

Coaches' Practice Session:
Y-Kickers Week #1
60 minutes

"Who can tag the coach?" (5 minutes)

Players chase the coach, without the ball, for approximately 20 seconds. Allow players to catch you occasionally and then keep moving. Change directions often but be careful not to change directions so that players run into one another. Repeat 3-4 times. Next, allow the other players to chase on off their own. Change the player they are chasing every 20 seconds or so and make sure every player gets a turn to be the "chased". In the U4-U5 divisions. Surround the playing area with parents who can coral the players. This will help them learn that they need to stay within the lines.

"Who can kick their ball off the coach?" (5 minutes)

Players chase the coach while dribbling their ball. Players attempt to kick their ball off the coach. Move slower and change directions often. Encourage players to keep looking up to know where you are. Repeat 3-4 times. In the U4-U5 divisions. surround the playing area with parents who can coral the players. This will help them learn that they need to stay within the lines.

"Freeze!" (5 minutes)

On the coach's command, all players run as fast as they can within the playing area. When the coach yells "freeze" players should attempt to stop as fast as possible. After 3-4 attempts, ask them to stop as fast as possible and stand on one leg until you say "go" again. This allows them to develop coordination. Encourage them to run around without running into another player.

"Body Part Dribbling" (5 minutes)

On the coach's command, all players dribble their ball as fast as they can within the playing area. Encourage them to dribble without running into another player or allowing their ball to touch other balls or players. When the coach yells "freeze" players should attempt to stop the ball as fast as possible with the bottom of their foot. They should keep their foot on top of the ball until you say "dribble" again. Encourage U5 and U6 players not to dribble the ball with their toes. After 3-4 attempts, have the players stop the ball with their knee, when you say "freeze", without touching the ball with their hands. Encourage them to keep their knee on top of the ball until you say "dribble" again. After 3-4 attempts, have the players sit on the ball, when you say "freeze", without touching the ball nor ground with their hands.

"New Ball!" (10 minutes)

Play 3v3 game with two small goals. Every time the ball goes out of play, the coach immediately yells "NEW BALL!" and rolls a new ball into play. As soon as the ball goes out of bounds, try to get the players to leave that ball alone (parents can help here!) and pursue the new one that is in play. After all the balls are gone, players gather them up and bring them back to the coach. Do not allow the parents to chase the balls. This allows the players to recover a bit before you play again.

The Game (20 minutes)

Play 5v5 just like we would on the Saturdays.

Coaches' Practice Session:
Y-Kickers Week #2
60 minutes

Topic: Dribbling

"Try this...": Coach demonstrates various exercises with the ball (ex: tossing ball into the air and catching it, tossing ball into the air and clapping before catching it, tossing the ball into the air and touching it with the foot before it touches the ground, or various footwork on the ball like "pendulums"...see coaching manual).

Variations of the game Allow the kids to invent something to do.

The Sprinkler: Every player with a ball. On coach's command, players hand balls to coach and coach tosses the balls in various directions. Players must bring the ball back to the coach as quickly as possible while dribbling with their feet....NO HANDS! ☺

Variations of the game After a few minutes, start to throw the ball a little further so the players get to kick the ball a little longer on their way back. When they get back to you. Make them stop the ball with the bottom of their foot, and keep their foot on top of it, until you pick it up and throw it again. You can also throw the ball shorter and tell them to touch it as many times with their feet as they can until they get back to you. After 5 minutes of different variations, throw the players balls in different directions and then begin to move around the area so that the kids have to look up to see where you are while they are dribbling the ball back.

Red Light...Green Light!(5 minutes)

Every player has a ball at the starting line. Designate a finish line approximately 15-25 yards away. Players attempt to be the first to drive their car (dribble the ball) over the finish line. On the coach's command of "green light!", players dribble towards the finish line. On the coach's command of "red light!", players must "hit the brakes"(stop their ball immediately with the bottom of the foot). Any player that cannot stop their ball immediately must go back even with the last person.

Variations of the game: Vary the surfaces of the foot that the player must dribble or stop the ball with. Vary the body surface that the players stop the ball with (ex: elbow, knee, head).Play the game first without the ball.

"New Ball!" (10 minutes)

Play 3v3 game with two small goals. Every time the ball goes out of play, the coach immediately yells "NEW BALL!" and rolls a new ball into play. As soon as the ball goes out of bounds, try to get the players to leave that ball alone(parents can help here!) and pursue the new one that is in play. After all the balls are gone, players gather them up and bring them back to the coach. Do not allow the parents to chase the balls. This allows the players to recover a bit before you play again.

The Game(30 minutes)

Play a game against one of the other y-teams. Schedule will be given out to coaches.

Coaches' Practice Session:
Y-Kickers Week #3
60 minutes

Topic: Dribbling

"I can do this....can you?"(motor movements): Coach demonstrates various motor movements without the ball(ex: skipping, hopping on one leg, jumping in place and doing a 360 degree turn, balancing on leg with hands out).

Variations:-Allow the kids to invent something to do.

Snake Dribbling(dribbling): In small groups of two to three, players follow the leader while dribbling. Switch the leader so every child gets a turn to lead.

Variation: Coach is the leader. Try it first without dribbling the balls

*Moving Goal(dribbling, receiving, passing):*Every player with a ball dribbling in a designated grid. Three pairs of parents form 3 goals by standing as far apart from one another as possible while each is holding one end of a shirt/practice bib/etc (or ball bag or whatever you have useful), with one hand each, between them at head level. The "parent goals" should move rapidly around the grid and players attempt to run through the moving goals as many times as possible. After they have tried it without the ball a few times, let them attempt to dribble their ball through as many goals as possible.

"New Ball!" (10 minutes)

Play 3v3 game with two small goals. Every time the ball goes out of play, the coach immediately yells "NEW BALL!" and rolls a new ball into play. As soon as the ball goes out of bounds, try to get the players to leave that ball alone(parents can help here!) and pursue the new one that is in play. After all the balls are gone, players gather them up and bring them back to the coach. Do not allow the parents to chase the balls. This allows the players to recover a bit before you play again.

The Game(30 minutes)

Play a game against one of the other y-teams. Schedule will be given out to coaches.

Coaches' Practice Session:
Y-Kickers Week #4
60 minutes

Topic: Dribbling

"Try this.....(receiving, ball control)":

Coach demonstrates various exercises with the ball (ex: tossing ball into the air and catching it, tossing ball into the air and clapping before catching it, tossing the ball into the air and touching it with the foot before it touches the ground, or various footwork on the ball like "pendulums").

Variations:

-Allow the kids to invent something to do.

Don't Cross The Line!:

Have a parent or assistant coach help out. Divide the kids into groups of 2 or 3 to give the kids more chsnce to try the activity. Roll the ball towards a line and have the kid sprint after it and attempt to stop it with the bottom of the foot before it crosses the line and then dribble it back to you! When that child gets back, roll theball for the next child in line. After they get the hang of this, have them put the bottom of their foot on top of the ball and pull it back towards you in one motion before dribbling it back.

Piggy Bank (dribbling):

Coach tosses a ball (the money) into the field and calls out two players names. Players that are called out enter the field and attempt to score on the opponents goal (put the money in their bank!). It helps if you have an equal number of kids behind each goal with parents helping. Kids try to get the money and bring it back to their goal!

"New Ball!" (10 minutes)

Play 3v3 game with two small goals. Every time the ball goes out of play, the coach immediately yells "NEW BALL!" and rolls a new ball into play. As soon as the ball goes out of bounds, try to get the players to leave that ball alone(parents can help here!) and pursue the new one that is in play. After all the balls are gone, players gather them up and bring them back to the coach. Do not allow the parents to chase the balls. This allows the players to recover a bit before you play again.

The Game(30 minutes)

Play a game against one of the other y-teams. Schedule will be given out to coaches.