

# OAA Recreation Soccer

## K-1 Practice #1

### Focus: Dribbling

Activity	Set up	Description	Coaching Points
Warm up (Everybody's It)	Whistle 15x20yds. (Tip: use cones or they will be)	<ul style="list-style-type: none"> <li>Direct then to stop at ever whistle they hear and follow the stretch the coach does.</li> <li>Each player will run around and gently tag another player keeping track of how many times they tag someone.</li> <li>The coach will blow the whistle about every 30sec and then lead a stretch.</li> <li>To keep them interested you can direct them to only tag a certain body part (elbow, shoulder, ect). Tip: choose parts from the chins up only.</li> </ul>	<ul style="list-style-type: none"> <li>Early use of dynamic warm up.</li> <li>Self awareness</li> <li>Quick movements</li> </ul>
Demonstration		<ul style="list-style-type: none"> <li>Demonstrate quickly how to dribble using the inside and outside of both feet.</li> <li>Demonstrate how to stop the ball using only the bottom of either foot.</li> </ul>	<ul style="list-style-type: none"> <li>Building knowledge</li> </ul>
Red Light/Green light	15x20 coned grid (Tip: make adjustments to grid size to ensure they have to look around to avoid running into other players)	<ul style="list-style-type: none"> <li>Each player will dribble freely in the space provided</li> <li>If the coach yells red light they must stop the ball using the bottom of their foot.</li> <li>Green light means dribble again.</li> <li>Yellow light means to dribble slowly.</li> <li>You can add other colors to make things a bit more fun (like purple=jump 3 times)</li> </ul>	<ul style="list-style-type: none"> <li>Starting and stopping the ball quickly</li> <li>Encourage the use of all parts of the feet</li> </ul>
Driving Around Town	Make a race track out of the cones. Tip: a simple oval to start and add turns as they get better	<ul style="list-style-type: none"> <li>Each player pretends they are a race car on the road.</li> <li>They should avoid collisions with other cars on the road.</li> <li>They can yell "beep beep" if they get to close to another driver.</li> <li>To change it up you can tell them what kind of vehicle they are so their speed will change (race car=fast, a bus=slow, ect)</li> </ul>	<ul style="list-style-type: none"> <li>Keeping their heads up</li> <li>Finding space</li> <li>Change of speeds</li> </ul>
Scrimmage	Create 2-15x20 grids Tip: if you have different colored cones use them for the goals. If not ask a parent to stand with their legs apart at each end of the space.	<ul style="list-style-type: none"> <li>3v3 scrimmage (adjust your numbers to make sure everyone is playing)</li> </ul>	<ul style="list-style-type: none"> <li>Encourage dribbling the ball.</li> <li>Encourage only one person from each team to go for the ball (positions won't matter for this age just try to keep them from taking it from their own player, this will be a huge accomplishment)</li> </ul>

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## K-1 Practice #2

Activity	Set up	Description	Coaching Points
Warm up (Freeze Tag)	15x20 grid	<ul style="list-style-type: none"> <li>The coach is it.</li> <li>Once a player is dribbling the ball around in the space. They are frozen if the coach tags them.</li> <li>Have other player can unfreeze them by crawling under their legs.</li> <li>Whistle frequently to stop them and stretch.</li> </ul>	<ul style="list-style-type: none"> <li>Dynamic warm up.</li> </ul>
Tail Steal	Penny (one for each player) 15x20 grid	<ul style="list-style-type: none"> <li>Have each play place a penny into the back of their shorts to give themselves a tail. (like flag foot ball)</li> <li>Each player dribbles the ball in the space while trying to take other players tails.</li> <li>Restart the game once the last player has lost their tail.</li> </ul>	<ul style="list-style-type: none"> <li>Finding space</li> <li>Dribbling</li> <li>Attacking</li> </ul>
Snake	15x20 grid	<ul style="list-style-type: none"> <li>The coach will be it to start the first game.</li> <li>When the coach kicks a players ball out of the grid that player will link arms with the coach.</li> <li>The snack will then be formed and together they will work to kick out other players balls to create a larger and larger snake.</li> <li>The last player caught starts the next game.</li> </ul>	<ul style="list-style-type: none"> <li>Looking for open space</li> <li>Team work</li> </ul>
Capture the Ball	25x25 square grid Set up: take extra cones and make two squares in the corner of your larger space.	<ul style="list-style-type: none"> <li>Divide the players into two teams.</li> <li>Place all of the balls into the center of the space.</li> <li>Each team will try to get as many balls into one of their small square (goal) as possible.</li> <li>They may take balls from other players but not from a goal.</li> <li>Once all the balls have been placed into a goal each team can count how many they captured.</li> </ul>	<ul style="list-style-type: none"> <li>Team work</li> <li>Ball control</li> <li>Dribbling</li> </ul>
Scrimmage	3v3 or 4v4	3v3 scrimmage (adjust your numbers to make sure everyone is playing)	<ul style="list-style-type: none"> <li>Encourage dribbling the ball.</li> <li>Encourage only one person from each team to go for the ball (positions won't matter for this age just try to keep them from taking it from their own player, this will be a huge accomplishment</li> </ul>

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## K-1 Practice #3

Activity		Description	Coaching Points
Warm up (Gate Dribbling)	15x20 grid About 1- gate per player. (a gate is created by setting 2 cone about 1-2 yards apart)	<ul style="list-style-type: none"> <li>• Spread out several gates in the field space.</li> <li>• Challenge each player to dribble through as many gates as possible in 20 seconds.</li> <li>• Stop and stretch after each challenge.</li> <li>• Tip: to make it more challenging you can have players use only the left foot or only the outsides of the feet, ect.</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic warm up</li> <li>• Players keep the ball close in order to change direction toward the next gate.</li> <li>• Players will keep their heads up to find the next gate.</li> </ul>
Demonstration		<p>Bring the players together and demonstrate how to properly pass the ball using the instep of their foot.</p> <p>Note: They will not have much power, don't worry technique out ways power at this age (proper technique will bring power later)</p>	
Cone Kicking	15x20 grid Create a line down the middle of the space with cones Set a cone upside down on each of the middle cones	<ul style="list-style-type: none"> <li>• Each player will try to pass the ball at the upside down cone, trying to knock it off the other cone.</li> <li>• After all the cones have been knocked down, line them up further away and do it again.</li> </ul>	<ul style="list-style-type: none"> <li>• Willingness to kick the ball away from themselves</li> <li>• Proper passing technique</li> <li>• Aiming</li> </ul>
Hit the Dirt (Low Flying Airplanes)	15x20 grid	<ul style="list-style-type: none"> <li>• The players will dribble in open space.</li> <li>• When the coach yells "hit the dirt" the players will touch their chest to the ground and the return to dribbling.</li> <li>• If you're the kind of person will a huge self esteem it help to fly like and airplane (they love it)</li> </ul>	<ul style="list-style-type: none"> <li>• Agility and flexibility</li> <li>• Anticipation</li> <li>• Movement</li> <li>• Ball control.</li> </ul>
Pac-Man	15x20 gride	<ul style="list-style-type: none"> <li>• The Coach will start with a ball.</li> <li>• When the coach passes into the feet of another player they will go get a ball and become the Pac-man with the coach.</li> <li>• This will go until all the players have become Pac-man.</li> <li>• Tip: Remind them that they must pass the ball and hit only below the knees or it doesn't count.</li> </ul>	<ul style="list-style-type: none"> <li>• Proper passing technique.</li> <li>• Improve foot-eye coordination.</li> </ul>
Scrimmage	3v3 Or 4v4	<ul style="list-style-type: none"> <li>• 3v3 scrimmage (adjust your numbers to make sure everyone is playing)</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage one person on the ball at time.</li> <li>• Remember passing is not a focus for this age group, just let them play and have fun.</li> </ul>

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## K-1 Practice #4

Activity		Description	Coaching Points
Warm up (Juggling)	Spread them out	<ul style="list-style-type: none"> <li>Give each player a ball and have them hold out in front of them.</li> <li>Have them let go of the ball and try to bounce it back to their hands.</li> <li>Stop and have them stretch occasionally.</li> </ul>	<ul style="list-style-type: none"> <li>Ball control</li> <li>Coordination</li> <li>Dynamic warm up</li> </ul>
Paint the Field	15x20 grid	<ul style="list-style-type: none"> <li>Every player gets a ball.</li> <li>Have them pretend that they are a painter and have to paint the field as fast as they can by going over it with their paint brush (aka the ball)</li> <li>To challenge them have the use only the rt. Foot, only the lt. foot, ect.</li> </ul>	<ul style="list-style-type: none"> <li>Touch on the ball.</li> <li>Moving in space</li> <li>Heads up playing</li> </ul>
Demonstration		<p>Show players how to move the ball with just the sole of their foot. <i>(In the will be called scrub the deck in the next game)</i></p> <p>Show players how to do toe touches on the top of the ball. <i>(This will be hoist the sail in the next game)</i></p> <p>Show players how to knock the ball back and forth using the inside of both feet. <i>(this will be walking the plank in the next game)</i></p>	
Pirate Ship	20x20 grid 6x6 grid placed inside the larger grid (this will be the safe cage)	<ul style="list-style-type: none"> <li>The coach will call out one of the following commands and the kids will follow as directed. Tip: The coach will have to play at first or they won't get it. The commands are:               <ul style="list-style-type: none"> <li>Scrub the deck= moving the ball with the sole of the foot</li> <li>Hoist the sail=toe touches on the top of the ball</li> <li>Walking the Plank=knocking the ball back and forth with the inside of the feet.</li> <li>Shark attach= all players dribble to the safe cage as fast as they can.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Dribbling</li> <li>Ball control</li> <li>Following direction</li> </ul>
Scrimmage	3v3 or 4v4	3v3 scrimmage (adjust your numbers to make sure everyone is playing)	<ul style="list-style-type: none"> <li>Encourage one person on the ball at time.</li> </ul>

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## K-1 Practice #5

Activity		Description	Coaching Points
Warm up Jog		Lead the team on a jog around where ever you are. Stop frequently to stretch.	Proper warm up
Kangaroo Jack	15x20 grid	<ul style="list-style-type: none"> <li>• Two or three players are the kangaroos and the other players are dribbling.</li> <li>• The kangaroos are trying to tag the dribblers.</li> <li>• Once a dribbler is tagged, he/she turns into a kangaroo.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball control</li> <li>• Heads up play</li> <li>• Quick change of direction</li> </ul>
Crab Soccer	15x20 grid	<ul style="list-style-type: none"> <li>• Have 3-4players without a soccer ball inside the grid crawling like a crab.</li> <li>• The crabs kick the ball out of the grid and then that player becomes a crab as well, until all players are crabs.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball control</li> <li>• Heads up play</li> <li>• Quick change of direction</li> </ul>
Ball Tag	15x20 grid	<ul style="list-style-type: none"> <li>• All players are dribbling a ball in the space.</li> <li>• They try to pass there ball into the FEET of other players.</li> <li>• They should try to keep count of how many times they make contact with another players feet.</li> <li>• For fun: If they get the coach they get 10 points, please understand this is like putting a target on you so be ready.</li> </ul>	<ul style="list-style-type: none"> <li>• Heads up play</li> <li>• Proper passing technique</li> <li>• Aim with a pass</li> </ul>
Scrimmage	3v3 or 4v4	3v3 scrimmage (adjust your numbers to make sure everyone is playing)	<ul style="list-style-type: none"> <li>• Encourage one person on the ball at time.</li> </ul>

# OAA Recreation Soccer

## K-1 Practice #6

Activity		Description	Coaching Points
Warm up (Everybody's it)	Whistle 15x20yds. (Tip: use cones or they will be)	<ul style="list-style-type: none"> <li>• Direct then to stop at ever whistle they hear and follow the stretch the coach does.</li> <li>• Each player will run around and gently tag another player keeping track of how many times they tag someone.</li> <li>• The coach will blow the whistle about every 30sec and then lead a stretch.</li> <li>• To keep them interested you can direct them to only tag a certain body part (elbow, shoulder, ect). Tip: choose parts from the chins up only.</li> </ul>	<ul style="list-style-type: none"> <li>• Early use of dynamic warm up.</li> <li>• Self awareness</li> <li>• Quick movements</li> </ul>
Hospital Tag	15x20 grid 5x5 grid placed just outside of the main grid (any side is fine)	<ul style="list-style-type: none"> <li>• All player dribbling a soccer will try to tag each other with their hands.</li> <li>• Once a player is tagged he/she must cover the tagged (injured) spot with one hand (the band-aid), second tag use the other hand, third tag the player must go to the hospital to see the doctor and cure him/her.</li> <li>• Once they have been tagged a third time they need to go the hospital (second 5x5 grid). They shack off their injuries in the hospital and then get there ball back and start playing again.</li> <li>• This is an ongoing game, keep everyone playing.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball control</li> <li>• Heads up play</li> </ul>
Cops and Robbers	15x20 grid	<ul style="list-style-type: none"> <li>• Put players in partners with one ball, passing back and forth.</li> <li>• The coach (Robber) holds a cone and tries to steal the ball from a partner group.</li> <li>• When the ball is taken the coach hands off the cone to the player they took the ball from. (This player becomes the robber)</li> <li>• The coach becomes partners with the person they didn't take the ball from.</li> <li>• The robber goes after another group to "steal" there ball.</li> <li>• Tip: add more robbers to make them move faster and keeps their heads up.</li> </ul>	<ul style="list-style-type: none"> <li>• Kicking accuracy</li> <li>• Directional dribbling</li> </ul>
Moving Goal	15x20 grid	<ul style="list-style-type: none"> <li>• Two coaches us a pennie or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar.</li> <li>• Players each have a band all and try to score by kicking their ball through the goal.</li> <li>• The coaches constantly move and turn to force the players to keep their heads up and change direction as they dribble.</li> </ul>	<ul style="list-style-type: none"> <li>• Directional dribbling</li> <li>• Heads up play</li> <li>• Change of direction</li> </ul>
Scrimmage	3v3 OR 4v4	3v3 scrimmage (adjust your numbers to make sure everyone is playing)	<ul style="list-style-type: none"> <li>• Encourage one person on the ball at time.</li> </ul>

# OAA Recreation Soccer

## K-1 Practice #7

Activity		Description	Coaching Points
Warm up (Freeze Tag)	15x20 grid	<ul style="list-style-type: none"> <li>The coach is it.</li> <li>Once a player is dribbling the ball around in the space. They are frozen if the coach tags them.</li> <li>Have other player can unfreeze them by crawling under their legs.</li> <li>Whistle frequently to stop them and stretch.</li> </ul>	Coaching Points Dynamic warm up.
Fetch (Ball Toss)	15x20 grid	<ul style="list-style-type: none"> <li>Each player holds their ball in the space</li> <li>One at a time, each players hands their ball to coach</li> <li>The coach then kicks or tosses the ball away from the group in any direction</li> <li>Players bring their ball back to the coach as quickly as possible</li> <li>Coaches can vary how the players need to bring the ball back (feet, hands, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Simple decision making</li> <li>Following directions and movement education</li> <li>Hand-Eye/Hand Foot coordination</li> </ul>
Boston Bulldog	15x20 grid	<ul style="list-style-type: none"> <li>Each player lines their soccer ball on one side of the space.</li> <li>The coach (bulldog) starts in the center of the grid.</li> <li>The coach dares the players to try to cross the grid without losing their soccer ball.</li> <li>If the coach (bulldog) steals a ball, that player has to join the coach in the middle to be a bulldog also.</li> <li>If the players make it across, they wait until the Bulldog dare them to come across again.</li> </ul>	<ul style="list-style-type: none"> <li>Following directions</li> <li>Changing speed and direction</li> <li>Bulldogs learn how to win a 1v1 challenge.</li> </ul>
Snake	15x20 grid	<ul style="list-style-type: none"> <li>The coach will be it to start the first game.</li> <li>When the coach kicks a players ball out of the grid that player will link arms with the coach.</li> <li>The snack will then be formed and together they will work to kick out other players balls to create a larger and larger snake.</li> <li>The last player caught starts the next game.</li> </ul>	<ul style="list-style-type: none"> <li>Heads up play</li> <li>Change of Direction at speed</li> <li>Teamwork</li> </ul>
Scrimmage	3v3 Or 4v4	3v3 scrimmage (adjust your numbers to make sure everyone is playing)	<ul style="list-style-type: none"> <li>Encourage one person on the ball at time.</li> </ul>

**OAA Recreation Soccer**  
**\*\*\*\*\*PARENT PARTICIPATION NEEDED\*\*\*\*\***  
**K-1 Practice #8**

Activity		Description	Coaching Points
Warm up (Juggling)	Spread them out	<ul style="list-style-type: none"> <li>● Give each player a ball and have them hold out in front of them.</li> <li>● Have them let go of the ball and try to bounce it back to their hands.</li> <li>● Stop and have them stretch occasionally.</li> </ul>	<ul style="list-style-type: none"> <li>● Ball control</li> <li>● Coordination</li> <li>● Dynamic warm up</li> </ul>
Bandit Ball	15x20 grid	<ul style="list-style-type: none"> <li>● All players but 2 dribble the ball in the space.</li> <li>● The 2 without the ball are the "Bandits"</li> <li>● When the coach says "Watch out for the bandits", the bandits try to steal the ball from the other players.</li> <li>● Once they steal a ball they are no longer a bandit, they keep the ball and start dribbling.</li> <li>● If a player loses a ball they then become a bandit and try to get a new ball.</li> <li>● To Challenge: If a ball goes out of the grid it can't come back into play. You will just end up with more bandits. Creating more heads up play and quick directional movements.</li> </ul>	<ul style="list-style-type: none"> <li>● Dribbling for individual possession and shielding</li> <li>● Tackling (winning the ball)</li> </ul>
Gates with Bandits	15x20 grid	<ul style="list-style-type: none"> <li>● All players but 2 dribble the ball in the space.</li> <li>● The 2 without the ball are the "Bandits"</li> <li>● The players try to dribble through as many goals as they can within the allotted time (60-90sec).</li> <li>● The bandits try to steal any soccer ball they can. Once they steal a soccer ball, they are no longer bandits and try to start scoring goals.</li> <li>● Players who lose their soccer balls are now bandits and must try to steal either their ball back or any other players.</li> <li>● Players with a soccer ball at the end of the game get to keep their points to start the next round (please be aware that some teams it may not be a good idea to keep points, make your best judgment).</li> </ul>	<ul style="list-style-type: none"> <li>● Dribbling to attack</li> <li>● Changing directions</li> <li>● Tackling the ball</li> </ul>
Scrimmage Parents	Set up at least 3 fields to keep all the kids playing	Parents play the kids for the fun of it.	