



CALEDON SOCCER CLUB COACHING MANUAL
Under 8
(6 & 7 year olds)

First, I would like to thank you on behalf of the club for donating your time to help the kids develop and enjoy their soccer season.

This manual has been developed to help you with making the kid's experience fun and, at the same time, help them develop their soccer skills.

Whether you are coaching for the first time or you are an experienced coach, I believe you will find this manual will give you some ideas and practice sessions to use during the season.

This manual supplies you with drills and complete practice sessions specifically for the 6 & 7 year old age groups.

For the majority of the kids, this is their first experience with soccer or an organized sport and we want to make it FUN, and have them fall in love with this great sport.

I hope you enjoy the manual.

Terry Maddison
Caledon Soccer Club Head Coach







CHARACTERISTICS U6 & U7

1. Concentration span is limited.
2. Bored easily – activities changed quickly, do not have them standing around.
3. Has to be fun – the emphasis is on playing; let the game teach the kids.
4. Psychologically easily bruised.
5. Eye-foot coordination is most primitive.

Keys to a good practice










- make the practice fun
- half the practice should be mini games
- duration of practice 45 minutes to 1 hour

Warm Up Drills

-  Square Dance
-  Simon Says
-  Red Light / Green Light
-  Musical Ball



Practice Drills

-  Dribbling Race
-  One Goal Dog Fight
-  Shooting First Time
-  Run and Gun
-  Camp Down Races
-  Quick Pass
-  Nutmeg Shooting
-  Two Touch Passing Game
-  Dribble / Pass Line Drill

Mini Games

-  Numbers Games

3 v 3

4 v 4



KEY FACTORS OF SOCCER

Receiving The Ball	Shooting	Passing
a) body behind the ball b) attack the ball c) 1 st Touch (decision)	a) accuracy before power b) eye on ball head steady c) part of foot & ball	a) accuracy/Eye on ball b) pacing/timing/weighting c) part of foot & ball
Dribbling	Heading	Support
a) ball close to body – see ball peripherally b) change of speed, change of direction c) attack defender straight on	a) eyes open b) attack the ball c) part of the head	a) angle of support (front & behind ball) b) near far & wide c) communication – eye contact
Defending	Defensive (heading)	Goal Keeping
a) goal side b) speed of approach c) angle of approach d) see the ball	a) high / wide b) meet the ball at the highest point c) one foot take off	a) eye on the ball b) body behind the ball c) attack the ball d) decision

KEY FACTORS TO CONCENTRATE ON FOR U6 & U7

- ⚽ Passing the Ball
- ⚽ Receiving the Ball
- ⚽ Shooting the Ball
- ⚽ Dribbling the Ball



PRACTICE SESSIONS

Practice Session # 1	Practice Session # 5
Square Dance Dribbling Race Shooting (first time) Game 3 v 3	Square Dance Camp Town Races Nutmeg Shooting (through the legs) Game 3 v 3
Practice Session # 2	Practice Session # 6
Simon Says One Goal Dog Fight The Numbers Game Game 3 v 3	Simon Says One Goal Dog Fight Quick Pass Numbers Game
Practice Session # 3	Practice Session # 7
Red Light Green Light Quick Pass Dribble/Pass Line Drill Numbers Game	Red Light / Green Light Run & Gun Shooting First Time Game 3 v 3 or 4 v 4
Practice Session # 4	Practice Session # 8
Musical Ball (Dribbling Game) Run & Gun Game Two Touch Passing Game Game 3 v 3 or 4 v 4	Musical Ball Dribbling Race Two Touch Passing Game 3 v 3 or 4 v 4



DRILLS

Square Dance

- ⚽ Mark out a square (15 yds x 15 yds)
- ⚽ Each player should have a ball (if not enough balls have half the players in the square and half the players outside the square). Players dribble ball and listen too instructions.
 - Three instructions are given to the players inside the square
 - STOP** - put foot on top of ball quickly and freeze
 - GO (right)** - player turns to his right and goes 5 yds faster with ball then slows down dribbling again
 - GO (left)** - player turns to left

Coaching Points

- ⚽ Encourage players to keep ball close to their feet
- ⚽ Encourage players to keep head up so they know where they are going
- ⚽ Occasionally insist on using left foot only, right foot only

Simon Says

- ⚽ All players are in a 20 yd – 30 yd area. Every player has a ball dribbling around the area listening for the coach's commands. Every command that starts with "Simon Says" must be executed. For every command that does not start with "Simon Says" the player continues to dribble.

Typical Commands

- stop (foot on top of ball)
- turn right (outside of foot)
- turn left (inside of foot)
- knee on ball
- back up (pull ball back with bottom of foot)
- sit on ball
- touch ball with your head

- stop ball and run out of area and back to your ball



Coaching Points

- ⚽ Dribbling close control using outside and inside of foot
- ⚽ Keep your head up
- ⚽ Change direction
- ⚽ Listening and thinking

Red Light – Green Light

- ⚽ Players start on one end line each with a ball. The coach starts five yard in front of them with his back to the players and shouts “green light”.
- ⚽ This is the signal for the players and the coach to dribble the ball forward.
- ⚽ The coach will then shout “red light” and turn quickly with the ball. If he catches anyone moving, they must move back four paces.
- ⚽ When the coach goes to the end of the field and shouts “red light” and turns, the winner is the player nearest the end line who is not moving and has the ball under control.
- ⚽ Reverse the direction to start the next race.

Coaching Points

- ⚽ Encourage players to make short fast movements with the ball under close control.
- ⚽ Advise them to keep an eye on the coach and their ball at the same time.

- ⚽ Encourage them to quickly put their foot on the ball on the “red light” shout.



Progression

- ⚽ Coach speeds up the forward movement and makes the turn quicker after the shout “red light”.

Musical Ball

- ⚽ Mark off a coned grid 10 yds by 10 yds.
- ⚽ All players have a ball and start the game inside the grid.
- ⚽ On the coach’s command, all the players in the grid begin slowly dribbling round the grid.
- ⚽ After 10 – 15 seconds of dribbling the coach blows his whistle, each player has to leave his ball and go find another ball. Continue blowing the whistle every 15 seconds.

Coaching Points

- ⚽ Players should dribble so the ball stays very close to their feet, preferably should touch the ball with every step.
- ⚽ While dribbling, the players should change direction and change speed, dribble with inside and outside of foot and change direction with both feet.

Variations

- ⚽ After the coach has had the players dribble and change balls several times have the competition begin.

- ⚽ In the competition, the last player to find and gain possession of a ball and starts dribbling faces consequences (3 jumping jacks, 3 push ups, 3 sits ups or whatever the coach decides).



Dribbling Race

- ⚽ Group players in teams of 3 or 4.
- ⚽ Set two cones 20 yds apart - players lined up with a ball behind one cone.
- ⚽ First player dribbles to cone turns and goes back to next player, then goes to back of line and sits down.
- ⚽ First team to win 5 races is the champions (until the next competition)!

Variations

- ⚽ Player dribbles to cone and back.
- ⚽ Player dribbles, goes around cone and back.
- ⚽ Dribble to cone and around cone, half way back pass ball to next player.

Coaching Points

- ⚽ Cushion ball on first touch.
- ⚽ Slowly push ball with inside and outside of the foot, keep the ball close.
- ⚽ Keep eyes on ball while keeping your head up (peripheral vision).
- ⚽ Do not wait for ball, always go to the ball.



One Goal Dog Fight

- ⚽ Split players into two even teams.
- ⚽ Each team lines up on each side of a goal post and the balls are in the net (for younger kids coach can be the goalie).
- ⚽ Coach throws the ball out to the edge of the penalty area. When ball is thrown, first player in each line runs to the ball and begins to play 1 v 1.
- ⚽ First player to the ball gains possession of the ball turns with the ball and tries to score.
- ⚽ Second player to the ball defends and attempts to steal the ball.
- ⚽ If defender steals the ball then he becomes the attacker.

Coaching Points

Attacking Players

- ⚽ Get to the ball quickly
- ⚽ Gain possession, attack
- ⚽ Make one quick move to get by defender and shoot

Defending Players

- ⚽ Try and not let attacker turn.
- ⚽ If attacker is able to turn, channel the attacker away from the goal so he/she has a bad angle to shoot.

Play up to 5 and have players cheer on their team mates!



Shooting (first time)

Simple shooting drill

- ⚽ Coach passes ball out from side of goal for players to run at and shoot first time, if possible.
- ⚽ If you have 2 coaches, have two goals set up so players are not standing around too long.

Coaching Points

- ⚽ Accuracy before power
- ⚽ Eye on ball, head steady
- ⚽ Part of foot, part of ball

Run and Gun

- ⚽ Split players into two teams, each team standing beside their small coned net (each team has a goal).
- ⚽ Place one cone 15 yds from each goal.
- ⚽ Coach blows whistle, first player from each team dribbles ball around their cone and runs and shoots on their goal.
- ⚽ The first player to shoot and score their team gets 1 point.
- ⚽ As soon as a player has scored, coach blows whistle and gets the next two players going.



Coaching Points

- ⚽ Players should dribble with speed and control.
- ⚽ Players should take a long shot to kick ball into their net first (accuracy of the shot).
- ⚽ Coaches must keep the lines moving.
- ⚽ If there are a lot of players, use 3 lines.
- ⚽ Encourage cheering for team mates.

Camp Town Races

- ⚽ Line up all players on one end of the field – they each have a ball.
- ⚽ Coach blows whistle – they all dribble to opposite end, shoot ball into goal, get ball out of the goal and run back and finish with a shot on opposite goal.
- ⚽ First one to finish is the winner.

Variation

- ⚽ Half the players start at one end and the other half at the other goal line.
- ⚽ They have to keep their heads up, watch for others players, keep control of ball, and travel in a straight line.

Coaching Points

- ⚽ Keep ball in close control while running with speed.

- ⚽ Keep your head up.
- ⚽ Shoot with accuracy.



- ⚽ Dribble in a straight line.
- ⚽ Keep your head up.

Quick Pass

- ⚽ Split players into pairs in a defined area.
- ⚽ Ask players to make as many quick passes as they can.
- ⚽ Set a time limit and repeat as they try to beat their record.

Coaching Points

- ⚽ Accuracy of the pass.
- ⚽ Pacing / timing / weighting of the pass.
- ⚽ Part of foot, part of ball.
- ⚽ Body behind the ball when receiving pass.
- ⚽ Attack the ball – DO NOT wait for it.
- ⚽ First touch (decision).

Gates

- ⚽ Split players into pairs.
- ⚽ Player #1 without the ball stands with legs wide open.
- ⚽ Player #2 with ball passes through his legs.

- ⚽ Player #1 collects ball and then passes through Player #2 Legs
- ⚽ Count how many pass through.



Coaching Points

- ⚽ Ball passed on ground.
Pace of ball / accuracy

Nutmeg Shooting

- ⚽ Players standing 15 – 20 yds from the goal – facing away from the goal.
- ⚽ The player rolls the ball between his legs, turns and runs and shoots the ball.

Variations

- ⚽ As players progress during the season, you could have one player pass the ball through the other player's legs along the ground.
- ⚽ The player turns, runs and shoots.
- ⚽ Player that passed the ball then becomes the shooter.

Coaching Points

- ⚽ Do not roll or pass the ball too hard.

Shooting

- ⚽ Accuracy before power.
- ⚽ Eye on ball, head steady.

- ⚽ Part of foot, part of ball.



Two Touch Game

- ⚽ Divide players into pairs standing approx 10-15 yds apart.
- ⚽ One ball per pair.
- ⚽ Place cones 2-3 steps apart (wider if needed) in the middle of the two players .
- ⚽ The coach blows the whistle and each player plays 2 touch passing between the cones.

Coaching Points

- ⚽ Players receiving the ball should get in the path of the ball before it arrives.
- ⚽ The player's first touch should help position the ball so he/she can make the pass to his/her partner with the second touch.
- ⚽ Do not stop the ball dead but touch to be just in front or to the side so the player can pass with the next touch.

Dribble / Pass Line Drill

- ⚽ Two lines of players facing each other 15 -20 yds apart.

- ⚽ Player dribbles ball half way to next line and then passes the ball to the first player in line.
- ⚽ Player who passes ball goes to the back of the line he passed to.



Coaching Points

Passing

- ⚽ Accuracy eye on ball
- ⚽ Pacing / timing / weighting
- ⚽ Part of foot, part of ball.

Dribbling

- ⚽ Keep ball close.
- ⚽ Change of speed.

Variations

- ⚽ After players start to do this correctly, have them pick up their speed when dribbling.
- ⚽ After player makes pass have him sprint to back of line.

The Number Game

To develop good attacking and defending skills in a fun game.

- ⚽ Split team into two even sides and have them line up as opposite ends of the field (mini field).
- ⚽ Use pylons to make a large goal at each end.
- ⚽ All players stand on goal line – each player is given a number.

- ⚽ Coach calls out a number and throws it into play.
- ⚽ Two opposing players leave the goal line and compete for possession of the ball and try to score.



- ⚽ You can call two numbers and have 2 v 2.
- ⚽ Remaining players defend the goal without using hands.

Coaching Points

- ⚽ If organization is working, let them play, enjoy the game and learn by trial.
- ⚽ Encourage players to attack opponents and go for goal.
- ⚽ Defenders should stay on their feet.
- ⚽ Defenders must run back even when beaten.

Keep score, have fun, encourage players in goal to cheer on their team mates!

Games

- ⚽ 3 v 3 or 4 v 4
- ⚽ Depending on number of players, have two games going at one time.
- ⚽ Another example if you have 9 players, have a 3 v 3 game, other 3 players could do a shooting drill with assistant coach.
- ⚽ Switch every 5 minutes.
- ⚽ Games should be FUN!
- ⚽ Let the kids play!!

⚽ Do not stop the game continually.

⚽ *Encourage* passing!

You can contact me at any time with any questions at
tmaddison@rogers.com