



Fond du Lac Soccer Association U5/U6/U8 Coaching Clinic

Why do you coach?

**#1 thing a youth coach needs:
ENTHUSIASM**

Players: Will be selfish, want the ball, focus on dribbling and shooting

Practice: No longer than length of game, suggested time - 45 minutes. Start and end on time. U8 once a week, U5 & U6 once a week or once every other week.

Spacial Awareness: Use 1st gear, 2nd gear, and 3rd to get players to understand change of speed. Have players look to dribble to open spaces keeping ball close and head up.

Freeze tag: One player it (without a ball), they try to tag everyone. When a player is tagged they freeze with legs apart and holding ball high in the air. All other players dribble balls and try to avoid the tagger. They can free frozen player by passing ball through frozen players legs. Play for 45 sec. to a minute to see if tagger can get all players.

Body parts: Players dribble to open spaces, coach yells out a body part, i.e. right knee, left elbow, left ear, butt, etc.....

Bulldog: ½ players have a ball, ½ players without a ball. Players without a ball try to take

the ball away from players with the ball. Players with the ball have to shield the ball and avoid them getting taken. If taken they have to take a ball from another player. When coach says freeze, players without ball have a penalty.

Sharks and Minnows: All players on one end of grid with a ball, (minnows). One player without a ball, (shark). When coach says go, minnows try to get to the other end of the grid while the shark tries to steal their ball. If ball is stolen, minnow becomes a shark, repeat until one minnow remains as a winner.

Numbers (Steal the Bacon: Players are divided into two teams. Each team is numbered 1- 4, or however many are on each side. Teams are lined up on opposite sides of grid. Coach calls out number and plays a ball to one player. The 1's play 1v1, when one player dribbles over the end line of the opposite team, without getting ball stolen, they get a point. Coach calls out each number, can call out multiple numbers and play for whatever time they want.