



U5 Coaching Guide

Active Start - First Kicks

Welcome

Firstly, welcome to the Saint John Soccer Club and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the SJSC. It is also your go to resource for week-by-week session plans.

Thank you once again for supporting SJSC



The Role of the Coach

Teacher. Mentor. Role model. Cheerleader. Parent. Occasional disciplinarian.

Soccer coaches wear many different hats, particularly when they are training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reigning in a distracted player the next.

You must be flexible, because a session or drill that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged. Above all, make sure **everyone** is enjoying the session - including you!

Being a coach is demanding, but is also incredibly rewarding. There's nothing quite like witnessing the thrill a young player gets when they score their first goal, or make a fantastic pass. **THE LESSONS A CHILD LEARNS FROM A GOOD COACH LASTS A LIFETIME!**

The objective isn't just to develop better soccer players - it's to develop well rounded individuals who are disciplined, persistent and are able to work well with others in a team environment.

Coaching Guidelines

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let the players know you are in charge.
2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or group positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
5. **KEEP PLAYERS ACTIVE:** If the drill is static and the kids seem bored, change the drill to one that you know was successful.
6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasize the use of correct techniques .
9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of the importance of readiness. Emphasize weight forward on toes and bouncy instead of flat footed-ness.
10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each half.
11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in drills and games. Do not leave the less competent players behind nor slow the advanced players.
13. **FUN AND ENJOYMENT:** Players will respond and want to continue soccer if things are FUN. Create their enjoyment.

Remember as a coach you should be dedicated to the development of all players whether technically abled or new to the game. Your position is very important. You are a role model to these children. Set exemplary standards. Developing good touch and technique, good sportsmanship, and a good atmosphere is the goal. Keep away from creating a pressure to win. Maintain equality throughout your sessions and emphasize fun and development.

SJSC U5 COACHES GUIDE

With this age group our goal is to keep all players involved and active. Given the young age of this group, the goal of each drill is to teach a small subset of skills in a fun manner. This helps to keep ALL the children active, interested and having **FUN**.

Key points to consider:

Make it fun!! - Whether or not your players will continue to play soccer in years to come will depend on whether it's fun. Make games and drills fun while having fun yourself and the kids will fall in love with soccer.

A ball for every player - It's of utmost importance that **EVERY** player have a ball during practice. Also be sure to use a variety of drills and games so that the amount of time each player has with a ball is maximized, as opposed to watching, listening to instructions or standing in a line

Choose good practice games - Avoid games that use "knock-out" or elimination games. This results in kids standing and watching others. The goal is to keep all the kids involved. Also, get the parents involved to further enhance the players experience.

Teach the following Concepts and Rules:

1. Don't use your hands when trying to dribble the ball.
2. The concept of a "field" that has lines that they must stay within.
3. The concept of "our goal" and "their goal".

How to kick the ball properly - Focus on teaching the kids to use the inside of the foot and the instep of the foot (the laces) and not the toe.

Focus on dribbling and kicking - The foundation of the game of soccer is to kick the ball. All kids want to do it. Focus drills and games on having the kids dribble and kick the ball as much as possible. The more comfortable they are kicking and dribbling the ball, the more inclined they will be to enjoy the game.

Week #1 (45 minutes)

Introductions: Gather players and have them sit in a circle. Coaches start off by introducing themselves, go around the circle and have the players say their names. Have some fun with it, maybe ask them to say their name and their favorite colour or ice cream.

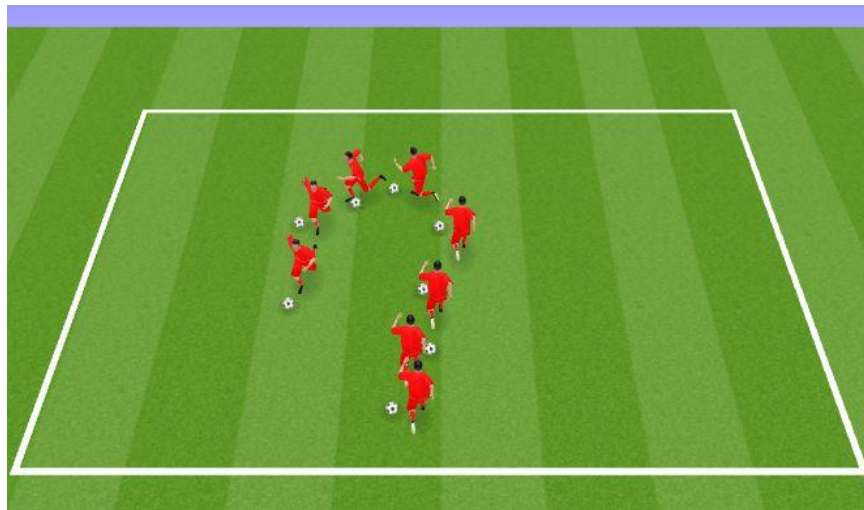
Teach Concepts and Rules (2 min):

1. Don't use your hands when dribbling.
2. The concept of a "field" that has lines that they must stay within

Warm-up (5 min):**Follow the leader (dribbling)**

A great warm-up that teaches dribbling skills. Easy setup and everyone has a ball.

Teaches: "Control dribbling" and "speed dribbling". The "leader" will set the various paces.

**Instructions:**

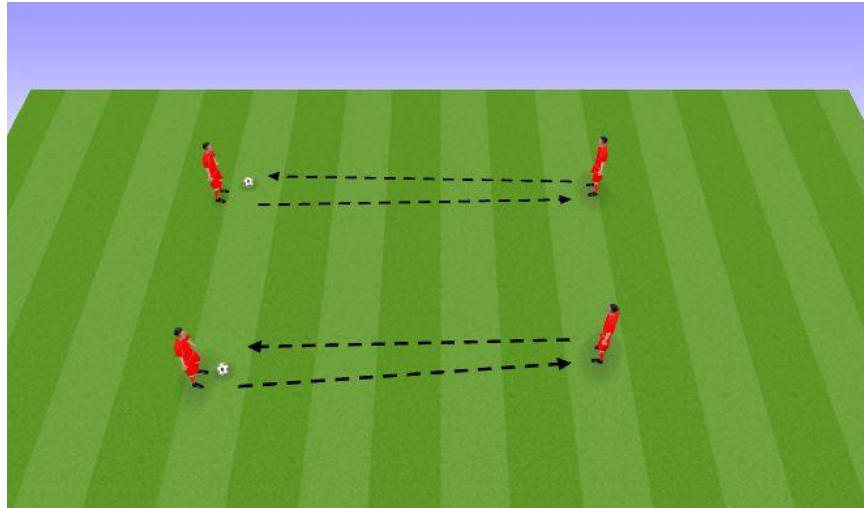
1. Each player has a ball.
2. Coach starts off as the leader, all others line up behind the coach and follow the coach dribbling while the coach dribbles around the field slowly at first and the coach can speed it up if players are improving.
3. Only go forward (no pull-backs), but the leader can circle around and cross through the line.
4. Emphasize control of the ball over speed.

Water break (1 min)

Basic Skills (5 min):

Teach the kids simple ball handling skills.

Passing the ball: Teach kids how to properly kick the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair kids up with a partner or parent. One ball between partners and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to kick(pass) and the bottom of foot to stop the ball.

**Water break(1 min)****Drill #1 (10 min):****“Coach says”**

Simple fun game. Similar to “Simon says”, but instead with soccer related activities.

Teaches - Control dribbling, kicking/shooting the ball, stopping and changing directions.

Setup: Each player has a ball. Mark off an appropriate size area to play. (ex:15 x 15yd)

Instructions:

1. Players spread out and the coach stands in the middle among them.
2. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.)
3. Every time “coach says” is used, the players must perform the task.
4. If “coach says” is not used, players must stand with their foot on top of the ball.

Water break (1min)

Drill#2 (10 min):

What time is it Mr. Wolf?

Similar to the childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Setup: Each player has a ball. Mark off an appropriate sized area to play.

Instructions:

1. Players space out on one side of the playing area with a ball at their feet.
2. Mr. Wolf (coach) stands on the other side with his/her back turned to the players.
3. Players yell out "What time is it Mr. Wolf?"
4. Coach responds "It's 4 o'clock", and the players take that many steps while dribbling the ball.
5. When Mr. Wolf yells "It's dinner time!", players quickly turn and dribble back to their starting line before Mr. Wolf captures them.

Water break (1 min)

GAME (10 min):

Set up an appropriate size area for a game (ex: 15 x 10yd). Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week #2 (45 min)

When you arrive, set up 4 cones, marking off an area for players to dribble the ball around in as they arrive. As players arrive, welcome them, hand them a ball and have them just dribble the ball in the marked off area until the session starts.

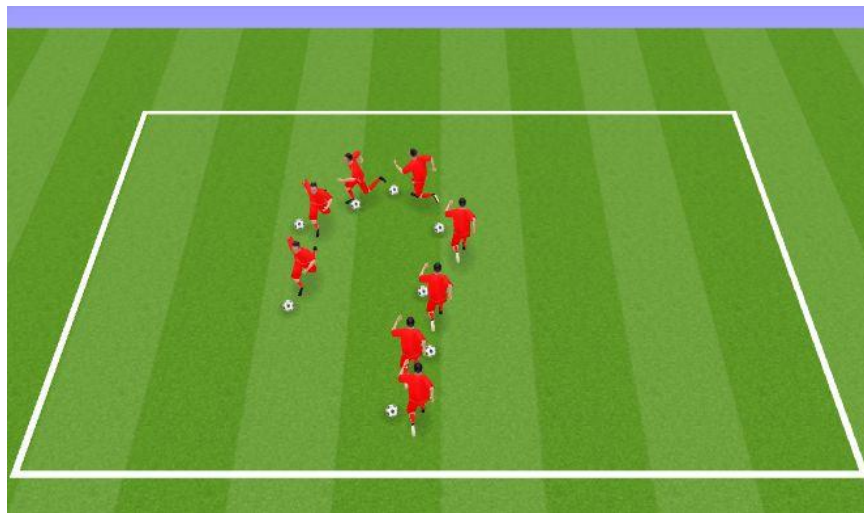
Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):**Follow the leader (dribbling)**

A great warm-up that teaches dribbling skills. Easy set up and everyone has a ball.

Teaches: "Control dribbling" and "speed dribbling". The "leader" will set various paces.

**Instructions:**

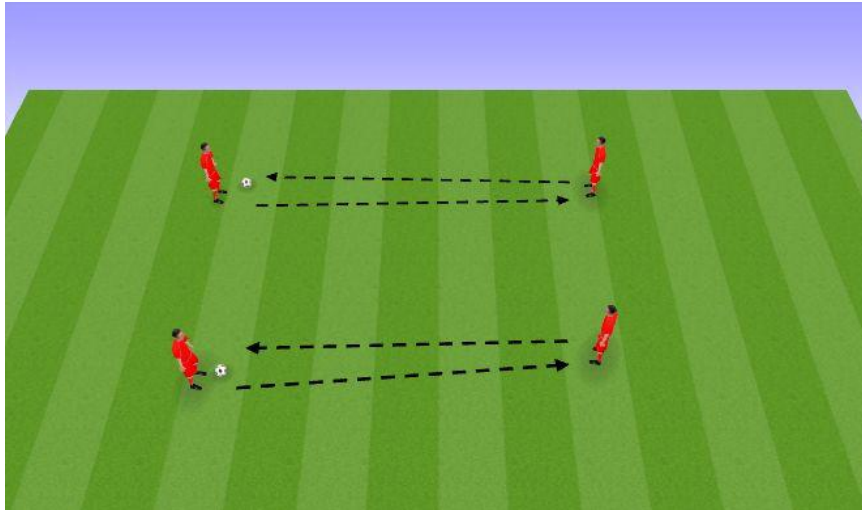
1. Each player has a ball.
2. Coach starts off as the leader and all others line up behind the coach and follow the coach dribbling while the coach dribbles around the field slowly at first and the coach can speed it up if players are improving.
3. Only go forward (no pull-backs), but the leader can circle around and cross through the line.
4. Emphasize control of the ball over speed.

Water break (1 min)

Basic skills (5 min):

Review passing the ball and stopping the ball (2 min). Add shooting on net (3 min).

1. **Passing the ball:** Teach kids how to properly kick(pass) the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair up kids with a partner or parent. One ball between partners and have them spread out (7 to 10 ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to pass and the bottom of the foot to stop the ball.



2. **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net.

Water break (1 min)**Drill#1 (10 min):****“Coach says”**

Simple fun game. Similar to “Simon says”, but instead with soccer related activities.

Teaches: Control dribbling, kicking/shooting the ball, stopping and changing directions.

Set up: Each player has a ball. Mark off an appropriate size area to play.

Instructions:

1. Players spread out and the coach stands in the middle among them.
2. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal etc.)
3. Every time “coach says” is used, the players must perform the task.
4. If “coach says” is not used, players must stand with their foot on top of the ball.

Water Break (1 min)

Drill#2 (10 min):

Red light, Green light

Simple fun game.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set up: Each player has a ball. Mark off an appropriate size area to play.

Instructions:

1. Players line up at one end of the playing area.
2. Coach yells "Yellow light!" - players dribble the ball forward in a straight line at a slow pace.
3. Coach yells "Green light!" - players continue to dribble forward in a straight line but at a faster pace.
4. Finally, Coach yells "Red light!" - players stop the ball and keep their foot on top of the ball.
5. Continue to control the drill by changing the "light" colour frequently.

Progression: When the kids begin to get accustomed to the drill, vary it by allowing them to dribble in any direction within the area. Add new coloured lights; "Purple light!" - players must dance around the ball. "Blue light!" - players must jump back and forth over the ball.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#3 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):**Duck, Duck, Goose**

Similar to the childhood game, except players have a ball.

Teaches: Control dribbling, speed dribbling, change of direction and stopping.

Set up: Mark off an appropriate size area to play.

Instructions:

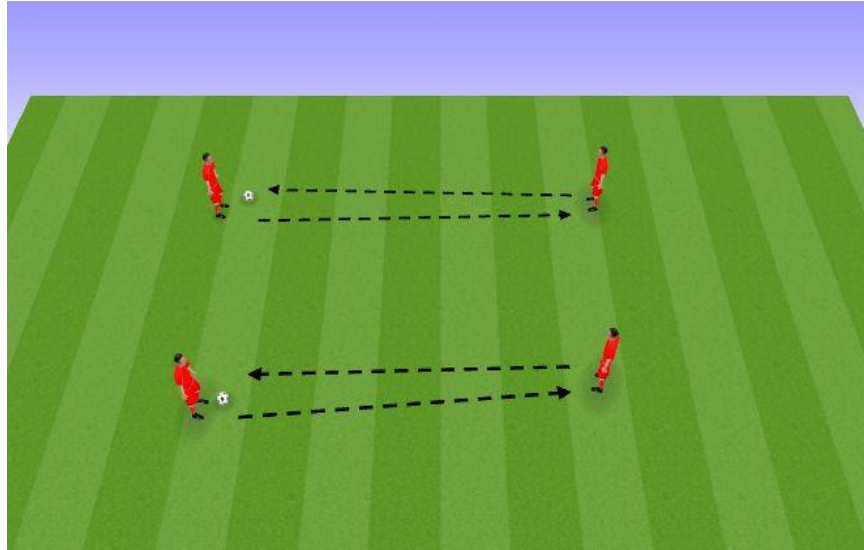
1. Players spread out in a circle.
2. The "Fox" walks around the outside of the circle tapping each player on the shoulder or head saying "Duck" for each player.
3. Once the fox says "Goose!" and taps the next player, he/she runs as quickly as they can around the circle.
4. The "Goose" then chases the fox in the same direction the fox is running.
5. If the fox reaches the gap left by the goose in the circle before being tagged, he/she is safe and the goose becomes the new fox.
6. If the goose tags the fox then the fox stays as the fox for the next round.

Progression: Build upon this game by adding a ball.

Water break (1 min)**Basic skills (5 min):**

Review passing the ball and stopping the ball (2 min). Continue with shooting on net (3 min).

1. **Passing the ball:** Teach kids how to properly kick the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair kids up with a partner or parent. One ball between partners and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to kick(pass) and the bottom of the foot to stop the ball.



2. **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net.

Water break (1 min)

Drill#1 (10 min):
Red light, Green light
Simple fun game.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Set up: Each player has a ball. Mark off an appropriate size area to play.

Instructions:

1. Players line up at one end of the playing area.
2. Coach yells “Yellow light!” - players dribble the ball forward in a straight line at a slow pace.
3. Coach yells “Green light!” - players continue to dribble forward in a straight line but at a faster pace.
4. Finally, Coach yells “Red light!” - players stop the ball and keep their foot on top of the ball.
5. Continue to control the drill by changing the “light” colour frequently.

Progression: When the kids begin to get accustomed to the drill, vary it by allowing them to dribble in any direction within the area. Add new coloured lights; “Purple light!” - players must dance around the ball. “Blue light!” - players must jump back and forth over the ball.

Water break (1 min)

Drill#2 (10 min):

Soccer Bees

This is a fun game for players and parents. Players “buzz” like bees and kick the ball at the “giants(parents)” to try to “sting” them.

Teaches: Familiarity with using feet to dribble and kick the ball.

Instructions:

1. First, tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee.
2. Tell them to push the ball with their feet and keep it close.
3. Tell them they must stay inside the square because it is their “bee hive”.
4. After a minute have the parents go inside the square.
5. Tell the “bees” that their “hive” is being invaded by “giants” and they should sting them with their soccer ball.
6. The parents should walk around and have fun while the players try to kick a ball at them.
7. JUST HAVE FUN!!

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#4 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble the ball in a marked off area. Have them shoot on the net as well.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):**Duck, Duck, Goose**

Similar to the childhood game, except players have a ball.

Teaches: Control dribbling, speed dribbling, change of direction and stopping.

Set up: Mark off an appropriate size area to play.

Instructions:

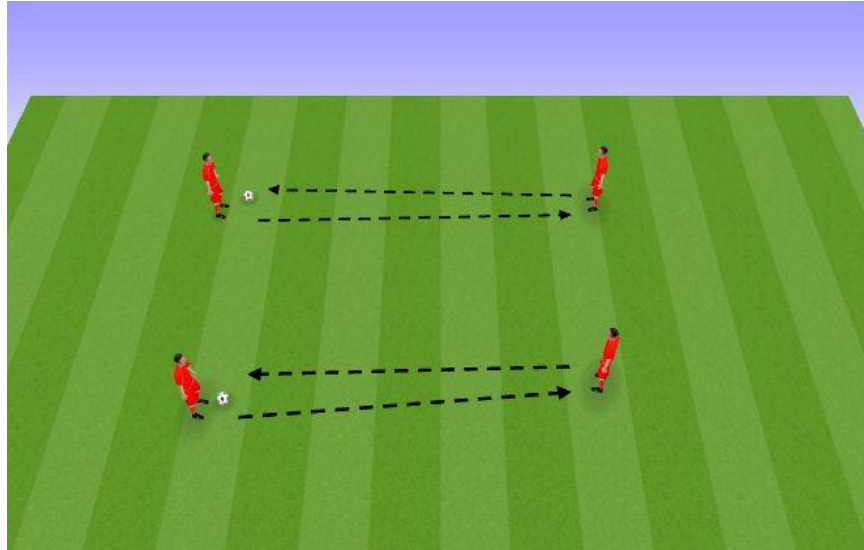
1. Players spread out in a circle.
2. The "Fox" walks around the outside of the circle tapping each player on the shoulder or head saying "Duck" for each player.
3. Once the fox says "Goose!" and taps the next player, he/she runs as quickly as they can around the circle.
4. The "Goose" then chases the fox in the same direction the fox is running.
5. If the fox reaches the gap left by the goose in the circle before being tagged, he/she is safe and the goose becomes the new fox.
6. If the goose tags the fox then the fox stays as the fox for the next round.

Progression: Build upon this game by adding a ball.

Basic skills (5 min):

Review passing the ball and stopping the ball (2 min). Continue with shooting on net (3 min).

1. **Passing the ball:** Teach kids how to properly kick the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair kids up with a partner or parent. One ball between partners and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to kick(pass) and the bottom of the foot to stop the ball.



2. **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net.

Water break (1 min)

Drill#1 (10 min):

Soccer Bees

This is a fun game for players and parents. Players “buzz” like bees and kick the ball at the “giants(parents)” to try to “sting” them.

Teaches: Familiarity with using feet to dribble and kick the ball.

Instructions:

1. First, tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee.
2. Tell them to push the ball with their feet and keep it close.
3. Tell them they must stay inside the square because it is their “bee hive”.
4. After a minute have the parents go inside the square.
5. Tell the “bees” that their “hive” is being invaded by “giants” and they should sting them with their soccer ball.
6. The parents should walk around and have fun while the players try to kick a ball at them.
7. JUST HAVE FUN!!

Water break (1 min)

Drill#2 (10 min):

What time is it Mr. Wolf?

Similar to childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Setup: Each player has a ball. Mark off an appropriate sized area to play.

Instructions:

1. Players space out on one side of the playing area with a ball at their feet. Mr. Wolf (coach) stands on the other side with his/her back turned to the players.
2. Players yell out "What time is it Mr. Wolf?"
3. Coach responds "It's 4 o'clock", and the players take that many steps while dribbling the ball.
4. When Mr. Wolf yells "It's dinner time!", players quickly turn and dribble back to their starting line.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#5 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble the ball in a marked off area. Have them shoot on the net as well.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):

Players warm-up with a ball

Set up: Easy set up and everyone has a ball.

Teaches: Ball handling, Gets them going a little bit and warmed up for more fun!

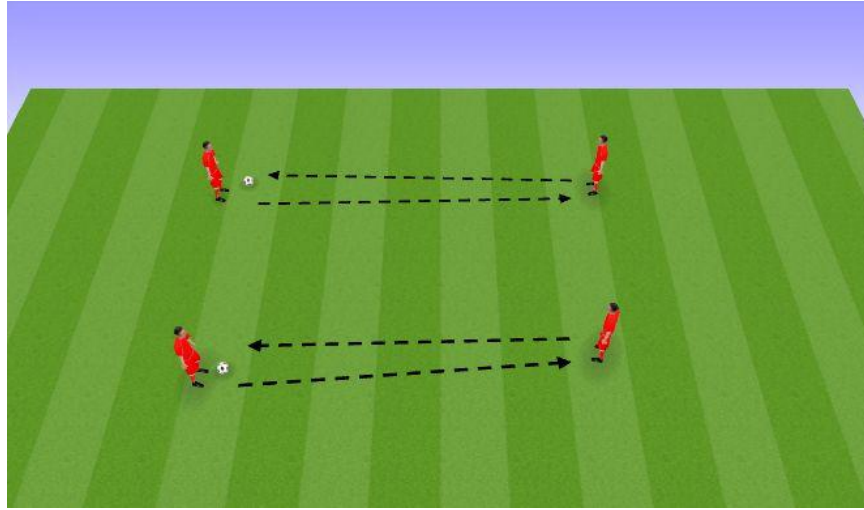
Instructions:

1. Ask the players to do "Toe-taps": Place the bottom of their foot on top of the ball and alternate feet. Start off slow and build up speed.
2. "Tick-tocks": Place the ball between their feet and have them knock the ball back and forth between their feet.
3. "Stretching": Have them touch their toes then stretch up to the sky as far as they can.
4. Run in place and have them jump up and down and act silly.
5. Repeat a couple of times.

Water break (1 min)**Basic skills (5 min):**

Review passing the ball and stopping the ball (2 min). Continue with shooting on net (3 min).

1. **Passing the ball:** Teach kids how to properly kick the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair kids up with a partner or parent. One ball between partners and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to kick(pass) and the bottom of the foot to stop the ball.



2. **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net.

Water break (1 min)

Drill#1 (10 min):

Soccer Bees

This is a fun game for players and parents. Players “buzz” like bees and kick the ball at the “giants(parents)” to try to “sting” them.

Teaches: Familiarity with using feet to dribble and kick the ball.

Instructions:

1. First, tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee.
2. Tell them to push the ball with their feet and keep it close.
3. Tell them they must stay inside the square because it is their “bee hive”.
4. After a minute have the parents go inside the square.
5. Tell the “bees” that their “hive” is being invaded by “giants” and they should sting them with their soccer ball.
6. The parents should walk around and have fun while the players try to kick a ball at them.
7. JUST HAVE FUN!!

Water break (1 min)

Drill#2 (10 min):

Don't Crash The Car!!

A simple, fun game that teaches many basic skills. Easy set up and everyone is involved at all times.

Teaches: Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using the bottom of the foot to stop the ball.

Set up: Each player has a ball. Mark off an appropriate size area.

Instructions:

1. Coach uses a ball to demonstrate what each of the instructions mean.
2. "Green light!" - Players start dribbling, keep their heads up and the ball close to feet.
3. "Red light!" - Use the bottom of the foot to stop the ball and remain still (freeze).
4. "Honk the horn" - Just for fun but the kids love it. Players stop the ball and sit on it and "Honk!" their imaginary horns and pretend to drive a car.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#6 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble the ball in a marked off area.

Teach Concepts and Rules (2 min):

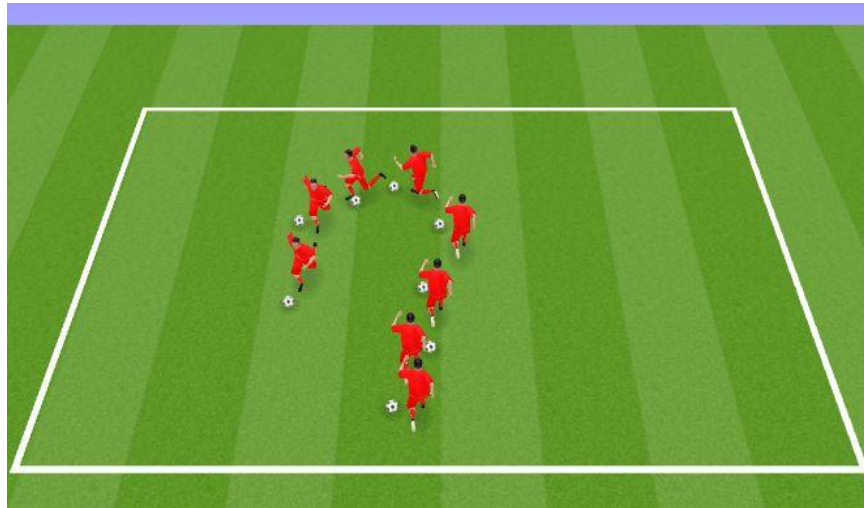
Don't use your hands when dribbling.

The concept of a "field" that has lines that they must stay within

Warm-up (5 min):**Follow the leader (dribbling)**

A great warm-up that teaches dribbling skills. Easy setup and everyone has a ball.

Teaches: "Control dribbling" and "speed dribbling". The "leader" will set the various paces.



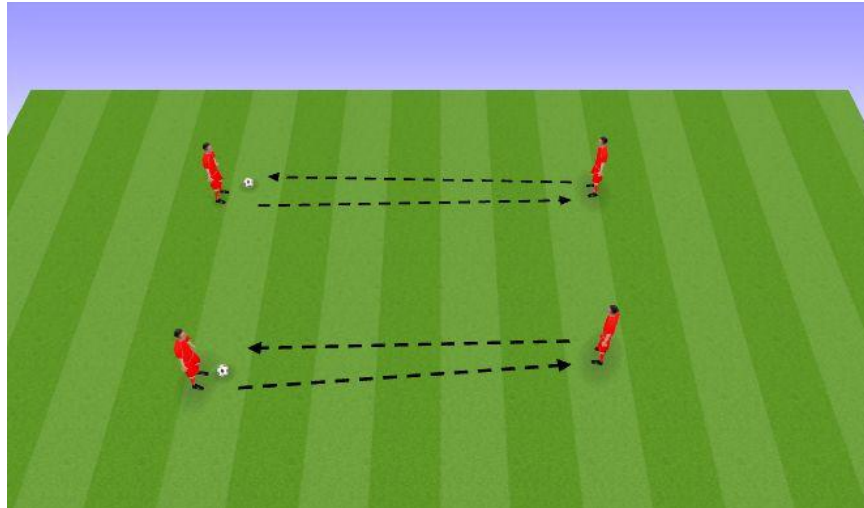
Instructions: PROGRESSION - Have cones spaced out in a few different rows. In a couple of rows have cones close together and in other rows have the cones spaced apart further. Each player has a ball. Coach can start off as leader, all others line up behind the coach and follow the coach dribbling through the various rows of cones. Emphasize control of the ball over speed.

Water break (1 min)

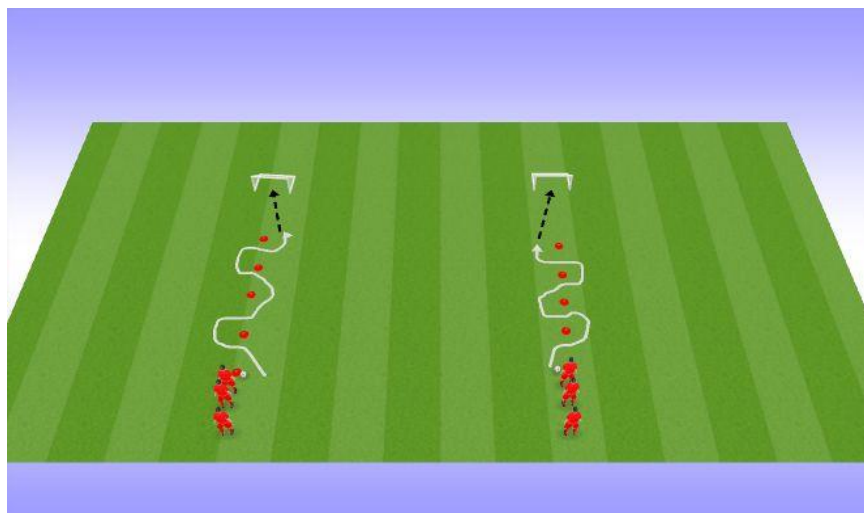
Basic Skills (5 min):

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



2. **Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill#1 (10 min):**Don't Crash The Car!!**

A simple, fun game that teaches many basic skills. Easy set up and everyone is involved at all times.

Teaches: Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using the bottom of the foot to stop the ball.

Set up: Each player has a ball. Mark off an appropriate size area.

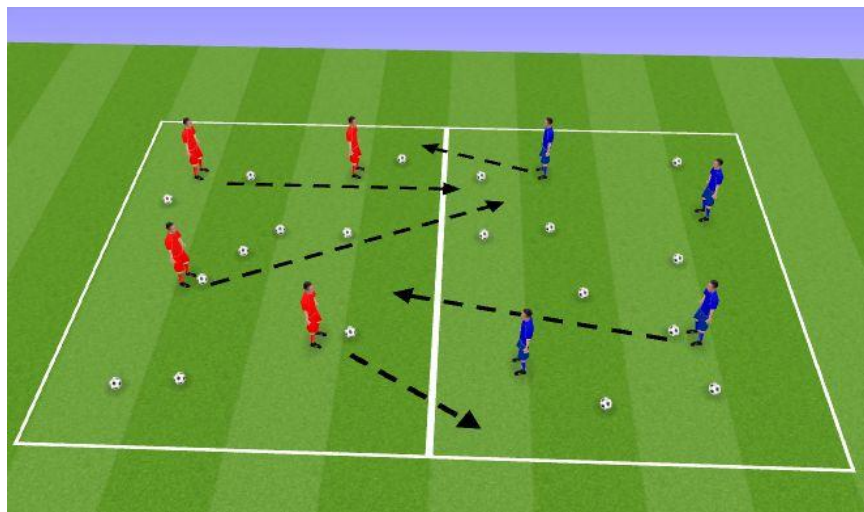
Instructions:

1. Coach uses a ball to demonstrate what each of the instructions mean.
2. "Green light!" - Players start dribbling, keep their heads up and the ball close to feet.
3. "Red light!" - Use the bottom of the foot to stop the ball and remain still(freeze).
4. "Honk the horn" - Just for fun but the kids love it.
5. Players stop the ball and sit on it and "Honk!" their imaginary horns and pretend to drive a car.

Water Break (1 min)**Drill#2 (10 min):****Clean your room**

Fun, straight forward drill that encourages teamwork and movement.

Teaches: Passing, teamwork, control dribbling, turns.



Set up: Mark off an appropriate sized rectangle area(10 x 15). Mark out a line with cones to separate the playing area in half. Every player with a ball. Split players into 2 teams.

Instructions:

1. Have each team start in their half of the playing area with their balls.
2. When the coach yells "Clean your room!", each team must pass their ball to the other team's "room" or half.
3. Once a ball comes back into their "room" area , they should try to control the ball and kick it back to the other team's room.
4. Make sure proper passing technique is used with the inside of the foot.
5. If the ball is kicked past a player, they should chase after it, stop and turn and dribble the ball back into their room so they can pass it back to the other "room".
6. After 1-2 min stop play and count how many balls are in each "room". The team with the cleanest room wins. Repeat 3 times.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#7 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):**Duck, Duck, Goose**

Similar to the childhood game, except players have a ball.

Teaches: Control dribbling, speed dribbling, change of direction and stopping.

Set up: Mark off an appropriate size area to play.

Instructions:

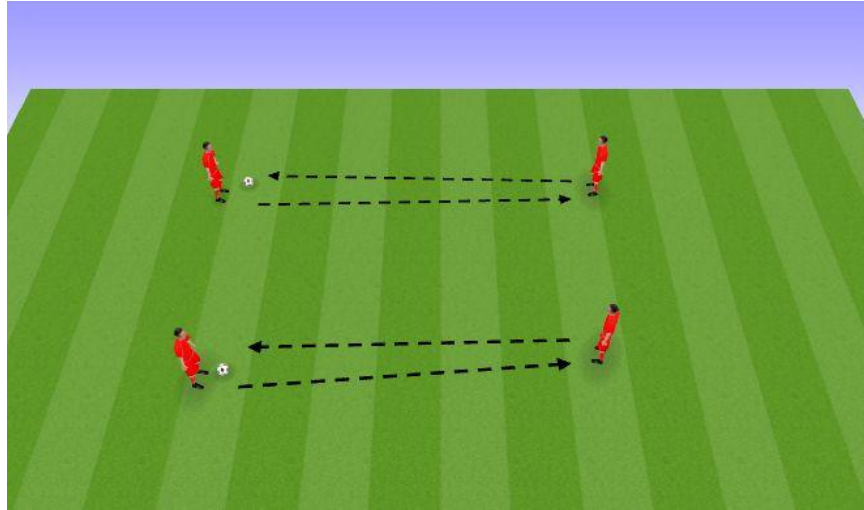
1. Players spread out in a circle.
2. The "Fox" walks around the outside of the circle tapping each player on the shoulder or head saying "Duck" for each player.
3. Once the fox says "Goose!" and taps the next player, he/she runs as quickly as they can around the circle.
4. The "Goose" then chases the fox in the same direction the fox is running.
5. If the fox reaches the gap left by the goose in the circle before being tagged, he/she is safe and the goose becomes the new fox.
6. If the goose tags the fox then the fox stays as the fox for the next round.

Progression: Build upon this game by adding a ball.

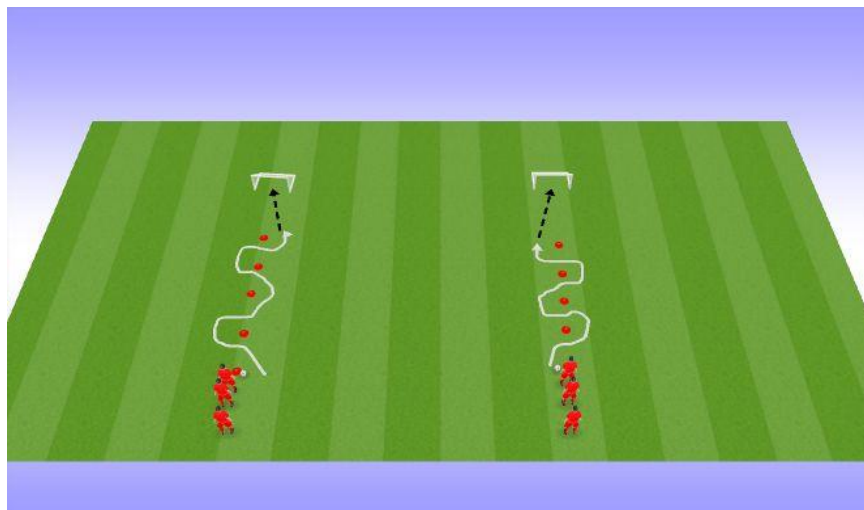
Water break (1 min)**Basic Skills (5 min):**

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



- Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill# 1 (10 min):

Clean your room

Fun, straight forward drill that encourages teamwork and movement.

Teaches: Passing, teamwork, control dribbling, turns.

Set up: Mark off an appropriate sized rectangle area(10 x 15). Mark out a line with cones to separate the playing area in half. Every player with a ball. Split players into 2 teams.

Instructions:

1. Have each team start in their half of the playing area with their balls.
2. When the coach yells "Clean your room!", each team must pass their ball to the other team's "room" or half.
3. Once a ball comes back into their "room" area, they should try to control the ball and kick it back to the other team's room.
4. Make sure proper passing technique is used with the inside of the foot.
5. If the ball is kicked past a player, they should chase after it, stop and turn and dribble the ball back into their room so they can pass it back to the other "room".
6. After 1-2 min stop play and count how many balls are in each "room". The team with the cleanest room wins. Repeat 3 times.

Water break (1 min)**Drill#2 (10 min):****Treasure Hunt**

Coach drops about 20 "treasures" around the field (at least 2 or 3 treasures per player. Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

Teaches: Control dribbling, stopping, turn with the ball.

Set up: Use cones to make a square area(15 x 15) within which the treasures will be found. Choose treasures and scatter them around the square. Each player has a ball and starts in the center of the square.

Instructions:

1. On "GO", players dribble and collect 3 treasures each (**Make sure every player gets 3 treasures each**).

Progression: The game can be further expanded to have each player get as many treasures as they can to see who gets the most, either as an individual or in small groups.

Water break (1 min)**Game (10 min):**

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week# 8 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble the ball in a marked off area. Have them shoot on the net as well.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):

Players warm-up with a ball.

Set up: Easy set up and everyone has a ball.

Teaches: Ball handling, Gets them going a little bit and warmed up for more fun!

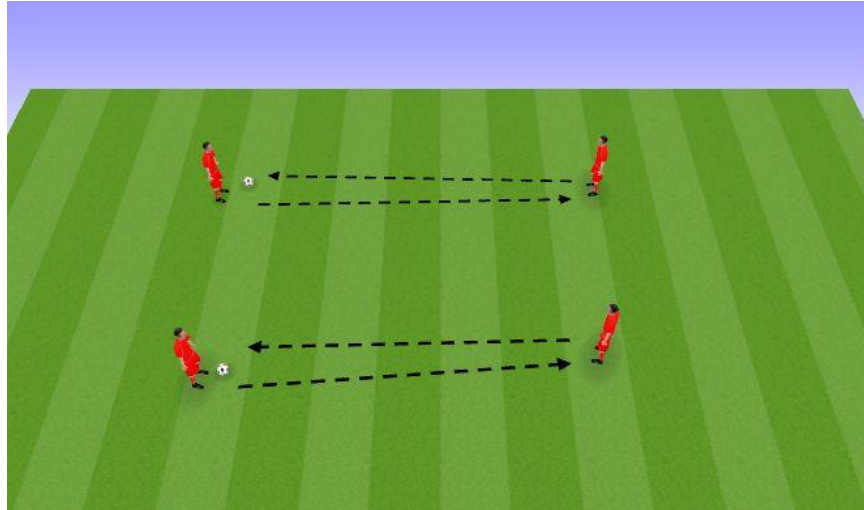
Instructions: Ask the players to do "Toe-taps": Place the bottom of their foot on top of the ball and alternate feet. Start off slow and build up speed. "Tick-tocks": Place the ball between their feet and have them knock the ball back and forth between their feet.

"Stretching": Have them touch their toes then stretch up to the sky as far as they can. Run in place and have them jump up and down and act silly. Repeat a couple of times.

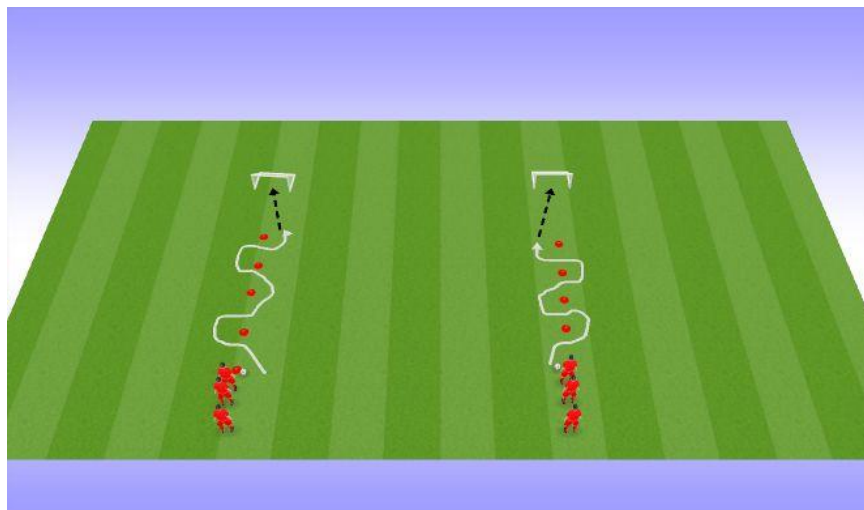
Water break (1 min)**Basic Skills (5 min):**

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



- Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill#1 (10 min):

Treasure Hunt

Coach drops about 20 “treasures” around the field (at least 2 or 3 treasures per player. Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

Teaches: Control dribbling, stopping, turn with the ball.

Set up: Use cones to make a square area(15 x 15) within which the treasures will be found. Choose treasures and scatter them around the square. Each player has a ball and starts in the center of the square.

Instructions:

1. On "GO", players dribble and collect 3 treasures each (**Make sure every player gets 3 treasures each**).

Progression: The game can be further expanded to have each player get as many treasures as they can to see who gets the most, either as an individual in small groups.

Water break (1 min)

Drill#2 (10 min):

What time is it Mr. Wolf?

Similar to childhood game, except players have a ball with them.

Teaches: Control dribbling, speed dribbling, change of direction, stopping.

Setup: Each player has a ball. Mark off an appropriate sized area to play.

Instructions:

1. Players space out on one side of the playing area with a ball at their feet.
2. Mr. Wolf (coach) stands on the other side with his/her back turned to the players.
3. Players yell out "What time is it Mr. Wolf?"
4. Coach responds "It's 4 o'clock", and the players take that many steps while dribbling the ball.
5. When Mr. Wolf yells "It's dinner time!", players quickly turn and dribble back to their starting line.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#9 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):**Duck, Duck, Goose**

Similar to the childhood game, except players have a ball.

Teaches: Control dribbling, speed dribbling, change of direction and stopping.

Set up: Mark off an appropriate size area to play.

Instructions:

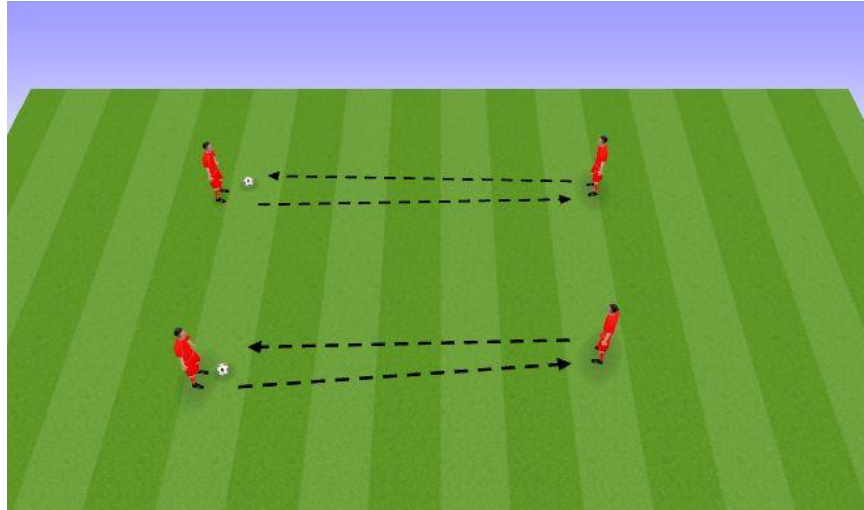
1. Players spread out in a circle.
2. The "Fox" walks around the outside of the circle tapping each player on the shoulder or head saying "Duck" for each player.
3. Once the fox says "Goose!" and taps the next player, he/she runs as quickly as they can around the circle.
4. The "Goose" then chases the fox in the same direction the fox is running.
5. If the fox reaches the gap left by the goose in the circle before being tagged, he/she is safe and the goose becomes the new fox.
6. If the goose tags the fox then the fox stays as the fox for the next round.

Progression: Build upon this game by adding a ball.

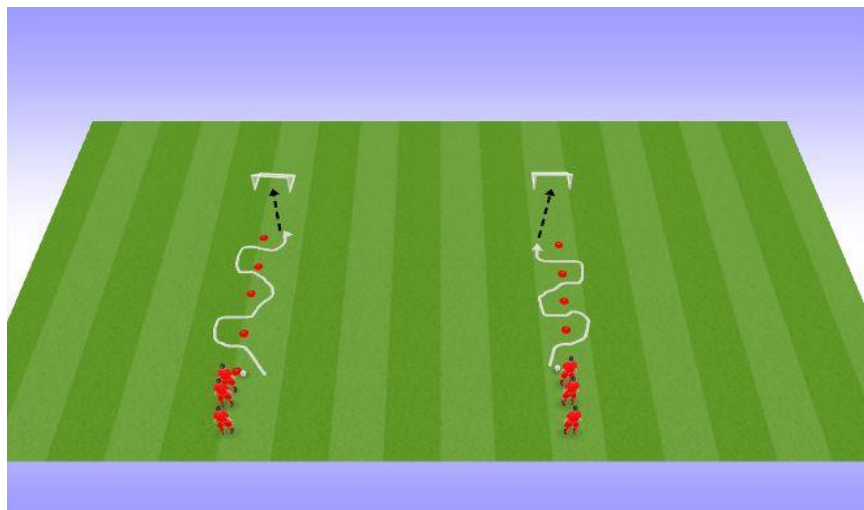
Water break (1 min)**Basic Skills (5 min):**

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



- Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill#1 (10 min):

“Body Parts”

Simple fun game and all players have a ball.

Teaches: Balance, coordination

Set up: Each player has a ball. Mark out 10 x 10 area.

Instructions:

1. Players stand around the coach with their ball close to them but not touching it.
2. When a coach says the “body part”,
3. The players must touch that body part (ex. “EAR!”, “ELBOW!”, “KNEE!”, etc.) to the ball.

Progression - Have them dribbling until you call out a body part.

Drill#2 (10 min):

“Coach says”

Simple fun game. Similar to “Simon says”, but instead with soccer related activities.

Teaches - Control dribbling, kicking/shooting the ball, stopping and changing directions.

Setup: Each player has a ball. Mark off an appropriate size area to play. (ex:15 x 15yd)

Instructions:

1. Players spread out and the coach stands in the middle among them.
2. Coach will give various instructions (dribble, stop, turn, faster, slower, shoot on goal, etc.)
3. Every time “coach says” is used, the players must perform the task.
4. If “coach says” is not used, players must stand with their foot on top of the ball.

Water break (1min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week# 10 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

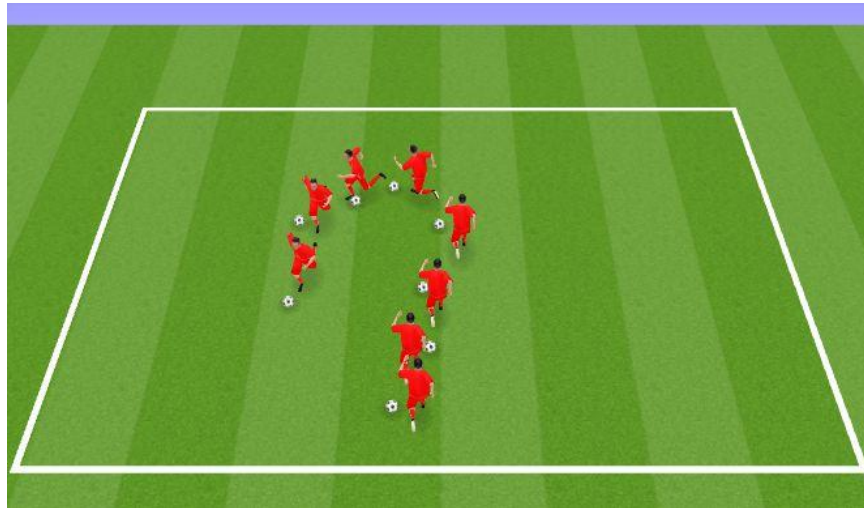
1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):

"Follow the leader" (dribbling).

A great warm-up that teaches dribbling skills. Easy setup and everyone has a ball.

Teaches: "Control dribbling" and "speed dribbling". The "leader" will set the various paces.



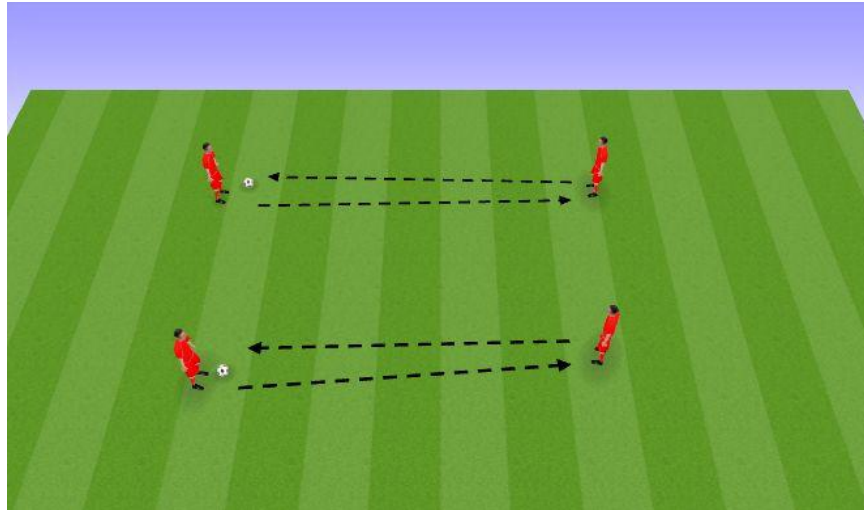
Instructions: PROGRESSION - Have cones spaced out in a few different rows. In a couple of rows have cones close together and in other rows have the cones spaced apart further. Each player has a ball. Coach can start off as leader, all others line up behind the coach and follow the coach dribbling through the various rows of cones. Emphasize control of the ball over speed.

Water break (1 min)

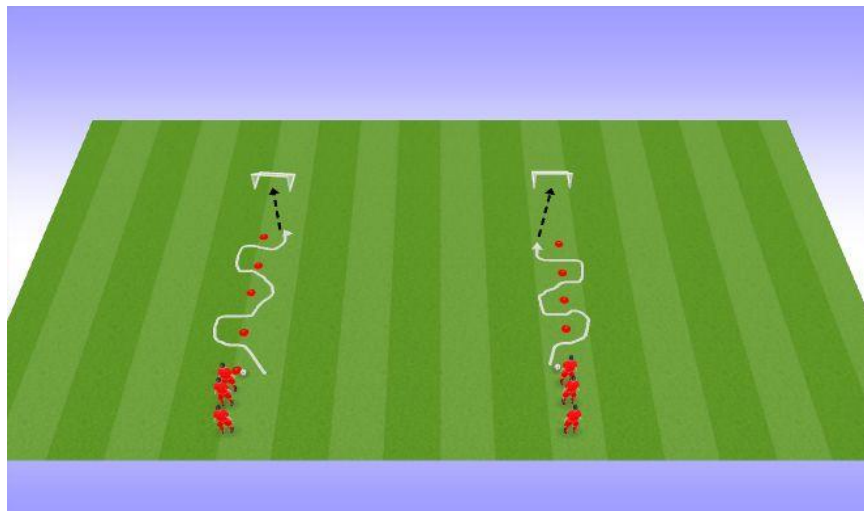
Basic Skills (5 min):

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



2. **Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill#1 (10 min):**Don't Crash The Car!!**

A simple, fun game that teaches many basic skills. Easy set up and everyone is involved at all times.

Teaches: Control dribbling, using inside and outside of the foot while dribbling, keeping head up while dribbling, using the bottom of the foot to stop the ball.

Set up: Each player has a ball. Mark off an appropriate size area.

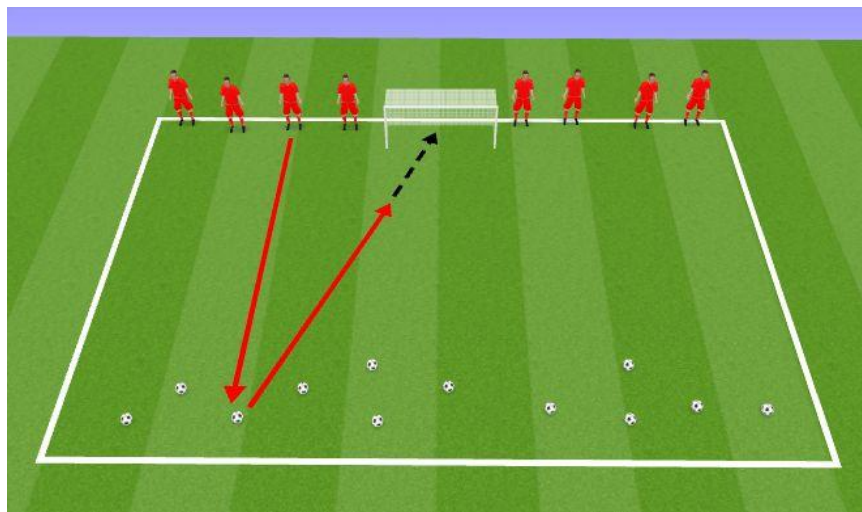
Instructions:

1. Coach uses a ball to demonstrate what each of the instructions mean.
2. "Green light!" - Players start dribbling, keep their heads up and the ball close to feet.
3. "Red light!" - Use the bottom of the foot to stop the ball and remain still(freeze).
4. "Honk the horn" - Just for fun but the kids love it.
5. Players stop the ball and sit on it and "Honk!" their imaginary horns and pretend to drive a car.

Water Break (1 min)**Drill#2 (10 min):****Egg Hunt**

Simple fun game.

Teaches: Running, kicking/shooting the ball.



Set up: Mark off appropriate size area. A net is included .

Instructions:

1. Scatter the balls at the end of the playing area opposite of the net.
2. Have players line up across the opposite side of the balls.
3. On "GO", players will run and find their "egg"(ball) and dribble back and put it in the basket(score on net).

Progression: Scatter cones so that once the kids find their egg they need to dribble through the cones without hitting one before putting the egg in the basket.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#11 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):

Players warm-up with a ball.

Set up: Easy set up and everyone has a ball.

Teaches: Ball handling, Gets them going a little bit and warmed up for more fun!

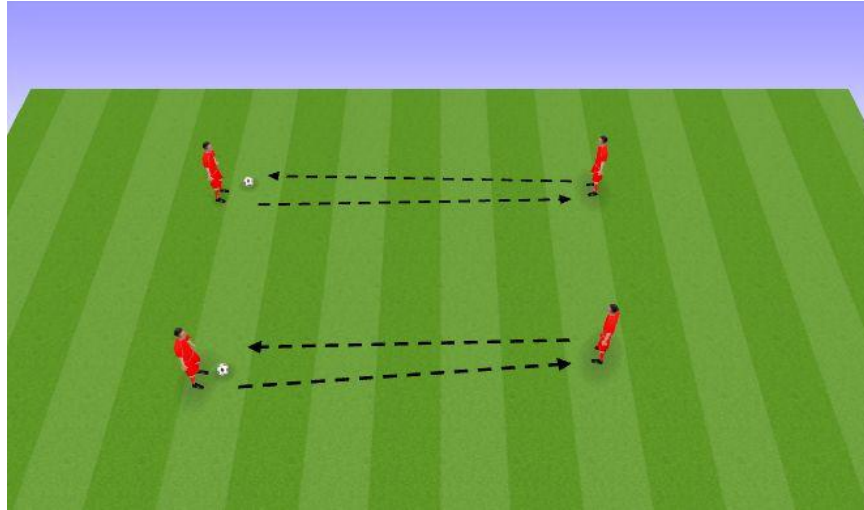
Instructions:

1. Ask the players to do "Toe-taps":
2. Place the bottom of their foot on top of the ball and alternate feet.
3. Start off slow and build up speed.
4. "Tick-tocks": Place the ball between their feet and have them knock the ball back and forth between their feet.
5. "Stretching": Have them touch their toes then stretch up to the sky as far as they can.
6. Run in place and have them jump up and down and act silly.
7. Repeat a couple of times.

Water break (1 min)**Basic skills (5 min):**

Review passing the ball and stopping the ball (2 min). Continue with shooting on net (3 min).

1. **Passing the ball:** Teach kids how to properly kick the ball - use the inside of the foot to kick the ball and the bottom of the foot to stop the ball. Pair kids up with a partner or parent. One ball between partners and have them spread out (7 to 10ft apart). Have them pass the ball back and forth. Emphasize concepts - inside of the foot to kick(pass) and the bottom of the foot to stop the ball.



2. **Shooting on net:** Bring kids up to the soccer net and have them take turns shooting on net.

Water break (1 min)

Drill#1 (10 min):

Soccer Bees

This is a fun game for players and parents. Players “buzz” like bees and kick the ball at the “giants(parents)” to try to “sting” them.

Teaches: Familiarity with using feet to dribble and kick the ball.

Instructions:

1. First, tell the players that they are “Soccer Bees” and should dribble around inside the square and buzz like a bee.
2. Tell them to push the ball with their feet and keep it close.
3. Tell them they must stay inside the square because it is their “bee hive”.
4. After a minute have the parents go inside the square.
5. Tell the “bees” that their “hive” is being invaded by “giants” and they should sting them with their soccer ball.
6. The parents should walk around and have fun while the players try to kick a ball at them.
7. JUST HAVE FUN!!

Water break (1 min)

Drill# 2 (10 min):

Hit The Coach

Simple fun game.

Teaches: Control dribbling, kicking/shooting the ball.

Set up: Each player has a ball.

Instructions:

1. Players stand shoulder to shoulder facing the coach who is about 5 steps away.
2. On "GO", the coach runs slowly away while players dribble to chase the coach and try to hit the coach with the ball by shooting at him/her.
3. They get 1 point each time they hit the coach.
4. Recruit parents to help and split the game in 2 so it is less crowded.
- 5. Have Fun!!**

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!

Week#12 (45 min)

As players start arriving, welcome them, hand them a ball and have them just dribble in a marked off area.

Teach Concepts and Rules (2 min):

1. Don't use your hands. Encourage them to use their feet.
2. The concept of a "field" that has lines that they must stay within.

Warm-up (5 min):

Players warm-up with a ball.

Set up: Easy set up and everyone has a ball.

Teaches: Ball handling, Gets them going a little bit and warmed up for more fun!

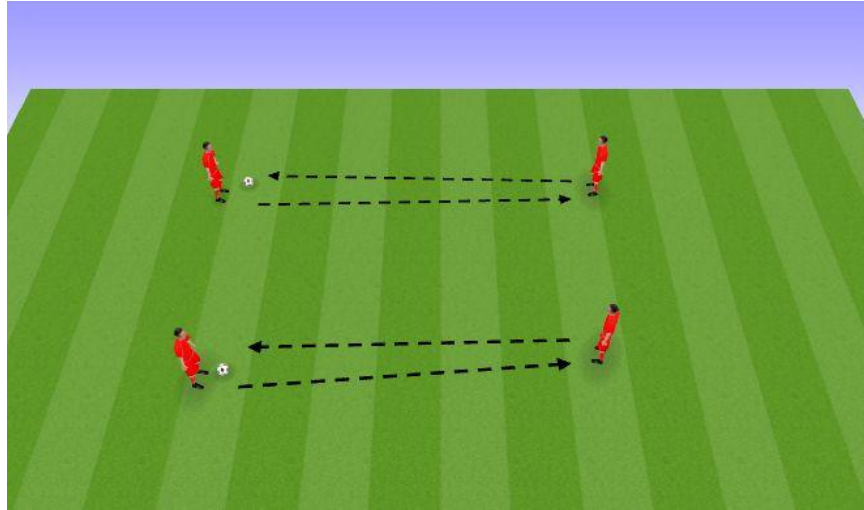
Instructions:

1. Ask the players to do "Toe-taps":
2. Place the bottom of their foot on top of the ball and alternate feet.
3. Start off slow and build up speed.
4. "Tick-tocks": Place the ball between their feet and have them knock the ball back and forth between their feet.
5. "Stretching": Have them touch their toes then stretch up to the sky as far as they can.
6. Run in place and have them jump up and down and act silly.
7. Repeat a couple of times.

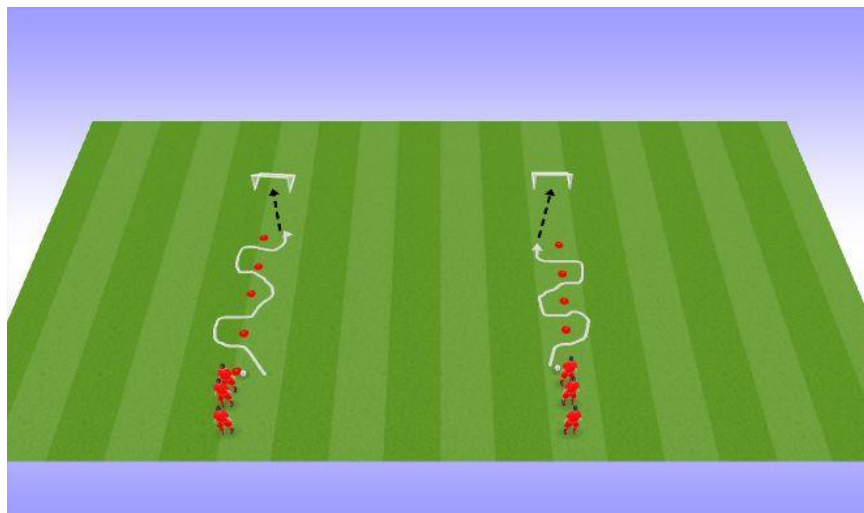
Water break (1 min)**Basic Skills (5 min):**

Review passing the ball and stopping the ball (2min). Shooting on net (3 min).

1. **Passing the ball:** Pair players up with a partner(parent) and have them practice kicking the ball back and forth - use the inside of foot to pass and bottom of the foot to stop the ball. One ball between 2 players and have them spread out (7 to 10ft apart).



- Shooting on net:** Have 2 rows of 5 cones in each row spaced out leading to a net. Divide players into 2 groups. One group at the starting point of one row of the cones and the other group at the starting point of the other row of cones. The Coach demonstrates dribbling the ball around the cones going towards the net, after dribbling around the last cone, take a shot on net. Emphasize control over speed.



Water break (1 min)

Drill#1 (10 min):

Treasure Hunt

Coach drops about 20 “treasures” around the field (at least 2 or 3 treasures per player. Treasures can be anything, including disk cones, but should be something the players can find and hold onto while dribbling.

Teaches: Control dribbling, stopping, turn with the ball.

Set up: Use cones to make a square area(15 x 15) within which the treasures will be found. Choose treasures and scatter them around the square. Each player has a ball and starts in the center of the square.

Instructions:

1. On "GO", players dribble and collect 3 treasures each (**Make sure every player gets 3 treasures each**).

Progression: The game can be further expanded to have each player get as many treasures as they can to see who gets the most, either as an individual in small groups.

Water break (1 min)

Drill#2 (10 min):

Freeze Tag

Simple fun game.

Teaches - Control dribbling, change of direction.

Set up: Every player has a ball.

Instructions:

1. Coach starts off as being the tagger.
2. On "GO", players dribble the ball around the playing area while coach tags and "freezes" the players.
3. If a player is tagged he/she must pick up the ball and hold it over their head and spread their feet apart enough so that a ball can be passed through.
4. They should be encouraged to shout "help" as loud as possible.
5. To get unfrozen another teammate must dribble to and pass the ball through the legs of the frozen player.
6. Once the player is unfrozen, he/she resumes dribbling.
7. Have parents stand around the playing area to keep the ball in.

Water break (1 min)

Game (10 min):

Set up an appropriate size area for a game. Set up 2 pug nets, one on each side of the playing area. Split the group into 2 even teams. Have the parents stand around the area to help keep the ball and players inside the playing area. Just let them have fun!