

SOCCER SKILL GOALS

U4	
TEAM WORK	<ul style="list-style-type: none"> *Finding another team mate, tag them and exchanging balls *Standing in a circle holding hands– playing hot potato with the ball using feet *Follow the leader - like Simon says -
MOVEMENT WITH BALL	<ul style="list-style-type: none"> Foot – walking with the ball, kicking the ball and chasing it *Use parents? Have the parents chase their kids with the ball.
SHOOTING	<ul style="list-style-type: none"> Aiming to put ball to a target (net or parents foot) *Have kids shoot between parents’ legs (parents randomly on field) once they get the ball between their legs, they must crawl under them.
KICKS – FOR PURPOSE OF PASSING	<ul style="list-style-type: none"> Stop ball, kick the ball (2 step instructions)
TAKING THE BALL AWAY	<ul style="list-style-type: none"> Get the ball from your parents/the coach/ or even the boys versus the girls/and put the ball in the net, go get another one.
FIELD RECONITION	<ul style="list-style-type: none"> Warm up by running the perimeter of the field

Really try to reinforce FEET ONLY, NO HANDS ALLOWED.

Kids will be easily distracted.

Use whistles and use frequent breaks.

Not everything you do will be related to soccer.

Kids need to “PLAY” and recognize that they are on a team because they are wearing the same colour as the other kids.

TRY to keep all instructions to a 2-step explanation. That could change by the end of the season.

SOCCER SKILL GOALS

U6	
TEAM WORK	One ball passing to every player
HOW TO USE FOOT ON THE BALL TO PASS (both feet)	Inside middle foot, to middle of ball – touches with and without full contact
PASSING	Close passes, longer passes – use cones to gauge distance.
SHOOTING	Practice target shots – any way – just to aim for targets (net)
HOW TO THROW A BALL	Start teaching throw in's, feet stuck to the ground
MOVEMENT WITH BALL	Running with the ball
TAKING THE BALL AWAY	Only give 4 kids a ball, the other kids must try and take it away and try to keep it now. Give all kids a ball, they must keep their ball while trying to kick away other kids balls. (Do this in a controlled circle with cones.
PASSING THE BALL, THEN RUNNING TO TRY AND GET OPEN TO GET IT BACK	Give and go – pass ball to team, run ahead, have the ball pass back

SOCCKER SKILL GOALS

U8	
TEAM WORK	One ball passing to every player, follow through pass (going where the ball was passed to)
HOW TO USE FOOT ON THE BALL TO PASS (both feet)	Inside middle foot, to middle of ball – touches with and without full contact
PASSING THE BALL	Short passes, long passes, using both feet – changing direction with the ball
SHOOTING	Practice target shots – any way – just to aim for targets (net) – Shooting “on the fly”
HOW TO THROW A BALL	Start teaching throw in’s, feet stuck to the ground, and starting to learn to follow ball once thrown in to open
MOVEMENT WITH BALL	Running with the ball and then passing into the scoring zone, or ahead of where someone is going (not right at them)
DEFENCE WALL	How to stay between the goalie and other teams’ offence – kicking ball out to the side as defensive move.
DEFENCE BALL CONTROL	Keeping your body between the ball and the other player trying to get the ball.
GOALIE RULES – RETREAT LINE (what is it and how to do it)	Big kicks (on the ground), the rules of the Goalie crease, how to position themselves in the net area, catching the ball with your hands on the ground and in the air (arms/ball to body).
PASSING THE BALL, THEN RUNNING TO TRY AND GET OPEN TO GET IT BACK	Give and go – pass ball to team, run ahead, have the ball pass back
STARTING TO UNDERSTAND POSITIONING	What is offence, what is defence, how to help on the field, putting the ball up the sides, and kicking out to the sides for defence.

SOCCKER SKILL GOALS

U10/U12	
TEAM WORK	One ball passing to every player, follow through pass (going where the ball was passed to)
HOW TO USE FOOT ON THE BALL TO PASS (both feet)	Inside middle foot, to middle of ball – touches with and without full contact – tick tocks inside and outside foot as well as pulls.
PASSES	Short passes, long passes, left foot, right foot, pass and go, receiving passes – changing direction.
SHOOTING / CORNER KICKS	Practice target shots – any way – just to aim for targets (net) – Shooting “on the fly”, corner kick set up (2 steps back, 2 to the side)
POSITIONING FOR CORNER KICKS	Starting points and how to run towards the play. Keep moving at all times – lead other teams defense away then sprint to open middle.
HOW TO THROW A BALL	Confirming how to do throw in’s, feet stuck to the ground, throw straight over head, and starting to learn to follow ball once thrown in to open up (best done down the line).
MOVEMENT WITH BALL	Running with the ball and then passing into the scoring zone, or ahead of where someone is going (not right at them)
SCORING WHILE RUNNING	Running with the ball and shooting, or having a pass and shooting doing a “one timer”
TRAPPING A BALL THAT IS IN THE AIR	With your feet, trapping the ball and passing back.
HEADING A BALL	Starting to feel what it is like to head a ball. Where on the head, and/or absorbing the ball with the chest/stomach area. Control and then passing.
DEFENCE WALL	How to stay between the goalie and other teams’ offence – kicking ball out to the side as defensive move. Passing the ball ALWAYS down the line!
DEFENCE BALL CONTROL	Keeping your body between the ball and the other player trying to get the ball.
GOALIE RULES – RETREAT LINE (what is it and how to do it)	Big kicks (on the ground and drop kicks), the rules of the Goalie crease, how to position themselves in the net area, catching the ball with your hands on the ground and in the air (arms/ball to body).
PASSING THE BALL, THEN RUNNING TO TRY AND GET OPEN TO GET IT BACK	Give and go – pass ball to team, run ahead, have the ball pass back – FOLLOWING THROUGH!!
STARTING TO UNDERSTAND POSITIONING	What is offence, what is defence, what is midfield, how to help on the field, putting the ball up the sides, and kicking out to the sides for defence.
POSITIONING – TRIANGLES	Finding triangles on the field so there is always an open player – triangle passing games -
DOING FAKES AND FAST FEET	Practice faking moves to trick the players, and close to foot movements over and around the ball.

BONUS – ADD Pulling Defence out of position, because they will follow you, so that you can sprint into the play where there will be an open area to get the ball.