

**Coaching Manual  
August Program**

**Week 3 Under 8 - 11**



# Session Plan



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

# 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

Be creative

# Drill 1



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

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

## Red light green light

Now ask the players to find some room. They will use the skills they just earned for a quick game of red light green light

When you shout green they run and dribble, when you shout yellow they walk and dribble. When you shout red they stop the ball. No more than 3 minutes of this game as its usually a game for younger players but it's a good way to reemphasize what they have learned.



# Drill 2



Set up 2 cones for each player. Each cones is 25 metres apart

Each player starts at one cone and dribbles the ball to the other cones. Rounds the 2<sup>nd</sup> cone and returns to the first cone. Player then rounds the first cone and so on.

Players should try and dribble the ball under control. Players will naturally go around in their most comfortable direction. After 2 minutes stop and ask Them to go the other way around

Start this drill slow so the players can get used to dribbling. Then ask them to speed up. Eventually they should try and sprint while dribbling

Use your whistle to get the players to change direction





# Drill 3 if you have time

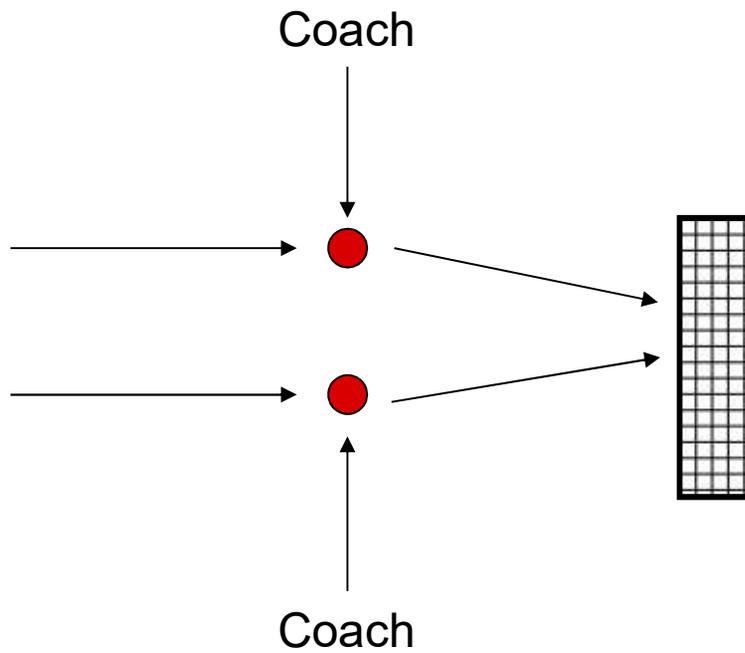
Divide the players into 2 teams.

The player starts running. Coach or parent passes the ball ● to the player so he or she has to control the pass while running.

Then he continues to dribble the ball before shooting

Players team 1

Players team 2



# Game



- Use the full field for the last 15 minutes
- Try to switch goalkeeper throughout the game
- The coach should act as the referee

