



Wheatland Athletic Association

Coach Handbook for Kindergarten Soccer

Revised March 2015

Welcome to Wheatland Athletic Association Soccer! We are happy that you chose our program for your Kindergartener. Wheatland's philosophy is to progressively develop children's skills by offering instructional programs for all age levels. As they develop, the children are taught the value of good sportsmanship and teamwork. Our intent is for children to have FUN and to enjoy the sport they play while learning the character building lessons that come from participating in team sports. Especially at the Kindergarten level, the philosophy and environment should be non-competitive, where winning is not the goal. Our goal is for the children to have fun, learn something new, and have a positive experience!

The Kindergarten soccer program will be lead and supervised by an experienced and knowledgeable soccer trainer. The six week program will include group training, team training and games. This handbook is meant as a guide for coaches and parents. Additional games and skills may be added as time allows.

Equipment needed: A WAA reversible jersey (available in WAA office for \$15), athletic shorts or pants, shin guards, socks to cover shin guards, gym shoes or rubber cleats (no metal cleats), a size 3 soccer ball.

All teams will gather at the field and should warm-up prior to the start of training. Basic stretching and jogging in place are suggested. Please remind your children to be courteous and listen to their trainers and coaches. Group training will last 5-10 minutes. Teams will break out for practice. Games to be used during practice time are included in this booklet. 20-30 minutes of each session should be used for game play. Fields will be lined for games and coaches will use flags to mark the "goal". Additional game rules are included on page 9.

A parent volunteer is needed during game play to function as the referee. Teams will be given a whistle. The referee should instruct the players as calls are made. The main function of the referee is to keep the children safe and keep the game moving. The following calls should be made:

1. Start of game and quarters with center kick-off
2. Whistle and stop play for any overly aggressive or dangerous play
3. Out of bounds play – opposite team throw in from where ball went out of bounds
4. Goal – restart play with center kick-off
5. End of quarter

Soccer is played in all types of weather. Any weather cancellations will be posted on the WAA website as soon as possible. Please check the website on Saturday morning; www.waasports.org. If weather turns inclement, trainers will make a call at the field. Please dress your child appropriately for the weather. If possible, the green/gold shirt should be worn over sweatshirts or jackets (if necessary).

Parents are encouraged to support the volunteer coach as needed. Please remember it is equally important that each parent recognize their responsibility to support the WAA philosophy and exhibit good sportsmanship. We urge everyone to help keep the fields neat and clean. If you bring snacks, drinks, water bottles, etc., please clean up all trash. Please respect residential property when using or visiting fields. No alcoholic beverages are allowed on park and school property at any WAA games. We encourage families not to bring pets to fields with young children.

Please contact the WAA office if you have any questions. Our phone number is 630-978-2855 or email Karen Loback at karen.loback@waasports.org.

Have a great season and thank you for participating in WAA Soccer!

Week 1

Introduction and warm up

- Foot tap on top of the ball switch feet; left, right; left slow, fast , and super-duper fast.
- Dribbling practice - When dribbling practice keeping head up
- Stop the ball with the foot on top of the ball

DRIBBLING GAME (Focus Move is Pull back)

10 min

- Sharks and minnows – ALL Sharks and Minnows play with a ball at your feet!
 1. Coach is shark and kids are minnows. Kids must dribble from one side to the other side without getting tagged.
 2. Once tagged, kids will switch to an additional shark.
 3. Add soccer moves in the game. Move of the week is a pull back.
 4. Pullback move is when the kids stop the ball with the foot on top of the ball and pull the ball back.
 5. All players should work at controlling ball while playing game

PASSING

10 min

- Passing with a partner across from each other, passing and receiving the ball with the inside of the foot.
- Make sure you keep on your toes! Happy Feet!!

SHOOTING

8 min

- Point your toe down
- Arms out
- Make sure you have an angle.
- Right foot shot-ball should be on the right side of the body.
- Take a look at the goal before you shoot. (Tell the kids to pretend to take a picture)
- Get your knee over the ball
- Head over the ball

GAMES

20-30 min

See game rules, page 9. Have fun and catch the kids being good!

Week 2

Warm up

- Review toe taps and pullbacks. Demonstrate fake pullback.
- Let kids stretch with the ball and reach to the sky. Reach the ball to the side right to left.
- Roll the ball on the ground around their feet in figure eight

DRIBBLING GAME

10 min

Green light red light (Focus move is Fake pull back)

1. Kids pretend they are cars.
2. When the coach says green, he means dribble.
3. Red means stop the ball with foot on top of the ball.
4. Make it fun and add yellow light. Do something silly like sit on the ball or have them run around the ball. Another idea is adding tunnels which the kids run over the ball or u-turn as a pullback.
5. If the kids get bored, the coach can be a policeman and if the coach tags the child, he or she has 5 toe taps on the ball to get out of the "ticket".

PASSING

10 min

Human Soccer Goals

1. The kids get a partner and pass the ball thru their partners legs to score a goal.(Partners do not move)
2. Goals are worth 3 points and hitting the leg is 1 point; a miss is worth 0.
3. Make the kids keep score and let them switch partners.

THROW IN AND TRAPS

8 min

- Both hands on the ball.
- Ball must go behind head and come forward one motion
- Trap ball with bottom of the foot.

GAMES

20-30 min

See game rules, page 9. Have fun and catch the kids being good!

Week 3

Warm up

- Review toe taps and pullbacks and fake pullbacks. Demonstrate Tick Tock move.
- Let kids stretch with the ball and reach to the sky. Reach the ball to the side right to left.
- Roll the ball on the ground around their feet in figure eight

DRIBBLING GAME

(Focus Move is tick tock)

10 min

Soccer freeze tag

1. Players have a ball and dribble while trying to avoid being tagged by the coach, tagger, etc, who holds a cone.
2. Once players are tagged, the tagged player holds the ball over their head and opens their legs like a goal.
3. Frozen players can resume dribbling when a teammate passes a ball between their legs.

PASSING GAME

10 min

Passing the ball at the coach

1. Players dribble and try to pass the ball at the coach.
2. When the coach gets hit he can make a silly noise or animal sound.
3. Switch and play pass the ball at the kids or girls try to pass at the boys or boys try to pass at the girls.

GOALIE TRAINING

8 min

- Work on catching the ball with hands in a diamond behind the ball.
- Keeping the body behind the ball.
- Work with a partners and pass and catch back and forth

GAMES

20-30 min

See game rules, page 9. Have fun and catch the kids being good!

Week 4

Introduction and warm up

- Review toe taps and pullbacks, fake pullbacks and tick tock move. Demonstrate the “stop move”.
- Let kids stretch with the ball and reach to the sky. Reach the ball to the side right to left.
- Roll the ball on the ground around their feet in figure eight.

DRIBBLING GAME (Move is stop Move)

10 min

Sharks and minnows (see Week 1 for more game details)

1. Kids are minnows must dribble from one side to the other side.
2. Add soccer moves in the game like pullbacks, tick tocks, and fake pull backs
3. Pullback move is when the kids stop the ball with the foot on top of the ball and pull the ball back.
4. Tick tocks move is moving the ball side to side with the inside of the foot
5. Fake pullbacks move is stop the ball and faking like you are going to do a pullback but roll the ball forward.
6. Stop move – with ball rolling ahead, place one foot on top of ball and stop it dead. Player must stop momentum as well.

PASSING GAME

10 min

Passing by numbers

1. Every player gets a number and gets in a circle. Pass the ball in order of the number. 1 passes to 2 and 2 passes to 3 and so on to the last number who passes to number one.
2. Keep the kids standing still at first to get them used to passing without moving.
3. Keep numbers but change positions.

Peanut Butter Jelly Time (Juggling)

1. Two hands drop the ball and point toe up and kick the ball with the shoelaces.
2. Hands stay out to catch the ball and be a target, as it helps to have a target to juggle to.
3. Juggling seems very hard at this age but will get easier with practice. The objective is to have consecutive foot/head touches without hand touches.

GAMES

30 min

See game rules, page 9. Have fun and catch the kids being good!

Week 5

Warm up

- Review toe taps and pullbacks, fake pullbacks, tick tock and stop move. Demonstrate the “Bebeto Knees”.
- Let kids stretch with the ball and reach to the sky. Reach the ball to the side right to left.
- Roll the ball on the ground around their feet in figure eight.

Dribbling Game (Focus move is Bebeto Knees)

Green light red light 10 min

1. Kids pretend they are cars.
2. When the coach says green, he means dribble.
3. Red means stop the ball with foot on top of the ball.
4. Make it fun and add yellow light. Do something silly like sit on the ball or have them run around the ball. Another idea is adding tunnels which the kids run over the ball or u-turn as a pullback.
5. If the kids get bored, the coach can be a policeman and if the coach tags the child he or she can complete 5 toe taps on the ball to get out of the “ticket”.

PASSING THE BALL AT THE COACH 10 min

1. Players dribble and try to pass the ball at the coach.
2. When the coach gets hit he can make a silly noise or animal sound.
3. Switch and play pass the ball at the kids or girls try to pass at the boys or boys try to pass at the girls.

THROW IN AND TRAPS 8 min

- Both hands on the ball.
- Ball must go behind head and come forward one motion
- Trap ball with bottom of the foot.

GAMES 20-30 min

- See game rules, page 9. Have fun and catch the kids being good!

Week 6

Warm up

- Toe taps and review all moves.
- Let kids stretch with the ball reach to the sky. Reach the ball to the side right to left.
- Roll the ball on the ground around their feet in figure eight

DRIBBLING GAME (Review all the moves) **10 min**

SOCCER FREEZE TAG

1. All players are dribbling the ball within the field of play.
2. When tagged by the coach, players freeze with their legs apart.
3. Frozen players can resume dribbling when a teammate passes a ball between their legs.

PASSING GAME

HUMAN SOCCER GOALS **10 min**

1. The kids get a partner and pass the ball thru their partners legs to score a goal.(Partners do not move)
2. Goals are worth 3 points and hitting the leg is 1 point; a miss is worth 0.
3. Make the kids keep score and let them switch partners.

SHOOTING WITH A GOALIE **10 min**

- Have a shooting line and a goalie in between the flags.
- Make sure kids dribble, get an angle on the shot, arms out and toe is pointed down
- Rotate the goalies every five shots, so that everyone gets a turn at being a goalie.

GAMES **20-30 min**

See game rules, page 9. Have fun and catch the kids being good!

Celebrate the Season and hand out certificates to players!!

Soccer Game Guidelines

Soccer Field: The Kindergarten soccer field size will be 30 x 35 yards. The fields will be lined.

Referee: One parent volunteer is needed during game play to function as the referee. Teams will be given a whistle. The referee should instruct the players as calls are made. The main function of the referee is to keep the children safe and keep the game moving. Please insure that all participants are not wearing metal cleats or any jewelry that is not covered with tape or wrap. The following calls should be made:

1. Start of game and quarters with center kick-off
2. Whistle and stop play for any overly aggressive or dangerous play
3. Out of bounds play – opposite team throw in from where ball went out of bounds
4. Goal – restart play with center kick-off
5. End of quarter

Only one parent referee is allowed on the field, and one coach per team. Additional coaches may stay on the side line.

Remind the players to stop playing only when the referee blows his whistle.

Game Play:

1. The games will be 20-30 minutes in length (4 quarters, 5-7 minutes per quarter). The trainer will announce the game/quarter length prior to start of games.
2. Play may be stopped for instruction during the game by coach, referee, or trainer.
3. 5 players on the field plus (1) goalie (6 total). Coaches may adjust as needed.
4. If teams are short players, please share players from the opposing team.
5. Place goal flags approximately 5 yards apart for goal mouth.
6. Remember to substitute players on the fly or whenever the ball stops.
7. Limited to one referee and one coach per team on the field to help players.
8. Rotate goalie position every quarter. Each player should be goalie at least once during the 6 weeks of games.
9. Goalie should wear the goalie shirt.
10. All players MUST be wearing shin guards.