



## U5-U7 Coaches Session

### Active Start and Fundamentals

**Long Term Player Development (LTPD)** – Canadian program which outlines what players should be learning, and how they develop at each stage. This is used to design all of our programs and sessions in the club.

**U5-U7 players** (those you will be coaching), will be in the tail end of the Active start stage, and mainly in the Fundamentals stages of their development. Sessions in this stage should be well structured, positive, FUN, and should concentrate on developing the ABC's of Agility, Balance, Coordination plus speed. Thus various obstacle courses, hurdles, types of movements, agility and coordination exercises will be implemented into the programs.

### Role of the FUNDamentals Coach

- Provide fun, safe and enjoyable activity.
- Provide well organized practices and games.
- Provide stimulating activities that promote fundamental skills and movement.
- Communicate appropriately with children.

**CUSC structure:** Our program for these ages alternates the players between small sided games, and age appropriate activities on a 15 minute basis. You will be leading mainly the soccer exercises, and from time to time being game managers in the small sided games. The team's coaches will act as Game Leaders most of the time.

Details of this program and routine are explained in the next pages, and will be covered in the class and on field session.

Coaching Sessions – open to all coaches at the U5-U8 levels.

Monday May 11 – 6:00-7:30 pm

Friday May 15 – 6:00-7:30 pm

Thursday May 21 – 6:00-7:30 pm

### **Mandatory for Technical Coaches:**

Friday May 15 – 6:00-7:30 pm

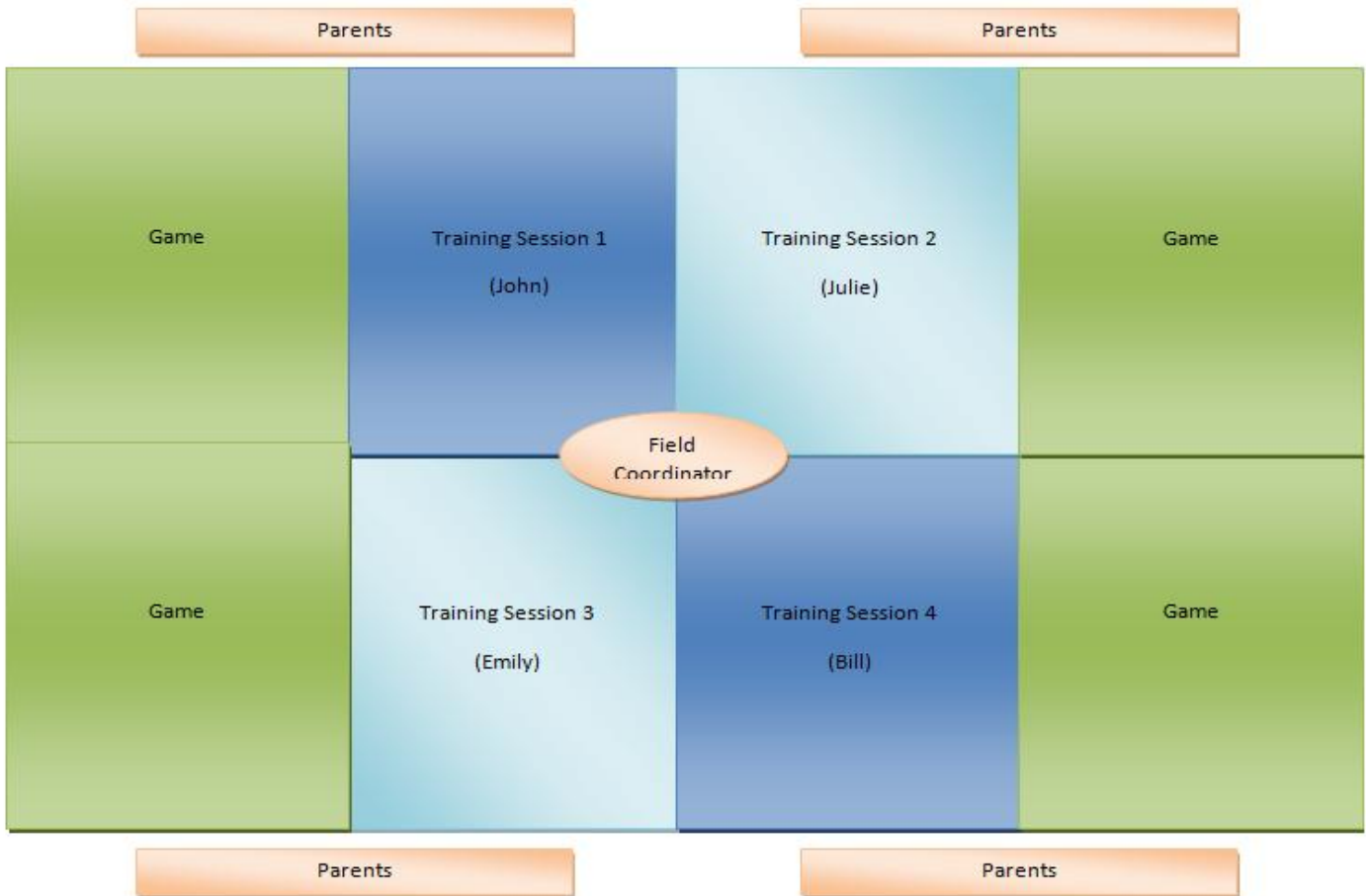
Thursday May 21 – 6:00-7:30 pm

(All sessions will be held at 1550 Verchere, and will be both in class on the field, so come dressed for both).

## U5-U7 Coaches Session

### Active Start and Fundamentals

#### Field Set-up:



#### Time Line:

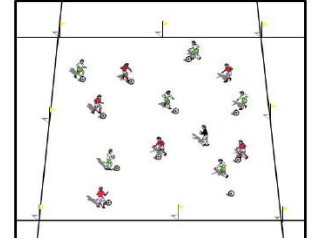
- ▣ 6:00pm – coaches arrive at field
- ▣ 6:00 – 6:05 – coaches help unload equipment and meet with field coordinator (SIGN IN!)
- ▣ 6:05-6:15 – drills are discussed, clarified, and explained, and setup.
- ▣ 6:15-6:25 – all fields are setup by coaches, including games and drills, greet players and coaches as they come.
- ▣ 6:30-6:45 – first 15 minute session with first group of kids
- ▣ 6:45-7:00 – second 15 minute session with second group
- ▣ 7:00-7:06 – coaches move their drill to adjacent field while kids have snack
- ▣ 7:06-7:21 – third 15 minute session with third group of kids
- ▣ 7:21 – 7:36 – fourth 15 minutes session with fourth group of kids
- ▣ 7:36- 7:45 – clean up

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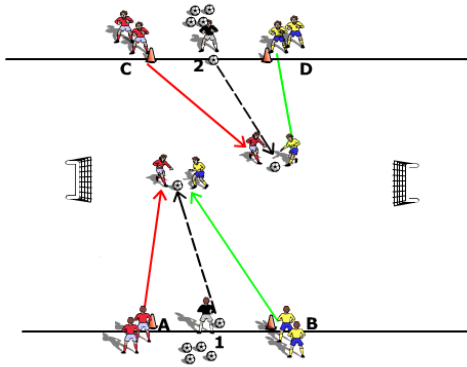
### Active Start and Fundamentals

#### 1. Dribbling Games (square setup)

These **require** lots of energy and enthusiasm, and must be combined with other games/activities to keep the kids interested. **It's often smart to do a few minutes of dribbling with the kids followed by a round of a fun game, and then return to the dribbling, etc. This keeps the kids motivated longer.**



#### 2. 1v1 Games: The initial setup is usually similar and is as follows:



**Set up:** 1 goal is placed on either end of the field, facing out. Players are asked to line up evenly on one of the sidelines. Balls are in between the two lines with the coach.

**Instructions:** coach rolls out a ball, and one player from line A and one from line B play 1v1... they can score on either goal. As soon as there is room, coach rolls another ball out for the next two. Vary the starting positions, add exercises to do before they play (i.e.: hurdles, ladders, etc)

KEEP THE LINES SHORT!!! THERE SHOULD ALWAYS BE SEVERAL PLAYERS PLAYING AT ONE TIME!!!

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#### 3. SAQ and Dribbling Patterns:

- Be Creative in applying the ABCs (Agility Balance Coordination and Speed) of movement.
- Look to move from quickness and agility, to ball control, and eventually to some additional skill like receiving or shooting or passing.
- Always end with a goal/shot on net.
- Some ideas or patterns:

