



RSGSA NFP
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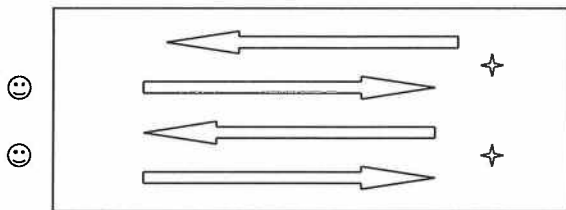
U5

Coaches Handbook/Program Guide

Warm-ups (continued)

Mini Relay Race

Player dribbles to a far cone, sits on the ball, picks it up and throws it, chases it and then dribbles home to tag teammate.



Dribble Relay and Shoot

Same as the Mini Relay Race except that their teammate cannot go until they have shot and scored a goal!

Note: I like to get the kids involved doing something right off the bat. Also, by doing a small activity such as these that I have illustrated, their muscles warm up and you have their attention right from the beginning. If possible, try to get them to do the activity without a ball first and then add the ball once they understand what they are doing.

Stretching

Note: At the U5 age group, stretching is not very important. I include stretching in this part of the activity to get them into a steady habit of stretching which, later in life will be the deciding factor that limits their playing or allows them to shine. It's also a good way to introduce the next activity.

Sample stretches – Windmills, jumping jacks, touch your toes, Weave the ball between your legs in a figure eight, and give yourself a big hug (stretches those arms for throw-ins).

Throw-ins

A proper throw-in has the following rules:

- 2 hands on the sides of the ball
- Ball behind the head
- Must be facing the field
- Must be released over the head in a continuous motion
- Both feet must be in contact with the ground upon release of the ball

Note: I like to include parents in activities with young children. The kids pay attention better with less monkey-business. Also, by teaching the parent, you help the young player learn faster because they can play and practice at home. Excitement for the game increases because the parent is actively involved with their child. Many parents work long hours and cannot spend the same quality time with their children. The kids will try harder to please their parents than their teammates.

DEMONSTRATE

SHOW THE PARENT

HAVE THEM START OFF CLOSE TOGETHER

INCREASE THE DISTANCE

WORK ONE-ON-ONE WITH THE KIDS

Small Sided Game

Week #1

How Long Left Ref

Using ½ of the soccer field, the players shout out, "How long left ref?" The coach gives them a time; e.g. 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of the foot. Moving players are sent back to the start line. The coach turns his back again. Repeat.

If a player gets to the "Ref" first they can join the referee in the counts and the chasing.

When the coach blows his whistle, all the kids turn the ball, dribble to the goal and shoot!

(Teaches, dribbling, stopping the ball, turning and shooting on goal!)

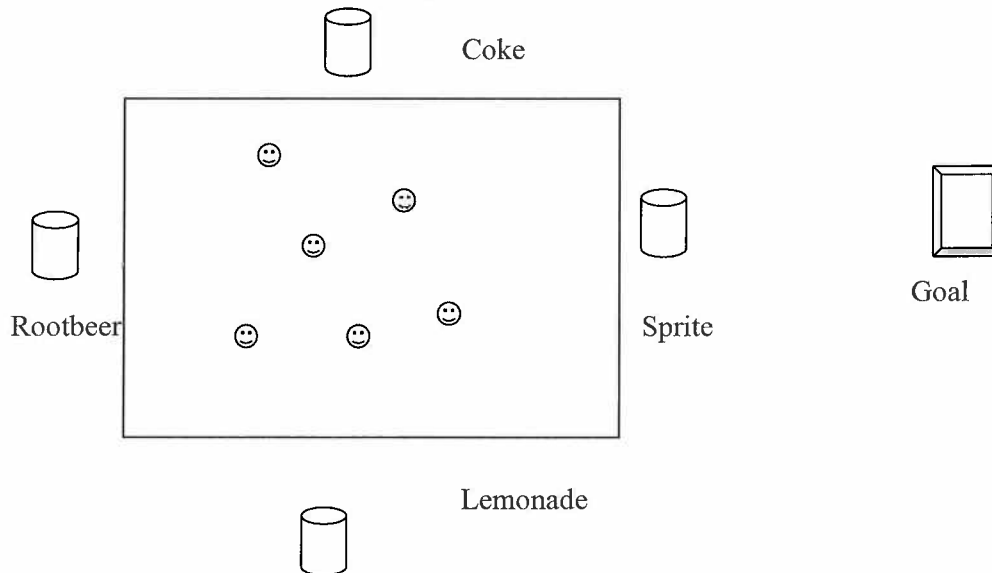
Week #2

Soda Fountain Game

Set up a grid. All players on one end line. Have them start off first without a ball until they understand the directions. Then have them do the activity with the ball.

Get 4 parents to help out by being one of the sides – either Rootbeer, Coke, Sprite, or Lemonade. The object is for the coach to call out one of the sides and the kids must go towards that side. When the coach calls out a side, the parent can encourage the players to “Come to ME!!!”

With the ball they will have to stop the ball, turn the ball, look up to see where they are going and maneuver the ball into space to avoid colliding with their teammates.



Progression:

Add a command where when the coach blows the whistle they must dribble out of the grid and shoot a goal!!!

