



Lil' Strikers 2022 Coaching Sessions

Goal: Advance the players' emotional and physical development through play.

► Objectives:

- 1) Teach the players the fundamental aspects of the game and basic terminology, while reinforcing the joy that comes from sport

Pass, Shoot, Dribble, Space,
Defend, Attack, Control

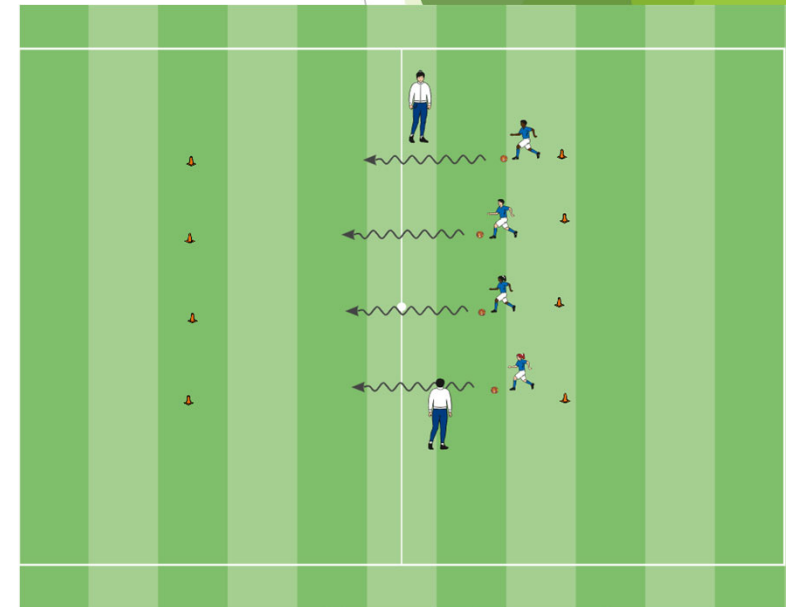
- 2) Help develop motor skills that are appropriate for children between 4-6 years old

Control, Using different parts of
both feet, Balance



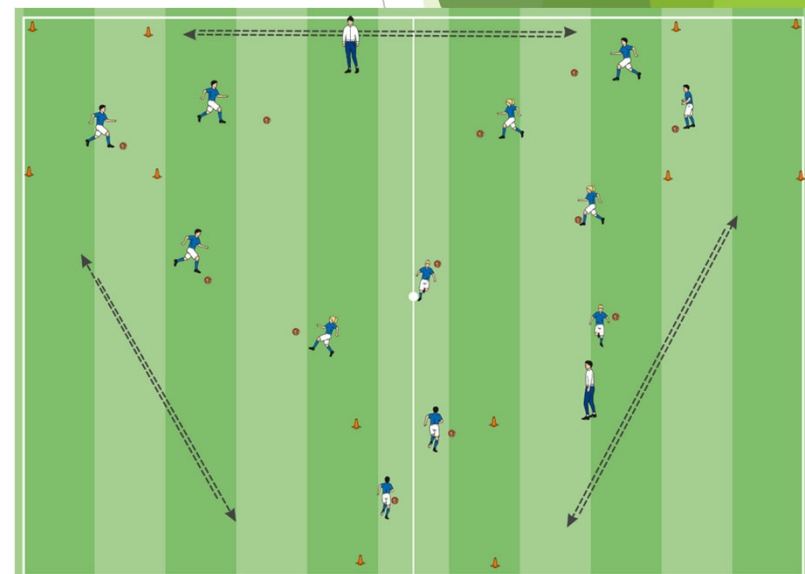
Week 1: Dribbling

- ▶ Walk the dog: (10 mins)
- ▶ Goals: Keeping the ball close.
- ▶ Setup: Create a line of cones for a start and a line of cones as an end. You can start with the lining half the field and then move the cones if the players seem to be getting the hang of it.
- ▶ Game: Have the players stand in a straight line and ask them to pretend they just got a new soccer ball puppy. (You can ask some of the players to tell what they might name it). Then have the players touch the inside of their cleats (from about their arch to their toes). Let them know this is where we want the puppy to be when we move him/her. Have the players slowly and carefully move their puppy from the start to the finish. When you say, “fire hydrant!” the players should put their foot onto the top of the ball to stop it. Do this again, but have the players touch the inside and outside of their favorite foot. If the players seem more advanced, make your self the dog catcher and try and get their puppy.
- ▶ Questions:
 - ▶ What happens if our puppy is far from us? (It might get lost)
 - ▶ What should we do to make sure our puppy doesn’t run away? (keep it close to us)



Week 1: Dribbling

- ▶ Jake and the Neverland Pirates: (10 min)
- ▶ Goals: Keep the ball close. Heads up.
- ▶ Setup: Create 3 “ships”. Make them Wide enough that the players can fit in them, but small enough that they can be spaced out for the players movements.
- ▶ Game: Label the ships after the characters the players know, “Izzy’s Ship”, “Jake’s Ship”, “Captain Hook’s Ship”. When you call out the name of a ship, have the players move their treasure (dribble the ball) across the ocean from one ship to another. When they arrive at their ship tell them to shout “A-Hoy!”. After they’ve done this a couple times, add “Captain on deck”, where the players need to put their foot on their ball wherever they are, and give you their best “arrrrrr”.
- ▶ Questions:
 - ▶ If the captain told us to get to a new ship, do we want to take our time in the ocean? (move as fast as we can)
 - ▶ How can we protect our treasure while we’re moving between ships? (keep the ball close)



Week 1: Dribbling

► I Can Drive! (10 Min)

► Goals: Keep the ball close. Keep your head up

► Setup: Using all available cones, create 6 intersections. Set the cones about an arms length apart.

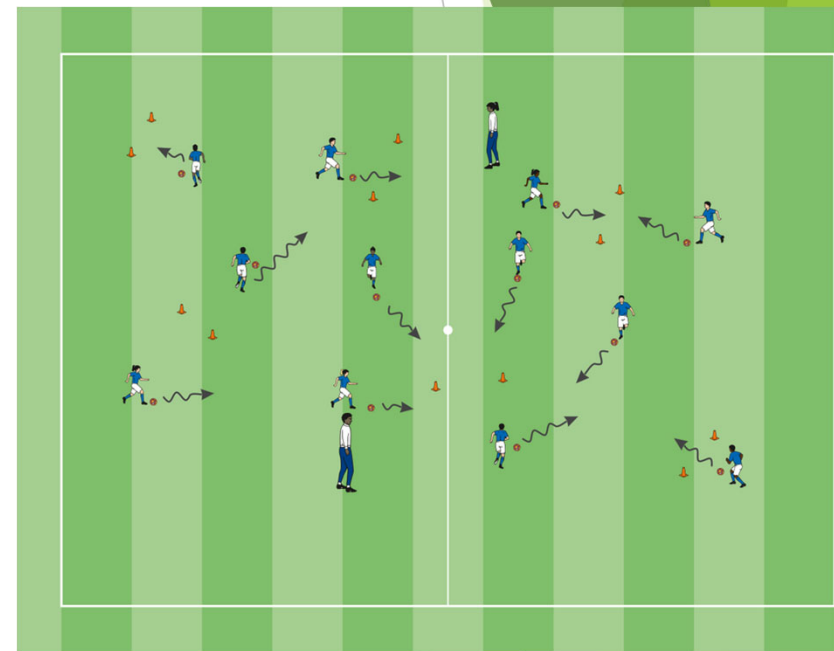
► Game: Each child will start with a ball and will dribble the ball through the different intersections. When you say, “There’s a dead end!” The players should stop the ball and go in a different direction. For the second round, introduce 1-3 gears depending on the players skill level(slow, medium, fast). Encourage them to make car noises, honking horns, brake screeching, etc.

► Questions:

► When we drive what do we look for on the road? (other cars, people, animals, etc)

► What do we do when we see another car or something in our way? (stop or go in another direction)

► Does our car always go the same speed? (no)



Week 2: Awareness and Movement



► A Trip to Troll Village (10 Min)

► Goals: Controlling the body and transitioning from movement to ball control

► Setup: 5-6 “trees” using cones, keeping them far enough for the players to run in between 2-3 yards. Then setup two cones for the players to jump over. Create two obstacles for the players to jump over. For the youngest/smallest players, you can lay the cones sideways. At the end of your course, setup two cones for the players to cross with their ball. Once the players have cleared the second hurdle, they should immediately get the ball and dribble it across the finish line.

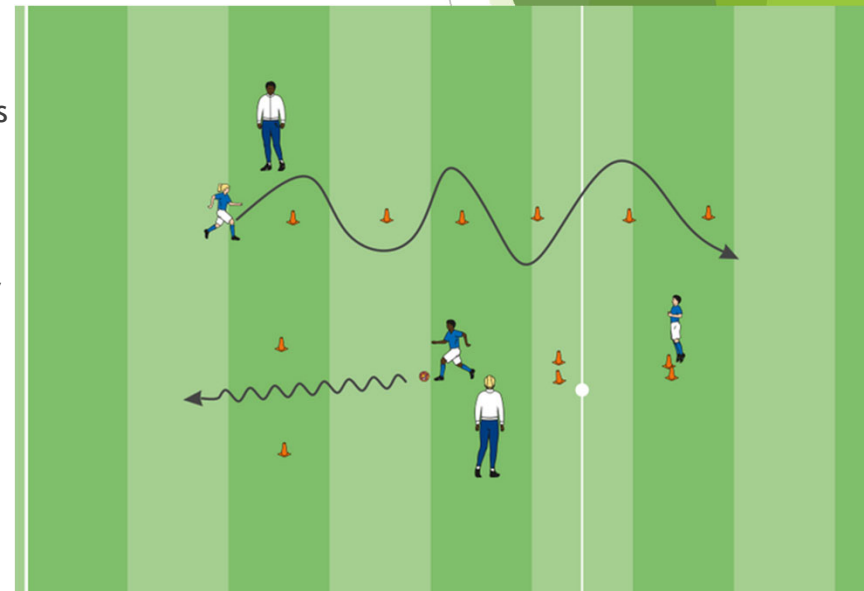
► Game: It’s time to visit Branch and Queen Poppy in Trolls Village for a party! In order to get there, we have to move through the forest trees, jump over the fallen logs and holes and make our way to the village. We can’t get there without a treat though! Bring your soccer ball cupcake with you!

► Questions:

► In order to get through the forest, do we need to turn our whole body sideways?

► What are some different ways to get over the cones? Can we jump with two feet? One foot?

► If we want to get our cupcake and get to the village for the party, should we go fast or slow?



Week 2: Awareness and Movement



► I Can Score! (10 Min) (Modified I can drive)

► Goals: Keep the ball close. Keep your head up. Move to open space

► Setup: Using all available cones, create 6 intersections. Set the cones about an arms length apart.

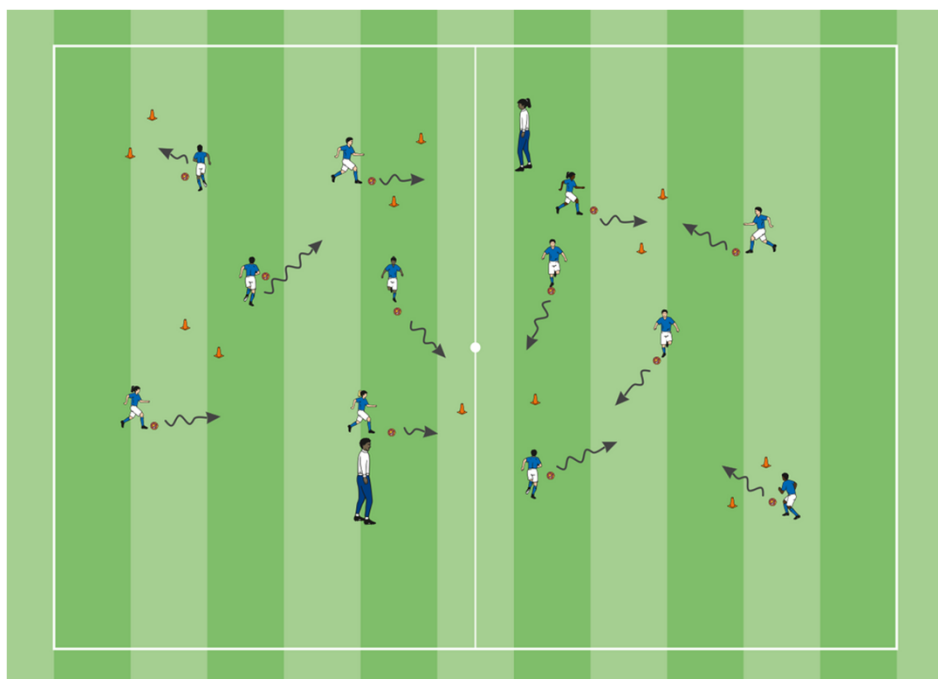
► Game: Each child will start with a ball and will dribble the ball through the different intersections. When you say, "There's a dead end!" The players should stop the ball and go in a different direction. For the second round, introduce 1-3 gears depending on the players skill level(slow, medium, fast). Encourage them to make car noises, honking horns, brake screeching, etc.

► Questions:

► When we drive what do we see on the road? (other cars, people, animals, etc)

► What do we do when we see another car or something in our way? (stop or go in another direction)

► Does our car always go the same speed? (no)



Week 2: Awareness and Movement



► Freeze Tag (10 Min)

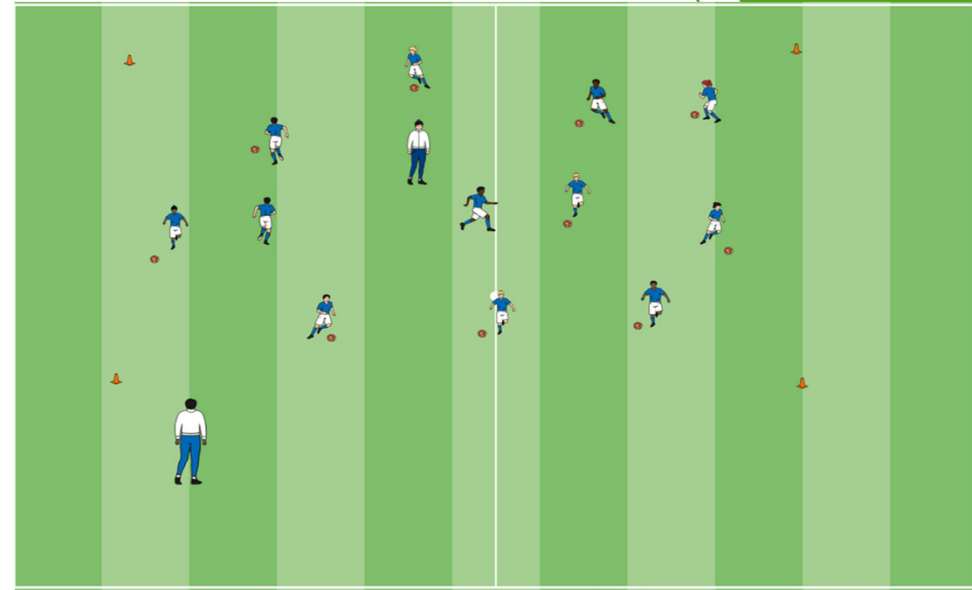
► Goals: Keep your head up. Move to Open Space. Be aware of your surroundings.

► Setup: Create a 20yard x 20yard grid.

► Game: In the grid, pick a player to be it. The other players need to move around the space without getting tagged. If they get tagged, they need to stop, and then do 10 toe touches to melt the ice. Swap the players out frequently so everyone can have a turn.

► Questions:

- How do we know if someone is coming to tag us?
- Should we run towards them or away from them?
- How do we do a toe touch?



Week 3: Passing/Receiving

►Cone Bowling (10 Min)

►Goals: Accuracy. Control.

►Setup: 12 cones should be spaced through out the field.

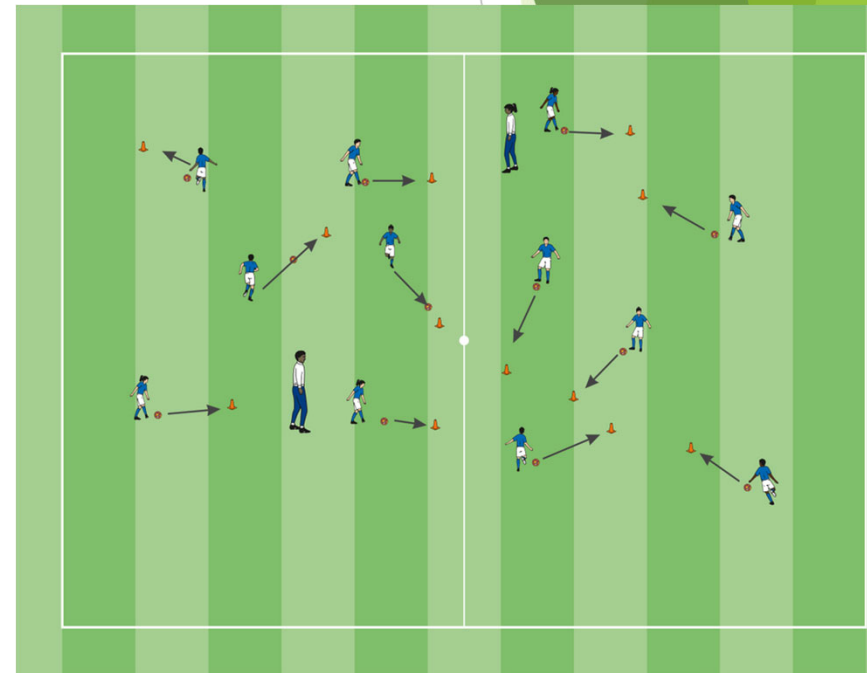
►Game: Let's go Bowling for cones! Players need to work their way around the field getting close to a cone and knocking it over with their ball. Kick the ball too hard and it will miss the cone. Knock over the cone and get a strike! Players should pick up the cone once they knock it over and look for another cone. Coaches can help resetting the cones. Gather the players together and get them to tell you how many strikes they got. Try again and see if they can beat their record!

►Questions:

►Is it easier to knock the cone down when you're closer or farther from it?
(Closer)

►What happens if we kick the ball as hard as we can?

►What happens if I kick the ball too soft?



Week 3: Passing/Receiving



► Star Wars (10 min)

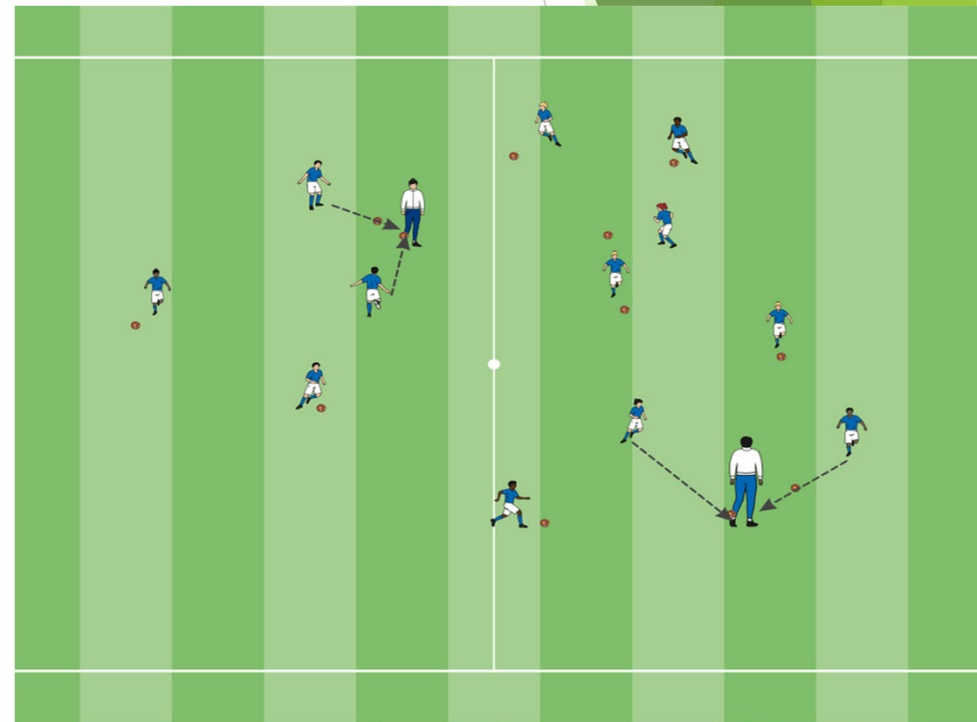
► Goals: Accuracy. Control.

► Setup: No Cones Req.

► Game: Darth Vader (or any other Star Wars character you choose) has come to stop the Rebels. The Players must use the Force to stop him! The coach should move around the field chasing and running from the players. Players should try and have the ball hit the coach below the knee. Parents can be brought in if needed to add additional targets for the players.

► Questions:

► How can we be sure we don't miss and hit our fellow Rebels?
(Keeping our heads up, getting closer to the target)



Week 3: Passing/Receiving



► Pass the Egg! (10 min)

► Goals: Controlled Passing. Receiving the ball.

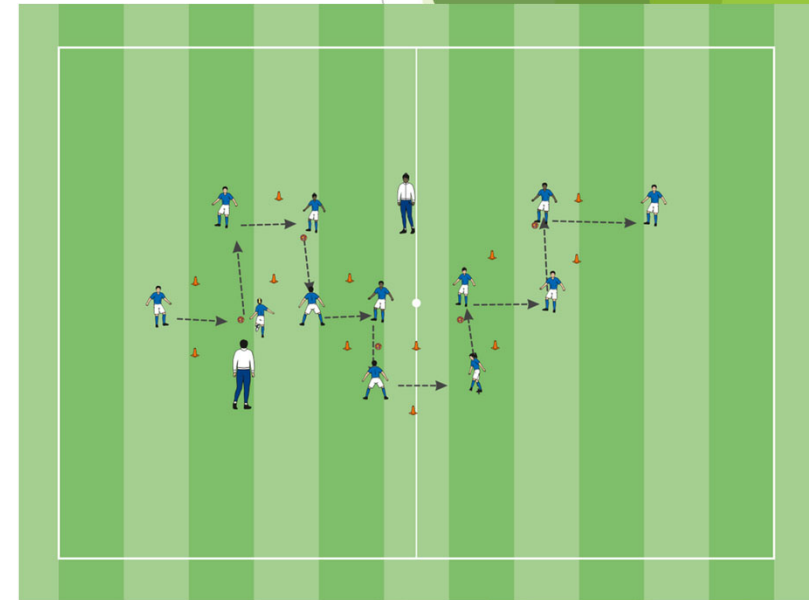
► Setup: Create 6 gates using your 12 cones. Set a Player on each side of the cones. Because of the number of cones you will need to create a zig zag pattern.

► Game: The chicken has lost her egg! We need to move the egg from one side course to the other. We want to get it to her as fast as we can, but we don't want it to break. Let's see how fast we can get it to her. For an added challenge, you can add more than one egg.

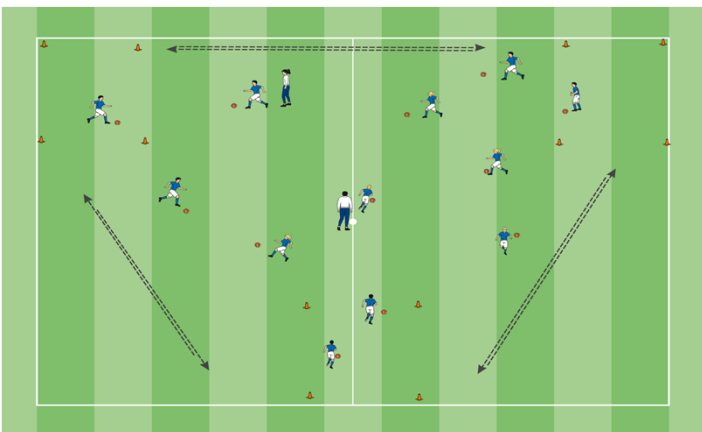
► Questions:

► If we pass the egg too hard, what might happen?

► How can we be sure our partner gets the egg without losing it?



Week 4: Defending: Protecting the Ball



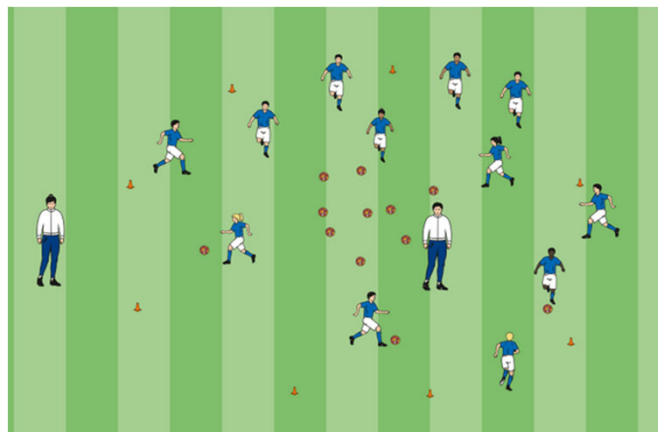
Island Hopping with Moana and Maui: (10 min)

Goals: Keep the ball close. Use your body to defend the ball. Heads up.

Setup: Create 3 "islands". Make them Wide enough that more than one player can stop in them. The coach will start off as Maui.

Game: Moana and her friends are bringing coconuts to different islands, but Maui wants to play a joke on them and knock their coconuts away. Players will start on different islands and try to move from place to place. If their ball gets kicked away, then they must join Maui and try and kick away the ball from other players. The islands are safe zones. The goal is to last as long as possible without losing your ball.

Questions: If Maui is in the way of one of the islands what should we do? (move as fast as we can) How can we protect our coconut while we're moving between islands? (keep the ball close, use our body to shield the ball, be aware)



Dragon's Treasure: (10 min)

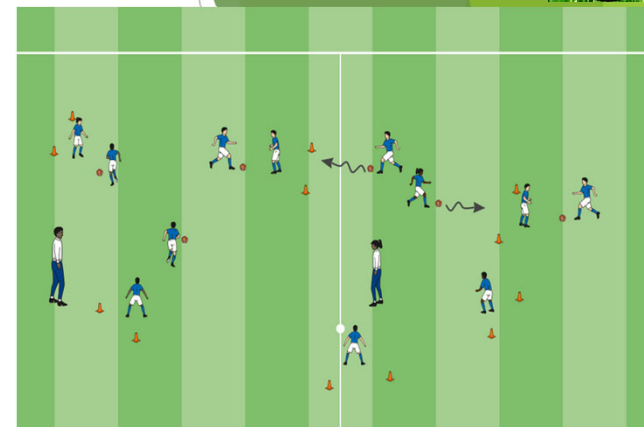
Goals: Collecting a loose ball and moving away from pressure

Setup: Create a large ring/box with cones and place all the player's balls in it. Start with one defender in the grid, the others will be outside Game: The dragon has stolen all the balls and put them in his/her nest. The players need to get into the nest and get the balls away from the Dragon who is going to try and collect the balls and bring them back to the nest.

Questions:

How can we avoid the dragon?

How can we be sure we don't run into our friends?



Protect the Ball! (10 min)

Goals: Defensive Awareness. Player Movement

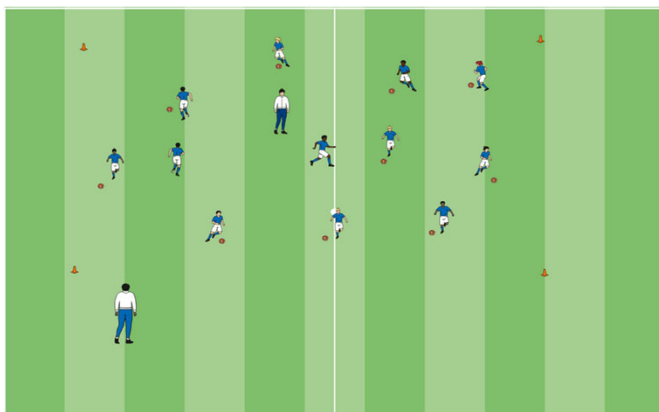
Setup: Create 6 goals. Half the players will be defending the goals, and the other half will be trying to score.

Game: The Players want to try and score as many goals as possible. The defenders are trying to protect their goals. Players can score passing the ball through either side of the cones.

Questions:

Defenders, can we only look in one direction? Do we want to stand still? Goal scorers, do we want to always come on the same side as the defender? Can we be sneaky?

Week 5: Ball Control, Change Directions



Freeze Tag (10 Min)

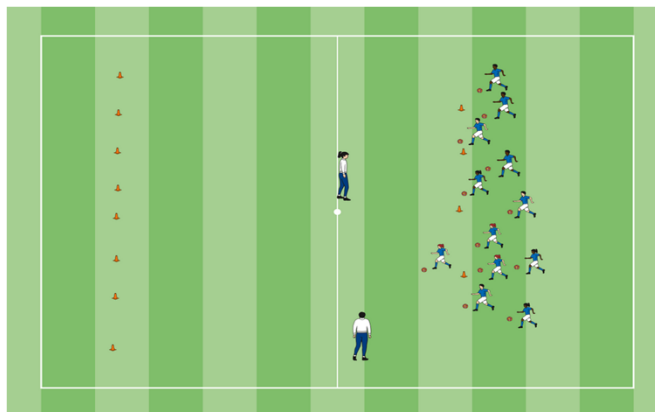
Goals: Keep your head up. Move to Open Space. Be aware of your surroundings.

Setup: Create a 20 x 20 grid.

Game: In the grid, pick a player to be it. The other players need to move around the space without getting tagged. If they get tagged, they need to stop, and then do 10 toe touches melt the ice. Swap the players out frequently so everyone can have a turn.

Questions:

How do we know if someone is coming to tag us?
Should we run towards them or away from them?
How do we do a toe touch?



Sharks and Minnows: (10 mins)

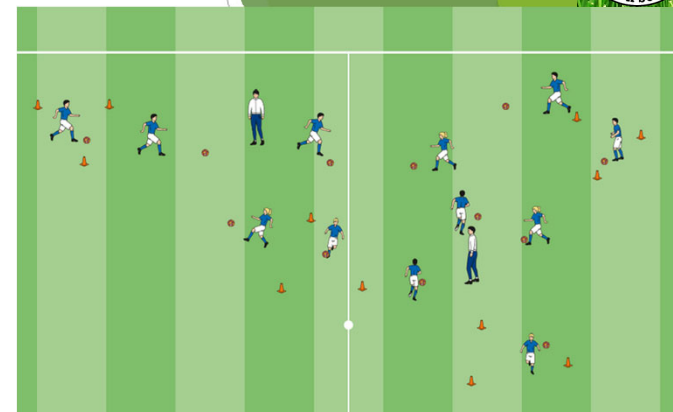
Goals: Keep the ball close. Change Direction

Setup: Create a line of cones for a start and a line of cones as an end. Game: Players are the minnows, looking to swim in the ocean. The coach should be in the middle of the field and act as the shark. When the coach says, "Fishy Fishy come swim in my ocean" players should start to dribble to the other side of the field. If the coach kicks the ball away from them, they become sharks. The game continues until there are no more minnows left

Questions:

When trying to avoid the shark, what are some things we can do to protect our ball?

Are we most likely to lose the ball when it is far away from us, or closer to us?



101 Dalmatians: (10 min)

Goals: Keep the ball close. Heads up.

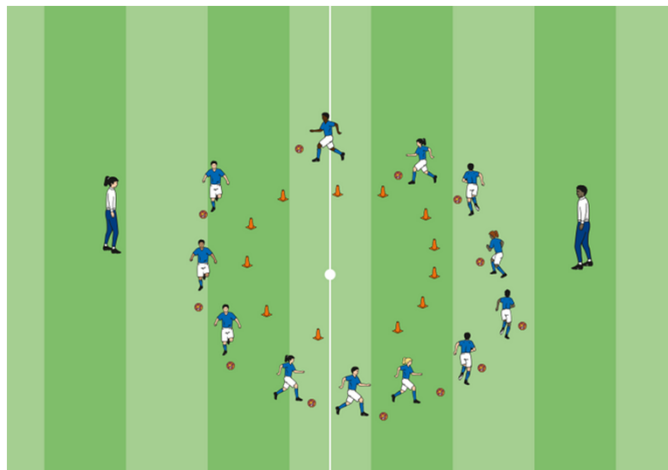
Setup: Setup 4 triangles on the field using the available cones. The players will need to move from triangle to triangle and stopping the ball in each triangle zone.

Game: The players all have puppies that they need to rescue. Each time a player dribbles into a triangle zone and stops the ball, it counts as one puppy rescued. The coach is trying to catch the puppies and stop players from getting to the different rescues. See if you can get to 101 rescues!

Questions:

If the dog catcher is in front of one of the rescues, what should we do?

Week 6: Possession



U4 - U6 WEEK 6 POSSESSION: OCEAN ADVENTURE:

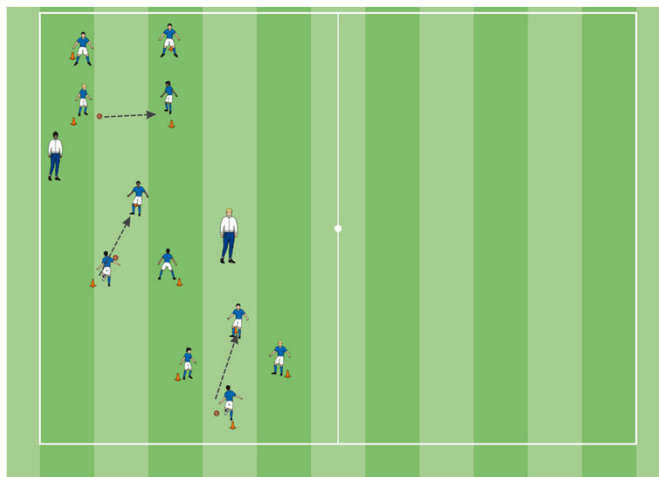
Goals: Keep control of the ball. Be able to change direction and speed.

Setup: Create circle for the players to dribble around

Game: The players are traveling across the ocean. When the winds pick up, they should be dribbling faster. When the winds die down, they should dribble slowly. When there is a Hurricane, they should be dribbling backwards. The Coach will call out the weather, Windy, No Wind, Hurricane. Coaches can add additional weather patterns if they wish (i.e. Bumpy seas = Toe Touches).

Questions:

- 1) Does a ship go so fast that it loses control?
- 2) what are some ways we can avoid others when a Hurricane makes us go backwards?
- 3) If there's another boat in front of us, how can we avoid running into them?



U4 - U6 WEEK 6 POSSESSION: SOCCER IS SHAPES

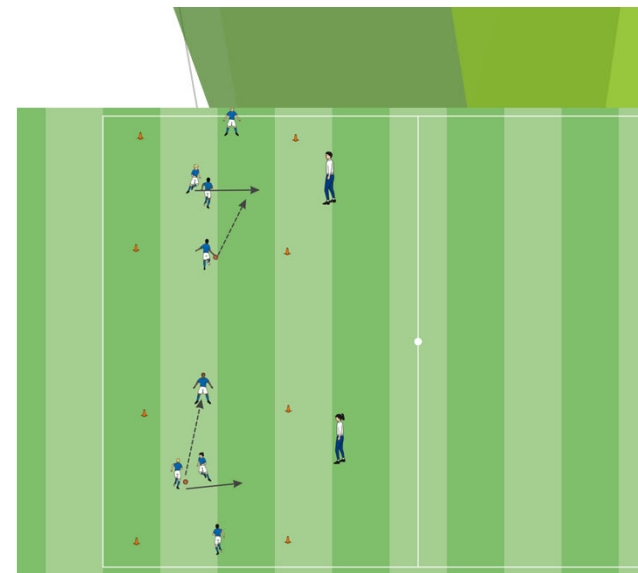
Goals: move the ball quickly between all players. Recognize the shapes in the game.

Setup: Based on the number of players setup a couple different shapes, a square, triangle, pentagon, diamond, etc

Game: Have the players stand on a cone in a shape. They need to pass the ball to another player along the points of the shape. Then move to the next point and do it again. once the shape is finished, they'll go to another shape.

Questions:

- 1) What shapes do we see?
- 2) Are we all standing right next to each other or are we spaced out to make the shape?
- 3) Do you think we can make these shapes without cones?



U4-U6 POSSESSION: 1 V 1 WITH A WALL

Goal: Players pass and move to receive another pass

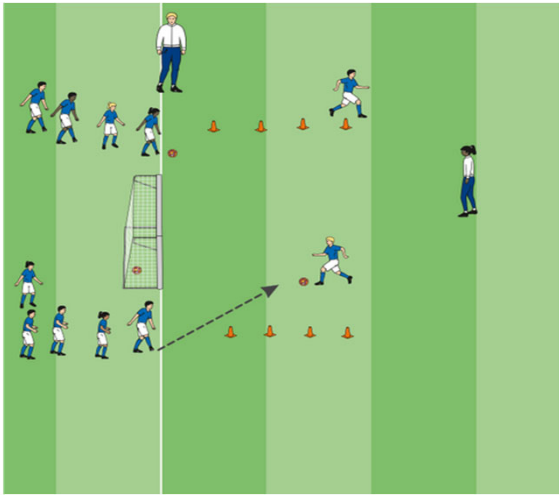
Setup: Create a few grids suitable to the number of players. Players will play 1 v 1 and use players on the outside for give and go passing

Game: A player will get the ball and make a pass to a player standing on the outside. That player should receive the ball and try and make a pass back to the player while they're moving. Once the player receives the ball they dribble to an open space and leave it. The defending player then gets the ball and does the same thing. Rotate the players out after both players in the middle are done.

Questions:

- 1) How do we get away from a player who is blocking us?
- 2) When we make a pass to our teammate should we pass to where they are or where they are going to be?

Week 7: Shooting/Attacking

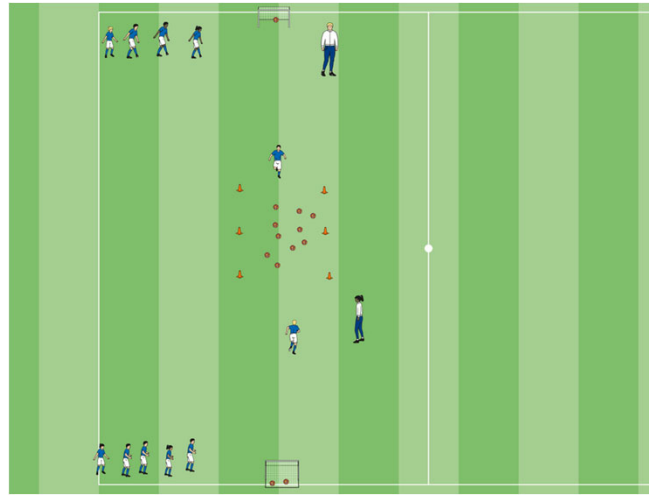


Goals: Receive the ball from a pass. Accurately shoot the ball

Setup: Divide the Players up into two lines on opposite sides of a goal. Set a line of cones you want the kids to run around.

Game: When the coach says "Go!" the first player in each line will run around the cones and head towards goal. Their teammate with the ball should make a good pass to the player, who will then kick it into the net. The player then runs and touches the goal post, which lets the next player go.

Questions: 1) How can we be sure our teammate can shoot the ball? 2) Where on our feet should we try and kick the ball when we shoot? 3) What should we do if we don't think we can shoot the ball right away?

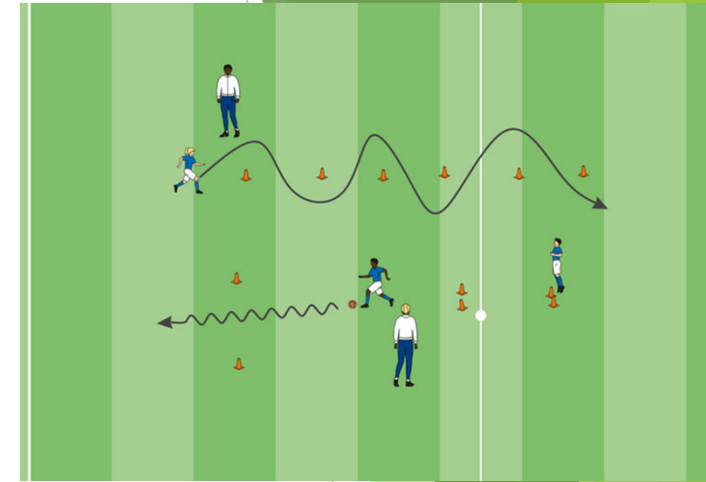


Goals: Shoot from a dribble

Setup: Divide the Players up into two teams. Setup a square in the middle of the field and fill it with balls

Game: When the coach says "Go!" the first player in each line will run to the square, get a ball and run back towards the goal to shoot. Once that player scores, then next player goes. The team with the most balls in the goal once all balls are missing wins.

Questions: 1) How can we be sure to get our ball in the goal? 2) Where on our feet should we try and kick the ball when we shoot?



Goals: Controlling the body and transitioning from movement to ball control

Setup: 5-6 "trees" using cones, keeping them far enough for the players to run in between 2-3 yards. Then setup two cones for the players to jump over. Create two obstacles for the players to jump over. For the youngest/smallest players, you can lay the cones sideways. At the end of your course, setup a ball for players to shoot

Game: It's time to visit Branch and Queen Poppy in Trolls Village for a party! In order to get there we have to move through the forest trees, jump over the fallen logs and holes and make our way to the village.

Questions: 1) In order to get through the forest, do we need to turn our whole body sideways? 2) What are some different ways to get over the cones? Can we jump with two feet? One foot?