

Coaching Manual

Week 3 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



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



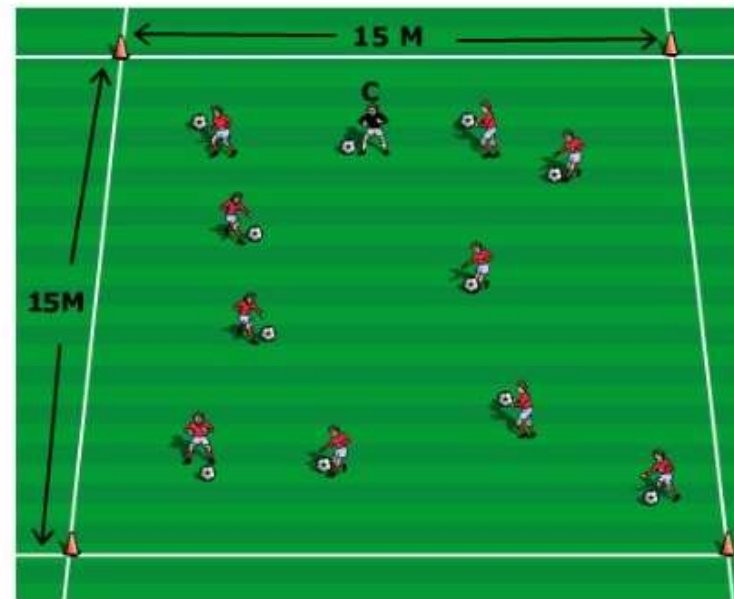
Focus – Ball Literacy
Name of Game: Red Light/ Green Light

Organization

Players move around the grid dribbling the ball – when coach shouts red light players stop. Green light players go. Go speeding – players go faster. Crash - players dive on their ball., Coach can be creative

Alternatives

Easier – Players play without a ball



Emphasis

- Keeping control of the ball, Stopping with control/Change of pace

Drill 2



Focus - Ball Literacy
Name of Game: Nuts and Squirrels

Organization

Teams are divided into 4 groups - each group is given a different colored pinni. All the balls positioned in middle square. On coaches command 1 player from each group collects a ball (nut) from the middle. Player dribbles ball back to their triangle (tree) – next player can go when the ball is stopped in the triangle. When the coach stops the game, the team with the most balls (nuts) in their triangle wins the game.

Alternatives

Easier – Instead of dribbling players use hands.
Harder – One player from each group is allowed to steal a ball from the other team's triangle.



Emphasis

- Running
- Turning – different types
- Gets first touch out of feet to travel quicker
- Keep ball in close control when approaching your tree.
- Stopping the ball
- Teamwork
- Having Fun!



Drill 3 if you have time

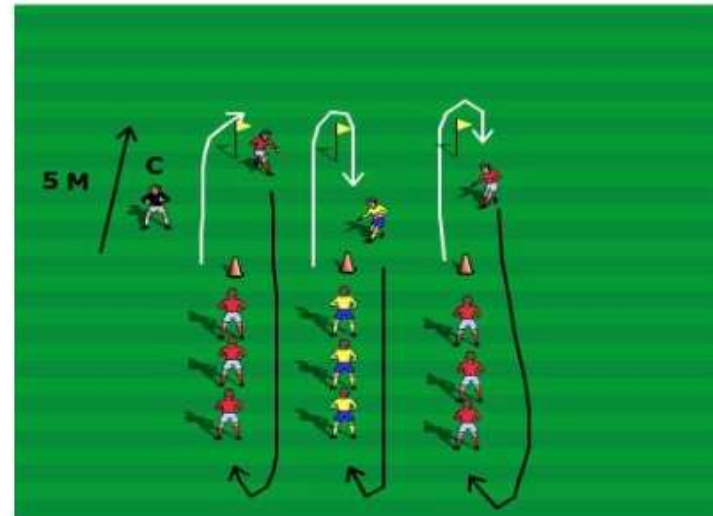
Focus: Physical Literacy
Activity Name: Relay Games

Introduction

Divide your players into three teams. Players on coaches command run around the flag and high five their team mate on their return. Once team mate touched next player can go. Players can then repeat using different actions, hopping one leg, bunny hops, etc

Variations

1. **Easier (U4)** – Players can run around their flag with parent holding hands.
2. **Harder (U6)** – Coach can make the game into a little race. Placing emphasis on completion of exercise and not winners



Emphasis

- Running
- Hopping
- Jumping
- Twisting
- 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

