

Pre-K & Kindergarten

Drills & Games

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Let's establish fundamentals and provide a fun environment!

Pick 1 skill to focus on for the day.

Warm up Ideas:

1. Body Part Tag:

While dribbling the ball with their feet, have the players stop the ball with various parts of the body (by calling out 'foot', 'back', 'tummy' etc.) while the ball is on the ground.

2. Red Light Green Light:

Coach or Parent is the light. Kids start on opposite end of the field. Players must obey lights to make their way to the other side of the field.

3. Dribble Relay:

The basic game is Team 'A' racing team 'B' by dribbling through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate.

One variation is to have a small 'square' at the end. The children have to stop the ball in the square, then sprint back and high-five the next player before he/she can start. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race – and award points to the player that sees it and correctly yells out the number first. This encourages the children to play with their heads up.

4. Tag:

Mark off a grid or circle. Everybody has a ball or start with no ball. Whoever is "it" must dribble to another player and tag her. The other players avoid being tagged by dribbling away from "it." If the player being chased loses her ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.

5. I can do this, can you?

Coach should come up with a short list of activities such as skipping, one legged hops, star jumps, log rolls, push-ups etc.

Coach should start by asking the players "I can do (activity) can you?"

Coach should demonstrate to the players the activity and have the players do the same – make it fun!

Passing Game Ideas:

1. The Name Game:

Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they (and you!) learn everyone's names. If the players are doing well and you have enough players, add additional balls.

2. Cones vs. Kids:

Have kids stand in a circle and place cones inside the circle. When they pass the ball to each other, they try to knock the cones down.

3. Eggs in a Basket:

Scatter soccer balls all over the field. Have players kick all the balls into the goal as quickly as they can. Kids love being timed at this game so they can try to beat their best time.

4. Clean my Yard:

Divide the team into two groups and have them stand on opposite sides of the field. Give each kid a ball and have them try to kick their ball into the other group's yard. Kids will have a blast trying to keep their yard clean, and play continues until all the balls have been kicked out of the yards.

5. Ouch:

-Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach.

-The coach should yell "ouch" each time they are hit to make the game more exciting.

Progressions:

The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)

6. Soccer Ball Smash:

-Pair up each of the players and make sure each player has a ball.

-Two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

-Instruct player 1 to pass their ball forward. After player 1's ball stops moving, player 2 then passes their ball at player 1's ball in an attempt to hit player 1's ball.

-If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously.

-Each time a player hits their opponents ball, they collect a point – first player to 5 wins

7. Hitters and Dodgers:

-Have a ball prepared for each player, but only 3 players start off with the balls, place remaining balls outside the playing area.

-3 players are called the “hitters” instruct them to dribble inside the grid and attempt to pass the ball to any of the “dodgers” and hit them with the ball.

-The dodgers are attempting to avoid being hit by the hitters

-If a dodger is hit, he must collect a ball from the extra balls outside the playing area and join the hitters

-Last player standing wins

Dribbling Game Ideas:

1. Pirates of the Caribbean:

-To set-up you will need a cone for the kids to stand behind to begin. You will then need cones down the other end to act as the treasure!

-Tell the young players that this game is "...a fun game called pirates of the Caribbean. What noise do pirates make?" The kids will make an 'arghhh' noise. Then you need to tell them that pirates love treasure and the treasure is down the other end of the island.

-The kids will need to go one at a time and pick up one piece of treasure (cone/pinney) and bring it back to the pirate ship.

-To get the young 3 and 4 year olds to understand this game, play the first round without soccer balls.

-The second time they should kick a soccer ball down with them.

2. Foxes and Chickens:

-The aim for this soccer drill is for the young players to get the tail (pinney or extra pieces of clothing) from the parents. The parents act as the chickens and the kids are the foxes.

-The parents will need to put a pinney half tucked into the back of their pants/shorts.

-The kids have to chase after them and remove the pinney (acting as a tail).Once the kids have all of the pinneys the game ends.

-If there is a really fast parent then all of the foxes can aim to get the last chicken's tail!

3. Sleeping Bear:

You will need the kids lined up next to one another with a soccer ball each at their feet. The coach or a parent will act as the sleeping bear down the other end of the marked out area.

This game is all about getting the kids to take little touches of the soccer ball.

- The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping bear (who will be pretending to sleep talk) will respond with either one-o'clock, two-o'clock, three-o'clock or four-o'clock.

-If the bear says three-o'clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear.

-The bear will then wake-up and chase the kids back to where they started.

4. Shark Island:

Players try to dribble their ball from one safe zone to the other without losing it to the "sharks". If a player's ball is stolen or kicked away by one of the "sharks" he/she becomes a shark too. Play until there is one dribbler left.

5. Red light green light:

The players each start with a ball close at their feet in a coned-off section of the field. When the coach calls out "Green Light," players dribble around the area in any way they choose. Because they will run into the path of other kids, and the edge of the field of play, they will have to change direction and make turns. When the coach calls out "red light," the kids all have to stop their ball as quickly as possible. This improves reaction time and also promotes dexterity in their footwork. Be sure to have kids use both the left foot and the right foot.

6. Stop and go:

Mark off a small area with cones and have the child dribble around inside the area.

Call out "stop!" and have them stop the ball with their foot.

Then call out "go!" and have them start dribbling again.

7. The Greeting Game:

-Each of the players are inside the playing area, all players have a ball and dribble around. When dribbling keep the ball close and don't run into other players.

-The coach calls out various types of greetings, which each player then must carry out with others.

-shake hands

-high fives (one hand / two hands)

-stand shoulder to shoulder

-stand back to back

-touch a foot

Scrimmage

It is important for kids learning to play soccer to play an actual game. However, in kindergarten, most kids are still working on the skills they need to be part of a team. Emphasize fun and teamwork and do not keep score. Use scrimmage time to help them understand basic concepts such as where field boundaries are, how to kick in, and how to pass to teammates. Facilitate goal-scoring to build players' confidence and boost their excitement.