



WHITELAND SOCCER CLUB

Name: Jack Hamilton Coaching Director

Age Group: U4 - U6

Theme: Body To Ball Mechanics	Date: 6/22/08
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Activities	Coaching Points
<p>1st Activity: Warm Up Zen Master</p> <ul style="list-style-type: none"> • Full field, set up same # of cones as players randomly spaced but easy to remember for each cone will represent a body movement or a ball skill • Use half of the cones for body movement and half for ball skill • Body movements - bear crawl, crab crawl, one leg hop, one leg balance (each leg), throw catch, • Ball Skill - Ball taps, dribble around cone, push pull 	<ul style="list-style-type: none"> • Start off simple with just a few cones doing body movements. Each cone is a body movement and all players move together with Coach leading. Once players can remember on their own progress to more cones and ball skills • Allow players to come up with something new. Practice diagram does not have to be rigid. • Have fun and lead them in learning by example and doing. • Water break
<p>2nd Activity: New Zen Master</p> <ul style="list-style-type: none"> • Progression from above session • Have each player lead one at a time while Coach follows. Coaching should be done from a facilitator position. • Session reinforces what was prior done by player centered leadership 	<ul style="list-style-type: none"> • Reinforces what was prior learned • Develops responsibility from a personal level to the game • Leadership development • Young players have fun and acquire a sense of ownership when they lead • Coach can progress and make changes to challenge • Be aware of simple, concise questions that may aid in development • Water break
<p>3rd Activity: Freeze Tag</p> <ul style="list-style-type: none"> • Full field • Each player with a ball • Start off with Coach playing - Tag player on shoulder • Frozen player is unfrozen when another player passes the ball through their legs • Next round make one player "Tagger" and frozen player is unfrozen when another player and them make five passes to each other 	<ul style="list-style-type: none"> • Play first round then ask what they had to do to see Coach (look up). • Play second round then ask how they could make a different pass. Incorporate new pass and play • Coaching should be done with the idea of Guidance Discovery, where players are guided to the answers without answers given to them. • Making decisions • Water break
<p>4th Activity: 1 v 1 Plus</p> <ul style="list-style-type: none"> • Full field • Set of three goals on each end - use a pennie for colored visual • Set up a 1 v 1 for each group. All players are playing but designate two players each playing their own 1 v 1 to score at any three goals on one end. When ball goes out of bounds player gets to play in without being defended 	<ul style="list-style-type: none"> • Ball control • Vision - let them play a little then ask what can they do to see their goals (colored pennie as a visual but let them answer) • Play 2 -3 minutes then switch 1 v 1 players. Ask how many points each player scored then challenge each player to increase • Ask them how to make this easier - Do it then play • Water break
<p>5th Activity: 3 v 3 To Goal or Target No Keeper</p>	<ul style="list-style-type: none"> • For Target use a player from each team placed between two cones. Player stands between cones that their team is scoring on. When scored then player comes in and other player comes out