

Before the course starts;

- Set up a circle with the cones provided (10 students = 10 cones, so each child has a designated cone to sit next to)
- Make two lines, around 40 feet apart for the running portion of the class - use the cones to make the lines
- Put out equipment for the child to play with as they arrive (free play until the class starts - tball; do not put out the bats)
- Introduce yourself to the parents as well as the participate (take a knee to get down to the child's level)
- Coaches that are not checking children in are required to play with the children to (ie; pass the ball around, encourage the players to participate)

Class Start Time;

- Children sit in the circle
- Go around the circle and have the children introduce themselves and tell them something about themselves (ie; favorite color, food, sport)
- Once the attendance is complete; have the children stand up and begin the stretching portion of the class (10 jumping jacks, leg stretches, arm stretches) followed by having them all run to the same line for running (high knees, butt kicks, shuffles, sprints)
- Pick up running line cones and than take a water break (allows time to set up for next game)

\*This should take around 10-15 minutes total\*

### **Prek Soccer Curriculum**

Class #1

Instructions on how to dribble

Use running lines where each kid gets a dodgeball or soccer ball and dribble to the line and back.

- Points of emphasis before they begin
  - use the inside part of the foot to kick the ball
  - keep ball close to their body
  - look up in direction where you are going

WATER BREAK

- Body Part Game:
  - Each kid gets ball, when you blow the whistle say GO GO GO and kids will dribble the ball
  - Blow the whistle and say put your (NAME A BODY PART) on the ball, give time for everyone to do it, encourage kids to do it quickly.
  - Blow the whistle again and say GO GO GO and repeat with different body parts.
  - Game should take about 10 minutes to explain and play

WATER BREAK

Red light green light with dribbling.

- Set up start and end line

- Use a red and green cone if you have them for kids to see. Or just use your voice if you don't have them
- Green means go
- Red means stop, if they don't stop they should go back 5 steps.
- Keep going until player reaches endline, where the coach is with their ball.
- That player will help coach call red light green light in the next game
- You can play about 3 or 4 of these or whenever the kids start to lose interest

#### WATER BREAK

Clean out the Backyard:

- Set up a line as the fence, no kid can cross the "fence"
- divide into two teams and put all the balls out (soccer and dodgeballs)
- object of the game is to kick the balls into the other persons yard. You want to have the least amount of balls on your side to get the win.
- stop game randomly to count balls and award the points
- repeat a couple of times and then tell the kids to get their parents and play parents vs kids

#### Class #2

- Body Part Game:
  - Each kid gets ball, when you blow the whistle say GO GO GO and kids will dribble the ball
  - Blow the whistle and say put your (NAME A BODY PART) on the ball, give time for everyone to do it, encourage kids to do it quickly.
  - Blow the whistle again and say GO GO GO and repeat with different body parts.
  - Game should take about 10 minutes to explain and play

#### WATER BREAK

Dogs vs Lions

- Two teams, one is the dogs other is the lions
- put all balls out in the middle
- Create two circles, one for the dog house and one for the lions den
- Players have to dribble balls back to their house or den for their food
- Once all balls are gone they have to go take them from the other team, make sure they only dribble the balls and not pick them up

#### WATER BREAK

Mr. Fox

- create a start line for the kids. Give each kid a ball
- Kids must yell out "What time is it Mr. Fox?"
- Coach replies with a time IE its 4 o'clock
- Kids then will get 4 seconds to dribble the ball toward the coach who is down field.
- Once time runs out they must stop, if they get caught moving after time is up they take 5 steps back
- Repeat until they get close to you, when that happens and they ask "What time is it Mr. Fox?" you yell dinner time. If you can run and tag one of the kids they will help you call out what time it is for the next round of the game. Play 3 or 4 rounds or until kids start to lose interest.

### Class #3

#### Mr. Fox

- create a start line for the kids. Give each kid a ball
- Kids must yell out "What time is it Mr. Fox?"
- Coach replies with a time IE its 4 o'clock
- Kids then will get 4 seconds to dribble the ball toward the coach who is down

field.

- Once time runs out they must stop, if they get caught moving after time is up they take 5 steps back
- Repeat until they get close to you, when that happens and they ask "What time is it Mr. Fox?" you yell dinner time. If you can run and tag one of the kids they will help you call out what time it is for the next round of the game. Play 3 or 4 rounds or until kids start to lose interest.

#### WATER BREAK

##### Shooting station:

- set up a goal with cones
- kids will practice shooting on the goal, they get their own ball, and return to the shooting line

##### Passing Station:

- partner kids up and do partner passing
- Make a game where they have to pass back and forth as fast as they can in a minute, ask the kids how many they got, have fun with this, they will most likely throw out some weird numbers

#### WATER BREAK

##### Around the world

- Set up 2 or 3 goals in around the field, not too far from each other.
- each player gets a ball, coaches will be goalies
  - Players must shoot and score on a goal before they can go to the next goal.
  - Play for a few minutes and then have the parents partner with their kids for another round.

### Class #4

#### Dribbling knock out:

- Each kid starts with a ball
- coaches have to try and capture kids ball (use only your feet)
- kids dribble and try to keep ball away from coaches
- when a kids ball is captured the kid then tries to capture other balls.

#### WATER BREAK

#### Switch It!!

- Set up two goals, coaches are goalies
- Each kid gets a ball and has to dribble and score on the goal
- Once goal is scored kids switch and try to score on the other goal, repeat
- Play for a few minutes, then have parents be goalies
- then switch and have the kids be goalies

## Class #5

Red light green light with dribbling.

- Set up start and end line
- Use a red and green cone if you have them for kids to see. Or just use your voice if you don't have them
- Green means go
- Red means stop, if they don't stop they should go back 5 steps.
- Keep going until player reaches endline, where the coach is with their ball.
- That player will help coach call red light green light in the next game
- You can play about 3 or 4 of these or whenever the kids start to lose interest

## WATER BREAK

Red Rover

- Divide the kids into two teams and create end lines for them to stand on and face each other about 30 feet apart.
- Place one of 2 dodge balls (your choice if you have a lot of kids place more) about 15 feet in front of each goal
- kids and coaches will call out a kid or kids from the other team to take a penalty shot
- If kid makes it, he goes back to his team, if he misses then he goes to the other team
- Teams switch off calling out players on the other team

## WATERBREAK

Clean out the Backyard:

- Set up a line as the fence, no kid can cross the "fence"
- divide into two teams and put all the balls out (soccer and dodgeballs)
- object of the game is to kick the balls into the other persons yard. You want to have the least amount of balls on your side to get the win.
- stop game randomly to count balls and award the points
- repeat a couple of times and then tell the kids to get their parents and play parents vs kids

## Class #6

### Dribbling knock out:

- Each kid starts with a ball
- coaches have to try and capture kids ball (use only your feet)
- kids dribble and try to keep ball away from coaches
- when a kids ball is captured the kid then tries to capture other balls.

### WATER BREAK

### Sharks and Minnows or call it Monkey's and Bananas

- Create 2 end lines across from each other with a circle of cones in the middle
- each kid gets a ball and starts on one end line
- coaches are in the circle
- blow the whistle, kids have to get to one end line to the other without having their ball kicked away the coaches
- If the ball is kicked away then the kid joins the coaches in the circle for the next round, you can play 2 or 3 of these or until the kids start to lose interest.

### WATER BREAK

### Numbers Game

- Create 2 end lines, divide kids into two teams and they stand on the end lines
- to start the round, coach will tag a kid or kids, your choice, and they will try and score a goal on the other team.
- the goal is the entire length of the end line that you create
- kids who are not tagged to play are goalies for that round, make sure goalies stay on the line, and remind them they can use their hands
- do this until everyone gets a turn, keep playing as long as you can hold their attention.