

Smithville Soccer Clinic

Week 1 – Let's Have Some Fun!

8:45am-9:00am || 9:45am-10:00am – Check-In:

- Use the jersey list to check in players. Give each parent a week 1 sheet.

9:00am-9:05am || 10:00am-10:05am – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. Be excited and have fun with the stretches.

9:05am-9:10am || 10:05am-10:10am – Animal Name Game

- Have the players take a seat and go around the circle and have them introduce themselves! They will say their name and their favorite animal (sounds are recommended).

9:10-9:12 || 10:10am-10:12am – Rule of the Day

- Rule of the Day: NO USING HANDS

9:12-9:15 || 10:12am-10:15am – Water Break

9:15-9:25 || 10:15am-10:25am – Animal Sounds Exercise

- Explanation: Each player will need a soccer ball. When the instructor blows the whistle the parent/guardian of the player will run around the soccer clinic area while their player tries to hit them with the soccer ball, by kicking it at them. If player hits the parent/guardian with the soccer ball, the parent/guardian must stop and make the sound of the players favorite animal. Once the parent/guardian makes the animal sound, they take off running again. After 5 minutes which roles! The parent will then try and kick the soccer ball at their player. Remember to play nice!

9:25- 9:28 || 10:25am-10:28am – Water Break

9:28- 9:38 || 10:28am-10:38am – Animal Hunt Exercise

- Explanation: Each player will have a soccer ball at their feet, and they will have to dribble the soccer ball toward the animal noise they hear. The animals will be four willing parents. The four parents will be standing on a separate corner of the clinic area. Each parent will make a different animal sound. For example, you could have a monkey, lion, bear and an elephant.
- The clinic instructor will tell to the players "now it is time to go find the elephant". The parent will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.

9:38- 9:40 || 10:38am-10:40am – Homework and Wrap-Up

- Homework is to kick a soccer ball 100 times up against a wall.
- See everyone next Saturday!

Smithville Soccer Clinic – (Instructor Version)

Week 2 – Let's Have Some Fun!

9:00am-9:05am – Pass the Ball Around with Parent:

- Grab a soccer ball and pass it around the soccer area. (Do this until everyone is here).

9:05am-9:10am – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. (Have the players count with you)!

9:10am-9:15am – Name Game: Test the Instructors!

- Have the players take a seat at mid-field in circle. The instructors will go around and guess the name of the players! If they get it wrong, let them know the players name. (Good Luck!)

9:15am-9:18am – Rule of the Day

- Rule of the Day: When you hear the whistle (Blow Whistle), stop and put your foot on the soccer ball.

9:18am-9:20am – Water Break

9:20am-9:28am – Red Light – Green Light Exercise

- Explanation: Each player will need a soccer ball. The players w/ their parent/guardian will line up on the end line by the goal. When the instructor says green light, the players will start to make their way to the other side of the field. But if the instructor says red light the player must put a foot on the ball and freeze until the instructor says green light again. Goal is to keep the ball close when dribbling!
- (Start the first and second round w/o a soccer ball. When they play with a soccer ball, the goal is to keep the ball close. So, make sure to say that a lot.)

9:28am-9:30am – Water Break

9:30am-9:38am –Simon Says

- Explanation: Each player will have a soccer ball. The players w/ their parent/guardian will line up on the end line by the goal. The players will need to listen close to what “Simon” says. For ex: Simon says take 2 dribbles forward. Player would then take 2 dribbles forward. Now if you don't hear “Simon Says” the players shouldn't move! Goal is to listen and gain some new soccer skills!
- (Start the first and second round w/o a ball. Hear are some things to say as Simon: Take 2 or any # of dribbles forward, put right/left foot on ball, run around the ball, hop on one foot. Make sure to say things not as Simon to see if they are listening. Get creative!)

9:38am-9:40am – Homework and Wrap-Up

- Homework is to kick a soccer ball 100 times up against a wall.

Smithville Soccer Clinic – (Instructor Version)

Week 3 – Let's Score Some Goals!

9:00am-9:05am – Pass the Ball Around with Parent:

- Grab a soccer ball and pass it around the soccer area. (Do this until everyone is here).

9:05am-9:10am – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. (Have the players count with you)!

9:10am-9:12am – Rule of the Day – What is a Goal?

- Rule of the Day: When the soccer ball goes into the goal (show the goal). A goal is one point! (let them know we will score some goals at the end session)

9:12am-9:14am – Water Break

9:14am-9:20am – Body Parts Exercise

- Explanation: This soccer game is about getting the kids to use different parts of their body to balance on the soccer ball. On the instructors command the kids will dribble their ball around the area. Once the instructor shouts out a part of the body (e.g. foot) the kids must stop dribbling and put that part of their body on the ball.
- When the instructor calls "carry on dribbling" the kids will do just that and await the next body part. (Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back)

9:20am-9:22am – Water Break

9:22am-9:27am – Tunnel Ball

- Explanation: The parents will be standing inside the area, spread apart from one another with their legs together. The kids will be next to you and on the instructor's command, the player will dribble their soccer ball back and forth between their feet of where their parents are standing still.
- When the instructor shouts "tunnel ball" the parents will open their legs wide and the player must kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball by crawling through the adult's legs. After retrieving the ball, continue to dribble between their feet.
- **9:27am-9:37am – Split into Teams and Go Over Offense and Defense**
 - (Split those teams into 2 teams again. One will be offense and the other will be defense. Tell the offense that they need to score a goal by working together. Tell the defense they must stop the offense from scoring (have defense wear pennies). Have the parents help you explain to the kids. Start once everyone understands. Do this for 5 mins and then which roles.)
 - (This is will be tough! Make sure you use the parents for help!!)

9:37am-9:40am – Score Some Goals!

- Have the players get a ball and score some goals for the remainder of the time

Smithville Soccer Clinic – (Instructor Version)

Week 4 – Stay Close

9:00am-9:05am || 10:00-10:05 – Pass the Ball Around with Parent:

- Grab a soccer ball and pass it around the soccer area. (Do this until everyone is here).

9:05am-9:10am || 10:05-10:10 – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. (Have the players count with you)!

9:10am-9:12am || 10:10-10:12 – Rule of the Day – Keep the Ball Close?

- Rule of the Day: In our drills today, your goal is to keep the ball close to you. Kicking the ball too far away will allow the other team to steal that ball from you.

9:12am-9:14am || 10:12-10:14 – Water Break

9:14am-9:20am || 10:14-10:20 – Sleeping Bear

- Explanation: This game is all about getting the kids to take little touches of the soccer ball. The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping bear (The instructor who will be pretending to sleep talk) will respond with either one-o'clock, two-o'clock, three-o'clock or four-o'clock.
- If the bear says three-o'clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear. The bear will then wake-up and chase the kids back to where they started. (Don't be too scary though or they will cry!)
- A useful progression to this soccer practice drill is to see how quickly the kids can get back to where they started after the bear wakes up. They must take their ball with them remember.

9:20am-9:22am || 10:20-10:22 – Water Break

9:22am-9:27am || 10:22-10:27 – Split into Teams and Go Over Offense and Defense

- Do what you did last week! That was a great way to teach them offense/defense.

9:27am-9:40am || 10:27- 10:40 – Split into Teams and Scrimmage (make sure there are no subs)

Split the players into two teams. Play two 5min halves with a 3min half time. Use the pennies to separate teams. Have the parents off to the side. Have 1 of you be the ref and the other two split up on each side to help the players.

Smithville Soccer Clinic – (Instructor Version)

Week 5 – Passing and Settling

9:00am-9:05am – Pass the Ball Around with Parent:

- Grab a soccer ball and pass it around the soccer area. (Do this until everyone is here).

9:05am-9:10am – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. (Have the players count with you)!

9:10am-9:12am – Rule of the Day – Passing and Settling

- Rule of the Day: In our drills today, your goal is to be able to pass with the inside of your foot. Then settle with the side or bottom of your foot. (demonstrate this with two instructors)

9:12am-9:14am – Water Break

9:14am-9:24am – Pass Back and Forth with Parents

- Have the parents and their child about 10ft apart from each other. They need to pass with the inside of their foot and settle the ball with the inside of bottom of their foot.
- After 5 mins, substitute the parent with another kid (closet next to them). Have the kids pass back and forth with each other.

9:24am-9:25am – Water Break

9:25am-9:40am – Split into Teams and Scrimmage (make sure there are no subs)

- Split the players into two teams. Play two 7min halves with a 2min half time. Use the pennies to separate teams. Have the parents off to the side. Have 1 of you be the ref and the other two split up on each side to help the players.

Smithville Soccer Clinic – (Instructor Version)

Week 6 – Let's Play Soccer

9:00am-9:05am – Pass the Ball Around with Parent:

- Grab a soccer ball and pass it around the soccer area. (Do this until everyone is here).

9:05am-9:10am – Run and Stretch

- Gather the players and parents at mid-field in a circle. Run around the field 2 times. Bring them in and stretch. (Have the players count with you)!

9:10am-9:15am – Rule of the Day – Go over all the rules!

Sit the players in a circle at mid field and ask the question to players

- (Are we allowed to use our hands in Soccer?) Rule of the Day: NO USING HANDS
- (What do we do when you hear the whistle blow?) Rule of the Day: When you hear the whistle (Blow Whistle), stop and put your foot on the soccer ball
- (What is a goal? How many points is a goal?) Rule of the Day: When the soccer ball goes into the goal. A goal is one point!
- (Should we keep the ball close to use or far away from us?) Rule of the Day: In our drills today, your goal is to keep the ball close to you. Kicking the ball too far away will allow the other team to steal that ball from you.
- (Should we kick with the inside or outside of your foot?) Rule of the Day: In our drills today, your goal is to be able to pass with the inside of your foot. Then settle with the side or bottom of your foot. (demonstrate this with two instructors)

9:15am-9:17am – Water Break

9:17am-9:38am – Split into Teams and Scrimmage (make sure there are no subs)

- Split the players into two teams. Play three 5min quarters with a 2min break after each quarter. Use the pennies to separate teams. Have the parents off to the side. Have 1 of you be the ref and the other two split up on each side to help the players.

9:38am-9:40am – Hand Out Medals

- Have the kids stand around the middle circle at half field. Give each kid one medal (put the medal on for them) Take some pictures if you can!