

What soccer skills should a Kindergarten - 4th Grade child (6 -10 year-old) learn?

You will find that you have skill sets all over the board at this age. Some kids will have barely touched a soccer ball while others have played for a few years and know the basics of soccer and have some good skills!! You will find that you have skill sets all over the board at this age. We need to deliver a wonderful experience to both sets. The left column is for all kids, the right column generally would be for our 3rd and 4th Grade kids:

- Coordination
- Balance
- Passing
- Dribbling/ ball control
- Teamwork
- Communication
- Listening
- Passing with the weak foot
- Dribbling with the weak foot
- A few simple moves, when and how to do them
- Shooting with laces
- Weight and timing of a pass, especially on the move
- A player's role off the ball

The skills on the following pages can be used multiple times during the season. Depending on how practices are going, you can use as many or as few as you want. If you have other skills and drills you want to do with the kids, great, please use them!!! We have listed skills that can be used by both groups and some that would be better for 3rd and 4th Grade. Each skill below can be tweaked to best serve the kids you have in your group!

Practice Schedule

The following schedules are guidelines. Each day could be different, so use your best judgement. Please do make sure you pray with the kids at the start and end of each practice!!

Kindergarten through 2nd Grade:

- 1). Pray to begin practice (Kids can do this!)
- 2). Warm up (2-3 minutes)
 - a). Stretching
 - b). Jumping jacks
 - c). Short runs
- 3). Work on drills for 15 minutes
- 4). Break for drink
- 5). Work on drills for 15 minutes
- 6). Break for drink
- 7). Work on drills for 10 minutes
- 8). Play a mini scrimmage within your own team (5 minutes)
- 9). Clean up
 - Have kids collect cones and balls and put in bag
- 10). Pray to end practice (Kids can do this!)
- 11). Dismiss

3rd and 4th Grade:

- 1). Pray to begin practice (Kids can do this!)
- 2). Warm up (2-3 minutes)
 - a). Stretching
 - b). Jumping jacks
 - c). Short runs
- 3). Work on drills for 20 minutes
- 4). Break for drink
- 5). Work on drills for 15 minutes
- 6). Break for drink
- 7). Play a mini scrimmage within your own team (5 minutes). This is a time to reinforce skills learned during drills.
- 8). Clean up
 - Have kids collect cones and balls and put in bag
- 9). Pray to end practice (Kids can do this!)
- 10). Dismiss

We need to be done by 4:30 p.m., so use your judgement for how to implement the schedule above! Most importantly, have fun with the kids, lots of encouragement!! They also need to learn to listen to you, and each other, please emphasize that!

Dribble Between the Squares: Soccer Drill

- **Length of Session:** 10 mins
- **Number of Players:** groups of 4
- **Skills to Learn:** dribbling, ball handling
- **Equipment:** 8 cones

Description: Each child will dribble their ball from one square to the next and back using a variety of different dribbling tactics defined by the coach.

Drill Set-up:

- Set up two squares 10 meters apart with side lengths of 5 meters.
- Place 4 players in one square and give each player a ball.

Drill Instructions:

1. Instruct the players to dribble to the other square and back using different techniques.
2. Right foot only.
3. Left foot only.
4. Inside of the feet.
5. Outside of the feet.

Kick the Coach: Soccer Drill

- **Length of Session:** 10 mins
- **Number of Players:** any
- **Skills to Learn:** passing
- **Equipment:** balls for each child

Description: The coach runs between two lines of kids who are all trying to hit the coach's legs with the ball.

Drill Set-up:

- Create two lines facing each other. Place a cone for each kid.
- The lines should be 10-15 yards apart.
- Place each kid on a line and give them a ball.

Drill Instructions:

- Kids line up facing each other.
- The coach will run through the middle of the lines.
- The kids try to pass (NOT shoot) their ball to hit the coach.
- Only contact below the knee counts.
- Ideal for younger kids just learning how to pass.

Dribble to Pass: Soccer Drill

- **Age Range:** 5-10
- **Length of Session:** 10 mins
- **Number of Players:** 4+
- **Skills to Learn:** passing on the move, ball control, receiving
- **Equipment:** cones and balls

Description: Players dribble through a series of cones and then pass the ball off to the next player in line.

Drill Set-up:

- Set up 8 cones in a line.
- The cones should be 1.5 to 2 meters apart.
- On each end of the line of cones, set another cone 5-7 meters away.
- Repeat this setup to create multiple groups if you have a lot of players.
- 2-3 players will line up behind the cone on each end of the line of cones.
- Give the ball to the first player in line.

Drill Instructions:

1. The first player dribbles through the line of cones.
2. Once they complete the line of cones, the player then passes the ball to the next player in line who is at the cone 5-7 yards away.
3. The second player should receive the ball and then dribble through the line of cones.
4. Create different dribbling rules (right foot, left foot, inside-outside, stepovers, etc).
5. Focus on dribbling and passing technique, picking the eyes up, and being ready in line.
6. Extend the distance of the pass for older/ advanced kids.
7. Make the game competitive by having multiple groups compete to see who can have all players go twice. If you only have one group, turn it into a race against the clock.

Dribble to Score: Soccer Drill

- **Age Range:** 5-10
- **Length of Session:** 10 mins
- **Number of Players:** 4+
- **Skills to Learn:** passing on the move, ball control, receiving
- **Equipment:** cones and balls

Description: Players dribble through a series of cones and then pass the ball off to the next player in line.

Drill Set-up:

- Set up 8 cones in a line.
- The cones should be 1.5 to 2 meters apart.
- On each end of the line of cones, set another cone 5-7 meters away.
- Repeat this setup to create multiple groups if you have a lot of players.
- 2-3 players will line up behind the cone on each end of the line of cones.
- Give the ball to the first player in line.

Drill Instructions:

1. The first player dribbles through the line of cones.
2. Once they complete the line of cones, they continue to dribble to the single cone and then attempt to score in the goal.
3. Create different dribbling rules (right foot, left foot, inside-outside, stepovers, etc).
4. Focus on dribbling and passing technique, picking the eyes up, and being ready in line.
5. Make the game competitive by having multiple groups compete to see who can have all players go twice. If you only have one group, turn it into a race against the clock.

Basic Kicking Ball into goal: Soccer Drill

- **Length of Session:** 10 mins
- **Number of Players:** any
- **Skills to Learn:** passing
- **Equipment:** balls for each child, cones

Description: Players shoot to the goal from different distances to work on aim and ability to control ball

Drill Set-up:

- Set up 3 cones in a line, moving away from goal
- 3 lines in front of the goal, 1 in the middle, one to the left, one to the right
- The cones should be 1.5 to 2 meters apart.
- Have 1 child on each line at the same time

Drill Instructions:

1. Start at closest cone to the goal
2. Have the child kick the ball into goal
3. Have the child retrieve the ball and move to the next farthest cone.
4. Repeat steps #2 and #3 until child has completed all three kicks from cones
5. Each child should be able to go through each line of cones to kick a goal
6. As kids become familiar with this through out season, you can add speed and number of goals scored to drill

Knock Out: Soccer Drill

- **Age Range:** 9-10
- **Length of Session:** 10-15 mins
- **Number of Players:** 4 - 6
- **Skills to Learn:** dribbling, keeping head up, defending, decision making
- **Equipment:** cones and a ball for each player

Description: Players all dribble around the space while trying to knock out the others' balls. See who the last one standing is.

Drill Set-up:

- Create a large circle with cones.
- Give each player a ball inside the circle.
- Make multiple games if you have a large team.

Drill Instructions:

- Each player needs a ball inside the circle.
- Players must dribble around while trying to kick other players' balls out of the circle.
- If your ball gets kicked out, you must do some small action to get back in (jumping jacks, push-ups, etc).
- When the knock-out round begins, there's no re-entry. Players who are knocked out should work on a skill you provide while watching.
- As the number of players decreases, use the players who are out to block areas of the circle to shrink the space.
- To increase difficulty, shrink the size of the circle or add specific dribbling challenges within the game.