

# **Coaching Manual**

## **Week 8 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 Literacy**  
**Activity Name: Follow the leader**

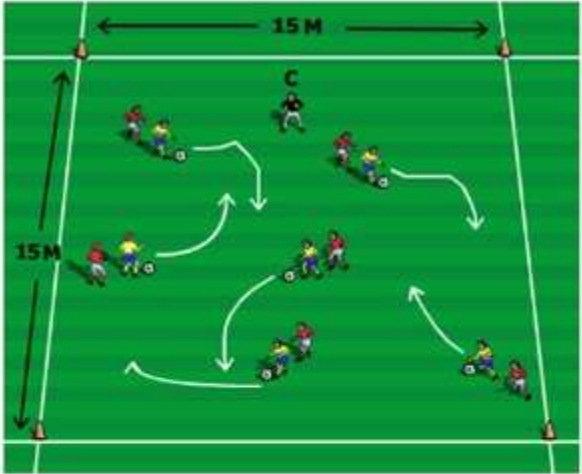
**Introduction**

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 1



## Emphasis

- Passing
- Shooting
- Goal celebrations
- Teamwork
- Having Fun!



**Focus – Ball Literacy**  
**Name of Game: Topple me Coconuts**

### Organization

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!

### Alternatives

Easier (U4): Start with rolling the ball across a smaller distance.

# Drill 2



## Focus- Ball 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 the player running through the channel 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 – Small Sided Game

### Name of Game: Numbers Games with one net Organization

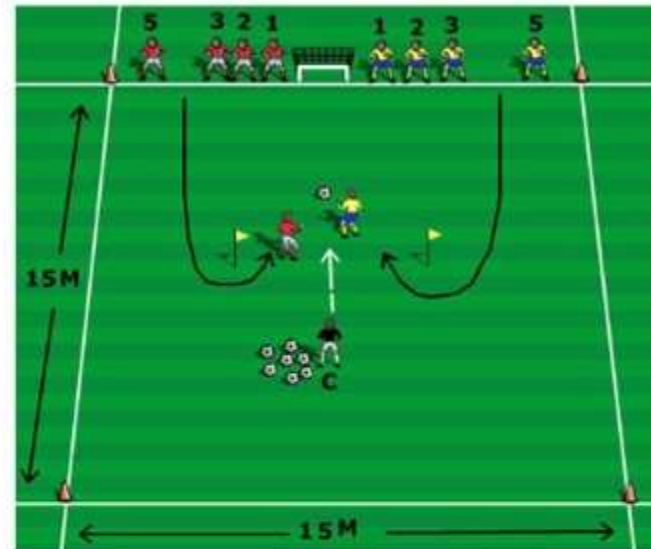
Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal!

### Alternatives

**Easier (U4):** Have players vs. parents to allow players to always win. Have two balls so both players can score

**Easier (U4)**– Two balls so both players can have success scoring.

**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

