

OLD TAPPAN KINDERGARTEN PLAYERS

4v4 / 6v6

9 Week Program



Scrimmage Objectives to Reinforce *Sportsmanship*

- Week 1 **Boundaries & Throw Ins**
When do we take a throw in? who's throw is it? Honesty & correct technique
- Week 2 **Team Diamond Shape (basic diamond do not complicate left, right back & fwd)**
Soccer field is our ship, we must balance the ship so that it does not tip over
- Week 3 **Goal Kicks**
When do we take a gk? Who takes it? Where should I kick it?
- Week 4 **Corner Kicks**
When do we take a ck? Who takes it? Where should I kick it? Ball on cone?
- Week 5 **Free Kicks & Penalty Kicks**
Why is a fk awarded & how do I take it? (Basic)
- Week 6 **Starting the game from the center**
When do we kick off from the center? What should we do? & reinforce all restarts
- Week 7-9 **Reinforce above (Re cap previous weeks to increase Learning)**

- Control (Dribbling & Stopping The Ball)

1. be able to dribble at different speeds keeping the ball at a close distance
2. be able to stop soccer ball with the sole of foot
3. scrimmage with two teams : no goal keepers.

Diagrams

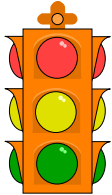
Activity 1: Thigh Juggling as players arrive



All players with a ball in their hands. Using knees/thighs to juggle players hold ball in 2 hands, right knee catch, left knee catch. Complete 10 times. Once complete try two juggles and catch right left catch, left right catch. Complete 5 times

- Teaching Points:
- 1) Walking up high stairs
 - 2) Give soccer ball a flat surface on thigh to juggle
 - 3) Should not be able to see foot when lifting knee up towards ball

- Variation:
- 1) If you can successfully do above tasks and catch, don't catch and continue to juggle.
 - 2) Additional combinations involving feet, head, shoulder (fun & safety)

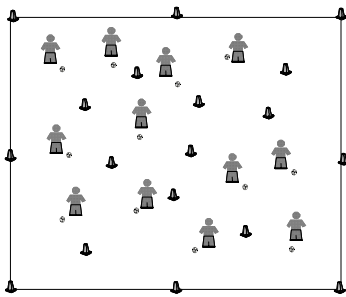


Activity 2: Red Light, Green Light

Players use their soccer balls as cars and dribble/drive around the area/Manhattan. Emphasize players keeping their balls/cars under control. Slowly add different commands as the game progresses. Do not over load the players with too much information. Coach calls out either 1st, 2nd or 3rd gear to determine players speed. Demonstrate for players all three speeds with car noises. "Red light" for stop, "green light" for go.

- Variations:
- 1) Coach becomes traffic cop to patrol the area for cars out of control. If cars are out of control p layers get a ticket and have to do # of juggles to pay off the fine and get back in the game.
 - 2) "Traffic jam" players have to stop their soccer balls & then sit on their soccer ball to honk their horns as loud as they can. If they crash into someone else they have to go to the garage and do # of juggles to get their car fixed and come back into the game.

M & M's



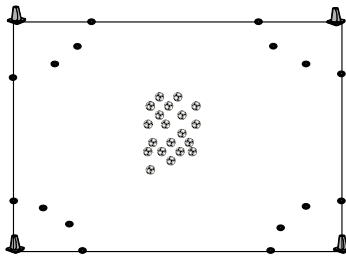
Activity 3: Fast Food / Candy Shop Frenzy

All players with a ball. The coach is hungry. The players have to move around the square until the coach calls out their favorite food. Name one corner/side at a time of the area as four different restaurants/foods. Only add 1 at a time so as to not confuse your players. The players go to the designated corner stop their soccer ball and bring back food for the coach. The coach has to eat any food that the players bring back to them.

- Coaching Points:
- 1) attack the space with ball while ball stays under control,
 - 2) keep head up and see field

- Variation:
- 1) add cones within the square with soccer balls on top. If players hit these they are out.

Milky Way



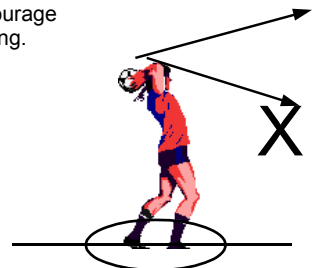
Activity 4: Jurassic Park

Organize your players into equal groups of 3, 4 or 5. Place all the soccer balls into the middle of your square and place a group in each corner. Each group is a type of dinosaur e.g. T-Rex, Pterodactyl, Brontosaurus etc. On the coaches command one player from each group runs into the middle to collect a dinosaur egg/ball and dribble it back to their dinosaur den. When they are safely back in their den the next person collects a ball. Only one person is allowed to leave the den at a time. As soon as all the eggs/balls have gone the game is over. Count how many eggs each group has. To get all the eggs back into the middle each dinosaur group holds hands making a circle around their eggs. Players are not allowed to break the circle and use their feet to move the balls back into the middle.

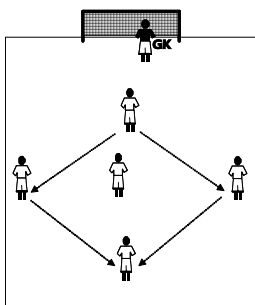
Activity 5: Scrimmage

Play 4v4/6v6 and begin the game with "whoever is in the biggest space will get the ball". Encourage players to spread out and not crowd the ball. Play the game with throw ins. Do not over complicate: "hold ball behind your head with two hands & keep both feet on the ground" simple!

- Teaching Points:
- 1) Encourage players to imagine the soccer field as a ship. What will happen to the ship if they all stand together on one side? Encourage them to balance their ship to stop it from tipping over and sinking.
 - 2) Drag back turn or stop turn counts as a goal!!



4v4/6v6



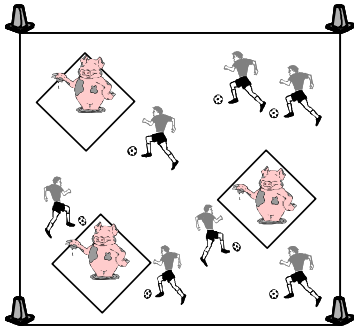
- Ball Mastery Turns & Moves I (stop turn or drag back)

1. move ball in different direction on coaches instruction/ command using different parts of feet
2. demonstrate the ability to do a stop turn
3. demonstrate a change of pace when changing direction

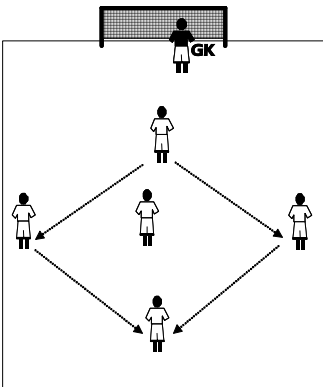
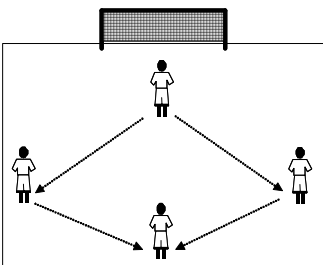
Diagrams



ALWAYS encourage players to dribble in a zig zag



4v4/6v6



Activity 1: Thigh Juggling as players arrive

All players with a ball in their hands. Using knees/thighs to juggle players hold ball in 2 hands, right knee catch, left knee catch. Complete 10 times. Once complete try two juggles and catch right left catch, left right catch. Complete 5 times

- Teaching Points:
- 1) Walking up high stairs
 - 2) Give soccer ball a flat surface on thigh to juggle
 - 3) Should not be able to see foot when lifting knee up towards ball

- Variation:
- 1) If you can successfully do above tasks and catch, don't catch and continue to juggle.
 - 2) Additional combinations involving feet, head, shoulder (fun & safety)

Activity 2: Red Light, Green Light

Re-cap Red Light Green Light from last week and add extra tasks/commands such as:

- Variation:
- 1) "Wrong Way", on the coaches command players have to stop their soccer balls using the sole/bottom of their foot and as they are going the wrong way they have to drag it backwards (drag back turn) and drive/dribble of in the right direction. Coach players individually to turn the same way as the ball. Allow children to keep moving and don't over talk/coach.

Activity 3: Relay (NO RACE) 2 min activity to allow players to practice the turn

Focus on DRAG BACK TURN AND/OR the STOP TURN. Players are in pairs and stand together at one end of the square, the lead person having a ball. The lead person dribbles to the other end of the square, turns and returns to start. Other player takes over and repeats.

- Coaching Points:
- 1) use different parts of the feet to dribble
 - 2) Keep head up

Activity 4: Three Little Pigs

Choose three little pigs who stand in their own little house (a disc for each corner) without a soccer ball. All other players are the big bad wolves and attempt to get into the little pigs houses. They have to perform a drag back turn to get in and out the little pigs houses as quick as possible to score a point. Pigs score a point every time they kick a wolfs ball. Pigs must stay in their houses. Switch pigs around every few minutes.

- Variations:
- 1) Wolves have to make a pig grunting sound & say "SeeYa" each time they perform a drag back turn
 - 2) Use alternate feet, once right foot next time try left foot.
 - 3) If they can go in one side of the house and come out a different side of the house they get 2 points. Soccer ball must be under control.

Activity 5: Pig Kick Out

Take away pigs houses. Pigs have to try and kick out wolves soccer balls. If wolves are able to do a drag back turn in front of little pig, pig has to freeze for 3 seconds. This encourages them to do the turn and have time to escape the pig (the defender).

Activity 6: Scrimmage

Play 4v4/6v6 setting players in a diamond shape and spreading out.

- Teaching Points:
- 1) Balance Ship
 - 2) Interchange positions but try & maintain diamond shape (buzz word players automatically get into a diamond formation)

- 1 Sweeper Keeper (back)
- 1 Left Side
- 1 Right Side
- 1 Fwd

- Introduction To Short passing

1. push pass with i/s of feet to a target
2. use correct weighting of pass
3. recognize when to dribble, & when to pass

Diagrams



ALWAYS encourage players to dribble in a zig zag



Activity 1 : Thigh Juggling as players arrive

Players dribble any where inside the area, upon the coaches command "heads" players must stop and place their head on top of

Activity 2: Red Light, Green Light

Re-cap Red Light Green Light from last week and add extra tasks/commands such as:

- Variation:**
- 1) "Bumper cars" players have to try and hit other cars with their own soccer ball (intro to passing).
 - 2) Begin soccer marbles game with each player trying to pass/bump their soccer ball against other players soccer ball using the inside of their foot.

Activity 3: Stuck in the Mud

Begin with coach as mud monster who has to try and kick out players soccer balls. When caught the players must place the soccer ball on their heads, open their legs and shout "I am stuck in the mud", the other Swamp Dwellers (players) have to try and free their team mates by passing soccer ball through their legs.

To make it easier take away soccer balls and play the same game as tag. Swamp dwellers have to crawl through players legs to free them.

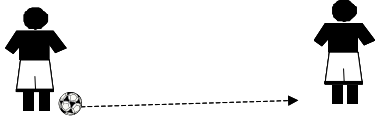
- Variation:**
- 1) divide the group into two teams. One team is called the Mud Monsters the other team is called the Swamp Dwellers. The Mud Monsters have no soccer balls the Swamp Dwellers are without soccer balls. The Mud Monsters have to catch the Swamp Dwellers by tagging them or kicking out soccer balls.

Activity 4: Harry Potters Quiditch Passing (coconut shire type game)

Everyone in the group finds a partner, one ball between two. The players stand a small distance apart. Players pass the ball using the inside of their foot through their partners legs. If they get the ball through their partners legs they get 1 point.

- Teaching Points:**
- 1) Use inside of foot turning to make an L shape
 - 2) Point toe upwards (locked ankle)
 - 3) non kicking foot pointing at target
 - 4) Magic hope with planted foot

- Variation:**
- 1) how many points can you and your partner score between you.
 - 2) Increase distance between partners. Use different foot.

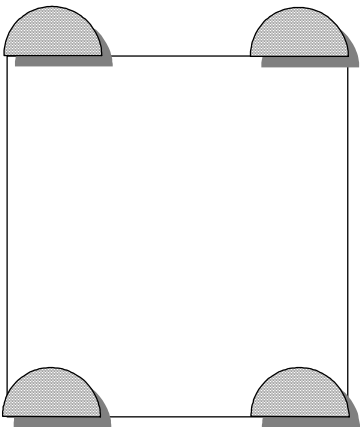


Activity 6: Scrimmage

Play 4v4/6v6 setting players in a diamond shape and spreading out. When do we take a gk? Who takes it and where should the ball be kicked?

- Teaching Points:**
- 1) Balance Ship
 - 2) Interchange positions but try & maintain diamond shape (buzz word players automatically get into a diamond formation)
 - 3) demonstrate knowledge of the rules

- 1 Sweeper Keeper (back)
- 1 Left Side
- 1 Right Side
- 1 Fwd



- Ball Mastery Turns & Moves II
- (Inside Cut & Outside Hook)

1. move ball in different direction on coaches instruction/ command using different parts of feet
2. demonstrate i/s cut & o/s hook
3. demonstrate a change of pace when changing direction

Diagrams



Activity 1: Feet Juggling

All players with a ball. Players feed to themselves up in the air and allow the ball to bounce to about head height. Kick ball up using laces to allow ball to bounce once again. Use both feet and allow a bounce between juggles.

Ideally players should juggle ball around waste height or lower but for BEGINNERS height is important to allow players time to reposition themselves after each juggle.

- Teaching Points:
- 1) Point toe away
 - 2) Bend knee/leg
 - 3) Watch ball onto foot

Variation: 1) 2 juggles and bounce

Activity 2: Monsters Inc. Scare House. (Drag back turn OR inside & outside hook)

Monsters Inc. Scare Floor.(Drag back turn)

Boo is at home alone and stands in her bedroom without a ball. All other players are Mike and Sulley and stand around the outside of an area (on the scare floor outside the bedroom door). Mike and Sulley have to get into Boo's bedroom and out again as quickly as possible performing a drag back turn each time to score a point. Boo is not allowed outside of her bedroom and gets a point each time she successfully defends her bedroom.

- Teaching Points:
- 1) Get inside the house and accelerate out as fast as you can
 - 2) Use sole of foot to drag ball (long drag)

Variation:

- 1) Boo ask a friend to help (sleepover).
- 2) Another person (Randall) tries to stop you getting to Boo's bedroom door

Activity 3: Individual/Partner/Team Kick Out (control with the sole)

In pairs players attempt to kick out their partners ball whilst keeping control of their own ball. (1v1)

- Teaching Points:
- 1) keep control of own soccer ball first and foremost
 - 2) Use your body to shield own ball and other foot to kick other balls
 - 3)

Variation:

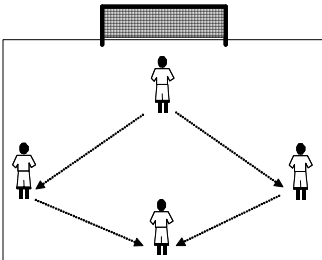
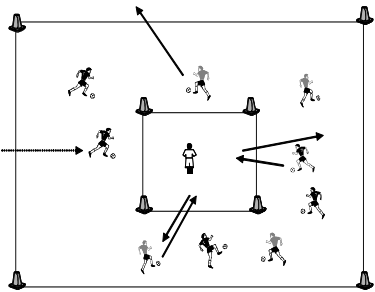
- 1) Players can kick ANY players ball out
- 2) Have team knock out

Activity 4: Scrimmage

Play 4v4 allowing players to understand diamond shape and spreading out. Corner kicks, when are they taken? Who takes them, where should other players stand? Allow younger players to place ball on cone so they can loft ball in to the air.

- Teaching Points:
- 1) Balance ship
 - 2) Interchange positions but maintain diamond shape
 - 3) demonstrate knowledge of the rules

- 1 Sweeper Keeper
- 1 Left Side
- 1 Right Side
- 1 Top



- Shielding the Ball

1. Use inside of foot to turn around in a circle.
2. Use outside of foot to turn around in a circle.
3. Recognize when use body as a shield to protect ball from players

Diagrams



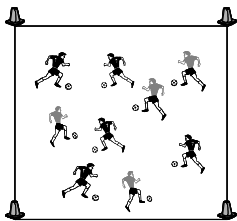
Activity 1: Feet Juggling

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Ideally players should juggle ball around waste height or lower but for BEGINNERS height is important to allow players time to reposition themselves after each juggle.

- Teaching Points:
- 1) Point toe away
 - 2) Bend knee/leg
 - 3) Watch ball onto foot

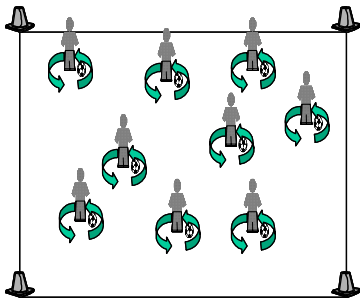
Variation: 1) 2 juggles and bounce



Activity 1: Red Light, Green Light

Re-cap Red Light Green Light from last week and add extra tasks/commands such as:

- Variation:**
- 1) You are the policeman who is on patrol to see who is driving their car safely and keeping it under control. If the police man sees a car out of control you will be given a ticket. To pay the fine for the ticket players should dribble their car to a designated side of the square and do the police mans task. Task should be soccer & age specific E.g 1 juggle with right knee and 1 with the left, 5 step ups on the ball etc

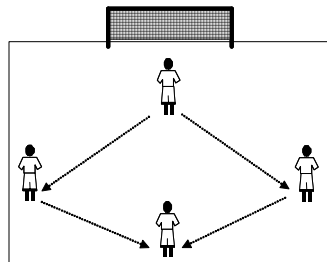


Activity 3:

Players dribble around area. Upon coaches command players have to turn in 1 full circle (360°) with the ball and carry on dribbling in the direction they were travelling in. Begin using I/s of 1 foot only (see variations for complete development).

- Coaching Points:
- 1) Turn in a tight circle
 - 2) Keep ball close to standing leg when turning
 - 3) Do not look down at ball, be aware of surroundings

- Variation:
- 1) Use I/s of r/foot only. I/s of l/foot only
 - 2) Use o/s of r/foot only. O/s of left foot only



Activity 4: Scrimmage

Play 4v4 allowing players to understand diamond shape and spreading out. Free kicks, when are they awarded and why. Very basic, do not get into direct and indirect.

- Teaching Points:
- 1) Balance ship
 - 2) Interchange positions but maintain diamond shape
 - 3) demonstrate knowledge of the rules

- 1 Sweeper Keeper
- 1 Left Side
- 1 Right Side
- 1 Top

Running with the ball (gaining territory)

1. use whole body to disguise
2. use move to effectively beat a player
3. use move to effectively escape a defender

Diagrams



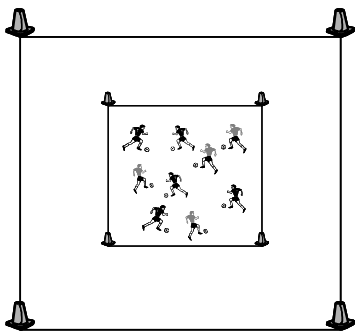
Activity 1: Thigh & Feet Juggling

All players with a ball. Players feed to themselves & begin juggling with thighs. *When* the ball drops to the ground players are encouraged to use their feet to gain an extra juggle or 2 or 3 etc. Allow players a bounce to gain composure (reset themselves).

Ideally players should juggle ball around waste height or lower but for BEGINNERS height is important to allow players time to reposition themselves after each juggle.

Teaching Points: 1) As previous sessions

Variation: 1) Introduce head, shoulder etc but keep it safe and fun



Activity 2: Dribbling Awareness

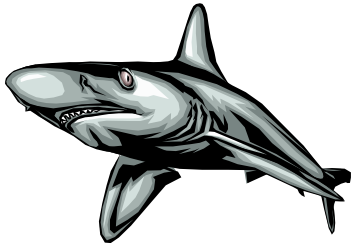
As players dribble around the coach walks through and around the area raising their hand holding up # of fingers. Players have to call out how many fingers the coach is holding up.

Teaching Points: 1) keep head up
2) small touches on the ball in smaller area

Variation: 1) Players dribble in central area. Upon coaches command "soccer" players have to dribble to outer area as fast as they can keeping the ball under control.

Teaching Points: 1) In tight & confined areas take smaller touches keeping ball close
2) When players have space in front, take bigger touches taking the space but always keeping the ball under control.
3) Use as many parts of feet as possible when dribbling in confined areas

Variation: 1) If coach sees a players ball out of control (not close) then coach can kick ball away.



Activity 3: Sharks & Minnows

The coach takes the role of Shark and stands in the middle of the area with a ball. Players have to dribble their ball across the area from one side to the other without the coach kicking their balls out of the area. If they get caught they join the coach in the middle as sharks.

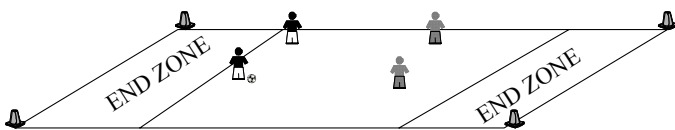
Teaching Points: 1) *NO kick & chase but players should run with ball and gain territory*
2) *Zig Zags to lose shark*
3) *MUST be in control of ball when reaching the other side*

Variation: 1) Last player to get caught is the NEW shark
2) Shark has to kick minnows ball OUT of the square to be caught

Activity 4: Scrimmage

Play 3v3/4v4/6v6 to end zone. Field must be wider than it is longer to allow more space for players to dribble. Players must dribble into end zone to score. Ball must be under control in end zone or going through end zone.

Coaching Points: 1) reinforce above
2) demonstrate knowledge of the rules
3) Restarting the game once a goal is scored. Restart from the center each time a player scores point by dribbling into the end zone.



- Stealing the ball

1. demonstrate persistence
2. demonstrate some success when stealing the ball
3. demonstrate stealing rather than just kicking for the ball

Diagrams



Activity 1: Thigh & Feet Juggling

Teaching Points: 1) As previous sessions

Activity 2: Kick Out

Whilst players are dribbling their ball around they have to try and kick out other players soccer balls whilst keeping control of their own soccer balls. It is essential that players keep control of their own soccer balls, players only score a point if they kick out another players ball AND they have control of their own ball.

Teaching Points: 1) keep control of own soccer ball first and foremost
2) Use your body to shield own ball and other foot to kick other balls

Variation: 1) Players can kick ANY players ball out
2) Have team knock out

Activity 3: King Of The Ring/Knockout

Players dribble around the area whilst designated players without a ball try and kick out the other players ball. Once players have been knocked out they have to do a soccer specific task to get back into the game.
NO ELIMINATION'S

Variation: 1) Team knockout: players are placed into teams of 2/3/4 etc. The game is timed, and each team in turn tries to knock out all the other players balls in the shortest time. Players are sorted into their teams and differentiated by pinnies. All teams are in together and work as a team to try and knock out the other teams balls.

Activity 4: Partner Tag

In pairs, both players with a ball. One player has to try & tag their partner to score a point, if tagged change over. Repeat with different partners. Tagger must be in control of their own ball to tag partner.

Activity 5: Sharks & Minnows (Nemo)

The coach takes the role of Shark and stands in the middle of the area with a ball. Players have to dribble their ball across the area from one side to the other without the coach kicking their balls out of the area. If they get caught they join the coach in the middle as sharks.

- No kick & chase
- Zig Zags to lose shark
- **MUST** be in control of ball when reaching the other side

Activity 6: Scrimmage

Players must take **AT LEAST 2 TOUCHES**

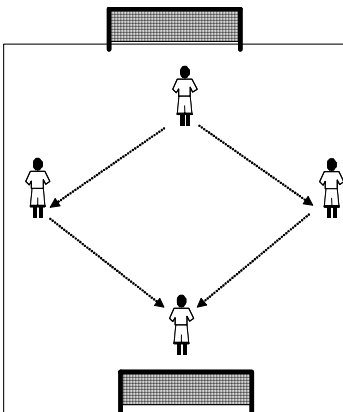
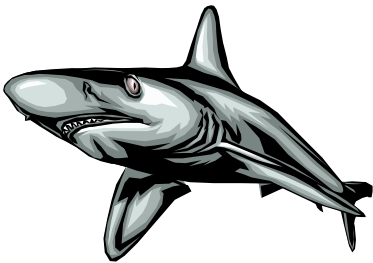
FIRST TOUCH IS A PASS TO YOURSELF

ENCOURAGE PLAYERS TO KEEP THE BALL AS OPPOSED TO JUST KICKING IT!!

Play a regular game with 2 or more goals set out. For the **FIRST 5 Minutes** play keep away so players can understand that keeping the ball through dribbling and passing is better than playing kick ball.

Get to a regular game focusing on players taking at least 2 touches

Teaching Points: 1) Always take two touches
2) demonstrate knowledge of the rules (all previous weeks)
3) encourage sportsmanship at all times



- Introduction To Shooting

1. use i/s of feet to shoot at target
2. recognize where the GK is within the goal
3. recognize when to shoot

Diagrams



Activity 1: Thigh & Feet Juggling

All players with a ball.

Activity 1: Soccer Marbles

"Bumper cars" players have to try and hit other cars with their own soccer ball (intro to passing & shooting). Begin soccer marbles game with each player trying to pass/bump their soccer ball against other players soccer ball using the inside of their foot.

Activity 2: Harry Potters Quiditch Passing (coconut shire type game)

Everyone in the group finds a partner, one ball between two. The players stand a small distance apart. Players pass the ball their LACES through their partners legs. If they get the ball through their partners legs they get 1 point.

Variations:

- 1) Progress to how many points can you and your partner score between you.
- 2) Increase distance between partners.
- 3) Use different foot, and different parts of foot. Use as an introduction to shooting-laces.

Activity 3: Steal The Bacon (Player Showcase)

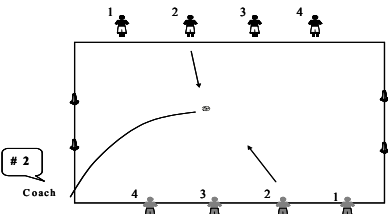
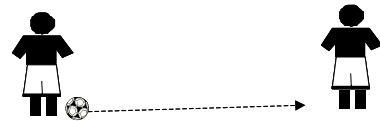
In a field 20 by 15 yards with a goal at each end. Players are placed into two teams and numbered. (i.e. 1 to 5.) Line players up on either side of the field or all grouped together in opposite corners. ALTERNATIVELY for younger players give them a name:

- Spongebob, Patrick Star, Mr. Krabs, Squidwood, Sandy Cheeks, Pankton & Gary
- Batman, Spiderman, Superman, Robin, Penguin, Joker, Bat Girl, Super Women, Riddler
- Dora The Explorer, Isa the Iguana, Boots the monkey, Benny the Bull, the Fiesta Trio (a bug band), Señor Tucán, Tico, Swiper the Fox and Dora's Map and Backpack (which have have faces and personalities).

Player start spread, out down both sides of the field. (as in the picture) Coach stands with all the balls to one side. Coach kicks a ball into the middle a calls a number i.e. "Number 2" both number 2's run into the field and play 1v1. Players can only dribble through the gate too score.

Coaching Points: 1) Control soccer balls and keep close to feet.

- Variation:
- 1) Call 2 numbers. i.e. "1's" and "4's"
 - 2) Numbers and Goalkeepers. i.e. "2's", with "3's" in goal.
 - 3) Turn Before shooting

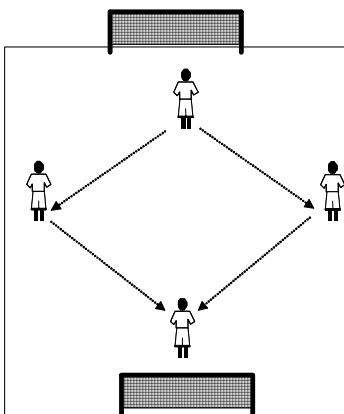


Activity: Scrimmage

Play a regular game with 2 or more goals set out. You can also set up four goals to encourage more shooting opportunities.

- Teaching Points:
- 1) Shoot when you have space
 - 2) Shoot into goal, but try and place ball past GK rather than kicking straight at the GK.

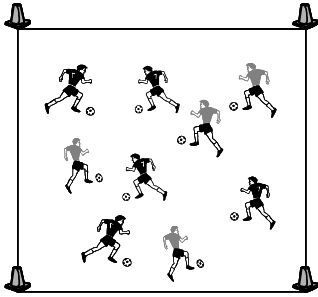
Encourage players to celebrate after each goal is scored..



- Ball Mastery Turns & Moves I (stop turn)

1. move ball in different direction on coaches instruction/ command using different parts of feet
2. demonstrate the ability to do a stop turn
3. demonstrate a change of pace when changing direction

Diagrams



Activity 1: Thigh & Feet Juggling

Activity 1: Sole of Foot

Players dribble around area, on coaches command players have to stop their ball and go find another ball and dribble it away. After a couple of commands add a different variation (see below). This is a simple warm-up but encourages players to stop their balls with sole of foot.

- Variation:
- 1) Stop their own soccer ball, go to a different ball, go to a different ball do # of step-ups, go to a different ball do # of side to sides, go to a different ball do # of scissors movements.
 - 2) Right knee, left knee, head, butt.
 - 3) Players have to dribble to a point far away designated by the coach (running with the ball).

Activity 2:

A good turn to do when moving at speed and too quick to do a drag back turn. As ball is moving place right foot on top of the ball to stop it moving, players momentum will allow them to plant their right foot ahead of the ball. Simply turn to the right and take the ball away with the inside/outside/laces of the right foot. Begin with ball static and players running up to the ball.

- Coaching Points: 1) Bend knees when slowing down

- Variation: 1) use weaker foot

Activity 3: Stop Turn Race

Players start by dribbling to 5 yard line and execute a stop turn. Players then dribble back to start line then turn again and goes to 10 yard line and turns sprinting back to start line, 15 yards, 20 yards etc

- Coaching Points: 1) Speed of turn...slow in....fast out.
2) Correct execution

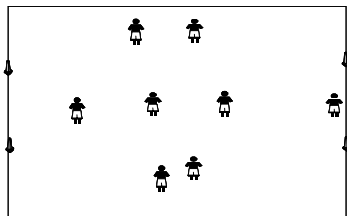
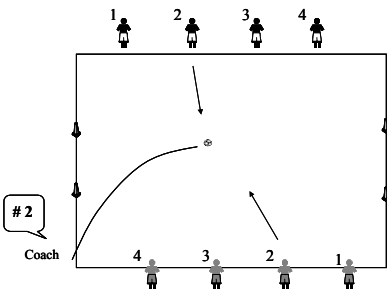
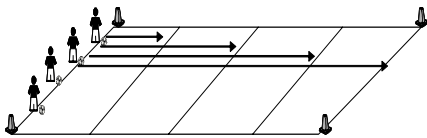
- Variation: 1) Introduce points system or time players.

Activity 4: Player Showcase

In a field 20 by 15 yards with goals. Players are placed into two team and numbered. (I.e. 1 to 5.) Player start spread, out down both sides of the field. (as in the picture) Coach stands with all the balls in the middle a calls a number I.e. "Number 2" both number 2's run into the field and play 1v1. Players have to try to execute a stop turn before scoring.

- Coaching Points: 1) see separate hand out for all coaching points and progressions.

- Variation: 1) Call 2 numbers. I.e. "1's" and "4's"
2) Numbers and Goalkeepers. I.e. "2's", with "3's" in goal.
3) Turn Before shooting



Activity 5: Scrimmage

Normal rules. BUT if player can execute a turn in the game, team gets one point.

- Coaching Points: 1) As above

- Variation: 1) Only get a point if performed at the correct time in a game
2) Extra points for weaker foot stop turn