



Pearls Soccer Club Division 1 Coaching Manual

(March 2004)

We would like to thank you “The Coach” for your time and commitment to Pearls Soccer Club and our community. In doing so you have joined a volunteer organization that has thrived in this community for over 20 years teaching children to play Soccer.

Pearls has been successfully following the small sided approach to Soccer for many years. A formal approach known as **Micro Soccer®** has been developed by Tony Waiters and is further described in his book: Coaching 6, 7 & 8 year olds. This manual uses the **Micro Soccer®** approach as guidance for the division 1 coaches.

Our hope is to build a foundation of skills and rules of play appropriate for division 1 players that shall be consistent across all division 1 teams.

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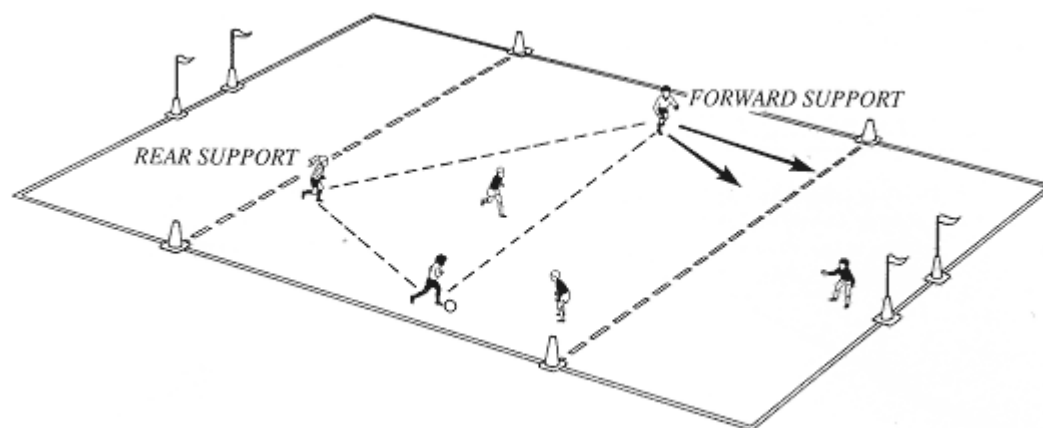
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1.0 Micro Soccer® Approach

Why 3 v 3?

Pearls has adopted the 3 player approach on the field for one reason, more touches on the ball. For a 6 or 7 year old there is generally nothing more fun than getting a foot on the ball or even scoring a goal in a game. With the 3 v 3 system many touches provide a way for the player to learn skills and game tactics while having fun during the game. This best introduces the concept “let the game be the teacher”. Although Coaches should attempt to guide the players and introduce basic skills and game tactics during the season, the emphasis should always be on having fun. At this age, a player can easily be “turned off” to the game simply because they do not enjoy it. This is the Coaches first responsibility with youth Soccer, to provide a fun learning environment.

When players are being introduced to Micro Soccer® for the first time, you cannot expect anything to go perfectly. The players are young and just developing their skills and knowledge of the game and will generally *SWARM* to the ball. As the season progresses and well defined practices have taught the fundamental skills, the players should begin to act as a unit. The basic team unit of soccer is three. The triangle forms the basic tactical configuration. An attacker with the ball should have at least *two* passing options. The coach should expect a loose interpretation of the diagram below but strive to communicate this formation to the players as the season progresses. Passing, support and moving to open space can all be achieved with the 3 v 3 system. When the coach sees the players work the ball down the field in this formation, he/she can be assured the training is paying off. This will be the biggest challenge for division 1 Coaches.



Every player has an easily understood role which *guarantees* involvement.

Age Expectations

Year One (6-year-olds)

The emphasis is on *playing*. Formal skills-learning has little relevance to these young soccer minds. They are generally attracted to fun situations where each player has a ball and is active the entire time. Fundamental skill demonstrations should be short in duration. Maximize fun learning games while pointing out the use of the fundamental skill during the game.

Year Two (7-year-olds)

By now, young players have become familiar with soccer and handling the ball, both with feet and hands. More formal skills learning can now take place. Remain cautious about using drills that have players waiting in line. If your team is predominately 7 years and up, fundamental skill demonstrations should be introduced and clearly explained.

Year Three (8-year-olds)

Although the requirements don't change much - kids still want to play and kick a soccer ball - the third season should see them emerge to develop their skills.

What does this mean to the division 1 Coach?

You are setting the ground work for these young players. The basic skills that are needed to progress in this sport are taught at this level. Keep your expectations low but focus on these techniques which are outlined later in this manual. At this young age the responsibility of the division 1 Coach is to teach basic skills and allow the player to have fun.

2.0 Coaches Role

Following the Coaches Meeting

At the coaches meeting you should have received a team roster, team number and game schedule.

After receiving your player roster, contact the parents and be sure to inform them of the following items.

- Your name and phone number.
- Team number/name.
- First meeting date and location.
Let the parents know what you will be wearing (red hat etc ...)
- Time to meet. ***First meeting time should be 15-20 minutes before practice.**
- To Bring: Ball (size#3), shin pads, spikes, drink and uniform (if they have one).

Parents Letter:

Using the Parents letter template, fill in the coaches name/number, players names and parent names. Make sure you have a copy for all parents. This is a general letter attempting to answer basic questions parents may have. It will also serve as a contact list for parents and allow parents to be on a first name basis with each other.

Game Schedule:

Make copies for all parents of the game roster. Highlight the team number or make a memo at the top of the page.

Weekly Items

- Remind Parents of snack responsibilities each week.
- Following each game have the players shake hands.
- Be sure to make 5 positive comments for each negative one.

Parent Involvement

Several of the practices have comments regarding parent involvement.

We urge the coach to ask the parents on special practices to bring their sneakers/spikes and get involved with their kids. For both the parent and child this is a special moment. In most cases it will be for a short period of time where the parent practices a technique with the player. The techniques are clearly spelled out so the coach is well versed on the proper method to be used. When the parent involvement portion of the practice is over, simply ask the parents to take a seat. If the coach feels the mini session went well, continue using the parents. Keep in mind, competitive type practices should only use the players, the parents large bodies may impede the purpose of the game.

"Professional coaches measure success in rings.
College coaches measure success in championships.
High School coaches measure success to titles.
Youth coaches measure success in **smiles.**"
Paul McAllister, Youth Coach

3.0 Soccer Injuries

Heat Illness:

Heat related injuries can be directly attributed to excessive temperatures, humidity, player clothing, duration of activity and dehydration levels. The Coach should be aware of these factors during high temperature days and look for signs of heat illness in players. According to the National Athletic Trainers' Association, it is not uncommon to reach dehydration levels significant enough to place athletes at risk of developing exertional heat illness in as little as an hour of exercise. Athletes can reach this level even more rapidly if they begin the workout, practice or competition dehydrated.

Key Points:

- Coaches should encourage parents to bring sports drinks to practice and games.
- Provide rest periods and encourage liquid consumption.
- Do not hesitate to “sit-out” a player who exhibits signs shown below.
- Seek medical attention if HEAT STROKE is a possibility.

Recognize the early warning signs of dehydration.

These can include: dark yellow urine, loss of energy, dizziness, loss of coordination, cramps, headaches, or unusual fatigue. If left untreated, more extreme symptoms can occur.

If You Feel Like This...	Do This
<i>Loss of Energy & Performance</i>	Drinking sports drinks with small amounts of carbohydrate speeds absorption, prevents fatigue and provides energy. Water can be substituted in the absence of sports drinks. Avoid beverages containing caffeine or carbonation.
<i>Muscle Cramps</i>	Stop activity, gently stretch and massage cramped muscles. Consuming a sports drink that contains sodium (at least 110mg/8oz) may reduce the risk of muscle cramps.
<i>Heat Exhaustion Dizziness, Light-headedness, Chills or Loss of Coordination. Also excessive sweating and rapid pulse.</i>	Replace fluids immediately. Rehydration is critical. Rest in a cool, shaded area until all symptoms pass. If <u>dizziness continues</u> , lie with the legs elevated to promote circulation to the head, then seek medical attention.
<i>Nausea/Headaches</i>	Rest in a cool place until nausea passes. Rehydration is critical; drink slowly as nausea passes. Lying down is often helpful in relieving headaches. Do not resume practice if any symptoms continue.
<i>Heat Stroke High Body Temperature. Possibility for dry skin (not sweating)</i>	Immediately cool the athlete by immersion in ice water and seek immediate medical treatment.
<i>Confusion or Unconsciousness</i>	Confusion or unconsciousness can be indicators of heat stroke. Heat stroke is a medical emergency that calls for immediate medical assistance .

The above symptoms of dehydration, heat exhaustion and heat stroke are not additive, which means an athlete could experience heat stroke in the absence of other indicators. These are a few symptoms, some athletes may experience others. **Seek immediate medical assistance at the first signs of serious or unusual symptoms.**

Strains and Sprains

Injury	Symptom	Treatment
Strain	Muscle Pull: soreness and weakness	“ RICE ” R est – I ce – C ompression – E levation *Ice 10-15 minutes at a time.
Sprain	Tearing of ligament: immediate instability	“ RICE ” R est – I ce – C ompression – E levation Seek Medical attention
Swelling	Tender puffy area generally after a severe blow to the area.	Ice 10-15 Minutes (at most) then let warm again. (allows cells to move bad particles out of the area)
Bruising		Gentle stretching of the area. Without stretching, muscle will tighten and be worse later. Ice the bruise in the stretched position. Do not rub the bruise.

Facts to be aware of

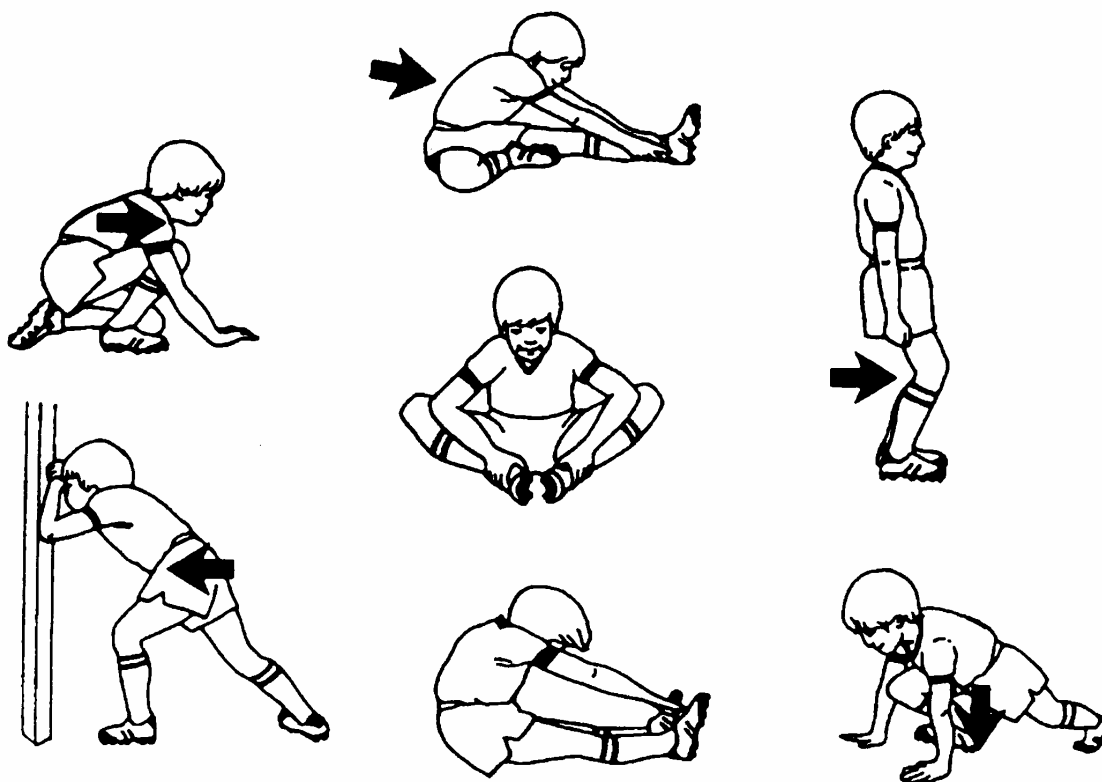
- Kids work their pulse up faster than adults do.
- Kids recover a lot slower than adults do.
- Kids DO NOT realize when their core temperature is HIGH.
- Kids have no concept of pace.

4.0 Stretching

Stretching exercises are vital to every player as they improve flexibility and range of motion of the muscles and joints. At the ages of 5-8, the players' muscles are not as well developed to a point where pulls, strains and sprains will occur as they will at older ages. However, it is important that young players get in the habit of stretching and preparing their bodies for competition.

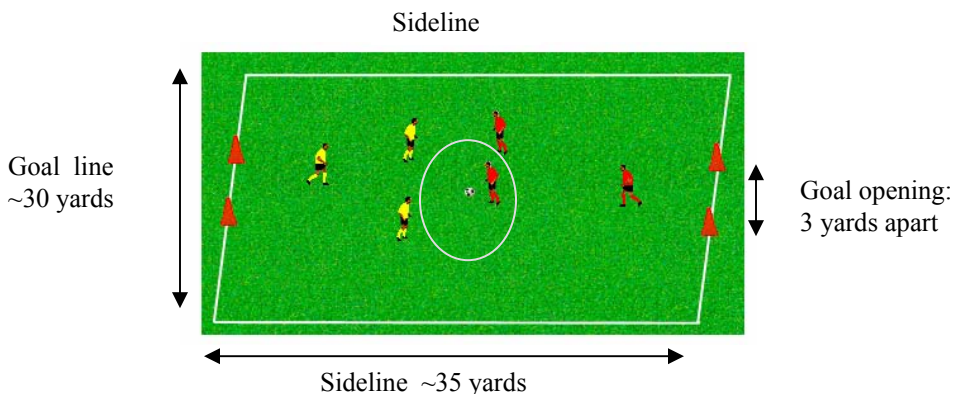
After the practice session, have the players bring their drinks and perform some basic stretches while they cool down from the practice. Below are some basic stretches to follow.

Remember; always stretch muscles that have been warmed up.
Hold the stretch for 6 seconds. No bouncing should occur.



5.0 Rules of Play

1. Number of Players: 3v3 preferred (Triangle shape),
4v4 for large teams (greater than 6)
Where playing time would otherwise be reduced (Diamond shape).
2. No Goal Keepers
3. Initial start begins with a “Center Tap”, also following goals and after 2nd half re-start.
4. Restarts:
 - Ball over sideline: Throw-in for non-offending team.
 - Ball over goal line: Defending team ALWAYS takes the goal kick.
Opposing team must re-treat to mid field.
5. All players take a knee in case of injury to any player.
6. In case of foul or misconduct (tripping, pushing, charging, holding & verbal abuse)
Note: playing the ball vs. playing the opponent determines most fouls.
 - Either coach should call players in to explain the infraction
(Explain why the free kick is awarded).
 - Player that was fouled gets a free kick.
 - Opposing team must retreat 3 yards away from the ball before the restart.
7. Temporary Game Stoppage (for any reason)
 - Drop Ball may be used to continue a game when neither team is at fault.
 - 2 players face each other
 - Ball is dropped between them
 - Ball “should” hit the ground first before kicked (official rule)
8. Substitutions every 4 minutes until end of allowable game time.
9. Total game time should be 48 minutes (12 - 4 minute periods).
10. Half time after 24 minutes of play.



6.0 Opening Day

The first time you meet your new team will probably be filled with confusion. Generally, uniforms are handed out, field location must be determined, and parents attempt to locate their team's coach. In order to reduce this confusion and prevent the surprise of "game time" before you are actually ready, request that your parents arrive 15-20 minutes before the intended practice time. This will allow you to present yourself in an organized manner and actually accomplish something at your first practice. Below is a list of the topics most coaches will want to go over before the practice actually begins.

- Locate your game field and be sure the field has been setup for play.
Refer to the "Rules of Play" for proper set-up.
- If you have cones, setup a small grid 20X20 feet for the players.
- Gather your team.
- Immediately hand out uniforms to those that need them.
- Request the players begin dribbling around in the grid area using both feet without bumping into each other. State all players must remain in the grid (ask an assistant to over-see).
- Hand out the coach's letter and a game schedule. (see template below)
Review the basic points regarding: rain-outs, team communication, player equipment ...
- Hand out the "snack list" (template provided) and request all weeks are filled in.
- Don't forget to ask "Are there any questions?"

Practice begins!

Review the practice topics and weekly practice plans.

7.0 Practice Fundamentals

Learning method

We remember:

10% of what we read

20% of what we hear

30% of what we see

50% of what we see and hear

70% of what is discussed

80% of what is experienced

95% of what we teach someone else

With this in mind:

teach the player the fundamental skill (20%)

ask them to repeat it back to you (70%)

ask one or more to demonstrate the technique properly for all to see (95%)

ask all to practice the technique together (80%).

There are many different ways to touch a ball in soccer. Some of them are basic and some are more advanced. Passing for example can be performed with the inside of the foot, the outside, the laces, the toe and even the heel (back pass). You can lay the ball out flat, make it curve in or out, chip it, loft it ... like I said there are many ways to pass a ball. What we are concerned with here initially are the fundamentals of soccer, what you would teach an under 8 player to build a foundation for more advanced techniques. The Push Pass for example can be learned by most players by age 8. Some smaller players may not have sufficient hip width or swing to get enough power to drive the ball though. They will struggle with this technique but should be encouraged to continue to use it, since it is the fundamental leading into more advanced techniques. Like in any other sport, bad habits developed early are difficult to change later and prevent the player from achieving more difficult ball techniques.

"First master the fundamentals."

Larry Bird

Passing

Fundamentals of the “Push Pass”

1. Head down, eye on the ball
2. Plant non-kicking foot along side the ball with knee bent
3. Toe slightly up while locking the ankle
4. Strike the ball with the inside of the foot at the center area of the ball or slightly above to produce a low hard forward drive
5. Hips should swing through and be square with the receiving player
6. Most important “follow through”

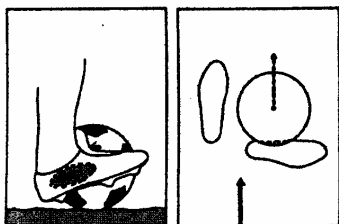
Discussion

For most skills you will be working with the player to keep their head up. For passing this is only true the moment before actually striking the ball. When the player is about to strike the ball the eyes should be focused on the center area to guarantee a good pass. The non-passing foot position is critical. If the positioning is behind the ball the pass will tend to lift. If the position is too far in front of the ball the pass will tend to drive into the ground.

Passing is awkward for the young player, have them practice the stroke without the ball first.

The hips should swing toward the receiver as the pass is made. If the hips do not end up square with the receiver the body will be out of balance and generally produce a bad pass. Always follow through with the passing foot.

Finally, always perform the technique with both feet!



Shooting (Finishing)

One of the most difficult habits to break in a young soccer player is the infamous “toe ball” kick. Under 8 players generally find the proper kicking technique difficult to master due to the coordination needed for this skill. The coach should emphasize this technique (laces kick) at all times.

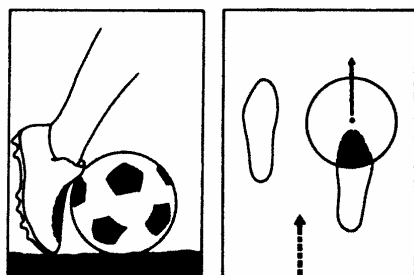
Fundamentals of the “Laces Kick”

1. Straight run to the ball with head up.
2. Standing leg to the side of the ball and slightly bent.
3. Upper body (shoulders) leaning slightly over the ball.
4. Draw striking leg back with toe locked in downward position.
5. Hips should be facing the target.
6. Head down and focus on the kick.
7. Strike the center of the ball with the laces.
8. Follow through with the kicking leg.

Discussion:

Position of the supporting foot is critical to a low hard kick just as in passing. Placing the supporting foot ahead of the ball will produce a drive into the ground. Placing the supporting foot behind the ball will produce a lofted kick. Further control the lofted kick by slightly leaning over the ball.

Locking the toe before the strike is critical to kicking accuracy and power. Finally, always attempt this fundamental skill with both feet.



Throw-ins

- Stand facing the field with feet apart.
- Place one hand on each side of the ball forming a loose 'W' with your hands.
- Take the ball behind the head and throw forward onto the field.

Rules:

- Both feet must stay on the ground
 - Can stand on or behind the side line
 - Ball must go behind the head
 - Must use both hands equally
- (if there is a lot of side spin the referee may say one hand was used too much)



Technique for helping a player get the feel of correct positioning.

Dribbling

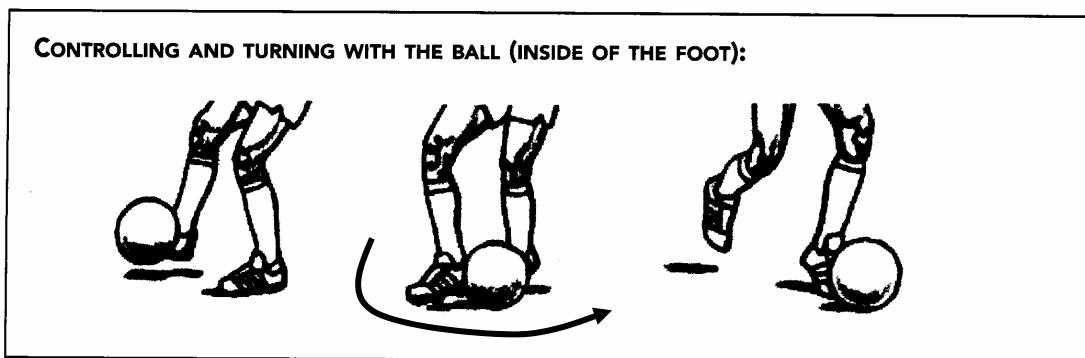
There are many ways to dribble the ball. Several basic moves (or Feints) are listed. The main emphasis is to teach the player to **change direction** with the ball. Demonstrate several moves and allow the player to choose one they are comfortable with.



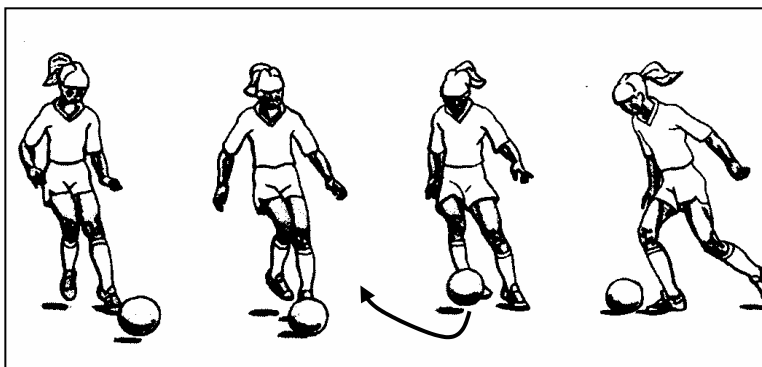
Pull Back:

1. Step on the top of the ball with the sole of the foot.
2. Draw the ball backwards.
3. Turn the body and continue dribbling.

Turning with the ball (inside of the foot):



Turning with the ball (outside of the foot):



Shielding

Basic shielding allows the player a few moments to make a decision. It involves creating space between the ball and the opponent.



1. Lay the ball at the end of the supporting foot
2. Extend the other leg in an open stance position
3. Pivot on the supporting foot while blocking the opponent.

8.0 Weekly Practice Plans

Week#1

Begin with the “FEAST” dribbling opener. (Allows players to join in until all are present).

Law: Center Tap (also include: Basic Field Markings & Substitution method)

- Occurs a) Start of the game b) after a goal c) at the start of the second half
- Begins with both teams in their half of the field
- The opponents must be outside the center circle
- The kicker must tap the ball forward (over the mid-field line)
- The kicker cannot touch the ball a second time until it has touched someone else
- The opponent may rush in once the ball has been “tapped” and rolls forward.

<Drink Break>

Topic: Passing (basic) – Using the “Learning Method” introduce this Fundamental.

Game: Line Passing

Week#2

Begin with the “FEAST” dribbling opener. (Allows players to join in until all are present).

Law: Fouls and restart of play

- The ball must be played NOT the opponent
- Tripping, pushing, charging, holding & verbal abuse result in a free kick for other team
- Free kicks are taken by the offended player
- Opponents must stand 3 yards back from the ball

<Drink Break>

Topic: Passing – Using the “Learning Method” introduce this Fundamental.

Game: Passing Gates or Mud Monster

Week#3

Begin with the “FEAST” dribbling opener. (Allows players to join in until all are present).

Law: Throw-In (refer to “Practice Fundamental section”)

<Drink Break>

Topic: Dribbling (basic) – Using the “Learning Method” introduce this Fundamental.

Game: Red Light - Green Light

Week#4

Begin with the “FEAST” dribbling opener. (Allows players to join in until all are present).

Law: Restarts – Goal Kick

- Ball is placed on the Goal Kick Line (approx. 6 yards from the end Goal Line)
- Opposing team must retreat to mid-field (allows the receiver to “turn and go” without pressure)
- Kicker cannot play the ball again until another player touches it

<Drink Break>

Topic: Dribbling – Using the “Learning Method” introduce this Fundamental.

Game: Soccer Crabs

Week#5

Begin with the “FEAST” dribbling opener. (allows players to join in until all are present).

Law: Restarts – Drop Ball

- Drop Balls result from a stop in play where there is no “offended” player
- ball must hit the ground before it is kicked
- Drop balls begins with any two players facing each other, ball is dropped between them

<Drink Break>

Topic: Shooting – Using the “Learning Method” introduce this Fundamental.

Game: Shoot-Out (Clean your Yard)

Week#6

Begin with the “FEAST” dribbling opener. (Allows players to join in until all are present).

Topic: Aggressiveness and Shielding – Using the “Learning Method” introduce this Fundamental.

<Drink Break>

Game: Steal the Bacon

9.0 Practice Games

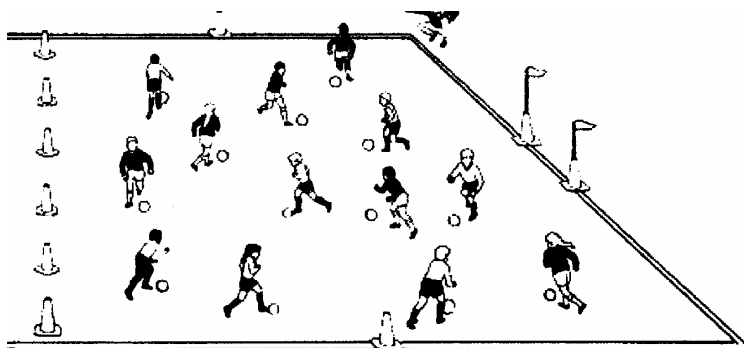
The FEAST

Fundamental: Start every practice with this opener

When kids get to practice they are ready go. This allows late comers to arrive and join in easily. When all have arrived, begin the planned practice topic.

Objective:

- Set up a grid approx. 6 x 6 yards.
- Every player with a ball.
- Player dribbles around the grid.
- When the coach yells “change direction” (or whistle or “reverse”) players will perform a sharp turn or pull back.



Coaching Points:

- Head up at all times
- Enlarge the grid at first but shrink it as the season moves on.

Winners & Losers

Here are some suggestions for providing the losers of a competition game an incentive to try harder. The main focus here is **not to penalize** but to provide a fun way to reward the winners and allow the losers to continue to work on their skills. This builds a good sense of competition.

Tic Toc: Losing team must tap ball between legs for set number of times.

Ball Dance: Losing team must toe tap the ball while dancing around it once.

Dribble away and back: Losing team must dribble down around an object and back.

*If skill level is equal between the teams, allow the teams to pick a number of times (Coach provides the range) for the loser to perform the action before the game begins. Remember keep it fun!

Rearrange ANY TIME to provide equal teams.

Game 1: Line Passing

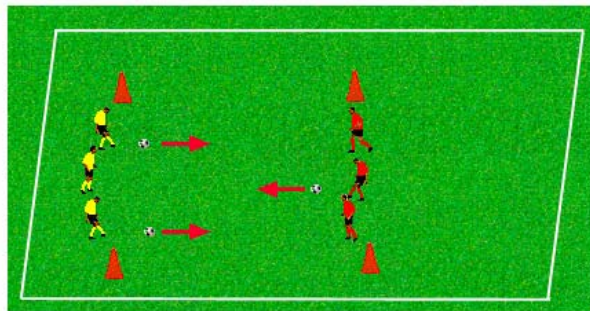
Fundamental: Passing

This is a good introductory game to teaching passing. It keeps all players involved and allows the coach to concentrate on the fundamental of passing by each player.

Parent Involvement: This practice works well with parent involvement where a player and parent pass back/forth. If not enough parents are available, have players team up with each other.

Objective:

- Setup 2 cones depicting a passing line. 5 Feet away setup another two cone passing line.
- Begin with equal players on both sides of the lines.
- Demonstrate the fundamental of passing to all players using the “learning method” in the practice topics section.
- Progression 1: Have all players swing their feet using the proper technique without the ball
- Progression 2: Begin passing with the ball first with right foot then left
- Progression 3: Have the players step back 1-2 paces every minute or so
- Progression 4: Have the players count each pass (competition) for a 1 minute period. Perform this several times and announce the winning team each time. Swap partners if a single pair continues to win
- Progression 5: Demonstrate how to step forward after a pass (as if to charge after the ball) Best way to work this is by having the players take one step forward after each pass. This begins to introduce the “follow through”.



Coaching Points:

- Be sure to clearly explain the fundamental of the pass
- Take time on progression #1 (without the ball)
- Have the players alternate feet
- Stop and re-demonstrate if needed
- Lofted balls show improper non-kicking foot placement
- No Power – look for stiff non kicking foot (not bent)

Game 2: Passing Gates

Fundamental: Passing & Receiving, Moving to the Ball

If you have an odd number of players, grab a parent or an assistant.

Objective:

- Set up a grid approx. 6 x 6 yards.
- Create several passing gates using cones (or any type markers) approximately 2-3 feet apart.
- Two Players per gate.
- One ball per group.
- First player must play the ball on ground through the gate.
- Player receiving the ball should get in path of ball before it arrives.

Progression 1: Have players stand 3-5 feet apart and pass through the gates.

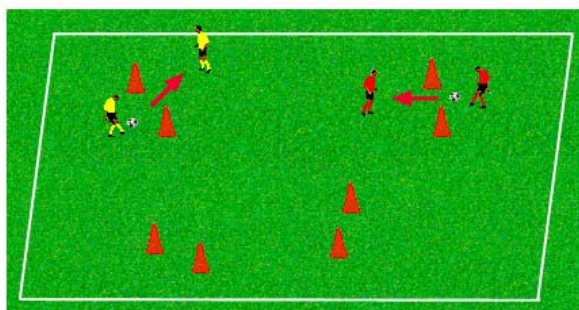
Progression 2: Players can now move from gate to gate.

Progression 3: Have players keep count of the number of gates they pass through.

Keep time for 1-2 minutes and determine a winner(s)

Losers must run through all gates.

Continue this play for several periods and alternate player pairs.



Coaching Points:

- Be sure to clearly explain the fundamental of the pass
- Start with large gate openings
- Have the players alternate feet
- Stop and re-demonstrate if needed
- If players are doing well, make a big deal of this and challenge them by shrinking the passing gate size.

Game 3: Mud Monster (Nutmeg Mania)**Fundamental: Passing & Receiving**

This has proven to be a really fun game for the players while learning ball control.

Objective:

- Set up a grid approx. 6 x 6 yards.
- Every player but one (the Monster) has a ball
- Players will dribble around within the grid trying to avoid the Monster
- The Monster must touch and freeze all players to win (or time runs out)
- The touched player must freeze, stand with legs wide open holding their ball over their head.
- To be unfrozen, another player must dribble through the frozen players legs releasing them (Nutmeg them)

Coaching Points:

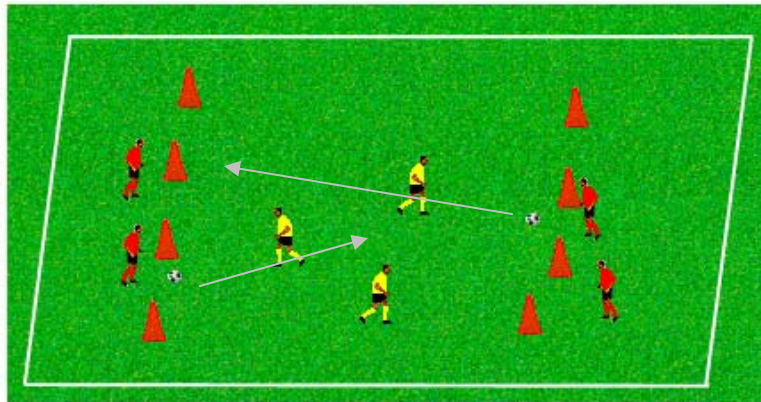
- Start the game and hold the Monster back
- Yell you are releasing the Monster
- Clock the play for 2 minutes
- Count the frozen players after each session for different Monsters
- Legs should be wide to allow the nutmeg to occur.

Game 4: Croquet

Fundamental: Passing Accuracy

Objective:

- Create 2 lines with cones approx. 15-20 feet apart
- Split the team evenly.
- Team A has the balls, Team B act as the goals
- Line Team A up on both sides of the line
- Team B must stand between the lines (anywhere) with legs open (goals)
- Team A must make a pass through the legs for a goal
- Players on Team A opposite side retrieve the ball and attempt to make a goal
- Ball does not have to reach the other side, only pass through legs
- Balls move back and forth until time expires.
- Switch teams and keep score.



Coaching Points:

- Warn against any balls leaving the ground
- Make the passing distance larger for greater difficulty
- Enforce proper passing technique

Game 5: Shoot-Out (Clean your Yard)

Fundamental: Kicking Skills

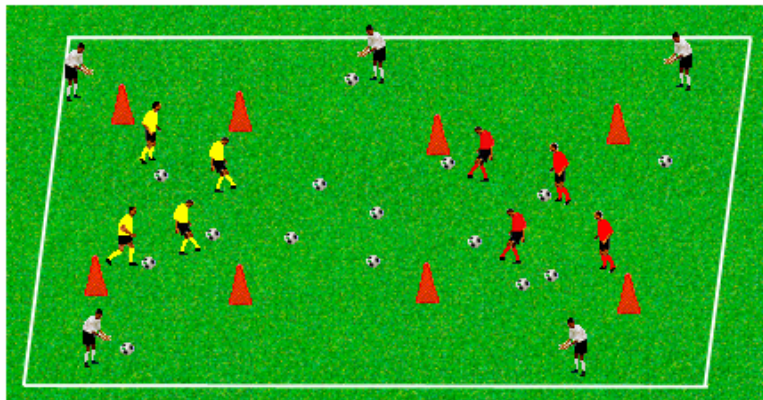
This is a fun game to develop kicking but requires assistants around the grids to keep the balls in bounds.

Use Parents to help control the balls

Objective:

- Create two grid areas approx. 6x4 yards with a buffer zone between them of approx. 3-4 yards.
- Team A on one side Team B on the other
- As many balls as possible
- Each team kicks the balls out of their yard into the other team's yard.
- Balls that do not make it to the other yard should be thrown back to the kicker's yard.
- Run time for 2 minutes, team with most balls in their yard loses.
- Losers have to run around gathering balls and leave a ball at each winner's foot.

Progression 2: Add cones in the buffer zone. Suggest kicking up and over or through the cones.



Coaching Points:

- Demonstrate proper kicking techniques
- Make a penalty for players who use their toe (run around their ball once)
- Suggest players kick the ball while it is rolling at them (foot-eye coordination)
- Point players out who kick with their laces regularly

Game 6: Steal the Bacon

Fundamental: Aggressiveness and Foot Skills

Use parents to stand along the open sideline with an extra ball in hand

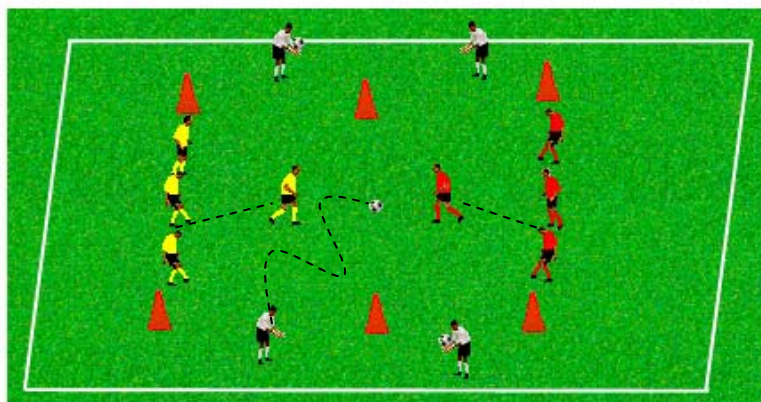
Objective:

- Set up a grid approx. 6 x 6 yards.
- Two teams, each player is designated a number.
- Teams stand on opposite sides of the grid
- The coach calls out the numbers of the players.
- These players then run out from the side line to play the game.
- The coach serves balls in from the sideline
- Players waiting to come on should line up along their line to defend it
- Goals are made by crossing the ball over the opponents side line

Progression 1: Begin with 1v1

Progression 2: Stay with 2v2 for longest period

Progression 3: Introduce 3v3 and occasionally introduce 2 balls into play



Coaching Points:

- First to the ball
- Dribble around your opponent
- Take shots early
- Throw ball closer to weaker players

Game 7: Soccer Crabs

Fundamental: Dribbling

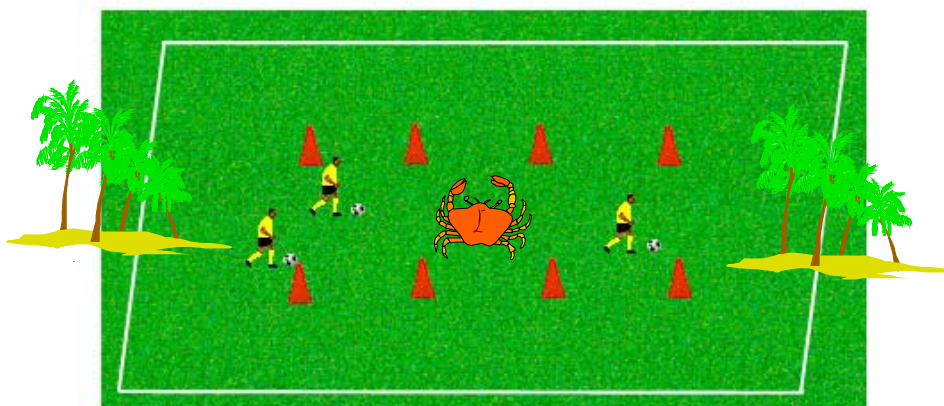
Objective:

- Create a narrow ally approx. 3-4 yards wide and 6 yards long
- Each end represents an island with crabs in the Ocean
- The crab players must remain on all four (feet & hands) with belly facing upwards.
- Players must dribble from one island to another
- Crabs must kick the ball outside of the cones
- When this happens the Crab becomes the player and the player becomes the crab

Progression 2: Players can only use weaker foot to dribble

Progression 3: Players must perform a drag back while in the Ocean

Progression 4: Players must only use the outside of the foot through the Ocean



Coaching Points:

- Proper ball control, use zigzag moves to maneuver through the Ocean
- Adjust the Ocean if it becomes too easy for either side
- Demonstrate each progression and enforce it. Make the Player a Crab as a penalty

Game 8: Red Light Green light



Fundamental: Dribbling

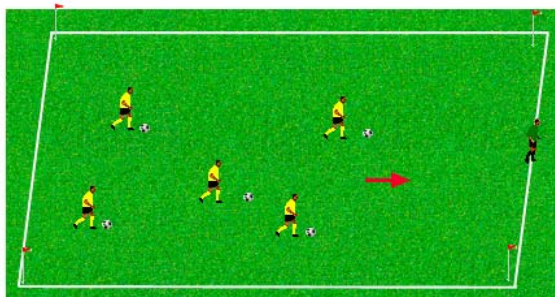
Objective:

- Each player has a ball except the player designated as the light.
- Lines from start to finish should be approximately 20-30 yards.
- Players start a line opposite the light.
- The player who is the light faces away from the group and calls out "green light".
- Players begin to dribble towards the light.
- When the light turns around and calls out "red light", players must freeze their bodies and the ball.
- If the light catches players still moving, or dribbling, she must point with each hand to two players who must go back to the starting line.
- The first player to cross the line where the light is standing is the winner and becomes the new light.

Progression 1: Players should step on the ball with the sole of their feet. Every player should get a turn at being the light.

Progression 2: Coach becomes the "Light" and faces the players. Yellow light means perform a move (drag back, inside foot turn or outside foot turn).

Progression 3: Yellow light means shielding stance.



Coaching Points:

- Encourage players to dribble under close control.
- This drill promotes quick reactions and dynamic balance.
- If "Light" is turning around too quickly – have them count to 3 before turning around.

Snack List:

Parents,
Generally following a soccer game, players are rewarded with a small snack to boost their energy levels and create a team atmosphere. Please choose a week that you wish to provide the team snack.

Suggestions are: Cut-up fruit such as: Oranges & grapes for half time.
Give out juice boxes, cookies, pretzels or any light snacks after the game.

Week	Parents Name	Date
Week# 1		
Week# 2		
Week# 3		
Week# 4		
Week# 5		
Week# 6		

Soccer Field

