

Greetings Shooting Star-U4 Coaches,

Below is a brief road map for the first week of the Shooting Stars program. Please use the information below as your guide to prepare and time-manage the sessions, from first introductions to the final whistle.

SSC Shooting Stars Week 1:

The key to a successful session is: Time Management!

Make sure to manage the clock!to keep track of the schedule and to keep the pace moving so that there is never any down time unless it's for a snack or break.

Registration Start time: 12:45pm

Session Start time 1:15pm – 2:00pm

Meet, Greet, Introductions and Names: 5 Min

On the first day of practice you should get all of the players to sit in a circle around you and have them tell you their names. At the second practice you will need to do this again so you can make sure you know their names. Make sure the other players are listening so they can remember them too. Next practice (or at the end of the second practice) you “try and remember” their names by miss-naming them (don't look or be serious when you do this) and see if the other kids correct you. The kids generally get a kick out of this and they will soon know each others names quicker.

Rules: 5 Min

On the first day of practice ask them some questions:

- Has anyone ever played soccer before?
- Does anyone know how to play soccer?
- Do you use your hands?
- How do you score points?
- Do you throw the ball into the goal?

This gets the children thinking and involved in what you are talking about. Let them know that you only use your feet; that you strike the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is to score goals.

SHOW THE KIDS HOW TO DO THIS! One of the players can show everyone else too!

Let the games begin!

SSC Shooting Stars Week 1:

Game #1: 10 Min

Red light Green light: Children free to dribble around in an area. Coach yells "red", everyone stops. Coach yells "green", children free to go. Play for a few minutes. If available the coach uses a green pennie and a red pennie. When the coach puts up the green pennie the children go, with a red pennie they stop. Demonstrate to children how to stop the ball.

Water Break: 5 Min

Game #2: 10 Min

Simon Says: A simple game of "Simon says". Everyone has a ball dribbling around. Simon says "stop the ball"; Simon says "go". Simon says touch the ball with your knee, top of foot, elbow, head. Be creative.

Water Break: 5 Min

Game #3: 10 Min

Egg Hunt: Have more balls than players. Have the players' line up across one end of the field. Take their balls and spread them out around the field, these are the "eggs". At the other end of the field is a goal called the "basket". Say "Go" and turn them loose. The object of the game is to get all the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they can accomplish the task. The kids really like this game. The more balls/"eggs" the better. You should see them score, and then turn right around and go back for more balls.

Greetings Shooting Star Coaches,

Below is a brief road map for the first week of the Shooting Stars program. Please use the information below as your guide to prepare and manage the sessions, from first introductions to the final whistle.

SSC Shooting Stars Week 2:
Session Start time 1:15pm – 2:00pm

The key to a successful session is: Pace and Time Management!

Meet, Greet, Introductions and Names: 2.5 Min

At the first week of soccer you should have asked all of the players to sit in a circle around you and have them tell you their names. Be sure to ask if anyone has been practicing...

At the second practice you will need to do this again so you can make sure you know their names. Be sure to introduce yourselves again as well.

Rules: 2.5 Min

On the 2nd week of practice ask them some more questions:

- Does anyone remember how to play soccer?
- Do you use your hands (Only outside the touch line, or if you're goalie)
- How do you score points?
- Do you throw the ball into the goal?

Remind them that you mostly use your feet; that you kick the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is move the ball with your feet to score goals.

SHOW THE KIDS HOW TO DO THIS! One of the players can show everyone else too! We need to remember that they may not know what "dribble" means so let's explain it.

Game #1, duration: 10 Min

Dribbling and Stopping

Players will dribble from one end of the field to the other end and STOP the ball using the bottom of their foot. Go slow the first time and challenge them to go faster each time...then race! Repeat at least four times.

Snack/water break: 5 Min

Game #2, duration: 10 Min

Red Light Green Light

Players will dribble from one end of the field to the other when the Coach says "Green Light" and STOP their ball when the Coach says "Red Light". Go slow the first time and challenge them to go faster each time. Repeat at least four times.

Snack/water break: 5 Min

Final Games: 1:20PM

Game#3, duration: 10 Min

Ball Tag

All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.

Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 5 or 10 points.

Remember to encourage them, they can never hear "good job" enough at this age.

PLEASE DO NOT MAKE THE MISTAKE OF THINKING THEY ARE TOO YOUNG TO LEARN SOME FORM OF TECHNIQUE. ANYTHING YOU CAN TEACH THEM DURING THIS PROGRAM WILL MAKE THEM AND OUR PROGRAM BETTER IN THE FUTURE!

SSC Shooting Stars, Week #3:

Below is a road map for week #3 of the Shooting Stars program. Please use the information below as your guide to prepare and manage each session, from first introductions to the final whistle.

Session Start time 1:15pm – 2:00pm

Remember to manage the clock! *Be sure to introduce yourselves again!*

Review a few of the technique and knowledge learned from the prior week session.

SHOW THE KIDS HOW TO DO THIS! One of the players can show everyone else too! We need to remember that they may not know what “dribble” means so let’s explain it.

Remind them that you mostly use your feet; that you kick the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is move the ball with your feet to score goals.

Week#3:

Toe Touches: 5 min

Place the bottom of their feet on top of the ball and alternate feet doing this faster.

Hit the Dirt: 5 Min

All players are dribbling in a 15x20 yard grid.

When the coach says “Hit the Dirt”, the players must stop the ball and lie on his/her chest on the ground. When the coach says “Dribble” each player gets up and dribbles again. Version 2: When the coach says “Hit the Dirt”, the players hit the ground and jump up again.

Egg Hunt: 10 Min

Have more balls than players. Have the players’ line up across one end of the field. Take their balls and spread them out around the field, these are the “eggs”. At the other end of the field is a goal. Say “Go” and turn them loose. The object of the game is to get all the “eggs” in the basket/goals as quickly as possible. They are all on the same team, and aren’t allowed to take a ball away from another player. Time them to see how fast they can accomplish the task. The kids really like this game. The more balls/”eggs” the better. You should see them score, and then turn right around and go back for more balls. Repeat at least four times.

Snack/Water break: 5 Min

Marbles: 10Min

Split your team into two groups and line them up behind two opposing lines. Each player should have a ball. Place an unusually oversize ball in the middle. This is the marble. Have them try to move the marble across the other team’s line by striking it with a ball. After the game starts I don’t require them to use their own ball. If they lose theirs, they are free to use any other ball they find. If have two opposing lines does not work; just have the players make a circle around the unusual ball and see if they can hit it.

Version 2: Each team will try and kick their ball into the Larger ball such that the large ball is knocked into the goal. They cannot kick the Large ball with their feet. If they do the ball is put back to start. Coaches will need to retrieve balls from the net if they are accidentally kicked in. This will teach controlling their kicks with direction and force and help with teamwork. Repeat several times.

Ball Tag: 10Min

All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player’s feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.

Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 5 or 10 points.

SSC Shooting Stars, Week 4:

Below is a road map for week #4 of the Shooting Stars program. Please use the information below as your guide to prepare and manage each session, from first introductions to the final whistle.

Session Start time 1:15pm – 2:00pm

Remember to manage the clock! *Be sure to introduce yourselves again!*

Review a few of the technique from the prior week session.

SHOW THEM HOW TO DO THIS! One of the players can show everyone else too! We need to remember that they may not know what “dribble” means so let’s explain it.

Remind them that you mostly use your feet; that you kick the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is move the ball with your feet to score goals.

Week #4

Toe Touches: 5 min

Place the bottom of their feet on top of the ball and alternate feet doing this faster.

Tick Tock: 5 min

Place the ball between their feet and have them knock the ball back and forth between their feet. They will have trouble with this, show them that you have trouble too.

Freeze Tag: 10Min

All players are dribbling a soccer ball in a 15x20 yard grid. 1-2 players dribble a soccer ball, but they are the freeze monsters. The freeze monsters tag other players who then freeze with the soccer ball above their head. The activity ends when all players are frozen. Coaches: One coach may be the freeze monster while another is unfreezing players.

Version 2: Players can unfreeze each other by tagging them.

Version 3: Players can unfreeze each other by kicking the ball through their legs.

Snack/Water break: 5 Min

Simon Says: 10Min

A simple game of “Simon says”. Everyone has a ball dribbling around. Simon says “stop the ball”; Simon says “go”. Simon says touch the ball with your knee, heel, top of foot, big toe, elbow, head. Be creative and think of soccer related touches. Add complexity, “Simon say” dribble fast, dribble slow, dribble backwards,

Dribbling and stopping: 10min

Players will dribble from one end of the field to the other end and STOP the ball using the bottom of their foot. Go slow the first time and challenge them to go faster each time...then race! Repeat at least four times.

SSC Shooting Stars, Week #5:

Below is a brief road map for the fifth week of the Shooting Stars program. Please use the information below as your guide to prepare and manage the sessions, from first introductions to the final whistle.

Session Start time 1:15pm – 2:00pm

Remember to manage the clock! *Be sure to introduce yourselves again!*

Review a few of the technique from the prior week's session.

SHOW THE KIDS HOW TO DO THIS! One of the players can show everyone else too! We need to remember that they may not know what "dribble" means so let's explain it.

Remind them that you mostly use your feet; that you kick the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is move the ball with your feet to score goals.

Week #5

Red Light Green Light: 10Min

Players will dribble from one end of the field to the other when the Coach says "Green Light" and STOP their ball when the Coach says "Red Light". Go slow the first time and challenge them to go faster each time. Repeat at least four times. Feel free to add additional lights: Yellow Light – go slow, Blue Light – stop the ball and do toe touches, etc. You can also set this up as a race – First one to the opposite end of the field wins.

Snack/Water break: 5 Min

Teaching A Turn: 10Min

Players will learn how to do a Pull Turn.

First demonstrate how to perform a simple Pull Turn with the ball: Players should stand with their right foot on top of the ball with the ball stopped. They will then roll the ball backward with their foot, pulling the ball behind them, then turn and dribble. Show them how to do the turn, then ask them to show you. Tell them it is hard, and then tell them how impressed you are when they perform it correctly!

Snack/Water break: 5 Min

Hit the Dirt: 10Min

All players are dribbling in a 15x20 yard grid.

When the coach says "Hit the Dirt", the players must stop the ball and lie on his/her chest on the ground. When the coach says "Dribble" each player gets up and dribbles again. Version 2: When the coach says "Hit the Dirt", the players hit the ground and jump up again. You can add additional actions – for example, shout "Pull turn"! or "Toe Taps"! or "Tick Tock"! Try adding one command at each round, and move up through the different 'levels'.

Snack/Water break: 5 Min

Marbles: 10Min

Split your team into two groups and line them up behind two opposing lines. Each player should have a ball. Place an unusual color (or size 5 ball) in the middle. This is the marble. Have them try to move the marble across the other team's line by striking it with a ball. After the game starts I don't require them to use their own ball. If they lose theirs, they are free to use any other ball they find. If have two opposing lines does not work; just have the players make a circle around the unusual ball and see if they can hit it.

Version 2:

Each team will try and kick their ball into the Larger ball such that the large ball is knocked into the goal. They cannot kick the Large ball with their feet. If they do the balls is put back to start. Coaches will need to retrieve balls from the net if they are accidentally kicked in. This will teach controlling their kicks with direction and force and help with team work. Repeat several times.

SSC Shooting Stars, Week #6:

Below is a brief road map for the sixth and final week of the Shooting Stars program. Please use the information below as your guide to prepare and manage the sessions, from first introductions to the final whistle.

Session Start time 1:15pm – 2:00pm

Remember to manage the clock! *Be sure to introduce yourselves again!*

Review a few of the technique from the prior week session.

SHOW THE KIDS HOW TO DO THIS! One of the players can show everyone else too! We need to remember that they may not know what “dribble” means so let’s explain it.

Remind them that you mostly use your feet; that you kick the ball, and that you dribble the ball with your feet to get it from one end of the field to the other and that the object of the game is move the ball with your feet to score goals.

Week #6

Toe Touch Tag: 5 Min

For the first game the coaches are the “monsters” (taggers) and the players are free to dribble around the area. If a monster tags a player, the player must stop and do 5 toe touches. Play the game for a minute or two, and see who wins: monsters (by tagging all the players at least once) or players (by having at least one player not get tagged). Play again with two players as the ‘monsters’. Repeat until each player who wants to has been a ‘monster’.

Snack/Water break: 5 Min

Teaching A Turn: 5 Min

Players will learn how to do a Pull Turn.

First demonstrate how to perform a simple Pull Turn with the ball: Players should stand with their right foot on top of the ball with the ball stopped. They will then roll the ball backward with their foot, pulling the ball behind them, then turn and dribble. Show them how to do the turn, then ask them to show you. Tell them it is hard, and then tell them how impressed you are when they perform it correctly!

Toe Touch Tag w/ Pull Turns to Escape: 5 Min

Same as above, but when the coach gets close to tagging the player, say ‘Pull Turn!’ If the player performs a pull turn (or even tries it), they escape from the monster and don’t have to do toe touches. This only works with the coaches as monsters.

Egg Hunt / Beat the Coach: 10 Min

Have more balls than players. Have the players’ line up across one end of the field. Take their balls and spread them out around the field, these are the “eggs”. At the other end of the field is a goal. Say “Go” and turn them loose. The object of the game is to get all the “eggs” in the basket/goals as quickly as possible. They are all on the same team, and aren’t allowed to take a ball away from another player. Time them to see how fast they can accomplish the task. The kids really like this game. The more balls/“eggs” the better. You should see them score, and then turn right around and go back for more balls. Repeat at least four times. You can add a variation where you are the goalie – don’t try to actually stop them from scoring the goal, but just be a stationary obstacle they have to dribble around to score. Pretend you are upset that they have gotten around you!

Snack/Water break: 5 Min

Scrimmage: 10 Min

Set up your field with a goal at each end, with two teams playing to score goals.