

# SOCCER SKILL GOALS

<b>U5</b>	
TEAM WORK	<ul style="list-style-type: none"> <li>*Finding another team mate, tag them and exchanging balls</li> <li>*Standing in a circle holding hands– playing hot potato with the ball using feet</li> <li>*Follow the leader - like Simon says -</li> </ul>
MOVEMENT WITH BALL	<ul style="list-style-type: none"> <li>Foot – walking with the ball, kicking the ball and chasing it</li> <li>*Use parents? Have the parents chase their kids with the ball.</li> </ul>
SHOOTING	<ul style="list-style-type: none"> <li>Aiming to put ball to a target (net or parents foot)</li> <li>*Have kids shoot between parents’ legs (parents randomly on field) once they get the ball between their legs, they must crawl under them.</li> </ul>
KICKS – FOR PURPOSE OF PASSING	<ul style="list-style-type: none"> <li>Stop ball, kick the ball (2 step instructions)</li> </ul>
TAKING THE BALL AWAY	<ul style="list-style-type: none"> <li>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.</li> </ul>
FIELD RECONITION	<ul style="list-style-type: none"> <li>Warm up by running the perimeter of the field</li> </ul>

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.