

Soccer Pre-K Session 1 (Indoor)

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

(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

Rules: Introduction to rules—HAVE FUN!

(3 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: Line kids up on sideline, say GO, freeze when whistle blows
(5 min) - 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 (Indoor)

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

Warm-Up: Stretching / Run

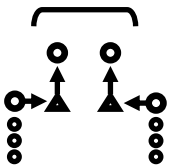
(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

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 (Indoor)

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

Warm-Up: Stretching / Run

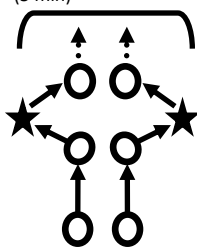
(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

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: 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 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 Pre-K Session 2 (Indoor)

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

Warm-Up: Stretching / Run

(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

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 Control the ball w/fast vs slow, little kicks

Green Light: Demonstrate little kicks & review "squish the bug"
(7 min) - 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 (Indoor)

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

Warm-Up: Stretching / Run

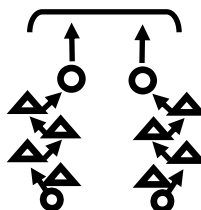
(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

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: 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 min) - 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 (Indoor)

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

Warm-Up: Stretching / Run

(5 min) - Both teams together, basic stretches
- Line teams up to run 2 laps around the field

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: STAFF: Every player starts with a ball.
(5 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 before switching*

After 5 minutes, teams switch drills

SOCCER PRE-K Session 2 (Indoor) *(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

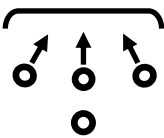
***Water Break (2 min)**

- 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 (Indoor) *(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 (Indoor) *(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 (Indoor) *(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)**

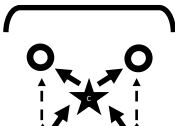
- SCRIMMAGE** **STAFF: Set up 2 goals and remove all other equipment**
(16 min)
- Have parents line the field to kick the ball back into play
- 4-min quarters**
- Remind players NO HANDS
 - Keep ball in play as much as possible
 - If ball goes out of bounds, kick it back into play

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

SOCCER PRE-K Session 3 (Indoor) *(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)**

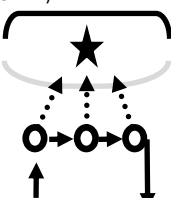
- SCRIMMAGE** **STAFF: Set up 2 goals and remove all other equipment**
(16 min)
- Have parents line the field to kick the ball back into play
- 4-min quarters**
- Remind players NO HANDS
 - Keep ball in play as much as possible
 - If ball goes out of bounds, kick it back into play

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

SOCCER PRE-K Session 5 (Indoor) *(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