



CC United Recreational Curriculum PreK-Kindergarten

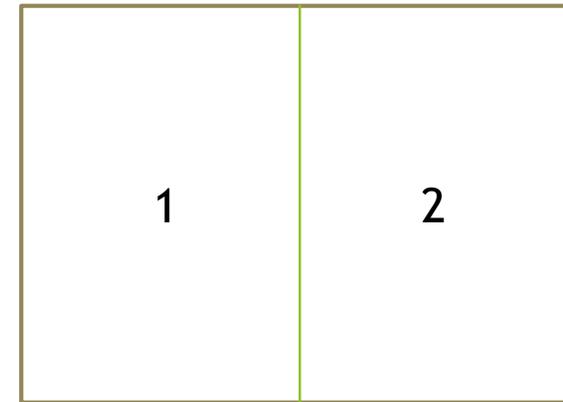
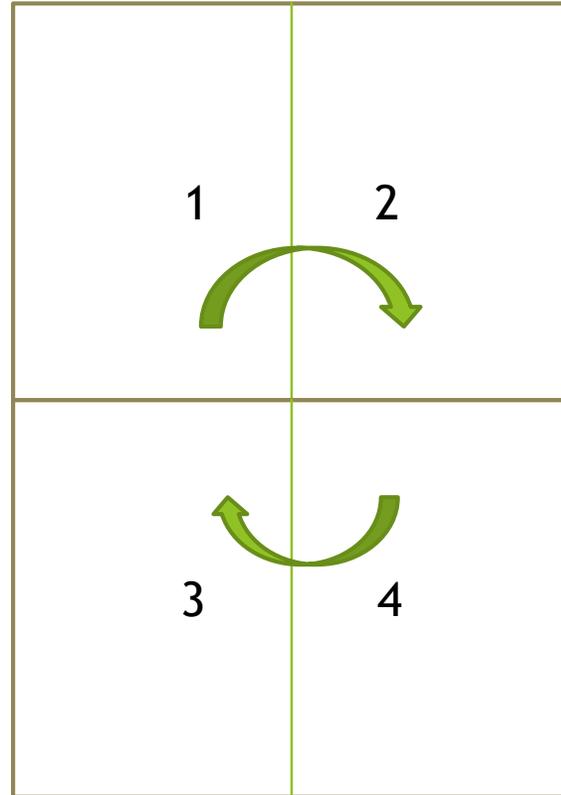
- The club will assign you as Coach 1,2,3 or 4 for the season.
- Practices will be run as stations and you will be responsible for organizing your assigned drill for all teams rotating through your station.
- Each week, locate your drill in the following document and familiarize yourself with it before your practice.

Thank you for sharing your time and talent with CC United and your players!



The Fields will look like this

Practice Presentation



1st - 4th

Pre Kindergarten and Kindergarten

What to coach



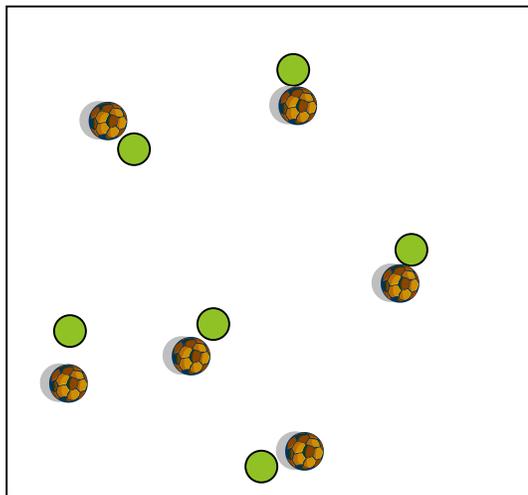
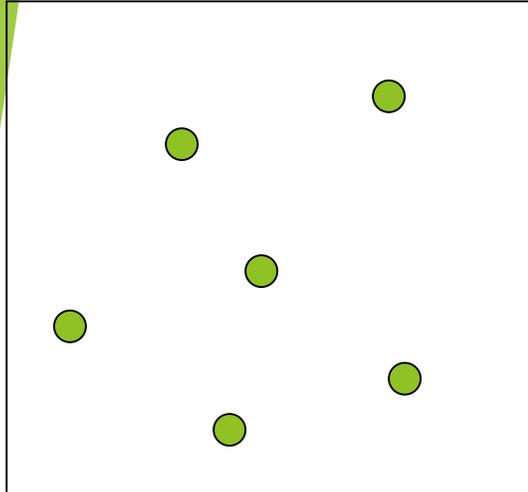
Week	Topic	Coach 1	Coach 2	Coach 3	Coach 4	Point of focus
1	Dribbling	Tag- Everybody's it	Me and my shadow	Get the Duck	Knockout	Keep the ball close- small touches
2	Passing	Golf/Pairs	Feeding the Hippos	Spaceships and Aliens	Towers down	Inside foot- follow through
3	Shielding	Ketchup	Hide the cone	Not in my house	Now you see it	Hide ball
4	Dribble for speed	Back to coach	Spaceships and Aliens	Builders/ Breakers	Red light- green light	Laces- big touches of the ball
5	Dribbling	Body part	Angry School Teacher	Ball tag- 1 ball each	Chase	Movement- changing directions
6	Turning	Pick a school	Going to the Mall	Knee tag	Octopus	Turn away from pressure -hide ball
7	Dribbling	Monster Island	Crab Soccer	Steal the cookies individual	Freeze Tag	Move the ball to get into the space away from the defender
8	Team Building	Steal the cookies	Go to goal/pairs/ team	Team chain soccer	The farm yard	Team strategy

Where the exercises have small written by it the coaches play the same game but in a 5 yard smaller square

*If area is a 20x20 play in a 15x15
This changes the games direction*

As a coach praise how the kids solve the puzzle that each game brings

Week 1 Coach 1

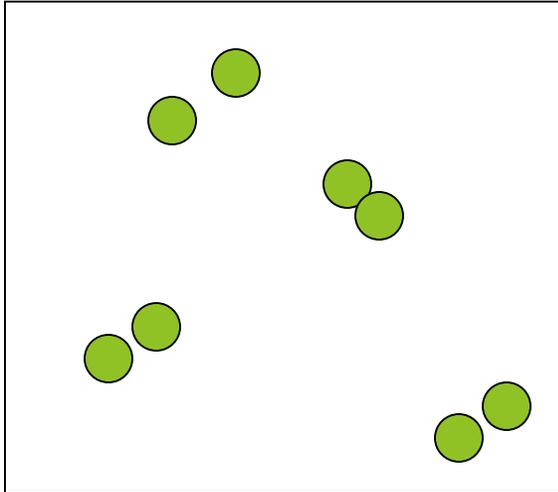


Everybody's It

Area Field *Players attempt to tag as many players as possible in 30 seconds.

- Progression -players must tag as many players as possible without letting anyone tag them
 - Players tag a specific body part without letting anyone tag them
 - Ball each- Players try to tag as many soccer balls without letting anyone tag theirs
- ✓ Tips- Coaching Point –Take little touches of the ball when other players are near

Week 1 Coach 2

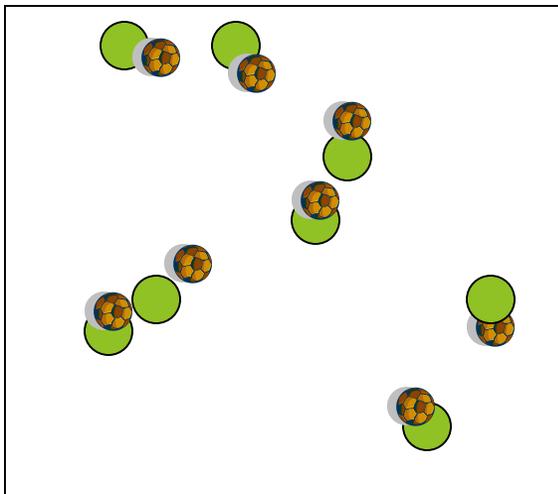


Me and My Shadow

Area 20x20 Square

In a restricted area in pairs the front player runs around and tries to keep the second player out of their shadow

When the coach says “change” they switch roles



Me and My Shadow (with a ball each)

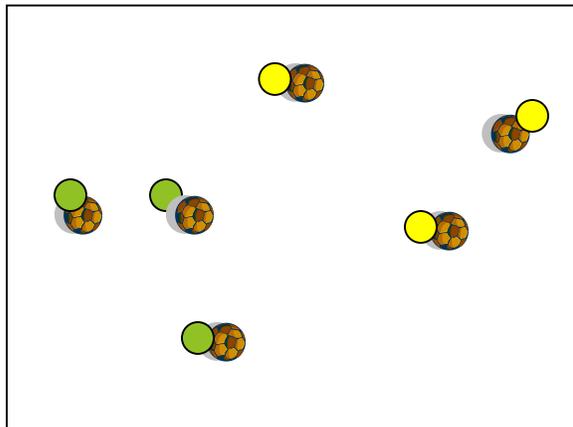
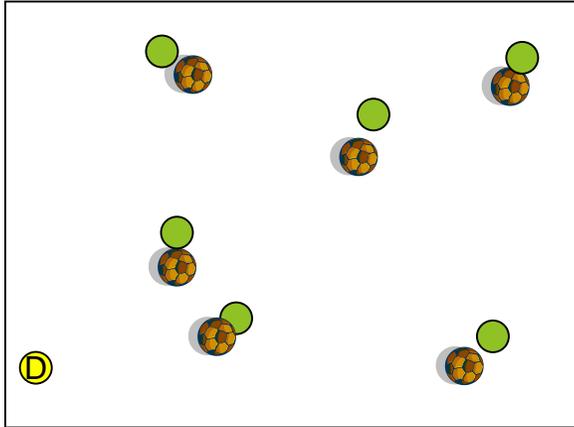
Area 20x20 Square

In a restricted area in pairs with a ball each the front player runs around and tries to keep the second player out of their shadow

When the coach says change they switch roles

- ✓ Tips- Show the players how to stop, start, change speed and direction

Week 1 Coach 3



Get the Duck

Area 10x10 yards Players have 1 ball each-

One player is the duck with 2 pinnies and they run and flap around

Players chase the duck and try to kick their ball and hit the duck below the knees

Have the coach start as the 1st duck

Progression

Add in another animal or two and let the players pick what animal they want to be

Progression

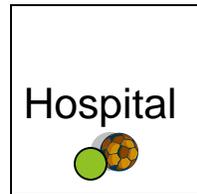
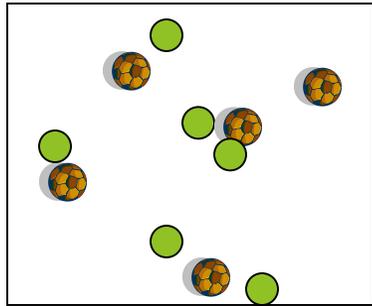
Have 2 teams one is ducks the other is ?

Both teams try to kick their ball to hit the other team

- ✓ Tips- Encourage little touches when the duck is near



Week 1 Coach 4

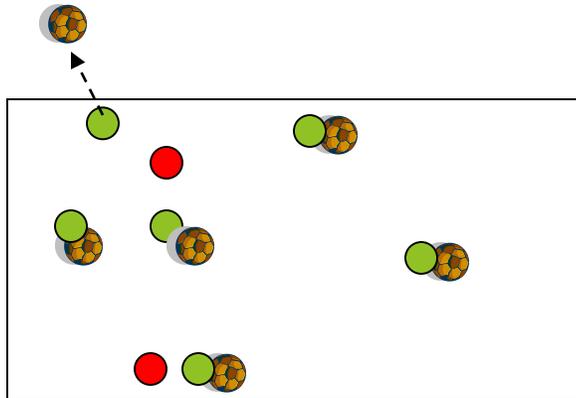


Knockout

Area 10x10 yards

Players have 1 ball each and try to kick everyone else's out of the area

When a player's ball gets kicked out they go to the hospital and perform 10 ball touches or another skill and then come back in



Variations

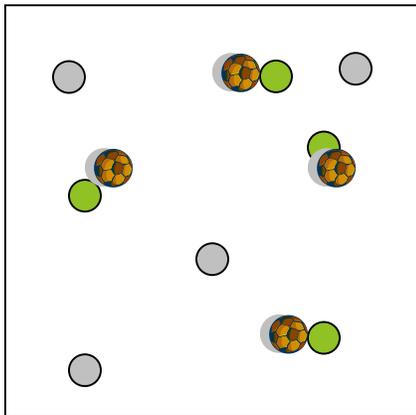
When the player gets kicked out they go to another area and try to stay in that one

Progression

Have only 2 players that try to kick every soccer ball out

✓ Tips- Keep the ball close

Week 2 Coach 1



Game Golf

In pairs 5 yards apart

Player 1 makes a bridge with their legs

Player 2 scores a goal by passing the ball through their partners legs

Play at first with the ball rolled from their hands

Progression

Increase the distance

Progression

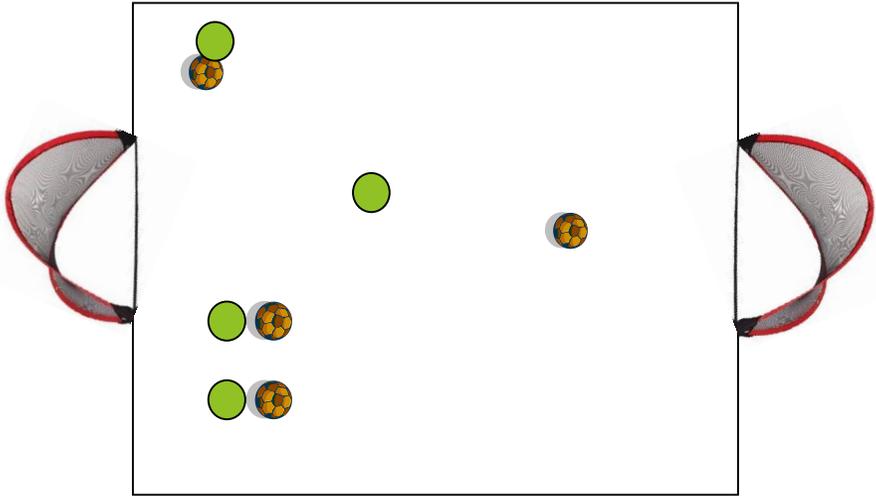
One player stays and makes a bridge and the other tries to pass the ball through legs going through a different one each time

3 minute games

✓ Tips- Aim your non kicking foot at the target



Week 2 Coach 2



Feeding the Hippos (Pug Goal)

Area game field with 2 Pug Goals

Pug Goals have either a red or a yellow cone

The players dribble around and wait to hear what hippo is hungry

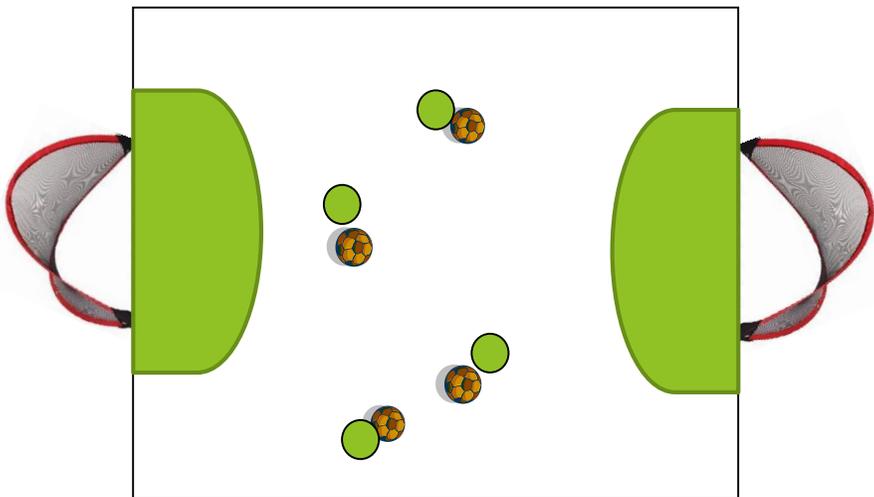
When the zoo keeper(coach) tells them they have to race and feed that Hippos as quickly as possible

Progression

The Hippos are now in an enclosure that the players cannot go in

Make the area progressively bigger

- ✓ Tips- This is the 1st opportunity to get in habits of kicking by swinging the leg and using their non kicking foot to aim



Week 2 Coach 3



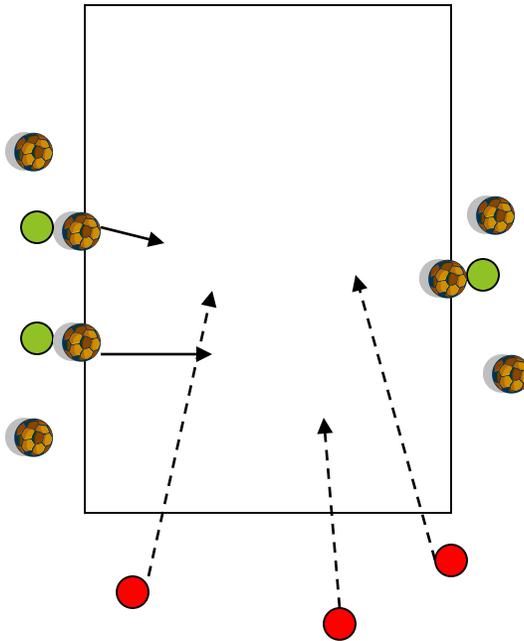
Spaceships and Aliens

Area 20x15 with as many balls as possible

The Spaceships Fly across the Galaxy without getting hit

The Aliens fire space guns and try to hit the spaceships below the waist.

Start off with only the coach as the Alien and allow the players to just run across



Progression

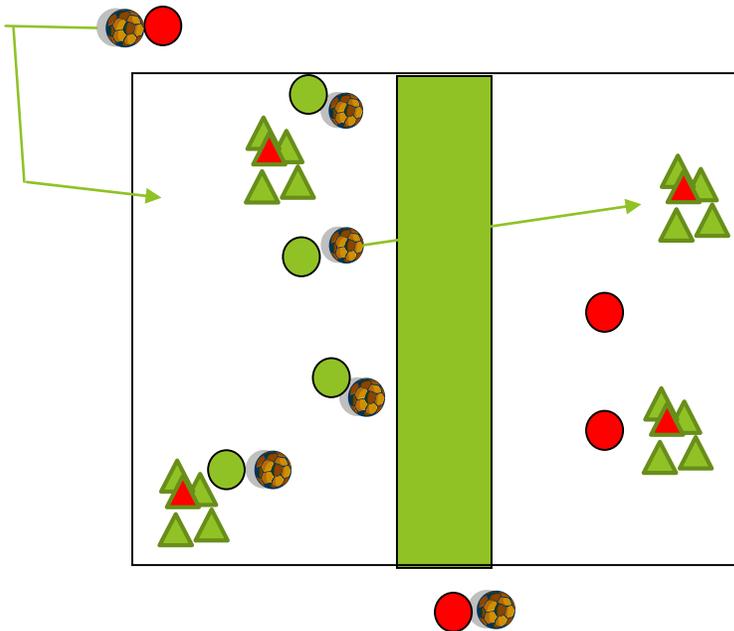
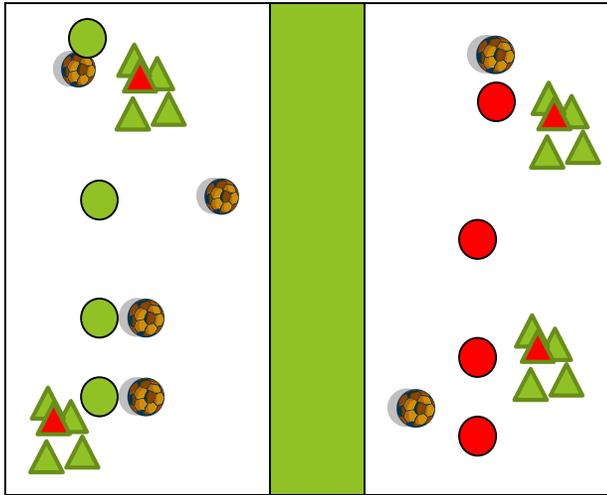
The Spaceships must fly with their ball at their feet

Add in cones that are meteors that the spaceships have to fly around

- ✓ Tips- focus on how to pass the ball by swinging your leg back then forward without cross it over the other



Week 2 Coach 4



Tower game

Area Game field divided with a 5 yard halfway line

Each team has two towers to defend and two to attack

Object is to kick the ball cross without crossing the mid line and knock down the opponents towers

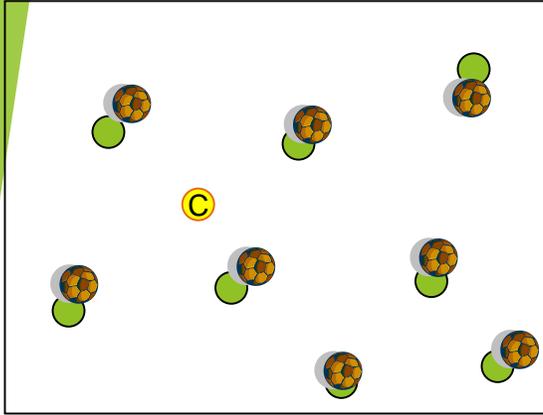
- Allow players to rebuild towers as the game continues
- Have teams identify two players in guarders or attackers
- Players are now allowed to sneak around the outside of the field and go behind the towers

Identify a 3rd player (swimmer) who swims around the field to get to behind the towers

- ✓ Tips – have the players form a plan of who does what and see if it gets more complex in the 2nd progression phase



Week 3 Coach 1



Area 30x20

Each player has a ball and runs around with it in their hands

If the coach gets close enough they tag their ball

Encourage the players to get as close as possible and turn away at the last moment

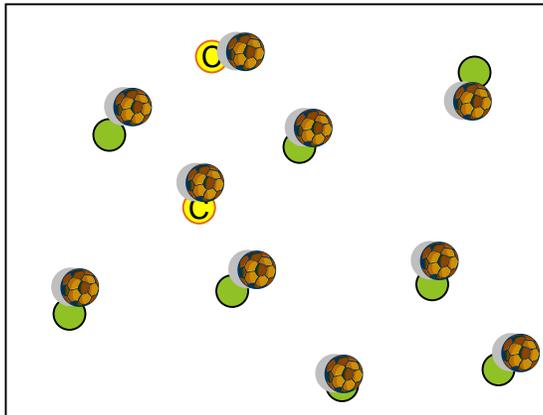
Finally play the same game with the feet

Game – Ketchup

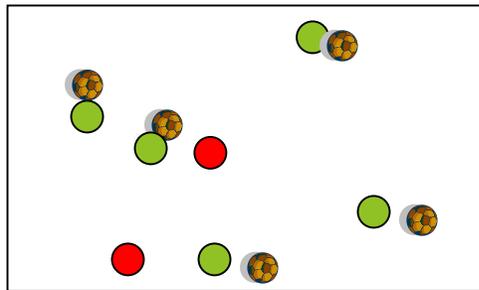
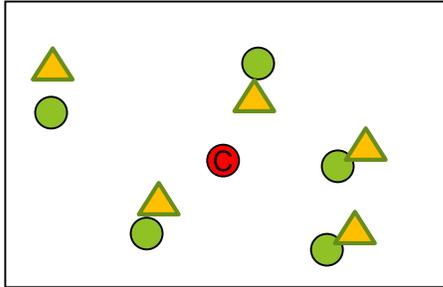
All players have 1 tomato and must move it around the field

1. The coach is coming to try and make ketchup out of their tomato by dropping their Ball onto theirs
2. Add in other players that can also make ketchup

✓ Tips – encourage the players to hide their ball from the coach so that they cant make ketchup.



Week 3 Coach 2



Hide the cone

Each player has a cone

The coach walks around tries to stand on their cone

The players guard their cone

Add in another coach

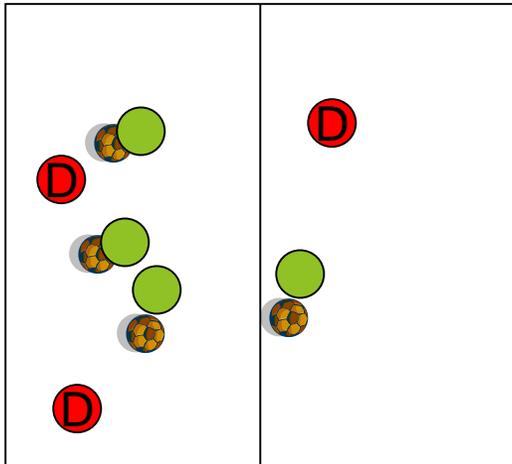
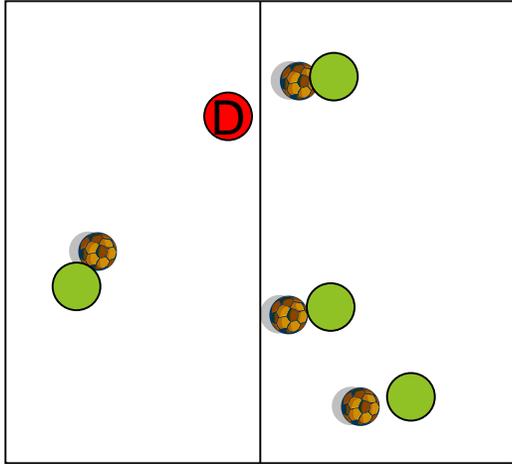
Replace the cone with a ball and have 2 players without a ball trying to get

In pairs with one ball between 2 players try to gain possession of the ball

- ✓ Tips – have the players hide their cone but be able to see it also. Show how to shield. Players have to stand in front of their cone and face the cone while hiding it



Week 3 Coach 3



Not in my house

Area- Game field divided into 2 sections

1 Dog to start with (parents or players)

Players move around the field with balls and try to see if they can get safely in and out of the dogs house.

Start at first with them running with the ball in their hands

Dogs start restricted to their half by an invisible fence

If Dogs get the balls they chew on them and throw them

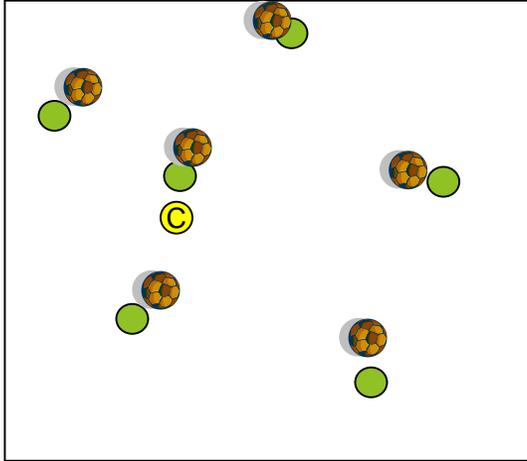
Progression

Add in a 2nd Dog

Allow one Dog on the other side of the field

- ✓ Tips- get the players from the 1st activity to move around and be aware of pressure and to either run to space with none or be ready to turn away from it

Week 3 Coach 4



Now You See it Now You Don't

Area 20x20

Each player has a ball in their hands and is in space.

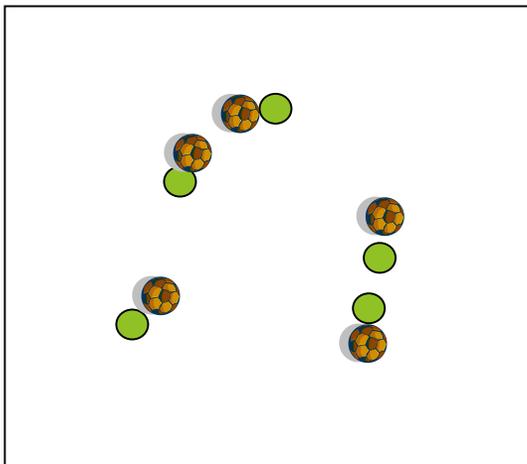
Challenge

The coach tries to tag soccer balls and walks up to the players and the players say “now you see it” and turn away and then say “ Now you don’t”. When coach can’t see the ball they move to another.

Progressions

The players move around and “now you see it, Now you don’t” to other players with the players trying to tag soccer balls

- Coach increases pressure by winning back some balls
- Have another player help the coach
- Ball is on the ground playing the same game
- ✓ **Tips –Show the player how to time it correctly as to when to turn away**



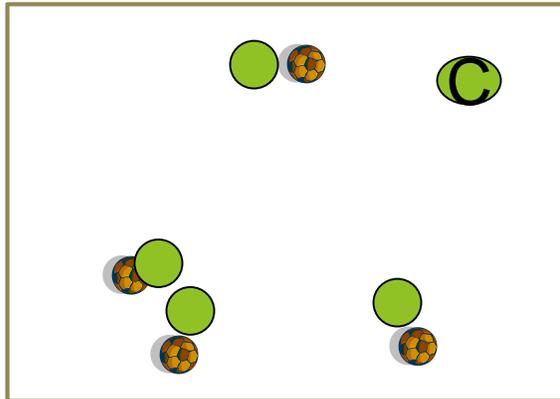
Week 4 Coach 1



Back to the coach

Area: Game Field

Players have to get the ball back to the coach as many times as possible. On receiving the ball the coach throws it away and begins to eliminate what parts of the body the player cannot use to return the ball.



Progressions

- Have the coach move around then add another coach
- Eliminate options - Don't use your hands, feet, knees
- Allow and praise the kids creativity

The final progression is for the coach to be specific about how (with their feet) they bring the ball back

- With little touches of the ball
- With big touches of the ball
- ✓ Tips- praise creativity but coach the big touches part.
Can they get back to you in 2 big touches of the ball?

Week 4 Coach 2



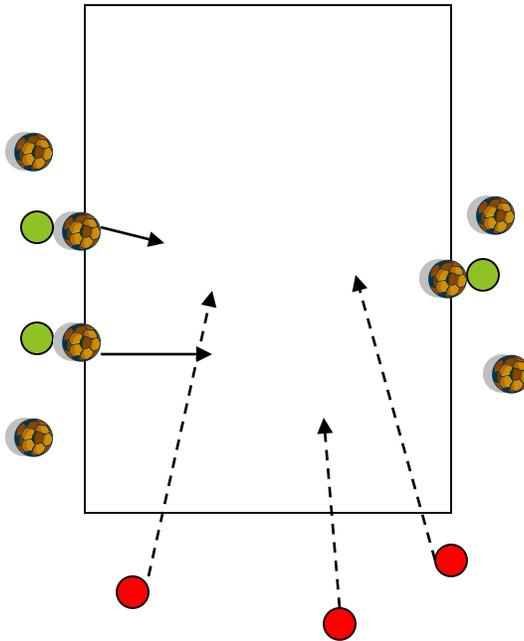
Spaceships and Aliens

Area 20x15 with as many balls as possible

The Spaceships Fly across the Galaxy without getting hit

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Progression

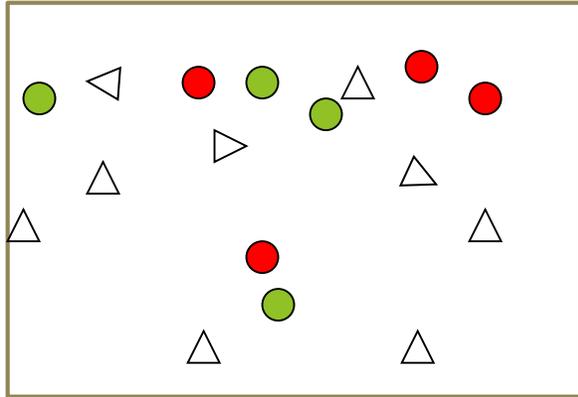
- The Spaceships must use their feet
- Add in cones that are meteors that the spaceships have to fly around
- Add in an Alien in the middle that they must avoid

✓ Tips- Coach the space ships. Dribble with your head up being aware of ever increasing



Week 4 Coach 3

Builders and Breakers



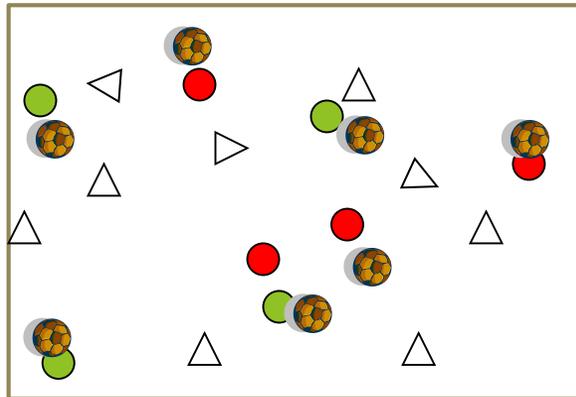
Area game field

Cones scattered- half facing up half turned over

One team are the builders (stands the cones up)

One team are the breakers (flips cones upside down)

When the coach says go the player run around either flipping upside down or correcting the cones



Play first without and then with ball

Progressions

Without the ball have the players move backwards or sideward to build or break

With the ball have the players move backwards or with different parts of the foot to build or break

✓ Tips- players look for the next cone all the time

Week 4 Coach 4



Red Light Green Light

Area 30x20 – game Field

The coach starts as leader and says either Red Green or Yellow Light

When the coach says Red Light the players Freeze

When coach says Green Light they cover as much ground as possible

When the coach says Yellow players move slowly

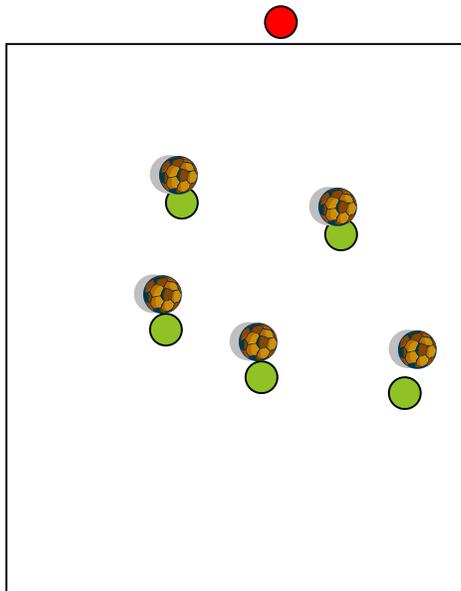
Play the game 1st without the ball so the players get used to how it works

(1st and 2nd Grade) When the coach says Red light again any player moving has to start again

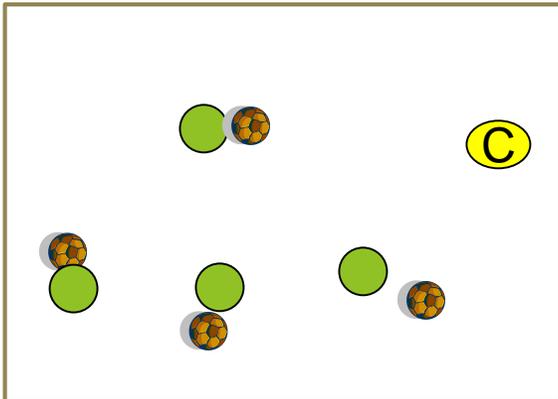
Now play the game with feet

Finally Allow the players to be the leaders and control their environment

- ✓ Tips – show the players how to cover as much ground as possible for Green with the ball



Week 5 Coach 1



Body Part Dribbling

Area: Game Field

Players move around the game field and the coach calls out different body parts and the players have to move the ball with that part.

Suggested Parts to utilize nose, ears, head, bottom

Challenge them to move it with foot parts

High repetition of Little/big toe, cleats/laces

Give them multiple parts to use in sequence

- ✓ Tips – We want the player to be the role models on this one and see if others copy - find a part that every player is good at moving it with – let them be center stage

Week 5 Coach 2



The Angry School teacher

Area - ½ game field with a 3 yard square in the corner

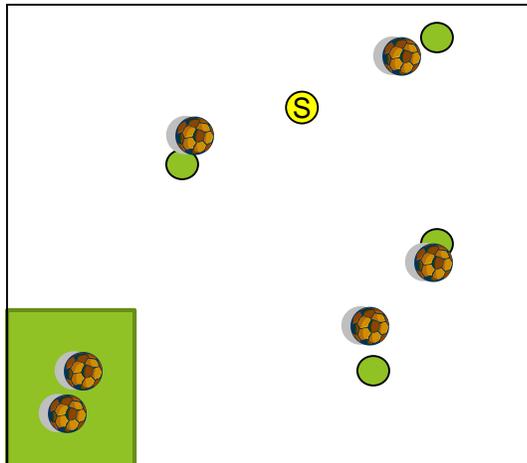
The coach is the Angry school teacher

Each player has a ball and moves it around the field
If the players see the school teacher turns around they must stop their ball

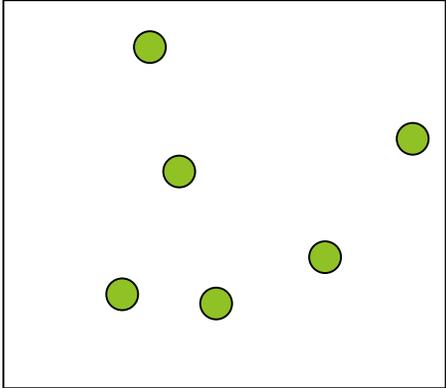
If the school teacher sees it moving they chase them and try to put it in their cupboard.

Start this game slowly so that the players get the habits of moving and stopping their ball

- ✓ Tips- show how we move the ball but keep it close ready to stop it. Show the kids how to sneak with their head up



Week 5 Coach 3

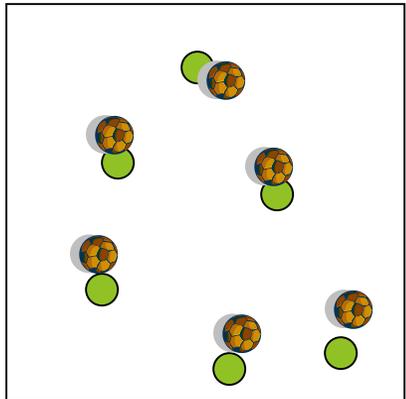


Knee Tag

Area game field

In pairs Players try to tag their partner on the knee as many times as possible without letting them tag their knees

Players try to tag any player on the knee without getting tagged



Ball Tag

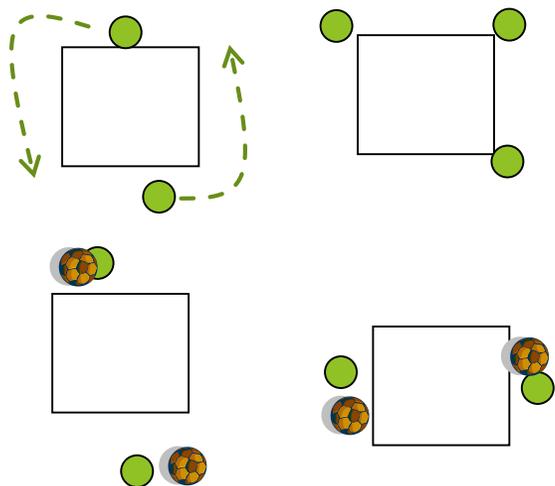
In pairs with a ball each- players try to tag their partners ball with their hand as many times as possible

The players now progress to trying to tag their partners ball using their feet

Finish the game with a larger group tag game. players can tag any ball with their feet while trying to prevent others from tagging theirs

- ✓ Tips- coach the larger game of moving the ball in different directions to avoid being tagged

Week 5 Coach 4



Game – Chase

Organization 10 yard square

To start, players run without a ball. Players start on opposite ends. When coach says “Go” one player is “it,” the other tries to get back to their home cone. Switch roles.

Progress to adding a ball

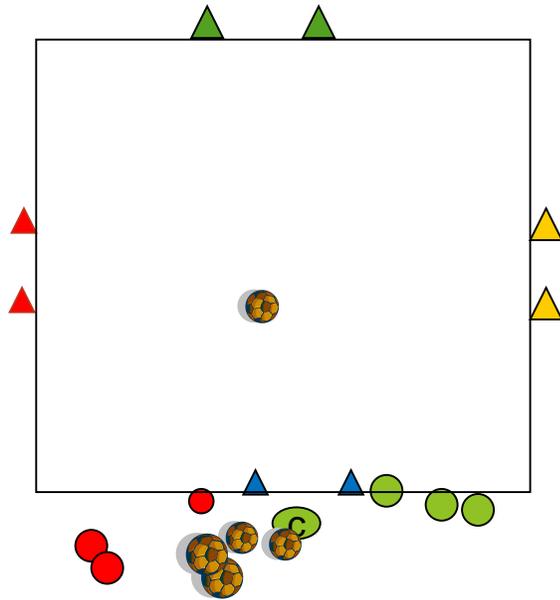
Switch groups around.

Variation: Put three players in a larger square and have them race back to their starting cone.

✓ Tips- small touches of the ball on the corners



Week 6 Coach 1



Pick a School

Area 20 x20 square with

4 two yard goals (Schools)

Coach passes a ball to the middle and players play 1v1 trying to dribble through one of 4 school gates

Coach can say which school is closed

Close all but the blue school so that the players see all options

Play 2 v2

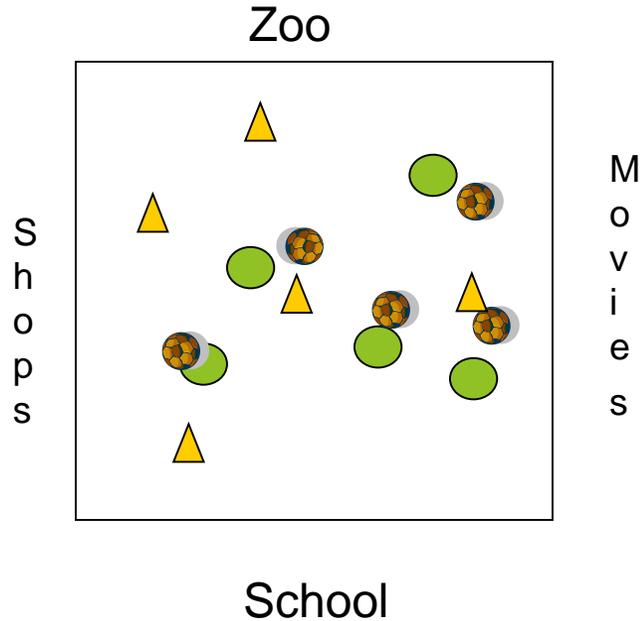
In this game make sure that you get the match ups correct so all can be successful

As the coach you can play and when you defend shout out which school you are stopping them go to

- ✓ **Tips** Have the players recognize which goal to dribble to. For those that need additional challenge praise the ones that change their mind based on pressure



Week 6 Coach 2



The Traveling Game

Area -20x20 with all four sides named as places

Allow the players to say what the places are

Play the game 1st without balls

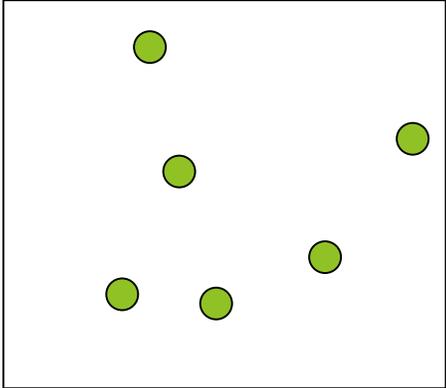
When the coach shouts out a place the players must race and get there as quickly as possible

Players now have a ball each and dribble around

- Shout out two or more places
 - Add in cones that they must avoid
 - The coach acts as the police and tries to take away their soccer balls
- ✓ Tips – show the players how to turn using the bottom or the inside of your feet



Week 6 Coach 3

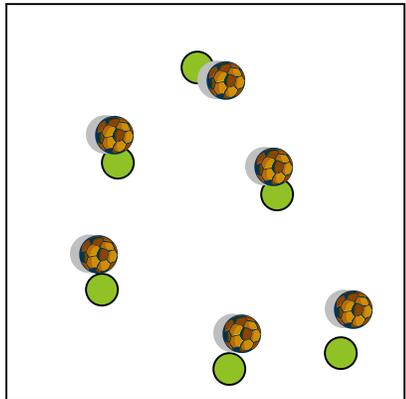


Knee Tag

Area game field

In pairs Players try to tag their partner on the knee as many times as possible without letting them tag their knees

Players try to tag any player on the knee without getting tagged



Ball Tag

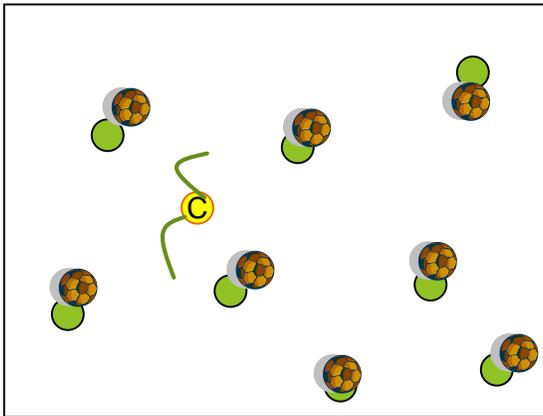
In pairs with a ball each- players try to tag their partners ball with their hand as many times as possible

The players now progress to trying to tag their partners ball using their feet

Finish the game with a larger group tag game. players can tag any ball with their feet while trying to prevent others from tagging theirs

- ✓ Tips- Coach the player the timing of when to turn away at the last minute

Week 6 Coach 4



The Octopus

Area 30x20

A coach holds two vests or this works better with 2 pool floaties

At first, perform the activity without the ball.

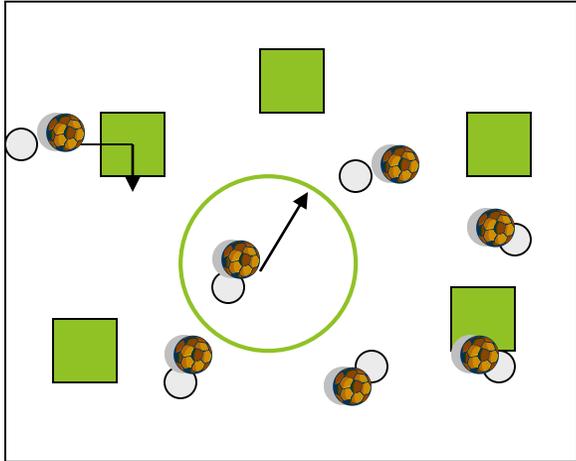
The coach moves around trying to tag the players

Player now have a ball and the coach tries to tag their ball with their tentacles

- ✓ Tips – player should dribble in open space and then turn away from the octopus



Week 7 Coach 1

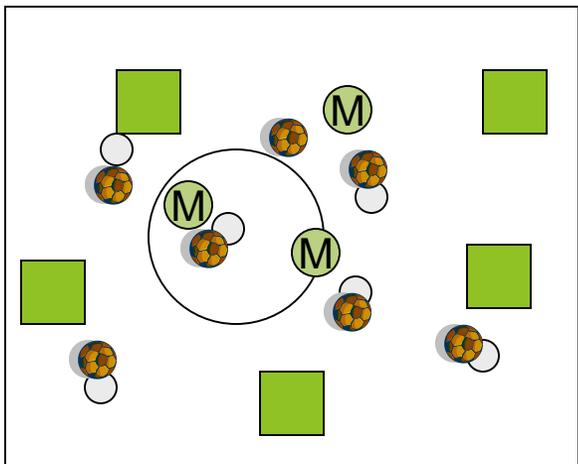


Monster Island

Area game field Randomly placed 3 yard houses and island in middle

Players have one ball each and are challenged to go into the island, collect fruit and return to a house 1st with hands with the ball as their basket

Add a monster and that cant leave the island



Progression

Add more monsters

Progression

Add monsters outside of the island, players are safe in houses

- ✓ Tips- be aware of monsters. Be ready to go fast across the island if you see space

Week 7 Coach 2



Crab Soccer

Area 20x15 split into 3 areas

Players try to dribble to the opposite side without the crab getting their ball

If the crab gets the ball they throw it away

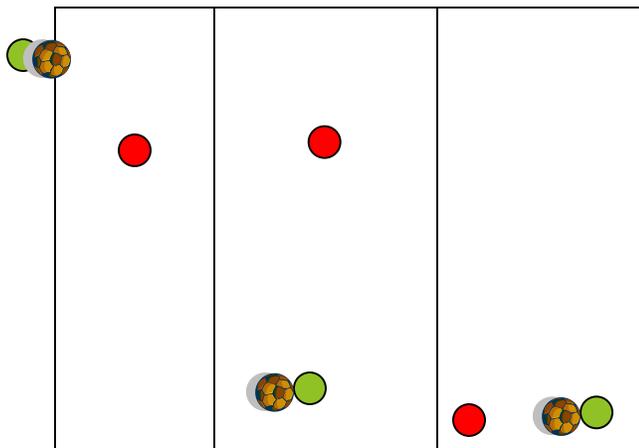
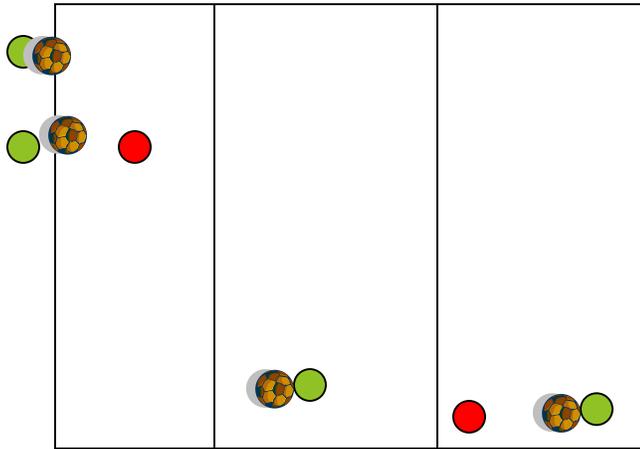
Start with one crab

Crabs can only move on their hands and feet

Progress to one crab in each area

If the crab gets the ball the dribbling player joins the crab team

- ✓ Tips – get ready to change speed and direction when confronted by the crab



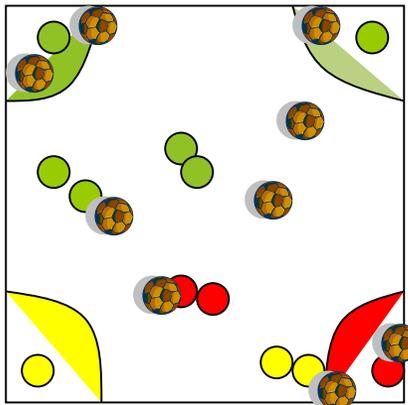
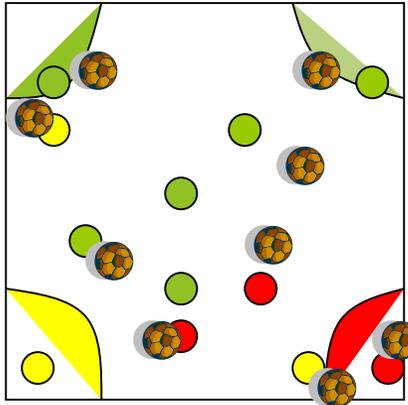
Week 7 Coach 3



Steal The Cookies

Area 20 x20 with 4 houses marked in the corners
Coach places all cookies (Balls) in the middle of the area.
Players race out and take as many cookies home as they can

When all cookies are gone out of the middle players can steal from other houses

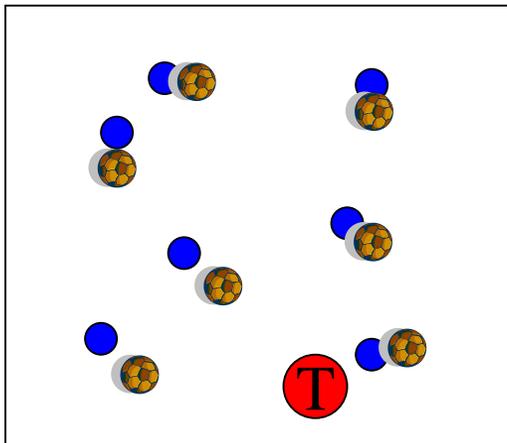
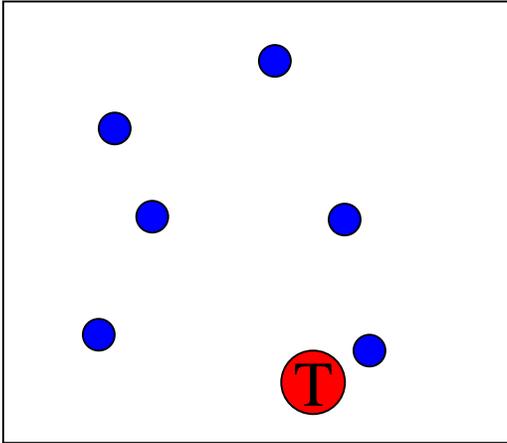


Progression

Allow players to use what ever they choose and make a plan
Progress to the coaches making all players use their feet

- ✓ **Safety Tip** players have a natural tendency to guard their balls- if a player wants a ball and there is a player in the house have them say please and thank you to get a ball given to them
- ✓ **Coaching tip** – have players with their heads up aware of how to get home safely

Week 7 Coach 4



Freeze tag

Area 30x20 start with coach tagger 1st

Players run around trying to avoid the Tagger. If they are tagged they must freeze and stand with their feet apart

To be unfrozen a team mate must crawl through their legs

- Everyone except the Taggers has a ball.
- The ball is carried in hands and taggers must tag the ball-to be unfrozen players must have a ball rolled through their feet
- Players must move the ball using their feet and the taggers look to tag the ball using their feet also

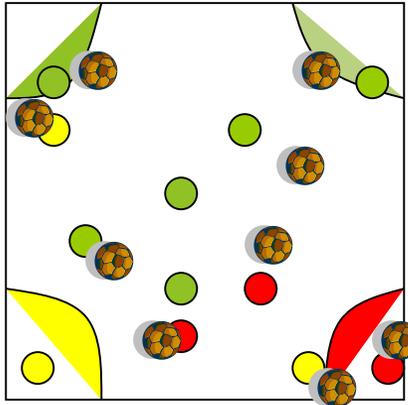
✓ Tips- dribbling and helping- head up



Week 8 Coach 1

Steal The Cookies- Team

Area 20 x20 with 4 houses marked in the corners
Coach places all cookies (Balls) in the middle of the area.
Players race out and take as many cookies home as they can



When all cookies are gone out of the middle players can steal from other houses

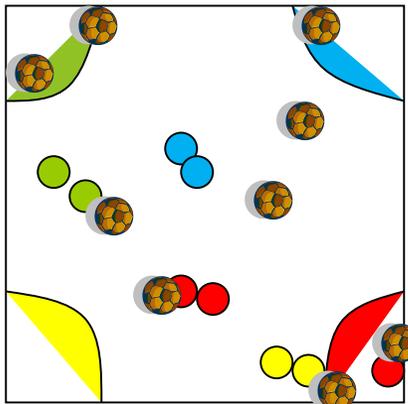
Progression – individual

1. Players must use their feet

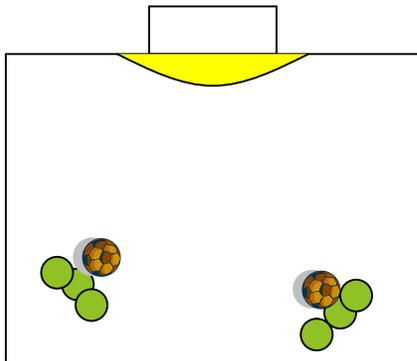
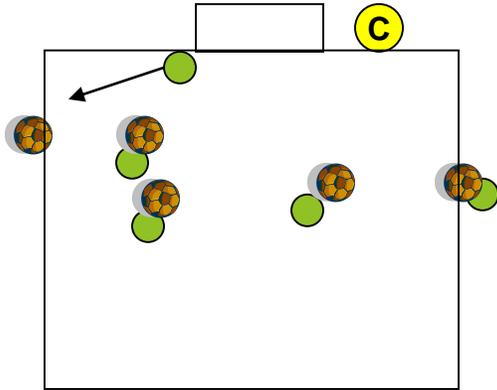
Progression - Team

Each player when going out must be connected with

1. Another team mate
2. The whole team



Week 8 Coach 2



Going to Goal

On one field

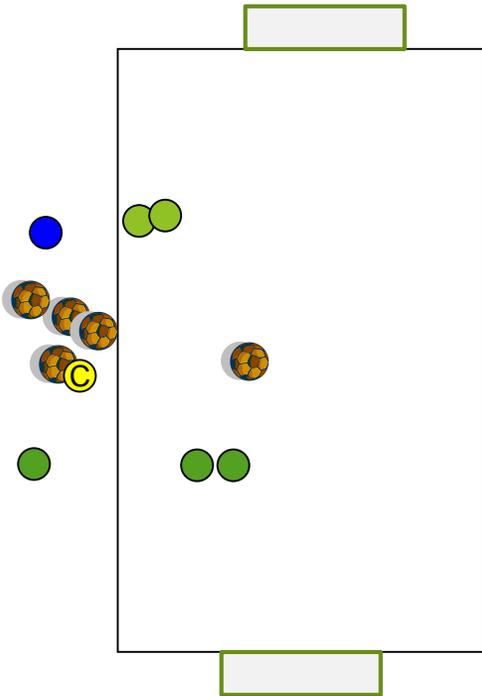
Each player has a ball and must score as many goals as possible

On scoring the coach throws the ball back onto the field

- Players must work in pairs with one ball staying connected to get the ball back to the goal
- Finish with the entire team that must stay connected trying to score as many goals as possible

✓ Tips – have the player make a plan of how they will get the ball back while working together

Week 8 Coach 3



Team Chain

In a 30x20 game field the players are paired up

When the coach passes a ball out they have to stay connected and get the ball into any one of the 2 goals

Progress to having this be in 3's

Progress to the players having to face different directions

Organization hint- the purpose of this game is to get the kids to work together, laugh together and play together and not worry about the competition. To do this at first start the practice with 2 balls being played out

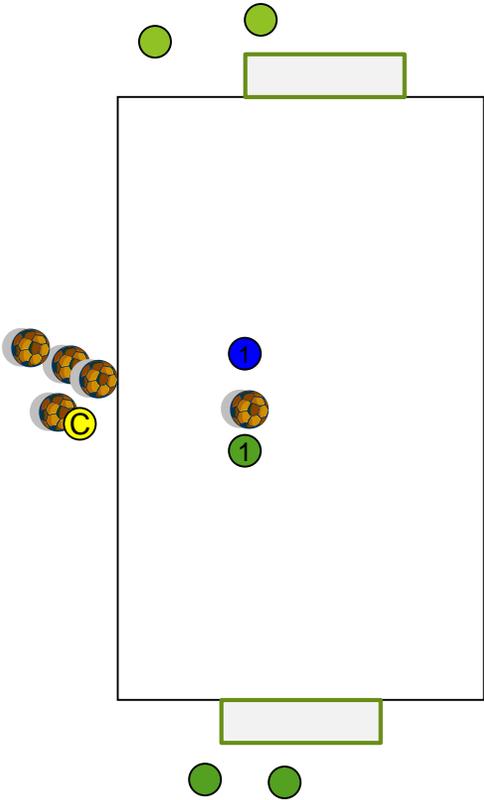
Play the game with multiple balls on the field

Then reduce as the players get more comfortable

✓ Tips – allow the teams to form a plan



Week 8 Coach 4



Farm Yard

In a 30x20 game field the players are divided up into 2 teams sitting behind the goal which is their farm

Each group has one of 3 animals

Dogs, cows, horses, chickens etc

When the farmer (coach) passes a ball and shouts out an animal two players come out and play to try and get the feed back to their farm

At first play with 2 balls allowing both players to score

Build up to 2v2

Tips – allow the teams to form a plan