

CITY OF WAVERLY

**PARKS & RECREATION
DEPARTMENT**

**YOUTH SOCCER
COACHES HANDBOOK**

2018

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INTRODUCTION TO SOCCER

Traditional soccer is played 11 vs. 11 (11 players play against 11 players) on a regulation sized field that can range from 40 yd x 60 yd to 100 yd x 120 yd. Soccer had been popular internationally, and has become popular in the United States fairly recently. It is a game of continuous action, stopping only when the ball leaves the playing field, for an injury and at half time.

ADAPTATIONS TO SOCCER

For younger players, it is recommended to reduce the number of players and the size of the field which gives each child the opportunity to touch the ball more often. Micro Soccer is offered for both boys and girls, with divisions for Pre-K, Kindergarten, 1st, 2nd, 3rd, 4th and 5th grade Boys and Girls.

FIELD SIZE

The official field of play for grades Pre K =20x30yds, grade K & 1=25x35, grade 2 & 3=30x40, and grade 4 & 5=40x60.

Fields size may be altered slightly for space and safety issues.

NUMBER OF PLAYERS

Pre K = 4 vs 4 No Goalie; K & 1= 4 vs 4 No Goalie; 2 & 3 = 4 vs 4 or 5 vs 5 No Goalie; 4 & 5 = 4 vs 4 or 5 vs 5

BALL SIZE

Pre K – 3= Size #3 Ball; 4 & 5 = Size #4 Ball

GOAL SIZE

Pre K = Pop-up Goals
K & 1 = Pop-up Goals or 4' X 6'

2 & 3 = 4' X 6' or 5' X 10'
4 & 5 = 5' X 10'

CANCELLATION LINE:

In case of rain or bad weather, please contact our cancellation hotline at **402-786-2412**

Note: Cancellation information will be updated at **8:15am** on Saturday Mornings. Please check the cancellation line before you leave your homes incase weather changes.

GAMES/PRACTICES

Youth Soccer schedules time to practice prior to every game in order to allow all teams equal opportunities for practice and games. The time listed on the schedule is the time athletes should be at the field ready to start practicing. Games are scheduled every hour which provides:

1. Practice for 20 minutes (any other practice should not be mandatory). If **both** teams agree, practice may be shortened and game may be longer.
2. Games are 24 minutes long, two 12-minute periods with a 2-minute half-time break. There are no overtimes.
3. There are 10 minutes left to allow for a post-game snack and talk, and to give the next teams a change to get onto the field for their game.
4. **COACHES MUST BE PREPARED TO START THE GAME IMMEDIATELY AFTER THEIR 20-MINUTE PRACTICE TIME**

COACHES DUTIES

1. Have a parent/team meeting before the first game and introduce yourself and explain your expectations and share with them the information you learned at the coaches meeting. Ask for volunteers to bring juice/snack after each game, and ask for any other volunteers you might need. Ask parents to let you know if a player will be absent from a game. Be sure parents know to bring appropriate equipment for their players.
2. Hand out rosters/schedules/t-shirts
3. Keep the kids busy – Maximize activity and minimize talk.
4. Praise and encourage all players.
5. Be a positive role model.
6. Organize the practice sessions before each game. (See practice sessions).
7. Help players with positioning and responsibilities on the field, but allow them time to start making their own decisions.
8. Start each half on time.
9. Provide a referee for each game (see below). Usually the coach is the referee, which allows the coach to move through the field to instruct and encourage. Only two adults, per team, are allowed on the field. It is recommended that the coach/referee, on the field, attempt to stay on the perimeters, of the field, to keep out of the action of play.

REFEREES

Each team will need to provide one person to act as a referee for the game. This can be the coach and coaches are allowed to coach the players while on the field. Referees/coaches need to keep the game moving and only stop the game for big infractions and when the ball goes out of play. Be encouraging to both teams.

SCORES/RECORDS

The City of Waverly does not tally scores or keep records. This league is a recreational/instructional league; we are trying to stress the fundamentals of the game and good sportsmanship

SEASON LENGTH

This is a five to six-week season, with games played on Saturday mornings/afternoons.

T-SHIRTS

Coaches will be given their teams t-shirts at the coaches meeting or at the first game.

GAME BAG

The City of Waverly will provide a game bag for each field with eight (8) cones, ball for each team. Please be sure to leave the equipment in place for the next team. If you are the last team on the field, **please put the equipment back into the bag.**

PLAYER EQUIPMENT

1. **ALL PLAYERS MUST WEAR SHIN GUARDS.**
2. Straps are recommended for players wearing eyeglasses.
3. Each player is encouraged to bring a ball **MARKED WITH THEIR NAME ON IT. The ball size is 3 or 4.**
4. Please bring water in a non-breakable container.
5. Uniform t-shirts are provided and are to be worn at all times. In cold weather, game shirts must be worn outside all other clothing. (Gloves are a good idea on cold days.)
6. Shoes – Turf shoes are the best for young players. Soccer cleats are allowed – **BUT NO SCREW-IN CLEATS.**
7. Players shall not wear anything which is dangerous to themselves or to another player – including jewelry of any kind (earrings, watches, rings, necklaces, etc.)
8. Players with a hard cast or splint will not be allowed to play.

TEAM ROSTERS

Roster size varies from division to division. Each team will not have more than double the number of players on the field. Each player is to play at least half of every game. Players should rotate positions or area of the field to allow all players a chance to try all positions.

POSITIONS

Coaches are encouraged to allow children a chance to learn to play the game on their own, without assigning strict positions that restrict their enthusiasm for activity.

On offense: the player with the ball needs to learn to make good decisions as to whether he/she should keep the ball if they have a clear path to the goal or whether they should pass to a teammate who is in a better position to score a goal. The attacking player(s), without the ball, should support the player with the ball by helping to open up scoring opportunities. The attacker(s), without the ball, need(s) to get into an open space – this is important in re-start situations also. The defender (the player(s) in back, playing defense) need(s) to move forward, with the attackers, and help support the attack on goal.

On defense: the defender(s) need(s) to quickly get in position to defend the goal and the attackers need to move back to help defend the goal.

All players need to learn to “go with the flow” of the game and to trust and respect their teammates abilities to move the ball.

MICRO SOCCER PLAYING FIELD

End Line/
Goal Line

Mid Line

Goal Box

Center Circle

Touch Line/
Sideline

Corner Arc

THE GAME

The object is for each team to score as many goals while allowing the opposing team to score as few goals as possible. Both teams take on the role of attackers and defenders depending on which half of the field the ball is in. When the ball leaves the playing field, the team that touched the ball last loses possession and the other team puts the ball back into play with a throw-in. The game is played primarily by moving the ball with the feet, dribbling and passing in attempt to reach

the other team's goal. In traditional soccer, only goalkeeper is allowed to touch the ball with his/her hands and this can occur only within the penalty box. In Micro Soccer, no players are allowed to touch the ball, except for the person performing the throw-in.

RULES

GENERAL

1. Pre K division – 4 players from each team will play at all times; Boys and Girls K-1 = 4 vs 4; Boys and Girls 2 & 3 = 4 vs 4 or 5 vs 5; Boys and Girls 4 & 5 = 4 vs 4 or 5 vs 5
2. Games consist of two 12-minute periods with a 2-minute half-time break.
3. Each player is to play at least half of every game.

SUBSTITUTIONS

Substitutions may be made in any dead-ball situations. In order to keep playing time fair for all players, below are suggested ways of substituting depending on the number of players on a team. It is recommended to substitute every 2 minutes.

1. With 3 players – There are no substitutes, but it is a good idea to rotate positions or areas played on the field every 2 minutes.
2. With 4 players – The sequence is the defender becomes the sub, the sub becomes an attacker and the attacker becomes the defender. Keep rotating in that pattern.
3. With 5 players – The sequence is the 2 substitutes go in for the 2 attackers. One attacker goes back to defender; the other attacker and the defender become the subs. Keep rotating in the pattern.
4. With 6 players – All 3 substitutes go in, all 3 players become substitutes. Be sure to rotate positions when using this system.

NOTE: There is an emphasis on trying to substitute every 2 minutes and on rotating positions.

SCORING

1. Goals are scored when the ball is kicked by an attacking player outside of the goal box in the offensive half of the field and the ball completely crosses over the end line within the perimeter of the goalposts. Even if a defending player accidentally kicks the ball over the other team's goal line through the posts, it counts as a goal for the attacking team. Each goal counts as one point.
2. No player may "touch" the ball within the goal box. If an offensive player touches the ball within the goal box, a goal kick (see terms section below) is awarded to the defensive team. If a defensive player touches the ball in the goal box, a goal is awarded to the offensive team.

FIVE YARD RULE

In all re-start situations, defending players must stand at least 5 yards away from the ball. If the defensive player's goal area is closer than 5 yards, the ball shall be placed 5 yards away from the goal area so as to allow the defenders to do their jobs. (Please note section on POSITIONS)

OFFSIDES

There are no off sides

SOCCER TERMS

ATTACKING TEAM

The team with the ball.

DEFENDING TEAM

The team trying to win the ball and stop the attacking team from scoring.

DRIBBLING

Similar to basketball, but in soccer the dribbling is done with the feet.

TOUCHING THE BALL

A touch on the ball is usually done with the feet, as hands are never used to propel the ball in soccer, with the exception of a **THROW-IN**.

TRAPPING

The action of controlling the ball after a player receives it from another so that the receiving player can then move the ball in the direction they choose. In trapping the ball, other body parts will be used such as the thighs, knees and chest.

TACKLING

When a defender gets in the way of the player with the ball and tries to take it away. In Micro Soccer, players must remain upright and on their feet and **cannot slide tackle** (slide feet first into the player with the ball in an attempt to get the ball)

GOALKEEPERS/GOALIES

There are no goalkeepers/goalies in Micro Soccer and no players should be asked to remain in their team's half of the field "waiting" for the ball to come into their area so they can play defense.

RE-START

Used after play has been temporarily stopped and the ball is put back into play. Re-starts occur after play is stopped for an injury in which case play starts with a **DROP BALL**. After a goal is scored, play is resumed with a **KICK-OFF**. Whenever the ball leaves the playing field and play resumes with a **THROW-IN, CORNER KICK** or **GOAL KICK**, or after a penalty/infraction when an **INDIRECT KICK** is awarded.

DROP BALL

When play is stopped for an injury, or if it is questionable as to which player caused an infraction, a drop ball is awarded. The referee drops the ball to the ground between two players (one from each team), and each player tries to gain possession of the ball.

KICK-OFF

A coin toss, or similar action, determines which half of the field team winning the toss will defend. The team that does not win the coin toss will kick-off in the 1st half and this will switch in the 2nd half. The teams change ends of the field in the 2nd half. A kick-off must travel forward and cannot be played by the kicker until played by another player. A touch of the ball is all that is necessary for the ball to be in play. After a goal is scored, the team that did not score re-starts play with a kick-off.

THROW-IN

Occurs when the ball passes completely over the touch/sideline. The team that last touches the ball turns over possession to the other team. One player from that team throws the ball back into play.

TO DO A THROW-IN: player must have a portion of both feet on the ground, both feet must be on or behind the touch/sideline, and the player must throw the ball over the top of the head using both hands with equal force.

CORNER KICK

Occurs when a defender kicks the ball over the end line. A player from the attacking team takes a kick from the corner arc (see field diagram). The idea is for the attacking team to kick the ball to a teammate with the idea of setting up a scoring opportunity. The defending team should position themselves outside the goal box and mark (defend) the opposing players so as to avoid a goal being scored from the corner kick. A goal may be scored directly from a corner kick without having the ball touch another player first.

GOAL KICK

Occurs when an attacker (offensive player) kicks the ball over the end line and not between the goal posts. A defender kicks the ball from a point along the goal line. The idea is for the defensive player to kick the ball to a teammate (whose best positioning is usually along the touch line/sideline area) with the idea of beginning an attack on the opposite goal. The attacking team should try to intercept the goal kick in order to resume their attack on goal.

FREE KICK

When one team violates a soccer law (rule) in traditional soccer, the other team is awarded a free kick. Depending on the severity of the penalty, that free kick may either **DIRECT** or an **INDIRECT KICK**. In Micro Soccer, only **INDIRECT KICKS** will be awarded for **PENALTIES**.

DIRECT KICK

A kick that can result in a goal without having to be touched by another player. In Micro Soccer, **CORNER KICKS** are the only **DIRECT KICK** awarded (there are no penalty kicks).

INDIRECT KICK

A kick that must be touched by another player (from either team) before a goal can be scored. **KICK-OFFS** and kicks that result from a penalty are awarded an **INDIRECT KICK**.

PENALTIES

Are instances where an infraction/violation has occurred intentionally by a player. These penalties should be whistled by the referee. *The most common penalties are:* handling the ball, kicking/tripping/pushing/striking at another player.

Other minor infractions include: too many players on the field, dissent, obstruction (not playing the ball and intentionally screening another player from the playing the ball), illegal shoulder charge, jumping at another player, dangerous play (which can include high kicks). Any player or team which commits one of the above infractions/penalties will result in an **INDIRECT KICK** to the opposing team from the spot of the foul.

RED/YELLOW CARDS

Are awarded at the discretion of the referee to caution (yellow) or send off (red) players who act inappropriately. They will not be used in Micro Soccer, but are part of traditional soccer.

PRACTICE SESSIONS

In order to help Youth Soccer coaches, especially new coaches with beginning teams, we have the following information for you:

1. A list of several **KEY TECHNIQUES**, of soccer and explanations, coaches can use to introduce these skills to their players. We listed the skills in order of how we recommend that you work on them with your players. Do not expect too much of your players. They may get the idea of dribbling right away, or it may take weeks. Coaches need to be patient and creative so that it is fun for the players. If you get stuck on one skill, try going to another and then go back to the difficult skill later.
2. A Youth Soccer **PRACTICE PLAN** diagram that give coaches a practice outline they may go by for every week of the season.
3. A list of **WARM-UP GAMES** to use to get the players moving at the beginning of a practice. It is a good idea to start with an activity that incorporates some sort of stretching exercises to get their muscles prepared to play hard. (Even though young children may not benefit from the stretching physically, it is a good practice to start because they will need to stretch before participation as they get older).
4. Several **SKILL DEVELOPMENT GAMES** to help you and the players put their skills to use. We use the word “games” rather than “drills” so that it has the look of being for **FUN** not work. Games involve all the players, which eliminated having players standing around getting bored.

KEY TECHNIQUES

These are the basic skills that soccer players will need to learn and improve upon as they progress in the game of soccer:

DRIBBLING – the ability to run with the ball using both feet and keeping the ball in control.

PASSING – the ability to spot an open player and move the ball to that player using the feet.

SHOOTING – trying to score by playing the ball with their feet or head into the opponents' goal.

CONTROL – the ability to receive a ball that has been passed along the ground or air using any part of the body other than the arms or hands.

TACKLING – using the feet and body to correctly take the ball away from an opponent.

THROW-IN – method of putting the ball in play after it goes out of bounds or over the touch line/sideline.

BELOW ARE EXPLANATIONS OF HOW TO HELP PLAYERS MASTER THE 5 TECHNIQUES OF SOCCER

DRIBBLING

Points:

1. Keep upper body tilted slightly forward to help screen the ball.
2. Ball should be played with either the inside or outside of the foot.
3. Eyes – keep watching **AROUND** the ball, not on the ball, so you can see what is going on around you.
4. Learn to dribble with both feet – touch the ball with every step or stride.
5. Learn to alternate, inside and outside the foot, touches.

PASSING

Points:

1. Use relaxed “monkey stance”, both knees are slightly bent throughout the passing movement.
2. Begin each pass by bringing the passing foot behind the plant foot and use a pendulum type swing.
3. Lock the ankle before contact with the ball.
4. Follow through.

Types of Passes:

1. Outside of the foot
2. Inside of the foot

These 2 types of passes are the easiest to disguise from opponents, can be executed without breaking stride and be used over long and short distances.

SHOOTING

Points:

1. The most powerful shot will be made when you strike the ball on the laces.
2. Approach the ball on a slight angle.
3. Keep the plant foot even with the ball for a low kick and behind the ball for a high kick.
4. Bring the kicking foot back as far as possible, make the toes rigid, and lock the ankle.
5. On the forward swing, snap the knee at contact with the ball, and continue the motion forward through the ball.
6. Point the opposite hand in the direction of the goal.

CONTROL

Points:

1. Make an early selection in method.
2. Get in line with the flight of the ball.
3. Keep the eyes on the ball.
4. Relax the controlling surface or, wedge the ball.
5. Pass the ball accurately or keep possession.

TACKLING

Points:

1. Tackle the ball, not the opponent (play the ball).
2. Try to use the feet to win the ball.
3. If the body is used, it should be a fair challenge (shoulder to shoulder).

THROW-IN

Points:

1. The player must have a portion of both feet on the ground at release.

2. Both feet must be on or behind the touch line.
3. Ball must be brought back behind the head using both hands.
4. The ball must be thrown using equal force from both hands.
5. Great distance is difficult, therefore, accuracy and the ability of a teammate to receive and control the throw-in to prepare for an attack is important.

YOUTH SOCCER PRACTICE PLAN

With 20 minutes of practice time before each game, coaches need to be organized before they come to the field so as to make the best use of time. The following is a suggestion on how to divide up those 20 minutes.

2 minutes – Free play for players while the coach sets out cones, gets prepared.

1 minute – Talk about the last game and what you are going to work on for this practice.

3 minutes – Warm Up Games (see Warm Up Games section or use other games/exercises that will get all body parts moving. Be sure to use the ball whenever possible).

12 minutes – Skill Development Games (see Skill Development Games section) or use your imagination to create others. The key is to try to keep as many players active as you can without making them stand in lines waiting their turn.

1 minute – Talk about how to put this skill to use in the game.

1 minute – Talk about values that you would like to see the players work on in the game, i.e. congratulating each other on a good play, etc.

24 minutes – **GAME**

2 minutes – Wrap Up Session. Talk about what improvements you saw. Give them treats (make sure they thank parents for the treats). Say good-bye and announce time and place of next game.

TIP: Introduce one skill at a time and continue to work on it and expand on it throughout the season. Do not get frustrated if progress seems to be slow. These players are young. The most important thing you can do is to be sure they are having fun and that each player leaves the game with a positive self-image and some knowledge about soccer.

Below are practice outlines for **8 sessions** even though the season is only **5-6 games**. They are best suited to new coaches with relatively little Youth Soccer experience. Please feel free to use them as they best suit your team. They will work for some, not so well with others. This is where coaches need to be creative – do what works best for your team.

SESSION 1

Free Play. **2 min**

*Introductions—introduce yourself to the players/have them introduce themselves—talk about Micro Soccer and how it is played. **2 min**

Introduce dribbling. **1 min**

Weave around cones. **1 min**

Body Part dribble. **2 min**

Follow the leader. **5 min**

Pac Person. **5 min**

Review dribbling. **1 min**

Talk about sportsmanship—tell players to line up and shake hands with opponents at the end of the game. **1 min**

GAME. 24 min

Wrap up/cool down. Remind players to thank parents bringing treats, the referee, and the coach. **2 min**

***For 1st session only**

SESSION 2

Free Play. **2 min**

Review dribbling. Introduce throw-ins and receiving. **1 min**

Weave. **1 min**

Body Parts game. **2 min**

Have players' throw-in to each other and receive. **3 min**

Knee Tag. **3 min**

Simon Says. **4 min**

Review passing and receiving. **1 min**

Talk about having fun in the game. **1 min**

GAME. 24 min

Wrap up/cool down. **2 min**

SESSION 3

Free Play. **2 min**

Talk about dribbling and passing in the last game. **1 min**

Knock Out. **3 min**

Triangles. **4 min**

Soccer Golf. **4 min**

Edge of the World. **4 min**

Review dribbling and passing/receiving games. **1 min**

Talk about trusting each other on the field. **1 min**

GAME. 24 min

Wrap up/cool down. **2 min**

SESSION 4

Free Play. **2 min**

Introduce shooting. **1 min**

King of the Hill. **3 min**

Edge of the World. **4 min**

Shoot and Run. **4 min**

Twin Soccer. **4 min**

Review of shooting techniques. **1 min**

Talk about teamwork. **1 min**

GAME. 24 min

Wrap up/cool down. **2 min**

SESSION 5

Free Play. **2 min**

Review shooting, dribbling, passing. **1 min**

Edge of the World. **3 min**

Body Part Dribble. **4 min**

Moving Ball. **4 min**

Team Knock-Out to Goal. **4 min**

Talk about respecting property – cleaning up their area after the game. **1 min**

GAME. 24 min

Wrap up/cool down. **2 min**

SESSION 6

Free Play. **2 min**

Talk about the last game. Was it fun? What did they do well? What could they do better? **1 min**

Pac Person. **3 min**

Goal on the Move. **6 min**

Keep Away. **3 min**
Target Shoot. **3 min**
Talk about being courteous to everyone on the field. **1 min**
GAME. **24 min**
Wrap up/cool down. **2 min**

SESSION 7

Free Play. **2 min**
Ask what is the best about playing soccer? **1 min**
Introduce trapping/control **1 min**
Simon Says. **3 min**
Team Knock-Out to Goal. **6 min**
Team Keep Away. **6 min**
Talk about concentrating and working hard. **1 min**
Wrap up/cool down. **2 min**

SESSION 8

Free Play. **2 min**
Talk about the “best” game of the season. Why was it the best? **1 min**
Body Part Dribble. **3 min**
Two vs. One. **6 min**
Goal on the Move. **6 min**
Talk about being nice to everybody. **1 min**
Wrap up/cool down. **2 min**

WARM UP GAMES

Follow the Leader
Weaving
Red Light/Green Light
Body Part Dribble
Magnets
Team Keep Away

(All games are explained under the section – **SKILL DEVELOPMENT GAMES**)

SKILL DEVELOPMENT GAMES

DRIBBLING

Follow the Leader

Using half of the Micro Soccer field, divide players into pairs, or equal groups, and choose a leader for each group. The leaders all dribble around the area with their followers dribbling behind them. After 1 minute change leaders. (Teaches dribbling and control)

Weaving

Set up cones within half of the Micro Soccer field and have the players dribble through the course you have created. Keep them moving – allow one player to start before the other one finishes. (Teaches dribbling and control)

Knee Tag

Using half of the Micro Soccer field, each player has a ball and everybody is “it”. While dribbling inside the area, all players try to tag the other players by touching them in the knee. After 1 minute, stop and ask how many tags each player has, and then start again. (Teaches dribbling, control and awareness of the other players around them.)

Pac Person

Using half of the Micro Soccer field, have one player be the Pac Person. That person dribbles the ball around while the other players run free. The player with the ball dribbles and tries to touch other players with the ball, below the waist. Once a player is touched, that player gets a ball and becomes another Pac Person. Game continues until all players are Pac Persons. (Teaches dribbling and awareness of where the other players are)

Red Light/Green Light

Using half of the Micro Soccer field, all players dribble a ball. When the coach says “red light” they all stop; “green light”, they all run fast; “yellow light”, they slow down. (Teaches dribbling and control as well as listening to the coach’s instructions)

Body Part Dribbling

Using half of the Micro Soccer field, all players dribble a ball. Coach calls out a body part (not hands) and the players are to stop the ball and that body part on the ball. You can also try having the players actually stop the ball with the body part. (Teaches dribbling, control, trapping and listening to the coach)

Simon Says

Using half of the Micro Soccer field, all players dribble a ball. Coach is Simon and calls out orders like “slower, faster, dribble with the laces, dribble with both feet, dribble with the inside of the foot, etc”. (Teaches players to use all surfaces of the foot for dribbling)

Magnets

Using half of the Micro Soccer field, start players dribbling at the center line. When they reach the end line (or whatever point you designate) have them stop and dribble back to the center line, where they change directions again. You can also designate the players as magnets and have players dribbling freely around the field. Whenever they are close enough to touch another player, the call out “magnet” and both players need to change directions. (Teaches dribbling, control and changing directions)

PASSING

Triangles

Divide into teams of 3 for triangles or 4 for squares. Have players pass around the triangle/square, calling out the name of the player they are passing to. They do not need to follow a sequence. (Teaches passing and learning to call directions to another player)

Edge of the World

Using half of the Micro Soccer field, start all players with a ball at the center line and tell them to pass to the end line using the least amount of passes to get to that end. Once the ball approaches the end line, they need to save the ball from going over the “edge of the world” by following their pass before it crosses the line. (Teaches passing, accuracy and control)

Soccer Golf

Set cones (or you can use other objects if you wish like shirts, water bottles, etc.) out in half of the Micro Soccer field and show them how the course works. Have players pass from cone to cone and count the number of passes it takes to get to each cone. (Teaches passing)

Twin Soccer

Like Pac Person, except players run in pairs. Divide the team into pairs. Each pair holds hands and runs around the area. One pair passes a ball back and forth between themselves and tries to touch a player from another pair with the ball. Once a player is touched, that pair gets a ball and works together to try to touch the last pair. (Teaches passing and awareness)

King of the Hill

Set up a square 15 ft. x 15 ft. Put one person in the middle of the square and the other players outside the square. Have the players outside the square pass (one at a time) to the person in the middle trying to get the ball directly to the “King of the Hill”. Trade “kings” after 1 minute. (Teaches passing with accuracy)

SHOOTING

Shoot and Run

Using half of the Micro Soccer field, and each player with a ball. Have all players start at the same time by holding the ball in their hands. On your call, they drop the ball down onto the laces area of the shoe and kick the ball towards the end line. Immediately after kicking the ball, the player races for their ball, picks it up and does the same thing again. Keep going so they go across the field a few times. (Teaches shooting with the laces and following shots)

Moving Ball

Set up a cone 15 ft. away from the goal. Coach stands to the side and rolls the ball towards the player at the cone. The player runs forward and shoots to the goal. Have players use both right and left feet. (Teaches shooting a moving ball)

Target Shoot

Put a cone in the middle of the field and have the players shoot at the target, keeping track of how many times they can hit the target. (Teaches shooting)

Crossing Game

Using half of the Micro Soccer field set up two goals using cones. Tell the players to shoot on goal from either side of the goal. (Teaches shooting)

Two vs. One

Divide the team into groups of 3. Have one person be the goalkeeper, the other 2 are attackers. Give the attackers 1 minute to score. Switch teams and rotate positions often so that everyone is active. (Teaches shooting, defense and teamwork)

Keep Away

Players get in a circle with 1 player in the middle. Using 1 ball, the players on the outside pass the ball back and forth trying not to allow the player in the middle to get the ball. If the player in the middle gets the ball, the player who shot the ball goes into the middle and the middle player goes to the outside of the circle. Trade middle players every 30 seconds or so if they are not able to get the ball. (Teaches shooting, trapping, control and passing)

CONTROL

Body Parts

Divide players into pairs (or three). Have them pass to each other, sometimes trying to lift the ball off the ground. Receiving players need to use body parts to stop the ball and get it under control. (Teaches passing, trapping and control)

Team Keep Away

Divide into equal teams. Team “A” tries to keep the ball away from Team “B”. When Team “A” wins the ball, they try to keep control and Team “B” tries to regain possession. (Teaches teamwork and ball control)

Team Knock-Out to Goal

Divide into equal teams. Team “A” is on the field with the ball, Team “B” waits outside the field until the coach calls them on. On signal, Team “B” enters the field and tries to get the ball from Team “A”. At the same time, both teams are trying to score on the same goal. Whichever team has possession can score a goal. Keep track of the score. (Teaches teamwork, passing, control and shooting)

Goal on the Move

Two coaches/parents hold hands apart to create a goal, which will move around the field. Divide players into 2 teams. Team “A” tries to score, Team “B” tries to defend. If Team “B” gets the ball, they become the attackers, Team “A” becomes the defenders. (Teaches teamwork, passing, shooting, control, offense and defense)