

Coaching Manual August Program

Week 1 Under 6 and 7



Session Plan



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

Tonight is session 1 and the first time to meet everyone. Spend some time finding out each players name and don't forget to introduce yourself



Warm up

If you have 2 coaches have coach 1 demonstrate the warm up as coach 2 calls out the colours.

Ask parents to join in if they can

Coach calls out a colour. Players jog to that colour and touch the ground before returning to the line. Coach calls out the next colour and now the players jog to that colour.

After 90 seconds change to a sideward jog

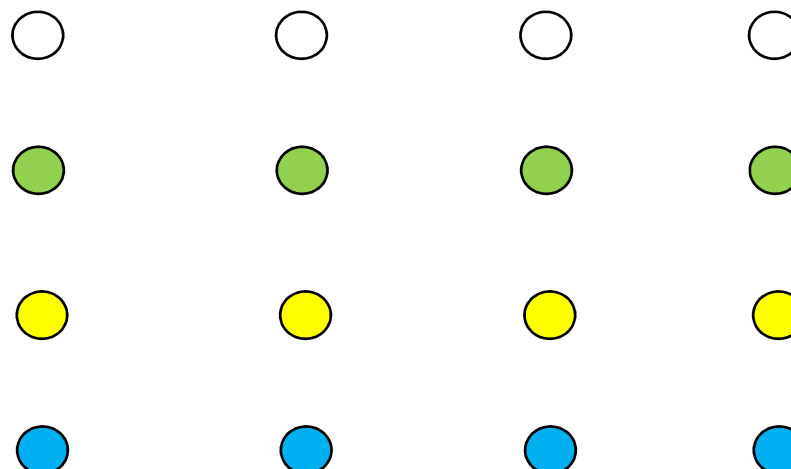
After 90 seconds change to a backwards jog

After 90 seconds change to a hop

After 90 seconds change to a sprint

Coaches note

Players will be keen and will try and sprint as fast as they can. Encourage them to warm up gradually



All players and parents start behind the line and they all do the warm up at the same time. Blue cones are 5 metres from the line. Each row of cones are 5 metres from the adjacent colour

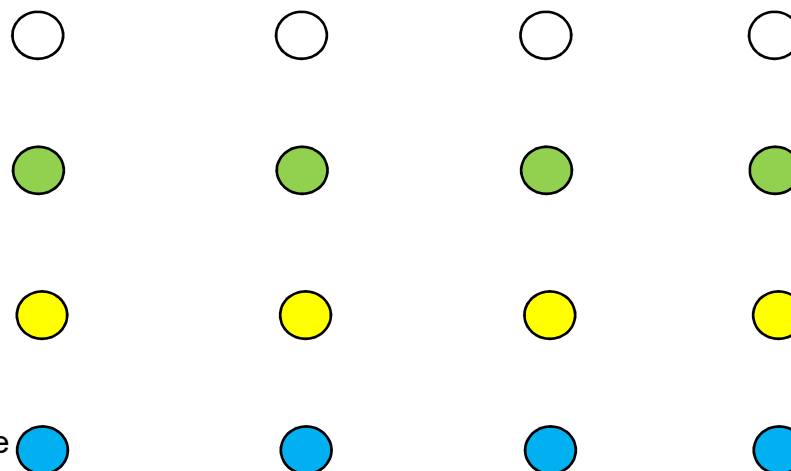
Drill 1



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

Spend 10 minutes getting the players to know the ball by

1. Rolling it back and for, right foot then left foot
2. Dragging the ball back and stopping it, then push forward and Stop it, right foot then left
3. Pushing the ball with the laces just a short distance (1 m), right foot then left
4. Pushing the ball with the inside of the foot just a short distance (1 m) right foot then left foot
5. Pushing the ball with the outside of the foot just a short distance (1 m) right foot then left foot



This time instead of jogging to the colours the players dribble the ball and stop it at the colour. Then they turn around and dribble the ball back to the line.

At the end of the drill have some fun by asking each player to Collect a cone as fast as they can and return it to you. After all The cones are returned send the players for a water break

All players start behind the line with their ball

Drill 2



Divide players into pairs. Each pair get 1 ball and a set of cones set up as follows

Player 1 stands 1 metre behind yellow cones. Yellow cones are 1 metre apart
Player 2 stands 1 metre behind green cones. Green cones are 1 metre apart
Green cones are 5 metres from yellow cones so players are 7 metres apart

Player 1 passes the ball to player 2. The ball must pass through yellow and then the green cones

Player 2 controls the ball, then passes it back to player 1 through the green and yellow cones

Watch a video here

<https://www.youtube.com/watch?v=xvaD2AamMpU>

Start with 2 touch passes ie control then pass

Then if going well go with a 1 touch pass as shown in the video

Player 1



Player 2

Drill 3



Use the small goals with parents behind the goals to collect balls

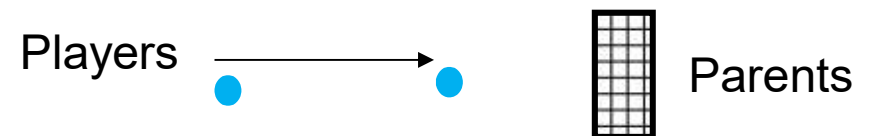
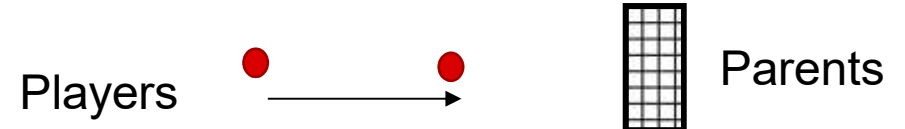
Divide players into 2 teams. One player goes from each team at a time

The drill

Players dribble the ball from the first cone. When they reach the 2nd cone they shoot for goal

Start slowly and then get the players to dribble at speed

Try to get the players to shoot without stopping the ball



Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads

Each squad to wear pinneys

Set up a field with the cones and use the small goals

No goal keepers

