

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 6 : Day 1*



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2012

Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

Teletubbies



Teletubbies

Purpose- To improve dribbling and shielding skills.

Organization

Area 20x20

Each player has a ball, apart from the yellow defenders (the teletubbies) who run around the grid trying to kick the other players balls out of the soccer grid. Try to introduce the technique of shielding the ball (hide it from the teletubbies) Rotate the teletubbies evry 90 seconds.

Coaching Points

Keep your head up and nose in front of the ball so you can see the teletubbies coming.

Shield the ball from the teletubbies.

Keep ball close to you.

Road Runner



Road Runner

Purpose- Improve players dribbling skills

Organization

Players enter a 30x30 marked area

Each player has their own soccer ball

Gates are set up in different areas of the grid

On Coaches command players must dribble through as many gates as possible in 90 seconds

Players receive 1pt for every cone they dribble through

Players lose 1pt every time they collide with each other or hit a cone

Progression

Add a defender who is allowed to put pressure on the players and kick the soccer balls out of the grid.

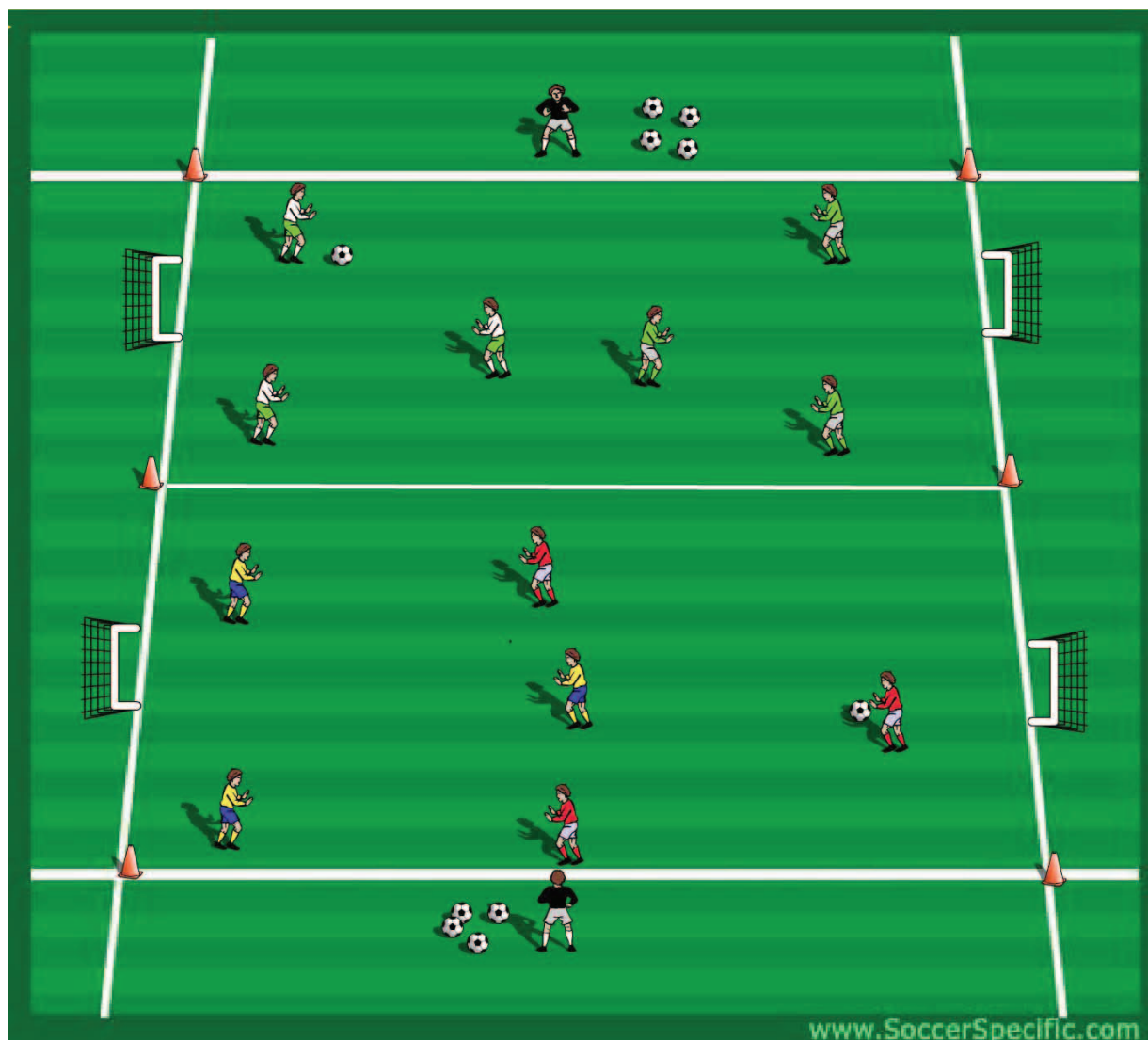
Ask players to use right foot only, left foot only, outside of foot only

Coaching Points

Keep nose in front of the ball to see where everyone is and the gates that are open

Work on change of pace by accelerating through the gates

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.