

# Brewster Recreation

## Pre K - Kindergarten Soccer Coaching Tips



Pick one or two “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: No laps, no lines, no lectures! 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 movie. When they are done they can pass the ball to the next child in line until the ball gets back to the first child.

### ***Warm Ups***

- Any Variation of Tag

1. *Body Part Tag*: have kids dribble around with the balls and the coach yells out parts of the body that they must stop the ball with, such as foot, knee, elbow, stomach, chin!
2. *Freeze Tag*: Coach or Kid is “It” – other kids run around. If they are tagged, they will be frozen until a team mate tags them, to “unfreeze” them. (Start without dribbling soccer balls, then add dribbling with balls).

Variation—kids can only be unfrozen if teammate dribble soccer ball between their legs.

3. *“Hit the Coach”*: Coach runs around frantically waving arms and legs. All kids dribble around with their soccer balls and try to kick the ball into one of the coaches. Tell the team if they can hit you 5 times you will make any animal noise they want. (Kids really love this one!).

- Keep your Yard Clean: Two teams facing each other. Each kid has a ball. When Coach yells “go”, kids try to kick soccer balls onto the other team’s side. Keep going for 1 or 2 minutes or until you’ve lost all the soccer balls.

- Sharks and Minnows (Variation of “Red Rover”): A couple kids (or coaches) are the “sharks” and form a line in the middle of the field. The rest of the kids are “minnows” and try to dribble their soccer balls past the sharks to the other side. The sharks try to kick away the minnows’ soccer balls. If a minnow loses his or her ball, he or she becomes a shark (Note: You may want to try this without soccer balls a few times first, with the kids just tagging each other).
- Circle Game: Break kids into two sets of 5 or 6 and have each set of kids form a circle. Place 3 or 4 orange cones in the middle of the circle and try to have the kids knock over the cones by kicking the ball through the middle of the circle (Explain to the kids across from the kids kicking to look for the ball coming to them, and then they can kick the ball).
- Relay Races with Coaches/Parents: The kids will love any kind of races against a willing group of coaches/parents. Any combination of running with and/or without a soccer ball will work. Use the cones to create an “obstacle course” for the relay races.
- Other drills: include shooting on goal, dribbling until coach yells “Freeze!” Line up kids in two rows and pass to each other, Ball tag, and Figure 8 around cones, etc.

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