

INTRAMURAL PROGRAM 5 & 6 YEAR OLDS



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Intramural Program 5 & 6 YEAR OLDS

How to Organize Your Intramural Program

The calendar year should be split into two seasons, a fall season and a spring season (optional). A season should be 8 to 10 weeks in duration and consist of a practice night and a game day. The practice should be no longer than 1 hour in length and game day should be no longer than 1 hour in length. Teams should consist of 8-10 players.

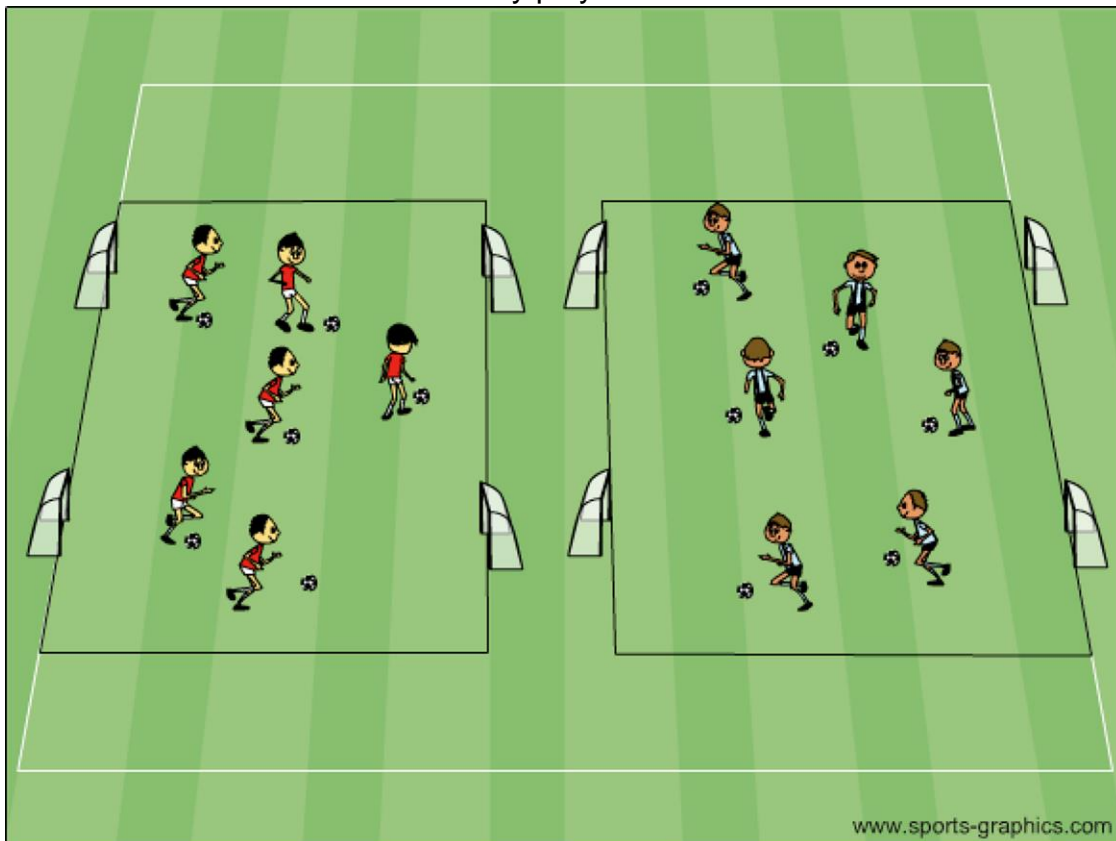
Specific curriculums for practices are detailed later for each specific age, as well as, understanding a session plan.

A couple of key points to remember and avoid at practice include:

- No exercises with lines.
- Warm-ups should include work with the ball.
- No players standing.
- Every player should have a ball, unless involved with passing exercises or games.

Remember this is practice time, not story time, so don't sit your team down for a long, spirit raising, team talk. You are stealing time when your players could be working on their new skills from previous practice or newly introduced technique.

Note: Every player has a ball





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Game Day

- Players arrive 10 minutes before scheduled game time (20 minutes for the coach)
- Practice (warm up)-20 minutes
- Water break-5 minutes
- Game-32 minutes
- Players shake hands with the other team

Logistics for Game Day

Each team warm ups for 20 minutes with their coaches. During the game, only restart is after a goal at this age. If a ball goes out, a coach or a team helper can throw a ball back in play to keep the game moving with minimal interruptions. A short cool down and discussion of upcoming practice sessions should be sufficient at the conclusion of the game. Examine and reflect on your team's performance at home and decide what areas to work on in your next training session.

Water break

The major point to remember here is it is water break time; NOT snack time or time for that long coach's speech (they will not listen, opening their drink is the most important thing to them at this time)

Coaching in the Game

It is ok for the coach to be on the field assisting (not quarterbacking!!!). Your role is to be a positive energy and keep the game flowing.

Let your team know who is on the field first. Again, no long explanation on what your formation is. They don't want to know and never get in that formation any way! The kids just want to play, so let them. If you want to give one of your players some information, make it short, clear and directly to that child, one to one.

Avoid shouting; you may be the best coach in the world, but nobody is interested in your expertise. They want to watch and enjoy the kids and what they know.

Never waiver from your style of play. Do not play to defend a lead. Kids want to score goals. Remember:

LET THEM PLAY!



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Goals! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from NSCAA.

Reasons kids drop out of sports:	Reasons kids play sports:
<ul style="list-style-type: none">•Failing to learn or improve skills•Not having fun•Not being with their friends•Lack of excitement, improvisation & creative opportunities•Lack of exercise, meaningful movement & fitness improvements•Lack of optimal challenges &/or consistent failure	<ul style="list-style-type: none">•To learn & improve their skills•To have fun•To be with friends•To experience the excitement of competition•To enhance their physical fitness•To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.



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Coaching Goals for 5 Year Olds and 6 Year Olds

It is important to set goals which are attainable, but also measurable to know your players are improving. There are standards from every soccer association including the US Soccer Federation. Most players can demonstrate the below tasks but most players can not perform them under pressure (the game).

At this stage of our player development each player should be able to demonstrate (after the season).

- Players should be able to dribble the ball with both feet at different speeds and change direction while keeping the ball at a controllable distance.
- Players should be able to demonstrate three different moves in a game situation. Some examples are:
 - Drag back
 - Scissors
 - Cut

As coaches we must **NOT** get hung up on positioning in the games, but should focus on the two goals above.



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Practice Curriculum

As you can see a new exercise is introduced every practice then repeated in the next session for comfort and reinforcement. Players this age do not mind repetition and find comfort in familiar exercises. Most exercises throughout the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1	Hello Game	Week 2	Hello game
	Go get it game		Red light, green light,
	Jump over the ball		reverse (drag back)
	Scrimmage (small sided games)		Stuck in the mud

Week 3	Red light, green light, (J Cut)	Week 4	Red light, green light,
	Stuck in the Mud		reverse (drag back)
	Shark Attack		Shark Attack
			Foxes & Farmers

Week 5	Red light, green light, (scissors)	Week 6	Red light, green light,
	Foxes and Farmers		(all 3 moves)
	Sharks and minnows		Sharks & minnows
			Pirates treasure

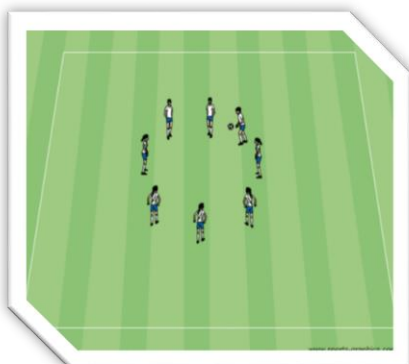
Week 7	Red light, green light, (recap moves)	Week 8	Red light, green light,
	Pirates Treasure		(recap moves)
	Stuck in the Mud		Free play
			Free play



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WEEK 1

TECHNICAL WARM-UP



Hello Game

Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.

SMALL-SIDED ACTIVITY



Go get it game

Each player has a ball.
Ball is given to coach who then throws the ball in random directions.
Players have to go get the ball as fast as they can.
Players can use hands first couple of retrievals, then instruct players to only use their feet. Again repeat until players are more comfortable.
If you feel they are capable split team into two groups and have one ball per group. Throw ball as before but instruct them, as they must get the ball back as quickly as they can. Everyone in group must touch the ball with their feet.

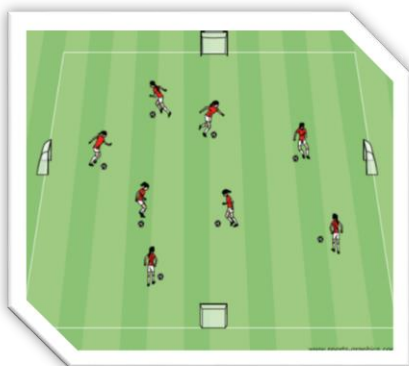
SMALL-SIDED ACTIVITY



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GAME



Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

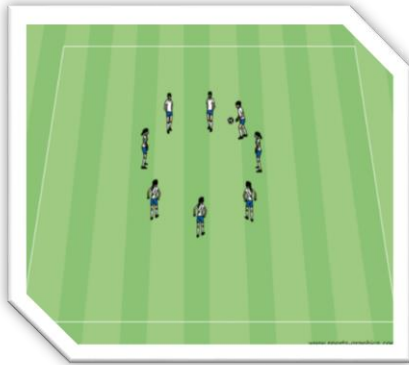
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WEEK 2

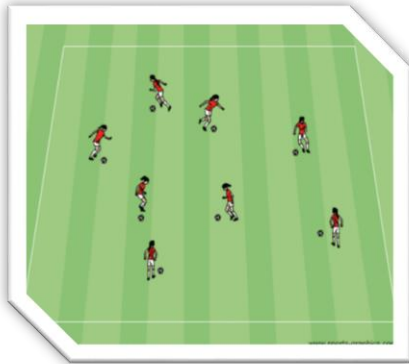
TECHNICAL WARM-UP



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SMALL-SIDED ACTIVITY



Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball. Coach shouts out:

"Green light" - Players move around the grid randomly.

"Red light" - They stop the ball and put their foot on top (brake)

"Yellow light" - They move around slowly

"Super green" - They move around fast (speed)

Introduce the Pull Back (drag back)

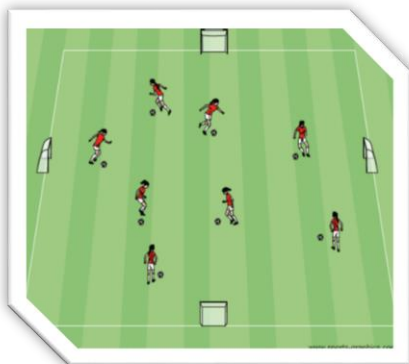
SMALL-SIDED ACTIVITY



Stuck in the mud

Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.

GAME



Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

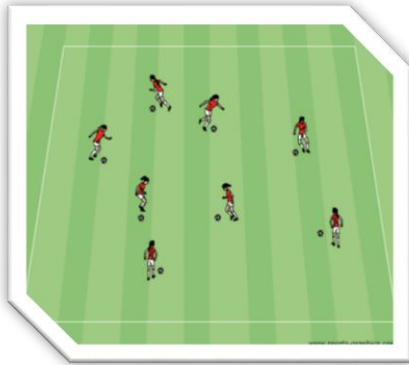
Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



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WEEK 3

TECHNICAL WARM-UP



Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

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“Red light” - They stop the ball and put their foot on top (brake)

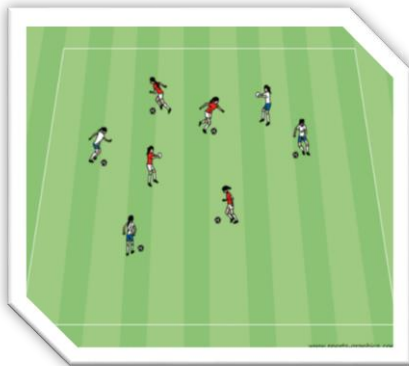
“Yellow light” – They move around slowly

“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

Introduce the Cut (cut back)

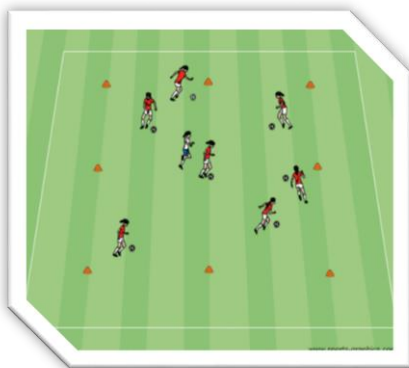
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SMALL-SIDED ACTIVITY



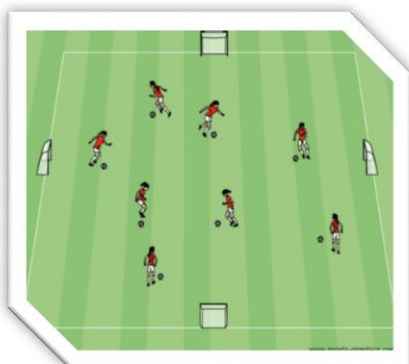
Shark Attack

Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 Cuts or drag backs or scissors, and then they can come back in.

(Have a coach on the outside to help the players with the move)

Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears).

GAME



Split into 2 teams-4 goals (1 on each side)

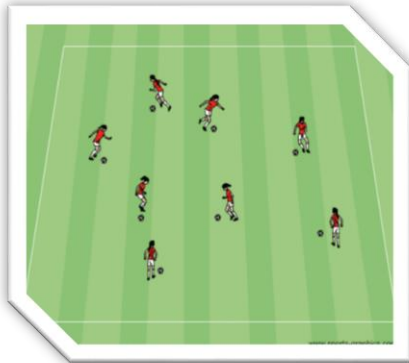
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Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

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WEEK 4

TECHNICAL WARM-UP



Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.

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“Yellow light” – They move around slowly

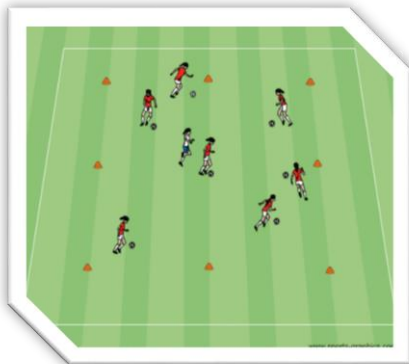
“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a Cut (Cut Back)

Introduce the Cut (cut back)

SMALL-SIDED ACTIVITY



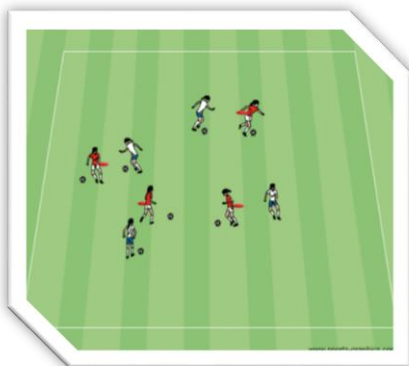
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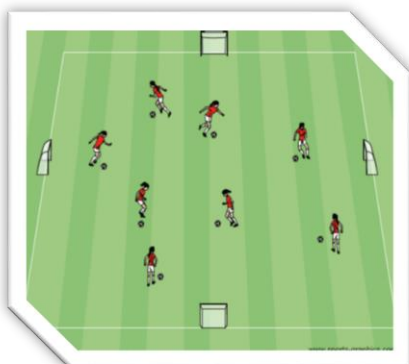
SMALL-SIDED ACTIVITY



Foxes and Farmers

The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails while dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.

GAME



Split into 2 teams-4 goals (1 on each side)

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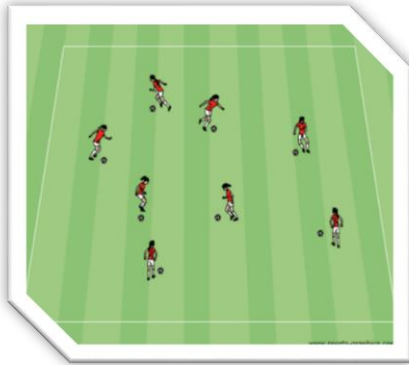
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WEEK 5

TECHNICAL WARM-UP



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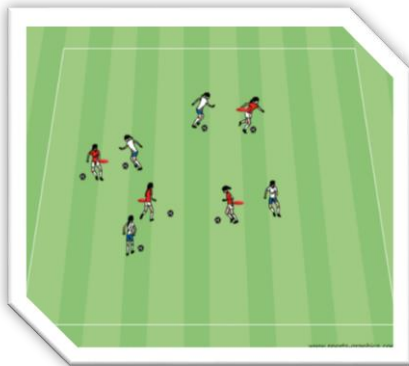
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Introduce the Cut (cut back)

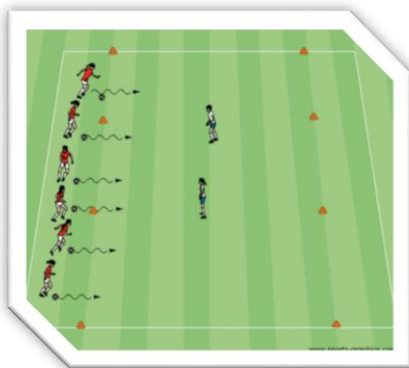
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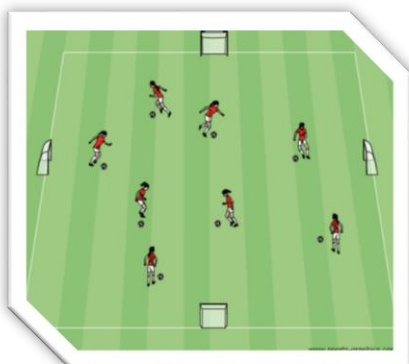
SMALL-SIDED ACTIVITY



Sharks and Minnows

Every player has a ball, apart from one player. The players with the ball line up on one side of a 20yd by 20yd grid. The player without the ball the *shark* is in the grid. On your command the players with the ball *minnows* have to dribble their ball to the opposite line and safety. If the shark touches their ball then they join hands with the shark and become a shark too. Continue until there is only 1 minnow left.

GAME



Split into 2 teams-4 goals (1 on each side)

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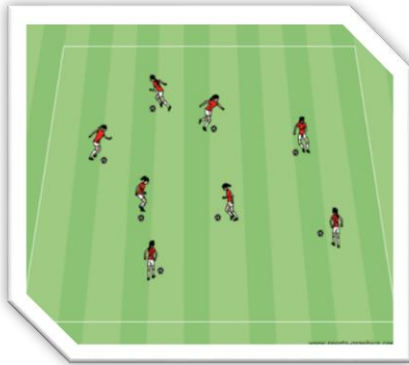
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WEEK 6

TECHNICAL WARM-UP



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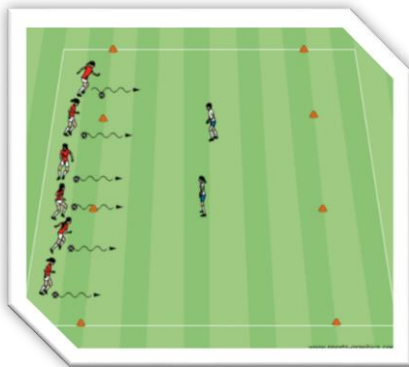
“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a Cut (Cut Back)

“Cross-roads” - they perform a scissors

Review all 3 moves

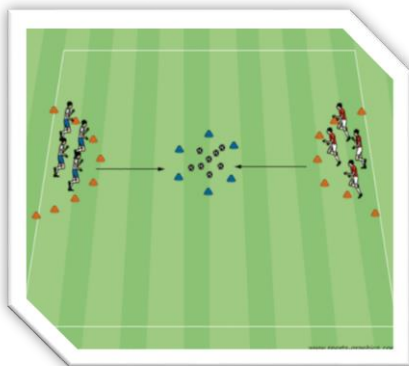
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SMALL-SIDED ACTIVITY



Pirate's treasure

Mark out two areas at opposite ends of the field these are the ships.

Split the team into two groups of pirates and assign them to a ship.

Place all the balls in the middle of the field (the balls are the treasure)

You say go then the pirates have to go and get the treasure and dribble

back to their boat. They can also go to the other boat and steal treasure

(they are pirates) Time the game say 2minutes. Winner is the pirates that

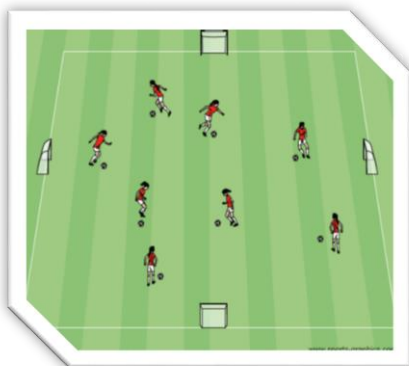
have the most balls. Setup and play again.

Make the coaches the captains of the ships to make sure no pushing or

using hands etc....Make some pirate noises and get involved. The kids

love it!

GAME



Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

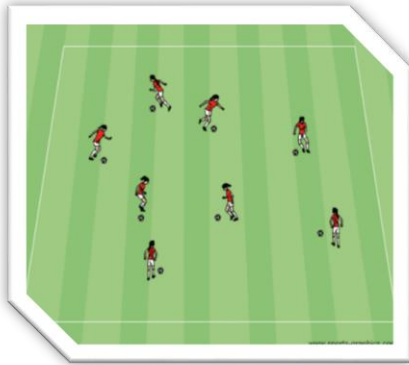
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WEEK 7

TECHNICAL WARM-UP



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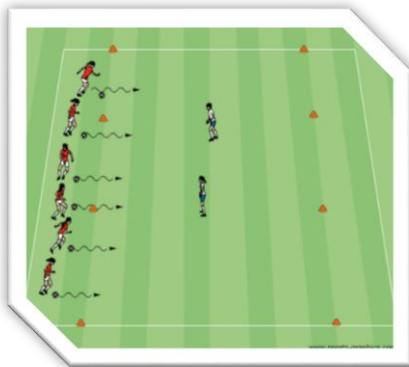
“Reverse” - They make do pull back (drag back)

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Review all 3 moves

SMALL-SIDED ACTIVITY



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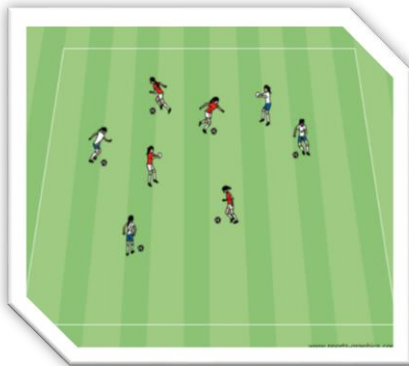
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SMALL-SIDED ACTIVITY



Stuck in the mud

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stick the other team in the mud. How you stick a player in the mud is you

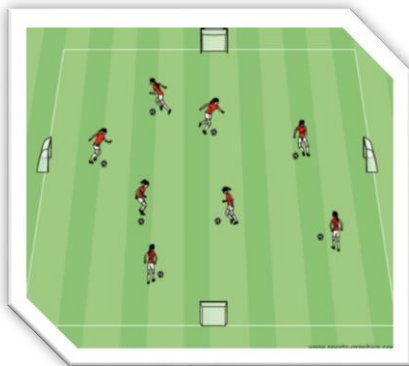
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stuck they must pick up their ball and stand with their legs open. They can

be unstuck by a member of their team passing the ball through their legs;

they then join back in the game.

GAME



Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the

goal goes between the posts. They are then instructed to score a goal

then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play

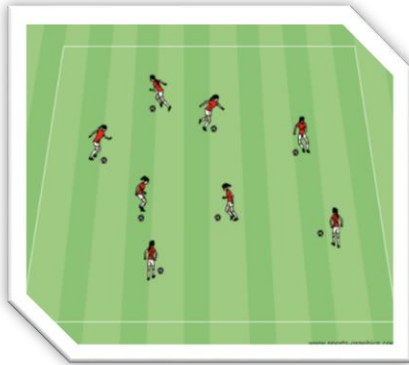
without any positions.



Intramural Program 5 & 6 YEAR OLDS

WEEK 8

TECHNICAL WARM-UP



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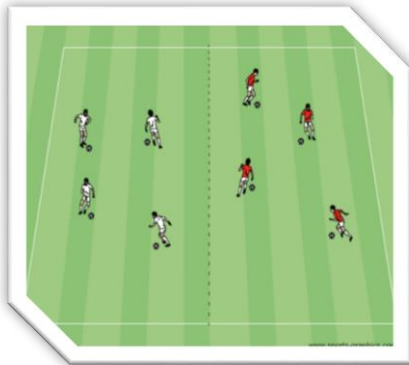
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“Hard Turn” - They perform a Cut (Cut Back)

“Cross-roads” - they perform a scissors

Review all 3 moves

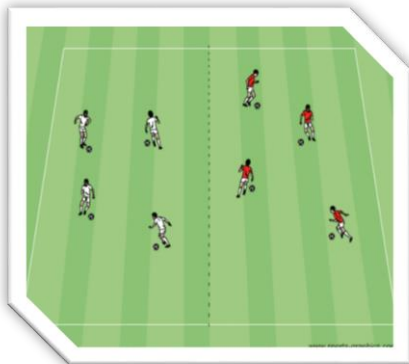
SMALL-SIDED ACTIVITY



Free Play

Let the players select the exercise they would like to play

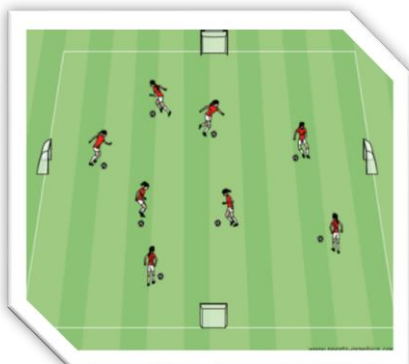
SMALL-SIDED ACTIVITY



Free Play

Select an exercise that you think as the coach will engage them, reinforce technical lessons and allow them to have fun!

GAME



Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.

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