

**Game/Activity:** Kindergarten Soccer Activities

**Grade Level:** Kindergarten

**Description:**

- **Driving School** (Variation of Red Light/Green Light): Kids start on one side of the field with their soccer balls. Coach yells “Go” and kids dribble toward Coach. Coach yells “stop” and they should try to stop the ball by stepping on it. Coach can add commands such as “This Way!” (coach points in one direction—I have found yelling “right” or “left” does not work!) to move kids side to side. Can yell “Back.” Eventually kids get across field. You can do this a few times back and forth.

- **Eggs in the Basket:** Scatter soccer balls around field. Have all kids start in one location. Yell “Go” and see how fast they can get all the balls into one goal. You can “time” them a few times and see if they can beat their last record. (Encourage them not to steal the balls from each other— point out they are all on the same team).

- **Keep your Yard Clean:** Two teams facing each other. Each kid has a ball. When Coach yells go, kids try to kick soccer balls onto the other team’s side. Keep going for 1 or 2 minutes or until you’ve lost all the soccer balls.

- **Sharks and Minnows** (Variation of “Red Rover”): A couple kids (or coaches) are the “sharks” and form a line in the middle of the field. The rest of the kids are “minnows” and try to dribble their soccer balls past the sharks to the other side. The sharks try to kick away the minnows’ soccer balls. If a minnow loses his or her ball, he or she becomes a shark (Note: You may want to try this without soccer balls a few times first, with the kids just tagging each other).

- **Circle Game:** Break kids into two sets of 5 or 6 and have each set of kids form a circle. Place 3 or 4 orange cones in the middle of the circle and try to have the kids knock over the cones by kicking the ball through the middle of the circle (Explain to the kids across from the kids kicking to look for the ball coming to them, and then they can kick the ball).

Hit the coach: players dribble around and try to hit the coach with the soccer ball. Coach will do a task.

- **Relay Races with Coaches/Parents:** The kids will love any kind of races against a willing group of coaches/parents. Any combination of running with and/or without a soccer ball will work. Use the cones to create an “obstacle course” for the relay races

**Earthquake**

**Skills**

Moving quickly to the ball  
Working together as a group

**Drill Description**

Set up a square big enough for everyone inside to have room to dribble freely. The players dribble around in the area, avoiding one another and avoiding the coach who puts pressure

on slow moving players. When the coach yells “earthquake” everyone must leave her own ball and find a new one before the earthquake is over (after the coach counts to five). If any player has not found a new ball by the end of earthquake, then the whole team must run a lap around the square or do some other activity announced by the coach.

### **Variations**

Use disc cones to make small triangles around the field. When the coach yells “earthquake,” each player must find a triangle to stand in for safety before the count of five.

Set up cones around the outside of the square. When the coach yells “earthquake,” each player must dribble around one of the cones and back into the square. No two players can dribble around the same cone.

### **Coaching Tips**

Remind players to dribble with their head up to see where they are going and to keep the ball in control when dribbling. Also emphasize teamwork by encouraging players to quickly find a new ball when the one they want is taken by another player.

### **Follow the Coach**

#### **Skills**

Varied

#### **Drill Description**

Each player lines up in single file with a ball behind the coach, who also has a ball. The coach leads the team around the field while doing several soccer-related things with the ball (i.e., dribbling, kicking, throw-ins, etc.) or funny things (i.e., run while holding the ball on top of your head, touch your elbow to the ball, sit on your ball, etc.). At any time the coach can quickly turn around and, if he finds any player who is not following the action, then the coach gets one point; if all of the players are following the direction, then the team gets a point. At the end of the activity if the coach has more points than the team does then the whole team must do an exercise, silly song, or whatever the coach requests. If the team accumulates more points than the coach, they get to think of something silly or an exercise for the coach to do.

### **Passing Into the Square**

#### **Skills**

Accurate passing  
Controlling the weight of your pass

#### **Drill Description**

Using cones or disc cones set up four small squares two yards by two yards, each placed ten yards apart from the others, thus forming a large square with the small squares as the

corners. Start in one square, and everyone has a ball and tries to kick it so that it rolls into the next square and comes to a stop inside the square. Everyone should kick to the same square but take turns. If a ball stops inside the square, the kicker gets a point. After everyone has kicked, go to the square the balls are in and the players kick to the next square from this spot. Continue around the square in this manner until one player gets four points and declare him the winner. If you have a large team, divide the group into smaller teams and set up several squares.

### Variations

Set up a large circle of squares and divide the group into small teams of two to four players. Start the game with one team in every other square and have them move around the circle, kicking into the next square.

Use hula hoops and play soccer golf.

Set up one square for each player in a large square or rectangular shape with space between each square. When you say “go, •• everyone passes into the next square, moving in a clockwise direction. Each player is passing into a square that another player is already standing in. After each round, everyone goes to the square they were just aiming at and kicks their next ball from there. After taking a turn at each square, ask the players how many points they got.

### Coaching Tips

This drill is good for players who blast the ball hard even when just passing to their own team or players who kick it too soft.

**Dribble Across the Square:** players along four walls of area. Dribble across to the opposite side a certain number of times/certain amount of time. Keep good control, no contacting other players/other players’ balls.

**Coach/Monster Invasion:** Dribble the ball keeping it away from the coach. (Like knock-away, but nobody is knocked out of the game). Do this drill with pairs also, encouraging passing to keep it away.

### Walk the Dog

**Set up:** Scatter lots of flat cones in two different colours in a large playing area. In this example, I’ve used green and white cones. Every player has a ball.

**How to play:** Tell your players their ball is a dog.

Now ask them to give their dog a name. Have some fun with this! Who can think of the silliest name for a dog?

Now it’s time to take the “dogs” for a walk.

Tell your players the white cones are lamp posts and the green cones are trees.

To begin with, the dogs want to sniff every lamp post. This means players have to run with the ball and pause beside every white cone.

Then: "It's raining! Get your dog under the 'trees'!"

Now the players run with their ball to the green cones.

**Variations:**

Dribble with both feet (or just their weaker foot).

Who can get under a tree the quickest? You don't want to get wet!

Who can let their dogs sniff the most lamp posts in 20 seconds?

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