



3 v 3 / 4 v 4

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE



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BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision and definition of success:

EDUCATE CONNECT INSPIRE

VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.

Coaching philosophy

**PLAYER
CENTERED**

**DEVELOPMENT
BASED**

**EXPERIENCE
DRIVEN**

LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational,** and **positive** experience.

U6 five HELPFUL TIPS

- 1** – Pre-K players are ego-centric, they do not want to share the ball, encourage dribbling and creativity with their own ball.
- 2** – Pre-K players are not interested in passing or positions so focus on fun games with their own ball with lots of dribbling and shooting.
- 3** – Pre-K players have incredible imaginations, use fun games to promote enjoyable experience. Try games without balls first if players need help understanding a game.
- 4** – The ball will go out of play a lot, its okay, just have a large supply of balls during games and get another ball in play quickly
- 5** – Pre-K players love it when the coach joins in! Relax and have fun, if you are energetic and into it the players will respond

ELEMENTS OF A GRASSROOTS SESSION

Organized

Reviews session plan, exercises are set up in advance and easy to transition between.

Game-Like

Exercises are game realistic and reflect the objective of the session.

Repetitions

Keeps players engaged by maximizing the appropriate number of repetitions.

Challenging

Manages the exercise to find the right balance between too easy and too difficult.

**CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE
UTILIZING THE COACHING TOOLKIT**

Coaching

Communicates clear and concise coaching points using a variety of methods from toolkit

Enthusiasm

Demonstrates positive energy and enthusiasm with players.

U6 TRAINING

Pre-K "Me and My Ball"

- ✓ Build comfort with the ball.
- ✓ Learn purpose, direction, & rules of the game.

Training B.L.O.C.K.S.

B. Bed-In the skill of the day.

L. Learn the new technical tools to enhance the skill.

O. Orientate the skill within the game.

C. Challenge the skill with a specific problem.

K. Knowledge Check for in-game knowledge of the skill.

S. Solve Can the players solve the problem.

SESSION TOPICS & OBJECTIVES

- 1** **Topic** **Dribbling**
Objective Learn how to dribble the ball and keep it close
- 2** **Topic** **Dribbling**
Objective Learn how to dribble the ball and keep it close
- 3** **Topic** **Dribbling**
Objective Learn how to dribble the ball and keep it close
- 4** **Topic** **Shooting**
Objective Learn how to shoot the ball
- 5** **Topic** **Dribbling**
Objective Learn how to dribble the ball and keep it close
- 6** **Topic** **Shooting**
Objective Learn how to shoot the ball
- 7** **Topic** **Escape Pressure**
Objective Learn how to protect the ball while turning
- 8** **Topic** **Dribble and Shoot**
Objective Learn how to dribble and then shoot

Week 1 Dribbling

OBJECTIVE | Learn how to dribble the ball and keep it close

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How fast should I go to get away from my friend?

KEY WORDS

Keep it close, Fast as you can

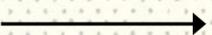
PLAYER ACTIONS

Dribbling

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



3 v 3

4 v 4

Play to discover

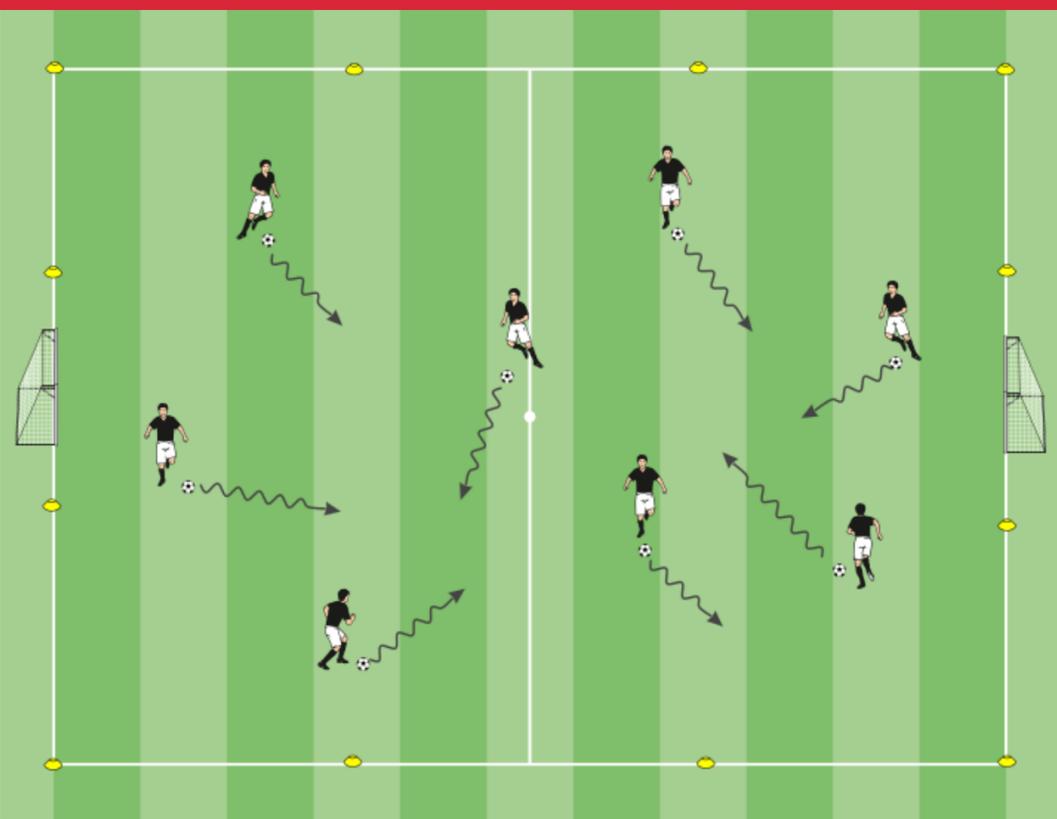
Me and my ball

Learn fundamentals, purpose, direction, & rules of the game

Dribbling
Block 1

FUN GAME 1 - TRAFFIC LIGHTS

3 MINUTES PLAY | 1 MINUTE REST



AREA

15 x 20 yards

DESCRIPTION

Players with a ball each in area dribbling.
 Red light = stop ball with sole of foot, Yellow light = pull back turn, Green light = dribble ball
 Highway = dribble at speed, Traffic Circle = double inside cut, Carwash = sole roles x 10
 Gas fill up = dribble ball around cone
 Crazy Driver = big toe, little toe zig zag with ball

MORE CHALLENGING

Add 1 police officer to try to steal ball

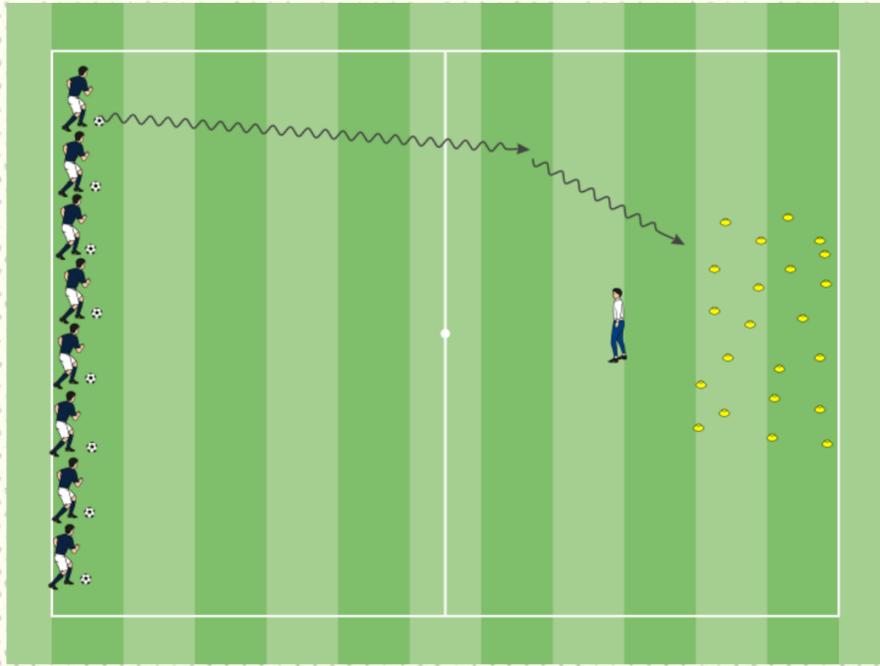
PRE-K

DRIBBLING

WEEK 1

FUN GAME 2

WHAT'S THE TIME MR WOLF



AREA

15 x 20 yards, cones placed next to coach

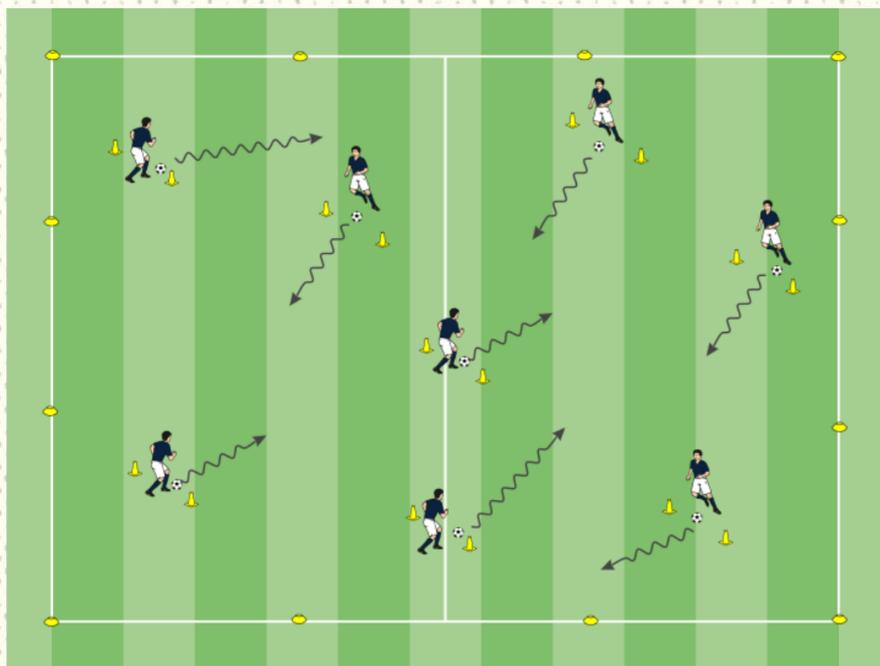
DESCRIPTION

When the Big Bad Wolf (Coach) howls, the kids should say "What time is it Mr. Wolf" Its "2 O'clock" all the players take 2 touches forward and stop the ball with the sole of the foot. Repeat again until it's "Dinner Time" when the wolf turns and runs to "eat" some soccer balls. Players must stop ball on end line. The wolf needs to protect his wolf treats, braver children can try and get close to steal one before it's dinner time.

MORE CHALLENGING

Add more wolfs

FUN GAME 3 BEWARE OF THE WOLF



AREA

15 x 20 yards, 3 yard gates

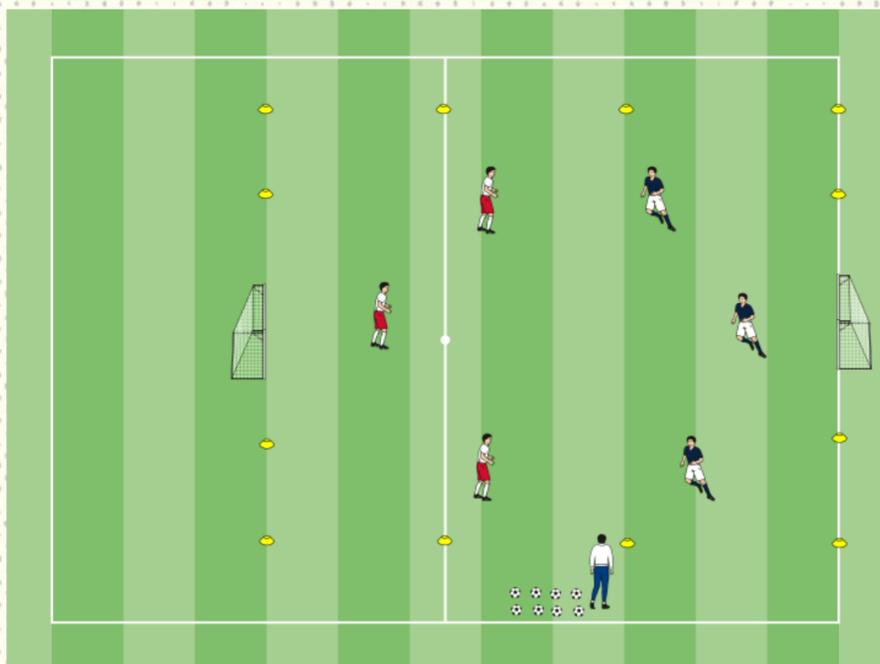
DESCRIPTION

Players with a ball each (start game without ball to understand concept) at the safe chicken coop (in gate). Chickens need to eat so try visit as many chicken coops as possible, dribbling ball to new gate. Listen out for the "howling wolf" (coach) chases the chickens. If you are in the coop you are safe but beware of the wolf when you leave

MORE CHALLENGING

Add more wolfs

GAME 3v3 / 4v4



AREA

15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 2 Dribbling

OBJECTIVE | Learn how to dribble the ball and keep it close

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How fast should I go to get away from my friend?

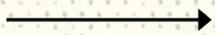
KEY WORDS

Keep it close, Fast as you can

PLAYER ACTIONS

Dribbling

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces



3 v 3

4 v 4

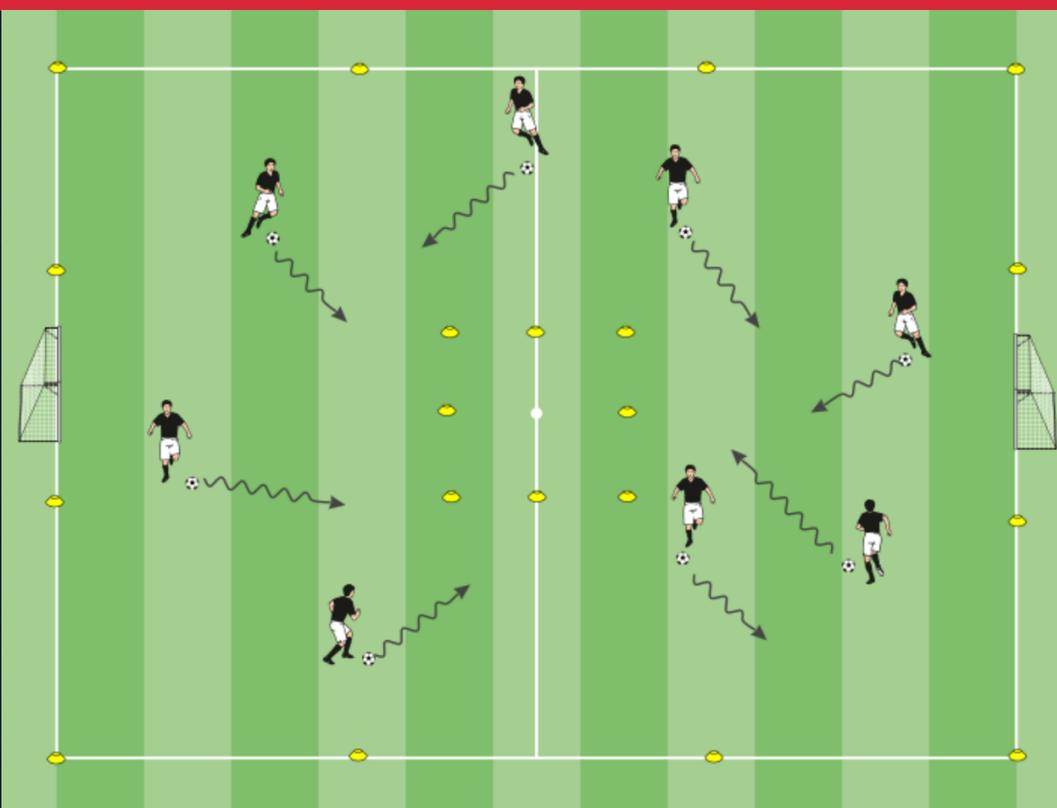
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

FUN GAME 1 - PIRATE SHIP



AREA

15 x 20 yards with 5x5 square in middle.

DESCRIPTION

Players = Pirates, Coach = Captain, Player's dribble making sure they do not splash into the ocean.
 "Captains Coming" Foot on ball shout Aye Aye Captain
 "Climb the rigging" 10 sole taps
 "Scrub the decks" 10 tik tocks
 "Albatross overhead" Dribble ball to center to hide
 "Fire cannons" Shoot ball at Captain
 "Bow or Stern" = Dribble to one end of the ship stopping ball on the line. "High/Low Winds" Dribble fast/slow

MORE CHALLENGING

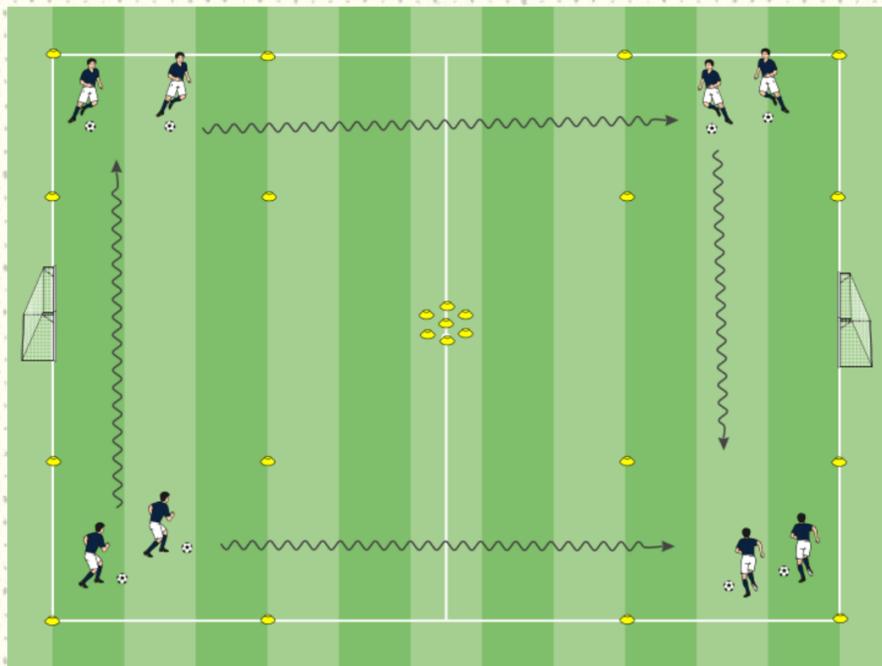
Pirates from another ship try to steal ball

PRE-K

DRIBBLING

WEEK 2

FUN GAME 2 TREASURE ISLAND



AREA

15 x 20 yards, 5x5 squares in corners, cones in middle

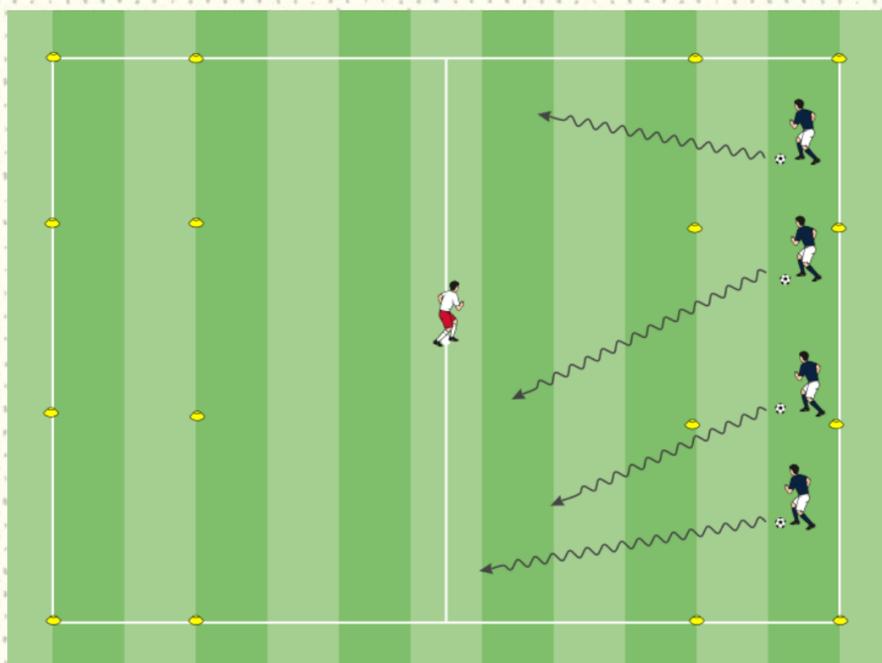
DESCRIPTION

Pirates now search the treasure islands. Start players in different islands & ask them to search for the treasure by visiting each island dribbling their ball (do it without ball first if needed). Add treasure to the center and ask the pirates to find a piece of treasure and take it back to their island working as a team of pirates.

MORE CHALLENGING

Add sharks who can now try to catch the pirates and steal their ball.

FUN GAME 3 SHARKS IN THE WATER



AREA

15 x 20 yard with 5 yard end zones

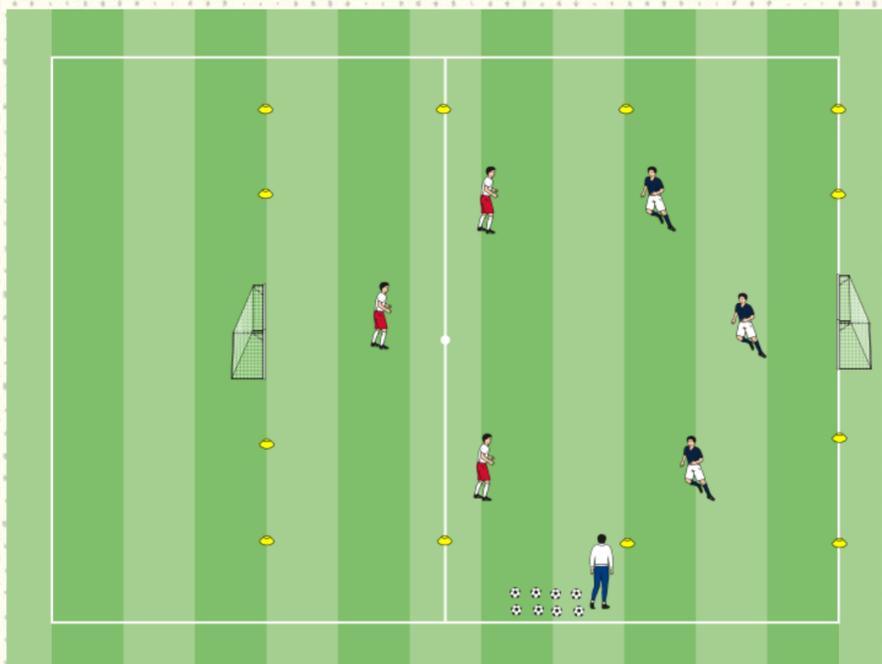
DESCRIPTION

Pirates start with their ball on end line (play without ball if needed) and dribble across the ocean avoiding the sharks who can steal their ball. Goal is to make it to the opposite island safely by dribbling into open space. If you have your ball stolen, you become a shark.

MORE CHALLENGING

Add more sharks

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 3 Dribbling

OBJECTIVE | Learn how to dribble the ball and keep it close

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How fast should I go to get away from my friend?

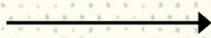
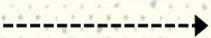
KEY WORDS

Keep it close, Fast as you can

PLAYER ACTIONS

Dribbling

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces



3 v 3

4 v 4

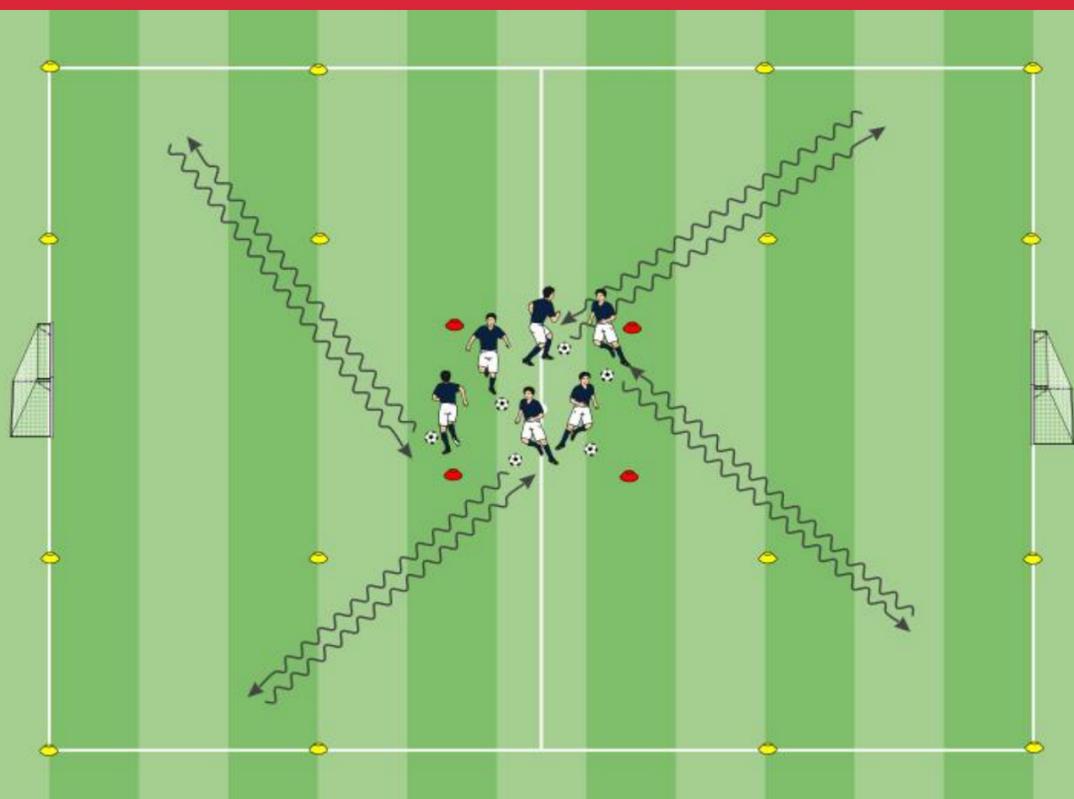
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

FUN GAME 1 - FEEDING THE FARM ANIMALS



AREA

15 x 20 yards, 5x5 squares as shown.

DESCRIPTION

Players start in the farm (red square) name farmyard animals. Give each yellow square an animal name (chickens, cows, pigs....) and ask players to dribble their ball to each animal then come back to the farm. Once they have visited each animal coach now calls an animal and player must visit that box. Keep ball close and look for space.

MORE CHALLENGING

Race to see how many animals you can visit in 1 minute.

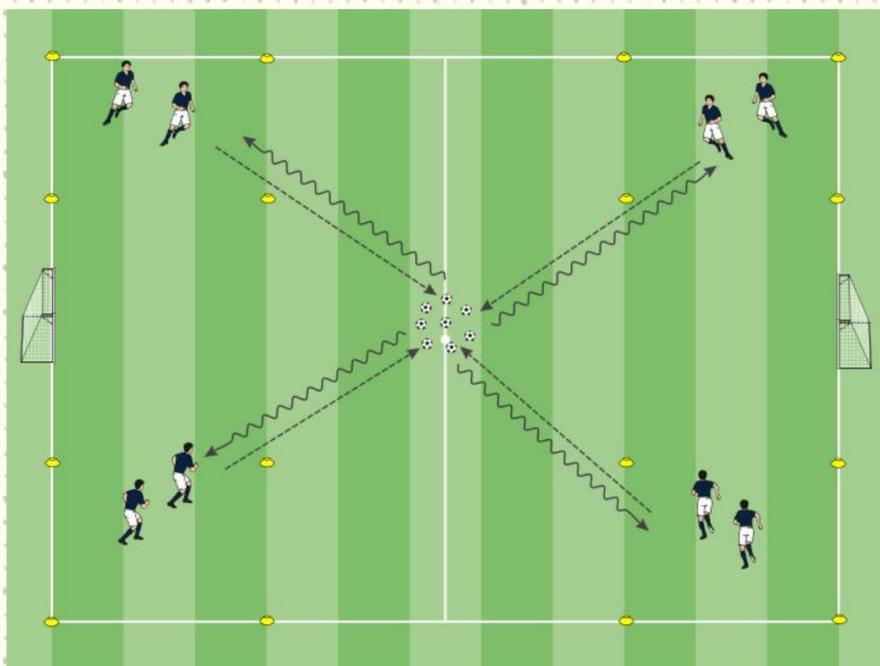
PRE-K

DRIBBLING

WEEK 3

FUN GAME 2

HUNGRY HIPPOS



AREA

15 x 20 yards, 5x5 squares

DESCRIPTION

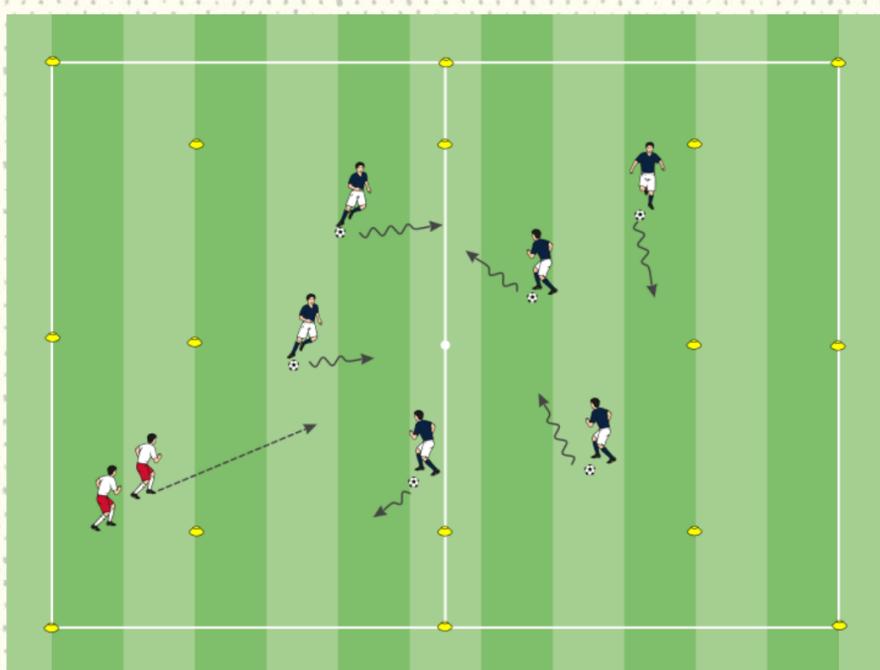
Hippos need to eat! On the "Hungry Hippos" command 1 player from each square runs into the middle and dribbles a ball back to their square. The next hippo can leave and get another ball. Keep playing until there are no balls left. The hippos should return the balls at the end of each round by dribbling the balls back and stopping them in the middle square.

MORE CHALLENGING

Place cones in middle and have hippos dribble ball to middle and grab a cone with their hand.

FUN GAME 3

KING/QUEEN OF THE JUNGLE



AREA

15 x 20 yards

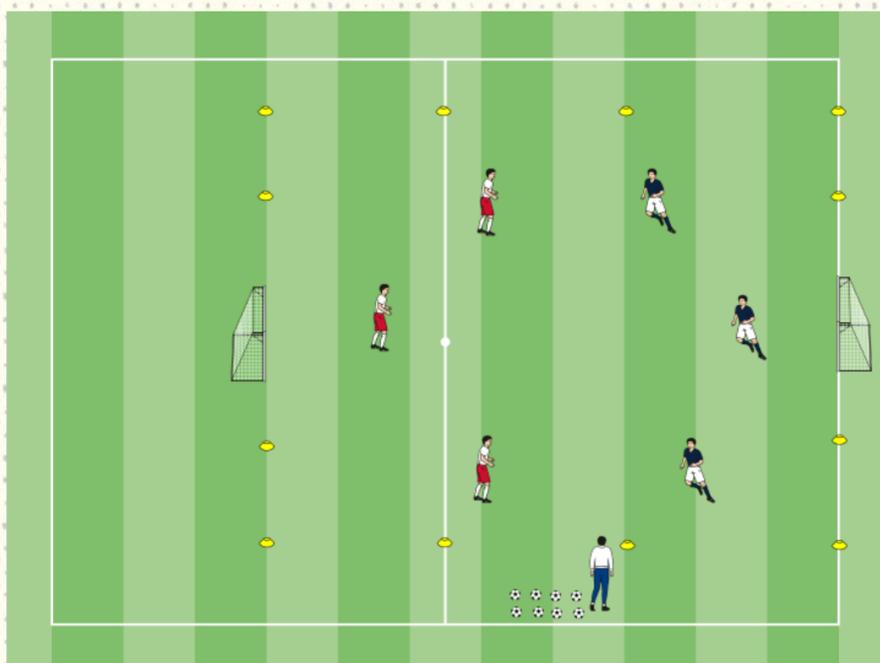
DESCRIPTION

Players with a ball each inside the grid. Ask players to choose their favorite jungle animal and move around the jungle by dribbling and keeping ball close. The King/Queen of the jungle is a Lion, when you hear the lion's roar, beware! The lions try to steal the balls.

MORE CHALLENGING

Add more lions

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20-yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 4 Shooting

OBJECTIVE | Learn how to shoot the ball

COACHING POINTS

1. Big kick, Strong kick
2. Get close to the goal before shooting
3. Use the front of the foot to kick the ball

GUIDED QUESTIONS

1. Should I kick the ball hard to score?
2. How close to the goal should I be to score?
3. What part of the foot helps me kick the ball hard?

KEY WORDS

Strong kick, be brave

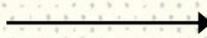
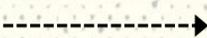
PLAYER ACTIONS

Shooting

TECHNICAL TOOLS

Block 1: Kick the ball to the goal

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



3 v 3

4 v 4

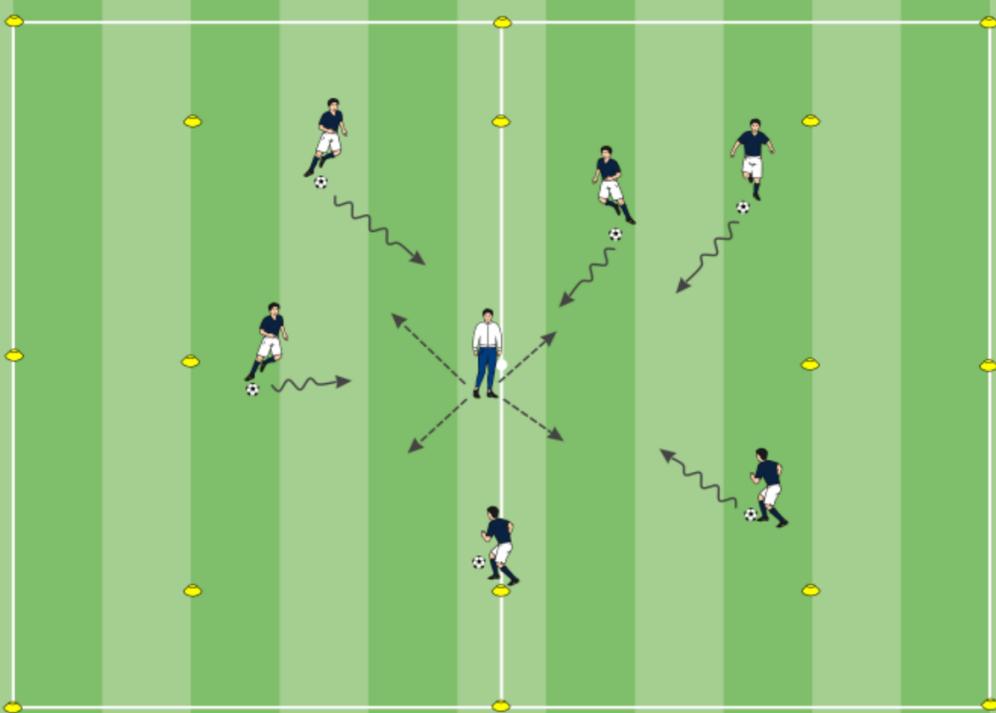
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Shooting
Block 1

FUN GAME 1 FUNKY CHICKEN



AREA

15 x 20 yards

DESCRIPTION

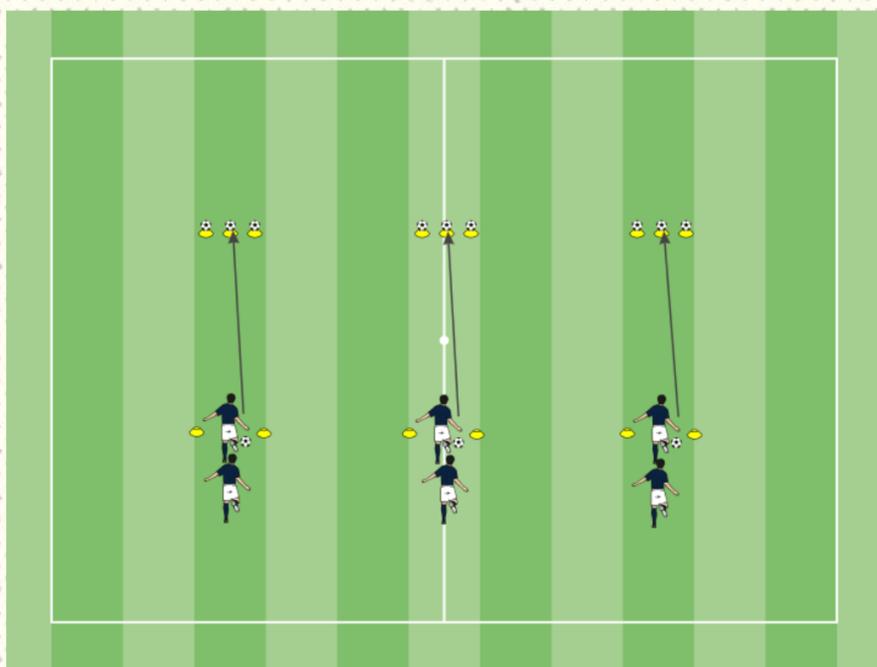
Coach is the funky chicken. Kids try to strike their ball against the funky chickens' legs. Every time the chicken gets hit, he/she loses a feather (use pinnies and throw in the air when hit) until there are none left. The funkier the chicken and the better the sound effects are, the more the kids will enjoy chasing and shooting their balls. Ask players to dribble close before shooting at the chicken

MORE CHALLENGING

Recruit some mini-chickens

PRE-K SHOOTING WEEK 4

FUN GAME 2 SOCCER BOWLING



AREA

Cones places 5-10 yards away from players

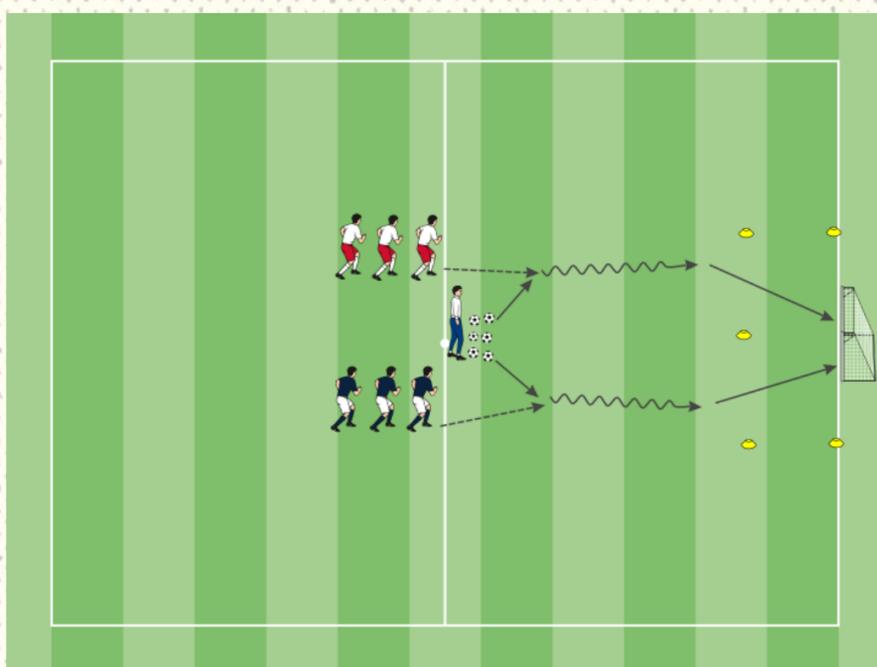
DESCRIPTION

Each player gets one shot at the 3 balls, after your shot, dribble the ball back (no hands!) for the next person on your team. Keep the teams to 2-3 players so there is not a long wait. Once you knock all 3 balls off the cones, put them back on so you can score more points. After 3 minutes the team who knocked over the most balls wins.

MORE CHALLENGING

Move players back to increase distance of shot

FUN GAME 3 GOALS, GOALS, GOALS



AREA

15 x 10 yards, 1 goal (2 if more than 6 players)

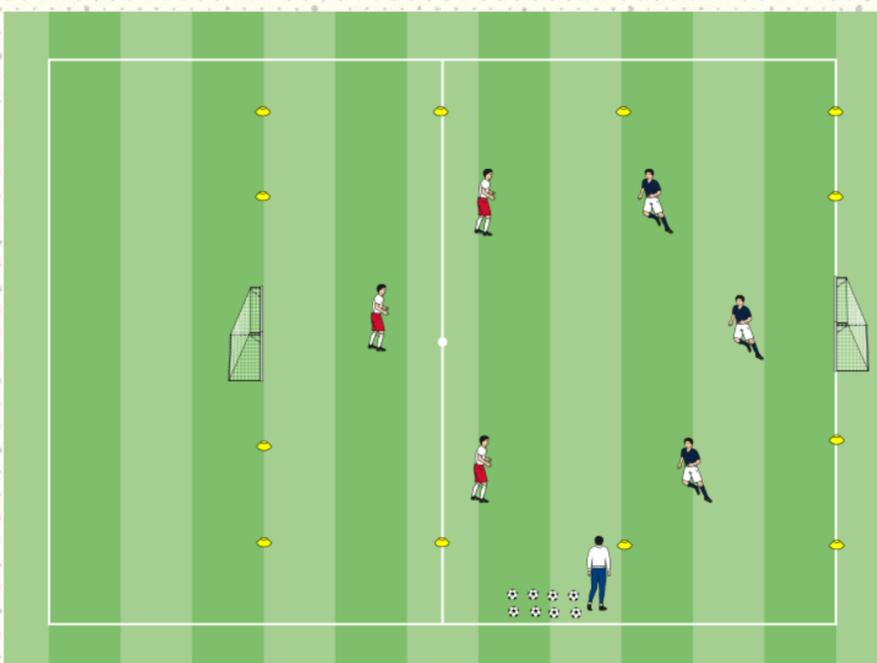
DESCRIPTION

Coach splits group into two and keeps balls. Pass 2 balls forward, 1 for each team, with the players dribbling and shooting before the 5 yard box in front of goal. Add a 2nd goal if more than 6 players. Encourage players to look at the goal before shooting.

MORE CHALLENGING

Players start with ball and dribble before shooting

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 5 Dribbling

OBJECTIVE | Learn how to dribble the ball and keep it close

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How fast should I go to get away from my friend?

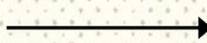
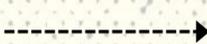
KEY WORDS

Keep it close, Fast as you can

PLAYER ACTIONS

Dribbling

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces



3 v 3

4 v 4

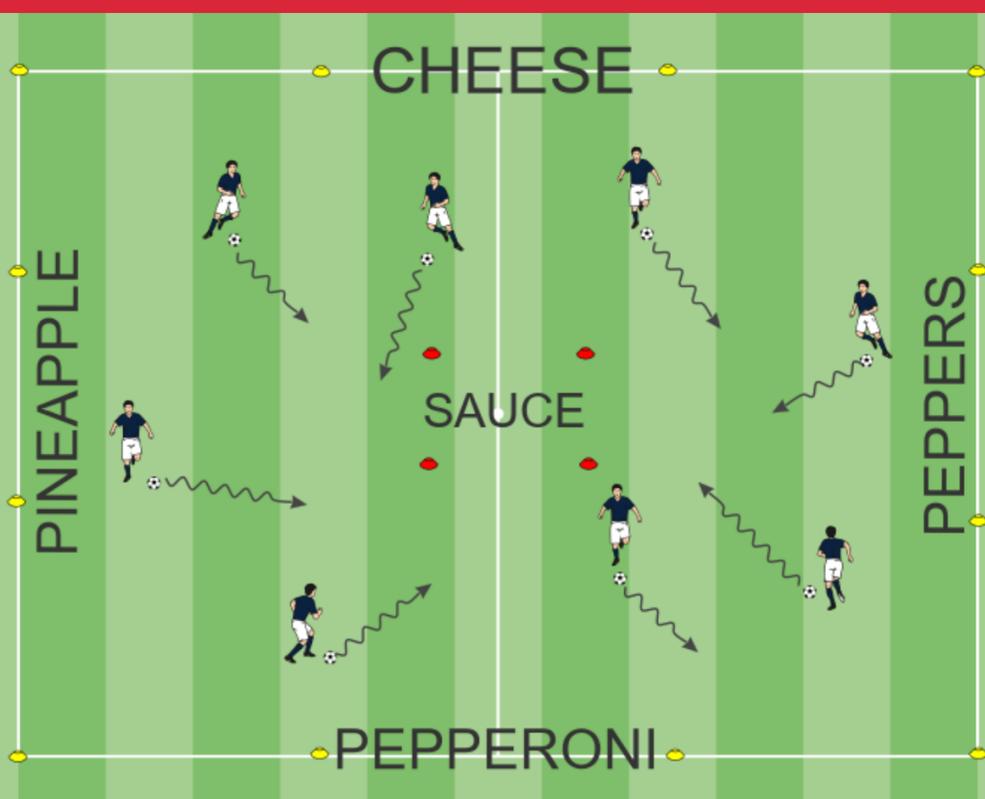
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

FUN GAME 1 PIZZA TIME



AREA

15 x 20 yards, 5x5 squares as shown.

DESCRIPTION

Ask players to think of their favorite pizza toppings and shout them out. Name a square after a topping with sauce in the middle. Players start with some sauce, then cheese and toppings by dribbling their ball to each square. After collecting all the toppings put the pizza in the oven by making 10 sole taps! Make another pizza changing toppings

MORE CHALLENGING

“Pizza the Hut” (coach) loves to steal and eat pizzas! Beware and dribble your pizza away when he comes.

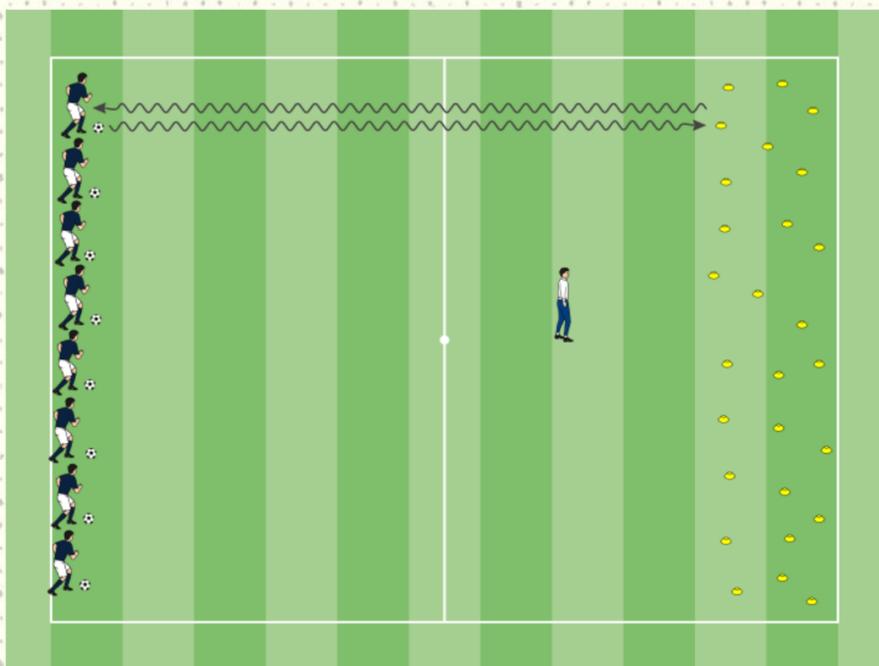
PRE-K

DRIBBLING

WEEK 5

FUN GAME 2

TRICK OR TREAT



AREA

15 x 20 yards, scattered cones at end of grid

DESCRIPTION

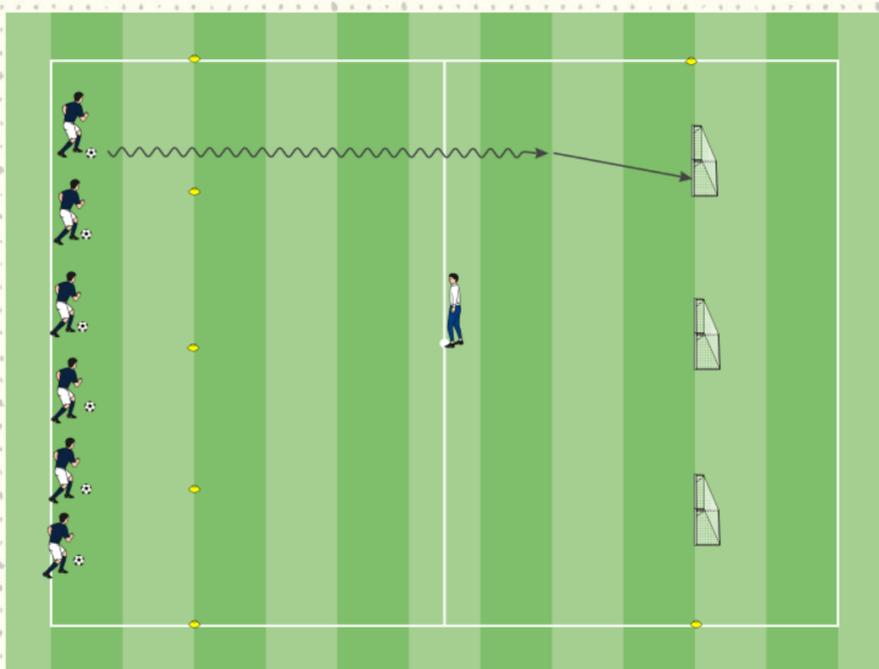
It's Halloween and time to get some candy! When coach shouts "trick or treat" each player dribbles their ball to a candy, picks the candy up with their hand and dribbles ball back to start. Place each piece of candy next to your own water bottle! Go back for more, as quick as you can. Beware of the Halloween Ghost (Coach) who loves to steal candy from kids!

MORE CHALLENGING

Play "Freeze" game where players must stop their ball and stand as still as possible to not get caught!

FUN GAME 3

GHOSTBUSTERS



AREA

15 x 20 yards, 3 goals, 5 yard end zone

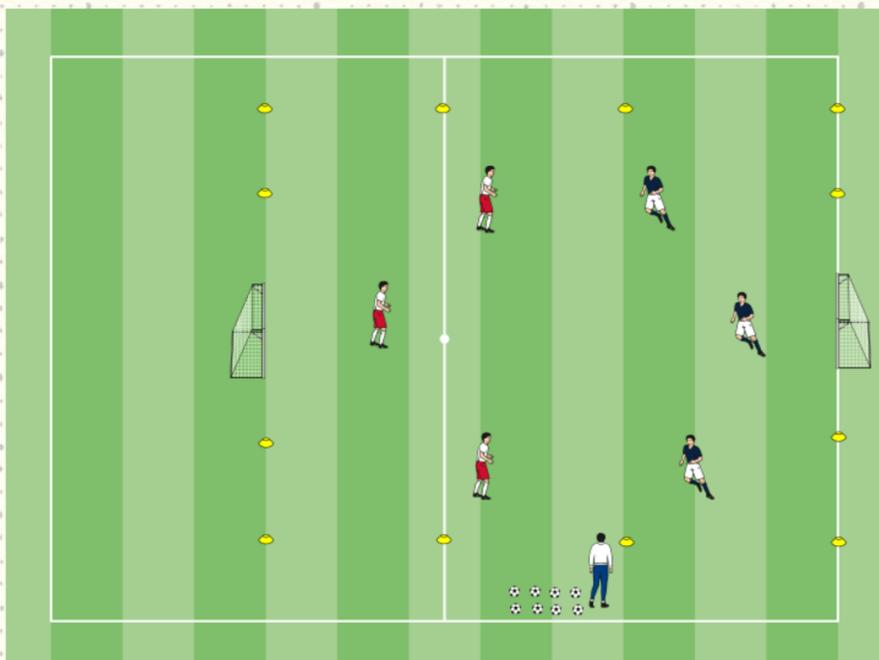
DESCRIPTION

Beware of the Ghosts! Players need to dribble their ball past the ghost and score a goal. If the ghost tags them, start again. Team needs to score 10 goals to banish the ghost!

MORE CHALLENGING

Add more ghosts, if ghost wins ball, they dribble to end zone.

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 6 Shooting

OBJECTIVE | Learn how to shoot the ball

COACHING POINTS

1. Big kick, Strong kick
2. Get close to the goal before shooting
3. Use the front of the foot to kick the ball

GUIDED QUESTIONS

1. Should I kick the ball hard to score?
2. How close to the goal should I be to score?
3. What part of the foot helps me kick the ball hard?

KEY WORDS

Strong kick, be brave

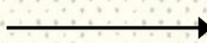
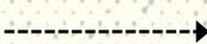
PLAYER ACTIONS

Shooting

TECHNICAL TOOLS

Block 1: Kick the ball to the goal

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



3 v 3

4 v 4

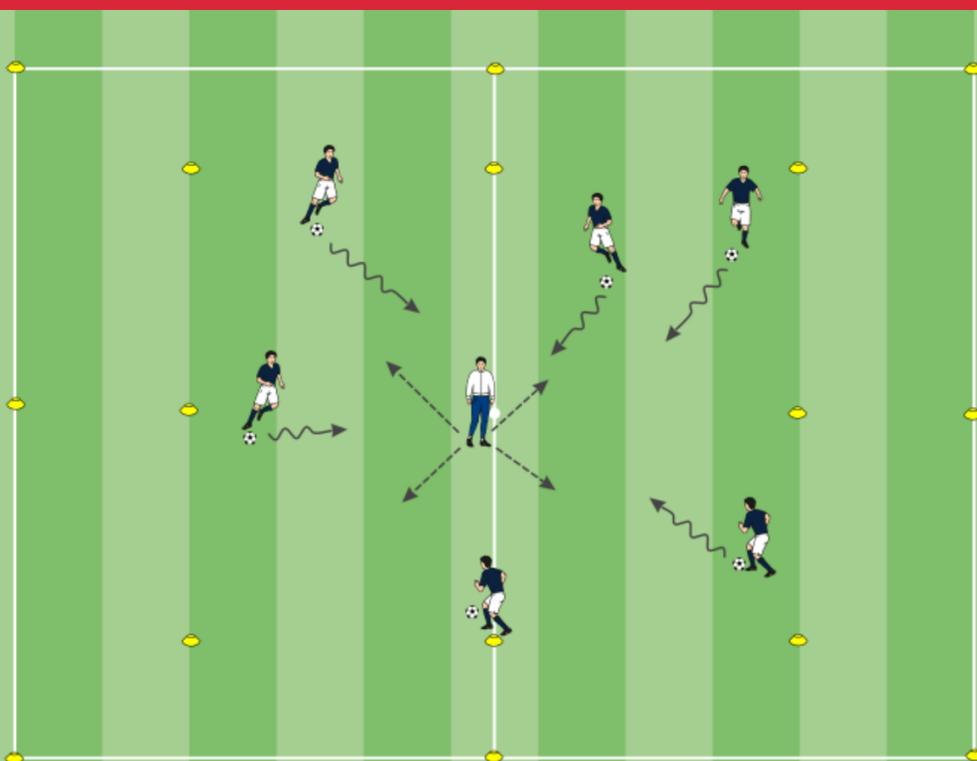
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Shooting
Block 1

FUN GAME 1 DARTH VADER



AREA

20 x 15-yard grid.

DESCRIPTION

Coach is Darth Vader. Kids are Jedi Knights trying to strike their lasers against Vader's legs. Every time Vader gets hit, he/she loses a life (use pinnies and throw in the air when hit) until there are none left. The better the sound effects are, the more the kids will enjoy chasing, shooting, and hitting Darth Vader. Ask players to dribble close before shooting at Darth Vader

MORE CHALLENGING

Recruit some Jedis to join the dark side!

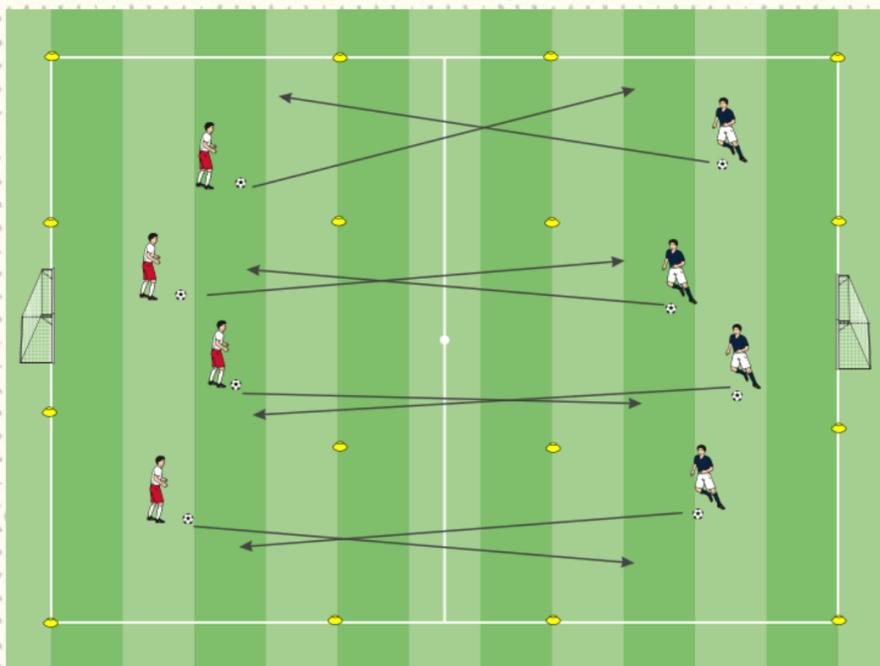
PRE-K

SHOOTING

WEEK 6

FUN GAME 2

CLEAN YOUR ROOM



AREA

15 x 20 yards, 5 yard middle zone

DESCRIPTION

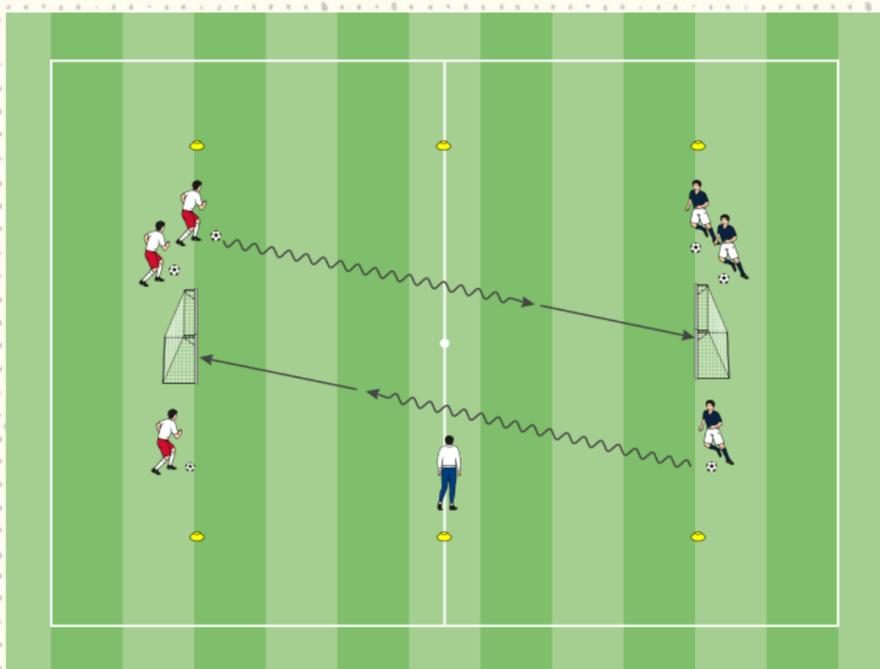
Its time to clean your room and get rid of all the stinky laundry! On the "clean your room" command from coach each team tries to get as much dirty laundry into their opponent's room as possible by shooting the ball into the opposing teams' room. Players can not shoot the ball from the middle channel to prevent injuries. Coach can move balls out of this area. Team with least laundry in their room wins.

MORE CHALLENGING

Add ball mastery sole taps before shooting ball across grid

FUN GAME 3

GOALS, GOALS, GOALS



AREA

20 x 15 yards, 2 goals

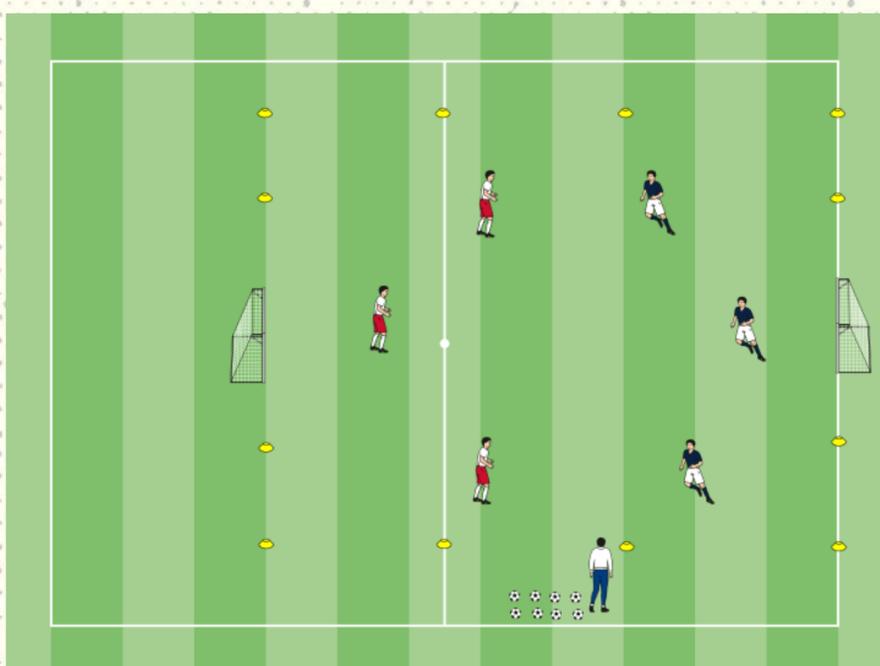
DESCRIPTION

Coach splits group into two teams. Play in smaller area so players are closer to the goals. When coach calls your name, dribble and shoot into goal. Remember to pick your head up, keep ball close and look at goal before shooting. Encourage a race to speed things up!

MORE CHALLENGING

Play 1 ball to create a 1v1 and then 2v2

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20-yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 7 Escape Pressure

OBJECTIVE | Learn how to protect the ball while turning

COACHING POINTS

1. Little touches, Soft touches
2. Protect the ball with your shield
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. How do you hold a shield?
3. How fast should I go to get away from my friend?

KEY WORDS

Keep it close, Hold you shield, Fast as you can

PLAYER ACTIONS

Escape Pressure

TECHNICAL TOOLS

Block 1: Shield

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



3 v 3

4 v 4

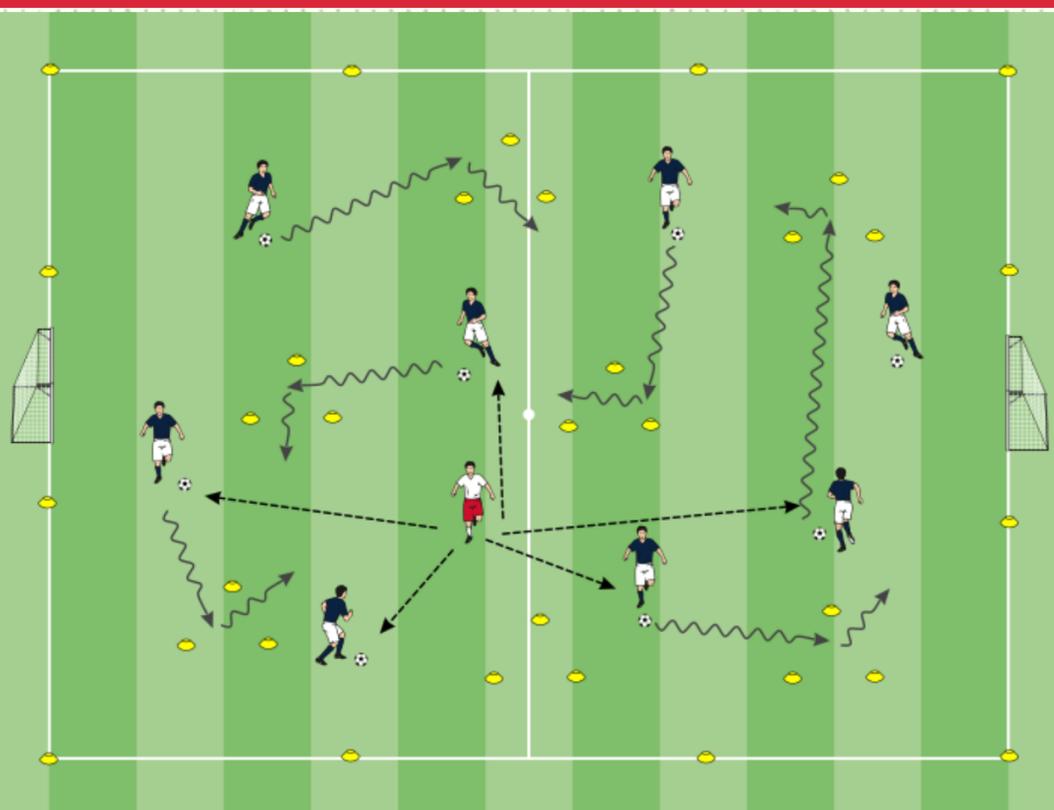
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Escape Pressure
Block 1

FUN GAME 1 DOG PARK



AREA

15 x 20 yards, Small triangles of cones

DESCRIPTION

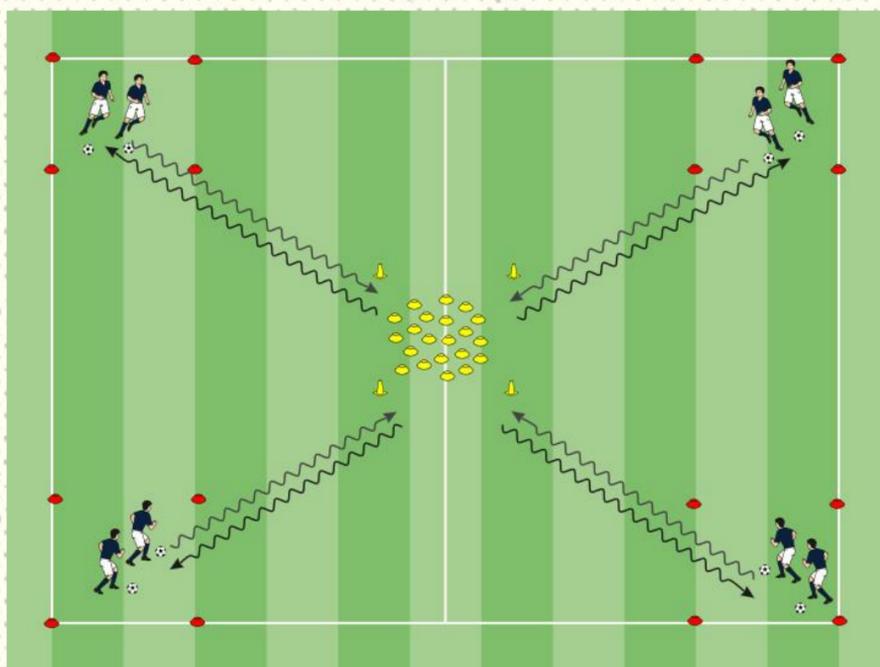
Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. Keep dog on a tight leash! 1 point for every time you go through the dog park (yellow triangle) making sure to give your dog a treat! Coach should chase the dogs and if they catch one, they become a dog catcher too. Introduce a pull back move to practice when getting to a dog park.

MORE CHALLENGING

Add more dog catchers. After 3 points try to score on goal.

PRE-K CHANGE OF DIRECTION WEEK 7

FUN GAME 2 PIRATES BOOTY



AREA

15 x 20 yards, 5 yard squares

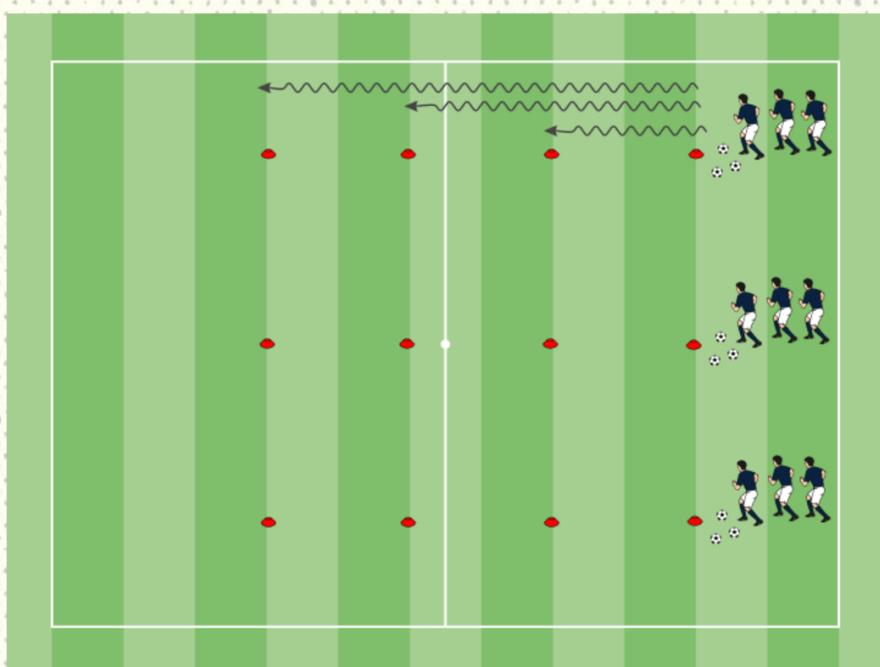
DESCRIPTION

Pirates love gold! On the “Shiver me timbers” command, 1 player from each team dribbles their ball into the middle stopping with a squish. Pick up a piece of treasure and bring it back by dribbling ball and squishing back on your ship. Keep playing until there are no treasures left. The pirates should count their booty! Use step on turn to change direction

MORE CHALLENGING

Steal some treasure, players can now steal treasure from other ships!

FUN GAME 3 REVS RELAY



AREA

15 x 20 yards, cones placed 5 yards apart as shown.

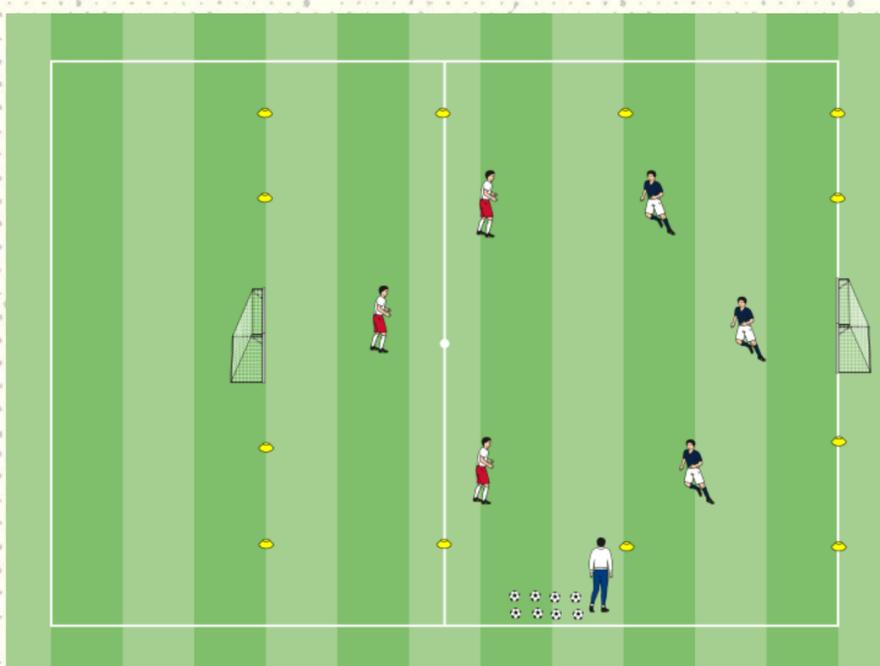
DESCRIPTION

On “Go” the first player in the group dribbles the first ball to one of the 3 cones and runs back to front of line. They repeat until all 3 balls are next to all 3 cones. The next person in line dribbles all 3 balls back 1 at a time. Repeat this process for set number of times. Change of the order of players, give points for team finishing first. Use change of direction move.

MORE CHALLENGING

Dribble ball there and back 3 times!

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Week 8 Dribble and Shoot

OBJECTIVE | Learn how to dribble and shoot

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Big kick to score

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How hard should I kick the ball to score?

KEY WORDS

Keep it close, Fast as you can, Strong kick

PLAYER ACTIONS

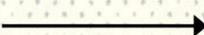
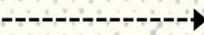
Dribbling, Shooting

TECHNICAL TOOLS

Block 1: Keep the ball close

Block 1: Kick the ball at the goal

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



3 v 3

4 v 4

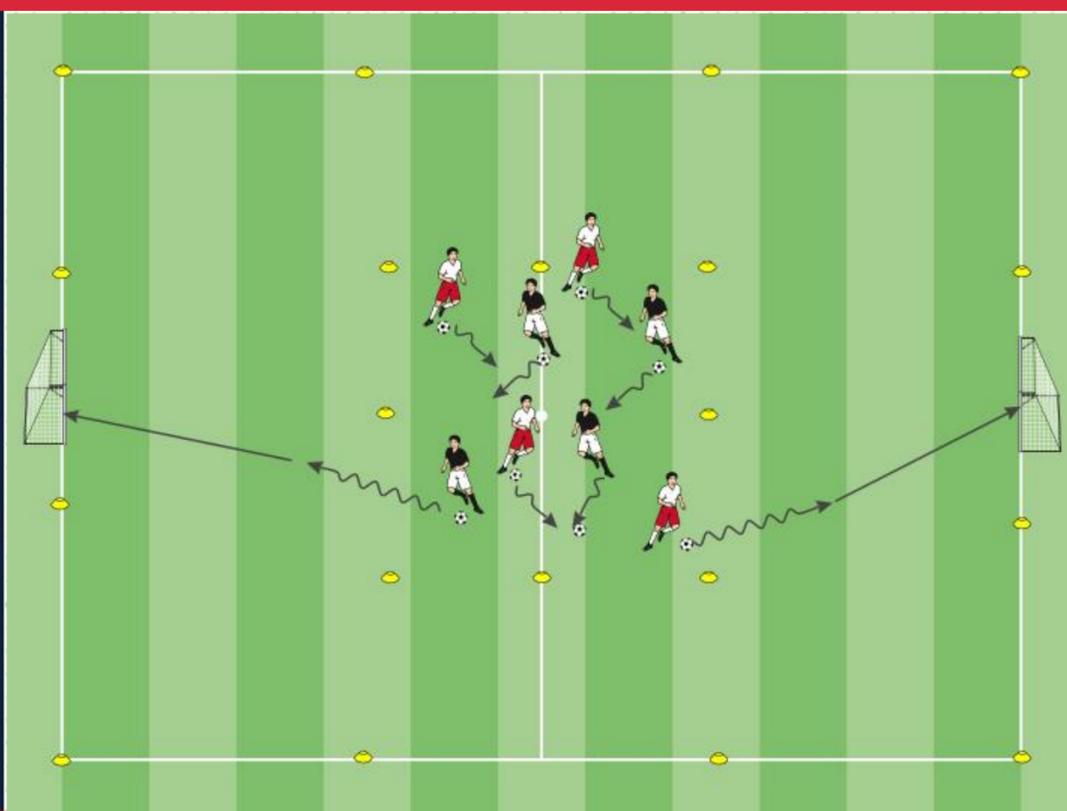
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling, Shooting
Block 1

FUN GAME 1 COACH SAYS



AREA

20 x 15 yards, 10 x 10 grid in center

DESCRIPTION

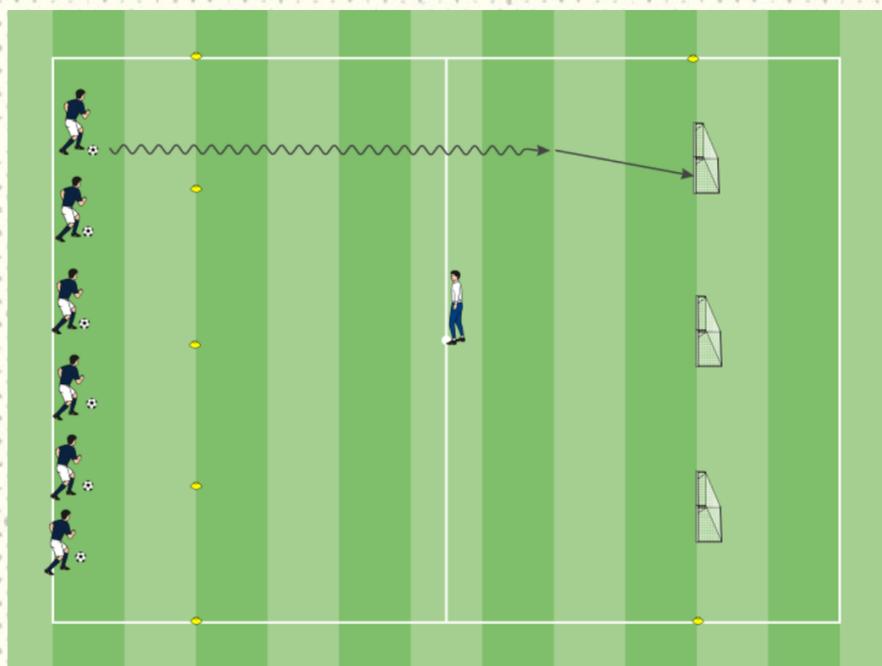
Coach says (Simon says) Dribble. Body parts, coach says put your foot on the ball, put your butt on the ball, put your head on the ball. Encourage players to dribble and stop with a squish before putting body part on ball. Now add Coach Says score a goal! Dribble and shoot on goal as fast as you can.

MORE CHALLENGING

Add a defender blocking the goal
Give a time limit count down to score

PRE-K DRIBBLE/SHOOT WEEK 8

FUN GAME 2 COACH SAYS RED LIGHT GREEN LIGHT



AREA

20 x 15 yards, 3 goals

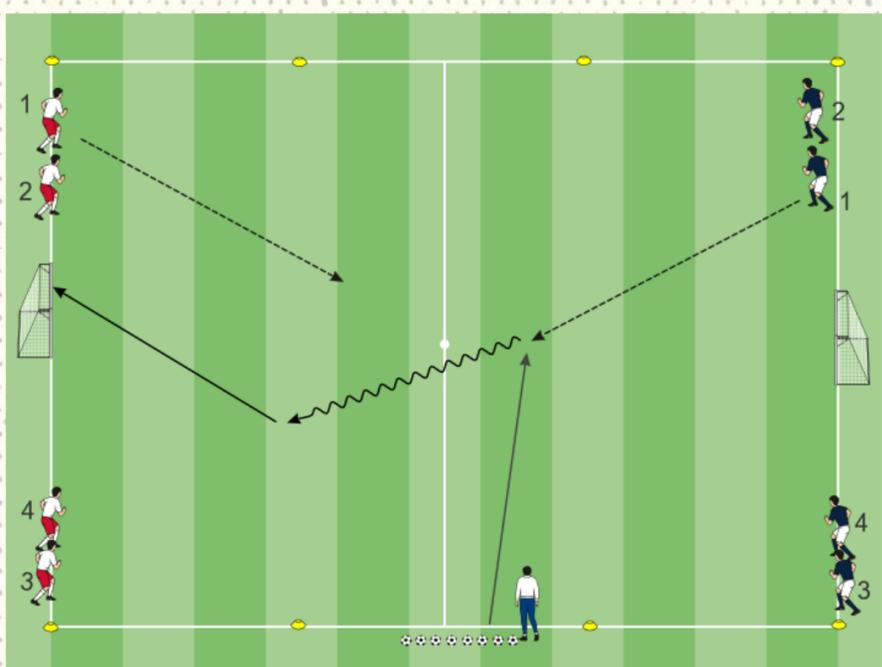
DESCRIPTION

Coach says "green light" players dribble, Coach says "red light" players stop. Coach says "score a goal" players dribble towards the three goals and shoot. Have fun giving different instructions from previous game (coach says put your butt on the ball) encouraging players to use all surfaces of their foot.

MORE CHALLENGING

Race to goal with the coach as the defender, how many goals can you score in 2 minutes!

FUN GAME 3 GHOSTBUSTERS



AREA

20 x 15 yards, 2 goals

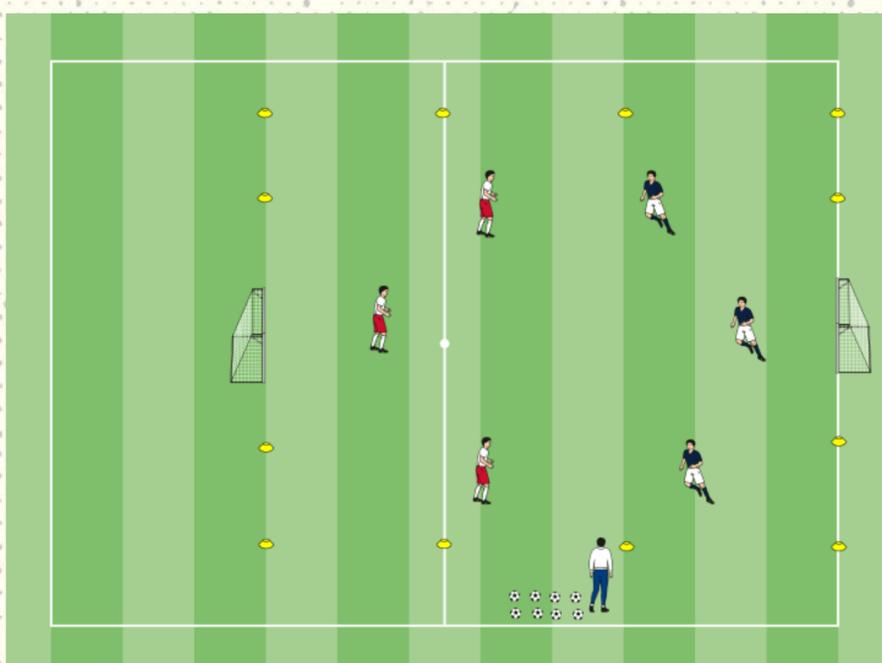
DESCRIPTION

Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

MORE CHALLENGING

Call out 2 numbers for 2v2.

FUN GAME 3 GHOSTBUSTERS



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.

Ages and stages

Social Development

- Play in ways that include fantasy and imagination.
- Imitate coach and friends' behaviors.
- Players can be impulsive and sometimes demanding.

Emotional Development

- They enjoy movement and being active.
- Seek positive praise and support.
- Emotions are linked to desires (likes/dislikes).

Language Development

- Basic vocabulary.
- Can understand basic analogies "hop like a bunny rabbit"
- They understand more than they can verbalize.

Cognitive Development

- Eager to learn and learn quickly.
- Easily distracted.
- They ask lots of questions.

Physical Development

- Develop fundamental movements.
- No concept of pace or fatigue. (They play at full capacity).
- Have the capacity to tumble, spin, and roll.

AGE: U16

LEVEL: GRASSROOTS

AREA OF FIELD:

Build Up

GAME PRINCIPLE: PENETRATION

PLAYERS NEED TO HAVE FUN! BELOW ARE PLAYERS ACTIONS AND TECHNICAL TOOLS.

TECHNICAL TOOLS

PLAYER ACTIONS

BLOCK 1





AGE: U10

LEVEL: GRASSROOTS

AREA OF FIELD:

Build up

GAME PRINCIPLE: PENETRATION

TEACHING TOOLS

PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS TO DO BASED ON SESSION TOPIC.

EXAMPLE

“Pass or dribble forward”

TECHNICAL TOOLS

WAYS IN WHICH TO PERFORM OR ENHANCE PLAYER ACTIONS.

COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO PERFORM THE PLAYER ACTIONS. EXAMPLE FOR DRIBBLING “LARGER TOUCHES TO ACCELERATE INTO SPACE”

GUIDED QUESTIONS

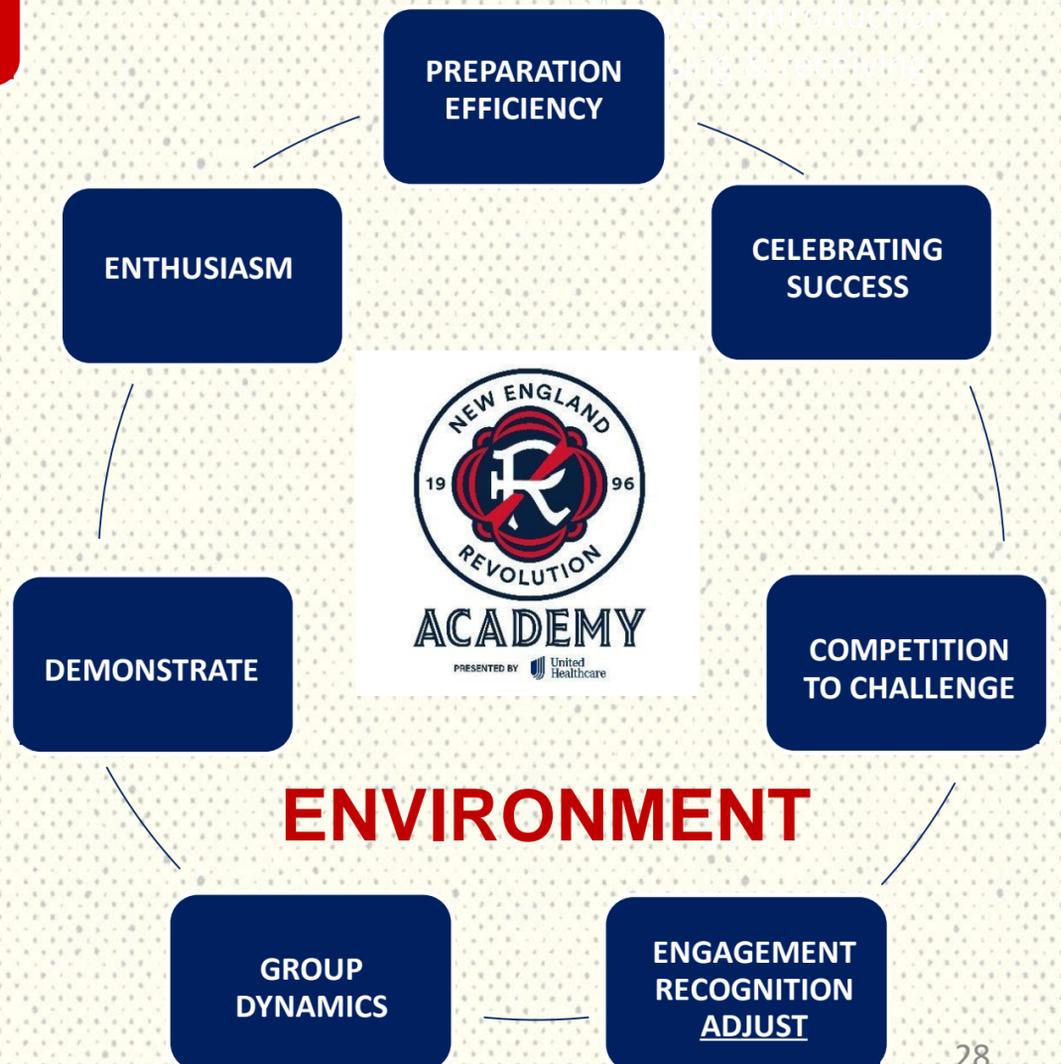
QUESTIONS SHOULD BE PREMEDITATED TO SEEK UNDERSTANDING FROM THE PLAYERS. THEY MUST BE RELEVANT TO THE SESSION TOPIC AND SIMPLE FOR THIS AGE. EXAMPLE FOR DRIBBLING “HOW DO YOU KNOW WHERE THE OPEN SPACE IS WHEN DRIBBLING?”

COACHING



- Learn player's names
- Get to know players
- Ask about their day / hobbies
- Take knee, get to their level
- Laughter is a sign a session is going well

- Keep a supply of balls
- Entry Pass to different players in game
- DEMONSTRATE!
- High five at beginning and end of session
- No laps, lines or lectures!



SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure, and applying the skill into specific game related situations.

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

DELIBERATE
PRACTICE GAME-
LIKE ACTIVITIES

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7