

**U6/U5 Coaching Manual
(Pre-K and Kindergarten age)**

WHO ARE WE COACHING?

Characteristics of U6/U5

Beginning to gain control of their bodies
Coordination being developed
Short attention span
Handle simple instructions
Loves lots of Praise and Encouragement wanted

GUIDELINES FOR PRACTICE AND MATCHES

30 to 45 minutes is the best option for these ages. Most of the practice should be spent in ratios 1:1/1:2 of one ball per child or one ball per two children. Children at this age should be able to play when they want to play, and walk away when they are through. (**Plenty of praise in practice**)

ORGANIZING A PRACTICE

Practice Outline

(10 Min) **Warm-up** – Emphasis of technique, **every player with a ball**. Introduction of individual skills applied to tactical decisions in “Free Space”, to a gate or goal.

Do not use Static Stretching, which is holding a stretch in a position for 10 sec. or more.

No Lines. No laps. No Lectures

Skills; Dribbling (Exploration of the ball), Passing

Tactical; None

(20 Min) **Small Sided Games** – Emphasis of fun with dribbling and passing in Individual and small groups. Each player should have a ball all the time if not then playing in small group (2v1 or any combination equaling 3 playing to a line, gate, or goal). Plenty of Fun activities with a lot of short water breaks and or short breaks with standing activities with the ball. **No Lines. No laps. No Lectures.**

Dribbling

Possession, Penetration

Passing

Accuracy

Shooting

Accuracy

*****Progressions for training****: Examples;** Dribble with left ft./instep/right ft/must have 3 touches on ball before passing, Receive with left foot and then pass with right foot, Receive with inside foot, receive and pass with same ft., Start field size larger then move to smaller when need to be challenged.

Attacking

NA

Defending

NA

Goalkeeping: NA

(10 to 20 Min) **Scrimmage** – Emphasis of technique (3v3 to goals)

BEST QUALITIES OF A COACH FOR THIS AGE PLAYER:

Coach should have patience, good humor, and a willingness to see the world through a child's eyes. The ability to speak their language and accept that U6/U5's play will not look at all like soccer.

GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING DURING PRACTICE

The children should be having fun with the ball. There should be periods of active playing where everyone is involved, and there should be ample opportunities for short breaks for water and for catching their breath. If there is more than one adult/coach, the children should be divided into smaller groups, with at least one adult per group. At these young ages, children work hard and tire quickly. Allow them to have "active rests," where they are not running but are trying to do something specific with the ball, often sitting or standing. Everyone should be occupied with something, even when resting. Keep the numbers from 1v1 to 3v3 and keep as many children actively involved with a ball as possible. Let them go to small goals with no goalkeepers. A size 3 soccer ball should be used.

It can be helpful to include parents in the practice/play time so they can take ideas home with them to their backyards or parks. If children must be involved in these organized practice times, they should be having so much fun that when they go home; the soccer ball becomes one of their favorite toys.

How to Teach

Preview: what you are going to coach, and why you are coaching it, and where does it belong in the game.

Time Factors: as to when in the training cycle, weekly cycle, seasonal cycle

Explanation/Demonstration: paint a clear picture – **TALK IT, SHOW IT, DO IT.**

Elements of the practice: Plan the practice with the end in mind, activities should be challenging but not too hard because that promotes frustration, not too easy because that develops boredom, activities should have a rhythm that replicates the game and recognize coaching moments to teach.

Corrections: should be made during a natural stoppage in the activity, identify specific breakdowns in either the technical, tactical, physical, or psychological aspects in the game.

Components of Soccer: Technical (skills) Tactics (decisions) Physical (fitness: elements that encompass being athletic) Psychological (positive attitude about self/coaches/referees/teammates/and game)

Economical Training: Incorporating two or more components in the practice to benefit the players.

Priority of Components: Technical/Tactical/Physical/Psychological

S.A.I.D Principle: Specific Adaptations to Imposed Demands, Training must replicate the game and meet the demands of the game

Practice Organization: cycle of development - Game/Analysis/Training back to the game, Warm-up-SSG-ESSG-Scrimmage-Warm down.

TECHNIQUE (skills)

COACHING POINTS: Field Players

Dribbling

1. Head up to read the game; progress kids to lift heads while dribbling. Stand with ball at feet, can you see it while looking straight ahead? Now move ball about a foot from feet, can you see it?
2. Ball close enough to the body to keep control. Tight dribbling
3. Change speed
4. Change direction
5. Running with the ball for speed.
 - a. Ball is pushed out further in front with laces (instep or outside of foot)

Shooting/Finishing

1. Approach to the ball at an angle (open the body)
2. Standing foot next to the ball pointed in the direction of the target
3. Ankle locked – Toe down/Heel up
4. Body over the ball – momentum forward through the ball
5. Solid contact
6. Follow through

Passing

1. Standing foot next to the ball pointed in the direction of the target
2. Different type of passes:
 - a. Push Pass – with laces
3. Bend at the knee
4. Follow through
5. Accuracy – Pass should be to the indented target, (play to “feet”)\

Receiving

1. Get in line of the ball
2. Watch the ball make contact with foot
3. Control ball into space or away from pressure
4. Preparation touch (FIRST TOUCH) should allow the player to shoot, pass, or dribble with the next touch

COACHING WITHOUT EXPOSURE TO THE GAME

DO NOT...become frustrated, yell or intimidate. Be afraid to adapt & adjust to players not having fun
DO.....keep players active with a ball, individually if possible. Vary activities to keep practice interesting. Have FUN (coaches and players). Be positive & praise all the players. Attend Coaching clinics. Read soccer instructional materials. Watch soccer matches above your level.

Use common sense when dealing with children, especially “problem” kids.
All children want to have fun. Not all kids are blessed with positive home environments.
Soccer can be an opportunity for release and expression.
Some may have physical or mental impairments.

COACHING METHODS

The Best Teacher is the Game

Tell me, I will probably forget...Show me, I may remember, Involve me, I will start to understand.
We all learn the most through self-discovery. Create a realistic environment that reflects the game.

Using Small Sided Games to Teach

Small sided games are a highly economical way to encompass all four components in a fun and competitive environment.

Player Development

Prepare fun and enjoyable games or activities during practice. Each player should have their own ball. Maximize the number of touches in the time allowed for practice. Practices designed to apply technique to tactical situations. Competition is the main focus to motivate and challenge players.

Role of the Coach

Serve as a facilitator developing a positive and fun environment with activities gear towards achieving success

Serve as positive role model that demonstrates respect for the members of the team, opponents, referees, parents, spectators, and opposing coaches. The coach is also the ambassador for soccer.

The coach has to understand who they are coaching. Children are not just defined by their age. Treat them as individuals and recognize they all are participating for different reasons.

How Do Players Learn

Performance = Potential – Interference

K.I.S.S keep it simple soccer, Specified vs. General, Progressions should be simple to complex, Feedback should be immediate, short, sweet and to the point.

CARE & PREVENTION OF INJURIES

Always error on the side of caution, It is a good idea to be certified Red Cross First Aid, Each team should have a First Aid Kit.

Coaches' primary concern should be Prevention

- Warm-up
- Fitness
- Equipment
 - Shoes
 - Shin guards
 - Proper clothing
 - No jewelry
- Water
- Breaks/Time of training – Matches
- Inform parents of any injuries
- Serious injuries should be cleared by a doctor

R – Rest: any injury or ailment that occurs immediately removed the player to rest

I – Ice: contusions, broken bones, heat stroke, heat exhaustion, cramps, blisters

C – Compression: wrap ice when appropriate and after ice, this will help keep swelling down.

E - Elevate: if possible, raise injured body part above heart to restrict blood flow.

(Sprains, Strains, Blisters, Broken Bones, Cramps, Heat Exhaustion/Heat Stroke, Head injuries)

Dealing with injured players

- Don't panic
- Make observations
- Be positive
- Use common sense
- Seek professional help

Circle of Care

- Injury
- Recognition
- Diagnosis/Treatment
- Rehabilitation
- Pre-habilitation
- Participation

How to Teach

There are basic rules for coaches to consider before presenting information. These “**teaching rules**” are specific to coaching soccer and should be considered carefully by the coach when planning their training.

A. Preview

1. What are you going to coach?
2. Why are you going to do it?
3. Where does it belong in the full game?

B. Time Factors

1. When in the training session?
2. When during the weekly cycle?
3. When in the seasonal cycle?

C. Explanation and/or Demonstration

1. Paint a clear picture – “paint a picture.”
2. Explain rules of activity
3. Explain why you are doing this.
4. Remember: “Show it – Explain it – Do it.”

D. Elements of the Practice

1. Organization – appropriate size, space, location on the field, necessary equipment, training realistic to the full game.
2. Activities for training – too hard creates frustration – too easy becomes boring.
3. Starting the practice – allow players to play in the beginning to get a feel for the game and develop a rhythm – provides an opportunity for the coach to see if they understand the activity.
4. Coachable moments – opportunities during the practice to provide instruction.
5. Starting and restarting the practice – where it was stopped
 - a. by the coach – with incremental pressure.
 - b. by the players – when all are ready.
6. Always have an objective, i.e., number of goals, consecutive passes, etc.

E. Corrections (coaching)

1. Assessment / Adjustments.
 - a. Is my coaching having an effect on the game, the practice and the players?
 - b. Identify the specific problems – is it technical, tactical, physical or psychological?
 - c. Put into large game – always make practice as realistic to the game as possible.
2. **Step One:** Allow the conditions of the game/training environment to teach the player.
3. **Step Two:** In run of play (minimal interruption for coaching point). Should include the why, how and when.

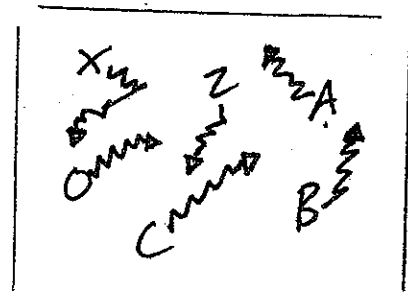
4. **Step Three:** In the run of play to specific individual. Should include the why, how and when.
5. **Step Four:** During natural stoppage (address the repeated problem to whole group – may or may not include demonstration). Duration of the stoppage should be minimal. Should include the why, how and when.
6. **Step Five:** Stopping (freeze) the flow of the game to make a correction (addressing repeated chronic problem that continues regardless of coach using first 3 steps). Duration of the stoppage should be minimal. Should include demonstration, why, how and when.

Recommended U6 Lesson Plans - Lesson 1

Warm Up

Greetings Game. Organization: All of the players run around randomly inside a circle or rectangle. The coach calls out various types of greetings, which each player then has to carry out with others: shake hands, high fives (right hand), high fives (left hand), shoulder to shoulder, back to back, etc.

Progressions: Add dribbling. The players dribble in the playing area. The coach calls out various types of greetings as above. Have the players stop the ball before each greeting.

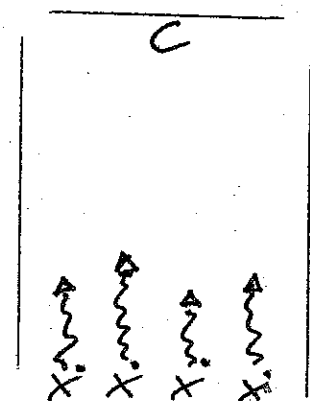


Activity 1

"Red Light, Green Light." Organization: In this game the players all stand on a designated line with the coach about fifteen to twenty yards away. The coach turns his/her back to the players and gives a very rapid, silent one to ten count. Upon reaching the number ten the coach spins to the on-coming groups and yells red, yellow or green (the group may advance to the coach the moment he/she turns their back). If the call is red, any of the players moving are immediately sent back to the starting line. If yellow is called, any of the players who are not walking (or jogging on the spot) are sent back. In the case of the call being green those players who stop or walk are returned to the starting line. The object is to be the first to get to the coach.

Progressions: Each player has a ball. On green dribble, on yellow tap one foot on the ball at a time (tap dance) and on red stop ball with the sole of one foot.

Comments: Can be played in a rectangle or a circle for a 360° game.

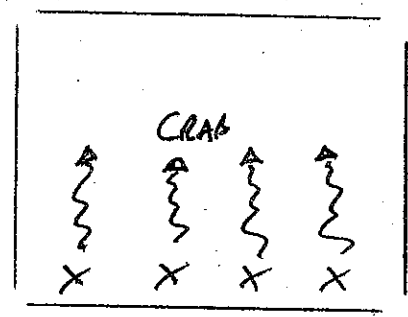


Activity 2

Pokemon Crab Attack. Organization: In a 25 x 20 yard area, each player has a ball and attempts to dribble past "Crabby" to get to the sea. If Crabby can take away the soccer ball from the dribblers, the dribbler is caught and join Crabby for the next round making two Crabbies. The dribblers continue until there is only one left.

Progressions: Crabby evolves in Bulbasor (hops) and then into a Slow-Poke (can only walk). Specify use of specific outside and inside of foot to cut the ball from side to side to avoid the crab.

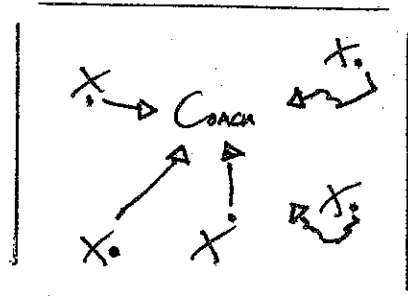
Comments: Occasional feedback like "Remember to keep looking up for crabs" and "Can you slow down and then speed up to fool the crab" are ok.



Activity 3

Ouch! Organization: Each player has a ball. The coach or coaches has no ball but moves about the field with the players. Each player tries to hit the coach with his ball as often as possible. The coach can stop for 3 seconds, keep moving or tries to dodge all the shots depending on the level of play. Whenever the coach gets hit, he yells "Ouch!" which makes it more exciting for the children. Each hit scores one point. Who can score the most points in one minute?

Progressions: Coach walks, jogs and runs. Players have to kick the ball as specified by the coach (laces, inside of foot).

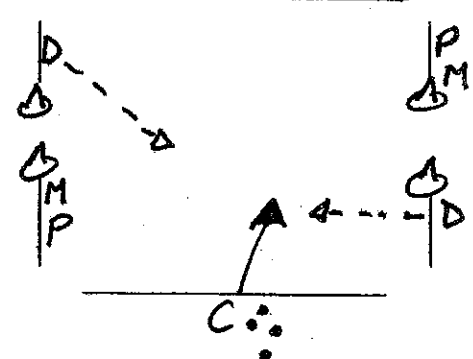


1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.



Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 2

Warm Up

Identifiers. Organization: All of the players run around the playing area at random. The coach calls out the identifier of a group of players or individual players, who then become hunters. Who can catch (tag) the most players within 1 minute? The identifiers might be, for example: colors of the players' vests, hair color, T-shirt color, first letters of the players' names, etc.

Progressions: Everybody has a ball, players dribble around and "hunt" while keeping their ball close.

Activity 1

Dog and Master. Organization: Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close to the foot), the dog runs away and is then caught by his master, master strokes dog with his foot, master jogs with the dog, walkers swap their dogs, etc.

Progressions: Introduce tall cones as trees (stay away from the trees, because you know what the dogs will do!), introduce an evil dog catcher who kicks balls out of the park (players have to see the park ranger/coach to get back in the park), etc.

Activity 2

Tigers in the Jungle. Organization: Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is the most feared animal in the jungle and is going to try to kick the other animals' balls into the surrounding alligator infested swamp. If the tiger kicks a ball into the swamp the child can dodge the alligators and bring it back into the jungle again. The child then stands with legs apart and ball in the air making the animal noise. When another animal/child dribbles the ball through this child's legs, he/she is free to continue the game.

Progressions: Animals dribble using only left foot, outside of feet, etc.

Activity 3

Tunnel Soccer. Organization: Each player has a ball. The coach (or coaches) has no ball, but moves about the field with the players. While moving around the field, from time to time the coach stops and spreads his legs to form a tunnel. The players dribble after him and try to shoot through the tunnel whenever he stops. After three shots, the coach moves on again. Who can score the most points in one minute?

Progressions: The coach specifies how players kick their ball (laces, inside of foot).

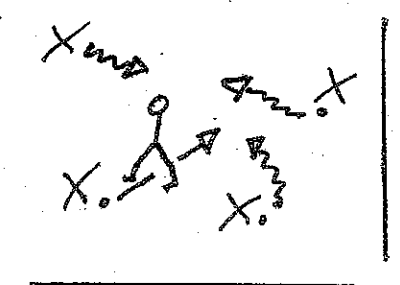
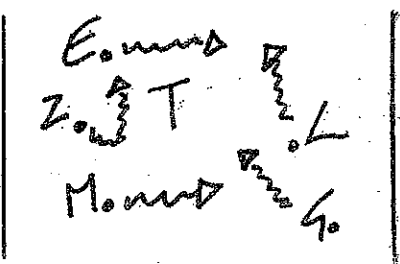
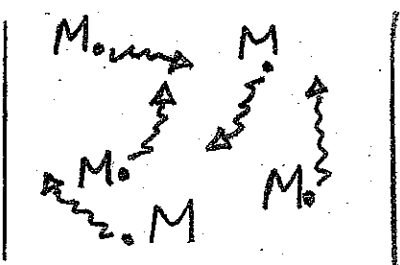
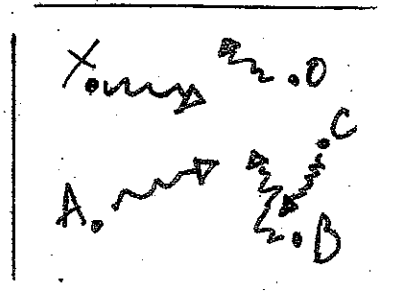
1 v 1 Game.

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3



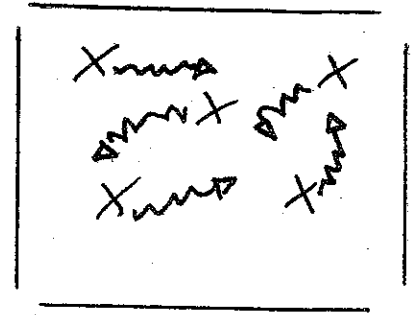
Recommended U6 Lesson Plans - Lesson 3

Warm Up

I Can, Can You? Organization: Coach asks players, "I can do something without the ball, can you?" At this point the coach does some sort of physical move without the ball. The move could be a skip, an elephant walk, walking and clapping hands between the legs, jumping jacks, etc. After the coach performs several examples with the players joining in, the coach then asks the players if they have something that we could do, which they would then demonstrate. Each player who volunteers then has the opportunity to demonstrate for the group to follow.

Progressions: Introduce the ball and move it with hands. Then put the ball on the ground and move it in various ways with feet.

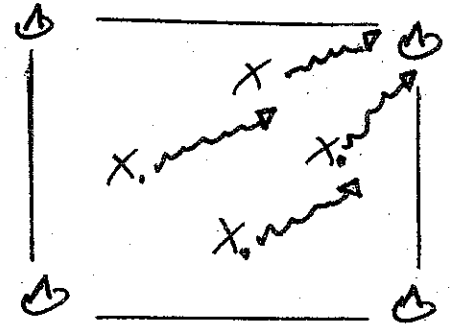
Comments: 1 minute without a ball, 1 minute ball in hands, 4 minutes (minimum) ball at feet.



Activity 1

Around the World. Organization: Set out four or five cones in a large area. Have in mind either local cities or countries of the world. Name each cone and then have the players dribbling inside the area. On command they must dribble around the country/city that you name. Also name several countries/cities at one time.

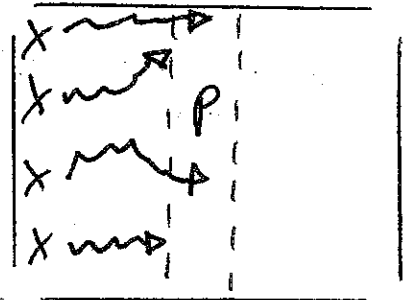
Progressions: You can start this game without soccer balls if this makes it easier for the children to understand.



Activity 2

Cross The Ohio River. Organization: The players run (go boating) from line (shore) to line (shore). In the river, are two or three piranhas/players who try to tag the runners. When a piranha succeeds in tagging a runner he can swap places or they both become piranhas.

Progressions: The players at the line each have a ball. Piranhas try to steal or kick the other players' soccer balls.



Activity 3

Goal Chase. Organization: Depending on the size of the group, the coach sets up 7 to 10 (at least one more goal than players) around the field and gives the start signal. The players try to run through as many goals as possible within the given time (45 seconds).

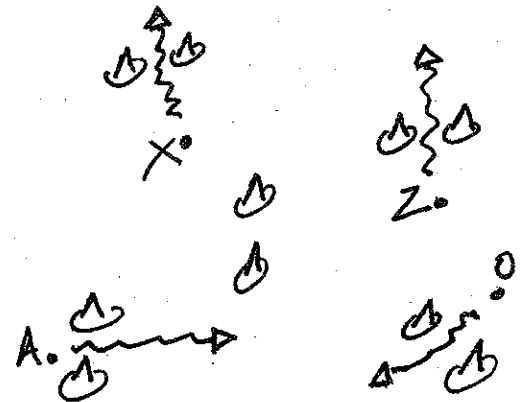
Progressions: Each player has a ball. Players kick the ball in a specified way through the goals (left foot, right foot, laces, etc).

1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.



Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 4

Warm Up

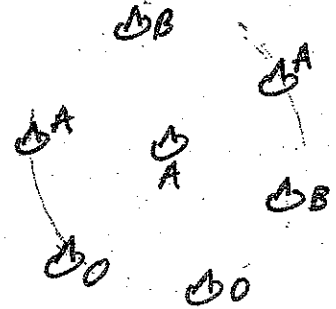
Body Part Dribble. Organization: Roll the ball forwards, backwards, and sideways with the right and left elbows. Roll the ball forwards, backwards, and sideways with the right and left hands. Move quickly but avoid collisions! Roll the ball forwards, backwards, sideways, etc., with the right and left shoulders. Roll the ball in all directions with the head. Dribble the ball with the knees, rolling it forwards, backwards and sideways. Players should try to play around each other. Roll the ball in all directions with the buttocks. Roll the ball with different parts of the foot, etc.

Progressions: Introduce Tick-Tock (pass the ball from inside of left foot to inside of right foot) and Tap Dance (lightly touch ball quickly with bottom of right foot then with bottom of left foot. Ball should remain still.)

Activity 1

Fruit Salad. Organization: The coach sets up the cones in a circle. The cones are important, as they give the players a target to run to. One player stands near the center cone and the others stand in a circle around him (at a distance of 6-12 yards, depending on the size of the group). The coach walks round the circle and gives each player the name of a type of fruit (banana, orange, apple, cherry, etc.). The name of a fruit is called out and each player with that fruit name runs to another cone. When "fruit salad" is call out, all the players have to run to another cone.

Progressions: Add dribbling (Same as above except the players must dribble to another cone)

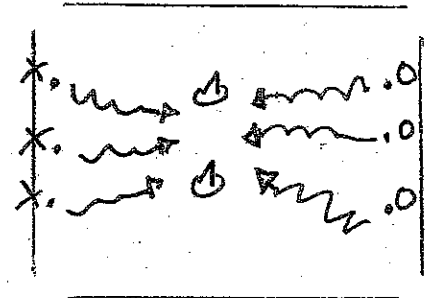


Activity 2

Cross the Bridge. Organization: Divide players into two groups, one on each endline of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag on each sideline. You can also call the line between the flags "the bridge". Both teams switch sides by dribbling across the field at the same time. Players may not cross the sidelines, so they all have to go between the flags (across the bridge). Which team can reach the opposite endline (cross the bridge) first?

Progressions: Add a goal on each endline. Cross the bridge and then score on the goal. Which team can score five goals first? Gradually move the flags closer together, making the bridge narrower and narrower. Make two bridges side-by-side and assign two bridge defenders. One coach guards the bridge assigned to Group A and one coach guards B's bridge. Which is the first group to cross to the other endline? Which group is able to all score first?

Comments: You can start this game without the bridges (and without the soccer balls) and race to see who switches the fastest. Then add balls, etc.



Activity 3

Bingo. Organization: A number of tall cones are distributed throughout the field. Two coaches are the "replacers". Each of the players has a ball. The players with balls try to knock down as many cones as possible by kicking their balls at them. The "replacers" set up the cones as fast as they're knocked down. When a player knocks down a cone, he yells "Bingo!" (the sound adds to the excitement). Who can score the most "Bingos?"

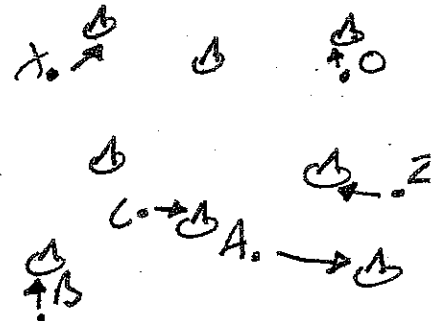
Progressions: Kick the ball using your laces, kick with only your left foot, kick at the cone no closer than 3 yards, etc.

1 v 1 Game

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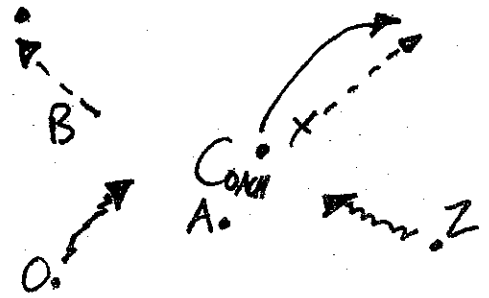
Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 5

Warm Up

Ball Retrieval. Organization: The coach tosses the ball for each player to bring back with feet, hands, elbow, forehead. Have all of the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they must retrieve the ball and get it back to you as specified and as quickly as possible.

Progressions: Bring the ball back with two hands, one hand and one head, bouncing it back with two hand, rolling it back with their hand, dribbling it back with the bottoms of their feet, right foot and then left foot, outside of feet, etc.

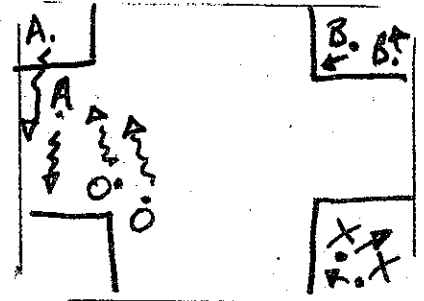


Activity 1

Traffic Officer. Organization: The four groups of players stand in the corners of a square. The coach "traffic officer" stands in the middle of the field and directs the traffic, telling the groups when to change direction (parallel or diagonal). The players watch out for the players approaching in the opposite direction.

Progressions: Every player has a ball.

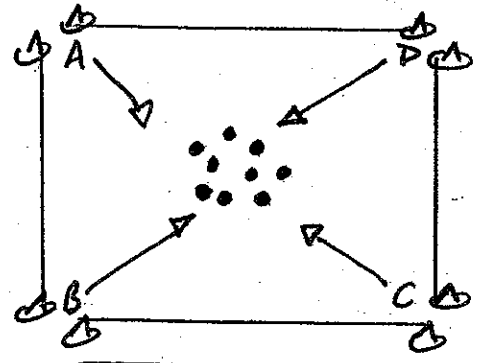
Comments: Have players drive around their square (jogging or dribbling). No standing still.



Activity 2

"Steal the Bacon". Organization: In a 20 x 20 yard area, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in own goal area. When middle area is empty, collect balls from other goal area. After 60 seconds, count balls then switch to new players for the next game.

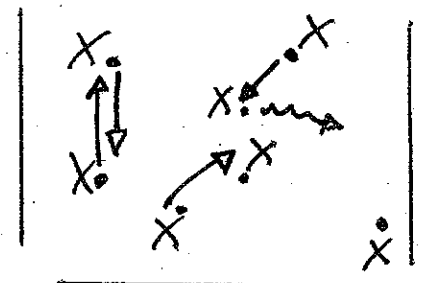
Progressions: Roll ball out of middle, use feet only, use only left foot, etc.



Activity 3

Bumper Cars. Organization: All the players have a ball and are inside the playing area. Each player tries to pass and hit another player's ball while they are moving. If they pass and hit someone else's ball, they get a point.

Progressions: Players must kick the ball using their laces, etc.



1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

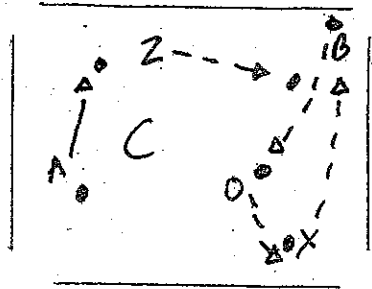
Recommended U6 Lesson Plans - Lesson 6

Warm Up

Musical Balls. Everybody has a ball and is dribbling. Coach sings and when he stops you leave your balls go to another ball and start dribbling.

Progressions: Dribble the ball in different ways (inside, outside, left, right, etc). Coach can take a ball away when he stops singing. The player without a ball must do a specific task before returning to the game.

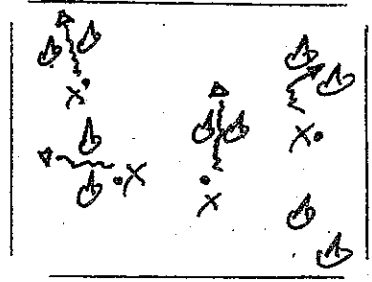
Comments: Make sure every player knows they'll get their ball back at the end of the activity!



Activity 1

Dribbling Maze. Organization: Depending on the size of the group, the coach sets up 7 to 10 (at least one more goal than players) around the field and gives the start signal. The players try to run through as many goals as possible within the given time (45 seconds).

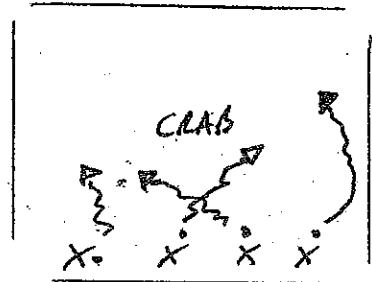
Progressions: Each player has a ball. Players dribble the ball in a specified way through the goals (left foot, right foot, outside of feet, bottom of feet, etc).



Activity 2

Crabs on the Beach. Organization: In a 30 x 20 yard area, make one 30 yd. line the beach and the other 30 yd. line the sea. Ask the children (sea creatures) to stand on the beach, each with a foot on the ball. Place a child (the crab) in the middle of the area in a crab like position (on all fours with tummy upwards). On your command tell the creatures to dribble their ball from the beach to the sea whilst avoiding the crab. When they reach the sea they must wait with a foot on the ball until all players have crossed the beach. The crab must aim to kick each child's ball out of the grid via the 20 yd sidelines. Any creatures losing their balls then become crabs. Who's the last player to be caught by the Crabs?

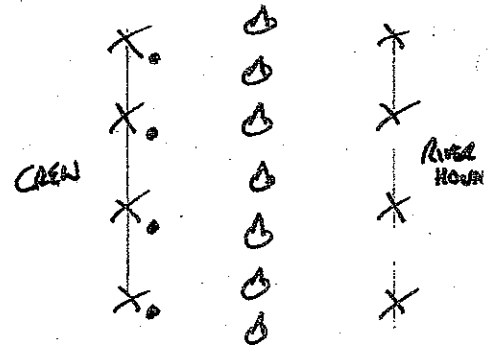
Progressions: Dribble the ball as specified by the coach. Rotate the starting crab.



Activity 3

Crew vs. Riverhounds. Organization: Split the group into two teams and give them "trendy" names like the Crew and Riverhounds. Set up a 30 x 20 yd area with cones lined up along the middle of the area lengthwise. Give one team all the balls. On your command tell the team with the balls to strike their ball and knock down as many stand up cones as possible. On your command tell the other team to collect the balls. The coach should count and pick up the cones that have been knocked down. Switch roles so that the team that was shooting is now collecting balls. Continue until all the cones have been knocked down.

Progressions: Kick the ball with your laces, etc.



1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 7

Warm Up

Identifiers. Organization: All of the players run around the playing area at random. The coach calls out the identifier of a group of players or individual players, who then become hunters. Who can catch (tag) the most players within 1 minute? The identifiers might be, for example: colors of the players' vests, hair color, T-shirt color, first letters of the players' names, etc.

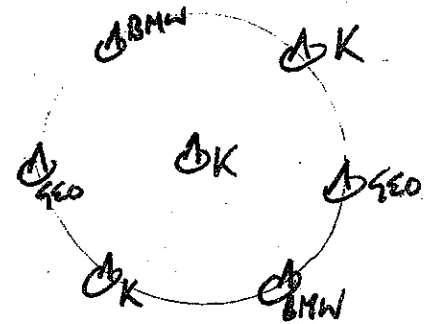
Progressions: Everybody has a ball, players dribble around and "hunt" while keeping their ball close.

SEE LESSON 2

Activity 1

Car Race. Organization: The coach places cones to form a circle. One player stands near the middle cone and the others stand around the edge of the circle (distance between players 6-12 yards, depending on the size of the group.) The coach goes from player to player and gives each one the name of a car to remember i.e. BMW, Corvette, etc. Each player runs to another cone when his car is called out. Fast reactions are required. On the call "Car Race" all of the players have to change places but must not return to their own cone.

Progressions: Each player has ball.



Activity 2

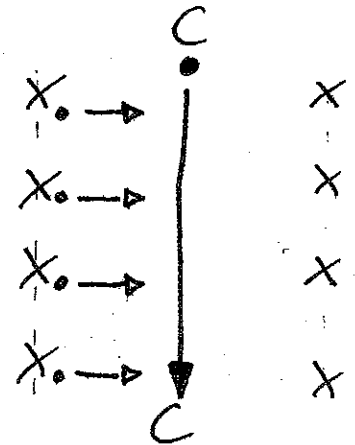
Tigers in the Jungle. Organization: Each child chooses to be a type of animal that lives in the jungle and makes the sound of that animal. Only tigers are not allowed. The tiger is the most feared animal in the jungle and is going to try to kick the other animals' balls into the surrounding alligator infested swamp. If the tiger kicks a ball into the swamp the child can dodge the alligators and bring it back into the jungle again. The child then stands with legs apart and ball in the air making the animal noise. When another animal/child dribbles the ball through this child's legs, he/she is free to continue the game.

See LESSON 2

Activity 3

Torpedos. Organization: This game takes 8 players and five soccer balls. Choose four players to line up next to each other along a line. Each of them has a ball. The same number of players stands facing them at a distance of 10 yards (you can move this distance back as the youngsters gain experience); the children in this other line do not have a ball. Two coaches position themselves outside the "tunnel" at either end, like an entrance and an exit. One of the end coaches has a ball and they two pass each other that ball. The players forming the tunnel who are in possession of a ball try to calculate and anticipate the direction and speed of the ball going through the tunnel from end to end. They each try to "torpedo" it by kicking their ball at it accurately and with the correct speed. If they miss, the player across the way will receive the pass. The receivers try to hit the torpedo as it returns to the original end player.

Progressions: Kick with the laces, kick using a specific foot, etc.



1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 8

Warm Up

I Can, Can You? Organization: Coach asks players, "I can do something without the ball, can you?". At this point the coach does some sort of physical move without the ball. The move could be a skip, an elephant walk, walking and clapping hands between the legs, jumping jacks, etc. After the coach performs several examples with the players joining in, the coach then asks the players if they have something that we could do, which they would then demonstrate. Each player who volunteers then has the opportunity to demonstrate for the group to follow.

SEE LESSON 3

Progressions: Introduce the ball and move it with hands. Then put the ball on the ground and move it in various ways with feet.

Comments: 1 minute without a ball, 1 minute ball in hands, 4 minutes (minimum) ball at feet.

Activity 1

Dog and Master. Organization: Each player (master) dribbles with a ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close to the foot), the dog runs away and is then caught by his master, master strokes dog with his foot, master jogs with the dog, walkers swap their dogs, etc.

SEE LESSON 2

Progressions: Introduce tall cones as trees (stay away from the trees, because you know what the dogs will do!), introduce an evil dog catcher who kicks balls out of the park (players have to see the park ranger/coach to get back in the park), etc.

Activity 2

"Steal the Bacon". Organization: In a 20 x 20 yard area, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in own goal area. When middle area is empty, collect balls from other goal area. After 60 seconds, count balls then switch to new players for the next game.

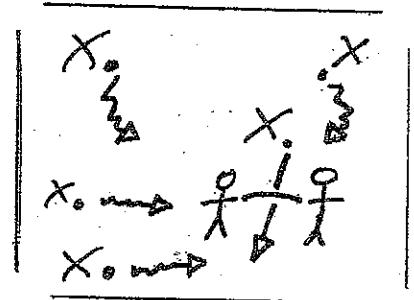
SEE LESSON 5

Progressions: Roll the ball out of middle, use feet only, use only left foot, etc.

Activity 3

Moving Targets. Organization: All players have a ball at their feet to start the activity. The coach and a chosen assistant are holding a bib (vest) between them above waist height. The coach and assistant represent the uprights of a goal and the pole they are holding is the crossbar. The goal does not stand stationary, but moves about at a walking pace. The players then try to strike their own ball through the goal. Obviously they will try to "gang" about the goal, so the goal must go to an open space in order to spread the playing area. Once the players get a knack for success in the activity, add a second goal.

Progressions: Kick with your laces, kick using your right foot, kick using your other foot, etc.



1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 9

Warm Up

Body Part Dribble. Organization: Roll the ball forwards, backwards, and sideways with the right and left elbows. Roll the ball forwards, backwards, and sideways with the right and left hands. Move quickly but avoid collisions! Roll the ball forwards, backwards, sideways, etc., with the right and left shoulders. Roll the ball in all directions with the head. Dribble the ball with the knees, rolling it forwards, backwards and sideways. Players should try to play around each other. Roll the ball in all directions with the buttocks. Roll the ball with different parts of the foot, etc.

Progressions: Introduce Tick-Tock (pass the ball from inside of left foot to inside of right foot) and Tap Dance (lightly touch ball with bottom of right foot then with left foot. Ball should remain still.)

Activity 1

"Red Light, Green Light." Organization: In this game the players all stand on a designated line with the coach about fifteen to twenty yards away. The coach turns his/her back to the players and gives a very rapid, silent one to ten count. Upon reaching the number ten the coach spins to the on-coming groups and yells red, yellow or green (the group may advance to the coach the moment he/she turns their back). If the call is red, any of the players moving are immediately sent back to the starting line. If yellow is called, any of the players who are not walking (or jogging on the spot) are sent back. In the case of the call being green those players who stop or walk are returned to the starting line. The object is to be the first to get to the coach.

Progressions: Each player has a ball. On green dribble, on yellow tap one foot on the ball at a time (tap dance) and on red stop ball with the sole of one foot.

Comments: Can be played in a rectangle or a circle for a 360° game.

SEE LESSON 1.

Activity 2

Cross The Ohio River. Organization: The players run (go boating) from line (shore) to line (shore). In the river, are two or three piranhas/players who try to tag the runners. When a piranha succeeds in tagging a runner he can swap places or they both become piranhas.

Progressions: The players at the line each have a ball. Piranhas try to steal or kick the other players' soccer balls.

SEE LESSON 3

Activity 3

Team Bumper Cars. Organization: Divide the players into two teams with a ball for each player. One team is trying to hit the other team's balls. One team is designated as the kicking team, the other is the dribbling team. After a time, they switch roles. Play three rounds and see which team has the most total amount of hits.

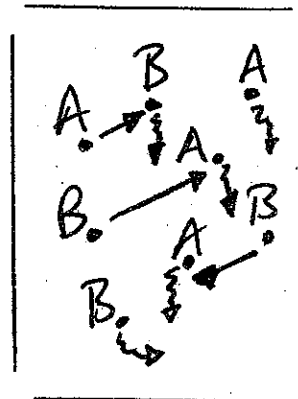
Progressions: Specify certain types of kick, etc.

1 v 1 Game

Disney Game. Organization: Two teams of equal number stand at either end of a 25 x 18 yard field of play. Give each player a Disney character name (make sure there's a matching character at the other end.) Coach sends in a ball and calls out a Disney character and that character from each end goes out into the field to play 1v1. The remaining players stay on the goal line either side of the goals. After a goal, or a period of play, coach calls out another character.

Progressions: Try calling out different characters, so players learn to interact with different characters (e.g. 1st name from one end, 2nd name from the other end).

Comments: Don't be afraid to play more than one 1 v 1 at a time.



Scrimmage 2 v 2 or 3 v 3

Recommended U6 Lesson Plans - Lesson 10

Warm Up

Ball Retrieval. Organization: The coach tosses the ball for each player to bring back with feet, hands, elbow, forehead. Have all of the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they must retrieve the ball and get it back to you as quickly as possible.

Progressions: Bring the ball back with two hands, one hand and one head, bouncing it back with two hands, rolling it back with their hands, dribbling it back with the bottoms of their feet, right foot and then left foot, outside of feet, etc.

Activity 1

Knock Out. Organization: Organize four markers set up in diamond fashion 10 to 15 yards from a rectangular grid. The size of the grid would depend on the number and age of the players. Each player dribbles his or her ball inside the grid. The players are dribbling while trying to tag other players with their hand. Any player tagged must dribble their ball to a cone and execute a specified skill, e.g. 6 tap dance touches. Once the players have gained confidence instead of tagging, the players try to knock other player's balls out of the grid. The players that lose their ball must get their ball and go to a cone before they can join back in.

Progressions: use different dribbling techniques - left foot only, right foot only, inside and outside of foot, etc.

Activity 2

Cross the Bridge. Organization: Divide players into two groups, one on each endline of a field of an appropriate size. The two teams face each other, and each player has a ball. Mark the centerline with a flag on each sideline. You can also call the line between the flags "the bridge". Both teams switch sides by dribbling across the field at the same time. Players may not cross the sidelines, so they all have to go between the flags (across the bridge). Which team can reach the opposite endline (cross the bridge) first?

Progressions: Add a goal on each endline. Cross the bridge and then score on the goal. Which team can score five goals first? Gradually move the flags closer together, making the bridge narrower and narrower. Make two bridges side-by-side and assign two bridge defenders. One coach guards the bridge assigned to Group A and one coach guards B's bridge. Which is the first group to cross to the other endline? Which group is able to all score first?

Comments: You can start this game without the bridges (and without the soccer balls) and race to see who switches the fastest. Then add balls, etc.

Activity 3

Red V. Yellow. Organization: 6 red and 6 yellow cones are set up in a playing area measuring 20 x 20 yards (or use two different colored tall cones.) There is a ball on each cone. Have enough game balls so that there is a ball for every 2 players. The team in yellow shoot to try and knock the balls off the red cones. Vice versa for the red team. The first team to shoot the balls off the cones scores one point. Each game continues until one team scores 3 (4 or 5) points.

Progressions: Specify ways to kick the ball, etc.

1 v 1 Game

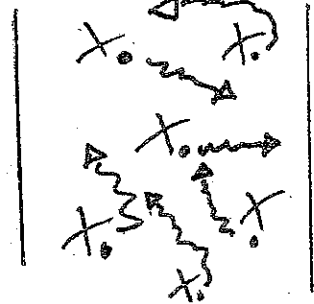
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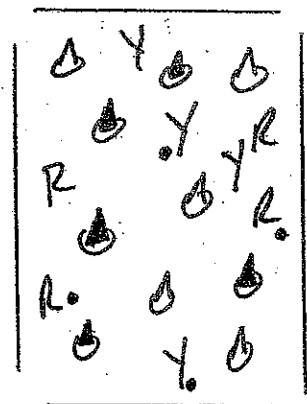
Comments: Don't be afraid to play more than one 1 v 1 at a time.

Scrimmage 2 v 2 or 3 v 3

SEE LESSON 5



SEE LESSON 4





CODE OF CONDUCT

Players:

- Make every reasonable effort to attend all games and practice sessions. If unavailable for any reason, the player must inform the team coach in advance.
- Be punctual.
- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and play within them.
- No intentional foul or rough play will be tolerated.
- Players will not question or argue with officials/referees.
- Maintain a good appearance while playing in the games.
- Cooperate with coaches, teammates, opponents, and officials.
- NO profanity, taunting, or trash talking before, during, or after games/matches.
- No consumption of alcohol, tobacco, or illegal drugs.
- Be gracious in victory and dignified in defeat.
- Support other CDC teams and their participants.

Coaches

- Make every reasonable effort to attend all games and practice sessions. If unavailable for any reason, the coach must inform one of his/her assistants.
- Be punctual.
- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and require your team to play within them.
- Do not tolerate any rough or foul play by any of your players.
- Do not argue or engage in any confrontational discussions with referees or game officials.
- Maintain a good appearance at all times when representing the club.
- No profanity, taunting or trash talking to your players, other players, coaches or game officials.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are coaching.
- Be gracious in victory and dignified in defeat.
- Support other CDC teams and their participants.
- Treat everyone with respect, players, parents, coaches, officials and spectators.

Parents/Guardians

- Players are in the care of CDC staff and coaches during all sessions and games.
- No coaching, shouting or negative comments from the sidelines or stands during games and practices. Positive support only for both teams.
- Do not comment to opposing players, coaches or fans in any way other than complimentary.
- If you have a problem with any coach or official within the Dads' Club, bring it to the attention of the league

commissioner. If you deem the response as unsatisfactory, then write a formal complaint to the CDC executive committee. All such issues have to be documented and signed.

- Do not challenge or object to officials or coaches' decisions.
- Teach and encourage your children to play within the rules of the game and to exhibit good sportsmanship.
- No profanity, taunting or trash talking to any opposing players, coaches, or officials.
- Be gracious in victory and dignified in defeat.
- Be a positive role model for your children and their teammates.
- Do not criticize other players or coaches in the presence of other children.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are attending.

Commissioners

- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and require teams to play within them.
- Do not tolerate any rough or foul play by any players.
- Do not argue or engage in any confrontational discussions with referees or game officials.
- Maintain a good appearance at all times when representing the club.
- No profanity, taunting or trash talking to players, coaches or game officials.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are attending.
- Be gracious in victory and dignified in defeat.
- Support all CDC teams and their participants.
- Treat everyone with respect, players, parents, coaches, officials and spectators.

General

- Carmel Dads' Club will not tolerate any sexual or racial harassment or intolerance.
- Carmel Dads' Club will encourage an atmosphere of openness, cooperation, and consultation.
- Carmel Dads' Club will encourage loyalty within the team and the Club.

Any violation of this code will be brought to the attention of the executive committee, which will issue the appropriate penalty. This penalty could include one or all of the following:

- 1) Reprimand
- 2) Probation
- 3) Temporary suspension
- 4) Permanent suspension

This code of conduct shall be construed in conjunction with and not contrary to any existing rules and/or guidelines which govern Carmel Dad's Club programs.



Carmel Dad's Club Coaches Clinic 3-27-10

Anatomy of a Youth Soccer Practice (1 hour in duration)

Phase 1 - Skill only / No pressure (15 minutes)

Session Ideas - Free movement & Triangle warm-up

Coaching points: use all surfaces, change of direction and change of pace

Phase 2 - Skill focus / Passive Pressure (10 minutes)

Session Ideas - Triangle chase game

Coaching points: same as previous, head up, upper body movement, cuts and turns, and leg feints

Phase 3 - Limited Pressure / One Player opposition or numbers up (15 minutes)

Session Ideas - 1 v 1 to player goals ladder style

Coaching points: same as previous, use pace, get across front foot, body between defender and ball, and get in space behind defender.

Phase 4 - Game situation (20 minutes)

Session Ideas - Line soccer and scrimmage

Coaching points: Let them play; the game is the best teacher!

OUR FOCUS AS COACHES:

Enthusiasm, Fun, Encouragement, Repetition, Team Building and Character Development

Thank you for your commitment to youth soccer development.

Please visit our website for more information about the Butler Soccer Program and Butler Boys Soccer Camps.

www.butlerboysoccercamp.com