

## U6 MANUAL

### Introduction

Dear Coach,

On behalf of the **Covington Soccer Association**, we are excited to have you working for our organization. Our goal is to ensure we all have a great season. To make this happen, you as a coach are one of the most important factors.

Your goal must be that all players have a great experience and that they become better players while having FUN.

#### Philosophy

Our emphasis is placed on the *technical* development of the player using small-sided training games.

#### U6 Characteristics

As coaches it is important that we understand that each age group are at different physical and psychological stages. Having a basic knowledge of the characteristics of your age-group will help you to be better prepared when planning your coaching sessions, and also help with what to be aware of when out on the field. Remember, having the right information will make your job easier, and your players will have more fun and learn as well.

At this age, children are full of energy and will perform at high speed in short bursts. Frequent rests are required at this age, but their energy level will for the most part remain at a consistently high level. They typically lack spatial awareness and are afraid of physical contact. They are still developing physically, so they will lack coordination. They will also usually have a fear of physical contact and may sometimes cry whether or not they are hurt.

Players at this age will have a short attention span and are easily distracted, so do not go into long-winded explanations of games and activities, as this will not only be lost on them, it will also cause them to get restless. There is also a distinct lack of the understanding of team concepts, and they usually 'herd' wherever the ball is.

As always, coaches must show up early for practice so they can set up their practice and have time to greet players as they show up. Coaches should plan fun games for their practices, and use the following points as a guideline to preparing for a fun practice where the children will also learn the basic skills of the game. Above

all, coaches should always be positive and full of energy at practice. The children feed off of your energy, so if you aren't passionate, expect a dull session.

### **Guidelines for Training Sessions**

- Avoid long-winded explanations be short and to the point!!!
- Prepare what you going to say about: organization, drills, movements and/or conduct.
- Avoid braking up the flow of your explanation with ums, ahs, etc.
- Speak clearly, so that everyone can hear you.
- Look regularly at the group and the individual players as you speak. Does everyone seem to understand you?
- Vary the tone of your speech change the tempo and pitch.
- Inject some enthusiasm.
- Use gestures and mimes to underline what you say.
- Give the players a chance to ask questions.
- Repeat the essentials of what you have been saying.
- Illustrate your instructions with simple examples. Start by demonstrating, then   □ Underline this with your explanation.
- Make sure the players are all relaxed before you start instructing them.
- Check whether your message is coming over by asking players to repeat what you have said.
- Restrict the amount of information as far as possible.
- Do not simply tell players what to do but also why.
- Monitor whether your instructions are followed, and take corrective steps if this is not the case.
- Be creative and use initiative: If the drill or game is too advanced, modify to increase the chances of success.
- Don't start instruction when players still playing
- Make sure every player is concentrated on your explanation
- Explain things a couple times, after 1 time is still difficult
- The accent of training must be a wide range of movement games
- Vary in games and exercises
- Try to get in their " world"
- Let them ask questions
- Most important is learning through playing
- Let them think and let them come up with solutions
- Use small side games 1 v 1, 2 v 2, 3 v 3, 4 v 4 in training sessions
- Strive for quality: In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

## **Checklist for Training Sessions:**

### **Match-oriented**

- Score goals and try to avoid conceding goals
- Build –up play with the objective of creating scoring chances.
- Collective play ( win or lose you are all in together)
- Direct play/playing to win
- Rapid transition when possession changes

### **Lots of repetition**

- Exercise should be repeated frequently
- No long waiting times
- Good planning and organization
- Sufficient balls and equipment
- No long lines

### **Adjustment to the group**

- Take account of the players age group
- Take account of their skills
- Take account of their enjoyment

### **Proper coaching**

- Explain what the team is trying to achieve
- Let the players learn from their selves
- Demonstrate what you want
- Give instructions
- Suggest solutions

## **Fast Footwork exercises:**

1. Foundation
2. Toe touches Stationary
3. Walk the dog

**Foundation:** Stand with the soccer ball between your feet, which are about shoulder width apart. Ball is passed between the feet with very soft, light touches. Be sure weight is on balls of feet. With each step you should be coming down on your toes first; then your heels. Knees should stay bent at all times. Be sure you are stepping up and down; not sideways. The trick is to keep the ball constantly moving between the feet as the player "hops" from foot to foot to prepare for the next touch.

**Toe Touches:** Begin with the ball between your feet and slightly to the front. Lift the right foot and lightly touch the top of the ball with the front (cleat side) of the shoe, underneath the toe. Replace the right foot and do the same with the left foot. Now begin to alternate touches faster until you have to make little hops back and forth with your feet while continuing to touch the top of the ball.

Variation 1: Move forward with each step by tapping the ball slightly forward with each touch.

**Walk the dog:** Roll the ball with your sole from one foot to the other and go forward while rolling the ball slightly, keep the ball between your legs.

Technique 1

### **\* Dribbling**

1. Dribble with inside and outside of the foot.
2. Dribble with right and left foot

Technique 2

### **\* Dribbling + cutting**

1. Dribble with inside and outside of the foot to the cone.
2. When you get to the cone you cut with the inside of the foot and go left or right around the cone to the cone in front of you. (Left and right foot)

Technique 3

### **\* Matthews move**

1. Foot next to ball
2. With the inside drag the ball forwards

3. Don't complete the drag, with the outside of the foot touch the ball
4. Pass the ball with outside foot by opponent

#### Technique 4

##### \* **Step-over**

1. Make sure the ball rolls in front of you
2. Put one foot diagonal over the ball
3. Drop the shoulder of the foot where you step-over the ball with
4. With the outside of the other foot you pass the ball behind opponent

## **Fundamentals of Dribbling**

Dribbling, without question, is one of the vital skills of the game.

The basic elements of dribbling are movement, acceleration, speed, and the ability to unbalance an opponent. Feints and speed are the dribbler's key weapons.

#### **Technique:**

- Toes up
- Knees bent
- Moving on the balls of your feet
- Balance is a must
- Keep ball close
- Soft touches
- Look up as much as possible, so you can see what your opponent does and what your teammates do
- Look for space to attack

#### **Surfaces**

- Inside / Outside / Laces

#### **Speed**

- Slow / Fast / Acceleration

#### **Directions**

- Forwards / Sideways (left – right) / Backwards

#### **Coaching points technical:**

- Keep the ball close to your feet when you dribble. □ Learn to dribble in a varied tempo (slow-fast) □ Slower pace when the player can't control the ball.
- Keeping your head up (so you can see what your opponent does and what your teammates do) □ Use your left and right foot

- Use your inside and outside foot
- “Do not pass from your right to your left foot “

## **Fundamentals of Passing**

- Developing players who can perform crisp, accurate passes to teammates is essential to improving overall play. Inside foot passing is for passing on short distances about 10 – 30 yards, combinations and finishing on short distance to goal.
- There are many different ways to pass the ball in soccer. Some of them are basic and some more advanced. You can pass with the inside of the foot; the outside, the toe and even the heel (back pass). You can lay the ball out flat, make it curve in or out, chip it, loft it etc.

What we’ll be concerned with here initially are the fundamentals of basic passing, what you would teach to a 6 year old (and up) to build a foundation for more advanced techniques.

The basic coaching points for basic inside of the foot passing are:

1. Head down – eye on the ball
  2. Plant non-kicking foot alongside the ball
  3. Pick a spot near the center of the ball, strike ball at this spot.
  4. Follow through.
- Have the players begin passing to their partner. Watch for proper striking technique, proper foot placement, eye-foot coordination (head down) and follow through.

But now in addition to these coaching points you must look for:

- 1) Proper “weight” on the ball. Weight is the speed, spin and/or pace of the ball. Too little weight and the ball doesn’t reach the target....too much and it is difficult to trap.

2) Accuracy. The plant foot is a big determiner of where the pass will go. Generally the pass will go where the plant foot toes point. You'll see a lot of toes turning outward at the beginning. This should be corrected.

3) Stress that the player should not step back to kick the ball. A common error at the young ages is for the player to stop the ball, take one or two steps back and then pass it.

Again work both the right and left feet.

#### **Coaching points technical:**

- Pass the ball with your inside foot
  - Turn the hips outside
  - Keep your kicking foot flexed, with your toes pointing up.( Lock your ankle) □ Follow-through after pass straight to target
  - Knee bend
  - Hit ball in the middle
  - Do not pass the ball too slowly
  - Eye contact
  - Receiver ask for “ Ball”
  - The inside of the foot is the surface that makes contact with the ball □ Your other foot should be planted beside the ball, about a foot away.
  - Stay relaxed. Don't be like a robot
  - Look at ball when passing
  - Place standing foot alongside ball, not in front or behind. Point to direction
  - Technique with non-kicking foot
  - Beside the ball ( one foot distance )
  - Toes pointing to target
  - Knee is bend slightly
- #### **Coaching points tactical:**
- Pass to other players, not just kick and hope.
  - Move afterwards
  - Do not telegraph your intentions by constantly looking in your direction in which you intend to play the ball.
  - Alternate long and short balls.
  - Accuracy - The plant foot is a big determiner of where the pass will go. Generally the pass will go where the plant foot toes point

- Proper weight on the ball. Weight is the speed, spin and/or pace of the ball. Too little weight and the ball won't reach the target...too much and it is difficult to receive.
- The player without the ball determines how you play it (to his feet, to run onto). Look where hips are turned too:
  - Hips facing you > ball to feet
  - Hips facing sideways > ball sideways
  - Hips facing forward > ball deep
- The Weight of the pass is important :
  - Too soft the ball will be intercepted, too hard receiver can't receive it.
  - How better the ball being placed how less energy receiver has to do receive it.

Weather and field conditions

- If in strong wind play the ball on the ground
- When you have the wind in the back be sure that you not passing too hard
- When the grass is too long , and you pass the ball on the ground the ball slows down, play it also halfhigh

### **Dribbling Technique 1 – 3 – 4**

**Emphasis:** Dribbling

**Set-up:** - Players on one line

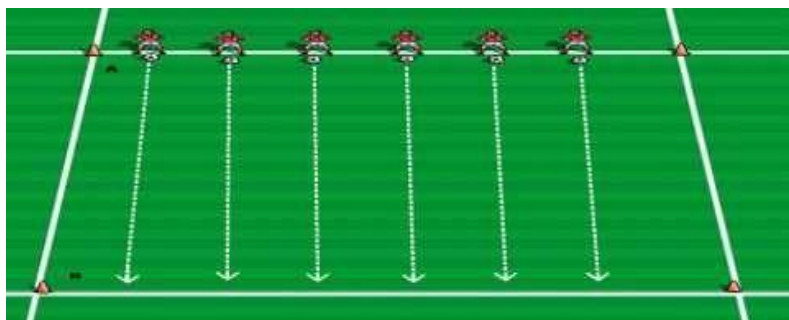
- Players dribble from line A to line B and from B back to A touching the ball every step.
- When they arrive there they need to stop on command before they start again.

**Progression:**

- Stop the ball with sole of the foot

**Coaching Points:**

- Heads up
- Look out over the ball
- Keep the ball close to you



### **Dribbling Technique 2**

**Emphasis:** Dribbling & Cutting

**Set-up:** - 2 players per cone

- Players dribble toward each other from both sides
- When they meet at the cone they perform a cutting move
- Then they keep dribbling to the end of the cue



- Cut with right, dribble with left foot forward

**Progression:** cut with left, dribble with right

**Coaching Points:**

- Sharp cut
- Use other foot to go forward
- Look over the ball and executing the move at the right moment



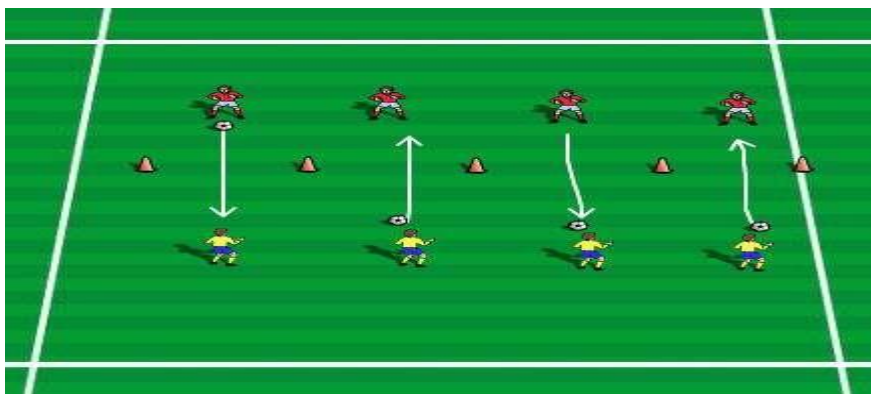
**Passing Technique 1**

**Emphasis:** Passing

**Set-up:** - Passing and shooting

**Progression:** All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away

**Coaching Points:** Take at least two touches before making the return pass



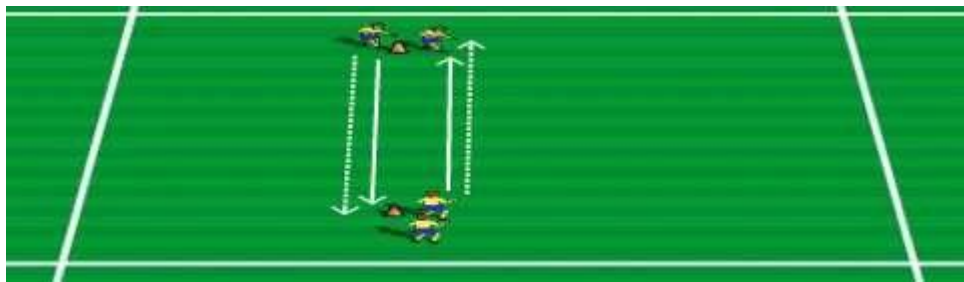
**Passing Technique 2**

**Emphasis:** Passing

**Set-up:** - Passing and shooting with positional changes  
- After every pass join the players on the other side  
- Execute from both sides

**Progression:** All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away

**Coaching Points:** Control the ball first.



### Week 1

5.45 PM	Registration / field set up
6.00 PM	Warm-up game (Red light – Green light)
6.10 PM	Fast Footwork 1
6.20 PM	Dribbling (Dribbling technique1)
6.30 PM	Dribbling Game (Shadow me)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

### Week 2

5.45 PM	Field set up
6.00 PM	Warm-up game (Statue Tag)
6.10 PM	Fast Footwork 1+2
6.20 PM	Dribbling (Dribbling technique2)
6.30 PM	Dribbling Game (Goals-goals-galore)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

### Week 3

5.45 PM	Field set up
6.00 PM	Warm-up game (Knock it out)
6.10 PM	Fast Footwork 1 + 3
6.20 PM	Dribbling (Dribbling technique 3)
6.30 PM	Dribbling Game (1versus1 line soccer)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

### **Week 4**

5.45 PM	Field set up
6.00 PM	Warm-up game (Keep it in)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Dribbling (Dribbling technique 4)
6.30 PM	Dribbling Game (Chinese wall)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

### **Week 5**

5.45 PM	Field set up
6.00 PM	Warm-up game (He says, she says)
6.10 PM	Fast Footwork 1+3
6.20 PM	Passing (Passing technique 1)
6.30 PM	Passing Game (Bumper balls)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

### **Week 6**

5.45 PM	Field set up
6.00 PM	Warm-up game (Knock it off)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Passing (Passing technique 2)
6.30 PM	Passing Game (Ghostbusters)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

## **Week 7**

5.45 PM	Field set up
6.00 PM	Warm-up game (Fox and hounds)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Passing (Shooting battle)
6.30 PM	Passing game (Junkyard)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

## **Week 8**

5.45 PM	Field set up
6.00 PM	Warm-up game (Ghostbusters)
6.10 PM	Fast Footwork 1+3
6.20 PM	Passing (Passing gates)
6.30 PM	Passing Game (Passing battle)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

## **Week 9**

5.45 PM	Field set up
6.00 PM	Warm-up game (Rambo)
6.10 PM	Fast Footwork 1, 2 + 3
6.20 PM	Dribbling (Traffic Jam)
6.30 PM	Passing (Ninja Turtles)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

## **Week 10**

5.45 PM	Field set up
6.00 PM	Warm-up game (House Dribble)
6.10 PM	Fast Footwork 1, 2 + 3
6.20 PM	Coaches Choice

6.30 PM	Players Choice
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

## **Red Light Green Light**

### **Emphasis:**

Dribbling, ball control

### **Set-up:**

All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away

### **Objective:**

When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball. On the coach’s command, “red light,” the players must stop the ball immediately with the bottom of their foot. Any player who fails to do so must start at the end line. The first player to stop the ball on the midfield line wins the game.

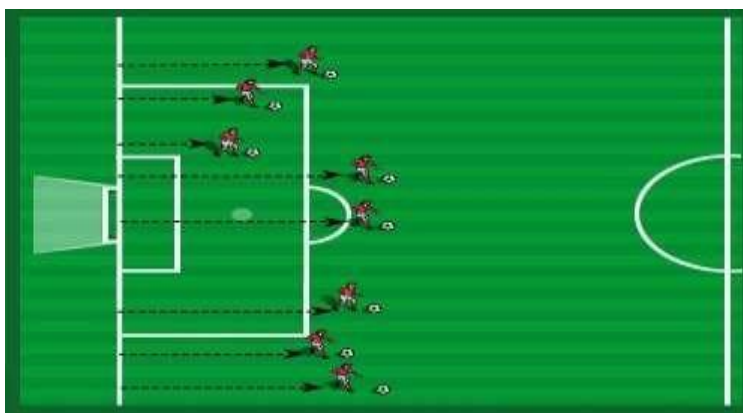
### **Progression:**

1. “Red light” player must quickly turn back and stop the ball.

2. Players must only use the left foot only....

**Coaching Points:**

- Maintain body control.
- Touch the ball every other stride.

**Shadow Me****Emphasis:**

Dribbling under passive pressure.

**Set-up:**

30 x 30 yard grid.

12-18 players with a ball each.

Two sets of colored bibs.

Players arranged in pairs.

**Objective:**

Player (A) must try to dribble at speed around the grid to try to lose his shadow (B). Player (B) must dribble at speed to stay close to (A). Alternate roles after approximately 45 seconds. Switch partners after each round.

**Progressions:**

If player (B) tags player (A), player (A) then becomes the shadow.

**Coaching Points:**

- Encourage dribbling with the eyes up to scan the field.
- Use as many surfaces of the foot as possible to dribble.



**Statue Tag**

**Emphasis:** Dribbling

**Set-up:**

12 players, each with a ball, try and avoid two defenders in a 20x35 yard grid.

**Objective:**

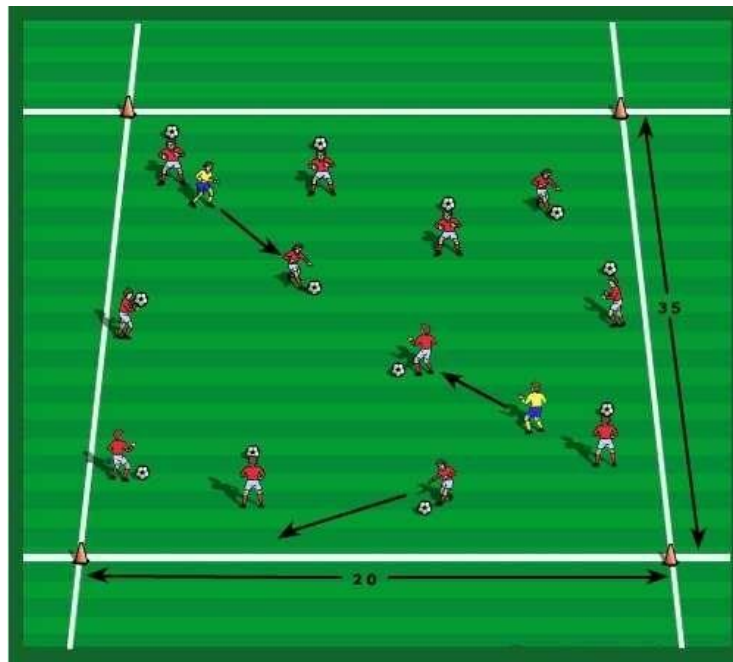
If one of the 12 players is tagged by a defender or if their ball is forced out of the grid, they become a statue. They hold the ball over their head keeping their legs spread apart. The statue may join back in if another attacker dribbles their ball through the statue's legs. Play for 2 minutes and change the roles of the players.

**Progression:**

1. The statue must do 10 push-ups and then hold the ball above their head.
2. Increase the amount of time working.

**Coaching Points:**

- Keep your head up at all times.
- Dribble away from pressure.



**GOALS - GOALS - GOALS - GALORE**

**Emphasis:**

Fun game! Passing for accuracy, composure on the ball, decision making, and movement on and off the ball, defending and attacking play.

**Set-up:**

Divide players into equal teams. Using the entire half of the field set up multiple goals facing various directions.

**Progression:**

1. Start off with one ball.
2. Players may not score on the same goal twice in the same sequence.
3. Players can score by dribbling the ball through the goals.
4. As the players feel comfortable with the exercise then add one or two more balls. This will spread out the game, allowing more touches on the ball as well as more decisions.



5. A variation to this exercise is counting a goal when the ball is passed through one side of the goal and collected by a teammate on the other side.
6. Lift all restrictions and allow any type of scoring to take place (dribble or pass).

**Coaching Points:**

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Changing the point off attack
- Ability to take players on
- Possession of the ball
- Defending
- Dribbling to evade and beat an opponent



**Knock It Out**

**Emphasis:**

Changing direction and changing speeds while maintaining control of the ball.

**Set-up:**

One ball per person.

Grid size should be approximately 20 x 20 yards

**Objective:**

For players to get comfortable on the ball while moving with the ball.

**Progression:**

1. Each player wants to kick the other players' ball out of the grid.

2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kicked out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

**Coaching Points:**

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball



**1 Versus 1 Line Soccer**

**Emphasis:** Taking players on

**Set-up:**

- One ball per 2 players.
- Grid size should be approximately 10 x 15 yards

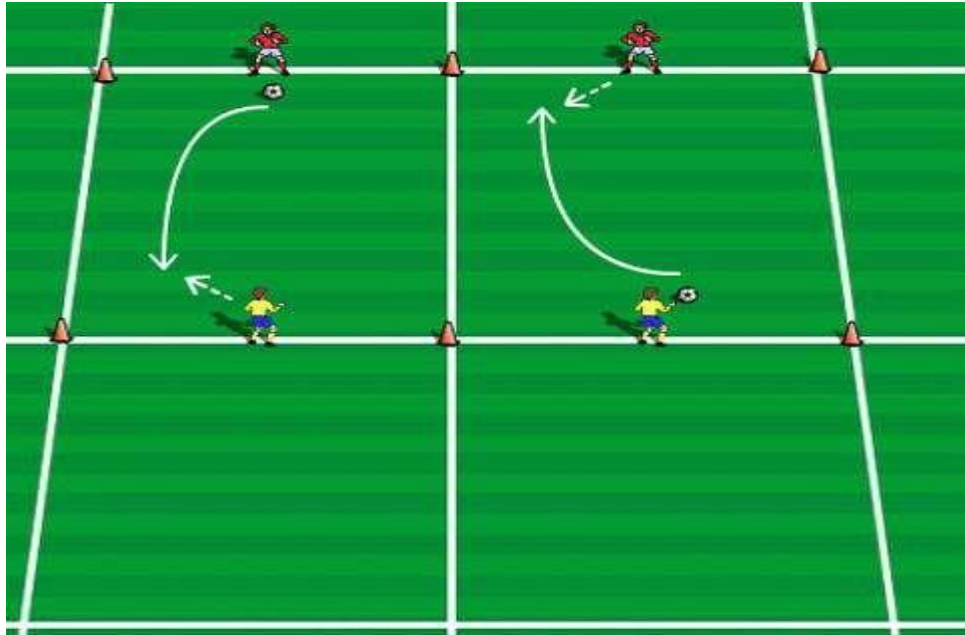
**Objective:**

- For players to get comfortable taking on a opponent.

**Coaching Points:**

- Change speed

- Use moves



### Keep it in

**Emphasis:** Speed dribble and cutting the ball

**Set-up:**

Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

**Objective:**

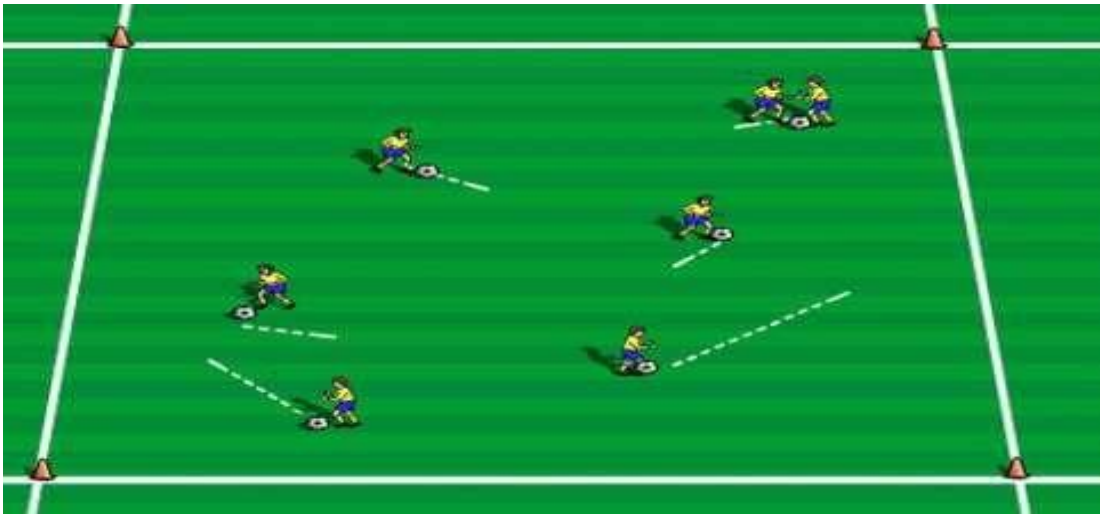
The attacking players dribble freely inside the gridded area. Start with one defender who applies pressure and tries to win a soccer ball from the attacker, that attacker now becomes defender without a ball. (Process continuously repeated)

**Progression:**

1. Play 1 minute games, player without a ball after 1 minute, gets a point. Play to 5 points
2. Must only dribble with the left foot, right foot....

**Coaching Points:**

- Turning away from pressure
- Accelerate away from pressure
- Moves
- Space
- Immediate chase



**Chinese Wall**

**Emphasis:**

Speed dribble and cutting the ball

**Set-up:**

Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

**Objective:**

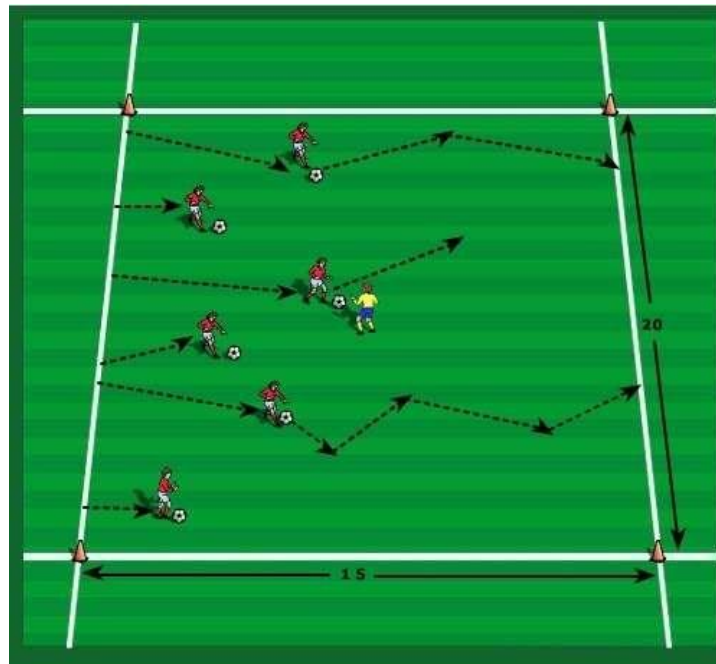
Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender without a ball. The last player to make it through the gauntlet wins the game.

**Progression:**

3. The defender must start 5-10 yards back from the line.
4. Must only dribble with the left foot, right foot....

**Coaching Points:**

- Keep your head up at all times.
- Dribble away from pressure.



**He Says She Says**

**Emphasis:**

Ball control and motor skills

**Set-up:**

Use the penalty box or the center circle. Grid size depends on the number of players. Each player has a ball.

**Objective:**

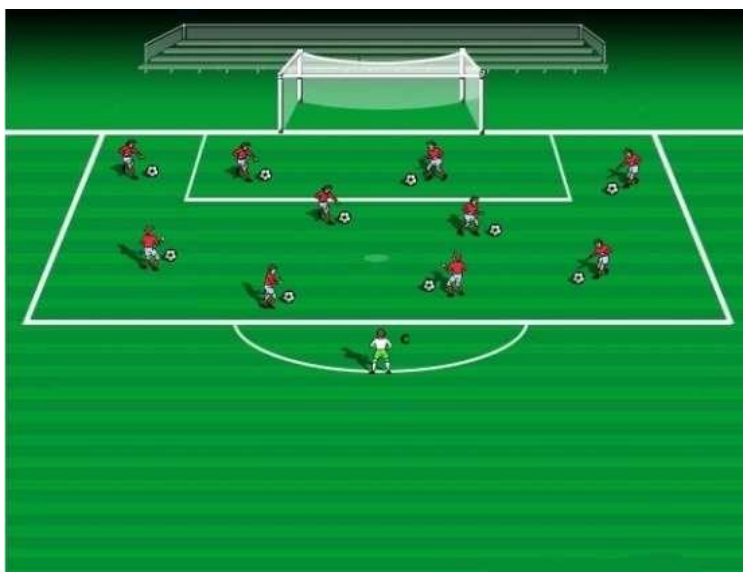
The players must follow the instruction of the coach. For example, if the coach shouts “touch the ball quickly side to side”, then the players must do so. Complete 10 commands successfully and then stretch for a minute. Repeat using different commands.

**Progression:**

1. Tap the top of the ball with the bottoms of your feet, alternating feet each time.
2. Jump over the ball.
3. Hop around the ball. 4. Skip around the ball.
5. Toss the ball up, hit it with your head, and catch it.
6. Use the bottom of your foot and move it in a circle.
7. Kick the ball in the air, turn, and catch it.

**Coaching Points:**

- Get the touches right.
- Don't run into anyone.



**Bumper Balls**

**Emphasis:**

Accuracy of passing.

**Set-up:**

One ball per person.

Grid size should be approximately 70 x 60 yards. A full half field would be ideal.

**Objective:**

For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

**Midwest Soccer Academy (MSA) PO Box 709 Fenton, MI 48430 – 0709**

**Tel – 810-714-5575**

**Progression:**

1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 lets player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other players' ball.
6. Winners and losers from different groups are paired and repeat the exercise.
7. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to a full rest.
8. Final progression to direct players to use a specific part of their foot only during that particular game.

**Coaching Points:**

- Weight of passes
- Timing of the pass
- Accuracy of the pass
- Utilizing instep with inside the foot as well as the outside of the foot



**Knock it Off**

**Emphasis:**

Passing and accuracy

**Set-up:**

- 1) One of the balls is placed on top of a disc cone
- 2) Players pass the ball back and forth trying to knock the ball off the centre disc cone. Players must receive the ball with 1 touch and pass with the second touch.

**Objective:** Passing, Receiving

**Progression:**

- Increase the length of grid.

**Coaching Points:**

- 1) Lock ankle, strike with inside of foot
  - 2) Receive the ball and take into space with first touch. 3)
- Non-kicking foot must be in line with the target.

**Fox and Hounds****Emphasis:**

Dribbling under passive

**Set-up:**

30 x 30 yard grid.

12-18 players with a ball each.

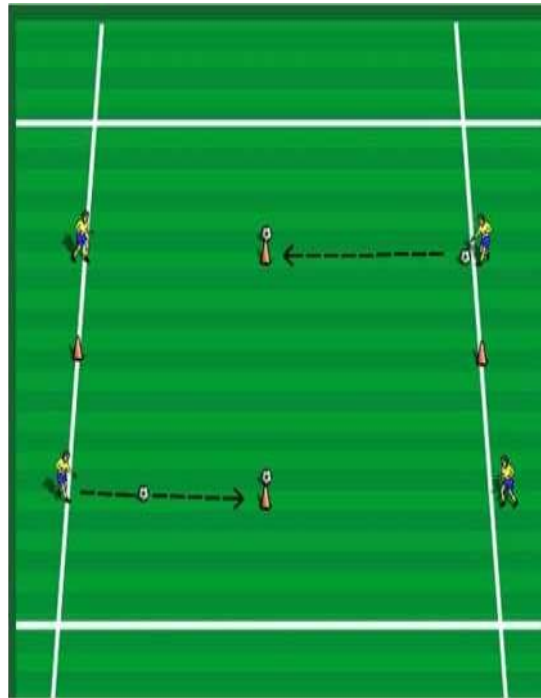
**Objective:**

- The foxes (players) put bibs into
- The hound (coach or other attempting to pull the bibs out.

he becomes a hound, too. Play until 1 fox is left. The players must remain within the confines of the area throughout the activity. Any player running outside the area automatically becomes a hound.

**Progression:**

Players dribble around with a ball



pressure.

the back of their shorts  
player) runs around the area  
When a player's bib is pulled out





## Shooting Battle

**Emphasis:** Shooting.

**Set-up:**

15 x 30 yard grid.

Players arranged in pairs.

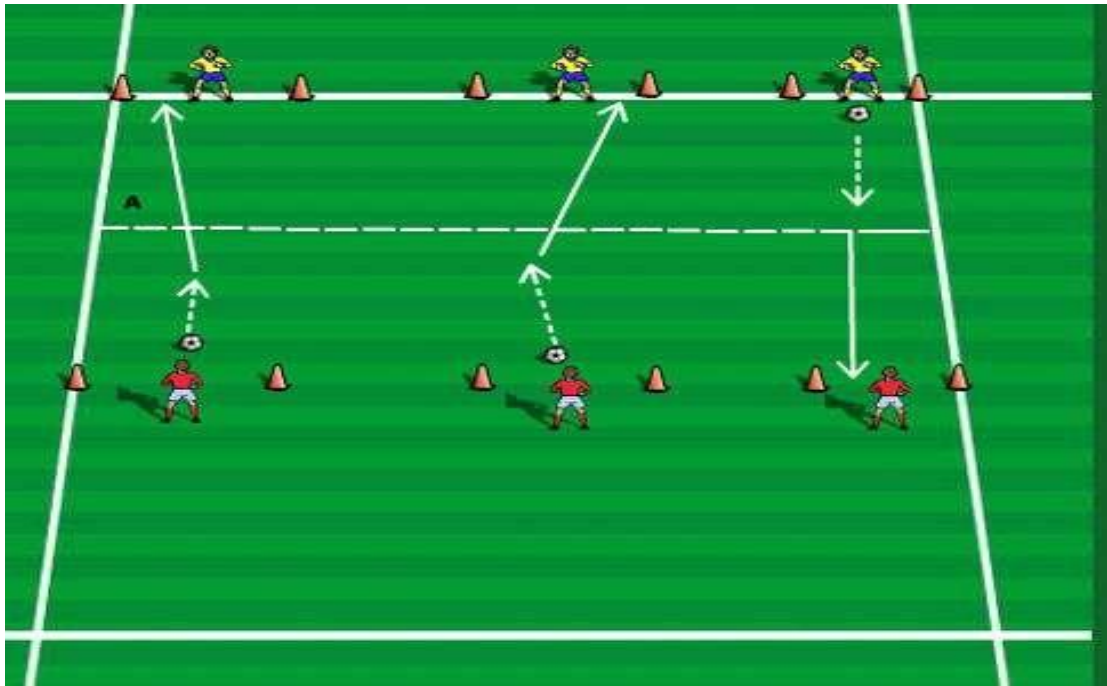
**Objective:**

Player 1 in red must dribble to line (use cones) and shoot at the goal where player B is defending this goal.

Player 2 in yellow must dribble to line A now and shoot at goal.

**Coaching Points:**

Look before you shoot



## Junkyard

### Emphasis:

Striking the ball with the proper surfaces off the foot

### Set-up:

30 x 20 yard grid.

12 players with a ball each.

Two sets of colored bibs.

Players arranged in teams of 6.

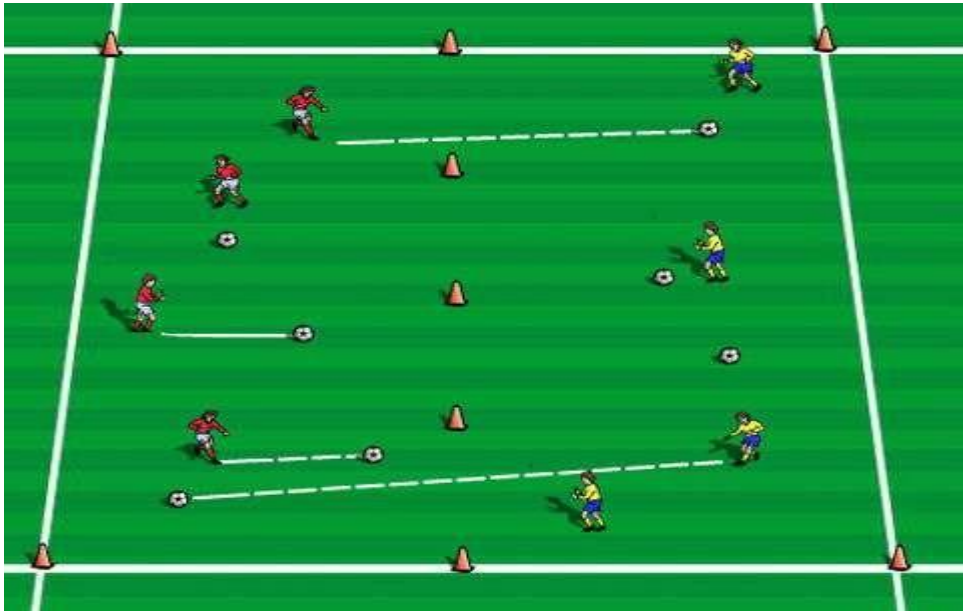
### Objective:

**Team (A)** must try to shoot their ball past team (B) end-line. Team (B) does the same; each team must shoot their ball and defend their end-line

### Coaching Points:

- Lock your foot
- Knee over the ball - Use your laces

- Body over the ball
- Look before you shoot



## Ghost Busters

### Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

### Set-up:

Grid size should be approximately 20 x 20 yards.

One player starts with a ball.

The rest of the players are randomly spread out within the grid.

All the rest of the balls are placed around the outside of the grid.

### Objective:

To have fun while gaining multiple touches on the ball.

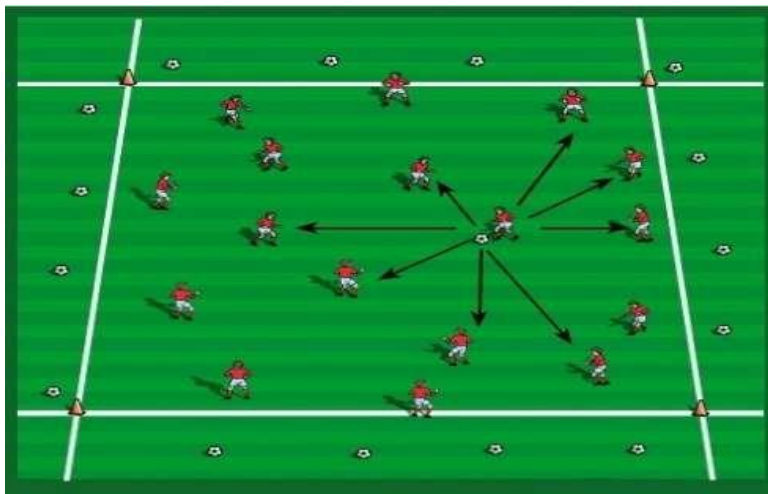
### Progression:

1. Player with ball (ghost) starts by running with the ball at the rest of the players (Pac-man).

2. After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid. Example being ball taps or juggling.
3. The last Pac-man left is the winner.

#### **Coaching Points:** Control

- Keep close of the ball
- Eyes up seeing ball and men
- Be deceptive and utilize the inside and outside of the feet changing direction quickly
- Attack players with the ball



#### **Passing Gates**

**Emphasis:** Passing  
and moving

#### **Set-up:**

Grid size should be approximately 20 x 30 yards.

Players work in pairs, one player starts with a ball.

Passing and moving inside the grid passes must go between random cone gates to count each pass that goes through a gate count as one. Players can't go to the same gate twice in a row

#### **Objective:**

Passing and moving, playing with a team-mate.

#### **Progression:**

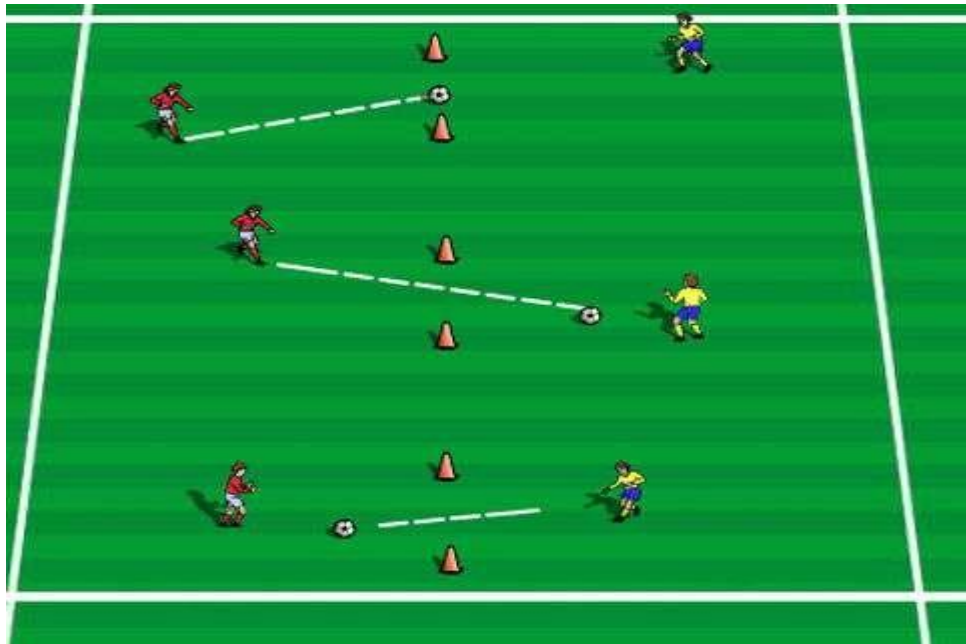
- Play one minute games, to see who gets the most points. - 3 touch maximum

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**Coaching Points:**

- Inside foot passing
- Accuracy
- Body over the ball



**Passing Battle**

**Emphasis:**

Passing and control

**Set-up:**

Each player put cones approx 6 yards apart, with a partner 10 yards across from each other. One player starts with a ball.

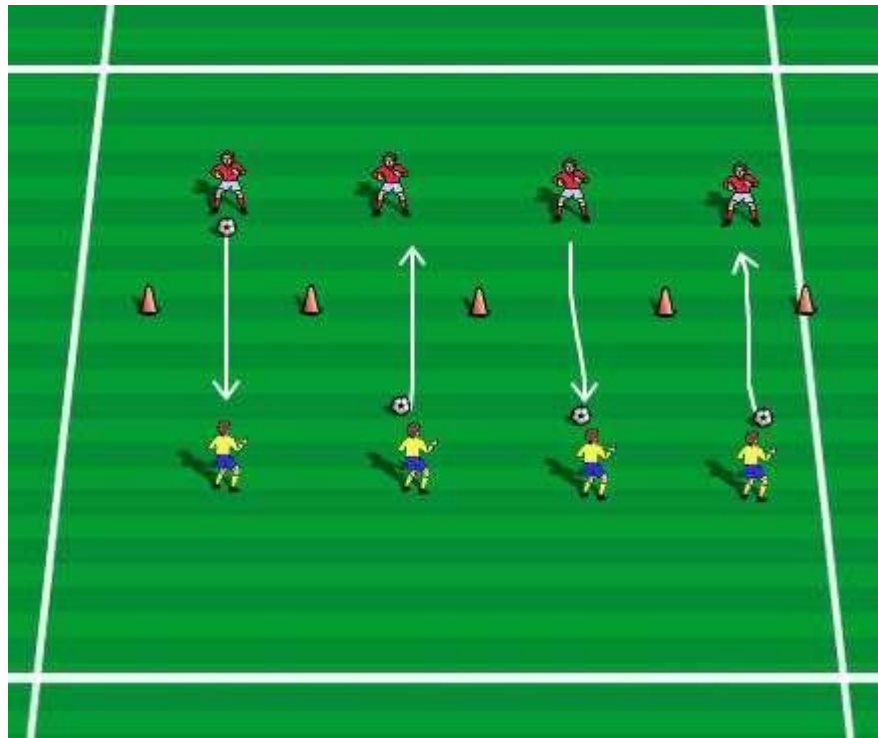
**Objective:** Making the ball roll with inside foot pass **Progression:**

- Players must make 2 touches
- Ball can't leave the ground
- Receive the ball with furthest foot and pass with other foot.

**Coaching Points:** -

- On your toes
- Body over the ball

- Play quickly



## Rambo

### Emphasis:

Dribbling fun game

### Set-up:

- A player without a ball and with a pinney (= Rambo) has to try to shoot every ball out of the area.
- When your ball gets kicked out of the area, you go get them and join the game again.
- 'Rambo' cannot hunt on the same player for more than 4 seconds at the time.
- Change the 'Rambo' after 1 minute
- How many balls did he manage to kick out of the area?

Who did not lose his ball?

**Objective:** dribbling and keeping the ball close



## **Traffic Jam**

### **Emphasis:**

Dribbling and control

### **Set-up:**

Each player put cones approx 6 yards apart, with a partner 10 yards across from each other. One player starts with a ball.

Each player starts with a ball. The Grid size should be 20 yards in circumference.

**Objective:** To get comfortable on the ball while moving quickly through a congested area

### **Progression:**

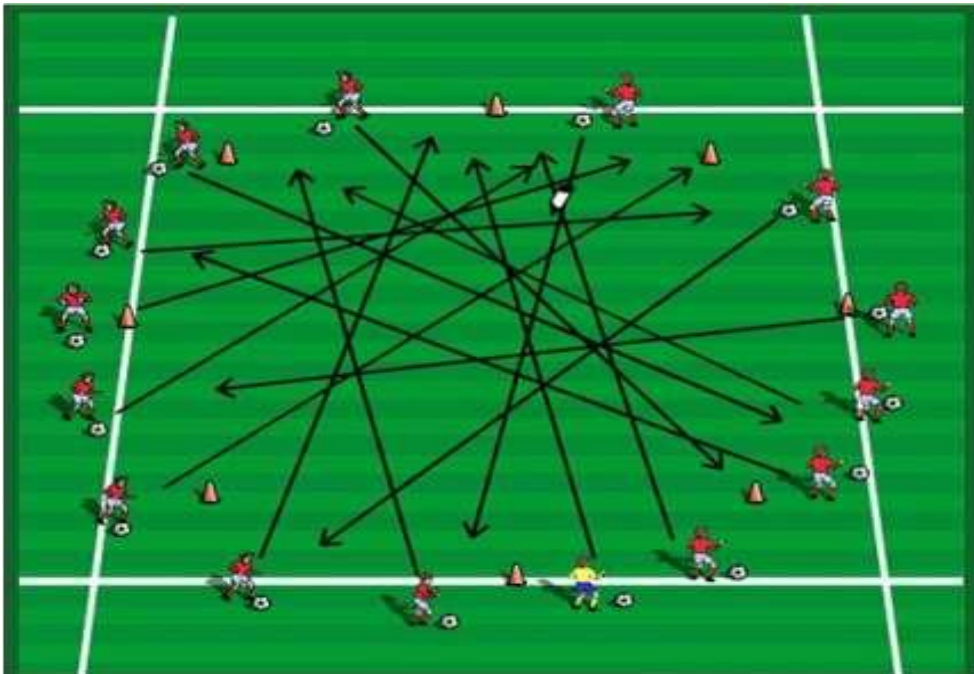
- 1) All players start off by dribbling around the circle in the same direction.
- 2) Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side.
- 3) Coach needs to change directions constantly. When coach says to cut the ball all the players will cut the ball through their legs and head in the opposite direction around the circle.

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**Coaching Points:**

- Keep close control of the ball -
- Eyes up seeing the ball and men

**House Dribble**

**Emphasis:** Warming - up

**Set-up:**

- 1) Players dribble in area
- 2) On coach's signal, players will stop, change direction switch balls and dribble to a line

**Objective:** dribbling using all parts of feet

**Coaching Points:**

- Use all parts of both feet
- Keep ball close to body
- Head up, look for space
- Change direction - Change speed

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## Ninja Turtles

**Emphasis:** Passing

**Set-up:**

Position 5 players on each sideline, opposite partners. Station 2 players with a ball on the other 2 end lines. Station discs randomly across the middle of the area.

The red players must dribble across the area without being hit on or below the knee by soccer balls which are being passed back and forth by the yellow players. Red players must attempt to pick up cones (pizzas) as they dribble across the area. Count the number of strikes in a one minute period. Rotate positions. **Story:** The turtles are on a pizza run, but are under siege from the shredder and his gang.

**Objective:** to develop passing accuracy--playing the ball into space

**Coaching Points:**

- Use the inside of the foot when passing the ball for accuracy. - Strike through the mid-line of the ball. There by keeping the ball on the ground.



**Four versus Four**

The 4 versus 4 small-sided game is a product of the Dutch Soccer School. The 4 vs. 4 was implemented after the former National coach Rinus Michels and his staff observed that the youth were no longer spending their free time in the street playing soccer, so they began thinking of how youth coaches could spend their time coaching the players more efficiently. To implement all the advantages of street soccer they introduced the 4v4 format.

The basic idea is that players learn by discovering the purpose, and aim of the game.

**Contents:**

1. Why 4v4
2. The role of the coach
3. The basic form 4v4

Why is 4v4 an excellent training tool and for the youngest a great game?

In real match children have the option of passing the ball forwards, square or backwards, 4v4 provides the minimum numbers needed for all of the principles of play.

One player is up top for penetration, two are needed for width and one holds back to supply depth. Three cannot do this; one of the key factors will be left out. While 3v3 is a valuable tool for young children in learning technique, it is limited in its use as a tool for the positional game. With five children the extra one duplicates one of the elements. He becomes “also wide, also deep or also back” this “also” position clutters the picture. Four vs. four is the optimum number for teaching in small-sided games. It has all of the necessary elements without any duplication.

In 4v 4 the responsibilities are very clear. All tasks are covered and none are shared which keeps things simple.

Small-sided games allow the players more touches on the ball. That means, not only does the player have to deal physically with the ball more often but has to be involved more mentally. The player’s concentration must be greater because the action will be quicker - there is nowhere to hide. This is an important element in developing the play mentality.

4 v4 is the smallest way of playing the game without losing any of the ingredients that makes soccer what it is:

- The ball
- Opponents
- Team-mates
- Space
- Pressure
- Rules
- Time
- Direction
- Scoring goals

All the different skills can be developed:

T: Technical, physical characteristics

I: Insight, awareness (vision)

C: Communication

Because of the number of players, there are always possibilities to play deep, wide or backward. You are always confronted with match situations. Children recognize the different situations that are constantly repeated. Recognizing these situations is important to be able to make the right decisions.

**Don’t over coach.** Experience teaches the coach when to step in. Over coaching kills the game and ruins the fun. Avoid language that the children don’t understand or don’t need. Slogans and mottos work well. Over

coaching hinders the development of concentration. Constant stoppages relieve the pressure that is necessary for developing the proper mentality.

**Coach those that need coaching.** Mass explanations generally waste time and fall on deaf ears. Addressing comments to the parties involved is much more effective and efficient. After all it's their problem.

**Don't argue against success.** If a team has just scored a goal don't try to tell them how to do it better. In objective based training it's the result that counts. Wait for the opportunity when the problem presents itself, then it is real.

**Ask questions avoid statements.** If I say it they tend to doubt it, if they say it, it's true. Get them to tell you what is wrong and how to fix it. They can't argue against themselves. Also, by asking them questions they have to think for the answer as opposed to waiting for it to be given to them. They are an active part of the problem solving.

**Bring the game to life.** The color of the coach, enthusiasm, humor, emotion and timing all play a part in making the practice enjoyable.

**Think of three stages.** First, get the games going. Give just enough direction and instruction to start play, boundaries, goals, any rules specific to the game. They can learn the game by playing the game. This introduction might take a whole practice.

### **Basic form 4v4**

**Description: 4 v4 with 2 small goals without a goalkeeper.**

The teams try and score through combination play. Players have to check in and out in order to receive the ball. Always play in a diamond formation where the defender stays for the pass back and supports the 2 midfielders. Midfielders give support to the striker and are trying to get open by making runs. Striker is the target player for the defender and has to be open to receive the long ball.

**Remarks:** Ball Possession; Build up, create chances and score!

- Make as much space as possible → wide and deep
- Think deep and play deep as soon as possible
- Otherwise use the wide player and then deep
- Ask for the ball at the right moment; eye contact
- Keep the organization intact
- Wait for the right moment to play / ask for the long pass
- Take on defenders and try to score as quickly as possible

**Organization;** Size field 40 x 20 yards - Size of the goal 2 x 1 yard

