



AYSO REGION 55

U06 COACH CLINIC HANDOUT

We thank you for volunteering to coach. We hope you will have a great season and a wonderful experience teaching these little players to love the game of soccer.

A LITTLE BIT ABOUT THE PLAYERS

- For the most part, they do not come to play soccer of their own choice. Soccer is secondary to most other things in their lives.
- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained fully and demonstrated.
- May or may not understand or remember: what the lines on the field mean, what team they are on, what goal they are going for. We need to be patient.
- Easily bruised psychologically. Shout praise often. Give "hints", don't criticize.
- Need to be allowed to play without pressure. No extrinsic rewards (trophies, medals, etc) should be given for winning. Yes, this means NO money for goals. If a coach finds that a parent is doing this I highly encourage you to speak with the parent and explain to them that this damages the team as a whole and that your responsibility is to ensure the experience of the whole. (It damages the individual player too by the way.)
- Prefer "parallel play". Will play on a team but will not really engage with their teammates. Thus a 3v3 game is, really, a 1v5 game because they all want the ball at the same time.
- Very individually oriented (me, mine, my)
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but will recover rapidly.
- Development for boys and girls are quite similar at this age
- Physical coordination limited. Eye – hand and eye – foot coordination is not developed.
- Love to run, jump, roll, hop, etc.
- Catching or throwing skills are not developed.
- Can balance on their "good" foot.

THINGS YOU CAN EXPECT NO MATTER HOW GOOD A COACH YOU ARE

- Most players cry immediately when something is hurt. Some cry even when something is not hurt. ☺
- No matter how loud we shout, or how much we “practice” it, they can not or will not pass the ball.
- Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- Don’t even consider teaching positional play. The only player able to hold a position is the goalkeeper and we don’t play with one at U06.
- 20 seconds after start of play, every player will be within 5 yards of the ball.
- Several players will slap at, or pick up, the ball. Several parents will yell at them not to do that. At least the player won’t tell you they did it because “it’s my ball” because we gave you a coach ball (hint: use it for the game ball)
- A model rocket launched from a nearby field will get 99% of the player’s attention. By all means, stop play and let them watch for a minute! ☺
- During a season you will end up tying at least 40-50 shoe laces.
- They will do something that is absolutely hysterical. Make sure that you laugh!

SO, REMEMBER THIS

- Each practice should be geared around players touching the ball as many times as possible. Involve the ball in as many activities as possible. Have the players keep their ball with them at all times.
- Training should not last for more than 1 hour, once a week with a game on Saturday. This is plenty for U06 players. Any more and they will burn out.
- Emphasis at each practice needs to be placed on what is fun! #1 reason kids leave sports is that they were not fun anymore (for any number of reasons). #1 reason they stay – FUN!
- Although the players on your team have very similar birthdates, their physical and mental maturity may vary as much as 36 months. Activities need to accommodate these differences. Make sure it is fun for all.
- Team play and passing is an alien concept to these players. They know that if they pass the ball they may never get it back. In fact, they often steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart’s content.

WHAT TO DO FIRST?

Read your Regional Handbook and this Coach Clinic Handout thoroughly.

WHAT TO DO SECOND? CALL YOUR PLAYERS

Before your team meeting you need to call all your players and make some decisions. Have these items set before your team meeting if possible. You don't really want them to be open for debate at the meeting. Be flexible, but remember, you are the one who stepped up to coach. They had their chance, trust me. Make sure it works for you first.

Parents of U06 players usually stay during practices. Remind them of this when you are trying to get each parent to step-up and volunteer for something. Make it clear that everyone must do something. The old, "You're going to be at every practice and game anyway" works well. Parents need not know anything about soccer. Older siblings, particularly those who already play soccer, are also very valuable. They can help assist at practice or even be one of your referees.

PRACTICE DAY / TIME

Practices can begin as of August 1st. That said, most U06 teams do not begin practicing until mid to late August. Whatever works for you and your players is fine as long as you do not practice before August 1st.

As coach, you will determine the practice days and times that work best for you. Most coaches do ask their players parents if there are any days that they absolutely cannot practice in order to ensure that the players can attend. Do this when you initially call them so that you can have practice days set before your team meeting. It is best NOT to leave practice days up for debate.

U06 should practice late afternoon. You cannot practice too early since school is still in session and our permit does not apply that early and you cannot practice too late since U06 players should be home for dinner by 6pm. Most U06 teams practice once a week, for one hour, sometime between 4 and 6pm.

You can practice at any of the schools listed in your Regional Handbook (you read it, right?). A good place to practice is Westmont since that is where the U06 games will be played. There is a lot of space and a large parking lot there. Plus, you are essentially training the parents, grandparents and anyone else responsible to get your players to games, on how to get to there.

If you have a player who absolutely cannot make your practice day/time they can just attend the games and not practice. Or, if they choose to, they can be removed from your team and placed on the waitlist for another team if a spot opens up. But, we don't guarantee that there will be a spot or that they will be able to make that coaches practice time either. We do not move players from one team to another once they are formed. And, if you have this packet, they

are formed. Essentially, they need to decide if they want to play soccer or do their other activity for the 10-12 week season.

TEAM PARENT

Find one when you make your initial calls. If you have a "career" team parent, most likely they will tell you on the phone. Be sure to look at the player registration forms when you make your calls to see who volunteered to team mom, ref, etc so you know who you are calling. If you do not have a "career" team parent you need to find some people willing to do the job. Once you find these people make sure they know the date of the team parent meeting to pick up their folder. This will give them all the info they need to do the job. Don't do their job. If they have questions there is a resource listed that they can contact.

ASSISTANT COACH

Again, try to find this person when you are making your initial phone calls.

REFEREES

You want to find at least two referees. If you can get three you are truly gifted and we'd like to talk to you about helping with Fall prep next Summer! Referees just take a short class, get uniform and whistle and ref their own team's home games. It's easy. And, youth referees are perfect so hit up those big sisters and brothers to do this work.

Remember, you can't coach and referee at the same time so you can't be your own team's referee. And, there are at least 6 parents on your team. You are one and are coaching, one to team mom, two to ref, and two to do field set-up/takedown. Everyone does something. It's an all volunteer league.

TEAM MEETING

If you don't already have them assigned, you will need to finalize your AC, one Team Parent, two Referees and two Field Set-up/Takedown Person. Remember, your team must set-up the goals and line the field if you have the first game of the day on that field and you must take down the goals if you have the last game. Field set-up needs to be done by game time.

You'll need to cover the following during the team meeting:

- Pick a team name so the Team Parent can get your banner order going.
- Email your coordinator the names of your volunteers for each position and make sure your AC, Team Parents and Referees have turned in their volunteer paperwork. Field Set-up People do not have to do paperwork. If they have not already, they will need to give it to you. Volunteer paperwork must be done every year so even if they did it last year they need to do it again for this season. In order to get your uniforms you

must have emailed your volunteer names and any outstanding volunteer paperwork. And, yes, we will know who has not turned in paperwork. If you are not sure about a volunteer, your Coordinator can tell you if their paperwork is in or not.

- Let the parents know what you expect the players to bring to practice. That you expect them to be on time. And, that if they do not stay they must pick their kids up on time.
- Explain the AYSO philosophy specifically 'Everyone Plays'. Remind them that the most important thing is that the players have fun. It is not about winning or losing.
- Explain your parent behavior expectations for practices and games. If you are clear about this now you will have no problems with unruly parents or bad behavior. Tell them that they may only cheer positively. That they are not to instruct or coach. That they are to say nothing negative to the referee before, during or after the game. This is where you really need to convey that you are in charge.
- Make sure to tell the Team Parent the date of the Team Parent Meeting!
- Be sure to hand out a Team Contact List with all the player and parent info.

RUNNING PRACTICES

Here is a list of the things you should have with you at each practice/game:

- Size 3 soccer ball – provided in your coach bag
- Extra bottles of water - for you or for the kid who doesn't have one
- Small First-Aid kit – you can pick-up an inexpensive one at a drug store
- Ball air pump – provided in your coach bag
- Registration forms - you must have these with you at all practices/games
- Practice Discs – provided in your coach bag
- Scrimmage Vests (aka Pinnies) – provided in your coach bag
- Stickers - we have given you some. If you want to give treats, such as candy, that is fine as long as your parents agree. Remember to let the kids equate soccer practice (exercise) with fun not candy.

Your players should have the following at every practice/game:

- Size 3 ball
- Shin guards covered by socks
- Cleats (baseball cleats ARE NOT allowed – no toe cleats)
- Water

CONTROLLING SIX 4 & 5 YEAR OLDS FOR 1 HOUR

Player Circle

When you want to talk to the players all together, instruct them to put their balls in the center of a circle and sit surrounding the balls. This gets the balls out of the hands of the players and reduces mayhem. If you don't separate balls from players, you will be amazed at the mischief they can invent. They are truly creative! The circle also ensures that no player sits behind another, another opportunity for fun. Sitting players do not have the same freedom to move into trouble that standing players do.

Water Break Time

A key component to getting and keeping attention is to attend to players' needs for rest, water, and down time. Use breaks in the action to give your players rest, water, and down time. Use the time to organize your assistants for the next activity.

Players who don't want to Play

That's ok, let them sit and watch. Always encourage their participation, but never force them to do it if they don't want to. Eventually they will see the other kids having fun and they will want to join in too. If they don't that's ok too.

Unruly Players

Sooner or later, you are going to have one or more players get unruly. Dealing with them is multilayered and there is no single rule to follow. First, look at yourself. Are you at fault? Is practice boring? Have you dwelt too long on a single activity that is boring to a 5 year-old? Has the practice run so long that players are losing interest? Are your players tired or thirsty? Are too many players watching other players perform the activity? Next, remember that a guiding principle is that the children should have fun. Is it more fun to finish the dribbling activity or play tag? Balance the work component of practice with the fun component. The world won't end if two players get into a tickling match.

Now, if you do have a difficult child. One who disrupts practice repeatedly in a negative way. I recommend first that you have your AC continue the practice and you talk to the child away from the team. Explain how the behavior is not acceptable and that you will not allow it to continue. Tell them that if it continues you will be forced to speak with their parents. This usually does the trick. If not, speak with the parents and they should take care of it. But, give the child a chance to change their behavior on their own first. You'll be surprised how effective this can be with small children. Remember the days of "Wait until your father gets home!" This is the equivalent.

If you have a child that this does not work with and you are at your wits end, contact – coach@ayso55.org. Seriously. You should have fun too and dealing with difficult situations in not fun and not in your volunteer job description.

Unruly Parents

OK. There it is. We have parents who get out of hand, even if our team is composed of little guys or gals. Parents get out of control at practice, sometimes hounding their child to run faster, to do better, or to pay attention. (Remember, the kids are just four or five!) Although it doesn't happen very often, parents also get out of control at games, "correcting" volunteer referees who may be running the first game they have ever seen.

If the parent is hounding their own child, first try reminding them that their child's behavior and skill is no different than the other children. Often parents are concerned that their child is not doing as well as the other children. Really, they just aren't seeing the other children. You can do this as a chat after practice or call them. Bottom line is that they need to understand that their yelling at their child is hurting their child's development as well as all the other children on the team and, as the Coach, you can't allow that. Make that clear.

If they are getting too worked up at the games, yelling at referees or just cheering too loudly, or negatively toward your opponent, try the same approach as above. Have a chat with them explaining that they are making the team look bad and negatively affecting all the children on the team and you can't allow that. If they can't control themselves, they'll need to stay home on game days.

Again, if you just can't convince a parent to change their behavior contact – coach@ayso55.org and we will assist you in the most discreet way possible.

EACH 45 MINUTE LONG PRACTICE WILL HAVE THIS SAME STRUCTURE

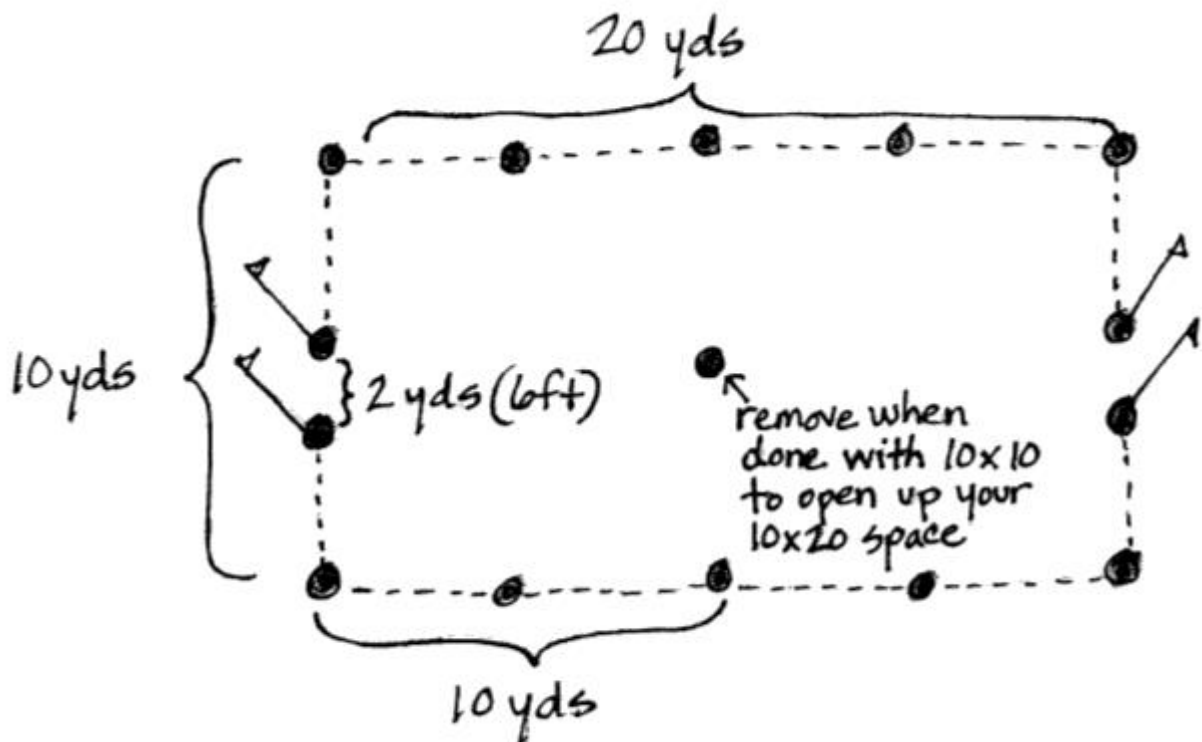
<i>5-10 MIN PRIOR</i>	<i>YOU AND YOUR AC ARRIVE AND SET-UP</i>
5 MIN	FREE PLAY / LATE PLAYER ARRIVALS - Select a "Free Play" that follows in this handout.
3 MIN	STRETCHES
2 MIN	WATER BREAK (yes, already)
10 MIN	ACTIVITY 1 - Select an Activity that follows in this handout. It doesn't matter which one you choose.
2 MIN	WATER BREAK (yes, again)
10 MIN	ACTIVITY 2 - Select another Activity that follows in this handout. It still doesn't matter which one.
2 MIN	WATER BREAK (really)
8 MIN	3v3 SCRIMMAGE
3 MIN	WRAP-UP (Stickers, praise, etc)
<i>5-10 MIN AFTER</i>	<i>YOU AND YOUR AC STAY TO ANSWER QUESTIONS AND MAKE SURE ALL KIDS GET PICKED UP</i>

SET-UP

Be sure to arrive 5-10 minutes prior to each practice to set-up and plan to stay 5-10 minutes after to answer parent questions or wait for all the kids to be picked up. NEVER LEAVE A KID AT THE FIELD EVEN IF THERE IS MORE THAN ONE WAITING TO BE PICKED UP.

When you arrive at the field you should set-up in a way that allows you to do the activities and finish with your scrimmage without having to place more discs. You should only have to pick-up discs as you go. So, start with your 10 x 20 yard scrimmage grid. Don't use too many discs to set it up. And, place your flag for goals as shown below. You don't need very much space to run a U06 practice. Please play nice with the other coaches and share the available space evenly.

All of the activities in this handout can be done using either the 10 x 10 or 10 x 20 grid (as shown below).



FREE PLAY

Free play describes the condition where individuals play without restrictions. Players are given general directions on time or space, on what they should attempt to accomplish and then left on their own. Free play allows players to develop natural abilities. You should not instruct during free play except for the initial direction. For U06, you will probably have to give the initial direction several times but you should not give any more direction than that. You will also have to make sure the parents understand that they are not to instruct. After a few practices players may understand that free play is the first thing they will do. Let players know as they arrive what free play is that day and have them start. No need to wait for the whole group to arrive.

Free Play 1 – Tell your players to take their ball and dribble around in a set space (use your 10x20 grid). Tell them that they need to make sure they stay inside the space marked by the discs and that they should not run into other players. Don't tell them anything else. Let them do whatever they do.

Free Play 2 – Tell your players to take their ball and juggle. For U06, you will need to show them what juggle is. Then just let them juggle however they want even if they use their hands a lot.

Free Play 3 – Tell your players to take their ball and go shoot on both goals (you use your flags for goals). Remember, no instruction on how they do it.

Free Play 4 – Make something up. ☺ Or, repeat a previous Free Play.

STRETCHES

For U06, you really just want to teach them that you stretch before you practice. A quick touching of toes, jumping jacks, etc will suffice for this already limber age group.

ACTIVITIES

No matter which activities you choose from this handout you will deliver them to the players using the same process – SAY IT, SHOW IT, HAVE THEM DO IT, ASSESS IT, INSTRUCT.

1. SAY IT. Tell the players what activity they are going to do. The name and a very, very simple verbal description. You are simply trying to elicit excitement for the activity. "Okay, now we are going to play '1, 2, 3 Red Light' !!! ☺"
2. SHOW IT. Then, using your AC and some parents, demonstrate the activity. Have the parents actually do it while the players watch.

Remember to keep it short and simple. These players have a tiny attention span. Then let the parents help their kids understand. They can fill in the gaps if you have explained it simply enough for the parents to understand very quickly.

3. HAVE THEM DO IT. Now get all the players involved. The parents can watch and help with activity instruction only. Please remind them not to critique. Simply to help their kids understand what is being asked of them and to do it.
4. ASSESS IT. Assess the activity and how your players are able to do it. Can they? If not, simplify it. If it is too easy, make it harder. If the activity breaks out groups, are the groups balanced? If not, correct the groups so they are balanced.
5. INSTRUCT. During the activity you will instruct on proper technique. Hmm...did I just say that? Well I did but now I want you to forget it. This is U06. This is the time when we do NO instruction on technique. If you do, you are quashing their individual style from developing. No joke. I have included in the back of this handout two pages. One for instep kick and one for throw-in. These are more for your benefit. So that you can learn the proper technique. These are the only two things you should "help" U06 players with. Remember that U06 players cannot do push passes. They cannot yet use the inside of their foot to kick the ball. And, they don't need to. Don't make them try. Let them dribble however they want to. U06 players will naturally use BOTH feet. That is, until some unknowing adult asks them, why aren't you using your right foot? Each player will naturally use both feet, or not, and will develop their own style. This is VERY, VERY important in soccer. There is a huge amount of creativity in this sport and it is what makes the difference between a good player and a great player later on. Don't quash it.

3v3 SCRIMMAGE

Use your 10x20 grid, with flags in place for goals, to run a 3v3 scrimmage. Make sure your teams are balanced. Don't put your strongest players on one team and weakest on the other.

Set each team up in a triangle shape and stop the game every once in awhile to remind them to get back to that shape. Don't worry if they don't. We are just trying to get the concept of shape in their little head early on. During a real game they will not maintain any shape. Don't be disappointed. Be sure to set the triangles up so that each player has a mark on the other team. So, if one team has two back and one up the other team will have two up and one back.

Every once in awhile, stop play and do one of the following. Don't do all of these in one scrimmage. Pick only one for that practice. These are the only restarts during a U06 game:

- Pretend it is a kickoff and show the players what happens during a game. Have two players stand near where the halfline would be. One player will kick the ball forward slightly for the other player to retrieve.

- Pretend it is a throw-in and show them what happens during a game. If you have not done the throw-in activities in practice don't do this one yet. If you do, you will essentially be covering throw-ins and that is not the point of the scrimmage. (It will take too long.) If you have done the throw-in activities so your players know how to do the throw-in then you want to show them where to throw it during a game. This is always up the field toward the goal they are shooting at. For U6, never toward the goal that they are defending.
- Pretend it is a goal kick and show them what happens during a game. You want your players to know to kick the ball to the side and not up the middle. If they kick it up the middle in a game the other team may get it and score quickly.
- Pretend it is a corner kick and show them what happens during a game. You want your players to kick the ball from the corner toward the semi-circle in front of the goal.

WRAP UP

At the end of practice have the players get their water and come back to you in the circle. This is when you can remind them of things they learned. Praise them. Handout stickers. Let them ask questions. They will ask you silly things not related to soccer at all like "Do you have a dog?" Enjoy it. It will remind you to be more like a kid. 😊 Always remind the parents what time your game is that weekend and what time you want the players there.

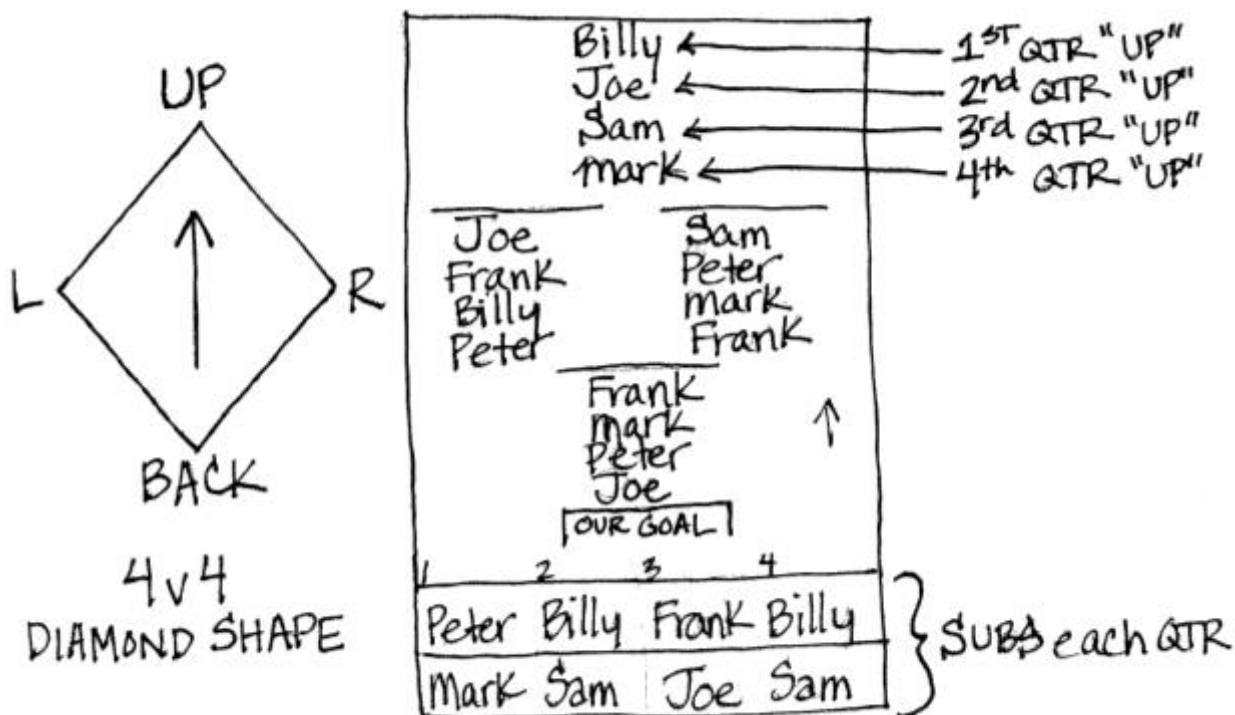
GAME DAY

THE FIELD, PLAYERS & GAME DURATION

- Approximately 25 yards wide by 35 yards long
- Goals are 4 feet high by 6 feet wide (Pugg Goals)
- There is no penalty box or goalkeeper area
- Six players on a team
- Games are played 4v4 (but can be played 5v5 if both teams have enough players present)
- No Goalkeepers
- Four 7½ minute quarters
- Half-time break is five to ten minutes

The two things you need to do before each game are:

- A Game Line-up Card - see the example of how to fill this out in your Regional Handbook)
- Your player Line-up Plan. Below is an example. If you do them this way you can easily see who is playing each position in each quarter and reference the bottom for who the subs are for each quarter. No matter what format you choose, make sure you have a plan. Don't count on remembering who has sat out and who hasn't during a game especially since it may change based on who wants to play and who doesn't that day. If you have a plan already written down you can make changes and keep track. Plus you can use it as a record of who sat twice so that you can keep it fair.



Have your team arrive about 20 minutes before the game is scheduled to begin. Your field set-up person should have already handled that part if necessary. If not, get the other parents to set the field up. Don't do it yourself. You need to prepare your team. Preparation simply consists of making sure your players know which goal they are shooting at in the first half, where they are playing the first quarter – up, back, right or left, or if they are one of the subs. Make sure each player knows what they are doing the first quarter.

An elaborate warm-up is not necessary for U06. Have your AC handle the warm-up part while you handle the informational part. A quick jog around the field, then some stretches, then some shooting on goal will suffice.

During the game remember to be positive. The most important thing is for the players to have fun. Nothing you say or yell during the game will change the outcome. Likewise, keep the parents under control. You are responsible to make sure ALL the players have fun – on both sides of the field. Don't let your parents get too vocal when your team scores especially if your team scores more than the other team. The guideline is that everyone cheers whenever either team scores. Try to impress that upon your parents.

If your team is truly much stronger than the other team here are some options to even things out:

- Let the other team play with 5 while you stay with 4 players.
- Have your strongest players be the two players who sit out twice. But, you can't do this every game. If you have a really strong player and it is obvious after a couple games that they are going to run up scores, teach them that they are also responsible for defense. Teach them how to defend. Let them get their 3 goals in the game and then make sure they understand that they must defend, not scoring any more. If you discuss this with them simply, and regularly each week, they will get it. Also, give them challenges like only using their weaker foot to score the goals, not passing the halfline once they are on defense, etc.

COYOTE AND THE LITTLE LAMBS

Skill: Dribbling

How The Game Is Played: Line players up on one end of the grid (15 w) each with a ball. Coach starts as the Coyote and stands in the middle of the grid. When a whistle blows or a magic word is given the little lambs attempt to dribble their balls past the coyote to the other end of the grid. The coyote attempts to capture the little lamb's ball and kick it out of bounds. If their ball is captured they become a coyote along with the coach on the next round of play. If the little lambs, with their ball, successfully get past the coyote they are safe for the next round of play. The game continues until there is only one little lamb left as the winner.

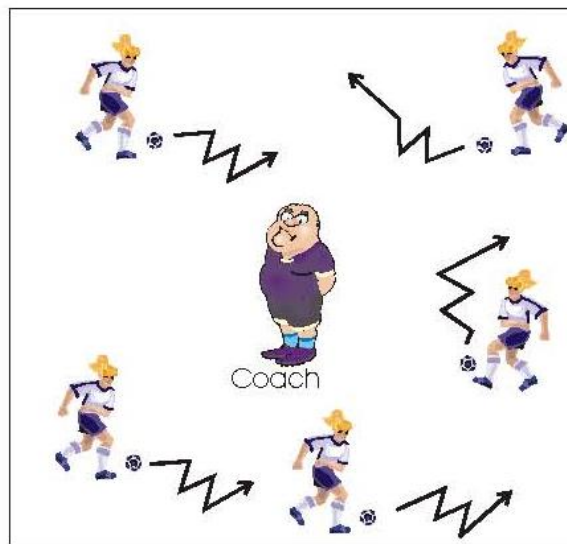
Remember, if the lamb is caught they become a coyote along with the other coyotes. It eventually will be 5 or 6 (including coach) coyotes to 1 little lamb!!

Variations: This game can be played several times, choosing a new player to start as the coyote with each new game.

BIG BAD COACH

Skill: Dribbling

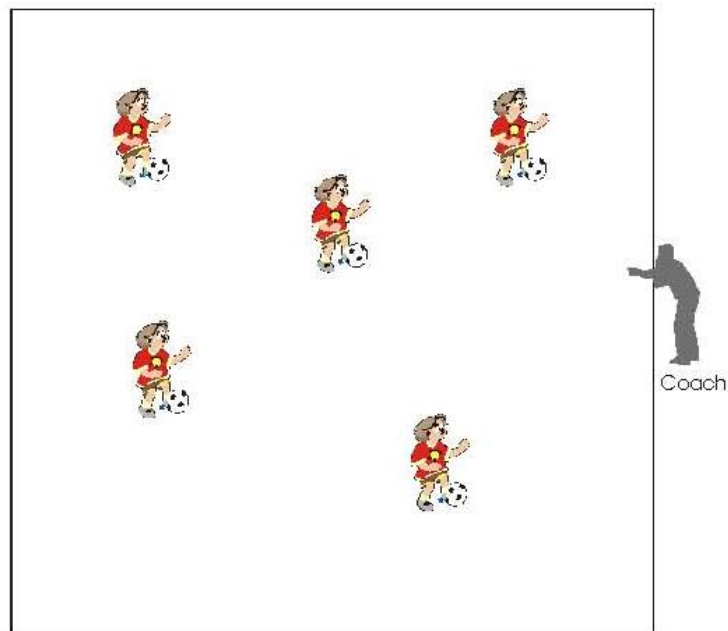
How The Game Is Played: The players dribble around the area. The coach must attempt to kick the player's ball out of the grid. Once a player has had her ball kicked out of the grid or has dribbled outside of the grid, she must bring it back into the area and stand with the ball above her head with her legs apart in a stationary position. Players can get back into the game only when a teammate passes their ball through teammates legs.



COACH SAYS

Skill: Dribbling

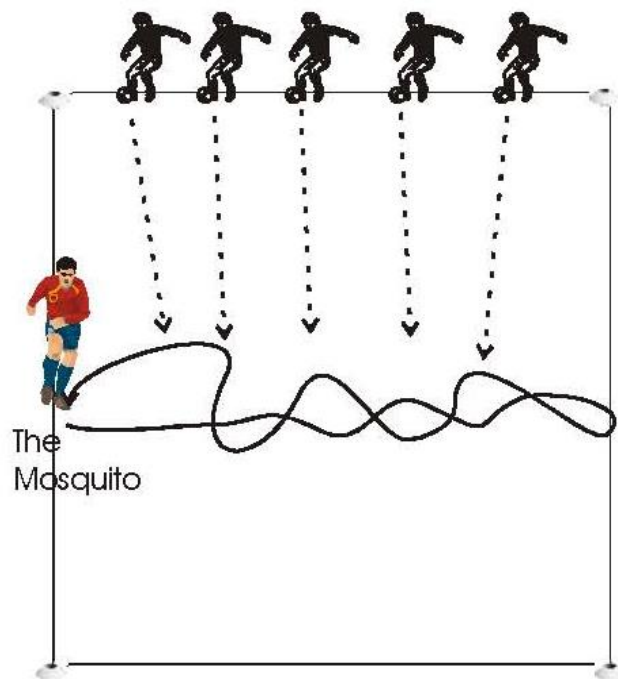
How the Game Is Played: The coach will explain that he or she will tell the players exactly what he would like the players to do. Like: STOP, START, SIT DOWN, SIT ON BALL, ONE FOOT ON BALL, SPEED UP, SLOW DOWN, ELBOW ON BALL, and so on. They must only react if “Coach Says” precedes the direction. Players should continue old activity if “Coach Says” did not precede direction.



MOSQUITO

Skill: Passing

How The Game Is Played: The Mosquito will dash (as best he can) across the grid trying to avoid being hit with the balls that the exterminators are shooting at him. Before heading back to the starting point the coach will allow the players to collect their ball and line up on the other side of the grid for one more go at the Mosquito.

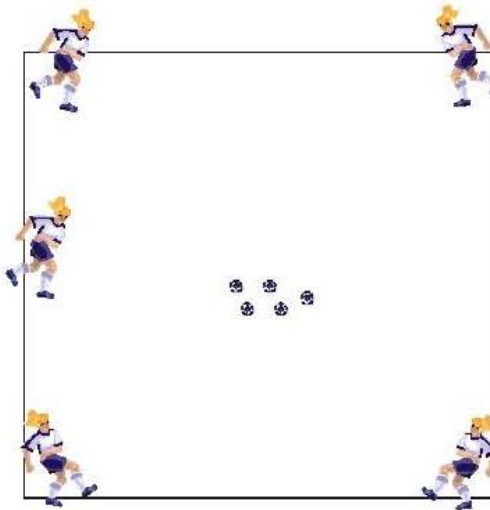


If you don't have a child just dying to be the Mosquito you should be the Mosquito, or your AC, or enlist a parent to do it.

MY BALL

Skill: Dribbling

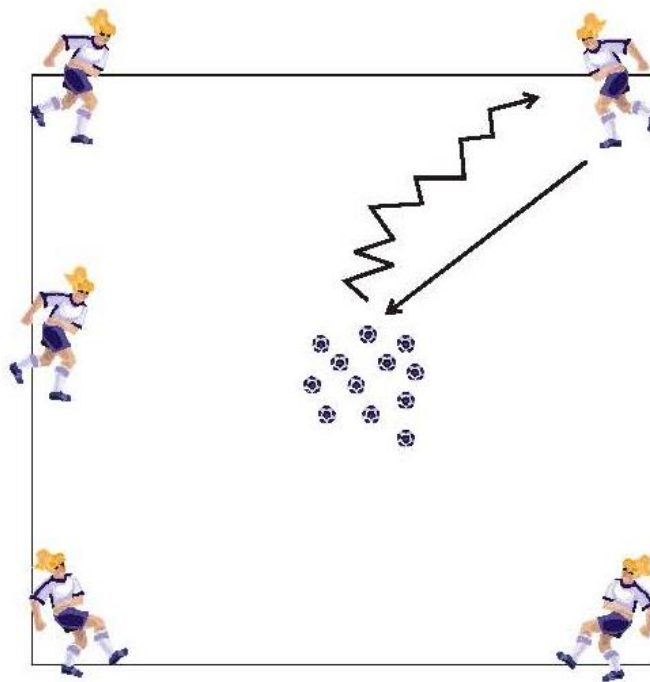
How The Game Is Played: All players are standing on a line (imaginary boundary line that marks the grid) The coach will call out a player's name, that player must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible. The fastest player wins.



BANK ROBBERY

Skill: Dribbling

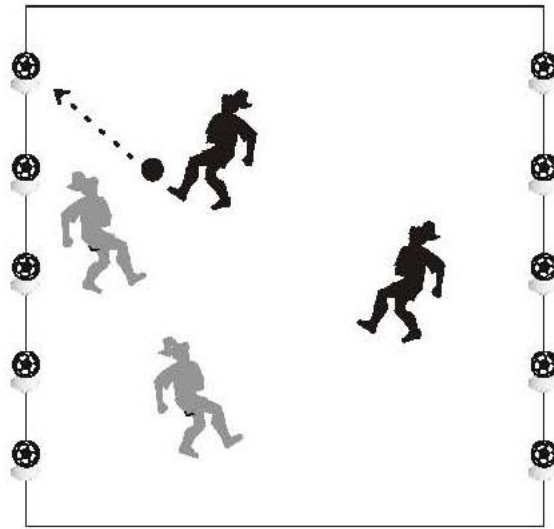
How The Game Is Played: All players are standing on a line (imaginary boundary line that marks the grid). The coach will yell “Bank Robbery”. At that time all players must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible, stop the ball on the line and return to the center to get another ball. When all the balls have been collected the player who has collected the most balls wins.



KNOCK IT OFF

Skill: Passing / Shooting

How The Game Is Played: The coach will roll a ball into the grid and say "Go". Each team fights for possession. The team that gains possession attacks and the other team tries to regain possession. The game is won when all the balls on the end line that a team is attacking are knocked off the cones. If the ball goes out of play the coach will roll it back into the grid. Coach determines which team attacks.

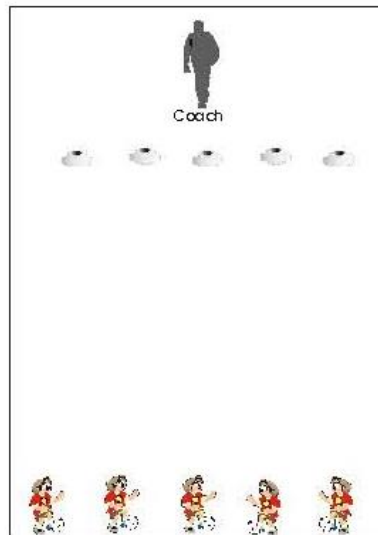


Variations: Can only shoot with the foot the coach designates. Let any team attack any ball, team that knock off the most balls wins. Have players on the same team alternate knocking off the ball (one player can't knock off two in a row).

1 2 3 RED LIGHT

Skill: Dribbling

How The Game Is Played: The coach stands on one endline with his back to the players who are spread along the opposite endline. Place 5 cones behind the coach, when the coach has back to the players, the players must dribble toward the opposite endline. Before the coach turns around he yells “1 2 3 Red Light” and then turns around. At that point all players must have stopped the ball with the sole of their feet. Any one seen moving is sent back to the endline. The coach turns his back again. Repeat. The first player to pick up a cone wins.

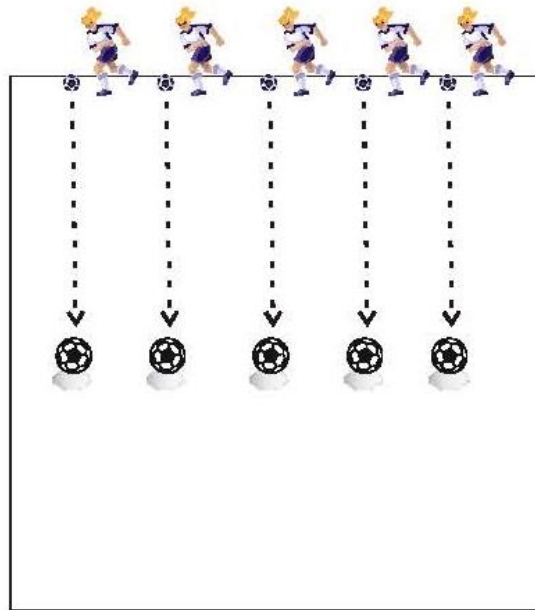


Consider having the players just take 5 steps back instead of returning all the way to the start when caught.

ONE PIN BOWLING

Skill: Passing / Shooting

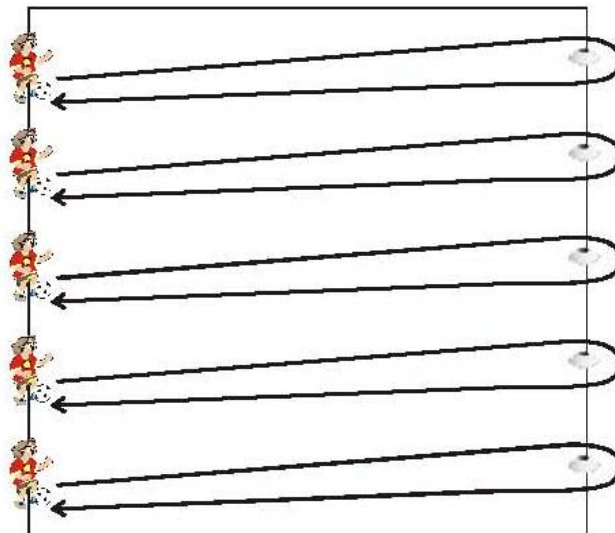
How The Game Is Played: One at a time each player tries to knock the ball off the cone directly in line with her. Let each player try it once before you start over from player 1. After each player has attempted five shots, the player who has knocked the most balls off the cone is the winner.



THE BIG RACE

Skill: Dribbling

How The Game Is Played: The coach will say, "Start your engines" after which he will yell go. The players must dribble their ball around their cone and back to the starting line. The first player back is the race winner.

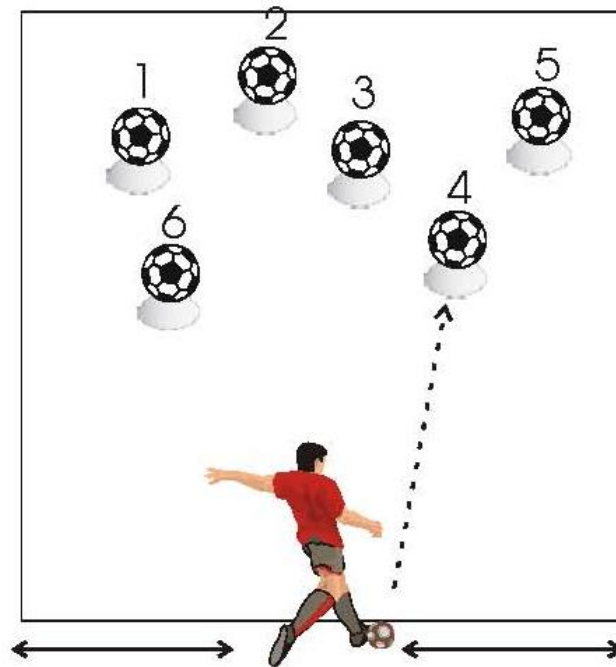


Variations: Have a staggered start. Race in teams of two or three, players. Have the player's race individually against the clock (time trials).

TARGET PRACTICE TWO

Skill: Passing / Shooting

How The Game Is Played: One at a time, each player tries to knock a ball off the cones, one ball at a time. After a miss the coach resets the balls and next player is up. Players can shoot from any place on the line. The first player to knock all six balls off the cones is the winner.



TREASURE HUNT

Skill: Dribbling

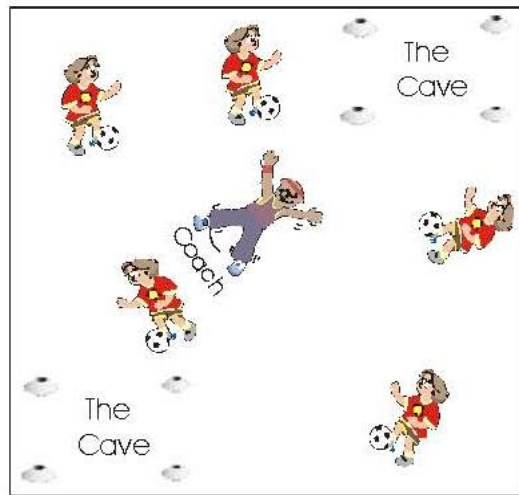
How The Game Is Played: The coach yells “go” and the players dribble around the grid keeping the ball close. The object of the game is to collect as many discs as possible, while dribbling around the grid. Once all cones have been picked up, the player with the most cones is the winner.



THE BIG BEAR

Skill: Dribbling

How The Game Is Played: The coach is the “Big Bad Bear” and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.

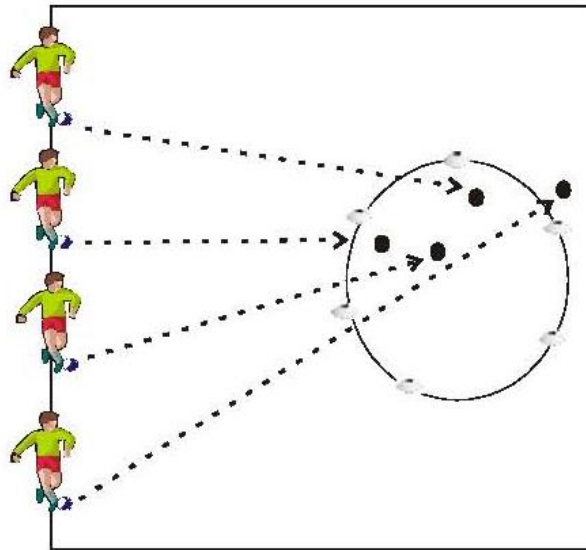


Variations: All Bears must hold hands while trying to capture the remaining players. Bears must always be **growling**.

GOLF

Skill: Passing / Shooting

How The Game Is Played: Each player will attempt to strike his or her ball with correct pace so that it stops within the center circle. The first player to play five balls that stop within the grid will be declared the winner.

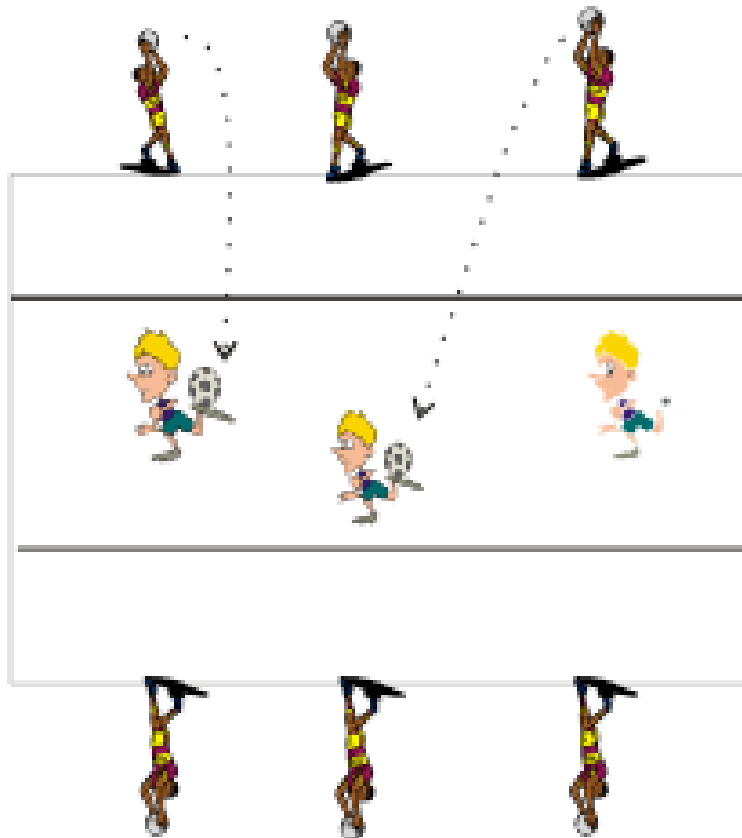


Variations: Increase the size of the grid. Decrease the size of the circle. Change the location of the circle or the players.

SHOOT FOR THE SHOES

Skill: Throw-in

How The Game Is Played: The coach yells, "go". Throwers attempt to hit targets in the feet (for sure below the waist). All throw-ins must be legal. Targets can move anyplace in the central grid. Players on the opposite end collect balls not hitting a target. A target player who is hit with a legally thrown ball returns the ball to one of the throwers and play continues. One (1) point for each hit below the waist, deduct a point for illegal throw, first team to ten (10) wins. Play three rounds.



KEEP YOUR YARD CLEAN

Skill: Passing / Shooting or Throw-in

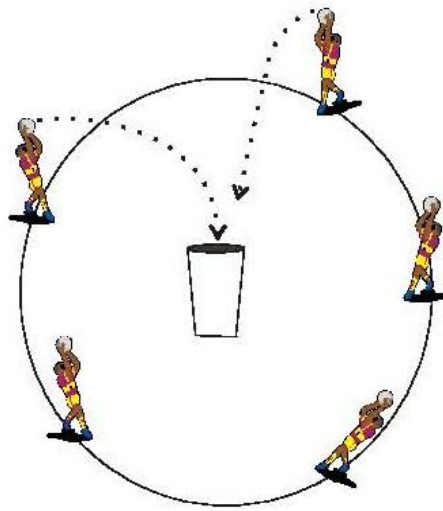
How The Game Is Played: Create a 'neutral area' between the two teams where no player is allowed into. This area can be as small as one yard and as big as 10 yards wide. The width is determined by how far the players can kick the ball. Each player starts with a ball at their feet. On coach command, each team tries to keep their yard free of balls by kicking their ball over to the other teams side. They also kick back any balls sent over by the other team trying to get their yard free of all balls. After a short time – when the balls become too scattered, or, the players are losing focus – call the game and count which side has the fewest balls. They are the winning team.

Variation: Have players do throw-ins to the other side to clear their yard.

INTO THE WELL

Skill: Throw-in

How The Game Is Played: The players attempt to throw the balls into the trashcan all at once. The object is to improve the number of balls that go into the trashcan, not to have a winner. Have the teamwork on improving the number of balls in the target.



Variations: Increase the circumference of the circle. Allow a parent to move around the circle carrying the target.

VOLCANO

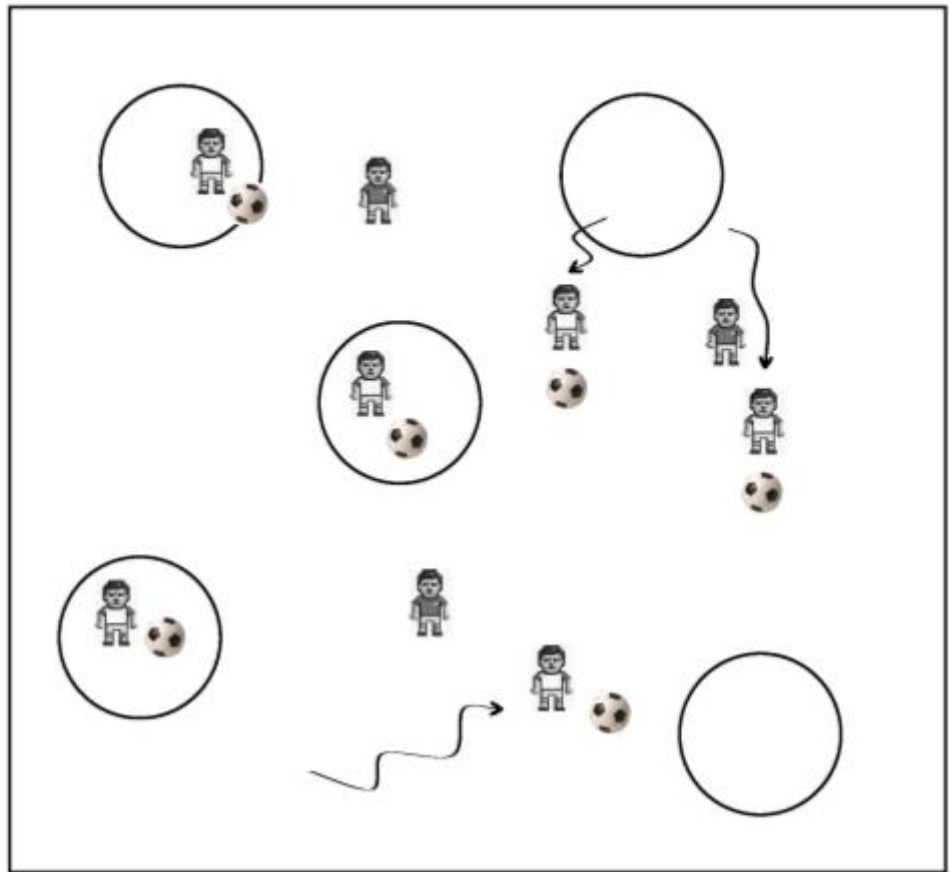
Skill: Dribbling

path of player
- - - >

path of ball
—————>

path of player
with ball
~~~~~>

Grid Size  
30yds  
Square



## Description

**The Story** - Players are safe on the "islands", as they move between them they may have their ball stolen by the sharks. They get a point for every island they get to. If they stay on an island for more than five seconds at a time it will blow up and they will lose all their points.

The size of the area is flexible depending on the numbers in your group. Mark out a few safe areas. Bib up the teams, one of which will need a ball each. The other team (the sharks) should have fewer players. Once a ball is won by one of the sharks they should give it back quickly and go and challenge somebody else. Play for an agreed time and then see who has got the most points. Nominate new sharks.

## Skills they will be learning

- Dribbling at opponents
- Keeping close control of ball
- Observing available space
- Turning away from pressure
- Running at speed with the ball
- Determination to defend and win the ball

# GOOD LUCK WITH YOUR TEAM!



## Throw-In

A throw-in is used to restart the game after the entire ball has crossed the touchline, whether on the ground or in the air.

### THROW-IN – BASICS

To execute a proper throw-in, the player must:

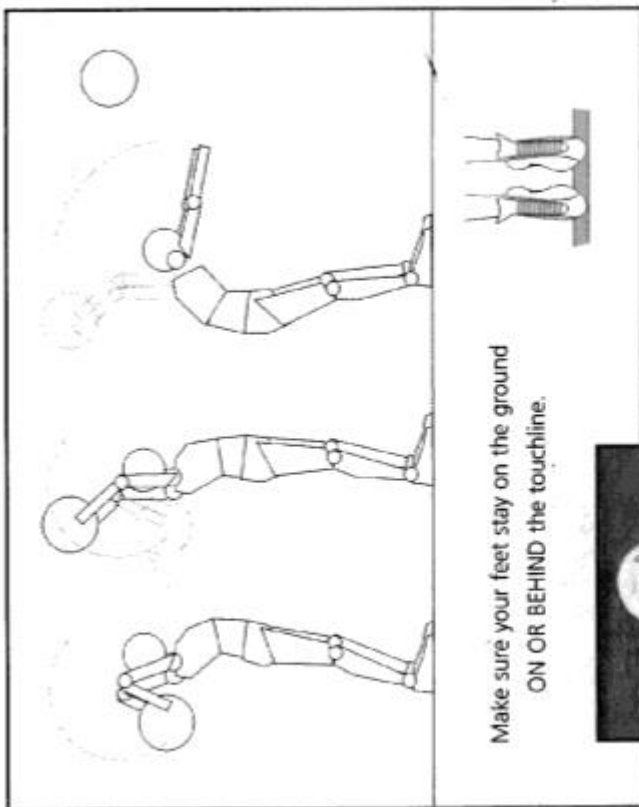
- Face the field of play.
- Have part of each foot on the ground, either on or behind the touchline when the ball is released.
- Use both hands and deliver the ball from behind and over the head in one continuous motion.
- Hold the ball evenly in both hands (hands should be slightly apart).
- Feet must be kept on the ground until ball is released.

### THROW-IN – COACHING POINTS

- The thrower may not play the ball a second time until it is touched by another player.
- Your team should try to maintain possession when executing a throw-in.
- Get the parents involved! Have each one of your players execute a throw-in by making a throw-in to a parent.
- Have each player continue to make throw-ins while you circulate and correct.

### THROW-IN – COMMON ERRORS AND CORRECTIONS

- E** Foot/feet come off ground during throw.
- C** Have players keep their feet together with knees bent and hold their feet down until they develop the feeling of throwing without lifting their feet.
- E** Ball slips out of grasp.
- C** If players hands are too small, instruct them to spread hands out until they have a solid grasp.



Make sure your feet stay on the ground  
ON OR BEHIND the touchline.



## **Instep Kick**

The instep kick is used to kick the ball and, as players get older, for long passes and shots on goal.

### **INSTEP KICK – BASICS**

#### **Prepare Plant Leg (supporting, non-kicking foot)**

- Place support foot next to the ball pointed in general direction of target (distance from ball will depend on height of the player).
- Bend knee slightly.
- All weight should be on plant foot.
- Use arms out to sides for balance.

#### **Prepare Striking (kicking) Leg**

- Bend knee (cock lower leg).
- Withdraw leg straight back at hip.
- Lock ankle back and down with toes pointed down.

#### **Striking Movement**

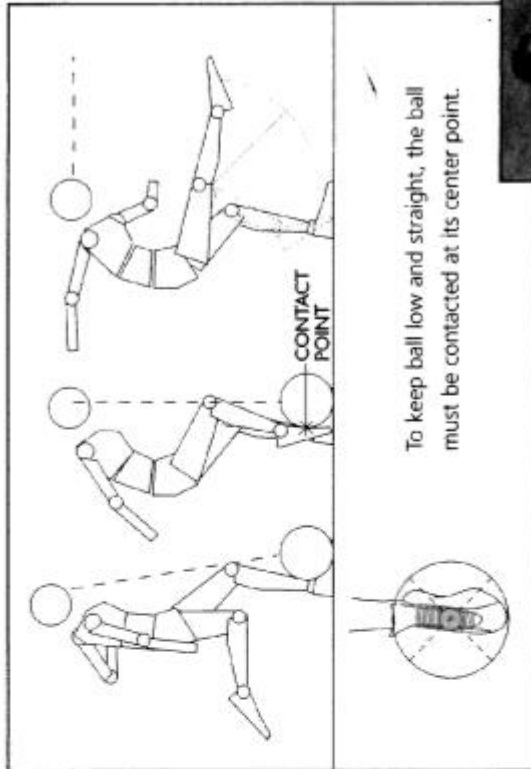
- Body should be over the ball, moving forward.
- Keep eyes on ball.
- Set plant knee over ball (eye-knee-ball in line).
- Move thigh of striking leg forward (whip action).
- Strike the center of the ball on the instep ("laces" of the shoes).
- Follow through—move leg straight through toward target:
  - Pull leg straight through while maintaining balance.
  - Lower body as leg rises.
  - Follow through and lift knee.
  - Step out of the kick.

### **INSTEP KICK – COACHING POINTS**

Before having players strike the ball:

- Have them practice planting their foot in the proper place.
- Have them practice swinging their leg and foot straight back and forth, ensuring proper body and leg movement.

Next, have a parent sit down with legs out in front and secure ball with feet. Have each player stand with plant foot in proper position and strike lightly until they begin to hit the ball solidly (properly).



To keep ball low and straight, the ball must be contacted at its center point.



### **INSTEP KICK – COMMON ERRORS AND CORRECTIONS**

- E** Plant foot is too far in front, behind or away from ball and/or not pointed in general direction of target.
  - C** Review proper technique with player(s).
- E** Knees are locked, not bent.
  - C** Review proper technique with player(s).
- E** Ankle is not locked and toes are not pointed.
  - C** Lock ankle, point toes.
- E** Ball is stabbed or jabbed.
  - C** Encourage player to follow through.
- E** Leg is swung across the body instead of toward the target.
  - C** Encourage player to withdraw leg straight back and follow through straight toward target.

