

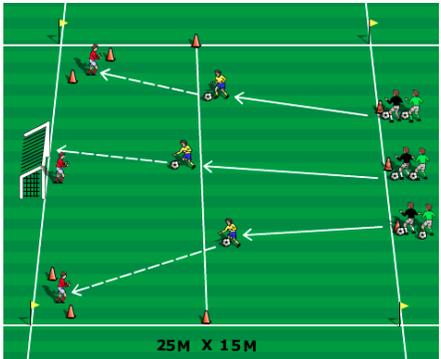
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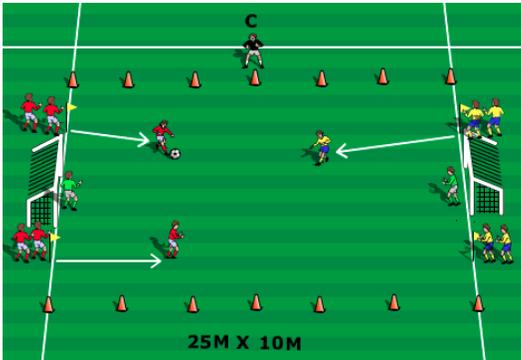
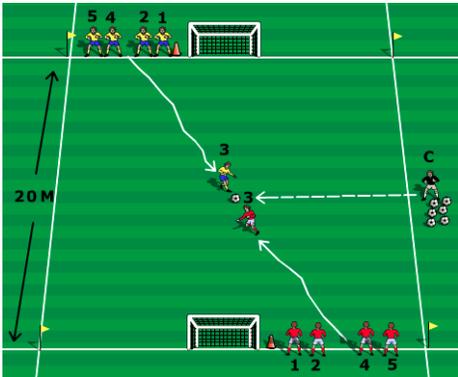
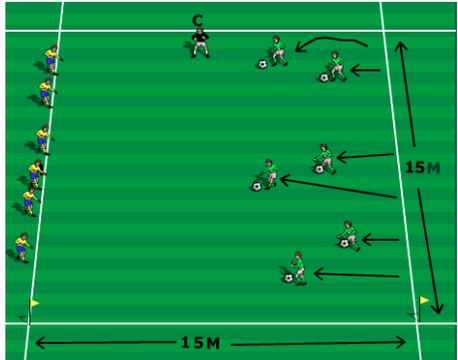
Practice for six and seven year olds



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Activity	Diagram	Organization	Emphasis
Donkey Tails		<p>Half the players are given a pinnie to tuck into the back of their shorts as a tail. Coach shouts “Go!” players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.</p>	<p>Running Change of Directions Finding Space Having Fun!</p>
Four Goal Game	 <p>20 M X 20 M</p>	<p>Set up a 20m x 20m grid with 4 goals in the middle of each side. Select 2 teams consisting of equal numbers. Call out 2 or 3 players from each team to run onto the field and play against each other and try and score in any one of the 4 goals until the coach says stop. At which time both groups return to their place behind the goal line and the coach calls another group to play. If the ball goes out of play the game can be restarted with a “kick-in” or the coach may serve in a new ball. Progressions could involve assigning 2 nets to each team to defend and 2 to attack.</p>	<p>Passing with a purpose Teamwork Finding Space Having Fun!</p>
3 Goal Game	 <p>25 M X 15 M</p>	<p>4 teams of 3 players working in a 25m. x 15m. area. 3 teams line up in rows at 1 end of the playing area ready to attack the goal. The other team has 1 player in goal and 2 as target players, standing between 2 cones, as shown. The first team runs with the ball to the halfway line. The first player to cross the halfway line shoots at the goal. The 2nd player to cross the line can pass to whichever target player he/she wishes. The 3rd player across the line passes to the remaining target player. All 3 attacking players then change places with the GK and target players they shot at, or passed to. The GK/target players collect the balls and go to the back of the attacking teams and wait their turn.</p>	<p>Running with the ball using laces on both feet Looking up Decision Making Shooting/Hitting targets</p>

Activity	Diagram	Organization	Emphasis
<p>2v1 2v2</p>	 <p>25M X 10M</p>	<p>Divide players into two teams. Put the teams in two different pinnies. Goalkeeper rolls the ball out to one of two players and those players attack the opposite goal. One defender comes in from the opposite side and try's to win the ball. If the defending team touches the ball or the goalkeeper gets the ball that team can add a second player and the game becomes 2 v 2</p> <p>Variations</p> <ol style="list-style-type: none"> 1. Game can become a 2 v 2 from the start 2. Coach can serve the balls in 	<p>Dribbling Decision making Basic support play Passing Shooting/Finishing</p>
<p>Numbers Game</p>	 <p>20 M</p>	<p>Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations</p>	<p>1v1, 2v2, 3v3 Dribbling Defending Let them play Goal Celebrations! Having Fun!</p>
<p>Turn and Burn</p>	 <p>15 M</p> <p>15 M</p>	<p>Divide players into two teams – put them in different colored pinnies One team starts on one end of the grid with a ball each. Objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts “Turn” and the players with the ball stop, turn and try to dribble back to their starting line. When the players without the ball here the coach shout “Turn” he players without the ball can release and try and steal the balls of the opposing team before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go. Variations: Introduce specific turns: big toe turn, little toe turn, pull back, etc.</p>	<p>Dribbling Turning Change in direction Running with the ball</p>

Technical Introduce basic individual techniques	Physical Develop agility, balance, coordination with/without the ball	Tactical No tactical objectives at this stage	Social Feel comfortable and confident with the ball and with others.	Psychological Create a safe, positive environment, with lots of praise
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FUNdamentals	u6	Able to understand very basic coaching info like stay in the area, attack in that direction etc. Learning through trial and error. Biggest challenge is learning to control the moving ball with their feet.
	u7	Players now understand that the games purpose is to score more goals than their opponents. Still a lot of individual play.
	u8	Players understanding that acting with the ball purposefully will lead to success is developing. Combining basic motor skills with ball control is now encouraged.

- Coaches, create a stimulating environment where the atmosphere is Freedom and Fun
- Check your playing area to ensure its safe- no rocks or holes
- Organise your practice to have all the children active, all of the time
- Be enthusiastic, have fun!
- Ensure that you have enough balls for every player
- Praise and encourage good play, fair play and sportsmanship.