

Coaching Manual

Week 1 Under 3, 4 and 5



Session Plan



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

In tonights game you just play amongst yourselves. Split your team into 2 and use the pinneys provided



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

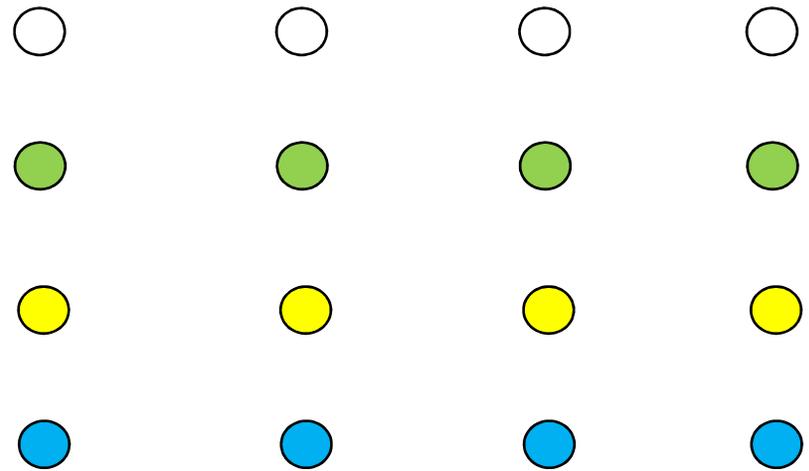
Coach calls out a colour. Players jog to that colour and touch the ground before returning to the line. Coach calls out the next colour and now the players jog to that colour.

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



Teach the players how to push the ball with their laces



A push is a controlled push of the ball over maybe a metre not a big kick as far as the player can kick it



Teach the player how to stop the ball by placing his or her foot on the ball



Practice this for about 5 minutes then return to the cones

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



Focus: Physical Literacy
Activity Name: Follow the leader

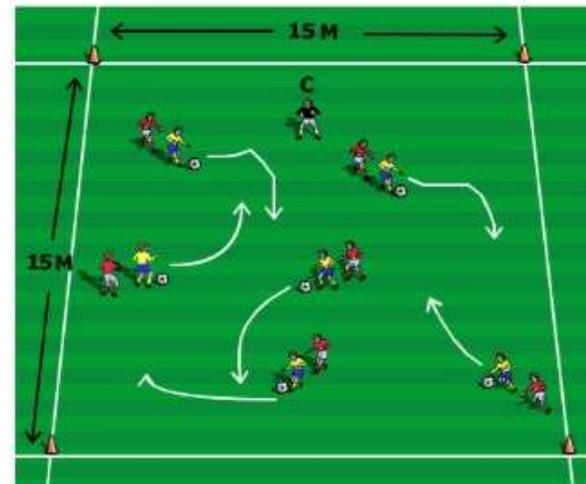
Introduction

Each child partners with his/her parent and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent together. Jogging forward – child follows parent – parent weaves around the area. As coach shouts change they quickly switch roles:

Variations

As above but skipping, hopping (one foot), bunny hopping (two foot) giant steps, walking backwards

Coach calls out commands, touch ground with hand, sit down, stand up, dive and roll on ground etc



Emphasis

Listening
Following Instruction
Physical Literacy
Having Fun!





Drill 3 if you have time

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

Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads

1 squad to wear pinneys

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

