



Fort Mill
SOUTH CAROLINA
PARKS & RECREATION

FORT MILL COACHING TIPS

U5 & U7 SOCCER

ROOM TO LEARN & GROW

Instructional soccer focuses on growing a love for the sport, not a harsh competitive spirit. Play games that the kids enjoy, incorporating at least one soccer skill into it.



FOCUS ON SKILLS

Don't worry about positioning or using proper techniques. Focus on basic skills and build them up when they perform them correctly.



SPACING & TEAM PLAY

There are two main points to hammer home with players this age - spread out and share the ball. Kids will often ball chase when they are this young; encourage them to not take the ball from their teammates and use open space.



KNOW YOUR PLAYERS

Not every player is the exact same - skill level and personality wise. Know what drives your players and how to interact with them. Often, a love for a sport stems from their environment.



HAVE FUN WITH YOUR TEAM

Players at this age are so prone to follow by example. If you enjoy yourself and 'let loose', so will they. The best vessel to active, exciting game play is through comfortability and leadership. Create games and drills that drive in the passion found within sports.





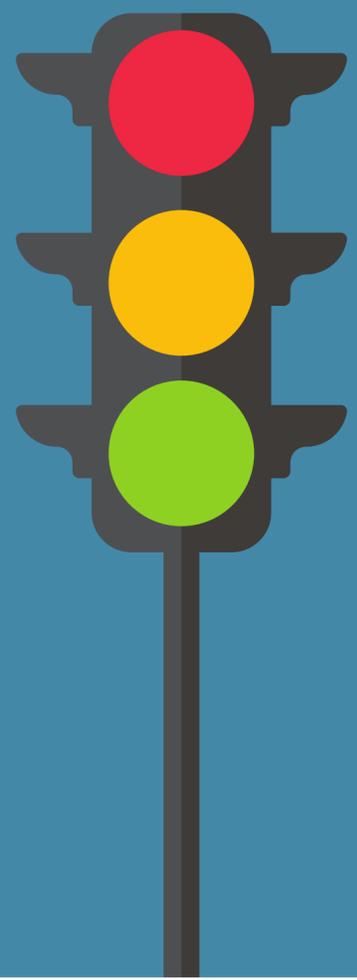
EXAMPLE DRILLS

U5 & U7 SOCCER

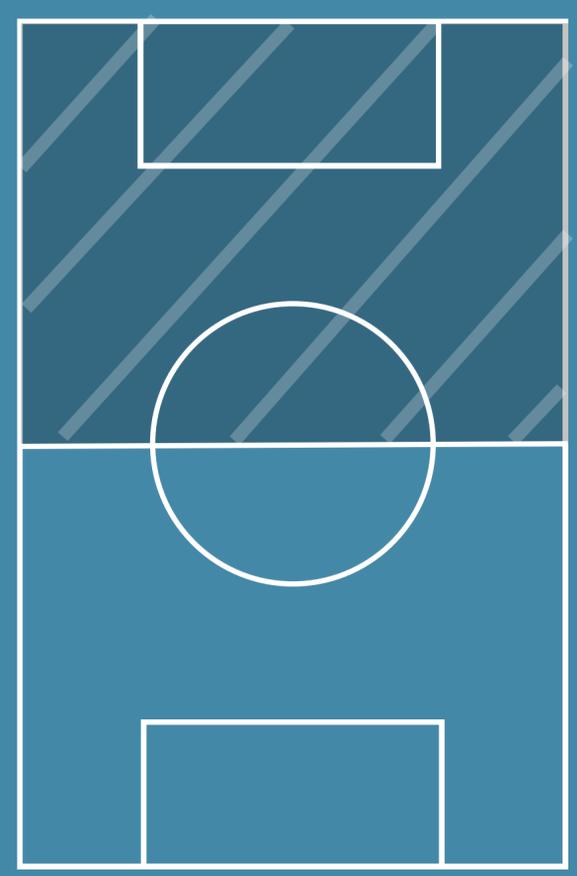
RED LIGHT, GREEN LIGHT

Have the kids stand on an end line with their soccer ball. When you (the traffic light), say green light, they must dribble as fast as they can, toward you at the other end of the field. Yellow light is a slow dribble. Red light is a stop.

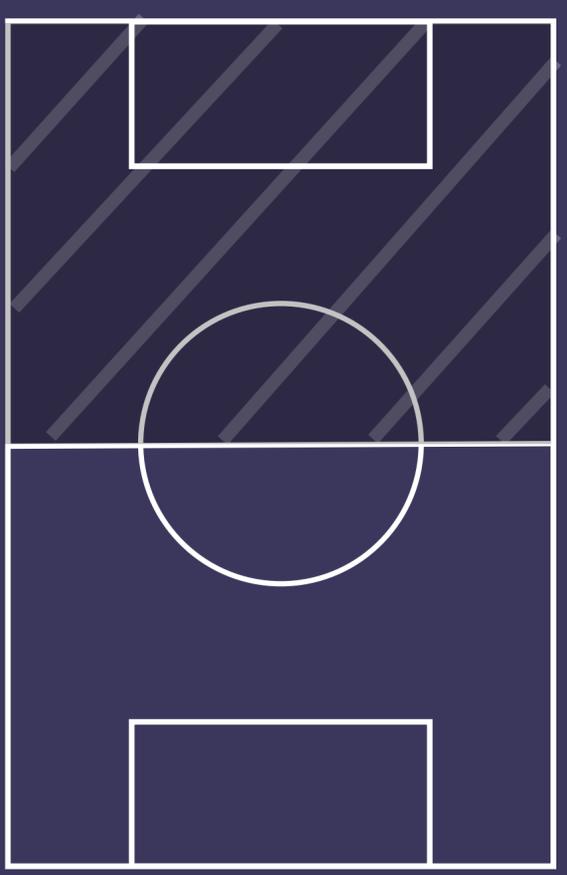
Tip - make sure they know that smaller dribbles = more control.



SPACE REQUIRED



SPACE REQUIRED



ASTEROID CLEAN-UP

Spread the cones (asteroids) all throughout the field. Have the players dribble around (the space crew) and 'clean up' the asteroids to save the universe.

Tip - add a time element to make it more exciting for them. The 'race against the clock' feeling makes it more intense and enjoyable..



EXAMPLE DRILLS

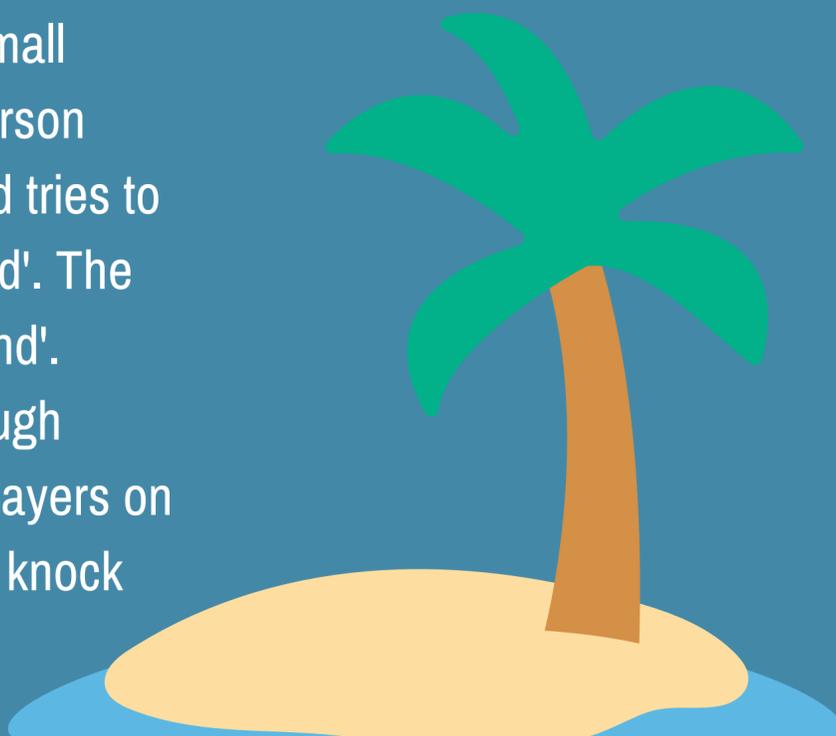
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U5 & U7 SOCCER

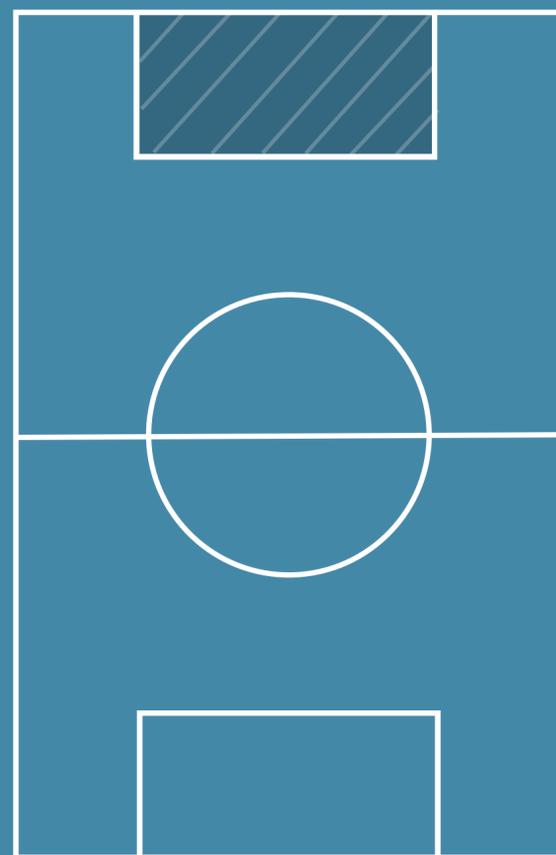
SURVIVOR SOCCER

Give all players a soccer ball. Have every player dribble in a small space (the island). One person goes around the island and tries to knock the ball 'off the island'. The last player in wins the 'island'.

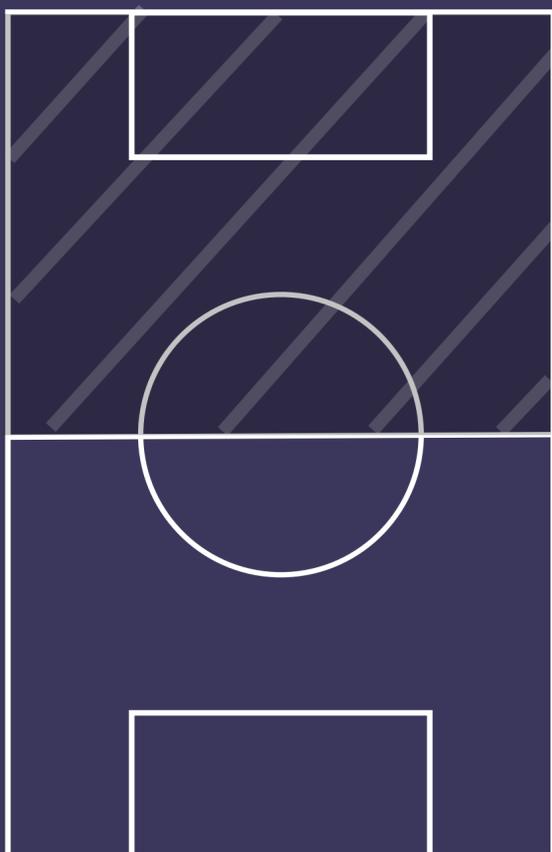
Tip - if you don't have enough soccer balls, have some players on the outside line, helping to knock balls away.



SPACE REQUIRED



SPACE REQUIRED

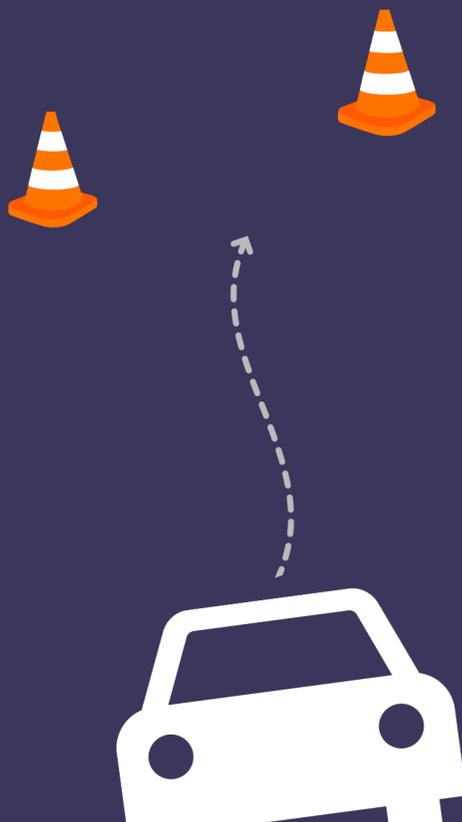


FAST AND FURIOUS

Put cones throughout the field to make gates. Have every player dribble a ball through as many gates as they can in a time span.

At the end, ask them how many gates they got and encourage them to get more each round.

Tip - each round, you can change the size of the gate to make it more challenging.



EXAMPLE DRILLS

CONT.



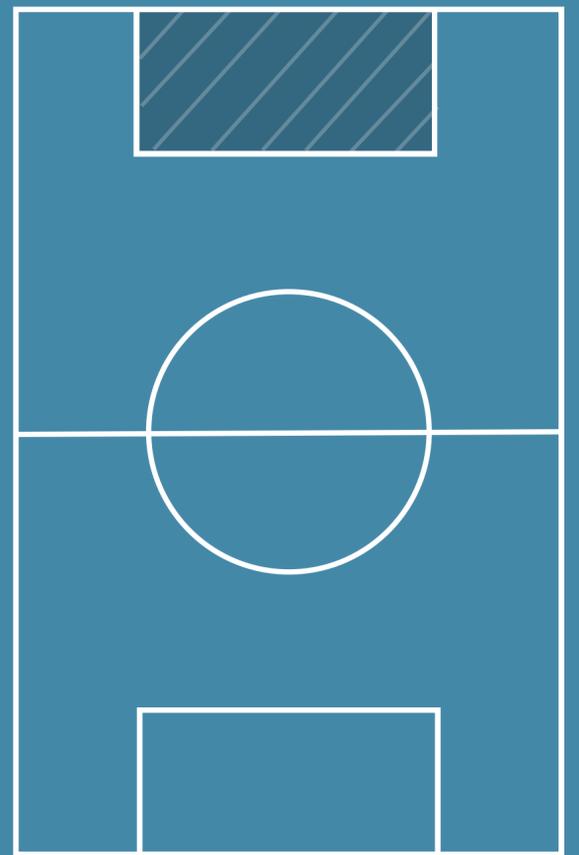
U5 & U7 SOCCER

FOUR CORNERS

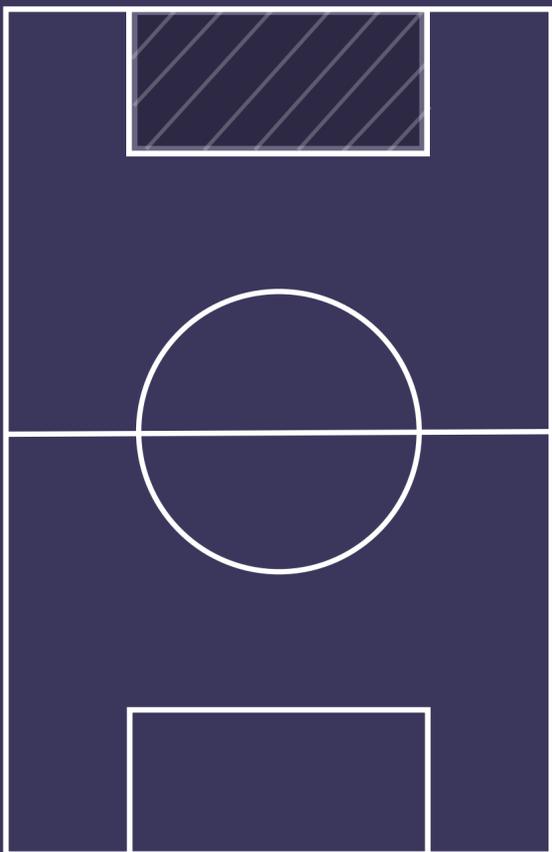
Give each corner of the box a designated number. Stand in the middle of the box, eyes closed, and count to ten. Players must quietly dribble to a corner. When time is up, pick a corner. Those in that corner owe you one push up. Tip - one push up is optional - just make sure the 'losing corner' stays in and stays active.



SPACE REQUIRED



SPACE REQUIRED



WHACK-A-MOLE

Line the players up near the penalty area. While you are standing and running around in the goal, the players try and hit you with their soccer ball by kicking it. I promise it won't hurt if they hit you. Tip - exaggerate when they hit you. The more you do that, the more they will enjoy the game.