

# ACTIVE START

# Coaching Handbook

For coaches of players aged 4 - 6



# Welcome & Thank You For Coaching!

Welcome to the Gander Revolution Football Club (GRFC) and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the GRFC. It is also your go to resource for week-by-week session plans. Thank you once again for supporting the GRFC!



# GRFC Vision

GRFC is proud to be part of the Newfoundland Soccer Association (NLSA) and Canada Soccer.

GRFC aims to provide an enjoyable and educational soccer experience in a safe, supportive club environment. GRFC welcomes to all who have an interest in learning, organising, growing and celebrating the game of soccer. We develop complete soccer players and teams through effective coaching about game understanding, team play and the development of technical, tactical, physical, psychological areas of the game.



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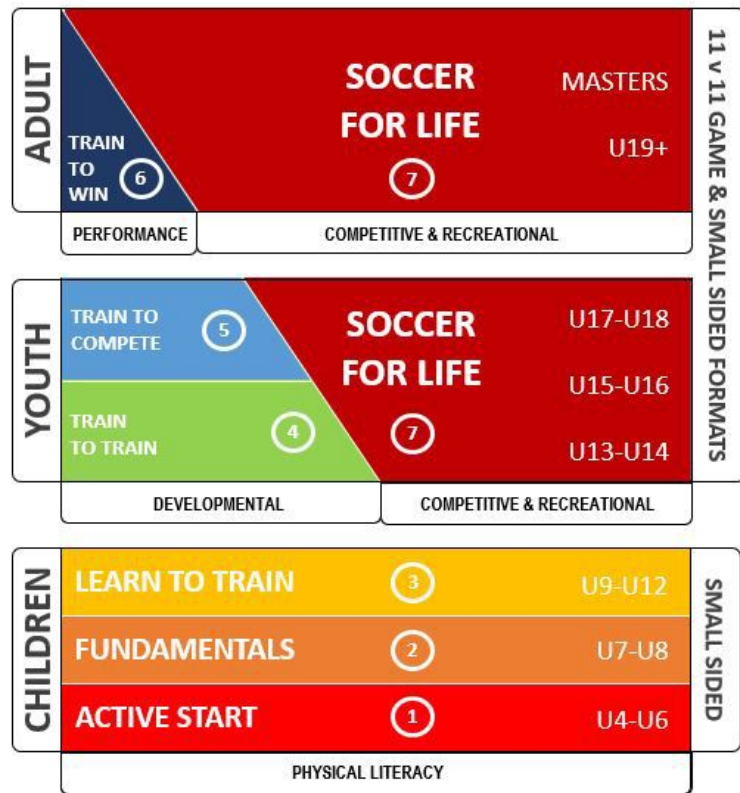
# Introduction



GRFC adopts the Long term Player Development (LTPD) principles laid out by the Canada Soccer Association (CSA).. This is a roadmap for players of all ages and aspirations who want to play soccer at the recreation, competitive or high-performance levels, with the aim of encouraging lifelong participation.

LTPD is a CSA soccer-specific adaptation of the Long-Term Athlete Development model (LTAD) developed by Canadian Sport Centres. LTAD is a scientific model for periodized athlete training and development that respects and utilizes the natural stages of physical, mental, and emotional growth in athletes. It is designed to:

1. Promote lifelong enjoyment of physical activity.
2. Provide a structured player development pathway.
3. Describe best practices for elite player development.
4. Create long-term excellence.



# The Role of the Coach



When training young players, soccer coaches wear many different hats such as a teacher, mentor, role model, cheerleader, parent and occasional disciplinarian. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

It's important to have a plan, but also be flexible. A session or drill that was meant to last 10 minutes might need to be switched up to keep the players engaged. It might be too difficult, too easy, or not be making sense.

Being a coach is demanding, and challenging, but it's also incredibly rewarding. It is amazing to watch children learn to use a skill, or make a save or tackle or pass or shot, and play with effort and teamwork, in a way that is competitive. And the lessons a child learns from a good coach can last a lifetime.

The objective isn't just to develop better soccer players—it's to develop well-rounded people who are disciplined, persistent and able to work well with others. At this age, we want the kid **FALL IN LOVE WITH THE GAME.**



# Parent Meeting



It is recommended that you hold a brief parent meeting at the start of the season. The benefit of this, is that you get to introduce yourself to all the parents and you can lay out some expectations for them. It is also a good opportunity to try and find some parent helpers to help you run the practices or they might be able to help organise the snack list. **When talking about expectations, try to outline the following:**

- Everyone is here for the kids and for them to enjoy themselves
- Please try to arrive on time and let you know if you are not attending
- Ensure that their child has water, correct uniform - including shin-pads and cleats
- No jewellery allowed, unless for medical or religious reasons.
- Support your child learning and not being perfect, or the best player.
- Enjoy being a parent
- Respect all players, parents and officials
- Encourage good play from all teams
- Understand the Emergency Action Plan
- Ensure that the child's medical details are known and have been shared
- The club adopts a concussion protocol, the rule of 2, and fair playing time.



# Equipment



Equipment for your training will be provided for at the start of the season, and includes balls, cones, and pinnies. Other equipment available to you are things like rebound boards, small pop up goals, running ladders, hurdles and poles.

The expectation is that you will keep the equipment provided for you with you and return it at the end of the season. Optional equipment (like rebound boards, small pop up goals, running ladders, hurdles and poles etc..) can be picked up from the equipment storage areas at the ground, and need to be returned to these areas after each training.



## Health and Safety

- Using the age and stage appropriate training suggested in this Manual will help you maintain health and safety.
- Ensure that the playing area is clear of any garbage, rocks, bags and water bottles
- Check that goal posts don't have sharp edges and area safe
- Check in with your parent group prior to the season with regard to player medical information.
- If there's an injury, fill out an injury form and send it to .....
- Always follow the The Rule of Two. This is to protect players and coaches. Its ensures coaches aren't one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
- Please review our concussion policy [here](#)
- Please review our guide to create an Emergency Action Plan (EAP) [here](#).

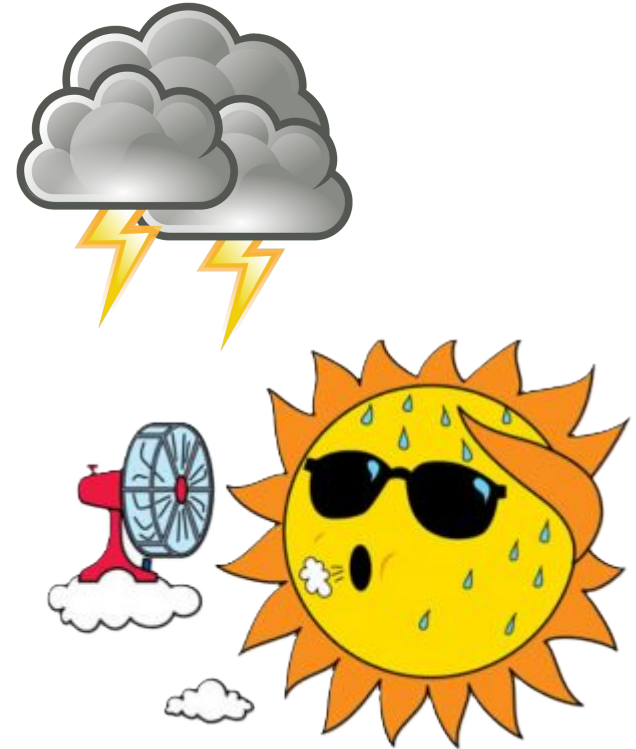


# Risk Management



## Weather

- If the weather is bad - due to either storms or heat, GRFC admin will communicate with you. In some instances, the club may cancel training. In some instances, you may be left to make a personal judgement.
- If you train in very hot and humid temperatures, shorten you session, ensure regular drink breaks and modify activities to reduce long bouts of intense activity.
- If there is any thunder or lightening during practice, the must be session is cancelled.
- Please review our lightening policy here



# 'ACTIVE START' Player Characteristics



Participants have different needs depending upon their level of physical, mental and emotional maturity (growth and development)

## Physical Characteristics

- Frailty: fragile bones
- Coordination: difficulties
- Lots of energy
- Natural suppleness: enjoy gymnastic type activities
- Little difference between girls and boys



# 'ACTIVE START' Player Characteristics



## Social and Emotional Characteristics

- Possibly their first organized sporting experience
- Love their parents
- Egocentric
- Short attention span
- Mentally tire easily
- Shy or hyper (and everything in between)
- Sensitive to criticism
- Play consists of a high degree of imagination

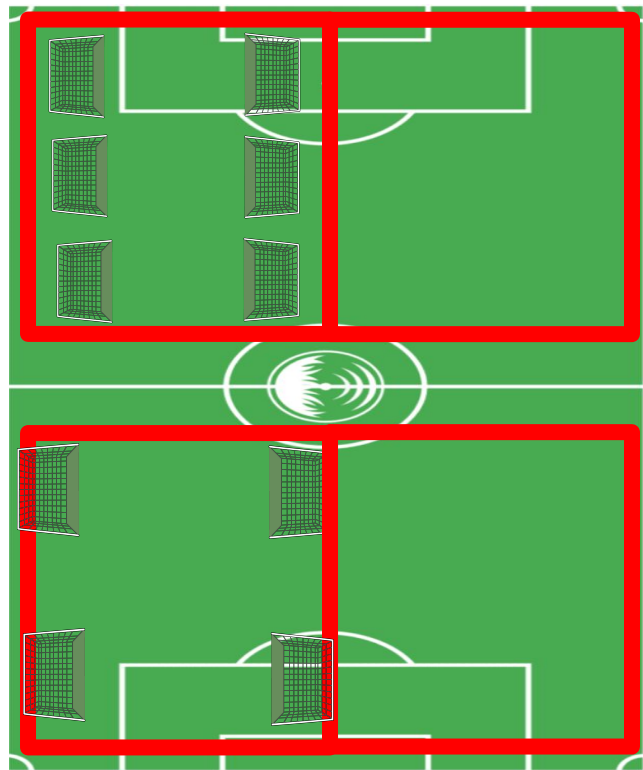


# Practice Session Set Up and Structure



It's highly likely that multiple teams will train at the same time. Each 'group' eg u/5 girls, will have  $\frac{1}{4}$  of a full sized pitch.

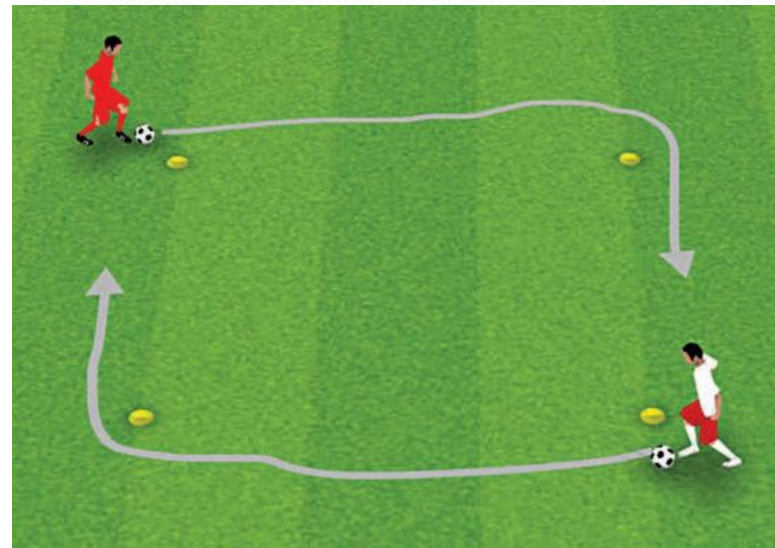
The manual is broken down into week by week sessions for you. This is a guide.



# Practice Session Set Up and Structure



- The total session time should be about 45 mins to an hour for U5, broken down to include 4 x 15 activities that include both training, instructions and water breaks.
- The 4 stations should include General Movement, Coordination, Technique and Small Sided Games. These are considered the pillars of the session. Many activities will have multiple pillars. Eg In the dribble game 'Catch Me If You Can', players are working on general movement, coordination and technique
- Ideally, the players would move through stations, but if there is not enough coaches and volunteers, then the coach can change activities and move through the different pillars

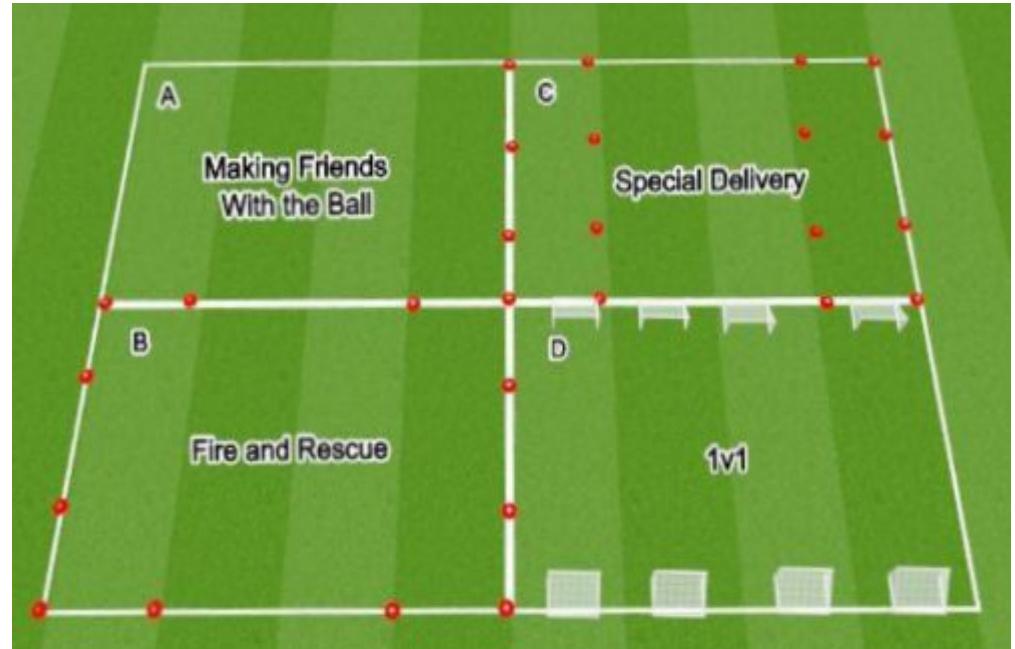


Catch Me If You Can Dribbling Game

# Practice Session Set Up and Structure



- This set up shows how week 1 can be organised. The coach can set up the field as shown below to enable to players to smoothly move from one area to the next.
- In this example the coach only has to create 4 triangles when setting up for activity B.
- The coach must only add 4 additional cones to create boxes for activity C.
- Finally, the coach adds the mini goals. Alternatively, the red cones can be moved to create goals for the end game.



# Practice Structures - WARM UPS



Warm ups should include 3 stages:



Physical Preparation



Mental Preparation



Ball Work

They are best when connected to the purpose of the session

## FRAMEWORK PRIORITIES

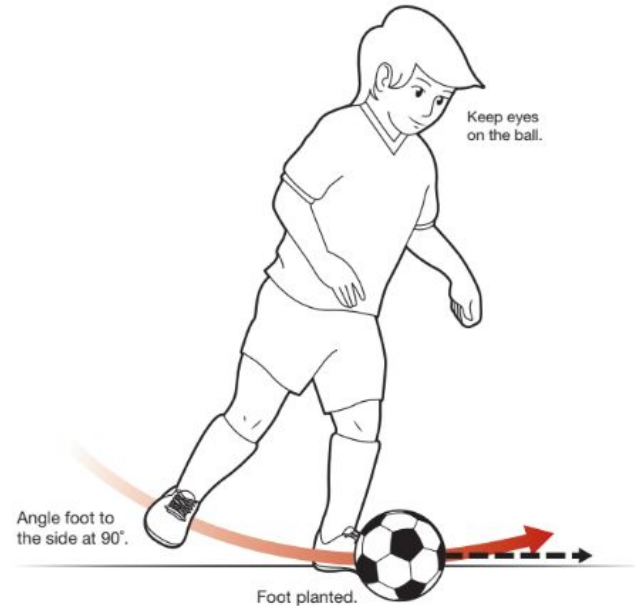
STAGE	INITIATION U4-U6	FOUNDATION U7-U9	IMPROVEMENT U10-U13	ADVANCEMENT U14-U16	EXCELLENCE U17+
TECHNICAL HABITS	✓	✓	✓	✓	✓
TACTICAL ID 4 MOMENTS			✓	✓	✓
GAME PRINCIPLES		✓	✓	✓	✓
POSITION SPECIFIC				✓	✓

ALIGNED & PROGRESSIVE PATHWAY

## Technical Competencies

- 1 vs 1 Attacking
- 1 vs 1 Defending
- Passing skills/accuracy
- First Touch/ball control
- Ball mastery
- Dribbling Skills
- Ball Striking - long passing / shooting / crossing
- Goalkeeping Skills

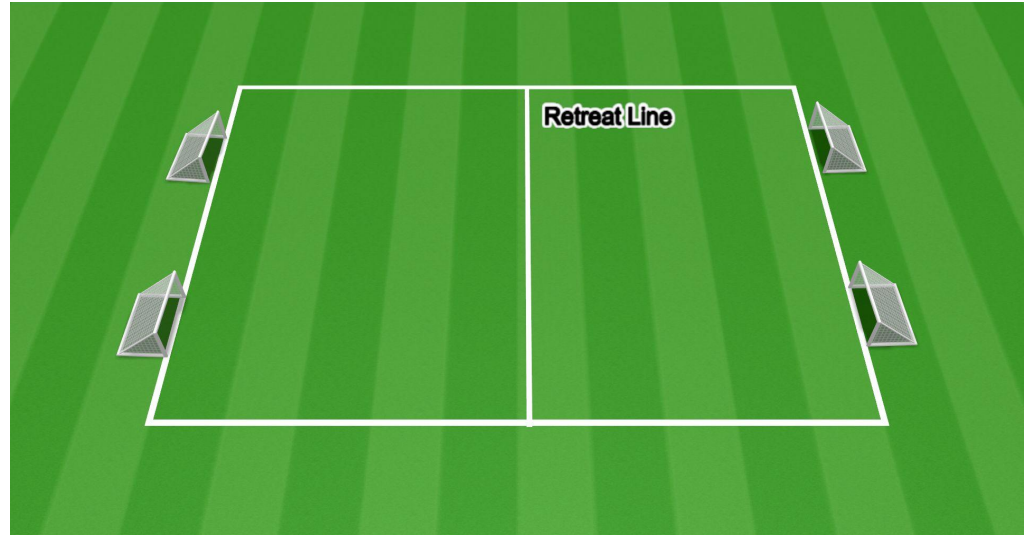
### Push Pass



# Retreat Lines



- There are NO formal games at this age group.
- **If you play a game, it needs to be no bigger than 3 vs 3, and have defenders retreat to the halfway line**
- This allows the first pass from the attacking team to be played without pressure.
- The opposing team can defend on the first touch, after the pass.



# Extra Coaching Tips



- Organize your practice to have as much of the children active, as much of the time.
- Focus on lots of ball touches, basic movements and coordination
- Keep the activities on the short side, no longer than 15 minutes in total.  
4-5 minutes of movement then rest.
- Be enthusiastic and plan to enjoy sessions!
- Encourage fun competition and teamwork the opportunity exists
- Walk through each activity by literally and physically walking the players/teams through what is expected and how to score a point.
- Use colours to highlight areas and boundaries
- If possible, recruit additional volunteers and establish expectations.



# Season Outline



Week 1 and 2:

Ball control / dribbling skills / 1 vs 1 attacking

Week 3 and 4:

Dribbling, passing and ball control

Week 5 and 6:

Passing and dribbling decision making / ball control /  
shooting / goalkeeping

Week 7 and 8:

Crossing / transitions / 1 vs 1 defending



**Technical Competency:** Ball control, dribbling, 1 vs 1 attacking



**Session 1:**

**Station 1: Pirate Ships**

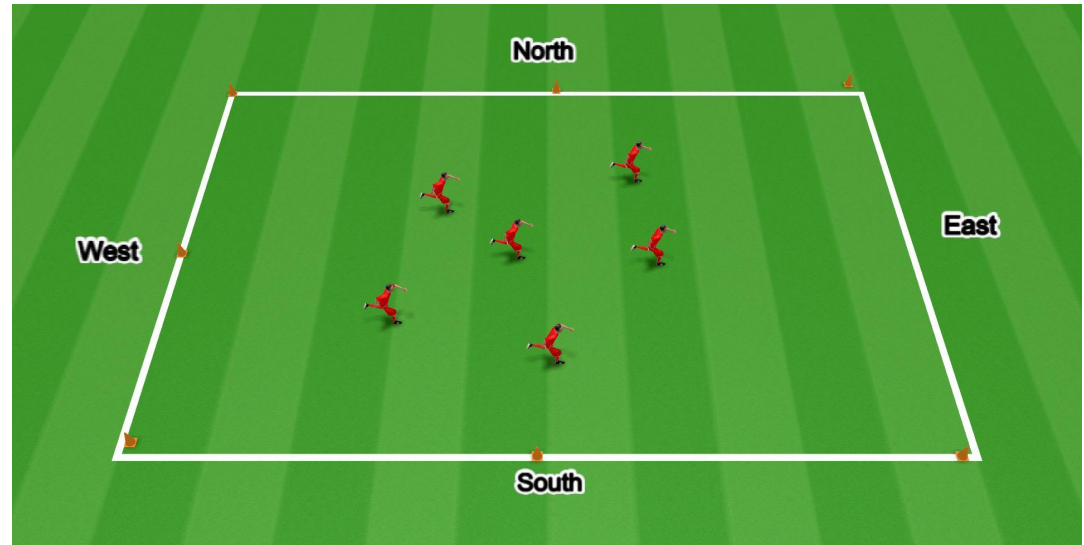
**Station 2: Escape**

**Station 3: Just Score**

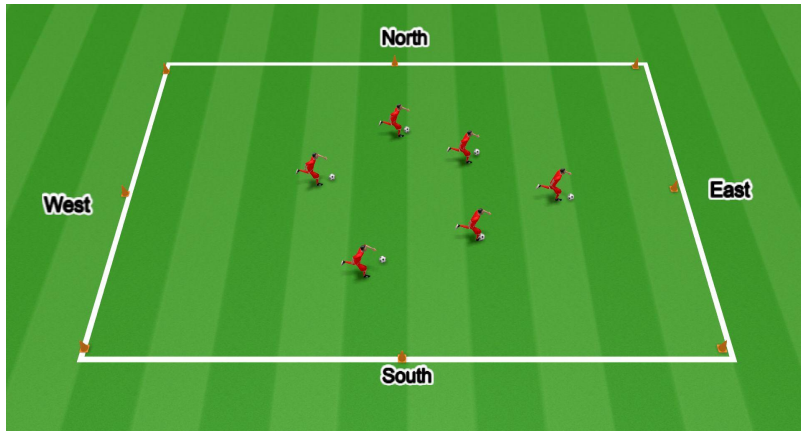
**Station 4: Break Down The Wall**

## Station 1: Pirates Ships (Part 1)

- All the players are on a pirate ship. For this part of the game, players do not have a ball.
- On the coaches command, the move in the direction called, or do the movement asked.
- When the coach calls, 'North', 'East', 'South' or 'West', the players run to this side of the square
- When the coach calls, 'Man Overboard', the players jump up, and then fall down to the ground
- When the coach calls 'Climb the Ladder', players pretend to climb a ladder.



## Station 1: Pirate Ships (Part 2)



Now, give all players a ball.

When the coach calls, 'North', 'East', 'South' or 'West', the players dribble to this side of the square

When the coach calls, 'Man Overboard', the players jump up OVER the ball, and then fall down to the ground

When the coach calls 'Climb the Ladder', players alternately put their foot on top of the ball.

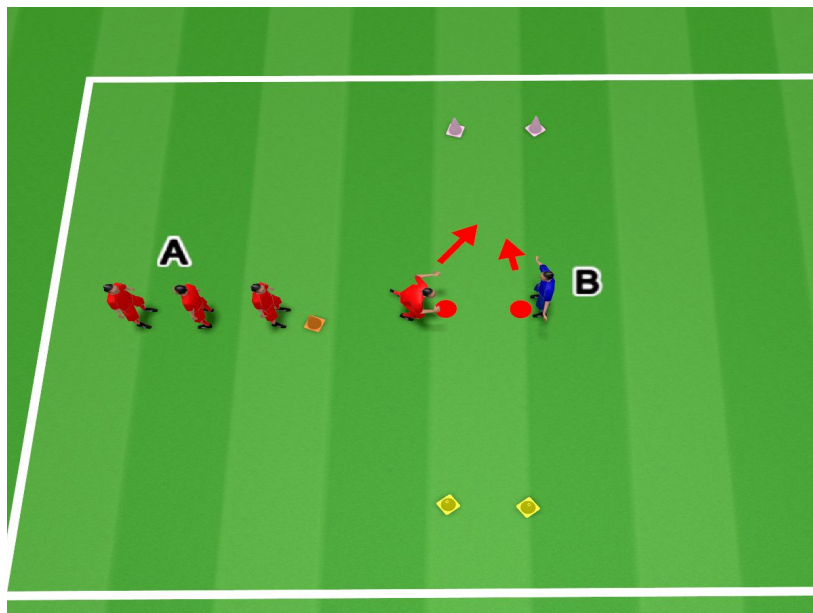
When the coach calls 'Captain is Coming', the players stop the ball, then put their foot on top of the ball, and give a salute

Lastly, when the coach calls 'Storm', players dribble where ever on the deck as they are always off balance.

Once the players have a handle on the game, coaches can call multiple calls quickly, so players have to change direction, and control the ball more quickly.

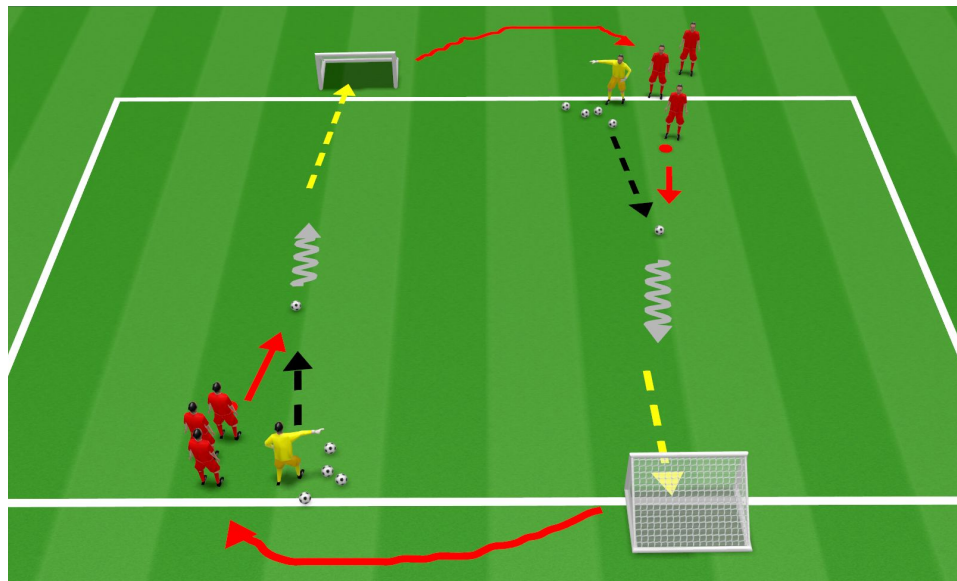
An extra call could be 'fires the cannons', and the players kick their balls as far as they can. this could be a good option when you want to give them a short break. (players can bring their ball back and get a drink, then move to the next activity).

## Station: 1 vs 1 Break out



- Organize players into groups of 5 (an odd number where possible).
- 2 players start facing each other, standing at a dot, centered between 2 target gates.
- The remaining players line up behind the cones at A.
- The coach calls the color of one set of cones (eg 'yellow!'), and the 2 players compete to run to that gate first. The players go to the back of the line. 2 new players come out, and the game repeats.
- Variation: Have the player at B try and beat their opponent to the gate.  
Can you add a ball, now add a ball to each player, and have them dribble to the gates first. Change the opponents again.

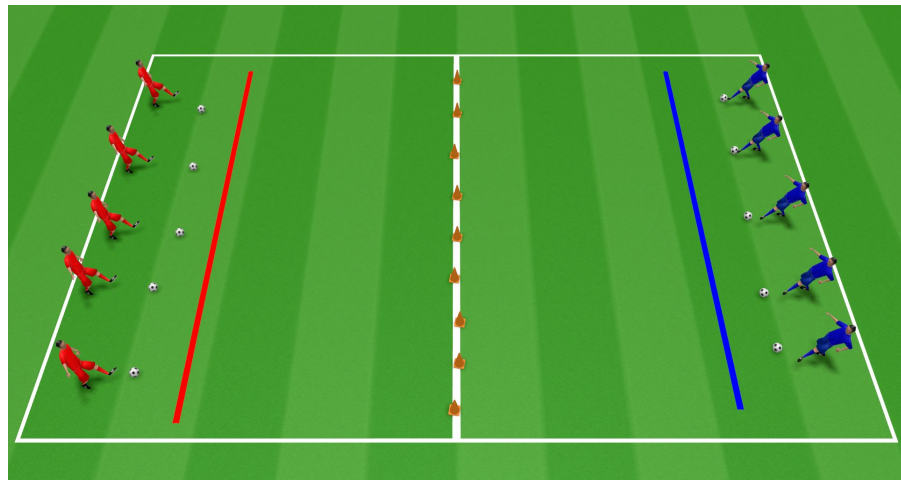
## Station 3: Just Score



- Split the group into 2 with up to 4 in each (With more than 8 players, go to three goals)
- Have the coach roll the ball a couple of meters in front of the players, and have the player run after the ball, dribble a little bit, and shoot it into the goal.
- The player gets their ball out of the net, and take it to the next coach in the next line.

## Station 4: Break Down The Wall

- Organize the group into 2 teams of 6 or less. Place 7 or 9 or 11 (and odd number) of witches hats along the centerline of a 30 x 20m grid
- Set up a passing zone at each end of the grids (Passes need to occur behind these lines).
- Players are trying to knock down the witches hats to score a point. The team with the most points in a set time, or a when all the hats are knocked down wins.
- Variations: add different coloured cones that are worth multiple points. Or play the 'last cone knocked over' wins.
- Coach emphasis: Keep the ball in the opponent's room with correct weight of pass and accuracy. Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball



**Technical Competency:** Ball control, dribbling, 1 vs 1 attacking



## Session 2:

**Station 1: Pirate Ship Cannon Game**

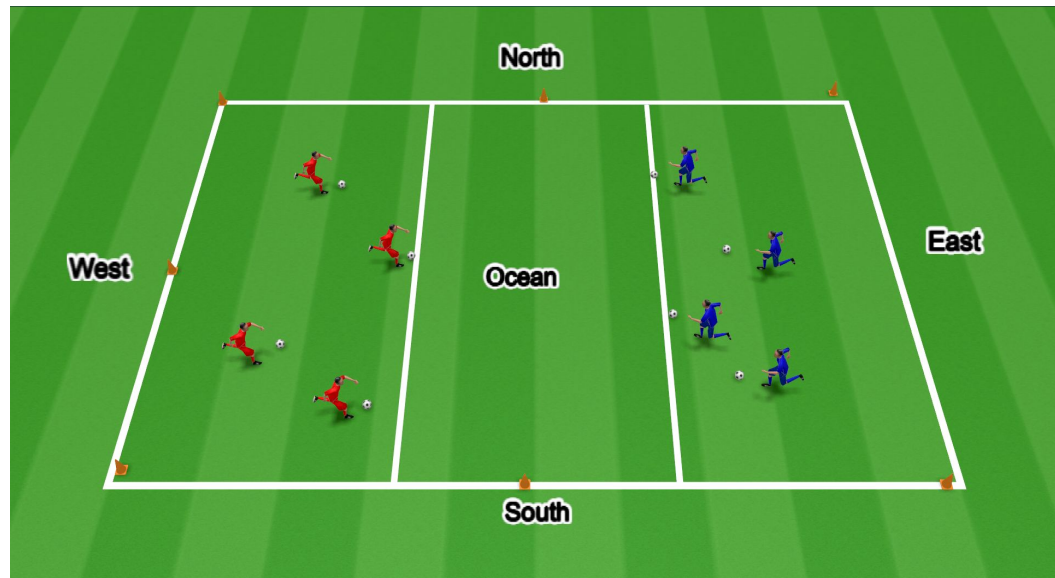
**Station 2: Green Light Red Light**

**Station 3: Bluey and Bingo**

**Station 4: Break Down The Wall**

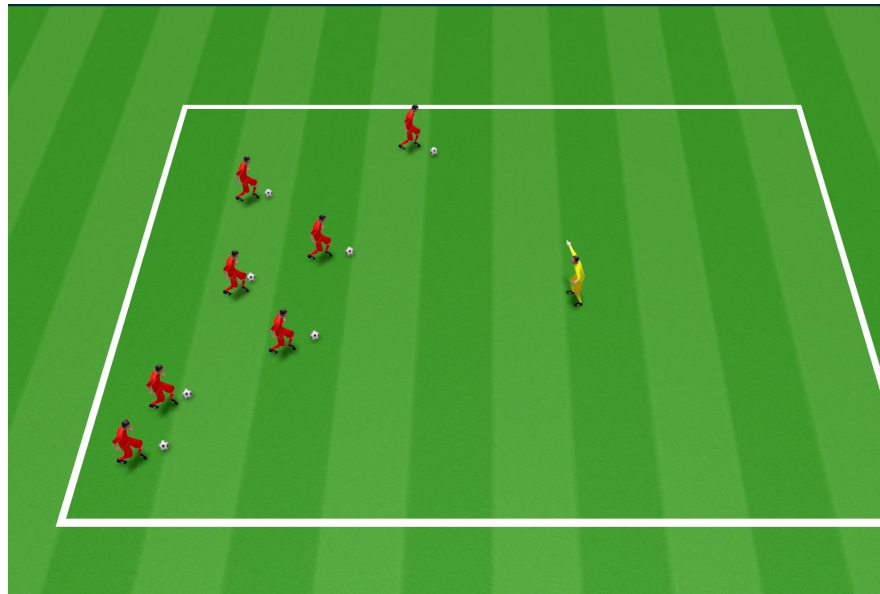
## Station 1: Pirates Ship Cannon Game

- Create 2 squares. And organize half the players in one square and half in the other. These are two opposing ships
- Play Pirates Ships with the same rules instruction as the 'dribbling' version.
- However, when the coach calls 'fires the cannons', the players kick their balls over the ocean to opposite ship. If the ball kicked by the red team stops on the blue ship, the red team gets a point.
- Once all balls are kicked, players find a ball and restart the game on their own ship.



## Station 2: Green Light, Red Light

- Organize a group of 8 or less players in a 20 x 30 grid. Each player with a ball, lined up on one side of the field
- The coach (in the middle of the field) has a red and green cone. On the coach's shout of green light, players dribble out and make progress to the other side.
- When the coach says red light, players stop and put their foot on top of the ball.]
- If a player doesn't stop the ball quickly, they go back to the end line.
- The player that makes it to the opposite side line first, wins.  
Restart by starting from the opposite side
- Coaching Points: Head up, keep the ball close, small, quicktouches with the pinky toe. Progressions: Coach does not say anything, players have to keep their head up.



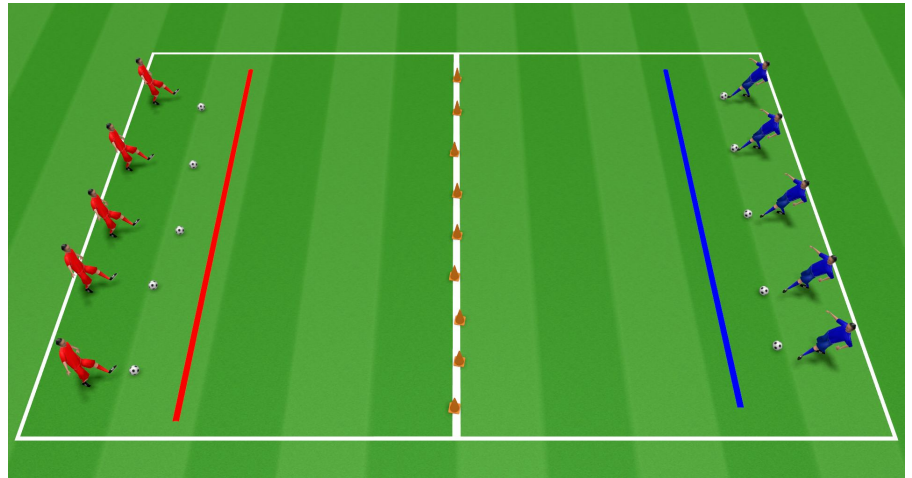
## Station 3: Bluey and Bingo (1 vs 1)

- The game is Bluey vs Bingo and this is an introduction into a 1 vs 1 idea. To start with this will be unusual for young players
- Players pretend to be Bluey or Bingo
- Bingo and Bluey have their own nets to defend and attack and 1 ball.
  
- Variations:  
Have Bluey score in any goal on the opposite side of the field and vice versa. Player versus Parent or Parent + Player versus another Parent + Player
- Coaching Points - Dribble with head up - Keep the ball close - Shoot when you see a chance  
Review the session here



## Station 4: Break Down The Wall

- Organize the group into 2 teams of 6 or less. Place 7 or 9 or 11 (and odd number) of witches hats along the centerline of a 30 x 20m grid
- Set up a passing zone at each end of the grids (Passes need to occur behind these lines).
- Players are trying to knock down the witches hats to score a point. The team with the most points in a set time, or a when all the hats are knocked down wins.
- Variations: add different coloured cones that are worth multiple points. Or play the 'last cone knocked over' wins.
- Coach emphasis: Keep the ball in the opponent's room with correct weight of pass and accuracy. Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball



**Technical Competency:** Ball control, dribbling, 1 vs 1 attacking



## **Session 3:**

**Station 1: Break Down The Wall**

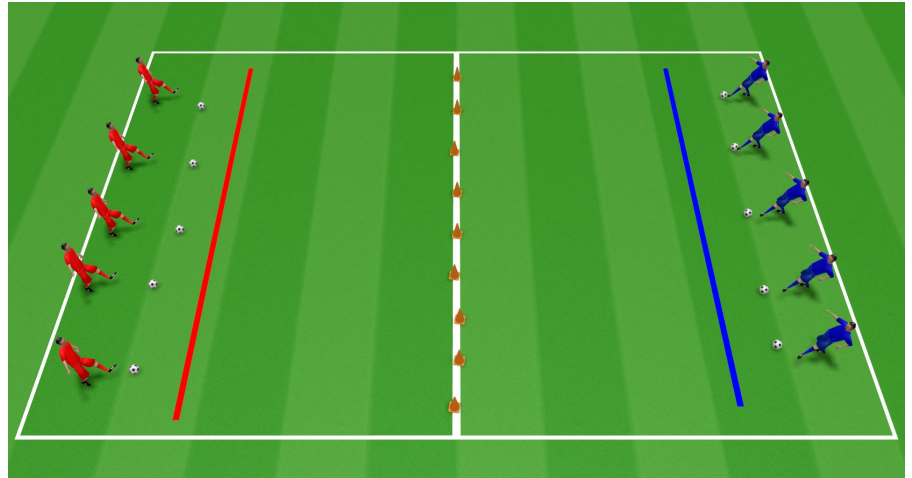
**Station 2: 1 vs 1 Dribble and Shoot**

**Station 3: Freeze Tag**

**Station 4: Corner Score**

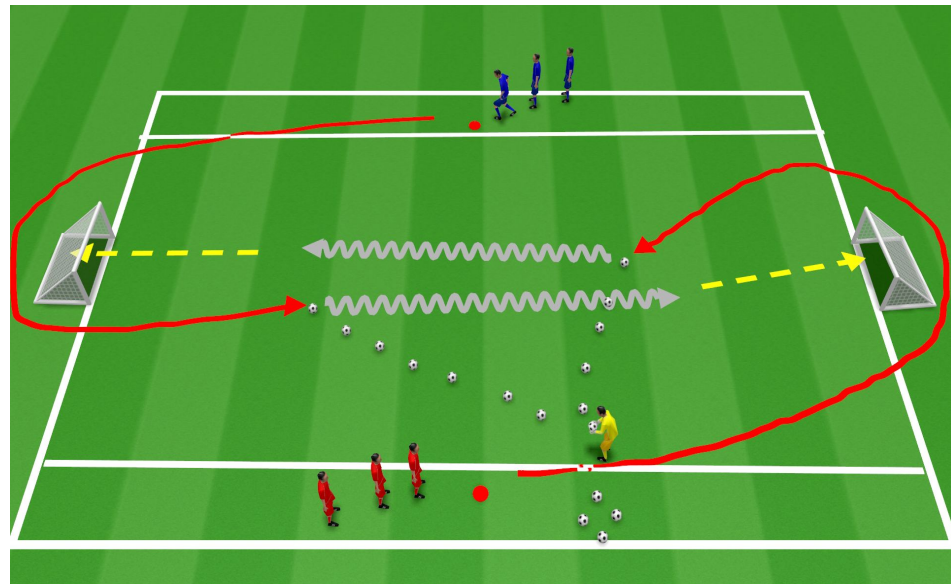
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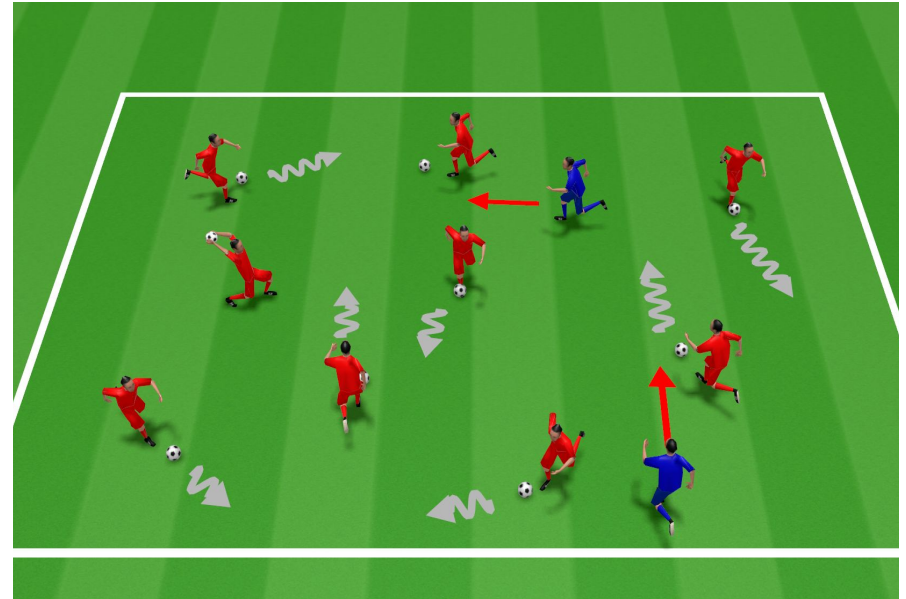
## Station 2: 1 vs 1 Run, Dribble and Score

- The purpose of this station is to run, then dribble and shoot to score first, beating an opponent.
- Players start on either side of the half way line. On 'go' they run around their 'defensive' goal. The coach rolls a ball for each player (to the defensive half of the field). Each player, gathers the ball and dribbles toward their attacking goal and when they feel close enough to shoot, they shoot!
- Coach emphasis: encourage close touches and keeping your head up enough to see the area around you.



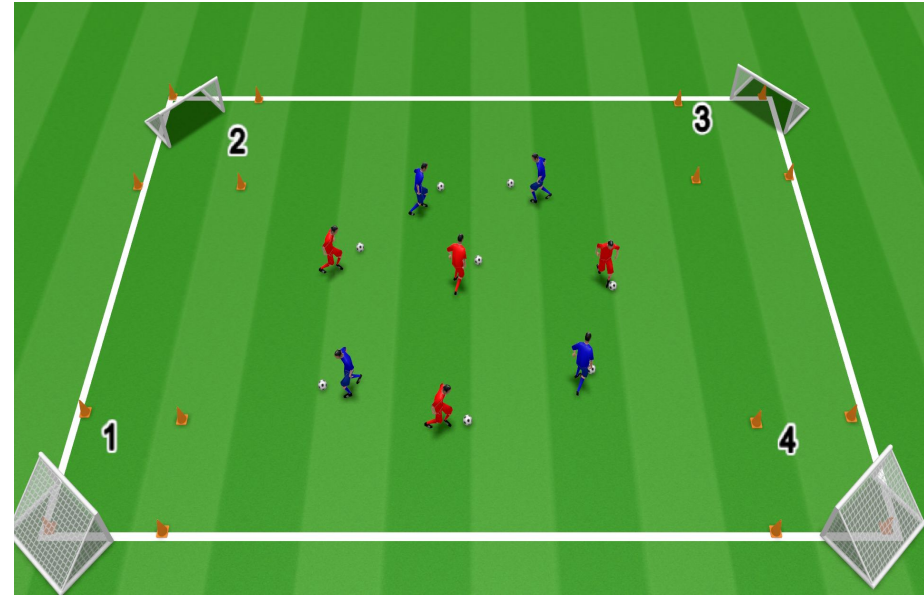
## Station 3: Freeze Tag

- **Set-up:** Have two taggers without a ball, rest of the players with balls.
- Two taggers try to tag as many players as possible. Taggers must touch the ball for the player to be frozen. Once frozen, ball is placed on head with legs spread. To be untagged, a free player must play the ball through the frozen player's legs.
- To make it easier for dribblers, remove a defender, make the space bigger, to make it harder for the dribblers - add defender or make space smaller



## Station 4: Corner Score

- Players start in one of the 4 squares. Make sure the players know what number they are. (eg. corner 1, 2, 3 or 4)
- On “Go!”, players use their feet to move the ball around the middle of the field.
- Coach emphasis: keep your head up and avoid running into anyone.
- When the coach calls “To your corner!” – players dribble the ball back to their corner and score a goal.
- When you hear the coach call out a number, dribble the ball as fast as you can to that corner and score.
- When dribbling in the middle. The coach can also say “Turn!” using the inside or outside of the foot, or pull it backwards and turn and continue dribbling around the middle of the field.  
“Speed up!” – move the ball faster after you turn it.



**Technical Competency:** Ball control, dribbling, 1 vs 1 attacking



## **Session 4:**

**Station 1: Corner Score 2**

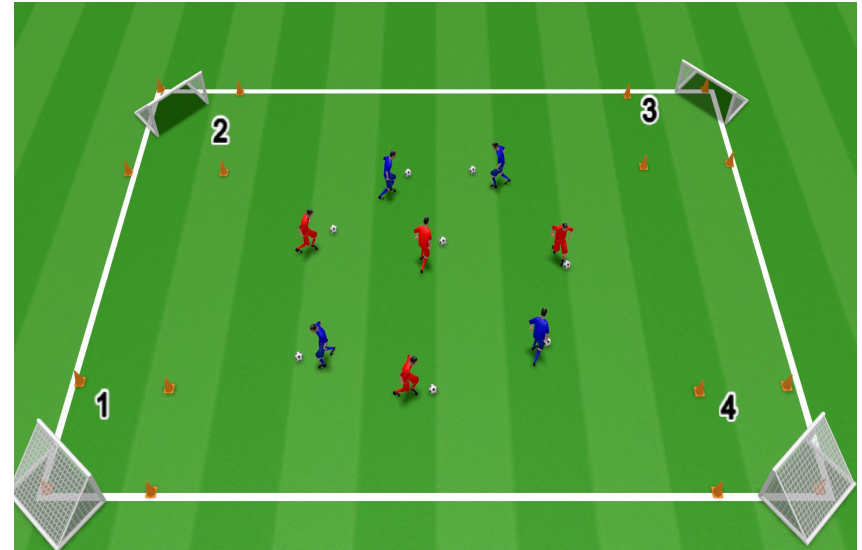
**Station 1: 1 vs 1, 2 Goal Game**

**Station 3: Coach Simon Says**

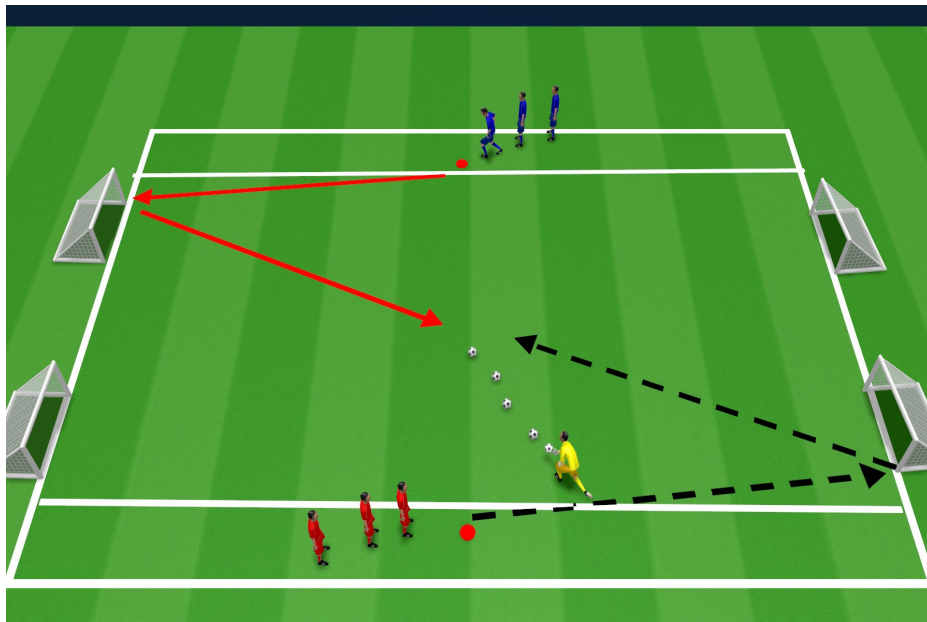
**Station 3: 1 vs 1 - Through The Gates**

## Station 1: Corner Score 2

- Players start in one of the 4 squares. Make sure the players know what number they are. (eg. corner 1, 2, 3 or 4)
- On “Go!”, players use their feet to move the ball around the middle of the field.  
Coach emphasis: keep your head up and avoid running into anyone.
- When the coach calls “To your corner!” – players dribble through a gate, and the back to their corner and score.
- When you hear the coach call out a number, dribble the ball through a gate and then to that corner and score.
- When dribbling in the middle. The coach can also say to dribble through a gate, then use your inside/outside of the foot, or pull it backwards, then turn and continue dribbling around the middle of the field. “Speed up!” – move the ball faster after you turn it.

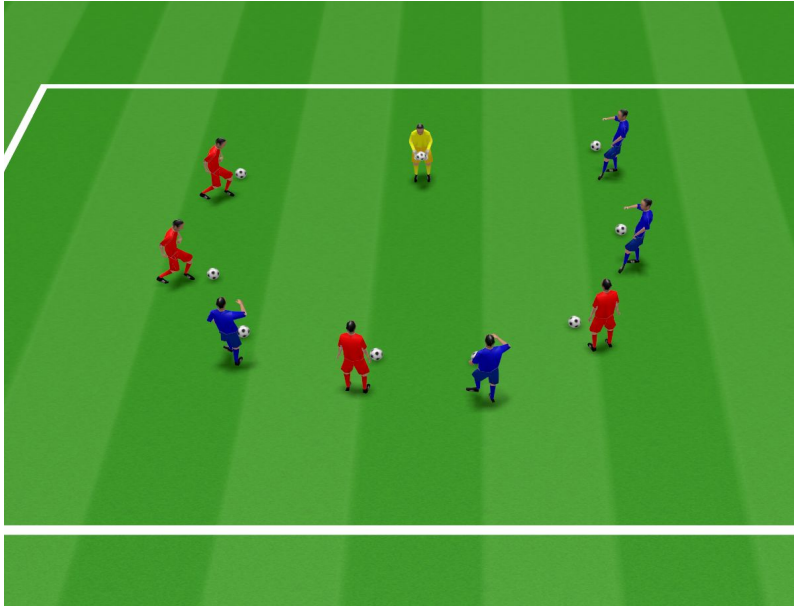


## Station 4: 1 vs 0 (2 Goal Game)



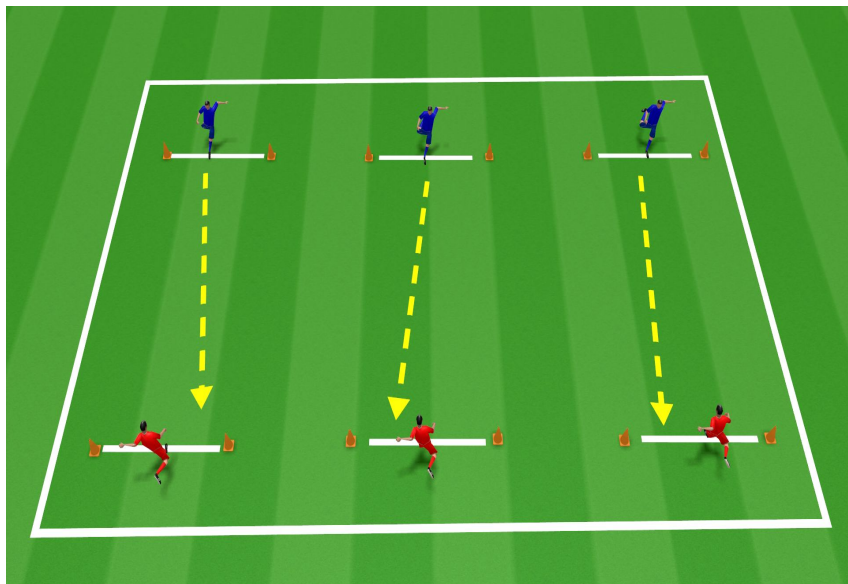
- Set up a 20 x 30m grid with two mini goals at each end.
- The purpose of this station is to dribble to score, or when playing 1 vs 1, compete to score by dribbling and beating an opponent.
- Players start on either side of the half way line.
- Start with 1 vs 0. On 'go', a blue player runs to touch their closest 'defensive' goal, then the coach rolls the ball into the middle of the area. The player runs to the ball, controls the ball and dribbles to score.

## Station 3: Coach Simon Says



- This game is like Simon Says.
- When “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!
- The coach can say things like:
- Coach Says 'Throw the ball up and catch it'
- Coach Says 'Throw the ball up, let it bounce, and then kick it up and catch it'
- Coach Says 'Drop the ball onto your foot and use the top of your foot like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up and use your thigh like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up, head the ball, then catch it if you can.'
- Coach emphasis: Use both feet. Watch the ball onto your body.

## Station 4: Through The Gates



- Players stand between two cones (gates or goals). They try to kick the ball through the gate of their opponent. The opponent is the goal keeper, and as such, they can use their hands and any part of their body to stop the ball.
- Coach emphasis: Shoot the ball the top of your foot (laces) to shoot the ball past your partner. Each time you score you get a point. Take 5 shots and then switch roles.

### OPTIONS:

- Shoot with your other foot.
- Each time you score, move your goal back one pace
- Pair up with another partner.

**Technical Competency:** Dribbling, passing and control



## **Session 5:**

**Station 1: Crab Soccer**

**Station 1: 1 vs 1, 2 Goal Game**

**Station 3: Rob The Nest**

**Station 3: Knockdown 1vs 1**

## Station 1: Crab Soccer

- Each soccer player lines up on the edge of the beach with a ball each.
- The crab (coach or player) waits in the beach. They must move like a crab on all fours.
- The soccer players attempt to cross the beach to safety (yellow/blue end zone).
- Crabs cannot enter the end zones. The crab tries to 'clear' soccer balls off the beach.
- If a player's ball exits the side of the beach, they become a crab.
- Coaching Emphasis: Dribble with head up so you can avoid the crabs. Keep the ball close so you can turn and change directions. The coach should adjust the playing area, so the game remains competitive.

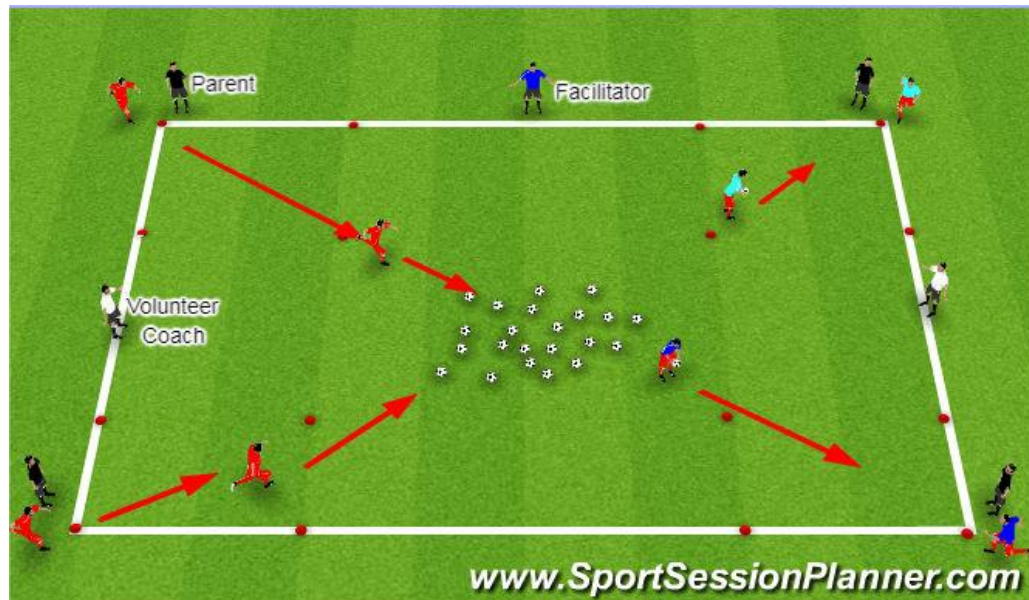


## Station 2: Bluey and Bingo (1 vs 1)

- The game is Bluey vs Bingo and this is an introduction into a 1 vs 1 idea. To start with this will be unusual for young players
- Players pretend to be Bluey or Bingo
- Bingo and Bluey have their own nets to defend and attack and 1 ball.
  
- Variations:  
Have Bluey score in any goal on the opposite side of the field and vice versa. Player versus Parent or Parent + Player versus another Parent + Player
- Coaching Points - Dribble with head up - Keep the ball close - Shoot when you see a chance  
Review the session here

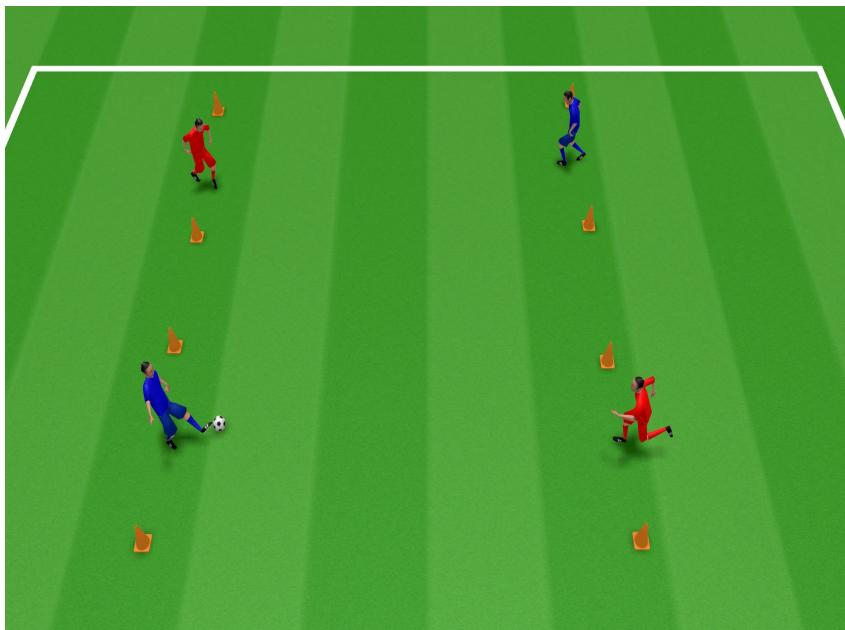


## Station 3: Rob The Nest



- Players split into 4 teams, one in each corner of the square. The balls (or another object) are placed in the middle of the square.
- On the whistle, one player at a time from each team can run, get a ball and dribble a ball back to their 'nest'.
- As soon as they are back, the next player can go and repeat.
- When no more balls are in the middle, players can steal one ball at a time from other teams' nests.

## Station 3: Knockdown



- Players play 2 vs 2 or 3 vs 3
- To start with, players use their hands to either pass the ball to your teammates, or throw at a cone.
- If a player on the other team tags you while you have the ball, you have to pass the ball in 3 seconds.
- Score by throwing the ball and knocking over a cone. Every cone is a point. If the ball is dropped or goes to ground, players can run and pick it up where ever they find it.
- lay the first to 3 points or play for a period of time, and the winning team is the one that has knocked over the most cones.
- Progress to using your feet to pass and shoot. No tagging, use your feet to take the ball away from the other team.

**Technical Competency:** Dribbling, passing and control



**Session 6:**

**Station 1: King Of The Ring**

**Station 2: Box Control**

**Station 3: Knockdown**

**Station 4: Skittles**

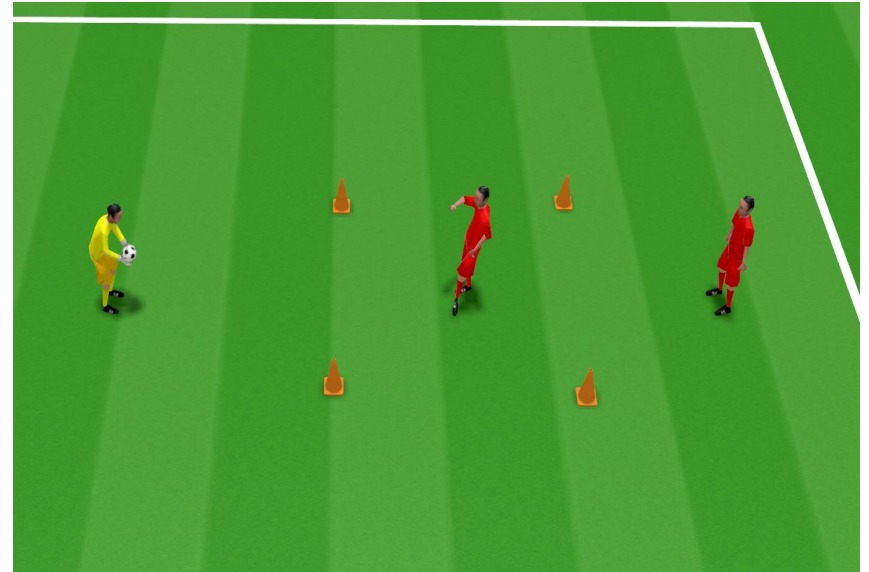
## Station 1: King of the Ring

- Review the session [here](#)
- Set up: Each player with a ball inside the circle
- Activity: The aim is to keep control of your ball and keep it inside the circle. At the same time, look for opportunities to kick other balls out of the circle.
- Once out, the player must complete a ball mastery moves (see “Ball mastery moves”)
- Coach Emphasis: Keep the ball close, small touches with different parts of the foot, scan the area to find space or attacking opportunities, use your body to protect the ball

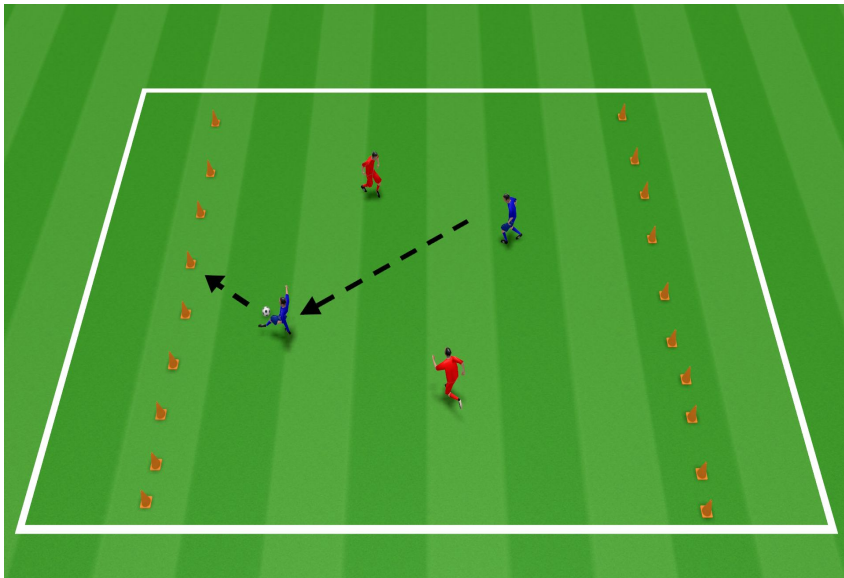


## Station 2: Box Control

- This activity really needs the help of assistant or parents. One assistant and 2 players is ideal.
- One player should start in the box, and the other player should stand just outside the box.
- The assistant stands outside and rolls the ball to the player in the box. The player in the box uses the inside of your foot to control the ball so it stays inside the square, then they pass it back to the assistant or parent.
- The progressions should include:
  - Using both feet and bouncing the ball on the ground it gets to the player (control with the inside of the feet or thigh, or stomach).
  - Throwing the ball in the air without a bounce (control with the inside of the feet or thigh).
  - Using soft balls, coming closer and try throwing for a header.



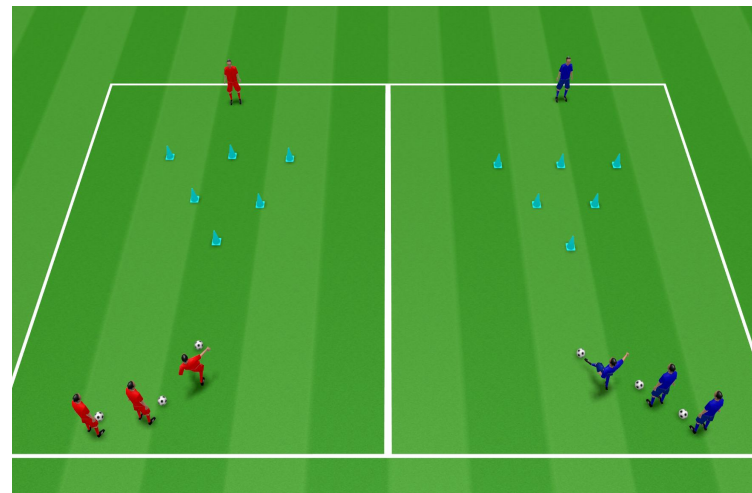
## Station 3: Knockdown



- Players play 2 vs 2 or 3 vs 3
- To start with, players use their hands to either pass the ball to your teammates, or throw at a cone.
- If a player on the other team tags you while you have the ball, you have to pass the ball in 3 seconds.
- Score by throwing the ball and knocking over a cone. Every cone is a point. If the ball is dropped or goes to ground, players can run and pick it up where ever they find it.
- lay the first to 3 points or play for a period of time, and the winning team is the one that has knocked over the most cones.
- Progress to using your feet to pass and shoot. No tagging, use your feet to take the ball away from the other team.

## Station 4: Skittles

- Organize players into 2 teams of 3 or 4. Each player has a ball - except for the player behind the skittles who is collecting.
- One player from the team passes the ball to knock down as many skittles as they can. The collector waits until the ball has stopped rolling, or has passed the end skittles and brings the ball back. The passer replaces the collector. The faster the better!
- Passes can pass until the collector is behind the skittles. The team that knocks down all the skittles first wins.
- Variation. Give points to the skittles. Play for a period of time. The winner scores the most points in the time allowed.
- Coach emphasis: Keep the ball in the opponent's room with correct weight of pass and accuracy. Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball



**Technical Competency:** Dribbling, passing and control



**Session 7:**

**Station 1: Chase The Ace**

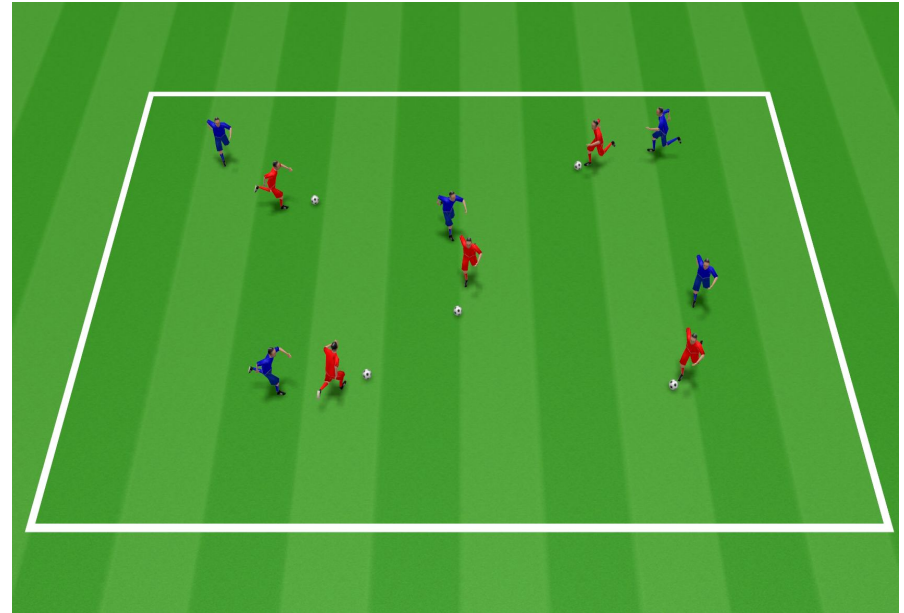
**Station 2: 1 vs 1 - 2 goal**

**Station 3: ZIG ZAG control and Score**

**Station 4: Passing Ladder Challenge**

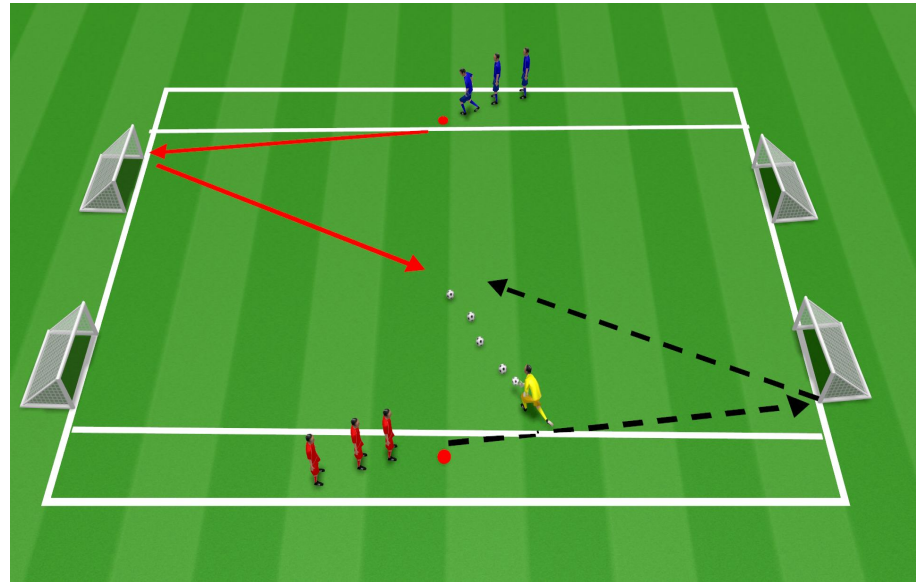
## Station 1: Chase The Ace

- Organise players into pairs. The reds are player 1, and the blues are player 2.
- To start with, players start without the ball. Give player 1 five seconds to get away, and then player 2 must try to tag player 1.
- Players swap roles after 30 seconds. After every tag, player 1 has 3 seconds to get away. Every tag scores a point
- Add in the ball and repeat.
- Change the activity so the players protect the ball
- Coaching Points: Head-up, keep the ball close. Use different parts to move the ball in different directions

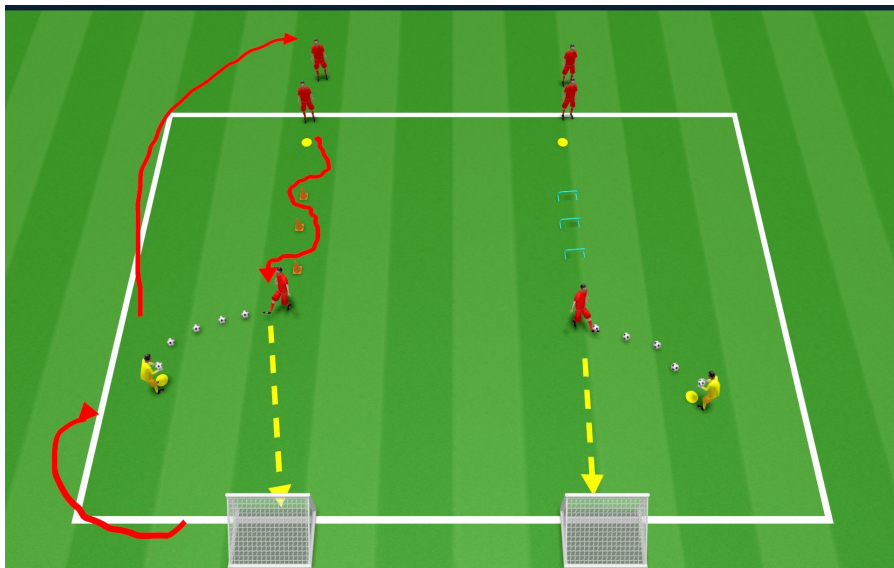


## Station 2: 1 vs 1 - 2 goal

- The purpose of this station is to compete to score by dribbling and beating an opponent, and/or to defend the goal by adjusting and protecting the space between the ball and goal.
- Players start on either side of the half way line.
- On 'go' they run to touch their closest 'defensive' goal. The coach feeds the ball to the middle of the playing area when the players touch their goal.
- Players play 1 vs 1 and try to score by passing into one of the 2 goals. Players play until a score, or until the ball is out of play, or until 30 seconds have passed.
- Play individually, or play as teams (eg. Blue vs Red).

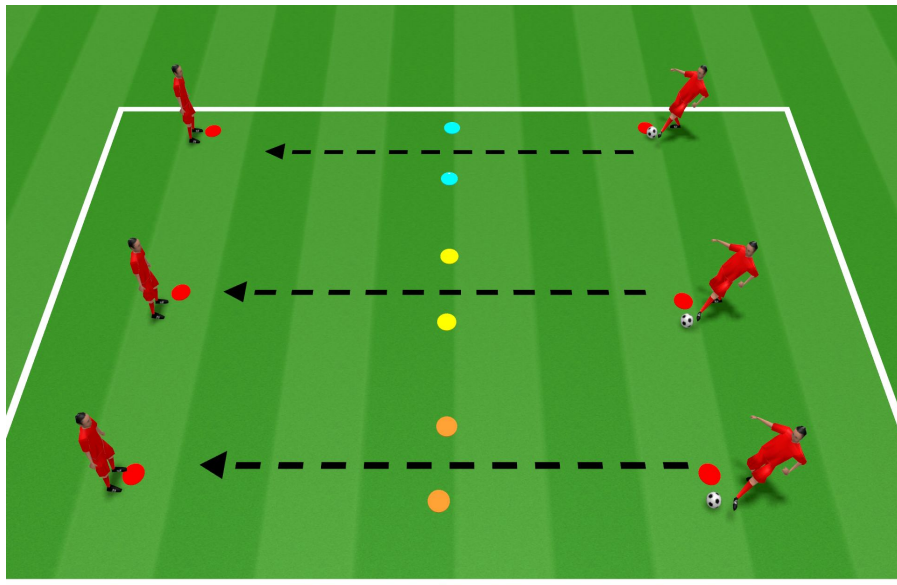


## Station 3: ZIG ZAG Control and Score



- Players zig zag through the cones, control the ball, and then shoots at the goal.
- The player that shoots, retrieves the ball and takes it back the 'feeder' line.
- The feeder then moves to the back of the line
- Swap the lines after a few minutes (or have players return to the opposite line).
- Coach emphasis: Cushion the ball as it arrives. The ball should be 'out of' the feet so the player can take a touch or two before shooting.
- Variation: Add hurdles instead of cones. Use different body parts for control.

## Station 4: Passing Challenge Ladder



- Players work in pairs, about 6 yards apart
- One player tries to pass the ball through the centre gate (to score points) more than their partner.
- Give player about 2 min. Players that score more than their partner move up to the next gate (toward blue), and players that score less move down a gate toward the orange.
- Coach emphasis: Use a bent leg, the inside of the foot, and come from behind the ball to pass. Players should increase their tempo as they make contact. They should follow through to their target.

**Technical Competency:** Dribbling, passing and control



**Session 8:**

**Station 1: Island life**

**Station 2: Egg Hunt**

**Station 3: Rats and rabbits**

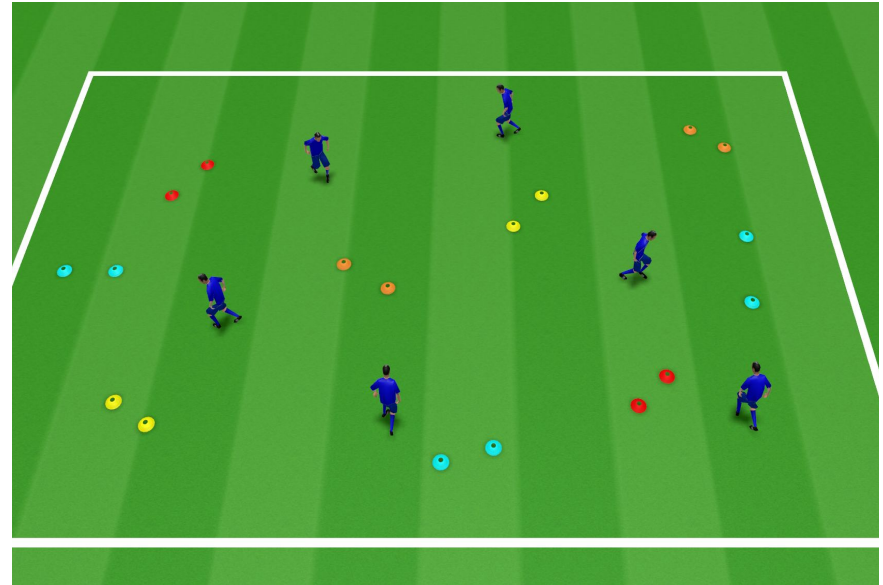
**Station 3: 1 vs 1 - 2 goal**

## Station 1: Island Life

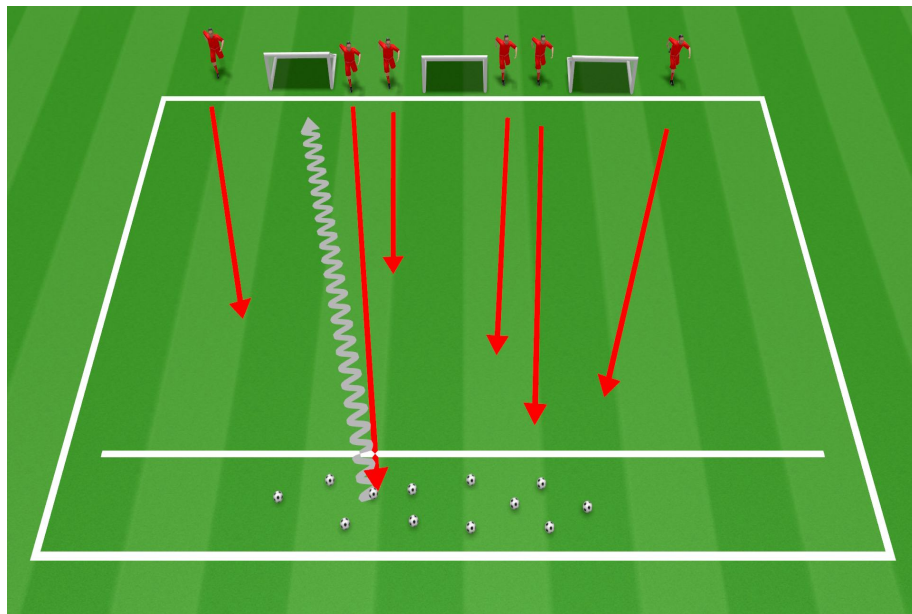
- The square is the island. Inside the square there are palm trees (cones set up as goals or gates)

On the coaches command

- "Go!" – use your feet to move the ball around the island, but don't let the ball go in the water!
- 'Stop!' – use the bottom of your foot to stop the ball.
- 'Stop!' – DON'T use the bottom of your foot to stop the ball.
- 'Turn' – use the bottom of your foot to drag the ball back and change directions
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Knock down the palm trees' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player

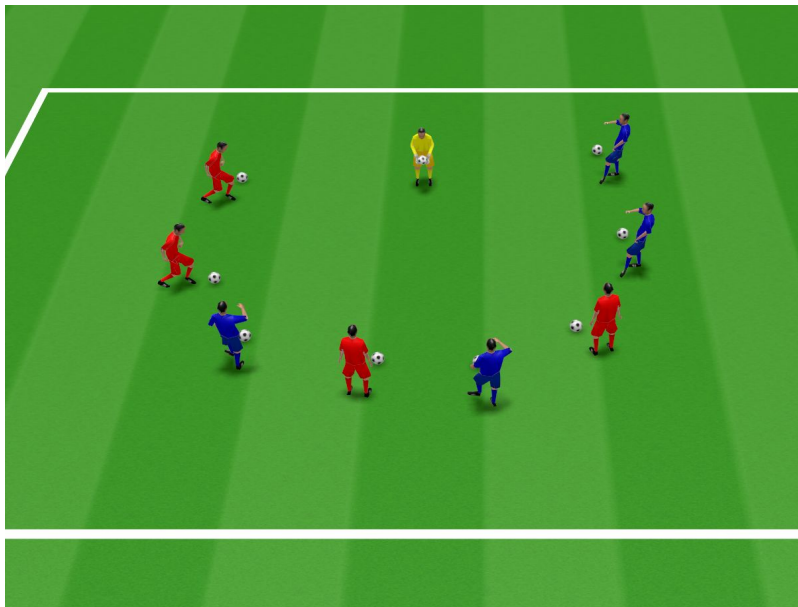


## Station 2: Egg Hunt



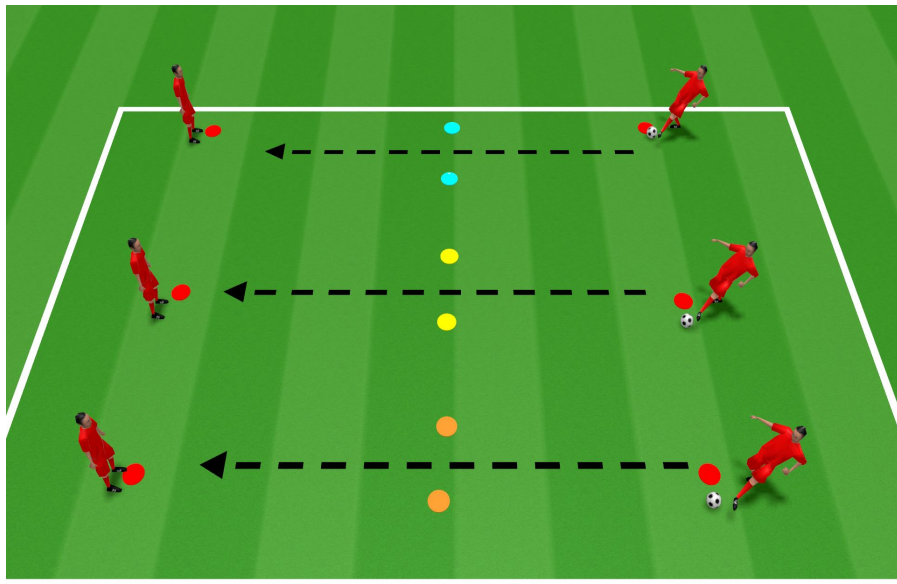
- Set up 3 mini goals at one end of a grid about 6m wide x 10m long. Put 2 balls per player at the opposite end of the grid behind a line (of cones).
- Spread the players out between the goals.
- On 'go', players run to the to collect an egg (ball), and dribble it back to a place they feel they can shoot from. Players should then return for their second ball and repeat.
- Add some passive defenders (coaches/assistants) to get in the way of the dribblers as they return toward the goals
- Number the goals (1, 2 and 3) and give the players specific goals for them to score in.
- Coach emphasis: Dribble with you head up. Take small and gentle touches when close to other people. Take longer touches when in space.

## Station 3: Coach Simon Says



- This game is like Simon Says.
- When “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!
- The coach can say things like:
- Coach Says 'Throw the ball up and catch it'
- Coach Says 'Throw the ball up, let it bounce, and then kick it up and catch it'
- Coach Says 'Drop the ball onto your foot and use the top of your foot like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up and use your thigh like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up, head the ball, then catch it if you can.'
- Coach emphasis: Use both feet. Watch the ball onto your body.

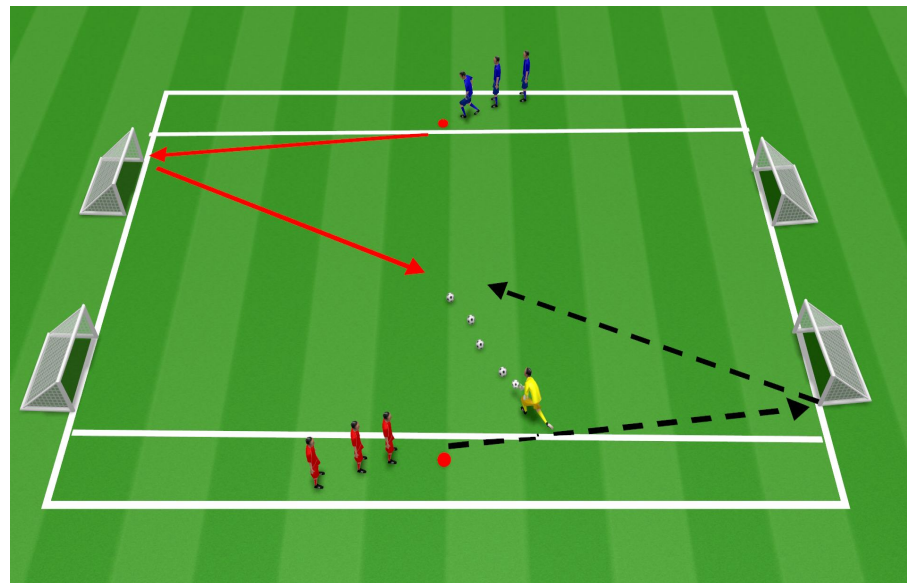
## Station 4: Passing Challenge Ladder



- Players work in pairs, about 6 yards apart
- One player tries to pass the ball through the centre gate (to score points) more than their partner.
- Give player about 2 min. Players that score more than their partner move up to the next gate (toward blue), and players that score less move down a gate toward the orange.
- Coach emphasis: Use a bent leg, the inside of the foot, and come from the behind the ball to pass. Players should increase their tempo as they make contact. They should follow through to their target.

## Station 4: 1 vs 1 - 2 goal

- The purpose of this station is to compete to score by dribbling and beating an opponent, and/or to defend the goal by adjusting and protecting the space between the ball and goal.
- Players start on either side of the half way line.
- On 'go' they run to touch their closest 'defensive' goal. The coach feeds the ball to the middle of the playing area when the players touch their goal.
- Players play 1 vs 1 and try to score by passing into one of the 2 goals. Players play until a score, or until the ball is out of play, or until 30 seconds have passed.
- Play individually, or play as teams (eg. Blue vs Red).



**Technical Competency:** Shooting, dribbling, passing and control



## Session 9:

**Station 1: Beat Bowser**

**Station 2: Egg Hunt**

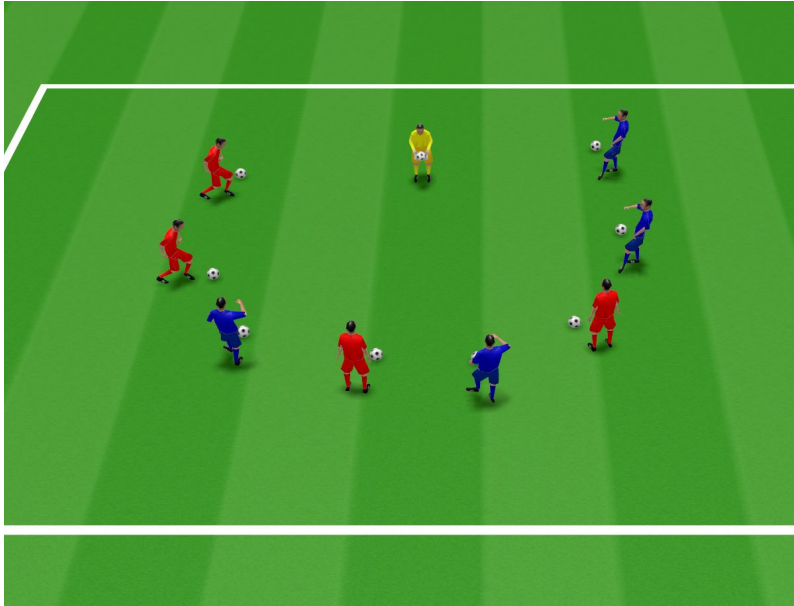
**Station 3: Rats and rabbits**

**Station 3: 1 vs 1 - 2 goal**

## Activity: Beat Bowser

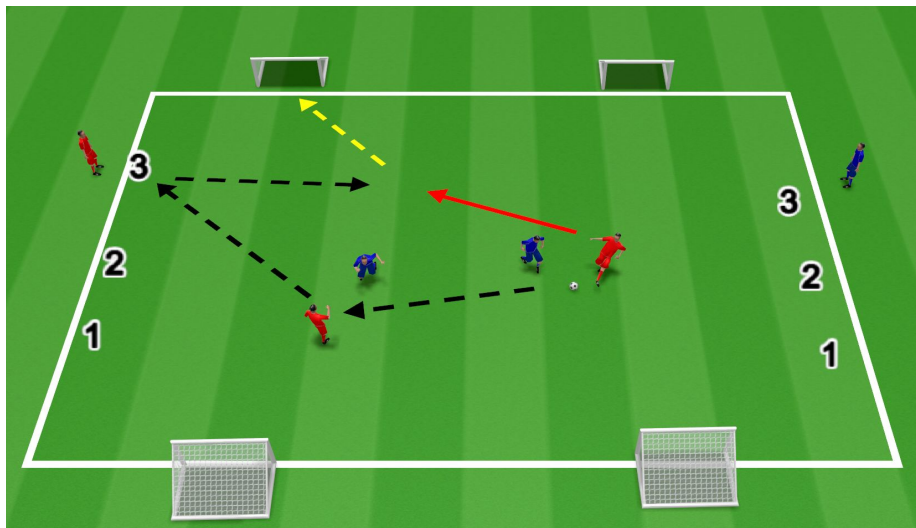
- Up to 12 players, working in 4 small groups; 1 goalkeeper.
- Number the groups 1-4.
- The first player in Group 1 passes to the first player in Group 2, who receives the ball and shoots on goal. Repeat with Groups 3 and 4.
- Remember to control the ball and shoot in just 2 touches.
  
- Variations
- Pass diagonally (from group 1 - 3, and 2 - 4)
- After passing the ball, have the passing player challenge for the ball

## Station 2: Coach Simon Says



- This game is like Simon Says.
- When “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it!
- The coach can say things like:
- Coach Says 'Throw the ball up and catch it'
- Coach Says 'Throw the ball up, let it bounce, and then kick it up and catch it'
- Coach Says 'Drop the ball onto your foot and use the top of your foot like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up and use your thigh like a pillow to gently lower the ball to the ground.'
- Coach says 'Throw the ball up, head the ball, then catch it if you can.'
- Coach emphasis: Use both feet. Watch the ball onto your body.

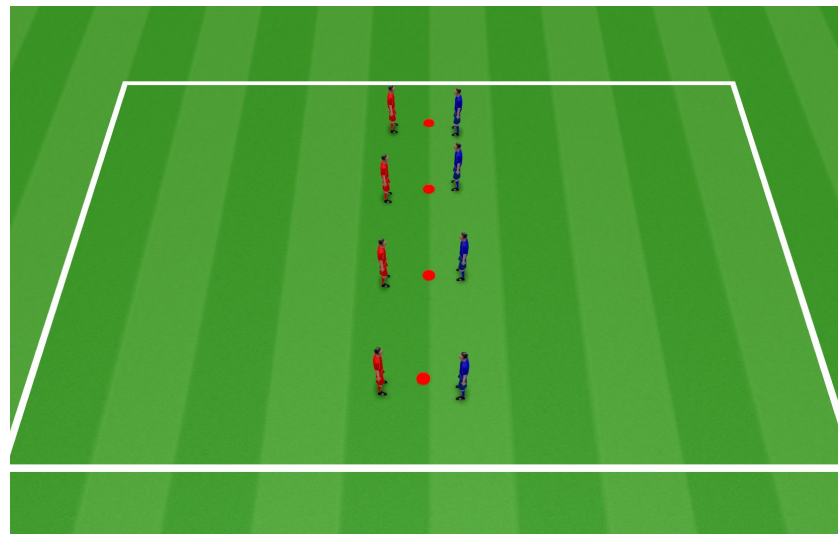
## Discovery Game: Numbers 2 goal



- Organise players into two teams, and number them 1 - 3, with two attacking goals and 2 defensive goals
- 1 point for a goal scored in either goal.
- The coach calls out a minimum of 2 players
- The players can pass to the player on the sideline to help.  
Sideline players cannot score
- Coach emphasis. Spread out to exploit space and enable 1 vs 1s. Scan to see if you can use the sideline player to help. Scan to change direction to head to the goal that is open.

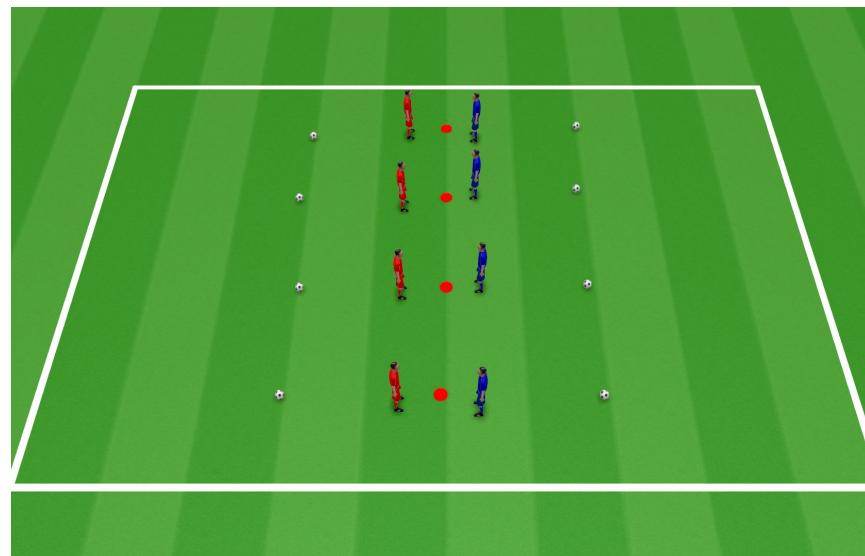
## Station 3: Rats and Rabbits (part 1)

- Running only
- Players pair up and stand 1 metre away from each other (if they put their arms out, their hands should just touch).
- All the players on one side are rats, the players on the other side are rabbits.
- When the coach calls rats', the rats chase the rabbits and try to tag them before they reach the sideline. If the coach calls rabbits, the opposite chase occurs.
- Keep count of the players that get tagged. Eg. if the rats tag 3 players, the rats have 3 points.
- Variation: Change the method of moving. EG. Change running to hopping, or two foot jumping, or skipping.



## Station 3: Rats and Rabbits (part 2)

- Add balls now
- Everything is the same as part 1, except now if 'Rats' are called, the Rabbit turns and dribbles the ball to the end line. If they get there and can stop the ball on or near the line (or have it under control) before being tagged, they get a point.
- Keep count of the players that get tagged.
- Variation: After a tag, or after a successful score by the Rabbit, the rat runs to their ball to try and dribble and score. Points can be awarded to both teams for tagging.



**Technical Competency:** Passing and dribbling, ball control, shooting



## Session 10:

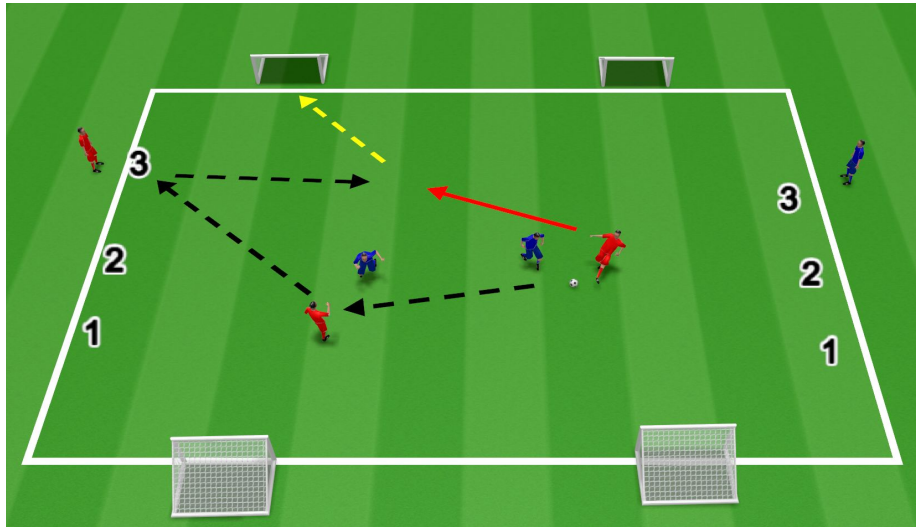
**Station 1: Numbers Game**

**Station 2: BBD (Box Box Dribble)**

**Station 3: Battleships**

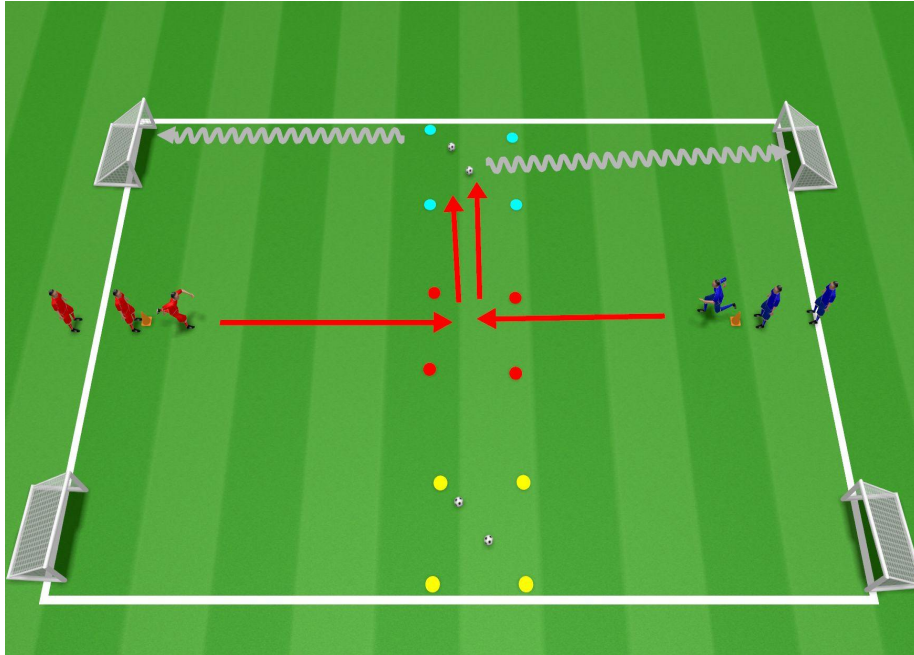
**Station 4: Whats the time Mr Wolf?**

## Discovery Game: Numbers 2 goal



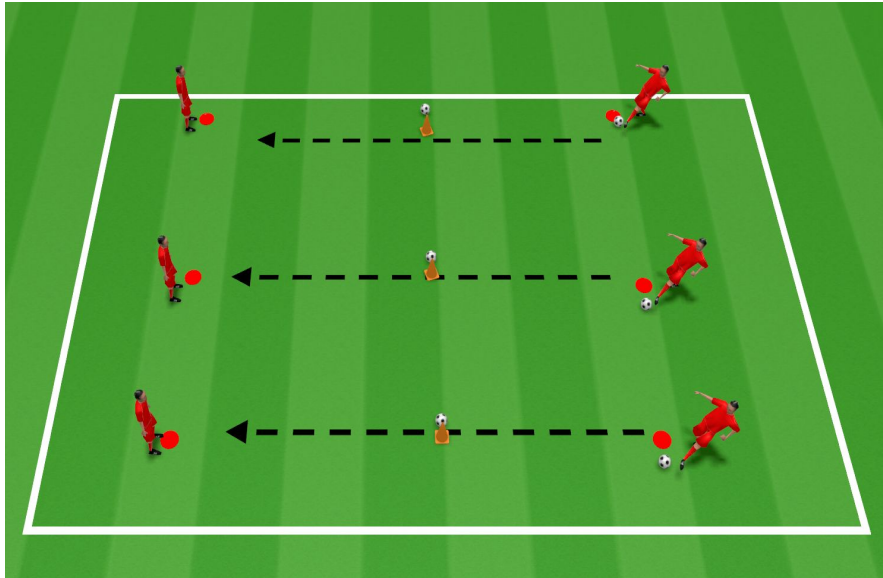
- Organise players into two teams, and number them 1 - 3, with two attacking goals and 2 defensive goals
- 1 point for a goal scored in either goal.
- The coach calls out a minimum of 2 players
- The players can pass to the player on the sideline to help.  
Sideline players cannot score
- Coach emphasis. Spread out to exploit space and enable 1 vs 1s. Scan to see if you can use the sideline player to help. Scan to change direction to head to the goal that is open.

## Station: BBD Race (Box, Box, Dribble)



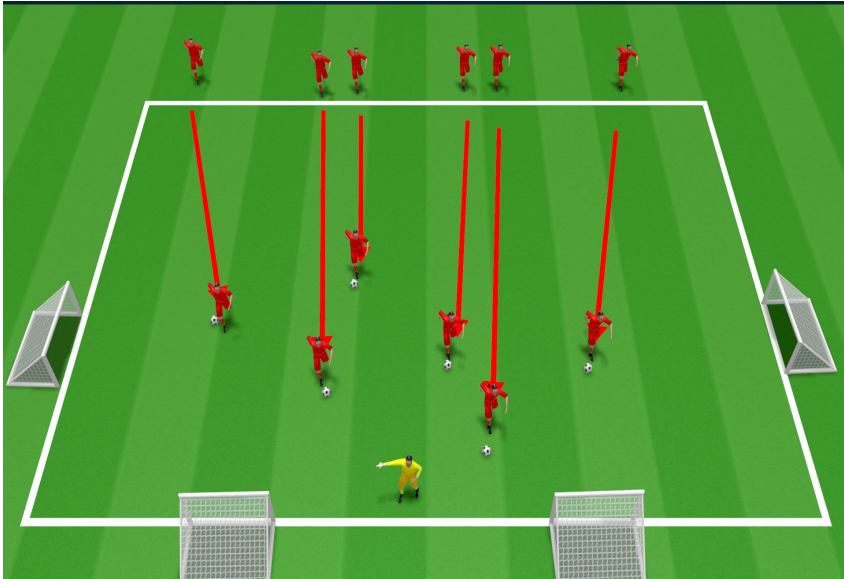
- Have two goals at each end of a 20 x 30 grid. 3 players line up in between the goals at each end.
- On the whistle, both players run to the red (center box). As the players reach the red box, the coach then calls a colored box (blue or yellow). The players then change direction, run to the colored box, get a ball and dribble toward their net. Once they have taken 5 touches, they can pass the ball into their goal.
- Progress the activity by asking players to run to multiple boxes (eg. yellow, then blue) before dribbling, or asking players to dribble with specific parts of the feet, or asking players to take more or less touches before they can pass to the goal.

## Station 3: Battleships



- Set up a cone at each end of a 10 x 15m grid.
- Players play 1 vs 1
- Place a ball on a cone half way between the players.
- Demonstrate how to kick the ball and that the purpose of the game is to knock the ball off of the cone (to Sink the Battle Ship).
- Players can call out 'Ready, Aim, FIRE'. They get a point each time they knock the ball off.
- Coach Emphasis. Focus on the placement of the non kicking foot next to the ball, with enough space to swing the kicking leg, and try to use the laces. Players should increase their tempo as they make contact. They should follow through to their target.

## Station 4: Whats the Time Mr Wolf



- The kids (bear cubs) line up on the white line with a ball each. To start, they shout "What's the time Mr WOLF?" The wolf (Coach) will respond with a time eg. 1 o'clock, 3-o'clock, 6-o'clock etc
- If the wolf says 3:00, the bears take three small touches of the ball toward the bear, then stop the ball with the top of their foot. This continues until the kids get close to the wolf. When the wolf responds with 'DINNER TIME', the wolf (coach) turns to chase and tag the bear cubs to try and tackle or tag.
- Variations:
- Have the bears only use their left or right feet.
- Set up goals to the side and behind the wolf. When the wolf responds with 'HONEY POT TIME!' The bear kick the ball into one of the goals.