

TOP TRAINING TOOLS

BALL CONTROL AND CREATIVITY FOR U-6, U-8 and U10.

I don't believe skill was, or ever will be, the result of coaches. It is a result of a love affair between the child and the ball.

Manfred Schellscheidt

DURATION, RATIO OF BALL: CHILD

Practices should last 45 to 60 minutes. For most of the practice, each player should be actively involved with a ball. Games of 1 v 1 or games up to 3 v 3 with multiple balls involved (2:1 ratio of player to ball) and games to goals are also enjoyable and effective for this age.

GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING DURING PRACTICE

No Lines. No laps. No Lectures. Attendance is still optional. Provided there is adequate supervision, children at this age should be allowed to come in and out of practice as they please. At this point, you may want to introduce some boundaries. However, don't allow the boundaries of the environment to hinder the training time by producing frequent stoppages of play because the ball goes out of bounds. Try to keep the flow of the game going. Encourage informal play without pressure.

To perform. Encourage the basic skills and give the players a lot of time with the ball. This will ultimately build their confidence.

Make sure to always include games to goals.

TOP TRAINING TOOLS

Ball Skill, Creativity and a Gradual Insight into the Game:

What I hear I forget, What I hear and see I remember a little; What I hear, see and ask questions about or discuss with someone else, I begin to understand; What I hear, see, discuss and do, I acquire knowledge and skill; What I teach to another, I master.

(Adapted from the Chinese Philosopher Confucius)

DURATION, RATIO OF BALL: CHILD

Practices should consist of no more than 60 minutes of structured, adult-directed soccer with an additional 30 minutes allotted for free play/self expression and self-improvement.

GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING DURING PRACTICE:

No Lines. No laps. No Lectures. Keep the sessions simple and player centered. Give the players simple problem solving opportunities and plenty of opportunities to score goals. It is also important to be positive and to continue to create repeated opportunities for the players to express themselves through their ability with the ball, regardless of the outcome of their effort. Play, as both fun and as competition, is paramount. The more opportunities for each player to have experience with the ball, in fun games that allow them to go to goal, the better it will be for that player.

Building the players skill base continues to be the most important goal of the season. At this age, this can be done through the introduction of a few more players in the games the coach sets up. Depending on the skill level of the group, anywhere from 3 v 3 to 5 v 5 plus goalkeepers should be the range during practice. Keep in mind that even the more competent players will not be working effectively as a group once the numbers get beyond 5 v 5. In the smaller numbers, emphasis must still be on creating 1 v 1 or 2 v 1 duels on the field. These are key situations that will continue to confront players throughout their career.

Gaining competence and mastery over these numbers is the key to preparing players for the future.

TRAINING FORMAT

TRAINING SESSIONS

Our professional coaching staff will oversee ALL training sessions. A typical training session is as follows:

WARM-UP 5 minutes

Typically the warm up will be an attention getter! Each player will need his/her own ball, as they will go through individual skill exercises. However, a coach may elect to play a fun group game. During this time players will learn and also get time to work on their flexibility.

INDIVIDUAL ACTIVITY 20 minutes

In this phase, players will be exposed to the technical age appropriate) demands of the game. This will be accomplished mainly through skill exercises/drills and or games.

GROUP ACTIVITY 15 minutes

In this phase, players will be exposed to fun games in which they will generally work in small groups 1v1, 2v2, 3v1, 4v2, ect. These games will have a direct co-relation with the skill exercises taught in the individual activity. (using 4 to 6 goal games, targets player games, and in-line games).

SMALL-SIDED GAMES 20 minutes

The players will be divided into teams of 3 or 4 per team as dictated by our numbers at practice. These games using 2 goals.

