



Spring 18' WYSA Training Sessions

4v4

U8(Pre-K.,Kinders, and 1st Grade)



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What makes a session have a good flow?

Here are some things to consider:

1. Preparation - Understanding the session plan and setting up your training.

2. Knowing Your Players - Adapt to each personality.

3. Demonstrations - Be the example, or use your Assistant Coach and/or players to demonstrate drills and concepts.

4. Modifications - Knowing when to progress or regress.

5. Communication - Be sure to ask questions and be open to feedback.



Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:
Example - "In this game I want to see if you can look to take players 1v1 and **PASS** to your teammates to create scoring opportunities..."

Key Coaching Cues:

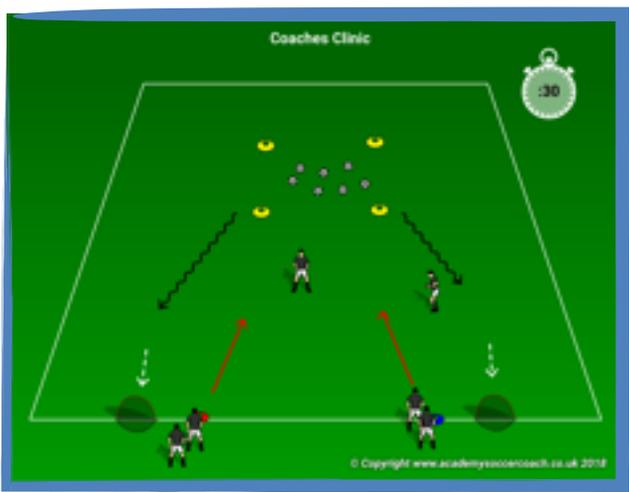
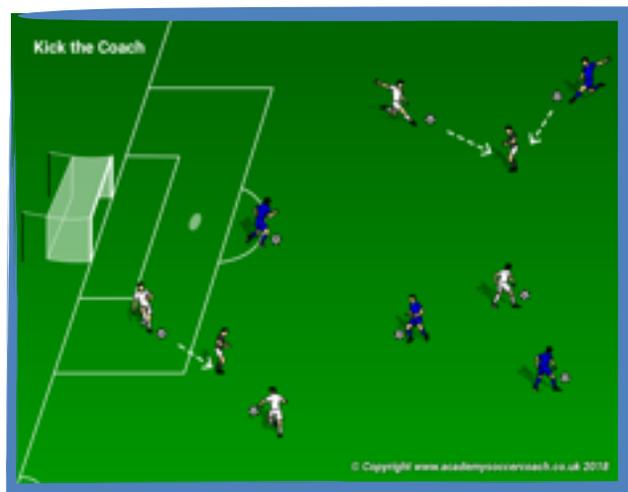
- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed



Pre-K and Kinders Only

You only meet on Game day and here is how the day is run:

- 1) Please arrive to the fields 15 minutes before your assigned time. Here all coaches will review **TWO-THREE** activities with our Technical Director. He will walk everyone through the activities and you can ask questions.
- 2) The first 25 minutes of your scheduled time coaches will run these activities with your team.
- 3) 25 minute scrimmage - 3-4 players from each team on the field.
 - You will have to rotate your players (approximately every 5 minutes)
 - The coaches will help to coordinate the scrimmage (No Ref's at this level).



Week One

Session Objective:

- Dribble Progression
- Striking
- Team Play

Gate Dribbling(8-10min.)

Put down 10-15 gates on half of the space.

Coaching cues:

Keep the Ball close - Head up - Control > Speed

Progression:

1. No Ball - How many gates can you run thru? Back and thru?
2. Add Ball - How many gates can you dribble thru? Back and thru?
3. Add Pressure(Coach steals the ball) - How many gates can you dribble thru without getting tagged?

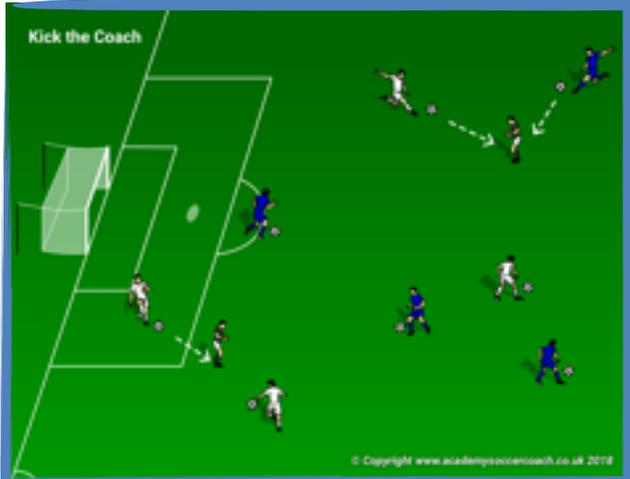


Game - Kick the Coach!(8-10min.)

Each player has a ball at their feet. Players should dribble throughout the space trying to "KICK," or pass the ball into their coach or coaches. Players should aim for the knee & below. 100pts = Hit Coach

Coaching Cues:

- Keep the ball close!
- Head up to find target!
- What part of the foot do we use? Inside or Laces
- *No Toes!



1v1 to Goal(8-10min.)

Two teams of players line up on each side of the goal. Coach says "Go", or play numbers(designate #'s to players). Once signaled, players run around Coach, who then passes ball to either player.

Coaching Cues:

Attack - Defend -Dribble strike w/ Inside or Laces



Week Two

Session Objective:

- Dribble Progression
- Striking
- Team Play

Game - Freeze Tag(8-10min.)

Coach or players designated to Tagger. Players inside space dribble in order not to be tagged. If tagged, players must balance one foot on ball and call for teammates to un-freeze them. Or, allow players to create gate for other players to pass thru to be un-frozen. Rest and change Tagger/s every :30-45sec..

Coaching Cues

Head up! - Protect the ball - Dribble - Find Space



Game - Messy Backyard(8-10min.)

Split the field in half with space in the middle, and make two teams. Each team has their own "backyard" to clean up. Players aim their strikes to the opposing teams backyard. After 90sec. the team with the least amount of soccer balls in their backyard wins! Play 2-3 Rounds. Switch backyards.

Coaching Cues:

Head up! - Strike w/ Inside or Lace



2v2 to Goal(8-10min.)

Two teams and two lines of players on each side of the goal. Coach says "Go". Once signaled, players run around Coach, who then passes ball to either team of players.

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Laces



Week Three

Session Objective:

- Dribble Progression
- Striking
- Team Play

Game - Red Light, Green Light(8-10min.)

Coaching Cues:

- Head up! - Keep your ball close! - No chase!

Game:

1. Start with no ball.
 2. Players dribble from one side of the space to the other while Coach signals their movement.
- Red Light = Stop!(Players must balance one foot on ball)
 Green Light = Go!(Players can dribble towards destination)
 Yellow Light = Slow dribble!(Slow-motion dribble)

**Bonus:

Blue Light = Dance moves/crazy feet. Be creative!



Game - Builders and Bulldozers(8-10min.)

Two teams. One team = builders, other team = bulldozers. Bulldozers dribble around the area trying to knock over any cones using strikes. Builders re-set cones. Rest and switch roles every :30-:45sec..

Coaching Cues:

Head up! - Keep the ball close - Light touch - Strike w/ Inside or Lace - See the target



Numbers(8-10min.)

Make two teams. For each team, designate each player a number(1,2,3, etc.) Coach calls out the number, and those numbers from each team play 1v1. Coach delivers ball into space. Avoid collisions. Progress to multiple numbers.

Coaching Cues:

Head up! - Attack - Defend - Dribble - Shoot - Pass



Week Four

Session Objective:

- Spatial Awareness
- Dribble Progression
- Control > Speed

Game - Sharks and Minnows(8-10min.)

Coaching Cues:

Keep your head up and the ball close while dribbling - Use Inside and outside surfaces(Big Toe/ Little Toe)

Progression:

1. No ball - Coach is the shark. Players try to get from one side of the field(ocean) to the other without being tagged. If tagged you have to go back to the start.
2. Add Ball - Coach is shark. Players now dribble.
3. Allow players to become sharks.



Game - Robin Hoods(8-10min)

Players line up on each side of the goal. One player from each side runs out to retrieve a ball. Player then dribbles to shooting line and tries to score. Once player shoots, next player goes!

Coaching cues:

Keep the ball close - Head up - Control > Speed - Strike w/ Inside or Laces



2v1 Overload to Goal(8-10min.)

Defending team of players lines up next to goal. Attacking team makes two lines at half. Coach plays ball in to attacking team who try to beat defender to goal.

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Lace



Week Five

Session Objective:

- Spatial Awareness
- Dribble Progression
- Control > Speed

Game - Pacman(8-10min.)

Place all the balls in an “arsenal” for Pacman. Pacman is it, and dribbles around the space trying to “eat” other ghosts by passing the ball into their knee or below. If players get hit with the ball, they become Pac-men too!! *The last player standing wins! Play 2-3 rounds.

Coaching Cues:
Head up!- Light Touch - Find Space - Aim for the feet!



Obstacle Course(8-10min)

1. Player passes to Coach.
2. Player then jumps over hurdles, runs through ladder to then receive ball from Coach.
3. Player perform zig-zag dribble around cones.
4. Player finishes inside Pugg goal.

Coaching Cues:
Pay attention to the obstacle! - Head up - Control > Speed! - Strike w/ Inside or Lace



1v1 w/ Multiple Goals(8-10min.)

Two teams of players line up on each side of the goal. Coach says “Go”, or play numbers(designate #'s to players). Once signaled, players run around Coach, who then passes ball to either player.

Coaching Cues:
Attack - Defend - Strike w/ Inside or Laces



Week Six

Session Objective:

- Spatial Awareness
- Dribble Progression
- Control > Speed

Individual Dribbling(8-10min.)

Each player has a ball in the space. Coach should lead a demonstration of the various surfaces(*Inside, Outside, Laces, Sole*) and individual moves(*Feint, Scissors, Step-over*). Use whistle or **FREEZE** players to stop. Rest every :30-:45sec..

Coaching Cues

Keep the ball close - Light touch - No chase - Head up!



1v1 Partner Duels(5-10min.)

Two players (partners) & 1 ball. Coach designates which player that starts with the ball. 1v1 duel begins with each player trying to be in possession of the ball after time is called. Rest every :30-45sec..

Coaching Cues

Protect the ball - Shield - Dribble - Find Space - Head up!



Technical Dribbling Course(8-10min.)

1. Player starts with dribble in/out of disc cones
2. Slalom dribble around big cones.
3. Finishing w/ strike to pugg goal.

Coaching Cues:

Head up! - Keep the ball close - Light touch - Strike w/ Inside or Lace - See the target





REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.