

## Soccer Pre-K Session 1

**Equipment:** 2 sharpies, 2 goals, 10 dots, whistles, 10 soccer balls

**Check-In:** Pick up Jersey & Ball / Meet & Greet

(5 min) \*Players write their name on their soccer ball

*\*One staff can continue check-in while the other starts the warm-up*

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Scatter balls near midfield. Line each team up on their goal line.
- Release kids to dribble the soccer balls back into their goal — No Hands! Whichever team retrieves more balls wins!

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

**Team 1:**

**Whistle Drill:**

(5 min)

**Line kids up on sideline, say GO, freeze when whistle blows**

- Progression: Explain what to do when you hear the whistle, practice while standing, practice while walking
- Run back and forth across field 2-4 times, staff blows whistle
- Players freeze when they hear the whistle
- Stay inside the lines and stop at the whistle
- Coach can progress to tagging kids out on the field

## Soccer Pre-K Session 3

**Equipment:** 2 goals, 4 cones, 10+ dots, whistles, 8 soccer balls

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Line teams up to run 1 lap around the field
- Have players dribble their ball across the field and back

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

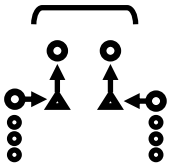
**Team 1 (7 min):**

**Dribble then**

**Shoot:**

**STAFF: Set up 2 dots in front of goal, 2 cones 10 feet out**

- Line half the team up on each sideline (left/right of goal)
- The player at the front of each line should dribble around the cone, 90 degree turn toward the goal, dribble to the dot then shoot into the goal
- Player should retrieve their ball and join the other line after shooting, so they can practice from both directions



## Soccer Pre-K Session 5

**Equipment:** 2-4 goals, 10 dots, 10 cones, whistles, 10 soccer balls

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Line teams up to run 1 lap around the field
- Have players dribble their ball across the field and back

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

**Team 1**

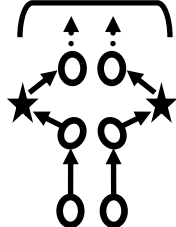
**Shooting Drill/**

**Pass to Coach:**

(5 min)

**STAFF: Per line—Setup 1 cone for the kids (5) to line up behind, 1 dot 10ft from cone for players to dribble to, and 1 dot in front of goal to kick from. Coach is halfway between dots, to the side.**

- 5 kids line up behind each cone facing the goal
- 1 at a time, dribble the soccer ball up to the dot
- Stop at the first dot, kick the ball to the coach, then run to the next dot to receive the ball back
- Coach will pass back to the player on the new dot, so the player can stop the ball then score a goal!
- Once they score, players should retrieve their soccer ball and give it to the next player waiting back in line
- Get in the back of the opposite line to practice from both sides



## Soccer Pre-K Session 2

**Equipment:** 2 goals, 10+ cones, 10 dots, whistles, 20 soccer balls

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Line teams up to run 1 lap around the field
- Have players dribble their ball across the field and back

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

**Team 1**

**Red Light**

**Green Light:**

(7 min)

**Control the ball w/fast vs slow, little kicks**

- Demonstrate little kicks & review “squish the bug”
- Practice without the ball—Green light (go), Yellow light (slow), Whistle instead of Red Light (stop)
- When you say green light, kids run behind ball with little kicks
- When you say yellow light, they walk behind ball with little kicks
- When you blow the whistle they should squish the bug & stop
- Kids are lined up on sideline
- Go back and forth across the field practicing the commands and whistle until the time runs out

## Soccer Pre-K Session 4

**Equipment:** 2 goals, 10+ cones, 10 dots, whistles, 20 soccer balls

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Line teams up to run 1 lap around the field
- Have players dribble their ball across the field and back

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

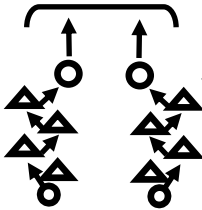
- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

**Team 1**

**Zig Zag Drill:**

(5 min)

- STAFF: Place 4 cones in zig zag line evenly spaced up to 12ft from the goal. Place a dot 3 feet in front of goal to kick from.**
- 5 kids line up behind the cones facing the goal
  - 1 at a time, zig zag to each cone with the soccer ball,
  - Shoot with shoelace kick from the dot in front of goal
  - Try not to touch the cones. If the player is struggling to pivot at each cone, teach them to stop and reposition before proceeding to the next one.



*\*After 5 minutes, teams switch drills\**

## Soccer Pre-K Session 6

**Equipment:** 2 goals, 20 cones, whistles, 15 soccer balls

**Warm-Up:** Stretching / Run

(6 min)

- Both teams together, basic stretches
- Line teams up to run 1 lap around the field
- Have players dribble their ball across the field and back

**Rules:** Introduction to rules—HAVE FUN!

(2 min)

- NO HANDS = #1 rule of soccer
- Freeze when you hear the whistle
- Boundaries. Stay inside the lines/barriers.
- Sportsmanship—No pushing/shoving & keep eyes up!

**Team 1**

**Switch Dribbling:**

(5 min)

**STAFF: Every player starts with a ball.**

- Each player should dribble their ball around the field
- When the coach calls SWITCH all players should leave their ball and run to start dribbling with someone else’s ball
- \*Variation, add in commands like “stomp the bug” so players can practice stopping their ball before switching*

*\*After 5 minutes, teams switch drills\**

## SOCCER PRE-K Session 2 (continued)

\*After 7 minutes, teams switch drills\*

Team 2:

- Passing Drill:** Inside foot kick = step then kick. **NO TOE KICKS!**  
(7 min)
- Demonstrate stepping next to the ball
  - Then use inside foot to kick ball to their parent/coach
  - Always stop ball the before kicking back
  - Set kids up on 10 dots spaced out
  - Scatter cones across from them at varied distances 5-7 ft
  - On the whistle, kids kick their ball & try to knock down a cone
  - Retrieve the ball & try again, coach resets downed cones

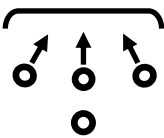
\*Water Break (2 min)

- SCRIMMAGE** STAFF: Set up 2 goals and remove all other equipment  
(16 min)
- Have parents line the field to kick the ball back into play
- 4-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Practice with parent—Proper kicking form

## SOCCER PRE-K Session 4 (continued)

Team 2:

- Triple Threat:** STAFF: Set 3 dots in front of the goal with 1 ball on each one. Place 1 dot 5 feet further than the center soccer ball.  
(5 min)
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- Line kids up behind the far dot
  - Take turns kicking all 3 balls into the goal, then back in line
  - Practice/Teach them to shoot from different angles
- If time permits**
- Gather up soccer balls at midfield
  - Line players up on either side of the goal
  - 2 kids at a time, run to get a ball, dribble back to goal & shoot

\*Water Break (2 min)

- SCRIMMAGE** STAFF: Set up 2 goals and remove all other equipment  
(20 min)
- Have parents line the field to kick the ball back into play
- 5-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Practice with parent—dribbling & shooting from all directions

## SOCCER PRE-K Session 6 (continued)

Team 2

- Treasure Hunt:** STAFF: spread cones (10 max) around the field between the midline and the goal. 10 soccer balls at the midline.  
(5 min)
- Send half the team to each side of the goal, facing infield
  - On the whistle, send 2 players (one from each side) to run to the middle. Each of them should retrieve a soccer ball.
  - Dribble back without hitting cones & race to shoot a goal
- \*Progression, add in a staff/coach goalie as an additional obstacle*

\*Water Break (2 min)

- SCRIMMAGE** STAFF: Set up 2 goals and remove all other equipment  
(20 min)
- Have parents line the field to kick the ball back into play
- 5-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Keep practicing everything you've learned & we'll see you next season!

## SOCCER PRE-K Session 1 (continued)

\*After 5 minutes, teams switch drills\*

Team 2:

- Squish the Bug:** Always stop the ball before kicking it again  
(5 min)
- Line kids up on dots
  - Demonstrate & explain "squishing the bug" with foot on top of the ball to stop it from moving
  - Have kids practice "squish the bug" on their dot, then give them a ball to practice stationary
  - Progress to slowly rolling the ball to players so they can practice stopping it, then kick it back to a parent or coach

\*Water Break (2 min)

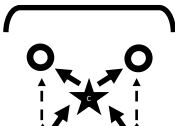
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(16 min)
- Have parents line the field to kick the ball back into play
- 4-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Practice with parent—Squish the Bug before Kicking

## SOCCER PRE-K Session 3 (continued)

\*After 7 minutes, teams switch drills\*

Team 2 (7 min):

- Pass to Coach/Shoot:** STAFF: Set up 2 cones 10 ft from the front of goal, 2 dots 3ft in front of the goal, coach is standing halfway between cones and dots (centered between both groups)  
(5 min)
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- Split team in half, kids line up behind cones 10 feet out
  - 1 at a time pass to coach with inside kick
  - Coach passes towards the dot
  - Player runs to ball near dot and kicks ball into the goal

\*Water Break (2 min)

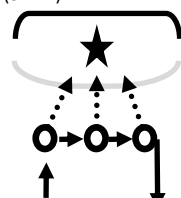
- SCRIMMAGE** STAFF: Set up 2 goals and remove all other equipment  
(16 min)
- Have parents line the field to kick the ball back into play
- 4-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Practice with parent—dribbling & shooting

## SOCCER PRE-K Session 5 (continued)

\*After 5 minutes, teams switch drills\*

Team 2

- Rapid Fire Defense:** STAFF: Staff or Coach prepare to defend the goal. Place 3 dots, 5 feet out from goal for players to shoot from. Remaining players should wait in line behind a cone to rotate.  
(5 min)
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- Groups of 5 kids at each goal (if you can set up 2 to run at the same time) or line players up to take turns at a shared goal.
  - Staff or Coach in the goal to "defend" the ball & coach
  - Teammates, 1 at a time (left to right), try to shoot ball in goal
  - After everyone shoots, everyone rotates positions to the right
  - Far right player rejoins the line after shooting
  - Reset balls on dots and continue, moving quickly taking turns

\*Water Break (2 min)

- SCRIMMAGE** STAFF: Set up 2 goals and remove all other equipment  
(20 min)
- Have parents line the field to kick the ball back into play
- 5-min quarters**
- Remind players NO HANDS
  - Keep ball in play as much as possible
  - If ball goes out of bounds, kick it back into play

- Sportsmanship Homework** Group Cheer & High Fives  
Practice with parent—Dribbling & Shooting or Defending