

L - LONG

T - TERM

P - PLAYER

D - DEVELOPMENT



FEDS U4 Program

WELCOME TO FEDS

The first thing that needs to be acknowledged is that this program could not function without the volunteer coaches, who give up their time and step up to enable our vision to succeed....THANK YOU.

****WE ALWAYS NEED MORE COACHES. PLEASE CONSIDER VOLUNTEERING****

Another vital component is that the parents are prepared to let their inhibitions go, join in with the activities and focus on what our vision is all about. The development of our players and of your children.

The U4 program is designed to improve your children in the following areas:

COORDINATION

MUSCLE MEMORY

SOCIAL SKILLS

AGILITY

TECHNICAL ABILITY

All players will be expected to have the following equipment at each session:

A ball (let me know if your ball needs re-inflating at any point).

Appropriate clothing (Sports attire that allows the players to move freely).

Appropriate footwear (Soccer cleats, or light training shoes).

Sun Hat (on particularly hot days).

A water bottle (drink breaks will be signaled).

PROGRAM FORMAT

- The U4 program will run for 9 weeks with a field day on the 10th week.
- The program runs on Mondays, from May 27th-July 29th (there is no session on Monday July 1st).
- Session begin at 6pm. Please have the players ready to go at 6pm!
- The sessions will consist of 4 activities each week. The following pages show the weekly activity plan and a detailed description of each activity.
- You will be participating as well, so please familiarize yourselves with the activities. This will help to keep the sessions running as smooth as possible for the players.

CONTACT:

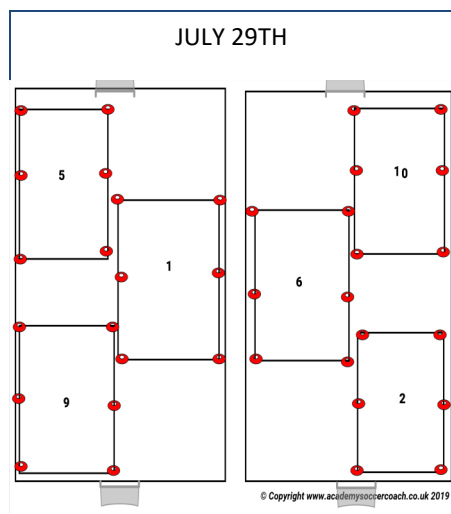
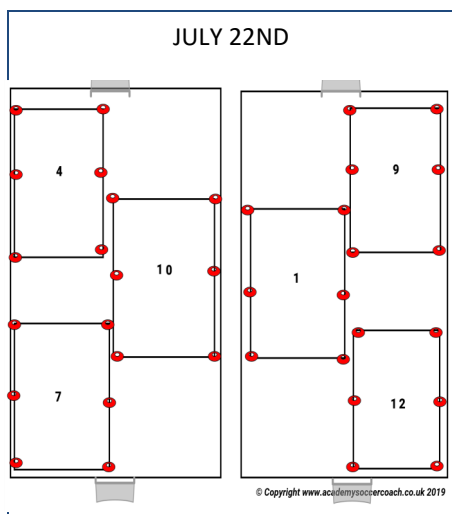
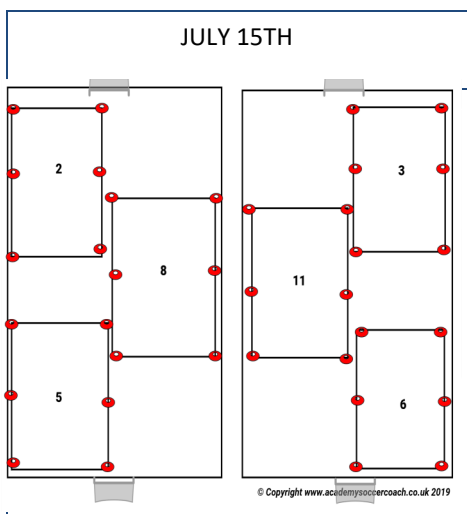
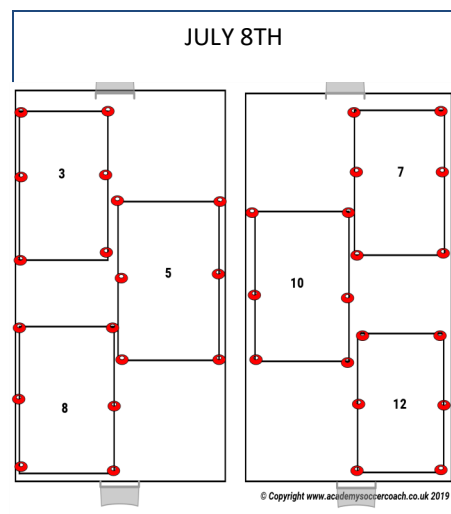
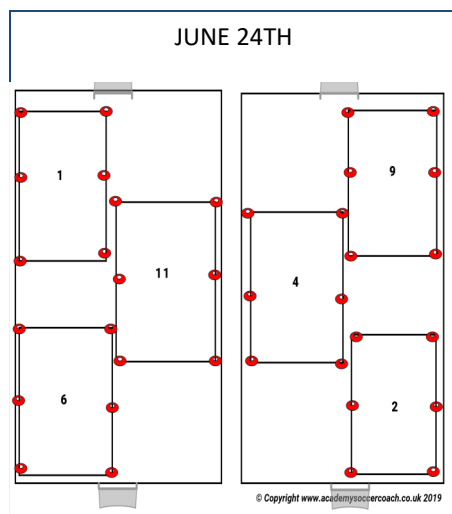
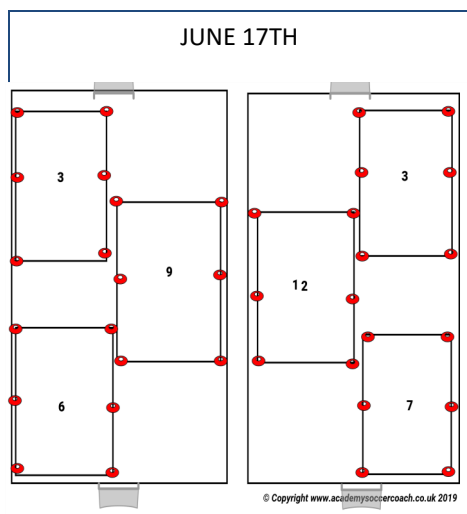
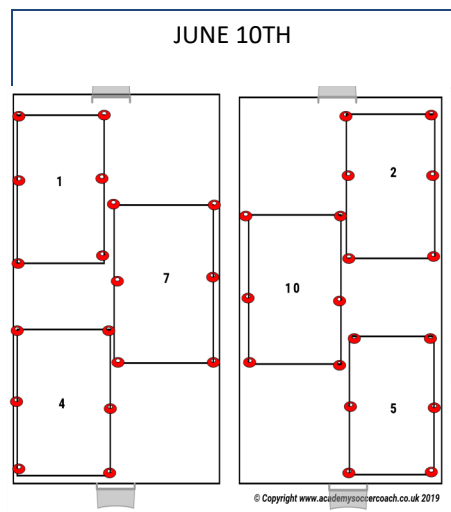
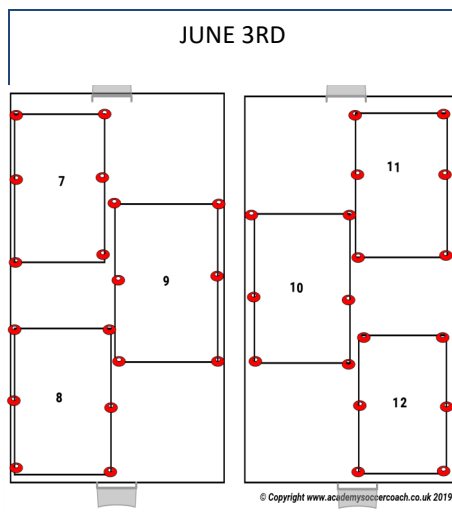
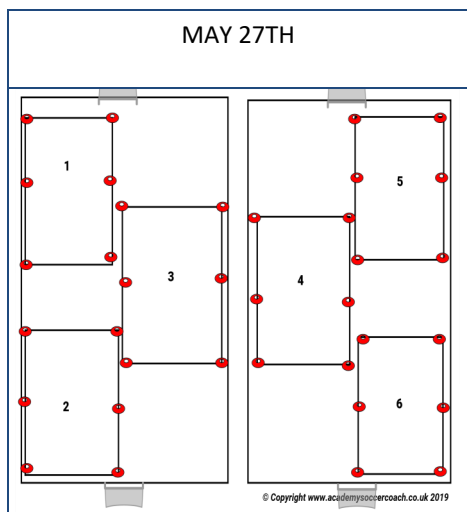
If you would like to volunteer as a coach, or to help set up equipment each week please let me know.

Also for any inquiries, concerns, or suggestions.

Dave Smith (Technical Director)

fedsoccercoach@gmail.com

ACTIVITY PROGRAM OVERVIEW:

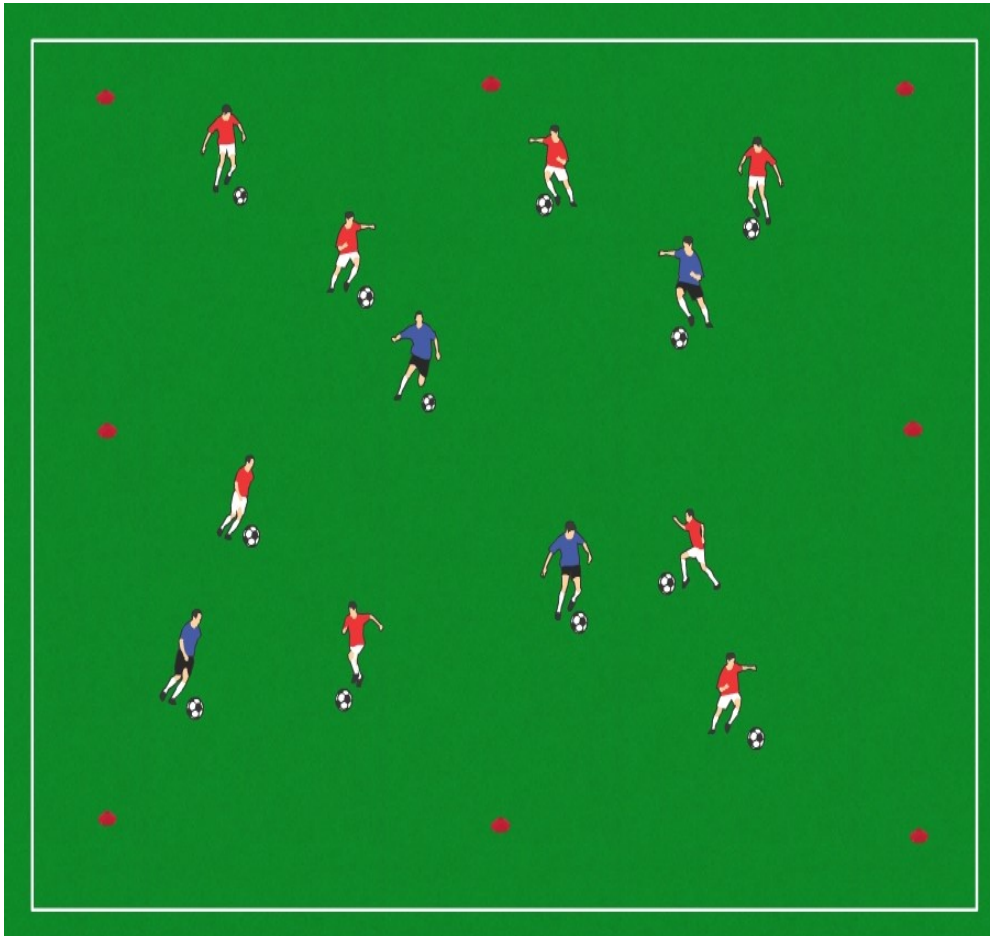


ANIMALS (Active Start-Activity 1)



EMPHASIS:

- Dribbling
- Coordination.
- Confidence
- FUN!



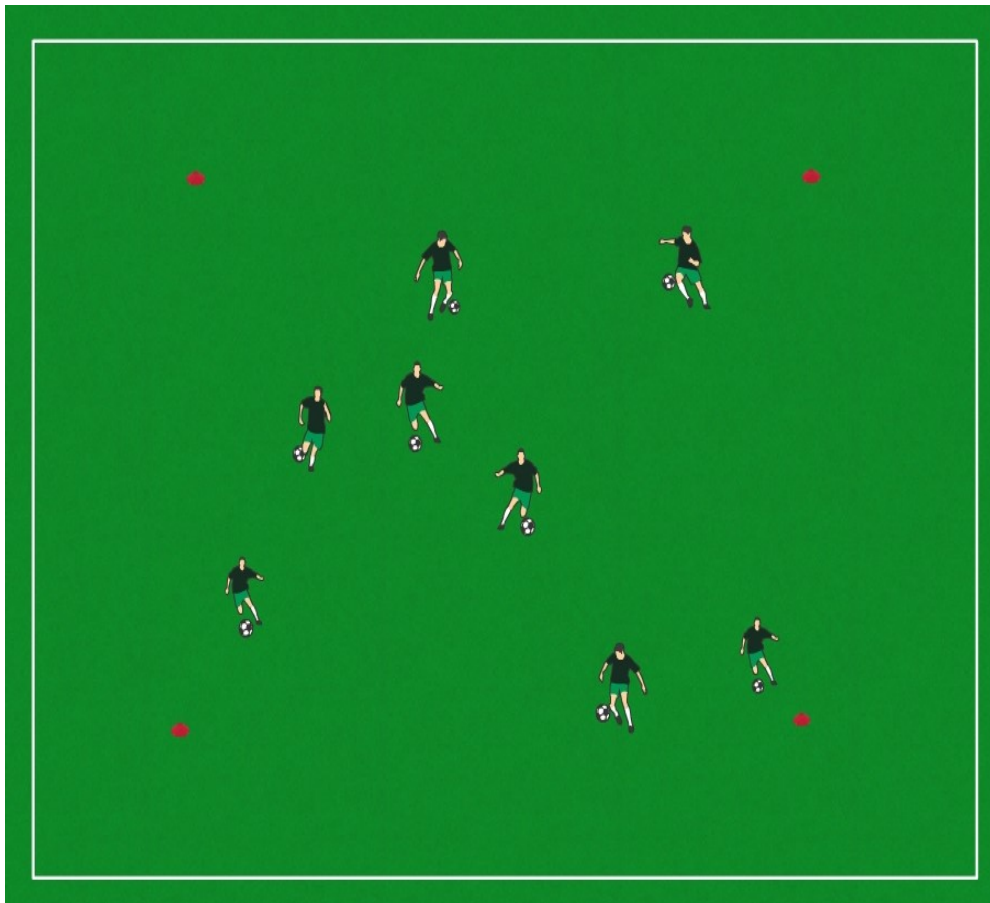
- 20m x 20m area. Each player has a ball. Ask parents to join in and give them a ball as well.
- Players and parents dribble their ball around the area.
- On the coaches command, one of the players can choose an animal. Encourage the players to be creative when they choose.
- Everyone with a ball must pretend to become whichever animal the player chooses. They continue to dribble their ball (maybe on all fours, or crawling like a snake).
- Try to let everyone have a chance to pick an animal, including parents.
- Make it fun and relaxed, so children feel comfortable joining in. You can award the best impression each time to encourage creativity.

BODY BREAKS (Active Start-Activity 2)



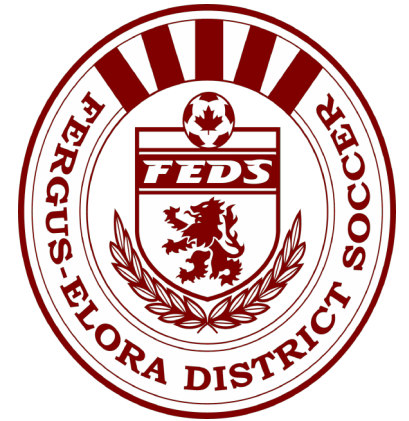
EMPHASIS:

- Dribbling
- Coordination
- FUN!



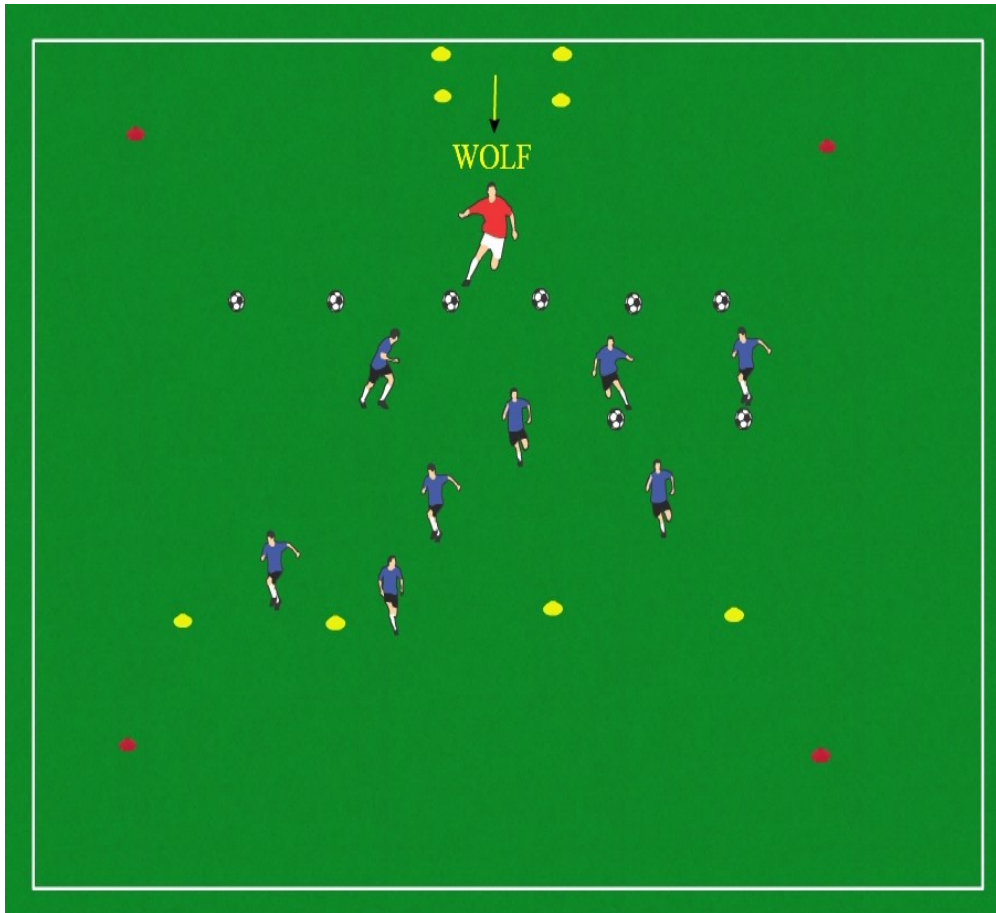
- 20m x 20m area.
- Each player has a ball and they dribble anywhere within the area.
- At intervals, the coach will shout a part of the body and the players must use that part of the body to dribble the ball for 5 seconds.
- Parents can join in to give the players some ideas.

MR WOLF (Active Start-Activity 3)



EMPHASIS:

- Dribbling
- Speed
- Agility
- FUN!



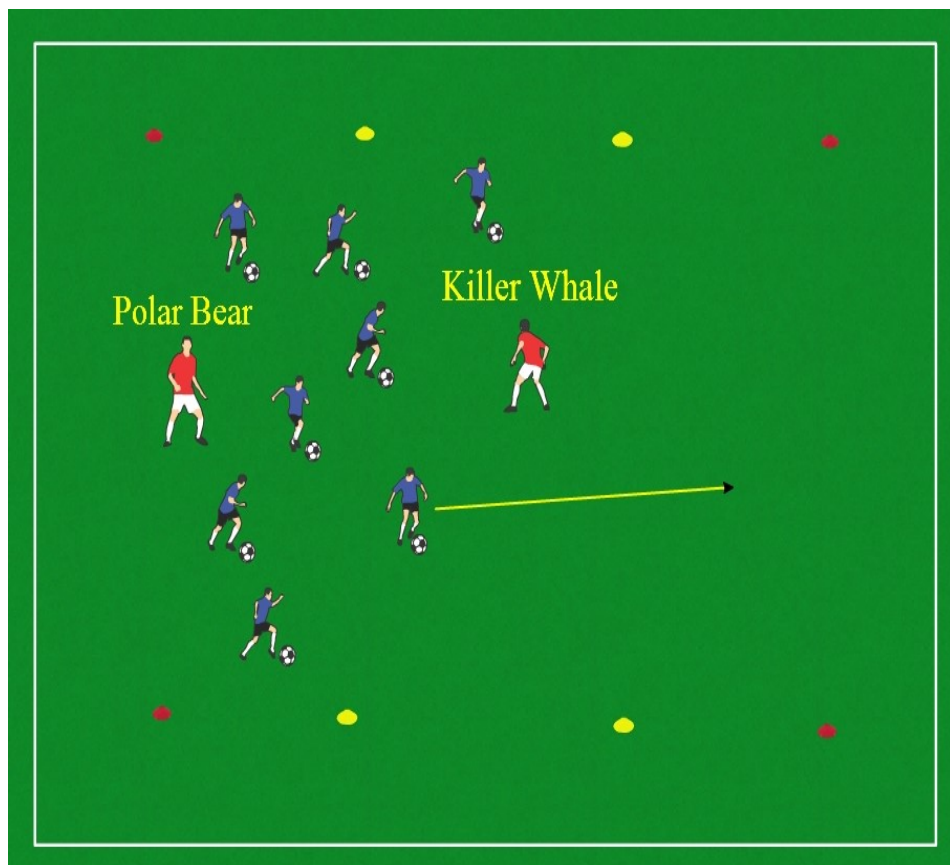
- 20m x 20m area. Cones to denote Wolves lair at one end and a row of cones at the opposite end to denote a safety zone. A row of balls 5m from the wolfs lair
- The players begin at the apposite end from the wolfs lair, in the safety zone. The wolf starts in their lair, facing away from the players.
- The game begins by the players asking the wolf what time it is. Whatever time the wolf says, the players have to take that many steps towards the wolf lair. Players can take whichever size steps they like, but they are trying to get to the row of balls as quick as possible.
- The play continues and players keep asking the time until eventually the wolf shouts "Dinner Time". When the players hear this, they must return to the safety zone as quick as possible. If they managed to reach a ball, they can dribble it back with them.
- The wolf leaves the lair and tries (not very hard) to catch the players. Then they return to their lair, so the play can continue.

PENGUINS (Active Start-Activity 4)



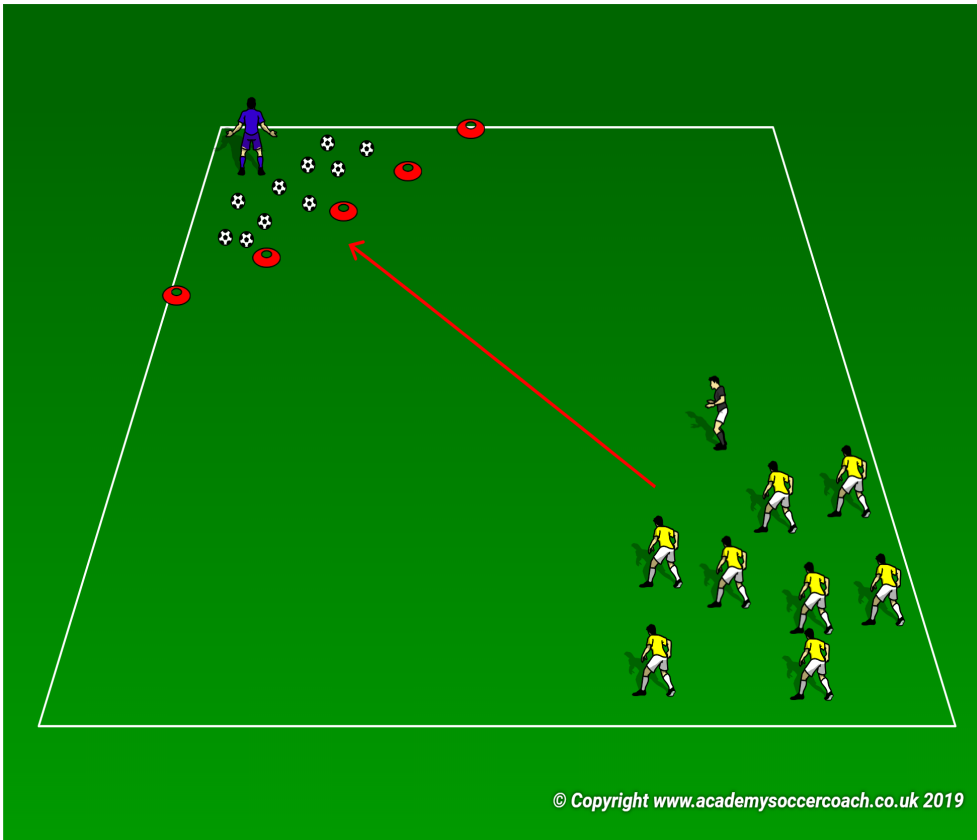
Emphasis:

- Dribbling
- Head Up
- Close Control
- Speed, Agility
- FUN!!



- Set up a 20x20m area and create a 5m gap running from top to bottom in the middle of the area. This is the water. Choose a parent to be the Killer Whale and another to be the Polar Bear.
- The players are each given a ball and all start on one side of the water.
- On the coaches command, a Polar bear enters the penguins area and tries to steal their fish (their ball). The penguins must enter the water, avoid the killer whale and get to other side. The killer whale is also trying to steal their fish.
- Once the penguins make it to the other side of the water they are safe, until another polar bear approaches. The penguins then re-enter the water and escape to the other side.
- Once a penguin is caught, they can help the polar bears to steal fish.

Shrek's Swamp (Active Start-Activity 5)



EMPHASIS:

- Dribbling
- Change Directions
- Running with ball
- FUN!

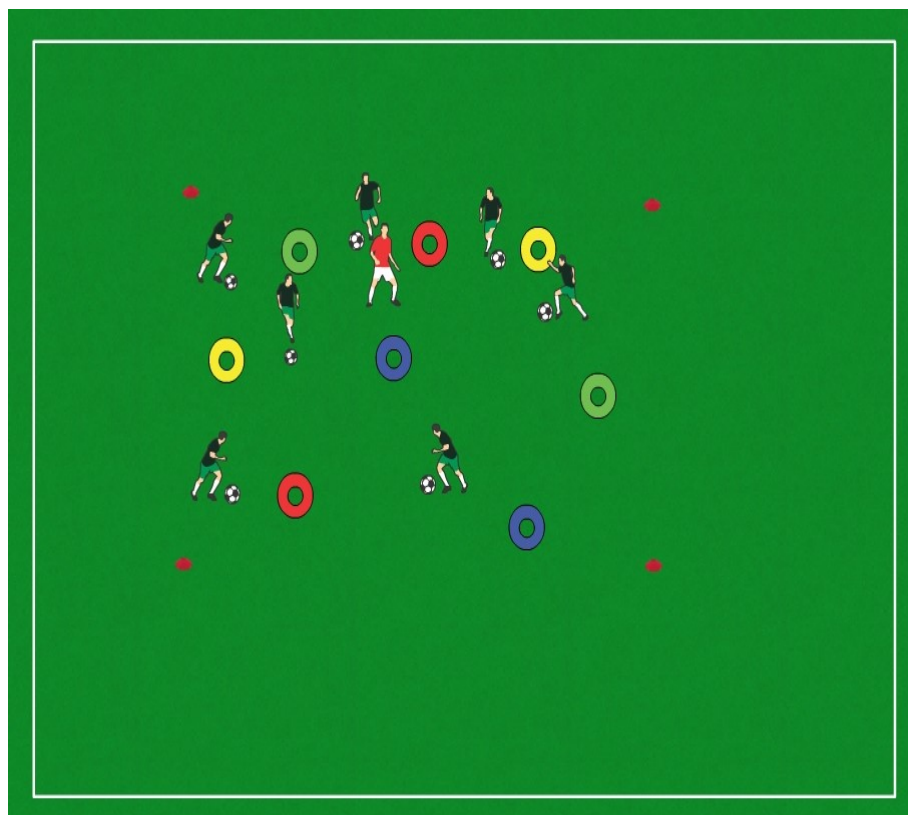
- 20m x 20m area. With a corner area marked of as “Shrek’s Swamp”.
- Players must creep quietly up to the swamp and retrieve one of the balls that Shrek has stolen.
- Shrek faces away from the players and walks around his swamp in a sleepy daze.
- If Shrek wakes up he will throw his arms in the air and turn to face the players. Players must run, or dribble a ball back to the starting point as soon as possible.
- The balls are filthy and smelly (make a point of this!!), as they have been in Shrek’s swamp. Players must only use their feet to retrieve the balls
- Ask a parent to be Shrek first and then ask the players if they want a turn.

PIRATES (Active Start-Activity 6)



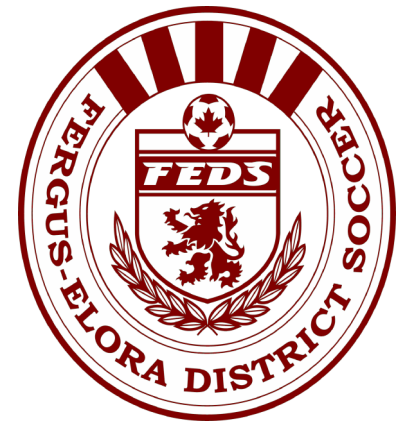
Emphasis:

- Dribbling
- Head Up
- Close Control
- Stopping the ball
- FUN!!



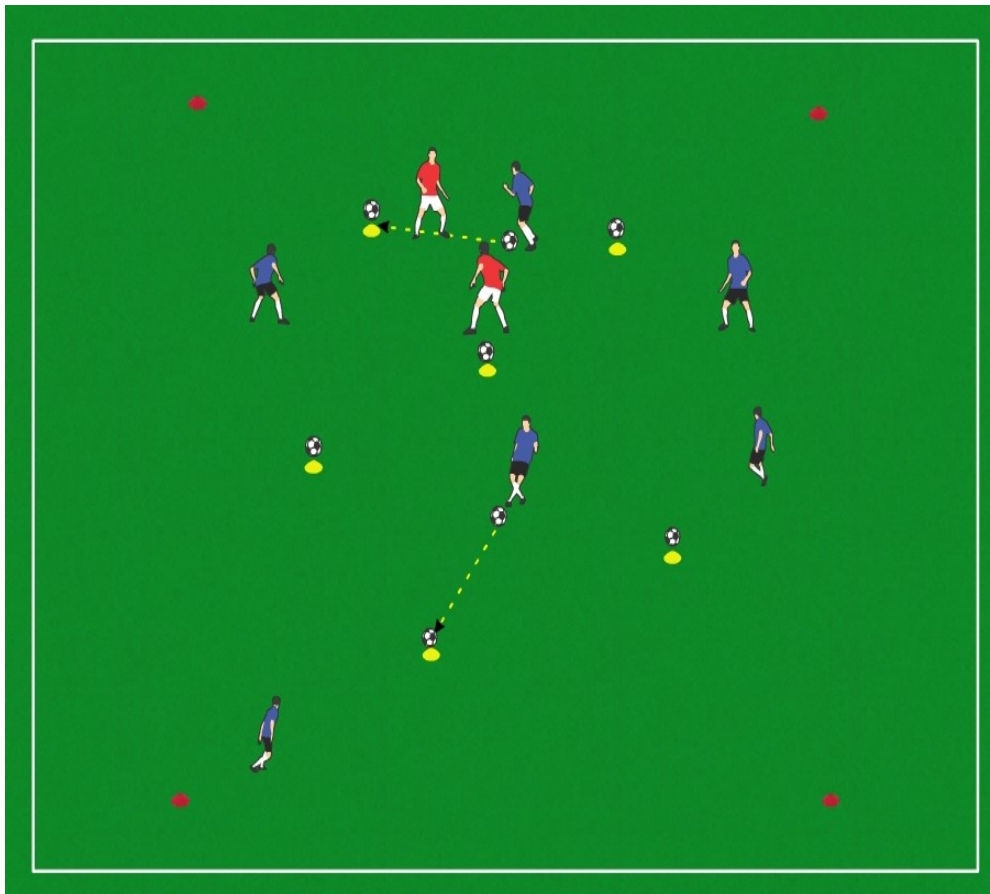
- Set up a 20x20m area and scatter a ring for each player around the area.
- The rings are islands and the area is sea. The players dribble their balls through the sea, around the islands.
- Choose a parent, who becomes a pirate ship that sails through the same waters. When the coach shouts "Pirates" the players must race to the nearest island (ring) and anchor their boat (stop the ball in the ring with the sole of their foot) to be safe from the pirate.
- After a few rounds, begin to take the rings away one by one so each round a player is caught by the pirate. Once a player has been caught, they can become a pirate too if they choose.
- Demonstrate the action of stopping the ball with the sole of the boot before play begins.

PROTECT THRE BALLS (Active Start-Activity 7)



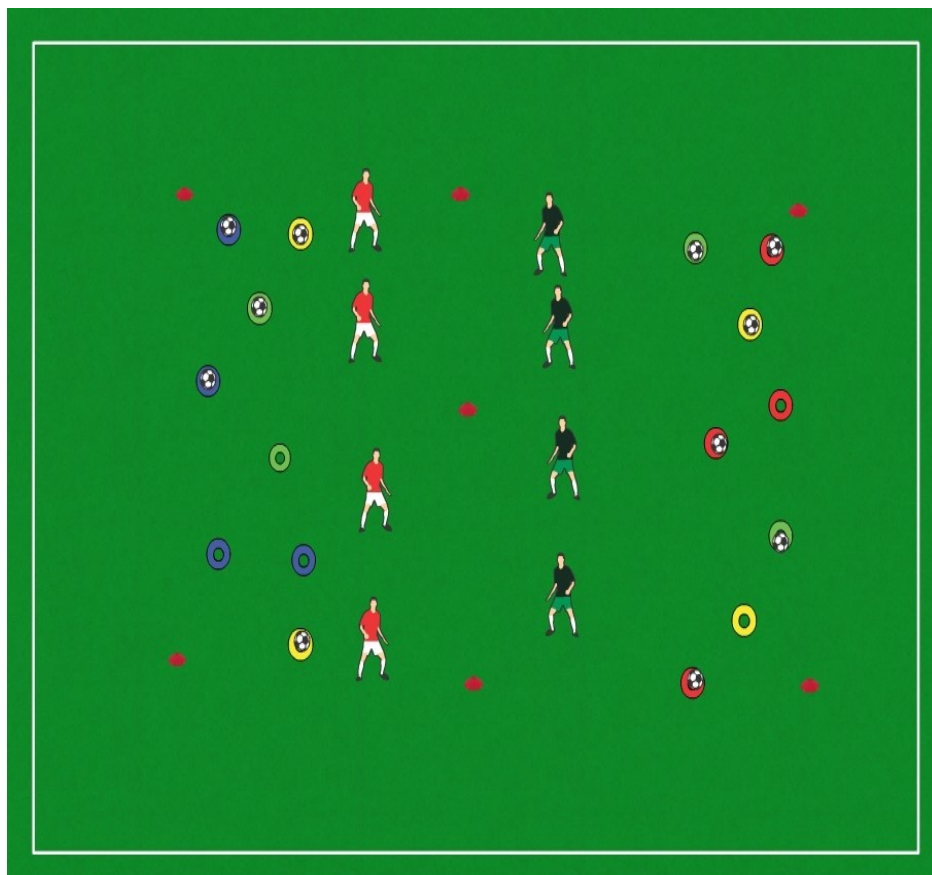
EMPHASIS:

- Dribbling
- Passing
- Shooting
- Teamwork
- FUN!



- 20m x 20m area. 6 cones spread around the area, with a ball resting on each cone. 2 defenders to defend the balls.
- The rest of the players are the attackers and they share the remaining balls.
- The attackers job is to knock off each ball from a cone, by passing or shooting a ball into them.
- Once a ball is knocked off a cone it becomes live and the attackers can use it to knock other balls off.
- Encourage Attackers to share the balls when there are not enough for each player.
- Play for 1 minute and see how many balls the defenders have still resting on cones.

CLEAN YOUR ROOM (Active Start-Activity 8)



TECH	Dribbling with head up. Stopping ball in a ring
SOC	Fun. Competition. Teamwork
MEN	Awareness of where balls are in their room
PHY	Balance, Agility Coordination, speed

- Set up a 20x20m area and divide it down the middle. Place an even number of rings on either side. Place balls in the rings on both sides of the area (even numbers).
- Divide the players up and place an even amount of players on each side.
- When the coach gives the command the players must take a piece of garbage (ball) from their room, dribble it to the other side of the area and stop it inside a ring in their neighbours room.
- Play for 2 minutes and stop. The winning team is the one with the least amount of garbage in their area at the end of the 2 minutes, or the first team to completely empty their area of garbage.
- If it becomes obvious that the teams are unbalance, keep switching the players around to keep it fair.

COACH– Encourage the players to work as a team and to encourage one another.

COACH– Make sure that the players turn as soon as they stop the ball in a ring, so they can find a ball in their own room as quickly as possible.

COACH- Make sure that they have their heads up before they turn so they don't bump into anyone else.

COACH - They need to dribble with their heads up, so they can spot an empty ring on the other side.

COACH– FUN is the main objective, keep it lighthearted and engaging.

GOALS (Active Start-Activity 9)



EMPHASIS:

- 1v1 Game.
- Dribbling.
- Shooting
- Change of direction

- 20m x 20m area. 1 goal on each side of the area.
- Players each have a ball. Parents act as defenders.
- Play for 1 minute. Players try to score as many goals as possible in 1 minute. They can score in any goal.
- Encourage players to change direction and try for different goals, instead of just attacking 1 goal for the duration.
- Defenders can score if they manage to get the ball off of the player. Once a goal is scored, the ball always starts with the player.

BALL SWAP (Active Start-Activity 10)



EMPHASIS:

- Dribbling
- Coordination
- Speed
- FUN!

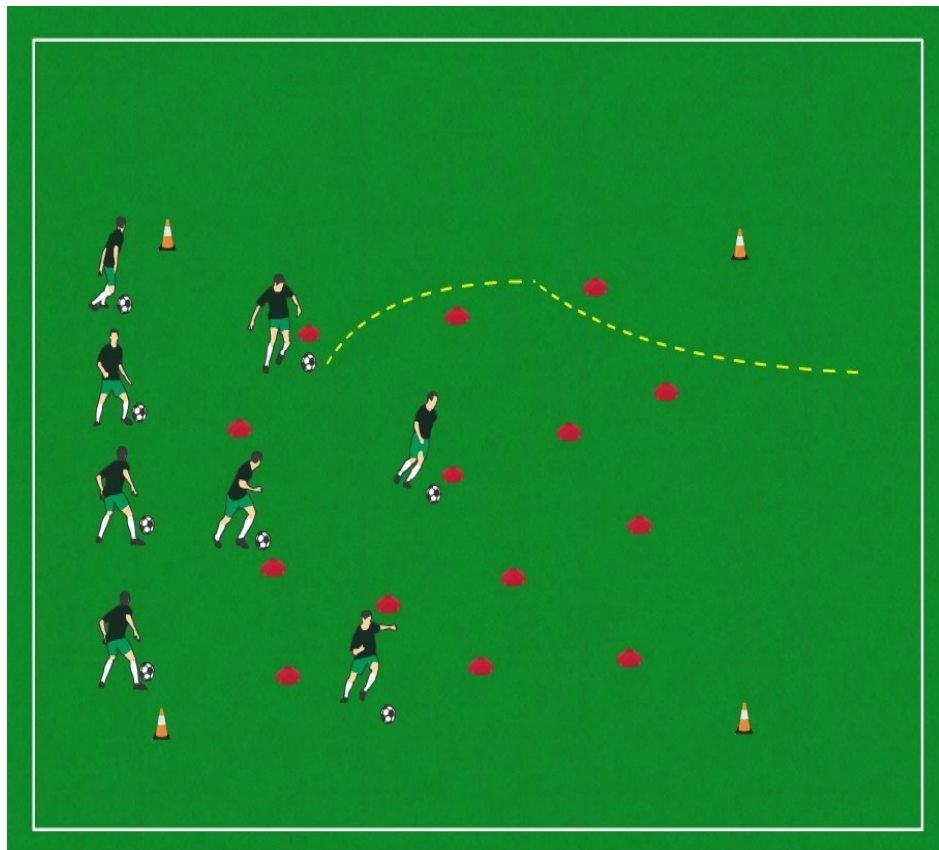
- 20m x 20m area. A cone for each player scattered around the area.
- Each player has a ball and they dribble anywhere within the area.
- On the coaches command the players will run to the nearest cone, place their ball on the cone and then run to a different cone and continue to dribble with the new ball.
- Progress drill by making the players perform tasks before taking a new ball (jumping jacks, somersaults, touching an outside cone etc.)
- Ask players to use only 1 foot, or just the insides/outside of the foot (if they are able).

LAND MINES (Active start-Activity 11)



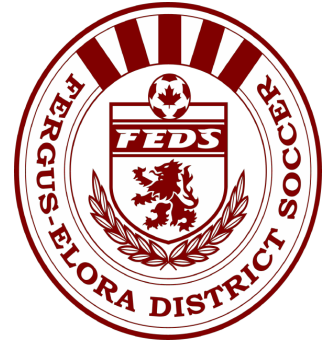
Emphasis:

- Close control
- Technique
- Coordination
- FUN!!



- Set up a 10x10m area and place cones at random places within the area.
- All players line up along one side of the area.
- On your command the group tries to negotiate their way across to the other side, dribbling a ball while trying to avoid the cones.
- Vary the drill by asking the players to only use one foot, asking them to use a certain part of the foot and asking them to go faster.
- Each player gets a point whenever they hit a cone with the ball. The player with the least points at the end wins.
- Add more cones gradually, as the players get more proficient.

Racetrack (Active Start-Activity 12)



EMPHASIS:

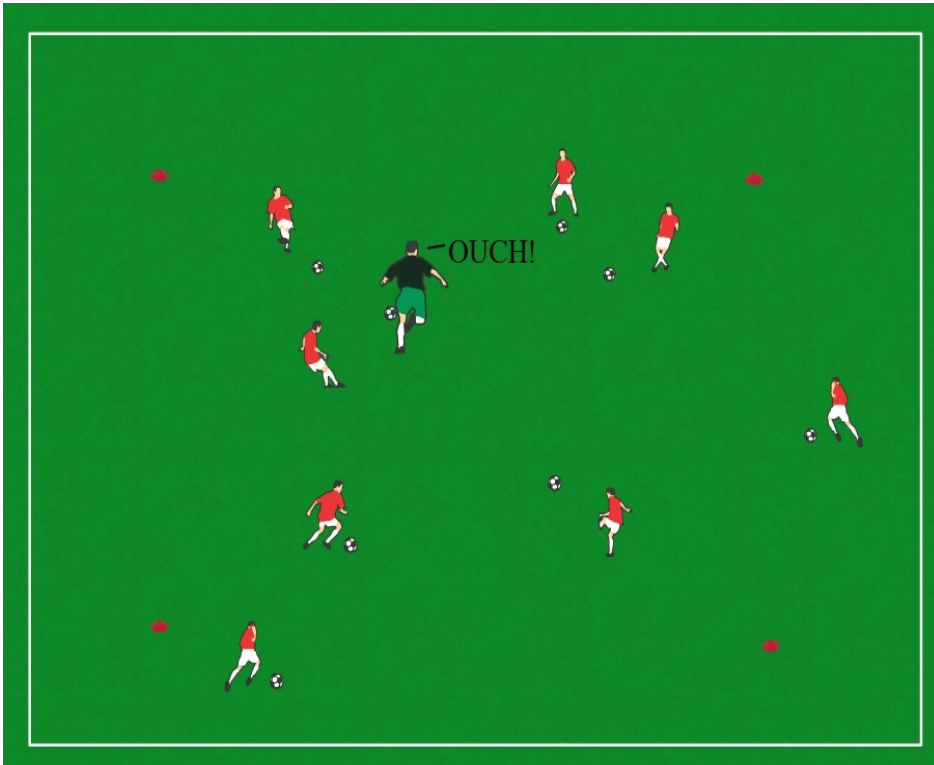
- Dribbling
- Speed
- Agility
- Ball Control
- FUN!!

- Set up the cones as shown, so a racetrack is formed between the red and yellow cones. Include a "pit stop" at one end of the track.
- Players start in the pit stop. While in the pit stop, players must try to balance the ball on their heads.
- On the coaches command the players race out of the pit stop and around the track
- Encourage the players to use both feet and to try and keep their ball inside the track.
- Introduce traffic lights. The players dribble fast, slow, or they stop with their foot on the ball, depending on the coaches command.
- At regular intervals ask the players to return to the pit stop, so they can refuel.
- Players should look up regularly as they dribble, so they can see the track ahead.

WE WILL END EACH SESSION WITH THIS GAME

BE PREPARED!!!

OUCH! (Active Start)



EMPHASIS:

- Dribbling
- Shooting
- Awareness
- FUN!!

- Set up an area 20m x 20m. All of the players start in the area with a ball. The coaches and parents starts in the middle of the area.
- When the game begins, the players try to hit the coaches and parents with their balls. They don't have to wait to shoot.
- Once a player has taken a shot at the coach, they must retrieve their ball as quick as possible and try again.
- When hit, coaches and parents should make a loud noise to encourage the kids to try again. If a coach, or parent gets hit twice, they are out and must leave the area. The last coach, or parent standing is the winner!

COACH—Encourage the players to look at the coach as they dribble the ball back to the area, so they can see where they need to shoot the ball. This will make them dribble with their heads up.

COACH—As soon as they have taken a shoot, players should chase the ball down. This will introduce the concept of pass and move.

COACH—Players should look at the ball as they shoot at the coach, not at the coaches and parents.

FAQ's

- **WHY AREN'T THERE ANY SCRIMMIGES?**

At this age, our main focus is to build the players muscle memory, social skills and confidence. We achieve this by involving the players in a range of simple activities that demand a level of agility and coordination. This may include changing directions quickly, dropping to the ground and standing back up, kicking and handling balls, moving around on different parts of the body, and of course, using their Imaginations.

- **WHY ARE PARENTS REQUIRED TO PARTICIPATE?**

We want the players to feel comfortable during the activities and we need them to understand what is required of them. Parents are an integral part of motivating the players, making the games more fun and keeping the players engaged. We are also constantly on the look out for potential coaches, who can lead our future travel teams. This program is an introduction to soccer for both players and coaches.

- **WHY DOES MY CHILD HAVE TO WEAR SHIN GUARDS?**

We are mandated by the Ontario Soccer Association to require that all players wear appropriate protective equipment. That being said, as the players won't be involved in tackling, or physical contact, I will leave it up to the parents to decide whether they think that shin guards are necessary. Proper footwear is a must however!

- **WILL THERE BE WATER BREAKS?**

Water breaks will be called at the half way point on regular evenings and after each activity on particularly hot evenings. Please stick to the allotted water breaks, as this keeps the session running more smoothly and don't let the players drink too much, just a couple of sips will be enough to rejuvenate them.

- **WHAT IS THE FIRST AID PROCEDURE?**

If any incidents occur during the sessions, please notify myself, or any other coach. There will be a first aid kit at the field, with an emergency action plan attached.

- **WHAT IS THER INCLEMENT WEATHER PROCEDURE?**

If we receive prior notice of imminent lightning storms, we will send an email to all parents, with as much notice as possible. If lightning appears during the session, we will postpone the session and try to reschedule it (this may not always be possible).

FIELD DAY

There will be a field day at the end of the program. This will take place at Victoria Park fields in Fergus, on Saturday August 3rd. More information will be provided closer to the date.

We will run a group of parent vs player games, so bring appropriate footwear. The players will receive a medal and a complimentary treat at the end of the event.

EQUIPMENT PICK-UP

There will be an equipment pick up on Saturday May 11th at the Southridge fields in Elora. Players will be able to pick up their uniforms and balls on this day.

I will leave you with a quote from Sir Ken Robinson. His words express my personal beliefs and the philosophy of FEDS Soccer Club. Thank you for signing up for the program. We will see you in may!

“Kids will take a chance. If they don’t know, they’ll have a go. They are not frightened of being wrong. If you’re not prepared to be wrong, you’ll never come up with anything original. By the time they are adults most kids have lost this capacity, they have become frightened of being wrong! We are running education systems where mistakes are the worst thing you can make. The result is that we are educating people out of their creative capacities”