

CAMP FIRE SOCCER COACHES' QUICK GUIDE
PRE-SCHOOL PLAYERS

PRE-ESSENTIAL SKILLS:

Running	Turning the ball	Dribbling the ball
Kicking w/inside of foot	Kicking ball in correct direction	Trapping the ball

OTHER RESOURCES:

Camp Fire Coaches' Manual	www.strongsoccer.com
www.pocatellocampfire.org	www.headball.com
Ann Seamons (Ex. Dir.)	www.flashdrills.com
www.pillsdrills.com	www.eteamz.com
www.joesoccer.com	www.soccerhelp.com

GAME FORMAT:

5 v 5	Four 8 min quarters(1 min breaks)	3-5 min. half-time
Referees provided	No scores recorded	Players shake hands at end of game

PRACTICE DRILLS:

Keep your yard Clean

Drill: Form two 40 x 40 boxes next to each other. Form two equal teams, one in each grid. Each player has a ball to start the game. On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins.

Passing through Gates

Drill: Split group into pairs. Use cones to create gates about three yards apart. Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points.

Tag Games

“Frozen Tag with Balls”- Each player has a ball. If tagged by “it” person, player must stand with legs spread, frozen, until someone passes the ball through their legs.

“Soccer Tag”- Players avoid being tagged by sitting down and saying a soccer related word before the “it” person can tag them.

Pac Dudes

Players in side square with their ball. Dribbling around trying not to bump each other who lose control of ball. Coach starts on outside of square and is a Ghost. On command Pac Dudes, the ghost has to try and knock everybody's ball out of the square.

Knockout

Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

Downhill Skiing

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts " Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.

Shark Attack

Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.

Soccer Bowling

Set up several cones as pins. Arrange players in a circle around the pins and have each player attempt 2 passes to knock as many pins down as possible.

Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.

Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.