

Kindergarten

You might be able to do some of these with 1st/2nd grade. Almost any kid's party game can be made into a soccer drill! Be creative. These kids need to work on basic coordination and movement, so as long as their moving and having fun, you're doing great!

1. Dribble around the square. Create a 10x10 square with cones. Players dribble around the outside of the square. Coach calls out:

- a) Head! - players stop and place their head on the ball.
- b) Elbow! - players stop and place their elbow on the ball.
- c) Foot! - players stop and place their foot on the ball.
- d) Sit! - players stop and sit on the ball.
- e) Reverse! - dribble in the opposite direction.

After the command, wait a few seconds (until everyone has it) then say Go! and they should resume dribbling. You can think of more fun moves for this one.

2. Red light/Green light - Kids line up against on side of the wall, each with a ball. Coach is near the other side wall, back to the kids. Call Green Light! all the kids start dribbling towards the opposite wall. Call Red Light! and spin around. Kids must stop, trap the ball with their foot and freeze. Anyone who is moving or who loses control of their ball must go back to the start wall. First player to reach the opposite wall wins).

3. Square dance with 2 squares listed in dribbling drills.

4. Sharks and Minnows (listed in dribbling drills).

5. Simon Says. Each child has a ball. Call out different things for them to do such as: dribble forward, dribble (drag) to the right (you should probably just point in the direction), foot trap, score a goal, etc. Remember Simon Says!

6. All shoot (they love this one). Put one coach (or older sibling) in goal. All the kids shoot at the same time! (You can do this one about 20 times in a row!)

7. Marco Polo. Just like the regular game except all kids must dribble a ball. The "Polo's" must keep moving.

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<http://www.and-again.com/drillgame/drgapage.asp?ID=56&pg=5>

8. Find the Coach - This drill is best for younger kids. Each player has their own ball and is spread out around the field (any size field larger than 20 X 20 yards will work). Each player gets on knees and places their forehead on the ball and closes their eyes. The coach moves to a far away area from the players and when in place blows the whistle to start play. The players must get up quickly from the ground (an important concept for 5-8 year olds) find the coach, and then dribble to the coach and shoot at him. The first one to have a ball strike the coach wins. In addition to keeping their head up while dribbling, this drill also teaches quickness shooting, and dribbling with a crowd. Most important the kids absolutely love this one. You can alter the drill by adding additional coaches, or having the coach move rather than a stationary position. Doesn't work well if field is wet or muddy.

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