

St. Mary's

SOCGER

Kiddie Kick Coaching Tips

Appreciate all of you volunteering to coach Kiddie Kick. It is one of the most challenging age groups but also the most rewarding. Giving these young players an enjoyable first experience will not only be essential to developing their soccer skills but also keep them interested in the game of soccer for years to come. Here are some tips to help you during the six kiddie kick sessions.

Team Sizes: The entire session will be divided into 4 teams per age group of approximately 8-13 players each, with 2-3 coaches per team. There are a couple of reasons for this. One it is much easier to control a smaller group. Two, we want to make sure we verify that the players are using the part of the foot we ask them to use. For example, if we ask them to use the outside of the foot we want to make sure they are trying to use the outside of the foot. That is harder to do when you have twenty or more players to watch.

The easiest way to learn a player's name is to write their first name on their ball. Try to bring a permanent marker to the first session to write each player's name on their ball.

The session plans start out easy and get progressively more difficult each week using a building block approach. Please do your best to follow the outline but if something isn't work then move on to the next activity. There are more activities than you probably have time to get to so don't worry if you only spend a few minutes on an activity that doesn't seem to work. Key ones to complete are the balance and coordination to start and the cool-down tossing the ball at the end.

Since we are using a building block approach try to at least introduce them to an activity that will be used the following week. It will make the next session run smoothly if they have at least seen the activity previously. Focus on the players doing things slowly at first and as they get more comfortable, you can have them speed up.

Parent participation. Ideally we would like to have all of the players out on the field by themselves but at the 3 to 5 age group there may be a couple children unwilling to brave it alone. This is okay and natural so let them have their parent with them for morale support. What we don't want is to make the player's first experience terrifying where they don't want to return. As the sessions progress, try to see if they become more willing to have mom or dad step away.

If you have a player that is unwilling to participate you will have to get the parent to help so you can focus on the other players. Generally having the player sit with mom or dad close to the field and watching the other players will get them interested in participating. Also having mom or dad roll the ball away from them and getting them to retrieve it and dribble it back may also work on getting them interested in participating.

Some of the different activities such as sleeping dragon may also scare some of the players. Explaining to them that we are just pretending will help make it less frightening.

The most important thing to make the session interesting for everyone is to have FUN!!! If you get involved in the different scenarios and make it exciting, the young players will enjoy it as well.



Kiddie Kick Program Overview

Objective: The Kiddie Kick Program's main objective is to initiate a lifelong love of the game of soccer and to promote and emphasize the skill of dribbling and discourage the aimless booting of the ball that is too prevalent at young ages.

Characteristics of the Kiddie Kick Player

1. Physical
 - a. Easily fatigued but with rapid recovery
 - b. Body segments grow at different rates
 - c. Use a movement education approach. Place an emphasis on the fundamental movement skills of:
 - i. Walking, running, leaping, jumping, hopping, throwing, catching, striking
 - ii. Bending, stretching, twisting, pulling, pushing, reaching
 - d. Difference between boys and girls is minimal
2. Mental
 - a. Play consists of a high-degree of imagination and pretend activities
 - b. Limited understanding of time and space relationships and boundaries
 - i. Spread out (space relationship) is not yet comprehensible
 - ii. Dribbling out of bounds doesn't fully register as a mistake
 - c. Tend to only one task at a time in problem solving situations
 - i. Can play with the ball or listen to the adults, but not both simultaneously
 - ii. Process small bits of information at a time. Long, sequential instructions are not processed
 1. Give only one or two instructions and then play
 2. Simple rules only
 - d. Beginning to use symbols to represent objects in environment
 - i. Example: The practice grid is an island or a yard
3. Social Interaction - Pertaining to the interaction between social and psychological factors
 - a. May verbalize team, but do not understand group or collective play
 - b. Egocentric - see world only from their perspective, demonstrated through parallel play. "Me", "My" and "Mine". They want the ball - their ball!
 - c. Beginning to develop self-concept, body awareness, and self-image through movement
 - d. Need generous praise and the opportunity to play without psychological pressure
 - e. Influential person in their life is most likely their mother or significant parent

Skill Priorities for Kiddie Kick

1. **Dribbling, Dribbling, and more Dribbling.** Our young players need to learn to dribble within a variety of playing situations, such as dribbling forward unopposed, changing speed and direction, shielding the ball from opponents, dribbling past an opponent, and using dribbling to get away from pressure. **The ability to dribble is absolutely critical since dribbling is the foundation and preparation for the other fundamental skills of soccer, such as controlling, passing and shooting.**
2. **No kicking the ball.** Kicking is a mechanical motion with no thought of the outcome. We want our young players to either dribble or strike the ball either to pass to a teammate or to shoot at goal.

3. **Defending to the ball.** Teaching our young players that winning the ball back should be first priority and to defend by closing the distance to the ball vice retreating back towards goal.

Coaching Philosophy

1. **HAVE FUN!!!** Make the training session fun. No laps, lines, or lectures.
2. Provide an opportunity to play/practice/improve in a safe environment that is conducive to learning.
3. **Developmentally Appropriate.** Utilize Mosston's Slanty Line Theory to challenge each player in a way the benefits their own ability. No exclusion activities, inclusion only.
4. **Player Centered.** Tell me I forget...Show me I understand...Involve me I remember.
5. **Guided Discovery.** The art of asking meaningful questions to give the player the opportunity to learn problem solving. By asking the players questions that they must come up with answers, we can ensure they are thinking instead of mindlessly following directions.

Kiddie Kick Curriculum

1. Fitness: Introduce the idea of how to warm-up and movement education. Balance, walking, running, how to start and stop, jumping, hopping, rolling, skipping, changing direction, bending, twisting and reaching.
2. Technique: Dribbling (stop and start) and shooting. Experiment with qualities of a rolling ball.
3. Psychology: Sharing, fair play, parental involvement, "how to play" and emotional management.
4. Tactics: Where is the field? The concept of boundary lines, at which the goal to shoot and playing with the ball wherever it may go.

Parent Behavior

Please be supportive and enthusiastic on the sideline during games. Applause and encouragement only.

Typical Kiddie Kick Session Flow

- **Warmup.** 10 min prior to 5 min after start to get the players warmed up and focused on soccer. Small sided games. Free play – very little coaching other than safety related. Utilize the **New Ball Method** for starting the ball instead of goal kicks, corner kicks or throw-ins.
- **Body Awareness Games.** 5-10 minutes – 1 or 2 activities that emphasize the use of body parts, motion, coordination, and balance. With and without the ball.
- **Maze Games.** 15-20 minutes. 3 to 4 activities in which the player has the opportunity to move in a 360 degree or circle environment with and without the ball. Not necessarily a specific target or boundary to go to, even though the area is defined. These activities will allow the player to make decision while moving in all directions.
- **Target Games.** 10-15 minutes. 2 to 3 activities that involve solving the objective of going from point A to point B. These activities are directionally defined and can be done with or without the ball.
- **Small Sided Games.** 10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the **New Ball Method** for starting the ball vice goal kick, corner kicks or throw-ins. Formation limited to setting up in diamond after stoppages. After play starts don't worry about formation until play stops again.
- **Cool down.** 1 to 2 minutes. Tossing/catching the ball or Juggling.

New Ball Method

Coaches carry a couple of balls around with them when playing a game. If a ball goes out of bounds, a coach yells "new ball" and rolls a ball to a player (possibly one who is timid or not very involved in the game). Idea is to maximize the amount of touches in a game and eliminate time spent waiting around to retrieve the ball and conduct a throw-in, kick-in, or corner kick.



Kiddie Kick Session 1

Session Theme: Dinosaur Island. The players are all young dinosaurs who live on an island. Each of them has been put in charge of taking care of a precious egg (soccer ball). They must keep their egg close to them at all times or else it might get stolen by one of the big dinosaurs (coaches) that are always looking to steal an egg. The island is surrounded by water and the young dinosaurs do not like to get wet. If they go off the island they have to shake off the water before they can return to the island.

Main Topic: Introduction to dribbling. Dribbling is the most important skill we can teach our young players. We must allow them to experiment using the different parts of the foot they can use to dribble the ball. Change of direction and change of speed are crucial to successful dribbling. Change of direction is the ability while dribbling to alter course to the left or the right or a 180° turn using the different parts of the foot. Change of speed while dribbling could be from slow to fast or fast to slow, to come to a complete stop or to move from a standing start. The players must keep the soccer ball in control while they are dribbling. This generally means the ball must remain within arm reach. They must also learn to push the ball when dribbling instead of kicking the ball, running to get it, and then kicking it again.

Other topics.

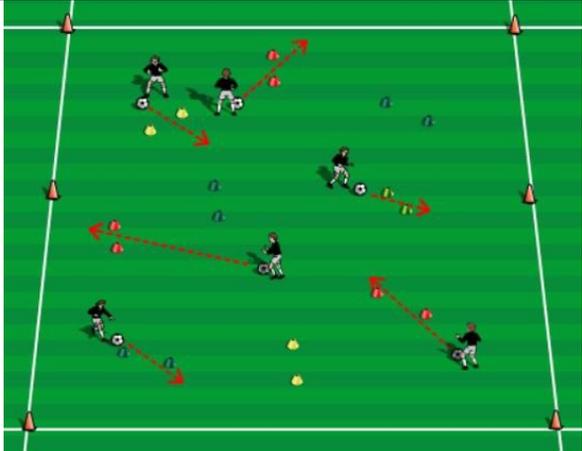
Field Boundaries. We want to introduce the players to the concept of a field boundary. At this young age it will be difficult for them to completely understand the idea of a boundary but we still want to encourage them to play within their playing area. Allowing them to use their imagination by making the playing area an island, jungle, or ocean helps them understand the concept of a boundary.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
Warmup Activities		
<p>1st Activity – Body Awareness Purpose is to give them activities to improve their balance, coordination and agility. <u>Balance – Stationary</u> Stand on one leg – stand back on two feet and then switch to standing on the other leg <u>Balance/Agility</u> 1. Hop in one place on one leg, then stop and repeat on the opposite leg, then switch while hopping 2. Hop and move around in 360°. Change direction.</p>	<p>WITHOUT A BALL.</p>	<p>For this first session, keep the movements simple. Standing on one leg, standing on the other leg, jumping on one leg, jumping on the other. Jumping on the other leg while turning in a circle.</p> <p>Start by demonstrating the movements and then ask them to show you movements they can do.</p>
<p>2nd Activity - Organization Divide the Teams into groups of 6 to 10 with a minimum of 1 coach per group. Each group will be assigned to an area marked with a minimum of 4 cones.</p>	<p>Explain the scenario. They are all young dinosaurs that have been given a precious egg to take care of. They must keep the egg close to them at all times and must be gentle or it will break. Tell them they live on an island that is marked with the 4 cones. They must stay on the island or else they will get wet and young dinosaurs do not like to get wet.</p>	<p>Ask them questions about their egg. What will happen if they drop it? What will happen if they don't keep it close to them? Ask questions about their island? What is it surrounded by? What happens if they go off the island?</p>
<p>3rd Activity – Exploring the Island. In a follow the leader format, take some time walking the players around the “island” boundary pointing out when they are on the island and when they are off.</p>	<p>WITHOUT A BALL.</p>	<p>For the remainder of Kiddie Kick, when a player goes off the island, stop and ask them if they are on the island. If they correctly answer no, ask them to point to their island. If they can identify their island, ask them to get back to their island. If they answer yes or don't know where there island is, show them. This is the most effective way of them developing an understanding of a field boundary.</p>

Maze Games

<p>4th Activity – Dinosaur Egg Retrieve Purpose is to get the players to go after their ball and return it to the coach. Coach sends each player's ball out approximately 20 feet for the player to retrieve. Let them experiment on different ways they can bring the ball back and then start giving them conditions, i.e. ball must stay on the ground, they must use their feet, they can only use the inside of the foot, etc.</p>	<p>Try to divide the 3-5 players with one coach.</p> <p>There are 6 parts of the foot that can be used to dribble a soccer ball. Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces)</p> <p>Have the players try using each part of their foot. We are not concerned yet that they are using both feet but do verify that they are using the correct part of the foot when directed.</p>	<p>What are the different parts of our body you can use to bring back the egg? How can we bring the egg back if it must stay on the ground? Which way allows us to see where we are going? What parts of the foot can we use if we must bring the egg back using our feet? Which way allows us to bring the egg back the fastest?</p>
<p>5th Activity – Dinosaur Stop and Start (variation of red light/green light) The purpose of this activity is to get the players to stop the ball with the bottom (sole) of their foot. Players must learn to keep the ball close so they can stop the ball quickly. Once they get the hang of it, have them dribble faster and then stop the ball with their foot.</p>		<p>All players dribble their egg around the island. When coach says, "Freeze!" the dinosaurs must stop the egg, shiver and say "BRRR" because dinosaurs don't like to be cold. Once they have stopped and are resting with one foot gently on their egg, the coach yells "GO!" and they start dribbling again.</p> <p>As they speed up, the egg must stay close so they can still stop it quickly.</p>

Target Games

<p>6th Activity – Gate Escape The purpose of this activity is to introduce the players to dribbling under pressure, change of direction, and moving to a target. Two cones are placed approximately 2 ft apart as gates all over the playing area (try to have as many gates as you have players). Players dribble through one gate and then proceed to dribble through another gate. Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.</p>		<p>The big dinosaurs (coaches/parents) are trying to steal the eggs from the young dinosaurs. The young dinosaurs can escape by dribbling their egg through one of the gates. Once the player dribbles through the gate, the big dinosaur must go try to find another egg to steal.</p> <p>Try to see how many gates we can dribble through without a big dinosaur stealing our egg.</p>
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<p>7th Activity - Cross the Island (Variation of Sharks and Minnows) The purpose of this activity is to introduce the players to dribbling from one goal line to the other, dribbling under pressure, and trying to win the ball back if they lose it to another player. For this activity, the coaches are the defenders and attempt to steal the players' balls as they dribble down the field. The coach should encourage the player to win the ball back after they have stolen it.</p>		<p>The big dinosaurs (coaches/parents) do not have an egg and are trying to get it from the young dinosaurs. The young dinosaurs start at one end of the grid and when the coach says "Go", they attempt to dribble their egg to the other end of the grid. The big dinosaurs try to steal their eggs. If they lose their egg, the young dinosaur must try to win it back. If they reach the other end of the grid, they wait for the coach's command and play again.</p>
<p>Small Sided Games</p>		
<p>Scrimmage 10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the New Ball Method for starting the ball vice goal kick, corner kicks or throw-ins.</p>		<p>Formation limited to setting up in diamond after stoppages. After play starts don't worry about formation until play stops again. If a ball goes out of bounds, a coach yells "new ball" and rolls a ball to a player (possibly one who is timid or not very involved in the game)</p>
<p>Cool Down</p>		
<p>Ball Catch The purpose of this activity is to develop Hand-Eye Coordination. Players gently toss the ball and catch it. Once they get the hang of it, have them walk around the area tossing their ball and catching it.</p>		<p>Players pick up their egg and gently toss it in the air and catch it. Don't toss it high because we don't want it to break our egg if we drop it. Be careful that they are tossing it too high and not able to catch it. The objective is for them to be able to catch it.</p>

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Session 2

Session Theme: Dinosaur Island. Continuation of session 1. The players are all young dinosaurs who live on an island. Each of them has been put in charge of taking care of a precious egg (soccer ball). They must keep their egg close to them at all times or else it might get stolen by one of the big dinosaurs (coaches) that are always looking to steal an egg. The island is surrounded by water and the young dinosaurs do not like to get wet. If they go off the island they have to shake off the water before they can return to the island.

Main Topic: Continuation of dribbling. Session 1 was an introduction to dribbling for the players. In this session we continue to allow them to experiment using the different parts of the foot they can use to dribble the ball, primarily the instep (laces) for speed, and the inside/outside/sole for turning. Keep working on them to push the ball when dribbling instead of kicking the ball, running to get it, and then kicking it again.

Other topics.

1. Field Boundaries. Keep working on getting the young players to understand the concept of a field boundary. If they go outside their island, stop them and ask them if they are on their island. If they respond that they are then show them where their island is. Most will know they are off their island so ask them to point to where their island is. If they can point to it tell them to get back on their island. If they don't know where their island is, show them.

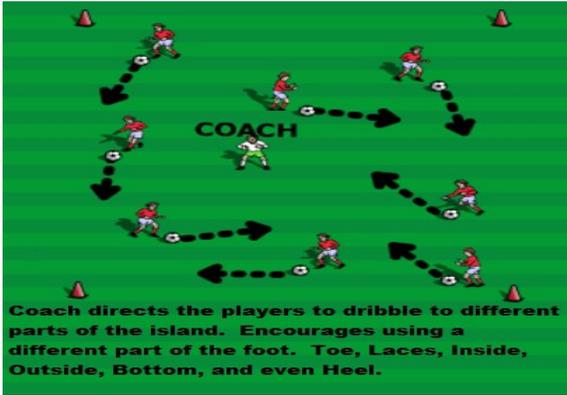
2. Winning the ball back. If a player loses their ball to a defender, they must learn to immediately try to get the ball back. Coaches can encourage this by stealing the egg from players who are letting it get too far away from them. Have the player try to get their egg back immediately and allow them to be successful doing it. This encourages them to keep their egg close and to immediately try to win it back if it gets stolen.

3. Pullback. The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

Warmup Activities

<p>1st Activity – Exploring the Island. In a follow the leader format, take some time walking the players around the “island” boundary pointing out when they are on the island and when they are off.</p>	<p>WITHOUT A BALL.</p>	<p>For the remainder of Kiddie Kick, when a player goes off the island, stop and ask them if they are on the island. If they correctly answer no, ask them to point to their island. If they can identify their island, ask them to get back to their island. If they answer yes or don’t know where there island is, show them. This is the most effective way of them developing an understanding of a field boundary.</p>
<p>2nd Activity – Body Awareness Purpose is to give them activities to improve their balance, coordination and agility.</p>	<p>WITHOUT A BALL</p>	<p>For this week, we want to start working on coordination between opposite body parts. For example, have them raise one leg and put their opposite arm in the air. Have them march slowly around raising one knee and the opposite arm.</p> <p>Start by demonstrating the movements and then ask them to show you movements they can do.</p>

Maze Games

<p>3rd Activity – Exploring the Island The purpose of this activity is for the players to use the different parts of the foot to move the ball and to encourage the idea of a field boundary. Have them experiment using the toe, inside, outside, instep (laces), bottom (sole), and heel. Try to get them to use both feet. Once you have introduced each part of the foot they can dribble with, try to get them to speed up. Work on stopping the ball with the sole of the foot.</p>		<p>On the islands, the dinosaurs have to explore the entire island with their egg. What parts of the feet can we use to move around our island with our egg? Have them show you.</p> <p>While it may be difficult for some the players to use particular parts of their foot, verify that each of them are trying. Children may not know their right from left foot but encourage them to use both feet when dribbling by having them do two touches with one foot and then two touches with the other.</p>
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4th Activity – Sleeping Dinosaur

This activity is about making little touches with the ball. The players will be lined up at one goal line with their ball. The coach acts as the sleeping dinosaur down at the other end of their area. Be careful not to be too scary when the dinosaur wakes up.

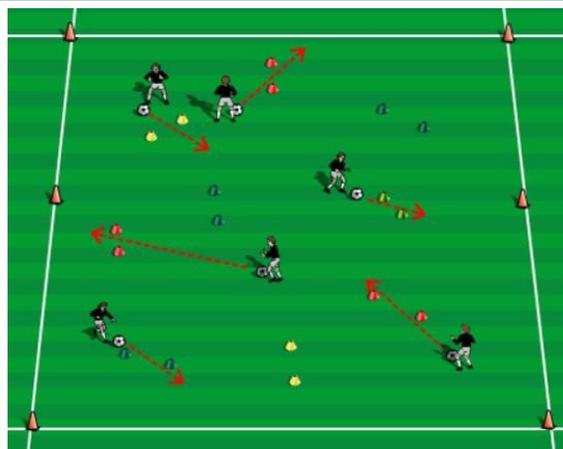
Some children may be frightened by the sleeping dinosaur. Explain to them that it is just make believe and that the sleeping dinosaur is just pretending.



The players begin the game by shouting out altogether “Sleeping Dinosaur, What time is it?” The sleeping dinosaur will respond with, one-o-clock, two-o-clock, three-o-clock or four-o-clock. If the dinosaur says two-o-clock, the players will take two small touches of their egg toward the dinosaur. This continues until the players get close to the sleeping dinosaur, who wakes up and chases them back to where they started.

5th Activity – Gate Escape

The purpose of this activity is to allow the players to dribble under pressure, change direction, and move to a target. Two cones are placed approximately 2 feet apart as gates all over the playing area (try to have more gates than children). Players dribble through one gate and then proceed to dribble through another gate. Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.

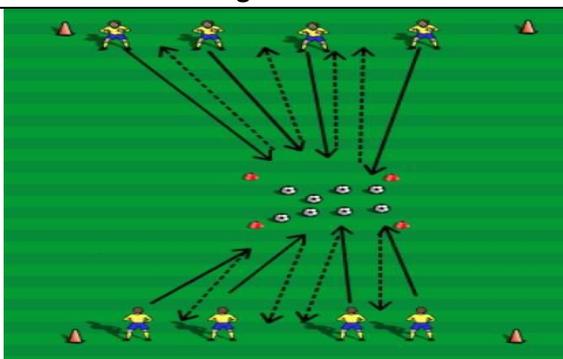


The sleeping dinosaurs (coaches/parents) are now awake and trying to steal the eggs from the young dinosaurs. The young dinosaurs can escape by dribbling their egg through one of the gates. Once the player dribbles through the gate, the big dinosaur must go try to find another egg to steal. Try to see how many gates we can dribble through without a big dinosaur stealing our egg.

Target Games

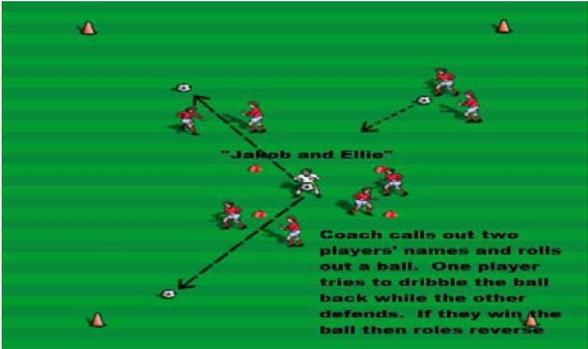
6th Activity – Egg Rescue

Using the same box as in activity 5, place all of the balls in the box. Players are split into two teams with each team standing on the opposite goal line. When the coach shouts “go”, the players will run to retrieve ONE ball and dribble it back to their team’s goal line. This will continue until all balls are gone. Team with the most balls (eggs) wins.



The scenario for this activity is the big dinosaurs have stolen all of the eggs and put them in their cave. The young dinosaurs must go to the cave and bring their eggs back to safety.

This is another good activity to encourage them to use the pullback when they get the egg and need to change direction to get back to their line.

<p>7th Activity – Dino v Dino Challenge</p> <p>The purpose of this activity is to introduce the players to a 1 vs 1 game. The coach will stand in a 5 yard by 5 yard box in the center of the playing area with the balls. The coach will call out two player’s names and then roll out a ball in a direction. The players must race to the ball and then play one v one until they dribble the ball back into the box.</p>		<p>Set up a small “cave” (box). Have the players in the box along with the coach and the balls. More than one 1v1 can be going on simultaneously by sending the ball and two players in different directions.</p> <p>Try to send out two players of similar size and ability.</p> <p>To make it easier if you can’t remember names, you can just point to two players and tell them to play the ball.</p>
<p>8th Activity - Cross the Island (Variation of Sharks and Minnows)</p> <p>The purpose of this activity is to introduce the players to dribbling from one goal line to the other, dribbling under pressure, and trying to win the ball back if they lose it to another player. Initially the coaches are the defenders and attempt to steal the players’ balls as they dribble down the field. After they get the hang of it, have two players be defenders who try to steal the ball and dribble to the goal line.</p>		<p>The big dinosaurs (coaches/parents) do not have an egg and are trying to get it from the young dinosaurs. The young dinosaurs start at one end of the grid and when the coach says “Go”, they attempt to dribble their egg to the other end of the grid. The big dinosaurs try to steal their eggs. If they lose their egg, the young dinosaur must try to win it back. If they reach the other end of the grid, they wait for the coach’s command and play again.</p>
Small Sided Game		
<p>Scrimmage</p> <p>10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the New Ball Method for starting the ball vice goal kick, corner kicks or throw-ins.</p>		<p>Formation limited to setting up in diamond after stoppages. After play starts don’t worry about formation until play stops again. If a ball goes out of bounds, a coach yells “new ball” and rolls a ball to a player (possibly one who is timid or not very involved in the game)</p>
Cool Down		
<p>Ball Catch</p> <p>The purpose of this activity is to develop Hand-Eye Coordination. Make sure they don’t toss it too high because we don’t want to break our egg if we drop it.</p>	<p>Ball in Hand.</p>	<p>Players gently toss the ball and catch it. Next have them try to clap once while the ball is in the air and catch it. Have them walk around the area tossing their ball, clapping once and catching it.</p>

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Session 3

Session Theme: Monkey Jungle. The players are monkeys that live in a jungle. Each of them has a coconut that they must protect from the gorillas (coaches/parents) that also live in the jungle. Coconuts are sturdier than eggs but we still must be careful that they don't break them.

Main Topic: Dribbling with speed/First Touch. Session 1 and 2 focused on dribbling with all parts of the foot; laces, inside, outside, bottom, toe and heel. In this session we will continue to work with them on gaining confidence dribbling with each part of the foot but focus a little more on dribbling with speed trying to utilize the instep (laces). We will also start to work with them on their first touch, in particular when they are running to a ball so they can start dribbling without stopping first. Keep encouraging them to keep the ball close by using small touches and to push the ball when dribbling instead of kicking the ball, running to get it, and then kicking it again.

Other topics.

1. Field Boundaries. Keep working on getting the young players to understand the concept of a field boundary. If they go outside their jungle, stop them and point out where the jungle is and that they need to get back to it.

2. Winning the ball back. We will keep working with them on winning the ball back by having the coach steal their coconut whenever they are not keeping it close to them. We will also start doing activities that allow them to steal the ball from other players and require the players to try to win their ball back if they lose it.

3. Pullback. The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

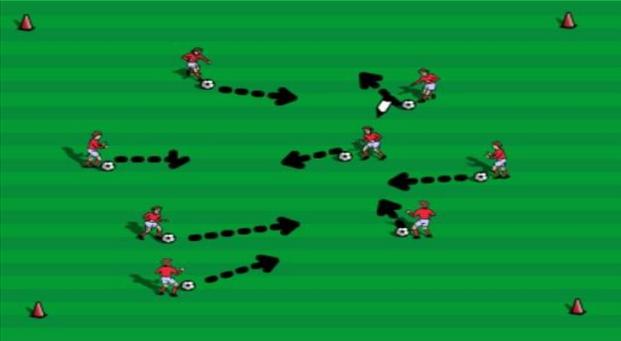
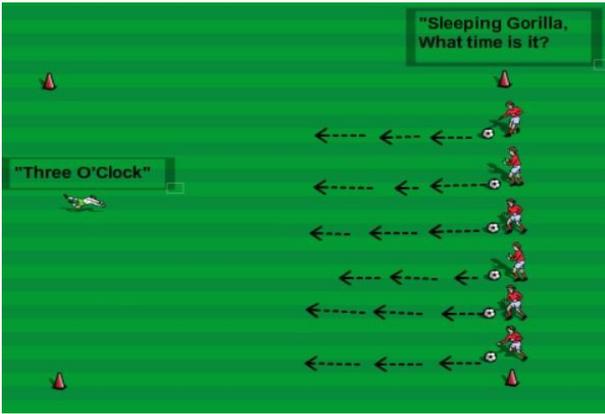
*****NEW TOPIC*** 4. First Touch.** First touch is receiving the ball under control so that it can be dribbled, passed, or shot. A good first touch is controlling the soccer ball out in front of you, and not right under your feet so you have to take another touch before you dribble, make a pass or shoot. It is the #1 reason why possession is lost in the game. Players that have a poor first touch never get the opportunity to dribble, pass, or shoot the ball. In this session we will start to encourage our players to develop a good first touch.

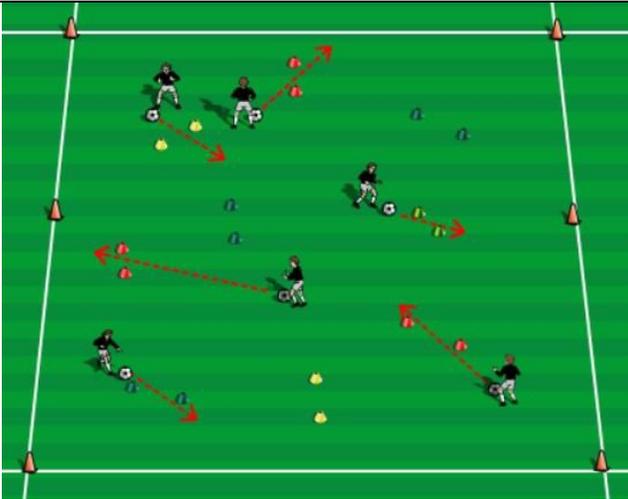
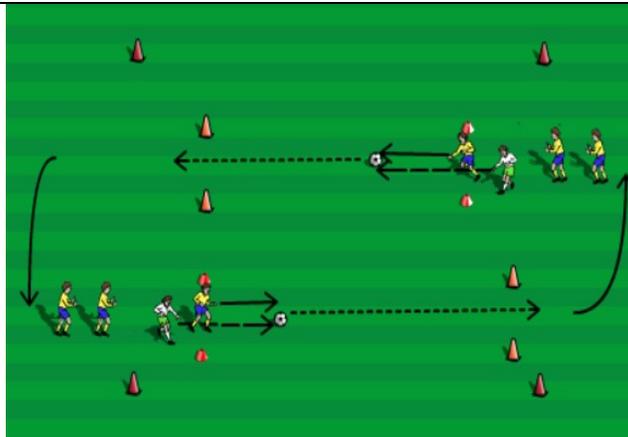
*****NEW TOPIC*** 5. Toe Touches.** Toe touches are a foot skill where the player touches the top of the ball with the bottom of one foot and then switches to the other foot. Have the player start out slow. Put one foot on the ball, bring it to the ground and then put the other foot on top of the ball. Gradually increase speed until the player is switching feet quickly.

Warmup Activities

<p>1st Activity – Follow the Leader The purpose of this activity is to get them focused on soccer, warm them up, and let them have fun.</p>	<p>With the Ball</p>	<p>Explain the new scenario to them and then play follow the leader around their jungle.</p>
<p>2nd Activity – Body Awareness SIMON SAYS – Use “Simon says” with the body awareness activity to help develop the players’ ability to listen to instruction.</p>	<p>With and Without a Ball. Body movement from balancing on one leg to skipping. The important thing is to allow the children to explore how their body moves.</p>	<p>Introduce toe touches - Toe touches are a foot skill where the player touches the top of the ball with the bottom of one foot and then switches to the other foot. Have the player start out slow and go faster as they get more comfortable.</p>

Maze Games

<p>3rd Activity – Monkey Tag The purpose of this exercise is to start getting the players to look up when they dribble and to make decisions about where to go and how to avoid being tagged. First without a ball, and then with a ball. Each bout lasts for 30 to 45 seconds. Be sure they don’t tag other players too hard.</p>		<p>In the jungle, each monkey runs around trying to tag as many other monkeys as possible while not being tagged themselves. Now add them dribbling their ball and tagging the other monkeys. To tag another player, the player must be in possession of their own coconut.</p>
<p>4th Activity – Sleeping Gorilla This activity is about making little touches on the ball with the laces. The players will be lined up at one goal line with their ball. A coach or parent acts as the sleeping gorilla down at the other end of their area. Encourage the players to have their toe down and use their laces when taking their touches. To make the change of direction when the gorilla wakes up, encourage them to use the pullback change of direction move.</p>		<p>The players begin the game by shouting out altogether “Sleeping Gorilla, What time is it?” The sleeping gorilla will respond with, one-o-clock, two-o-clock, three-o-clock or four-o-clock. If the gorilla says two-o-clock, the players will take two small touches of their coconut toward the gorilla. This continues until the players get close to the sleeping gorilla, who wakes up and chases them back to where they started. The Sleeping gorilla should try not to be scary.</p>

<p>5th Activity –Target Practice</p> <p>The purpose of this activity is to introduce the players to taking shots at a moving target using the inside of the foot.</p> <p>As the coach places down the cones for the next activity, players will attempt to take shots at the gorilla’s legs with their coconut.</p>	<p>Instruct the players that they must keep the ball low to the ground when they are taking shots at the gorilla. Keeping the ball low requires that the ball be struck with the inside of the foot at the equator (middle of the ball).</p> <p>If players just start kicking the ball have them stop and instruct them that we are not looking to just kick the ball but to strike the ball with purpose.</p> <p>Not every players will be able to utilize the inside of the foot, but still encourage them to try.</p>	<p>After the coach has placed down about half the cones, ask the players what part of the foot can they be most accurate?</p> <p>ANS: Inside</p> <p>Also ask the players if it is better to be far away or closer to their target.</p> <p>ANS: Closer, but not so close the gorilla can get their coconut.</p>
<p>6th Activity – Gate Escape</p> <p>The purpose of this activity is to allow the players to dribble under pressure, change direction, and move to a target. Two cones are placed approximately 2 feet apart as gates all over the playing area (try to have more gates than children). Players dribble through one gate and then proceed to dribble through another gate. Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.</p>	 <p>The diagram shows a green rectangular field with several pairs of orange cones placed parallel to each other, creating 'gates'. Red dashed arrows indicate the path of a player dribbling through these gates. Small black figures representing players are shown at various points along these paths.</p>	<p>To keep the gorillas from stealing their coconut, the monkeys can escape by dribbling through one of the gates. Once the monkey dribbles through the gate, the gorilla must go try to find another coconut to steal.</p> <p>Encourage them to use their laces for speed when they are dribbling straight to the next gate and other parts of the foot to turn the ball.</p> <p>Try to see how many gates we can dribble through without a gorilla stealing our coconut.</p>
<p>Target Games</p>		
<p>7th Activity – Coconut Run</p> <p>The purpose of this drill is to start developing a players “first touch.” In this case it will be their first touch on a ball that is moving away from them. A ball moving away is the easiest condition for players to judge their closure rate to the ball. For this drill, a coach standing directly behind the player will roll a ball between the player’s legs. The player will catch up to the ball and continue to dribble to the goal (gate).</p>	 <p>The diagram shows a green field with several orange cones. A black dashed arrow points from left to right, representing a ball being rolled. A player is shown in the middle of the field, with a dashed arrow pointing from the ball towards them, indicating they are catching up. Another dashed arrow points from the player towards the right, indicating they will continue to dribble. Small black figures represent players and a coach.</p>	<p>In this game, the gorilla will roll the ball between the monkey’s legs and the monkey will take off to catch it and dribble to the gate.</p> <p>Encourage the player to continue dribbling when they get to the ball instead of stopping and trying to kick it.</p> <p>For speed, using the laces is the preferred method for dribbling the ball. Encourage them to use their laces once they have caught up to their ball.</p>

<p>8th Activity –Rumble in the Jungle</p> <p>The purpose of this activity is for the players to challenge each other using a 1 vs 1 game and begin developing defending skills.</p> <p>Coach sets up on touchline with players split into two teams on either side.</p> <p>Coach roles out a ball and calls out a player’s name from each team.</p> <p>Try to send out two players of similar size and ability.</p>		<p>The two players race to the ball and try to score in their goal by dribbling through it.</p> <p>To make it easier, you can assign two players a name for an animal in the jungle such as “lion.” When the coach calls “lion” those two players go out to play 1 v 1.</p> <p>DEFENDING: If the player has the ball and loses it, they should try to win it back. If they don’t have the ball, they should try to win it from the other player.</p> <p>More than one 1v1 can be going on simultaneously by sending the ball and two players to different parts of the field.</p>
<p>Small Sided Game</p>		
<p>Scrimmage</p> <p>10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the New Ball Method for starting the ball vice goal kick, corner kicks or throw-ins.</p>		<p>Formation limited to setting up in diamond after stoppages. After play starts don’t worry about formation until play stops again. If a ball goes out of bounds, a coach yells “new ball” and rolls a ball to a player (possibly one who is timid or not very involved in the game)</p>
<p>Cool Down</p>		
<p>Ball Catch</p> <p>The purpose of this activity is to continue to develop Hand-Eye Coordination and to introduce knee and foot-eye coordination with Toe Touches.</p> <p>Because we now have a coconut, we can toss the ball higher but don’t want to toss it too high where we can’t catch it.</p>		<p>Just tossing the ball and catching it or tossing it once and catch it. The idea is to make the activity challenging for each player. Players toss the ball and catch it. Next have them try to clap once while the ball is in the air and catch it. Next have them try to clap twice and catch it. Finally, have them walk around the area tossing their ball, clapping once and catching it.</p>

St. Mary's

SOCCKER

Kiddie Kick

Session 4

Session Theme: Monkey Jungle. Continuation of Session 3. The players are monkeys that live in a jungle. Each of them has a coconut that they must protect from the gorillas (coaches/parents) that also live in the jungle. Coconuts are sturdier than eggs but we still must be careful that they don't break them.

Main Topics: Dribbling/First Touch/Striking the ball. In Session 4 we will continue to improve the player's confidence in dribbling, particularly dribbling with speed and also work on their first touch on a ball that is moving away from them. In this session we will also start working on striking the ball at a target.

Other topics.

1. Keep working with the players on recognizing the Field Boundaries and also winning the ball back when they lose it.

2. Pullback. The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

3. Toe Touches. Toe touches are a foot skill where the player touches the top of the ball with the bottom of one foot and then switches to the other foot. Have the player start out slow. Put one foot on the ball, bring it to the ground and then put the other foot on top of the ball. As the player gets more comfortable doing toe touches, they can increase speed to switch feet more quickly.

4. Striking the Ball with the inside of the foot

Locked ankle

Toe up (inside of foot)

Eyes on ball at instant of contact

Placement foot pointed to target and parallel to ball

On toes, prepared and balanced

Go to the ball, do not wait for it

Follow through to target

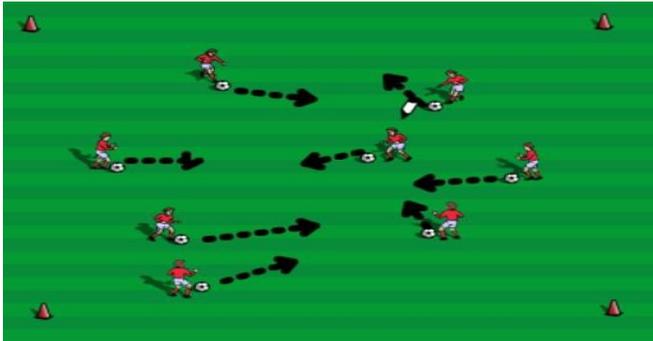
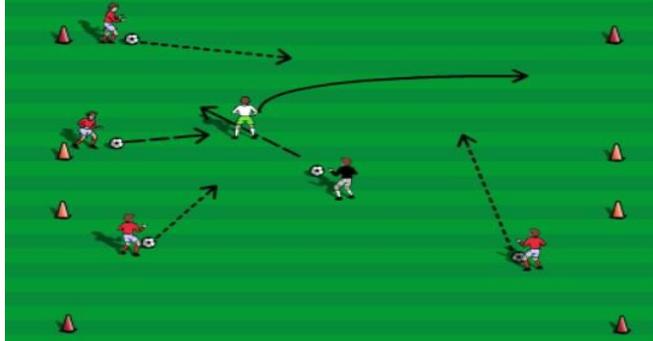
Strike ball solid through the middle (equator)

Knees bent and balanced

Warmup Activities

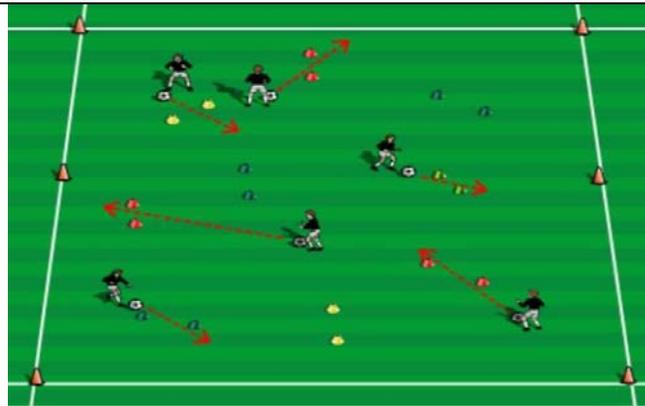
<p>1st Activity – Follow the Leader The purpose of this activity is to get them focused on soccer, warm them up, and let them have fun.</p>	<p>With the Ball</p>	<p>Explain the new scenario to them and then play follow the leader around their jungle.</p>
<p>2nd Activity – Body Awareness SIMON SAYS – Use “Simon says” with the body awareness activity to help develop the players’ ability to listen to instruction.</p>	<p>Start introducing the players to skipping and jumping jacks.</p>	<p>Body movement from balancing on one leg to skipping. The important thing is to allow the children to explore how their body moves.</p>

Maze Games

<p>3rd Activity – Monkey Hospital Tag The purpose of this exercise is to start getting the players to look up when they dribble and to make decisions about where to go and how to avoid being tagged. To tag another player, the player must be in possession of their own coconut. Be sure they don’t tag other players too hard.</p>		<p>The monkey’s dribble their coconut around the jungle looking for other monkeys to tag (without being tagged themselves). If they are tagged, they must hold that body part with one hand. If they are tagged again they must hold that body part with the other hand. If they are tagged a third time they must do 5 toe touches before playing again.</p>
<p>4th Activity –Target Practice The purpose of this activity is to introduce the players to taking shots at a moving target using the inside of the foot. As the gorilla (coach) places down the trees (cones) for the next activity, the monkeys will attempt to take shots at the gorilla’s legs with their coconut.</p>		<p>Instruct the players that they must keep the ball low to the ground when they are taking shots at the gorilla. Keeping the ball low requires that the ball be struck with the inside of the foot at the equator (middle of the ball). Not every players will be able to utilize the inside of the foot, but still encourage them to try.</p>

5th Activity – Gate Escape

The purpose of this activity is to allow the players to dribble under pressure, change direction, and move to a target. Two cones are placed approximately 2 feet apart as gates all over the playing area (try to have more gates than children).

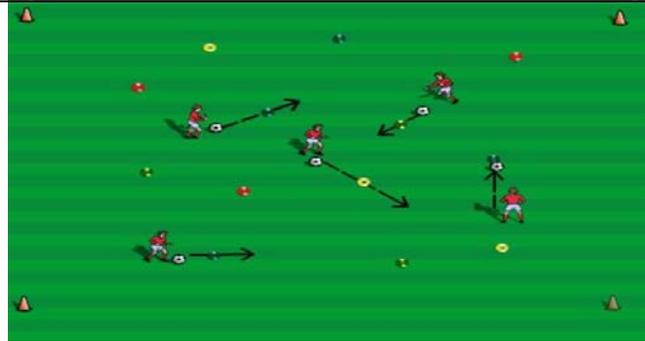


For this week, instead of dribbling through the gate, the monkeys must pass the ball through the gate and then run around the gate to retrieve it.

Encourage them to not kick the ball too hard so they don't have to run far to get it and start dribbling again.

6th Activity – Hit the Trees

In this activity, use several tall orange cones that players can knock down or flip small cones upside down and tell the players they must hit the cone with the ball and try to flip it right side up. Object is to get the players shooting at a target.

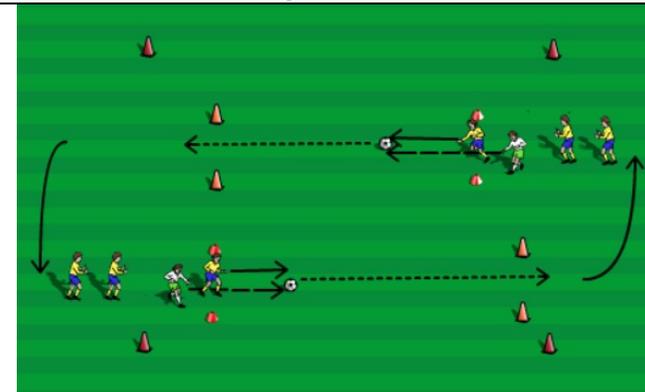


Players dribble through the jungle and will try to hit a tree (cone) with their coconut. Encourage them to try to use the inside of their foot to be more accurate but remember most children at this age will not be able to do it perfectly.

Target Games

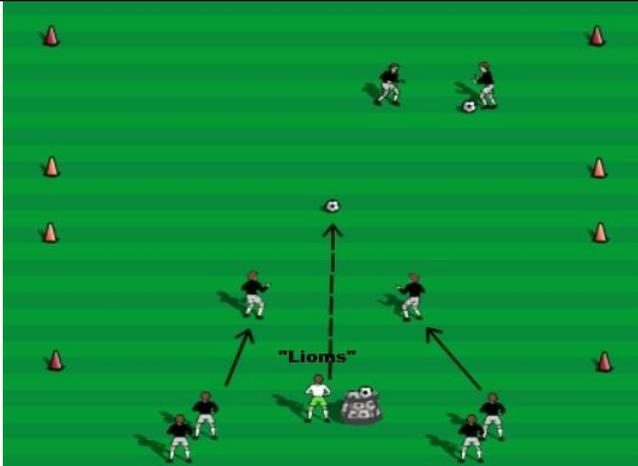
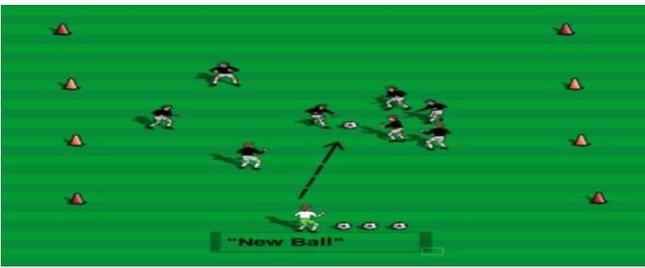
7th Activity – Coconut Run

The purpose of this drill is to start developing a player's "first touch." For this drill, a coach standing directly behind the player will roll a ball between the player's legs. The player will catch up to the ball and continue to dribble to the goal (gate).



In this game, the gorilla will roll the ball between the monkey's legs and the monkey will take off to catch it and dribble to the gate.

Encourage the player to continue dribbling when they get to the ball instead of stopping and trying to kick it. For speed, using the laces is the preferred method for dribbling the ball. Encourage them to use their laces once they have caught up to their ball.

<p>8th Activity –Rumble in the Jungle The purpose of this activity is for the players to challenge each other using a 1 vs 1 game and begin developing defending skills.</p> <p>Coach sets up on touchline with players split into two teams on either side.</p> <p>The coach can assign jungle animal names to players from each team. Try to pair two players of similar size and ability.</p>		<p>The two players race to the ball and try to score in their goal by dribbling through it.</p> <p>DEFENDING: If the player has the ball and loses it, they should try to win it back. If they don't have the ball, they should try to win it from the other player.</p> <p>More than one 1v1 can be going on simultaneously by sending the ball and two players to different parts of the field.</p>
Final Game		
<p>9th Activity - Game The purpose of this activity is to start to introduce the players to playing a game. Should be 3v3 or 4v4 with goals scored when a player dribbles through the cone goal. This provides an appropriate target to attack and numerous 1v1 opportunities.</p>		<p>Utilize new ball method. If the ball goes out of bounds, the coach should provide a "new ball". If a goal is scored, have the players reset to where they are standing on their own goal line and the coach will provide a "new ball."</p>
Small Sided Game		
<p>Scrimmage 10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the New Ball Method for starting the ball vice goal kick, corner kicks or throw-ins.</p>		<p>Formation limited to setting up in diamond after stoppages. After play starts don't worry about formation until play stops again. If a ball goes out of bounds, a coach yells "new ball" and rolls a ball to a player (possibly one who is timid or not very involved in the game)</p>
Cool Down		
<p>Ball Catch The purpose of this activity is to continue to develop Hand-Eye Coordination and to introduce knee and foot-eye coordination with Toe Touches.</p>	<p>Players toss the ball and catch it. Next have them try to</p>	<p>Introduce juggling the ball with the knee. Have them hold the ball about waist high and bring their knee up to touch it.</p>

St. Mary's SOCCER

Kiddie Kick

Session 5

Session Theme: Pirates. For our last two sessions the players will be pirates. The pirates will have several activities where their ball will be a cannon ball.

Main Topics: Dribbling/Shooting. In Session 5 we will continue to improve the player's confidence in dribbling, revisiting the different parts of the feet we can use to dribble the ball. We will also incorporate goals into some of the activities to get the players working towards shooting at a target and end with a traditional game of 3v3 or 4v4.

Other topics.

1. Keep working with the players on recognizing the Field Boundaries and also winning the ball back when they lose it.

2. Pullback. The pullback is a change of direction move that is executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. Teaching young players to keep their eye on the ball while they turn and to keep the ball close to them after they make the turn will help them complete the pullback properly.

3. Toe Touches. Toe touches are a foot skill where the player touches the top of the ball with the bottom of one foot and then switches to the other foot. Have the player start out slow. Put one foot on the ball, bring it to the ground and then put the other foot on top of the ball. As the player gets more comfortable doing toe touches, they can increase speed to switch feet more quickly.

4. Striking the Ball with the laces

Toe down

Locked ankle

Weight over the ball to keep it low to the ground

Eyes on ball at instant of contact

Placement foot pointed to target and parallel to ball

On toes, prepared and balanced

Go to the ball, do not wait for it

Follow through to target

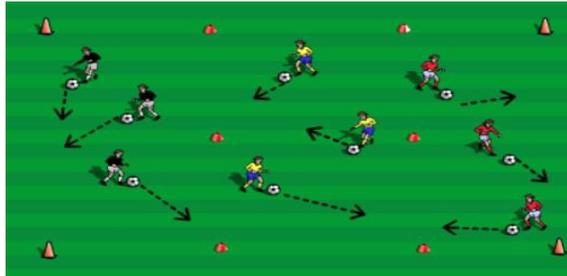
Strike ball solid

Knees bent and balanced

Warmup Activities

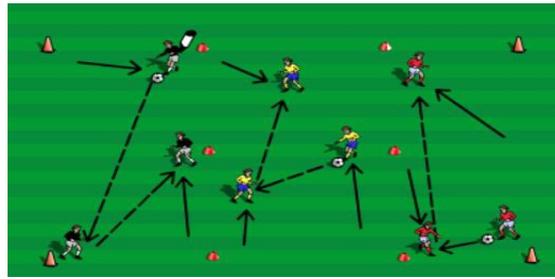
<p>1st Activity - Game The purpose of this activity is to get them focused on soccer, warm them up, and let them have fun. Divide the players up as they arrive to practice into 3v3 or 4v4 only. This week, we will use two cones to provide a smaller goal but we still want the players to dribble through it to score.</p>	<p>15x20 yard area for each group of 6 to 8 players.</p> 	<p>Utilize the new ball method. The game will most likely be a 1v7 so don't worry about getting them set up in a formation. Use the game as an opportunity to identify the aggressive or timid players and try to place them in a group that accommodates them.</p>
<p>2nd Activity – I can do this. Can You? (Body Awareness Without Ball) The coach states that certain skills are needed on the pirate ship and he can do all of these skills. Can they? The coach can balance on one foot to prepare for heavy seas. Hop on one foot like he has lost his peg leg. Jump from ship to ship. Can they?</p>	<p>Pirate words to use in this session: Ahoy Ahoy Matey Arrr Yo Ho Ho Aye Aye Cap'n</p>	<p>The players should be able to attempt all of the balance and agility movements including skipping and jumping jacks. Start out slow emphasizing proper technique but don't worry about it as much as they speed up. The important thing is to allow the children to explore how their body moves.</p>
<p>3rd Activity – I can do this. Can You? (Body Awareness With Ball) Same as previous activity but with ball. Can the player stop the ball and start quickly, roll the ball behind them and catch it, use different parts of their foot to dribble the ball, toe touches, pull back, etc.</p>		<p>Allow each player do it at their own ability. Go slow at first and then let them pick up the speed.</p>

Maze Games

<p>4th Activity – Swabbing the Ship Split the playing area (ship) into sections with 2 or 3 players in each section. The players must dribble their ball covering all areas of their section of the ship. Make sure they swab it all. Have them use the different parts of the feet (toe, heel, sole, inside, outside, and laces) to move it around the ship.</p>		<p>The pirates have to swab (clean) the ship using their cannonball. They do this by moving their around the part of the ship they are assigned to clean.</p>
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5th Activity – Swabbing the Ship with Partners

Now the players will have one ball between 2 or 3 in a section. Idea is the same to have the ball move over all of their area. Tell them the cannonball won't clean if it is not on the ground and that they must move around and pass to make sure they are swabbing all of the deck.



The players will now have only cannonball in each section to use so they must pass the cannonball between each other. Make sure to clean all of the deck.

6th Activity –Pirate’s Treasure

To begin you will need to get the players excited about the pirate treasure. What noise do pirates make?" "Arrr!" When they return to the ship with treasure they must make the pirate sound before going out to get more treasure. Make sure they are only picking up one cone at a time.

If you want, you can split them into two teams with one at each end of the area and have a competition on which team gets the most treasure.



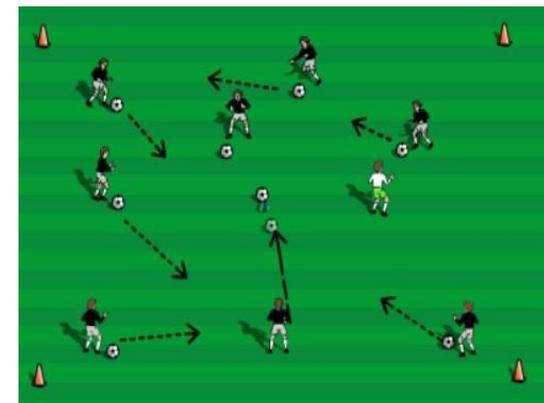
The pirates will start at one of the end lines and must go out and find a doubloon (small cones). To start have them do it without their ball. They can only bring back one piece of treasure at a time and then can go out and find another piece of treasure.

After they have played once, now have them go out with their cannonball. To pick up the treasure they must be touching their cannonball (with a hand, knee, foot, etc.)

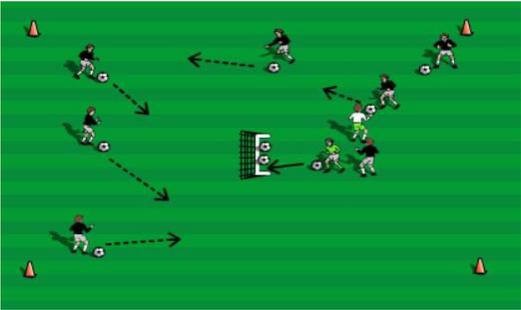
Target Games

7th Activity – Shiver Me Timbers

In this activity the players will dribble around in the ocean trying to stay away from the coach "Davy Jones" who will either tag them or steal their cannonball if they are not keeping it close. When the coach yells "Shiver me Timbers" the players will race to knock off the coach's ball from a cone in the center of the area. Next put the coach's ball inside of a box of cones that the players cannot dribble inside. They must attempt to shoot the coach's ball from outside the box.



The pirates will dribble around the ocean trying to keep away from Davy Jones (Coaches) who are trying to either tag them or steal their cannonball. If they are tagged they must complete 5 toe touches before dribbling again. If their cannonball is stolen they must get it back. When the coach yells "Shiver me timbers" they all try to knock the coach's ball off the cone with their ball.

<p>8th Activity – Pirate Game</p> <p>In this game the players dribble within the area trying not to have their ball stolen by one of the players without a ball. If a ball gets stolen, the player who steals it tries to shoot it into the goal in the middle of the area. If the ball goes in the goal, the player who lost their ball becomes a ghost pirate trying to steal the ball from the other players' balls.</p>		<p>Coaches will starts as the first ghost pirates without a ball. When they steal a ball they attempt to shoot it into the goal. If they do, the player that lost the ball becomes a ghost pirate trying to steal the ball from the other players. The final players with their ball become the ghost pirates for the next game played.</p>
Final Game		
<p>9th Activity - Game</p> <p>The purpose of this activity is to start to introduce the players to playing a game. Should be 3v3 or 4v4 with goals scored in the goal. This provides an appropriate target to attack and numerous 1v1 opportunities. Be sure to discourage them from just kicking the ball. They should dribble until they have the opportunity to shoot.</p>		<p>Utilize new ball method. If the ball goes out of bounds, the coach should provide a "new ball". If a goal is scored, have the players reset to where they are standing on their own goal line and the coach will provide a "new ball."</p>
Small Sided Game		
<p>Scrimmage</p> <p>10-15 minutes. Minimal coaching. Should be over the top only to emphasize what we worked on during training. Utilize the New Ball Method for starting the ball vice goal kick, corner kicks or throw-ins.</p>		<p>Formation limited to setting up in diamond after stoppages. After play starts don't worry about formation until play stops again. If a ball goes out of bounds, a coach yells "new ball" and rolls a ball to a player (possibly one who is timid or not very involved in the game)</p>
Cool Down		
<p>Ball Catch/Juggling</p> <p>The purpose of this activity is to continue to develop Hand-Eye Coordination and to introduce knee and foot-eye coordination with Juggling.</p>	<p>Players toss the ball and catch it. Next have them try to clap once while the ball is in the air and catch it. Next have them try to clap twice and catch it. Finally, have them walk around the area tossing their ball, clapping once and catching it. If players are unable to toss the ball, clap twice, and catch it, have them practice what they can have success with. Just tossing the ball and catching it or tossing it once and catch it. The idea is to make the activity challenging for each player.</p>	<p>Introduce juggling the ball with the knee. Have them hold the ball about waist high and bring their knee up to touch it.</p>

St. Mary's

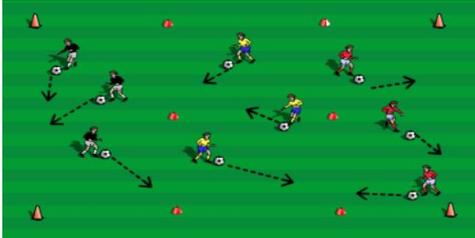
S O C C E R

Kiddie Kick

Session 6

Session Theme: Pirates. For our last session the players will continue to be pirates. The pirates will have several activities where their ball will be a cannon ball.

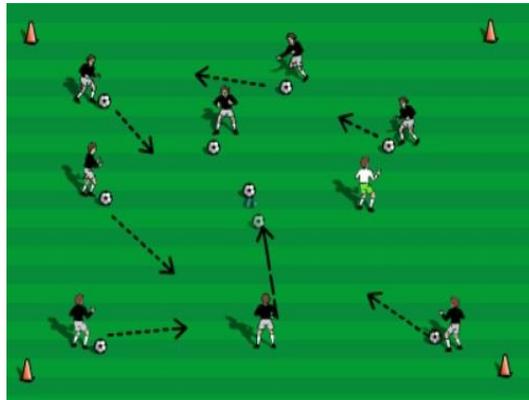
Main Topics: Final Game and Group Activity. In Session 6 we will culminate kiddie kick with 4v4 games and a fun group activity. As always we will work to improve the player's confidence in dribbling.

Warmup Activities		
<p>1st Activity – I can do this. Can You? The coach states that certain skills are needed on the pirate ship and he can do all of these skills. Can they? The coach can balance on one foot to prepare for heavy seas. Hop on one foot like he has lost his peg leg. Jump from ship to ship. Can they?</p>	<p>Pirate words to use in this session: Ahoy Matey Arrr Yo Ho Ho Aye Aye Cap'n Have fun getting the players to be pirates.</p>	<p>The players should be able to attempt all of the balance and agility movements including skipping and jumping jacks. Start out slow emphasizing proper technique but don't worry about it as much as they speed up. The important thing is to allow the children to explore how their body moves.</p>
Maze Games		
<p>2nd Activity – Swabbing the Deck The players must dribble their ball covering all areas of their section of the ship. Make sure they swab it all. Have them use the different parts of the feet (toe, heel, sole, inside, outside, and laces) to move their ball around the ship.</p>		<p>The pirates have to swab (clean) the ship with their cannonball. They do this by moving their cannonball around the parts of the ship they are assigned to clean.</p>

Target Game

3rd Activity – Shiver Me Timbers

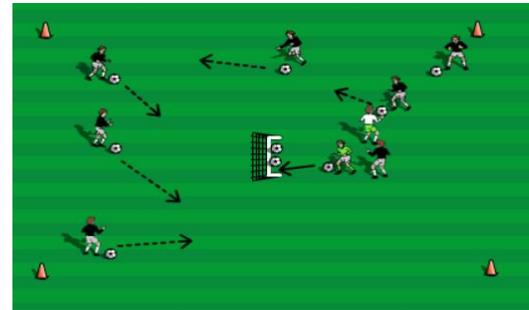
In this activity the players will dribble around in the ocean trying to stay away from the “Ghost Pirates” who will either tag them or steal their cannonball if they are not keeping it close. When the coach yells “Shiver me Timbers” the players will race to knock off the coach’s ball from a cone in the center of the area. Next put the coach’s ball inside of a box of cones that the players cannot dribble inside. They must attempt to shoot the coach’s ball from outside the box.



The pirates will dribble around the ocean trying to keep away from the ghost pirates who are trying to either tag them or steal their cannonball. If they are tagged they must complete 5 toe touches before dribbling again. If their cannonball is stolen they must get it back. When the coach yells “Shiver me timbers” they all try to knock the coach’s ball off the cone with their ball.

4th Activity – Pirate Game

In this game the players dribble within the area trying not to have their ball stolen by one of the ghost pirates (players without a ball). If a ball gets stolen, the player who steals it tries to shoot it into the goal in the middle of the area. If the ball goes in the goal, the player who lost their ball becomes a ghost pirate trying to steal other players’ balls.



The coaches start out as the first ghost pirates. When they steal a ball they attempt to shoot it into the goal. If they do, the player that lost the ball becomes a ghost pirate trying to steal the ball from the other players. The final two players with their ball become the ghost pirates for the next game played.

Final Game

5th Activity - Game

We will spend about 20-30 minutes of the session playing a game. Don’t have the players use their own ball. We will use kiddie kick balls instead. The games will be 4v4 with subs. Be sure to discourage them from just kicking the ball. They should dribble until they have the opportunity to shoot.



Utilize new ball method. If the ball goes out of bounds, the coach should provide a “new ball”. If a goal is scored, have the players reset to where they are standing on their own goal line and the coach will provide a “new ball.” Don’t worry too much about getting the players into a formation. Just have them get towards their goal and start the game.