

**Coaching Manual
August Program**

Week 2 Under 3, 4 and 5



Session Plan



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

Warm up



Volcanoes and Tornadoes

Place 12 cones normal way up – volcanoes

Place 12 cones upside down – tornadoes

Arrange the cones randomly in 20m x 20m area

Split players into 2 teams.

Ask team 1 to create volcanoes by turning over tornadoes

Ask team 2 team to create tornadoes by turning over volcanoes

Blow your whistle and give them 60 seconds to complete their task

Players run to identify their cone and turn it upside down if needed

After 60 seconds stop and count up the volcanoes and tornadoes to see which team won

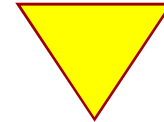
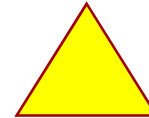
Repeat the game but change up the drill

Start with normal running

Then side wards running

Then bunny jumping

Then running again



Drill 1



Focus- Physical Literacy Activity Name: Freeze Tag

Introduction

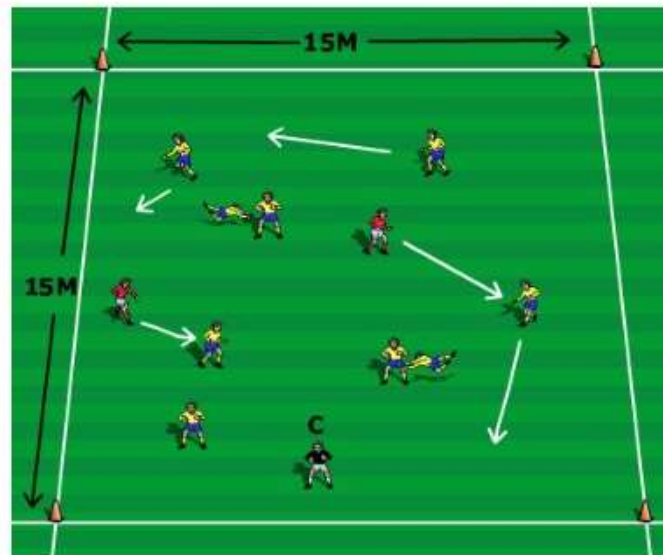
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

Variations

Easier (U4): Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

Harder (U6): Have players replace coach(es) as taggers.

Harder (U6): Players must perform 2 juggles to unfreeze.



Emphasis

- Running
- Change of directions
- Teamwork
- Having Fun!

Drill 2



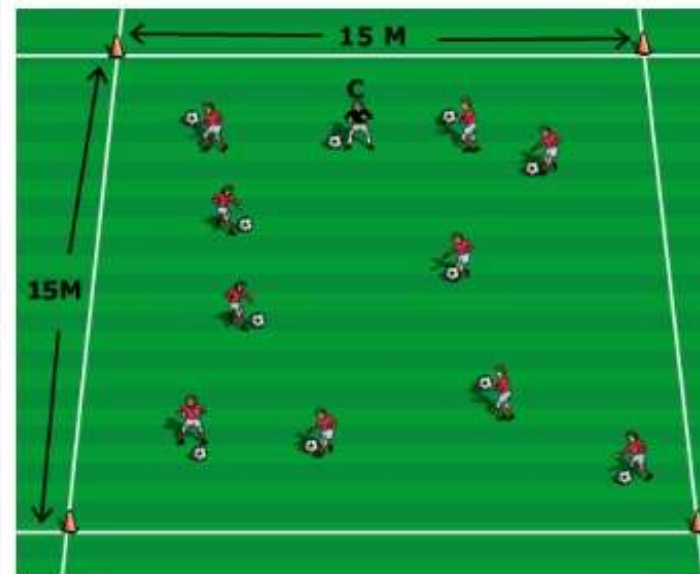
Focus - Ball Literacy
Name of Game: Making friends with the ball

Organization

Players partner with their parents and find space in the area. Game starts with parents rolling the ball back and forth with the children. Parent and children take turns tossing and catching the ball back and forth to one another. Parents then hold the ball out (quite low to start) and drop it letting the child control it with the bottom of the foot. Have the child shout "Ole!" when successful in controlling the ball. Parents can play a pass 5-6 yards away and have child run and get the ball and bring it back. Parent send with legs shoulder width apart and child kicks the ball between their legs – child then dives on the ball on the other side. Repeat with child retrieving the ball with feet. Switch role to have child play a pass and parent retrieving the ball. Have parents set up a small net with cones and have them act as a passive goalkeeper with child taking shots on them to score.

Alternatives

Harder – Instead of parents perform in partners. Increase distances and add Competition between partners



Emphasis

- Becoming familiar with the ball
- Basic kicking/passing motions
- Fun with mom or dad



Drill 3 if you have time

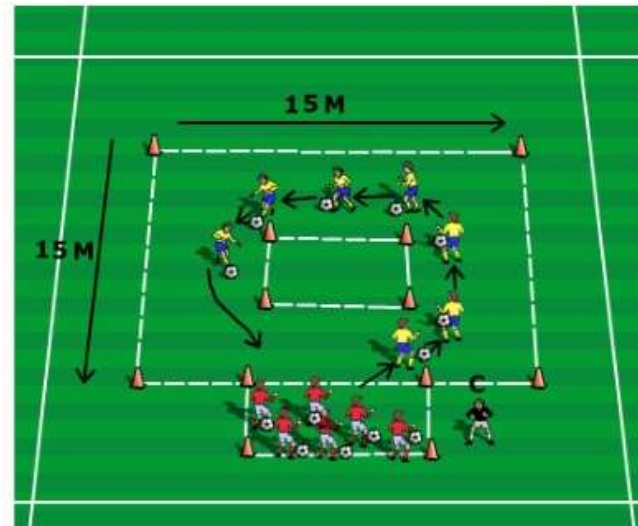
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

Easier – run the track first with no balls.
Easier – layers carry ball in hands and run around track
Harder – Have players drive the truck on their own.
Harder – Switch directions and have drivers go counter-clockwise.
Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!



Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

