



AHFSH COACHING MANUAL

FOR PLAYERS AGES 5U – 6U

INTRODUCTION

The program is designed to provide an age appropriate family soccer experience for 3,4 and 5 rear old children. Whether you come into soccer with no knowledge, limited knowledge, or you have been involved in the game for years, everyone will benefit from this program

The age specific exercises, is built around the introduction and development of the core motor skills required to play the game. Through fun games and activities the program develops balance, running, jumping, turning, hand eye coordination and spatial awareness, all essential to allow the young player to eventually learn and enjoy the game. The program does all this while involving the most important person in the child's life, the parent.

Experts in the field of child psychology and development stress the important role of the parent to the young child, so this program has been developed to support active parent participation.. This approach fosters a memorable experience for the whole family and encourages support for the volunteer coach



This is not traditional soccer coaching , it goes beyond that, its fun , energetic, age appropriate learning, designed to foster a love for the game not only for the child but for the whole family

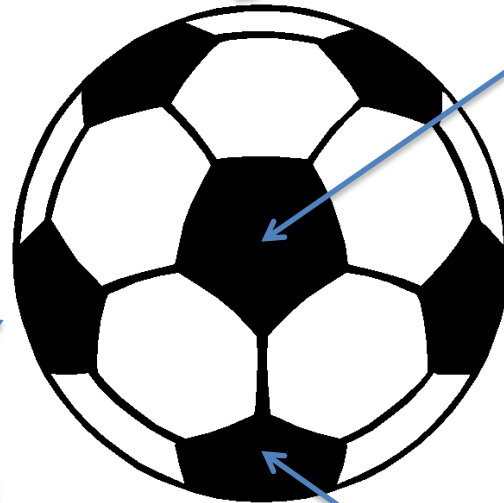
- Each session weekly plan, offers activities for the children that encourages the development of their core motor skills. The role of the activity leader(coach) is to read the “story”, outline the activity and encourage the children and parents to have fun
- As outlined earlier, this program is designed to actively support the participation of parents and other family members to get involved
- Each of the activities allows for 3 stages
 - 1. Play the game with no ball
 - 2. Play the game carrying the ball
 - 3. Play the game with the ball at your feet



This progression is important for the child at this age; it allows them to become familiar with the physical movements involved in the activity before the soccer aspect is introduced. This relieves the pressure of moving the ball. As the coach you should decide when each child is ready to progress while still enabling them to have fun and learn from the activity

STAMP ON TOP OF BALL
TO STOP MOVING AWAY

KICK THE BALL HERE TO
MAKE IT GO STRAIGHT



TAP HERE TO MAKE THE
BALL GO TO THE LEFT

TAP THE BALL HERE TO
MAKE IT GO TO THE RIGHT

KICK THE BALL HERE TO
SHOOT ON GOAL

COACHES GUIDELINES AND INFORMATION

- The curriculum is designed to allow both single team practices (5-6 players) and paired practices (2 teams practicing together), this allows coaches to be teamed up to support different levels of experience.
- The curriculum is set up to allow maximum participation for each child, each players should be involved in the activities 85% of the time.
- The curriculum allows for breaks so that the players can get drinks between activities



The most important aspect of the program is the parent/child involvement; this changes the dynamic of the program from a child experience to a family experience and children like nothing more than doing things with mom and dad

- When teaching at this age consider yourself an activity leader rather than a coach.
- Encourage the players, parents and team to have fun and not be concerned with winning and losing
- Having fun and making new friends will ensure the players have a good time and learn naturally
- Let the players develop their skills by playing in the games
- Make the games dynamic and remember play at their level
- Encourage the parents to get involved
- Do not give more than one instruction at a time
- Be creative and use props to make the practices fun



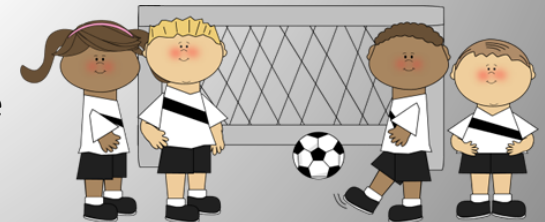
**AHFSH
2018-2019**

U5/U6 – 4V4 , ONE FIELD , NO GOALKEEPERS, COACHES ON FIELD

U7/U8 – 4V4 , NO GOALKEEPERS, REFEREE ON FIELD

U9/U10, 7V7, WITH GOALKEEPER, REFEREE ON FIELD

- For coaches, remember play with and not against the opposing team during scrimmage's or games
- Winning at all costs is not allowed. Provide the players with the best soccer experience
- The team approach will benefit each child
- The result of each game on Saturday is not important, what is important is that each child has the opportunity to succeed at their own level
- The pace at which each child learns the game will be different
- The roster size for 4v4 will be a max of 8.
- Consider playing the strongest players against the opponents strongest players. The middle level players playing against the opponents middle level players and the players that need the most opportunity to improve playing against the opponents players who are similar. This provides the opportunity for all players to have the best possible game experience
- **The best experience is where ALL children at all levels have the opportunity to succeed and learn**
- Playing rules for all of Recreational is at
- <http://ahfsh.cornerkicksystems.com/page/show/46690-recreational-league>



• Typical Training Session U4-U6

- Should not exceed 60 minutes
 - Every Child should have a ball
 - Warm up, includes movement education problems and soccerastics
 - Games and Activities
 - Finish with small sided games to small goals
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- Are the activities fun?
 - Are the activities organized?
 - Is creativity and decision making being used?
 - Are the spaces appropriate?
-
- No Lines
 - No Laps
 - No Lectures



- Each child carries or dribbles the ball around the area
 - As the coach and the parents sing “old Macdonald had a farm” when you reach the point of “ and on that farm he had some....”
 - You name the animal and the players will pretend to be that animal making the animal noises.
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- PIGS – Push the ball around with your nose, making pig noises
 - CHICKENS – Flap your arms, make chicken noises and sit on the ball and pretend to lay an egg
 - PUPPIES - Puppies chase their tails and run round in circles. Chase your tail pretending to be a puppy all the time, tongue out and barking.
 - RABBITS – Put the ball between your ankles, hop and make bunny ears around.
 - COWS – Put your hand between your legs , make a tail and moo
 - GOATS – Pretend to eat the ball
 - DUCK – Ducks sleep on one leg, can you balance on one leg. Can you jump on one leg
 - ADD your own Animals

Lets go to the Farm



Set up as in diagram. The middle cones represent the pig pen.

The balls are the pigs. Place the balls inside the pig pen and instruct the players, who are outside, to retrieve the pigs as quick as you can.

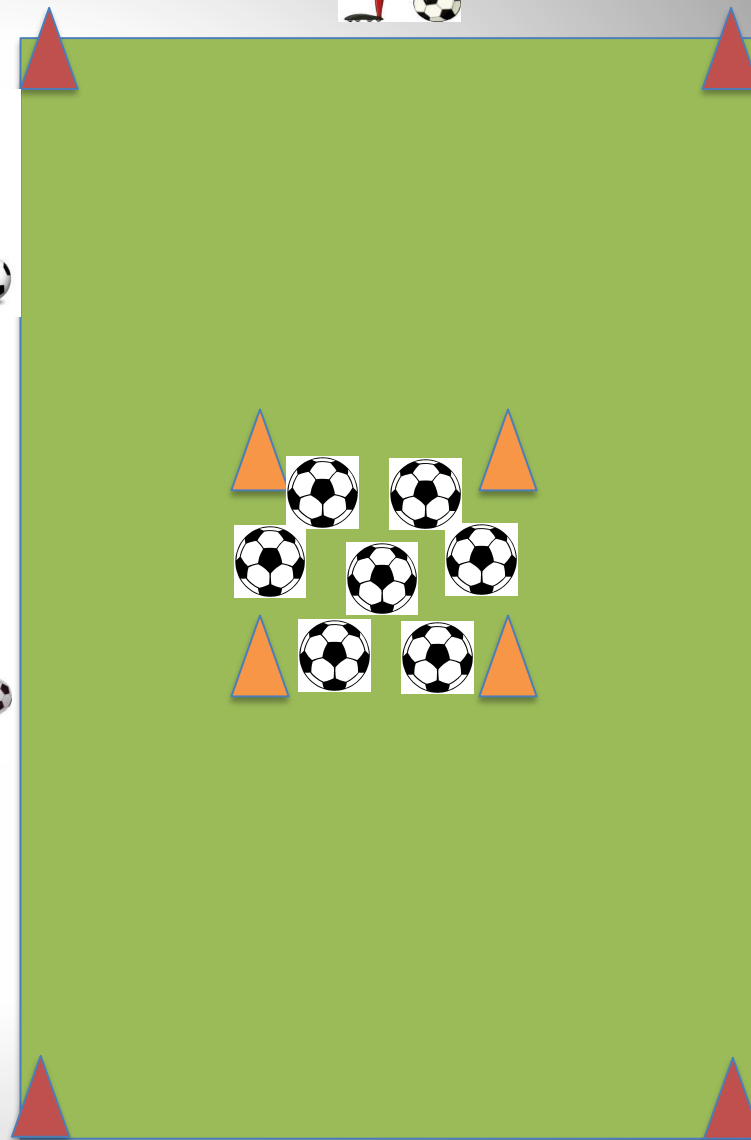
The parents can help by throwing the balls (pigs) back into the pen.

Parents make it a big deal, by telling the players the pigs are back on the pen.

Players

1. Run in and block
2. Run in and backwards on the way back
3. Hop in on one leg
4. Bounce in
5. Twist in
6. Run in and pick up the pig, take back to parents
7. Let the players use their feet
8. Use feet and kick ball back to parents
9. Have the parents run in the last time, tell the pigs not to be naughty and run off

Pig Swamp



At the Farm



Include the parents in this one.

Parents are in the grid. Each parent places a pinnie as a foxes tail in the back of their shorts

Start with each child has no ball. Kids have to catch the “foxes” by chasing the parents around and grabbing the tail. Once the tails are taken , parents move to the outside of the area. Continue to all foxes tails have been caught.

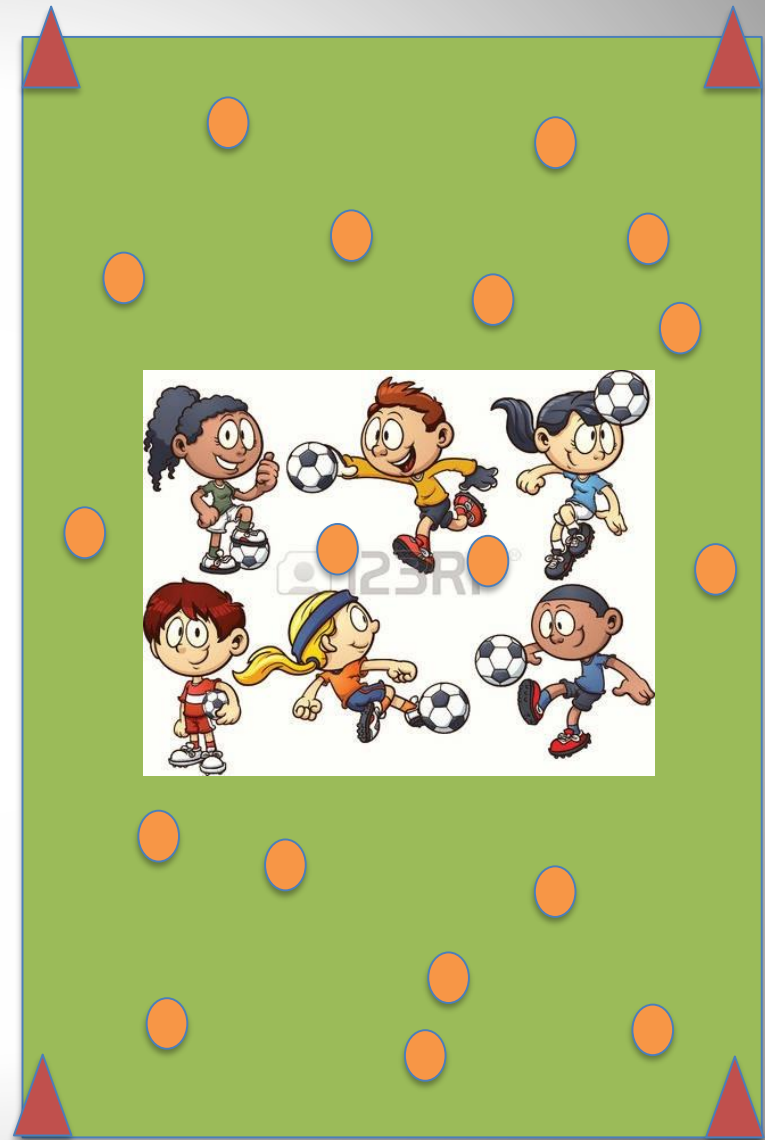
Once players are familiar with the game , have them carry a ball. Then progress to dribbling with the ball and chasing the foxes

Emphasis keeping the ball close by, when dribbling



Chickens and Eggs

- Tell the players that the ball is hungry.
- The players have to chase the chickens (parents) around the coop as they lay eggs, picking up as many eggs as they can.
- For eggs use cones, Easter eggs, ping pong balls
- Parents have to make chicken sounds as they drop the eggs
- Set up an area as a chicken coop , where the players can take the eggs to.
- Play with no ball to start
- Progress to ball in hands
- Ball at players feet when players are ready
- If using Easter eggs , place a small treat in the egg which can be a snack at the end of the session



Run Goats, Run Kids

Parents/coaches

The farmer has asked us to help.
The goats have escaped.
The parents/goats line up on the end line.

Players are in middle of grid.
Parents can make goat noises and funny faces.

Play with no ball. To start players have to catch goats by tagging with hands

Progress to ball in hands, kids have to throw ball to catch the goats
Ball at their feet, players have to kick the ball and hit the parents/goats to catch.

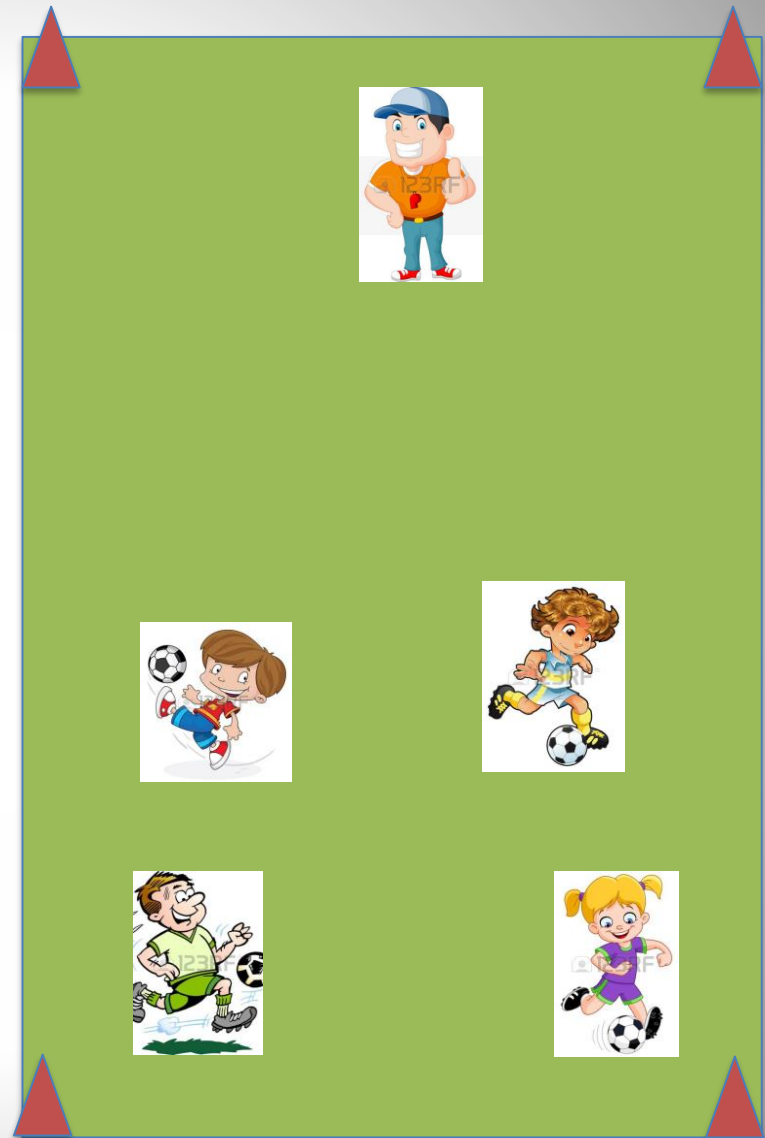
Players must hit the goats at knee or below

When a goat is caught , must go outside the grid



Travel to the Jungle

- The players are travelling to the jungle.
- Players pretend to be a plane, arms out, parents can join in too, walk behind the players as passengers. Have the players make the noise of a plane.
- Players move around randomly
 1. Flock of birds – change direction so as not to hit the birds
 2. Lunch break. Stand still and pretend to sip a drink
 3. I see the sea. Move to the edge of the grid and look out
 4. Fire in the Engine. If you say Fire in the engine, players drop down and roll the ball to put the fire out
 - Add a ball and complete all activities
 5. Coming in to land. Have the players roll or pass the ball ahead and run and stop it by placing hands or foot on top of ball





Meet the Animals

The players are going through the Jungle and may meet animals that may eat them. If we hear an animal we have to act and sound like them to be safe.

The coach starts by leading the group side to side like a snake, making the noises of animals. The players and parent have to act and make the noise.

Players can dribble a ball and stop it with their foot when they hear an animal.

Lions – stand and roar

Snakes – crawl on ground and hiss

Elephants – Put arms on nose and swing side to side

Cheetahs – run as fast as possible

Gorilla – Pound chest and make Tarzan noises

Monkeys – Hands under armpits and bounce around

Crocodiles - Extend arms in front and smack palms



The players run around and watch out for the Lion. When the Lion is heard (the coach starts), the players run to hide behind a cone. Add a ball, carry first, then dribble, then also take a cone away so that one player is eaten and becomes the Lion



Players are lined up on outside of grid, parents can be behind. Place a ball on a cone in the middle. The players can roll the ball to see if they can knock the ball off. Tell them it's a banana and if they hit the ball off the cone, they can eat it. After rolling see if the players can pass the ball to hit the ball on the cone



Pirates Ship

- Players dribble the ball around the grid.
- When the coach says Captains coming , players place foot on top of ball and say Aye, Aye Captain.
- Continue dribbling
- Coach says clean the deck – Players stop and move the ball with insides of shoes, side to side and move as if cleaning the deck
- Continue dribbling
- Coach says climb the mast pole – players stop and do toe taps on the ball and move arms as if climbing a rope
- Continue dribbling
- Coach says Captains wife is coming – players stop , put hands on waist and say Oo-la-la
- Continue dribbling and switch commands around. Emphasize keeping the ball close when dribbling



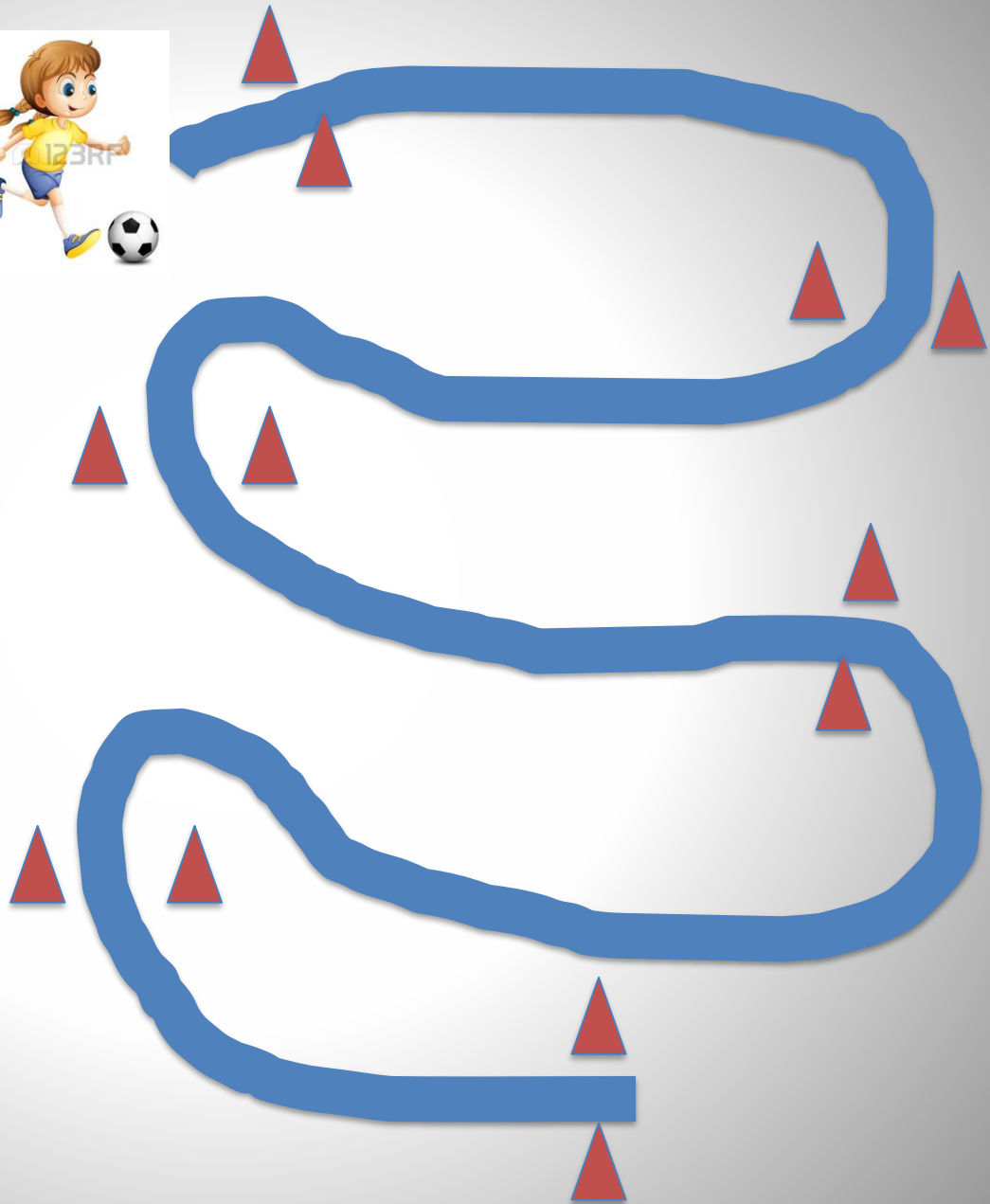


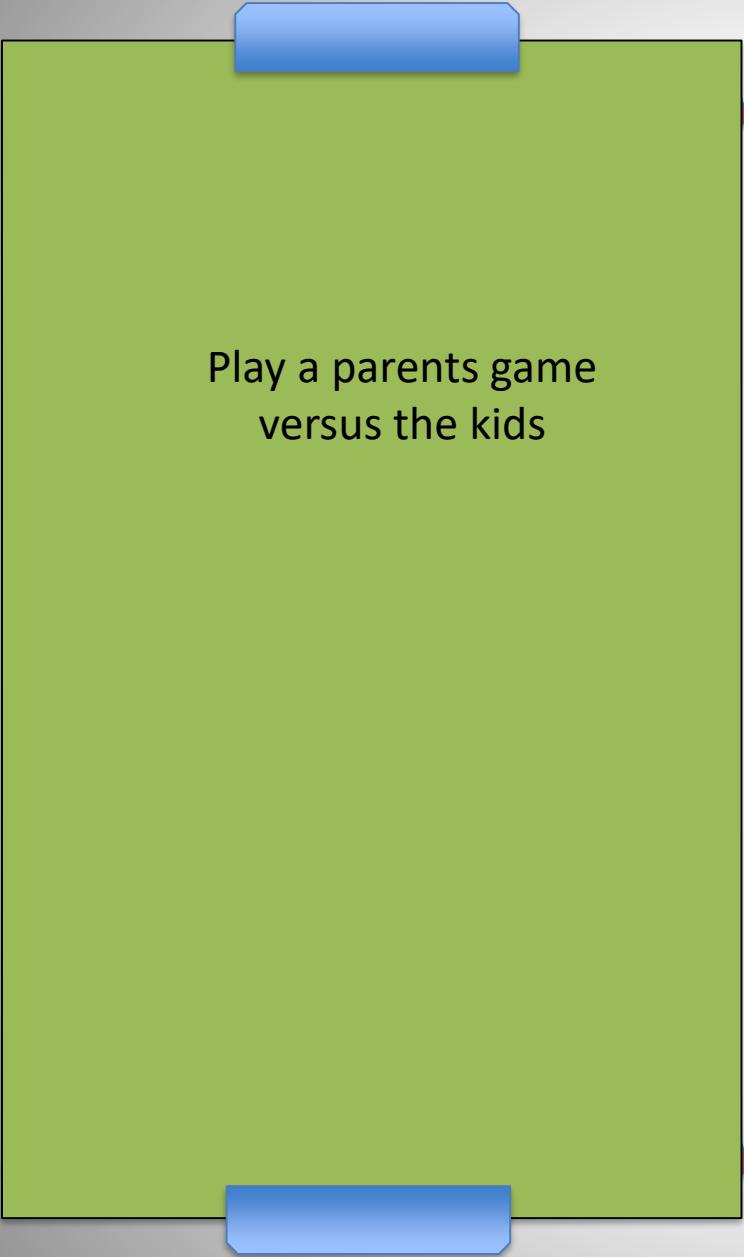
Create a pathway for the players. Players have to stay on pathway or risk getting eaten by the crocodiles.

Have players run firstly with no soccer ball. Then carrying a soccer ball.

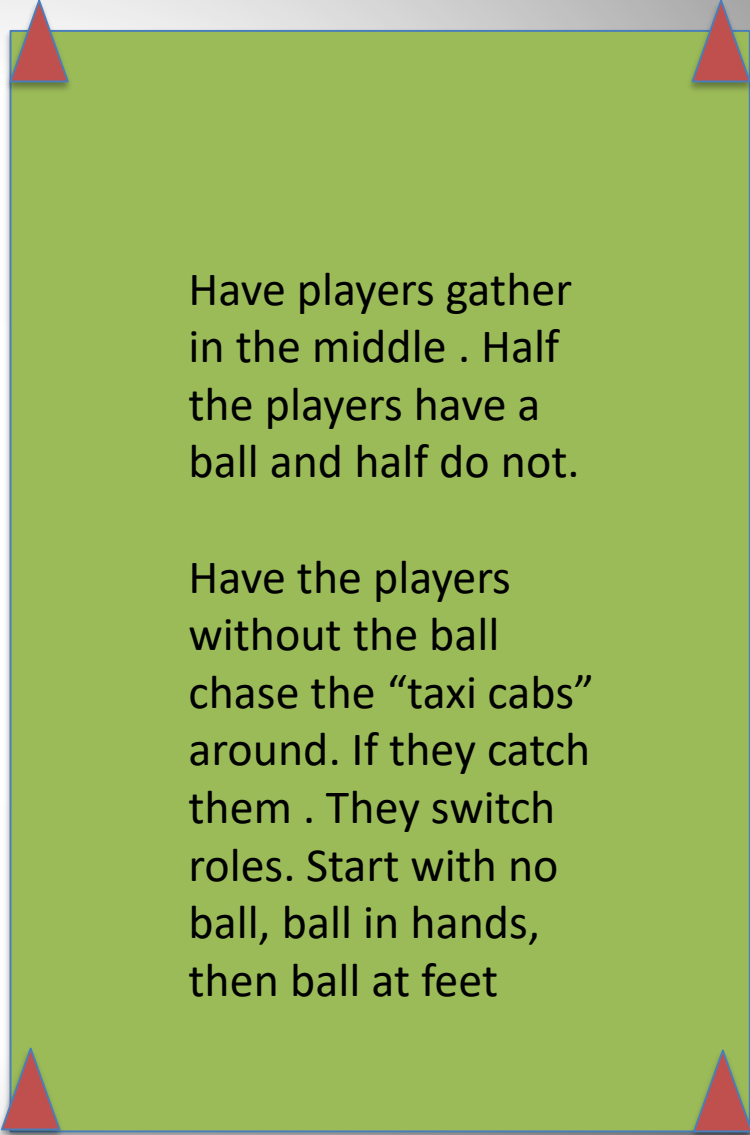
Lastly players dribble the ball

Make sure players are keeping the ball close when dribbling with feet. Have them use one or two feet for better control





Play a parents game
versus the kids



Have players gather
in the middle . Half
the players have a
ball and half do not.

Have the players
without the ball
chase the “taxi cabs”
around. If they catch
them . They switch
roles. Start with no
ball, ball in hands,
then ball at feet

Have the player stand with a ball in the middle of the grid as shown

We will teach players to move the ball left or right

The coach will give these commands

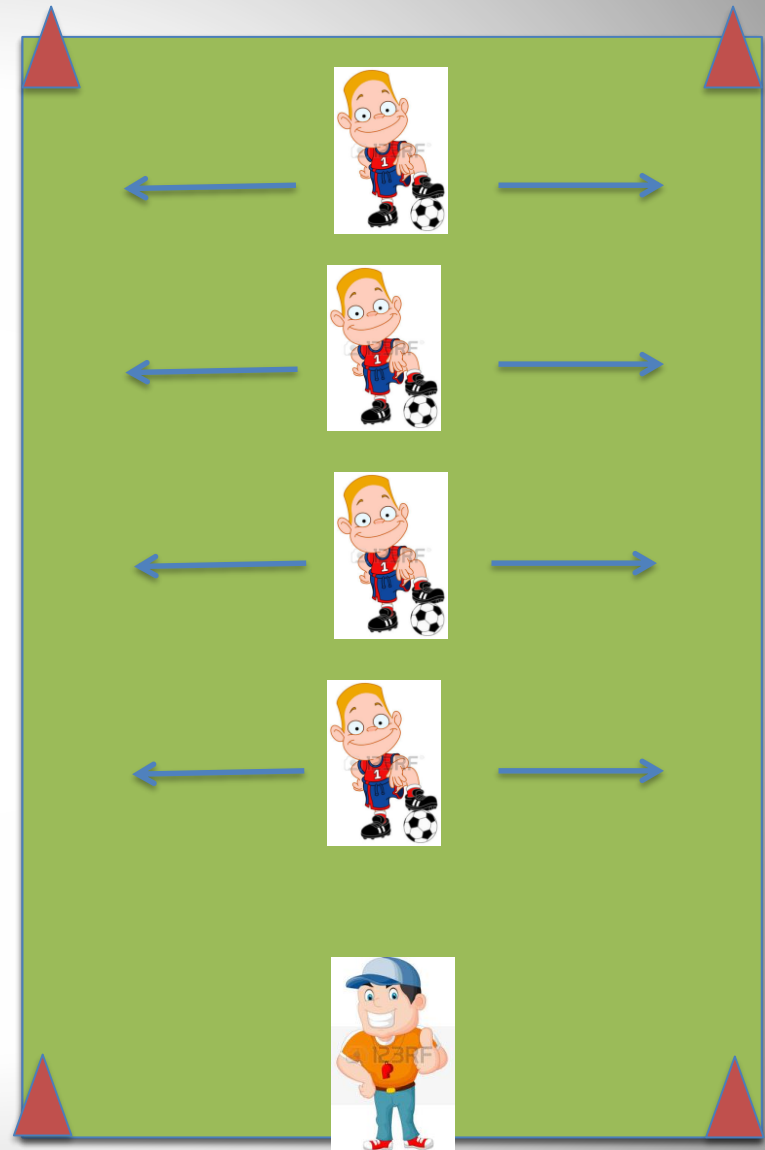
Left – Players will move the ball to the left side of the grid

Right – Players will move the ball towards the right side of the grid

Forward – Player will touch the ball 3 times to move forward

Back – players will drag the ball backwards 3 touches

Players can start no ball, ball in hands and then ball at feet



Players need to be able to dribble at speed and in small spaces under control.

Each child starts with a ball and are positioned as shown in the diagram. Can have 2 or 3 players in each line. Again, can start off with players without a ball, carrying a ball and then dribbling a ball

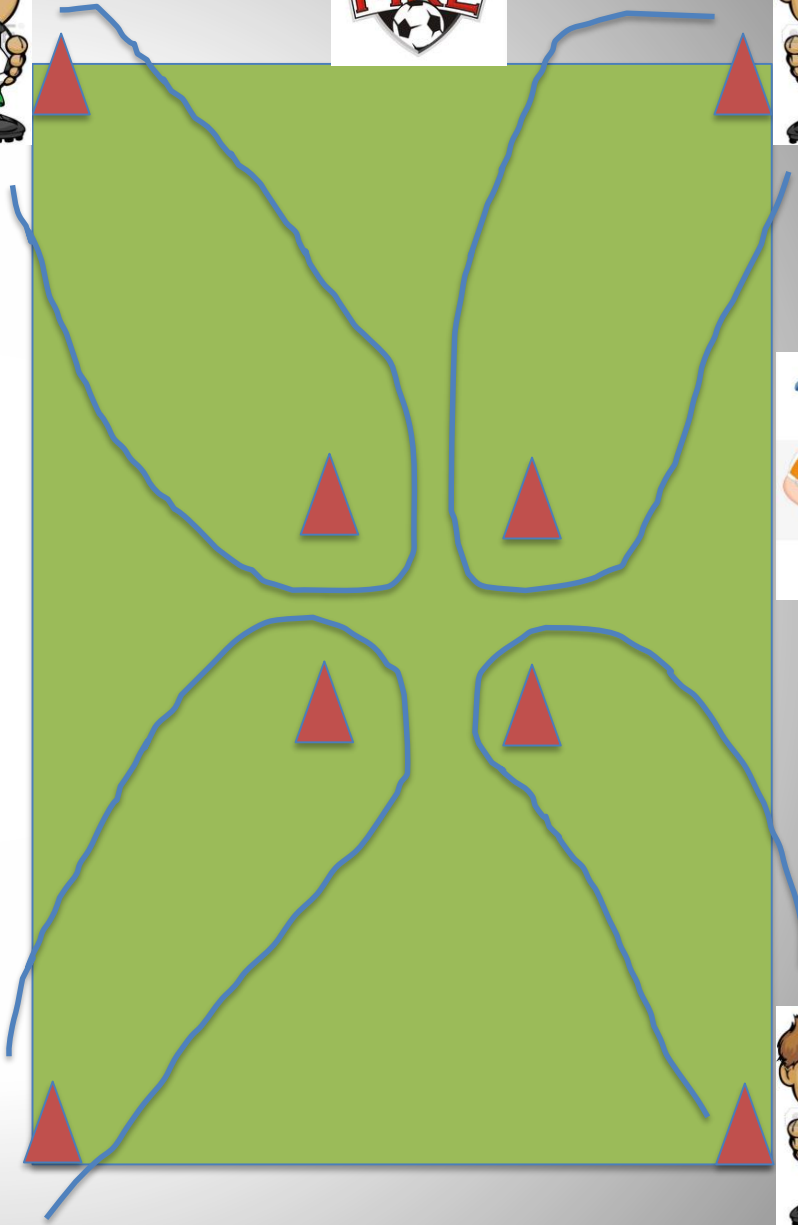
Players with the ball can dribble towards the cone then do a pull back first

Secondly at the cone turn using inside of the foot

Next, dribble around the cone.

Add once a player is around the cone , can pass to the next player in line

Emphasize when dribbling, lots of touches on the ball



Place the cones in 2s and call them gates.

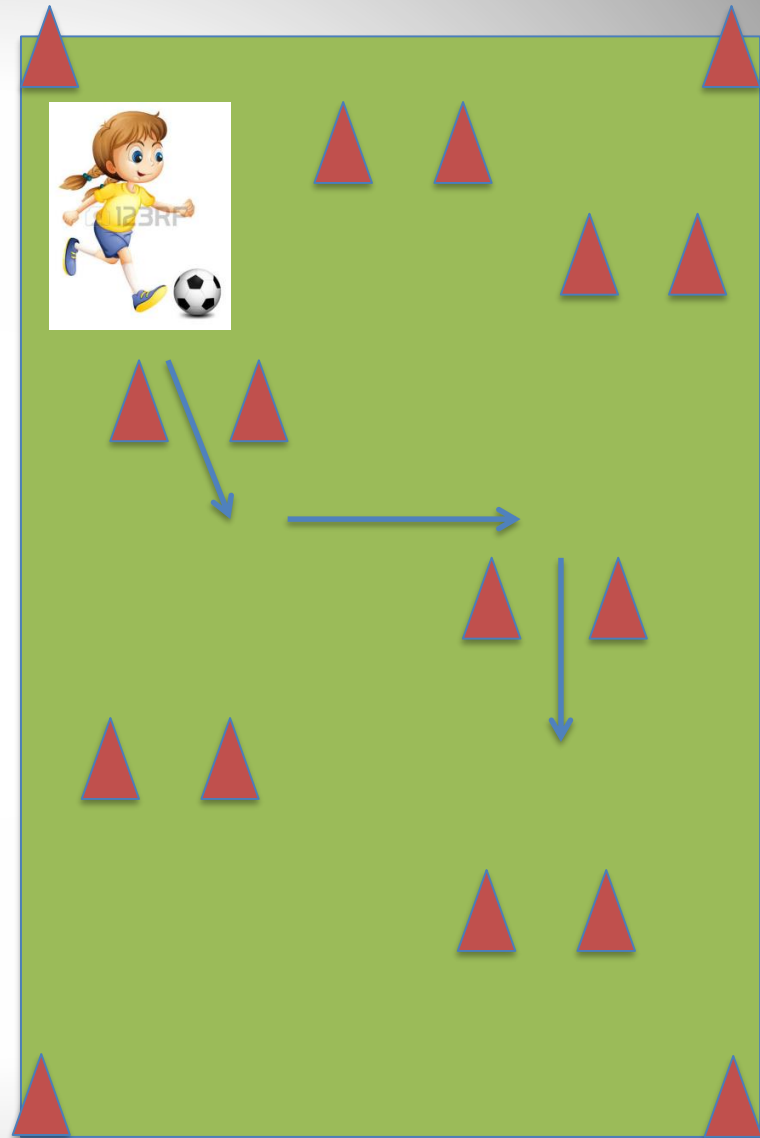
Have the players run through the gates, as many as they can in a fixed time. 30 seconds or a minute. Next have them carry a ball and do the same. Players can not run through the same gate twice in succession.

Finish with players dribbling a ball in and out of the gates.

Make it competitive and see how many they can do in the time given. Do it twice to see if they can beat the previous score.

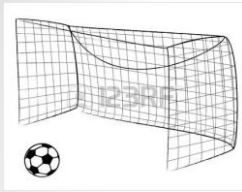
Advance to two players passing one ball through the gates, as many as they can

Gates

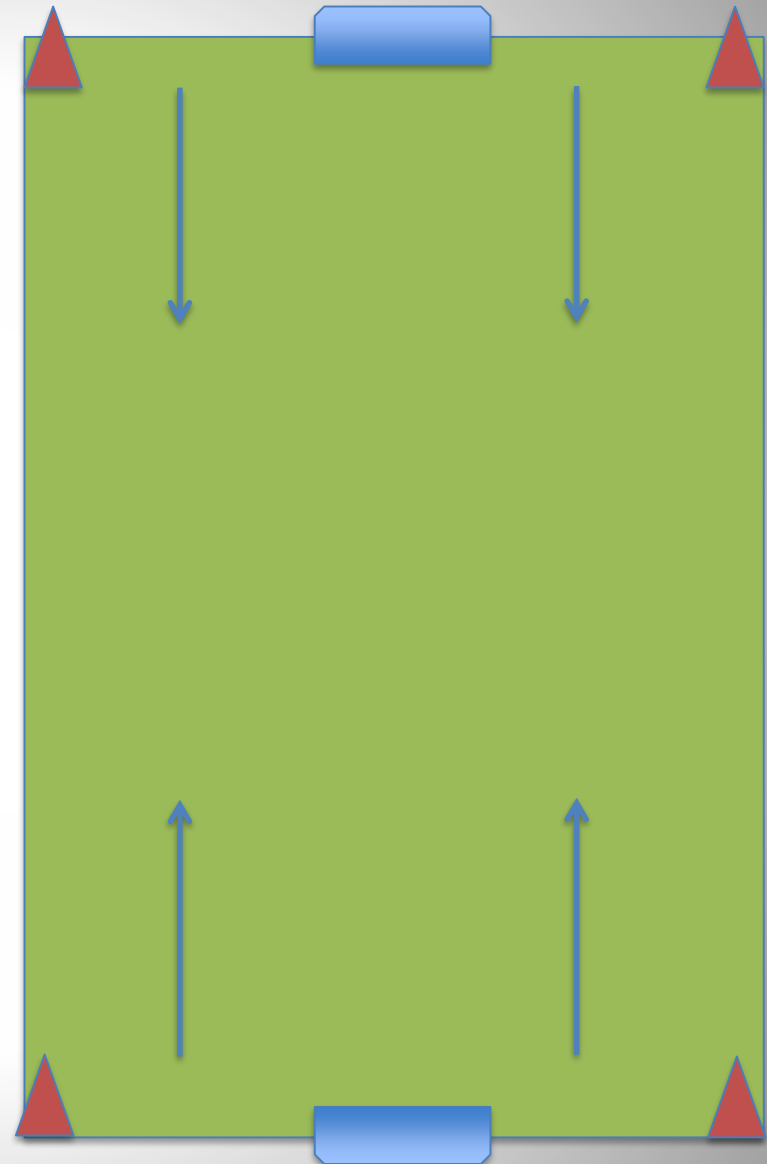


1v1 dribbling and shooting

Using a full size U4-U8 soccer field, divide the team into two equal groups one of which will wear the pennies. Place one group on one goal line with a soccer ball at their feet and the other group on the other goal line..



How The Game Is Played: Coach will direct which group has the ball first. The coach will yell, “go”. Group with the ball is on the attack the other group defends. Points are scored by shooting the ball into the goal at the opposite end of the field. If the defending group gets possession of a ball they go on the attack and try to score in the other teams goal. Group that scores the most wins. Play the game 4 times.

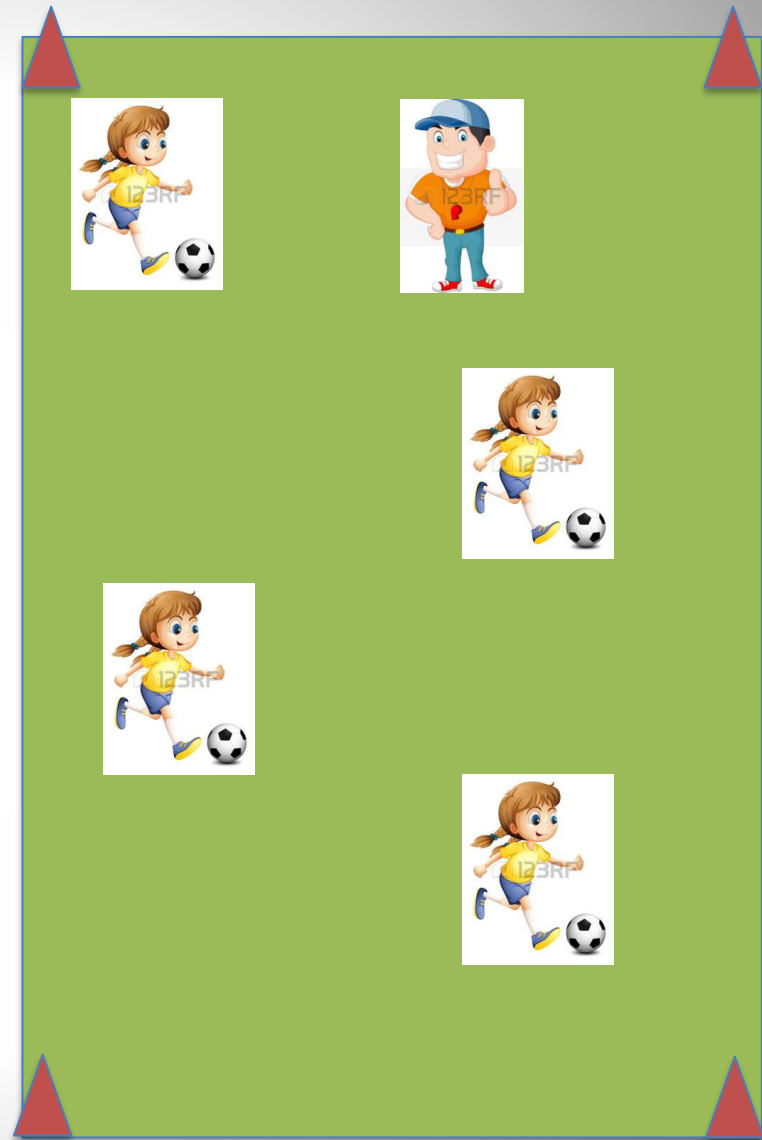


Sharks and Minnows

Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball and a tail. The players are Minnows and the coach is the Shark.



How The Game Is Played: The Minnows have a tail tucked in the back of their shorts. The Shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first and then introduce a ball.

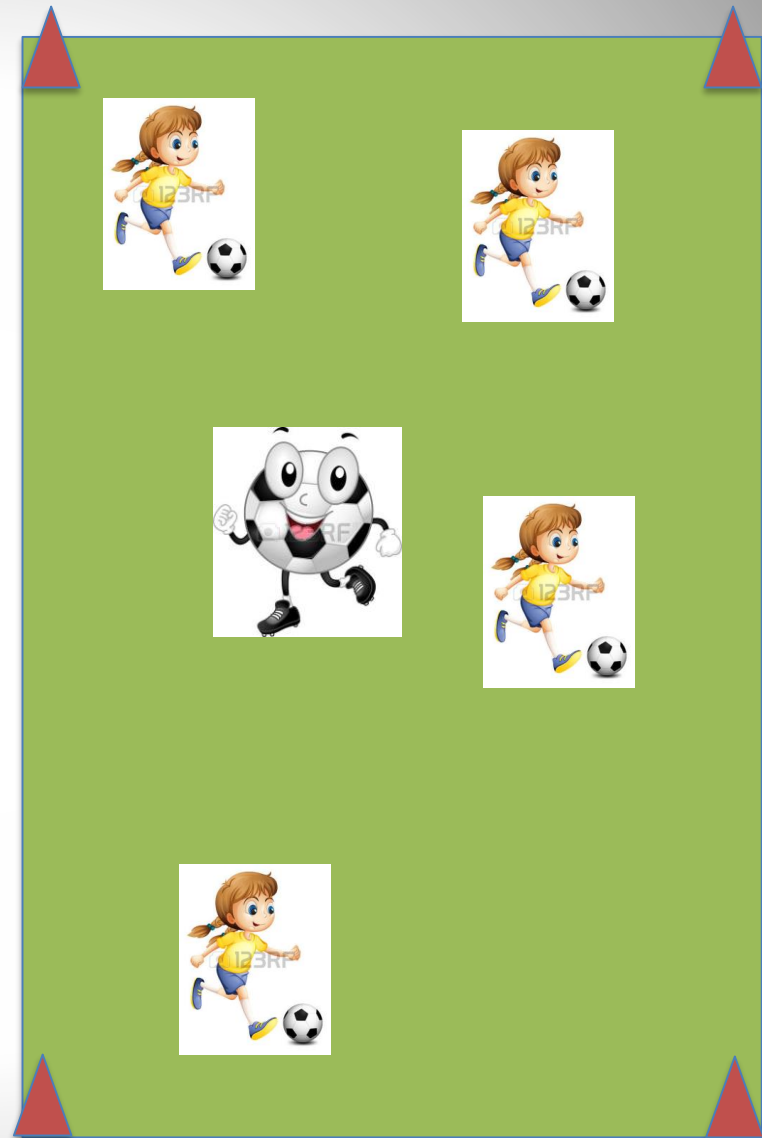


Pac Man or Pac Woman

Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.



How The Game Is Played: the Pac Woman chases the players. Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Woman, becomes the Pac Woman. The initial Pac Woman will use the ball of the player who dribbled out of the grid or whose ball was kicked out of the grid

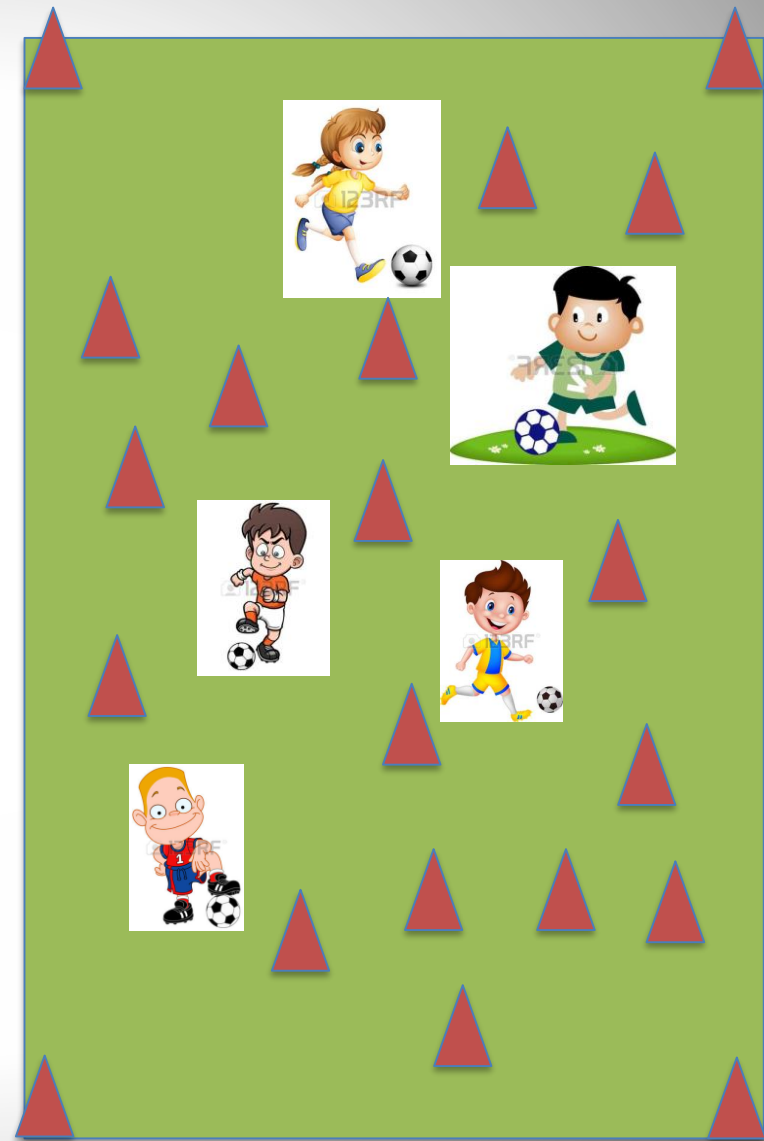


Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.



How The Game Is Played: The coach yells “go” and the players dribble around the grid keeping the ball close. The object of the game is to collect as many discs as possible, while dribbling around the grid. Once all cones have been picked up, the player with the most cones is the winner.

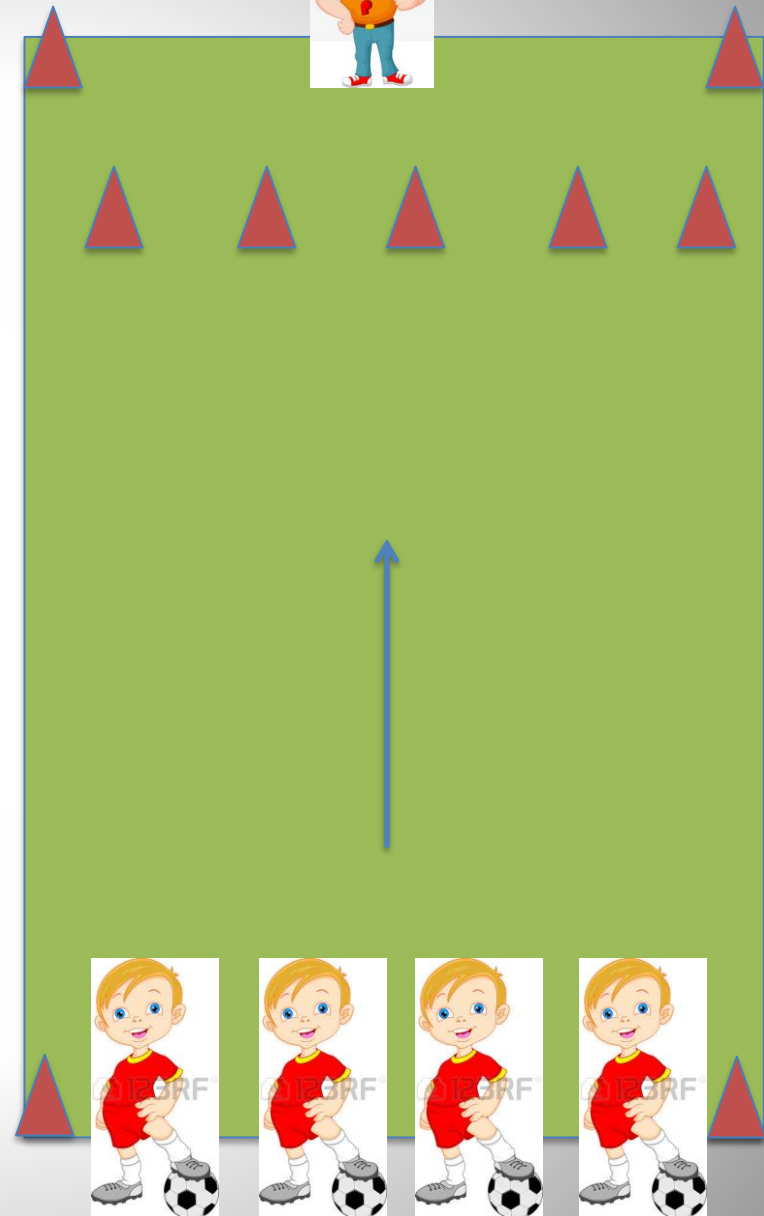
Treasure Hunt



Create a 20 X 30 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: The coach stands on one end line with his back to the players who are spread along the opposite end line. Place 5 cones behind the coach, when the coach has back to the players, the players must dribble toward the opposite end line. Before the coach turns around he yells "1 2 3 Red Light" and then turns around. At that point all players must have stopped the ball with the sole of their feet. Any one seen moving is sent back to the end line. The coach turns his back again. Repeat. The first player to pick up a cone wins.

Red Light , Green Light



- Pre-season Parents meeting
 - Discuss coaching philosophy and goals
 - Discuss what is expected of parents and players (Letter to Parents)
 - Transportation
 - Communication
 - Sportsmanship
 - Coach/player meetings (ind./group)
 - Collect information such as:
 - Medical information
 - Parent skills inventory (Volunteers Form)

- The coach's long term goal is to prepare the player to successfully recognize and
- solve the challenges of the game on his or her own.

- What the game teaches children about how to live their life is much more
- important than any game will ever be. Keep the long view in mind and help to
- teach them lessons that will last a lifetime.

- Thank you AHFSH