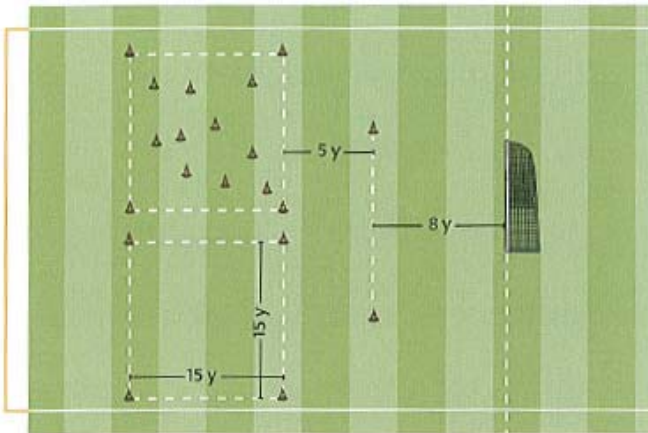
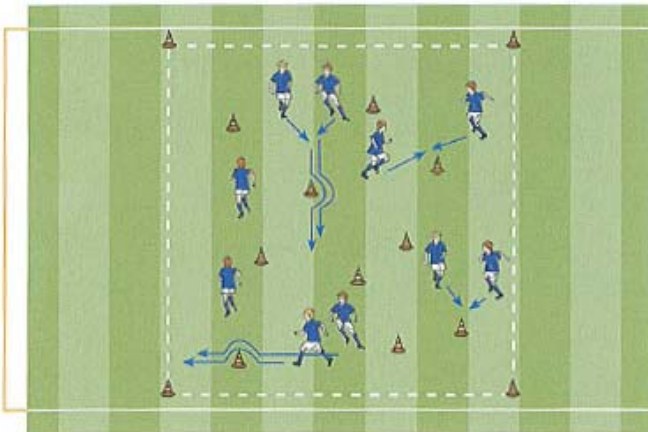


Sample Practice Session



Playtime and welcome

- Children get one ball each and play any way they want.
- After five minutes, the coach asks, "How fast can you shoot your balls into the ball castle and come sit with me?"
- Introduction: "The elves are safe when they're in their houses, but the evil wizard can catch them in the forest."

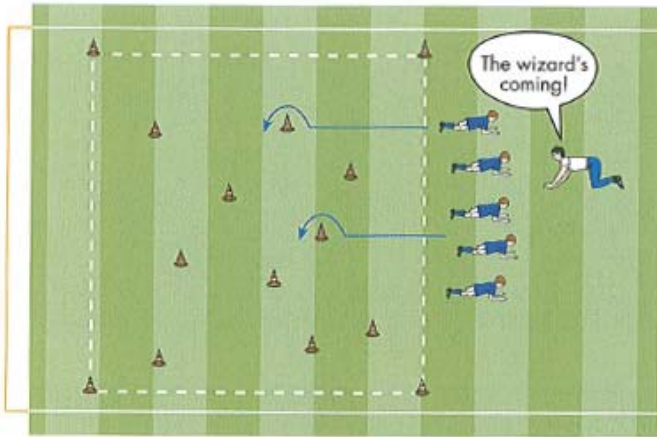


Simple game: Jump for joy

- Set up a "cone forest" inside a 15 x 15-yard field.
- Whenever two elves meet in the forest, they jump over a cone (take turns).
- Race: Everyone starts at one corner. Can the elves jump over five cones before the wizard runs around the field?

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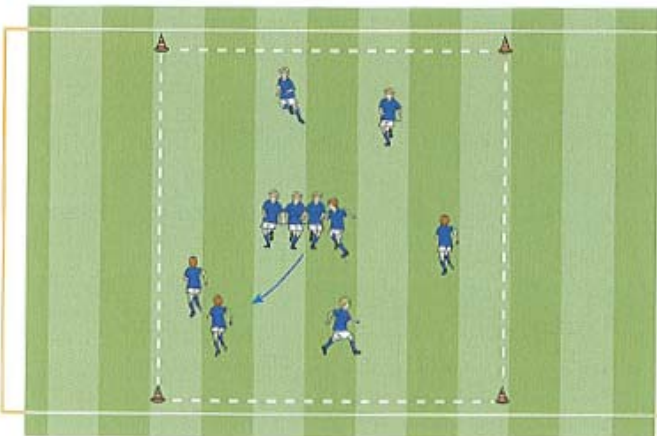
This 60 minute session shows how many different games you can do with a single setup.



Imitating animals

- The elves play happily in the forest, imitating animals: snakes (crawling), frogs (hopping), peacocks (strutting), cats (on all fours), etc.
- Suddenly the elf king yells, "The wizard's coming!" All the elves jump over cones and hide behind them (lie down).

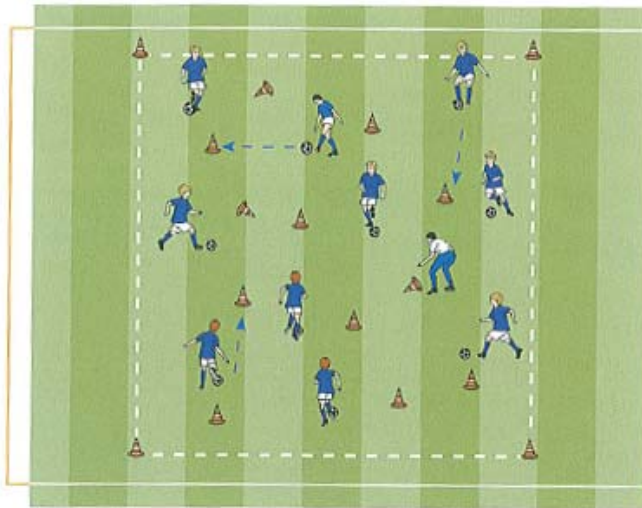
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Simple game: Chain tag

- The elves are playing rabbits and hunters.
- Every rabbit tagged by the hunter becomes a hunter too.
- The hunters hold hands and try to catch another rabbit.
- Little by little, the hunters form a chain that becomes harder and harder to avoid.
- Who's the last elf left?

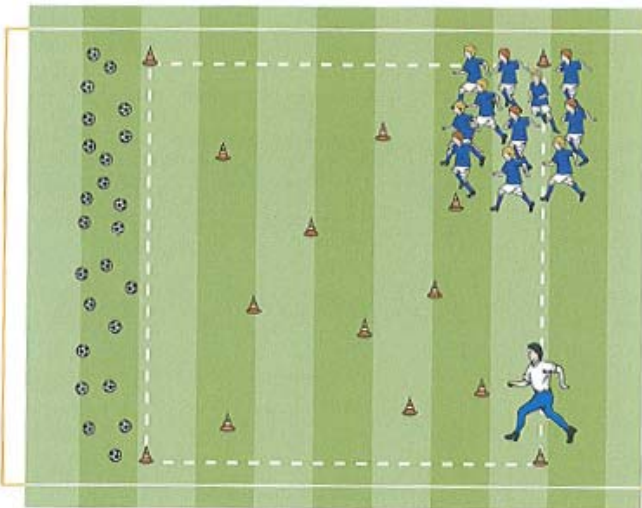
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Mushroom farm

- The elves dribble into the wizard's mushroom farm and shoot down his poison mushrooms (cones).
- The wizard (coach) yells angrily at the elves and tries to stand the mushrooms up again.
- The wizard won't give up until the elves have knocked over every mushroom. Can they do it?

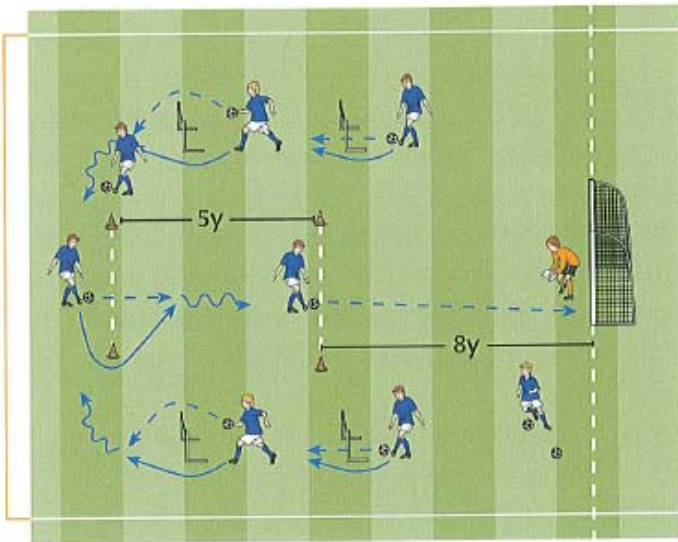
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Simple game: Gathering mushrooms

- The wizard challenges the elves: Who can bring more mushrooms (balls and/or vests) back to their starting cone from the other side of the forest?
- The elves can only carry one mushroom each; the wizard can carry two. Can the elves possibly win?
- Round 1: Carry the ball. Round 2: Dribble. Round 3: Carry balls in upside-down cones. Round 4: Carry cones too (cleanup).

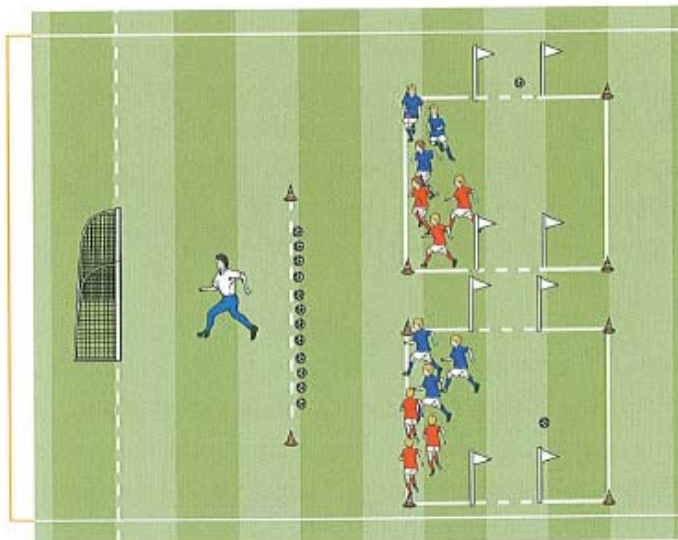
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Shooting exercise: Goal rotation

- Mark out a shooting line eight yards in front of a youth goal with goalkeeper.
- Set up two to four hurdles on each side.
- Rotation: Pass through the small goal and run around the outside, dribble to the shooting line and shoot. Shooter becomes keeper; keeper retrieves ball.
- Return: Pass under the first hurdle, run around it and throw the ball over the second hurdle.

7



Concluding tournament

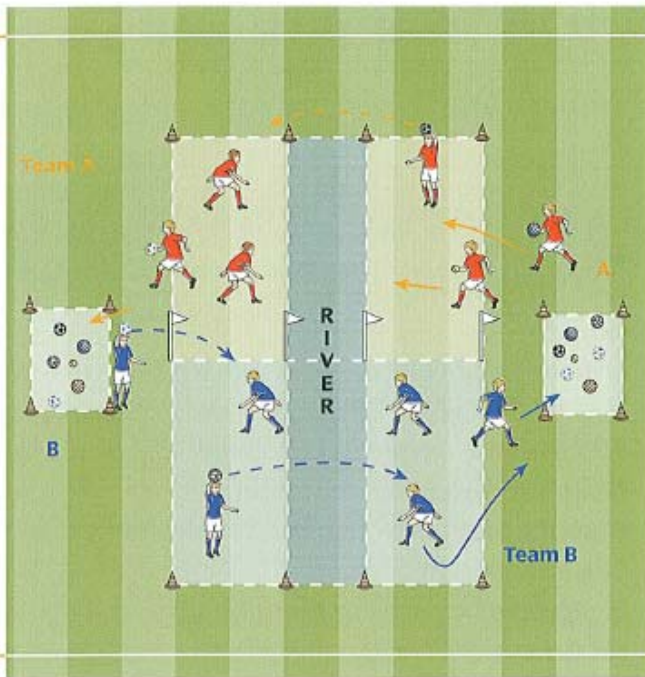
- Form teams of three or four.
- Teams play simultaneous games on 15 x 15-yard fields.
- At the end of each round, the coach yells, "Ball avalanche!"
- All the children run to the row of balls in front of the goal and shoot. The coach tries to stop as many as possible.
- Afterwards, hold the next round of the tournament.

8

End of Session.

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General Ball Training



Ball across the river

Setup

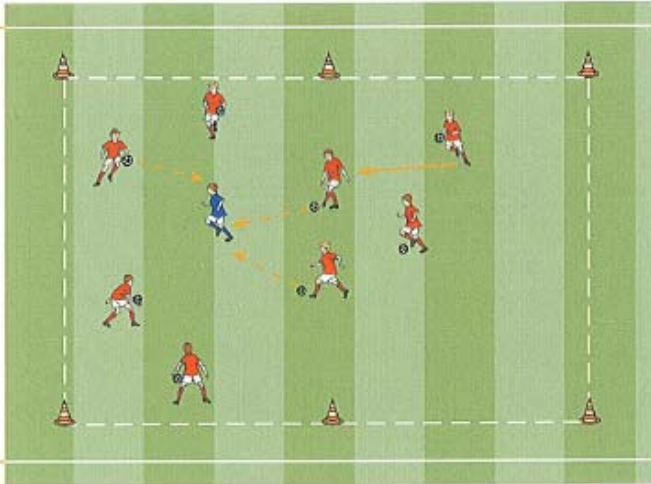
- Using cones, mark out a 20 x 20-yard field with a five-yard-wide "river" down the middle.
- Mark out a 2 x 2-yard "ball castle" on each side of the field.
- Clearly separate ball castles from the field.
- Divide 10 to 16 children into two teams and distribute the same number of balls to the two ball castles.

Sequence

- Each team stands in its own half, with children evenly distributed on both sides of the river.
- Each team has its own ball castle.
- The children on the same side as their ball castle get balls from there and throw them across the river to their teammates, who quickly put them in the opposition's castle.
- Practice round: Teammates switch roles (throwing/catching).
- Competition: After one minute, which castle has fewer balls in it? Alternative: each ball placed in the opposition's castle counts as a goal. Which team can score more goals in one minute?
- Next round: Teammates switch roles.

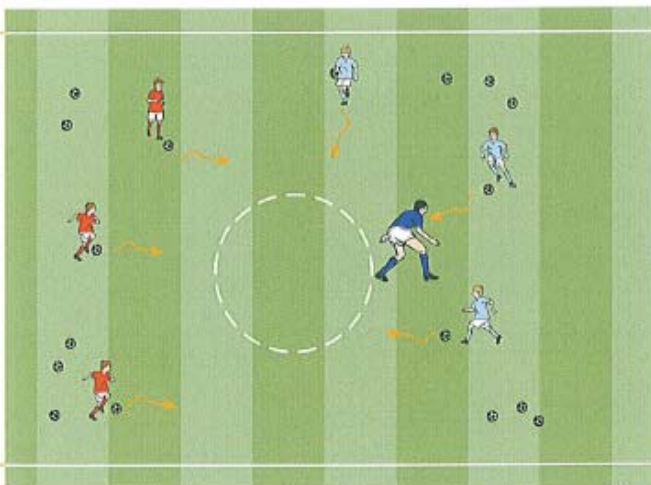
Tips

- Use a wide variety of lightweight balls: tennis balls, foam balls, mini soccer balls, etc.
- Use existing markings on the field or gym floor.



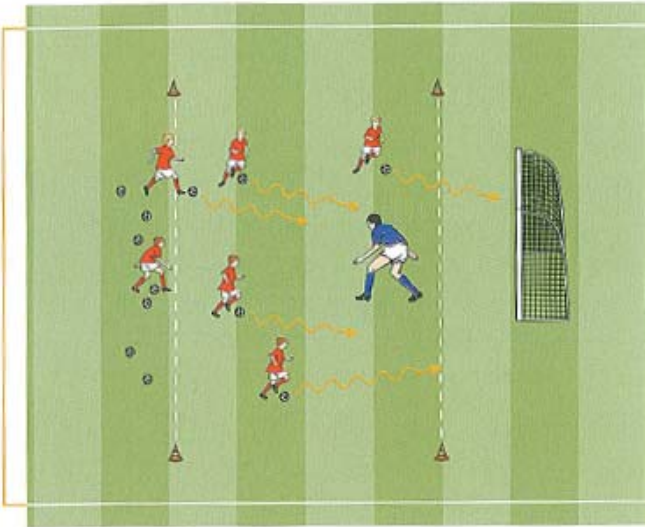
Catch the robber!

- Field size should be appropriate for the bank robber's (coach's) level of fitness.
- Each police officer (child) has a ball.
- To arrest the robber, the police have to "shoot" him with their balls 10 to 15 times.
- The robber yells "ouch!" each time he's hit.



Hunters versus the bandit

- Mark out a circle six yards in diameter.
- The children are hunters, hunting buffalo (balls, vests, etc.) and bringing them back to the village (circle) for their families. However, outside the village lurks a bandit who waits to steal the buffalo.
- The hunters try to get their buffalo past the bandit and into the village; afterwards, they go hunting again.
- Variation: One child helps the bandit.



Knights and the evil wizard

- All the knights (children) stand about 15 yards in front of the goal with one ball each.
- The knights are returning to their castle (goal) with gold (balls).
- However, an evil wizard (coach) stands at the draw-bridge (five yards in front of the goal), stealing their gold and turning them into frogs, who then hop back for more gold.
- The knights try to get their gold past the wizard and into the castle by dribbling or shooting.

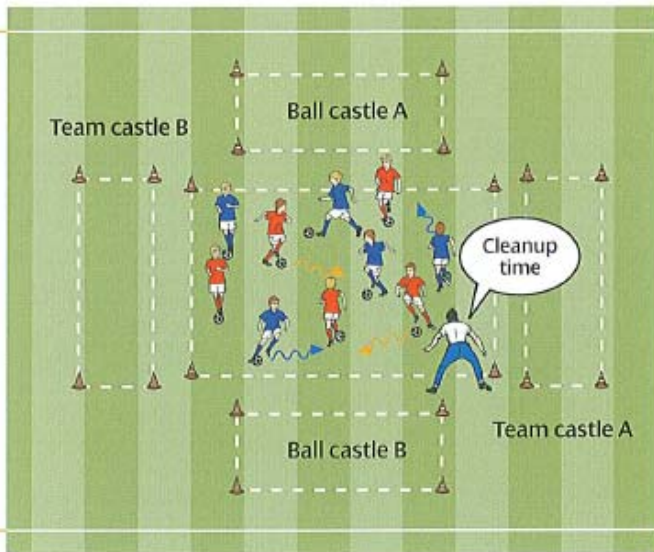


Leg goals

- Divide children into pairs; each pair has a ball.
- First practice, then compete: Which pair can do the exercise faster?
- Partners face each other. Partner A stands with legs apart. Partner B:
 - a) rolls the ball between A's legs three times
 - b) shoots the ball through the "goal" three times
 - c) throws the ball to A, who rolls it between his legs for B to retrieve (three times).
- Afterwards, players switch roles.

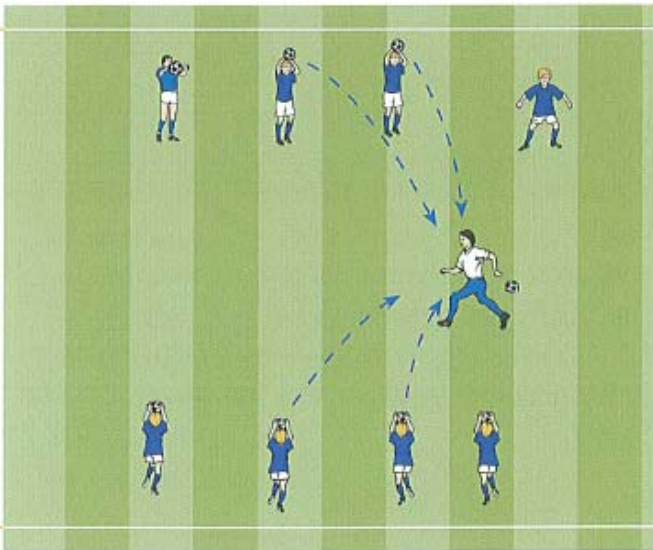
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Movement Training



Cleanup time

- Mark out a 20 x 20-yard field and divide 10 to 16 children into two teams; each player has a ball.
- Mark out ball castles on the sides of the field and team castles on the ends (see diagram).
- Children move about the field as directed (rolling balls, bouncing them, etc.).
- When the coach says "Cleanup time!" players quickly put the balls in the ball castles and themselves in the team castles—which team is faster?

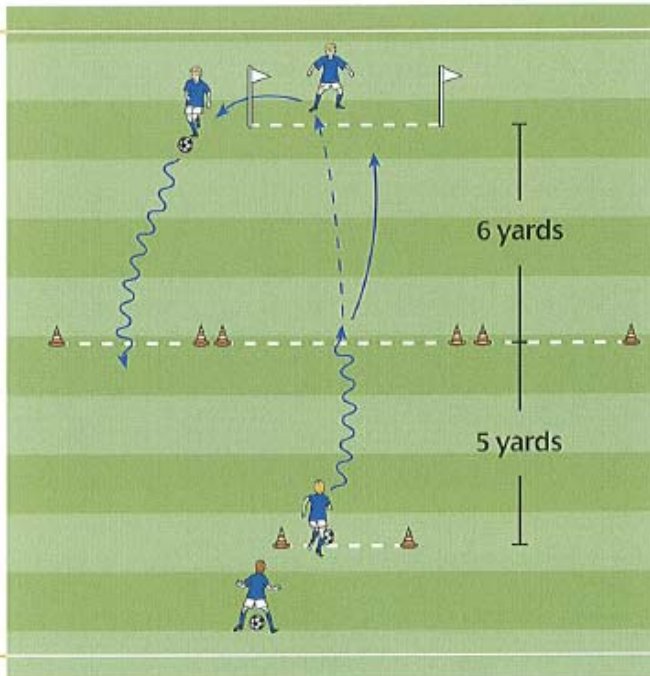


Moving target

- Players form pairs; each pair has a ball.
- Partners face each other (forming two rows two yards apart) and throw balls back and forth as directed.
- The kids can throw their balls at the coach whenever he runs between the rows.
- The coach has three vests and so do the kids. The coach loses a vest if he gets hit and wins one if all the kids miss him. Who can win them all?

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For young children, shooting games are the best part. It doesn't matter to them whether a goal is "important" or not. Scoring is always fun. Make it easy to score as often as possible by setting up lots of wide goals without goalkeepers.



Goal stations

Setup

- Using cones, mark out a shooting line five to seven yards in front of a three-yard-wide goal.
- Set up another three-yard-wide goal on each side of the shooting line.
- Mark out a starting goal five yards in front of the shooting line.

- Together, these make up a goal station.
- Assign four children and three balls to each goal station: one player (without ball) behind the main goal, one (with ball) next to it, and the other two (with balls) at the starting goal.

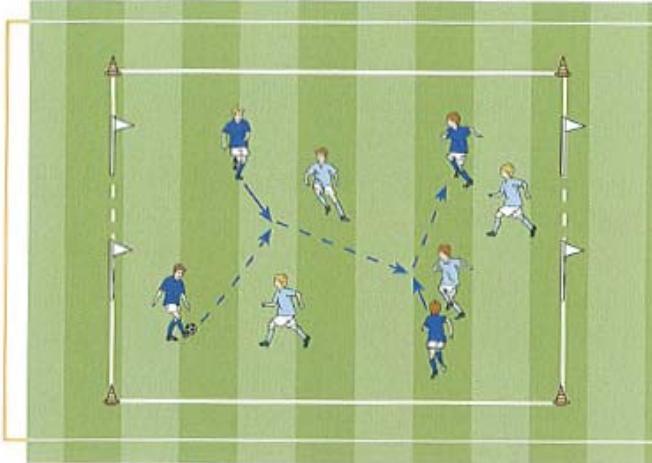
Sequence

- The first player runs from the starting goal to the shooting line and shoots at the main goal.
- The player beside the main goal dribbles through one of the side goals and calls out the next player's move: Only then is the next player allowed to move up and shoot.
- Rotation: The shooter goes behind the goal; the player behind the goal retrieves the ball. The player beside the goal dribbles to one of the side goals, calls the next shooter's name and then dribbles to the starting goal.
- First practice, so kids can learn the procedure.
- Then compete:
 - a) Who can score five goals first?
 - b) Which goal station can score 10 goals first?

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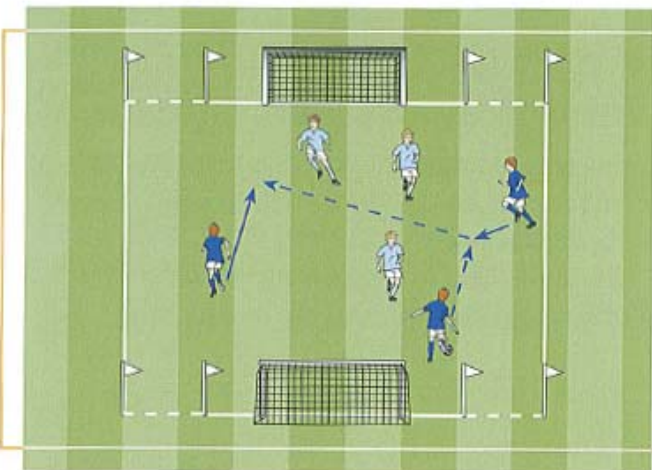
Simple Soccer Games

The ideal length of each game depends on the children: When they're not having fun or can't play anymore, they start to slow down or simply quit. Take a short break at that point, then try a variation or a new game. Its easy to get kids interested again.



3 v. 3 (4 v. 4) on giant goals

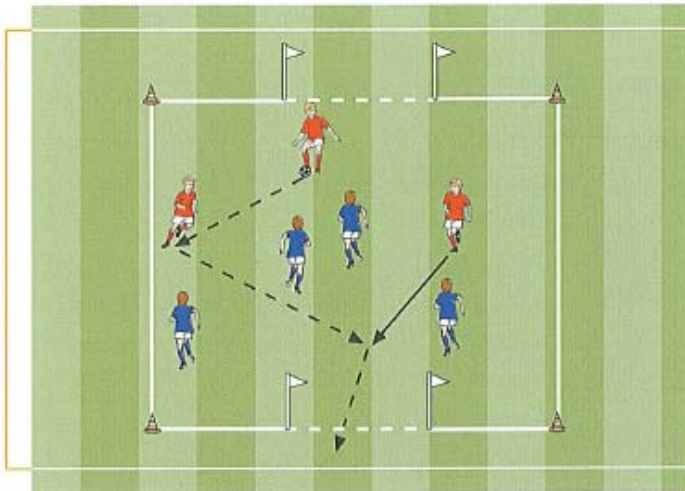
- Mark out a 15 x 12-yard field.
- If indoors, use an entire wall as a goal; if outdoors, use poles to mark wide goals.
- Divide children into teams of three or four (no one should be left over).
- If you have more than two teams, use multiple fields.
- Teams play freely on giant goals without goalkeepers.
- Big goals = positive experiences!



3 v. 3 (4 v. 4) on different goals

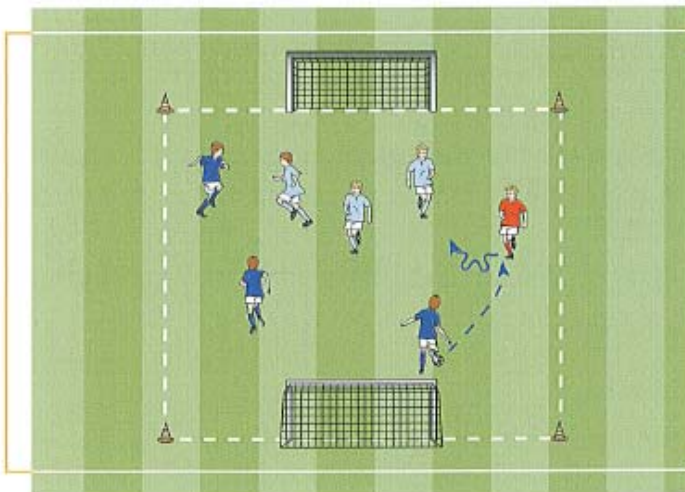
- Mark out a 15 x 20-yard field.
- If indoors, place a mat (goal) in the middle of each side-line with two smaller goals flanking it. If outdoors, use a youth goal with net instead of the mat.
- If you have more than two teams, use multiple fields.
- Teams play freely on all of the opposition's goals (no goalkeepers).
- Scoring: Shots on the middle goal score two points each, on the side goals one.

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Old vs. young (giants vs. dwarves)

- Mark out a 15 x 15-yard field.
- Form evenly matched teams for unstructured play:
 - a) 4 v. 3: The stronger players are outnumbered.
 - b) 4 v. 4: The stronger team defends (several) big goals; the weaker one defends smaller goals.
- Constantly losing to older and stronger players takes the fun out of soccer!



Soccer king

- Mark out a 15 x 15-yard field.
- The game is 4 v. 3, but the teams change: The "soccer king" plays for whichever team has the ball.
- Once one team has scored three goals, a different player becomes soccer king.
- Use multiple fields for bigger groups.
- Make sure every child gets to be soccer king once!