

Kindergarten Soccer Coaching Tips

Pick one or two “Warm Ups” and two or three “Main Activities.” Include a couple water breaks and time for chasing down soccer balls and you’ll easily fill a half-hour. Remember: No laps, no lines, no lectures! All kids are working at their own level, so try to differentiate your goals for them in a non-competitive way.

Warm Ups

- **Alphabet Stretching:** Kids in a circle – ask kids to suggest letters and then stretch in the shape of those letters. For first few weeks you may want to go around circle asking kids their names and using the first letter of each name for stretching to help everyone learn names—
- **Any Variation of Tag:**
 - **Body Part Tag:** have kids dribble around with the balls and the coach yells out parts of the body that they must stop the ball with such as foot, knee, elbow, stomach, chin!
 - **Freeze Tag:** Coach or Kid is “It” – other kids run around and are frozen until a teammate tags them. (Start without dribbling soccer balls, then add dribbling with balls). Variation—kids can only be unfrozen if teammate dribble soccer ball between their legs.
 - **“Hit the Coach”:** Coach runs around frantically waving arms and legs. All kids dribble around with their soccer balls and try to kick the ball into one of the coaches. Tell the team if they can hit you 5 times you will make any animal noise they want. (Kids really love this one!).
 - Another good activity for running around is blowing bubbles or dancing to music.

Main Activities

- **Driving School** (Variation of Red Light/Green Light): Kids start on one side of the field with their soccer balls. Coach yells “Go” and kids dribble toward Coach. Coach yells “stop” and they should try to stop the ball by stepping on it. Coach can add commands such as “This Way!” (coach points in one direction—I have found yelling “right” or “left” does not work!) to move kids side to side. Can yell “Back.” Eventually kids get across field. You can do this a few times back and forth.
- **Eggs in the Basket:** Scatter soccer balls around field. Have all kids start in one location. Yell “Go” and see how fast they can get all the balls into one goal. You can “time” them a few times and see if they can beat their last record. (Encourage them not to steal the balls from each other—point out they are all on the same team).
- **Keep your Yard Clean:** Two teams facing each other. Each kid has a ball. When Coach yells go, kids try to kick soccer balls onto the other team’s side. Keep going for 1 or 2 minutes or until you’ve lost all the soccer balls.
- **Sharks and Minnows (Variation of “Red Rover”):** A couple kids (or coaches) are the “sharks” and form a line in the middle of the field. The rest of the kids are “minnows” and try to dribble their soccer balls past the sharks to the other side. The sharks try to kick away the minnows’ soccer balls. If a minnow loses his or her ball, he or she becomes a shark (Note: You may want to try this without soccer balls a few times first, with the kids just tagging each other).
- **Circle Game:** Break kids into two sets of 5 or 6 and have each set of kids form a circle. Place 3 or 4 orange cones in the middle of the circle and try to have the kids knock over the cones by kicking the ball through the middle of the circle (Explain to the kids across from the kids kicking to look for the ball coming to them, and then they can kick the ball).
- **Relay Races with Coaches/Parents:** The kids will love any kind of races against a willing group of coaches/parents. Any combination of running with and/or without a soccer ball will work. Use the cones to create an “obstacle course” for the relay races.

- **Other drills:** include shooting on goal, dribbling until coach yells “Freeze!” Line up kids in two rows and pass to each other, Ball tag, and Figure 8 around cones.

Additional Ideas for great “soccer” games to play with kids can be found at:

www.soccerhelp.com (look under “soccer drills and games”) and

www.footy4kids.co.uk/ (look under “soccer drills” (“by age”))

During the game

Have one coach handle the player rotation, so that another coach can focus on the kids in the game.