

Brewster Recreation

1st & 2nd grade Soccer Coaching Tips



Pick a few “Warm Ups” before you start playing your game. Include a couple water breaks and time for chasing down soccer balls and you’ll easily fill an hour. Remember: Keep them moving, and HAVE FUN!

All kids are working at their own level, so try to differentiate your goals for them in a non-competitive way. For first few weeks you may want to go around circle asking kids their names. Have the kids say their name and favorite sport, and pass the ball to the next child, and they will do the same.

Warm Ups

1. Have the kids run a few laps around your side of the field to get warmed up.
2. Do some simple stretching with them, and let them know what muscles you are stretching.
3. Have them choose a partner and start passing with them. (5 min)
4. Have them all dribble around your side of the field without running into one and other. Every 30 seconds have them stop and to toe taps on the ball. Emphasize the following:
 - Head up so you don’t run into others
 - Change your pace every now and then
 - Keep the ball close to you
5. Give them a simple “give and go” drill. They stand in a line, pass to you, you pass back, they shoot!
6. Circle Keep Away passing game. Team forms a circle with 2 kids in the middle trying to steal the passes. If the child in the middle steals the pass, the passer goes in the middle and the child that stole the pass goes in.

Play your game!

- **Make sure all kids get even playing time**
- **Let them play every position on the field**
- **If they make a mistake, let them know what they did incorrectly, and let them know how to correct it**
- **Give water breaks**
- **HAVE FUN!**

**During the game have one coach handle the player rotation, so that another coach can focus on the kids in the game.*

