



Our Core Values

- **Respect** – For teammates, coaches, opponents, referees, and the game.
- **Community** – We play for each other and build connections.
- **Growth Mindset** – Mistakes are part of learning and growing.
- **Teamwork** – We support each other and play as one.
- **Passion** – We bring energy, joy, and love for the game.

Our Recreational Philosophy

At U4, our goal is to foster a love of soccer through **fun, movement, and imagination**. Every activity should be playful and keep players moving. We avoid lines, laps, and long talks — kids learn best when they are active and engaged.

What to Expect from U4 Players

- Short attention spans (5–8 minutes per activity)
- Still developing balance and coordination
- Enjoy silly games and role play
- Thrive on praise and encouragement
- May have trouble sharing or following complex instructions

What to Work On

- Dribbling with both feet (no pressure for perfection)
- Stopping the ball with the foot
- Changing direction while dribbling
- Awareness of space and avoiding collisions
- Listening and following simple instructions

Player Expectations

- **Be kind to teammates**
- **Try your best and have fun**
- **Stay on the field when it's your turn**
- **Listen when the coach is talking**

Parent Expectations

- **Cheer for everyone, not just your child**
- **Let coaches coach**
- **Encourage effort over results**
- **Help players feel confident and ready to play**

Practice 1 – Preseason (30 Minutes)

Free Play (5 min)

Let each player have a ball and explore freely.

Red Light, Green Light (7 min)

Players dribble on “green,” stop the ball on “red.” Add fun variations like “yellow” (slow) and “purple” (hop).

Animal Dribble (8 min)

Call out animals (e.g., cheetah = fast dribble, turtle = slow, kangaroo = jump). Encourages imagination + control.

1v1 Dribble Gate Game (5 min)

Small gates made with cones. Players dribble through as many as possible.

Mini Scrimmage (5 min)

2v2 or 3v3. Let them play with minimal instruction.

Practice 2 – Preseason (30 Minutes)

Follow the Leader (5 min)

Coach leads dribbling patterns — zig-zags, circles, stops.

Treasure Hunt (7 min)

Players dribble to collect cones or balls and bring them to “home base.”

Sharks and Minnows (8 min)

Coach is the shark; players dribble from one side to the other without losing their ball.

Knock Down the Cones (5 min)

Players try to pass or kick the ball into cones to knock them over.

Mini Scrimmage (5 min)

Free play with encouragement.

Gameday Warm-Up (25 Minutes)

Free Play + Greetings (5 min)

Let kids dribble and move freely.

Red Light, Green Light (5 min)

Quick version to focus them before the game.

Dribble & Score Race (7 min)

Players dribble and shoot into a small goal. Celebrate each goal.

Mini Scrimmage (8 min)

2v2 or 3v3 to get them ready for game play.

Coach Tip: Keep things light and full of praise. If the kids leave smiling, you've won the day.