



Pre-K/K Curriculum

## **Pre-K/K Curriculum**

### **Week #1 Topic: Ball Control**

**Equipment:** Cones, pinneys, soccer ball for each player

#### **Warm Up (5 – 8 Minutes)**

All players should have a soccer ball. Players move freely inside a 20 yard by 20 yard square.

Introduce the following ball skills:

**Paddles:** Passing the ball between the feet using the inside part of the foot.

**Ball Taps:** Tap the ball with the sole of the foot once with right foot then with left foot.

**Rolls:** Using the soles of each foot. Place foot on top of the ball, move feet forwards and backwards.

#### **Topic of the day (10 – 12 Minutes)**

##### **Body Part Game**

Use the same area as the warm up.

Each player has a ball and moves around the square changing direction often.

When the coach calls out a body part they must put that part on the ball. For example: Foot, knee, head, belly etc..

Start off by using 1 body part to make sure they understand and then make it more difficult by calling out a couple quick.

##### **Coaching Points:**

- **Change direction**
- **Find open space**
- **Change speed**

##### **Ball Control Game: King of the ring (10 – 12 Minutes)**

Set up 2 squares.

Players move freely around in the square. On the coach's whistle they must try and kick another player's ball out of the area while trying to keep their ball under control and inside the area.

**When the player's ball goes out:**

The player should find their ball and move into the next square and play the same game.

They cannot kick anyone else's ball out.

**To challenge the players:**

When the ball goes out players must do a task to get back in the game for example: 5 ball taps, 5 rolls or 5 paddles.

**To make it more competitive:**

When the ball goes out, collect ball and go to the coach, play on until the last 2 players in, they go against each other to see who the king of the ring is.

## **Pre-K/K Curriculum**

### **Week #2 Topic: Dribbling**

**Equipment:** Cones, pinneys, soccer ball for each player

#### **Warm Up (5 – 8 Minutes)**

##### **Body Part Game**

Add into the game: Ball taps, paddles and rolls.

Each player has a ball and moves around the square changing direction often.

When the coach calls out a body part they must put that part on the ball for example: Foot, knee, head, belly etc..

Start off by using 1 body part to make sure they understand and then make it more difficult by calling out a couple quick.

##### **Coaching Points:**

- **Change direction**
- **Find open space**
- **Change speed**

##### **Introduce juggling with the thigh:**

Hold ball in hands, drop to thigh and catch. Increase to 2 juggles and then catch. If some players can do the above then adjust accordingly – 3 or more juggles or left then right thigh.

#### **Topic of the day (10 – 12 Minutes)**

##### **Follow the leader**

Organize players so they have a partner.

Nominate one the leader and the other the follower.

Stage 1: The follower must go every where the leader goes following behind. The leader should change direction often. Switch roles after a minute or so.

Stage 2: The leader tries to get away from the follower, if the follower catches the leader by tagging them, they switch roles.

Stop game and have players switch after 2 minutes – in case some followers are not catching leaders and switch. Keep the score between partners.

### **Dribbling Game: King Crab (10 – 12 Minutes)**

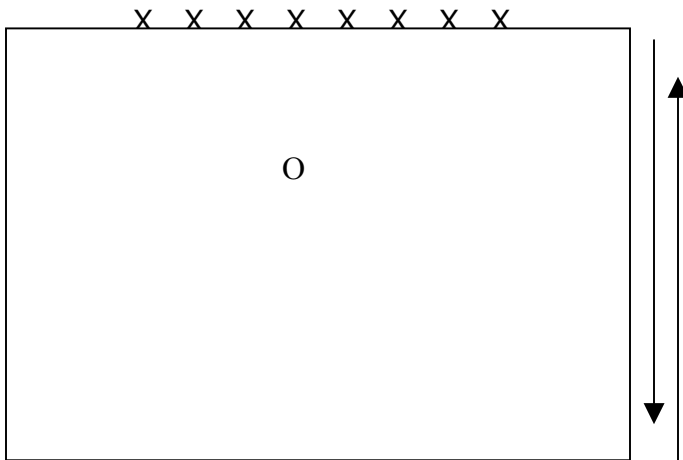
Nominate 1 player to be the crab (O on diagram) all other players line up on the beach.

Aim of the game is for the players to get to the other side without the crab catching them.

The crab eliminates players by kicking their ball out of the area.

The players go back and forth until all players are eliminated.

Once a ball is out of the area the eliminated players become crabs too.



## Pre-K/K Curriculum

### Week #3 Topic: Passing

**Equipment:** Cones, pinneys, soccer ball for each player

#### Warm Up (5 – 8 Minutes)

Work through the following ball skills:

- Ball Taps
- Rolls
- Paddles (passes from the inside of the left foot to the inside of the right foot and vice versa)
- Pull-push (pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot)
- Thigh juggling (hold ball in hands, drop to thigh and catch)

On the blow of the whistle the players leave their ball and find a new ball and carry on moving around the area.

#### Topic of the day (10 – 12 Minutes)

##### Stuck in the mud

Nominate 2 players who will be "it" everyone else has a ball each and moves freely around in the designated area.

On the coach's signal the "it" players try and kick the balls out of the square. If a player's ball goes out they must stand with their legs slightly apart and can only be freed by another player passing their ball through their legs. The player who has been set free can go and retrieve their ball and join in the game again.

##### Passing technique

##### Coaching Points:

- **Side of the foot**
- **Ankle locked, toes up**
- **Push through the middle of the ball**
- **Follow through**

Set up the field as below: \_\_\_\_ represents a gate created by 2 cones about 4 yards apart.

Have the players find a partner and position them opposite each other approximately 5 yards from the gate.

Players must try and make a pass to their partner through the gate without touching the cones. Make it a competition by the first to make 5 successful passes in a row wins.

**To make it harder:**

Move players further away from the gate.

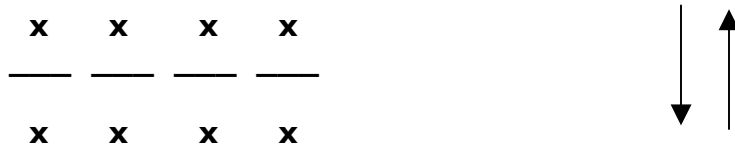
Make the gate smaller.

Have them use their "weaker" foot.

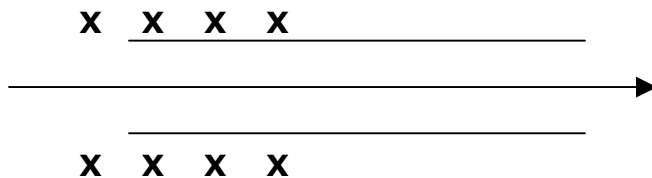
**To make it easier:**

Move players closer to the gate.

Make the gate larger.



**PASSING GAME: TUNNEL OF DOOM**



One team of players tries to pass the ball so that it hits the players who are running through the tunnel of doom below the knee. Keep playing until the whole team is eliminated, then switch over.

Allow one direction running only, when the players arrive at one end they must wait for the rest of the team to get there before leaving in the opposite direction.

## Pre-K/K Curriculum

### Week #4 Topic: Passing

**Equipment:** Cones, pinneys, soccer ball for each player

#### Warm Up (5 – 8 Minutes)

In the square place cones randomly.

Encourage the players to move around the square while trying to not touch any of the cones.

Now, every time they come to a cone they do the following ball skills.

Ball taps  
Paddles  
Rolls  
Pull-push

New for this week: **Around the world** (a progression to ball taps)  
The player taps the ball and moves in a circle around the ball until back the where he/she started from.

**Lace juggling:** Using the laces, allow the ball to drop to the laces, try to catch before repeating.

#### Topic of the day (10 – 12 Minutes)

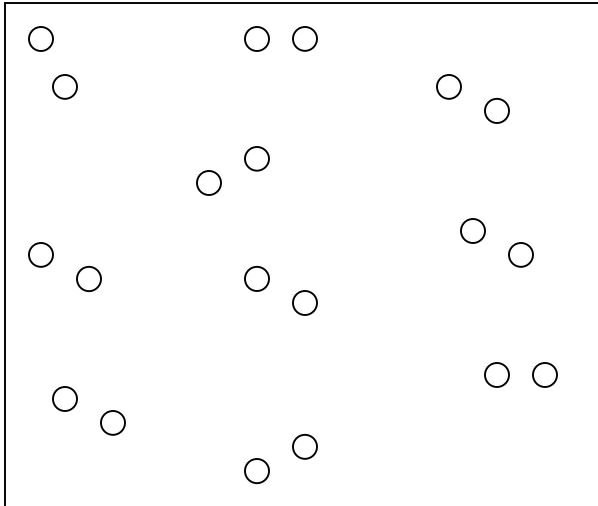
##### The Great Passing Game

Each player has a partner and 1 ball between 2.

Set up an area where there are lots of gates (made with 2 cones) as shown in the diagram on the next page:

Stage 1: Partners have 30 seconds to pass through as many gates as they can.

Stage 2: Partners have 30 seconds to beat their 1<sup>st</sup> score



### **PASSING GAME: BOCCIA BALL**

Players in pairs, opposite each other with a tall cone (or ball on a disc) in between the 2 approximately 5 yards away from each player.

**x x x x x**

**o o o o o**

**x x x x x**

The partners take it in turn to knock the tall cone (or ball on a disc) down, if successful the players gets on point. First player to 10 wins the game.

#### **Coaching Points:**

- **Side of the foot**
- **Ankle locked, toes up**
- **Push through the middle of the ball**
- **Follow through**

#### **To make it easier:**

Move players closer to the target.

#### **To make it harder:**

Move players further away from the target.

Use "weaker" foot.

## Pre-K/K Curriculum

### Week #5 Topic: Shooting

**Equipment:** Cones, pinneys, soccer ball for each player

#### Warm Up (5 – 8 Minutes)

Work through the following ball skills:

- Ball Taps
- Rolls
- Paddles (passes from the inside of the left foot to the inside of the right foot and vice versa)
- Pull-push (pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot)
- Thigh juggling (hold ball in hands, drop to thigh and catch)

On the blow of the whistle the players change direction.

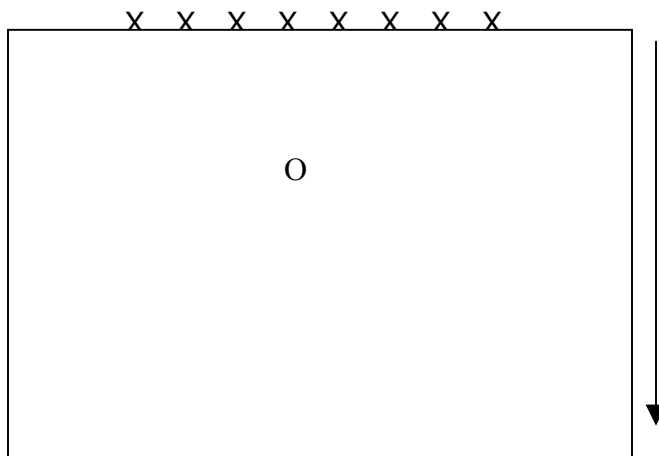
#### KING CRAB

Nominate 1 player to be the crab (O on diagram) all other players line up on the beach.

Aim of the game is for the players to get to the other side without the crab catching them.

The crab eliminates players by kicking their ball out of the area. The players go back and forth until all players are eliminated.

Once a ball is out of the area players wait for the game to finish and then can come back in again.

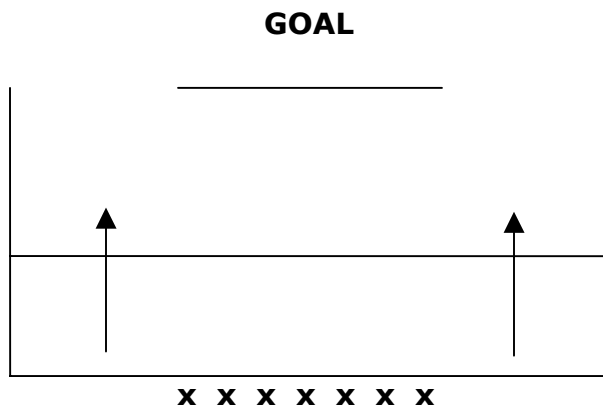


**Topic of the day (10 – 12 Minutes)**

**Coaching Points:**

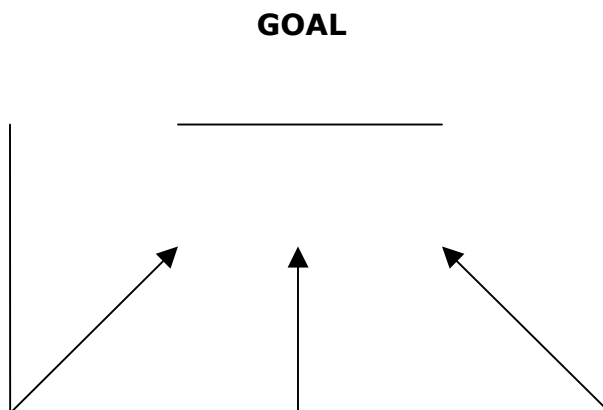
- **Keep the toes down towards the ground**
- **Keep ankle firm**
- **Hop onto non-kicking foot**
- **Contact the ball in the middle with the lace part of the foot.**
- **Follow through, land on striking foot.**

**Dribble and shoot (a) no goalies**



Players take it in turns on the coach's whistle to dribble over the line and take a shot at goal.

**Dribble and shoot (b) no goalies**



3 channels represented by the arrows. Split the players into 3 groups. The player must dribble down the channel and shoot.

Move the groups around so they have a turn from every channel.

## **Pre-K/K Curriculum**

### **Week #6 Topic: Dribbling**

**Equipment:** Cones, pinneys, soccer ball for each player

#### **Warm Up (5 – 8 Minutes)**

##### **Red light/Green light**

Each player has a ball and dribbles freely around the square changing direction often.

When the coach calls out a command the players should react:

RED = STOP

GREEN = GO

YELLOW = SLOW DOWN: Ball Taps or Paddles

HIGHWAY = INCREASE SPEED: Coach the players to keep the ball close enough so their nose is over it.

GAS STATION = PLAYERS DRIBBLE AROUND ONE OF THE CONES MARKING THE AREA

911/COPS AND ROBBERS = COACH TRIES TO STEAL/TOUCH THE PLAYERS' SOCCER BALLS, IF HE/SHE TOUCHES THEM THE PLAYER MUST DO 3 TAPS ON TOP OF THE BALL BEFORE RETURNING TO THE GAME.

Slowly introduce the other commands, until you feel the players are comfortable remembering them all and then mix them all in together in a random order.

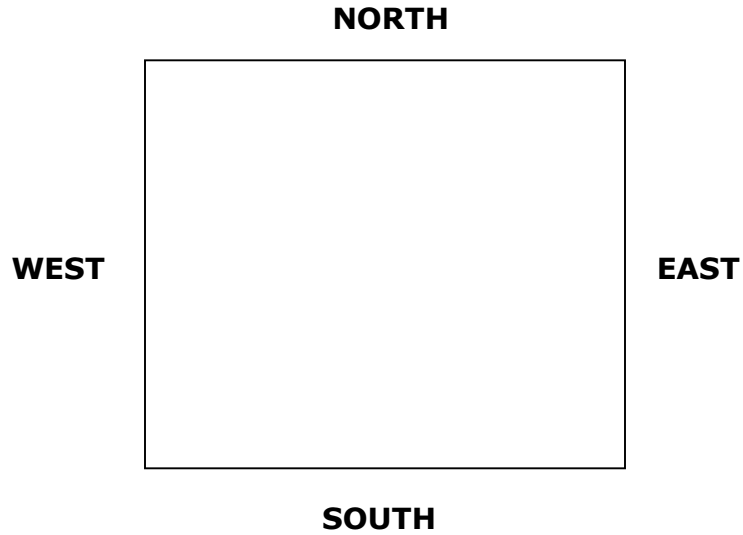
#### **Topic of the day (10 – 12 Minutes)**

##### **North, South, East and West Game**

Name the sides of the square, all players with a ball in the middle of the square dribble around and on coach's command, they must dribble to the correct name called.

##### **Make it more interesting by:**

Asking about favorite animals/drinks/candy and naming the sides those instead of North, South, East and West.

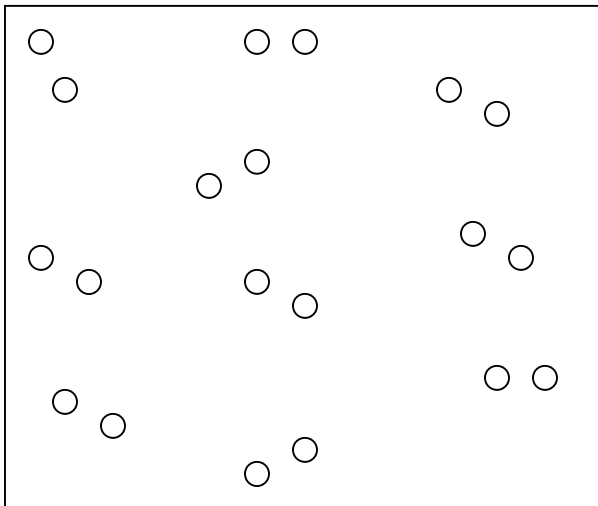


### **The Great Gate Game**

Each player has a ball. Set up an area where there are lots of gates (made with 2 cones) as shown in the diagram on the next page:

Stage 1: Players have 30 seconds to dribble through as many gates as they can.

Stage 2: Players have 30 seconds to beat their 1<sup>st</sup> score



## Pre-K/K Curriculum

### Week #7 Topic: Shooting

**Equipment:** Cones, pinneys, soccer ball for each player

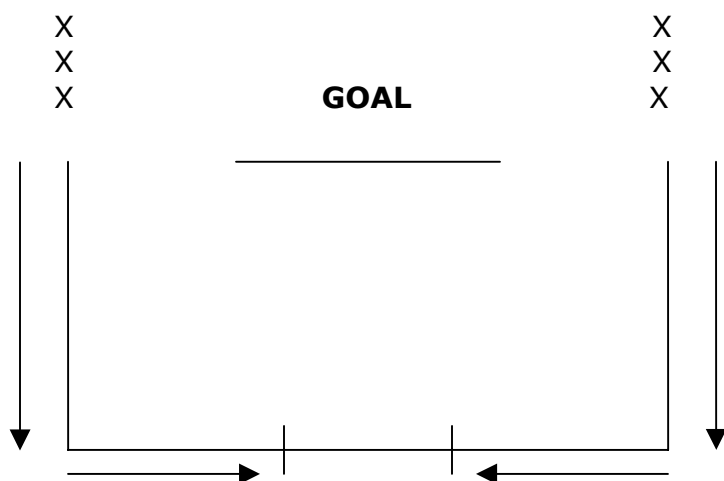
#### Warm Up (5 – 8 Minutes)

Work through the following ball skills and commands:

- Ball Taps
- Paddles (passes from the inside of the left foot to the inside of the right foot and vice versa)
- Pull-push (pull the ball towards the body with the sole of the foot and push away with the laces, left foot then right foot)
- Rolling the ball with the sole of the foot forwards and backwards, side to side.
- Change direction
- Switch balls on coach's whistle
- Call out body parts, foot, knee, head, belly etc...
- Thigh juggling (hold ball in hands, drop to thigh and catch)

#### Topic of the day (10 – 12 Minutes)

##### Dribble and score (c)

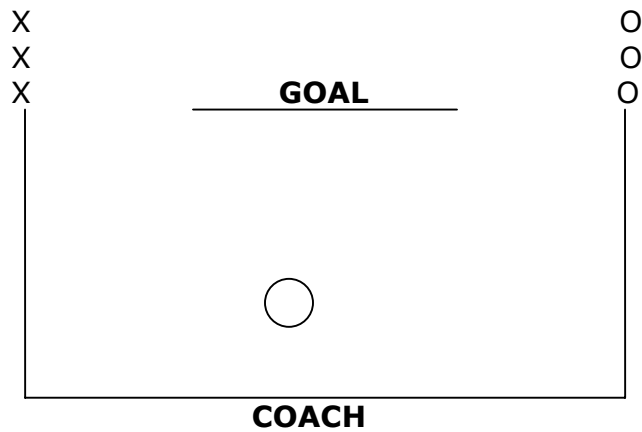


Dribble and score rules:

Players go one against one in this game, the players must dribble in the direction of the arrow on the diagram (up and then across) and through the gate in front of the goal. The first team to score gets a point.

Have an open goal - do not put anyone in goal.

#### 1V1 Shooting Game (10 – 12 Minutes)



Coach has the supply of soccer balls at his/her position.

When the coach passes the ball into the area the first player from each team tries to get the ball and shoot in the goal. If the other player steals the ball they can shoot too.

**To make it more fun:**

Have the player start from different positions:

Sitting

Back to coach

Lying on belly

Lying on back etc.....

## **Pre-K/K Curriculum**

### **Week #8 Topic: Passing**

**Equipment:** Cones, pinneys, soccer ball for each player

#### **Warm Up (5 – 8 Minutes)**

##### **Red light/Green light**

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When the coach call out a command the players should react:

RED = STOP

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HIGHWAY = INCREASE THE SPEED: Coach the players to keep the ball close enough so that their nose is over it.

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##### **Stuck in the mud**

Nominate 2 players who will be "it" everyone else has a ball each and moves freely around in the designated area.

On the coach's signal the "it" players try and kick the balls out of the square. If a player's ball goes out they must stand with their legs slightly apart and can only be freed by another player passing their ball through their legs. The player who has been set free can go and retrieve their ball and join in the game again.

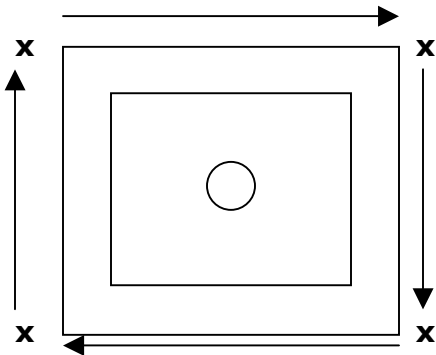
**Topic of the day (10 – 12 Minutes)**

**PASSING GAME: TARGET**

Spilt group into 4 teams.

Mark area similar to the diagram below:

The area is comprised of an outer square, an inner smaller square and a ball on a cone in the middle.



On the coach's whistle the first 1 from each group dribbles clockwise to each corner and back their own and then tries to hit off the ball in the middle with their ball. The players can get as close as they like with the ball.

First team to knock the ball down gets 5 points. **Play a few rounds.**