

# BreakAway Speed Sports Training

## Soccer Coaching Clinic

Professional Soccer Instructor, Heather Williams

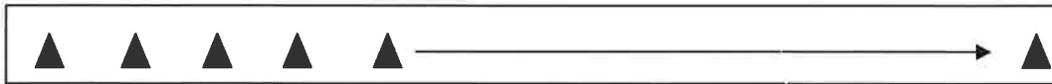
### 1) General Practice Tips:

*10-15 minutes early*

- a) Practice time should not exceed 1 hour 15 mins for ages U5-U10. You only want to practice as long as you can keep the players attention span to conduct at productive practice.
- b) Try to keep things simple and fun, kids learn better when they are having fun.

### 2) Warm Up:

- a) Start off by doing a **10 min warm up** working the children's motor skills, speed and agility, and preparing their minds for practice.
- b) After a 10 min warm up, take at least 2 mins to get a good **Organized static (standing still) team stretch** " led by the coaches".
- c) **Bunny Hop:** Set up 5 cones about 2 yards apart in a straight line, and then have a 6<sup>th</sup> cone that is about 5 yards past the 5<sup>th</sup> cone. Have the kid's bunny hop with their feet together over the 5 cones, after the 5<sup>th</sup> cone they will sprint through the 6<sup>th</sup> cone. They should do this 5 to 7 times each.



- d) **Single Leg Hop:** have the cones set up the same as the drill before the only difference is they will hop with one foot over the cones 5-7 times, then switch and hop with the opposite foot another 5-7 times.



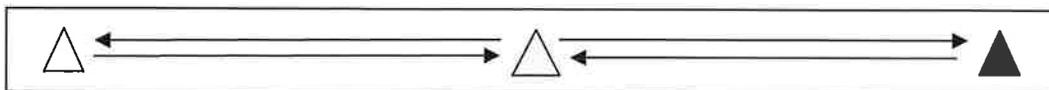
- e) **3 Hops then Sprint:** This drill works on agility and motor skills. Set up 2 cones about 5 yards apart. The players will start at the 1<sup>st</sup> cone and hop side to side over the cone 3 times after the 3<sup>rd</sup> hop; as soon as they land they will sprint through the 2<sup>nd</sup> cone.



- f) **For Advanced/Older kids:** For any drills above, add a ball after the last cone and have the kids do toe touches, foundation, or scissors, etc. to add ball handling skills into the drills.
- g) **Tag You're Out:** Start off by setting up a 20yd x 20yd square or smaller depending on the number of kids. The players should have a Penny that they tuck in the back of their pants like a tail. There should be one player that is it, or two for a large group. The object of the game is for the players to protect their tails from the other players. If the person that is IT pulls out the other player tail they are out. The last person left with a tail is the winner.

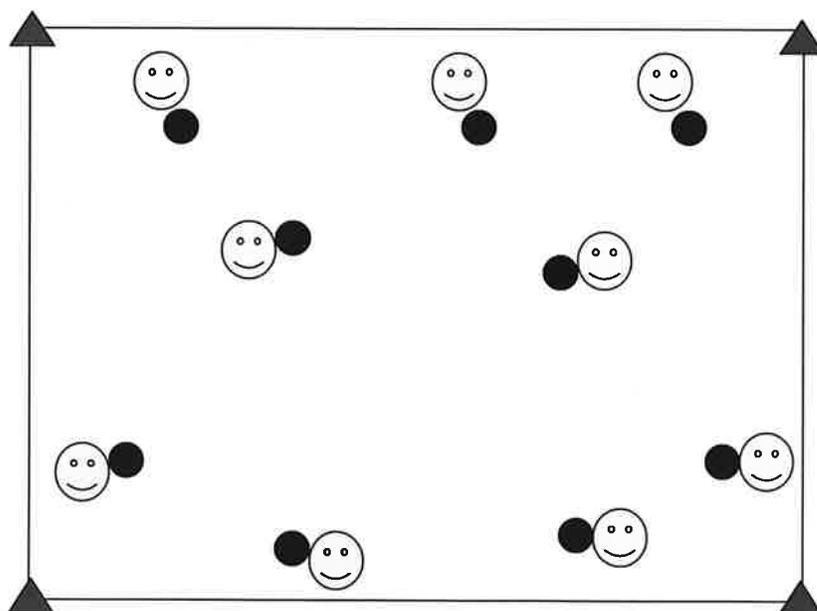
- h) **Command Drill- White Cone, Cone and Red Cone:** Have 3 cones set up like the picture below about 5 yards apart. There are 3 players each standing at a cone facing the coach. The only player that will move is the one at the middle cone. The coach will start off by telling the player at the center cone either **White Cone** or **Red Cone** and the player will then run to that cone and slap the other player hand and then that player runs to the middle cone. The player in the middle now waits for the coach's next command.

To make it a little harder, you can say **One** for **White**, and **Two** for **Red** and then repeat the drill. Change the command to say **"Cat"** which is **White** and say **Dog** for **Red** and repeat the play. Then mix up all the commands so the player in the middle has to think which cone they must go to. To further advance the drill, add in balls and have them dribble the balls to their designated cone.



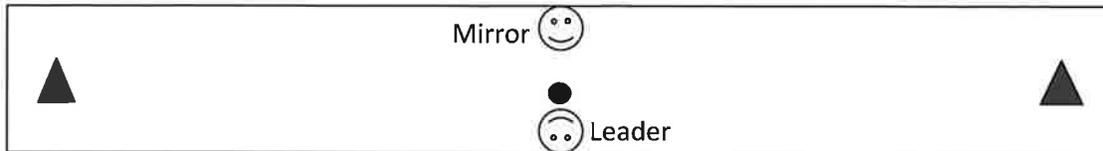
- i) **Simon Says:** Set up a square 15yd x 20yd and have the players randomly stand inside the square with their ball.
- Start by giving commands such as "touch the ball with your hand", "touch the ball with your knee", "touch the ball with the sole of your foot", "touch the ball with your forehead", "touch the ball with your elbow", or "squat/sit on the ball" etc. When you say "Go" the kids will start with their ball and do the command and then see how many other balls they get to before time is up. You should do each command for 15-30 seconds for a total of 5 mins.
  - Advance the game, have the kids dribble the balls around in the square and then Yell Out a New Command, they should do the command, and then proceed to dribble until given the Next command or to stop.

Generally, this part is about 5 mins. The game in total time should take 10 mins including the part A and Part b.

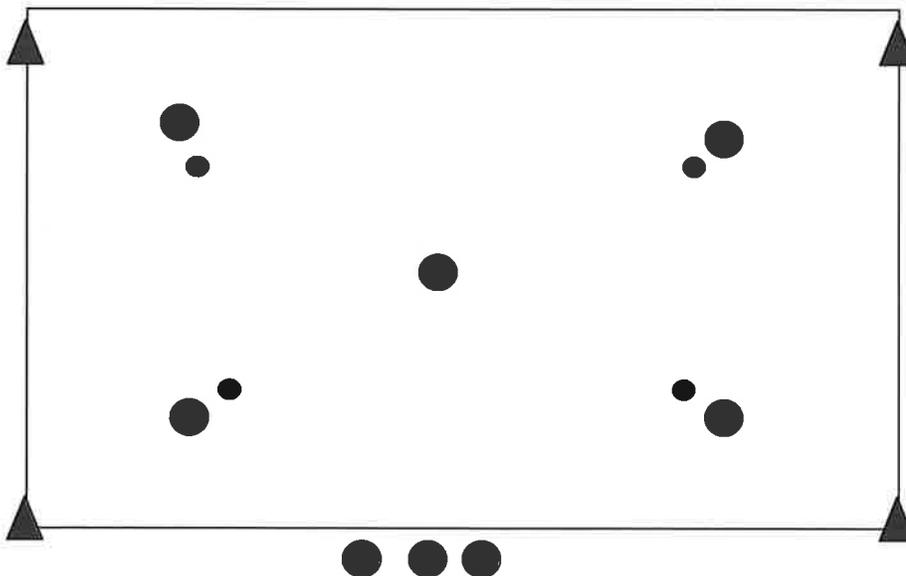


### 3) Mirror Drills:

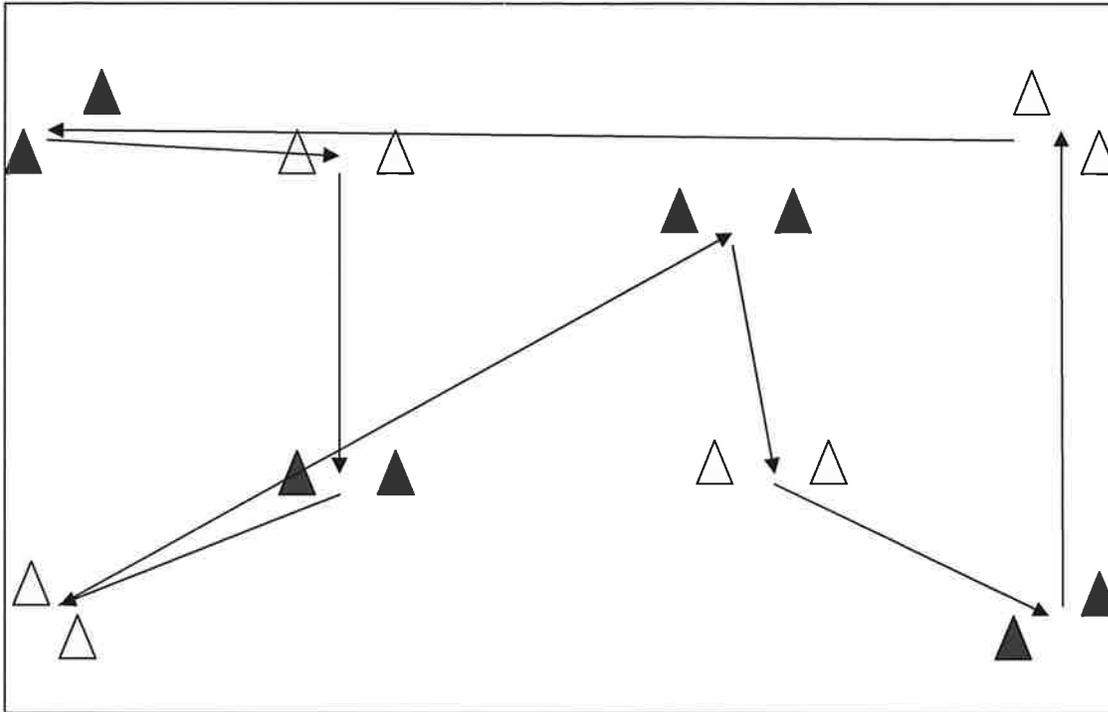
- a) Do at least 30 mins of drills trying to change up the drill about every 10 mins to keep the kids attention.
- b) At this age, the main goal for the kids is to get comfortable with the ball and learning how to move.
- c) **Mirror Drill:** Set up 2 cones 3 yards apart. Have 2 players facing each other starting in the middle of the 2 cones. One player will be the leader and have the ball, and the other player will be the mirror. They have to mirror/imitate what the leader does with the ball and try to beat the leader to the cone. Whoever gets to the cone first gets a point. Each play is for 30 seconds.



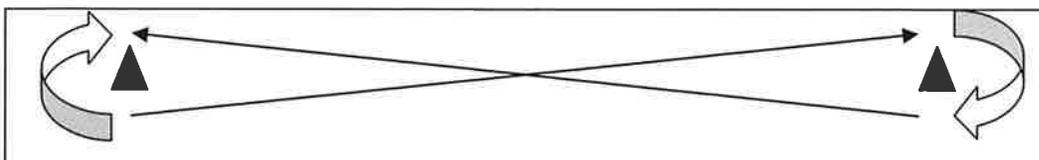
- d) **Knock out:** Set up a 15yd x 20yd grid. You will divide the players into 2 teams, for example, a **Red** team and a **Blue** team. The **Red** team will start inside the grid dribbling their balls around. There will be one person at a time from the **Blue** team that goes inside the grid and tries to steal a ball from a **Red** team player and kick it out of the grid. When they steal a ball one they run out and a new **Blue** player comes in and tries to steal another ball. The **Red** player that lost their ball has to run and get their ball and come back into the grid. You will do this for 1 min keeping track of how many balls the **Blue** team steals, and then switch and let the **Red** team try to steal the balls from the **Blue** team.



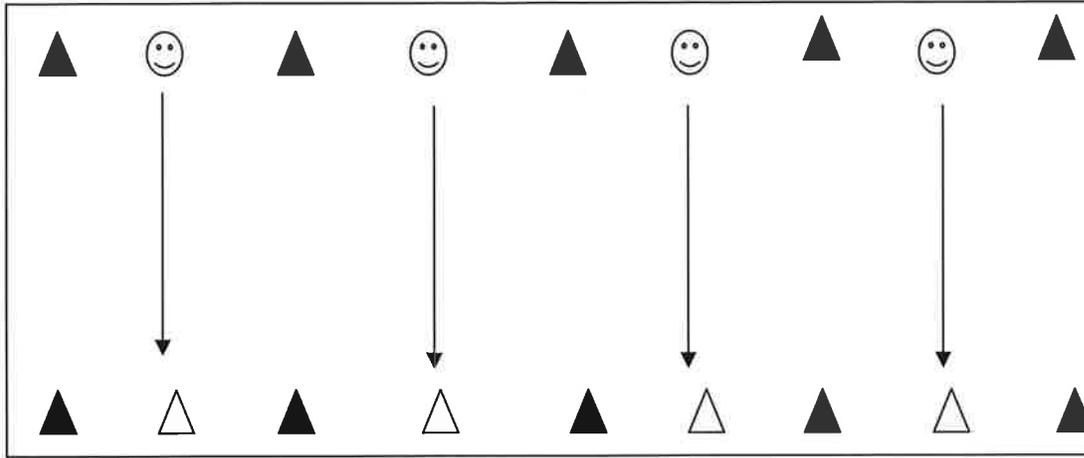
- e) **Gates:** Set up a 20yd x 25yd grid depending on how many players you have. Set up 8-10 gates with 2 different colors (ex: **Red** and **White**) randomly inside the grid (the number of gates depends on how many players you have). Each player will start at a gate with their ball, and when told to go they must dribble to the other color gate, then to another gate the same color as the gate they started, at keeping the sequence of **Red- White, Red, White** ..... they keep going for 1 min.



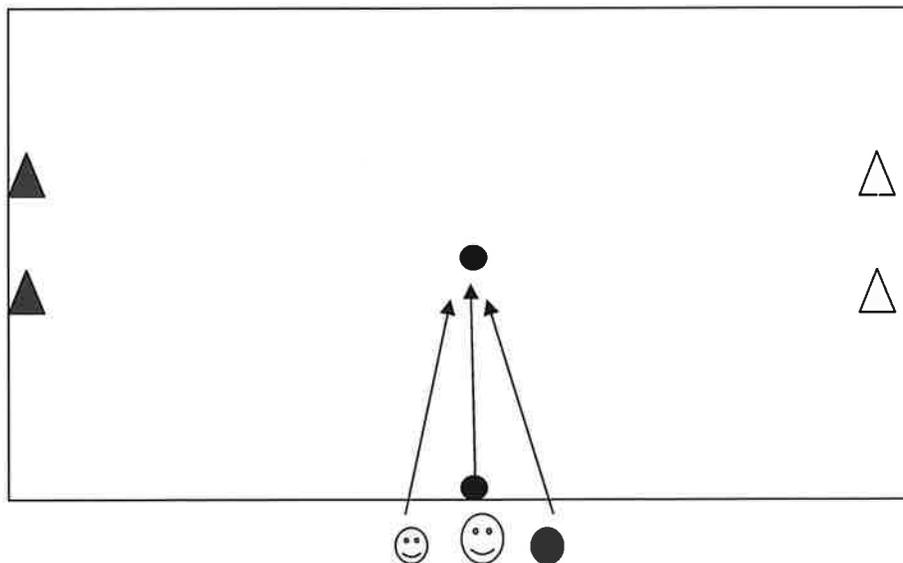
- f) **Red light Green light:** Set up a distance 15 to 20 yards, with the coach standing on the opposite side of the players. Then the Coach yells out **Green** light, then the players run while dribbling the ball until the Coach says **Red** light, the players will stop the ball and wait to hear **Green** light again. The 1<sup>st</sup> player that passes the coach is the winner.
- g) **Figure Eight:** Have 2 cones set up about 6 yards apart, and with no more than 3 kids per set of cones.
- Teach the kids how to do a figure eight around the cones and start them out just running around the cones to make the figure eight. The 1<sup>st</sup> kid will go and when they get back to the 1<sup>st</sup> cone they will slap the next persons hand and switch.
  - Add a soccer ball and have them squat down and tap the soccer ball between their hands and walk around the cones doing a figure eight and then switch out. This works on agility and teaches the kids how to the bend their knees.
  - Have them dribble the ball around the cones in a figure eight motion and then switch out.



- h) **Dribbling in your Lane:** Depending on the amount of kids you have split them up into equal groups. Set up cones in 6 x 10 yard lanes. Then with another color cone set a cone at the end of each lane. The kids must then dribble down their lane trying to stay in the lane. Then have the players dribble around the cone using the outside of their foot and dribble back to the opposite end. Also, do this drill with other dribbling techniques.



- i) **1 vs. 1, then 2 vs. 2:** Set up a 15x20 field with 2 goals on each side of the field. You have 2 teams with 1 player from each team going against each other at a time. The coach stands in the center of the field on one side and passes the ball out to the center. The 1<sup>st</sup> player to score in the other team's goal gets a point, and then the next set of players will come on the field. You then advance the game to 2 vs. 2 and so on to make the game more challenging.



4) **Scrimmage:**

- a) For the last 30 mins of the practice allow the kids to scrimmage against each other.