

WEEK 1:

Focus: *Introduction to a proper training session*

Activities: Player and Coaches introductions, introduce basic listening exercises, introduce equipment and skill balls, parent partner passing, Body part Game, Kick the coach, Kick the kids (Gotcha!) Freeze tag without ball and with ball.

Advanced Activity: None for Today

Coaching Points: Be clear and concise with your instructions...keep it simple and try not to confuse them. Keep it fun for them and try to make them laugh. Encourage high fives and celebrations. If a kid is not participating try to get them excited to play, but do not spend too much time on them...their parents will be there to assist.

Body parts -

- This can be used as a segway while waiting for tots to finish other activities while on soccer chairs, or as its own activity
- As a segway - Put your (blank) on the ball. Make it more difficult as you go... put your ear and knee on the ball, etc.
- As its own activity - dribble with your knee, now dribble with your tummy or your back, etc.

Peg/Kick the Coach -

- Players dribble around trying to kick the ball into the coaches or volunteer's shins. When they kick them they say "ow" and hobble around. The coach will fall to the ground if kicked x number of times. The more enthusiastic, the better. Kids love inflicting pain on coaches, they get so hyped.

Freeze Tag with the ball –

- Assign one player as the tagger or the person who freezes other players. The rest of the players dribble around in the playing area as the tagger tries to freeze players by touching them on the back.
- Players who are frozen then must hold the ball up over their head and spread open their legs. Other players can unfreeze these players by passing the ball through their legs. Once unfrozen they again start dribbling around in the playing area. If a player dribbles out of the area they are frozen.
- Players should keep the ball close to themselves when they dribble and get their head up to see what's going on around them. Get players to touch the ball with every step when they dribble.

WEEK 2:

Focus: *A day at the Zoo*

Activities: Animal Dribbling, Zookeeper, Chicken and the Fox aka “What time is it Mr. Fox?”, Animal Hunt.

Advanced Activity: Minions ([See Session Diagram](#))

Coaching Points: Keep kids active and moving. Encourage them to make the animal noises. Animal dribbling will teach them to use all parts of their foot.

Animal dribbling (all ages)

- Lion - king of the jungle, big lion kicks
- Monkey - jump over ball, jump over again, then kick it “oo oo ahh ahh”
- Elephant - big elephant foot on the ball and roll it forward
- Cheetah - dribble fast like a cheetah
- Donkey - jump over and kick the ball behind you (“hee haw”)
- Giraffe - pick up the ball to the top of the long neck, drop it, and kick it

Zoo Keeper

- Two monkeys are placed inside the monkey cage (inner circle) and are guarded by four zoo keepers, who start in the zoo (outer circle).
- Six visitors start on the cones forming the perimeter of the zoo, with a ball each.
- The visitors must try to feed the monkeys by passing a ball to them.
- The monkey must be able to control the pass and return it to the visitor for a point to count.
- The zoo keepers must try to stop the monkeys being fed by intercepting passes with their feet or head.
- The monkeys cannot leave their cage, while the zoo keepers and visitors cannot enter the cage or leave the zoo itself.
- Visitors can interchange balls in order to keep the zoo keepers guessing, and to change the point of attack.
- Play for two or three minutes and record the scores.
- The winners can be the visitors with most points scored or the zoo keepers.

Chicken and fox aka “What time is it Mr. Fox?”

- Players line up facing Mr. Fox (coach)...
- All players yell “what time is it Mr. Fox”
- The Fox says a number (1-10 usually) ... 3 o’clock!
- Tots take that number of kicks then superman freeze and ask again.
- When Mr. Fox says MIDNIGHT!
- All tots have to run back to the line without getting tagged by Mr. Fox

Animal Hunt

- You will need a marked out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need to explain to them that they are in the jungle looking for wild animals!
- Split the kids into groups of 4.
- One group will be the animals and the rest will be “in the jungle.” Alternate through all groups until each group has been the animals.
- Have each of the 4 “animals” stand on a separate corner of the marked out area. Ask each child what animal they would like to be. For example, you could have a monkey, lion, bear and an elephant.
- Say "now it is time to go find the elephant". The player will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.

WEEK 3:

Focus: *A day at Treasure Island*

Activities: Volcano Dribbling, Stuck in the lava, Dragons Den, Pirates of the Caribbean, Treasure Hunt.

Advanced Activity: [The Octopus](#)

Coaching Points: The kids must avoid things such as volcanoes dragons and pirates while dribbling their ball. This teaches them to use small touches instead of big touches when trying to keep the ball under control.

Today starts games: (the first team wears orange and other wears white):

April 21

6A	Team 1 - Esquivel	Team 4 - Maddox
6B	Team 2 - Gaffey	Team 5- Bonner
6C	Team 3 - Green	Team 6 - Bussey

Volcanoes

- Disc cones are scattered to look like volcanoes. Tots must dribble through without hitting a volcano. If they hit a volcano, the coach comes over and explodes the ball off the volcano and they have to start over

- Add: Volcano monsters (coaches) to chase players through the volcanos

Stuck in the mud

- Tots dribble to avoid the ball monsters (coaches). If tagged, they must hold their ball over their head, set their feet wide apart and wait for another player to unfreeze them by dribbling through their legs

Dragon’s Den

- Random equipment pieces (pinnies and cones of all sizes) are scattered around the field. A Pugg goal is setup on one end and players dribble to equipment, pick it up and dribble back to the “den” (Pugg goal) until all of the dragons things are in the castle

Pirates of the Caribbean

• To begin you will need to get the kids excited about playing soccer. Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island.

The kids will need to go one at a time and pick up one piece of treasure (cone/pinney) and bring it back to the pirate ship.

To get the young 3 and 4 year olds to understand this game, play the first round without soccer balls.

The second time they should kick a soccer ball down with them.

Treasure hunt

• Tall or disc cones are set standing up and are placed around with the idea of one having a "treasure" under it (usually the coaches keys or a tennis ball or something). Tots dribble to each cone and look under them to find the treasure

WEEK 4:

Focus: *A day in a race car*

Activities: Driving School, Red light green light (with and without ball), Gate Game, Bumper Cars (Balls).

Advanced Activity: [Clean the Yard \(See Session Diagram\)](#) PAGE 2

Coaching Points: Keep enforcing small touches even when they are trying to go fast. Teach them the superman stop and allow them to use that in order to stop the ball and change directions.

Home team wears orange

April 28

6A	Team 5 - Bonner	Team 1- Esquivel
6B	Team 2- Gaffey	Team 6 - Bussey
6C	Team 4 - Maddox	Team 3- Green

Driving School

• Use disk cones to outline a 20-yard x 20-yard "field". (Smaller or larger, depending on age & numbers of players, but not too small or they will collide. Better for this game to be on the larger size at first).

• "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say."

• Each player has a ball & must stay inside the cones.

• Coach uses a ball to demonstrate what each of the instructions means:

- "Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").
- "Stop" - Put foot on top of ball to stop it
- "Slow" - Dribble slow
- "Speed Up" - Dribble faster but keep looking up & don't "wreck".
- "Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which side the right foot is.
- "Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction. (If U-6 get confused about which is right & left, it's okay. Don't stop the game).

Red light/green light (with and without the ball)

- Red light = Superman freeze on the ball, yellow light = dribble sloooowww, green light = dribble fast, disco light = bust a move
- Advanced RL/GL = use a red, yellow, and green cone and make the tots (4s) look at the color of the cone to see what action to do. This is good growth for the 4 year olds. Will need reminders to look up. Also good with 2 coaches or a coach and a volunteer to have them go between the two and the two will be in sync with what color they are showing

Gates

Split the team in half, one half with ball and one without. The group without a ball is to spread out randomly within the grid and stand with their legs spread a little more than shoulder width apart. These are the "gates." Each player with a ball dribbles around the grid trying to put their ball through as many gates as possible.

Time the event for two minutes. Players should count the number of gates they split. The teams then switch roles. "Score" may be kept by individuals or teams.

Bumper Cars

Each kid has a ball. They dribble around and if they hit someone else they fall stay on the ground for a little bit. If they miss each other then they get pts for every time they dribble around

WEEK 5:

Focus: *A day on the beach*

Activities: Sand castles, ice cream cone game, Ice cream cookie monster, sharks and minnows, Follow the leader

Advanced Activity: [The Network \(See Session Diagram\)](#)

Coaching Points: Make sure the kids are taking small touches while trying to maneuver around sharks and cookie monsters. Make sure kids are using their feet to knock over the cones and not their hands. Teach them how to use all parts of the foot when changing directions.

Game – (Home team orange, Away team White)

May 5

6A	Team 1 - Esquivel	Team 6 - Bussey
6B	Team 4- Maddox	Team 2 -Gaffey
6C	Team 3 - Green	Team 5 - Bonner

Game Instructions:

Sand Castles

“Safe-Zones” are placed in the corners of the entire playing area. Designated by a 4-cone square, the “Safe-Zones” act as the four corners of the castle. Pinnies are placed inside the “Safe-Zones” in the corners of the castle making sure each corner has a specific pinney color assigned to it. Players must dribble into each corner and collect a pinney from each corner. The Castle Guards (either players or coaches) are trying to kick balls out of the playing area. If a player loses their ball they must return all of their pinnies before returning to the game.

Ice cream cone

Cleanup-style activity - Players dribble out to tall cones that are left after flower pots or another game, then pick up the cone and make an ice cream cone or wear it as a hat and go back to the Pugg goal, or coach and give it to them then go get another until all are picked up.

Cookie monster

Tots try to get by the cookie monster without the cookie monster gobbling their ball up and throwing it back to the starting line

Sharks and minnows

Players (minnows) line up and try to get to the other side of the field without one of the sharks kicking their ball away from them. When minnows are caught by sharks, they become sharks too. Keep going side to side until there are no minnows left.

Follow the Leader

- Players dribble in a line with their 3-4 players, following the first player in line.
- Head of each line can change speeds and directions to increase difficulty for rest of line.
- Switch the players at the head of the line every 60-90 seconds.
- Players should dribble with their ball close to them, so they can change direction quickly and dribble in control.
- Encourage players to use left and right feet as they dribble (No toes to kick the ball!).
- Players should dribble to large empty areas in the grid, looking for space and avoiding other players.

WEEK 6:

Focus: *A day in the Garden*

Activities: Snake in the Garden, Flower Pot Game, Stuck in the Mud, egg hunt, Fetch, Clean the yard.

Advanced Activity: The Octopus ([See Diagram](#))

Coaching Points: Once again focus on small touches and make sure the kids are using their feet to knock over the cones.

Games (Home team orange, White team white)

May 12

6A	Team 1 - Esquivel	Team 4 - Maddox
6B	Team 2 - Gaffey	Team 5 - Bonner
6C	Team 6 - Bussey	Team 3 - Green

Snakes in the Garden

Players are grouped into threes. First player is the "head" of the snake, and does not have a ball. She's essentially the leader in a follow-the-leader game. Second player has a ball at her feet, and must follow the head of the snake, dribbling wherever she goes. Third player is the "rattle". No ball, just following. Emphasise to the "heads" to vary their lead -- some fast, some slow, some sideways, some stopping, etc. I let one lead for about 20 seconds or so. Then, on a whistle from a coach, 2 drops the ball to 3 and becomes the head of the snake. The rattle (3) becomes the dribbler and the former head circles around to become the rattle.

Flower pots

Using tall cones scattered around a field, players try to dribble around using soccer ball (or no ball for younger ones) to knock over the cones (while the cone monsters try to set them back up). When all cones are knocked over, the round is finished. The next round is players dribbling to the cone and using foot to set it back up while coaches are knocking them down.

Stuck in the mud

Tots dribble to avoid the ball monsters (coaches). If tagged, they must hold their ball over their head, set their feet wide apart and wait for another player to unfreeze them by dribbling through their legs

Egg Hunt

Have more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. If you have an unusual coloured ball --make it the Golden Egg or something similar). At the other end of the field is a goal. I use a portable goal and call it the "basket." Blow a whistle and turn them loose. The object of the game is to get the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them with a stopwatch.

Fetch

Coaches have kids give them the ball and throws or kick it out to the field. Players follow coaches instructions each time and do a different action to bring the ball back (skip to it, dribble back - hop like a frog, dribble back - etc)

Clean your room

Field is divided in half and tots on two teams - kids try to kick all balls to the other team's side. At the end of time, whoever has the most soccer balls on their side loses

WEEK 7: First half of session, play your team's "favorite games " of the season. Then, play a game against another team.

May 19

6A	Team 5 - Bonner	Team 1 - Esquivel
6B	Team 6 - Bussey	Team 2 - Gaffey
6C	Team 4 - Maddox	Team 3 - Green

WEEK 8: End of Season Celebration

Focus: End of Season Celebration

Activities:

None

Schedule for this week:

9:15 – 9:45 am Scrimmage

9:45 – 10:15 am End of Season Celebration (pass out the pictures, trophies and maybe have some snacks, cupcakes, donuts or other)

(Home Team wears Orange, Away Team wears White)

9-June (RAIN DATE)

6A	Team 1 - Esquivel	Team 6 - Bussey
6B	Team 2- Gaffey	Team 4 - Maddox
6C	Team 3 - Green	Team 5 - Bonner