

OGS 3 yr olds-4-5 years old and 6-7 year olds PLAYER/PRACTICE GUIDE

In order to make practices run smoothly and be fun, it is important for us to have a basic understanding of the intellectual, emotional & physical developmental stage of the players we are coaching. Here are some typical characteristics of the 3-4 and 5-6 year old brackets:

Focused on themselves – reality to them is based on what they see and feel

Unable to see the world from another's perspective

Everything is in the here and now

Cooling systems are less efficient - need frequent water breaks

Enjoy playing, not watching. Every player should have a ball in practice

Limited attention span - keep directions concise and to the point

Effort is performance – if they try hard, they are doing well

Active imaginations – utilize their imaginations in activities, they will love practice!

Look for adult approval – be encouraging when they say "Coach, look what I can do!"

Unable to think abstractly – spatial relationships are a mystery

Typically have 2 speeds -- extremely fast and stopped

Usually unaware of game scores – keep it that way

Activity 1

Red Light/Green Light:

All players are dribbling freely on field or your portion of of the field. When the coach says " red light" the players must stop and put their foot on the ball.

When the coach yells" yellow light" the players must dribble slowly, "green light" the players dribble fast.

Coach: Control the frequency of light changes.

Purpose of the Drill:

- 1)Controlling distance of the ball be from the dribbler
- 2) Learning how to change directions
- 3) When and how to stop the ball



Activity 2

Freeze Tag:

The coach or coaches start as the freeze monster without a soccer ball. The players are dribbling their soccer ball. When a freeze monster tags a player, he/she is frozen (hold a soccer ball on top of your head with legs opened.) To unfreeze, any dribbler must pass the soccer ball between the frozen player's legs.

Coach starts as the freeze monster then he can select one or two players to be the monster.

Purpose of the Drill:

- 1) Controlling distance of the ball be from the dribbler
- 2) Learning how to change directions
- 3) When and how to stop the ball



Activity 3

3 Surfaces:

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom.

Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe).

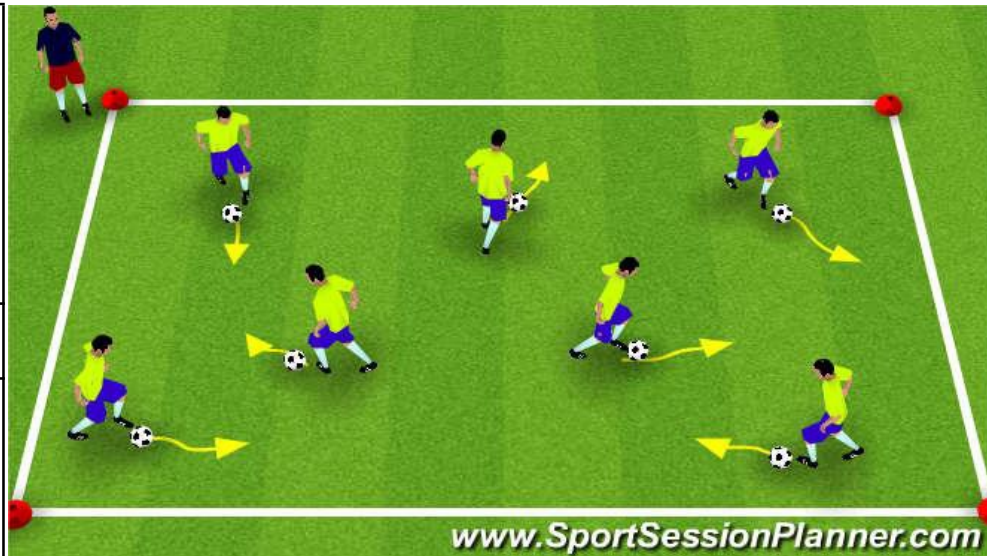
The sequence is:

Outside of foot touch - Inside of foot touch - Laces (push)

Coach: Control the frequency of foot touches but keep the same order and have players call out which surface to use.

Purpose of the Drill:

- 1) Controlling distance of the ball from the dribbler
- 2) Learning what surfaces are needed to complete the task
- 3) Keep players from watching their feet and the ball
- 4) To concentrate on other aspects other than the dribbling



Activity 4

Treasure Hunt:

The first section is empty, in the second section place about 6-10 discs, in the 3rd section place about 6-10 high cones and outside the grid place about 6-10 soccer balls.

Divide the players into groups of 2 or 3 players. When the coach says go, the first player of every line will go to get items. Players can get items from any area of treasure chest.

· Disc = 5 pts., High Cone = 10 pts. and Balls = 20 pts.

Notice: Coaches you can use any kind of equipment as the treasure: Pennis, water bottles, bags,etc.

Purpose of the Drill:

- 1) Controlling distance of the ball from the player
- 2) Keep players from watching their feet and the ball
- 3) How to protect the ball
- 4) Control of speed



Activity 5

Cars:

Players dribble their soccer balls trying not to crash with any cone or other player. Every time a player is in front the players should "BeEP" him/her out of the way. The coach should control the traffic by saying Green Light, Yellow Light, Red Light.

Notice: Coach should give a ticket to any players that crash. After 3 crashes, he or she must do 10 balls taps and get back traffic.

Purpose of the drill:

- 1) Controlling distance of the ball from the player
- 2) When and how to run with the ball and change directions
- 3) What surface of the foot to use
- 4) How to stop the ball



Activity 6

Math Dribble:

Divide the playing area in two halves. Have the players dribble around in 1 half. Coach shouts a number - "2" or "3". The players must dribble and gather to form a group equal to the number called. After a while say SWITCH and have the players run with the ball to the other half and continue with the activity.

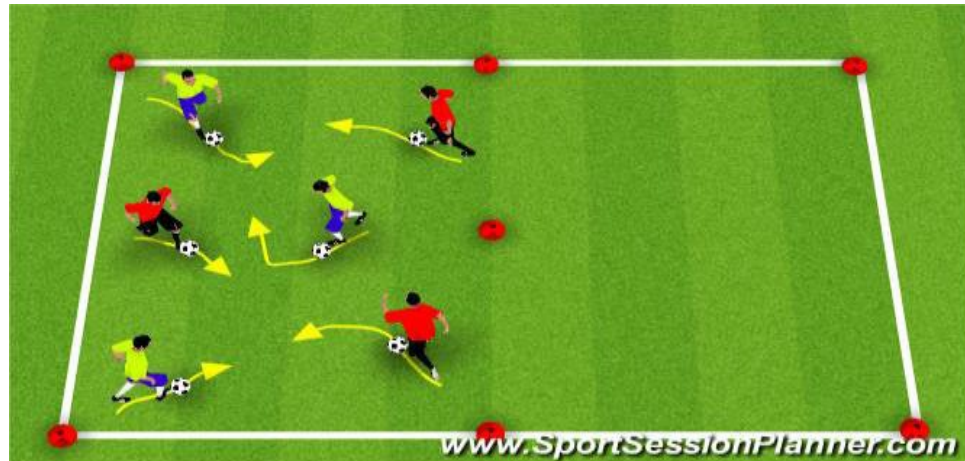
Purpose of the drill:

What surfaces to use?

When and how to run with the ball and change directions?

How to stop the soccer ball?

How fast can we get into groups & how to make groups?



Activity 7

Capture the Ball:

Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the field with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base.

Coach: Call time and each team counts the balls they have collected.

Variation: Teams are allowed to steal balls from other teams' home.

Purpose of the drill:

How to get the balls from the center or other home bases?

How to defend their home base?

When to dribble, when to pass?

