



Club Coach Mini Manual

Mission Statement

“To raise the general standard and understanding of soccer and, to improve the technique of developing players and coaches, enabling all participants to reach their desired goals.”

Culum Outline

Goals and Objectives:



- Develop a passion for the sport of soccer within coaches and children
- Promote a healthy lifestyle so children become Active for Life

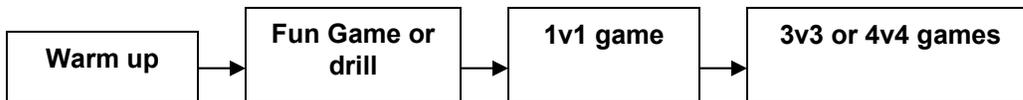
Curriculum U6-U7

The U6-U7 curriculum is a 10 week program with the emphasis on fun using recreational soccer games as a tool to teach players the basic fundamentals of soccer. All activities are age appropriate and can be adapted for players of all levels of ability.

SESSION 1	Introduction and Games
SESSION 2	Dribbling
SESSION 3	Passing and Receiving
SESSION 4	Dribbling and Shooting
SESSION 5	World Cup Day
SESSION 6	Dribbling
SESSION 7	Dribbling and Turning
SESSION 8	Dribbling, passing and Shooting
SESSION 9	Dribbling and shooting
SESSION 10	World Cup Day (Coach Games)

Session Format

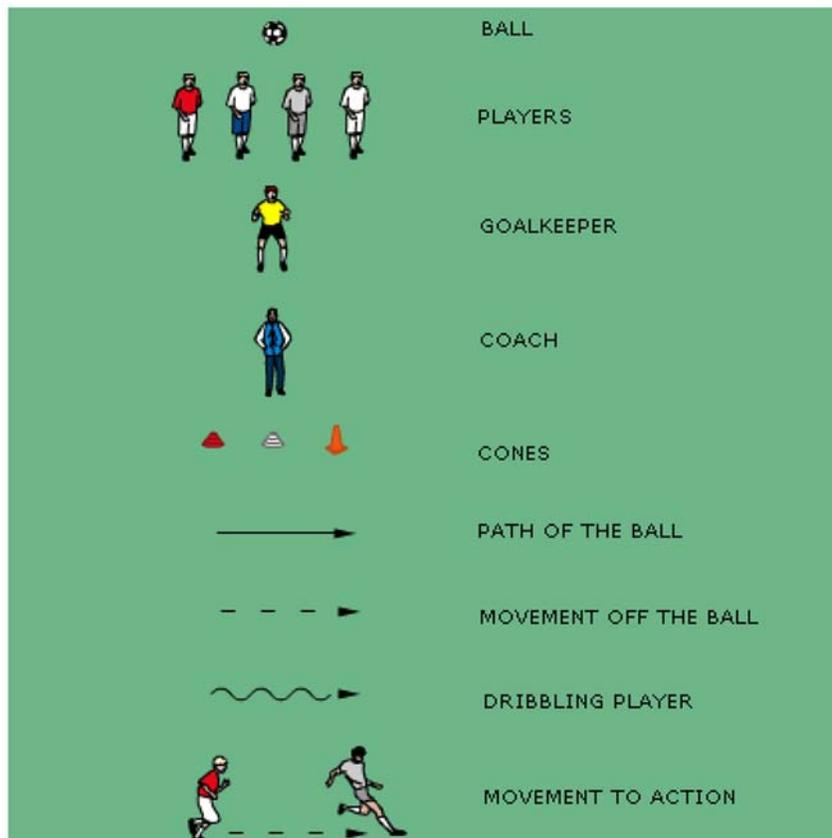
All sessions are 1 Hour 15 mins and are based around a theme and follow the following progression:



Coaches are encouraged to have fun, be energetic and enthusiastic during sessions. Do not over coach just let the children play and have fun.



Notation Legend



10 Survival tips for Coaching U6-U7

- Relax and have fun – don't be afraid to make a fool of yourself
- Get involved in the session as much as possible – Children will love to pass the ball to you, attempt to steal the ball from you, have you chase them or have them chase you.
- Get the group organised quickly – have them line up behind a cone or in a certain area, use follow the leader techniques as you as the leader, use commands like “5 seconds to come in”
- Use cheers and chants – simple little chants or cheers during the session will help to keep the children motivated
- Get down to their level – children will listen and respond to someone they feel comfortable with, get down to their level when communicating with them.
- Talk to the children – Ask them questions, find out what they like, cartoons, food, music, games etc..
- Get to know their names – Try to remember everyone's name by the end of the 1st session, play name guessing games during water breaks
- Listen to what they have to say – be patient let them speak if you listen to them they will listen to you
- Progress games quickly – Children of this age have a short attention span and it is therefore important to progress the game quickly to keep their attention
- Don't be afraid to ask for help – Ask for a coach to assist you, 2 coaches are better than 1, Get parents to help out and get involved in sessions

SESSION 1

Warm Up : Cone Knock Down



Organisation

Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Half the cones should be up-right and the others on there side. Split the players into 2 teams. The aim of the game is for one team to run around and knock over the up-right cones while the teams job is to put the cones back up the right way. After 1 min teams switch roles.

Progressions

Players must jump over the cone before knocking it down or picking it up

Players must jump over the cone before knocking it down or picking it up

Players dribble the ball while knocking down cones or picking them up

Team knocking down carry ball cones can only do so by rolling their ball onto the cone

Team knocking down cones can only do so by kicking their ball onto the cone

3v3 or 3v3 or 4v4 games

Duration 30-40mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 3-4 different teams.

Coaches are encouraged to give positive encouragement to all players but **DO NOT COACH GAMES LET THE KIDS PLAY.**

Encourage players to be selfish and dribble at all times

Explain rules when needed

- No Corners
 - Ball goes out Coach plays ball in, Players dribble ball in, or players kick ball in
 - Any Foul play an In-direct free kick is awarded.
 - Goal scored restart from coach
-
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SESSION 2

Dribbling

Warm Up : Steal the eggs



Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle (see diagram). Place all the balls inside the smaller grid. Split the group into 4 teams and have each team stand at the 4 corners of the larger grid. On the coaches command the first player from each team runs into the centre grid and picks up a ball and carries the ball back to their team. They give the next player in line a high 5 for them to go and collect a ball. The game continues in this fashion until all the balls have left the central grid. At this point players can go and steal balls from the other teams, but only one at a time. The team, which has the most soccer balls at the end of the game, is the winner.

Progressions

Set tasks for players to perform e.g. hop on one leg, crawl in crab position, perform a somersault etc.

Players must roll ball or throw ball to next player before they can go steal the balls

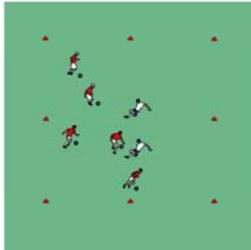
Place obstacles for players to run around

Players must now dribble a ball using their feet

Players pass the ball into the next player for them to go and collect a ball

Place obstacles like cones for players to dribble through

Dribbling Game : Crabs on the Beach



Organisation

Set up a 15x15yd grid. Have Players line up on one side of the grid. Inform them that they are surfers at the beach ready to do some serious surfing. The only problem is, this beach is full of crabs. The coach selects 2 crabs that adopt the famous crab position in the centre of the grid. While the rest of the group attempt to make it to the other side of the grid while dribbling the balls. If a crab makes contact with one of the surfers balls they then become a crab. Last surfer left wins.

Progression

Place obstacles in the grid for players to avoid.

1v1 Classic Numbers game



Organisation

Set up a 25x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins.

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Call out 2 numbers

3v3 or 4v4 games Duration 20 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 2 different teams.

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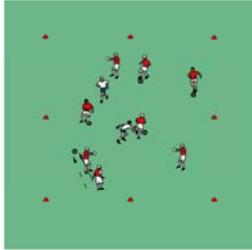
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-

SESSION 3

Passing and receiving

Warm Up : Freeze Tag



Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid. The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and cry for help. The only way to be rescued is by one of your team mates to crawl under your legs.

Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

Passing Game : Gate game



Organisation

Set up a 20x20yd grid with a series of small gates marked out by cones (see diagram). Get the players into pairs with one ball between two. In their pairs player move around the grid passing the ball to their partner through a gate in the following manner:

- Roll ball to pass, catch to receive
- Throw to pass, Catch to receive
- Pass ball with inside of foot
- Make 5 consecutive passes

Progression

Coach acts as defender and attempt to block the gates

Select 2 players to act as defenders

1v1 Two Goal Numbers game



Organisation

Set up a 15x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal by dribbling through one of the 2 small goals. The team with the most goals at the end wins.

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Call out 2 numbers

3v3 or 4v4 games Duration 20 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 2 different teams.

Coaches are encouraged to give positive encouragement to all players but **DO NOT COACH GAMES LET THE KIDS PLAY.**

Encourage players to be selfish and dribble at all times

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SESSION 4

Dribbling and Shooting

Warm Up : Dribbling and Shooting



Organisation

Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Coach and assistant coach act as feeders, players dribble the ball around inside the grid and look to an open feeder player pass the ball to the feeders who passes the ball back for the player to have a shot on one of the goals

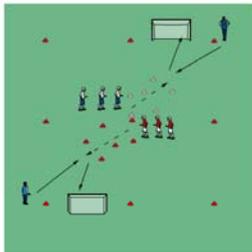
Progression

Feeders look to defend the goals after making the pass back to the player

Feeders pick up the ball and throw the ball in the air for the player to control and then shoot.

Select players to act as goalkeepers to protect the goals

Shooting Game : Tunnel Shooting



Organisation

Set up a 20x20yd grid with 2 goals either end see diagram. Mark out a path (Tunnel) with cones as shown in the diagram, split players into 2 groups and have each group line up at the start of one of the tunnels. On the coaches command players take it in turns to run down the tunnel, receive a pass from the coach and shoot on goal.

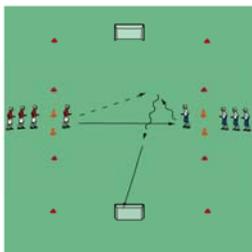
Progression

Have players perform an exercise while going through the tunnel or place obstacles for players to manoeuvre between e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Coach acts as a goalkeeper and attempts to save shot.

Select 2 players to act as goalkeepers

1v1 Two directional Numbers game



Organisation

Set up a 20x20yd field split players into 2 teams and have players line up as shown in the diagram. The coach gives each player a number. Coach calls out a number and Players play 1v1 and can score in either goal

Progression

Have players perform an exercise or place obstacles for players to manoeuvre before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Place a different coloured pinnie on each goal coach calls out a colour and players attempt to score in that goal

Call out 2 numbers

3v3 or 4v4 games Duration 20 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 2 different teams.

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SESSION 5 World Cup

Warm Up : Ball Tag



Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid, The coach selects 1 or 2 Taggers who have a ball each. The rest of the group run around the grid trying to avoid the taggers. Taggers must tag players by rolling the ball hitting the player below the knee. If tagged players get a ball from the coach and become taggers

Progression

All players dribble ball and taggers aim to hit their balls

Taggers dribble ball and pass the ball hitting players below the knee to tag.

WORLD CUP

3v3 or 4v4 Games

Duration 50 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** and mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Once the teams have been drawn up select a country for each team.

Teams get 3 points for a win, 2 Points for a Tie and 1 point for a loss.

Teams can also be awarded bonus points which are handed out by the coach for fair play, teamwork and demonstrating great skill.

Coaches are encouraged to give positive encouragement to all players but **DO NOT COACH GAMES LET THE KIDS PLAY.**

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SESSION 6

Dribbling

Warm Up : Traffic Lights



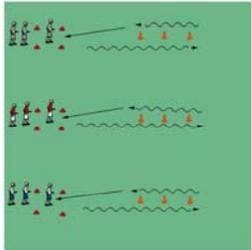
Organisation

Set up a 15x15yd grid each player with a ball Inform players that they have decided to go for a drive in the city, but when they arrive they notice there are a lot of police about and therefore they must follow the driving laws (coaches instructions) or they might get a ticket.

- **Green Light** – Players dribble around inside of the grid
- **Red Light** – Players stop by placing the sole of their foot on top of the ball
- **Amber light** – Players walk with the ball
- **Oil slick** – Players tap the ball side to side using the inside of their feet.

- **Circle** – Players run around there ball
- **Burger King** – Players dribble ball to Burger King
- **McDonalds** – Players dribble ball to McDonalds
- **Police car** – Players dribble around inside of the grid making police siren noises while waving one hand in the air.
- **Fire truck** – Players jog on the ball while moving their arms as if climbing a ladder
- **Flat Tire** – Players stop ball with their Knee
- **Exhaust Problems** – Players sit on their ball
- **Complete Breakdown** – Players Lie on their ball
- **Bumper Cars** – While protecting their ball players attempt to kick other players balls out of the grid.

Dribbling Game : Dribbling relay



Organisation

Set up three 5x5yd squares using cones and place 3 tall cones 5yds away from the square about 2yds apart (See Diagram) Split players into 3 equal teams and have them line up behind the square (See Diagram) Players take turns in running while carrying the ball through the cones, on their way back players stop at the last cone and attempt to roll the ball to the next player standing in the square. Each time the ball is successfully rolled in to the square the team is awarded a point. The team with the most points wins

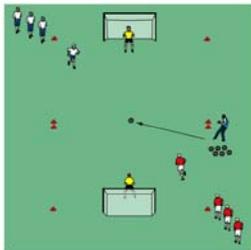
Progression

Players attempt to throw the ball to the next player in line.

Players dribble ball with their feet and attempt to pass the ball to the next player in line

Get players to perform different exercises at each cone for example 4 toe taps on the ball.

1v1 Classic Numbers game



Organisation

Set up a 25x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins.

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Call out 2 numbers

3v3 or 4v4 games Duration 20 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Players play for 10 mins and then rotate so that each team play against at least 2 different teams.

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Encourage players to be selfish and dribble at all times

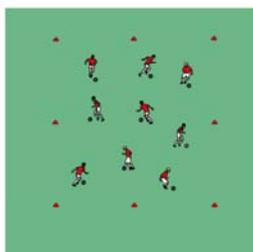
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SESSION 7

Dribbling and Turning

Warm Up : Body Parts



Organisation

Set up a 20x20yd grid players start by dribbling their ball around the grid. The coach will then shout out a body part and players must stop the ball with that body part.

Progressions

Players continue to dribble after stopping the ball.

Players must change direction after stopping the ball

Introduce 3 basic turns on the coaches command the players perform turn

Coach runs around and attempts to touch players soccer balls with their feet

Turning Game : Gates



Organisation

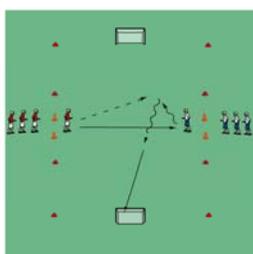
Set up a 20x20yd grid, with a series of small gates marked out by cones (see Diagram). Players start by dribbling around the grid in a set time and attempt to dribble through as many gates as they can

Progression

Coach and assistants attempt to block gates to prevent players from dribbling through

Select 2 players who attempt to block the gates

1v1 Two directional Numbers game



Organisation

Set up a 20x20yd field split players into 2 teams and have players line up as shown in the diagram. The coach gives each player a number. Coach calls out a number and Players play 1v1 and can score in either goal

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Place a different coloured pinnie on each goal coach calls out a colour and players attempt to score in that goal

Call out 2 or more numbers

3v3 or 4v4 games Duration 20 mins

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SESSION 8

Dribbling Passing and shooting

Warm Up : Walking the Dog



Organisation

Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Each player has a ball (DOG). Inform players that they have decided to take their dog for a walk in the park. Players follow the coaches instructions:

Instructions:

- **Walk the Dog** – Players dribble ball around the grid avoiding the cones (Trees)
- **Pull the Leash** – Players stop the ball

- **Sit** – Players sit on their ball
- **Play Dead** – Players lie down on their ball and return to their ball
- **Beg** – Players put both knees on the ball
- **Stay** – Players leave their dog and run around a cone on the outside of the grid and return to their ball
- **Playground** – Players tie their dog to a tree and run to the playground
- **Water Park** – As above but player run to the water Park
- **Mail Man** – The coach runs around the park and players chase after them with their ball.

Passing Game : Cone Knock down



Organisation

Set up two grids side by side 10x20yds with two end zones of 5yds (See Diagram). In between the 2 end zones place an equal amount of tall cones (See Diagram) . split the group into 2 teams placing half the team in each of the 2 end zones (See Diagram). Each player has a ball and on the coaches command players roll the ball from the end zone attempting to knock over the cones in their grid. After a set time the coach stops the game and which ever team has knocked over the most cones is the winner.

Progression

Players kick the ball to knock down the cones

Have a player from the opposite team protect the cones

1v1 Cone knock down



Organisation

Set up a 25x20yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). Split players into 2 teams and have them line up as shown in the diagram. The coach gives each player a number. Coach calls out a number and Players play 1v1 and attempt to knock down the other teams cones. On knocking down a cone the player picks up the cone and places it in their end zone. The team with the most cones at the end is the winner

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

After a player has picked up a cone the other player attempts to tag the player before they can get to their end zone

3v3 or 4v4 games Duration 20 mins

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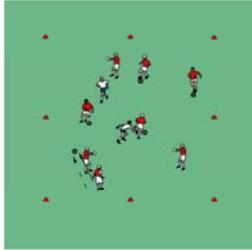
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SESSION 9

Dribbling and Shooting

Warm Up : Freeze tag



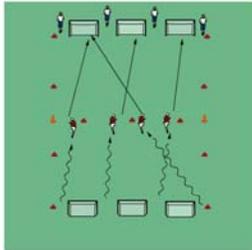
Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid. The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and cry for help. The only way to be rescued is by one of your team mates to crawl under your legs.

Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

Shooting Game : Goals, Goals, Goals



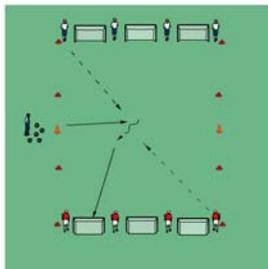
Organisation

Set up a 15x15yd field with 6 goals and a half way line marked with cones (See Diagram). Split the group into 2 teams and have each team stand behind their goals. Each player has a ball and on the coaches command teams take turns to onto the field and shoot at any of the 3 opposing goals. Shots can only be taken in the teams own half. The team with the most goals at the end is the winner.

Progressions

Each team nominates a goalkeeper to protect the goals

1v1 Three Goal numbers game



Organisation

Set up a 35x25yd field with 6 goals (See Diagram). Split the group into 2 teams and have each team stand behind their goals. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins.

Progression

Have players perform an exercise or place obstacles for players to manoeuvre between before challenging for the ball e.g. Hop 3 times, perform a forward roll, jump over 2 hurdles etc

Call out 2 or more numbers

3v3 or 4v4 games Duration 20 mins

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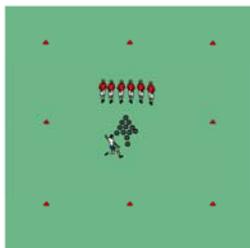
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SESSION 10

World Cup

Warm Up : FIREBALL



Organisation

Set up a 20x20yd grid and arrange all the balls into an arrowhead (see diagram). Have the players line up about 5yds away from the point of the arrowhead. The coach then shouts out "3 – 2 – 1 – Fireball", at which point he strikes the bottom of the arrow while the players run trying to avoid the soccer balls. Players that have been hit by a ball below the knee join the coach in trying to hit the other players with soccer balls by rolling the ball hitting the player below the knee. The last player standing wins.

Progression

Tagers dribble ball and pass the ball hitting players below the knee to tag.

WORLD CUP

3v3 or 4v4 Games

Duration 50 mins

Bring all players in and split the group equally so that **EVERYBODY PLAYS** and mark out the right amount of fields 25x20yds 2 small goals needed to accommodate the whole group.

Once the teams have been drawn up select a country for each team.

Teams get 3 points for a win, 2 Points for a Tie and 1 point for a loss.

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KEY COACHING POINTS

TECHNIQUE	COACHING POINTS
Dribbling	<ul style="list-style-type: none"> ○ On balls of feet. ○ Knees bent, Body over ball ○ Head up ○ Keep ball under control and close to feet ○ Use correct technique : <ul style="list-style-type: none"> ○ Inside Foot (Across body) ○ Outside Foot (Away from Body) ○ Sole (Any Direction) ○ Laces (Forward)
Running with the ball	<ul style="list-style-type: none"> ○ Run with the ball using laces ○ Keep ball close enough to avoid breaking running stride. ○ Cover ground as quickly as possible. ○ Look up after each touch on the ball
Turning	<ul style="list-style-type: none"> ○ On balls of feet ○ Keep ball under control close to feet ○ Select turn ○ Timing and distance of turn ○ Quality of disguise and execution of turn ○ Knees bent for balance and speed out of turn ○ Accelerate away lifting head up
Passing	<ul style="list-style-type: none"> ○ Head up observe intended target ○ Plant non kicking foot to the side of the ball ○ Look at the ball when striking the ball ○ Kicking Foot – Strike through the ball using in one motion keeping ankle locked and foot firm ○ Follow through towards target keeping the ankle locked and foot firm for power and accuracy ○ Use both feet and different surfaces
Control	<ul style="list-style-type: none"> ○ On the balls of the feet ready to receive the ball ○ Move into line with the ball ○ Select surface to control the ball ○ Control the ball with the selected surface ensuring a good 1st touch out of feet to set up next action and to enable the head to look up
Shooting	<ul style="list-style-type: none"> ○ Head up observe goalkeeper ○ Plant non kicking foot to the side of the ball ○ Look at the ball when striking the ball ○ Kicking Foot – Strike through the ball using in one motion keeping ankle locked and foot firm ○ Follow through towards target keeping the ankle locked and foot firm for power and accuracy ○ Use both feet and different surfaces