

KIDS SOCCER



Print & Go

Practices



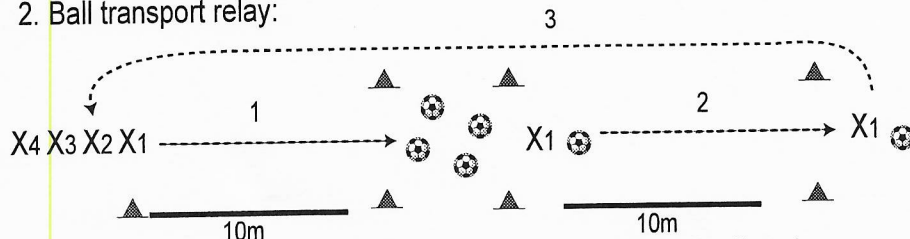
KIDS SOCCER # 1

Practice Focus: Dribbling, Relay Running □□ □ □□

Time: 1 hr

Warm-Up: Ball Transport (10min)

1. Place balls randomly in a 20m x 30m area. Ask kids to run and jump over each ball at least once.
2. Ball transport relay:



1. X1 runs to square and picks up a ball with the hands.
2. X1 carries the ball and drops it into next square.
3. X1 runs back to line, tags X2 who now goes and carries next ball. Team that carries all balls first wins

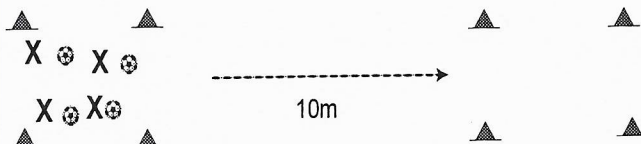
Note: Set up teams in a relay race making sure number of balls to be carried by each team is same, even if some kids have to run twice

Ball Handling: Dribble between squares (10min)

In groups of not more than 4

Dribble ball from one square to the other and back using:

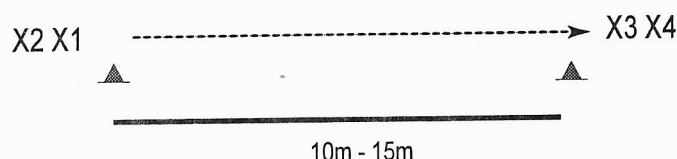
- a. outside right foot
- b. inside right foot
- c. outside left foot
- d. inside left foot



Note: If real young kids are having trouble with the various foot positions, just ask them to move the ball whichever way works for them between squares. Encourage them to keep ball close to foot as opposed to kicking it forward.

Co-ordination: Relay Game # 1 (10 min)

Make as many even groups as you can.



X1 sprints to X3 and touches X3 hand to send X3 running.

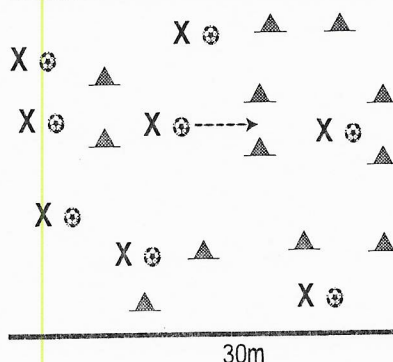
X1 goes behind X4.

X3 touches off X2 and waits,

X2 touches off X4, etc.

The race stops when everyone is back where they started. First team to finish wins.

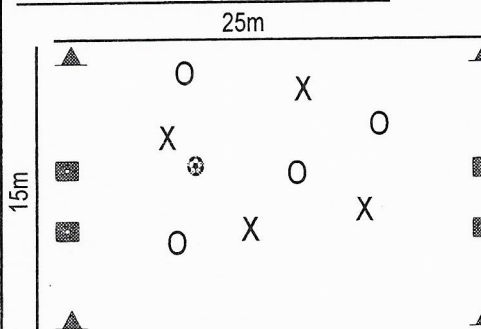
Motivational Skill: Dribble through goals (10min)



randomly place 6
3m wide goals.

each player must
dribble through
each goal.

Game: 4 v 4, no GK (15 min)



3 min games

2 fields of 4 v 4
or at least 1 field
of 4 v 4 and the other
field with two teams

Rotate players to make
sure everyone gets
to play 4 v 4

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



KIDS SOCCER # 2

Practice Focus: Ball Control, Co-ordination, Shooting □ □

□ □ □ □

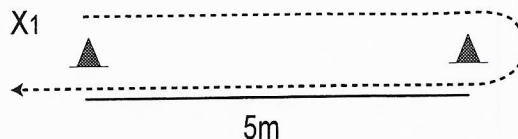
Time: 1 hr

Warm-Up: Co-ordination Relay (10min)

In groups of 4.

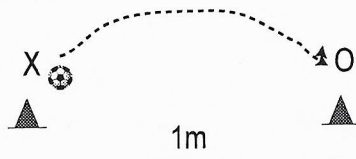
1. X1 runs around cone and back and takes
2. X2 by hand. X1 and X2 holding hands run around cone
3. and take X3 by hand. All three run around cone and
4. pick up X4. All 4, holding hands, run around cone and
5. leave X1 behind.
6. X2,X3,X4 run around cone and leave X2 behind
7. X3,X4 run around and leave X3 behind
8. X4 runs around and comes back alone.

Team that finishes first wins.



Ball Handling: Ball Receiving and Control (10min)

1. Each player holds ball in hand and lets it drop onto a foot trying to kick it up and catch it.
2. In pairs, 1m apart, players throw ball to partner's foot. Partner tries to stop ball and kick it back or kick it back with one touch.



Co-ordination: Throw-Move-Catch (10 min)

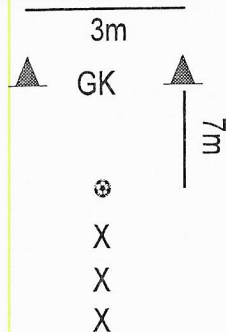
1. Players start with ball in hand either:
sitting
crouching
kneeling
lying on back

3. Catch the ball in a different position than they started with:
throw sitting-catch crouching
throw kneeling-catch lying on back

Mix it up so that players have success and fun.

2. They then throw ball in the air and

Motivational Skill: Shooting 1 (10min)



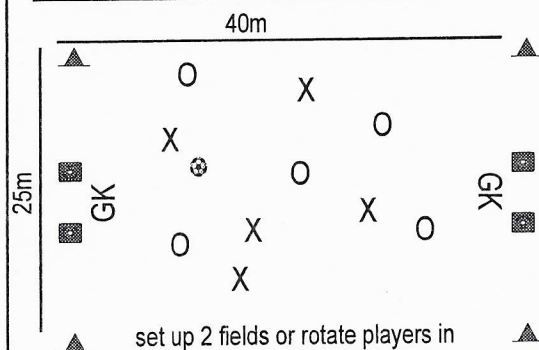
groups of 4

Players take shots from 7m away.

Player who scores becomes goalkeeper

Player misses, goes to back

Game: 5 v 5 with GK (15 min)



7 yrs and younger

no positions

8yrs and older

2 def, 3 forwards

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

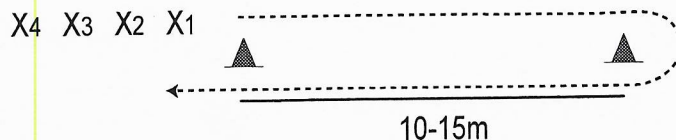


KIDS SOCCER # 3

Practice Focus: Passing, 1v1 ☐ ☐ ☐

Time: 1 hr

Warm-Up: Relay Race (10min)



< 7yrs old: 10 m
7 yrs + : 15 m

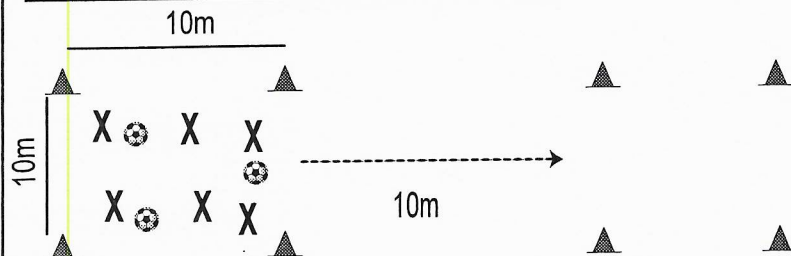
Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.

Ball Handling: Passing and dribble (10min)



Players work in partners

They pass the ball to each other inside square

On command, players with ball dribble to other square, partners run after them.

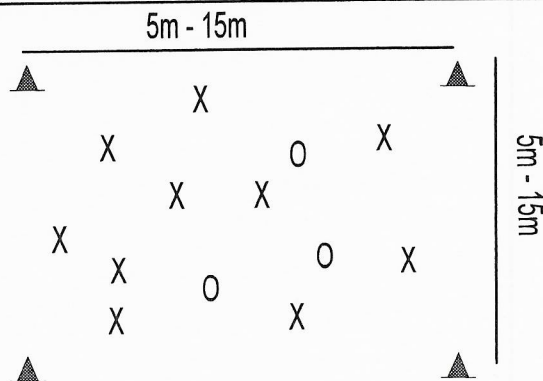
Once in other square, pass again and repeat

Co-ordination: Catch Game 1 (10 min)

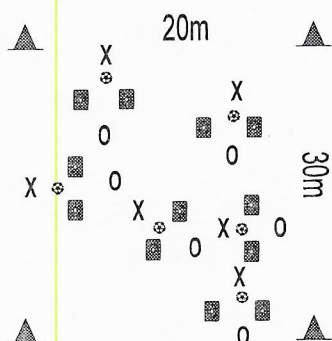
Catchers (O) are identified by wearing pinnies, hats or armbands. Everyone runs in the square and catchers must touch runners (X). Once touched, the runner changes role with the catcher.

Who gets caught the least in each 2 minute game?

| Age <input type="checkbox"/> | Size of Square <input type="checkbox"/> | # of catchers |
|------------------------------|---|---------------|
| < 6 <input type="checkbox"/> | 5m x 5m <input type="checkbox"/> | 3 |
| 7,8 <input type="checkbox"/> | 10m x 10m <input type="checkbox"/> | 2 |
| >8 <input type="checkbox"/> | 15m X 15m <input type="checkbox"/> | 1 or 2 |



Motivational Skill: Pass through small goal (10min)

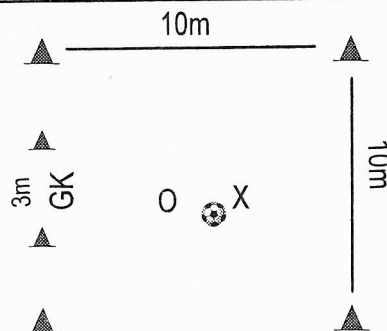


X and O work in pairs and pass ball to each other through 3m wide goals

<7 yrs old , pass through same goal

7 yrs + , pass through each goal

Game: 1 v 1 with GK (15 min)



X plays 1v1 on goal

change GK every 2 min

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



KIDS SOCCER # 4

Practice Focus: Dribbling, Passing, Agility □ □ □ □

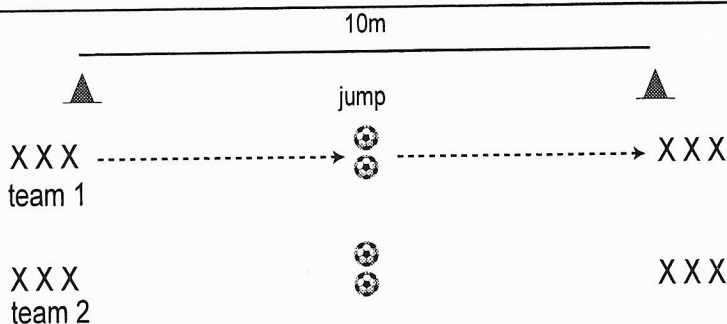
Time: 1 hr

Warm-Up: Jumping Relay (10min)

Divide team into even groups as shown

On "GO" first in line sprints, jumps over balls, sprints, tags first runner and goes to end of line.

Tagged runner, sprints, jumps, sprints and tags

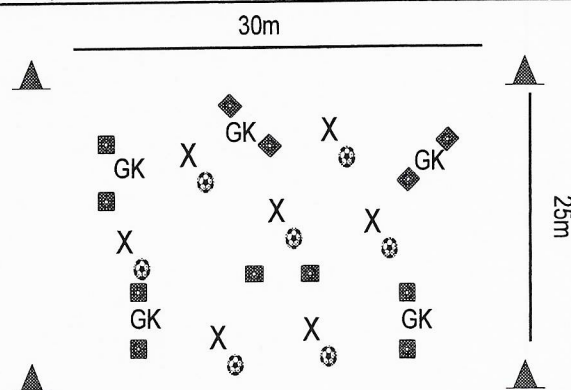


This continues until each team has its runners in their original position. Which team wins?
If players move ball when jumping, they must stop and put ball back in its position.

Ball Handling: Dribbling with change of target (10min)

6 -1m- wide goals are placed randomly in area.
5 goals have a goalkeeper in them.
Players with ball dribble through goal without GK in it.
On command by coach, GK change goals such that a different goal does not have a goalkeeper, forcing players dribbling to find new target. Change goals every 30 seconds.

Rotate GK with dribblers after 2 minutes.



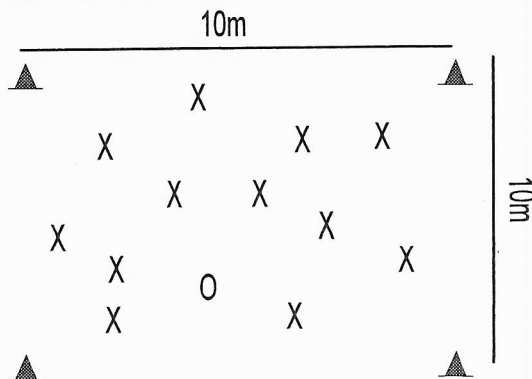
Co-ordination: Catch Game 2 (10 min)

One player is identified as catcher and must tag other players.

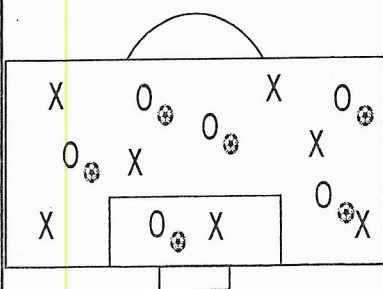
Tagged players sit down.

How many runners can you catch in 30 seconds?

Everyone gets to be the catcher once to see who wins.

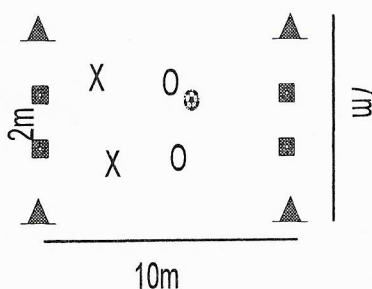


Motivational Skill: Pass + follow through legs (10min)



X stand with legs spread wide apart.
O dribble towards an X, pass ball through X's legs and crawl through legs to retrieve ball.
After all O's have gone through each X, change roles

Game: 2 v 2 no GK (15 min)



Break team into groups of 2, playing 2 v 2.

Play 3 minute games and rotate groups of 2 in tournament style.

Which team wins most?

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



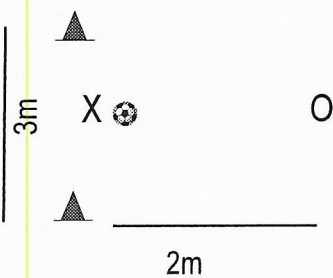
Time: 1 hr

1. Players each have a ball. They alternate putting left foot and right foot on ball. Try to keep them moving on their toes continuously - soccer dancing.
2. Players dribble ball forward and stop it by stepping on it. Alternate left and right foot. For younger players, give them a command when to stop.

X throws ball and O tries to head it into goal.

Switch every three turns.

If players are afraid to head, ask them to shoot instead.



O's are catchers, X's are in grid.
First O goes into grid and tries to touch one X.
X, if touched, sits down.

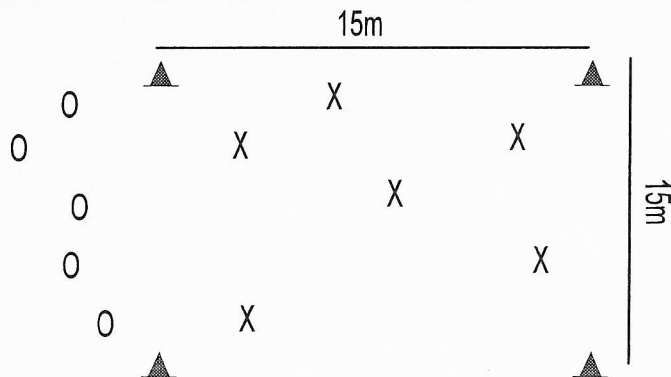
Second O goes in and tries to touch another X.

Keep changing O's.

How long does it take to catch all X's?

If it's too hard to catch X's, send in two O's at a time

Reverse roles



groups of 4

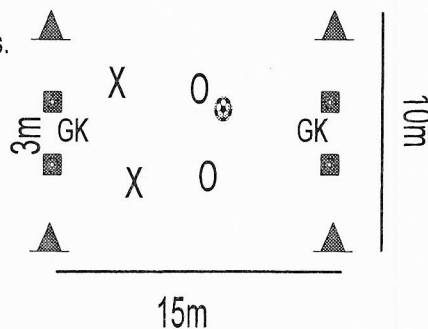
Players dribble from 10 m and take shots from 7m away.

Player who scores becomes
goalkeeper

Player misses, goes to back

teams of 3 play 3min games.

rotate teams to play a tournament



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



KIDS SOCCER # 6

Practice Focus: Dribbling with Head UP, 1v1 □ □ □ □ □ □ □ □

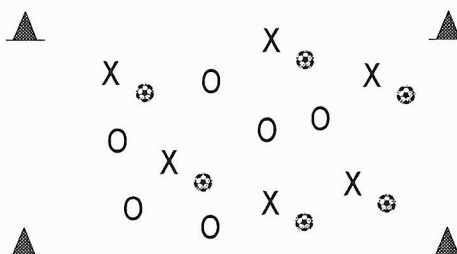
Time: 1 hr

Warm-Up: Ball Control, Dribbling (10min)

1. All players with ball push ball forward with
 - a. laces
 - b. inside foot
 - c. outside foot

and pull back with sole of foot on command by coach.

2. X's dribble ball in grid and on command exchange it with O's who are running around freely. O's dribble, exchange, etc.



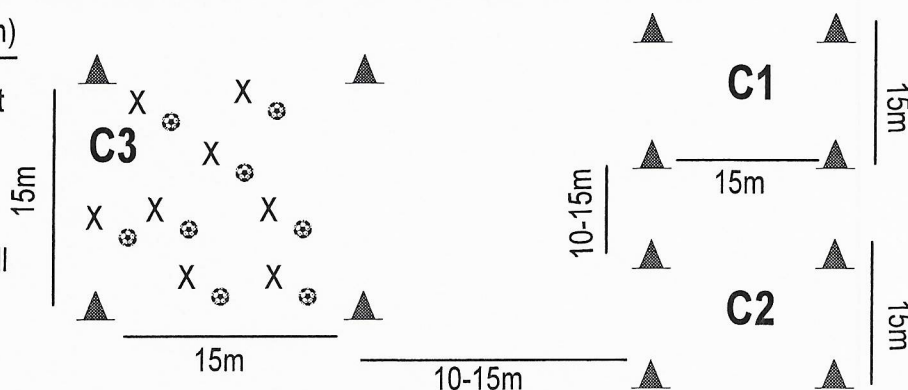
Ball Handling: Head Up Dribbling (10min)

Three squares each with a coach/parent in it C1, C2, C3.

Players each with ball dribble in one square.

When one of the coaches lifts a hand, all players dribble to that square.

Coaches need to co-ordinate who lifts hand next.



Co-ordination: Catch Game 4 (10 min)

X's in grid each have a ball in their hands and are the hunters.

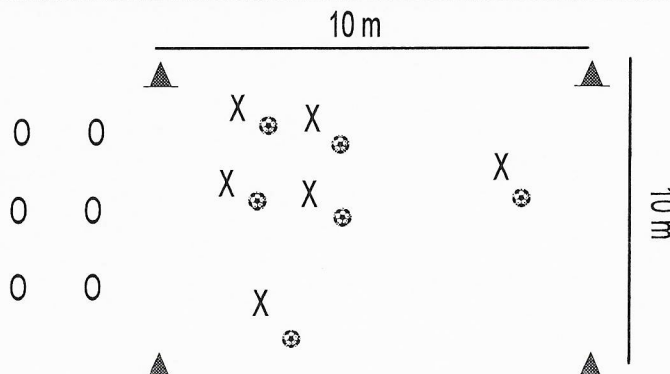
Two O's enter grid at a time and X's try to hit them by throwing balls at them.

O's that are hit sit down, next two O's enter.

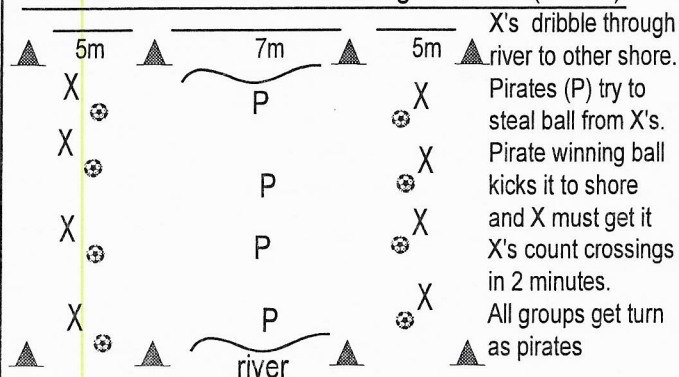
How long to knock down all O's?

Reverse roles.

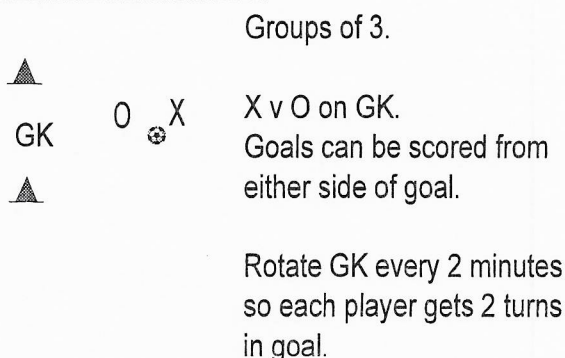
Make grid smaller/larger depending on success



Motivational Skill: Dribble through Pirates (10min)



Game: 1 v 1 with GK (15 min)



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



KIDS SOCCER # 7

Practice Focus: Shooting, Dribbling, Reaction, Throw-Ins □ □ □ □ □ □ □ □

Time: 1 hr

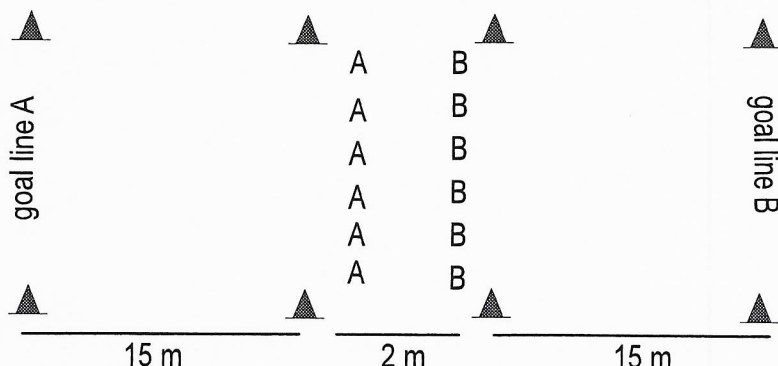
Warm-Up: Reaction Tag Game (10min)

Players of team A and team B face each other standing 2m apart.

If coach calls "A", players in team A turn and sprint to goal line A, players in group B chase them and try to catch and tag them.

Count # players getting to goal line "safely".

Return to starting positions and repeat as many times as you like.



Ball Handling: Reaction Dribble to Squares (10min)

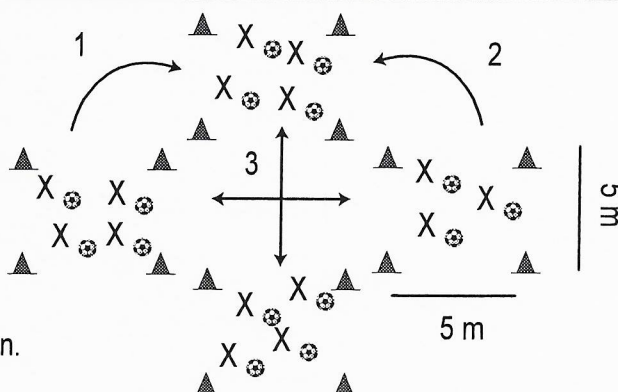
Players are distributed in 4 squares as shown and freely dribble inside square. On command by coach, they dribble to the square:

1. to their right (clockwise)

2. to their left (counterclockwise)

3. across

There will be mix ups. Be patient, explain and have fun.

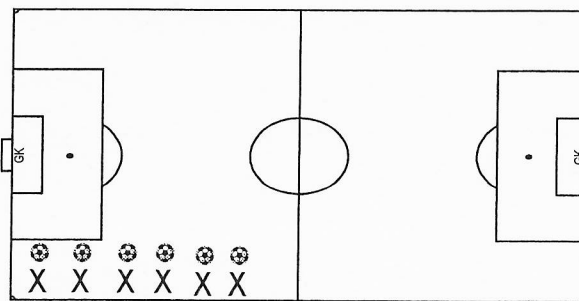


Co-ordination: Throw ins (10 min)

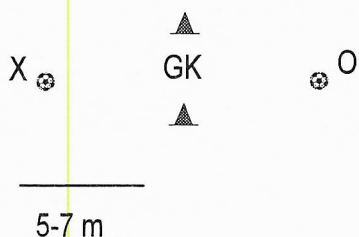
Players line up on a side line and move the ball across the field and back using throw-ins.

After the throw, they run to pick up their ball, throw in again, etc.

Demonstrate proper technique and keep them going straight across



Motivational Skill: Shooting 3 (10min)



- 4 m wide goal
- X takes shot, GK turns and O takes shot.
- Rotate GK every 5 shots.
- Count # goals scored

Game: 2 v 2 w. GK on 1 goal (15 min)



Players can score from either side of 4m wide goal.

Encourage changing direction of attack to stimulate creativity.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



KIDS SOCCER # 8

Practice Focus: Agility, Passing, Dribbling, Defending □ □ □ □ □ □ □ □

Time: 1 hr

Warm-Up: Stop the Runners (10min)

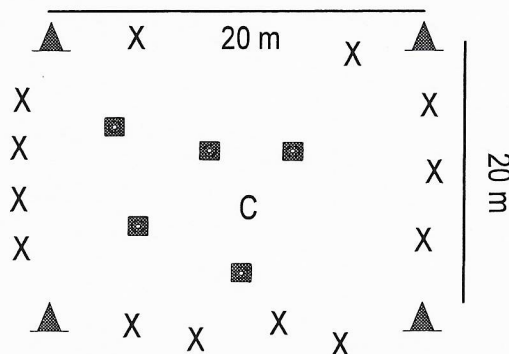
Place as many cones or other targets as players randomly inside a 20m x 20m grid.

One catcher (C) is waiting in grid, other players are distributed on outside of grid.

On command, outside players run into grid trying to get to a target.

Catcher tries to stop runners by tagging them before they reach a target. Tagged players are out.

Count number of players out. Rotate everyone to be catcher.

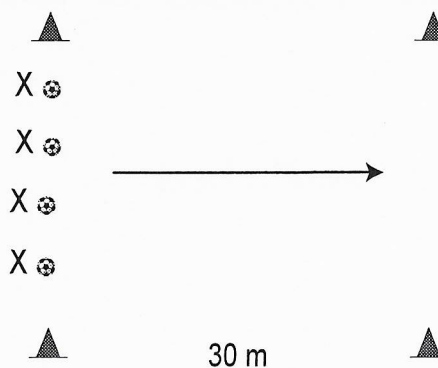


Ball Handling: Kick-Pick Up-Throw (10min)

Players move across field and back by

kicking ball - running and picking it up - throwing ball-

kick-pick-up-throw-kick, etc.



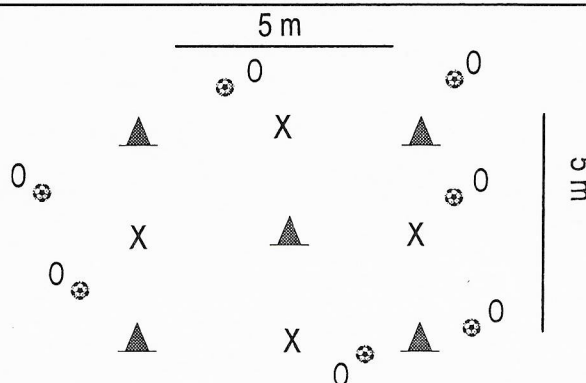
Co-ordination: Protect The Castle (10 min)

Inside a 5m x 5m castle is a tall cone.

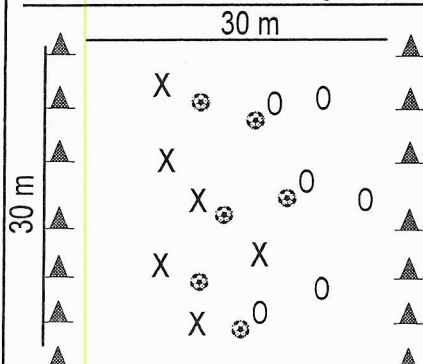
X's protect one castle wall each.

O's try to dribble ball through castle wall trying to knock down the cone with a shot.

Time how long it takes to knock down cone. Rotate guards.

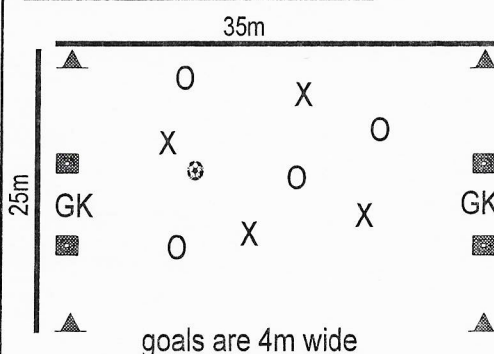


Motivational Skill: Passing 2 (10min)



Two teams with 3 balls per team.
Each team defends one set of cones.
Goal is to shoot other team's cones down.
Which team wins?

Game: 4 v 4 w. GK (15 min)



5 min games
2 fields of 4 v 4
or 1 field with 3 teams.
Play round robin.
Team not playing plays 2 v 2 w GK
See practice # 7

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Time: 1 hr

Your chance to be creative.

Diagram illustrating the layout of a soccer field, showing three rows of the field. Each row is marked with a solid line (touchline) and a dashed line (goal line). The distance between the goal line and the touchline is marked as 5m. The layout is repeated three times, with a soccer ball icon in the center of each row.

A's and C's try to pass ball across zone occupied by B.
B's try to stop ball.
Rotate teams through middle every 3 min.
Count # of passes through for each team

Rotate goalkeepers

Print and Go Practices ----- Page - 17 -



KIDS SOCCER # 10

Practice Focus: Co-ordination, Dribbling □ □ □ □ □ □ □ □

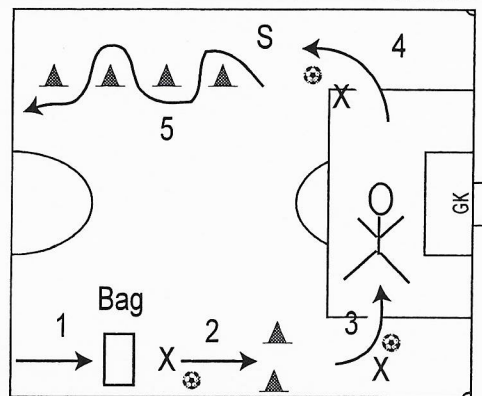
Time: 1 hr

Warm-Up: Obstacle Circuit (10min)

Kids each have a ball and:

1. Carry it , run and jump over a bag or other obstacle.
2. Put ball on ground, kick through goal, and dribble toward
3. coach, who stands with legs apart. Pass ball through legs, run around coach, pick ball up with hands and
4. throw it to server (S) who throws it back for a catch.
5. Put ball on ground and dribble through cones.

Make circuit larger or smaller depending on age of kids



Ball Handling: Chase a friend (10min)

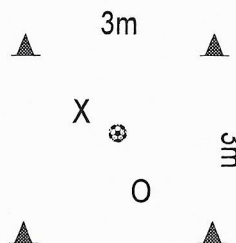
In pairs in a 3m x 3m grid.

One player has ball, the other one does not.

Player without ball tries to avoid being caught by player with ball chasing him/her while dribbling.

Once caught and tagged, roles change.

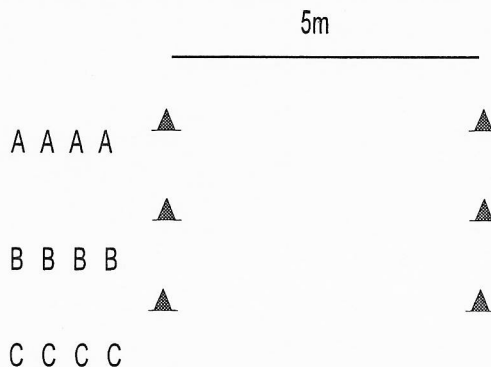
Make grid smaller/larger to allow success for both.



Co-ordination: Bunny Hop Relay (10 min)

Players "bunny hop" to cone and back and send off next player.

First team finished wins.



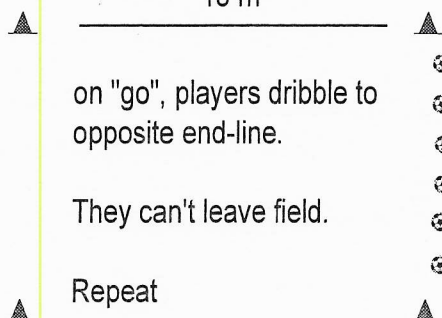
Motivational Skill: Dribble Race (10min)

15 m

on "go", players dribble to opposite end-line.

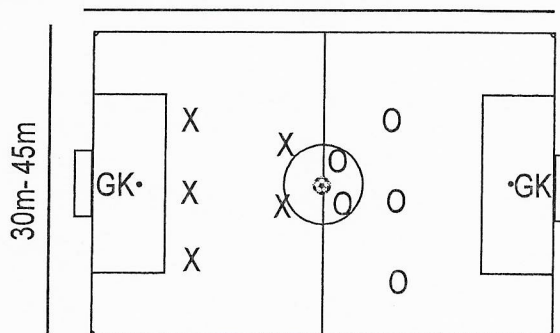
They can't leave field.

Repeat



Game: 6 v 6 (15 min)

40m - 60m



Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.