



XARA SOCCER



DINOINITES SOCCER ROCKS

FOR UNDER6 PROGRAMS

A FUN INTERACTIVE CURRICULUM

TAKE YOUR SOCCER PROGRAM ON A MEMORABLE ADVENTURE

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FIND SUCCESS AT THE GRASS ROOTS LEVEL



Xara has four age appropriate programs designed to create the foundation for the long term success of your organization. These four age specific programs have been created to:

- Provide age appropriate soccer skills
- Provide volunteer coaches with the tools to deliver an authentic soccer experience
- Engage parents in a family soccer experience
- Create a learning environment that reaches beyond soccer
- Offer fun while developing soccer skills and fitness

This consistent approach ensures that your program will see measurable improvement in key areas of success:

- Growth of your program
- Higher retention rates of existing membership
- Higher retention of volunteer coaches
- Increased volunteer numbers
- Improved parent involvement
- Improved financial strength

Learn why so many youth soccer organizations across the country are using Xara's Age Specific programs and achieving the success they've been striving for.

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DINOMITES™

POWERED BY **xarasoccer**

**How is your soccer program different?
It's all about the experience! It's all about the fun!
It's all about - Soccersaurus!
Take your Soccer Program on an adventure they
will never forget!!!**



General ideas for recreational coordinators

- If you have both returning and new coaches, partner the teams up in pairs so that a less experienced coach can learn from a more experienced coach.
- Try to get an assistant for each team, this will ensure another volunteer parent learns the rough guide to coaching and they can always step in if the coach is unavailable as opposed to canceling a practice.
- Have the assistant set up the cones etc whilst the coach tells the stories and sets the next activity up.
- If you always struggle to get volunteers consider having a reduced registration fee for volunteer coaches etc.
- Always open all coaching clinics to parents as well as coaches.
- If you are unable to demonstrate have someone from the older travel teams assist you.

Introduction

The Dinomites program is a step-by-step interactive coaching guide for all youth soccer organizations, that run U4, U5 and U6 programs.

The curriculum is based around Soccersaurus and his adventures with his sister. There are three solid principles; Story telling, Imagination, & Play.

All of the technical coaching points are integrated into fun games, stories, and play so the children are learning in their natural environment. It is easy for the coaches as they are simply telling stories and integrating the coaching points into the stories and games. Each of the children have their own Soccersaurus ball. **(It is easy for the children to pick up fundamental skills, as all of the instructions relate to the touch points on the Soccersaurus ball)**

COACHING RATIONALE :

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, you need to give them something to get excited about. The curriculum has been designed to be as interactive as possible, fun, and imaginative. At this age, learning to play soccer is secondary to most other things in their lives.

With the above assumptions, let's look at some things that we can do to energize the U-6 players, and, hopefully, get them to the point where they will enthusiastically initiate the sign up for next year! Growing your soccer program.

- Each session is geared around touching the ball as many times as possible on the adventures.
- The training has been designed to last a maximum of one hour. This is primarily due to physical fatigue and attention span considerations. Train once a week, any more than this may lead to burnout.
- Every player should bring his or her own Soccersaurus size 3 ball.
- The coach, for select activities needs a different ball.
- Remember, although they may have very similar birthdays, their physical and/or mental maturity may vary by as much as 24 months.
- Team play and passing is an alien concept to these players. They know that if they pass the ball, they may never get it back! In fact, they will often steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.
- Plan for at least 6, 90 second drink breaks, especially in warmer weather. Their "cooling system" is not as efficient as in older players.

Remember, as a coach, you should be dedicated to the development of all players whether technically able or new to the game. Your position is very important. You are a role model to these children. Set exemplary standards. Although difficult try and keep away from creating a pressure to win, advise parents not to keep score. Maintain equality throughout your sessions and emphasize fun and the development will come naturally, if the kids are enjoying themselves they will learn.

Introduction
DINOMITES

I. COMMUNICATION :

The curriculum is written in story form.

Be a parent figure but let players know you are in charge.

II. POSITIVE REINFORCEMENT :

Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.

III. BE CREATIVE & USE INITIATIVE :

Every team is different. If the game is too advanced, modify to increase the chances of success.

IV. MAKE A DIFFERENCE :

Be motivational and inspirational. Enthusiasm and being energetic are contagious.

V. KEEP PLAYERS ACTIVE :

If the exercise becomes static, (some of the technical 10) involve helpers or assistants to keep everyone involved.

VI. EACH PLAYER IS AN INDIVIDUAL :

Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.

VII. STRIVE FOR QUALITY :

In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

VIII. REINFORCE CORRECT TECHNIQUE :

In all drills and games continually emphasize the use of correct techniques.

IX. DEVELOP PLAYER RESPECT :

Continually get players to support one another, to show good sportsmanship towards all players including opponents, and respect the others efforts.

X. EQUALITY AMONG PLAYERS :

Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.

XI. FUN & ENJOYMENT :

Players will respond and want to continue if things are fun. Create their enjoyment. Go down to their level of thinking. Participate in all of the warm-ups and drills, in fact, exaggerate your motions to illustrate the proper procedure. Do the actions at the same time as you are explaining a drill (not after).

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CHARACTERISTICS OF U-6 PLAYERS :

The following is a list of U6 typical characteristics. Rather than fight to try and change these, welcome them and embrace them.

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field
- Easily bruised psychologically. Shout praise often. Give "hints", don't criticize.
- Need generous praise and to play without pressure. Extrinsic rewards (trophies, medals, money for scoring goals etc.) should not be given for winning.
- Prefer "parallel play" (Will play on a team, but will not really engage with their teammates). Thus, a 4 against 4 game is, in reality, a 1 against 7 game because they all want the ball at the same time.
- Very individually oriented (me, mine, my). Imagine putting 8 - 10 six year-olds on the field to share one toy. When Billie finally gets the ball, will he pass it? No, because he knows he won't get it back! And shy Freddie may play a whole game and get only two touches on the ball.
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
- Development for boys and girls is quite similar.
- Physical coordination limited. Eye - hand and eye - foot coordination is not developed. Need to explore qualities of a rolling ball.
- Love to run, jump, roll, hop, etc..
- Prefer large, soft balls. (Practice keep ups or heading with balloons)
- Catching or throwing skills not developed.
- Can balance on their "good" foot.

OTHER THINGS YOU CAN EXPECT FROM U-6 PLAYERS :

As coaches of these younger players there are things that we know that we can expect during training and games. If we know what to expect, we will be more effective in dealing with the hundreds of situations that come up. This will help you relax, and, in turn, allow you to enjoy the unpredictable nature of working with these children even more. Here are some of the things that you should expect.

- Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- No matter how loud you shout, or how much you "practice" it, they can not or will not pass the ball.
- Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- Ten seconds after the start of a game, every player will be within 5 yards of the ball.

Introduction

DINOINTES

- Several players will slap at the ball with their hands, or pick it up. Several parents will yell at them not to do that.
- A model rocket that is launched from a nearby field will get 99% of the player's attention. By all means, stop whatever you are doing and go watch for a couple of minutes!
- During a season, you will end up tying at least 40 - 50 shoe laces. Wiping 100 snotty noses, and have more drinks breaks than you thought possible.
- They will all do something that is absolutely hysterical.

Make sure that you laugh!

INVOLVING THE PARENTS :

One of the key aspects of a fun soccer season at U6 is to involve the parents. It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U-6 player still views their parents as the most significant people in their lives. The new U6 players may even be scared of the coach and be unwilling to practice. Do not force the player to play let them watch the fun the other children are having and slowly encourage them to play even if it starts on the side of the field with the parent. A pre-season meeting should always be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. **(Phone chains. E-mail)**
- Choosing a team administrator-someone to handle all of the details.
- Discuss the laws of the game.
- Carpool needs / Collection and drop off on time.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss practice.
- What each player should bring to training: inflated ball, (size 3) filled water bottle, soccer attire, correct fitting shin guards (Cleats may not be mandatory).
- Most importantly, your philosophy about coaching U-6 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What you expect from them during game time.
How do you want them to cheer?
Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THE SOCCERSAURUS TRAINING SESSION :

Here is how the curriculum is broken down for the U-6 training session:

WARM-UP :

(Typically 10-12 min.) Starts with a story to set the scene. The majority of the warm ups involve a ball for each player to maximize touches. The alternative is a chase type game where the children do not start with a ball but as they are tagged they then chase someone with their ball at their feet. "Other" activities are included, like: rolling the ball with the bottom of their feet, backwards, etc, throwing it up and catching it. The warm up activities are designed to be played 2-3 times with maximum involvement. All of the games are "inclusion" instead of games where the "loser sits".

TECHNICAL 10 :

Following the warm-up, there should be ten minutes of individual technical skills disguised behind a story giving the children the chance to use their imagination. (Avoid having them wait on lines). Keep the players in motion at all times. The children love to race, some of the skills can be finished with a race including the technical skill. It is very important to understand at this age that not all children will be able to accomplish every technique. Keep pursuing the individual skills even if the children do not integrate these skills into a scrimmage situation. This initial training will pay off later!

DPS (DRIBBLE, PASS, SHOOT) :

The next activity (10-15 minutes again) is either a dribbling, passing, or shooting activity. The story will continue from the theme of the day. Again, the activities are designed to be played 2-3 times each time with the coach asking 1-2 questions so the children can improve.

PLAY THE GAME :

The final stage is to play actual games, make sure it is a 4v4 game not 11v11 at this age. Don't be afraid to join up with another team to make the numbers up. Some of the games can be, creative playing with 4 goals, 2 balls, or a goal in the middle of the field just to vary it for the kids. Play with boundaries. Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. It is important that every player has a chance to shoot on goal as often as possible.

HOMEWORK :

Reviewing what you covered in the session, this will remind them of the stories along with the technical skills they have learned that day.

PLAYER SAFETY IS YOUR RESPONSIBILITY



Xara's Safety Series products offer every parent the chance to make the right choice and select equipment that fits, is comfortable and at the same time protects the young player.

Learn more about the products by watching our informational video at www.xarasoccer.com/safetyseriesvid.aspx

9507, 9508 ILLUSION SHOE WITH SAFETY STUD CONFIGURATION SIZES



SAFETYSTUD
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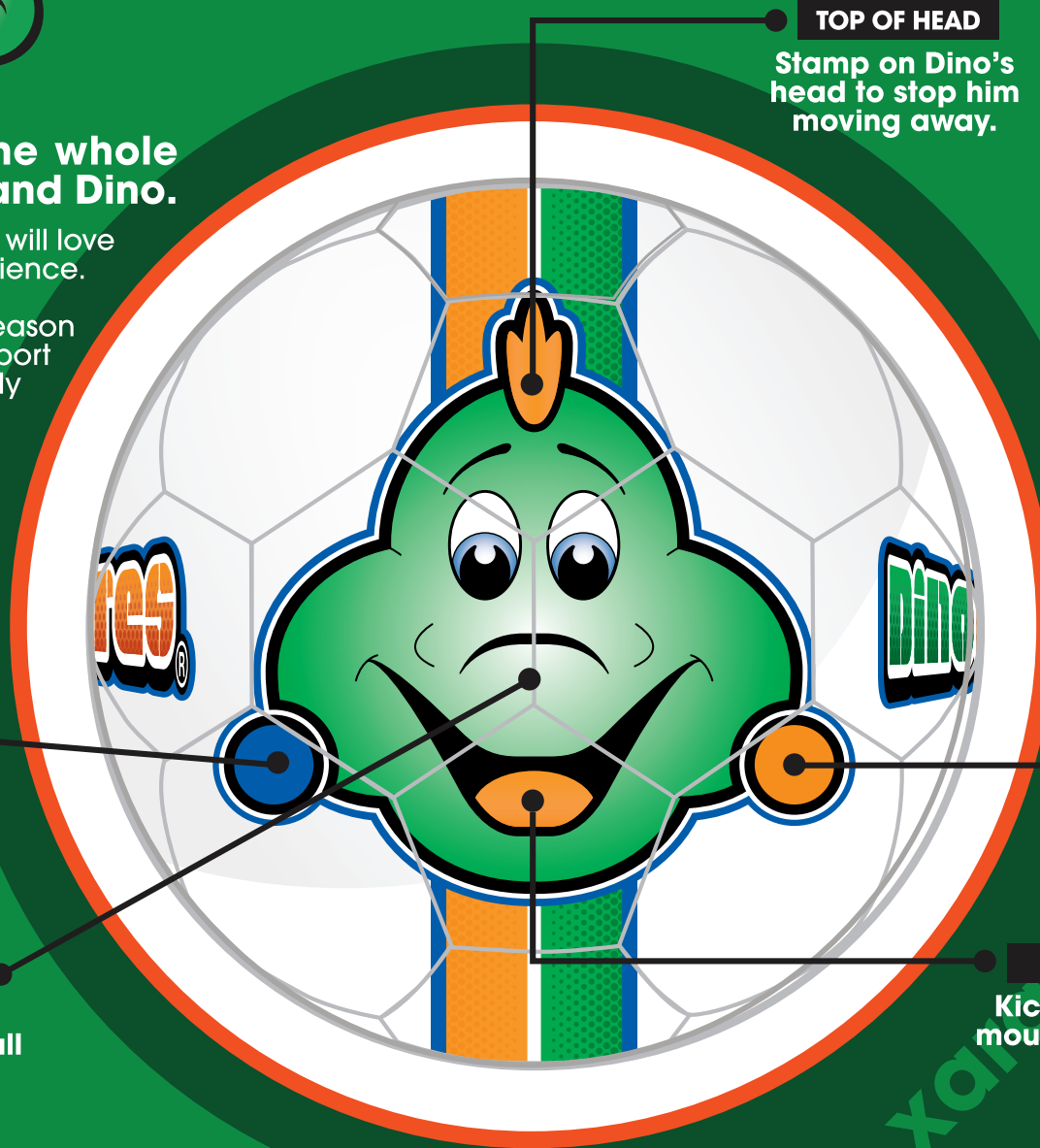


DINOMITES SOCCER ROCKS

Soccer is Fun for the whole family with Deena and Dino.

Every member of the family will love their Dinomite soccer experience.

With the instructional ball, season long curriculum, online support materials and the FREE family Backyard Activity book this program creates memories that will last a lifetime



TOP OF HEAD

Stamp on Dino's head to stop him moving away.

ORANGE DOT

Tap the Orange dot to move the ball to the left.

BLUE DOT

BLUE DOT

Tap the Blue dot to move the ball to the right.

NOSE

Kick Dino on the nose to kick the ball straight.

MOUTH

Kick Dino in the mouth to shoot on goal.

DINO BALL TOUCH POINTS

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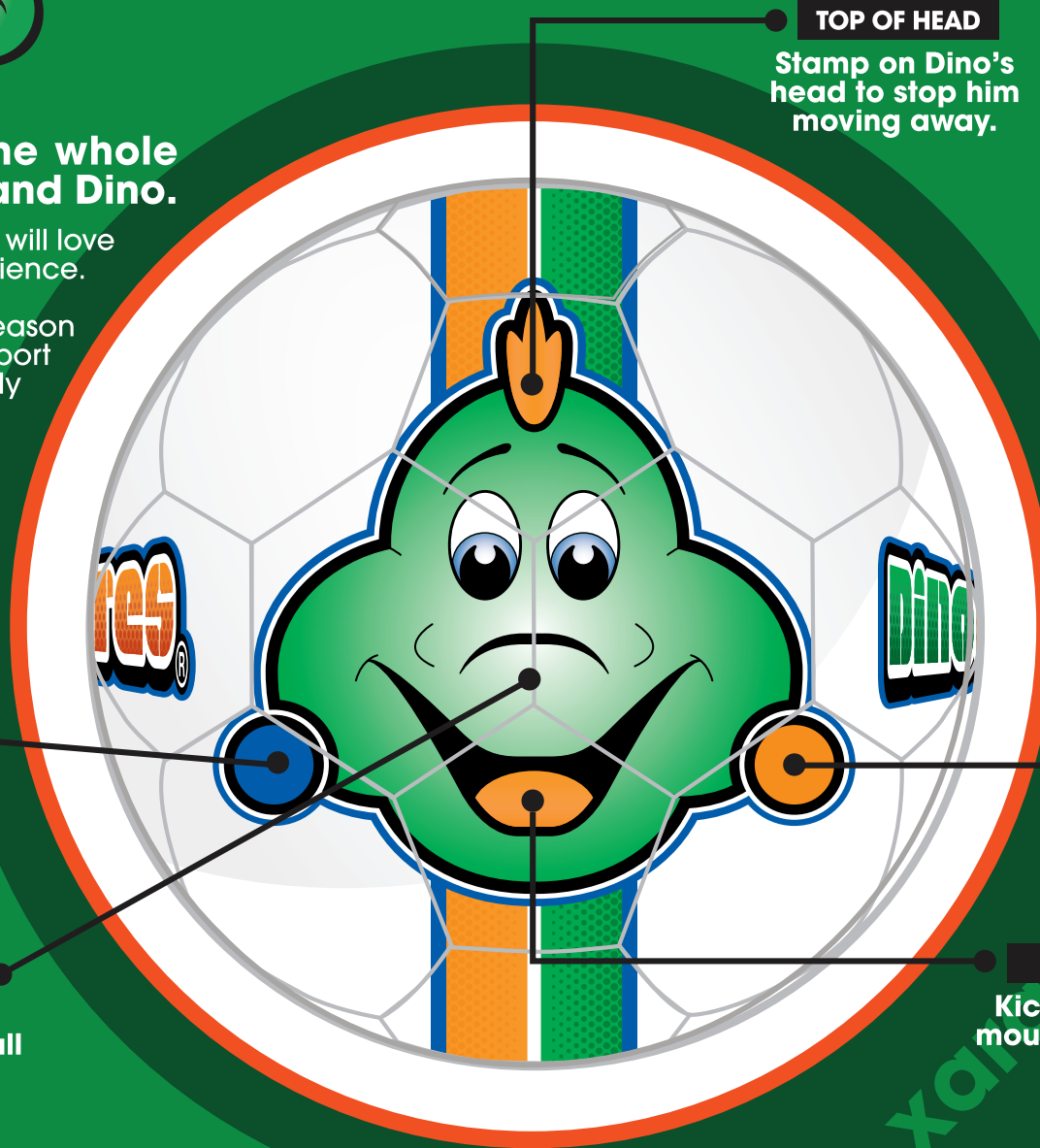


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DINO BALL TOUCH POINTS

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Soccersaurus Goes to the Beach

WEEK 1

SESSION 1 • WARM-UP

DURATION : 10 - 12 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball (for each child) Set of 20 Cones

OBJECTIVES : To have fun learning to move and control the ball with both feet.

ORGANIZATION : **20x30 area marked off with cones. (As below)** All players dribbling around the road using the inside and outside of the foot and laces. **(Big and pinkie toe)**
The coach is the police car and shouts out the following commands, 1 every 10-12 seconds:
Explain each command to the children before you play.

WARM-UP : TERMS

- 1. Green = Go** **2. Red = Stop Sign** **3. Speeding = Change of pace**
(2 or 3 quick steps and dribble then slow down again)
- 4. Police =** Get to the side of the road as quick as you can and let the police car through
(Coach must make the sound of a police car. Explain that mommy and daddy have to get to the side of the road.)
- 5. Question: Ask the children what happens when you hear a police car?**
- 6. Road Work =** Slow down Stamp on Soccersaurus' head and roll the sole of foot over ball.
 - Demonstrate first three and play for 5 minutes.
 - Stop and then add the other three.
 - Demonstrate each move while you are telling them.

#1 : BALL MOVEMENT & CONTROL



INTRODUCTORY : STORY

In your first week, bring the kids in a huddle. Tell the story. Explain that each week we will be going on an adventure with Soccersaurus - **1ST COACHING POINT - Story** Soccersaurus is your new pet and you take him/her with you wherever you go. Pick them up and give them a hug Soccersaurus does not like to be touched with hands, only with your feet. **Quick everyone drop your Soccersaurus!**
Soccersaurus has to get in his car to "Drive" to the beach...

WARM-UP : CAR JOURNEY GAME

- Huddle the group together.
 - Imagine you are going to the beach and we have to get in the car to get to the beach.
 - Q: What would we need to pack?** (Get kids to answer what their favorite things are to take)
 - Lets open the door and get into the car. (Enter the square) Now we are in the car we have to drive carefully and stay on the road. Explain the coned off area is the road and that we have to stay on the road.
 - Explain only 3 coaching points below as part of the story, then play 1-2 times and introduce the other 3.
- OK is everyone ready? Lets take Soccersaurus on a journey.**

COACHING POINTS :

While the children are playing you are calling out the commands. (1 every 10-12 seconds)

Explain to the children when the coach shouts out...

- 1. Green = MEANS GO (Dribble slow):** You need to move Soccersaurus with inside of your foot tapping him in the cheeks (Progression - Try using the inside and outside of the foot with on his cheeks.)
- 2. Red = MEANS STOP:** You need to Stamp on Soccersaurus' head to stop him from running away. (Tell a story of Soccersaurus being naughty and he sometimes runs away)
- 3. Speeding = QUICKER DRIBBLE:** but don't let Soccersaurus run away keep him close...2 or 3 quick steps and dribble then slow down again
- 4. Police Car =** Get Soccersaurus out to the edge of the road keeping him close, so police car can move through. (coach must make the sound of a police car)
- 5. Q: Ask the children what happens when you hear a police car?**
- 6. Road Work =** Slow down and stamp on Soccersaurus head, move him slowly forwards by treading on head and pushing him forward, in small steps.

Encourage children to use both feet.

Read the curriculum before practice!



U6 • WEEK 1

DIVOINTES

The **DinoMites** Turn

DURATION : 8 - 10 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball (for each child) Set of 20 Cones, Parents

OBJECTIVES : To get the children to begin to turn the ball & bring Soccersaurus back to the line.

ORGANIZATION : Practice 3-4 times from standing.

- Have each child line up on a line facing you.

Demonstrate:

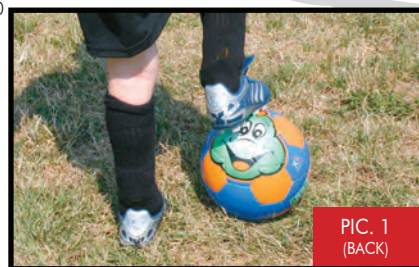
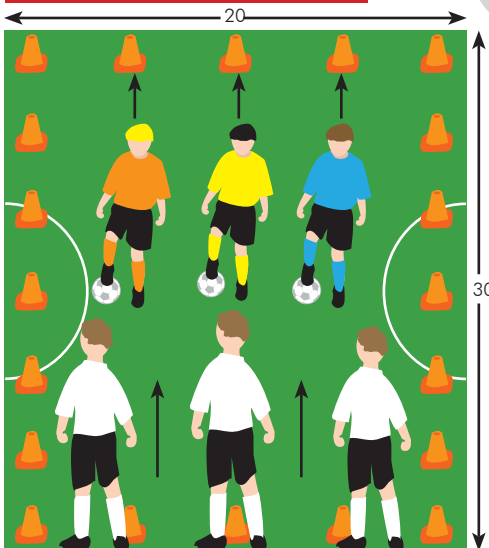
1. First facing them
2. Then side ways
3. Facing in the same direction as they are.

This gives them the full understanding in which direction they have to move with the ball.

- After the children have the basic turn down, tell the story with the waves. Have the parents pretend to be the waves. Parents line up opposite the kids, walk forward 6 paces and back like a wave on the beach. As they approach the kids, the kids now do the turn.

HINT - The kids line up on the 1/2 way line, make sure they have enough space behind them to turn.

#2 : MOVE 6 (See Glossary)



STORY : We have arrived at the beach and Soccersaurus wants to go down to the water, but doesn't want to get wet, we have to learn the Soccersaurus turn. This will help Soccersaurus when the cold waves try to get him wet, he can turn away fast and not get wet. The waves come onto the beach very fast. We have to be able to turn in the sand and get Soccersaurus away quickly. Show the kids where the water is.

"Do you think we can do that?" "I can't hear you?"

COACHING POINTS : Place your left foot on the ground next to Soccersaurus (pic. 1). Place your right foot on top of Soccersaurus' head. (pic. 2) (might want them all to tap right foot) Pull your right foot back sending Soccersaurus behind you and away from the waves, turn and chase. (pic. 3)

HINT - You want them to apply enough pressure on the top of the ball to move the ball behind them, but no more than 5-6 feet.

- Have the parents line up at one end and pretend to be the waves by stepping forward a couple of feet and back.
- **Progression 1** - Practice walking forward 3-4 paces and then turn.
- **Progression 2** - Have them move with Soccersaurus up to the pretend waves (the parents) then stop on the coach's command and drag back and change direction.
- **Progression 3** - Have a race up to the parents and back (15 ft recommended) and stop, do the turn and return.

HINT - The kids will race very quickly & forget about the turn. Discuss with them slowing down as you don't want Soccersaurus going in the water.



U6 • WEEK 1

DINOINTES

Crabs Game

Soccersaurus gets to the beach.

WEEK 1

SESSION 3 • DPS

(kids love this and will play this game all day long)

DURATION : 10 - 15 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball (for each child) Set of 20 Cones

OBJECTIVES : To develop ball movement and control and evade the opponent.

ORGANIZATION : Kids line up at the end of the beach. 20 x 30 area.
The name of the game is to get across the beach without the crabs kicking your ball out.

- Start with 2 crabs in the middle – Assume crab soccer position – Sitting down but with hands behind the body lifting the butt off the floor. Grab a parent and you be the first crabs – make a big deal of the kids making fun of the crabs.
- **Progression** - This is a game of progressive difficulty by design it will become harder and harder for the kids to get across.
- Crabs move with hands and heels of foot to get about.
- If your ball is kicked out you become a crab.

Rules: 1. The Ball **MUST** stay on the ground. 2. Crabs can not use their hands to get the ball only feet. We don't want crabs to have their claws stepped on. 3. Crabs cannot form a line.

#3 : CRABS GAME



STORY : Now we have arrived at the beach, lets get all your things for the beach and lets get lined up so we are ready. (show where to line up)

Q. What do we find at the beach? Crabs!

- Crabs don't like soccer balls, they want to kick Soccersaurus off the beach and into the water. We have to cross the beach without the crabs getting Soccersaurus.
 - If your ball gets kicked off by a crab you are magically transformed into a crab.
- Discuss some of the coaching points below game explanation.

COACHING POINTS :

Coaches Questions

What do we find at the beach Kids (Crabs)

- Use all of the moves you have learned from the road journey to get around the crabs. (Soccersaurus turn, slow dribbles, fast dribbles, inside and outside of your foot dribbling.) **Demo Pinky Toe Push**
- Every 3-4 runs across the beach, discuss how they can improve next time. Play and repeat several times. Each time you get an answer demo how it should be done.

Example Questions

- What can you do to avoid the crabs?
GO BACKWARDS OR SIDEWAYS
 - What can you do to get around the crabs?
PINKY TOE PUSH
 - What can you do if a crab comes up to you?
MOVE, CHANGE DIRECTION
 - What can you do if you cannot move forward?
GO BACKWARDS OR SIDEWAYS
1. Pinky Toe Push to the side if a crab comes at you.
 2. Don't be afraid to go backwards.



PROGRESSION : FUN ALTERNATIVE

Have the kids be the crabs with parents dribbling through. The kids love kicking the ball from the parents.

COACHES NOTES: _____

U6 • WEEK 1

DINOINTES

Game Time.

WEEK 1 SESSION 4 • 4v4

DURATION : 10 - 15 Minutes

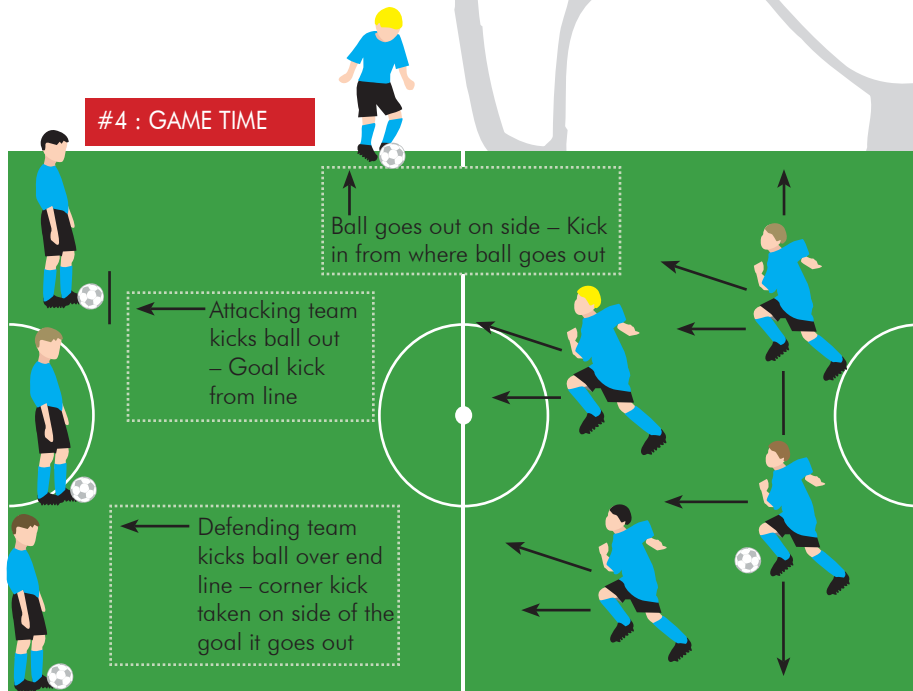
AGE GROUP : U6

EQUIPMENT : 1 Ball per child. Pinnies for 1 team

OBJECTIVES : To learn very basic positioning. What to do at a kick-in goal kick

ORGANIZATION : 4v4 no keepers (try to avoid any players sitting out)

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction.
- Teach basic positioning (although they will not stay in positions) when your team does not have the ball everyone defends – when you have it everyone attacks.



STORY : We are still at the beach.

- You have played so well you have changed the Crabs they have learned to like to play soccer.
- 2 teams of crabs (but the crabs can now stand) (if this is the first time playing continue with the following story)
- We have two teams of crabs and each team has their own net you have to try and kick Soccersaurus into the other crabs net. To show each team which way to shoot (**Attack**) place an object (**not a ball**) colored cone or pinnie/shirt at each goal and tell the team to attack that goal. It will help them in their thinking.
- If the ball goes off the beach (**over the by line, white lines**) we all stop.
- You have to try and steal the ball off the other team in order to score a goal.
- If you do not have the ball try and stop the other team from scoring.
- No hands, remember Soccersaurus does not like hands

(We recommend not having throw in's use Kick in's instead)

Q. What have we learned today?

- We have come to the end of our journey.
- Set home work - practice the Soccersaurus turn imagine you have the waves coming toward you and have to turn quickly.
- Demonstrate again so they remember and show parents.

4v4 COACHING POINTS :

Triangle formation: as the ball moves

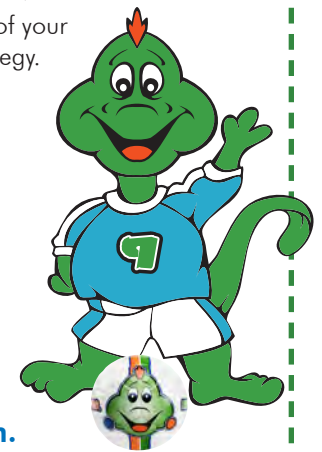
up the field your team moves. Play with 1 defensive player (although when your team does not have the ball everyone "gets back" and defends)

Resist the temptation to have a player back on the edge of your area all the time; it does not teach correct defensive strategy.

1. Explain that NO players are allowed in the "D" area.
2. If Soccersaurus goes over a line "play stops". To stop Soccersaurus from going over the line what can you do? **STOMP ON HIS HEAD**
3. If Soccersaurus does go over we kick him back in.

- For the first week explain basic formation.
- Limited verbal input. Just be their cheerleader
- Keep Soccersaurus close try and keep your head up.
- Encouragement and praise

Group kids in a huddle. Ask if they had fun. Tell them to practice Soccersaurus turns for next week's adventure.



U6 • WEEK 1

DINOINTES

Soccersaurus

Goes to the Sea

WEEK 2

SESSION 1 • WARM-UP

DURATION : 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Development of ball movement & control.
Introduction of passing.

ORGANIZATION : 30 x 30 square, each child with a ball – have a pinny at easy reach for the 3rd game.

WARM-UP : STORY Pull the kids into a huddle. Today we are going to take Soccersaurus on an adventure at sea. Come with me onto my ship, bring Soccersaurus (**Step into the square**) explain that they are now on a ship and that Soccersaurus does not want to end up in the water, because he is afraid of the water. (remember last week!)

Question the kids – What do you find in the sea?

Kids will say fish, sharks, etc.

Question them again – Would you want to swim with them? NO

• Make a big deal about staying on the ship: **Water is cold, don't want to get eaten by the sharks, etc.** (Stay inside the area)

Have the parents fan out and pretend to be the sharks.

Get them to sing the Jaws theme tune Da da, da, da, etc.

#1 : BALL MOVEMENT & CONTROL



WARM-UP : ACTIVITY

We are going to play a fun Game on the ship

We have to clean the ship with Soccersaurus as fast as you can.

The deck of the ship is dirty and we have to clean it with Soccersaurus.

Soccersaurus loves to eat dirt. All dinosaurs eat dirt.

Demonstrate the following: commands as in the previous week show 3 and play and then add the following 3:

- 1. Clean the ship** - Kids dribble around the ship cleaning the dirt by moving Soccersaurus
- 2. Scrub hard** - Moves Soccersaurus from side to side and in front to get that really dirty spot.
- 3. Hoist the sail** - Throw Soccersaurus in the air to set sail and stomp on his head to secure the mast.
- 4. Wind change** - (Re-Visit the Soccersaurus turn- drag back from last week)
- 5. Ship ahoy** - Kids dribble to the outside of the square and look through imaginary binoculars (Use hands to make the binoculars)
- 6. Captains on deck** - Stomp on Soccersaurus head (to stop cleaning) and salute the captain.
- 7. (add onto at the end) Pirates are coming** - (Tell the story Pirates love to steal Soccersaurus) Kids have to pick up Soccersaurus and hide it up their jacket or shirt.

COACHING POINTS :

For #1. Above: Clean the ship - Tap Soccersaurus in the cheeks to move him with the inside and outside and top of your foot. (Big and Pinky Toes and laces) Not too fast, keep Soccersaurus close as you don't want him swimming with the sharks. Keep your head up look where you are going don't bump into anyone else.

For all above - If you come across someone else use your Soccersaurus turn (review coaching points of Soccersaurus turn)

For #2 above - Stamp on top of Soccersaurus head roll foot left right and push Soccersaurus in front of you.

For #3 above - Don't throw your ball to high, be on your toes so that you can move, stamp on his head as quickly as you can.

As you progress, combine two commands very quickly. Hoist the sail and then wind change, etc. Make up your own combinations!



U6 • WEEK 2

DINO MINUTES

Control of the Ball part 1

WEEK 2 SESSION 2 • TECHNICAL 10

DURATION : 8 - 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Develop control of ball moving towards them. Review of the previous week (stopping the ball) stomping on Soccersaurus' head.

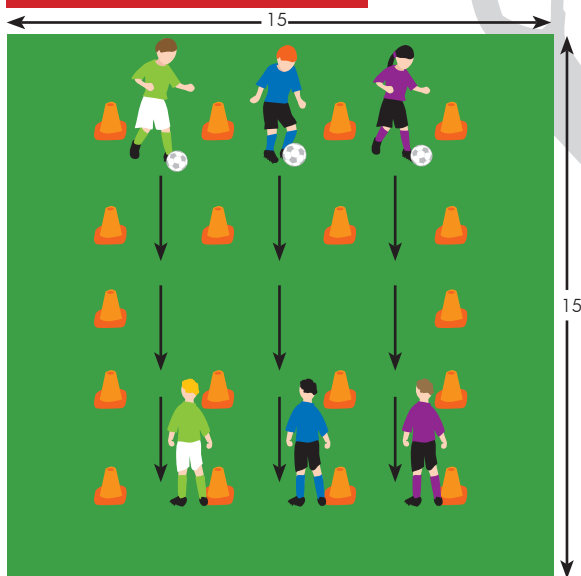
ORGANIZATION : Kids line up in pairs, get them to line up across the ship on the edge of the ships boundaries. You will have to mark out a smaller area inside the ship 15x15 as some may struggle to kick it this far. Have each pair stand between two cones one at each side as below in the diagram. (If some kids find it hard make the distance smaller)

- To start with have the kids roll the ball to each other, (Get the parents to assist them) service or presentation of the ball is key as kids will not be able to practice this skill if the service is bad!

STORY : Remember from last week at the beach Soccersaurus does not like to get wet. We have to learn to keep Soccersaurus on the ship.

- We have to polish the ships floor right across the ship (play a game where you pass Soccersaurus from one side of the ship to the other) the quicker we do this, then we can play another game.

#2 : Move 2 (See Glossary)



Have the kids stand on toes



PIC. 2

As the ball comes toward them present the foot



PIC. 3

Stomp on his head to stop him

COACHING POINTS :

- **Control of the ball coming towards them** - Stand on your tip toes and be light on your feet like a mouse. (pic. 1) If you are like a mouse you can move side to side easier. (Demonstrate being on toes and moving side to side) When your partner rolls the ball to you - Watch Soccersaurus coming towards you (have your foot ready) (pic. 2) move behind him and stomp on his head. (pic. 3)
- **Progression** - Have the kids pass the balls to each other. Once you have stamped on Soccersaurus head roll him in front of you 1-2 feet by stomping on his head and pushing him forward, (see appendix) before you kick him in the nose to send him back to your partner. Take a run up – two three steps - Kick Soccersaurus in the (nose) middle of the ball with your laces, toe pointing to the ground (dependant on logo position) (see appendix for passing photos) or inside of foot. Some children will not be able to lock ankle to pass the ball do not worry their bodies are just not developed for this yet.
- **Advanced = Player:** You can differentiate as a progression by extending the distance between the cones for players of greater ability. Also, make the better players use the other foot to pass the ball.
- **Progression II** - Place a ball on top of a cone in the middle and have them try and hit the ball off.



U6 • WEEK 2

DINOINTES

Celebrate all passing of the ball, but get technique correct.

Pirates on the Ship Game

WEEK 2 SESSION 3 • DPS

- DURATION :** 15 Minutes
- AGE GROUP :** U6
- EQUIPMENT :** 1 Ball (for each child) Pinnies, (1 for each child)
- OBJECTIVES :** To have fun – introduce dribbling around an opponent and ball protection.
- ORGANIZATION :** Back to the 30x30 square. All kids have a ball and enough bibs laid out on the side 1 for each child.

STORY :

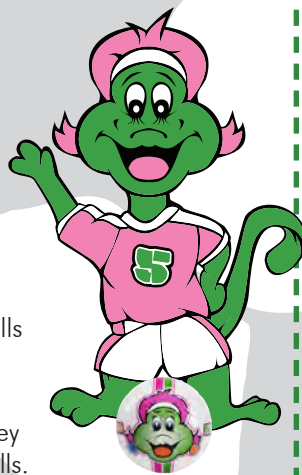
Pirates have boarded the ship and are after Soccersaurus. They don't like Soccersaurus on the ship. You have to move Soccersaurus away from the pirates with your feet and stop the pirates kicking Soccersaurus off the ship and into the water. If your Soccersaurus is kicked off the ship you join the gang of pirates (Go and get a pirate costume – Bib/Pinny)

Have the coach be the first pirate – (Coach must make pirate noises) The last two children with balls left on the ship become the first two pirates next time.

Have each pirate wear a bib so they kids can see them clearly. When their balls are kicked out they get a bib and go after all of the other Soccersaurus balls.

Helpful Hint – Prep two parents to assist the children put the bibs on.

After 2-3 games - Have the parents be the pirates and chase the children, then reverse it give the parents the balls and have the kids be the pirates.



COACHING POINTS :

- 1. Keep Soccersaurus close.**
Use Soccersaurus turn to get away from the pirates OR pinky toe push (demo both)
- 2. Move into a space away from the pirates**
- 3. Head up so you can see them.**
- 4. If a Pirate comes up to you place your body between the pirate and the ball, then use your Soccersaurus turn to get away. Move away as fast as you can.**
Discuss change of speed and direction.

• Important progression

This time if you lose your soccer ball don't just try to kick someone else's out. Try to steal someone else's ball like you would steal their ball in a scrimmage, then protect your ball. Play with no pinnies.

Question the kids on how to protect the ball? (Shielding)

• Play 2-3 times in this format.



COACHES NOTES: _____

U6 • WEEK 2

DINOINTES

Game Time.

WEEK 2 SESSION 4 • 4v4

DURATION : 20 - 25 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball (for each child) Pinnies for 1 team

OBJECTIVES : 4v4, no keepers (try to avoid any players sitting out). Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.

Tell the parents to not coach – Just clap, cheer, or whistle, no instruction.

Teach basic positioning

1. Where to stand at a goal kick?

If you have the ball, stand goal side, between opponent & goal. You stand in front of the other players, or in space. Teach the players to go wide at the goal kick (Fig. 1)

2. Where to stand at a kick in?

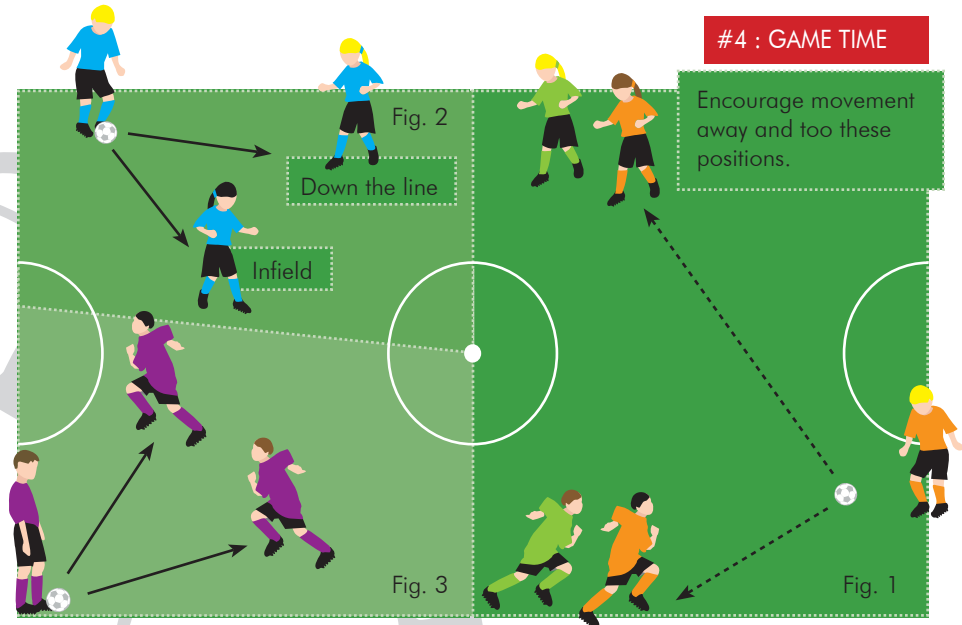
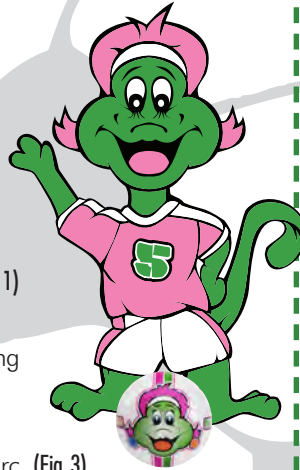
Try to have one player down the line and one in field – being able to cover the goal if there is a breakaway. (Fig. 2)

3. Corner Kick

Again one player down the line and one at the top of the arc. (Fig. 3)

4. What to do when your team does not have the ball; everyone defends, move back and get between the other team and the goal.

When your team has the ball, everyone attacking must have depth, with one player slightly holding back, and width with the two players up front pulling wide.



COACHING POINTS :

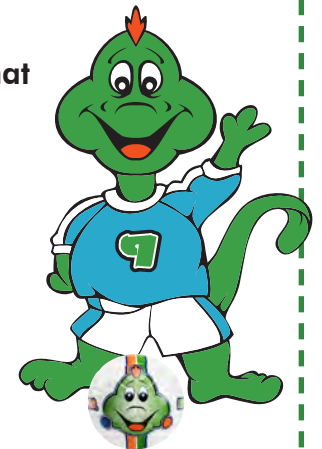
Basic questions relating to the game – that get the children thinking.

1. What happens if you have the ball and someone from the other team comes towards you?

(Protect the ball pirates game or pass or go around them)

2. If your team loses the ball what do you need to do. (When they lose the ball) get the Kids to say loudly 'GET BACK'

- Let them have a lot of free play today.
- Let them learn from their mistakes.
- Only coach when the ball goes out of play.



COACHING POINTS :

Start to ask questions of the Kids - This will get them to try and think on their own out on the field. Ask one or two questions and let them play. Stop play and analyze every now and again. Remember they are only little and do not take criticism well, continue to encourage them.

The best question to ask is **"If you could do this again what else could you do?"** Have them redo the play and continue on playing.

U6 • WEEK 2

MINIMITES

Soccersaurus Goes to the Jungle

WEEK 3

SESSION 1 • WARM-UP

DURATION : 10 - 12 Minutes

AGE GROUP : U6

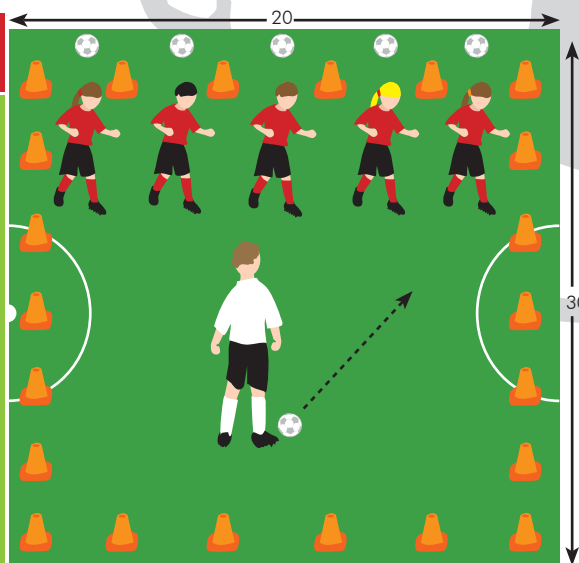
EQUIPMENT : Ball, Cones, Pinny, 2 Goals for last drill or Cones

OBJECTIVES : Development of passing skills, control and shooting

ORGANIZATION : 20 x 30 Grid, A ball for each child. The ball is laid at the side of the grid. Have a pinny at easy reach for the game.

COACHES NOTES:

#1 : PASSING, CONTROL & SHOOTING



STORY :

Today we are going on an adventure to the jungle. Soccersaurus has traveled a long way, and is very hungry.

Soccersaurus likes to eat flies. He has a very big tongue that he can stick out and catch you (kick his soccer ball to hit you). Each of you are going to pretend to be a fly. You are all flies and you have to fly across the swamp as many times as you can without being eaten. If Soccersaurus eats you, you turn into a fly catcher.

Can you do that? (Have the kids make fly noises) The coach has the ball in the middle of grid and passes the ball (Soccersaurus Tongue) to hit the kids knee or below. If the child is hit they become a fly catcher. (Put a pinny on to identify the fly catchers).

HINT – Putting pinnies on can be difficult for kids of this age, ask the parents to assist.

COACHING POINTS : STORY

If you are a fly try to run away from Soccersaurus. Play once without instruction. Let them have fun.

If you are a fly catcher:

Keep Soccersaurus close remember things from the previous week's adventures; Soccersaurus turns, passing and shooting.

1. Play once and then review with the following questions:

- What can you do to run away from the fly catchers? (Move to the side/ fake)
- If you are trying to catch the flies where do you kick Soccersaurus? (In the nose.)
- Follow through with your foot in the direction you are kicking.

2. Play once more ask the following question

- If a fly runs past you what can you do? (Have everyone spend 1 minute reviewing the turn)
- Dribble after the fly (tap Soccersaurus in the cheeks quickly to get there) and then shoot, kick him in the nose, to catch the fly.

PROGRESSION :

3. Play for a third time, this time:

Have the parents be the flies and have the kids knock them out one by one: If time allows reverse this and have the parents try and get the kids.

The kids love getting their parents!



U6 • WEEK 3

MINUTES

Passing for Coconuts

WEEK 3

SESSION 2 • TECHNICAL 10

DURATION : 8 - 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones

OBJECTIVES : Development of passing technique

ORGANIZATION : **Set this up in advance of the practice starting.**

As in the format last week - Kids line up in pairs, get them to line up across the swamp on the edge of the boundaries. You may have to mark out a smaller area inside the swamp 15x15 as some will struggle to kick it the full length. Have each pair stand between the two cones one at each side of the square.

There are 4 progressions (spend 2-3 minutes on each, come back to 4 another week if you do not make it in time). To start with the review of last week, have the kids pass the ball to each other.

#3 : PASSING COACHING POINTS :



PIC. 1

(Pic. 1)
Approach the ball balanced.



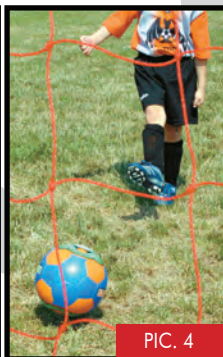
PIC. 2

(Pic. 2)
With the inside of the foot, kick Soccersaurus in the nose.



PIC. 3

(Pic. 3&4)
Follow through with the foot in the direction you want the ball to travel.



PIC. 4

STORY :

Soccersaurus is still hungry and wants to eat something, what do we find growing on the trees in the jungle? (COCONUTS)

Before we can shoot Soccersaurus at the trees to get coconuts we need to learn how to kick the ball in a straight line. Place a cone between the two kickers and have them kick the ball over the cone (or try and hit the cone).

- **Progression 1** - You can differentiate as a progression by extending the distance between the cones for players of greater ability or by kicking with both feet.
- **Progression 2** - Move the cones back 5 steps. Place a ball on top of a cone in the middle and have them try and hit the ball (coconut) off.
- **Progression 3** - Remove the cone and ball in the middle, each kid can pretend the end cones are now a goal. Have the kids kick the ball past each other.
- **Progression 4** - Have both players shoot at the same ball placed on a cone in the middle of the goal. Have them try and kick the ball off the middle cones.

COACHING POINTS :

Control of the ball coming towards them - Stand on your tip toes and be light on your feet like a mouse. If you are like a mouse you can move side to side easier. (Demonstrate being on toes and moving side to side)

When your partner rolls the ball to you - Watch Soccersaurus coming towards you, move to where he is and stomp on his head.

PROGRESSION 3:

Dribble with the ball to the middle set of cones – two, three steps - Kick Soccersaurus in the (nose) middle of the ball and try and shoot past the person on the other end.

If you can stop him, stomp on Soccersaurus head. Dribble up to the cones and shoot again. Roll him in front of you 1-2 feet before you kick him in the nose.

Celebrate all shots on target.

FOR PROGRESSIONS 3&4:

Once played for 2 - 3 min. stop play and review. As in the previous game follow through with the foot onto the target.

The purpose of the drill is to get the shots on target not just to score. Reward 1 point for a shot at a target.

Score 5 points for a goal and 10 for hitting the ball.



U6 • WEEK 3

DINOINTES

More Passing!

WEEK 3

SESSION 3 • DPS

DURATION : 10 - 12 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Development of passing technique

ORGANIZATION : Back to the 30x30 square. All kids have a ball and 4-5 bibs laid out on the side. Split the kids into two teams, with pinnies on and without.

STORY/ORGANIZATION :

Soccersaurus has landed with you in the hippo's swamp. One team are the hippos, one team are the explorers. The hippos are going to hit the explorers Soccersaurus with his ball. If you are an explorer, you have to move Soccersaurus with your feet away from the hungry hippos. If Soccersaurus is hit by a hippo you have to stand in the swamp legs apart with Soccersaurus on your head and shout for help. You can come back in the game when another one of the other explorers (team mates) passes his/her Soccersaurus through your legs.

(Hippos chase the explorers and tag their balls with their own balls)

COACHING POINTS :

Play once with no technical instruction.

- **Keep Soccersaurus in front of you.**
- **To move Soccersaurus around the swamp and away from the Hungry Hippo, use little touches on Soccersaurus cheeks with the inside of the foot.**
- **If the Hippo comes towards you, use the Soccersaurus turn to trick the Hippo and turn away from the Hippo.**
- **Show the players how to move away from the opposing players by changing their direction and speed?**



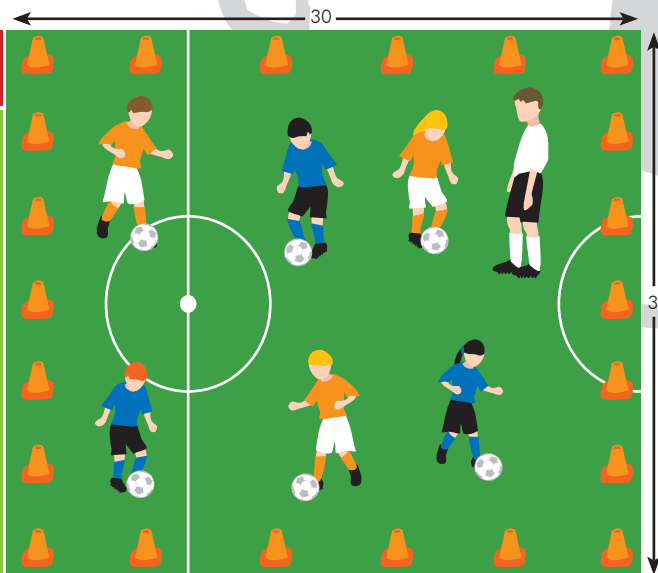
PROGRESSION :

Progression I - Focus on dribbling Soccersaurus up close and then kicking him in the nose to hit the explorers.

Explain how to turn again using the Soccersaurus turn or to evade by using the pinky toe push.

Progression II - Have the kids (Hippos) chase the parents (Explorers) and hit them or have the parents chase the kids.

#3 : SHOOTING TECHNIQUE



COACHES NOTES:

U6 • WEEK 3



Numbers Shooting Game.

DURATION :

20 Minutes

AGE GROUP :

U6

EQUIPMENT :

1 Ball (for each child) **Pinnies for 1 team**

OBJECTIVES :

(NO 4v4 in traditional format) **focus this week more on 1v1 2v2 finishing up with 4v4. Focus is on the shooting.**

ORGANIZATION :

Use 1/2 the field. Coach stands behind the goal with a pile of balls. Position two teams each side of the goal on the end line. Mark the two areas with cones (straight lines are cones) Number players on each team 1, 2, 3 & 4 or fun animals names, depending on how many players are on your team. (As shown below) Kids will run in arrows direction.

VERY IMPORTANT – YOU MUST PAIR EACH CHILD UP WITH SOMEONE OF SIMILAR SPEED IF YOU NEED AN EXTRA PLAYER, YOU PLAY AND HAVE A PARENT FEED BALLS IN.

STORY :

- It's the Jungle Olympics and it's the Cheetahs against the Elephants.
- The Cheetahs are fast, but the Elephants are big and strong.

Who will win this round of the Jungle Olympics?

Each Cheetah or Elephant, when your number is called, runs out and tries to score.

COACHING POINTS :

Coach calls out a number 1, 2 or 3, etc. Kids who's numbers are called run around the area shown following the arrows and compete to shoot the ball (thrown by the coach) in the empty net.

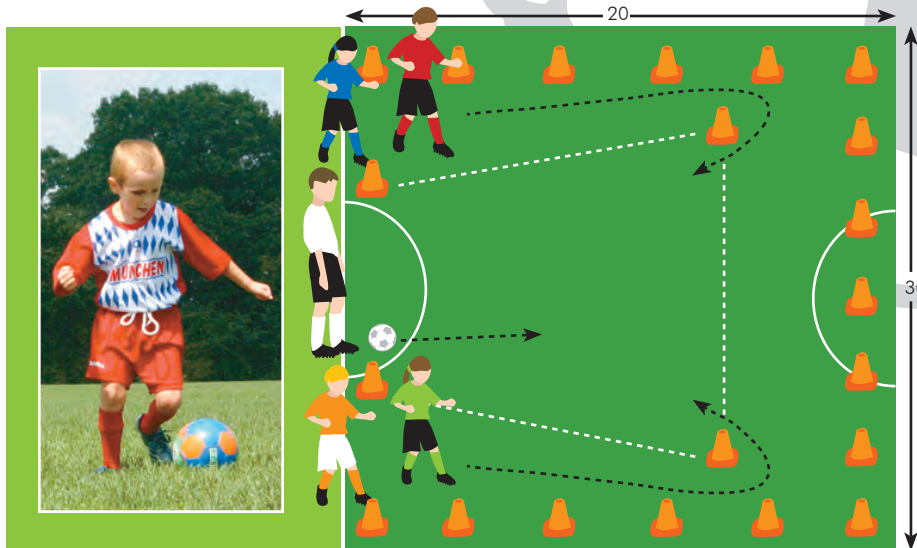
1. Run as fast as you can to get the ball.
2. Pass the ball into the goal.
3. Strike ball with your laces.
4. Shoot as quick as you can.
5. Follow it in case it hits the post.
6. Follow through with your foot in direction of the goal.

PROGRESSION :

Call out 2 - 3 numbers at a time, then throw more than 1 ball out at the end so each child can have their own shot.

1. Shoot quickly if you can.
2. If you cannot shoot, pass to a partner who has a clear shot.
3. (Very advanced) Fake to pass pinky toe push and shoot.

That's the end of our journey today, we have found food for Soccersaurus and used our tricks to get away from the hippo's.



Soccersaurus Goes to School

WEEK 4 SESSION 1 • DRIBBLING

DURATION : 10 minutes

AGE GROUP : U6

EQUIPMENT : Special different color ball, Pinny, 2 Goals (for last drill), cones

OBJECTIVES : Develop listening skills and ability to follow instructions. Review of previous weeks Skills.

ORGANIZATION : 20 x 30 Grid, A ball for each child

STORY : Soccersaurus is going to kindergarten today for the first time. He is a little scared so pick him up and give him a cuddle.

Can you help him have some fun?

I am your new kindergarten teacher (coach) whatever direction I give – You have to do.

Are we ready to have some fun?



#1 : DRIBBLING



PIC. 1



Encourage the kids to keep Soccersaurus in front of them and use the inside and outside of both feet, tapping on the cheeks. Some kids will also use the laces as the nose, this is also a good technique.

COACHING POINTS :

Remember things from the previous week's adventures, Soccersaurus turns, passing and shooting. Encompass these into the things you tell the kids, don't be limited in any way, use ours or make up your own ideas:

- Teacher Says - Dribble fast, Dribble slow.
- Touch Soccersaurus on the cheeks with both feet. (Standing tapping him between the feet)
- Roll your foot over the top of his head from side to side.
- Dribble, and when you shout they do the Soccersaurus turn.
- Dribble, and when you shout the players do the pinky toe push.
- Pick Soccersaurus up, throw him in the air and stomp on his head.
- Dribble Soccersaurus to the side of the classroom.
- Try and catch the teacher and shoot Soccersaurus to hit the teacher
- Try to get some else's Soccersaurus ball



PROGRESSION :

1. Play once and review the following:

**Do you think we can go a little faster now?
Simply speed up the instructions one after the other.**

2. Stop and show the pinky toe push.

U6 • WEEK 4



The Class Pet ESCAPES

DURATION : 8 - 10 Minutes

AGE GROUP : U6

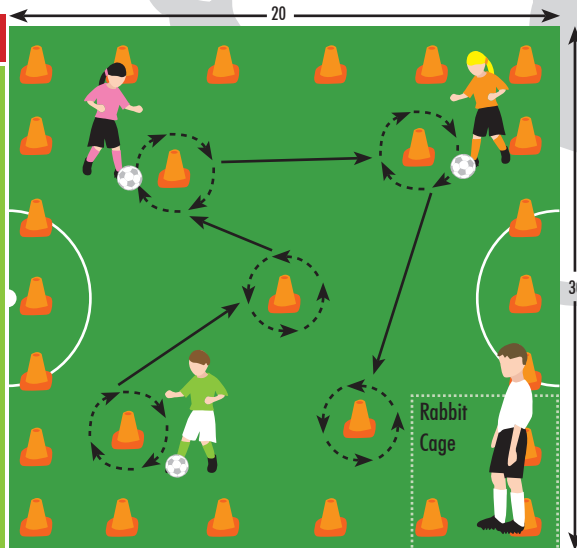
EQUIPMENT : 1 Ball each, Cones

OBJECTIVES : Development of dribbling skills

ORGANIZATION : Same area with several pairs of cones laid out randomly try to have at least 10 pairs of cones.

COACHES NOTES: _____

#2 : DRIBBLING SKILLS



STORY :

Soccersaurus has gone to school with the children. While Soccersaurus is at school the class pet (rabbit) has escaped from its cage! Soccersaurus does not know that rabbits are friendly so he is afraid and runs around the classroom to keep away from it. If you go around a chair you are safe and the rabbit cannot get you.

- **Progression** - You can differentiate as a progression by making the distance between the cones smaller for players of greater ability.
- Demonstrate going all the way around the chairs with the pinky toe push.

COACHING POINTS :

Move quickly away from the rabbit and around the chairs - Move on your tip toes and be light on your feet like a mouse. If you are like a mouse you can move side to side easier. (Demonstrate being on toes and moving side

to side) **Where do you tap Soccersaurus to move him?**

Tap Soccersaurus in the cheeks to move him.

Use your pinky toe pushes and taps on the cheeks with the inside and outside of your feet to get around the chairs.

If you see the rabbit coming towards you do you move away fast or slow? Fast

When you go around a chair turn away using your pinky toe to push around the chair fast. Have everyone practice for 1 minute just on the pinky toe push around the cones without the rabbit chasing them. Once you become the rabbit the objective is not to catch them but to get them moving towards a chair and practice the skill of going around it

(Just pretend to get them and chase them to a chair to get them to do the skill).

Make a big deal and tell the kids, **boy you are too fast for me.** Make a big fun joke of it.

Keep Soccersaurus close at all times

PROGRESSION :

Players now become the rabbits, the teacher wants to put them back in the cage. With the ball, the teacher tries to hit the players ball. Review shielding from previous week and what to do if you are attacked. If the teacher hits the kids ball the kids go to the cage (set up small square, the rabbit cage) and do two Soccersaurus turns to get back in the game.



Catch The Mouse

WEEK 4 SESSION 3 • DPS

DURATION : 8 - 10 Minutes **AGE GROUP :** U6

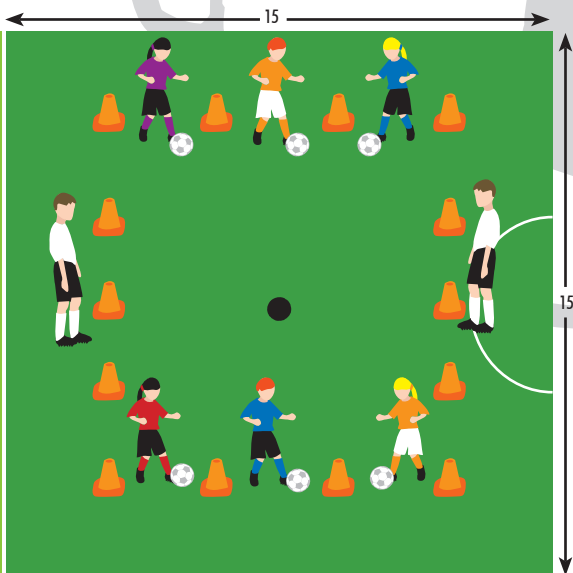
EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Develop passing and shooting skills.

ORGANIZATION : Back to the 15x15 square. All Kids have a ball. You need 1 ball that is not a Soccersaurus ball, this is the mouse. All kids must have a ball each. Split the kids into two teams one with pinnies one without. Have each team line up on one side of the square. Have the parents cover each of the blank sides.

COACHES NOTES: _____

#3 : DRIBBLING SKILLS



STORY :

There is a mouse loose in the classroom (show the different ball).

You have to kick your Soccersaurus at the mouse (Soccersaurus is not afraid of mice) to move the mouse over to the other teams side.

No one can touch the mouse with their hands.

You cannot kick your ball inside the classroom you must be on the edge of the classroom (The edge of the classroom is the cones).

When Soccersaurus goes into the classroom you can run in really fast. Do a Soccersaurus turn, and dribble it back by tapping him on the cheeks back to your line and shoot at the mouse. (Demonstrate)

The winning team is the team that moves the mouse across to the other teams side of the room to scare them.

Both teams shoot at once on the coaches command – then they all get their balls and go back to the line and shoot again on the coaches command.

If you have an attentive group after 3-4 go's, you can have them come back to the line and shoot at their own pace, not on the coaches command.

The winning team is the one that kicks the mouse over to the other team using Soccersaurus.

COACHING POINTS :

Play once with no technical instruction.

Go through the following after they have played the game once.

1. Review Soccersaurus turn when balls are in the middle.
2. Review control, pushing Soccersaurus in front and where to kick Soccersaurus to shoot him.
3. Review what to do with your foot.
(follow through in direction of the mouse)

PROGRESSION :

Have the kids play the parents.

The kids will love this!

That's the end of school day today we can go outside now and play a game of soccer.



U6 • WEEK 4

DIVOINTES

Game And Coaching Points

WEEK 4 SESSION 4 • 4v4

DURATION : 20 - 25 Minutes

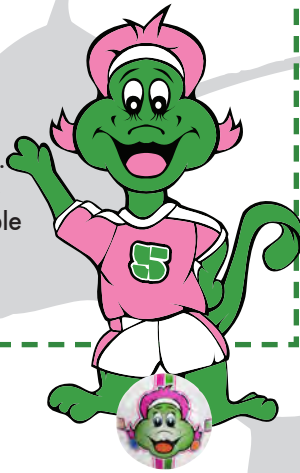
AGE GROUP : U6

EQUIPMENT : 1 Ball (for each child) Pinnies for 1 team

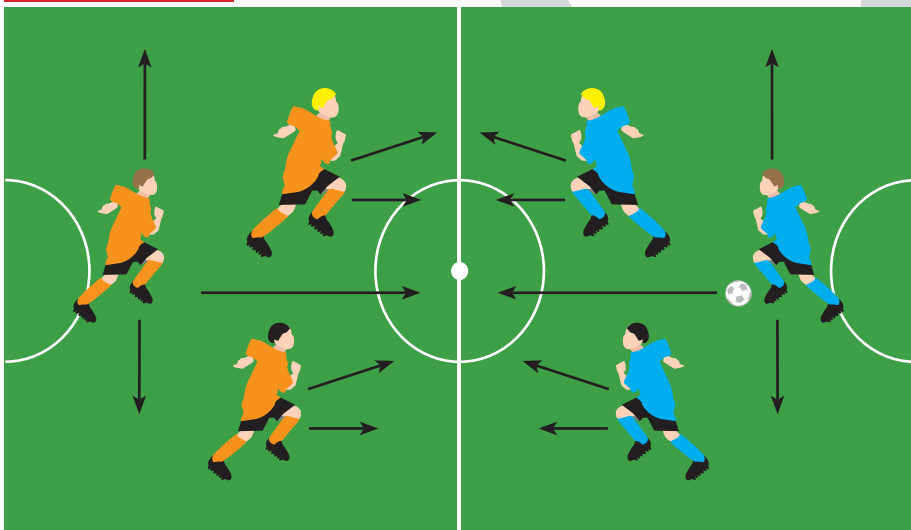
OBJECTIVES : To learn very basic positioning.
What to do at a kick-in and goal kick.

ORGANIZATION : 4v4 no keepers
(try to avoid any players sitting out)

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction please.



#4 : GAME TIME



Teach basic Tactics

1. **What to do when your team loses the ball** – Get back, get your body between the ball and your goal.
2. **If you don't have the ball where can you go to help someone on your team?** - Wide and deep.
3. **Where to stand at a kick in?** - Try to have one player down the line and one in field – being able to cover the goal.
4. **Corner Kick** - Again one down the line and one at the top of the arc.

COACHING POINTS :

Stop the play if they do something that can be corrected and ask questions of the kids – This will get them to try and think on their own out on the field.

Ask one question and let them re-do the play.

Stop play and analyze every now and again (not all the time), remember they are only little and do not take criticism well, continue to encourage them.

The best questions to ask are **"if you could do this again what else could you do?"** Have them redo the play and carry on playing.

What happens if you have the ball and someone from the other team comes towards you? (Protect the ball, pass, go around them)

If your team loses the ball what do you need to do? (As above get back) get the kids to say loudly **"GET BACK"** (When they lose the ball)

Basic questions relating to the game that get the children thinking.

Focus them in:

1. Lets look to get early shots today.
2. Lets look to practice our pinky toe push and Soccersaurus turn.



U6 • WEEK 4

MINIINTES

Soccersaurus

Goes to the Zoo

WEEK 5

SESSION 1 • WARM-UP

DURATION : 10 Minutes **AGE GROUP :** U6

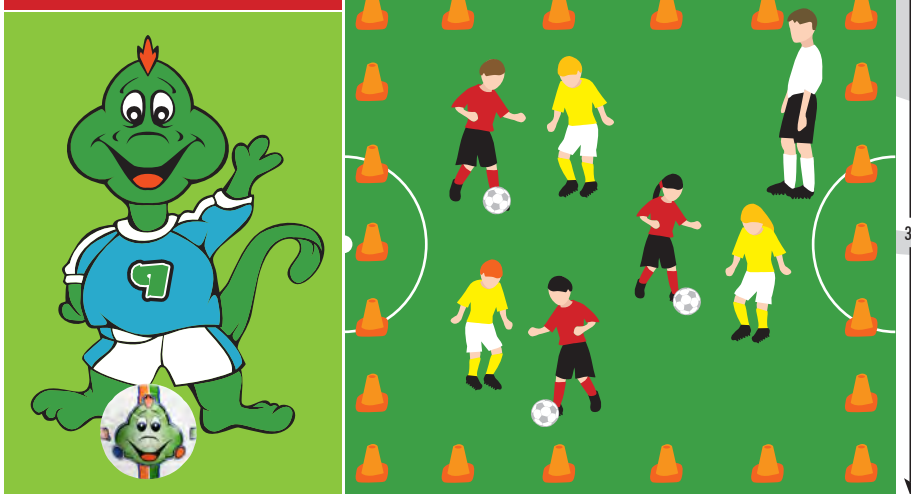
EQUIPMENT : Ball, Cones, Pinny each

OBJECTIVES : Development of ball movement/passing and shooting.

ORGANIZATION : 20 x 30 Grid, A ball for each child. Split the group in Half (place a pinny on 1 team) for easy identification. The non pinny team needs a ball each.

COACHES NOTES: _____

#1 : BALL MOVEMENT, PASSING & SHOOTING



STORY :

Last week we went to school, today we are on a school trip to the zoo. Soccersaurus is at the zoo, but the zoo keeper is in trouble. All of the Lions have escaped (**Kids with Pinnies**), the other team are the Lion catchers. You can catch a lion by kicking Soccersaurus to hit the lion below the knee. (**Where do we kick Soccersaurus to pass or shoot? on his nose**) If the lions get caught you have to stand feet apart. A lion can be released by another lion crawling through their legs.

Are we ready to have some fun?

COACHING POINTS :

Remember things from the previous week's adventures to help you catch the lions.

If a lion runs behind you what can you do?

Soccersaurus turn

Can you dribble up nice and close and then kick Soccersaurus in the nose to catch the lions?

Play once and review with questions the following:

Do you think we can go a little faster now?

Swap Teams

COACHES NOTES: _____

PROGRESSION : FUN ALTERNATIVE

Have the parents be the lions and the kids catch them.

Once they catch a parent they are caught and have to stand there until all the lions are caught.

U6 • WEEK 5



Fun Races!

WEEK 5

SESSION 2 • TECHNICAL 10

No specific technical element for this week
Just Have Fun!

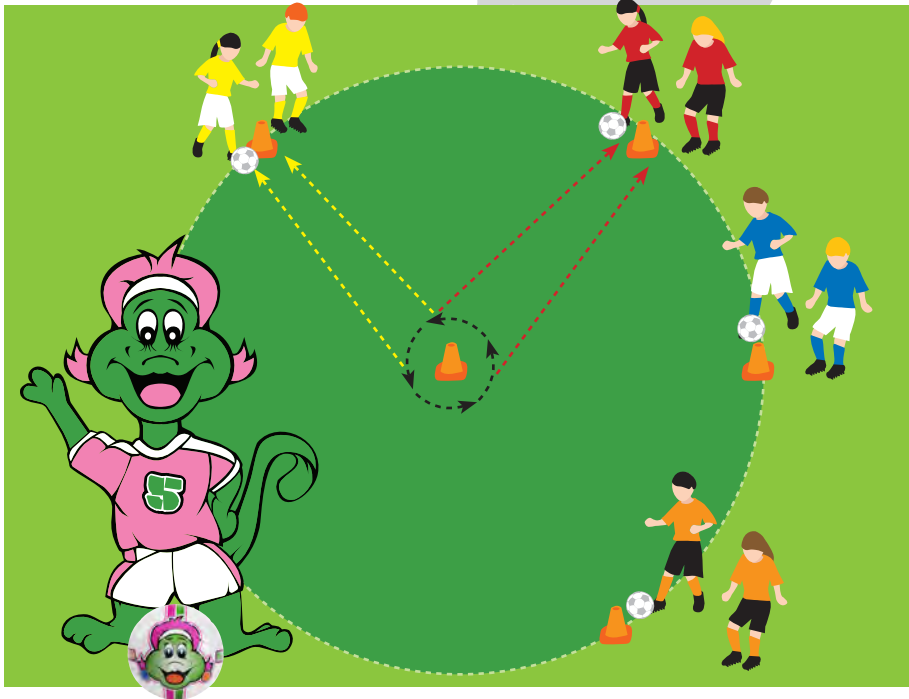
DURATION : 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Have as much Fun as possible.

ORGANIZATION : In a circle with a cone in the middle, the cone is approximately 15 paces from the kids. Teams of 2. 1st team member goes and then tags the second.



COACHES NOTES: _____

STORY :

All of the animals are lined up around the magic circle for the animal Olympics. The animals compete in 5 races to see who is king of the zoo.

COACHING POINTS :

RACES - Have the kids and parents make the sounds of the animals as they do each race.

Make sure you demonstrate each race before the kids do it

Race 1. The Frog Race

Place the ball between your feet and hop around the cone and back.

Race 2. The Penguin Race

With your arms by your side, tap the ball between your feet as you move toward and around the cone and back.

Race 3. The Cheeky Monkey Race

The cheeky monkey picks up the ball and stuffs it up his shirt and runs around the cone and back.

Race 4. The Cheetah Race

The cheetah is the fastest animal at the zoo, dribble Soccersaurus as fast as you can but remember keep him close. Review where to touch on the ball.

Race 5. The Kangaroo Race

Kangaroos are from which country(Australia)in Ozz they do everything backwards you have to go backwards around the cone and back (Hint stamp on Soccersaurus head to drag him backwards)

Race 6. The Elephant Race

The first child places right arm through their leg as the elephants tail. The second player reaches down and holds the hand of the 1st player, who dribbles up and back. Then they switch positions.

Race 7. The Parent Race

Have the parents do a couple of the races against the kids.



U6 • WEEK 5

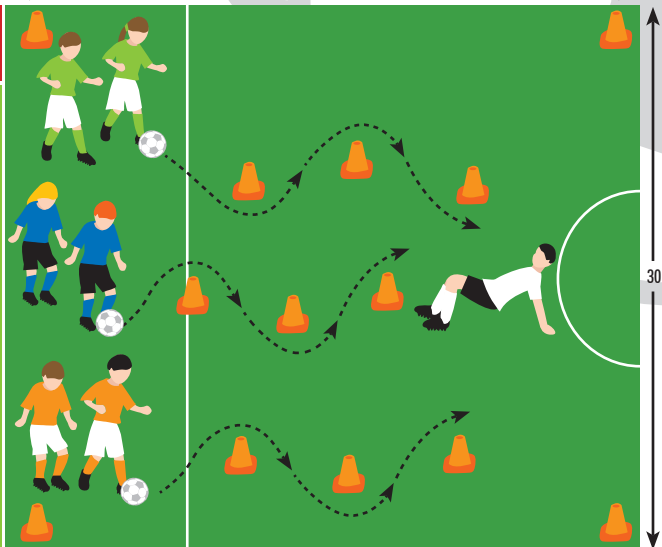


Control... Dribbling And More Shooting

Developing the breakaway shot

- DURATION :** 10 - 12 Minutes
- AGE GROUP :** U6
- EQUIPMENT :** 1 Ball each, Cones, 1 Pinny each
- OBJECTIVES :** Development of shooting accuracy
- ORGANIZATION :** Use 1/2 the field. All kids have a ball you can let 3 kids go at a time. Split the kids into three teams as below. Let 1 player from each team go at any one time. The coach can be a big Croc and roam the swamp behind the cones just for added affect, just have the kids dribble around you.

#3 : SHOOTING TECHNIQUE



STORY :

The elephants are hungry and you have to get them through the crocodile pen to get them some food.

All the food is in the goal; all you have to do is dribble Soccersaurus through the crocodiles swamp avoiding the crocodiles (cones) and then shoot to get the elephants some food.

If Soccersaurus touches the crocodiles you have to start again.

You can run in fast, but don't go too fast because the crocs will get you. If they do, do a Soccersaurus turn and dribble it back by tapping Soccersaurus on the ears back to your line and start again. (Demonstrate)

You have to try and get as much food as you can.

Have the children go back to the group after shooting.

COACHING POINTS :

Go through the following after they have played the game once.

1. Is it good to dribble too fast?
2. Review control, dribbling and where to kick Soccersaurus to shoot him.
3. Review what to do with your foot. (follow through in direction of the goal)
4. Shoot early don't get too close.



PROGRESSION :

Have the parents be the crocodiles (Crab Soccer Position from week 1).

The kids will love this!

That's the end of trip to the zoo. While we are waiting for the bus to take us back today we can play another game.

COACHES NOTES: _____

Game And Coaching Points

WEEK 5 SESSION 4 • 4v4

DURATION : 15 - 20 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball (for each child) Pinnies for 1 team

OBJECTIVES : Development of a quick shot

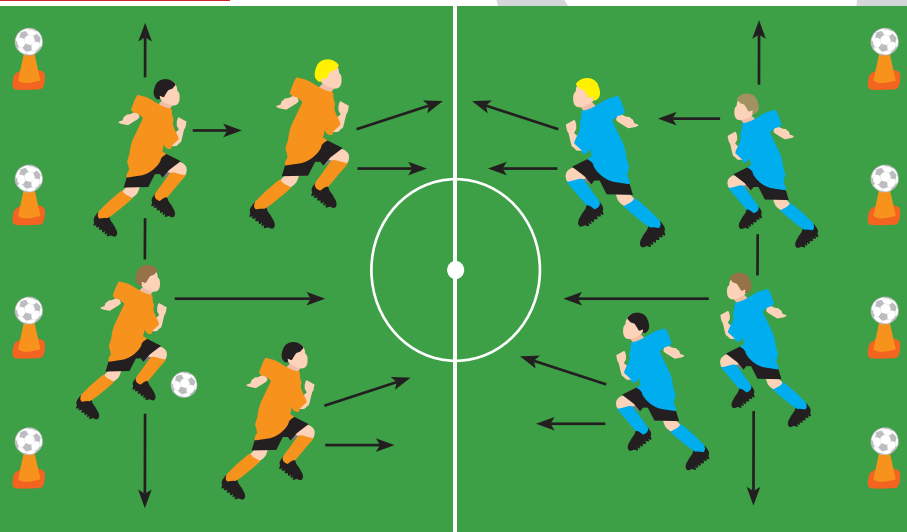
ORGANIZATION : 2 teams as laid out in the diagram below. This week do not use goals – Place 4 cones each with a ball on top along the end line.

The aim of the game today is to knock off the balls to teach them to use the spaces out wide.

4v4 (try to avoid any players sitting out)

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction.

#4 : GAME TIME



Tactics Help :

Teach basic tactics

1. **What to do when your team loses the ball** – (Get back, get your body between the ball and your goal)
2. **If you don't have the ball where can you go to help someone on your team?** (Wide and deep)
3. **Where to stand at a kick in** - Try to have one player down the line and one in field, being able to cover the goal.
4. **Let them play and have fun and learn through making some mistakes.**

COACHING POINTS :

Begin to stop the play if they do something that can be corrected and ask questions of the kids. This will get them to try and think on their own out on the field.

Ask one question and let them re-do the play.

Stop play and analyze every now and again (not all the time), remember they are only little and do not take criticism well, continue to encourage them.

The best questions to ask are **“if you could do this again what else could you do?”**

Have them redo the play and continue on playing.

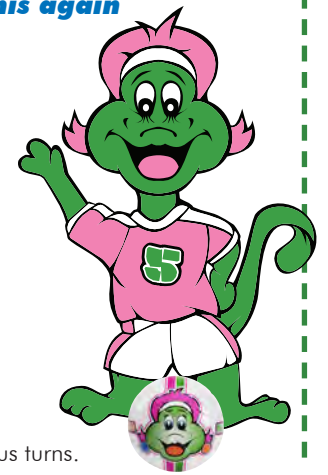
What happens if you have the ball and someone from the other team comes towards you? (Protect the ball)

If your team loses the ball what do you need to do? (As above get back)

Get the kids to say loudly **“GET BACK”**

Focus them in:

1. Lets look to get early shots today.
2. Lets look to practice our pinky toe push and Soccersaurus turns.



U6 • WEEK 5



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Soccersaurus Meets the Aliens

WEEK 6

SESSION 1 • WARM-UP

DURATION : 10 Minutes

AGE GROUP : U6

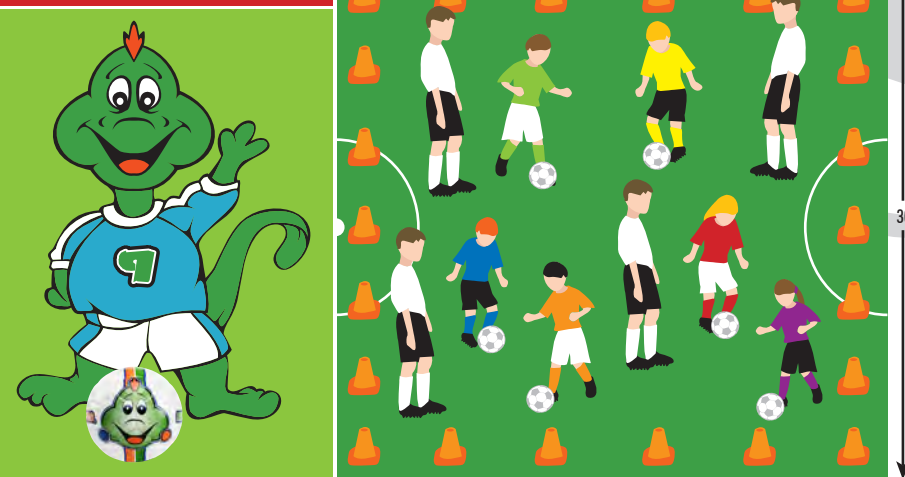
EQUIPMENT : Ball, Cones, Pinny each

OBJECTIVES : Further development of ball movement/passing and shooting

ORGANIZATION : 20 x 30 Grid, field outlined with cones. A ball for each child.
Several parents to volunteer to be aliens (If not the coach is the alien)

COACHES NOTES: _____

#1 : MOVEMENT, PASSING & SHOOTING



STORY :

Last week we went to the zoo, well, the aliens up in the sky saw how much fun you had and have come to play soccer with you. Who do we need to catch the aliens (super heroes). Have each kid pick a super hero that they would like to be.

The aliens have landed on our field and we have to get rid of them by hitting them with Soccersaurus. You have to tag an alien 3 times to get them out of the game. The aliens (coach and parents) have the pinnies on.

Are we ready to have some fun?

COACHING POINTS :

Remember teaching points from the previous week's adventures to help you catch the aliens.

If an alien runs away from you what can you do?

1. Tap Soccersaurus on the cheeks, lots of touches, get close and smack him in the nose to get the aliens. If they run away behind you do the Soccersaurus turn. If they run to the side, do the pinky toe push.

Can you dribble up nice and close and then kick Soccersaurus in the nose to catch the aliens?

1. Play once and review with questions the following:

Do you think we can get the aliens a little quicker now?

Can you go a little faster now?

PROGRESSION : FUN ALTERNATIVE

Have the kids split into 2 groups, 1/2 are the aliens and the others catch them. Once they are hit twice they take their pinnies off and catch the rest of the aliens and the kids catch them.

COACHES NOTES: _____

U6 • WEEK 6



First Touch...

out of feet and Shooting Practice

WEEK 6

SESSION 2 • TECHNICAL 10

DURATION : 8 - 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Development of moving the ball out of their feet before passing or shooting

ORGANIZATION : Set up a circle of cones 10-15 feet away from the ball and have each child stand to one side of the cone with a ball. 1 cone in the middle of the circle with a different color ball on top. The kids have to knock the ball off the cone.

#2 : BALL MOVEMENT & SHOOTING



PIC. 1



PIC. 2



PIC. 3



PIC. 4

STORY :

The lone alien in the middle of circle is keeping lookout for all the other aliens. You have to knock the alien off his lookout.

COACHING POINTS :

1. Stamp on Soccersaurus head (pic. 1)
2. Push him forward by rolling your foot forward off his head (ball should go forward 2 paces) (Get the kids to say "Stamp, Push and fire") (pic. 2)
3. Kick him in the nose (pic. 3)
4. Once all the kids have kicked their ball, let them run in, do a Soccersaurus turn and dribble back to their cones.

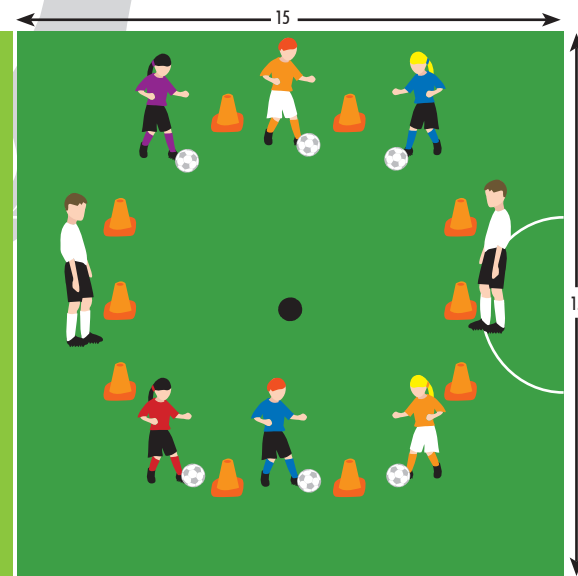
After a couple of tries discuss the follow through of the foot in the direction of the alien to ensure Soccersaurus goes where you want him to.



PROGRESSION :

Add 2-3 more cones and balls when the kids are on a water break.

#2 : FIRST TOUCH



U6 • WEEK 6

DINOINTES

Control... Dribbling And More Shooting

WEEK 6

SESSION 3 • DPS

Developing the breakaway shot

DURATION : 10 - 15 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : To learn to keep their head up while moving the ball and shooting.

ORGANIZATION : Use the whole field. Each child has a ball to start with.

- Have the parents pair up and hold a pinny to make a goal. The parents are moving goals.
- If you cannot make the parents participate split the group into two and have 4 kids make two goals.
- The goals are constantly moving around the area. The kids have to dribble the ball, pass the ball and shoot quickly to score before the goal moves. You can score from either side.



STORY :

The aliens are now our friends and want to play a fun game of catch the goal soccer. The aliens have made some goals that move all you have to do is dribble, pass and shoot as quickly as you can to score.

Demonstrate and then let them play for 2-3 min.

COACHING POINTS :

Go through the following after they have played the game once.

1. Is it good to dribble too fast?
2. Review control, dribbling and where to kick Soccersaurus to shoot.
3. Review what to do with your foot. (follow through in direction of the goal)
4. Shoot early, don't get too close.
5. If the goal runs behind you what do you do? (Soccersaurus turn)



PROGRESSION :

1. Get the kids to find a partner and have one ball between the two.
2. Have two teams competing for one ball, still trying to score in the moving goals.

COACHES NOTES:

U6 • WEEK 6



Game And Coaching Points

WEEK 6 SESSION 4 • 4v4

DURATION : 10 - 15 Minutes

AGE GROUP : U6

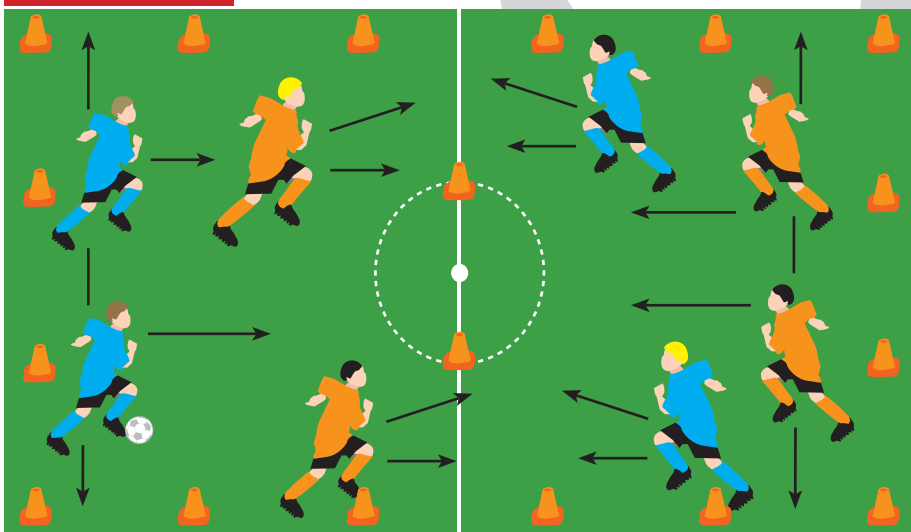
EQUIPMENT : 1 Ball (for each child) Pinnies for 1 team

OBJECTIVES : Development of a quick shot

ORGANIZATION : This week use only one goal – Place two large cones for a goal in the middle of a full field. The aim of the game is to score from either side. Place a circle of smaller cones around the goal to represent the circle they would normally encounter on match day. As with match day they are not allowed in the circle.

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction please

#4 : GAME TIME



STORY :

The aliens have been messing around with the soccer field and have placed one goal in the middle of the field for us to use. They like to see lots of shots on goal so you can shoot from any way back and front.

COACHING POINTS :

Teach basic Tactics

1. What to do when your team loses the ball:
(Get near another player on the other team to stop them from getting the ball)
2. If you have the ball, where you can go to help someone on your team? (Wide and deep)
3. Where to stand at a kick in: Try to have one player "down the line" and one in field – being able to cover the goal.
4. Shoot early at every chance you get.
Begin to stop the play if they do something that can be corrected and ask questions of the kids. This will get them to try and think on their own out on the field.

Ask one question and let them re-do the play.

The best questions to ask is *"if you could do this again what else could you do?"*

Have them redo the play and carry on playing.

Focus them in:

1. Lets look to get early shots today.
2. Lets look to practice our pinky toe push and Soccersaurus turn.

Let them play and have fun!



COACHES NOTES: _____

U6 • WEEK 6

DIVOINTES

Soccersaurus Goes Shopping

WEEK 7

SESSION 1 • WARM-UP

DURATION :

10 - 12 Minutes

AGE GROUP :

U6

EQUIPMENT :

1 Ball (for each child) Set of 20 Cones

OBJECTIVES :

To have fun learning to move and control the ball with both feet.

ORGANIZATION :

20x30 area marked off with cones. (As below) All players dribbling around the road using the inside and outside of the foot and laces. (big and pinkie toe)

The coach is the police car and shouts out the following commands, 1 every 10-12 seconds:
Explain each command to the children before you play.

WARM-UP : TERMS

1. **Green = Go**
2. **Red = Stop Sign**
3. **Highway Driving =** Go real fast with Soccersaurus until the coach says stop. Remember keep him close.
4. **Police =** Get to the side of the road as quick as you can and let the police car through (Coach must make the sound of a police car. Explain that mommy and daddy have to get to the side of the road.)
5. **Question the children what happens when you hear a police car?**
6. **Lost =** Change direction, choose one of the turns you have learned and go the other way.
 - Demonstrate first three and play for 5 minutes.
 - Stop and then add the other three.
 - Demonstrate each move while you are telling them.

#1 : BALL MOVEMENT & CONTROL



STORY :

Soccersaurus wants to go shopping this week to get some clothes to wear, can you help them get what they need?

First we have to get in the car to get to the Mall.

WARM-UP : CAR JOURNEY GAME

- Huddle the group together.
 - Imagine you are going to the mall and we have to get in the car to get to the mall.
- Q: What would we need to pack?** (Get kids to answer what their favorite things are to take)
- Lets open the door and get into the car. (Enter the square) Now we are in the car we have to drive carefully and stay on the road. Explain the coned off area is the road we have stay on the road.
 - Explain only 3 coaching points below as part of the story, then play 1-2 times and introduce other 3.

OK is everyone ready? Lets take Soccersaurus on a journey.

COACHING POINTS :

While the children are playing you are calling out the commands. (1 every 10-12 seconds)

Explain to the children when the coach shouts out...

1. **Green = MEANS GO (Dribble slow):** You need to move Soccersaurus with inside and outside of foot tapping him in the cheeks (Progression - try using the outside of the foot with your pinky toe on his cheeks.)
2. **Red = MEANS STOP:** You need to Stamp on Soccersaurus' head to stop him from running away. (Tell a story of Soccersaurus being naughty and he sometimes runs away)
3. **Highway Driving =** but don't let Soccersaurus run away keep him close
4. **Police Car =** Get Soccersaurus out to the edge of the road keeping him close, so police car (coach must make the sound of a police car) coach can move through.
5. **Q: Ask the children what happens when you hear a police car?**
6. **Lost =** Encourage the children to use Soccersaurus & Cruyff turns. (move #6 - move glossary in the back of book)

Encourage children to use both feet.

COACHES NOTES:

U6 • WEEK 7



Cruyff Turn

WEEK 7

SESSION 2 • TECHNICAL 10

DURATION : 8 - 10 Minutes

AGE GROUP : U6

EQUIPMENT : 1 Ball each

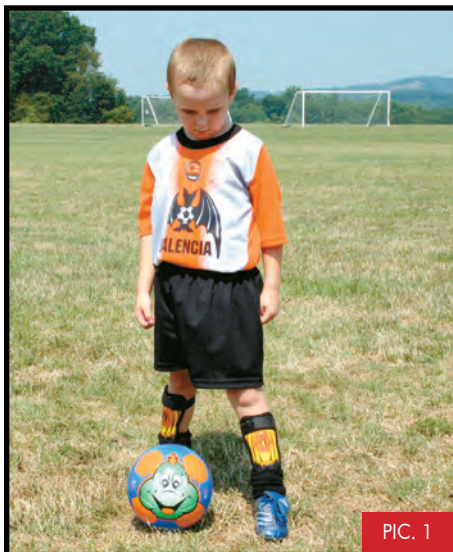
OBJECTIVES : Development of turns and fakes

ORGANIZATION : **All the kids in a line facing you.
Make sure they have room behind them to turn**

STORY :

Some of the stores are having sales and we have to be able to turn and run with Soccersaurus as fast as we can to get to each store.

#2 : CRUYFF TURN (See Glossary)



PIC. 1



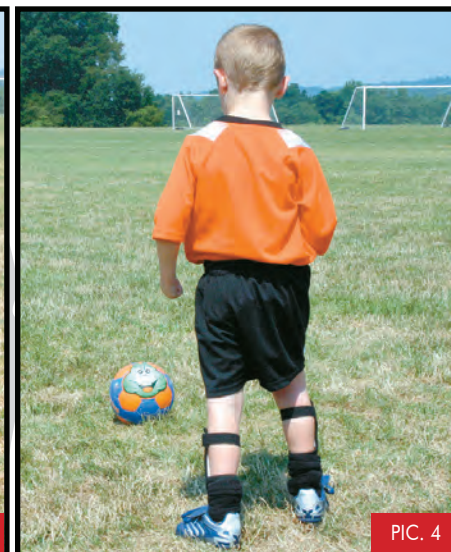
PIC. 2

COACHING POINTS :

1. Place left foot by the side of the ball about four inches away (pic. 1)
2. Take right foot around the front of Soccersaurus and with your big toe push him in the nose back through your legs (pic. 2)
3. Push him hard enough so that he goes through your legs.
4. Spin left and chase after him (pic. 3 & 4)



PIC. 3



PIC. 4

PROGRESSION :

After a few times through

1. Have them walk around and do the turn.
2. Have them dribble and do the turn.

You will need to give the kids lots of help with this turn. It is a very difficult turn for kids to do.

COACHES NOTES: _____

COACHES NOTES: _____

U6 • WEEK 7



Practicing the Turns

Control... Dribbling And More Shooting

WEEK 7

SESSION 3 • DPS

DURATION :

8 - 10 Minutes

AGE GROUP :

U6

EQUIPMENT :

1 Ball each, Cones, 1 Pinny each

OBJECTIVES :

To practice the turns, learn to keep their head up while moving the ball and shooting.

ORGANIZATION :

Use 1/2 of a whole field. Each child has a ball. Randomly place all of your cones inside the area taking note to place the majority in the middle of the area.

#3 : CONTROL, DRIBBLING & SHOOTING



STORY :

We are now in the store and it's a race to see who can get the most items of clothing: You have to dribble Soccersaurus in, pick up a cone, do your new turn and then dribble the ball and shoot into the goal. If you score you get to keep your clothing (**cone**). If you miss you have to put the clothing back.

Demonstrate and then let them play for 2-3 min.

ORGANIZATION :

Split the kids into 4 teams - Each child has to dribble in with their ball, collect a cone and do the Cruyff Turn then shoot on the goal. The quicker they are the more clothes they get to place in their carts. Each team has a goal (**Shopping cart**) and they have to place the Clothes (**cones**) into the shopping cart. To do this they must dribble their ball, do the turn, and then shoot the ball into their goal. If they score they get to keep the item of clothing (**Cone**), if they miss, the cone goes back into the middle.

COACHING POINTS :

Go through the following after they have played the game once.

1. Is it good to dribble too fast?
2. Review control, dribbling, where to touch Soccersaurus and where to kick to shoot him.
2. Review what to do with your foot. (follow through in direction of the goal)
3. Shoot early don't get too close
4. You may have to break and review the turn for 1 minute.



PROGRESSION :

You can now score in any goal, keep the cones in your hand.

COACHES NOTES:

U6 • WEEK 7



Game And Coaching Points

- DURATION :** 10 - 15 Minutes
- AGE GROUP :** U6
- EQUIPMENT :** 1 Ball (for each child) Pinnies for 1 team
- OBJECTIVES :** Development of a quick shot
- ORGANIZATION :** 1/2 field, 4 goals as before, 1 ball, 2 teams to start with 1 ball then progress to 2 balls, 3 balls etc. Have the parents around the edge so they stop the ball from going out thus to encourage continuous play. Each team defends one goal but can score in any of the other 3.

STORY :

You can now shoot into any store goal. If you score you get to pick a pretend prize.

4v4 (try to avoid any players sitting out)

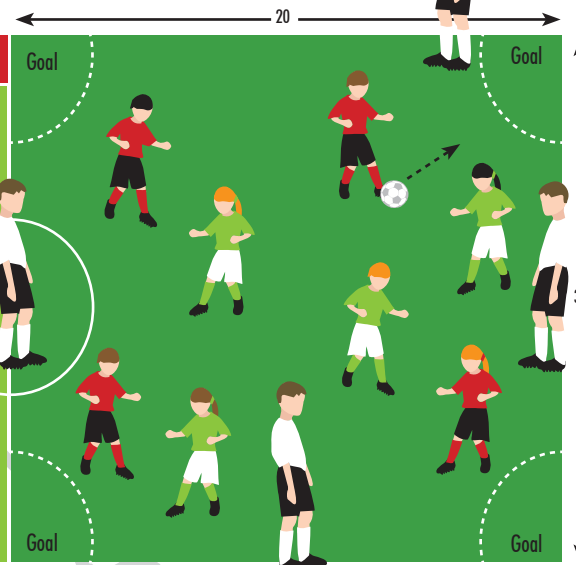
- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction please.

Teach basic Tactics

1. Spread wide use the whole of the field.
2. Teams of 2-3 try and encourage them to pass if they cannot get a clear shot.
3. Pass wide especially from a kick off this way the other team cannot kick it straight back for a goal.
4. If you have the ball where you can go to help someone on your team?
(wide and deep)
5. Show the kids how to shield the ball if they cannot get help(from other players) or shoot and wait for someone to help.



#4 : GAME TIME



COACHING POINTS :

- 1. What happens if you have the ball and someone from the other team comes towards you?** (Protect the ball)
- 2. If your team loses the ball what do you need to do?**

Basic questions relating to the game that get the children thinking.

Focus them in:

1. Lets look to get early shots today.
2. Lets look to practice our pinky toe push and Soccersaurus turn & Cruyff turn.



COACHES NOTES: _____

Soccersaurus Goes to the Land of the Giants

DURATION : 10-15 minutes **AGE GROUP :** U6

EQUIPMENT : Balls, cones, pinny each, parent participation

OBJECTIVES : Develop ball protection, fakes and turns

ORGANIZATION : 20 x 30 Grid, 1/2 field outlined with cones. A ball for each child.

Make sure you get the parents involved in this one!

COACHES NOTES: _____

#1 : BALL PROTECTION, FAKES & TURNS



STORY :

Soccersaurus has found himself in the land of the giants. The giants like to sleep but all the soccer playing has woken the giants up and they are not happy. The giants are going to try and kick your Soccersaurus off the planet of the giants so we have to learn how to protect Soccersaurus.

(Explain the coaching points below).

Let each child practice before you wake the giants (**Parents**). Then have the parents pretending to be asleep wake up and say "What's all this noise!?" and the parents act like giants and try to kick the balls out of the land of the giants. **(Have the parents fairly passive to start with to get the kids used to protecting the balls)**

If the kids get their balls kicked away they can help someone else.

Kids can run and hide in the two safe houses (**goals**). Then the giants get sleepy and fall back to sleep. Kids come out of the safe houses and start making lots of noise and the game starts again.

COACHING POINTS :

1. Practice our pinky toe push and Soccersaurus turn.
 2. Get your body in between the ball and the giant trying to get the ball.
 3. Have the bottom of your foot on top of Soccersaurus' head.
 4. Do your Dinomites or Cruyff turn to get away.
- (Make sure you demonstrate)*



COACHES NOTES: _____

Step Over

WEEK 8

SESSION 2 • TECHNICAL 10

DURATION : 8 - 10 Minutes

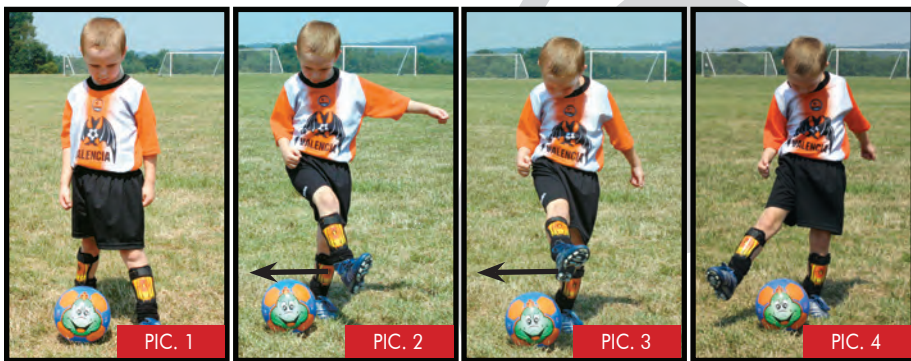
AGE GROUP : U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : Development of Turns and fakes

ORGANIZATION : **Have all the kids facing you. Make sure they have space around them. All the kids in a square with cones laid out randomly.**

#2 : BALL MOVEMENT & SHOOTING



STORY :

We have to learn to trick the giants. They are big and slow and if we can learn the Soccersaurus trick (**step over**) we can trick them into going one way and we can go the other.

Review coaching points below.

COACHING POINTS :

1. Place left foot by the side of the ball a little bit away not right next to (pic. 1) (Feel free to let the kids perform the reverse if they are left footed)
2. Take right foot around the back of Soccersaurus and around the front without touching the ball. (pic. 2, 3, 4, 5)
Ball is now in the middle of feet, bring left foot behind ball.
3. With your left pinky toe push him in the nose away to your left (pic. 6)
4. Push him hard enough so that he goes 3-5 feet away (pic. 7)
5. Chase after him (pic. 8)
6. Have them do it front of a stationary cone and then walking up to the cone. Pretend the cone is the giant we will fake to go one way and then take the ball the other way.

PROGRESSION :

After a few times through:

1. Have them walk around and do the fake in front of various cones.
2. Have them dribble up at pace if they progress this far and do the fake in front of the cone.

You will need to give lots of help this is a difficult skill for kids to do.

Kids will keep their head down looking at the ball, While this is technically incorrect, it cannot be avoided at this age.

COACHES NOTES: _____

U6 • WEEK 8

MINUTES

Practicing the Turns

Control... Dribbling And More Shooting

WEEK 8

SESSION 3 • DPS

DURATION : 8 - 10 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny each

OBJECTIVES : To practice the turns, fakes and ball protection. Learn to keep your head up while moving the ball and shooting.

ORGANIZATION : Use 1/2 of a whole field. Each child has a ball. Have all the parents be a non tackling barrier (giants) parents are instructed if any child attempts the step over they are to fall over as the child has faked the giant, and thus let them pass.

STORY :

We are back and you have woken up the giants again. This time they have a magic force field if you come up to a giant you must do a fake or turn and get away as quickly as you can, go back and start again.

Each child has to run in with their ball to get past the giants to shoot on the goal. To do this they must dribble their ball out and avoid the giants. If they come across a giant they must do a turn, and then go back and try another bit of the field to get past the giants to shoot the ball into their goal. If they score they get to help someone else by passing.

Demonstrate and then let them play for 2-3 min.

COACHING POINTS :

Go through the following after they have played the game once.

1. Which turns are working for you?
2. Has anyone tried the step over?
3. Is it good to dribble too fast?
4. Review control, dribbling where to kick Soccersaurus and where to kick to shoot him.
5. Review what to do with your foot. (follow through in direction of the goal)
6. Shoot early don't get too close.
7. You may have to break and review the turn for 1 minute.



COACHES NOTES: _____

Game And Coaching Points

DURATION : 10 - 15 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball (for each child), Pinnies

OBJECTIVES : Development of a quick shot

ORGANIZATION : Whole field 4 goals as before. 1 ball 4 teams to start then progress to 2 balls, 3 balls etc. Have the parents around the edge so they stop the ball from going out thus encouraging continuous play. Each team defends one goal but can score in any of the other 3.

STORY :

**You can now shoot into any store (goal)
If you score you get to pick a pretend prize.**

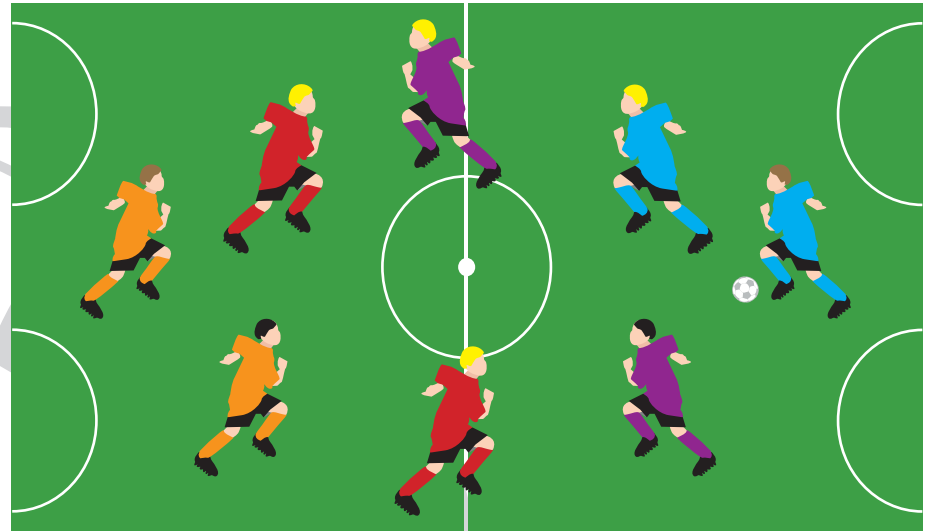
2v2v2

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day and previous weeks but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction.

Teach basic Tactics

1. Spread wide, use the whole field.
2. Teams of 2-3, try and encourage them to pass if they cannot get a clear shot.
3. Pass wide especially from a kick off this way the other team cannot kick it straight back for a goal.
4. Show players how to shield the ball if they cannot get help, or shoot or wait for someone to come so they can pass the ball.

#4 : GAME TIME



COACHING POINTS :

1. Look to use the whole foot to dribble.
2. If your team has the ball, where do you have to move to support?
3. If your team doesn't have the ball, where do you need to move to?
4. If one goal is blocked quickly pass the ball in the direction of the other goal.
5. If you get a chance on goal, shoot quickly.
6. You can't go through a player. If your way is blocked, pass, turn or fake.



COACHES NOTES:

Soccersaurus

Goes to Visit the Dinosaurs

DURATION : 10-15 minutes **AGE GROUP :** U6

EQUIPMENT : A ball for each child and set of 20 cones

OBJECTIVES : To develop ball control and evade an opponent.

ORGANIZATION : 20 x 30 1/2 Field - area marked off with cones.
 Have four players start by holding hands to make two pairs:
 (These are the dinosaurs) All the other players have a ball each: The players with balls have to avoid the dinosaurs. The dinosaurs have to try to kick Soccersaurus off the planet. Dinosaurs must hold hands.

COACHES NOTES: _____



STORY :

- Huddle the group together. Imagine you are now on a different planet.
- We have landed on the planet of the dinosaurs. (Show 2 pairs as the dinosaurs, have them growl).
- The dinosaurs are hungry and are going to try and kick Soccersaurus off the planet, as they are stealing the dinosaurs food. You have to keep Soccersaurus safe and on the planet. Have the dinosaurs hold hands and make the dinosaur growl.

COACHING POINTS :

Let them play once with no instruction and then bring them in and ask them:

Do we need to keep Soccersaurus close? Why?

What can you do to get away from the dinosaurs?

1. Keep your head up
2. Use your Soccersaurus turns
3. Step overs
4. Dribble Soccersaurus into a space away from the dinosaurs
5. Change speed
6. Change direction



COACHES NOTES: _____

Step Over

The Soccer Sis Turn

DURATION : 8 - 10 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball each, Cones, 1 Pinny Each

OBJECTIVES : Development of turns and fakes

ORGANIZATION : Set cones up inside 20x30 area randomly around.
Get all the children lined up on one line facing you.

- Demonstrate first facing them, then side ways and then facing in the same direction as they are. This gives them the full understanding in which direction they have to move with the ball. Players line up on the set of cones nearest the coach. Have them turn to the other set of cones.

STORY :

- Tell the story with “We need to learn to trick the dinosaurs so we are going to learn a fake and pretend to go one way when we will be going the other.

HINT - Make sure they have enough space either side of them to move.

“Do you think we can do that?”

“I can’t hear you?”

COACHING POINTS :

1. Place your left foot on the ground slightly away from Soccersaurus.
2. Move your right foot around the top of Soccersaurus’ head.
3. With your right foot pinky toe push Soccersaurus out to the side of you and chase.

HINT - You want them to apply enough pressure on the side of the ball with the pinky toe push to move the ball at a 45° angle away from them but no more than 3-4 feet.

#2 : BALL MOVEMENT & SHOOTING



PROGRESSION :

(Tell the story before we face the real dinosaurs, lets practice so we really trick the dinosaurs. Shall we do that?)

Have them move with Soccersaurus up to the pretend dinosaur (cone) do the step over and go around.

How many dinosaurs (cones) can you fake in 1 minute?
Have a competition.

Soccersaurus Meets the Ugly Dinosaur

DURATION : 8 - 10 Minutes **AGE GROUP :** U6

EQUIPMENT : Parents, 1 ball for each child

OBJECTIVES : Reinforce ball protection continuation of step over.

ORGANIZATION : Remove cones from previous drill in a 20x30 area.
Pair the child up with a parent (parents can only use left foot)
If you do not have enough parents, pair kids up.

COACHES NOTES: _____



STORY :

- The ugly dinosaurs (**Parents**) have come to see what all the noise about.
- They are going to try and sneak up behind you to get your Soccersaurus so they can play with him.

If the dinosaur steals your ball you have to chase after him and steal him back.

COACHING POINTS :

Coaches Question:

Use all of the tricks you have learned to get away from the dinosaurs.

1. If you see an ugly dinosaur, what can you do?
(Protect the ball)
2. Once you have the ball protected, how can you get away?
(Change direction, fake, Soccersaurus turn)

COACHES NOTES: _____

PROGRESSION :

Make the dinosaurs more active.

Each time the game finishes discuss, by asking the questions above. How they can improve next time?

Play and repeat several times.

Example Question:

What can you do to avoid the dinosaurs?

(Protect Soccersaurus, and then try your step over to fake them out, try your turns, slow dribbles, fast dribbles, inside and outside of your foot dribbling)

Corner Goal Game.

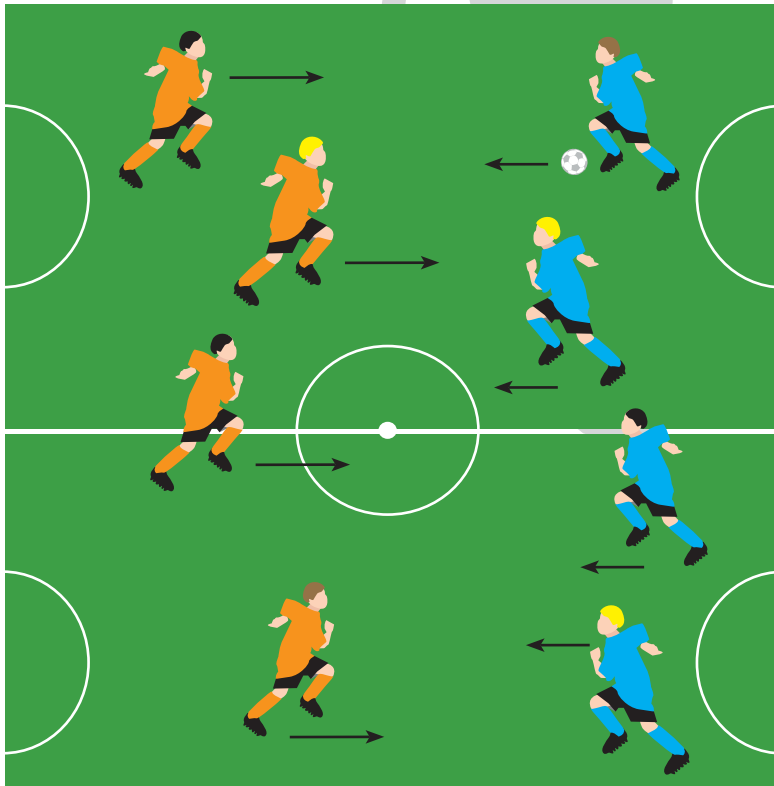
DURATION : 10 - 15 Minutes **AGE GROUP :** U6

EQUIPMENT : 1 Ball for each child, Pinnies for 1 team

OBJECTIVES : Development of a quick shot

ORGANIZATION : Place four goals on the field, two on each side.
Two teams each have two goals to defend.
(Play the width of the field to encourage the kids to pass the ball to teammates)

#4 : GAME TIME



COACHING POINTS:

4v4 no keepers.

- Allow the players to be creative and enjoy the game. Try and encourage them to use the moves they have learned from the day but don't expect them to be able to transfer the skill into the game at this stage.
- Tell the parents not to coach – Just clap, cheer, or whistle, no instruction

1. Look to use the whole foot.
2. Spread out, use the whole field.
3. If your team has the ball, where do you have to move to support?
4. If your team doesn't have the ball, where do you need to move to?
5. If one goal is blocked quickly pass the ball in the direction of the other goal.
6. If you get a chance on goal, shoot quickly.
7. You can't go through a player. If your way is blocked, pass, turn or fake.

Group kids in a huddle.

- We have come to the end of our journey today. What have we learned?
- Set homework, practice the step over
- Demonstrate again so they remember and show parents.



COACHES NOTES:

Soccersaurus

Plays his favorite Games

DURATION : 1 Hour

AGE GROUP : U6

EQUIPMENT : A ball for each child and set of 20 cones

ORGANIZATION :

Week 10 of the curriculum is very different than the others.

- There is no set topic for this week, just guidelines and some fun ideas for the last practice of the season.
- This will more than likely be the last impression on the young minds of the children you are coaching so you need to leave them with some very fun memories of the season so far.
- Now that the children are starting to make some of their own decisions on the field let them make some off the field.

Don't forget to download the FREE support materials for your players. These are available at www.xarasoccer.com/dinomites.aspx

- Simply follow the instructions sent by your Dino Coordinator and access the player certificates online.
- Also encourage your parents to take advantage of the photo surrounds and encouragement notes available at the same website.

For further information, contact your Dino administrator.



COACHES NOTES: _____

Option 1

Let the children choose their favorite games to play from the season so far.

Option 2

Have a Mini 4v4 Tournament with a couple of other teams practicing that night.

Option 3

Have the parents play and let the kids be the coaches.

Option 4

Have a parents vs. kids game, of course its very important that the parents realize that the kids must win (at any cost).

Option 5 - Soccer Olympics

Have a Soccer Olympics.
(choose from the following games or make your own up)

- Race the width of the field with a ball
- Race without a ball
- Long distance kick
- Highest kick from hands
- Race the length of the field and back with and without the ball
- Hit the post game from a far distance
- Knock the ball off the cone from a distance you decide
- Longest soccer throw
- Dribbling race through cones
- Parents race

Give each player the downloadable certificate for participating in your Olympics!!!

Finish with a scrimmage if you like??



Glossary of Moves

Remember the moves should be disguised behind the stories and demonstrated by the coach or assistant.

MOVE 1 :

Controlling a ball coming towards them (See week 2)



MOVE 2 :

Passing the ball 1 (See week 3)



MOVE 3 :

Shooting the ball (See week 6)



MOVE 4 :

Moving the ball out of the players feet in front of them to pass or shoot. (See week 6)



MOVE 5 :

Drag back turn – Stomp on his head, drag him back. (See week 1)



COACHES NOTES: _____

MOVE 6 :

Cruyff turn – bring foot around and tap him in the nose (See week 7)



MOVE 7 :

Step over – To fake an opponent (See week 8)



MOVE 8 :

Pinky toe push



MOVE 9 :

Dribbling with Soccersaurus

