



## OWSC YDP Minis Coach

The objective of a coach at this age is to make the activities as fun as possible while incorporating a soccer ball. To me a successful practice is when the majority of the kids are engaged and following directions. I try to be silly and goofy while giving encouragement on how they should be interacting with the ball (“inside of the foot,” “foot on top,” “no hands silly,” “little touches.”) At this age any touches they get on the ball is important.

The lesson plans are designed to provide activities that are fun and build on each other.

### Week 1&2 Goals:

1. Players become reasonably comfortable listening to Coach
2. Players begin using their feet in different ways vs. using their hands
3. Mix in Ball Mastery (Simon Says), into Red Light, Green Light. Ex. Orange light = Penguin (Foundations/tick tock)
4. Players are having fun and burning energy on a Saturday morning!

### Week 3&4 Goals:

1. Player are running with the ball, encourage little touches vs. large “Super Kicks”
2. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says put you foot/knee/elbow on the ball”
3. Players are having fun and burning energy on a Saturday morning!

### Week 5&6 Goals:

1. Players are attempting to use the inside of their foot to pass
2. Players are attempting to use the laces or inside of the foot to strike the ball hard
3. Players are dribbling with little touches
4. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says Walk like a Penguin”
5. Players are having fun and burning energy on a Saturday morning!

## OWSC YDP Rising Star Coach

The objective of a coach at this age is to make the activities as fun as possible while introducing the fundamentals of soccer. To me a successful practice is when the majority of the kids are engaged, having fun and attempting to use different parts of their feet. I try to be goofy while giving encouragement on how they should be interacting with the ball (“inside of the foot,” “foot on top,” “no hands silly,” “little touches.”) At this age all touches are great, we can encourage the more inside of the foot and laces while introducing the outside of the foot (“pinky toe”).

The lesson plans are designed to provide activities that are fun and build on each other. The activities in Simon Says are great to throw into any activity throughout the 6 week session. It is an easy way to refocus players during an activity or before starting a new one.

Week 1&2 Goals:

1. Players begin using their feet in different ways vs. using their hands
2. Mix in Ball Mastery (Simon Says), into Red Light, Green Light. Ex. Orange light = Penguin (Foundations/tick tock)
3. Player are using little touches and changing directions with the ball
4. Players are having fun and burning energy

Week 3&4 Goals:

1. Player are running with the ball, encourage little touches vs. large “Super Kicks”
2. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says put you foot/knee/elbow on the ball”
3. Players are having fun and burning energy

Week 5&6 Goals:

1. Players are using the inside of their foot to pass
2. Players are using the inside of the foot to strike the ball hard and/or attempting to use their laces
3. Players are dribbling with little touches
4. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says Walk like a Penguin”
5. Players are having fun and burning energy

## OWSC YDP Junior Academy Coach

The objective of a coach at this age is to make the activities as fun as possible while introducing the fundamentals of soccer. To me a successful practice is when the majority of the kids are engaged, having fun and attempting to use different parts of their feet. I try to be goofy while giving encouragement on how they should be interacting with the ball (“inside of the foot,” “foot on top,” “no hands silly,” “little touches.”) At this age all touches are great, we can encourage the more inside of the foot and laces while introducing the outside of the foot (“pinky toe”) and passing.

The lesson plans are designed to provide activities that are fun and build on each other. The activities in Simon Says are great to throw into any activity throughout the 6 week session. It is an easy way to refocus players during an activity or before starting a new one.

Week 1&2 Goals:

1. Players use their feet in different ways and keep some control of the ball.
2. Players are using both inside and outside of the foot during Simon says
3. Mix in Ball Mastery (Simon Says), into Red Light, Green Light. Ex. Orange light = Penguin (Foundations/tick tock)
4. Players are using little touches and changing directions with the ball
5. Players are having fun and burning energy

Week 3&4 Goals:

1. Player are running with the ball, encourage little touches vs. large “Super Kicks”
2. Encourage and/or introduce the outside of foot (“pinky toe”)
3. Players are attempting to use both feet
4. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says put you foot/knee/elbow on the ball”
5. Players are having fun and burning energy

Week 5&6 Goals:

1. Players are using the inside of their foot to pass
2. Encourage players to lift the head to see teammates.
3. Players are using the inside of the foot and/or their laces to strike the ball hard
4. Players are dribbling with little touches and attempting to use both feet
5. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says Walk like a Penguin”
6. Players are having fun and burning energy



## OWSC YDP Development Academy Coach

The objective of a coach at this age is to make the activities fun while focusing on the fundamentals of soccer. To me a successful practice is when the majority of the kids are engaged, having fun and attempting to use different parts of their feet. I try to be goofy while giving encouragement on how they should be interacting with the ball (“inside of the foot,” “laces not toes,” “find a pass,” “little touches.”) At this age all touches are great, we can focus on the inside of the foot and laces (no toe balls) while encouraging the outside of the foot (“pinky toe”) and passing.

The lesson plans are designed to provide activities that are fun and build on each other. The activities in Simon Says are great to throw into any activity throughout the 6 week session. It is an easy way to refocus players during an activity or before starting a new one.

### Week 1&2 Goals:

1. Players use their feet in different ways and keep control of the ball.
2. Players are using both inside and outside of the foot during Simon Says
3. Mix in Ball Mastery (Simon Says), into Red Light, Green Light. Ex. Orange light = Foundations/tick tock
4. Player are using little touches and changing directions with the ball under pressure (1v1 moves)
5. Players are having fun and burning energy

### Week 3&4 Goals:

1. Player are running with the ball, encourage little touches vs. large “Super Kicks”
2. Encourage and/or introduce the outside of foot (“pinky toe”)
3. Players are using both feet
4. Player are using little touches and changing directions with the ball under pressure (1v1 moves)
5. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says Drag and Laces”
6. Players are having fun and burning energy

### Week 5&6 Goals:

1. Players are using the inside of their foot to pass
2. Players to lift the head and make a choice to dribble or pass
3. Players are using the inside of the foot and/or their laces to strike the ball hard (No toe balls)
4. Players are passing under pressure before defense arrives
5. Player are using little touches and changing directions with the ball under pressure (1v1 moves)
6. Mix in Ball Mastery (Simon Says), example: “Coach says Freeze, Coach says Toe Taps”
7. Players are having fun and burning energy