

First, we applaud their effort.

- Kids associate their effort as meaning that they are doing great!



Use what they know:

- Animals, shapes & colors

Use what they love:

- To hear the word "Yes!"
- To hear their name

Use questions:

- Ask "How?" instead of "Why?"
- Say "Remember!" instead of "Don't!"

Remember:

- 95% is caught, not taught
- You are a facilitator, but "never mistake activity for achievement!"



COACHING IDEAS:

Sometimes, a player will not be interested in playing the game you have set up.

They may want to do their own thing with their own ball.

As long as they are safe, give them the time to do so.

You can tell them “come back and join in whenever you want.”

Make it competitive (in a fun way).

“Don’t be the last one over here”,

“See who can pick up the most cones” or keeping track of and rewarding good behavior, are all great ways to motivate your players to do the right things.



Make sure every player has a soccer ball at every practice. (As the coach, you should bring a few extra balls; some of your players may leave their ball at home!)

Give each activity you do at practice a name!

Players will get to know the names of the activities, what they need to do and how they are set up.



OTHER IDEAS:

“Grab a Finger!”

Start with good habits

Everything is inclusive, not exclusive

The Water Cone

A place for players to put their water bottles that is:

- Near the training area
- Near to the coach



COACHING TIPS

Avoid the 3 Evil "L"s:



No Laps:

- No sense of pace
- Inability to produce lactic acid



No Lines:

- Always in motion



No Lectures:

- Very limited attention span

Attention Grabbers:

Start with chaos:

Bring them back with:

- A whisper, "Um-hmm!"
- Use a physical cue, such as "Grab a finger!"
- A verbal cue, such as "If you can hear me, touch your nose!"

Use concrete targets and goals!



Motivation:

Think in terms of:

"Activities!"

"Exercises!"

"Games!"

instead of drills.

"Drills Kill Skills!"

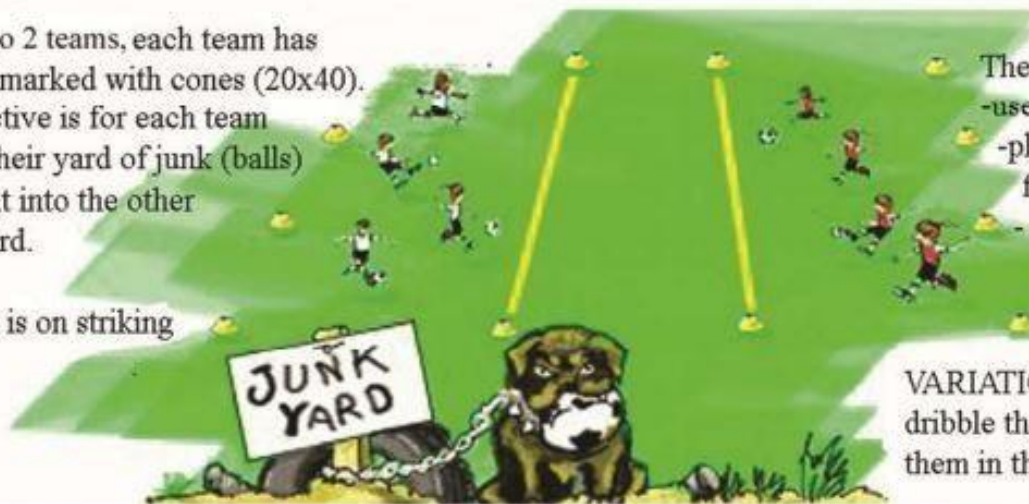


Use points to make them successful - "If you go your fastest, you get 1,000 points!"

JUNK YARD

Divide into 2 teams, each team has a "Yard" marked with cones (20x40). The objective is for each team to clean their yard of junk (balls) and kick it into the other team's yard.

Emphasis is on striking the ball.



The middle zone:
-used to chip over...
-players can battle for any balls...
- a third team can kick balls into the other areas.

VARIATION: Players may dribble the ball and drop them in the other yard!

RED LIGHT - GREEN LIGHT

All players are in a grid. When the coach says, "Green," all players dribble their ball...

When the coach says, "Red," all players stop the ball with the bottom of the foot...

COACHING POINT:
KEEP THE BALL CLOSE



Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc...



The coach now doesn't say anything, he just holds up a color and the players must look up and react.

Urge players to dribble with their heads up, while their feet "see" the ball with each touch.



LESSON PLAN: US DRIBBLING (HEAD UP!)

WARM UP: Retrieval Activity

Each player gives their ball to the coach. The coach tosses the ball out for each player to collect and bring back...

PURPOSE/ COACHING POINTS:
*INTRO TO DRIBBLING
*COORDINATION/BALANCE

HEADS UP!!!

Pick up ball and run back...
Pick up ball and skip back...
Pick up ball and hop back...
Collect ball and dribble back!!!

2ND ACTIVITY: Maze Game

All players are in a grid. When the coach says, "Green" all players dribble their ball...

When the coach says, "Red" all players stop the ball with the bottom of the foot...

COACHING POINT:

KEEP THE BALL CLOSE



"Red Light-Green Light"

Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc...



The coach now doesn't say anything, simply holds up a color and the players must look up and react...

GUIDED DISCOVERY QUESTIONS:

WHAT PART OF YOUR FOOT CAN YOU USE TO DRIBBLE?

WHEN NO ONE IS TRYING TO TAKE THE BALL FROM YOU, WHERE SHOULD YOUR HEAD BE?



USE THE TOE LACES INSIDE, OR OUTSIDE!

UP!

3RD ACTIVITY: Direction Game

"Traffic"

All players on the goal line. They must dribble from one line to the other.

The coach calls: RED!!! or GREEN!!!

Players dribble

on Green, and stop on Red!

If a ball is not stopped, then

the player goes

back even with

the last

player...



the player goes

Variation: Drop disc cones down as potholes!

Again, progress to the coach raising a colored t-shirt, cone, towel, etc.

The players must look up and react to the coach's instruction AND avoid potholes!

4TH ACTIVITY: 3v3 Game

Encourage them to be brave with the ball! (No Gk's)



Let them play!

3v3 is really 1 against 5 at U6

GUIDED DISCOVERY QUESTIONS:

HOW FAR AWAY SHOULD THE BALL BE FROM YOU? (Close enough so that you can control it!)

WHY DO YOU WANT TO AVOID THE POTHOLES? (So that you don't get a flat!)