

General Guidelines for Coaches

1. Arrive early each day
2. Prepare your sessions each day
3. Keep shirts on at all times
4. Do not wear sunglasses
5. Wear soccer training shoes or molded cleats - no running shoes
6. Wear a Challenger Cap (only) to protect your head and eyes from the sun - important or you may get heat stroke
7. Learn the names of your campers by the end of the first day
8. Do not smoke or drink alcohol around the camp or any campers
9. Spend time talking to parents each day
10. Be extremely careful how you drive - especially close to the soccer fields and host family residence

Tips for a Successful Practice

1. Keep all explanations and instructions brief and to the point.
2. Do not talk unless all players have their eyes on you
3. Introduce coaching points one at a time
4. Provide good demonstrations - players will lock this image in their mind
5. Vary the tone of your voice
6. Provide feedback but do not commentate throughout the practice
7. If a practice is not working, make adjustments to the rules or the field size
8. Do not allowed more accomplished players to get bored - set them specific challenges
9. Progress from unopposed to opposed and finish with the real game
10. Constantly reinforce positive behavior

Camp Tempo

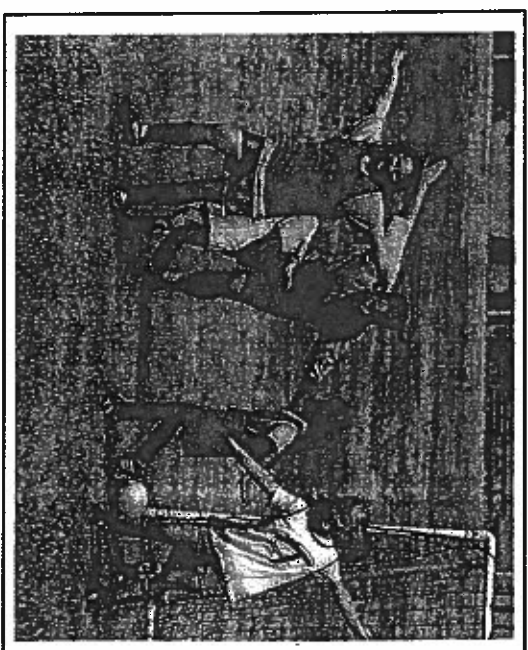
It is very important that you maintain the "Tempo" of the camp. This represents the atmosphere, energy level and enthusiasm of both the coaches and the campers. This is paramount when coaching First Kicks and Mini soccer.

You maintain a high "Camp Tempo" by keeping your energy level high, your delivery upbeat and enthusiastic, and by having positive body language.

If you move slowly, talk quietly and don't chat to campers in between practices, your campers will follow suit.

Be animated, make jokes (but not at a campers expense), entertain where appropriate and show the parents and campers that you are giving 100% to their camp.

If campers begin to lose interest in a practice that looked good on paper, but fell flat on the playing field, find a reason to finish it and move on to the next practice.





First Kicks and Minisoccer Overview

The First Kicks and Minisoccer camp programs have been designed to introduce the fundamental techniques of the game to children with little and sometimes no experience. The games and soccer related activities should provide repetition of these techniques in a fun, non pressured camp atmosphere.

The young players will come with a natural enthusiasm and energy that requires harnessing and gently pushing in the correct direction, however as with all of our camp programs the physical and mental developmental levels will vary greatly within the group. You will also be faced with the added challenge of emotionally immature campers who are very shy and who may take a while to warm to playing with the other children.

Parents of young or shy campers can be encouraged to join the activities and help out with children who are not responding to your best efforts.

Coaching First Kicks and Minisoccer relies upon your effort, energy and enthusiasm. The interaction with these youngsters can be incredibly rewarding especially if you throw yourself into the task and go to camp each day with an upbeat and “must have fun” attitude.

The children at this age have short attention span and always want to be moving and playing so a constantly changing array of activities is required. They capacity to learn at this age revolves greatly around imitation - so it is vital to make sure you give a good demonstration of the games and activities, do not just explain them verbally.

The practices in the First Kicks and Minisoccer curriculum consist primarily of those where children become familiar with the ball, and develop coordination, balance and basic ball handling skills through a wide variety of repetitive games and fun activities.

The coach is challenged to select practices that are enjoyable, that allow success and that can be seen to be helping the children develop.



First Kicks and Minisoccer Coaching Guidelines

Set up your practice are while kids are sitting down drinking

Explain the game or activity as simply as possible

Demonstrate the basic premise of the game or activity yourself

Position the children if needed - do not just tell them where to go

Start the game or activity

Be a cheerleader

Provide very limited instruction/directions while they play

Move around the group and help children on the periphery get involved

Stop the game and ask questions

“How can you protect your ball from the bad guy?”

“How can you get over the line faster?”

“What can you do to avoid getting tagged?”

“Who can tell me what part of the foot works best for this?”

Restart the game

Be a cheerleader, be animated, move around

Positively reinforce children who use correct technique


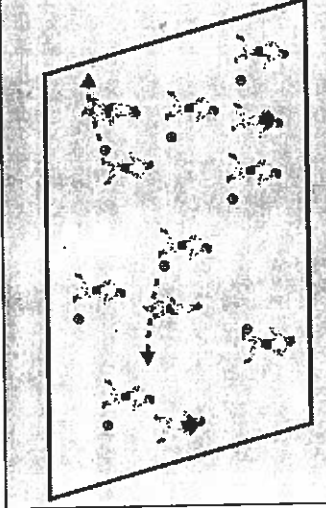
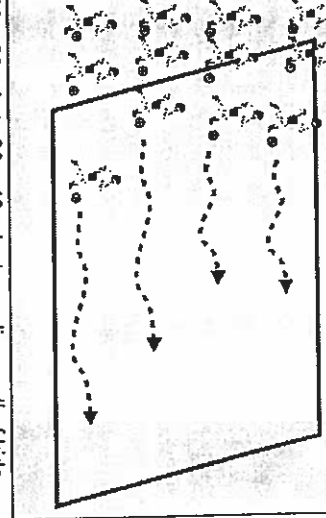

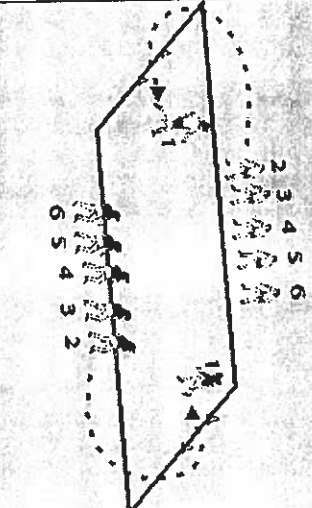
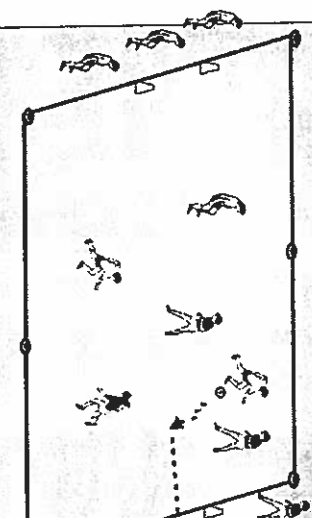
Manufacture a way to get timid children involved

When the game ends do not focus on who wins or loses

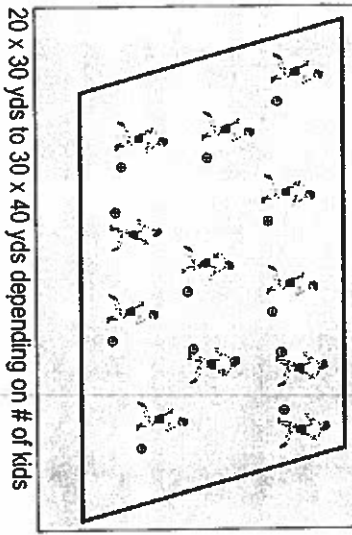
Ask the children what they will try to do better next they play this game

Have Fun!

FIRST KICKS AND MINISOCCKER GAMES

 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>
<p>Individual Footwork</p> <p>1) Player dribbles around the grid using all surfaces of the foot. Keep the ball inside the grid. Don't bump into other players. Stop with foot on the ball when coach shouts Freeze. Try to be in a space away from other players when you Freeze. No Walking - gentle jog - gentle touches on the ball.</p> <p>2) Divide into two groups and take it in turns to stand like statues - the other half try to dribble around them.</p> <p>3) Statues now stand with feet apart - players need to dribble up to them and pass ball through their feet.</p>	<p>Stuck in the Mud</p> <p>1) Each player dribbles around the grid using all surfaces of the foot. Two monsters attempt to tag the players. When tagged they are stuck in the mud and must hold their ball above their head and stand with feet apart.</p> <p>Other players may free the tagged players by passing the ball through their feet. All players take a turn at being monsters.</p> <p>2) To free the tagged players you must pass them the ball and they must pass it back.</p>	<p>Speed Dribble</p> <p>1) Divide into four equal teams. Players race against each other to dribble to the opposite end line.</p> <p>2) Players need to take a certain number of touches</p> <p>3) Players must use a certain foot or both feet</p> <p>4) Players have to stop on the half way line then continue</p> <p>5) Players dribble down, turn and come back</p> <p>6) Add cones for slalom dribble.</p>
 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>
<p>Beat the Crabs</p> <p>1) Players begin with a ball at their feet at one end of the grid. They attempt to dribble past the coach in crab position and get to the other end. If the crab can trap the ball between it's feet the player is out and becomes a crab. (Make the players weave in and out using inside and outside of feet)</p> <p>2) Make the grid narrower as you progress to force better control and closer dribbling.</p>	<p>The numbers game.</p> <p>1) Players are divided into two teams - one on each side of the field. The coach gives them a number each. When their number is called they run through the back of the goal and attempt to score against their opponent.</p> <p>2) Re number the players so that they get to play against different opponents.</p> <p>3) On Monday progress from 1 v 1 to 2 v 2 only. Encourage 2nd player to move away into a space.</p>	<p>3 v 3 Games</p> <p>Finish each day by picking teams and making the kids feel like they are playing "proper soccer". Two teams will sit on the side line while two play - change every 3-4 minutes. Explain Throw ins and goal kicks.</p> <p>WORLD CUP</p> <p>Allow the little ones to experience the fun of playing in their own World Cup.</p>

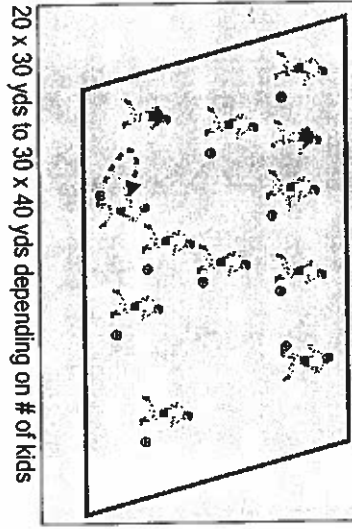
FIRST NICKS AND MINISOCCKER GAMES



20 x 30 yds to 30 x 40 yds depending on # of kids

Don't Crash The Car

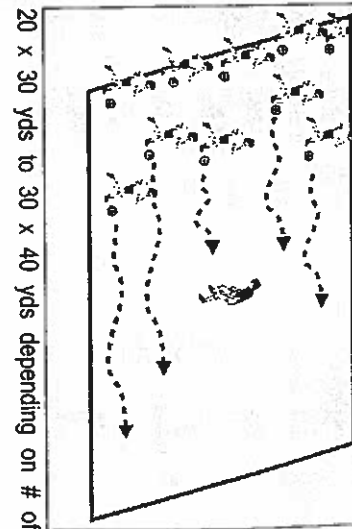
- 1) Player dribbles around the grid using all surfaces of the foot. The aim of the game is to keep dribbling without touching another players ball or going out of bounds.
- 2) The coach calls out what speed the players should drive at.
- 3) Two players are given yellow bibs and must jog around the grid at random. - the other players must avoid them.
- 4) When the coach calls "change cars", the player stops his ball with the sole of their foot and finds another ball to dribble.



20 x 30 yds to 30 x 40 yds depending on # of kids

Monster Soccer

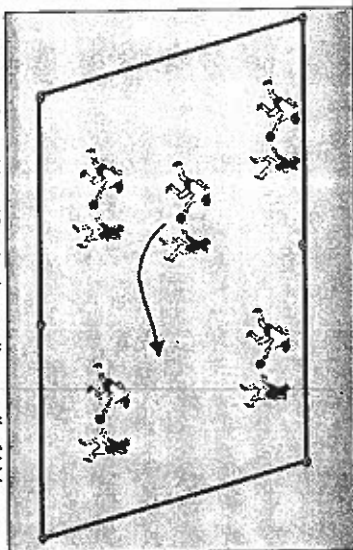
- 1) Each player dribbles around the grid using all surfaces of the foot. Two monsters run around grid and try to stand directly in front of the dribblers (cannot touch balls).
- 2) Monsters now take balls away from players - who themselves then become monsters (cannot go after the same player)
- 3) Monsters now kick balls out of the grid to eliminate players.



20 x 30 yds to 30 x 40 yds depending on # of kids

British Bulldogs

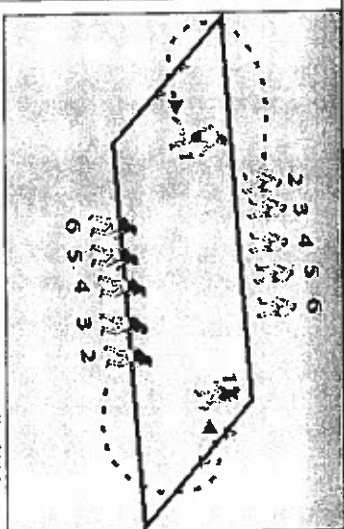
- 1) Players attempt to dribble past the coach and get to the other end. After a couple of times getting through the coach kicks a ball out. That player joins the coach in the middle.
- 2) Force the players to weave in and out of defenders using the inside and outside of their feet rather than kicking the ball and chasing after it.
- 3) Instead of kicking the ball out the middle players have to dribble the ball back over the start line.



20 x 30 yds to 30 x 40 yds depending on # of kids

One v One

- The players divided into two colors are paired up with one ball between each pair.
- Each player attempts to dribble across the opponents end line to score a point.
- If they score - they retreat to half way and the other player gets to start with the ball.
- Change opponents every 30 seconds.



20 x 30 yds to 30 x 40 yds depending on # of kids

The numbers game.

- Setup as for Monday.
- Have the dribble slowly to one side of the field and then cut back quickly to the other. Accelerate once they get behind the defender.
- Explain how to get back and defend when your team loses the ball.



20 x 30 yds to 30 x 40 yds depending on # of kids

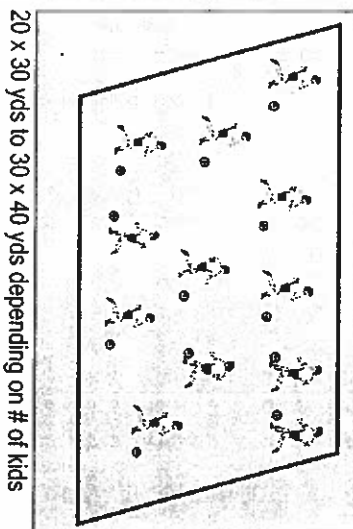
3 v 3 Games

- Finish each day by picking teams and making the kids feel like they are playing "proper soccer". Two teams will sit on the side line while two play - change every 3-4 minutes.
- Explain defending & attacking and when a pass is a "good thing".

WORLD CUP

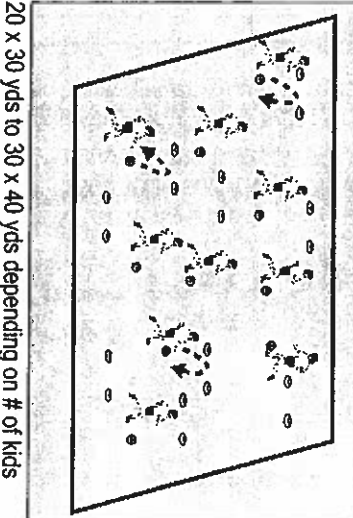
- Allow the little ones to experience the fun of playing in their own World Cup.

FIRST KICKS AND MINISOCGER GAMES



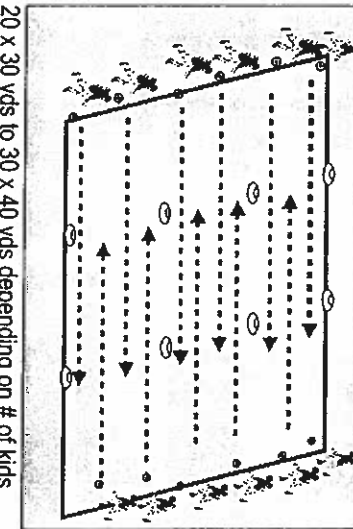
20 x 30 yds to 30 x 40 yds depending on # of kids

Stops, Turns and Cuts.
 1) Player dribbles around the grid using all surfaces of the foot. Keep the ball inside the grid. Don't bump into other players.
 2) The coach will demonstrate a basic stop, turn or cut and will then call out that move for the players to duplicate.
 Stop will sole of foot.
 Inside turn (turn with a few gentle touches of the inside of foot)
 Outside turn (as above with outside of foot)
 Inside hook (turn with one sharp cut)



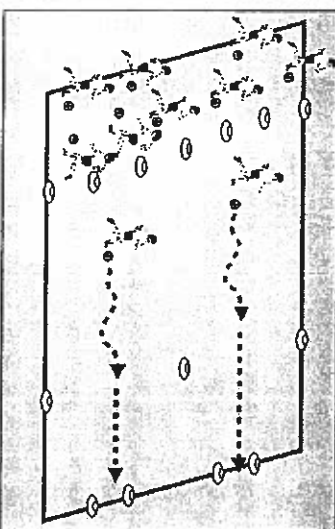
20 x 30 yds to 30 x 40 yds depending on # of kids

Beat The Clock
 1) 10 gates, 2yds wide are set up in throughout the grid. Each player dribbles around the grid and through the middle of each gate in any order.
 2) Players divide into two groups, one active one resting. Players count how many gates they can dribble through in one minute.
 3) Players have one minute to count how many gates they can do an inside cut in front of.



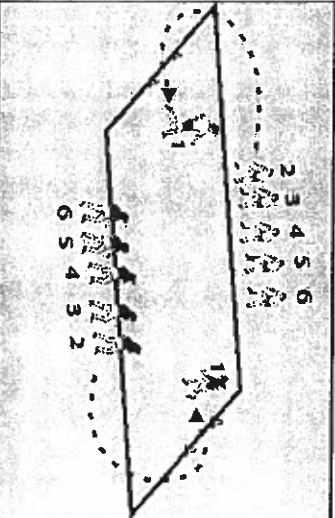
20 x 30 yds to 30 x 40 yds depending on # of kids

Clean Your Room - Shoot Out
 1) Divide into two equal teams. Players are only allowed in their own third of the grid. Players shoot their ball into the other grid and then try to return the other teams balls also. When the coach calls Freeze, the team with the least number of balls in their end is the winner. (Try to use laces to shoot.)
 2) Bring the teams closer together and repeat using throw ins instead of shooting.
 3) Put the teams further apart and repeat using keeper punts.



20 x 30 yds to 30 x 40 yds depending on # of kids

Break out
 1) All players dribble inside a grid. When their names are called they break out of the grid and race their opponent to the 5yd line where they attempt to pass the ball into an open goal. They then recover the ball and dribble back around the outside of the grid.
 2) Move the line back and have the shoot the ball in with the laces.
 3) Make the goals bigger and put goalkeepers in



20 x 30 yds to 30 x 40 yds depending on # of kids

The numbers game
 Set up as before.
 1 v 1 encourage the attacker to use a simple change of pace and change of direction to beat their opponent.

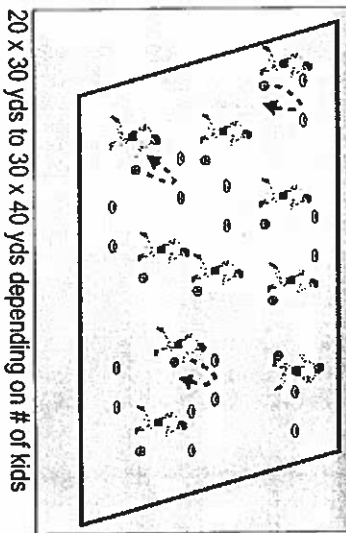


20 x 30 yds to 30 x 40 yds depending on # of kids

3 v 3 Games
 Finish each day by picking teams and making the kids feel like they are playing "proper soccer" Two teams will sit on the side line while two play - change every 3-4 minutes. Reinforce passing and encourage shooting as soon as they are in front of goal.
WORLD CUP
 Allow the little ones to experience the fun of playing in their own World Cup.

FIRST KICKS AND MINISOCCKER GAMES

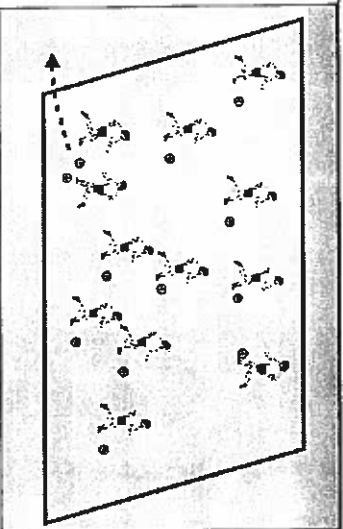
INTRODUCTION – assemble kids and encourage interaction with Q & A



20 x 30 yds to 30 x 40 yds depending on # of kids

Dribbling and Passing Gates

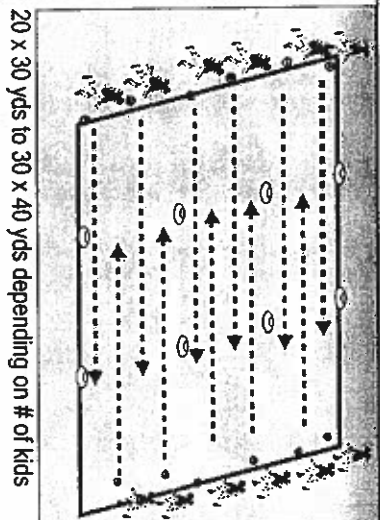
- 1) Repeat dribbling exercise through gates from previous day.
- 2) Divide players into pairs, one ball between two. The pair must try to pass through as many gates as possible in one minute. Encourage players to communicate and to look up for a free gate as soon as they have completed a pass.
- 3) Repeat above exercise, players must now make two passes each at the gate before moving on.



20 x 30 yds to 30 x 40 yds depending on # of kids

King of the Jungle

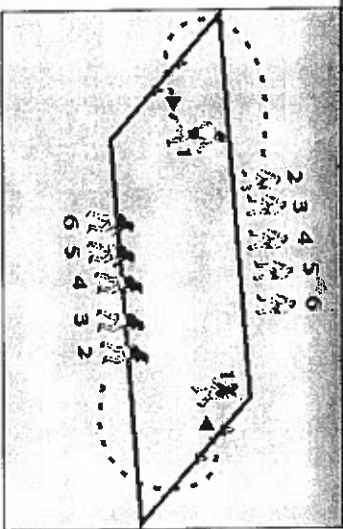
- 1) Each player dribbles around the grid using all surfaces of the foot. Each player attempts to kick other players balls out of the grid without losing possession of their own ball. Try to use the spin move or drag back move when you see someone in front of you. Coach can allow re entry to the game for the first 2 mins.
- 2) Progress to when a player's ball is kicked out they are eliminated and they come and stand by the coach.
- 3) Play the same game in teams of two.



20 x 30 yds to 30 x 40 yds depending on # of kids

Clean Your Room - Passing

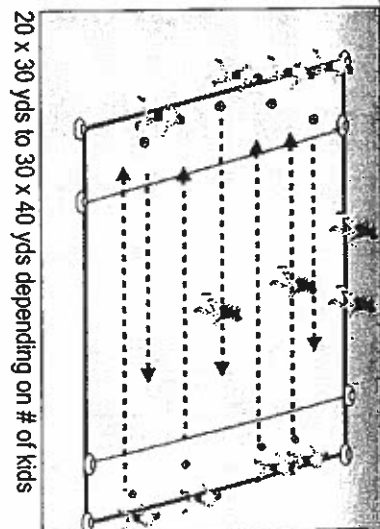
- 1) Divide into two equal teams, one team in each half. Mark out a two yard gap down the center of the field. Players are only allowed in their own half and not in the 2 yard gap. Players pass their ball with the inside of the foot into the other grid and then try to return the other teams passed balls. When the coach calls Freeze, the team with the least number of balls in their end is the winner. Make sure players lock ankle and move towards the ball before passing.



20 x 30 yds to 30 x 40 yds depending on # of kids

The numbers game

- Set up as before.
- 2 v 2 Encourage the supporting players to move to where they can see their team mate clearly and call loudly for pass- give an extra point for a pass.



20 x 30 yds to 30 x 40 yds depending on # of kids

Cowboys & Indians

- 1) Players are divided into three equal teams. One in each end zone one on the line in the middle. The team in the middle attempt to get across to the end line without getting hit by a ball. Once hit a player is out. Keep going until all players are hit.
- 2) Vary the distance of the pass/shot
- 3) Have players do a throw in instead of kicking the ball.
- 4) Have the players running across dribble a ball.



20 x 30 yds to 30 x 40 yds depending on # of kids

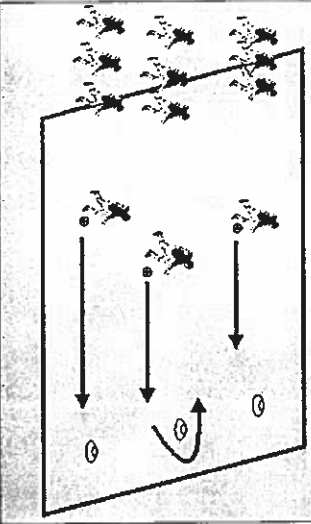
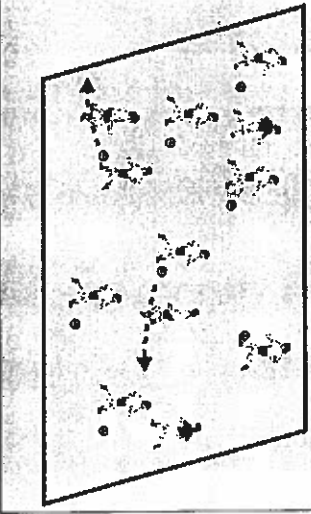

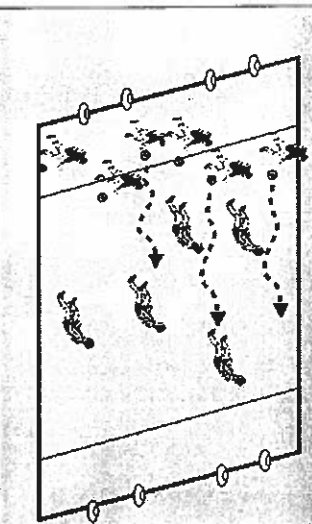
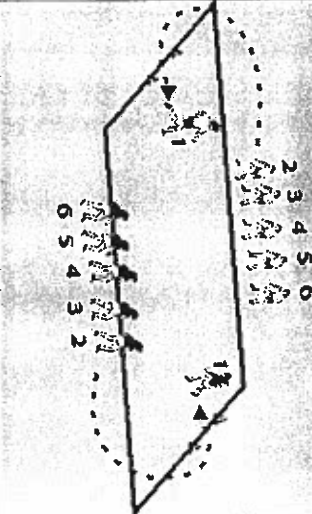
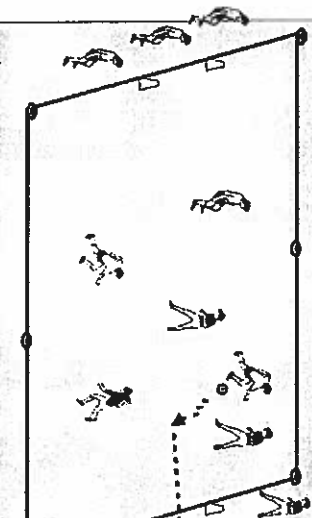
3 v 3 Games

- Finish each day by picking teams and making the kids feel like they are playing "proper soccer" Two teams will sit on the side line while two play - change every 3-4 minutes. Reinforce passing & early shooting.

WORLD CUP

- Allow the little ones to experience the fun of playing in their own World Cup.

FIRST KICKS AND MINISOCGER GAMES

 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>
<p>Team Races</p> <ol style="list-style-type: none"> 1) Each player races to the end line and must turn at the end cone using the specified turn. - Inside hook, drag back, spin turn 2) Add some fun races – ball between knees, up shirt etc. 	<ol style="list-style-type: none"> 1) Stuck in the Mud Each player dribbles around the grid using all surfaces of the foot. Two monsters attempt to tag the players. When tagged they are stuck in the mud and must hold their ball above their head and stand with feet apart. 2) Knock Out Divide into two equal teams, one team has a ball each. The players with a ball try to shoot at the feet of the other players who don't have a ball and who are running around the grid. 	<ol style="list-style-type: none"> 1) Monster Soccer. Each player dribbles around the grid using all surfaces of the foot. Two monsters run around grid and try to take the balls from the dribblers. 2) King of the jungle Each player dribbles around the grid using all surfaces of the foot. When the coach shouts go each player attempts to kick other players balls out of the grid without losing possession of their own ball.
 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>	 <p>20 x 30 yds to 30 x 40 yds depending on # of kids</p>
<p>Crab Attack</p> <p>One team of dribblers attempts to dribble past a team of crabs and score in either of the goals. Both dribblers and crabs may not go inside the end zone.</p> <p>If you score you stay in for the return trip. If your ball gets kicked out you are out and stand by the coach.</p> <p>Make one big goal and have a crabby goalkeeper.</p>	<p>The numbers game</p> <p>Keep a running score for the team.</p> <p>Add fun elements such as players must do 5 star jumps in their goal before starting, or Player must give teammates high 5s before running out to play.</p>	<p>3 v 3 Games</p> <p>Finish each day by picking teams and making the kids feel like they are playing "proper socce". Two teams will sit on the side line while two play - change every 3-4 minutes.</p> <p>Try to give parents watching a good show!</p> <p>WORLD CUP FINALS</p>



LOW LEVEL FIRST KICKS AND MINISOCCKER GAMES

<p>Freeze. The campers run around a 20 x 20 yd grid and must freeze when the coach commands. The object is to be as far away from the next person as possible. Repeat using soccer balls – dribble around grid using all parts of the foot.</p>	<p>Bone tag. Dribble around the grid and when the coach yells out a part of the body, that is the part you must put on the ball. Coach can also yell out and point to a direction to get players to move one way and then the other within the grid.</p>	<p>Highway Patrol. Dribble around like cars making car noises. The coach is the policeman and he tells them how fast they can go. Teach players to go slow round corners and like race cars on the straight. Visit different restaurants in each corner of the grid.</p>
<p>Monster turnaround. Each player dribbles around the grid, the coach is the monster. When he comes to eat the players they must turn away and dribble in the opposite direction.</p>	<p>Beat the Crab. All of the players stand at one end of the grid and must dribble to the other end – they need to get past the coach who is in a crab position. After a few runs, the coach can kick a ball out and that player also becomes a crab.</p>	<p>Clean your room. Half of the players stand on one side of the grid, the others on the opposite side. The half way line is marked with cones. When the coach yells go, the players kick their ball into the opponents half and then keep kicking every ball that comes over, back into the other half.</p>
<p>Monster game. All of the players except one, dribble around the grid. The one monster can only walk and must kick the other soccer balls out of the grid.</p>	<p>Tigers in the Jungle. All players dribble around the grid and try to kick the other player's balls out while protecting their own. They cannot leave their own ball to go after an opponent.</p>	<p>Flatten the frog. The coach scatters disc cones throughout a grid. The players dribble around a grid and attempt to dribble directly over as many cones as possible in one minute. When the players reach a frog they use the sole of the foot to roll the ball back and forth to flatten the frog.</p>
<p>Launch pad. The players begin by counting down from 5 and launching their balls by drop kicking them as far as they can from the launch pad area. They then run after the ball and dribble it back. They can then re launch after counting down again.</p>	<p>Dribble races. The players stand on one side of the grid waiting for their names to be called. The coach will call out 2 or more campers and they will dribble their balls and race each other across to the other side.</p>	<p>Snake Dribble. The coach divides the group into two lines. The players go in twos and attempt to dribble in an out of the 2 lines of cones that are laid out ahead. They stop when they get to the other end. Begin by only making two big gates and then add more cones as they improve.</p>
<p>Treasure hunt. The coach places all of his spare cones at one end of the grid. The pirates have to dribble down and pick up one piece of treasure and bring it back to the ship. They give the treasure to the captain (coach) and then go back down for more.</p>	<p>Wacky races. The coach places a number of small gates inside the grid. The players have to race around and go through as many gates as possible.</p>	<p>Throw out the trash. One half of the players (the throwers) stand on one side of the half way line in the grid and the other campers wait in the opposite area. The throwers use a proper throw in technique to propel the ball as far away as possible. The other campers must collect the balls and kick them back into the throwers half.</p>
<p>Cowboys and Indians. Half of the players are on the end line without balls (Cowboys) and the other half are on the side lines with balls (Indians). The Cowboys attempt to run through the grid to the other end without getting hit by a soccer ball kicked by the Indians.</p>	<p>Relay races. Put the campers in three teams of 3-4 players. Invent activities suitable for your group – ie dribble to the end line, leave your ball and run back – next player runs down and collects the ball. or – dribble to end line and pick up the ball and do 1 header then dribble back.</p>	<p>Name game. The campers are divided into two teams, each team sits on either side of the coach on the side line. The coach calls out two players who stand up and then run through their own goal and each tries to score in their opponents goal.</p>