

Coaching Manual: A Season of Sessions

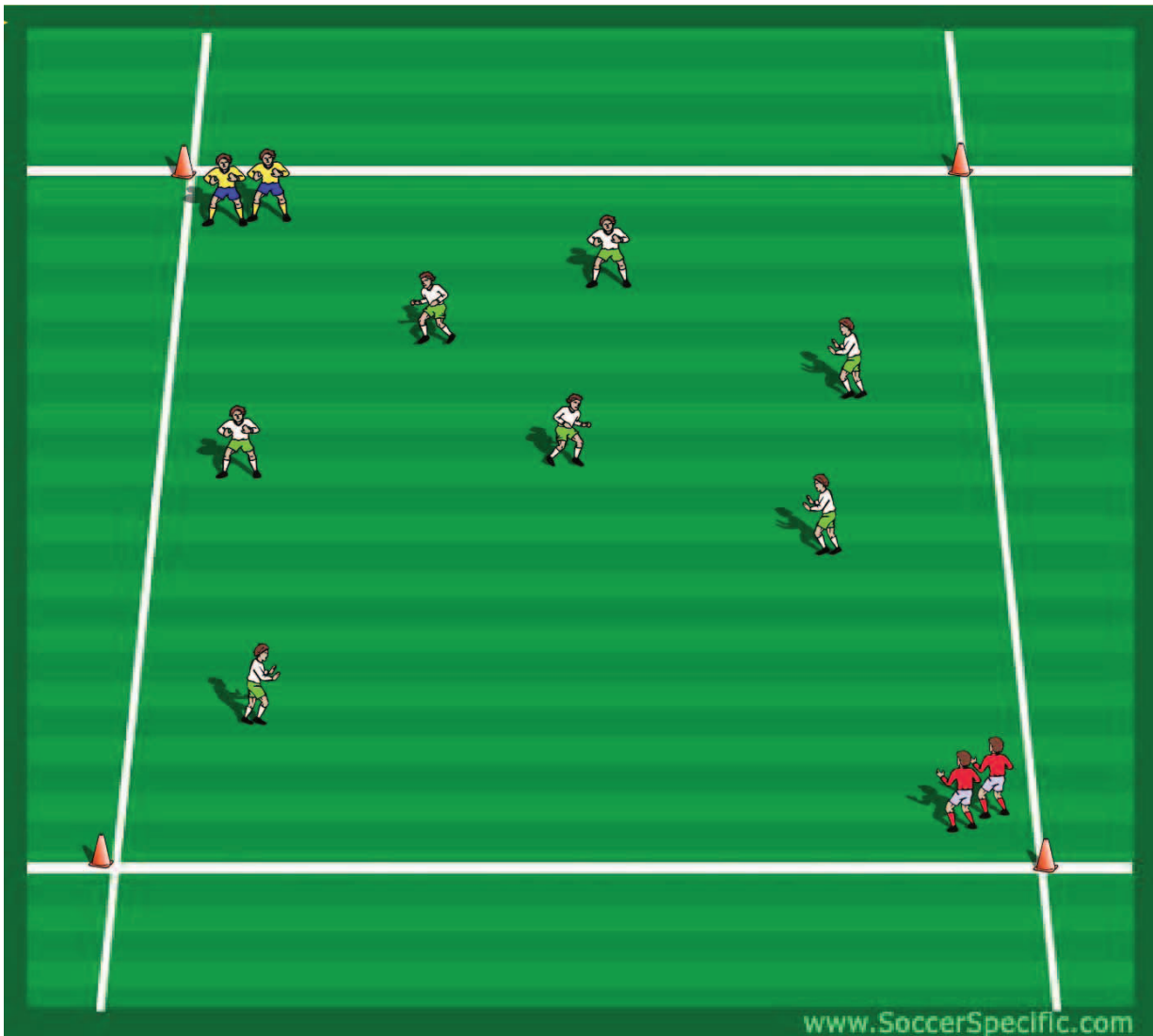
*Training Ages 4 to 7
Week 5 : Day 1*



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2012

Chain Tag



Chain Tag

Purpose- Fun warm up and to prepare body for soccer exercises.

Organization

20x20 grid

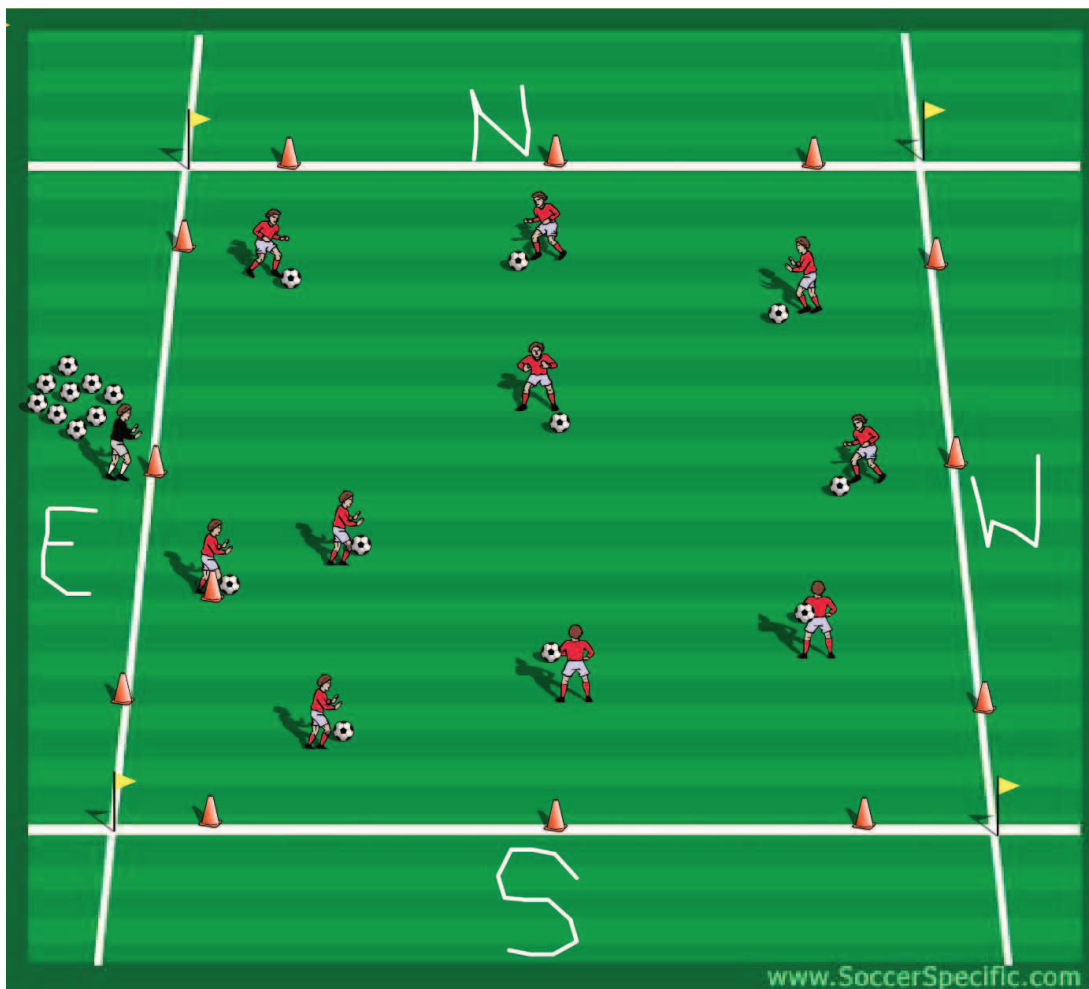
Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. Once the player has been tagged, they join that chain. The team with the biggest chain win.

All players must stay in the 20x20 grid.

Captain on Deck



Captain on Deck

Purpose- To improve foot skills

Organization

Players enter the grid with a soccer ball (20x20) and find a space

Each side of the grid is called North, East, South and west

When coach gives command the players must dribble the ball to whatever side the coach calls e.g North, East, South or West

Coach can give other commands to help improve foot skills. These may be

Scrubbing the deck- Players push the ball side to side with the inside of their feet

I,I Captain- Players stop the ball when they here this call, salute the captain and call out I,I

Captain

Climb the rigging- Players perform toe taps on the ball and pretend to climb the rigging with their hands

Man over board- players leave their ball run around a cone and back to their ball

Incoming bomb- Players throw their ball into the air and control it.

Coaching Points

Keep the ball close

Fast feet, lots of touches on the ball

Listen to coaches call

Keep nose in front of the ball so you can see where you are going and try not to bump into each other

Down on the Farm



Down on the farm

Purpose- To improve dribbling skills

Organization

Area 20x20

Players pretend to be pigs and dribble through the gates on the farm. Every time they dribble through a gate they have to make a noise like a pig.

The coach then becomes a farmer and tries to stop the pigs dribbling through the gates by kicking their balls away

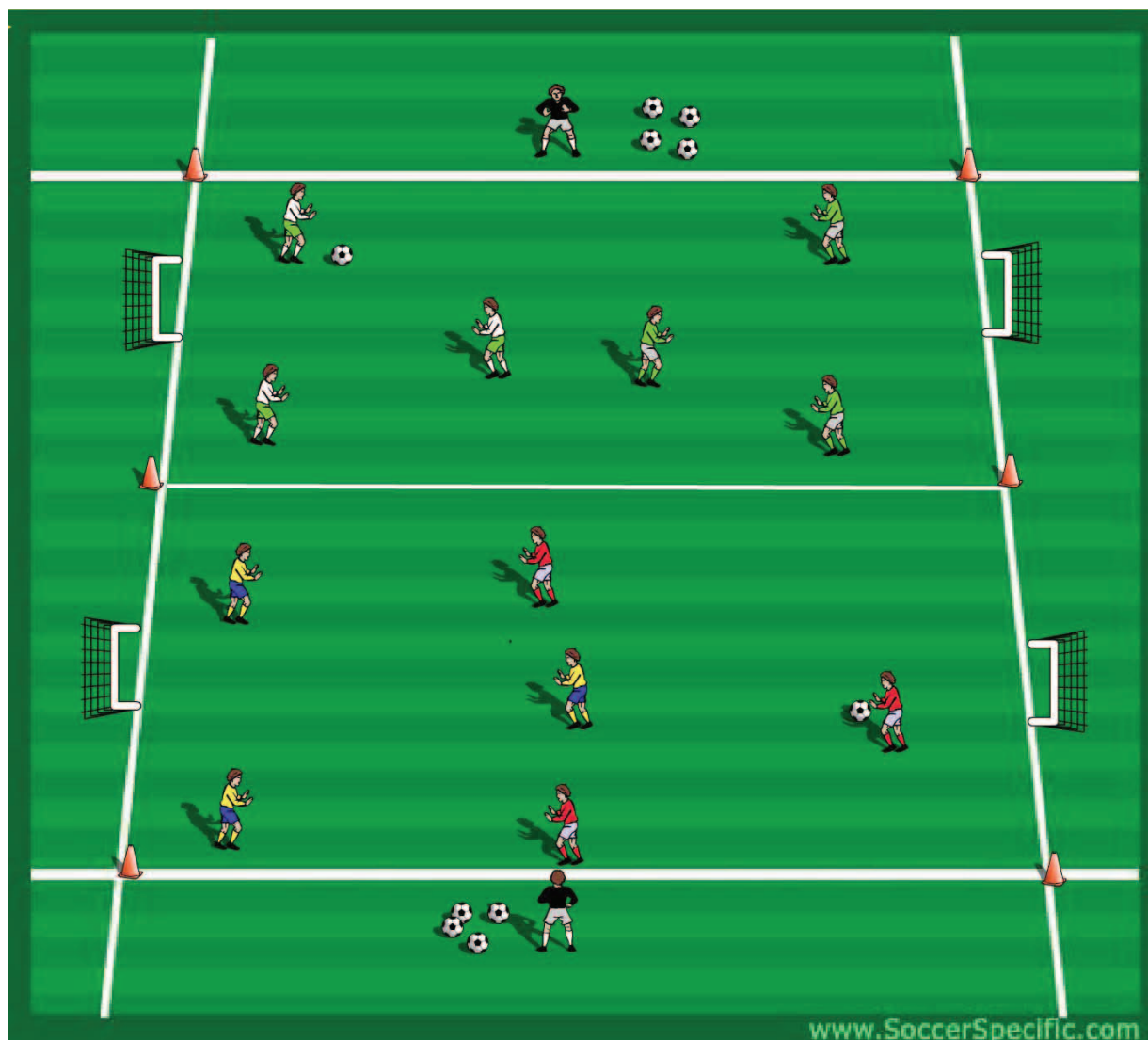
How many balls can they dribble through the gates in 1 minute, with both feet, then the right foot and then the left.

Coaching Points

Keep your head up and nose in front of the ball so you can see the gates and where the farmer is
Keep the ball close and shield it from the farmer.

Dribble through the gates quickly.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.