

Coaching Manual: A Season of Sessions

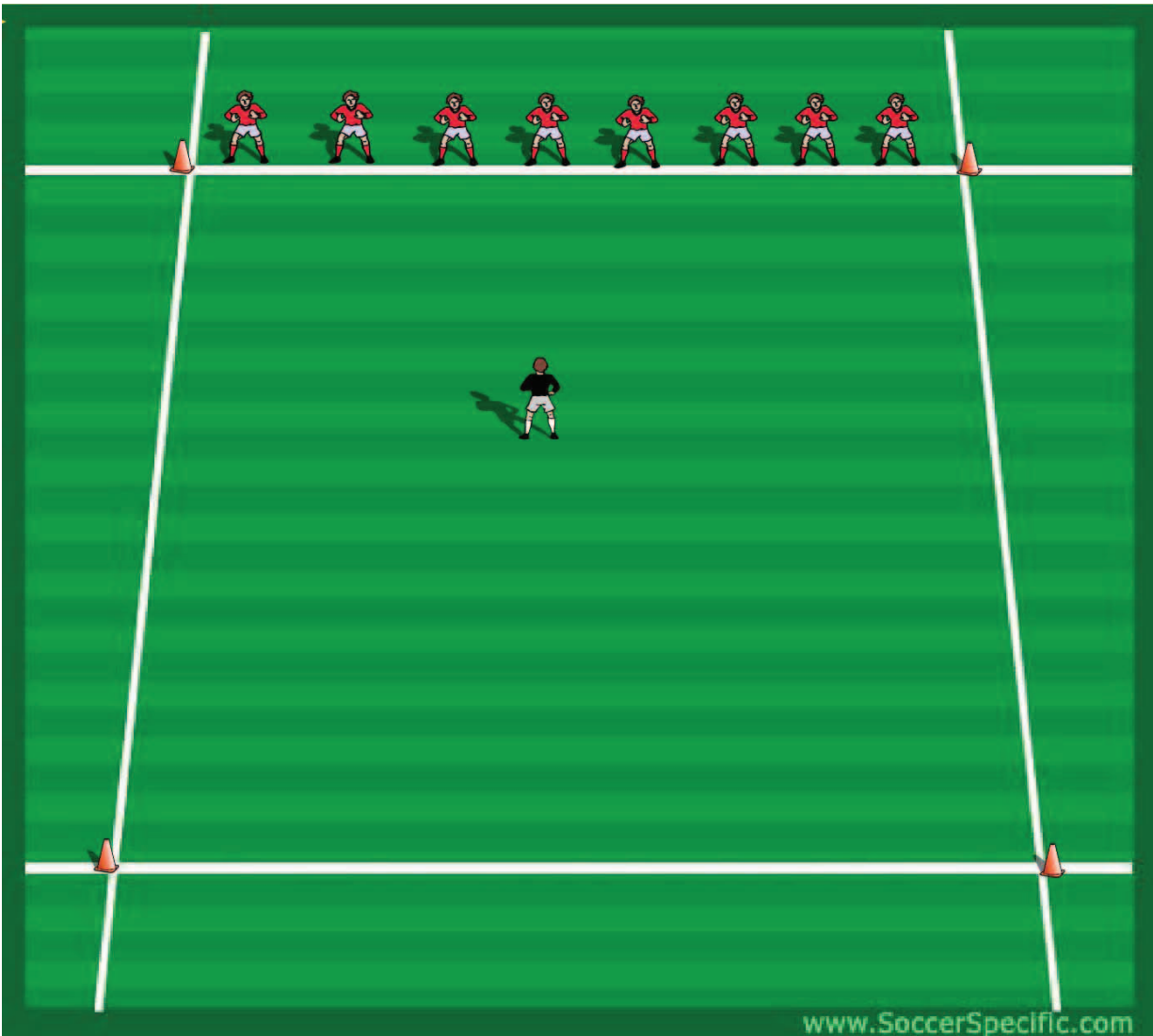
*Training Ages 4 to 7
Week 7 : Day 1*



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2012

Mr. Freeze



Mr Freeze

Purpose To improve dribbling skills and encourage players to look up.

Organization

Players need to get to the other side.

The players can only move when the coach looks away

When the coach turns back and looks at the players, they must balance on one leg and freeze.

If players move when the coach looks at them, they must take five steps backwards.

Progression

Play the game with a soccer ball

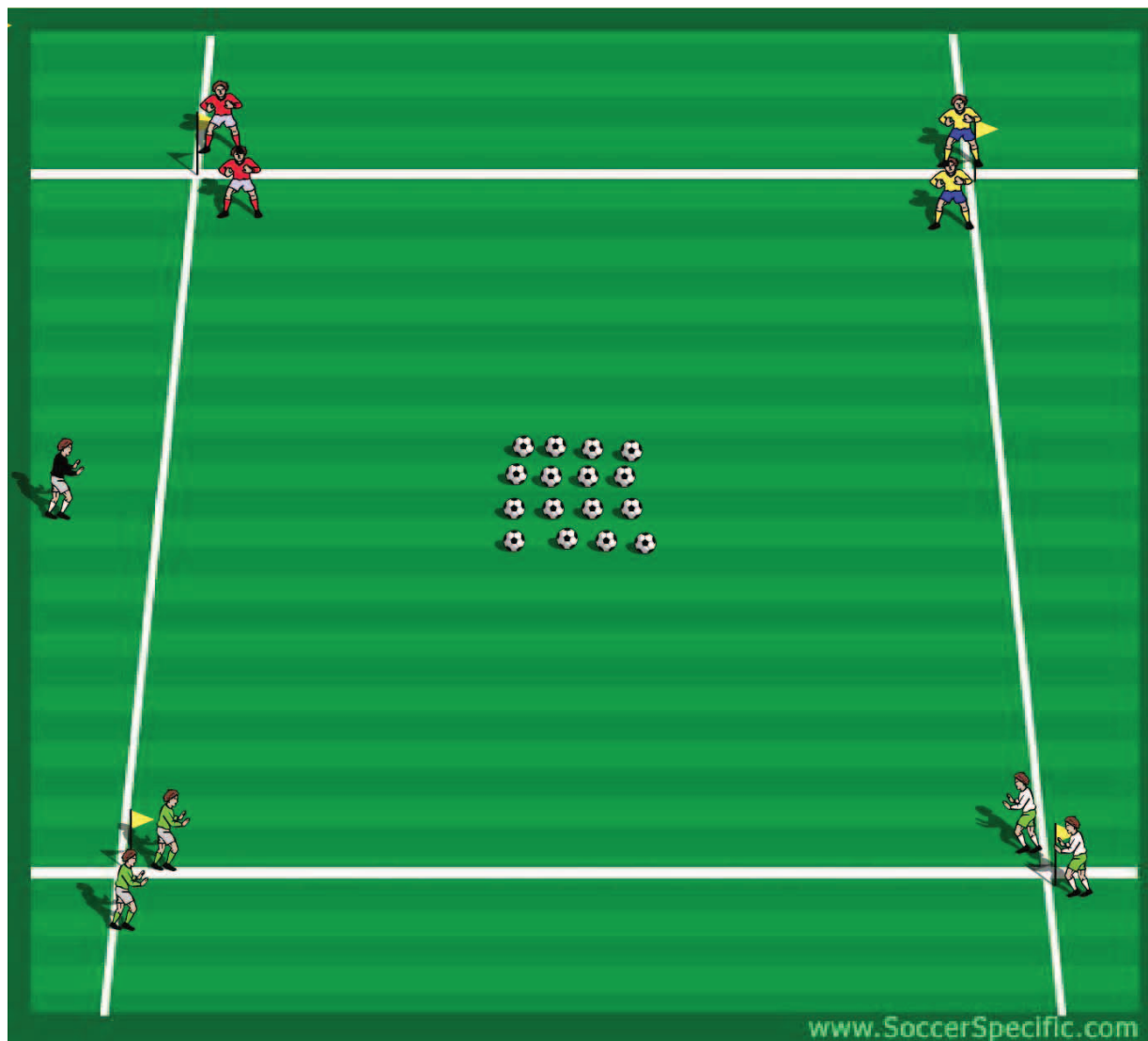
Coaching Points

Players need to keep their head up to see what the coach is doing.

Players are working on co-ordination and balance

When game is played with a soccer ball, keep the ball close.

Robin Hood



Robin Hood

Purpose- dribbling and turning at speed

Organization

When the coach gives the signal to "GO" the game begins

Players run to the middle of the grid, take a soccer ball with their feet and dribble the ball back to their partner

The second player (their partner) then runs out and takes another ball and brings it back .

The process continues until all the balls are gone. Players are then allowed to steal balls from other teams around the outside one at a time and bring ball back to their partner

Coach allows this to continue for 60-90 seconds, then sends all players back to their starting positions to count how many soccer balls they have.

Coaching Points

Keep the ball close

Head up look for space and be aware where the open soccer balls are.

Pin Ball Wizard



Pin Ball Wizard

Purpose- To Improve communication and passing skills.

Organization

Area 15x15 & 10x10

4 players dribble their ball within the 10x10 grid. On the command of the coach they have to play their soccer ball to each of the players on the outside of the 15x15 grid, whilst staying in their grid. Time how long the players take and then do it again and ask the players if they can beat their time.

Change middle after players complete two attempts, so everybody plays in the middle grid.

Coaching Points

Keep your head up and nose in front of the ball, so you know who is free to pass to.

Always attempt to pass to an open player.

Make players aware the most accurate part of the foot to pass with is. The inside of the foot.

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.