



North Star F.C. Coaching Manual for Kindergarten

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

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.

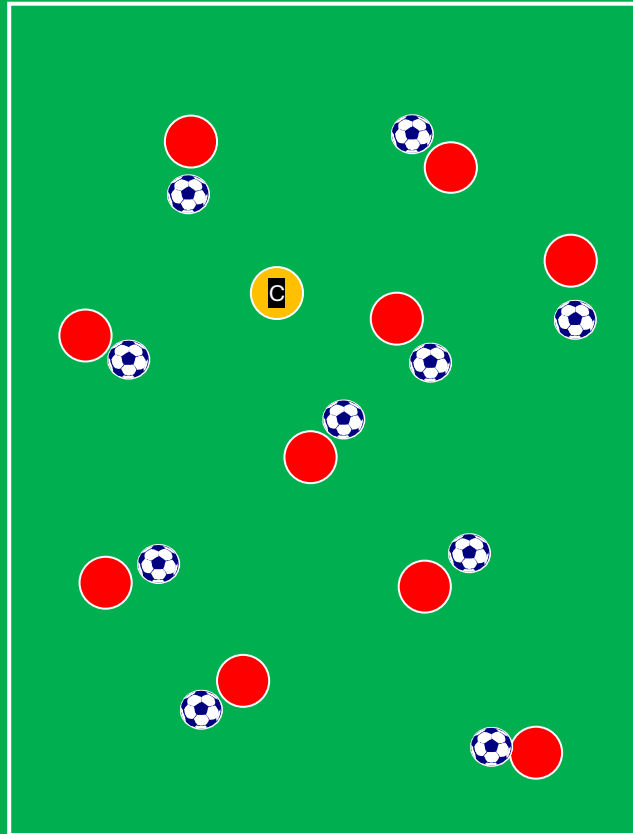


Popular and FUN alternative Warmups to our standard one.

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.

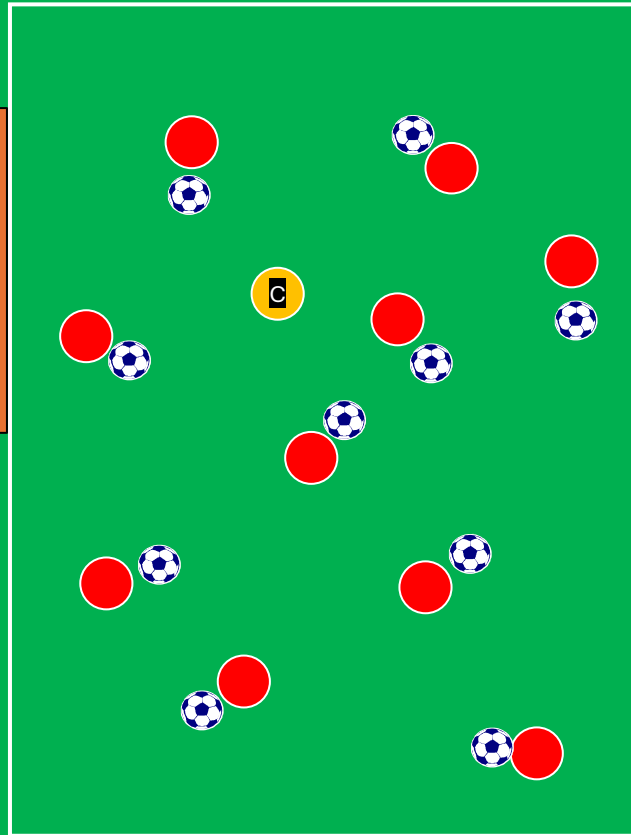


Popular and FUN alternative Warmups to our standard one.

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 Week One

**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. **10 min**

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

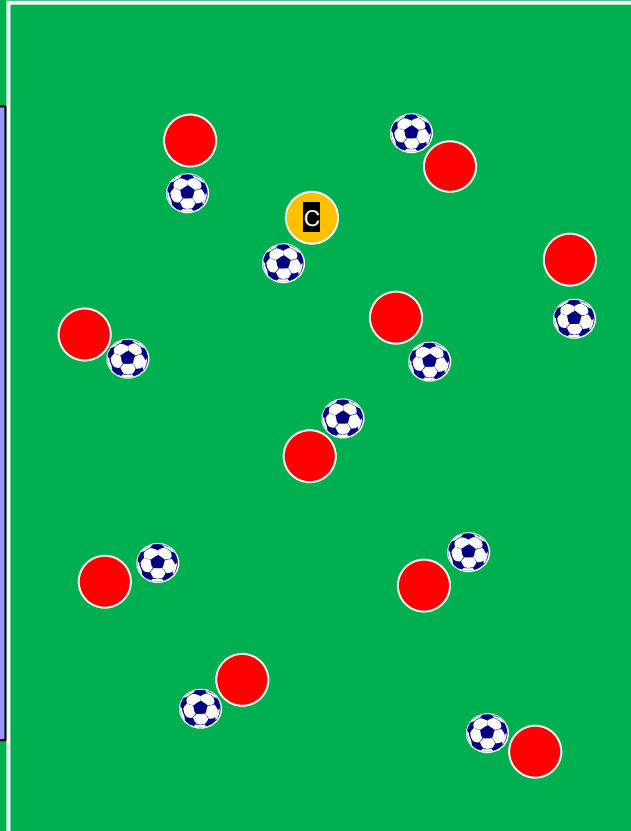
- a) Each player has a ball. On your command they dribble around, you as the coach, spread your legs open to make a tunnel- they need to kick the ball through the tunnel.
- b) If it is working well, have the parents all be tunnels and the kids dribble around kicking their ball through the tunnel

5. Scrimmage- The 2-goal game. 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.



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.

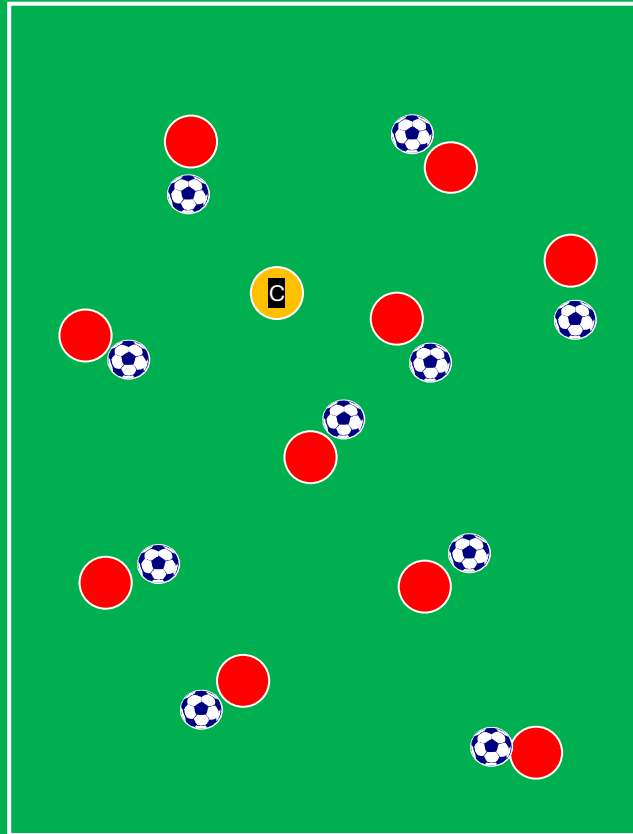
d. With the ball if able: toe taps, juggling, bouncing the ball off the foot; kick it forward and so on, the simplest of things.



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.

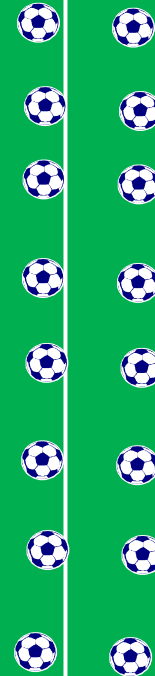


Pirates



Pirates

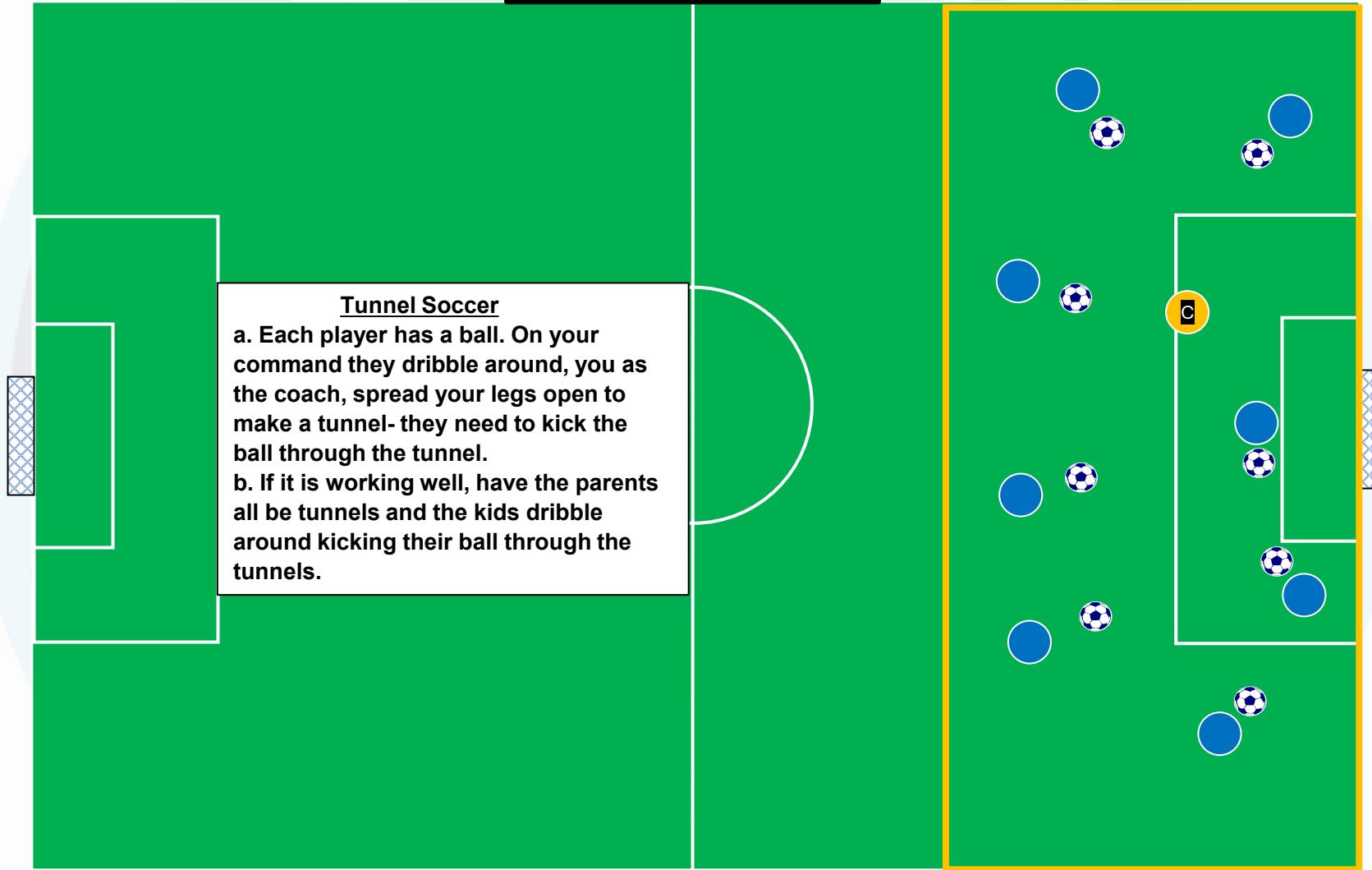
- Set up two goals on one side of the field and have a bunch of soccer balls on the other side. The kids stand near the goals with their parents.
- Explain to the kids that they are pirates (have them make the sound of a pirate) and the soccer balls are chocolate, the goals are their boats- on your command 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 2

Warm-up / Foundations 5 min

1. Bowling 5 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.

2. Tiger Ball- 10 min

In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around. 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. Work on shielding the ball

- a. Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.

3. Criss-Cross Dribble- 10 min – you will want to try and have this set up prior to getting to it...

- a. Set the grid up like the diagram
- b. The players are spaced evenly around the square
- c. On your command the players on the right and lefthand side dribble across the grid trying not to bump into each other- they need to go around a disc and finish up where they started. Next, have the top and bottom players on the grid go.
- d. Make a game out of it- they have to go back and forth so many times- whoever can win.
- e. Eventually you want everyone going at the same time- both right and left along with top and bottom.

Clean Your Bedroom-

- a) In the same grid as tail tag, lay down a line of discs in the middle of the grid to divide the grid into 2 equal sides. You will need a bunch of balls for this activity. Divide the players into 2 teams and have them stand against the wall on opposite sides. On your command, have them run out and kick the balls into the other side....making it a mess!

The players must stay in their grid. If a ball goes out, you simply kick it back in. Play for **1-2 minutes** and tell the players to freeze. Count

b) how many balls are in each Bedroom- whatever bedroom has the least amount wins.

Play again, but this time they must use their week foot. Time **10 min**

Water Break 5 min

4. Islands 10 min

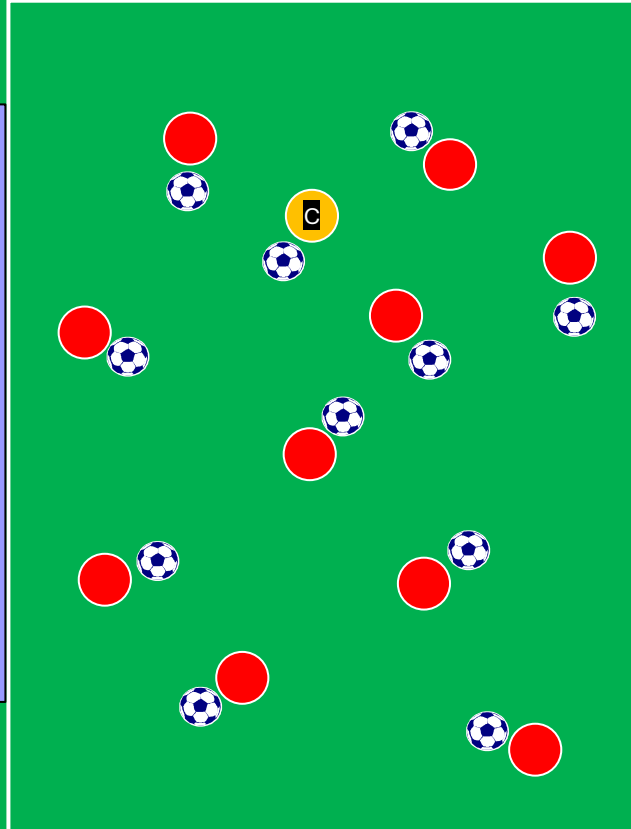
- a. Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- b. Place a bunch of balls in the middle.
- c. On your command they need to run out get a ball and bring it back to their goal.
 - a. First time with hands.
 - b. Second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

5. Scrimmage- play with 2 pug goals- 1 for each team. 10 min

Warm-up / Foundations

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

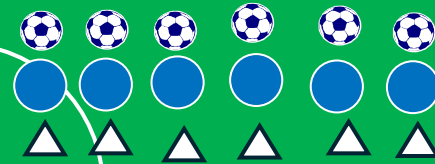
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Bowling

Bowling

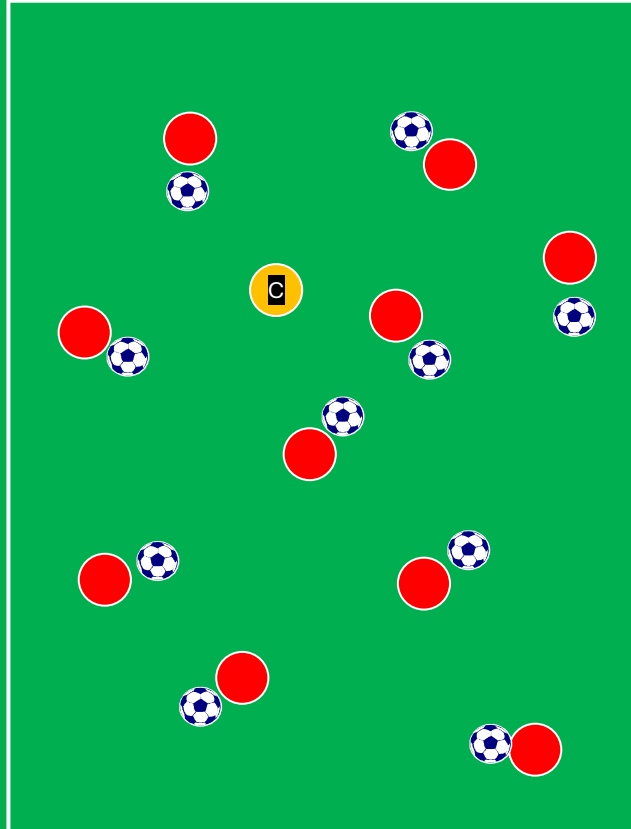
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Tiger Ball

Tiger Ball

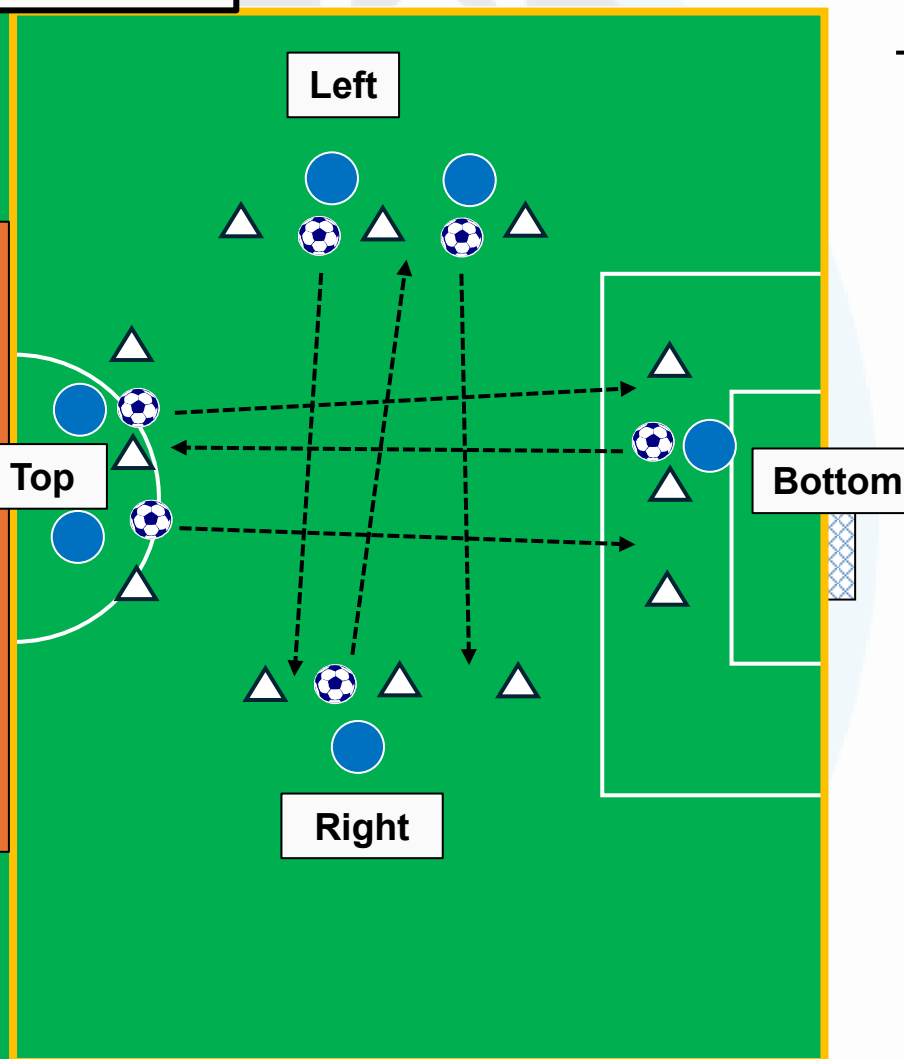
- a. In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- b. The coach then enters the grid and tries to steal a ball from a player.
- c. The player without a ball then needs to steal one from someone else and so on.
- d. Work on shielding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



Criss-Cross dribble

Criss -cross dribble

- Set this up before you start the exercise.
- Set the grid up like the diagram. Players are spaced evenly around the square.
- On the command the players on the right and lefthand side dribble across the grid trying not to bump into each other. They need to go around the disc and finish up where they started.
- Next have the top and bottom groups go. Make a game of it they must go back and forth so many times, whoever does wins.
- Eventually you want everyone going at the same time both Right and Left and Top and Bottom.



Clean your bedroom

Clean your bedroom

- In the same grid and tail-tag divide the grid into 2 equal sides. A bunch of balls needed for this.
- Divide the players into two teams. On your command have them run out and kick the balls into the other side making it a Mess.
- The players must stay in their Grid. If a ball goes out, you will simply kick it back in.
- Play for one to two minutes and then tell the players to FREEZE. Count how many balls are in each Bedroom.
- Whatever bedroom as the least amount wins the game. Play again but this time they must all play with their weaker foot.



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.



Two Goal Scrimmage

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



Week 3

Warm-up / Foundations 5 min

1. Dribbling / Turning / Ball Control / Juggling (if able)

- Look at the diagram
- This is a dribbling exercise the kids need to keep the ball under control
- Have them go through this 3-4 times

2. Bowling – 10 min

- Set up your field like the diagram
- On your command the players need to pass the ball at their cones working on knocking them over
- They need to run and get their ball and go back to the starting spot to kick again.

3. Passing Gates 10 min

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

Water Break 5 min

4. Islands- 10 min

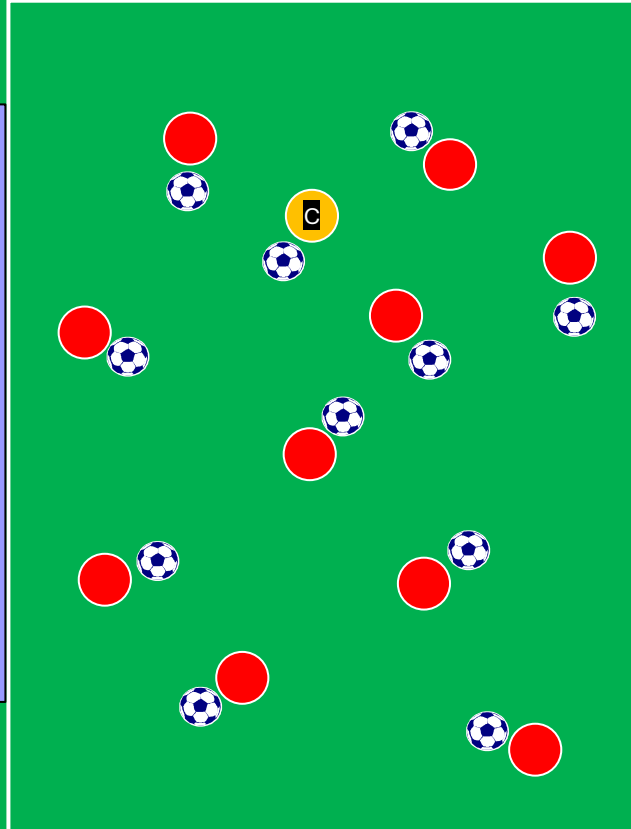
- Divide your class into teams of three- each team has their own pug goal (island)- they are standing near their pug goal until you tell them to go. Set your field up like the diagram. Place a bunch of balls in the middle- this is an island
- On your command the players need to run from their island to the middle island – they need to dribble a ball back. They continue to do this until all the balls are gone
- The 2nd time you play this, you can have one player from each team run to the island- they must pass the balls back to their teammates, who then kick them in the goal

5. Scrimmage play with 2 pug goals- 1 for each team- **10 to 15 min**

Warm-up / Foundations

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

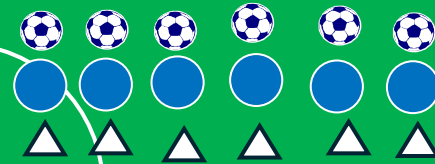
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- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Bowling

Bowling

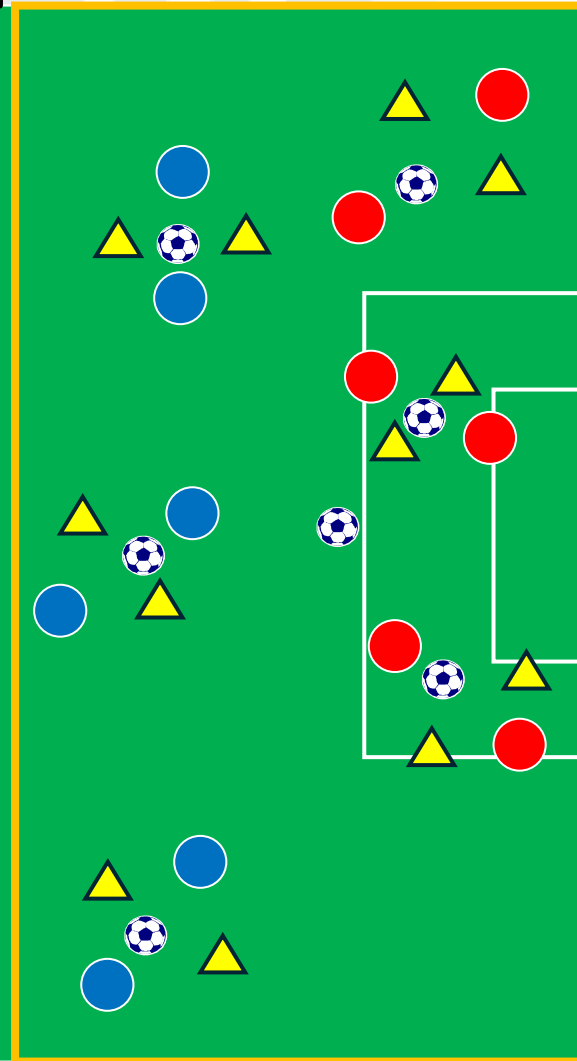
- a) Set up your field like the diagram.
- b) On your command the players need to pass their ball at the cones to knock them over.
- c) They need to run to get their ball back, go to the starting point again to kick the ball back again.



Passing Gates

Passing Gates

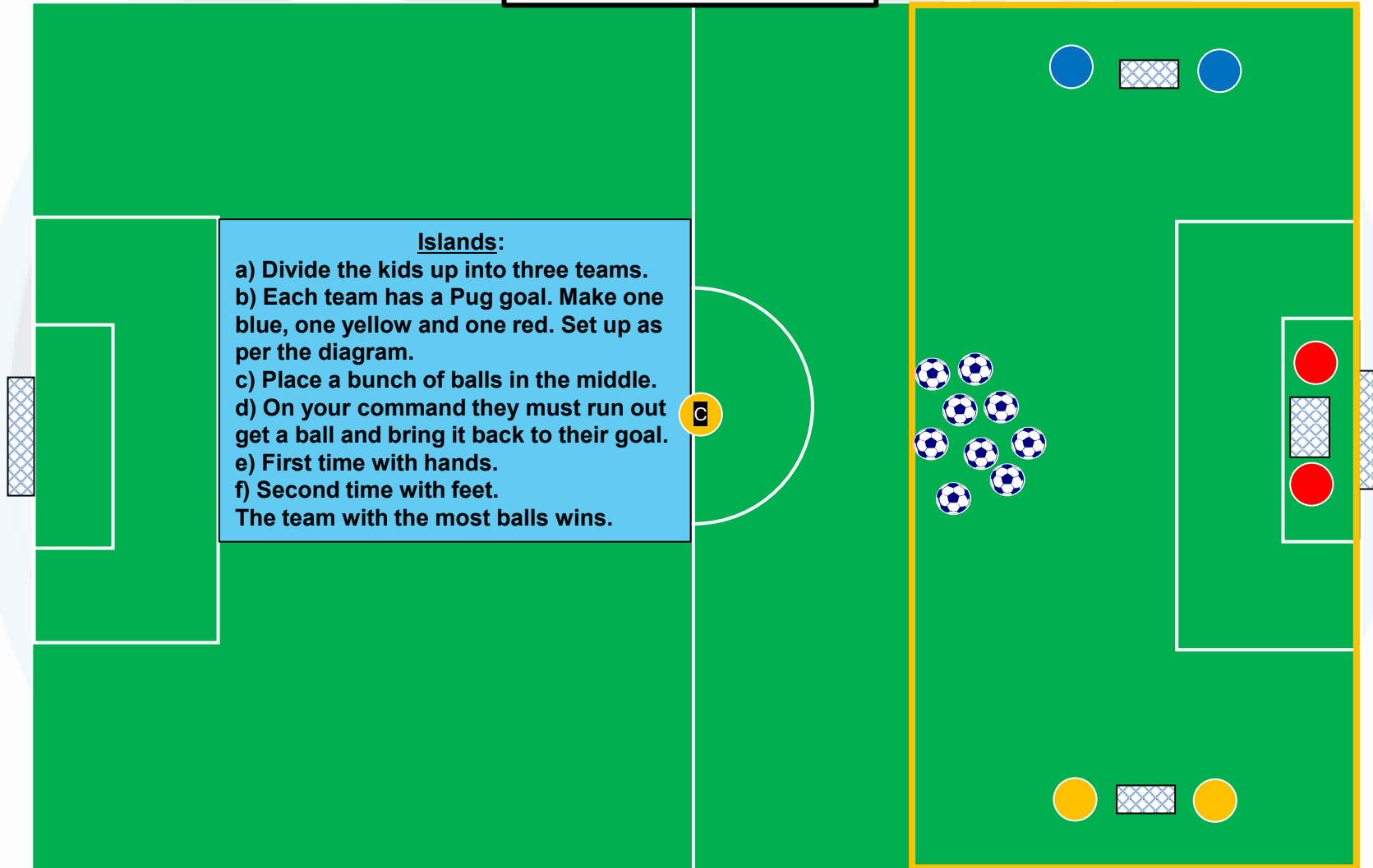
- a. Players in twos.
- b. Pass the ball back and forth.
- c. Focus on the first touch and trapping the ball.
- d. Competitive: the first group to ten passes wins.
- e. Switch partners.



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.



Two Goal Scrimmage

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





North Star F.C. Coaching Manual Kindergarten

**A Five Weeks long Training Plan for
Recreational Soccer (Week Four)**

Week 4

Warm-up / Foundations 5 min

1. Tiger Ball-

a. Everyone has a ball except for 2 players that are standing outside the grid.

The players with the balls are dribbling around in the grid. On your command the 2 players without a ball enter the grid and try and steal someone's ball- when they steal a ball the player losing the ball is now trying to get someone.

b. All the players are dribbling around the ball in a grid; the coach yells out a math problem- $2+1$ - the players must figure it out and get the number of players together. **10 min**

2. Math Dribble

a. All the players are dribbling around the ball in a grid.

b. The coach yells out a math problem- $2+1$ - the players must figure it out and get the number of players together. **10 min**

3. Hit the Coach-

Make 2 teams

a. On your command you start walking around, the players must work on passing the ball into your legs. Remind players no toe balls.

b. See what team can hit you the most. **10 min**

Water Break 5 min

4. 1v1's

a. Set up your grid like the diagram. **10 min**

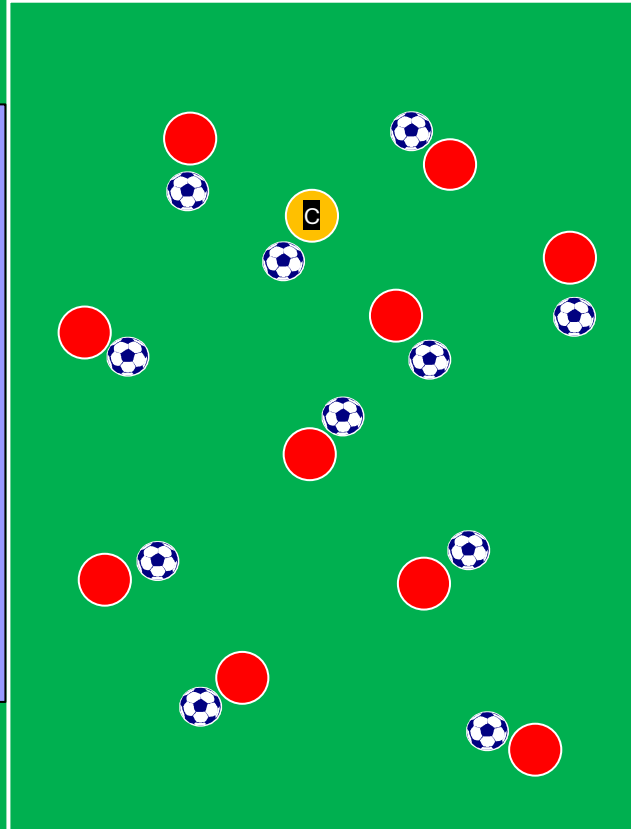
b. One team is on offense, and one team is on defense. On your command, one player from offense dribbles out to the disk, at the same time, one player from defense runs out to the disc. The player on offense then needs to try and score in one of the pug goals. 7min

5. Scrimmage Game play with 2 pug goals- 1 for each team. **10 min**

Warm-up / Foundations

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

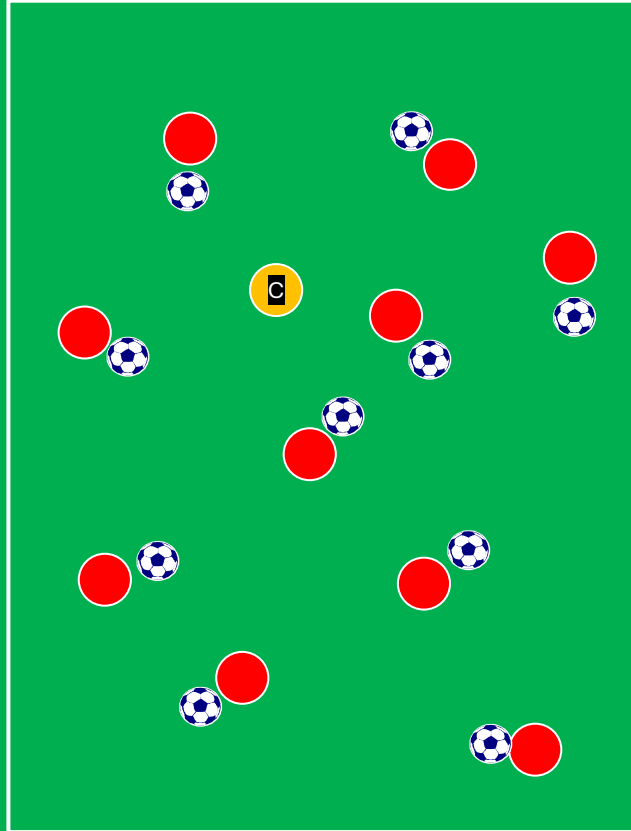
- a. Look at the diagram.
- b. This is a dribbling exercise the kids need to keep the ball under control
- c. Have them go through this 3-4 times
- d. Anything else you can bring in.
- e. Coach could dictate more advanced movements on what they do as they improve and are able to better execute.



Tiger Ball

Tiger Ball

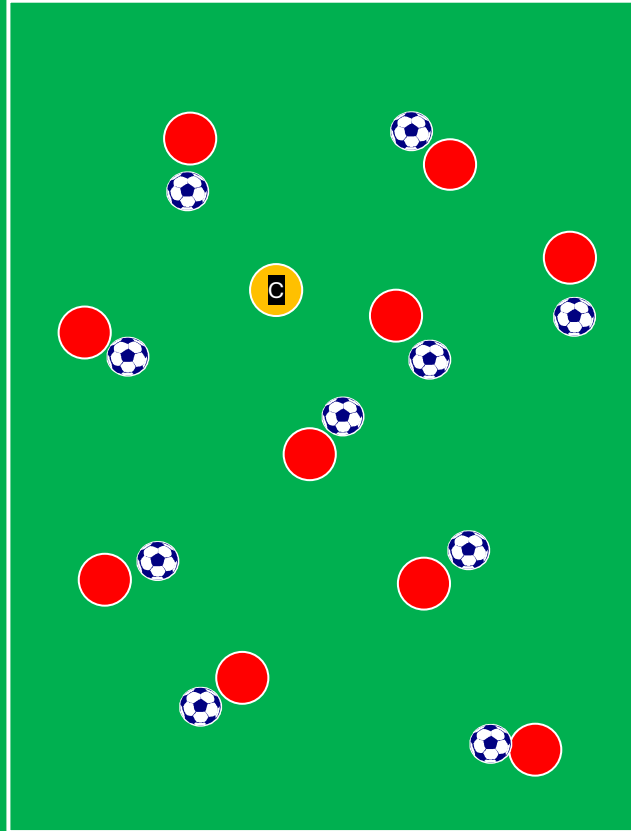
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- b. The coach then enters the grid and tries to steal a ball from a player. The player without a ball then needs to steal one from someone else and so on.
- c. Work on shielding the ball
- d. Mention to the kids not to simply kick the ball away far but try and win the ball keeping it under control.



Math Dribble

Math Dribble

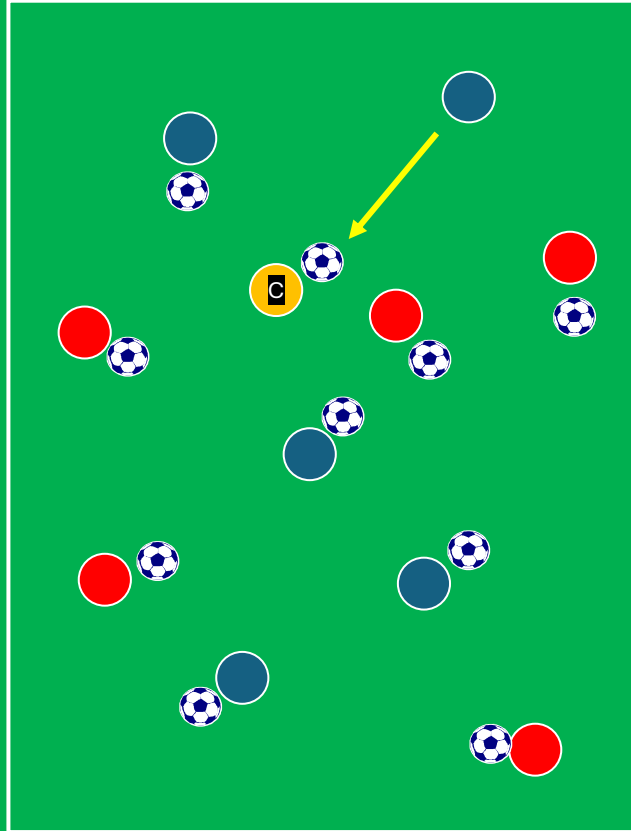
- All the players are dribbling around the ball in a grid.
- The coach yells out a math problem- $2+1$ - the players must figure it out and get the number of players together.



Hit the Coach

Hit the Coach

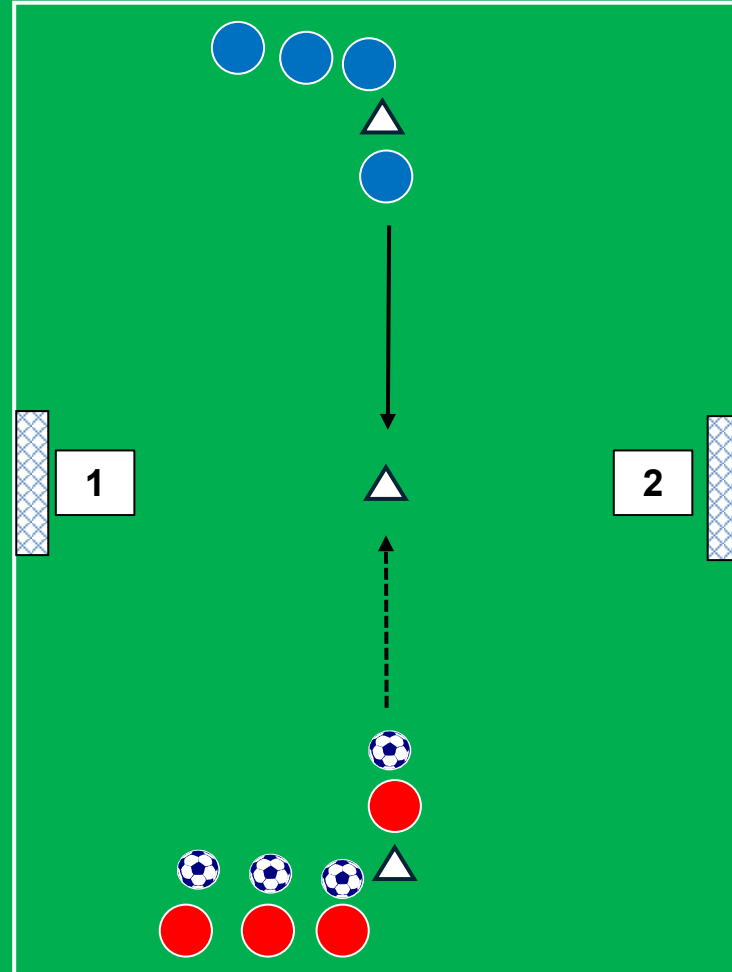
- Make 2 teams
- On your command you start walking around, the players must work on passing the ball into your legs.
- Remind players no toe balls.
- See what team can hit you the most



1 v 1 Challenge

1 v 1 Challenge

- a. A simple 1 v 1 red tries to score, blue tries to stop them. If blue wins the ball; then they try to score.
- b. Encourages changing direction with two goals to play to.
- c. OR; Blue plays to goal number 1 and Red to goal number 2



Dribble



Run

Two Goal Scrimmage

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





North Star F.C. Coaching Manual Kindergarten

**A Five Weeks long Training Plan for
Recreational Soccer (Week Five)**

Week 5

Warm-up / Foundations 5 min

1. Tiger Ball 10 min

- In a large grid everyone has a ball except the coach. On the coaches command the players begin to dribble around.
- 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.
- Work on shielding the ball

2. Stand the cones – knock the cones 10 min

- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want Players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing up, have them run to the other side. When all the kids get to the other side your command have them run down and kick the cones over with their feet.

3. Dragon- castle 10 min

- Set your field up like the diagram
- 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.
- Fix your castle as the dragons go back to their cave. Play again.

Water Break 5 min

4. Islands 10 min

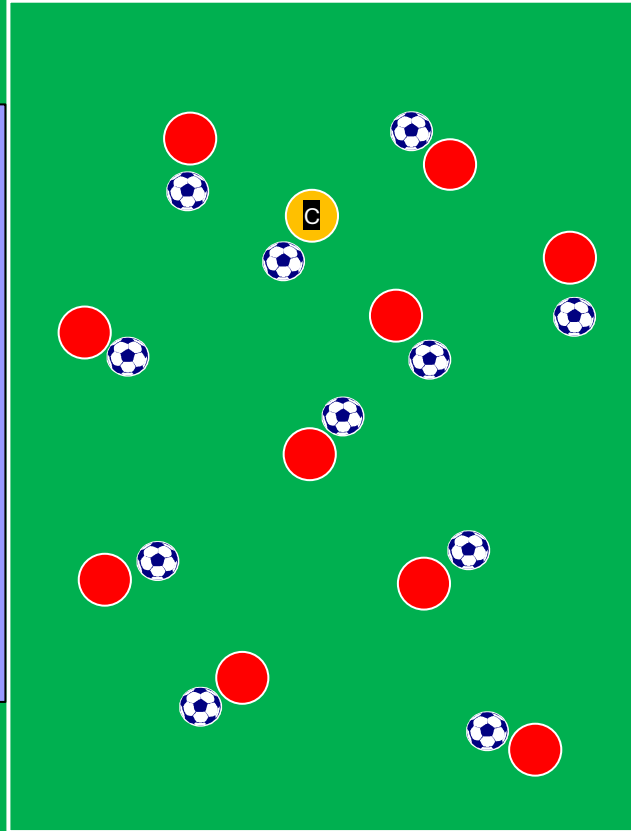
- Divide your kids up into 3 teams. Each team has a pug goal- make one blue, yellow, and red. Set your field up like the diagram
- Place a bunch of balls in the middle.
- On your command they need to run out get a ball and bring it back to their goal.
- First time with hands.
- Second time with feet.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

5. Scrimmage Use the 2 Goal Game still. 10 min

Warm-up / Foundations

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

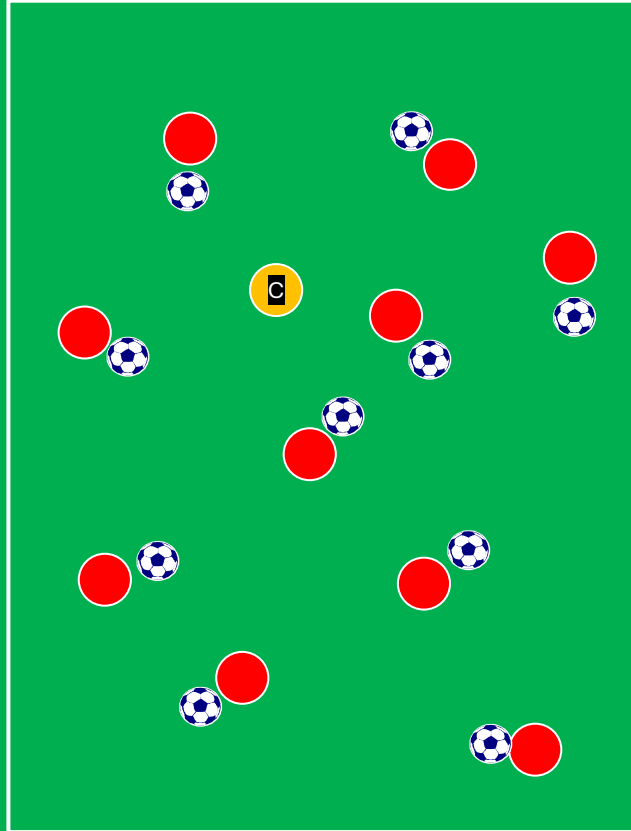
- Look at the diagram.
- This is a dribbling exercise the kids need to keep the ball under control
- Have them go through this 3-4 times
- Anything else you can bring in.
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Tiger Ball

Tiger Ball

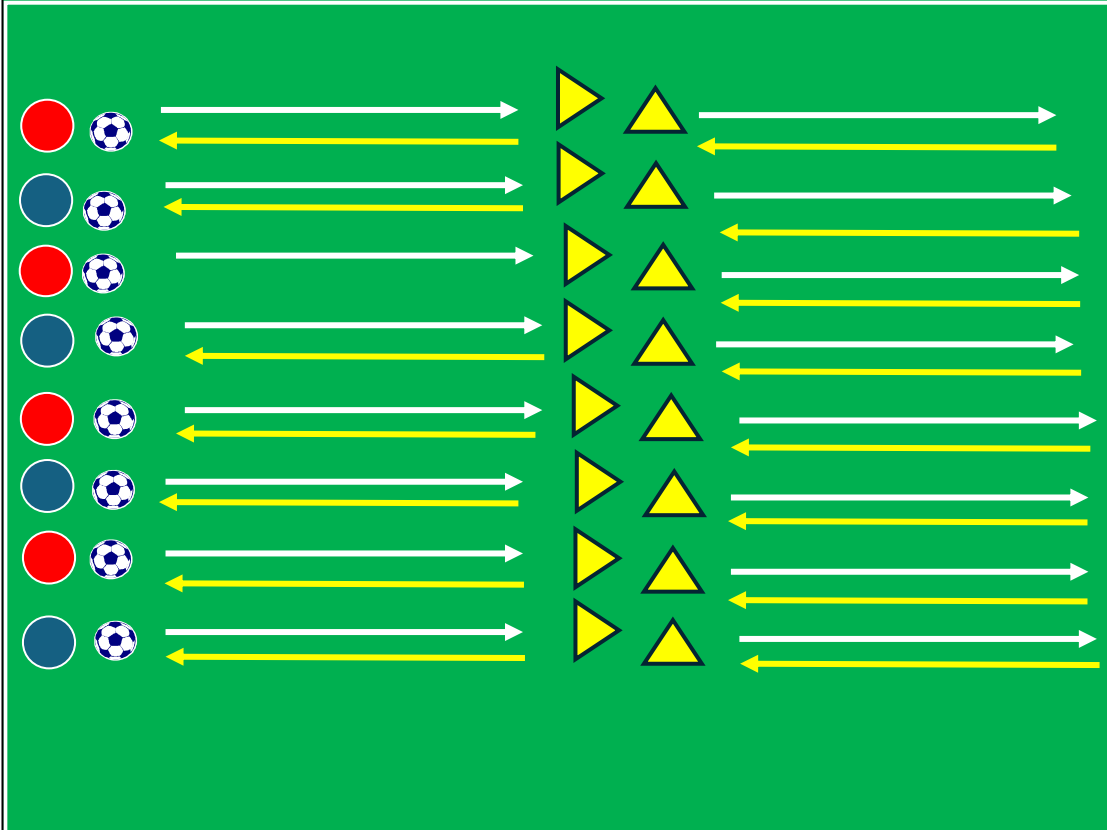
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Stand the cones – knock the cones

Stand the cones – knock the cones

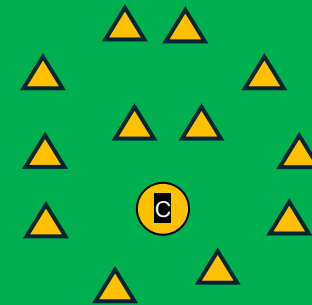
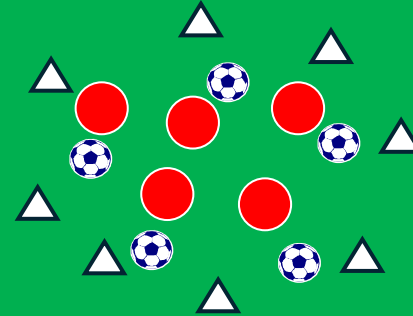
- On the other end of your field have a bunch of tall cones knocked over. On your command have the players run to the cones and stand them up.
- We want players to try to stand them up with their feet, but if they can't they can use their hands.
- Once you get all the cones standing up, have them run to the other side. When all the kids get to the other side, on your command have them run down and kick the cones over with their feet.
- Have them stand them back up one more time, run to the opposite side again- this time, have them use the balls and dribble back down and knock the cones over.



Dragon Castle

Dragon-Castle

- Set your field up like the diagram.
- 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.
- Players must have a ball each to kick at your castle. They keep knocking the cones down until they get them all.
- Fix your castle as the dragons go back to their cave.
- Play again.



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.



Two Goal Scrimmage

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

