

## 2018 U5-7 Coaches Handbook





## 2018 CUSC U5-7 Coaches Handbook

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## 2018 CUSC U5-7 Coaches Handbook



### U5-U7 Coaching Reminders

#### Game Reminders:

- During the games is when players should be free to make decisions and try to implement the new skills you have been teaching them. Encourage them to be creative, to try and find solutions to situations, and to be brave and willing to make mistakes.
- As a coach, please do not walk on the field with them unless there is a reason to do so (ie: you are making a coaching point, or helping a player with something).
  - o Stand ideally in the end-zones as you coach, with extra balls ready in order to make sure the game gets restarted as fast as possible.
- Remember that players can dribble in, and they should be reminded that they can do so often until they are used to that (simply say “you can dribble in if you want”).
- Remind the other team to retreat so that the restarts can be successful.
- As they get older (U6-U7), you can start to introduce a shape while they play (diamond), and you can remind them of that occasionally on restarts.

#### Training Reminders:

##### 1v1's:

- Make sure the players get lots of reps (keep lines minimal – 3 players **max**)
- Encourage HUGE body fakes, and lots of them... they can use moves and skills, but they **MUST** learn to fake the opponent during 1v1s using their body.

##### Skills:

- Show them skills and have them practice those, but also find ways for them to be creative.
  - o Give them opportunities to show their own skills, or to make up their own routines, or just to find ways to do things themselves and make their own decisions.
- Keep it fun! You must change things often, keep things fresh, and make sure they are playing lots of games (tag games, dribbling games, etc).

#### Physical Literacy:

- Speed is done in the form of RACES!
- Agility, gymnastics, and strength is complimented on form – who can do it the best! Who can be like an Olympian? Who can jump like a frog (squat jumps)! Who can be the fastest Bear (bear crawl)? Etc. The quality of execution is what matters most.
- Make it fun! Joke around with them, high five them, keep score on races, show them and race with them. Pretend like it's the most important place to be at that moment... for the players, it is!

Thanks, and let's have an awesome time on the field this year,  
Coach Pav



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### Game/Practice Format

#### Training Format

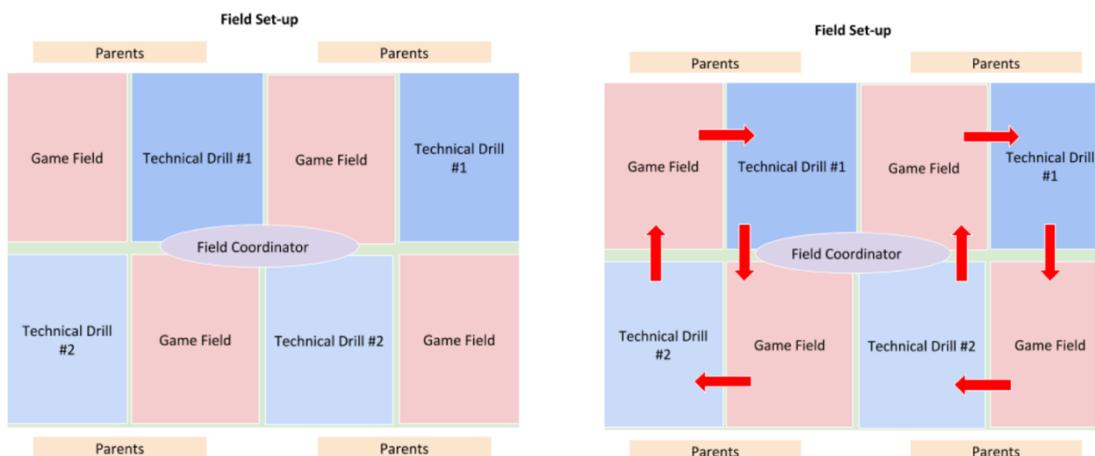
- The drills will run for 15 min each.
- CUSC will provide Technical Coaches to run the drills/practice, as designed by our Club Head Coach. (Parent coaches are asked to help out once the Technical Coaches have demonstrated the drill).
- Discipline will be primarily the responsibility of the team's parent coaches.
- Each 15 minute segment will be ended by a whistle or blow horn sounded by the field coordinator. At that time, the teams will accompany their parent coach/manager to the next field.
- EACH TEAM WILL SPEND THE ENTIRE DAY ON ONE HALF OF EACH 11-A-SIDE FIELD, rotating through each quadrant.
- NOTE: You may have anywhere from 10-20 kids, so plan accordingly (Use the parent coaches TO YOUR ADVANTAGE)

#### SESSION TIMELINE

- 6:00 pm - Technical Coaches arrive at field and prepare the training fields.
- 6:30 pm - first 15 min session starts with the kids
- 6:45 pm - players change fields (game to drill or vice versa).
- 7:00 pm - third session starts.
- 7:15 pm - players change fields for the 4th and final session.
- 7:30 pm - end of session, snack time for players, Technical Coaches pack up equipment.

#### SETUP / MOVEMENT OF TEAMS

Every 15 minutes, teams will ROTATE between the four fields from training to games.





**NOTE: Every 1v1 station should have 2 sets of it built.**

## Day 1 - Comfort and Turns

### Drill 1: Dribbling

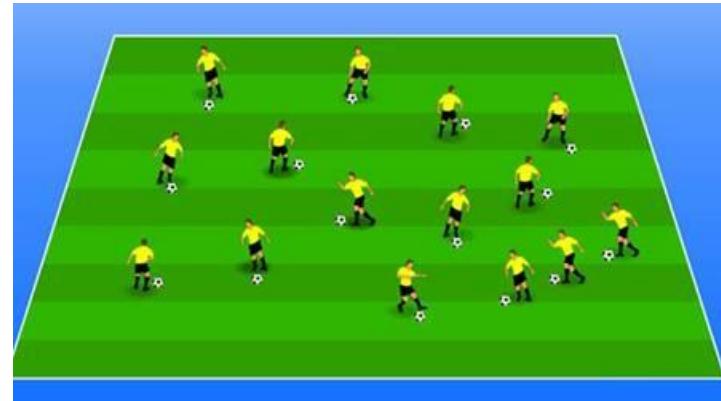
Start with Ball Mastery Moves

- Foundations
- Toe-Taps

Go into Turning

- Inside Foot
- Outside Foot
- Pull back
- Cryuff turn

End with Sharks and Minnows Game



### Drill 2 : 1v1

*Physical Literacy: Agility*

1v1's with back to goal

With agility at the beginning (Hurdles, ladders, hoops, gymnastics – BE CREATIVE)





## Day 2 – Comfort and Turns

### Drill 1: Dribbling

Start with Ball Mastery Moves

- Foundations
- Toe-Taps

Go into Turning

- Inside Foot
- Outside Foot
- Pull back
- Cryuff turn

End with Sharks and Minnows Game



### Drill 2 : 1v1

*Physical Literacy: Agility*

1v1's with back to goal

With agility at the beginning (Hurdles, ladders, hoops, gymnastics – BE CREATIVE)





## Day 3 - Fakes

### Drill 1: Gauntlet

Ball in Hands

Ball at Feet

EMPHASIS ON MASSIVE FAKES!



### Drill 2 : Mirror Races

*Physical Literacy: Speed*

Ball in Hands

Ball at Feet

EMPHASIS ON MASSIVE FAKES!

#### Fun Idea:

Give team names based on a theme  
(Countries, Superheroes, Gas Stations, etc.)





## Day 4 - Skills

### Drill 1: Gauntlet

Ball at Feet

EMPHASIS ON DOING MOVES!

- Scissors
- Step-over
- Ronaldo Chop



### Drill 2 : 1v1's Around the Net

1v1 – Run around the nets

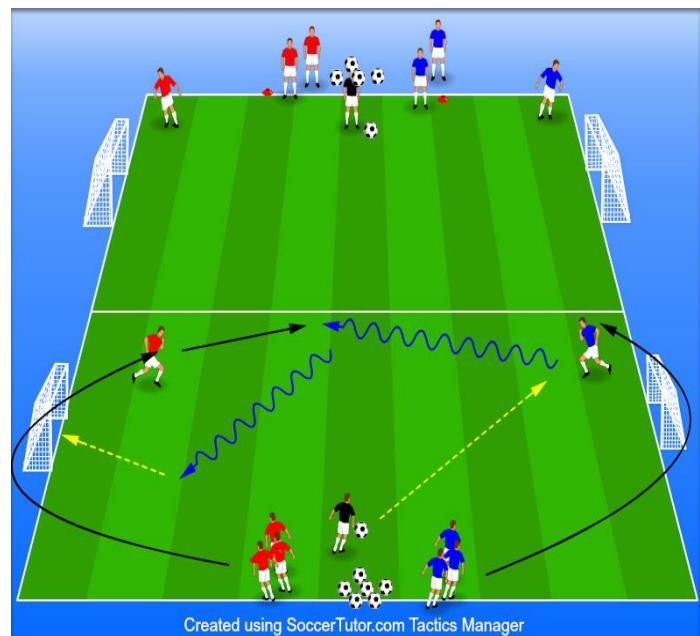
Physical Literacy: Strength

Different Ways to Start

- Core Battles
- Push up battles
- Dog fights
- Chicken Fights
- Balance on one foot

Rules to enforce

- Goal only counts if they celebrate.
- Player who calls for the ball louder gets ball from coach
- Encourage Cheering for their teammates





## Day 5 - Shielding

### Drill 1: 1v1 around nets

Players fight 1v1 to try and score on either net. Have ladders, hoops or hurdles at the start.

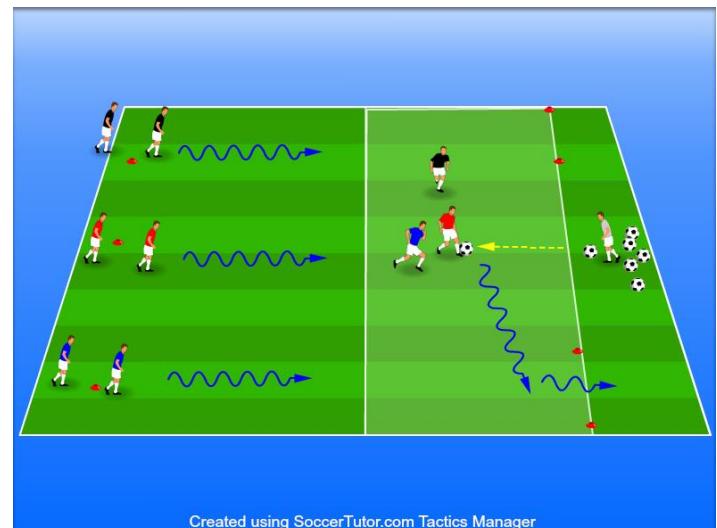


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### Drill 2 : 1v2's With Gymnastics

#### Physical Literacy: Gymnastics

- Players do a gymnastics Exercise until a square,
  - Somersaults
  - Cartwheels
  - Backwards Somersaults
- Then a coach will give a ball to one of the players who have to shield against the other two for 5 seconds
- After that, the player with the ball must dribble through a gate.



Created using SoccerTutor.com Tactics Manager



## Day 6 - Shielding

### Drill 1: 1v1 around nets

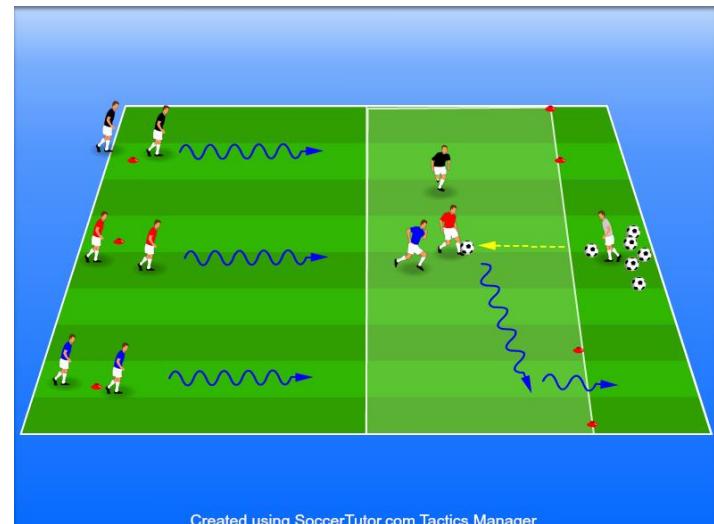
Players fight 1v1 to try and score on either net. Have ladders, hoops or hurdles at the start.



### Drill 2 : 1v2's With Gymnastics

#### *Physical Literacy: Gymnastics*

- Players do a gymnastics exercise until a square,
  - Somersaults
  - Cartwheels
  - Backwards Somersaults
- Then a coach will give a ball to one of the players who have to shield against the other two for 5 seconds
- After that, the player with the ball must shoot into a net.





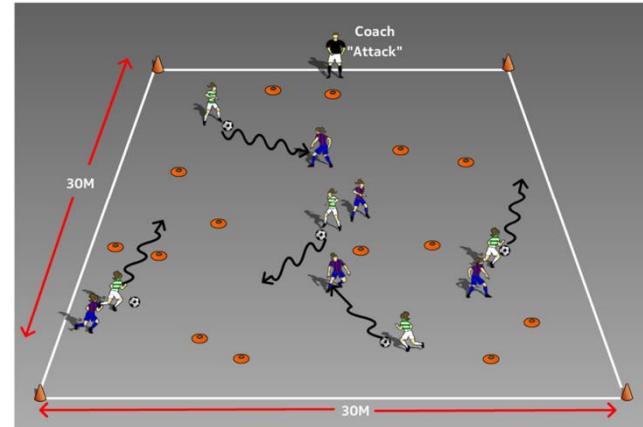
## Day 7 – Comfort and Turns

### Drill 1: Dribbling

Quickly Review Skills and Turns

- Foundations
- Toe-Taps
- Inside Foot
- Outside Foot
- Pull back
- Cryuff turn

Go into game where they partner up and try to go through as many gates as possible.



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Organization: Players are paired inside a 30m x 30m area.  
Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a point every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.

### Drill 2 : 1v1 - 4 Corners

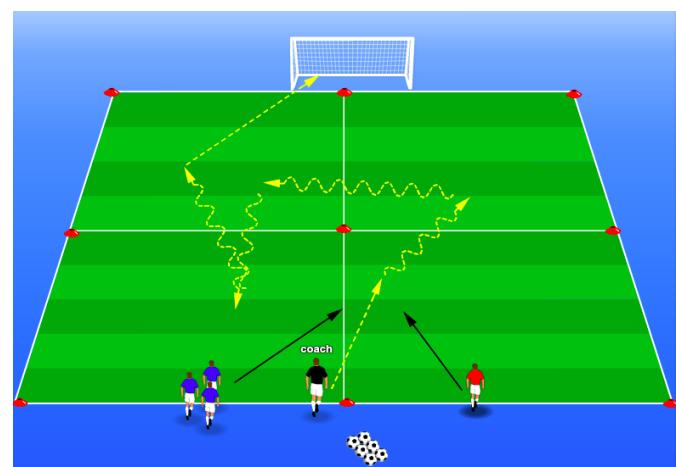
Physical Literacy: Speed

Player must visit every corner before scoring  
Other Player is trying to win the ball and do the same

You can have more than one pair going at once

#### Fun Idea:

You can call each of the quadrants a country, and the player has to go "around the globe"





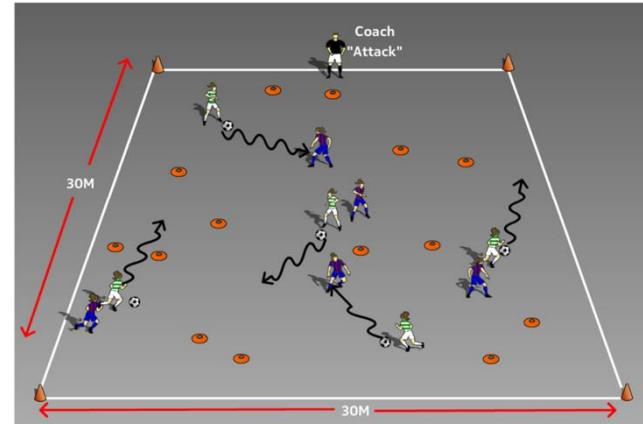
## Day 8 – Comfort and Turns

### Drill 1: Dribbling

Quickly Review Skills and Turns

- Foundations
- Toe-Taps
- Inside Foot
- Outside Foot
- Pull back
- Cryuff turn

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### Drill 2 : 1v1 - 4 Corners

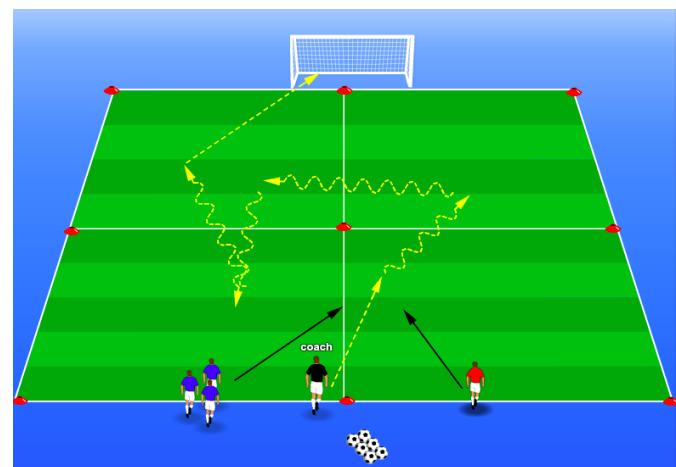
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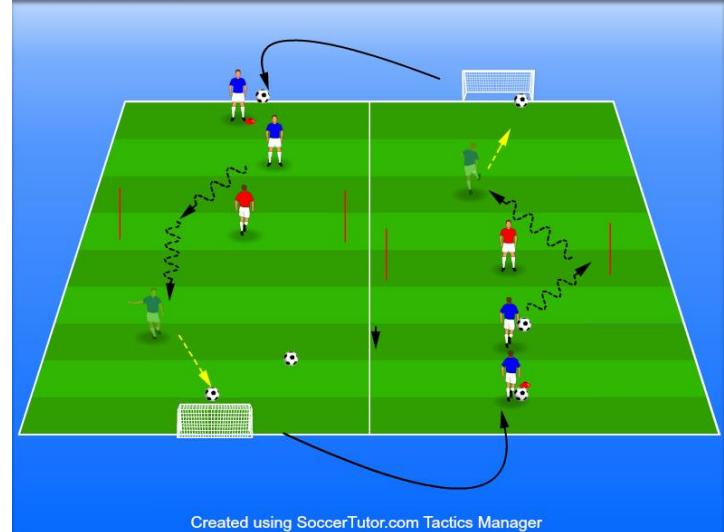
### Day 9 - Fakes

#### Drill 1: Gauntlet

Ball in Hands

Ball at Feet

EMPHASIS ON MASSIVE FAKES!



#### Drill 2 : 1v1 - Mirror Races

*Physical Literacy: Speed*

Ball in Hands

Ball at Feet

EMPHASIS ON MASSIVE FAKES!

#### Fun Idea:

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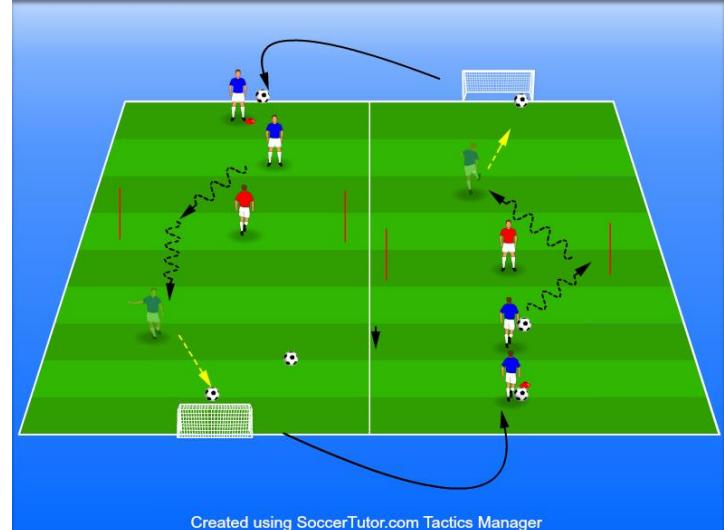
## Day 10 - Skills

### Drill 1: Gauntlet

Ball at Feet

EMPHASIS ON DOING MOVES!

- Scissors
- Step-over
- Ronaldo Chop



### Drill 2 : 1v1's Around the Nets

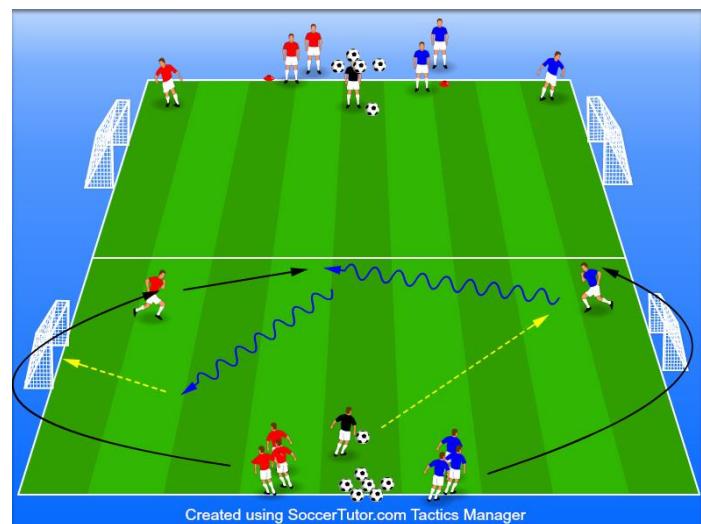
*Physical Literacy: Strength and Speed*

Different Ways to Start

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Rules to enforce

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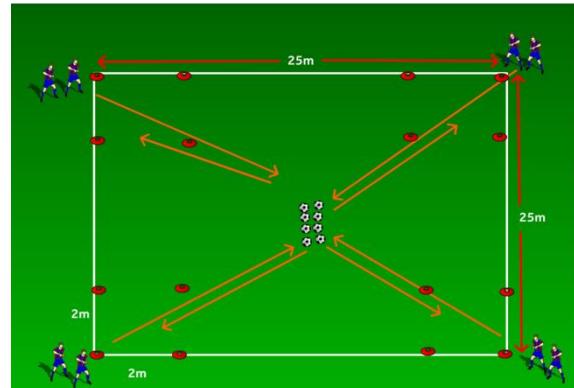
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### Day 11 - Shielding

#### Drill 1: Pirates

##### Different Ways of Moving to get balls

- Running
- Bear Walk
- Crab Walk
- Hopping on One Foot



Organization: A grid of 25mx25m, 8 soccer balls, and 8 players.  
Procedure: place 4 boxes of 2mx2m in each corner. Divide players to 4 groups of 2 at each corner.  
On coach's call, first player form each group runs to get one ball and take it back to their castle. This continues until all the balls are gone.  
Team with more balls in their castle win.

#### Drill 2 : 1v1 - Shielding to Goal

##### Physical Literacy: Strength and Speed

Red player passes ball across to blue player.  
Blue player takes touch in either direction  
and must go around the net to score.

- Blue player can turn/do a move at any point and go to the other net if the red player defends well.
- Blue player can also beat their way into the net with shielding.



SET UP TWO IN ORDER TO KEEP THE LINES SHORT!



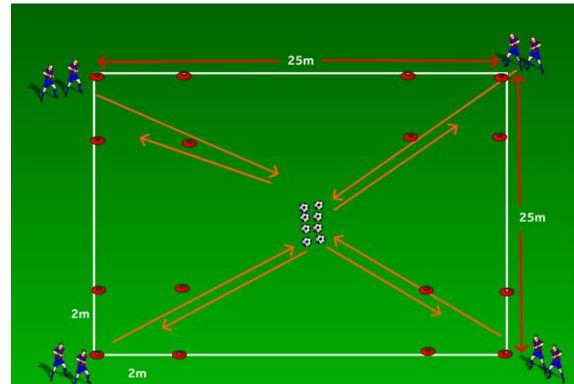
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### Day 12 - Shielding

#### Drill 1: Pirates

Different Ways of Moving to get balls

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- Bear Walk
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