

# Tiny Kickers Soccer

## Sample Lesson Plans

### **PRACTICE DAY 1 & Part of DAY 2**

- Introduction of the Coaches, Go around Check-in Players, Get to know First Names
  - Equipment/Clothing Needed- Soccer Ball, Appropriate clothing-shorts/t-shirt, Water Bottle
  - Rules- no using hands, stop when instructed to stop, don't kick after whistle, have fun!
- Basic Circle Stretching- Arms/Trunk/Legs,  
-Stretch/Run in 2 Groups- jog, shuffle, high knees, heel kicks  
-Stay in Partners- DRIBBLING- Coach Demonstrates- down and back, speed dribble, around cones  
-Stay in Partners- PASSING- spread them apart and teach them the importance of passing and how to pass. Inside the foot, Trapping, and Outside the foot push pass.  
-SHOOTING ON GOALS- 2 lines (no goalie)- shoot and go to end of line, relay contest if needed  
-Short Scrimmage if you have time on the half field  
-Team Huddle- Go over any problems or questions. Break out as a team.

### **GAME DAY 2, 3 & 4**

- Basic Running/Stretching, Throwing/Catching with Partners  
-Review Soccer Skills quickly with dribbling, passing, shooting on goals.  
-Game Rules- 5 v 5 with no goalie, no hands, coaches are refs and stop play on hand balls and "major" out of bounds. No corner kicks, just roll ball back in and keep them playing. Substitute about half way through the game and allow for water breaks.  
-See Game Schedule for Game Location.  
At the end- Team Pictures/Coaches Appreciation Day and Hand out Ribbons

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