

## Four and Five Year Olds

### Team activities (get the parents involved for crowd control)

- **World Cup.** Players are split into two teams (with names e.g. USA Vs Canada) who line up facing each other, 10 yards apart. On coaches command they dribble the ball to the other side of the field. First team with all soccer balls on the other side wins. Encourage players to control the ball on the line. Change feet, turn, etc.
- **Knights of the castle.** Split group up into 4 teams of knights. Each team has a castle in a corner of a 10 x 10 yard area; they all start in their castle. All the balls (jewels) go in the middle of the large area. On coach's command, **Knights away**, all the players run in and dribble one ball (jewel) back to the castle. Keep going until all the jewels are in the castle. The knight's with the most jewels wins. Progress to "borrowing" jewels from other castles.

### Line Soccer

- All players have a ball & dribble the length of the field (keep it short) & score in opposite goal (all players score)
- Half the players on each team have a ball; they can pass, or keep it to score as above.

### 3v3

- Create field 10 yards by 15 yards. Place three discs in each half. Players stand beside disc with a ball each. Play and score
- Reduce balls to two per team, play and score, this may induce passing
- Progress to one ball per team, no discs...just play.

### Note:

- Encourage players to celebrate a goal
- Give constant praise and hi-fives
- Parents are to get involved whenever possible
- Be creative, have fun
- Lots of water breaks
- Have the parents do what the players have just done
- Call them **soccer players** not Kids!!!!!!!!!!!!!!!!!!!!!!
- Do not go over the 45 minutes, this is max.
- Try to spend time with each player and address them by first name.
- Encourage space, lots of touches on the ball, keep it close and head up.....that's all!!
- Encourage kids to shout and scream - most noise contest.
- At end of session cool down and have a cheer and thank the parents, tell the players to drink water, lots!

This is a guide, more resources are available if you run out of ideas, just ask.

