



Instructional Soccer Agenda



This instructional league is designed to teach Pre-K and Kinder participants the basics elements of soccer. Each session, participants will work on different skills and drills and then practice these in mini scrimmages.

Session 1

Check-In:

- Pick up Jersey and Ball
- Meet & Greet with Team

Games/Warm-up:

- Sharks and Minnows
- Stretching/Run

Rules:

- No Hands!
- Freeze on the whistle:
Whistle Drill

Passing Drills:

- Squish the Bug
- Use the inside of foot to pass - try not to toe kick

Shooting:

- Triple Threat

End with Group Cheer

Session 2

Games/Warm-up:

- Sharks and Minnows
- Stretching/Run

Rules:

- #1 Rule of Soccer???
- Inside of foot to pass

Passing Drills:

- Squish the bug passing
- Pass then shoot drill

Dribbling Drills:

- Little kicks - dribbling
- Musical Cones Drill
- Dribble/Stop Drill

End With:

- Scrimmage (4 mins)
- Group Cheer

Session 3

Games/Warm-up:

- Sharks and minnows
- Stretching/Run

Rules:

- Whistle Freeze reminder
- Out of Bounds

Passing Drills:

- Pass to partner
- Line passing drill

Dribbling Drills:

- Dribble then shoot
- Dribble around cones then shoot into goal

We Will End With:

- Scrimmage (6 mins)
- Group Cheer

Homework assignments:

After Session 1: Practice passing the ball back and forth. Focus on stopping the ball before you kick it back. Try to use the inside of your foot to pass instead of toe kicks.

After Session 2: Practice dribbling around your yard or at the park. Little kicks.... Stay right behind the ball.

After Session 3: Dribble the ball and shoot it into a goal, against a fence or between 2 cones, trees or objects. (Be creative!)



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Don't forget to bring your ball each week! Try practicing these skills and drills at home. See homework assignments for activities to practice each week.

Session 4

Games/Warm-up:

- Red Light/Green Light Dribble Game
- Stretching/Run

Rules:

- Out of Bounds reminder
- Cradle Stop

Passing Drills:

- Pass to partner
- Cradle ball to stop it

Dribbling Drills:

- Run, Dribble, Shoot drill
- Pass & retrieve game

We Will End With:

- Scrimmage (8 mins)
- Group Cheer

Session 5

Games/Warm-up:

- Red/Yellow/Green Light Dribble Game
- Stretching/Run

Rules:

- Defense

Passing Drills:

- Pass drill - cradle stop

Dribbling Drills:

- Dribble then shoot drill
- Add defenders to drill
Guard the spaceship
From the space rocks

End With:

- Scrimmage (12 mins)
- Group Cheer

Session 6

Games/Warm-up:

- Red/Yellow/Green Light Dribble Game
- Stretching/Run

Rules:

- What have you learned?
- Review all Rules

Passing Drills:

- Pass, pass, shoot drill

Dribbling Drills:

- Dribble to safety game with 4 safe zones
- Dribble, shoot, defense

End With:

- Scrimmage (16 mins)
- Group Cheer

Homework assignments:

After Session 4: Practice the cradle stop. Make sure to use the inside of your foot to pass instead of toe kicks. Practice red light green light and stop on red light!

After Session 5: Practice dribbling around obstacles. Practice being a defender and having someone defend against you. Remember to protect your space ship!

After Clinic 6: Keep practicing & join us again next Spring for another session of soccer!