

## Mini Kickers Practice Plan (45 minutes)

### Introduction (5 minutes)

- Sit in a circle and have everyone, including coaches, introduce themselves and share a fun fact or favorite color/animal/etc.
- Go over basics: where the goals are, not using hands and kicking into the goals to score.

### Warmup (3 minutes)

- Seated toe touches and butterfly stretch
- Standing arm circles, torso twists and jumping jacks (or star jumps)
- High knees and butt kicks from one line to the other

### Ball Control (5 minutes) – give each kid a soccer ball

- Toe taps
  - Have them place the bottom of their foot on top of the ball and alternate feet going faster and faster.
- Popcorn
  - Place the ball between their feet and have them knock the ball back and forth using the sides of their feet, saying “pop” each time. *They will not all be able to do this; let them know that this is a tricky skill and it's okay if it's hard for them.*

Water break (2 minutes)

### Partner Passing (5 minutes)

- Split the team into pairs (pairing up with a coach if odd numbers)
- Have players practice short passes to each other.
- Encourage them to use the inside side of their foot instead of their toes

### Game: “Clean Your Room!” (5 minutes) *more options on page 2*

- Divide the field into two halves (use cones)
- Split kids into two teams and place an equal number of soccer balls (3-4) in each half
- On “go!” have the players kick the balls from their side to the other team's half – cleaning their side of the room
- After 1-2 minutes, stop the round and count the balls. Repeat rounds as time allows

Water break (2 minutes)

### Throw-ins and Kick-ins (5 minutes)

- Explain that throw-ins are used when the ball goes outside the side boundary lines and kick-ins are used when the ball goes outside the end boundary lines.
- Form one line each at a side line and an end line (one coach per line) and have players try 2 throw-ins/kick-ins and then go to the back of the other line. *Note: throw-ins must be thrown over the head with both feet on the ground.*

### Dribbling/Shooting (10 minutes)

- Form two lines to the left and right of the goal, with one cone in front of each line
- Players will dribble around the cone and head toward the goal to score
- Optional: have a coach pass to the player at the front of the line to practice receiving a pass before shooting.

**Recap** (3 minutes): review rules/skills and go over names again as needed.

## Other Game Options

### Flip 'Em

Separate the players into 2 teams. Set the cones randomly in the area, so the cones are spread evenly. One team must turn all the cones right side up and the other team turns all the cones right side down. On the command of GO players rush out into the area and start flipping the cones. Play for a minute and then count how many cones are up and how many are down. Play a couple of times, then give each player a ball. Now, the players must perform the same activity, but must dribble a ball whilst flipping the cones. Increase the time to 2 minutes when introducing the ball.

### Angry Birds

Have players dribble in one half of the field. Make a coach the first Angry Bird. The coach will have a penny in their hand to signify they are the Angry Bird. If the Angry Bird tags a player who is dribbling their ball, that player puts a penny in their hand also becomes an Angry Bird. Players must always keep their balls with them. If a player leaves their ball, they automatically become an Angry Bird. The last player who is not an Angry Bird wins that game and starts out as the 1<sup>st</sup> Angry Bird for the next game.

### Marble King

Players are dribbling in one half of the field. The coach starts out as the marble king and has a soccer ball in their hands. The marble king is trying to tag the other players' balls with his/her ball. If that happens, the player that has been tagged becomes the marble king and the old marble king becomes a dribbler. Encourage players to know where the marble king is and to dribble away from them but still stay inside the boundaries of the field.

### Freeze Tag

Coaches will be the "freezers" or two kids. Everyone will have a ball and is dribbling around the area (use cones or painted lines as boundaries) trying not to get tagged. If tagged, the player will then hold the ball over their head and wait for a teammate to dribble and pass it through their legs to be unfrozen.