

# **Coaching Manual**

**Week 10 Under 6 and 7**



# Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game
- 7:00pm Medal presentation

This is the final week so please present each player with a medal at the end of the session.

Please leave your kit bag with any additional medals so that they can be picked up by a club representative

We hope that you have enjoyed coaching with the Kanata Dragons. Thank you for helping to make the Kanata Dragons a success this summer

# Warm up



## **Coach says**

This is our version of Simon says

eg

“Coach says touch your toes

Coach says run to a red cone

Coach says do a star jump

Now stand still

You should still be moving coach didn't say now stand still”

And so on

Start the game without a ball but if you wish introduce the ball towards the end of the warm up

# Drill 1



Now ask the players to get their ball and find some space

1. Ask them to pushing the ball with the laces just a short distance (1 m), right foot then left
2. Pushing the ball with the inside of the foot just a short distance (1 m) right foot then left foot
3. Pushing the ball with the outside of the foot just a short distance (1 m) right foot then left foot

Now move to a red light green light game

You shout out red light the player stops the ball and waits for your next call. If its yellow light they walk while dribbling the ball.

If its green light they run while dribbling the ball.

Encourage players to change direction





# Drill 2

## Gates

Place cones in pairs around the field. Players need to dribble the ball through the gates without losing control of the ball.

Start by allowing them to pick a gate of their choice. Then you call out a colour. Eg "Orange" Players have to find an orange gate to dribble through

After a while call out two colours eg "Green then red"

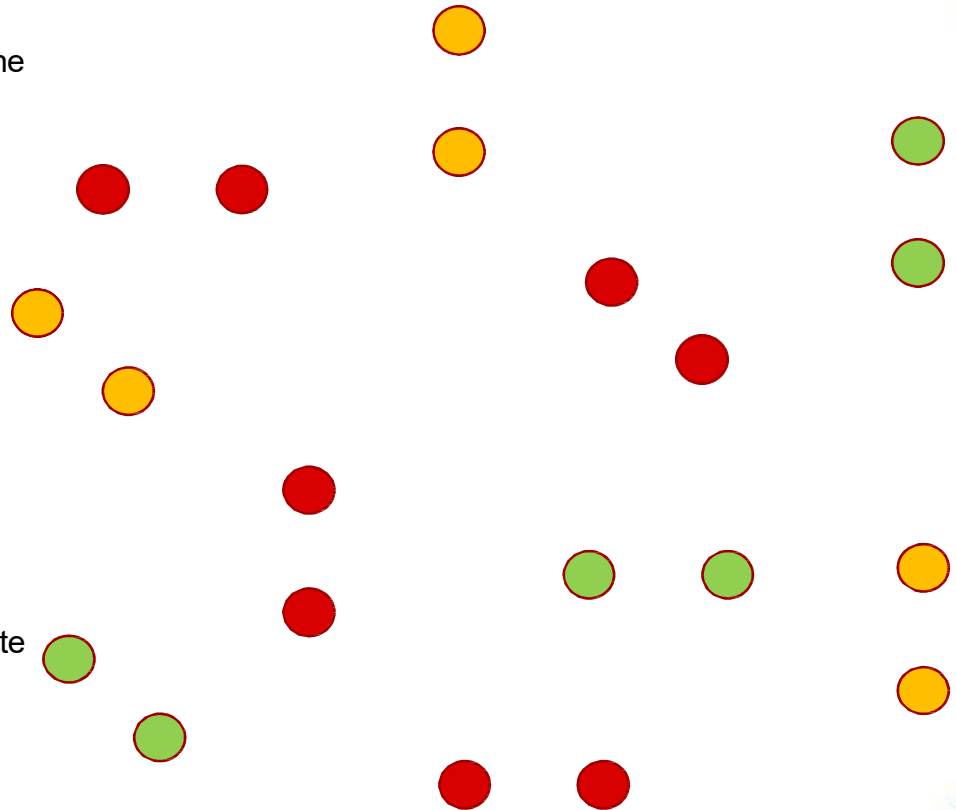
Players have to dribble through green and then look for a red

And so on

Also ask the players to stop eg "Red then stop then green"

Now they have to stop the ball after they go through the red gate before they move onto a green gate.

Try and keep them moving with the ball





# Drill 3 if you have time

Use your PUGS as goals with parents behind the goals to collect balls

Divide players into 2 teams. One player goes from each team at a time

## The drill

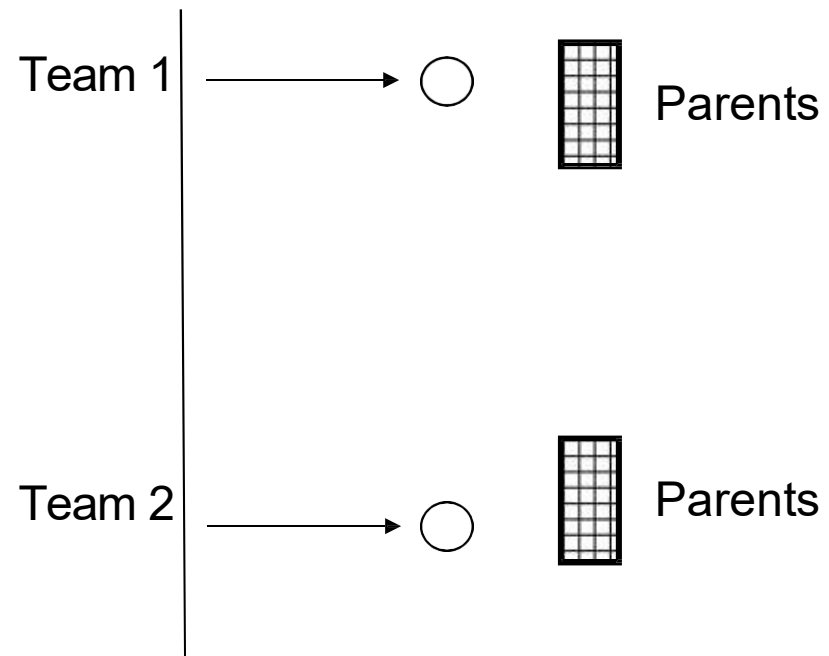
Coach or parent places a stationary ball about 10 metres from the goal

Players run to the ball and shoot for goal

Some players may stop before they kick the ball, encourage them not to do so

Once they have shot they should collect their ball and dribble it back to the start area

Initially have the players jog to the ball but as the drill progresses get them to sprint to the ball and kick it first time



# Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads 1 squad to wear pinneys

Send your team with the pinneys to the other field to play your opponents

Your opponents will send a team to you

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

**Klondike Park-Monday-** Kelly Gr v Forest Gr

**Thursday-** Kelly Gr v Purple, Jade v Maroon

**Roland Michener- Monday-** Cali Blue v Red

**Thursday-** Orange v Jade

**Insmill Park-Monday-** Maroon v Purple, Cali Blue v Gold

**Thursday-** Orange v Purple, Cali Blue v Forrest Gr

