

# LSA Handbook - U4

July-09-17

3:13 PM



## LEDUC SOCCER ASSOCIATION

- 1) Please remember to have fun... the more you have fun the more fun the kids are going to have.

Fun things about playing soccer (in no particular order) by Jaime Neefs:

Running fast

"My friends on my street are on my team"

'Deking' out players (fave move: nutmeg)

"Being #5 like my brother"

"The feeling you get when you score a goal"

Half-time snack

Meeting new people

Shooting

Playing defence

"Scoring 100 goals"

Dancing in the change room

Goal celebrations

"Playing goalie because I get to hold the ball"

Teamwork and passing

Learning new 'moves'

"My dad is my coach" / "My mom is my coach"

"Playing again"

- 2) Please note that these drills are guidelines. Please adjust the drills as you see fit to narrow the drill to your group's talents .
- 3) If you feel that there is a drill that is not suitable to your kids skill level please let the LSA know and we will move or alter the drill for future coaches.
- 4) The electronic practice plan systems are available on the app "SoccerXpert". Download the app and search the name of the drills and save them to a practice. We are exploring more complete practice plans but at the moment ... this is what we have.
- 5) Please remember that the ideal practice one where every minute, every player is developing their skills. Standing in lines or listening to drill instructions is not development.

**TRAINING PILLARS:** Many of the activities could be viewed to reflect the training pillars within its organization and delivery. This final guideline provides an indication of which pillars can be best reflected within each activity with a minor adaptation.

GM = General movement ST = Soccer Technique CO = Coordination SSG = Small sided Game

These pillars are described below:

**Canadian Soccer Training "Pillar" goals**

Soccer Technique (ST)	General Movement (GM)	Coordination (CO)	Small Sided Games (SSG)
Present activities with a particular focus upon improving soccer technique such as dribbling.	Adaption of activities to encourage general movement actions familiar to soccer (running, skipping, leaping).	Using activities that encourage the coordination of various body parts to enhance the execution of a specific range of techniques	These are key in order for players to refine and evaluate their development and performance. SSG may be scrimmages or smaller 2v2 game challenges



# LSA Technical Vision

July-08-17

11:25 PM

The vision of the technical leadership of LSA is to:

- 1) Provide direction to coaches and volunteers to help develop our players to their fullest potential.
- 2) Using the preferred training method, the technical leadership will simplify the lesson plans, using a limited number of drills, enabling shortened teaching times and less instructions, that develop in complexity and difficulty as the players advance in age and skill. These drills will come from the root drills learned in U4 and carry through the age groups.
- 3) Develop LSA into the premier defensive minded soccer club.
  - a. With a focus on defence, fitness and individual skill we can climb the ranks to a top provincial contender.
  - b. With this we will also provide skills to our players to excel at the higher levels of soccer

# Mini/U5 - Practice Format

August-04-17  
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**FOR PLAYERS AT THE ACTIVE START STAGE, TRAINING SESSIONS SHOULD BE 45-60 MINUTES LONG AND COMPRISED OF:**



## **PRACTICE FOCUS**

Practices should focus on (percentage of time listed after each):

1. Individual skill improvement (soccer skills, activities, and games) — 90%
2. Soccer sense (teaching of concepts through small area games) — 10%
3. Systems (team-play training) — 0%

## **Skills Focus:**

- 1) Speed — constant stopping, starting, changing direction, and ball and non-ball races in small areas
- 2) Suppleness (Flexibility) — perform a variety of activities and exercises through a full range of motion
- 3) Ball Control - Players should start to be comfortable moving with a ball and controlling it

## **SMALL AREA GAMES**

Coaches should utilize small area games on a consistent basis in every practice for fun, practicing skills and teaching basic concepts. These games should be included in station-based practices and there should be a variety of games for Mini/U5 players. In order for players to maximize their ability and reach their potential, it's important for youth coaches to do the right thing with young athletes at the right time. Focusing on these key components at the appropriate age will give the young athletes the best opportunity to achieve their potential as they progress through their teenage years. Researchers have concluded that players in this age classification should spend time developing the following capabilities related to their long-term development:

## **FOCUS POINTS**

- Fun
- Engagement
- Active Practices
- Age-Appropriate Training (includes skills and concepts)

## **FUN**

Mini coaches should never underestimate the value of having fun. While this is true at all ages, it is especially true at this age, where the soccer-for-life seed is planted. If it's not consistently fun at this age, the novelty of the sport will wear off and the young player(s) may eventually quit. Players at this age should have fun every time they are on the pitch.

## **ENGAGEMENT**

Coaches should recognize the importance of engagement. It goes hand-in-hand with fun, but it's more than just fun. It's targeting the optimal skill level for each player – not too easy and not too hard. It's teaching via small games. The players don't need a coach to provide the feedback. The games themselves give players the opportunity to successfully demonstrate targeted skills and concepts. The coach becomes the facilitator – less talking from the coach and more learning by doing.

Remember: At the mini/U5 age, the kids have very short attention spans. Coaches need to work hard to be animated and excited as this will hold the player's attention better.

### **ACTIVE PRACTICES**

Practices at this age level should include a high amount of activity and a low amount of rest. Players should not spend large amounts of time standing in line, waiting to participate in drills or games. Coaches should strive to design practices in which players are active for the majority of the practice. Coaches should set goals related to the amount of activity they expect each player to achieve in a practice (e.g., each player will be active for 45-50 minutes in a 60-minute practice). While the activity level is not the only crucial component on which coaches should focus, it definitely is important in the long-term development process, as coaches must remember that players learn by doing (more than by watching or listening).

### **STATION-BASED PRACTICES**

Station-based practices are an excellent way to accomplish these high-activity goals. Coaches are encouraged to split the pitch into 4-6 areas with an age-appropriate skill, drill, or game to be practiced in each of area. A typical station-based practice would include six stations with 6-10 players at each station. While coaches have some flexibility when it comes to the duration of time that players spend at each station, 6-8 minutes is a good guideline for players at the Mini level. Coaches should restrict the instructional part to less than a minute for each station. Players should practice the desired skill at each station, with coaches making sure that each player is active the majority of the time, thus receiving a high number of repetitions. Coaches may have to be creative to ensure that all players spend more time practicing the desired skill rather than waiting in line to participate. Coaches are encouraged to use a stopwatch to determine the amount of time a player is active and count the repetitions performed by an individual player at each station.

### **AGE-APPROPRIATE TRAINING**

Mini coaches must determine what skills and concepts are appropriate for the kids in their program to learn and understand. Most would not expect a second-grader to be taught sixth-grade math. The same should hold true for the skills and concepts related to soccer. First, coaches must determine whether the players are ready to learn the desired skill or understand the desired concept. Second, they should decide whether the skill or concept is truly important for an 3-4 year-old. Teaching players the right thing at the right age is crucial in their development.

### **Stickiness Factor**

Kids at this age level need to have things repeated several times for them to understand new concepts. This is why there is a limited amount of drills available to this age group with many of them carrying on and expanding from drills in previous years. The reasons are two fold. One players will learn the drills quickly and retain their value better allowing for less down time (teaching time) and enable the coach to focus on the player's skills and proper techniques

rather than going over the drill. Please see Malcom Gladwell's research on stickiness in kids learning shows.

<https://learningpilgrims.wordpress.com/2012/02/27/learning-from-sesame-street-learning-from-sesame-street-learning-from-sesame-street/>

# Practice Time Breakouts

September-30-17  
8:51 AM

## **Start of Practice (enough coaches for only 2 drills per one time):**

Warm up/ Asst. Coaches set up drills: 5min

Drill 1: 10min

Have kids move to the other Drill

Drill 2: 10 min

Water Break: 2 mi n

Drill 3: 10 min

Have the kids move to the other Drill

Drill 4: 10 min

Mini Game 3on3: remainder of the time

## **Start of Practice (enough coaches for only 3 drills)**

Warm up/ Asst. Coaches set up drills: 5min

Drill 1: 13 min

Have kids rotate to next drill/water break 2 min

Drill 2: 13 min

Have kids rotate to next drill/water break 2 min

Drill 3: 13 min

Water Break & coaches set up nets for mini games:  
2min

Mini Game 3on3: remainder of the time

## **Start of Practice (enough coaches for only 4 drills)**

Warm up/ Asst. Coaches set up drills: 5min

Drill 1: 9 min

Have kids rotate to next drill: 1 min

Drill 2: 9 min

Have kids rotate to next drill/water break 2 min

Drill 3: 9 min

Have kids rotate to next drill: 1 min

Drill 3: 9 min

Water Break & coaches set up nets for mini games: 2min

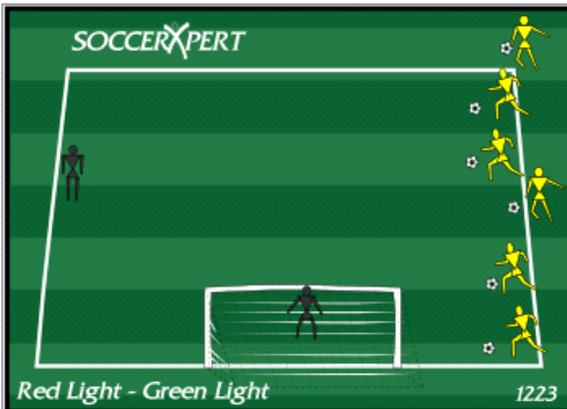
Mini Game 3on3: remainder of the time

# Practice Warm up

July-08-17  
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Start here and pick one of the following warmup games

- 1) Gather all the players at the center of each station kneeling beside their ball. Tell them good morning and ask if they are excited to start. Sound excited, motivated and ready to have a fun practice and this will set the tone for the rest of the practice. (30 sec)
  - a. Remember: The more fun you exhibit having have the more fun the kids will have and the more they will concentrate on you
- 2) Red light green light



<https://www.soccerxpert.com/printdrill.aspx?id=23>

### Drill Objective:

This soccer dribbling drill is for U6 and U8 Players. This drill will focus on dribbling with the ball close in order to stop quickly.

### Drill Setup:

Create a starting line for each of the players, and the coach should move 15-20 yards away.

### Drill Instructions:

- a. Players start and stop when the coach yells "red light" or "green light"
- b. Players the first few times with out a ball, first going forward, backwards, side shuffles and crossovers.
- c. Then go a few times with a ball forwards and then back.
- d. Do a couple quick stretches; areas to focus on are groin and legs
  - i. This drill is to learn body movement /literacy

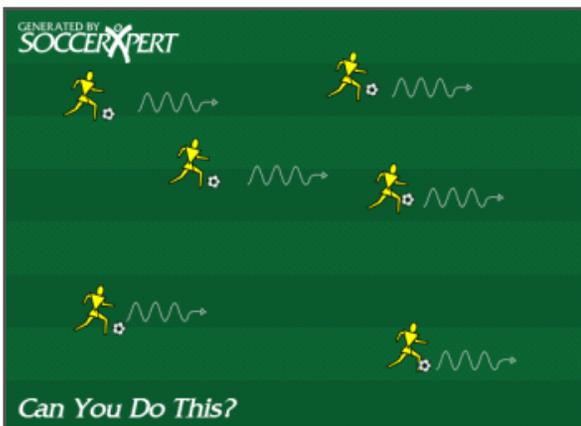
### Drill Coaching Points:

- a. Make sure the players keep the ball close so they can stop quickly.

### Drill Variations

- a. Have the players dribble with only the right or left foot.
- b. You can expand the exercises to somersaults, hops, red light means you need to touch your belly to the ground

- 3) Can You Do This?



### Drill Objective:

This is a soccer drill designed for under 6 soccer players. It is designed to work on simple body movement, coordination and balance.

### Drill Setup:

In a unmarked area gather your players without their soccer ball (you can introduce this later in this drill). The coach should come up with

short list of activities such as: skipping, one-legged hops, star jumps, log rolls, summer salts, push-ups, etc...

Drill Instructions:

- a. The coach should start by asking the players "I can do [activity] can you?" The coach should then demonstrate to the players the activity and have the children do the same.

Drill Coaching Points:

- a. Allow Children the ability to explore their body movements.
- b. Make it fun for the children!

Drill Variations

- a. Introduce the soccer ball and change activities to include the soccer ball such as:
  - i. dribbling
  - ii. throw ins
  - iii. punting

\*\*\* Note \*\*\* Use this time to focus on body mechanics and movement.

Most kids cannot run properly. Watch this video and focus on the proper movements and posture for running. Use exaggerated movements to teach techniques.

[https://www.youtube.com/watch?v=fQ7ewHFw\\_I8](https://www.youtube.com/watch?v=fQ7ewHFw_I8)

# Catch Me If You Can

July-09-17

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## SET UP:

1. Up to 12 players, each with a ball, working in pairs.

## INSTRUCTIONS:

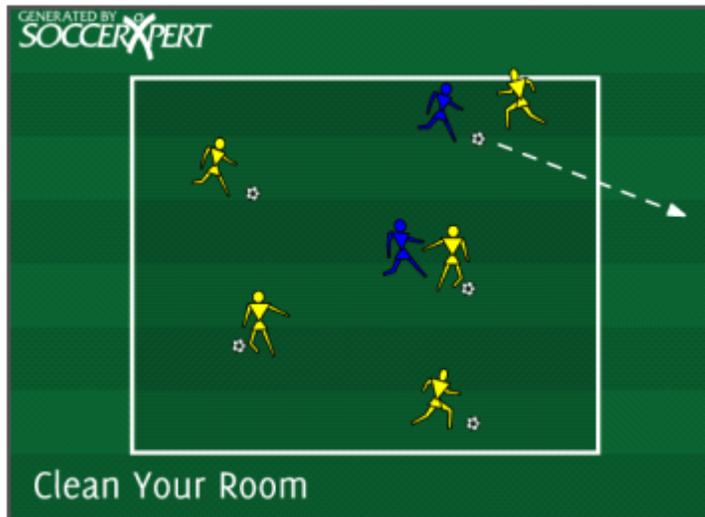
1. "Go!" – use your feet to move the ball around the outside of the pond and try to catch your partner, but don't let the ball go in the water!
2. "Stop!" – use the bottom of your foot to stop the ball.

## OPTIONS:

"Turn!" – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction and try to catch the other player.

# Clean your Room

July-08-17  
10:16 PM



<https://www.soccerxpert.com/printdrill.aspx?id=161>

## Set Up:

- 1) Create a circle (square) with cones
- 2) A ball for every child on the field except the kids knocking the balls out

## Rules:

- 1) Start by having the players dribble around free in the grid.
- 2) The coach should release the room cleaner into the grid.
- 3) The room cleaner's job is to steal the ball from the dribbling players and kick the ball out of the grid.
- 4) The dribblers must retrieve their balls and attempt to get back into the grid as quickly as possible.
- 5) The room is "clean" once all of the balls are out of the grid at one time.
- 6) The room cleaner should kick the ball out of the grid as far as they can to give them a chance to get all of the players.
- 7) If a player is struggling to clean their room, a 2nd room cleaner can be sent to assist.

## Drill Coaching Points:

- 1) Instruct the room cleaner (defender) to pressure players with the ball quickly and kick the ball out of the grid as far as possible.
- 2) Dribblers must be aware of the defender (pressure) and remain calm and protect the ball.

## Variations

- 1) Use different techniques to bring the ball back: go backwards or circle around a cone before dropping the ball off.
- 2) Center player has multiple targets that they are trying to hit outside the circle (or square). Once they hit all the targets down the round ends.
- 3) Also search the version called "Ouch" on SoccerXpert
  - a. <https://www.soccerxpert.com/printdrill.aspx?id=24>
- 4) Also search the version called "Sharks and Minnows" on SoccerXpert
  - a. <https://www.soccerxpert.com/printdrill.aspx?id=28>
- 5) Also search the version called "Knock Out" on SoccerXpert
  - a. <https://www.soccerxpert.com/printdrill.aspx?id=33>

Please see the attached Youtube link to teach how to properly defend the ball :

<https://www.youtube.com/watch?v=FtEMcmzjrw>

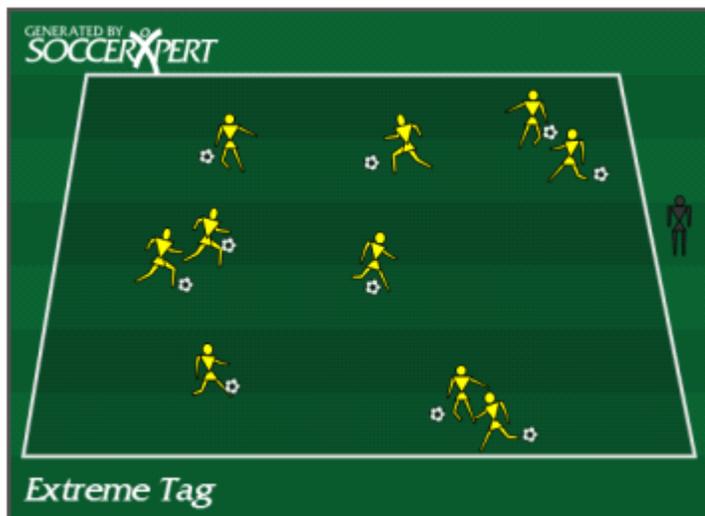
<https://www.youtube.com/watch?v=UdieOXuFGuk>

<https://www.youtube.com/watch?v=f-HPNBffjh4>

# Extreme Tag

April-11-18

9:26 PM



<https://www.soccerxpert.com/printdrill.aspx?id=74>

## Set Up:

- 1) Create a circle with cones (this is good as smaller kids have a hard time visualizing areas without cones)
- 2) Gather enough pinnies to allow for one for each child
- 3) Each player has a pinnie (or an old t-shirt) tucked into his/her shorts, hanging down roughly to the hem of their shorts. (We have changed the tag version in SoccerXpert to pulling pinnies-as we use the pinnies to keep score)

## Rules:

- 1) To start, have each player tuck one pinni into their shorts.
- 2) Have the other players try to pull the pinni out of each others shorts.
- 3) Players must have a long pinni "tail", only tucking in one corner into their shorts
- 4) Players must allow the pinni to be grabbed by others. The player cannot hold onto their pinni
- 5) Players return the pinnis immediately once stolen and the player that lost the pinni re-tucks the pinni into their shorts and carries on

## Drill Coaching Points:

- 1) Make sure players are dribbling with their head up
- 2) Instruct players to find open space.
- 3) Players will want to leave their ball when being chased, so make sure the players keep their ball in close control.
- 4) Make sure the kids have FUN!

## Variations

- 1) Once the players get use to the drill, the player that steals another players pinni the stealer can tuck multiple pinnies into the their shorts.
- 2) Players then can graduate to controlling a ball while they try to remove the pinni from the players
- 3) Removal of the pinnis and one or two players don't have a ball and try to kick the ball out of the circle, players with balls try to defend from the attacker
- 4) Introduce a "knockout" format, where players who lose their pinnie (or have their ball kicked out of bounds) have to leave the field. The last remaining player wins a point for their team.

# Circle and Shoot

July-01-17

6:53 PM

## Set Up:

- 1) Set out enough balls for each child to have one .
  - a. Usually I place them in the center of the circle
- 2) Set up a circle with cones, large enough so that the players can run with the ball around the exterior and not bunch up.
- 3) Set up two cone facing the net (if no net is available make one out of cones pinnies or other objects) coming at the net from an angle

## Rules:

- 1) Players grab a ball and run around the circle, controlling their ball
- 2) Players leave the arch of the circle and run towards the net.
- 3) Players kick the ball into (at) the net.
- 4) Players retrieve their ball and head around the circle or coach can stand behind or in front of the net and pass the ball to the moving player. This might increase the pace of the drill.

Note: The idea is to have the players rapidly shooting at the net making the players more comfortable to shoot the ball.

## Variations;

- 1) Add a goalie
- 2) Place a board along the ground. This forces the player to lift the ball when shooting
- 3) Add targets to the goal
- 4) Add obstacles around the circle to navigate.
- 5) Add an obstacle course around one side of the circle

# 1v1 50/50 to Goal Team Competition

September-30-17

9:41 AM



<https://www.soccerxpert.com/printdrill.aspx?id=107>

## SET UP:

1. Players working in pairs; 1 goalkeeper.
2. Players form 2 lines on either side of a coach.
3. Try to run two goals at the same time - use cones to create additional goals

## INSTRUCTIONS:

1. On the coach's command, the first player from each team should sprint around the cone in front of their line.
2. As the players approach the cone, the coach plays a 50/50 ball in the middle of each cone.
3. The two players fight for possession and quickly attack the goal.
4. The players battle each other for the ball, and either player can score a goal after winning possession.
5. Award the team scoring the goal a point.
6. The first team to 10 points wins

## Drill Coaching Points:

1. Sprint at top speed around the cone
2. Battle and win the 50/50 ball
3. Quickly attack the goal once possession is won.
4. Continue to fight for the ball when defending.
5. Have fun.

## OPTIONS:

- Have player that takes away the ball and shoot at the net.
- Have players start in different positions:
  - Seated.
  - Lying on their backs.
  - In a push-up position.

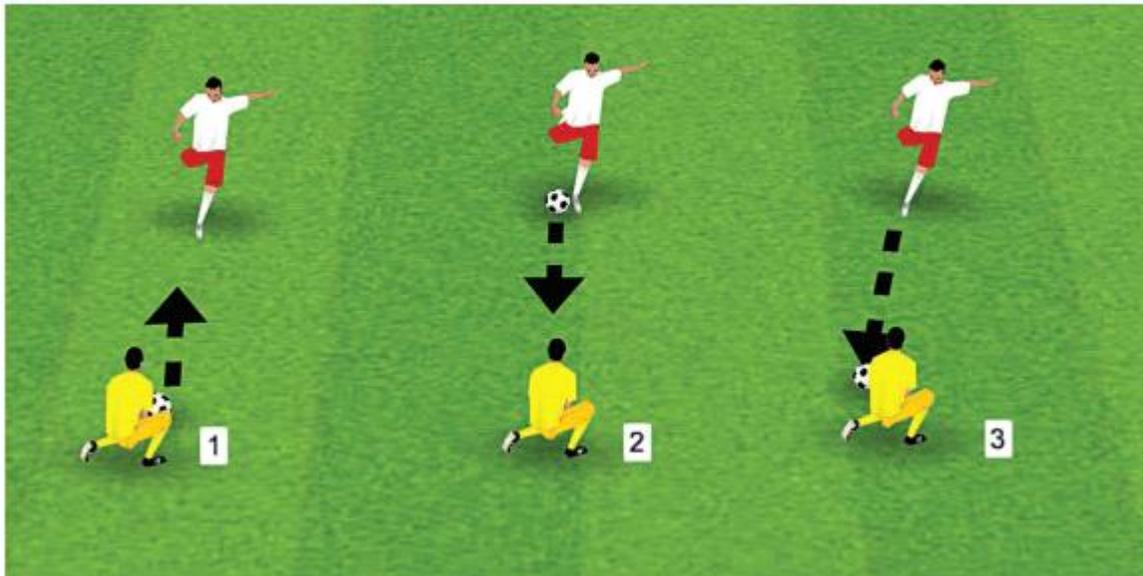
- The coach serves the ball from different angles:
  - From behind the attacker.
  - From the side.
  - From the goal line.

# Monkey in the Middle

October-14-17

8:11 AM

This Drill will work from training to a game :



## SET UP:

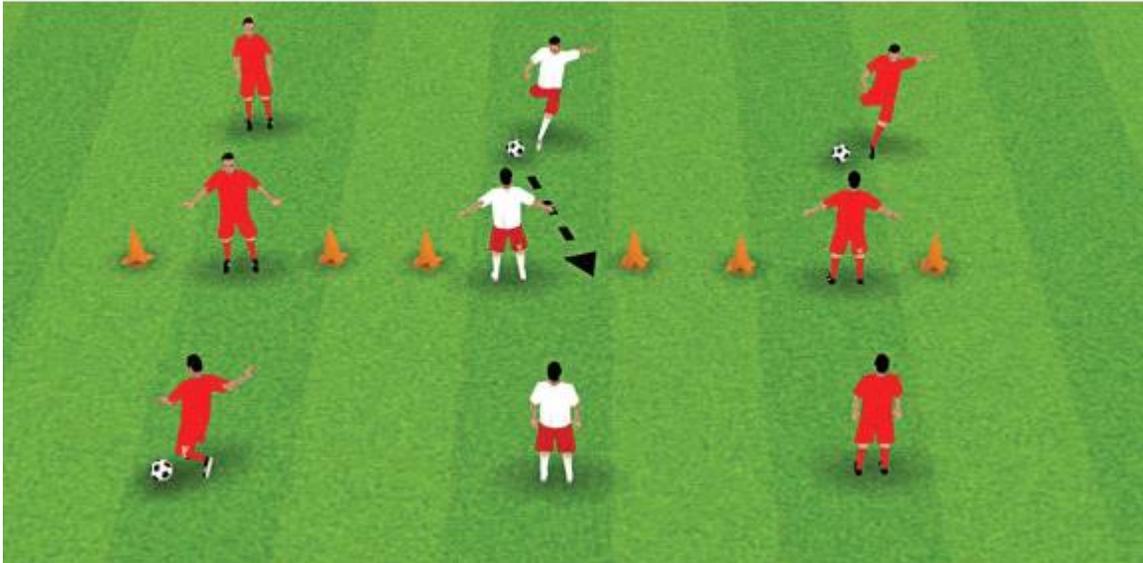
- Up to 12 players, each one paired up with a parent or another teammate. One ball per pair.

## INSTRUCTIONS:

- One partner kneels, while the other remains standing. The person kneeling will roll the ball towards their partner's feet.
- "Shoot!" – use your foot to shoot the ball gently along the ground into your partner's hands. Try to use the top of your foot (laces) to contact the ball.

## OPTIONS:

- Shoot with your other foot.
- "Stay on your toes!" – take a few quick steps towards the ball and then shoot.
- "Spin!" – spin around after each shot



**SET UP:**

- Work in groups of 3 with a parent or teammate in the middle as goalkeeper.
- One ball per group.

**INSTRUCTIONS:**

- “Shoot!” – use the top of your foot (laces) to shoot the ball past the goalkeeper.
- If the goalkeeper saves the ball, he/she turns around and rolls it to the player at the opposite end.
- The first player to score 3 times switches places with the goalkeeper.

**OPTIONS:**

- Shoot with your other foot.
- The goalkeeper bounces the ball to the player who tries to keep the ball low (below waist height) to score.

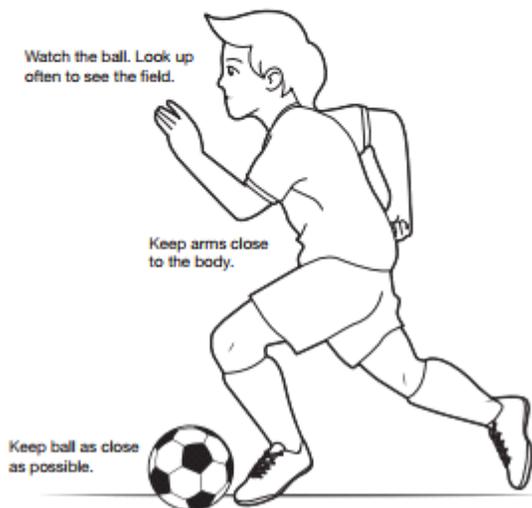
# Dribbling

August-04-17

4:28 PM

## **DRIBBLING**

**"DRIBBLING" MEANS MAKING FRIENDS WITH THE BALL AND USING YOUR FEET TO MOVE IT IN A CONTROLLED WAY.**



Please see the attached Youtube clips:

<https://www.youtube.com/watch?v=fcHJJ1SnwSk>

<https://www.youtube.com/watch?v=-pPWe8Rjl9U>

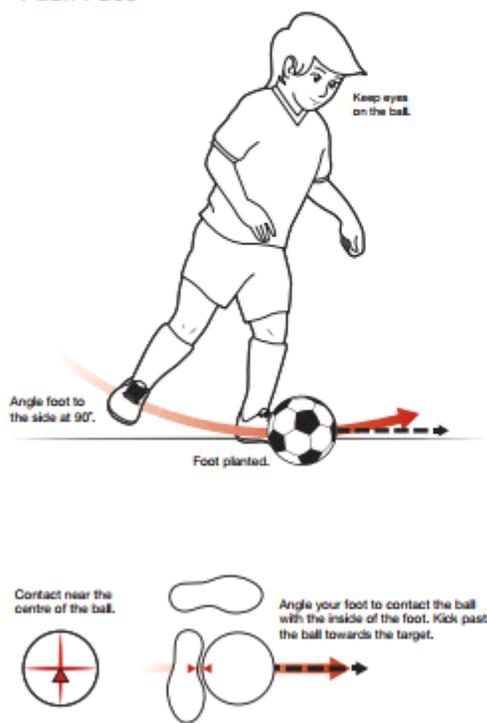
# Passing

August-04-17  
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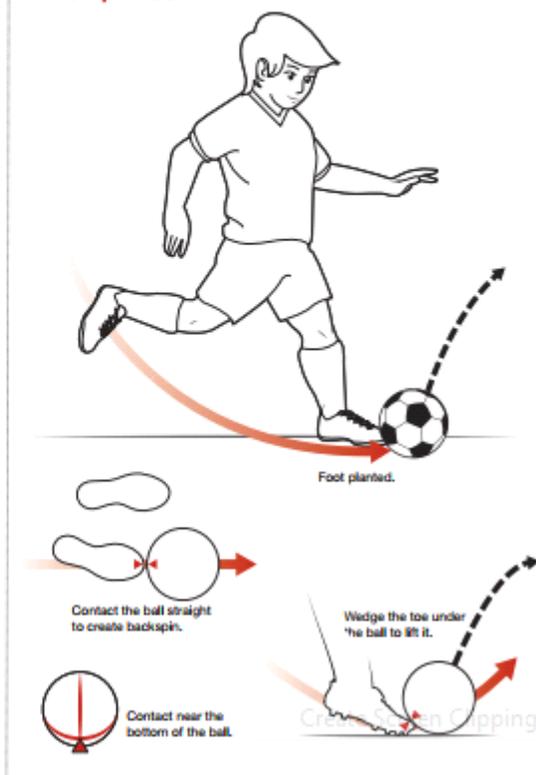
## PASSING

“PASSING” MEANS USING YOUR FEET TO GET THE BALL TO YOUR TEAMMATES IN A CONTROLLED WAY.

### Push Pass



### Chip Pass



Please see these Youtube clips:

Push Pass: Pass and Receive

<https://www.youtube.com/watch?v=fCanpKMKwUI>

<https://www.youtube.com/watch?v=enYvjgmanY4>

Chip Pass

<https://www.youtube.com/watch?v=RAQ6yCh0RQM>

<https://www.youtube.com/watch?v=cRwk4qPAEBg>

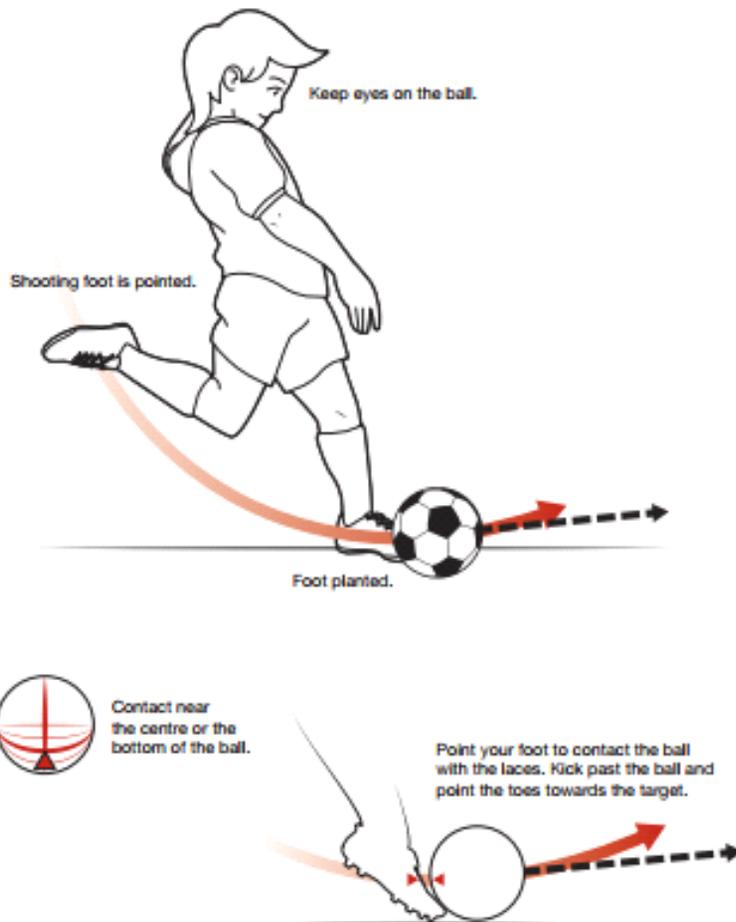
# Shooting

September-09-17

2:34 PM

## SHOOTING

“SHOOTING” MEANS USING YOUR FEET TO GET THE BALL INTO THE NET.



Please see the attached Youtube clips:

<https://www.youtube.com/watch?v=ECospNT9yCM>

<https://www.youtube.com/watch?v=8j7auGg9NOQ>

For a Knuckle Ball Shoot Please see the attached

<https://www.youtube.com/watch?v=8BjKCSOR9aM>

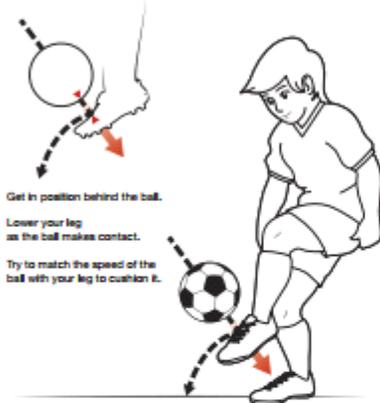
# Control Ball Control

August-04-17

4:29 PM

## **CONTROL**

**“CONTROL” MEANS USING YOUR FEET AND OTHER PARTS OF YOUR BODY (EXCEPT YOUR ARMS AND HANDS) TO KEEP THE BALL CLOSE.**



**Top of Foot (Laces)**



**Inside of Foot**



**Thigh**

Create Screen