



Wheatland Athletic Association

Coach Handbook for Kindergarten Soccer

Revised 8/14/2014

Wheatland Athletic Association Recreational Soccer Kindergarten



Week 1

Introduction and warm up

- Ball tap on top of the ball switch feet left right left slow, fast , and super-duper fast.
- Dribbling around keep head up
- Stop the ball with the foot on top of the ball

DRIBBLING GAME (Move is Pull back)

10 min

- Sharks and minnows
 1. Kids are minnows must dribble from one side to the other side.
 2. Add soccer moves in the game like pullbacks, tick tocks, and fake pull backs
 3. Pullback move is when the kids stop the ball with the foot on top of the ball and pull the ball back.
 4. Tick tocks move is moving the ball side to side with the inside of the foot
 5. Fake pullbacks move is stop the ball and faking like you are going to do a pullback but roll the ball forward.

PASSING

10 min

- Passing with a partner across from each other with the inside of the foot.
- Make sure you keep on your toes by having happy feet.
- Receiving the ball with the inside of the foot

SHOOTING

8 min

Point your toe down

Arms out

Make sure you have an angle. Right foot shot ball should be on the right side of the body.

Take a look at the goal before you shoot. (Tell the kids to pretend to take a picture)

Get your knee over the ball

Head over the ball

GAMES

Make sure the kids have fun and catch them being good.

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Week 2

Warm up

Review toe taps and pullbacks and fake pullbacks

Let kids stretch with the ball reach to the sky. Reach the ball to the side right to left.

Roll the ball on the ground around their feet in figure eight

Dribbling Game

10 min

Green light red light (move is Fake pull back)

Kids pretend they are cars the coach says green mean dribble red means stop the ball with foot on top of the ball. Make it fun and add yellow light is something silly like sit on the ball or have to run around the ball. Another idea is adding tunnels which the kids run over the ball or uturn is a pullback. If the kids get bored the coach can be a cop and if the coach tags the kid he or she has 5 toe taps on the ball to get out of the cop ticket.

Passing

10 min

Human soccer Goals

The kids get a partner and pass the ball thru their partners legs to score a goal.(Partners do not move) Goals are worth 3 points and hitting the leg is 1 point a miss is worth nothing. Make the kids keep score and let them switch partners.

Throw in and traps

8 min

Both hands on the ball.

Ball must go behind head and come forward one motion

Trap ball with bottom of the foot.

GAMES

Make sure the kids have fun and catch them being good.

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Week 3

Warm up

Review toe taps and pullbacks and fake pullbacks

Let kids stretch with the ball reach to the sky. Reach the ball to the side right to left.

Roll the ball on the ground around their feet in figure eight

Dribbling Game (Move is tick tock) 10 min

Soccer tag

Players have a ball and try to avoid being tag by the tagger which holds a cone or penny.

Once players are tag the player hold the ball over their head open their legs like a goal. In order to unfreeze them they must pass the ball thru their legs and they try to unfreeze another person with out getting tagged. When switching tagger the player can do a move while choosing a tagger(s)

Passing game

Passing the ball at the coach 10 min

Player Dribble and try to pass the ball at the coach. When the coach get hit he can make a silly noise or animal sound . The coach and switch and play pass the ball at the kids or girls try to pass at the boys or boys try to pass at the girls.

Goalie training 8 min

Work on catching the ball with hands in a diamond behind the ball.

Keeping the body behind the ball.

Work with a partners ball catch back and forth

GAMES

Make sure the kids have fun and catch them being good.

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Week 4

Introduction and warm up

- Ball tap on top of the ball switch feet left right left slow, fast , and super duper fast.
- Dribbling around keep head up
- Stop the ball with the foot on top of the ball

DRIBBLING GAME (Move is stop Move)

10 min

- Sharks and minnows
 1. Kids are minnows must dribble from one side to the other side.
 2. Add soccer moves in the game like pullbacks, tick tocks, and fake pull backs
 3. Pullback move is when the kids stop the ball with the foot on top of the ball and pull the ball back.
 4. Tick tocks move is moving the ball side to side with the inside of the foot
 5. Fake pullbacks move is stop the ball and faking like you are going to do a pullback but roll the ball forward.

PASSING GAME

Passing by numbers

Every player gets a numbers and the player first start out in a circle passing the ball but in order of the the number. 1 passes to 2 and 2 passes to 3 and so on the last number passes to one. Kep the kids standing at first to get use to passing without moving.

Peanut butter jelly time(Juggling)

Two hands drop the ball and point to up and kick the ball with the laces.

Hands stay ou to catch and be a target to help the kids work on have a target to juggle to.

Juggling seems very hard at this age but will get easier with practice .

GAMES

Make sure the kids have fun and catch them being good.

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Week 5

Warm up

Review toe taps and pullbacks and fake pullbacks

Let kids stretch with the ball reach to the sky. Reach the ball to the side right to left.

Roll the ball on the ground around their feet in figure eight

Dribbling Game (Move is Bebeto Knees)

Green light red light (move is Fake pull back)

Kids pretend they are cars the coach says green mean dribble red means stop the ball with foot on top of the ball. Make it fun and add yellow light is something silly like sit on the ball or have to run around the ball. Another idea is adding tunnels which the kids run over the ball or turn is a pullback. If the kids get bored the coach can be a cop and if the coach tags the kid he or she has 5 toe taps on the ball to get out of the cop ticket.

Passing the ball at the coach

10 min

Player Dribble and try to pass the ball at the coach. When the coach get hit he can make a silly noise or animal sound . The coach and switch and play pass the ball at the kids or girls try to pass at the boys or boys try to pass at the girls.

Throw in and traps

8 min

Both hands on the ball.

Ball must go behind head and come forward one motion

Trap ball with bottom of the foot.

GAMES

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Week 6

Warm up

Review toe taps and pullbacks and fake pullbacks

Let kids stretch with the ball reach to the sky. Reach the ball to the side right to left.

Roll the ball on the ground around their feet in figure eight

Dribbling Game (Review the all the moves)

Soccer tag

Players have a ball and try to avoid being tag by the tagger which holds a cone or penny.

Once players are tag the player hold the ball over their head open their legs like a goal. In order to unfreeze them they must pass the ball thru their legs and they try to unfreeze another person with out getting tagged. When switching tagger the player can do a move while choosing a tagger(s)

Passing Game

Human soccer Goals

The kids get a partner and pass the ball thru their partners legs to score a goal.(Partners do not move) Goals are worth 3 points and hitting the leg is 1 point a miss is worth nothing. Make the kids keep score and let them switch partners.

Shooting with a Goalie

Have a shooting line and a goalie in between the flags.

Make sure kids dribble get an angle on the shot arms out and toe is pointed down

Rotate the goalies every five shots or so that everyone get a shot at being a goalie.

GAMES

Make sure the kids have fun and catch them being good.

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Soccer Game Guidelines

Soccer Field: The Kindergarten soccer field size will be 30 x 35 yards. The fields will be lined.

Referee: A parent volunteer or team coach will referee the game. The referee will instruct the players as calls are made. Bring a whistle! Only one parent coach allowed on the field per team.

Remind the players to stop playing only when the referee blows his whistle.

Warm-up:

Have the players stretch and loosen up before the start of the game.

Game Play:

1. The games will be 20-30 minutes in length (4 quarters, 5-8 minutes per quarter).
2. Play may be stopped for instruction during the game by coach, referee, or trainer.
3. 5 players on the field plus (1) goalie (6 total) adjust as needed.
4. If teams are short, you can share players from the opposing team.
5. Place goal flags approximately 5 yards apart for goal mouth.
6. Remember to substitute players on the fly or whenever the ball stops.
7. Limited to one coach/referee per team on the field to help players.
8. Rotate goalie position every quarter. Each player should be goalie at least once during the 3 weeks of games.
9. Have goalie wear the goalie shirt.
10. All players MUST be wearing shin guards.