

EDSON MINOR SOCCER COACHING HANDOUT



FOR UNDER 4'S 2005

Prepared by Roger Redman

EMS Technical Director, NWC Technical Assistant and ASA Staff Coach

For

Edson Minor Soccer Association

Portions of this Guidebook were reprinted with permission from
Alberta Soccer Association

And

Mr. Neil Turnbull

Revised April 24th, 2004

SKILLS CHECKLIST

(What skills should my players be able to perform, and at what age)

2 – 4 Year Olds

FOCUS OF PRACTICE

Goals
Fun Games
2 V 2

MAIN THEME: LOCOMOTOR AND STABILITY

SKILLS PERFORMED

Running/Jumping/Turning/Kicking with Both Feet/Stopping and Starting/Falling /Dodging/Balancing/Coordination

4 – 6 Year Olds

FOCUS OF PRACTICE

Lines
Goals
Fun Games
1 V 1, 2 V 2, 3 V 3

MAIN THEME: SMALL-SIDED GAMES

SKILLS PERFORMED

Running/Jumping/Turning/Kicking with both feet/Stopping. All these skills should be done with and without A ball. Passing over very short distances using the inside of both right and left feet.

6 – 8 Year Olds

FOCUS OF PRACTICE

Lines
Goals
Fun Games
Triangles
1 V 1, 2 V 2, 3 V 3

MAIN THEME: RUNNING WITH THE BALL

SKILLS PERFORMED

Running/Jumping/Turning/Kicking ball using the instep of both right and left feet/Stopping/All these skills should be done with and without a ball. Passing over short distances using the inside of both right and left feet. Basic Goalkeeping skills

8 – 10 Year Olds

FOCUS OF PRACTICE

Lines/Circles/Relays/Grids
Triangles/Rectangles/Diamonds
Goals
Competitions and Fun Games
1 V 1, 2 V 2, 3 V 3

MAIN THEME: INDIVIDUAL BALL POSSESSION

SKILLS PERFORMED

Dribbling/Turning/Kicking/Shooting with instep of both right and left feet/Stopping/Passing/Control with lower body/Goalkeeping/Throw-ins/Tackling/Basic Heading skills/Team Shape

10 – 12 Year Olds

FOCUS OF PRACTICE

Grids/Lines/Circles/Relays/Goals
Triangles/Rectangles/Squares
Diamond Shape/Small Sided Games
Competitions and Fun Games
1 V 1, 2 V 2, 2 V 1, 3 V 3, 2 V 3

MAIN THEME: GROUP POSSESSION OF BALL

SKILLS PERFORMED

Dribbling/Turning/Shooting/Volleying/Heading
Passing/Control with upper body/Goalkeeping/Support/Throw-ins/Tackling/Team Shape/Overlaps

12 – 14 Year Olds

FOCUS OF PRACTICE

Grids/Lines/Circles/Relays
Triangles/Rectangles/Squares
Diamond Shape
Goals/Small Sided Games
Competitions, Fun, and Tactical Games
Offence Vs. Defence,
2 V 2, 2 V 1, 3 V 3, 3 V 2, etc.

MAIN THEME: INDIVIDUAL TACTICS

SKILLS PERFORMED

Dribbling/Turning/Shooting/Volleying/Heading
Passing/Control/Goalkeeping/Crossing/Finishing/
Support/Throw-ins/Tackling/Team Shape When
Attacking and Defending/Set Pieces/Tactics of
Attack and Defence/Overlapping/Teamwork

INTEGRATING PLAYER DEVELOPMENT NEEDS AND COACHING

What should you do with your players? This handout will help you answer that question. Think about the characteristics of the players on your team. They are becoming more and more coordinated in their movements. For some of them adding a soccer ball to control may make it more difficult. Some of your players are use to having a ball or a Soccer ball at their feet. At this time we are concerned with the player learning to control their bodies and the Soccer ball. They are still very egocentric or self-centered and are beginning to expand their understanding of concepts like cooperation or competition. It is very important that the players continue to learn to cooperate by working with a partner or in small groups (2 or 3 others). These kids are highly creative, imaginative and great at imitating. The activities should be geared towards games that are structured very informally. In short, "PLAY", and this is where you can jump in and have just as much fun as your players.

This last point is the key to our program being successful. What do kids do when they are not in school or sleeping? They are playing and this is how they learn about their world. Like most players, young soccer players do not learn soccer skills by standing in long lines doing structured drills and receiving formal coaching. Young Soccer Players learn best when the coach sets up a game, then stands back (or even better joins in) and lets the learning happen naturally.

GOALS OF THE UNDER 4 PROGRAM

The goal of this program is grounded in individual games and creative play. The majority of activities center on learning movement concepts such as Running, Jumping, Kicking, Catching, etc. as they relate specifically to soccer. The emphasis is also placed on play in small groups. The game is simple, easily taught and not demanding of skills. As children mature, they enjoy participation in Running, Tag, and Ball Games.

The amount of learning that will take place and the level of stress encountered by the players will hinge on their abilities to treat the practice environment you have set up like play. Remember the more structured, formal and organized you make the training, the harder it becomes for the players to stay relaxed, have fun and learn. "Let the game be the Teacher".

It is important to understand that each coach makes a special contribution to the developing "football player". You are as important as every other coach within Edson Minor Soccer's developmental process. Think of it this way. If a child starts soccer at three years old and plays to adulthood, that gives us about fifteen years of development which has to be planned in order to ensure each player receives the greatest benefits from organized youth soccer. It's like a big puzzle in which you are one piece. You may be a big piece or a small piece. You may be the first piece put down or the last. Whatever your role and position, you are important to the long-term development of each player. Without your piece, the puzzle of soccer development is incomplete. So ask yourself, "WHAT IS MY ROLE IN THE DEVELOPMENT OF EACH PLAYER?"

UNDER 4 PLAYING STRUCTURE

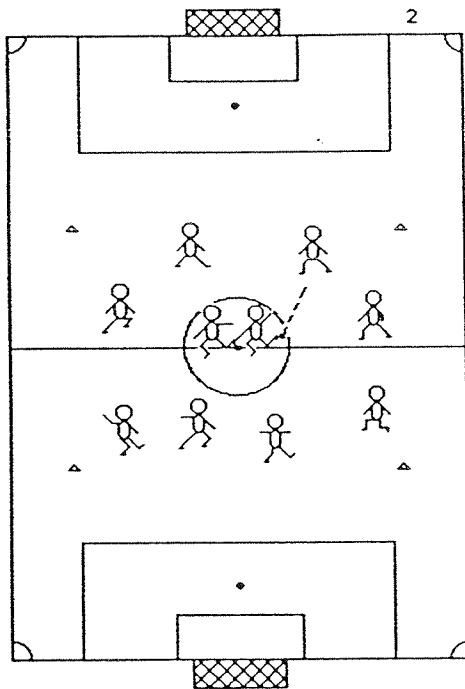
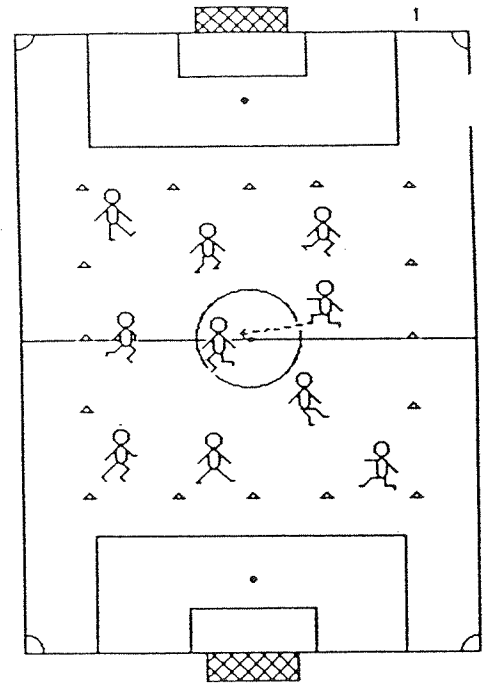
- 2 V 2 with a parent responsible for each player on the field.
- Field size is 20m x 10m, use a size 3 ball.
- Warm-up for 8 minute by playing a tag type game before you start.
- Start game with a kick-off and restart game after a goal with a kick-off from center.
- Play two 12-minute halves with a 3-minute break at half time.
- Total playing time will be about 35 minutes.
- Each team would have no more than 4 players to a team.
- Substitutions would be made every 3 minutes.
- Goals would be about 10 feet wide and 5 feet high.
- You can use corner flags or cones as post.
- No referees.
- No offside.
- No goalies.
- No throw-ins, if the ball goes out have a Parent roll the ball back in.



PLAY ACTIVITY WITHOUT BALL

SIMPLE TAG

Organization : Limited number of players (Team size). Marked out playing field.)
 Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

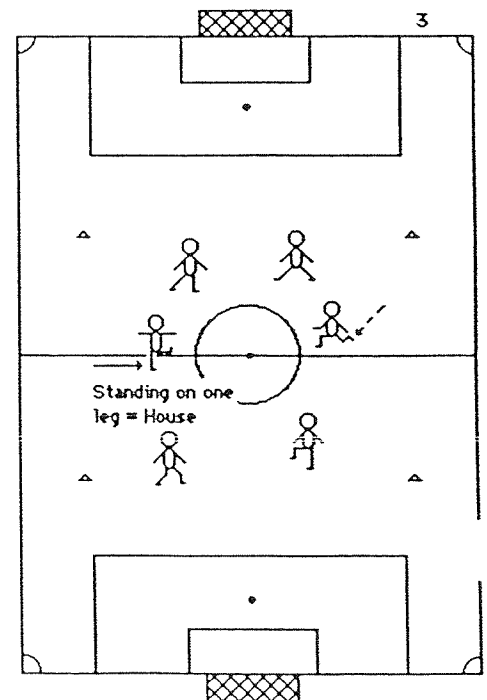


WOUNDED HARE TAG.

Organization : Limited number of players (Team size). Marked out playing field.
 Player tagged must also touch the same part of his/her body on which he or she was tagged.
 No elimination method.
 Number of games : 1-3.

TAG WITH A HOUSE. (1)

Organization : Limited number of players (Team size). Marked out playing field.
 Player can avoid tag by building a "house" (standing on one leg).
 Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

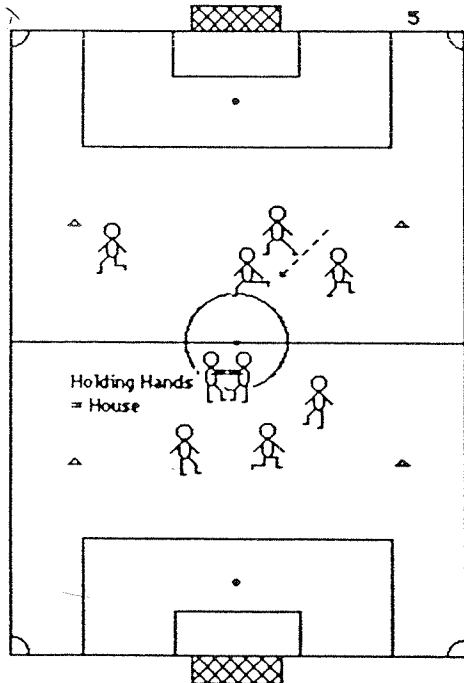
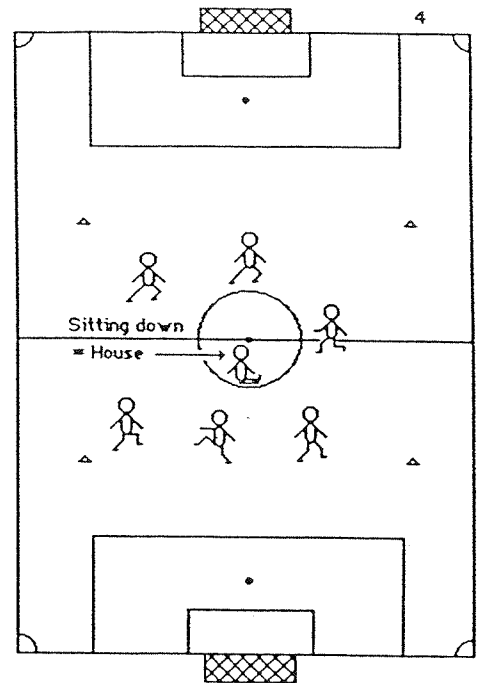


TAG WITH A HOUSE. (2)

Organization : Limited number of players (Team size). Marked out playing field. Player can avoid tag by building a "house" (sitting down). Tagged player joins tagger.

No elimination method.

Number of games : 1-3.



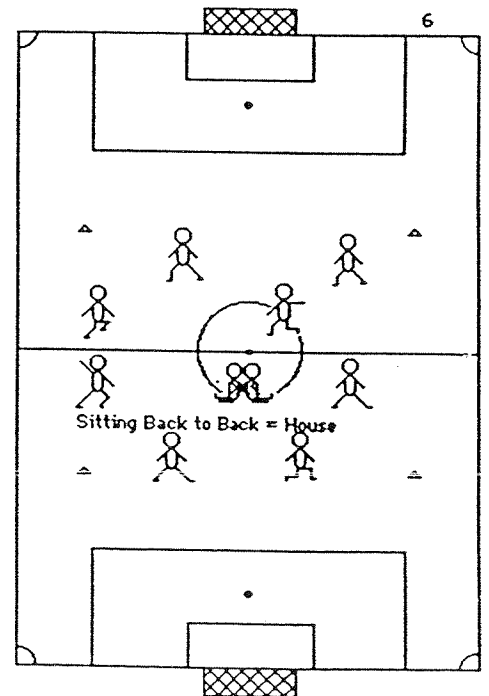
TAG WITH A HOUSE. (3)

Organization : Limited number of players (Team size). Marked out playing field.

Two (2) players can avoid tag by building a "house" (holding hands). Tagged player joins tagger.

No elimination method.

Number of Games : 1-3.



TAG WITH A HOUSE. (4)

Organization : Limited number of players (Team size). Marked out playing field.

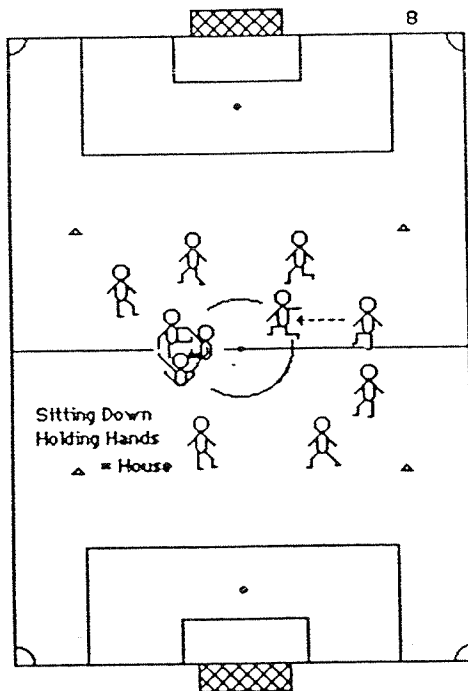
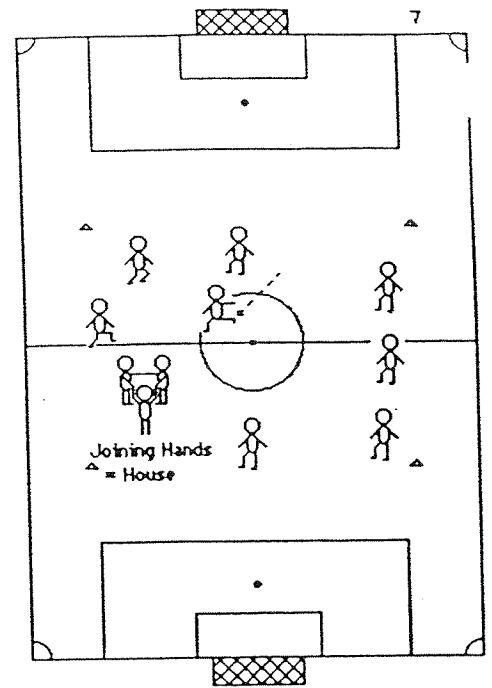
Two (2) players can avoid tag by building a "house" (sitting down back to back). Tagged player joins tagger.

No elimination method.

Number of games : 1-3.

TAG WITH A HOUSE. (5)

Organization : Limited number of players (Team size). Marked out playing field.
 Three (3) players can avoid tag by building a "house" (holding hands). Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

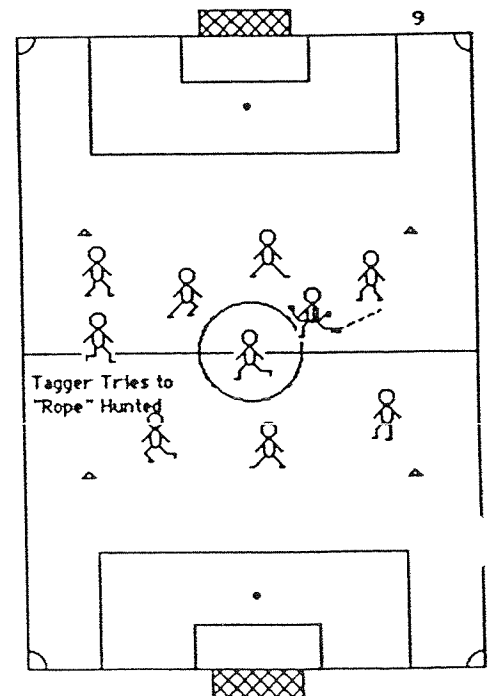


TAG WITH A HOUSE. (6)

Organization : Limited number of players (Team size). Marked out playing field. Three (3) players can avoid tag by building a "house" (sitting down holding hands). Tagged player joins tagger.
 No elimination method.
 Number of Games : 1-3.

LASSO TAG.

Organization : Limited number of players (Team size). Marked out playing field. Skipping ropes. The tagger takes the end of the skipping rope in both hands. Tags player by throwing rope over hunted player. Rope must not be used to strike player. Lassoed player joins tagger using another rope.
 No elimination method.
 Number of Games : 1-3.



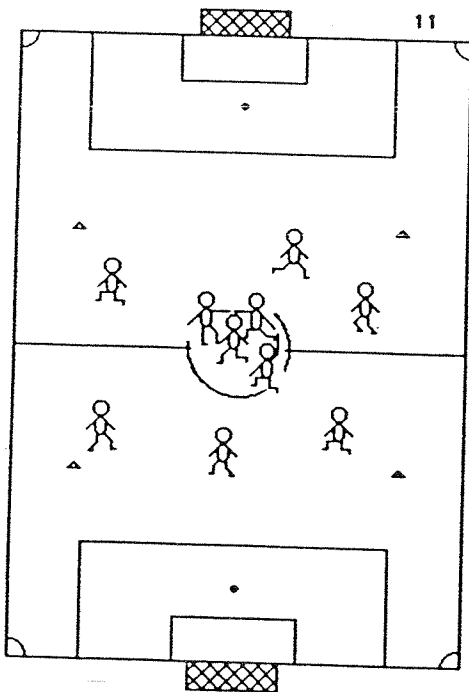
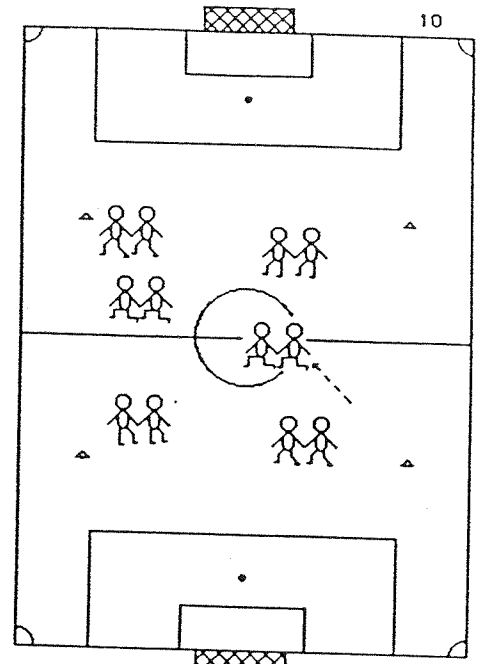
PAIRED TAG.

Organization : Even number of players (Team size). Marked out playing field.

All players are paired off and holding hands the taggers (a pair) also chase the other pairs. Tagged pairs join taggers.

No elimination method.

Number of games : 1-3.



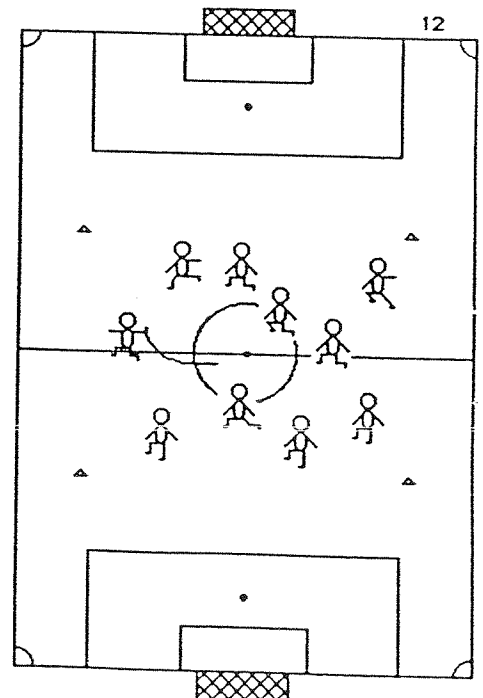
PRISON TAG.

Organization : Limited number of players (Team size). Marked out playing field.

Three (3) players clasp hands and encircle hunted prisoner. Tagged Prisoner joins taggers. Taggers split group after adding the 6th player.

No elimination method.

Number of games : 1-3.



ROB TAG.

Organization : Limited number of players (Team size). Marked out playing field.

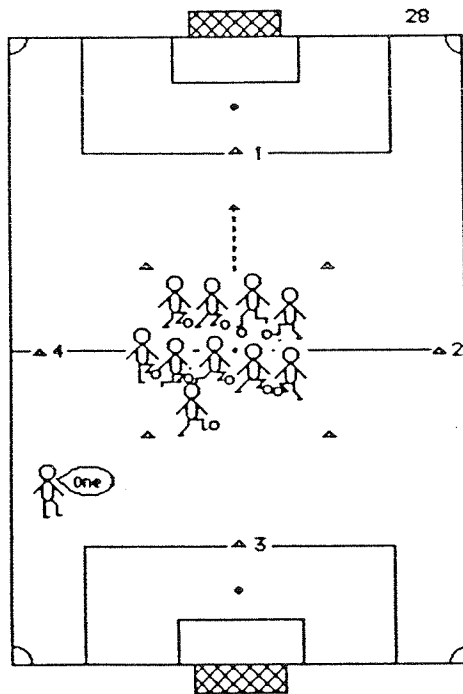
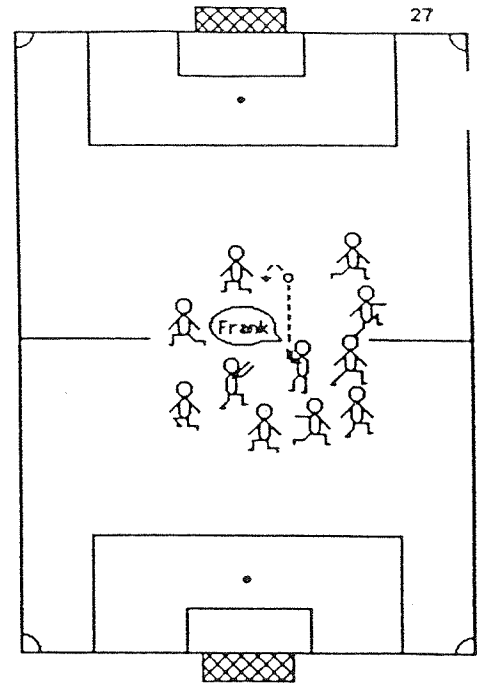
One (1) designated player is running - dragging a rope behind him. Taggers try to catch up and step on rope. Successful tagger takes over rope.

No elimination method.

Number of games : 1-3.

EXECUTION PLAY.

Organization : Limited number of players (Team size).
Coach throws ball into air calling a players name. Other players sprint away, player catches ball and shouts "freeze". Players then try to execute the closest player by throwing the ball for a hit below the waist. Hits are counted as points.
Time Game : 5 minutes.



REACTION GAME.

Organization : Limited number of players (Team size).
Players are dribbling with a ball each in 4 small grids. Coach marks out 4 cones 10 meters away from the grid and numbers the cones 1 to 4. On command all players try to dribble around called number of cone. Last player(s) receive minus points.
Number of games : 1-3,

LOBSTER GAME.

Organization : Limited number of players (Team size).
Two (2) groups of players. One group dribbling with ball, the other group sitting. Players in sitting group are trying to trap as many balls possible from dribbling players.
Point for each captured ball.
Group does alternate.
Time game : 1-2 minutes.

