



Team Name: 3-4 Year Old & Kindergarten/Grade 1 Soccer
 Practice Number: First Practice Ideas

Emphasis of the Day: Everyone feels Welcome!

Thought or Value of the Day: Be a great teammate. Give high fives, encourage each other!

TIME	DRILL/GAME	EMPHASIS
10 min.	Introductions (name game, etc.) Safety rules (no one leaves w/o parent, etc.)	Good time to have 'parent meeting'. Go over ways they can help, etc. This age group is a team effort!
5 min.	Warm ups: Stretches, dynamic warm ups (get the blood flowing!)	Importance of proper warm up before active play.
10 min.	Dribbling: Stationary: toe taps, R to L touches. Moving: half (full) court then back.	Keep ball close to feet (able to stop ball with foot on top of it). Soft touches!
5 min.	Water Break/Free shoot	Score some goals, engage with the kids, play, build relationships and have fun!
10 min.	Passing: Inside of foot for control. W/wall: right and left foot. W/partner or coach: pass, control, and pass back.	If more advanced, 1 touch passes back and forth. Emphasize controlled touches to partner.
5 min.	Shooting: Dribble up to goal. Pass then run to goal.	"Goal" touches!
15 min.	Game time!	Either a controlled scrimmage to introduce game rules, out of bounds, etc. or a game like Freeze Tag. Get them moving!
Wrap-Up	Quickly review skills taught.	"What was your favorite part of practice today?"

Notes: Players at this age will take some time to understand/develop soccer skills. Focus on players having fun with their new teammates and stick to the basics. As the season progresses you will see them grasping concepts and hopefully making new friends!