

### Week III FO S Curriculum September 24, 2011

Warm up: Two weeks into your coaching I am confident that you have some activities that you have been doing with your group as a warm up activity. Please continue to use what works and what the players enjoy!

We'll be focusing on striking the ball and moving the ball over a short distance using a pass. Here are some suggested activities. Please try and keep all players active (easier said than done) and moving a ball as opposed to many lines where players don't get the opportunity to practice.

Tunnels- (If this activity is carried out correctly, it should require about 15-20 minutes to complete) Players have a ball on their feet; coaches and a few parents are in the grid and legs are open (so a soccer ball can easily travel between legs. Ideally there are half as many coaches/parents as there are players. Start by demonstrating to the players how to accurately move a ball through the tunnel using the inside of their foot (firmly strike the ball in the center with the inside of your foot- too low, the ball lifts; too high, the ball slows down too much). Have players paired off in two and using one ball move the ball back and forth through the parent/coach tunnel stressing accuracy and striking the ball with the inside of their foot. So that players are using both feet, make sure to say- you may use your right foot only now or you may use your left foot only now. Switching feet should be done every 45 seconds to a minute. A reasonable distance for players this age would be 5 yards at most away from the tunnel.

NB - This is the first attempt to get additional parents involved in "helping out" during the coaching phase. Be encouraging and model good coaching for them.

After the first 5-7 minutes where you are deliberate in your instruction and stress the importance of striking the ball firmly with the inside of your foot and you are sure that all players have been exposed to these ideas, then:

- 1- Contests- have players pass the ball through the tunnel for one minute. Have the parent/coach counting out loud each time a successful pass is completed through the tunnel. Attempt this three times and have the players try and improve the number of times they pass the ball through the tunnel each time.
- 2- Moving from tunnel to tunnel. Each player has a ball for this activity. Players must now pass the ball through the tunnel and then follow their pass through the tunnel. Make sure to stress to the players that they'll have to crawl through the tunnel (for your own safety). After one minute, go around and ask the players how many times they moved the ball through the tunnel. Have the players then move the ball through the tunnel using only their left foot and then only their right foot. Is there a noticeable difference?
- 3- Moving tunnels- coaches will shuffle and attempt to keep their legs wide. Move around the grid at a slow pace at first to ensure players success at this. Players score a point every time they accurately pass the ball through the moving tunnels. Try to make the goal for everyone to get the ball through the tunnels ten times or play for three one minute segments.

III Races- (if this activity is carried out correctly, it should take between 15-20 minutes) Please have at least three groups so that each player gets necessary repetitions with the ball. There should not be only one player attempting an activity and eleven other players standing in a line. Races are fun only if there is frequent repetition and encouragement!

For each race, have a demonstration by the coaches so players gain a visual; progress to a practice run and then finish with at least two races "for real!"

1- Two Cones, 10 yards apart

player runs the ball down and around the far cone and passes the ball back with the inside of their foot as soon as they round the cone; next person in line does the same and once all players have completed this task, they should be seated and in a straight line.

-repeat by having players use only their left feet to run and pass the ball. In the practice run, stress using only the foot that is asked for and of course, use your discretion based on player's ability to complete the task.

-repeat this by having players use only their right feet to run and pass the ball.

2- Pass through two cones 5 yards apart and 5 yards away from where players will start. Players are divided and half are at each end cone, there is one ball for each team of racers. Player 1 at cone A passes the ball through the middle cones to player 2 at cone B. Player 1 then runs to the right of the middle cones and ends up at the end of the line at cone B. Player 2 passes the ball through the middle cones to player 3 at cone A. Player 2 runs to the right of the middle cones and ends up at cone A. This pattern keeps repeating itself for a specified time.

-start out attempting either foot as in #1 (above)

-repeat the race by having players use only their left foot and run to the left of the middle cones after passing the ball through.

-repeat the race by having players use only their right foot and run to the right of the middle cones after passing the ball.

IV If you have time before the game, you may play Chucky the Egg Eater- (which was introduced last week)

Chucky the Egg Eater- Players are teamed into four corners and their objective is to bring back the most soccer balls that they can in 1 minute. All of the balls start in the middle of the grid and players must bring back only ONE ball at a time. Players can get a ball from either the middle or another team's grid. At the end of the allotted time, the team that has accumulated the most balls in their grid wins. Try running the game for different intervals of time: 1 minute, 45 seconds, 30 seconds, 15 seconds. Coaches can of course, strategically interfere with the game in order to bring about a desired (aka closer or fairer) result.

Since we are working on using the inside of your feet today, one of the restrictions should be once they have another ball, they must pass the ball with the inside of their feet back to a player in their line. Only when this is done is the next player allowed to go. If the pass is not accurate, then player passing the ball must make the correction before the next player can go.

#### Fun of Soccer Week IV Curriculum (10-01-2011)

1-Your Warm up

2- Sharing the ball- Stress to your players that we will be focusing on the inside of the foot pass (it is the easiest to accomplish and the most accurate)

To activate the learning process, try a set of questions such as- Who remembers the parts of the feet we worked with last week? Let them give you their answers; who remembers what part of the foot do we use to make an accurate shot? Hopefully someone will say the inside of the foot (if not, help the group figure this out themselves).

Have players with a partner (or parent if that is more comfortable for them). Show them "yes, please!" passing. Have them about 3-5 yards apart and have them pass the ball to their partner only if their partner says, "yes, please!" nice and loud. When passing the ball with the inside of the foot, stress the importance of striking the ball in the middle of the ball and pointing your plant foot (the non-kicking foot) in the direction of your target (partner). Once the players have had 2-3 minutes of this, make sure they are now alternating feet. If you must, tell them for the next minute I want you only passing the ball with your left foot. Then you can go back to right foot.

Check to make sure for understanding and if they are using good technique. Provide a good example and don't be afraid to correct poor technique.

The next sequences players should do with their partners should be (2-4 minutes each):

- In grid, at a slow jog, while players are moving with the ball, continue to pass the ball to your partner's feet, control the ball in front of you, look up, and return the ball back to your partner with a good pass.
- In grid, at a slow jog, as above, but lead the ball into open space and have your partner run onto the ball, control it, and pass a ball back to your partner by leading them too.

- In grid, have either cones or parents and pass the ball through a cone or parent to your partner, who is waiting on the other side.
- In grid, with rules as above, which group can pass the ball through cones or parents 10 times, 15 times, and 20 times. Players may not pass the ball through the same set of cones or parent more than one time in a row. Each time they pass the ball through and are successful, they must shout out the number they are on.
- In grid, with partner, pass the ball to your partner. Coaches and/or parents should move around the grid slowly and try to intercept the passes. Try to increase or decrease the speed and pressure you play at based on the players' ability so they are challenged. If players get caught and the ball gets stolen, both players must run and touch one of the corner cones before they can come in again and pass the ball.

3- Two Group Passing- Divide your team into two groups. Try to make sure to account for ability and make an attempt to have even competitions. For the next few sequences, if there are five players in your group, follow this pattern. 1 passes to 2; 2 passes to 3; 3 passes to 4; 4 passes to 5; 5 passes to 1. You should be stressing that the pass will work best if the inside of the foot is used.

Each sequence should last 2-4 minutes:

-In a circle and arrange such so they must pass the ball with their right foot and receive the ball with their left foot.

-In a circle and arrange them such so they must pass the ball with their left foot and receive the ball with their right foot.

-Moving within the grid.. players should find where the person they pass the ball to is and then pass the ball to them and keep running after the ball is passed. Once you pass the ball, you should not stop.

-Moving within the grid.. players should pass the ball to the next player, the player runs the ball to any sideline of the grid and then comes back in and looks up and then passes the ball.

4- Get out of My House! Use the same teams as you did previously. Make any adjustments to balance the teams as necessary. Divide the grid into half; put three balls in each side of the grid. Explain to the players that their side of the grid is their house and they can only stay in their house for the duration of this game. The object of the game is to get as many balls passed into the opponents grid as you can before time is up. The team with the least balls in their grid loses. If there is a tie at the end of time, play for another thirty seconds. Players must shout as they kick the ball- "GET OUT OF MY HOUSE!" A coach and/or parent should be stationed at the end of each side so that balls can be put back into play quicker. Play the game for various intervals of time.

If you have additional time prior to the scrimmage, what game has worked well for you and how can you tweak the rules so that it will align with passing the ball?

5- Scrimmage- Great coaching points/teachable moments being made with many of the groups and also way to involve the parents!