

Little Strikers Soccer Program

Objective: The objective of our program is to develop a love for the game of soccer. This program is designed to introduce the game and the fundamental skills of soccer through activities and game situations.

All practice sessions should end with a scrimmage. Soccer at this age should be fun. Be creative, if you have other ideas feel free to add or improvise. If the kids aren't able to grasp what you are teaching, move on to something else. Remember to give a lot of water breaks.

Skill Priorities:

- Push pass
- Dribbling
- Turning
- Trap a Ball Rolling on the Ground

Push pass

- Your supporting foot must be pointed in the direction where you want the ball to go.
- You should plant your non-kicking foot next to the ball.
- Your hips should be open to allow your kicking foot to make proper contact with the ball but also to allow a full swing of your leg from the hip.
- Try to bend your knees and also lock your ankle (only for your kicking foot).
- The heel of the kicking foot should be down and the toes should be up.
- Try to strike the middle portion of the ball and follow through stepping towards your passing target with your kicking foot.

Dribbling

- Have the player's just dribble across a square 8-10 yards wide and stop
- As soon as they have all dribbled across, have them all face inward and dribble back across to the opposite side and stop.
- Continue this approach of dribbling across and stopping each time until they have crossed the square 6 to 8 times.
- This drill will teach dribbling in traffic. Encourage the players to focus on their own ball and to NOT try to kick anyone else's ball.

Turning

Pullback (Stop turn, Drag Back)

Pullback, (Drag Back), by putting the bottom of the foot on top of ball to stop it & then pull it back in the direction you came from.

Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back.

Cutback Turn same as the Hook Turn but uses the inside of the foot to hook the ball

Trap a Ball Rolling on the Ground

- Lift your foot several inches off the ground.
- Point your toes up.
- Stop the ball with the bottom of your foot.

Fun activities that can be used to help develop soccer skills

Tag – Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. Version 2: Players must tag other players on their knees.

Hospital Tag – Same as **tag** in that each player dribbles a soccer ball while trying to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body at which they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal all the little soccer players so they can continue playing the game.

Red Light/Green Light – All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with frequency of light changes and variety of changes. Once players catch on to this game, add light of other colors and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. etc.)

Freeze Tag – Break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player’s legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the taggers. Otherwise, stop game after a few minutes and have team reverse roles. Version 2: Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion

Planets – Set up cones into multiple squares or triangles that serve as planets (or cities). All players must follow coach’s order and dribble into the planet he calls out. Coach can have all players follow same directions or break up team so they start at different planet and then have them dribble through the solar system in clockwise or counterclockwise fashion. Coach can have groups dribble in opposite direction through the solar system.

Kangaroo Jack – All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos.

Snake – In an appropriate space for the numbers you have, have all players dribbling soccer balls except for 2-3 players to start. These players hold hands and work together as one snake to tag the other players, The players with balls try to avoid getting tagged by the snake. If they are tagged, the join hands with players making up the snake the snake grows until all players are part of the snake. The snake must stay together as one animal and not break off into little parts. Encourage fun by having the snake hiss.

Ball Tag – Similar to other tag games except players try to tag others with their soccer ball instead of their hand. Have them keep count of how many times they kick their soccer ball and tag another person. Have the tag count if their ball hits another player or that player's ball. Can have the players tag the coach for 10 or 20 points. Then can have players tag other selected players for 50 or 100 points etc. etc. Version 2: Rather than having players tag each other, have them tag the coach by kicking their soccer ball. The coach moves around without a ball to avoid being tagged. Have players count up how many they got and can do the same variations as in the other game by affixing a lot of points to players.

Capture the Balls – Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coaches command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Coach calls time and counts up how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

Moving Goal – 2 coaches use a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move and turn to force the players to keep their head up and to change direction as they dribble.

