

Shaler Soccer Club

Developmental Programs Training Guide[©]

How to use this guide

- This Training Guide should be followed for ages U4-U6 by coaches, assistant coaches and volunteers in order to maximize the training impact on younger players.
- Each coach should be using the same plan each practice to ensure consistent training for each player.
- Although this guide has been designed and vetted through our Player Development Consultants (PDC) if the players are not responding to a specific activity, adjust to regain engagement and let your commissioner know to reach out to the PDC.
- The program is broken down into the four core focuses each practice and would be repeated during the week and on Saturdays. The practices are also on a four week rotation. This is designed to allow you as the coach to assess improvement as the season goes on.
- The goal of U4-U6 training is
 - Players are comfortable controlling the ball
 - Tick Tocks | Toe Touches | Pull Backs | Inside Rolls | Push/Pull | Inside/Outside (ie. Big Toe/Little Toe)
 - Players poses coordination to balance, move quickly/slowly, change directions

Age group specifics

U4

- Size 3 ball
- Small Sided Game
- A parent should be on the field with each player

U5

- Size 3 ball
- Small Sided Game

U6

- Size 3 ball
- Small Sided Game



Warm Up

Dribbling/Moves

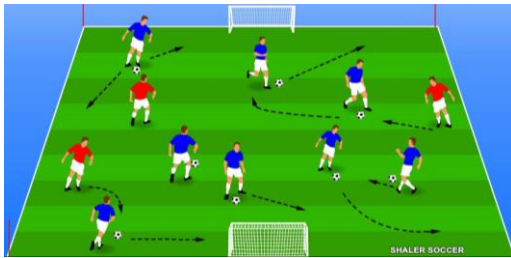
Fun Activities

Small Sided Game

Freeze Tag: Average Time 10 Min
Coned Square

ALL KIDS AND COACHES PLAY TOGETHER!
 Phase 1 **Freeze Tag** – no ball

Kids run within the square avoiding the coach or other designated “it.”



Phase 2 - **Keep the Ball**

Players now must get away and dribble their ball avoiding the defenders. When a defender wins the ball from an attacker and scores the attacker becomes a defender.

****For a weekly change, play different variations of tag – tv tag, hospital tag, pass ball through legs to unfreeze, etc...**

Coaching Focal Points:

- Keep head up to see where they are going.
- Change directions.
- Move to a space that is free from “it”.

Red Light, Green Light: Average Time 10
Coned Square

On coaches’ command, perform the actions below within the square. Include more commands every few minutes and not all need to be done today, save for next day/time you do this activity since it repeats (encourage kids to “start their engines and sound like a truck/car)

GREEN light – Dribble inside/outside Big Toe – Little Toe (Left or Right foot as ordered i.e. Green Light Left Foot Only)

RED light – Stop the ball using the sole of the foot, making sure to balance on one foot. Left foot only, Right foot only.

Its Raining –Tick Tocks to wipe the windows, can we control the ball, keep it between our feet, left to right.

TURN– Pullbacks to change direction– Ball under foot, pull back, rotating hip and body 180* and planting foot catches the ball.

FLAT TIRE – Toe Touches to “re-inflate the tire”

Blue light – do a dance around your ball!

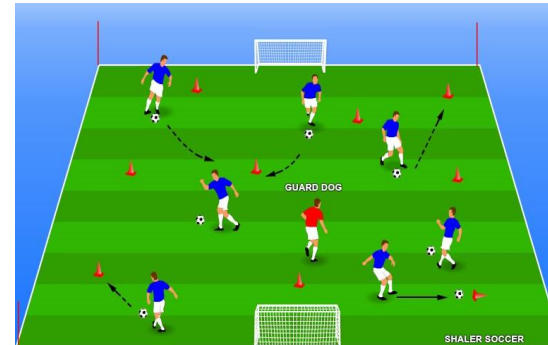
Crazy Traffic - Inside Roll Right or Left - Starting with foot on top of the ball roll the ball under foot to opposite foot to catch.

Coaching Focal Points:

- Small Touches Fast Feet – keep the ball close
- Watch Big Touches – let the ball move a bit more in front of the player but maintain control (still touching the ball with every foot fall)

Mail Delivery: Average Time 5-10 Min
Tall Cones Placed at Random

On coaches’ start, players Deliverer will dribble around the square to “delivery mail” to the cone “Mailbox” by knocking the cone over with the ball. Introduce the “guard dog” coach after a few minutes to force the players to dribble faster between cones.



Optional Fun Activity – Kick the Coach–
Average Time if needed 5 Min

Coach walks around inside the field, always moving, (vary speed). Each player has a ball, the players dribble after the coach and try to hit the coach with the ball. How many times can you kick the coach?

Coaching Focal Points:

- Using inside of foot to push the ball when knocking over the cones
- Use non-dominant “planting foot” pointing at the target
- Lock the ankle and use a stiff foot

U4 3 v 3 w/ parents
U5 3 v 3
U6 4 v 4

TOPSoccer modified by players

Coned play space with two goals

Leave 20 min of practice for play

Limit substitutions by moving extra players to another play space, even if it means going with another coach.

Keep the ball in play, if a ball goes out of bounds, a new ball goes in, if a goal is score, a ball immediately is thrown into play.

No kick offs, goal kicks, corner kicks, or throw-ins

Reinforce all of the Coaching Focal Points of the day

Coaching Focal Points:

- “Can you get Open?” “Can you find Space?”
- Keep the ball in front of the player
- Keep the player between the ball and the goal



Warm Up

Stranded on the Island

Large Coned Square with smaller squares (the islands) within and goals set up along the perimeter

ALL KIDS AND COACHES PLAY TOGETHER!

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Kids who have lost their ball, try to win it back before it goes in the goal, if they do not, they now become a shark as well.



Coaching Focal Points:

- Losing the ball is a part of Soccer, Win it back!
- Keep head up to see where they are going.
- Change directions.
- Move to a space that is free from “sharks”.

Dribbling/Moves

The Lion/Coach Says : Average Time 10 Min Coned Square

The Lion “Coach” roars out commands and the players “cubs” follow (encourage the kids to make animal noises)

Dribble inside/outside, Big Toe – Little Toe.

Can the player dribble the ball, using the inside and outside of the same foot. Right foot then Left foot. Small controlled touches.

Tick Tocks – Positioning the ball on the inside of the foot, pass ball back and forth between the feet.

Toe Touches – Touching the top of the ball with just the toes of alternating feet.

Pullbacks – Ball under foot, pull back, rotating hip and body 180* and planting foot catches the ball.

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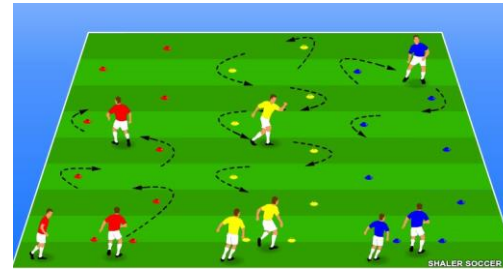
****Make it fun...*** add in to have players do jumping jacks, hands on their head while dribbling, toe touches AROUND the ball, lay on top of the ball to cover/hide it, etc....

Coaching Focal Points:

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Fun Activities

The Great Race: Average Time 10 Min Team Relay Race : No Ball (Then with Ball)



Split group into small teams – No Ball - Players move through the coned course individually.

Forward sprint, left then right lateral movement, backwards running then hop.

Repeat with ball - Dribble forward, inside cut left and right around cones. **Lateral Movement Inside Roll Right** then **Inside Roll Left** through the cones.. **Drag Back** – Drag the ball backwards through the cones.

****Be creative and make the combinations FUN ☺**

Phase 2 – Place ball at the top of the coned course. Players sprint through the course to reach the ball. Players do 10 toe touches then sprint back. Next player goes. (Toe touches or Tick Tocks)

Coaching Focal Points:

- Can we control our bodies and change direction at speed.
- Lateral movements, get low bend knees, don’t cross legs.
- Backwards running, check over shoulder, low center of gravity, stay off the heels

Small Sided Game

U4 3 v 3 w/ parents

U5 3 v 3

U6 4 v 4

TOPSoccer modified by players

Coned play space with two goals

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- “Can you get Open?” “Can you find Space?”
- Keep the ball in front of the player
- Keep the player between the ball and the goal
- Try to keep the ball in bounds



Warm Up

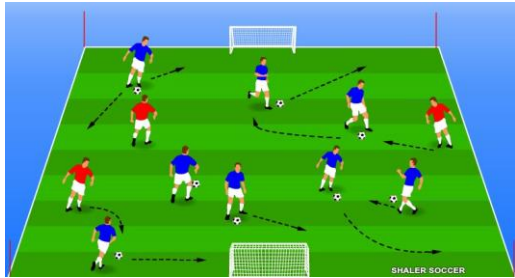
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- Change directions.
- Move to a space that is free from coaches.

Dribbling/Moves

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On coaches’ command, perform the actions below within the square. Include more commands every few minutes (encourage kids to “start their engines” and sound like a ‘supervehicle’)

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FLAT TIRE – Toe Touches to “re-inflate the tire”

Blue light – do a dance around your ball!

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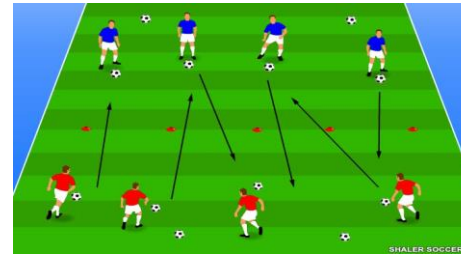
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Fun Activities

Clean up the City : Average Time 5-10 Min

Flat Cones Lined in the Middle

Divide the team in half one half are the Heroes and the other are the Sidekicks. Each side should have equal number of balls to start. On coaches start, kids are to pass the ball across the middle line toward the other team, continuing until the coach calls time. The balls on each side are counted to determine the winner.



Optional Fun Activity – Retrieve the ball–

Average Time if needed 5 Min

Each player dribbles their ball and passes to the coach. Coach passes their ball away to an open space on the field. Player must retrieve their ball as quickly as possible and dribble it back to the coach. *Players can pretend to be a “Superpet”

Coaching Focal Points:

- Slow Down and use Proper passing technique
- Receiving Players need to move to control the pass. (Few passes is ever perfect)
- Don’t be flat footed, be up on your toes
- Dribble the ball to a open space before passing

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- Have child TRY overhead “throw in” but don’t focus on technique



Warm Up

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Dribbling/Moves

Pirate Ship: Average Time 10 Min

Coned Square

To get the players attention, the Captain/Coach yells “Ahoy Mateys!” and players repeat “Aye, Aye Captain” then perform the task the “Captain”/Coach commands...

Set Sail - Dribble inside/outside, Big Toe – Little Toe. Can the player dribble the ball, using the inside and outside of the same foot. Right foot then Left foot. Small controlled touches.

Swab the Deck – Tick Tocks to wipe the deck

Raise the Sails – Inside rolls raise the sails, left foot then right foot.

Climb the Ladder – Toe Touches to climb the ladder

Seagull! - Lay on top of ball to cover/hid it (helps with players interested in playing goalie when older)

Sharks! – While dribbling, Pullbacks to move away from the sharks

Player Overboard – All players race while dribbling to the side of the field coach is standing AND stop before going out of bounds.

Coaching Focal Points:

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Fun Activities

Sharks and Minos: Average Time 5-10 Min

Tall Cones in the Rectangle in the Middle

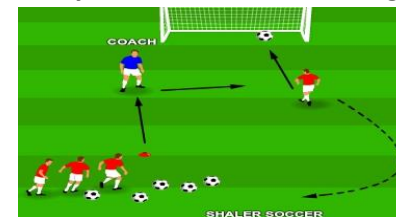
Phase 1: Coaches are in the “Shark Tank” (cannot leave the coned rectangle) as defenders. Players line up horizontally on the end line with their ball. When coaches say “fishies, fishies come swim in our ocean”, the players will offensively try to dribble to the other side without knocking over a “shark fin”/tall cone OR the “sharks/coaches” getting their ball....who can make it across without the sharks getting their ball.

Phase 2: Players can become a shark/defender if their ball is taken away, or if they knock over on of the “shark fins/tall cones” as they try to dribble across.

***“Sharks” CANNOT leave the shark tank!

Optional Fun Activity - “Cannonball”/Shooting on Goal

Average Time if needed 5 Min



Coaching Focal Points:

- Use evasive maneuvers
- Vary speed
- Protect the ball
- Keep your head up
- When shooting the ball - strike through the ball and lock the ankle

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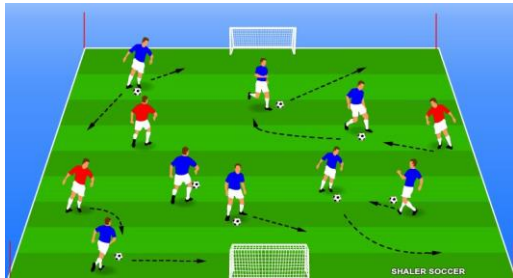


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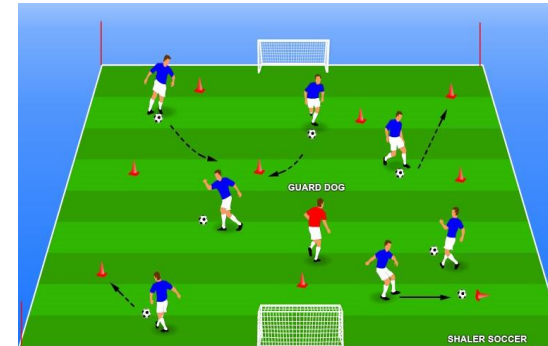
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Coach walks around inside the field, always moving, (vary speed). Each player has a ball, the players dribble after the coach and try to hit the coach with the ball. How many times can you kick the coach?

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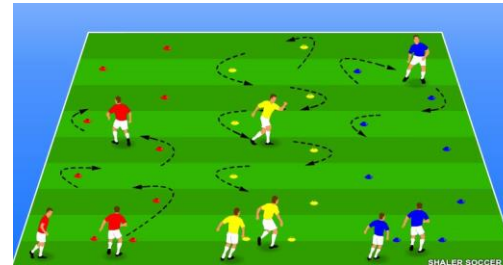
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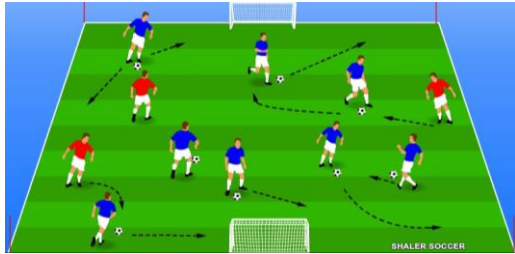
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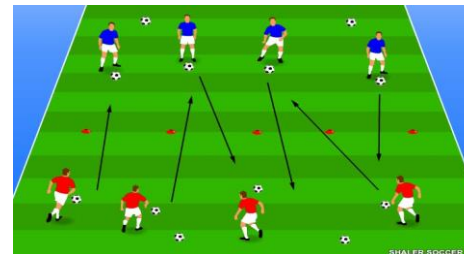
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Coned Square + Line of cones in the middle

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Pirate Ship: Average Time 10 Min

Coned Square

To get the players attention, the Captain/Coach yells "Ahoy Mateys!" and players repeat "Aye, Aye Captain" then perform the task the "Captain"/Coach commands...

Set Sail - Dribble inside/outside, Big Toe – Little Toe. Can the player dribble the ball, using the inside and outside of the same foot. Right foot then Left foot. Small controlled touches.

Swab the Deck – Tick Tocks to wipe the deck
Raise the Sails – Inside rolls raise the sails, left foot then right foot.

Climb the Ladder – Toe Touches to climb the ladder

Seagull! - Lay on top of ball to cover/hid it (helps with players interested in playing goalie when older)

Sharks! – While dribbling, Pullbacks to move away from the sharks

Player Overboard – All players race while dribbling to the side of the field coach is standing AND stop before going out of bounds.

Coaching Focal Points:

- Provide POSITIVE FEEDBACK, THESE FUNDAMENTAL MOVES ARE CRITICAL!
- Keep body posture over the ball "stay low" and look like a soccer player

Fun Activities

Sharks and Minos: Average Time 5-10 Min

Tall Cones in the Rectangle in the Middle

Phase 1: Coaches are in the "Shark Tank" (cannot leave the coned rectangle) as defenders. Players line up horizontally on the end line with their ball. When coaches say "fishies, fishies come swim in our ocean", the players will offensively try to dribble to the other side without knocking over a "shark fin"/tall cone OR the "sharks/coaches" getting their ball....who can make it across without the sharks getting their ball.

Phase 2: Players can become a shark/defender if their ball is taken away, or if they knock over on of the "shark fins/tall cones" as they try to dribble across.
***"Sharks" CANNOT leave the shark tank!

Optional Fun Activity - "Cannonball"/Shooting on Goal

Average Time if needed
5 Min



Coaching Focal Points:

- Use evasive maneuvers
- Vary speed
- Protect the ball
- Keep your head up
- Strike through the ball
- Lock the ankle

Small Sided Game

U4 3 v 3 w/ parents

U5 3 v 3

U6 4 v 4

TOP Soccer modified by players

Coned play space with two goals

Leave 20 min of practice for play

Limit substitutions by moving extra players to another play space, even if it means going with another coach.

Keep the ball in play, if a ball goes out of bounds, a new ball goes in, if a goal is score, a ball immediately is thrown into play.

No kick offs, goal kicks, corner kicks, or throw-ins

Reinforce all of the Coaching Focal Points of the day

Coaching Focal Points:

- "Can you get Open?" "Can you find Space?"
- Keep the ball in front of the player
- Keep the player between the ball and the goal
- Have child TRY overhead "throw in" but don't focus on technique