

CYSA Coaches Clinic 2010- U6/U8

Warm-Up

Any kind of dribbling game is best for warm-up. It gets the kids excited and warmed up at the same time.

1. **Freeze Tag.** (Also called **Tunnel Tag.**) Everyone has a ball. One person is designated as “it.” Once tagged, player stops, picks up ball and holds it over their head and spreads their legs. Only way to get unfrozen is to have another player pass (with side of the foot passing) their ball through the legs of the frozen player. Once they are unfrozen they can then continue dribbling and try and help others get unfrozen. I usually recommend that they yell, “unfreeze me” while they are waiting. You may also just play freeze tag without balls to get warmed up, or any other kind of tag for that matter.
2. **Body Part Dribble-** players dribble in designated area. Coach calls out a body part and player must stop ball with that body part i.e. elbow, knee etc.

On the Side

Never have players sitting idle. In all drills where player gets “out”-lots of the dribbling drills, have them working on something on the side as the game continues.

1. **Tic Toc-** Player on side has ball between feet and is moving it side to side in a tic toc fashion.
2. **Hat Dance-** Player has ball in front of them and is hopping up and down putting bottom of cleat on top of the ball-trying to keep the ball stationary.
3. **Juggling**

Juggling

Players are never too young to start juggling. Easiest to start with just knees. I usually don't introduce feet until knees are well mastered.

1. **PELE (otherwise known as Horse in basketball)-** Divide players into partners. One player juggles as many times as can, other player must juggle as many times as first player or else he/she gets a letter in the name Pele. First one to spell Pele loses.
2. **21-** Divide team into partners. Each set of partners is racing against all the other partners. First player juggles as many times as they can even if it is just once. Second player picks up from where they left off and juggles as many times as they can. First pair to juggle 21 times yells “21” and wins.

Dribbling

Never dribble using the tip of toe. Always use inside of toe, outside of foot or top of foot.

1. **Shark and Minnows (also called Red Rover)**- Just like the pool game. Put down 4 cones in a rectangle, longer sides being around 20 ft apart- judge distance based on age of children. Have all players with their own ball line up on line. Have one “shark” player on opposite line without a ball. Shark says, “minnows over” and minnows (all other players on opposite line of shark) dribble toward the shark trying to dribble to opposite line (I mark it with cones.) Once minnows reach opposite line they are safe. Shark tries to tag as many players as possible, while they are trying to dribble past him/her. If a player is tagged, they then become an extra shark. Eventually you will have all sharks trying to get two minnows. The last minnow standing wins. I usually offer this player the chance to be the shark in the next round.
2. **Different Variation of Sharks and Minnows**- Same as above but this time the shark is trying to kick the minnow’s ball out of the area. If the ball goes out, the minnow becomes a shark.
3. **Buzzing Bees**- Great for little kids. Create a grid. Coach is in the grid with players. Each player has a ball and should dribble. Tell the kids they are bees and tell them to buzzzzz. They are the bees trying to sting the coach with the ball. Each player tries to kick the ball at the coach. If they hit the coach, the coach has been stung and says “ouch!” The coach should move around. This works on accuracy and they have a blast doing it.
4. **Traffic Jam**- Create a square with the cones- not too big. Put all players in the square with a ball. Each player is trying to maintain control of their ball while they are dribbling. Once the whistle is blown, each player then tries to kick out the other players’ balls while maintaining their own ball in the small grid. If they dribble out of bounds they are out. Have players doing something on the side instead of just sitting or standing idle. (See “On the Side.”) Or, have them do a set of something on the side and then jump back in the game.
5. **Pirate Traffic Jam**- Same as #3 but designate a pirate player. The pirate tries to kick the ball away from each player as they dribble around the grid. Last player to not have their ball kicked out wins. This is an excellent drill to work on **defensive shielding** as well since it is confined to a small area. Usually before this drill, we review how to shield the ball from another player (keep your body between the ball and opposite player.)
6. **Red light/Green Light/ Simon Says /Beehive**- Allows you to work on dribbling in all directions or any kind of footwork, and stopping the ball by putting your foot on top of it.

Shielding

1. See Pirate Traffic Jam
2. Shielding in pairs. Put players in pairs (try and match equal abilities) and spread out. Have one player with the ball trying to shield from the other. Have other player try and steal the ball away. If successful, give ball back and keep going. Do for set amount of time, then switch.

Passing

*****TECHNIQUE*****

For all ages it is really important that you stress technique (even the really little guys.) Even though they may not get it right away, they will. Players should always pass the ball with the side of the foot, not the toe! Think of a pair of Addidas soccer cleats. Players should strike the ball on the stripes on the inside of the foot when passing. Players will want to turn their whole body when learning to do this. Encourage them to keep their body forward and just turn their foot. Always work on both feet.

- 1. Name Game-** Helpful at the beginning of the year when you, especially, are trying to learn their names. Put all players in a circle with one ball. Players pass ball across circle calling out the name of player they wish to pass the ball to. Coach should be reminding them to pass with the side of the foot. **Receiving players should trap with the side of the foot with cushion. When trapping -same idea as passing. Stop the ball with the side of the foot, but as soon as it touches side of foot, foot cushions the ball by pulling back foot.**
- 2. Roll and Pass-** for little ones. Roll the ball to the players, have them pass it back.
- 3. Asteroids-** Create rectangular grid. Put lots of cones inside grid. Players only allowed outside of grid. Each player has a ball and attempts to pass the ball to the cones and knock them over. If they need to enter the grid to retrieve their ball, they must hustle and not touch any upright cones on their way. Let them keep track of how many they knock over. Have players help reset cones for another round. **Works on passing but also accuracy.**
- 4. Star Wars-** Same rectangular grid-lots of cones. Have players dribble in grid and pass the ball to the cones to knock them over. They must be dribbling when they pass the ball toward the cones to count the point.
- 5. Boom!-** Create circles with players (usually around 5 players in circle)-one player in middle of circle. Middle player passes the ball (with side of the foot passes) to player in the outer part of circle who then traps with side of the foot and passes it back. Then, the middle player passes to the next person in the circle, who then passes it back. All of the circles do this at the same time. It is a race. First circle to complete the circle (all having done the correct technique- if they do it wrong they have to redo the person- enforce this according to age) yells BOOM!
- 6. Paint the Field-** Two lines at end of field, pair passes back and forth down the field painting it an imaginary color(s) that they choose beforehand.
- 7. 3 v 1 Triangle Passing-** (May be a challenge for U6- but worth trying.) **Remember to continuously talk them through this.** Set up square grid. To start 3 players in grid. Each player stands at a cone to start. Make sure one player has a player on either side. Player passes the ball to either player. The player that receives the ball needs to have a player on either side, so one player must slide to open cone to support the player that now has the ball. Players slide accordingly so that there is always a triangle for the person with the ball. Focus on technique when passing and trapping. Add a player in the middle defensively to make it more difficult and more game-like. **Works accuracy, movement, defense and offense moving the ball around the defense.**

Other Fun Drills

These encompass several skills together.

1. **Cone Soccer-** Place two cones 10 feet apart. Divide players into pairs. Each pair has one ball and two cones. One person defends each cone. They try and knock over the other player's cone to score.
2. **Call it out Passing/Receiving-** Create a large grid. Place 2-4 players inside grid and remaining players outside grid. Players inside grid start with balls. Outside the grid players must at least equal the number of players inside the grid, more outside players is fine. They must call out the name of the player they wish to pass to, pass it to them and then turn and move to a different outside player and call to receive the ball. They then pass to yet another player and then move again to receive the ball from someone else. All inside players are doing this at the same time. Is a very interactive game that **incorporates calling for the ball to pass or receive, and passing and receiving on the move.**

Shooting

Example for this level: Wall pass to coach, dribble, shoot

Defense

1. **Shadowing Drill-** In pairs, one person dribbles down field, other shadows dribbler. To make it harder, allow shadower to try and steal ball and then give it back to continue.
2. **Sweeper-** Sweeper tracks in line with ball to teach positioning and to understand true nature of sweeping up balls that get through rest of team.

Scrimmages

1. 3v3 to emphasize triangles-
2. Full scrimmage- freezing game to teach points