

CYSA MINI SOCCER COACH'S GUIDE

Soccer coaches wear many different hats, particularly when they're training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reining in a distracted player the next. You must be flexible, because a session or drill that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged. Above all, make sure everyone is enjoying the session—including you. HAVE FUN !!!

Your personality and enthusiasm will have the biggest impact on your players. HAVE FUN !!!

Remember, a method that works well with one player may not be effective with another. So it's important to be flexible, to set realistic goals, and to give positive feedback as often as possible. If a drill is not working change it up, keep it simple or move on to the next one.

Canada Soccer recommends a “station” approach to training. Players move from one skill-building activity to the next at regular intervals.

Soccer times are split into 40 min practice followed by 20 min game. The practice time is built around four activity stations, one focusing on general movement skills, one on coordination, one on soccer technique and another on small-sided games. Addressing all four of these training “pillars” at each practice session will help develop well-rounded young players with a foundation in physical literacy, solid soccer skills and, ideally, an enduring love of the game.

Each field will be split into four stations and teams will combine for the practice before their game. The kids will move through each station. The station will be assigned by a weekly schedule, during the eight week season. Each soccer technique will be covered twice in the season. Coaches will also have the opportunity to bring their own drills into the mix.

The four soccer techniques are dribbling, control, passing and shooting.

Week One

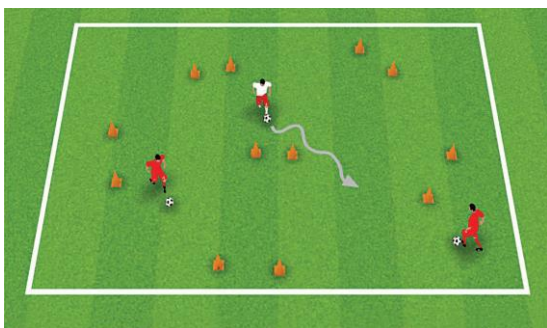
Station #1: Survivor, soccer technique (dribbling), set up cones into gates, pretend you are on an island, move the ball around the island but don't go in the water. Go through as many gates as possible. Options:

Dribble around as many palm trees (cones) as you can
Knock over as many palm trees as you can with the ball

Trade- trade balls with another player

Turn - put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction.

Dive - pick up your ball and jump in the water.



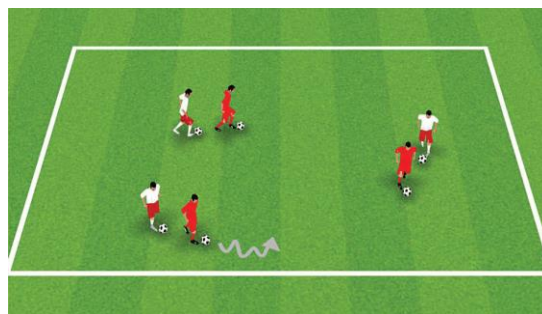
Station #2: Truck and trailer, general movement skills, one player is the truck and one is the trailer, move ball around the "parking lot" the trailer following the truck as close as possible. Keep your head up, don't hit other vehicles. Coach call out commands:

Speed up – trucks start moving faster

Turn – trucks change direction

Park – use bottom of foot to stop ball

Switch – truck and trailer switch positions



Station #3: Body parts, Coordination, create an island with cones, run around the island holding the ball in your hands. Make sure to keep your head up and avoid bumping into anyone. Don't fall off into the water! Coach calls out a part of the body (e.g., foot, hand, elbow, knee, etc.), place the ball on the ground and put that part of your body on the ball as fast as you can. Pick up the ball and keep running. Options:

Parents surround the island and pretend to be sharks

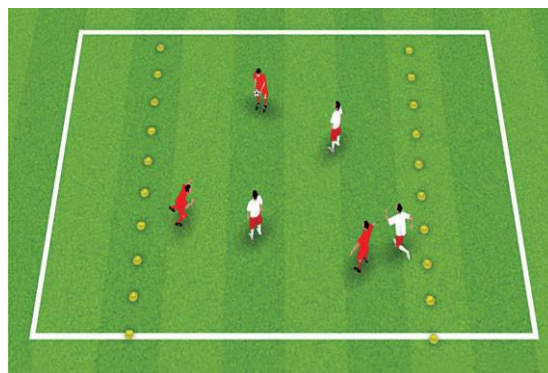
Use feet to dribble ball around island



Station #4: Flag football, small sided games, create two end zones using cones, divide players into two teams, carry the ball with your hands and try to score by running into the end zone. If a player on the other team touches you when you have the ball, it's their turn to try and score in the other end zone. You can avoid being touched by throwing the ball to one of your teammates. Options:

Use your feet to dribble the ball into the end zone.

Instead of tagging use your feet to take ball away



WEEK TWO

Station #1: Juggling, *soccer technique (control)*. Juggling is a fundamental skill players use to control ball (foot, thigh) Hold the ball in your hands. Throw it up and catch it 2 times. Then drop it and use the top of your foot to gently kick it back up. Try to catch the ball before it touches the ground. Use the other foot. Same as #1, but this time let the ball bounce and try to catch or kick it again after the bounce. **3.** Same as #2, but try to kick it up twice in a row without letting it bounce, then catch it. Use the other foot. Options:

Use thigh, alternate between legs

Set the record – how many before ball hits ground



Station #2: coach's choice, use one of your own drills.

Station #3: Think Fast, *general movement*, players move ball around with feet, react as fast as you can:

Stop – stop ball with bottom of your feet

Turn – stop ball, roll it backwards, and then continue in other direction

Options:

Step over – step over ball and change direction

Fake – pretend to shoot then continue dribbling

Explode – change speed quickly and go to open area



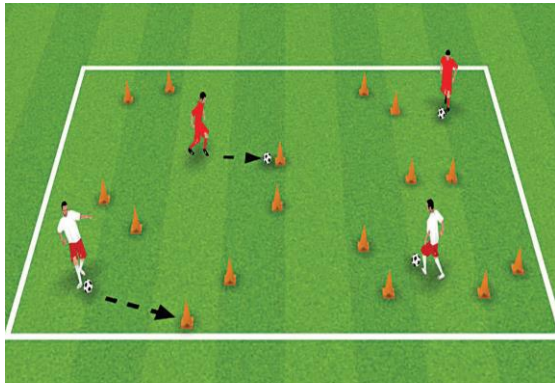
Station #4: coach's choice, use one of your own drills

WEEK THREE

Station #1: Shark island, *soccer technique (passing)*, players are on an island surrounded by shark infested waters. Go! – use your feet to move the ball around the island, trying not to touch a cone or fall off into the water. “Pass!” – Use your foot to pass the ball and try to knock over the cones. Try to knock them all down (in 30 seconds). Options:

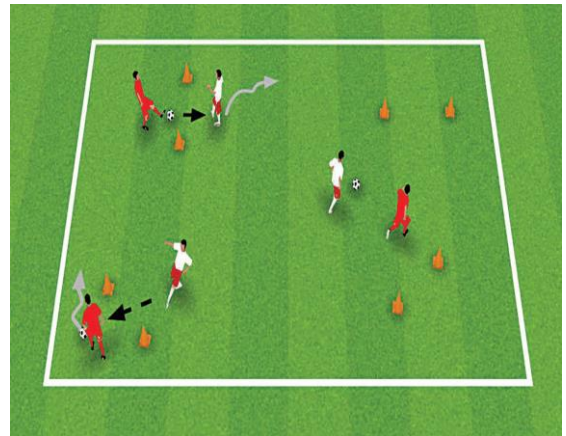
“Pass!” – use your foot to pass the ball to your partner on another part of the island, without knocking over any cones.

Pass back and forth with your partner as many times as you can (in 30 seconds) without knocking over any cones or falling off the island.

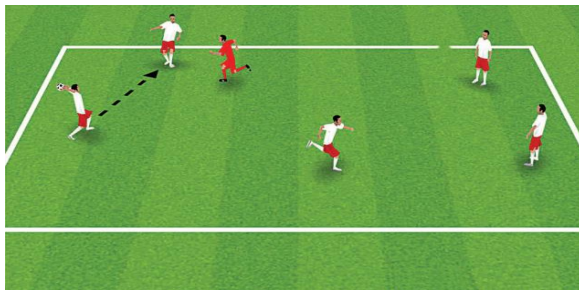


Station #2: Through the Gate, *general movement*, working in pairs; one ball per pair. Use cones to create a series of gates spread out evenly around the field. Players with the ball use their feet to move the ball around the field. Players without the ball stay close to their partner and call out their name when they're in a good position to receive a pass. Score a point by passing the ball through a gate to your partner. See how many points you can score in a minute. Options:

Have a parent/coach try to block passes

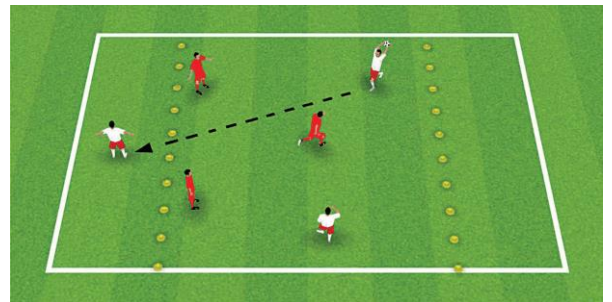


Station #3: Freeze tag, *coordination passing*, One player is “it”; another player starts with the ball. Try to tag the other players by touching them with your hand. If you have the ball, you cannot be tagged. Save a teammate by throwing the ball to them before they get tagged. If you get tagged, you're frozen. You're back in the game when a teammate crawls through your legs. “Switch!” – The player holding the ball becomes “it.” Options: More than one player has a ball and can “save” their teammates. Instead of passing with your hands, use your feet. “Dodge ball:” the player who is “it” has the ball. To freeze other players, throw the ball to hit them below the knees.



Station #4: Touchdown, *small sided games (passing)*, Divide into two teams; one ball. “Go!” – use your hands to throw the ball to your teammates. If a player on the other team tags you when you have the ball, it's their ball. Try to score by throwing the ball to a teammate in the opposing team's end zone. If your teammate catches the ball, it's a goal! OPTIONS:

“No hands!” – use your feet to pass, and instead of tagging the other team, use your feet to take the ball away. Remember to use the side of your foot when passing!



WEEK FOUR

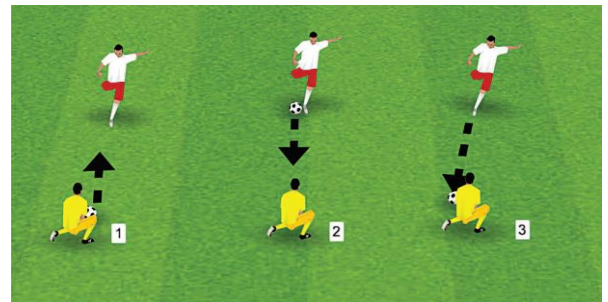
Station #1: coach's choice

Station #2: Ground Ball, *soccer technique (shooting)*, players are paired up with a parent or another teammate, one ball per pair. One partner kneels, while the other remains standing. The person kneeling will roll the ball towards their partner's feet. "Shoot!" – use your foot to shoot the ball gently along the ground into your partner's hands. Try to use the top of your foot (laces) to contact the ball. OPTIONS:

Shoot with your other foot.

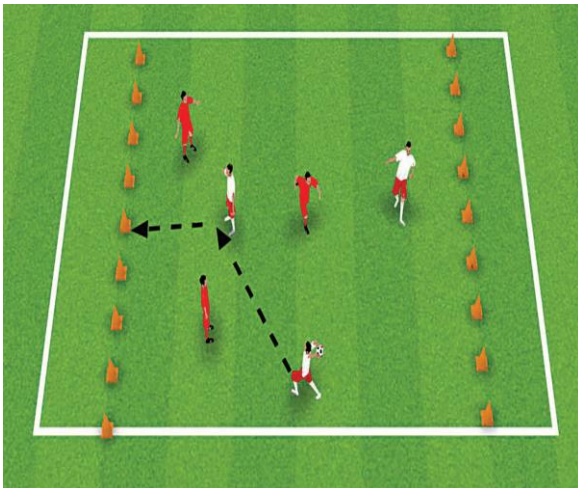
"Stay on your toes!" – take a few quick steps towards the ball and then shoot.

"Spin!" – spin around after each shot.



Station #3: Knockdown, *small sided games (shooting)*, Divide into two teams, one ball. "Go!" – use your hands to start with, and pass by throwing the ball to your teammates. If a player on the other team tags you while you have the ball, then the other team gets the ball. Score by throwing the ball and knocking over a cone. OPTIONS:

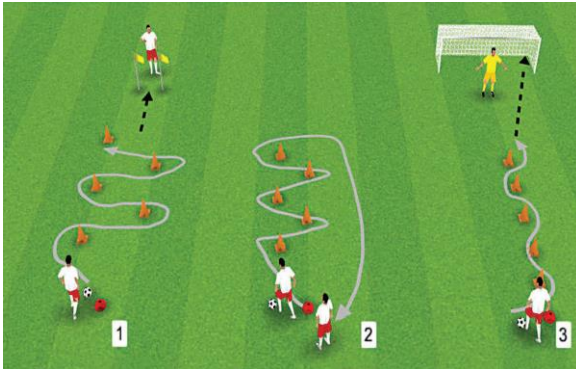
"No hands!" – use your feet to pass and shoot. Instead of tagging, use your feet to take the ball away from the other team. Remember to use the top of your foot (laces) when shooting!



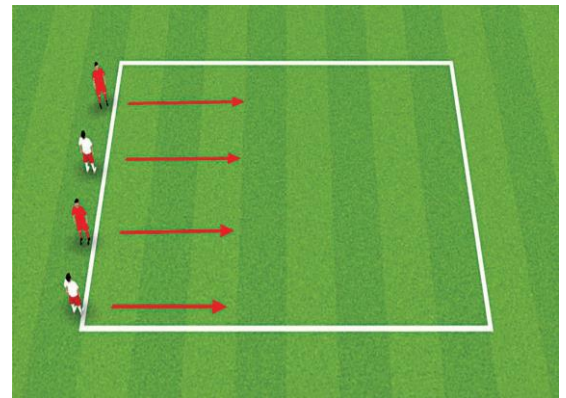
Station #4: coach's choice

WEEK FIVE

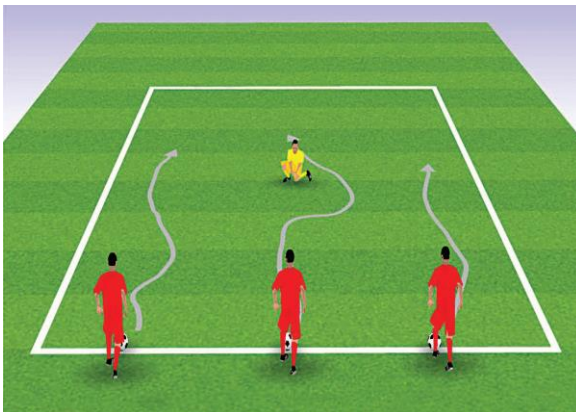
Station #1: Relay race, *soccer technique (dribbling)*, divide players into two or three groups. Line up in order with Player 1 in front at the start line. "Go!" – one at a time, use your feet to move the ball around the cones to the end, and then come back to the start line. Take your ball to the back of the line. **OPTIONS:** Split each group so that 2 players are at opposite ends of the cones. One ball per group. Player 1 dribbles around the cones to the opposite end, and passes to Player 2, who dribbles back through the cones and passes to Player 3, etc. Player 1 dribbles through the cones then shoots the ball into the net. Player 1 goes to the back of the line and Player 2 has a turn, etc.



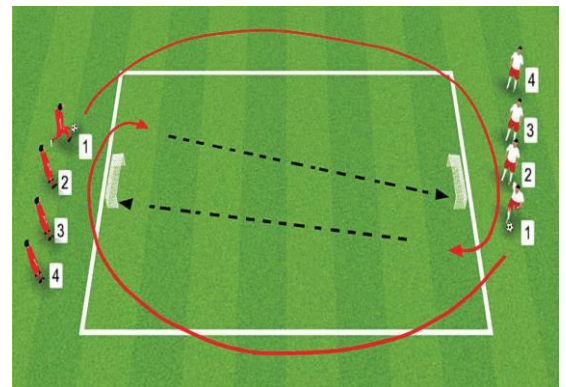
Station #2: Freeze, *coordination (dribbling)*, Go!" – start to run forwards towards the finish line. "Change!" – **1.** Run sideways. **2.** Hop on one foot, then the other. **3.** Bunny hop with both feet together. **4.** Skip. **5.** Roll. **6.** Crawl and roar like a bear. **7.** Crab walk. "Freeze!" – stop where you are and don't move until your coach says "go." **OPTIONS:** Each player has a ball; i.e., **1.** Hop with the ball between your feet or knees. **2.** Bounce and catch the ball as you skip or run. **3.** Dribble the ball



Station #3: Troll, *general movement (dribbling)*, players have to cross a bridge that is home to an old troll. Players each have a ball, coach, parent or another player is the troll and moves in a crab position (on all fours). "Go!" – use your feet to move the ball across the bridge, don't let the troll get the ball, and don't kick your ball off the bridge! "Turn!" – put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction, back to the other side of the bridge. If your ball gets caught or falls off the bridge, you become a troll too!

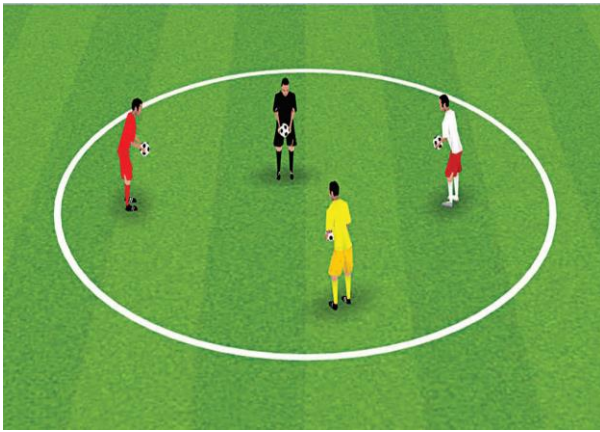


Station #4: race to goal, *small sided games (dribbling)*, Set up both nets at this station and divide players into two teams. Teams start behind their own net each with a ball. Dribble your ball as fast as you can around the field, until you get to the other team's goal. Dribble around the back of the goal, then dribble onto the field and try to score into your net. The first player to score gets a point. **OPTIONS:** Add a player as goalie. Allow a player to play defence. Two players go at same time



WEEK SIX

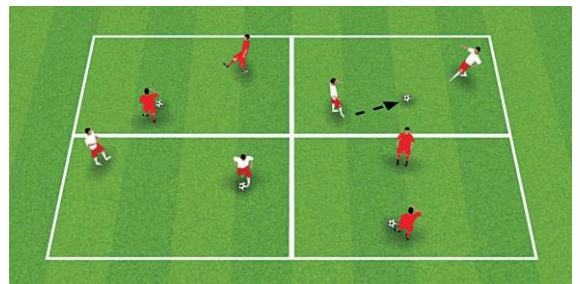
Station #1: Coach says, *soccer technique (control)*, a version of Simon says. When “coach says” do this, you do it. But if you don’t hear “coach says,” don’t do it! “Coach says” throw the ball up and catch it; “coach says” throw the ball up, kick it and catch it; “coach says” use your other foot; etc. **OPTIONS:** Instead of juggling, “coach says” drop the ball onto your foot and use the top of your foot like a pillow to gently lower the ball to the ground. “Coach says” use your other foot. Use a variety of other commands, make it fun



Station #2: Coach’s choice

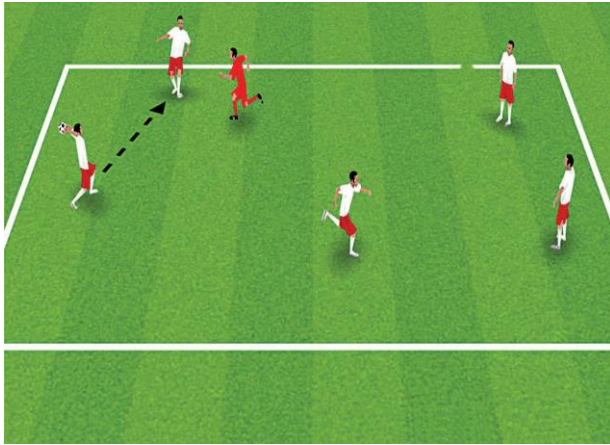
Station #3: coach’s choice

Station #4: Pairs in Squares, small *sided games (control)*, players are paired off and work inside square marked with cones or just imagine working in a square. Pass the ball back and forth with your partner while staying inside your square. Start by using your hands to throw the ball and catch it. Make sure to get in line with the ball when you see it coming! When your coach says to change the way you’re passing, do it! **1.** Pass the ball with the inside of your foot, then the top of your foot (laces). Use any part of your foot to control the ball when you’re receiving a pass. **2.** Throw a bounce pass to your partner, and they will use their foot to control the ball before picking it up and bouncing it back to you. **OPTIONS:** Work in groups of 4, with one ball per group. Number players from 1 to 4 and have them pass in that sequence. Rotate squares 2 players at a time so everyone has an opportunity to work with different teammates.

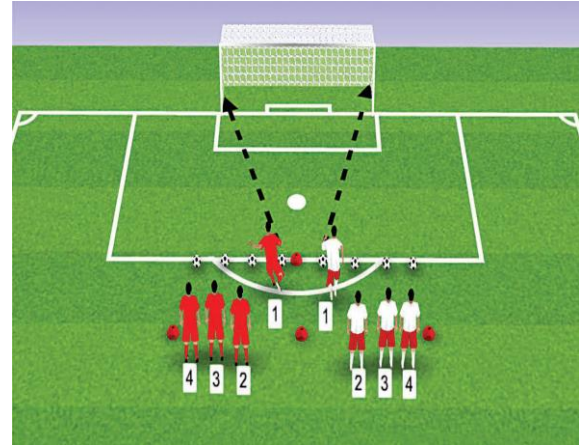


WEEK SEVEN

Station #1: Freeze tag, *coordination (passing)*, one player is it, another one holds the ball, – if you're "it", try to tag the other players by touching them with your hand. If you have the ball, you cannot be tagged. Save a teammate by throwing the ball to them before they get tagged. If you get tagged, you're frozen. You're back in the game when a teammate crawls through your legs. "Switch!" – the player holding the ball becomes "it." **OPTIONS:** More than one player has a ball and can "save" their teammates. Instead of passing with your hands, use your feet.

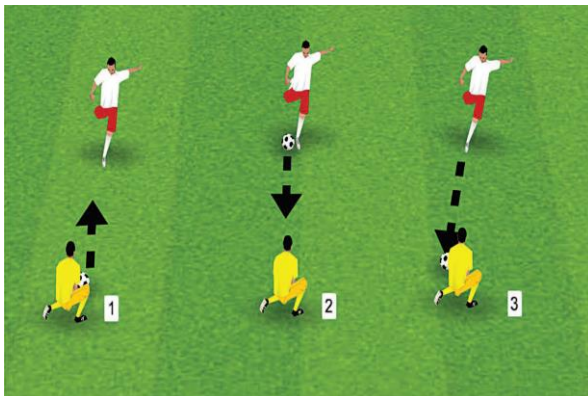


Station #2: Wild West shoot out, *Soccer technique (shooting)*, Set up both nets, split into two teams. Use one ball for each team. Players shoot on goal then retrieve ball and return to next player in line. If they score they sit down, first team to have all players score wins. **OPTIONS:** Have a goaltender. Start from a sitting down or push up position.

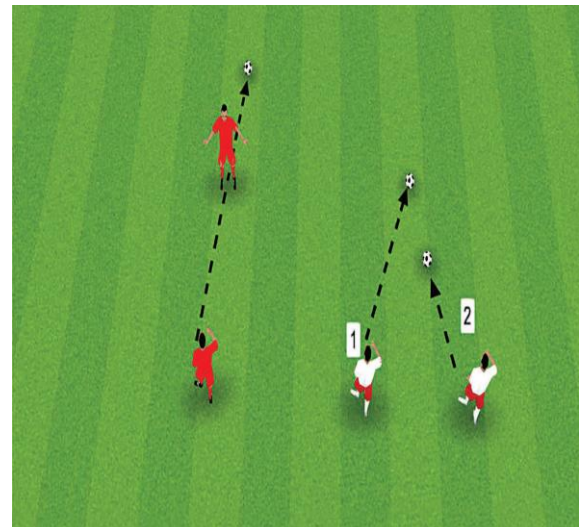


(Image only has one net but you can use two)

Station #3: Ground Ball, *soccer technique (shooting)*, players are paired up with a parent or another teammate, one ball per pair. One partner kneels, while the other remains standing. The person kneeling will roll the ball towards their partner's feet. "Shoot!" – use your foot to shoot the ball gently along the ground into your partner's hands. Try to use the top of your foot (laces) to contact the ball. **OPTIONS:** Shoot with your other foot. "Stay on your toes!" – take a few quick steps towards the ball and then shoot. "Spin!" – spin around after each shot.



Station #4: Score, *soccer technique (passing)*, Players work in pairs with one ball. Set up approx. ten feet apart (change depending on skill level). Use your foot to pass the ball through your partner's legs to score a point, then switch. **OPTIONS:** "Marbles:" Both players have a ball. Player 1 passes his/her ball. Player 2 passes his/her ball and tries to hit the other ball to score a point, like in a game of marbles.



WEEK EIGHT

Final week of season set up your favourite drills that you have learned this season!! Have fun!!