







## Pre& K-1 Week 1 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up: 5min</b>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		
<p><b>Water Break</b></p>		
<p><b>Body Part Dribble: 10Min</b>  <b>(Movement Education and Coordination):</b>            All players dribbling a soccer ball. The coach calls out a body part (elbow! - knee!) And the players then stop their ball with that part of the body.  <b>Coach:</b> Vary the body parts, number of body parts he calls out, and rate at which he calls them out</p>		<ul style="list-style-type: none"> <li>-Are most of the players engaged in the activity?</li> <li>-Are the players balanced and coordinated to perform the activity?</li> <li>-Are the players using different surfaces of their feet to dribble?</li> <li>-Are the players keeping the ball close to themselves?</li> </ul>
<p><b>Water Break</b></p>		
<p><b>Sharks &amp; Minnows 15min</b>            In a 15Wx20L yard grid, the dribblers(minnows) will try to cross the field by eluding the sharks. Place 2 sharks inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross field. As soon as one gets to the opposite line the next dribbler waiting goes. If the shark dispossesses the dribbler he/she switches with the Shark</p>		<ul style="list-style-type: none"> <li>-When are the players using their laces to dribble?</li> <li>-Where are the players using a fake?</li> </ul> <p><b>Player Challenges:</b></p> <ul style="list-style-type: none"> <li>-Am I protecting the ball from the Sharks?</li> <li>-When should I use a fake to get around the Sharks?</li> </ul>
<p><b>Small Sided Game 20min</b>            4v4</p>		





## Pre& K-1 Week 2 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		<ul style="list-style-type: none"> <li>-Ankle locked, toe-down.</li> <li>-Weight under the ball.</li> <li>-No spin on the ball.</li> </ul>
<b>Water Break</b>		
<p><b>3 Surfaces:</b> <span style="float: right;"><b>10min</b></span>            Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces or Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p><b>The sequence are:</b></p> <ul style="list-style-type: none"> <li>o Outside of the foot touch - Inside of the foot touch - Laces (push)</li> <li>o Outside of the foot touch - Inside of the foot touch - Bottom</li> </ul>		<ul style="list-style-type: none"> <li>-Are the players engaged in the activity?</li> <li>-Can the players use their outside-inside-laces-bottom of their feet?</li> <li>-Are they keeping the ball close to their feet?</li> <li>-Are the players talking to their feet?</li> </ul>
<b>Water Break</b>		
<p><b>Red Light/Green Light:</b> <span style="float: right;"><b>10min</b></span>            All players are dribbling freely in a 15Wx20L yard grid. When the coach says “<b>red light</b>” the players must stop and put their foot on the ball. When the coach says “<b>yellow light</b>” the players must dribble slowly, and when the coach says “<b>green light</b>” the players must dribble fast.</p> <p><b>Coach:</b> Control the frequency of light changes.</p> <p><b>Variation 2:</b> Now the colors are the surfaces: <b>Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop</b></p>		<ul style="list-style-type: none"> <li>-Are the players using both feet to dribble?</li> <li>-Are the players coming up with the different colors and tasks to perform?</li> <li>-Are the players able to stop the ball almost immediately on red light?</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		





## Pre& K-1 Week 3 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		
<p><b>Water Break</b></p>		
<p><b>Paint the Field Dribbling:</b> <span style="float: right;"><b>10min</b></span>            All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Coach:</b> Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p><b>Variation 2:</b> Ask the players to dribble only with the left foot, then with the right foot</p>		<ul style="list-style-type: none"> <li>-Are the players moving around the entire area?</li> <li>-Are they making different shapes with the ball?</li> <li>-What shapes can players suggest to create with the ball?</li> <li>-Are the players engaged in the activity?</li> </ul>
<p><b>Water Break</b></p>		
<p><b>Get “Outta” There with Numbers:</b> <span style="float: right;"><b>10min</b></span>            The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.</p> <p><b>Coach:</b> Can make the games 1v1, 2v2 and 3v3.</p>		<ul style="list-style-type: none"> <li>-Are the players getting around a defender?</li> <li>-Are the players working with their teammate?</li> <li>-Are the players:              Dribbling into the goal? - Good              Passing into the goal? - Better              Shooting at goal? - Best</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare</li> </ul>





## Pre& K-1 Week 4 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Simon Says or Coach Says            Using oral commands activates the player's body and mind.            -After a few minutes of Simon/Coach says, introduce the ball and continue with ball related Simon/Coach says</p>		<p>-Be Creative</p>
<b>Water Break</b>		
<p><b>Retrieve:</b> <span style="float: right;"><b>10min</b></span>            The coach begins with all the balls. He throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back by using their hands in some fashion; such as, rolling the ball with their hands, or bouncing the ball with two hands. After the children get the idea that they are to bring the ball back to coach then the coach has the children bring the ball back using their feet.</p>		<p>-The purpose of the activity is to encourage the children to move toward a target.            First, by bringing the ball with their hands and then with their feet.</p>
<b>Water Break</b>		
<p><b>Sharks &amp; Minnows</b> <span style="float: right;"><b>10min</b></span>            In a 15Wx20L yard grid, the dribblers(minnows) will try to cross the field by eluding the sharks. Place 2 sharks inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross field. As soon as one gets to the opposite line the next dribbler waiting goes. If the shark dispossesses the dribbler he/she switches with the Shark</p>		<p>-When are the players using their laces to dribble?            -Where are the players using a fake?</p> <p><b>Player Challenges:</b>            -Am I protecting the ball from the Sharks?            -When should I use a fake to get around the Sharks?</p>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		



## Pre& K-1 Week 5 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		
<p><b>Water Break</b></p> <p><b>Paint the Field Dribbling:</b> <span style="float: right;"><b>10min</b></span>            All players will dribble their soccer ball in a 15Wx20L yard grid pretending that is a paintbrush and wherever it rolls it is painting the field. The players will try to paint as much of the area as possible in the time allotted.</p> <p><b>Coach:</b> Have the players write their names with the “Paintbrush” (Ball) can they “paint” different shapes? How big can they paint the shapes?</p> <p><b>Variation 2:</b> Ask the players to dribble only with the left foot, then with the right foot</p>		<ul style="list-style-type: none"> <li>-Are the players moving around the entire area?</li> <li>-Are they making different shapes with the ball?</li> <li>-What shapes can players suggest to create with the ball?</li> <li>-Are the players engaged in the activity?</li> </ul>
<p><b>Water Break</b></p>		
<p><b>Gate Passing:</b> <span style="float: right;"><b>10min</b></span>            In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.</p> <p><b>Coach:</b> Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.</p>		<ul style="list-style-type: none"> <li>-What part of the foot are they using to pass and receive the ball?</li> <li>-When can you tell they are working together?</li> <li>-Who needs help?</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare</li> </ul>


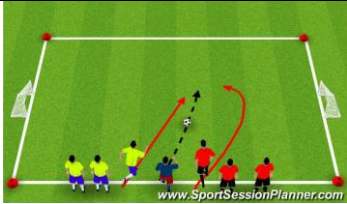


## Pre& K-1 Week 6 Session

<u>Activity</u>	<u>Diagram</u>	<u>Coaching Point</u>
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Simon Says or Coach Says            .Using oral commands activates the player's body and mind.            -After a few minutes of Simon/Coach says, introduce the ball and continue with ball related Simon/Coach says</p>		
<b>Water Break</b>		
<p><b>3 Surfaces:</b> <span style="float: right;"><b>10min</b></span>            Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces or Bottom. Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.  <b>The sequence are:</b>            o Outside of the foot touch - Inside of the foot touch - Laces (push)            o Outside of the foot touch - Inside of the foot touch - Bottom</p>		<ul style="list-style-type: none"> <li>-Are the players engaged in the activity?</li> <li>-Can the players use their outside-inside-laces-bottom of their feet?</li> <li>-Are they keeping the ball close to their feet?</li> <li>-Are the players talking to their feet?</li> </ul>
<b>Water Break</b>		
<p><b>Combat 1:</b> <span style="float: right;"><b>10min</b></span>            The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.            The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p>		<ul style="list-style-type: none"> <li>-Do the players have the ball within a couple steps of their feet?</li> <li>-Are they pushing the ball with their laces over distance?</li> <li>-Are they comfortable doing this with both feet?</li> <li>-Are they avoiding collisions and then stopping it under control?</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare</li> </ul>





## Pre& K-1 Week 7 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		
<p><b>Trees:</b> <span style="float: right;"><b>10min</b></span>            In a 15yd x 15yd grid, set up several cones(Trees).            Each player has ball and dribbles around within grid.            On Coaches command players shoot at Trees trying knock them over. If successful player must put tree back up and play continues</p>		<ul style="list-style-type: none"> <li>-Using instep to shoot/pass at target</li> <li>- Keeping Head up to know where targets are</li> </ul>
<p>Water Break</p>		
<p><b>Get “Outta” There with Numbers:</b>  <b>10min</b>            The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two (one) small goals on each end line. The coach calls out a number (s), serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells “Get outta there”.  <b>Coach:</b> Can make the games 1v1, 2v2 and 3v3.</p>		<ul style="list-style-type: none"> <li>-Are the players getting around a defender?</li> <li>-Are the players working with their teammate?</li> <li>-Are the players:              Dribbling into the goal? - Good              Passing into the goal? - Better              Shooting at goal? - Best</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare</li> </ul>




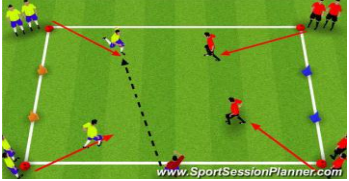
## Pre& K-1 Week 8 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.            1. Have players run forward and backward between them.            2. Hop on Right Leg, Hop on Left Leg            3. Ask them to shuffle sideways, back and forth between the cones.            4. Have the players skip forward and backward. This is difficult</p>		
<b>Water Break</b>		
<p><b>Red Light/Green Light:</b> <span style="float: right;"><b>10min</b></span>            All players are dribbling freely in a 15Wx20L yard grid. When the coach says “<b>red light</b>” the players must stop and put their foot on the ball. When the coach says “<b>yellow light</b>” the players must dribble slowly, and when the coach says “<b>green light</b>” the players must dribble fast.  <b>Coach:</b> Control the frequency of light changes.  <b>Variation 2:</b> Now the colors are the surfaces: <b>Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop</b></p>		<ul style="list-style-type: none"> <li>-Are the players using both feet to dribble?</li> <li>-Are the players coming up with the different colors and tasks to perform?</li> <li>-Are the players able to stop the ball almost immediately on red light?</li> </ul>
<b>Water Break</b>		
<p><b>Bandits 1:</b> <span style="float: right;"><b>10min</b></span>            Select 1or 2 players to be the Bandits. Their mission is to get any dribblers’ ball, once the bandit gets a ball the player without the ball becomes the new bandit.  <b>Variation:</b> When the bandit gets a ball, he/she must dribble it outside the grid. The player that lost the ball can regain it back, but after the ball goes outside the player becomes another bandit.</p>		<ul style="list-style-type: none"> <li>-Are the players changing direction?</li> <li>-Are the players protecting/shielding the ball?</li> <li>-Do they know what part of the foot to use when running with the ball?</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare</li> </ul>





## Pre& K-1 Week 9 Session

Activity Description	Diagram	Coaching Points
<p><b>Warm-up:</b> <span style="float: right;"><b>5min</b></span>            Various Coordination Activities            Set down two rows of cones 5 yds. apart.</p> <ol style="list-style-type: none"> <li>1. Have players run forward and backward between them.</li> <li>2. Hop on Right Leg, Hop on Left Leg</li> <li>3. Ask them to shuffle sideways, back and forth between the cones.</li> <li>4. Have the players skip forward and backward. This is difficult</li> </ol>		
<b>Water Break</b>		
<p><b>4 Surfaces:</b> <span style="float: right;"><b>10min</b></span>            Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.            The sequence is:            o Outside of the foot touch - Inside of the foot touch - Laces (push) and Stop with bottom of the foot and Change foot</p>		<ul style="list-style-type: none"> <li>-Are the players changing directions?</li> <li>-Are the players using all of the surfaces of their foot?</li> <li>-Can the players use a different sequence?</li> <li>-Are the players constantly moving?</li> <li>-Are they engaged in the activity?</li> </ul>
<b>Water Break</b>		
<p><b>4 Corner Shooting Without Goalkeepers:</b> <span style="float: right;"><b>10min</b></span>            In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field. Players need to get off the field quickly and get back in line.</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to shoot at every opportunity.</li> <li>-Are the players changing directions?</li> <li>-Are they changing speeds?</li> <li>-Are they engaged and having fun?</li> </ul>
<p><b>Small Sided Game</b> <span style="float: right;"><b>20min</b></span>            4v4</p>		<ul style="list-style-type: none"> <li>-Look to shoot early.</li> <li>-Encourage players to take shots from farther out.</li> <li>-Do not stop the ball before shooting.</li> <li>-Shoot a moving ball.</li> <li>-Positive first touch to prepare for shooting.</li> </ul>