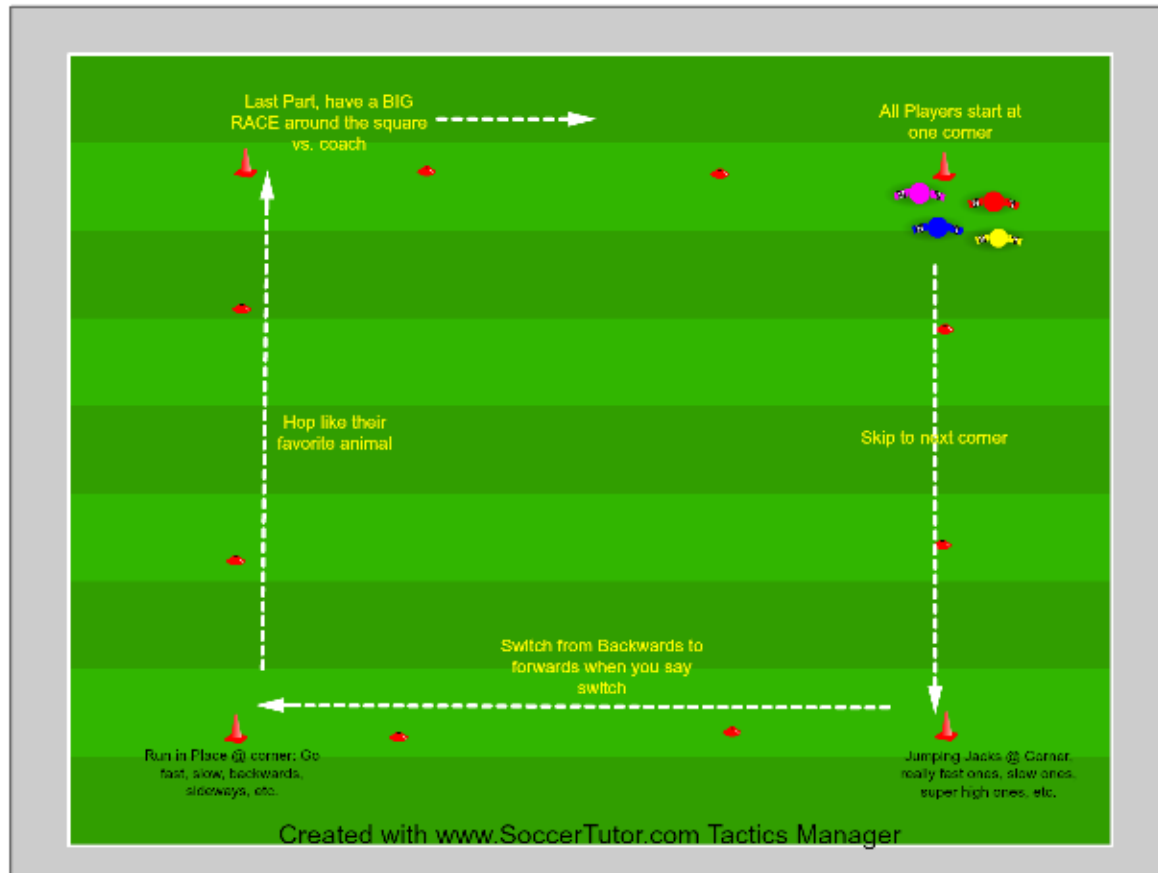


Parent Participation_4 Corner Warm UP



Date: 5/Apr/2013 **Measurement:** Select Pitch Area
Time: N/A:N/A **Players:** 0
Duration: N/A **Level/Age Group:** U5 - U7

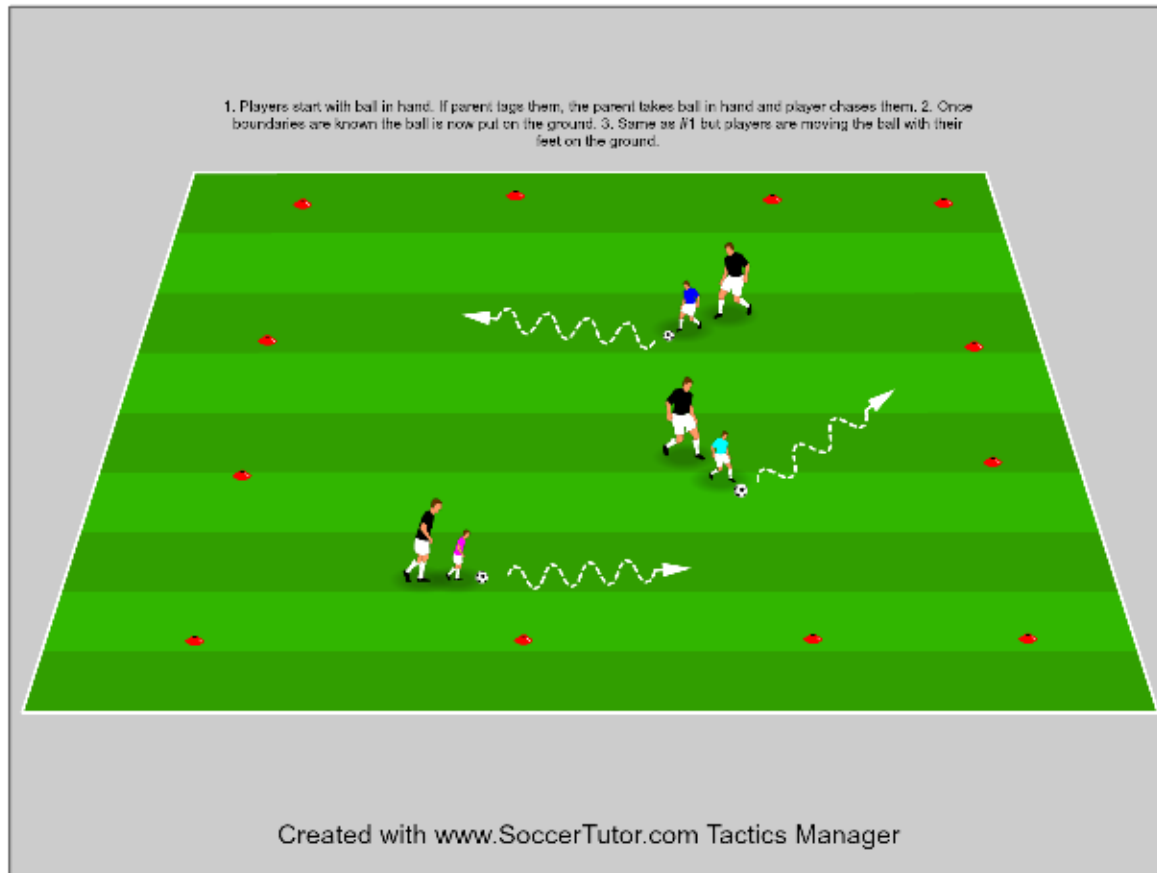
Description: This warm up is all about coordination, imagination and movement. It is your chance to be creative, goofy and set a fun tone for the session. This also gives players a chance to get comfortable with their new coach.

Objective: Follow the plan outlined in the illustration but feel free to be as creative as you can.

Coaching Points: -Speak softly when explaining what to do and raise voice when they're being active.
 -Get players used to waiting for your "magic word" they should not start what you've asked them to do until you say the magic word. It's fun to let them know you're going to try and trick them by saying a fake magic word. Congratulate those who listen well.

Progression: Start with this type of warm up each week but use your imagination to change how to get to each corner and what to do at each corner. Feel free to incorporate soccer balls during this warm up but don't use them the whole time.

Parent Participation_Keep Away



Date:	5/Apr/2013	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level/Age Group:	U5 - U7

Description: This game is played to teach the boundaries of the field and to introduce playing against another player and what happens if someone "steals" your ball in a game or exercise.

Players start by holding the ball in their hands and running away from their parent. If their parent tags them they now hold the ball and their child chases them. They are holding the ball to make it easier to understand the rules and to make it easier to understand their boundaries.

Objective:

1. For players to understand that cones create their field (boundary).
2. For players to understand that it is ok when someone takes their ball.

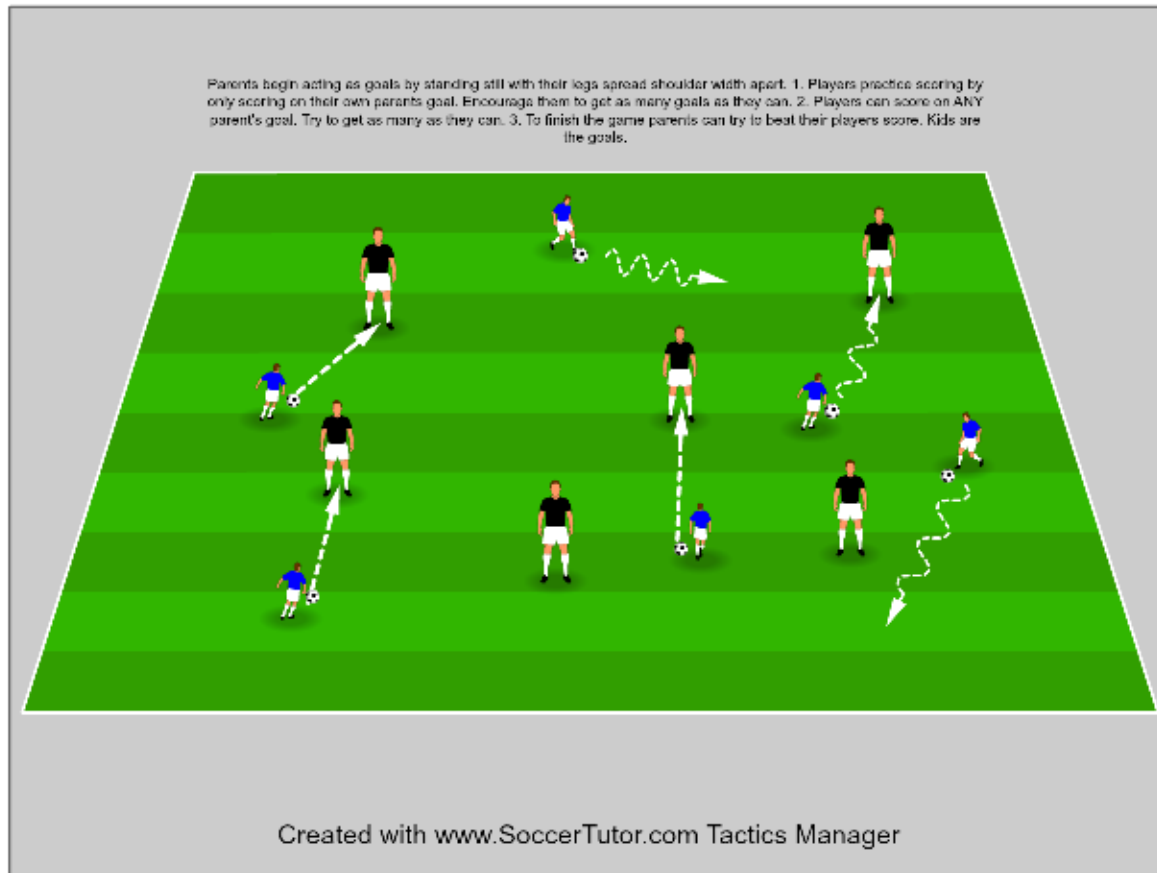
Coaching Points:

- Use soccer terms such as defender instead of parent during the game, dribble instead of kick when moving the ball, field instead of square when referring to their boundaries, etc.
- Encourage lots of changes of direction.

Progression:

- Make field larger or smaller, have parents begin with ball
- Encourage players to "show the defender their backs instead of belly buttons". This is an introduction to the "shielding" concept.

Drill file name/title goes here



Date: 5/Apr/2013 **Measurement:** Select Pitch Area
Time: N/A:N/A **Players:** 0
Duration: N/A **Level/Age Group:**

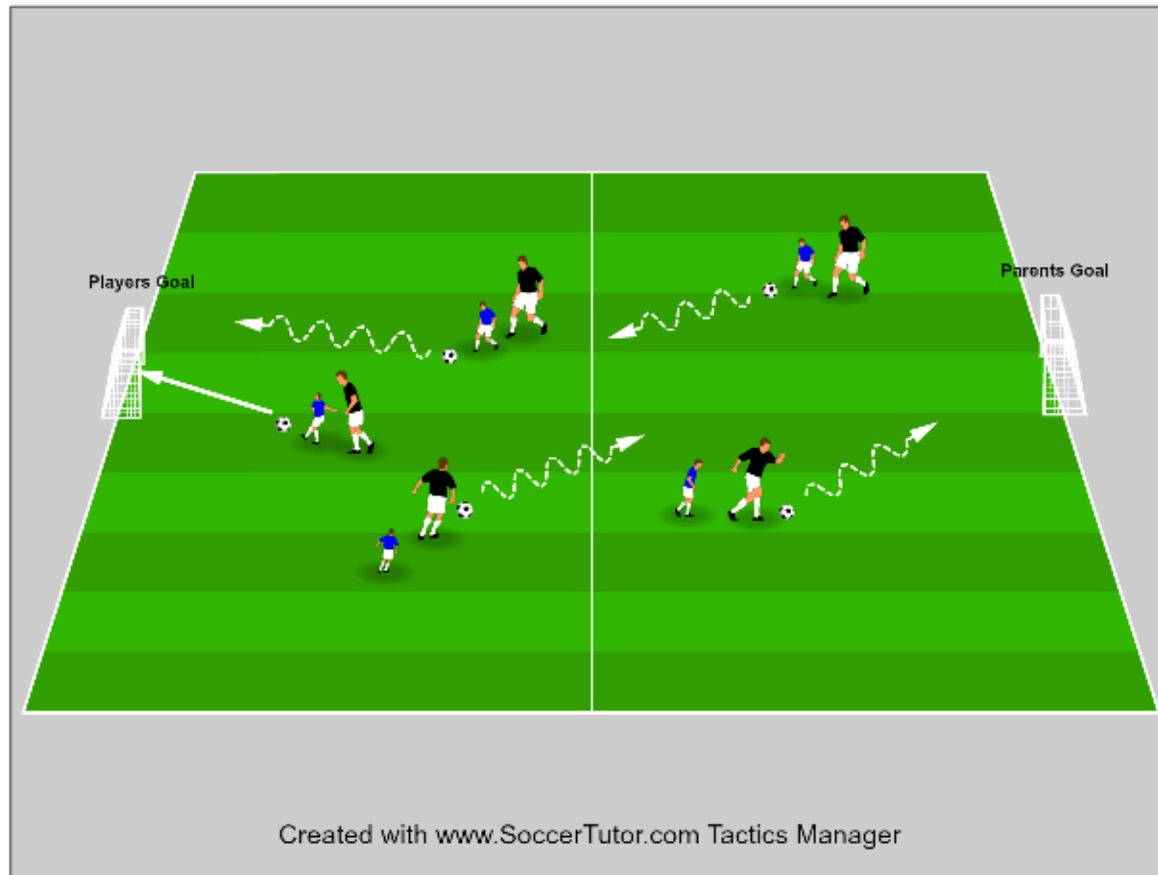
Description: Tell all the players they get to practice scoring goals. Parents will spread out and stand still with their legs shoulder width apart. Players begin by passing the ball through their parents legs, going around to get their ball and scoring the opposite way, kicking it through their parents legs each time. After they understand what to do give them a 1 minute challenge. Parents count how many goals they can score in one minute. Step two is to have them score on as many different goals as possible.

Objective: To work on close control and accuracy.

Coaching Points: -Encourage players to shoot from farther and farther away if they consistently score.
 -Encourage players to go as fast as they can.

Progression:

Parent Participation_Parent vs Player_ 2 Goals



- Date:** 5/Apr/2013 **Measurement:** 20 x 20 Yards
- Time:** N/A:N/A **Players:** 0
- Duration:** N/A **Level/Age Group:**
- Description:** Parents & Players should rock, paper, scissors to see who starts with the ball. Whoever starts with the ball is trying to score on their designated goal. The other player is trying to steal the ball and score on their own goal. If a goal is scored the ball is taken out and the opposite person starts with it. Once everyone has played for a minute or two and understands the game. Give them 2 minutes to see who can score more goals.
- Objective:** To put all parts of the training session together in one exercise (dribbling, stealing/defending, scoring, etc.)
- Coaching Points:** -Reminder players to steal the ball as fast as they can and once they steal it to score a goal
-Encourage players to go as fast as they can
- Progression:**