



WILMINGTON YOUTH SOCCER ASSOCIATION
Coaching Resource



PreK and Kinder u6 Session Plans



Director of Coaching
John Bavota



A few tips for a good flow to your session:

1. **PREPARATION** - Understanding the session plan and setting up for your training
2. **KNOWING YOUR PLAYERS** - Remember your player's names and adapt to each personality
3. **DEMONSTRATIONS** - Be the example, or use Assistant Coach, TD's, or players to demonstrate skills and concepts
4. **MODIFICATIONS** - Progressions vs. Regressions
5. **COMMUNICATION** - Be sure to ask guided questions and be open to feedback

Coaching Tips:

Transfer Knowledge into Understanding

1. Get your players attention from the get-go. Acknowledge players that are paying attention. 'Catch them being good.' Consider kneeling to get eye level when communicating w/ players.
2. Teach in small bits at a time. Ex.) "Johnny, before you receive the ball, try scanning the field for options."
3. Implement guided questions. Ex.) " How does beating a player 1v1 help?" Have the players "show you" instead of only asking, "Does that make sense?"
4. Be specific and positive when encouraging players! Ex.) "Sarah, good job keeping your head while dribbling!"

PLAY - PRACTICE - PLAY

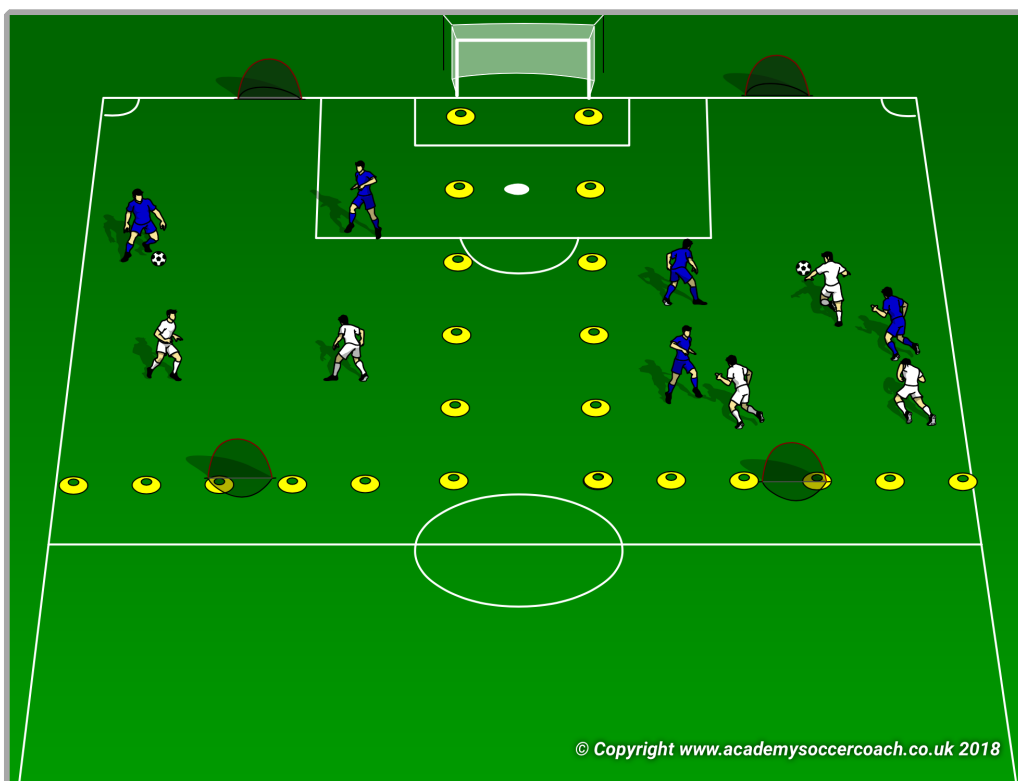
“The play-practice-play methodology is exactly what it sounds like. When kids show up, they immediately join a 2 vs. 2 or 3 vs. 3 small-sided game. After a few minutes, the coach might bring the players in and give them something to think about — say, keeping the ball within a hula hoop’s distance of the body — and the small-sided games continue.” - Vince Ganzberg

yougotmojo Article:

[Play-Practice-Play](#)

yougotmojo Video:

[Scrimmage](#)



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U6

4v4 GAME-PLAY

Formations

Director of Coaching
John Bavota



The best way to teach soccer players their positions depends on their age and skill level. Here's a general approach that works well across various levels:

1. Start with Simplified Formations

- For younger players or beginners, start with formations that reduce complexity (e.g., 4v4 or 7v7) so players can grasp basic positional roles without being overwhelmed.

2. Use Visual Aids

- Use diagrams, whiteboards, or cones on the field to show players where each position is located. Visualizing helps them understand how positions relate to one another and the team's shape.

3. Explain the Purpose of Each Position

- Break down the main roles and responsibilities of each position (e.g., defenders protect the goal, midfielders support both defense and attack, forwards score goals). Keep it simple at first, emphasizing key concepts like "staying wide," "staying central," or "covering space."

4. Play Position-Specific Games

- Set up small-sided games where each player is assigned a position. This creates opportunities for them to experience their roles in action. For example, a 4v4 game with a goalkeeper introduces players to defensive and attacking responsibilities without overcomplicating things.

5. Progress to Full-Field Practices

- As they get older and more skilled, transition to using the full field, teaching them how their positions interact with teammates in different areas of the field. Focus on transitions between defense and attack.

6. Emphasize Movement and Shape

- Teach them that positions are not static spots on the field but areas where they need to operate based on the game's flow. Help them understand the importance of maintaining the team's shape in both attack and defense.

7. Use Guided Discovery

- Instead of telling players exactly where to go, ask them questions about where they should be based on the ball's location, their teammates, and the opponents. This encourages them to think critically and develop positional awareness.

8. Game Reviews

- Use video analysis or post-game discussions to highlight positional mistakes or successes. This helps players visualize what they did well or need to improve.

Here are common formations used in 4v4 soccer:

- 2-1-1: Two defenders, one midfielder, and one forward. This formation provides a balanced approach with defensive solidity and attacking options.
- 1-1-2: One defender, one midfielder, and two forwards. This formation focuses on attacking with numbers in the final third while maintaining some defensive cover.
- Diamond: One player as a defensive anchor, two midfielders, and one forward. It offers compactness in midfield, allowing for quick ball circulation and support play.

Click for Article

[Soccer Positions Explained](#)

4v4 is an effective format for players of all ages, especially young ones. With more players, passing and spacing become more important. Players will need to ask themselves: "If we lose the ball, what will happen?" "Am I in a good position to receive a pass?" "Is this a good situation to dribble the ball?"

The typical formation when playing 4v4 is "the diamond". This formation encourages spacing and movement. Two players go wide, one right, one left; The third player pushes forward and provides depth up the field. The last player stays back. These positions should be dynamic. Players should move and interchange constantly to unbalance the opposing team.





u6 Game-Day Preparations



1. Pre-Game Essentials:

- **Equipment Checklist:** Ensure you have all necessary items, including size 3 soccer balls, cones, pinnies, and a first-aid kit (clubhouse), and/or ice-packs (clubhouse).
- **Arrival Time:** Aim to arrive at least 20 minutes before kickoff to set up and greet players as they arrive.
- **Warm-Up Activities:** Begin with simple, fun drills to get the kids moving and engaged. Activities like "Red Light, Green Light", or small-sided games like, 2v2-3v3s.

2. During the Game:

- **Player Rotation:** Ensure all players get equal playing time and experience in different positions to promote well-rounded development.
- **Positive Reinforcement:** Focus on encouraging effort and teamwork rather than just the score. Celebrate small victories and improvements.
- **Simplified Coaching:** Provide clear, concise instructions. Avoid over-coaching; let the kids play and learn through experience.

3. Halftime and Post-Game:

- **Halftime Talk:** Keep it brief and positive. Highlight what the team is doing well and offer one or two simple suggestions for improvement.
- **Post-Game Discussion:** Regardless of the outcome, commend the team's effort and sportsmanship. Encourage them to share what they enjoyed about the game.

4. Parental Involvement:

- **Communication:** Keep parents informed about game schedules, locations, and any changes. Encourage them to support all players positively from the sidelines.
- **Volunteering:** Invite parents to assist with tasks like snack coordination or equipment management to foster a supportive team environment.

Remember, the primary goal at the u8 level is to instill a love for the game and promote enjoyment. By focusing on fun, inclusivity, and positive reinforcement, you'll create a memorable and enriching experience for your young players!

If you need further resources or specific drill ideas, feel free to ask!

Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Freeze Tag

Set-up: Each player has own ball in area.

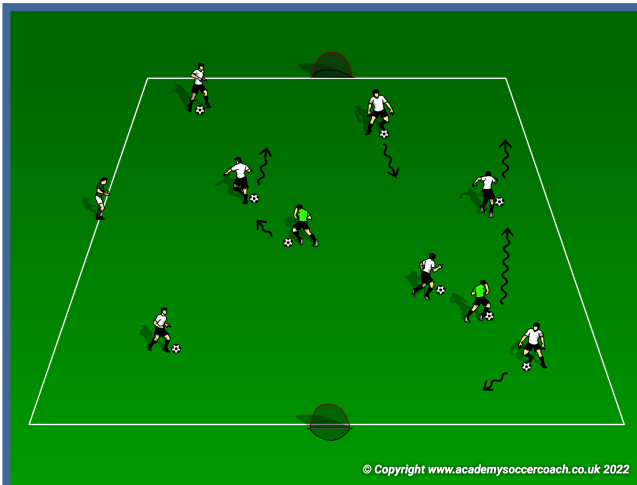
Game: Coach or Player/s designated as **TAGGER**. Inside area players **DRIBBLE** trying not be tagged. If you are tagged, **YOU'RE FROZEN**. Players must perform foundation or must receive high five from another player before returning to game. *Bonus - If tagged, **FROZEN** players creates a gate for players to **PASS** thru.

Freeze Tag

[Click for Video](#)

Coaching Cues:

Head Up - Protect the ball - Dribble - Find Space



2. Pacman

Set-up: Place all of the balls in an "arsenal" for the **GHOST**.

Game: The **GHOST DRIBBLES** area trying to eat the **PACMAN** by **PASSING** their ball at players feet. If you get eaten (hit by the ball) you become **GHOST**! Last **PACMAN** standing **WINS**! Play 2-3 rounds.

Minions/Pacman

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed - Aim for cleats



3. Combat: 1v1 or 2v2

Set-up: 2 lines on each side of Coach. Use assistant/parent to help with lines, if needed.

Game: Coach **PASSES** ball to space creating 1v1-2v2 scenario. Players in **POSSESSION** are encouraged to **ATTACK** and score goal. Players w/o **POSSESSION** are encouraged to **DEFEND** goal and recover ball. If **DEFENDER/S** recover ball, they become **ATTACKER** and attempt to score!

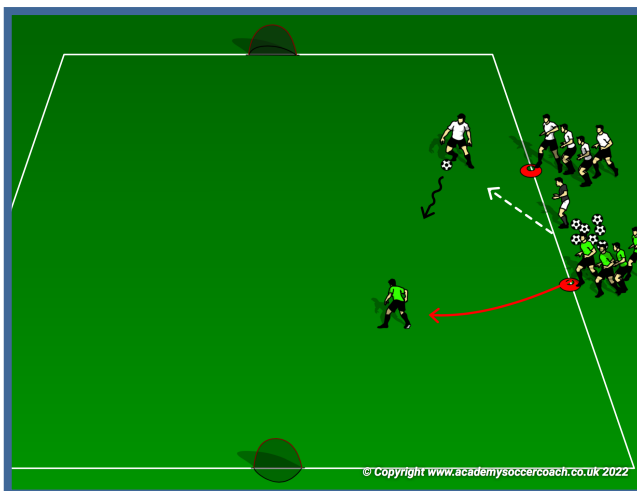
1v1 to Small Goals

2v2s to Small Goals

[Click for Videos](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Free Dribble + Knockout

Set-up: In area each player has soccer ball.
Coach demonstrates proper **Skill DRIBBLING** techniques.
When Coach yells, "**GO/DRIBBLE**", players **DRIBBLE** in area performing skills. When Coach yells, "**STOP/FREEZE**", players must stop ball. Add turns, and skills!
*Play **KNOCKOUT!**

Free DRIBBLE
KNOCKOUT

Click for Videos

Coaching Cues:

Head Up - Dribble - Small Touch - Control > Speed



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2. Kick the Coach

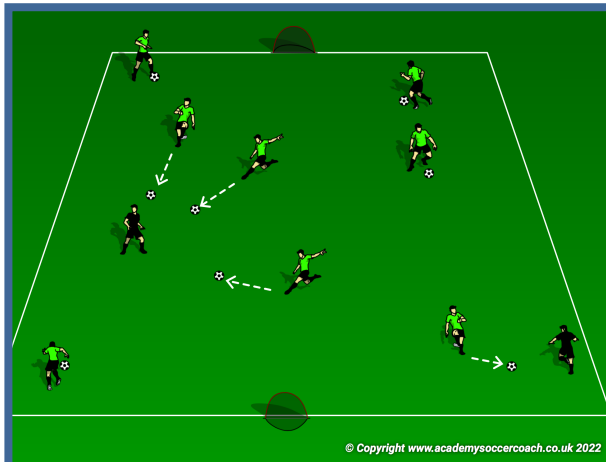
Set-up: Players all have their ball in area.
Game: Coach is the **TARGET**. Players must **DRIBBLE** and **SHOOT/STRIKE** ball at Coach. Players gain 1,000 points if they hit target. *Coach can become a **Monster/Dragon** and wears pinnies around arms. Each time Coach is hit by ball, they lose a pinnie.

SPACE WARS(Kick the Coach)

Coaching Cues:

Click for Video

Head up - Dribble - Strike w/ Inside or Laces



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3. Combat: 1v1s

Set-up: 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.

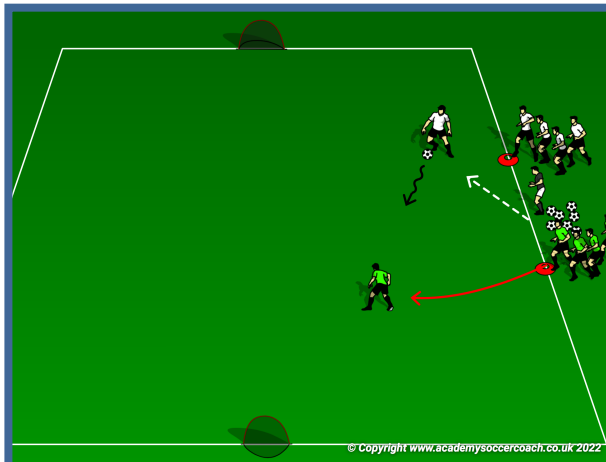
Game: Coach **PASSES** ball to space creating 1v1. Players in **POSSESSION** are encouraged to **ATTACK** and score goal. Players w/o **POSSESSION** are encouraged to **DEFEND** goal and recover ball. If **DEFENDER/S** recover ball, they become **ATTACKER** and attempt to score!

1v1 to Small Goals

Click for Videos

Coaching Cues:

Head Up - Dribble - Control > Speed



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PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Sharks vs. Minnows

Set-up: Every player has their own ball, and are designated **MINNOWS**. Coach starts as the **SHARK! Coach/SHARK** attempts to "gobble" up the **MINNOWS** ball. **SHARKS** can **SHOOT** recovered soccer balls into PUGGS. If **MINNOWS** ball is eaten by **SHARK**, **MINNOWS** becomes **SHARK**. Play until 1 **MINNOW** remains.

SHARKS vs. MINNOWS

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



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2. Gate Dribble

Set-up: Place multiple **GATES(8)** around your area as shown.

Game: Who can DRIBBLE thru the most gates?

1. Players **DRIBBLE** thru gates x1
2. Players must **DRIBBLE** thru gates x2(add turns)
3. Figure 8 **DRIBBLE** thru gates x3

Gate Dribbling

[Click for Video](#)

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



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3. Combat: 1v1 or 2v2

Set-up: 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.

Game: Coach **PASSES** ball to space creating 1v1-2v2 scenario. Players in **POSSESSION** are encouraged to **ATTACK** and score goal. Players w/o **POSSESSION** are encouraged to **DEFEND** goal and recover ball. If **DEFENDER/S** recover ball, they become **ATTACKER** and attempt to score!

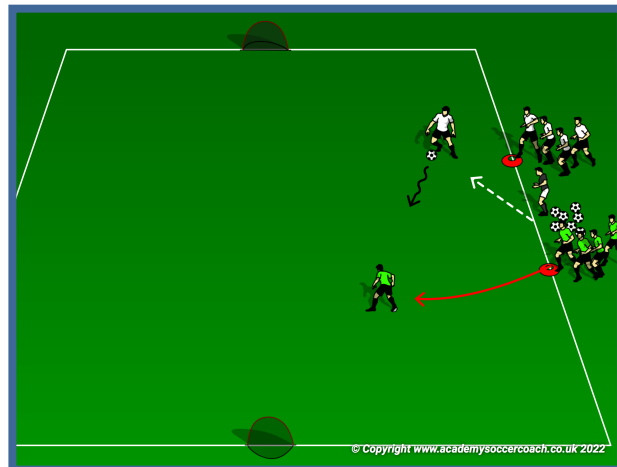
1v1 to Small Goals

2v2s to Small Goals

[Click for Videos](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



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PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Freeze Tag

Set-up: Each player has own ball in area.

Game: Coach or Player/s designated as **TAGGER**. Inside area players **DRIBBLE** trying not be tagged. If you are tagged, **YOU'RE FROZEN**. Players must perform foundation or must receive high five from another player before returning to game. *Bonus - If tagged, **FROZEN** players creates a gate for players to **PASS** thru.

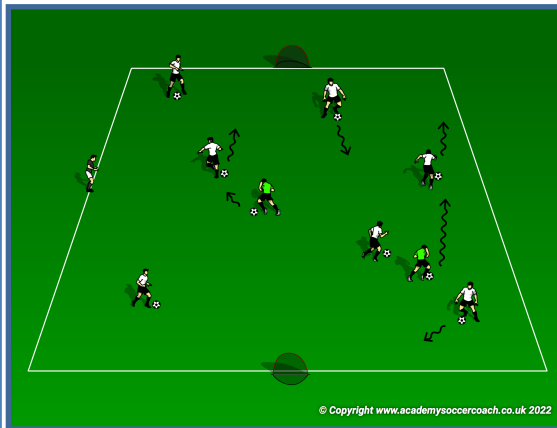
Freeze Tag

Coaching Cues:

Head Up - Protect the ball - Dribble - Find Space



Click for Video



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2. Collect the Treasure

Set-up: Split players into two lines as shown in image. Set-up balls in a Treasure Box.

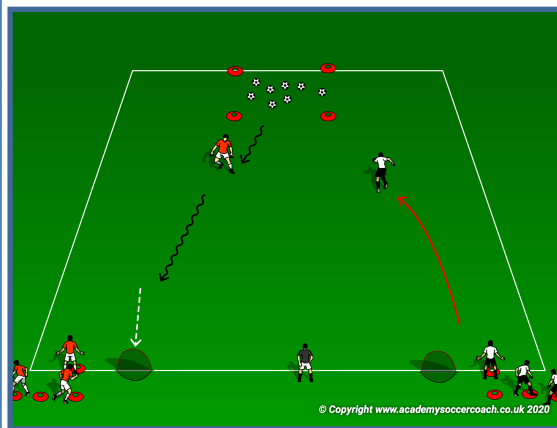
Progression 1: First player from each line runs out to **RECOVER** ball and **DRIBBLES** to **SHOOT** ball into their team's PUGG goal.

Progression 2: First Player from each line runs out to **RECOVER** ball and **DRIBBLES** thru obstacle(CONES) before **SHOT** on goal.

***Progression 3:** Crab **DRIBBLE!**

Coaching Cues:

Head Up - Dribble - Control > Speed



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3. Combat: 1v1 or 2v2

Set-up: 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.

Game: Coach **PASSES** ball to space creating 1v1-2v2 scenario. Players in **POSSESSION** are encouraged to **ATTACK** and score goal. Players w/o **POSSESSION** are encouraged to **DEFEND** goal and recover ball. If **DEFENDER/S** recover ball, they become **ATTACKER** and attempt to score!

1v1 to Small Goals

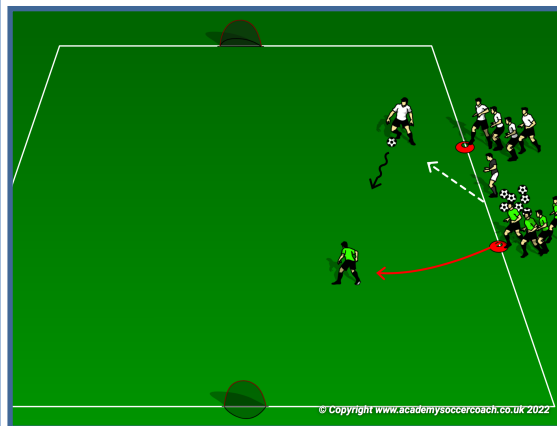
2v2s to Small Goals



Click for Video

Coaching Cues:

Head Up - Dribble - Control > Speed



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PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Red Light, Green Light

Players must **DRIBBLE** in area while listening to Coaches Traffic Signals!

RED LIGHT - Stop ball w/ sole of foot.

YELLOW LIGHT - Slow, controlled **DRIBBLE**.

GREEN LIGHT - **DRIBBLE** w/ laces.

BLUE LIGHT - Dance or Skill Move

Red Light, Green Light

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



2. Messy Backyard

Set-up: Split field, creating two "backyards". Or, compete against opposing team (two versions shown in image).

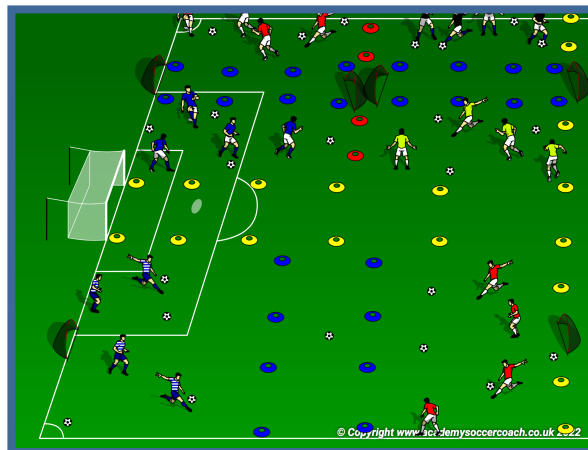
Game: Each Team has their own "backyard to clean." Players use **PASSING/STRIKING** skills to send balls to opposing teams backyard. After 90seconds. the team w/ the least amount of soccer balls in their backyard **WINS!** Play 2-3 rounds, Switch backyards.

Messy Backyard

[Click for Video](#)

Coaching Cues:

Head up - Strike w/ Inside or Laces - Stay in your **AREA!**



3. Numbers Game

Set-up: x2 lines + x2 Teams of players.

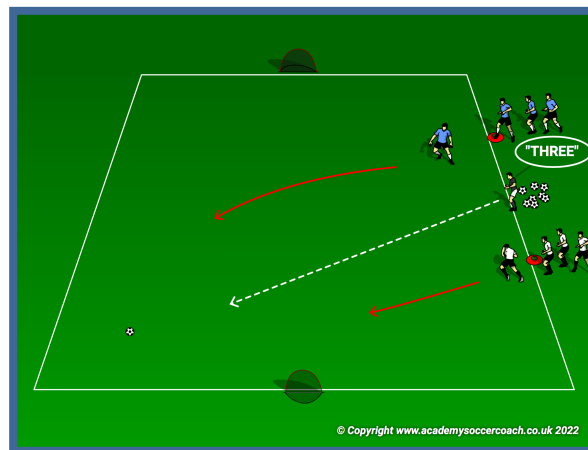
NUMBERS GAME - Designate each player a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

The Numbers Game

[Click for Video](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Body Part Dribbling

Set-up: All players w/ a ball in your area.

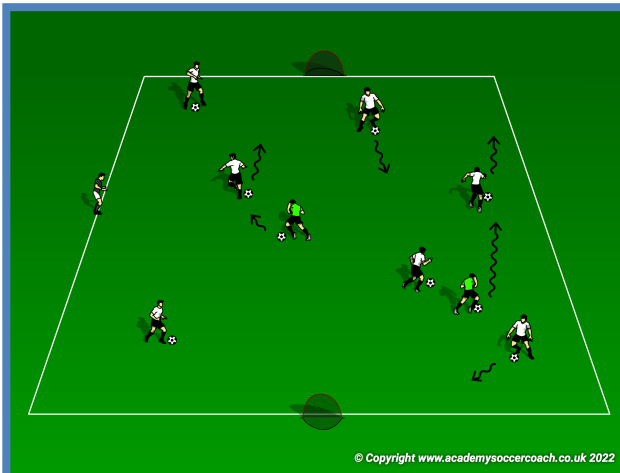
Play: Coach signals players to **DRIBBLE** in area using different surfaces of the foot. Coach then signals a body part (Foot, Knee, Belly, Elbow, BUM!!, etc.), and players must use that body part to stop the ball!

Body Part Dribbling

[Click for Video](#)

Coaching Cues:

Head Up - Light Touches - Control > Speed



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2. Builders and Bulldozers

Set-up: Place cones around your area as shown. Designate one Team = **BUILDERS** and Opposing Team = **BULLDOZERS**.

Game: **BULLDOZERS DRIBBLE** and use strikes to knock down cones w/ ball. **BUILDERS** build up cones. After :30sec. check how many cones are built, and how many are bulldozed?

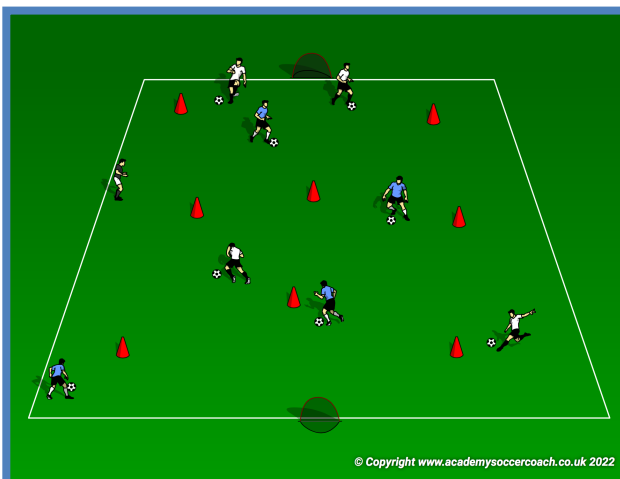
Winner goes to whoever has the most cones bulldozed or built! Play 2-3 rounds changing roles.

Builders vs. Bulldozers

[Click for Video](#)

Coaching Cues:

Head up - Keep Ball Close - Strike w/ Inside or Laces



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3. Combat or Numbers Game

Set-up: x2 lines of players using dots.

Game: Play 1v1 -> 2v2 or Numbers Game (shown last session)

1v1 to Small Goals

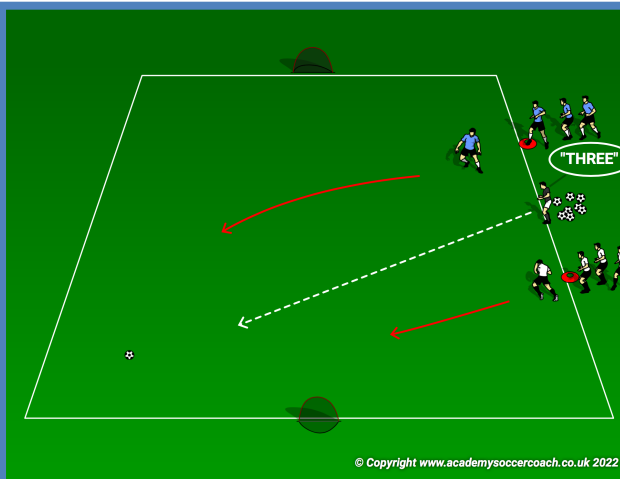
2v2s to Small Goals

The Numbers Game

[Click for Videos](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Snake (Tag Game)

Set-up: Each player has a ball. Designate one player as the **SNAKE**!

Game: Players **DRIBBLE** in the area dodging the tag from the **SNAKE**. If a player is tagged, they become attached to the **SNAKE**! Play until one player remains.

Snake

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



2. Mosquitos

Set-up: Divide into two teams. Mosquitos have a ball, campers have no ball.

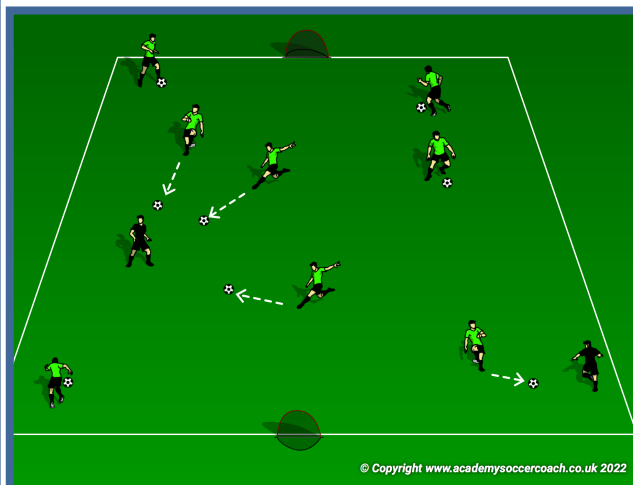
Game: Mosquitos **DRIBBLE** and attempt to get close to Campers and **STRIKE**(sting) them w/ ball. Always **AIM** below the knee! If a Camper is stung by Mosquito, they switch roles and Camper becomes Mosquito! Tag w/ projectiles!

Mosquitos

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



3. Flying Numbers

Set-up: Split into two teams, and make two lines as shown. Coach **PASSES** ball to players!

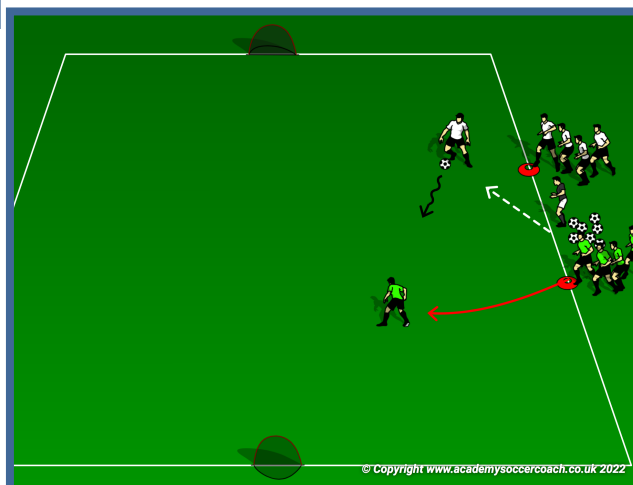
Play: Coach starts by shouting combat number, ex.) "2v2!" The amount of players shouted enter the field for small-sided game.

Flying Numbers

[Click for Video](#)

Guided Question:

When should you dribble, and when should you pass?





PreK and Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Gate Dribble

Set-up: Place multiple GATES(8) around your area as shown.

Game: Who can DRIBBLE thru the most gates?

***Start Game w/ NO BALL too!**

1. Players DRIBBLE thru gates x1
2. Players must DRIBBLE thru gates x2(add turns)
3. Figure 8 DRIBBLE thru gates x3

Gate Dribbling

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



2. PACMAN

Set-up: Place all of the balls in an “arsenal” for the GHOST/s.

Game: The GHOST/s DRIBBLES area trying to eat the PACMAN by PASSING their ball at players feet. If you get eaten(hit by the ball) you become GHOST! Last PACMAN standing WINS! Play 2-3 rounds.

Minions/Pacman

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed - Aim for cleats



3. Combat 1v1's w/ Race

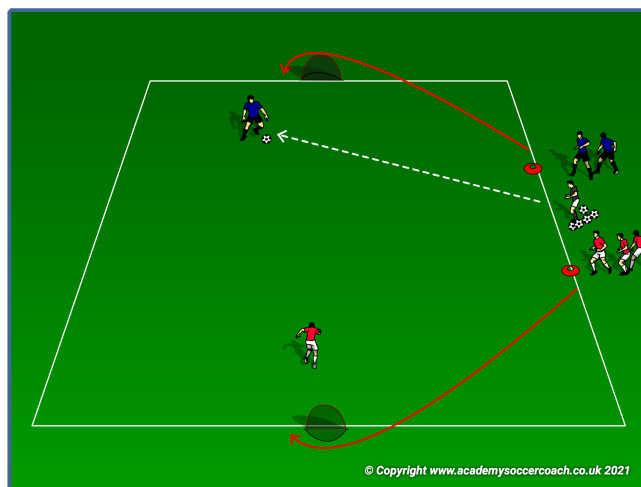
Set-up: Either 2 lines on each side of Coach. Use assistant/parent to help with lines, if needed.

Game: Coach signals for players to “GO”. Players run around their team’s PUGG. Coach PASSES ball to first player around PUGG. Players in POSSESSION are encouraged to ATTACK the goal. Players w/o the ball encouraged to DEFEND goal and RECOVER ball. If DEFENDER/S RECOVER ball, they can try to score!

Video - 1v1 to Small Goals

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



PreK + Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Kick the Coach

Set-up: Players all have their ball in area.

Game: Coach is the **TARGET**. Players must **DRIBBLE** and **SHOOT/STRIKE** the ball at Coach using **INSIDE** or **LACES**.

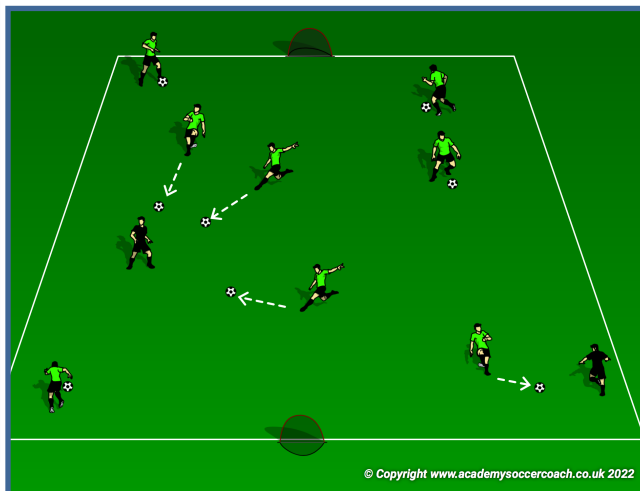
Players gain a trillion points if they hit target. *Coach can become a **Monster/Dragon** and wear pinnies around arms. Each time Coach is hit by ball, they lose a pinnie.

SPACE WARS(Kick the Coach)

Coaching Cues:

Head up - Dribble - Strike w/ Inside or Laces

[Click for Video](#)



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2. Freeze Tag

Set-up: Each player has own ball in area.

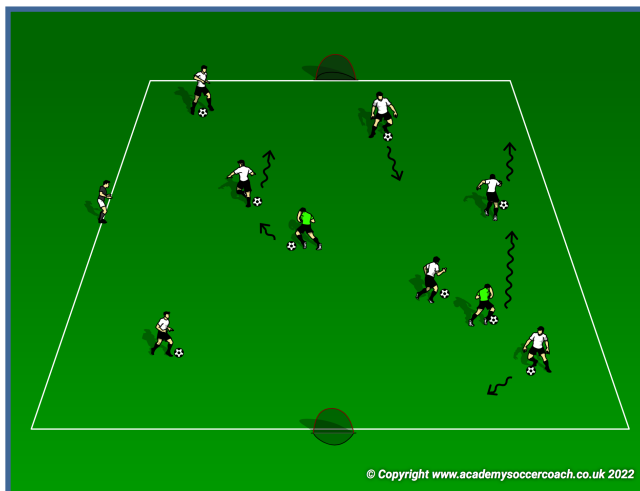
Game: Coach or Player/s designated as **TAGGER**. Inside area players **DRIBBLE** trying not to be tagged. If you are tagged, **YOU'RE FROZEN**. Players must perform foundation or must receive high five from another player before returning to game. *Bonus - If tagged, **FROZEN** players creates a gate for players to **PASS** thru.

Freeze Tag

[Click for Video](#)

Coaching Cues:

Head Up - Protect the ball - Dribble - Find Space



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3. Combat: 1v1 to Small Goals

Set-up: Either 2 lines on each side of Coach. Use assistant/parent to help with lines, if needed.

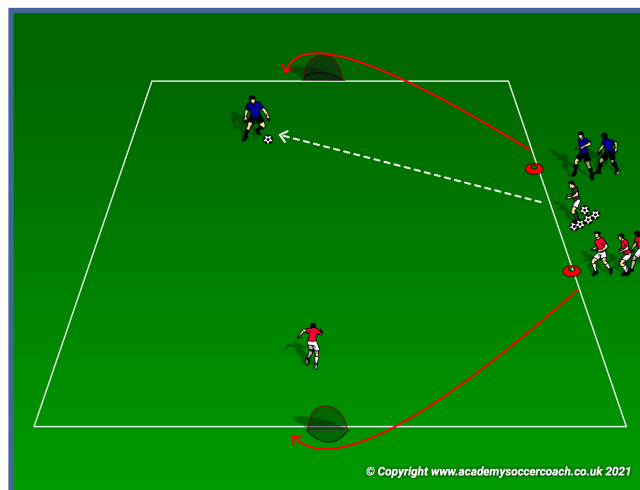
Game: Coach signals for players to "GO". Players run around their team's PUGG. Coach **PASSES** ball to first player around PUGG. Player in **POSSESSION** are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and **RECOVER** ball. If **DEFENDER/S RECOVER** ball, they can try to score!

1v1 to Small Goals

[Click for Video](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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Pre-K + Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Sharks vs. Minnows

Set-up - Every player has their own ball, and are designated **MINNOWS**. Coach starts as the **SHARK!** **Coach/SHARK** attempts to "gobble" up the **MINNOWS** ball. **SHARKS** can **SHOOT** recovered soccer balls into PUGGS. If **MINNOWS** ball is eaten by **SHARK**, **MINNOWS** becomes **SHARK**. Play until 1 **MINNOW** remains.

SHARKS vs. MINNOWS

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



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2. Collect the Treasure

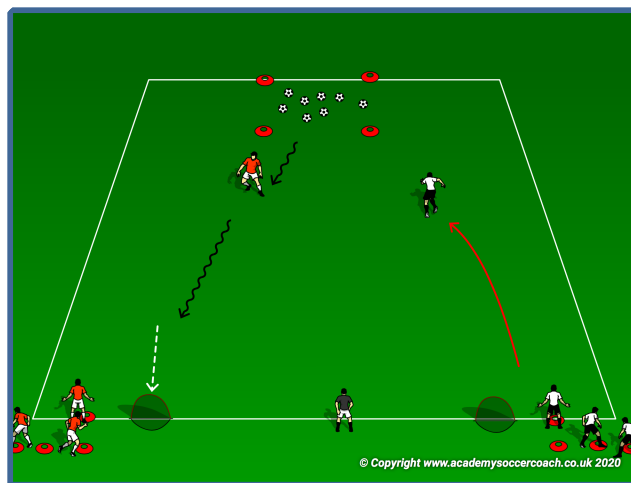
Set-up: Split players into two lines as shown in image. Set-up balls in a Treasure Box.

Progression 1: First player from each line runs out to **RECOVER** ball and **DRIBBLES** to **SHOOT** ball into their team's PUGG goal.

Progression 2: First Player from each line runs out to **RECOVER** ball and **DRIBBLES** thru obstacle(CONES) before **SHOT** on goal. ***Progression 3:** Crab **DRIBBLE!**

Coaching Cues:

Head Up - Dribble - Control > Speed



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3. Combat or Numbers Game

Set-up: Two Teams of players.

NUMBERS GAME - Designate each player a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

1v1 to Small Goals

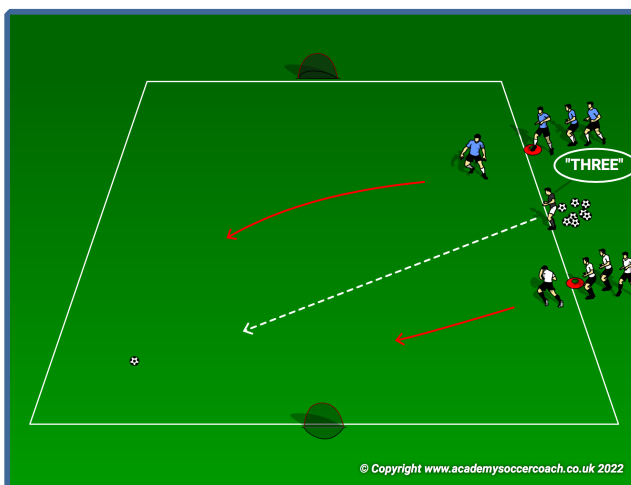
2v2s to Small Goals

The Numbers Game

[Click for Videos](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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PreK + Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Snake (Tag Game)

Set-up: Each player has a ball. Designate one player as the **SNAKE**!

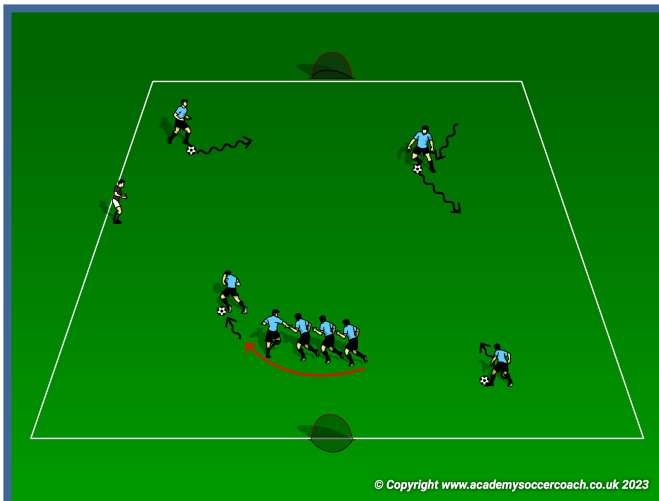
Game: Players **DRIBBLE** in the area dodging the tag from the **SNAKE**. If a player is tagged, they become attached to the **SNAKE**! Play until one player remains.

Snake

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



2. Passing Gauntlet

Set-up: Using cones create wide channel from PUGG to PUGG. Players are outside the channel w/ a ball.

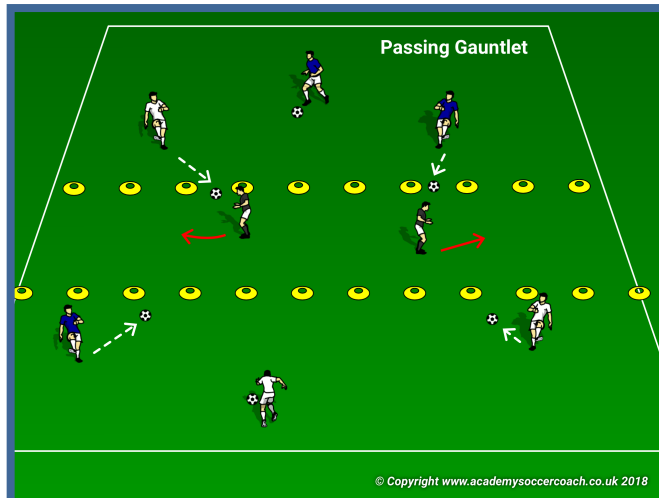
Progression 1 - Coaches run channel and players use striking skills, aiming below the knee, and try to hit Coaches.

Progression 2 - Allow players in the channel.

Progression 3 - Allow parents in the channel!

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Power



3. 1v1 - Winner Stays!

Set-up: Create one line of players as shown.

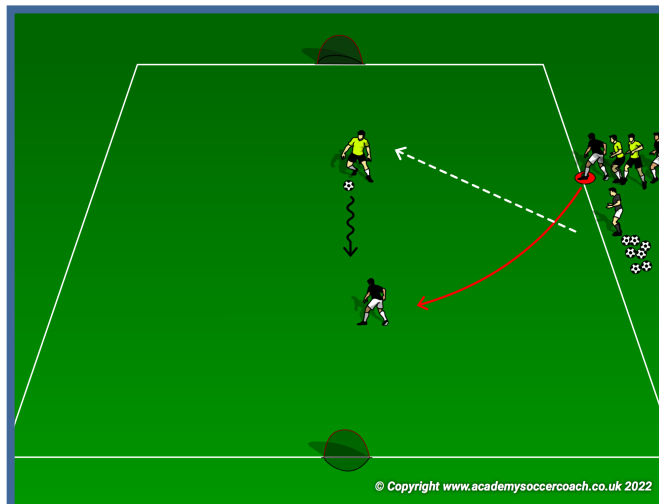
Game: **ATTACKER** in possession attempts to score.

DEFENDER tries to recover ball to become **ATTACKER**. If **ATTACKER** scores they continue to play, and if you're scored on, you're back in line. When ball is played out-of-bounds both players exit to line.

1v1 to Small Goals

Coaching Cues:

Attack - Defend - Dribble - 1v1 Skills - Shoot



PreK + Kinder Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. Island Hopping

Set-up: Use cones to create 4 boxes (Islands) in each corner of field. Each player has a ball and starts on an Island.

Game: Players attempt to **DRIBBLE** to each Island w/o being caught by Coach (Pirate).

Round 1 - Allow players to **DRIBBLE** freely trying to successfully conquer each Island.

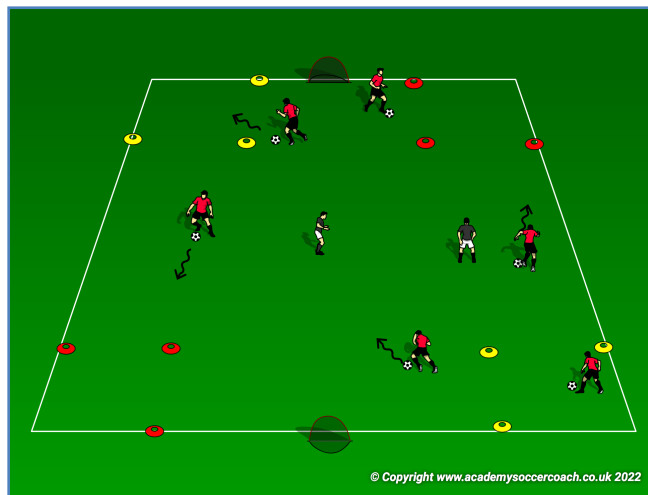
Round 2 - If a player's ball is caught they become Pirate. Play until one **DRIBBLER** remains.

Island Hopping

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed - Change Direction



2. Breakthrough Defenders

Set-up: Create channel across width of area. Two **DEFENDERS** inside channel holding pinnies.

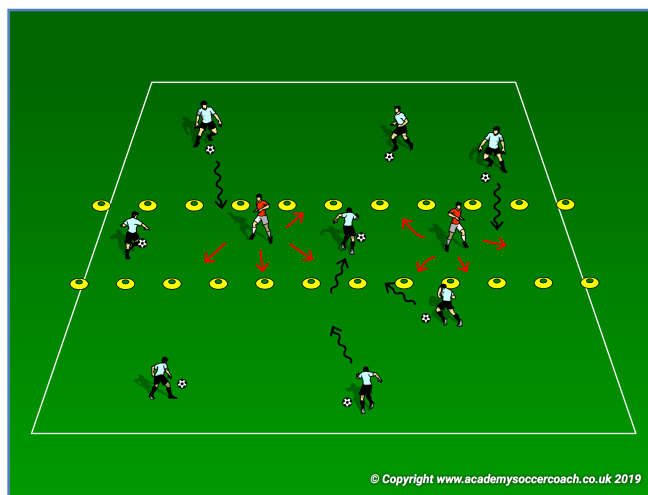
ATTACKERS outside area at each end.

Progression 1: **ATTACKERS** attempt to **DRIBBLE** thru channel w/o **DEFENDERS** receiving their ball. If **ATTACKER** makes it thru, go score!

Progression 2: Now if **DEFENDER** recovers ball from **ATTACKER**, **ATTACKER** stays inside channel to become **DEFENDER**. Play until 1 **ATTACKER** is left.

Coaching Cues:

Head Up - Dribble - Shield - Control > Speed - Recover



3. 1v1s - Winner Stays!

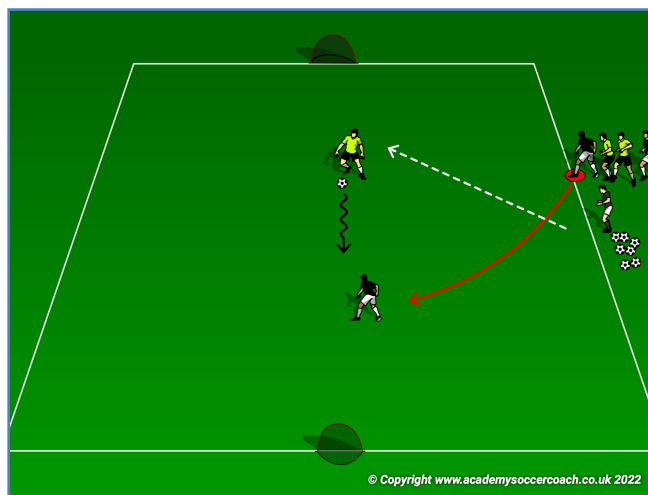
Set-up: Create one line of players as shown.

Game: One player from each line enters area for 1v1.

Players in possession are encouraged to **ATTACK** and score on goal. Players w/o the ball encouraged to **DEFEND** goal and **RECOVER** ball. If **DEFENDER/S RECOVER** ball, they can try to score. If **ATTACKER** scores they continue to play, and if you're scored on, you're back in line. When ball is played out-of-bounds both players exit to line.

Coaching Cues:

Attack - Defend - Dribble - 1v1 Skills - Shoot



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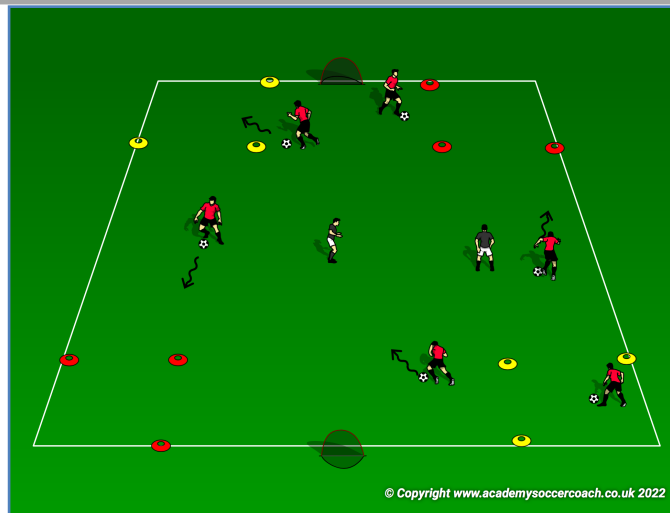
Round 2 - If a player's ball is caught they become Pirate. Play until one **DRIBBLER** remains.

Island Hopping

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed - Change Direction



2. Duck Tails

Set-up: Each player has a pinnie to tuck in the back of their shorts to create a TAIL!

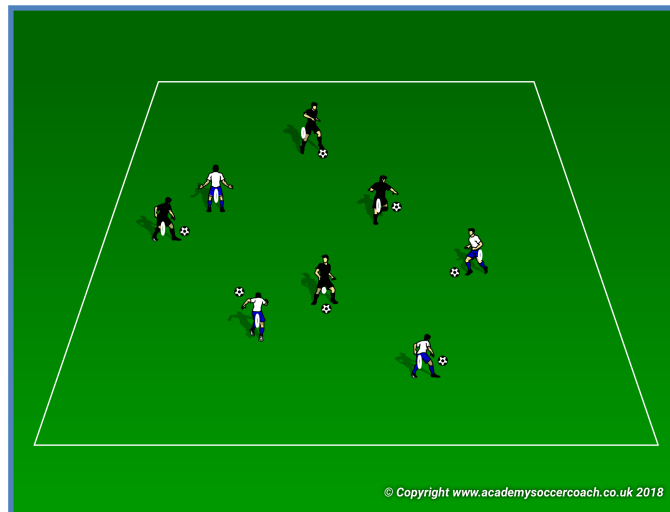
Game: Start w/ no ball, then introduce ball and **DRIBBLING**. Players **DRIBBLE** their ball around space trying to steal a teammates tail. Player w/ most tails at the end of time, **WINS!**

Duck Tails

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



3. Combat or Numbers Game

Set-up: Two Teams of players.

NUMBERS GAME - Designate each player a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

1v1 to Small Goals

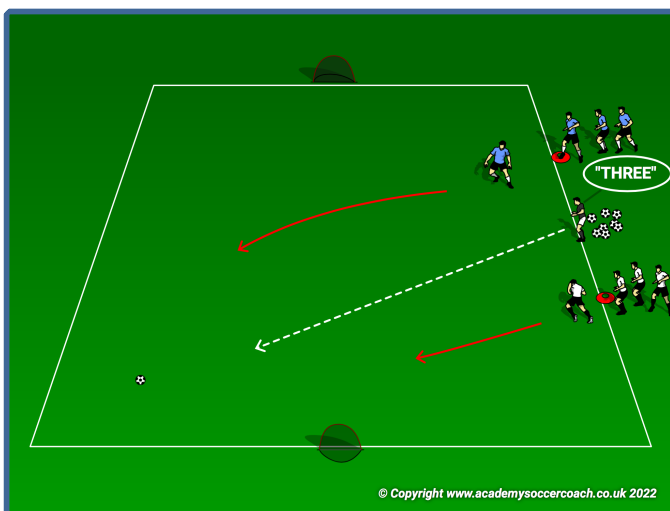
2v2s to Small Goals

The Numbers Game

[Click for Video](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



PreK + Kinder - HALLOWEEN THEME

Topic: Understand the game, technical development, and fun games!

1. GHOSTBUSTERS

Set-up - Ghosts have a ball. Ghostbusters no ball. Use pinnies for Ghostbuster to throw at Ghost's ball.

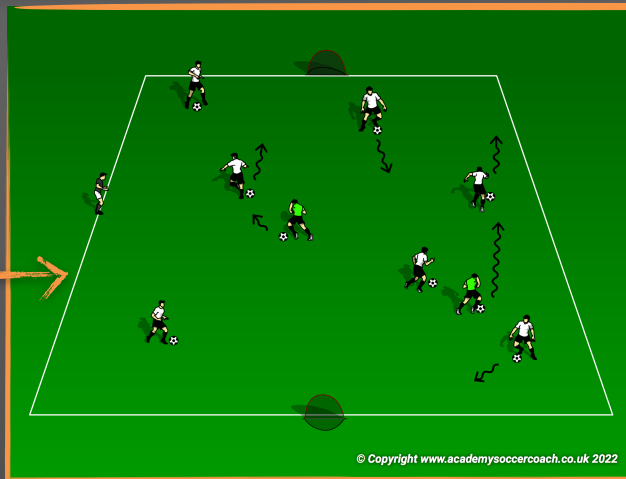
Play: Ghosts **DRIBBLE** their ball in area trying to avoid the Ghostbuster! Ghostbusters attempt to throw pinnie at the Ghost's ball. If a Ghost's ball is hit w/ pinnie by Ghostbuster, they must freeze (foot on ball). Ghosts can high five frozen ghost to become unfrozen.

Freeze Tag

[Click for Video](#)

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. Zombie ATTACK!

Set-up: Designate 1-2 Zombies.

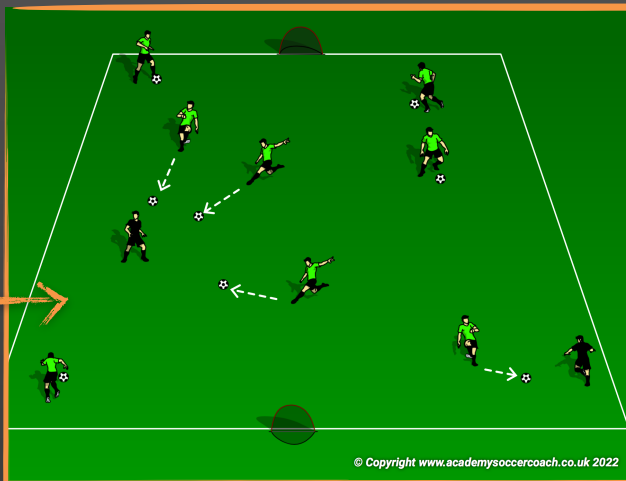
Game: Zombies **DRIBBLE** and attempt to get close to players and strike them w/ ball. Always **AIM** below the knee! If a player is hit by Zombie, they also become Zombie and must retrieve ball. Play until one player survives the Zombie ATTACK!

SHARKS vs. MINNOWS

[Click for Video](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



3. Pumpkins vs. Scarecrows

Set-up: Split into two teams, and make two lines as shown. Coach **PASSES** ball to players!

Play: Play 1v1 -> 2v2 or Numbers Game

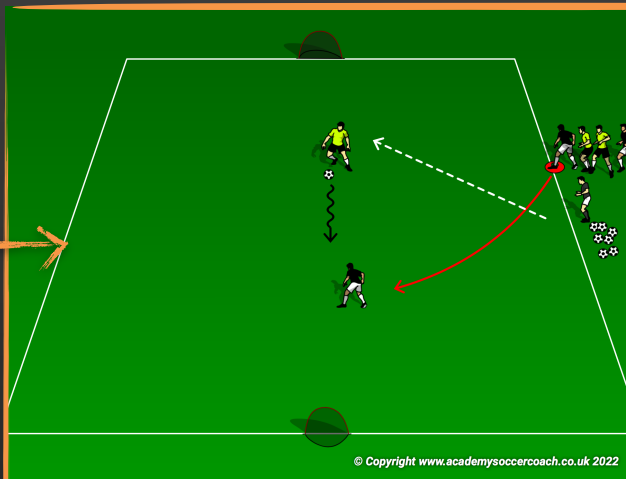
1v1 to Small Goals

2v2 to Small Goals

[Click for Video](#)

Guided Question - Coaching Cues:

When should you dribble, and when should you pass? Dribble - Pass - Shoot - Find Open Space





PreK and Kinder Final Game Day

Understand the game of Soccer, technical skill development, and fun games!

1. _____

Coaching Cues:



2. _____

Coaching Cues:



3. _____

Coaching Cues:





REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.