

HEAP LOTS OF PRAISE ON THE KIDS - SET TONE FOR A FUN DAY

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK # 1

Objectives: Team Building / Dribbling

Captains/Coaches - _____

- Gather team together
- Introduce Coaches & have kids introduce themselves.
- Discuss Team names. & RULES
- After 'warm-up' coaches demonstrate dribbling using both 'inside' and 'outside' of feet.
- * POSSESSION DRIBBLING - soft touches control, keeping ball close.
- * PROTECTIVE DRIBBLING - Keeping ball close, body between ball & defender, head-up while dribbling.
- * SPEED DRIBBLING - fast and loose into open space.

* WARM UP * Activity: - Donkey tails

- Set up a 20 x 20 yard grid or circle can be used - with cones
- Have kids stick a 'pinnie' in the back of their shorts with most of it hanging out. (pinnie)
- Get inside of grid.
- On coach's signal the objective would be to grab someone else pinnie while turning & running inside of the grid to protect your own (pinnie)
- Step outside of the grid when you lose your pinnie.
- Game ends with last player standing - START OVER.
- Gather team around for stretching
- MAIN ACTIVITY # 1 - 10-15 mins.
- MAIN ACTIVITY # 2 - 10-15 mins.

* WATER BREAKS AS NEEDED

For the last 45 mins. divide into 2 squads and play vs another color/teams.

HEAP LOTS OF PRAISE & ENCOURAGE THE KIDS TO HAVE FUN

Dribbling Game # 1

Training Game U10 Players

Bank Robbery

Skill: Dribbling

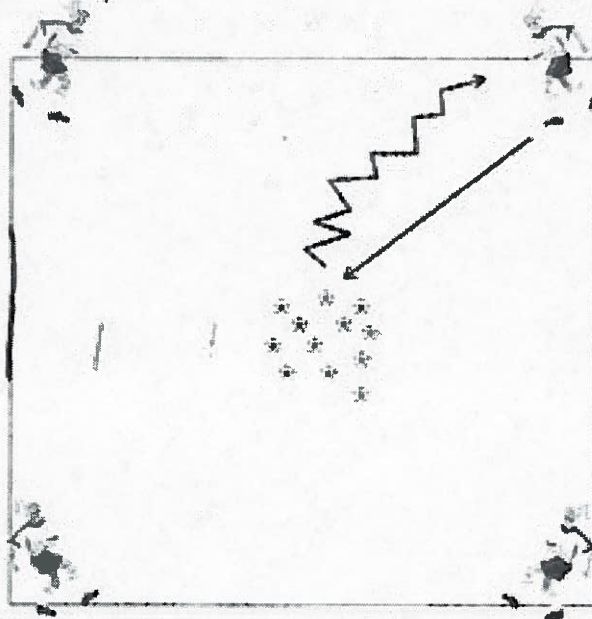
Number Of Players Required: Full U-10 team

Equipment: 4 or more cones to mark grid, 10 to 12 soccer balls.

Grid Requirement: 20 X 20 yard grid or circle can be used.

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid.

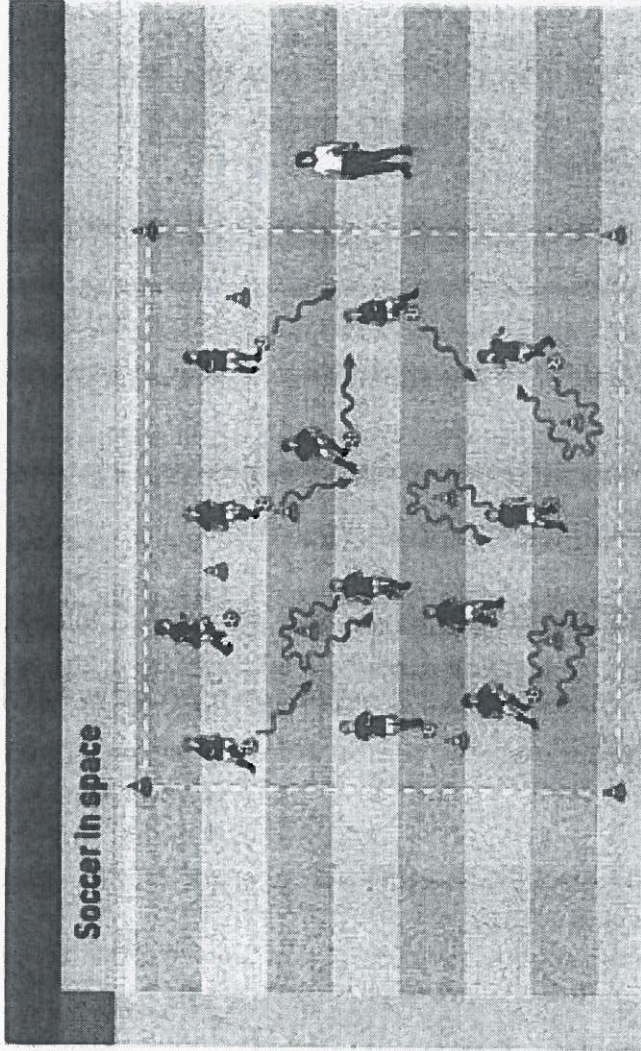
How The Game Is Played: All players are standing on a line (imaginary boundary line that marks the grid). The coach will yell "Bank Robbery". At that time one player from each group must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible, stop the ball on the line and another player runs to the center to get another ball. When all the balls have been collected, one player at a time can steal a ball from any other group. No one can protect an ball. Only one player can leave their group at-a-time.



Balls are counted at the end to determine a winner.
* Repeat.

Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Add more balls to the center and enlarge the grid.

Dribbling Game # 2



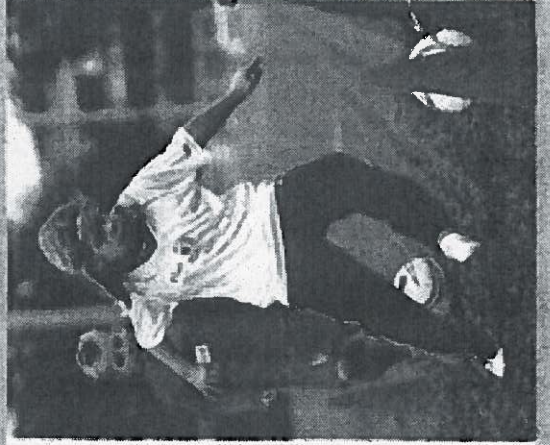
Setup

- Mark out a 20 x 20 yard field.
- Distribute a number of cones on the field.

Sequence

Players dribble, following instructions:

- Avoid all cones (planets) and oncoming players (spaceships).
- Extend your arms and spin around without bumping into anyone else.
- Dribble the ball around and over the cones, changing directions frequently.
- When the coach calls out "war," try to knock out the other players' balls until the coach calls "peace."
- **Protect your ball.**



Variations

- Have one player in the grid without a ball. On the command of "war," he tries to knock out balls.
- Have two players in the grid with out a ball.
- Give different players a chance to be in without a ball.

Tips

- "Keep the ball close to your foot."
- "Look up from the ball."
- "Protect the ball by putting your body between it and your opponent."