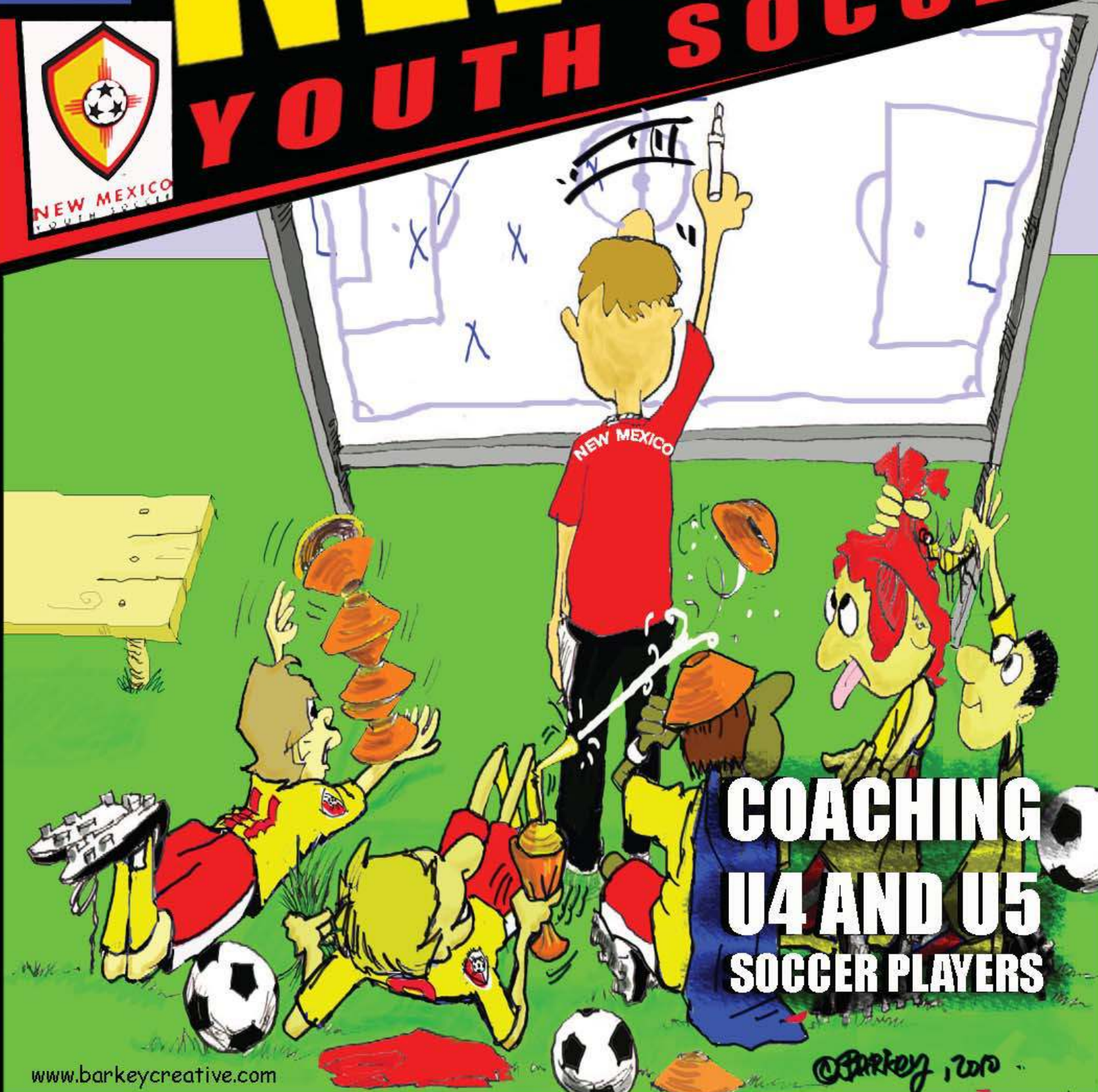


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NEW MEXICO

YOUTH SOCCER



COACHING
U4 AND U5
SOCCER PLAYERS



Ball Master

Pairs: Kids get into pairs. Each pair shares a ball. They bring the coach their ball. As the coach tosses their ball 5-10 yards away, the coach gives the pair a command. An example is "Two knees and an elbow!" The kids bring the ball back with those body parts touching the ball. Give another command when the pair gets back.



Animal Dribbling

Ask the kids to dribble like an eagle would dribble. Ask them to dribble like an elephant, kangaroo, jaguar, alligator, etc.



Body-Part Dribbling

As the kids dribble, you call a body part. They touch that body part to the ball, and then resume dribbling. Call another command. Progress to visual cues as they get a bit older. Whatever part of the body the coach touches, they have to touch the same part of their body to the ball.



Monkey Dribble

The kids dribbling the ball on the ground, with their hands instead of their feet.

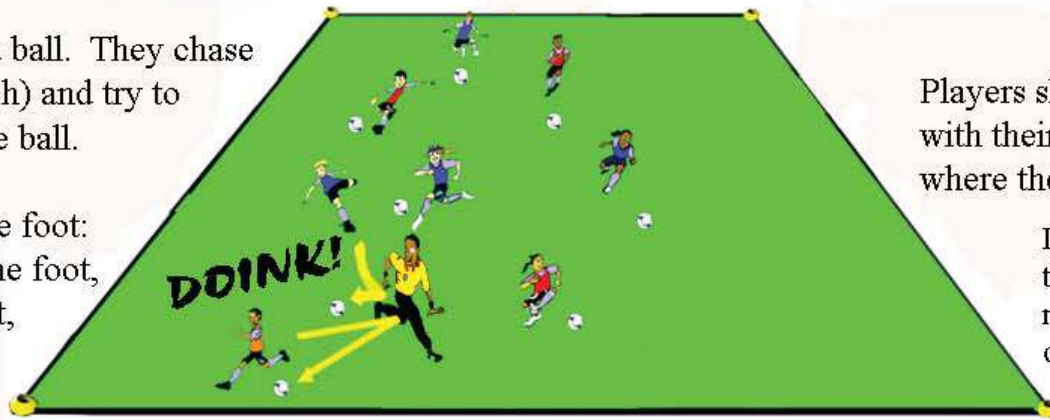




Shoot the Bear

All players have a ball. They chase the bear (the coach) and try to shoot him with the ball.

Use all parts of the foot:
Laces, inside of the foot,
outside of the foot,
even the toe.



Players should dribble with their heads up to see where the bear is!

It's very important that the coach make a production out of being hit!!!

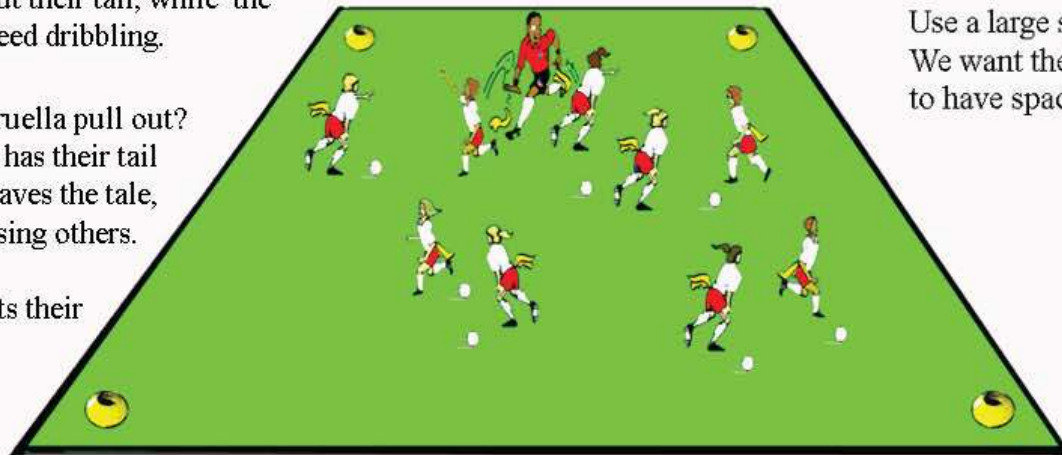
Dalmatians

All kids have a penny -soccer vest, tucked in their shorts like a tail, and a soccer ball. The kids are the "Dalmatians" and the coach is "Cruella D'Evil!"

- When Cruella screams "Go!", she starts chasing the Dalmatians.
- She tries to pull out their tail, while the Dalmatians are speed dribbling.

How many tails can Cruella pull out?

- Once a Dalmatian has their tail pulled, Cruella leaves the tale, and continues chasing others.
- The Dalmatian puts their tail back on and continues.



Use a large space. We want the Dalmatians to have space to go fast.

Sharks and Minnows

Use the inside of the foot and outside of the foot to dribble past the sharks.

Each player (minnow) dribbles from one edge of the area to the other without their ball being taken by a shark (player, coach or parent).



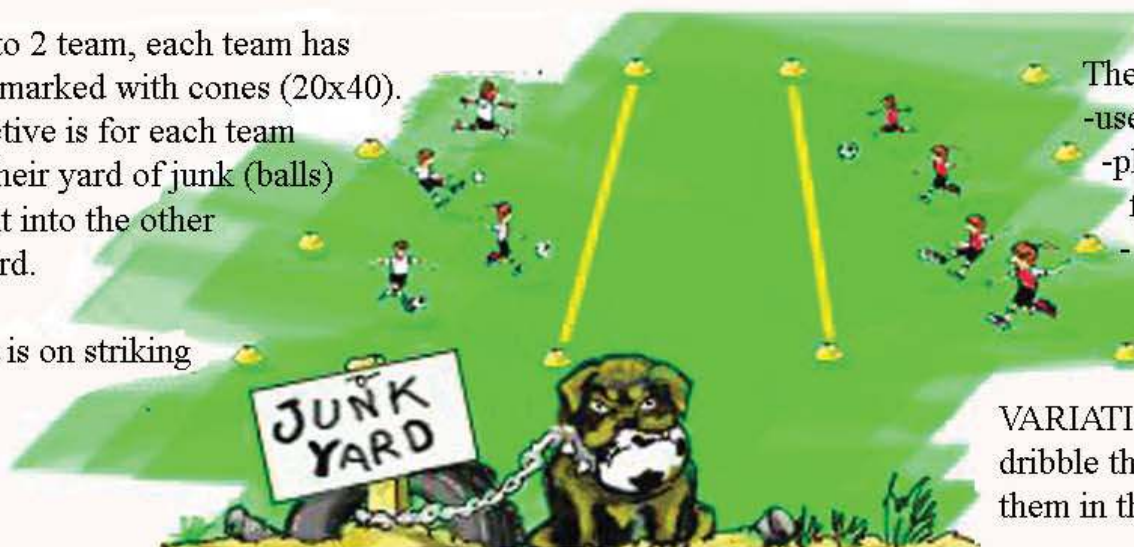
If a player loses their ball, they should fight to get it back until the shark kicks it out. Once their ball is out, the player becomes a shark. The last minnow to have a ball wins!



JUNK YARD

Divide into 2 team, each team has a "Yard" marked with cones (20x40). The objective is for each team to clean their yard of junk (balls) and kick it into the other team's yard.

Emphasis is on striking the ball.



The middle zone:
 -used to chip over...
 -players can battle for any balls...
 - a third team can kick balls into the other areas.

VARIATION: Players may dribble the ball and drop them in the other yard!

RED LIGHT - GREEN LIGHT

All players are in a grid. When the coach says, "Green," all players dribble their ball...

When the coach says, "Red," all players stop the ball with the bottom of the foot...



Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc...

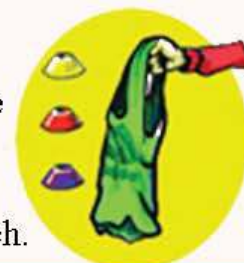


The coach now doesn't say anything, holds up a color and the players must look up and react...

COACHING POINT:
KEEP THE BALL CLOSE



Urge players to dribble with their heads up, while their feet "see" the ball with each touch.



ALIEN TAG

Players hold hula-hoops, or foam pool noodles as their "space ship" and fly around the area. Parents or coaches try to hit them (gently) with space rocks (their ball).

Players must spin out of control after being hit, they roll around on the ground as they crash.



VARIATION: Replace the hula-hoop, or the noodle with a soccer ball. The ball is now the space ship. Parents or coaches try to hit the space ship (ball) with their space rock (ball).

How?

Ask players questions, such as:

- “How small can you make yourself?”
- “How flat are pancakes?”
- “How tall do you have to be to touch the sun?”
- “Are you tippy-toe tall?”



Knee Tag

Players are in pairs. When the coach says, “Go!”, they are to tag each other’s knees, while not being tagged themselves.

Players keep score, although score is not emphasized at all.

Players change partners after a period of time.



Bounce, Toss, Clap

Start with kids bouncing and catching. Then tossing and catching. Then bouncing, clapping and catching.

Then tossing, clapping and catching. A higher progression is running, bouncing/tossing, clapping and catching. You can try a higher level of throwing from one hand to the other with a clap in between



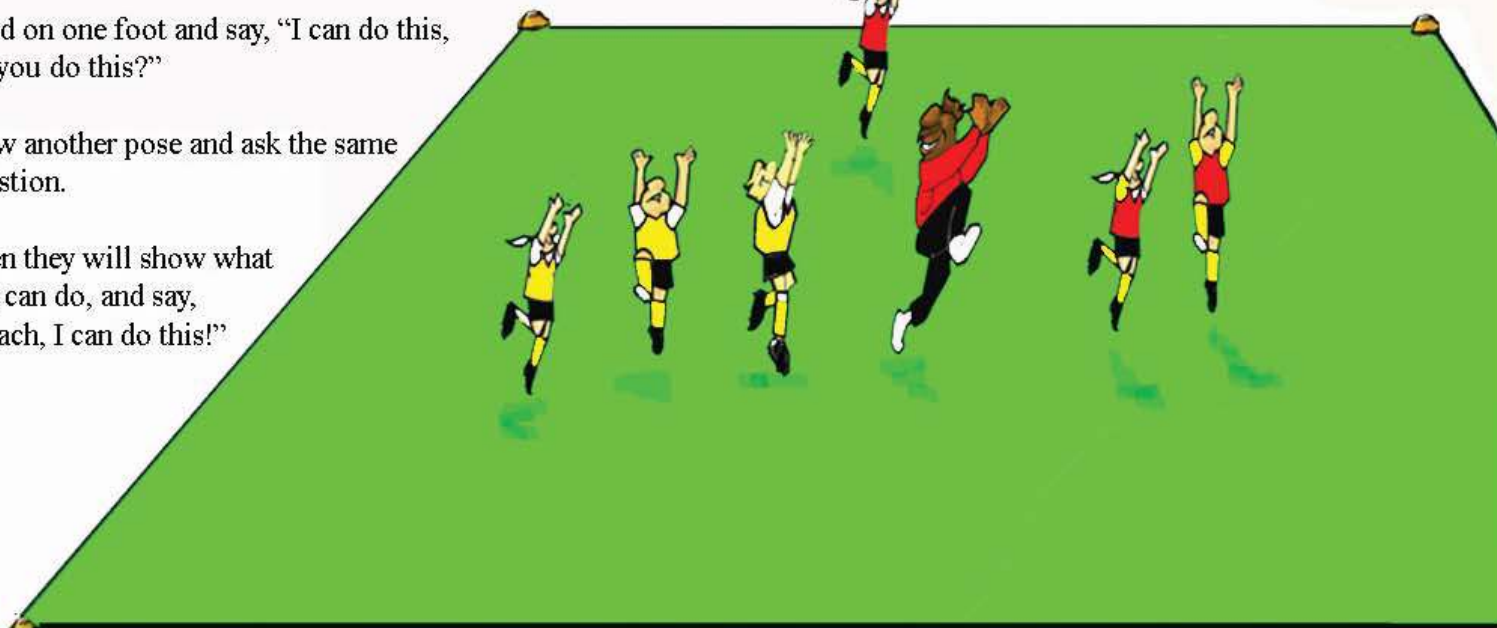


“I Can Do This!”

Stand on one foot and say, “I can do this, can you do this?”

Show another pose and ask the same question.

Often they will show what they can do, and say, “Coach, I can do this!”



Clapping Hands

When my palms are facing upwards, they are clapping.
When my palms are flipped down, they stop clapping.

Variation:

Players tap the ball with their toe while the coaches palms are up.

They must stop when he turns his palms down.



“Do This, Do That!”

Like “Simon Says.”

When you say, “Do This!” they do it.
When you say, “Do That!” they don’t.

Variations:

More static, or more active.
With or without a soccer ball.



COACHING TIPS

Avoid the 3 Evil "L's":



No Laps,

- No sense of pace,
- Inability to produce lactic acid



No Lines,

- Always in Motion,



No Lectures,

- Very Limited attention span

Attention Grabbers:

Start with chaos-

Bring them back with:

- A whisper, "Uh-hmm!"
- Use a physical que such as, "Grab a finger!"
- A verbal que such as, "If you can hear me, touch your nose!"

Use concrete targets and goals!



Motivation:

Think in terms of -
 "Activities!"
 "Exercises!"
 "Games!"
 instead of drills,
 "Drills Kill Skills!"



Use points to make them successful- "If you go your fastest, you get 1,000 points!"

First, we applaud their effort.

- Kids associate their effort as meaning that they are doing great!



Use what they know:

- Animals, Shapes & Colors

Use what they love:

- Physical contact.
- To hear the word, “Yes!”
- To hear their name.

Use Questions:

- Ask “How?” instead of “Why?” Say “Remember!” instead of “Don’t!”

Remember:

- 95 % is Caught, not Taught
- You are a Facilitator but, “Never Mistake Activity for Achievement!”



COACHING IDEAS:

Sometimes, a player will not be interested in playing the game you have set up. They may want to do their own thing with their own ball.

As long as they are safe, give them the time to do so.

You can tell them “come back and join in whenever you want.”

Make it competitive (in a fun way).

“Don’t be the last one over here”

“See who can pick up the most cones” or keeping track of and rewarding good behavior, are all great ways to motivate your players to do the right things.



Make sure each player on your team has a soccer ball at every practice.

(as the coach, you should probably bring 3 or 4 extras; some players may leave their ball at home!)

Give each activity you do at practice a name!

Players will get to know the names of the activities, what they need to do and how they are set up.



OTHER IDEAS:

“Grab a Finger!”

Start with good habits

Everything is Inclusive, not exclusive

The Water Cone

A place for players to put their water bottles that is:

- Near the training area
- Near to the coach

