

Thank you for your interest in coaching. We hope that this is a fun and rewarding experience for you. This coaching plan is designed to help you stay organized from week to week and build the basic skills for soccer. Some things to remember about this age group;

- ✓ Self-focused- little to no concept of team structure
- ✓ Easily overheated- have frequent water breaks
- ✓ Easily distracted- avoid line drills and make sure all are participating. Keep things concise and to the point.
- ✓ Looking for adult approval- be sure to provide a lot of positive encouragement
- ✓ This is all about fun, have parents bring snacks for after the game

The goal of the Future Stars program as with all soccer training is to maximize the amount of touches on the ball in each training session and make it fun for the players. The 5 week plan below will give you a selection of games to use during the training sessions. Keep note of which games the players enjoy more and use them in weeks 6 through 9.

#### Coaching Points:

- ✓ Don't try to accomplish too much during the training. 2 skill games is enough at this age. If the group is enjoying the game and you can find ways to prolong it then do so.
- ✓ Show up a little early to set up the cones for the drills and not cause delays when you have the players present
- ✓ Start the training on time and be sure to give many breaks. Between the games have quick coaching points and get back to the activities
- ✓ Always ensure that players are being safe and watch for players who may be afraid of the ball.



## Week 1

The first week will be hectic so focus on giving out uniforms, socks and making sure players have the proper equipment. This is the first time many have been exposed to soccer so try to make it fun for the players. Quickly explain the game of soccer but remember short attention spans here so avoid long speeches.

Activity	Activity Description	Coaching Points	Time
Dribbling	Coach quickly instructs players how to dribble the ball using different surfaces of the foot	-use inside and outside of foot -use both feet -keep the ball in front of the player but close	5 minutes
Body part dribbling	In a 10 yard box all players dribble the ball. The coach calls out a body part (foot, knee, elbow) and the players stop the ball with that body part	-Keep the ball close to themselves -Is the player keeping their balance -Use different surfaces of their feet	10 minutes
Red Light Green Light	In a 15 x 20 yard box all players are dribbling. When the coach calls "RED LIGHT" players must stop and put their foot on the ball. When the coach calls "YELLOW LIGHT" the players must dribble slowly and when the coach says "GREEN LIGHT" the players must dribble fast	-Players use both feet to dribble the ball -Are they performing the tasks for each color -Are they keeping the ball close to themselves -Are they able to stop the ball immediately on Red Light	10 minutes
Game	6 v 6 game focused on free play and the individual player.	-Manage the game and continue to encourage the players. Don't worry about positioning, passing, it's about fun and creativity. Try to minimize one player having the ball all the time	25 minutes

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## Week 2

Activity	Activity Description	Coaching Points	Time
Ball Taps	Players alternate tapping the ball with the right and left foot, keeping the ball steady. Time it for 15-20 seconds and have the players count touches. Repeat 4 times	-Lift the knees high! -Is the ball moving?	5 minutes
Traffic Jam	In a 15 x 15 yard box players dribble the ball using all surfaces of the foot trying not to collide with other players. Have players "BEEP" others out of their way. Watch for crashes, 3 crashes and players have to do 10 ball taps to get back in traffic.	-Are they doing the drills -Are they using all parts of the foot -Are they using both feet -Is the ball close	5 -10 minutes
Freeze Tag	In a 15 x 15 yard box players dribble the ball. Coach is the Freeze Monster. When a player is tagged they are frozen and must hold the ball on their head with legs open. They are unfrozen when any dribbler passes the ball between their legs.	-Encourage changes in direction -Focus on dribbling -Do they unfreeze players -Coach can pick one or two players to be freeze monster once they have understood it.	10 minutes
Game	6 v 6 game focused on free play and the individual player.	-Manage the game and continue to encourage the players. Don't worry about positioning, passing, it's about fun and creativity. Try to minimize one player having the ball all the time	25 minutes

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## Week 3

Ball Tap Warmup	Players alternate tapping the ball with the right and left foot, keeping the ball steady. Time it for 15-20 seconds and have the players count touches. Repeat 4 times	-Lift the knees high! -Is the ball moving?	5 minutes
Sharks and Minnows	In a 20 x 20 yard grid players (minnows) dribble the ball using all surfaces of the foot. Coach becomes the shark and tries to knock the ball away from the player and out of the square. Players are out when ball is out	-Is the ball close -Do they change direction away from the shark -Are they protecting the ball -Last player left becomes the shark, repeat	10 minutes
Go for Goal	Divide the players into two teams; coach is on a sideline, players on each side: give players a number. Coach serves ball into the field and calls a number, players try to gain possession and go for the goal. Limit play to 15 -20 seconds to keep engaged. Progression to 2 v 2	-Are they going for the ball -Did they... Dribble it in- Good Pass it in- Better Shoot it in- Best	10 minutes
Game	6 v 6 game focused on free play and the individual player.	-Manage the game and continue to encourage the players. Don't worry about positioning, passing, it's about fun and creativity. Try to minimize one player having the ball all the time	25 minutes

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## Week 4

Ball Tap Warmup	Players alternate tapping the ball with the right and left foot, keeping the ball steady. Time it for 15-20 seconds and have the players count touches. Repeat 4 times	-Lift the knees high! -Is the ball moving?	5 minutes
Alligator Cross	Place players on opposite sides of a 20 x 20 yard box. Players dribble from one side to the other without crashing into other players. Progression: coach becomes an alligator and tries to steal the ball as they cross the field.	-Is the ball close -Are they avoiding other players -Are you being an alligator??? -Pick players to be the alligator	10 minutes
Knock Out	In a 20 x 20 yard grid players dribble the ball and try to knock the other dribblers ball outside the box. Players must retrieve ball and get back in the game.	-Are they leaving their ball to chase? -Are they having fun -Progression: have them do an activity before coming back (taps, juggle 2 times)	10 minutes
Game	6 v 6 game focused on free play and the individual player.	-Manage the game and continue to encourage the players. Don't worry about positioning, passing, it's about fun and creativity. Try to minimize one player having the ball all the time	25 minutes

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## Week 5

Cone Run	Spread out cones in an area and have the players run around and through the cones first without the ball and then with the ball. Give a lot of room to change direction	-Are they dribbling or kicking -Are they going around or over the cones -Keep the group moving	5 minutes
Angry Birds	In a 15 x 15 yard box 2 players are "Angry Birds" and will dribble the ball around to tag the players without the ball. Once tagged the player goes and gets a ball and becomes an "Angry Bird" to try and tag the rest of the players	-Tag with the hand and progress to tagging with the ball -Make sure all are participating	10 Minutes
Cops and Robbers	Divide the group in half; one half is the cops, the other the robbers. Place soccer balls on top of the cones. Robbers dribble their ball and try to knock the balls off the cones, cops try to stop them by knocking the ball out of the square	-Are they knocking the ball off with a ball or kicking it off? Use the ball -game ends when all balls are knocked off or are knocked out	10 Minutes
Game	6 v 6 game focused on free play and the individual player.	-Manage the game and continue to encourage the players. Don't worry about positioning, passing, it's about fun and creativity. Try to minimize one player having the ball all the time	25 minutes

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