

CASL Mini-Kickers
A Guide for a Successful Season

Welcome to Mini-Kicker Soccer!

Mini-Kicker Soccer is an introductory instructional team experience for those under 5 and under 6 years old. The emphasis is on basic soccer skills and having fun. Mini-Kickers do not keep score and every child must have equal playing time. The season consists of 9 or 10 weeks of Saturday sessions.

Components of a Mini-Kicker Session (1 hour)

Gathering Game – organized team or teams assistant coach led activity played while players are arriving.

Typical games played are those that players can join in immediately upon arrival. Examples are Freeze Tag, 1,2,3 Red-light and Follow-the-Leader. First 5 – 10 minutes after arrival.

Group Warm-up – organized group activity that is primarily aimed at core body warm-up but also emphasizes basic coordination, fitness, repetition of basic soccer skills and introduction of ball control techniques. 5-8 minutes.

Skill Activity – organized group activity that introduces a basic soccer skill and technique, or combines two or more skills into a match related or match condition activity. Skills introduced include: dribbling, turning, stopping, shooting with the instep, receiving and throw-ins. 10 – 15 minutes. *The Skill Activity is combined with the Group Warm-up on Week 1 and not used during the weekday sessions, on photo day and the last session of the season.*

Match – organized team play of 3v3 or 4v4 with no keepers and equal halves of 12 to 15 minutes. Team Coaches remain on the field with players and also serve as referees. Teams change direction of play at half time and shake hands at the end of the match. Score is not kept. 25 – 32 minutes.

Getting Organized

Parents Meeting - as soon as you receive your roster, call your parents and inform them of a Parents' meeting scheduled at time and place of your choice. The purpose of the meeting is to orient the parents, seek volunteers, distribute uniforms and explain team operations.

Planning for the Season

Establish teams – Your roster may have up to 24 players, which means 4 teams of 6 players each. Try to balance each team based upon gender and previous seasons of play. You may assign players to a team for the duration of the season, or pick teams each session. Choosing teams each session allows you to consistently play stronger players against stronger players and weaker players against weaker players. Balanced teams results in better games.

Plan Skill Sessions - The 9 or 10-week season should be planned before the season begins. There are four basic soccer skills (dribbling and turning, shooting, receiving and throw-ins) to be taught and one week should be devoted to each skill. The remaining skill sessions should be used to review a skill or to work on two or more skills at the same time. You may also have to devote your usual skill session time for a picture day and for an end of season gathering.

Recruit Assistant Coaches – As head coach you should oversee the activities of each group session. There can only be one head coach. However, each team should have one or more assistant coaches who will lead the team during each session. This includes organizing the gathering game, leading the warm-up and skill session and coaching during the match.

Recruit Team Managers – Each team should have a team manager to help with the administrative matters of the team. The team manager duties include organizing snack lists, helping plan the end of season gathering and with registration for the next season. Ask for team manager volunteers at your parents meeting.

End of the Season Gathering – The end of the season gather is a good way to end the season. Have your team managers organize the gathering and order trophies. They will need a budget and must collect money from each player's parents.

Sample Meeting Agenda

Welcome and Introductions

Overview of CASL Soccer

Overview of Mini Kickers Soccer 3v3 soccer - no keeper

- 25 x 35 yard field, small goals
- 5-6 players to the team with 2 assistant coaches
- Each session includes warm-up activity, skill activity and soccer match
- Focus on developing individual skills - dribbling and shooting
- Preparing for U7 soccer
- Begin on Saturday

Parent's Expectations

- Skill based training
- Start and stop on time
- Focus on Fun

Coach's Expectations

Help to learn the game – watch older CASL teams

- Positive reinforcement
- Volunteer – Team Manager or Assistant Coach

Player's Expectations

- Learn the basics of the game
- Have Fun
- Have a snack
- Get a trophy

Player's Equipment

- Uniform – Provided by CASL. Wear black socks with red jersey or t-shirt and buy white socks to wear with white jersey or t-shirt
- Shin guards - under the socks!
- Soccer shoes. - traditional, blade or turf cleats - Just for Feet or Dick's
- Soccer ball - #3 – bring each week – put name on the ball
- Water bottle
- Bag - to keep everything together

Bad Weather - CASL Weather Hotline **248-9516**

Questions

The Mini-Kicker Season

Week 1

Gathering

The first week is used to greet players and get them with their team and to their assigned field. Coaches will have rosters and schedules and will meet players as they arrive at the field and help them find their assigned team. It is helpful to have two coaches per team with one greeting players as they walk up with their parents and the other coach greeting players on the specifically assigned field. Coaches should introduce themselves and get the kids to tell each other their names. Coach should also get the player to put on the correct color jersey as indicated on the schedule.

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag. As soon as your most of your team arrives, you can introduce the game of Freeze Tag. Freeze Tag is a game that can involve 4 or more kids and kids can join in as they come to the field. The game is played in a confined area with one player being designated as "It". All players have their soccer ball in their hands except for "It". "It" chases all the other players trying to tag them and "Freeze" them. The objective of the game is for "It" to "Freeze" all the other players. When a player is tagged they are to stop where they are and hold their ball over their head. They are "Frozen" and can't move unless another player who isn't "Frozen" tags them to unfreeze them. If tagged the "Frozen" player can rejoin the game and run around. If "It" tags everyone and they all become "Frozen" then the game is over and a new "It" is selected. If "It" is struggling to tag players then stop the game and pick a new "It" anyway. Adjust the space being used if "It" isn't having much success in catching and tagging the other players.

Warm-up and Skill Activity: Dribbling and turning – 10 – 15 minutes

Each week the same warm-up is to be used. The first activity is to have players begin with the ball at their feet and alternate touching the top of the ball with each foot. Rest after 30 seconds by placing one foot on top of the ball and rolling it back and forth toe to heel. Change feet and repeat. Repeat this activity several times. The second activity is to tap the ball side to side using the inside of each foot. Rest after 30 seconds by rolling the ball under the foot heel to toe.

Next is the game *Redlight – Greenlight* and the activity involves dribbling, turning and basic manipulation of the ball. The command *Greenlight* means for everyone to *Go* and the command *Redlight* means everyone *Stop* with their foot on top of the ball.

For week one, the warm-up will also serve as the Skill Activity as dribbling must be taught to do the warm-up exercise. We will explain the fundamentals of dribbling, soft touches with the part of the shoe just below the laces. Get the kids to touch that part of their shoe. Demonstrate the technique to be used. Also teaching stop by placing the bottom of the foot on top of the ball. Remind the group that *Greenlight* means *Go* and *Redlight* means *Stop*. Make sure they have their ball at their feet and then yell *Greenlight*. Encourage dribbling with soft touches. Yell *Redlight* for the group to stop. Again emphasize soft touches and keeping the ball close for those who have to chase their ball on *Redlight*. Alternate *Greenlight* and *Redlight* while demonstrating dribbling and stopping. As kids start to become disengaged then stop and introduce turning.

Yellowlight is introduced as the third command and is used to change what the kids are doing. After demonstrating turning with the inside of the foot, tell the kids that they should turn the ball when they hear *Yellowlight*. Start again with *Greenlight* and then do 3-4 *Yellowlights* reminding them to *Turn*. *Stop* the group with *Redlight* and teach the group turning with the outside of the foot. Start with *Greenlight* and use *Yellowlight* for *Turns* with the outside of the foot. *Stop* the group with *Redlight* and tell them to use either the inside or outside of their foot while making their *Turns* this time. Start again with *Greenlight* and end with *Redlight*.

The final *Redlight/Greenlight* is to change *Yellowlight* to *dribbling slowly* and *Greenlight* to *dribbling fast*. Start with *Greenlight* encouraging them to go fast and then *Yellowlight* to slow them down. Use *Redlight* to stop the group and tell them it's time to play soccer.

Coaching Points

- Use bottom of the laces area to make soft touches on the ball
- Use bottom of foot to stop ball
- Soft touches and keep ball close to ensure control
- Turn the ball with inside of the foot by reaching over the ball and cutting it
- Turn the ball with the outside of the foot by reaching beside the ball and chopping it
- *Greenlight* means *Go*, *Redlight* means *Stop* and *Yellowlight* means *do command*

The Match – 25-30 minutes

The match consists of two equal half's, usually 12 to 20 minutes long with a 2-3 minute half time. The match is 3v3 with no keeper. Red kicks off from the half line to start the match. The ball must go forward and the second touch must be by someone other than who kicked off. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. Goal kicks and corner kicks are taken from their appropriate spots. Defending team must always be 5 yards from the kick. All restarts are indirect – a goal may not be scored on the initial kick. After each goal, the restart is a kickoff by the team scored upon. Substitutions may be done at anytime, including on the fly. Blow whistle for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another. The score is not kept and all players must have equal playing time.

Week 2

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

This week the warm-up will repeat what was done the first session. Stationary touches on top of the ball with heel-toe as the rest period and the side to side tapping of the ball with heel-toe followed by stop and go dribbling and then using turns as the Yellowlight.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Start with Greenlight encouraging them to go fast and then Yellowlight to slow them down. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Shooting with the laces – 15 minutes

This weeks skill activity is to introduce shooting with the laces. Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players touch their laces so they know what part of the foot to strike the ball.

The first skill activity is to have the players take no step but to place their off foot right next to the ball, bend their knee and strike the ball with their shooting foot and follow through by landing on the shooting foot. Practice technique by shooting to the partner. Switch to off foot.

The second activity is to have the players take a step and place their off foot next to the ball, bend their knee and strike the ball remembering to follow through by landing on the shooting foot. Switch to off foot.

The U6's may also try a third activity. Have the players push the ball with the shooting foot, step, shoot and then land on the shooting foot. Switch to the off foot.

The last part of the session would be to add 2 cones to each pair of players half way between the lines to serve as goals to shoot to. The cones can be about 5 feet apart. Encourage the players to count the number of goals they score. Have them shoot with both feet.

Coaching Points

- Use laces not toes (if balls go off wildly then toes are being used)
- Off shooting foot placed right next to the ball
- Bend at the knee, do not use the full leg and hip motion
- Strike ball flat in the middle (if balls go in the air the player is getting under the ball)
- Land on the shooting foot to ensure good follow-through. Follow through means more power on the shot

With about 25-30 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 25-30 minutes

The match consists of two equal half's, usually 12 to 20 minutes long (depending on how much time is left in the hour) with a 2-3 minute half time. Red kicks off from the half line to start the match. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. . All restarts are indirect kicks – a goal may not be scored on the initial kick. The whistle will blow for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another.

Week 3

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

This week the warm-up will again repeat what was done the first session. Stationary touches on top of the ball with heel-toe as the rest period and the side to side tapping of the ball with heel-toe followed by stop and go dribbling and then using turns as the Yellowlight.

This week we will introduce **pulling the ball back with the bottom of the foot**. On Yellowlight, the player will stop the ball with the sole of their foot and then pull the ball backwards and alternate the use of each foot. After 3-4 pulls the player knocks the ball forward and dribbles again.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Start with Greenlight encouraging them to go fast and then Yellowlight to slow them down. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Receiving the ball – 15 minutes

This week's skill activity is to introduce **receiving the ball with the inside of the foot**. Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player per pair has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players touch the inside of their foot so they know what part of the foot to receive or "catch" the ball.

We will use last week's shooting activity as the means of serving the ball to be received. Players should use a one step approach and strike the ball with their laces as if they were shooting.

Have the players align themselves with the oncoming ball. The balance foot should be pointed towards the oncoming ball, knee slightly bent. Extend the receiving leg and foot toward the ball as it arrives. Keep receiving foot firm with toes up. Cushion the impact of the ball by withdrawing the leg as the ball arrives.

Return ball to partner by way of a one step shooting with the laces motion.

U6's Try having the player take a step or two towards the ball as they receive the ball – have them move towards the ball.

Coaching Points

- Align body with oncoming ball
- Position receiving foot sideways – keep firm
- Extend receiving leg to meet ball
- Contact ball on inside of receiving foot
- Withdraw receiving leg to cushion ball

With about 25-30 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 25-30 minutes

The match consists of two equal half's, usually 12 to 20 minutes long with a 2-3 minute half time. Red kicks off from the half line to start the match. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. All restarts are indirect kicks – a goal may not be scored on the initial kick. The whistle will blow for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another. The U6 teams playing on Field 3 should put the goals away.

Week 4

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**. Coach begins as the leader, dribbling around the field making simple turns, stopping, starting, and pulling the ball backwards. Leader may also do silly things like stopping the ball by sitting on it or dribbling with a body part other than the foot. Change leaders frequently and let every player lead.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

This week the warm-up will again repeat what was done the first session. Stationary touches on top of the ball with heel-toe as the rest period and the side to side tapping of the ball with heel-toe followed by stop and go dribbling and then using turns as the Yellowlight.

This week we will introduce **rolling the ball across the body with the bottom of the foot**. On Yellowlight, the player will stop the ball with the sole of their foot and then roll the ball sideways three times and then go back in the other direction using the other foot and then dribbles again.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Start with Greenlight encouraging them to go fast and then Yellowlight to slow them down. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Throw-ins – 10 minutes

This week's skill activity is to introduce **throw-ins** for restarts on balls played out of touch. Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player per pair has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players pick up the ball with both hands and place their hands on opposite sides of the ball.

Player's feet should be square or one foot in front of the other.

Player brings ball up and back over their head and then throws the ball while bending at the waist. Both feet must remain on the ground.

Player should aim to throw the ball to the ground in order for players to more easily receive the ball with their feet.

Receiving player should use last week's receiving technique to control the throw-in.

Coaching Points

- Both hands on the ball
- Position feet square or one foot in front of the other
- Bring ball over and back behind head
- Throw ball forward and while bending at the waist
- Both feet must remain on the ground. Have players who have problems cross their legs while

With about 35 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 35 minutes

The match consists of two equal halves with a 2-3 minute half time. Red kicks off from the half line to start the match. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. All restarts are indirect kicks – a goal may not be scored on the initial kick. **Throw-ins will be used for balls out of touch – repeat throw-in if not done properly**. The whistle will blow for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another.

Week 5

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**. Coach begins as the leader, dribbling around the field making simple turns, stopping, starting, and pulling the ball backwards. Leader may also do silly things like stopping the ball by sitting on it or dribbling with a body part other than the foot. Change leaders frequently and let every player lead.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

This week the warm-up will again repeat what was done the first session. Stationary touches on top of the ball with heel-toe as the rest period and the side to side tapping of the ball with heel-toe followed by stop and go dribbling and then using turns as the Yellowlight.

This week we will introduce the **pull-push move** with the ball. On Yellowlight, the player will stop the ball with the sole of their foot, pull it back towards them, slide the foot down behind the ball and push it forward again with the laces and then dribble again.

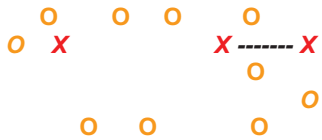
We now have Yellowlights that include core body warm-up (dancing on the ball), skill (turns), and ball manipulation (pull backwards, roll across the body and pull-push move).

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Dribbling and shooting through Gates– 10 minutes

This week's skill activity is to introduce **Gates** (pairs of cones 3 feet apart set randomly on the half field) for match-related dribbling and shooting to partner skill activities. Each half of the field will be set up with 4 or 5 pairs of flat cones with each pair of cones 3 feet apart.

○ = cone X = player



(each player has a ball for the dribbling activity and each set of partners has a ball for the shooting activity)

The **dribbling activity** will have each player with a ball and the object is to dribble through the pairs of cones (one way, can't double back and go through same pair again) as many times as possible in 1 minute. Encourage the players to move with speed and look to where they want to go to next. Have them count the number of gates they pass through and then ask who did how many. Point out who did the most. Repeat 2 more times, each time encouraging the players to do more.

The **shooting activity** will be done in pairs with each pair having one ball. Players begin by shooting with the laces through a gate to their partner who receives the ball with the inside of the foot and then dribbles to another gate and shoots the ball through to their partner who receives the ball with the inside of the foot and the process is repeated during the 1 minute time period. Ask the players how many "goals" they scored with the partner. Repeat 2-3 more times encouraging the pairs to speed up their play and score more goals.

Coaching Points

- Keep ball close while dribbling
- Head up while dribbling to see next set of gates
- Shoot with the laces
- Receive with the inside of the foot
- Talk to partner about which gates to move to next

With about 35 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 35 minutes

The match consists of two equal half's with a 2-3 minute half time. Red kicks off from the half line to start the match. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. All restarts are indirect kicks – a goal may not be scored on the initial kick. **Throw-ins will be used for balls out of touch – repeat throw-in if not done properly.** The whistle will blow for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another.

Week 6

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**. Coach begins as the leader, dribbling around the field making simple turns, stopping, starting, and pulling the ball backwards. Leader may also do silly things like stopping the ball by sitting on it or dribbling with a body part other than the foot. Change leaders frequently and let every player lead.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

Stationary touches on top of the ball and the side to side tapping of the ball can now become Yellowlight activities along with turns.

This week we will introduce the **stop-pull-turn and go in the opposite direction move** with the ball. On Yellowlight, the player will stop the ball with the sole of their foot, pull it back towards them, turn around on the pulling foot and push the ball forward with the other foot and dribble off in the opposite direction.

We now have Yellowlights that include core body warm-up (dancing on the ball), skill (turns), and ball manipulation (pull backwards, roll across the body, pull-push and stop-pull turn and go moves).

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Receive, dribble and shoot – 10 minutes

This week's activity is to use all the skills taught in two training exercises. The first is shoot to the coach and then shoot to the goal and the second is receiving a Throw-in, dribble and shoot.

Shoot – dribble - shoot

X = player C = coach] = goal

XXX
C]
XXX

Two lines of players with a ball alternate shooting the ball to the coach, coach lays off ball to the side and the play shoots on goal, retrieves ball and goes to back of the other line. Player shoots with left foot when in left line and right foot when in right line.

Receive – dribble – shoot

X = player T = player doing Throw-in] = goal

XXX
]

TTT

Two lines of players, one who will receive the ball and the other with a ball to do throw-ins. Player without the ball moves when the ball is throw-in and receives the ball with the inside of the foot, dribbles two or three touches and then shoots on goal. Player retrieves ball and goes to the back of the throw-in line. Throw in line starts on one touch line and then is moved to the other touch line in order to practice receiving with either foot.

Coaching Points

- Shoot with the laces, land on the shooting foot
- Keep ball close while dribbling
- Receive with the inside of the foot
- Keep both feet on the ground when throwing, both hands bring ball behind head, get ball down to ground

With about 35 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 35 minutes

Week 7

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**. Coach begins as the leader, dribbling around the field making simple turns, stopping, starting, and pulling the ball backwards. Leader may also do silly things like stopping the ball by sitting on it or dribbling with a body part other than the foot. Change leaders frequently and let every player lead.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

Stationary touches on top of the ball and the side to side tapping of the ball can now become Yellowlight activities along with turns.

This week we review every move we have learned during the previous weeks. We now have Yellowlights that include core body warm-up (dancing on the ball), skill (turns), and ball manipulation (pull backwards, roll across the body, pull-push and stop-pull turn and go moves).

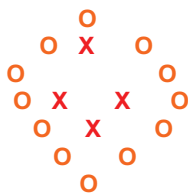
The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Kick Out and Bumper Cars

This week's activity is to use all the skills taught in two training exercises. The first is to control the ball while dribbling and kick other player's balls outside the circle and the second is to dribble and shoot to knock a player's ball outside the circle.

Kick Out

○ = cone X = player



Use cones to make a five yard wide circle. Each player has a ball and dribbles around in the circle trying to kick the other player's ball outside the circle. If player's ball goes outside the circle they must retrieve it and start again. Have players count how many balls they "kick out" in a minute. Regroup and repeat.

Bumper Cars

Use the same setup as the Kick Out game (adjust size of circle bigger if game was too easy or smaller if too hard). This time the players dribble and then shoot to knock a player's ball outside the circle. Ball must stay on the ground.

Coaching Points

- Keep ball close while dribbling
- Shoot with the laces, land on the shooting foot

With about 35 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 35 minutes

Weeks 8 and 9 – Use these sessions whenever your sessions run short due to other activities like photo day or the end of the season gathering.

Gathering Game – 5 minutes

The Gathering Game is **Follow the Leader**. Coach begins as the leader, dribbling around the field making simple turns, stopping, starting, and pulling the ball backwards. Leader may also do silly things like stopping the ball by sitting on it or dribbling with a body part other than the foot. Change leaders frequently and let every player lead.

Warm-up – 5 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball. The command Greenlight means for everyone to Go and the command Redlight means everyone Stop with their foot on top of the ball. Yellowlight is introduced as the third command and is used to change what the kids are doing.

Stationary touches on top of the ball and the side to side tapping of the ball can now become Yellowlight activities along with turns.

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The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

The Match – 30 minutes

Week 1 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag.

Warm-up and Skill Activity: Dribbling and turning – 10 – 15 minutes

The first activity is to have players begin with the ball at their feet and alternate touching the top of the ball with each foot. Rest after 30 seconds by placing one foot on top of the ball and rolling it back and forth toe to heel. Change feet and repeat. Repeat this activity several times. The second activity is to tap the ball side to side using the inside of each foot. Rest after 30 seconds by rolling the ball under the foot heel to toe.

Redlight – *Greenlight* and the activity involves dribbling, turning and basic manipulation of the ball. The command *Greenlight* means for everyone to Go and the command *Redlight* means everyone Stop with their foot on top of the ball.

Yellowlight is introduced as the third command and is used to change what the kids are doing. After demonstrating turning with the inside of the foot, tell the kids that they should turn the ball when they hear *Yellowlight*.

Coaching Points

- Use bottom of the laces area to make soft touches on the ball
- Use bottom of foot to stop ball
- Soft touches and keep ball close to ensure control
- Turn the ball with inside of the foot by reaching over the ball and cutting it
- Turn the ball with the outside of the foot by reaching beside the ball and chopping it
- *Greenlight* means Go, *Redlight* means Stop and *Yellowlight* means do command

The Match – 25-30 minutes

The match consists of two equal half's, usually 12 to 20 minutes long with a 2-3 minute half time. The match is 3v3 with no keeper. Red kicks off from the half line to start the match. The White team must be 5 yards from the ball at kickoff. All balls out of touch will be played by a kick-in. Goal kicks and corner kicks are taken from their appropriate spots. Defending team must always be 5 yards from the kick. All restarts are indirect – a goal may not be scored on the initial kick. After each goal, the restart is a kickoff by the team scored upon. Substitutions may be done at anytime, including on the fly. Blow whistle for half and at the end of the match. The teams should switch ends of the field for the second half and White kicks off. After the match, teams line up to congratulate one another. The score is not kept and all players must have equal playing time.

Week 2 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag.

Warm-up – 7- 10 minutes

Redlight – *Greenlight*. Repeat what was done the first session. Stationary touches on top of the ball with heel-toe as the rest period and the side to side tapping of the ball with heel-toe followed by stop and go dribbling and then using turns as the *Yellowlight*.

The final *Redlight*/*Greenlight* is to change *Yellowlight* to dribbling slowly and *Greenlight* to dribbling fast. Start with *Greenlight* encouraging them to go fast and then *Yellowlight* to slow them down. Use *Redlight* to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Shooting with the laces – 15 minutes

Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players touch their laces so they know what part of the foot to strike the ball.

Coaching Points

- Use laces not toes (if balls go off wildly then toes are being used)
- Off shooting foot placed right next to the ball
- Bend at the knee, do not use the full leg and hip motion
- Strike ball flat in the middle (if balls go in the air the player is getting under the ball)
- Land on the shooting foot to ensure good follow-through. Follow through means more power on the shot

The Match – 25-30 minutes

Week 3 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is Freeze Tag.

Warm-up – 7- 10 minutes

This week the warm-up will again repeat what was done the first session. .

Introduce **pulling the ball back with the bottom of the foot**.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast.

Skill Activity: Receiving the ball – 15 minutes

This week's skill activity is to introduce **receiving the ball with the inside of the foot**. Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player per pair has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players touch the inside of their foot so they know what part of the foot to receive or "catch" the ball.

Coaching Points

- Align body with oncoming ball
- Position receiving foot sideways – keep firm
- Extend receiving leg to meet ball
- Contact ball on inside of receiving foot
- Withdraw receiving leg to cushion ball

The Match – 25-30 minutes

Week 4 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**.

Warm-up – 7- 10 minutes

This week the warm-up will again repeat what was done the first session.

Introduce **rolling the ball across the body with the bottom of the foot**.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast.

Skill Activity: Throw-ins – 10 minutes

This week's skill activity is to introduce **throw-ins** for restarts on balls played out of touch. Each half of the field will be set up with two rows of 4 flat cones about 5 yards apart. The players will be put in between the cones in each row facing one another as partners. Only one player per pair has a ball.

○ = cone X = player

○ X ○ X ○ X ○

○ X ○ X ○ X ○ (this line has a ball)

Begin by having the players pick up the ball with both hands and place their hands on opposite sides of the ball.

Coaching Points

- Both hands on the ball
- Position feet square or one foot in front of the other
- Bring ball over and back behind head
- Throw ball forward and while bending at the waist
- Both feet must remain on the ground. Have players who have problems cross their legs while

The Match – 35 minutes

Week 5 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**.

Warm-up – 7- 10 minutes

Introduce the **pull-push move** with the ball.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Dribbling and shooting through Gates– 10 minutes

This week's skill activity is to introduce **Gates** (pairs of cones 3 feet apart set randomly on the half field) for match-related dribbling and shooting to partner skill activities. Each half of the field will be set up with 4 or 5 pairs of flat cones with each pair of cones 3 feet apart.

○ = cone X = player



(each player has a ball for the dribbling activity and each set of partners has a ball for the shooting activity)

The **dribbling activity** will have each player with a ball and the object is to dribble through the pairs of cones (one way, can't double back and go through same pair again) as many times as possible in 1 minute.

The **shooting activity** will be done in pairs with each pair having one ball. Players begin by shooting with the laces through a gate to their partner who receives the ball with the inside of the foot and then dribbles to another gate and shoots the ball through to their partner who receives the ball with the inside of the foot and the process is repeated during the 1 minute time period. Ask the players how many "goals" they scored with the partner. Repeat 2-3 more times encouraging the pairs to speed up their play and score more goals.

Coaching Points

- Keep ball close while dribbling
- Head up while dribbling to see next set of gates
- Shoot with the laces
- Receive with the inside of the foot
- Talk to partner about which gates to move to next

The Match – 35 minutes

Week 6 Training Session Notes:

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**.

Warm-up – 7- 10 minutes

Introduce the **stop-pull-turn and go in the opposite direction move** with the ball. On Yellowlight, the player will stop the ball with the sole of their foot, pull it back towards them, turn around on the pulling foot and push the ball forward with the other foot and dribble off in the opposite direction.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Receive, dribble and shoot – 10 minutes

This week's activity is to use all the skills taught in two training exercises. The first is shoot to the coach and then shoot to the goal and the second is receiving a Throw-in, dribble and shoot.

Shoot – dribble - shoot

X = player **C** = coach **] = goal**

XXX
XXX **C** **]**

Two lines of players with a ball alternate shooting the ball to the coach, coach lays off ball to the side and the player shoots on goal, retrieves ball and goes to back of the other line. Player shoots with left foot when in left line and right foot when in right line.

Receive – dribble – shoot

X = player **T** = player doing Throw-in **] = goal**

XXX
]

TTT

Two lines of players, one who will receive the ball and the other with a ball to do throw-ins. Player without the ball moves when the ball is throw-in and receives the ball with the inside of the foot, dribbles two or three touches and then shoots on goal. Player retrieves ball and goes to the back of the throw-in line. Throw in line starts on one touch line and then is moved to the other touch line in order to practice receiving with either foot.

Coaching Points

- Shoot with the laces, land on the shooting foot
- Keep ball close while dribbling
- Receive with the inside of the foot
- Keep both feet on the ground when throwing, both hands bring ball behind head, get ball down to ground

The Match – 35 minutes

Week 7 Training Notes:

Gathering Game – 10 minutes

The Gathering Game is **Follow the Leader**.

Warm-up – 7- 10 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball.

This week we review every move we have learned during the previous weeks. We now have Yellowlights that include core body warm-up (dancing on the ball), skill (turns), and ball manipulation (pull backwards, roll across the body, pull-push and stop-pull turn and go moves).

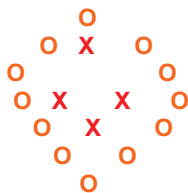
The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

Skill Activity: Kick Out and Bumper Cars

This week's activity is to use all the skills taught in two training exercises. The first is to control the ball while dribbling and kick other player's balls outside the circle and the second is to dribble and shoot to knock a player's ball outside the circle.

Kick Out

○ = cone X = player



Use cones to make a five yard wide circle. Each player has a ball and dribbles around in the circle trying to kick the other player's ball outside the circle. If player's ball goes outside the circle they must retrieve it and start again. Have players count how many balls they "kick out" in a minute. Regroup and repeat.

Bumper Cars

Use the same setup as the Kick Out game (adjust size of circle bigger if game was too easy or smaller if too hard). This time the players dribble and then shoot to knock a player's ball outside the circle. Ball must stay on the ground.

Coaching Points

- Keep ball close while dribbling
- Shoot with the laces, land on the shooting foot

With about 35 minutes left in the hour session, stop the skill activity and play soccer.

The Match – 35 minutes

Weeks 8 and 9 Training notes:

Use these sessions whenever your sessions run short due to other activities like photo day or the end of the season gathering.

Gathering Game – 5 minutes

The Gathering Game is **Follow the Leader**.

Warm-up – 5 minutes

It is the game Redlight – Greenlight and the activity involves dribbling, turning and basic manipulation of the ball.

This week we review every move we have learned during the previous weeks.

The final Redlight/Greenlight is to change Yellowlight to dribbling slowly and Greenlight to dribbling fast. Use Redlight to stop the group and tell them it's time to move to the Skill Activity.

The Match – 30 minutes