



Tiny Tacklers



Training Drills For Children Aged 3-8



As part of the Keep Scotland Active initiative, Thurso Football Academy has produced this basic resource to help children and parents enjoy playing fun football games, these imaginative games can be played in the garden, street or playing field and can be adapted to suit the relevant ages and abilities.

The Academy has gained the support and expertise from the world renowned Coerver Coaching and the Rangers Soccer Schools with regards to the training drills in this booklet.

Special thanks goes to the Baillie Windfarm Community Fund for backing the Academy to ensure this resource will be free to use for all children ,coaches and parents ,in conjunction with our free ball and water bottle to 25 children in the local community project and finally to Amourflex shinguards for the support shown towards this initiative.





Coerver® Coaching is the Worlds number 1 soccer skills teaching method, since 1984 we have worked with the Worlds Leading Football Federations & Clubs around the world.

Our Virtual Performance Academy sessions help you become a better player for your team. Improve your Skill, Speed, Strength (football fitness), Sense and Spirit (confidence). All you need is a ball, some cones, a device (tablet/phone/laptop) and internet connections, you can then practice in your own time. To Watch & take part in the session please follow below

#1 Creating Goal <https://vimeo.com/419850349> password

VPASession1

#2 Fast Break Attack <https://vimeo.com/420227651> password

VPASession2

#3 Effective Possession <https://vimeo.com/421104720> password

VPASession3

To sign up for Coerver® Virtual Performance Academy visit <https://www.coerverscotland.uk/player/virtual-performance-academy.html>

*Should you have any questions please contact us on
scotland@coerver.co.uk*



Rangers Online Academy

A subscription-based online coaching resource with a wealth of training content for coaches and teams around the world.

It features exclusive footage of coaching sessions with the Rangers Academy's top coaches and provides observers with unprecedented access to the club's methodology on youth development.

The Online Academy has already been used extensively by Rangers' Official Partner clubs Bengaluru FC in India and Orange County Soccer Club in the United States and is now available to clubs at all levels across the globe.

Our Soccer Academy programme already has a range of domestic and international partner clubs and we believe this is the perfect accompaniment to help them, and individual coaches, to take their football education to the next level.

To sign up for free please go to the following link
<https://rangersfc.thecoachingmanual.com/rangers-home>



WHY ARMOUR FLEX?

PATENTED ADVANCED FOAM CONSTRUCTION AND INNOVATIVE DESIGN

FOR:

- SUPERIOR PROTECTION
- STAYS IN PLACE ON IMPACT
- STRENGTH
- FLEXIBILITY
- DURABILITY
- COMFORT
- CUSTOMISABLE

A grid of 12 icons arranged in 3 rows and 4 columns. Each icon is inside a circle, and below each circle is a label in a red box. The labels are: 'SUPERIOR PROTECTION', 'STAYS IN PLACE ON IMPACT', 'STRENGTH', 'FLEXIBILITY', 'DURABILITY', 'COMFORT', 'CUSTOMISABLE', 'EASY TO FIT', 'EASY TO REMOVE', 'EASY TO WASH', 'EASY TO DRY', and 'EASY TO STORE'.

APPLICATION

COMBINING A COMPRESSION SLEEVE WITH A UNIQUE HOOK-AND-LOOP FASTENING SYSTEM THAT ENSURES NO MOVEMENT DURING MATCH PLAY OR FROM TACKLES THUS PROVIDING FULL IMPACT PROTECTION.

A photograph of a young male soccer player in a white jersey with blue accents, standing on a green field. He is wearing blue and white Armour Flex shinguards.

WATCH OUR VIDEO ON
WWW.ARMOURFLEXSPORT.COM
FOR THE APPLICATION TUTORIAL

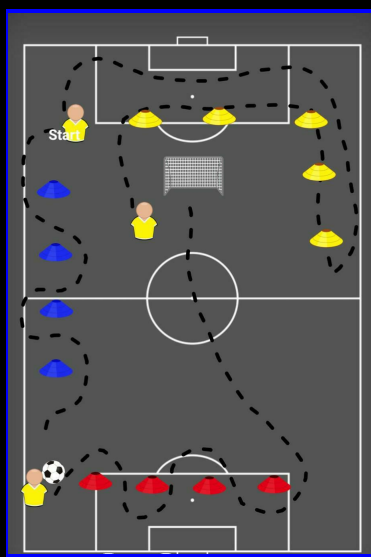


To purchase a pair of Amourflex shinguards please contact the academy on thursofa@yahoo.com for further information.



Avengeers Assemble

Child starts to save the world from the mighty Titan Thanos by weaving through the blue cones (without the ball at first), they then dribble the ball through the red cones, before Hulk smashing the ball into the goal, to defeat Thanos, the child has to weave through all the infinity stones and return to the start position



Coaching points

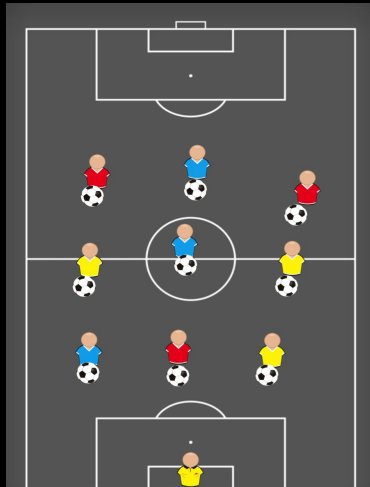
Head up as much as possible, close control of the football to dribble through cones, accuracy and clean contact for the shot, ball mastery.

Encourage weak foot practice



Cars

Paint a picture that the child is driving their car (Ball), Children use their steering wheels (Feet) to control the car and drive on the road. Encourage drivers to look after their car and keep it close or else they will crash. Introduce 'Traffic Lights' Green – Dribble, Orange – Toe Taps or inside taps, Red – Stop the ball with the sole of the foot



Coaching Points

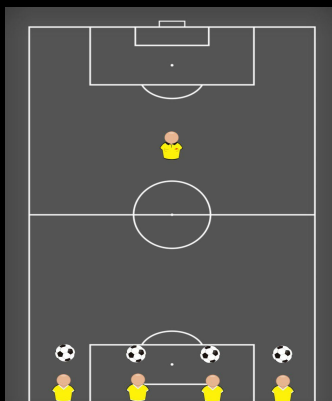
Small controlled touches, Ball close so easier to stop it, Focus on listening, head up, Looking and scanning areas of Space, Ball mastery.



What's The Time Mr Wolf

Adult (Wolf) to line up at one wall, child to line up at the opposite wall, child to shout *What's the time Mr Wolf* the wolf to reply with a time.

Whatever time the wolf say it is the child must take that amount of touches of the ball towards the wolves. The game ends when wolves shout dinner time and catch the child.



Coaching Points

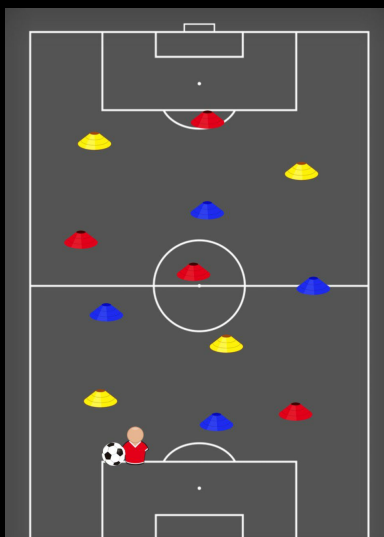
Small controlled touches, Ball close so easier to stop it Head up, focus on ball mastery and 1v1 when trying to get away from Wolf.



Colour Maze

Child to dribble the ball around the cones area, this can be any technique they choose, eg sole of the foot, inside or outside of the foot.

Once the parent shouts a colour the child must dribble the ball to each of the coloured cones, eg red, dribble to all red cones.



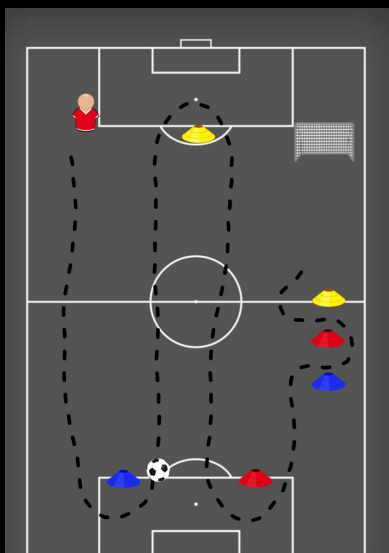
Coaching Points

Small controlled touches, Ball mastery, listening to instruction, head up.



The Olympic Race

The child sprints towards the blue cone, before dribbling the ball around the yellow cone, dribble the ball upto the red cone and then around the coloured cones before finally having a shot at goal. Can they create a new record?



Coaching Points

*Close control, Direction of play
Encourage lots of touches (not big touches and chase after it)
Sharp change of direction and pace at turn*

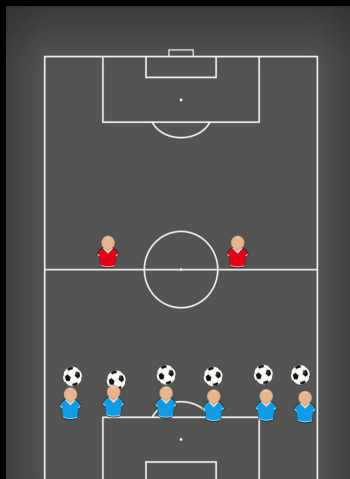


Spongebob Square Pants

Child (Spongebob) starts at one side with a ball at their feet, Adult (Crab) is in the middle of the area sat down, and can only move by using there hands and feet in a slight arched back position.

The adult starts the game by shouting "who lives in a pineapple under sea" to which the child replies "Spongebob Square Pants" in their loudest voice.

The aim is for Spongebob to dribble to the other side without being caught by the crab.



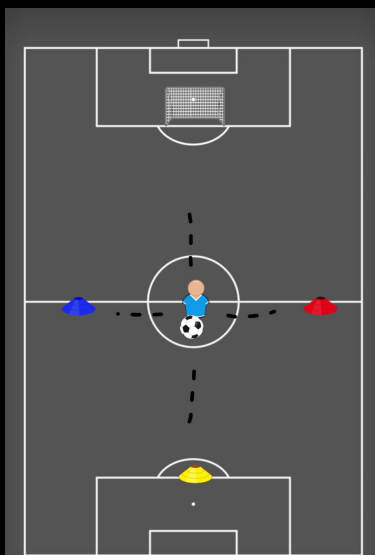
Coaching Points

*Small controlled touches, Ball close so easier to stop it
Head up, focus on ball mastery and 1v1 when trying to get away from
Crab*



Sonic

Children are to pretend they are Sonic, performing ball mastery skills such as toe taps on the ball or inside taps, inside/outside of the foot as fast as they can as Sonic would do. On coaches / parents command, Sonic is to dribble the ball to colour of cone shouted by the coach or parent or take a shot at goal.



Coaching Points

Small controlled quality touches while performing ball mastery, listening to instruction, head up, encourage weak foot practice, clean contact when striking the ball at goal.



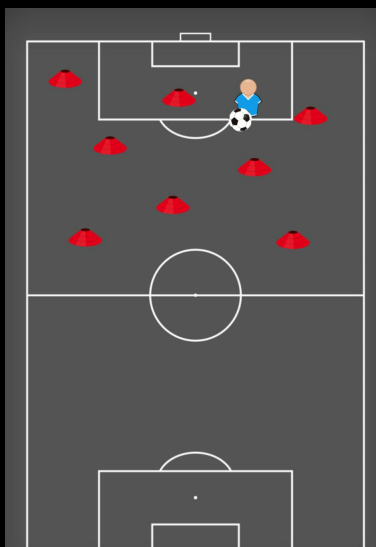
Grand Prix

Paint a picture for the child that they are driving in an F1 racing car, players drive around on the road (dribble in the area) being aware of other cars on the road. The drivers have brakes (stop) and a horn(Beep)

Drivers should avoid the speed bumps (cones)

On the coaches command drivers perform actions

Speed Bump (two jumps), Roundabout (spin around once), Zebra crossing (lay on your belly), Turbo (Run fast on the spot)



Coaching Points

Small controlled touches, Ball mastery, listening to instruction, head up.

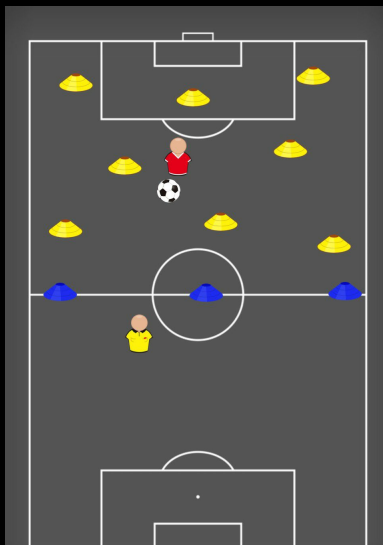
Encourage weak foot dribble, and awareness of where the cones are.



Finding Dory

The child is to pretend that they are Dory and dribble a ball about in the area, when the coach shouts "Shark Attack" "Dory" has to dribble the ball and get behind a cone and are only safe to come out from behind the cone when the coach shouts "swim time"

Once the child has the idea of the game add in sharks to act as catchers.



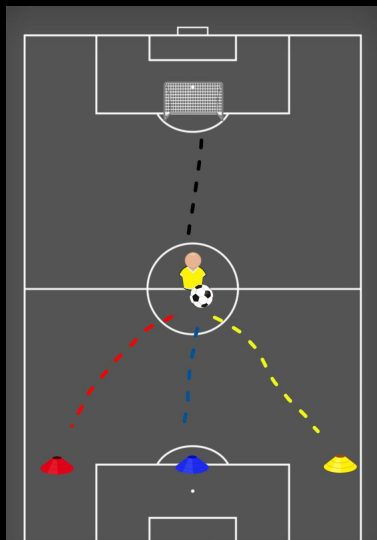
Coaching Points

Small controlled touches, Ball close so easier to stop, head up, encourage weak foot practice, Ball mastery, listening to instruction, 1v1 to get away from the sharks.



Thurso

Child is to dribble the ball around the area performing a ball mastery skill of their choice, on coaches command they have to dribble the ball to the cone or have a shot at goal and return back to the centre position, each cone represents a place or building in or around Thurso, eg Red, Thurso Castle, Blue, Towns Clock, Yellow, Lighthouse, and the nets the Dammies.



Coaching Points

Head up as much as possible, close control of the football to dribble to cones, accuracy and clean contact for the shot, ball mastery. Encourage weak foot practice, listening to the instruction.

Be Safe, Be Kind, Be Active, Be the best you can be






Coaching Notes

[illegible]

Be Safe, Be Kind, Be Active, Be the best you can be






Coaching Notes

[illegible]



Thurso Football Academy charity cheque presentation with sponsors from November 2019 sportsmans dinner with Alex Rae, Marvin Andrews and Nacho Novo.



Training day with Rangers Soccer Schools and Nacho Novo, over 60 kids attended.



August 2019 Summer camp with Charlie Miller and Simon Donnelly football academy's. Over 75 kids attended.





For further information on Thurso Football Academy, or any of the upcoming academy events please contact us on thursofa@yahoo.com