


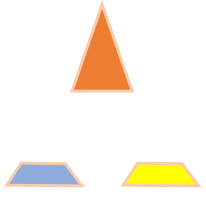
# Little Stars

Little Stars is a unique program for 18 month to 3 years old. Each "Little Star" is assigned to a team with a coach and will be given a full soccer uniform (shirt, shorts, and socks). Little Stars participate in age appropriate drills and activities that are setup to develop basic skills, familiarize them with soccer, encourage soccer play, and burn off some energy. Parent participation will be occasionally needed to assist with activities. Each team will have a coach that explains the drills and encourages the kids as they go through each activity. This age group does not play competitive games against other teams. Little Stars serves to introduce kids to soccer in a non-competitive yet fun environment.



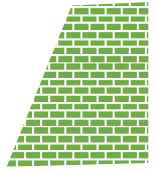
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1. Shin guards
  2. Cleats
  3. Size 2 or 3 soccer ball

Player supplied  
EQUIPMENT



Tall Orange Cone

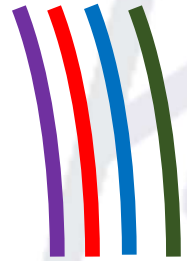
Multi-Colored Small Disc Cone



3' Fixed Goals



PEX Tubing with weighted bases



Pool Noodles with ground stakes

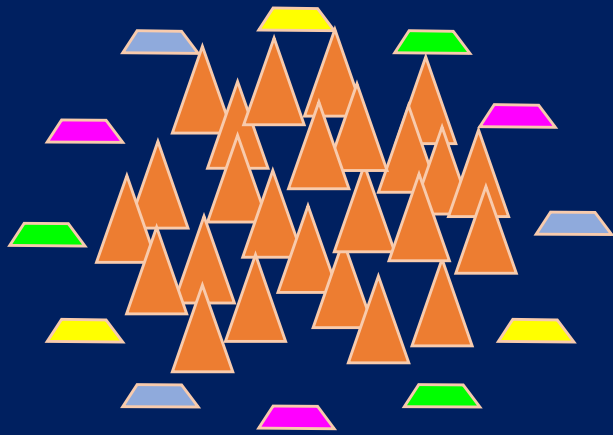


Pop-up Goals

# EQUIPMENT supplied by CCFC

Little





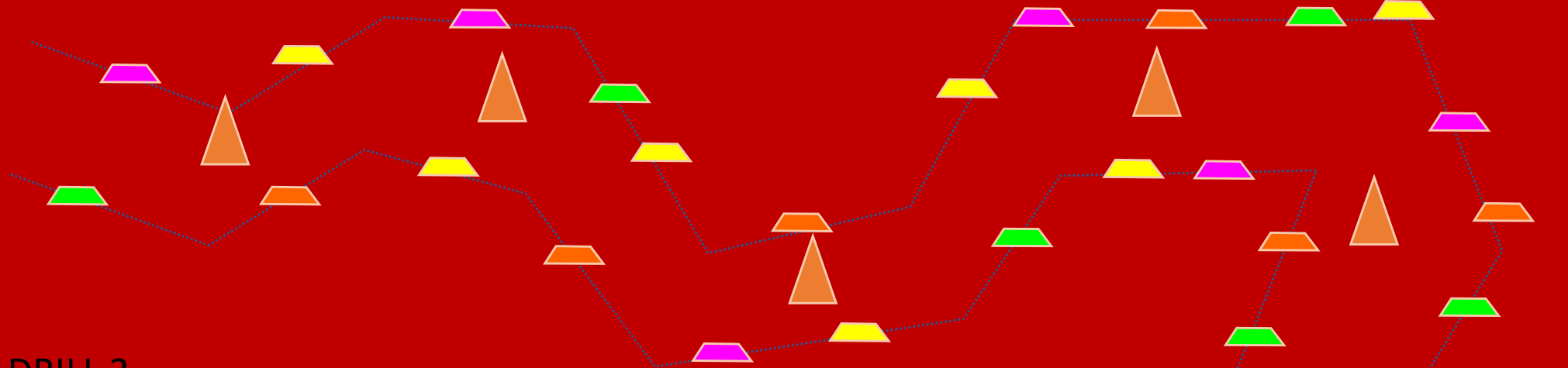
## DRILL 1

### Cone Knock Over:

Set-up a circle using the small disc cones (about 10ft' Diameter). Using the Tall orange cones, fill the center of the circle.

Drill: Players attempt to knock over as many cones as they can. Parents and coaches can reset the cones as you go. All players can play at the same time.

**GOAL: Foot-Ball Coordination**

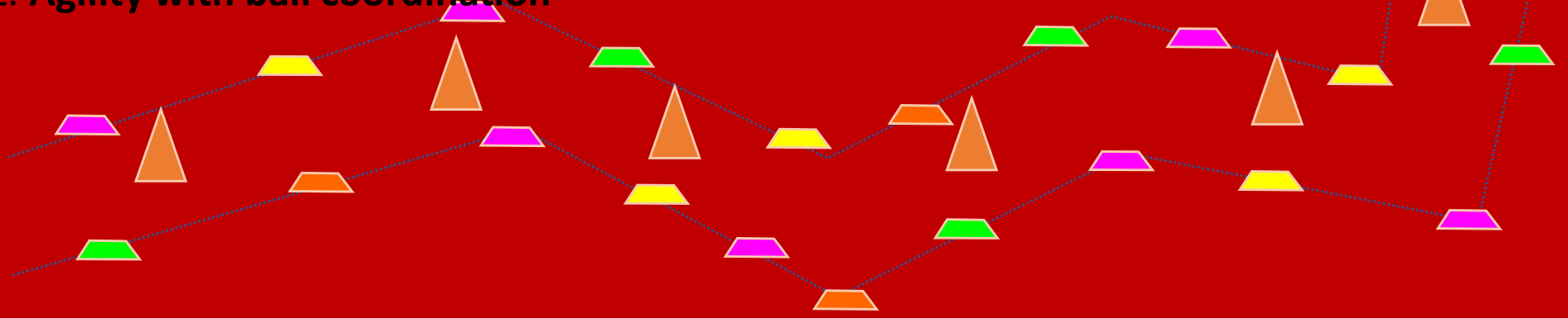


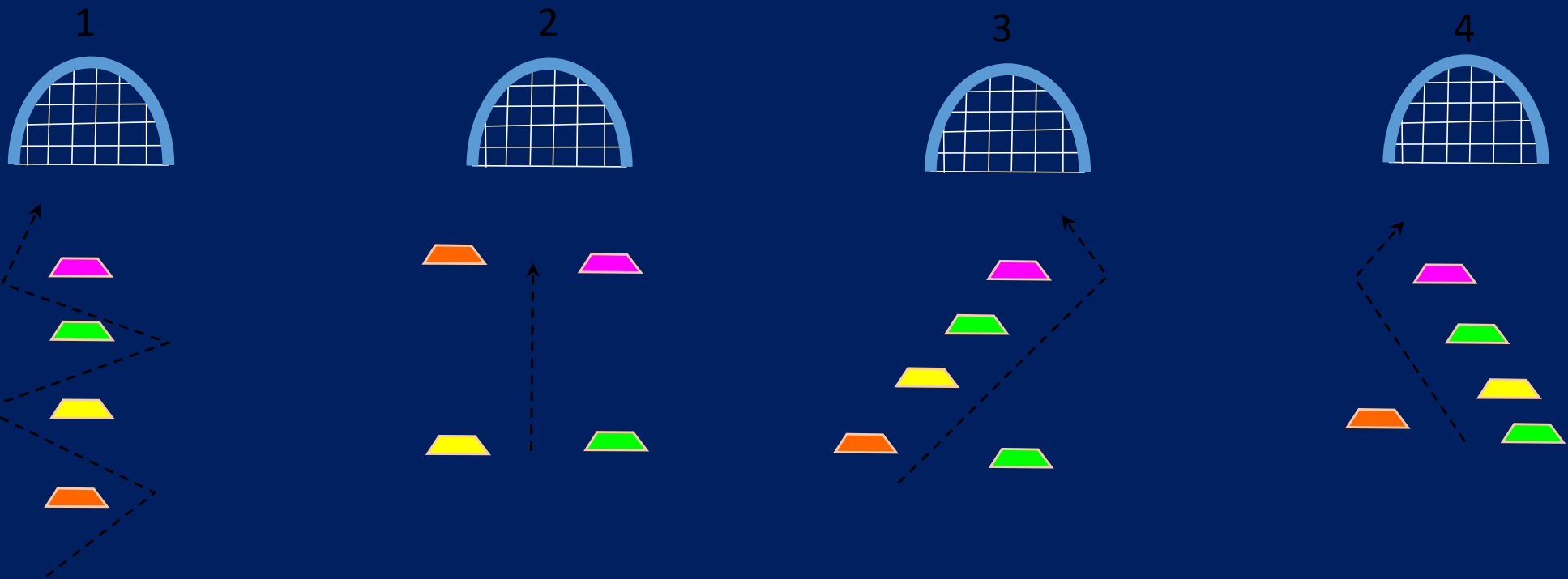
## DRILL 2

Candy Land: Set-up a path using the small cones. The path should loop back towards the beginning. Setup larger orange cones in throughout the path

Drill: Players dribble through the path as fast as they can trying to knock over as many of the orange cones without leaving the path. Parents and coaches can reset the orange cones as the players go through the path.

**GOAL: Agility with ball coordination**





### DRILL 3

#### Dribble & Shoot :

Set-up the pop up goals in a row (approx. 5 ft apart). Set-up small cones to establish drills like the ones above.

#### Drill:

- 1) Instruct the players to dribble between each cone then shoot on the goal.
- 2) Instruct the players to dribble forward from the back set of cones and kick the ball in before crossing the second set of cones
- 3) Have the players stay outside of the cones and kick it in once they are past the goal
- 4) Have the players stay outside of thenes and kick it in once they are past the goal

GOAL: Foot Skills and Confidend

## DRILL 4

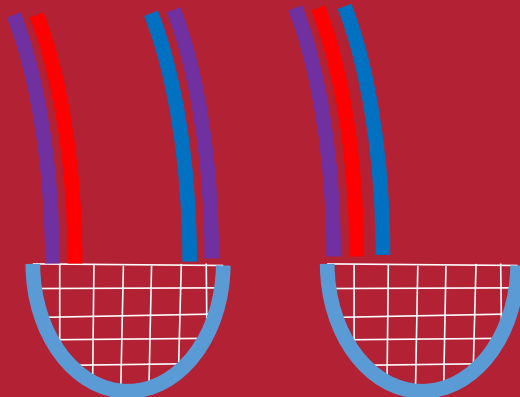
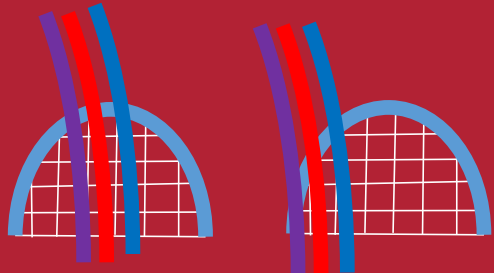
### Defenders:

Set-up the pop up goals in pairs (approx. 15 ft apart). Set-up 3-4 Pool noodles for each goal (1-3 inches apart). The setup should have a special setup of pool noodles for each goal.

- 3 center
- 3 left
- 3 right
- 2 on each side

Drill: Instruct the players to avoid the “defenders” and try to score around them.

### Ball skills: get around a "player" and foot skills



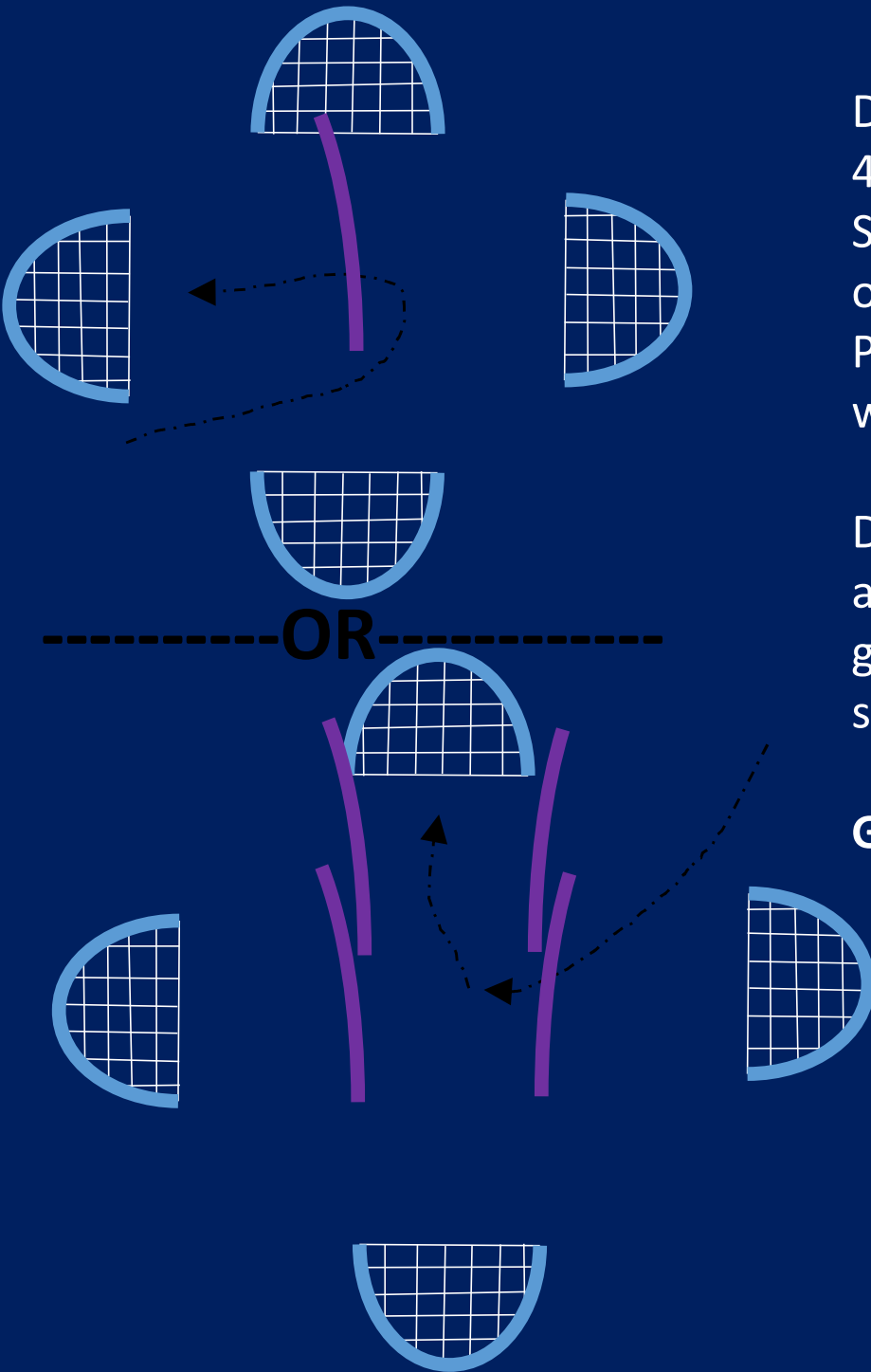
## DRILL 5

### 4-Goals:

Set-up the pop up goals in a square facing each other (approx. 15 ft apart). Set-up either one Poolnoodle (dead center) or 4 in a square (about 3 f wide).

Drill: Players dribble from outside the goals and around the center noodle then shoot/dribble to goal. If using the 4-noodles, players dribble in one side then out another.

**GOAL: Shooting Skills**







## DRILL 6: Foot skills and Reaction

### Red Light Green Light:

Set-up the two lines of short cones across from each other.

### Drill:

1. Start with everyone along the starting line (cones) with a soccer ball at their feet.

Coach says: 'Green Light' players will move towards the finish line moving their soccer ball with them.

2. When coach says: 'Red Light' players must immediately stop.

3. If players are still moving when you call 'Red Light', they must go back to the starting line.

4. Start a new round when everyone gets across the finish line or when most players make it across the finish line

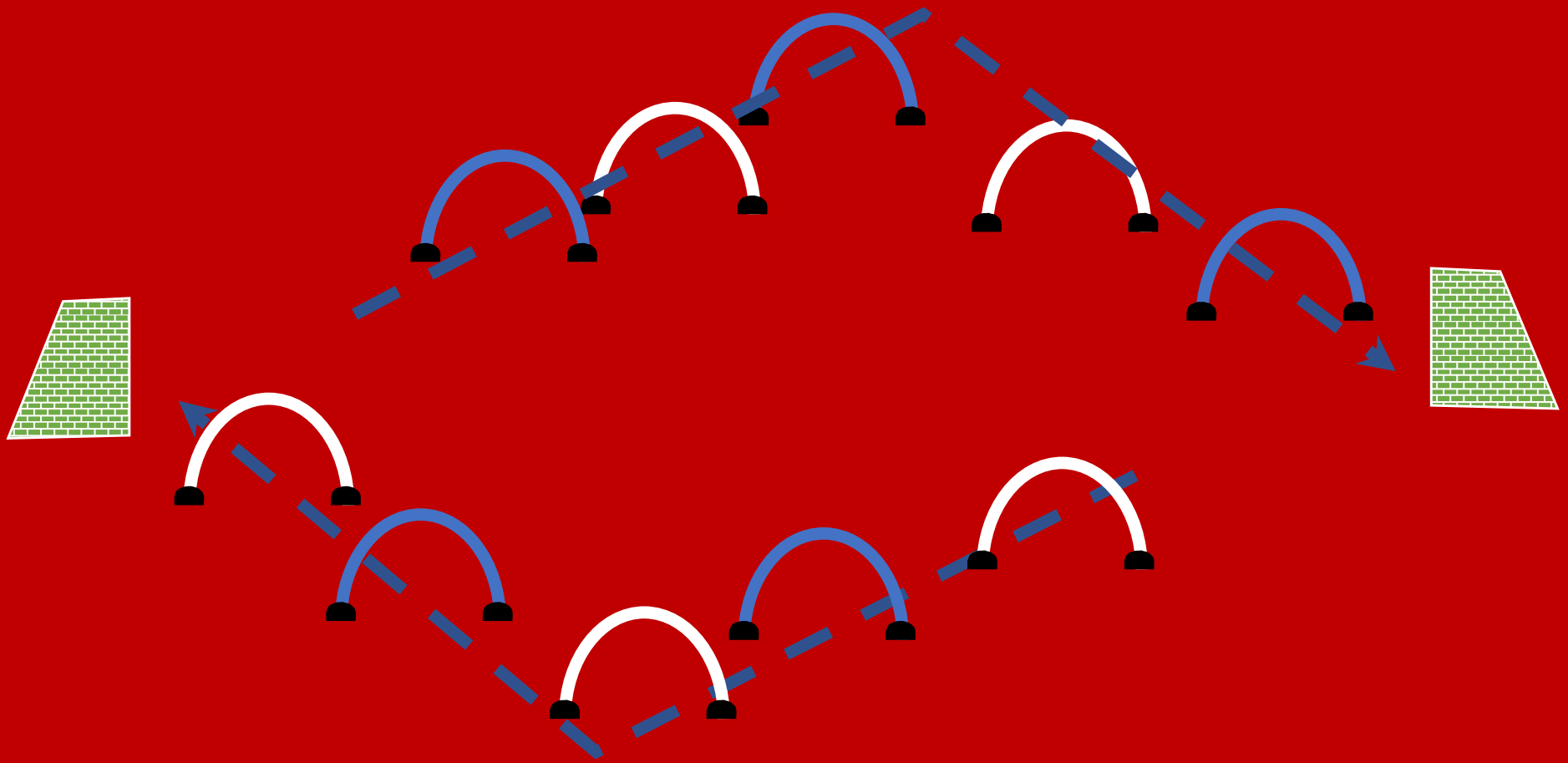
## DRILL 7

Kick the Coach: FUN and reaction

Set-up a circle using the small disc cones (about 10ft' Diameter).

Drill: Players attempt to kick the ball at the coach while the coach tries to dodge being hit. All players can play at the same time. Coach and/or parents shout SCORE! Every time coach gets "kicked".

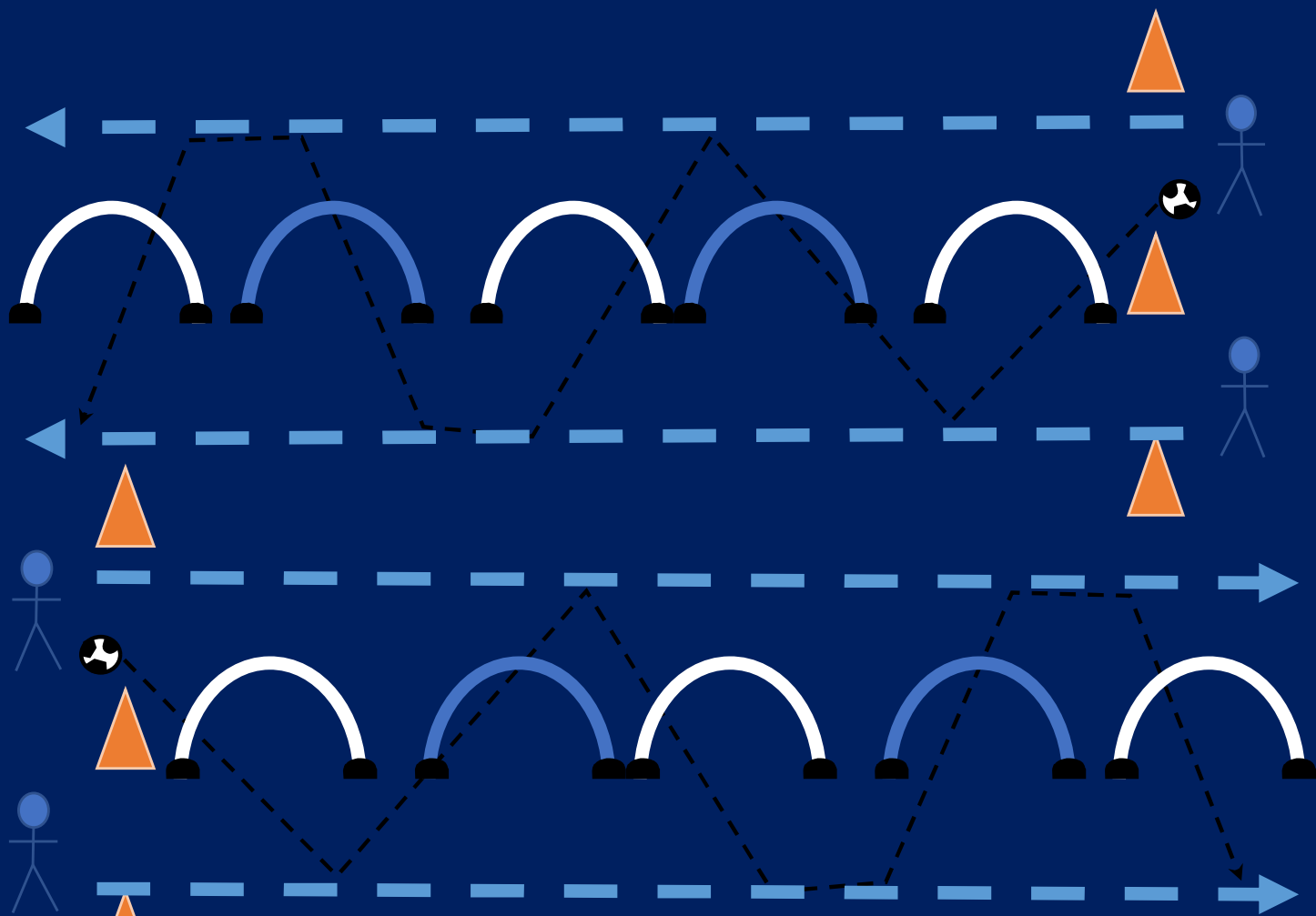




## DRILL 8, GOAL-Foot skills and agility

Hoop Run: Set-up two paths using the PEX hoops. The paths should go towards a side then to the goal. **GOAL: Agility with ball**

Drill: Players dribble through the path as fast as they can then score a goal at the end.



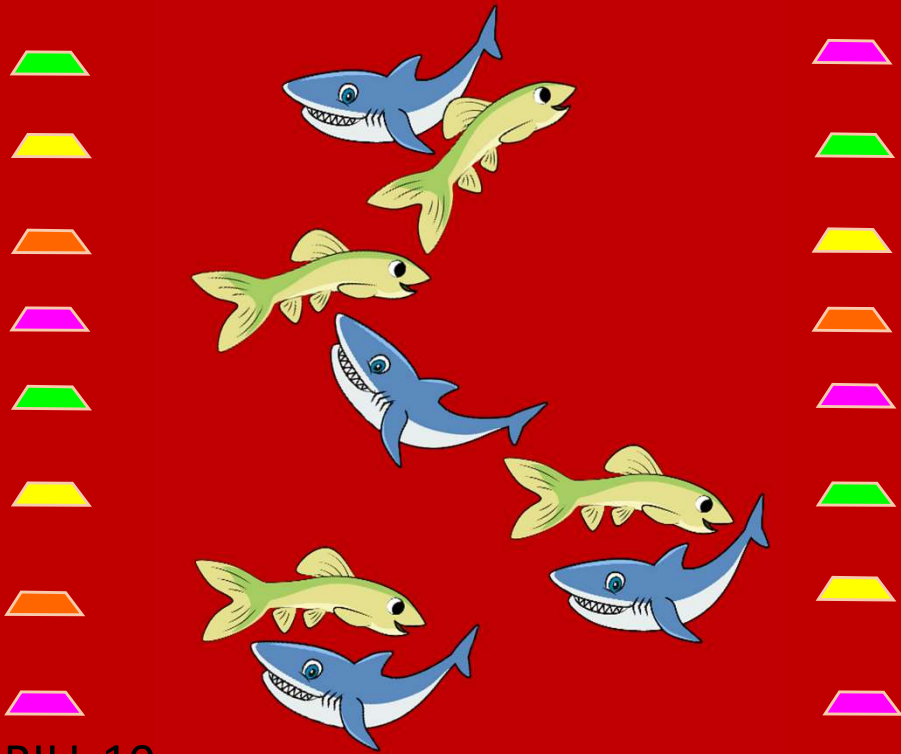
## DRILL 9

### Partner Passing:

Set-up 2 lines of 5 PEX hoops in a line. 3 cones to show the start line of the two lanes.

Drill: Pair players up with Parents and instruct players and parents to stay on their side of the hoops and move down the line passing back and forth through each hoop.

Advanced players can be paired together instead of parents.



## DRILL 10

### Shark and Minnows:

Set-up the two lines of short cones across from each other.

### Drill:

1. Pair up players, with one as a minnow and the other the shark. After 5 minutes flip roles.
2. The minnows, the players with the ball, attempt to swim from one end line to the other while keeping their ball away from the sharks.
3. The sharks attempt to gain possession of the ball.