



COACHES MANUAL - U4/5 and U6 Age Groups

Welcome, and thank you for volunteering with Peterborough Youth Soccer club this summer. The following manual is a reference point for you to use while working with your team, preparing for practice times, and leading your group of children on the field. Coaching children's soccer is a great way to give back to the community, use your creativity skills, practice your positivity and enthusiasm, and teach leadership skills. Don't be afraid to be yourself and make a difference in a child's life.

Please take a moment to read the coaches tab on the PYSC website. You will find a Letter to Coaches link. The letter outlines specific rules and information regarding the league. The PYSC website is www.pysc.on.ca

Please remember: coaches should maintain a positive attitude. Don't criticize a faulty play. Praise the player for trying, and especially if the outcome showed promise. Encourage trying again on the next opportunity.

GOALS FOR YOUR SPECIFIC AGE GROUP

- The objective should be all players have fun
- Players will make new friends
- Coaches should work toward developing confidence in players
- Players will be introduced to kicking and dribbling

KICKING - using the inside of your foot to pass the ball

- use the laces of the shoe with the toes pointing down to shoot the ball

STOPPING - use the inside of your foot, with your foot off the ground (or the bottom of your foot) to stop the ball

DRIBBLING - use small touches with both feet to move the ball forward. Try to keep the ball close to you

GENERAL PRINCIPLES

- Play games - not drills. Players will be more enthusiastic to play a "game", rather than participate in a "drill"
- Keep instructions to, ideally, 10 seconds in length. Remember, you will be racing against short attention spans
- Try to avoid line-ups when running a "drill". Players will lose interest
- Maximize touches on the ball as much as possible
- Focus on individual player skills (dribbling, shooting, getting around another player with the ball)
- Emphasize technique rather than speed

SUCCESS IS RELATED TO THE ATTEMPT, NOT THE OUTCOME



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EXAMPLE GAMES/DRILLS

Follow the Leader

- Divide your team into groups of 4 and give each player a ball
- Have the players line up in their groups all facing the same direction
- Ask your players to “follow the leader” around the half of the field (any direction)
- On your signal, the player at the back of the pack races with their ball to the front of their line and the line continues to dribble around
- The drill can be completed when each player has been to the front of their line twice

Coaching Points:

- Keep the ball close to your feet, use small touches to keep the ball close
- Stay together as a team
- Use the inside of both feet to dribble the ball (Have players yell ‘OH NO BIG TOE’ to help them remember not to use their toes to kick the ball)
- If you have two or three lines of players, ask a parent to help direct each line around the field

Sleeping Bear

- Line the players up next to each other, each with a soccer ball
- Ask a parent to act as the “Sleeping Bear” at the other end of the field
- The players begin the game by shouting “What time is it, Mr. Bear?”
- The Sleeping Bear answers with one o’clock, two o’clock, three o’clock or four o’clock
- If the Sleeping Bear answers three o’clock, the players take three touches toward the Bear and then stop their ball
- Play continues until Sleeping Bear decides to wake up and chase the players (and their ball) back to the start

Coaching points:

- Keep the ball close to your feet, use small touches to keep the ball close
- Use the inside of both feet to dribble the ball (OH NO BIG TOE)
- Teach the players to use the bottom of their shoe to drag the ball backwards to change direction

GENERAL TIPS FOR PRACTICE TIME

- Use parents to your advantage - can they be standing ‘cones’ to dribble around? Can they help retrieve balls during a shooting game? The players will appreciate if their parent is a target at practice
- Recycled cans spray painted bright colours could also serve as cones
- Remember - you may only have ten seconds to explain your game

WEBSITES FOR REFERENCES FOR GAMES/DRILLS

www.freeyouthsoccerdrills.com

www.footy4kids.co.uk