

## Coaches Clinic – August 18, 2019

### Recap

Thank you for giving up your time on Sunday and for taking part in the activities.

Below is a recap of what we went through. If you have any questions, please don't hesitate to email me on [Brad\\_robinson1995@outlook.com](mailto:Brad_robinson1995@outlook.com).

### Warm up's / Arrival activities

- S.S.G's (Small Sided games / Scrimmage)
  - Marbles: In partners, take it in turns to kick your ball and try and hit each other's. 1 point for every time you successfully hit your partner's ball. The ball must stay in the pitch.
  - 'Keepy up Challenge': How many times can the players hit the ball in the air using different body parts without the ball hitting the floor? Can they record their own scores on a whiteboard or piece of paper?
- Try to let the players have as much ownership and responsibility as possible. Hopefully this should make your job a lot easier.

### Practices (NOT DRILLS)

- **Rhyming game:**
    - 1) On the run: Dribble the soccer ball around the pitch
    - 2) Under the shoe: Stop the soccer ball and put your foot on top of it.
    - 3) On the knee: Can you knee the ball and catch it? (other challenges could be, using both knees and clapping in between kneeling the ball and catching it)
    - 4) On the floor: Squat down and get your bump to touch the ball. Repeat this
    - 5) Staying alive: Toe taps on the ball (Sing the song to add excitement)
    - 6) Tricks: Ownership is on the players to dribble around the pitch doing as many different tricks/ skills as they can think of. You may have to get them to copy their peers if they look lost.
    - 7) Heaven: Throw the ball into the sky and try and control it. Repeat.
    - 8) High '5' and mate: How many high 5's can you get in a set amount of time whilst dribbling your soccer ball around.
    - 9) All mine: Can you look after your soccer ball? but if someone comes near you can you kick their ball away.
- (See if the players can think of their own)
- **Sharks and Fishes:** "Fishy, fishy, fishy come and swim in my sea" "Sharky, Sharky, shark you can't catch me" players then dribble the soccer ball from one zone to another whilst avoiding the sharks. If you lose your soccer ball you become either a shark or funky seaweed (This game can be changed to 'The SpongeBob game' The

concept is the same but instead of fishes they are sponge bobs and have to stay away from the crabs in the middle)

- **Bob the Builder vs King Kong (Or name it something the kids will be able to relate to):** 2 teams, one team is 'bob the builder' and the other team is 'King Kong'. Spread loads of cones across the field, some of them will be the wrong way up. One team has to fix the 'houses' and the other has to destroy them. After two minutes who has the most? Are there more fixed 'houses' or destroyed ones?
- **Tidy the bedroom:** Two teams, one team on each side of the soccer pitch. You have 2 minutes to make the other team's bedroom as messy as possible. As a progression, can you use 'washing machines' (goals).
- **Handball:** A scrimmage/ match but they use their hands instead of feet. As a rule I would suggest they cannot run with the ball, can only hold it for 5 seconds and there is no tacking, just interceptions.
- **Skittles:** In small teams of no more than 3/4. Set up some tall cones in front of them and let them take it in turns to hit the cones. They get 1 point for every cone they hit as a team, the next person cannot go until they get a 'high 5'. As a progression instead of getting a point for knocking the cones down, they know get to choose a team that they add the cone too. The first team to lose all their cones wins the game.
- **Push up game:** in groups of 3, one person performs the push up position, the other 2 then proceed to pass and dribble around that player. They get 1 point for every time they successfully pass and dribble around. Can they last 2 minutes? And how many points will they get? Let all 3 players have a go and then get them to add all their points up as a team.
- **O's and X's / Tic Tac Toe:** One at a time they dribble the ball out to the coned zone and place their bib on top of the cone. The first team to get 3 in a row wins (keep group sizes small).
- 1 v 1 game: See picture below.



2 v 2 game: See picture below.



KEY POINTS
Ownership
Responsibility
Little input in the arrival activity / matches as possible
Fun
Engaging
Competitive
Repetition
Progressions
Regressions
Avoid long lines
Chaos can be good
S.T.E.P principle: - Size (Pitch) – Task (Appropriate) – Equipment (Correct equipment) – Participants (Is there to many or not enough for the practice?)

I have also sent 3 other documents you might want to have a read through which include letters to parents and how I do my match day rotations. Please feel free to adapt/ change as much as you wish. You will find with the practises they will need to be adapted to suit your player's needs. My email is at the top of this document, I will be more than happy to help/ answer as many questions as you may have. Good luck this season.