

Pre-K & Kindergarten Soccer Practice Plan

Stretching:

Toe Touches – Legs straight, bend down to touch toes

Right leg over left & left leg over right

Spread legs and lean to the right/left

Sit Down – Bring right leg in and reach to touch the left foot/toes & bring left leg in and reach to touch right

Butterfly's

Dribbling:

Have the kids line up on the end line or sideline facing you. With ball at their feet, have them dribble from the end line to the halfway line (or sideline to sideline). Stop and line up again, repeating this several times.

After five or six times of dribbling from end to half line, with them still on the end line have them put the sole of the right foot on the ball. Once each kid has their foot on top of the ball, tell them to switch feet so now their left foot is on top of the ball (toe touches). Once everyone has switched to their other foot being on top of the ball, tell them to switch again. Continue to tell them to switch, getting progressively faster. After you have done this for thirty seconds or so have them dribble once again from the end line to half line. Do this several times.

Passing:

Set up cones 3 – 4 yards apart. Have each kids get a partner with one ball between them.

Have them pass back and forth. Make sure to have the kids focus on putting their plant foot right beside the ball and make sure their toe is pointed towards where they are passing. Try and have them passing with the inside of their foot and remind them to keep their ankle locked.

Dribble and Shoot:

Set up a line of four or five cones 3 – 5 yards apart going towards the goal. One at a time have a kid dribble the ball in between the cones towards the goal and at the end when they've gone through all the cones, have them take a shot at goal.

Dribbling Box:

Set up a square large enough for your kids to dribble around in. Set up three or four gates with cones about 2 – 3 yards apart randomly placed inside the square.

Have them dribble inside the square. As they are dribbling call out three commands. The first command is to STOP. When you call this, have them stop dribbling and put their foot on the ball. When every kid has their foot on the ball, tell them to go and start dribbling again. The second command is TOE TOUCHES. When you call this, the kids should do their toe touches where they have one foot on top of the ball and continuously switch feet. Then tell them to go and start dribbling. The third command is where the gates that are placed in the square come in. For this, tell the kids to dribble through as many gates as they can in thirty seconds.