

Part 1 of 2



Dover Sherborn Soccer Club Curriculum – Spring 2018 PreK and Kindergarten



Fall Season Topics

Week	Session Topic
1	Cars
2	Pirates
3	Sealife
4	Driving
5	Cartoons
6	Superheroes
7	Animals
8	Candy
9	Colors
10	Jamboree

Session 1 - CARS



15 MINS



Organisation

Players must have cone on their head and move around like a car with their hands in a steering wheel position. They must move around without the cone falling off their head. If the cone falls off they must go down on 1 knee and wait to be high fived by a fellow driver.

Progressions

Soccer ball is added in and kids must dribble their ball around the area without the cone falling off, again if cone falls off player must be high fived to be fixed.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)

Use both feet
Change of pace
Head up at all times

Organisation



Players have a soccer ball each and must dribble around the area. In the area different colored gates will be set up, these will be stores or places you may find in a city. The players must dribble around and on the coach's call, they must dribble through as many of the gates as possible.

Progressions

Players must dribble through all the colored gates before they can return to the same colored gate
Can only use a certain foot to dribble through the gates.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)

Use both feet
Change of pace
Head up at all times

15 MINS



Organisation

Ball Each

Traffic Light Game where players are cars travelling around the Square, Coach will call "RED light", "ORANGE light", or "GREEN light" where players will STOP, SLOW, or GO According to the colour of the light.

Progressions

Adding in conditions such as; Only use one foot or only use the outside of your foot; progress accordingly to the standard of player.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)

Use both feet
Change of pace
Head up at all times

Session 2 – Pirates



15 MINS



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Organisation

The game is called Treasure Island. Players will be dribbling their ball in the sea sailing. When the coach shouts out treasure the players must dribble (Sail) their soccer ball into the all 4 of the island's to get points

Progressions

Add in Blackbeard who can steal the soccer balls when the pirates are sailing to the island.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players will start on the line and one player will be in the middle as the pirate. The players (sailors) must run across the grid without being tagged by the pirate (1 handed tag) if tagged players join the pirate in the middle

Progressions

Players must dribble their ball across the area without it being touched by the pirate if it is they then again become a pirate.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

. Change of pace
Head up at all times

15 MINS



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Organisation

Players are split into teams, they start on their island, on the coaches call 1 pirate from each island will sail (run) into the middle island must pick up one ball and bring it back to their island. The next person can not go until the pirate returning is in the island

Progressions

Players must dribble the ball back with their feet to their island
When all the balls are taken from the middle 1 player from each island can go and steal 1 ball from another island to bring back,.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)

Using both feet
.Change of pace
Head up at all times

Session 3 – Sea Life



15 MINS



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Organisation

Players will dribble ball around the ocean. When they come to a cone they must do foundations (Penguin walk) then move off and find another cone.

Progressions

Change the movement at the cone etc., toe taps, jump over the ball (dolphin jump), run a circle around ball (swim around the coral)

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players will start in the boat. Will be moving like the boat is swaying side to side. On coach's call (shipwreck), players must swim for 1 of the 4 islands.

Progressions

Players must dribble ball to 1 of the island when the coach calls shipwreck
Add in a shark who can tag the players when they are trying to get to the island (1 handed tag)

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players will start without a ball on dry land (end line) there will be a shark in the ocean. When the coach calls surfers up the players must get into a position like they are on a surf board and shout surfs up. Coach then says surf and the players must make their way across the grid without being tagged by the shark.

Progressions

Players must dribble their soccer ball across the ocean.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 4 – Driving



15 MINS



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Organisation

Players are split into 2 teams cones are left upside down or right side up. 1 team must turn all the upside down ones (potholes) right side up and the other must turn the ones that are right way up to upside down (potholes).

Progressions

Players must dribble ball around as they turn the cones up the right way for their team.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players are dribbling their ball around the grid avoiding cones that are set out as obstruction in the road. If they hit a cone they must freeze for 5 seconds before they can start moving again

Progressions

Add in a police officer who must chase the players when the coach calls police, if they are caught they must go to jail for 5 seconds then they can join the game again. The obstructions are still in place.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players are in lines behind the cones, on coaches call the first players runs up through the cones with single feet in it the cones up around the cone and sprints back to tag partner who then goes.

Progressions

Different movements through cones
Introduce a ball to dribble through cones.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 5 – Cartoons



15 MINS



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Organisation

Players will start by dribbling the ball around the area. On the coaches call they will strike a pose of a certain cartoon that the coach has called.

Progressions

Coach calls a cartoon and the kids have to do a certain command i.e. jump over ball, toe taps, run a circle around ball or foundations.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Player's start by dribbling around the area, the 4 lines of the grid are named a cartoon. When the coaches calls a cartoon the players must dribble to that line and stop on it

Progressions

Players must dribble to the lines by using a certain foot or certain part of the foot depending on what coach decides

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players are split into 2 teams, superheroes and bad guys, they place a pinnie in the side of their shorts. On the coaches call the 2 teams move around and try to steal the oppositions pinnies. When a pinnie is taken it is given back to the player.

Progressions

Introduce the ball being dribbled around

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 6 - Super Heroes



Organisation

Players are moving around the area without a soccer ball coach will call a superhero i.e. superman, spiderman etc the players have to stop and do the pose of that superhero.

Progressions

Soccer ball is introduced and coach calls superhero players strike the pose. Each superhero has a certain move you do when they called single leg hops bunny hops etc

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times



Organisation

Players are dribbling around the area with 4 cones at the corners. The players dribble around on the coaches call the 4 corners are called something from a super hero movie.

Progressions

Players must dribble using certain parts of their foot
Using toe taps, foundations etc

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times



Organisation

Players start on the end line as a group of super hero's. On the coach's call the superheroes have to run and get past the bad guy. If caught you must become a bad guy

Progressions

Introduce a ball to dribble across the grid

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 7 – Animals



Organisation

Players are dribbling around the area on the coaches call he/she will shout an animal the player must stop and either make the noise of the animal or do something that the animal would

Progressions

Each animal has a different movement to it

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Organisation

Players are moving around the corners are called the zoo, ocean, farm or house. The coach will call out an animal and the players have to run to the correct area that the animal belongs in.

Progressions

The players must be dribbling their ball around and dribble it into the area that the animal belongs to and make the noise of that animal

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Organisation

3v3 Match inside a 20x20 Grid.
No Goal Keepers
Age appropriate Goals

Progressions

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 8 – Candy



15 MINS



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Organisation

Players dribble their soccer ball around the area, the gates are different candy bars (different colors) the player has 45 seconds to go through as many gates as they can

Progressions

The players must travel through each color of gate before they can go back to the same color. Use only a certain part of the foot when dribbling through.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

The 4 corners are named different candy bars. The players are dribbling around and on the coaches call the players must dribble to that candy bar.

Progressions

Each candy bar has a different movement in it, toe taps, foundations jump over ball.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

3v3 Match inside a 20x20 Grid.
No Goal Keepers
Age appropriate Goals

Progressions

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

Session 9 – Colors



15 MINS



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Organisation

Players are dribbling around the area. Coach calls a color and that is an exercise i.e. right foot, left sole or top of foot.

Progressions

The colors then turn into a move such as toe taps, foundations, scissors or a pull back.

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

Players will dribble ball around the ocean. When they come to a cone they must do foundations (Penguin walk) then move off and find another cone.

Progressions

Change the movement at the cone etc. toe taps, jump over the ball, run a circle around ball (swim around the coral)

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times

15 MINS



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Organisation

3v3 Match inside a 20x20 Grid.
No Goal Keepers
Age appropriate Goals

Progressions

Coaching Points

Small touches with ball to keep it close
Using proper technique to dribble (No toe)
Using both feet

Change of pace
Head up at all times