

CSC Coaches meeting 7/27/16



U6 and U8 breakout

- Be prepared- come with a plan for practice (see attached from Portland Timbers)
- Focus on one area for each practice
- At this age focus on technical skills
- Demo the skill, use training games to reinforce it
- Correct as needed to reinforce the focus area during practice
- If it isn't fun, they won't pay attention and they won't learn!

Stuck in the Mud

Preparation

Each kid needs a soccer-ball and a coned off area big enough for the amount of kids you have to dribble around comfortably.

One child will not have the ball and will be the mud monster.



Explanation

- Stuck in the mud is a simple drill. You will need one child to volunteer as the mud monster and the other kids to have soccer balls at their feet and dribble around the area.
- Once you say 'go' the mud monster will try and tag the other kids with soccer balls. Football training drills like this put real emphasis on shielding themselves away from opposing players.
- Once a child has been tagged they pick-up their soccer ball and hold it above their head as shown in the center of the diagram. The kid who has been tagged will then shout 'help, I'm stuck in the mud'.
- To rescue the kid who has been tagged, another child must kick (pass) the ball between the players legs to free him.
- The game continues until the mud monster has tagged all players and no-one can therefore be rescued.

Progression

- There are plenty of little things you could add to make football training drills like this suitable for your own team. You could say that the mud monster has to kick players balls out of the area in order to make them stuck, with the kid collecting their ball and returning.
- If the kids are struggling to rescue people because the mud monster is too quick, offer a safe 'no-catch' option. If a child is stuck in the mud they can hold their ball in one hand and offer their other hand to a kid who's not yet been caught.
- Once the two kids are holding hands neither can be caught and the free kid then passes his ball between the legs of the caught player.

Coaching Points

- > Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.
- > Make sure the kids focus on accurate passing and do not get too flustered once the mud monster comes.

Pirate Ship Game

Preparation

You will need to mark out an area big enough so that the young players can comfortably dribble their soccer balls around without constantly bumping into others. The kids (and yourself) will need a soccer ball each.

This game requires a lot of enthusiasm and the more you remember the commands, which I will go through in a moment, the more enjoyable the game becomes and the more soccer skills you can bring into the game.



Explanation

The game starts with each child having a ball at their feet and being told that the game is called the pirate ship and that the marked out area is the 'ship' they must stay on.

Begin simple by getting the kids to dribble around the ship and throw in a couple of coaching points such as inside/outside of the feet to dribble and changing directions. Nice little soccer skills to begin with. Then one-by-one tell the kids to 'freeze' or 'stand-still' and introduce a new command for them to do. This is where the fun starts and the soccer skills are implemented.

The different commands are as follows:

"The captain's coming" = the kids stop, place one foot on the ball and salute the captain by saying "ay, ay captain!"

"climb the riggin" = on the spot the kids do 'toe-taps' on the ball and with their hands climb up an imaginary ladder.

*****repeat previous commands - repetition is good in this game*****

"Scrub the decks" = on the spot the kids roll the ball backwards and forwards using the bottom of their foot. Use both feet!

"Polish the decks" = on the spot, this time the kids will move the ball from left-to-right using the bottom of their foot.

"Captain's wife" = the kids love this one. All they do is freeze, put one foot on the ball, hands on their hips and go 'oooh la la'

*****Remember to demonstrate each command every time and with lots of energy*****

"Starboard turn" = the kids (perhaps without knowing it) will learn a quick turn here known as the dragback/pull-back turn. Get the kids to stop, put one foot on the ball, and roll the ball behind them using the bottom of their foot.

"Man overboard" = the kids dribble quickly to the edge of the ship (area), place their foot on the ball, hand on their forehead as if their looking for somebody. On your command the kids will continue dribbling.

"Fire the Cannon" = the kids kick their soccer ball using the inside of their foot as away as possible outside of the ship toward other pirates. Once all balls have been kicked the kids can retrieve their soccer balls and carry on dribbling.

*****What I did with this game was played it as a warm-up every session with the same kids and every time introduce a new command. The kids will not get bored of this game*****

"Seagulls are coming" = You pretend to be a seagull who wants to eat their soccer ball. The kids on hearing this command will drop to the floor quickly and protect their ball with their body and hands. You should run around the ship with your arms out like a bird until you tell them to carry on dribbling. **Progression**

This game involves many different soccer skills but adjust certain parts of the game that work for you. I start off with the 'saluting of the captain' and use this one throughout to talk to the kids, give them a rest and introduce a new command because the kids are still on this command.

To finish the game you could add "stealing the treasure" into the game. This involves you as the coach being a nasty pirate who kicks away the kids soccer balls outside of the ship.

Once the kids ball is outside of the ship/area then they are out and the winner will be the last one remaining. A coaching point to include here would be getting the kids to change direction and keep their body between you and the soccer ball so not to loose it.

Coaching Points

I've covered several coaching points already but the beauty of this game is that kids don't realize they are doing any 'coaching' because of how fun the game is.

Rolling the ball from side-to-side with both feet is great for balance. As is 'climbing the riggin'. Doing the starboard turn is getting them prepared for learning other turns. So many different soccer skills in a fun game... ideal!

Just remember however:

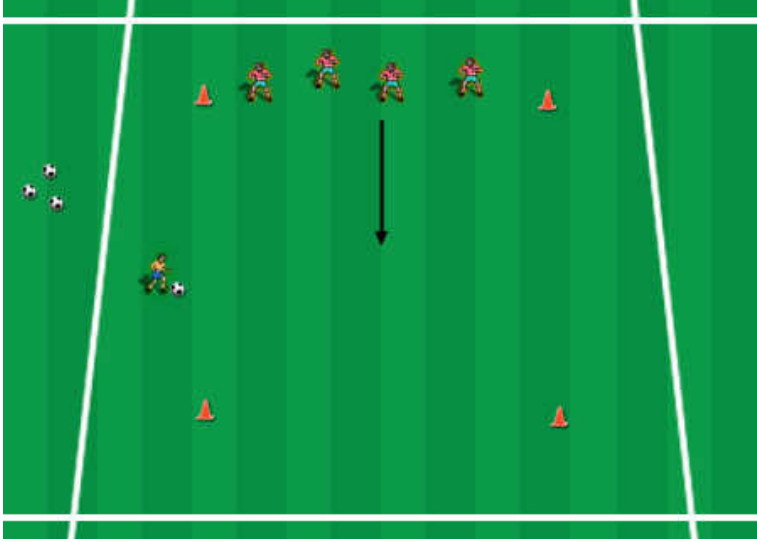
-> Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.

-> Make sure the kids use the inside and outside of their feet whilst dribbling- not their toes.

Cops and Robbers

Preparation

Take a look at the diagram below. The players will be lined up at one end of the grid with only one player (or coach) to the side with a ball.



Explanation

With the young players lined up and ready to go the coach can begin the game. On the word 'cops are you ready!' the cops rub their tummies and say "I love doughnuts" Robbers are you ready they say "show me the money." A police dog can be added if players hang back- police dog can tag the stragglers to get them to go faster.

The players will run toward the other end of the marked out area. The coach will pass the ball in the direction of the players and try to hit one of them below the knee. Football drills such as this one will always entertain the young children due to it having a true 'play around game' feel to it.

It is a good idea to let all the kids get to the other end first time round and then aim to hit one of them on the next go. Once a player has been hit they will join the coach on the side and be given a ball. All football drills need to teach the players something as well as being fun. The emphasis is on passing the football. Get all the kids around you and demonstrate the 'ABC' of passing.

- 'A' is for 'Approach' with one foot next to the ball. - 'B' is for 'Body' with the player's body slightly over the ball and in the correct position. - 'C' is for 'Contact' of the ball using the side of the foot.

Get the kids to repeat the ABC of passing regularly in these types of football drills.

The game then continues with the coach and already hit player trying to get the rest of the team as they run past. The winner will be the last person remaining.

Robbers once hit with ball, then become cops and try and hit other players running through.

Progression

Football drills that you have seen on TV or by other coaches can always be modified to suit your team or individual players. There is a really good progression that you can use in this game. Start once more with the coach on the side lines and the players at one end. However, this time the players will have a soccer ball each and have to dribble the ball carefully to the other end. The coach will try to hit the player's legs or ball.

You could also have the kids dribble down to the bottom of the marked out area and then have to do a turn (drag-back e.g.) and go straight back to the other end.

Coaching Points

- > Demonstrate clearly the ABC of passing and get one of the players to show everyone else.
- > Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.
- > Demonstrate every turn that you use and show the players how this could work in a game situation.
- > Make sure the kids change direction frequently and keep their heads up to see where they are going and ensure they do not bump into anyone.

Clean your room

This fun backyard soccer drill is a favorite amongst young kids. It is a straight-forward drill that works on the kids' passing technique.

Preparation

You will need a marked out area wide and long enough for the amount of players you have available. You will also need a line marked out with cones to separate the players. The same amount of soccer balls to player ratio will work out fine for this game.



Explanation

The kids will be split into two teams. Each team stands either side of the marked out line. Tell the kids that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins.

When you shout GO! the kids have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again kick it back.

Make sure the kids use the correct passing technique. If the ball is kicked past the player they should chase after it and do a drag-back turn to face the other direction. (For turns - see the skills and tricks page on my website). After one minute stop the kids and see who has the least balls in their area and therefore the tidiest room!

progression

This is called a backyard soccer drill because it can be played just about anywhere with little set-up required. You could progress from this original version by splitting the teams up into three or four sections and having the kids kick their soccer balls in different directions.

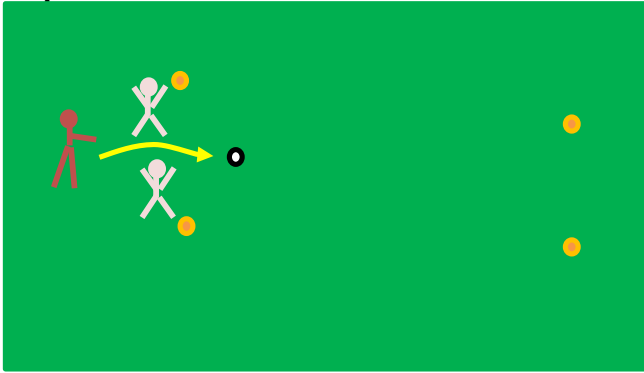
coaching points

- > Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in a game.
- > See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.
- > Make sure the inside of the foot is used when making a pass

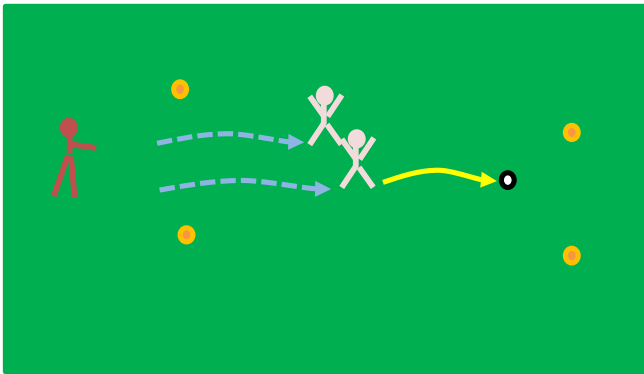
Shooting game:

Preparation- set up a cone goal and two cones about 20 yards from the goal (in line with each other)

Explanation



two players stand 20 yards away from goal, coach throws ball over their heads (they can't watch for ball),



players compete for ball and try and score.

Only one goal, variants: starting players in different positions (on a knee, facing away from goal, etc)

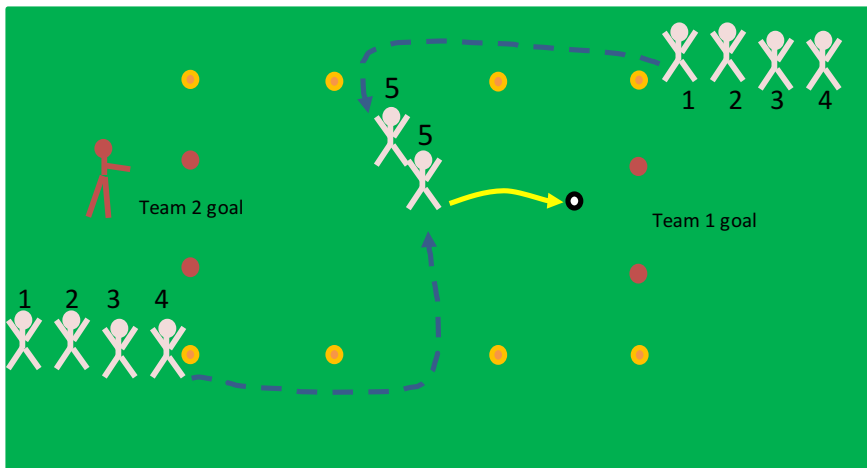
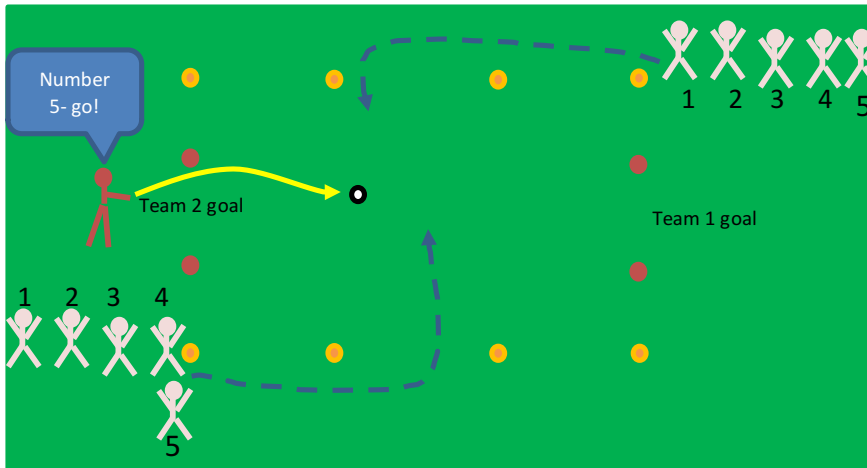
Coach's tips

- emphasize dribbling with ball close and in-control
- show players how to shield the ball to maintain possession
- shoot ball with inside of foot for more control

One v One:

Preparation- set up mini field with 1 goal at each end, use at least 4 cones per side, 6 per side would be better. Size should be 40 yds x 20 yds, goals 6 yds

Explanation 2 teams, each player has a number, coach calls number (could be more than one) opposite sides run to cones, coach throws ball in, each player competes for ball and tries to score a goal on their designated goal



Coach's tips

- emphasize dribbling with ball close and in-control
- show players how to shield the ball to maintain possession
- shoot ball with inside of foot for more control

Small sided scrimmages

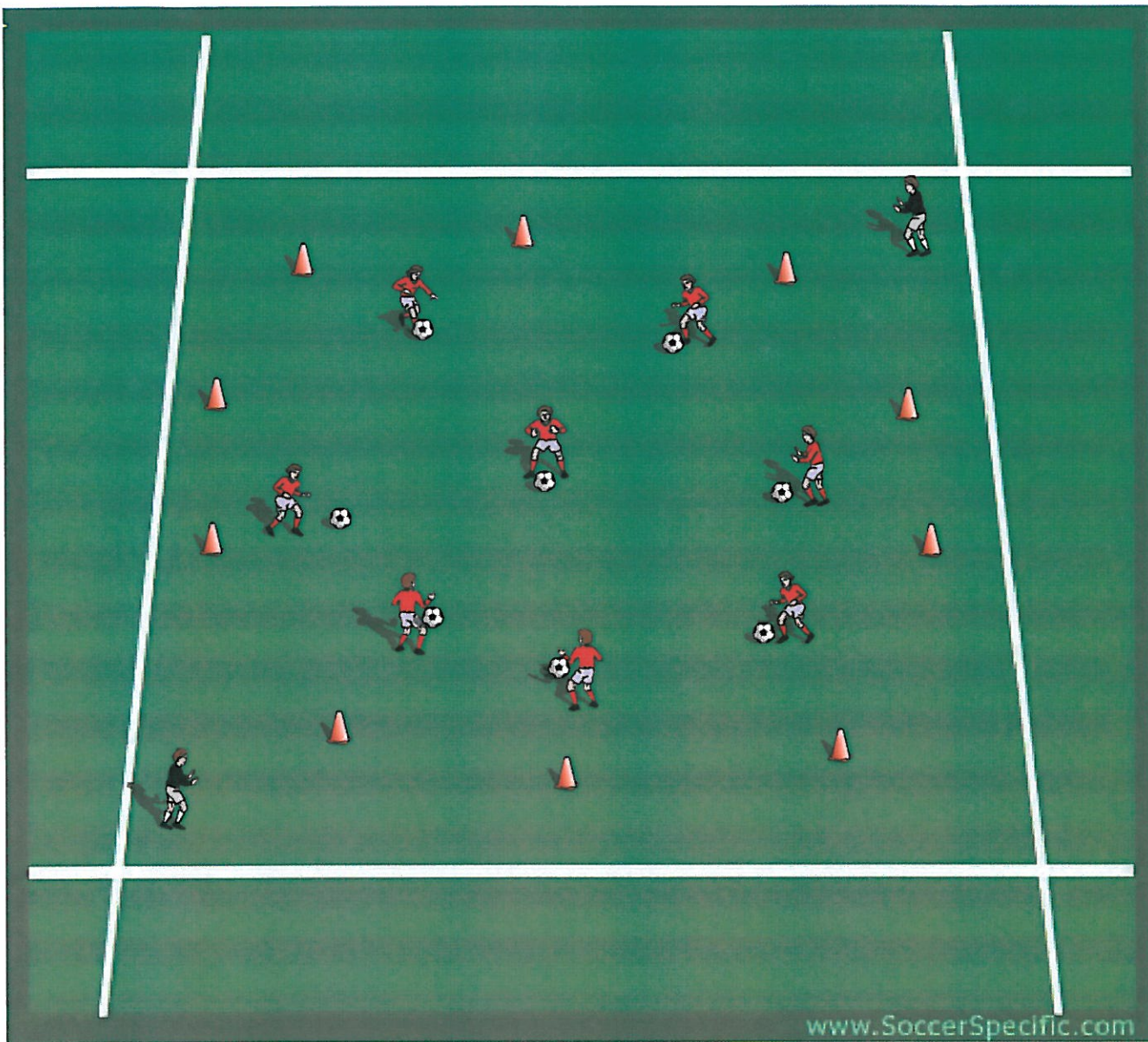
Preparation: using flat cone set up a rectangle 10x15 or similar with cone goals that are a different color or different type of cone.

Explanation: break out into teams 1v1, 2v2 or 3v3, let them play a scrimmage against each other to score goals. Let them play for 5-10 minutes and switch teams as needed.



Coach's tip:

- Let them play!
- Match even level players against each other
- Focus corrections on whatever skill is being emphasized in practice that day



Zombies

Objective- Work on both dribbling and passing skills

Players are first asked to make a circle with the cones

All players then enter the circle of safety with a soccer ball where no one can tag them

Coaches are positioned outside the circle and become zombies

Players begin by passing the ball as far as they can outside of the circle, they then run to retrieve their soccer balls and bring them back to the circle.

If the zombies tag them, they have to walk like a zombie for 10 seconds or get tagged by a teammate to unfreeze them so they can get back to the circle of safety.

Progression

Ask players how many times they can pass the ball and bring it back in 2 minutes

Coaching Points

Dribbling- Keep the ball close, encourage use of both feet, keep nose in front of ball to see monsters

Passing- place ball at slight angle, keep head still, use inside of foot and follow foot through the ball



Training Game U-8 Players

The Shadow

Skill: Dribbling

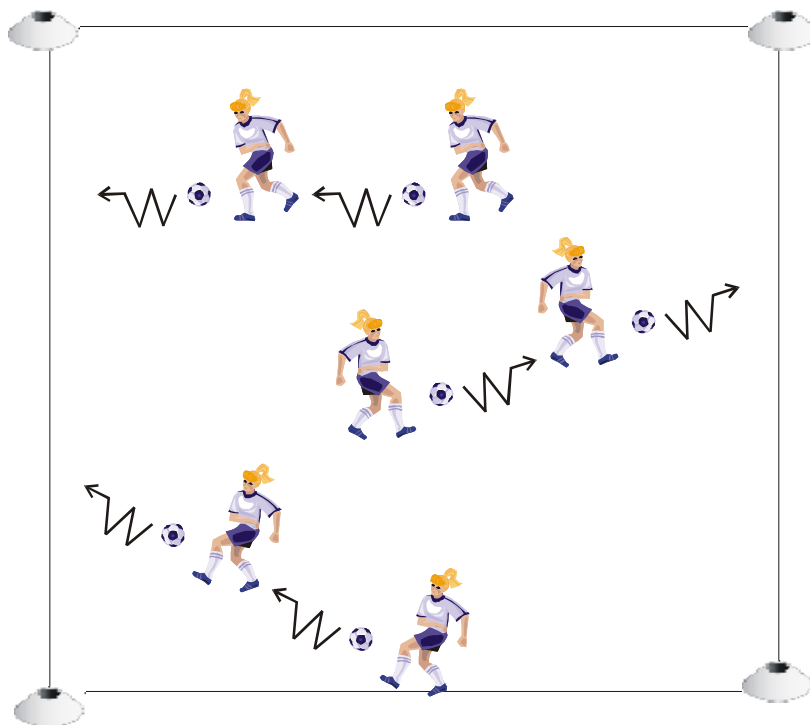
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per player and 4 or more cones to mark the grid.

Grid Requirement: A 30 X 30 yard grid

Organization: Using cones layout a 30 X 30 yard grid. Divide the team into pairs. All players are within the grid, with one ball per player.

How The Game Is Played: Players begin to move in any direction throughout the grid one partner leading and the other closely following. The trailing player tries to imitate the dribbling movements of the lead player. Coach will blow his or her whistle after about 20 to 30 seconds, the leader then becomes the follower.



Variations: This is a very good warm-up activity.



Training Game U-8 Players

Shoot for the Shoes

Skill: Throw-In

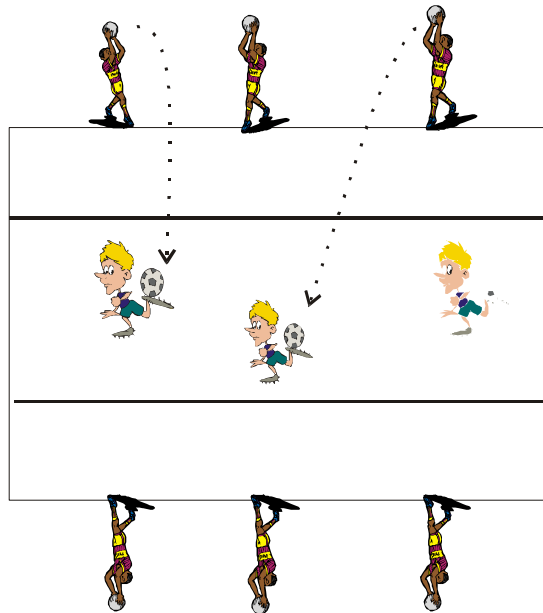
Number Of Players Required: Full U-8 team

Equipment: 20 or more cones to mark the grid, 1 ball for each player.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Create three groups of three players (depending on the number of players on the team). Using cones, mark a rectangular grid 15 X 20 yards, divided the grid into three zones. Place one group of players at the top of the grid each player with a soccer ball (throwers), one team in the center area of the grid (targets), and the last group on the other end of the grid (throwers).

How The Game Is Played: The coach yells, "go". Throwers attempt to hit targets in the feet (for sure below the waist). All throw-ins must be legal. Targets can move anywhere in the central grid. Players on the opposite end collect balls not hitting a target. A target player who is hit with a legally thrown ball returns the ball to one of the throwers and play continues. One (1) point for each hit below the waist, deduct a point for illegal throw, first team to ten (10) wins. Play three rounds.



Variations: None



Training Game U-8 Players

Musical Balls

Skill: Dribbling

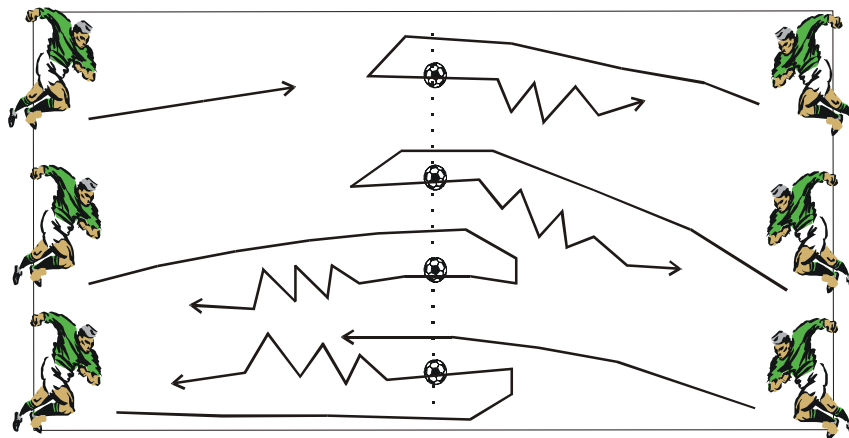
Number Of Players Required: Full U-8 Team

Equipment: 6 – 8 soccer balls and 6 cones

Grid Requirement: A 25 X 40 yard grid

Organization: Using cones layout a 25 X 40 yard grid, divided by a midline. Divide the team into two equal groups and place one group on each endline, facing the center of the grid. Place balls along the midline (two fewer than the number of players).

How The Game Is Played: The coach will yell, “go”. Players from both sides rush to the midline and compete for possession of a ball and attempt to return to their endline by dribbling. The players who did not get a ball will try to steal a ball from someone from the other team and return it to their endline. Game is over when all the balls have been dribbled and are stopped on an end line. Play the game 5 times.



Variations: Keep reducing the number of balls and player (those who didn't get a ball) so that the last round is 1 v 1 with one ball on the midline.




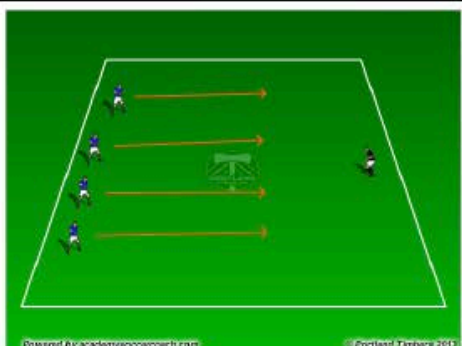
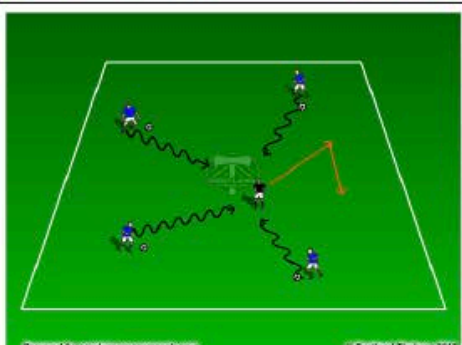
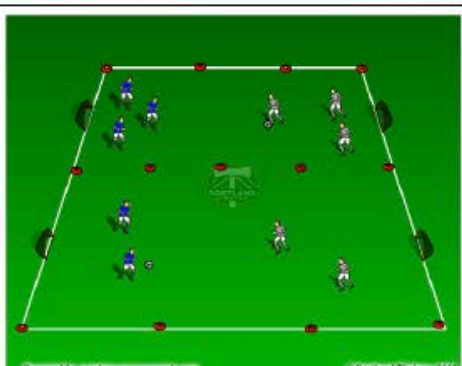
Portland Timbers/Portland Thorns



Lesson Plan Form

Coach: _____ Session date: _____ Team/Age: U6s

Theme: Session 1 Body Movement

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
Activity 1 GREETING GAME (5-10min) All the players run around randomly inside a rectangle. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.		-Players get to know one another -Players move in various directions and at various speeds Progressions: Add dribbling.	-Keep the ball close when dribbling -Change direction - Stop ball when interacting. Use bottom of foot, inside or outside of foot.
Activity 2 RED LIGHT GREEN LIGHT (5-10min) Start at line & coach about 15 yards away w/ back to players. Coach yells green light & players run to the coach. Coach yells red light & then turns to face the players. Anyone not stopped has to go back to where the person farthest away from the coach is.		- Ball control and dribbling - Listening and reacting to direction - Strategy in movement Progressions: Add a ball. The coach can move around to make the game more challenging.	-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping ball close to yourself DISCOVERY QUESTIONS: -What part of the foot did you use to kick the ball? -What did you need to do when you were dribbling?
Activity 3 OUCH! (5-10min) Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time they are hit to make the game more exciting.		Ball control and dribbling - Keeping head up - Changing direction - Decision making regarding when to kick the ball - Thinking ahead to where coach will be Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)	-Using all parts of both feet to move ball. -Kicking the ball hard or soft -Keeping head and eyes up DISCOVERY QUESTION: -When was a good time to kick the ball at me (coach)? -What part of the foot did you use to kick the ball at me?
Final Game (15-20min) 3v3 small sided game: Have all the kids playing so set up additional fields if needed. Adjust some games to 2v2 or 3v2 if needed based on numbers		- Have fun - Point out any of the above objectives to kids as they are playing	-Using various parts of the both feet to kick the ball COACHING REMINDER: The number one reason kids play sports is because it's fun. HOMEWORK: Dribble and stop ball 20 times