

OREGON FUTBOL ACADEMY

KINDER SOCCER 3V3 PRACTICE PLAN

EARLY ARRIVAL

When you arrive at the field, start playing 1v1 with your kid. As more players show up, have them join a team.

PRACTICE, 15 MINUTES

Instructions for activities from OYSA are provided on the following page. Feel free to pick and choose activities that are a good fit for your team. You will probably want to do two activities each week to keep the kids interested. Also be sure to give water breaks in between activities.

GAME, 30 MINUTES

- Divide your team into two groups of 6. Talk with the other head coach to decide if you want to divide the teams evenly or into younger and older players. One group of 6 will stay on your practice field, and the other group of 6 will go with your assistant coach to the adjacent field.
- 3 players from your team will play on a field at a time. It is easiest to keep track of playing time by doing platoon substitutions every few minutes (switch out all 3 players at a time). If both teams do this at the same time, it helps the flow of the game. But, feel free to swap out one player at any time if there is an injury, meltdown, etc.
- Remind your players that there are no goalkeepers in kinder soccer. You can have a player stay in a defender position on your half of the field but remind the kids not to stand blocking the goal. Instead, they should try to defend by going to the ball.
- If the ball goes out of bounds, the coach may throw or kick it back in play.
- If both coaches agree, put all the players in for the last few minutes of the game.
- If the game is very lopsided, consider playing an additional player on the weaker team, or making sure that a strong player is rotated off the field during substitutions.
- At the end of the game, have the kids cheer for the opposing team and give high fives. Make a tunnel on one field for both teams to run through, and then hand out snacks.

Core Practice Activities

1. RED LIGHT, GREEN LIGHT

When the coach calls “green light” the kids move forward. When you call “red light,” they must stop. If you say “yellow light” they go slowly. You can add different color lights to make it fun for the kids. For example, blue light means swim with your arms, and purple light means dance party. You can have the kids play once without a ball, and then again with the ball. Emphasize the importance of keeping the ball close.

2. SHARKS AND MINNOWS

All players start in a line at one end of the field, while the coach is in the middle. When the coach says “go,” the players to reach the other side of the field safely. If they do, they turn around and wait on the line for the coach to call “go” again. If they get tagged by the coach, they become a shark in the middle with the coach. Play until there is only one minnow left. Start the game over with the kids dribbling their soccer balls. Instead of getting tagged, the coach/shark kicks their ball out of the grid.

3. HOSPITAL TAG

All players are “it” and try to tag each other. If tagged on shoulder or arm, the player must hold shoulder with one hand. If tagged a second time, hold that spot with the other hand and run to the hospital (the coach) to free themselves. After playing once without a ball, play a second time with players dribbling their soccer balls. They must have the ball with them to tag another player or get freed at the hospital.

4. EVERYBODY’S IT

Every player starts with a ball. On command, they can hunt each other down and if they can touch their ball against somebody else’s ball, they score a point. They should try not to go out of bounds.

5. KEEP AWAY FROM COACH

Show players how to turn with the ball keeping the ball close to their feet. Coach jogs around and tries to tag kids balls (allow them to turn away from you). Concentrate on having kids keep the ball close to their feet but turning away from the coach (getting their body between opponent and ball as soon as possible).

6. KICK TO THE EDGE OF THE WORLD

Have all the players stand at one edge of your grid with their ball and then tell them that they all have 3 kicks to get it as close to the other side (edge of the world) without going over as they will lose their ball.

7. SHOOT ON COACH

Coach and assistant coach each defend a goal. Kids take turns scoring on whichever goal they choose. After scoring on one goal, they must go to the opposite goal.

8. GO TO GOAL

Have all the players stand in a line beginning halfway between the goal and the midfield line. Coach(es) stand to the side of the goal with a bunch of balls. Coach(es) call the player’s name at the front of the line and pass the ball to the player. Player receives the ball, dribbles to the goal, and shoots. Variation: Coach(es) play the ball away from the player and the player goes to the ball.