ball Handling # 2: Ball Receiving and Control (10min)

1. Each player holds ball in hand and lets it drop onto a foot trying to kick it up and catch it.
2. In pairs, 1m apart, players throw ball to partner's foot.

Partner stops ball and kicks it back with second touch.



### Coaching Points/Progression

#### Drill 1:

1. If players have little success kicking the ball directly with foot after they let it drop, allow the ball to hit ground and players to kick it up after the ball bounces up.
2. If players find it easy, then ask them to kick it up with different parts of foot. Ask them to kick it up higher so they have to jump up to catch it.

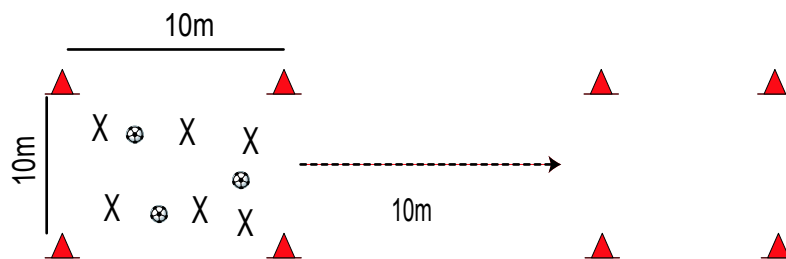
#### Drill 2:

1. If players are successful ask them to kick it back with one touch and/or different part of foot.

### Coach's Notes



## Ball Handling # 3: Passing and Dribbling (10min)



Players work in partners

They pass the ball to each other inside square

On command, players with ball dribble to other square, partners run after them.

Once in other square, pass again and repeat

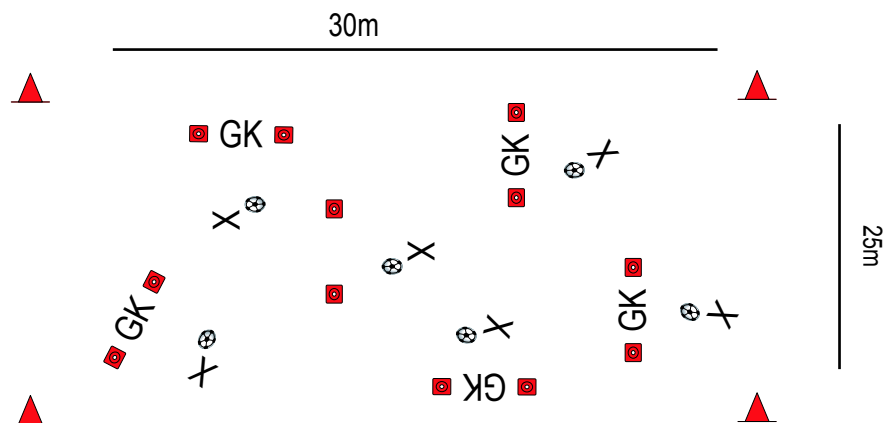
### Coaching Points/Progression

1. Encourage two touch passing.
2. The command can be a whistle, a shout ("go"), or a clap of hands. It teaches perception and reaction skills.
3. For younger and/or less skilled groups it is o.k. to pass the ball back and forth with players being stationary. If skill allows, ask players to move around in square while passing to their partner.
4. Encourage players dribbling the ball to keep the ball close to their feet, not kicking and chasing it.
5. The players running after the dribbler try to beat them into the opposite square.

### Coach's Notes



## Ball Handling # 4: Dribbling with Change of Target (10min)



6 -1m- wide goals are placed randomly in area.. 5 goals have a goalkeeper in them, one does not. Players with ball dribble through the goal without GK in it.

On command by coach, GK change goals such that a different goal does not have a goalkeeper, forcing players dribbling to find new target. Change goals every 30 seconds and switch GK with dribblers every two minutes.

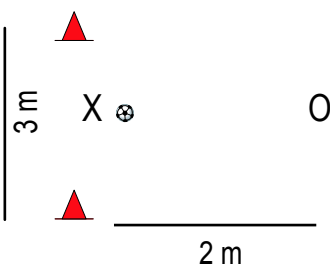
### Coaching Points/Progression

1. Coach's command to change goals can be a whistle or a loud shout, such as "switch".
2. Make sure that at least one GK occupies the previously unattended goal.
3. You may need to direct the GKs to a goal if some chose the same goal after the command. Encourage them to look around and recognize which goals are still open. They can also be encouraged to talk to each other and co-ordinate which goal to go to.
4. For younger kids, you may need to direct the dribblers which goal to go through.

### Coach's Notes



## Ball Handling # 5: Headers and Goalkeeping (10min)



X throws ball and O tries to head it into goal.

Switch every three turns.

If players are afraid to head, ask them to shoot instead.

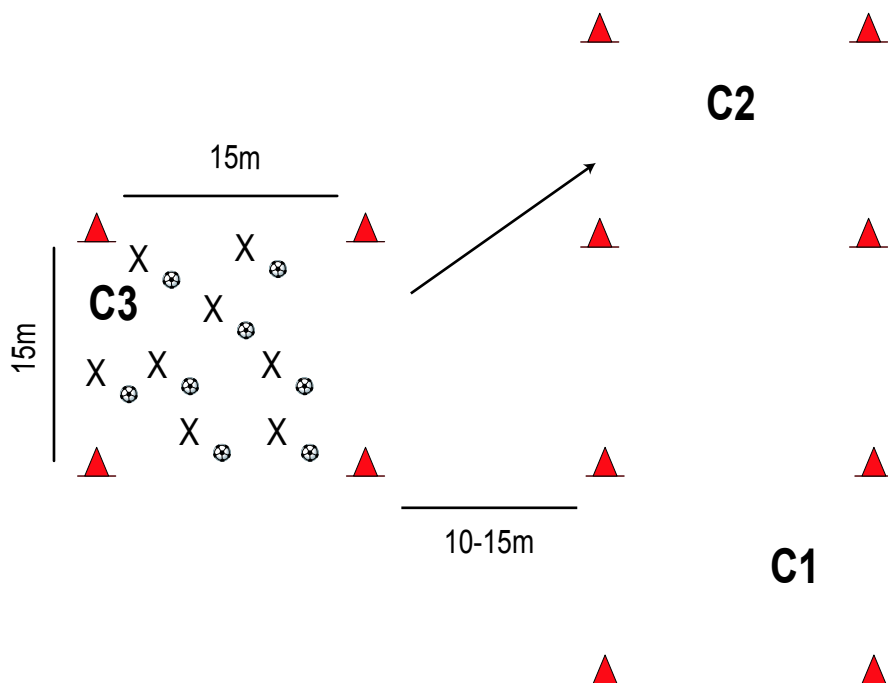
### Coaching Points/Progression

1. Younger ages may not be able to accurately throw the ball, ask them to roll it out for a shot.
2. If the player in net can throw, encourage the header. This is a good time to demonstrate that heading is fun and doesn't hurt. However, never force a child to head if they are not comfortable.
3. Encourage older and/or more experienced kids to jump up for the header.
4. You may need to help the throwers to get the ball placed accurately for a header.

### Coach's Notes



## Ball Handling # 6: Head Up Dribbling (10min)



Three squares each with a coach or parent in it, C1, C2, C3.

Each player has a ball and dribbles it in one square.

When one of the coaches in an empty square lifts their hand, all players dribble to that square.

Coaches need to co-ordinate who lifts their hand next.

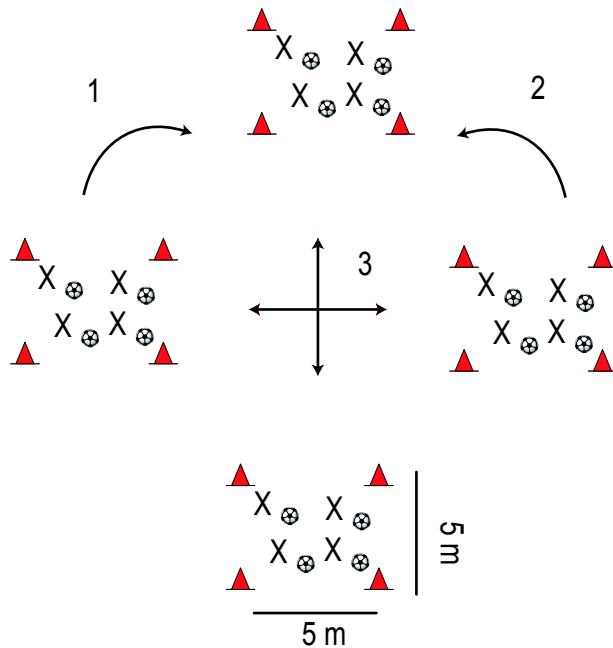
### Coaching Points/Progression

1. Encourage players to dribble with their heads up looking at the coaches in the empty square.
2. Not all players will see the signal to dribble to another square. You can let them know that a hand is up and guide them to look in the right direction.
3. For the younger groups, lifting the hand and at the same time calling out a signal "here" may be needed for them to notice that they need to move.
4. You may make the grids smaller and the distances between the grids less for smaller/younger groups.
5. More experienced players may be challenged to a "race" to the new grid.

### Coach's Notes



## Ball Handling # 7: Reaction Dribble to Squares (10min)



Players are distributed in 4 squares as shown and freely dribble inside square.

On command by coach, they dribble to the square:

1. to their right (clockwise)
2. to their left (counterclockwise)
3. across

There will be mix ups.

Be patient, explain and have fun.

### Coaching Points/Progression

1. Younger kids may find it difficult to pay attention to dribble, a command from the coach, and then to recognize and dribble into a different square. You may want to progress them by starting the drill without balls. Give them the command to run into another square often until they get used to the squares, commands, and direction. They may not remember which number shouted by the coach means which run, so you may tell them verbally or with hand signals which way to run.

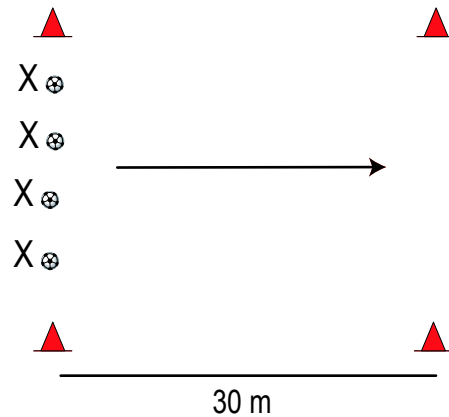
If they get the directional changes, you can introduce balls.

2. More experienced and older players may get the drill faster. Once they are comfortable you can add a little competition: Which group gets to the new square first ?

### Coach's Notes



## Ball Handling # 8: Kick - Pick Up - Throw (10min)



Players move across field and back by

kicking ball - running and picking it up - throwing ball -

kicking running -picking up-throwing, etc.

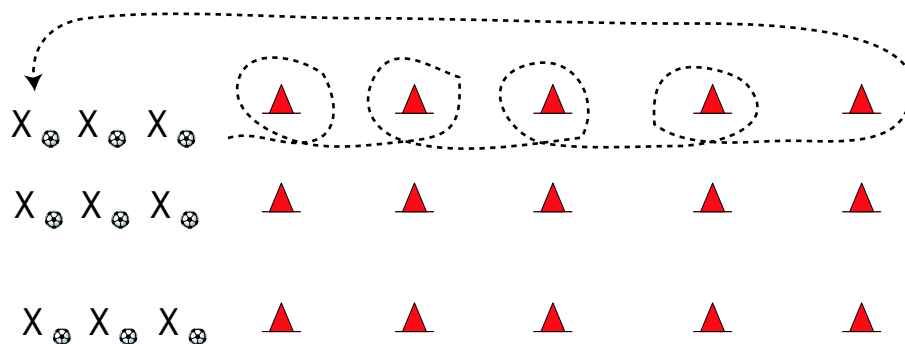
### Coaching Points/Progression

1. Shorten the distance for younger kids.
2. Allow younger kids to throw the ball any way they can, while asking older kids to do a proper throw in.
3. It is important to keep all players inside the grid and in as much of a straight line as possible. This means a focus on straight kicks and throws.
4. Older and stronger kids should pass the ball no more than 5 m ahead of them.

### Coach's Notes



## Ball Handling # 9: Circle Dribble (10min)



Dribble around each cone and straight back after the last one.

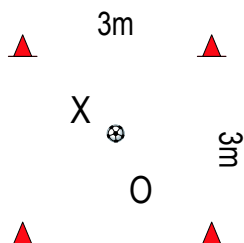
### Coaching Points/Progression

1. For younger (age 4,5) you may want to start with one cone per player and have them dribble around it individually to get used to the movement and avoid them standing and waiting. Once comfortable, you can do the drill with one cone and adding a cone as it gets easier.
2. For older and more experienced teams add the element of competition. Make it a race.
3. Ensure that to start the players move the ball with the inside of one foot as they dribble around cones. Keep an eye out for who might be a left footed player, they may need to go around the cone in the opposite direction.

### Coach's Notes



## Ball Handling # 10: Chase a Friend (10min)



In pairs in a 3m x 3m grid.

One player has ball, the other one does not.

Player without ball tries to avoid being caught by player with ball chasing him/her while dribbling.

Once caught and tagged, roles change.

### Coaching Points/Progression

1. if player with ball has difficulty catching player with ball, reverse roles and have player without ball chase player with ball.
2. Make grid larger or smaller depending on age, skill, and SUCCESS of players.
3. Match up players such that equally skilled ones play each other.

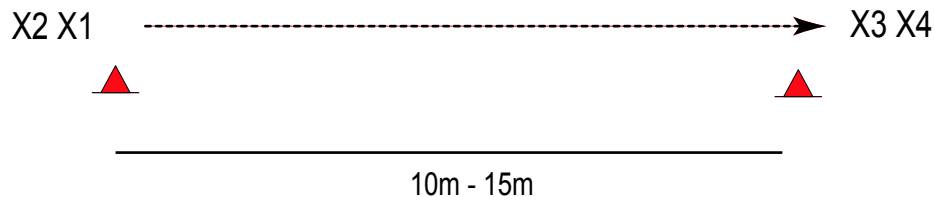
### Coach's Notes

# KIDS SOCCER

## Co-ordination Drills & Exercises



## Co-ordination # 1: Relay Game # 1 (10min)



Make as many even groups as you can.

X1 sprints to X3 and touches X3 hand to send X3 running.  
X1 goes behind X4.  
X3 runs towards X2, touches off X2 and takes spot of X2.  
X2 runs and touches off X4, etc.

Once players are back in their starting position,  
they stop. Race is over when everyone is back where they started,  
First team to finish wins.

### Coaching Points/Progression

1. Ensure players don't cheat by running too early. They must touch the hand before the run can start. Also keep an eye on the feet and make sure they are in line with the cone until the hand is touched.
2. If you have uneven number of players and cannot make even number groups, then add coaches, parents, siblings to make it work. This will add to the fun for the kids.
3. If one group wins all the time, change up the teams.
4. Use a shorter distance for the younger age group.
5. For older kids, you may ask them to do the relay running backwards.

### Coach's Notes



## Co-ordination # 2: Throw - Move - Catch (10min)

1. Players start with a ball in their hand either sitting on the ground, crouching low, kneeling, or laying on their back.
2. They then throw the ball up straight above them and
3. Catch the ball in a different position than they started in. For example:  
throw sitting down - jump into crouching position - catch in crouching position

throw kneeling - roll to lay on back - catch

Make sure to look at each player and ensure that they mix their moves.

### Coaching Points/Progression

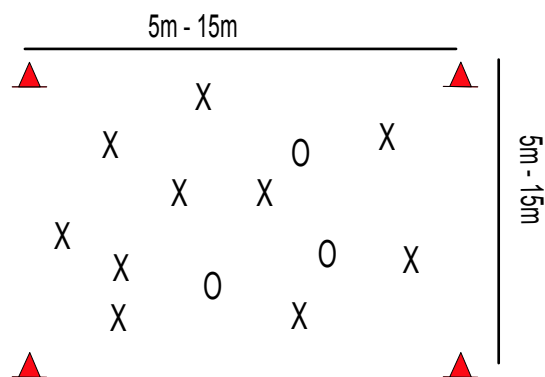
1. If catching the ball in a position different from the throwing positions proves too difficult, then allow players to catch the ball in the same position they throw it from.
2. It is important to allow them to be successful with the catch.
3. Allow the more successful kids to throw the ball up higher and make two moves before catching. For example:

Throw sitting down - get up to crouch - then kneel - then catch

### Coach's Notes



## Co-ordination # 3: Catch game 1 (10min)



Age	Size of Square	# of catchers
< 6	5m x 5m	3
7,8	10m x 10m	2
>8	15m X 15m	1 or 2

Catchers (O) are identified by wearing pinnies, hats, or armbands.

Everyone runs inside the square and catchers (O) must touch runners (X). Once touched, the runner changes role with the catcher. Who gets caught the least in a two minute game?

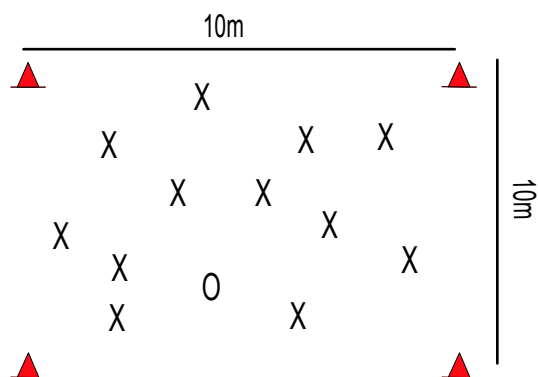
### Coaching Points/Progression

1. If catchers are not successful, keep increasing the number of catchers or reduce number of runners.
2. Try to play 4 rounds and make sure that in the last round all players who haven't been catchers become catchers.
3. It is recommended to have 8-10 players in the grid. Depending on number of players available, make up two grids.
4. For very advanced groups, have the runners dribble with a ball.

### Coach's Notes



## Co-ordination # 4: Catch Game 2 (10min)



One player (O) is identified as catcher and must tag the other players. The tagged players must sit down.

How many runners can you catch in 30 seconds?

Every player gets to be the catcher once to see who wins.

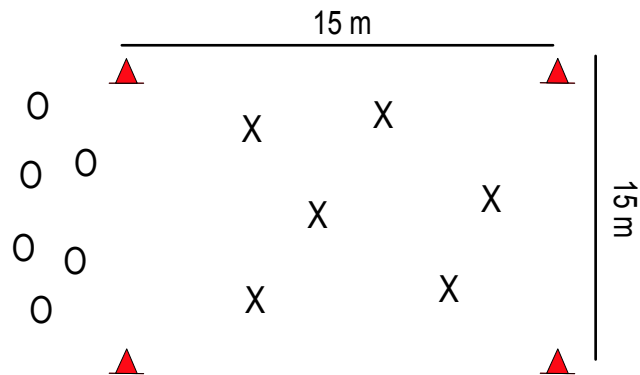
### Coaching Points/Progression

1. If the field is wet, the tagged players shouldn't sit down, they can move outside the grid.
2. If the catchers (especially with the younger teams) are having a hard time tagging anyone, make the grid smaller.
3. Encourage the runners to move around in the grid and to get away from catcher.
4. To add some fun you may call the catcher a "Fox" and the runners "Chicken".
5. A tag is considered a touch by the hand on any part of the runner.

### Coach's Notes



## Co-ordination # 5: Catch Game 3 (10min)



O's are catchers and X's are inside the grid. On command, the first O goes into the grid and tries to tag one of the X's. The X that is tagged sits down and the O that successfully tagged steps back out of the grid.

The next O now enters the grid trying to tag a remaining X. Keep going until all X's are tagged and see how long it takes to tag all X's.

Reverse roles after all X's are tagged or after 7 minutes, whichever comes first.

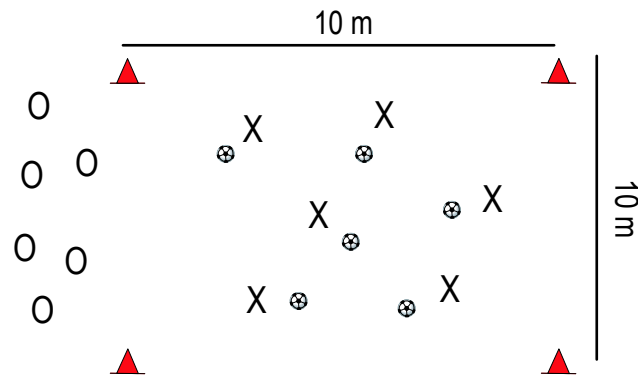
### Coaching Points/Progression

1. If it seems to difficult tagging the X's, especially for the younger ages, you can either make the grid smaller or send in two or three O's at a time.
2. If the ground is wet or the temperature is cold, ask the tagged players to step out of the grid instead of sitting down.
3. Challenge the more experienced kids to run harder trying to tag and to change directions quickly looking for another player to tag. Players may target just one X and keep pursuing - encourage them to be aware of the X closest to them and to change their target.
4. Make sure the X's are running trying to avoid the catchers.

### Coach's Notes



## Co-ordination # 6: Catch Game 4 (10min)



X's inside the grid each have a ball in their hand and they are the "hunters".

Two O's enter the grid at a time and the X's are trying to tag them by tossing a ball at them.

O's that are tagged sit down and the next two O's enter. How long to tag all O's ?

Reverse roles.

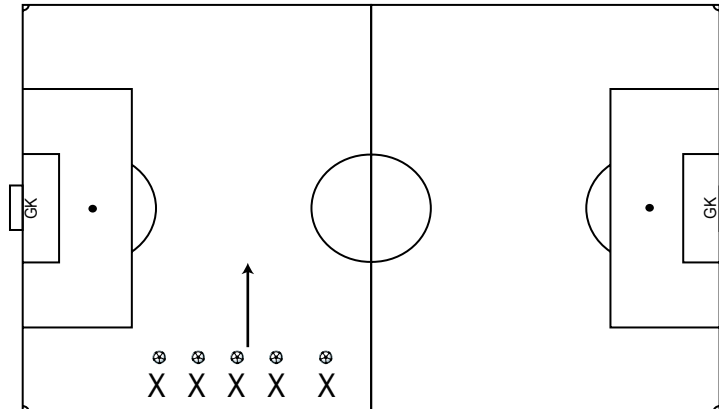
### Coaching Points/Progression

1. Make sure that the older/stronger kids toss the ball at the X's - NO hard throws.
2. throws must be aimed at the legs and feet - No upper body/head.
3. Make the grid larger/smaller to ensure success for the "hunters".
4. The younger kids may not be able to throw the ball, allow them to run with the ball and tag a player with the ball in their hand.
5. If it takes too long to tag players, stop the game and reverse roles earlier.

### Coach's Notes



## Co-ordination # 7: Throw Ins (10min)



1. Players line up on a side line and move the ball across the field and back using throw ins from a standing position).
2. After the throw in, players run to pick up their ball, throw it in (forward) again.
3. Demonstrate proper technique and keep the line moving straight across.

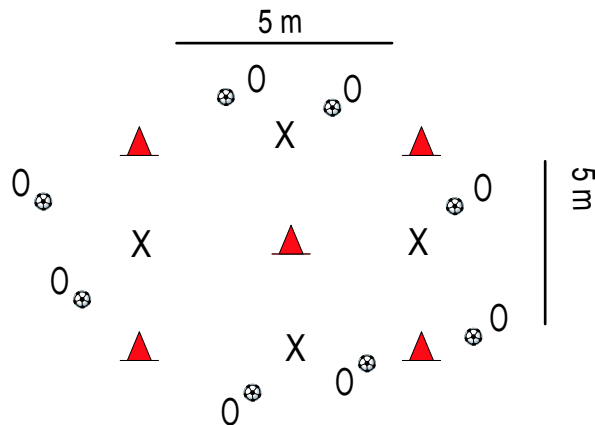
### Coaching Points/Progression

1. For younger kids, shorten the field to allow three throw ins (say 10-15 m) before they turn and come back.
2. If your players are demonstrating consistent proper technique, you can progress them to ask for throw ins after running to the side line.
3. Proper technique means:
  - both feet must be behind the side line.
  - both feet must remain on the ground while throwing the ball.
  - the ball must be held behind the head before arms can move forward and release the ball.
  - both hands must be on the ball at all times.

### Coach's Notes



## Co-ordination # 8: Protect the Castle (10min)



Cones, 5 m apart, are arranged in a square (the castle).

The line between two cones is a "castle wall". Inside the square is a tall cone or other object.

X, between cones, protects the "castle wall" against two O's who try to dribble through wall and hit cone with a shot.

Time how long it takes to hit cone. Rotate X's and O's.

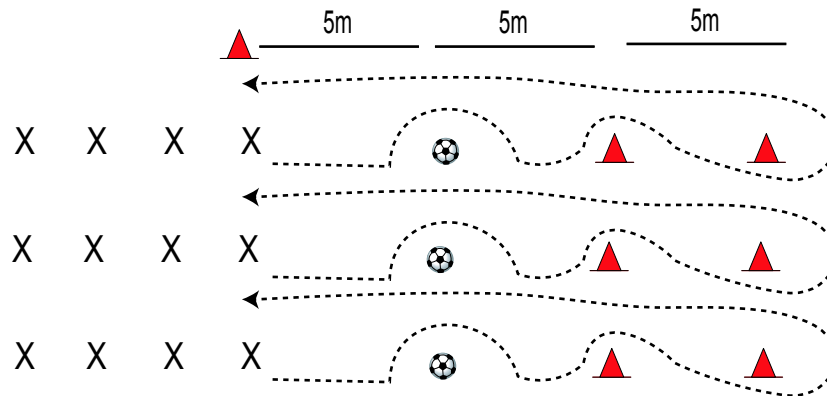
### Coaching Points/Progression

1. For younger kids, have only one O trying to break through the castle wall. or, if there enough players, have two X's protect each wall.
2. For experienced and skilled teams it may take little time to knock down the cone in the castle. In that case add a second or third cone to be knocked down.
3. Once an O has broken through the wall and taken a shot, then they can retrieve their ball and go to their starting position.
4. Allow the younger kids to dribble to the cone in the middle and shoot at it from very close in.

### Coach's Notes



## Co-ordination # 9: Obstacle Relay (10min)



Hop over ball, then over cone, run around second cone and then sprint back to end of line.

First team to finish wins.

### Coaching Points/Progression

1. Allow younger kids to step over ball and cone if they need to, instead of jumping over.
2. Adjust the number of players in each group to make sure there are no long waiting times, i.e. less players/more lines.
3. If you have a skilled team, ask them to dribble a ball to ball, pass it by ball, jump over, pick up ball to dribble to cone, pass-jump, dribble around last cone and back.

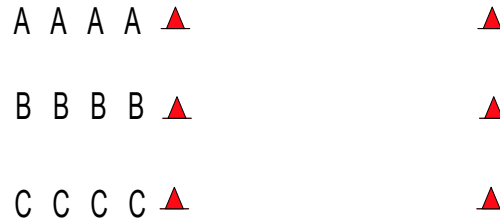
### Coach's Notes



## Co-ordination # 10: Bunny Hop Relay (10min)

5m

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Players " bunny hop" to opposite cone and back.

They tag next player who now hops.

First team to finish wins.

### Coaching Points/Progression

1. Bunny hops done properly have players crouch down such that quads are horizontal.
2. Allow younger kids to use any hopping motion they are comfortable with.
3. Shorten distance to make sure there no long waiting times before being tagged.

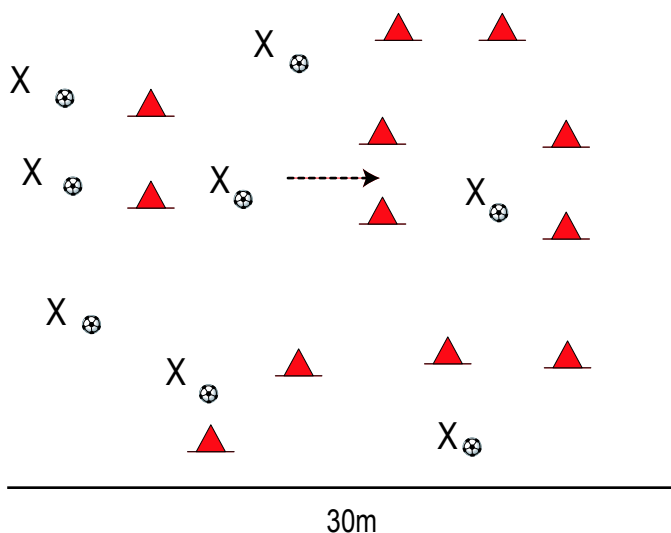
### Coach's Notes

# KIDS SOCCER

Motivational  
Skill Development



## Motivational Skill # 1 : Dribble Through Goals (10min)



randomly place 6 - 3m wide goals.

each player must dribble through each goal once.

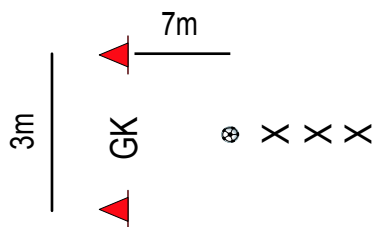
### Coaching Points/Progression

1. For younger kids (4-6) you may want to have more little goals than players to minimize collisions. You may also want to make the grid smaller for the younger groups.
2. If you see lots of collisions between players, ask them to keep their head up while dribbling.
3. Keep an eye on the younger kids to make sure they dribble through different goals, but don't make a big issue if they miss one. The important thing is they keep moving with the ball.
4. For older kids or more skilled groups, progress the drill by asking each player to keep track of which goals they went through and determine who completes all goals first.
5. To help players, you may number the goals with a sign, by writing on the cone or placing a numbered shirt beside it.

### Coach's Notes



## Motivational Skill # 2 : Shooting 1 (10min)



Groups of 4

Players take shots from 7m away.

Player who scores becomes goalkeeper.

Player who misses goes to the back of the line.

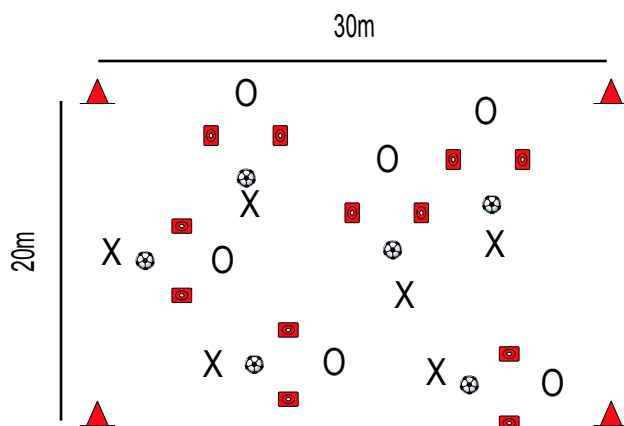
### Coaching Points/Progression

1. If players have difficult time scoring, rotate them through goal every 6 shots.
2. Keep an eye on who is good at stopping shots - there may be a goalie in the making.
3. Make sure groups are evenly balanced. Move players between groups if necessary.
4. For more skilled groups, move the ball further back, for less skilled teams, make the goal wider.
5. To add a fun element of competition have groups compete against each other - which group scores more goals in 10 shots.

### Coach's Notes



## Motivational Skill # 3 : Pass Through Small Goal (10min)



X and O work in pairs and pass ball to each other through 3 m wide goals.

< 7 yrs old - pass through same goals ; 7 yrs + - pass through each goal

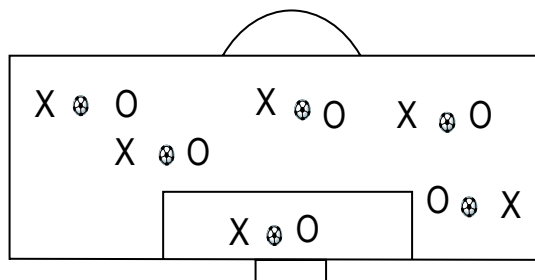
### Coaching Points/Progression

1. One touch passing is encouraged for the < 7 yr olds. However, if stopping the ball before passing it back improves the success, then allow players to stop the ball.
2. It is important to pass through the goal and control the ball. Make sure your players master this task consistently before allowing them to change goals.
3. If players are allowed to pass through each goal, have each pair pass back and forth through one goal, then slowly dribble the ball to another goal (partner following) and pass through it. You may need to give a command to make sure all pairs change goal at the same time. Also, you may need to direct traffic to make sure each goal has only one group. Do not spend too much time changing goals. If the players need a lot of direction to change goals, they probably aren't ready for that progression yet.

### Coach's Notes



## Motivational Skill # 4 : Pass & Follow Through Legs (10min)



Xs stand with their legs spread wide apart.

Os dribble towards an X and pass ball through their legs. They then crawl through the legs, following their pass, to retrieve the ball on the other side.

After each O has gone through each X, reverse roles.

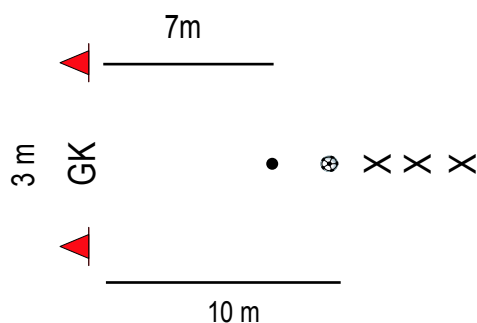
### Coaching Points/Progression

1. Younger kids may have difficulty passing the ball hard enough through the opening. Be prepared to help them by pushing the ball through.
2. Younger kids may also have difficulty crawling through the legs. If they do, allow them to run around the player.
3. Older and more experienced players who have no problem with the drill can be encouraged to dribble faster between players.
4. Challenge older and more experienced players to a race, determining who went through all "legs" first.

### Coach's Notes



## Motivational Skill # 5 : Shooting 2 (10min)



groups of 4:

Players dribble from 10 m and take shots from 7m away.

Player who scores becomes goalkeeper.

Player who does not score goes to the back of the line.

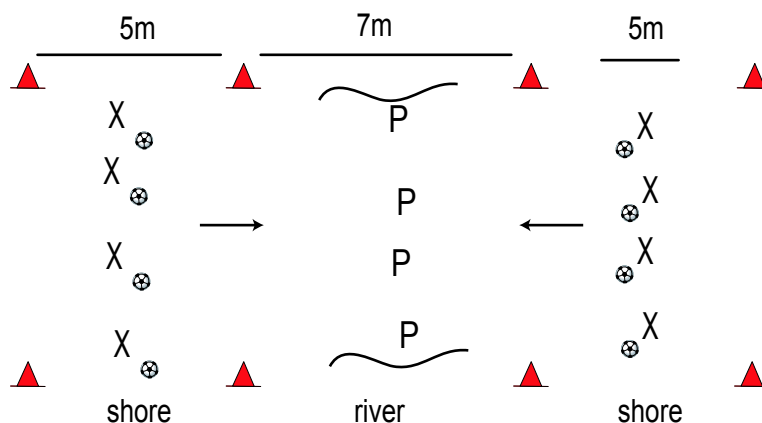
### Coaching Points/Progression

1. Shorten the distances for younger kids (4-6) to 5 m start and shot from 2 m. Also have younger ones play in groups of three to avoid standing idly. You may even want only two players to keep them active at all times.
2. This is another good drill to find a goalkeeper for your team.
3. Challenge the older or more experienced kids to aim their shots just inside the goal posts (cones).
4. Ensure that players don't dribble past the designated spot from which to shoot. You may place a cone adjacent to the "shooting" spot.

### Coach's Notes



## Motivational Skill # 6 : Dribble Through Pirates (10min)



X's dribble through the "river" to the other shore. The river pirates (P) try to steal the ball from the X's. If a pirate wins a ball, they kick it to a shore and the X that lost it must go, get the ball, and start again.

Count the number of successful crosses in two minutes.

All groups get a turn as the pirates.

### Coaching Points/Progression

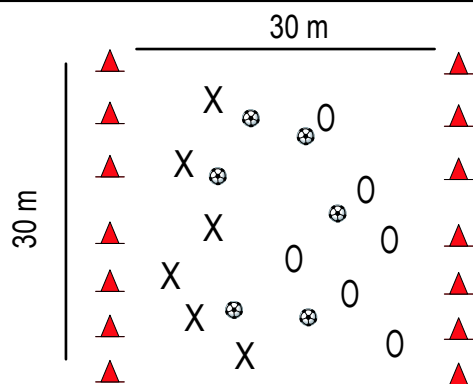
1. Encourage X's to look at where the pirates are and choose their spots to dribble through.
2. Encourage pirates to steal the ball from a target player they identified and stick with that player.
3. Younger kids may need a narrower river (4 m).
4. More experienced kids, when they are pirates, may be challenged to communicate to "gang up" two at a time on an X to increase success rate.
5. Be creative on how to identify the river and shore. This can be a real fun game.

### Coach's Notes





## Motivational Skill # 8 : Passing 2 (10min)



Two teams with 3 balls per team.

Each team defends one set of cones.

Goal is to shoot other team's cones down.

Which team wins?

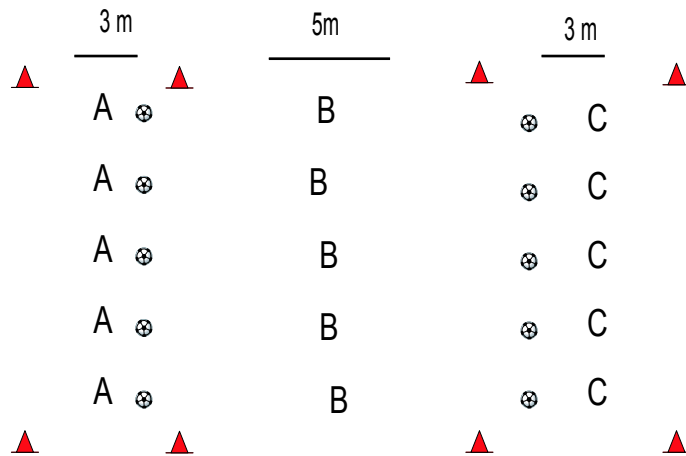
### Coaching Points/Progression

1. Shorten the field as appropriate for age and skill level of your team.
2. Discourage dribbling right to the opposite cone. Encourage lots of shots and encourage passing to team mates.
3. Observe the natural behaviour of your players to see if the players without the ball are trying to prevent the other team from shooting or if they stay open and ask for a pass. Also see who is likely to pass. That will give you an indication of who may have defender, attacker or passer tendencies.
4. Relating to the above point, you may want to force the behaviour by not allowing tackles and encourage passes.

### Coach's Notes



## Motivational Skill # 9 : Passing 3 (10min)



A's and C's try to pass ball across zone occupied by B.

B's try to stop ball.

Rotate teams through middle every 3 min. Count # of passes through for each team

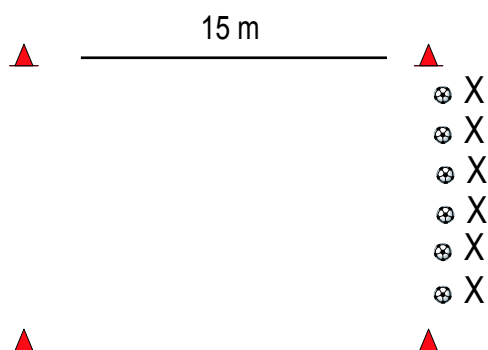
### Coaching Points/Progression

1. Shorten the distances for younger kids to 2 m, 2 m, 2 m.
2. A and C stay in their end zones and retrieve a new ball from the ones coming across from the other team.
3. If the players in the middle have little success, reduce the number of balls and consider starting all passes from one side (A or C) and then the other.
4. Make sure balls are passed on the ground, no high shots.

### Coach's Notes



## Motivational Skill # 10 : Dribble Race (10min)



On "go", players dribble to opposite end-line. Then set up from opposite side and race to other side.

They can't leave field.

Repeat

### Coaching Points/Progression

1. Shorten distance for younger kids.
2. Set up more than one grid to avoid congestion.
3. Every player has a ball.
4. Encourage players to keep ball close to foot. It is a dribbling, not a passing, exercise.

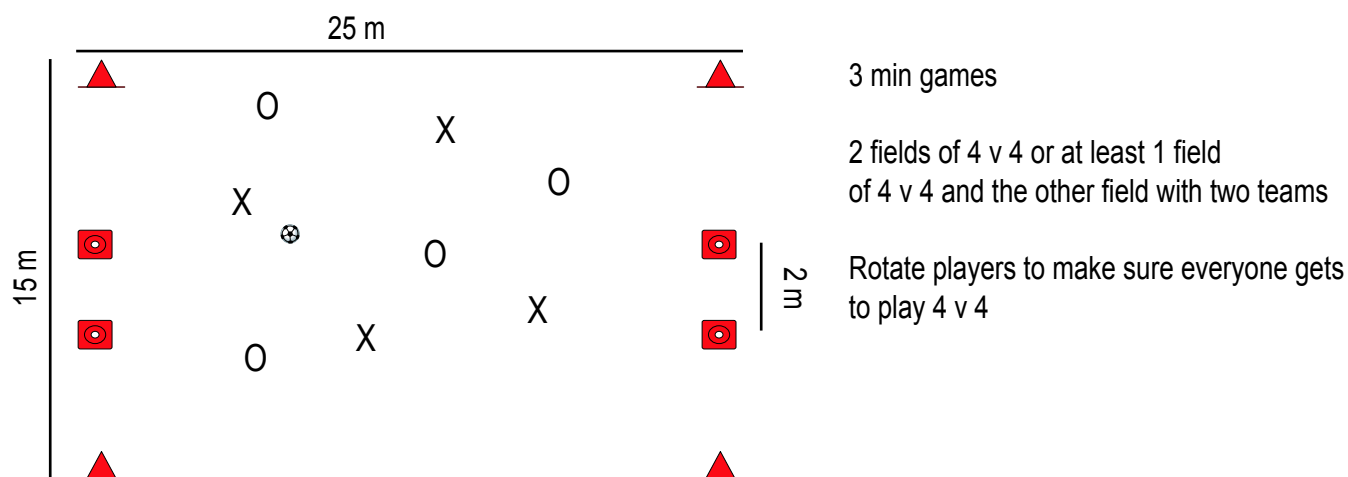
### Coach's Notes

# KIDS SOCCER

## Small Sided Games



## Game # 1 : 4 v 4, no GK (15 min)



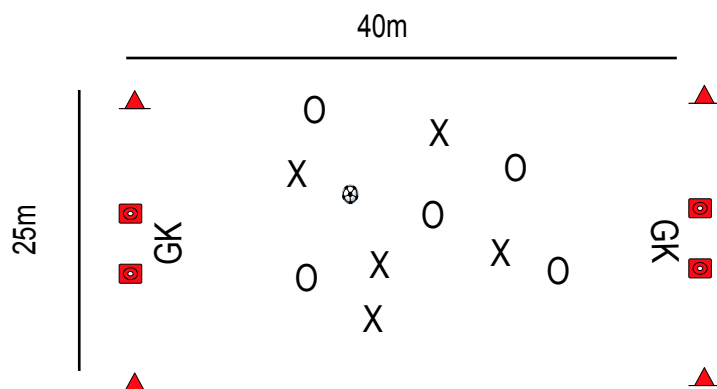
### Coaching Points/Progression

1. Reduce the size of the field as necessary for younger kids (4-6) to make sure everyone is close to the ball.
2. For younger kids, don't worry about passing. Just let them play. Encourage everyone to "steal" the ball from the player who has it, but make sure they don't take it from their own team mate. This may be difficult with the younger kids, so please use good judgment. The importance is that they keep active.
3. Older or more advanced teams should be encouraged to pass to team mates and to shoot at goal vs. trying to dribble through it.
4. For older and more skilled groups you can increase the size of the goal to 4 m wide and add a goalkeeper.

### Coach's Notes



## Game # 2 : 5 v 5 with GK (15 min)



set up 2 fields or rotate players in

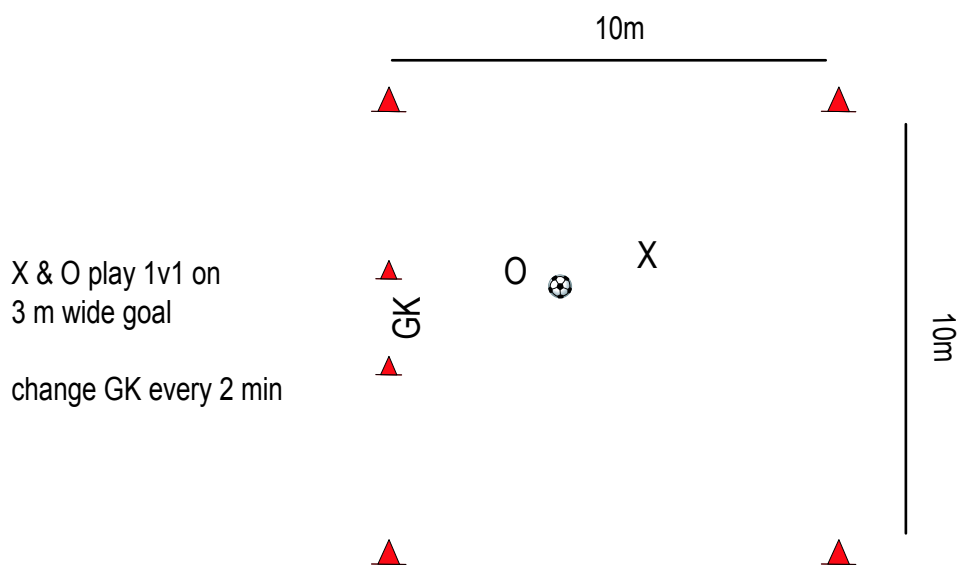
### Coaching Points/Progression

1. For teams 7yrs old and younger allow free positional play - no fixed positions. Encourage dribbling in space and passing to team mates when players are in traffic.
2. For teams 8 yrd and older ask them to play with 2 defenders and 3 forwards. Explain to them briefly the role of defenders (to stay back a little and take the ball away from the other team) and forwards (to stay up a bit and try to get a shot on goal). Do not overemphasize tactics and rotate players through the various positions.
3. This is a good time to make note of the fundamental principle that if the other team has the ball "we need to get it back" and if we have the ball "we need to play it up and keep it away from the other team".

### Coach's Notes



### Game # 3 : 1 v 1 with GK (15 min)



#### Coaching Points/Progression

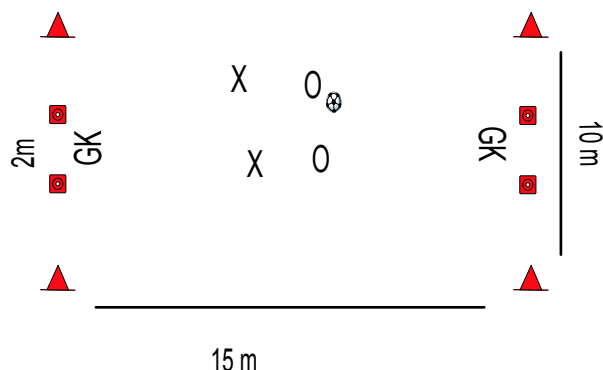
1. Encourage frequent shots on goal, especially after winning the ball from opponent.
2. Match skills evenly between players in a group.
3. Vary the size of the grid to get lots of shots, make it smaller if necessary for younger kids.
4. Sometimes young kids aren't comfortable taking the ball away from someone else - they have been taught to wait their turn. This is a good opportunity to teach them that it is o.k. in soccer to take the ball away from another team.
5. If it helps the kids to understand that the X and the O are on a different team, give them a different colour pinny.

#### Coach's Notes





## Game # 5 : 2 v 2, with GK (15 min)



Break team into groups of 6, each group playing a 2v2 game with GK on their own field.

Play 3 minute games and rotate groups of two in tournament style.

Which team wins the most games?

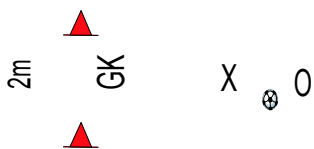
### Coaching Points/Progression

1. For younger kids (4-6), make the field smaller if necessary.
2. This drill is good to teach the younger kids the concept of defending their own goal and attacking the other goal, i.e. teach them the directional aspects of soccer.
3. Encourage the players to mix up passing and dribbling evenly.
4. Younger kids may need to be encouraged to finish with a shot as opposed to dribbling through the goal.
5. Older and more advanced kids may need bigger goals (3 m).
6. Have every player on each little team be the goalkeeper.

### Coach's Notes



## Game # 6 : 1 v 1, with GK (15 min)



Break team into groups of 3, each group playing a 1v1 game with GK in their own area.

Goals can be scored from either side of the goal.

Rotate GK every 2 minutes such that each player gets two turns in goal.

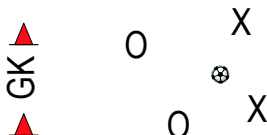
### Coaching Points/Progression

1. There are no specific field markers to indicate size. Encourage players to keep the action close to the goals.
2. Younger kids may not be ready to understand that they can attack from both sides of the goal.  
That's o.k., however as coach you may pick up the ball occasionally and roll it to the other side.
3. More experienced kids should be encouraged to change the side of attack more frequently.
4. Match up players as closely as possible based on skill.

### Coach's Notes



## Game # 7 : 2 v 2, with GK (15 min)



Players can score from either side of 4m wide goal.

Encourage changing direction of attack to stimulate creativity.

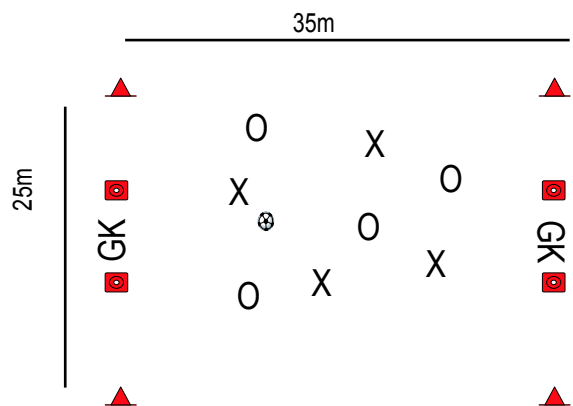
### Coaching Points/Progression

1. Younger kids should be able to attack from either side because they tend to keep playing regardless of where they are. You may need to step in often to point out where the goal is that they should try to score on.
2. For older teams you may need to limit the field of play with some cones to make sure they don't drift too far away from goal.
3. Encourage an equal split of 1v1 and passing. A small sided game like this is ideal to practice both of these skills.

### Coach's Notes



## Game # 8 : 4 v 4, with GK (15 min)



5 min games

2 fields of 4 v 4 or 1 field with 3 teams.

Play round robin.

Team not playing plays 2 v 2 w GK (see practice # 7)

### Coaching Points/Progression

1. Ideally, you want to have all players engaged in a game. Some suggestions:

If you have 12 players, play 5 v 5 with GK, rotating players through goal.

If you have 16 players, make four groups of four. Two groups play 4 v 4 with Gk (10 players), others play 2 v 2 with GK on a smaller field.

Have a plan of teams and rotations ready before practice or before drill starts.

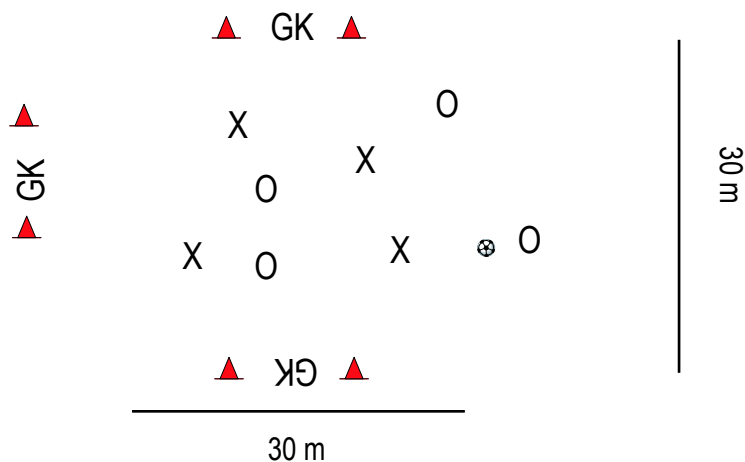
2. Encourage passing.

3. Encourage shots from withing 8 m of goal.

### Coach's Notes



## Game # 9 : 4 v 4 on 3 goals, with GK (15 min)



Each team can score on any of the three goals.

Play 3 minute games and rotate the GK into the teams.

Goals are 4 m wide to start.

### Coaching Points/Progression

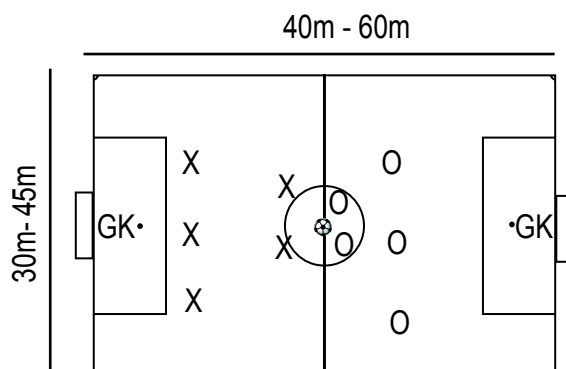
1. Adjust the size of the field and of the goals to the age and skill of your players.
2. Be on the field with the younger kids and help them decide which goal to attack.
3. Encourage the older and more experienced players to change the goal they are attacking if the one they are heading for is blocked by lots of defenders.

This is a good drill to start teaching change of direction of play.

### Coach's Notes



## Game # 10 : 6 v 6 (15 min)



### Coaching Points/Progression

1. Adjust the size of the field and number of players to reflect game situation.
2. This is a drill you can run at the beginning or end of the season, depending on what your team needs.

In essence, it is an intra squad scrimmage.

Rotate players through different positions to determine natural tendencies.

With young (4,5) players we recommend doing this early in the season so you can teach them the basics of the game, the idea of which direction to play, etc.

### Coach's Notes