

Coaching Manual: A Season of Sessions

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



NEIL BRADFORD
DIRECTOR OF COACHING
SAY NATIONAL HEADQUARTERS

2012

Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

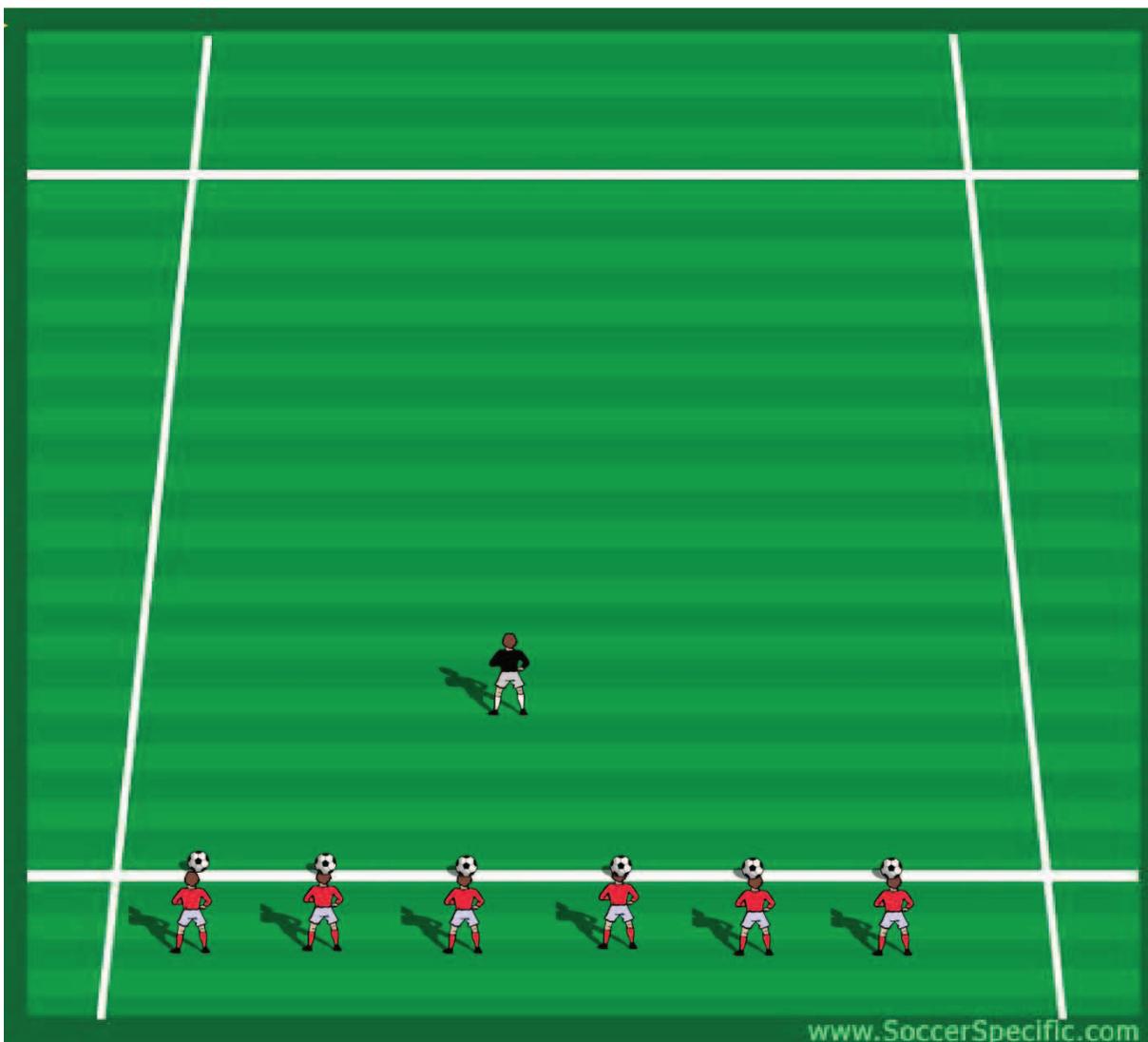
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

What's the time Mr. Wolf?



What's the time Mr wolf ?

Purpose- To incorporate a turn and change of speed while dribbling the ball

Organization

Each player has a ball and the exercise is played in a 20x20 area

The game begins by the players asking the coach What time is it Mr Wolf?

The coach turns around and calls a time such as 6 O' clock

Players and coaches then take six steps forward and ask again What time is it Mr Wolf?

This continues until the coach calls DINNER TIME

As soon as this happens players need to turn with their balls and get back to the starting line before the coach (MR WOLF) tags them.

If players are tagged they become Mr Wolf with the coach

Coaching Points

Keep the ball close

Turn and accelerate away

Listen to the coach and beware of where you are on the field

Dribbling Game: Spongebob needs Help



Dribbling Game Sponge Bob needs help

Purpose To Improve dribbling skills

Organization

Set up an area 20x20

Sponge Bob is in the corner needing food(jelly fish) so he has the energy to come out and play

All the players with the soccer ball are his friends Patrick and Squidward must dribble past the

evil Mr Crabs and Plankton. Get to the cones (jelly fish) and bring them back to Sponge Bob

All food must be back to him within 2 minutes or Sponge Bob cannot come out and play

If the evil Mr Crabs or Plankton touch Patrick or Squidward you must come back to the beginning and start again

Coaching Points

Use inside and outside of foot for creating space and unbalancing the evil Mr Crabs and Plankton

Change of pace- When you get Mr Crabs or Plankton unbalanced explode past with a change of speed

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.

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 1 : Day 2*



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Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

Motor Racing



Motor Racing

Purpose: To encourage the technique of dribbling.

Organization

Players dribble around the grid, using all surfaces of the foot. The challenge is to dribble around the grid without touching any other players.

Players are encouraged to make the noises that a car makes and the coach calls at what speed or gear they should dribble at. For example, first gear is slow and fourth gear is very fast.

The coach adds two players in a color jersey. The players need to avoid these men in the middle. When coach calls, change cars, the players stop the ball with their feet and go and find another ball.

Coaching Points

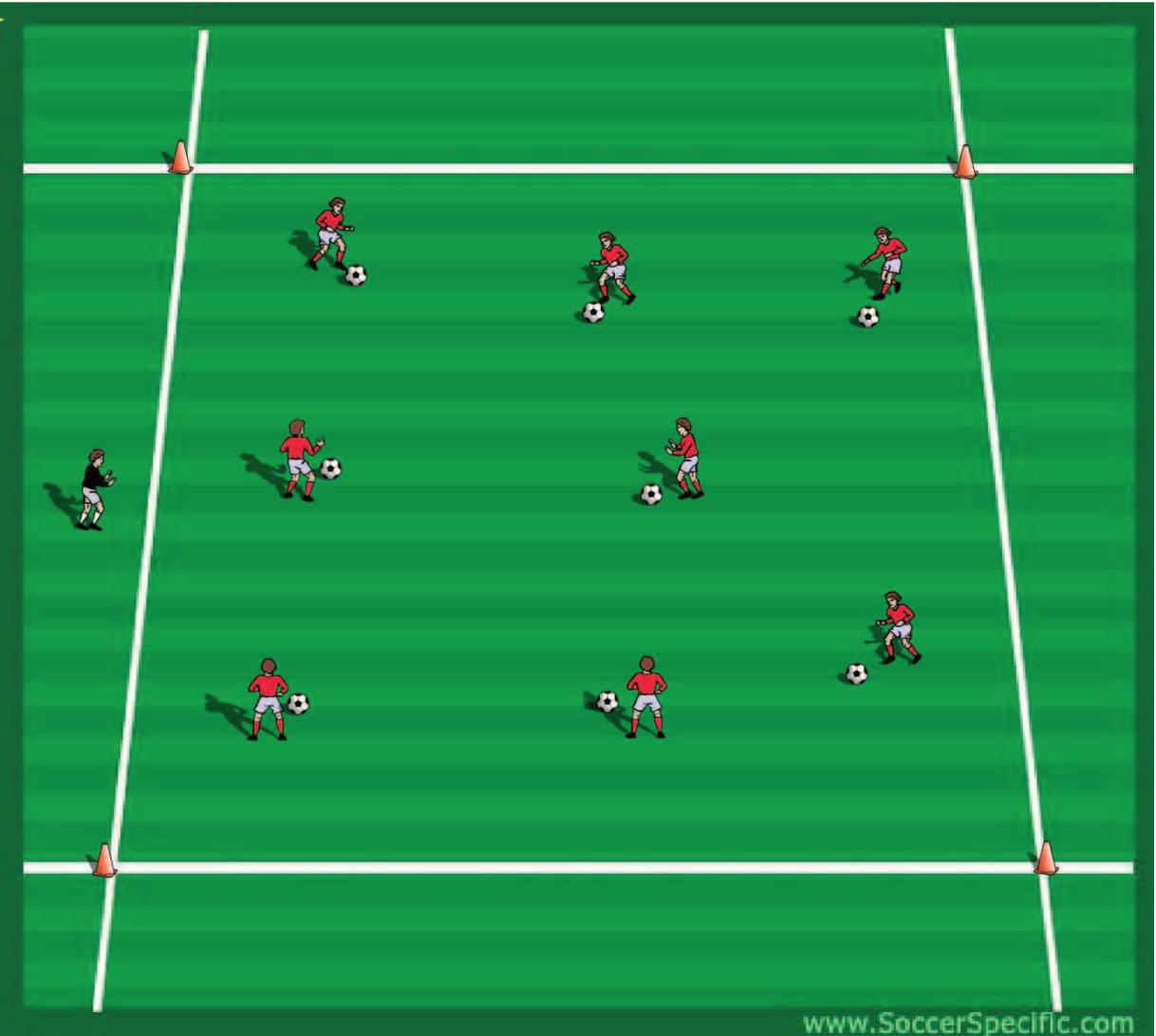
Keep your head up and nose in front of the ball.

Use all parts of the foot

Look at change of pace

Look to dribble in different directions and not in circles

Copy the Coach



Copy the Coach

Purpose To improve coordination and listening skills.

Organization

Each player has a soccer ball in a 20x20 area.

Coach calls out instructions and players copy the coach, but only when instructions include the phrase "Coach says"

Example "Coach says dribble ball with feet " players should dribble the ball with their feet.

If an instruction is called out such as "toe taps on the ball" the player must not perform the task, as it must always be prefaced by "coach says"

Coaching Points

Keep the ball close and nose in front of the ball to see what is in front of you

Helps improve both co-ordination and listening skills in the young player.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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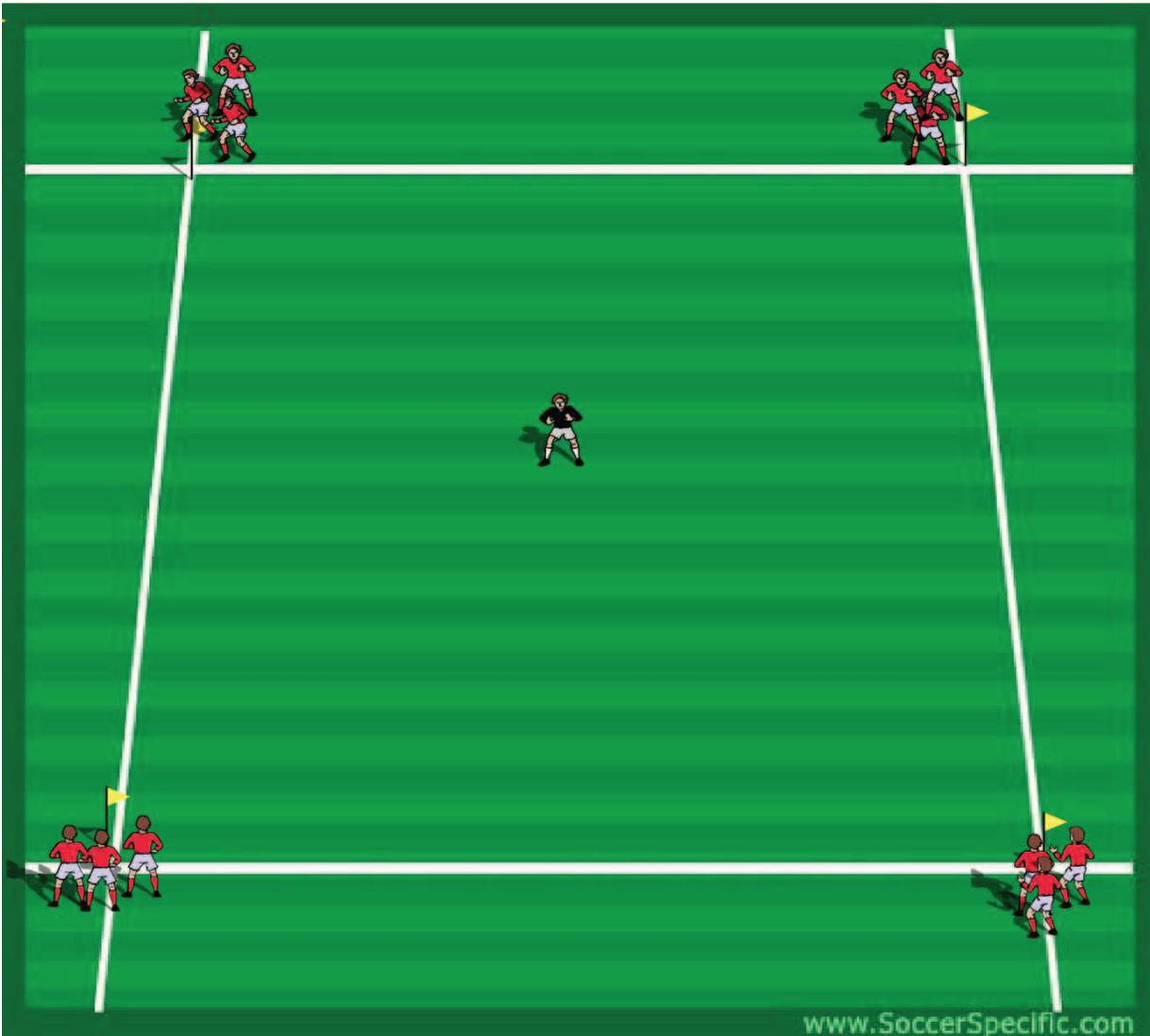
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Week 2 : Day 1*



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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

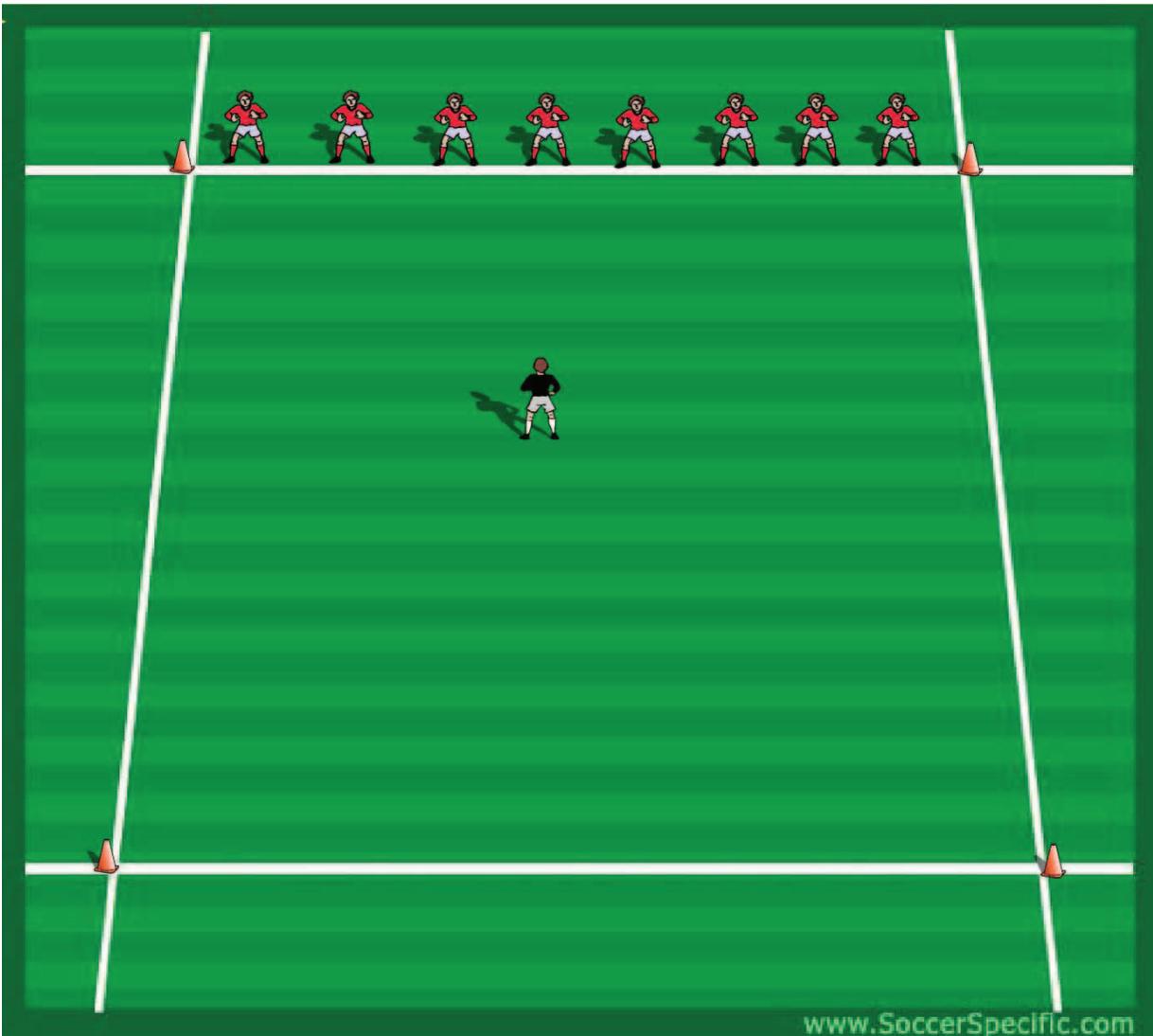
Last player standing is the winner

Coaching Points

Forces a quick change of direction and speed

Soccer related movements up,down, forwards and backwards

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.

Turns, Turns, Turns



Turns, Turns, Turns

Purpose-To learn and develop new moves

Organization

Mark out a 20x20 area

Players enter the grid with their soccer ball

Coach selects turns for players to perform (see index for turns)

Progression

Each player moves to an outside cone and performs a turn

The player then runs back through the middle grid and to another cone on the outside and performs a different turn

How many turns can a player perform in 60 seconds?

Go over coaching points and challenge players to beat their scores

Coaching Points

Go into turn slow

Bend the knees, turn the hips

Cut the ball out of your feet so you are dribbling away with the ball in front of you

Come out fast as you would in a game, to get away from the defender.

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.

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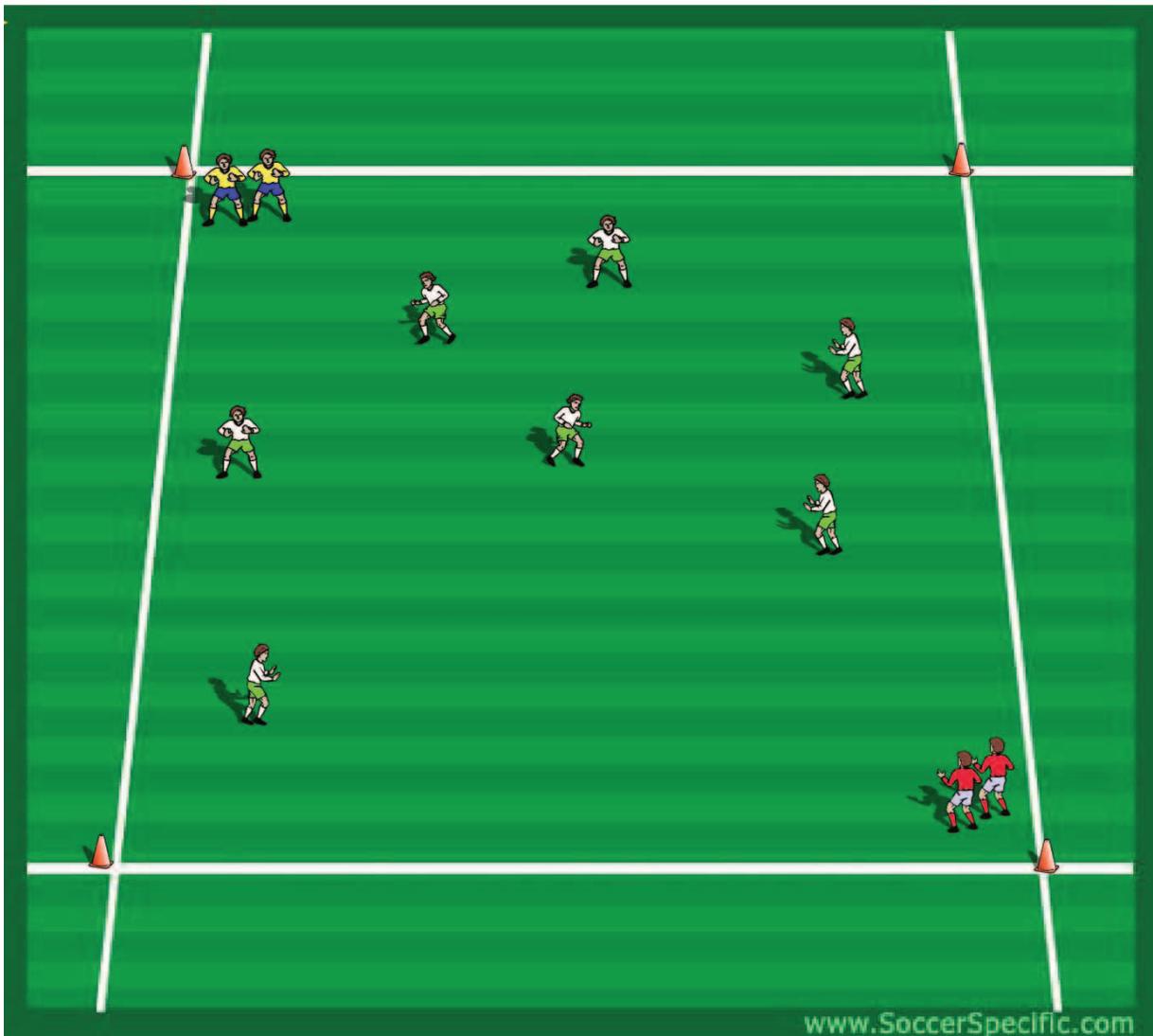
*Training Ages 4 to 7
Week 2 : Day 2*



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Chain Tag



Chain Tag

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

Organization

20x20 grid

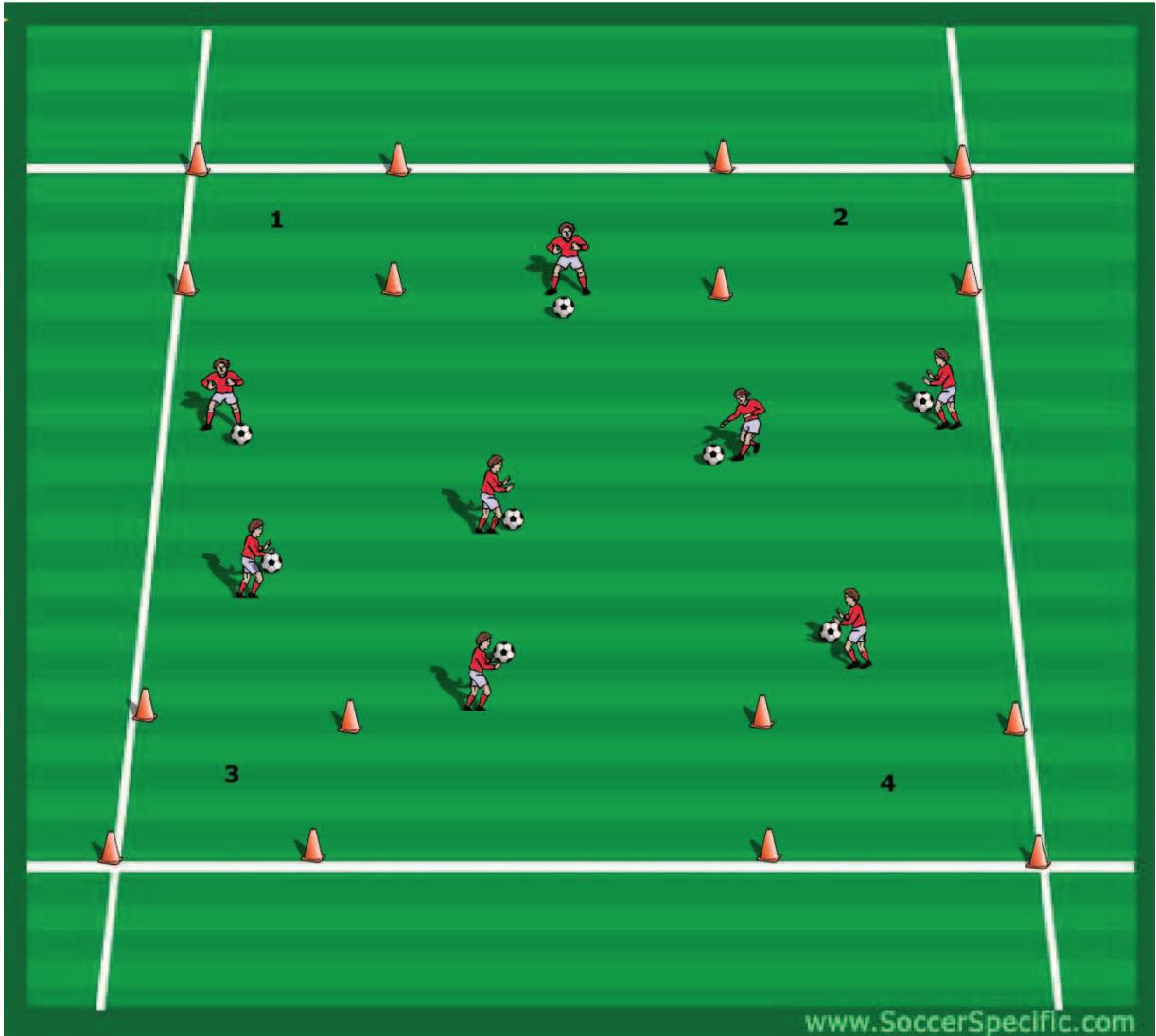
Two teams of two in scrimmage vests

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.

Dribbling Games: Fast Food



Dribbling Games Fast Food

Purpose Working on both a change of speed and direction

Organization

Players dribble the ball in the middle of the area listening to the coaches call such as left foot dribbling only, outside of the foot only

After testing the players skills in the middle of the field, the coach will call a restaurant name and the players will have to get there as quickly as possible

For example #1 will be Mcdonalds, #2Wendys, #3Burger King, #4Dairy Queen

The last player to make it to the restaurant will be asked to perform a forfeit such as 5 Irish push ups

Coaching Points

Keep the ball close to the body

Use different parts of the foot to change direction and stop the ball

When you hear the restraunt being called, look to change speed and direction quickly

Zombies



Zombies

Purpose- Work on both dribbling and passing skills.

Organization

Players are first asked to make a circle with the cones

All players then enter the circle of safety with a soccer ball where no one can tag them

Coaches are positioned outside the circle and become zombies

Players begin by passing the ball as far as they can outside of the circle, they then run to retrieve their soccer balls and bring them back to the circle.

If the zombies tag them, they have to walk like a zombie for 10 seconds or get tagged by a teammate to unfreeze them so they can get back to the circle of safety.

Progression

Ask players how many times they can pass the ball and bring it back in 2 minutes

Coaching Points

Dribbling- Keep the ball close, encourage use of both feet, keep nose in front of ball to see monsters

Passing- place ball at slight angle, keep head still, use inside of foot and follow foot through the ball

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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

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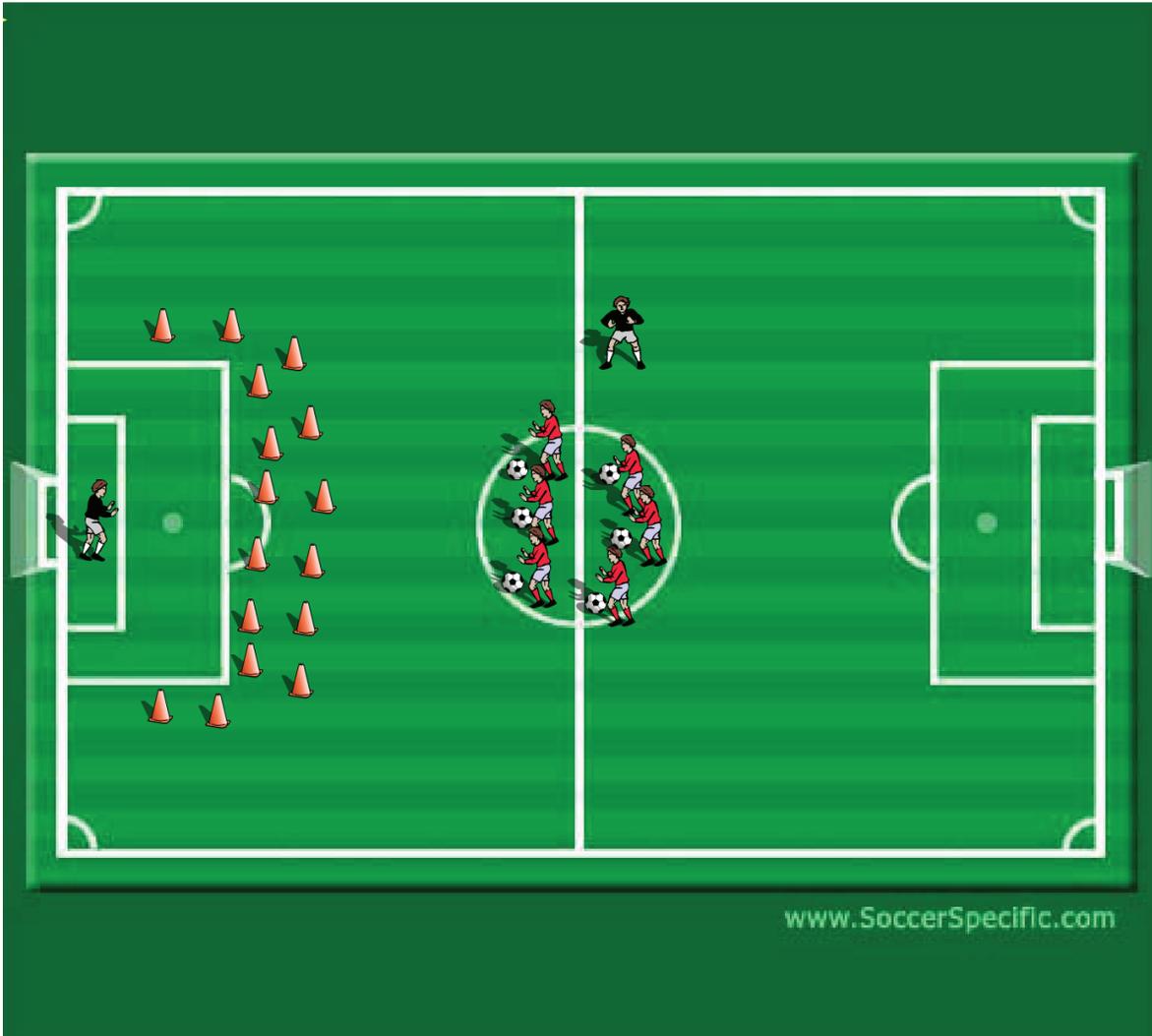
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

Sleeping Dragon



Sleeping Dragon

Purpose - To improve dribbling and turning skills.

Organization

All players enter center circle which is known as the "circle of safety" where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure.

If a player is tagged, they must go back to the circle of safety, do five toe taps and go again.

The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

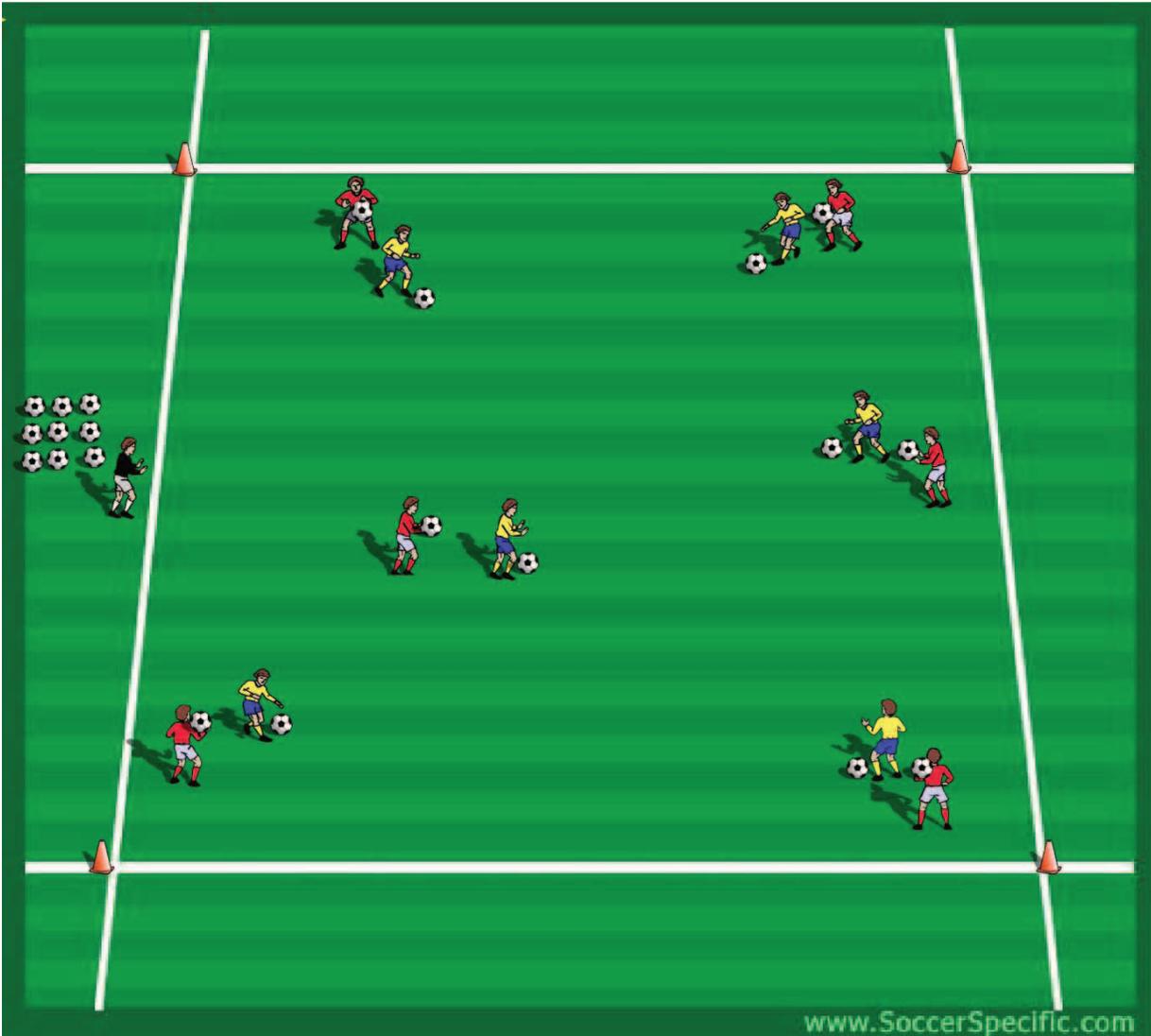
Coaching Points

Keep the ball close

Encourage use of both feet and use of all parts of foot

Keep nose in front of the ball so you can see where the dragon and the treasure is

Bump the Ball



Bump the ball

Purpose- To improve dribbling and shielding

Organization

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet.

On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid. The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.

Players dribble for 60 seconds and then swap roles

The player who scores the most points win.

Coaching Points

Keep the ball close

Be sideways on and knees bent for a low centre of gravity, to turn and move into space.

Be sideways on so you can see, hear and feel your opponent

As partner is throwing the ball, turn and dribble into space

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

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Player increases amount of involved playing time.

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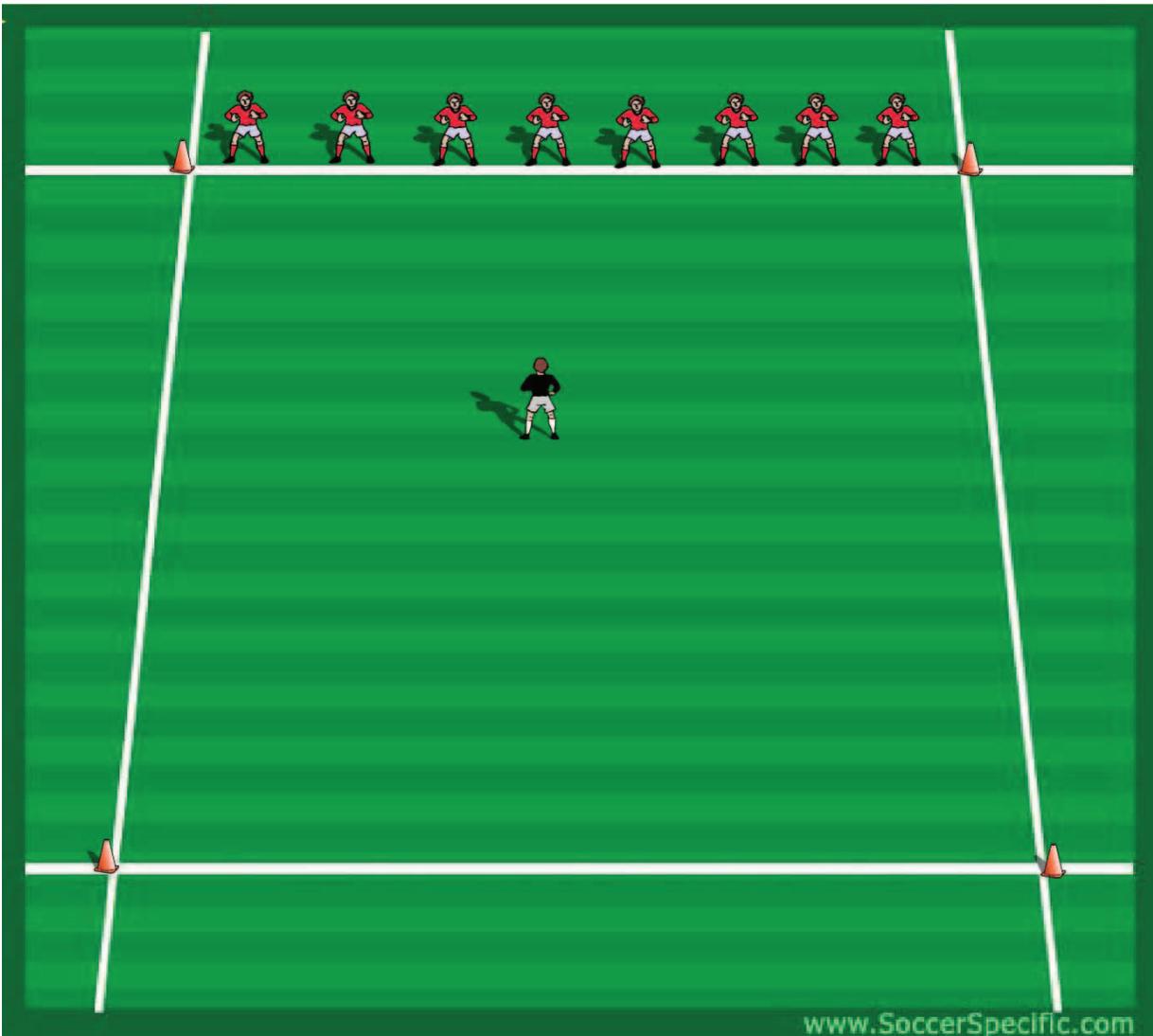
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Mr. Freeze



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

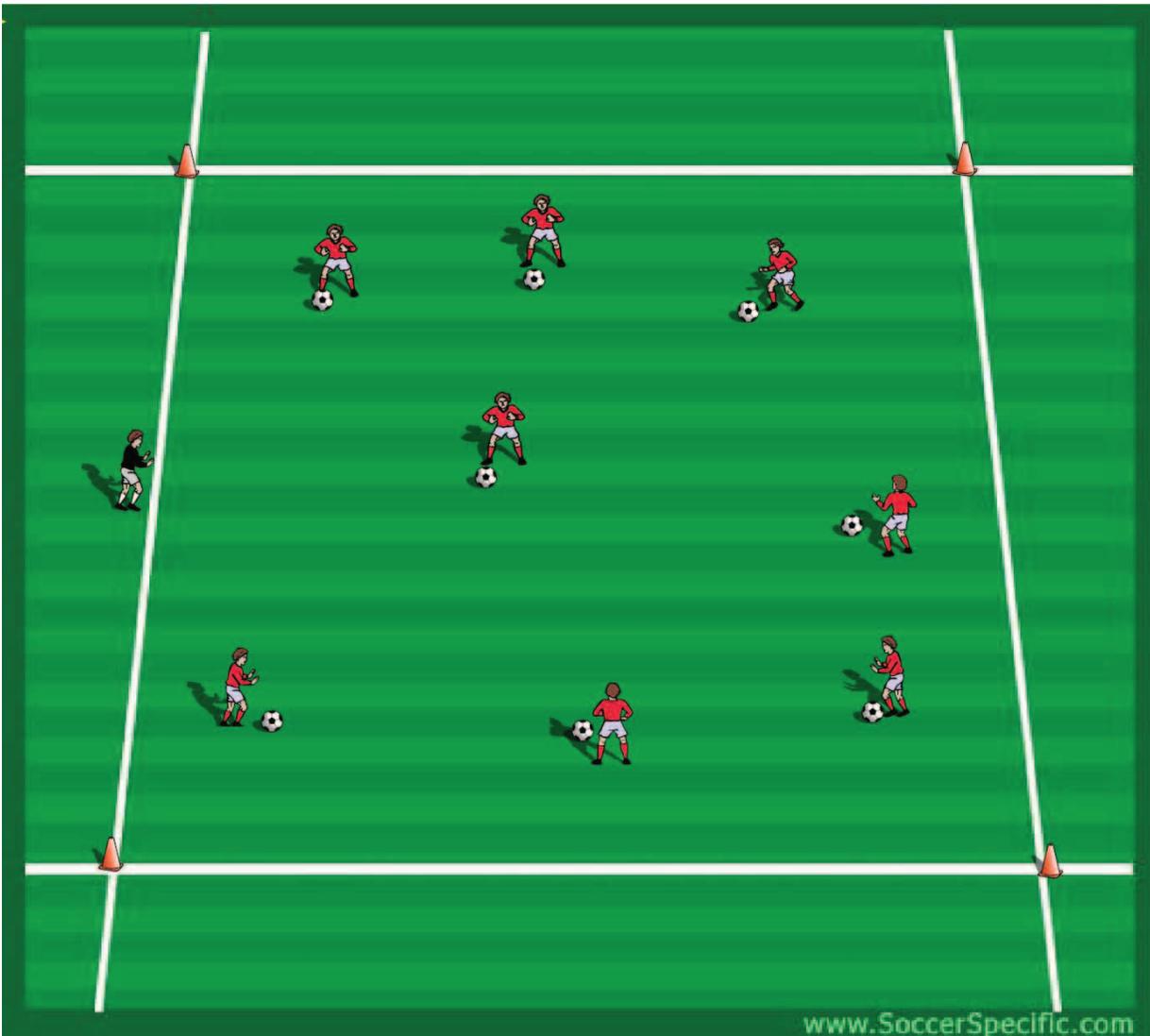
Coaching Points

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.

Five Steps to the Clouds



Five steps to the clouds

Purpose- Warm up dribbling activities

Organization

20x20 area, 4 cones

Each player has a soccer ball to perform activities that coach calls.

Five steps to the clouds and coaching points.

#1 On the run- Dribble around the grid, change of pace and change of direction, left foot only, right foot only etc.

#2 Sole of the shoe- On command player stops the ball. Encourage player to use both feet to stop the ball. Direct players to drag the ball back and change direction.

#3 Let's bend the knee- On command player stops the ball and places knee on ball.

#4 Head to ball- On command player stops the ball and places head on the ball. Coach then for fun asks player to dribble ball with their head, stomach, back, bottom etc

#5 Staying Alive- Toe taps on the ball (players need happy feet) singing and dancing "Staying Alive"

Take out the Trash



Take out the Trash

Purpose- To work on both passing and throw -ins

Organization

Mark a line as shown in the diagram and place players opposite each other approx 5 yards away from the line

The game is played for two minutes and roles are then reversed. For the first two minutes, the red team work on the technique of throwing the ball to the yellow team and the yellow team work on passing the ball to the red team.

After the two minutes has ended, the yellow team count how many balls (the trash are on one side and the red team count how many balls (the trash are on their side) The winning team is the team with the least amount of soccer balls on their side of the line.

Coaching Points

Throw In's -

Keep both feet on the floor

Ensure both hands are on the ball, take back behind head, bring ball forward over head and release.

Passing

Body in line with the ball

Move ball to slight angle on side of body, keep ankle locked, head still and push foot all the way through using inside of 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

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Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

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Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

Follow the Leader



Follow the leader

Purpose- To Improve dribbling skills and concentration.

Organization

Players are divided into pairs and enter a 20x20 grid

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that are shown.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

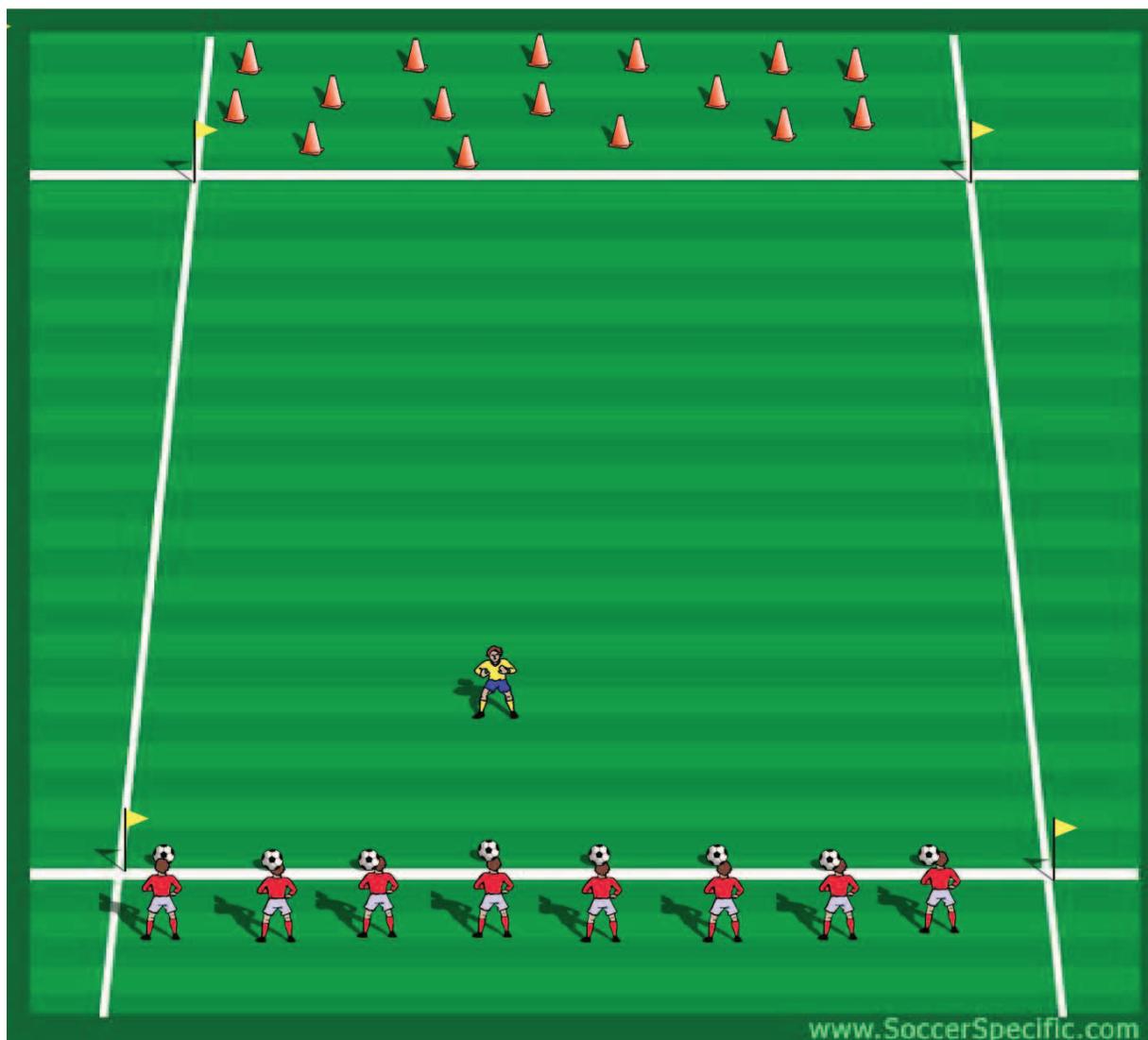
Coaching Points

Keep the ball close

Ask players to use both feet and all parts of the foot

Encourage players to use lots of different moves

Pirates



Pirates

Purpose- To improve dribbling skills in crowded areas.

Organization 20x20 area

All the players with a soccer ball try to dribble past the pirate who is guarding the treasure. When the player gets past the pirate he/she can pick up one piece of treasure and bring it back. If the pirate tags you on the way up, you have to go back to the start and try again. When you have the treasure, the pirate cannot tag you. You have two minutes to get all the treasure back.

Coaching Points

Use inside and outside of foot, creating space and unbalancing the pirate.
Use a change of pace to explode past the pirate.
Keep nose in front of the ball so you always know where the pirate and treasure are.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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Let the kids play a normal scrimmage.

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

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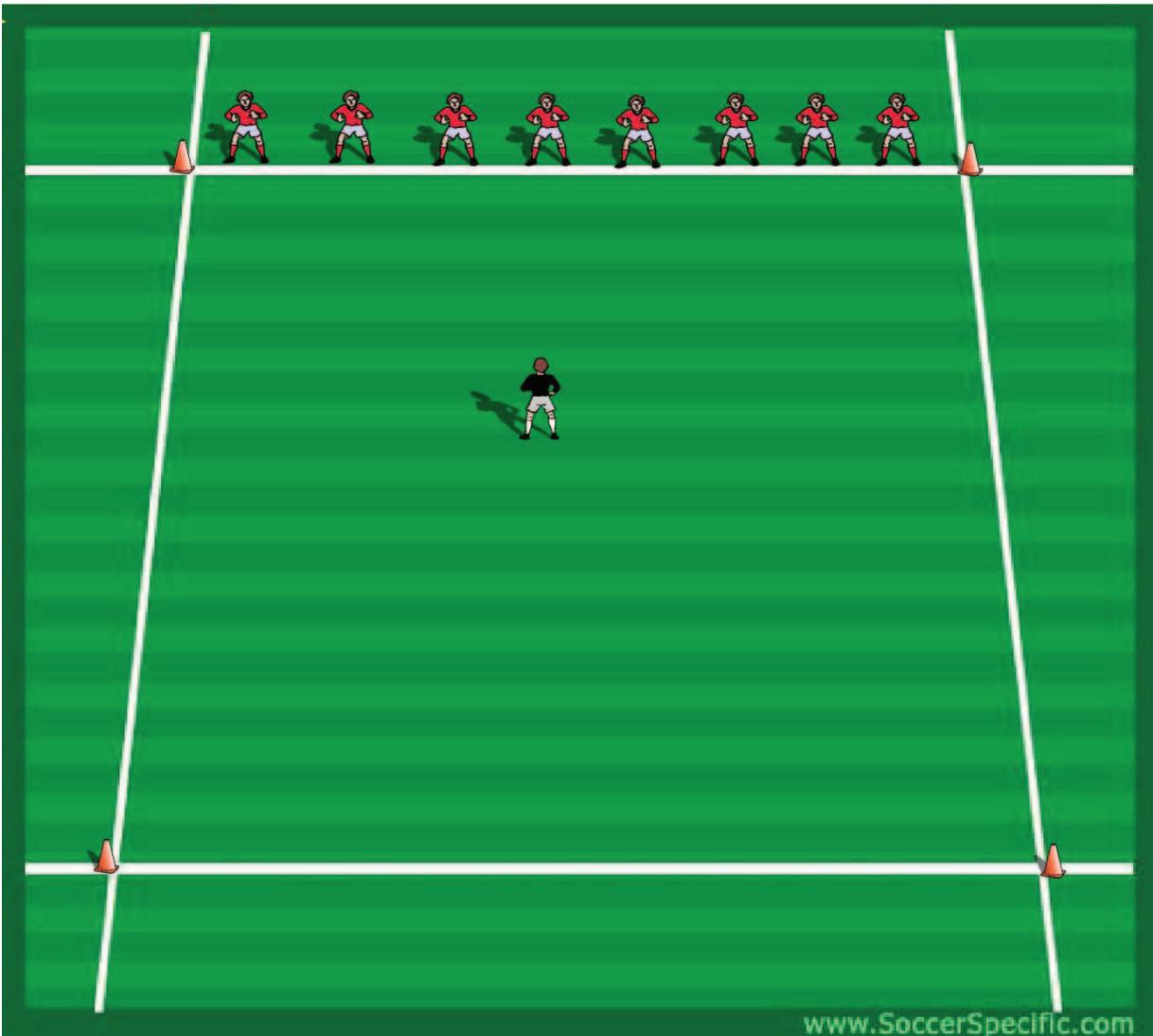
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Mr. Freeze



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.

Monster Turn Around



Monster turn around

Purpose- To introduce various turns and moves

Organization

Players dribble a soccer ball in a 20x20 grid

The coach introduces the drag back, inside and outside turn to the players and asks them to perform these turns when he/she calls turn.

When the players are comfortable with the turns, the coach enters the grid and chases after the players, roaring like a monster as he approaches each player. The player then turns quickly and dribbles away in the opposite direction.

Coaching Points

Keep the ball close

Bend the knees, low centre of gravity helping you move away quickly

Encourage the player to use the inside of their lead foot to cut the ball back away from the coach as they turn.

After the player has turned move into the space quickly.

King/Queen of the Ring



King/Queen of the Ring

Purpose- Work on Shielding the soccer ball.

Organization

Mark out a circle as shown in the diagram, then ask all players to enter the circle with a soccer ball.

On coaches command players are ask to dribble in the circle.

When the coach calls King/Queen of the ring, the players are asked to protect their soccer ball and kick someone elses ball out.

The game can then be played in one of two ways. The first way is if the ball is kicked out you find a corner flag, perform 10 toe taps then re-enter the ring.

The second way is if your ball goes out , you go and stand by the coach and juggle the soccer ball. This process continues untill one player is left standing and they become King or Queen of the ring

Coaching Points

Keep the ball close and nose in front of the ball to see all players

Bend knees and take sideways on position to protect the ball

Look to find open space

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.

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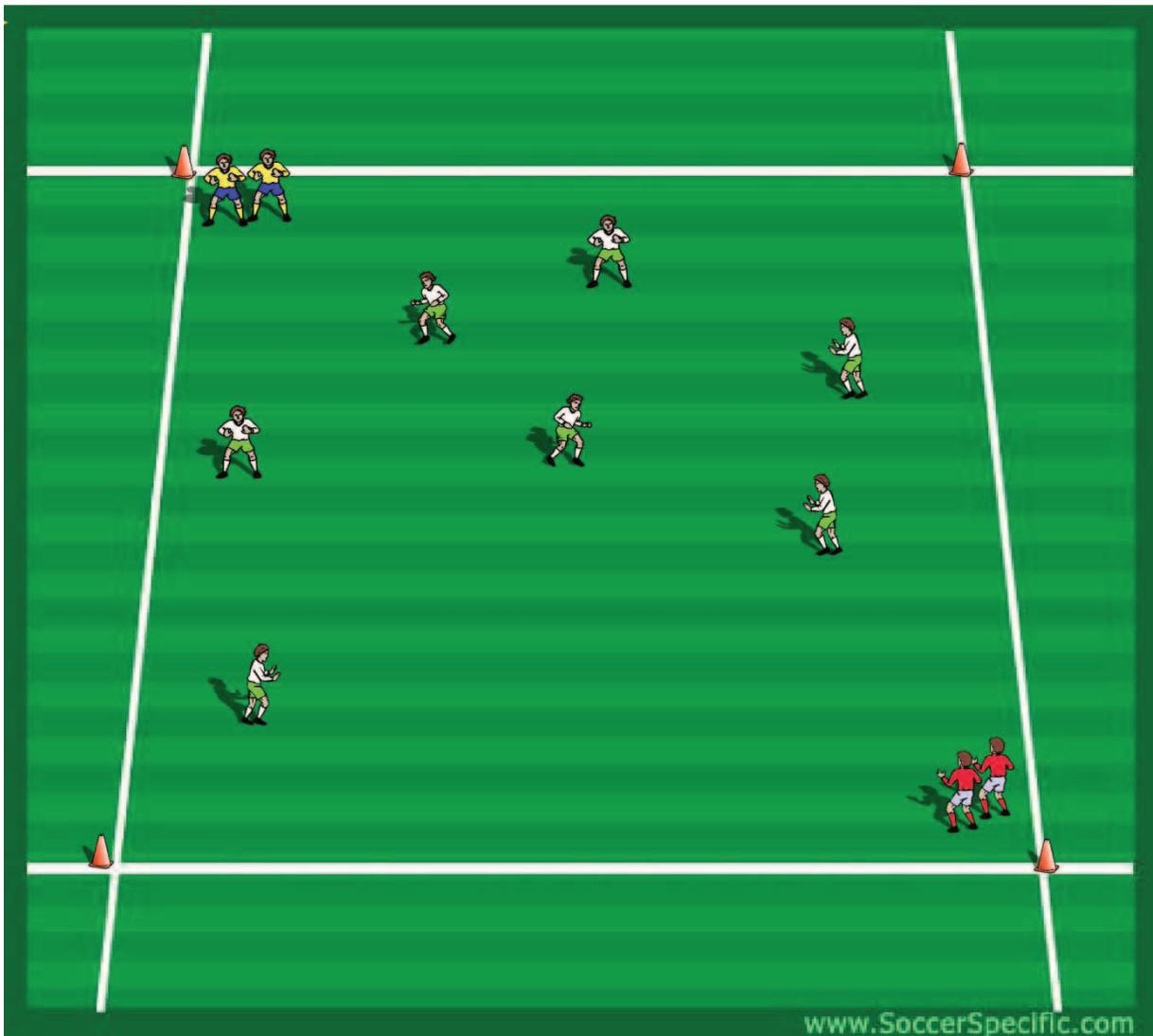
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Week 5 : Day 1*



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Chain Tag



Chain Tag

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

Organization

20x20 grid

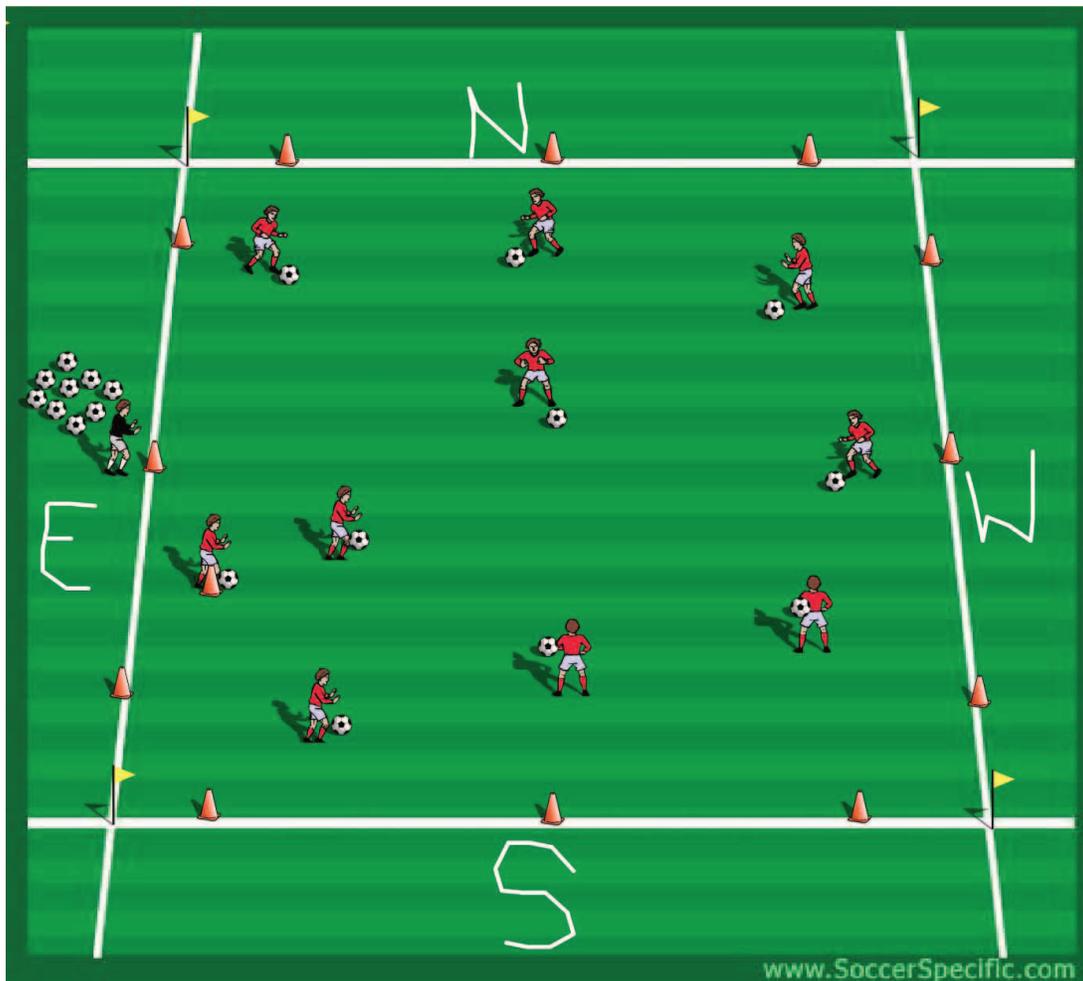
Two teams of two in scrimmage vests

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.

Captain on Deck



Captain on Deck

Purpose- To improve foot skills

Organization

Players enter the grid with a soccer ball (20x20) and find a space

Each side of the grid is called North, East, South and west

When coach gives command the players must dribble the ball to whatever side the coach calls e.g North, East, South or West

Coach can give other commands to help improve foot skills. These may be

Scrubbing the deck- Players push the ball side to side with the inside of their feet

I, I Captain- Players stop the ball when they here this call, salute the captain and call out I, I

Captain

Climb the rigging- Players perform toe taps on the ball and pretend to climb the rigging with their hands

Man over board- players leave their ball run around a cone and back to their ball

Incoming bomb- Players throw their ball into the air and control it.

Coaching Points

Keep the ball close

Fast feet, lots of touches on the ball

Listen to coaches call

Keep nose in front of the ball so you can see where you are going and try not to bump into each other

Down on the Farm



Down on the farm

Purpose- To improve dribbling skills

Organization

Area 20x20

Players pretend to be pigs and dribble through the gates on the farm. Every time they dribble through a gate they have to make a noise like a pig.

The coach then becomes a farmer and tries to stop the pigs dribbling through the gates by kicking their balls away

How many balls can they dribble through the gates in 1 minute, with both feet, then the right foot and then the left.

Coaching Points

Keep your head up and nose in front of the ball so you can see the gates and where the farmer is
Keep the ball close and shield it from the farmer.

Dribble through the gates quickly.

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

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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.

Coaching Manual: A Season of Sessions

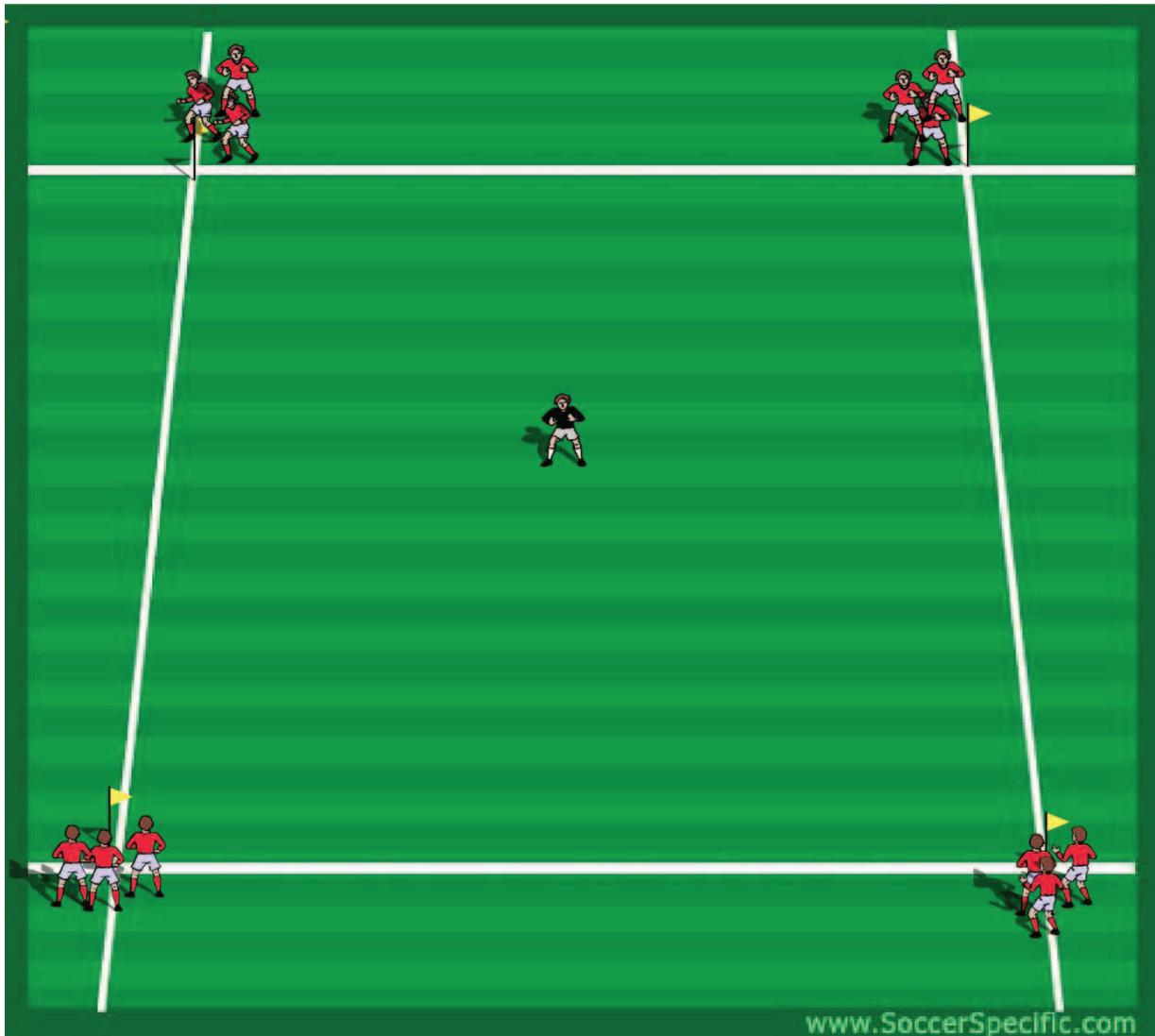
*Training Ages 4 to 7
Week 5 : Day 2*



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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

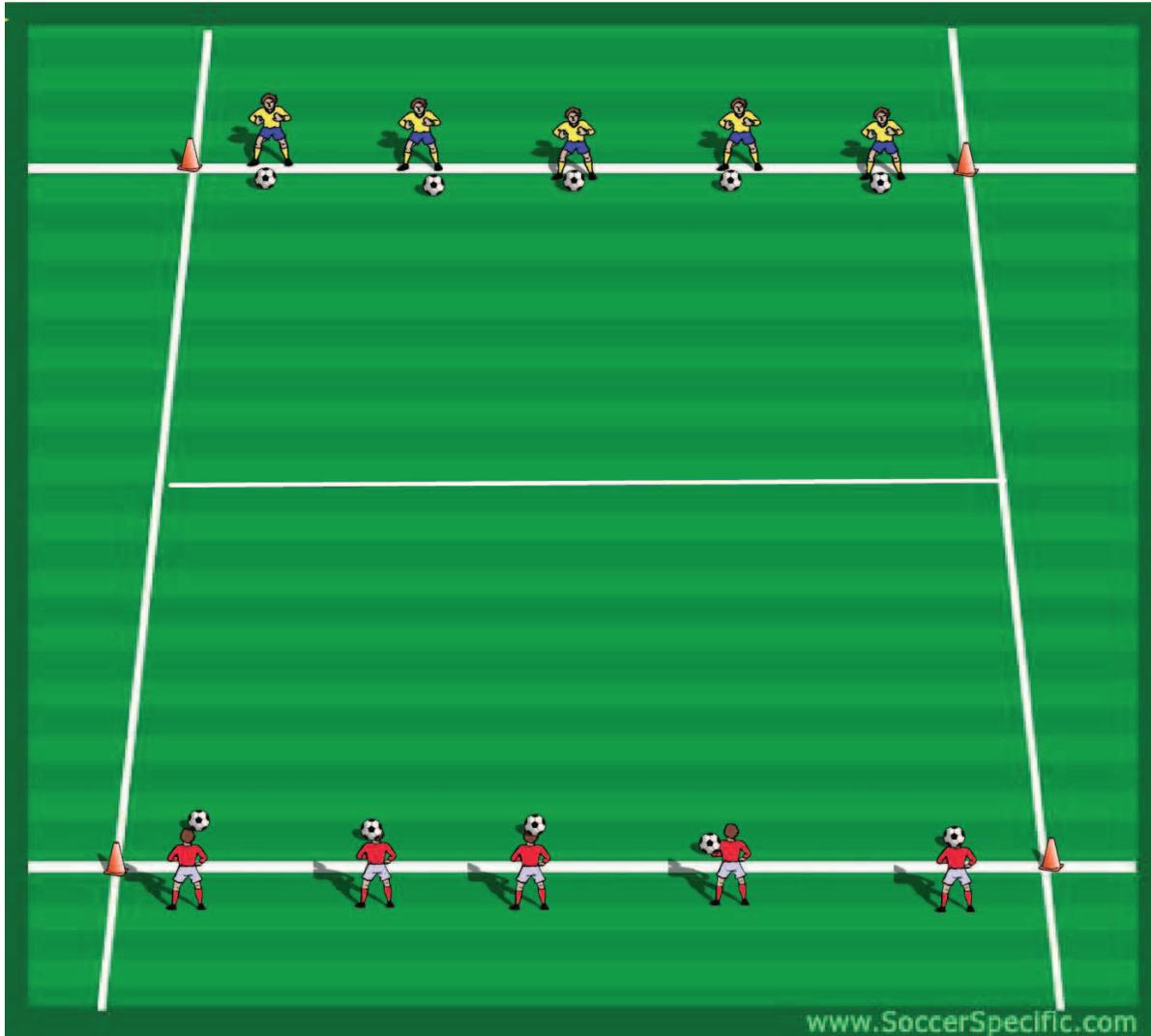
Split groups into two teams, one team in red and one in yellow. Spread cones around the grid and place a ball on top of each cone. Place at various positions around the grid. The team with the soccer balls attempt to knock the balls off the cones and the other team attempt to stop them.

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.

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 6 : Day 1*



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Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

Teletubbies



Teletubbies

Purpose- To improve dribbling and shielding skills.

Organization

Area 20x20

Each player has a ball, apart from the yellow defenders (the teletubbies) who run around the grid trying to kick the other players balls out of the soccer grid. Try to introduce the technique of shielding the ball (hide it from the teletubbies) Rotate the teletubbies evry 90 seconds.

Coaching Points

Keep your head up and nose in front of the ball so you can see the teletubbies coming.

Shield the ball from the teletubbies.

Keep ball close to you.

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.

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 6 : Day 2*



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Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

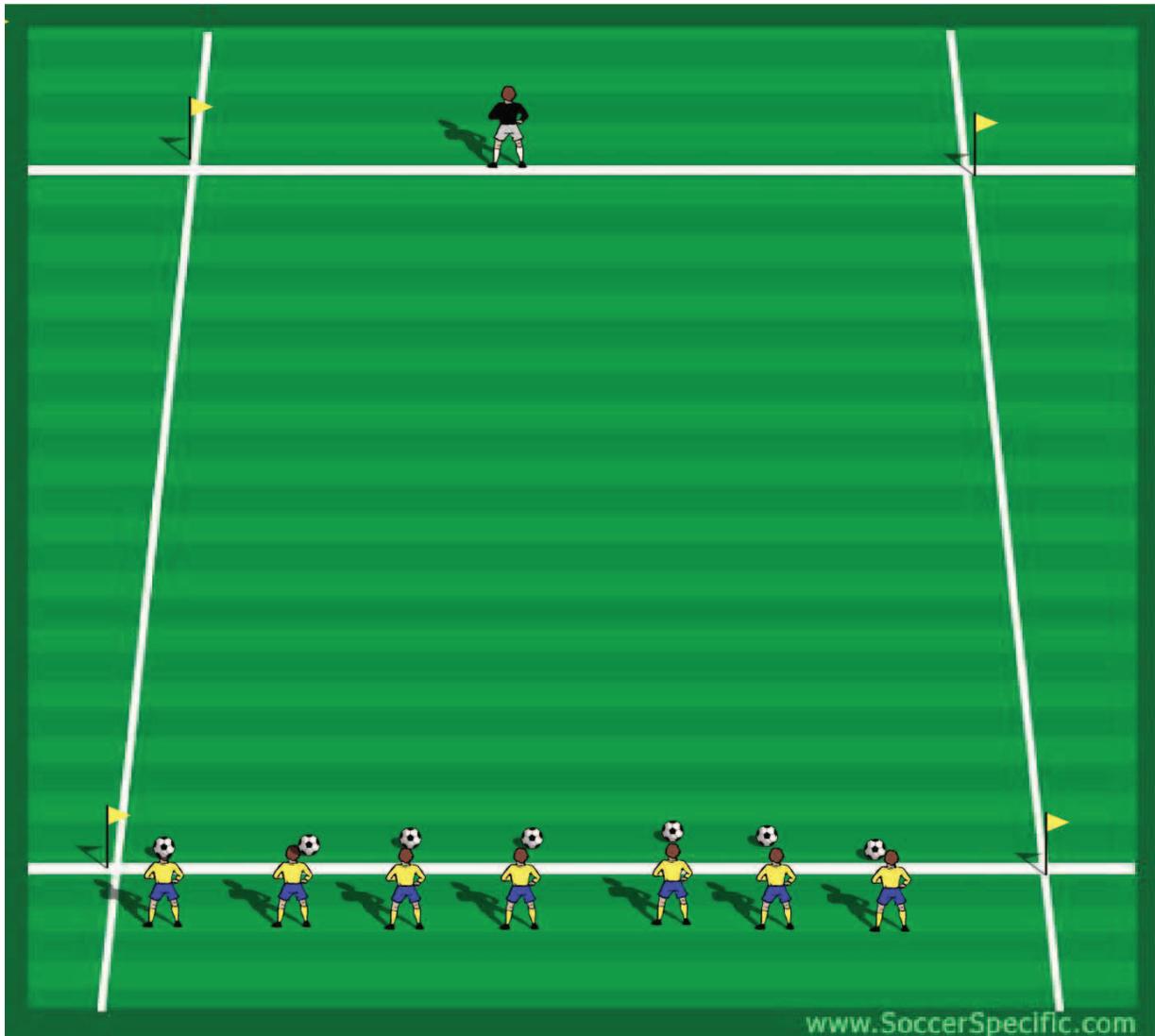
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

Dribbling Games: Red Light, Green Light



Dribbling Games Red light, Green light

Purpose Starting and stopping the ball and improve vision

Organization

Players line up at the one side of the 20x20 area

Coach stands on opposite side with a red and green cone

When coach holds the green cone in the air, players dribble forward

When coach holds the red cone up in the air, players need to stop ball immediately

If the coach turns around and player is still moving when the red cone is in the air he/she must go back to the beginning and start again.

Coach continues to change from red and green cone to confuse players. The first player to make it to the coach wins the game

Coaching Points

Keep the ball close

Keep head up

Use all different parts of the foot to dribble with (laces, sole, inside and outside)

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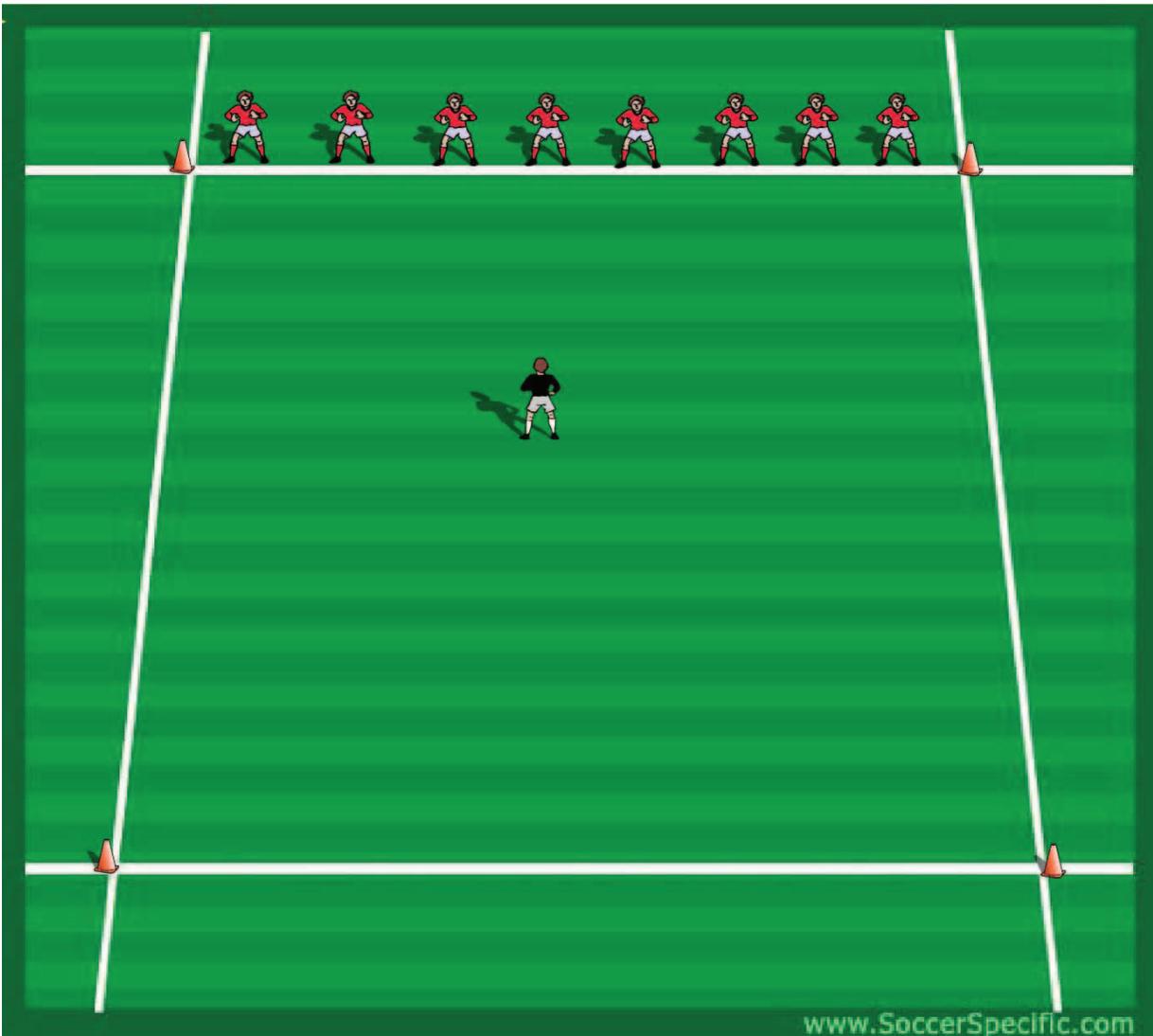
*Training Ages 4 to 7
Week 7 : Day 1*



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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

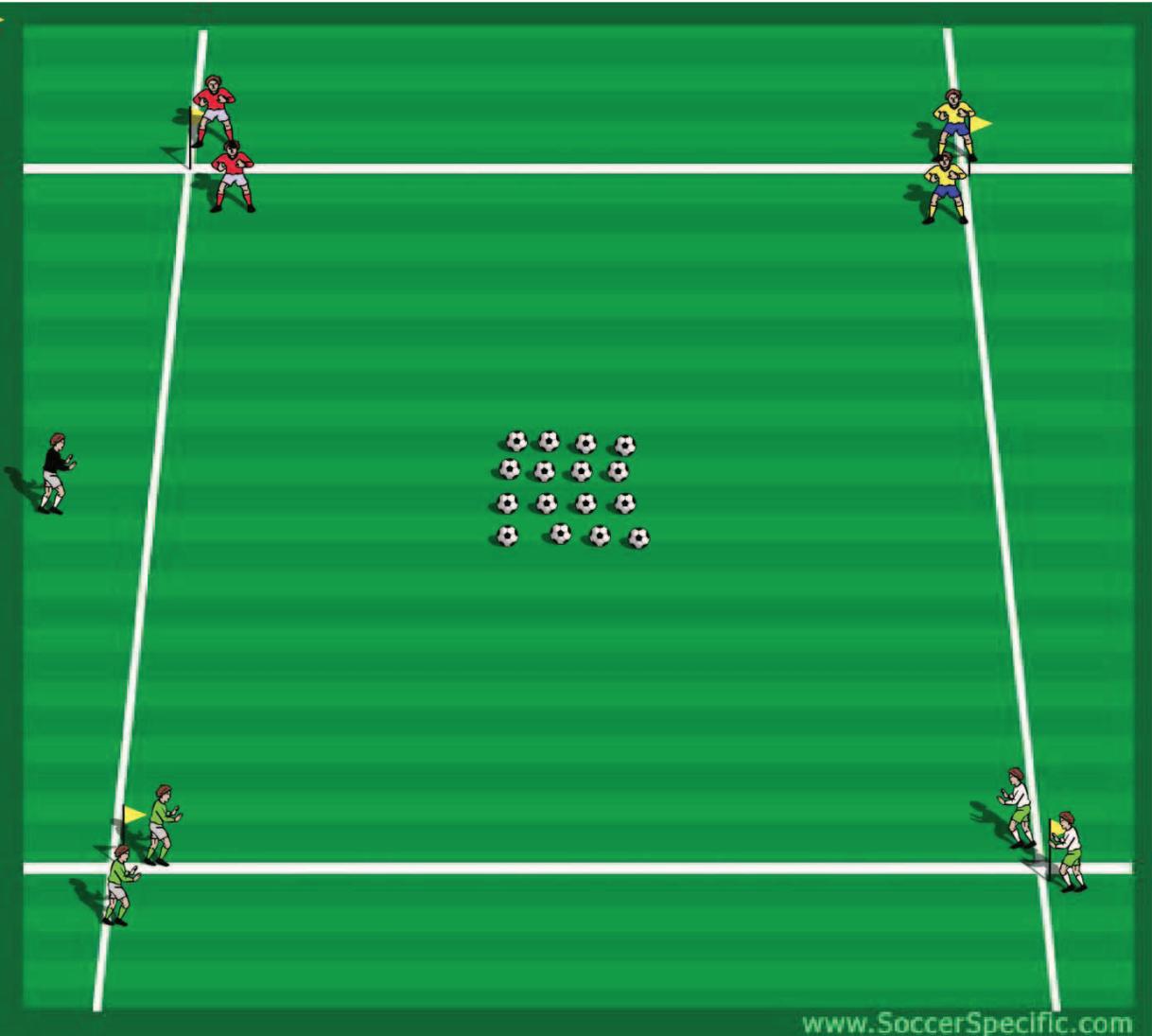
Coaching Points

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.

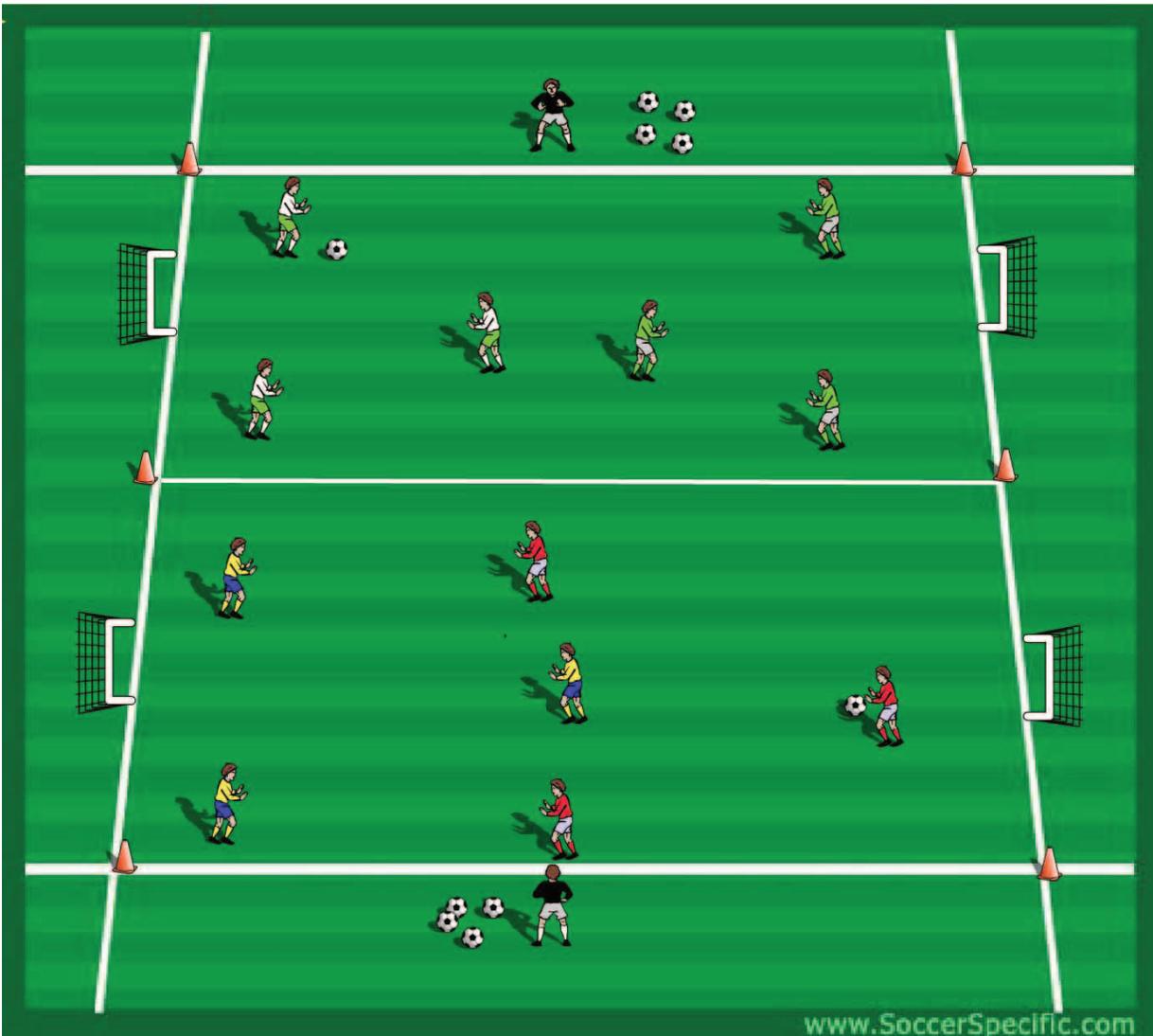
Coaching Points

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.

Command Grid



Command Grid

Purpose- To improve dribbling skills

Organization

Players dribble around the grid, listening for the coaches command.

Coach shouts out commands such as STOP, SPEED, CHANGE BALLS, HEAD ON BALL.

Players then carry out the instructions that the coach calls.

Coaching Points

Keep your nose in front of the ball and keep head up so you can see what is in front of you.

Keep the ball close and under control so you can carry out instructions.

Ask players to use all parts of the foot to dribble with, laces, inside of foot, outside of foot and sole of shoe.

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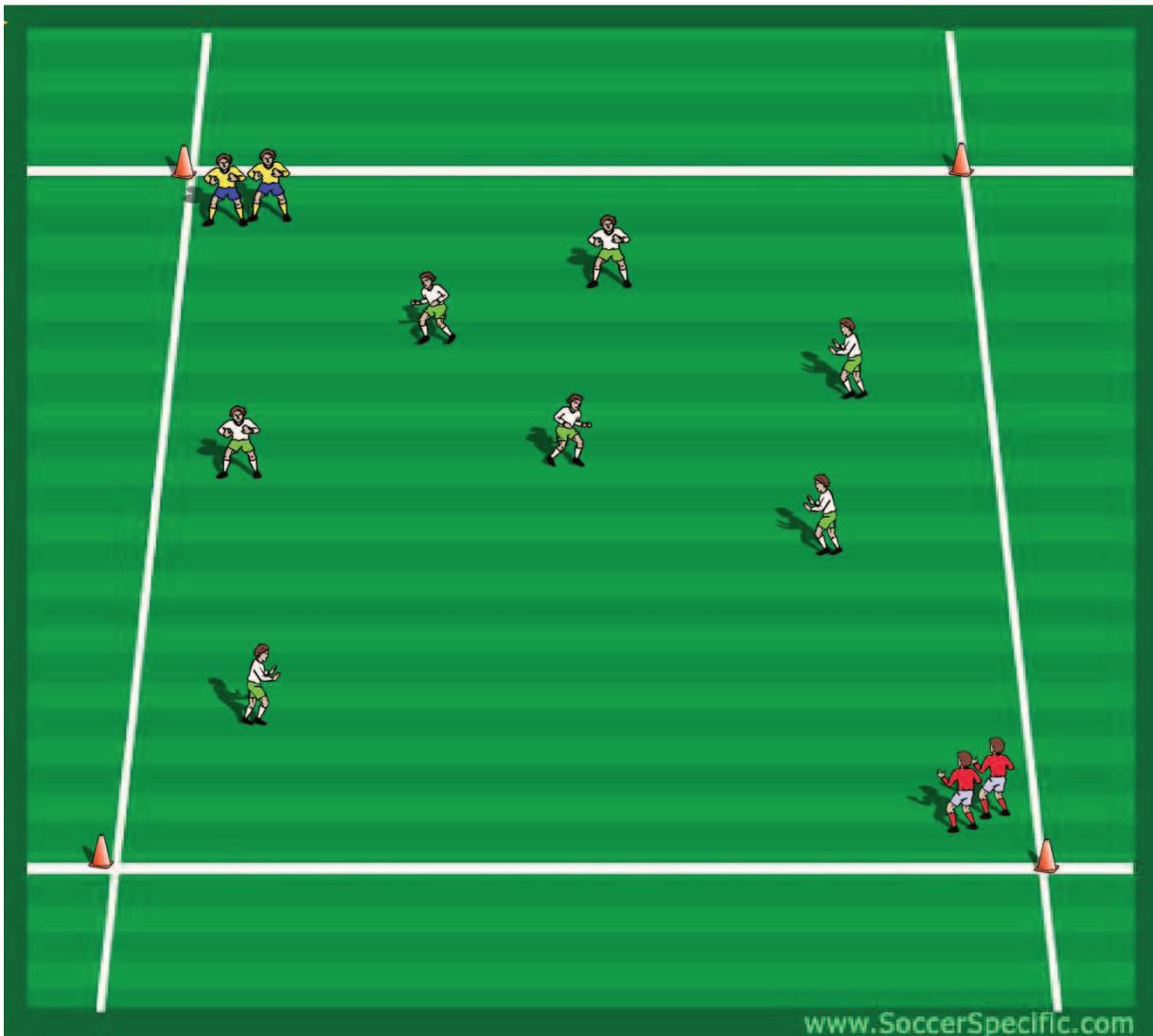
*Training Ages 4 to 7
Week 7 : Day 2*



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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.

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 8 : Day 1*



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Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

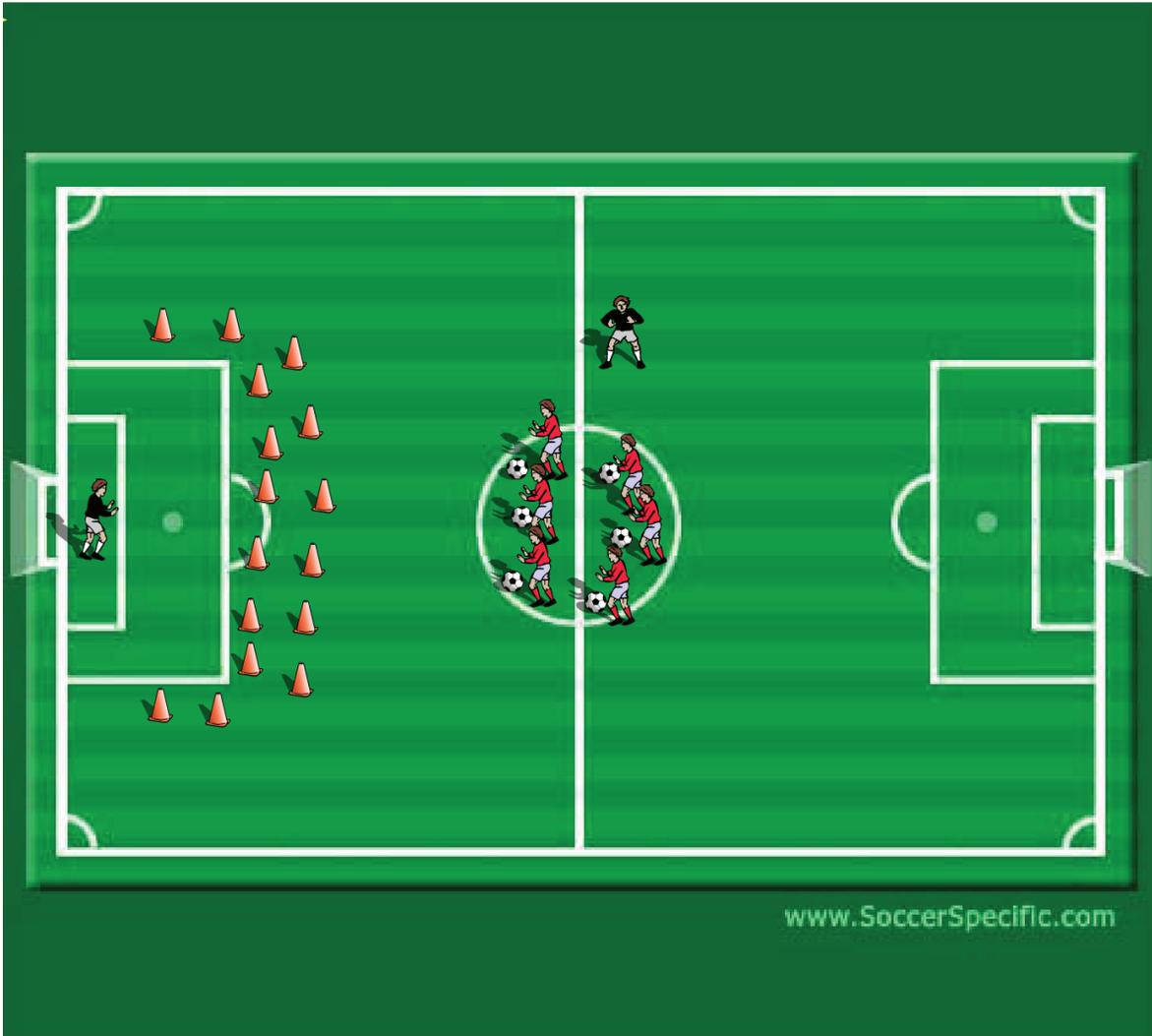
Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyones tail.

Sleeping Dragon



Sleeping Dragon

Purpose - To improve dribbling and turning skills.

Organization

All players enter center circle which is known as the "circle of safety" where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure.

If a player is tagged, they must go back to the circle of safety, do five toe taps and go again.

The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

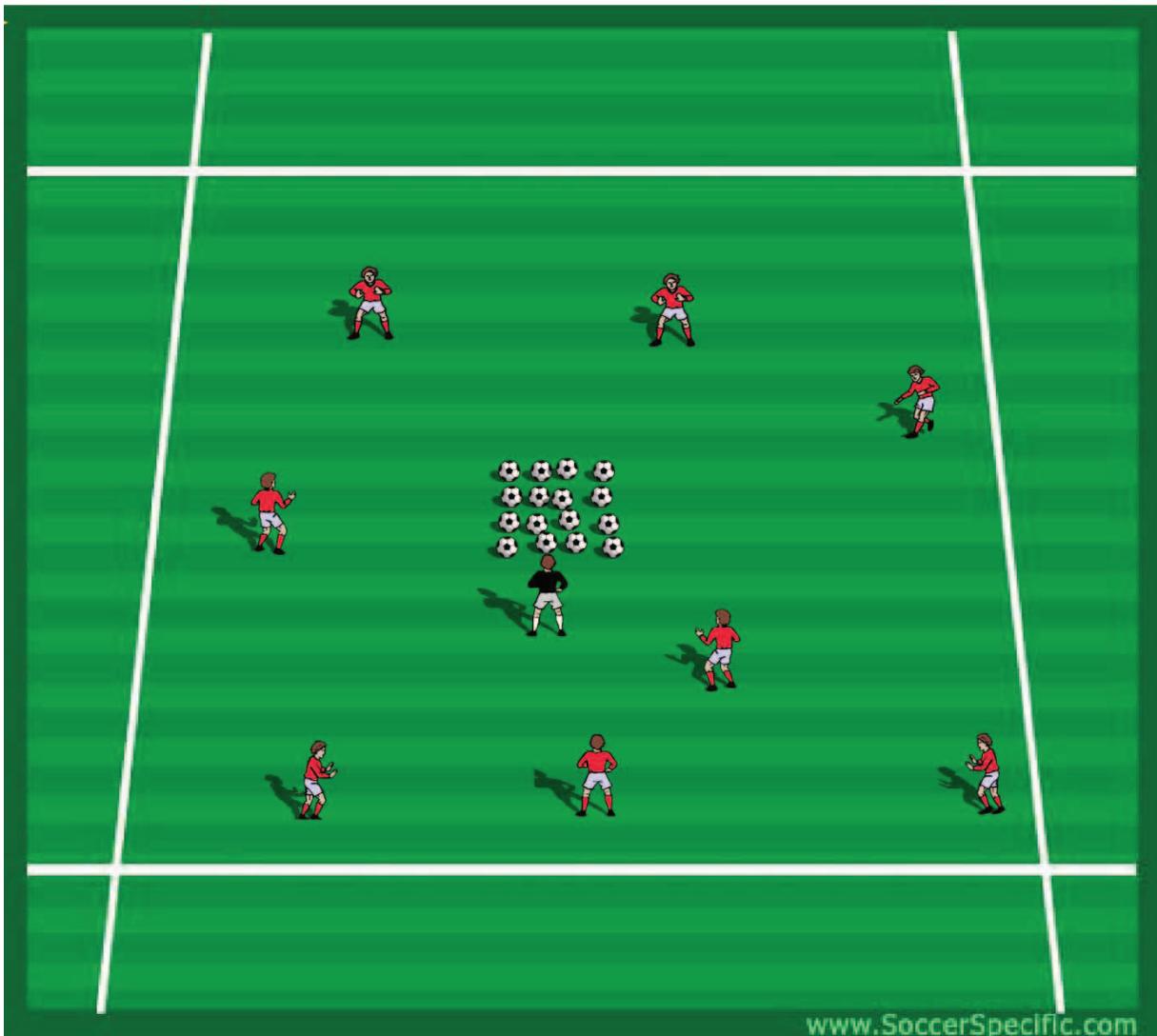
Coaching Points

Keep the ball close

Encourage use of both feet and use of all parts of foot

Keep nose in front of the ball so you can see where the dragon and the treasure is

Space Invaders



Space Invaders.

Purpose- Introduction to passing and the timing of the pass

Organization

On Coaches command of "GO" players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach.

The ball must remain on the floor and hit the player under the knee

When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

Coaching Points

Keep your head up so you can see the players you need to hit

Pass the ball in front of the player

Pass the ball with the inside of foot for accuracy

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.

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Coaching Manual: A Season of Sessions

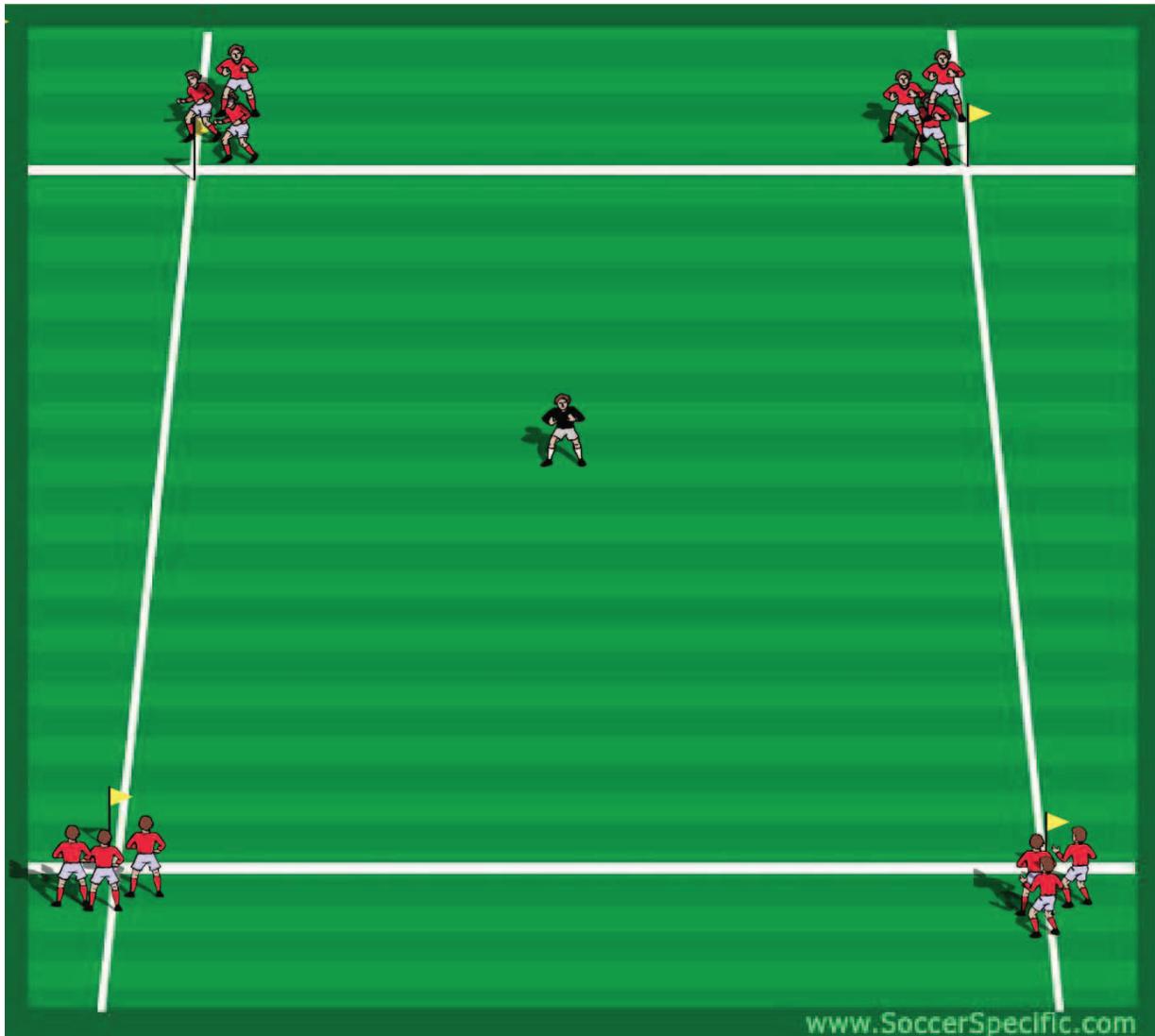
*Training Ages 4 to 7
Week 8 : Day 2*



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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

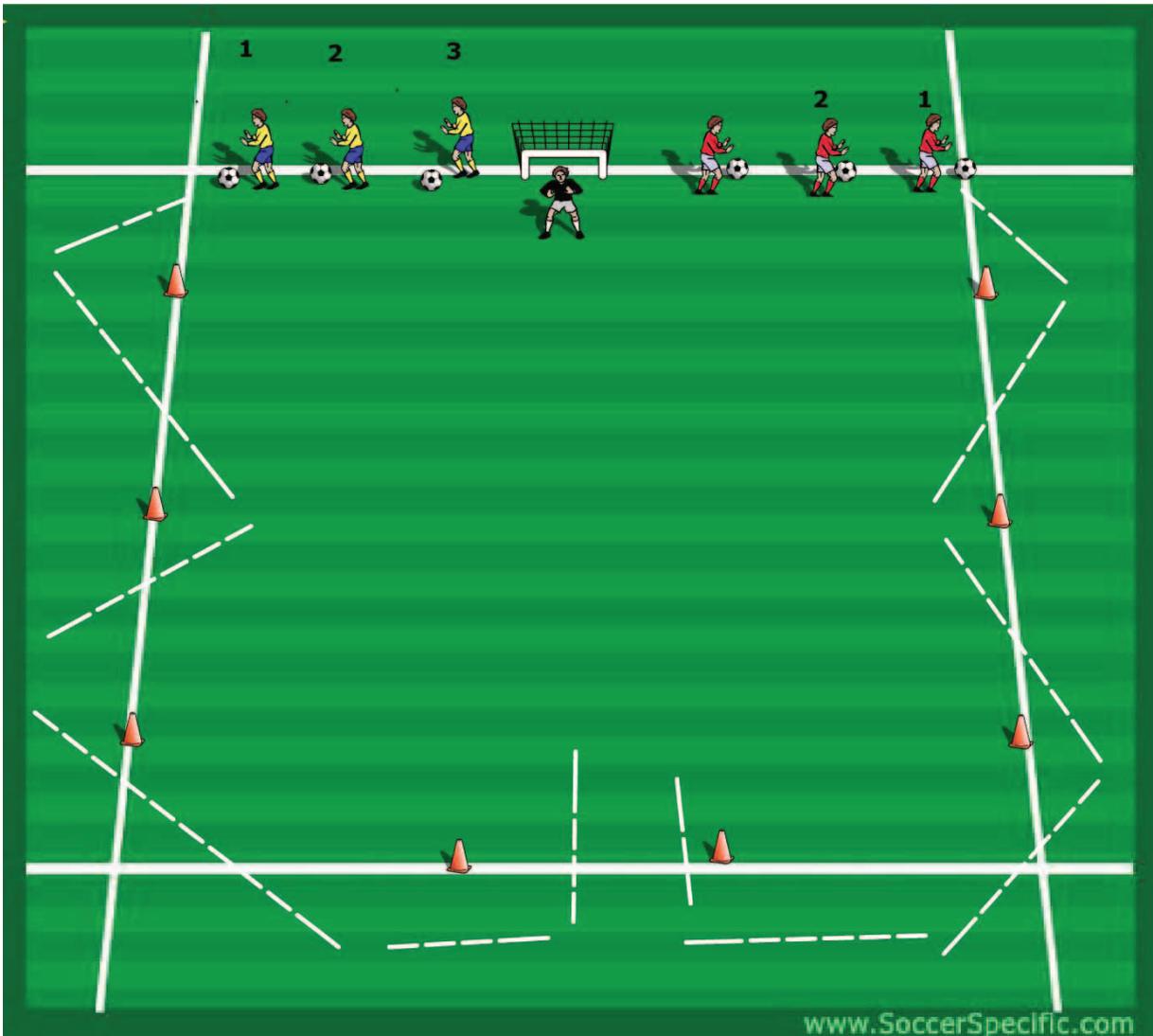
Last player standing is the winner

Coaching Points

Forces a quick change of direction and speed

Soccer related movements up,down, forwards and backwards

Superheros



Superhero's

Purpose- To improve dribbling and shooting skills

Organization

Players are divided into two separate team and given a number between 1-3

Each player has his/her soccer ball and when the coach calls their number, they dribble down the sides of the field (see diagram) and into the field of play.

The first ball which enters the field is the one that is used to try and score the goal.

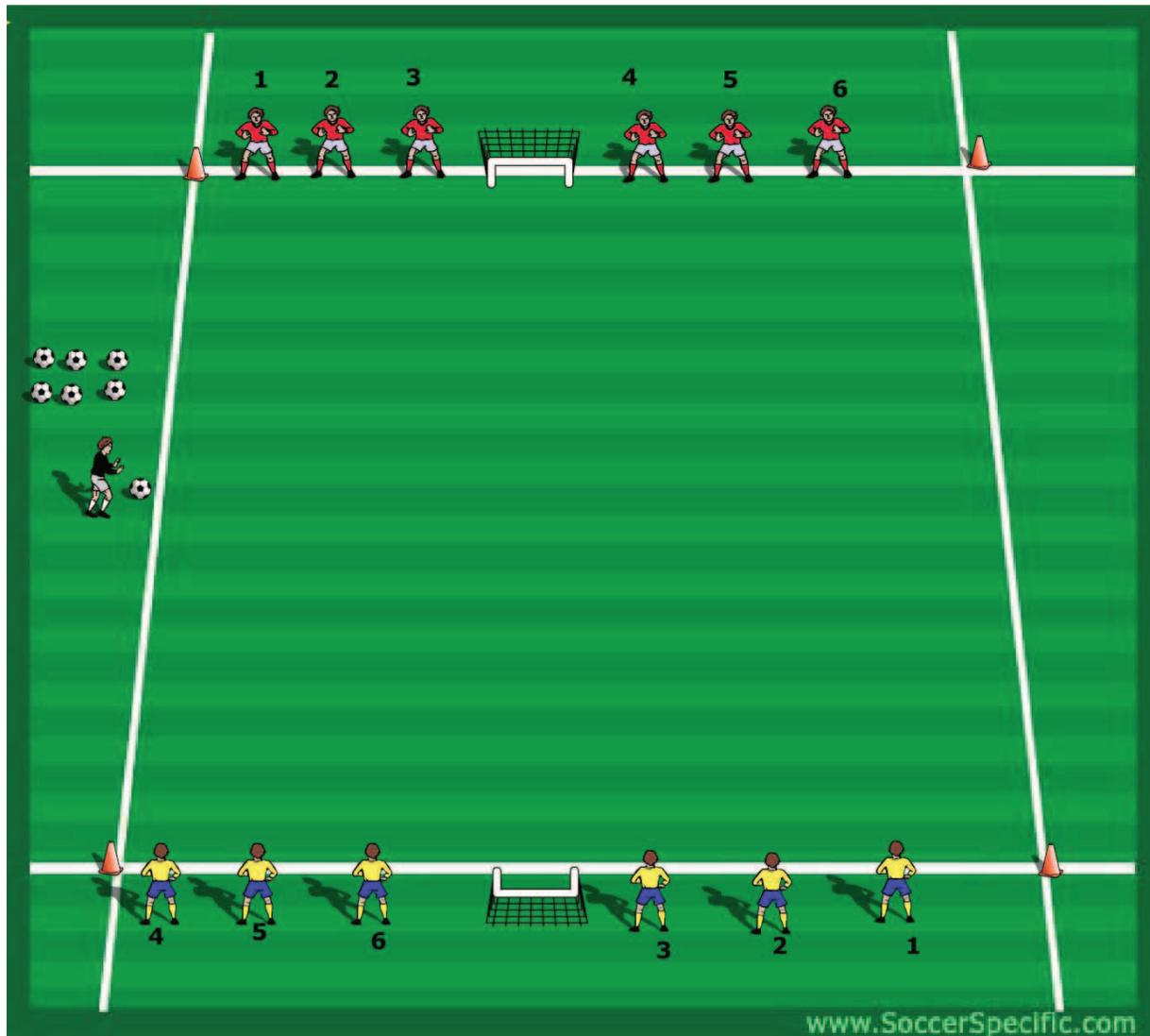
Coaching Points

Keep the ball close

Keep your head up and nose in front of the ball to see where you are going.

shoot the ball low and into the corners of the goal.

Steal the Bacon



Steal the bacon

Purpose- To improve attacking skills

Organization

Area 10x20

Divide groups into two teams and number the players 1-6.

Coach calls a number or numbers, then kicks a ball into the field of play. The players attempt to score in their opposite goal and the game continues until a goal is scored or the ball goes out of bounds.

Coaching Points

Attack the ball

Should I dribble or shoot

Help your partner by getting open and always being in a position to receive 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

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