

The letter “**A**” indicates 4’s and young 5’s (mainly pre-K)

The letter “**B**” indicates 5’s and young 6’s (mainly K)

## **WEEK 1**

**Warmups** (5 minutes): Stretching and ball drills (mix the type & order up every day) Ex- stretch high on tip toes; stretch low to the ground ball drill- toe touches stretch arms  
ball drill- tap with inside of foot side to side stretch  
legs (butterfly, etc.)  
ball drill- roll ball around with bottom of foot

Ball drills: toe touches, tap ball side to side with inside of foot, roll ball with sole of foot (front to back, left to right), feet together & hop over ball (front to back, left to right), etc. Coach can hold up fingers and kids call out the number (encourages looking up).

Stretches: Any!! The idea here is to stretch different parts of the body, make it fun and engaging so kids get accustomed to stretching before they play!

**Dribbling/ Trapping** (15 minutes): Define: Dribbling = Moving the ball with our feet  
Trapping = Stopping the ball with our feet (“stop ball, Stop!!”)

Practice:

- 1- Coach calls dribble & trap (to get used to terms)
- 2- Body Part Dribble (kids dribble in a defined area. Coach calls silly body parts- ear, nose, knee, etc. and kids trap the ball with that part)
- 3- Red Light/ Green Light (kids start on one sideline. On green light, kids dribble. On red light, kids must freeze (ball included!). As season goes on, add colors for different type of dribbling and use your hands to stop (instead of your voice) so kids have to look up)
- 4- Knockout (In a defined square, kids dribble. “It” tries to kick their balls out. If a ball goes out, that player must do 10 of something to get back in. To make it a little more challenging, everyone has a ball. Players try to keep control of their ball while knocking out others’ balls)
- 5- \*\*If you have an advanced group and need another game: Sharks and Minnows\*\* (All players stand on one sideline with their balls. “It” (the shark) stands in the middle. On go, Minnows must dribble across the river. If a shark steals a ball, that minnow becomes another shark and helps the main shark. When players reach the other side, they wait for the main shark to say ‘go’ again)

**Offense / Defense (10 minutes)**

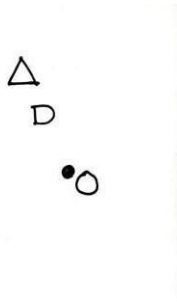
Talk about the terms:

Offense – Make a big ‘O’ with our hands over our head- it looks like a big ball! Say, “Offense tries to shoot the ball at the goal and make a goal.”

Defense – Stand with feet spread apart and muscle arms down with clenched fists. Practice saying, “defense sits on De Fence!” and say, “De-fense defends our goal from attacking players!” Practice terms and motions several times in different voices and in very silly ways

Offense / Defense cone game

Divide kids into partners. Set up 1 tall cone per partner pair. One player is defense and must defend the cone (no hands, no standing on the cone). The other player is offense and tries to kick the ball at the cone. After a predetermined amount of time, players switch roles.



### **Water & Devotion – “God as Creator” (10 minutes)**

Set up for scrimmage- split group into 2 teams (one for each coach). If the group is very young/ immature, enlist one parent to stand by each goal to keep the kids engaged.

### **Scrimmage (20 minutes)**

Tips: Play 2 defense/ 3 offense

Inbounding- place kick from sideline/ endline where ball went out (a good time to engage shy, slow kids). If players are very young/ immature and/or if play stalls too often, have a coach just throw the ball back in.

## **WEEK 2**

### **Warmups (5 minutes)**

### **Ball Handling (15 minutes)**

Practice:

#### **A:**

- 1- Body Part Dribble
- 2- Knockout
- 3- Red Light/ Green Light
- 4- Mine field (set up cones throughout  $\frac{1}{2}$  of field. Kids start on sideline and dribble to the other side without touching one of the "mines")

#### **B:**

- 1- Use outside of foot- first practice on own (coach helps turn feet); then coach calls inside or outside as kids dribble in a square; practice/ talk about change of direction with outside of foot
- 2- Knockout
- 3- Red Light/ Green Light (call faster; add outside of foot; etc.)
- 4- Mine field (set up cones throughout  $\frac{1}{2}$  of field. Kids start on sideline and dribble to the other side without touching one of the "mines". After several times, add challenges- ex: dribble around 3 different cones 3x before getting to the other side, etc.)

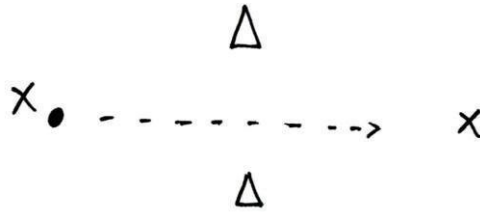
### **Passing (10 minutes)**

Define: Passing = kicking the ball to my teammate

Use a real golf club for illustration- show how the club is stiff and how you would hit the ball with the INSIDE of the club (not the toe). Let the kids practice with their golf clubs (their legs).

Putt- Putt:

Assign partners. Set up 1 set of cones ("holes") about 3 feet apart per each partner pair (all kids play at the same time- coach moves around helping the players turn their feet, etc). Partners pass (play putt-putt), trying to make a hole in one! Make holes smaller as game progresses.



**A:** Kids should be pretty close the “hole” (5’ or so)

**B:** Kids should be further away from the goal

**Water & Devotion – “Men as Sinners” & Set up for scrimmage (10 minutes)**

**Scrimmage (20 minutes)**

## **WEEK 3**

### **Warmups (5 minutes)**

### **Ball Handling (15 minutes)**

Practice:

#### **A:**

- 1- Use outside of foot- first practice on own (coach helps turn feet); then coach calls inside or outside as kids dribble in a square; practice/ talk about change of direction with outside of foot
- 2- Knockout
- 3- Red Light/ Green Light (call faster; add outside of foot; etc.)
- 4- Mine field (set up cones throughout ½ of field. Kids start on sideline and dribble to the other side without touching one of the “mines”. After several times, add challenges- ex: dribble around 3 different cones 3x before getting to the other side, etc.)
- 5- Sharks and Minnows

#### **B:**

- 1- Teach sole of foot- Have kids roll the ball backward with the sole of their feet. Then have kids stand on end line and dribble forward; step on the ball; roll it back shielding with inside of foot; dribble back to end line (change direction)
- 2- In a square, have kids practice inside/ outside dribbling. On whistle, change direction (as in #1) If they go out or crash into someone, they do 10 silly jumps to get back in.
- 3- Ice Monster (kids are in the square with a ball at their foot; on go, kids dribble in the square while “it” tries to touch their ball with his foot; if a ball is touched, that person is frozen; if a ball goes out of the square, that person is frozen; once all people are frozen by “it” (the ice monster); choose a new ice monster and play again)
- 4- Sharks and Minnows

### **Shooting (10 minutes)**

Define: Shooting = kicking the ball into the goal

Use a golf club for illustration again- show how the club is stiff and how you would hit the ball with the INSIDE of the club (not the toe). Let the kids practice with their golf clubs (their legs).

Shooting Drills/ Games:

- 1- Divide kids into 2 groups based on skill level. Coach 1 takes one group and coach 2 takes the other. Practice ‘shooting’ from the sideline (no goals) so kids can work on proper foot placement of the plant foot and shooting with the inside of the shooting foot. Practice “plant” – “shoot!”



- 2- Place the goal in front of the kids about 10 yards out. Kids practice planting and shooting from there.

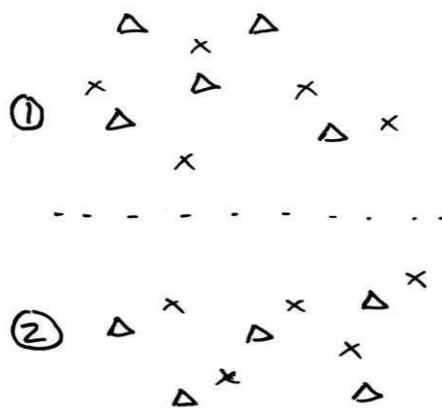


- 3- Kids start about 10 yards from a shooting cone; dribble to the cone; plant and shoot (Work on “dribble, plant, shoot!!” without stopping)



#### 4- Play Bowling!

Divide kids into 2 teams. Make 2 small boxes with flat cones. Set out 5+ tall cones (or plastic buckets- whatever you have handy). Team 1 defends their tall cones while they are trying to kick a ball at the other teams' cones. Team 2 is also trying to defend their cones while they are trying to kick balls at the other teams' cones. You can stand in front, but not over a cone. After a predetermined amount of time has passed, the teams with the most cones left standing wins.



**Water & Devotion – “God as  
Judge” & Set up for  
scrimmage (10 minutes)**

**Scrimmage (20 minutes)**



## **WEEK 4**

### **Warmups (5 minutes)**

### **Ball Handling (10 minutes)**

Practice:

#### **A:**

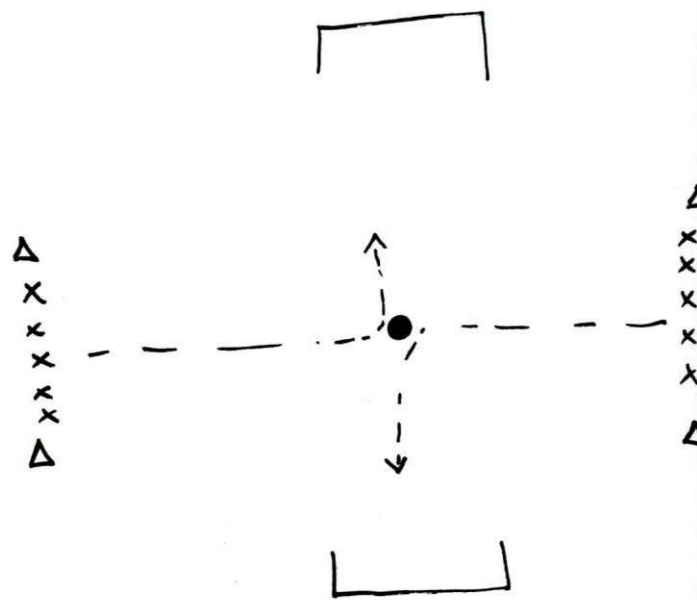
- 1- Teach sole of foot- Have kids roll the backward with the sole of their foot. Then have kids stand on end line and dribble forward; step on the ball; roll it back shielding with inside of foot; dribble back to end line.
- 2- In a square, have kids practice inside/ outside dribbling. On whistle, change direction (as in #1)
- 3- Ice Monster (kids are in the square with a ball at their foot; on go, kids dribble in the square while "it" tries to touch their ball with his foot; if a ball is touched, that person is frozen; if a ball goes out of the square, that person is frozen; once all people are frozen by "it" (the ice monster); choose a new ice monster and play again)
- 4- Sharks & Minnows (if time)

#### **B:**

- 1- Teach fake 1- Kids stand on sideline to practice: side step over ball with right foot (fake right); go left with the outside of the left foot
- 2- Ice Monster
- 3- Traffic (Set up a square with cones; ½ of kids stand on N side, ½ of kids stand on E side; on 'go' kids dribble across the square- N goes to S side, E goes to W side; stress looking up and using different parts of your feet to avoid car crashes!)
- 4- Sharks & Minnows (if time)

**Choose** what your specific kids need to work on (dribbling, passing, shooting) and choose drills (use drills already learned or add new ones). (10 minutes)

- 1- Skills drills/ Games for appx first ½
- 2- Steal the Bacon for appx second ½ (Divide kids into 2 teams. Give pennies to one team. Move 1 goal so that you are only using about ½ of the field (may need to be a little larger, or even whole field if your kids are very advanced!) Each 'team' stands between their teams' cones. One ball is placed in the middle of the field. One coach stands in the middle and calls 2 names (one from each team)- those 2 kids race toward the ball and play 1 on 1. Play ends after a goal is scored, ball goes out, or if too much time has passed. After you play several times, coach can call 2 names from each team, 3 names, etc. If kids are older, you can assign numbers instead of calling names)



**Water & Devotion – “Jesus  
as Savior” & Set up for  
scrimmage (10 minutes)**

**Scrimmage (20 minutes)**

## **WEEK 5**

### **Warmups (5 minutes)**

### **Ball Handling (10 minutes)**

Practice:

**A:**

- 1- Teach fake 1- Kids stand on sideline to practice: sidestep over ball with right foot (fake right); go left with the outside of the left foot
- 2- Ice Monster
- 3- Traffic

**B:**

- 1- Practice fake 1. IF kids have it down, teach fake 2- same fake but step over and sidestep right (fake), step over and sidestep left (fake), go right with the outside of the right foot
- 2- 2 Favorite dribble games (ice monster, traffic, red light, sharks & minnows, etc.)

**Choose** What your specific kids need to work on (dribbling, passing, shooting) and choose drills (use drills already learned or add new ones). (15 minutes)

- 1- Skills drills/ games (appx ½ of the time)
- 2- Steal the bacon (appx ½ of the time)

**Water & Devotion – “Jesus’  
Return” & set up for  
scrimmage (10 minutes)**

**Scrimmage (20 minutes)**

## **WEEK 6**

### **Warmups (5 minutes)**

### **Ball Handling (10 minutes)**

Practice:

**A:**

- 1- Practice the fake (on the side lines)
- 2- 2 Favorite dribbling games (ice monster, red light, mine field, sharks & minnows, etc.)  
Make the games very light, fun, and silly as this is the last day!

**B:**

- 1- Practice the fakes (on side lines or with a “dummy” partner)
- 2- 2 Favorite dribbling games (ice monster, red light, mine field, sharks & minnows, etc.)  
Make the games very light, fun and silly as this is the last day!

**Game day! (15 minutes)** (Make the games very fun and exciting, as this is the last day!)

- 1- Bowling
- 2- Steal the Bacon

### **Water & Devotion – “How to Live for Jesus” & Set up for scrimmage (10 minutes)**

### **(20 minutes) Scrimmage**

End of season party! Kids get an extra snack, their name called and an end of the season gift! If you wish to reserve a room inside the building for your end of the season party, please contact the Sports Ministry office to make your reservation.

### **Some other ideas for additional skill work:**

Cone weaver dribble drills - the options here are really endless! The key at this age is to make it fun, keep lines very short (no more than 4 or 5 kids), keep it moving and change it up! Sometimes add ‘something’ at the end of the line (shoot, pass, give and go shoot, goofy dance, etc). Move the cones around (more cones for advanced players, less cones for novice/ young players). Make it a little different every time you “work” on it (or “play the game”)

Monkey in the middle (whole team v 1; 2v1; 4v1)- there are so many options with this game! You can “work” on passing, ball control, timing, looking up, talking to your teammates, quick touch passes (see below), teamwork, offense, defense, etc. without “worrying” about the goal.

1, 2, 3 touch passes. Have kids practice with a partner working on 2 touches first, then 1 touch and 3 touch passes. Kids have to be controlled, pass with the inside of the foot, stay on their toes and be ready!

Egg Hunt – Scatter all the balls in the field. On go, all kids kick balls into goal. Time the kids to see how long it takes for them as a TEAM to collect all the Easter eggs.