

ADAPTIVE KIDS AUSTRALIA SOCCER SKILLS PROGRAM



AGES 3 - 16 | **ALL ABILITIES**

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What is the Soccer Skills Program

We have designed our Soccer Skills Program for all kids to learn fundamental soccer skills at all skill levels. The program has been structured to help kids learn and develop their soccer skills in a fun and supportive way with guided, progressive activities.

All kids should be supported to play sport that they love and enjoy, this program focuses on inclusive sport, building children's skills in a supported manner that promotes skills development and confidence.

The program focuses on developing fundamental skills such as dribbling, passing and shooting. The program has been designed to help kids build confidence and develop a love for the game of soccer and active play.

All activities are a general guide and used for educational purposes, they are not personal advice. Consult with your healthcare professional before starting any new program.

How to use the program

Use the activity plans as a guide. Each activity will have its own focus on a specific skill, when we are learning these new skills it is important to be flexible in the delivery of the activity.

If a skill is too challenging then we can scale it back to a previous activity, the focus should be on enjoying the program and play. So be flexible in your delivery and be willing to change activities as you need.

Keeping Play Safe

- Ensure children are supervised at all times while completing the activities
- Make sure that the playing area is free of hazards and is a safe distance away from walls and fixed objects
- Ensure all equipment is appropriate, safe and working correctly
- Stop the activity if you observe dangerous play and explain what is appropriate and expected.

Find our full Balance Board and Soccer Skills Program:
<https://adaptivekids.com.au>



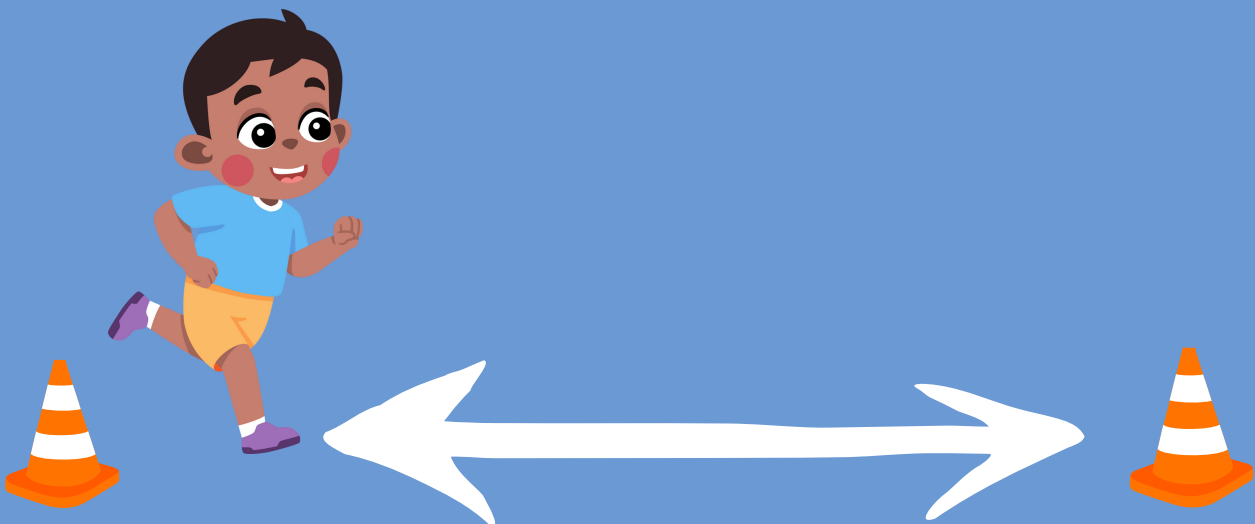
Warm Up Activities

These warm-up activities are based on the FIFA 11+ Program specifically designed to prevent football injuries in children. This program has been shown to significantly reduce the risk of overall injury and improve performance!

Pick 4 Warm Up Activities to Complete at the start of each session

1. Forward running

- Player One will run from one cone to the other, when Player Two says "Freeze", stop running, keep your balance and wait for them to say "Go" to continue.
- On the way back try running backwards or side to side (make sure to alternate sides)



- Complete x6 Laps

Ball Control Drills

Ball control is an essential skill for soccer, it is the foundation that lets us build all of our other skills from dribbling, passing, shooting and defending.

Alternating Foot Touches: On Top

- With a soccer ball in front.
- Alternate foot touches on top of the ball, keeping control of the ball.
- Try to make 10 touches. Increase with speed each round.



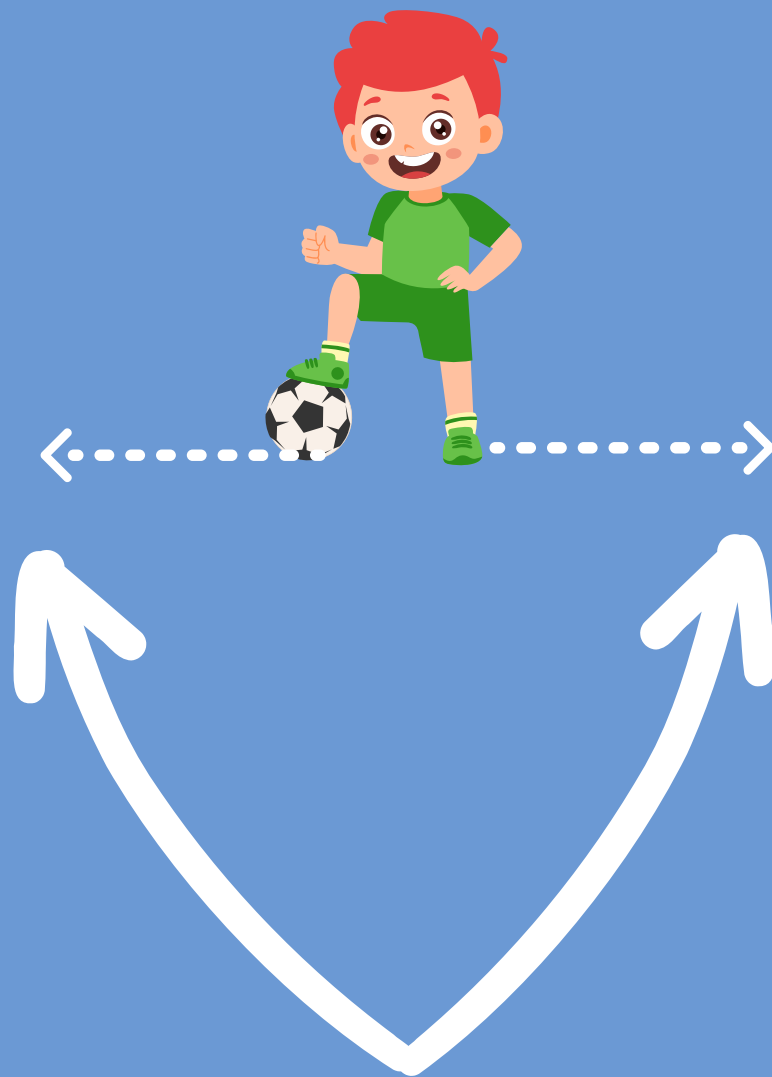
- Complete x3 Rounds of 10 Touches



Ball Control Drills

Go and Stop - Running

- Have Player Two Run towards the ball forwards or receiving a pass either to their left or right.
- Vary the speed of the pass to help build reaction speeds and visual tracking skills.



- Complete x3 Rounds of 10 Passes with each foot

Ball Control Drills

Pass and Stop to a Cone

- Have 5 cones set up close to one another.
- After receiving a pass and stop, aim to pass the ball to knock over a cone.
- Repeat until no cones are left
- Move closer to the cones to make it easier, move further away to make it more difficult

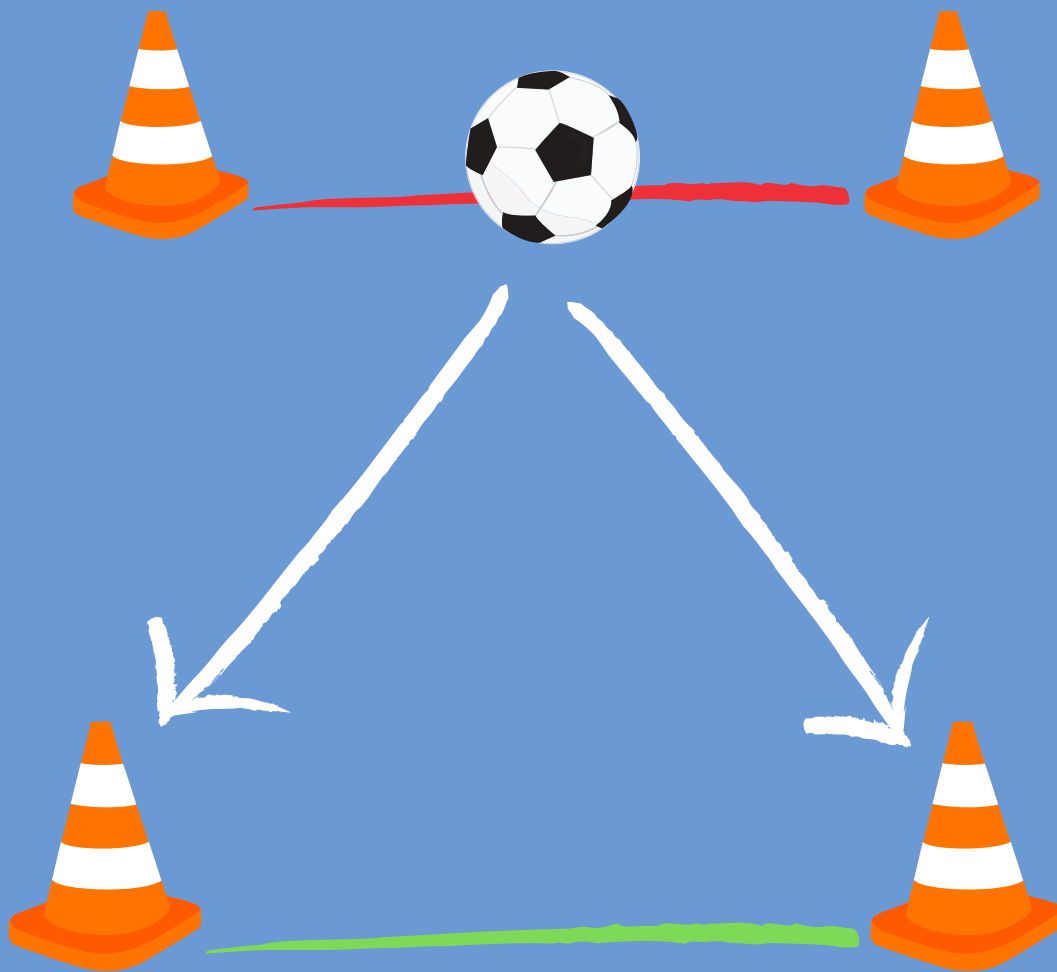


- Complete x3 Rounds of 5 cones with each foot

Ball Control Drills

Intercepting

- Each player will have two cones to defend.
- Starting in the centre of their line Player One will pass the ball to try and knock over a cone of player two.
- Player Two will defend their cone, trying to stop the ball from hitting their cone.
- Then attempt to pass the ball at Player One's Cones.
- Passes will always be completed from the centre of the line.

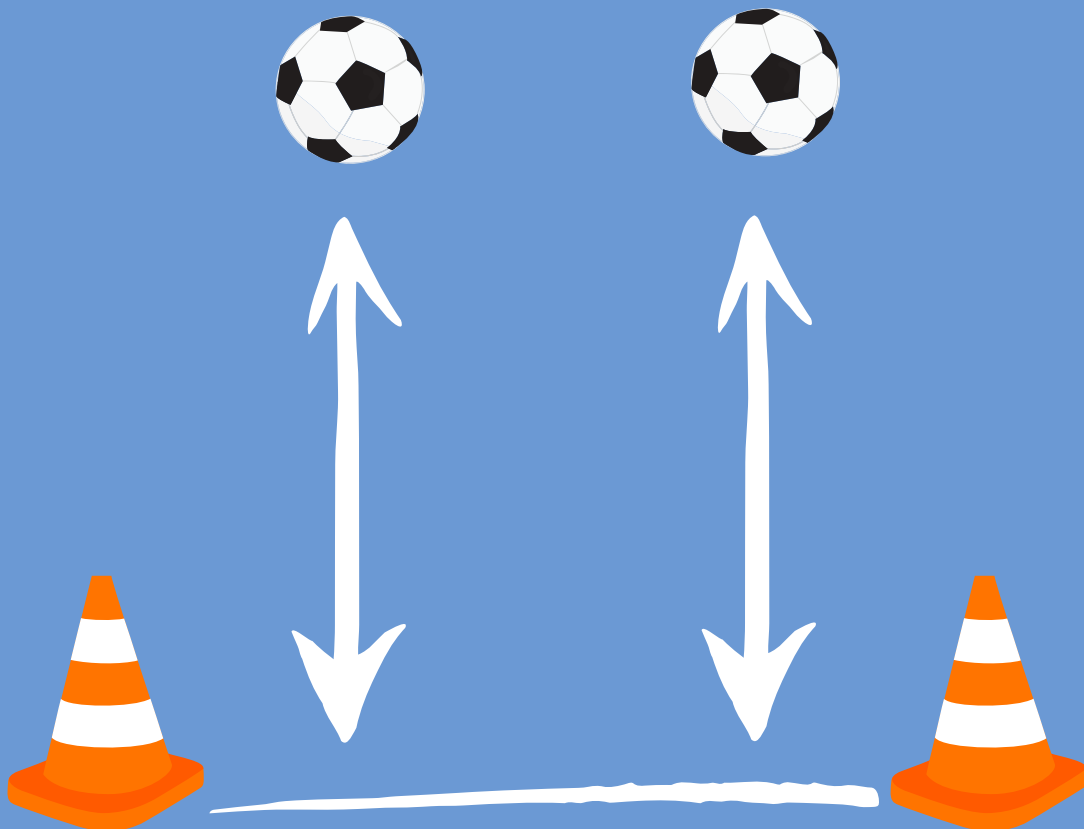


- Complete x3 Rounds of 10 intercepts

Dribbling and Running

Run and Return

- Two players start on the line.
- On the count of 3 both players run to the centre of the square to collect a soccer ball, dribble it back to their starting position and then stop.
- Progress by adding a cone to dribble around on the way back



- Complete x10 rounds

Thank you!

Enjoy the program and remember to have fun while completing the activities!

If you have any questions reach out to Adaptive Kids Australia:

For our Full Soccer Skills and Balance Board Program:

- <https://adaptivekids.com.au/products/balance-bundle-gross-motor-program>
- www.adaptivekids.com.au
- info@adaptivekids.com.au
- YouTube: Adaptive Kids
- Instagram: Adaptive_Kids

