

## Valpo Parks Soccer Resources (5u – 7U)

Hello coaches! I have put together a document that contains some information that might come in handy during your first few practices. These are supplemental and suggested tips and tricks to navigate fundamental skills associated with 5u-7u soccer.

*It is important to remember that the kiddos on your team can only focus at 5 and 7 years old for about 15 minutes at a time. Keep your instruction short, simple, and to the point while also making it fun for the kids. We want them to take away some new skills by the end of the season, but also have a fun and rewarding experience. I have placed a few suggestions below for the first 4 weeks (**you do not have to do these if you feel they need practice with something else instead, these are just ideas to get you started!**)*

### Week 1: What is soccer?

- Start with learning everyone's names!
  - o Talk about how knowing everyone's names will help them with teamwork
- Stretches and warmups (5 – 7 minutes)
  - o It might be hard to get them to focus long enough to stretch, however, have them warm up by passing the ball back and forth to each other.
  - o Remind them that we do not kick it as hard as possible, but hard enough to get it to our teammates!
- After something constructive, do something exciting! (10 minutes)
  - o Line the kids up in 1 line and have them take turns scoring into the goal (if you do not have a goal where you are practicing, use cones to make a goal shape)
  - o Kids love affirmation that they are doing well, so make it fun!
- Have them get a drink!
- Lastly, play a game! (15 minutes)
  - o Simon Says
  - o Freeze tag
    - People who are not it have a ball)
  - o Treasure hunt
    - Set out cones or pennies randomly and have the kiddos go grab them while dribbling the ball and see how many “pieces of treasure” they can bring back to you.

### Week 2:

- Stretches and warmups (5 – 7 minutes)
  - o It might be hard to get them to focus long enough to stretch, however, have them warm up by passing the ball back and forth to each other.
  - o Remind them that we do not kick it as hard as possible, but hard enough to get it to our teammates!

- After something constructive, do something exciting! (10 minutes)
  - Have the kids line up and set up 4 cones in a line with about 5 feet in between them.
  - Have the kids practice with dribbling.
    - Remind them that we keep the ball close to us and don't kick it too far in front of us.
    - Have them go in and out of the cones and pass it to the next kid in line. Do this as many times as you feel necessary.
  - Kids love affirmation that they are doing well, so make it fun!
- Have them get a drink!
- Lastly, play a game! (15 minutes)
  - Simon Says
  - Freeze tag
    - People who are not it have a ball)
  - Treasure hunt
    - Set out cones or pennies randomly and have the kiddos go grab them while dribbling the ball and see how many "pieces of treasure" they can bring back to you.

### Week 3:

- Stretches and warmups (5 – 7 minutes)
  - It might be hard to get them to focus long enough to stretch, however, have them warm up by passing the ball back and forth to each other.
  - Remind them that we do not kick it as hard as possible, but hard enough to get it to our teammates!
- After something constructive, do something exciting! (10 minutes)
  - Line the kids up in 1 line and have them take turns scoring into the goal HOWEVER, they must dribble in between two cones first. This is combining the two other skills we have focused on the last two weeks.
  - You can even add in a pass back to the next person in line.
  - Kids love affirmation that they are doing well, so make it fun!
- Have them get a drink!
- Lastly, play a game! (15 minutes)
  - Simon Says
  - Freeze tag
    - People who are not it have a ball)
  - Treasure hunt
    - Set out cones or pennies randomly and have the kiddos go grab them while dribbling the ball and see how many "pieces of treasure" they can bring back to you.

## Week 4:

- Stretches and warmups (5 – 7 minutes)
  - It might be hard to get them to focus long enough to stretch, however, have them warm up by passing the ball back and forth to each other.
  - Remind them that we do not kick it as hard as possible, but hard enough to get it to our teammates!
- After something constructive, do something exciting! (10 minutes)
  - For this week, we are going to focus on more logistical skills.
    - Offense and defense
      - Make sure to talk about offense being a time where we are trying to score and passing the ball to our teammates and defense being a time where we are trying our best to not let the other team score.
  - Play Coach Keep Away
    - Have the players try to stop you from scoring the ball.
      - Kicking it away from you, guarding the goal, etc.
  - Kids love affirmation that they are doing well, so make it fun!
- Have them get a drink!
- Lastly, play a game! (15 minutes)
  - Simon Says
  - Freeze tag
    - People who are not it have a ball
  - Treasure hunt
    - Set out cones or pennies randomly and have the kiddos go grab them while dribbling the ball and see how many “pieces of treasure” they can bring back to you.