



U5-U8 Adventure Soccer Program 2011

Fergie's Soccer Academy (FSA) has designed an Adventure Soccer Program for 5-8 year old soccer players.

The Curriculum consists of:

- 1) Adventure Soccer - Taking the players on a journey!!
- 2) Fun skilled practices and games - touching the ball 1,000 times a session.
- 3) Speed & Reaction games - The players to think about what they are doing.
- 3) Small sided games - 3v3 / 4v4 / 5v5.
- 4) Game knowledge and fun and exciting games: Player Education & Development

Remember: The attention span of a young soccer player this age is around 1-3 Minutes. Which in essence is always good to keep changing the games every 5-7 minutes? The players will lose interest and will not get the point of the game if it is too long. Make sure you get the coaching point across. Coaches have to be "well organized" when they are coaching this age group. Try and make sure you have a Session Plan of your topic written out, so the session will flow and have an adequate number of games and skills that the kids can pick up on quick and effectively. Also always have more than enough skills & games prepared for the players just in case. (**A Cue Card**)

“Fail to Plan is planning to fail”

Getting the players at a young age **“Turned on”** to the game of soccer is very important. You have the key to help develop them right in your own hands, make sure it's a good experience for all. All coaches make sure the players are having fun as well as learning in a good positive environment, with this the players will return to your sessions.

“Remember the coaches set the mood of the day”

Have fun with the kids they are so energetic at this age; they like to run around, so let them. Make sure all the players are learning the tasks that are set, and try to help all the players grow as individuals and learn at the same speed. Having fun **yourself as the coach** is also very important, and it will reflect off on the players. You are their **“Hero”** so make sure you do what you think is best for your players, and they will love you for it.

Setting memories for your player's lives is very important, so try to make it a positive experience for all players & parents. Have an end of season party or a pool party for all the get to know each other away from the soccer fields.

Coaching for me is all about bringing soccer communities together and enhancing player and team development. I want you to just spread a slice of passion to your players so they come back year after year and have fun on the soccer fields and play the beautiful game.

Warm-Up Games

Head - Catch

Players make a 5 foot circle around the coach. The coach passes the ball to the players and shouts head or catch. The players have to react quickly to the shout and do the appropriate action. This is a fun game to break the ice and have fun with.

To challenge them even more play the game by applying the opposite rule, so the players have to react even quicker and there will be some fun with this.

Freeze tag

Players with soccer balls, players without. Players without soccer balls have to run around and tag players with the balls. When tagged, the players freeze, open their legs then the other players put the ball through the players legs to unfreeze them.

Coaching Points: watch for loose soccer balls and the competitiveness.

Tail Tag

Players run around in small coned of area. All players have a pinnie tucked into the back of their shorts. The players chase each other and try to steal the tail from the back of their shorts. Once their own tail has been stolen the players then go and steal all the others.

Coaching points: very good for movement and flexibility to get the kids warm.

Hospital Tag

Players dribble around in the area and the coach/s go around and touch a player on a body part - leg, arm, back, neck, head etc.

When that body part has been touched the player dribbling the ball has to touch that part and keep dribbling. The more the coach touches that body part the harder it is for the player to dribble. If the players are touching

Pac Man (20x30)

Players are in the middle of the area dribbling around. There are two players been chosen to be **Pac Men / Women** which are in pinnies, they go around and touch the players soccer ball and shout “**Crunch**” as they touch the players ball with their own foot.

Coaching Points: players head up / Pac-men work as a team / good touches on the ball.

Stuck in the Mud (30x30 area)

Players dribble around in the Marshland. Two Mud monsters attempts to freeze the players that are dribbling around with the ball. The players have to try and keep the ball away from the mud monsters with different parts of the shoe under the coaches command.

Once the player has been tagged they will stand with the ball above their heads, legs open. The players will then shout for help from others in the area. How the players get free is if one of the players in the area kicks the ball thru the person’s legs to unfreeze them.

Coaching Points: Players keep their heads up / using different parts of the feet

Planet Soccer (30x 30 areas)

The players dribble around in an area under the coach’s instruction of what parts of the shoe to use. There are stand up cones (clowns hats) spread out in the area as different planets. When the coach Shouts “**Blast off**” all the players try to knock down as many

cones as they can in 1 minute, and the players count. Coach stands cone up when down.

Fun Games (All the games are set up in a 20 x 20 area)

Body Parts

Players dribble in an area and whatever body part the coach shouts out, the players have to touch the ball with that part. Try and challenge the players by using different body parts. i.e. back of knee.

Coaching points: ball stays on the ground and players should dribble with their head up.

Party House

Players pair up. One player with a ball and one player in the area with their legs wide open. Every player with their legs open in the area are named as a Candy Party, Pizza Party, Pool Party, Soccer Part etc. On the Coaches command the players have to dribble their ball thru all the certain Parties and try make sure they go thru them all. The players with their legs open have to shot and invite all players to the party.

Coaching points: dribble with head up, watch for clashing, keep the ball close.

Hand Ball - Two Teams

This is a game for the kids to play only using their hands.

It is the same kind of game like soccer but only using the players hands.

Players pass the ball to their team as a possession game of keep away.

Coaching points: Communication / Movement / Creativity / Competitiveness.

Magic Car

Tell the players a story about your "Magic Car" and that you have always wanted one.

You had a birthday and all you wanted was a Magic Car and your dream came true.

Tell the players the Magic Car has 3 Gears:

1st Gear Slow/(Sound with your mouth) Vibrate your lips together.

2nd Gear Medium Speed/ (Sound) Hummm at medium pitch.

3rd Gear Racing Car Speed/ (Sound) Neeaaaaaw.

Coaching Points: players need to keep the ball close and dribble with their head up.

Magic City (Progression from Magic Car)

Following on from the Magic Car Game.

The Coaches now explain to the kids that they are entering the Magic City.

Coaches will paint the Picture of this Magic City for the players to be very creative.

Coaches will shout out commands of different things that would happen within a city.

Commands: Left Turn / Right Turn / Red, Green, Yellow Light / Humpback Bridge,

Wet on the Road / Snowflakes falling / S.U.V.

Coaching Points: players to be very creative and the coach to demonstrate well for the players to understand and have Fun.

Cops & Robbers

Robbers stand with balls on one end of the square their object is to get to the other side passed the cops who are situated in the middle. The cops try and kick your balls out of the square. Robbers do a cheer, they jump forward and shout "**show me the money**"

Cops stand in a line in the middle of the square facing the robbers and shout out "**I love Coffee and doughnuts**".

Coaching Point: Great game, watch for competitive players and keep players heads up.

Shrimps & Crabs

Players set up as like cops and robbers.

Half the players (Shrimps) on the end line and the other half (Crabs) in the middle.

The crabs hands and feet on the ground (all fours). On Coaches command the shrimps try to make it to other side without getting eaten by Crabs. Like before there is a cheer.

Shrimps shout "**I don't like crabs wiggle wiggle**" players shake bum then Repeat. Crabs shout "**Snap it to the left, snap it to the right, snap it in the middle, eat shrimp tonight**". **Coaching points:** Great game, watch for competitiveness and keep heads up.

Treasure Island

Coach designates about a 10x10 area.

All players enter the 10x10 area. Coach lays out bits of treasure in the open field away from the area. Treasure could be Pinnies/ cones/ balls etc.

The need to get all the treasure back to the area one by one. Dribble the ball treasure.

Make the game by telling them a story about how they are on the beach and they need to get the treasure from the ocean back to the Island.

Progression: Add pirates to try and stop and tag the players before they steal the treasure and take it back to the island.

Target Soccer

Players stand at opposite ends of the square where there is a stand up cone behind them.

One player with the ball one without. The player with the ball has to try and knock the other players cone down at the opposite end of the area. If the player without the ball gains control of the ball then they go and attack the other players cone on the other side.

Coaching Points: good for 1v1 situations in a game / Keep players heads up.

Reaction Sprints

Players stand in front of coach facing the goal. Coach plays ball over players head, player then reacts to the ball and scores in the goal in front of them.

Variations: use different parts of the shoe / Lying down / Sitting / In 3/ 4/ 5.

Coaching Points: React quickly / good placement / build competitive edge.

Reaction Games

Players in pairs. Player 1 has the ball player 2 stands about 5 feet away.

Player 2 stands facing away from player 1. On player 2's command they turn and Catch/Volley/thigh volley/ chest volley/ head volley.

Off the Cone (Instruction into showing the technique of kicking the ball)

Instruct the players to place their ball on a cone facing a goal or target.

Coaches need to demonstrate the proper way to kick the ball.

Inside of the shoe / Laces / Heel for fun.

lace the non kicking foot to the side of the ball facing the target then swing with opposite leg to kick and follow thru so the ball comes off the cone at speed.

"Laces are aces" is a good way to get the point across to kids to kick with the appropriate parts of the shoe. Demonstrate to the players what parts of the soccer shoe you can use to kick or control the ball. Laces / Inside / Outside / Sole / Heel.

Coaching points: demonstrate well so all players can see the visual instruction. Have Fun

Dribbling Skills

Show players different moves with the ball.

Turns- Inside/ Outside/ Back heel/ Drag back/ Stop Push/ Step over/ Scissors.

Touches on the ball - Hat Dance/ Milkshake/ Double Tap.

Moves - Throw and trap/ Heel toe/ Juggle.

Get the players to touch the ball in a session as much as possible, because the ball is the game. The better players they are with the ball the better soccer player.

Coaching point: make sure all the players are touching the ball at all times.

Pressure Passing

Two players one ball

Two cones are laid out 5 feet apart. One player stands at one side of the cones and the 2nd player faces them through the cones. The players need to pass back and fore through the cones with only two touches maximum. The game gets tougher and tougher as things go.

Coaching Points: The players need to keep the ball under control and always aim through the cones. Players get points by either knocking a cone or taking 3 touches.

Knockout

Players dribble in designated 20 x 20 area.

On coaches command players have to kick each other's ball out of the square.

When the ball has been kicked out by another player they are aloud back in and play, if they catch the ball before it stops rolling.

Coaching points: This game will enhance creativity and also build competitiveness.

Ball retrieving

On coaches command they tell the players to bring back the ball to you with:

2 heads and 2 hands/ 2 ears/ 5 knees/ 6 hands etc.

Get the players to think and be creative. They have to bring the ball back to the coach without the ball touching the ground.

Good fun game.

Cone/Ball

Good to get the players to react to the command of the Coach.

Players all in a straight line facing the coach. Balls laid out on the left, Cones laid out on the right. All the players react to the command of the coach and shuffle to the cone or the ball and back to the middle line. Progression - up, down, jump forward & back.

Coaching points: Good for fitness, reactions and also builds competitiveness.

Quick Feet - Passing

Players Pair up

Players 5 feet apart are facing each other.

Demonstrate how to pass and control correctly with different parts of your feet.

Left & Right feet using, inside, outside, laces and sole of the shoe.

Progression - control with left foot pass back with right.

Coaching points: players face their target, and try to build good vision and awareness.

Juggling

Players from a very young age can learn how to juggle. Juggling can help the players in co-ordination, timing and balance. Start the players off by bouncing then kicking once then bounce again kicking two and so on. Progression - Juggling in in pairs.

Coaching points: players keep eyes on the ball, stay close to the ball and under control.

Games

Numbers Game

Small Sided Field with 8 players on each, or how many players available.

Both sets of players sit in a line next to their own goal numbered.

On the coach's command the number that has been shouted out comes to the middle and tries to get the ball and score from their opposite number.

Progression: 2,3,4,5,6 numbers then a full small-sided game.

Coaching points: watch for competitiveness and throw ball at an angle avoids clashes.

Micro Soccer (3v3)

Players play in a 20x20 area.

3 on each side which is all what you need for a small game.

It gives players maximum of touches on the ball and makes them a full part of the team.

Coaching points: Communication, passing & moving.

Four Goal Game

Play the regular game of soccer with 4-8 players on each side.

There are a total of four goals, two for each side. The players have to score and defend both goals. The point of the game is to focus on the switch of play, and the decision making of the individual. Play to the open goal every time.

Coaching Points: Players should be creative, and make space and do not bunch up.

Soccer Marbles (20x30)

All players have a ball. The players are numbered one and two. Number one plays the ball into space and number two has to hit the ball with their own ball when it stops.

If a hit is recorded then they get a point. It is the first to 5 points.

Coaching Points: ball never comes off the ground / accuracy / use different parts of shoe.

Crocodile Alley (20x20)

Players are lined up at both sides of the area. One ball for two players.

There is a cone in between the two players and they have to try and knock the cone down which is in **Crocodile Alley** as many times as they can. It is the first to 5 hits.

Coaching Points: placement of non kicking foot towards target / accuracy / weight of the pass / foot makes contact with middle of the ball / use weaker foot also.

Fun Penalty Shootout

6/8/12 Feet from goal place the ball down and have a shot at goal.

Coaching points: players should take their time and aim low for the bottom corners.

1 v 1 Challenge

Players challenge each other to a one-on-one.

Good to get the players to challenge each other and change players every two minutes.

Coaching points: competitiveness let them play, and let them learn from trial and error.

Soccer 2v2 (Ladder)

Coach sets up 3-4 10-ft squares all in a line.

The players play 2 v 2 in the small area. The Games are timed 2 minutes

If you win you move up if you lose you move down.

Make this a World Cup Tournament and the players get prizes.

When the team is at the top of the grid on final round they are the in the final.

Make sure the players choose what team of the World Cup they want to be.

Coaching points: Nobody is a loser in this game and watch for competitiveness.

Game - 4v4 / 5v5 / 6v6

Regular game with no limits. Lay out the boundaries and let the kids play.

Sit back and analyze the game. "The kids want to play, so let them"

Coaching points: Do not stop play too many times as the kids will learn the rules and learn to play amongst themselves. Stops play every 3-5 Minutes; help the players out with positioning and space.

Last things to do in the sessions are to challenge the players and see if they have improved or can improve more over the season with some certain skills.

Coaches challenge is all about seeing if the players can do something the coach asks the to do. Trick of the day is something for the players to challenge themselves and each other. It is good for the coach to give out simple but challenging homework for the players to try and then possibly demonstrate next time in front of the group.

Keep it fun and realistic to the game

Coaches Challenge

The players get together at the end of your session and choose how to challenge the Coach/s. i.e. Juggle/ Turn & Shoot/ 1v1/ Nutmeg game- try and get the ball between the coach's legs. Make it Fun and make sure the players achieve or win the competition. Give out little fun prizes.

Keep the mood high and very positive

Trick of the day

Trick of the day is a trick that they can accomplish, as a fun way to end practice.

It's for the players to think about and take home as "Soccer Homework".

Juggle/ Balance Ball on Head, Foot/ Flick balls off ground/ Juggle ball in pairs.

This is good for players to challenge themselves away from practice, which will make the player achieve something to show all the players in the next session.

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For more info on what FSA programs please check online at www.FergiesSoccerAcademy.com