



INTRODUCTION TO SOCCER

1) Minutes 5-10: INTRODUCTION and BALL TOUCHES

Set up: Set out either yellow cones or dots in a small circle so you, the coach(es), can stand in the middle

- Tell each player to get a ball and find a yellow colored dot/cone. If they're slow or hanging out with mom, yell "Who Can be the fastest one to get to a yellow dot/cone??!! RUN!!"
- WITH ENERGY introduce yourself, ask the kids their names, ask if they've ever played soccer, ask if they're excited about this season and encourage them to be LOUD in response..."I CAN'T HEAR YOU!!!"

Ball Familiarity

Start with Ball Touches, go slow, then tell them to switch feet every time you say "Go" until you get going so fast, they get silly and no one can keep up Touches include

- **Foundations/Pendulums** ("pass" with the inside of the foot to the other inside of the foot, back and forth)
- **Ball Taps** on top of the ball (touch the ball with the sole/cleats) alternating feet
- **Ball Rolls** (with the sole of the Right foot/cleats, the kids should roll the ball toward their left, then use their left sole/cleats to roll the ball toward the Right)
- **Scissor step overs** (encourage the kids to bring their left foot to the left of the ball, then behind the ball, bring their right to the left then around the front of the ball, then vice versa...then keep going)

2) 5-10 minutes: GET THE COACH

- This encourages comfort on the ball, and change of direction without using the hands:)
- "CAN WE USE OUR HANDS IN SOCCER?? (NO!!) Okay then without touching the ball with your hands, I want you to try and dribble and hit me with the ball...lets see how many times you can get me...bet _____ can't get me!!"

Get the Coach

Run around a small area slowly while the kids chase you dribbling, trying to hit you with the ball. Move side to side, fwd backward, whatever makes the kids change directions a lot and have to dribble and get their heads up. If they hit you, grab their ball and toss it over the other kiddos for that player to go retrieve their ball (with his feet) and return to try to hit you again.

WATER BREAK

3) 10-15 minutes: TUNNEL DRIBBLING

Set Up: Using tent stakes in the ground, with pool noodles pushed over top, make “tunnels”

- around it in a square or circle place orange cones as their location for start and finish
- “ Everyone get a ball and dribble it to an orange cone!! Who will get there first?!”

TUNNEL DRIBBLING

First have the kiddos RUN from their cone (without a ball), and duck/crawl under as many different tunnels as fast as they can for a set amount of time, then return to their original cone/ball. Next with a ball, they must dribble to each tunnel, tap the ball underneath, then crawl under the tunnel; complete for a set time then return to original cone.

Progression 1: dribble up to a tunnel, do the ball touches from above drill before they can go under the tunnels

Progression 2: The kids can learn to do inside and outside cuts by going around the tunnels by cutting the ball with each part of the foot



WATER BREAK

4) 10-15 Minutes: SHARKS AND MINNOWS

Set Up: Mark a specific boundary (half of the little field) and help the kids understand boundaries in soccer and how we lose the ball (to the other team) when we dribble it past the line

SHARKS AND MINNOWS

Start by selecting a tagger (SHARK) and have the kids run (first without the ball) from one line to the other without getting tagged, stopping on the opposite line when they make it. If tagged OR THEY STEP OUT OF BOUNDS, they become a shark next round, and this continues until you have mostly sharks left and only 1-2 athletes remaining.

Progress then to sharks and minnows dribbling the soccer ball...the tagger must steal the ball OR KID DRIBBLE OUT OF BOUNDS in order to make the player a shark for the next round

*Kids typically LOVE this game, and will ask to play it all the time!

WATER BREAK

5) 10-15 Minutes: SCRIMMAGE

Using your full field play 3v3 or 4v4 soccer; try not to have teams any larger than four as it makes it difficult for your players to succeed as they play “bumble bee soccer”; encourage them to stretch out for their teammates when their team has the ball.

6) 5-10 Minutes: DEVOTION WEEK ONE