

Grapevine

Southlake

Soccer

Association

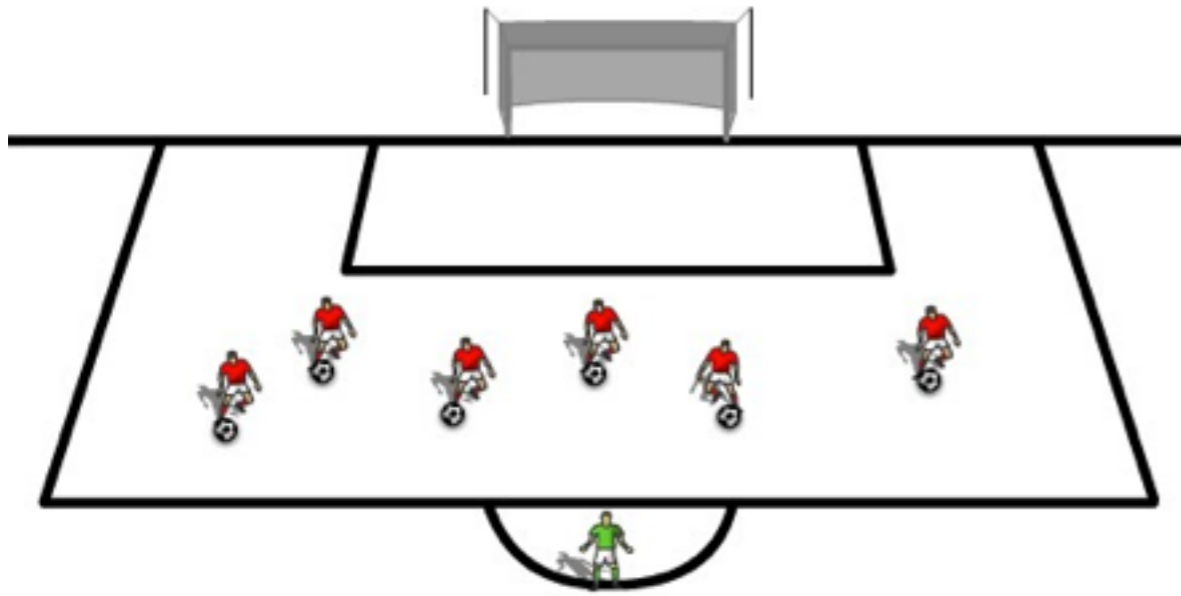
Grassroots Coaching Manual

Chapter 1

GSSC

**Grassroots
Coaching Manual**





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What time is it Mr Freeze?

Coach demonstrates a different skill each week.

Week 1: Dragback right foot.

Week 2: Dragback left foot.

Week 3: Inside hook turn right foot.

Week 4: Inside hook turn left foot.

Week 5: Outside hook turn right foot.

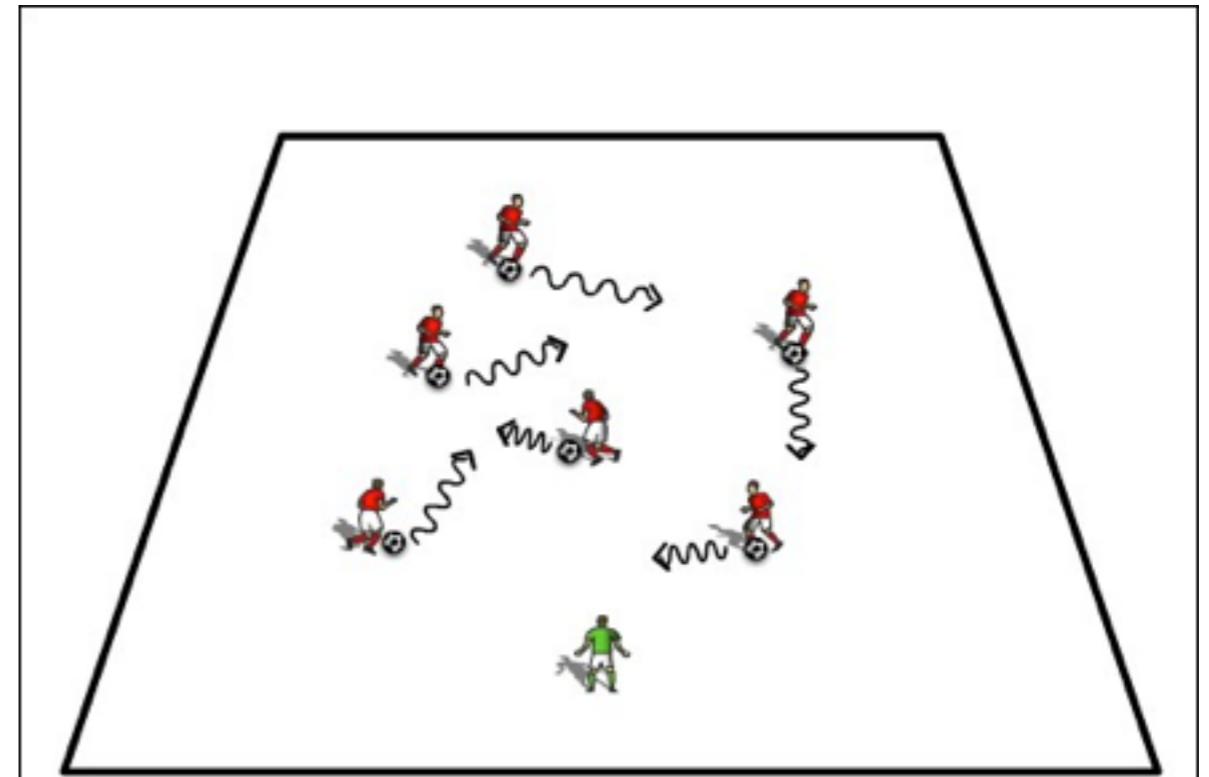
Week 6: Outside hook turn left foot.

Week 7: Call out different turns to see how many remember them.

Coach walks out from the goal line with the players dribbling behind with a ball each. Every few steps the players shout "What time is it Mr Freeze" and the coach answers with a time, say "3 o'clock". The coach carries on walking and the players repeat "What time is it Mr Freeze" coach replies "4 o'clock" and so on until the coach eventually shouts "its Freeze Time". The players must perform the weeks skill as a turn and race back to score a goal, if they are tagged by the coach they get frozen before they can score.

Coaching Points:

Emphasizes different turns, speed away from a player and dealing with applied pressure, scoring.



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Monster Trucks:

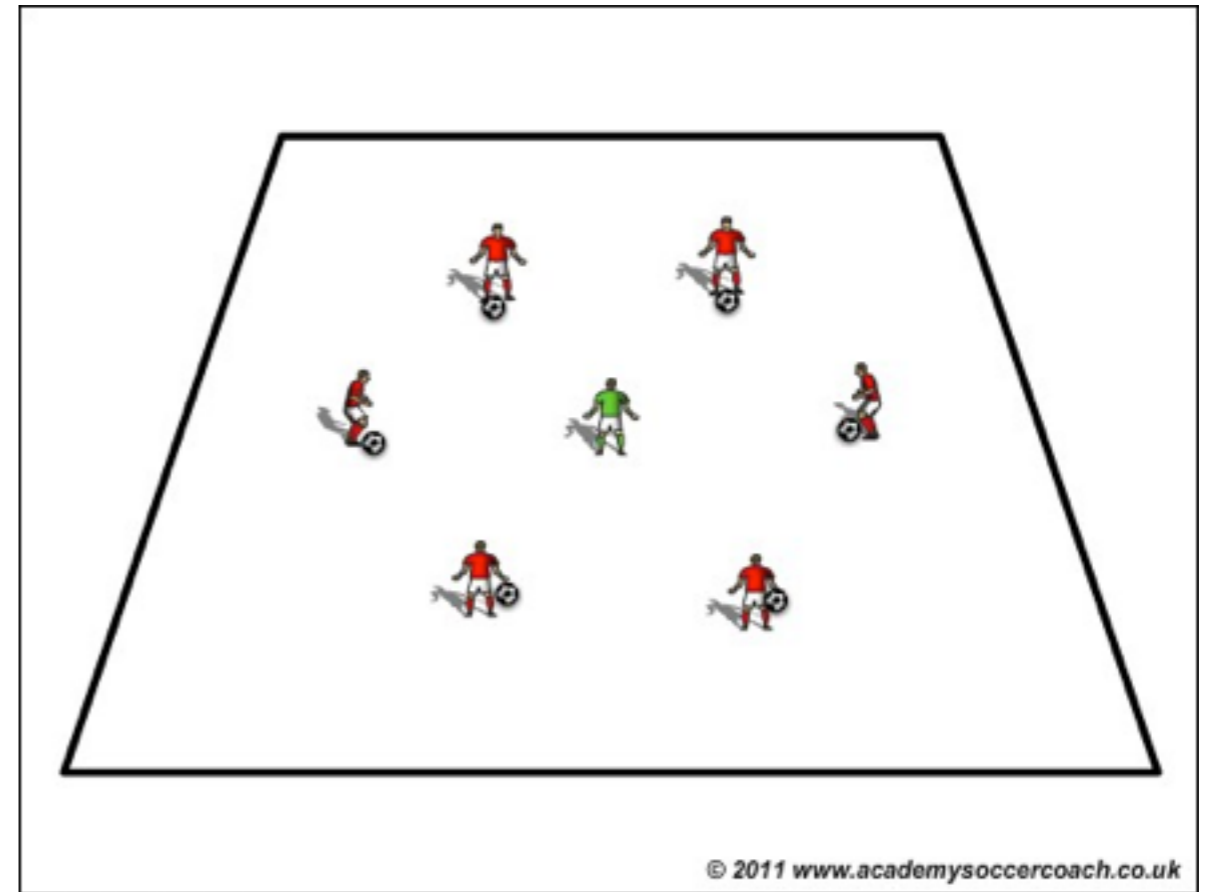
The players pretend that their ball is a Monster truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their monster trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. If they hit another monster truck they have to do 10 toe taps to repair the damage. Have them drive slow and fast, reverse and stop on demand.

Coaching Points:

Spatial awareness and close control coupled with plenty of touches.



Tick Tock Shooting Challenge
 Have two lines of players each player with a ball. On the coaches command the first player on each side tick tocks with the ball to a pre-determined marker (can just be a parent). Once at the marker they can turn around it and then shoot to score. After the ball has passed the goal line the next two players can go.
Coaching Points:
 Ensures plenty of touches on the ball, gets their head up and improves speed on the turn and shooting.

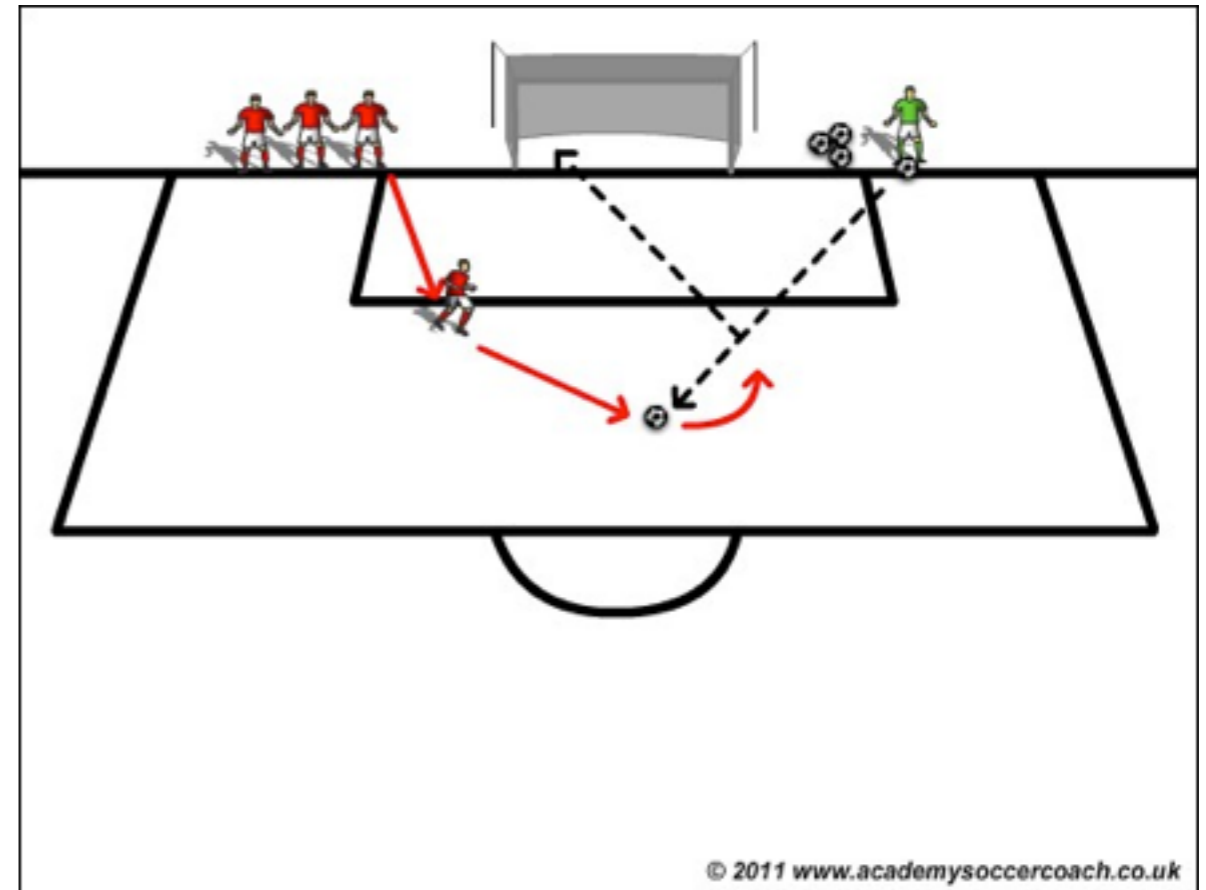


Tick Tocks and Toe Taps:
 Demonstrate to players tapping the ball back and forth from left to right foot (Tick Tocks). Demonstrate to the players tapping the top of the ball alternately (Toe Taps).
 Go for 30 seconds and let the players count how many they carry out in that time, then ask every player how many they achieved. Allow for some exaggeration, but praise every player.



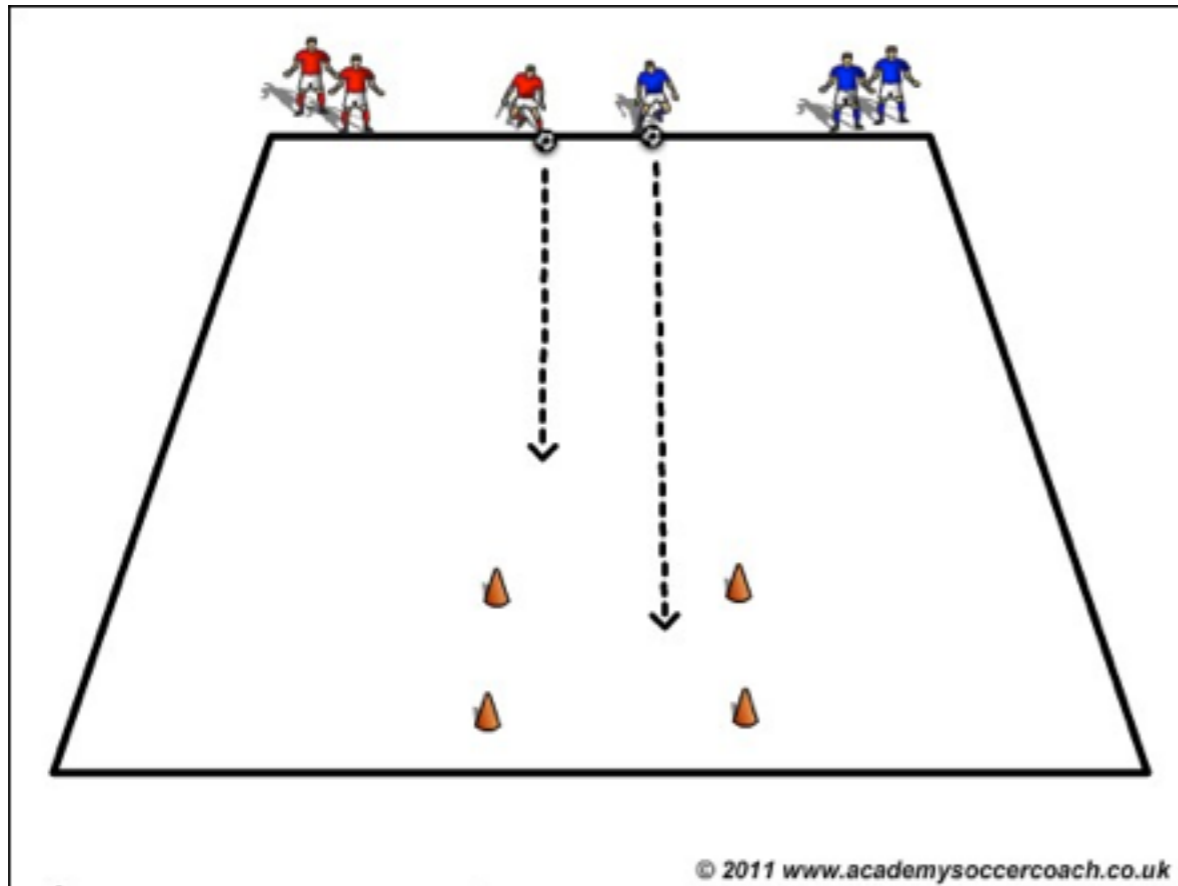
Control Relay Game:

Divide your group into pairs. One partner is a server and the other the receiver. The receiving player starts from the cone and runs towards the ball. The server rolls the ball slowly for their partner to trap using the sole or the inside of the foot. After trapping the ball, the receiver passes back to the server and runs around the cone to repeat the drill. Players change roles frequently approximately every 3 runs. Make it a bit of a race but emphasize quality over speed.]



Catch the Bus:

The ball is the bus and the kids have to catch the bus for school. The coach rolls the ball out in front and the first player runs out to catch the bus before it stops. The player then brings it back home by dribbling and scoring. If the ball stops, then they have missed the bus.
Coaching Points:
Speed to meet the ball and take it on the run. Controlling with the inside of the foot and shooting whilst on the run.]



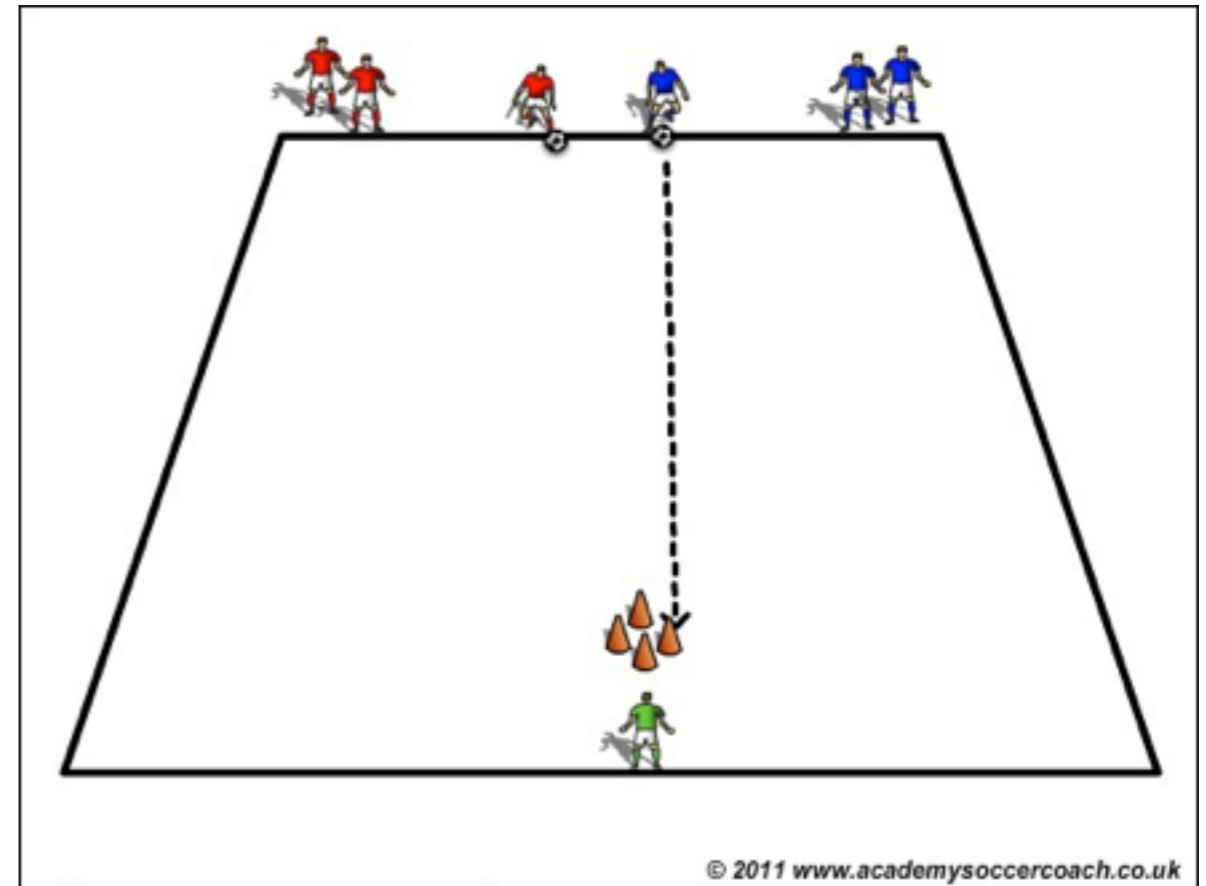
Land on the Moon:

A square is marked out by cones (the Moon). A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of Moon (square marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points for each team, play to 5. To challenge the players the size of the square may be reduced each time.

Coaching Points:
Accuracy of passing, weight of pass and correct technique.



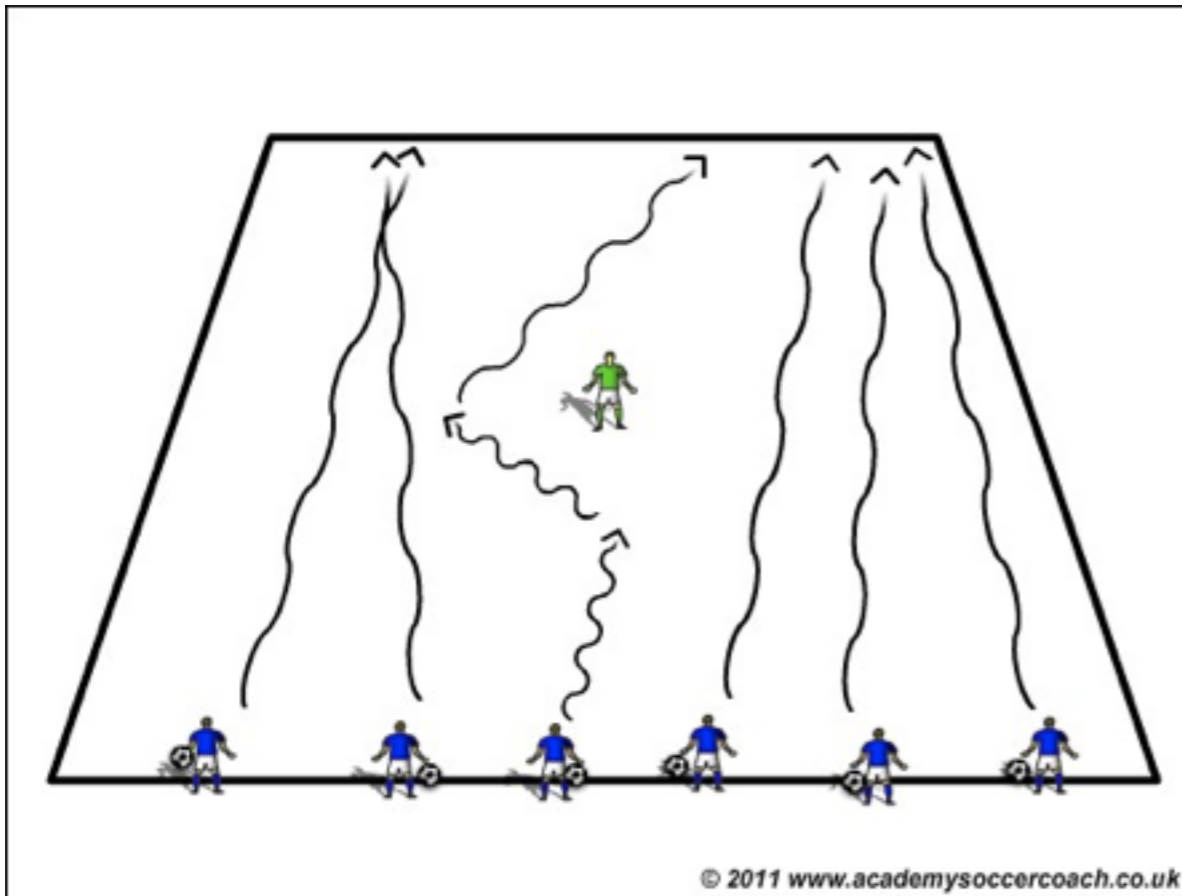
Skittles:

A diamond is marked out by cones. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and knock the skittles over to score a points. One for each cone and an extra point for a strike. Have coach or parents to reset cones nearby.

Repeat practice several times and total up points for each team, play to 15.

Coaching Points:
Accuracy of passing, weight of pass and correct technique.

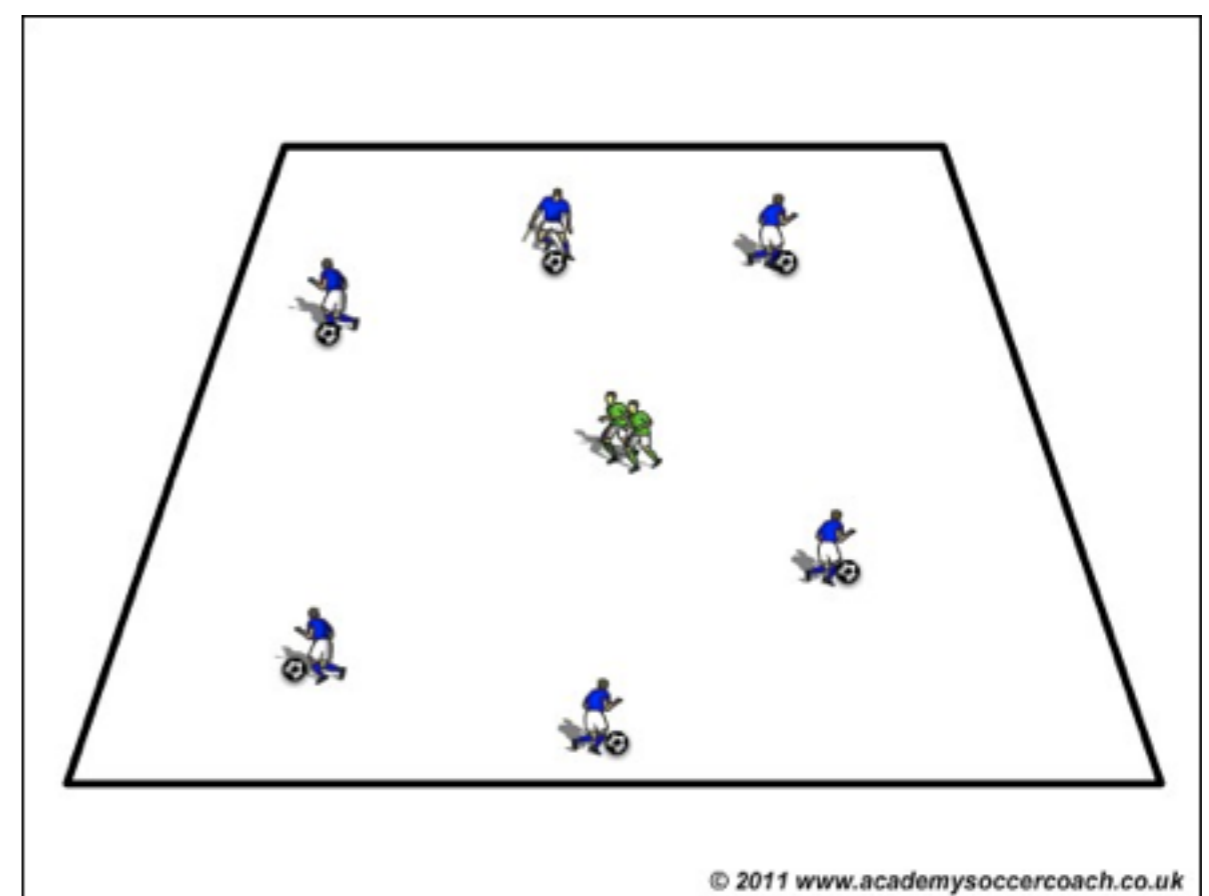


Spongebob Soccer Pants:

The team are positioned on the end line of the grid with one ball each. (These are the Sponge Bobs). The coach is positioned inside the grid as a Plankton. The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid. If a spongebob gets their ball kicked outside the grid then they become a plankton also for the next run.

Coaching Points:

Running into space, dribbling, keeping their heads up and defending when a plankton.

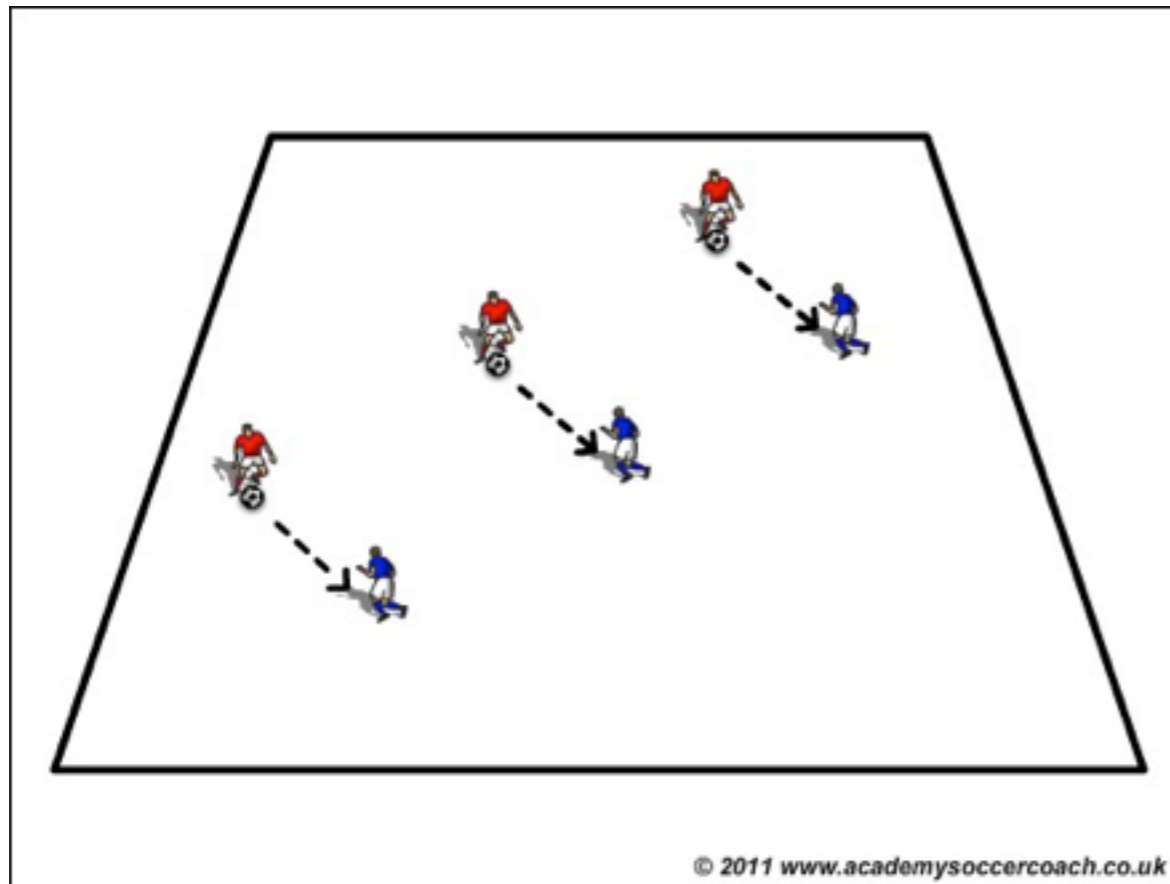


Blob Tag

A coach and a parent join arms or hold hands to team up and try and kick the balls away from the players. When a player loses their ball the join hands with the blob and the blob becomes bigger and more powerful. The blob must work as a team to kick all the balls out apart from the last one who is the winner.

Coaching Points:

Dribbling, teamwork.]

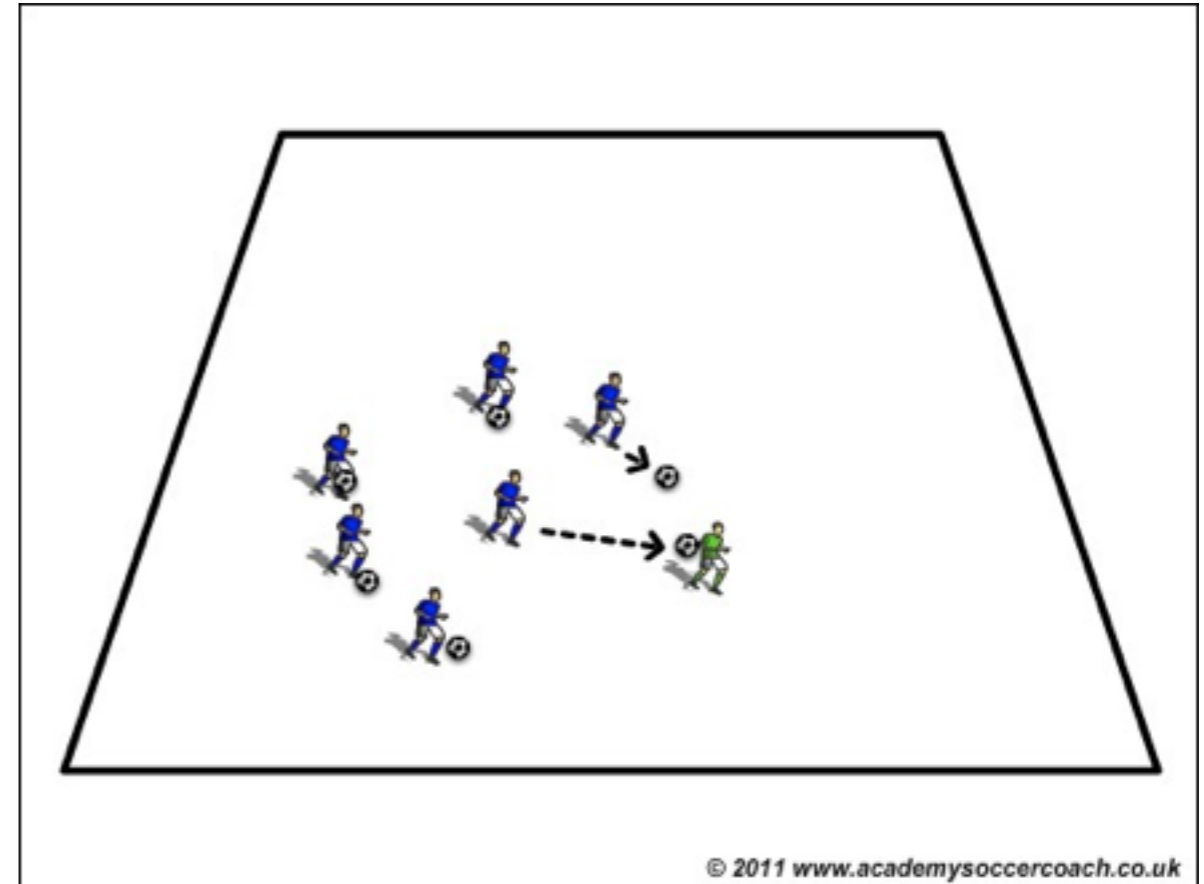


Push Pass Drill:

A player and a parent paired together. The parent kneels holding the ball firmly between their hands. The player steps towards the ball and performs the Push Pass. The players should always step towards the ball and try to hit the ball in their stride with the curved inside part of the foot whilst locking the ankle. Step away approximately 4-5 yards and roll the ball to the player for them to pass back into the parents hands.

Coaching Points:

Correct mechanics of passing the ball. Step through the ball to complete the pass.



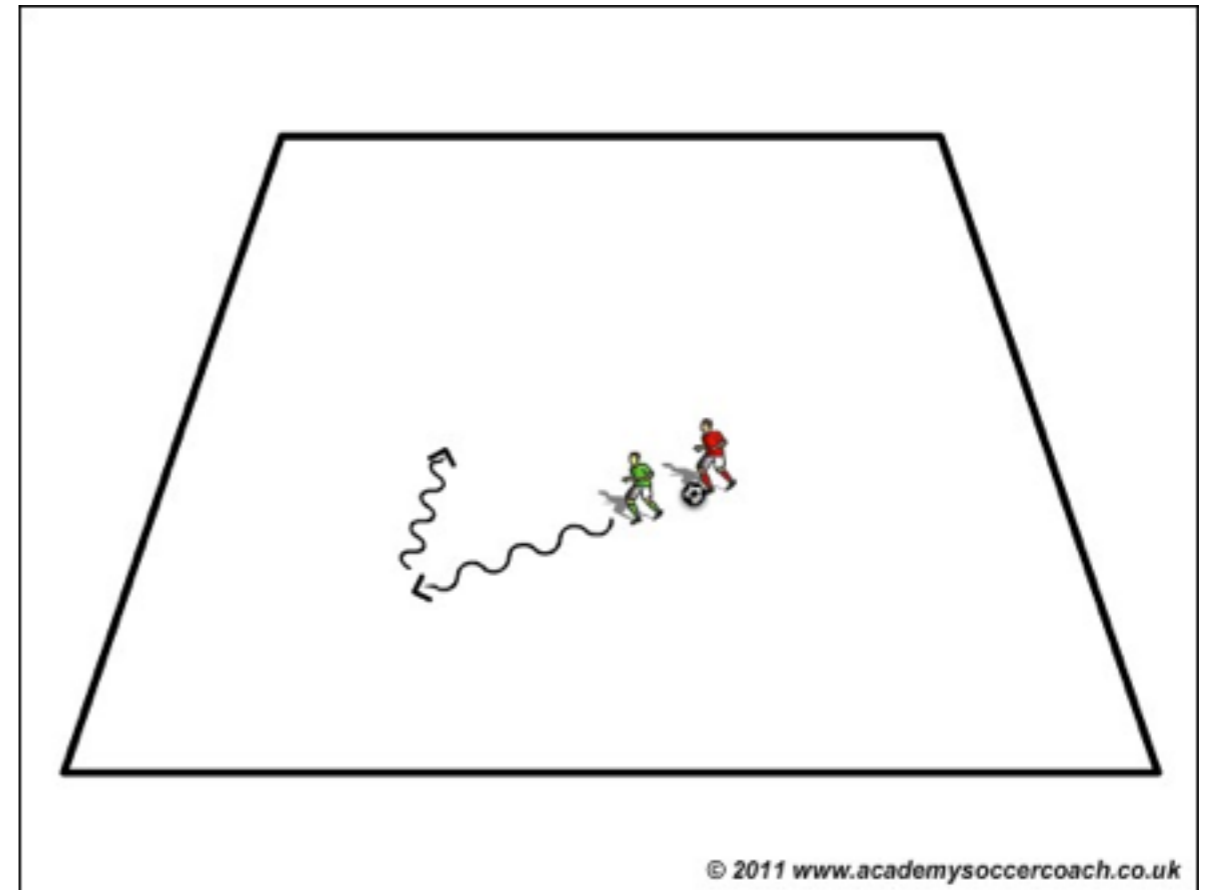
Ouch:

All the kids get a ball in a confined space and must dribble it around until they can pass it or shoot it at the Coach who is running around within the space attempting to avoid being hit by a ball. Often times you have to let some hit you. Make faces etc. to provoke them to try harder. Every time the coach is struck by the ball he yells "Ouch", usually louder based on the strength of the hit. The drill teaches ball control and shooting as well as making them think a little. As a bonus sometimes fall to the ground at the end if struck a couple times well, and then they really tee off!



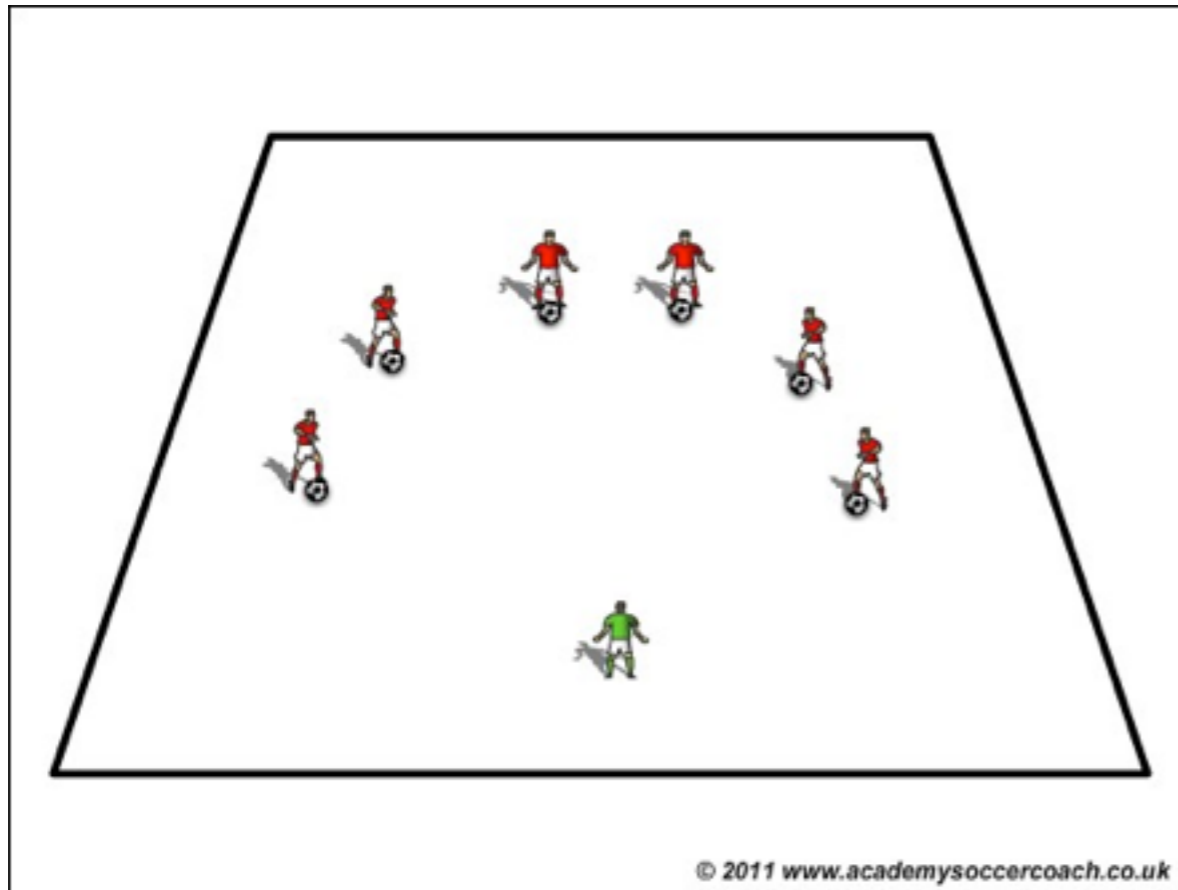
Dribble to Parent:
 Parent softly tosses ball away from player, player runs to ball and dribbles ball back to parent stopping at the parent with foot on top of the ball with the arms out for balance. This teaches player to run to ball, control the ball, and dribble under control while looking up for the parent.

Coaching points:
 Keep ball close and under control, move ball by pushing with the lace area of the boot NOT the toe. Increase speed, change the direction of the toss, and move after toss, making sure player is looking up while dribbling.



Week 1|
Choo-Choo Train:
 Parent is the front of the train while player is the caboose. Parent walks or slowly jogs in front of the player changing speed and direction.

Coaching points:
 Make sure focus is on looking up while dribbling, touching the ball with the laces of the boot, and keeping the ball close to the body and under control. Variation ~ Have player dribble with parent following.

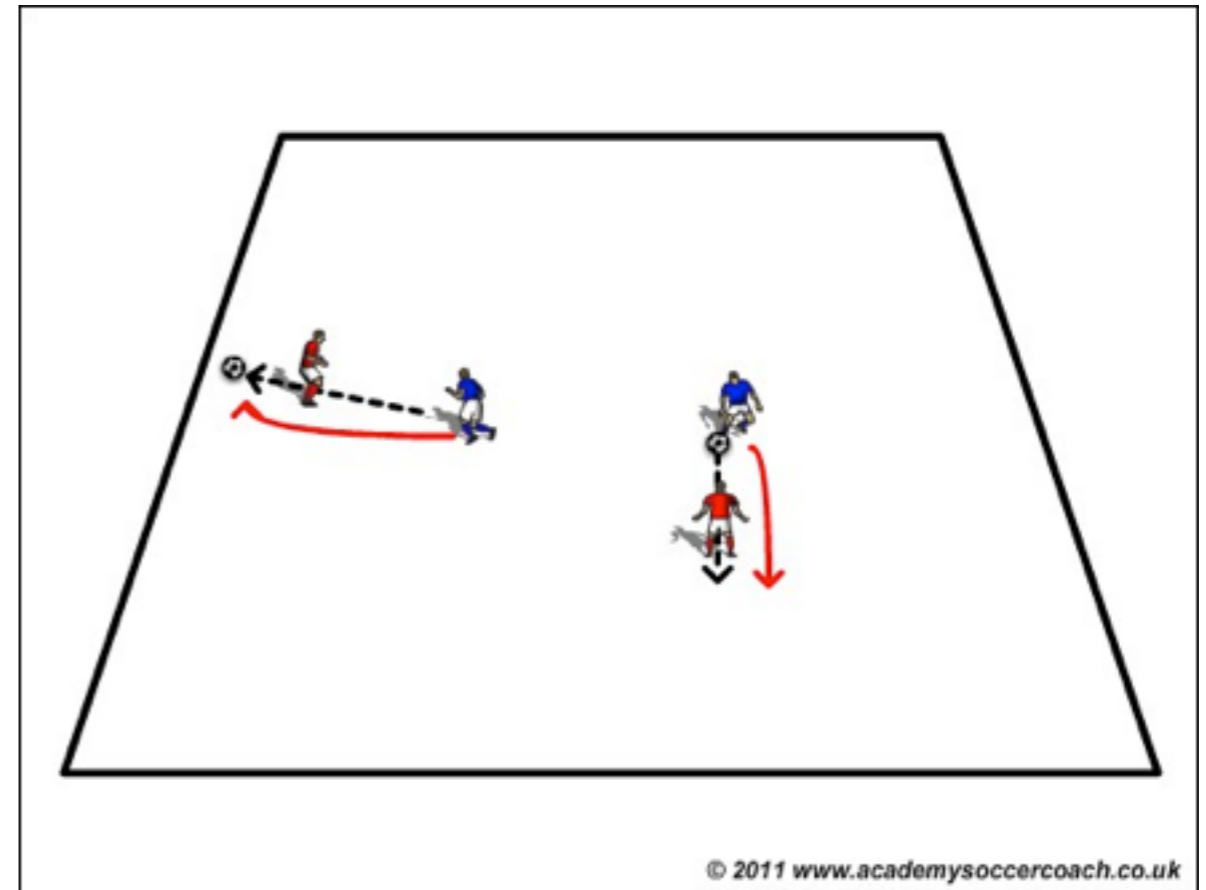


Simon Says:

Each player has their ball at their feet. Team Captain has the players begin to dribble in a specific area and calls out various commands such as stop, go, kiss your ball, change balls, etc. Note: Be creative and make it fun!

Coaching points:

Be sure and emphasize the importance of controlling the ball and dribbling to open space while player continuously looks up.



Ole (or Nutmeg):

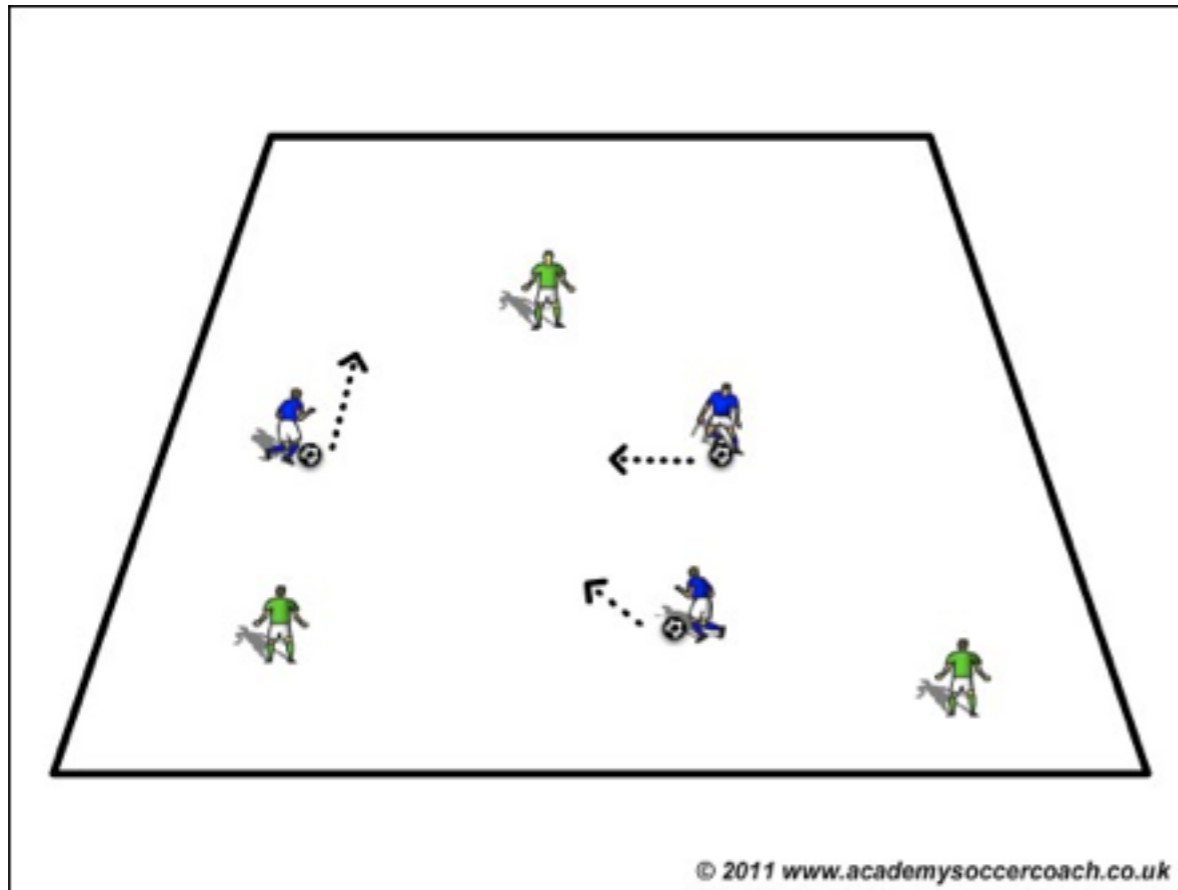
Parents spread out around field in different directions with their legs shoulder width apart. Players all have a soccer ball and must dribble with the ball and kick the ball through as many of the parents legs as possible within a 30 second period. The player at the end with the most points wins.

Coaching points:

Keep players moving with the ball, keep the ball under control, dribbling and kicking with the laces of the boot. Players should be looking up to next goal location.

Variation:

Have a parent randomly close their legs so players must continuously find open goal. Also allow a parent to become a pirate so players must look out for attack while finding a goal.

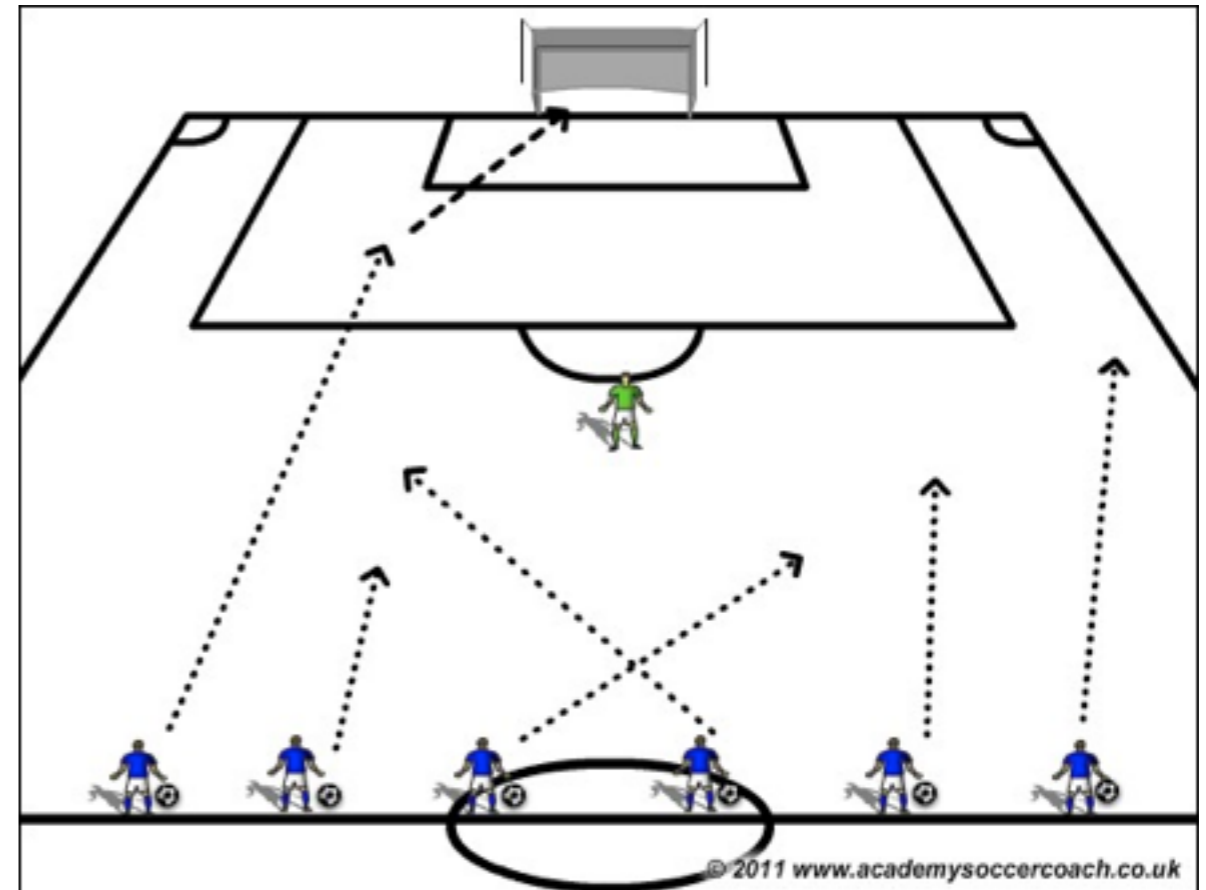


Sharks and Minnows:

Parents (Sharks) stand in various spots on the field and players (Minnows) dribble around avoiding having their balls taken from the sharks.

Coaching points:

Players should keep ball under control constantly looking up. Parents should be attacking with very little effort in actually taking the ball. Main focus is to expand the players field of vision and creative thinking coupled with the previous ball control lessons.

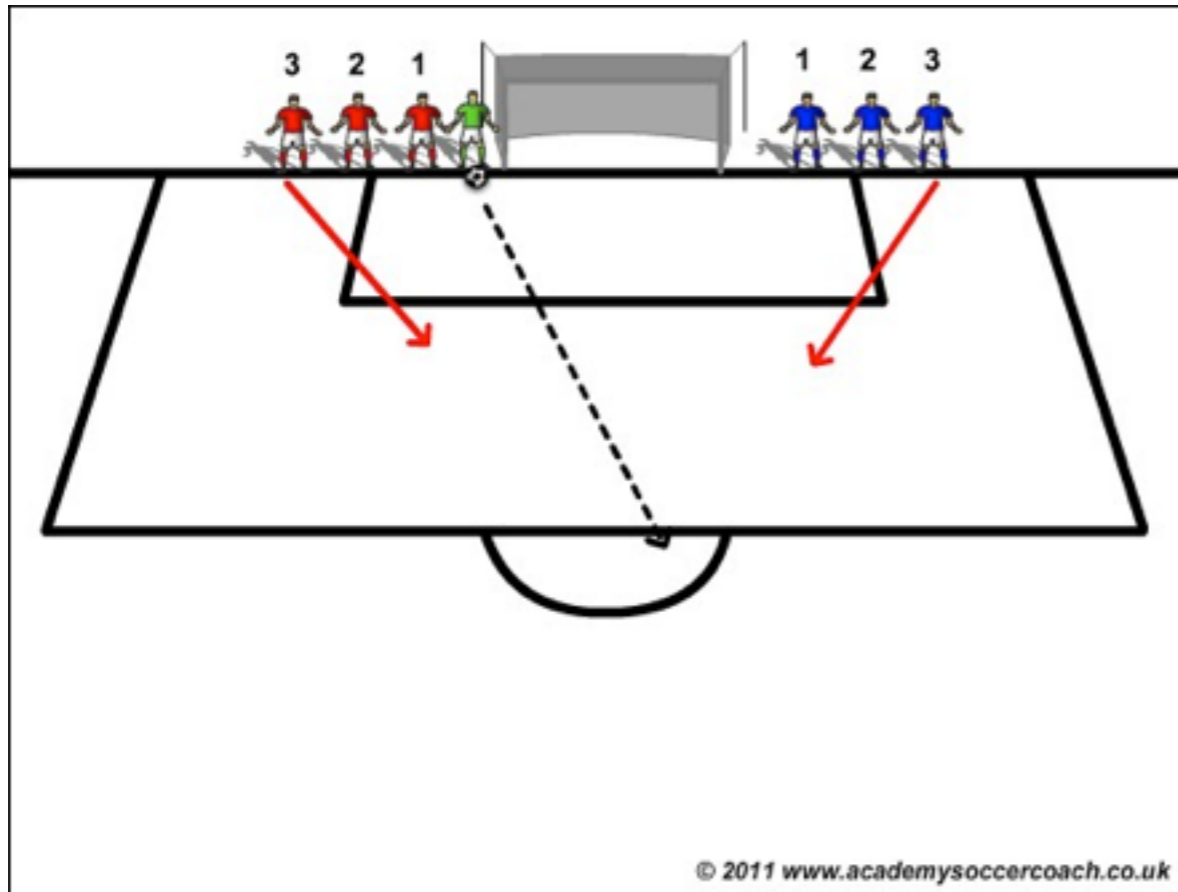


Storm the Castle:

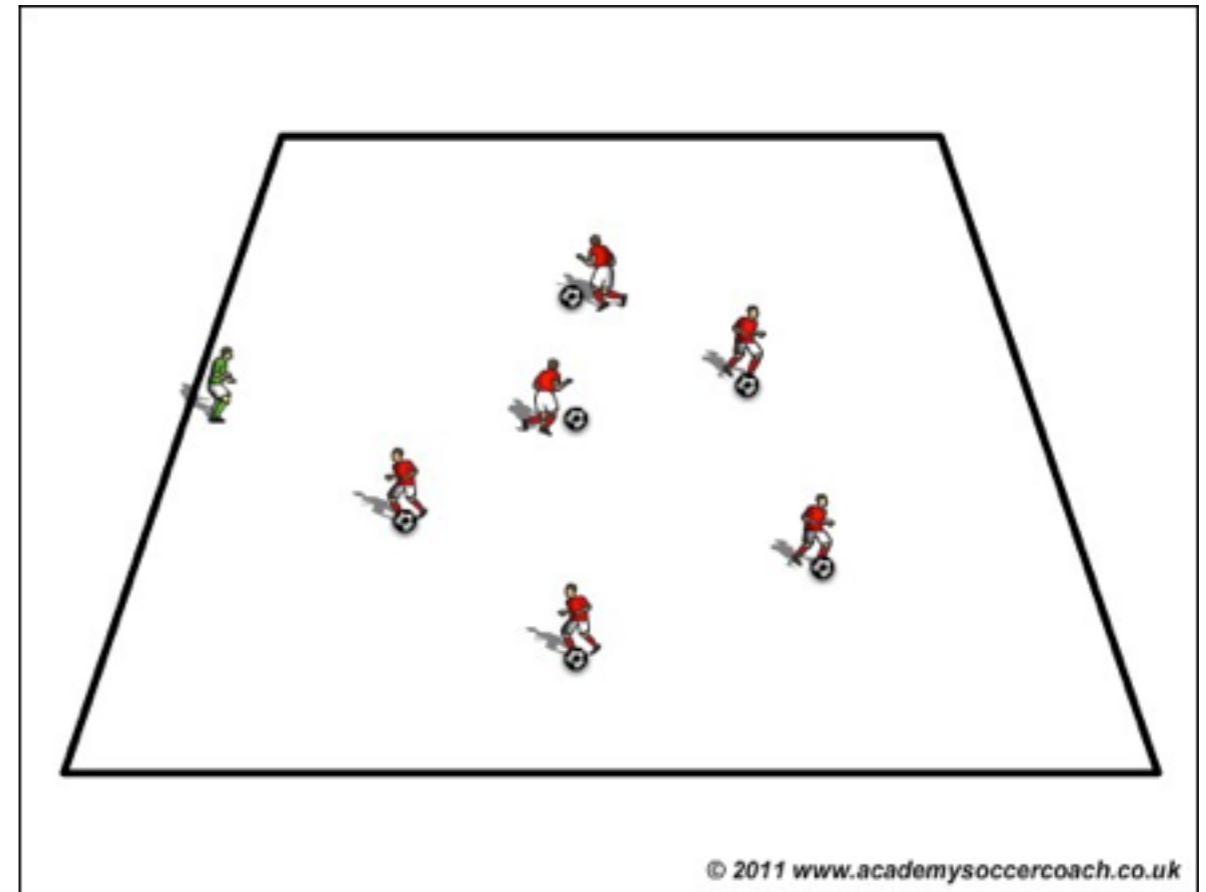
The Team Captain (the Dragon) has each player (Sir Shrek and Fiona) stand on the field half-line with their ball at their feet. The Dragon stands half way between the players and the castle. The players have to dribble safely past the dragon and get to the castle (the goal) and put their ball into the goal. If a player gets caught, they become dragons. The last player standing wins.

Coaching Points:

Keep ball under control, keep your speed, and use the laces of your boot to finish your shot on goal.



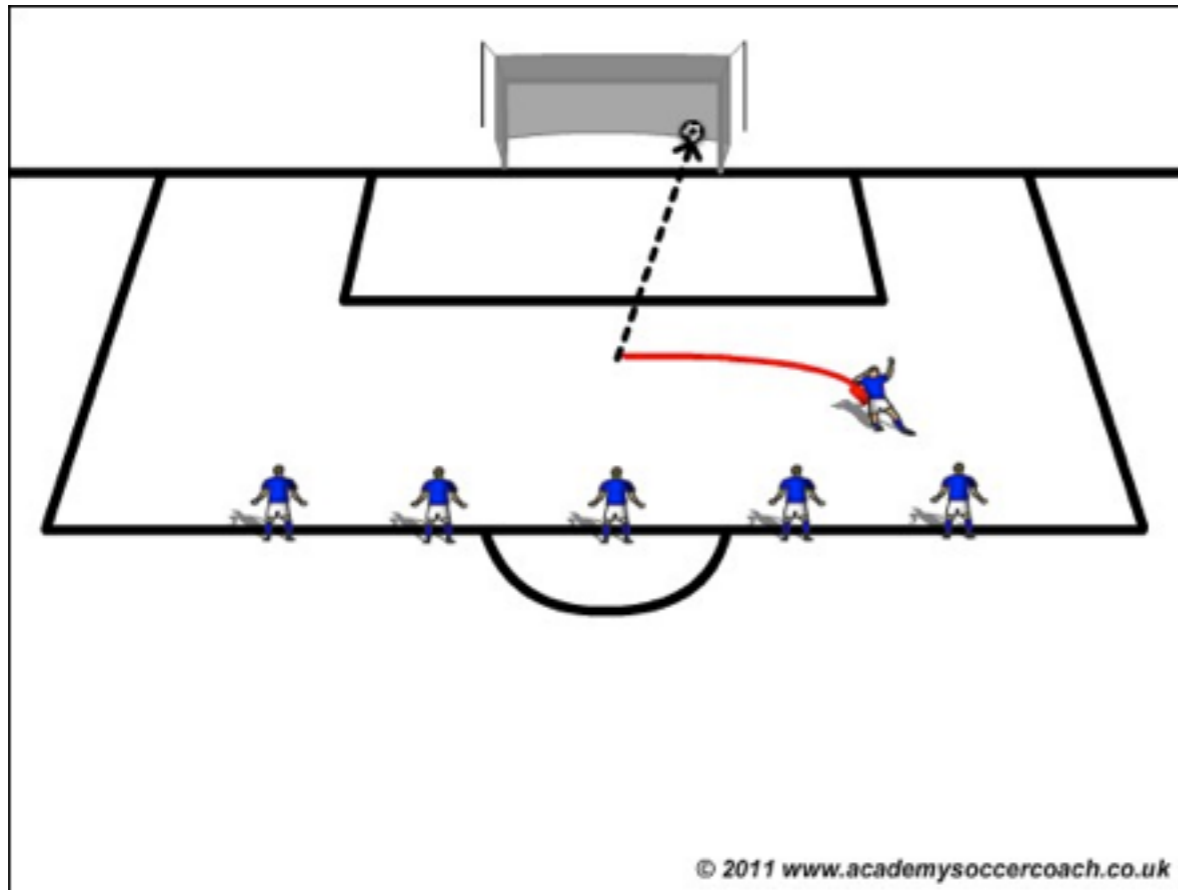
Desperado or Gator Ball:
 Players stand on each side of the goal in line, coach tosses ball out onto field and one player from each side of the goal attack the ball. Players try to be the first one to the ball, and then shoot on goal. Coach repeats until everyone has gone at least 5 times.
Coaching Point:
 Emphasizing first to ball, looking up for goal, dribbling with the laces and keeping the ball close to their body with a final shot on goal under pressure.



Red Light, Yellow Light, Green Light:
 Coach stands on the side line and shouts the following commands
 Red Light = Stop the ball
 Yellow Light = Do a turn/change of direction
 Green Light = Dribble with the ball

Coach can dictate the turn from the previous weeks Mr Freeze games or just let the players choose themselves. Coach can use different colored cones or pieces of card and instead of shouting the color can just hold the cone/card up and encourage the players to look up for awareness training.

Coaching Points:
 Emphasize speed after completing the turn, head up whilst dribbling and stopping quickly.



Goal Celebration week:

Players go score a goal and must demonstrate a goal celebration.

The Aeroplane

The Duck

The Elvis

The Cartwheel

The Roly Poly

The Greased Lightning

The Gunslinger

The Golfer/Baseball player

The Slide

The Samba

Just some ideas but get the players to come up with their own.

GSS