



KCYS Little Kickers Program

Mission: The KCYS 'Little Kickers' program is designed for the youngest age group fielded by KCYS in a seasonal year. Programming at this age should be focused on using soccer to build athletic fundamentals and understanding how to function within a team. While games are a component of the program, they should not be its sole focus.

Objectives:

- Teach the fundamental soccer touches: dribble, pass, trap, shoot**
- Practice 1 player: 1 ball drills to keep kids on the ball**
- Use 'game time' as larger group activities**
- Graduate to game play applying rules of the game.**

Notes:

FOR MATCH WEEKS 1 THROUGH 4, though implied in the instructions, making it clear that the activities are to be done in conjunction with your scheduled opponent for that week. It may be ideal to practice the selected skills in the day(s) prior to that week's game.

This template was authored in 2024, so it has an Olympic theme. Drills may be swapped out, as they become deemed 'tired' and future themes may be adapted to keep things relevant (e.g. World Cup).

Match week One

For any activity, if players prove adept, and perform below the suggested time, do another trial or add an agreeable obstacle)

First Activity – Dribbling Relay Race (Suggested Time: 10 minutes)

- Each team will line up on their half of the team sideline, single-file.
- Players will take turns dribbling to the parent sideline, and coming back.
- First team to have all their players cross the finish line is declared the winner, and gets 5 points. Second gets 1.
- Team with fewer players should have someone go twice.

Second Activity – Relay Race With Cones (Suggested Time: 10 minutes)

- Teams will line up similar to the previous drill.
- Players will take turns dribbling to parent sideline and back, weaving through the 6 cones set up by the coaches.
- Some players will do this better than others. Coaches should encourage 2 weaves in each direction, but not force a player to do all. Also, coaches should teach that cones = other team, and not to hit them.
- First team to cross gets 5 points. Second gets 3. Deduct a point for each downed cone.

Third Activity – Red Light/Green Light (Suggested Time: 5 minutes)

- Teams will line up, in their own halves, along the player sideline
- Coach will stand on the parent sideline, facing backward (red light).
- Player may dribble when coach turns around (green light)
- An assistant should be present to send back anyone who is out of control on a red light.
- Anyone causing a crash should go back to start.
- Winner is the team to have all their players cross the finish, and gets 5 points. Second gets 3.

Final Activity – 10 minute scrimmage with all players

- Guided, but not rigid. Let them get their sillies out. Keep it timed, do 1st goal wins, whatever.

Match week Two

For any activity, if players prove adept, and perform below the suggested time, do another trial or add an agreeable obstacle)

First Activity – Passing Relay Race (Suggested Time: 5 minutes)

- Each team will line up on their half of the team sideline, in 2 parallel single-file lines.
- Players will take turns passing to their teammate until reaching the other side, and then come back. Then the next 2 will go.
- First team to have all their players cross the finish line is declared the winner, and gets 5 points. Second gets 1.
- Team with fewer players should have someone go twice, so that each team has the same number of pairs.

Second Activity – Passing Relay With Rotation (Suggested Time: 10 minutes)

- Teams will line up on their own side of the field in two lines, six feet apart, and staggered



- Player farthest from the goal makes a diagonal pass, and so on, until closest player receives the ball. (Coach may have to stand behind each desired target)
- Closest player shoots. Missing is fine.
- Coach will rotate players until everyone has been in each spot.
- First team to complete their rotations gets 5 points. Second gets 3. Each ball in the goal is 5 points.

Third Activity – Moving Targets (Suggested Time: 10 minutes)

-Teams will line up, in their own halves, single-file facing their goal.



-Coach will deliver a pass to the player in front. Player may trap and shoot (2-touch), or shoot (1-touch).

-After the first rotation, coach should switch sides to account for any left-dominant players.

-After the second rotation, a third rotation should be done with the prior shooter taking the red spot.

-Coach rotations: 1 point for any shot attempt. 3 points for every goal.

-Kid rotations: 3 points for any shot attempt. 5 points for every goal

Final Activity – 20 minute scrimmage with all players (2 – 10 minute halves)

-Guided, but not rigid. If ball goes out a few inches, play it. As long as a kid doesn't pick the ball up and run with it, play hand balls too.

-No score needed. Dial it back if kids start checking out.

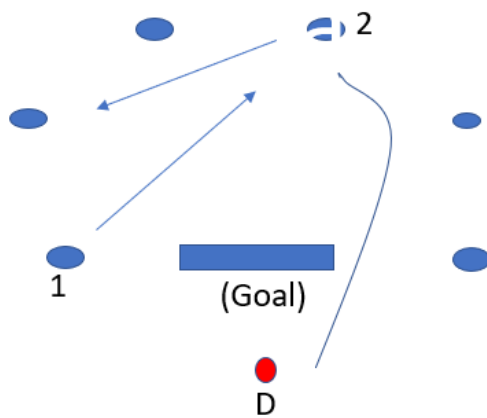
Match week Three

For any activity, if players prove adept, and perform below the suggested time, do another trial or add an agreeable obstacle)

First Activity – Around the World with defender (Suggested Time: 15 minutes)

-This game uses one side of the field for both teams. Switch sides when the second team has their around the world turns, for benefit of spectators.

-Offensive team lines up surrounding the goal. Give the kids enough space so they can see the ball coming and react. You can make a house shape or a semicircle. Have 1 kid on either side of the goal along the end line



-Player one passes to a teammate. That person becomes 2. All other numbers should not be the focus at this age. The keep-away and get everyone a touch concepts matter.

-Once the first pass has connected, defender runs from behind the goal into the fray. Offensive team continues passing until everyone has touched.

-Once everyone has touched, a player may shoot.

-Do as many rotations as needed for all to play defender. Remember to rotate the offense spots as well.

-Score 5 points for each rotation where all players touched the ball. Score a bonus point for shot/no-goal, or 5 bonus points for shot/goal. Defender scores 5 points if they get possession of the ball. Yes, this will challenge them.

Second Activity – Braveheart/Dodgeball (Suggested Time: 10 minutes)

-Teams will line up on each end line facing one another.

-Place a number of balls along the mid line that is equal to the number of players in the game.

-Each player gets 2 lives.

-When coaches say go, all players run towards the middle to get a ball.

-Players proceed to dribble and take 1 shot. If the shot misses or is hit out of the way by a teammate's shot, it is a miss. If a player misses, they lose a life. *This simultaneously teaches aggression alongside cooperation. You have to get a ball, but if you are too aggressive, you will affect your teammate.*

-Each team gets 3 points for every round where it has 2 surviving players.

Final Activity – 20 minute scrimmage with all players (2 – 10 minute halves)

-Guided, but not rigid. Remind kids to try their skills. Keep same standard as last week for out of bounds, penalties, etc.

-No need to keep score. Dial it back if kids start checking out.

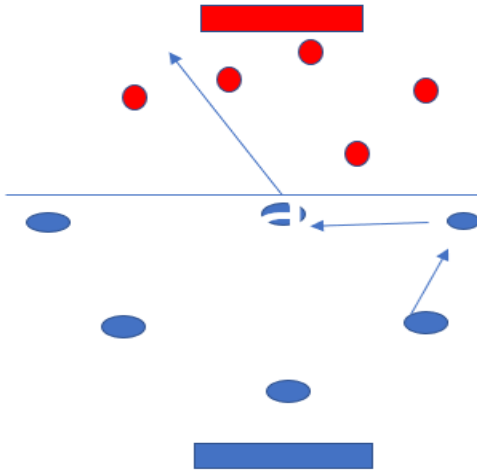
Match Week 4

First Activity – Volleyball (Suggested time: 20 minutes)

- Each team lines up on their side of the field, facing the opposing goal, in a formation of the coach's choosing. *Teaching offense/defense here would be preferable.*
- Teams must stay on their side. *As you can see, we're working towards playing "real soccer". But this game gives each kid a chance to play the game and touch the ball, without the other team applying pressure.*
- Teams get to touch the ball three times, or the coach picks it up and rolls it to the other team.
- Score 1 point for every ball crossing the opponent's sideline. 3 points for every ball crossing the opponent's endline. 5 points for every ball in the opposing goal.

Strategies:

- Set up the team so that the 3rd touch is a shot.
- Have a kid with a strong foot on the defense side to mimic clearing a ball.
- Keep the ball in bounds, especially in your own end.



Final Activity – 20 minute scrimmage with all players (2 – 10 minute halves)

- Now let the game flow freely. Monitor who might excel in practice scenarios, but shies away in game situations (and vice-versa). Move kids front/back accordingly. Start getting tighter on the borders.
- No need to keep score here. Dial it back if kids start checking out.

Match Weeks Five Through Seven

5v5 Game. Two 20 minute +/- halves. 5 minute halftime.

-Call out of bounds.

-Call purposeful hand balls.

-Substitute freely at this age. If a kid wants to come out, they usually want to go out now(!), and if they want to go in, they want IN!

-No throw ins. It's hard to tell 3 year olds over and over "no hands," and then explain how/why to properly throw a soccer ball.

-Kick balls back into play from where they went out (or midfield after goals). The defending team should wait behind the midfield line until the ball is returned into play. If you award a corner kick, have defending team stay far enough back to give the team a chance to connect a pass.

-Refer to rules of play document if needed

For "Olympics" purposes....Three points if your team scores more goals (even if you score 15, it's 3). 1 point if it's the same number of goals scored.

Match Week Eight

Silly Week and Medal Ceremony – For the past 2 years, we have used this to do a league-wide hungry hippos game. We can do kids vs coaches, crab soccer, some combination thereof. We'll tally up our points and award our gold medal team, silver medal team, and bronze medal teams!