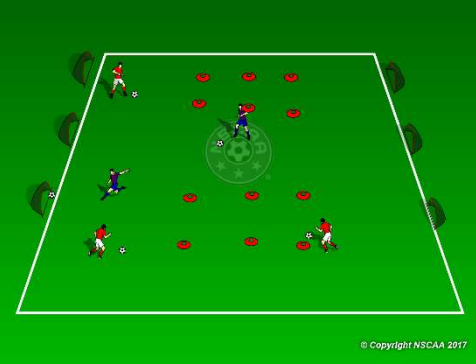


COACH: Age Group Week 1

TEAM: U5 Team

DATE: Fall 2017


TOPIC: Dribbling Straight and fast

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP 5-10 minutes</p>  <p>© Copyright NSCAA 2017</p>	<p>Start with a game of tag in a 15 X 15 box. Use the two boxes as a home base. Start with coaches being it. If a player is tagged, he or she is also it.</p> <p>Next have players put Pinnies in their shorts in back. With ball dribble across and score before coach steals a pinny. If lose a pinny the player joins coach.</p> <p>Have a discussion about dribbling surfaces of the foot top of the foot for speed, insides/outsides for turning (penguin dribbling)</p>	<p>Tag gets them moving and energized for the play and eases separation.</p> <p>Objectives: Get them moving with the ball. U5/6 only really look forward. Concrete objects as targets (goal) are a beneficial. They do not see lines between cones, so expect them to run outside of the box.</p> <p>Due to motor skills, using the toe is easiest for them to dribble and kick. Demonstrate and get them working the toe down for Dribbling with the top surface. Explaining it makes them go faster may be a motivator.</p> <p>Demonstrate insides/outsides for turning only to show how you go faster with the top surface.</p> <p>Demonstrate roll back as a cool trick. It will help with the next game.</p>
<p>Polar Bear/Sleeping Dragon's Eggs</p>	<p>Polar Bear: Coach is at one end of 15 X 20 Grid. Players with ball line up at other end. Players dribble to Polar Bear (coach) and try to get as close as possible without waking the bear. When the coach/bear wakes the players turn and try to score before the polar bear steals their ball. If your ball is stolen you become a polar bear with coach.</p> <p>Sleeping Dragon's eggs. Divide into 4 teams and put goals in the corners of a 20 X 20 grid. Coach is in the middle with all the balls (eggs). Players run into the middle to steal an egg and score in their goal. Object is to get as many eggs in your basket. If coach tags you or steals the ball back, you become a Dragon helper. When all the balls are gone, start over. (best if you use extra balls which will be in the shed)</p>	<p>Objective:</p> <p>Polar Bear: Dribbling to is measured and the ball is close to be able to "roll Back" quickly then dribble with speed.</p> <p>Dragon eggs: The roll back move allows the player to do a 180 real fast and then dribble for speed.</p>

COACH: Age Group Week 1

TEAM: U5 Team DATE: Fall 2017

TOPIC: Dribbling straight and fast.

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p> 	<p>In 15 X 15 Box. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.</p> <p>Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.</p> <p>At end ask how many scores were made and talk it up.</p> <p>If have a number of U7/8, break them out for 3 v 3 games with 2 or 4 goals.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p>

COACH: Age Group Week 2

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Turning


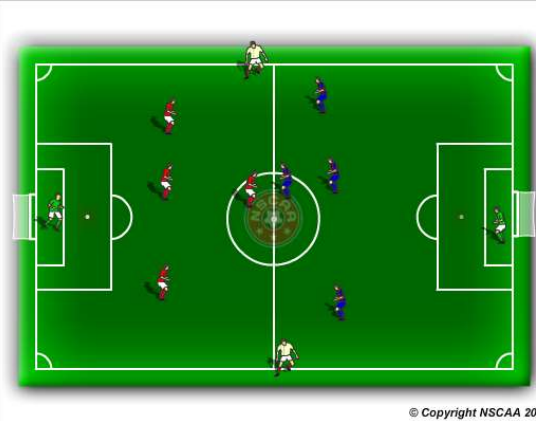
STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
Warmup 5- 10 minutes	<p>Chain Tag, Start with the coach as it. In 15 X 20 box play tag, no home base this time. If you are tagged, you have to hold the coaches hand and the two of you must tag another. IF that player is tagged, they join the chain.</p> <p>Play once or twice and discuss turning to get away from the chain. Then discuss how to turn with the ball and demonstrate. Have the players all practice dribbling and turning using inside and outside of the feet.</p> <p>Play chain tag again, this time dribbling. (The chain does not have a ball)</p>	<p>Since the chain runs slower than an individual, it is a good way to adding only a little pressure to the dribbling.</p> <p>Turning, Using the inside of the foot. Again motor skills it may be difficult for them to swing the leg out to cut the ball left or right. Turns would thus be more of half turns not the full on cuts of older players. Just understanding the penguin dribble and getting the turn started is a good objective.</p> <p>Focus on keeping the ball close so the player can turn it when he/she needs to.</p>
Musical Pinnies/Foxes & Hounds in the forest.	<p>Musical Pinnies: 20 YD Circle (Start with same # of pinnies as players dispersed inside circle) Have the players dribble around the outside of circle. Direct them to dribble in various directions and to stop every once and a while with a different body part. Randomly tell them come stand on a pinny. Send them out and pick up one or two pinnies. Do it again, then quickly send them out to do it again.</p> <p>Foxes & Hounds: 20 by 20 Box with multiple small triangles inside. (The triangles are trees for the foxes to dribble around and hide behind) Coach starts as the hound chasing the fox. Foxes dribble around the trees looking for a place to hide. Hound steals the ball and gives it to coach. Fox joins the hounds.</p>	<p>Objectives:</p> <p>Musical pinnies working on awareness to find the pinnies, keeping the ball close and turning into the circle quickly.</p> <p>Foxes and hounds: Using the trees forces the turning as can't dribble far with out running into a tree. Key objective for defense is that we keep the ball not just kick it away. Get it to coach (steal it and turn as well)</p>

COACH: Age Group Week 2

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Turning

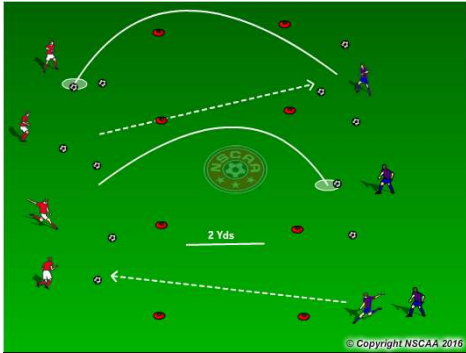
STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p> 	<p>In 15 X 15 Box. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.</p> <p>At end ask how many scores were made and talk it up.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p>
<p>GAME</p> 	<p>We will not get to the game condition level for this practice.</p>	

COACH: Age Group Week 3

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Striking


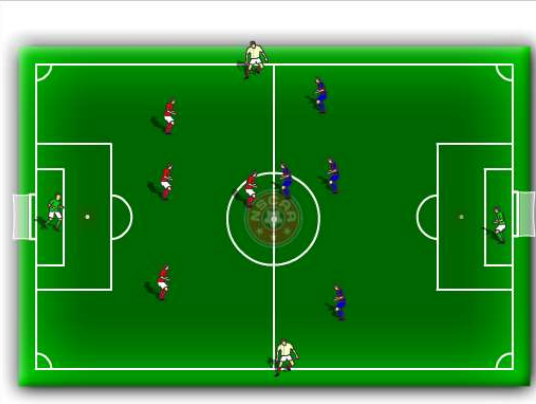
STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Warmup 5-10 Minutes</p>	<p>In 20 X 20 grid, disperse a number of cones. Divide players into two teams. One team are wreckers and the other fixers. Wreckers run around flipping cones upside down, fixers put them right side up. After 30 seconds count the number up and number upside down.</p> <p>Run a couple of times switching wreckers and fixers. Then pause and discuss ball striking.</p> <p>Then fixers place balls on top of cones. Wreckers now dribble and try to knock balls off by hitting there ball into it. (use extra balls from shed) When knocked off, fixers put the ball back. After 1 minute switch.</p>	<p>Describe parts of the foot: Instep, Inside of the foot, outside of the foot</p> <p>Why each part of foot is used for shooting, Power Accuracy Change direction</p>
 <p>The diagram shows a green rectangular field representing a 20x20 yard grid. A central circle with a soccer ball is marked. A scale bar at the bottom indicates '2 Yds'. Red cones are scattered throughout the field. White dashed lines with arrows show the movement of players and balls. On each of the two long sides, there are three small goals. The diagram is credited to '© Copyright NSCAA 2016'.</p>	<p>In a 20X20 grid, Divide the players in half, and divide balls on each side of the grid as well. On go, players try to keep the balls on the other half by striking the ball.</p> <p>Progression: Clear the yard with goals. Place 3 pugg goals on each side behind the players. If the ball is scored it counts as a point and can't removed from the goals.</p>	<p>Objective: In fun a game get repetition on striking the ball.</p> <p>If one side always wins, rotate players to balance the sides.</p>

COACH: Age Group Week 3

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Striking

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>SMALL-SIDED ACTIVITY The Big Game</p>  <p><small>© Copyright NSCAA 2014</small></p>	<p>In 15 X 15 Box. Set up 4 teams of 2-3. Recruit parents to keep the balls in the playing field. Teams can score on any goal they desire. After they score, find another ball to go score with. Players are encouraged to work together to score.</p> <p>Add some gates in the middle of the field for players to pass through during the game. Passing to themselves is OK.</p> <p>At end ask how many scores were made and talk it up.</p> <p>If have a number of U7/8, break them out for 3 v 3 games with 2 or 4 goals.</p>	<p>Awareness of balls on the field. Eagerness to go score. Dribble to goal is great, dribbling in the goal is not necessary. Try to shoot. Missing is ok, there is always another ball.</p>
<p>GAME</p>  <p><small>© Copyright NSCAA 2013</small></p>	<p>We will not get to the game condition level for this practice.</p>	

COACH: Age Group

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Other Games for topics

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
Striking – Chicken Run	Inside 15 X 15 box. Coach has a number of pinnies in hands (Chicken feathers) coach is the chicken and walks around. Players pass the ball into the coach. If they hit the coach a feather falls off and they collect it. Player with the most feathers wins.	Objectives: Ball striking for accuracy. Dribbling and turning to be able to get a strike at the coach. To make it harder, move faster and go to the space to move the crowd around. Use multiple coaches to reduce the crowd effect.
Turning, Shielding, and Dribbling- Pirate Island	Pirate Island - 5yd box in middle of space Split into two teams (pennies), Team A has balls and Team B (pirates) are to steal the balls and return to Pirate Island. Team A can block the pirates by shielding, turning, escaping to keep their ball. 2 minutes each side. Progression - Players can steal from pirate island by executing a pullback/turn with a ball on pirate island.	Instruct on protect the ball by turning and shielding. Pirates have to steal the ball and turn to Pirate Island rather than kick the ball away.

COACH: Age Group

TEAM: U5 Team

DATE: Fall 2017

TOPIC: Other Games for topics

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
Attacking/Penetration – Sharks and Minnows	IN 20X15 box, minnows line up on one side. Coach or two players start as sharks. Players must dribble across to the other side and score. If ball stolen they become a shark.	Dribble across with speed, if shark coming, turn sharply and then continue across. Discuss dribbling face when space, keeping it close to turn when defender in front of you.
Turning/Ball Striking – Finding NEMO	In 20X20 box disperse cones. Under 2 or more cones hide a tennis ball or if using large cones pinny. Players dribble to a cone either dribble around it 2x to be able to lift it or try to knock cone over by passing soccer ball into it. Go until all pinnies/tennis balls are found.	Dribble fast between cones. Either dribble with inside/outside to dribble around, or pass accurately to knock the cone over.
Roll Backs and dribbling – What time is it Mr. Fox.	In 20X15 box. Coach or Mr. Fox is at one end all players at the other end. Players ask what time it is, players dribble for that much time. (counting touches is counter productive). When coach says midnight players reverse and coach tries to steal the ball before they get back and score.	To add in turning, but in triangles as trees that the players must dribble around.