



## Farmington United Coaching Directives

U5-U12 Age Groups

Spring 2019

### **OUR PRIORITIES:**

Our priorities need to move away from a Results-Oriented Model to a Player-Oriented Model.

### **WHAT DOES THAT MEAN?**

- Less focus on untechnical play that produces results and greater focus on individual player development.
- Understand that our impact and preparation for most players will extend beyond the game of soccer.
- We must be prepared prior to practices to optimize the time, enjoyment, and player development that can occur during that time.
- We must do our best implement slant-wise coaching philosophies but this also means that we as coaches cannot sacrifice the development of the majority for that of a few. (This goes both ways for developmentally advanced players and at older ages developmentally behind players). Your sweet spot should be when an exercise challenges some more than others but still everyone.
- We must give the games back to the kids. Our moments for making a major impact on the players are made during practice sessions. The games are for the enjoyment of the kids.

### **As Coaches our FOCUS should be to use SOCCER to:**

- Allow players to have fun and develop a passion for the game;
- To develop character, instill values, teach respect for authority and society;
- To develop confidence and a positive self-image and help youth reach their potential in life. The goal is to use soccer as the vehicle to achieve this mission;
- To create a training atmosphere in which players learn the developmentally appropriate skills to facilitate their advancement within the game.
- Encourage the progression of developmentally advanced players through any available resources (i.e. Classic, Tournaments, "Playing Up", ODP, etc.).

### **As Coaches we must REFRAIN from:**

- Using negative or demeaning verbal/non-verbal language/actions toward players, parents, or referees;
- Encouraging player actions which do not encourage fair play and/or against the laws of the game (i.e. if they push you push them back);
- Sacrificing long-term player development for short-term team gain (i.e. playing a single player as keeper) or focusing too much on tactical which produces games results and too little on technical;
- Creating invisible boundaries at young ages which result in short term success but hinder long-term development.

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## Farmington United Coaching Directives

U5-U12 Age Groups

Spring 2019

U5/U6 Development Directives			
Technical	Physical	Psychological	Tactical
<ul style="list-style-type: none"> <li>• Dribbling (head up, stop, start)</li> <li>• Rolling the ball</li> <li>• Experiment using different part of the Foot</li> <li>• Shooting Basics (Laces)</li> <li>• Experiment using non-dominant foot</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Experiment with Different Running Directions (back/sideways)</li> </ul>	<ul style="list-style-type: none"> <li>• Being Nice</li> <li>• Sharing</li> <li>• Encouraging Others (High Fives)</li> <li>• Encouraging Self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Boundary Lines</li> <li>• Field Set-up</li> <li>• Direction</li> <li>• Names of Field Items (touchline, midline, endline, goal box, penalty box)</li> </ul>

### Season Performance Indicators

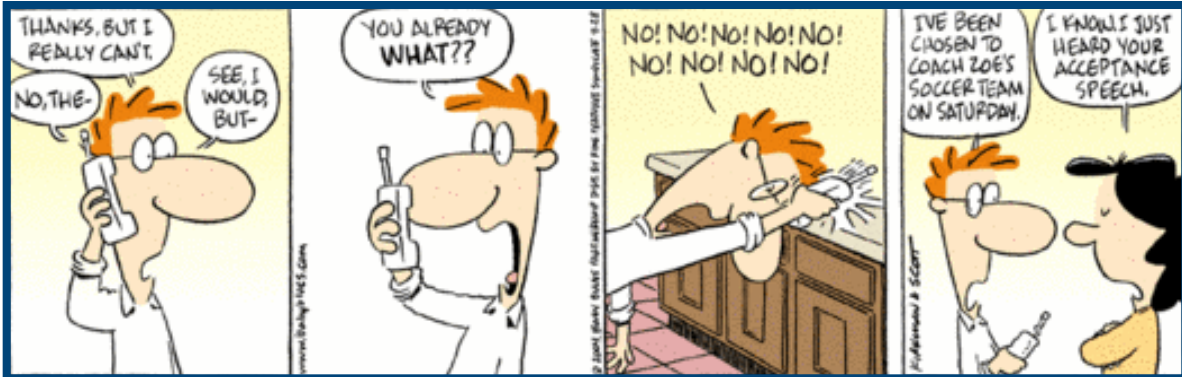
- Did the players enjoy it?
- Are the players excited?
- Did the players maximize touches on the ball?
- Did the players improve ball control?
- Can the players dribble the ball with their heads up?
- Do the players understand the boundary lines and the direction of play?



# MSYSA COACHING EDUCATION

## INTRODUCTION

Whether you got the CALL OR volunteered to coach, this curriculum has been designed to help coaches with different levels of coaching experience.



We understand that coaches come with different experiences, some may have played or coached at some ages and others may have no background in soccer at all. Either way, coaching the U5 & U6 player is unique and to be a successful coach you will need a different type of skill set.

Before starting the manual and the diploma it is important to understand that the MSYSA's underlying philosophy for these ages is FUN! It is important that players enjoy their first organized soccer experience. We also believe that all soccer skills highlighted in the manual are taught in an indirect manor, which means, allow the activities to teach the players how to perform a skill.

The manual will examine the following areas:

- Team management.
- Understanding your players.
- What to expect from your players
- Coaching your players.
- What to teach your players.
- Practice day.
- Game day.
- Lesson Plans.

In conjunction with the manual there is online coaching diploma, which will examine the information discussed in the manual, the implementation of the information as well as video's of what players at these ages will look like during activities and performing skills.



# MSYSA COACHING EDUCATION

## TEAM MANAGEMENT

Before embarking on your coaching journey, there are some important things to think about!

### Coaching Philosophy

Before you meet with your parents and your players is it important to think about your coaching philosophy.



When composing your philosophy for coaching players at these ages, you should first read through this entire manual. Pay particular attention to the MSYSA's age group philosophy, understanding your players and coaching your players. Other areas to consider include:

Soccer Beliefs: Why do you want to coach? What are your responsibilities to each player, the team, yourself and the community? What is a successful season?

Motivation: Why are you interested in coaching? What do you enjoy most about coaching? What do you like least about coaching?

Experiences: Past – Childhood, Coaching, Playing? Enriching or inhibiting?

### Coaches Equipment

- Cones: Try to get different color and size cones (flat and tower).
- Pinnies: These will help you and the players differentiate between teams.
- Portable Goals: although not essential, it would be ideal if you could get a set of portable goals.
- Balls: Players should be required to bring a ball to practice, however, having some spare balls will help.
- Air Pump: It is guaranteed that players will show up to practice with flat soccer balls.
- First Aid Kit.
- Extra Water: Particularly on hot days.



# MSYSA COACHING EDUCATION

## TEAM MANAGEMENT

### Important Team Roles

To help the season go smoothly, and to include different parents in the team dynamic, it is a good idea to ask for the following helpers. These positions are optional, however, the more help & organization the better!

- **Assistant Coach(s):** It is important to have an assistant coach (or 2) to help you during the season. These coaches can be very helpful during practice and games, especially at the younger age groups. Having an extra coach can help you with managing players during practice, dealing with injuries and substitutions on game day or even parent issues. Also, if you have to miss a training session or game, having another coach that the children are familiar with when your are not there is essential.
- **Schedule Coordinator:** Responsible for communicating and confirming any changes to the schedule.
- **Social Coordinator:** Organizing the snack schedule, birthday celebrations, end of season picnic, etc!

### 'TOP 10 SAFETY GUIDELINES' U.S. SOCCER FEDERATION



1. Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
2. Always SECURE GOALS and CHECK FOR STABILITY.
3. Always have a 2nd adult present - must make sure they are Risk Management Certified.
4. Proper fitting shoes, proper type of shoes for surface.
5. Check field for glass, holes, sharp objects.
6. Upkeep and monitoring of playing surfaces.
7. Avoid scheduling training during hottest periods of the day and when there is intense humidity.
8. Ice, ice bags and water supplies, frequent water breaks.
9. Exercises that decrease repetitions of dangerous encounters.
10. Always carry a First Aid Kit, emergency info and a phone.





# MSYSA COACHING EDUCATION

## PARENT MEETING

### Parent Meeting

It is very important to recognize that each player comes with a parent(s) and that each family comes to soccer with a set of expectations about what they want their experience to be like. Effective and early communication with your teams parent group will hopefully lay out expectations and make your role as the coach more enjoyable. We recommend inviting the parents to attend the first scheduled practice, both for a meeting and then to watch the training session.



### Parent Meeting Topics should include:

1. Coach introduction and philosophy. It is important in this first meeting to outline your experiences (playing & / or coaching) and what you are going to be like as a coach both in games and practices (philosophy).



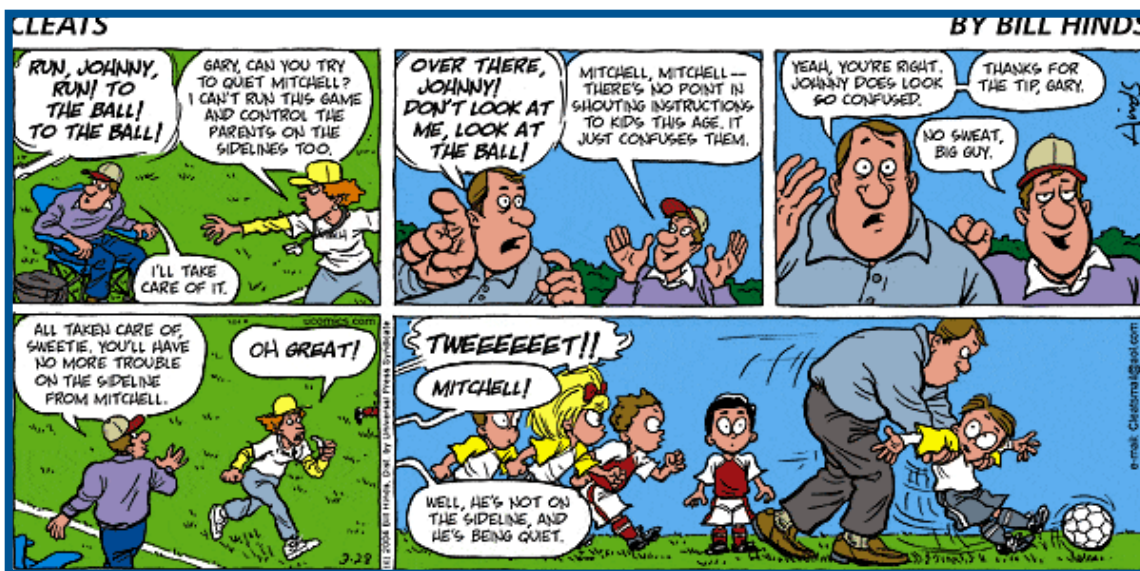
2. What can parents expect from players and the game at your specific age group? Each age group has its own nuances and will look nothing like what the professionals look like on TV! For helpful information review the 'understanding your players', 'coaching your players' and 'game day coaching' sub-sections.
3. What is the structure for practice and games at your club, and why? For instance; what will be the duration of each practice and why? what is the format of the small sided game on the weekend and why? What techniques and tactics will you be working on and why? Etc.



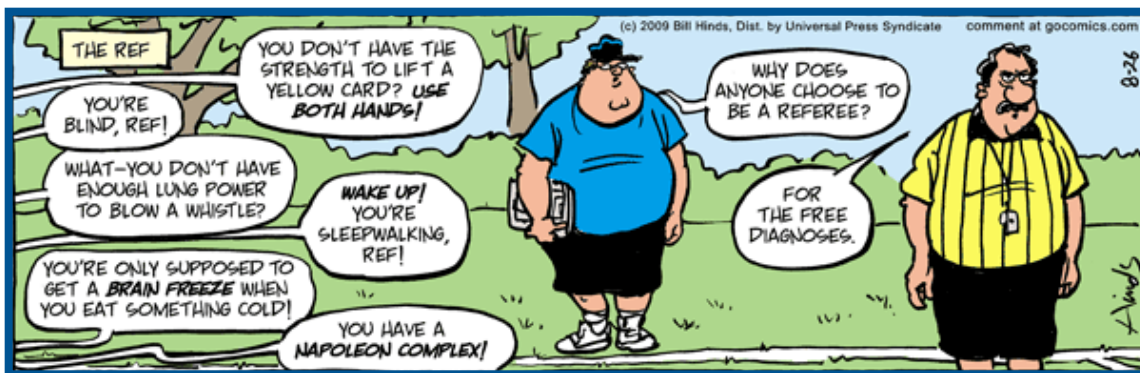
# MSYSA COACHING EDUCATION

## PARENT MEETING

4. Players Information: Medical Information, previous experience on other teams, family situation, etc
5. Parent Information: Emergency contact info.
6. Players and parents are responsible for appropriate dress, shin guards, ball and water.
7. Snack Schedule! At these ages the snack can mean more to the player than playing!
8. Parent guidelines: Outline any boundaries you might have for them during training and games as well as what you expect from them on the sideline. Hopefully this will stop any potential problems on the side line. For instance, coaching from the sideline - it is vital that parents understand that the player is there to play, you are there to coach and they are there to offer support!



9. Referees guidelines: within the guidelines you outline to your parent group it is vital to outline that nobody but the coach should address the referee. Remember the referee out on the field is a child, that they will make mistakes and the game is not a world cup final.





# MSYSA COACHING EDUCATION

## CARE AND PREVENTION

### EMERGENCY ACTION PLANNING

Have and know how to use the following:

- First Aide Kit
- Ice and plastic bags for emergency use.
- Team safety and information cards.
- Stay calm and reassure the player.

Do the primary survey ABC's:

- A = Airway
- B = Breathing
- C = Circulation

For Airway and Circulation:

- If the player is not breathing - begin rescue breathing (only if CPR certified)
- If the player has no pulse - start CPR (only if CPR certified)
- If necessary, send someone to call 911

### COMMON INJURIES

- **Cuts and Abrasions:** To reduce the risk of infection ALWAYS wear protective gloves and wash your hands before and after contact. Protect yourself and the player. To treat, clean wound and surrounding area, wiping away from the wound. To stop the bleeding, place a sterile dressing over the wound and apply direct pressure. Elevate if necessary. If severe call 911.
- **Nose Bleed:** Place the player in a sitting position with the head forward. Apply pressure to just below the bridge of the nose. Use ice when necessary. If you suspect a head or neck injury do not try to control the bleeding. Instead, stabilize the head and call 911.
- **Bruises/Contusions:** A crushing injury to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue. To treat, apply ice.
- **Dislocation:** The joint will have a marked deformity with intense pain. If a player can walk immobilize the joint and immediately transport them to hospital. If the player is unable to walk then call 911.
- **Fractures:** If a body part does not have a normal appearance or function then suspect a fracture. DO NOT move the player, keep them warm and comfortable, then call 911.
- **Concussion:** Usually due to a clash of heads (although this can be caused in different ways). Player will show signs of possible dizziness, headache, disorientation.





# MSYSA COACHING EDUCATION

## CARE AND PREVENTION

- **Sprains & Strains:** These are frequent injuries in soccer. A sprain is the stretching or tearing of the ligament beyond its normal limits. A strain is a tear to the muscle or tendon, commonly called a 'pull'. To treat use R.I.C.E; Rest, Ice, Compression and Elevation.

### INJURY PREVENTION

There are many precautions you can take as a coach to reduce the risk of injury to your players:

- Proper use of equipment; proper fitting & type of shoe, shin guards, no jewelry, uniforms, etc.
- Upkeep and monitoring of playing service.
- Avoid scheduling training during the hottest periods of the day and when there is intense humidity.
- Adhere to age group recommendations practice and game durations.
- Ample water supply and breaks to give player rest.
- Full rehabilitation of an injury prior to returning to play, determined by a physician.
- Recommended a physical exam by a physician prior to participating.

### HEAT ILLNESS

- **Heat Cramps:** Are a brief severe cramps in the muscles of the leg, arm or abdomen that may occur during or after vigorous exercise in extreme heat. Lack of drinking fluids is a common cause. To treat, place players in a cool place where they can rest and rehydrate.
- **Heat Exhaustion:** The players body is having trouble keeping itself cool. This condition can come on very suddenly. The player's temperature is raised and they may feel sick or dizzy. The player is still sweating and the skin feels clammy. To treat, call 911, place in a cool place, loosen clothing, rest and rehydrate.
- **Heat Stroke:** The most severe form of heat illness; a life threatening emergency, that requires immediate medical attention. Body temperature is high, skin is hot, red and dry, sweating mechanism is blocked, pulse is rapid and strong, and player may lose consciousness. To treat, call 911 immediately, get player into a cool area, cool the players body with spray or dousing with water, and loosen clothing.

### SUMMARY

It is important to be prepared for all eventualities! Follow these general guidelines:

- Always err on the side of caution.
- Be First Aid and CPR certified.
- Record the incident and note all actions you took and how the injury occurred.
- Follow up with a phone call to check on the players condition.



# MSYSA COACHING EDUCATION

## UNDERSTANDING YOUR PLAYERS

Before starting to coach, we believe it is important to get an understanding of the players you will be coaching. Below are some key elements to consider.

### **Why does a U5 & U6 child play soccer?**

In most cases, the player has not asked to be signed up to play **organized** soccer, the player's parent signed them up to play! This means you will get a variety of interest in playing, from the child who will love the environment to ones that do not want to be there.

### **Why do children enjoy playing?**

They usually like playing soccer because they have fun, they have an older sibling that plays and / or some of their friends maybe playing.

### **Why do children dislike soccer or stop playing?**

Most frequently this is due to players not having fun or enjoying themselves at practices and / or games. In order to combat this we must ensure players are able to play with their friends, practices are fun and exciting and finding a way for everyone to have success in age appropriate activities.

### **What can they accomplish Physically?**

They are in the fundamental movement stage, where locomotive movements such as running and jumping can be achieved, as well as stabilizing activities such as balancing and stopping. They also have high energy levels but only for short periods of time.

### **What is their cognitive state?**

They are at the pre-operational stage of their cognitive development. They will have a limited understanding of time, space and boundaries. They will be imaginative and enjoy activities with simple rules. Difficult games with lots of rules and instructions will be hard to process as they only have short attention spans. Finally, they will only be able to concentrate on one task at a time during activities.

### **How will they interact with others?**

They are very egocentric, their main focus is usually on themselves or one object (ball). This can mean they have difficulty sharing (ball), no understanding of the team concept and are prone to exaggerate their own needs. It is important to remember that their parents are the most important people in their lives and they need lots of positive reinforcement and praise.



# MSYSA COACHING EDUCATION

## WHAT TO EXPECT FROM YOUR PLAYERS

As well as understanding the age groups characteristics, we should also look at what we can expect from our players. If we can identify some of their nuances, it may help prepare us for the surprises they will bring!

**CRYING!** Players have been known to break down in tears at these ages. The reason behind this explosion of emotion can be for a variety of reasons. Don't be afraid to get the parents involved when this happens.

**They will need to take POTTY BREAKS!** Be prepared for the sudden yell, "I need to go potty"! Having parents stay during practice will be a huge help!

**HANDBALL!** Due to a lack of coordination & balance, it is easier for players to stop the ball, change its direction and score by using their hands. Encourage players to use their feet rather than discipline them!

**They will be DISTRACTED easily!** Everything is a distraction for players at these ages. A police siren, dog, airplane and in fact any loud noise will be more important than the game! Do not be afraid to stop & watch:-)

**You will have to tie plenty of SHOELACES!** You will have to tie shoelaces for your players. Get used to it!

**They are very SPONTANEOUS!** Players at these ages are very spontaneous. They will say and do things that are out of the ordinary and funny. If you can't beat them, join them. Be prepared to laugh and be silly!

**They will not stay inside the field BOUNDARIES!** They will have no concept of space. You will spend most of our time corralling players and keeping them inside the field. Employ the new ball theory here; have a spare ball in your hands and when the ball goes out of bounds, throw a new one in.

**BEE HIVE SOCCER!** The 4 v 4 weekend game will not look like real soccer. Most, if not all, players will be attracted and crowd around the ball. Players on the same team will steal the ball from each other. Some players may even find picking daisies more interesting than the game! Embrace the chaos!

**They will be more interested in what the post game snack is rather than the game!**





# MSYSA COACHING EDUCATION

## COACHING YOUR PLAYERS

The 'understanding your players' and 'what to expect from your players' sections can be used to identify some areas that are important to remember when coaching players at these ages. Remember the priority is FUN!

**GREET your players to practice!** This will help create a welcoming and safe atmosphere for your players. Greet them with a warm smile, a high five and using their name. Take time to talk and joke with them.

**FACILITATOR or coach?** At these ages the coach should act as a facilitator. Your role should include presenting and guiding players through the rules and boundaries of the activities. Allow activities to be the teacher. Coach with high energy, players at these ages will respond better to someone who is outgoing!

**Keep soccer FUN, through ACTIVE PARTICIPATION!** All aspects of practices and games should be fun. Choose activities where every player can achieve success and the player to ball ration is 1 to 1. The only activity where this ratio should change is in your scrimmage. Also, don't be afraid to join in.

**Keep it SIMPLE & SILLY!** All activities should be simple to understand and easy to play. Also, the more silly the game, the more fun the players will have.

**Keep is SHORT & SWEET!** Players have short attention spans and will focus more if the coach is expressive and exciting during practice. Give short, effective demonstrations while explaining the new activity or skill.

**PRAISE!** Give players consistent positive feedback, both verbally and non-verbally (high five, smile, etc)



**EXPERIMENTATION!** Provide an environment where players can experiment and have freedom to fail!

**Do not focus on WINNING and LOSING!** Make sure you use activities where no one player can be singled out as a winner. Be creative in this aspect during practices and games.





# MSYSA COACHING EDUCATION

## COACHING YOUR PLAYERS

**Keep practices EXCITING, FRESH, FUN & CHALLENGING.** Avoid static line drills at all costs. Activities where every player has a ball and is moving are ideal. Activities where players have to line up or share a ball will allow them to lose focus and interest in the game. Remember **NO LINES, NO LAPS, NO LECTURES!**

**45 MINUTE RULE** Soccer contacts should last around 45 minutes. Players will go all out for short periods, while it will only take a short time for them to recuperate. Allow for lots of short breaks during your practices.

As well as learning how to coach your players, it is also important to highlight areas of coaching that will restrict learning and enjoyment. We must try to remove these aspects from our coaching:

**FEAR of failing.** We must allow players to make mistakes, both in training and games.

**SHOUTING, SARCASM and NEGATIVE feedback.** Remember, try to catch them being good!

**OVER coaching and LECTURING.** Remember the Chinese proverb:

- **I HEAR** - I FORGET - Don't spend too much time in the introduction of activities....
- **I SEE** - I REMEMBER - Briefly demonstrate what you want them to do....
- **I DO** - AND I UNDERSTAND - Have them try the activity and then make rule changes / corrections....

**Lack of SUCCESS.** Pushing players into activities and skills that do not fit the age group or level of player, will cause frustration, decrease motivation and affect the fun that players have.



Finally, remember the old adage - 'if you're having fun, the players will be having fun'. If there are smiles on the players' faces and they are enthusiastic during activities and games, you are doing a great job!



# MSYSA COACHING EDUCATION

## COACHING YOUR OWN CHILD

Either you volunteered to coach the team or you received 'The Call'!! Whatever the circumstances, you are now coaching your own child and this dynamic can have many pitfalls. Below are helpful guidelines:

### FIRST, get their input

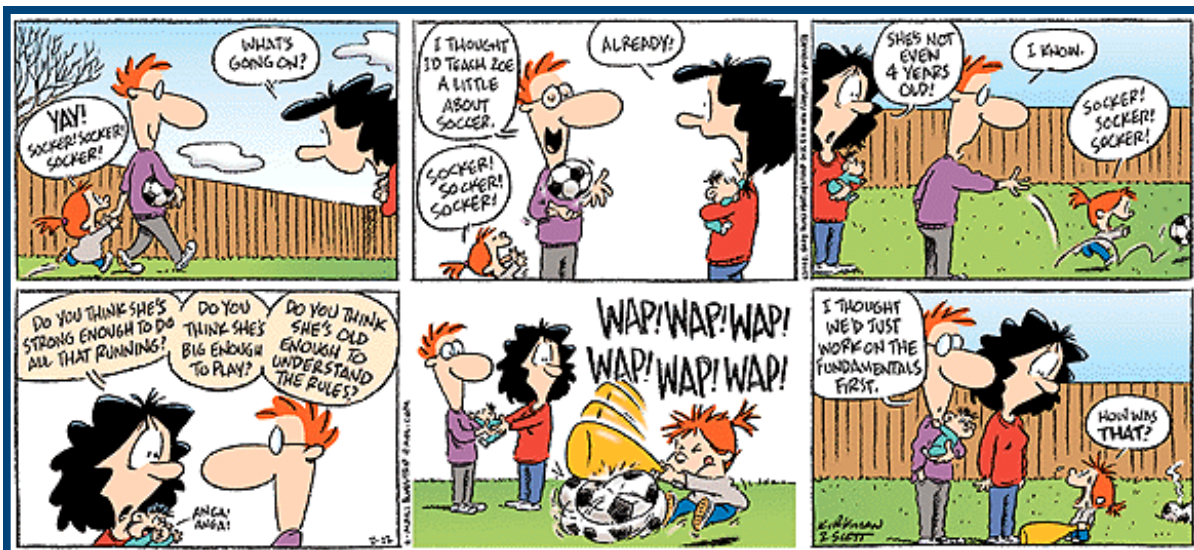
Before making the commitment it is important to keep your child involved in the decision-making process. Asking them their thoughts on the situation is key. Also, have them help with a list of positive and negative aspects that may come up with you being the team's coach. It is healthier to clarify things early, rather than two months into a long, emotional season.

### Set boundaries

Explain that when you step out of the car and onto the field that you put your coaches hat on and they put their soccer player hat on, and when leaving the field you both take your hats off to become parent / child again. Highlight that you will treat them fairly and like the other players as well the opposite perspective that your child should treat you like one of their teachers.

### Separating home from the field

Don't over-practice, or over-coach, with your child at home. Since you are the parent, and the coach, this could lead to your child feeling a bit overwhelmed and confused. Another dynamic to think about is the car ride. This can quite easily become an extension of a practice or game. Keep the discussions in the car light hearted and don't try to coach. Remember the most powerful words a parent can say to a young player 'I enjoyed watching you play today'!





# MSYSA COACHING EDUCATION

## COACHING YOUR OWN CHILD

### **Keep things fair and equal at all times**

The ability to make fair and honest decisions when dealing with your children and other team members will strengthen the respect that your child will have for you, as well as the rest of the team. Tony DiCicco, Olympic Gold Medal & Women's World Cup winning coach who also coached his own children at the youth level says "You must also recognize that you're likely to be harder on your own child than you are on the other players and deal with it accordingly".

### **Tell the truth**

Be open and honest with other parents when dealing with team issues, even if they involve your own child. There will always be disagreements between kids, or feelings of jealousy because you are the coach. Just remember to always handle those situations quickly, and with open communication. However, these conversations should be kept from your child. Talking about other players or their parents around your child places them in a complicated situation and may negatively impact their relationships.

### **Spread the praise around**

Give your child praise, but avoid showing preferential treatment like giving extra playing time or special duties to your child. Conversely, avoid diminishing your child's playing time or giving less one-on-one time in an effort to show that you are not playing favorites, as your child will begin to feel unfairly treated. It's a tough balance, but one that a coach/parent needs to be aware of. This is especially true with pre-teen kids. DiCicco says "Don't be afraid to praise your child. If you let your daughter know when things aren't happening the way they should, then make sure you hit the high notes as well".

### **Learn to take a step back**

If ever in doubt about how to treat a situation involving your son or daughter on the field, think of what you would do if you were dealing with a child other than your own. This could be an effective tool to help manage these situations. Additionally, an assistant coach may offer another possible solution for keeping the parent-child dynamic from creating tension. Have the assistant handle coaching communication with your child when one-on-one chats are called for.

### **Look at the game through the children's eyes**

This will remind you that the most important contribution you can make is to help the kids have fun and not to treat 6-year-olds like 16-year-olds.

**Make it FUN!** Make coaching fun and enjoy your time with your child!



# MSYSA COACHING EDUCATION

## WHAT TO TEACH YOUR PLAYERS??

Another key component for successful coaching in these age groups is to identify what we should teach the players. The characteristics of the age group help us determine elements of the game we can indirectly teach our players, while allowing them to have success and fun!



OR



**Balance, Coordination & Basic Motor Skills** - Players are still learning how to control their bodies and now we are introducing a ball into the equation! As well as games with a one ball per player ratio we should also use activities that do not use a ball at all. This will allow us to work on general body movements; running, changing direction, jumping, hopping, rolling, etc.

**Dribbling, Changing Direction, Turning & Stopping with the Ball** - Dribbling is the number one technique players will use at these ages. Thus, all practice games should have some component of dribbling, along with stopping, turning and changing direction (1:1 ball to player ratio). Although balance and coordination is an issue, we should still introduce elements of changing direction, stopping and turning with the ball into our practices. NOTE: Players will find it difficult to change direction sharply and will do so in big arcs with different surfaces of their feet, this is expected. Stopping the ball with the sole and inside of the foot will be more difficult but should still be introduced. Turning should be introduced using the same surfaces - the 'drag back' is a turn using the sole of the foot, while the 'inside hook' is a turn using the inside of the foot.

**Shooting & Passing** - Remember these players as 'ME' orientated, HOWEVER, on occasion they will look to pass. Usually in situations where they are given plenty of time and space - kick ins, kick offs and goal kicks. Although you will rarely see a player shoot the ball (players will usually dribble into the goal), shooting or striking the ball with the laces (some will use toes!) should be worked on in practice. The progression into shooting and passing will become more important at the U6 age group.





# MSYSA COACHING EDUCATION

## WHAT TO TEACH YOUR PLAYERS??

Just as important as what to teach we should also be aware of what not to teach! There also some important elements of the game that we shouldn't teach or expect players at these age groups to do.

**Receiving the Ball** - Because there is very little passing, there are few opportunities for players to receive the ball.

**Heading** - Players are not allowed, per US Soccer guidelines, to head the ball at these ages.

**Support Play** - Players will have no concept of supporting a teammate with the ball and your scrimmages will look like 'Bee Hive Soccer'.

**Positional Play** - Teaching positions is irrelevant and detrimental to the fun and enjoyment of the players. Expect disorganization and 'Bee Hive Soccer'!

**Defending** - Players will naturally try to win the ball back after they lose possession and this is as complicated as defending should get for these age groups.

In summary, we are looking at the following topics to be introduced and working on at the following ages:

U5 Age Group	U6 Age Group
Balance, Coordination & Motor Skills	Balance, Coordination & Motor Skills
Dribbling	Dribbling
Changing Direction with the ball	Changing Direction with the ball
Turning with the ball - Sole & Inside of the foot	Turning with the ball - Sole & Inside of the foot
Stopping the ball - Sole & Inside of the foot	Stopping the ball - Sole & Inside of the foot
	Striking the ball - Laces

Remember, we are trying to guide our players towards these skills by using activities and games that will require the players to execute them. Do not spend lots of time demonstration and breaking down their technique at these ages. Facilitate and let the game be the teacher!



# MSYSA COACHING EDUCATION

## PRACTICE DAY

It is very important that you are organized for practice. At these age groups, players have short attentions spans, so it is even more important to plan what activities you are going to use during the session and what progression you will be following.

To help with the planning phase of the practice we have designed a lesson plan for each week of the season. These can be found on the following pages: U5 = Pages 16 to 23, U6 = Pages 24 to 31. The activities used in these lesson plans follows a progression of simple to complex. An overview of the activities in each week can be viewed on the next few pages. The progression can be summarized as follows:

- **Activity 1 OR Warm Up:** Here we introduce movements that the players will use throughout the training session. Start with no soccer ball and add the ball once the players are used to the activity.
- **Activity 2 OR Free Space Game:** Once players are ready to practice both physically and mentally, we introduce an activity where players can explore the playing area. The ratio of player to ball is always 1 to 1.
- **Activity 3 OR Free Space Game:** This activity will be similar to the previous one, with some changes in rules and dimensions. This is done to present the same techniques as before but in a different format, to keep it challenging and fun for the players.
- **Activity 4 OR Directional Game:** Here we add some direction. We do this to replicate the game (in a very general sense) and have players moving in a directions that they would in a game.
- **Activity 5 OR 3 v 3 Scrimmage.** We always end the practice with a game of soccer.

NOTE: Always have another activity in the back of your mind! The players may not enjoy a new activity you want to introduce and in this situation it is important to have a back up activity to switch to!

Field organization will also help you to reduce the amount of time used to set up the grids for the activities and introducing them. We suggest getting to the practice site at least 10 minutes before training, this will allow you to survey the location for any safety issues and address the playing area. When laying out the field for the practice, we suggest setting up the biggest area first and then working inwards from there. At these ages the grid size remains the same and the only transitioning you will need is to add or remove cones in the center of the field. This can and should be done while players are having a brief water break.

Remember, players just want to enjoy practice and have fun. The points outlined above as well as the lesson plans included in the curriculum should help you to achieve that goal in every practice!



# MSYSA COACHING EDUCATION

## U5 TRAINING ACTIVITIES & PROGRESSION

### Week 1, Lesson 1

**Warm Up:** Welcome Game

**Activity 1:** *Red Light, Green Light*

**Activity 2:** *Coaches Challenge*

**Activity 3:** Jake & The Netherlands Pirates

**Game:** 3 v 3 to Goal

### Week 2, Lesson 1

**Warm Up:** *Foxes & Rabbits*

**Activity 1:** Red Light, Green Light

**Activity 2:** *Body Part Dribbling*

**Activity 3:** Colors

**Game:** 3 v 3 to Goal

### Week 3, Lesson 1

**Warm Up:** Treasure Hunt

**Activity 1:** *Body Part Dribbling*

**Activity 2:** *Follow the Leader*

**Activity 3:** Cookie Monster

**Game:** 3 v 3 to Goal

### Week 4, Lesson 1

**Warm Up:** Tag

**Activity 1:** Follow the Leader

**Activity 2:** *Interactive Dribbling*

**Activity 3:** *Sharks & Minnows*

**Game:** 3 v 3 to Goal

### Week 5, Lesson 1

**Warm Up:** Hee Bee Dee Gee Bees

**Activity 1:** *Interactive Dribbling*

**Activity 2:** *Pirate Ship*

**Activity 3:** Cookie Monster

**Game:** 3 v 3 to Goal

### Week 6, Lesson 1

**Warm Up:** Movement Game

**Activity 1:** *Pirate Ship*

**Activity 2:** Treasure Hunt

**Activity 3:** *Chain Tag*

**Game:** 3 v 3 to Goal

### Week 7, Lesson 1

**Warm Up:** *Everybody's It*

**Activity 1:** *Simon Says*

**Activity 2:** Trip to the Zoo

**Activity 3:** Jake & The Netherlands Pirates

**Game:** 3 v 3 to Goal

### Week 8, Lesson 1

**Warm Up:** *Movement Game*

**Activity 1:** *Hide & Seek*

**Activity 2:** Freedom to Move

**Activity 3:** Sharks & Minnows

**Game:** 3 v 3 to Goal

### Please NOTE:

- A session plan based on the lesson plan breakdowns for each week can be found in this curriculum.
- It is important to note that players / teams will sometimes not take to an activity and coaches should have a back up activity they can use in this scenario.
- Activities that are written in italics should be used for the warm up prior to the weekend game.



# MSYSA COACHING EDUCATION

## U6 TRAINING ACTIVITIES & PROGRESSION

### Week 1, Lesson 1

**Warm Up:** *Movement Game*

**Activity 1:** Tag

**Activity 2:** *Chain Gang*

**Activity 3:** Clean My Room

**Game:** 3 v 3 to Goal

### Week 2, Lesson 1

**Warm Up:** Hee Bee Dee Gee Bee's

**Activity 1:** *Everybody's It*

**Activity 2:** *Freeze Tag - Dribbling*

**Activity 3:** Cowboys & Indians

**Game:** 3 v 3 to Goal

### Week 3, Lesson 1

**Warm Up:** *Foxes & Rabbits*

**Activity 1:** Simon Says

**Activity 2:** *Pirate Ship*

**Activity 3:** Hospital Tag

**Game:** 3 v 3 to Goal

### Week 4, Lesson 1

**Warm Up:** *Freedom to Move*

**Activity 1:** Interactive Dribbling

**Activity 2:** *Colors*

**Activity 3:** Strike Out

**Game:** 3 v 3 to Goal

### Week 5, Lesson 1

**Warm Up:** *Coaches Challenge*

**Activity 1:** Trip to the Zoo

**Activity 2:** *Freeze Tag - Passing*

**Activity 3:** Cookie Monster

**Game:** 3 v 3 to Goal

### Week 6, Lesson 1

**Warm Up:** *Freedom to Move*

**Activity 1:** *Sleeping Lions*

**Activity 2:** *Treasure Hunt*

**Activity 3:** Treasure Island

**Game:** 3 v 3 to Goal

### Week 7, Lesson 1

**Warm Up:** Hide & Seek

**Activity 1:** *Interactive Dribbling*

**Activity 2:** Sharks & Minnows

**Activity 3:** *Road Runner*

**Game:** 3 v 3 to Goal

### Week 8, Lesson 1

**Warm Up:** *I can do this, can you?*

**Activity 1:** *Body Part Dribbling*

**Activity 2:** Red Light, Green Light

**Activity 3:** Color Shooting

**Game:** 3 v 3 to Goal

### Please NOTE:

- A session plan based on the lesson plan breakdowns for each week can be found in this curriculum.
- It is important to note that players / teams will sometimes not take to an activity and coaches should have a back up activity they can use in this scenario.
- Activities that are written in italics should be used for the warm up prior to the weekend game.



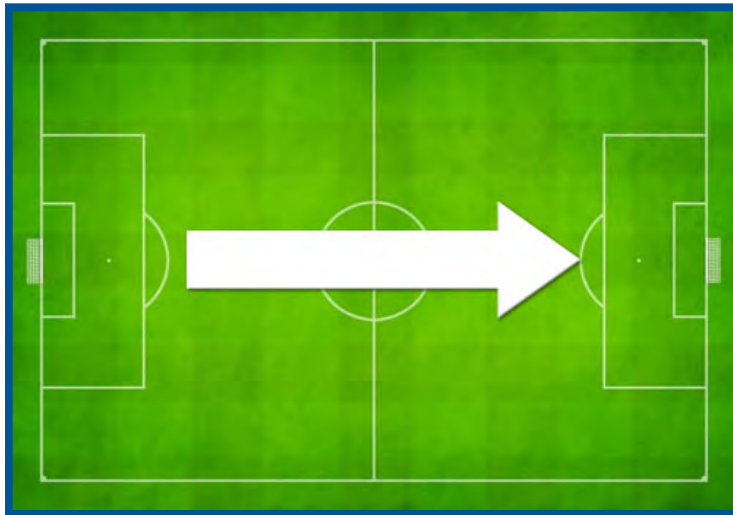


# MSYSA COACHING EDUCATION

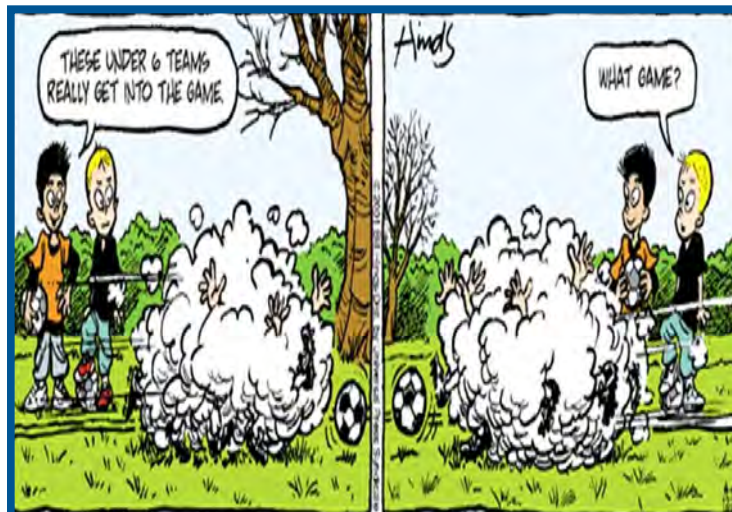
## GAME DAY - COACHING

### Tactics - What will the game look like?

When analyzing how the game will look and why, we have to take into consideration the physical, cognitive and psycho-social characteristics we outlined earlier in the manual. When a player has the ball they will go in one direction and not necessarily the correct one!



Players will have little to no concept of passing, their teammates, supporting teammates when not in possession of the ball and they will even take the ball away from their teammates.



The game will not look like 'real' soccer, that's ok and should be embraced by all coaches and parents. It will be futile to fix this aspect, allow the players enjoy the mayhem and have FUN while playing.



# MSYSA COACHING EDUCATION

## U5 LESSON PLAN - WEEK 1, SESSION 1

### Activity: Welcome Game

**Area:** 20 x 25 yards.

1. Description: Organize the team into a circle with only one ball between the group. Start with the ball in your hands, say your name and then hand the ball to the person to your right.
2. When the ball returns to the coach, now all the players must say the name of the person before the ball gets passed.
3. Pass the ball to a random person, now the person passing says the name.

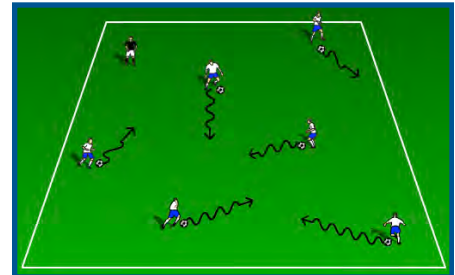


### Activity: Red Light, Green Light

**Area:** 20 x 25 yards.

**Description:** Players dribble around and wait for commands:

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Toes taps, sit on ball, etc.
- Monster Truck = Coach tries to steal players soccer balls. Introduce turning to get away from the monster truck, either drag back or inside turn.
- Crash = Players fall to the ground & pretend to be hurt.

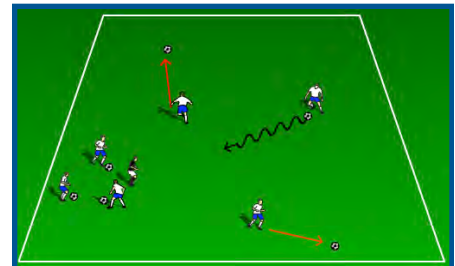


### Activity: Coaches Challenge

**Area:** 20 x 25 yards.

**Description:** Each player has a ball. Players take it in turns to give the ball to the coach. The coach throws it and gives the player direction with how to bring it back. For example: carry it, bounce it, hop with the ball, jump like a rabbit, dribble it, use left foot to dribble it, etc.

Continue to work on stopping and turning with the ball during this activity.



### Activity: Jake & the Netherlands Pirates

**Area:** 20 x 25 yards.

**Description:** Name all four sides of the grid; Captian Hook, Izzy, Jake, . When the coach shouts the name of a place, all the players must go to that side. Other commands include:

- CAPTAIN ON DECK: Players place one foot on the ball and solute.
- MARBLES: Players do a forward role.
- PEG LEG: Players hop on one leg.
- Invent new commands.

Continue to work on stopping and turning with the ball during this activity.



### Activity: 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





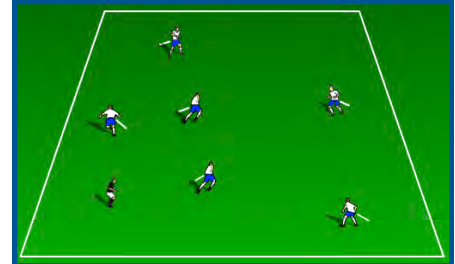
# MSYSA COACHING EDUCATION

## U5 LESSONPLAN - WEEK 2, SESSION 1

### Activity: Foxes and Rabbits

**Area:** 20 x 25 yards.

**Description:** Start without a ball. Give each player a vest. Players then place the vest in the sides of their shorts. Coach starts as the fox and is trying to catch the rabbits by stealing their vests. When a vest has been stolen they become a fox and help the coach. Continue until one player remains. Play again.

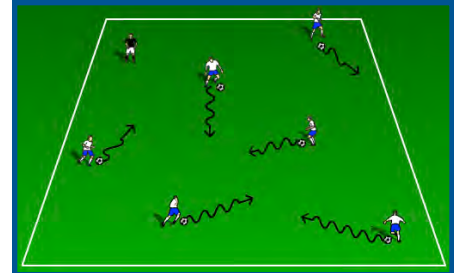


### Activity: Red Light, Green Light

**Area:** 20 x 25 yards.

**Description:** Players dribble around and wait for commands:

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Toes taps, sit on ball, etc.
- Monster Truck = Coach tries to steal players soccer balls. Introduce turning to get away from the monster truck, either drag back or inside turn.
- Crash = Players fall to the ground & pretend to be hurt.



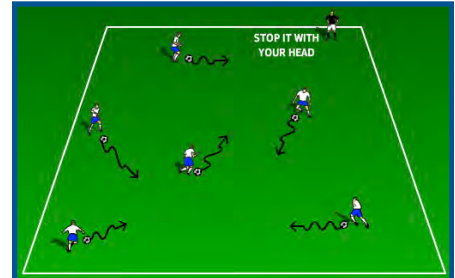
### Activity: Body Part Dribbling

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area and wait for the coaches commands. When the coach shouts a body part the players must stop the ball with that part of the foot. Continue.

**Progression:** Ask players to come up with their own commands.

Continue to work on stopping and turning with the ball during this activity.



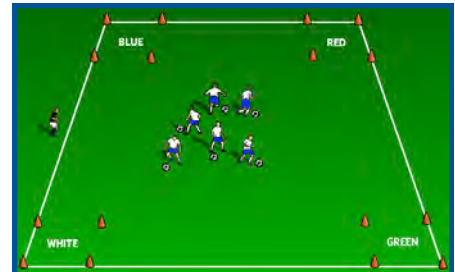
### Activity: Colors

**Area:** 20 x 25 yards with a box in each corner. Give each box a color name.

**Description:** Each player dribbles around the area freely. When the coach shouts a color every player must dribble and stop the ball in that box.

**Progression:** Name multiple colors to try and catch players out.

Continue to work on stopping and turning with the ball during this activity.



### Activity: 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U5 LESSON PLAN - WEEK 3, SESSION 1

**Activity:** Treasure Hunt.

**Area:** 20 x 25 yards.

**Description:** Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner. When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over.



**Activity:** Body Part Dribbling

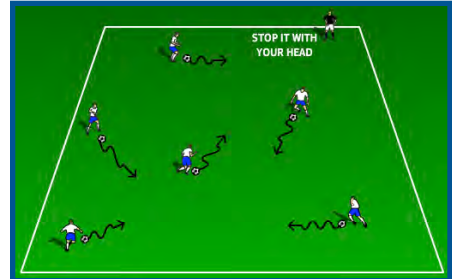
**Area:** 20 x 25 yards.

**Description:** Players dribble around the area and wait for the coaches commands. When the coach shouts a body part the players must stop the ball with that part of the foot. Continue.

**Progression:** Ask players to come up with their own commands.

**Include commands:**

- Turn with the inside of the foot OR sole of the foot.
- Stop the ball with the inside of the foot OR sole of the foot.

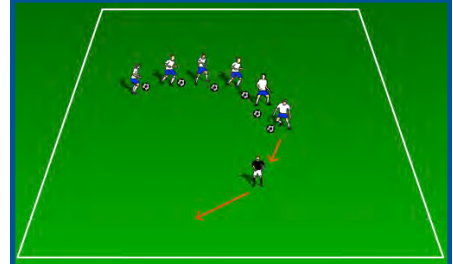


**Activity:** Follow the leader

**Area:** 20 x 25 yards.

**Description:** Start without the ball. Players follow the leader and complete the actions of the coach. For example; Hop, Skip, Jump, Role, Side to Side, Dribble etc.

Continue to work on stopping and turning with the ball during this activity.

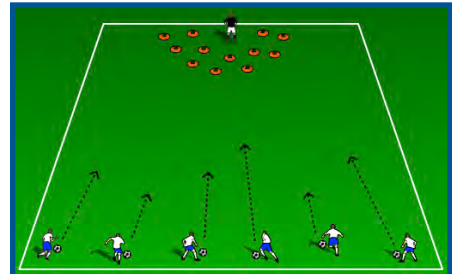


**Activity:** Cookie Monster

**Area:** 20 x 25 with cones at end as shown.

**Description:** Players line up on the end line opposite the coach. Game rules are when the coach is facing the players they shout 'COOKIE MONSTER ARE YOU HUNGRY'. They dribble when the coach turns their back. When the coach faces, all players must freeze! Players are trying to steal some of the cookies from the cookie monster and dribble back to their end line. If a player is caught dribbling by the coach they must do a fun activity & re-start.

Continue to work on stopping and turning with the ball during this activity.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.







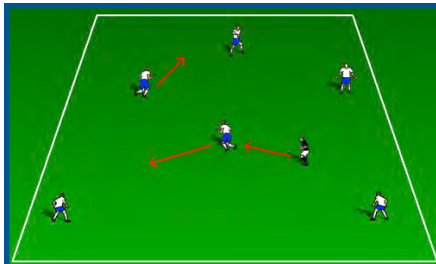
# MSYSA COACHING EDUCATION

## U5 LESSON PLAN - WEEK 4, SESSION 1

### Activity: Tag

**Area:** 20 x 25 yards.

**Description:** Players start the game by running around the area changing direction. Coach is 'IT' and is trying to tag the players as they run around the area. If a player is tagged they grab a vest and help the coach tag the rest of the players. Continue until one player remains.



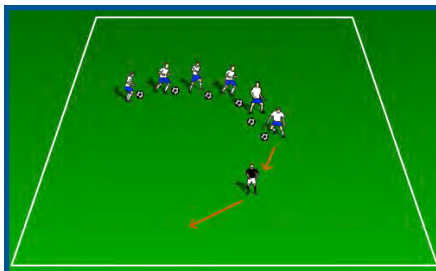
### Activity: Follow the leader

**Area:** 20 x 25 yards.

**Description:** Start without the ball. Players follow the leader and complete the actions of the coach. For example; Hop, Skip, Jump, Role, Side to Side, Dribble etc.

When dribbling include:

- Turn with the inside of the foot OR sole of the foot.
- Stop the ball with the inside of the foot OR sole of the foot.



### Activity: Interactive Dribbling.

**Area:** 20 x 25 yards with gates.

#### Description:

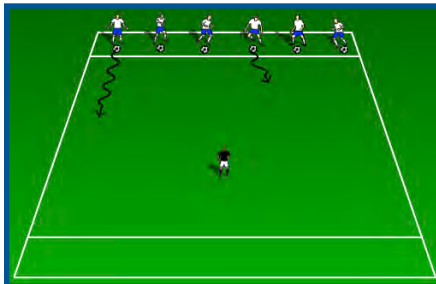
1. Players start by dribbling around the area.
2. Players dribble through as many gates as possible in 1 minute.
3. Players are trying to avoid the coach who is trying to steal their soccer balls.
4. Once players move through a gate they must turn back through using either the inside of the foot OR sole.



### Activity: Sharks & Minnows

**Area:** 20 x 25 yards with two 3 yard n-zones.

**Description:** Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players on the end line shout "YEAH" and go. Players are trying to get across the field to the opposite side without having their ball stolen. When a player has their ball stolen they become a shark as well. Continue until one player remains.



### Activity: 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

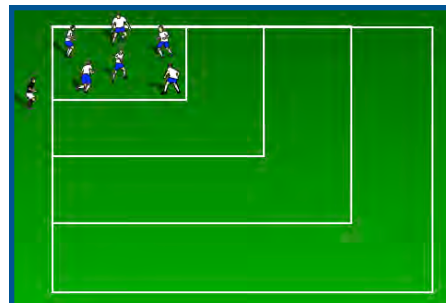
## U5 LESSONPLAN - WEEK 5, SESSION 1

**Activity:** Hee Bee Dee Gee Bees

**Area:** 20 x 20, 10 x 10 and 5 x 5.

**Description:** Listen to the commands of the coach:

- Move without touching your teammate with 5 x 5.
- Jog without touching your teammate with 5 x 5.
- Full speed without touching each other 10 x 10.
- Introduce the ball and around 10 x 10.
- Open up to 20 x 20 and dribble at full speed.



**Activity:** Interactive Dribbling.

**Area:** 20 x 25 yards with gates.

**Description:**

1. Players start by dribbling around the area.
2. Players dribble through as many gates as possible in 1 minute.
3. Players are trying to avoid the coach who is trying to steal their soccer balls.
4. Once players move through a gate they must turn back through using either the inside of the foot OR sole.

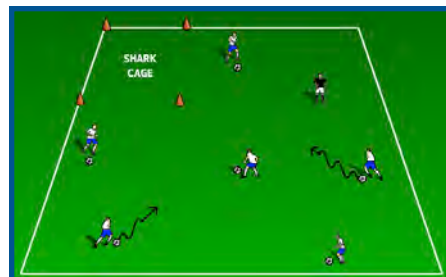


**Activity:** Pirate Ship

**Area:** 20 x 25 yards with a shark cage.

**Description:** Players dribbling around freely and wait for the captains commands!

- Scrub the deck: players move the ball back & forth with the sole of the foot
- Captain on Deck: players stand straight up with one foot on the ball and salute the captain.
- Shark Attack - coach chases all the players into the shark cage! Ask players to turn away from your with either the inside OR sole of the foot.

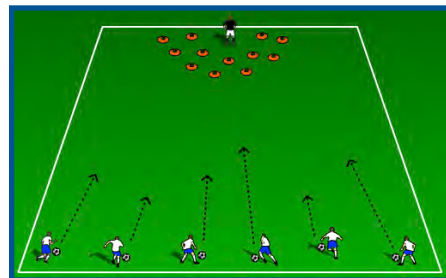


**Activity:** Cookie Monster

**Area:** 20 x 25 with cones at end as shown.

**Description:** Players line up on the end line opposite the coach. Game rules are when the coach is facing the players they shout 'COOKIE MONSTER ARE YOU HUNGRY'. They dribble when the coach turns their back. When the coach faces, all players must freeze! Players are trying to steal some of the cookies from the cookie monster and dribble back to their end line. If a player is caught dribbling by the coach they must do a fun activity & re-start.

Continue to work on stopping and turning with the ball during this activity.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U5 LESSON PLAN - WEEK 6, SESSION 1

**Activity:** Movement.

**Area:** 20 x 25 with two 5 yard boxes. Place vest randomly on the ground.

**Description:** Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.

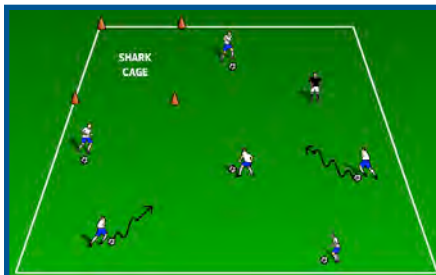


**Activity:** Pirate Ship

**Area:** 20 x 25 yards with a shark cage.

**Description:** Players dribbling around freely and wait for the captains commands!

- Scrub the deck: players move the ball back & forth with the sole of the foot
- Captain on Deck: players stand straight up with one foot on the ball and salute the captain.
- Shark Attack - coach chases all the players into the shark cage! Ask players to turn away from your with either the inside OR sole of the foot.

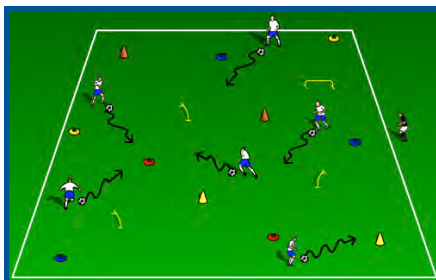


**Activity:** Treasure Hunt.

**Area:** 20 x 25 yards.

**Description:** Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner. When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over.

Continue to work on stopping and turning with the ball during this activity.

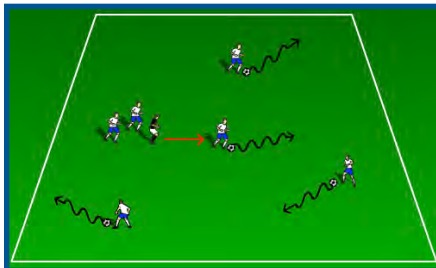


**Activity:** Chain Tag

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

Continue to work on stopping and turning with the ball during this activity.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

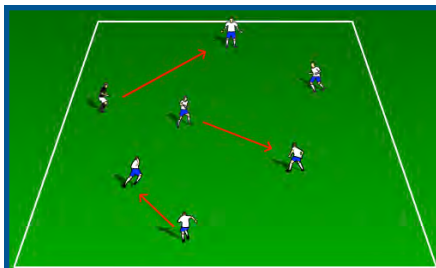
## U5 LESSON PLAN - WEEK 7, SESSION 1

**Activity:** Everybody's IT!

**Area:** 20 x 25 yards.

**Description:** Start with no soccer ball. Each player is 'IT' and is trying to tag other players below the knee. Play the game for 2 minutes and see how many points each player has. Continue.

**Progression:** Add the ball!



**Activity:** Simon Says

**Area:** 20 x 25 with large goal.

**Description:** players dribble around the area waiting for the coach to give a command with 'SIMON SAYS' in front of it. If the coach doesn't say Simon Says the players continue to dribble.

**Introduce 'SIMON SAYS':**

- Turn with the inside of the foot OR sole of the foot.
- Stop the ball with the inside of the foot OR sole of the foot.



**Activity:** Trip to the zoo

**Area:** 20 x 25 yards.

**Description:** No ball. Listen to the commands of the coach:

- Strut like a peacock: lift knees high in the air
- Slither like a snake: on the ground move like a snake
- Hop like a rabbit: keep both feet together & jump forward
- Walk like an elephant: heavy steps on all fours
- Act like a tiger: pace and growl on all fours



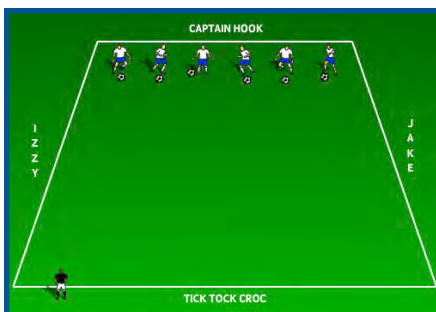
**Activity:** Jake & the Netherlands Pirates

**Area:** 20 x 25 yards.

**Description:** Name all four sides of the grid; Captian Hook, Izzy, Jake, . When the coach shouts the name of a place, all the players must go to that side. Other commands include:

- CAPTAIN ON DECK: Players place one foot on the ball and solute.
- MARBLES: Players do a forward role.
- PEG LEG: Players hop on one leg.
- Invent new commands.

Continue to work on stopping and turning with the ball during this activity.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.







# MSYSA COACHING EDUCATION

## U5 LESSONPLAN - WEEK 8, SESSION 1

**Activity:** Movement.

**Area:** 20 x 25 with two 5 yard boxes. Place vest randomly on the ground.

**Description:** Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.



**Activity:** Hide and Seek

**Area:** 20 x 25 yards with cones randomly spread around the area.

**Description:** Play with no ball to start. Players follow the coach as he / she moves around the area. When the coach shouts "its time to catch a munchkin" the players try to get to a cone before the coach can tag them. Remove cones randomly to make the game harder.



**Activity:** Freedom to move

**Area:** 20 x 25 yards.

**Description:**

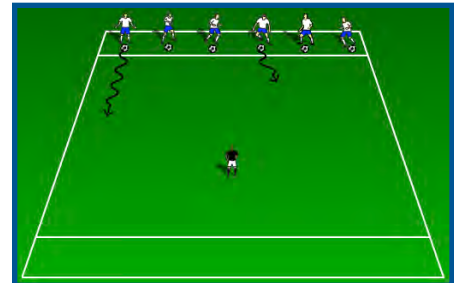
- Players try to avoid cones when running around the area.
- Players stop at a cone and then jump over the cones.
- Players hop over the cones.
- Players have a cone each, throw it in the air & try to catch it.
- Create different things for the players to do.



**Activity:** Sharks & Minnows

**Area:** 20 x 25 yards with two 3 yard n-zones.

**Description:** Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players on the end line shout "YEAH" and go. Players are trying to get across the field to the opposite side without having their ball stolen. When a player has their ball stolen they become a shark as well. Continue until one player remains.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.







# MSYSA COACHING EDUCATION

## U6 LESSONPLAN - WEEK 1, SESSION 1

**Activity:** Movement.

**Area:** 20 x 25 with two 5 yard boxes. Place vest randomly on the ground.

**Description:** Name the small boxes RED & YELLOW. Players start the game with no ball, running and jumping over the vests. On the coaches commands players run to a box. Other ideas include; stop at a vest then jump over, hop over a vest, do a forward roll over a vest, chip the ball over the vest.

Introduce stopping the ball with the inside and sole of the foot .

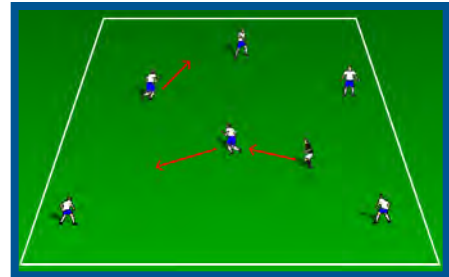


**Activity:** Tag

**Area:** 20 x 25 yards.

**Description:** Players start the game by running around the area changing direction. Coach is 'IT' and is trying to tag the players as they run around the area. If a player is tagged they grab a vest and help the coach tag the rest of the players. Continue until one player remains.

Introduce the ideas of turning away from the defending player with the inside and sole of the foot.

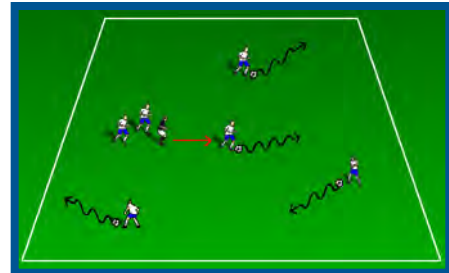


**Activity:** Chain Tag

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

Continue to reinforce the idea of turning away from the defender.



**Activity:** Clean My Room

**Area:** 20 x 25 yards with a 5 yard channel in the center of the grid.

**Description:** Split the players into two groups and place a group in each half. Each player has a ball. Play for 1 minute. Objective is for players to kick their balls into the oppositions half of the field (room) to make it look untidy. Players with the least number of balls in their rooms after a minute wins the game!

Introduce the concept of striking the ball with the laces.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

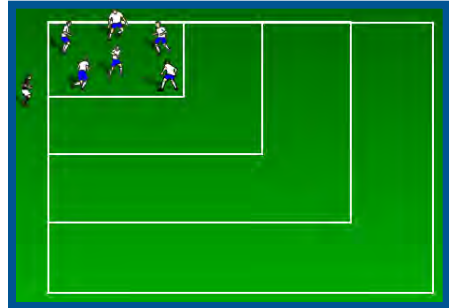
## U6 LESSONPLAN - WEEK 2, SESSION 1

**Activity:** Hee Bee Dee Gee Bees

**Area:** 25 x 25, 15 x 15 and 5 x 5.

**Description:** Listen to the commands of the coach:

- Move without touching your teammate with 5 x 5.
- Jog without touching your teammate with 5 x 5.
- Full speed without touching each other 10 x 10.
- Introduce the ball and around 10 x 10.
- Open up to 20 x 20 and dribble at full speed.
- Introduce stopping the ball with the inside and sole of the foot.

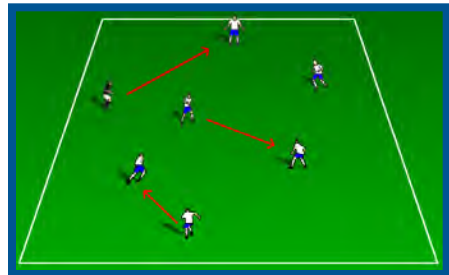


**Activity:** Everybody's It

**Area:** 20 x 25 yards.

**Description:** Each player is 'IT' and is trying to tag each other. Play the game for 2 minutes and see how many points each players has. Continue.

Introduce the ideas of turning away from the defending player with the inside and sole of the foot.

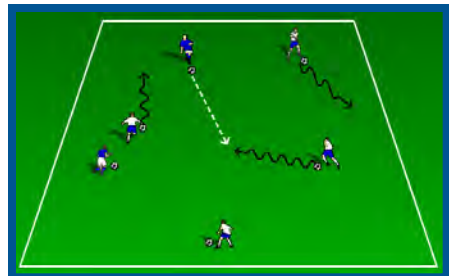


**Activity:** Freeze Soccer.

**Area:** 20 x 25 yards.

**Description:** Players start the game with soccer balls. Coach is 'IT' and is trying to tag players. If players are tagged they must sit on their soccer ball. Players can be freed by being tagged by a teammate. Play for 1 minute or until all players are frozen!

Continue to reinforce the concept of turning away from defenders.

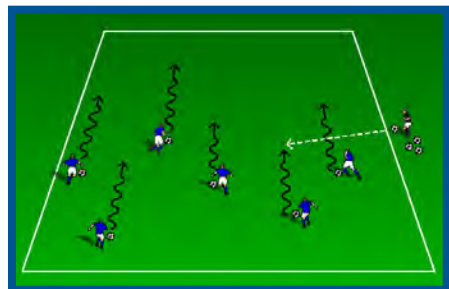


**Activity:** Moving Target

**Area:** 20 x 25 yards.

**Description:** Place players on the end line with a ball each. Coach stands to the side with a ball. When the coach shouts 'PULL', the players attempt to dribble to the opposite side of the grid. The coach tries to hit the players with their soccer ball below the knee. If a player is hit, they join the coach. Continue.

Introduce the concept of striking the ball with the laces.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U6 LESSON PLAN - WEEK 3, SESSION 1

### Activity: Foxes and Rabbits

**Area:** 20 x 25 yards.

**Description:** Give each player a vest. Players then place the vest in the sides of their shorts. Coach starts as the fox and is trying to catch the rabbits by stealing their vests. When a vest has been stolen they become a fox and help the coach. Continue until one player remains. Play again.



### Activity: Simon Says

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area waiting for the coach to give a command with 'SIMON SAYS' in front of it. If the coach doesn't say Simon Says the players continue to dribble.

Introduce:

- Turn with the inside of the foot OR sole.
- Stopping the ball with the inside of the foot OR sole.



### Activity: Pirate Ship

**Area:** 20 x 25 yards with a shark cage.

**Description:** Players dribbling around freely and wait for the captains commands!

- Scrub the deck: players move the ball back & forth with the sole of the foot
- Captain on Deck: players stand straight up with one foot on the ball and salute the captain.
- Shark Attack - coach chases all the players into the shark cage! Ask players to turn away from your with either the inside OR sole of the foot.

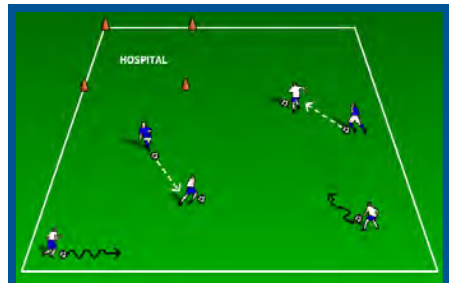


### Activity: Hospital Tag

**Area:** 20 x 25 yards with 5 x 5 yard hospital.

**Description:** Players dribble around the area, while the coach is trying to pass the ball and hit them below the knee. If a player is hit, they must dribble to the hospital and do 10 toe taps (be creative with this) before returning to the game. Play for 1 minute and change who the catcher is.

Introduce the concept of striking the ball with the laces.



### Activity: 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U6 LESSON PLAN - WEEK 4, SESSION 1

**Activity:** Freedom to move

**Area:** 20 x 25 yards.

**Description:**

- Players try to avoid cones when running around the area.
- Players stop at a cone and then jump over the cones.
- Players hop over the cones.
- Players have a cone each, throw it in the air & try to catch it.
- Create different things for the players to do.



**Activity:** Interactive Dribbling.

**Area:** 20 x 25 yards with gates.

**Description:**

- Players start by dribbling around the area.
- Players dribble through as many gates as possible in 1 minute.
- Players dribble through a gate and then turn back through using either the inside or sole of the foot.
- Players are trying to avoid the coach who is trying to steal their soccer balls.



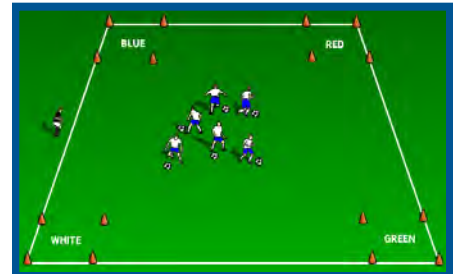
**Activity:** Colors

**Area:** 20 x 25 yards with a box in each corner. Give each box a color name.

**Description:** Each player dribbles around the area freely. When the coach shouts a color every player must dribble and stop the ball in that box.

**Progression:** Name multiple colors to try and catch players out.

Continue to reinforce using the inside OR sole of the foot to turn and change direction.

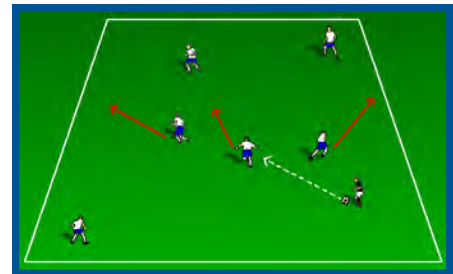


**Activity:** Strike Out.

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area, while the coach is trying to pass the ball and hit them below the knee. If a player is hit, they are out of the game and help the coach try to catch players. Continue.

Introduce the concept of striking the ball with the laces.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.







# MSYSA COACHING EDUCATION

## U6 LESSON PLAN - WEEK 5, SESSION 1

**Activity:** Trip to the zoo

**Area:** 20 x 25 yards.

**Description:** No ball. Listen to the commands of the coach:

- Strut like a peacock: lift knees high in the air
- Slither like a snake: on the ground move like a snake
- Hop like a rabbit: keep both feet together & jump forward
- Walk like an elephant: heavy steps on all fours
- Act like a tiger: pace and growl on all fours

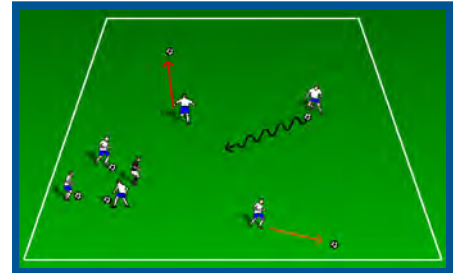


**Activity:** Coaches Challenge

**Area:** 20 x 25 yards.

**Description:** Each player has a ball. Players take it in turns to give the ball to the coach. The coach throws it and gives the player direction with how to bring it back. For example: carry it, bounce it, hop with the ball, jump like a rabbit, dribble it, use left foot to dribble it, etc.

When asking players to dribble back, introduce the concept of turning with either the inside or sole of the foot to change direction.

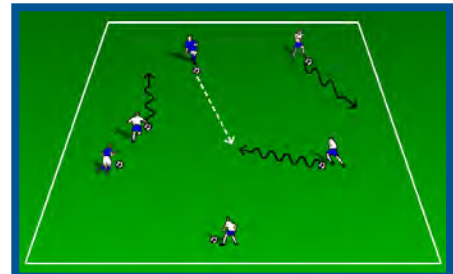


**Activity:** Freeze Tag - Passing

**Area:** 20 x 25 yards.

**Description:** Players start the game with soccer balls. Coach is 'IT' and is trying to tag players by passing the ball and hitting them below the knee. If players are tagged they must sit on their soccer ball. Players can be freed by being tagged by a teammate.

Introduce the concept of striking the ball with the laces.

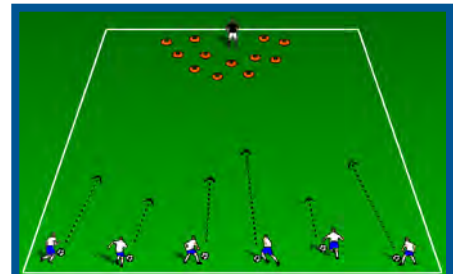


**Activity:** Cookie Monster

**Area:** 20 x 25 with cones at end as shown.

**Description:** Players line up on the end line opposite the coach. Game rules are when the coach is facing the players they shout 'COOKIE MONSTER ARE YOU HUNGRY'. They dribble when the coach turns their back. When the coach faces, all players must freeze! Players are trying to steal some of the cookies from the cookie monster and dribble back to their end line. If a player is caught dribbling by the coach they must do a fun activity & re-start.

Continue to work on stopping and turning with the ball during this activity.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.







# MSYSA COACHING EDUCATION

## U6 LESSON PLAN - WEEK 6, SESSION 1

**Activity:** Freedom to move

**Area:** 20 x 25 yards.

**Description:**

- Players try to avoid cones when running around the area.
- Players stop at a cone and then jump over the cones.
- Players hop over the cones.
- Players have a cone each, throw it in the air & try to catch it.
- Create different things for the players to do.

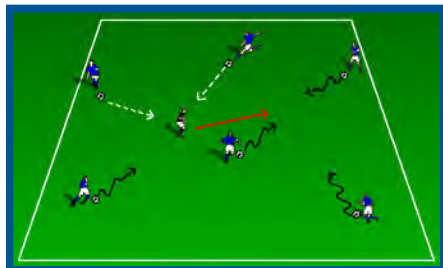


**Activity:** Sleeping Lions

**Area:** 20 x 25 yards.

**Description:** Players start by pretending they are asleep (with their soccer balls) inside the jungle! The coach creeps through checking they are asleep. When the coach lets out a loud roar the players try to catch the lion and pass their soccer balls to hit them.

Introduce the concept of striking the ball with the laces.



**Activity:** Treasure Hunt

**Area:** 20 x 25 yards.

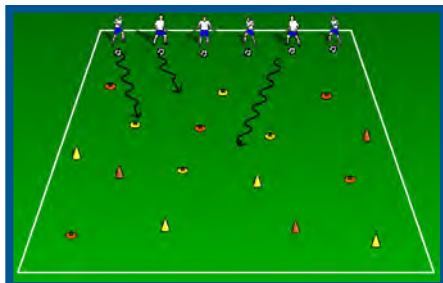
**Description:** Coach places different items inside the area; cones, balls, bibs, etc. Split players into three teams and place them in a different corner. When the coach starts the game players from each team must retrieve one piece of treasure at a time and take it back to their corner wearing it. When all the treasure has been retrieved the game is over. Start over.



**Activity:** Treasure Island

**Area:** 20 x 25 yards with cones spread around the area.

**Description:** Place players on one end line. Players must try to dribble through the area without touching the cones. If a player touches a cone they must wear it for the rest of the game. Play for 2 minutes. Player with the least amount of cones wins.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U6 LESSONPLAN - WEEK 7, SESSION 1

**Activity:** Interactive Dribbling.

**Area:** 20 x 25 yards with gates.

**Description:**

- Players start by dribbling around the area.
- Players dribble through as many gates as possible in 1 minute.
- Players dribble through a gate and then turn back through using either the inside or sole of the foot.
- Players are trying to avoid the coach who is trying to steal their soccer balls.



**Activity:** Hide and Seek

**Area:** 20 x 25 yards with cones randomly spread around the area.

**Description:** Play with no ball to start. Players follow the coach as he / she moves around the area. When the coach shouts "its time to catch a munchkin" the players try to get to a cone before the coach can tag them. Remove cones randomly to make the game harder.

Continue to reinforce turning away from the defender.



**Activity:** Sharks & Minnows

**Area:** 20 x 25 yards with two 3 yard n-zones.

**Description:** Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players on the end line shout "YEAH" and go. Players are trying to get across the field to the opposite side without having their ball stolen. When a player has their ball stolen they become a shark as well. Continue until one player remains.

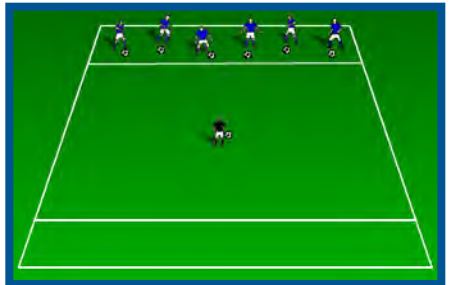


**Activity:** Road Runner.

**Area:** 20 x 25 yards with two 3 yard n-zones.

**Description:** Place players on one end line with soccer balls. The coach starts in the center as the coyote. Players are trying to get across the field to the opposite side without being hit below the knee by the coaches soccer ball. When a player has been hit they become a coyote and help the coach. Continue until one player remains.

Introduce the concept of striking the ball with the laces.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.





# MSYSA COACHING EDUCATION

## U6 LESSON PLAN - WEEK 8, SESSION 1

**Activity:** I can do this, can you?

**Area:** 20 x 25 yards.

**Description:** players spread out inside the grid and wait for the coaches challenge: Balance on one leg. Skip, Hop, jump. Throw a ball in the air and catch it. Bounce the ball and catch it. Throw the ball, clap and catch it. Throw the ball, spin and catch it. Juggle once on the thigh, foot, etc. Come up with more challenges as a coach.

**Progression:** Players come up with their own challenges.



**Activity:** Body Part Dribbling

**Area:** 20 x 25 yards.

**Description:** Players dribble around the area and wait for the coaches commands. When the coach shouts a body part the players must stop the ball with that part of the body. Continue. Make sure to include stopping the ball with the inside and sole of the foot.

**Progression:** Ask players to come up with their own commands.

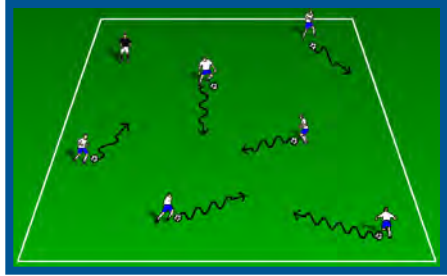


**Activity:** Red Light, Green Light

**Area:** 20 x 25 yards.

**Description:** Players dribble around and wait for commands:

- Red Light – Stop. Show with the inside and sole of the foot.
- Green Light – Go.
- Yellow Light – Toes taps, sit on ball, etc.
- Crash – Players fall to the ground & pretend to be hurt.
- Monster Truck – Coach tries to steal players soccer balls. Introduce turning away from the monster truck with inside and sole of the foot.



**Activity:** Color Shooting

**Area:** 20 x 25 yards with four goals as shown and 15 x 20 center area.

**Description:** Players start by dribbling in the center area. When the coach shouts out a color all the players dribble towards that goal and shoot. They must shoot before leaving the center area.

Introduce the concept of striking the ball with the laces.



**Activity:** 3 v 3 to Goal

**Area:** 20 x 25 yards with two goals.

**Description:** Split players into two teams. Each team defends and attacks a goal.

