



COACHING HANDBOOK 2023

Pre-K to 2nd Grade





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1. Introduction to Dribbling

| Pre K-K | Organization | Coaching Points |
|--|---|---|
| <p>Foxes and Rabbits In a 20x20 grid</p> | <ul style="list-style-type: none"> • Each player gets a pinnie and tucks it in to the back of their shorts-these players are now rabbits. • 1-3 players are picked to be foxes- foxes must try to grab pinnies from rabbits and bring the pinnies back to the coach. • The rabbit that was caught now becomes a fox. The game is over when there is only 1 rabbit left who becomes the winner. <p>Progression:</p> <ul style="list-style-type: none"> ▪ All foxes must now have a soccer ball and keep it within 1-2 feet while trying to catch the rabbits. | <ul style="list-style-type: none"> • Rabbits must change speed and direction in order to get away from foxes • Rabbits must run into open space • Rabbits should look up to identify who the foxes are. • Foxes can work together in order to catch rabbits |

| Pre K-K | Organization | Coaching Points |
|--|---|--|
| <p>Squash the Frog In a 20x20 grid</p> | <ul style="list-style-type: none"> • Coach sets out disc cones facing up(frogs). Players have got to squash as many cones as they can in 1 minute. • Players have then got to try and beat their score. | <ul style="list-style-type: none"> • Keep the ball close and under control • Use bottom of the foot to roll ball on "frog" |



| Pre K-2nd Grade | Organization | Coaching Points |
|---------------------------------------|---|--|
| <p>Body Parts In a 20x20 grid</p> | <ul style="list-style-type: none"> • Players all have a ball and dribble around, on the coaches command players must place a certain body part on the ball (e.g. head) coach is looking for the quickest 3 players. <p>Progression:</p> <ul style="list-style-type: none"> ▪ Coach can shout out multiple parts of the body ▪ Coach can act as a passive defender so that players have to find open space | <ul style="list-style-type: none"> • Keep the ball close, if its not then player can not get their body part to the ball quickly • Dibble into space so that you have space to perform command |

| Pre K-2nd Grade | Organization | Coaching Points |
|-------------------------------------|--|---|
| <p>Coach Says 20x20yrd grid</p> | <ul style="list-style-type: none"> • Play “Coach Says” with the team as the players dribble in the grid. • If a player does something they are not supposed to, issue them a GOTCHA. • See who gets the least number of GOTCHA's. Examples of commands could be: <ul style="list-style-type: none"> ○ Change direction, stop the ball, stop the ball and put your belly on the ball... etc. ○ Also, try to throw in a trick or two like: kick the ball as far away as you can. | <ul style="list-style-type: none"> • Focus on dribbling skills and keeping the ball close and under control. • Focus on players listening skills. |



| Pre K-2nd Grade | Organization | Coaching Points |
|---|---|---|
| <p>Stuck in the mud In a 20x20 grid</p> | <ul style="list-style-type: none"> • All players with a ball except for 2 'mud monsters'. • All players must dribble inside the grid and avoid mud monsters. • If a mud monster touches a players ball with their feet that player is stuck in the mud and must hold their ball up high with hands and stand with legs apart. • The only way to get unstuck and back into the game is if another player passes the ball through the players legs. • Game is over in a set time or when all players are stuck in the mud. | <ul style="list-style-type: none"> • Dribble the ball close with small touches • Look up to see where mud monsters are • Dribble into open space away from mud monsters • When stuck try to communicate with other players to get help. |

| Pre K-2nd Grade | Organization | Coaching Points |
|---|--|---|
| <p>Traffic lights In a 20x20 grid</p> | <ul style="list-style-type: none"> • Players pretend that their soccer ball is their car and must drive within the city limits (square) and keep the car close and under control. • Coach then introduces green light for go and red light for stop (must stop with foot on car (brake)). <p>Progressions:</p> <ul style="list-style-type: none"> ▪ Add cones as buildings within the city limits ▪ Add 3 speeds for green light. Green light truck (slow motion) Green light taxi (normal speed) Green light race car (fast, fast, fast) | <ul style="list-style-type: none"> • Keep the ball close and under control • Look up so you don't crash the car • Dribble into space to avoid traffic |



2. Running with the Ball

| Pre K-2nd Grade | Organization | Coaching Points |
|---|--|---|
| <p>Introduction to Gear Change 20x20yrd area</p> | <ul style="list-style-type: none"> • Players dribble around the grid using all surfaces of the foot. Players must dribble around the grid without banging into other players. • Coach can yell freeze and if players are 2 steps away from each other then they have to do a fun punishment. This encourages the players to look around and dribble into space. • Next the players are asked to dribble at different speeds. They must be aware of the other players also dribbling in the tight area. • For younger players relate ball to a car. | <ul style="list-style-type: none"> • Recognition of space • Laces contact with ball • Accelerate into space |

| Pre K-K | Organization | Coaching Points |
|--|--|--|
| <p>Pirate Ships In a 20x20 grid</p> | <ul style="list-style-type: none"> • Players all pretend they are pirates on a ship and the captain of the ship is the coach. • When the coach shouts captain on deck the players must stand with one foot on the ball Salute and shout 'eye, eye captain' as quickly as possible. • Players then must dribble around the ship until the captain orders them to: <ul style="list-style-type: none"> • Scrub the deck- 10 step over's • Climb the mast- 10 toe taps • Stormy weather ahead- 10 inside taps <p>Progressions:</p> <ul style="list-style-type: none"> ▪ Have each side of square names Starboard, stern, bow, port and have them dribble to a side on command (but they must not go | <ul style="list-style-type: none"> • Keep the ball close • React quickly to instruction • Dribble to space |



| | | |
|--|---|--|
| | <p>too far past the line or they will be swimming with the sharks)</p> <ul style="list-style-type: none"> ▪ Pirates coming (coach goes in and tries to get their ball) | |
|--|---|--|

| Pre K-K | Organization | Coaching Points |
|------------------------------------|--|---|
| <p>Frogger In a 20x20 grid</p> | <ul style="list-style-type: none"> • All of the players will start on one side of the grid and try to make it to the other side. • The two FROGS must hop and try to tag the other players as they try to get to the other side. • When a player is tagged, they both become a frog. • Play continues until only 2 players are left, who become the frogs for the next game. | <ul style="list-style-type: none"> • Keep the ball close • Dribble into space • Look up to see where the frogs are • Use all surfaces of feet |

| Pre K-K | Organization | Coaching Points |
|---------------------------------------|---|---|
| <p>Scooby Doo In a 20x20 grid</p> | <ul style="list-style-type: none"> • All players are lined up on one side (Scooby Doo) and must dribble to the other side (on the coaches command) with the ball under control. • In the middle there is a ghost, if the ghost touches the ball with their feet before they make it to the other side the Scooby Doo becomes a ghost. • They then go again until there is only 1 Scooby Doo left. • Ghosts are standing up with a pinnie on their head (They should be able to see through pinnies) <p><u>Progressions:</u></p> <ul style="list-style-type: none"> ▪ Smaller space ▪ Scooby Doos only have 10 seconds to get to the other side | <ul style="list-style-type: none"> • Keep the ball close • Dribble into space • Look up to see where the crabs are • Use all surfaces of feet |



| Pre K-2nd Grade | Organization | Coaching Points |
|---|--|---|
| <p>Crabs on the Beach In a 20x20 grid</p> | <ul style="list-style-type: none"> • All players are lined up on one side (surfers/shrimps) and must dribble to the other side (on the coaches command) with the ball under control. • In the middle there is a crab, if the crab touches the ball with their feet before they make it to the other side the surfer becomes a crab. • They then go again until there is only 1 surfer left. Crabs must stay in the crab position (on all fours with back to the ground). <p>Progressions:</p> <ul style="list-style-type: none"> ▪ Smaller space ▪ Crabs can stand up ▪ Surfers only have 10 seconds to get to the other side | <ul style="list-style-type: none"> • Keep the ball close • Dribble into space • Look up to see where the crabs are • Use all surfaces of feet |

| 1st-2nd Grade | Organization | Coaching Points |
|--|--|---|
| <p>Traffic Cones In a 20x20 grid</p> | <ul style="list-style-type: none"> • Kids line up with ball on line opposite the coach. • Coach holds up colored cones to signal stop (red), go (green), and turn& get back to start line (Yellow). • Players stop and go with ball toward coach. On yellow, last one back is out and goes by coach to spot next player for elimination. • Turns introduced. | <ul style="list-style-type: none"> • Awareness • Ball control - both feet • Look up • Quick turn to take ball in opposite • direction • Speed helps |



| 2nd Grade | Organization | Coaching Points |
|---|--|---|
| <p>All Parts Dribbling In a 20x20 grid</p> | <ul style="list-style-type: none"> • Players dribble around the grid using all surfaces of the foot. • Players must dribbling around the grid without banging into other players. <p>Progression:</p> <ul style="list-style-type: none"> ▪ Players are asked to use inside and outside of foot while only taking one step in between touches. This helps players keep ball close to them. Encourage self-talk (Inside, Outside). Ball should go in a zigzag motion. ▪ Players are now asked to use laces only. This encourages them to move faster with the ball as there touch should allow them to run while still only taking a maximum of 2 steps between touches | <ul style="list-style-type: none"> • Where on our foot do we touch the ball when trying to go in a zig zag motion? • Head up when not touching the ball • How can we make sure we are touching the ball with our laces? |

| 2nd Grade | Organization | Coaching Points |
|---|---|--|
| <p>Running with the Ball 20x20 yard grid</p> | <ul style="list-style-type: none"> • Players are asked to push the ball out of their feet, using their laces for contact on the ball after they have received the ball. • The player then dribbles the ball at speed to other side/player opposite them. • They should try and run smoothly and not break their stride. • Coach should run through the importance of the receiving and dribbling techniques. • Coach can also talk about awareness and when to look up. <p>Progression:</p> <ul style="list-style-type: none"> ▪ Races can be introduced to put more pressure on the players | <ul style="list-style-type: none"> • First touch out of feet • Look down on ball contact • Use instep for second and third touches • Laces contact on the ball |



3. Dribbling/Close Control

| 1st-2nd Grade | Organization | Coaching Points |
|--|--|--|
| All Parts Dribbling In a 20x20 grid | <ul style="list-style-type: none"> • Every player has a ball. Very simply players are to dribble using different parts of the feet. • Commands include: right foot only, left foot only, inside of feet, outside of feet, inside outside, left foot right foot. Turns Integrated. <p>Progressions:</p> <ul style="list-style-type: none"> ▪ Introduce turns ▪ Smaller space ▪ Increase speed | <ul style="list-style-type: none"> • Small touches to keep the ball close • Dribble into space • Look up |

| 1st-2nd Grade | Organization | Coaching Points |
|----------------------------------|--|--|
| Musical Cones In a 20x20 grid | <ul style="list-style-type: none"> • Set up cones in grid -- one fewer cone than players. • Tell kids to dribble, trying to visit each cone. Players must use turn at each cone. Coach yells GET TO A CONE & each player dribbles to open cone. • Player left without is out. Coach asks eliminated player to retrieve a marker while others dribble, then call out the next person who's out. <p>Variation: No one is out - keep taking cones away & have each player give himself a point for getting to open cone.</p> <p>Progression:</p> <ul style="list-style-type: none"> ▪ Eliminated players/coach runs out and move cones around during dribbling. | <ul style="list-style-type: none"> • Ball manipulation • Turning • Awareness • Speed |



| 1st-2nd Grade | Organization | Coaching Points |
|----------------------------|--|--|
| Follow Me 20x20yrd game | <ul style="list-style-type: none"> • All players have a ball. In pairs, the players are numbered 1 and 2. • Number 1 moves off with the ball, while number 2 follows with his ball. • Number 2 is trying to touch number 1 on the back, while maintaining control of his own ball. • Number 1 is trying to avoid being touched. • The coach asks the players to use their upper body to disguise, which way they intend to move. • He challenges the lead player to see how close he can allow the chasing player to get without being touched. <p><u>Progressions</u></p> <ul style="list-style-type: none"> ▪ To progress the practice we remove the following player's ball so he is quicker and harder to get away from. ▪ The player with the ball moves away from his opponent in to space. He is aware of his opponent and the space around him. | <ul style="list-style-type: none"> • Ball manipulation • Turning • Awareness • Speed |

| 1st-2nd Grade | Organization | Coaching Points |
|-----------------------|--|--|
| Blob 20x20yrd game | <ul style="list-style-type: none"> • Players all stand on one side of the grid. 1 player starts as the blob. • The players then try to get from one side to the other side. • If their ball is touched by the Blob they join the Blob. • Players must link arms or hold hands to form the blob. • The Blob then moves and cannot separate. If they do then the players get a free ticket to the other side. | <ul style="list-style-type: none"> • Players must keep ball close to them • Different parts of the foot • Acceleration after players are past "Blob" |



4. Dribbling into Space

| 1st-2nd Grade | Organization | Coaching Points |
|---|--|--|
| Colored Marker Game 20x20yrd grid | <ul style="list-style-type: none"> • A number of different colored markers are put down at random in the area. • The coach has one color of each marker in his hand (Or calls out color). • He raises a colored marker at random, the players then have to run to the corresponding colored markers. • When the coach holds up a different colored marker, the players have to run to a marker in that color. • Players should then use ball to dribble to cones. • The coach keeps moving around the practice area to alter his position. • This forces the players to look around and see where he is to identify the color of the marker. Moves/Turns Integrated! <p><u>Progression</u></p> <ul style="list-style-type: none"> ▪ Turn at cones ▪ Moves at cones | <ul style="list-style-type: none"> • Awareness • Ball manipulation • Turning |



| 1st-2nd Grade | Organization | Coaching Points |
|---|--|---|
| <p>Policeman Game 20x20 yard grid</p> | <ul style="list-style-type: none"> • The coach is a passive defender. He walks around initially, pretending to make a challenge. • He then starts to jog around the playing area, still only acting passively. Finally he becomes more active and begins to move quicker and attempt to get the ball. • If the player uses good technique to try and escape the coach's tackle, he will leave them alone. • The coach knocks the ball out of the area to eliminate the player. • The coach then recruits the eliminated player/players to help him police those still in the game. • The eliminated players must follow the same rules applied to the coach, they must walk, then jog, remaining passive until the end when they become active. If good technique/moves/turns are spotted, they should allow the player to continue. | <ul style="list-style-type: none"> • Ball manipulation • Awareness • Turning • Use of two feet • Change of pace |

| 1st-2nd Grade | Organization | Coaching Points |
|--|--|--|
| <p>Traffic Lights Game 20x20 yard area</p> | <ul style="list-style-type: none"> • The players all stand in line, shoulder to shoulder and face the coach. Each player has a ball at their feet. • The coach has two colored discs or markers in his hands. • One disc is green and the other is red, to simulate the traffic light system. Green represents 'go' and red is for 'stop'. • Holding the two markers up together instructs the players to quickly turn (stop turn and Inside/Outside Hook) and go back to the starting position. | <ul style="list-style-type: none"> • Awareness • Instep contact on the ball • Get ball out of feet in order to run quickly |



| 1st-2nd Grade | Organization | Coaching Points |
|--|---|---|
| Dribble to target Game 20x20 yard grid | <ul style="list-style-type: none"> • Players are split on either side. The coach numbers each line. The numbers in the opposite line of players corresponds with the first. • A target ball is placed on top of a marker at either end of the playing area. • The object of the game is to knock the opponents ball off the opposition's marker with the ball, from a distance no more than 2-3 yards. • The coach calls out a number that refers to two players, one from each side of the playing area. • In order to keep the game safe and stop collisions, the coach passes the ball to one of these players <p>Progression:</p> <ul style="list-style-type: none"> ▪ Players must to move/turn before they can score | <ul style="list-style-type: none"> • Awareness 1v1 dribbling • Doing the moves • Acceleration • Using both feet |

| 1st-2nd Grade | Organization | Coaching Points |
|---|--|---|
| Gates/Beat the clock In a 20x20 yard grid | <p>There are several gates set up around the square and every player has a ball. With a time limit players must dribble through as many gates as possible, keeping track of their score. After they have had 1 turn they must go again and attempt to beat their own score. Moves/Turns Integrated.</p> <p>Progressions</p> <ul style="list-style-type: none"> ▪ Time ▪ Moves through gate ▪ Smaller gates ▪ Add gate blocker (players who can block gates) | <ul style="list-style-type: none"> • Keep the ball close • Look up to see where to go and what gates are open • A quick change of pace to attack a gate |





5. Dribbling Under Pressure

| 1st-2nd Grade | Organization | Coaching Points |
|---|--|--|
| <p>Gates/Beat the clock In a 20x20 yard grid</p> | <ul style="list-style-type: none"> • There are several gates set up around the square and every player has a ball. With a time limit players must dribble through as many gates as possible, keeping track of their score. • After they have had 1 turn they must go again and attempt to beat their own score. Moves/Turns Integrated. <p><u>Progressions</u></p> <ul style="list-style-type: none"> ▪ Time ▪ Moves through gate ▪ Smaller gates ▪ Add gate blocker (players who can block gates) | <ul style="list-style-type: none"> • Keep the ball close • Look up to see where to go and what gates are open • A quick change of pace to attack a gate |


| 1st-2nd Grade | Organization | Coaching Points |
|---|---|--|
| <p>King of the ring In a 20x20 yard grid</p> | <ul style="list-style-type: none"> • All players have a ball and dribble around the square. • When the coach shouts 'King of the Ring' players try to kick other people's balls outside of the square while keeping theirs inside the square. • Players who's ball goes out have to do 10 toe taps the first time 20 the second time etc <p><u>Progressions:</u></p> <ul style="list-style-type: none"> ▪ Smaller space ▪ Time limit ▪ Eliminated when ball is kicked out or set number of 'lives'. | <p>Key Points:</p> <ul style="list-style-type: none"> • Keep the ball close and under control • Dribble to space • Shield ball • Look up to see who is trying to kick your ball |



| 1st-2nd Grade | Organization | Coaching Points |
|---------------|--|--|
| Mirror Moves | <ul style="list-style-type: none"> • Player's dribble ball towards cone/defender and try the move shown by the coach. • This should be done so players go opposite ways from each other. • A fake take, bish bash and circle take may be attempted. • Encourage players to use body disguise when doing a move. • The coach should encourage the players to take smaller touches as they get closer to the cone. • Players should also be encouraged to look up every time they do not touch the ball so that they can see how close they are getting to the cone. • Players should be encouraged to accelerate after they get by the cone  <ul style="list-style-type: none"> • Races between teams can be introduced to add to the "in game" competition. | <ul style="list-style-type: none"> • Disguise • Awareness • Technique of move |

| 1st-2nd Grade | Organization | Coaching Points |
|-------------------------|--|--|
| 1vs1 10x20 yard grid | <ul style="list-style-type: none"> • Split player into groups with half on each side of the grid. • Players at one end (A) have the ball and the first player passes/rolls the ball across to the next line (B) who then tries to dribble past the opposite end line. • If A wins the ball he tries to dribble past line B. • Once play has done players switch lines and next 2 play.  | <p>Key Points:</p> <ul style="list-style-type: none"> • Keep the ball close and under control • Dribble to space • Shield ball |



| 2nd Grade | Organization | Coaching Points |
|--------------|---|--|
| Dribble Game | <ul style="list-style-type: none">• The defending player holds a ball in his hands. He defends a line approximately 15 yds in length.• The ball is rolled to the attacker, who must dribble past the defender and finish with a shot on goal.  | <ul style="list-style-type: none">• First touch out of feet• Positive attitude• Decision on technique• Change of pace |

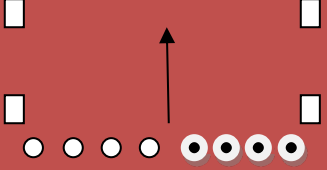


6. Passing

| 2nd Grade | Organization | Coaching Points |
|---|---|---|
| Guard the castle In a 1x12 yard grid | <ul style="list-style-type: none"> Organize the team into groups of four. One of the four players should wear a pinnie and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle". If you do not have disc cones, a tall cone will work just as good. The 3 players have got to try and knock the ball off the cone by working as a team. If players are standing next to cone create a "no go" zone 3x3yrd grid. | <ul style="list-style-type: none"> Instruct players to get their heads up to find the pass. Weight of pass Movement Decision making |

| 2nd Grade | Organization | Coaching Points |
|--|--|---|
| Space Invaders In a 20x20 yard grid | <ul style="list-style-type: none"> Players partner up and hold an end of a pinnie to form a 'space ship'. A player is selected to be a space monster who will try to hit the Space invaders below the knee. If a space invader gets hit below the knee or they let go of the pinnie, they then turn into a space monster and try to catch the space invaders by getting a soccer ball and trying to hit other players below knee by passing the ball. | <ul style="list-style-type: none"> Keep the ball close and turn quickly to catch players off guard. Be deceptive, fake to shoot, look wrong way ect.. Space invaders should change speed, direction and look for open space. |



| 2nd Grade | Organization | Coaching Points |
|--|---|--|
| <p>Get Outta Here In a 20x20 yard grid</p> | <ul style="list-style-type: none">• 2 teams of players. Coach plays ball out and calls out 2 numbers to encourage passing.• Players try to score in opposite sides goal.• If taking too long coach yells "Get Outta Here" and next 2 come in.  | <ul style="list-style-type: none">• Decision making• Encourage disguise• When to pass and when to dribble? |



7. Moves/Turns/5 Touch Technique

URNS

Stop Turn

- Stop ball with sole of foot and step over with same foot and turn round to face the other way, and then take away with the other foot.

Inside Hook

- Step beside ball and turn using the inside of the foot.

Outside Hook

- Step beside ball and turn using the outside of the foot.

Drag Back

- Stop and Drag ball with sole of the foot in the different direction, while other foot is beside the ball.

Cruyf Turn

- Step over ball and kick ball under leading leg.

MOVES

Circle Take

- Sweep one foot low in front of the ball and take with outside of the other foot.

Bish Bash or Scissors

- Player should have ball on the inside of one of their feet.
- They then quickly transfer the ball to the inside of their right and snap it back to the left.

5 TOUCH TECHNIQUES

- Inside, Outside, Laces, Sole, Heel
- All turns and moves should be done using self talk.
- Get the players shouting out what part of the foot they are using or the names of the moves they are doing.