

NELSON BAY FOOTBALL CLUB



UNDER 6

DISCOVERY DEVELOPMENT

PROGRAM

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NELSON BAY FOOTBALL CLUB

U6 COACHING GUIDELINES

AIM: To allow players to develop in a **SAFE, FUN** and **EDUCATIONAL** environment.

OBJECTIVES:

- 1) Keep things brief and simple! Remember players at this level have a short attention span. Be careful with the language you use when communicating with young players – always be as positive as possible and include all players.
- 2) Make things FUN! Your energy and enthusiasm need to come though in every practice. Allow players as much active time with a ball each as possible.
- 3) Use your imagination! A successful coach with this age range is one who can make his/her session relate to how the young player views the world. Use Harry Potter / Sponge Bob square pants or other popular characters that the children are relating to as characters in your games to make them feel more involved.
- 4) **ALL** players should be given plenty of opportunities to succeed and **ALL** players need to be kept motivated and challenged. Come down to their level and be part of their world.

To succeed in coaching players in this age range, you must have:

- **Patience** - they will not understand things right away. Although young they want and need you to be in charge. Be firm with what your expectations are and provide guidance. Remember you are dealing with young children.
- **Flexibility** - recognize when something is not working and change it
- **A sense of humour** - laugh with your players
- **A very positive attitude** - give generous praise often
- **And lots and lots of energy** – participate in practice

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TRAINING SESSION BREAKDOWN

1) WARM UP 10 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 more interesting and will keep them focussed.

2) SKILL GAMES 20 mins

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

3) SMALL SIDED GAMES 30 mins

Each practice should conclude with a small sided game.
The size of the field should be about 30 x 20 and the teams should be 3v3 with no goalkeepers.

4) COOL DOWN 5 mins

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 covered in the training session, have a group huddle and say goodbye.

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COACHING GUIDELINES 8 WEEK PROGRAM

TECHNICAL

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 Move – soft touch with the Big Toe (across the body), harder touch with the Little Toe (to the outside of the body). Use the same foot to complete the move.

Week 4

Using both feet with small touches and dribbling with their head up. Using the two moves – Stop Turn and Big Toe Little Toe, during the games. Introduce Drag Back Turn. Use a clap to change direction, 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 from the Mud Monsters.

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 to 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.

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U6 – FOOTBALL DISCOVERY PROGRAM

Theme of session: Dribbling – Week 1

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
10 Mins	<p><u>Heads and Tails</u></p> <p>AREA - 20 x 30 (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>Progression: 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 animals ‘Belly’ and ‘Back’.</p> <p>To increase the difficulty and fun play opposites eg. Heads-tails, belly-back etc.</p> <p style="text-align: center;">- DRINKS BREAK -</p>	<ul style="list-style-type: none"> • Keep the ball • Take lots of little touches with both feet.
25 Mins	<p><u>Car Games</u></p> <p>Grannies Car – really slow and makes banging old noises. Family Car – medium pace and has a healthy sound, bbrmmm. Red Ferrari – 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>Red light – ‘screech’ to a stop. Green light – Go Uphill – toe taps on top of the ball Dead-end – introduce the ‘ooh aah’ turn (STOP – TURN). Technical repetition using both feet. Car Thief – 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 ‘ooh aah’ turns to get their car back.</p> <p style="text-align: center;">- DRINKS BREAK -</p>	<ul style="list-style-type: none"> • Soft touches so they don’t crash into anyone • Head Up to avoid crashes • 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.
20 Mins	<p>3v3 – inside an area 30 x 20 metres. Have a supply of balls at the side to keep the game flowing and to try and limit stoppages.</p>	<ul style="list-style-type: none"> • Encourage dribbling – can they do the ‘ooh aah’ turn.

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Theme of session: Dribbling – Week 2

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Memory Magician</u></p> <p>AREA – 20 x 30 metres – invisible force field to keep balls in play (or use parents) All players (magicians) begin w/a ball (wand) Players dribble around magic castle (field) waving wand (dribbling soccer ball)</p> <p>Progression: Use only 1 foot (no right or left) Use other foot Use both feet</p> <p><u>Command Words</u> <u>Freeze</u> - (turn to stone) – if foot is on ball, can free yourself. Otherwise Merlin must get ball for you. <u>Dragon</u> – dribbles around outside of area, until Dragon goes away. Coach (dragon) chases kids off field. <u>Secret Passage</u> – Turn in opposite direction to go down secret passage.</p>	<ul style="list-style-type: none"> • Keep the ball
20 Mins	<p><u>Body Parts</u></p> <p>The players dribble within Soccer Island. When the coach calls out a part of the body the players need to stop the ball and put that part of the body onto the ball eg. Knee, nose etc. You can add the 1st player to put the body part on the ball earns a point. You may also shout out ‘ooh aah’ turn (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.</p>	<ul style="list-style-type: none"> • Small touches on the ball • Have players look for the biggest space to control the ball in – heads up • Revise Stop-Turn
20 Mins	<p><u>3 v 3</u> – Play</p>	<ul style="list-style-type: none"> • Can they dribble and beat a player?
5 Mins	<p><u>Cool Down</u></p>	

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Theme of session: Dribbling – Week 3

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Speedway</u></p> <p>Split groups into 2 ‘speed teams’. On Coach’s command, A’s dribble to B’s area and B’s dribble to A’s area. 1st group with whole team across, scores a point.</p> <p>Progression: Use only 1 foot Use the other foot</p> <p>Add fun incentives - whole team must wave to coach once in other area. Use imagination to vary these regularly.</p>	<ul style="list-style-type: none"> • Keep the ball close to you with small touches • Keep your head up • Use both feet
20 Mins	<p><u>Pirate Ship</u></p> <p>Children all dribble around on the ‘Pirate Ship’, 30 x 20 metre 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’.</p> <p>When the Captain calls ‘Clean the decks’ the players all perform the STOP TURN (Ooh aah) move.</p> <p>Rats on deck – the players do toe tap on top of the ball to keep their feet off the ground.</p> <p>‘Windy Day’ – players perform a new move, Big toe Little toe. They move the ball with the big toe and little toe of the same foot. They then complete the move with the opposite foot.</p> <p>‘Seagulls’ – the players fall on top of their ball to protect it from the seagulls.</p>	<ul style="list-style-type: none"> • Keep the ball (sword) close to them • Ensure Stop Turn is performed correctly • Big Toe Little Toe – soft touch with the Big Toe, harder touch with the Little Toe. Same foot
20 Mins	<p><u>3 v 3</u></p>	<ul style="list-style-type: none"> • Encourage the Big Toe Little Toe & Stop Turn moves
5 Mins	<p><u>Cool Down</u></p>	

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Theme of session: Dribbling – Week 4

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Chocolate Shop</u> 30 x 20 metres. Coach names the first side of the area a piece of MARS BAR (don't tell all four sides at the one time). All the children have a soccer ball. Have the 1st player to each side pick THEIR favourite candy until all four sides have been named. This gives the player incentive to participate. Once the players reach the designated side of the store they must perform a soccer theme – toe taps, stop turn, big toe/little toe, inside taps etc.</p>	<ul style="list-style-type: none"> • Small touches on the ball • Head up • Use both feet • Use turns to change direction when going to a side of the Chocolate Shop.
20 Mins	<p><u>Electric Fence</u> Make it a game to get players in groups of 2 (close your eyes and tell them you will give them 10 seconds to organise themselves). Make a line of cones about 6-8 metres in front of 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 the successfully dribble up and back without crossing the fence). Players must do STOP TURN. Introduce Drag Back Turn.</p>	<ul style="list-style-type: none"> • Keep head up • Keep ball close and under control. • Keep body low, turn quickly and accelerate.
20 Mins	<p><u>3 v 3</u> Small sided game, 30 x 20 metres to 3 metre wide goals</p>	<ul style="list-style-type: none"> • The Drag Back Turn Place the sole of the foot on the ball, drag the ball back behind you, turn to follow the ball, push the ball away with the opposite foot
5 Mins	<p><u>Cool Down</u></p>	

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Theme of session: Dribbling – Week 5

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Spongebob Squarepants</u> 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 (the 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.</p>	<ul style="list-style-type: none"> • Use both feet to dribble and perform the Step Over. • Step Over – 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 through the defender off balance), and then the weaker foot takes the ball away in the opposite direction.
20 Mins	<p><u>Gladiators</u> All the players are inside a 30 x 20 metre ‘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:</p> <ul style="list-style-type: none"> • Have the last player to be caught start off as the Gladiator in the next game. • Players should all start after the Coach yells ‘Gladiator, are you ready’. ‘GO’ • To increase difficulty you can have the Gladiators face the opposite way, lie on the ground etc. 	<ul style="list-style-type: none"> • If the players use the Step Over in the game then they freeze Plankton for 2 seconds • Keep their head up to look for Plankton
20 Mins	<p><u>3 v 3</u></p>	<ul style="list-style-type: none"> • Must keep the ball close to them to avoid being caught • Dribble with their heads up to see the Gladiators • Perform the moves they know to beat their opponents
5 Mins	<p><u>Cool Down</u> - Follow the Leader</p>	

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Theme of session: Passing – Week 6

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Mud Monsters</u> All players dribble around inside the ‘Mud swamps’. The players all have a ball each. The Coach will begin the game by being the 1st Mud Monster. If the Mud Monster manages to place his foot on top of the ball then that player becomes ‘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.</p>	<ul style="list-style-type: none"> • Keep the ball close to them with small touches • Head up to avoid the Mud Monsters • Side of the foot pass through the legs
15 Mins	<p><u>Ghostbusters</u> The players are in groups of two and have one ball between them. They stand approximately five/six metres apart. Every time the players manage to pass the ball through their partner’s legs they score a ‘goal’. Get the players to shout out ‘goal’ 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 ‘goals’ are the winners etc.</p>	<ul style="list-style-type: none"> • Pass with the inside of your foot • Lock your ankle • Aim for centre of ball – call it the magic spot
20 Mins	<p><u>3 v 3</u> - inside a 30 x 20 metre area</p>	<ul style="list-style-type: none"> • Have the players who are not playing cheer on their team mates • If not playing they MUST stay inside their technical area
10 Mins	<p><u>Cool Down</u> – follow the leader</p>	

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Theme of session: Passing – Week 7

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>Farmer Giles</u> 25 x 15 metre area Two players called farmers have one ball each. The two remaining players called rabbits are being chase around the 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 with ball), they get a ball from Coach and become a farmer too. The last two rabbits become the first two farmers for the next round.</p>	<ul style="list-style-type: none"> • Side of the foot to pass • Strike in the centre of the ball
20 Mins	<p><u>Battleships</u> In pairs standing 10 metres apart. Five metres 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 the target. Every time they hit the target they 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.</p>	<ul style="list-style-type: none"> • Side of the foot to pass the ball • Strike through the centre of the ball • Watch the foot making contact with the ball
20 Mins	<p><u>3 v 3</u></p>	<ul style="list-style-type: none"> • Have the players who are not playing cheer on their team mates • If not playing they MUST stay inside their technical area • Must have one pass to their team mates before they can shoot
5 Mins	<p><u>Cool Down</u> – Follow the leader</p>	

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Theme of session: Shooting – Week 8

<u>TIME</u>	<u>ORGANISATION</u>	<u>COACHING POINTS</u>
15 Mins	<p><u>The Red Devils</u> Start off with two Red Devils who chase all of the soccer players, the soccer players all have a ball each. If the Red 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 metre goals set out around the outside of 'Soccer Island', 25x25 metre area. If the Red Devil scores then the soccer player has to perform the three turns learnt over the past 7 weeks before they can return. Have the hardest working soccer players be the Red Devils in the next game. The winning Red Devils at the end of the game are the two Red Devils who can score the most goals. Play each game for two minutes.</p>	<ul style="list-style-type: none"> • Keep the ball close to stop the Red Devils from stealing and scoring • Red Devils – look to score as soon as possible • Red Devils - change direction to find the emptiest goal to shoot into
20 Mins	<p><u>All in Shooting</u> Inside a 25x25 metre square, split the group up into four teams. Each of the teams has a name – Bugs Bunny, Daffy Duck, etc. (be familiar with current cartoon hero's) On the Coaches command he will call out a Cartoon Characters name and then that group leaves the square and shoots into one of the four goals that are set up about 7 – 10 metres 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 the Drag Back, Big Toe Little Toe and Step Over. Keep changing the names of the Characters that leave the square.</p>	<ul style="list-style-type: none"> • Shoot as soon as possible • Strike the ball with the Laces • Head over the top of the ball
20 Mins	<p><u>3 v 3</u></p>	<ul style="list-style-type: none"> • Have as many shots as you can • Strike the ball with the Laces
5 Mins	<p><u>Cool Down</u> Thank the players for all their hard work over the past eight weeks, and re-emphasise the importance of practicing and playing with the ball as much as possible.</p>	

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ADDENDUM

Small sided games – 3 v 3 with NO Goalkeeper

Every practice should conclude with a small sided game. Remember that the game is the best teacher of all. Your main aim is to create a **SAFE, FUN, EDUCATIONAL** environment in which your players can develop. This should be the largest portion of your practice – about thirty minutes in length.

Organisation

1. Field size: 30 x 20 metres
2. Equipment: Use cones to clearly mark out the area of the field.
3. Use upright cones or flags as goals and place those about 2 metres apart.
4. Use bibs / pinneys to avoid confusion amongst players.
5. Play with SIZE 3 ball
6. Be flexible with your playing time – your main aim is that all players have a positive experience. You can vary the playing periods and make sure to allow time for substitutions and water breaks.
7. Use the parents – have the parents stand around the perimeter of the field and stop the ball and players from chasing lost footballs.
 - 3v3 will promote players touching the ball and being involved as much as possible.
 - Keep instructions clear and to a minimum and use your enthusiasm to keep all players motivated.
 - Give the teams names and generate excitement without putting emphasis on outcome.
 - Always stress the importance of fair play and sportsmanship and have the players shake hands/high five at the end of each game.

By the end of your session make sure that all your players have achieved some measure of success. Call the team in for a group huddle and say goodbye.