

WEE SOCCER LESSON PLANNING

Demonstrate Skill—Explain Drill—Walk-through w/o balls (depending on the drill)—Drill—Game

Drills that build off each other are beneficial! Sample progression: dribbling while changing direction, 1v1 vs coach, 1v1 teammate no stealing, give and go's, 2v1 vs coach, then 2v1 with teammate

Drills By Skill:

Warm Up:

GTKY (circle passing, say your favorite color, food, etc. before passing)

Discuss ready position (standing with one foot on the ball or by the ball)

4 Corners (with or without a ball; run to 4 different spots and do something active at each spot like: jumping jacks, high knees, push-up's, donkey kicks, touch-your-toes-touch-the-sky)

Get up!: kids run around and then fall down when the coach says to. Have them practice getting back up as quickly as possible to avoid potential injury situations when they play in games.

Sport-specific: toe touches, toe taps, ball rolls; or Simon Says doing all these things!

Passing:

Discuss passing form (one foot planted by the ball, using the inside of your foot, lean back for balance, follow-through the direction you want the ball to go)

Drills:

Pass with coach (go down the line one at a time to make sure they have it)

Pass with parent

Pass with each other

Start in line on the side, run up and shoot after getting pass

Games:

Keep your yard clean: divide into two teams, hab

Hit the Coach: you jog around and they try to hit you with their ball

Hungry Hippo/Egg Hunt: divide into two teams, throw all the balls out and the team that dribbles to most back to there are wins.

Most important takeaway(s): using the inside of the foot ("logo") to pass and having the foot follow-through the direction the pass should go

Dribbling:

Discuss dribbling form (using the inside or top of your foot, not the toe)

Drills:

Stationary dribbling

Dribble down to a cone and back

Dribble relays

Obstacle course

Dribble to cones spread out on the floor (I tell them they are fire trucks and to put out the fire by kicking the ball at the cones, then I toss them somewhere else)

Games:

Red light, Green light

Line tag

What Time is it Mr. Fox

Sharks & Minnows

Freeze tag

Most important takeaway(s): using the inside and outside of the foot (not the toe) for controlled dribbling and stopping the ball with their feet and not hands

Shooting:

Explain shooting form (using the inside or top of your foot, not the toe)

Drills:

Form shooting without kicking ball (same motion, just touch foot to ball, not kicking)

Shooting line (one line, dribble up and shoot)

Start in line on side, run up and shoot after getting pass from coach

Give-and-go's w/ coach

Give-and-go's w/ a teammate

Dribble around a box of cones and score (start on one side of the goal, end at other)

Games:

Shooting relay: team split into two lines, first to score 5 goals wins (mark distance to shoot behind from, no follow-up shots)

1v1 vs coach—dribble to get around you

1v1 vs coach w/ teammate—pass to get around you

1v1 with another player (no stealing allowed, just sliding)

Most important takeaway(s): using the inside of the foot ("logo") or the top of the foot ("laces") to shoot (not the toe) and looking at the ball (not the goal) when shooting

Defense:

Discuss defense positioning and not stabbing for the ball

Drills:

Box shuffle: players run up, shuffle across, run backward, and shuffle over around a square

Simon says (foot fires, shuffle left/right, etc.)

Zig-zag shuffle: players complete zig-zag cone line

Games:

1v1 vs coach—try to stop you from scoring

1v1 with another player (no stealing allowed, just sliding)

Most important takeaway(s): slowing down when approaching an opponent and staying on their feet

Sample Weekly Plan:

Week 1:

Rules

GTKY

Passing Intro

Pass with coach line

Pass with parent

Dribbling Intro

Red light, green light

Dribble knock down cones (fire)

Shooting Intro

Score goals (one line, dribble up)

Week 2:

Warm up

Passing Review

Pass with each other

Hit the Coach

Dribbling Review

Shark & Minnows

Shooting Review

Start in line on side, run up and shoot after getting pass from coach

Week 3:

Warm up

Dribble relays

Line Tag

Cone dribble around box, score on coach

Give-&-go with coach

Give-&-go with teammate

Week 4:

Warm Up

What Time Mr. Fox

Freeze Tag

Box Shuffle

Defense Intro

1v1 vs coach—dribble to get around*

1v1 vs coach w/ teammate—pass to get around*