

# **Coaching Manual: A Season of Sessions**

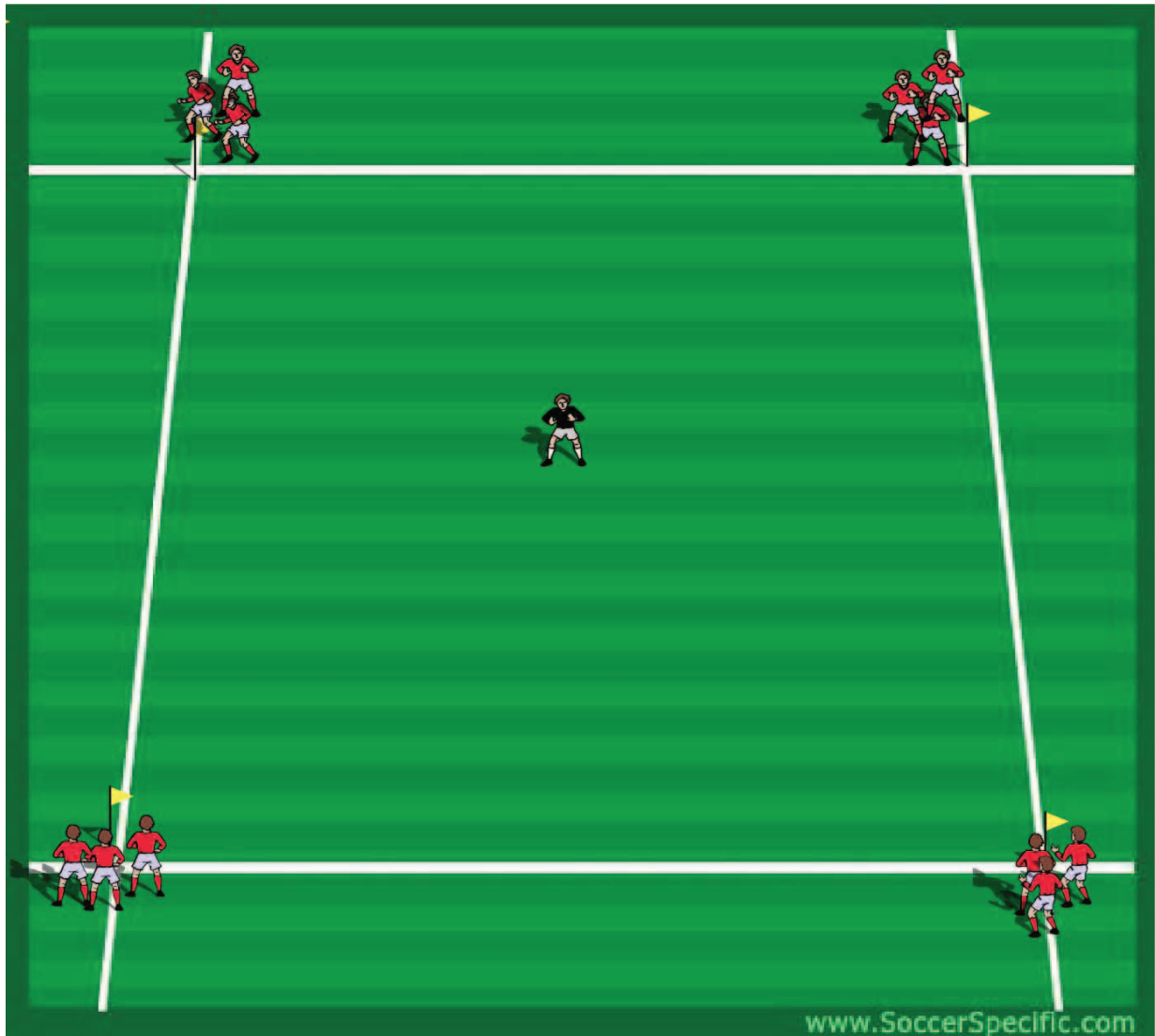
*Training Ages 4 to 7  
Week 5 : Day 2*



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**2012**

# Warm Up 3 Coach Points



## Warm Up 3 Coach Points

**Purpose** Incorporate soccer related movements into the warm up

### Organization

Set up an area 20x20 and place four cones or corner flags on each corner

Players then take a position on each corner

Coach stands in the middle closes his eyes and shouts go. On the coaches command of go all players run to a different corner

When the coach shouts stop he has his eyes still closed and points to a corner

All players who are at the corner that the coach points are out of the game

Last player standing is the winner

### Coaching Points

Forces a quick change of direction and speed

Soccer related movements up,down, forwards and backwards

# Cheese Coney



## Cheese Coney

**Purpose-** To improve dribbling and passing skills.

### Organization

Area 20x20

Split groups into two teams, one team in red and one in yellow. Spread cones around the grid and place a ball on top of each cone. Place at various positions around the grid. The team with the soccer balls attempt to knock the balls off the cones and the other team attempt to stop them.

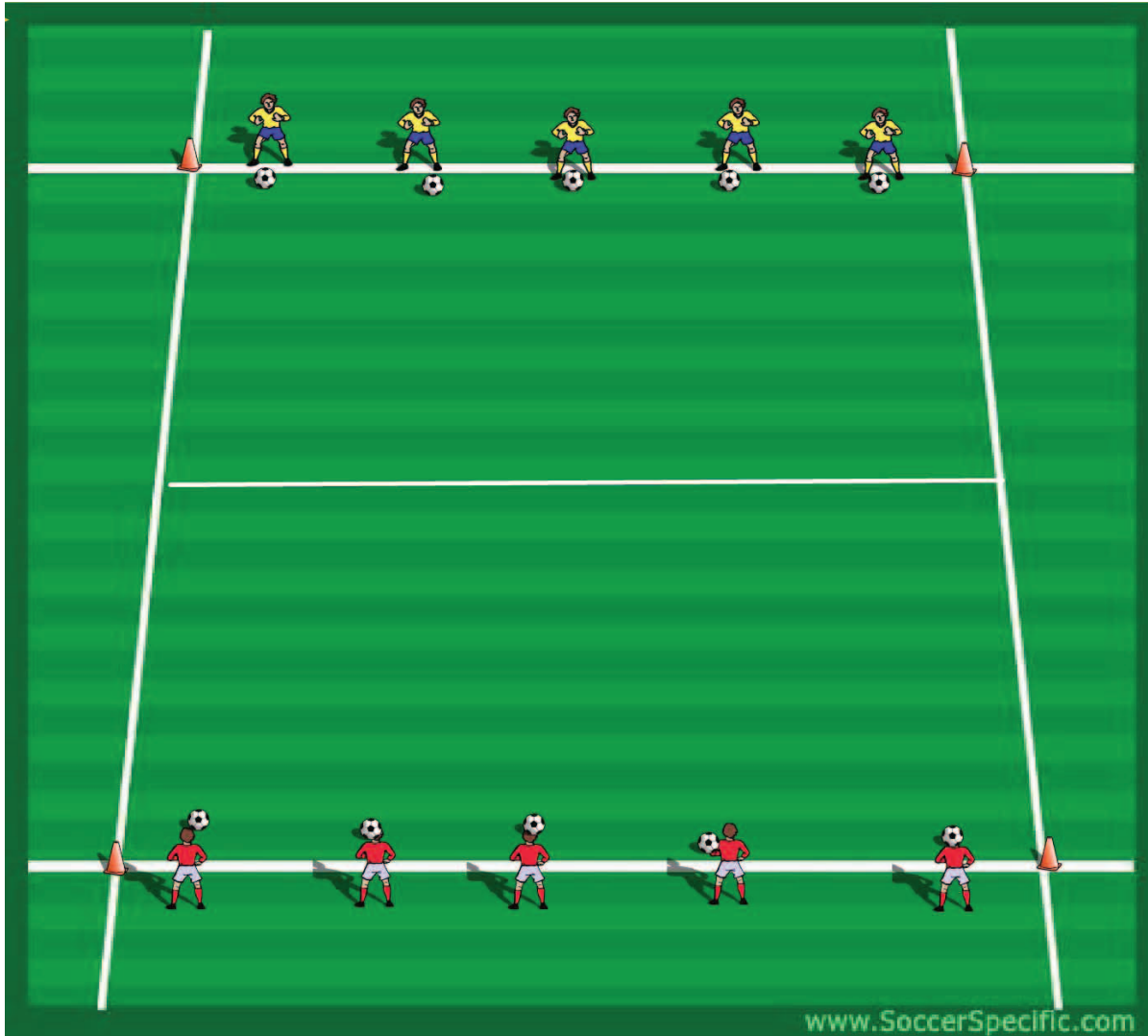
### Coaching Points

Keep head up and nose in front of the ball to see which cones are not defended and where the defenders are.

Ask players to use all parts of the foot, inside pass, outside pass and laces to knock the ball off the cones.



# Pass the Buck



## Pass the buck

Purpose- To improve passing technique

### Organization

Area 10x20

Divide group into two equal teams. Each team has the same amount of soccer balls on either side.

Players must stay in their half at all times.

Players attempt to pass as many soccer balls into their opponents half, while keeping their opponents balls out of their half.

After 2 minutes the coach calls an end to the game and the team with more balls in their opponents half wins.

### Coaching Points

Be on your toes (happy feet)

Look for open spaces to pass the ball into

Approach the ball at an angle

Non kicking foot placed next to ball

Use the inside of the foot to strike through the ball

# 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.