

SOCCER - Kinder Session 1 (Indoor)

Equipment: 2 sharpies, 2 goals, 10+ cones, 10 dots, whistles, 20 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/ Squish the Bug: Line kids up on sideline, Teach them “Squish the Bug”
(5 min)
- Progression: Explain what to do when you hear the whistle, practice while standing, practice while walking
- Run back & forth across field 2 times (no ball), staff blows whistle
- Players freeze when they hear the whistle
- Add ball, dribble back & forth 2 times
- Now, players “squish the bug” when they hear the whistle

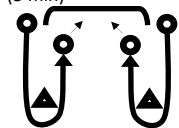
SOCCER - Kinder Session 3 (Indoor)

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!
(1 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
Dribble then Shoot: STAFF: Set up 2 dots in front of goal, 2 cones 10 feet out
(5 min)
- Line half the team up on each side of the goal
- The player at the front of each line should dribble around the cone, back 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



After 5 minutes, teams switch drills

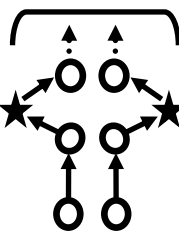
SOCCER - Kinder - Session 5 (Indoor)

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!
(1 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: 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.
(4 min)
- 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 - Kinder - Session 2 (Indoor)

Equipment: 2 goals, 10 dots, 10+ cones, 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!
(1 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)
Red Light
Green Light: Control the ball slow, little kicks
(5 min)
- Review “Squish the Bug” & stop when whistle blows
- Next, Demonstrate little kicks & dribbling in slow motion
- Explain—Green Light (go), Yellow Light (slow), Whistle instead of Red Light (stop/squish the bug)

- Green Light = run behind ball with little kicks, Yellow Light = walk behind the ball, Whistle = squish the bug & freeze!
- Kids are lined up on sideline. Go back and forth across the field practicing the commands until the time runs out.
Sharks & Minnows: (2 min)
- Players line up on the sideline with their soccer ball, Coach is center of the field waiting to tag players
- Players dribble across to the other sideline. If tagged by the coach, players sit with their ball as a new obstacle on the field.

SOCCER—Kinder Session 4 (Indoor)

Equipment: 2 goals, 8 cones, 6 dots, 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!
(1 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
Snake Drill: STAFF: Place 4 cones in a line evenly spaced up to 12ft from the goal. Place a dot 3 feet in front of goal to kick from.
(5 min)
- 5 kids line up behind the cones facing the goal
- 1 at a time, snake through the cones with the soccer ball
- Shoot with shoelace kick from the dot in front of goal
- Try not to touch the cones. If the players are struggling to pivot around, spread cones further apart & slow players down.
- Once they score, players should retrieve their soccer ball and give it to the next player waiting in line, switch lines



SOCCER - Kinder - Session 6 (Indoor)

Equipment: 2 goals, 20 cones, 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!
(1 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: STAFF: Every player starts with a ball.
(4 min)
- 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 in addition to switching*

After 5 minutes, teams switch drills

SOCCER - Kinder - Session 2 (Indoor) (continued)

After 7 minutes, teams switch drills

Team 2 (7 min)

Zig Zag:

(2 min)



Players practice ball control while dribbling

- Set up one or two zig zag lines with cones & split kids up at each
- Line players up and demonstrate dribbling to each cone, stopping to squish the bug and change direction at each cone

Dribbling Drill:
w/ Cones

(5 min)

- Scatter cones all around the field and players line up on sideline
- Players should dribble the ball around the field, using the ball to knock down all the cones as fast as possible—time them!
- The second round, progress to the coach picking up cones as they get knocked down for the remainder of the time

*Water Break (2 min)

SCRIMMAGE

(16 min)

4-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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 the Ball

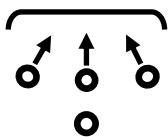
SOCCER—Kinder Session 4 (Indoor) (continued)

After 5 minutes, teams switch drills

Team 2

Triple Threat:

(5 min)



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.

- 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 at a time, run to get a single ball, dribble back to goal & shoot

*Water Break (2 min)

SCRIMMAGE

(20 min)

5-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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 w/ parent—Dribbling & Shooting from all directions

SOCCER - Kinder - Session 6 (Indoor) (continued)

After 4 minutes, teams switch drills

Team 2

Treasure Hunt:

(4 min)

STAFF: Scatter (4-8) cones around the field between the midline and the goal. 10+ soccer balls at the midline.

- Send half the team to each side of the goal, line up facing infield
- On the whistle, send first 2 players (one from each side) to run to the middle. Each of them should retrieve a soccer ball.
- Dribble the ball back to shoot a goal, trying not to hit any cones.

*Progression, add in a staff/coach goalie as an additional obstacle

*Water Break (2 min)

SCRIMMAGE

(24 min)

6-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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 - Kinder Session 1 (Indoor) (continued)

After 5 minutes, teams switch drills

Team 2

Passing Drill:

w/ Cones

(5 min)

Inside foot kick = step then kick. NO TOE KICKS!

- 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 6-10ft
- 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

(16 min)

4-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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

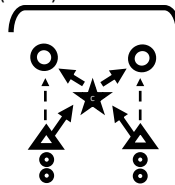
SOCCER - Kinder Session 3 (Indoor) (continued)

Team 2

Pass to

Coach/Shoot:

(5 min)



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)

- 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

(20 min)

5-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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 - Kinder - Session 5 (Indoor) (continued)

After 4 minutes, teams switch drills

Team 2

Rapid Fire Defense:

(4 min)



STAFF: Place a line/markers in front of goal to define the defender's area, then 4 dots 6 feet out from goal for players to shoot from. Remaining players should wait behind the cones.

- 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.
- 1 player is the defender in the goal
- Teammates, 1 at a time (left to right), try to shoot ball into goal
- After everyone shoots, everyone rotates positions to the right & the goalie joins the back of the line
- Reset balls on dots and continue

*Allow players to skip goalie or have coach be the goalie if players are afraid

*Water Break (2 min)

SCRIMMAGE

(24 min)

6-min quarters

STAFF: Set up 2 goals and remove all other equipment

- Have parents line the field to kick the ball back into play
- 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