



Coaching Education Program

Training Manual

Under 6 and Under 8

Recreational Program

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**Under 6 and Under 8
Lesson Plan Example**

Every training session should...

- last between 45-60 minutes.
- include a warm up activity that incorporates general movement training with and without the ball.
- include two to three soccer oriented movement training simple games with and with out a ball.
- conclude with a shooting exercise and playing soccer.

Example:

- I. Start (15 – 20 minutes)
 - a. Free play and welcome ritual
 - b. General movement training (6 to 8 min.) – Protect your tail – Page 9
 - c. Tag and running games (6 to 8 min.) – Free your partner – Page 7

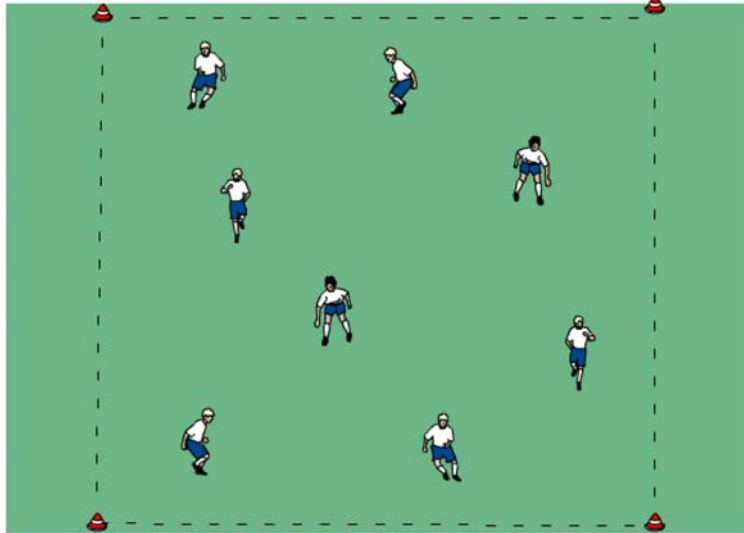
- II. Main Activity (20 – 25 minutes)
 - a. Simple ball game #1 (6 to 8 min.) – Freeze tag – Page 21
 - b. Shooting exercise (6 to 8 min.) – Goal rotation 1 – Page 27
 - c. Simple ball game #2 (6 to 8 min.) – King of The balls – Page 15

- III. Conclusion (15 – 20 minutes)
 - a. Playing soccer (15 to 20 min) – 3 v. 3 KINS One Goal Game – Page 30

Basic Running: Variations and combinations

“Free” running	Extra challenges	Figure running	Changing directions	Changing speed
<ul style="list-style-type: none"> Running around in group, searching for open paths Running with various arm movements 	<ul style="list-style-type: none"> With a sheet of newspaper on your chest, run fast enough to keep it from falling 	<ul style="list-style-type: none"> Trace the shapes of letters, numbers, and objects 	<ul style="list-style-type: none"> Run forward, backwards and sideways Slalom runs Zigzag runs 	<ul style="list-style-type: none"> Steady pace Speeding up Changing gradually or abruptly At intervals
Changing styles	Running in groups	Obstacle runs	With partners	Changing surfaces
<ul style="list-style-type: none"> Take short steps Take long steps Dribble with the ankles Don knee lifts Do heel kicks 	<ul style="list-style-type: none"> In a line In a row Rear player runs to front of line Group figure running 	<ul style="list-style-type: none"> Underneath obstacles Around obstacles Running and jumping over obstacles 	<ul style="list-style-type: none"> In a line Side by side “Shadowing” Maintaining physical contact 	<ul style="list-style-type: none"> In the gym, on the grass In the woods, in the snow Uphill, downhill In tall grass On sand On plastic

Cat gymnastics 1



The cat plays with a ball of yarn (vest): Standing up

Exercise 1:

Throw the vest up and catch it.

Variations: A) Throw and catch while standing on foot. B) Throw the vest with one hand and catch it with the other. C) Catch behind your back.

Exercise 2:

Balance a balled-up vest on your head; then tip your head back, let the vest fall and catch it behind you.

Variations: Drop the vest behind you, quickly bend over and reach between your legs to catch it.

Exercise 3:

Bend over and throw the vest between your legs, then turn around and catch it.

Variations: Throw the vest between your legs from behind and catch it in front of you.

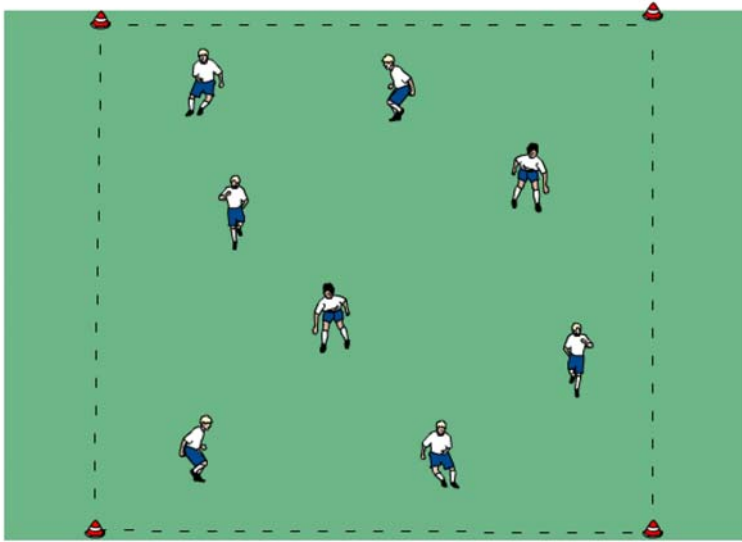
Exercise 4:

Bend over and balance a balled-up vest on your back. Stand up to let it fall behind you, then quickly bend over again to catch it between your legs.

Exercise 5:

Hold the vest behind you in your left hand; throw it over your right shoulder and catch it in front of you.

Cat gymnastics 2



The cat plays with a ball yarn (vest): On the floor (lying on your back)

Exercise 1:

Plant your feet, lift your hips and pass the vest around them (three times clockwise and three counterclockwise).

Exercise 2:

Pass the vest from your hands to your feet, then lower your arms and legs, roll over one time and pass it back to your hands.

Exercise 3:

Throw the vest up in the air, catch it with your feet and pass it back to your hands.

Exercise 4:

Bend your knees, plant your feet, clamp the vest between your knees and slowly lower them to the left and to the right. Keep your shoulders on the ground.

Exercise 5 (on all fours):

With one hand, pass the vest around the other hand, then throw it up in the air with one hand and catch it with the other.

Elephant gymnastics



Exercise 1:

Touch your nose with your left hand, then pass your right arm through the crook of your left elbow to make a "trunk." Repeat on the opposite side.

Exercise 2:

Stick your trunk between your legs and "drink from a puddle" behind you.

Exercise 3:

Stand on one foot, touch the ground with your trunk and "eat a leaf," then switch sides. Players who have trouble balancing can stand on both feet.

Exercise 4:

Standing on hands and feet, raise and lower your left arm. Repeat with your right arm and both legs.

Exercise 5:

Standing on hands and knees, raise and lower your left arm. Repeat with your right arm and both legs.

Exercise 6:

Lying on your back, bring your left hand and right foot together, then your right hand and left foot together.

Exercise 7:

Circus tricks: Stand on just three "legs":

- A) Start out lying on your back. Raise your left hand and then stand up.
- B) Start out lying on your side. Stand up on both feet and one forearm.
- C) Lie on your back with knees bent and feet flat on the ground. Stand up with both arms and on leg. Repeat on the other side.
- D) Who can stand up on two feet and a "trunk"?

Find a friend



Setup

- Using cones mark out a 20 x 20-yard field with 10 to 16 children.
- Outside the field are cones, balls, an area for the coach and another for the kids.

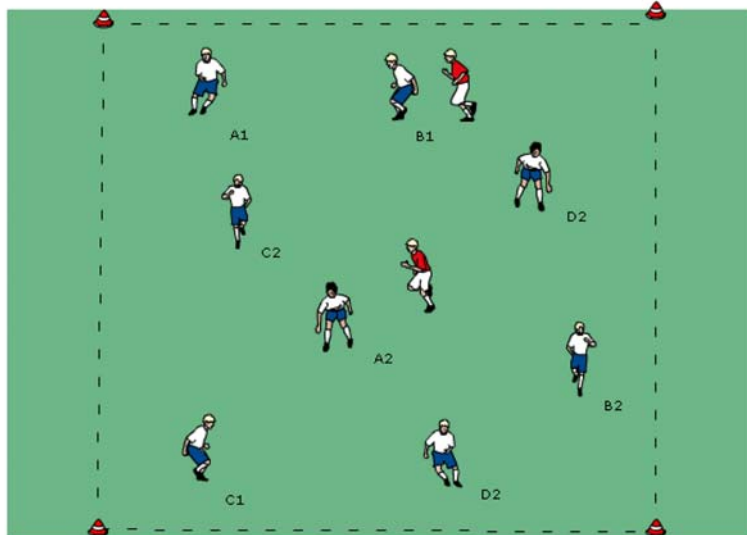
Sequence

- Children move around the field as instructed by the coach.
- When the coach calls out a number, kids have to quickly form groups of that size (e.g. “two” = pairs) and hold hands.
- First, players practice with various numbers.
- Leftover children can “hide” by crouching together in a group.
- Game: The coach stands outside the field, calls out a number and then tries to catch kids without “friends.”
- However, first the coach has to run around a cone, giving the children time to form groups of the right size.
- If the coach catches a child, he gets a hat (cone). If all the children escape, they get a ball.
- Coach and children collect their prizes in their areas.

Variations

- Kids run at an assigned speed.
- Kids move in a certain way: running, hopping, crawling, etc.
- Kids do gymnastics (Cat gymnastics or elephant gymnastics).

Free your partner



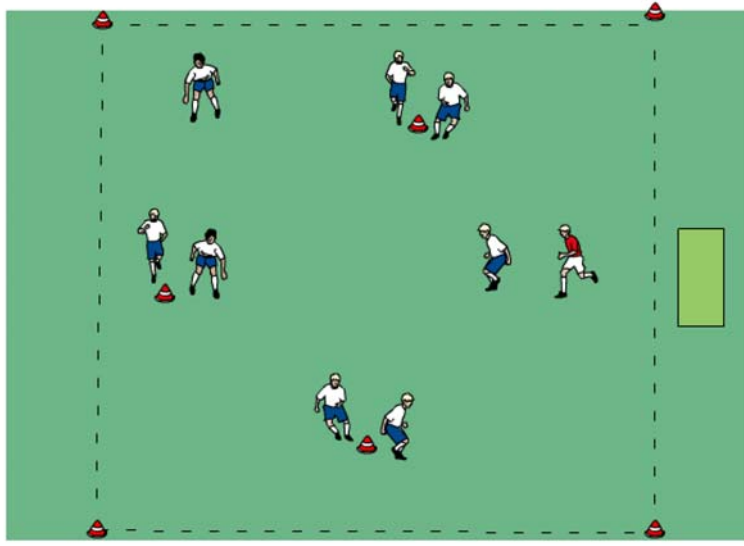
Setup

- Divide players into pairs
- One pair is chosen to tag the others
- Using four cones, mark out a field (size depends on number of players)
- All players take the field

Sequence

- The designated pair tries to tag as many players as possible within 45 seconds.
- Tagged players freeze with legs spread. They can only be freed if their partner crawls between their legs.
- When time is up, each pair is awarded points (two points if both partners are free, one if one is frozen, zero if both are frozen) and a new pair is chosen to tag the others.

Monkey jungle



Setup

- Set up a jungle of cones inside a 15 x 15 – yard field.
 - Mark out a 5 x 2 – yard rectangle about two yards away from the field.
- Lay vest at one corner of the field.

Sequence

- The baby monkeys move through the jungle.
- The hunter (coach) is in the tent (rectangle), moving around and getting ready for the hunt.
- Suddenly the hunter comes out of the tent and runs into the jungle to hunt monkeys.
- The monkeys save themselves by climbing trees (touching cones).
- However, each tree only holds two monkeys.
- The hunter is allowed to tag any monkeys who can't find a tree.
- If they get tagged, they put on a vest and can't take it off unless they find a tree the next round.

Variations

- If a monkey wearing a vest gets tagged a second time, the hunter takes the vest to his tent as a hunting trophy.
- Encourage cooperation: "help each other so the hunter doesn't get a trophy!"
- To be safe, children have to; knock down a cone, jump over it, run around a cone (or several), touch the cone with a certain body part, etc.
- To be safe, children have to run out of the jungle, but the hunter can block their path.

Out of the ocean



Setup

- Using cones, mark out a 15 x 15- yard "ocean" (field).
- Assign eight to 12 children to each field, divided into two teams, dolphins and penguins.
- Put out a box of vests.

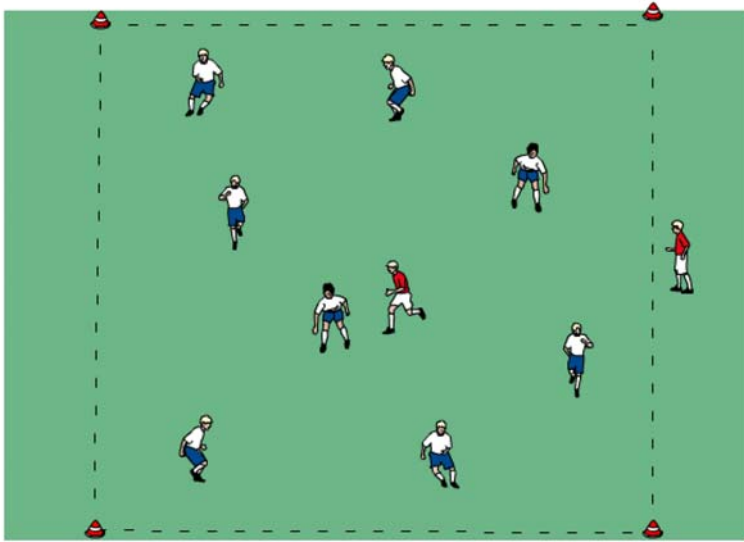
Sequence

- Dolphins and penguins move about freely in the ocean.
- The four shores (sides of the field) have names (numbers, cities, countries, continents).
- When the coach calls out a name, the kids run as fast as they can to that shore.
- The team of the last player out of the ocean loses.
- Competition: The winning team gets to put a vest in its "sand castle." Which team can collect three vests first?

Variations

- Players "swim" at different speeds.
- Players move in different ways: hopping, walking, running, crawling, etc.
- Players do gymnastics in the ocean.
- Set up a "cone jungle" in the field. New story: Lions and tigers in the jungle run away from the hunters.

Protect your tail



Setup

- Using cones mark out a 10 x 10 yard fields.
- Assign six to eight players to each field, plus a “tail snatcher” (coach) and a “doctor” (assistant coach or parent).
- All the children have “tails” (vests) tucked into their waistbands.

Sequence

- The tail snatcher tries to steal as many tails as possible.
- When he gets one, he drops it; the play picks it up and runs to the doctor, who puts it back on.
- Can the tail snatcher get all the tails (or certain number of them) in on minute?

Variations

- Kids who lose their tails have to do an extra task before going to the doctor: roll across a mat, jump over a hurdle, run a slalom course backwards, cross a balance beam, etc.
- The coach puts the tails in a basket; kids get news ones from the doctor.

Tips

- Kids love it when the increasingly desperate coach almost beats them-but not quite!
- Story: Lizards drop their tails when the mean fox tries to catch them.

Rope gymnastics



Rope gymnastics

- Stretch the rope overhead, in front, to the side.
- Throw in up in the air and catch it behind your back.
- Throw it up in the air behind you (between your legs), spin around and catch it.
- Twirl it over head/beside your body like a lasso (both hands).
- Hold one end, swing it across the ground and jump over it (horizontal jump rope).

Say hello

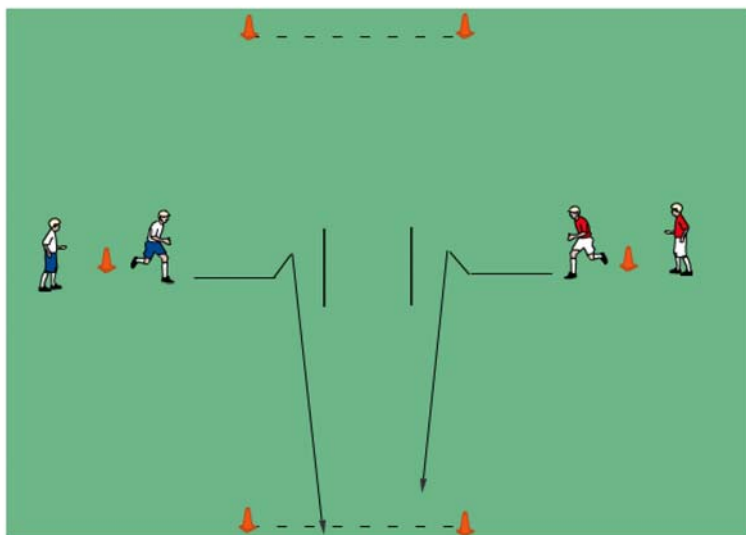


Say hello

The prince and princesses in Wonderland say hello a different way each day:

- Sunday: link arms and spin
- Monday: back to back
- Tuesday: Sit with feet touching
- Wednesday: crawl between each other's legs
- Thursday: sit down side by side, hold hands and stand up together.
- Friday: high-five with both hands
- Saturday: jump for joy on the best day of the week!

Sprint and fake



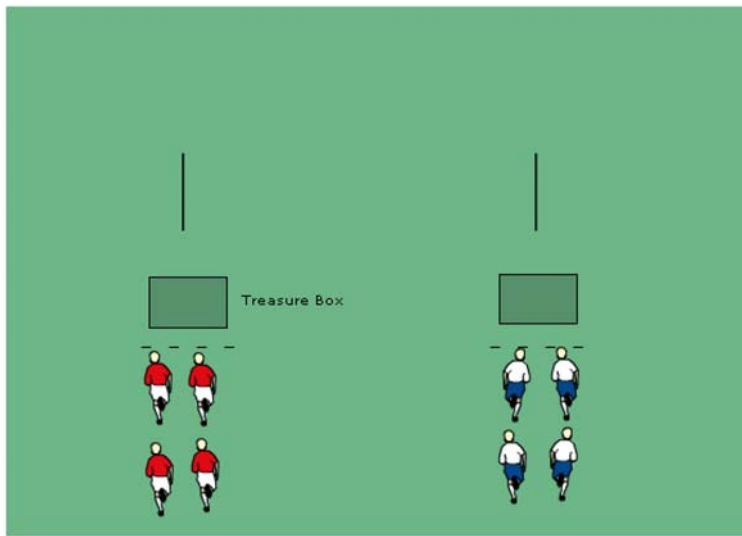
Setup

- Divide players into two teams, which line up at opposite starting cones.
- Lay two poles in the middle, between the starting cones.
- Mark two goal lines five yards from the ends of the poles.
- Designate one team as the starters.

Sequence

- The first starter jogs toward the poles.
- The first player from the other team also jogs toward the poles at roughly the same speed, watching the starter.
- Suddenly the starter switches directions (with optional fake) and sprints toward a goal line.
- The opponent tries to beat the starter across the goal line. The winner scores one point.
- Teams switch roles after each round.

Treasure relay 1



Setup

- Mark a starting line about two yards in front of a treasure chest (box) and set up a pole five to eight yards away.
- Divide players into two teams, who line up in pairs at the starting line.
- The first pair goes together to get the treasure.

Sequence

- Practice round: Together, partners carry the treasure (vest, pole, cone, etc.) around the pole and hand it off to the next pair; the last pair puts it in the chest.
- Competition: Which team is faster?

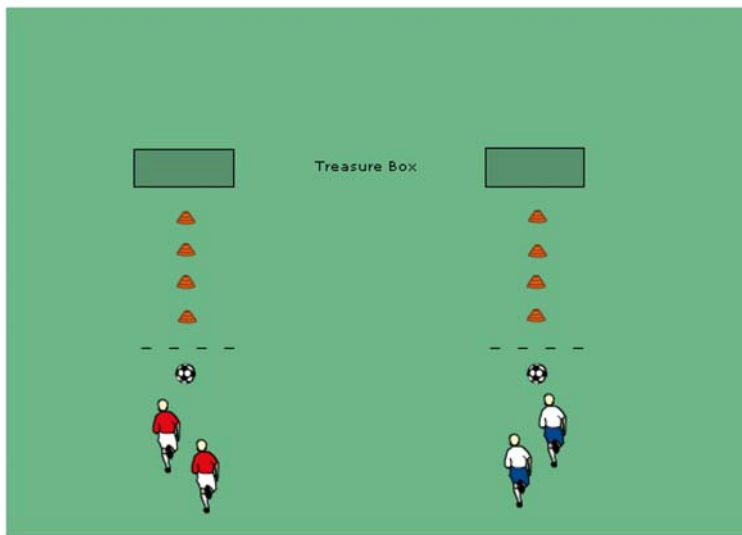
Variations:

- Half of each team stands at the starting line, half at the pole. Each pair gives the treasure to the next pair; the last pair puts it in the chest.
- After the first few rounds, hands are not allowed; kids have to find their own ways of carrying the treasure.

Tips:

- Setup multiple courses and make teams no bigger than six; otherwise players have to wait too long for their next "assignment."
- Do all the variations: Kids stay interested longer because they have plenty of variety and no down time.

Treasure relay 2



Setup

- Divide players into pairs, each at the head of a row of cones.
- Each row includes four cones at two-yard intervals, with a treasure chest (box) at the end.
- Each pair has a ball.

Sequence

- Partner A carries the ball to the space between the first two cones and puts it on the ground, then runs back and tags Partner B.
- B runs to the ball, carries it to the next space, runs back and tags A, etc.
- First practice, then hold a competition: Which pair can be the first to put its treasure safely in the treasure chest?
- Partner B starts the next relay.

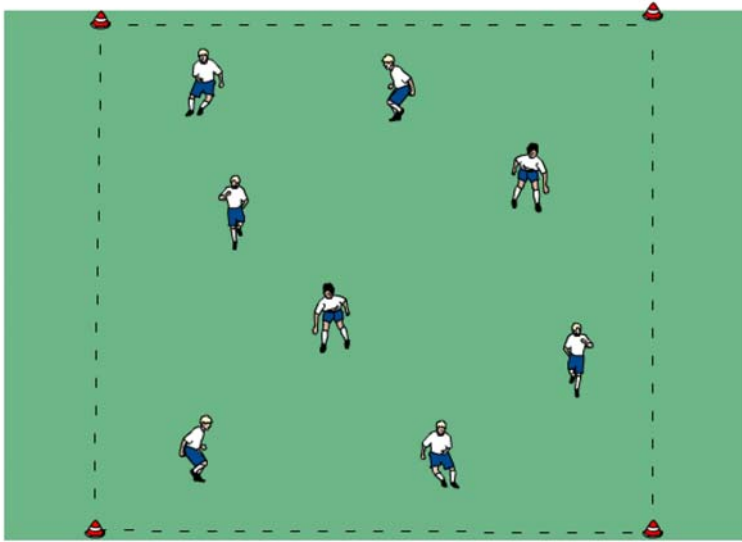
Variations:

- Each pair barriers the ball in a cone, which partners hand off (instead of tagging each other).
- The treasure can be a vest, a jersey, a cone, or some other object.
- Players move in different ways; jumping over cones, hopping (on one foot), running backwards on the way there and doing a sideways roll on the way back, etc.

Tips:

- If you're short on cones, use something else (e.g. poles).

Trip to the zoo

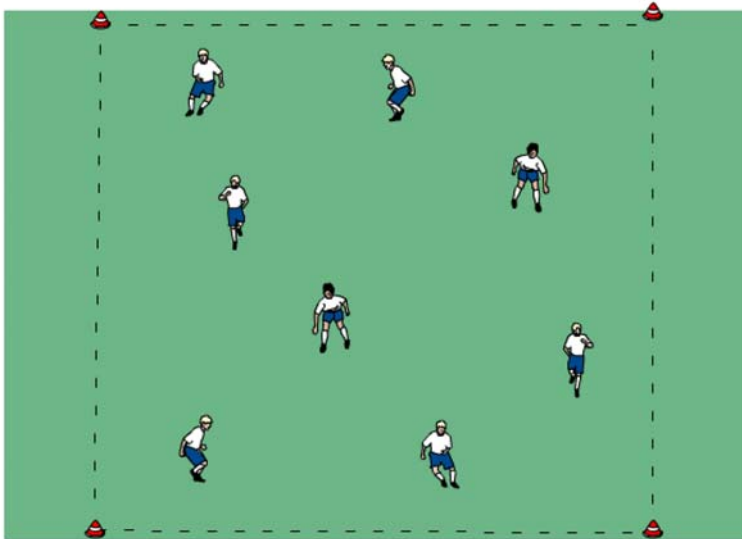


Trip to the zoo

Children imitate the movements of the animals they see on a trip to the zoo.

- Strut like a peacock, lifting your knees high.
- Slither and hiss like a python.
- Hop on all fours like a rabbit.
- Walk heavily on all fours like an elephant.
- Pace and growl like a tiger.
- “Walk” like a sloth (lying on your back, arms and legs extended overhead).
- Roll around like monkeys (transition to playtime)

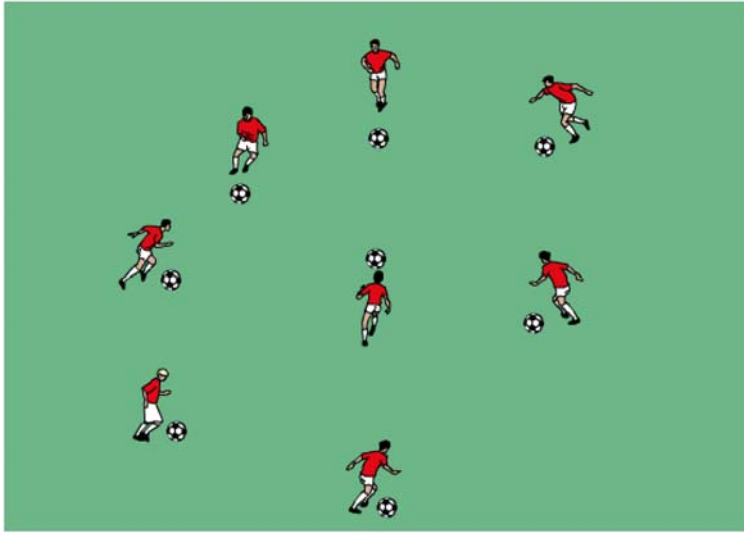
Walk like a ...



Walk like a....

- giant: stomp heavily, take long strides
- elf: dancing lightly on the balls of your feet
- dwarf: skipping (so you can see farther from the top of each jump)
- crab: walking sideways, crossing one leg in front of the other
- thief: hunched over, carefully creeping on tiptoes to avoid getting caught
- mouse: taking lots of excited little steps, lifting your knees high

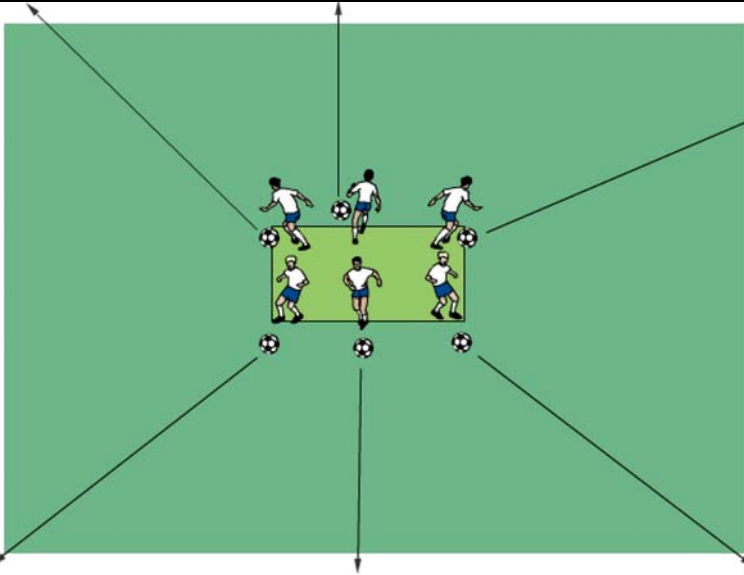
Body part dribble



Setup:

- Players dribble around in the playing area while trying to avoid one another. While they dribble the coach calls out a body part, such as “elbow” “knee” “nose” “belly button” etc!!!! The players stop the ball using the part of the body identified.
- Players learn to keep the ball close so they can stop the ball quickly

Explode



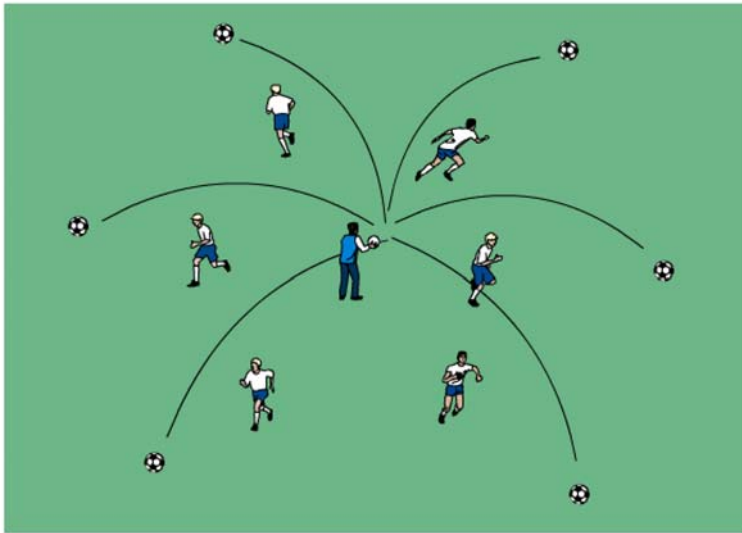
Setup:

- Mark off a field with cones
- In the middle of the grid mark off a circle or square.
- Coach signals the players to dribble inside the center circle/square.
- Once all the players are inside the center circle, then the coach yells “EXPLODE, EXPLODE” and the players dribble outside the field.
- Players must dribble and maintain close control of the ball.

Variation:

- After the players catch on let the player who dribbles their ball out of the field direct the game. The players get a kick out of yelling “Explode, Explode”

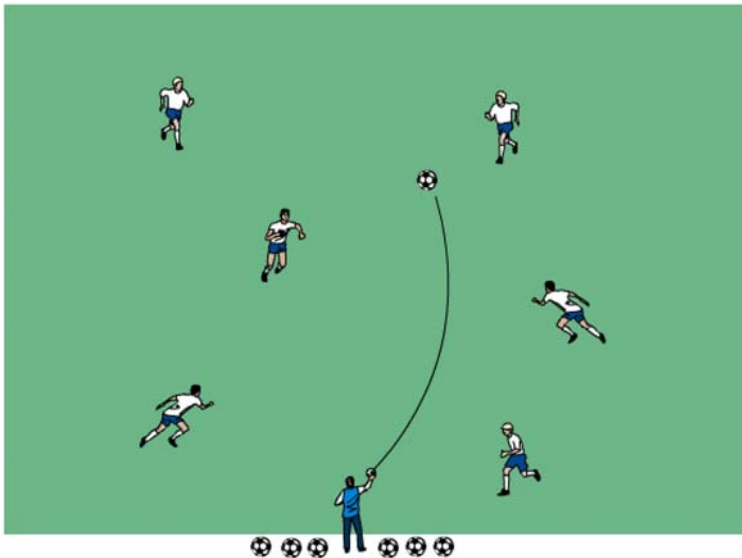
Fetch doggy



Setup:

- The coach begins with all the balls. Coach throws the balls in different directions for each player who must bring the ball back to the coach as quickly as they can. First the children bring the ball back using their hands in some fashion; such as rolling the ball with their hands, or bouncing the ball with two hands, after the children get the idea that they are to bring the ball back to the coach then the coach has the children bring the ball back using their feet. Right foot, Left foot, inside.
- The purpose is for the children to move toward a target. First, by using their hands and then progress with their feet.
- Encourage the children to maintain close control and dribble the ball back to the coach's feet.

Frantic ball



Setup:

- Throw a ball into center of playing area. Players are a team and must never let ball stop moving. Add balls until each player has a ball.
- Encourage players to dribble the ball and to work as a team to keep the ball moving.

House dribble



Setup:

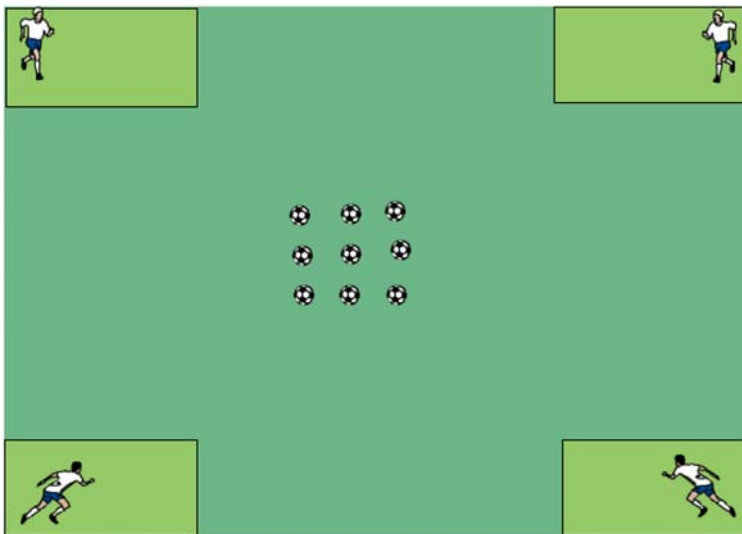
- Six to eight players with one ball each, dribble inside a grid. Players respond to coach's command as show below:

Coach's Command	Player's required response
Stop ("Red Light")	Players stop the ball by placing one foot on top of the ball.
Turn	Player change the direction of the dribble
Clear the house	Players dribble fast out of the grid
Sit	Players sit on the ball.
Round'n Round	Players stop the ball and run around it
Change	Players leave their ball and get another ball
High Five, Low Five, Hard Five	Players dribble around giving the other players a high five, low five, or hard five.

Variations

- Instead of shouting a body part, the coach can touch an area of his body and the players need to stop the ball using the same area. This forces the players to look up while dribbling.

King of the balls



Setup:

- Mark off a field with cones. In each corner make a 2 x 2 square, Castle.
- 2 players in each corner of the field
- 6 to 8 balls positioned in the middle of the field
- At the coaches signal the players sprint to the middle to get a ball that they dribble back to their "Castle." Once they've stopped the ball, they tag their partner to go do the same thing. If they don't have a partner they go again.
- Play stops when all the balls have been taken from the middle.
- Winner is the player with the most balls in their corner.

Tips:

- Players learn to change direction at speed in a fun game.
- Players must dribble and maintain close control of the ball.
- Players must stop the ball in their castle under control.

Race track



Setup:

- Cones or disks are placed as gates all of the playing area (Race track) Players are to create the own course by dribbling through as many gates as possible in a specified period of time, such as 15 sec. The players keep track of how many gates they dribble through and try to get more the next time. Make sure the players go from one gate to another

Tips:

- The players should learn to control the ball at speed while running and turning. Encourage the player to keep their head up to see where their going.

Rob the nest



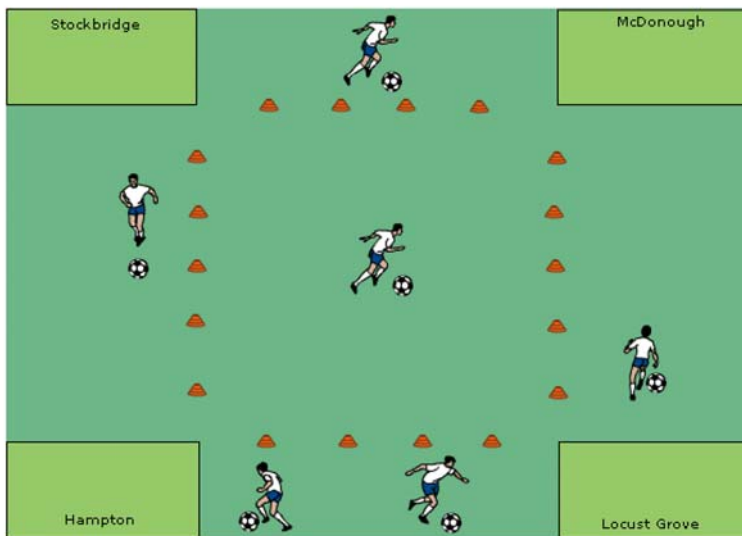
Setup:

- Divide players into 4 groups. Place three balls in each corner or "Nest."
- Players may steal balls from other teams nest.
- Can only handle one ball at a time. You may not defend a player from taking your ball from your nest.

Variation:

- Start by letting them use their hands only to get use to the game.
- After they get the hang of it, quickly introduce dribbling.

Taxi



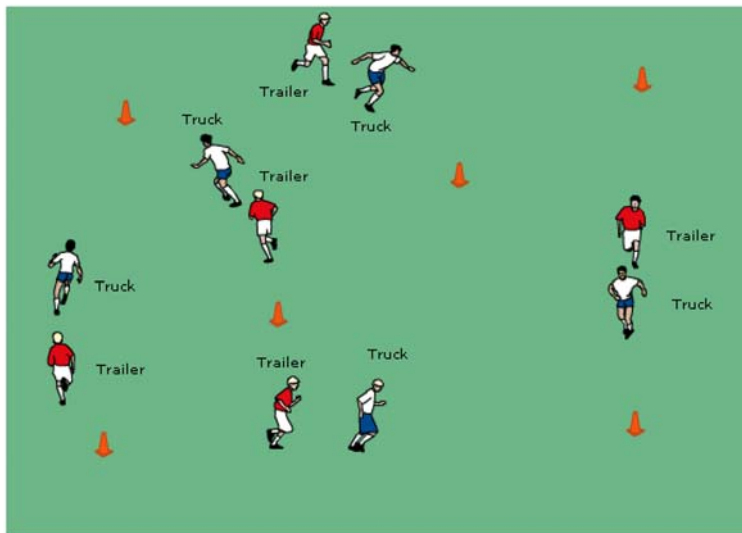
Setup:

- All players are driving their "Taxi" through the city. Coach (passenger) tells the players when to switch into first gear (slow), now second gear (little faster), and third gear (real fast) at first; TURN; HIT THE BRAKES (make tires screeching sounds).
- In each corner of the playing area is a town marked out with cones. I.e. Atlanta, McDonough, New York, Stockbridge etc! Can you visit all the towns-get there anyway you want.

Tips:

- How many ways can you stop the taxi using your feet only. Sole, inside out side. Maintain close control

Truck and trailer



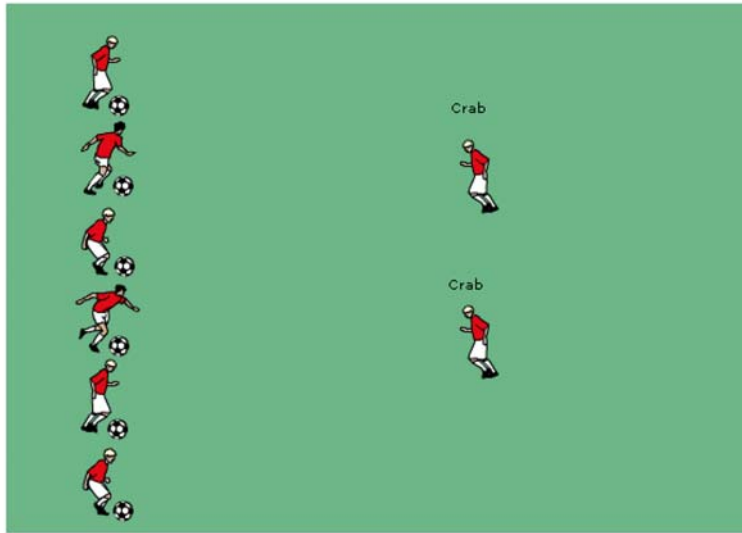
Setup:

- In pairs, one player is the "Truck" and one player is the "Trailer"
- The Truck leads the Trailer around and through the cones. When a Truck reaches an open cone, they choose and perform a soccer skill (See Simon Says) that must be replicated by the Trailer.
- 20 Seconds then switch Truck and Trailer. Repeat
- Activities starts without balls and then with balls after a few rounds.

Tips:

- Cones should be 10 yards apart.
- Players should maintain close control of the ball.

Crab soccer



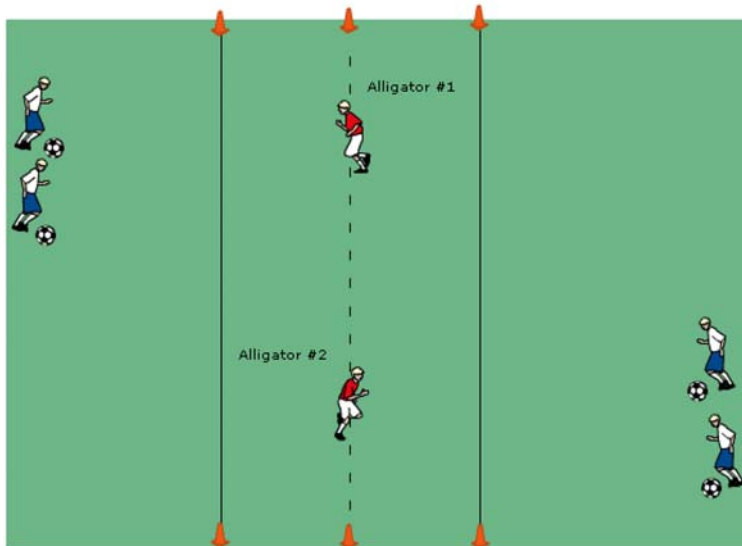
Setup:

- "Nest." Coach selects 2 Crabs to be "it"
- "Crabs" are spread out in the middle of the grid "Beach" waiting to tackle the player's dribbling across the "Beach"
- Players have to dribble the ball past the "Crabs" to the other end of the (Beach) without their ball going into the ocean (outside the coned grid)
- Players must stop the ball on the line
- Crabs move to kick the ball into the ocean. If a player's ball is kicked into the ocean or dribbles into the ocean, then that player becomes a crab.
- Once the players reach the other end of the "Beach" they await the coach's signal to dribble across again.

Tips:

- Players must dribble and maintain close control of the ball
- Players must keep their head up and see where the crabs are located.

Cross the river



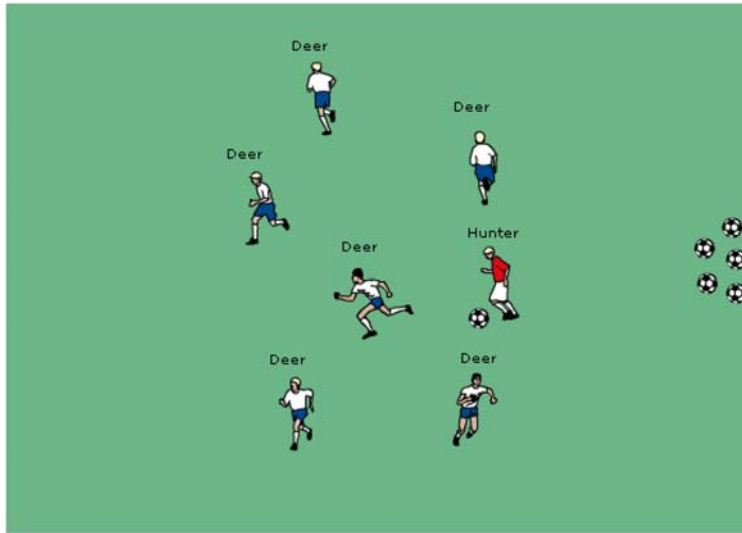
Setup:

- Divide the players into two groups, one on each end line of a field. Mark the centerline with cones from sideline to sideline, this is the river. On the coaches command the teams switch places, dribbling across the river. Which team can switch places the fastest?

Variations:

- Add an alligator to the river to defend by kicking the balls away. Alligator must remain within the rivers banks.

Deer hunter



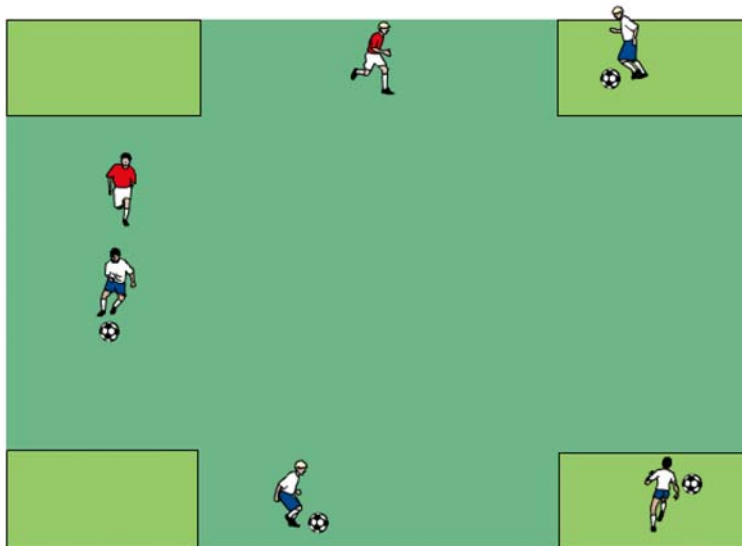
Setup:

- Keep a supply of balls at one corner of the grid
- 4 to 6 players are the "Deer" without a ball running inside the field.
- 1 to 2 players are "Hunters" with a ball. They are dribbling around trying to kick their ball at the deer (below knees).
- If a "Deer" gets hit with the ball they join the "Hunters" and eliminate the remaining "Deer"
- Once all the "Deer" have been converted to "Hunters" select new hunters to restart the game.

Tips:

- Players must dribble and maintain close control of the ball.
- Players must keep their head up and see where the "deer and hunters" are located.

Four square



Setup:

- Mark off a field with cones. Mark off 4 coned square's (Bases) are 2 x 2 yards apart
- Select 2 players that are "it"
- Divide the remaining players into the 4 squares each with a ball.
- On the coaches signal players have 60 seconds to try and dribble from their square into as many squares as possible without being tagged.
- The players who are "it" count how many players they can tag in 60 seconds
- The players dribbling the ball can only be tagged outside the bases.
- The players can not be tagged once they have entered the base.
- Players must have the ball in the base to be safe.
- Players must dribble at speed and keep the ball under control to avoid being tagged.
- Players must keep head up and see where the "taggers" are located.

Freeze tag



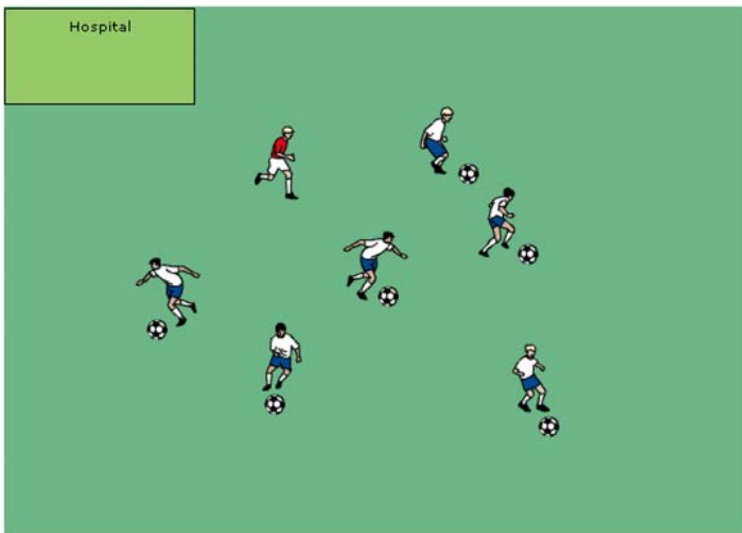
Setup:

- 6 – 10 players dribble their balls in the field.
- One player without a ball tries to “freeze” players by touching them. Each player who is frozen must stand with his/her legs open and wait until his/her teammates ‘unfreeze’ him/her by dribbling their ball close enough to pass it between his/her legs.
- Tagging player tries to freeze the whole team within 60 seconds

Tips:

- Improve dribbling and changing direction
- Players must dribble and maintain close control of the ball.
- Players must keep their head up and see where the “tagger” is located.

Hospital tag



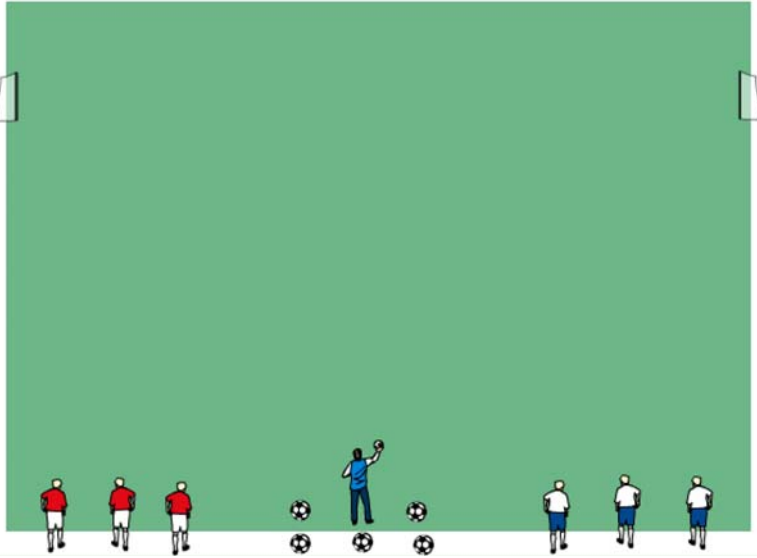
Setup:

- In a space appropriate for the number of children, the children dribble around and try to tag other children while controlling their ball. When tagged, the player must hold the part of the body that was tagged and they must go to the hospital to get well.
- The hospital is a space ten to fifteen yards away where the player must dribble to and perform a trick, run a par course, or complete four ball touches. After completion they come back into the game with a fresh start.

Tips:

- The children learn to keep the ball close so they are able to move quickly to avoid being tagged. Those who are more comfortable with the ball will tag those less comfortable, but after visiting the “Hospital” they are back in the game.

One v. One game



Setup:

- Split players into two even teams
- Mark off a grid with cones 20 x 20. Set up small-coned goals 20 yards apart.
- Coach stands on the sidelines with a supply of balls.
- Each team lines up behind a cone either side of the coach
- The Coach throws the ball into the center of the field the first player from each line runs onto the field and plays 1 v 1.
- Players defend the goal closest to their line and attack the opposite goal. Play until a goal is scored or they dribble out of the marked grid.
- If the defender steals the ball that player becomes the attacker and the attacker becomes the defender and 1 v 1 play continues.
- Players must dribble and maintain close control of the ball.

Variations

- Give a player from each team the same number, give a player from each team the same colored vest, or give a player from each team a Disney character name.
- Coach shouts two numbers, two colors, or two Disney characters names to create 2 v. 2.

Pirate



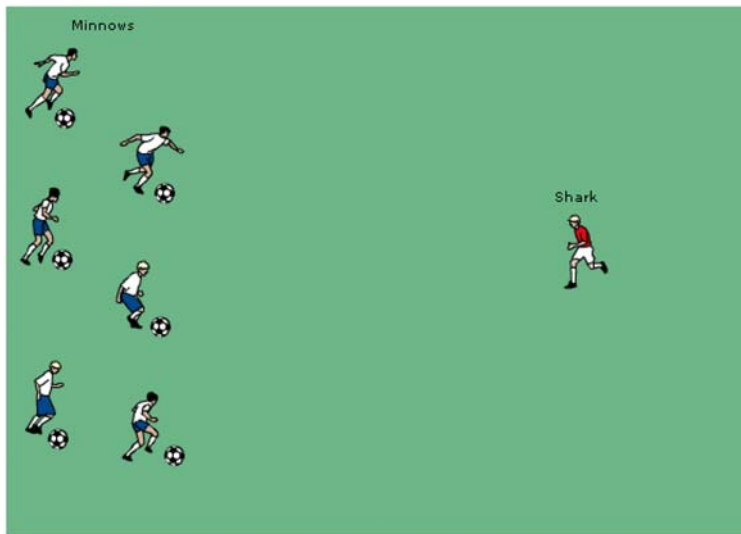
Setup:

- 4 to 8 players dribble the ball in the field.
- One player is without a ball and the pirate.
- The pirate tries to win one ball from any of the other players.
- The player who loses their ball becomes the new pirate.

Tips:

- To develop dribbling ability and change of direction to evade challengers.
- Players must dribble and maintain close control of the ball.
- Players must keep their head up and see where the "pirate" is located.

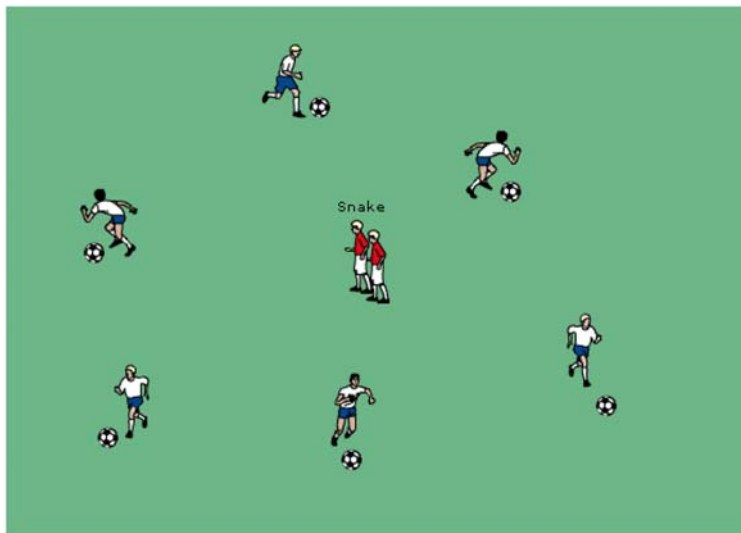
Sharks and minnows



Setup:

- The minnows, the players with a ball, line up shoulder to shoulder on one end of the field.
- One player is designated as the shark and is positioned inside the field without soccer balls.
- On the coach's command, the minnows must dribble their ball through the field and get to the other side without getting their ball stolen or kicked away by the Shark. If a player loses their ball while crossing the field, he/she becomes a shark.
- FUN...Dribbling under pressure; decision making; change of speed; change of direction; defending. This is an inclusive game...the players are either dribbling a ball or trying to get one back.

Snake



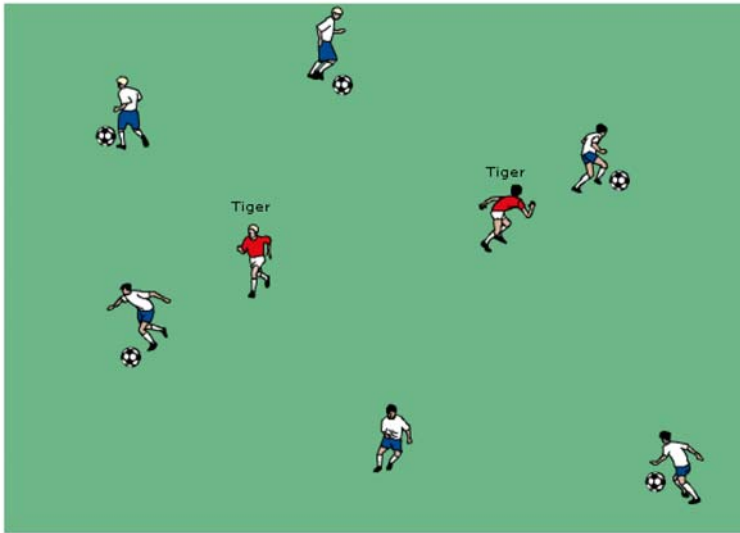
Setup:

- One player joins the coach in the middle of the field to form the snake.
- The remaining players line up at one end of the grid with one ball each.
- On the coach's signal the players attempt to dribble from one end of the grid to the other end without the snake kicking their ball outside the grid.
- Once the players reach the other side of the grid with their ball they are safe and await the coach's signal to dribble across again.
- If a player's ball is kicked out of the grid (any of the 4 sides), then that player joins the snake in the middle of the grid.

Tips:

- Players must dribble and maintain close control of the ball.
- Players must keep their head up and see where the "snake" is coming from.
- Have players in the snake take turns selecting a player to go after. This keeps the snake focused and raises the excitement level of the game.
- Rotate the player to start as the snake.

Tiger ball



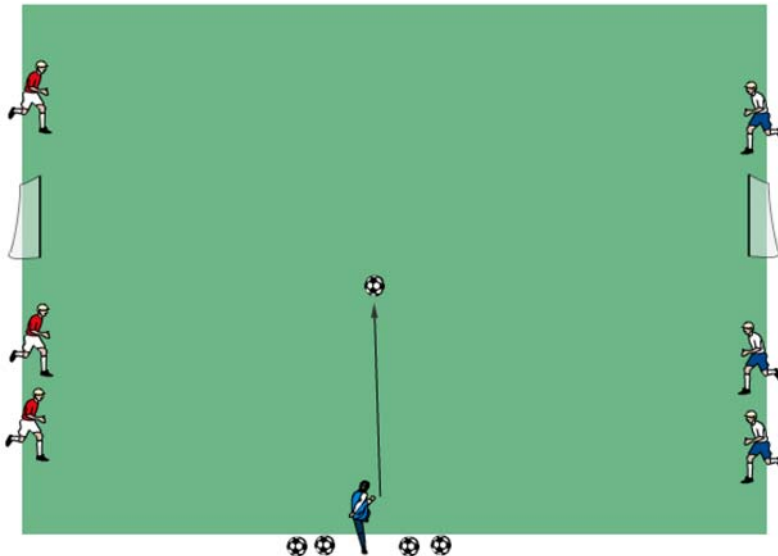
Setup:

- Each player has a ball except for the “Tigers.” At the coach’s signal, the tigers (2) try to steal a ball from one of the other players. To win it, he must steal the ball with his feet and then hold it above his head in his hands. The tiger should then take the ball to the coach. Now, both players are tigers. Play until only two people are left and then those players are the next tigers.

Tips:

- Dribbling under pressure player should dribble to open space.
- Decision making, change of speed, defending the player are dribbling a ball or trying to win a ball back.

Two goal game / Disney character game



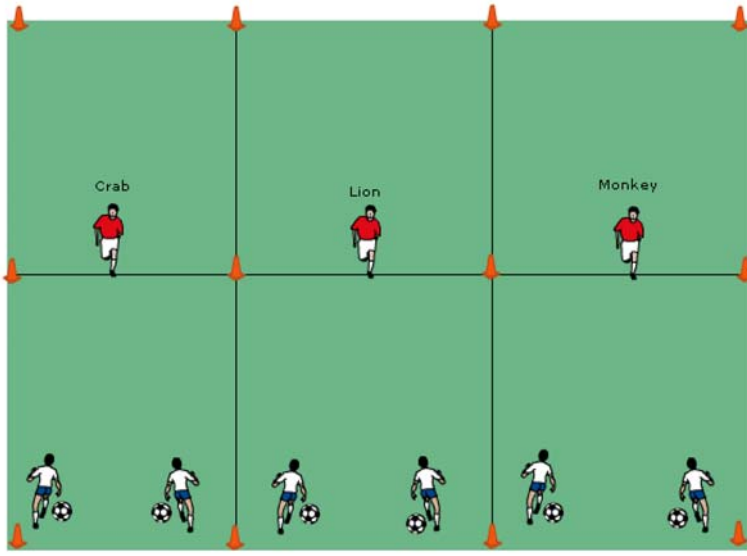
Setup:

- Two teams of equal numbers stand at either end of a field.
- Give each player a cartoon character name (make sure there’s a matching character at the other end).
- Coach sends in a ball and calls out a cartoon character and that character from each end goes onto the field and plays 1v1.

Variation:

- Call out multiple names from each side so it will be 2v2.

Zoo keeper



Setup:

- Select three players to be animals (Lion, Crab, and Monkey) the lion guards the first goal, crab the second and monkey the third. Lion must crawl on all four to guard goal, crabs must maintain a crab position and the monkey may stand erect. Player is sent down 1 at a time and tries to dribble through each goal.
- Keep the lines moving by sending the next player after the previous player has gotten by lion. When all the players have gone through the corridor turn the animals around and start again.
- Change animal every couple of sets.

Bumper cars



Setup:

- Coach moves a ball around, players each with a ball try to kick their ball and knock something off the coach's car i.e. One tire, fender, head light etc!!! Let them keep going until the car can't go any more.
- Players need to keep the ball moving.
- Take time to aim at the coach

Cross fire



Setup:

- 4 to 8 players start at one end of the grid without a ball (later with a ball).
- One coach on either side of the grid with balls
- On the coach's signal the players run to the other end of the grid and avoid the "crossfire."
- Coach tries to pass the ball across the grid and hit players running (later dribbling).
- Players who get hit or lose control of their ball, join the coach and add more crossfire until one is left.
- Players must dribble and maintain close control of the ball.
- Players must keep their heads up and see where the "cross fire" is coming from .
- Players kick the ball as accurately as possible from behind the marked area.
- Take time to aim. Take a good look at the dribblers before kicking the ball.
- Kick the ball calmly with the inside of the foot. Strike the ball properly just above the center, to keep it low

Gotcha



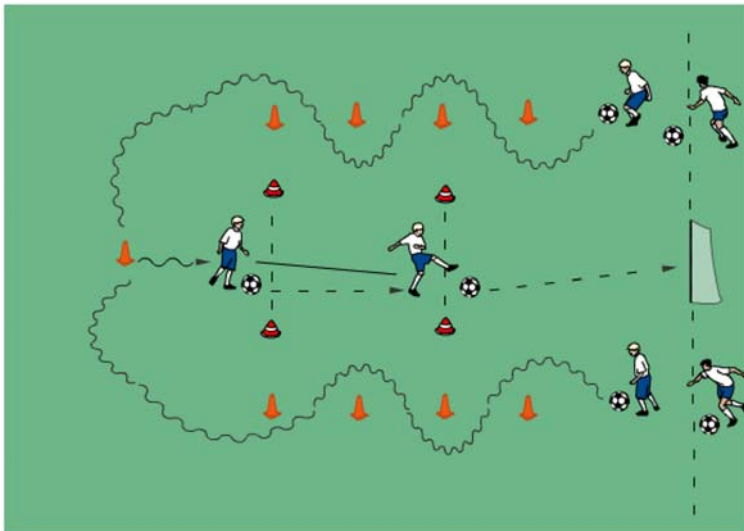
Setup:

- Divide the players into two groups on opposite sides of the playing area. Place three balls in the middle of the playing area on top of a cone or on the ground. Each group takes turns shooting at the balls. Players on the opposite side of the shooters must stop the ball with the inside of the foot. "Receiving" the ball must be stationary before the player shoots.

Tips:

- Take time to aim. Take a good look at the cones before shooting. Shoot calmly with the inside of the foot. Strike the ball properly just above the center to keep it low.

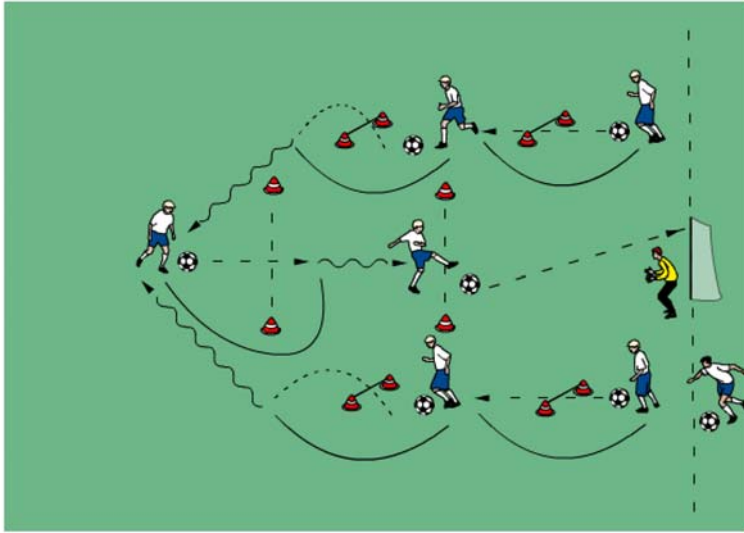
Goal rotation 1



Setup:

- 4 to 8 players start at one end of the grid without a ball (later with a ball).

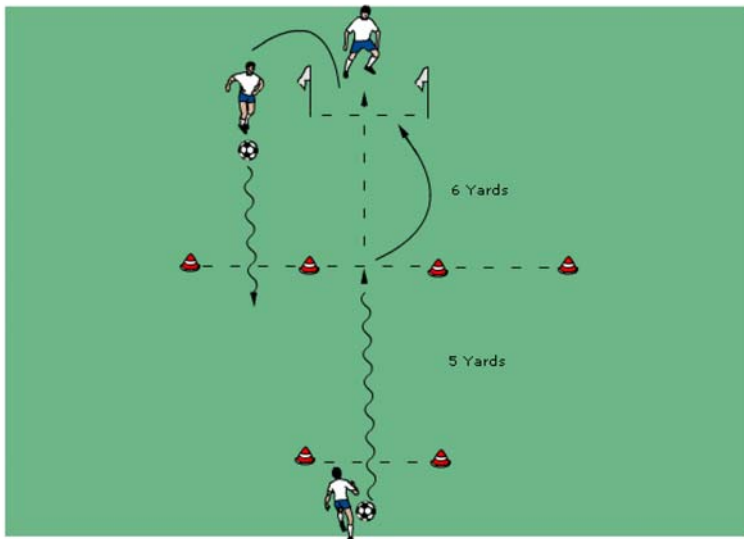
Goal rotation 2



Setup:

- Mark out a shooting line eight yards in front of a goal with goalkeeper.
- Setup two to four hurdles on each side.
- Rotation: Pass through the small goal and run around the outside, dribble to the shooting line and shoot. Shooter becomes keeper; keeper retrieves ball.
- Return: Pass under the first hurdle, run around it and throw the ball over the second hurdle.

Goal stations



Setup:

- Using cones mark out a shooting line five to seven yards in front of a three-yard wide goal.
- Set up another three-yard wide goal on each side of the shooting line.
- Mark out a starting goal five yards in front of the shooting line.
- Together, these make up a goal station.
- Assign four children and three balls to each goal station: one player (without ball) behind the main goal, one (with ball) next to it, and the other two (with balls) at the starting goal.

Sequence:

- The first player runs from the starting goal to the shooting line and shoots at the main goal.
- The player beside the main goal dribbles through one of the side goals and calls out the next player's name: Only then is the next player allowed to move up and shoot.
- Rotation: The shooter goes behind the goal; the player behind the goal retrieves the ball. The player beside the goal dribbles to one of the side goals, calls the next shooter's name and then dribbles to the starting goal.
- First practice, so kids can learn the procedure.
- Then compete: a) Who can score five goals first? b) Which goal station can score 10 goals first?

Moving goals



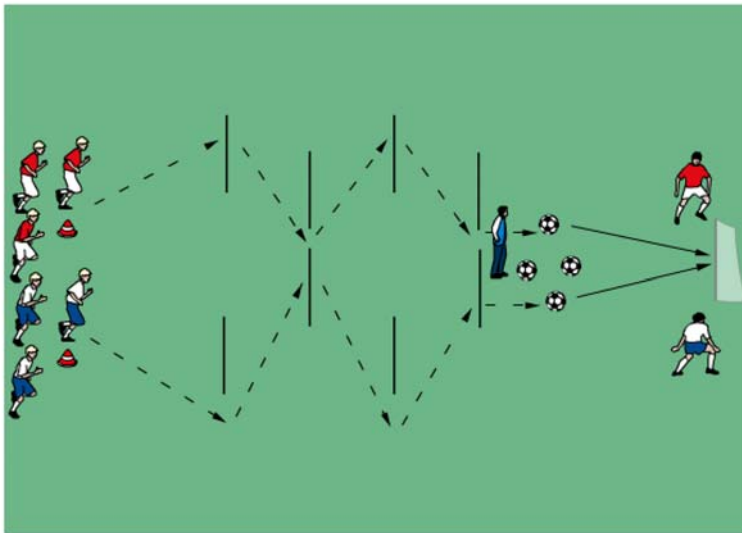
Setup:

- Together they walk around slowly, periodically changing directions (Short distances).
- The children dribble after them and shoot goals from both sides. Who can outsmart the “moving target” and get the ball in the goal?

Variation:

- Shoot between several players’ legs.

Slalom and shot: Variations and combinations



Sequence:

- At a hand signal, the first two players run the slalom (four to six poles) and shoot.

•

Slalom variation and combinations (without ball)

- Between each pair of poles, players turn around once and sit down/lie on their stomachs.
- Put poles closer together (quicker, shorter changes of direction).
- Place poles at irregular intervals (some close, some far).
- Jump over obstacles between poles.
- Irregular runs: sprint to the first pole and circle it once then sprint to the next.
- Spring to second pole, then run backwards to the first, sprint to the third, then backwards to the second, etc.

3 v. 3 KINS One Goal



Setup:

- Divide the players into two equal teams without goalkeepers.
- Use cones or corner flags as goals.
- Use the KINS “NEW BALL” method and KINS “Loose Boundaries” rule.
- 1/3 of practice should be playing the game.
- Dribble out of trouble.
- Soft first touch.
- No kicking allowed except when shooting on goal.
- Stay out of there way and let them play.

Objective:

- Score by shooting the ball in the goal.

3 v. 3 KINS Two Goals



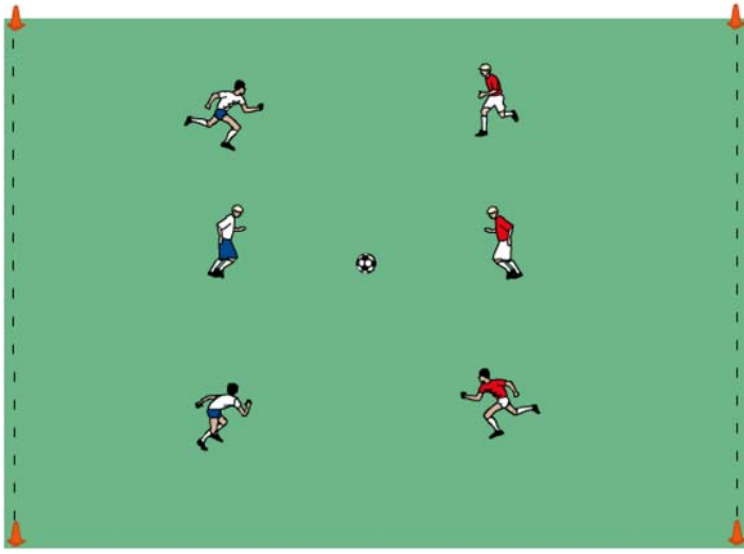
Setup:

- Divide the players into two equal teams without goalkeepers.
- Use cones or corner flags as goals.
- Use the KINS “NEW BALL” method and KINS “Loose Boundaries” rule.
- 1/3 of practice should be playing the game.
- Dribble out of trouble.
- Soft first touch.
- No kicking allowed except when shooting on goal.
- Stay out of there way and let them play.

Objective:

- Score by shooting or passing it through either of the two cone goals. Ball has to be on the ground when it passes through.

3 v. 3 KINS Line Ball



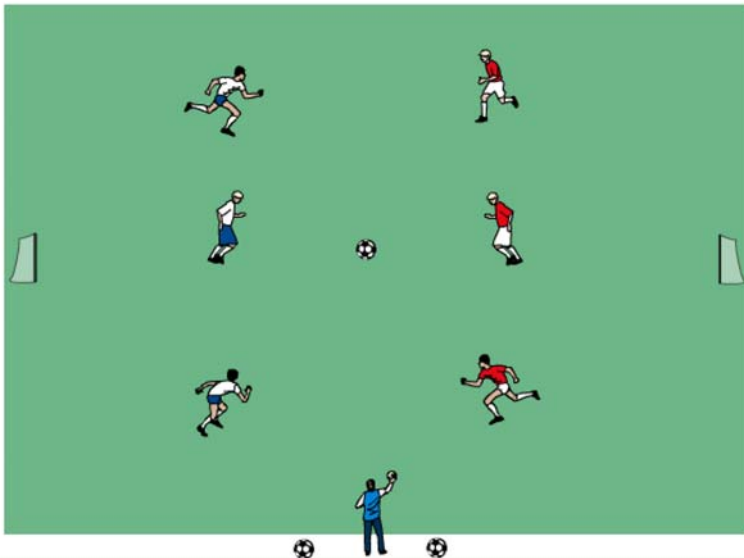
Setup:

- Divide the players into two equal teams without goalkeepers.
- Use cones or corner flags as goals.
- Use the KINS “NEW BALL” method and KINS “Loose Boundaries” rule.
- 1/3 of practice should be playing the game.
- Dribble out of trouble.
- Soft first touch.
- No kicking allowed except when shooting on goal.
- Stay out of there way and let them play.

Objective:

- Score by stopping the ball on or a yard beyond the end line.

3 v. 3 KINS Crazy Soccer



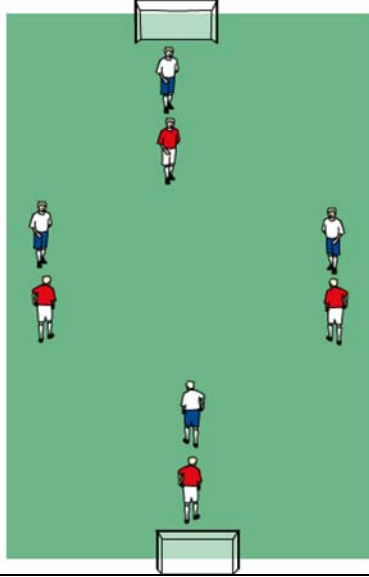
Setup:

- Play on a normal U6 game field with goals. Play a normal 3 v. 3 game with the exception of playing with more than one ball.
- The coach can add in more soccer balls as he/she sees fit.
- Gradually take out balls until the game is left with only one ball.
- Players maintain possession and attack goal..
- Player without possession defend goals
- 1v1 situations

Objective:

- Score by shooting the ball in the goal.

4 v. 4 Dutch Game #1: Basic Game



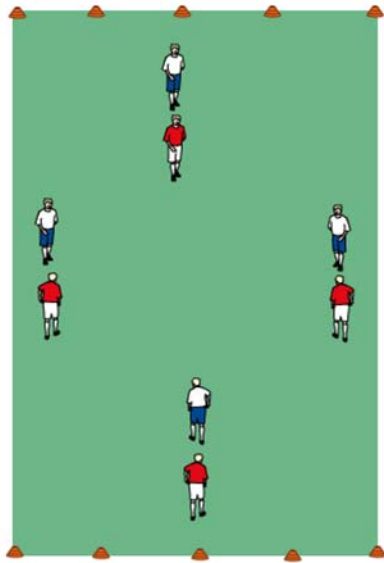
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Goals are scored by kicking the ball in the goal

4 v. 4 Dutch Game #2: Dribbling Game



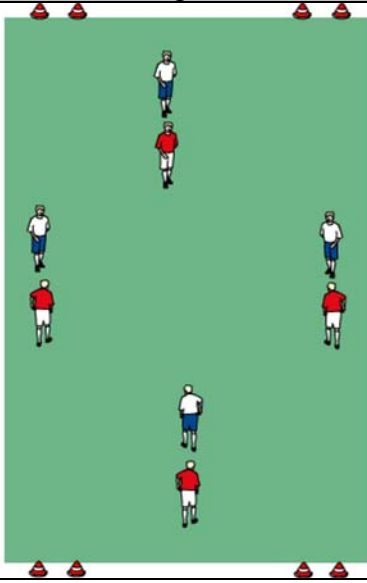
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Goals are scored when the ball is stopped on the end line

4 v. 4 Dutch Game #3: Passing Game



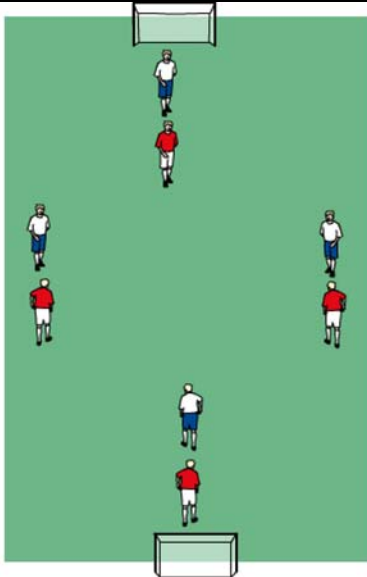
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Goals are scored by passing the ball through either of the two goals.

4 v. 4 Dutch Game #4: Shooting Game



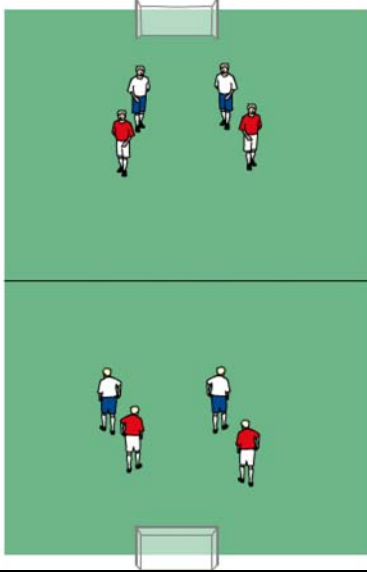
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Goals are scored by shooting the ball in the goal.

4 v. 4 Dutch Game #5: Tactical Game #1: Two Up Two Back



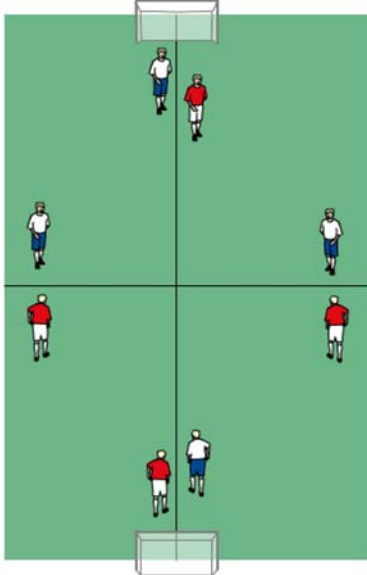
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Same as basic game except players play positions: Two players play UP on offense and two players play BACK on defense for each team. Goals are scored by shooting the ball in the goal.

4 v. 4 Dutch Game #5: Tactical Game #1: Up Back Left Right



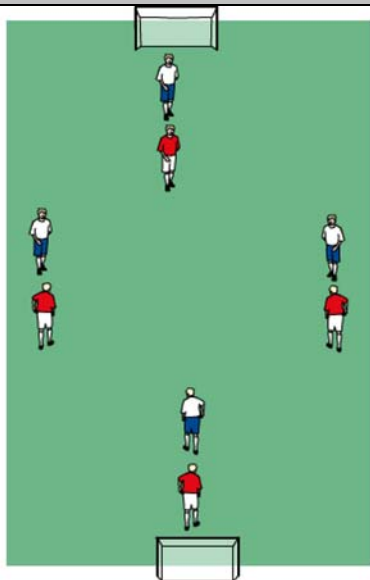
Setup:

- Field 40 yards long x 20 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Same as basic game except players play positions: UP, BACK, LEFT, and RIGHT. Goals are scored by shooting the ball in the goal.

4 v. 4 Dutch Game #6: Tactical Game #2



Setup:

- Field 60 yards long x 25 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- The game is designed to effectively teach the counter attack. Goals are scored by shooting the ball into the goal

4 v. 4 Dutch Game #7: Tactical Game #3



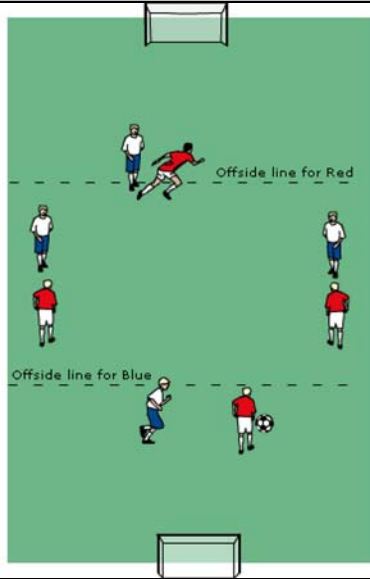
Setup:

- Field 50 yards long x 30 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- Develops the concept of attack by requiring one player on the attacking team to begin behind a restraining/restriction line (10 to 15 yards from his/her goal) when the ball is restarted; from a goalie, goal kick, or a throw-in. Goals are scored by shooting the ball into the goal.

4 v. 4 Dutch Game #8: Tactical Game #4



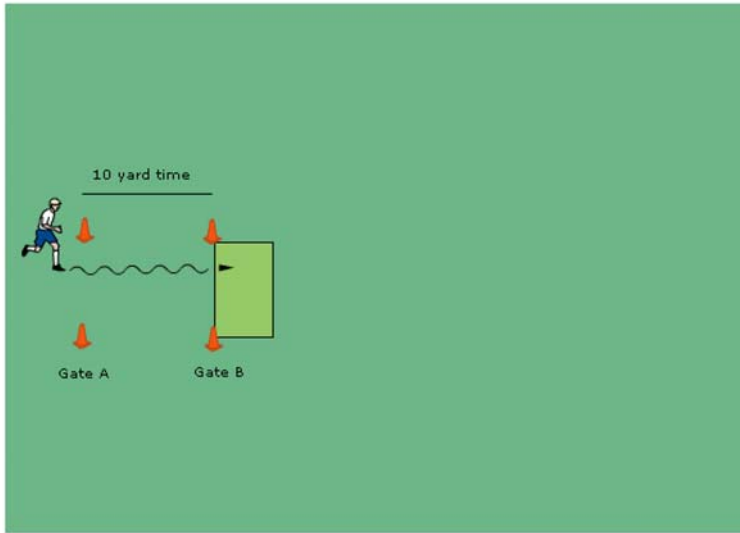
Setup:

- Field 50 yards long x 30 yards wide
- Two U8 Goals
- No Keepers
- No Offside's
- Out for Throw-In: Throw-In or Kick-In
- Out for a Corner Kick: Corner Kick
- Out for a Goal Kick: Dribble or Pass

Objective:

- This game adds an offside line to the game (10-15 yards from each goal) and forces players to develop strategies to deal with the condition. Goals are scored by kicking the ball into the goal.

Dribbling Test #1



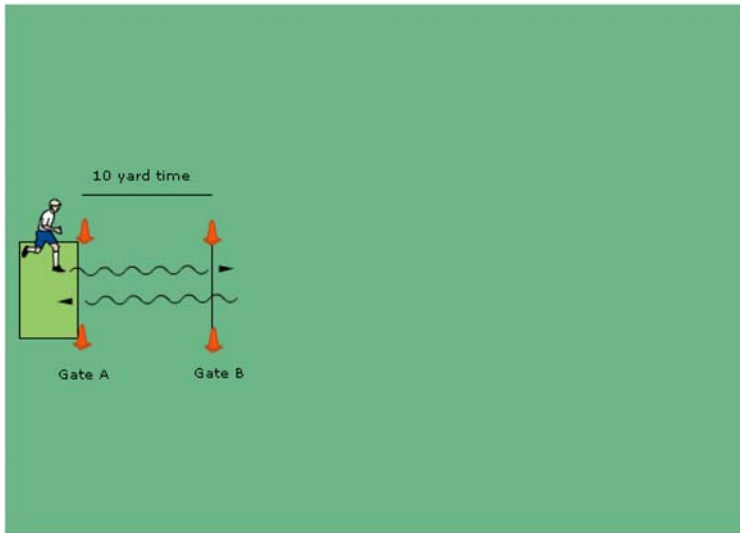
Description:

Starting at Gate A the player dribbles the ball 10 yards and stops it in the box.

The test is completed by players dribbling through Gate B and stopping in possession of the ball within the end 2 yard zone.

Each player gets two attempts, record the best time.

Dribbling Test #2



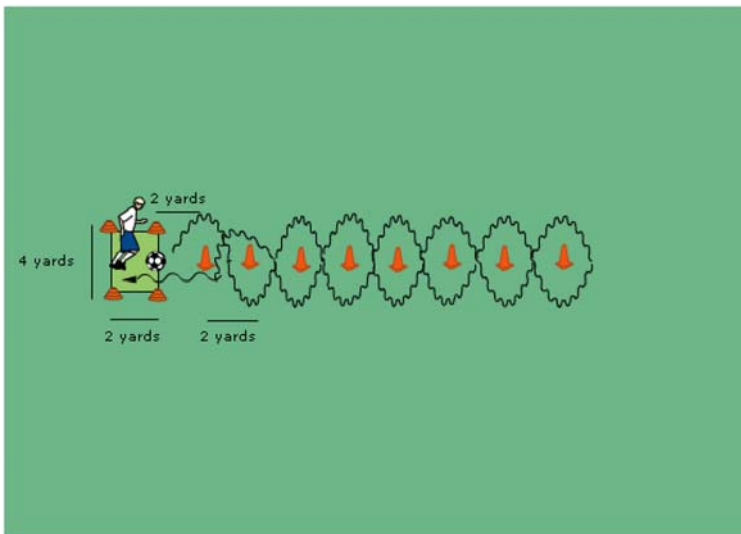
Description:

Starting at Gate A the player dribbles the ball 10 yards across Gate B, turns and dribbles through Gate A and stops it in the box.

The test is completed by players dribbling through Gate A and stopping in possession of the ball within the end 2 yard zone.

Each player gets two attempts, record the best time.

Dribbling Test #3



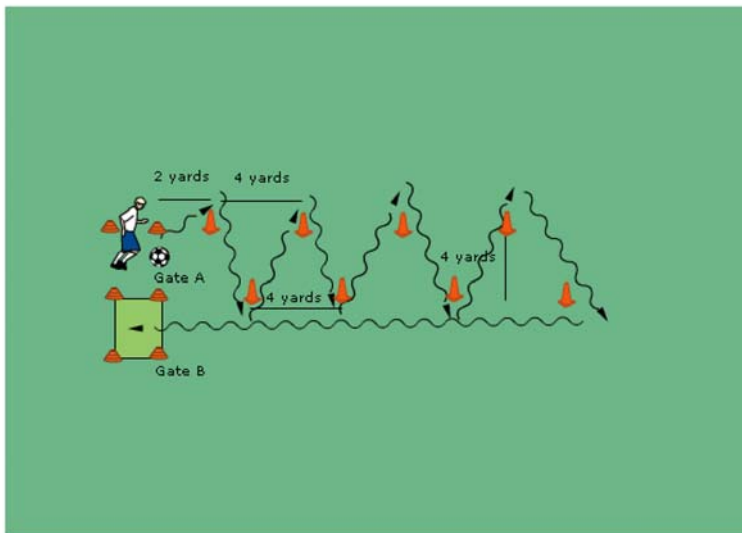
Description:

Starting at Gate A, the player dribbles as quickly as possible through the cones and back.

The test is completed by players dribbling through Gate A and stopping in possession of the ball within the end 2 yard zone.

Each player gets two attempts, record the best time.

Dribbling Test #4



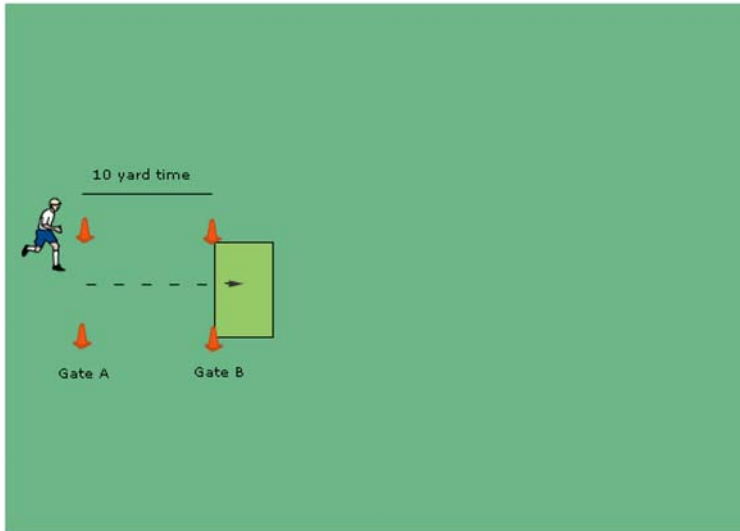
Description:

Starting at Gate A, the player dribbles as quickly as possible through the cones to Gate B.

The test is completed by players dribbling through Gate B and stopping in possession of the ball within the end 2 yard zone.

Each player gets two attempts, record the best time.

Running Test #1



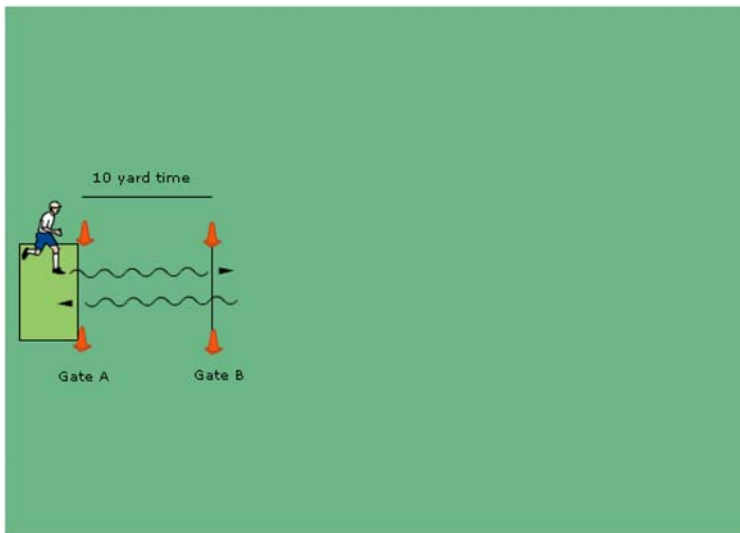
Description:

Starting at Gate A the player sprints through Gate B.

The test is completed by players sprinting through Gate B.

Each player gets two attempts, record the best time.

Running Test #2



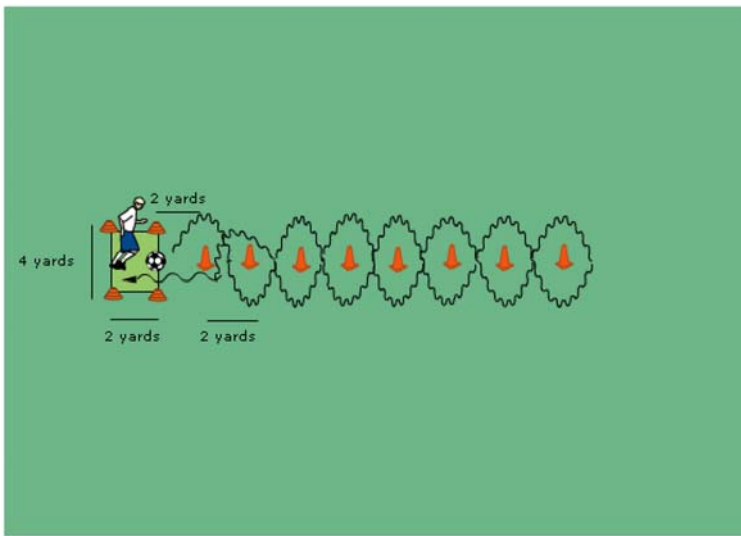
Description:

Starting at Gate A the player sprints through Gate B, turns and sprints through Gate A.

The test is completed by players sprinting through Gate A.

Each player gets two attempts, record the best time.

Running Test #3



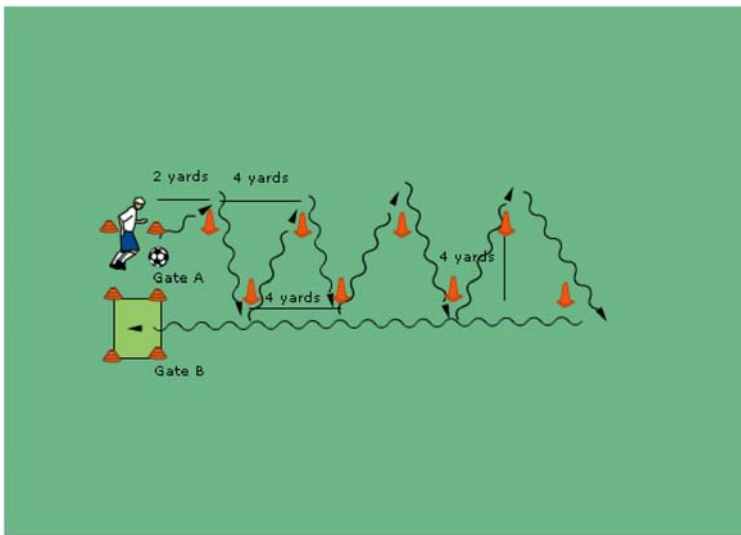
Description:

Starting at Gate A, the player sprints as quickly as possible through the cones and back.

The test is completed by players sprinting through Gate A.

Each player gets two attempts, record the best time.

Running Test #4



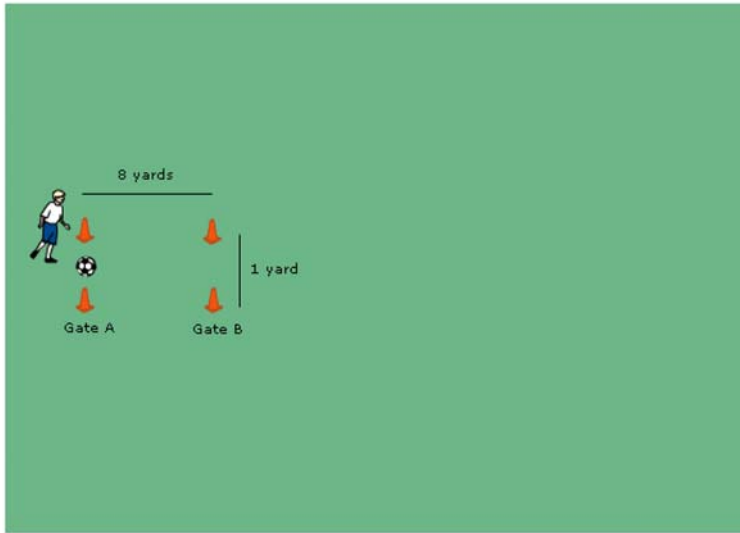
Description:

Starting at Gate A, the player sprints as quickly as possible through the cones to Gate B.

The test is completed by players sprinting through Gate B.

Each player gets two attempts, record the best time.

Passing Test #1

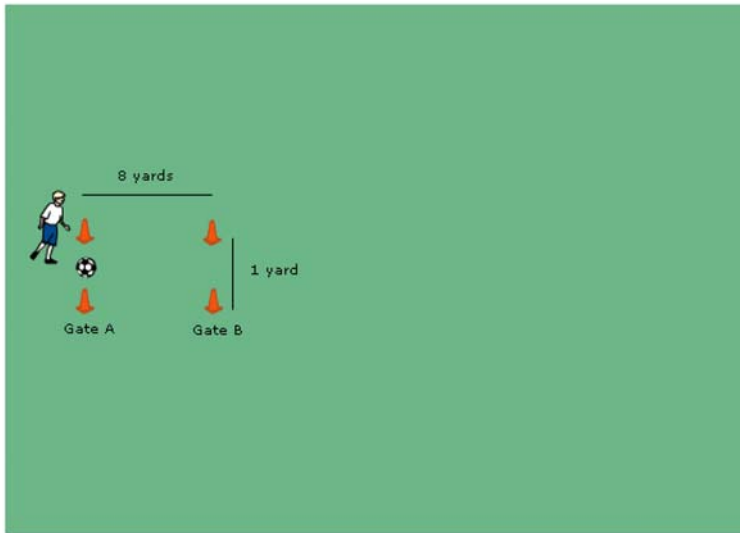


Description:

Starting at Gate A the player gets 10 attempts to pass the ball 8 yards through a 1 yard goal with the inside of the foot.

Each player gets two rounds of 10 passes with the inside of the foot, record the best round.

Shooting Pass #1



Description:

Starting at Gate A the player gets 10 attempts to shoot the ball 8 yards through a 1 yard goal with shoe laces.

Each player gets two rounds of 10 shots with the shoe laces, record the best round.