



East Hampton Soccer Club



Fall 2022

Pre-K and Kindergarten Divisions

-Coaches Equipment Provided:

- (2) Soccer Goals
- (6) Hurdles
- Exercise Ladder
- Flat Disc Cones
- Multi-Colored Cones
- Pinnies

-Warm Up:

-Single file Team run. The children will be lined up on a designated line behind the coach and then run the field perimeter.

-Round circle stretching routine (Flat cone for each child to keep them separated). Be creative with the stretching exercises. For Example: Pushups into Bridges, Table Position, and Donkey Kicks etc.

-Obstacle course: Consists of a Ladder, Multi-Colored Cones, Hurdles and Sprint Lane. Set the course up in a square.

-Suggested Exercises:

-Flat Disc Toe Tops: Stationary ball with the child making touches to the top by alternating their feet.

-Touching and Trapping: Stopping the ball w/ different parts of the body, but focusing on feet. Be silly and creative.

-Red Light/Green Light: Players will dribble from one end of the field to the other when the Coach says "Green Light" and STOP the ball when the Coach says "Red Light". Go slow the first time and challenge them to go faster each time. Repeat at least four times. Utilize this



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communication “Red Light” throughout your entire practice to assist with gaining their attention.

-Duck Walk: On the coaches command the children proceed across/around the field to the while keeping the ball between their legs. Ask them to quack like a duck.

-Drag Back: While still in cooperating the toe touches by playing Red Light/Green Light. Demonstrate the drill by stopping the ball then dragging the ball back behind you to change direction. As the children get more fluent with the technique speed up the direction changes. Try to encourage the children when changing the direction to keep the ball close to their feet to maintain possession.

-Ball Jump: Have the children dribbling around the feet and on the command “Jump” have them jump over the ball and change directions. Repeat several times.

-L Turn: Using the drag back method have the child slowly drag the ball behind their other foot then tap the ball behind the stationary leg. Start slow from a stationary position. It will help to have the child standing slightly in front of the ball. Transition throughout the season to movement then calling L-Turn. (Kindergarten)

-Line Drill: Using the above methods have lines with only two children standing behind a cone. Put a second cone about 15-20 feet away. On the command go have the first child dribble to the cone as fast as the child can while maintaining control. Once the child returns to the cone with their partner the second child begins. The child should do three laps and progress from the Drag Back to Ball Jump to L-Turn to finish the course.

-Two Person Back to Back Battle: Have the children get into pairs and sit on the ground back to back with the ball in between them. On the command “Go” the children will jump up and try to maintain ball control away from their partner. Once the coach starts to count down from 10 to 1 then child with the ball the coach picks an exercise that ALL the children will participate in. (Kindergarten)

-Bulldozer Dribbling/Awareness: Players will dribble around inside an area bounded by different colored cones. The coach will yell out a color and have the players dribble to that color. Make sure you go to the wrong color the first time and say that you win (Be silly about it). The kids will tell you that you are wrong and laugh at you. Watch the children and ensure ball control. (Pre-Kindergarten)



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-Walking the Dog: The Coach will tell the players to walk their dog by dribbling slowly around the practice area. The coach will yell “Oh no, my dog got loose” and the players will kick their ball hard and chase it. But they need to be quick or the Dog Catcher (coaches) will get their dog. Once the players have their ball again the Coach will tell the players to “walk their dog”Repeat several times

-Triangle Pass/Shoot: Place three cones in a triangle several feet apart. The children stand behind the top cone and pass to the coach. The child runs to the third cone, traps the ball, turns and then shoot's on goal. That child returns to the back of the line and repeats. It's suggested to set up two cone patterns with both coaches involved to reduce the children downtime waiting in line.

X (Player)

X (Coach)

X Player Shoots

[__ Goal__]

-Catch the Giant: Make one of the coaches a “Giant.” Tell all of the players that they must catch the Giant. This will get the kids used to running and dribbling and constantly changing directions with the ball.

-Spaghetti and Meatball: The children will start on the opposite side of the field away from the coach/parents. The coaches and parents will be the spaghetti and need to capture all the meatballs. Once the coach/parent gets a meatball they lose their ball and join in as the spaghetti. Once down to only one player condense the field's boundaries to speed up the capture of the remaining child.

-Busy Bees: Have the players “BUZZ” around like a bunch of bees. Make sure you pretend to hear the bees and begin saying that you don't like bees. Have one of the Assistant Coaches kick you with the ball and you fall down and yell “Ouch the bee stung me!” Be very dramatic and the kids will begin stinging you with their ball. Make sure you move around and stop frequently.

-Passing Drill: Have the player's line up opposite each other and kick the ball to the other player. Show them the proper technique of kicking (using the laces/inside of foot, etc.) and show them how to stop the ball (bottom of foot, inside of foot).



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-Straight Line Dribble/Volcanos: Line up the multi-colored cones spaced 2-3 feet apart from each other. Again setup up two lines of cones to minimize the children's downtime when their waiting for their turn. Encourage the children to maintain their ball control and that if their ball hits a cone it will melt from the Volcano. A goal could be added to

Helpful Hints:

-If the exercise/drill seems to be failing call a water break and move on to the next. Week by week it will become more and more apparent, which drills they love the most.

-When attempting to get the children's attention ask them where there Eyes and Ears are. Then indicate, "That means you can hear and see me." This will gain their attention quickly.

-Game play will come with time, but if you feel they seem ready give it a shot. Don't be afraid to use more than one ball. It's all about getting them out and having fun at this age. FYI: Never use a player's ball for game play. Use the provided coach balls to alleviate the possibility for emotional responses/breakdowns.

-Water breaks are essential to give you time to setup the next drill. Don't hesitate to tell the children to remain at their designated water bottle cone until you're ready.

Hopefully this helps. Have a great season!

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