

**Coaching Manual  
August Program**

**Week 4 Under 3, 4 and 5**



# Session Plan



- 6:00pm Warm up
- 6:10pm Drills
- 6:45pm Game, 6 v 6



# Warm up

## **Circle Tag**

This the game of tag.

Set up a circle with the cones about 30m diameter.

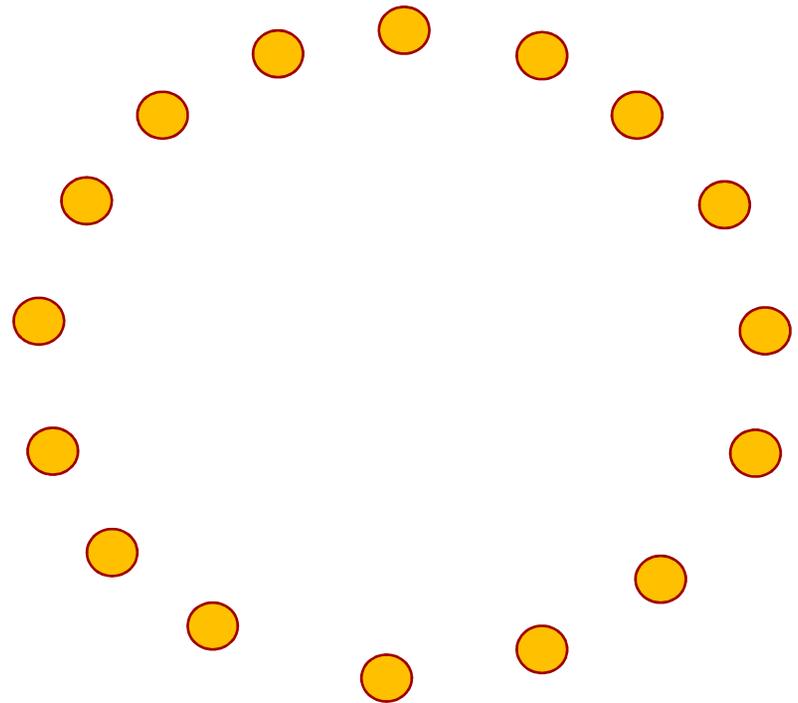
Coaches try and tag the players. Players try and evade the coach.

If the player gets tagged by the coach they have to leave the circle before they can come back into the game.

Once the players understand the game divide them into 2 teams  
Give one team pinneys.

Now have the team with the pinneys tag the team without the pinneys.

Switch roles so the team without the pinneys are the taggers.



# Drill 1



**Focus - Physical Literacy**  
**Activity Name: Donkey Tails**

**Introduction**

Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts "Go!" players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.

**Variations**

1. **Easier (U4):** Partner player with his/her parent and make it a 1 on 1 challenge with mom/dad!!



**Emphasis**

- Running
- Change of Directions
- Finding Space
- Having Fun!

# Drill 2



**Focus - Ball Literacy**  
**Name of Game: North/South Game**

**Organization**

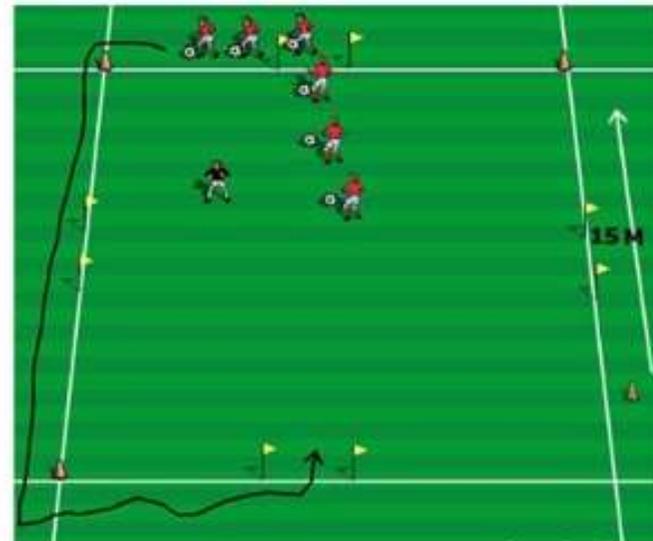
Start by having players dribble around grid. Coach shouts out "North" and players must dribble out the "North" goal, around the outside of the grid and re-enter through the "South" goal. Alternate between "North" & "South". Once players are comfortable with "North" & "South", introduce "East" & "West" goals.

**Alternatives**

**Easier** – Use colours instead of directions, red, blue green etc

**Easier** - Perform with no balls start or have parents accompany players on their "voyage."

**Harder** – Parents exit opposite goal as players and race around the grid to see who can get back in first, parents or players (allow players to win!)



**Emphasis**

- Running with the ball under control
- Turning in different directions.
- Having Fun!





# Drill 3 if you have time

**Focus – Small Sided Game**  
**Name of Game: Numbers Games – 2 Goals**

### Organization

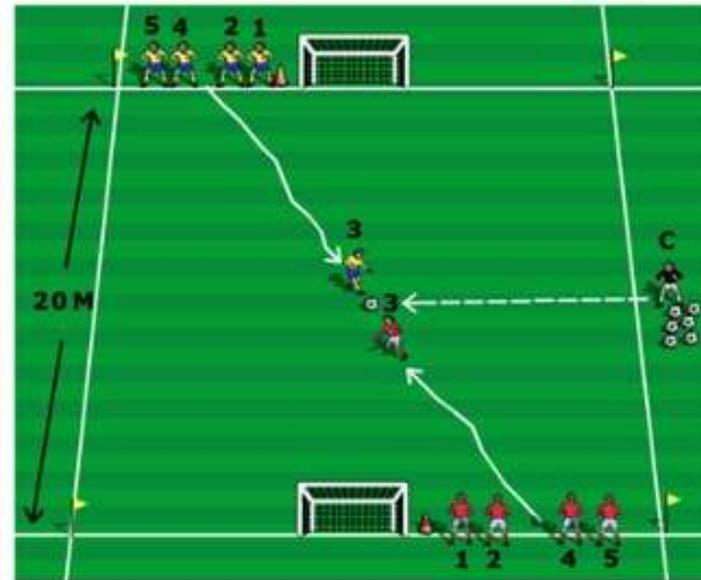
Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

### Alternatives

**Easier:** have them just run it as a race with a ball in their hand and have them throw the ball in goal

**Easier (U4):** Put two balls so each can score goals

**Harder (U6) –** Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



### **Emphasis**

- Dribbling
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!

# Game



Start your game 15 minutes from the end of the session

Set up a field with the cones and use the pugs

Divide your team into 2 squads

