

Developmental Soccer

Goals:

- 1- Learn to dribble the ball with the feet (inside, outside, sole)
- 2- Learn to trap the ball with the feet
- 3- Learn to pass and trap the ball with the feet
- 4- Learn to plant & shoot (with the inside of the foot) while dribbling
- 5- Learn basic offense and defense concepts and positions during a scrimmage
- 6- Learn 1-3 fakes (based on skill level of kid/group)
- 7- Learn the terms above
- 8- Learn teamwork

Do's:

- 1- Stress NO HANDS the entire hour
- 2- Learn all skills via games (sometimes cleverly disguised drills!)
- 3- Keep kids moving with a ball at their feet
- 4- Only run games/drills as long as most kids are excited about it (end it before they get bored of it)
- 5- Use proactive discipline- keep it moving, keep it fresh, use time out if needed before trouble starts
- 6- Demonstrate EVERYTHING at least one time- teach to auditory, kinesthetic and visual learners
- 6- When dividing kids to work on a skill, divide by skill level. It is much easier to work on specific needs this way.
- 7- Plan more than you need that day.. just in case

Don't need to teach

- 1- throw ins
- 2- headers
- 3- goalies
- 4- corner kicks/ goal kicks
- 5- subs
- 6- kicks that lift the ball off the ground
- 7- lace kicks (reinforces toe balls at this age)