

Coaching Manual: A Season of Sessions

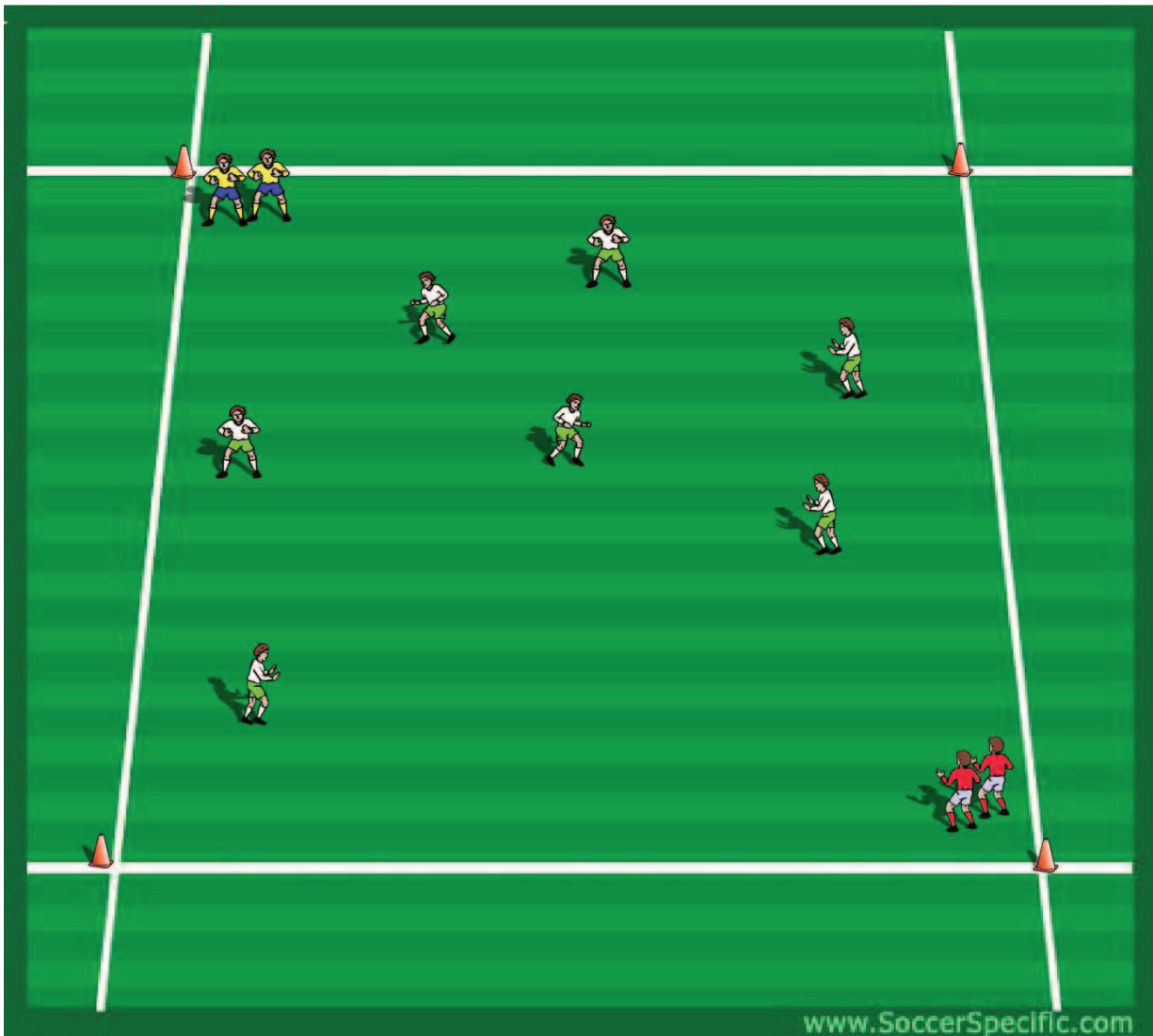
*Training Ages 4 to 7
Week 7 : Day 2*



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2012

Chain Tag



Chain Tag

Purpose- Fun warm up and to prepare body for soccer exercises.

Organization

20x20 grid

Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. Once the player has been tagged, they join that chain. The team with the biggest chain win.

All players must stay in the 20x20 grid.

Who Let the Dogs Out



Who Let the Dogs Out

Purpose- Opposed Dribbling

Organization

Each player has a ball and attempts to dribble from one side of the grid, past the bulldog and to the other side

Before you get to the other side the players who are dribbling must touch the ball at least six times

If the player is touched or his/her ball is touched on the way to the other side, they become a bulldog (the bulldog must go down on hands and knees)

Coaching Points

Try to use both inside and outside of foot to take you into the space and past the bull dog

Keep your head up to see where the space and bulldogs are

Work on change of pace keep the ball close in tight spaces then explode in the open space when past the bull dogs

Road Runner



Road Runner

Purpose- Improve players dribbling skills

Organization

Players enter a 30x30 marked area

Each player has their own soccer ball

Gates are set up in different areas of the grid

On Coaches command players must dribble through as many gates as possible in 90 seconds

Players receive 1pt for every cone they dribble through

Players lose 1pt every time they collide with each other or hit a cone

Progression

Add a defender who is allowed to put pressure on the players and kick the soccer balls out of the grid.

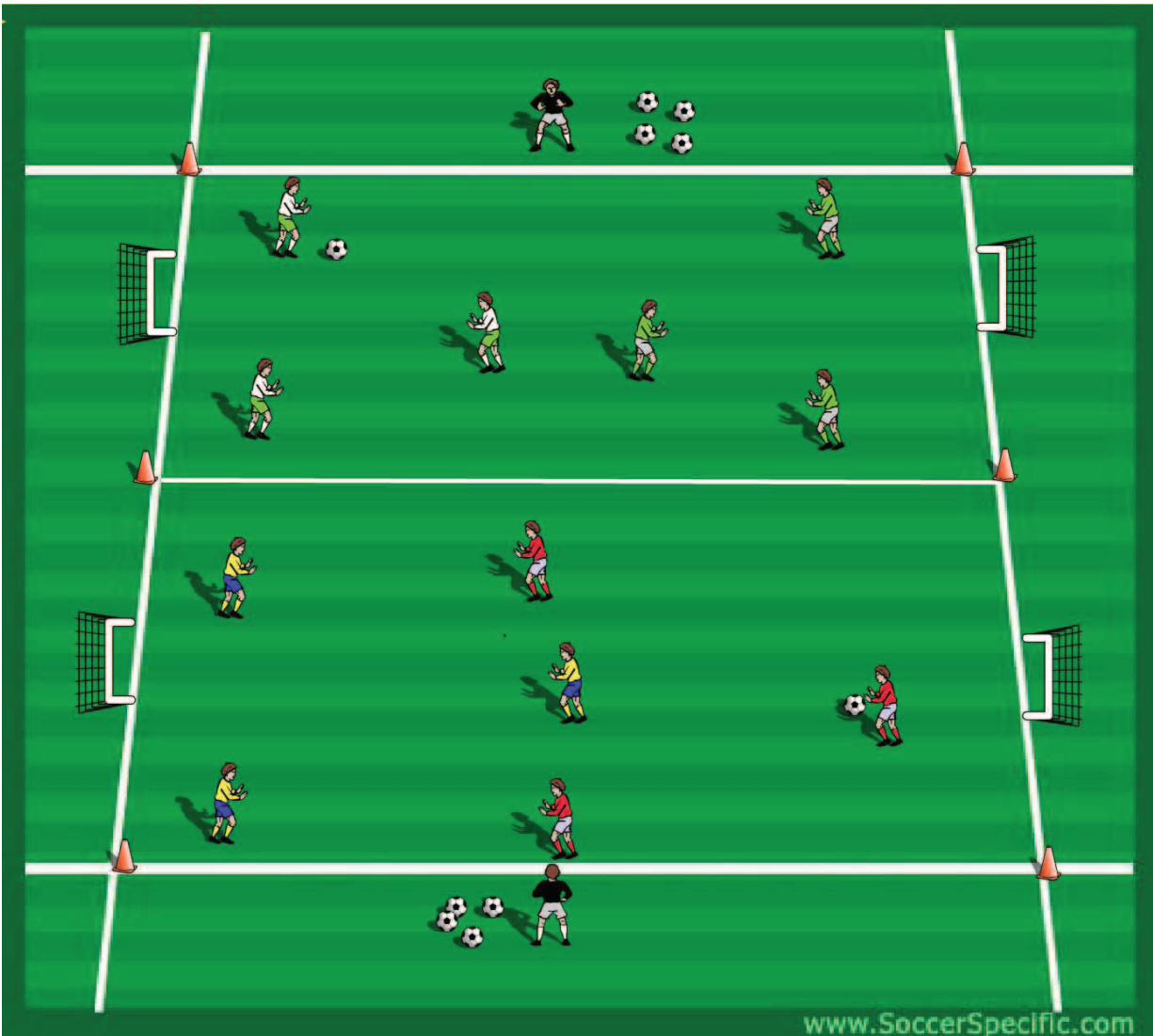
Ask players to use right foot only, left foot only, outside of foot only

Coaching Points

Keep nose in front of the ball to see where everyone is and the gates that are open

Work on change of pace by accelerating through the gates

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.