

# TRSA COACHING CIRRICULUM FOR CLINIC

*Provided by*



**Clinic Training Session Breakdown**

## 1.) BALL SKILLS (WARM-UP)

5 mins

Begin with a **FUN** activity. This should prepare the players mentally and physically for the rest of the practice. Slight changes to a game will make it different to players at this age. Work in move's and combination's to work on ball skills.

## 2.) SKILL GAMES

30mins

These games are designed to be high energy, fun activities that reinforce the basic techniques.

## 3.) SMALL-SIDED GAMES

30mins

Each practice should conclude with a small-sided game.

Use training field, if you have enough numbers split team into two and play two games one home and one away, 4v4 with no goalkeepers.

## 4.) COOL DOWN

5mins

Spend five minutes at the end of each session making sure that all of your players enjoyed themselves. Do a fun cool down, reinforce basic technical points, have a group huddle say goodbye.

### U4 to U6 Curriculum

Schedules -

8 week program

Themes

Weeks 1-5

-

Dribbling

Weeks 6-7

-

Passing

Week 8

-

Shooting

**Week 1** - Small, soft touches on the ball. Keep their head up while dribbling. The Stop Turn – stop the ball with sole of foot. Hop over ball putting same foot on ground first. Bring other foot through and take away with outside of foot.

**Week 2** – Keep the ball close to them using small touches on the ball. Dribbling with their head up.

**Week 3** – Use both feet, keep the ball close to them and dribble with their head up. Big Toe Little Toe - Learn Fake move

**Week 4** – Using both feet with small touches and dribbling with their head up. Using the two moves – Stop Turn and Fake, during the games. Introduce Drag Back Turn. Use the moves to change direction and attempting to beat opponents.

**Week 5** – The Step Over Move – place both feet at the side of the ball with the strongest foot nearest the ball, take the strongest foot around the ball and place down on the opposite side, the upper body has moved downwards (to throw the defender off balance), and then the weaker foot takes the ball away in the opposite direction. Encourage all three moves to be performed under pressure in the games.

**Week 6** – Passing the ball with the side of the foot, locking your ankle and keeping your eye on the ball. Dribbling under pressure.

**Week 7** – Pass with the side of the foot, get close to the ball AND watch the foot making contact with the ball and strike the centre of the ball.

**Week 8** – Strike the ball with the Laces and have your head over the top of the ball.

Practice all the moves taught and all the top tips given over the eight weeks.

<b>Age Group:</b>		<b>U4 – U6</b>	
<b>Theme of Session:</b>		<b>Dribbling – Week 1.</b>	
<u>TIME</u>	<u>ORGANIZATION</u>		<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>		
15 minutes	<p><b><u>Heads and Tails</u></b> –20x30 area (the ZOO). All players are animals and need to stay inside the zoo grounds. Can use different animals to vary speed – Cheetah, monkey and elephant.</p> <p><b>Progression:</b> On coach’s command of ‘HEADS’ – the players must stop the ball with their foot and then place their head on top of the ball. ‘TAILS’ indicates that the players must stop the ball with their foot and then sit on the ball. Extra commands can be the animal’s ‘Belly’ and ‘Back’.</p> <p>To increase the difficulty and fun play opposites e.g. heads = tails, belly = back etc.</p>		<ul style="list-style-type: none"> <li>• Keep the ball close to you</li> <li>• Take lots of little touches with both feet.</li> </ul>
15 minutes	<p><b><u>Soccer City - 20x30 area, New York City. This time the players are all cars. Gradually introduce some or all of the following;</u></b></p> <p><b>Grannies Car</b> – really slow and makes banging old noises.  <b>Family Car</b> – medium pace and has a healthy sound, bbrrrmmmmmm.  <b>Red Ferrari</b> – really fast and makes loud roaring noises.</p> <p>All the players keep their ball (steering wheel) close to them and react to whichever car the coach calls out. Start off by ‘sightseeing’ the city – dribbling all over the area.</p> <p><b>Red light</b> – ‘screech’ to a stop,  <b>Green light</b> – Go,  <b>Uphill</b> – toe taps on top of the ball,  <b>Downhill</b> – toe taps going backwards  <b>Dead-end</b> – introduce the STOP TURN. Technical repetition using both feet.  <b>Car thief</b> – coach chases the players and if they can put their foot onto the player’s ball then they need to do a star jump and 3 stop turns to get their car back.</p>		<ul style="list-style-type: none"> <li>• Soft touches so they don’t ‘crash’ into anyone</li> <li>• Head Up to avoid crashes</li> <li>• STOP TURN– stop the ball with sole of foot. Hop over ball putting same foot on ground first. Bring other foot through and take away with outside of foot.</li> <li>• Encourage dribbling Can they do the stop turn</li> </ul>
30 minutes	<b><u>GAME 4 v 4</u></b> – <b>inside</b> an area 30 x 20 yards. – Small Sided Game		
5 minutes	Finish with a team huddle.		

**EVALUATION:**

**Age Group:**

**U4 – U6**

**Theme of Session:**

**Dribbling – Week 2.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes	<b>Memory Magician –</b> <ul style="list-style-type: none"><li>• Area 30 x 20 yds- invisible force field to keep balls in play (or use parents)</li><li>• All players (magicians) begin w/ a ball (wand)</li><li>• Players dribble around magic castle (field) waving wand (dribbling soccer ball)</li></ul> <b>Progressions:</b> Use only 1 foot (no right or left) Use other foot Use both feet Use sole of feet <b>Command words:</b> Freeze (turn to stone) - if foot is on ball, can free yourself. Otherwise Merlin must get ball for you. Dragon dribbles around outside of area, until Dragon goes away. Coach (dragon) chases kids off field. Secret Passage - Turn in opposite direction to go down secret passage.	<ul style="list-style-type: none"><li>• Keep the ball close</li></ul>
15 minutes	<b>Body Breaks –</b> The players dribble within Soccer Island. When the coach calls out apart of the body the players need to stop the ball and put that part of the body onto the ball e.g. knee, nose etc. You can add the 1 <sup>st</sup> player to put the body part on the ball earns a point. You may also shout out stop turn, to ensure they practice last week’s move. Start off with one body part then you can add in two, three, four parts all in the one go.	<ul style="list-style-type: none"><li>• Small touches on the ball</li><li>• Have players look for the biggest space to control the Ball in – heads up!</li><li>• Revise Stop Turn.</li></ul>
30 minutes	<b>GAME 4 – 4 –</b> Small Sided Game	<ul style="list-style-type: none"><li>• Can they dribble and beat a Player?</li></ul>
5 minutes	<b>Cool Down –</b> Bring in all the players have a chat about what was learnt today. Finish off with a group huddle.	

**EVALUATION:**

**Age Group:**

**U4 – U6**

**Theme of Session:**

**Dribbling – Week 3.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	<ul style="list-style-type: none"><li>• Keep the ball close to you with small touches</li></ul>
10 minutes	<b>Speedway</b> – Split groups into 2 “speed teams”. On Coach’s command, A’s dribble to B’s area & B’s dribble to A’s area. 1 <sup>st</sup> group with whole team across, scores a point. <b>Progression:</b> Use only 1 foot Use other foot. Use sole of feet <b>Add fun incentives-</b> whole team must wave to coach once in other area. Use Imagination to vary these regularly.	<ul style="list-style-type: none"><li>• Keep your head up</li><li>• Use both feet</li></ul>
15 minutes	<b>Pirate Ship</b> – Children all dribble around on the ‘Pirate Ship’, 30x20 yard area. The Coach is the Captain of the ship. When the Coach shouts ‘Captain coming’ the players all put their foot on top of the ball, salute to the Captain and shout back ‘Aye, aye Captain’. When the Captain calls ‘Clean the decks’ the players all perform the STOP TURN (Move). ‘Rats on deck – the players do toe tap on top of the ball to keep their feet off the ground. ‘Windy Day’ – players perform a new move, Fake. As they move the ball they fake step to one side then go the other way. They then complete the move with the opposite foot. ‘Seagulls’ – the players fall on top of their ball to protect it from the seagulls.	<ul style="list-style-type: none"><li>• Keep the ball (sword) close to them</li><li>• Ensure Stop Turn is performed correctly</li><li>• Big Toe Little Toe – soft touch with the Big Toe, harder touch with the Little Toe. Same foot.</li></ul>
30 minutes	<b>GAME - 4 v 4</b> – Small Sided Game	<ul style="list-style-type: none"><li>• Encourage the Big Toe Little Toe &amp; Stop Turn moves</li></ul>
5 minutes	<b>Cool Down</b> – Chat with the kids about	

**EVALUATION:**

**Age Group:**

**U4 – U6**

**Theme of Session:**

**Dribbling – Week 4.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	<ul style="list-style-type: none"><li>• Small touches on the ball</li><li>• Head up</li><li>• Use both feet</li><li>• Use turns to change direction when going to a side of the Candy Store.</li></ul>
10 minutes	<b>Candy Store</b> –30 x 20 yards. Coach names the first side of the area a piece of candy (don't tell all four sides at the one time). All the children have a soccer ball. Have the 1 <sup>st</sup> player to each side pick THEIR favorite candy until all four sides have been named. Gives the players even more of an incentive. Once the players reach the designated side of the store they must perform a soccer theme <ul style="list-style-type: none"><li>– Toe taps, stop turn, fake, scissors inside taps etc.</li><li>–</li></ul>	
15 minutes	<b>Electric Fence</b> - Make it a game to get players in groups of 2(close your eyes and tell them you will give them 10 seconds to organize themselves). Make a line of cones about 6-8 yards in front the players which is your electric fence. First player dribbles up to the fence and turns right before it – if they go over the electric fence they have to pretend to be shocked (make funny noise/face/body shape). They then dribble back and partner Goes. Progression: Play first team to score 10 goals (goal is scored when they successfully dribble up and back without crossing the fence) Players must do STOP TURN. Introduce Drag Back Turn.	<ul style="list-style-type: none"><li>• Keep head up</li><li>• Keep ball close and under control.</li><li>• Keep body low, turn quickly and accelerate.</li> <li>• <i>The Drag back Turn – Place the sole of the foot on the ball, drag the ball back behind you, turn to follow the ball, touch ball right away after turn</i></li></ul>
30 minutes	<b>GAME - 4 v 4</b> - Small sided game	
5 minutes	<b>Cool Down</b> - Chat with the kids about the session then finish off with a group huddle.	

**EVALUATION:****Age Group:****U4 – U6****Theme of Session:****Dribbling – Week 5.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes	<b>SpongeBob Squarepants –</b> All the players are SpongeBob and dribble around in 'The Pineapple under the Sea'. The Coach is looking for the hardest working SpongeBob. The Coach then performs the Step over move, and the players copy. The Coach then becomes Plankton (bad guy) and chases all the SpongeBob's. If Plankton manages to kick SpongeBob's ball out of 'The Pineapple under the Sea' then SpongeBob has to go to the 'Practice Ring' (small coned off area to the side of the practice) and perform 3 Step Over moves with each foot. SpongeBob may then rejoin all the others in 'The Pineapple under the Sea'. The Coach may then choose the two hardest workers to become Plankton in the next game.	<ul style="list-style-type: none"> <li>• Use both feet to dribble and perform the Step Over</li> <li>• If the players use the Step Over in the game then they freeze Plankton for 2 secs</li> <li>• Keep their head up to look for Plankton</li> </ul>
15 minutes	<b>Gladiators –</b> All the players are inside a 30x20 yard 'Gladiator Ring'. All the players have a ball and they start at one side of the 'Gladiator Ring'. Their 'mission' is to get from one side to the other without getting caught by the Gladiators. Once they reach the other side they must perform toe taps until the Coach tells them to go again. The toe taps restores their energy for the next 'mission' across the 'Gladiator Ring'. The Coach will start off as the Gladiator and each time he manages to put a foot on top of a player's ball then they become a Gladiator with them. Progression: <ul style="list-style-type: none"> <li>• Have the last player to be caught start off as the Gladiator in the next game.</li> <li>• Players should all start after the Coach yells 'Gladiators, are you ready'. 'GO'.</li> <li>• To increase difficulty you can have the Gladiators face the opposite way, lie on the ground etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Must keep the ball close to them to avoid being caught</li> <li>• Dribble with their heads up to see the Gladiators</li> <li>• Perform the moves they know to beat the Gladiators</li> </ul>
30 minutes	<b>GAME - 4 v 4 – Small Sided Game</b>	
5 minutes	<b>Cool Down - Follow the leader.</b> Chat with the kids about the session then finish off with a group huddle.	

**EVALUATION:****Age Group:****U4 – U6****Theme of Session:****Passing – Week 6.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes	<b>Mud Monsters –</b> All players dribble around inside the ‘Mud swamps’. The players all have a ball each. The Coach will begin the game by being the 1 <sup>st</sup> Mud Monster. If the Mud Monster manages to place his foot on top of the ball then that player become ‘stuck in the mud’ and needs to hold their ball above their head, open their legs and shout for help. The only way they can be released is if another player dribbles up and passes their ball through the ‘frozen’ players open legs. The two hardest working players will become the Mud Monsters for the next game.	<ul style="list-style-type: none"> <li>• Keep the ball close to them with small touches</li> <li>• Head up to avoid the Mud Monsters</li> </ul>
15 minutes	<b>Ghostbusters –</b> The players are in groups of two and have one ball between them. They stand approximately five/six yards apart. Every time the players manage to pass the ball through their partner’s legs they score a ‘Slimer’. Get the players to shout out ‘Slimer’ when they succeed and score through the legs. Have the players work together – no moving to stop the ball going through, wide enough legs that the ball will fit through. You may play a competition where the first team to score 5 ‘Slimers’ are the winners etc.	<ul style="list-style-type: none"> <li>• Side of the foot pass through the legs</li> <li>• Pass with the inside of your foot</li> <li>• Lock your ankle</li> <li>• Aim for center of ball – call it the magic spot.</li> </ul>
30 minutes	<b>GAME - 4v4 – Small Sided Game</b>	<ul style="list-style-type: none"> <li>• Have the players who are not playing cheer on their teammates</li> </ul>
5 minutes	<b>Cool Down</b> –Follow the Leader. Chat with the kids about the session then finish off with a group huddle.	<ul style="list-style-type: none"> <li>• If not playing they <b>MUST</b> stay inside their ‘dugout’</li> </ul>

**EVALUATION:**

**Age Group:**

**U4 – U6**

**Theme of Session:**

**Passing – Week 7.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes	<b>Farmer Giles –</b> Two players called farmers have one ball each. The remaining players called rabbits are being chased around field by farmers. Rabbits are allowed to jump around and avoid being hit within the area. When farmer knocks the tail off a rabbit (hits player between knee and foot), they get a ball from coach and become a farmer too. The last two rabbits become the first two farmers for next round.	<ul style="list-style-type: none"><li>• Side of the foot to pass</li><li>• Strike in the centre of the ball</li><li>• Side of the foot to pass the ball</li><li>• Strike through the centre of the ball</li><li>• Watch the foot making contact with the ball</li></ul>
15 minutes	<b>Battleships –</b> In pairs standing 10 yards apart. Five yards between them is a marker with a ball on it, or a stand up cone. This is the Battleships target. They have to try and pass their ball (one ball between the two players) off of the target. Every time they hit the target the gain a point, they must however knock over the cone or ball. They all start at a marker to stop them from moving closer to the middle target. Change partners every few minutes so that they can all play against each other.	
30 minutes	<b>GAME - 4v4 –</b> Small Sided Game	<ul style="list-style-type: none"><li>• Have the players who are not playing cheer on their teammates</li><li>• Must have one pass to their teammates</li></ul>
5 minutes	<b>Cool Down – Follow the leader.</b> . Chat with the kids about the session then finish off with a group huddle.	

**EVALUATION:**

**Age Group:**

**U4 – U6**

**Theme of Session:**

**Shooting – Week 8.**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes	<b>The Devils</b> – Start off with two Devils who chase all of the soccer players, the soccer players all have a ball each. If the Devil manages to steal one of the player’s balls then they dribble towards one of the goals that are set out and try to score. Have four 3 yard goals set out around the outside of ‘Soccer Island’, 25x25 yard area. If the Devil scores then the soccer player has to perform the turns learnt over the past 7 weeks before they can return. Have the hardest working soccer players be the Devils in the next game. The winning Devils at the end of the game are the two Devils who can score the most goals. Play each game for two minutes.	<ul style="list-style-type: none"><li>• Keep the ball close to stop the Devils from stealing and scoring</li><li>• Devils – look to score as soon as possible</li><li>• Devils – change direction to find the emptiest goal to shoot into</li></ul>
15 minutes	<b>All in Shooting</b> – inside a 25x25 yard square, split the group up into four teams. Each of the teams has a name – Liverpool, Barcelona etc. On the Coaches command he will call out a team name and then that group leaves the square and shoots into one of the four goals that are set up about 7 – 10 yards outside the area. Once they have their shot they must return to the square as soon as possible. Inside the square all the players must dribble performing moves, Drag back, Fake and Step Over. Keep changing the names of the teams that leave the square.	<ul style="list-style-type: none"><li>• Shoot as soon as possible</li><li>• Strike the ball with the Laces</li><li>• Head over the top of the ball.</li><li>• Have as many shots as you can</li></ul>
30 minutes	<b>GAME - 4v4</b> – Small Sided Game	
5 minutes	<b>Cool Down</b> – Thank the players for all their hard work over the past eight weeks, and reemphasis the importance of practicing and playing with the ball as much as possible.	

**EVALUATION:**

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**Age Group:**

**U4 – U6**

**Theme of Session:**

<u>TIME</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS</u>
5-10 minutes	<b><u>Ball Skills.</u></b>	
10 minutes		
15 minutes		
30 minutes	<b>GAME - 4v4 – Small Sided Game</b>	
5 minutes	<b>Cool Down</b>	

**EVALUATION:**