

## Preschool & Kindergarten Soccer Season Plan Week 1

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 - Red Light, Green Light:** All players start on one side of the field with a ball. Coach yells "green light" and players start dribbling. Coach yells "red light" and players stop. Focus on not using hands and stopping the ball by "squishing" it with their foot on top of the ball.

- Increase difficulty: Coach yells "green light" and turns their back to the players. Yell "red light" and then turn back around. All players should have moved forward and now be standing still with one foot on the top of the ball. Any player still moving or without his or her ball, gets sent back to the starting line.
- Increase difficulty: Add in a "yellow light" so players control speed.

Tips: Use a whistle as "red light" so kids learn when they hear the whistle that they need to stop. If you have players not moving very fast, ask a parent to join in and have the kids try to beat the parent.

**Game #2 - What Time is it Mr. Wolf?:** Coach starts as the big bad wolf. Each little pig starts on the baseline next to a cone (their home). The Pigs shout "What time is it Mr. Wolf?" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to the cone (their home) before the wolf gets their ball.

- Increase difficulty: Player must try to score a goal when the wolf yells "Dinnertime."

**Game #3 - Pass and Shoot:** Kids take turns passing the ball to the coach about 10 feet in front of the goal. Coach stops the ball, and the kid has to square up to the goal. Coach passes it back, kid traps the ball and tries to score.

- Increase difficulty: Increase distance from goal.

## Preschool & Kindergarten Soccer Season Plan Week 2

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Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Follow the Leader:** Form one or two lines depending on the number of players present. Have the coach be the leader in the beginning until the kids start to understand the drill. The leader dribbles the ball around the field while the players follow them. Feel free to zig zag, go in circles, etc. Switch leaders as you go. Emphasize the importance of keeping one's head up while dribbling and not using their hands.

- Increase difficulty: Include stopping and starting to keep kids eyes up. Increase and decrease speed as the leader.

**Game #2 – Killer Whale:** This drill teaches players to protect the ball from defenders and occurs inside of a circle of cones. Players get their own ball and go inside the circle. The coaches are the killer whales. Their goal is to take the ball away from the players, and knock it outside the circle. Players who lose their ball must retrieve it and bring it back inside the circle. Adjust the circle size and number of players as needed.

- Increase difficulty: Have players become whales when they lose their ball.

**Game #3 – Ball Tag:** Everyone will start with a soccer ball and dribble it within the designated soccer field. The coach will start out as being "it". They will have to pass their ball so that it hits another player's ball. If the person that is "it" hits a soccer ball, the player whose ball was hit, then becomes "it". Encourage kids to keep their heads up.

- Increase difficulty: Have multiple players be "it".

## Preschool & Kindergarten Soccer Season Plan Week 3

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Passing/Shooting Bowling:** Split the kids into two different teams. Each line should form into one straight line. Have three cones set up in a triangle at an appropriate distance. First team to knock down all the cones wins. Have players run after their soccer ball and return to the end of line.

- Increase difficulty: Increase the distance between lines and cones or add additional cones.

**Game #2 – Change Direction Shooting:** Coach starts by the soccer goal on the end line and kicks the ball onto the field, away from the goal. The first player will run and get the ball, change direction, dribble the ball towards the goal, and shoot the ball. Players will retrieve their soccer ball and return to the end of line. Limit number of tries with scoring.

- Increase difficulty: Add cones for players to dribble through before trying to score. Have a parent be the goalie so players have to shoot past them.

**Game #3 – Torpedoes:** Have players pair up with one another and have them stand facing each other. Place a cone with a ball on top in the middle of the partners. One player starts with another ball and tries to knock down the ball on top of the cone. If they hit the ball, they score a point. Partner then gets their turn. First player to 3 points is the winner. Adjust point system if needed.

- Increase difficulty: Increase the distance between the two partners. Make players use their less dominant foot to kick.

## Preschool & Kindergarten Soccer Season Plan Week 4

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Bob the Builder:** Cones are randomly placed around the practice area. The coach is selected as “Bob the Builder”. The players dribble their ball and kick the ball at the cones to knock them down. When the cones are knocked over, it is “Bob the Builder” job to run around and set them upright. Place emphasis on players not using their hands or feet to knock over the cones – only counts if you knock it over with the soccer ball.

- Increase difficulty: Create boundaries that players must stay inside. Have players be “Bob the Builder”.

**Game #2 – 1 vs. 1:** Have one line at the mid-circle and another line on the end line. The player at midfield will start with the ball and attempts to dribble and shoot at the goal. As soon as they start, the defender runs in and tries to stop the ball. You can also designate an area from which the player must shoot. Do not call out of bounds. Once the defender gets the ball, the drill is over. Have players go to the opposite line. Ensure that defender is not just standing in the goal like a goalie.

- Increase difficulty: Call out of bounds. Increase to 2 vs. 2.

**Game #3 – Spot Shot:** Place different cones on the field where the kids can shoot from. Once they kick the ball, they must retrieve their ball and go to the end of the line. Once a player makes it from one spot, they must go to another spot to shoot. Focus on kicking with the inside of their foot and to avoid kicking it with their toe.

- Increase difficulty: Increase distance and angles of cones.

## Preschool & Kindergarten Soccer Season Plan Week 5

**Warm-up:** Running sideline to sideline. Make it fun by making kids act like different animals/objects (elephant, monkey, crocodile, frog/kangaroo, cars, airplanes).

Stretches: Toe touch. Tickle the sky. Thunder feet. Butterfly. Nose to toes.

**Game #1 – Partner Passing:** Players line up on one line facing a parent/coach. Parent/coach will pass the player the ball, instructing them to trap the ball and “squish” it with their foot. Then instruct the player to pass it back to them. Make sure players are planting their opposite (non-kicking) foot and striking the ball with the inside of their foot.

- Increase difficulty: Encourage players to kick with their opposite foot. Increase distance between partners.

**Game #2 – Monkey in the Middle:** Players create a circle around the coach and stand next to a cone. They must make a good pass to another player other than the players standing next to them. If the coach decides the player does not use good form to pass the ball he/she can intercept it and give it back to that player to try again.

- Increase difficulty: Let players become the monkeys.

**Game #3 – Defensive Awareness:** Two players will start at mid-field but at opposite corners. One person will have the ball and is on offense, while the other player is on defense. When the coaches blows their whistle, the offensive player will dribble under control to the goal, while the other player runs up and tries to stop the player from scoring. The defender can either kick the ball out of bounds or try to steal and the turn the ball. Once the defender gets the ball, the drill is over and both players switch lines.

Tip: Have the defender work on running to a spot on the field rather than the other player.

- Increase difficulty: Have two players on offense to pass to each other.