

HUMMINGBIRDS SOCCER

Program Overview

- **Duration: 6 Weeks (1 hour per week).**
- **Week 1: Introduction to Soccer**
- **Week 2: Dribbling**
- **Week 3: Passing**
- **Week 4: Shooting**
- **Week 5: Fun & Games**
- **Week 6: More Fun & Games**

Hummingbirds Soccer is a fun-oriented, highly instructional soccer program. This program will pique each child's curiosity, get kids excited about playing soccer and sports in general, and teach good, basic soccer fundamentals.

Each 6 week session is 1 hour long, focused on basic fundamentals in a fun, enthusiastic and enriching environment.

At the end of the Program, kids will have an understanding of dribbling, passing, trapping, shooting, and goaltending.

Field Setup

- **Occasionally, we will be using a lined field with goals all set up, but more often, we will use our pop-up goals and cones to delineate the fields.**
- **The fields should be wider than they are long – about 25 yards wide and 20 yards long.**
- **Use the cones to denote the sidelines and end lines.**
- **Wherever possible, use existing lines as a border.**
- **Always leave a clearly marked place for parents to sit behind the field of play.**

Equipment Checklist (Needed Every Session)

- **Clipboards**
- **Roster**
- **30 youth soccer Balls**
- **20 Pinnies**
- **8 mini soccer nets**
- **40 cones**

Coach Arrival & Check-In Focus

- **Coaches will check in the kids as they arrive.**
- **Other coaches will maintain supervision of unorganized play.**
- **Emphasize professional demeanor & courteous manner.**
- **Maintain awareness & supervision of kids who have arrived already.**

Coaches will emphasize...

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- Professional demeanor
- Courteous manner
- Maintaining awareness & supervision of participants who have arrived already

Video Links

- The Basics of [Dribbling](#)
- How to [pass](#) a soccer ball for beginners
- How to [shoot](#) a soccer ball

HUMMINGBIRDS SOCCER - WEEK 1

Intro to Dribbling & Trapping

Coaches will emphasize...

- **Dribbling:**
 - Keeping the ball close to the feet for improved control
 - Keeping the head up to maintain awareness of surroundings
 - Using both feet
 - Changing pace and direction
 - Employing fakes and feints

I. Welcome & Dynamic Warm-up (10 Minutes)

- **5 Minutes - Coaches Intro, Talk & Inspiration:**
 - Coach conducts introductory talk with parents and participants.
 - Participants stand/sit in a circle to discuss Program rules & basic rules of the game.
 - Team Formation (Coach): Divide into teams if appropriate, ensuring an equal split of gender and age/ability.
 - Age Note: Match them up 1-to-1 to balance teams, DO NOT go from best to least talented.
- **5 Minutes - Dynamic Stretching & Games (Led by Coach):**
 - Lead stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says" for agility.

II. Introduction & Skill Focus (10 Minutes)

- **5 Minutes - Soccer Demonstration (Led by Coach):**
 - Coach goes over the basics of Soccer.
 - Participants learn names (optional if time is tight).
 - Show and explain the ball (participants should "Hug" the ball when the coach is talking).
- **5 Minutes - Simon Says Instructional (Initial Skills):**
 - Each player starts with a ball. Give instructions utilizing the "Simon Says" format (no one is ever "out").
 - Skills (Start with Basics): Squish your ball like a bug, put your heel/tiptoe on the ball, roll the ball in a circle.

III. Foundational Ball Drills (20 Minutes)

- **20 Minutes - Red Light/Green Light Drill (Dribbling & Trapping):**
 - Have each player get a ball. Introduce skills using the traffic light analogy:
 - **"Green Light" (Dribbling):** Players walk like a penguin and move the ball.
 - **Coach Focus:** Teach that "penguin kicks" are called Dribbling. Ask them "What is it called?" many times.
 - **Challenge:** Play "catch the coaches" (hit the coach's legs for a point).
 - **"Red Light" (Trapping):** Players stop the ball by squishing it like a bug.
 - **Coach Focus:** Teach that stopping the ball is called Trapping. Have them repeat it many times.
 - **"Yellow Light" (Control):** Players move in slow motion.
 - **Coach Focus:** Teach them to kick it slow with their "outsides" (the flat part of the outside of their feet).
 - **Silly Light:** Add a "Purple Light" command (e.g., jump up and down, make a silly face) to keep attention.
 - **Skill Progression Notes:**
 - **5-6+ Age Group:** Introduce a new skill this week (e.g., Dribbling with outsides/rolls). Teach them to look up when they kick and work on using both feet.
 - **3-4 Age Group:** Stick to the basics (penguin kicks/squishing bugs). Focus heavily on repetition and control.

IV. Gameplay & Finale (20 Minutes)

- **15 Minutes - Gameplay (Small-Sided Games):**
 - **Format:** Small sided games (5v5 or 6v6 with smaller nets).
 - **Minimum Players:** Need at least 5 on each team for 3-4 year olds. 4v4 is okay for 5-6+ year olds.
 - **Rules Review:** Go over Rule #1 ("NO HANDS") and Rule #2 (be nice—no pushing).
 - **Boundaries:** Use the two balls/yell "new ball" technique when a ball goes out-of-bounds to keep players moving and engaged.
 - **Coaching Focus:**
 - Spread players when they get bunched.
 - **5-6+ Age Group:** Explain that taking the ball from the opponent is allowed ("that is the other team"), but avoid this concept for the first couple weeks with the younger group (3-4).
 - Be positive, constantly talking, teaching, and encouraging.
- **5 Minutes - Finale & Recap:**
 - **Relay:** Run a fun relay or "Imagination Running Game."
 - **Cool Down/Stretching:** Lead gentle stretches.

- **Goal Scoring (Post-Game):** Line up any player who complains they didn't score in front of the goal and let them kick it in to make them feel special (important for all ages).
- **Recap:** Discussion on the basics of soccer (Dribbling and Trapping).

HUMMINGBIRDS SOCCER - WEEK 2

Dribbling Skills

Coaches will emphasize...

- **Dribbling:**
 - **Keeping the ball close to the feet for improved control**
 - **Keeping the head up to maintain awareness of surroundings**
 - **Using both feet**
 - **Changing pace and direction**
 - **Employing fakes and feints**

I. Welcome, Warm-up & Review (10 Minutes)

- **5 Minutes - Coaches Intro & Warm-up:**
 - **Lead dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.**
 - **Quick game of "Simon Says."**
- **5 Minutes - Review (Led by Coach):**
 - **Coach recaps the basics of soccer, including the rules (Rule #1 NO HANDS, Rule #2 BE NICE).**
 - **Review the concepts of Dribbling (penguin kicks) and Trapping (squish like a bug).**

II. Dribbling Demo & Structured Drills (15 Minutes)

- **5 Minutes - Dribbling Demo (Led by Coach):**
 - **Coach reviews the basics of dribbling, emphasizing keeping the ball close and using both feet.**
- **10 Minutes - Dribbling Drills (Choose 1-2):**
 - **Individual Dribbling: Dribble as fast as possible from one end of the field and back.**
 - **Shadow Dribbling: Players pair up, mirroring the leader's direction and speed changes.**
 - **Dribble Tag: One player is "it" and tags others while dribbling.**
 - **5-6+ Age Group: Use Free Dribbling with Constraints (e.g., left foot only, using the sole of the foot).**
 - **3-4 Age Group: Focus on Individual Dribbling and simple Shadow Dribbling to build control.**

III. Fun Dribbling Games (10 Minutes)

- **Choose 1-2 Fun Ball Drills:**
 - **Walking the Dog (Dribbling Speed):** Walk the dog (penguin kicks), then speed up (dribble faster). Yell, "Dog got loose!" (kick ball far and chase it). End by scoring a goal.
 - **Treasure Hunt (Dribbling/Trapping):** Dribble to one side, "bury" the ball (trap it), run back, make the ball "appear," and dribble it back to score a goal.
 - **Big Fish/Little Fish (Sharks and Minnows):**
 - **Minnows (with balls)** try to cross the field and score. **Sharks (no balls)** try to kick the ball out. If a ball is lost, the player becomes a shark.
 - **Coaching Focus:** Stress **NO PUSHING & BE NICE**. The last minnow left wins.

IV. Gameplay & Finale (25 Minutes)

- **20 Minutes - Gameplay (Small-Sided Matches):**
 - **Format:** Small sided games (4v4 to 6v6). Minimum 5 players for 3-4 year olds.
 - **Team Balance:** Match players up 1-to-1 for balance; use practice jerseys to distinguish teams.
 - **Rules Focus:** Remind players: Rule #1 **NO HANDS**, Rule #2 **BE NICE**.
 - **Boundaries:**
 - **3-4 Age Group:** Use the two balls/yell "new ball" technique to avoid stopping play for balls out of bounds.
 - **5-6+ Age Group:** Be lenient, but start explaining the concept of boundaries.
 - **Ball Possession:**
 - **5-6+ Age Group:** Briefly introduce the concept of taking the ball from the opponent (other team).
 - **3-4 Age Group:** Keep the focus on individual ball control and avoiding contact.
 - **Post-Game:** Line up kids who didn't score and let them kick it in (important for all ages).
- **5 Minutes - Relay & Cool Down:**
 - Run a quick fun race (Relay or Imagination Running Game).
 - Gentle stretches.
 - Recap key points on dribbling.

HUMMINGBIRDS SOCCER - WEEK 3

Passing Fundamentals

Coaches will emphasize...

- **Passing:**
 - Using the inside of the foot for precision in shorter distances
 - Practicing accurate short and long passes using both feet
 - Controlling the pressure put on the ball to control the “weight” of the pass

I. Welcome, Warm-up & Introduction (10 Minutes)

- **5 Minutes - Coaches Intro & Warm-up:**
 - Lead dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Quick game of "Simon Says."
- **5 Minutes - Review & Demo (Led by Coach):**
 - Coach reviews the basics of dribbling and trapping.
 - Coach demonstrates the basics of passing using the inside of the foot.

II. Foundational Skill Drills (25 Minutes)

- **10 Minutes - Simon Says Instructional (Advanced Ball Control):**
 - Give instructions using the "Simon Says" game format (no one is ever "out").
 - All Ages: Practice basic turning (push backward and turn), rolling (bottom of foot), and the "Shoe Box" drill (keeping the ball between the feet).
 - 5-6+ Age Group: Introduce complex skills: Soccer Popcorn (thigh control—lift leg like sitting in a chair, let ball bounce off thigh) and the "drop/trap" progression (drop ball on knee, trap to ground, repeat).
 - 3-4 Age Group: Focus only on rolling, turning, and the "Shoe Box."
- **15 Minutes - Intro to Passing Drills (Partner Focus):**
 - Pair up players 5–10 yards apart (put similar sizes/abilities together). Emphasize using the inside of the foot for accuracy.
 - Stationary Partner Passing:
 - All Ages: Practice Right foot to Right foot, and Left foot to Left foot.
 - 5-6+ Age Group: Introduce progressive passing variations: Right to Left, Left to Right, and Right to Right with a dribble and switch back (Right foot pass, dribble to the left foot, pass back).
 - Optional: Practice Triangle Passing in groups of three (emphasize moving after passing).

III. Fun Passing Games & Gameplay (25 Minutes)

- **10 Minutes - Fun Drills (Choose 1):**
 - **What Time is it Mr. Fox:** Kids dribble forward by kicking the ball the number of times called by the "Fox." On "MIDNIGHT," they turn and score before the Fox takes their ball.
 - **3-4 Age Group:** Coaches simplify the "Fox" action and heavily manage the turning/shooting action.
 - **Big Fish/Little Fish (Sharks and Minnows):** Minnows (with balls) try to score; Sharks (no balls) try to kick the ball out. Stress **NO PUSHING & BE NICE!**
- **10 Minutes - Gameplay (Small-Sided Matches): (Adjusted time)**
 - **Format:** Small sided games (5v5 or 6v6).
 - **Rules Focus:** Rule #1 **NO HANDS**, Rule #2 **BE NICE**. Use the two balls/new ball technique for younger kids.
 - **Coaching Focus:**
 - **5-6+ Age Group:** Coaches can start giving positive reinforcement for passing to a teammate (same team).
 - **3-4 Age Group:** Focus remains on dribbling and avoiding contact.
 - **Post-Game:** Line up kids who didn't score and let them kick it in.
- **5 Minutes - Finale & Recap:**
 - Run a fun race (Relay or Imagination Running Game).
 - Gentle stretches.
 - Recap key points on passing (use the inside of the foot).

HUMMINGBIRDS SOCCER - WEEK 4

Shooting Fundamentals

Coaches will emphasize...

- **Shooting**
 - **Stance and Approach**
 - **Plant Foot Position:** Ensure the non-kicking foot is placed beside the ball, pointing towards the target.
 - **Approach Angle:** Encourage a smooth approach to the ball, avoiding stutter steps.
 - **Body Positioning**
 - **Head Down:** Instruct players to keep their head down and eyes on the ball while striking.
 - **Knee Over the Ball:** The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.
 - **Contact Technique**
 - **Ankle Locked:** Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.
 - **Foot Placement:** Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.
 - **Follow Through**
 - **Complete Your Kick:** Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.

I. Welcome, Warm-up & Demonstration (10 Minutes)

- **Coaches Intro & Warm-up:**
 - Lead dynamic stretching (Light jog, Arm circles, High knees, Butt kicks, Torso twists).
 - Quick game of "Simon Says."
- **Review & Demo (Consolidated 10 Minutes):**
 - Coach reviews the basics of passing.
 - Coach demonstrates the basics of shooting (striking the ball with the laces/inside of the foot).

II. Structured Shooting Drills (25 Minutes)

- **15 Minutes - Stationary & Combination Shooting:**
 - **Stationary Shooting (7 min):** Split into small groups (8 total) per net. Practice shooting with the Right foot and Left foot (2-3 balls per group).
 - **Pass to a Shot (8 min):**

- **Setup:** One line for passers, one line for shooters.
 - **Action:** Passer plays a flat pass. Shooter controls the ball and shoots. Rotate roles.
 - **5-6+ Age Group:** Focus on controlled first touch before striking the ball.
 - **3-4 Age Group:** Focus on striking the moving ball forward, minimizing the need for control.
- **10 Minutes - Small Area Game (Pin Galore):**
 - **Action:** Two teams try to knock over pins (5-8 per goal) instead of scoring goals. Teams can still have a goalie.
 - **Scoring:**
 - **5-6+ Age Group:** Introduce the rule where they can steal knocked-down pins from the opposing side.
 - **3-4 Age Group:** Focus purely on knocking the pins down; the team that knocks them all down (or has the most at the end) wins.

III. Fun Ball Drills & Gameplay (25 Minutes)

- **5 Minutes - Fun Ball Drill (Bubbles):**
 - Kids pretend their ball is a bubble and dribble around, trying not to touch another ball.
 - **Consequences:** If the bubble pops, they must do jumping jacks/jumps.
 - **5-6+ Age Group:** 10 jumping jacks.
 - **3-4 Age Group:** 5 jumps.
- **15 Minutes - Gameplay (Small-Sided Matches):**
 - **Format:** Small sided games (5v5 or 6v6).
 - **Rules Focus:** Rule #1 NO HANDS, Rule #2 BE NICE.
 - **Boundaries:** Use the two balls/yell "new ball" technique for 3-4 year olds.
 - **Post-Game:** Line up kids who didn't score and let them kick it in (important for all ages to feel successful).
- **5 Minutes - Finale & Recap:**
 - Run a fun race (Relay or Imagination Running Game).
 - Gentle stretches.
 - Recap key points on shooting.

HUMMINGBIRDS SOCCER - WEEK 5

Chest Trapping & Game Awareness

Coaches will emphasize...

- Skills covered in the last weeks

I. Welcome, Warm-up & Review (10 Minutes)

- 5 Minutes - Coaches Intro & Warm-up:
 - Lead dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Quick game of "Simon Says."
- 5 Minutes - Review (Led by Coach):
 - Coach recaps the basics of shooting (striking the ball with the laces/inside of the foot).

II. Foundational Skill (Chest Trapping) (15 Minutes)

- Simon Says Instructional (Chest Trapping Focus):
 - Chest Introduction: Have players high five their chest and pat their belly. Explain the chest is safe for trapping. Tell them not to use their neck and avoid the belly (due to potential ache).
 - Practice: Pick up the ball and have them lightly toss it against their chest (10 times, counting out loud).
 - 5-6+ Age Group: Focus on absorbing the ball momentum with the chest and dropping it to the feet for the next action.
 - 3-4 Age Group: Focus on the fun action of hitting the chest. Simplify this drill to general body control and soft movement.
 - Finale Drill (All Ages): Always end with an imagination sequence: take a "rocket ship ride" (sprint/silly movement), then perform a "penguin walk" to the goal. End with a water break.

III. Fun Application Drills (15 Minutes)

- Choose 2 Fun Drills:
 - Numbers Game (1v1/2v2):
 - Divide players into two equal teams. Coach calls out a number (or multiple numbers). Players race to the field and play a quick game trying to score.
 - Focus: Passing, dribbling, defending, and shooting in a game-like

situation.

- 5-6+ Age Group: Use competitive 1v1 or 2v2/3v3 matches.
- 3-4 Age Group: Coaches call the number, but immediately throw a ball in for a simplified 1v1 challenge where the goal is just to kick the ball forward.
- Race the Coach / Imagination Running Game:
 - Line up all kids and race the coach, letting them win.
 - Call on a child to pick an animal, vehicle, or superhero and run/fly/drive that way to the other side.
 - Goal: High energy, fun movement, and imagination focus.

IV. Gameplay & Finale (20 Minutes)

- 15 Minutes - Gameplay (Small-Sided Matches):
 - Format: Small sided games (5v5 or 6v6). Minimum 5 players for 3-4 year olds.
 - Rules Focus: Remind them: Rule #1 NO HANDS, Rule #2 BE NICE.
 - Boundaries: Use the two balls/yell "new ball" technique for 3-4 year olds.
 - Coaching Focus: Continue to encourage sharing (passing) for the 5-6+ Age Group.
 - Post-Game: Line up kids who complain they didn't score and let them kick it in (important for all ages).
- 5 Minutes - Relay & Cool Down:
 - Run a fun race (Relay or Imagination Running Game).
 - Gentle stretches.
 - Recap key points on ball control.

HUMMINGBIRDS SOCCER - WEEK 6

Finals & Medal Ceremony

Coaches will emphasize...

- **Dribbling:**
 - Keeping the ball close to the feet for improved control
 - Keeping the head up to maintain awareness of surroundings
 - Using both feet
 - Changing pace and direction
 - Employing fakes and feints
- **Passing:**
 - Using the inside of the foot for precision in shorter distances
 - Practicing accurate short and long passes using both feet
 - Controlling the pressure put on the ball to control the “weight” of the pass
- **Shooting**
 - **Stance and Approach**
 - **Plant Foot Position:** Ensure the non-kicking foot is placed beside the ball, pointing towards the target.
 - **Approach Angle:** Encourage a smooth approach to the ball, avoiding stutter steps.
 - **Body Positioning**
 - **Head Down:** Instruct players to keep their head down and eyes on the ball while striking.
 - **Knee Over the Ball:** The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.
 - **Contact Technique**
 - **Ankle Locked:** Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.
 - **Foot Placement:** Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.
 - **Follow Through**
 - **Complete Your Kick:** Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.

I. Welcome & Dynamic Warm-up (5 Minutes)

- **Coaches Intro & Warm-up (Consolidated):**
 - Coach conducts the introductory talk.
 - Coach leads a quick, high-energy warm-up: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Quick game of "Simon Says."

II. Game Preparation & Final Game Play (40 Minutes)

- **Team Division & Rules Review:**
 - Coach divides players into balanced teams (squads) by age/ability (using pinnies if needed).
 - **Game Size Note:**
 - **3-4 Age Group:** Use smaller nets; teams should have at least 5 players on each side.
 - **5-6+ Age Group:** 4v4 is acceptable. Consider playing a full field game only for this older, more skilled group.
 - **Rules Review:** Go over Rule #1 ("NO HANDS") and Rule #2 (BE NICE).
 - **Ball Possession Focus:**
 - **5-6+ Age Group:** Remind players that they should take the ball from the opposing team, as this is the next step in soccer.
 - **3-4 Age Group:** Continue coaching the focus on individual dribbling and avoiding aggressive contact.
 - **Boundaries:** Use the two balls/yell "new ball" technique for the 3-4 Age Group to ensure continuous play.
- **Game Play (40 Minutes):**
 - Run the final, extended small-sided matches.
 - **Coaching Focus:** Be positive, constantly talking, teaching, and encouraging effort. Spread players when they get bunched.

III. Finale & Medal Presentation (15 Minutes)

- **5 Minutes - Cool Down/Recap:**
 - Lead gentle stretches.
 - Discussion on the skills covered over the last 6 weeks (dribbling, passing, shooting, trapping).
- **10 Minutes - Medal Presentation:**
 - Have participants line up (e.g., on the endline).
 - **Post-Game Scoring (All Ages):** Line up kids who complain they didn't score and let them kick it in before the ceremony (to make them feel special and successful).
 - **Ceremony:** Call each player up and encourage all parents and players to cheer for every participant.
 - **Break Out:** Conclude the program with the team mantra.