



Activity

Directions

Warm Up and Icebreaker- 10 mins	Name and Favorite Dessert or Favorite Movie
1. Toe-Tops 2. Tick-Tock	<p>Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.</p> <p>Place the bottom of their foot on top of the ball and alternate feet doing this faster and faster.</p> <p>Place the ball between their feet and have them knock the ball back and forth between their feet.</p>
Soccer Basics and Team Rules- 5 minutes	<p>Explain the basic rules of soccer of kicking, shooting, what goals are, no hands rule, which way they should be going on the field, and what a game will look like during Pee Wee Soccer, etc.</p> <p>Team Rules can include: Follow directions, be nice to your teammates, hands to yourself, and have fun!, etc.</p>
Dribbling, Passing and Shooting- 15 minutes	
Activity 1- Partner Pass	<p>Pair players up and have them about 5-6 feet apart. Each pair gets a ball and will pass the ball to each other using the inside of their foot.</p> <p>Try: using right foot only or left foot only</p>
Activity 2- Dribble Box	<p>Create a square/box with cones (any size you desire). Choose one cone as a starting point and have kids dribble their ball around the square practicing their dribble.</p>
Activity 3- Shoot for the Goal	<p>Show players the proper way to shoot a goal using the top of their foot and not their toes. Line up players into 1-2 lines and have each player practice shooting a goal.</p>
Game Time- 30 mins 	<p>This is a coach lead game, meaning the coach is giving players directions such as to dribble, pass and what direction to be moving. 4 to 5 players on the field at a time, depending on team size. Every 3 minutes, sub in a new set of players to participate in the game. Those on the sideline, can be developing teamwork skills by cheering for their teammates.</p>

Week 2 Program Outline

Activity	Directions
Warm Up and Stretching- 5-10 mins	
<p>1. Toe-Tops</p> <p>2. Tick-Tock</p>	<p>Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.</p> <p>Place the bottom of their foot on top of the ball and alternate feet doing this faster and faster.</p> <p>Place the ball between their feet and have them knock the ball back and forth between their feet.</p>
Dribbling, Passing and Shooting- 15-20 minutes	
Activity 1- Partner Pass	Pair players up and have them about 5-6 feet apart. Each pair gets a ball and will pass the ball to each other using inside of their foot.
Activity 2- Cone Drill	Line up 6-10 cones with 3-5 feet in between each cone. Have kids weave through the cones, dribbling the ball with the inside of their feet.
Activity 3- Shooting Relay	Create two lines of teams behind two cones and have kids facing the goal. Each player will have a ball. When coach says "GO" first player in each line will need to dribble the ball and shoot a goal then run back to the end of the line. (if player doesn't make a goal, it's okay have them run to their team and tag the next person)Then the next person will go, so on and so on until the whole team has shot a goal.
Activity 3- Ice Monster	<p>1) Mark off an area for the game to be played and select one kid to be the "Monster".</p> <p>2) Have the rest of the kids (each with a ball) dribble around within the area.</p> <p>3) The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze.</p> <p>4) The last remaining unfrozen player gets to be the new Ice Monster for the next round.</p>
Game Time- 30 mins	
	This is a coach lead game, meaning the coach is giving players directions such as to dribble, pass and what direction to be moving. 4 to 5 players on the field at a time, depending on team size. Every 3 minutes, sub in a new set of players to participate in the game. Those on the sideline, can be developing teamwork skills by cheering for their teammates.

Activity

Directions

Warm Up and Stretching- 5-10 mins

Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.

Dribbling, Passing and Shooting- 15-20 minutes

Activity 1- Battleship

(learn how to kick)

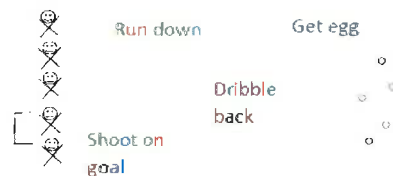


Pair kids off in twos and have each pair have one ball and one tall cone. Demonstrate how to kick the ball and what part of the foot to use. Player will kick the ball (as shown by the coach) and try and knock the tall cone down (Sink the BattleShip). "Ready, Aim, FIRE"

Activity 2- Egg Hunt

(Awareness, Running, Dribbling, & Scoring)

Line kids up in front of the goal. Scatter the balls at the other end of the field. On "GO" players run and find their egg (ball) and dribble back and put it in the basket (score in the goal).



Activity 3- Colors

(awareness & dribbling)

Create a square using cones that are different colors (or designate each cone a different color). Have all the kids in the middle of the square with each player having a ball. Coach will yell out a color and kids must dribble to the correct color cone.




Activity 4- Dribble Relay

Create two lines of teams behind a cone, and each player with a ball. Setup a cone in front of each team about 15-20 feet away. On "GO" the first player in line dribbles the ball towards the cone and dribbles around the cone and dribbles back to their line. Once the player passes the first cone then the next player in line goes, and so on until the last player.

Game Time- 30 mins

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Activity	Directions
Warm Up and Stretching- 5-10 mins	
Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.	
Dribbling, Passing and Shooting- 15-20 minutes	
Activity 1-Doorways (Dribbling and Ball Control)	Each player gets a ball, inside a marked area (grid). 1) Players move around with the ball Free dribbling, trying to find some open space. 2) Set pairs of cones “doorways” (or goals) around the grid. Players now dribble around and try to dribble through the doorways. 4) Players receive a point each time they dribble through a “doorway”. 30 seconds to score as many points as possible. 5) Give a second try – players must try to beat their score from the first round. Players are competing against themselves – not each other. Coaching Points: Good dribbling technique – “Don’t kick it with your toe” Head up to look around & decide where to go Close control of the ball – “Keep it close to your foot”; “No Collisions!”; “Stay inside the area”
Activity 2- Circles (Dribbling and Ball Control)	1) Have each player with a ball, standing in a big circle, marked with cones. 2) A smaller circle is marked with cones on the inside of the larger circle. 3) On the command, players dribble toward the small circle, make a turn and come back to their spot on the big circle. 4) Demonstrate (let the players show) how to make tight turns with the ball 5) Give a count down (5, 4, 3, 2...) for the players to get to the middle & back.
Activity 3-Sharks & Minnows	1) Have kids line up along one side of the field with a ball. These are the “minnows”. 2) Select 2 “sharks”. They stand in the middle of the field. 3) On the command, the minnows try to dribble their soccer ball from one end of the field to the other. 4) Watch out for sharks! The sharks try to kick the soccer balls outside of the field. If a ball goes out, it is out. 5) If a minnow’s ball gets kicked out, they become a shark and try to help the sharks the next turn. 6) If a minnow makes it all the way to the other end, they are safe. They wait for the next round. 7) Wait for that turn to end, see how many sharks there are, and then send the minnows back the other way. **Last 2 minnows get to start as sharks for the next game.
Activity 4- Shoot for the Goal	Show players the proper way to shoot a goal using the top of their foot and not their toes. Line up players into 1-2 lines and have each player practice shooting a goal.
Game Time- 30 mins	
	This is a coach lead game, meaning the coach is giving players directions such as to dribble, pass and what direction to be moving. 4 to 5 players on the field at a time, depending on team size. Every 3 minutes, sub in a new set of players to participate in the game. Those on the sideline, can be developing teamwork skills by cheering for their teammates.

Activity

Directions

Warm Up and Stretching- 5-10 mins

Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.

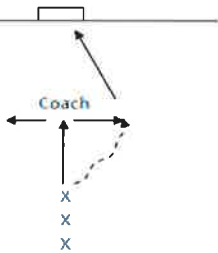
Dribbling, Passing and Shooting- 15-20 minutes**Activity 1- Follow the Leader**

Whole group inside a marked area. Size depending on number of players.

- 1) Players with a partner – 1 ball per pair.
- 2) Player without the ball is the leader. Jogs around. Moving all around.
- 3) Player with the ball must follow, about 5 yards behind.
- 4) Slow at first, then increase speed of jogger.
- 5) Switch Roles.

Activity 2- Doorways with Partners

- 1) Pair playerse up into groups of two. Have each pair stand by a "doorway" (two cones). Players dribble around and pass the ball through the 'doorways'.
- 2) One partner passes the ball through the doorway to the other partner on the other side.
- 3) Partners then move to another doorway.
- 4) Give the group 30 seconds to score as many points as they can.

Activity 3- Shooting

1. Line up players in front of a coach, in front of a goal. Each player will need a ball.
2. First player in line makes a pass to the coach
3. Coach passes the ball out to one side (change sides), player runs in and shoots it through the goal.
4. After the shot, the player gets the ball and returns to the back of the line.

Activity 4- Red Light, Green Light
(ball control and dribbling skills)

- 1) Line up players on one end of the field with each player having a ball.
- 2) Have coach be designated "Light." The "light" then turns away from the group shouting out "GREEN LIGHT".
- 3) At this signal, the players start to dribble towards the "light".
- 4) When the "light" turns round, calling "RED LIGHT", players must freeze and stop their ball.
- 5) If the "light" catches players or a ball still moving that player must take 5 steps back.
- 6) The first player to cross the line where the "light" is standing is the winner and becomes the new "light".

Game Time- 30 mins

experience it!
Kirkland Parks

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Week 6 Program Outline**Activity****Directions****Warm Up and Stretching- 5-10 mins**

Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.

Dribbling, Passing and Shooting- 15-20 minutes**Activity 1- Cone Drill**

Line up 6-10 cones with 3-5 feet in between each cone. Have kids weave through the cones, dribbling the ball with the inside of their feet.

Activity 3- Shooting Relay

Create two lines of teams behind two cones and have kids facing the goal. Each player will have a ball. When coach says "GO" first player in each line will need to dribble the ball and shoot a goal then run back to the end of the line. (if player doesn't make a goal, it's okay have them run to their team and tag the next person) Then the next person will go, so on and so on until the whole team has shot a goal.

Activity 3- Ice Monster

- 1) Mark off an area for the game to be played and select one kid to be the "Monster".
- 2) Have the rest of the kids (each with a ball) dribble around within the area.
- 3) The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze.
- 4) The last remaining unfrozen player gets to be the new Ice Monster for the next round.

Activity 4- What time is it Mr. Wolf?

- 1) Line up all the players at one end of the field, each with a soccer ball.
- 2) Coach, Mr. Wolf, stands at the other end of the field with their back to the rest of the players.
- 3) The players call out, "What Time is it Mr. Wolf?" and Mr. Wolf must respond with a time (ie. it's one o'clock, it's nine o'clock, etc.). The players count to the number called out while dribbling their ball towards Mr. Wolf.
- 4) The question is repeated over and over until Mr. Wolf responds to the players' question with "It's lunch time!" At that point, all the players must change direction and dribble their ball as quickly as possible to the start line before Mr. Wolf tags one of them. Whichever child is tagged then becomes Mr. Wolf. (or you can start a new round)

Game Time- 30 mins

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 Kirkland Parks

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