

Coaching Manual: A Season of Sessions

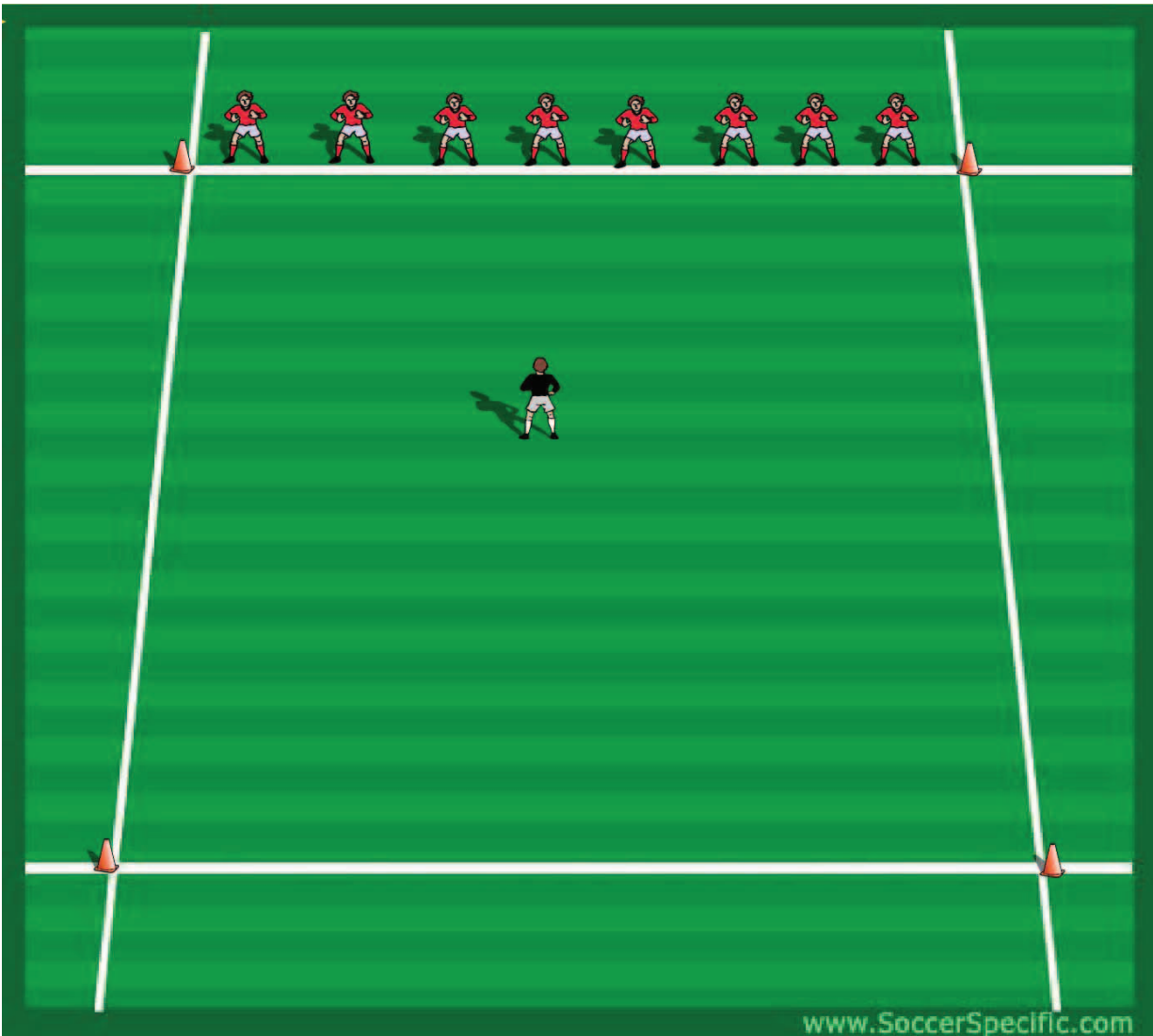
*Training Ages 4 to 7
Week 4 : Day 2*



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2012

Mr. Freeze



Mr Freeze

Purpose To improve dribbling skills and encourage players to look up.

Organization

Players need to get to the other side.

The players can only move when the coach looks away

When the coach turns back and looks at the players, they must balance on one leg and freeze.

If players move when the coach looks at them, they must take five steps backwards.

Progression

Play the game with a soccer ball

Coaching Points

Players need to keep their head up to see what the coach is doing.

Players are working on co-ordination and balance

When game is played with a soccer ball, keep the ball close.

Monster Turn Around



Monster turn around

Purpose- To introduce various turns and moves

Organization

Players dribble a soccer ball in a 20x20 grid

The coach introduces the drag back, inside and outside turn to the players and asks them to perform these turns when he/she calls turn.

When the players are comfortable with the turns, the coach enters the grid and chases after the players, roaring like a monster as he approaches each player. The player then turns quickly and dribbles away in the opposite direction.

Coaching Points

Keep the ball close

Bend the knees, low centre of gravity helping you move away quickly

Encourage the player to use the inside of their lead foot to cut the ball back away from the coach as they turn.

After the player has turned move into the space quickly.

King/Queen of the Ring



King/Queen of the Ring

Purpose- Work on Shielding the soccer ball.

Organization

Mark out a circle as shown in the diagram, then ask all players to enter the circle with a soccer ball.

On coaches command players are asked to dribble in the circle.

When the coach calls King/Queen of the ring, the players are asked to protect their soccer ball and kick someone else's ball out.

The game can then be played in one of two ways. The first way is if the ball is kicked out you find a corner flag, perform 10 toe taps then re-enter the ring.

The second way is if your ball goes out, you go and stand by the coach and juggle the soccer ball. This process continues until one player is left standing and they become King or Queen of the ring.

Coaching Points

Keep the ball close and nose in front of the ball to see all players

Bend knees and take sideways on position to protect the ball

Look to find open space

Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.