

U5/U6 Drills-“Coach Says”

Soccer coaching tips for younger players can be difficult to explain. The best way to learn is through just doing it - getting out there and coaching. Hopefully this U5 drill called 'coach says' will allow you to see how best to coach the young 4 year olds.

Preparation

You will need a marked out area wide and long enough for the amount of players you have available. Each of your players will need a soccer ball each. You may also need some cones if you wish to progress from the simple version of this game.



Explanation

This game is incredibly straight-forward. The drill is similar to 'simon says' but instead involves soccer related activities. As the coach you will be standing amongst the players.

Every time you say "coach says... " the kids must perform that task given. However, if you do not say "coach says" at the beginning of the sentence the kids must stay still or carry on the previous task. If a child performs the task without you saying 'coach says' then a fun little forfeit must be given.

U5/U6 Drills-“Coach Says” continued...

Get the kids doing a wide variety of tasks from dribbling, to turns, to putting parts of their body on the ball and exchanging soccer balls with other players.

Progression

This is a great drill to get soccer coaching tips in for the kids. To make the drill more fun and challenging you could add cones and get the kids to dribble amongst them. You could also add a goal with a volunteer goal-keeper (parent, assistant coach) to take shots from the kids on your command.

Coaching points

- > Make sure the kids use little touches and demonstrate what happens if you kick the ball too far in the drill.
- > See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn. Do this step by step with them!
- > Make sure the kids use the inside and outside of their feet whilst dribbling - not their toes.
- > Make sure the inside of the foot is used when making a pass.