



Weatherford Soccer Association



Lil Soccer Roos is an eight (8) week introductory soccer program for children ages 4 and under. This program has been created to help prepare children, their parents, and new soccer coaches for organized soccer.

This program requires parent participation during practices to help teach players kicking, dribbling, trapping, throw ins and agility. Each week there is one practice session (approximately 30 minutes). Practice time and location is at Head Coach's discretion. There will be one game held Saturday mornings. The games will be coach led with four (4) quarters. Each quarter will be five (5) minutes long with a short half time. Parents should not be on the field during games.

Players will receive a size 3 soccer ball, a Lil Soccer Roos t-shirt for games, a soccer instruction booklet, and 5 cones for practicing. The players will each receive a participation medal at the end of the season.

Coaches will receive a coaching manual which gives them weekly drills for the kids to do during practices. Coaches will also receive a few extra soccer balls and cones to help facilitate practices.



Weatherford Soccer Association Lil Roos U4 Soccer Program



WSA's Little Roos Program is for boys and girls who are ready for their first soccer experience! This program helps prepare children, their parents and new soccer coaches for recreational soccer in a pressure free environment catered to their young age.

Coach Practice Guidelines-

- Each practice, circle up your players on your side of the field. Introduce yourself as their coach and ask them if they are ready to have fun playing soccer. Do a fun quick ice breaker to get them engaged by letting them say their name or asking them a simple question (i.e. what their favorite food or color is) or ask them to show you how hard they can kick the soccer ball at the goal. Ask for parent volunteers based off the practice drill needs.
- Line players up to work on practice drills. **Demonstrate the skill they will be working on then ask them to try it.** Encourage players as they work on the drills and redirect as needed. After 5 minutes move on to the next drill. You can use your whistle to help signal to players that the drill is over.
- **You will notice that for some drills it might work better to have players do them together, where players line up and each take a turn, and some drills are better suited to have parent interaction with their player.**
- **If you find a drill is not working, move on to the next drill.** This is completely acceptable. It is NOT required to complete all drills during the weekly session.

Coach Game Guidelines- (Approximately 30 minutes total: four 5-minute quarters & a short half time)

U4-U8 players play 4v4 soccer. Not all players will be on field. For ease of transition, each quarter will start off with a kick-off at the center circle, alternating which team kicks off each quarter. Remember to insert substitution players during breaks so all players get a chance to play. Parents should not be on the fields during games.

- Before the scrimmage starts circle your players up. Let them know that they will be taking turns during the game. 4 players will play, and the others players will be watching and cheering them on. Explain that everyone will get a turn to play and part of being a good team member is watching and cheering. Ask a parent to help with sub players on the sideline.
- Let your players know that when they hear a whistle it means the game is stopped and they need to stop and wait for instructions. Let them know that when the ball goes off the field the referee will blow the whistle.
- Set up your 4 players on the side of the field you choose, facing the goal on the other side of the field. Point to the goal and let your players know which goal they are going to try and kick the soccer ball in. At every quarter ask your players which way they are kicking to score and point to it. We have animal signs on each end of the field to help them.
- Coaches can be on the field and encourage players to dribble ball towards the correct goal. Coaches should try to not interfere with the plays but provide directions and encourage players. When a ball goes out of bounds the referee will blow the whistle, coaches will help set the player up for a throw in or kick in.
- At the end of the game the Referee will blow the whistle. Each coach will then line up their players at half field so they can walk through and give high fives to the other team.



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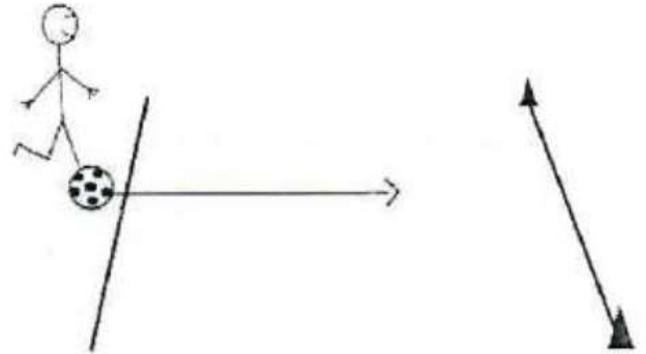
Week 1

Warm-up players – Each practice, circle up your players on your side of the field. Introduce yourself as their coach and ask them if they are ready to have fun playing soccer. Do a fun quick ice breaker to get them engaged by letting them say their name or asking them a simple question (i.e. what their favorite food or color is) or ask them to show you how hard they can kick the soccer ball at the goal. Ask for parent volunteers based off the practice drill needs.

Drill #1 – Kicking the ball on the ground for distance (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

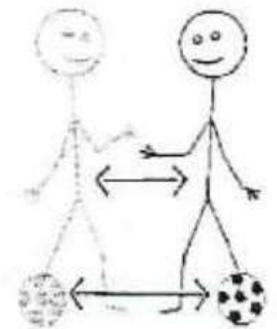
Mark 2 lines, 15 feet apart. Have the children line up along one line and kick the ball so that the ball travels along the ground and rolls past the other marked line. When the child can successfully kick balls beyond the line, encourage him/her to take 2-3 steps backwards before striking the ball. Practice kicking ball alternating feet each time (one time use right foot, the next time use left foot).



Drill #2 – Stationary Dribbling (Soccer Boxing) (5 minutes)

Equipment Needed: Size 3 soccer ball

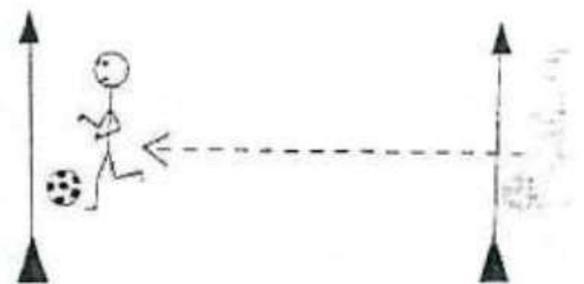
Have each child stand in one spot tapping (boxing) the ball between both feet, alternating feet. The ball should be tapped with the inside of the foot, beginning with the right foot. When the child has touched the ball with each foot five times, have him/her do as many touches as possible in fifteen (15) seconds. As the child improves have the child practice moving forward while still boxing the ball back and forth between their feet. **ADVANCED** – have the child practice moving backward while boxing the ball back and forth between their feet.



Drill #3 – Dribbling while walking (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Set up cones 15 steps apart. Have the child tap the soccer ball between both feet, alternating feet while walking in straight line between two cones. As the child improves have him/her increase his/her speed, but always emphasize ball control. By ball control, we mean keeping the ball close to the child's feet. As the child increases speed, let him/her use any part of the foot to dribble the ball.





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Drill #4 – Stopping a rolling ball with the sole of the shoe (5 minutes)

Equipment Needed: Size 3 soccer ball

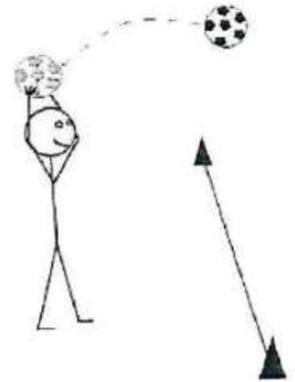
The parent rolls the soccer ball on the ground to the child. The child stops (traps) the ball using the bottom of the foot (sole of shoe). The child then kicks the ball back to the parent and repeats the exercise. As the child improves the have the child alternate the feet used to stop the ball and kick the ball back to parent (one time use right foot, the next time use left foot).



Drill #5 – Throw in technique (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark line with cones and have the child stand behind it. Have each child take the soccer ball with both hands and bring it back behind their head. The child keeps both feet on the ground and brings their arms forward, using both arms equally. The child lets go of the ball as it passes over their head, both feet still on the ground, throwing the ball towards the parent. After the balls has left the throwers hands, the thrower can move their feet and should cross over the line. An alternative stance is to have the child cross their legs while throwing the ball in to help prevent them from jumping. **ADVANCED** – make a game out of hitting the cone to allow child to learn to aim throw.

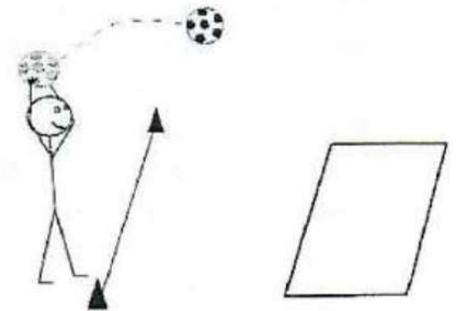


Drill #6 – Throw in to target (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark line with cones and have the child stand behind it. Have the child throw a soccer ball to at the large target areas that is 6 feet away and 6 feet in diameter. After throwing the ball, the child steps toward the target. As the child improves, increase the distance away from target by 5 feet.

REMEMBER – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.





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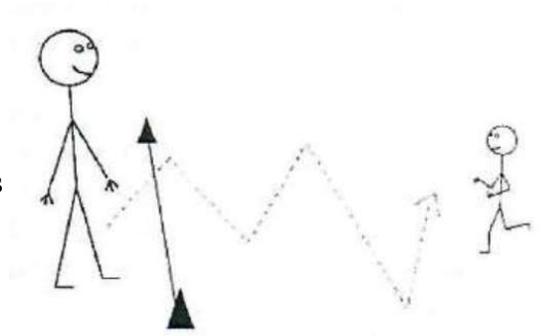
Week 2

Warm-up players

Drill #1 – Run and change direction on a signal (5 minutes)

Equipment Needed: none

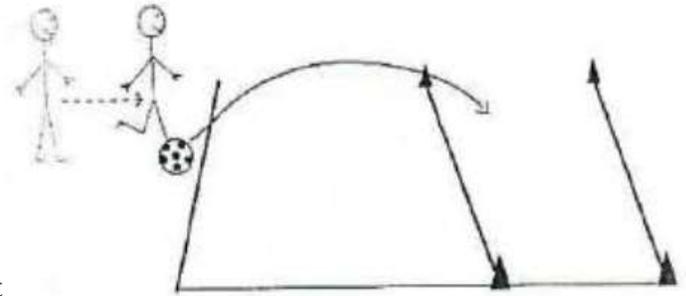
The child begins to run from a starting line on a parent's call, and the child will either be told to cut to the left or the right. As the child's skills improve, have them turn around to look at his parent after making each cut while still running, as if they would be receiving a pass.



Drill #2 – Kicking a stationary ball in the air for distance (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark 2 lines, 15 feet apart. Line up the children with their balls along one of the marked lines and have each child start behind the ball and take two to three running steps before kicking the ball. Each child should work to kick the ball so that it flies in the air over the other line marked. Once achieved, repeat the activity while increasing the distance in increments of 5 feet as the child shows improvement. Practice kicking ball alternating feet each time (kick with left foot, then kick with right foot).



Drill #3 – Kicking a rolling ball (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

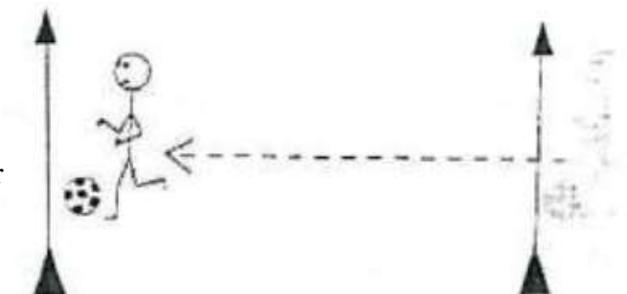
Mark 2 lines, 15 feet apart. Have the parent roll the soccer ball slowly to the child. The child steps toward the rolling ball, and kicks it back toward the parent. As the child improves, encourage the parent to roll the ball at a faster pace. Practice kicking ball alternating feet each time (kick with left foot, then kick with right foot).



Drill #4 – Dribbling while walking (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Set up cones 15 steps apart. Have the child tap the soccer ball between both feet, alternating feet while walking in straight line between two cones. As the child improves have them increase their





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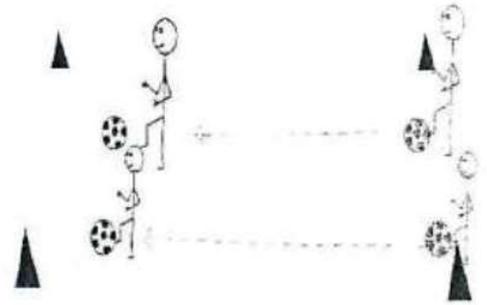


speed, but always emphasize ball control. By ball control, we mean keeping the ball close to the child's feet. As the child increases speed, let them use any part of the foot to dribble the ball.

Drill #5 – Dribbling with speed (dribbling races) (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

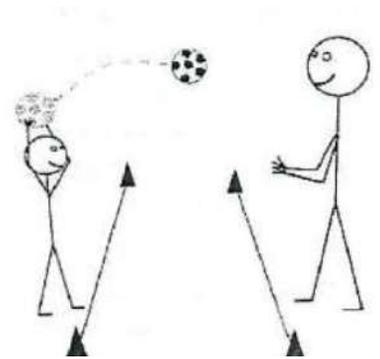
Set up 2 cones as a starting line, and 2 cones as a second line. The two lines should be 10-15 feet apart. Have the parent and child each stand at one cone with a ball. The parent is going to dribble race the child between the two cones. When they reach the second cone both the parent and child will dribble around the cone and back to the starting cone.



Drill #6 – Throw in to a partner (accuracy and technique) (5 minutes)

Equipment Needed: Size 3 soccer ball

Mark line with cones and have the child stand behind it. Have the child aim the throw in at their parent's feet. The child then throws the ball toward the parent and the ground. **REMEMBER** – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.





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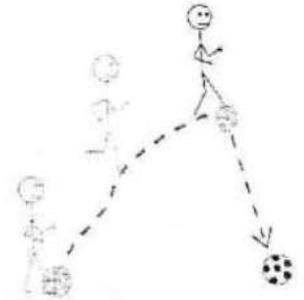
Week 3

Warm-up players

Drill #1 – Kick and chase (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

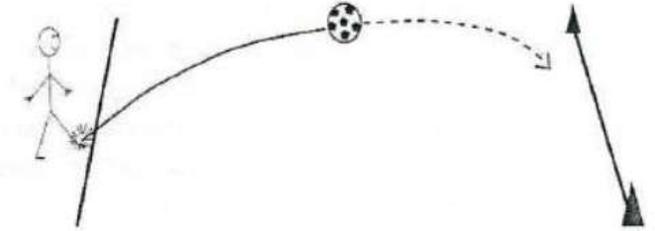
Children kick the ball in the air for distance and then run and chase the ball. When the child reaches the ball, he/she kicks it again, as far as he/she can, in another direction, then chases it again.



Drill #2 – Kicking for accuracy at large target (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, and pop-up goal

Mark a starting line 15 feet from pop-up goal. Have each child kick a stationary ball into the goal. After the child has completed 2 attempts, increase the distance from goal by 5 feet.



Drill #3 – Stopping a rolling ball with the sole and kicking it to a goal (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, pop-up goal

Set up a pop-up goal 10 feet away from a starting line (the target should be 10 feet wide). The parent rolls the soccer ball on the ground to the child. The child traps the ball using the bottom of the foot (sole of shoe). The child then kicks the ball toward the pop-up goal. Practice trapping and kicking ball alternating feet each time (trap and kick ball with left foot, then trap and kick ball with right foot). As the child improves, the starting line should be moved back 5 feet at a time.



Drill #4 – Stopping a rolling ball with the inside of the foot (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

The parent rolls the soccer ball on the ground to the child. The child stops (traps) the ball using the inside of the foot. The child should relax and give slightly when the ball contacts the foot. The child then kicks the ball back to the parent and repeats the exercise. Practice trapping the ball using alternating feet each time (trap ball with left foot, then trap ball with right foot). As





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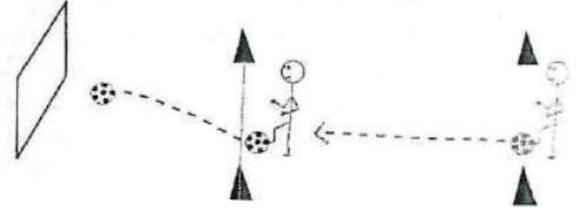


the child improves the ball should be rolled to the child at a faster pace.

Drill #5 – Dribbling the ball and kicking into a stationary target (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, and pop-up goal

Set up 2 lines marked by cones in front of pop-up goal. Have child begin at the designated start line and dribble the soccer ball to the next line where they will kick the ball into the goal. As the child improves, have them dribble faster and further before kicking ball into goal.

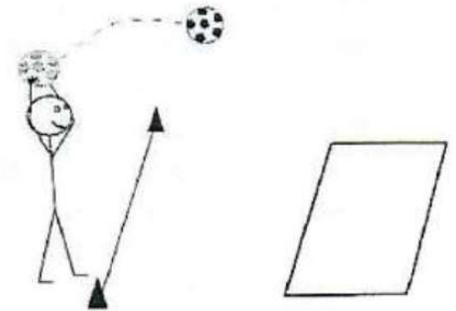


Drill #6 – Throw in to target (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark line with cones and have the child stand behind it. Have the child throw a soccer ball to at the large target area that is 6 feet away and 6 feet in diameter. After throwing the ball, the child steps toward the target. As the child improves, increase the distance away from target by 5 feet.

REMEMBER – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.





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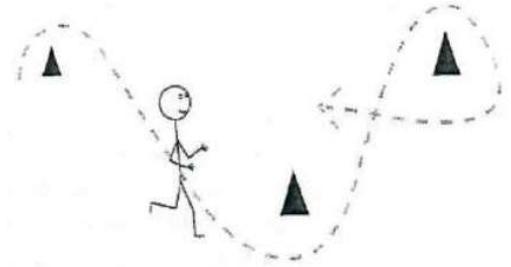
Week 4

Warm-up players

Drill #1 – Run around and dodge obstacles (5 minutes)

Equipment Needed: cones

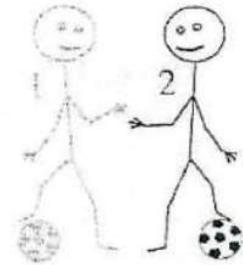
The child will begin to run around an obstacle course (made of cones) or in a figure 8 set up by the instructor. As the child improves, ask them to increase their speed.



Drill #2 – Soccer dance (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, pop-up goal

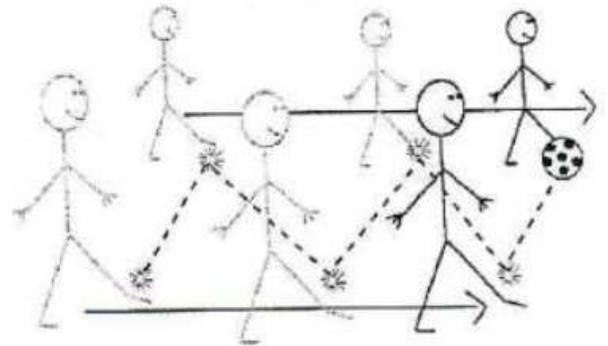
Give each child a soccer ball. Have each child place the sole of his/her right foot on top of the ball while the left foot is on the ground. When directed, the child will hop and switch feet. The left foot will switch to the top of the ball, and the right foot goes on the ground. When the child touches the ball with each foot five times, have them do as many touches as possible in 15 seconds.



Drill #3 – Passing the ball to a partner while walking (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

In a 15×15 foot area, have the child and parent pass the soccer ball back and forth while walking in the same direction. When the ball is passed from parent to child; the child will stop the ball before passing the ball back to the parent. The act of stopping the ball before passing it is called two-touch passing. It is important in soccer to make our first touch a good touch to ensure ball control.



Drill #4 – Stopping a rolling ball with the inside of the foot and kicking it to a target (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, pop-up goal

Set up a pop-up goal 10 feet away from a starting line (the target should be 10 feet wide). The parent rolls the soccer ball on the ground to the child. The child traps the ball using the inside of the foot. The child then kicks the ball toward the pop-up goal using the inside of their foot. Practice kicking ball alternating feet each time (trap and kick the ball with left foot, then trap and kick the ball with right foot).





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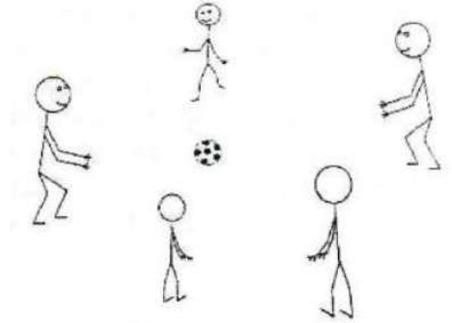


As the child improves, the starting line should be moved back 5 feet at a time.

Drill #5 – Circle trap (5 minutes)

Equipment Needed: Size 3 soccer ball

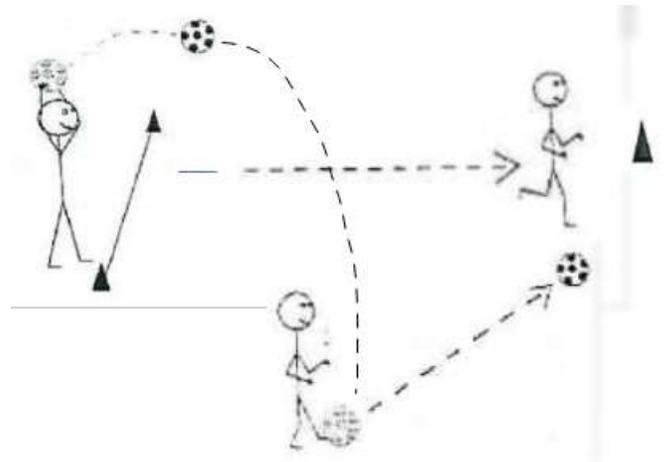
Have your participants (children and adults) stand in one large circle. Use one ball and have the participants kick the ball to anyone in the circle, except to the person standing next to them. Encourage the person who is receiving the pass to trap the ball, and then kick it to someone else. To increase the difficulty of this practice, have the participants take a few steps backwards and increase the distance between passes.



Drill #6 – Throw in and run (5 minutes) ----

Equipment Needed: Size 3 soccer ball and cones

Standing behind a line, the child will throw in the soccer ball to the parent that is standing approximately 6 feet away. Have player aim for parent's feet. After throwing the ball, the child will run to the cone to receive a pass from the parent. Then repeat. As the child improves, increase the distance stands from child. REMEMBER – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.





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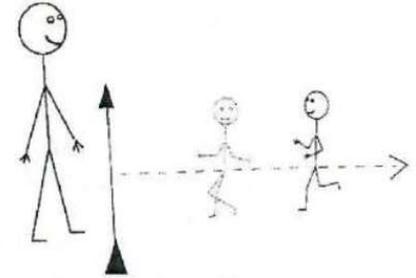
Week 5

Warm-up players

Drill #1 – Run backwards and sideways (5 minutes)

Equipment Needed: cones

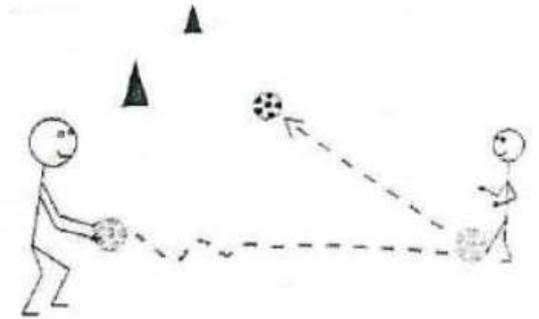
The child will practice running backwards for 20-50 feet from the starting point. The child will also practice running sideways, right and then left. As the child improves, have him/her increase his/her speed.



Drill #2 – Kicking a rolling ball to a target (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, and pop-up goal

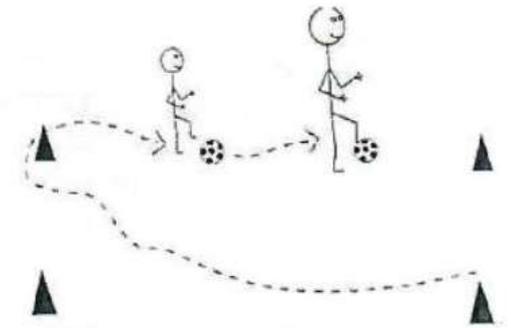
Set up a pop-up goal and mark a line approximately 10 feet from goal. Each parent will slowly roll the soccer ball to the child. The child will step toward the rolling ball and kick it toward the pop-up goal using the inside of their foot (instep). The child should complete 8 of 10 attempts. Practice kicking the ball using alternating feet each time. As the child improves the ball should be rolled to the child at a faster pace and distance from goal can be increased.



Drill #3 – Dribbling behind the leader (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

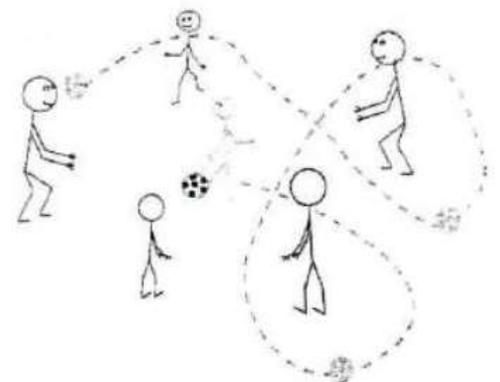
Set up cones randomly around the area in the field. Have each child dribble the soccer ball following the parent. The child will mimic the parent's moves. As the child's dribbling skills improves the parent will increase speed and directional movement. The exercise should be repeated 8 to 10 times.



Drill #4 – Circle dribble (5 minutes)

Equipment Needed: Size 3 soccer ball

Have the parents and children stand in a large circle. Give one person a soccer ball and encourage him/her to dribble around the outside of the circle. To increase difficulty, encourage the child or parent to weave in and out between the members of the circle.





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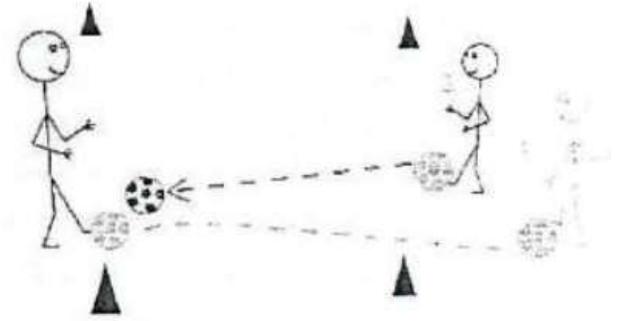


Drill #5 – Stopping the ball and passing to a partner (5 minutes)

Equipment Needed: Size 3 soccer ball

Have the parent and the child stand 10 feet apart. Encourage the parent to roll the soccer ball on the ground to the child. The child will trap the ball with the inside of the foot and pass the ball with their instep (inside of the foot) back to the parent (this is called a two touch pass). The child should ensure to practice trapping and passing the ball with both their left and right foot. As the child improves, increase the distance between child and parent.

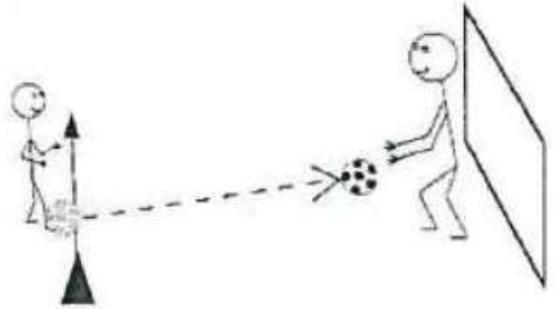
ADVANCED – instruct child to trap with one foot and use their other foot to pass with (trap with left foot and pass with right foot – then switch).



Drill #6 – shooting on goal (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, pop-up goal

Mark a starting line and set up pop-up goal. The child will kick a stationary soccer ball toward the goal using the shoelaces to contact the ball. The child takes two to three steps toward the ball and kicks the bottom half of the ball with the toe pointing down. The child will direct the ball toward the goal, where the parent will play goalkeeper. The child should practice shooting alternating feet with each shot (one time shoot with left foot, then next shoot with right foot). As the child improves, the shooting distance should be moved back.





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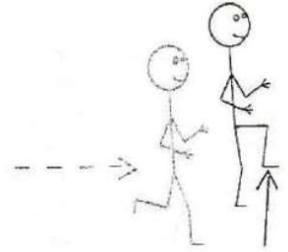
Week 6

Warm-up players

Drill #1 – Run then leap (5 minutes)

Equipment Needed: none

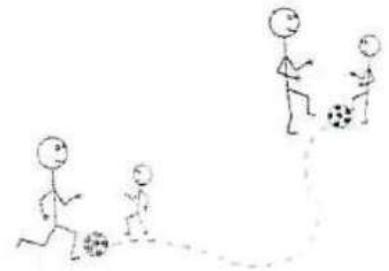
The child will run a few steps then leap (skip, jump). Alternate the take-off foot as the child experiences success (first use right foot for take-up, then use left foot).



Drill #2 – Keep away (5 minutes)

Equipment Needed: Size 3 soccer ball

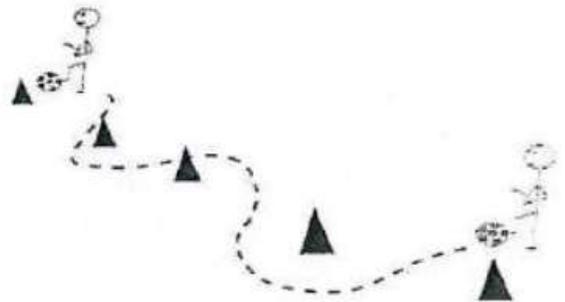
Have parents run while dribbling the soccer ball. Encourage the children to try and kick the ball away from their parents.



Drill #3 – Dribbling through obstacle course (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

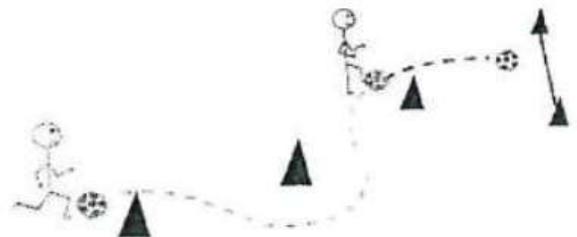
Set up cones in a line approximately 8 steps apart from each other (to give children room to navigate between cones). The child will start dribbling the soccer ball in and out of the cones until reaching the end of the line. The child should then dribble as fast as possible straight back to the beginning (NOT weaving in and out of cones). The child should get faster as he/she goes through the course more often. **ADVANCED** – dribble through cones only using one foot (left vs right foot), only outside of feet, etc.



Drill #4 – Dribbling through an obstacle course and kicking to a target (5 minutes)

Equipment Needed: Size 3 soccer ball, cones, and pop-up goal

Set up cones in a line approximately 8 steps apart from each other (to give children room to navigate between cones). The cones should be set up 10 feet in front of pop-up goal. The child will dribble through the obstacle course. When the child reaches the finish line, they will cross the finish line and kick the ball toward the goal. Child should practicing shooting with both left and right foot. As the child improves, have child increase speed and increase shooting distance from goal.





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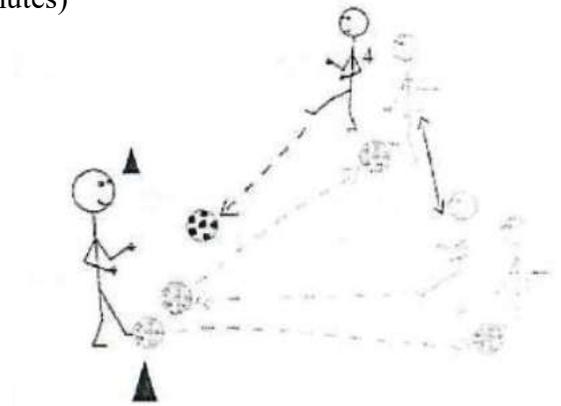


Drill #5 – Moving to the left and right to stop a rolling ball (5 minutes)

Equipment Needed: Size 3 soccer ball

Give each parent a soccer ball and encourage them to roll the ball on the ground to the child's right. The child will move to the right and trap the ball with the inside their right foot (instep). The child will then kick the ball back to the parent using their instep. The parent will then roll the ball on the ground to the child's left. The child will move to the left and trap the ball with the inside of their left foot and then pass the ball back to their parent using the inside of their foot.

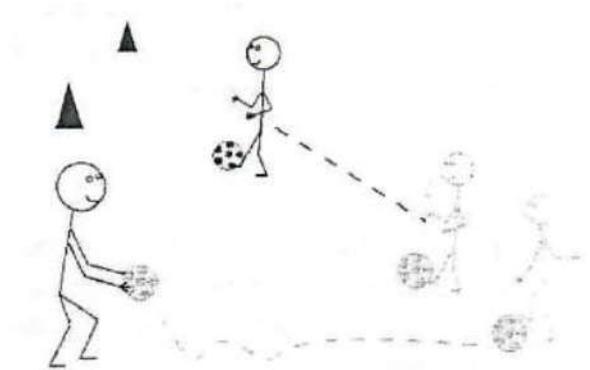
REMEMBER – stopping the ball before passing the ball is called a two touch pass and helps with ball control.



Drill #6 – Stopping the ball and dribbling (5 minutes)

Equipment Needed: Size 3 soccer ball

Have the parent roll the soccer ball on the ground to the child. Encourage the child to trap the ball with the inside of their foot, and dribble back to the parent as quickly as possible. Have child practice trapping the ball with both their left and right foot.





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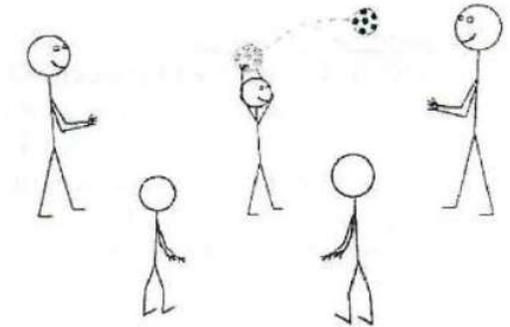
Week 7

Warm-up players

Drill #1 – Circle throw in (5 minutes)

Equipment Needed: Size 3 soccer ball

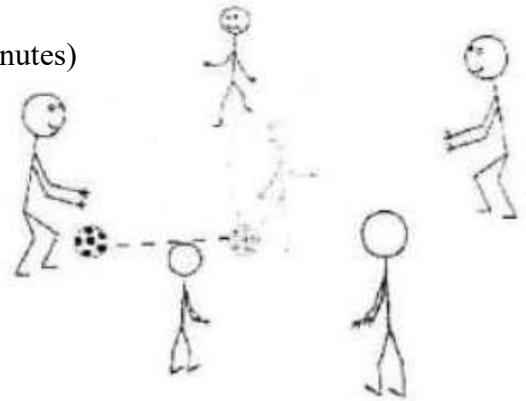
Have all of the children and parents stand in a circle and choose one person to stand in the middle of the circle. The person in the middle will throw in the soccer ball to another participant, and then that participant will throw in the soccer ball back to the person in the middle. Rotate the person in the middle of the circle until all children get a chance to be in the center.



Drill #2 – Circle of all participants with one person in middle (5 minutes)

Equipment Needed: Size 3 soccer ball

Have all children and parents stand in a circle, and choose one person to stand in the middle of the circle. The person in the middle will kick the soccer ball to another participant and that participant will kick the ball back to the person in the middle. Rotate the person who is in the middle of the circle.





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Drill #3 – Throw ins (10 minutes)

When the ball crosses a sideline and is declared out of bounds, the ball will be put back into play using a throw in. As the players have learned, the proper technique for a throw in is to hold the ball behind the player’s head using both hands, both feet must remain on the ground, and the ball must be thrown from directly over the player’s head.

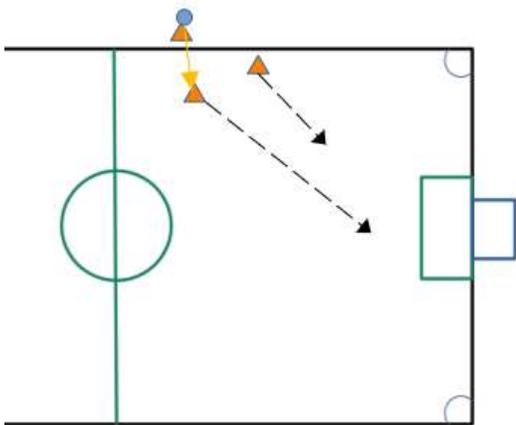
Activity (3 participants) – Set-up – the first player will perform the throw in from behind the line. A second and third teammate will be in-field, forming a triangle.

Action – The first player will throw in the ball down the line to the second player in the field. The second player will trap the ball and pass the ball to a third player. We want to stress the importance of making accurate kicks and maintaining team possession the ball. Always encourage players to stay spaced out during drills.

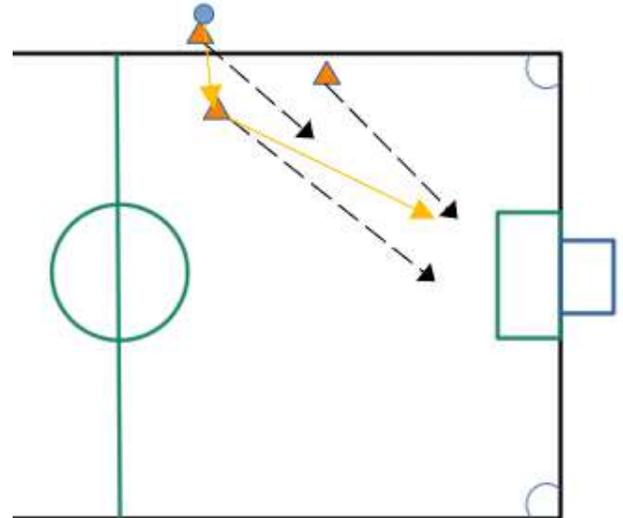
Player making throw in may NOT touch ball again before it touches another player.

Have players rotate roles in this scenario and then alter the distance/directions of throws and passes.

Throw in to teammate



Throw in to teammate and pass Option 1



Throw in to teammate and pass Option 2

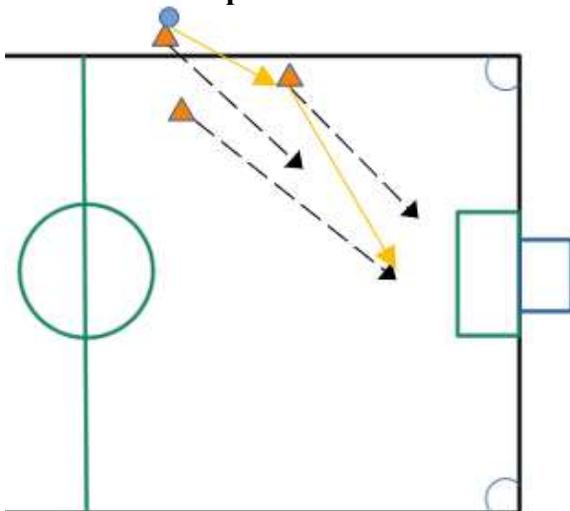


Diagram Key:

- Soccer Ball
- Player
- Running →
- Passing →
- Parent



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Drill #4 – Kick off (10 minutes)

All parent/child groups will be at this station. Kick offs are used to begin games, second halves, and overtimes, as well as to start play again after a goal has been scored. Each team must remain on its side of the center line until the ball is kicked. When kicking off, the ball must move (forward, backward, or sideways). Teams' alternate kicks from the center mark to start play at the beginning of each half.

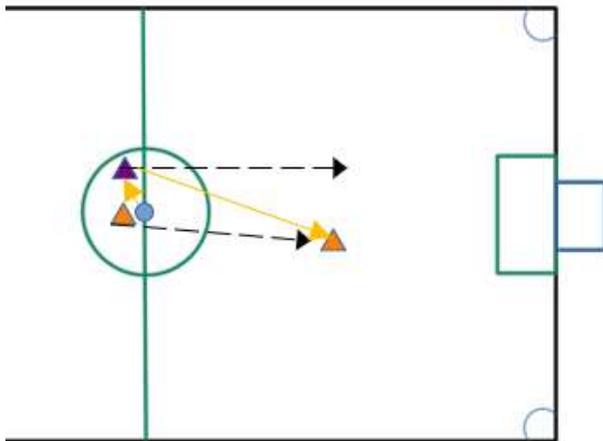
Activity – Have each participant partner with his/her parent. Place on soccer ball per parent child group in a straight line, roughly 15 feet apart. Have the child stand next to the ball as he/she will “kick off”. The parent will stand slight to the right left of the participant.

Each child will tap the ball forward one or two fee where the parent will stop it and pass it back to child. This is the most common way to kick off in a soccer game as it will ensure the your team remains in control of the ball to start. Once you have does this a couple of times, have parent and child switch roles.

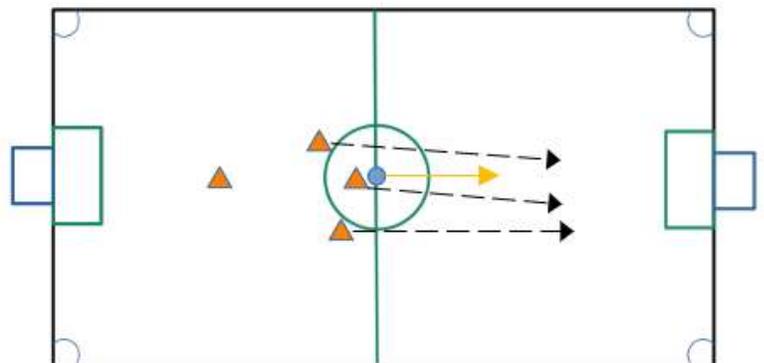
Player taking kick off may NOT touch ball again before it touches another player.

Variations – Aim kick off for corner flags and teach players to run down field to get ball. You can also have the child sprint ahead after they have tapped the ball to their parent and try to receive a longer pass, attempting a quick strike against the defense. **ADVANCED** – incorporate additional players and have the ball get passed backwards 15 feet to teammate to then pass the ball up field.

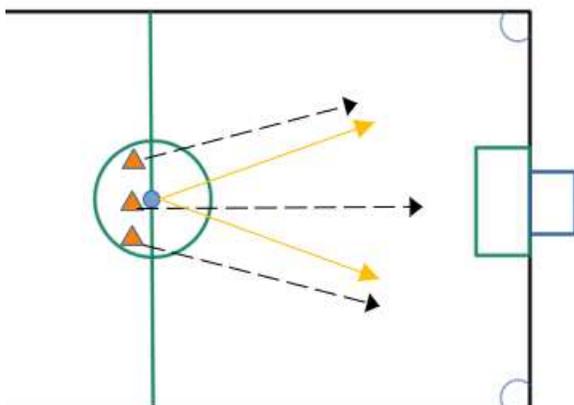
Kick off to parents



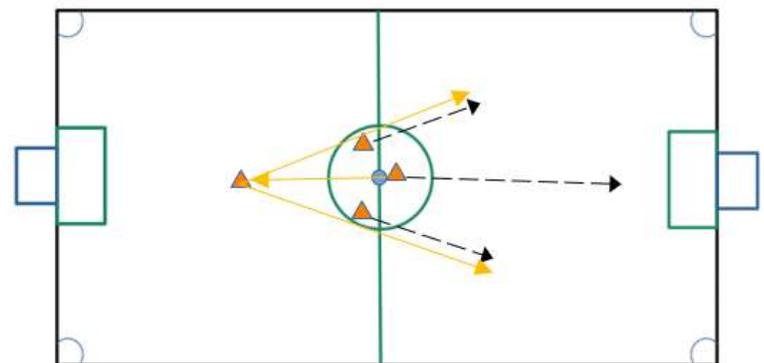
Kick off down field



Kick off to corners



Kick off backwards then down field





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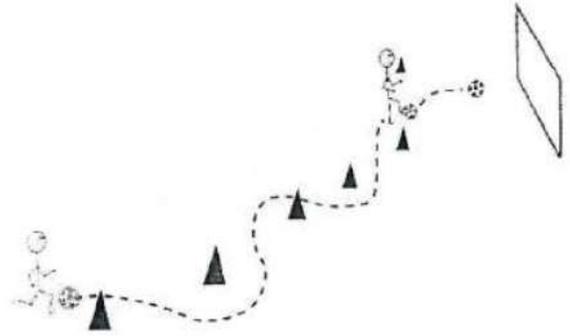
Week 8

Warm-up players

Drill #1 – Dribbling through the obstacle course and shoot on goal (5 minutes)

Equipment Needed: Size 3 soccer ball

Set up cones in a line approximately 8 steps apart from each other (to give children room to navigate between cones). The cones should be set up 10 feet in front of pop-up goal. The child will dribble through the obstacle course. When the child reaches the finish line, they will cross the finish line and shoot the ball towards the goal. The child should practice shooting on goal with both their left and right foot (one time shoot with right foot, then shoot on goal with left). As the child improves, the shooting distance should be moved back.



Drill #2 – Moving to the left and right to stop a rolling ball and kicking to a goal (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Set up a pop-up goal 10 feet away from the child. Give each parent a soccer ball and encourage them to roll the ball on the ground to the child's right. The child will move to the right and trap the ball with the inside of their right foot (instep) and then kick the ball toward the goal. Encourage the parent to then roll the ball on the ground to the child's left. The child will move to the left and trap the ball with the inside of their left foot and then kick the ball toward the goal.



Drill #3 – Corner kicks (10 minutes)

A corner kick is a kick from the corner area (where the sideline meets the goal line) when the defending team has kicked the ball out of bounds across the goal line.

Activity (3 participants) – Set-up – Have one child take the corner kick, a second child will stand in-field towards the goal and a third child will stand in-field on an angle back towards his/her goal. Once again, the three participants should form a triangle. The defending team MUST stand back to allow ball to put into play. When ball is kicked the ball must move (forward, sideways or backward). Player taking corner kick may NOT touch ball again before it touches another player.

Action – Both of the in-field players will be ready receive the pass and shoot on goal. We want to stress the importance of making accurate kicks and maintaining team possession the ball. Always encourage players to stay spaced out during drills.



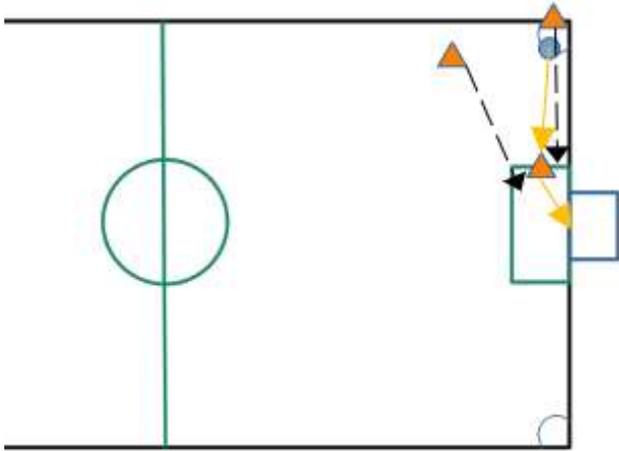
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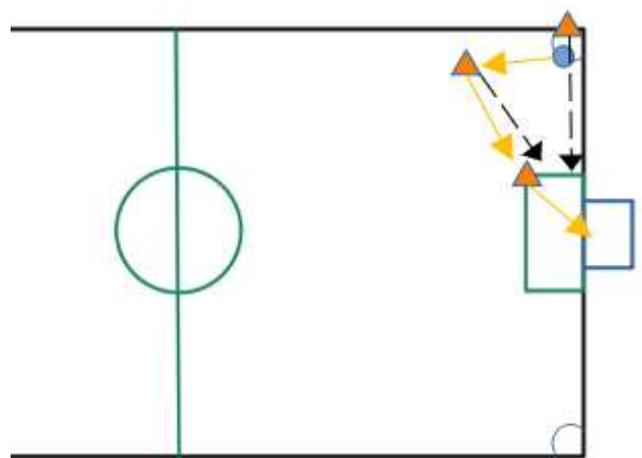
Have players rotate roles in this scenario and then alter the distance/directions of the kicks and passes.

Variation – Place ball in center of goal on goal box line. Kick ball aiming for the corner flags and teach players to run down field to get ball.

Option 1



Option 2



Drill #4 – Goal kicks (10 minutes)

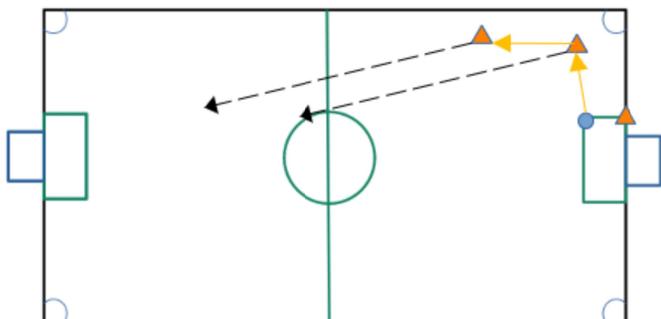
A goal kick is a kick taken from goal area after the opposing team has kicked the ball out of bounds over the goal line.

Activity (3 participants) – Set-up – Place the ball on the goal box line. Does not have to be the corner, can be anywhere on the goal box line. One player will take the goal kick. Teammates will spread out in-field to receive ball from goal kick. It is recommended that one teammate be closer to receive pass from kicker and another teammate be up-field to receive pass from second player to move ball up-field. The attacking team MUST stand back to allow ball to put into play. When ball is kicked the ball must move (forward or sideways). Player taking goal kick may NOT touch ball again before it touches another player.

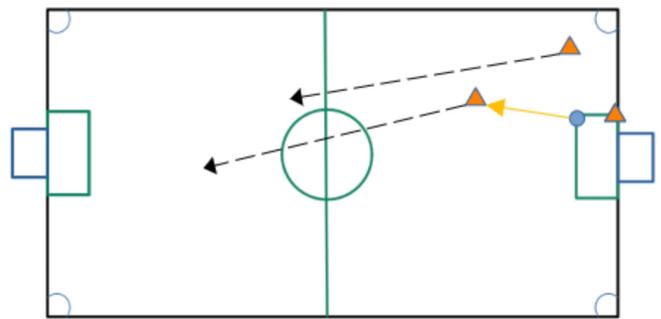
Action – The in-field players will be ready to receive pass and pass ball further up-field toward goal team is scoring on. We want to stress the importance of making accurate kicks and maintaining team possession of the ball. Always encourage players to stay spaced out during drills.

Have players rotate roles in this scenario and then alter the distance/directions of the kicks and passes.

Option 1



Option 2





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Appendix A – Common Soccer Positions and Terms

Soccer Positions

Forward or Striker – Offense
Mid-Fielder – Offense
Full-Back or Defender – Defense
Goalie

Soccer Terms

Kick Off – How a game is restarted from center circle. Ball is kicked off a mark in center field. Kick-offs are used to start a game, after half-time, and after a scoring goal. The goal of a kick-off is to pass the ball to another teammate and head downfield. The player kicking the ball, from kick-off, can only touch the ball once. If the kicking player touches ball again, before another player touches it, then the other team is awarded a kick. Players on the team, not having kick-off, have to stand outside center circle until ball is kicked. Once ball moves it is in play.

Goalie – Only player allowed to use their hands to catch the ball. The goalie can only use his hands to touch the ball in the GOAL BOX area. Any ball caught behind the GOAL LINE is a goal. After catching or stopping the ball, it is quickly thrown/kicked out to an “open” teammate. Once goalies have caught the ball, they SHOULD NEVER put the ball down. Once the ball is put down on the ground, the ball is considered in play. The only time the goalie should set the ball down in front of the goal is to set up for a GOAL KICK (ball was kicked out by opposing team) or for a PENALTY KICK (directed by Referee).

***Once GOALIE has the ball, other players ARE NOT allowed to go after the ball. This is dangerous for the goalie. ***

Throw in – This occurs when ball is kicked out on the sidelines. The team that DID NOT last touch the ball before it went out gets to throw-in the ball. To do a correct throw-in, BOTH feet must be on the ground and ball must be thrown from behind head. Feet must be behind or on the sideline. Ball must break the line of the field to be in play. The goal of a throw-in is to throw the ball to an “open” teammate down field (towards scoring goal). ***If other team is throwing ball in, our goal is to cover their players so that no one on the opposing team is “open” to receive the ball. ***

Goal Kick – This occurs when opposing team kicks ball out on the END LINE we are defending. For a goal kick, ball must be placed on penalty box line and can be kicked by defending player. The player kicking the goal kick may only touch the ball once. If the kicking player touches ball again, before another player touches it, then the other team is awarded a kick. The ball does not have to leave the GOAL BOX. Players on the team, not having kick-off, have to stand outside the GOAL BOX until ball is kicked. The ball is live once it has moved. If the Goalie takes the goal kick, make sure to have another defending player cover goal in case ball is kicked back. I discourage goalies from taking goal kicks and I discourage players from kicking ball straight down the middle of the field.

***if opposing team is making goal kick, the goal of our forwards and midfielders is to cover opposing players



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and try to get the ball and score***

Corner Kick – This occurs when the opposing team kicks the ball out on the END LINE they are defending. For a corner kick, the ball must be placed on the arc line at the flag corner. Ball is generally kicked by someone in Forward or Midfield position. The kicker can only touch the ball. The goal of the corner kick is to kick the ball to an “open” teammate who will try to score. If the ball is touched twice by kicker, before it touches another player, the ball is given to the other team for a kick.

if opposing team is making corner kick, the goal is for our defenders to cover the opposing team’s players and make a wall to prevent the ball from being kicked into our goal. Once the opposing team has kicked the ball our players should move quickly to get ball out of our GOAL BOX

Penalty Kick – This is a kick due to a penalty (ball handling, rough play, etc.) Set up for kick depends on location. If opposing team has penalty kick near our goal, we set up a wall to block kick and cover opposing team. If we are taking penalty kick, the goal is to get the ball to “open” teammate down field or score goal. All penalty kicks in U4-U8 age groups are Indirect Kicks.

1. Direct Kick – Can score off this penalty kick
2. Indirect Kick – must touch another player after kick before we can score



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Appendix B – Field Layout and Positions (11 v 11)

