

AYSO U6 Coaches Training Session

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Region 153 web page: <http://www.region153.com>

I. Introduction

A. Skills to teach

Dribbling, kicking, throwing in, no hands, ball in/out of play.

B. New terminology

Offense, defense, goal line, touch line, out-of-bounds, throw-in, kick-in, goal kick, corner kick, dribble, quarter, halftime, coin toss.

C. New Concepts

Lining up (in a line!), taking a knee, listening to coach, no hands, stop play on whistle, etc.

II. Basic Practice Outline

A. Startup

- Practices can be held 30 minutes before each game.
- After mid-week games end, continue to have practices so you can do the "fun drills".
- Have nets and cones set up before players arrive.

B. Stretches

- When ready to start practice, tell all players to get drinks first. Line up balls neatly on sideline. Stay on your side of the field.
- Stretches. Ankles, necks, windmills, touch toes. Sit on ground, legs, toes. Silly stretches. Jumping jacks. Line up behind coach, run a lap (or 2!)
- Come around, get ball, dribble it into the goal!

C. Skill exercises

1. Goal Shot

- Both coaches position 10 yards out from goal. Players line up behind each coach.
- Coach rolls ball out, player runs up and kicks it into the goal.
- Player (or helpful parent) gets ball out of goal, player dribbles ball back to coach and gets in line.

2. Dribble Goal Shot

- Players line up in 2 lines near half-line.
- Coach kicks/rolls ball out in front of player.
- Player dribbles ball down and scores, then fetches ball and gets back in line.
- Keep this drill going fast.

Variations on this:

- Have two players go at once – they must pass back and forth to each other at least once before scoring.
- Add a defender – certain players will prefer playing defense.

3. Dribble Run

- Line up players on end-line, each with their own ball. 4 per coach on either side of the goal.
- On whistle, they run towards half-line, keeping ball in front.
- Then return back to end-line and repeat.

4. Throw-Ins

- Line up players on end-line, each with their own ball.
- Have each player throw ball to coach individually so you can analyze their technique.
- Or have all 4 throw at once for fun.

5. Trap and Kick

- Pair up players. Make 2 rows of players, about 5-10 yards away from each other.
- Player will kick ball to partner.
- Partner should trap ball then kick it back.
- This drill needs much supervision and patience!

6. Big Kick

- All players put ball on end-line.
- Have them go back a ways then blow whistle to run in and give a big kick to the ball.
- Player with biggest kick "wins".
- This is best done as the last drill before game-time.

D. Fun drills

1. Circle Tag

Make a big circle with cones (experiment to find right size). No balls in this drill. All players in circle. One person is "it". Blow whistle. "It" has to tag someone. Once they do, they must join hands to tag others. Each

new "it" must stay linked with the others until all players have been tagged. Teamwork is necessary to get everyone!

2. Dribble Relay (Obstacle Course)

Split into two teams of players. Each player has their ball. Set up cones in a zig-zag patten on field. Setup a "box" of cones at end. On start, each player must dribble past/around each cone, then into box and do 10 stair-steps on ball. Then leave ball there, sprint back, and high-5 next player to go.

3. Red Light / Green Light

Line up all players on end-line. Each player has ball. Call out "green light" – players start dribbling. Call out "red light" – all players must stop. If a player does not stop, they must go back behind last player. Continue to end of field.

4. Body Dribbling

Similar to Red light/Green light, except call out body parts, e.g. "Knee", "shoulder", "header", "butt". They must dribble ball with that part until you call out something different.

5. Follow the Leader

One player is "leader". They must dribble through an obstacle course on field, or a route of their choosing, and all players must follow them.

6. Freeze Tag

All players have balls on field (half-field or an enclosed area). One player is "it". When whistle blows, he must try to dribble over and touch another player's ball with his. If he does, then that other player has been "frozen". They must stand with legs apart, and ball above head. Another player must come by and dribble their ball between the frozen players legs. Object is for the "it" to freeze all players.

7. Egg Hunt

This is a timing drill. Scatter all balls available on field. All players line up on end-line. Create a box of cones on opposite side of field. On whistle, start timer. All players must dribble all balls into cone, one at a time. Kids enjoy this to try and beat their best time.

III. Game Time

A. Before

- End practice a couple minutes before game time.
- Send kids over to get drinks. Go chat with other coach. Decide who will ref first half. Other coach should keep time.

- Get team together. Take a knee. Chit-chat with players!
- Go over roster. Discuss who is out and who is playing. Resolve conflict.
- Whole team out to middle for meet/greet and equipment check with other team. This step is up to you how you want to handle this. Sometimes this is too much of a hassle.
- Do coin toss. "Visitor" team should always get to call the toss.
- Winner of toss will get to kick off. (NOTE: soccer rules state that winner chooses side, and other team kicks off, although sometimes this is confusing for little kids – the goal here is to toss the coin)
- Quickly call whole team together. Do team cheer.
- Send subs to sideline. Start game!

B. During

- Quarters are 8 minutes.
- Ask timer to give 1 minute warnings before end.
- Quick quarter breaks.
- 10 minute half. Switch directions at half.
- At quarter breaks you can either start with a throw-in with whoever last had the ball, or just do another kick off from half-line.

C. After

- Warn parents to get ready for the tunnel! It is best to make the tunnel parallel to the sideline (duh!)
- As soon as game ends, gather players together.
- Do "Appreciate" cheer.
- Line up behind coach on half-line, right-hands out.
- Congratulate other team.
- Both teams run through both tunnels.
- Snack time!!

IV. Tips, Tricks, Etc.

A. Roster card

Names alphabetical. Use for order for kick-ins, throw-ins, and just keeping track of them! Do lineup for game in advance to avoid kids getting upset about playing/not playing.

B. Order your own coach jersey to match your team

www.scoresports.com Costs about \$25. When you got your jerseys for your team, there should be a little card with the jersey number on it. That helps.

C. Cold wet towels for kids

Cut up an old beach towel. Throw it in a little cooler with ice. Take them out at halftime, put on kids necks. Cool!

D. Stickers!!

E. More info

Just try googling stuff on the internet. This is the best web site I've personally found: <http://www.footy4kids.co.uk/>

Best thing is to go watch other coaches and ask questions!!