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Welcome to King United Soccer Club:

Thank you very much for stepping up for the 2015 season and volunteering your time for the summer. KUSC's season could not run without it's dedicated volunteers just like you. The Board of Directors and Club Administrator, along with the players and parents thank you.

Need to Know for Parents and Players:

No "drop offs" – parents must assign responsibility of their child if they cannot stay during practices or games.

Please ensure water is brought to every practice and game. It is extremely important that the children remain hydrated throughout the session. Coaches/ Referees will give ample water breaks to take advantage of.

Referees are a very important part of the game. Once your son/daughter reaches that age group and referees are supplied, please treat them with dignity and respect. Any problems should be discussed with the coach.

Game/practice will be cancelled if lightning or thunder is evident as per the guidelines found within the club's policy. If a Ref is present at your game, it will be the ref's responsibility to cancel or postpone the game due to lightening or thunder.

Player Requirements:

Soccer shoes (plastic cleats on bottom) and shin guards (worn inside the socks/against the skin) must be worn at every game and practice.

- Water bottle
- Bug Spray
- NO baseball caps, jewelry, electronic devices – for the safety of the individual and players around them.

Club Will Supply:

Soccer shirt, shorts, socks, a ball for every player

2015 Goals:

FUN! FUN! FUN!

- Everyone will receive equal playing time and all players should be encouraged to play every position.
- Learn to develop individual skills while learning to play within a team environment.
- Get parents involved and excited about their children's progress.



King United Soccer Club Contacts:

Name	Title	Contact Information
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Sharon Hillier	Director Women's League	womenleague@kingunitedsc.com
Kim Nicholl	Administrator	admin@kingunitedsc.com

* Please Note: House League Convenor's contact information to be provided separately.

Board Contact Information (can also be found on our website under the "About Us" page):

<http://www.kingunitedsc.com/index.php?src=gendocs&ref=Board%20of%20Directors&category=About%20Us>



U4, U5, and U6 Coaches Manual

OBJECTIVE:

To promote and develop the game of soccer in King Township. To provide continuous recreational activities to further the development and interpersonal skills of children of all ages.

To meet the objective of the King United Soccer Club we must all work with a common code of conduct. The King United Soccer Club realizes that only through the collective efforts of the executive, club administrator, coaches, referees, players and parents/guardians/spectators will our local Club continue to exist. We also feel that adherence to this Code of Conduct represents a commitment by everyone to deliver a soccer program of which we can be proud. The products of our efforts are the young adults and soccer players we are producing. **YOUR COOPERATION IS ESSENTIAL.**

The activities provided illustrate how stations can be used during King United Soccer Club practices.

During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and that they are continually challenged.

In the following activities players will travel through 4 stations. In these examples one station focuses on Physical Literacy, two stations on movements with the ball and the 4th station is focused around the game with the children playing 1v1.

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

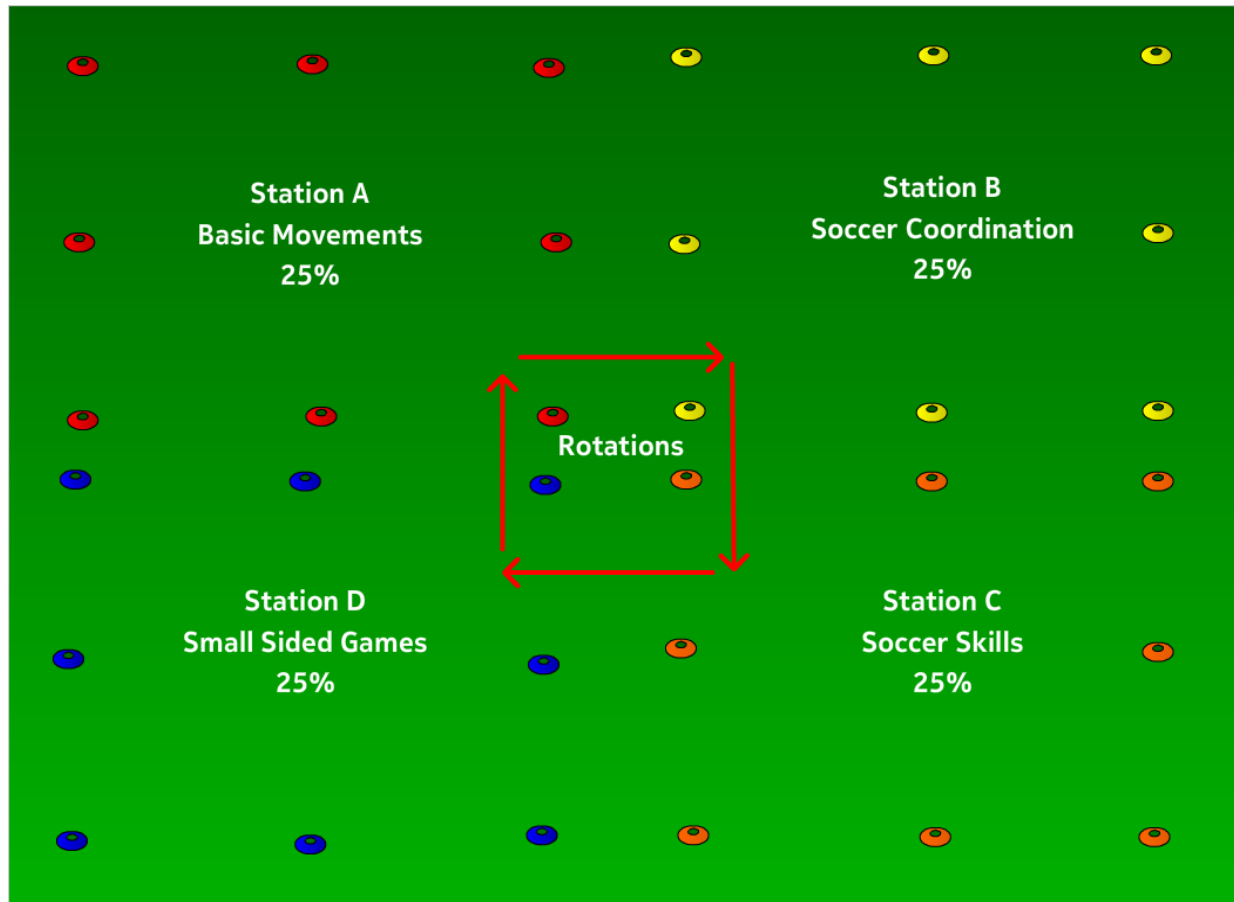
Total Practice time 40 minutes as per the Recreational and Development Matrix



How the preferred training model works

If working with a larger group organize players into groups of 6. Each station has a coach who will lead that specific station for the session. Players rotate every 8 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Week 1 - Station A - General movement



Organisation. Players are placed into 2 or 3s.

Procedure. The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summer sault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks

Time Frame. 8 minutes

Emphasis:

Listening

Different types of running

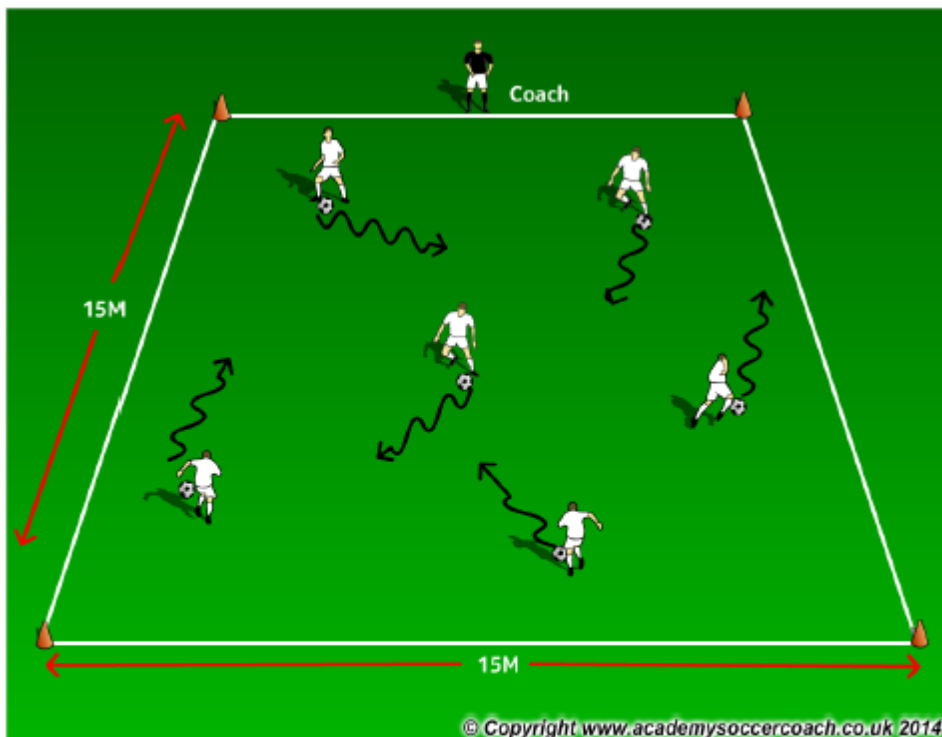
Changing direction

Agility, Balance, Coordination

FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 1 - Station B - Soccer Technique – Candy store



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Organisation. 15mx15m area. Each player has a soccer ball.
Procedure. Players dribble inside the area. The coach calls out a body part and the player must stop the ball and place the correct body part on the ball. The coach calls go for the players to dribble again.

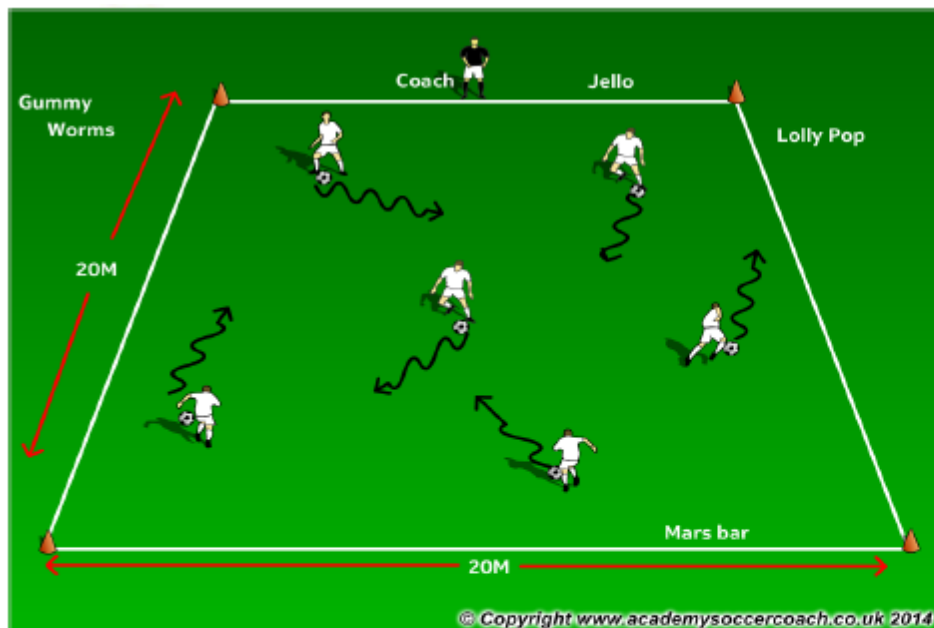
Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 1 - Station C - Soccer Technique – Body Breaks



Organisation. 20mx20m area. Each player has a soccer ball
Procedure. All players dribble inside the area. The area now becomes a candy store and the players explore by shouting out their favourite candies. The coach names each side of the area after a different candy and when the coach calls out that specific candy the players dribble to the correct side and perform a specific challenge. I.e. toe taps, (players touch ball 1 foot at the time using thier sole) inside inside etc. (Players use the inside of there feet to knock the ball back and forth between each foot)

Time Frame. 8 minutes

Emphasis:

Listening
 Running with the ball
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

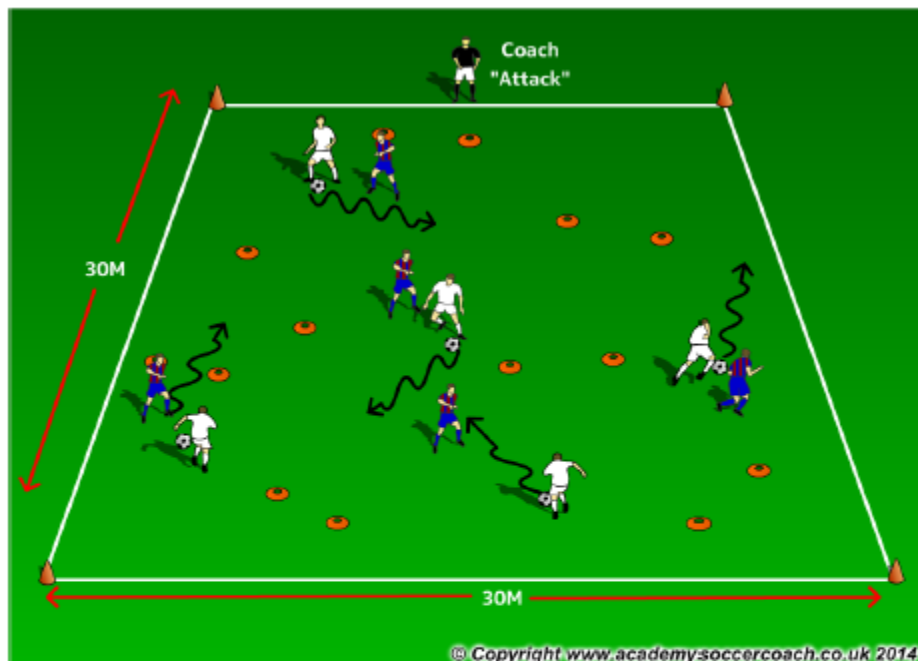
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 1 – Station D – Small Sided Game - 1 v 1



Organisation. Players are paired inside a 30mx30m area.
Procedure. When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

Time Frame. 8 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 2 – Station A - General Movement - Elves and Wizard



Set up: Mark out a " cone forest" inside a 15mx15m . field.
 8-10 players.
 Sequence: Elves (players) moving around the forest. Whenever two elves meet in the forest, they jump over the cone (take turn). Can elves jump over the cones before the wizard (parent or coach) catch them!
 This activity could be done with the ball .

Time frame.6- 8 minutes

Emphasis:

- Running with/without the ball
- Changing direction
- Jumping
- Awareness
- Slowing down, speeding up
- Fun

<u>Psychological</u> Confidence Being safe Positive feedback	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Peer interaction Communicating Celebrating

Week 2 – Station B – Coordination Catch the Robber



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Organization: Using cones, mark out a 30 mx20 m. field.
 8-10 players, each has a ball.
Sequence: Each player (Officer) move the ball around, and trying to arrest the Robber (parent or coach) by shooting the ball at them.

Time frame. 6-8 minutes

Emphasis:

Eye – foot coordination
 Lots of touches on the ball
 Different parts of the foot
FUN!

Psychological

Positive reinforcement
 Confidence
 Being safe

Technical

Running with the ball
 Part of the ball,
 Part of the foot

Physical

Eye-hand coordination
 Agility, Balance
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 2 – Station C – Soccer Passing Technique



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Organization: Using cones, mark out a 15 mx15 m field with a 5 m wide " river" down the middle. Mark out a 2 mx2 m " ball castle" on each side of the field. Have equal balls in each castle.

Procedure: Each team stands in its own half, with children evenly divided on both side of the river. Players on the same side as their ball castle get balls from there and running with the ball close to the river, and thn pass the ball across the river to their teammates, who quickly running with the ball to put them in the opposite castle.

Team with fewer balls in their castle wins. (duration 1 minute)

Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball
Using different technique
Positive feedback
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Passing Running with the ball</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating Fun</p>

Week 2 – Station D – Small Sided Game 1v1 to a ball



1v1 to a ball:
 Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

Time frame. 6-8 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Passing
- Fun

<p><u>Psychological</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Passing Dribbling 1v1 Shooting</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Peer interaction Celebrating Fun</p>

Week 3 - Station A - General movement - Find an empty cage



Organization: A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters (parents) .
Procedure: Players pretend to be different animal in the cage making different moves. (skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.
 If a hunter tag a player , he/she become hunter.

Time frame. 8 minutes

Emphasis:

Changing direction

Running

FUN!

<u>Psychological</u>	<u>Technical</u>
Confidence Success	N/A
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating

Week 3 – Station B – General Movement Bird in the tree



Organization: A 20 mx20 mfield. A few boxes of 1 mx1m within the field. 2 or 3 hunters (parents) .
Procedure: Players pretend to be different animal in the cage making different moves. (skipping, hopping) On coach's call, players must find an empty cage to move into. Only one animal in each cage.
 If a hunter tag a player , he/she become hunter.

Time frame. 8 minutes

Emphasis:

Changing direction

Running

FUN!

<u>Psychological</u>	<u>Technical</u>
Confidence Success	N/A
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating

Week 3 – Station C – Soccer Technique



Organization: Set up a jungle of cones inside of a 15 mx15 m field. Mark out a 5 mx2 m about 2 m away form the field. The birds move through the trees. The hunter(parent) is in his/her tent (rectangle box) moving around getting ready for the hunt. As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees(touching the cones), however, each tree can only hold on 2 birds. Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

Time frame. 8 minutes

Emphasis

Ball familiarity

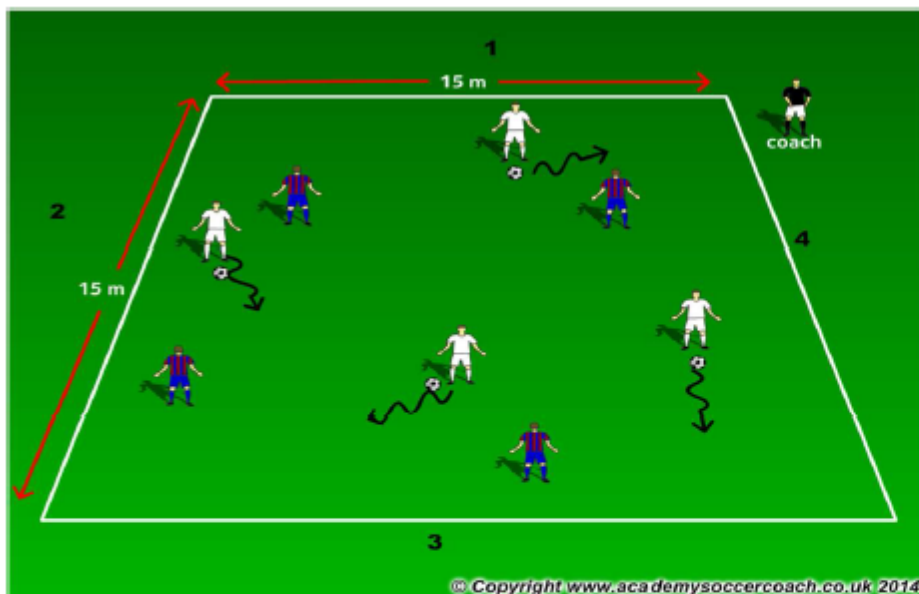
Fun

Basic movements

<p>Psychological</p> <p>Confidence Feeling safe</p>	<p>Technical</p> <p>Running with the ball</p>
<p>Physical</p> <p>A,B,C's Change of Direction</p>	<p>Social</p> <p>Listening Peer interaction</p>



Week 3 – Station D – 1v1 to a line



Organization: 15 mx15 m field. 8 players (4 children, 4 parents), soccer balls
Procedure: 2 teams of players vs parents divided in to two teams of dolphins and penguins. They all move freely in the ocean. The four shores (side of the fields, have numbers, name of city or etc).
 When the coach calls the number or name of the shore, kids (penguins) run with the ball as fast as they can to that shore before parents (dolphins) touch them.
 The player (penguin) who run out of the ocean first wins.

Time frame. 8 minutes

Emphasis:

Running with the ball
 Dribbling
 Agility, Balance, Coordination
 FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Peer interaction Communicating</p>

Week 4 – Station A – General movement Race Track



Race Track
Organization: 30 mx25 m field, cones, everyone has a ball.
Procedure: Players dribble around the " race track", and imitates a car on the track : 1st gear = slow, 4th gear = fast, breaks=stop, encourage players to be as animated as they can be, and make car noise.

Time frame. 8 minutes

Emphasis:

Awareness
 Basic movements
 Dribbling/races
 FUN!

<u>Psychological</u>	<u>Technical</u>
Confidence	Repetition in ball touches
<u>Physical</u>	<u>Social</u>
A,B,C's Eye-foot coordination	Listening Communicating Fun

Week 4 – Station B – Soccer Technique Tidy up your room



Tidy up your room:

Organization: Two boxes 15 mx15 m field and a 5 m neutral zone between them, cones, everyone has a ball.

Procedure: Players shoot the ball out of their room into friends room. When coach stops the game in 6-8 minutes, the team with most balls in their room, has to make funny faces.

Time frame. 8 minutes

Emphasis:

Coordination
Spatial awareness
FUN!

Psychological

Confidence
Basic decision making

Technical

Kicking the ball

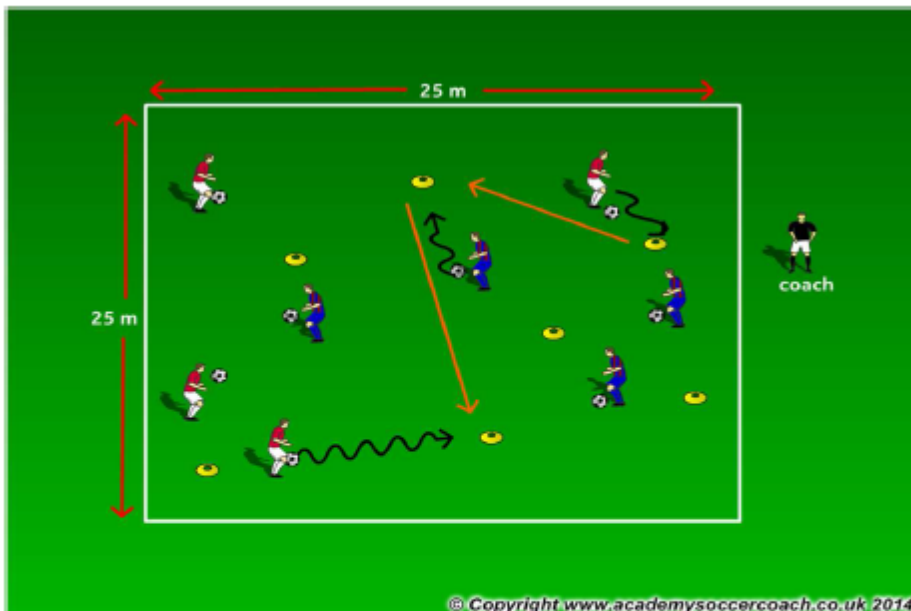
Physical

Eye-foot coordination
General movements

Social

Listening
Communicating
Fun with friends

Week 4 – Station C – Soccer Technique – Ball Swap



Ball swap:
Organization: 25mx25m field, cones, everyone has a ball.
Procedure: Players dribble around the field, on coach's call, players pick up their balls, and run to the cone, leave their ball, and go to take another ball and continue to dribble.
Progression: Player ask to touch the cone or jumping on the spot, before running to get the ball.

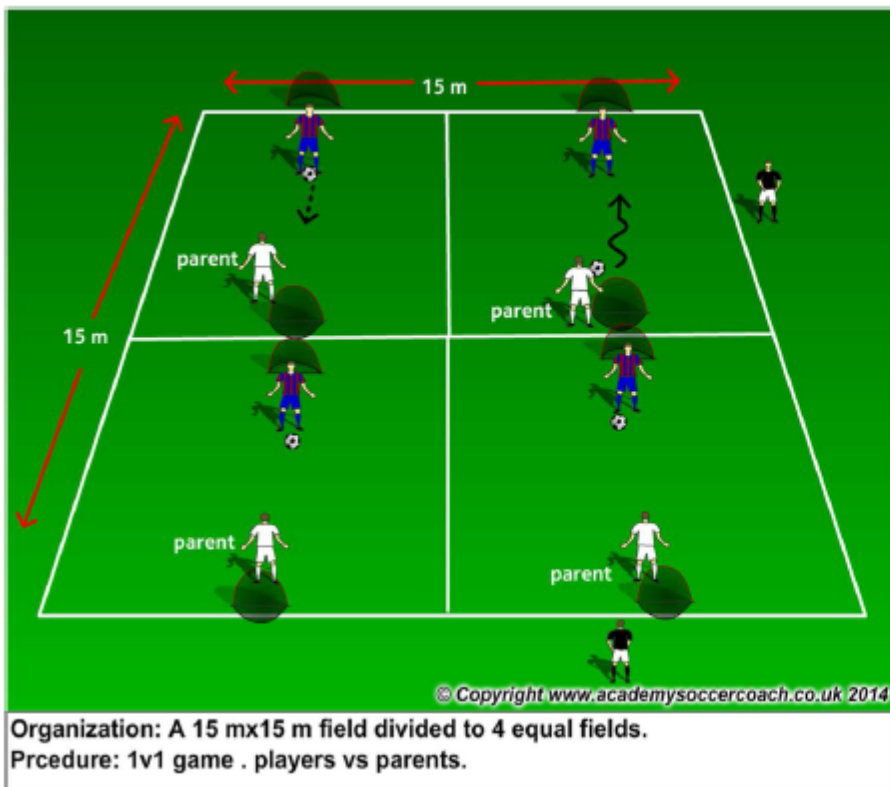
Time frame. 8 minutes

Emphasis

Ball familiarity
 Fun
 Basic movements

<u>Psychological</u> Confidence Feeling safe	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Peer interaction Fun with friends

Week 4 – Station D – Small Sided games (1v1 Parent vs Player)



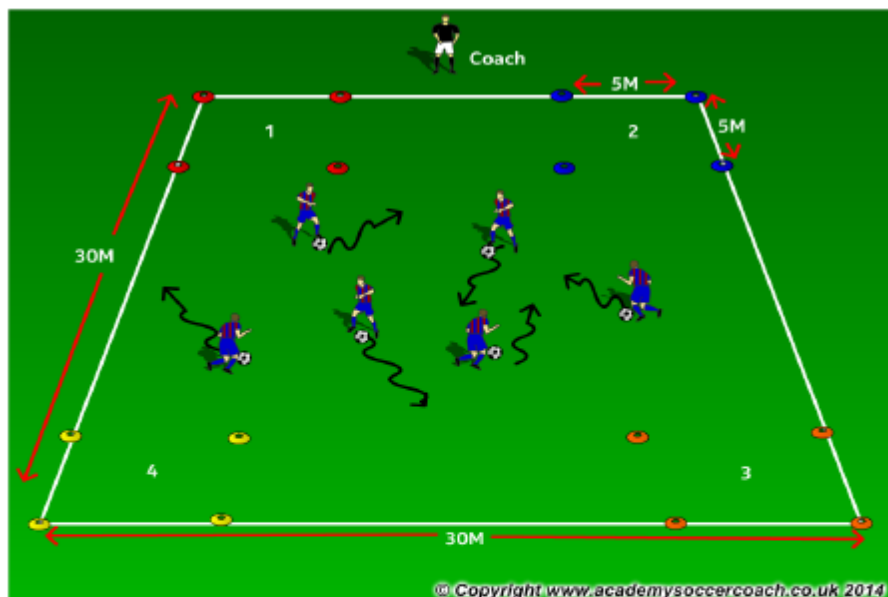
Time frame. 8 minutes

Emphasis:

- Running with the ball
- Dribbling
- Agility, Balance, Coordination
- FUN!

<u>Psychological</u>	<u>Technical</u>
Confidence Being safe	Running with the ball Dribbling
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Peer interaction Fun with friends

Week 5 – Station A – General Movement



Organisation. Each player has a ball in a 30mx30m area. In each corner there is a 5mx5m area which are numbered as above.

Procedure. Players dribble around inside the middle of the area. When the coach calls out a number the players dribble to that specific corner. The 1st player to stop their ball in the correct corner scores 1 point.

Progression. When the players arrive in the corner instead of stopping they perform 5 toe taps and continue to dribble.

Time frame. 8 minutes

Emphasis:

Listening
 Running with the ball
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Running with the ball Turning
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating

Week 5 – Station B – Soccer Technique – Shooting



Organisation. Players are in pairs and stand opposite each other in the goals. They are 8m away from each other in a 3m goal.

Procedure. Players look to strike the ball past their partner. Each time a player scores they score 1 point. After 5 shots the players rotate positions.

Progression. Have players practice shooting with both feet.

Time frame. 8 minutes

Emphasis:

Shooting
Goalkeeping
Coordination
Team work
FUN!

Psychological

Success
Confidence
Feeling safe

Technical

Shooting
Goalkeeping

Physical

Agility
Balance
Coordination

Social

Celebrating
Fun

Week 5 – Station C - Shooting



Organisation. Players are in pairs and stand opposite each other in the goals. They are 8m away from each other in a 3m goal.

Procedure. Players look to strike the ball past their partner. Each time a player scores they score 2 points. If the players can strike the ball sitting on the cone and score a goal they score 3 points. After 5 shots the players rotate positions.

Progression. Have players practice shooting with both feet.

Time frame. 8 minutes

Emphasis:

Shooting
Goalkeeping
Coordination
Team work
FUN!

Psychological

Success
Confidence
Feeling safe

Technical

Shooting
Goalkeeping

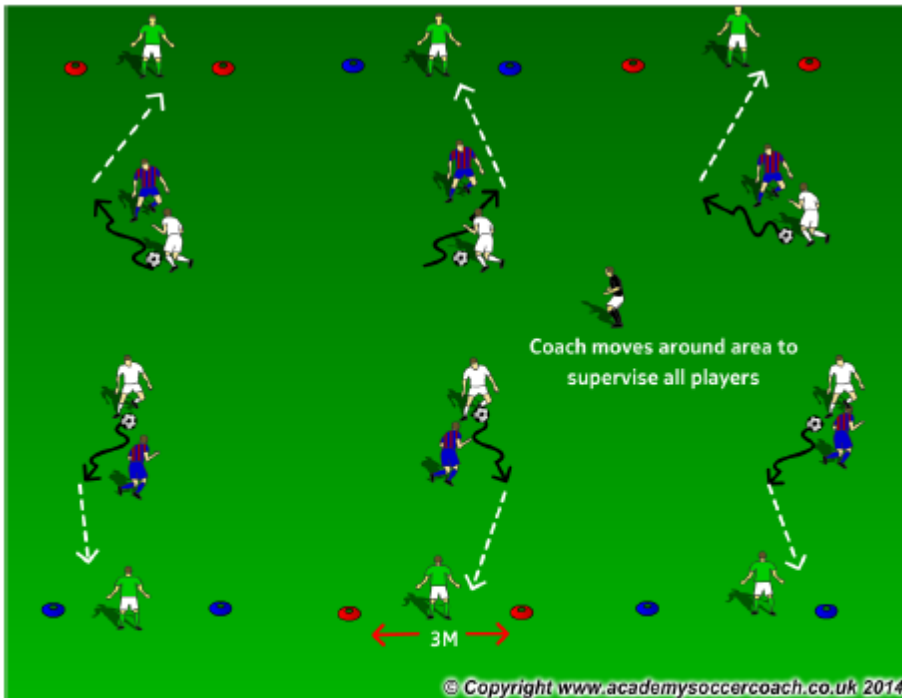
Physical

Agility
balance
Coordination

Social

Celebrating
Fun

Week 5 – Station D – Small Sided Game 1v1 to Goal



Organisation. Player placed into groups of 3. They play 1v1 to goal.
 Procedure. Goalkeeper rolls ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

Time frame. 8 minutes

Emphasis:

Shooting

Dribbling

Agility, Balance, Coordination

FUN!

<p><u>Psychological</u> Success Confidence Being safe</p>	<p><u>Technical</u> Shooting Dribbling Goalkeeping</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Peer interaction Communicating</p>

Week 6 – Station A – General Movement Follow the leaders



Organization: A 25 mx 15 m field. Up to 10 players each with a ball .
Procedure: Players moving with their ball inside the field. Parents following them around and do what the players (leaders) do . Players need to look around not to hit other players.

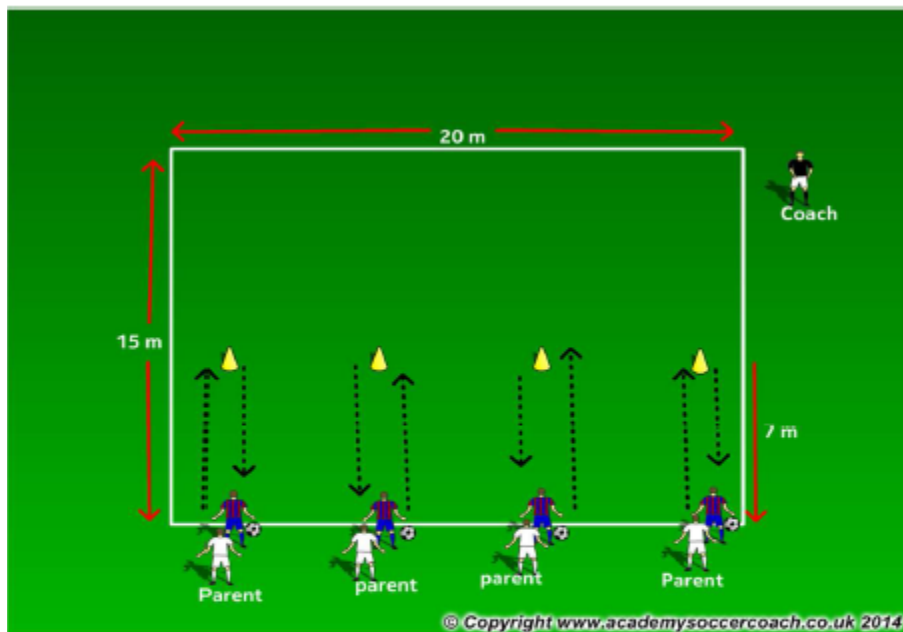
Time Frame 6-8 minutes

Emphasis:

Listening
 Different types of running
 Changing direction
 Agility, Balance, Coordination
FUN!

<u>Psychological</u> Confidence Being safe Decision Making	<u>Technical</u> N/A
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Interaction with Friends

Week 6 – Station B – Soccer Technique – Catch Me



Organization: A 20 mx15 m field, cones 7 m from start line.
Procedure: Players each has a ball, and running with the ball (using right foot) around the cone. Parent try to catch them. When players reach the cone, they are safe. Procedure repeats on the way back to start line.
Progression: Players are encouraged to use opposite foot, and different part of foot.

Time Frame 6- 8 minutes

Emphasis:

Running with the ball
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> Using both feet A,B,C's Change of Direction	<u>Social</u> Interaction with others Communicating Celebrating

Week 6 – Station C – Coordination



Organization: A 30 mx 25 m field. Cones, Poles, as shown in diagram. Up to 12 players.

Procedure: Players go around each station, and perform different moves.

Station A: Players dribble through the cones.

Station B: Players run forward and backward.

Station C: Players shuffle from one pole to another.

Time Frame 6-8 minutes

Emphasis:

Listening

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

FUN!

Psychological

Learning new skill

Confidence

Being safe

Technical

Dribbling

Running with the ball

Physical

A,B,C's

Change of Direction

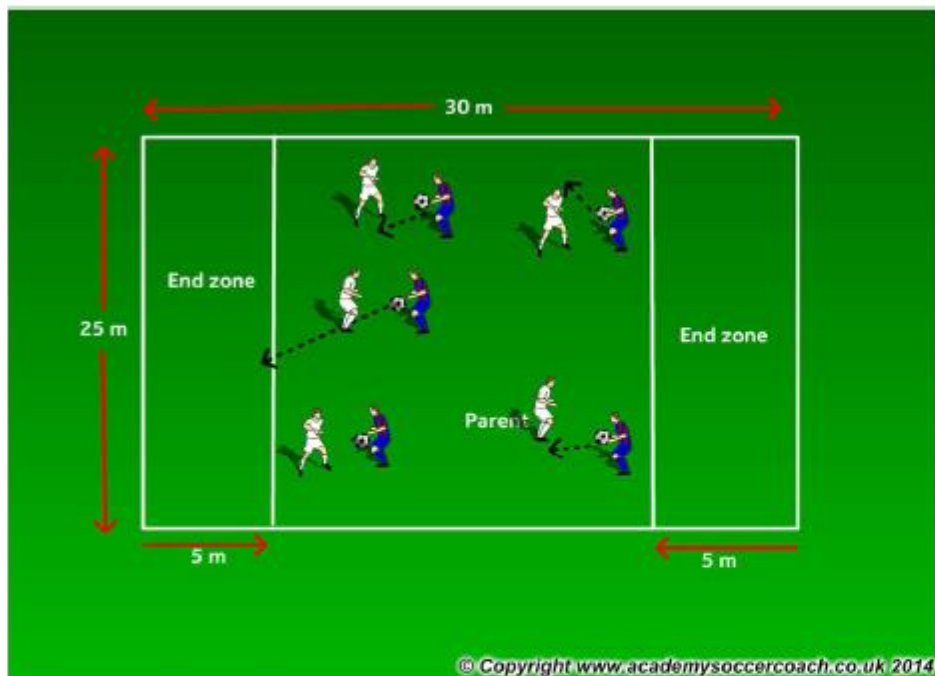
Social

Listening

Interaction with others

Celebrating

Week 6 – Station D – Small Sided Game (1v1 Player vs Parent)



Organization: A 30 m x 25 m field. A two 5 m end zone at each side of the field. Players each has a ball.

Procedure: Players has the ball in their hand and try to pass by the opponent and go to the end zone to score. If the opponent touch the player, they receive the ball and try to do the same thing.

Progression: Players can use the feet.

Team with more points wins.

Time Frame 6-8 minutes

Emphasis:

Running with the ball
 Passing
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

<u>Psychological</u> Decision Making Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating Interaction

Week 7 – Station A – Simon Says



Organization: A field of 25m x 30m. Soccer balls.
Procedure: Everyone has a ball, coach is the "Simon:." Coach says "Simon says the following"
Without the ball: Jumping jacks , stand on one foot, etc.
With the ball: Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

Time Frame 6-8 minutes

Emphasis:

- Listening
- Different types of movements
- Changing direction
- Agility, Balance, Coordination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Decision Making</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with Friends</p>

Week 7 – Station B – Soccer Technique – Animal



Organization: A field of 25m x 30m. Soccer balls.
Procedure: Everyone has a ball. Players and parents dribble ball with their feet, the coach calls an animal's name, and everyone dribble like that animal.(dog on four legs and etc.).
Progression: Ask player to choose an animal, and show how that animal dribble.

Time Frame6- 8 minutes

Emphasis:

- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> Using both feet A,B,C's Change of Direction</p>	<p><u>Social</u> Interaction with others Communicating Celebrating</p>

Week 7 – Station C – Coordination – Countries



Organization: A field of 25m x 30m. Soccer balls. 3 grids of 3mx3m
Procedure: Everyone starts without the ball, the coach calls a country (box), and everyone has to get there as fast as they can.
Progression: Players do the same thing but with the ball.

Time Frame 6-8 minutes

Emphasis:

Listening
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

<p><u>Psychological</u> Learning new skill Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Interaction with others Celebrating</p>

Week 7 – Station D – Small Sided Games 1v1 (Parent vs Player)



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Organization: A field of 25m x 30m. Soccer balls.
Procedure: Players play 1v1 vs their parents, and try to score.

Time Frame 6-8 minutes

Emphasis:

- Running with the ball
- Passing
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><u>Psychological</u> Decision Making Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Interaction</p>

Week 8 – Station A – General Movement



Organisation. Players are placed into 2 or 3s.
Procedure. The 1st player runs in and out of the yellow cones and then sprints to the blue gate. The player performs 3 jumping jacks and then runs backwards to the orange cones where they perform a summer sault. They then run around the end yellow cone and sprint straight back to the start, give their partner a high 5 and then the next player goes. Players waiting perform jumping jacks

Time Frame. 8 minutes

Emphasis:

Listening

Different types of running


Changing direction

Agility, Balance, Coordination

FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 8 – Station B – Soccer Technique – Catch the Robber



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Organization: Using cones, mark out a 30 mx20 m. field.
 8-10 players, each has a ball.
Sequence: Each player (Officer) move the ball around, and trying to arrest the Robber (parent or coach) by shooting the ball at them.

Time Frame. 8 minutes

Emphasis:

Eye – foot coordination
 Lots of touches on the ball
 Different parts of the foot
 FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 8 – Station C – Soccer Technique



Organization: Set up a jungle of cones inside of a 15 mx15 m field.
 Mark out a 5 mx2 m about 2 m away form the field.
 The birds move through the trees.
 The hunter(parent) is in his/her tent (rectangle box) moving around getting ready for the hunt.
 As soon as hunter runs to jungle to hunt, birds can save themselves by flying on the trees(touching the cones), however, each tree can only hold on 2 birds.
 Hunter can tag any bird who can't find a tree. If any player is tagged,he/she becomes a hunter too.

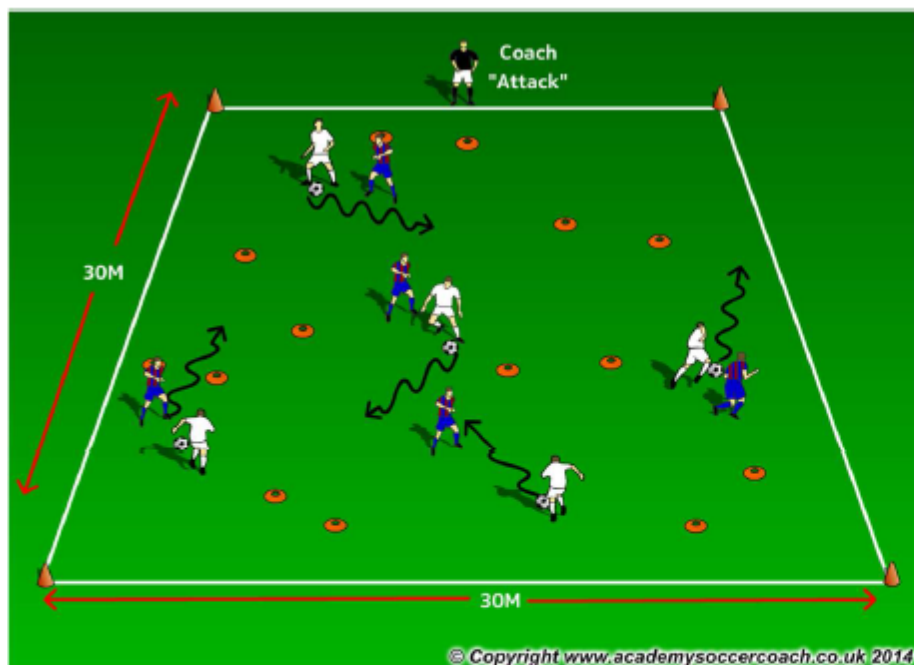
Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating

Week 8 – Station D – Small Sided Game 1v1



Organisation. Players are paired inside a 30mx30m area.
Procedure. When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

Time Frame. 8 minutes

Emphasis:

Listening
 Running with the ball
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

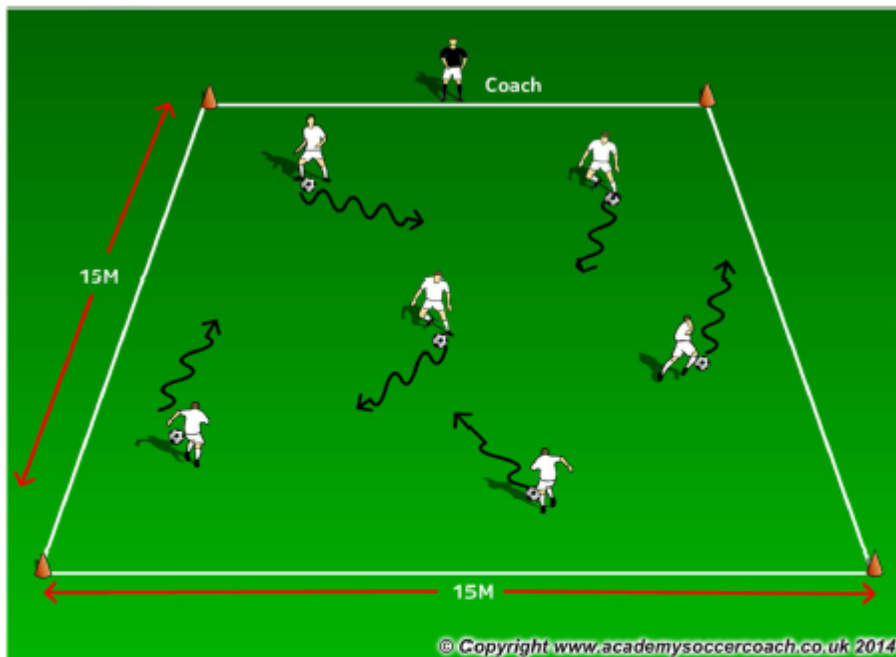
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 9 – Station A – Think Fast



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Organisation. 15mx15m area. Each player has a soccer ball.
Procedure. Players dribble inside the beach. Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. If the coach calls out "turn" players react by changing direction. Players aim to avoid bumping in to one another.

Time Frame. 8 minutes

Emphasis:

Listening
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Celebrating

Week 9 – Station B – Soccer Technique - Beach Soccer



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Organization. Each player has a ball in the 15m x15m area
Procedure. Players dribble inside the beach. (outs side the beach is water, players are asked to use their imagination) Players must react as fast as they can. If the coach calls out "stop", the players use the sole of their foot to stop the ball and freeze as a statue. When the coach calls "palm trees" the players have to pass their ball against the cones "palm trees" and knock them over. Every time they knock a palm tree over they score 1 point.
 If the coach calls out "dive" the players pick up their ball and dive into the water to go swimming.

Time Frame. 8 minutes

Emphasis:

Lots of touches on the ball
 Different parts of the foot
 Imagination
 FUN!

Psychological

Confidence
 Being safe
 Imagination

Technical

Dribbling
 Running with the ball

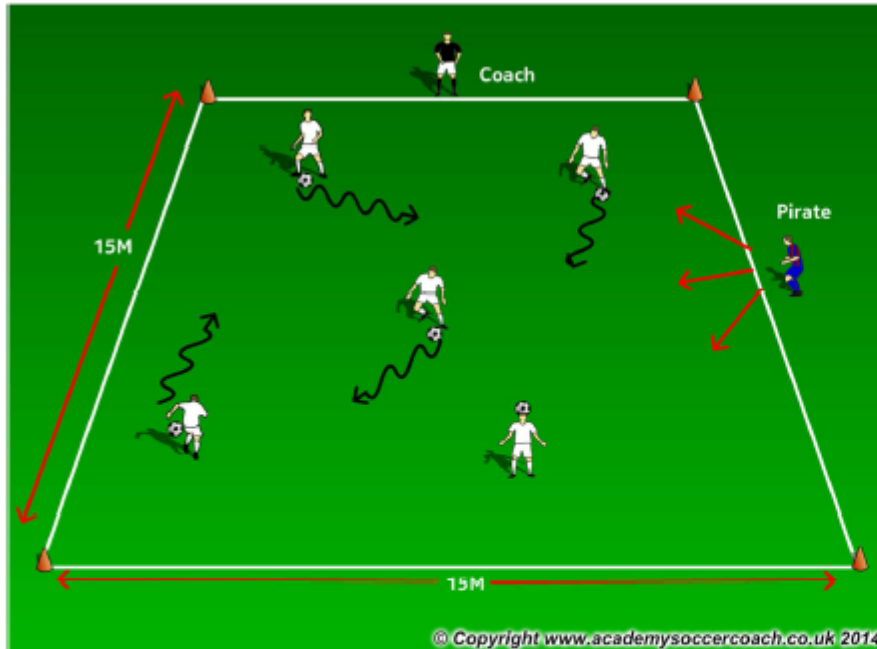
Physical

A,B,C's
 Change of Direction
 Jumping/landing

Social

Listening
 Communicating
 Celebrating

Week 9 – Station C – Soccer Techniques - Pirates



Organisation. All players dribble around on the beach.
Procedure. 1 player at a time is selected to become the "Pirate". When the coach says go the Pirate comes on to the beach and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "Help help the Pirate got me!" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the Pirate for 1 minute.

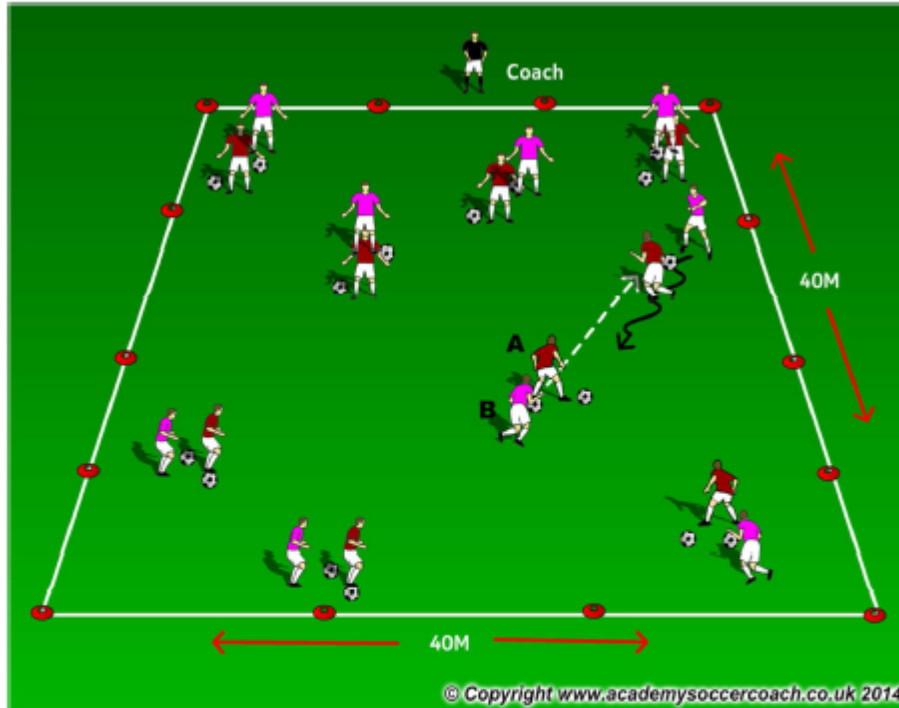
Time Frame. 8 minutes

Emphasis:

- Listening
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 9 – Station D – Small Sided Game (1v1) Beach Ball



1v1 to a ball:

Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

Time Frame. 8 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!**

Psychological

Confidence
Being safe
Imagination

Technical

Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 10 – Station A – General Movement – Simon Says



Organization: A field of 25m x 30m. Soccer balls.
Procedure: Everyone has a ball, coach is the "Simon". Coach says "Simon says the following"
Without the ball: Jumping jacks , stand on one foot, etc.
With the ball: Kick with the right foot, kick with the left foot, dribble with right foot, run with the ball with the left foot, etc.

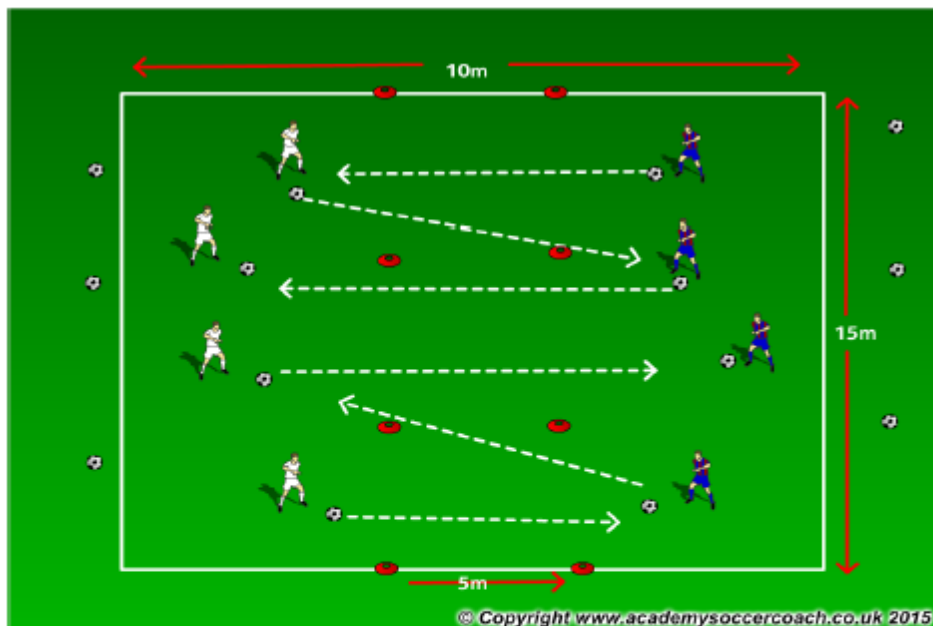
Time Frame 6-8 minutes

Emphasis:

- Listening
- Different types of movements
- Changing direction
- Agility, Balance, Coordination
- FUN!**

<p><u>Psychological</u> Confidence Being safe Decision Making</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with Friends</p>

Week 10 – Station B – Soccer technique – Clean your room



Organization: 2 grids of 10mx15m with 5m natural zone in the middle, soccer balls and 8 players.
Procedure: Divide players to two groups of 4 in each grid with ball at their feet. Players kick the ball out of their area (their room) into friend's room. On coach's call when the game stops, team with more balls in their room have to pull funny faces.

Time Frame 6- 8 minutes

Emphasis:

Agility, Balance, Coordination
 Passing with both feet
 Shooting
 Heads up
 Ball touches
 FUN!

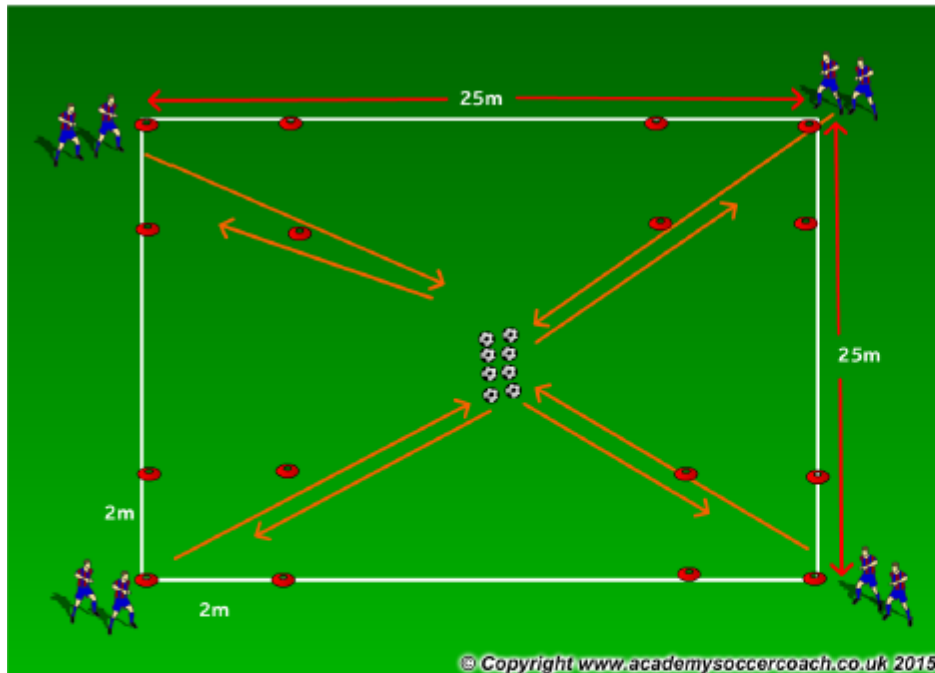
Psychological
 Confidence
 Being safe

Technical
 Passing
 Shooting
 Both feet

Physical
 Using both feet
 A,B,C's

Social
 Interaction with others
 Communicating
 Celebrating

Week 10 – Station C – Coordination Castle



Organization: A grid of 25mx25m, 8 soccer balls, and 8 players.
Procedure: place 4 boxes of 2mx2m in each corner. Divide players to 4 groups of 2 at each corner.
 On coach's call, first player from each group runs to get one ball and take it back to their castle. This continues until all the balls are gone.
 Team with more balls in their castle win.

Time Frame 6-8 minutes

Emphasis:

Dribbling
 Changing direction
 Agility, Balance, Coordination
 FUN!

Psychological

Learning new skill
 Confidence
 Positive encouragement

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction
 Eye-foot coordination

Social

Listening
 Interaction with others
 Celebrating

Week 10 – Station D – Small Sided Game (1v1 Player vs Parent)



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Organization: A field of 25m x 30m. Soccer balls.
Procedure: Players play 1v1 vs their parents, and try to score.

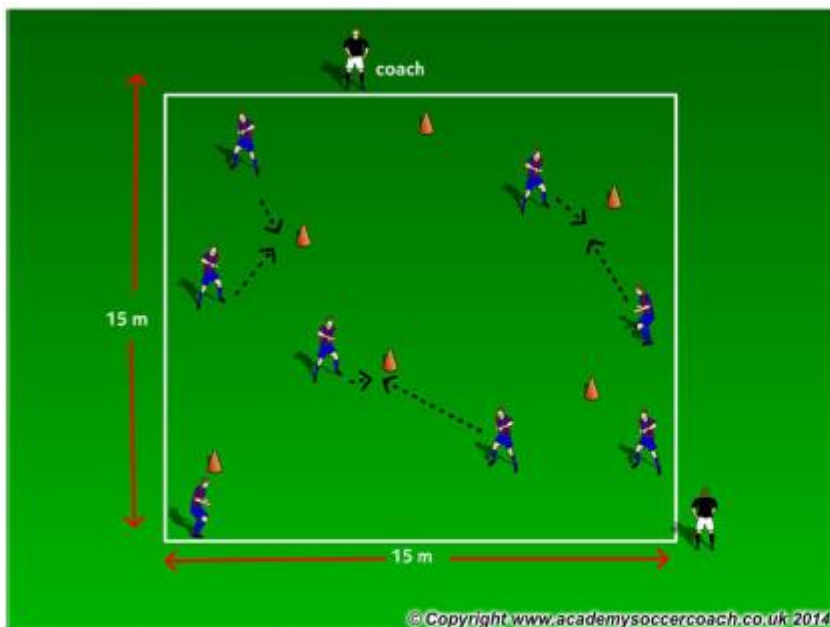
Time Frame 6-8 minutes

Emphasis:

- Running with the ball
- Passing
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><u>Psychological</u> Decision Making Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating Interaction</p>

Week 11 – Station A – Elves and Wizards



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Set up: Mark out a " cone forest" inside a 15mx15m . field.
 8-10 players.
Sequence: Elves (players) moving around the forest. Whenever two elves meet in the forest, they jump over the cone (take turn). Can elves jump over the cones before the wizard (parent or coach) catch them!
 This activity could be done with the ball .

Time frame.6- 8 minutes

Emphasis:

- Running with/without the ball
- Changing direction
- Jumping
- Awareness
- Slowing down, speeding up
- Fun

<u>Psychological</u> Confidence Being safe Positive feedback	<u>Technical</u> Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Peer interaction Communicating Celebrating

Week 11 – Station B – Catch the Robber



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Organization: Using cones, mark out a 30 mx20 m. field.
 8-10 players, each has a ball.
Sequence: Each player (Officer) move the ball around, and trying to arrest the Robber (parent or coach) by shooting the ball at them.

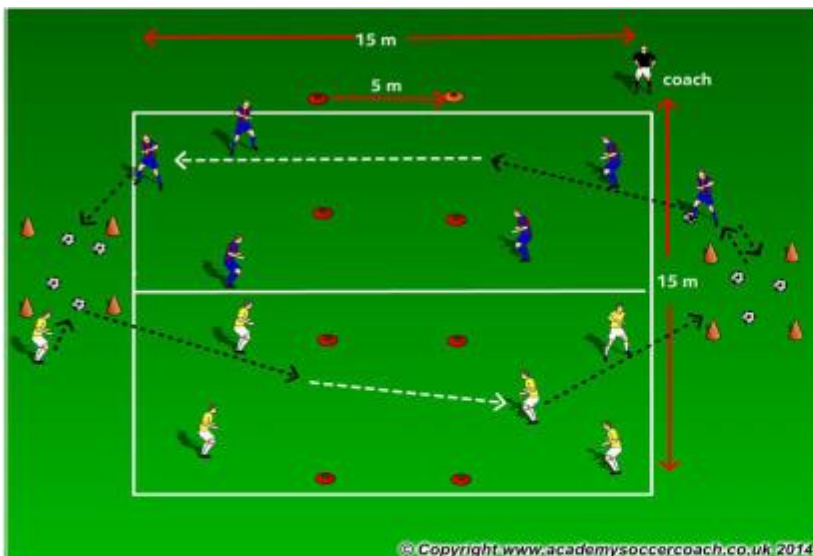
Time frame. 6-8 minutes

Emphasis:

Eye – foot coordination
 Lots of touches on the ball
 Different parts of the foot
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Eye-hand coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 11 – Station C – Soccer Technique – Passing



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Organization: Using cones, mark out a 15 mx15 m field with a 5 m wide " river' down the middle. Mark out a 2 mx2 m " ball castle" on each side of the field. Have equal balls in each castle.

Procedure: Each team stands in its own half, with children evenly divided on both side of the river. Players on the same side as their ball castle get balls from there and running with the ball close to the river, and thn pass the ball across the river to their teammates, who quickly running with the ball to put them in the opposite castle.

Team with fewer balls in their castle wins. (duration 1 minute)

Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball
Using different technique
Positive feedback
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Passing Running with the ball</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating Fun</p>

Week 11 – Station D – Small Sided Game – 1V1 to a Ball



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1v1 to a ball:

Players play 1v1 to a ball. Player B plays a pass through player A's legs. Once the ball is played the game is live and players compete to hit the target ball with the game ball. Players compete for 2 minutes. Once a goal is scored players switch and restart the game.

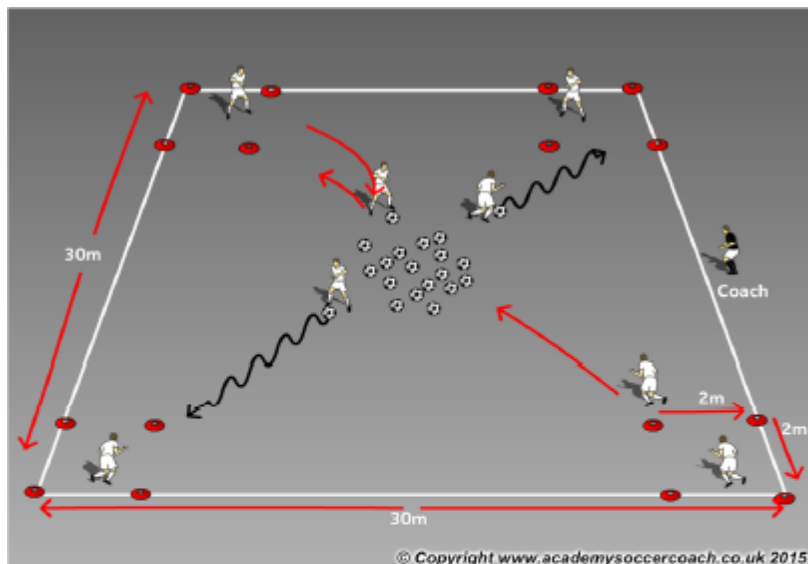
Time frame. 6-8 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- Passing
- Fun

<p><u>Psychological</u></p> <p>Fun Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing Dribbling 1v1 Shooting</p>
<p><u>Physical</u></p> <p>Speed A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Peer interaction Celebrating Fun</p>

Week 12 – Station A – General Movement – The Golden Egg



Organization: 30m x 30m area is set up with a 2m x 2m box in each corner. 2 players are placed in each corner, (farm).

Procedure: When the coach calls "Go" 1 player from each corner (farm) runs towards the middle to collect an "egg" (Soccer ball). They dribble the egg back to their farm, give their partner a high five and then the next player goes to collect an egg. Once all eggs have been removed from the middle the farmers can now go to other farms to collect their eggs. When the coach calls freeze the farmers with the most eggs in their farm score 2 points. Game can be repeated.

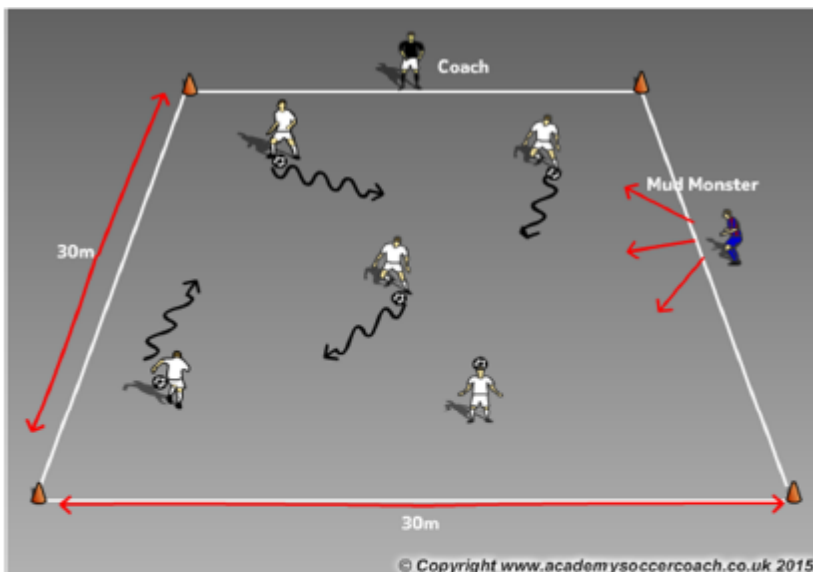
Time frame.6- 8 minutes

Emphasis:

Running with/without the ball
 Changing direction
 Dribbling
 Awareness
 Slowing down, speeding up
 Fun

<p><u>Psychological</u> Confidence Being safe Positive feedback</p>	<p><u>Technical</u> Running with the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Peer interaction Communicating Celebrating</p>

Week 12 – Station B – Coordination – Mud Monster



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Organization: 30m x 30m area set up. Every player has a soccer ball apart from the "Mud monster"

Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Mud monster". When the coach calls "go" the Mud monster comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

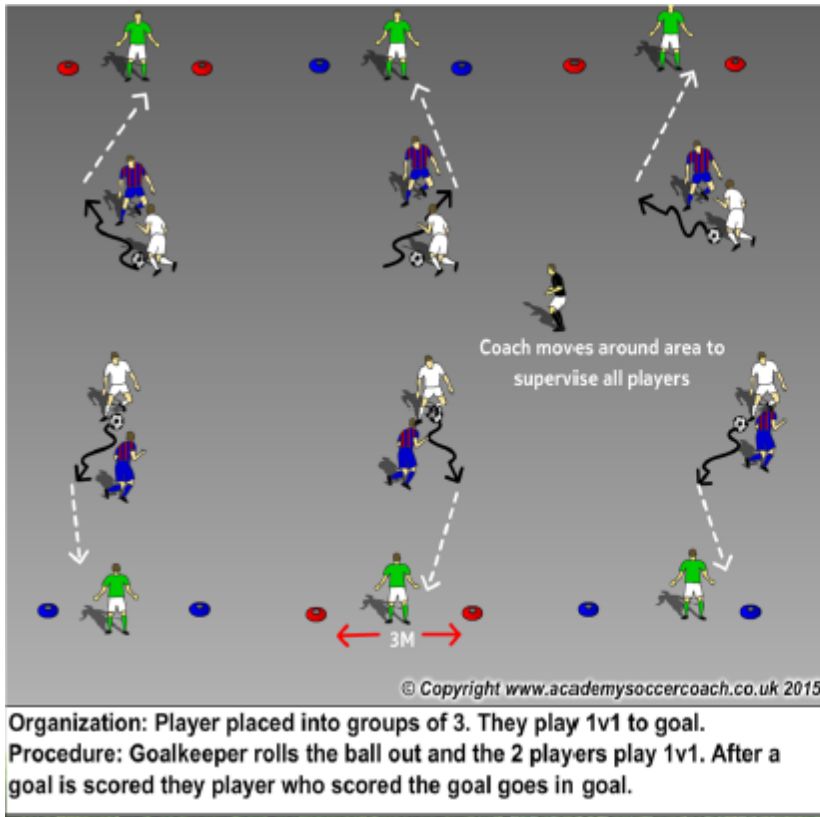
Time frame. 6-8 minutes

Emphasis:

Dribbling
Movement
Team work
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Agility, Balance Change of Direction Movement</p>	<p><u>Social</u> Listening Communicating Celebrating Team work</p>

Week 12 – Station C – Soccer Technique – 1v1 to Goal



Coach moves around area to supervise all players

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Organization: Player placed into groups of 3. They play 1v1 to goal.
Procedure: Goalkeeper rolls the ball out and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.

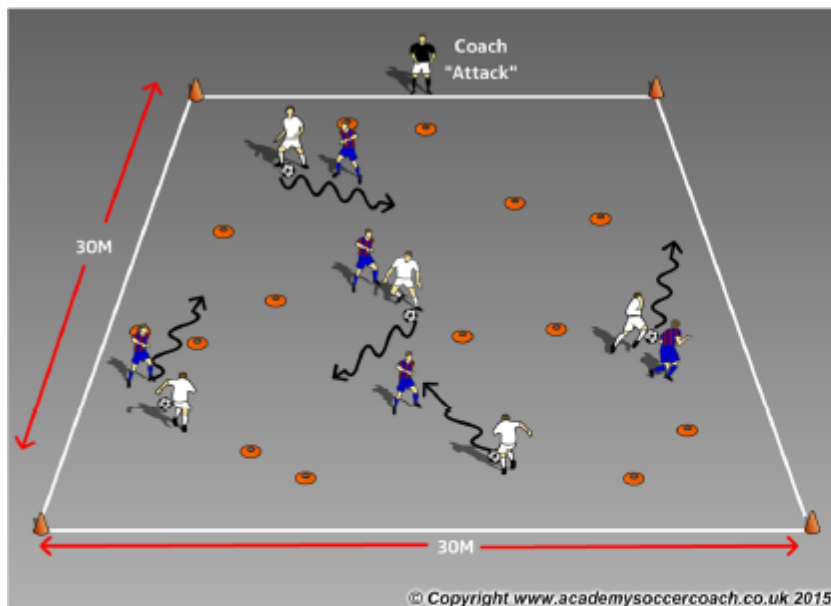
Time frame.6- 8 minutes

Emphasis:

Lots of touches on the ball
 Scoring/stopping goals
 Using different technique
 Positive feedback
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> 1v1 attack/defend Shooting Goalkeeping</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Celebrating Fun</p>

Week 12 – Station D – Small Sided Game 1v1 through the Gate



Organization: Players are paired inside a 30m x 30m area.

Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

Time frame. 6-8 minutes

Emphasis:

Running with the ball
 Dribbling
 1v1
 Changing direction
 Change of speed
 Agility, Balance, Coordination
 Imagination
 Passing
 Fun

Psychological

Fun
 Confidence
 Being safe

Technical

Dribbling
 1v1
 Shooting

Physical

Speed
 A,B,C's
 Change of Direction

Social

Peer interaction
 Celebrating
 Fun