

Coaching Manual

Week 7 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



Focus: Physical/Ball Literacy
Activity Name: Red Light/Green Light

Introduction

Set up a 15m x 15m grid. Players line up opposite coach, as shown below. Coach gives commands "Green Light" for go and "Red Light" for stop. Players dribble towards coach during "Green Light" and must stop ball and stand still during "Red Light." If a coach catches a player moving during "Red Light" he/she must return to the start. First player to reach the opposite side of the grid wins!

Variations

Easier (U4): Start with no balls or have parents help players.

Harder (U6): Use red/green cones or pinnis instead of shouting commands.



Emphasis

- Listening
- Dribbling
- Stopping the ball
- Having Fun!

Drill 1



Focus – Ball Literacy
Name of Game – Shark Attack

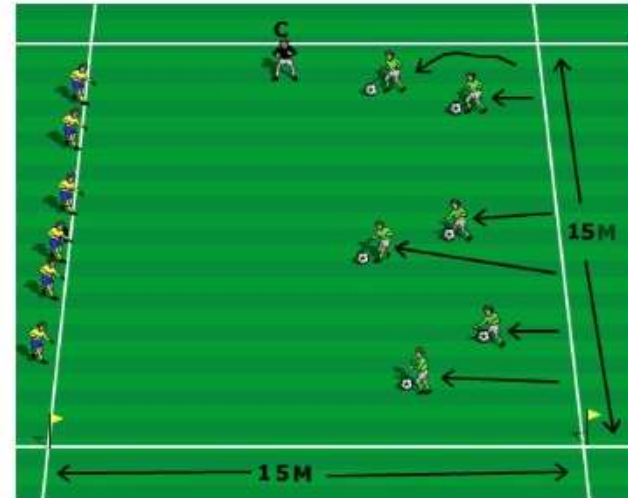
Organization

Players (Fishes) start on one end of the grid with a ball each. Coach/parents are the Shark without a ball. Objective is for players to dribble from the coral reef into the open ocean using different parts of the foot. When coach shouts shark attack – parents and coach try and steal the players ball. Player has to turn and get back to the safety of the coral reef. When player loses their ball they join their parents as sharks.

Alternatives

Easier – Divide team into two and let a parent and player play sharks.

Harder – Divide players into two teams and let the two teams have a turn at been a shark and dribbling fish.



Emphasis

- Dribbling
- Keeping ball close
- Keeping control of ball
- Changing direction
- Stealing the ball (Defending)
- Having Fun

Drill 2



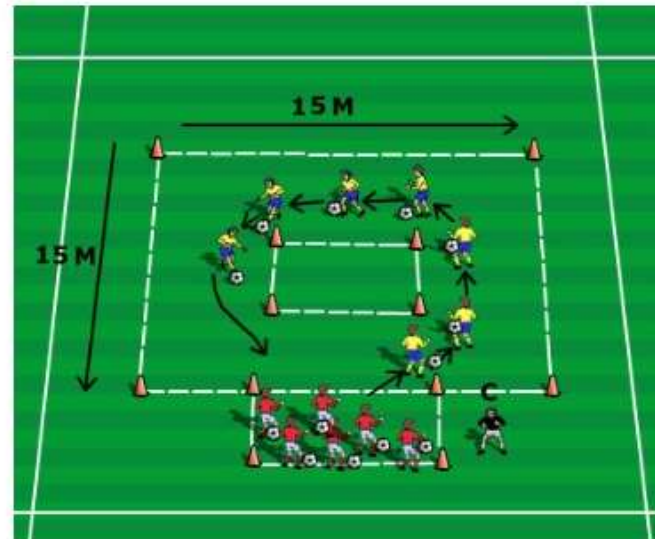
Focus - Ball Literacy
Name of Game: Indy 500

Organization

Players start from "Pit row" with parents. Player starts by exiting the pits and dribbling the ball in a clockwise direction around the track following their parent. If the ball exits the track they must make 3 toe taps on the ball to restart the engine. Parent and player can switch roles with child following parents. Encourage players to make "Vroom! Vroom!" car sounds while driving!

Alternatives

Easier – run the track first with no balls.
Easier – layers carry ball in hands and run around track
Harder – Have players drive the truck on their own.
Harder – Switch directions and have drivers go counter-clockwise.
Harder – Change direction before completing circuit on coaches' command



Emphasis

- Introduction to dribbling
- Player takes lots of small touches to move the ball forward
- Turning in different directions
- Having Fun!



Drill 3 if you have time

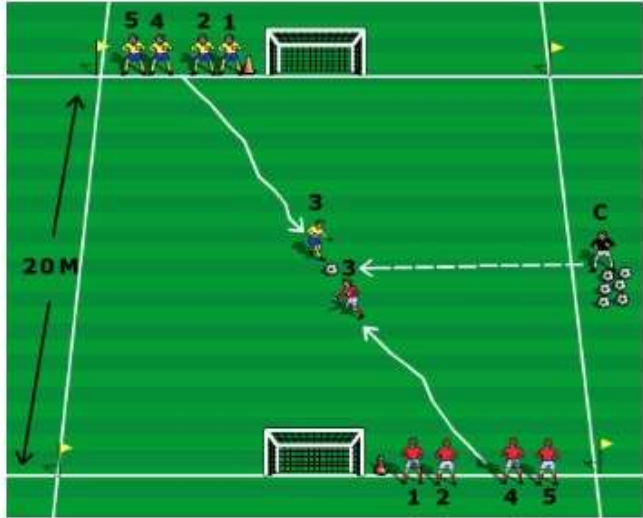
Focus – Small Sided Game
Name of Game: Numbers Games – 2 Goals

Organization

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players must attempt to score on their opponent's goal while defending their own. Encourage celebrations after a goal!

Alternatives

Easier: have them just run it as a race with a ball in their hand and have them throw the ball in goal
Easier (U4): Put two balls so each can score goals
Harder (U6) – Increase number of players to 2 or 3 to encourage teamwork (grid size may need to increase to accommodate this.)



- Emphasis**
- Dribbling
 - Shooting
 - Goal celebrations
 - Teamwork
 - Having Fun!



Game



Start your game 15 minutes from the end of the session

Set up a field with the cones and use the pugs

No goal keepers

Divide your team into 2 squads

Look at the Program Guide to see who your opponents are

Finish your session with a 15 minute game against your opponents

