

# **Coaching Manual**

## **Week 2 Under 6 and 7**



# Session Plan



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

# 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. Give team 2 pinneys

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

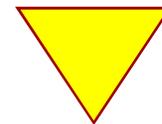
Repeat the game but change up the drill

Start with normal running

Then side wards running

Then bunny jumping

Then running again



# Drill 1



Set out a square with the cones 25m x 25m

Ask the players to get their ball.



In an area adjacent to the cones get the players to practice pushing the ball with their laces like they learned last week



As they push the ball they are learning to dribble the ball.

On your whistle ask them to change direction by 90 degrees



Repeat with both feet



Then work on inside of the foot. Followed by outside of the foot

Now ask the players to enter the square starting in the middle. Call out a colour. Players dribble the ball to a cone of the colour called and stop the ball behind the cone.



Now call out another colour and they dribble to that colour and stop the ball behind the cone. Start this drill with a push of the laces before switching to inside of the foot and then outside of the foot. Don't forget to repeat the skill with both feet

# Drill 2



## British Bulldogs

Create 2 lines of cones about 25 metres apart. Players stand behind the line with their ball

Coaches are in the middle of the lines as the bull dogs

Pick 2 players. He or she has to dribble the ball from the yellow line to the green line. The coach is the tackler trying to kick the ball away.

If a player is tackled and loses the ball he or she join the coaches as a bull dog

If a player reaches the green line successfully all other players attempt to get to the other end past the bull dogs

Eventually as players are eliminated it will get harder for the players as there are more bull dogs. Last player standing is the winner

Some suggestions.

- To start with let the first few players through so players get the idea of the game.
- Repeat the game so players eliminated early in game 1 get a chance to do better in game 2
- Occasionally shout British Bulldogs instead of picking 2 players to dribble. When this occurs all players go at the same time

Players



Coaches





# Drill 3 if you have time

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

Divide players into 4 teams. Cones are 10 metres from the goal.

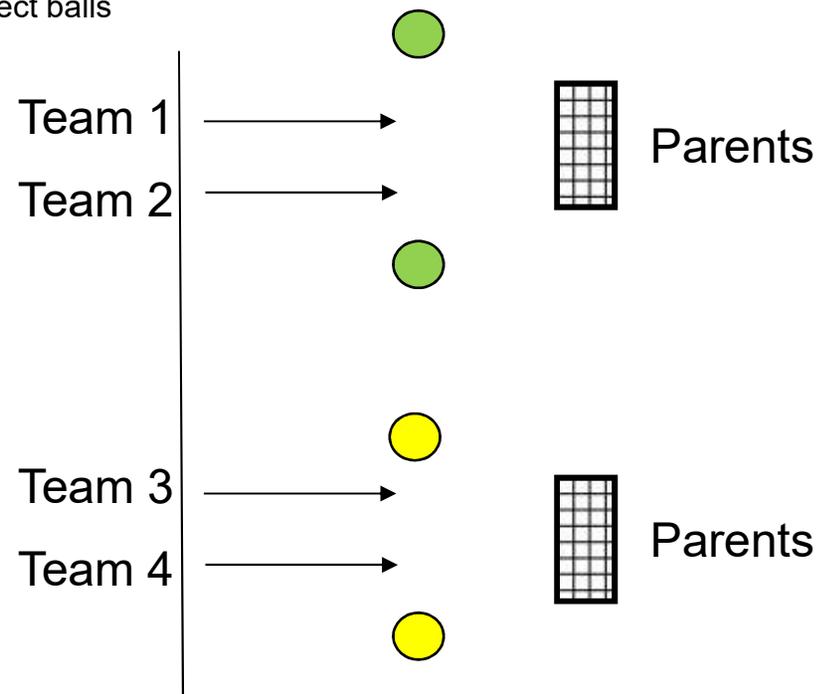
The drill

A players from each team dribble the ball towards the cone. When they reach the cone they shoot for goal

Players should dribble at their own pace

After a player has shot the next player in the line can start

After 3 minutes stop and explain that now it's a race to see which team score first in each pair. To win the leg a team must score a goal. If both miss it's a tie



# Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads 1 squad to wear pinneys

Send your team with the pinneys to the other field to play your opponents

Your opponents will send a team to you

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

**Klondike Park** Kiwi v Kelly Green, Purple v Red

**Roland Michener** Navy v Royal Blue, Orange v Forest

**Insmill Park** Maroon v Kiwi, Jade v Silver

**Brookshire Park** Blue v Kelley Green, Gold play an inter-squad game

