

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 1

### **1) - CANDY STORE**

The children play in a square approximately 30 x 20 steps. The coach names each side of the area after a piece of candy. Each child has a soccer ball. When the coach shouts out the name of a candy bar, the children dribble their soccer ball to the appropriate side.

Coaching/Organizational points:

1. As a coach of young children you should know their favorite candy bars.
2. This practice should be “up beat” it requires a dynamic coaching performance.
3. When the children reach the particular candy they should be encourage not to stand- still but to perform soccer related practice to secure the candy, for example toe taps.
4. This game can be played without a ball, this is done in order to get the children's attention and familiarize the young players with the coaches' different tones.

### **2) - THE DRAG BACK TURN:**

*Coaching points:*

- 1. Place the non - kicking foot at the side of the ball.*
- 2. Place the kicking foot on the top of the ball.*
- 3. The players' body should be leaning over the ball.*
- 4. Drag the ball back, in the opposite direction.*
- 5 Push the ball away using opposite foot.*

### **3) - BODY BRAKES**

The children play in a square approximately 30 x 20 steps. The children dribble around with a ball each. The coach calls out a body part, for example left elbow. The first child to stop the ball with the named body part gets a point.

*Coaching/organizational points:*

- 1. The coach should make the point that, if a child's ball is running away from them and they are unable to stop it, they are dribbling too fast and the ball is not under control.*
- 2. When the children are stopped, the coach should encourage them to be in an open space.*

#### **4) - CONEMAN**

The children play in a square approximately 30 x 20 steps. The coach is the “Coneman/woman” who runs around the area attempting to “Cone” the players. This is done by placing a cone on top of the player's ball, and shouting, “Coneman has got you”. Once a player has been coned they must perform three juggles to get back in the game.

*Coaching/ Organizational points:*

- 1. The coach should encourage the children to dribble with their heads up, looking for space and defenders.*
- 2. The coach should encourage the children to take as many touches of the ball as possible.*
- 3. The coach should encourage the children to use both feet.*
- 4. The coach should make known that he/she is always looking for the person who is working the hardest to use as the next “Coneman/woman”!*

#### **5) - STORY BOOK SOCCER**

The children play in a square approximately 30 x 20 steps. The coach tells a story of when he/she was young and on his/her birthday they were given a magic car. The coach then asks the children if they want to play “magic cars.” The children dribble around the area and the coach introduces three gears. In first gear the children must dribble their soccer ball really slowly. In second gear the children should be encouraged to dribble the ball at a medium speed. Third gear is “racing car” speed; the children should be encouraged to dribble the soccer ball as fast as they can.

*Coaching/Organizational points:*

- 1. The coach can introduce additional coaching points:*
  - a) Traffic lights at which children must stop. Remember if you are traveling really fast cars usually screech to a halt.*
  - b) Hills, the children are asked to travel up a hill, performing toe taps does this.*
  - c) Chicane, the children are asked to travel through a chicane, this is done by cradling the ball (inside to inside).*
  - d) If the children fail to stop when the coach shouts out red light, they get a speeding ticket.*
  - e) The coach finally introduces a car thief. The thief steals the children's soccer ball by touching them with his/ her foot. To get back in the game the child must perform three juggles.*
  - f) It should be made quite clear that all of these progressions do not have to be made in the first week, or even the second. This game should be played regularly so the children remember the storyline.*

## **6) - THE GOLDEN EGG**

The coach makes two small squares approximately 30 steps apart. Each square acts as a nest for a group of birds (children). The coach places all the soccer balls into the middle of the “nests”(the area between the two nests). The soccer balls have turned into “GOLDEN EGGS” that the birds have to save. The “Golden Eggs” are then taken back to their nests. On the coaches command of “magpies” the birds fly into the middle to save the eggs. The children can save the eggs from other nests.

*Coaching/ Organizational points:*

- 1. The coach should encourage the “birds” to save the balls using only their feet.*
- 2. When the balls are in the middle they should be slightly spread out, to avoid collisions.*
- 3. Remember that the golden eggs are extremely heavy and the only way the children can move them is by dribbling.*
- 4. The birds should be constantly encourage to save eggs from other nests. Remember the simple philosophy that the more touches of the golden eggs the birds get the greater the development.*

*With more advanced groups the coach should encourage the birds to perform drag-back turn when stealing the “golden eggs”.*

## **7) - GAME SITUATION - MICRO SOCCER**

Play 3v3 with small goals. On a field approximately 30 x 20 steps

*Coaching/Organizational points:*

- 1. Throughout the game discourage them from just kicking the ball without thought. They should always be either trying to pass or dribble.*
- 2. Do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.*
- 3. The players should asked if the can perform the drag back move within a game before they make a pass to a teammate. Coach: Dean can you do a drag back (swoosh move)?*

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 2

### **1) - CONEMAN**

The children play in a square approximately 30 x 20 steps. The coach is the “Cone/Woman” who runs around the area attempting to “Cone” the players. This is done by placing a cone on top of the player's ball, and shouting, “Conman’s got you”. Once a player has been coned they must perform three juggles to get back in the game.

*Coaching/Organizational points:*

- 1. The coach should encourage the children to dribble with their heads up, looking for space and defenders.*
- 2. The coach should encourage the children to take as many touches of the ball as possible.*
- 3. The coach should encourage the children to use both feet.*
- 4. The coach should make it known that he/she is always looking for the person who is working the hardest. To use as the next “Coneman/woman”!*

### **2) - THE DRAG BACK TURN:**

*Coaching points:*

- 1. Place the non-kicking foot at the side of the ball.*
- 2. Place the kicking foot on the top of the ball.*
- 3. The players’ body should be slightly leaning over the ball.*
- 4. Drag the ball back, in the opposite direction.*
- 5 Push the ball away using opposite foot.*

### **3) - BRITISH BULLDOG**

The children play in a square approximately 30 x 20 steps. The children start at one side of the area (which the children can call the street). The coach has told the story of a “British Bulldog” who will not let the children out to play. The children have to dribble their soccer ball past the “British Bulldog” so that they can get out to play. The coach plays the part of the “British Bulldog.” Each time the children make it past the “British Bulldog” they get a quarter to buy candy, this is done by performing toe taps. The young players can only travel across the street when the coach says “British Bulldogs.” Once the players have been caught they become a bulldog and assist the coach to catch the others.

*Coaching/ Organizational points:*

- 1. The coach should encourage the children to dribble with their heads up, looking for space and defenders.*
- 2. The coach should encourage the children to take as many touches of the ball as possible.*
- 3. The coach should encourage the children to use both feet.*
- 4. The coach should make it known that he/she is always looking for the person who is working the hardest to use as the next “British Bulldog”*
- 5. The coach should always let the children have success, to begin with at least!*

#### **4) - STORY BOOK SOCCER**

The children play in a square approximately 30 x 30 yds. The coach tells a story of when he/she was young and on his/her birthday they were given a magic car. The coach then asks the children if they want to 'play magic cars'. The children dribble around the area and the coach introduces three gears. First gear is "grandma and granddad" gear the children must dribble their soccer ball slowly. Second gear is "mummy and daddy" gear and the children should be encouraged to dribble the ball at a medium speed. Third gear is "kiddies" speed; the children should be encouraged to dribble the soccer ball as fast as they can.

*Coaching/Organizational points:*

*1. The coach can introduce additional coaching points:*

- a) Traffic lights at which children must stop. Remember if you are traveling really fast cars usually screech to a halt.*
- b) Hills, the children are asked to travel up a hill, this is done by performing toe taps.*
- c) Chicane, the children are asked to travel through a Chicane, this is done by cradling the ball (inside to inside).*
- d) If the children fail to stop when the coach shouts out red light, they get a speeding ticket.*
- e) The coach finally introduces a car thief. The thief steals the children's soccer ball by touching them with his /her foot. To get back in the game the child must perform three juggles. On the second week, the children can only get back in by performing a drag back turn.*
- f) It should be made quite clear that all of these progressions do not have to be made in the first week, or even the second. This game should be played regularly so the children remember the storyline.*

#### **5) - HOSPITAL TAG**

The children play in a square approximately 30 x 20 steps. The children all have a soccer ball and are dribbling around inside the area. When the coach shouts "Hospital," the children can try to tag one another. When they have been tagged, they hold that part of the body. When the children have been tagged twice and both hands have been used, the next tag means that they have to go to "Hospital" for treatment; this can only be administered after four juggles.

*Coaching/Organizational points:*

- 1. The coach should be aware that children may tag too aggressively, this should be addressed immediately. It is only natural that children will get excited, this should not be in any way discouraged. However the coach should be in complete control of the practice at all times.*
- 2. The coach should encourage the children to dribble with their heads up, looking for space and defenders.*
- 3. The coach should encourage the children to take as many touches of the ball as possible.*
- 4. The coach should encourage the children to use both feet.*
- 5. If the coach feels that certain players need to be more adventurous he can adjust the game by having a winner i.e the first player to tag 6 people wins.*

## **6) - MICKEY MOUSE'S' DOORBELL**

The coach sets up gates that are approximately four yards apart. The players stand facing one another, with the cones either side of them. As shown below.

The coach explains that Goofy and Donald Duck have fallen out because as they went to call for Mickey they couldn't decide who would ring the doorbell. One player starts with the ball and is trying to ring the doorbell and the other player is trying to stop him. This is done by the defending player putting his foot over the cone or should I say doorbell. The coach tells the children that there is an imaginary (electric) line between the two doorbells's, which the children cannot cross.

*Coaching/Organizational points:*

- 1. The coach should encourage the children to have happy feet i.e. that they are on their toes.*
- 2. The coach should encourage the children to use any moves that they have learnt i.e. drag back.*
- 3. The coach should constantly ask how Goofy and Donald are doing! This should increase the intensity level of which the practice is being performed.*
- 4. The coach should encourage the player with the ball to always keep the ball moving.*
- 5. The coach should use judgment as to whether to name the children as characters, as children have favorites and disagreements have started over who gets the role of "Goofy".*

## **7) - FOUR CONE SOCCER**

The coach sets the cones up as shown below:

Play a maximum of three- a -side (Micro soccer). Both teams are trying to knock down each other's cones.

*Coaching/ Organizational points:*

- 1. The coach should stand with a supply of soccer balls. Play with two or even three balls at a time.*
- 2. There is no out of bounds.*
- 3. The coach should encourage the children to knock the cones over using the correct push pass technique.*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 3

### **1) -- BODY BRAKES**

The children play in a square approximately 30 x 20 steps. The children dribble inside the square with a ball each. The coach calls out a body part, for example left elbow. The first child to stop the ball with the named body part gets a point.

*Coaching/Organizational points:*

- 1. The coach should make the point that, if a child's ball is running away from them and they are unable to stop it, they are dribbling too fast and the ball is not under control.*
- 2. When the children stop the coach should encourage them to be in an open space.*

### **2) THE STEP OVER**

*Coaching Points:*

- 1. Place both feet at the side of the ball, with the strongest foot nearest the ball.*
- 2. The strongest foot is taken over the ball and placed down.*
- 3. The upper body has moved down wards, attempting to throw the defender off balance.*
- 4. The weaker foot then takes the ball away in the opposite direction.*

### **3) - POWER RANGERS**

The children play in a square approximately 30 x 20 steps. Select a catcher (s). All the players dribble around the area with a ball. The catcher gets players out of the game by touching their soccer ball with his/her foot. The catcher is "Evil Rita" he/she can win the game by getting all the Power Rangers out of the square. The players must perform 3 "zigs" and 3 "zags" on each foot to get back in the game.

*Coaching/Organizational points:*

- 1. For the first game the coach should be Evil Rita.*
- 2. In the next game Evil Rita should be the child who is working the hardest during the practice.*
- 3. The coach should encourage the children to perform the step over move within the game.*
- 4. The same game can be played but this time the children can freeze the catcher by performing the step over move.*
- 5. The coach should encourage the children to do the step over move.*

### **4) - The Numbers Game**

The children all dribble around in a square with a ball. When the coach calls out a number the players get into groups of that number. Any players who cannot get into a group join the coach as part of his group.

*Coaching/ Organizational points:*

- 1. Encourage the young players to communicate amongst themselves and organize each other.*
- 2. The coach should always add onto his game description the phrase " If you cannot find a friend come to me and be my friend". This simple use of language keeps the game fun for all the players and means that none of the players end up feeling left out.*

## **5) - STUCK IN THE MUD**

The children dribble around the marshland approximately 30 x 30 yds. Two marsh monsters attempt to freeze out the players. To do this they simply have to touch the player's ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen player's legs.

*Coaching/Organizational points:*

- 1. Use whoever tries the hardest to do X amount of juggles as the catcher.*
- 2. Encourage players to use the correct technique when setting the players free i.e.*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*
- 3. For this to be an effective practice the coach has to see the children passing the ball as many times as possible. If the catcher is having little success the coach is not seeing many of the children pass the ball. He/she therefore needs to use more catchers to increase the chances of the children being caught, which in turn will increase the number of children who are making passes.*
- 4. The coach should be aware that youngsters (in general) will not help their teammates preferring instead to concentrate on looking after themselves. This is a great opportunity for the coach to provide a moment of social education, explaining to the children that they all play on the same team and that they should all try to help each*

## **6) - GHOSTBUSTERS**

The children stand approximately six yards apart, as shown below. The coach introduces the game as "Ghostbusters"; every time the children can pass the ball through their partner's legs, they score a "slimer". First pair to five "slimers" is the winners.

*Coaching /Organizational points:*

- 1. The coach should use the numbers game to get the children into groups.*
- 2. The coach should coach the push pass*

*Encourage players to use the correct technique.*

  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*
- 3. The coach should encourage the children to shout out "Slimer".*

## **7) - CAPTAIN PLANET**

The children play in square 40 x 30 steps. The coach sets out a series of cones, explaining to the children that they are pollution plants that are going to poison the earth. The children can save the earth by knocking the discs or cones over stopping the pollution plants.

*Coaching/Organizational points:*

- 1. The coach should use this opportunity to teach the push pass*

*Encourage players to use the correct technique.*

- a. *Non-kicking foot by the side of the ball.*
  - b. *Lock ankle and follow through in the direction you want the ball to go.*
  - c. *Watch the foot make contact with the middle of the ball.*
  - d. *Encourage the correct weight of the pass.*
2. *The coach should keep putting the disks back up so the children are continuously working.*

### **8) - BATMAN AND ROBIN**

Mark out an area as shown below:

The coach stands at the side of the field with a supply of soccer balls. The children are given different names of Batman and Robin characters i.e. Joker, Penguin. When the coach shouts out the name of the child's character he/she runs into the "Bat Cave" and tries to score. The two characters competing against each other. As shown in the diagram a coach can have two Batmen competing over one ball whilst two Robins compete over another. When the coach shouts "Gotham City", all the characters run into the "Bat Cave" and try to score. They score by dribbling or passing through the goal.

*Coaching/ Organizational points:*

1. *The coach plays one ball in and calls a character both players have to compete against each other to see who scores first.*
3. *The coach calls two characters and puts in two balls, creating two 1v1 practices.*
4. *The coach shouts "Gotham City" all the players are in the "Bat dome" with x amount of balls.*
5. *It is vitally important that the players are changed frequently; the coach must keep the tempo of the game high. This requires a dynamic coaching performance!*
6. *Remember keep the game fun, winning and losing is not important.*
7. *As the players improve it is possible to play with one ball for two sets of characters with the added rule that you must pass to your teammate before you can score.*

### **9) - 3v3 (MICRO SOCCER)**

Play 3v3 in a small area to small goals. The small area will emphasize first touch.

*Coaching/Organizational points:*

1. *Throughout the game emphasize that a good first touch is one that puts the ball into a space and creates more time for them.*
2. *Do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.*
3. *The players should be asked if they can perform the drag back move within a game before they make a pass to a teammate. Coach: Tim can you do a drag back (swoosh move)?*

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 4

### 1) - CONEMAN

The children play in a square approximately 30 x30 yds. The coach is the “CONEMAN/WOMAN” who runs around the square attempting to “Cone” the players. This is done by placing a cone on top of the player's ball, and shouting, “CONEMAN has got you”. Once a player has been coned they must perform three juggles to get back in the game.

*Coaching/ Organizational points:*

- 1. The coach should encourage the children to dribble with their heads up, looking for space and defenders.*
- 2. The coach should encourage the children to take as many touches of the ball as possible.*
- 3. The coach should encourage the children to use both feet.*
- 4. The coach should make it known that he/she is always looking for the person who is working the hardest. To use as the next “CONEMAN/WOMAN”!*

### 2) - THE SLEEPING GIANT

In the darkest reaches of the deepest Forest, that stood at the farthest point of ALITHSA SOCCERTANIA, there lived a Giant. The Giant had planted rows and rows of beanstalks (his father once told him a story about beanstalks, he had been fascinated ever since!). The only problem was that when the young ALITHSA SOCCERTANIAS were out playing soccer they kept knocking the beanstalks down. This made the giant really angry, so angry that he would often chase after them. The giant sleeps; as he wakes up he catches the children knocking down the beanstalks and chases after them. The practice is set up as shown below.

*Coaching/Organizational points:*

- 1. The push pass should be coached:*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*
- 2. The game should be played several times, giving the children time to become use to the storyline.*
- 3 The children can also escape aloft by performing eight toe taps.*

### 3) - BATMAN AND ROBIN

Mark out an area as shown

The coach stands in the position shown with a supply of soccer balls. The children have been give different names of Batman and Robin characters i.e. Joker, Penguin, this can be done in pairs or single. When the coach shouts out the name of the child's character he/she runs into the “Bat dome” and tries to score. When the coach shouts out “Gotham City” all the children run into the “Bat dome” and try to score.

*Coaching/ Organizational points:*

- 1. The coach plays one ball in and calls a character both players have to compete against each other to see who scores first.*
- 2. The coach plays one ball in and calls a character both players have to pass the ball between them four times.*
- 3. The coach calls two characters and puts in two balls, creating two 1v1 practices.*
- 4. The coach shouts "Gotham City" all the players are in the "Bat dome" with x amount of balls.*
- 5. It is vitally important that the players are changed frequently; the coach must keep the tempo of the game high. This requires a dynamic coaching performance!*
- 6. Remember keep the game fun, winning and losing is not important.*
- 7. As the players improve it is possible to play with one ball for two sets of characters with the added rule that you must pass to your teammate before you can score.*

#### **4) - 3v3 (MICRO SOCCER)**

Play 3v3 in a small area to small goals. On a field approximately 30 x 20 steps. The small area will emphasize first touch.

*Coaching/Organizational points:*

- 1. Throughout the game encourage the players to do one of the moves before they attempt to pass or shoot.*
- 2. Do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.*
- 3. Experiment by adding game conditions such as: you must pass before you can score, three passes equals a goal.*
- 4. Within the game the players should be asked by the coach if they can produce a step over move when faced with an opponent.*

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 5

### **1) - STUCK IN THE MUD**

The children play in a square approximately 30 x 20 steps. Two marsh monsters attempt to freeze out the players. To do this they simply have to touch the player's ball with their foot. Once the player is frozen he/she picks up the ball and stands with their legs open, ball held on head. Players can set each other free by passing the ball through a frozen players legs.

*Coaching/Organizational points:*

- 1. Use the player who tries the hardest to do three amount of juggles as the catcher.*
- 2. Encourage players to use the correct technique when setting the players free i.e.*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*

### **2) THE CRYUFF TURN (BIRTHDAY BOX MOVE)**

*Coaching points:*

- 1. Place the non-kicking foot at the side of the soccer ball.*
- 2. The kicking foot is placed in front of the ball at 90 degrees to the non-kicking foot (making a part of a birthday box).*
- 3. Using the inside of the kicking foot push the ball back in the opposite direction. (wrapping the present)*
- 4. The player should then turn and pivot around the non-kicking foot. Children will often pivot on the wrong foot. Note - for a young child this is a complex bio- mechanical movement. To successfully coach the Cryuff turn the coach should adopt a hands on approach.*

### **3) - CAPTAIN FREEZES**

The children play in a square approximately 30 x 20 steps. They attempt to freeze the two coaches by passing their ball against the coaches' ankle. If they can freeze both coaches they have won.

*Coaching/Organizational points:*

- 1. Encourage them to try frequently to pass the ball against the coach.*
- 2. As you play attempt to correct technique, as above.*

### **4) - FREEZE TEAMS**

The children play in a square approximately 30 x 20 steps. Divide the team into two groups. One half keeps a ball and the other half runs free in the square. Player's with a ball can freeze the others by playing the ball against their ankles. When the players are caught they stand with

their feet open. The team without the balls can set each other free by crawling through each other's legs. You cannot freeze a player on the ground (setting a teammate free and you are not allowed to jump over the ball - SAFETY)

*Coaching /Organizational Points:*

- 1. Do not let the kids jump over the ball. They must evade the ball simply by changing direction and speed.*
- 2. The coach should encourage players to use the correct technique when setting the players free i.e.*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*

## **5) - PASSING RACES**

The children play in a square approximately 30 x 20 steps. Players work in pairs. They stand approximately 8 feet apart and simply have to pass the ball back and forth to each other. Play the race once with the left foot and once with the right. The children have to complete 20 passes to unlock the Pad Lock.

*Coaching/ Organizational Points:*

- 1. Constantly correct the push pass technique.*
- 2. Remind children to have happy feet - be on the balls of their feet.*

## **6) - PASS TO YOURSELF RACES**

The children play in a square approximately 30 x 20 steps. Players work in pairs. They have to pass to themselves before they can pass it back to their partner.

*Coaching/Organizational points:*

- 1. As the ball arrives get the children to pass to themselves in the space at the side, and before it stops rolling they have to pass it back.*
- 2. Stress the idea that they should try and keep the ball moving and pass it back before it stops rolling.*

## **7) - GAME SITUATION - MICRO SOCCER**

Play 3v3 with small goals. On a field approximately 30 x 20 steps.

*Coaching/Organizational points:*

- 1. Throughout the game encourage them to dribble if they have space in front of them and pass if there is no pass.*
- 2. Do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.*
- 3. Experiment by adding game conditions such as: you must pass before you can score, three passes equals a goal.*
- 4. The players should be asked if they can produce a Cryuff turn before they make a pass to their teammate.*

# CHESTER SOCCER CLUB U6 PRACTICE

## SCHEDULE – WEEK 6

### 1) - “THE CAPTAIN OF THE SHIP”

The children play in a square approximately 30 x 20 steps. The coach plays the part of the “CAPTAIN”. Whatever command the “captain” gives the players must follow. This should begin with simple commands such as, port, starboard, bow and stern, referring to different sides of the ship. The coach or should I say captain can then begin to use other commands.

*Coaching/Organizational points:*

- 1. The coach should encourage everything to be done at game speed - the children should not be walking.*
- 2. Swabbing the decks - players perform inside- outside.*
- 3. Manning the rigging - players perform toe taps.*
- 4. Load the cannon -players perform drag back.*
- 5. Captains over board - players perform a sequence of moves, for example inside outside, drag back.*

### 2) **THE CRYUFF TURN (Birthday Box)**

*Coaching points:*

- 1. Place the non-kicking foot at the side of the soccer ball.*
- 2. The kicking foot is placed in front of the ball at 90 degrees to the non-kicking foot (making one side of a birthday box).*
- 3. Using the inside of the kicking foot push the ball back in the opposite direction.  
(Wrapping the present)*
- 4. The player should then turn and pivot around the non-kicking foot. Children will often pivot on the wrong foot. Note - for a young child this is a complex bio- mechanical movement. To successfully coach the Cryuff turn the coach should adopt a hands on approach.*

### 3) - TINY TOONS

Two players play between the cones as shown:

When player X's has the ball he tries to touch player Y's cone. When player Y's has the ball he tries to hit player X's cone. First player to hit the cone three times with the ball is the winner.

*Coaching/Organizational points:*

- 1. The coach should encourage the children to defend the ball and not just stand by their cone.*
- 2. The coach should explain to the children that they cannot score without the ball so they should work hard to get it.*
- 3. The coach should use the numbers game to get the children into pairs.*

#### **4) - MARBLES (SOCCER)**

The children play in a square approximately 30 x 20 steps. All the children have a ball each. The children are numbered one and two; number one plays the ball into space. When the ball has stopped rolling their partner tries to hit the stationary ball with his/her ball. If a hit is recorded a point is scored. The first to five points wins the game.

*Coaching/Organizational points:*

- 1. The coach should encourage players to use the correct technique.*
  - a. Non-kicking foot by the side of the ball.*
  - b. Lock ankle and follow through in the direction you want the ball to go.*
  - c. Watch the foot make contact with the middle of the ball.*
  - d. Encourage the correct weight of the pass.*
- 2. The coach should use the numbers game to organize the pairs.*
- 3. Using his/her assistant the coach should demonstrate this conversation to the children, in order to select the numbering. "You be number one I'll be number two".*
- 4. Play the same game but with the weaker foot.*

#### **5) - PASS TO YOURSELF RACES**

Players work in pairs. They have to pass to themselves before they can pass it back to their partner.

*Coaching/ Organizational points:*

- 1. As the ball arrives get the children to pass to themselves in the space at the side, and before it stops rolling they have to pass it back.*
- 2. Stress the idea that they should try and keep the ball moving and pass it back before it stops rolling.*

#### **6) - GAME SITUATION - MICRO SOCCER**

Play 3v3 with small goals. On a field approximately 30 x 20 steps

*Coaching/Organizational points:*

- 1. Throughout the game emphasize that a good first touch is one that puts the ball into a space and creates more time for them.*
- 2. Do not stop the game every time the ball goes out of play. Simply roll another ball on and let play continue.*
- 3. Experiment by adding game conditions such as: you must pass before you can score, three passes equals a goal.*
- 4. The players should be asked if they can perform a Cryuff turn before they make a pass to a teammate.*