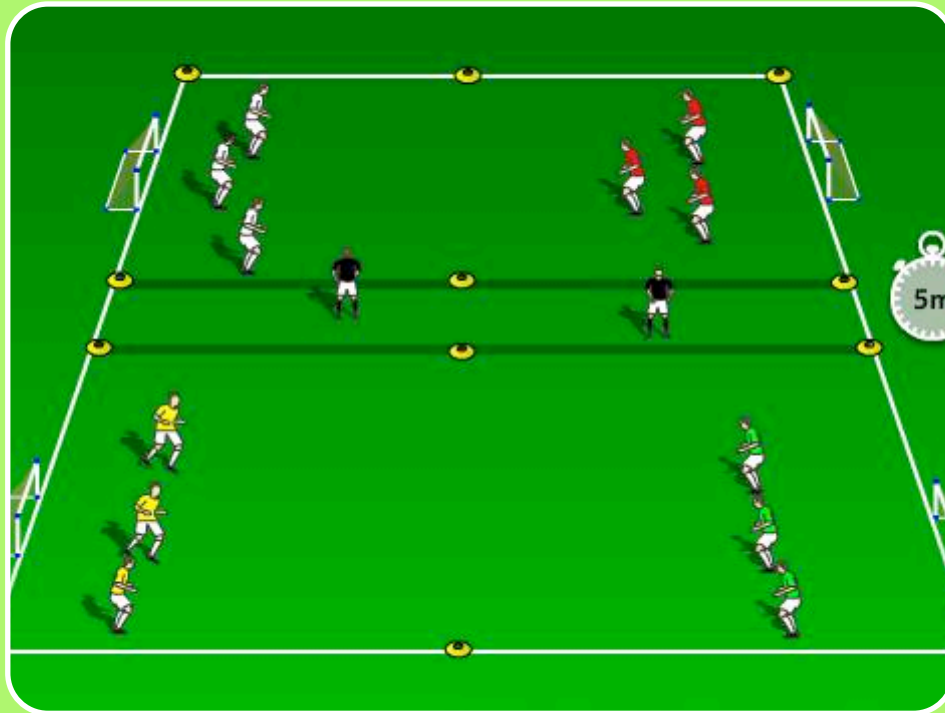


# Training Program

Mike Barr, Director of Coaching  
Gary Stephenson, Assistant Director of Coaching



## Under 6 Six week Plan

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## How to Organize Your Team

*Coaches,*

We are providing a more refined coaching curriculum to address the ages U6 to U12 for 2015 and 2016. We feel it is important to develop technical objectives for these age as well as incorporating group and team tactics at the older ages. We recognize that development varies from child to child and feel it is important at the younger ages to realize the potential in every child and provide appropriate instruction. Plan to have objectives for the year that reflect the skill level of the team your coaching. Here are a few general objectives for the U6 to U12 player:

### U6 Player

- Recognition and use of both feet and hands
- Recognizing roles and expectations in transition.
- Developing comfort with the ball through dribbling with different surfaces of each foot.



# Goal/Objectives Setting

By Gary Stephenson & Mike Barr



## Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

### Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

### Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

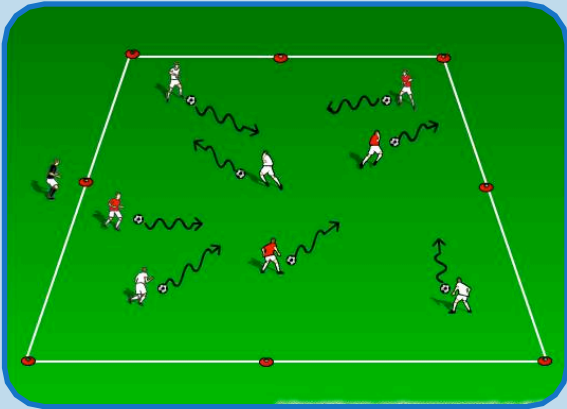
## TECHNICAL WARM-UP

### All the Surfaces - Ball Manipulation

**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then dribble with that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Guided Questions:

What part of the foot can we use to dribble? Where should we dribble the ball? Where should you look to dribble the ball?



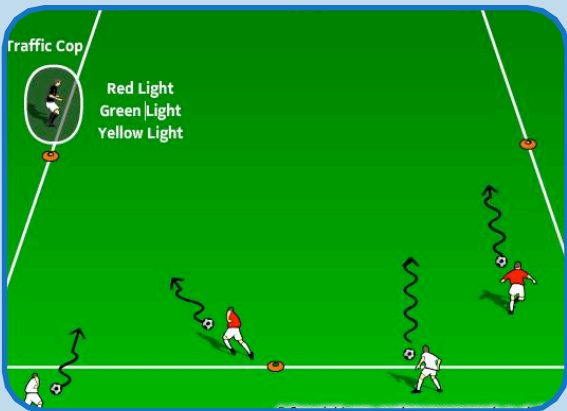
## SMALL-SIDED ACTIVITY

### Red Light/Green Light:

**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Players start at one end of the space and race to the opposite end with the ball. Coach is the traffic conductor Red light = Stop & players put their foot on the ball. Yellow light = Slow down & players must dribble slowly Green light = Go & player dribble down the field Speeding Ticket = if 1 player gets caught speeding, and cannot stop them ball. Run over to the conductor with the ball. Step out of the game, and pay for the ticket with toe touches or juggles

Guided Questions:

What parts of the foot can we use to stop the ball? Where should we looking dribbling? What part of the foot can we use to go fast? slow?



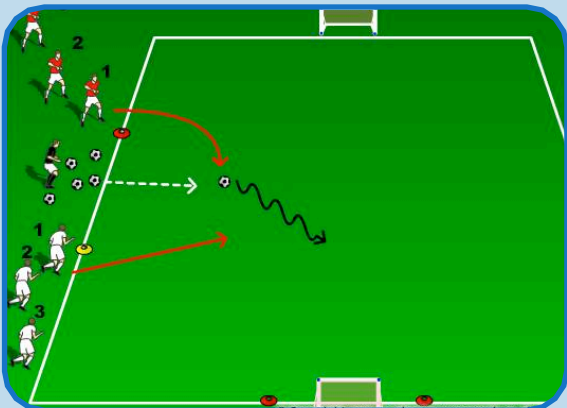
## SMALL-SIDED ACTIVITY

### Slot Machine Match-ups

**TRAINING AREA** = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Guided Questions?

What parts of the foot can we use to stop the ball? Where should we looking dribbling? What part of the foot can we use to go fast? slow? What should you do when you are close to goal?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



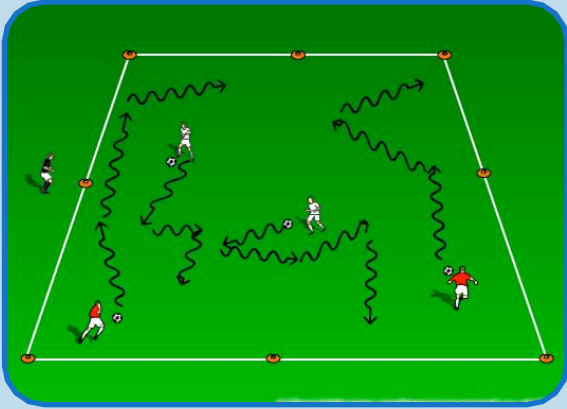
## TECHNICAL WARM-UP

### Spell your name/Paint the grass

**TRAINING AREA** = 20W x 30L. Each player has a ball at their feet in the space. Players should dribble throughout the space trying to "paint" the various parts of the field, or spell their name.

Guided Questions:

What part of the foot do we use to dribble the ball? What part of the foot do we use to turn with the ball?



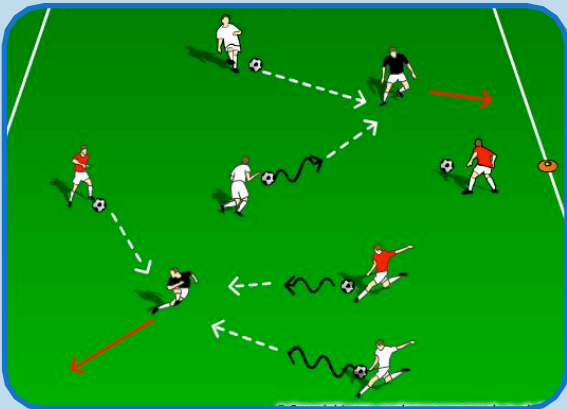
## SMALL-SIDED ACTIVITY

### Kick the Coach

**TRAINING AREA** = 20W x 30L. Each player should have a ball at their feet. Players are to dribble around and try to "kick the coach" = pass the ball into the coach (below the knee). Points are scored for hitting the coach. Play for time - record scores

Guided Questions:

What part of the foot do we use to pass the ball? What part of the ball do we strike to pass the ball?



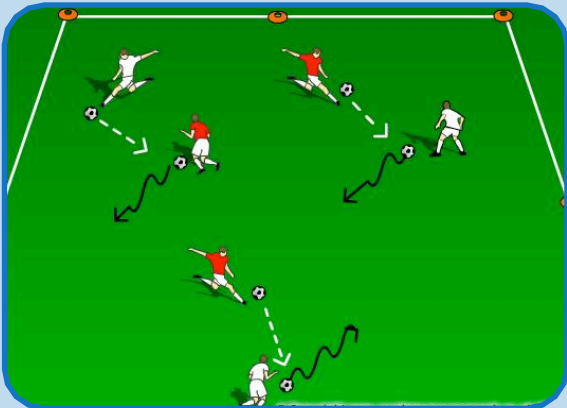
## SMALL-SIDED ACTIVITY

### Ball Tag

**TRAINING AREA** = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and try to hit someone else's ball by passing their ball into the other ball. After they have tagged someone's ball, then should try to tag someone else. Players cannot tag the same player twice until they have tagged everyone.

Guided Questions:

What part of the foot do we use to pass the ball? What part of the ball do we kick to pass the ball? Where should we try to pass the ball?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



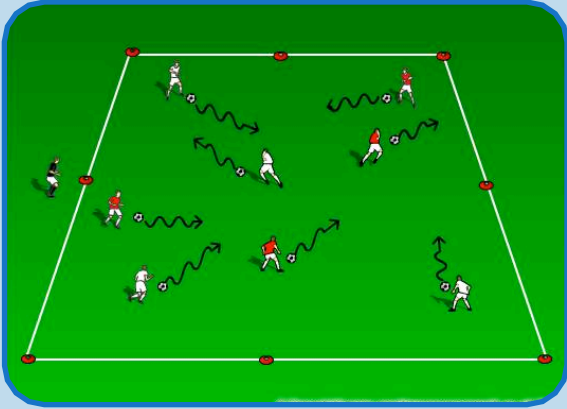
## TECHNICAL WARM-UP

### Body Part

**Dribble TRAINING AREA** = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and touch their body part to the ball on coach's command: EX: elbow, hand, knee, foot, head, tummy, etc

Guided Questions:

What part of the foot can you use to dribble? Where should the ball be while you are dribbling? Where can you look while dribbling?



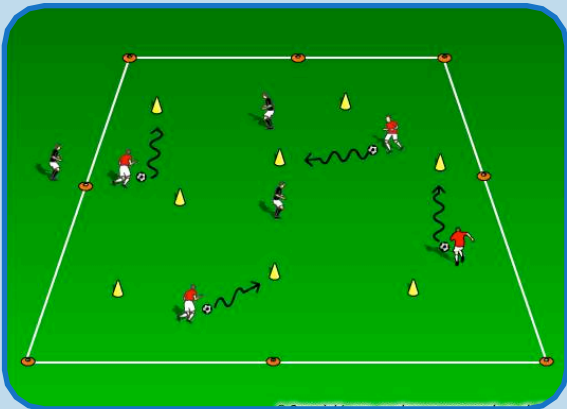
## SMALL-SIDED ACTIVITY

### Cone Destruction - Builders & Breakers

**TRAINING AREA** = 20W x 30L. Place 8-10 tall cones throughout the space. 3/4 (75%) of the players should be in pairs with one ball between them (breakers). The other 1/4 (25%) of players are without balls (builders). **BREAKERS** = The players with the ball should try to dribble/pass into the cones and "knock them over." **BUILDERS** = Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time. \*\*Coach should select builders & breakers

Guided Questions:

What part of the foot can you use to dribble? Where should the ball be while you are dribbling? Where can you look while dribbling?



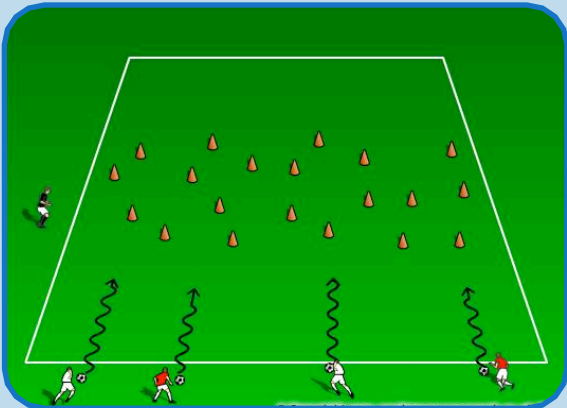
## SMALL-SIDED ACTIVITY

### Cone Maze

**TRAINING AREA** = 20W x 30L. Place 10-20 cones in random pattern in the middle of the field. Each player should have a ball at their feet. Line players use on one end of the field. When coach says "GO!" they should race to other side of the field with their ball. Try to avoid knocking over the cones. If you hit a cone you receive a strike. (3) strikes and you are out! Earn your way back into the game by running over to coach and performing toe taps or juggles. The player who does not hit a cone wins

Guided Questions:

What part of the foot can you use to dribble? change direction? Why should you keep your head up while dribbling?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



## TECHNICAL WARM-UP

### Gates Dribble

**TRAINING AREA** = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Each player should have a ball at their feet. Count the number of gates dribbled through in a specific amount of time (1 minute). Players have to go through each gate once before the can go through the same gate again. Variations -  
-R foot only -L foot only -Inside foot dribble -Laces dribble

Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

### Base Tag

## SMALL-SIDED ACTIVITY

**TRAINING AREA** = 20W x 30L. Place (4) bases made up of 3 cones (4x4x4) throughout the space. Designate a groups of player who are "it" to begin the game. The players who are it, are without a ball. Those who are not it have a ball. Only (1) player can be in a base at a time. If you are in a base, and someone new comes into the base you get "bumped" out. If you get tug outside the base, run over to coach to perform ball skills to enter the game again (juggles or toe taps #). After 2-3minutes, there is no re-entry once tug. Players rest outside space. Coach need to reduce the bases 1 by 1 to ensure there are fewer bases than players remaining.

Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

## SMALL-SIDED ACTIVITY

### Slot Machine Match-ups

**TRAINING AREA** = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Guided Questions?

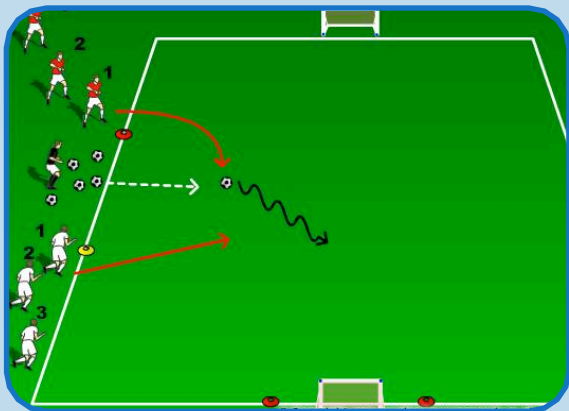
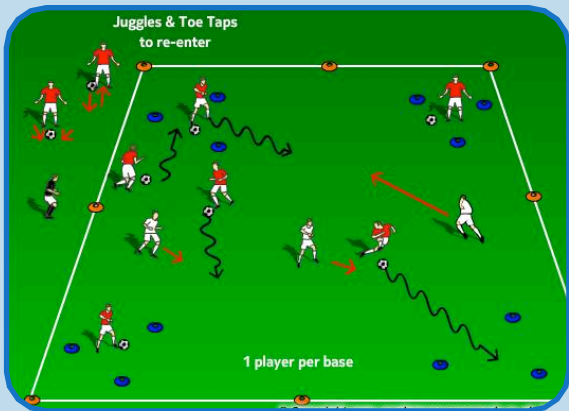
\* What part of the foot should you use to dribble? Shoot? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

## GAME

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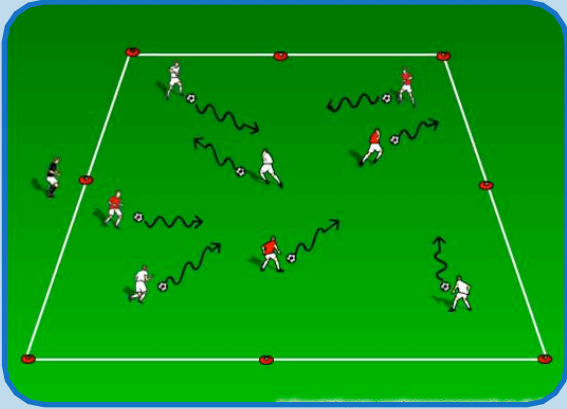
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Guided Questions:

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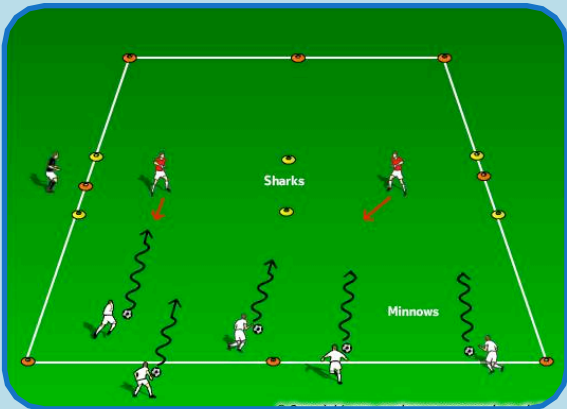
## SMALL-SIDED ACTIVITY

### Sharks & Minnows

**TRAINING AREA** = 20W x 30L. Build a middle channel 20W x 5L. The sharks have to stay in their deep water channel and try to kick the balls away (out of bounds). The minnows need to cross over the deep water channel with their ball. If their ball gets kicked away they become a shark. Winner = last minnow with their ball

Guided Questions:

Where can you dribble to avoid the sharks? What type of touches can you take to avoid the sharks? When should you try to cross the deep channel?



## SMALL-SIDED ACTIVITY

### Pacman

**TRAINING AREA** = 20W x 30L. Place the balls in a circle cone box. (1) person is Pacman (coach starts as pacman). Dribble the ball and try to pass the ball into someone's legs below the knee. If they are hit they become pacman as well. Play until the last person is hit. The winner starts as pacman

Guided Questions:

What part of the foot do you use to strike the ball? Where should you strike the ball to pass it into someone? Where should you head be while dribbling the ball?



## GAME

### Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above

