



Coaching Session Plan – U5 and U6

<u>Timing (MM:SS - MM:SS)</u>	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>	<u>Session 5</u>	<u>Session 6</u>	<u>Session 7</u>	<u>Session 8</u>	<u>Session 9</u>	<u>Session 10</u>
15 Minutes Prior to Session	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup	Coach Setup
00:00 - 9:00 (Warmup)	Driving School	Driving School	Driving School	Driving School	Driving School	Driving School	Driving School	Driving School	Driving School	Driving School
9:00 - 16:00 (Dribbling Skills)	Sharks and Minnows	Follow the Leader	Sharks and Minnows	The Animal	Play Like an Animal	Tag	The Animal	Catch the Tiger	Sir Splat-Atot	Treasure Hunt
16:00 - 23:00 (Dribbling & Foot Skills)	Follow the Leader	Go Score!	The Animal	Monster Invasion	Tag	Get the Ball	Catch the Tiger	Monster Invasion	Treasure Hunt	Hickory Dickory Dock
23:00 - 30:00 (Passing and Foot Skills)	Hickory Dickory Dock	Get the Ball	Go Score!	Hickory Dickory Dock	Monster Invasion	Go Score!	Get the Ball	Spider Web	Monster Invasion	Spider Web
30:00 - 45:00 (Small-Sided Game)	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game
45:00 - 60:00 (Small-Sided Game)	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game	Small-Sided Game

Notes:

- 1) Coaches are expected to arrive at least 15 minutes before the start of a session to do any setup as well as welcome kids to the pitch. Be the first one to arrive at the pitch!
- 2) A short water break every 20 minutes would be appropriate between Games.
- 3) For the two segments of Small-Sided Games, move teams between 'fields' to provide a variety of opponents. Keep the teams together during a single session. To maximize skill development, divide players up by skill level and have similar skill levels play each other.



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I - Warmup



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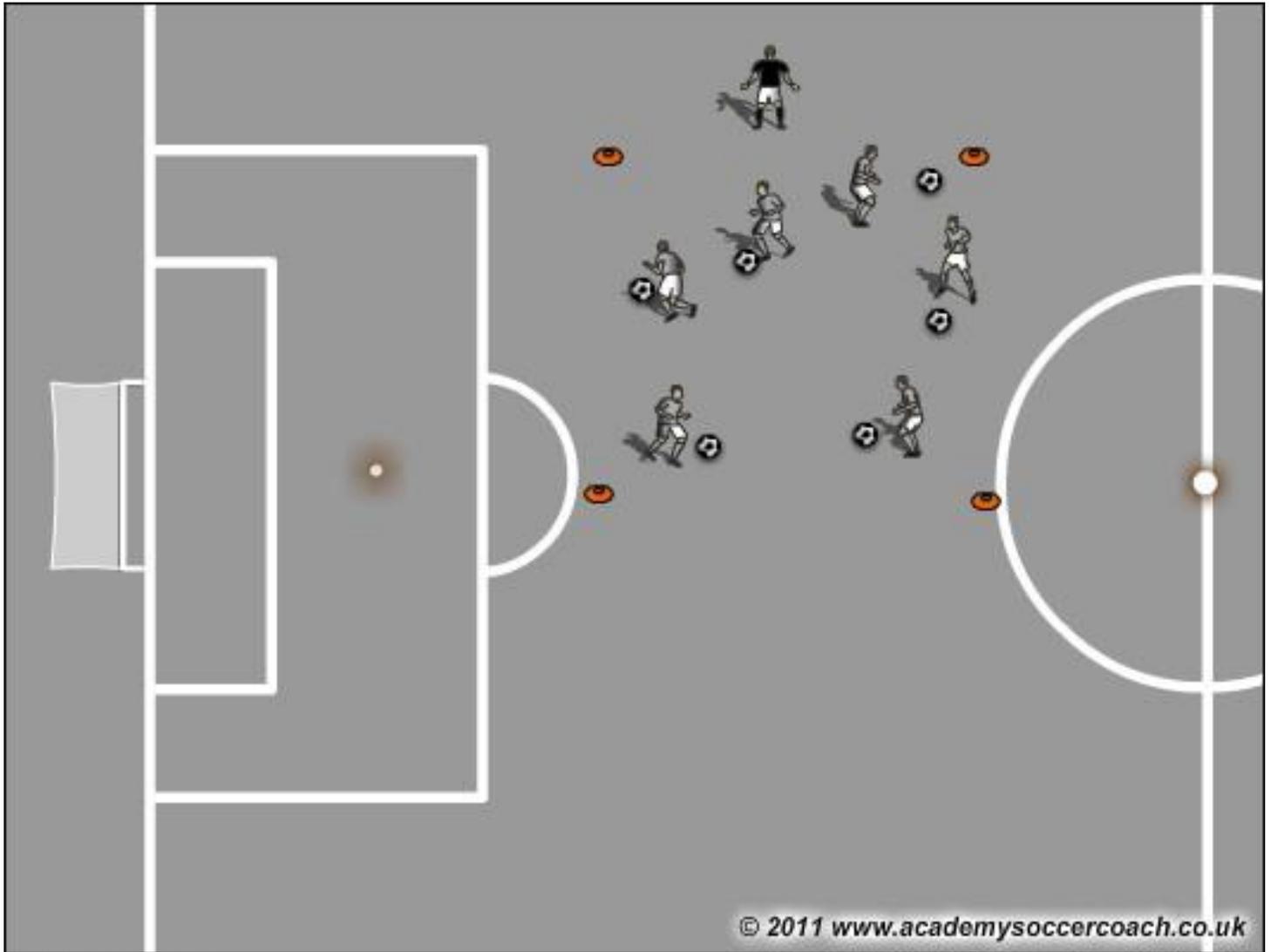


Driving School

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Ball Control and Change of Direction
Summary:	The Players are following instructions from the Coach to perform a number of basic skills.
Set-up:	You will need four cones spaced 20 yards apart to form a square. Every Player needs a ball.
The Game:	<p>The Coach starts by saying “This is Driving School & I’m your Instructor. I’m going to teach you how to drive but you must listen carefully to what I say.”. The first few times, the Coach may need to demonstrate or ask one of the Players (who has performed the movement before) what each of the instructions means:</p> <ol style="list-style-type: none"> a. “Go” - Start dribbling. “Don’t crash into anyone!” b. “Stop” - Put foot on top of ball to stop it. c. “Go Slow” - Dribble slow. d. “Go Fast” - Dribble faster but keep looking up & don’t “crash into another car (Player)”. e. “Turn Right” - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is right from left. f. “Turn left” - Use the outside of the left foot to push the ball to the left & then dribble in that direction. Again make sure they know left from right. g. “Pull back & go the other way” - Use the bottom of foot to pull the ball back & then turn around and dribble in the other direction. <p>Tell them to be careful and not to “crash”! They will need to keep their heads up to accomplish this.</p>
Variations:	Ask one of the Players to be the Driving Instructor.



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Driving School



II - Dribbling Skills



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Catch the Tiger

Ages:	U5 and U6
Players:	Up to 10
Skills:	Defending, Dribbling and Shielding
Summary:	The Tiger Catchers are to ‘catch’ the Tigers and take their tails. The Tigers are to stay away from the Tiger Catchers.
Set-up:	You will need four cones spaced 20 yards apart to form a square. Every player needs a ball. You will need a 12” piece of cloth for each ‘Tiger’ (up to 9 to start) to act as Tiger ‘tails’.
The Game:	<p>You start with one (1) Tiger Catcher and the remainder are Tigers. The Tigers are to tuck a tail into the back of their shorts. Everyone must dribble their ball around the field, staying within the square. The Tigers are trying to keep away from the Catchers. The Catchers attempt to ‘catch’ the Tigers by hitting the Tigers’ ball with their ball (they do not attempt to grab the tail). Once a Catcher has hit a Tigers’ ball, the Tiger gives up their tail and become a Catcher as well.</p> <p>The game is over when you have one Tiger left. See how many tails each of them have captured.</p>
Variations:	<p>You can increase the number of Tiger Catchers where the skill level is not as high or decrease the number of Tiger Catchers if the skill level is high.</p> <p>You can increase the size of the square when the skill level increases.</p>



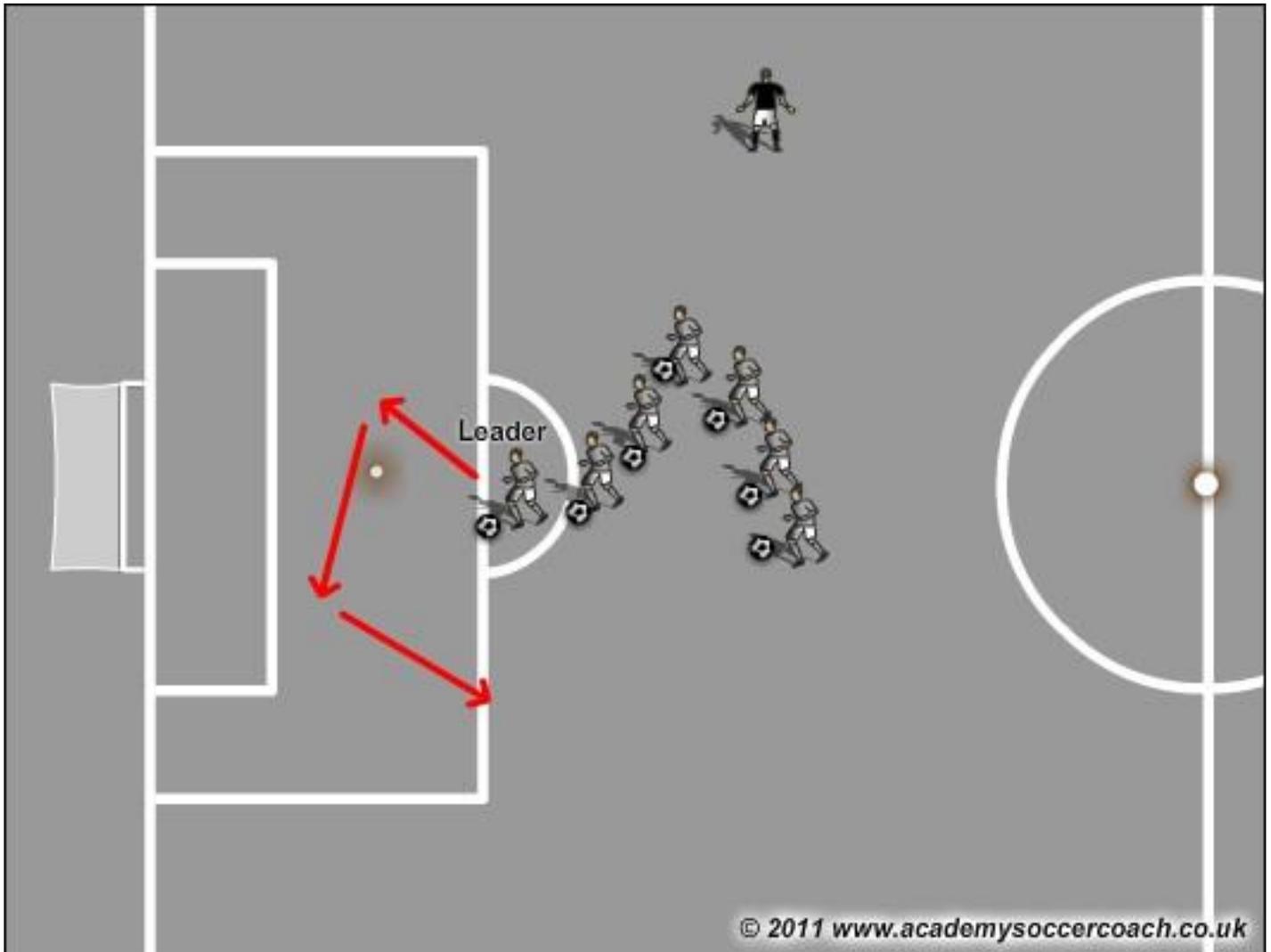


Follow the Leader

Ages:	U5 and U6
Players:	Up to 10
Skills:	Ball Control, Dribbling, Stopping and Changing Direction
Summary:	This is the classic follow the leader but with a soccer ball.
Set-up:	Each Player will need a ball.
The Game:	<p>Coach will call out “Follow <Player Name>”. That Player will dribble their ball anywhere they want on the field, fast or slow and changing directions with all of the other Players following while dribbling their ball.</p> <p>After 30-40 seconds the Coach will call out “Freeze!”. All Players will need to stop, place their foot on top of their ball to control it. Once all have stopped, the Coach will call out “Follow <Player Name>” where this is a different Player. Again after 30-40 seconds ask the Players to “Freeze”. Repeat this until all Players have had a chance to lead.</p>
Variations:	A Coach or Assistant may lead initially to show them what to do.



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Follow the Leader



Play Like an Animal

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling
Summary:	All Players are imitating their favourite Animal with their hands while dribbling around the field. The purpose is to discourage the use of hands.
Set-up:	Every Player needs a ball.
The Game:	<p>Use half a field for this game. Allow the players to dribble wherever they want while imitating their favourite Animal with their hands.</p> <p>If they are using their hands for another purpose, they will not use them on the soccer ball.</p>
Variations:	You can increase the size of the field when you have more players.



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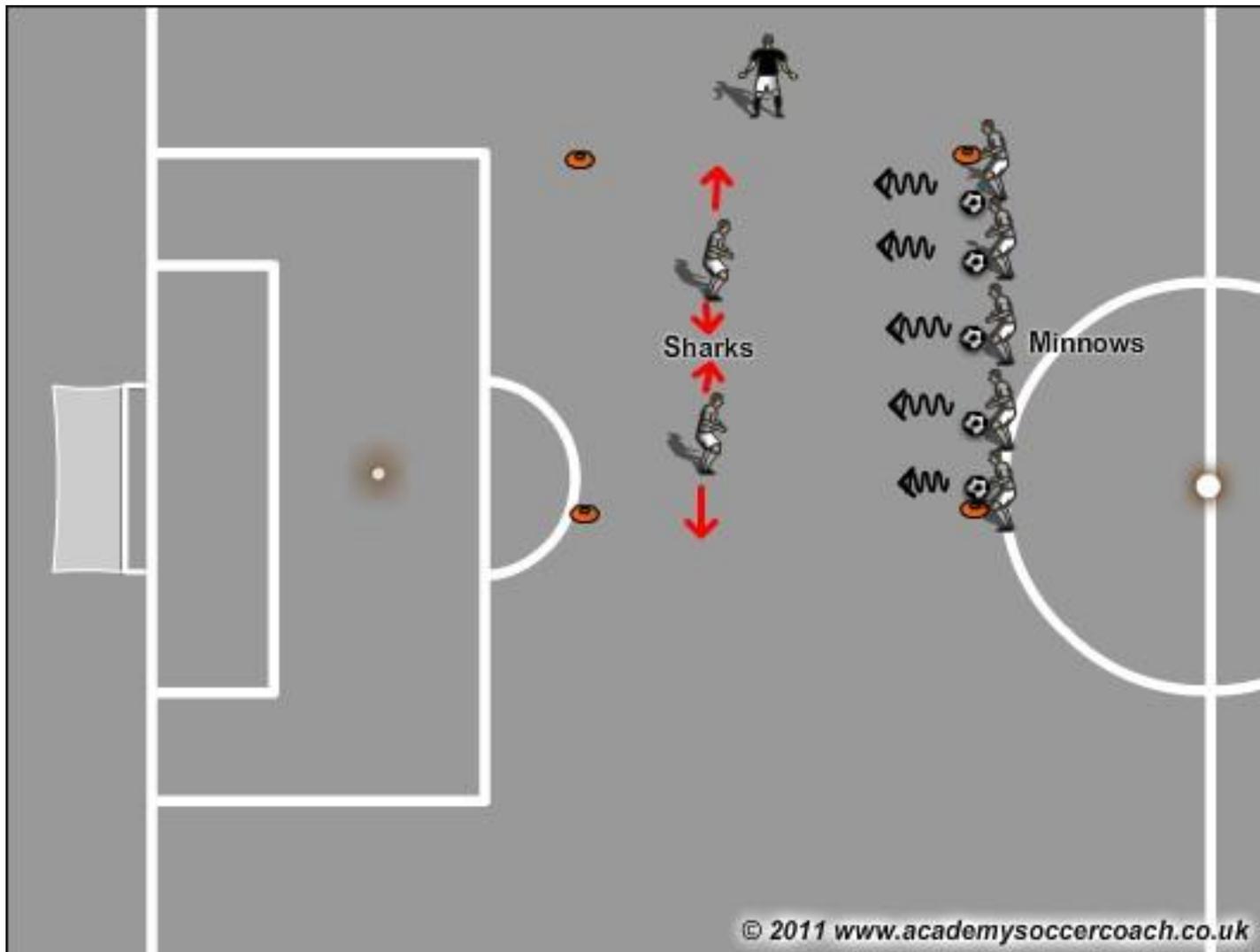


Play Like an Animal



Sharks and Minnows

Ages:	U5 and U6
Players:	Up to 10
Skills:	Defending, Dribbling and Shielding
Summary:	Sharks are in the middle of the square and the Minnows are trying to get from one side to the other safely without getting eaten (have their ball kicked out of the square).
Set-up:	You will need four cones spaced 20 yards apart to form a square. Every ‘Minnow’ needs a ball but the ‘Sharks’ do not.
The Game:	You start with two (2) ‘Sharks’ inside the square with the ‘Minnows’ lined up along one side. When the Coach says ‘go’ the object is for the Minnows to dribble their ball from their starting point to the opposite side (straight across) avoiding the Sharks. The Sharks are there to kick the Minnows’ ball out the side of the square. If the ball goes out the side of the square (with or without the help of a Shark), that Minnow becomes a Shark. The Minnow is safe (temporarily) once they reach the other side. Continue to send the Minnows through the Sharks until you have a single Minnow left.
Variations:	You can increase the number of ‘Sharks’ where the ‘Shark’ skill level is not as high or decrease the number of ‘Sharks’ if their skill level is high.



Sharks and Minnows



Sir Splat-Alot

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Ball Control, Passing and Shielding
Summary:	All Players dribble their ball to ‘splat’ another Players’ ball while protecting their own.
Set-up:	You will need four cones spaced 20 yards apart to form a square. Every Player needs a ball.
The Game:	<p>All Players dribble their ball and attempt to hit another Players’ ball with theirs. If they are successful in hitting another ball, they yell out ‘Splat!’ then continue dribbling with their own ball.</p> <p>Similar to ‘Tag’ except all Players are playing both an Offensive and Defensive role at the same time.</p>
Variations:	Increase the size of your field based on the number of Players and their skill level.



Sir Splat-Alot



Tag

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Change of Direction, Shielding
Summary:	This is the classic game but with a soccer ball. This is a high speed activity.
Set-up:	Every Player needs a ball.
The Game:	<p>Use half a field for this game. The Coach will start by calling out a Player by saying ‘Tag, _____’. All of the other Players will chase that Player trying to ‘tag’ them. A tag is when a Players ball hits the other Players ball.</p> <p>After a successful ‘tag’. The Coach will call out another Players name by saying ‘Tag, _____’ to repeat the process. All Players should be given the opportunity to be chased.</p>
Variations:	Increase the size of the field if Players are getting tagged too quickly.



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Tag



The Animal

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Shooting, Passing and Ball Control.
Summary:	<p>This fun game for the young players. It gets them to use a number of skills to direct their ball to the Coach. The Coach will move around within the box with the players trying to hit the Coach with their ball. When a player hits the Coach, they get to pick an animal for the Coach to imitate.</p>
Set-up:	<p>You will need four cones spaced 20 yards apart to form a square. Every player needs a ball, but the Coach does not need a ball.</p>
The Game:	<p>The Coach will avoid being hit by the ball by running away from the players. Then let them come to you and try to hit you with their ball. If they hit you, ask them for an animal and then do a goofy imitation of that animal.</p> <p>Adjusting simultaneously for weaker players while still dodging older ones is the challenge for the Coach.</p>
Variations:	<p>Adjust how fast you run, and how much you dodge, depending all the skill and speed of your players.</p> <p>Adjust the size of your square based on the number of players and/or their skill level. Make a smaller square for fewer players with less skill or a larger square for more players with greater skill.</p> <p>Get a Player to be the ‘Coach’ but they will need to know about adjusting to the skill level of the players.</p>



The Animal

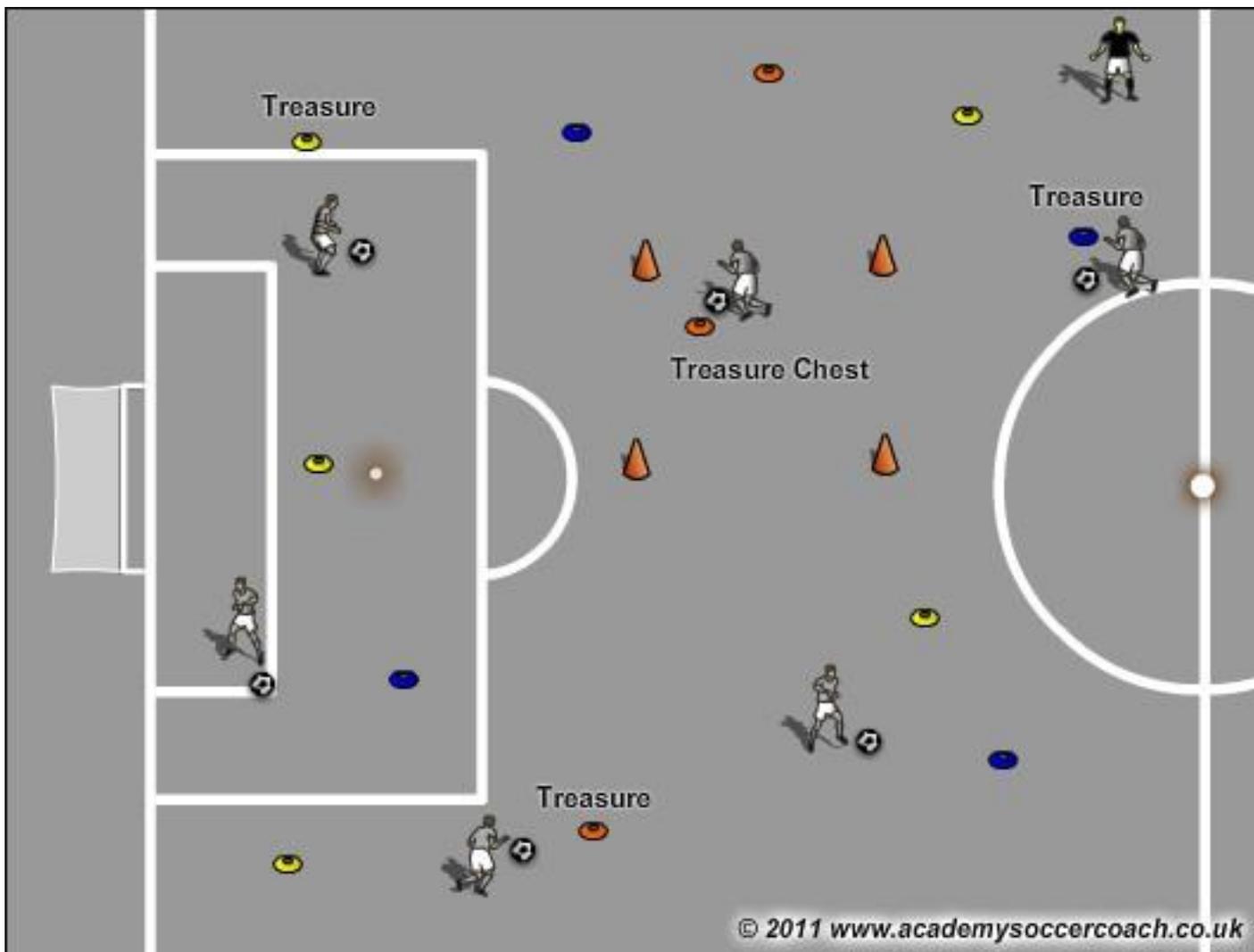


Treasure Hunt

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling and Ball Control
Summary:	Players are to dribble their ball and go find the ‘treasure’. They will bring all the found treasure back to the treasure chest.
Set-up:	You will need four cones spaced 3 yards (9 feet) apart to form a square ‘treasure chest’. Approximately 20 cloth strips (or even different coloured cones) can be used as treasure. Every Player needs a ball.
The Game:	<p>You can use the entire field for this. This requires a little setup to ‘hide’ the treasure (placing them around the field). When you are ready tell the Players to ‘Go Find the Treasure!’. The Player must dribble their ball to the treasure, pick up the treasure and dribble back to the ‘treasure chest’. They can only bring one piece of treasure at a time and must be dribbling their ball the entire time.</p> <p>Once all of the treasure has been found, the game is over.</p>
Variations:	‘Hide’ the treasure behind trees or other obstacles to add some excitement. You can ask Parents to help place the treasure.



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Treasure Hunt



III - Passing and Foot Skills



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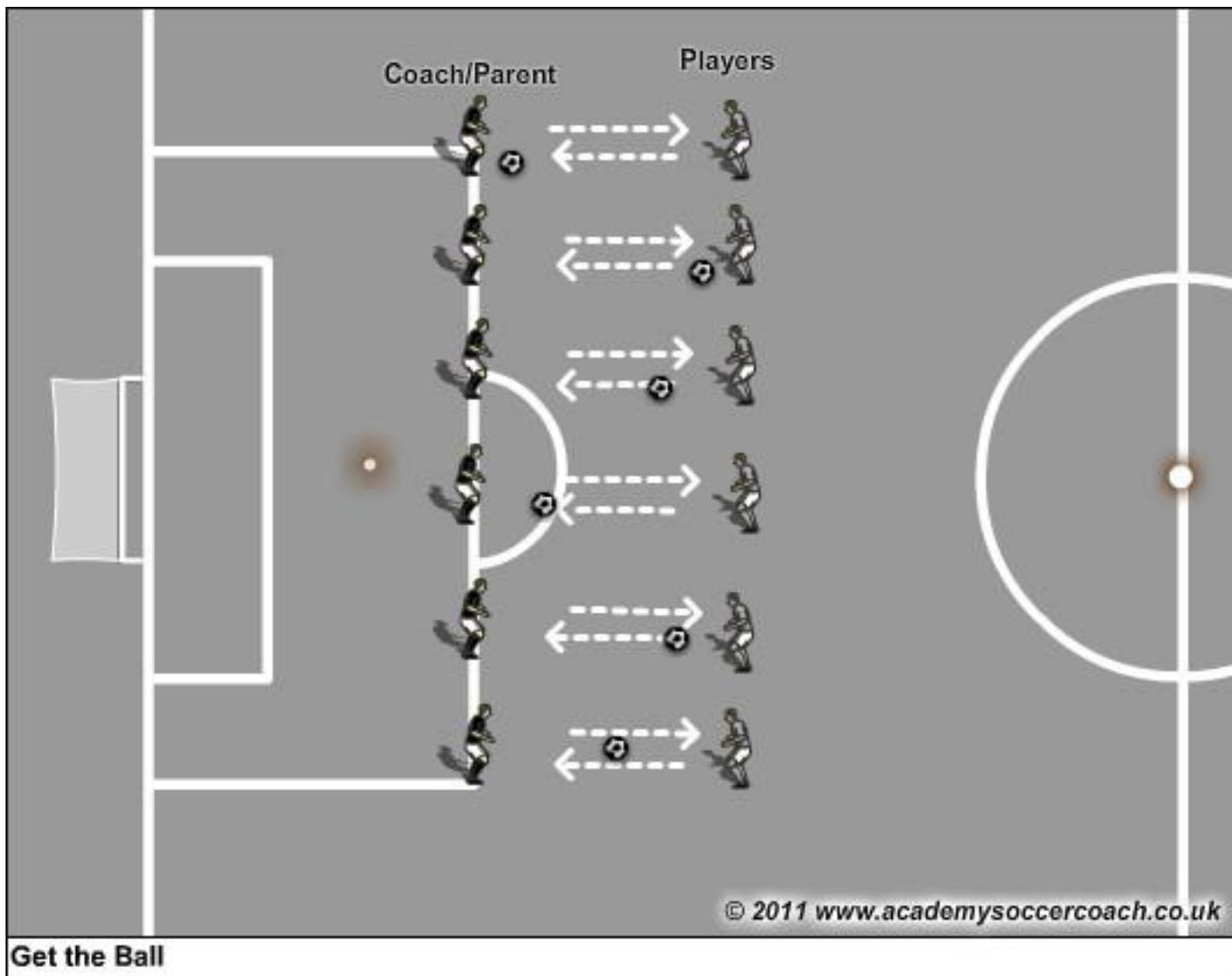


Get the Ball

Ages:	U5 (Beginners)
Players:	Up to 10
Skills:	Passing, Receiving and Kicking
Summary:	Players will learn to be aggressive on coming to the ball and kicking it back. The Parent of the Player should be asked to be involved.
Set-up:	Every Parent needs a ball.
The Game:	<p>Involve the Parent of the Player or more Coaches with this game. This is a basic passing of the ball back and forth game but it encourages proper play. Ideally you would have enough for one Parent/Coach to one Player. Parents could also do this with their Child at home.</p> <p>Have the Parent/Coach and Player stand 3 yards (9 feet) apart and the Parent/Coach starts with the ball. The Parent gently kicks the ball towards the Player and encourages them to aggressively attack the ball and kick it back to the Parent. The Player should not wait for the ball to arrive at their feet, nor should the ball be ‘passed’ directly to the Players’ feet.</p>
Variations:	Increase the distance between the Parent and the Player as the skill level increases.



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Go Score!

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Ball Control and Kicking
Summary:	All Players dribble their ball, while maintaining control, and score into a net.
Set-up:	You will need a portable net (e.g. A Pug Net). Every Player needs a ball.
The Game:	<p>Use half of a field for this game. The Coach will place the portable net on the field away from the Players and then call out 'Go Score'! All Players will dribble their ball at the same time to the net and 'score'.</p> <p>The Coach will then pick up the portable net and move it to another place on the field and call out 'Go Score!'. Keep repeating this.</p> <p>This creates a lot of traffic and forces the Players to keep their heads up and control their ball.</p>
Variations:	If you have extra balls, the fast players can find a second ball and 'score' with it.



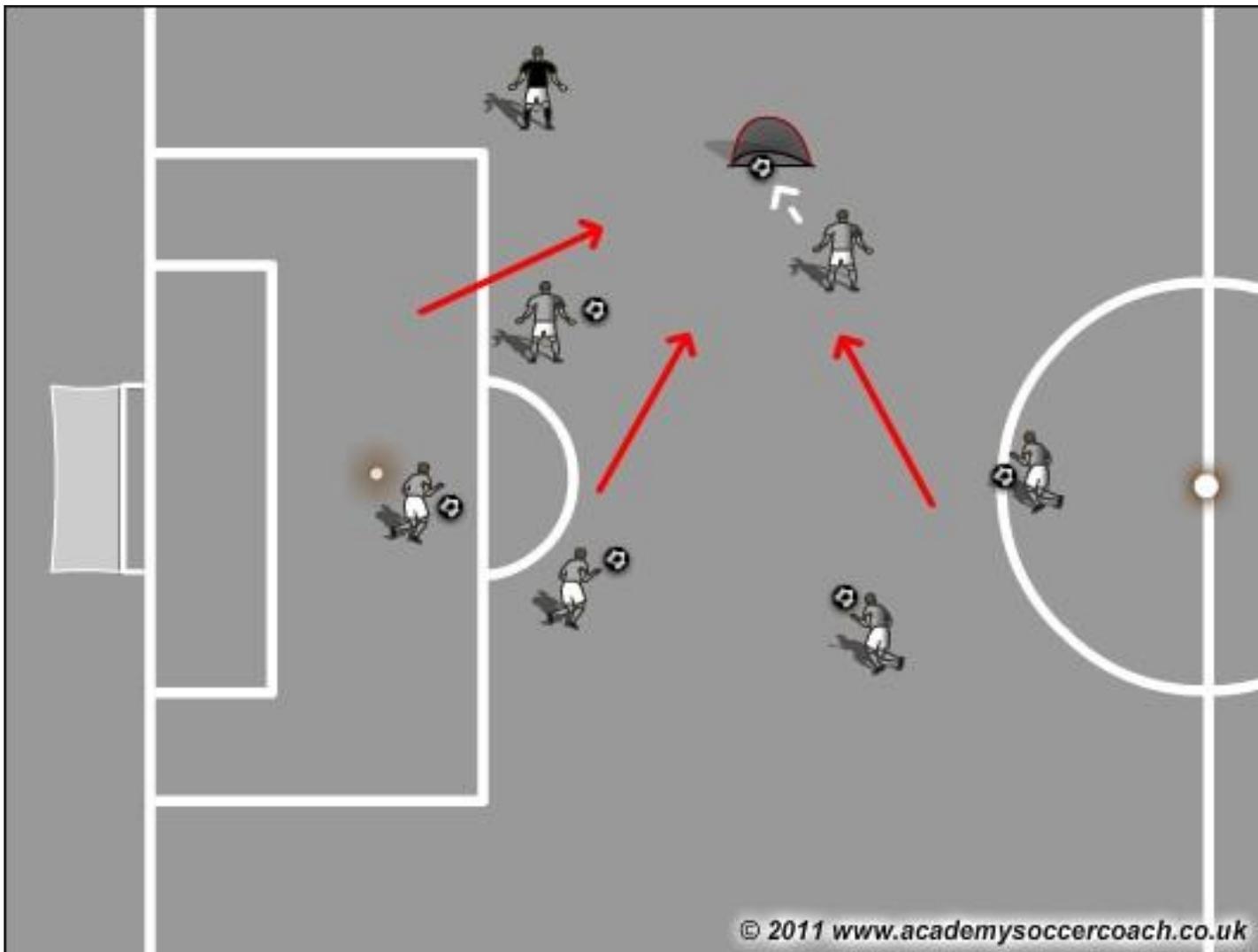
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Go Score!



Hickory Dickory Dock

Ages:	U5 and U6
Players:	Up to 10
Skills:	Foot Skill, Balance and Agility
Summary:	These are toe taps on a ball but to tune of a familiar nursery rhyme.
Set-up:	Every Player needs a ball.
The Game:	<p>As you say the nursery rhyme the players will perform toe taps on their ball. The rhythm goes like this: “Hickory, Dickory Dock” [3 touches, then pause] “The mouse went up the clock” [3 touches, then pause], the clock struck one [3 touches, then pause] , the mouse came down [3 touches, then pause] , Hickory Dickory Dock [3 touches, then pause.</p> <p>The idea of a toe tap is to lightly touch the ball on top while maintaining your balance with your other foot on the ground.</p> <p>You can increase the speed of the rhyme as the player increases their skill.</p>
Variations:	Increase the speed of the rhyme as the Players master this skill.



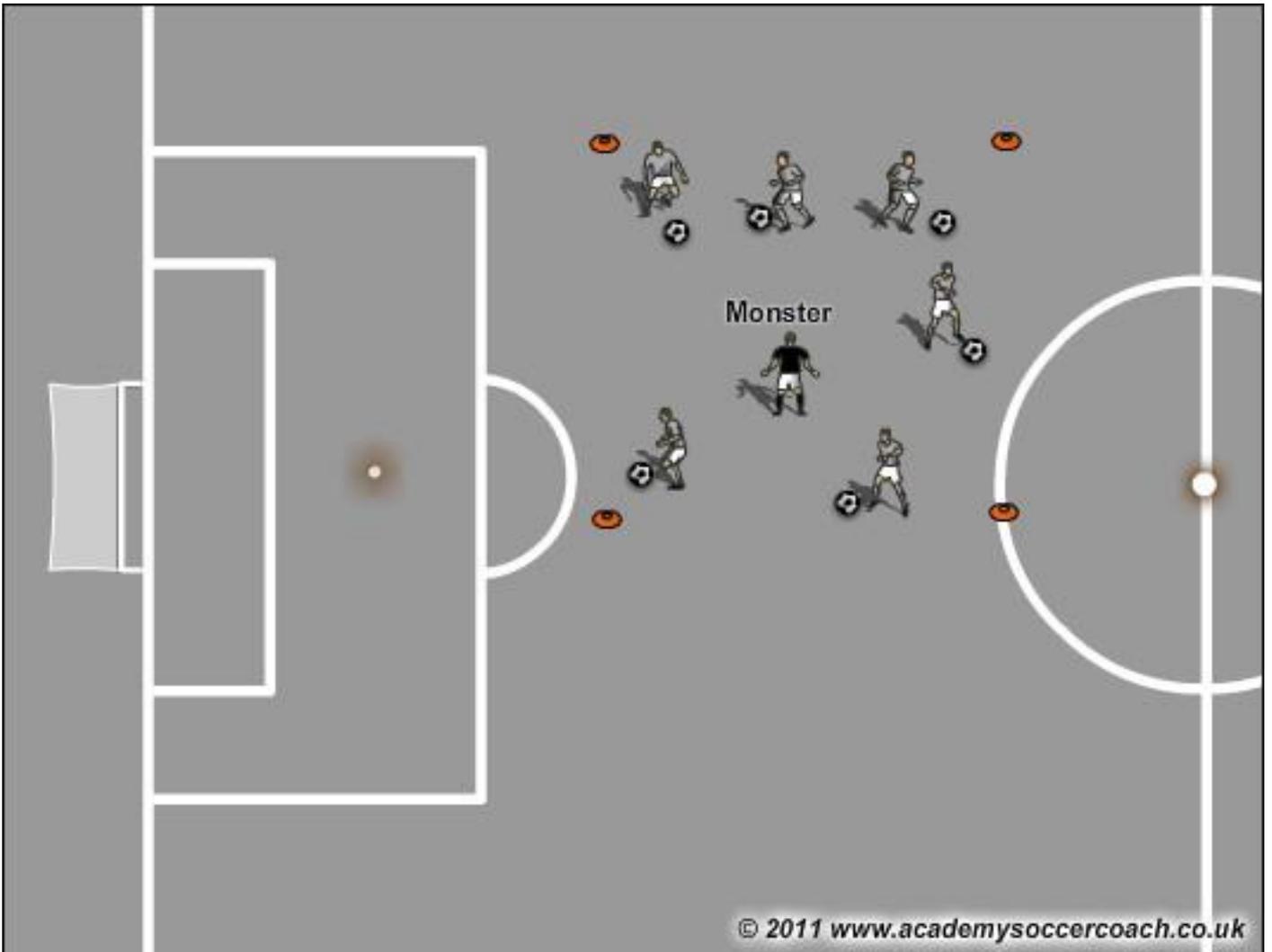


Monster Invasion

Ages:	U5 and U6
Players:	Up to 10
Skills:	Dribbling, Ball Control and Shielding
Summary:	All Players dribble their ball to keep it away from the ‘Monster’.
Set-up:	You will need four cones spaced 20 yards (60 feet) apart to form a square. Every Player needs a ball but the ‘Monsters’ do not.
The Game:	<p>The Coach acts like a ‘Monster’ and attempts to take away the Players’ ball. Be a funny ‘Monster’ and not a scary ‘Monster’! The Players should stay within the square but keep their ball away from the ‘Monster’.</p> <p>Make Monster noises and say ‘Don’t let me get your ball!’.</p>
Variations:	Increase the size of your square or use half a field.



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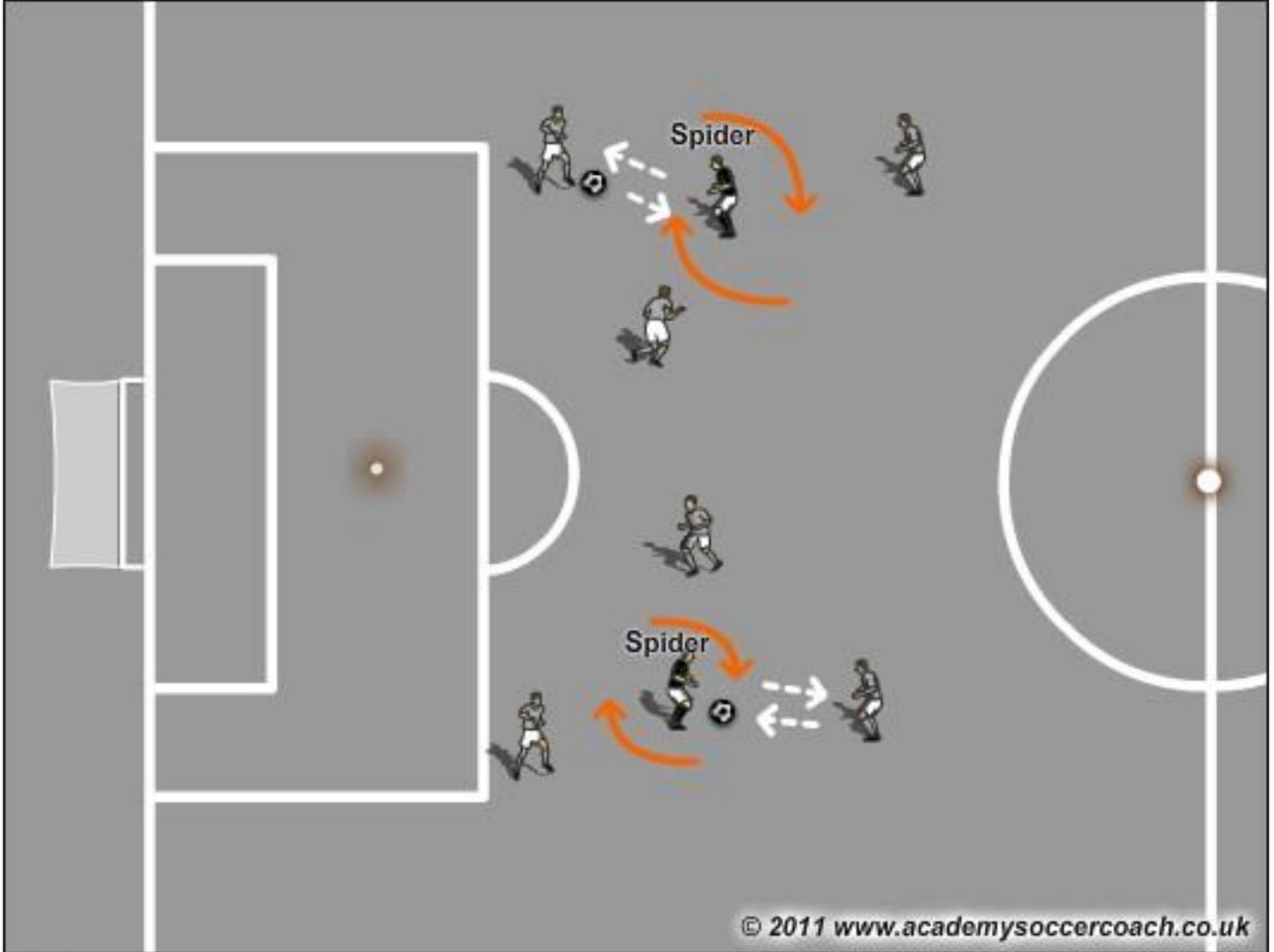


Monster Invasion



Spider Web

Ages:	U5 and U6
Players:	Up to 10
Skills:	Passing, Receiving and Ball Control
Summary:	A Spider is the middle with up to three (3) Players around them. Passes are made between the Spider and the Players around the web.
Set-up:	Every Player needs a ball.
The Game:	<p>Use as much space as you need to avoid overlapping webs. You will need a Coach for every three Players. The proper ratio is one (1) Spider (Coach) to three (3) Players. The Spider will be in the centre with the Players forming the web around the Spider.</p> <p>One by one the Spider will ask the Player to pass their ball to the middle and the Spider will pass it back to that same Player. The Spider will then ask for a ball from a different Player in the web.</p> <p>As a Spider, don't always pass the ball directly back to the Player, you can pass to open space so they move around a little.</p> <p>The Spider is quite busy in this activity.</p>
Variations:	Allow Players to become the Spider only once they have reached a significant skill level to be able to keep this game going.



Spider Web



IV - Small-Sided Game



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Small-Sided Game with 2 Goals

Ages:	U5 and U6
Players:	Minimum of 6 (3v3) or Maximum of 8 (4v4) per Group
Skills:	All Skills are developed.
Summary:	Players are using all of their skills during these Small-Sided Games with either 3v3 or 4v4 Groups. You can have as many groups as needed based on the number of Players you have available. Ideally U5 will be 3v3 and U6 will be 4v4.
Set-up:	Minimum of 4 cones and 2 Pug Nets per 3v3 or 4v4 Group. Use cones to separate 'fields'. The fields should be 20 yards x 30 yards for U5 and 25 yards x 35 yards for U6.
Details:	The idea here is to put Players in a situation where they can go out and play for fun with very minimal instruction from Coaches. They should be able to try new moves and make mistakes. No Goalies are required. The Players continue to play (scoring and defending as much as possible) for the entire 15 minute segment. Coaches can help keep the ball in play and allow the Players to touch the ball as much as possible. If the Players are putting in the effort, this is great for their fitness as well! If you have an odd number of players, put three stronger players on one team and run a 3v4. Let them play! Keep the teams together as much as possible during a session but switch the teams up after each 15 minute segment so they experience different opponents. If you have a mix of teams with 3 and 4 Players, you may need to move some Players between teams and segments as well.
Coach Instructions:	Very minimal instructions from Coaches during these segments. Ideally any instruction to Players would be provided in between segments and not during the game.



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Small-Sided Game - 2 Pug Net (1 Net Each End) - 3v3 (U5) and 4v4 (U6) setup shown above with four separate fields.