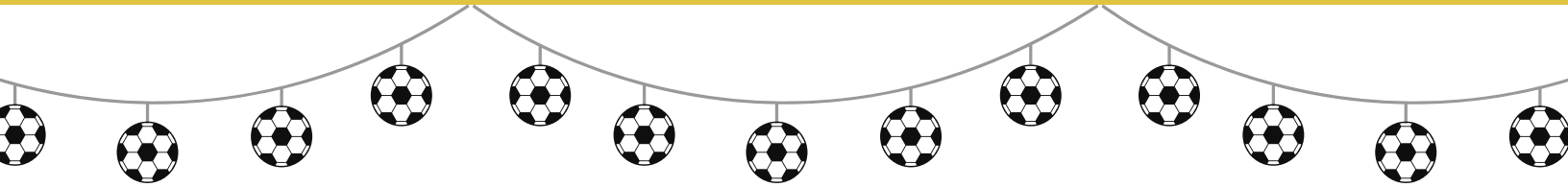




GCSA Spring Soccer Skills Camp

Welcome to Tiny Tots (3U), Coach!



Designed for Beginners | Focused on Fun, Movement & Confidence

This packet is packed with simple, playful games that help toddlers (ages 2–3) develop motor skills, listening, and basic soccer movements—all while having a blast.

You don't need any special training to get started. Whether you're a coach on the field or a parent in the backyard, these activities are all about movement, giggles, and building confidence through play.

Tips Before You Start

- Keep it simple. Show each game and repeat it a few times.
- Use praise & silly energy. When you have fun, they do too!
- Be flexible. Adapt based on their attention spans and energy.

Let's get them moving and loving the game! ⚽🌟

RED LIGHT GREEN LIGHT

GOAL: Teach stop / start movement, listening skills, and basic ball control.

OBJECTIVES

- Practice running or walking with and without the ball
- Build listening and reaction skills
- Begin learning dribbling control

SET UP

- Have kids line up side by side at one end of the field.
- Tell them they're race cars—rev up the fun with engine sounds and steering motions!
- When you say “**Green light!**” or “**Go,**” they move toward you (either running or dribbling).
- When you say “**Red light!**” or “**Stop,**” they freeze—no moving feet or ball!
- Trick them now and then by saying “Red light” just after they've stopped, to test listening.

VARIATIONS

- **Traffic Cop Chase:** When you yell “Traffic cop!” the kids run (or dribble) back to the start while you chase them, making police siren sounds.
- **Add the Ball:** After a few rounds, have them dribble while playing. Encourage slow dribbling to help with quick stops.
- **Yellow Light:** “Green” = fast, “Yellow” = slow, “Red” = stop.
- **Color Chaos** (Older Kids): Let them invent extra “light colors.” For example:
 - Blue Light – stop and do 10 toe taps
 - Pink Light – find a new ball, like musical chairs
- **Race Mode** (Older Kids): Turn it into a race—first to the other side wins and becomes the next caller!

COACHING TIPS

- Encourage slow, steady dribbling—keep the ball close.
- Focus on precision over speed, especially with dribbling.
- Celebrate listening and effort just as much as finishing first.
- Keep the energy high with fun sound effects and reactions!

CAR RACES - VROOM VROOM!!

GOAL

Help kids build speed and control while dribbling and introduce the fun of competition.

OBJECTIVES

- Run fast while keeping the ball close
- Practice dribbling in straight lines and curves
- Experience the excitement of racing

SETUP

- Line kids up at one end of the field, side-by-side.
- Let each kid choose a race car color and make engine sounds to boost excitement.
- Start without soccer balls: count down “5...4...3...2...GO!”
- Once they’re comfortable, add soccer balls for a dribbling race.
- Keep the track straight for several rounds then add a curve or single obstacle.

VARIATIONS

- Create an oval-shaped race track to practice turns and ball control.
- Add “pit stops” where kids pause to do toe taps or make fun noises.
- Have some kids race without the ball to focus on running skills and build aerobic movement.

COACHING TIPS

- Encourage kids to keep the ball close and under control while running.
- Focus on fun and participation—celebrate every finish!
- Keep the energy up with silly sounds and big reactions. Have a volunteer be a race “announcer” providing play by plays of the race for the crowd!

BUSY BEES - BUZZZZ!!

OBJECTIVES

- Practice dribbling and shooting at a target (coach or volunteer).
- Improve control and accuracy while having fun.

SET UP

- Create a defined area (the "hive") for the kids to dribble around.
- Show the kids how to dribble their soccer balls in a circle or along a path, avoiding imaginary obstacles (like flowers or trees)—add buzzing sounds to bring the game to life!
 - Obstacles can be marked with flat discs that won't stop the ball or dribbling if accidentally hit.
- As they approach the coach or volunteer, they must try to kick the ball at them (the "target").
- When the ball "stings" the coach, the coach jumps and says something silly like "Ouch!" or "You got me!"

VARIATIONS

- After being hit, the coach/volunteer can kick the ball back near the kids to get them back in the game.
- Increase the challenge by having the coach gently kick the ball at the kids, encouraging them to avoid being hit.
- Add movement by having the coach/volunteer occasionally move or jump in and out of the "Hive."

COACHING TIPS

- Encourage kids to keep the ball close and under control while dribbling.
- Show them how to gently kick the ball toward the coach, focusing on aiming and accuracy.
- Keep the energy high with silly responses when kids score a "sting"—they love goofy reactions!
- Be patient as some kids may need a few tries to understand the game.
- Stay flexible with the rules—let kids get creative to make the game more fun!

FOLLOW THE LEADER

GOAL:

Build dribbling skills through copying movements, with a focus on direction changes, speed, and ball control.

OBJECTIVES:

- Improve dribbling and stopping
- Follow visual and verbal instructions
- Practice changing direction while moving with the ball

SETUP:

- Coach starts as the leader with all kids dribbling behind.
- Begin slowly in a straight line, saying “Follow me!” or “Kick it this way!”
- Gradually add turns, speed, and simple movements as they build confidence.
- Encourage kids to keep the ball close as they follow you.

VARIATIONS

- Add easy ball moves like:
 - Stepping over the ball
 - Stopping the ball with the sole
 - Sideways taps
- Narrate each move so kids can hear and copy.
- Let individual kids take turns being the leader—this builds confidence and keeps things exciting!

COACHING TIPS

- Use clear, fun instructions and exaggerate your movements.
- Keep the pace slow at first, especially for 2-3 year-olds.
- Celebrate effort, not perfection—copying is a learning win at this age!

ANIMAL FARM

GOAL:

Get kids dribbling while using their imaginations to move and sound like animals.

OBJECTIVES:

- Build ball control while moving in creative ways
- Encourage self-expression and listening skills
- Improve coordination through imaginative play

SETUP:

- Use a standard field or open space.
- Kids each have a ball and dribble freely around the area.
- Ask questions like “What does a cow say?” or “Can you move like a frog?”
- After they answer, they dribble like that animal while making its sound!

VARIATIONS:

- Use a mix of animals: farm, zoo, jungle, ocean, etc.
- You can assign animals or let kids choose their favorite.
- Call out new animals every 30–60 seconds to keep the game fresh.
- Make it a group challenge: “Everyone be elephants!” or “Let’s all be hopping kangaroos!”

COACHING NOTES:

- Your energy makes the game! Be silly, loud, and playful.
- Don’t worry about perfect dribbling—focus on fun movement with the ball.
- Encourage creativity: there’s no wrong way to be a lion or a duck!

BODY PART GAME



GOAL

Encourage creativity and movement while helping kids learn body awareness, balance, and fun ways to control the ball.

OBJECTIVES

- Practice stopping the ball with different body parts
- Improve listening, coordination, and flexibility
- Build comfort with the ball in a fun, silly way

SETUP

- Have kids dribble freely inside a marked area of the field.
- Call out a body part (e.g., “toe,” “elbow,” “belly”) and have them stop the ball using that part.
- Then they resume dribbling until the next call.

VARIATIONS

- Use silly combinations like “nose,” “ear,” or “chin” to make them laugh.
- Add quick sequences, like “foot–knee–belly,” and challenge them to keep up.
- Ask funny questions: “How does the ball smell?” (after stopping with nose) or “Can you hear the ball talk?” (after stopping with ear).

COACHING NOTES

- Use humor and exaggeration—kids love dramatic reactions!
- Reinforce participation, not perfection.
- Vary the pace and challenge based on attention spans.

WHAT'S THE TIME, MR. FOX?

GOAL

Help kids practice dribbling short distances and stopping the ball on command.

OBJECTIVES

- Practice dribbling with control
- Build listening and number recognition skills
- Learn to stop and restart movement with a ball

SETUP

- Have all kids line up side by side at one end of the field with their soccer balls. The coach (Mr. Fox) stands on the opposite side.
- The group calls out together, “What time is it, Mr. Fox?” The coach answers with a small number (e.g., “Three o’clock!”), and the kids take that many dribbling steps toward the fox.
- Keep repeating with different small numbers. Say the numbers clearly and count out loud with them to reinforce learning.

VARIATIONS

- Dinner Time! Instead of saying a number, the coach yells “It’s Dinner Time!” and chases the kids as they dribble quickly back to the starting line.
- For extra fun, shout silly phrases like, “I’m hungry for soccer balls!” or “Who brought my dinner?”
- Encourage laughter and movement—even if kids don’t quite follow the rules perfectly, they’re still learning.

COACHING TIPS

- Keep the game light and fun, not scary. Use silly voices and big reactions.
- Emphasize control over speed—remind kids to keep the ball close when dribbling.
- For younger kids, simplify by starting without the ball and adding it in later once they grasp the concept.

VOLCANOES (OR WITCHES' HATS)

GOAL

Teach kids how to control the ball and change direction while dribbling around obstacles.

OBJECTIVES

- Improve close dribbling control
- Introduce basic turning and obstacle avoidance
- Build imagination and creativity through themed play

SETUP

- Scatter cones or similar objects randomly across the pitch—these are your "volcanoes."
- Let the kids know they must dribble their soccer balls around the volcanoes without touching them.
- Use creative names for the cones like witches' hats, upside-down ice cream cones, or tall trees. Make the story come alive: "Careful! That volcano might erupt!"

VARIATIONS

- Superpowers Mode: After they learn to avoid the volcanoes, give them imaginary powers. Say things like, "You've got dinosaur power—try to knock over that volcano!" Encourage them to dribble close first, then gently kick the ball to tip over the cone.
- Add themes like jungle animals, ninja kicks, or superhero training to keep things fresh and fun.

COACHING TIPS

- Emphasize dribbling close to the cone before kicking to help develop accuracy.
- Use energetic storytelling to boost engagement - 3U players love imaginative play.
- Reinforce success with cheering and high-fives when they avoid or "defeat" a volcano!

PACK THE MARSHMALLOWS!

GOAL

Introduce kids to goal scoring in a playful way, helping them build confidence, coordination, and enthusiasm for kicking the ball toward a target.

OBJECTIVES

- Improve kicking accuracy and speed
- Encourage repeated shots on goal
- Develop understanding of goal scoring

SETUP

- Set up one or two goals (depending on group size).
- Spread as many soccer balls as possible around the field.
- Tell the kids that the goal is a hungry mouth and the balls are marshmallows we need to feed it!
- On your cue, players collect and kick the balls into the goal one by one.

VARIATIONS

- Dinosaur Mode: Tell the kids they're dinosaurs collecting eggs and kicking them into the nest (goal). Encourage dinosaur growls!
- Speed Challenge: See how fast each player can get all their marshmallows into the goal.
- Team Relay: Divide into small groups, with each child taking turns kicking a ball into the goal as fast as possible.

COACHING TIPS

- Encourage kids to use both feet for kicking.
- Celebrate every goal with big reactions—cheers, silly voices, or dancing!
- For younger kids, guide them to bring the ball closer before kicking.
- Keep energy high and repeat multiple rounds to build confidence.

KICK THE CONES

GOAL

Help kids develop basic coordination, balance, and confidence in kicking with purpose

OBJECTIVES

- Build confidence in kicking with purpose.
- Practice balance and foot coordination.
- Introduce aiming through a fun, target-based game.

SETUP

- Scatter tall cones (or other soft targets) around the field in a circle or random pattern.
- Kids run to a cone, stop next to it, and try to kick it over.
- Encourage use of the non-kicking foot for balance.
- Can be done with or without soccer balls depending on the group's comfort level.

VARIATIONS

- Add a "fixer-upper" player or coach to stand cones back up.
- Turn it into a game: Can the kids knock down more cones than the fixer can reset?
- Let kids count how many they knock over in one minute.

COACHING TIPS

- Demonstrate how to place the non-kicking foot beside the cone.
- Use playful encouragement like "Boom!" or "Ka-pow!" when they knock over a cone.
- Praise effort, even if they miss — it's all about trying!
- Reinforce taking turns, sharing space, and keeping kicks controlled.