

SEACOAST



M A I N E



Seacoast United Maine North and Hampden Recreation Department

Community Partnership 2017

Fall Coaches Meeting – Wednesday, 08/31/2017

Seacoast United Maine Brewer Contacts

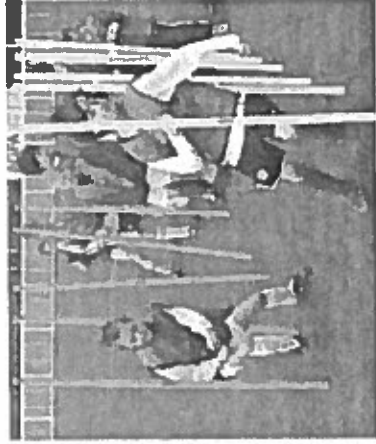


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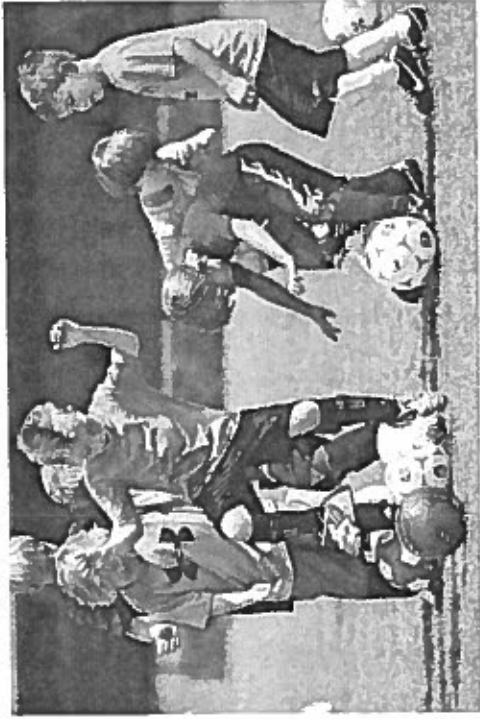
What is grassroots soccer coaching?



What is grassroots soccer coaching?



MAINE



Developing the grassroots individual, first

SEACOAST



MAINE

confident
kind talented
thoughtful dynamic
hardworking
fantastic amazing
empathetic
dedicated
understanding
humorous
warm
fair
courageous
inspirational
patient
sensational
intuitive
caring
fabulous
teacher
smart
exceptional
awesome

Developing the player, second

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MAINE



Age in years	0-3	4	5	6	7	8
Baby/LATD	Active start					
Stage of Development	Stage 1			Stage 2		
Age groups	U4-U6	U7-U9				
Soccer age (development)	2 years +/-					
Coaching time per year	40-90 hours					
Developmental focus	1. Social	Technical				
	2. Physical	Social				
	3. Technical	Physical				
	4. Psychological	Tactical				
	5. Tactical	Psychological				
Specialist training	No positions					
Players per session	12					
Length of session	30 to 45 mins					
Training to game ratio	Training only					
Training format	1v1 to 3v3					
Game format	Training only					
	3v3 to 5v5					



Stage 1 – Pre-Kindergarten, Kindergarten



MAINE

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DEVELOPMENT CHARACTERISTICS - STAGE 1

STAGE 1-EARLY CHILDHOOD (3-5 YEARS OLD)

The introduction to soccer stage coincides with the onset of independence from parents and increased self confidence in most children. Children also start to begin to play cooperatively with others. This does not mean however parents should fully pass the responsibility for learning to the club coach. The parent has a very important role in encouraging the child to play at home. Practice sessions should occur once or twice per week and players should be encouraged to play multiple sports and activities.

DEVELOPMENT FOCUS:

- Players should learn the fundamental movement skills of running (forwards, backwards and sideways), jumping, turning, twisting and bending (lowering center of gravity to form a solid base).
- The ball should be involved all the time.

KEY DEVELOPMENT POINTS FOR CHILDREN IN STAGE 1		
Physically	Psychological/Social	Cognitive/Mental
<ol style="list-style-type: none"> 1. Tires easily and recovers quickly. 2. Learns best by being physically active. 3. Needs to repeat activities that are well known and mastered. 4. Mainly uses large muscle movement, fine motor skills developing, but more difficult to master. 5. Basic motor skill developing, needs to combine skills in simple games. 6. Boys and girls have equal ability. 7. Center of gravity is higher, resulting in issues with balance. 	<ol style="list-style-type: none"> 1. Likes to play/work on their own, egocentric. 2. Easily motivated. 3. Enjoys initiating activities. 4. Enjoys being praised for endeavors. Sensitive to criticism and does not enjoy failure. 5. Developmentally advanced players start to become more independent and attempt to exercise more control over own environment. 6. Limited attention span, 15-20 minutes. 7. Frustration can come quickly. 8. Has a strong desire for affection and attention from adults. 9. Seeks social approval. 10. Experimental, exploratory behavior is part of development. 	<ol style="list-style-type: none"> 1. Increasingly able to use visual instructions (play them out of their mind), although observing demonstrations is more concrete. 2. Beginning to take into account ideas and emotions of others. 3. Inconsistent attention span. 4. Moving from being adventurous to be cautious. 5. Interests can be short and quick changing. 6. Imaginative, spontaneous and creative.

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DEVELOPMENT CHARACTERISTICS - STAGE 1

DEVELOPMENT CHARACTERISTICS TRANSLATED TO COACHING PLAYERS IN STAGE 1

Child centered coaching requires a commitment on behalf of the coach/adult to embrace a natural starting point in development for each player. The coaches role is not to create parity (all players the same), but to nurture them to a level consistent with their individual commitment, attitude, enthusiasm and talent. To ensure participation in soccer is enjoyable for players and adults, parents and coaches of 4 & 5 year olds need to embrace and work with the development characteristics, and not against them.

Translated to player development this means:

1. Significant emphasis on fundamental movement skills - running, jumping, skipping, throwing etc
2. Focusing on ball familiarization and dribbling skills - one ball per child.
3. Sessions that are simple, fun, have variety and use large muscle
4. Selecting activities that do not place undue stress on the muscles, bones and energy systems of the body.
5. Repeating activities regularly - constant change and insufficient reinforcement negatively affects learning.
6. Including activities that take a short time to complete (5-10 minutes), due to short attention span.
7. Camouflaging and concealing technical information by using names, characters and stories.
8. Encouraging trial and error, keeping instruction to a minimum.
9. Using equipment and props to increase complexity but continue to make the sessions fun - hurdles, hoops, ladders, bean bags etc.
10. Include competitive games, but emphasize successes other than just winning (i.e. effort).
11. Providing considerable encouragement.
12. Keep instruction to a minimum and activity regular.
13. Include 'games and matches' in every session - no need for a separate day for games.
14. Avoiding temptations to place players in specialist positions (i.e. full back, forward or goal keeper).
15. Continually reinforce effort - and constantly praise players.

Stage 2 – Grades 1, 2 & 3



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DEVELOPMENT CHARACTERISTICS - STAGE 2

STAGE 2 - MIDDLE CHILDHOOD (6-8 YEARS OLD)

A 6 year old is eager, active and likes to be on the go. Although keen to act independently, a 6 year old needs parental approval, understanding, praise and encouragement. Pushing too hard or expecting too much can result in the child becoming tense and nervous. An 8 year old is able to accept moderate responsibilities. Peer groups become important and the child will identify with other youngsters of the same sex and with similar interests and activities.

DEVELOPMENT FOCUS:

- Movement skills and technical development remain top of the agenda in Stage 2.
- Small sided games and teamwork activities are introduced.
- Speed training commences for Girls (6-8 years) & Boys (7-9 years)
- Optimal time for training suppleness occurs for both Girls and Boys in stages 2 and 3 (6-10 years)

Physically	Psychological/Social	Cognitive/Mental
<ol style="list-style-type: none"> 1. Coordination and body control improve rapidly as there is slower growth. 2. Boys and girls have equal ability. 3. Reaction time is slow, but improves as they grow. 4. Lots of energy, enthusiasm levels but there are fluctuations in energy. 5. High need for skill development. 6. Fine motor skills developing. 7. Visual and hand/eye coordination improving. 8. Height and weight increasing at a steady rate. 9. Balance improves with ear development. 10. Needs met by being physically active. 11. Needs to repeat activities that are well liked. 12. Eye development and ability to track objects in motion improves. 13. High center of gravity, so balance can be difficult. 	<ol style="list-style-type: none"> 1. Interests often change rapidly. 2. Enjoys imitative activities. 3. Friends being praised for endeavors from adults. 4. Starts to become more independent and attempts to exercise more control over their own behavior and learn appropriate consistency in own environment. 5. Learns by repetition. 6. Exuberant & exuberant behavior is part of development. 7. Still egocentric – each player wants a ball. 8. Peer group becomes increasingly important. 9. Players are concrete thinkers and find abstract concepts difficult. 10. Frustrated by the lack of success of teammates – if you do 'X' the result will be 'Y'. 11. Fully motivated and eager to try something new. Willingness to seek risk and adventure. 12. Needs guidance and praise from adults to stay on task and to achieve the best performance. 13. Increasingly self-assured but can be childish and silly at times. 14. Greater sense of right and wrong. 15. More likely to be teased and accepted by friends. 16. Frustrated and impatient. 	<ol style="list-style-type: none"> 1. Imaginative, spontaneous and creative. 2. Able to stay on task longer due to increased attention span. 3. Likes to be tested but often dislikes public failure. 4. Starts to try new activities and is often frustrated and learn because of receiving instructions. 5. Starting to visualize instructions although demonstrations are much more concrete. 6. Inconsistent attention span. 7. Interests can be short and last changing. 8. Highly verbal. 9. Asks fact-oriented questions (e.g. wants to know how, why and when). 10. Rapid development of mental skills. 11. Frustrated by the lack of success of teammates – if you do 'X' the result will be 'Y'. 12. Less focus on one's self – seeks social comparison.

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DEVELOPMENT CHARACTERISTICS - STAGE 2

DEVELOPMENT CHARACTERISTICS TRANSLATED TO COACHING PLAYERS IN STAGE 2

Translated to player development this means:

1. Continued involvement of fundamental movement skills – running, jumping, skipping, throwing etc
2. Focusing on ball familiarization and dribbling skills – one ball per child.
3. Introduction of paired and cooperation activities.
4. Help players understand a task by demonstration and asking questions
5. Sessions requiring players to be extremely active.
6. Selecting activities that do not place undue stress on the muscles, bones and energy systems of the body.
7. Repeating activities regularly – constant change and insufficient reinforcement negatively affects learning
8. Camouflaging and concealing technical information by using names, characters and stories.
9. Encouraging trial and error, keeping instruction to a minimum
10. Using equipment and props to increase complexity but continue to make the sessions fun – hurdles, hoops, ladders, bean bags etc
11. Including competitive games, but emphasize success other than just winning (i.e. effort)
12. Providing considerable encouragement.
13. Including 'games and matches' in every session
14. Introduction to small sided games – 2v2 to 4v4 – play at the end of a practice session – don't sacrifice practice sessions for games at this stage.
15. All players to receive fundamental goal keeping skills – catching, throwing and diving (players love to dive).
16. Introduce basic rules of the game – including restarts when ball leaves the field.
17. Passing skills can be introduced.
18. Avoiding temptations to place players in specialist positions (i.e. full back, forward or goal keeper)

The Seacoast United Maine Process



Indicates an appropriate warm-up activity



Indicates an appropriate daily theme activity



Indicates “New Ball” activity

You choose: 2 red activities, 2 yellow activities and new ball!

Desired Outcomes



- Enjoyable introduction to the sport of soccer
- Fostering a passion for sport and movement
- Creation of new and improved social circles, between friends and families
- Development of a curiosity within problem solving situations
- Develop confidence, bravery, trust, respect, emotional stability etc., through the many interactions
- Elevate confidence in volunteer coaches and recreational players
- Encouragement to come back for more!



Training session example – Warm up’s

1ST STAGE OF DEVELOPMENT - PLAYERS AGE 3-5 YEARS

FLIP 'EM

STAGES COVERED BY ACTIVITY
Stage 1 & 2 - 3-6 year old players

THEMES & COMPETENCIES
Theme:
• Dribbling
• Ball mastery

Competencies:
• Turns and feet: basic
• Dribbling basics

WHY USE IT
This year is a terrific, energetic over-the-top fun year for the children. It is a great time to introduce them to the game and get them into the habit of playing soccer.

SET UP
Set up a square, 20x25 yards. A ball on the center and 3 sets of colored cones. 20-30 total ball cones - 50% right side up and 50% right side down.

HOW TO PLAY
Separate the players into 2 teams. Set the cones randomly in the area, so the cones are spread evenly. One team has to turn all the cones right side up and the other team has to turn all the cones right side down. On the command of "GO" players rush out into the area and start "flipping" the cones. Play for a minute and then switch team many cones are up and how many are down. Play a couple of turns, then each team a few more turns. Increase the time to 2 minutes when introducing the ball.

COACHING NOTES
• Coaching objective - activate the players mind and introduce them to the activity
• Coaching tip - Coach the right activities according to the weather and time of day - Use plenty of water for all players and parents too. Play in a park for all players and parents. Use a whistle to control the cones and give them different point values, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 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Training session example – Daily Themes

1ST STAGE OF DEVELOPMENT - PLAYERS AGE 3-5 YEARS

SLEEPING GIANT

STAGES COVERED BY ACTIVITY
Stages 1 & 2 - 3-5 year old players

THEMES & COMPETENCIES

- Dribbling
 - Ball mastery
 - 1v1 Attacking and Defending
- Competencies:**
- Turns and levels basic.
 - Dribbling basics.
 - Receiving and escaping an opponent.

WHY USE IT

Players learn to keep the ball in their feet, dribble with their feet and legs, and use their feet to pass the ball to their teammates.

SET UP

Set up a 'Giant's' and 'Villagers' area about 20 yards apart. Villagers need to be in a line, and the Giant needs to be in a line. A ball per player and 3-4 cones or vests.

HOW TO PLAY

The Story: The giant has stolen all the villagers' treasure. The villagers know the giant always sleeps in the center of the field, so they plan to sneak into the giant's sleep to steal the treasure. The villagers must sneak into the giant's sleep by using their favorite song, such as Twinkle Twinkle Little Star. Once the giant is asleep, the villagers may grab the treasure. If the giant wakes up, the villagers must run back to their own side. Once a villager has grabbed the treasure, they can take it back to their own side. Once a villager has grabbed the treasure, they can take it back to their own side. Once a villager has grabbed the treasure, they can take it back to their own side.

COACHING NOTES

- Coaching objectives - Players learn to dribble and keep up at the same time.
- Coaching tips - Encourage players to use their feet to pass the ball to their teammates.
- Adaptations - Lay out the cones/vests for a larger area.

LOOTERS

STAGES COVERED BY ACTIVITY
Stages 1 & 2 - 3-5 year old players

THEMES & COMPETENCIES

- Dribbling
 - Ball mastery
 - 1v1 Attacking and Defending
- Competencies:**
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WHY USE IT

Players learn to keep the ball in their feet, dribble with their feet and legs, and use their feet to pass the ball to their teammates.

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A rectangle, 30x20 yards. Create 2x2 grids of cones. Balls are lined up between the 2x2 grids. The cones are lined up between the 2x2 grids. The cones are lined up between the 2x2 grids.

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The Story: The looters have stolen all the treasure. The villagers know the looters always sleep in the center of the field, so they plan to sneak into the looters' sleep to steal the treasure. The villagers must sneak into the looters' sleep by using their favorite song, such as Twinkle Twinkle Little Star. Once the looters are asleep, the villagers may grab the treasure. If the looters wake up, the villagers must run back to their own side. Once a villager has grabbed the treasure, they can take it back to their own side. Once a villager has grabbed the treasure, they can take it back to their own side.

COACHING NOTES

- Coaching objectives - The activity offers opportunities to discuss with young players basic attacking and defending concepts.
- Coaching tips - Use the game to encourage players to use their feet to pass the ball to their teammates.
- Adaptations - The game can be modified by adding 3-4 cones.

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National Soccer Coaches
Association of America

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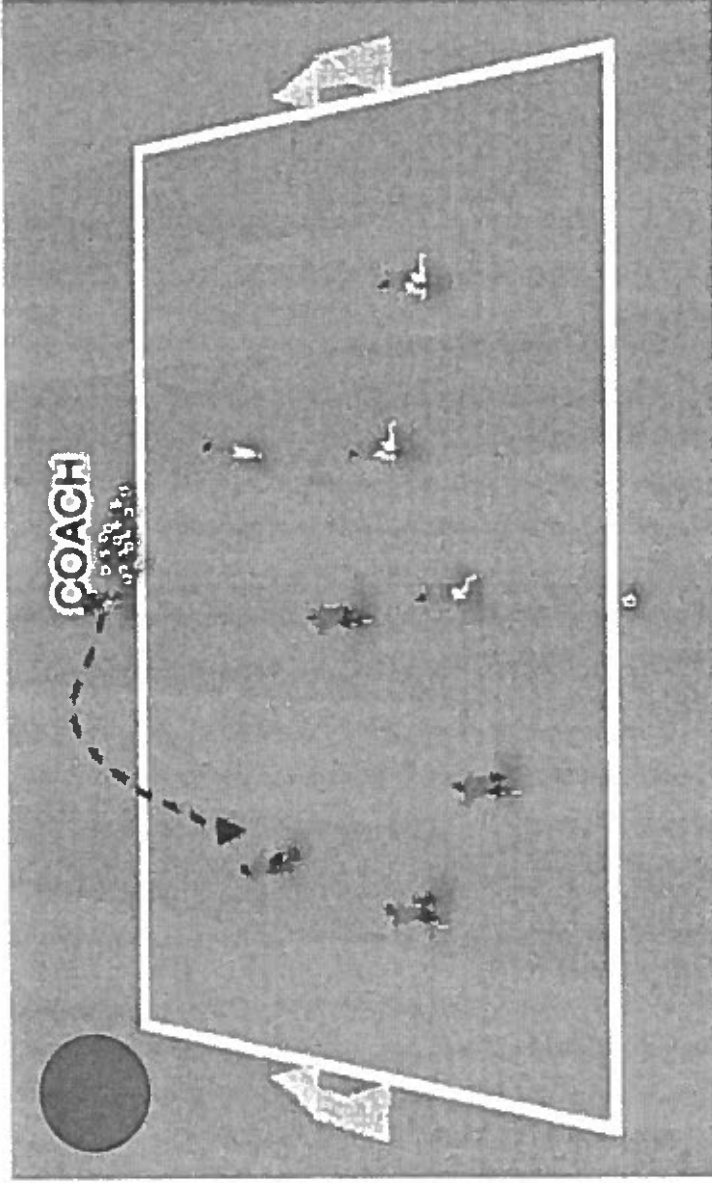
National Soccer Coaches
Association of America

“New Ball” Game

SEACOAST



MAINE



New Ball Game

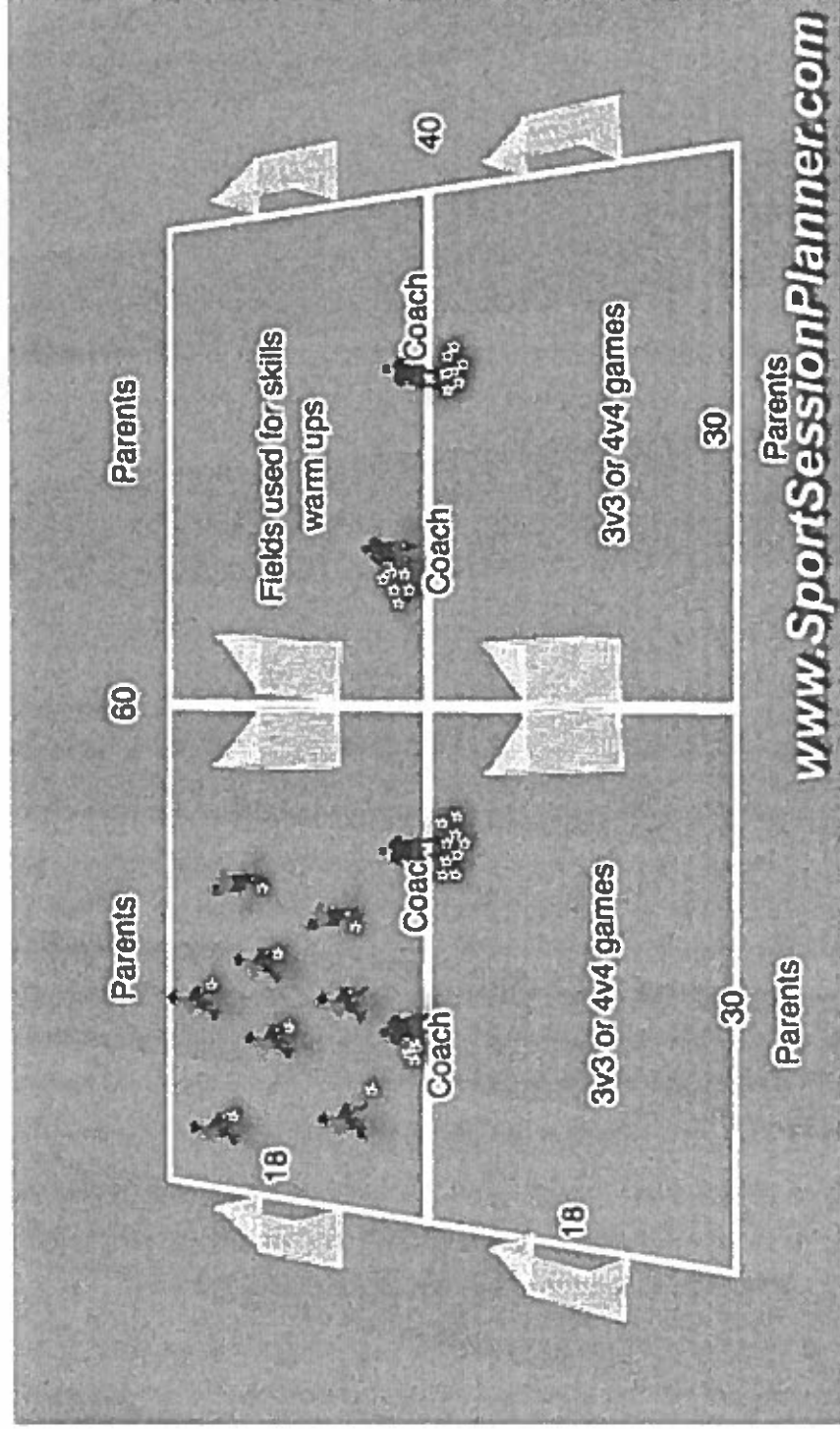
Players play 3v3, 4v4 or 5v5 on a small-sided field with small-sided goals.

- Everytime the ball goes out of bounds (this will be a lot) or a goal is scored - The coach throws in a NEW BALL, while shouting NEW BALL!!!
- Parents are encouraged to watch, but not to retrieve the ball for the players - The players must turn their attention to where the coach now passes or throws the NEW BALL into the field and adapt to that situation.
- If parents want to help with the retrieval of balls, they can bring them back to the coach.
- Encourage players to enjoy scoring goals and use fun celebrations, airplane, barrel roll etc

Hampden Rec – Field Setup



MAINE



2V2 TRANSITION TO GOAL KEEPER

yellow

TAGES COVERED BY ACTIVITY
tages 2, 3 & 4- 6-14 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

This is a fun transition game and allows players to work on their individual defending and communication with a partner.

SET UP

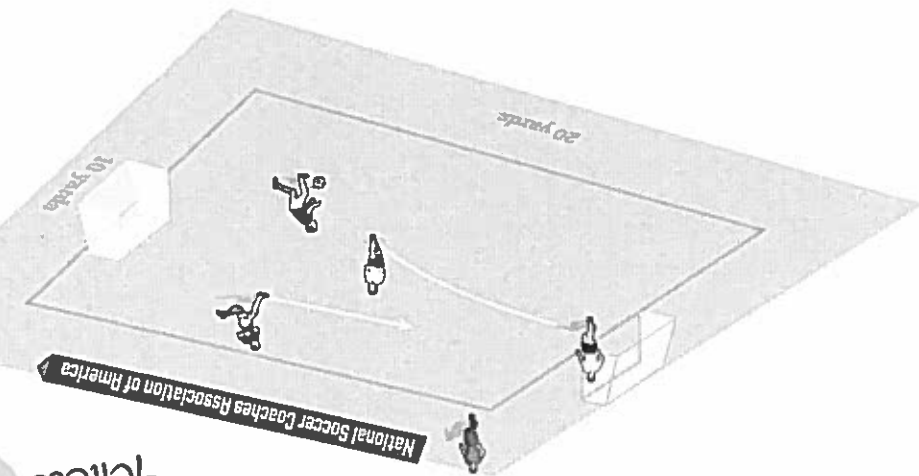
Create several 10x20 grids with a small goal on each end line. This will allow for multiple groups to play at the same time. Players will be split into teams of 2.

HOW TO PLAY

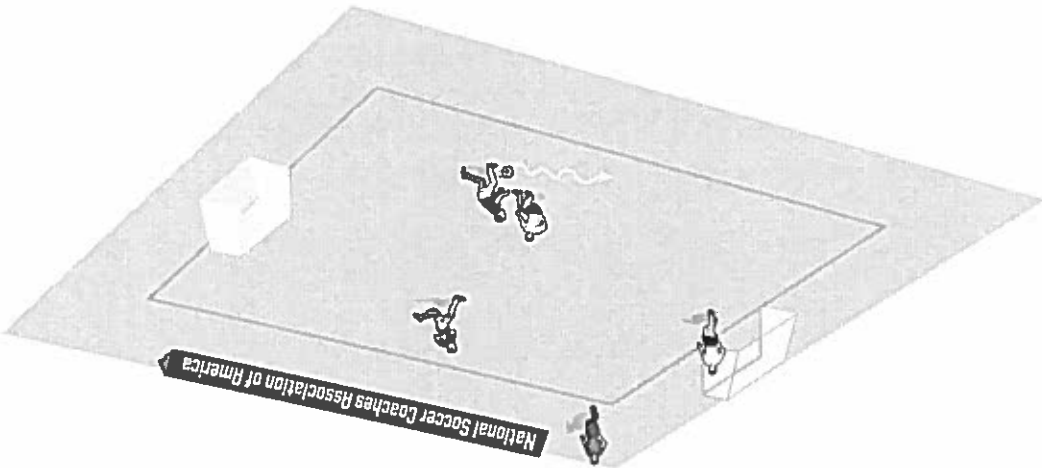
The team without the ball will play with 1 player on the field as a defender and the other player is restricted to the area in front of the goal to act as a keeper. If the defender wins the ball, she must play the ball back to the keeper, to start the attack. The team that lost possession will then have one player assume the role of the goalkeeper and the other a defender.

COACHING NOTES

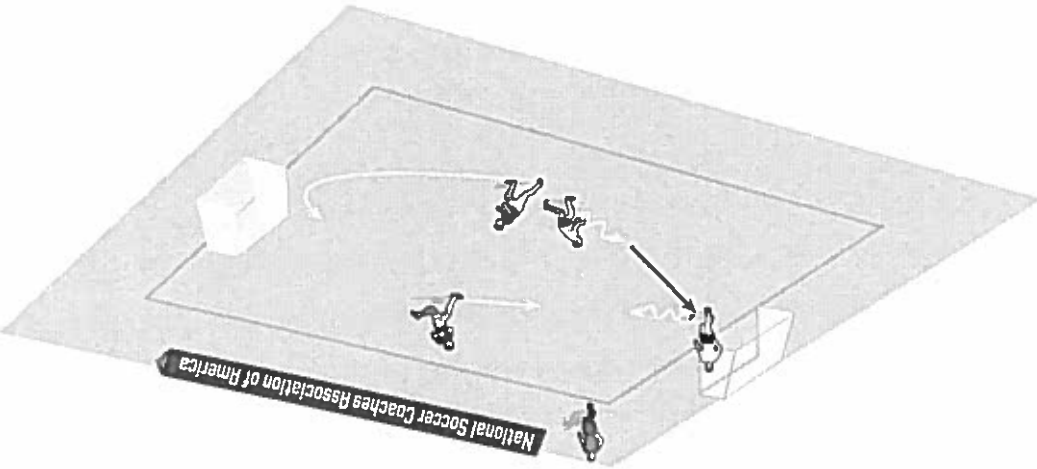
- + Main coaching objectives – players should think about their defensive body position and approach to the ball
- + Coaching tips – switch teams every few games to allow players to work with other teammates
- + Adaptations – players do not need to play the ball back to the keeper before starting the attack to allow for a quicker transition from defense to attack



+ Pressure - Defender makes an angled run attempting to cut off the pass to the other attacker



+ Defender should stay low and keep their feet moving to force the attacker to the side line



+ If the defender sees an opportunity to win the ball they should do so and play to their keeper to transition to attack.



National Soccer Coaches Association of America

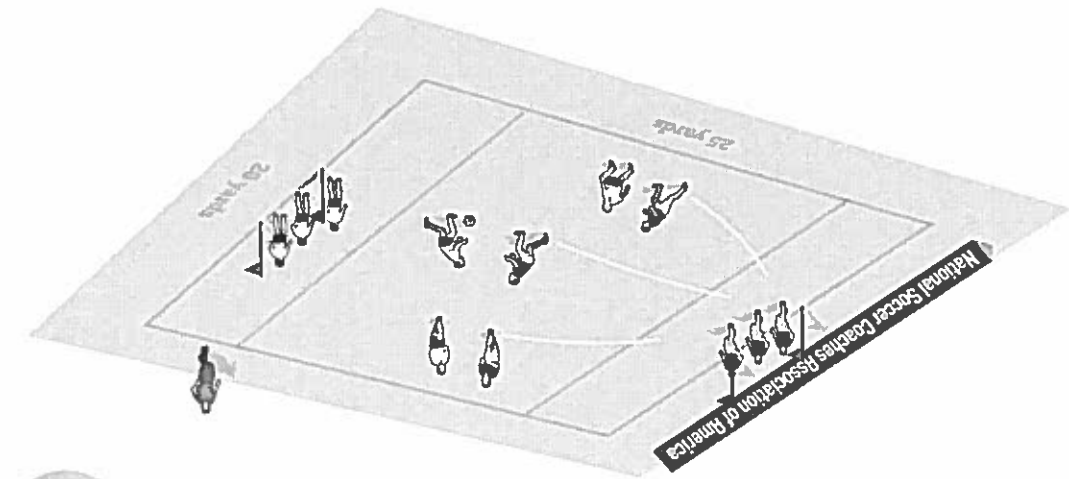
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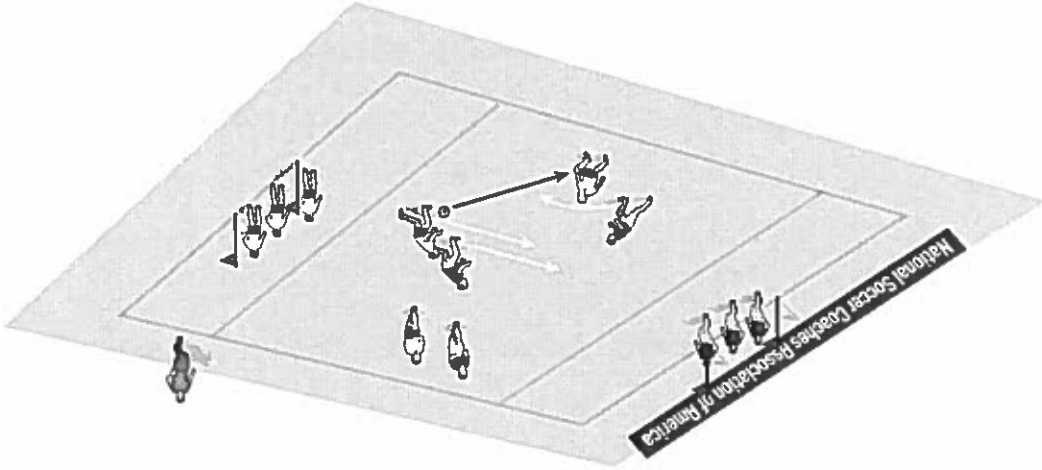
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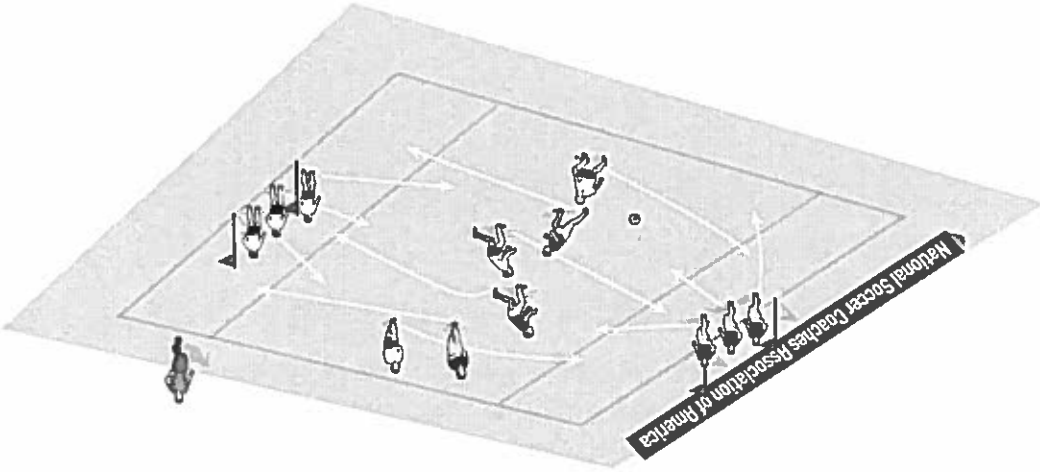
2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS



+ Teams must communicate to decide who puts pressure on the ball.



+ When the attack passes the ball defenders must adjust to keep players in front of them.



+ Coach calls "Alakazam" teams leave ball and switch roles.

TAGES COVERED BY ACTIVITY

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

HEMES & COMPETENCIES

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

This game has players working in small groups with an emphasis on communication and putting pressure on the ball.

SET UP

20x25 yard grid divided into 3 zones. Middle zone is 15 yd long and end zones are 5 yd. A large goal created from flags on each end line. 4 teams of 3 players wearing different vests.

HOW TO PLAY

2 teams play 3v3 in the middle area. The remaining teams act as the goalkeepers. The 3 players on those teams must hold hands as they move around the goal. When the coach says the word "Alakazam" the two teams in the middle switch with the two teams acting as goalkeepers.

COACHING NOTES

- + Main coaching objectives - teams communication and pressure the ball.
- + Coaching tips - make the goals big enough so that keepers must move to defend them and work together
- + Adaptations - Instead of calling "Alakazam" the coach can call out the two colors that will play each other, so that teams can play new opponent.



BOSS OF THE BALL PASSING

Yellow



STAGES COVERED BY ACTIVITY
Stages 2, 3 & 4 - 6-14 year old players

THEMES & COMPETENCIES

Theme:
+ Passing and receiving.

Competencies:
+ Passing over a short distance.
+ Receiving the ball with the feet.

WHY USE IT

Players must work in groups and use their passing skills.

SET UP

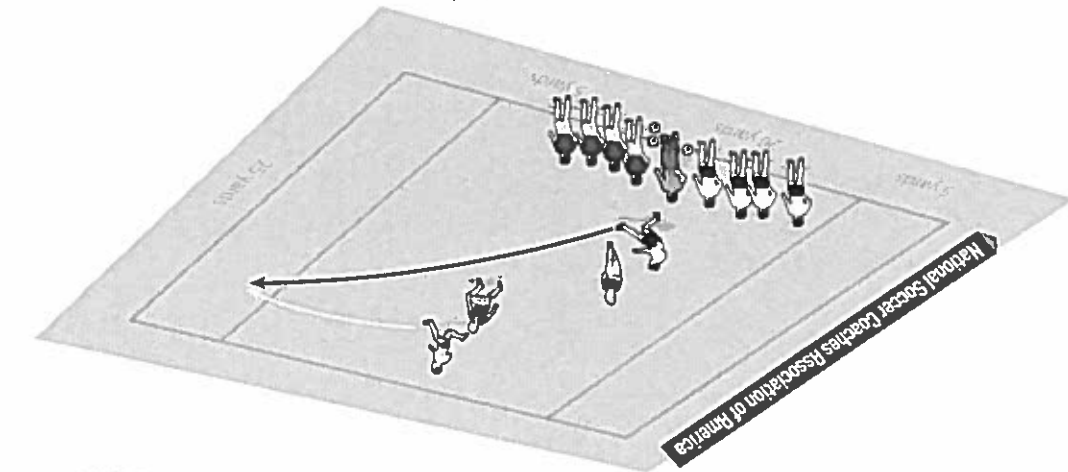
25x20 yard grid with cones in the corners. 5 yard end zones are on each end line. The coach is in the middle of the touchline with all the balls. Players are split into 2 teams wearing different colored vests and lined up on either side of the coach.

HOW TO PLAY

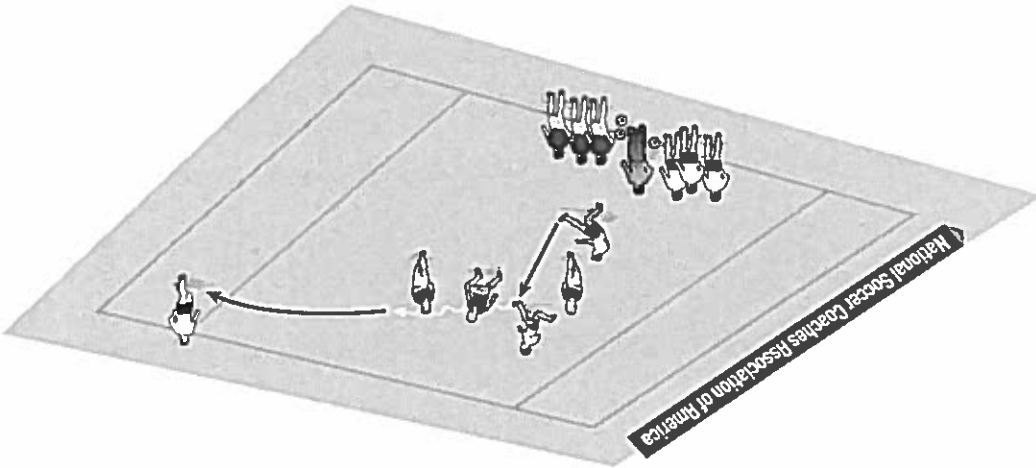
The coach calls out a number and that number of players must enter the field of play. One team defends one end zone and the other team defends the other. Teams get a point for each time they can complete a pass to someone in the opposition's end zone.

COACHING NOTES

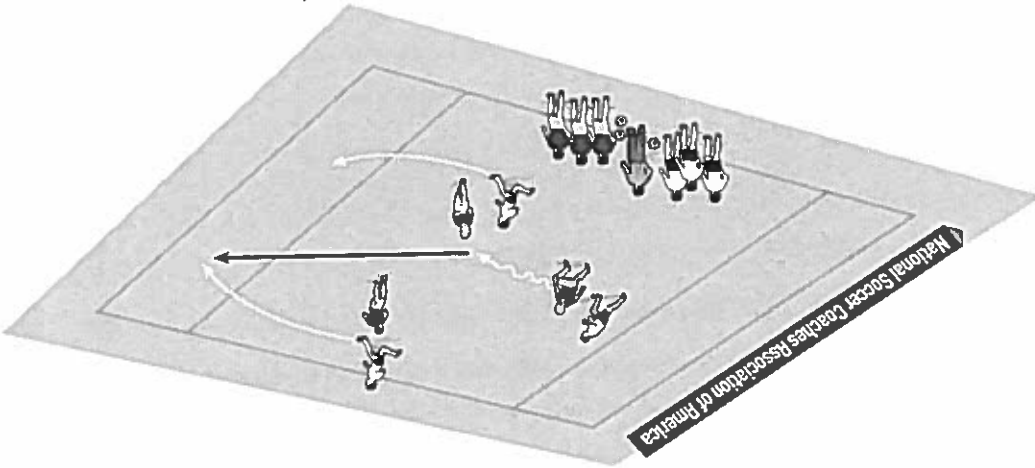
+ Main coaching objectives -
players must work together using their passing accuracy and timing of their runs
+ Coaching tips - instead of stopping play, coaches can use the time that players are waiting in line to give instructions
+ Adaptations - if there are more than 4 players waiting in a line look to create a second grid for play



- + Supporting players change their pace in order to lose defenders.
- + Player on the ball must use the proper weight of pass.



- + First touch to go forward.
- + It is important to engage a defender to set up a pass.



- + Points awarded if players receive the ball as they are running into the end zone.
- + Discuss the importance of the timing of runs.

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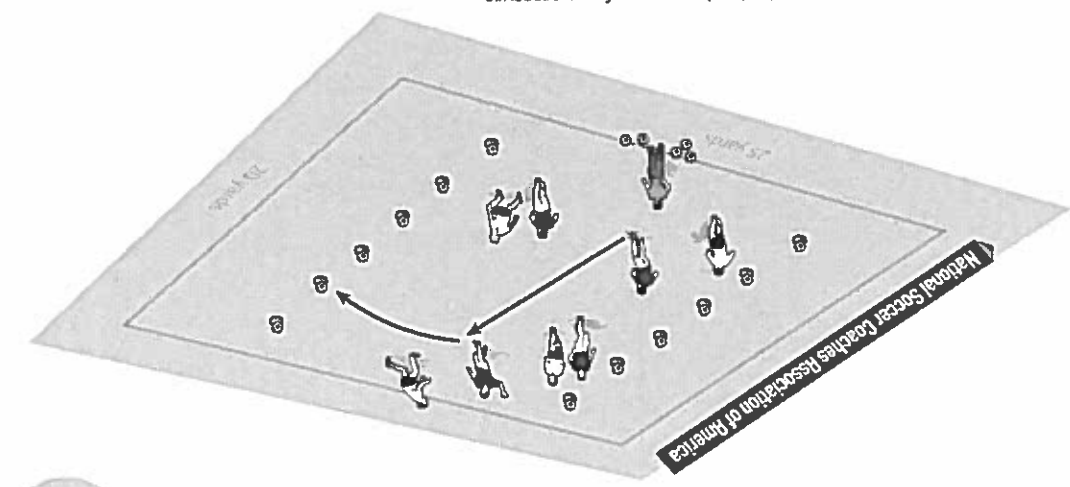
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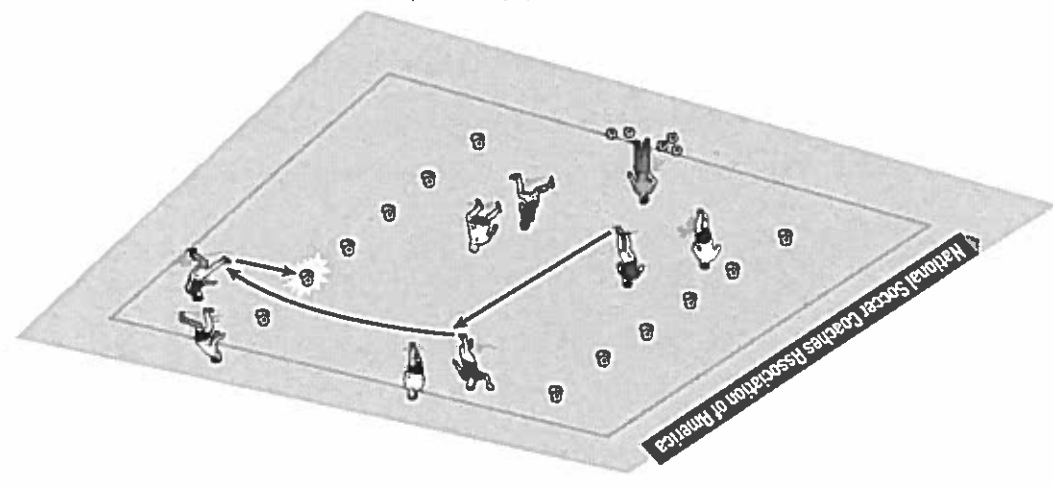


2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS

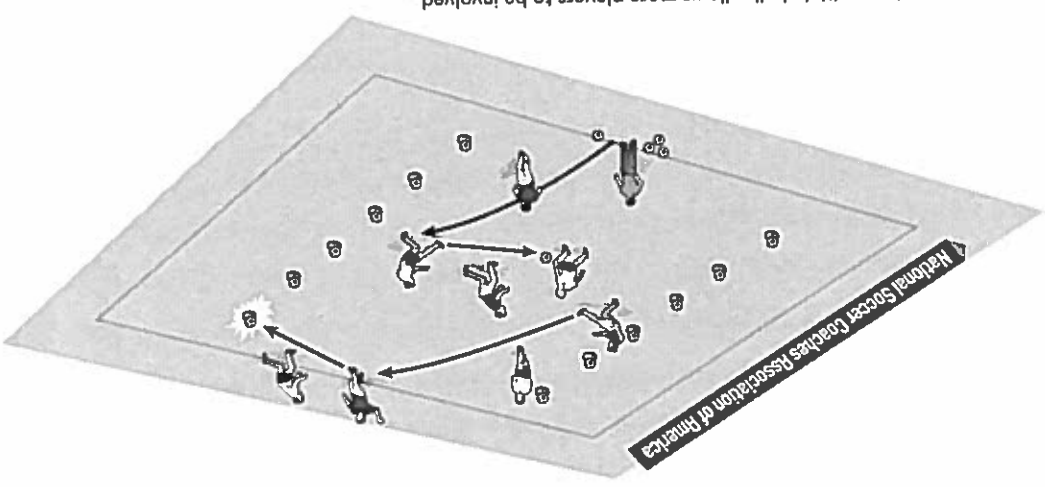
Yellow



- + Player's first touch should take them away from pressure.
- + Player's body position should allow them to see the field.



- + Players should look to communicate and support their teammates.
- + Players are allowed to move behind the balls to support the pass.



- + Introducing multiple balls allows more players to be involved.
- + Players should look to use long and short passes.

STAGES COVERED BY ACTIVITY
Stages 2, 3 & 4 - 6-14 year old players

THEMES & COMPETENCIES

Theme:
+ Passing and receiving.

Competencies:
+ Passing over a short distance.
+ Receiving the ball with the feet.

WHY USE IT

Players must use their passing skills in small groups and with opposition.

SET UP

25x20 grid with cones in the corners. 6 balls are placed on top of cones 5 yards off of each end line. Players are split into teams of 4 and each team is in a different colored vest. The coach is in the middle of the touchline with extra soccer balls.

HOW TO PLAY

2 teams will play 3 minute games. The coach will play balls in to restart the activity. Teams must try to pass a ball and knock one of the balls off the cones. If they are successful, then they move the ball and the cone to their side of the field and set it up there. The winner at the end of 3 minutes is the team with the most balls set up on their side.

COACHING NOTES

- + Main coaching objectives - players must work together and use their passing accuracy to include them
- + Coaching tips - make sure to play balls into players that may not be as active in order to include them
- + Adaptations - use multiple balls at a time if any players are inactive



CATEGORIES

TAGES COVERED BY ACTIVITY
 ages 2 & 3- 6-11 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

Teach players how to angle their run and receive a ball

SET UP

8x8 square in the center of a large circle of players. Players are split in half so that half start in the middle square and the others are around the circle with a ball.

HOW TO PLAY

The coach calls out a category at the start of each round. Players who start in the center square must check to an outside player and call out a name from the category the coach has chosen. For example the coach may say "Fruits". The center players must then run to the outside player and say the name of a fruit before the outside player will pass them the ball. The center players will receive the ball and play it back to the outside person. Center players must then run back through the square before checking to another outside player.

COACHING NOTES

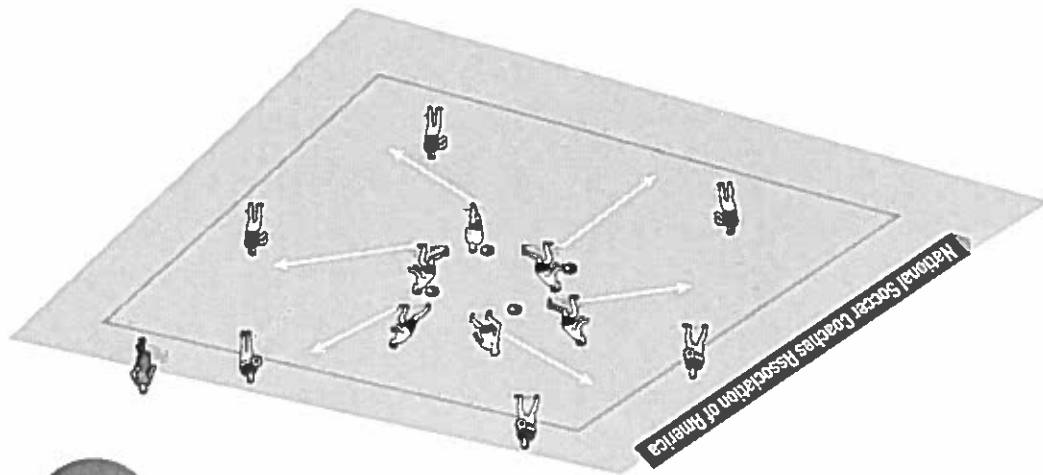
- + Main coaching objectives – players check at an angle to open their body to see the field.
- + Coaching tips – players need to cushion the ball when they receive it, but their first touch needs to be out from under them.
- + Adaptations – players can be split into thirds with one third in the middle and two thirds on the outsides



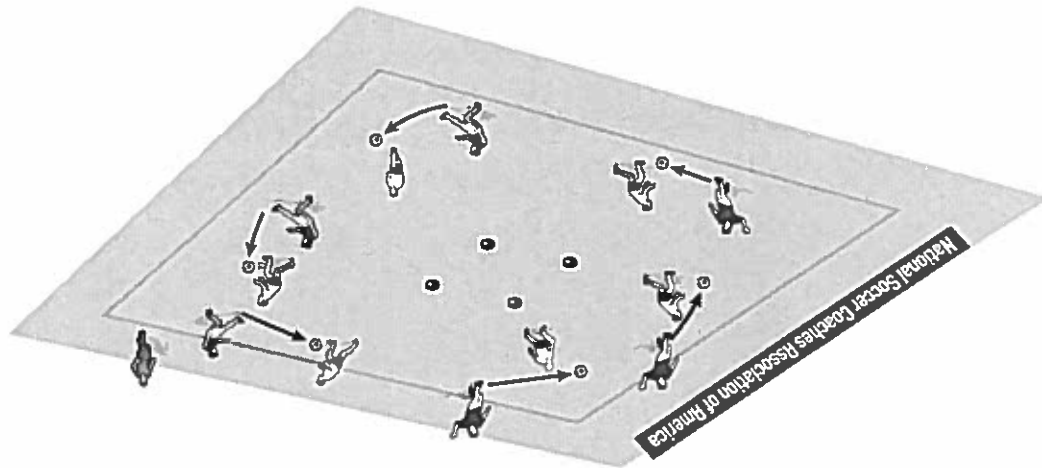
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2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS

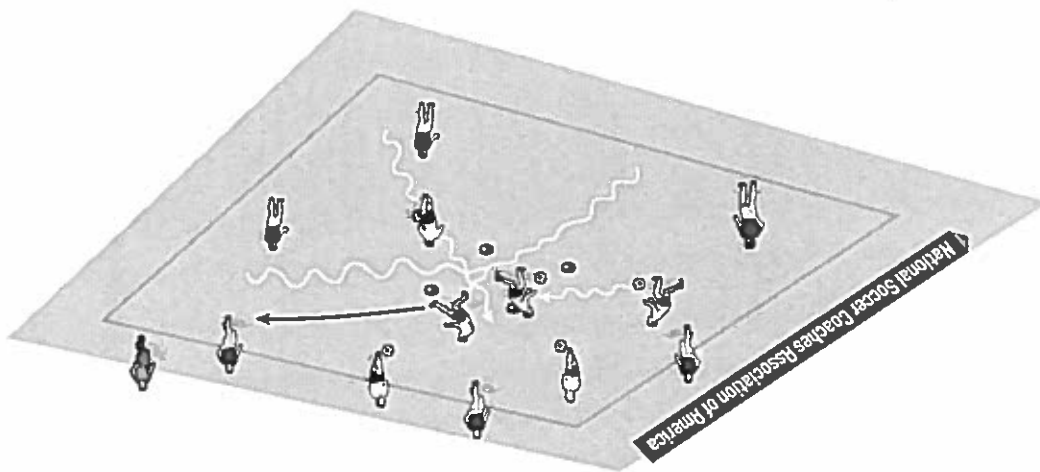
12ED



- + Outside players pass with their hands to checking players.
- + Receiver should look over their shoulder to before receiving the ball



- + Center players check at an angle to receive the ball.
- + Coach can change the surface the receivers use to pass.



- + Players dribble through the center of the square.
- + Once through players pass the ball to an open player.

COCONUTS IN THE SKY



TAGES COVERED BY ACTIVITY
 ages 2 & 3- 6-11 year old players

HEMES & COMPETENCIES

home:
 + Passing and receiving.

competencies:
 + Passing over a short distance.
 + Receiving the ball with the feet.

WHY USE IT

This activity teaches players about passing accuracy and receiving

SET UP

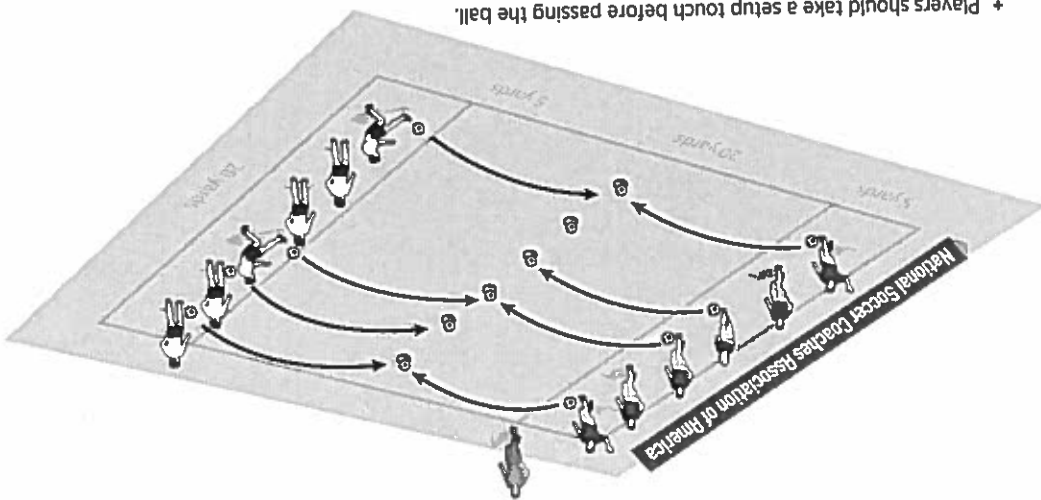
25x20 grid with cones in the corners. 5 yard end zones are on each end line and there are 6 cones with a ball on top of each in the middle. These are the coconuts.

HOW TO PLAY

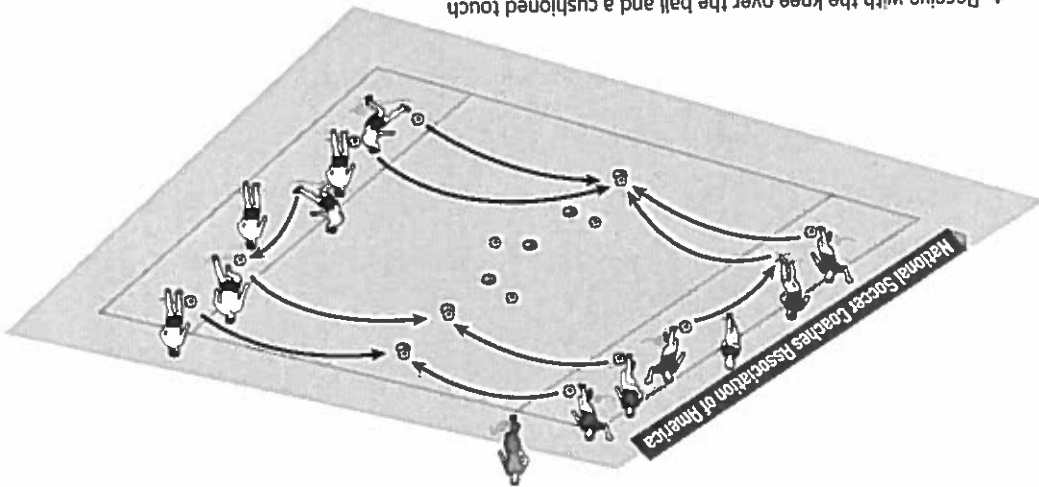
Players are split into 2 groups and they must stay in the end zones. The objective is to pass a ball to knock off the coconuts from the cones. Players in one end zone will receive balls that roll past the coconuts. The team that knocks off the most coconuts will win.

COACHING NOTES

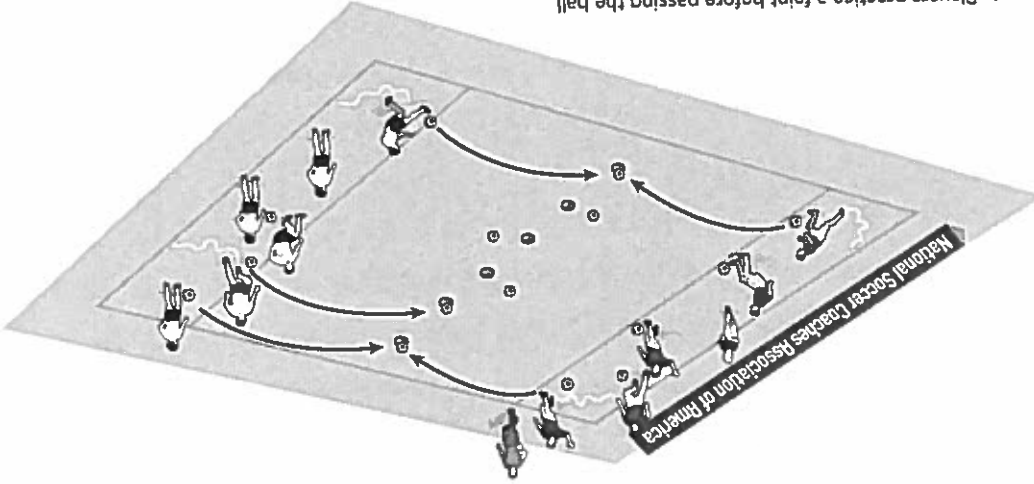
- + Main coaching objectives – teach players to pass with greater accuracy and receive a ball to set up a pass.
- + Coaching tips – adjust the size of the grid for players ability to pass over distance.
- + Adaptations – instead of keeping track of points, a team can win if they knock the last coconut off the cone.



- + Players should take a setup touch before passing the ball.
- + Players may use different surfaces to receive the ball.



- + Receive with the knee over the ball and a cushioned touch off the coconut.
- + Players pass to teammates for a better chance at knocking off the coconut.



- + Players practice a feint before passing the ball.
- + Coach asks players to receive the ball and complete a move before passing.



FRUIT SALAD

PAGES COVERED BY ACTIVITY
ages 2 & 3- 6-11 year old players

HEMES & COMPETENCIES

Theme:
+ Dribbling and turns.

COMPETENCIES:

- + Physical literacy skills.
- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.

WHY USE IT

This activity is designed to get players to dribble with their head up and also use different surfaces of the foot to dribble.

SET UP

5x15 playing area marked with cones in the corners. There are 16 cones scattered throughout the grid. The cones are yellow, red, orange, and purple. Each of the 12 players will need a ball for the second phase. The coach also has one cone of each color in her hand.

HOW TO PLAY

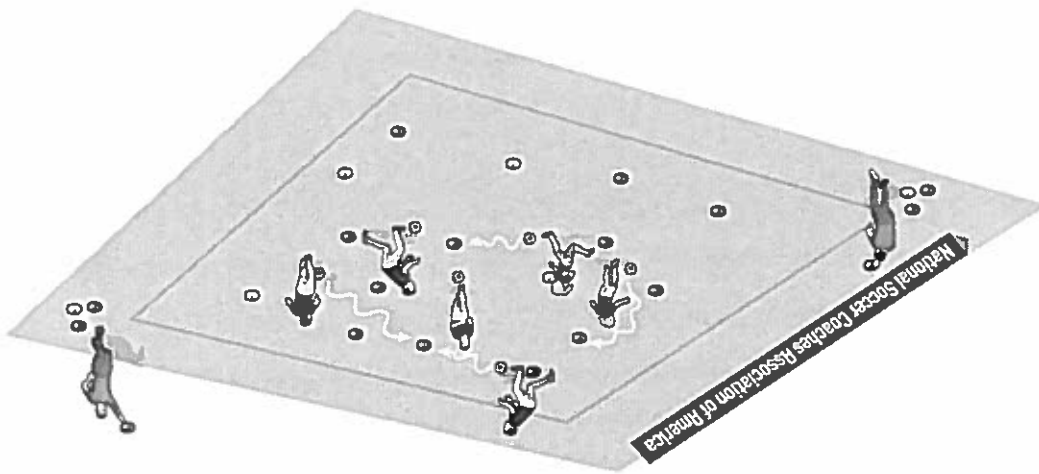
Players start out performing different movements between the cones as a warm-up. Players then must dribble inside the grid and avoid the cones. The coach will hold a cone up and have the players call out a fruit of that color. The players will progress from dribbling with different surfaces to performing stationary moves at a cone to moves to beat a player.

COACHING NOTES

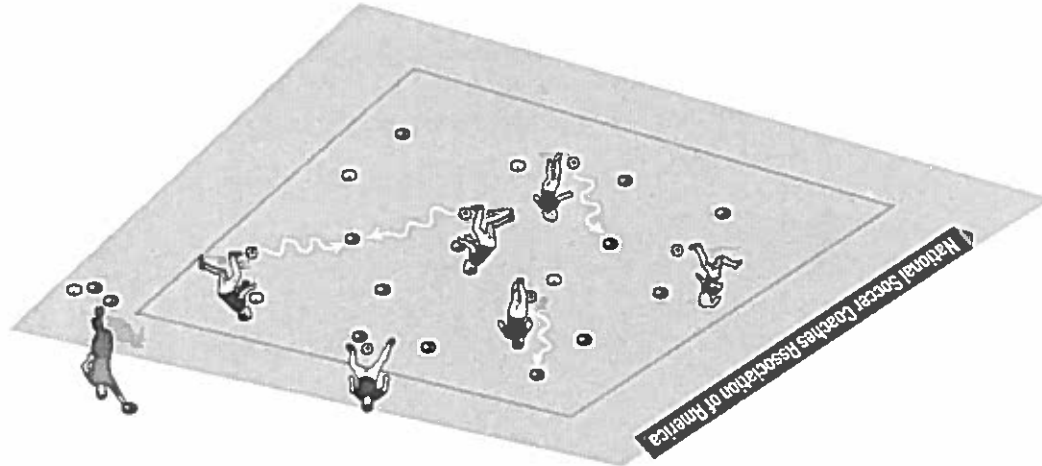
- + Main coaching objectives – develop player's vision and comfort on the ball.
- + Coaching tips – you can make the space smaller to make it more difficult for players or enlarge the grid to make it easier.
- + Adaptations – have another coach or parent also hold up cones so players have more than one person to look out for while dribbling.



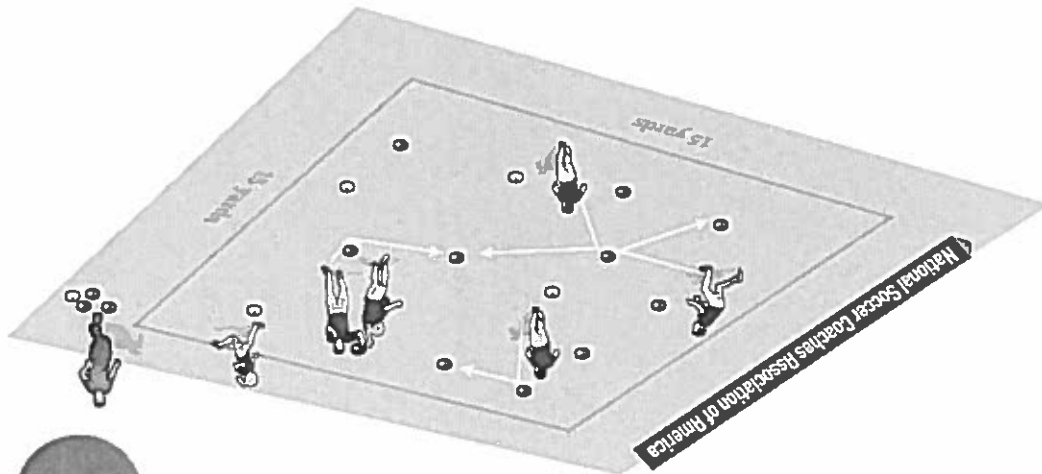
- + Players now accelerate to the cone.
- + Have a coach or parent also hold up cones.



- + When the coach raises a cone the players have to call out a fruit of that color.
- + Players dribble to a cone and perform 6 reps of a stationary move, i.e. toe touches.



- + Coach calls out a movement for players to perform.
- + Coach can ask players to give "high fives" to teammates.



HOW TO FEED YOUR DRAGON

RED

AGES COVERED BY ACTIVITY
 ages 1 & 2-3-8 year old players

KEYS & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

COMPETENCIES:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

A simple game that incorporates agility with goal scoring with the inside of the foot.

SET UP

25x25yd area. 3 small goals are set up in the middle of 3 sidelines. Balls are placed in the middle of the 4th sideline - inside a semi circle created with cones. Make sure there is at least 1 ball per player. A minimum of 10 gates (varying distances apart) are spread throughout the grid.

HOW TO PLAY

3 teams each stand next to a goal. The goal is the teams 'pet dragon' and the balls are food for the dragon. When the coach says "GO" the 1st person in each line moves through 3 sets of gates to 'power up'. After the players will then get a ball from the pile. The player is allowed to take 1 piece of food/ball and dribble it back near their goal before passing it into the dragon's mouth/goal. Once the first person has gone the next person in line will repeat the activity. Time teams and/or see which team feed the dragon the most.

COACHING NOTES

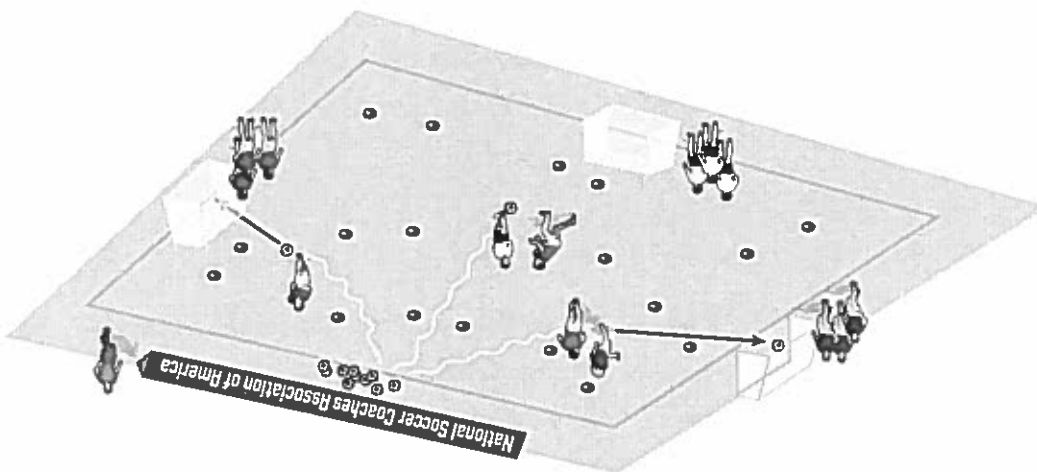
- + Main coaching objectives - warm players up with various movements; accuracy of finishing with inside of foot
- + Coaching tips - to get players finishing from farther away set up a shooting zone in front of the goal
- + Adaptations - players dribble back through 3 gates before shooting.



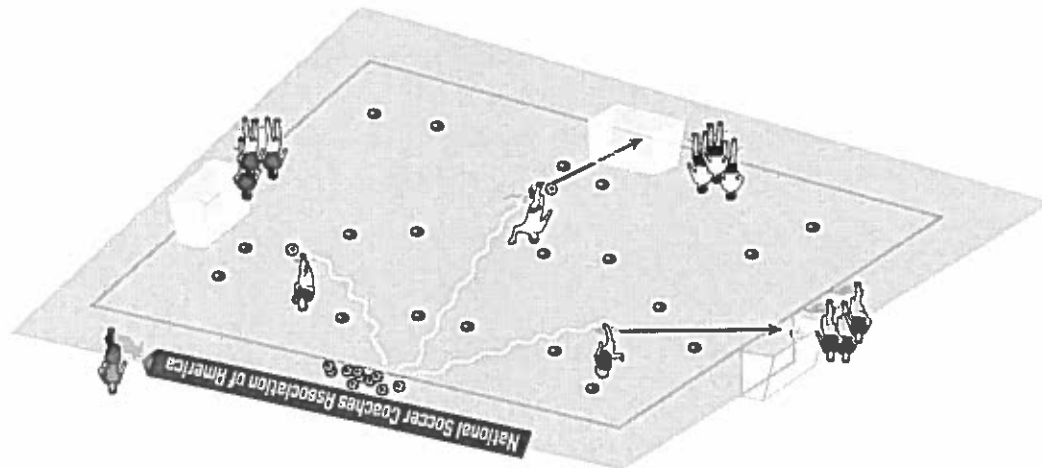
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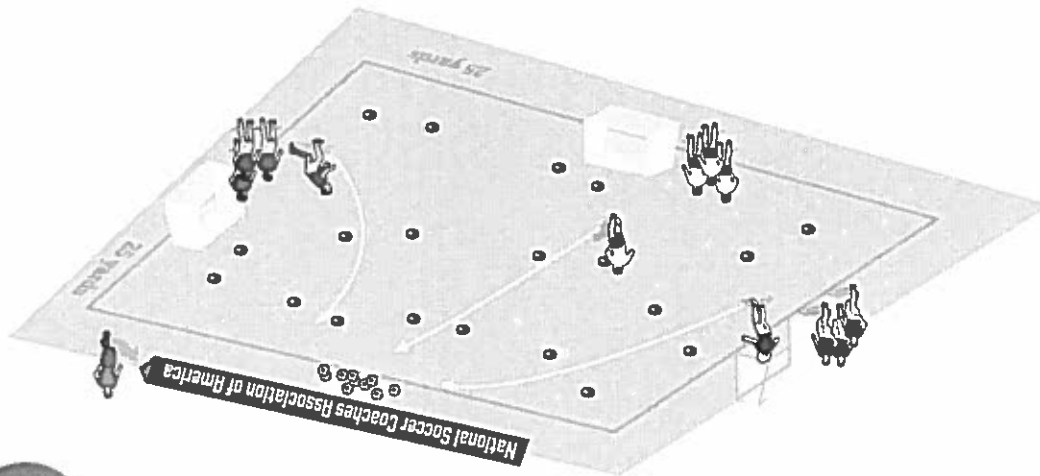
- + The coach can assign two players as bandits who act as passive defenders.
- + When finishing players must keep their head down and strike through the middle of the ball



- + Players must get the ball and then dribble back to their goal to shoot
- + Plant foot needs to point towards the goal when finishing



- + Coach assigns a different movement for each round of the game (logging, skipping, cartoca etc)
- + Players must move through three gates before getting a ball



ICE CREAM SCOOP CHALLENGE

yellow

TAGES COVERED BY ACTIVITY
 ages 2, 3 & 4-6-14 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This 1v1 game allows players to work on their defensive approach and stance. In addition this allows attacking players to practice moves to beat a defender.

SET UP

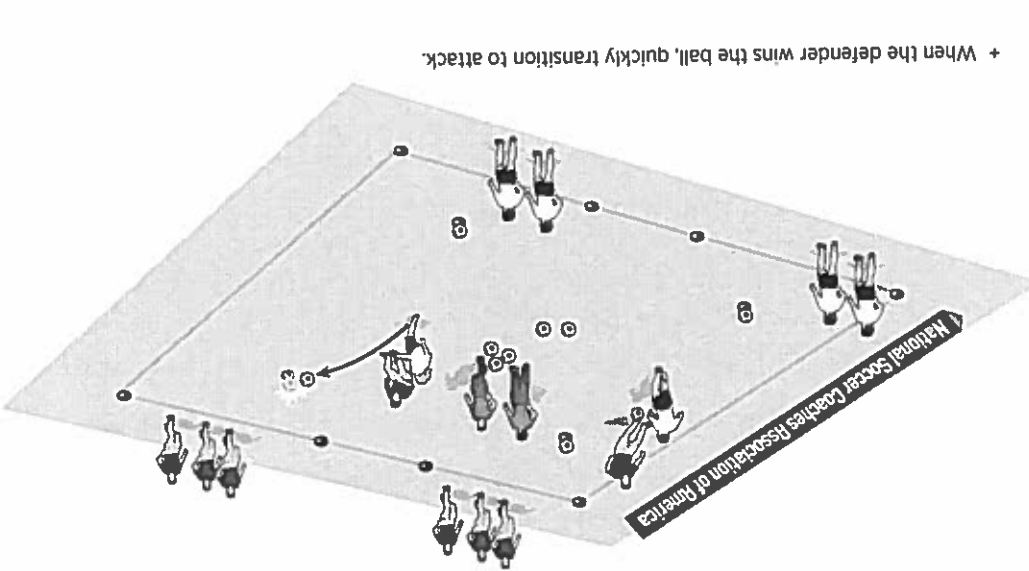
Create 2 - 10x15 - yard areas. Place a cone with a ball on top 2 yards off the end line of each grid. The coach will stand in the coaching channel between the two grids. Divide players into 4 groups with 2 groups starting on opposite end lines.

HOW TO PLAY

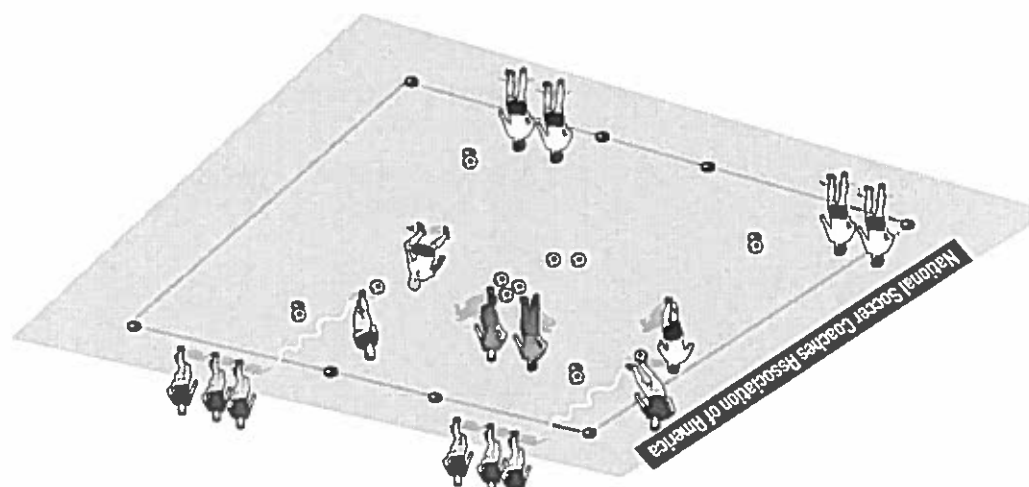
One side of the area starts attacking. The coach plays a ball into the attacking player. The attacking player attempts to beat the defender and pass the ball to knock the ice cream off the cone. If the defending player wins the ball they can try to knock the ice cream off the other cone.

COACHING NOTES

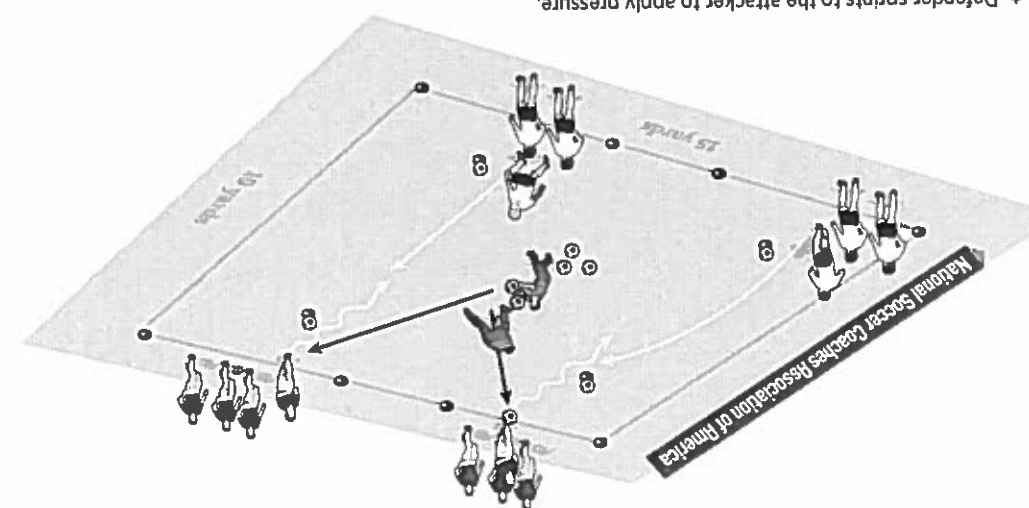
- + Main coaching objectives - can players recognize when to slow down and keep their body under control in order to keep the attacker in front of them.
- + Coaching tips - try to have lines be uneven so as to avoid players going against the same teammate.
- + Adaptations - this activity can build to 2v1 or 2v2.



+ When the defender wins the ball, quickly transition to attack.



+ Players should keep feet moving. + Attacker should attempt to keep the attacking player in front.



+ Defender sprints down to the attacker to apply pressure. + Attacker slows down to take smaller steps as they get closer.

ICE MONSTER

STAGES COVERED BY ACTIVITY
Stages 2 - 6-8 year old players

THEMES & COMPETENCIES

- Theme:
- + Dribbling and turns.
 - + Attacking as an individual.
 - + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This is a great game to introduce the idea of patience when defending and not diving in to win a ball.

SET UP

Create a 20x20 grid. 8 players each have a ball and are dribbling. 4 players (Ice Monsters), are each holding a colored vest. Eight gates of varying sizes are positioned in the grid.

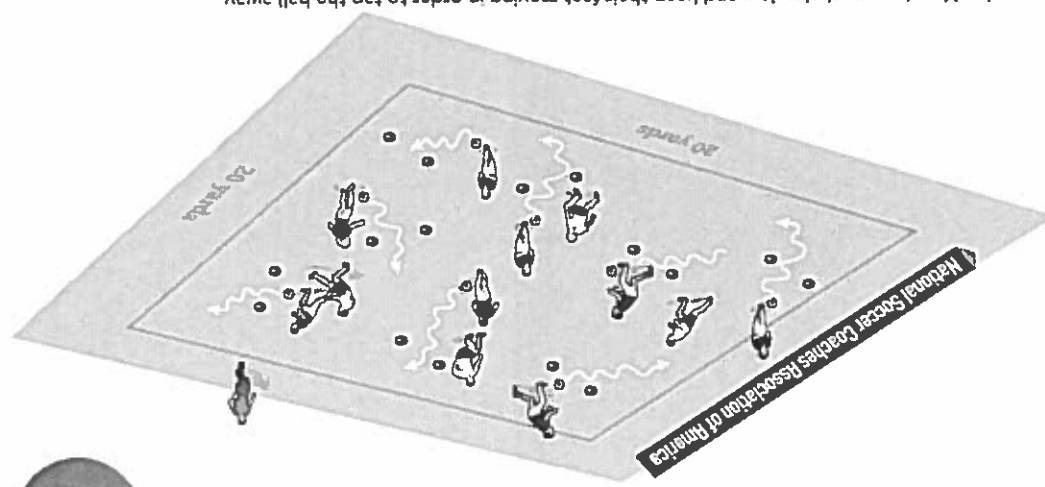
HOW TO PLAY

Players are on a frozen island. Players with a ball dribble around for 1-2 minutes to see how many gates (heaters) they can get through. The 4 Ice Monsters are trying to freeze players by tapping the ball of a dribbler with their foot. If a dribbler's ball is tapped by an Ice Monster they must freeze in place. Players are unfrozen when another dribbler comes up to them and does 4 toe touches on the ball to heat them up. Switch Ice Monsters every minute to two minutes.

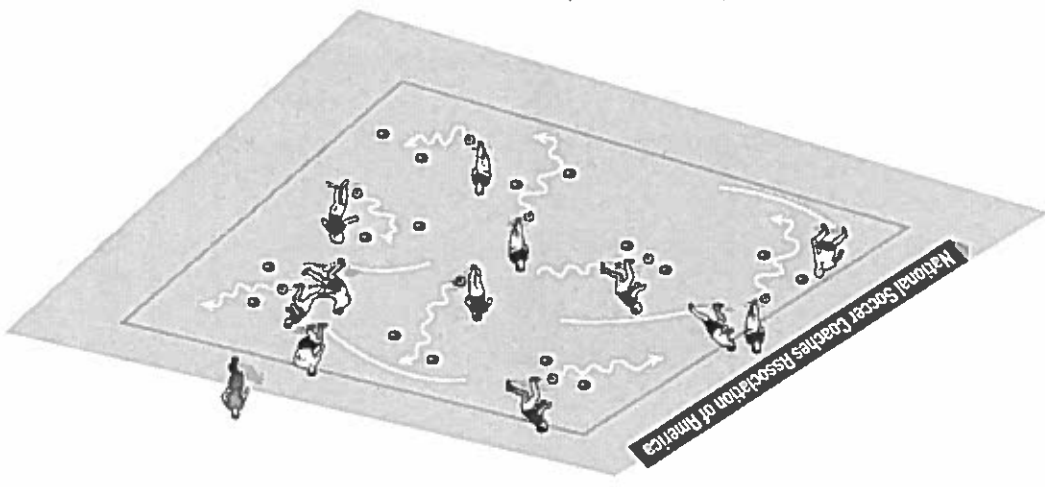
COACHING NOTES

- + Main coaching objectives - defenders must maintain control of their body and not just kick the ball away
- + Coaching tips - adjust the gate size to challenge the players
- + Adaptations - Ice Monsters hold the vest and now try to win the ball back. If they are successful they drop the vest and the person who lost the ball becomes the Ice Monster

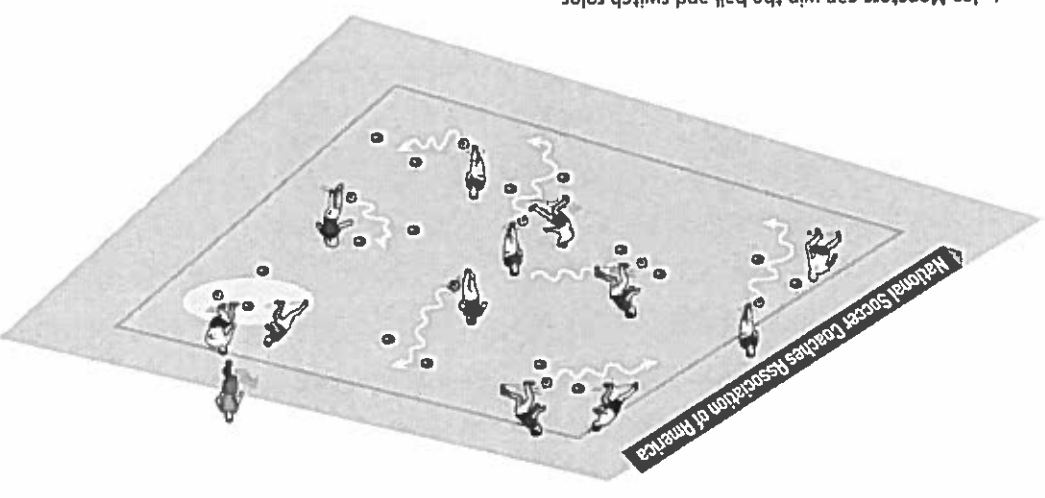
2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS



+ Ice Monsters must stay low and keep their feet moving in order to tap the ball away



+ Ice Monsters can work together to corner a player



+ Ice Monsters can win the ball and switch roles

ISLAND DRIBBLING



TAGES COVERED BY ACTIVITY
 tages 2 & 3- 6-11 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This activity develops player's confidence - using moves to beat a defender and improving player's vision

SET UP

20x25 playing area marked with cones in the corners. Use three cones to make a triangle or island and create 8 islands in the grid. Each player will start with a ball.

HOW TO PLAY

The first few rounds of play the players will try to dribble through as many islands as possible in 45 seconds. In subsequent rounds player will have to perform a move to beat or escape a defender in the center of the island: such as inside cut, scissor, step over, etc.

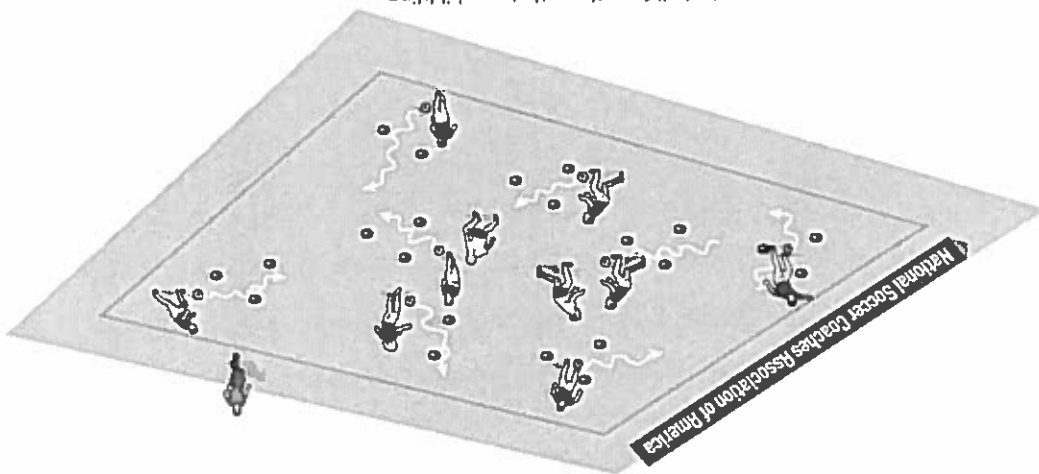
COACHING NOTES

- + Main coaching objectives - develop confidence on the ball and quickness when performing moves.
- + Coaching tips - the triangle/island encourages players to dribble in one side and out another side. Emphasize that players should accelerate after the move.
- + Adaptations - add two 'taggers' in the final stage to increase difficulty

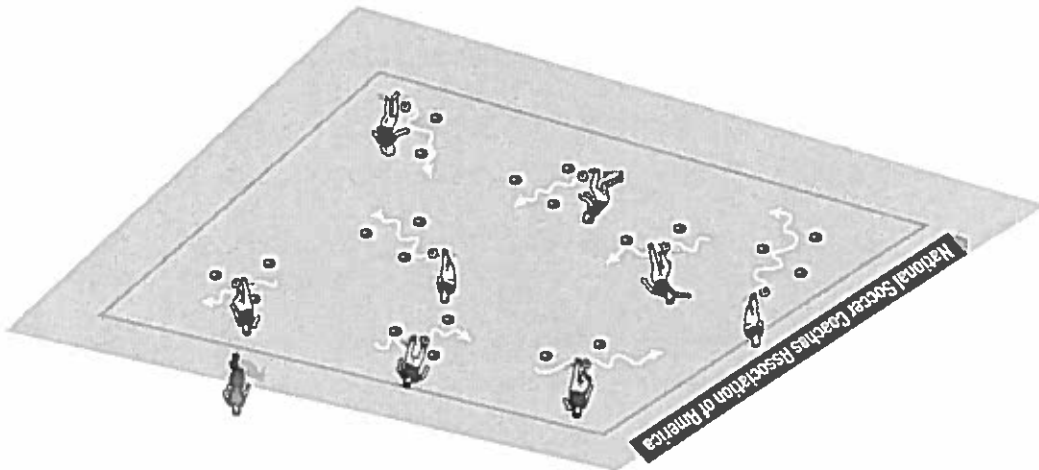


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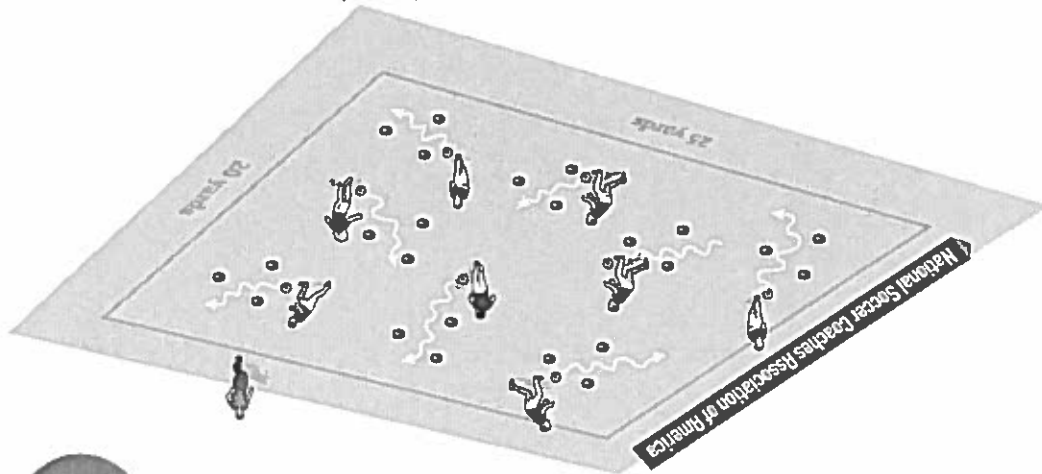
- + Have two players try to win the ball from those that are dribbling.
- + Once they win the ball they drop the training vest.
- + Players may stop on an island and are safe for 5 seconds from taggers.



- + Players now need to perform a move in the center of the island.
- + Coach can tell them the first few moves and then ask the players to come up with their own moves.



- + Players look to dribble through islands as fast as possible in 45 seconds.
- + Can players improve on their last score?



LINE DRIBBLE

STAGES COVERED BY ACTIVITY
Stages 2 & 3- 6-11 year old players

THEMES & COMPETENCIES

- Theme:
- + Dribbling and turns.
 - + Passing and receiving.
 - + Attacking as an individual.
 - + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.
- + Shooting technique.

WHY USE IT

This game is designed to give players repetition using moves to beat a defender.

SET UP

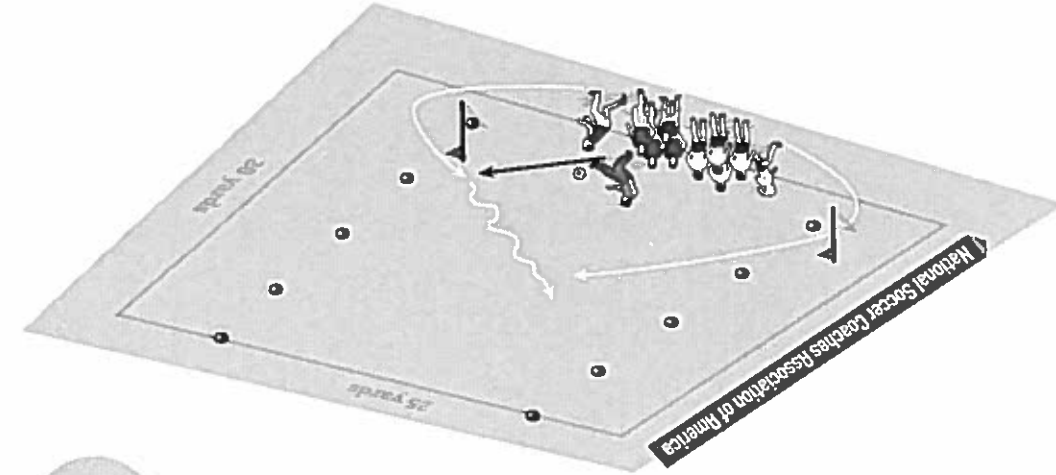
20x25 playing area marked with cones in the corners. Cones are also laid 5 yards off each end line to create end zones. Flags are also placed 10 yards from the center of the sideline where the coach stands. Players are split into two teams of six and each team wears a different colored vest. The coach is on the touchline with all the balls.

HOW TO PLAY

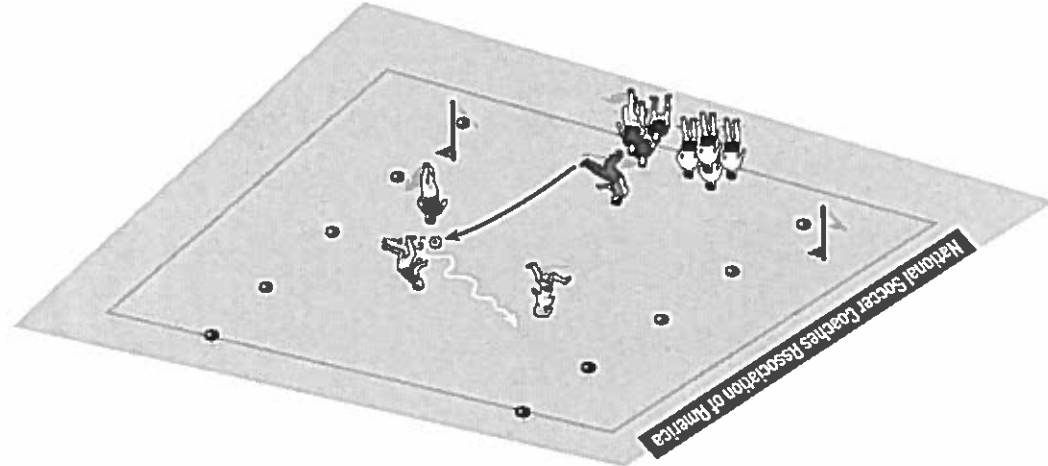
When the coach says, "Go" the 1st person in each line must run down to the flag on their side before entering the field. The coach plays a ball towards 1 player to create an attacking advantage. The player must dribble to the opposite end zone and stop the ball for a point. If the defending player wins the ball, she can score at the opposite line.

COACHING NOTES

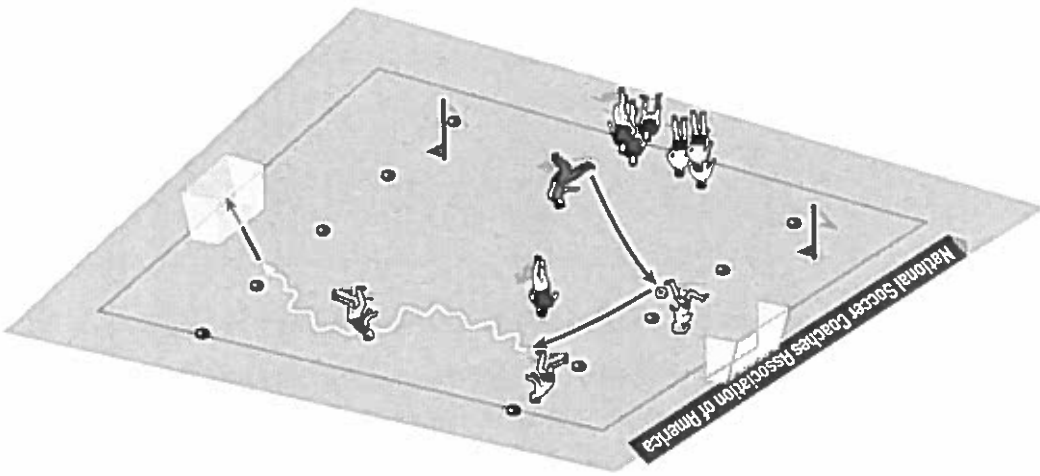
- + Main coaching objectives - players need to make a good first touch and attack the defender at speed.
- + Coaching tips - if the groups take too much time you can play a 2nd ball out for the next group to play simultaneously.
- + Adaptations - start to add numbers to the activity to create 2v1, 2v2, and 3v2 games



- + Coach says "Go" and first person in each line runs around their flag.
- + Player who last touched the ball brings it back to the coach.



- + Coach can now call out more than one player from a team. Ex. "2 blue and 1 white."
- + Have players leave the ball if it goes out of bounds or if they score.



- + Add a small goal at either end.
- + The coach can coach the players while they wait in line to play.

Yellow

MINUTE TO WIN IT

TAGES COVERED BY ACTIVITY
 Ages 2, 3 & 4-6-14 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

COMPETENCIES:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This activity focuses on players' speed and angle of approach when defending.

SET UP

Create a 20x20 grid. Players are in lines of 3-4 players in the corners of the area. There is a 2 yard gate goal in each corner of the field.

HOW TO PLAY

The first person in first line plays a ball across the area on the diagonal to line 3 and then runs to defend. If the player from line 3 can dribble through the 'gate' defended by the player from line 1, he/she earns a point. If the defender from line 1 can win possession, he/she has 2 options - 1) attempt to play back to his/her team for a point or 2) play it through the gate of line 3 for 2 points. Once the game has finished, the first player from line 2 plays the ball across to line 4 for a similar game. Play for 2 minutes and then switch roles.

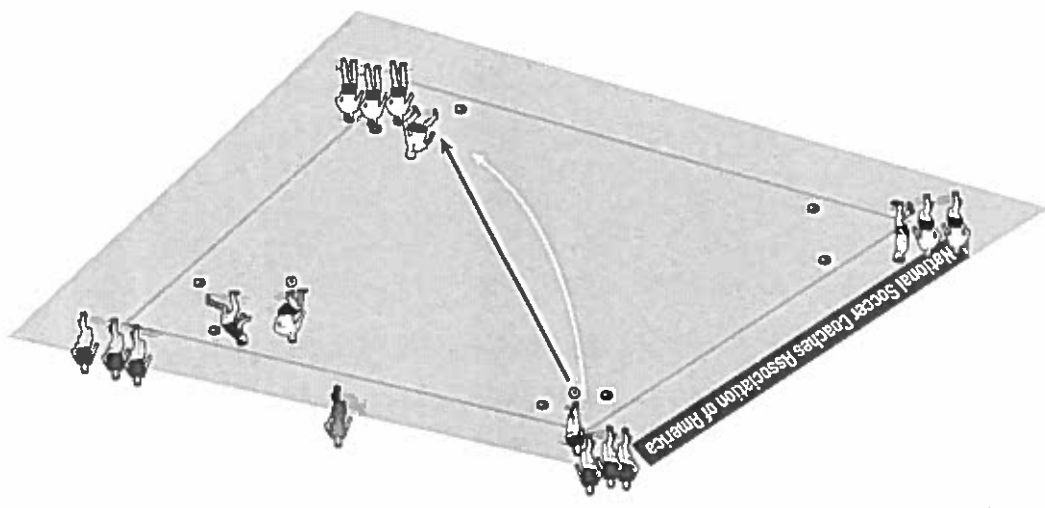
COACHING NOTES

- + Main coaching objectives -
- defenders angle of approach to force the attacker away from goal;
- defenders speed of approach
- + Coaching tips - create teaching moments and talk to players as they are waiting in line to allow for more repetitions
- + Adaptations - have more than one group play at the same time; or have a trigger word to stop play if players are static and not attacking the goal

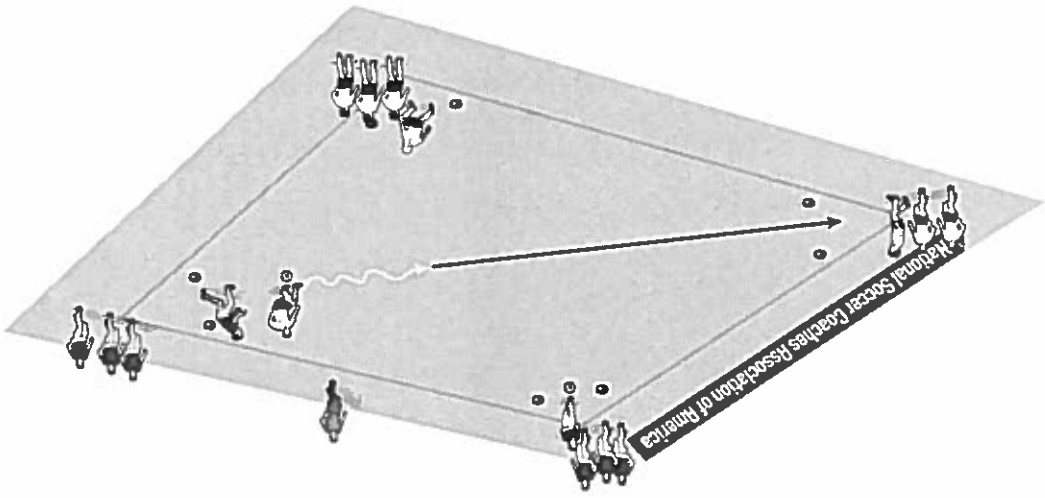


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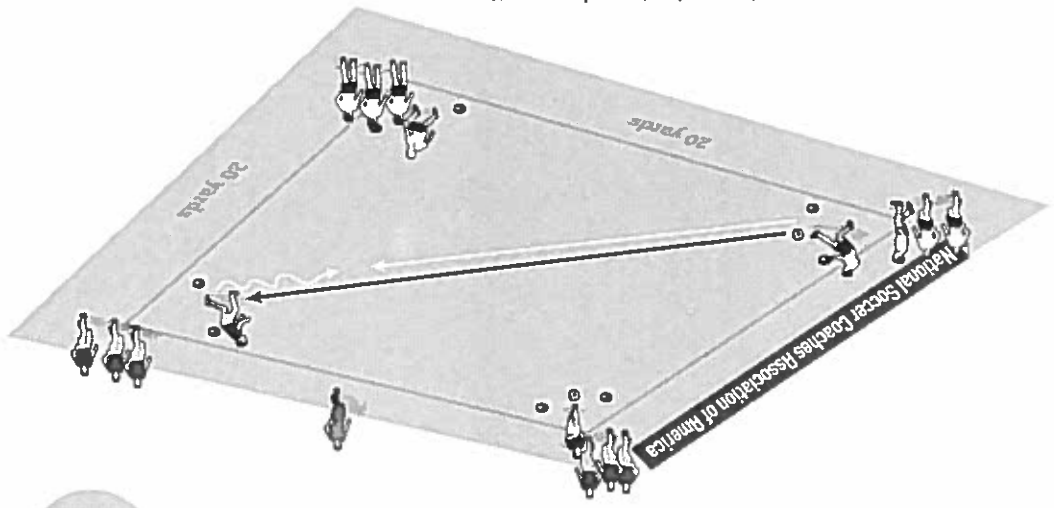
+ As two players are working, a second group can start to play to keep the game active.



- + The defender needs to read when the ball comes off the attacker's foot, so that they can win it.
- + If the defender wins the ball, he/she should look to see if they can penetrate to goal or play back to a teammate.



- + The defender sprints to the attacker to apply pressure.
- + Slow down and take smaller steps as the defender gets close to the attacker.



yellow

PIRATES TREASURE



Red

STAGES COVERED BY ACTIVITY
Stages 1 & 2- 3-8 year old players

THEMES & COMPETENCIES

- Theme:
- + Dribbling and turns.
 - + Attacking as an individual.
 - + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This game incorporates dribbling moves to beat a defender, turning, and body coordination.

SET UP

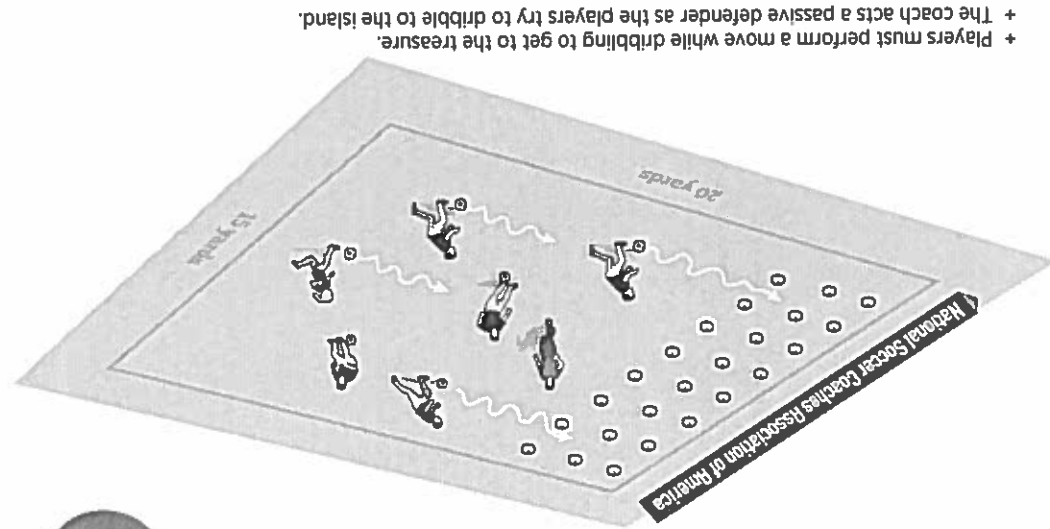
15x20 playing area marked with cones in the corners. 24 cones (gold) are positioned at the end of the grid (island). Each player with a ball will start on the opposite side of the grid. The coach is in the middle of the grid.

HOW TO PLAY

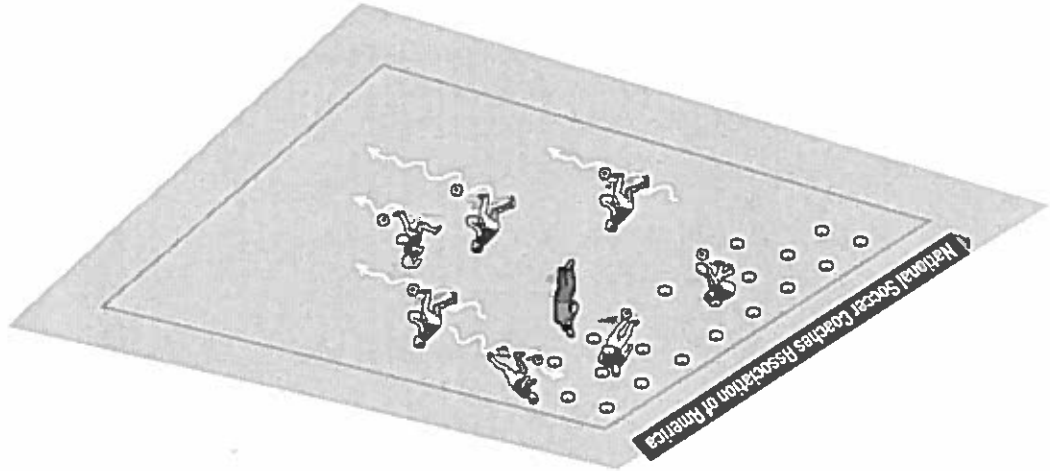
Players must dribble past the coach in the middle who acts as passive defender. When the players get to the treasure area, they must pick up one piece of gold and dribble back to the end line. Once all the gold is picked up the players can then dribble down with it and bury it back on the island.

COACHING NOTES

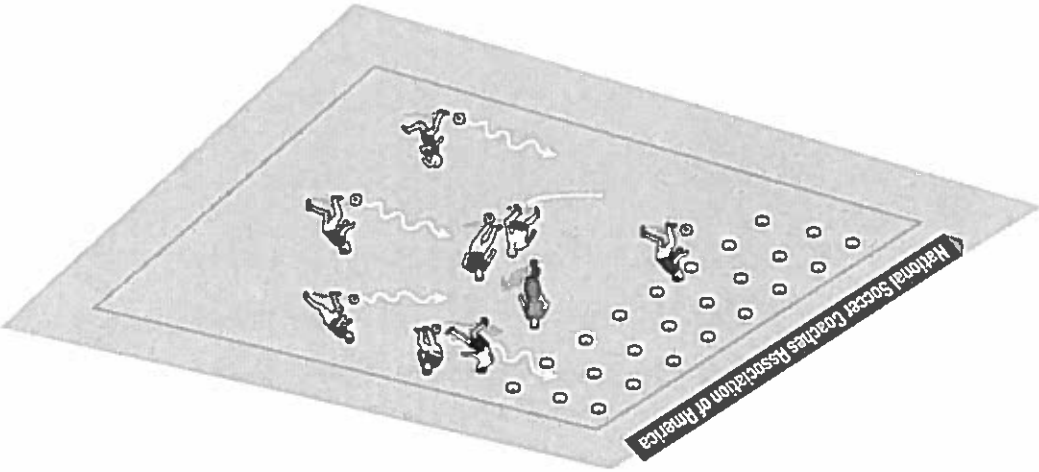
- + Main coaching objectives – players should look to time their moves to beat the coach; players should recognize the cues to take long touches to attack space vs short touches to set up a move.
- + Coaching tips – if there is not enough space have players dribble in two waves instead of one.
- + Adaptations – add more defenders who can win the ball



- + Players must perform a move while dribbling to get to the treasure.
- + The coach acts as a passive defender as the players try to dribble to the island.



- + The coach can now defend.
- + Players should recognize when they have space to take bigger touches.



- + Have 1-2 players act as defenders.
- + Once a dribbler loses her ball she joins the defenders.

POPCORN

STAGES COVERED BY ACTIVITY
Stages 1 & 2 3-8 year old players

THEMES & COMPETENCIES

- Theme:
- + Dribbling and turns.
 - + Attacking as an individual.
 - + Defending as an individual.
 - + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing and receiving.

WHY USE IT

Players learn how to shoot off the dribble using their instep.

SET UP

30x20yd area. 2 goals. In the middle there is zone the width of the space and 8-10 yards long. 2 teams wearing a colored vest. Every player starts with a ball in the middle zone. Players assigned a number 1-6. Goalkeepers in each net.

HOW TO PLAY

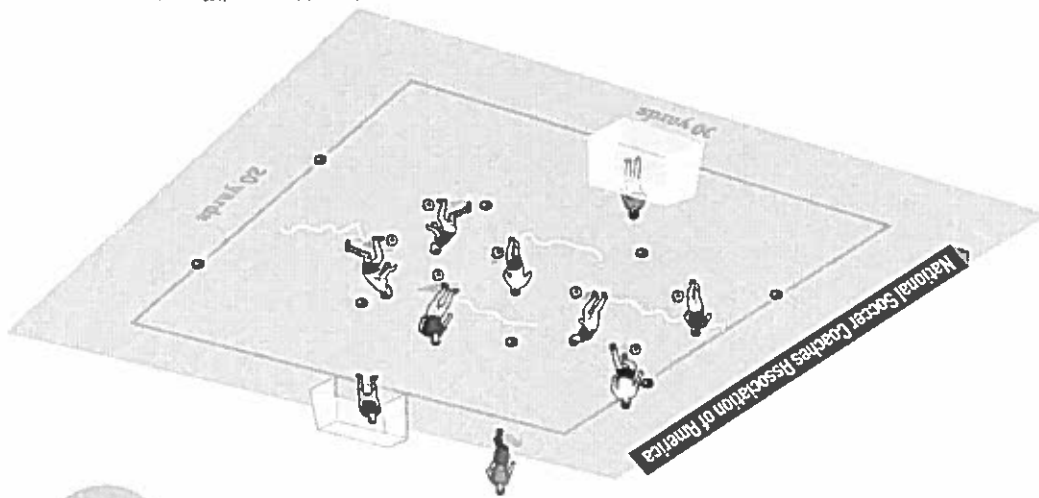
Story: Players are each an individual piece of corn and the middle zone is the popcorn pot. Teams are assigned to a goal that they will try to score on. Players dribble in the middle zone avoiding each other and heating up in the pot. The coach calls a number and players from each team must "pop" out of the pot (by dribbling) and then shoot on their goal. Coaches can see who can score the most goals in two minutes.

COACHING NOTES

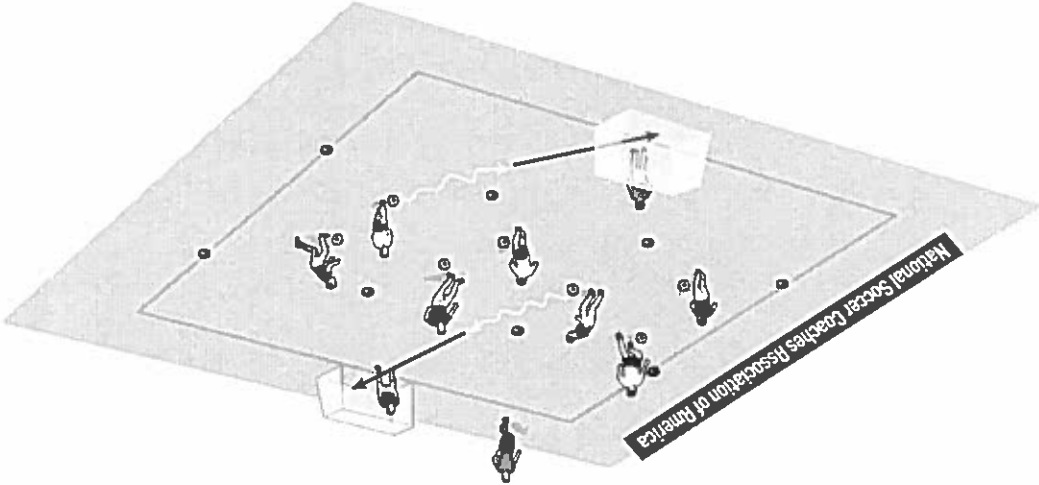
- + Main coaching objectives – players' shooting technique: toe down, ankle locked, knee over the ball and striking with their faces
- + Coaching tips – use parent volunteers to help collect soccer balls
- + Adaptations – coach calls out a color and a number, so that the player whose color is called is attacking their goal and the player with the same number on the other team must try to defend them.

2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS

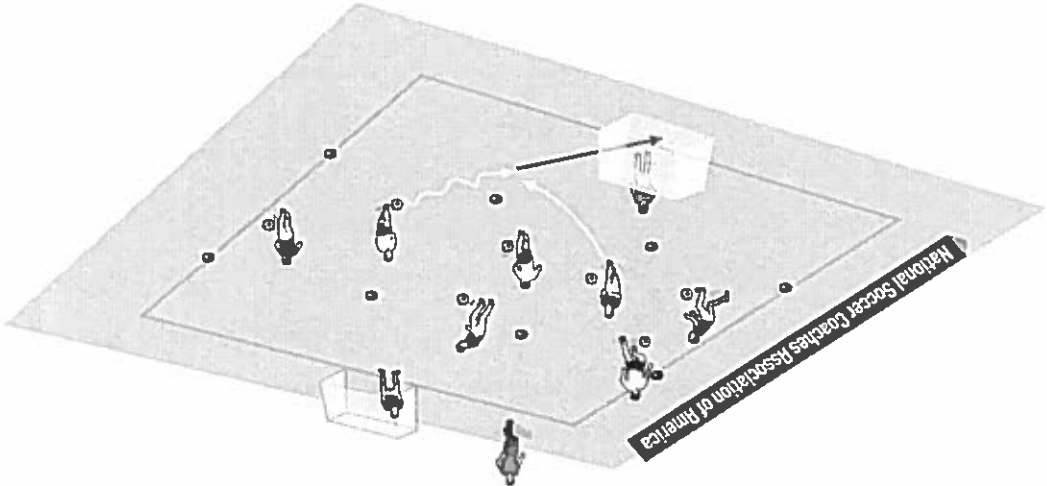
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- + Players dribble around the middle zone avoiding other players and working on different moves until their number is called.



- + When a player hears their number, they should make a clean move to turn to goal
- + Make sure that players have the ball under their knee or a little in front when shooting

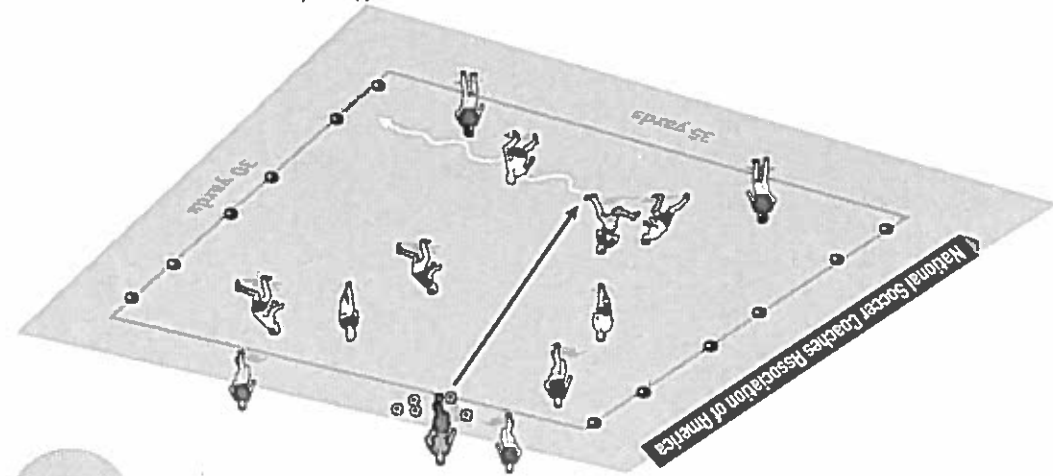


- + Make sure players are striking the ball with their faces and keeping their head down

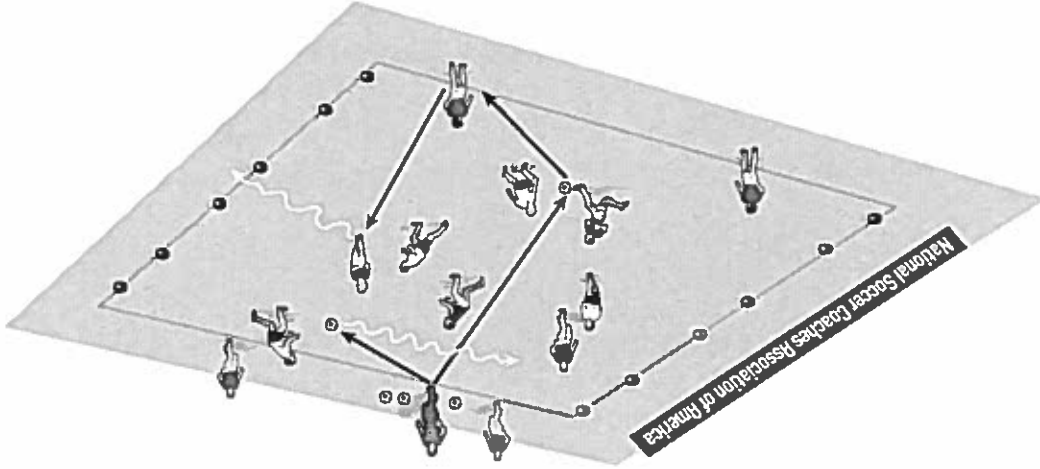


2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS

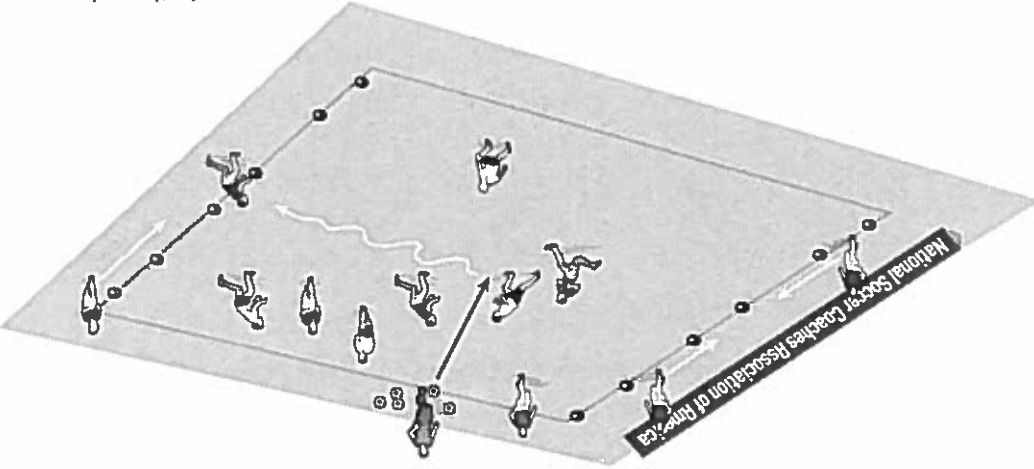
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- + Coach plays the ball in any time a goal is scored or a ball goes out of bounds.
- + Teams may play to the bumper team for support.



- + If there are players that are not active, the coach may play in an additional ball.
- + Coach should remind bumper players to move to support the play.



- + To increase the difficulty of the activity, allow the resting team to act as gate keepers for the goals.
- + They may step in and close off goals at varying times.

TAGES COVERED BY ACTIVITY

ages 2 & 3- 6-11 year old players

HEMES & COMPETENCIES

theme:

- + Dribbling and turns.
- + Passing and receiving.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

Using multiple goals allows for players to keep their heads up and find other scoring options. Players can dribble to penetrate to goal or recognize when to change direction.

SET UP

30x35 playing area marked with cones in the corner. 3 goals that are 2 yards wide are created on each end-line with cones. 12 players are placed on 3 teams, each with a different training vest. Soccer balls are with the coach on the side.

HOW TO PLAY

2 teams will play 4 vs 4 on the field and a third team acts as bumpers on the touch line. Teams will play for 2 minutes and then the bumper team will switch with a team on the field. The coach is the "boss of the ball" and plays in each ball.

COACHING NOTES

- + Main coaching objectives - decision making of when to dribble to penetrate; vision to see scoring options.
- + Coaching tips - play more than one ball in to get more players involved
- + Adaptations - instead of acting like bumpers the third team can stand behind the goals as gate keepers who take turns stepping into goals to close them off.



STAR WARS 3V1

PAGES COVERED BY ACTIVITY
 Ages 2, 3 & 4 - 6-14 year old players

HEMES & COMPETENCIES

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing and receiving.

WHY USE IT

Players must work together to create scoring chances in the box.

SET UP

20x35 yard area. Players are split into 2 teams. The attacking team and is 5 yards from the top of the box in teams of 3. The defending team forms a line on the endline. Add a goalkeeper. Coach is positioned near the attackers with the soccer balls.

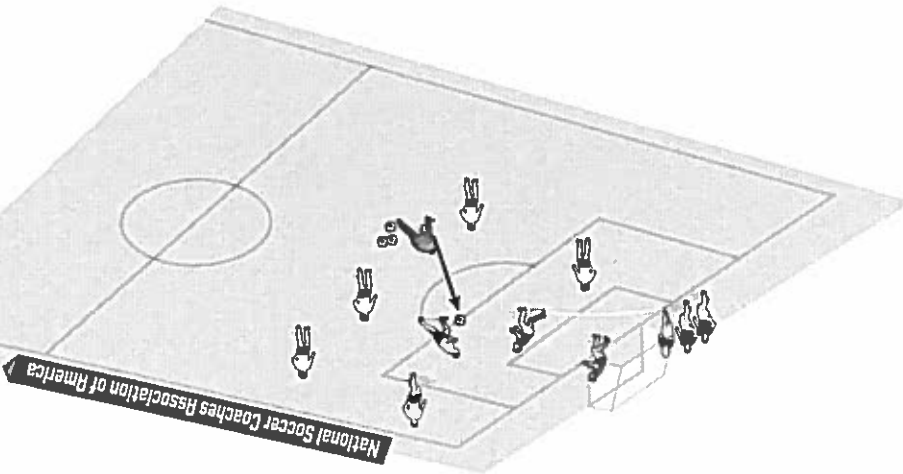
HOW TO PLAY

The coach plays a ball into one of the players at the top of the box. As the coach plays the ball the first person in the defending line will run out to defend 3v1. The attacking team works together to try and score on the big goal.

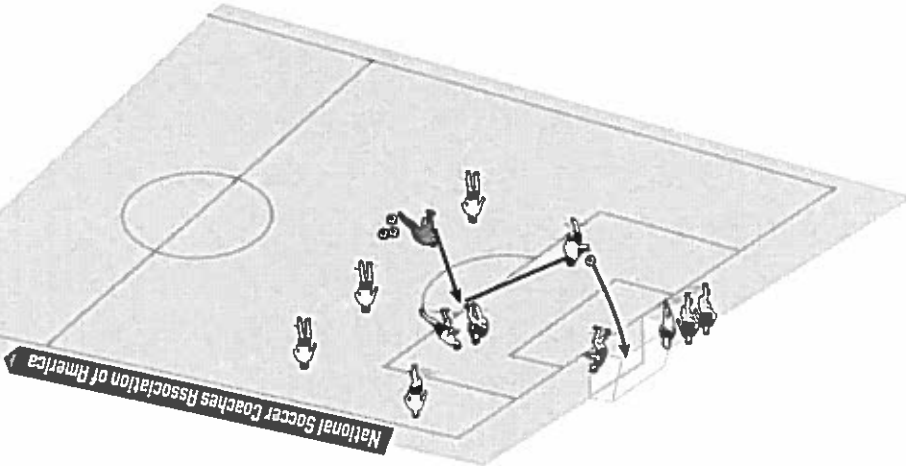
COACHING NOTES

- + Main coaching objectives - players body position when receiving; 1st touch is out from under them to set up a quick shot
- + Coaching tips - vary which line the ball is served into to involve more players
- + Adaptations - increase the difficulty by allowing another defender to enter once the attacker makes the first pass.

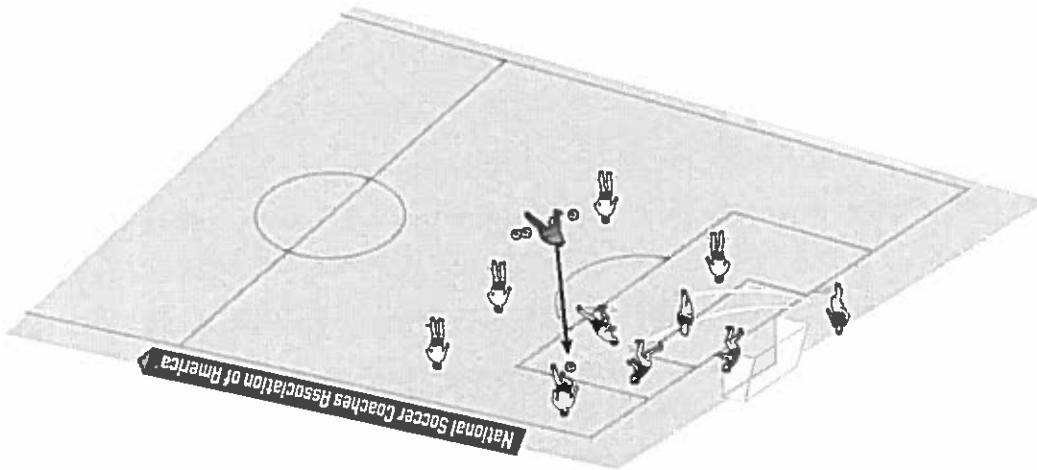
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- + First player to receive the ball should look to see if they can shoot immediately.
- + If the defender closes the shot, can the player pass to an open teammate?



- + Players must position their body to receive the ball so that they are facing the goal.
- + A player's first touch should be out from underneath them to allow for them to step and shoot.



- + Remind players to have their head over the ball when shooting and avoid leaning back
- + A second defender can join in after the first pass is made.



2ND STAGE OF DEVELOPMENT - PLAYERS AGE 6-8 YEARS

TRIANGLE GOAL GAME

Yellow

PAGES COVERED BY ACTIVITY
 Ages 2, 3 & 4 - 6-14 year old players

HEMES & COMPETENCIES

- + Attacking as an individual.
- + Passing and receiving.

COMPETENCIES:

- + Beating an opponent.
- + Escaping an opponent.
- + Passing and receiving.

WHY USE IT

This game creates continuous shooting opportunities and allows teams to work together to create shooting angles.

SET UP

A 5x35 yard grid marked by cones in the corner. A triangle goal is in the middle of the grid with flags 3 feet apart. Players are split into two teams of 5 and there are two goalkeepers defending the three goals created by the triangle. (Parents may also be used as goalkeepers if needed.) The coach is positioned in one corner with all the soccer balls.

HOW TO PLAY

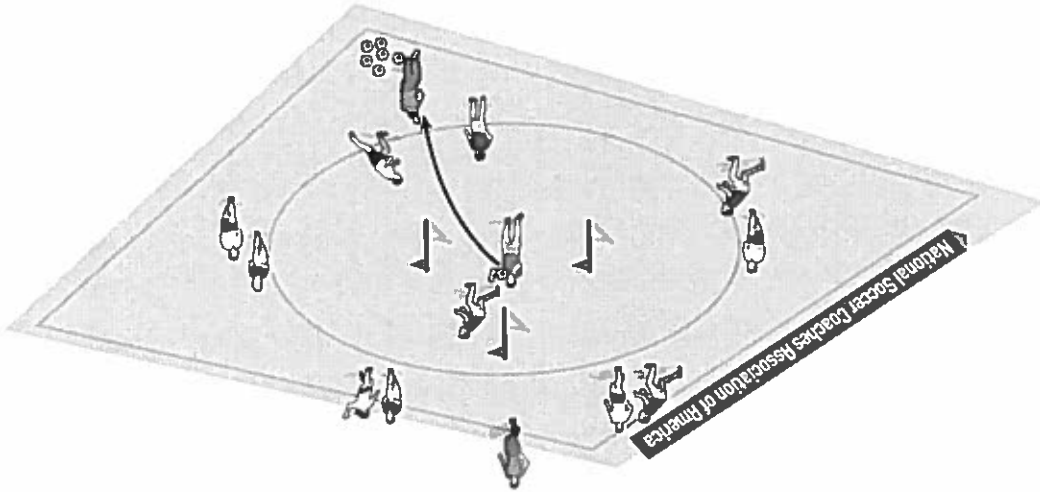
The coach plays a ball into one of the teams. The teams can shoot through any side of the triangle goal. Goal is worth 1 point. The ball remains in play once it goes through the triangle and it is available for whichever team wins it. If a keeper saves the ball, they distribute it to the coach. The coach can keep track of goals scored and saves made to create a competition between the two teams and the keepers.

COACHING NOTES

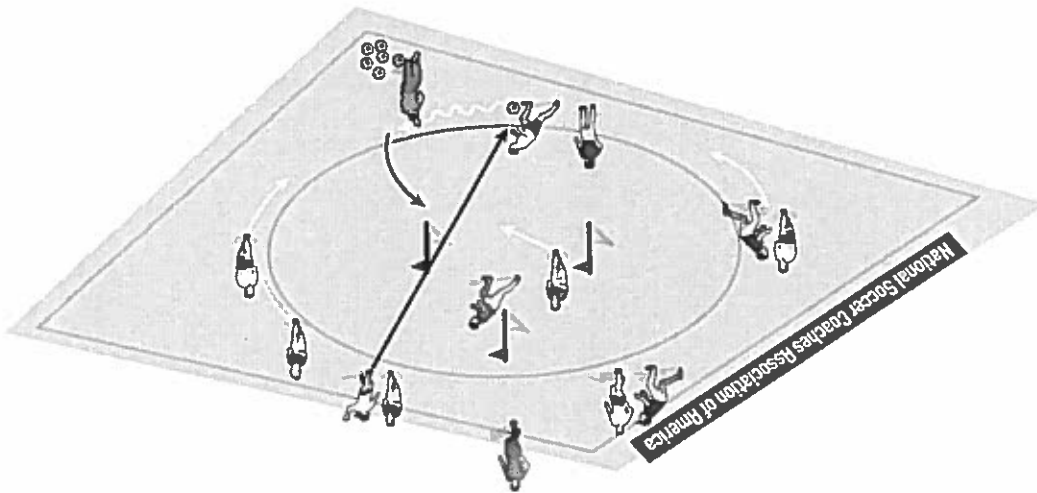
- + Main coaching objectives - 1st touch to set up a shot; movement from players to create scoring chances.
- + Coaching tips - create a 5 yard area out from the goal, so that players are not shooting too close to the keepers.
- + Adaptations - to create more scoring chances add 1-2 neutral players.



- + If a keeper makes a save they should throw the ball to the coach



- + The player receiving the ball from the shot needs to cushion the ball on the ball.
- + Players without the ball should look to move to support the player on the ball.



- + Players must pass the ball to find an open shooting angle.
- + The toe should be down, ankle locked and knee over the ball when striking it with the laces.

