



Country Coastal Junior Soccer Association Incorporated



Country Coastal Junior Soccer Association ABN: 26 204 224 043

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Contents

Page 1 – Contents

Page 2 – Information about the age group

Page 5 – Session cycle overview

Page 6 – Session 1 – (Dribbling)

Page 9 – Session 2 – (Game play)

Page 12 – Session 3 – (Running with the ball)

Page 15 – Session 4 – (1v1 skills)

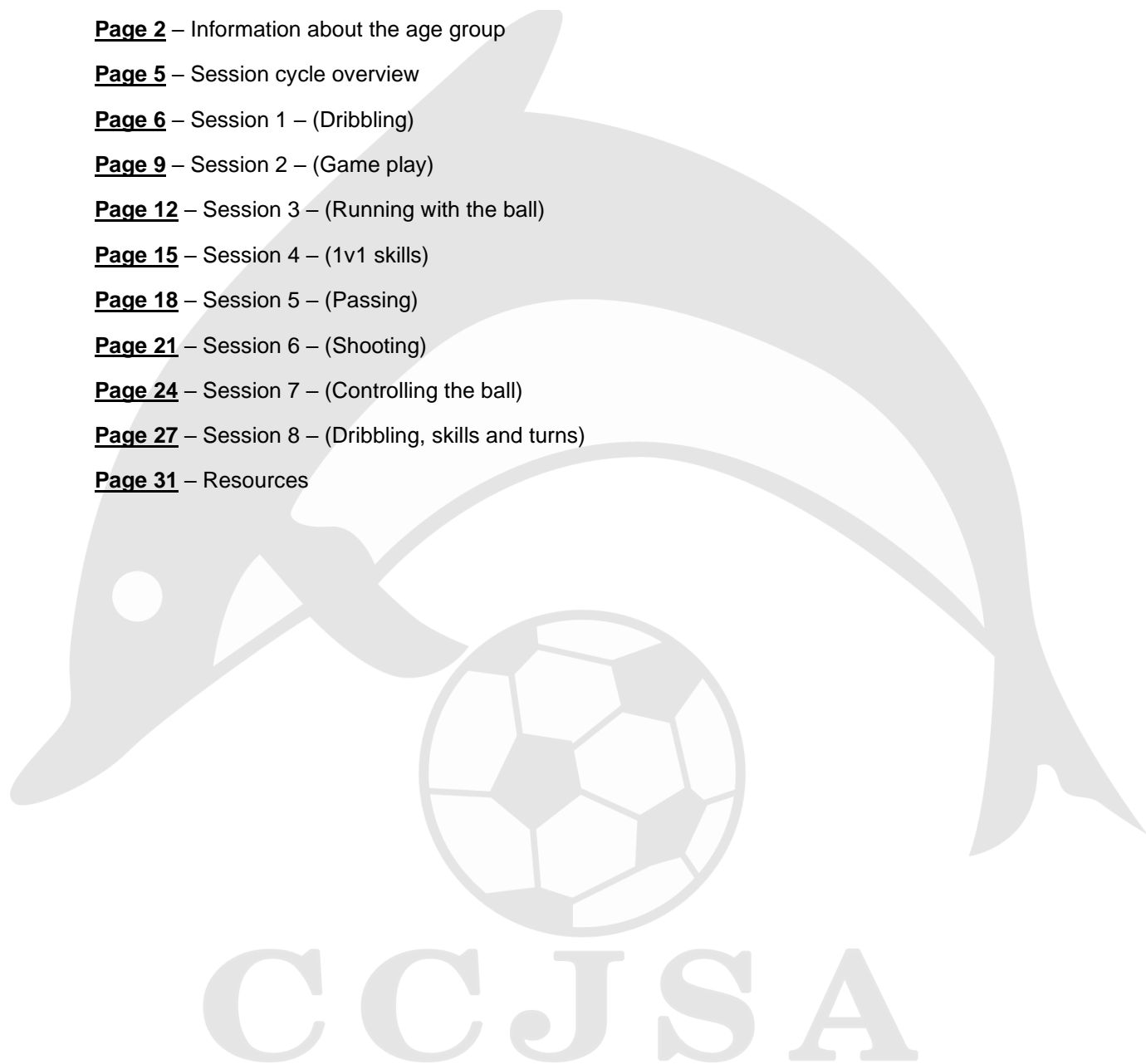
Page 18 – Session 5 – (Passing)

Page 21 – Session 6 – (Shooting)

Page 24 – Session 7 – (Controlling the ball)


Page 27 – Session 8 – (Dribbling, skills and turns)

Page 31 – Resources



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Season Program – Miniros

(Ages 5-8)

A big thank you for volunteering to take on the Grassroots age group. For many of you this will be your first time taking a team and conducting sessions, what better way to start your coaching journey than the very start of the players journey.

In this phase you will most likely be the players first coach and as such will shape how the player enjoys their footballing. The main objective for you, as a grassroots coach is to grow the love of the sport with all your players.

Video link: <https://youtu.be/J0v1ZEGcHPI>

Role of the Coach



- The role of the coach is to introduce football to new players
- Provide a fun and safe environment
- Be encouraging and player focused
- Be well presented to the players and approachable
- Leave outside issues off the field
- Challenge players in a fun environment
- Improve players love of the game.
- If they continue to play, you are a big factor.

Planning sessions

- Make your plans simple and expand on them when players understand the concept
- **KISS – Keep It Simple Stupid**
- Create plenty of fun games that are enjoyable where players get touches on the ball
- If it's not working, **change it**
- More touches on the ball (limit time spent without the ball)
- Don't be scared to do the same topic, players have their favourite games
- Have a plan before you get to training
- Make sessions engaging, no long lines or long speeches
- Always finish with a game

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There is a library of sessions available on the FFA website found at:

<https://www.playfootball.com.au/coach/discovery-phase-sessions>

“Coaching”

When it comes to coaching children the age of 8 and below, we must focus on what coaching these players is all about. Children used to learn football by playing the game on the street or in the park for hours, making their own rules, it was freedom. The challenge today is to create this free feeling, not acting as a coach or dictator, but more as a facilitator for these children’s enjoyment. The drills that are going to be provided, give freedom and fun to these young players, hopefully growing their passion and enjoyment for the game, as well as their own development and skills used in future age groups.

Building on from this you must remember, and encourage that enjoyment is the main focus, not winning. If young players, who are not as confident in their skills, can enjoy soccer and play without pressure they will fall in love with the game. The leader of this group must value the development and welfare of every single player in their practice. Remember these children are likely sampling and playing many sports, hopefully following this guide will convince them to pick soccer and you will be the reason why!

Try your best to get the word “coach” out of your mind. The role that these players need is a leader of fun, safe and engaging practices. It is a too familiar mistake for Grassroot “coaches” to imitate coaches they see on television, but this is not the type of coaching these players need. They need someone to plan, organize and create fun and safe exercises for them to develop and enjoy the game of soccer. You need to be filled with passion and enthusiasm to exceed at your role as their facilitator.

- **Be enthusiastic!** If you look like you are having a good time, the players will generally follow suit.
- **Be friendly.** The kids need to feel that you are on their side as a friend as well as a mentor. If they have questions, listen to what they are asking and help to the best of your ability. This is not a place for frustration.
- **Show your sense of humour**, once again fun is the key word. These children aren’t preparing for a World Cup, let them enjoy their time with you. Letting them see you laugh shows them you are a warm and likable person. Enjoy being their coach. Try small activities where you are in goal and they have to score past you, suggest if they can score 10 goals you’ll run to halfway and back. (The kids always win, plus helps keep you fit)
- **Respect every individual**, the players need to feel valued and that you are approachable. Be someone they ask for guidance and be someone they look to for help and support.

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- **Give lots of praise**, not only for doing something well but to also recognise effort/organization.
- **Encourage after mistakes**, don't let any of their heads get down if they make a mistake. Encourage mistakes, encourage the players to try skills they are not completely comfortable with. Remember, this is somewhere for the players to try things, to see what they enjoy doing.
- **Be a polite, respectful and calm role model to these players.** They will reciprocate these virtues if you provide them.
- **BE PATIENT!**

BE PREPARED! There will be many sessions that you can mix and match. **EXPERIMENT.** Find out certain exercises that the players enjoy and build from them. **BE CREATIVE**, you do not need to follow these sessions word for word, if there is a transition or twist you want to add to the drill do it! The players, after time, will tell you what they like, keep them engaged and change the session slightly or have a different focus. This is your creativity coming out.

It's best to be prepared. Plan your session in advance and have a great understanding of what you want so you are ready to set up when it comes to training time. Buy into what you are teaching and in turn you will gain a passion for it and so will the players. Before you explain any of your drills make sure everyone is listening. Whether you have a cue of raising both your hands, put a finger to your lips, a small que will get everyone to listen. This helps you get their attention.

- Games are the focus.
- Coach is a facilitator.
- Players need role models.
- Discrete "coaching". Lots of hidden learning from players doing activities.
- Involve the players. (Receive feedback)

Clearly define your playing area, use cones and prepare this ahead of time. Know what cones you need for your next advancement/drill so there isn't too much time wasted during their "practice" time.

Try your best to avoid long lines of 4 or more players. These young players need to be involved constantly, otherwise you will lose their attention and focus.

No elimination games, these are considered a big no-no. You do not want to take any confidence away from players, you want to get everyone constantly encouraged and involved. We don't want the same player eliminated first each time, limits their time on the ball.

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Finally, organised chaos is a good thing. If players are running around like crazy, balls flying everywhere and the sound of laughter, your session is going well. Steer this ship so that all players are continuing to achieve the objective and correct direction of the task at hand.

You are most likely going to be the players first coach. Lets make sure you are not their last coach. If a player decides to return the next year, it comes down mostly to you!

Program Cycle and Sessions

CYCLE 1

Session 1 – Dribbling

Session 2 – Game play

Session 3 – Running with the ball

Session 4 – 1v1 Skills

Session 5 – Passing

Session 6 – Shooting

Session 7 – Controlling the ball

Session 8 – Dribbling turns and skill moves

CYCLE 2 – (either do the same session or you can change it up slightly)

Session 1 – Dribbling

Session 2 – Game play

Session 3 – Running with the ball

Session 4 – 1v1 Skills

Session 5 – Passing

Session 6 – Shooting



Session 7 – Controlling the ball

Session 8 – Dribbling turns and skill moves

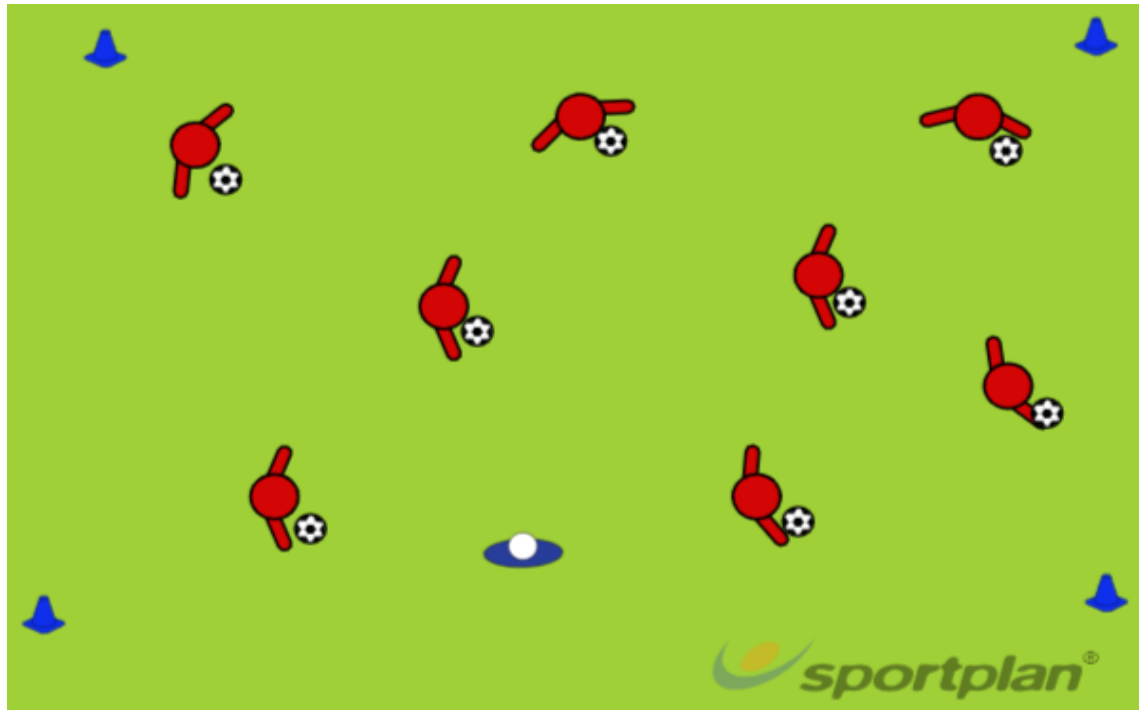
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Session 1 - Dribbling



HERE! THERE! ANYWHERE!

Everyone has a ball, when the coach calls out HERE players must dribble to the coach, if the coach calls out THERE they must go where he is pointing. If the coach calls out ANYWHERE they dribble to a cone and stop the ball

Last player to the nominated call does toe taps or sole taps

Coach calls out numerous instructions after each other to get the players changing directions and controlling the ball

Video

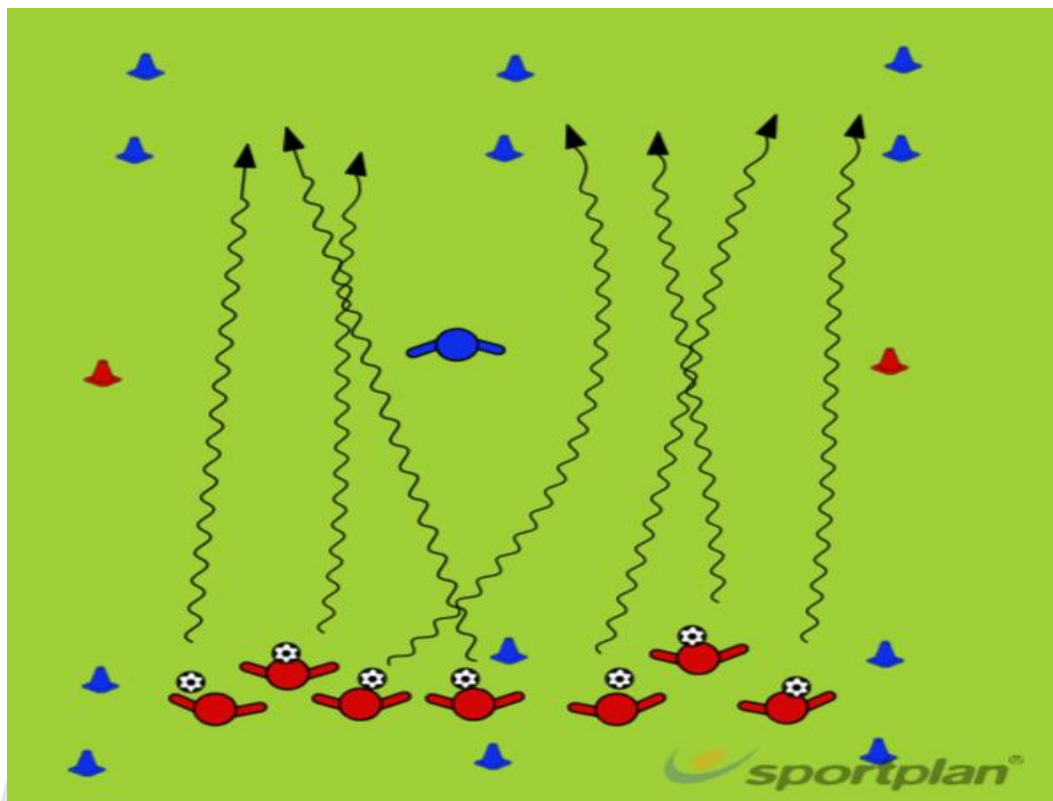
https://youtu.be/_gK2TZhpn5I

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CROSSOVER!

Players start in the end zone with the ball. Player in the middle is the defender and starts on halfway.

Defender calls out CROSSOVER! all players must get across to the other endzone.

If their ball goes out, they become a defender.

Players can't go over the endzone that is out too.

Keep going till you have 1 or 2 winners than start again.

Variation is to call out specific things like CROSSOVER IF YOU HAVE A PET DOG etc.

Another variation is if the defender wins the ball, they can keep that ball and re-join the other players.

Video

<https://youtu.be/ivEFZjQmwuo>

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SMALL SIDED GAME

Let the kids play a game at the end. Normal rules apply.

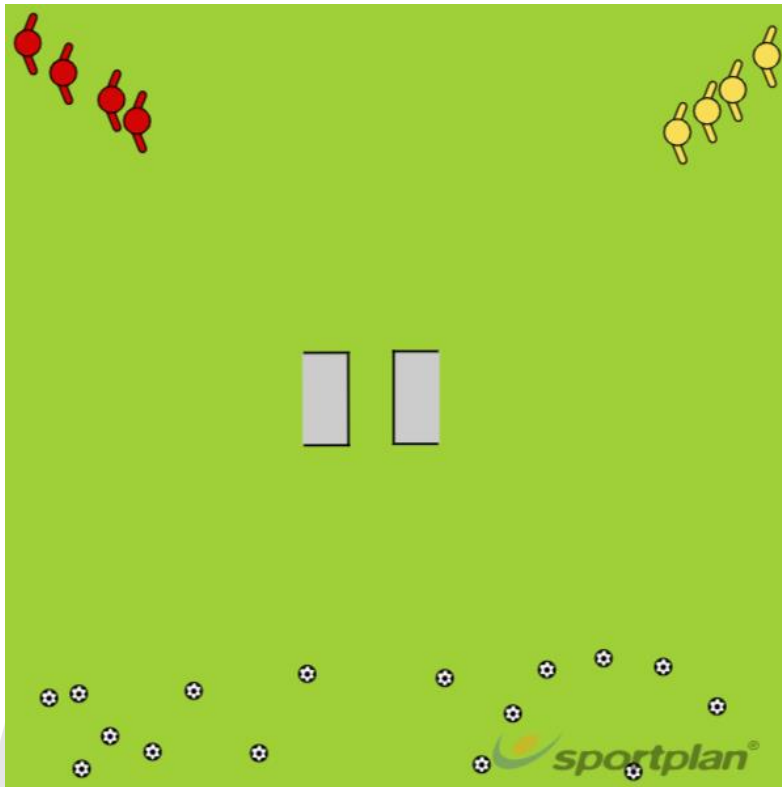
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Session 2 – Game Play



ROB THE NEST

Rob the nest with goals.

Players run out 1 at a time to a ball and dribble a ball and put it in the goal than hi five the next player until all the balls are in the goal.

Team with the most goals win the round.

Move the ball around in different directions and move the goals around.

This gets the players getting balls, dribbling the balls and putting them into their goal like a game would

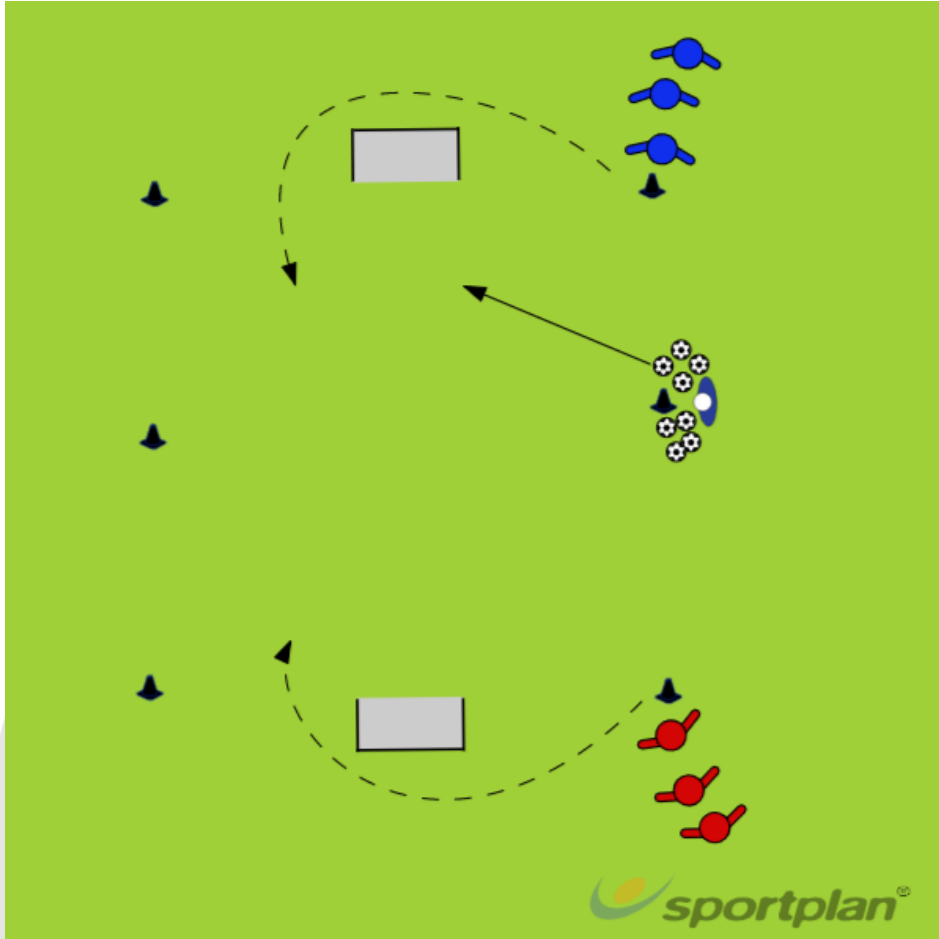
Video

https://youtu.be/2-CNzEVjD_E

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Small Sided Numbers Game

2 teams line up on the corners with the coach in the middle with the balls.

Coach will call out a number and that amount, of players will run around the game and play. If the coach calls out 1 the first player from each line runs in, if the coach calls out 3 the first 3 players run in.

After a goal is scored or the ball goes out it means game is over and the players join the back of the line.

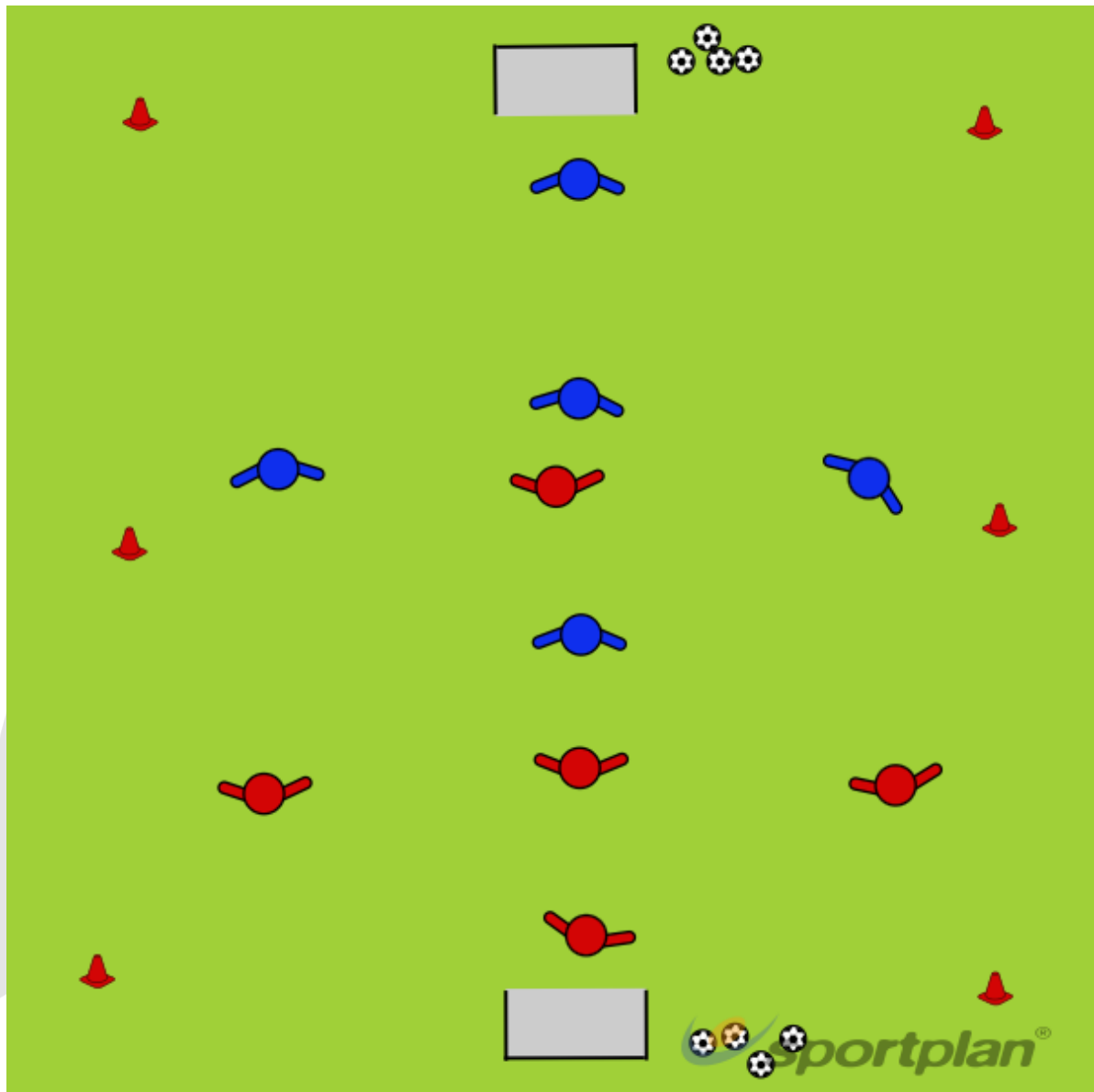
Video

<https://youtu.be/K2JWfSU7HUQ>

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Small Sided Game

Finish with a game and let the kids play

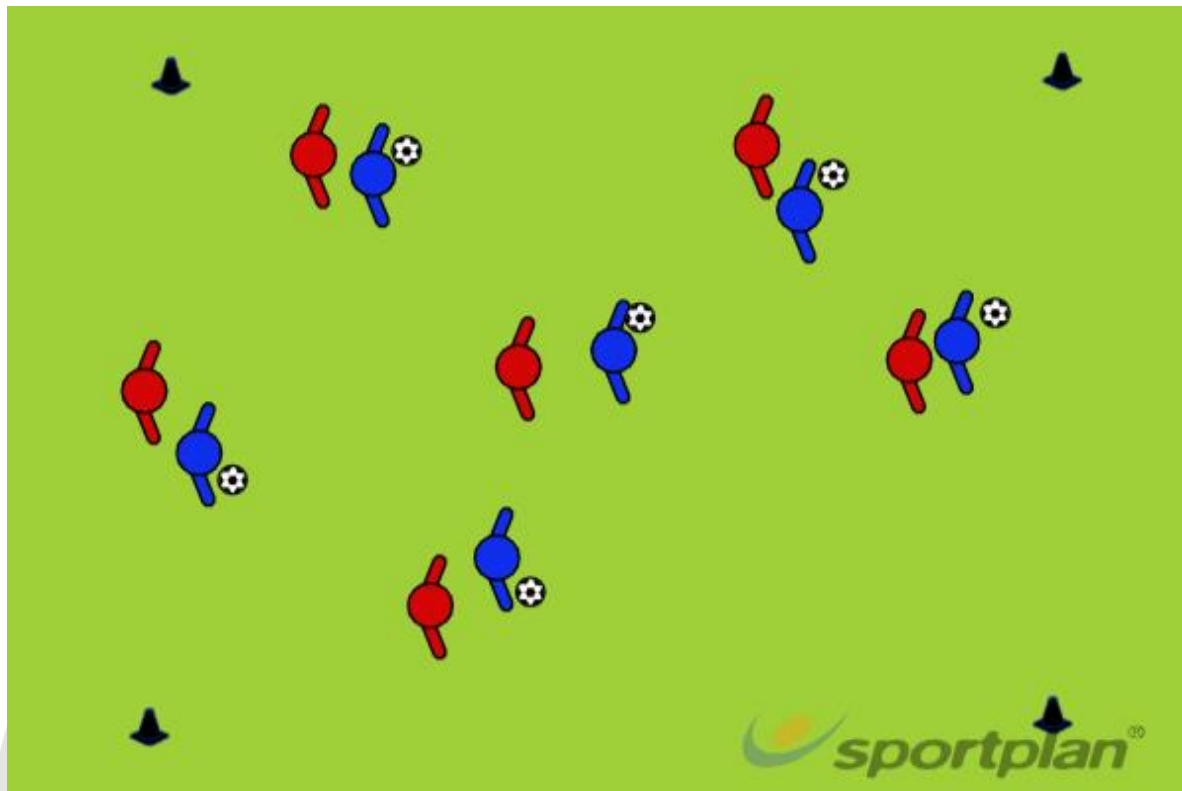
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Session 3 – Running with the ball



Dribbling with a partner

Players partner up. The player with the ball has to try and dribble away from their partner, the partner without the ball looks to tag them. Once tagged the player has to count to 5 before trying to tag them again. Go for 1 minute than swap. See who gets the most tags.

Focus on dribbling with your head up to avoid collisions and look to where the defender is to get away.

Swap a couple time, swap partners.

Video

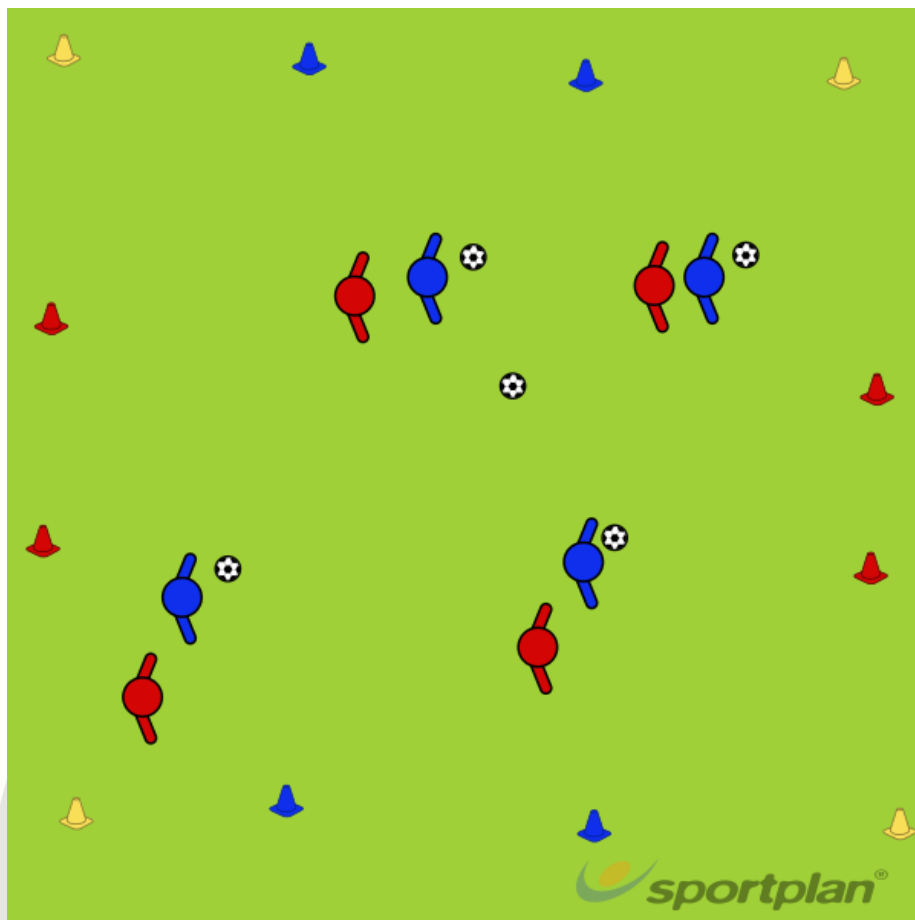
https://youtu.be/CZK9qHF4e_o

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Gate Game

Players partner up, 1 with the ball 1 without the ball

When coach says go! Players look to gain control of the ball. The coach will call out a colour gate. First person to dribble through that gate wins a point.

Restart the game with everyone and go again.



Video

<https://youtu.be/URlhX3DAQI>

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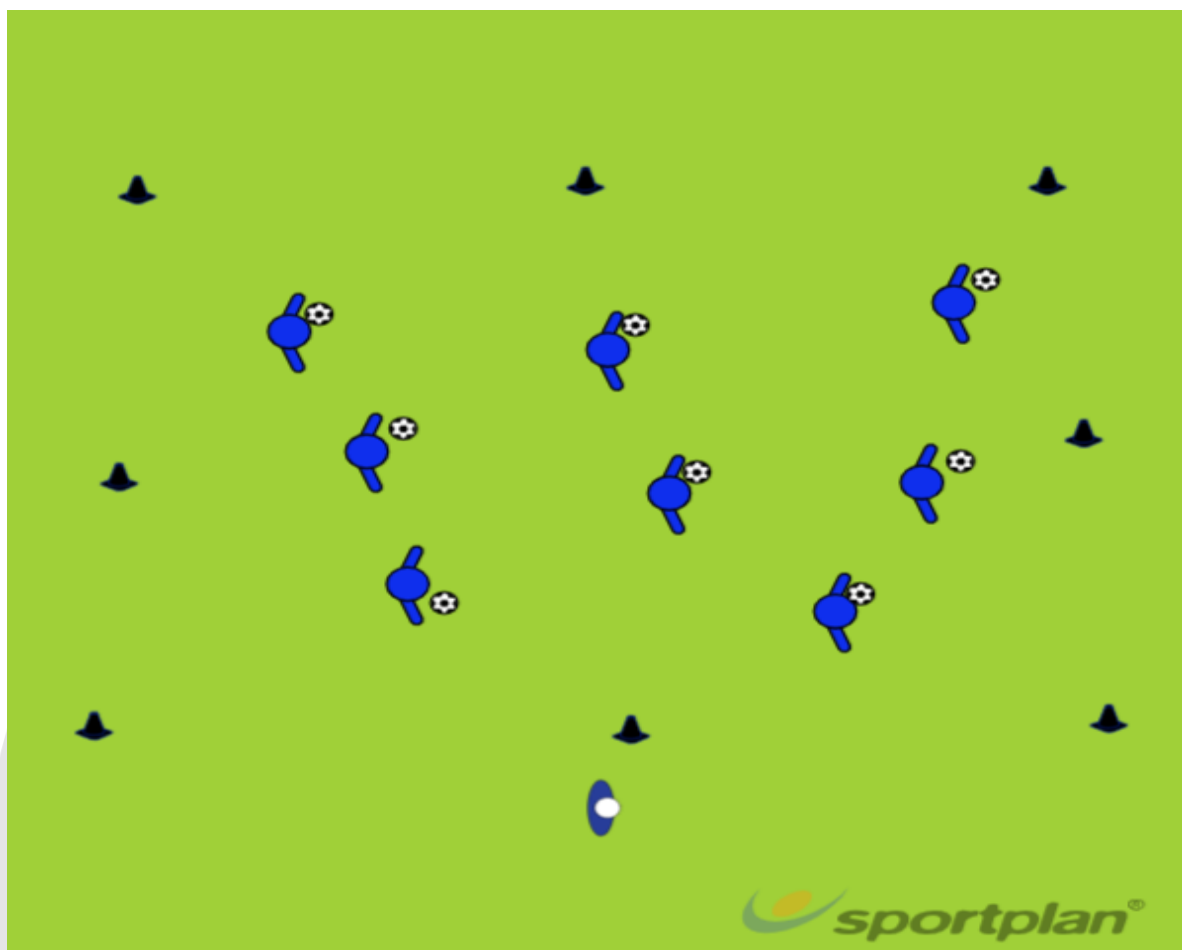
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Session 4 – 1v1 skills



Ball Mastery Square

Everyone has a ball, free dribble first than coach calls out instructions to follow. Instructions can be:

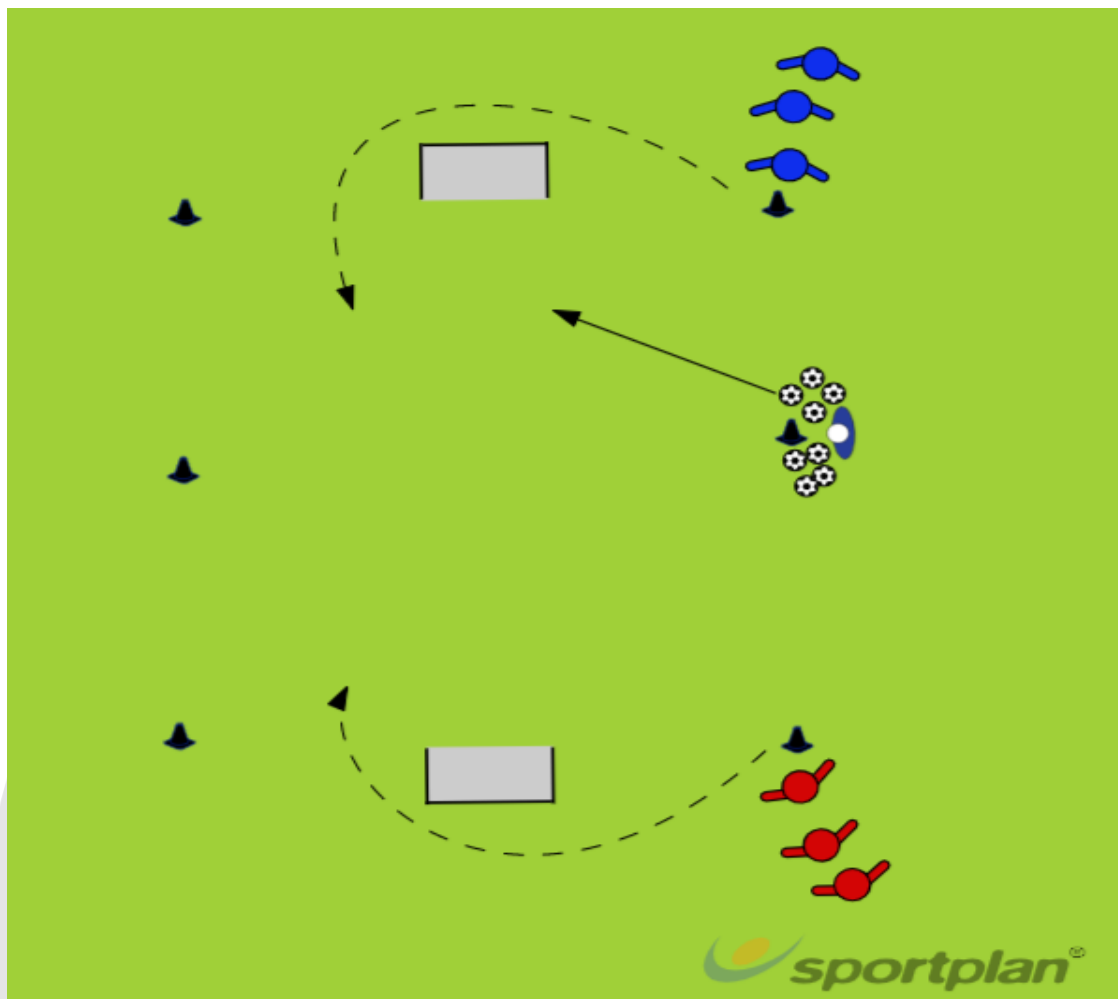
- On the whistle turn
- 2 whistle blows dribble around a cone
- Clap, leave your ball and find another ball
- Double clap, toe taps or soul taps
- Anything else you want to introduce, make it fun, maybe head on the ball or freeze.

Video <https://youtu.be/SY59Xonubig>

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1v1 game

2 lines

Coach puts in a ball and first player from each line runs in and looks to score a goal.

Make sure you keep changing up the players running in, so they aren't playing the same person each time.

Call out faster and faster so there is traffic in the middle as multiple games are going on. Maybe players can only score in a certain goal or both goals.

Video

<https://youtu.be/z7OWbKQDoWE>

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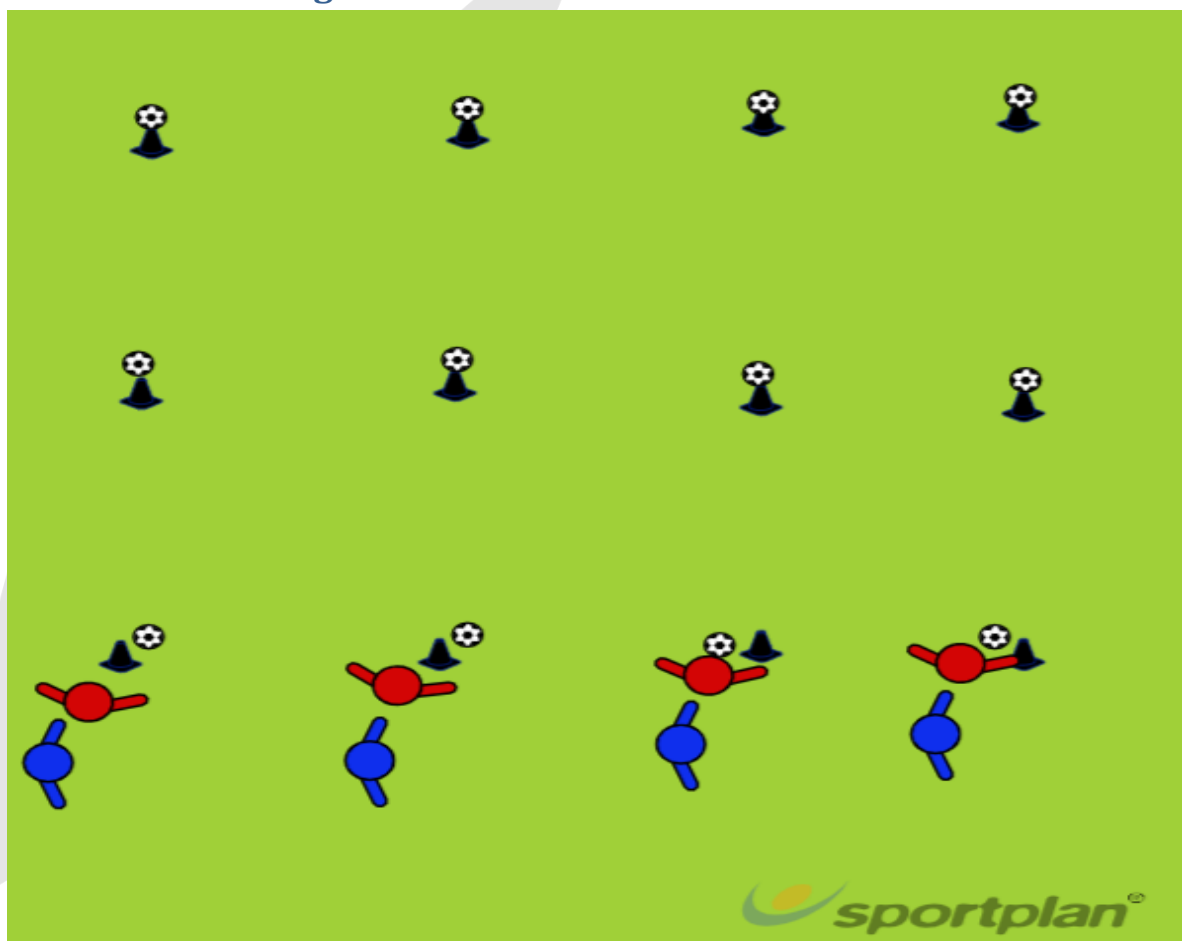
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Session 5 – Passing



Passing to knock off

Players try to pass from their cone and knock off the ball on the cone in front.

They get the ball and give it to their partner in line and they try.

Make it a race to see who can knock off the most in a minute or so.

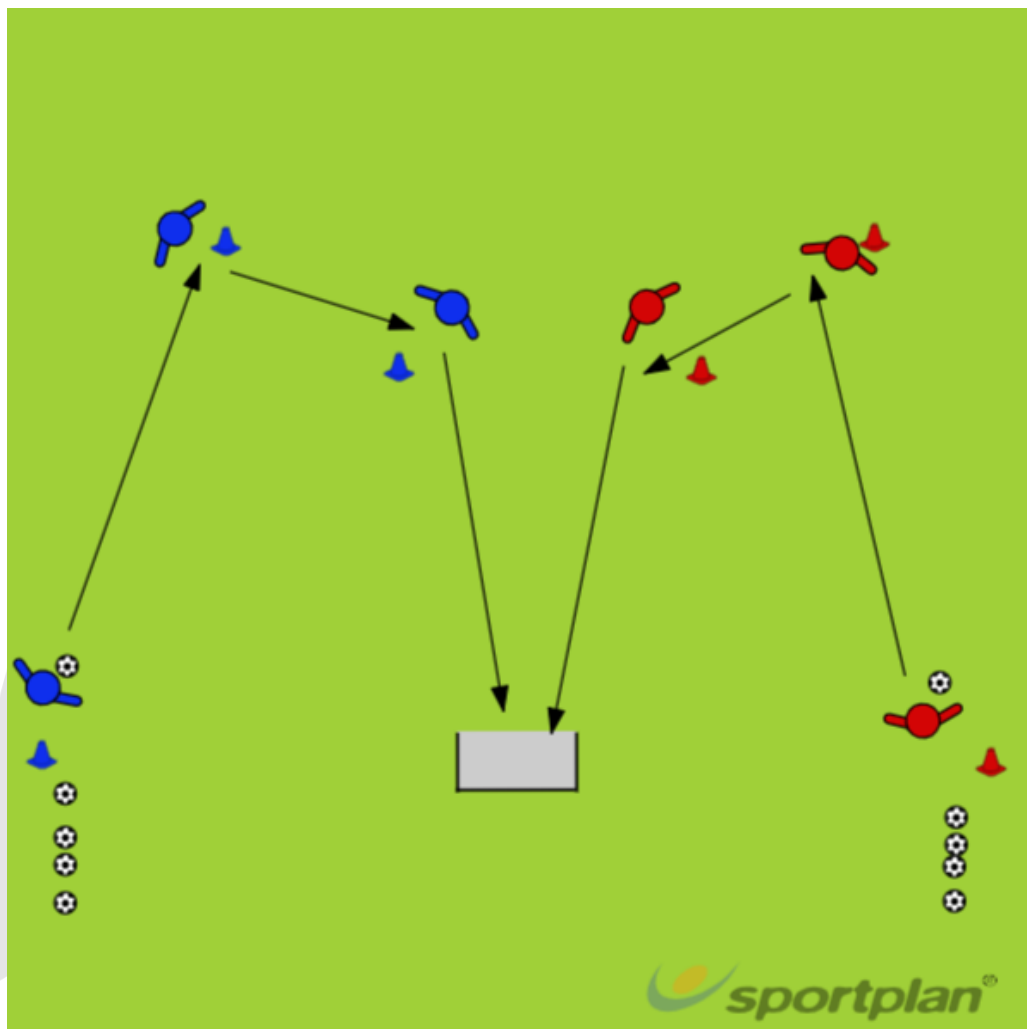
Move the cone and try and knock off the ball from further away.

Video <https://youtu.be/XqX8HqWUJn8>

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Race to score

2 teams set up, when the coach says go! Players must pass to the next cone and all the way to the last player who shoots. Team that scores first gets a point. Everyone moves on and coach says go to start the next race.

Change up the cones and the passes to allow longer passes or shorter passes.

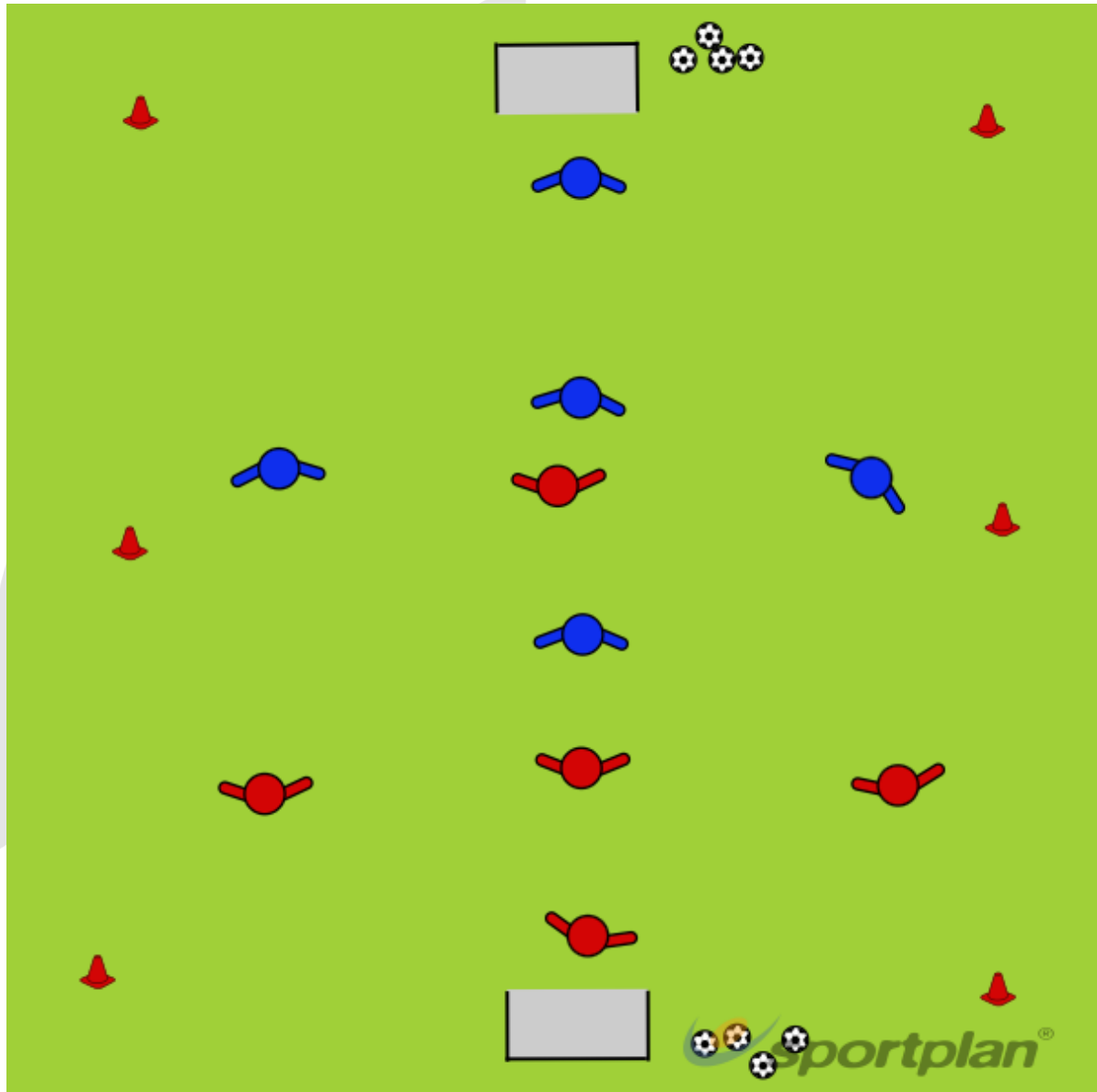
Video

<https://youtu.be/imuEw3K7oE4>

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Small Sided Game

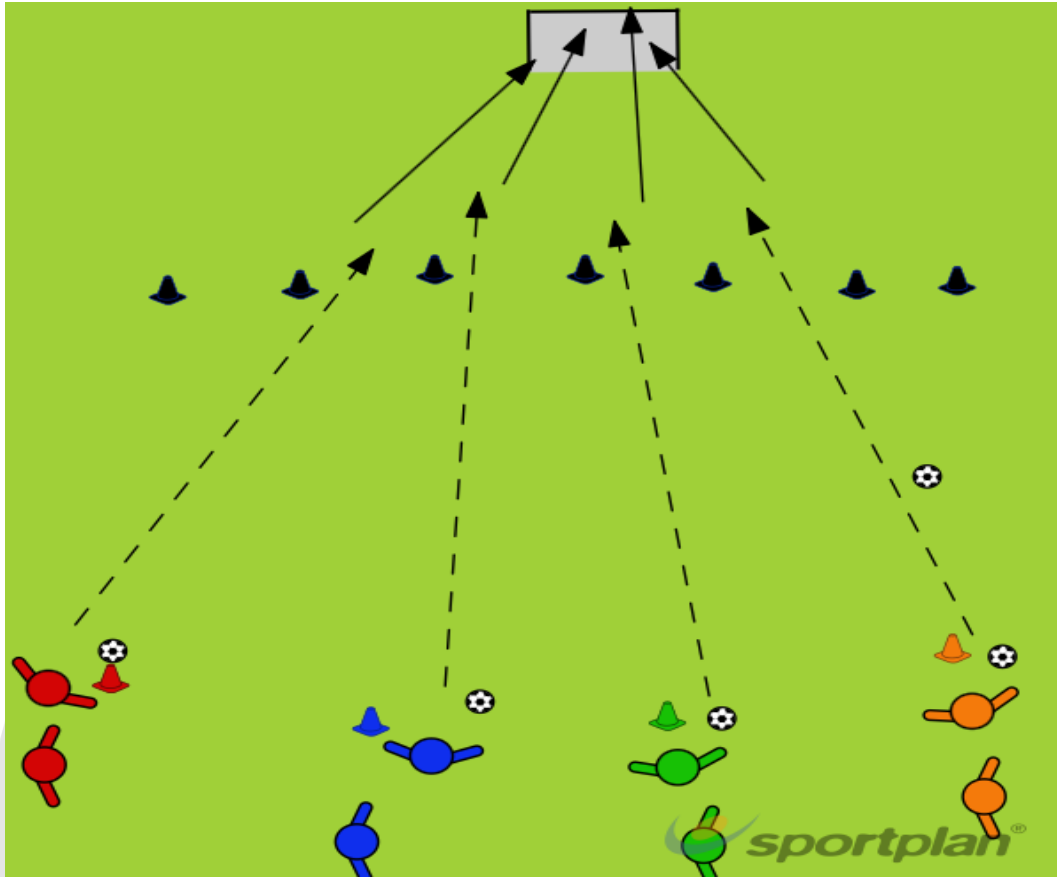
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Session 6 – Shooting



Race to shoot

Players line up in different colours or you can have them numbered. Coach says go players must dribble to the coned shooting area and shoot before the line to the goal. First team to score gets a point.

Players get the ball and run back to their line for the next person to get ready for the coach to call out go.

Change it up by only calling out colours or numbers that go and shoot. Eg 1&2 so now it's a race between lines 1&2 or blue and red.

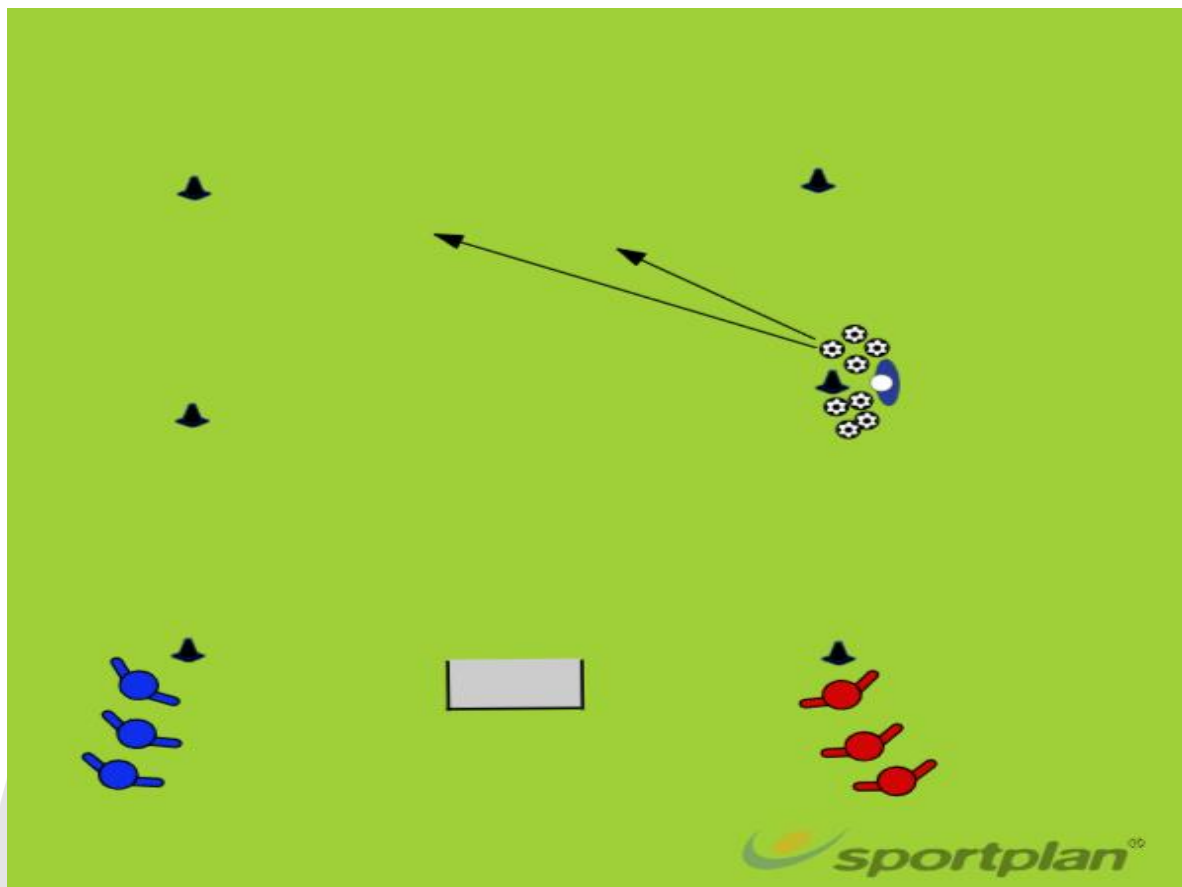
Video

<https://youtu.be/ZmdMLv7jnTg>

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Shooting Race

2 lines of players with 1 goal at the end

Coach puts 2 balls in play and first player from each line runs around the cones and shoots with their first touch towards the goal.

3 points if you scored first 1 point if you scored second.

Working on shooting quickly with their first touch

Video

<https://youtu.be/ZmdMLv7jnTg>

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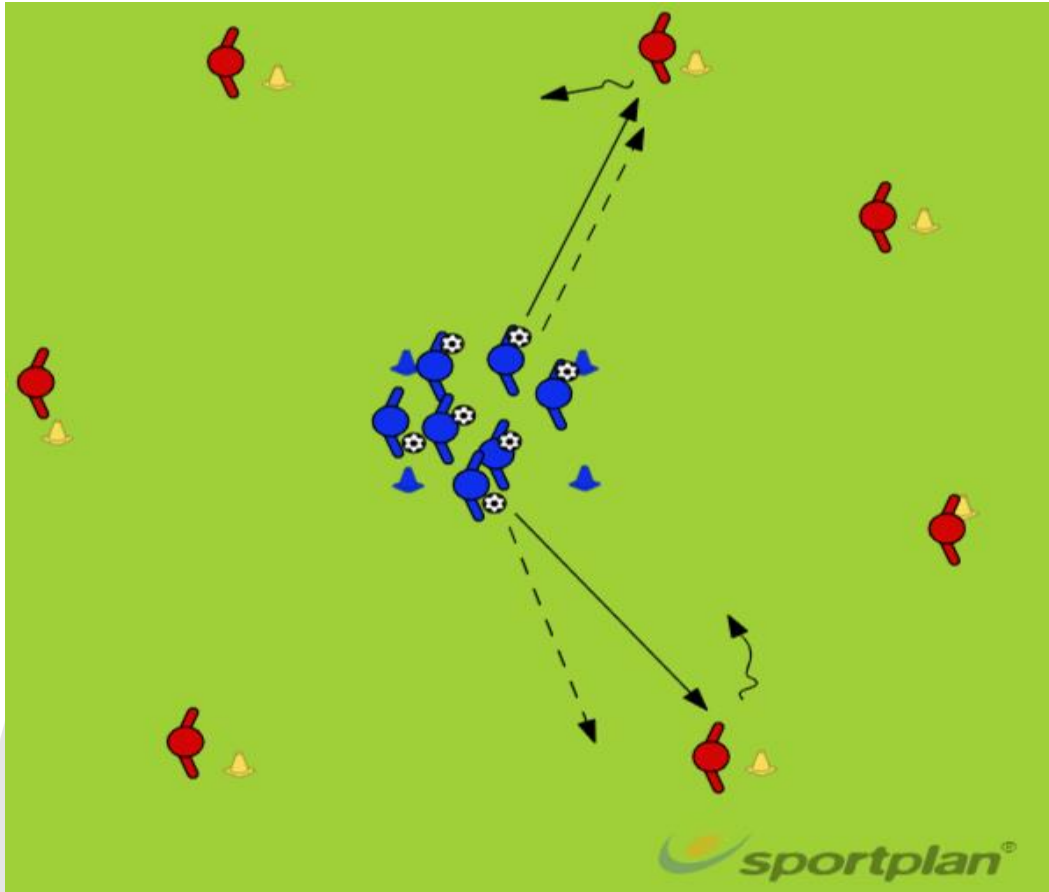
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Session 7 – Controlling the ball



Pass and control

Players in the middle square have a ball, players around the outside don't have a ball.

Players in the middle dribble out of the square and pass to the players on the outside and take their place. Outside players control the ball and dribble through the square in the middle and look to pass to someone else on the outside.

Can we get players to control the ball with a stop first. Then look to get the players controlling the ball by moving the ball forward or to the side.

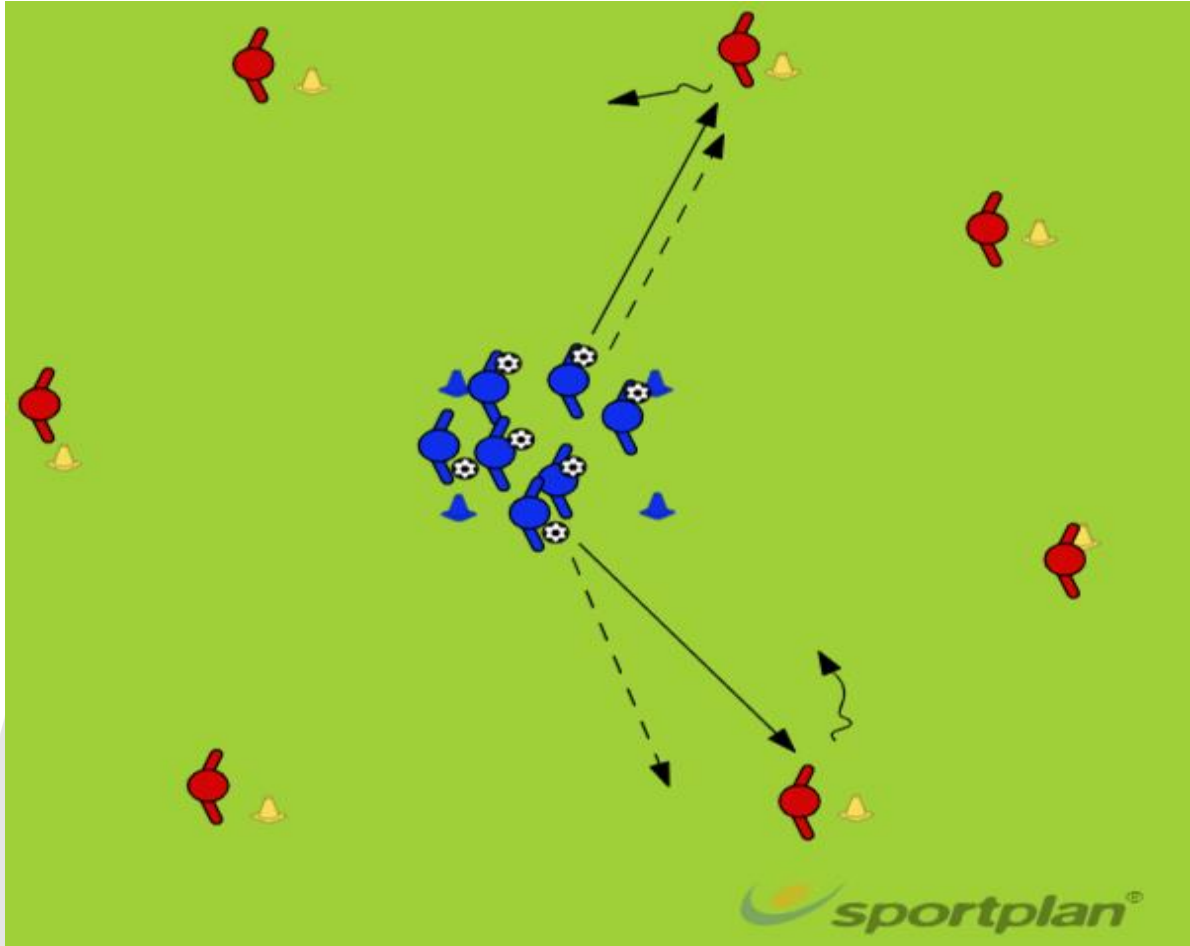
Video

<https://youtu.be/Y6dix8QKu9g>

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Break in game

Players pass to the outside and look to defender the square in the middle, players on the outside look to control the ball and dribble into the square without the defender kicking the ball out of the circle.

Swap over each time and count how many players make it in the middle square for a point each.

Video

<https://youtu.be/Y6dix8QKu9g>

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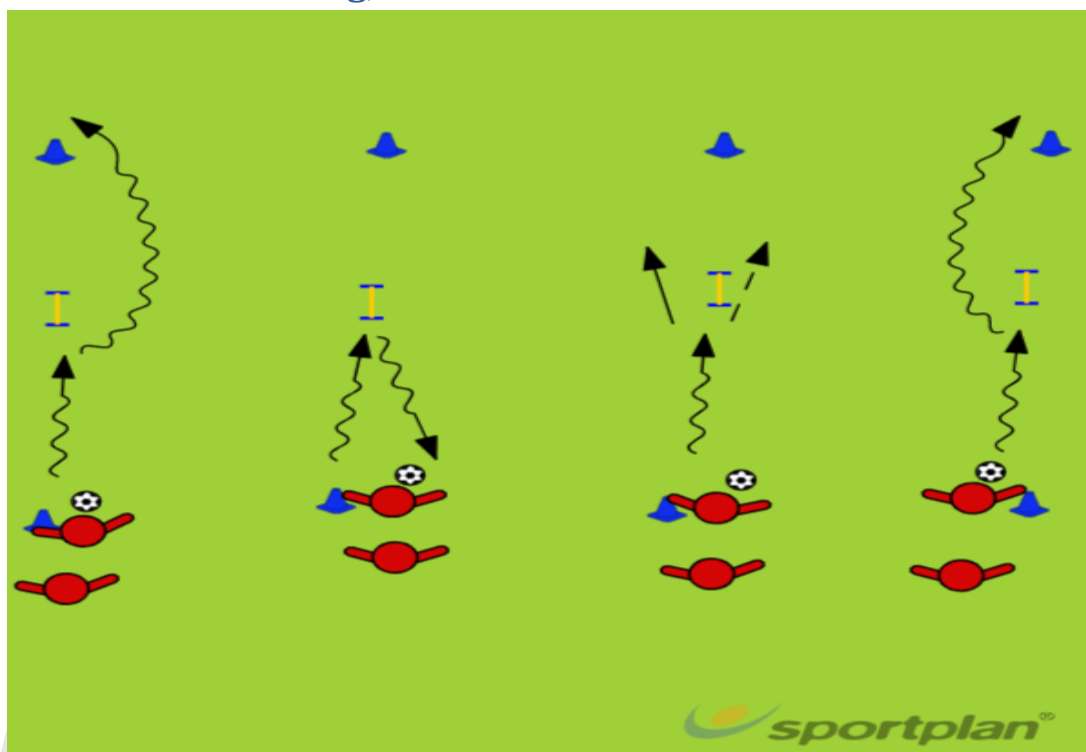
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Session 8 - Dribbling, turns and skill moves



Turns and skills around the pole (defender)

Players line up on a cone with a pole in front of them.

First one is dribbling towards the pole and moving the ball around the pole

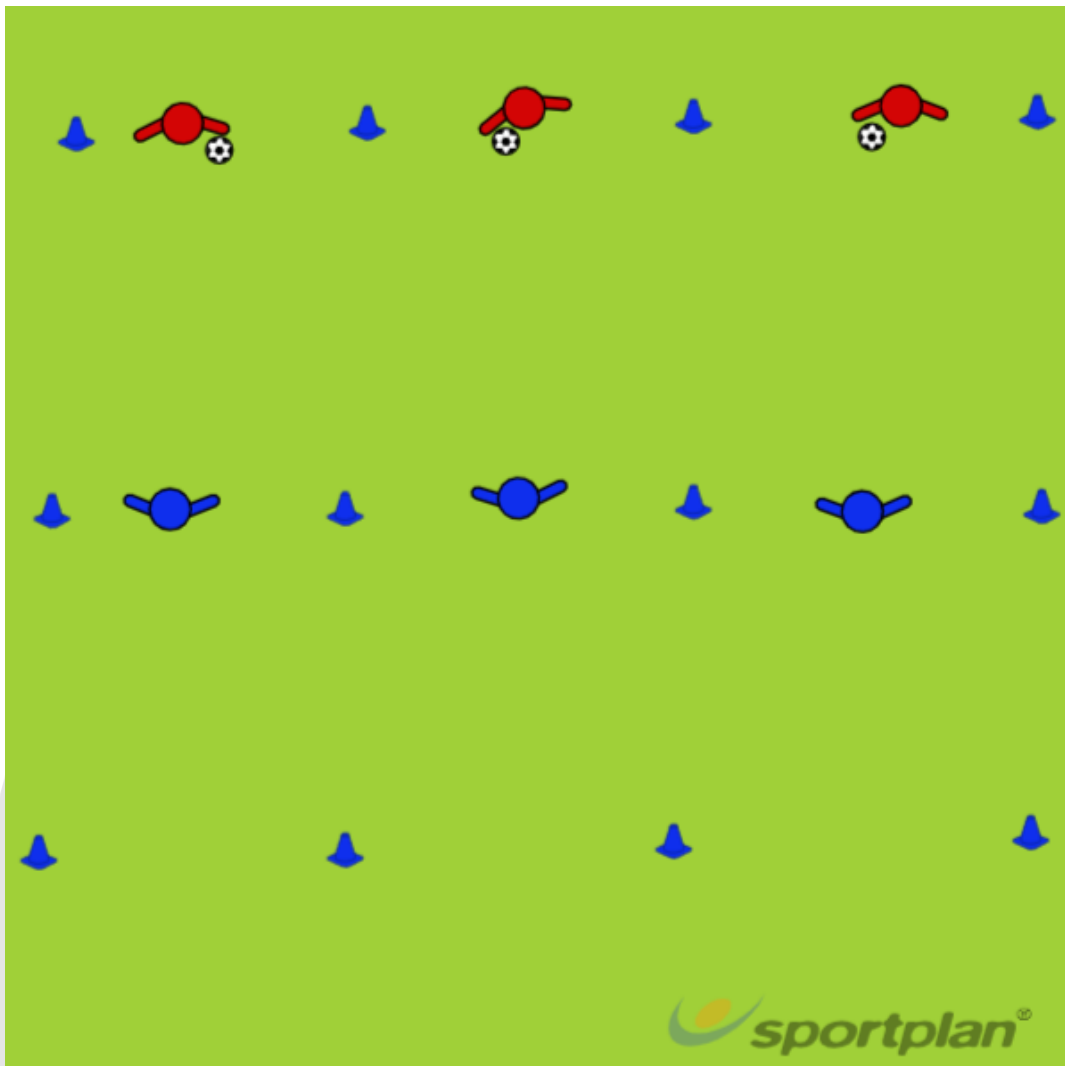
Second one is dribbling towards the pole and using a turn to turn before the pole. Turns to use;

- Drag turn
- Inside cut
- Outside cut

Third can be push the ball around the pole and run the other side

Forth can be a freedom of choice and players can do what they want at the pole.

Video



Beat the Defender

Defender in the middle looks to stay on the line and not allow the attacker past.

Attacker tries to get around the defender to the other side

Keep rotating in the middle.

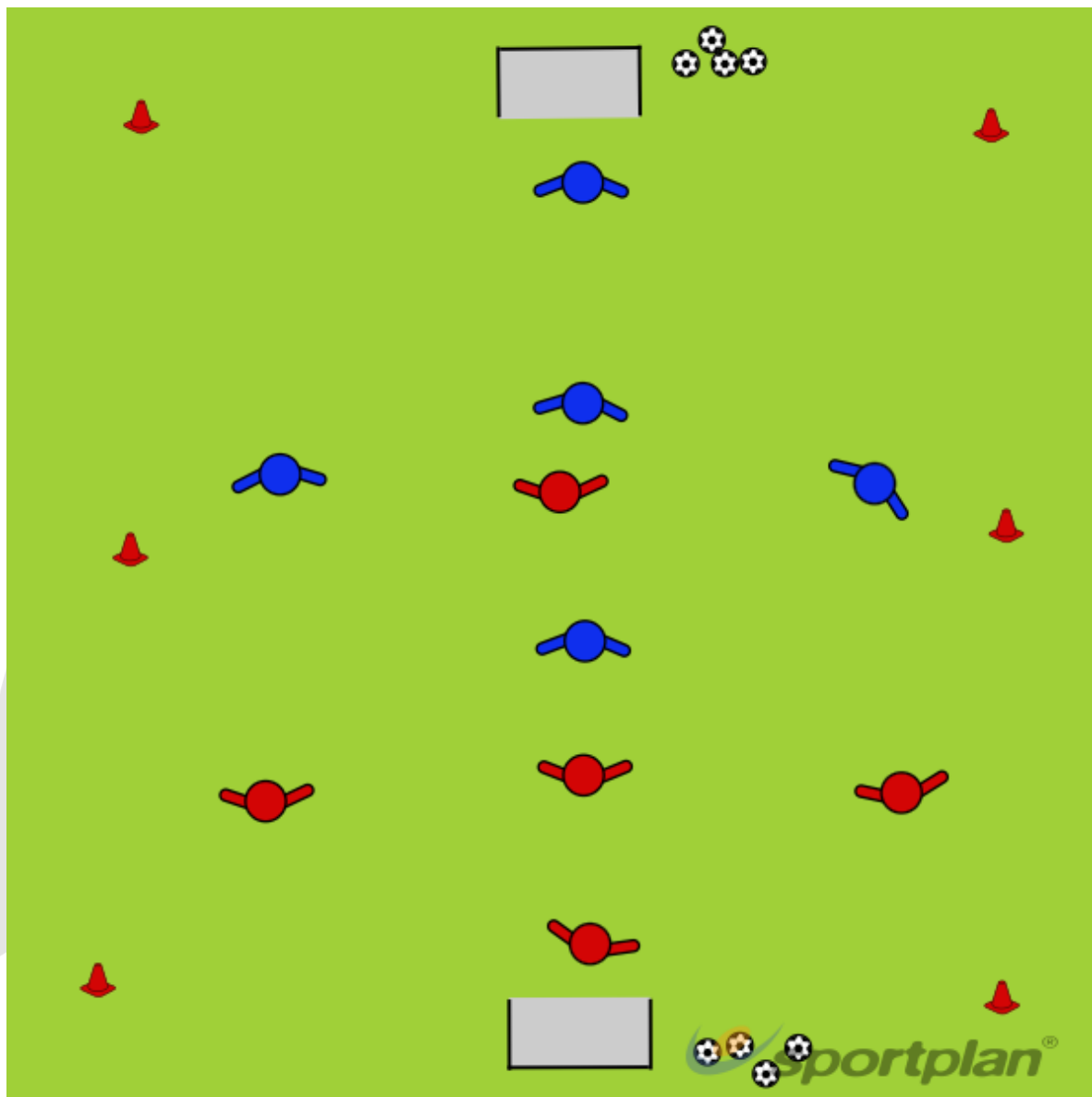
Video

CCJSA

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Small Sided Game

Finish with a game and let the kids play

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Resources

There are numerous resources you can look up to gain a better understanding and grasp of coaching this age group.

- Contact your club
- Talk to local coaches
- CCJSA is always producing content on our Facebook and YouTube channels
 - CCJSA Facebook: <https://www.facebook.com/ccjsasoccer>
 - CCJSA YouTube: <https://www.youtube.com/channel/UCpRZ-dpfGGx-OCCx3fTyebQ>
- CCJSA regularly hold coach Workshops and Club Development in clubs putting on sessions and opening up to coaches with questions
- Football West is the State body for football in WA
 - Football West Website: <https://footballwest.com.au/>
- FFA is the national body and has a great library of session plans and hints and tips
 - FFA Website: <https://www.playfootball.com.au/coach/discovery-phase-sessions>

The best way to improve is to always be learning. Best way to learn is to attend coaching courses, these courses are regularly run in the South West and will grant you official coaching qualifications.

If you have any questions please let us know, you are not alone in this coaching journey. It is my job to help out the regions coaches and with better coaches we produce better players, having a stronger competition, retain and grow numbers and give the best football experience to the young players wanting to learn this great game.

You are not alone in this journey, contact your local club or FFSW for support

Yours in football,

Peter Dohnt

CCJSA Regional Development Manager

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