

I. Welcome and Introductions

- a. Introductions
- b. Psychology of the K-2
 - i. The player and the ball
 - ii. Activities 10-15 minutes
 - iii. Activities designed to be the coach
- c. Discussion on field size and numbers
 - i. When possible, smaller numbers and smaller spaces
 - ii. 4v4, 5v5 on a 15 x 25 yard playing space

II. Dribbling

- a. Steal the Pinnie – each player puts a pinnie tucked into their shorts. Begin without ball. Players run around and collect as many pinnies as they can. Move to same game with ball at feet.
 - i. When dribbling, focus on players keeping heel off of the ground while moving (on the foot not touching the ball) ie. On balls of feet
- b. Bulldog
 - i. Players on one end of field with ball at their feet (puppies). Coaches start as bulldogs. Players try to dribble to other side of the street without the bulldogs kicking their balls out. If they lose their ball, they become a bulldog and join the coaches on next round – last puppy becomes bulldog on next round.
 - ii. Let players have success before making it more difficult for them.

III. Passing

- a. Frogs and Flies
 - i. Make a narrow lane from one end of the field to the other that the “flies” will run through. Frogs (coaches at first) on either side of the lane with all of the balls. Players must run from one end to the other without getting hit with a ball from the frogs. Rule is that ball must hit below the knees
 - ii. Focus on the foot planted next to the ball when striking it. It should be next to the ball. This will help keep the ball down.
- b. Stuck in the Mud
 - i. Players dribble around in the playing space. A “tagger” runs around and tries to touch the balls with his/her feet. If your ball is touched, you become “stuck in the mud” and hold ball over your head with feet apart. Other dribblers can get you “unstuck” by passing the ball between your legs.
 - ii. Focus again on planted foot and now kicking foot follows through to the target (the player you are getting unstuck)

IV. Receiving

- a. Junkyard Soccer
 - i. Clean up your yard (balls are the junk). Split players into two teams. Create a 5yd gap in middle of field and put two teams on either side with balls split between two teams. On coach’s signal, the two teams try and kick balls into the

other team's space. Only the coach can go into the gap in the middle of the field

- ii. As balls come into a team's space, have players see if they can collect the ball and get it into the other space before the balls stops moving. By doing this, it will encourage players to move themselves into the line of flight of the ball—a key skill in receiving.

V. Change of Direction

a. Fireball

- i. Everyone takes a "hat" (disc) and stands in front of a cluster of balls. Facilitator asks "what do you want?" and the appropriate response is "Fireballs!" Throw in a few fake-outs like fur balls or fire trucks and you are all set. Blast the balls on "fireballs" and those hit with a ball remove their hat and take up the cause of blasting those with hats still on!

b. Mickey's Doorbell

- i. Place 2 cones 5 yards apart. Player with the ball (Mickey) – another player without a ball (Donald). Player with ball tries to “ring the doorbell” by dribbling to one of the two cones. If the player without the ball touches the cone first, the doorbell does not get “rung”

VI. Playing games

- a. When playing games, consider using boss of the balls where the coaches play balls into the game whenever a ball goes out or a goal is scored. This will keep the game moving and increase the number of touches.