



**Lynbrook East Rockaway Soccer Club**  
**LESSON PLAN No 1**

Topic: Dribbling  
 Age: Kindergarten

ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
<p><i>The aim of these practices is to help those players in Kindergarten have a productive, fun based introduction to the game of Soccer. The curriculum is based upon introducing these younger players to key fundamentals of the game through involvement in a series of FUN based practices</i></p>			
<p><b>TRAVELING WITH A SOCCER BALL</b></p>	<p><b>Dinosaur Egg Hunt</b></p> <p>The children dribble around with a ball each. Players pretend that their ball is a dinosaur egg and the coaches are trying to get their eggs. Players dribble back and forth avoiding the egg hunter</p>	<p>This is a good game to use as warm up each week</p>	<ul style="list-style-type: none"> <li>- Warm up</li> <li>- Teaches control</li> <li>- Players dribble while looking up</li> <li>- Players learn to change directions when avoiding coach</li> </ul>
<p><b>INTRODUCTION TO SOCCER</b></p>	<p><b>I Can Do Something, Can You?</b></p> <p>The coach begins by saying “I can do something can you?” and demonstrating a physical activity with the ball such as kicking, bouncing, jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, “what can you do?” and takes their suggestions.</p>	<p>Remember to have FUN!!!</p>	<p>The important thing is to allow the children to explore how they handle the ball.</p>



# **Lynbrook East Rockaway Soccer Club**

## **LESSON PLAN No 2**

Topic: Dribbling  
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<p><b>DRIBBLING DRILLS</b> <b>(Controlling the ball)</b></p>	<p><b>Body Parts</b> Children dribble while avoiding each other. While they dribble the coach calls out a body part, such as “elbow,” “knee,” “nose” or “belly button.” The children stop the ball using the part of the body identified.</p>	<ul style="list-style-type: none"> <li>- Children learn to keep the ball close so they can stop the ball quickly</li> <li>- Remind players to keep ball close to them so they can control it.</li> <li>- Have them dribble in an open space</li> </ul>	<ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Keep ball close</li> <li>- Dribble while looking up</li> </ul>
	<p><b>Shadow Dribble</b> The coach dribbles a ball him / herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic.</p>	<ul style="list-style-type: none"> <li>- Practice the following:</li> <li>- “Cradling the ball (inside to inside)</li> <li>- “Toe Taps”</li> </ul>	<ul style="list-style-type: none"> <li>- Decision making</li> <li>- Dribbling &amp; movement enhancement</li> <li>- Dribbling while looking up</li> </ul>
<p>-</p>	<p><b>Red Light – Green Light</b> Players move across area on command of Green Light. Coach announces Red Light and players must stop. Any players caught moving or with ball far away from them must restart 10 steps back toward starting line. When all players reach end line game is complete. Repeat.</p>	<ul style="list-style-type: none"> <li>- Extra Laughs for funny frozen forms</li> <li>- Remind them to keep ball close to them so they can keep control</li> <li>- Practice placing foot on top of ball to stop the ball</li> </ul>	<ul style="list-style-type: none"> <li>- Stretching,</li> <li>- Relaxation,</li> <li>- Balance,</li> <li>- Coordination,</li> <li>- Enjoy, Fun</li> </ul>
	<p><b>. Candy Store</b> Each player has a soccer ball The coach names each side of the area after a piece of candy. Have the players dribble around. When the coach shouts out the name of a candy, the children dribble their soccer ball to the appropriate side.</p>	<p>Ask the kids what their favorite candy is. Replace the candy with their favorite movie or anything fun!!!!</p>	<p>-</p>



# **Lynbrook East Rockaway Soccer Club**

## **LESSON PLAN No 3 & 4**

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<p><b>DRIBBLING DRILLS (cont.)</b> <b>Ball Mastery Turns and Moves</b></p>	<p><b>Pac Man</b> a. Two or three players are “it” to start, and have balls b. If you are “it”, try to dribble and hit others with passes below the knees c. Players who are not “it” may run and jump to avoid being hit d. if you are hit with a pass, you become “it” too</p>		<ul style="list-style-type: none"> <li>- Keep ball rolling</li> <li>- Eyes up to find space and who is “it”</li> <li>- Change direction and speed</li> <li>- Fake passes</li> <li>-</li> </ul>
	<p><b>Bees</b> a. Split team in half. One half with balls is the “bee catchers”. The half without balls are the “bees”. b. if you are “bee catcher”, try to dribble and hit others with passes below the knees c. players who are “bees” may run and jump to avoid being hit d. if you are hit with a pass, you freeze until another ”bee” unfreezes you</p>		<ul style="list-style-type: none"> <li>- Keep ball rolling</li> <li>- Eyes up to find space and who is “it”</li> <li>- Change direction and speed</li> </ul> <p>Fake passes</p>
	<p><b>Coneman</b> The children dribble around. The coach is the “Coneman” who runs around the area attempting to “Cone” the players. This is done by placing a cone on top of the player's ball, and shouting, “Coneman has got you”. Once a player has been coned they must perform three juggles to get back in the game.</p>	<ul style="list-style-type: none"> <li>- The coach should encourage the children to dribble with their heads up, looking for space</li> <li>- The coach should encourage the children to take as many touches of the ball as possible.</li> <li>- The coach should encourage the children to use both feet.</li> </ul>	<ul style="list-style-type: none"> <li>- Decision making</li> <li>- Dribbling &amp; movement enhancement</li> <li>- Dribbling while looking up</li> </ul>



# **Lynbrook East Rockaway Soccer Club**

## **LESSON PLAN No 5 & 6**

Topic: DRIBBLING

Age: Kindergarten

<p><b>DRIBBLING / CHANGING DIRECTIONS WITH BALL</b></p>	<p><b>The Drag Back Turn:</b>  1. Place the non - kicking foot at the side of the ball.  2. Place the kicking foot on the top of the ball.  3. The players’ body should be leaning over the ball.  4. Drag the ball back, in the opposite direction.  5 Push the ball away using opposite foot.</p>		<ul style="list-style-type: none"> <li>- Ball control</li> <li>- Stop and go without losing control</li> <li>- Keep ball close</li> <li>- Demonstrate speed changes with ball</li> <li>- .Have the players concentrate on using BOTH of their feet while dribbling and while using the moves</li> </ul>
	<p><b>Storybook Soccer</b>  The coach tells a story of when he/she was young and on his/her birthday they were given a magic car. The coach then asks the children if they want to play “magic cars.”  The children dribble around the area and the coach introduces three gears. In first gear the children must dribble their soccer ball really slowly. In second gear the children should be encouraged to dribble the ball at a medium speed. Third gear is “racing car” speed;  The children should be encouraged to dribble the soccer ball as fast as they can.</p>	<ul style="list-style-type: none"> <li>- Have players change directions using the inside and outside of their foot</li> <li>- Add “red lights” and “green lights”</li> <li>- Remind them if they go too fast, they will crash or loose control of the ball</li> <li>- Introduce a car thief that steals the ball by touching it. To get back in the game, a player must perform 3 juggles</li> </ul>	<ul style="list-style-type: none"> <li>- Ball control</li> <li>- Stop and go without losing control</li> <li>- Keep ball close</li> <li>- Demonstrate speed changes with ball</li> <li>- .Have the players concentrate on using BOTH of their feet while dribbling and while using the moves</li> </ul>



# **Lynbrook East Rockaway Soccer Club**

## **LESSON PLAN No 7 & 8**

Topic: PASSING  
Age: Kindergarten

<b>INTRODUCTION TO SHORT PASSING</b>	<b>Captain Freezes</b> Players attempt to freeze the coaches by passing their ball against the coaches' ankle. If they can freeze all the coaches they have won.	-	<ul style="list-style-type: none"><li>- Ball control</li><li>- Accuracy of passes</li></ul>
	<b>Passing Races</b> Players work in pairs. They stand approximately 8 feet apart and simply have to pass the ball back and forth to each other. The children have to complete 10 passes to win	Play the race once with the left foot and once with the right	<ul style="list-style-type: none"><li>- Ball control</li><li>- Team work</li><li>- Accuracy of pass</li><li>- Practice stopping the ball</li></ul>
	<b>Hit the Cones</b> Players lined up each side of a cone. The aim of the game is to knock the cone over in the middle by striking the ball against it. First player to hit the cone three times is the winner.	<ul style="list-style-type: none"><li>- Remind players of the correct passing techniques</li><li>- <i>A. Non-kicking foot by the side of the ball.</i></li><li>- <i>B. Lock ankle and follow through in the direction you want the ball to go.</i></li><li>- <i>C. Watch the foot make contact with the middle of the ball.</i></li></ul>	<ul style="list-style-type: none"><li>- Correct passing techniques</li><li>- Team work</li><li>- Pass accuracy</li></ul>



# **Lynbrook East Rockaway Soccer Club**

## **LESSON PLAN No 9**

Topic: Game

Age: Kindergarten

<b>GAME SITUATION</b>	<b>Game Situation</b>		
	Throughout the game, do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.	<ul style="list-style-type: none"><li>- Discourage them from just kicking the ball without thought.</li><li>- They should always be either trying to pass or dribble.</li><li>- Encourage defense</li><li>- Encourage players to shoot</li></ul>	<ul style="list-style-type: none"><li>- Dribbling</li><li>- Short passing</li><li>- Shooting to goal</li><li>- Throw-ins</li><li>- Begin to understand defense and offense</li><li>-</li><li>- Make sides even</li></ul>

## Descriptions of the Games

### British Bulldog

The Children play in a square approximately 30 by 20 steps. The children start at one side of the square (which the children call the street). The coach has told the story of a “British Bulldog” who will not let the children out to play. The children have to dribble their soccer ball past the “British Bulldog” so that they can get out to play. The coach plays the part of the “British Bulldog”. Each time the children make it past the “British Bulldog” they get a quarter to buy candy. This is done by performing toe taps. The young players can only travel across the street when the coach says “British Bulldogs”. Once the players have been caught they become a bulldog and assist the coach to catch the others.

### Candy Store

The children play in a square approximately 30 by 20 steps. The coach names each side of the area after a piece of candy. Each child has a soccer ball. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.

### Body Parts

The Children play in a square approximately 30 by 20 steps. The children dribble around with a ball each. The coach calls out a body part, for example a left elbow. The first child to stop the ball completely with the named body part gets a point. A variation on this game is for the coach to point to a body part (rather than call out) to make the children dribble with their heads up to see the coaches next move.

### Stuck in the Mud

The Children dribble around the marshland approximately 30 by 30 yards. Two marsh monsters attempt to freeze out the players. To do this they simply have to touch the player’s ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen players legs.

### Crocodile Alley

The children are lined up each side of the area. Place cones between each pair so that the cone is directly in the middle of the children lined up on each side of the area. The aim of the game is to knock the cone over in the middle by striking the ball against it. First player to hit the cone three times is the winner.

### Story Book Soccer

The children play in a square 30 by 20 steps. The coach tells a story of when he/she was young and on his/her birthday they were given a magic car. The coach then asks the children if they want to play “magic cars”. The children dribble around the area and the coach introduces three gears. In the first gear the children must dribble their soccer ball really slowly. In the second gear, the children should be encouraged to dribble the ball at a medium speed. Third gear is “racing car” speed; the children should be encouraged to dribble the soccer ball as fast as they can.

### Hospital Tag

Kids dribble in Soccer Island. When you say hospital, they can try to tag each other . When you are tagged, you have to hold that part of your body with your other free hand. Second time you are tagged, you hold that part of your body with your last free hand. Third time, you are tagged you are out. To get back in the game, you have to do three moves or ten juggles.

Pass Yourself to  
The Races

The children play in a square approximately 30 by 30 yards. Players work in pairs. They have to pass to themselves before they can pass it back to their partner.

Power Rangers

The children play in a square approximately 30 by 30 steps. Select a catcher(s). All the players dribble around the area with a ball. The catcher gets players out of the game by touching their soccer ball with her or her foot. The catcher is “Evil Rita” he/she can win the game by getting all the power rangers out of the square. The players must perform three moves of ten juggles to get back in the game.

Ghostbusters

The children stand approximately six yards apart. The coach introduces the game as “Ghostbusters”. Every time the children can pass the ball through their partners legs, they score a “slimmer”. First pair to get five “slimmers” is the winner.

Coneman

The children play in a square approximately 30 by 20 steps. The coach is the “Coneman/woman” who runs around the area attempting to “cone” the players. This is done by placing a cone on top of the players’ ball and shouting “Coneman has got you”. Once a player has been coned they must perform three moves of ten juggles to get back in the game.