

Tips to keep in mind when planning and running a soccer practice:

- Minimize the amount of talking that you do (<30 sec./drill)
- Avoid drills with lines
- Keep the kids moving
- Give each kid as many ball touches as possible
- Try to turn drills into games (keep score or something)
- **PLAY SOCCER!**

Warm-up Game, 10 min

Water Break, 5 min

Individual Activities, 5-10 min

Small Group Activities, 5-10 min

Water Break, 5 min

Scrimmage Game, 20 min

Water Break Gather Equipment, 5 min

Warm-up/Game

Hand out pennies and set up a game.

“Simon Says” is good for warm-up for younger kids K-3rd.

Individual Activities

Individual activities are those involving everyone with their own ball.

Many good dribbling games and drills are designed as individual activities. Avoid lines if possible. Keep everyone moving or involved.

Small Group Activities

This is an excellent opportunity to begin working in groups of two or three people. Passing and receiving are good skills to work on here, although you can find drills for whatever skill you want to focus on for that particular soccer practice. The purpose of the small group is to begin the transition from the individual to the team concept. Emphasize working together.

Scrimmage

PLAY SOCCER! Use small-sided teams of no more than 4 and no goalie (at least until 4th or 5th grade). Rotate kids often between offense and defense to let every kid have several shots on goal. Try playing without boundaries, use cones to make up to 4 goals, or do anything else creative to keep the kids excited.