

**Coaching Manual
August Program**

Week 5 Under 8 to 11



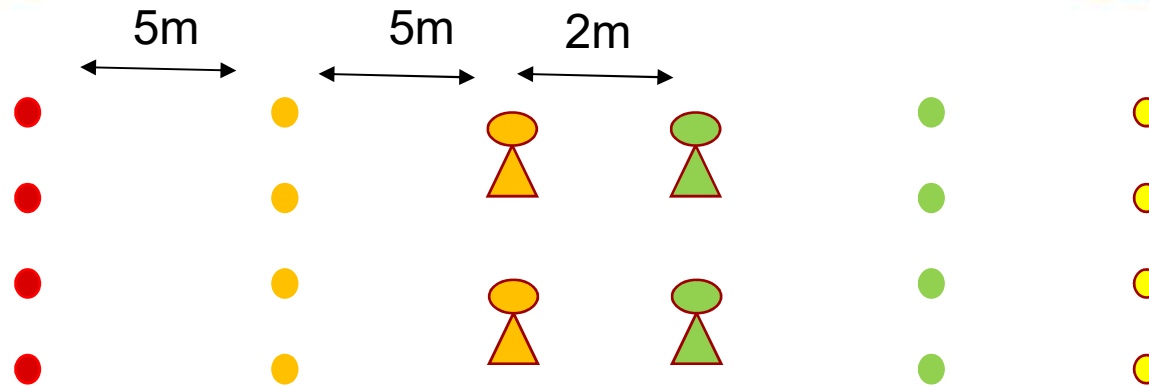
Session Plan



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



Warm up



Catch your partner

Divide players into 2 teams, greens and orange. partner up the players 1 green against 1 orange. Use the pinneys for 1 team

Players should face their partner 2 metres away. Players jog on the spot as they face each other

If you shout “orange” players have to turn and sprint to their orange cone. The green player has to touch his partner to score a point. Obviously this is harder as he has 2 metres to make up on his partner

Players jog back to their starting point and jog on the spot. Then you say the next colour and the cycle is repeated. You have 4 colours to choose from. Mix them up. See who can score the most points

There is a similar drill on YouTube to watch. Its not exactly the same but it gives you an idea

<https://www.youtube.com/watch?v=G3tkNiWCCsA>

Drill 1



Team ball tag

Create a square 25m x 25m

Place 6 players in each square, 3 with pinneys, 3 without. Each player has a ball

One team is defenders, the other is attackers

The drill involves the attackers trying to kick the ball against a defenders ball. Every time a ball is hit the attacking team gets a point.

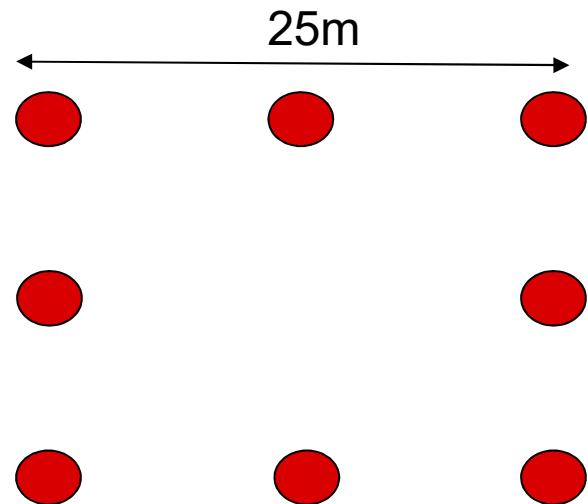
Defenders dribble the ball around the square trying to avoid their ball being hit.

After a 2 minutes switch roles so the defenders now become attackers and vice versa. See which team wins the game

You should have enough time for 2 games

This game is on a video here. Go to 1:30 to see the game

https://www.youtube.com/watch?v=1zXOG_W_3T8&t=100s



Drill 2



Dribble at speed

Divide players into teams of 3

Create a line of cones 30m long

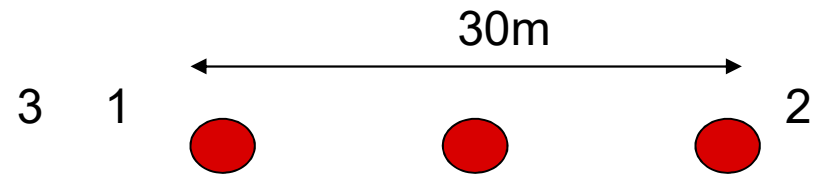
Player 1 has the ball. His job is to dribble the ball at speed towards player 2. Player 1 stops the ball and rests.

Player 2 now dribbles the ball at speed back towards player 3. Player 2 stops the ball and rests.

Player 3 now dribbles the ball at speed back towards player 1. Player 3 stops the ball and rests.

Player 1 now takes over and the process is repeated.

Start this drill slowly and then as players feel more confident do it at speed





Drill 3 if you have time

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

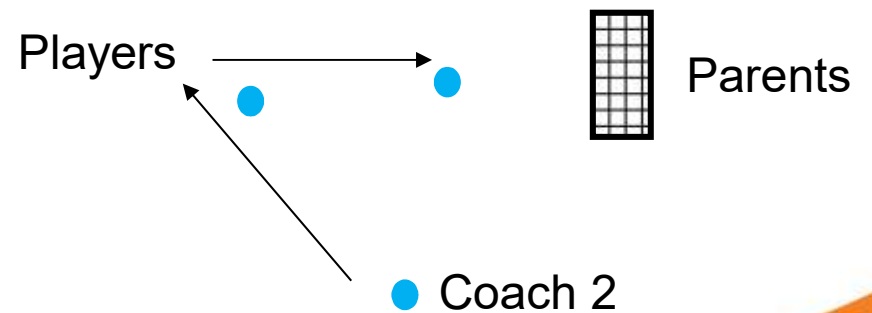
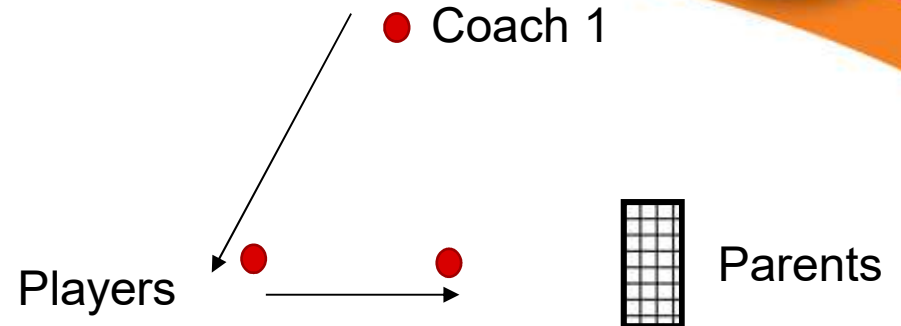
Divide players into 2 teams. One player goes from each team at a time

The drill

The coach passes the ball to the player next in line.

The players controls the ball and then dribbles it forward towards the last cone. The player then shoots for the net.

After the shot the player retrieves his ball and return to the back of the line



Game



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

