

# **Coaching Manual**

## **Week 4 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



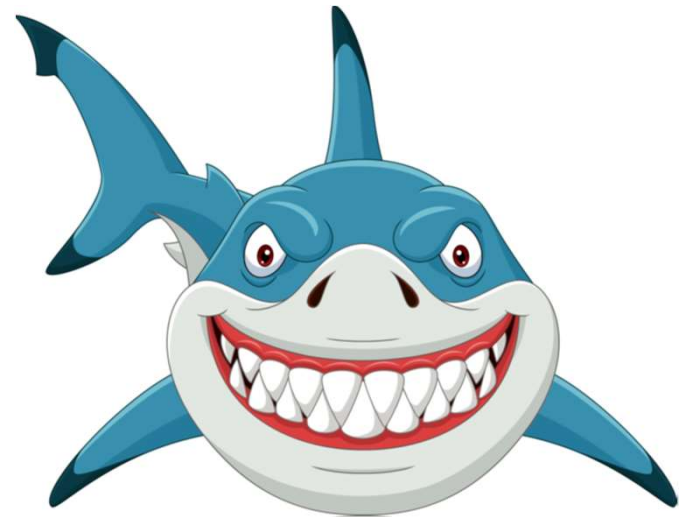
## **What time is it Mr Shark?**

Players line up on a line. Coach lines up 20 metres away with his eyes covered by his hands. The coach is the shark

Players shout out “What time is it Mr Shark?” Coach replies 2 o’clock. Players move forward 2 steps. Players shout out again “What time is it Mr Shark?” Coach replies 5 o’clock. Players move forward 5 steps

Next time players shout “What time is it Mr Shark?” the coach replies “Dinner time”. Now the coach tries to tag players as the players try to sprint back to the safety of the line.

Repeat a few times until players are warmed up. After the 2<sup>nd</sup> go players who are tagged join you as sharks. Eventually there will be just a few players left.



# Drill 1



## Focus- Physical Literacy Activity Name: Freeze Tag

### Introduction

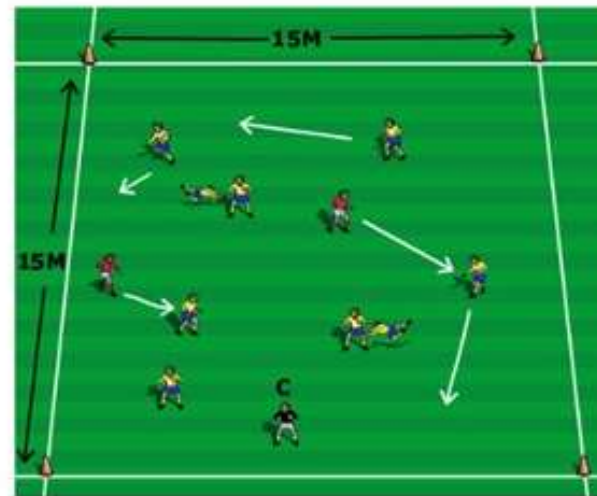
Set up a 20m x 20m grid. Players travel around the grid with a ball. Coach/parent tries to tag the players. When a player is tagged he/she must stand still with legs shoulder width apart and pick up ball. Players are unfrozen when a teammate can dribble a ball through their legs.

### Variations

**Easier (U4):** Start with no balls, players hold hands out to side - player freed by going under an arm – progress to under legs

**Harder (U6):** Have players replace coach(es) as taggers.

**Harder (U6):** Players must perform 2 juggles to unfreeze.



### Emphasis

- Dribbling into space
- Change of directions
- Teamwork
- Having Fun!



# Drill 2



## Focus- Bal Familiarity Activity Name: Pirate Pete

### Introduction

Divide the players into two teams. Put the teams in two different pinni colors. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to their team mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a piece back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects.

### Variations

**Easier (U4):** Players can role the ball rather than kick it. Players can carry treasure back in their hands. Parents can help.

**Harder (U6):** Players can shoot the ball. Players can dribble both ways with the ball.



### **Emphasis**

Running  
Spatial Awareness  
Kicking (passing/shooting)  
Hitting a moving target  
Having Fun!



# Drill 3 if you have time

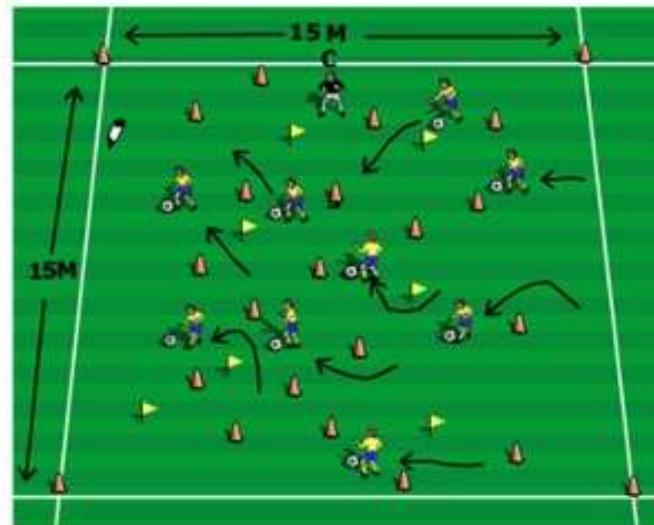
**Focus - Ball Literacy**  
**Name of Game: Enchanted Forest**

**Organization**

Set up a 20m x 20m grid. Scatter cones around grid as "spooky trees". Other obstacles such as rings, hurdles or larger cones can be used as different challenges. Start by having parent lead player with a ball through the forest avoiding the spooky trees. Players can pick up ball and toss it over the taller spooky trees.

**Alternatives**

Easier – First explore the forest with no balls.  
Harder – Have players travel from one end of the forest on their own to rescue mom or dad, who are stuck on the other side.  
Harder – Have parent chase children through the forest. Switch roles.



**Emphasis**

- Small touches to keep the ball close
- Keep ball in close control when approaching a tree.
- Turning in different directions.
- 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

