

Coaching Manual: A Season of Sessions

*Training Ages 4 to 7
Week 1 : Day 1*



NEIL BRADFORD
DIRECTOR OF COACHING
SAY NATIONAL HEADQUARTERS

2012

Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

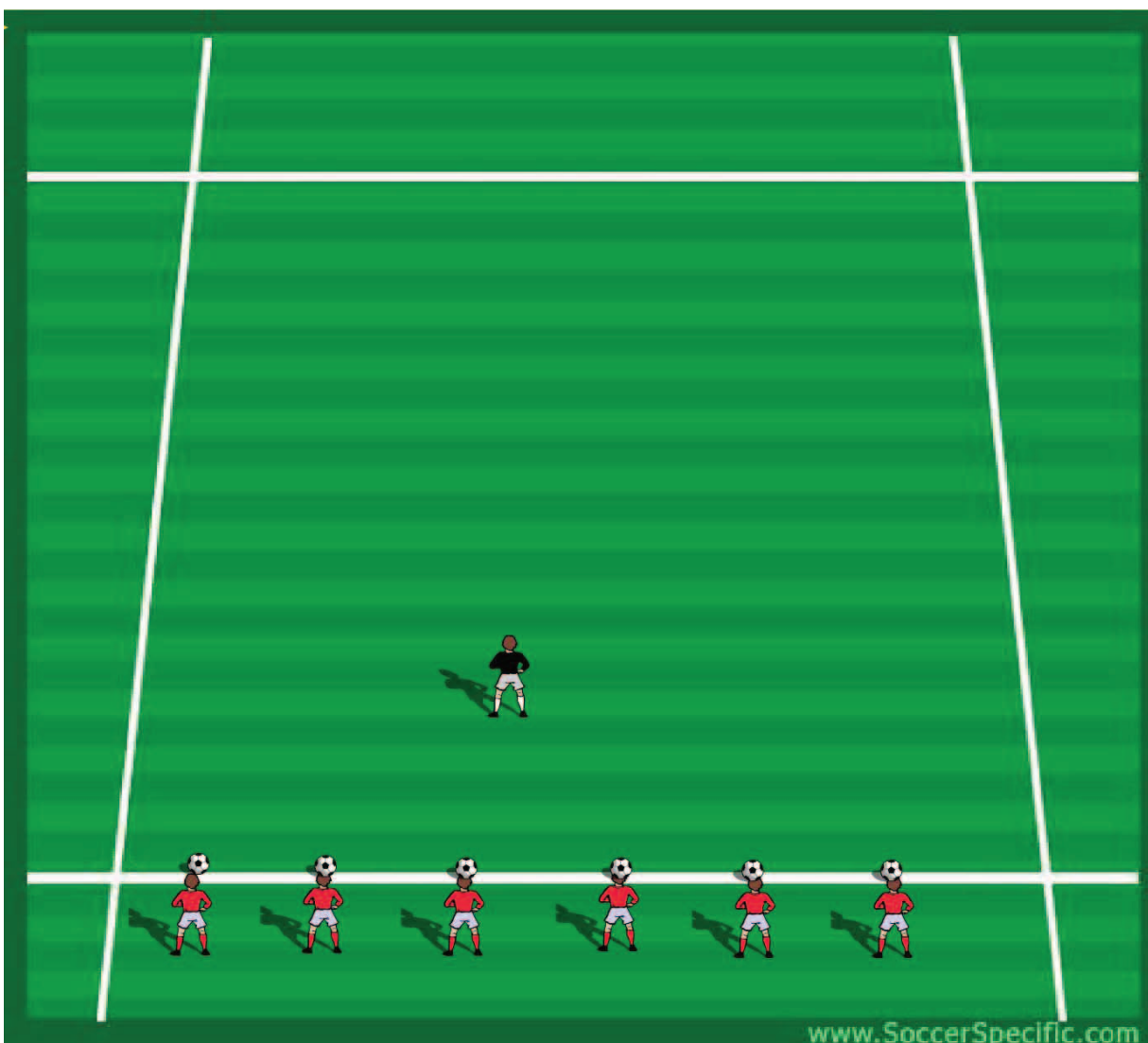
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

What's the time Mr. Wolf?



What's the time Mr wolf ?

Purpose- To incorporate a turn and change of speed while dribbling the ball

Organization

Each player has a ball and the exercise is played in a 20x20 area

The game begins by the players asking the coach What time is it Mr Wolf?

The coach turns around and calls a time such as 6 O' clock

Players and coaches then take six steps forward and ask again What time is it Mr Wolf?

This continues until the coach calls DINNER TIME

As soon as this happens players need to turn with their balls and get back to the starting line before the coach (MR WOLF) tags them.

If players are tagged they become Mr Wolf with the coach

Coaching Points

Keep the ball close

Turn and accelerate away

Listen to the coach and beaware of where you are on the field

Dribbling Game: Spongebob needs Help



Dribbling Game Sponge Bob needs help

Purpose To Improve dribbling skills

Organization

Set up an area 20x20

Sponge Bob is in the corner needing food(jelly fish) so he has the energy to come out and play

All the players with the soccer ball are his friends Patrick and Squidward must dribble past the

evil Mr Crabs and Plankton. Get to the cones (jelly fish) and bring them back to Sponge Bob

All food must be back to him within 2 minutes or Sponge Bob cannot come out and play

If the evil Mr Crabs or Plankton touch Patrick or Squidward you must come back to the beginning and start again

Coaching Points

Use inside and outside of foot for creating space and unbalancing the evil Mr Crabs and

Plankton

Change of pace- When you get Mr Crabs or Plankton unbalanced explode past with a change of speed

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.