



## Pre-K & K Practice Ideas

### Warm-up:

- Each day try and follow a similar warm-up. Our goal is to get the players touching the ball as many times as possible with the most different surfaces of the foot that they can. Begin with warm-up running activities with or without the ball. It is essential that all players have a ball to do many of the warm-up activities. You can't bring all the balls they need to practice. Encourage them to bring their own.
- Ideas for warm-up activities:
  - Dribble the ball for a lap around the field
  - Toe taps (around the world), tick-tock, pull backs, sole rolls
  - 4 surfaces – players touch the ball with outside of the foot, inside laces, pull back and switch feet. Coach them to try and get faster with the progression.
  - Tick-tock dribble – dribble touching the ball with EVERY step. Will look awkward at first but will encourage them to keep the ball close to their feet when dribbling.
- These exercises will be difficult at first. Continue to encourage them to work on the activities before practice and at home.
- Juggling is also a good idea to encourage before practice begins or in warm-up activities.
- Each week you will end with about a 15 minute “game” with another team. Consequently, you can plan on warm-ups and drills lasting about 10 minutes each.

### Week 1:

#### Drill 1: Red Light/Green Light

- All players are dribbling freely in a 15x20 grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.
- Control the frequency of light changes
- Now try to vary the surfaces that the players will touch: Yellow = outside of the foot, Blue = inside of the foot, Green = laces push, Red = stop.

#### Drill 2: Dribble tag

- Create a large square
- All players dribble around in the square trying to tag other players. They cannot tag another player if they lose their ball.
- All players remain in the game after being tagged. The winner is the child with the most tags

#### Coaching Points - **Dribbling:**

- Keep ball close to the feet
- Dribbling using different surfaces of the foot

- Changing speed and direction
- Running with the ball
- Sudden changes of pace
- How to stop the soccer ball
- Decision Making
  - What foot to use
  - When and how to stop the soccer ball
  - Where to go with the soccer ball
- 1v1 attacking and defending
- Protecting the ball

## Week 2:

### Drill 1: Cross Over Dribbling:

- Create a 15 x 20 yard grid. All players need a ball and need to stand somewhere around the perimeter (spread them out). When the coach says **“GO”** the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.
- Variation 2: Have them reach the other side and return to another spot.
- Variation 3: Time the activity and see how many times the players cross over in 30 seconds or a minute. They will need to add time, however, if they lose their ball outside the grid

### Drill 2: Steal/Shield

- Coaches pair up the players with one ball between them. One player starts with the ball and at coach’s command his/her partner tries to steal the ball away. The player with the ball should work to keep that players’ body in between their opponent and the ball shielding it from the other player. Play 30-45 second “matches”. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.
  - a. Coaching considerations: Body sideways on to opponent. Use arm to protect and know where defender is going. Knees bent. Turn as defender attacks or reaches for the ball.

## Week 3:

### Drill 1: Gate Dribbling

- In about a 20 x 25 yard area set up as many “gates” (2 cones about 2 yards apart) as kids minus 1. Players dribble around the area and must dribble through the gates in order to score a point. Players keep track of their own points and the player with the most points after 1 minute wins. Repeat asking the players to beat their score by 1 or more points.
  - b. Coaching considerations: Keep the ball close. Work on changing directions with the ball by “chopping” with the foot. Accelerate after going through a gate. Stress decision-making (which gate) based upon where the other players are on the field.
- Variations: Coaches can have players dribble with only the right or left foot. Can also play “Bandit” gates. Same drill as above except 2-3 players are the “Bandits” on the field and try to take the ball from the other players. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.

- Can also use this drill to practice passing. Pair up players. Each time they pass successfully between the gates to their partner, they get a point.

#### Drill 2: Freeze Tag:

- All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen.
- Players can unfreeze each other by tagging them
- Version 2: One coach may be the freeze monster while another is unfreezing players.
- Version 3: Players can unfreeze each other by kicking the ball through their legs.

#### Week 4:

##### Drill 1: Red Light/Green Light

- All players are dribbling freely in a 15x20 grid. When the coach says “red light” the players must stop and put their foot on the ball. When the coach says “yellow light” the players must dribble slowly, and when the coach says “green light” the players must dribble fast.
- Control the frequency of light changes

Now try to vary the surfaces that the players will touch: Yellow = outside of the foot, Blue = inside of the foot, Green = laces push, Red = stop.

##### Drill 2: Get “Outta” There (1v1):

- The players are divided into two teams, and positioned at either side of the coach outside a 10x15 yard grid with two small goals on each end line. The coach 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” and the next two players come on the field.
- Give the players a time limit for trying to score in order to limit the amount of time the other kids are waiting.

#### Week 5:

##### Drill 1: Mine Field

- Coaches set up a cones randomly in a area where there is about 2 yards between each cone
- Players dribble around the cones trying not to hit the cones
- Coaching considerations: Make sure players keep the ball close to their feet and use a “chopping” motion to get move the balls away from the cones

##### Drill 2: Capture the Balls:

- Players should be divided into equal teams to play in a grid with each team’s home in one of the corners of the grid.
- Soccer balls are in the middle of the grid with all players starting inside their home bases.
- On the coach’s command, the players each get one ball. They try to dribble or pass it into their home base. Players can also steal soccer balls from their opponent’s home bases and dribble or pass them into their bases.
- Call time and each team counts the balls they have collected.

## Week 6:

### Drill 1: Gate Dribbling – passing

- Follow the set up for Gate dribbling that you did in Week 3
- This time – break players into groups of 2 with one ball between them
- Players must pass the ball through the gate to their partner in order to score a point
- Work on players talking to each other about their location on the field and when to pass

### Drill 2: Catching Robbers

- All players are spread around a 15x20 grid
- Only two players (the cops) have soccer balls. When the coach says “let’s catch some robbers” the cops attempt to catch the robbers who are running around the grid by striking their legs below knee height with their soccer balls.
- Once a robber is caught he/she goes and gets any ball from the perimeter and becomes a cop.
- Coach: Place the balls that are not being used around the perimeter of the grid.

## Week 7:

### Drill 1: Cross Over Dribbling:

- Create a 15 x 20 yard grid. All players need a ball and need to stand somewhere around the perimeter (spread them out). When the coach says “**GO**” the players will try to dribble to the other side of the grid. When they reach the other side, the players turn and dribble back to their spots.
- Variation 2: Have them reach the other side and return to another spot.
- Variation 3: Time the activity and see how many times the players cross over in 30 seconds or a minute. They will need to add time, however, if they lose their ball outside the grid

### Drill 2: Sharks and Minnows

- In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls.
- When the coach say “**GO**” the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out.
- When the dribbler’s ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach’s command to play again. The game continues until all players turn into sharks.