

Mukilteo Youth Soccer Club

Micro Handbook 2017/18

4-7 years

Introduction

- In this handbook you will find drills and games (exercises) to keep players engaged while learning to play the game. The exercises are broken up into the three basic fundamental skills for micro soccer players: Dribbling or Ball Control, Passing, and Striking a ball. With a little bonus on throw ins. In the end, its all about having fun and encouraging players to become comfortable with the soccer ball at their feet.

Table of Contents

- ⑤ Section 1: Training

- ⑤ -Pages 4, and 5

- ⑤ Section 2: Game Day Rules

- ⑤ -Page 6

- ⑤ Section 3: Dribbling and Ball Control

- ⑤ -Pages 7, 8, and 9

- ⑤ Section 4: Passing the ball

- ⑤ -Pages 10, 11, and 12

- ⑤ Section 5: Striking a ball

- ⑤ -Pages 13, 14, and 15

- ⑤ Section 6: Throw Ins

- ⑤ -Page 16

Trainings

Training should be about developing a love for the game, improving coordination, learning the concepts of soccer, about having fun, and countless other things which you will discover during your season. These things are accomplished through games that are played that inadvertently teach players the skills they will need to play soccer.

The main goals for this age group is to introduce them to the basic concepts of soccer such as dribbling, striking the ball (kicking is not a term we want them to get used to), running, and scoring goals! We want to help them improve their social skills, and most importantly...Have Fun!

Trainings should be held once or twice a week for 30 to 45 minutes. Don't feel that you have to go the full time (45). Gauge your group and only train for the time that you feel you can accomplish a task or a skill without losing the interests or focus of your group. As the team grows over multiple training sessions you can always add time and progress as a group. This should occur naturally over time if you have a plan or an agenda for each session.

At your first team meeting/training this is a good time to let the parents know a little about yourself and what they can do to help. Parents will usually help out if asked....they just need a little "push." Let the parents or siblings of the players know that their assistance would be greatly appreciated and that you will need their help. Remember, for this age group most of the parents are new to this just like you/their kids. Have Fun.

Have a plan or an agenda for each training session. This is the one tool that a coach should always have. The plan or agenda does not always have to work out the way you planned it to. However, a plan or an agenda will keep you and your players organized. It will also help you evaluate yourself as a coach and your players or team and provide a foundation for the next training session or game.

Trainings cont..

In this handbook you will find a handful of plans. Some will work and others will not. It all depends on who is leading the group and your team. You can mix and match drills that suit your team. Try to stick to one topic or skill (Passing) to get the most out of your team. As your trainings progress through time, you can always merge a skill (dribble and then pass/shoot, etc).

The most important thing about any training session is "Playing The Game" at the end of every session. The game is the most important tool to teach players. Play a game with all the rules the last 1/3 of your training session for all trainings. This is not a reward, this is a classroom and an environment that players need to learn in and the game is the best teacher. Having all the rules applied may be a bit hard at first but through multiple trainings your players and team will learn quickly and game day will be much easier to manage. And the real coaching begins.

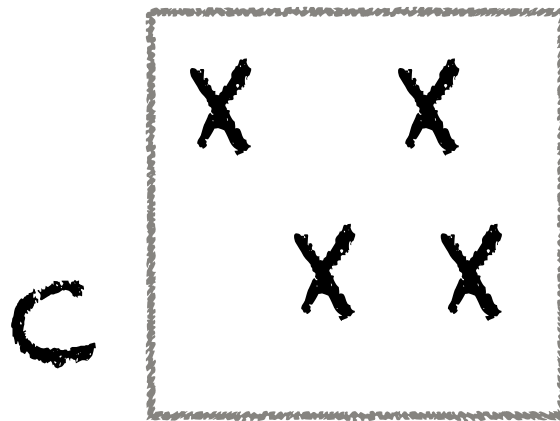
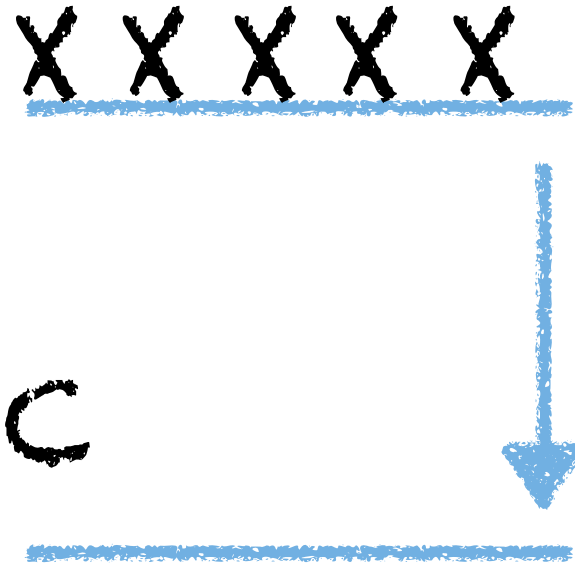
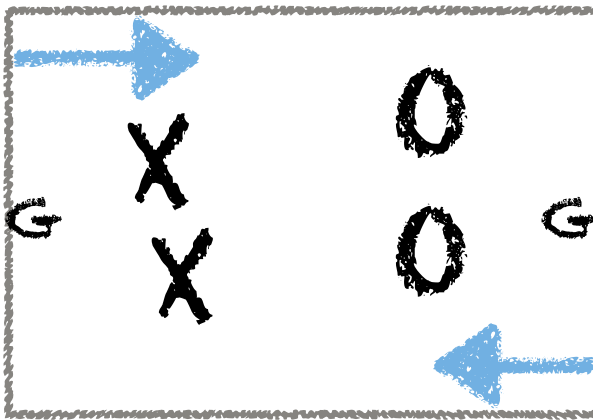
Coaching, using a guided approach rather than a direct approach is also a style of coaching we should all want to implement at this age group. Its not only important for their learning but also for their problem solving. Ask the player what they should do rather than always telling them directly. For instance, the phrase "the ball is out of bounds. Johnny, is it a throw in or a pass in?" is a guided approach. Rather than always telling Johnny its a throw in and having a direct approach, the guided approach will teach Johnny to think and learn at a much faster rate. There are times to use a direct approach when organizing or demonstrating, but in the end your goal should be to allow players to think for themselves, answer questions and develop the ability to problem solve. Soccer is 80% mental and only 20% physical.

Don't forget to manage the team. Send out a weekly reminders about training session times and locations or cancelations along with any other pieces of info to make your team successful on and off the pitch. Communication or management is about 60% of the work, where coaching is about 40%. Good communication will make things like snack schedules, attendance, and game day events run smooth and confusion free.

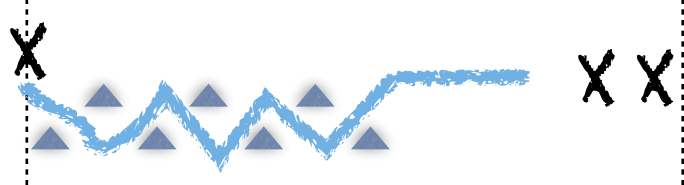
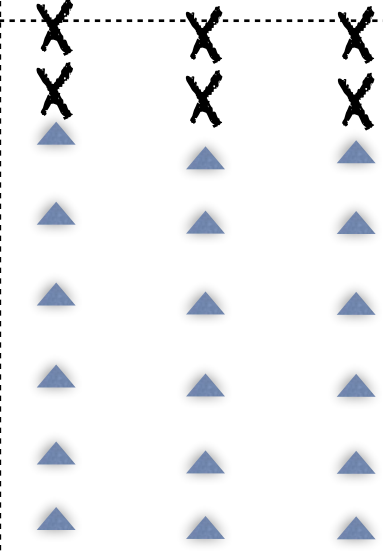
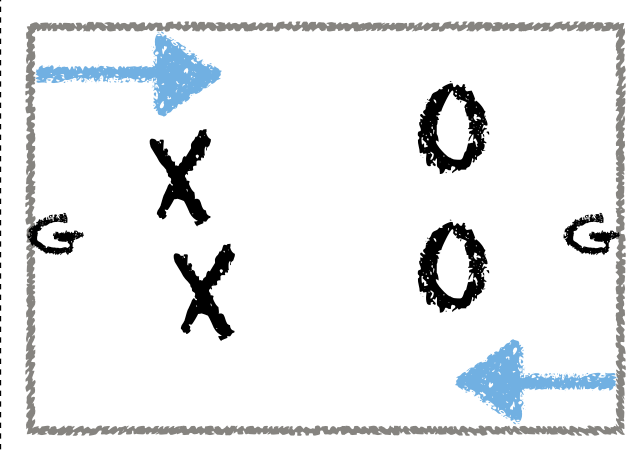
Game Day Rules

- Games are broken up into 4, 10-minute quarters.
- There are 2-minute breaks between quarters 1 & 2, and 3 & 4.
- There is a 5-minute break at half time.
- Each team will switch direction at half time.
- All kids must play at a minimum, 50% of the game.
- Games are 3 vs. 3 with NO GOALIES! (Think about the shape of a triangle).
- Kick-off start at the center of the field with one player passing the ball forward to the other player.
- Kick-off happens at the beginning of each quarter (rotating teams) and after every goal.
- Ball out of bounds over touch line requires throw in restart.
- Ball out of bounds over goal line is either a Goal Kick restart or a Pass in Restart from the corner (Corner kick).

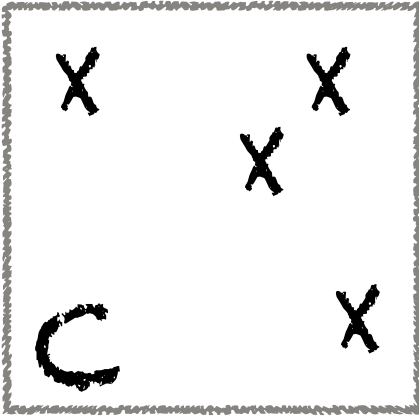
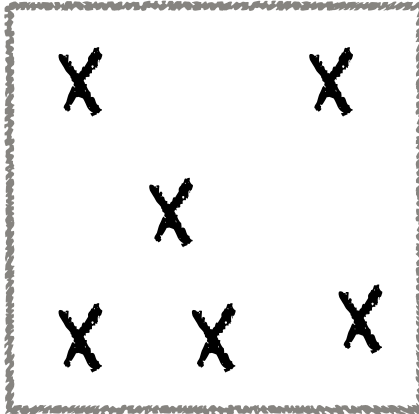
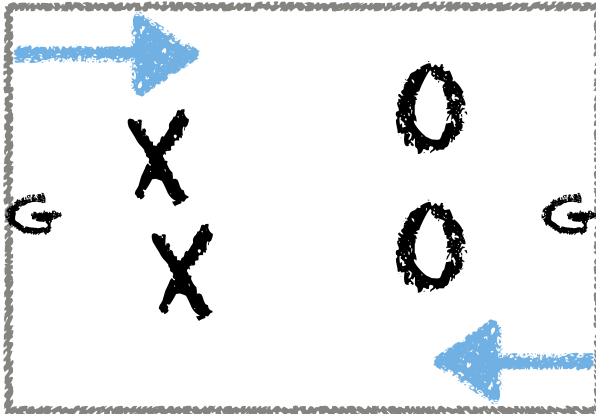
Session 1: Ball Mastery

Activity	Setup	Diagram	Coaching Points
Warmup- Simon Says: An exercise to get players laughing, moving and having fun. Start without the ball and introduce it after a few moments. Time: 10-15 Minutes	-10x10 Grid -Coach Command players to: *Run to a cone in the grid *Hop on one leg *Lay on their Belly *Balance on one foot/leg *Progress to activities with the ball...balance ball on head, sole touches, roll ball, inside foot, etc.		-Get players moving and having fun. -Laughing and Playing is fun. -Coaches should have fun and play too. -Play a couple games to get players loose and heart rate up. -Don't be afraid to introduce a ball to progress the activity.
Technical Game- Red Light, Green Light: The coach is the Stop Light and the players are the cars. Players dribble the ball forward and stop the ball when the coach calls out colors. First player to cross wins, or last player to cross ends the game. Time: 10-15 min	-Two Parallel cone lines 20 yards apart. -Coach on one line, players on opposite line -Play the game without a ball first, then play a round with a ball. -Game ends when everyone crosses the line. -Player makes a mistake they have to go back two steps (could be used as a progression).		-Learn the game, then introduce the ball. -Ball control with the laces when moving forward -Stop the ball with the sole of the foot. -Progress to stopping the ball with outside or inside of the foot. -Progress having them go backwards with the ball using the sole of the foot to pull the ball towards them to move it.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

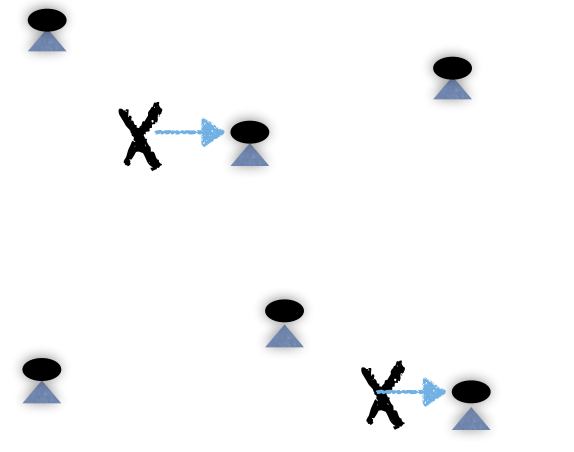
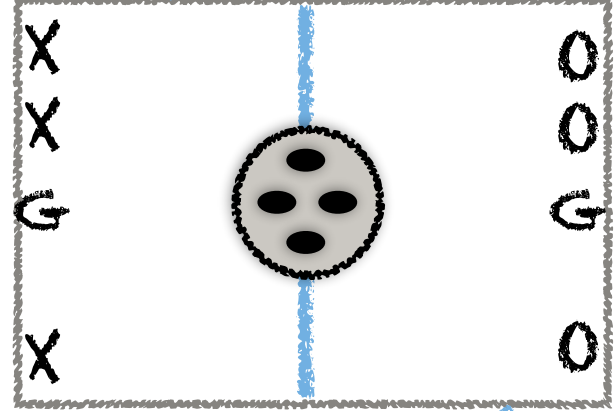
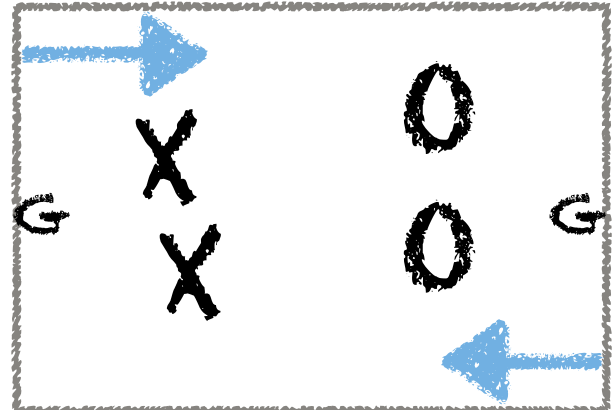
Session 2: Weaving (dribble) the Ball

Activity	Setup	Diagram	Coaching Points
Warmup- Follow the leader: Players follow their coach/player through an obstacle course of cones. Start without the ball and introduce it after a few moments. Time: 10-15 Minutes	-A circle of cones or a snake of cones 2 yards apart (be creative). -Coach weaves thru the cones while players follow behind in a line. -introduce a ball and perform different touches with the feet moving freely between the cones.		-Start without a ball and working on weaving thru the cones. -Players can run and laugh. -Have them chase the player in front of them, or the coach. -Have fun, laugh, play. -Work on them using the inside and outside surfaces of the foot to weave the ball thru the cones.
Technical Game- Cone races Two players in a group race through the cones to the end where a prize awaits them. Players bring it back to compete for first place. Time: 10-15 min	-2 players in each line -Each line has 6 cones 1 yard apart in a straight line. -Players weave thru the cones and and have to grab their ball at the end and bring it back. -Each player thru one time. -introduce the ball and have players bring back another object line a cone, or a bib.		-Learn the game, Play the game, and then introduce the ball. -Ball control with the inside and outside surfaces of the foot -Control the ball by dribbling at a good pace and under control -Progress with rolling the ball with the sole or hopping on one foot, etc. -Remember to have fun and play with them.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

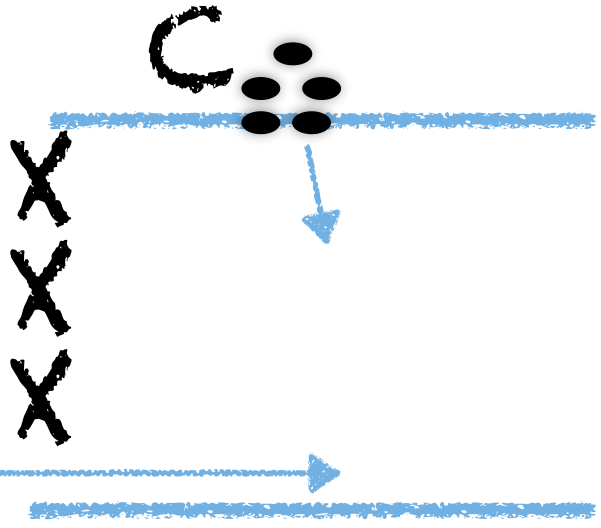
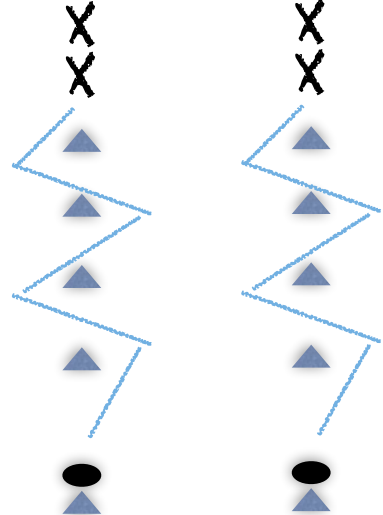
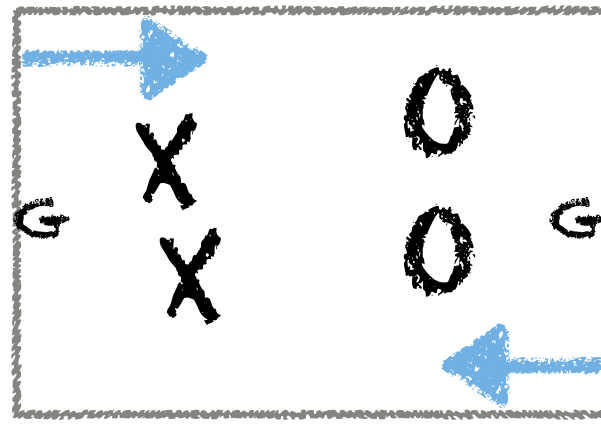
Session 3: Protect the Ball

Activity	Setup	Diagram	Coaching Points
Warmup- Fox Tails: The players are the foxes and the coach is the fox catcher. Players or coaches can chase the other players around the inside of the grid trying to capture the tails of all the foxes (players). Time: 10-15 Minutes	-20x20 yard grid. -Each player has a penny tucked into the back of their shorts creating a fox tail. -the coach chases them around the grid and collects as many fox tails as he/she can. -progress to having them dribble the ball while playing the game.		-Start without a ball and working on Players protecting their fox tails. -Players should always be on the move. -Show them how to move away from the fox catcher and protect the ball or the tail.
Technical Game- Knock out All players are in the grid with a ball. Each player has to try and knock the other players ball out, while the last man standing wins the round. Play multiple rounds. Time: 10-15 min	-20x20 yard grid (smaller if needed) -Players each have a ball. -Each player has to dribble their ball while trying to knock the other players ball out of the grid. -Last player left wins the game. -Progress to one player designated to knock out everyones ball. -Dribble the ball.		-Help players learn to protect the ball, shield it with their upper and lower bodies. -Keep players moving and engaged. -Have fun and make it competitive. -Play quick games and use a count down if players are not moving freely. -work on dribbling, touches.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

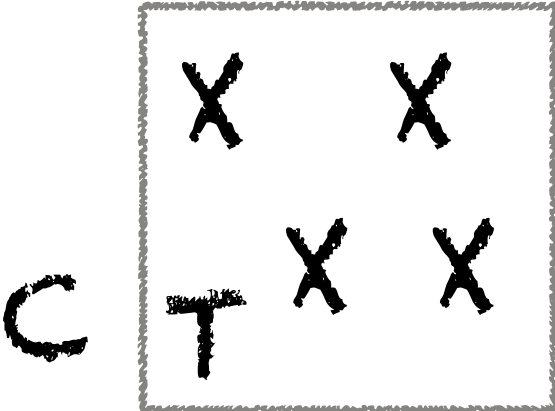
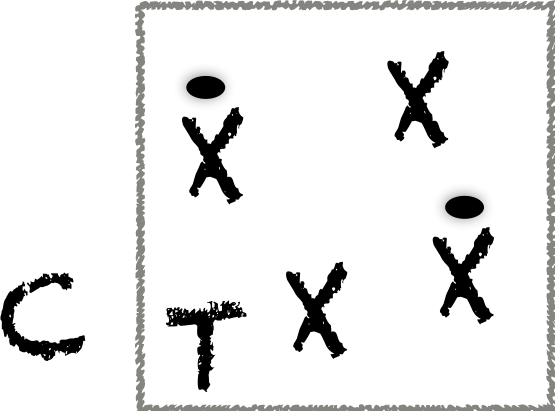
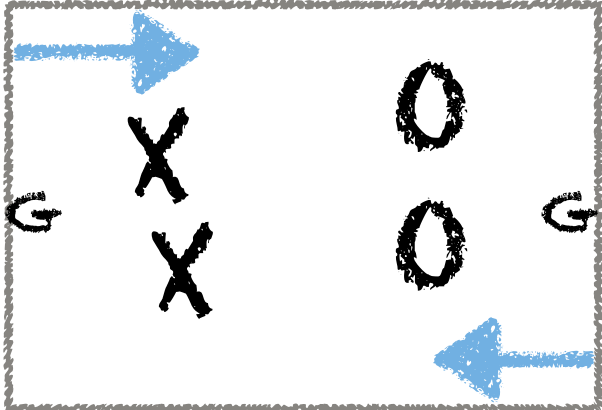
Session 4: Knock It Off

Activity	Setup	Diagram	Coaching Points
Warmup- Knock the ball Off: Soccer balls are placed on top of cones in various areas spread out around the field. Players have to knock the ball off the cone. Time: 10-15 Minutes	-Large Area -Extra soccer balls -Each player start by running around and kicking the ball off the cone with the inside surface of the foot. -Send them in groups of three and then repeat. -Progress to them using their own ball to knock the ball off the cone.		-Start without players dribbling their ball. -Players should find a ball on a cone and knock it off with the inside surface of their foot. -Progress to them dribbling their own ball. -Players then use the inside surface of their foot to knock the ball off the cone. -Have fun try and get them all.
Technical Game- Ball Pile All the balls are put into a circle and players run from one end of the field to the circle, gets a ball and dribbles it to the opposite goal. The most balls in one end, wins. Time: 10-15 min	-20x20 yard grid. -Cone Circle in the middle of the grid with all the balls. -Goal at each end. -Coach gives the signal and players have to run to the pile and dribble a ball to the opposite goal from where they started. -Players pass the ball in the goal.		-Start the game with out dribbling and have players carry the ball. Learn the game. -introduce the ball -Work on dribbling in the correct direction. -Using the inside of the foot to pass into the goal.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

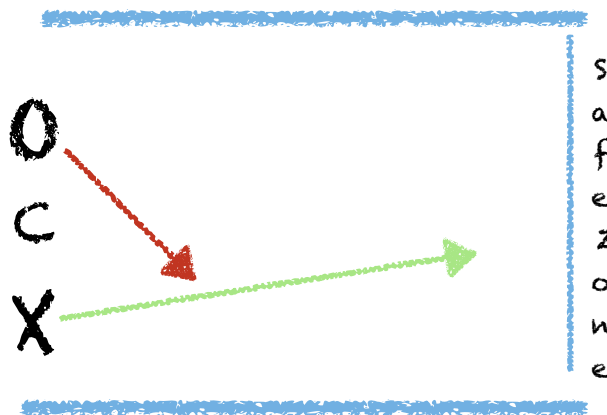
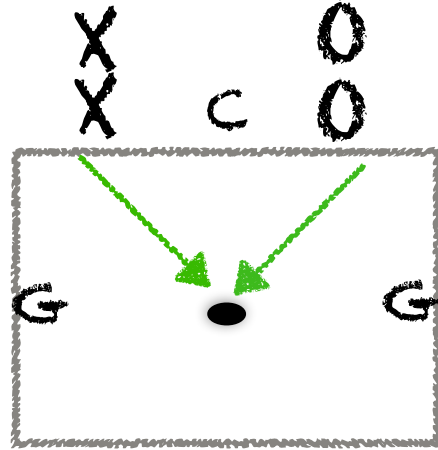
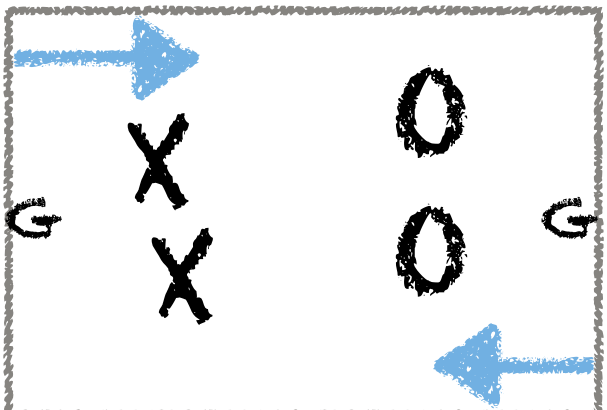
Session 5: Dribble and Pass

Activity	Setup	Diagram	Coaching Points
Warmup- Pigs in Space: Players run through a channel and try not to get touched by the coach who is passing a ball into the channel. Time: 10-15 Minutes	-one channel 10 yards wide by 15 yards long. -Players run from one end of the channel to the other with out letting a ball touch them. -If a player is touched then they come out and help tag players. -Last player standing, wins. -parents can join in too. -Have kids run on all fours for a round.		-This is a great drill/game to get players running, weaving and dodging balls. -When players get out they work on passing the ball while trying to get other players out. -You can have players on each side. This keeps the balls in the game while the game is quick. -Have fun. Create your own rules.
Technical Game- Dribble and Pass Players weave through the cones and try to pass the ball and knock it off a cone. Time: 10-15 min	-2 players in each line -Each line has 6 cones 1 yard apart in a straight line. -Players weave thru the cones -At the end of the cones is a cone with a ball on it (2 yards away) -Players pass their ball, trying to knock off the ball. -Repeat		-Start the game with out dribbling and have players carry the ball and throw it at the ball on the cone. Learn the game. -introduce the ball -Work on weaving thru the cones while dribbling. -Using the inside of the foot to pass into the ball on top of the cone.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

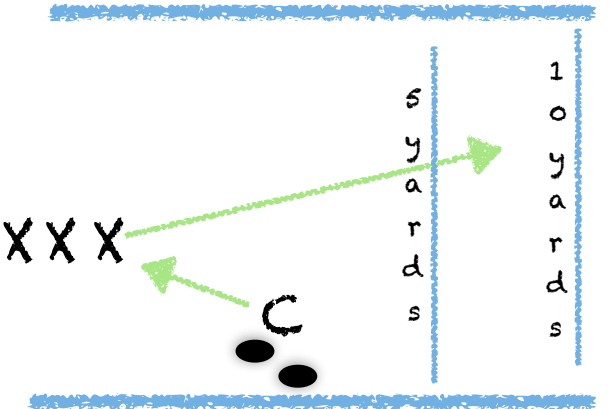
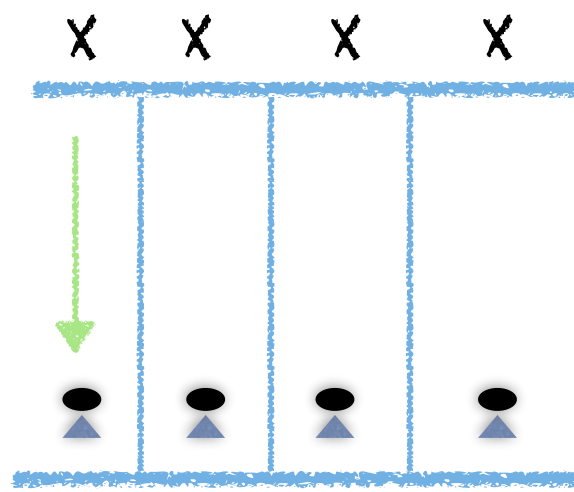
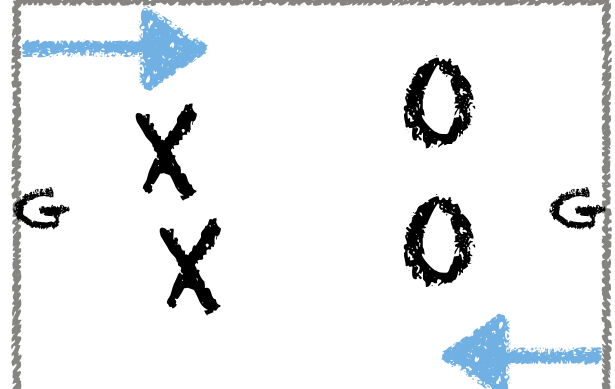
Session 6: Freeze Tag Soccer

Activity	Setup	Diagram	Coaching Points
Warmup- Tag: Players Start this game without a ball and play a normal game of tag. Designate one player in the beginning to be the all time tagger and he/she has to get everyone out of the square. Time: 10-15 Minutes	-15x15 yard grid. -Players run freely, but cannot leave the grid. -The coach or another player is a tagger. -Their job is to try and get all the kids out while chasing them and tagging them. -Last player standing gets to be the tagger.		-It is always fun to get players moving and laughing, competing as early as possible. -Add a time limit if its too hard for the tagger. -Have parents or siblings play too. -Kids love to be chased. -Add a ball if you want to progress and add different rules.
Technical Game- Freeze Tag: Like the game above, but in this game, players dribble in a larger grid. If they are tagged, they have to hold their ball above their heads. Other players can unfreeze them by passing the ball between their legs.	-20x20 yard grid -Two taggers -All other players have a soccer ball and have to dribble to stay away from the taggers. -If tagged, a player is then frozen and has to hold their ball above their head. -Other players can unfreeze them by passing their ball between their legs.		-Start the game with out a ball and play it with players having to crawl between their legs to unfreeze them. -Add soccer balls and have them work on passing the ball between their legs to unfreeze their team mates. -Work on dribbling away from taggers. -Change the rules as you wish.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

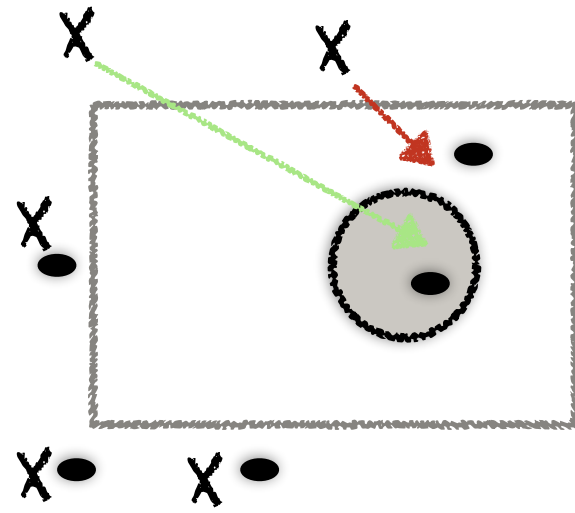
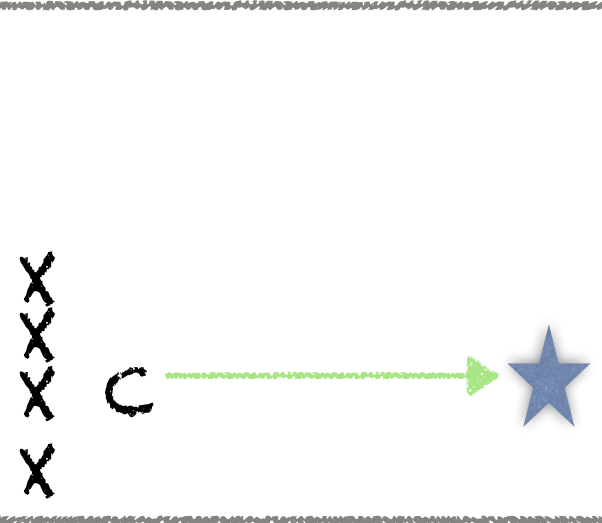
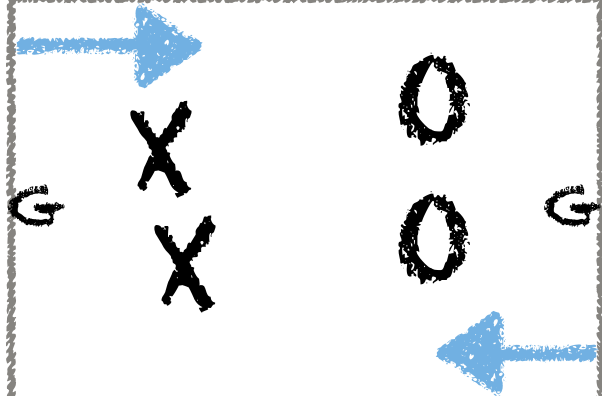
Session 7: 1v1 to Goal

Activity	Setup	Diagram	Coaching Points
Warmup- Chase the rabbit: Players Start in two lines and try and chase one another before they get to the safe zone at the end of the channel. They then switch roles when they come back to the two lines so that everyone is a fox and a rabbit. Time: 10-15 Minutes	-one channel 10 yards wide by 15 yards long. -Players run from one end of the channel to the other with out getting tagged. -If a player is touched then their turn is over and they switch lines. -Everyone is a fox, and everyone is a rabbit. -Introduce a ball for both the fox and the rabbit.		-A great game to get players running in one direction. -Teach them to run away from the fox. -Teach them to run for the safe zone at the end of the channel before the fox catches them. -Add a ball to both the fox and the rabbit and have them play the game. -Have fun and keep them in the channel.
Technical Game- 1v1 to multiple goals: Players form two lines and the coach rolls a ball out into the grid. The player who gets the ball first dribbles and tries to score by passing the ball into the goal. Time: 10-15 min	-10X10 yard grid -Two Goals, one at each end -The coach has all the soccer balls. -Players are in two lines -Coach rolls a ball out and two players go into the grid and try and get the ball and dribble to either goal. -Add two balls and see what happens.		-You can start this game by tossing the ball in the grid and having them use their hands to run with the ball. -introduce a ball after they learn the game and teach them to go after the ball. -Its anyones ball -Win it back if you don't have it. -Dribble the ball to the goal.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

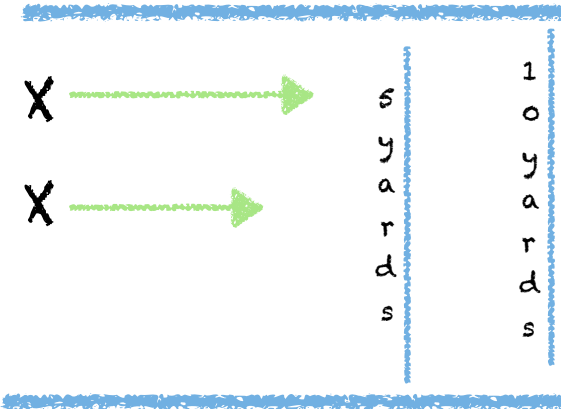
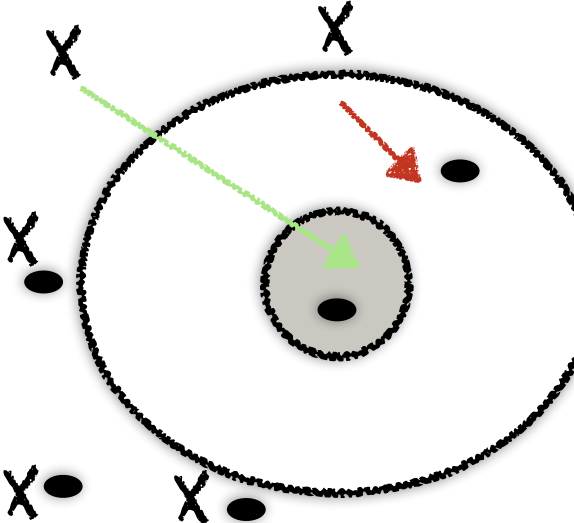
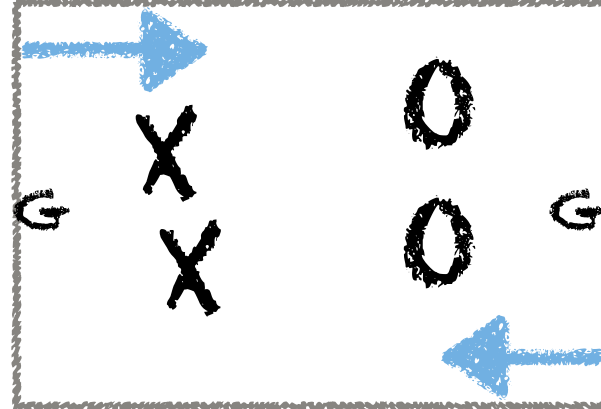
Session 8: Soccer Bowling

Activity	Setup	Diagram	Coaching Points
Warmup-Batters up: Players Start in a line and try to strike a rolling ball as far as they can. Set up a line to see whose ball rolls the farthest. Time: 10-15 Minutes	-A Cone line about 5 yards, another cone line 5 more yards (10 yards from the start). -the coach rolls the ball at the player so that they have to strike the ball as far as they can. -Player strikes the ball as far as they can. -Like the game Kick ball. -At the end, measure which ball traveled the farthest. -Farthest ball wins.		-This game is like the game kick ball where the coach is the pitcher and the player is the batter. -the goal is to teach them to strike the ball, not to kick it. -Use the laces for a harder strike, or the inside of the foot for more accuracy and a bigger surface of the foot when striking the ball. -Think shooting and passing.
Technical Game- One Pin Bowling: Players try to knock a soccer ball off a cone (you can also use a tall cone) by passing or shooting the ball. Time: 10-15 min	-10X10 yard grid -Place each player across from a cone with a ball placed -One at a time each player tries to knock the ball off the cone directly in line with him/her. -Let each player try it once before you start over from player 1. After each player has attempted five shots, the player who has knocked the most balls off the cone is the winner.		-Coach should demonstrate using the laces or inside of the foot to strike the ball. -Have them take a few steps towards the ball as they strike it to get more power. -Focus on them bringing the leg back before it goes forward to strike the ball. -Have fun and change the rules to keep them interested.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

Session 9: Soccer Golf

Activity	Setup	Diagram	Coaching Points
Warmup-Putt Putt: Players try to strike their ball into the circle. The player to get the first five points wins. Time: 10-15 Minutes	-25 X 25 yard grid with a circle some place in the grid. -All players with a soccer ball at their feet will be located outside of the grid. -Each player will attempt to strike his or her ball with correct pace so that it stops within the center circle. The first player to play five balls that stop within the grid will be declared the winner.		-Coach should demonstrate using the laces or inside of the foot to strike the ball. -Have them take a few steps towards the ball as they strike it to get more power. -Focus on them bringing the leg back before it goes forward to strike the ball. -Show them less power or more power to get accuracy. -Have fun.
Technical Game- 9 Holes: Players Follow the coach through a made up nine hole golf course. Time: 10-15 min	-Use a larger area to mark a "T" Start and a hole (Finish) obstacle course for 9 holes. -Use a fence, a dug out, a tree, and other landmarks at your field to play a 9 hole golf course. -All players shoot at the same time and follow their coach, striking the ball thru the course. -Have fun playing soccer golf.		-Using fun objects and cones for a hole on the green makes this game fun for kids to strike their ball all over the place. -The coach is the leader and the players follow -Show them the surfaces of the foot that strike the ball. -Inside surface and laces to move the ball. -Add your own ideas to make this fun.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.

Session 10: Throw It In

Activity	Setup	Diagram	Coaching Points
Warmup- Throw it to the line: Players work on throwing their ball to a designated target seeing who can complete each distance the coach sets. Time: 10-15 Minutes	-20 X 20 yard grid -Place all players at one end of the grid with a ball in hand. -Mark a target line of some type placed about 2 yards apart. -The coach will have the first player in line attempt to hit the first target line with a Throw-in. -On the second throw-in the second target line will be the goal and so on and so on. -Keep Points		-A great game to get players learning the art of the throw in. -have them get a run at it -Teach them about keeping their feet on the ground. -Remember to bring the ball behind the head and then forward to throw it to gain more momentum. -Have fun and change the rules to keep them interested.
Technical Game- Throw it in the Trash: Players form a circle around a trash can and try to throw all the balls in the trash. Its team work, try to get them all in the before the time end. (if you want to time it) Time: 10-15 min	-5 yard diameter circle -Circle the players (5 yard diameter circle) around a target (trash can/cone area) with soccer ball in hand. -The players attempt to throw the balls into the trashcan all at once. The object is to improve the number of balls that go into the trashcan, not to have a winner. But work together.		-Another great game to teach throw ins. -Have them get a run at it -Teach them about keeping their feet on the ground. -Remember to bring the ball behind the head and then forward to throw it to gain more momentum. -Have fun and change the rules to keep them interested.
Game- 2v2 or 3v3: Play a 2v2 game for 5 minutes with the coach on both teams. All rules apply to the game. Time: 10-15 Minutes	-15 yards wide X 20 yards long -Small Goal or cone goal at each end. -2 players (max 3) versus 2 players (max 3). -Play normal rules of soccer		-Work on the rules of the game, and teaching players how to play the game. -Work on how to throw the ball in when it goes out of bounds. -Work on where players start when the ball is out of play. -Have fun, laugh, run and play.