

Some helpful reminders about children this age:

- ☆ Short attention span. High imagination.
- ☆ Understands only simple rules.
- ☆ Individually oriented (me – my – mine).
- ☆ Constantly in motion. Love to run and jump.
- ☆ Easy fatigue – rapid recovery.
- ☆ Little or no concern for team activities.
- ☆ No sense of pace (goes flat out)



Some helpful 'crowd management' ideas:

- ☆ Don't have the players stand in long lines or wait too long to be involved in the activity. Instead of 2 lines with 10 players in a line; make 5 lines with 4 players in each line.
- ☆ Use colored pennies (vests, bibs) to distinguish teams or groups of players. It makes it easier for the players and easier for the coaches.
- ☆ Whenever you want to speak with the group of players, take all the soccer balls away from players.
- ☆ **When you arrive at the field, mark out the area you will be using, for whatever activities you will be doing, in advance.**
- ☆ ***To get the activity restarted, to get the players to come to you, to get whatever you want done quickly - use the countdown method. Just start counting 5, 4, 3, 2, 1.***
- ☆ Sometimes, a player will not be too interested in playing the game you have set up. They may want to do their own thing with their own ball. As long as they are safe, give them the time to do so. You can tell them "come back and join in whenever you want."
- ☆ *To really be sure that the players understand the rules and objectives of the activity – ask them to tell you what they should be doing. "Which goal are you trying to score in?"*

Activities:

“Hey! Look what I can do!”

All players in an area, coaches show what they can do – players try to do it (hopping, skipping, balance, movement activities). Players come up with some things they can do.

“Can you do it?” – “Show me”

- Things I can do without a ball
- Things I can do with a ball

“Go Get It!”

- Each player with a ball.
- Bring it to the coach, hand it to the coach & coach throws it out.
- Player must go get the ball & bring it back.
- Bring it back as fast as they can, using only:
 - 1 hand
 - 1 hand and 1 elbow
 - 1 hand, 1 thumb and 1 knee
 - Using only their feet – soccer dribbling
- Coaches on the move

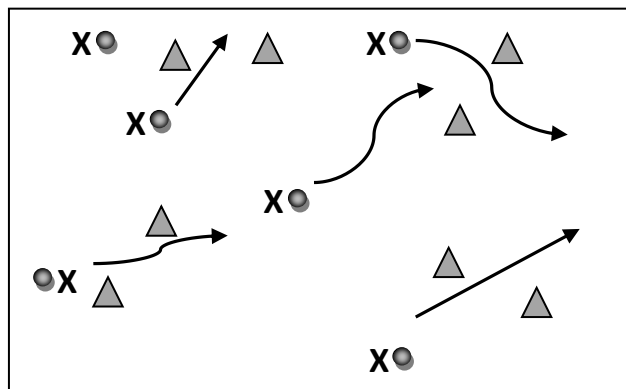
Helpful Hint:

- ✓ For any of these activities, set up 2 or 3 or 4 areas. Each coach can have an area with 8-10 kids. *Much better than 28 pre-k kids in one area!*
- ✓ You can also show the activity in 1 area (demo group) and then the kids & coach go to their own area to do it.

Use lots of cones to mark out your area. Disc cones for lines; tall cones for

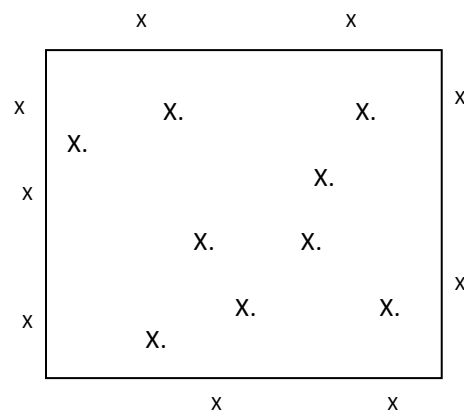
“Doorways”

- Each player with a ball, inside a grid.
- Free dribbling, finding open space, all surfaces.
- Set pairs of cones “doorways” around the grid.
 - 1) Players dribble through the doorways for 30 seconds. Stop & demonstrate. Repeat.
 - 2) Coach stands in a doorway to close it. Players must go to a different doorway.



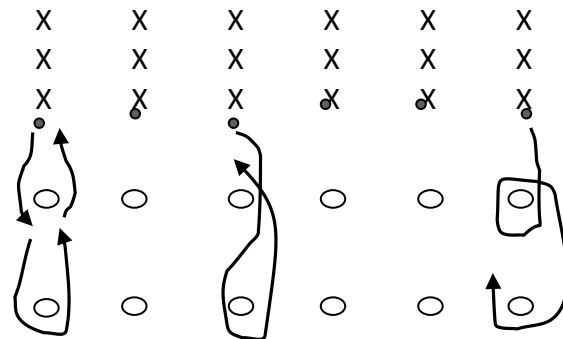
“Magic Square”

- All players with a ball each inside a big square.
 - Parents standing around the sides of the square.
1. Players dribble around – then return to “home base”. Back to the middle until the call **“Home Base!”**
 2. Parent rolls the ball out; player runs to get it & dribbles it back. Parent rolls it out again.
 3. Parent throws the ball in air; player controls it & dribbles it back. Parent throws it in the air again.



“Crazy, Mixed-up Relay Races”

- Lines of players (no more than 3 on each team) with 1 ball at the front of each line.
- 1st player goes, then the next, then the last.
- 1st team back to starting position is the winner (or just keep going)
- Complete 3 or 4 races.

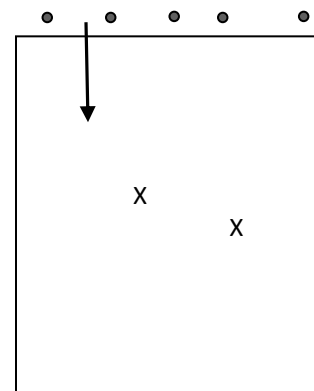


- 1st race – ball in hand, carry it around 2nd cone & back.
- 2nd race – dribble to 2nd cone, pick up ball & carry it back
- 3rd race – dribble to 2nd cone & back
- 4th race – Whatever you want to make up

“Sharks & Minnows”

(or do you prefer “Foxes & Rabbits”?)

- Have all players line up on one end of a field. These are the “minnows”. Each has a ball.
- Select 2 “sharks”. They stand in the middle of the field.
- On the command, the minnows try to dribble their soccer ball from one end of the field to the other.
- Watch out for sharks! The sharks try to kick the soccer balls outside of the field. If a ball goes out, it is out.
- If a minnow’s ball gets kicked out, they become a shark and try to help the sharks the next turn.
- If a minnow makes it all the way to the other end, they are safe. They wait for the next round.
- Wait for that turn to end, see how many sharks there are, and then send the minnows back the other way. **Last 2 minnows get to start as sharks for the next game.



“Edge of the World”

- Each player with a ball on one side of the field.
- Players try to kick the ball to stop on the opposite line – but using only the **exact** number of kicks the coach says. “Try to kick it to the other line using only.....”

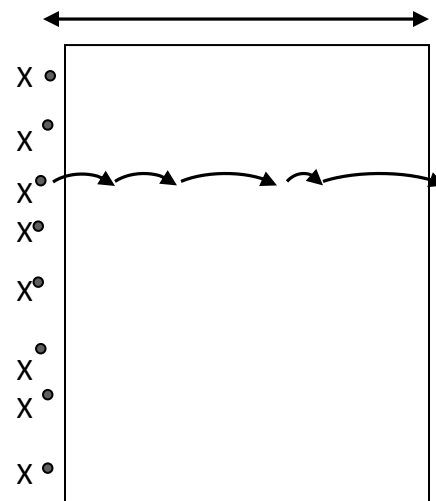
6 kicks

4 kicks

2 kicks

10 kicks

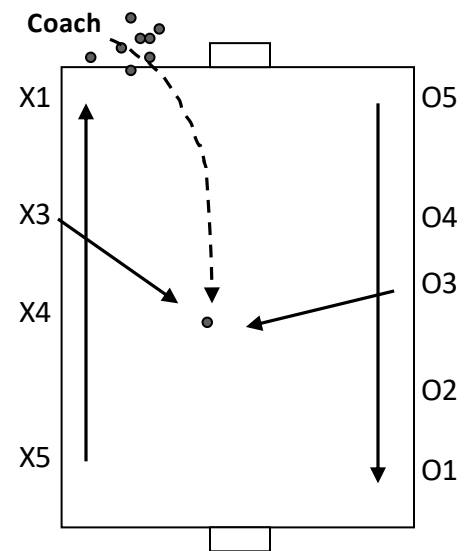
Once they get to the other side, tell them how many kicks they need to use to come back. Alternate feet!



“Line Soccer”

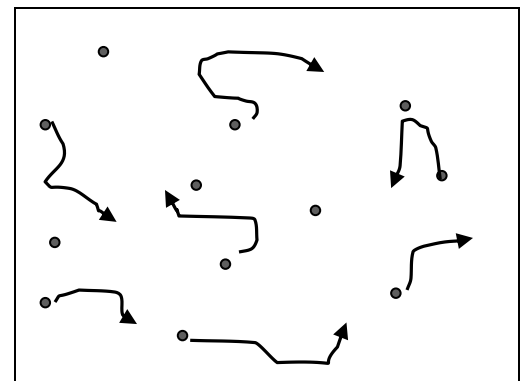
- Divide the players into 2 teams (or 4 teams on 2 fields).
- Make small goals at each end of the field.
- Line each team up along the sideline of the field. X's and O's
- Give each player on a team a number, 1 – ??
- Players should be numbered in the opposite direction.
- One team is going for one goal; the other team is going the other way. *Make sure they all know.*
- Coach has all the balls in one corner of the field.
- As the coach rolls out a ball, he/she shouts a number - “3!”
- The number 3's from both teams run out to play 1 vs 1.
- When the ball goes out, or in the goal, players return to their team.
- Coach calls out another number.

**players on the side can keep the ball in and kick it to their teammate*



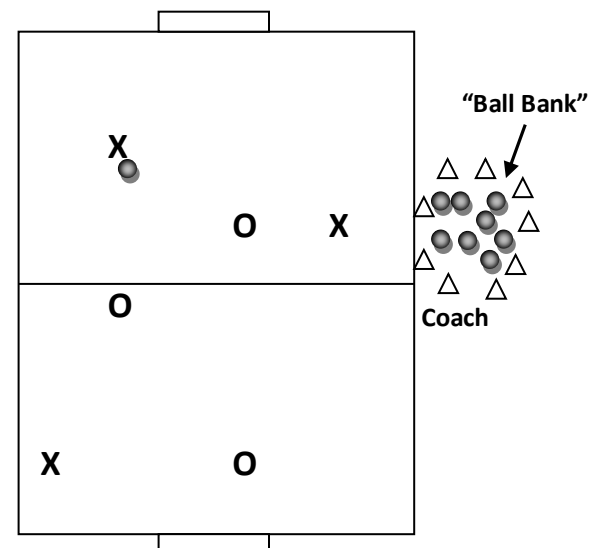
“Dribble Tag”

- Each player has a soccer ball and is inside a marked area.
- Players are dribbling freely, trying to control the ball and find some open space
- When the coach yells, “GO!” each player tries to tag the other players. All players must keep their ball at their foot, dribbling around as they try to tag other players.
- Players can keep points for each person they tag in 1 minute.



MAIN GAME 3 vs 3 or 4 vs 4 – “Boss of the Balls!”

- Two teams, each defending a goal. no GK
- Coach with all the balls – “Boss of the Balls”
- As a ball goes out of play – players leave it; coach serves in another one.
- Coach can impact the game by serving a ball to a “good” place – involve a player, etc.
- As all the balls are gone – players bring them back to start the next game.
- Begin with coach serving 3, 4 & 5 balls into play. Gradually reduce balls to 1 & regular game



3v3 (maybe 4v4) games should be done at the end of every session.