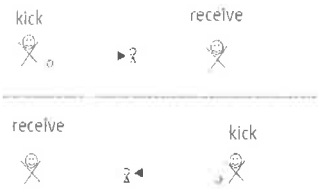
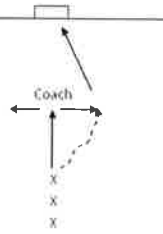



Activity	Directions
Icebreaker Game- 1 min	Name and Favorite Dessert or Favorite Movie
Warm Up and Stretching- 5 mins	
<p>1. Toe-Tops</p> <p>2. Tick-Tock</p>	<p>Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.</p> <p>Place the bottom of their foot on top 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>
Soccer Basics and Team Rules- 2 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- 15-20 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><u>Try: using right foot only or left foot only</u></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- Red Light, Green Light (5 mins)	
(ball control and dribbling skills)	<ol style="list-style-type: none"> 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". <p>** You can start the game without using balls for younger players, then have them roll the ball with their hands, then use their feet.</p>
<p>Game- Battleship (5-10 minutes) (learn how to kick)</p>	<p>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.</p> <p>Player will kick the ball (as shown by the coach) and try and knock the tall cone down (Sink the BattleShip).</p> <div style="text-align: center;">  </div>
<p>Game Time- 30 mins</p> <p>experience it! Kirkland Parks</p>	<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>

Activity	Directions
Warm Up and Stretching- 5 mins	Jumping jacks, follow the leader, run laps, high knees, arm circles, side shuffle, karaoke etc.
Review Soccer Basics and Team Rules- 2 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- 15-20 minutes	
Activity 1- Volcanoes	<ol style="list-style-type: none"> 1) Create a line of cones in a random formation. 2) The kids have to dribble the ball through the cone maze and come out on the other side without hitting any of the volcanos (cones). 3) Encourage players to try and not hit the volcanoes. 4) Have players speed up each time going through the maze. 5) See if players, as a whole team can avoid knocking over any volcanos.
Activity 2- Shooting Relay	<ol style="list-style-type: none"> 1. Create two lines of teams behind two cones and have kids facing the goal. Each player will have a ball. 2. 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) 3. Then the next person will go, so on and so on until the whole team has shot for the goal.
<p>Activity 3- Shooting</p> 	<ol style="list-style-type: none"> 1. Line up players in front of a coach, in front of a goal. Each player will need a ball. 2. 1st 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.
<p>Activity 4 - Alien Tag (agility, dribbling, and aim)</p>	<p>Setup</p> <ol style="list-style-type: none"> 1. Create an area about 20X20. Call this space Mars. 2. Two players will need balls. They will be the aliens. 3. The remaining players are inside the grid without a ball. They are the spaceships. <p>Instructions</p> <ol style="list-style-type: none"> 1. Spaceships: Their goal is to avoid the aliens who are kicking space rocks (soccer balls) at them. 2. Aliens have a ball, and the coach should have a few spare balls if the "space rocks" are hurled into space. 3. If an alien hits the spaceship (any part of the player) with the ball, the spaceship must spin out of control and crash to the ground. 4. Let the spaceships get back into the game after some minor repairs (5 jumping jacks or something like that). Or once there are 2 spaceships left, have them become aliens and start the game over.
<p>Game Time- 30 mins</p> 	<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 3 Program Outline**Activity****Directions****Warm Up and Stretching- 5 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-Simon Says**

All players will need a ball. Same as regular "Simon Says," but with dribbling commands "Simon says, Stop," versus, "Stop." No one is ever to go "out;" coach simply says, "Uh, oh, Simon didn't say..." Commands may include, stop, go, fast, slow, right foot, left foot, turn.

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- Doorways with Partners

- 1) Pair players 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 4- Pirate Treasure**Setup**

1. Create a grid about 30X30.
2. Set up about 10 tall cones (the treasure) along one side of the grid.
3. On the opposite side have each player (the pirates) start with a ball.
4. 2-3 players start in the grid with an alternate color jersey on(not necessary). They are defending the treasure (tall cones) along the side of the grid.

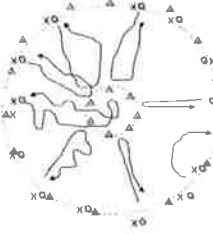
Instructions

1. On the coach's command, the pirates attempt to dribble past the defenders to take the treasure.
2. To take the treasure the players must knock down the cone with the ball.
3. Once they have knocked down the cone they must pick up the cone and take it back to their starting point while dribbling the ball.
4. If the pirates lose the ball by the defenders, they must start back over at the original starting point.


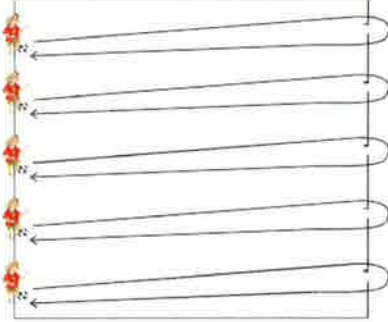

Game Time- 30 mins

experience it!
Kirkland Parks

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 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- What time is it Mr. Wolf?	<ol style="list-style-type: none"> 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)
Activity 2- Circles (Dribbling and Ball Control) 	<ol style="list-style-type: none"> 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. Bonus Game: Players dribbling inside the small circle – coach tries to tag the players. Now move into the big circle. Coach tries to tag the players – ask the players "which was easier for you?" Can they recognize that more open space is better?

Activity 3- Four Corner Pass	<ol style="list-style-type: none"> 1) Set up two square arena with cones at each of the corners. 2) Place 5 players at each square. The group gets one ball. 4 players will work with the one ball, 1 player on each side of the grid. A fifth player defends inside the grid. (like monkey in the middle but with 4 people) 3) Players may only run on their sides of the grid between the cones. They then attempt to pass the ball across the grid. If defender (middle player) gets the ball, then a new player enters the middle and is the defender.
Activity 4- Partner Throw Ins	<ol style="list-style-type: none"> 1. Partner players up and give each pair a ball and one cone. 2. Place a cone in between the pair. Players should be about 10 feet apart with a cone in the middle. 3. Players will practice a throw in toss by throwing the ball to each other. While trying to do a throw in towards their partner they can try and knock down the cone. This will help players learn to throw the ball towards their teammate and learn to throw an accurate throw in.
Game Time- 30 mins experience it! <small>Kirkland Parks</small>	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 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- Ice Monster	<ol style="list-style-type: none"> 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 2- 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.
Activity 3- Spaceman 	<ol style="list-style-type: none"> 1) Create a large square, using four cones on each corner. 2) Give each player a ball and have kids line up around the square. Create a square large enough for kids to have several (3-4 feet) feet in between each other. 3) When coach blows the whistle to go, kids will dribble around the cone without running into each other or passing other teammates. <p>** This drill will help players learn about spacing and not to crowd each other during a game. The goal is to help kids learn to dribble with heads up and notice the spacing around their teammates.</p>
Activity 4- The Big Race 	<ol style="list-style-type: none"> 1) Mark one side of the field with cones (one cone for each player). 2) Have kids line up on the opposite side of the field (opposite of cones). Each player should have a ball. 3) When coach says "GO" then players will run down towards the cone, run around the cone, and then run back to their spot. First player back wins the race.
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>

Activity**Directions****Warm Up and Stretching- 5 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- Sharks & Minnows**

- 1) Have players 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 2- Pass and Shoot

- 1) Divide players into two lines, behind cones, facing the goal.
- 2) The lines should be 15-30 feet away from the goal depending on the size of your field. Place a cone near the goal (where players should shoot for a goal).
- 3) Give balls to everyone in one of the lines (not both).
- 4) On "GO" the first two players will be going towards the goal. The player with the ball will dribble the ball down the field towards the goal and once players come to the shooting cone the player dribbling passes the ball to other player and that player shoots a goal.
- 5) After the lines finish, have players switch lines so players who dribbled first with shoot the goal and the players who only shot the goal will dribble.

Activity 4- Partner Throw Ins

- 1) Partner players up and give each pair a ball and one cone.
- 2) Place a cone in between the pair. Players should be about 10 feet apart with a cone in the middle.
- 3) Players will practice a throw in toss by throwing the ball to each other. While trying to do a throw in towards their partner they can try and knock down the cone. This will help players learn to throw the ball towards their teammate and learn to throw an accurate throw in.

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.