



# **North Star F.C. Coaching Manual for Kindergarten**

## **A Five Weeks long Training Plan for Recreational Soccer**

**Several ideas for each age group that coaches can use. If they keep it at just 2 or 3 ideas each week from the session plans with a scrimmage to finish, then they can extend the time shown taken by each to fill the allotted session time.**

## Things to Consider when coaching these age groups.

A coaches' responsibility begins with children between 5 to 8 years and older. These children are being introduced to the world of football as a team sport. These children need to enjoy their time on the pitch if they are to become the stars of tomorrow. Creating that love and passion for the game, in these young children, is the primary role of a grassroots coach.

You need to prepare everyone to play as a team, teach the absolute basics and create a level of interest – focusing primarily on ensuring **fun & excitement** for these individuals. Treat them right, and you will create a lasting impression in the next big football player. Take a few wrong [steps](#) and you will, probably, lose the biggest future star in football.

Some key aspects, for coaches to remember, are:

### PHYSICAL DEVELOPMENT

- There is very little physical difference in girls & boys, at this age
  - The cardiovascular system & temperature regulation is less efficient than adults
  - [Training](#) is limited to fundamental movement skills – including running, catching, turning, jumping, kicking, throwing, etc.
  - Hand-eye or eye-foot coordination is immature, as is the general physical coordination, in these children
- Children have no sense of pace or intensity – They will always go FLAT OUT!!!

### MENTAL DEVELOPMENT

- An extremely active imagination
  - Terribly short attention span
  - They can only process small bits of information – long sequences are never processed
  - They can only handle one task at a time – in problem-solving situations
  - Rules need to be simple
- They are, psychologically, extremely sensitive

### SOCIAL DEVELOPMENT

Children, at this age, tend to be self-centred – It's always about "me, my and mine"

"There is little or no concern for the team – Group activities or collective play makes little sense"

There is a gradual development in self-concept or body-awareness through movement

They need extremely generous praise and positive feedback – like the sandwich feedback technique

They play football because it's fun – what better motivation do you need?

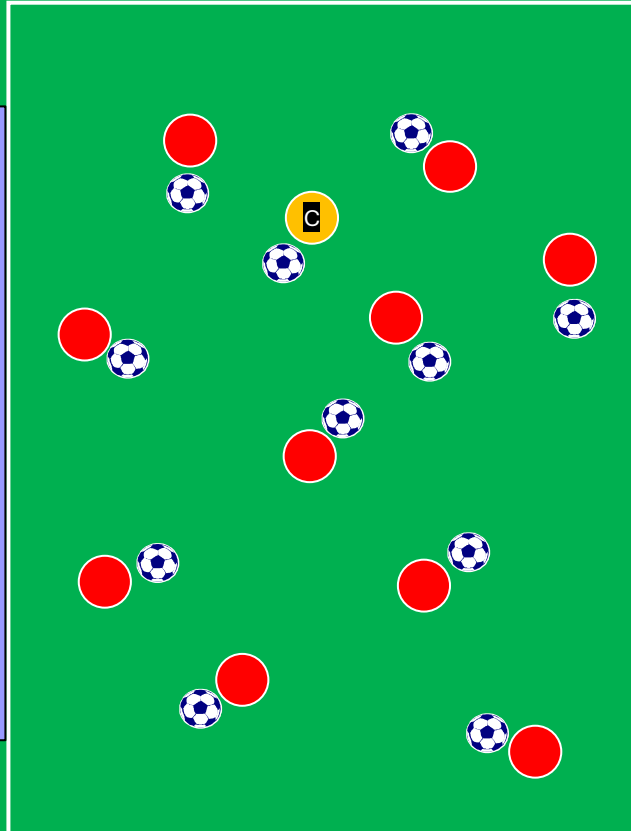
So; the next time you decide to go out there and take charge of these young ones, arm yourself with a bit more information to make your day better.



## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

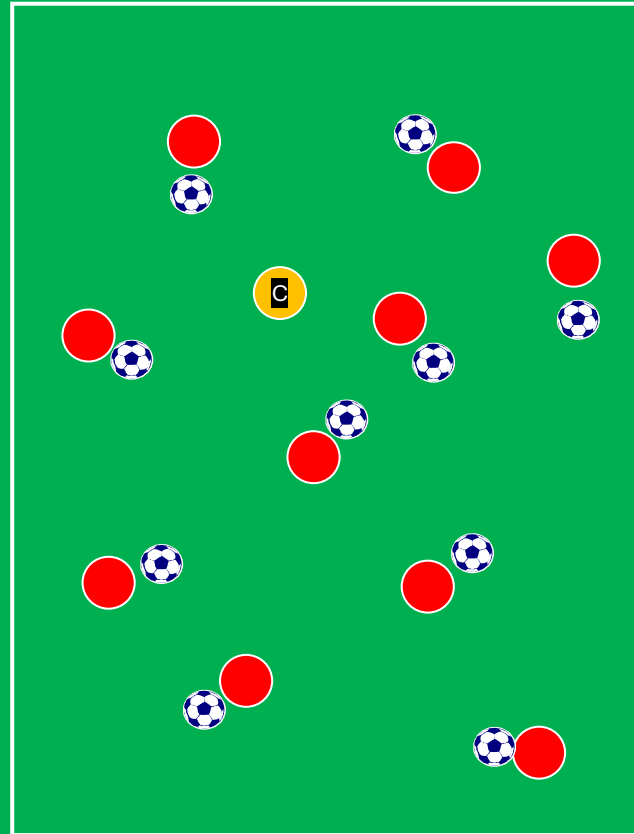


Popular and FUN alternative Warmups to our standard one.

### Tiger Ball

#### Tiger Ball

- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the ball
- d. Mention to the kids not to simply kick the ball away but try and win the ball keeping it under control.



Popular and FUN alternative Warmups to our standard one..

Kick out and keep your own ball.

Kick out and keep your own ball

- a) Players guard their own ball and kick someone else's out the grid.
- b) Player gets their ball do 5 toe-taps then go back into the grid.
- c) Fun, learning to scan, protect their own ball.

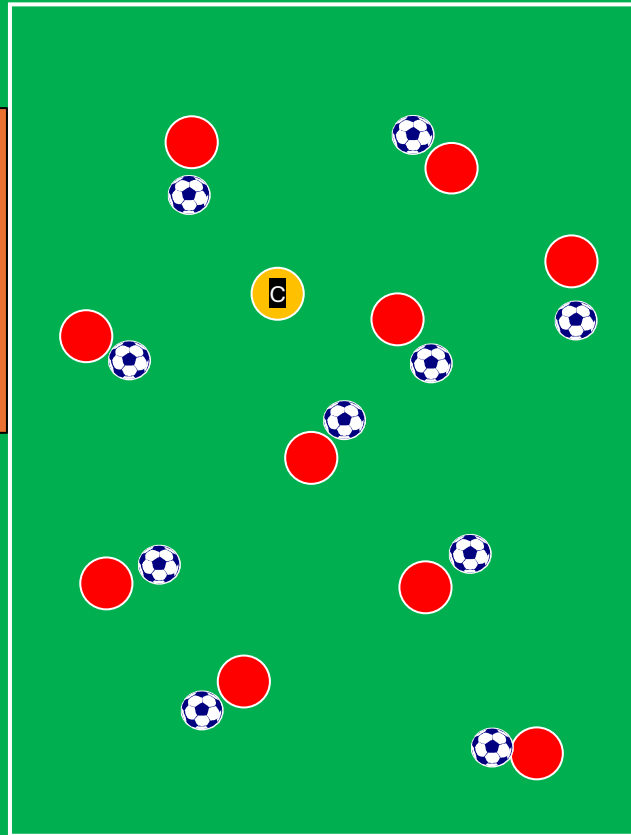


Popular and FUN alternative Warmups to our standard one.

### Hit the Coach

#### Hit the Coach

- a. Make 2 teams
- b. On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.
- c. See what team can hit you the most.





# Kindergarten

**A Five Weeks long Training Plan for  
Recreational Soccer**

# Week 1

Welcome everyone kids and parents.

Warm-up / Foundations (If able at this age?) 5 min

**1. Coach says: I can do something can you?**

- a) Can be done with or without balls. Perhaps without as it's their first time and then with a ball if able.
- b) Coach then demonstrates a move with or without the ball that the players must copy.
- c) Without the ball: Could be skip, hop, run and clap; run backwards or sideways, and so on.
- d) With the ball if able: toe taps, juggling, bouncing the ball off the foot; kick it forward and so on, the simplest of things. **10 min**

- 2. Tiger Ball**
- a) In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
  - b) The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
  - c) Work on shielding the ball
  - d. Mention to the kids not to simply kick the ball away but try and win the ball keeping it under control.

**3. Pirates**

- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
- b) Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate. They keep doing this until all the balls are gone. Encourage the parents to have the kids get the ball with their feet, but if they use their hands that is ok. Play 2 times. **10 min**

**Water Break. 5 Min**

**4. Tunnel Soccer- 10 min**

- a) Each player has a ball. On your command they dribble around, you as the coach, spread your legs open to make a tunnel- they need to kick the ball through the tunnel.
- b) If it is working well, have the parents all be tunnels and the kids dribble around kicking their ball through the tunnel

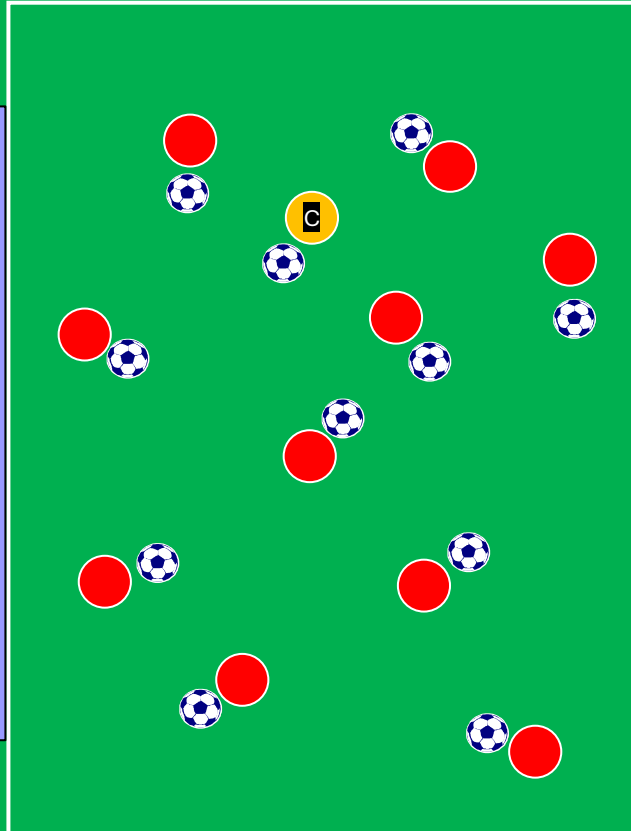
**5. Scrimmage-** Not easy but give it a go; and see what happens- no more than **10 min**



## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

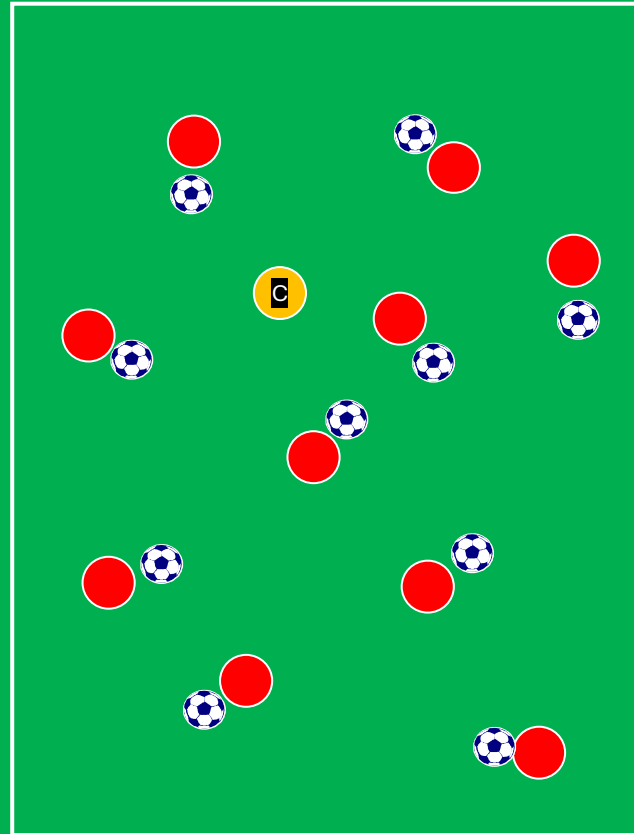


Popular and FUN alternative Warmups to our standard one.

### Tiger Ball

#### Tiger Ball

- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the ball
- d. Mention to the kids not to simply kick the ball away but try and win the ball keeping it under control.



Coach says I can do something, can you?

Do it without the ball first to see what they can do

a. Can be done with or without balls. Perhaps without as it's their first time and then with a ball if able.

b. Coach then demonstrates a move with or without the ball that the players must copy.

c. Without the ball: Could be skip, hop, run and clap; run backwards or sideways, and so on.

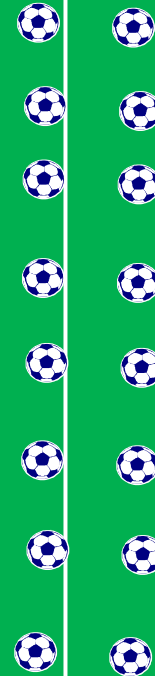
d. With the ball if able: toe taps, juggling, bouncing the ball off the foot; kick it forward and so on, the simplest of things.



## Pirates

### Pirates

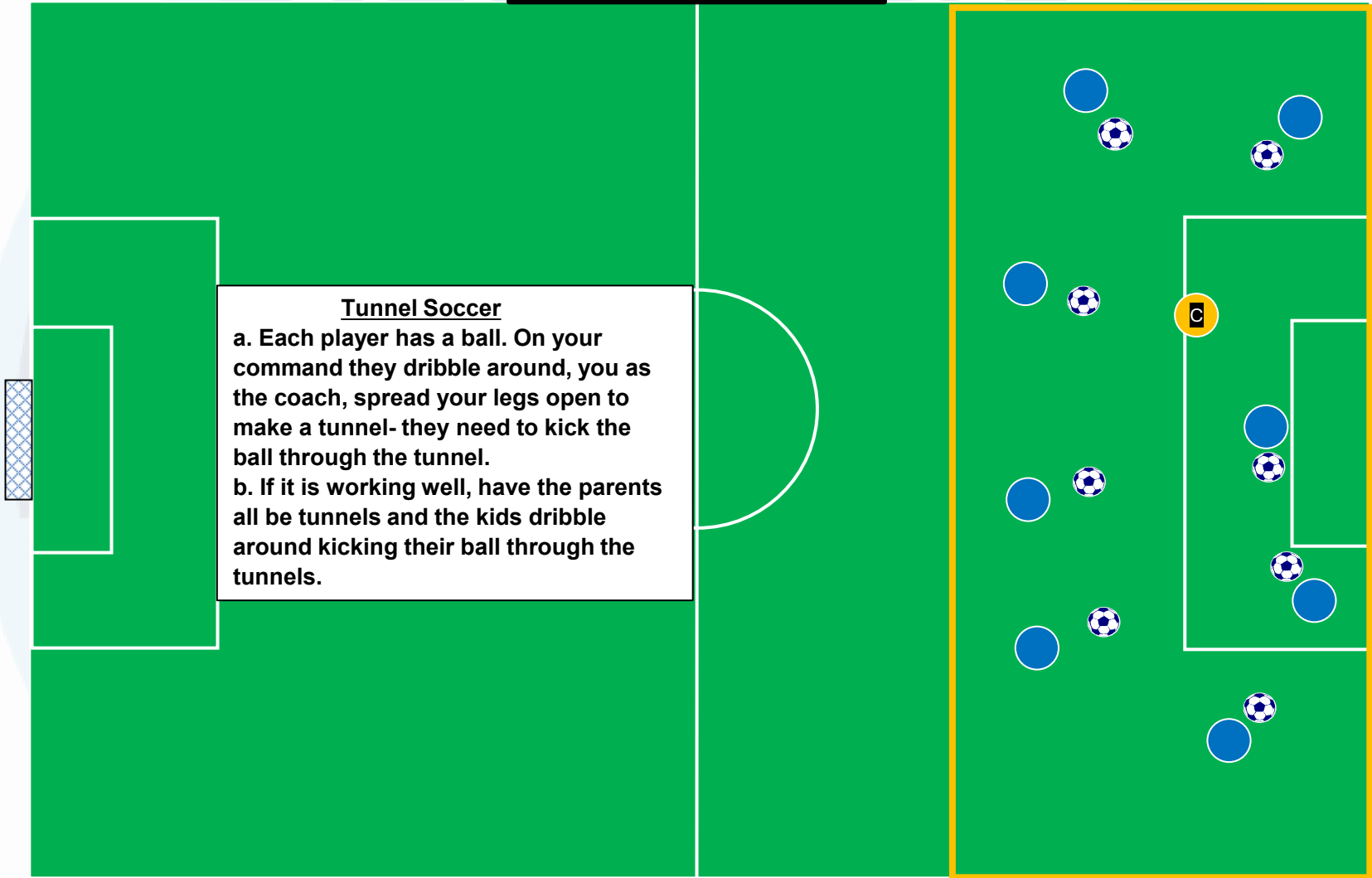
- Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals with their parents.
- Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
- They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands that is ok.
- Play 2 or 3 times.



## Tunnel Soccer

### Tunnel Soccer

- a. Each player has a ball. On your command they dribble around, you as the coach, spread your legs open to make a tunnel- they need to kick the ball through the tunnel.
- b. If it is working well, have the parents all be tunnels and the kids dribble around kicking their ball through the tunnels.



Always a  
Scrimmage

Two Goal Scrimmage

Let them play free  
of instruction

Two goals: One goal for each team to  
score in. No coaching just let them play  
and have fun. But do encourage them.



## Week Two

**Greet everyone.**

**Warm-up / Foundations (If able at this age?) 5 min**

### **1. Pirates 10 min**

- a) Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
- b) Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
- c) They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands that is ok. Play 2 times.

### **2. Knock the cones**

- a) Set up several tall cones for the players to be able to kick over.
- b) First time players run and kick the cones over without a ball.
- c) Second time try it with a ball each. 3 to 4 times is enough, so about **10 min**

### **3. Follow the leader**

- a) Each player has a ball, and they line up behind you.
- b) You will dribble the ball slowly, quickly, and change directions. If players are able; have different one's act as leaders.
- c) Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home. **10 min**

### Water Break 5 min

#### **4. Dragon- Castle**

- a) Set your field up like the diagram
- b) You are the king / queen- you lie down to sleep in your castle – when you fall asleep the dragons sneak out of their cave to knock your castle down. The players must have a ball to kick at your castle. They keep knocking the cones down until they get them all.
- c) Fix your castle as the dragons go back to their cave
- d) Play again - **10 min**

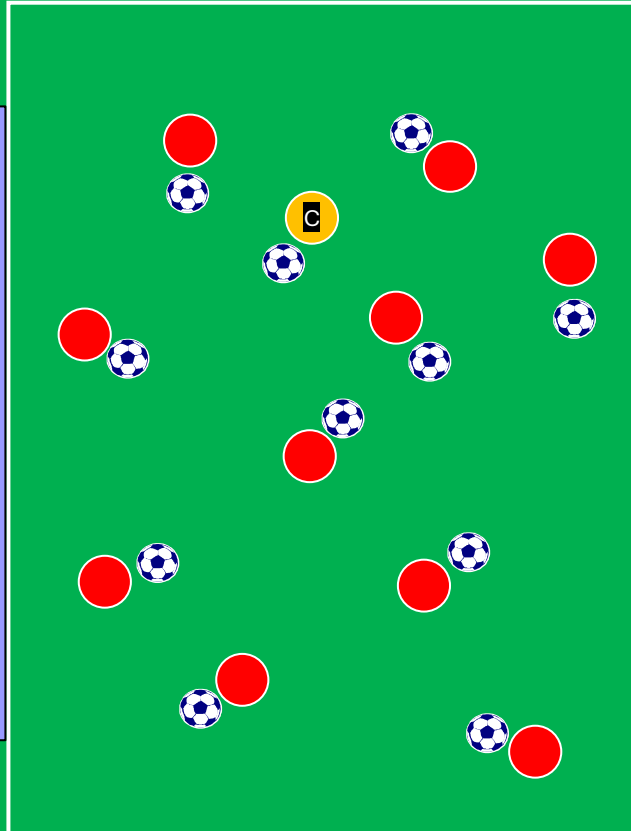
#### **5. Scrimmage** Not easy but give it a go; and see what happens – **10 min**



## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

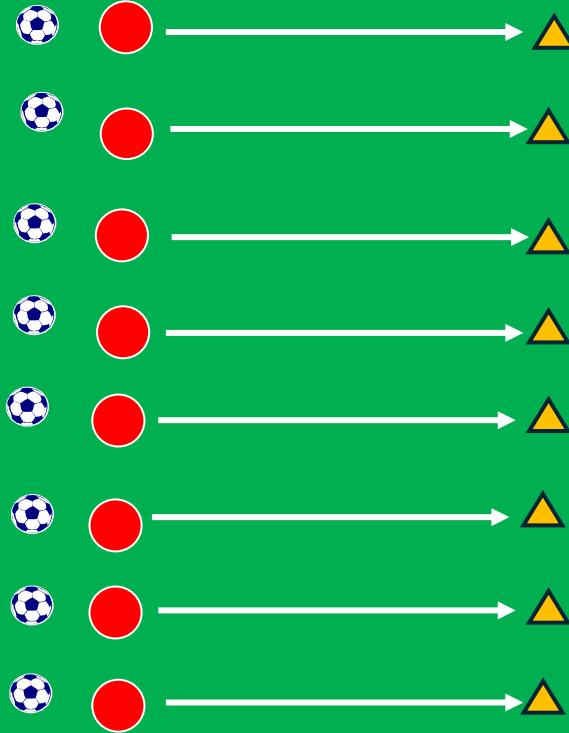
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Knock the Cones

### Knock the cones

- a. Set up several tall cones for the players to be able to kick over.
- b. First time players run and kick the cones over without a ball.
- c. Second time try it with a ball each.

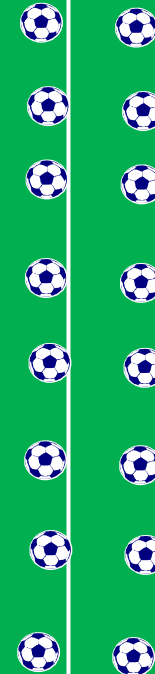


## Pirates



### Pirates

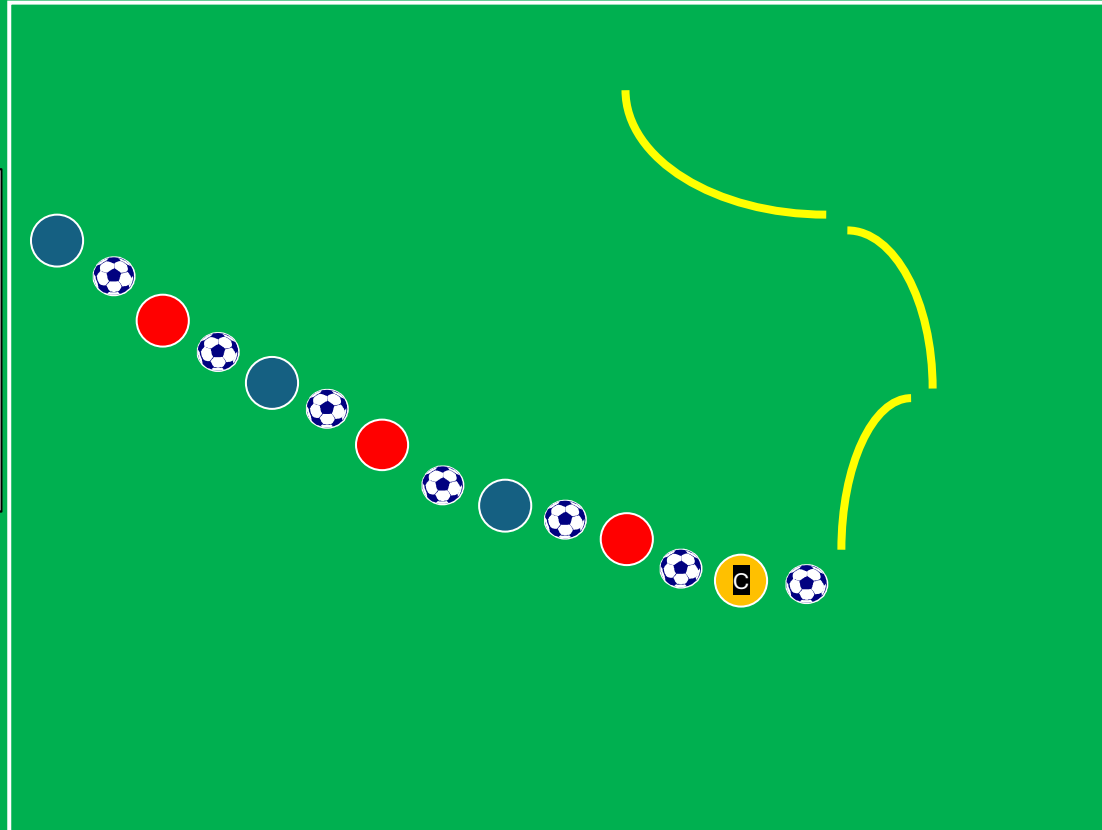
- Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals.
  - Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command they run across the field to get the chocolate.
  - They keep doing this until all the balls are gone. Encourage the kids to get the ball with their feet, but if they use their hands initially that is ok.
- Play 2 or 3 times.



## Follow the leader

### Follow the Leader

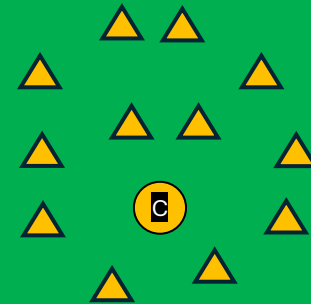
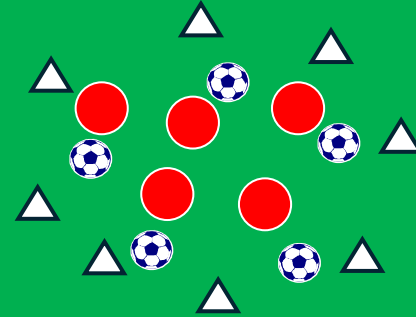
- a. Each player has a ball, and they line up behind you.
- b. You will dribble the ball slowly, quickly, and change directions.
- c. Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home.



## Dragon Castle

### Dragon-Castle

- a) Set your field up like the diagram.
- b) You are the King / Queen you lie down to sleep in your castle.
- c) When you fall asleep the dragons sneak out of their cave to knock your castle down.
- d) Players must have a ball each to kick at your castle. They keep knocking the cones down until they get them all.
- e) Fix your castle as the dragons go back to their cave.
- f) Play again.



Always a  
Scrimmage

Two Goal Scrimmage

Let them play free  
of instruction

Two goals: One goal for each team to  
score in. No coaching just let them play  
and have fun. But do encourage them.



## Week Three

Start your class as normal- bring them in, high 5's, maybe ring around the rosie?

### Warm-up / Foundations (If able at this age?) 5 min

#### 1. Space Invaders 10 min

- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off

#### 2. Bowling 10 min

- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.

#### 3. Hit the Coach - 10 min

- a) Each child has a ball. When you say go you walk around slowly and then need to dribble and kick their ball at your legs- each time they hit you must act out a different animal- cow, cat, monkey, etc.

#### 4. Tickle-Wickle 10 min

- a) Each player has a ball.
- b) Use a swim noodle to “tickle” the kids.
- c) The kids need to stay away from you, so they don't get tickled..

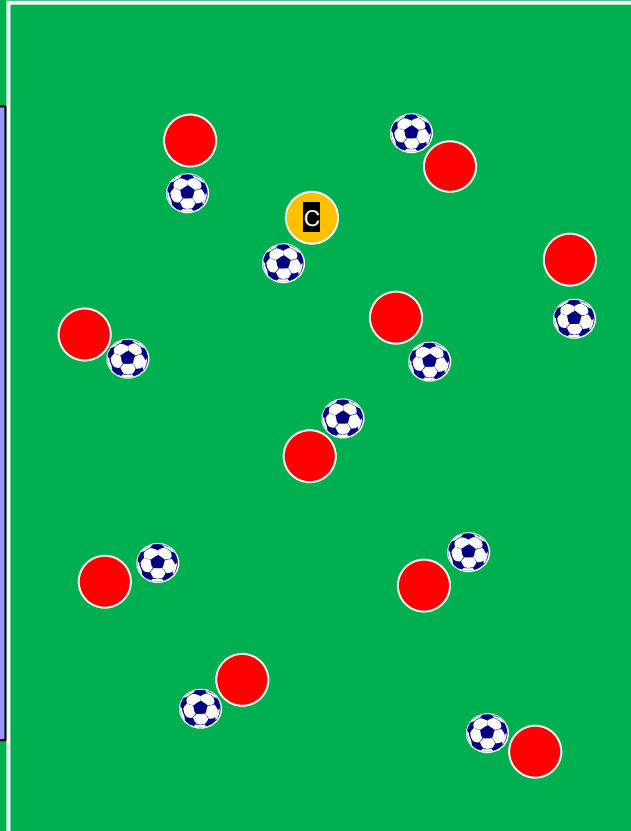
### Water Break 5 min

#### 5. Scrimmage 2 goals if players are able 10 Min

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.

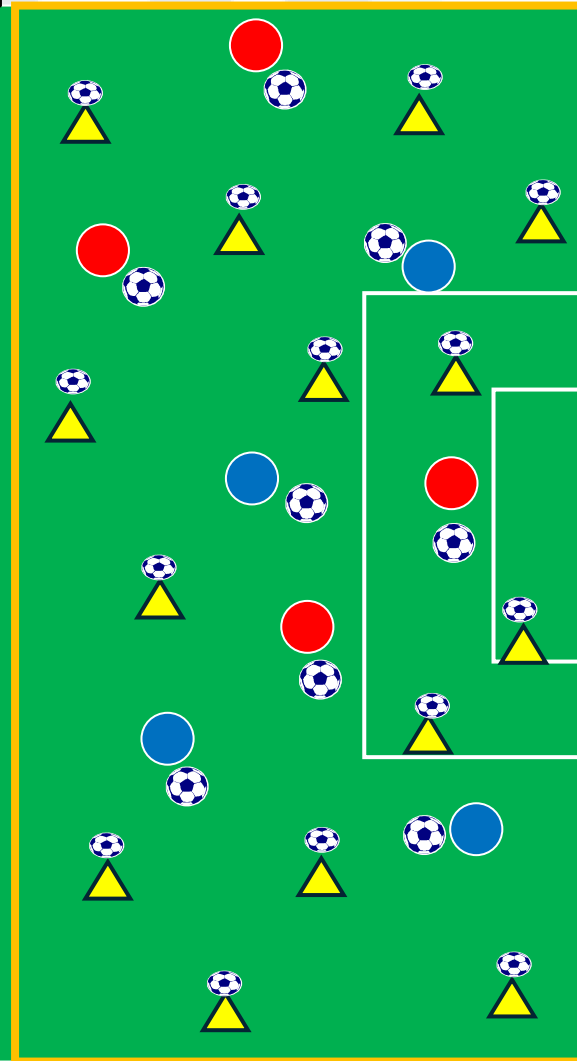




## Space Invaders

### Space Invaders

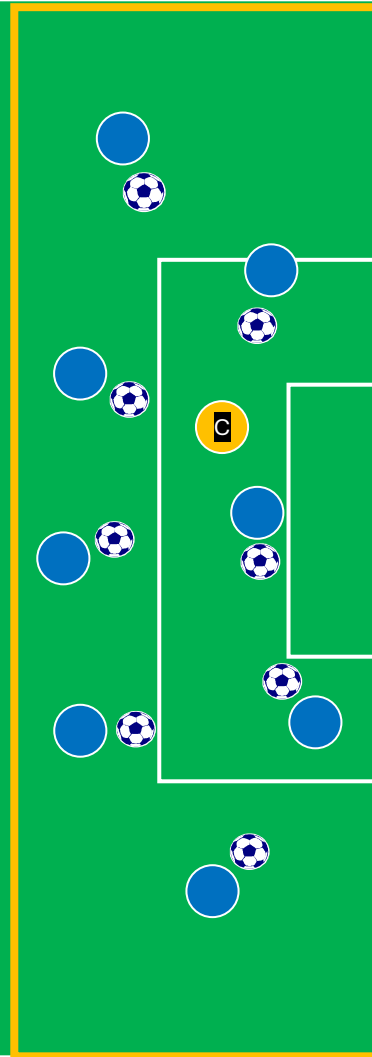
- Take the discs and spread out on your field
- Place a soccer ball on top of each disc- these are the aliens
- On your command the kids must dribble around kicking their ball at the "aliens" trying to knock the ball off.



## Hit the Coach

### Hit the Coach

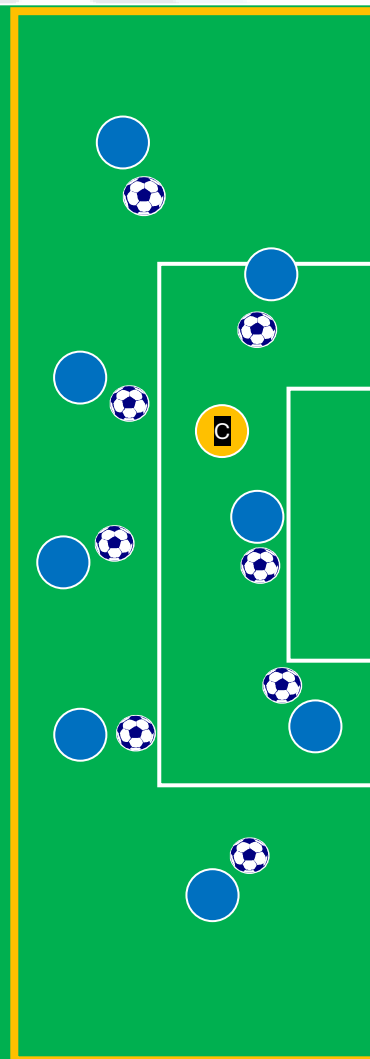
- a. Each player has a ball.
- b. When you say go you walk around slowly and then need to dribble and kick their ball at your legs- each time they hit you must act out a different animal- cow, cat, monkey, etc.



## **Tickle-Wickel**

### **Tickle-Wickel**

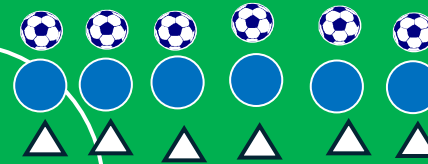
- a. Each player has a ball.**
- b. Use a swim noodle to “tickle” the kids.**
- c. The kids need to stay away from you, so they don’t get tickled..**



## Bowling

### Bowling

- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Always a  
Scrimmage

Two Goal Scrimmage

Let them play free  
of instruction

Two goals: One goal for each team to  
score in. No coaching just let them play  
and have fun. But do encourage them.



# Week Four

Greet the kids- ring around the rosy, etc. Song.

Warm-up / Foundations (If able at this age?) 5 min

**1. Bumper Cars 10 min**

- a) In a grid, each player has a ball- they dribble around and kick their ball at someone else's ball

**2. Tickle Wickle 10 min**

- a) Same grid as bumper cars
- b) Each play has a ball
- c) Use a swim noodle to "tickle" the kids. The kids need to stay away from you, so they don't get tickled.

**3. Islands 10 min**

- a) Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- b) Place a bunch of balls in the middle
- c) On your command they need to run out get a ball and bring it back to their goal\
- d) First time with hands
- e) Second time with feet. The team with the most balls wins.

**Water Break 5 Min**

**4. Shooting on the big goal 10 Min**

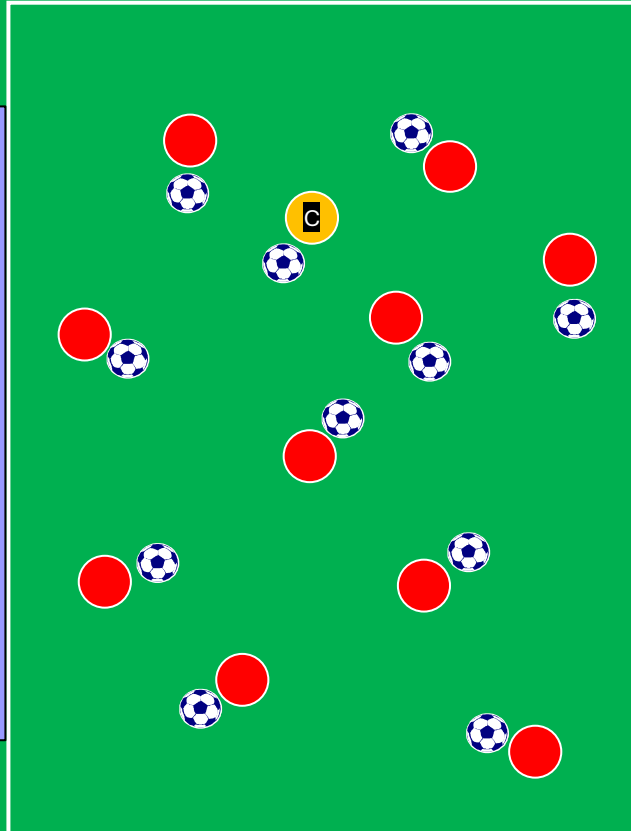
- a) Have the kids sit next to you
- b) When you call their name, they stand up and you roll a ball out towards the goal for them to kick in to.
- c) If you are in the middle of the field, you will need to use the pug goals or one of the larger yellow goals from the player side.
- d) Make a big deal out of it when they score

**5. Scrimmage Perhaps Try it with 4 goals if the previous two goal game works well. 10 mins**

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

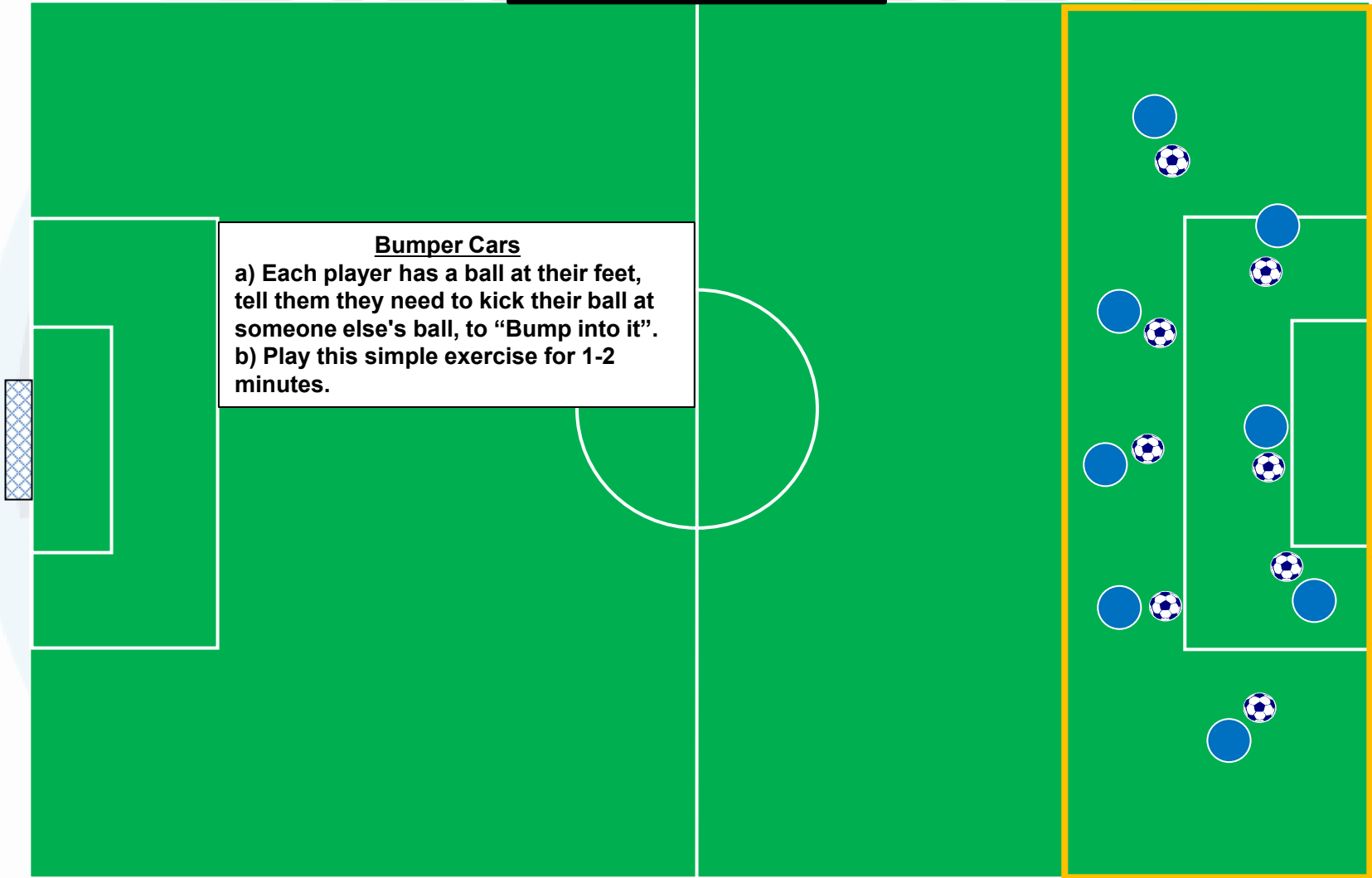
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Bumper Cars

### Bumper Cars

- a) Each player has a ball at their feet, tell them they need to kick their ball at someone else's ball, to "Bump into it".
- b) Play this simple exercise for 1-2 minutes.

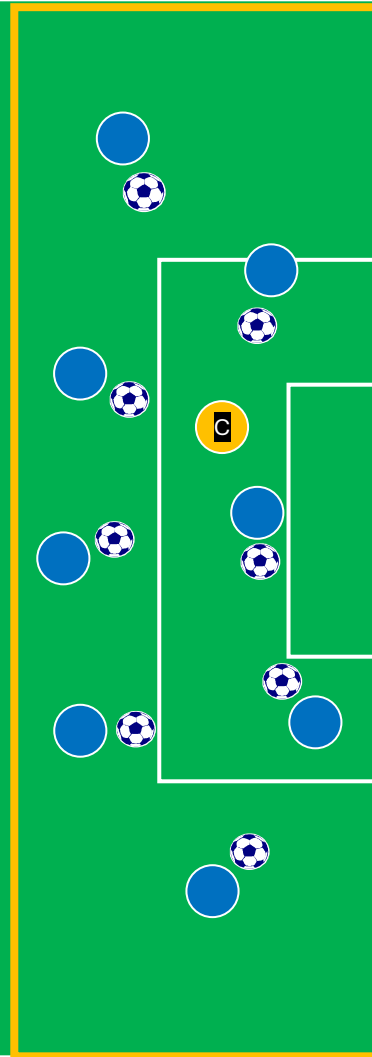




## Tickle-Wickel

### Tickle-Wickel

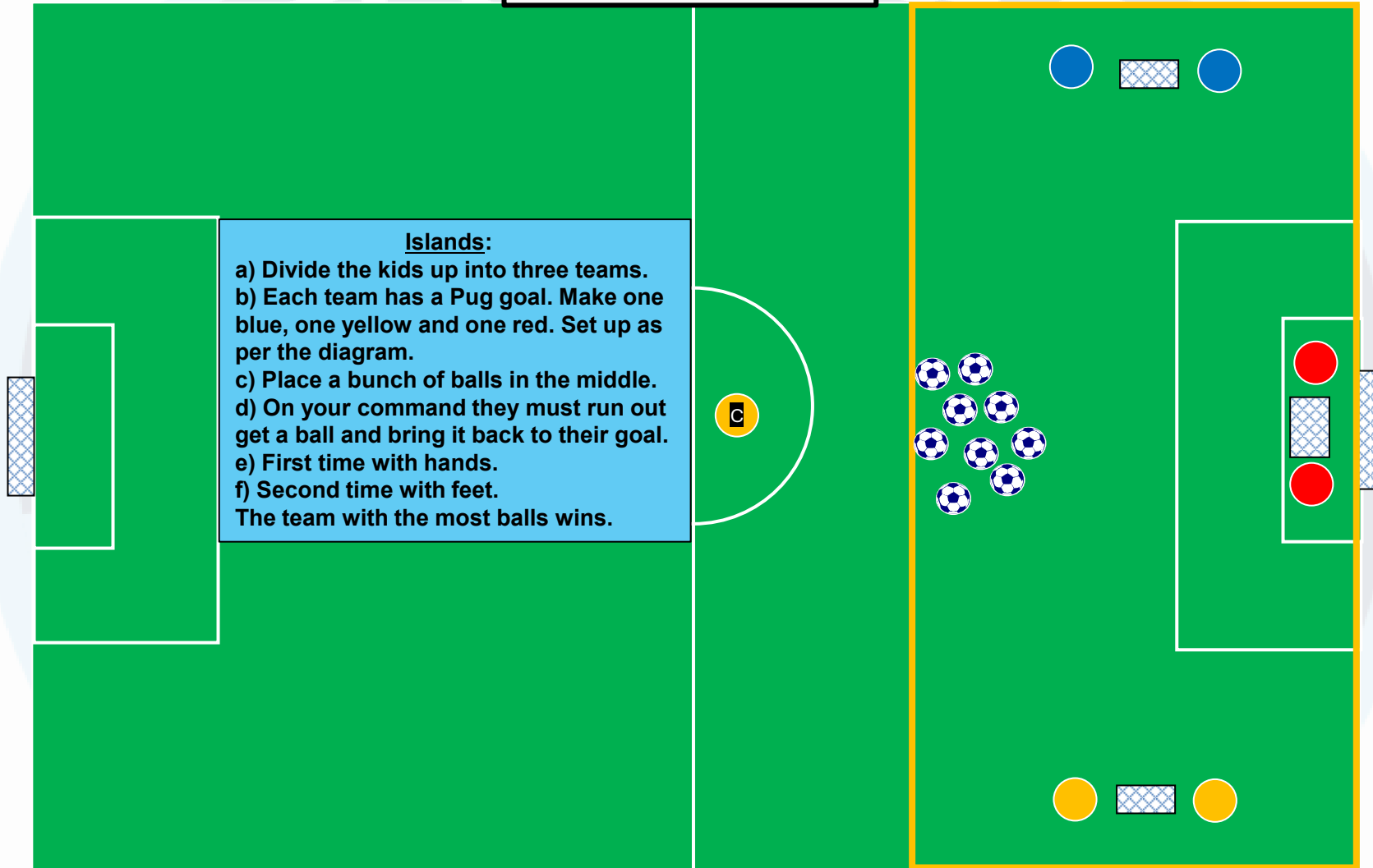
- a. Same grid as bumper cars
- b. Each play has a ball.
- c. Use a swim noodle to “tickle” the kids.
- d. The kids need to stay away from you, so they don’t get tickled.



## Islands

### Islands:

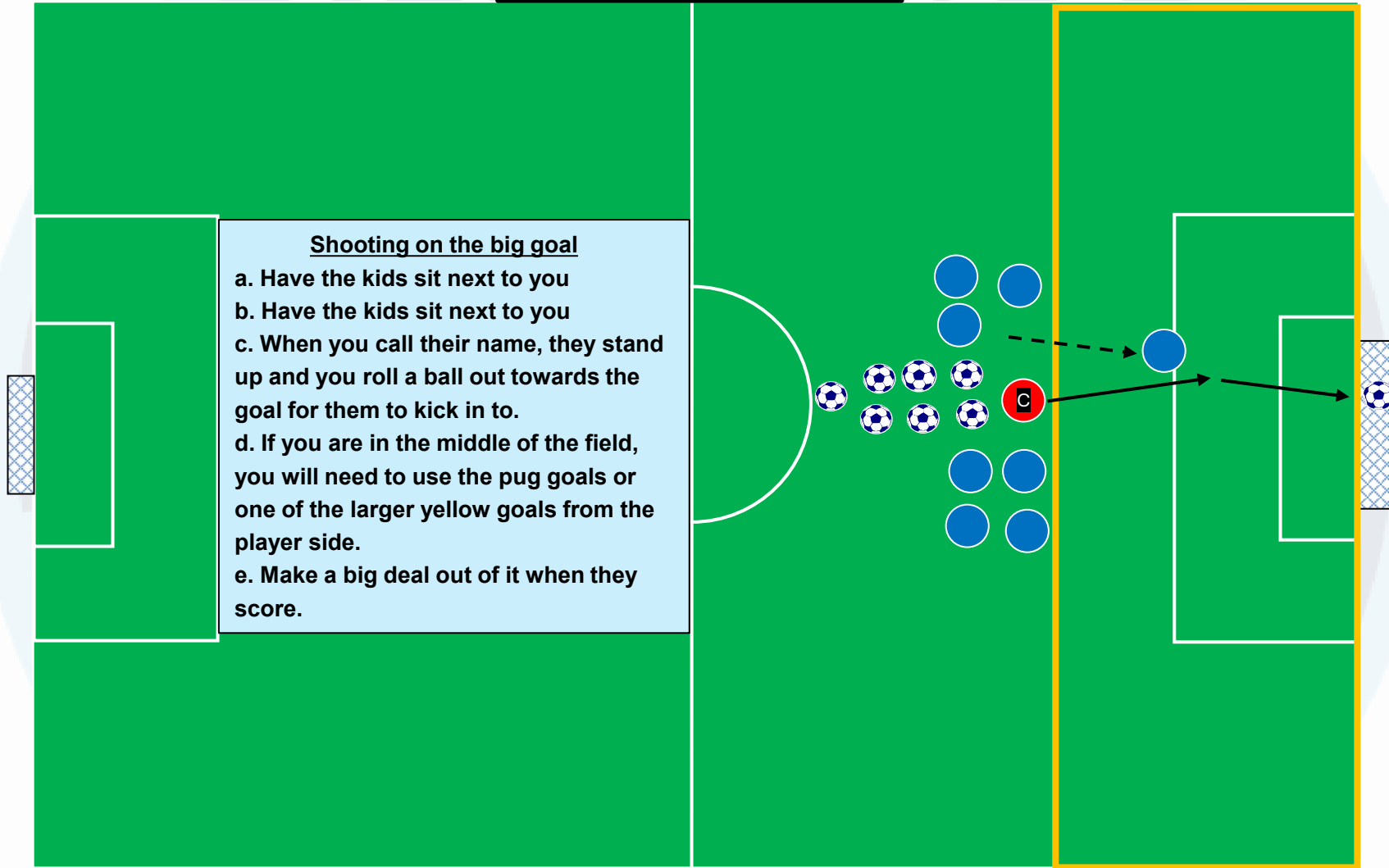
- a) Divide the kids up into three teams.
  - b) Each team has a Pug goal. Make one blue, one yellow and one red. Set up as per the diagram.
  - c) Place a bunch of balls in the middle.
  - d) On your command they must run out get a ball and bring it back to their goal.
  - e) First time with hands.
  - f) Second time with feet.
- The team with the most balls wins.



## Shooting on the Big Goal

### Shooting on the big goal

- Have the kids sit next to you
- Have the kids sit next to you
- When you call their name, they stand up and you roll a ball out towards the goal for them to kick in to.
- If you are in the middle of the field, you will need to use the pug goals or one of the larger yellow goals from the player side.
- Make a big deal out of it when they score.



Always a  
Scrimmage

Two Goal Scrimmage

Let them play free  
of instruction

Two goals: One goal for each team to  
score in. No coaching just let them play  
and have fun. But do encourage them.



# Week Five

**Greet the kids with a Song- 5 min**

**Warm-up / Foundations (If able at this age?) 5 min**

**1. Space Invaders**

- a) Take the discs and spread out on your field
- b) Place a soccer ball on top of each disc- these are the aliens
- c) On your command the kids must dribble around kicking their ball at the “aliens” trying to knock the ball off. **10 min**

**2. Follow the Leader**

- a) Each player has a ball, and they line up behind you.
- b) You will dribble the ball slowly, quickly, and change directions.
- c) Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home. **10 min**

**3. Hit the Coach**

- a) Make 2 teams
- b) On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.
- c) See what team can hit you the most. **10 min**

**Water Break 5 Min.**

**4. Passing Gates 10 min**

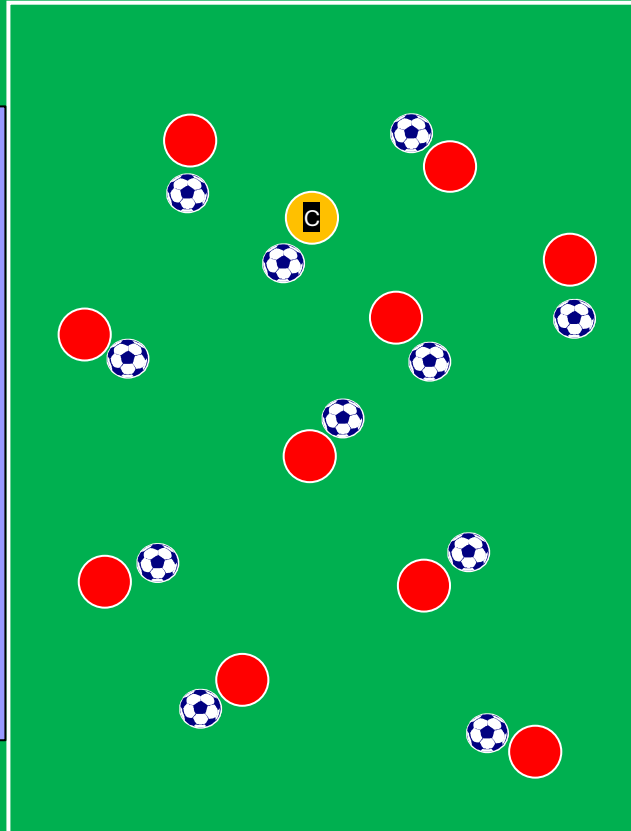
- a) Players in twos.
- b) Pass the ball back and forth.
- c) Focus on the first touch and trapping the ball.
- d) **Competitive**: the first group to ten passes wins.
- e) Switch partners.

**5. Scrimmage 2 goals scrimmage **10 mins****

## Warm-up / Foundations

### Warm-up foundations Dribbling / Turning / Ball Control / Juggling

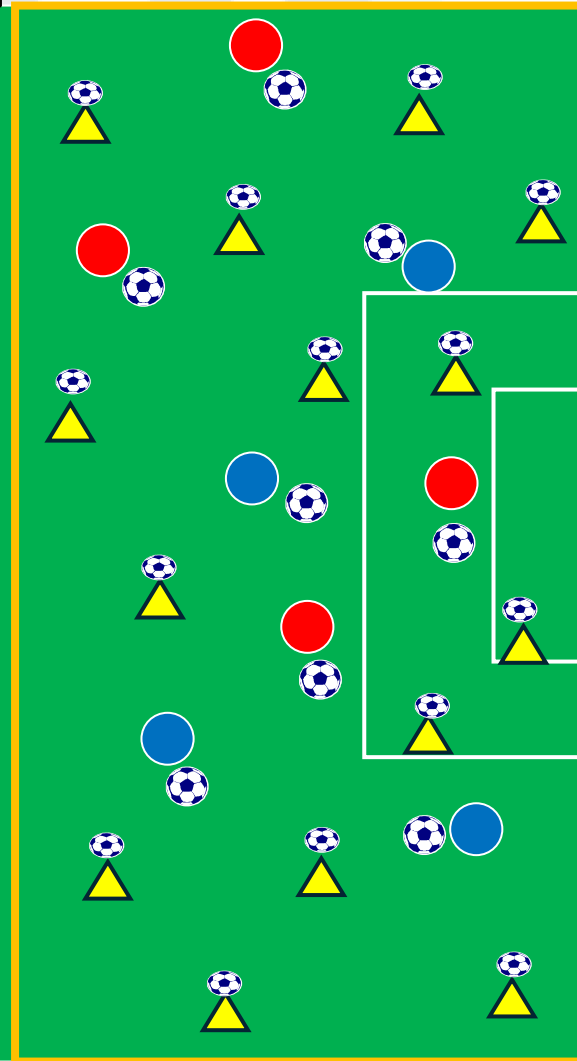
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



## Space Invaders

### Space Invaders

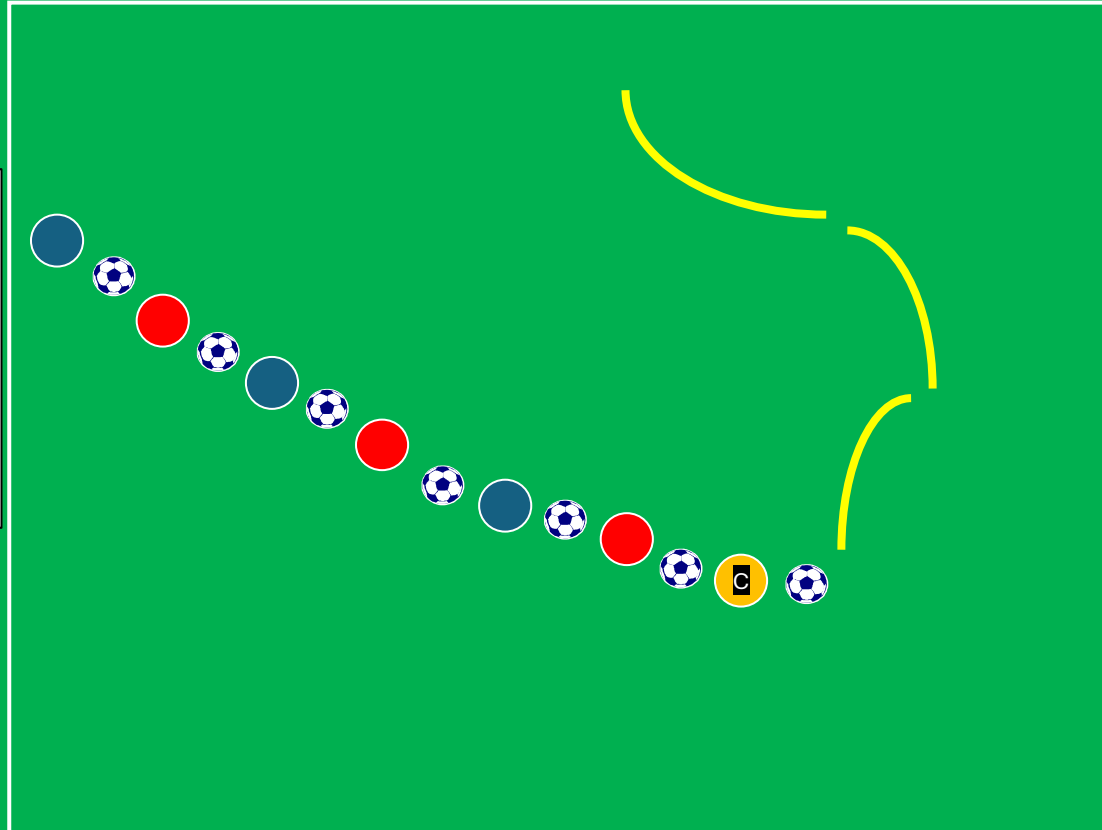
- Take the discs and spread out on your field
- Place a soccer ball on top of each disc- these are the aliens
- On your command the kids must dribble around kicking their ball at the "aliens" trying to knock the ball off.



## Follow the leader

### Follow the Leader

- a. Each player has a ball, and they line up behind you.
- b. You will dribble the ball slowly, quickly, and change directions.
- c. Make it fun – pretend that you are going to the grocery store, gas station, balloon store, and back home.

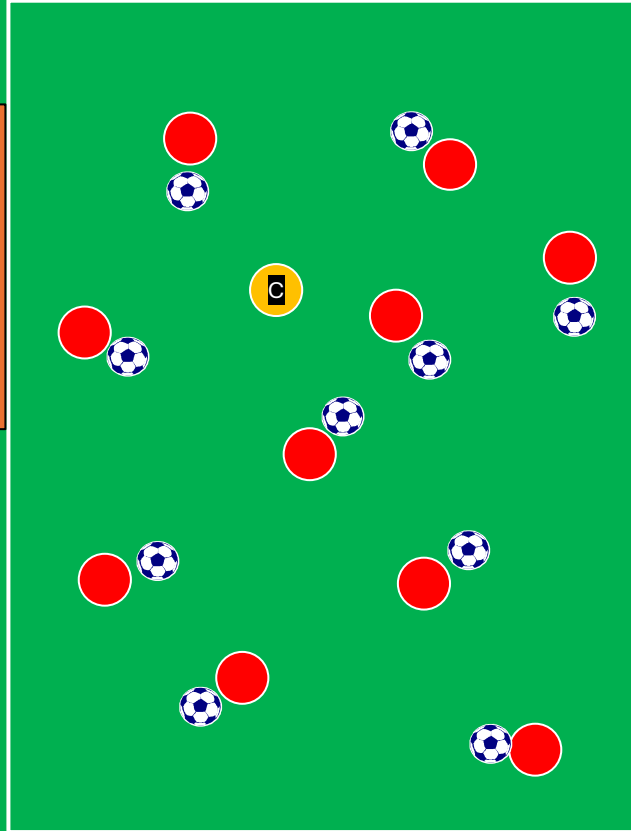




## Hit the Coach

### Hit the Coach

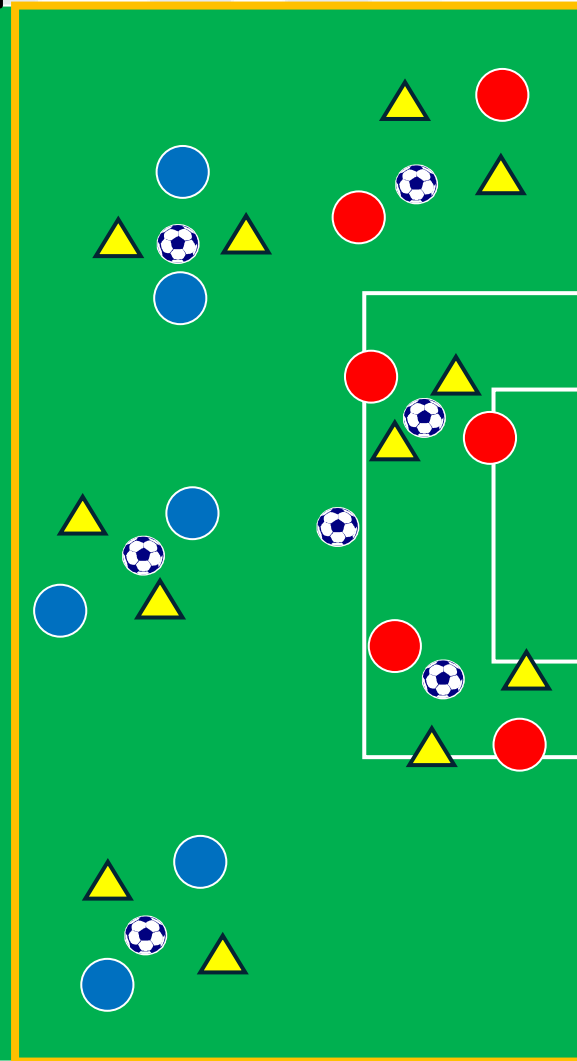
- Make 2 teams
- On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.
- See what team can hit you the most.



## Passing Gates

### Passing Gates

- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



## Always a Scrimmage

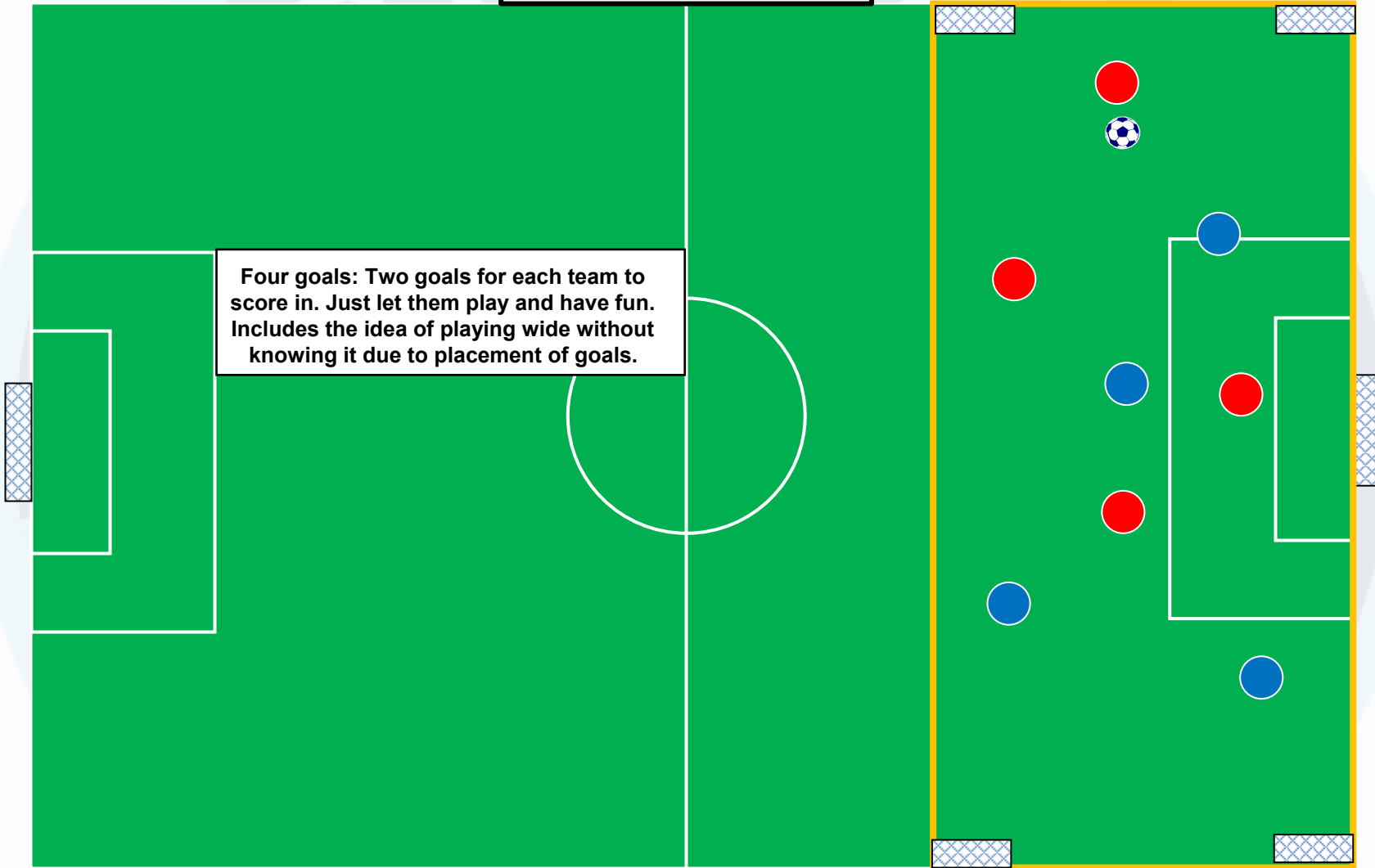
Four goals: Two goals for each team to score in. Just let them play and have fun. Includes the idea of playing wide without knowing it due to placement of goals.

Try this, if it's too difficult to make work then *revert* to the 2 goals game again.

## Four Goal Scrimmage

Four goals: Two goals for each team to score in. Just let them play and have fun. Includes the idea of playing wide without knowing it due to placement of goals.

Let them play free of instruction



Always a  
Scrimmage

Two Goal Scrimmage

Let them play free  
of instruction

Two goals: One goal for each team to  
score in. No coaching just let them play  
and have fun. But do encourage them.

