

L - LONG

T - TERM

P - PLAYER

D - DEVELOPMENT



FEDS U6 Program

WELCOME TO FEDS

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

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

Another vital component is the support, encouragement and positivity that we rely on from parents. This will allow the program to address the desired balance between winning vs development. Hopefully the information in the booklet will make our vision clear and the rationale behind it.

The U6 program is designed to improve your children in the following areas:

COORDINATION

MUSCLE MEMORY

SOCIAL SKILLS

AGILITY

TECHNICAL ABILITY

TACTICAL UNDERSTANDING OF SOCCER

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).

Shin Guards

A water bottle (drink breaks will be signaled).

PROGRAM FORMAT

GIRLS / BOYS

- The U6 program will run for 9 weeks with a field day on the 10th week.
- The program runs on **Tuesdays** and **Thursdays**, from May **21st/23rd** - July **16th/18th**.
- Please have the players ready to go at 6pm!
- The sessions will consist of 2 activities each week, followed by a small sided game (usually 4v4). The following pages show the weekly activity plan and a detailed description of each activity.

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.

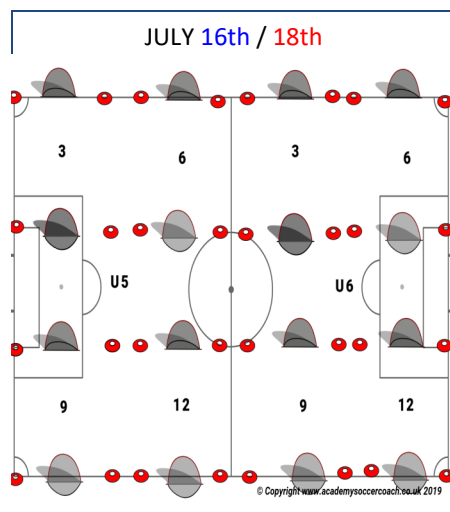
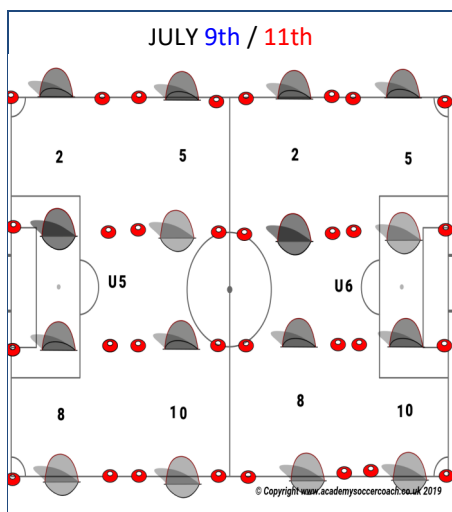
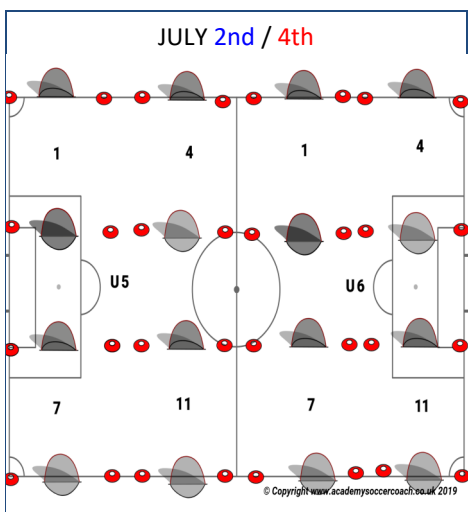
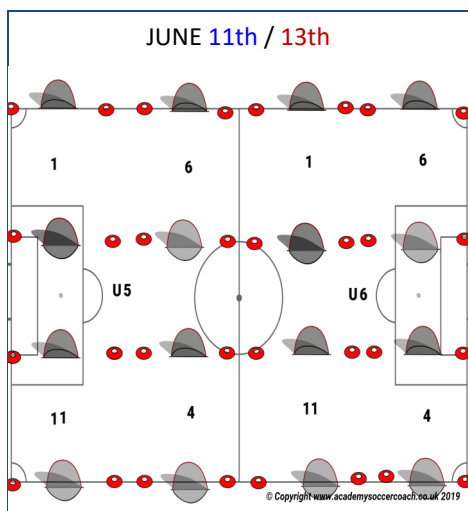
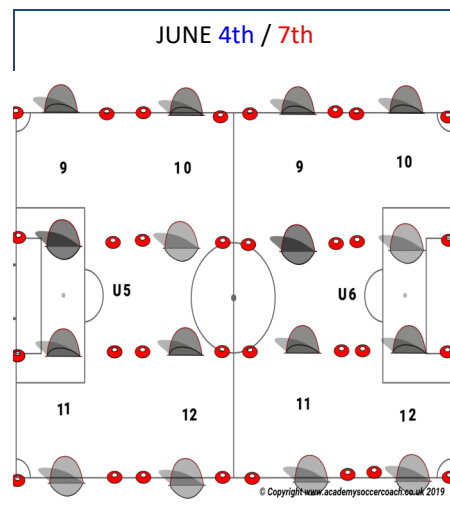
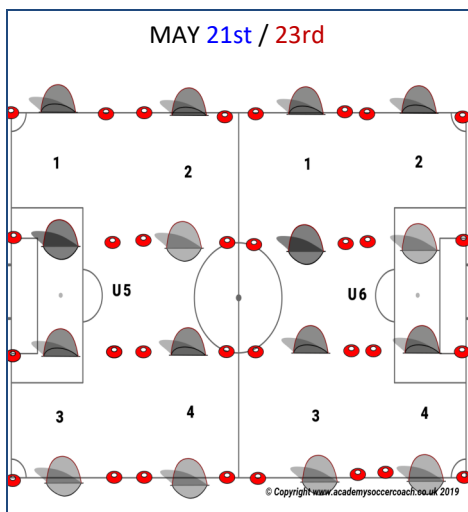
Dave Smith (Technical Director)

fedssoccercoach@gmail.com

ACTIVITY PROGRAM OVERVIEW:

GIRLS / BOYS

Here is a diagram of the activities that we will run each week. A detailed description of each activity can be found on the following pages. (These may change at times, depending on player and coach attendances).

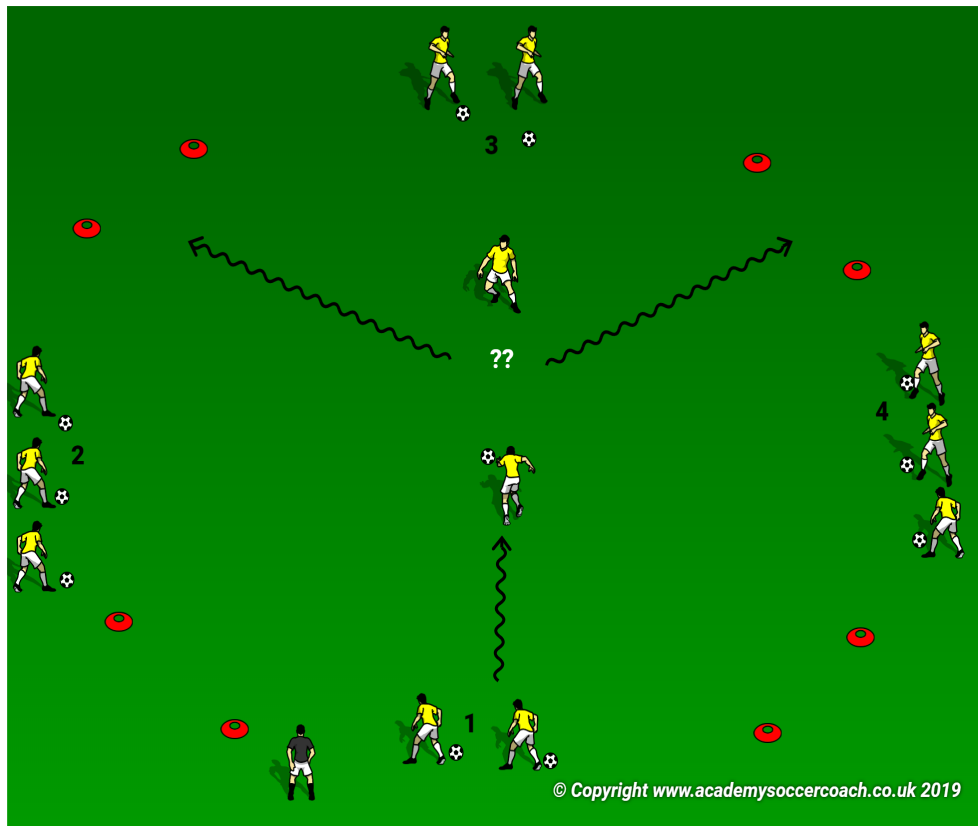


2 GOAL ATTACK (Fundamentals-Activity 1)



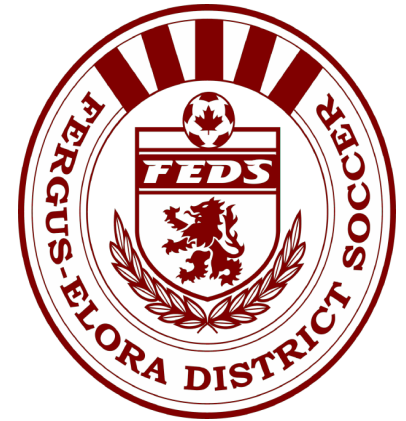
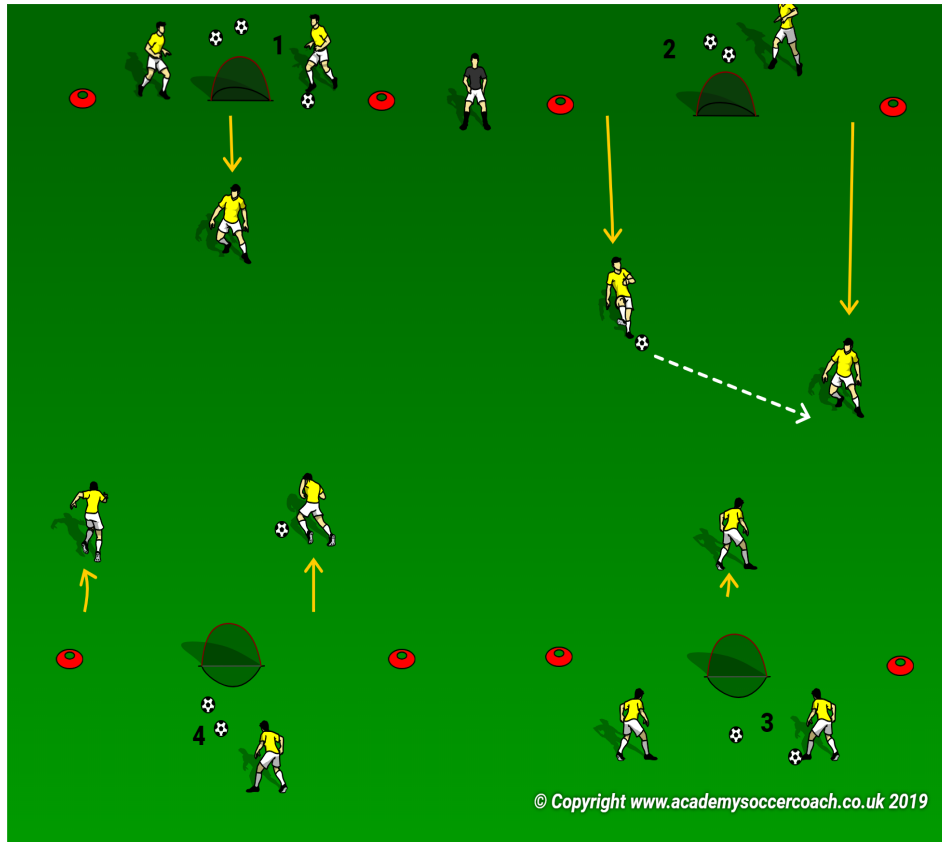
EMPHASIS:

- Dribbling
- Technique
- Coordination
- Agility
- FUN!



- 20m x 20m area. Set 2 cones in each corner as shown, to act as goals. Split players into 4 teams and place each team at station 1-4.
- A player from group 1 starts the exercise by dribbling straight ahead. A player from the opposite end (group 3) approaches the attacker and acts as a defender. The attacker can decide to attack either goal, depending on the position of the defender.
- If the defender wins the ball, they must try to play a pass through any of the goals at the opposite end of the area.
- As soon as a goal is scored, or the play breaks down, a player from team 2 attacks a player from team 4. Next a player from team 3 attacks a player from team 1 etc.
- Players should be encouraged to use a change of pace and direction as they approach the defender.
- Parents can be incorporated to defend against less confident children.

2V1 ALLEY (Fundamentals-Activity 2)



EMPHASIS:

- Team work.
- Dribbling.
- Coordination.
- Passing
- Agility.
- Confidence.

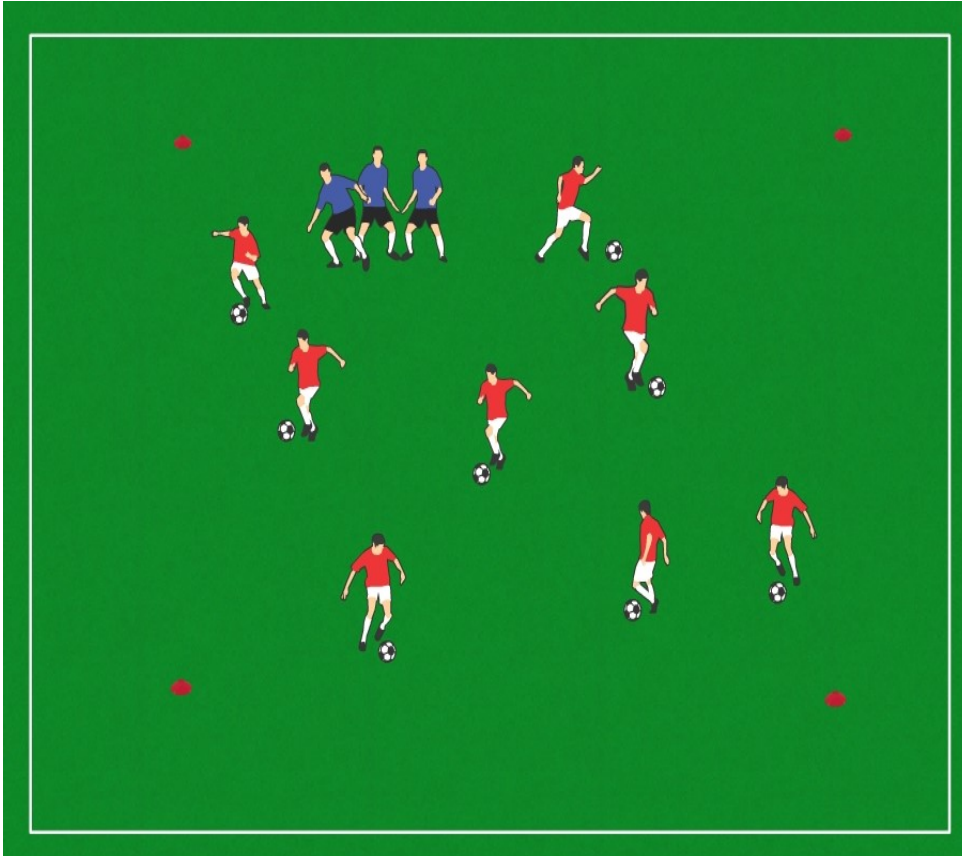
- Set up 2, 10m x 20m areas with a 5m safety zone in between them. Place a goal at both ends of each area. There are no goalkeepers.
- Divide the players into 4 groups and place each group behind a goal. 2 players form one team attack 1 defender from the team opposite them. (teams 2 and 4 are attacking and teams 1 and 3 are defending in the illustration).
- If the defender manages to gain possession of the ball, they should try and play a pass into the opposite goal.
- As soon as a goal is scored, or the play breaks down, 2 new players attack in the opposite direction and a new player from the opposite end enters the area to act as a defender.
- Players who have just taken part, join the group at the opposite end from where they started.
- Encourage the attackers to use all of the space available. Also encourage them to attack the goal and shoot as soon as they manage to get passed the defender.

BUILD UP TAG (Fundamentals-Activity 3)



EMPHASIS:

- Team work.
- Dribbling.
- Coordination.
- Agility.
- FUN!



- Set up a 10m x 10m area (may need to increase size depending on player numbers). Every player has a ball. Three parents join hands and act as taggers. The taggers must stay in contact and move as a group.
- On the coaches command the taggers begin to try and catch the players by kicking their ball out of the area.
- Once a player has lost their ball, they become a tagger and join on the taggers chain.
- The last player left with a ball, or all players left with a ball after 2 minutes are the winners.
- Encourage players to use tricks, change of speed and change of direction to avoid the taggers

HANDBALL (Fundamentals-Activity 4)



EMPHASIS:

- Team work
- Finding space
- Coordination
- Agility
- Confidence.
- FUN!



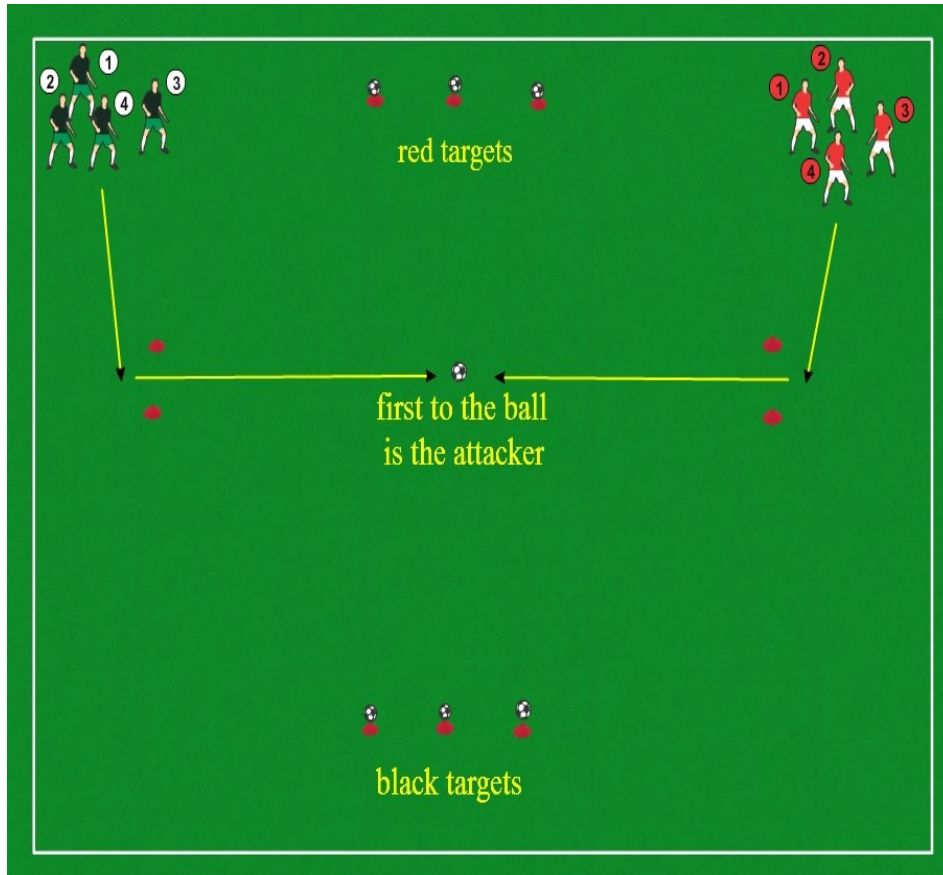
- 20m x 20m area. 2 goals at either end of the area. Split the group into 2 teams.
- Players use their hands to hold and throw the ball, instead of using their feet.
- Teams can score in either goal at the end they are attacking.
- Playing with their hands allows the players to focus on creating space and moving to receive a pass.
- It also allows the players to keep their heads up, so they can begin to understand how much space there actually is on the field.
- Play for 1 minute, then start a new game. An extra ball can be introduced to increase the intensity and create more scoring options.

SHOOTOUT (Fundamentals-Activity 5)



EMPHASIS:

- Speed
- Dribbling
- Accurate shooting
- Agility
- FUN!



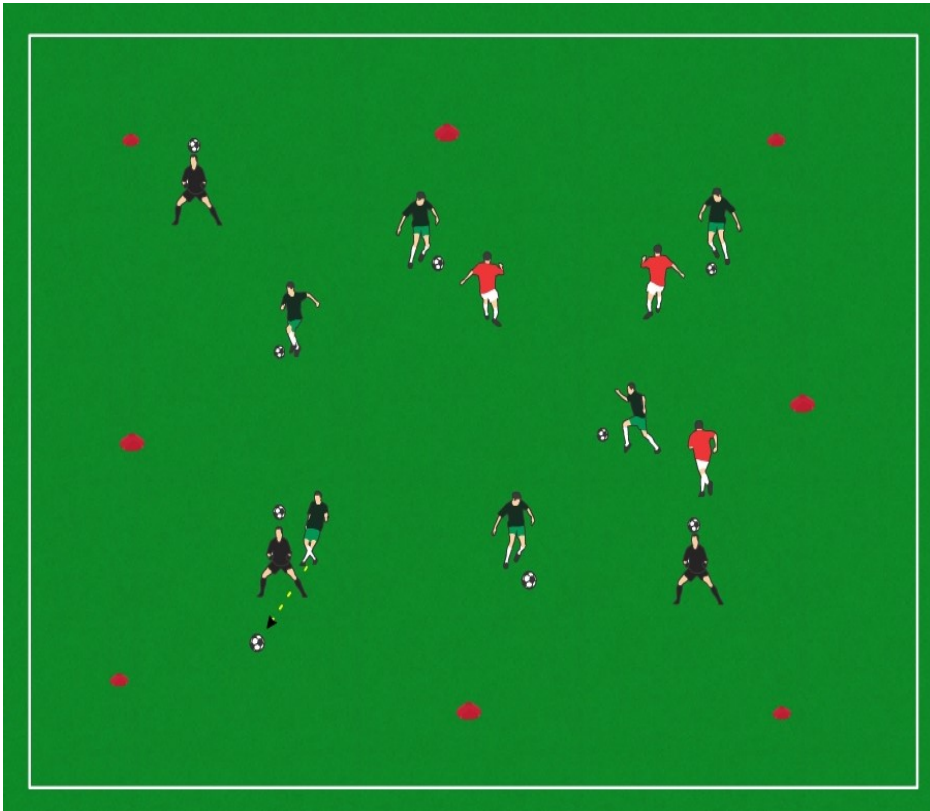
- Set up the cones as shown above and split the players into even teams. Players in each team are given a number.
- The coach calls out a number and the corresponding player from each team race through their respective cones and try to get to the ball first.
- The first person to the ball tries to attack the balls that the coach has assigned to them. Players must take at least one touch of the ball before they try to shoot at a target. The other player becomes a defender and tries to chase down the attacker and prevent them from hitting a target.
- The coach can throw in fun teasers “12 divided by 3”, instead of just shouting 4.
- The first team to knock off all the balls is the winner.
- The attacking players first touch should be towards the target, but away from the defender.
- Players should take a quick look at the target, as they dribble, before they take a shot.
- Players heads should be over the ball, so they can keep the ball low and hit a target.

STUCK IN THE MUD (Fundamentals-Activity 6)



EMPHASIS:

- Dribbling
- Protecting the ball
- Agility
- Teamwork
- FUN!



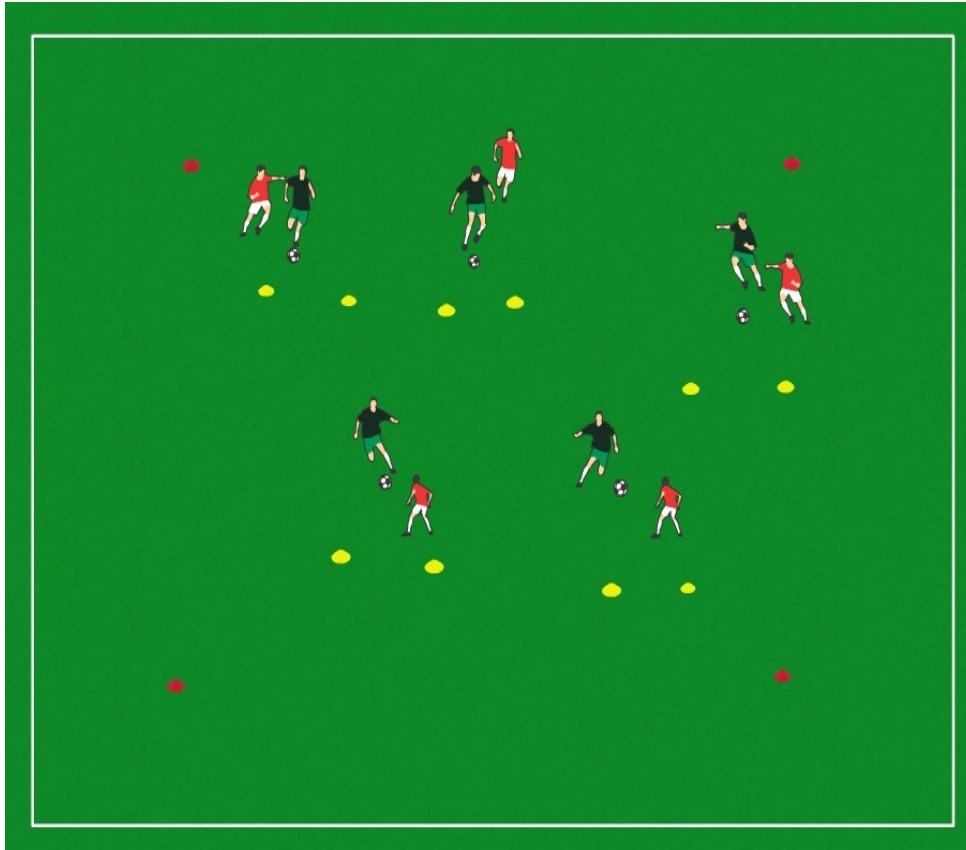
- Set up a 20x20m area choose 3 people to be the catchers (Denote them with coloured pinnies). Everyone else is given a ball.
- On the coachers command, the catchers enter the area and attempt to render every player “Stuck In The Mud”. A player becomes stuck in the mud if their ball leaves the area. This can be done by a catcher kicking their ball out, or by the player losing control of their ball and dribbling it out of the area themselves.
- When a player is stuck in the mud, they must stand still with their legs open and hold their ball above their head. They can be freed if another player dribbles a ball through their open legs.
- Play for 1 minute and see how many people the catchers have stuck in the mud at the end of the minute.
- Choose 3 more catchers and repeat the game. The team of catchers with the most players stuck in the mud after a minute are the winners.
- Teach players how to protect their ball when they are pressured by a catcher.
- Players must have their heads up whilst in possession of the ball. This will allow them to see where the catchers are and also to see who needs to be freed.

THROUGH THE GATES (Fundamentals-Activity 7)



EMPHASIS:

- 1v1 Game.
- Dribbling
- Passing
- Coordination
- FUN!



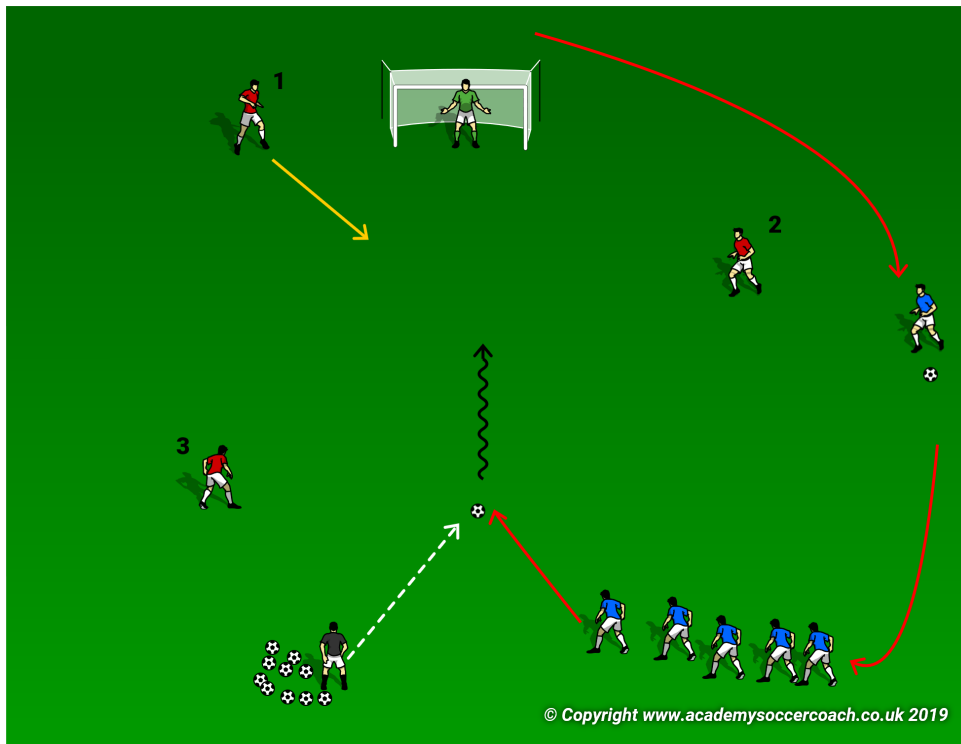
- 20m x 20m area. With gate (2 cones) spread around the area. Split the group into pairs. Each pair has 1 ball.
- Player in possession passes the ball through a gate to their partner. As soon as they make the pass, they run to a different gate and wait for a return pass.
- When a player receives a pass they get their head quickly up, so they can see where their partner has gone. They need to dribble to that gate and return the pass.
- **PROGRESSION:** Now one player becomes the attacker and the other a defender.
- The attacker starts with the ball and tries to dribble through as many gates as possible in 1 minute.
- The defenders job is to keep up with the attacker and try to stop them from making it through the gates.
- After 1 minute the players change roles.
- Parents can be used as defenders for less confident children.

1v1 Varied Defending Angles (Fundamentals-Activity 8)



EMPHASIS:

- Dribbling
- Shooting
- Decision Making
- Agility
- Confidence.



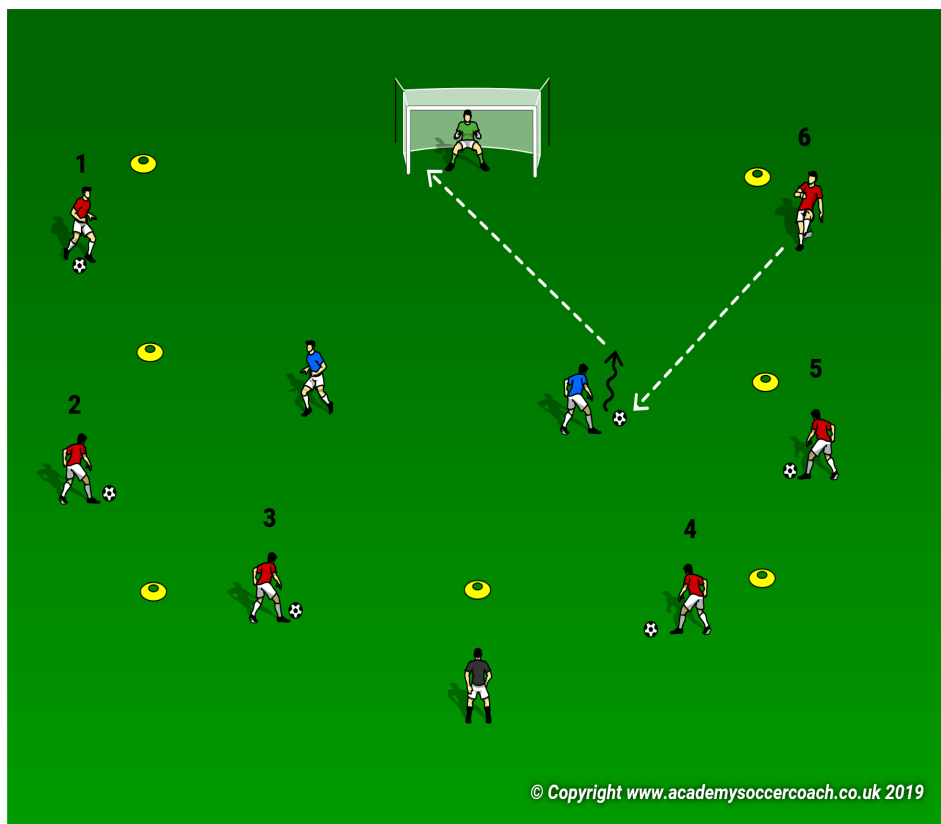
- Designate a goalie and three defenders. Place the defenders in the positions shown above and number them accordingly.
- The rest of the players form a line 15m from the goal and act as attackers.
- The coach starts play by playing a pass for the first attacker to run onto. Defender 1 approaches the attacker and tries to stop the attack. Once play has broken down, or a goal has been scored the coach plays a pass to the next attacker and defender 2 approaches from a different angle. Defender 3 approaches the next attack etc.
- Attackers retrieve their ball after each turn and return to the back of the line.
- Rotate defenders and goalie after each attacker has had a couple of attempts to score.

COACH - Attackers need to decide which direction to dribble, depending on the angle of the defenders approach.

COACH - Attackers should try to keep their body between the defender and the ball.

COACH - Encourage attackers not to turn away from the goal and to be confident in their attack. Shots should be low and directed into the corners of the goal.

SHOOTING WITH NUMBERS (Fundamentals-Activity 9)



EMPHASIS:

- 1st Touch
- Shooting
- Coordination
- Awareness
- FUN!

- Set up 15 x 15m area with a goal at one end. 2 Players become shooters and stand inside the area. The rest of the players stand outside the area with a ball each. The outside players are numbered by the coach. Choose a player to be goalie (or the coach can be goalie if players aren't confident enough).
- The coach calls out a number and the first shooter turns to receive a pass from the corresponding player. They should then try to control the ball, turn and shoot in just 3 touches.
- Once the shot has been taken, the coach calls out another number and the second shooter turns to receive a pass from that player. Continue until all of the outside players have passed their ball.
- Let the same shooters try again and then rotate the positions.

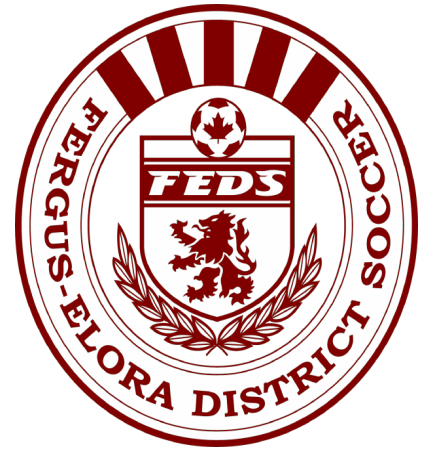
COACH - Encourage players to turn as they control the ball, so they can shoot quicker.

COACH - Aim shots low, into the corners of the goal. Shooters should strike the ball with their laces.

COACH - Encourage players to attempt shots with both feet (praise the attempt, not just the result).

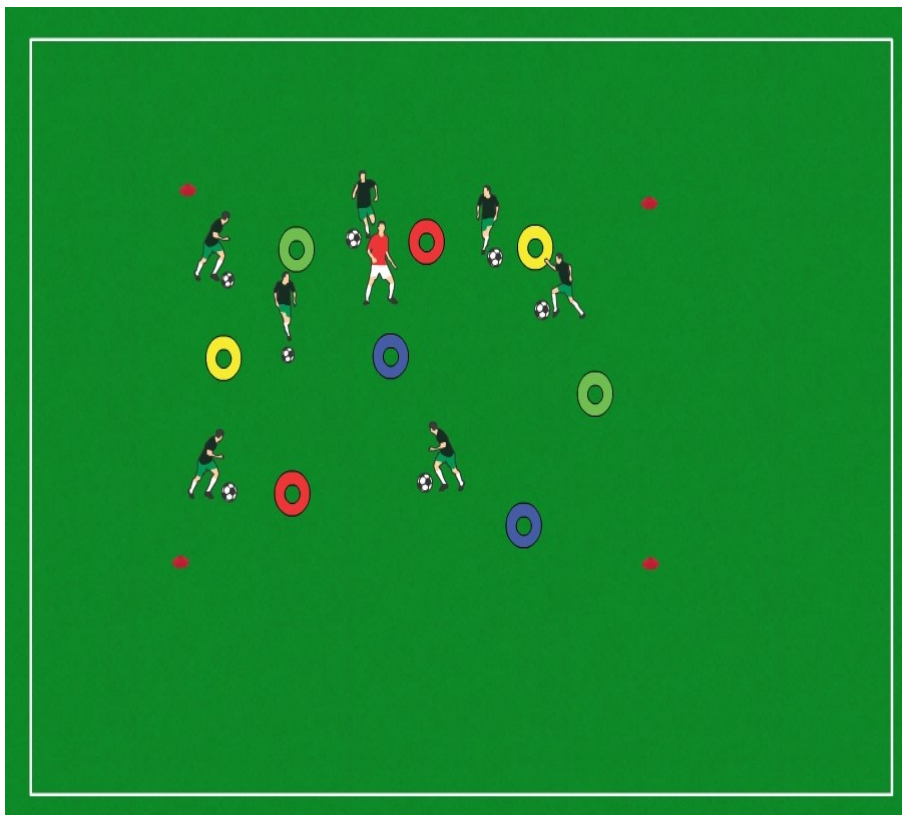
PROGRESSION: A defender can be added inside the area to increase the difficulty.

PIRATES (Fundamentals-Activity 10)



Emphasis:

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



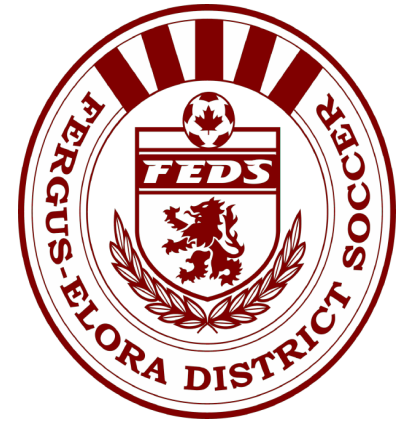
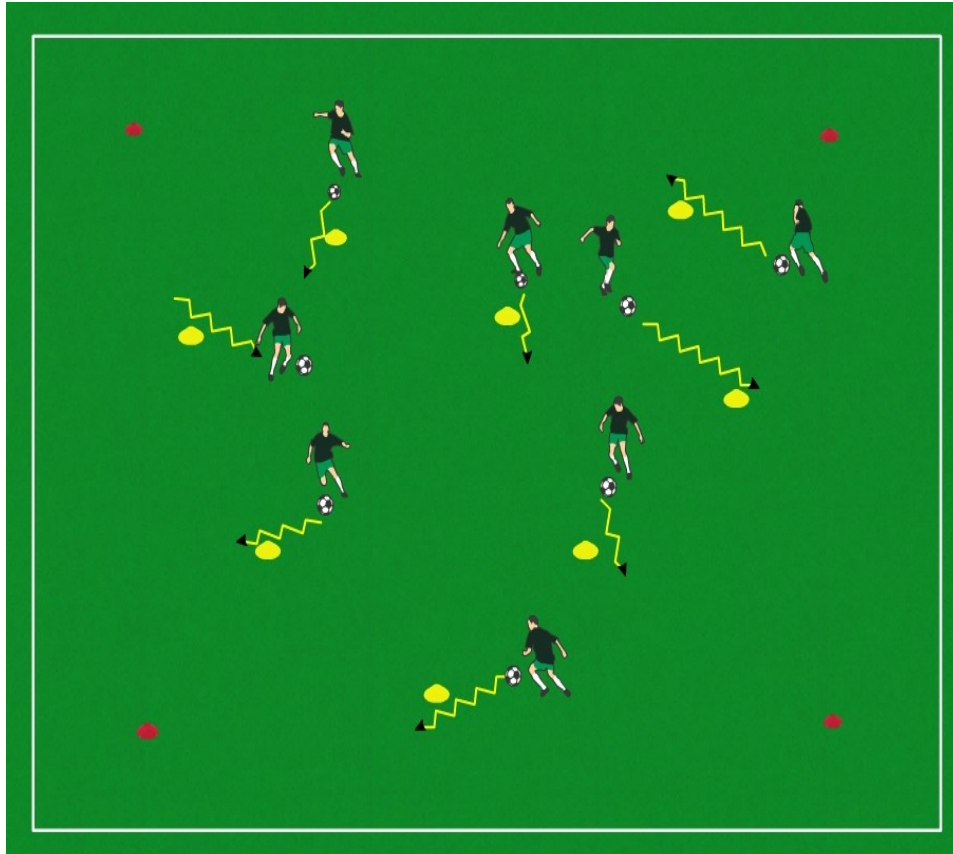
- Set up a 20x20m area and scatter as many rings as there are players around the area.
- The rings are islands and the area is sea. The players dribble their “treasure” (ball) through the sea, around the islands. Encourage them to dribble faster by asking “which sailor has the fastest ship?”
- Choose a player to become a pirate. The pirate will enter the area and attempt to steal the sailors treasure, when the coach shouts “PIRATE!!”. When the coach shouts “Pirates” the players must race to the nearest island (ring) and anchor there 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.

COACH - Players should keep looking up as they dribble around the area so they can see where the islands are. Encourage players to use the whole area and not just dribble around one island.

COACH - Players can protect their treasure as they attempt to get to an island by keeping their body between the pirate and the treasure as they dribble.

COACH - Encourage players to use both feet as they dribble. This will help them to change directions quicker and to protect their treasure better.

Ball Familiarity (Fundamentals-Activity 11)

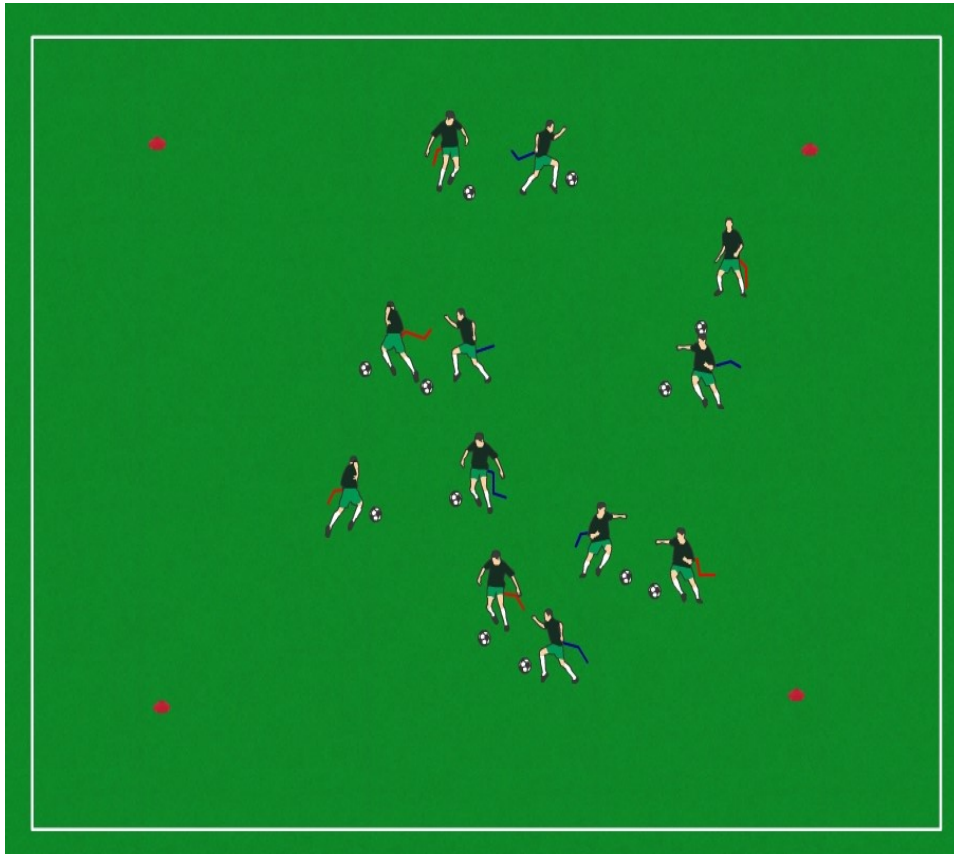


EMPHASIS:

- Technique
- dribbling
- Coordination
- Agility
- Confidence.
- FUN!

- 25m x 20m area. Place cones around the area (at least one per player). Each player has a ball.
- 1. **Ball familiarity:** Ask players to dribble around the area. Encourage them to use both feet and both sides of each foot. Next ask the players to perform techniques that you call out “BALL DANCING”, “SIDE TAPS” etc.
- 2. **Coordination:** Shout out a part of the body “HEAD”, “KNEE” etc. The players must touch their ball with that part of the body and then keep on dribbling.
- 3. **Technique:** Ask the players to approach a cone and perform a trick. They should pretend that the cone is a defender. Ask the players if they know any tricks that the group can try. Ask them to demonstrate the technique.
- 4. **Speed:** See how many cones the players can dribble around in 1 minute. Let them try again and attempt to improve on their score.

PONYTAILS (Fundamentals-Activity 12)



EMPHASIS:

- Dribbling
- Speed
- Coordination
- Agility
- FUN!

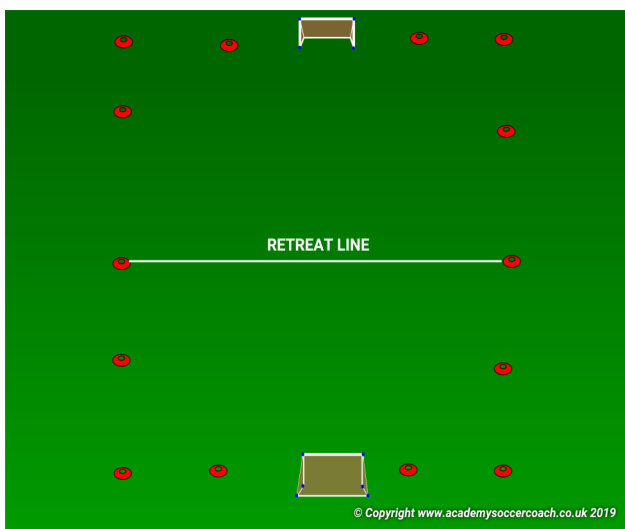
- 25m x 20m area. Every player has a ball to start. Instead of wearing pinnies, every player tucks their pinnie into the back of their shorts like a pony tail.
- When the game starts players must dribble their ball around the area, while trying to dislodge the pinnies from the other players.
- If a player loses their pinnie, they can still try to steal other players pinnies.
- The game ends when only one player has their pinnie left intact. That player is the "Champion".
- The game can be played without balls to start, so that players get to understand the concept of the game. Once they are ready, ball can be introduced.]

COACH - Players should always try and face other players, so their pinnie is protected.

COACH - Players should keep scanning the area around them as they dribble to see where the other players are.

HOW TO CREATE CONFIDENT AND CREATIVE PLAYERS:

- Encourage players and parents to create a safe, enjoyable and positive playing environment. The emphasis should never be on whether a team is winning or losing. We want to maintain a focus on the following principles:
 1. Are the players having fun.
 2. Are the players working hard and respecting the game.
 3. Are the players working as part of a team.
- Encourage young players to dribble or pass to a team-mate from a re-start, instead of attempting a “big kick” to nobody. We praise the initiative and not the result. If the players keep doing the right thing the results will improve naturally.
- Make sure that the opposing team is being fair and giving enough room during re-starts. Also encourage them to respect the “retreat line” and the reasoning behind it (the retreat line will be at the half way point of the field).
- Be wary that the majority of fouls and hand balls are not intentional at this age. They are mostly due to a lack of coordination. Try to keep the game flowing, rather than stopping it for every minor infraction. Intentional fouls or illegal plays should be dealt with by explaining to the player why what they did was wrong.
- Praise and encourage both teams and most importantly, remember that these young players are learning the game. **BE PATIENT AND FLEXIBLE!**



The retreat line in youth soccer is designed to encourage teams to play the ball out from the back. It gives the goalie and the defenders the space to try and pass the ball short instead of kicking a long pass aimlessly forward.

The opposing team should retreat behind this line whenever a goalkeeper has hold of the ball.

As soon as a defender touches the ball, the opposing team, can start to pressure the ball again.

COACHING TIPS:

LEARNING STYLES:

It is important that we are aware of these learning styles when we coach our players. Always try to demonstrate what you want the players to do and also get them to practice, so you know that they understand what you are coaching.

This can also be an effective method of explaining an activity to the players. Use diagrams, or simplified demonstrations to ensure that the players understand the activity. This will allow you to initiate the activities more quickly.



COACHING STYLES:

COMMAND: Coach makes all of the decisions. The players role is to follow the decisions without question. This can be effective for younger players, or players who have little understanding of the game.

“When you have the ball, I want you to look up quickly and play a pass to a wide player”.

QUESTION AND ANSWER: Coach asks direct questions to the players. This gives the coach the opportunity to gauge if the players understand the topic of the activity. It also gives the players an opportunity to get more involved with their development and gain in confidence.

“Where can you move, to create a good wide passing option for the ball carrier?”

GUIDED DISCOVERY: Coach will engage with the player, or the team and try to encourage them to solve problems on their own. The questions will be less direct and more vague.

“Show me how you can work together as a team, to stretch the defence?”

FAQ's

- **WHY AREN'T THE SCRIMMIGES LONGER?**

This program is built around the Canada Soccer and Ontario Soccer Association guidelines. Games and activities allow all of the players to have equal time on the ball and it also allows them to learn new skills and techniques in a less hectic and less pressured environment. The purpose of the scrimmage is for the players to further develop the techniques they have learnt in a realistic game setting. We try to encourage a relaxed, not to competitive game environment, so the players have the confidence to take risks without the pressure of making mistakes and letting their team down.

- **WHY DON'T WE KEEP SCORE DURING SCRIMMAGES?**

It isn't so much that we don't keep score, we just don't focus on it. Every player involved in the game and all of the spectators have a pretty good idea what the score is during a scrimmage. If we are going to ask players to take risks and try new techniques during a game, it is inevitable that on occasions the attempt will fail and may result in a goal for the opposing team. We want to focus on the initiative and the attempt rather than the result.

- **WHY ARE THE FIELDS SO SMALL?**

To become competent at soccer, players will be required to demonstrate a range of techniques and skills. Some of these skills include utilizing space with strength and speed and others require close control and balance in tight areas. The problem with too many soccer scrimmages is that the organization and size of the field promotes fast play with kick and chase tactics (the fastest and biggest players succeed, regardless of whether they are technically superior to the other players). Our aim is not to take these attributes away from such players, but to enhance them with the ability to demonstrate close ball control when required. There is always space available on any field. Another mental strategy that our players need to learn is how to create and manipulate this space.

- **WHY DO THEY ONLY PLAY 4V4 DURING SCRIMMAGES?**

The simplest answer to this question is that as the number of players on a field reduces, the number of opportunities for each player to have the ball at any point increases. We want every player to have as many touches as possible, so they can develop the skill that were introduced to them in the activities section.

- **WHAT EQUIPMENT DO I NEED TO PROVIDE FOR MY CHILD?**

Players should have appropriate footwear (ideally soccer cleats). They should also wear shin guards, as the scrimmages and some activities will involve contact. Players should not wear any jewellery, or necklaces, as these can cause harm to themselves, or other people.

- **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).

SOUTH RIDGE PARK, ELORA





PLAYER/PARENT/COACH AGREEMENT



CLUBS PHILOSOPHY:

- Create a fun and safe environment.
- Teach the players the fundamentals of soccer.
- Encourage players to be creative and expressive in the way they approach the game.
- Put the focus on fun and development as apposed to winning at all costs
- Always show respect to players. Listen to there insights and opinions.

PLAYERS COMMITMENT:

- Turn up to practices with a positive attitude, ready to work and learn.
- Be dressed and ready to go in cleats and shin guards for the start time of each game/practice.
- Respect the game officials and listen to the coach when they speak and also show respect for my team.
- Work as hard as I can at games/practices and do my part to make it a fun environment.

PARENTS COMMITMENT:

- Respect the officials at every game. They are doing their best and many are also learning.
- Be positive in any comments you make around the players. They are listening!
- Respect the coach and the choices they make, even if you don't always agree.
- Don't shout at, or coach you child to aggressively during games. It generally just confuses them.
- Encourage your child to be on time and let them know how much you enjoy watching them.

**Please let the coach know about any of your child's relevant medical conditions
and the subsequent emergency treatment.**

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”