

YMCA WINTER SOCCER

WEEK 1

"First 5" (5ish minutes)

-When players arrive, allow them to dribble balls around, shoot on goal, or just run around unobstructed for the first 5 minutes.

WEEK 1 RULES EXPLANATION (1-2 minutes)

-Explain the rules of class. These rules will apply every week.

Rule 1: When Coach is talking, you are listening. (Have players put on their listening ears).

Rule 2: Never give up.

Rule 3: Always have fun!

Opening/Wake up (5-10 minutes)

- Bring all the players together in a semi circle and sit. Have each player say their name and Favorite color one at a time. Pass around a magic pinnie or cone or other piece of equipment. Players can only talk if they are holding it.

- Have them "wake up" their soccer balls by shaking them, yelling at them, rolling them, bouncing them, playing them like bongo drums etc.

- Have the players wake up their soccer feet or legs by shaking them out or pretending to push buttons or turn knobs etc.

- Have the soccer players run, skip, jump, hop etc from one end of the field and back. This will warm their legs up. Players also just love this activity in general. When in doubt you can do with back and forth as many times as you and the players want. Pick a different animal or object to run like each time. It helps to have a theme. For example if you want your theme this week to be Dinosaurs, you can have the players run like a T-rex with their little arms one time, fly like a pterodactyl the next time, run fast like a velociraptor the next time etc. If your theme is pets, maybe run like a dog, hop like a bunny etc. You can select players to choose what the group will run like.

New skill (5-10 minutes)

-Teach the group the "control" or "toe touch" move. This is a very important move to learn and will be used for the entire season so it is important for them to learn it.

-The control or toe touch move is simple. You just place one foot on top of the ball to keep it from moving. You can extend your arms out to the side for balance if needed. Usually younger players will need to do this. At least at first.

- Demonstrate the move for all the players then have all the players show you their control move.

-Next teach the very basics about dribbling.

Dribbling is how we move the ball in soccer

Do we use our hands or feet in soccer?

FEET! That's right. So we are going to use our feet to move the balls

Do you think we want to use big giant heavy hard kicks to move it? No, why not? The ball will go far away from us and the other team can get the ball.

*Let's use small kicks or "touches" to move the ball and control the ball"

-Have the players all dribble around and practice moving the ball with their little touches.

-While they are dribbling, yell out "toe touch" or "control" and have them perform a toe touch.

WATER BREAK

FUN GAME

First Game (5-10 minutes) Sharks and minnows

Round 1

-Regular Sharks and minnows without a soccer ball.

-Players run from one side of the field to the other trying to avoid being tagged by coach.

-If tagged, the player then joins coach. **Try to avoid tagging players that what to be tagged on purpose. They want to be a shark with you. If a player is purposely standing near you and not running so that you will tag them, explain that Sharks like to hunt and eat minnows that are fast and moving around.**

Round 2

- Players dribble from one end line to the other with small touches.

- If coach is near and a player is able to perform a control move before coach tags them, the player is safe and coach cannot tag that player.

- If a player is tagged, they must do 5 toe touches (alternating feet) before they can continue to dribble.

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

- A few water breaks should occur during scrimmage.

Closing (1-2 minutes)

- A recap of the skills learned that day.
- Remind everyone of the rules and ask if they all followed them
- Hands in Cheer. Ask the players what word they want to yell on 3!

YMCA WINTER SOCCER

WEEK 2

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Rule 1: When Coach is talking, you are listening. (Have players put on their listening ears).

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Opening/Wake up (5-10 minutes)

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- Have them “wake up” their soccer balls by shaking them, yelling at them, rolling them, bouncing them, playing them like bongo drums etc.

- Have the players wake up their soccer feet or legs by shaking them out or pretending to push buttons or turn knobs etc.

- Have the soccer players run, skip, jump, hop etc from one end of the field and back. This will warm their legs up. Players also just love this activity in general. When in doubt you can do with back and forth as many times as you and the players want. Pick a different animal or object to run like each time. It helps to have a theme. For example if you want your theme this week to be Dinosaurs, you can have the players run like a T-rex with their little arms one time, fly like a pterodactyl the next time, run fast like a velociraptor the next time etc. If your theme is pets, maybe run like a dog, hop like a bunny etc. You can select players to choose what the group will run like.

This week it's good to use fast and slow animals because the skill will be changing speed

SKILL REVIEW (5 minutes)

- Do a control move yourself and ask the players if they remember what this move is called.
- Next give each player their own ball and have them perform a "control" or "toe touch" move.
- Dribble the ball around a little and ask the players if they remember what this move is called.
- Have the players dribble around anywhere on the field (inside the cones or lines!).
- Every so often yell out "control" or "toe touch" to have the players perform this move.
- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Change of speed

- Teach the group about changing speed. Explain that this is effective in getting past defenders. If your going really slow and the defender is going slow with you, then all of a sudden you go fast, the defender will be left behind to chase you.
- Have them stand up. Ask them what animal is slow. Any answer will do, turtle, snail, sloth, slug etc.
- Ask them if they remember from warm ups.
- Then have them start dribbling slow like whatever animal you all chose, towards the other end of the field. Have them dribble back to the original line. If you chose a turtle or snail, you can get them more engaged by asking them to put on their big heavy imaginary turtle shell or snail shell which slows them down.
- Next ask what animal is fast. Rabbit, Cheetah etc. Remind them about fast animals from warm ups.
- Have them put on their cheetah feet or rabbit feet etc.
- Have the players dribble fast to the other end and back.
- *MAKE SURE THE PLAYERS STILL USE THEIR LITTLE KICKS OR TOUCHES EVEN WHEN GOING FAST***
- Lastly, Have the players start off dribbling slow then yell out to go fast like a cheetah or rabbit. Then back to slow like a turtle or snail. Almost like Red Light green light.

WATER BREAK

FUN GAME

First Game (5-10 minutes) Red Light, Green Light

Round 1

- Regular Red Light, Green Light without a soccer ball.
- Players run or walk slowly from one side of the field to the other depending on if coach says red light or green light.

Round 2

- Players dribble from one end line to the other with small touches.

- If coach yells yellow light, they go slow like a snail, if he or she yells red light they stop and do their toe touch/control move and if coach yells green light, they go fast like a rabbit but with LITTLE TOUCHES/KICKS!

*The ball will travel fast and far on a hard surface like a basketball court. Make sure players go somewhat slow and they MUST use little touches otherwise the ball will get away from them and they won't be able to do red like properly.

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

- A few water breaks should occur during scrimmage.

Closing (1-2 minutes)

- A recap of the skills learned that day.
- Remind everyone of the rules and ask if they all followed them
- Hands in Cheer. Ask the players what word they want to yell on 3!

YMCA WINTER SOCCER

WEEK 3

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WEEK 1 RULES EXPLANATION (1-2 minutes)

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Opening/Wake up (5-10 minutes)

- Bring all the players together in a semi circle and sit. Have each player say their name and Favorite color one at a time. Pass around a magic pinnie or cone or other piece of equipment. Players can only talk if they are holding it.

- Have them "wake up" their soccer balls by shaking them, yelling at them, rolling them, bouncing them, playing them like bongo drums etc.

- Have the players wake up their soccer feet or legs by shaking them out or pretending to push buttons or turn knobs etc.

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SKILL REVIEW (5 minutes)

- Do a control move yourself and ask the players if they remember what this move is called.
- Next give each player their own ball and have them perform a "control" or "toe touch" move.
- Dribble the ball around a little and ask the players if they remember what this move is called.
- Have the players dribble around anywhere on the field (inside the cones or lines!).
- Every so often yell out "control" or "toe touch" or "dribble slow like a snail or sloth or turtle" "now dribble fast like a cheetah or lion etc" to have the players perform this move.
- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Passing

- Teach the group about passing. Explain that this is how we share the ball with our teammates.
- Touch the inside of your own foot and explain this is the inside of your foot.
- Have them to touch the inside of their foot. A lot of them may not know so if the players are struggling, you can go down the line of players and physically touch the inside of their foot to show them.
- Explain that we use the inside of our feet to pass the ball.
- Ask if we should pass the ball very hard if our teammate is close to us. NO! Why not?! Because we could hurt our teammate if its too hard and because the ball will go past them and the other team can get it!
- Ask for a volunteer player to help demonstrate. Have them stand 5-10 feet away from you as you demonstrate how to pass the ball. Use the inside part of your foot. Point the toes on your non passing foot directly at where you want the ball to go (at your volunteer player) then open your hips to use the inside of the other foot to pass.
- Show them that your feet almost make an "L" (your feet will be perpendicular like the corner of a square. That the "L" shape. Your toes pointed at the target and the inside of your other foot pointed at the target ready to pass.
- Have the players pair up and stand across from their partner. 1 ball per group. Have them pass back and forth for a minute or two.
- *Don't do this for much longer than a couple of minutes. Players will get bored***

[Here is a link](#) to a youtube video for passing. Don't worry about the specifics or the extra touch. This is just for your knowledge of how to demonstrate a pass. Just focus on pointing your toes and using the inside of your foot.

WATER BREAK

- While the players are having a water break, set up somewhere between 10 and 20 of the taller orange cones around the field. Don't spread them out too far. Keep them within a 20-25 foot radius of each other.

FUN GAME

First Game (5-10 minutes) Volcano Cones/Trees/Candy Canes

-Make up a backstory about the cones. They can be volcanoes that need to be destroyed, or trees that need to be cut down (you can tie this to the MLS club Portland Timbers!) or Magic Candy canes that need to be harvested. I might be careful if you chose cutting down trees. If you use this one, maybe say they are trees that are already fallen and need to be chopped up or they need to be taken down so they can be replanted somewhere else. Whatever you want. Just make up a fun backstory for the kids. You can also be an elf or troll or something that lives in the trees or candy canes or whatever you want. This allows you to be "in" the magic world instead of just coach watching from the outside.

Round 1

- Players try to knock over all the cones/volcanoes/candy canes etc. by using the "pass move they just learned.
- Encourage them to use the inside of their foot to pass the ball into the cones. Naturally most of them won't use the inside of the foot and will use their toes but it's good to encourage.
- If a player knocks one cone down have them all keep going until they're all down. Have them keep retrieving their ball and kicking down as many cones as they can.
- You can play several rounds of this. The kids love it.

Don't get discouraged if most or all of them are just using their toes and not actually passing. They're kids and are mostly looking to have fun

***The cones can be hard to knock over when using a gym floor. A lot of times they can just slide instead of falling over. Have the players get nice and close to the cones and "pass" it hard. If the cones are still staying upright you can help the players out by tipping the cone over with your foot if a player hits it with their ball a few times and it won't fall. You can also make a rule that you just have to hit the cone with your ball instead of knocking it over.**

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

- A few water breaks should occur during scrimmage.

Closing (1-2 minutes)

- A recap of the skills learned that day.
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YMCA WINTER SOCCER

WEEK 4

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SKILL REVIEW (5 minutes)

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- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Shooting

- Teach the group about shooting the ball.
- Touch the top of your own foot and explain this is the top of your foot.
- Have them to touch the top of their foot. You can tell them to touch their shoe laces or velcro. This is the top of their foot.
- Explain that we use the top of our feet to shoot the ball.
- Shooting the ball is different from passing. We shoot the ball when we want to score a goal.
- Shooting the ball involves using a different part of our foot (the top) then when we pass the ball (the inside of our foot)
- We want to have our non shooting foot pointed where we want the ball to go. Just like with passing.
- With your shooting foot, we point our toes to the ground and keep the ankle locked during the whole shot. If we pick our toes up in the middle of shooting, the ball gets scooped up and goes over the goal.
- Demonstrate a proper shot into one of the goals. If you hit it hard, it may impress the kids and make them want to be able to hit it hard like that.

- Have the players stand up behind their ball. Explain that they will all shoot at the same time.
- Maybe set up a cone half way down the field and tell them that's their target. To shoot their ball at at least that line or cone.
- "ONE, TWO, THREE SHOOT!"**
- Have them retrieve their balls and do this a few more times.
- *Don't do this for much longer than a couple of minutes. Players will get bored***

[Here is a link](#) to a youtube video for shooting. Again, this is just for your knowledge of how to demonstrate shot. Just focus on pointing your toes, using the top of your foot and locking your ankle.

WATER BREAK

-While the players are having a water break, set up a ring of the the taller orange cones in a circle about 20 feet in diameter. Place a Pinnie/jersey or the ball bag in the middle of the circle.

FUN GAME

First Game (5-10 minutes) Hungry Bear

-Make up a backstory.

-In this case you can say that all the players are honey bees.

-Have them show you their bee noises. Buzz, Buzz, Buzz

-Explain that they live inside a beehive. Show them the beehive you have created with the tall cones.

-Now explain they are going to be dribbling their balls around INSIDE the beehive.

-Introduce yourself as a FRIENDLY but hungry bear.

-What do bears eat? HONEY!!!

-The game is played like this. You will be the hungry bear, walking around the outside of the beehive. While the bear is outside the beehive the bees stay inside dribbling around making their bee noises.

-You as the bear are trying to get inside the beehive to get the delicious honey (the jersey or ball bag or whatever you placed inside the circle of cones).

-ONLY WHEN YOU ENTER THE BEEHIVE/CIRCLE, can the bees then defend the hive and try to get you to leave.

-Explain to the bees that they can use their stingers to get you to leave. The stingers are their soccer balls. They must use the "shoot" move they just learned to shoot their stingers at you to get you to leave their honey alone.

-Encourage them to use the tops of their feet. It helps the ball move harder and faster.

-Make sure to stress to use your FEET and to not pick up the ball and throw it at coach/the bear.

-They can go outside of the hive to retrieve their stinger but then they must come back inside the hive.

-Make sure they aim for your feet and not for your torso or higher up.

-You can play several rounds of this. The kids love it.

Don't get discouraged if most or all of them are just using their toes and not actually passing. They're kids and are mostly looking to have fun

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

- A few water breaks should occur during scrimmage.

Closing (1-2 minutes)

- A recap of the skills learned that day.
- Remind everyone of the rules and ask if they all followed them
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YMCA WINTER SOCCER

WEEK 5

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-Explain the rules of class. These rules will apply every week.

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Opening/Wake up (5-10 minutes)

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SKILL REVIEW (5 minutes)

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- Dribble the ball around a little and ask the players if they remember what this move is called.
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- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Defense

- Teach the group about Defense.
- Defense is when we try to prevent the other team from scoring.
- On defense we want to try to get the ball back
- The BEST thing to do is to just stay in front of the person with the ball and wait for them to make a mistake like a bad pass or a "heavy" touch where the ball gets away from them.
- We don't want to stick our foot in and try to poke the ball away. Your feet can get tangled or the person with the ball and dribble around you much easier.
- As a defender you DON'T want to be right in front of the person with the ball. Bt that I mean you want a little bit of distance. If you are too close, a good dribbler can dribble around the defender and is then all alone and unopposed on the way to the goal.
- As a defender you DON'T want to be too far away from the person with the ball. That makes it too easy for them to pass or shoot the ball without any resistance.
- Try to be about an arms length or just longer than an arm's length away from the person with the ball.
- Have the players stand up and demonstrate playing defense on you without a ball.
- Go down the line and have them shuffle side to side a little as you're in front of them pretending to be the attacker.

Don't do this for much longer than a couple of minutes. Players will get bored

[Here is a link](#) to a youtube video for defending. This is advanced stuff for the age of the kids you'll be coaching. It has lots of good info and you can pick and choose which points from this video you want to express to the players based on their skill level and attention span.

WATER BREAK

FUN GAME

First Game (5-10 minutes) Freeze Tag

- Play a regular game of freeze tag.
- If you're tagged you freeze in place and stick your hands out, your teammates can unfreeze you by tagging your hand.
- Switch up who is "it"
- If the players are skilled enough, have them dribble their ball around. The person that is "it" must tag their soccer ball with their feet

This game will teach agility and being up on your toes like a good defender should

This one can be difficult for younger players to grasp

Make SURE you are only using half the field. If you use the whole field there is way too much space for people to run and no one will get tagged

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

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Closing (1-2 minutes)

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SKILL REVIEW (5 minutes)

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- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Inside-Outside/Zig-Zag dribbles

- Teach the group about using different parts of your foot to dribble.
- A good soccer player can use the inside AND outside of their feet to dribble.
- Have the players touch the inside of their feet.
- Now have the players touch the outside of their feet.
- Demonstrate how to use the inside and outside of your feet to dribble.
- It is better to use both because you can dribble faster and make quick cuts when you use both inside and outside.
- After demonstrating for players, have them all stand up and demonstrate for you.
- You can have them dribble around the field while you yell commands like "inside of your foot only" "outside of your foot only" or "Inside AND outside"

Players will probably struggle with this a bit. Remind them to go slow and take their time. The only way to get better is to practice

[Here is a link](#) to a youtube video for Zig-Zag dribbling.

WATER BREAK

- While the players are having a water break, set up two straight lines of cones perpendicular to the line players stand on to start the practice every class. Use between 5-10 cones for each line depending on the skill level of players.

FUN GAME

First Game (5-10 minutes) Zig Zag relay

- Players are split into 2 groups (if there is a small number of players this week you can just make 1 line of cones and have all the players on the same team.

- When coach says "go!" the two teams compete in the relay race.
- Each player must dribble inside and outside of each cone.
- If a player dribbles too wide or has too heavy of a touch and misses a cone, they must go back to that cone and zig or zag past it before they can go to the next cone.
- Encourage the players to go a little slow and focus on controlling the ball. Explain that it takes longer to chase down a ball and redo a cone than it does to go a little slower and under control.

Remember the hard gym floor means the balls will travel faster so they must go slower and control their balls

Spacing the cones out further makes the dribbling easier. To start I would recommend them being 6 feet apart. If the players are struggling to zig and zag in between them, you can spread them further apart or make them closer to make it more difficult if the players can handle it

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

- A few water breaks should occur during scrimmage.

Closing (1-2 minutes)

- A recap of the skills learned that day.
- Remind everyone of the rules and ask if they all followed them
- Hands in Cheer. Ask the players what word they want to yell on 3!

YMCA WINTER SOCCER

WEEK 7

“First 5” (5ish minutes)

-When players arrive, allow them to dribble balls around, shoot on goal, or just run around unobstructed for the first 5 minutes.

While the soccer players are dribbling around, Set up cones around all 4 sides of the field. You don't need more than 6 or 7 cones per side

WEEK 1 RULES EXPLANATION (1-2 minutes)

Have the players all line up at one end of the field. The players will be lining up at this same spot at the beginning of every week

-Explain the rules of class. These rules will apply every week.

Rule 1: When Coach is talking, you are listening. (Have players put on their listening ears).

Rule 2: Never give up.

Rule 3: Always have fun!

Opening/Wake up (5-10 minutes)

- Bring all the players together in a semi circle and sit. Have each player say their name and Favorite color one at a time. Pass around a magic pinnie or cone or other piece of equipment. Players can only talk if they are holding it.

- Have them “wake up” their soccer balls by shaking them, yelling at them, rolling them, bouncing them, playing them like bongo drums etc.

- Have the players wake up their soccer feet or legs by shaking them out or pretending to push buttons or turn knobs etc.

- Have the soccer players run, skip, jump, hop etc from one end of the field and back. This will warm their legs up. Players also just love this activity in general. When in doubt you can do with back and forth as many times as you and the players want. Pick a different animal or object to run like each time. It helps to have a theme. For example if you want your theme this week to be Dinosaurs, you can have the players run like a T-rex with their little arms one time, fly like a pterodactyl the next time, run fast like a velociraptor the next time etc. If your theme is pets, maybe run like a dog, hop like a bunny etc. You can select players to choose what the group will run like.

SKILL REVIEW (5 minutes)

- Do a control move yourself and ask the players if they remember what this move is called.
- Next give each player their own ball and have them perform a "control" or "toe touch" move.
- Dribble the ball around a little and ask the players if they remember what this move is called.
- Have the players dribble around anywhere on the field (inside the cones or lines!).
- Every so often yell out "control" or "toe touch" or "dribble slow like a snail or sloth or turtle" "now dribble fast like a cheetah or lion etc" to have the players perform this move.
- Have them use only the inside or only the outside of their foot to dribble.
- After a few minutes have the players return to the end of the field that class started at and have them perform a control or toe touch or have them sit on their ball while you explain the new move.

New skill (5-10 minutes) Pull back

- Teach the group about changing direction.
- You can use a "change of direction" to get away from a defender.
- A pull back is when you place your foot on top of the ball and roll your foot backwards sending the ball behind you. You can either turn your body as your pulling back or turn your body after you have pulled the ball back behind you. You then dribble the ball away in the opposite direction you were originally heading.
- Demonstrate a pull back for the kids.
- Explain that you can also use a pullback to stop the ball from going out of bounds.
- Have the players stand behind their ball and demonstrate a pullback all at the same time.
- Demonstrate again nice and slow. The beginning of a pull back is a lot like our "control" or "toe touch" move.

[Here is a link to a youtube video for the pullback move.](#)

WATER BREAK

- While the players are having a water break, be sure to fix any of the cones you set up along each side of the field during first 5. They may have gotten knocked out of place by a player kicking them or playing with them or a ball hitting them. You should also place 2 pop up goals in the middle of the field. Have them back to back touching. Place the soccer balls on top of the circular flat cones around the field. You don't need a ball for every cone. There will be extra cones with no ball on top.

FUN GAME

First Game (5-10 minutes) Leprechaun gold

- Make up a backstory about how we are leprechauns.
- Ask them what leprechauns like. GOLD!
- Explain that the soccer balls on all the cones are actually pieces of gold!
- They are all stuck to the cones! The only way we can get them is with a special move.
- That move is a pull back!
- Ask the players if they see the 2 big pots in the middle of the field (the goals).
- We need to get all of the gold into our lucky pot of gold for safe keeping.
- To do this, we must go over to a cone, use a PULL BACK to get the ball off the cone, then dribble over to the pots and shoot or pass the gold into them.
- Everybody is going at the same time. If you get one piece of gold, try and go get another until its all safe in the gold pots!

Remember the hard gym floor means the balls will travel faster so they must go slower and control their balls

WATER BREAK (1 minute)

SCRIMMAGE (20-30 MINUTES)

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Closing (1-2 minutes)

- A recap of the skills learned that day.
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YMCA WINTER SOCCER

WEEK 8

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COACHES CHOICE!

Since this is the last week of games, the coach can choose, or the coach can ask the players, which games they want to play. This week is all about fun and recapping what they've learned so they can do any of the games they liked from the whole season

WATER BREAK

MORE GAMES!

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TIPS AND TRICKS FOR COACHES

- If they are having trouble paying attention while standing on a line, get them in a semi circle near you. When they are lined up their minds tend to wander more. They play with cones, chat with each other, look all around the room etc. When they are close and you're crouching or at their level, they are more engaged.
- Make sure to get down to there level to talk to them from time to time. It's not as scary for them when you meet their eye level sometimes.
- Keep explanations and talking short and simple. Kids lose focus easily
- Get them active and moving as quickly and often as possible so they don't get bored or lose focus.
- When in doubt, run it out. If players are losing focus or interest when you're talking, have them run to one end of the field. Even if it's in the middle of you explaining a new move or a game. Have them run one length, explain one more part of the game or drill then have them run again.
- If you have a group that is hard to control and running around wild, bring a prize with you like a stamp or a pad of stickers and reward the players that are following directions. Don't chastise players that are acting up. It may just be giving them attention that they want and will encourage them to keep acting up. Instead praise the players that are doing a good job LISTENING and FOLLOWING COACHES DIRECTIONS with a sticker or stamp and the other players will want to follow suit to get a prize and positive attention.

ALWAYS PHYSICALLY DEMONSTRATE THINGS!!

***Most kids are visual learners. They don't always understand just by hearing.
SHOW them what you want them to do.***

