

# INDEX

<b>PAGE 2</b>	<b>COACHING GUIDELINES</b>			
<b>PAGE 3</b>	<b>COACHING POINTS</b>			
<b>PAGE 4</b>	<b>LESSON PLAN KEY</b>			
<b>LESSON PLANS</b>				
PAGE	WEEK	FORMAT	PRACTICE	GAME
5-6	1.	INTRO.	BASIC DRIBBLING - FOOT SKILLS	15 - 20 MIN
5-8	2.	INTRO.	BASIC DRIBBLING 2 (Use additional games in the previous weeks lesson plan)	15 - 20 MIN
9-10	3.	PASSING	BASIC PASSING - TECHNIQUES	20 MIN
9-11	4.	PASSING	BASIC PASSING 2 (Use additional games in the previous weeks lesson plan)	20 MIN
12	5.	CONTROL	CONTROL AND TURNING	20 MIN
13	6.	SHOOTING	BASIC SHOOTING	20 MIN
14	7.	TEAMWORK	COMBINING SKILLS LEARNT	20 MIN
<b>15</b>	<b>8.</b>	<b>FESTIVAL OF FUN</b>		<b>SERIES OF GAMES.</b>

# COACHING GUIDELINES

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let players know you are in charge.
  2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
  3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
  4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
  5. **KEEP PLAYERS ACTIVE:** If the drill is static, create need of helpers or assistants to keep everyone involved.
  6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
  7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
  8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasize the use of correct techniques.
  9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed-ness.
  10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each quarter.
  11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
  12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.
  13. **FUN AND ENJOYMENT:** Players will respond and want to continue if things are fun. Create their enjoyment.
- 
- **REMEMBER AS A COACH YOU SHOULD BE DEDICATED TO THE DEVELOPMENT OF ALL PLAYERS WHETHER TECHNICALLY ABLED OR NEW TO THE GAME. YOUR POSITION IS VERY IMPORTANT. YOU ARE A ROLE MODEL TO THESE CHILDREN. SET EXEMPLARY STANDARDS. DEVELOPING GOOD TOUCH AND TECHNIQUE, GOOD SPORTSMANSHIP AND A GOOD ATMOSPHERE IS THE GOAL. KEEP AWAY FROM CREATING A PRESSURE TO WIN. MAINTAIN EQUALITY THROUGHOUT YOUR SESSIONS AND EMPHASIZE FUN AND DEVELOPMENT.**

# COACHING POINTS

## DTT. (Developing Touch and Technique.)

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

## PASSING.

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

## SHOOTING.

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

## GAMES.

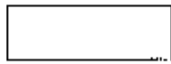
- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.

# PROGRAM TEACHING PLANS.

## KEY TO DIAGRAMS.

A, B, C Etc.

Player.



Playing area.

O

Ball.

X

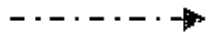
Cone.



Movement of ball.



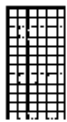
Movement of player



Movement of Player with ball



Feet with ball.

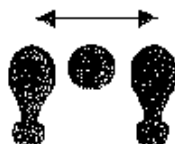


Goal

# WEEK 1+2: BASIC FOOT SKILLS

WARM - UPS: 10 - 15 MINS.

## TIC - TOC



## BALL GYMNASTICS:

Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

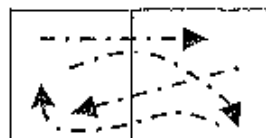
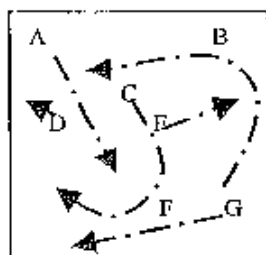
### On Toes.

Tick-Tock. Pass the ball from inside of left to inside of right ( See Diagram)

Flat Dance. Lightly touch ball with bottom of right foot (then with left). Ball should remain still. Increase speed for both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Flat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

TECHNIQUE: 10 - 15 MINS.



2 Squares C

## SQUARE ACTIVITIES. (SEE DIAGRAM)

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

Other Commands. Body Parts. Touch ball with that BP. Find Spaces. As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

2 Squares A. Add a 2nd square and have players on command move ball into new square.

2 Squares B. Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

2 Squares C. Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

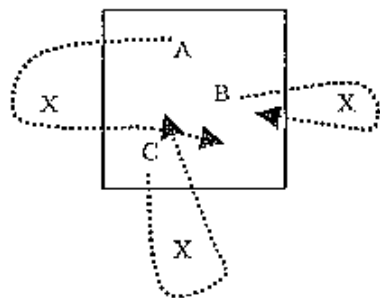
Loss your Shadow. In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of 2 Square C. Partners Switch between Leader and Shadow.

WATER BREAK:

GAMES 1: 10 - 15 MINS.

## Musical Soccerballs

X



## SQUARE GAMES:

Pac Dudes. Kids inside square dribble around, 1 player ( GHOST ) outside square. On command Pac Dudes the for Musical Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts, U7 all have go as Ghost. U8 have 2 Ghosts.

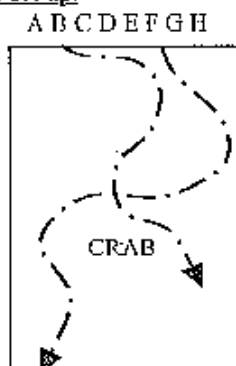
Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)

# WEEK 1+2: BASIC FOOT SKILLS

## WATER BREAK:

GAMES 2: 10 - 15 MINS.

TMNC set-up.



## TEENAGE MUTANT NINJA CRABS.

Players start at end of the Island with their Soccer balls. Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end ( Beach. ) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner. Emphasize. close control and movement from side to side to get past the crabs. (See Diagram)

WATER BREAK: RECAP: GAME PREP: Use this time to recap on the practice and to organize for the game.

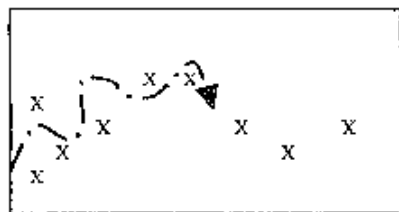
**GAME: 15 - 20 MINS.**

*Play 4 vs 4. Do not use GK's*

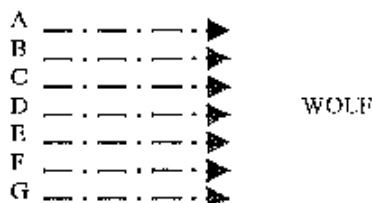
---

**SEE ADDITIONAL DRIBBLING GAMES SECTION. USING A SIMILAR STRUCTURE TO THIS PRACTICE, YOU CAN CREATE SEVERAL MORE DRIBBLING BASED PRACTICES.**

# ADDITIONAL DRIBBLING GAMES



**How to play:** Set up a bending line of cones. At 1 end of the line place a Wicked Witch ( a parent, asst coach) and have players at the other end of the cones. Each player tries to dribble down the windy orange brick road, zig-zagging through the cones. At the end of the road when they meet the Wicked Witch they have to shoot the ball past her to melt her.



**Game: What's the time Mr Wolf**

**How to play:** Coach starts as the big bad wolf. Each little pig has a brick house (a cone) The Pigs shout "What's the time Mr Wolf" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to their house and the wolf chases and tries to kick their ball away. Let each player have a go as the wolf.

**Teaching points:** Use soft touches to keep away from Wolf, and then dribble at speed and stop ball with feet only.

**Progressions:** Put cones in the way as trees that players avoid. Use multiple wolfs, or place wolf close to houses so pigs have to get past.

**Game: Pac Dudes**

Players in side square with their ball. Dribbling around trying not to bump each other who lose control of ball. Coach starts on outside of square and is a Ghost. On command Pac Dudes, the ghost has to try and knock everybody's ball out of the square.

**Game: Knockout**

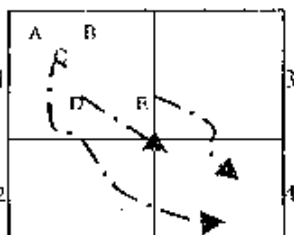
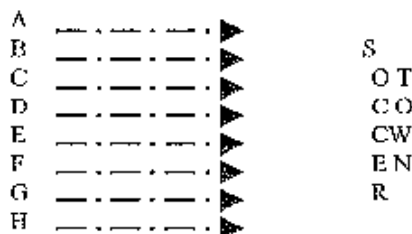
Each player with a ball inside a square: On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

**Game: Traffic Lights**

**How to play:** Players start on one end of ( Soccer city) grid with their soccer balls (car). Coach is the traffic light (or traffic cop). Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town at the other end of grid. On command "red light" players need to stop their car with the sole of the foot and not move. If they move they return to soccer city and start again. Play to see who reaches Soccer town first.

**Teaching Points:** Dribbling and control movement.

**Progressions:** Add "yellow light" and make players do a stationary tic-toc or hat dance. Add additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.



**Game: Follow the orange brick road**

**Multiple Square Games:**

**A:** Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.

**B:** Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.

**C:** Have players from 1 square on command try to go and steal balls

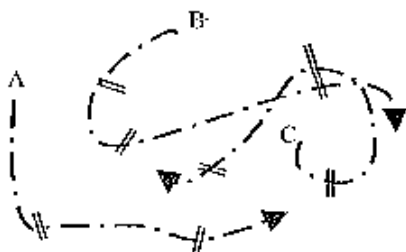
# ADDITIONAL DRIBBLING GAMES

set time and see who can steal the most balls.

**Game: Relay races.**

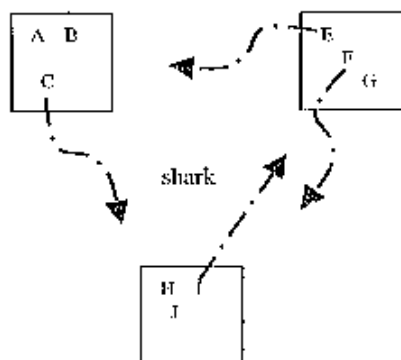
Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads.

// Is a gate



**Game: Downhill Skiing**

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts "Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.



**Game: Shark Attack**

Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.

**Teaching points:** Players have to respond to the defenders movements and keep possession of the ball. A lot less static and more game like than the above relay races.

From the other players and get them back to their square. Give each square a

# WEEKS 3 + 4: BASIC PASSING

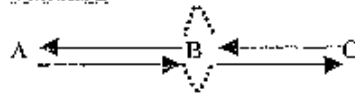
## WARM - UPS: 10 - 15 MINS.

straight line are the winners.

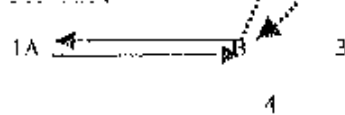
## WATER BREAK:

## TECHNIQUE: 10 - 15 MINS.

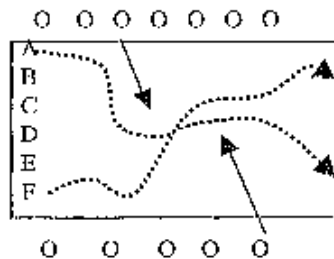
Various 2



Various 3

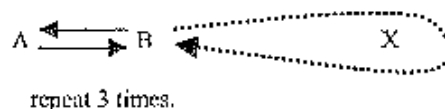


## GAMES 1: 10 - 15 MINS.



## WATER BREAK:

## GAMES 2: 10 - 15 MINS.



## TEAM GAMES.

Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in

Pass and Stop. In pairs players are 3yds apart. Player 1(X) passes and player 2(X<sub>1</sub>) stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

Golf. Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

## VARIOUS.

1. In pairs approx. 5 yds apart players pass back and forth. **GIVE GOOD DEMO OF TECHNIQUE.** Emphasize stopping ball 1st.

2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then turns to face C, who passes in. Repeat and rotate player B.

3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

## BRITISH BULLDOGS.

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

## Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

Passing Circle. Set up 2 circles. Player A is in center and other

## WEEKS 3 + 4: BASIC PASSING

players have to pass to one another. Player A has to try and intercept. All players have a go as A. How many passes can be made without A touching ball.

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap practice and to prepare for practice.

**GAME: 15 - 20 MINS.**

*Play 4 vs. 4. Do not use GK's*

---

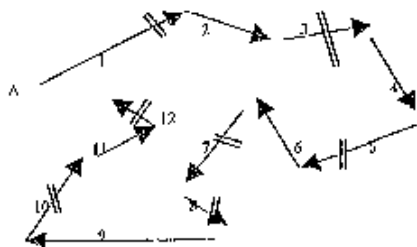
**SEE ADDITIONAL PASSING GAMES: USING A SIMILAR STRUCTURE TO THIS PRACTICE, YOU CAN CREATE SEVERAL MORE PASSING BASED PRACTICES.**

## ADDITIONAL PASSING GAMES

Set up several cones as pins. Arrange players in a circle around the pins and have each player attempt 2 passes to knock as many pins down as possible.

### Game: Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.  
Teaching points: A variety of passing techniques, short, angled, long.  
Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.



### Game: Tunnel Game

In pairs players have a ball. 1 player stands with his/her legs shoulder width apart. Player tries to pass ball through the legs. They take it in turns to try and score points.

Scoring: 3 pts if it goes through without touching, 2pts if it touches a leg and still goes through, 1 pt hits leg but doesn't go through. 0pt if misses.

Progression: As ball goes through legs the tunnel player, turns and runs and receives it dribbles back towards partner and passes. The partner moves to let the ball pass through legs, turns and runs to receive it.

Teaching point: For the progression it gets the receiver into getting their body behind the ball.

### Game: Stuck in the mud.

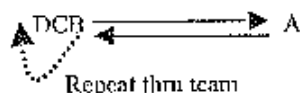
In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On "go" the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball up and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through the stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.

### Game: Soccer Bowling

# WEEK 5: CONTROL AND TURNING

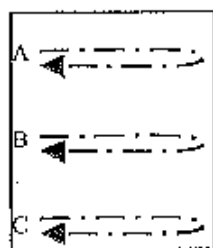
**WARM UPS: 10 - 15 MINS.**



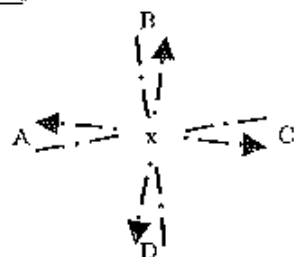
**WATER BREAK:**

**TECHNIQUE: 20 - 25 MINS.**

Choice of set ups.



OR:



**WATER BREAK:**

**GAMES 1: 15- 20 MINS.**

**WATER BREAK: RECAP: GAME PREP:** If spare time, recap Coerver moves.

Use this time to recap practice, and to organize for the game.

**GAME: 20 MIN.**

**PASSING GAMES.**

Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.  
Recap. BALL. GYMNASTICS.

**COERVER MOVES. (ALSO SEE MOVES APPENDIX)**

**U7**

1. roll
2. Cut ( inside and outside )
3. Cryuff
4. Barnes

**U8**

1. roll
2. cut ( inside and outside )
3. Cryuff
4. Barnes
5. Step 1 and 2.
6. Scissors.

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot ( JUNGLE ), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks , moves, or coervers.

**1 V. 1'S.**

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

# WEEK 6: SHOOTING

**WARM UP: 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

**TECHNIQUE: 10 - 15 MINS.**

**SHOOTING.**

Striking with laces.

1. Circle around each. players sit in crab position. Try to kick back into coaches hands. 2. This time players are standing and drop ball onto their foot. Same objective. 3. Same but in pairs approx. 5 yds apart. 4. Now drop ball and try and get through partners legs. 5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs. 6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx.

Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

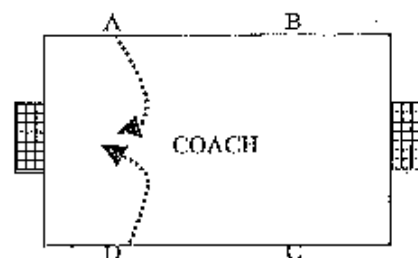
**GAMES 1: 20 MINS.**

**PASS AND SHOOT.**

Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3.

Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before 5 yds and aim for corners. 10 points for corners, 5 points for center.

Numbers game.



**NUMBERS.**

Set up. 4 groups of players. Each group is numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s.

( SEE DIAGRAM. )

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap, and organize for game.

**GAME: 20 MIN.**

---



## WEEK 8: SEASON FINALE

*This is a fun end-of season finale. Play a series of 4 \* 20 min games, with 5 min water breaks between game, or some of the players favorite games. A final game of Parents Vs. Players can be played. This can be followed by presentations of participation certificates to all players.*

---