



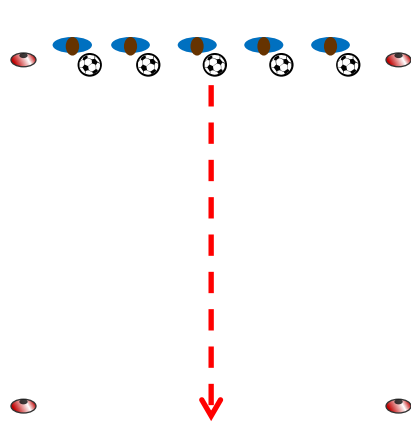
# **COACHING BEGINNERS DEVELOPMENT PROGRAM**

## **SESSION 1 – RUNNING WITH THE BALL**

## SESSION OVERVIEW

### Running with the Ball

#### Phase 1

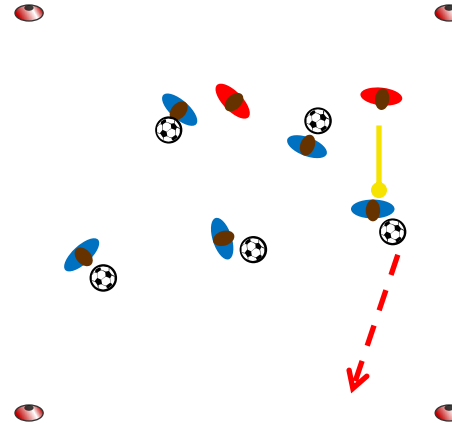


**Description:** Each side of the grid is named after a juice, allow the players to pick. (Orange, Apple, Grape, Pineapple). All the players lineup on 1 side of the grid. No balls to start. When the coach shouts "Apple" all the players run to that side of the grid.

**Progression:**

- 1- Introduce Ball
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

#### Phase 2

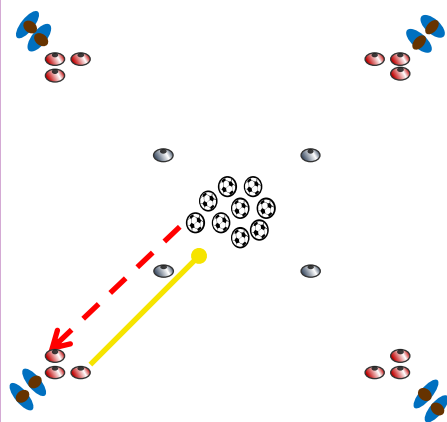


**Description:** Designate 2 Catchers "farmers" and the rest are foxes with pinnies as tails. No balls to start. On the coach's command, the farmers must chase the foxes and pull their tail out. When they have been pulled out, they become a farmer as well.

**Progression:**

- 1- Introduce balls for the foxes
- 2- Introduce balls to the farmers

#### Phase 3

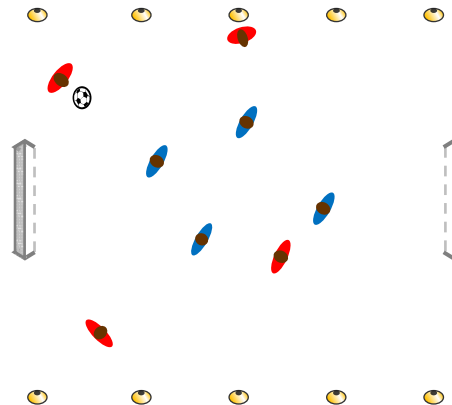


**Description:** Separate the group into 4 teams. Each placed at a corner of the grid. When the coach shouts "Go", the first player from each team sprints in to collect a ball and dribbles it back to their team and then the next player goes. The team with the most balls wins.

**Progression:**

- 1- Players can steal from other teams
- 2- All players run at the same time

#### Phase 4



**Description:** Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

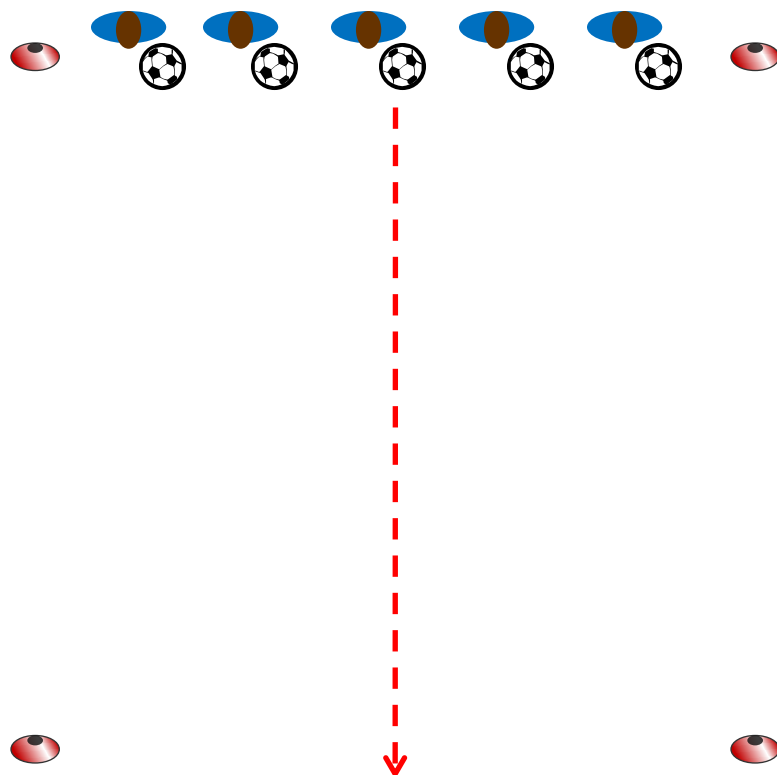
**Coaches Phrases:**

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



<b>Session Topic</b>	<i>Juice Box</i>
<b>Session Phase</b>	<i>1 – Related Warm-Up</i>



**Area:** 16x16 yard grid

**Equipment:** 4 red cones, 1 ball each.

**Description:** Each side of the grid is named after a juice, allow the players to pick. (Orange, Apple, Grape, Pineapple). All the players lineup on 1 side of the grid. No balls to start. When the coach shouts “Apple” all the players run to that side of the grid.

**Progression:**

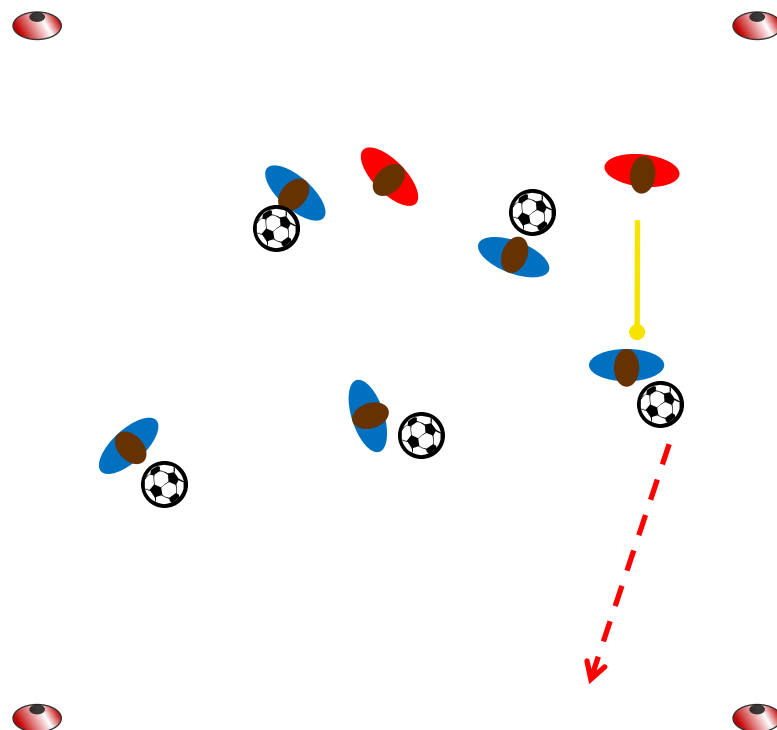
- 1- Introduce Ball
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

**Coaches Phrases:**

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t crash!



<b>Session Topic</b>	<i>Foxes and Farmers</i>
<b>Session Phase</b>	<i>1 – Related Warm-Up</i>



**Area:** 16x16 yard grid

**Equipment:** 4 red cones, 1 ball each, pinnies.

**Description:** Designate 2 Catchers “farmers” and the rest are foxes with pinnies as tails. No balls to start. On the coaches command, the farmers must chase the foxes and pull their tail out. When they have been pulled out, they become a farmer as well.

**Progression:**

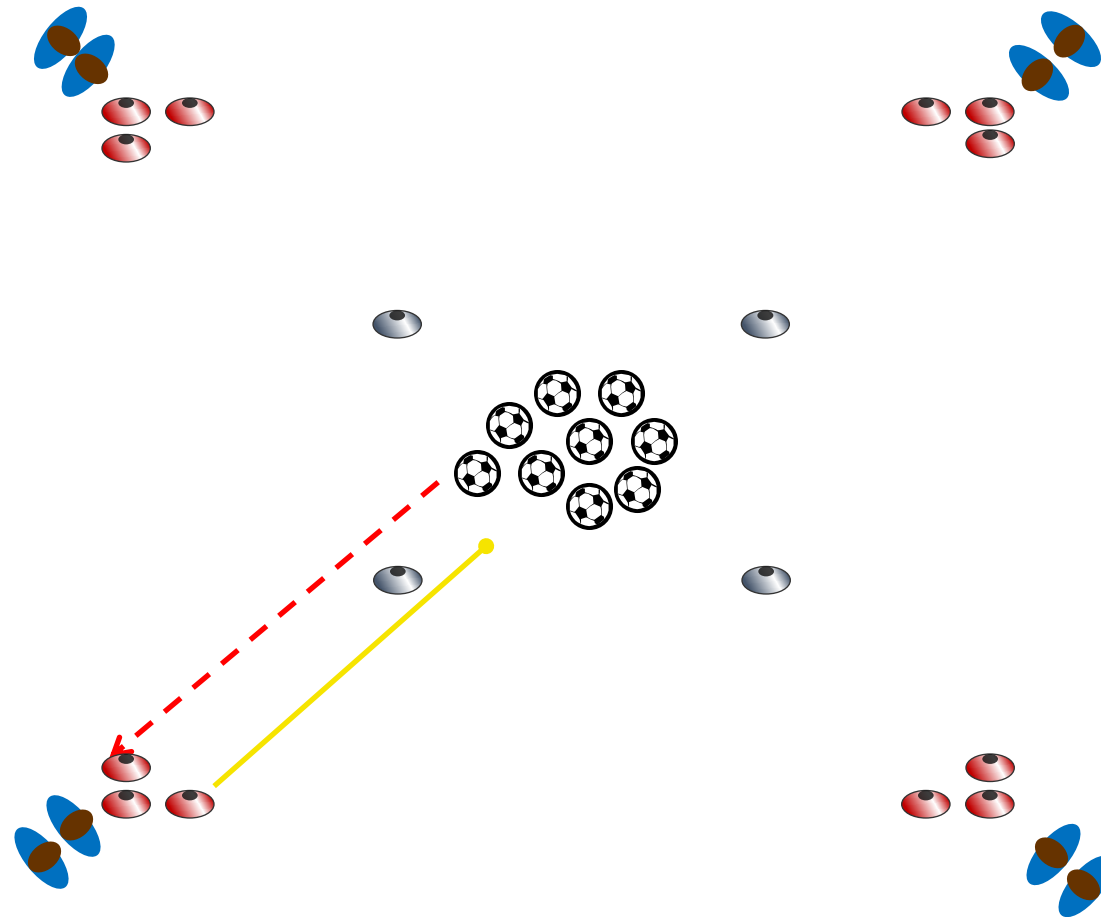
- 1- Introduce balls for the foxes
- 2- Introduce balls to the farmers

**Coaches Phrases:**

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t get caught



<b>Session Topic</b>	<i>Shrek</i>
<b>Session Phase</b>	<i>1 – Related Warm-Up</i>



**Area:** 16x16 yard grid

**Equipment:** 4 red + blue cones, 1 ball each.

**Description:** Separate the group into 4 teams. Each placed at a corner of the grid. When the coach shouts “Go”, the first player from each team sprints in to collect a ball and dribbles it back to their team and then the next player goes. The team with the most balls wins

**Progression:**

1- Players can steal from other teams

2- All players run at the same time

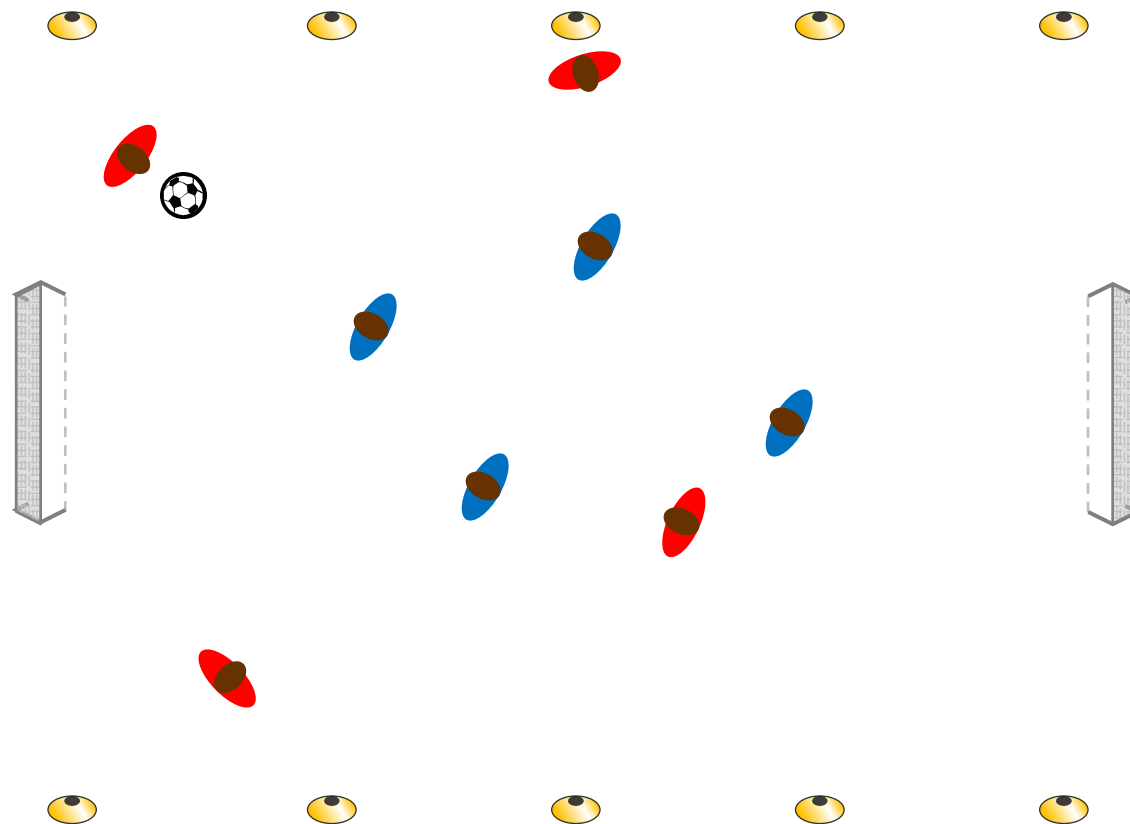
**Coaches Phrases:**

1- Be quick and keep the ball under control

2 – What can you see – who has the most balls, steal a ball from there!



<b>Session Topic</b>	<i>3v3/4v4 Game</i>
<b>Session Phase</b>	<i>4 - Game</i>



**Area:** 40x22 yard field

**Equipment:** 10 yellow cones, 1 ball.

**Description:** Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

**Coaches Phrases:**

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!

