

Byron Youth Soccer Association

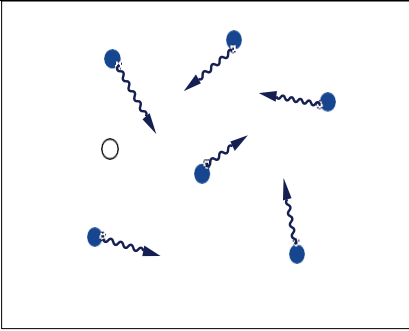


Preschool – Kindergarten

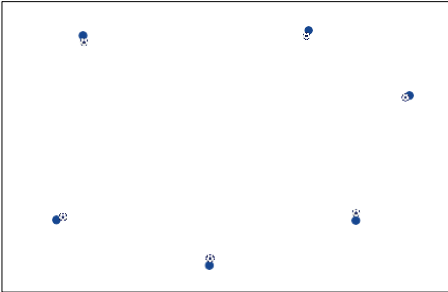
These practice plans are designed to introduce and reinforce fundamental soccer skills in a fun and engaging way for kindergarten-aged children. Adjust the activities based on the group's energy levels and interests.

Practice Session 1: Introduction to Dribbling

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Dribbling Basics (10 minutes): Dribble Tag

	Organization: Each player with a ball is dribbling within a confined space with one player "it". He/she can have a ball or not. The game is then played like a normal game of tag. Grid size: 30 x 15 yards. Time: 5-10 mins. Coaching points: Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.) Dribble Tag
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3. More Dribbling (10 minutes):

	Organization: Players dribble within a limited area, demonstrating all dribbling techniques. Players must avoid each other. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min. Coaching points: Keep the ball under control, use all surfaces of the foot, demonstrate footwork skills, dribble with head up, find space, change direction and speed. Stay positive with the players.
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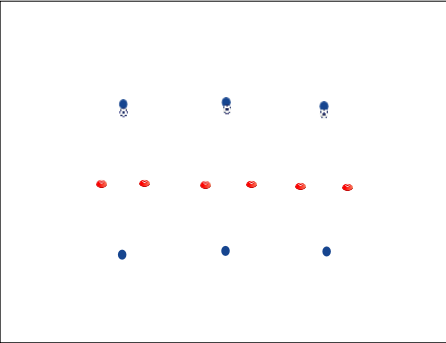
4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
Gentle stretches and a recap of what they learned.

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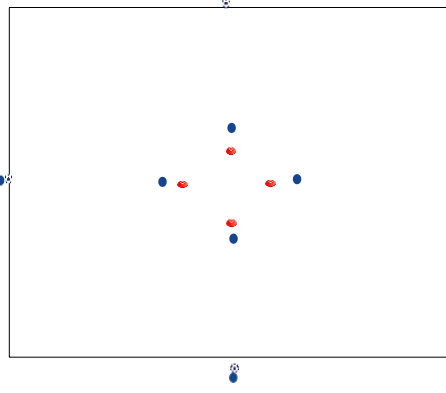
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Practice Session 2: Passing and Receiving

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes): Gate Passing

	Organization: Players should be 5-10 yards apart. Increase or decrease distance depending on success. Use two cones as a gate, start with the gate 5 yards apart and decrease with success. Time: 10 min. Coaching points: Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.
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3. Passing Drills (10 minutes): More passing

	Organization: Four players are inside the grid checking to four players on the outside of the grid who pass to the inside player. The inside player controls the ball and passes it back. After one minute, switch roles. Coaching points: Move without the ball. Get in position to receive the ball. Work on passing technique.
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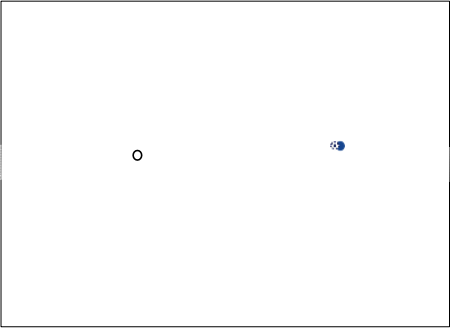
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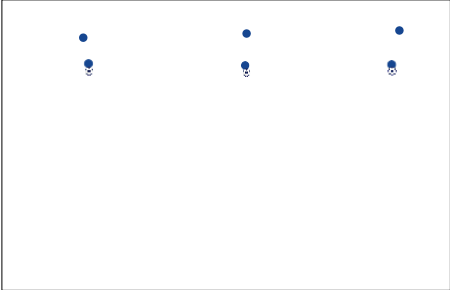
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Practice Session 3: One on One and Ball Control

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. One on One Battle (10 minutes):

	Organization: Players play 1v1 with one ball to two goals on 12 x 24-yard field. One-minute games then rotate. Time: 15 min. Coaching points: Approach attacker under control, stay body's length away. Patience, tackle on mistake or heavy touch. Win ball and attack.
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3. Keep away (10 minutes):

	Organization: Players pair up with one ball between two. For one minute, players try to challenge to win the ball and keep it away from their partner. The player with the ball at the end of the minute, wins. Coaching points: Encourage players to challenge, win and keep the ball away from their partner. Be positive.
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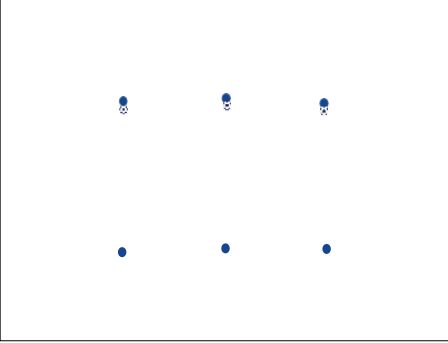
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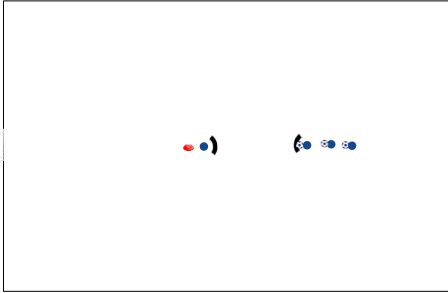
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Practice Session 4: More Passing & Shooting Drills

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Passing Drills (10 minutes):

	Organization: Players should be 5-10 yards apart. Increase or decrease depending on success. Have players use right foot only, left foot only and both feet. After they have had success, restrict touches. Time: 5min. Coaching points: Inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact with the center of the ball. Follow through. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.
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3. Shooting Drill (10 minutes):

	Organization: Ball is passed into player who turns with one touch and shoots. Passer then becomes the shooter.
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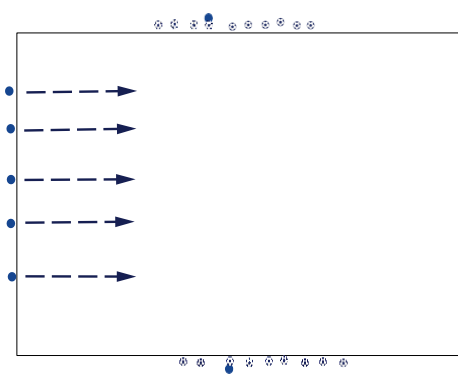
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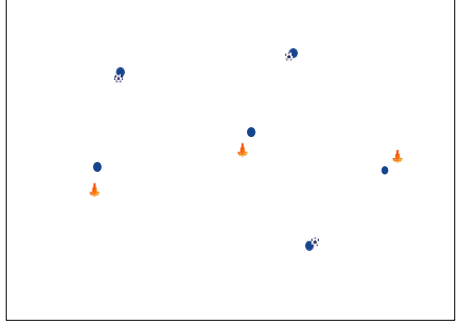
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Practice Session 5: Shooting and Passing Games

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Shooting games (10 minutes):

	Organization: The game begins with two players on opposite sides of the grid. The rest of the players run from one side of the field to the other. Players with a ball attempt to hit the runners below the waist. If a player is hit, they become a shooter. The Top Gun is the sole surviving player. Field size: 20 x 30 yards. Time: 10 min. Coaching points: Technique of kicking the ball - strike ball with laces, tow down, ankle locked. Contact on center of the ball. Plant foot planted at target. Follow through. Weight, timing, and accuracy. Stay 4:1 on the positive to instructional comment throughout the session. Have fun and laugh with the players.
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3. Passing game (10 minutes): Fortress

	Organization: Have players pair up, one with a ball and the other with a tall cone. The player with the ball tries to knock over or hit the cone while the other has to defend it (fortress). After 30-90 seconds, switch roles. Time: 10 mins. Coaching points: Player with ball must work on deception, change of direction and weight, timing, and accuracy of passes/shots. Stay 4:1 on the positive to instructional comment throughout the session.
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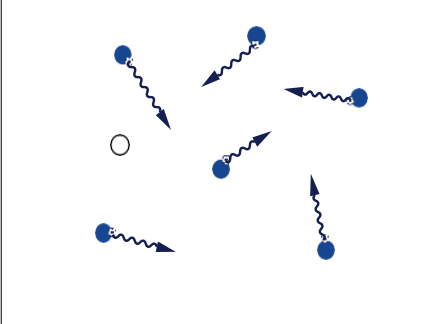
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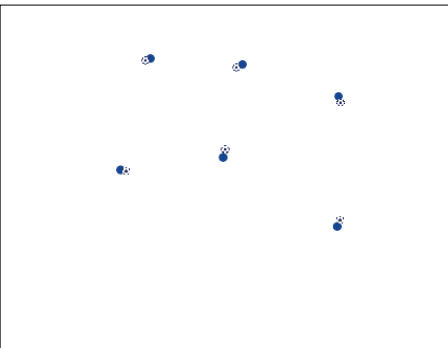
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Practice Session 6: Dribbling Games

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Dribbling games (10 minutes):

	Organization: One player is Frosty. The other players dribble a ball within the grid. Frosty tags as many players as he/she can. A tagged player must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen then dribbles as before. Grid size: 30 x 15 yards. Time: 10 mins. Coaching points: Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.)
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3. Footwork (10 minutes):

	Organization: Dribbling, Foundation, Left foot, Right foot. Each player has a ball. Field size: 15 x 30 yards. Time: 10 min. Coaching points: Dribbling - using any part of the foot to move the ball around, Foundation - tapping the ball between your feet. Left foot - dribbling with the ball using only the left foot, Right foot - dribbling with the ball using only the right foot. Dribble with your head up, if possible. Gradually increase speed. Laugh and have fun with the players.
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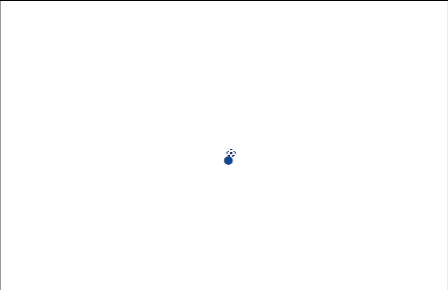
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5. Cool Down (5 minutes):
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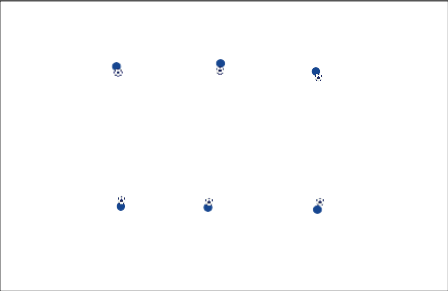
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Practice Session 7: First Touch

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. First Touch games (10 minutes): Juggling, kicking, working on technique.

	Organization: Kick right high, Kick left high, Punt right distance, Punt left distance, Punt right off bounce, Punt left off bounce, Kick catch, Thigh catch, Scoop ball for distance. This should be performed in an unrestricted open space. Each player has a ball. Start by juggling just once by dropping the ball out of hands until technique is developed. Time: 10 min. Coaching points: Laces/Foot - toes out, ankle locked. Thigh - make platform with the thigh. Stay 4:1 on the positive to instructional comments throughout the session.
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3. Footwork (10 minutes):

	Organization: Players receive balls out of the air. Toss ball in the air about 10 feet. Control with the laces, thigh or chest. Time: 10mins. Coaching points: Get body part in or under the flight of the ball. Cushion/give with the ball. Laugh and have fun with the players.
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4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
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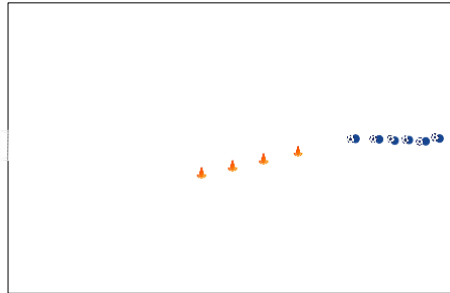
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Practice Session 8: Scoring

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Scoring games (10 minutes): Going to goal unopposed (increase difficulty by adding defenders if needed).

	Organization: Players going to goal with no pressure, working on scoring. They must pass the ball a minimum of 3 times. Coaching points: Encourage players to score as quickly as possible. Each player must touch the ball before a goal can be scored.
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3. Shooting (10 minutes):

	Organization: Dribble through the cones without touching them, once by the last cone, shoot at goal. Once player has had a shot, the next in line goes. Coaching points: Dribbling technique. Shooting - use laces, toe down, ankle locked. Plant foot pointed at the goal. Strike center of the ball. Follow through.
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4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
Gentle stretches and a recap of what they learned.

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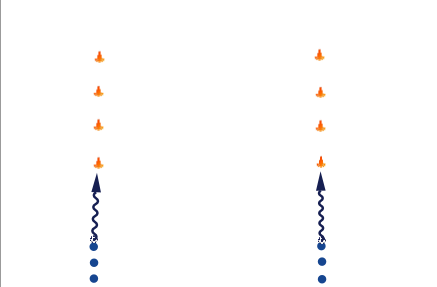
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Practice Session 9: Ball control

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Ball control games (10 minutes): Ball control, dribbling and using body to shield defenders.

	Organization: The teams lines up behind the cones, each player with a ball. One player is the shark and is positioned in the middle. The shark attempts to kick the ball out of the area. A player who has his/her ball kicked away then becomes a shark. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions and speed. Players that are sharks work on taking the ball away from minnows. Field size: 20 x 30 yards. Time: 10 min. Coaching points: Encourage players to get in front of the ball and take the ball away from their opponent. Stay 4:1 on the positive to instructional comment throughout the session.
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3. Slalom (10 minutes):

	Organization: Set 4 cones 1-2 yards apart. Each player has a ball or one ball per line. Have players dribble with both feet, right foot only or left foot only. Use exercise as a relay race. Time: 10 min. Coaching points: Keep ball under control, use all surfaces of the foot. Keep head up and find space while dribbling. Change speed and direction. Stay 4:1 on the positive to instructional comments throughout the session. Be positive, laugh and have fun with the players. Become a fan of the players (well done, good job, keep it up, etc.). Dribble through without touching the cones. Have players increase speed with success.
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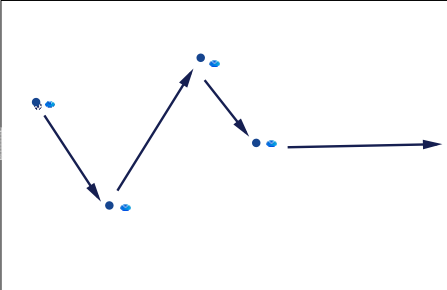
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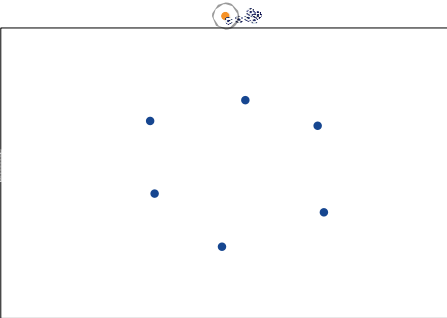
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Practice Session 10: Shooting, Game situations

1. Warm Up (5 minutes): Light jogging and dynamic stretching.
2. Pass/shoot combinations (10 minutes): Ball control, dribbling and using body to shield defenders.

	Organization: Set cones on the field in a pattern to finish with a shot. Have players on the cones to form the line. Players can score once they complete the pattern. Get all the players going to goal after they have passed the ball, to form good habits. Coaching points: Work on passing. Work on positioning. Work on finishing.
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3. World Cup (10 minutes):

	Organization: Use two goals with one ball. Coach serves a ball onto the field. All players are up against each other to try and score in either goal. After a player scores, they come off and wait to progress to the next round. The last player left is out. Coaching points: Dribbling to beat players.
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4. Game Time (20-30 minutes):
Full scrimmage: Let the kids play and have fun; Emphasize coaching points from earlier drills.
5. Cool Down (5 minutes):
Gentle stretches and a recap of what they learned.