



of Middle Tennessee

We build strong **kids**, strong **families**,
strong **communities**.

Brentwood Family Center

COACHING YOUTH SOCCER



Under 4, Under 5 & Under 6

Our Mission

A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping persons grow in spirit, mind and body.

Under 4, 5 & 6 Youth Soccer

Dear Coach,

The Soccer Coach Education Committee wishes to thank you for your time and effort this upcoming season. We would like to provide you with the following information that we believe will be helpful.

- 10 ideas appropriate to all age groups
- Specific suggestions and practice outlines for your age group
- A list of valuable books and video tapes appropriate for each age group
- Information on obtaining State Coach Certification
- Schedule of when local High School and College games are played in our area
- Information on available soccer publications

In addition, we hope to provide the opportunity for those interested to attend an introductory parent/coach clinic sponsored by the Tennessee Youth Soccer Association.

Remember:

- Have each player bring a #3 soccer ball to each practice
- Most parents stay at practice with this age group. Ask for help, few will refuse!!

Keep the “FUN” rolling



TEN IDEAS WHICH ARE APPROPRIATE FOR ALL AGE GROUPS

PLEASE:

1. Be Prepared – Arrive at practice before your team and know what you are going to do before you get there. To coach, you must be a teacher, and like a teacher, you will need a plan.
2. If your players aren't able to perform a specific drill, STOP. Start again and if necessary, take a step back. Be adaptable – use balloons to teach ball juggling skills. Have enough activities in your lesson plan to change often, and if something doesn't work that day, change to another activity.
3. Keep your players active – Remember the younger the child, the shorter the attention span. To eliminate waiting in line, divide your team into small groups when performing drills.
4. Every player should spend as much time as possible in contact with the ball during practice. Acquiring a feel for the ball is crucial for developing good soccer skills. Each player should bring a ball to practice and be encouraged to practice at home.
5. Ask you player's parents to help. Just remember to provide them with guidance on how they can assist you.
6. Be Positive – Recognize each child for their achievements and for any improvements that they make. Please don't be critical of children playing soccer. It's a game and it should be FUN!
7. Let your players know what kind of behavior is expected.
8. Be Fair – Regarding playing time. Remember the youth coaches golden rule – “Do unto all children as you would have done unto your own child.”
9. Let them Play – However, instead of always scrimmaging another team or dividing your team into 2 groups, try 3 v 3 in a smaller area. This will allow increased opportunity for each player to touch the ball and increase skill development.
10. Winning and losing – Your success as a coach should not be measured by your record at the end of the season, but by the enjoyment that your players receive and by the amount that they improve as individuals and as a team.

Keep the “FUN” rolling



UNDER 4, 5 & 6 SOCCER IN A NUTSHELL

Please refer to the League Rules for more detailed explanation of specific rules

12 players on a team. (2) 4 v 4 games

There is no goalie.

All free kicks are indirect.

There are no penalty kicks.

Tripping, pushing, handling the ball or kicking an opponent are fouls and are penalized by a free kick.

A goal cannot be scored directly on an indirect kick (i.e. another player has to touch the ball first).

The ball must be touched by another player (on either team) before the player taking the kick/throw-in is allowed to touch the ball again. This applies to:

- Goal Kicks
- Corner Kicks
- Kick-offs
- Indirect Kicks
- Throw-ins

When the ball is kicked past the sideline by your team, the opponent gets the ball to put into play with a throw-in.

When a ball is kicked past your goal line by the other team, a goal kick by your team puts the ball back into play

When your team kicks the ball past your goal line, the opponent gets a corner kick.

A goal can be scored directly on a corner kick.

A goal is scored when the ball goes into the goal (i.e. under the cross bar and between the uprights completely over the goal line).



SKILL DEVELOPMENT

In an effort to establish a consistent knowledge of soccer among the young children, it is recommended that each of the coaches try to use the same basic soccer terms whenever possible. The children typically will have four/five different coaches during the ‘under 4, 5 & 6’ and ‘under 7 & 8’ playing years. Consistency will not only help the children keep from being confused, but it will also allow the coaches to teach new knowledge instead of re-explaining old knowledge.

Below is a list of the basic soccer skills and knowledge that should be explained to the ‘U-4, U-5 & U-6’ children. This will give future coaches a common base to build on. It should be understood that the children are not expected to master the skills at this age, but only to be exposed to them. The most enjoyable and easiest way to introduce your team to soccer is to use children’s games to teach the World’s game. In this way, your pack will have fun and learn at the same time!! Remember to use your assistant coaches and have at least 2 games/drills going on at the same time. Talk to your players during practice. Use this time to explain basic soccer knowledge. The knowledge can be checked by a series of “Q and A” during the practices.

BASIC SOCCER SKILLS

These skills are considered to be the basic skills needed to play a soccer game. These skills will be the building blocks for the future years. Teach as much as they can handle, try to stick to one topic per session. This way they will not be overwhelmed and frustrated. Remember we want them to enjoy the game and the interaction at this age. Please concentrate on introducing your players to soccer through “games” that begin to teach soccer skills and are fun at the same time. If your soccer background is limited, or if you need to refresh your memory, go to the following link for some excellent soccer web sites www.brentwoodmcasports.com/soccerlinks

1. **Dribbling** – Show the children how to run with the ball while keeping it close to them. Use the inside, instep or the outside (little toe) of either foot.

COACHING POINTS

1. Head up to read the game
2. Ball close enough to the body to keep control
3. Change of speed
4. Change of direction
5. To beat an opponent
 - a. Body feint or dribbling movement to “throw” the defender one way
 - b. Change of direction
 - c. Change of speed
6. Individual Possession (Shielding)
 - a. Body between the ball and opponent
 - b. Keep body “sideways”
 - c. Lower center of gravity
 - d. Use arms to keep space
 - e. “Spin turn” away from opponent to relieve pressure
7. Running with the ball for speed
 - a. Ball is pushed out further in front
 - b. Use the instep (laces) and outside of the foot
 - c. Longer running strides



Suggested Games:

Simon Says – Simon says dribble the ball with your right foot; Simon says stop and put your right foot on the ball; Simon says dribble the ball with your left foot; etc.

Follow the Leader – You dribble the ball around the field as 3-4 of your players follow. You go forward, they go forward. You go right, they go right. You stop, they stop. Another version uses pairs – one player with the ball follows his partner, then they switch.

Red Rover/Tag – Line up four players in a row each with a ball and have another player without a ball facing them. On “Go”, the players with the ball try to dribble “over” before they have the ball taken away.

Sharks and Swimmers – Mark off a 10-yard area (pool) with cones in four corners. Put the swimmers in the pool, each with a ball. Have them swim around. Then send in your shark with instructions to try to kick each ball out of the pool. When it is kicked out they become a shark.

2. **Passing** – Show the children how to kick the ball with the inside of the foot for shorter and very accurate passes and on the top of the foot (laces) for longer passes. The non-kicking foot should be pointed where you want the ball to go.

For inside the foot passing, point the plant foot toward the target. Lock the ankle. Keeping the toe up, strike the ball through the center

For instep passing (shoe laces), point the plant foot toward the target. Lock the ankle. Keeping the toe down and knee over the ball, strike the ball through the center.

COACHING POINTS

1. Standing foot next to the ball pointed in the direction of the target.
2. For different passes the ankle locked with:
 - a. Toe pointed toward the shin for inside the foot pass
 - b. Toe pointed down and inside for outside the foot pass
 - c. Toe down heel up for driven pass
3. Bend at the knee
4. Follow through.
5. Accuracy- pass should be to the intended target (player’s feet).
6. Weight or Pace- pass should be played such that the receiver is able to control the ball or play it comfortably with one touch
7. Timing- pass should be played into the path of the receiver
8. Angle- passes that should be played on angles, so that they are not intercepted.
9. Disguise- pass should be made, so that it does not “tell” the opponent where it is being played.

Suggested Game:

Thread the Needle – Have your players try to kick a ball between 2 cones placed 1 yard apart from 5 yards away, then 10 yards away. As they improve, have them try to hit a single cone from 5 yards away. Begin with stationary balls and progress to kicking balls that are slowly rolled to them.



3. **Receiving (Stopping) the Ball** – Show the children how to stop the ball with the top of their foot or the inside of their foot. Move the foot back to cushion the ball like you would catch an egg.

COACHING POINTS

1. Get in line of the flight of the ball
2. Watch the ball
3. Make an early selection in the body surface to use
4. Relax the controlling surface
5. Control ball into a space or away from pressure
6. Preparation touch (first touch) should allow the player to shoot, pass or dribble with the next touch

Suggested Game:

Under the Bridge – Use your assistant coaches to roll the ball to each player. Have the player trap the ball and kick it back. If you have enough assistant coaches, have them stand with their feet about a yard apart. Now have your players pass the ball back and forth, “under the bridge”.

4. **Finishing** – Show the children how to kick the ball with the instep (laces) of their foot or the inside of their foot into the goal. Be sure to let them know that the idea is to kick the ball around the other players, not through them.

COACHING POINTS

1. Approach to the ball at an angle (open the body).
2. Standing foot next to the ball pointed in the direction of the target
3. Ankle locked-toe down and heel up
4. Body over the ball- momentum forward
5. Solid Contact
6. Follow through-toe pointed
7. Land on kicking foot
8. Watch the ball during the whole process
9. Consideration should be given to placement versus power in certain situations in and around the penalty area

Suggested Game:

Shoot-Out – This is a drill where each player shoots and scores. Begin with stationary balls from 10 yards away, then progress to moving balls. Celebrate each goal as if they scored the winning goal in the World Cup Final!

5. **Throw-ins** – Show the children how to throw the ball over their heads with two hands while keeping both feet on the ground.

Suggested Game:

Egg in a Basket – Have your players try to throw a ball into an area marked by cones. As they improve, progressively move the cones farther away.



Practice Game Ideas for Under 4, 5 & 6

Knock-Out ALL AGES

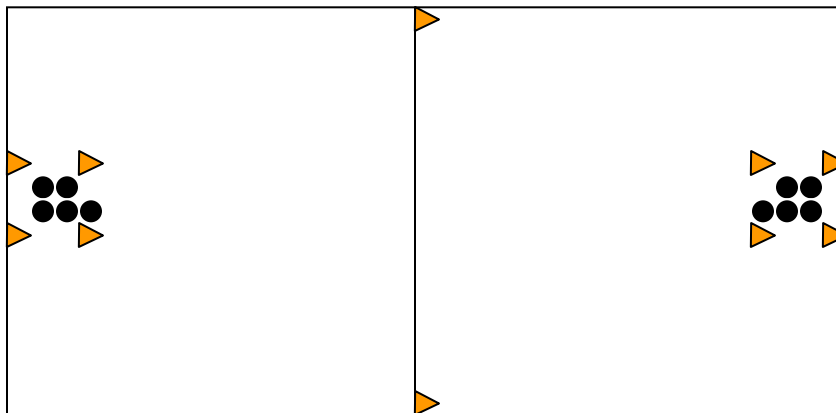
Make a grid just large enough for the players to move around. This game is basically like keep away. The players have to kick out the other players balls with out having their own kicked out. If this is to hard or not working well you can pick someone to help kick out ball, this person would not have a ball, they would be "it." This works on shielding and holding the ball.

Keep Away ALL AGES

Split up into two teams, and just play a good ole' game of keep away; either in multiple teams or everyone for themselves.

Stealing the Jewels U-6 and UP

Split up into two teams, have a fairly large grid, usually the length of the 18 will do, you will need to mark a half line in the middle. At each end make a small box out of cones and place anywhere for 5-10 balls in each square. The players have to run and get the other teams balls and bring them back to their own grid (either by dribbling them, or carrying them, coaches discretion) while still protecting their own. Once a player has crossed into the other half they can be tagged. Once tagged the player should have to stay still until another player runs through their legs (for older players you can say they have to juggle 3 times or whatever you think). Whichever team gets all the balls first wins. This works on teamwork, and movement.



Skills Competition ALL AGES

Who can throw, kick, head, and anything else you can come up with, the farthest. You can also make this a race; do relay races with dribbling, just running, and anything else you can come up with. Players love competition. Make sure to stress that everyone is a winner!

Small-sided games ALL AGES

This is a great one. Set up a grid of an appropriate size and play 2v2, 3v3, or 4v4 depending on the age of your team. This is a great way to end practice; the teams can be switched up, totally up to you! For older players, you can make it more like World Cup. Have teams and then winning team advances and the losing team sits and cheers or goes to the losers bracket. Maybe another team practicing at the same time can split up into teams and play at the end of practices.



Round up ALL AGES

5 or more players are needed. Players form a circle with one person in the middle. The middle person has a ball and passes it to someone in the circle, who passes it back. Once the players grasp the concept, have them jog around in a circle. This is a great way for you to make sure that each player has the correct technique.

The Name ALL AGES

4 or more players are needed. Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they learn everyone's names. If the players are doing well and you have enough players, and another ball, or add someone trying to get the ball ("it") to make them pass the ball quicker. For later in the season you can try using favorite colors or food to make the game a little more useful later in the season.

Triangle U-6 and UP

Set up a triangle with 15-20 foot sides. Mentally label the cones A, B, and C. Players stand in a line at "A." One player is standing at "B." The first player at "A" does a throw-in to player at "B" who traps the ball and dribbles around "C" and back to line "A."

Shoe Grab ALL AGES

Have the players take off their right shoe and put it in a pile with all the others. Have the players dribble with their left shoe to a set of cones and come back to the pile. The player who puts their shoe back on first wins, this can be modified as you see best fit. This should help with using the weak foot.

Hit the Coach U-4 and UP

Each player must have a ball, players stand shoulder to shoulder facing the Coach who is standing about 5 yards away. On "go" the coach runs slowly away while players dribble to chase him and try to hit him with the ball by shooting at him. Recruit parents to help and split into 2 games or even 3, so it is less crowded. Before starting you may want to tell the players that if they hit you 5 times total you will act like their favorite animal, when you get hit the 5th time stop the game and act out the animal before continuing the game. Stay in a small area and have fun with this one! Only play for about 5 minutes or so, this would be a great warm up or cool down game.

Driving School ALL AGES

Use cones to outline a 20 X 20 grid, smaller or larger depending on age and numbers. Start the game by introducing yourself as "This is driving school and I'm your instructor. I am going to teach you how to drive but you must listen carefully and do exactly as I say." Coach should demonstrate each direction prior to starting the game.

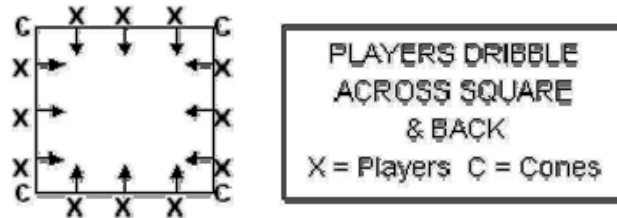
- a.GO- start dribbling, keep the ball near your feet and look up while you "drive" so you don't run into anyone else.
- b.Stop- put foot on top of the ball
- c.Slow- dribble slow
- d.Speed Up- Dribble faster but keep looking up and don't "wreck"
- e.Turn Right-Use the outside of the right foot to push the ball to the right and then dribble in that direction
- f.Turn Left-Use the outside of the left foot to push the ball to the left and then dribble in that direction
- g.Reverse- go the opposite direction

Tell them to be careful and not to "wreck" As they dribble they must look up to see what and who is around them. Make a jail and if they have a wreck or go outside the grid make them go to jail for an amount of time or till they do a certain task such as touch the top of the ball 20 time or anything you can come up with.



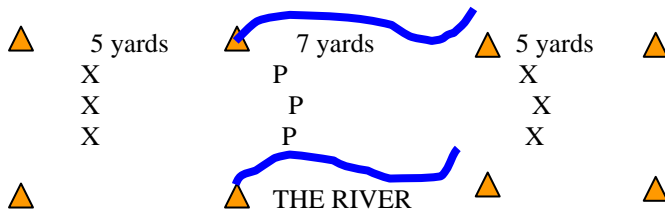
Dribble Across a Square U-6 and UP

Use 4 cones to make a square about 10 or 12 yards wide (larger or smaller to fit the teams needs) Every player should have a ball. Spread the players around the square, all facing inward (like below):



All players start on “go” and each player dribbles across and back. Tell players to look up while dribbling so they don’t run into other players. Once the players get the hang of the game then make it the first one to go back and forth a set number of times wins. To make it more difficult make the player do a certain move when they turn. For the younger players this may be to difficult so just use two sides and have them run at each other and just try not to collide with one another.

Dribble Through the Pirates U-6 and UP



The X’s should try to dribble through the river to the other shore. The Pirates (P) try to steal the ball from the X’s. The pirate winning the ball kicks it to the shore and the X must get it. X’s should count the number of times they can get across in a set time.

Red Light Green Light U-4 and UP

Just a good simple game of red light green light with soccer balls. This will allow the players to keep the ball close to them.

Go to our web site for many more links to good coaching info: www.brentwoodymcasports.com



KNOWLEDGE

1. Don't touch the ball with hands.
2. When the ball goes out-of-bounds on side, the game restarts with a throw-in.
3. When the ball goes out-of-bounds on end, the game restarts with a corner kick or goal kick.
4. Identify the two main places on foot to kick the ball (instep & inside foot).
5. For a throw-in, the feet stay on ground and the ball is thrown straight over head with two hands.
6. When the whistle blows during a game, everyone stops.

This knowledge is shown as a minimum guide and should not be limited to only these items. Let the children explain things to you or the other children – it gives them a chance to show off what they know.

GAME DAY

Please become familiar with the rules, since you will also be acting as referee. Cooperate with the other coach to teach and encourage both teams, not just “coach” your team.

UNDER 4, 5 & 6 POSITIONS

We do not recommend that you try to teach the concept of “playing your position” to this age group. It's natural for children of this age to follow each other and the ball around. Head them into the right direction, and let them play. The Under- 4, 5 & 6 team consists of 4 players on the field at one time. These age groups do not use a goalie, so no one is allowed to touch the ball with their hands during play. Once the ball moves, each player should move in relation to the ball. Please do not require that your defensive players stand in front of your goal during play. Let them run around and get a feel for the game.

SPORTSMANSHIP

Jeff and the Soccer Committee do their best to balance the teams as equally as possible and generally are very successful in doing so. However, when one team is vastly superior to another, we would like you to help us prevent extremely one-sided games from occurring. These games serve no one's interest, especially the children on the losing team, and invariably lead to hard feelings on the part of parents and coaches. We know that we cannot ask your team to stop trying, but simply taking your best players out, or placing them in a defensive position, will reduce or prevent additional scoring and the negative feelings that might result. Your cooperation in this regard is greatly appreciated.

CLOSING THOUGHTS

Please let us know, through the YMCA Sports Department or any one of the Coach Education Committee members, if this information in this booklet is helpful to you. If you have any suggestions or ideas that you believe would be beneficial to our program, we look forward to hearing from you.

Thank you coach, and have a fun season!

Keep the “FUN” rolling



COACHING CERTIFICATES

USSF and NSCAA coaching courses are held through out the year in Middle Tennessee. If you are interested in obtaining more information on these courses as well as dates, times and locations go to www.tnsoccer.org

LOCAL GAMES

Our young players have little exposure to soccer through the media and much can be learned through observation. We would encourage you and your players to attend local high school and college games.

Brentwood Soccer Club - Select Teams

The Select teams play many local tournaments during the fall and spring season.
Contact Jane Olinger (300-6552)

Brentwood, Brentwood Academy, BGA, Centennial, Franklin, & Ravenwood High Schools

Game dates and times are listed in August on the TSSAA web site. www.tssaa.org
Boys – Play in the Spring (March – May)
Girls – Play in the Fall (August – November)

Belmont

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

Lipscomb

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

Trevecca

Both Men's & Women's teams play in the Fall. The schedule comes out in July or August.

MTSU

Women's team plays in the Fall. The schedule comes out in July or August.

Vanderbilt

Women's team plays in the Fall. The schedule comes out in July or August.

Nashville Metros

Games are played in the Summer at the Ezell Park Complex at Harding Place and I-24.

Adult League

The adult leagues play in the fall and spring.

Keep the "FUN" rolling

