

Coach Clinic for Outdoor 2019 – House league U4

1. We would like to give you examples for preparing short sessions and playing a game.
 2. Try to organize the practices that it is mostly general training. But involve the ball as much as possible. The main focus in these ages is how to keep balance and use the different parts of the body.
 3. Encourage your players that they try everything even if it doesn't work in the beginning.
 4. A session shouldn't be structured. The kids are ready and can start right away with 'intensive' exercises. As younger the kids are as more often you have to change exercises.
If you let them play games don't interfere too much and let them enjoy themselves.
 5. Soccer for 2-4 year olds is completely about having fun and getting them used to having a ball at their feet. The following games engage their imaginations and should get most of them participating. Be sure to encourage your parents to be active during practice. Having them participate can help the shy kids get involved. There is nothing serious about soccer at this level. Make it fun and be enthusiastic! That's all you need for them to have a good time!
Your sessions should be about 45 minutes at the most. Usually by the 30 minute mark, some of the kids may start to wander, so save the most fun games for the end.
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1. 'PULL THE TAIL FROM THE DONKEY' AND 'HAND TAG'

SETUP

Area – (25m x 25m – vary by numbers)

Two or three parents per sideline who help to guide players who stray back into grid

A. PULL THE TAIL FROM THE DONKEY 5'

Players tuck streamer in shorts like a tail

Coaches or parents chase players around grid and try to pull 'tail' from 'donkey'.

If 'donkey' gets 'tail' pulled, they join on chasing other 'donkeys'. Who is last one in?

4 x 30 sec. games

Kids like to chase the coach or parents, so to encourage the kids, have the coach or parents be 'donkeys'.

B. HANDTAG

Coaches chase players around grid trying to tag them. If tagged, player is frozen, but can be unfrozen if teammate touches him/her

2. LOOK WHAT I CAN DO 5'

Coach leads players in a series of gymnastic like movements, i.e. somersaults, roll on ground, jumping and landing on two feet, hopping, walk backwards, slalom runs, hopping, crawling, balancing on one leg, etc. Progressions – with ball

o Run around ball

o Jump over ball

o Tip Taps (ball taps on top of ball) o Tick Tocks (ball taps with inside

of feet)

o Dribble forward with ball o Stop ball

3. BALL PASSING IN PAIRS

Parents and players stand 1-3 m apart in pairs with one ball.

Using their hands, pairs pass the ball back and forth to each other.

How many different ways can we pass the ball to each other ?

Allow them to play on their own, then make suggestions :

- Use both hands to toss

- Use one hand to toss.

- Bounce pass

- Bump the ball out of one hand Roll ball on ground

4. BALL TAG #1 HIT PLAYERS ON LEGS WITH BALL 5-8'

Players run around the grid without a ball

One team of players or coach/parents with ball in hand (taggers) chase and try to hit players in legs with ball

If tagged, player is frozen, must stand with legs apart and can be unfrozen if one of non-taggers crawls through their legs

8 x 30 sec. games

Each team is taggers twice

PROGRESSION

Players run around the grid holding a ball in their hands

Coaches/parents chase players around grid trying to touch each player's ball.

If tagged, player is frozen, must stand with legs apart but can be unfrozen if teammate rolls ball through legs.

- Progress to having players be the taggers.
- Encourage 'shielding the ball' to avoid being tagged.

5. SOOCER BEES

SETUP :

Use 4 cones to make a square 7-10 yards wide (adjust the size as you believe appropriate)

Each player has a ball

Ask any parents at practice to participate

The Game:

1st, tell the players that they are "Soccer Bees" and should dribble around inside the square and buzz like a bee. Tell them to push the ball with their feet and keep it close. Tell them they must stay inside the square because it is their "bee hive".

2nd, after a few minutes, have the parents or coaches go inside the square. Tell the "bees" that their hive is being invaded by giants and they should "sting" them with their soccer ball. The parents should walk around and have fun while the players try to kick a ball into them.

6. LOOK WHAT I CAN DO – WITH BALL 5-8'

Coach leads players in ball manipulation and dribbling.

All players have a ball facing the coach – players do what the coach does

- Run around ball
- Jump over ball
- Tip Taps (ball taps on top of ball) how many in 10 seconds?
- Tick Tocks (ball taps with inside of feet)
- Dribble forward with ball
- Stop ball with sole then continue dribbling.
- Stop ball with sole then touch ball with knee, elbow, ear, nose etc. and continue dribbling.
- Turn with the ball using inside of feet (hook turn)
- Turn with ball using sole (pull turn).

7. BALL TAG #2 – SHIELD BALL IN HANDS

Players run around the grid holding a ball in their hands

One team of players (taggers without a ball) chase them and try to touch the ball. If tagged, player is frozen, must stand with legs apart and can be unfrozen if one of non-taggers rolls ball through leg

Encourage 'shielding the ball' to avoid being tagged.

Each team is taggers twice

PROGRESSION

SETUP

One team or the coach (taggers) have a ball in their hands

Other players each with a ball at their feet spread out in grid.

ORGANIZATION

Taggers chase and try to hit other player's ball with their own.

If tagged, player is frozen, must stand with legs apart and can be unfrozen if teammate rolls ball through legs

8. CAT & MOUSE

Players form a circle.

Coach picks a player to be the mouse. The mouse runs around the outside of circle and tags someone. The tagged player becomes the cat and chases the mouse around the circle. The mouse is 'safe' if he/she can crawl through someone's legs without being caught (tagged) by the mouse. If the mouse is 'safe', the cat becomes the mouse and the game starts again.

Make sure everyone gets a chance to be the cat.

9. NUMBERS & CIRCLE

SETUP :

All players, seated, form a large circle and are assigned numbered in groups of four (1, 2, 3, 4, 1, 2, 3, 4, etc).

A number is called by the coach and all players of the particular number are to stand up and quickly dribble around the circle and sit back down in their original spot. The first player around the circle and to sit down is the winner.

Can start by carrying ball in hands to get the organization.

10. BALL TAG #3 – HIT BALL WHILE DRIBBLING

SETUP

One team or the coach (taggers) have a ball in their hands

Other players each with a ball at their feet spread out in grid.

ORGANIZATION

Taggers chase and try to hit other player's ball with their own.

If tagged, player is frozen, must stand with legs apart and can be unfrozen if teammate rolls ball through legs

11. SYMON SAYS

SETUP

Players each have ball at their feet

ORGANIZATION:

Every time the coach asks the players to do a certain task, he or she will say, for example, "Simon Says—Run around ball", and all players are to perform the task. If the coach was to say, "Run around ball", then players are to ignore the coach. If they do the task,

without “Simon Says”, then the players are to perform a silly act, such as a making an elephant sound, while shaking their arm like a trunk.

Examples of tasks : Run around ball

Jump over the ball

Tip taps (touch ball with sole of foot, left then right and repeat)

Tick tocks (touch ball between feet using the inside of feet)

Make it a race, i.e. how many can we do in 10 secs.

12. SHOOTING 1

OPTION 1 : DRIBBLE AND GO SCORE

All players have a ball.

Coach runs to part of the field with pug net and places it down.

Players have to dribble and then shoot the ball into the net.

When all the balls are in the net, the coach quickly takes the net, runs to another part of the field and puts the net down. Again, the players have to dribble and shoot the ball into the goals.

Variation

Combine with the other team and have a competition of who is first to shoot all the balls in their net.

OPTION 2 : SHOOT AT COACH

Make or use big goal.

Coach or parent is in goals.

Split players into 2 teams.

One team line up in front of goals with a ball each.

On command, they all shoot on goals, all at once.

They retrieve their balls and then the next team lines up and shoots on goal all at once.

Keep score – who scores the most (let them score).

Variation

All players line up and shoot at once. Parents can retrieve balls and roll them back to shooters, who just keep shooting for 1 -2 minutes.

13. GREEN LIGHT. RED LIGHT

SETUP

Players spread out in grid without a ball to start

ORGANIZATION

When coach shouts 'green light', players run around grid in any direction

When coach shouts 'red light', any player who does not stop must do 2 donkeys

Do same but when dribbling with a ball.

Variation

Have players spread out along each sideline, they must try to get to the other side.

If ball runs away from them when 'red light' is called, they have to back to start.

14. SHOOTING 2

OPTION 1: DRIBBLE AND GO SCORE

All players have a ball.

Coach runs to part of the field with pug net and places it down.

Players have to dribble and then shoot the ball into the net.

When all the balls are in the net, the coach quickly takes the net, runs to another part of the field and puts the net down. Again, the players have to dribble and shoot the ball into the goals.

Variation

Combine with the other team and have a competition of who is first to shoot all the balls in their net.

OPTION 2: SHOOT AT THE COACH

Make or use big goal.

Coach or parent is in goals.

Split players into 2 teams.

One team line up in front of goals with a ball each.

On command, they all shoot on goals, all at once.

They retrieve their balls and then the next team lines up and shoots on goal all at once.

Keep score – who scores the most (let them score).

Variation

All players line up and shoot at once. Parents can retrieve balls and roll them back to shooters, who just keep shooting for 1 -2 minutes.

15. NIPPY SPIDER

SETUP

Set up Square area of 15 x 15m. for about 10 players.

ORGANIZATION:

All players on one side each with a ball at their feet facing the coach. Coach or a parent is the Nippy Spider sitting in front of players. Players have to dribble to other side of square with ball under control, without them or their ball being touched by the Nippy Spider. If they get 'nipped' they join the Spiders in the middle.

Spiders can shuffle on their hands and feet. Repeat until last one left in is the winner. Make sure Spiders spread out and are not in a straight line

16. SLEEPING BEAR

A fun U4 soccer practice drill that kids will love is the 'sleeping bear'. This is a simple drill but effective at getting the young 3 and 4 year olds to dribble the soccer ball.

Preparation

You will need the kids lined up next to one another with a soccer ball each at their feet. The coach or a parent will act as the sleeping bear down the other end of the marked out area.

Explanation

This game is all about getting the kids to take little touches of the soccer ball. The kids begin the game by shouting out altogether "What time is it sleeping bear?" The sleeping bear (who will be pretending to sleep talk) will respond with either one-o-clock, two-o-clock, three-o-clock or four-o-clock.

If the bear says three-o-clock, the kids will take three small touches/kicks of the soccer ball toward the bear. This continues until the kids get close to the sleeping bear. The bear will then wake-up and chase the kids back to where they started. Don't be too scary though or they will cry!

Progression

A useful progression to this soccer practice drill is to see how quickly the kids can get back to where they started after the bear wakes up. They must take their ball with them remember. Also, get the kids to show you their drag-back turns and reward the best ones.

****Drag back turns need to be performed by young players using a size 3 soccer ball or they will find it very difficult and trip over the ball.****

Coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this when the bear wakes up!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball.

17. 'ANIMAL HUNT'

As a soccer coach you will appreciate how fun this U4 drill can be for young players.

Preparation

You will need a marked out area not too large to keep the kids close to you. The kids will need a soccer ball each and you will need to explain to them that they are in the jungle looking for wild animals!

Explanation

So the kids have a soccer ball at their feet and you have told them that they must dribble the soccer ball toward the animal noise they hear. The animals will be four willing parents. Ask four parents to each stand on a separate corner of the marked out area. Tell each parent what animal noise they will need to make. For example, you could have a monkey, lion, bear and an elephant.

As a soccer coach you will talk to the young kids and say "now it is time to go find the elephant". The parent will then make an elephant noise (and hopefully make a trunk with their arm) and the kids will dribble their soccer ball toward them.

Progression

To make this soccer drill more fun get the kids to do the animal impressions too. You could also get the kids to bring in cuddly toys of animals that the parents will hold up. If you want to win the kids over sit them all down for 2 minutes at the start of the session and talk about their favourite animals and be really enthusiastic.

Coaching Points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to dribble the ball.

18. TUNNEL BALL

Preparation

You will need a marked out area as shown in the diagram by the white lines. The kids will need a soccer ball each and you will need to get as many parents to help you as possible. The more mums and dads that participate the better the drill will work for their kids (tell them this!)

Explanation

The parents will be standing inside the area, spread apart from one another with their legs together.

The kids will be next to you and on your command will dribble (kick) their soccer ball in and out of where their parents are standing still. This is a good time to get some coaching points in.

When you shout, "tunnel ball" the parents will open their legs wide and the young players have to kick (pass - inside of foot) the ball through the legs of the adults. The kids should then retrieve their ball and continue to dribble.

Progression

When coaching youth soccer remember to be patient and if something isn't working be prepared to change it.

A nice little progression for this game can be to get the kids to crawl through the adults legs after they have kicked their ball through. Kids love getting dirty and being mischievous and this will add a little fun to the game.

Coaching points

-> Don't let the kids put their hands on the soccer ball

-> See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!

-> Get the kids to say with you 'oh no big toe' to encourage them not to use their toes to kick the ball between the parents legs.

19. BODY PARTS

SET UP

Have each child start with a ball at their feet and dribble around inside the box (10 x 8m) and randomly call out body parts. They have to then touch the ball with that body part. If they refuse to dribble and want to carry the ball, that's fine for the first couple practices. This is a great warm up game!

20. WHAT TIME IS IT MR. WOLF?

Have players line up at one end of the box (10 x 8m). You or a parent can be Mr. Wolf. Have the kids call out at the same time "What time is it, Mr. Wolf?". Mr. Wolf calls out a time: 1 o'clock, 2 o'clock, etc. If it's 1 o'clock, the kids take one dribble then stop the ball with their foot.... and so on. Once the kids get close to the other side where Mr. Wolf is, Mr. Wolf yells "LUNCH TIME" and turns around and chases the kids back to the starting line. The point is to have them dribble the ball back to where they started without getting caught.

21. YELLOW BRICK ROAD

Set up a cone path at one end of the box (10 x 8m) with a couple of turns and put a witch at the end of the path, either a parent or coach. The kids dribble the ball through the Yellow Brick Road cone path without going outside the lines if possible, and then once they get near the witch, they kick the ball at him/her. Have the witch act like they're melting or something entertaining!

22. KICK AT COACH

All kids are in the box (10 x 8m) with a ball dribbling around with two coaches or parents inside the box. The point is to have them kick the ball at you and try to hit you. Move slowly to give them a chance of course, but if they hit you, reward them by having them pick out an animal sound for you're to make!