



Pre-K and K Soccer Coach's Guide

Soccer Practice Format:

1. 9:00 am Line Up – 2 lines, one arm length from next player, drop to soccer player's kneeling position
2. Short Prayer
3. Warm up. Spread out further in 2 lines. 10 Jumping Jacks. Running in place 10 secs. 10 Jumping Jacks. Run around the inside of the netted field twice
4. Pre-K players over to Pre-K area outside field (half-field area)
5. K players in 2 groups, one in each half of field
6. Drills
7. 9:25 am Water Break, 2-3 minutes only
8. Drills
9. 9:45 am Water Break, 2-3 minutes only
10. K players 2 full teams scrimmage on full field (no goalkeepers). Pre-K players "Eagles & Lions" scrimmage on half-field area
11. 10:00 am Whistle Stop
12. Line Up – 2 lines, one arm length from next player, drop to soccer player's kneeling position for 1) Updates/Info. for next practice session and 2) Recital: "I will always obey and respect my coach. I will always obey and respect my parents"
13. Players Dismissed

K Soccer Drills:

Coach should perform a brief demonstration of drill first!

Red Light – Green Light (Dribbling/Control)

Players must remain in a cone-marked square area. Whenever the Coach says "Green Light" the players dribble within the area in any direction. When the Coach says "Red Light" the players must stop and put one foot on the ball. The last one to do so on each call of "Red Light" must sit on his/her ball. The game continues until the last player standing. This drill may be repeated 2-3 times.

Tiger, Tiger (Dribbling)

Players are told that a Tiger (Coach) is going to eat their ball. They must keep it away from the Tiger by dribbling around the field. The Coach will prowl around the designated area like a tiger. The Tiger may "eat a ball here and there" and then return it to the player to continue. Continue until all players have had their ball "eaten."

Shooting Stars (Shooting)

Players will line up with their balls 3 yards from Goal. One by one Coach will ask for a running shot on goal. If player scores, all players shout "GOAL!!" Players retrieve ball and place it on line again. Try to get players to use inside of foot and not toes. Once all players have successfully shot on goal the starting point is moved back a yard and drill resumes.

Street Crossing (Dribbling/Control)

Some players will line up with their balls on one side of a cone-marked square area. Other players will line up on an opposite side. All players must dribble the ball to the other side and call out the number of times they have crossed the "street". Players turn the ball in the opposite direction by doing a "Pullback" (by putting the bottom of the cleats on the ball to stop it and pull back in the opposite direction). Coach must instruct players to look up while dribbling and not collide with other players. The first to 5 is the winner. Ask others to count how many times they "crossed the street". Repeat drill with first to 4, then 3.

Hit the Coach (Passing)

Players stand shoulder-to-shoulder with ball within a cone-marked square area facing the Coach who is about 5 steps away. On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit the Coach. The winner is the first one to reach 3 hits. Once 3 hits are reached by one player, drill starts over again. Coach and players stay in the area. Play for about 4 minutes.

The Carousel (Dribbling)

Players must dribble around the outside of a cone-marked square or circular area. If the player steps inside the boundary, must take his/her ball out to the boundary and start dribbling again. The first player to complete 3 trips around wins. Repeat the drill.

The Juggler (Control)

Every player starts with a ball in his/her hand. They drop the ball on their thigh and catch it. They progress to dropping the ball on one thigh and juggling it to the other thigh, then catching it. Eventually they can try "Thigh-Thigh-Foot-Catch."

K Soccer Scrimmage:

(This scrimmage uses the whole field with goals but no goalkeepers)

- All on All play (max. 5 vs. 5). If additional player on one team then substitute often
- Team that scores restarts with kick-off from center of field (reward)
- No "out of bounds" play, no throw-in

Coach should encourage:

- Understanding of "Defending" OUR Goal and "Attacking" THEIR Goal

- Passing to other team members
- Clearing the ball away from own goal
- Dribbling and shooting with INSIDE of foot, not toes
- “Look Up” to see where they are dribbling/shooting

Rules for players: No pushing, no handling the ball, no “sillies”

Pre-K Soccer Drills:

Coach should perform a brief demonstration of drill first!

Red Light – Green Light (Dribbling/Control)

Players must remain in a cone-marked square area. Whenever the Coach says “Green Light” the players dribble within the area in any direction. When the Coach says “Red Light” the players must stop and put one foot on the ball. The last one to do so on each call of “Red Light” must sit on his/her ball. The game continues until the last player standing. This drill may be repeated 2-3 times and can be “spiced-up” by asking players to stop in a “goofy” position when Coach says “Red Light.”

The Snake (Dribbling)

Players must follow the Coach dribbling the ball – Coach is the “head” of the snake. The Coach will wind around a cone-marked square area like a snake. After a short time the Coach hands over the “Head” of the snake to another player who will lead the others around. Alternate until all players have had a chance to be the “head.”

Shooting Stars (Shooting)

Players will line up with their balls 2 yards from Goal. One by one Coach will ask for a running shot on goal. If player scores, all players shout “GOAL!!” Players retrieve ball and place it on line again. Try to get players to use inside of foot and not toes. Once all players have successfully shot on goal the starting point is moved back a yard and drill resumes.

Tick-Tock (Dribbling/Control)

Players will line up with their balls on one side of a cone-marked square area. They must dribble the ball to the other side and call out “Tick” and Tock” each successive time they tap the ball. Ball should be tapped with front inside foot and taps should be very short. Once all players have successfully reached the other side of the square the drill resumes to the other side again.

Hit the Coach (Passing)

Players stand shoulder-to-shoulder with ball within a cone-marked square area facing the Coach who is about 5 steps away. On “Go”, the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit the Coach. The winner is the first one to reach 3 hits. Once 3 hits are reached by one player, drill starts over again. Coach and players stay in the area. Play for about 3 minutes.

Pre-K Soccer Scrimmage:

Eagles & Lions

(This scrimmage uses only a half field with one goal)

Players are assigned to be either an EAGLE who will DEFEND the Goal or a LION who will ATTACK the goal. Assignments are made in equal numbers (2 vs. 2, or 3 vs. 3)

EAGLES are instructed not to let a LION score a GOAL and kick the ball away from the goal area. LIONS are instructed to score a goal. After three (or so) goals from LIONS, the roles are reversed. This should be repeated until the end of scrimmage time.

Coach's Tips

- Everyone should stay active & participate. Minimize lines and idle time
- Maximize "touches" on the ball. You should have at least one ball per player
- Teach proper technique and emphasize games that practice technique or simulate play or playing situations
- Kids love playing games & keeping score. Run games or drills by keeping score (e.g., first to 3, 12, etc.)
- Praise hustle, improvement and a good attitude. Measure each player's performance by his or her OWN personal improvement and effort, and not by comparing them to someone else. Try to motivate in a positive way that builds self-esteem
- A good game or drill must be easy & quick to set up and should be simple to explain and manage. If you are spending too much time on set up or instruction, simplify it
- If it's not fun, it's not a good game or drill
- Avoid general scrimmaging for more than 15 minutes per hour. In general scrimmages players don't get enough touches on the ball, the weaker players tend to get the fewest touches and bad habits can be reinforced because players tend to do the same things they have always done. If you scrimmage, do so without a goalkeeper

**Keep it Simple. Keep them Active.
Keep it Fun!**