

RSGSA

U9 Coaching Program

**8 Week Sample
Session Guide &
Coaches Handbook**

Coaches Handbook

Organize a Team Meeting

- Meet the Players
- I like to play a game where the kids mingle and must ask each other what they know about soccer. Maybe 2 minutes is enough for this.
- Have them circle up and then ask each one to tell what another knew.
- Talk about why we play soccer?
- To shoot goals
- To have fun – This is what soccer is all about!
- Talk about the referee

- Meet the parents
- Tell them what their kids need to bring to EVERY practice:
 - Soccer Shoes
 - Shin guards
 - Size 4 soccer ball
 - Weather appropriate clothing
 - Drinking water
- Establish a team parent that can do the following:
 - Contact parents when a game or practice has been cancelled.
 - Put together a ½ time drink list.
 - Put together a flag person assignment sheet. (The referee will discuss what this parent's duty is before a game – cannot be a child under age 15).
- Tell them your experience with soccer
 - It is better to explain upfront that you have no prior history with soccer and are learning along with the kids than to say nothing at all and have the parents expect you know everything!
- Tell the parents your expectations:
 - It's better to have kids arrive to practice ON TIME.
 - You are always available to answer questions and concerns. However, you cannot effectively coach if there are interruptions during practice. Tell them that you're available before and after practice and games to answer questions.
 - Some parents will try to coach their child while you are coaching. This accomplishes one thing... IT CONFUSES THE CHILD! Tell your parents that it is okay for them to cheer, but to leave the coaching up to you.
 - If a parent feels they would like to coach a team, they can take on a team the following season.
 - As a coach you need the help of parents:
 - Parental help rebounding balls in some activities keeps the kids moving for longer periods of time.

- Accidents and injuries do happen in the game of soccer and it is a contact sport. Kids do get pushed by other kids, etc. Only the coach is allowed on the field and only at the direction of the referee. The referee is trained to assess the situation and will call coaches on the field if needed. Parental help will be allowed in carrying a teammate off the field (most times they can hobble off on their own).
 - Once a coach enters the field, that child must come off the field entirely.
 - Explains that everyone plays and what that means...
- A player that has played has made some contact with the ball. Therefore, more aggressive players may be subbed more often to allow all the players some ball/game success.
- Some parents may question why, when their kid is much better than others on the field that they are subbed so often. A proper response may be... “All players must play in order to improve. Perhaps you could encourage your child to pass to teammates more often so they can get the same number of touches on the ball and all can then have equal time on the field.”
- Use this time to hand out uniforms and schedules. You have everyone together in a group; take the time to take care of business.
- My pet peeves!!!
- “Boot the Ball!!!”
- Question to ask – “When the ball is booted who gets the ball?”
- We want to keep possession of the ball, so shorter passes are more beneficial.
- As the kids get older their passes will become more accurate, harder and farther.
- The need to “Boot the Ball” is a wasted possession as the pass is to nobody!

Points to Remember

- By 9 years old, players are developing their coordination skills and their attention spans are larger. However it is better to keep the lectures short and directions simple. Show rather than tell and then let them attempt what you are asking.
- When trying an activity try to keep in mind that it doesn't always need to work to be successful. However, try to end the activity on a positive note before moving onto another one. If you've spent more than 15 minutes on one activity, chances are you've spent too much time on it and should move on.
- Keep it fun. If it's too technical they won't want to play and if they're not learning anything new you will lose their interest and respect.
- Reinforce the basics. Kids at this age have the ability to learn to play with other teammates and should be encouraged to do so. Some children will still have the me, myself and I complex. It's you that can teach them that there is no I in team.
- The best teacher of the game is the game itself.
- All kids have to play to learn. Play your children equally in time, equally in fairness and equally with positive praise and watch their love of the game grow.

- At U5 children need touches on the ball. By U7 they need to understand soccer and build their dribbling skills and begin working on team player skills. By U9 kids should be introduced to proper form, ball skills and team player skills should be highly stressed. This is the age that we build strong teams and rounded individuals.

Practice

- Establish a routine so the kids know what will happen next.
- Settle the kids before putting them into an activity.
- Don't talk over them. Talk in a normal voice and don't talk down to them.
- Discuss in a basic way, what they will be doing today – emphasize that it will be FUN! Then get up and get going. This chat session shouldn't take more than a minute.
- Make breaks active and instructional. When children have finished with their breaks set limits on the types of behavior that you will tolerate. They can pair up and pass between a teammate or juggle the ball or shoot on goal (when applicable). Be firm that when the break has ended that they must quickly group up and move on to the next task.
- Practices should be approximately 1 ¼ to 1 ½ hour long for this age group. 1 – 2 practices a week is encouraged.

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes

Passing activity – 10 minutes

Small sided activity – 10 minutes

Larger group activity – 10 minutes

Minor conditioning – 10 minutes

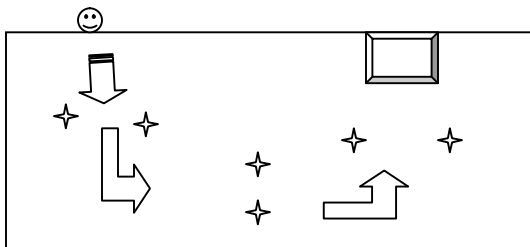
Play the game! – 10 minutes

Warm down, stretching, and discussion (revamp the day) – 5 minutes

Warm-ups

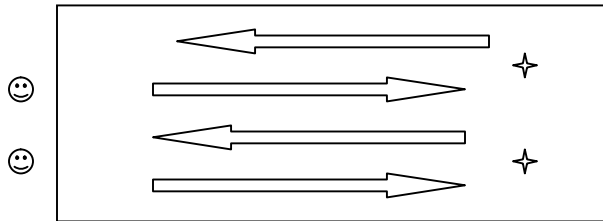
Follow the Track

Each player dribbles around a course and then shoots at the goal.



Mini Relay Race

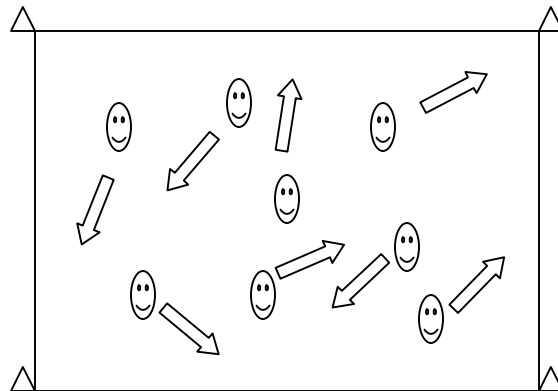
Player dribbles to a far cone, sits on the ball, picks it up and throws it, chases it and then dribbles home to tag teammate.



Turn and burn

Example two:

Designate a small 20 x 20 grid and have them running, jumping, imitating soccer like turns and burns. Try this without a ball first and then add a ball. Tell the kids that when you blow your whistle that they need to find open space in the grid or when you clap your hands they must kick the ball outside of the grid.



Warm up is important and can be beneficial. It is during this time that players are one with their ball and learning specific ball skill. They warm up their muscles and get initial touches on the ball.

Front Push, Back Pull, Side Drag, Around the World

Make a 30 x 30 grid using cone discs. Line up the kids between the cones and teach them the following ball maneuvers. (I like to start kids learning these tricks at a young age because it increases ball awareness and gets them familiar to having the ball at their feet as opposed to just kicking it 10 yards in front and running on to it).

Front Push – Player uses both right and left feet for this one. Start by having them push it out in front of them (you demonstrate first showing that they don't want to push it really hard or they lose the ball. Just enough so that they can step down next to the ball

and then use their other foot to push it forwards. **THEY WILL MAKE MISTAKES**, be **VERY, VERY POSITIVE!** Have them start slow and speed up as they master the move. When they get to the other side of the grid, have them do the back pull back.

Back Pull – Player must keep the ball in front of them and pull the ball backwards. I see most kids try to pull it completely behind their body. The goal is to keep the ball directly in front of them and underneath their body. While back-pulling, they must look behind them to make sure they are not going to collide with someone else. (This motion is the basis for shielding the ball used later in life). When they get back to the line and if they seem to have mastered the previous two within a decent amount of time and do not seem too fatigued, go on to Side Drag.

Side Drag – Player must use either right or left leg, start on the outside of the ball, drag the ball by bringing the foot over the top and stepping just to the offside (I'll demonstrate this at the clinic!). When the player gets to the other side, have them use the other foot on the way back.

If the players seem to be fatigued, you might want to just do **UP ON TOP** and **Around the World**, allow them to get a water break and go on to the next activity. This is challenging for a new player. Again, have them start out slow and speed up as they get the hang of it!

Up on Top – Player must touch the top of the ball alternatively using both right and left feet. The ball should stay somewhat motionless with a little bounce (therefore, if they are doing it correctly, it shouldn't be bumping their neighbor. Again, start out slow and have them speed up as they get the hang of it. For those that do really well, they should look like a dancing "gypsy" or "pied-piper" with the ball.

Around the World – This is the next step to Up on Top. The player jumps around the ball alternating touches using both right and left feet. This one is pretty hard and might not go too well at first as it is hard for kids to balance, jump and turn at the same time. Use your judgment and see how it goes.

Stretching

Note: At the U8 & U9 age group getting into the habit of stretching is important because children are growing quite rapidly at this age and can injure themselves.

Try to cover all the major muscle groups. (During the coaches clinic we'll cover all the major muscle group stretches as examples).

Week #1

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes (**Throw-ins**)

Passing activity – 10 minutes (**Passing Pairs**)

Small sided activity – 10 minutes

Larger group activity – 10 minutes (**Human Foosball**)

Minor conditioning – 10 minutes

Play the game! – 10 minutes

Warm down, stretching, and discussion (revamp the day) – 5 minutes

Throw-ins (Learn the basics)

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

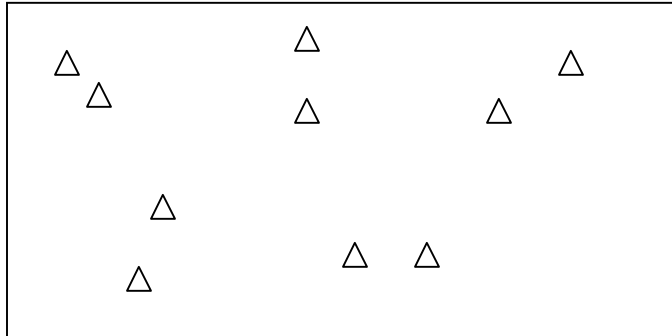
INCREASE THE DISTANCE

WORK ONE-ON-ONE WITH THE KIDS

Small group activity

Passing pairs









Set out a grid 20 x 20 is fine. Set up players in pairs (preferable with someone that they do not know very well). One player starts out with the ball and must dribble to a set of cones that is not occupied by another pair. Once there he/she must pass the ball to his/her teammate. The other teammate then dribbles to another set of unoccupied cones and does the same. Make it a competition to see which pair can get the most number of completed passes. Give them 2 minutes each run – and then have them change partners!



Larger group activity –

Human Foosball (teaches positioning and the basics of the game)

Give the players their positions using the words Defenders and Attackers. Show them this sheet of paper and explain what you're trying to do – a visual will help when describing this activity. Tell them that the goal is to pass up to another player in another position and that person can shoot the ball. Rotate positions. Set cones up on the boundary lines. Explain that you want to intercept the pass and try to pass up to your teammate. Have parents with extra balls on the sidelines ready to pass a ball back into play if it goes out of play from the kids. Keep them moving and keep them guessing.

Goalkeeper	
Defenders	 
Attacker	
Attacker	
Defenders	 
Goalkeeper	

Play the game!

Let them have the space to move around as they want – give them the positions and give positive praise for the things that they did from practice. Give 5 positives to 1 negative.

Let them play with a loose ball for a few minutes.

<<Teach your kids offsides!!!>>>

You will need to introduce what is offsides to the kids. It's not an easy concept for them to grasp. They haven't had to worry about this at the younger age levels.

Warm-down & Discussion

Ask them what they learned today and basically go over what they all did well (as a group and single out the individuals that did something right that seemed difficult for them to master). Let them know that they had a great first practice & you can't wait to see them again at the next one.

I like to end with a high five and send them to their parents.

<<<YOU DID IT! FIRST PRACTICE WAS A SUCCESS!!!>>>

Week #2

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes

Passing activity – 10 minutes

Small sided activity – 10 minutes

Larger group activity – 10 minutes

Minor conditioning – 10 minutes

Play the game! – 10 minutes

Warm down, stretching, and discussion (revamp the day) – 5 minutes

Basic Skills

Teach them the basics of the volley. (Utilize parents on this one)

Remember to stress that the kids should try to contact the ball on the laces.

They need to try and keep their body centered and over the ball

Try it with one foot and then have them try it with the other. 5 minutes each partner is recommended.

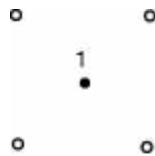
You will probably have to literally take a foot and put it through the motions

(We will go over this during the clinic)

*** Remember – this is only an introduction, they will get better at this the more often you try to teach it in practice. The better they get at touching the ball, the more control they will have in shooting at the game. This requires concentration.

Passing Activity 4 Accuracy (small sided activity)

Here is an activity that works on passing and receiving. Two players are each in a 5 x 5 grids that are 15 yards apart. See diagram below

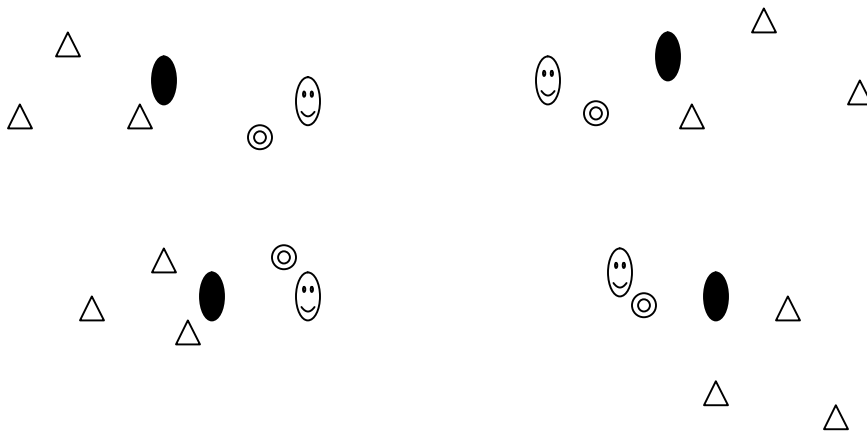


Player 1 starts with a ball and passes the ball (on the ground) as hard as she can, to player 2, If the ball leaves the ground from the pass, player 1 gets a point (points in this game are bad). If the ball doesn't go into the opposite square, player 1 again gets a point. If the ball stays on the ground and goes into the other square. then player 2 must receive the ball and keep it inside of the square. If player 2 can't keep the ball in the square, player 2 gets a point. Player 2 then passes the ball back to player 1's square with the same rules. The first player to get 5 points loses.

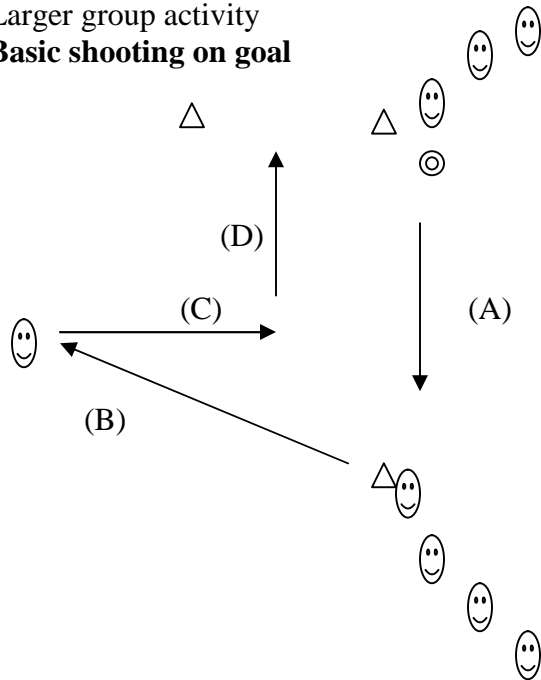
This activity works on passing with accuracy and pace as well as receiving hard passes..

Small Sided Activity

Pair up the kids. I will give one player a #1, #2, #3, #4. Then I'll Give someone else a #1, #2, #3, #4. Have the ones get together, the two's (etc.). Set up four triangles that are about 6 x 6 x 6 in dimensions (the larger the triangle, the greater the success of Player A getting into the triangle. Make the triangles smaller to give the defending player greater success at defending. Have each pair find a triangle to be in. As a demonstration, show that player A will have the ball first and try to get into the triangle. Player B will try to stop them and kick the ball. Player A can get into the triangle from any side, but player B cannot go into the triangle. (I'll demonstrate this one at the clinic too!). This is a defensive activity that also teaches dribbling and turning the ball. Alternate between defender and attacker, then make it smaller. Having an assistant coach or parent help to monitor the kids will come in handy for this one.



Larger group activity
Basic shooting on goal



The first player by the goal passes the ball out the players at the cone. Players at the cone must get to the ball and pass it to player B. Player B will pass “center the ball” to the cone player and the cone player will shoot on goal. The players behind the goal will switch lines with the cone players.

For the first time, let the players behind the goal just move on to the next line. Keep B in place for awhile and change out after everyone else has had a chance.

For the second time, when the player behind the goal makes his pass to the cone player then he/she will come in to defend the player and try to steal the ball. The play is dead when either the ball has been shot or the defender has stolen the ball.

(This particular activity works on passing and shooting skills, then adds defensive skills into the match! It moves fast!)

Play the game!

Warm-down and Discussion

They learned passing, shooting, defending and ball skills today. We centered on defensive techniques beginning with ball handling to help them learn to control the ball. Then we added a defender who had to stop them from scoring. Then we added a goalkeeper to try to stop them from scoring and then played a game.

I like to remind coaches that success is not gained by the team with the best tactics (which is set plays for the kids). It is easy to know that at the end of the day **THE BEST TECHNICAL TEAM** is going to win. Technical – is the team with the best ball handling skills. Therefore, the ball handling skills can be used again and again during warm up

periods and in other small sided activities. Truly, what they learn in ball handling now will stay with them FOR LIFE!

<<<SOCCER PRACTICE #2 – WAS A SUCCESS!!!>>>

Week #3

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes

Passing activity – 10 minutes

Small sided activity – 10 minutes

Larger group activity – 10 minutes

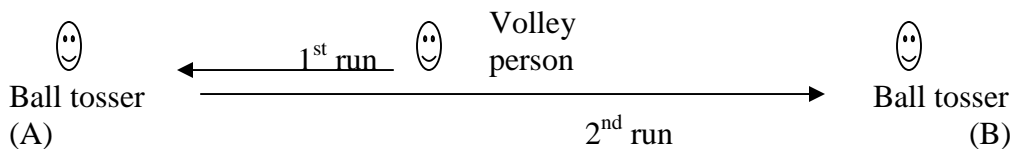
Minor conditioning – 10 minutes

Play the game! – 10 minutes

Warm down, stretching, and discussion (revamp the day) – 5 minutes

Basic Skills –

Let's try the volley kick again. That way it is still fresh in the kids minds from the previous week. You can break them up a bit and have them move into the ball by forming three lines.



As you can see from my diagram, Ball tosser (A) and Ball tosser (B) should each have a ball. Volley person in the middle should lightly jog to ball tosser (A) who will lightly toss the ball to the foot of Volley person. Volley person will “volley” the ball to Ball tosser (A)’s hands and then turn and jog to Ball tosser (B) who will also toss the ball to the foot of Volley person. Volley person will “volley” the ball to Ball tosser (B)’s hands and then return to Ball tosser (A), etc.

Let the kids get 10 good volleys and then switch up the lines. You can make this a competition by recognizing the team that got through all three people with 10 “good volleys.”

Passing activity –

You will need a grid approximately 20 x 20

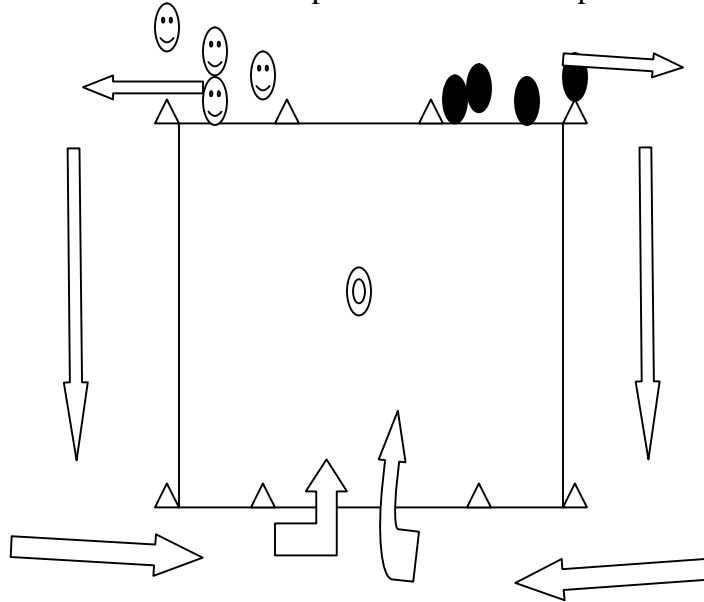
Have all the players enter the grid with a ball. Have them start out by just dribbling the ball around. Explain that at the blow of the whistle they must look up and pass their ball to an open teammate. That other teammate must also pass his/her ball to them. I like to walk amongst them to break the momentum.

You can make this further challenging by making the players get 4-5 passes from different players or see how many passes they can get from their teammates in a 10 second period.

Small Sided Activity

Crazy Monkey (You can name this one whatever you like).

Set up a grid which is about 20 x 20 and a goal which is about 5 feet wide.. Give team A numbers #1, #2, #3, #4. Give team B numbers #1, #2, #3, #4. Team A and team B will compete against each other. The coach will call a number. For example #1. #1 will run around the outside of the set up grid through the middle and try to beat #1 from the opposing team to the ball which the coach will roll into the grid once a player has entered the grid. The player that gets to the ball first will then try to dribble and shoot. Give that team a point if they shoot it in. The other team is going to want to steal the ball away and shoot it himself/herself. Mix up the numbers to keep them on their toes.

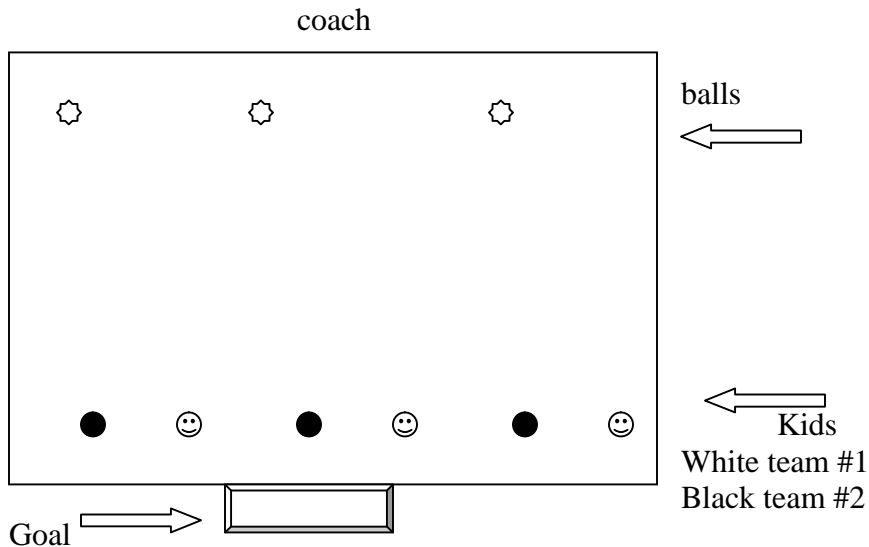


Large Group Activity

This one is simple! They have already had some complex stuff today. Let's reinforce the want to score on goal before going to the game.

There are only enough soccer balls for half the kids. Both teams must attempt to get the ball. If they don't get the ball they must then become a defending player. The team that gets the most # of balls into the goal wins.

Do this a couple of times and then set up your already made teams for the game.



Variation: Have two goals at opposite ends of a mini field. Set approximately enough soccer balls for half of the kids on the team. Therefore, if there are two teams of 4, place only 4 balls on the field. The teams are put on opposite ends of the fields and are running on to the same balls. Those that get to the balls first are obviously the attackers, those that did not are immediately put into a defensive roll. The team to shoot the most # of goals wins!

Play the Game!

Warm-down and Discussion :Reinforcement was on shooting today with some defensive skills involved.

<<Great job!!! Week #3 has come and gone!>>

Week #4

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 15 minutes (**Touch and Go**)

Passing activity – 15 minutes (**Diamond Ball**)

Small sided activity – Due to the nature of the activities, it might be wise to skip this

Larger group activity – 15 minutes (**Touch and Go**)

Minor conditioning – 10 minutes

Play the game! – 10 minutes

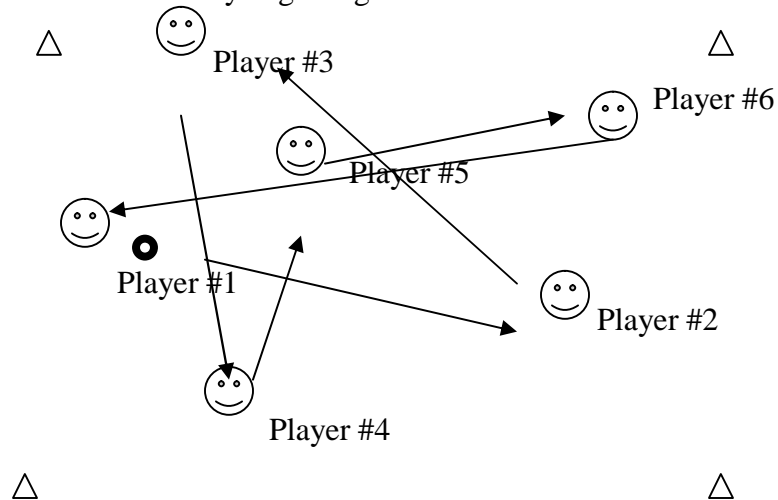
Warm down, stretching, and discussion (revamp the day) – 5 minutes

Basic Skills & Larger group activity – **Touch and Go**

Set up a grid of about 20 x 20. The object of this activity is to build up to a passing activity. Beginning with number 1, give all the players inside the box a different number. Turn them loose into the grid; each player has a ball of their own and are dribbling at ease. When you say the number 1, all other players in the box will gently kick their balls out of the grid and continue moving around. Player #1 will pass to number #2. Player #2 will then take 2 touches on the ball and look to pass to player #3.

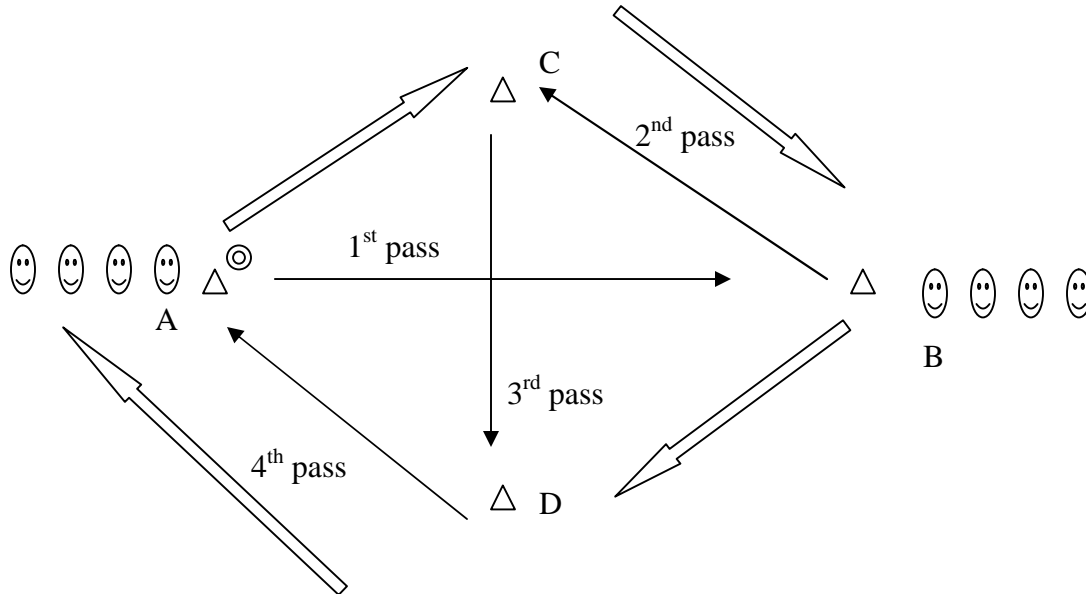
You'll build communication skills if the player that receives the ball says their number. Walk amongst them & get in their way. Make them have to move the ball into space before passing to a teammate. Hold up a hand and ask them how many fingers, etc. Get them looking at you and off the ball (this builds field awareness).

Do this a couple of times and then say "shoot!" The next player to receive the pass must quickly exit with the ball and go to the goal and shoot it in. While he is out a second ball is introduced and the activity begins again.



Passing activity – **Diamond Ball**

Now that you have them passing and moving (and well warmed up) let's do something constructive with it. (This activity will enforce what's known as a wall pass & get them moving both on the ball and off of it).



A passes the ball to B runs to cone C
B receives the ball and passes the ball to cone C
After B passes the ball to cone C, he/she runs to cone D
Player at cone C passes to Cone D and then runs onto line B
Player at cone D receives the ball and passes to line at cone A.
After D passes the ball he/she runs to the end of the line at cone A.

(This sounds complicated, but it's not so bad once you get started). Have them walk it through once and then speed it up!

Variation and progression to a game situation: Do the same activity previously listed. However, this time, all the players in the A position must have a ball. When B receives the ball at cone D they can dribble forward and shoot on a goal and a goal keeper. They can then retrieve their ball and rejoin the activity in the A position.

Play the game! Make sure you encourage the wall pass in the game. If kids never use a skill they've been taught, they will never learn it and never have the confidence to try it on the field during a game. Pele could work wonders with a ball, but what if he was never given the opportunity to use it in a game situation. We would never have known!

<<Week #4 is now complete!!! We've learned some ball skills, we've learned some passing, we've learned a lot of team work and some basic defense. So let's go into week #5 and really learn how to "Stop that ball!!!"

Week #5

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes

Passing activity – 10 minutes

Small sided activity – 10 minutes (**Teaching Defensive Posture**)

Larger group activity – 10 minutes (**Can't get past me**)

Minor conditioning – 10 minutes

Play the game! – 10 minutes

Warm down, stretching, and discussion (revamp the day) – 5 minutes

Basic Skills – The focus will be on defensive positioning and body shielding

Partner everyone up. Player A has the ball and is dribbling at ease in a large grid. Player #1 must run around with him/her without a ball -- not trying to steal the ball, only “marking the player” (this means that the player is close to his opponent). Tell your players that team A will gain a point if they can create as much space as possible from player #1 without leaving the grid (30 seconds). At the whistle or STOP! See who is closest team #1 or players A.

Passing Activity –

Set cones out at random. Place the same pairs as in the basic skills together at each cone. The object of this game is for the player with the ball – for this example let's start the ball out with player #1 – to pass the ball to the cone while being defended by player A.

Again, if you're not attacking your defending. If a successful pass has been made and the ball has hit or run over the cone, then the attacking player will get the ball back again.

Small Sided Activity – (Teaching defensive posture)

To create a little bit of variety you might want to mix up the pairs a bit and reassign them to someone else. With one partner on side A and the other partner on Side B have them do a relay race where the partner on side A must run up and touch the inner thigh of their partner on Side B and then run backwards back to the line. Once they get back to their side, their partner on Side B runs up tags them on the inner thigh and then runs backwards back to their line. This can also be run as a relay too – where the next person can go when their teammate has gotten back to the line.

(We are teaching them how to properly come in to attack a ball defensively – this is known as defensive posture, where the body is low, coupled and balanced. The running backwards simulates how they will have to back up after coming in for an unsuccessful defensive attempt)

Side A



Side B

Now that they have done this successfully without a ball, add the ball to the front of first player B, then to the front of player A. The player coming in for the attack, only needs to touch the ball – then touch the inside of the player’s thighs and then run backwards.

When they get back to the line they can then put their ball in front of them.

*** (this one works well) You can also have them go forward, touch the ball and then use a back pull to bring it back to their line. (I’ll demonstrate what a back pull is!)

Note – you might have to help them with the back pull – but the rewards in the future are excellent!

This activity takes some time – and should be done with as little explanation as possible. Have them walk with you during the demonstration and then have them show you how it’s done.

Ask the questions and let them give the answers. No answer can be wrong!

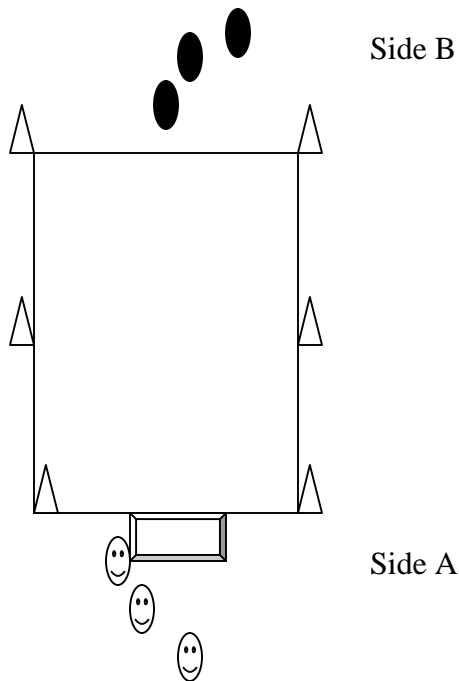
Larger group activity (reinforcement of other activity)

Can’t get past me!

Two lines, one on side A, one on side B. Team on side A kicks to team on side B.

B must stay inside the grid and get past A to shoot a goal. A is trying to take the ball away.

Teaches – reinforces defensive posture, gets them to make that first pass to another player other than themselves, dribbling into open space, turning, stopping and shooting!



Week #6

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes

Passing activity – 10 minutes

Small sided activity – 10 minutes

Larger group activity – 10 minutes

Minor conditioning – 10 minutes

Play the game! – 10 minutes

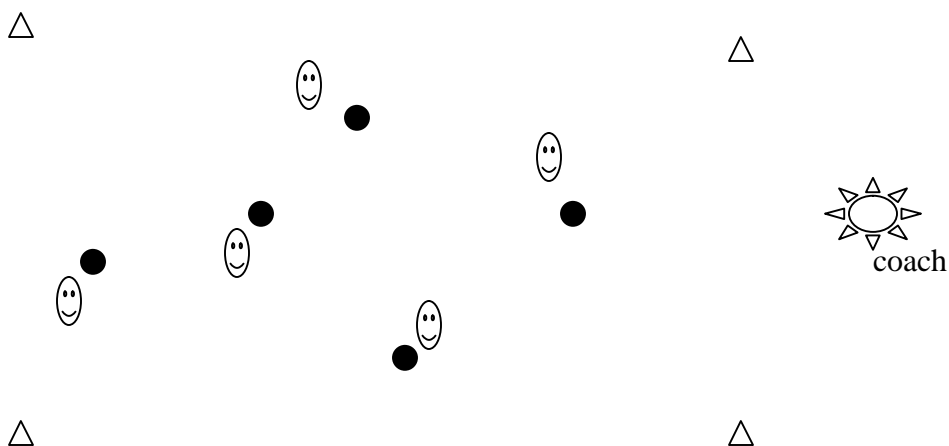
Warm down, stretching, and discussion (revamp the day) – 5 minutes

Warm-up – perhaps relay race

Note*** - Today we're introducing the concept of set plays to teach the kids what to do in game situations. Do some warm-ups and stretching. Basic skills will incorporate what they're going to do in the small sided activity and then go into the game and let them scrimmage for a longer period of time...

Basic Skills –

Start with a 20 x 20 grid. Players are inside the grid dribbling the ball around. At the whistle, each player must grab the ball and then must do a throw in over the line that the coach is standing on. (I like to tell the players that they must not only do a good throw-in, but the ball must go over my head). It's good to make sure that they know that it is the line that the coach is standing on, because you can move around and the players must keep an eye on you (which means that they are also looking up when they are dribbling). The last player to complete a "good throw-in" may have to do sit-ups, push-ups or jumping jacks.



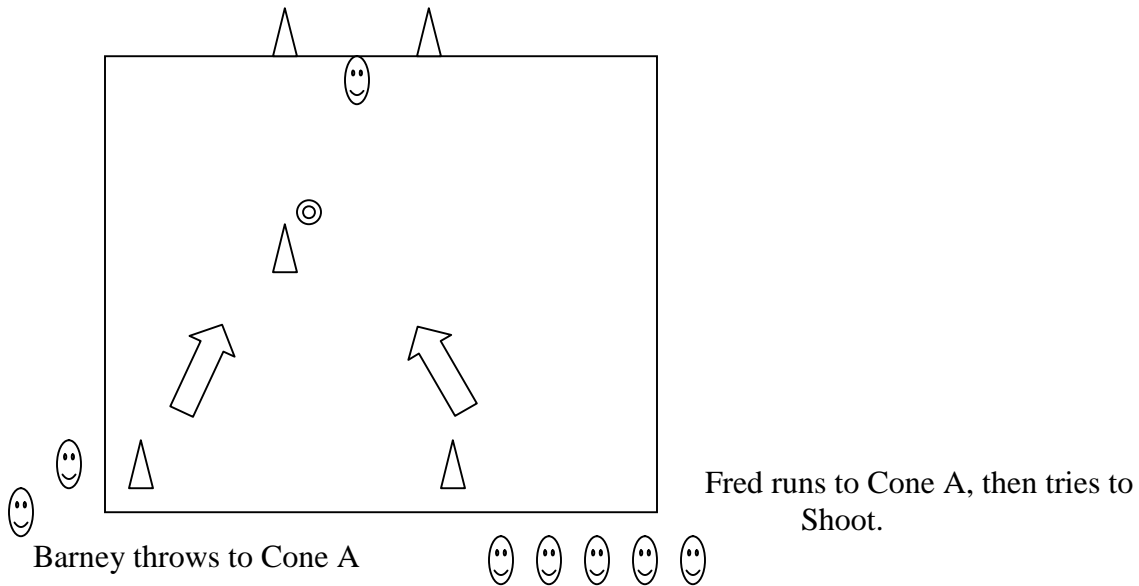
The Flintstones

Story – Fred and Barney are working at the Rock Quarry. Fred has to get the rocks into the net as fast as he can and Barney is going to throw them to him so he can do his job right!

Have one person be Barney and stand on the outside of the field. Barney has to do throw-ins to Fred who starts off in the center of the field and runs toward Barney to receive the throw and then sprints off to the goal to shoot. As soon as the first Fred is dribbling, have the second Fred start running to the thrower.

Note: Having a parent hand the ball off to the Barney might help things move along faster. You might want to put a cone on the field as a target for Barney to throw-in the ball to and instruct Fred to run to the cone because that is where Barney is going to throw the ball. Have two teams on either side and see how many goals can be scored in a short period of time.

Let everyone be Barney. Have parents on the goal line retrieving the balls that don't make it into the net.



Play the game!!!

Week #7

Warm-ups – 10 minutes

Stretching – 5 minutes

Basic Skills – 10 minutes (**Keepaway**)

Passing activity – 10 minutes

Small sided activity – 10 minutes

Larger group activity – 10 minutes

Minor conditioning – 10 minutes

Play the game! – 10 minutes

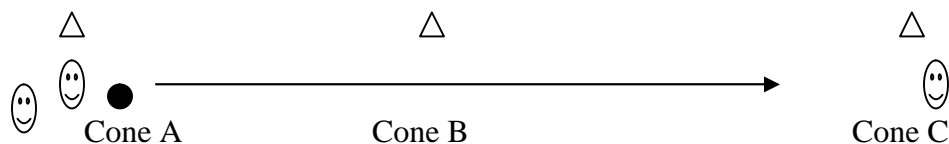
Warm down, stretching, and discussion (revamp the day) – 5 minutes

Warm-up, Stretching and Basic Skills combined
(**Keepaway**)

All players in a grid 20 x 20 with a ball. Players must dribble and follow commands such as Up on Top, Around the World, right foot only dribble, regular dribble, left foot only dribble, back pull, into space, out of the grid (all the stuff they have done previously- see what they remember!). You can add some static stretching into this activity and kill two birds with one stone. When it looks like they are getting a bit fatigued or losing interest, yell “Keep-away!” Each player must try to shield their ball with their body while trying to knock somebody else’s ball out of the grid. Have the players sit on the outside of the grid until one person remains.

Passing Pairs –

Break the kids into groups of 3 or 4. Place 1 or 2 kids at cone A and 1 or 2 kids at cone B. If you have three kids in a group then cone A must have 2 kids and cone B can only have 1 kids to do this activity. The goal for this activity is to reinforce receiving the ball and passing. Start out slow and then hold a relay to see who can get 10 good passes on the ball first.



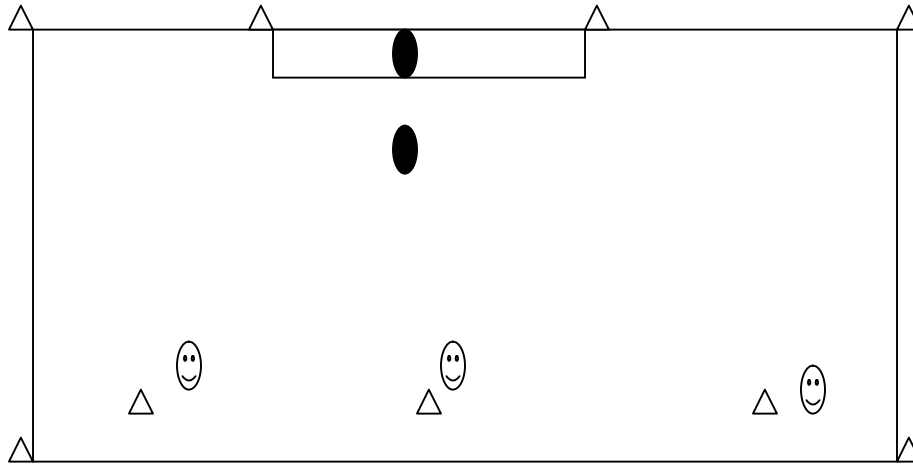
Player with ball at Cone A must dribble the ball to Cone B. When he/she gets to Cone B then he must pass the ball to the player waiting at Cone C. Cone C will run up to meet the ball dribble back to Cone B and then pass to the next player waiting at Cone A. After a successful pass has been made the players switch lines.

Large Group Activity

3 vs. 1 & Goalkeeper

Set up a 20 x 20 grid. Using one ball, have three attackers coming forward toward the goal. The one defender tries to stop the ball and kick it out of danger to the sides. The three try to shoot and the goalkeeper tries to save it. Rotate your players so the one

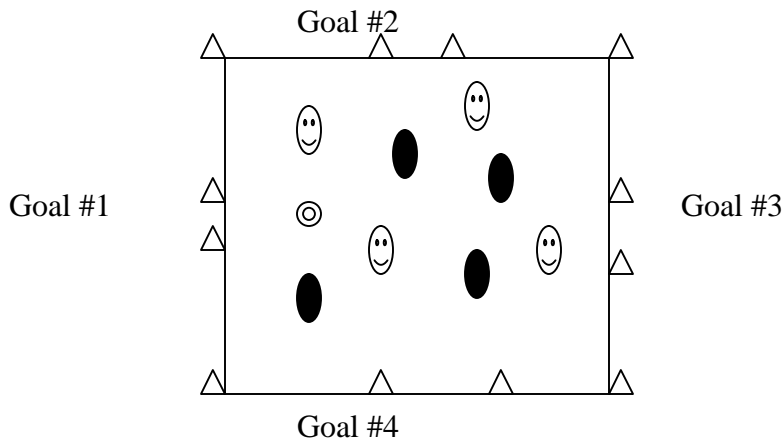
defender doesn't get discouraged. Make it harder by adding one more defender. To make this activity successful is to encourage shooting on goal. To make it more of a defensive goal, add another defender.



Play the game!

Group activity

Break the kids up into two teams of 4. Using the same grid in the previous exercises, add 4 goals (see diagram). Start off with only one ball, add others to get the game moving faster later. Players on Team A can score at Goal #1 or Goal #3. Players on Team B can score at Goal #2 or Goal #4. Parents can be stationed on the outside lines to throw a ball in that goes out of bounds to keep the game moving. The team with the most goals scored after 5 or so minutes wins!



Play the Game!!!

Warm-down and Discussion

Week #8

THIS SHOULD BE THE FUNNEST WEEK OF ALL!

Maybe they have a game they all really liked. Play it! This is the week they will remember when it is time to sign-up for soccer again in the spring.