



PROGRAM GOALS

**DEVELOP PHYSICAL
LITERACY AND
MOTOR SKILLS**

**LET CHILDREN
EXPLORE**

**MAKE SOCCER FUN
& SAFE**

**Provide an
environment
without physical
and social fear**





Things to remember when coaching Tots...

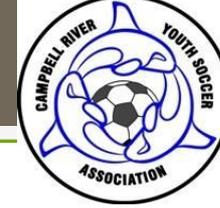
- **Avoid confrontation such as tackling or game play**
- **Never practice static stretching with this age group, fun tag/chase games are ideal and incorporate a lot of physical literacy**
- **Get involved in the play just be constantly aware of players around you**
- **Risk management - refrain from taking players for long runs or coaching a group larger than 12. Get parents involved as much as possible**
- **If players are upset don't worry and don't take it personal this age group are ego-centric and are digesting a lot of information at an alarming rate!**
- **Tell a story in your session – set a theme, involve characters give the ball a name...be creative!**

Tots Coaches are often the first thing that new families see, so set an example and ensure all your players leave practice with a smile!



Coaching Habits

- **Setup at least 15 minutes beforehand (organize your practice so you can transition to each game seamlessly without having to move equipment around)**
- **Come prepared to each session with plans**
- **Please no cell phones and hot drinks whilst coaching**
- **Wear appropriate soccer attire and try not to wear sunglasses as eye contact is important**
- **Assistants are on crowd control!! Assistants chase wandering players while the main coach focuses on the group, if you have no assistants address the parents at the beginning to keep an eye on their child**
- **Try to kneel as much as possible when addressing the players**
- **Fluctuate your tone of voice. For instance when you want to be directive raise your voice whereas if your asking questions allow your tone to be softer and open**
- **Discourage sitting during breaks**
- **Encourage loud calls and responses from your players, exaggerate movements and demonstrations**
- **All sessions presented can begin without soccer ball for a warm up to incorporate fundamental movements**
- **To develop young soccer players repetition is vital so do not worry if you are repeating the same session a few times, as long as it is developmentally appropriate**
- **Encourage, be enthusiastic, lose inhibitions and bring out the silly side in yourself to make sure all these players leave the field with a smile**



PLAYER PRACTICE HABITS

- **Discourage sitting - it is difficult to do with this age group but please set an example**
- **Collect their own soccer ball when it is needed**
- **Collect equipment when required**
- **Introduce players to understand instructions and staying in the practice area**
- **Communication - eye contact, verbal, high fives**

PLAYING HABITS

- **Manipulating the soccer ball with different parts of the foot**
- **Spatial awareness**
- **Physical Literacy - a range of fundamental movements including running, throwing, catching, jumping, twisting and kicking**
- **Motor Skills - decision making and problem solving**

These habits are put in place to build a CRYSA athlete who is confident in possession and not afraid to express themselves. They show respect to coaches & players and are decision makers on and off the field





Session Plans

Session plans are designed to give you a detailed document plan to implement your soccer practice. Each plan has a diagram with a description adjacent that explains how to organize, how to progress or alternatively regress the session. Key Factors (KF) or also known as Coaching Points serve as your learning outcomes for the session and the techniques/skills you are identifying in the session.

In the diagram there are graphics that symbolize components of your practice, it is important these are understood so you can deliver the plan. These symbols are as follows

 **Player/participant which will change colour if there are different teams or different roles**

 **Larger cone or traffic cone normally used to make a gate, an imaginary line or an obstacle**

 **Playing area, grid or zone**

 **Coach**

 **Movement of players**

 **Movement of soccer ball**

 **Goal**



Thomas the Tank Engine

Organization

Set out a track that is at least 3y wide

Start without balls. No more than 5 on each lane (can make 3 if lanes if needed and they can choose which one to end at)

Break into 2 groups if numbers/coaches permit

Activity

Players run one at a time and when they finish they join opposite line

Progression

1. Introduce soccer balls, if players bump, they must fix the train (toe taps)
2. If players hit cones, they must clean the train (inside taps)
3. Insert obstacles such as a pennies (oil spill) traffic cone (tower) that they have to dribble around

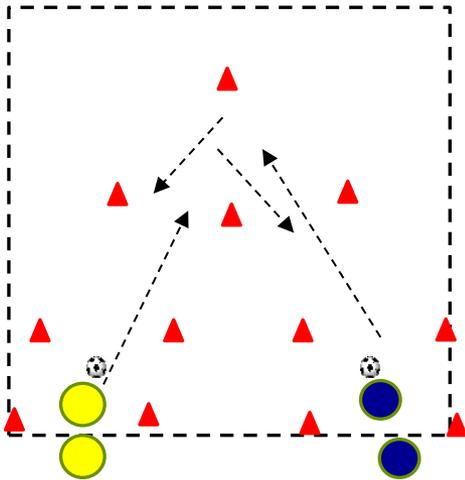
Key Factors (KF)

Physical Literacy – Turning, jumping, running, twisting and reaching

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination

Look for vocal responses such as train noises, screeching of breaks, choo choo!!



Thomas the Tank part 2 The Angry Controller!!

Organization

20x25y Grid 7 players have a ball (train)

Middle zone 8 yards with coach in the middle

Activity

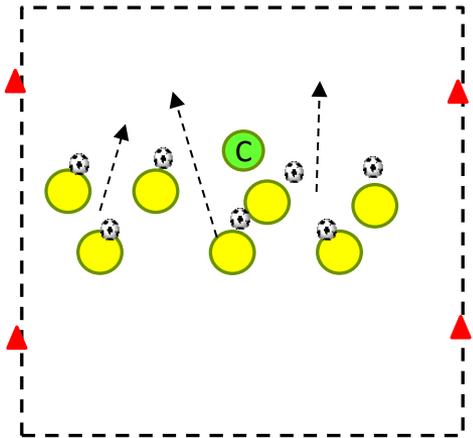
Thomas must evade the controllers by getting across the other side without being tagged in the zone. If they get tagged they do ball taps and continue

KF

Encourage visual decision making, correct dribble with the big toe pointing down, change of speed, attacking the space and having fun!!

Progression

1. Use a player to assist the coach tagging
2. Coach tries to steal the ball and they become taggers





World Cup Shootout!!

Organization

8-12y x 5-8y

2 goals (big size use 2 pug nets if needed)

Many soccer balls with the coach in between the lines

Lines no bigger than 4 players, run two sessions if there are sufficient coaches

2 lines of players

Activity

Coach rolls 2 balls into the field

One player from each line are playing. Coach rolls two balls in, the first player to score gets a point

Make sure to pick one goal for each team at the beginning so they know where they are scoring (place assistants behind goal to help retrieve balls and provide visual support)

Progression

1. Place the goals straight ahead
2. Put the goals in the middle back to back giving different angles
3. High five last player in the line before they enter the field
4. Split the group into 4 (as shown) then 4 balls are thrown in

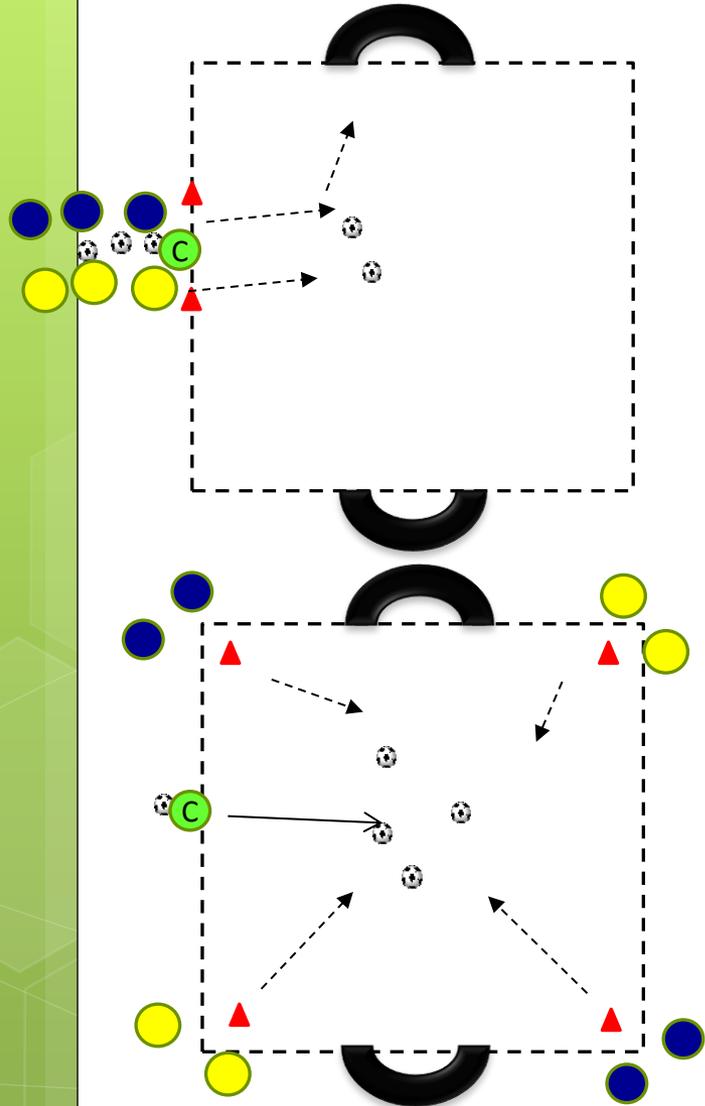
Key Factors

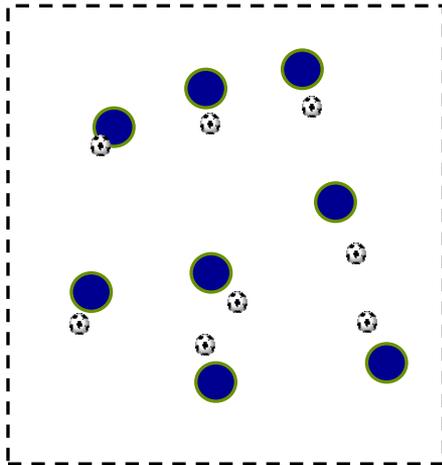
Play with speed, understand the area and where to attack

Very basic shooting/kicking action-don't coach technique

Players must come out of the area when finished

Don't coach, let them have fun, cheer and give them plenty of chance to score





Super Heroes!!

Organization

20 x 25 grid

Every player has a ball and dribbles inside grid

Activity

On coaches call the players respond to actions

E.g. Ironman- players dribble fast with their arm out in front 'flying'

Superman-players lay on the ball put their arms out like they are flying

Incredible Hulk-players pick up their ball and lift it in the air as high as they can

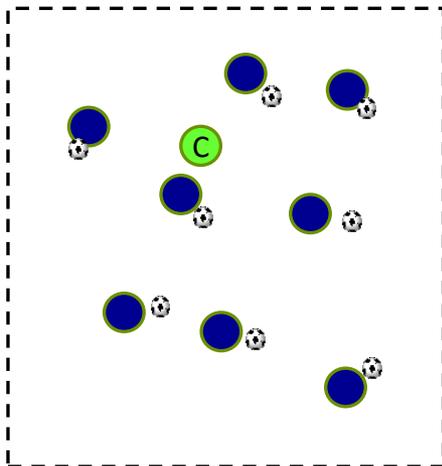
Spiderman-players grab the ball and roll up like a ball protecting it with their web

Batman-players protect their ball by shielding with their arms (cape) as the coach tries to steal

Key Factors

Have fun, be loud and energetic making sure you are taking part in the actions

Lots of touches on the ball, coordination and balance



King and Queen of the ring!

20 x 25 grid

Every player has a ball

Coach 'joker' is in the middle

Activity

Players must try and keep their ball in the grid without the coach kicking their balls away

When their ball is kicked away they have to leave the area perform sole taps, inside taps

If players stop the ball quickly with their sole before they get caught then they 'freeze' the

coach for 3 seconds, therefore can get away

Progression

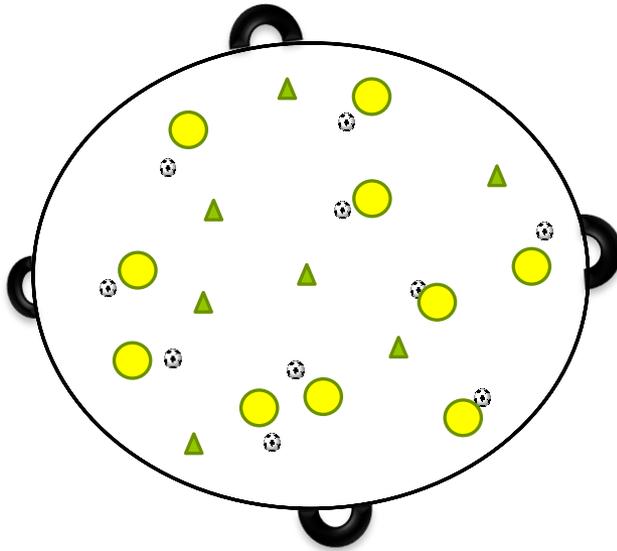
Take away 3 second rule

KF

Close control and acceleration

Head up after every touch

Have fun be interactive



Ships Ahoy!!

Organization

Circle wants to be plenty of room for them to dribble around safely
Each player has a ship (ball) that they sail around the ocean
4 goals around the outside
Several cones spaced out as 'islands'

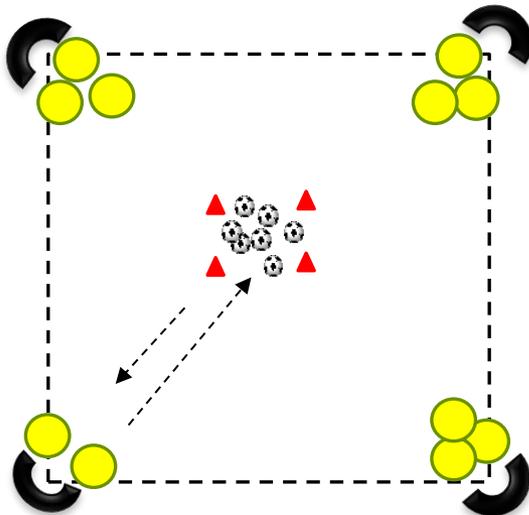
Activity

Players sail around the ocean and respond to coach
'Ships Ahoy!'-'aye aye captain' and put their foot on the ball to stop
'Full steam ahead!'-run fast
'Set sail!'-toe taps to simulate climbing a ladder
'Shoot the pirates!'-players shoot the ball in any of the four goals
'Clean the decks!'- inside taps
'Lunch break!'-find island and sit on the ball

Shark attack-coach tries to steal ships and players must shield the ball

Key Factors (KF)

Players learning to make decisions based on what they see and hear
Manipulating the soccer ball
Make it fun and loud! Players must incorporate all surfaces of the foot.



Treasure Hunt

Organization

20x20 grid 5x5 square in the centre with 7 balls
Players evenly distributed in teams at the four corners in front of pug nets

Activity

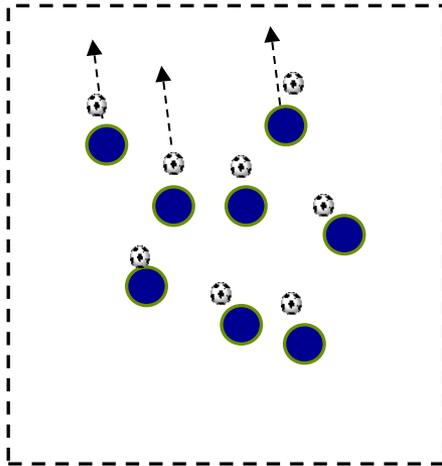
One player at a time takes 1 ball and dribbles ball into their goal (can begin with hands for a warm up)
Next player goes. When all balls are gone there will be a winner with the most balls.

Progression

- 1.Place secret treasure (balls) in and around the zone whilst the activity is running
- 2.Now players put balls in other teams goals, team with no balls in their goal wins the game

KF

Turning, spatial awareness, visual decision making, acceleration, FUN!!



Candy Castle

Organization

22 x 28y grid

All players have a ball each

Name all 4 sides of your grid candy's e.g. Milkybar, Cream Egg, M&M, Turtles

Use a visual aide i.e. Dino signs , pennies or a coach!

Activity

First players can go to any side they want as many times as they can in a minute (no balls for a warm up)

On coaches call (milkybar!) players must dribble the ball to that side as quickly as possible, repeat with different calls

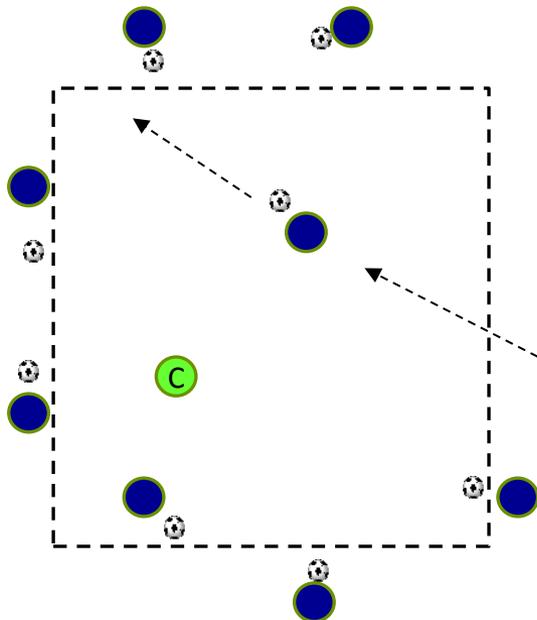
Progression

1. Call out a few in a row
2. Don't call, point, so players have to look up

Key Factors

Players getting as many touches on the ball

Spatial awareness and directional movements, balance and coordination



Candy Monster!

Organization

15 x 20y grid

Players all have a ball on the outside

Players have to get from each candy side to the next without being tagged off the 'candy monster' coach

Progression

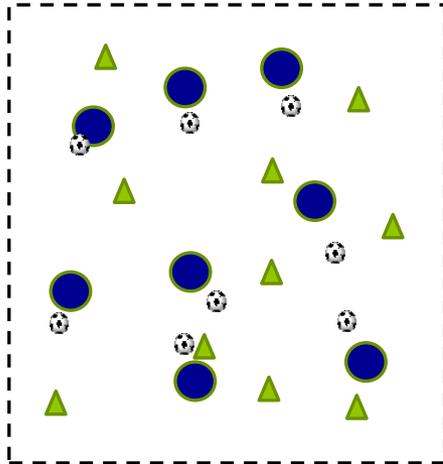
1. Players leave their balls on the outside and go and get another to transfer to another side
2. Decrease the size

KF

Players make decisions on when and where to run based on where the coach is

Acceleration and deceleration at appropriate times

Small touches for close control big touches for sprinting



Bob the Builder!

15 x 20 Grid

8-10 big cones scattered throughout the grid

Players begin without a ball

Activity

Assign each player a construction helmet (disc cone)

Players run around inside the grid avoiding the buildings (cones)

whilst keeping their hat on

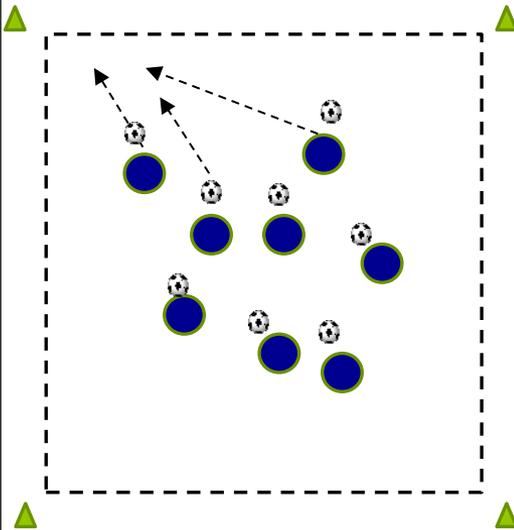
Players must see how fast they can tip over all the buildings with their hands, coach keeps putting them back up to make a fun competition

Progressions

1. Players now dribble the wrecking balls (soccer ball) and use their hands as they dribble past, use hat or not
2. Add pennies as puddles so if they make contact they have to clean their ball (inside taps)
3. Add round cones as rocks so if they collide they must fix their ball (sole taps)

KF

Fun, physical literacy, balance, coordination and manipulation of the soccer ball with their feet



Spaceship Battle!!

Organization

22 x 28y grid

4 tall cones at each corners (can also use the dino signs)

After warm up game, all players have a ball each

Name all 4 corners of your grid after planets e.g. Mars, Pluto, Jupiter, Saturn

Activity

Start without a ball and on coaches call players must go around the planet and back into the galaxy (square) as fast as possible

Progress with different movements e.g.. Hopping, jumping, skipping

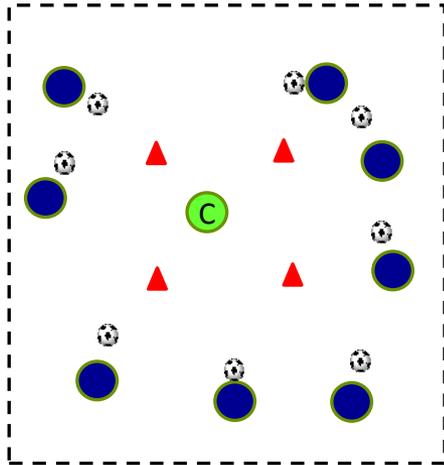
Progression

1. Introduce ball (spaceship)-on coaches call players must dribble the ball to that planet as quickly as possible, repeat with different calls
2. Call out a few in a row
3. Don't call, point, so players have to look up
4. Final game-leave pennies or cones (aliens) beside planets, the players now have to collect as many aliens as possible from the planets using their hands whilst dribbling their spaceship, they can only collect one alien at a time.....Collect and count in the middle

Key Factors

Players getting as many touches on the ball

Spatial awareness and directional movements, balance and coordination...FUN!!



Farmer Fred!!

Organization

22 x 28y grid

With a 5x5 grid in the middle

After warm up, all players have a ball each

Activity

No balls to begin with. Players all choose what animal they would like to be, they must move around the farmers field making the animal noise e.g. cow goes moo!!

Farmer Fred (coach) is resting in the house (small square) when he is awoken he will chase the animals, if he tags them they have to crouch down where they are and rest for 3 seconds

Have more goes choosing different animals and move by imitating the animal

Progression

Introduce balls (eggs) players are now chickens

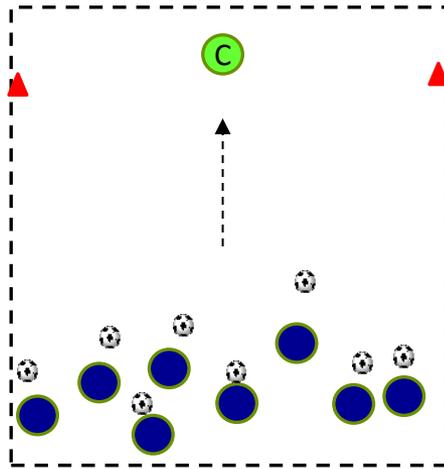
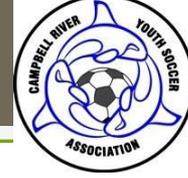
Game starts with farmer resting again until he is awoken and then tries to steal all the eggs, if he steals he takes it back to the house, but the chickens can steal it back from the house by using their feet

Key Factors

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination

Have fun by becoming the character, give them warnings that you are waking up such as yawns or stand up quickly or pretending to put your farmers coat on!!



Mr. Freeze

Organization

22 x 28y grid

2 red tall cones at the end of the grid

Mr. Freeze (coach) stands at one end

After warm up, all players have a ball each

Activity

No balls to begin with. Players have to sneak up on Mr. Freeze, while he is looking away and tag him. However, when he turns around to look everyone must freeze, if he spots them moving they have to go back to the beginning, the idea mixing awareness of what's ahead of them with control of physical movement, when Mr. Freeze is tagged repeat again

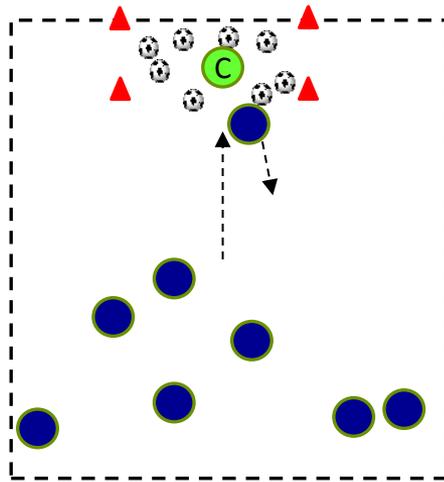
Progression

Introduce balls (fireballs) when they get past the red cones they can kick the balls at Mr. Freeze to melt him!!

Key Factors

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination



The Dragons Den!!

Organization

22 x 28y grid

7x7 grid at the end tall Mr. Freeze (coach) stands at one end

After warm up, all players have a ball each

Activity

Players have to sneak up to the Dragon's Den without waking up the dragon and steal the treasure (balls) However, if they are noisy he may wake up and come out and take some treasure back, game is over when all the players have took the treasure.

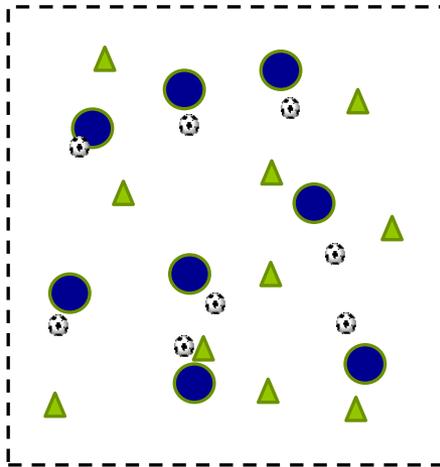
Progression

Introduce balls (fireballs) when they get past the red cones they can kick the balls at Mr. Freeze to melt him!!

Key Factors

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination



Flipping Turtles!!

15 x 20 Grid

8-10 small disc cones scattered throughout the grid half of them turned ,half of them flat

Activity

Players begin without a ball

Players are put into 2 groups - monkeys and mice (put a helper with each group if possible)

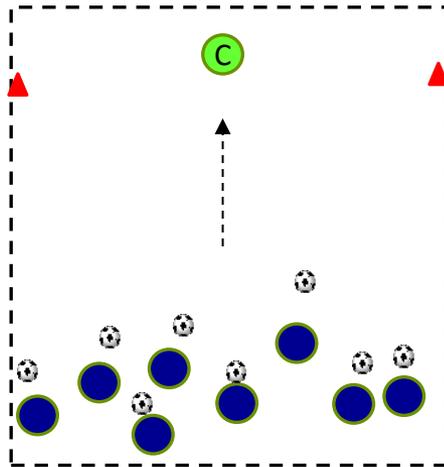
Monkeys flip the turtles on their back (disc cones) mice help them by putting them back, competition to see who can flip the most in 30 secs

Progressions

Introduce a ball so they have to stop the ball then flip it over by hand

KF

Fun, physical literacy, balance, coordination and manipulation of the soccer ball with their feet



What time is it Mr. Wolf?

Organization

22 x 28y grid

2 red tall cones at the end of the grid

The Wolf (coach) stands at one end

After warm up, all piggy's (players) have a ball each

Activity

No balls to begin with. Players have to yell 'What time is it Mr. Wolf?!' To which he replies a number (for example '3 o'clock')

So now they must take that number of steps, 3, so they are gradually moving forward towards Mr. Wolf then keep repeating until the piggy's get closer and closer

When they are very close they again yell...'What time is it Mr. Wolf?' He says 'Dinner time!!!' and chases them back to the beginning while they tried to evade capture

Progression

Now bring in the balls and instead of steps they must take touches forward with the ball

Key Factors

Players getting as many touches on the ball and having fun!!

Spatial awareness, directional movements, balance and coordination



Stuck in the mud!

Organization

22 x 28y grid

Activity

No balls to begin with. Players must avoid being tagged off the swamp monster (coach) When they are tagged they must stand with their arms stretched out and are only free when another player ducks under one of their arms or keeping their legs apart players dive under their legs

Progression

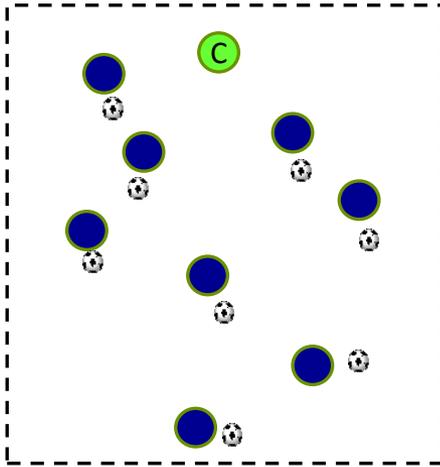
1. Now bring in the balls so they have to dribble
2. Vary consequences of being tagged – toe-taps, inside taps, bunny jumps over the ball, throw the ball and catch

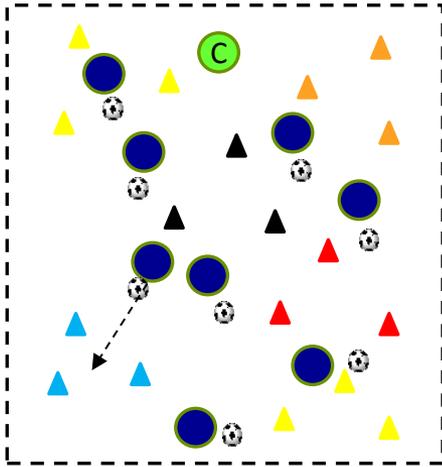
Key Factors

Physical Literacy – Turning, jumping, running, twisting and reaching

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination





Stuck in the mud!

Organization

22 x 28y grid, several 'islands' made by 3 cones, use different colours

Activity

No balls to begin with. Start by asking players to run to as many Islands as they can in a minute. Then call colours that they must go to. Now they know the area you can start the game. Players must avoid being tagged off the 'shark' as they move to each island. Their goal is to enter each island but if they get tagged they must start again. When a player completes this they stand with their hands in the air.

Progression

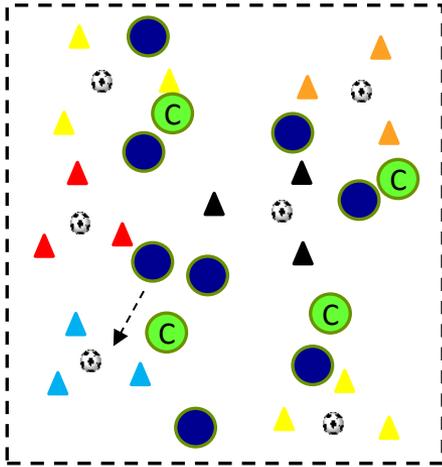
1. Now bring in the balls so they have to dribble
2. Vary consequences of being tagged – toe-taps, inside taps, bunny jumps over the ball, throw the ball and catch
3. As a visual test you can also hold up colours identifying which Island they should go to

Key Factors

Physical Literacy – Turning, jumping, running, twisting and reaching

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination



Coconuts!

Organization

22 x 28y grid, several 'islands' made by 3 cones, use different colours, each island has a ball on top of a disc cone

Activity

No balls to begin with. Start by asking players to run to as many Islands as they can in a minute and knock off the coconut with their hands. Coaches continue to put them back up. Play this 4-5 times using different body parts to knock down the coconuts. Now the coaches can tag them before they enter the island, if they get tagged they must try another island. When all the coconuts are down the players win!

Progression

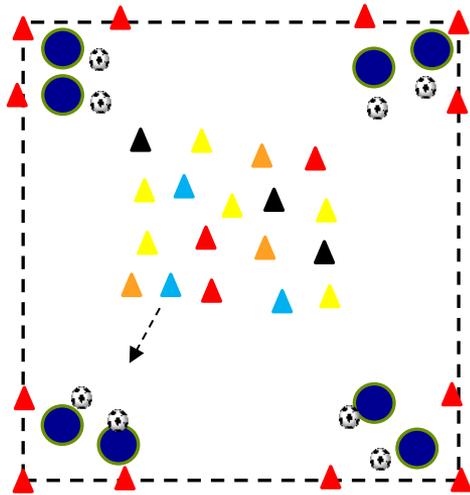
1. Now bring in the balls so they have to dribble
2. Vary consequences of being tagged – toe-taps, inside taps, bunny jumps over the ball, throw the ball and catch

Key Factors

Physical Literacy – Turning, jumping, running, twisting and reaching

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination



Mouse Maze!

Organization

22 x 28y grid, many cones gathered in the middle with enough space to move between them, use different colours, players are divided into corners or 'mouse holes' identified by 3 cones

Activity

No balls to begin with. Start by asking players to touch as many cones as they can and return to their mouse hole. Now do the same but they can move to a different hole once they have touched all the cones, if there are already 2 mice there they must find another hole (corner). The coaches now become cats and can tag them before they enter the mouse hole, if they get tagged they must go back into the maze, come out the other side and find another mouse hole.

Progression

1. Now bring in the balls so they have to dribble
2. Vary consequences of being tagged – dribble round 3 cones in the maze, toe-taps, inside taps, bunny jumps over the ball, throw the ball and catch

Key Factors

Physical Literacy – Turning, jumping, running, twisting and reaching

Players getting as many touches on the ball and having fun!!

Spatial awareness and directional movements, balance and coordination