

SUPER MOD SOCCER: PRACTICE SUGGESTIONS FOR SESSIONS 2-7

Session	Warm-up	Skill Game	3 v 3
Prac. 2	Dribbling Staples: run with ball: let it run through legs, jump over, pick up and trap with foot. Play 1 game of "Shark" Total Time: 7-8 minutes	Directional Dribbling: Escape and Buffalo Stampede (3-4 games ea)	Last 20 minutes: focus on triangles, getting goalkeepers involved in play; in order to score, GK must be outside own goal area.
Prac. 3	Dribbling Staples Play 1 game of Escape or Buff. Stampede Total Time: 7-8 minutes	Possessional Games: Crab Soccer and Mad Bomber (3-4 Games ea)	Last 20 Minutes; can a team on offense get 2 passes before going to goal?
Prac. 4	Dribbling Staples: the "swerving" picture. As you dribble, can you lean to the rt. or lft and swerve? Total Time: 7-8 minutes	Possessional Games: Pac Man and Cave Man (er. People) (3-4 Games ea)	Work on goalkeeping (2 per group) for 5 minutes, then play 3 v 3 for last 15 minutes, coach goalkeeping techniques: catching and throwing.
Prac. 5	Dribbling Staples Your Choice Total Time: 7-8 minutes	Passing Games: Cave Man, Star Fighter etc.	Free Play last 20 minutes
Prac. 6 & 7	Your Choice	Your Choice	Free Play last 20 minutes
	Note: You may want to arrange a scrimmage with the team "next door" for the last 10 minutes of practices # 6 & 7		

SUPER MOD SOCCER: PRACTICE ORGANIZATION

Warm-Up

- * Start with dribbling activities
- * Move into a game format (something from a previous practice)
 - * Make sure field is laid out properly

Skill Games

- * Feature 1-2 games (from glossary)
 - * Play each game 2-3 times
- * Quickly review key ideas before each game
- * Oldest group: Add passing games to practice schedule

3 V 3: The "Real" Game

- * Play 3 v 3 with your team
 - * Quickly review rules
- * Demonstrate how players are utilized (think about triangles)
 - * Substitute player (s) every 2 minutes
- * Try to have each player rotate through the goalkeeping position

Organizational Hints

- * Use games to teach--no lines
 - * Step off your field in yards, not feet
- * Use 2 / 3 rd's of your field to play skill games
- * During 3 v 3, keep several soccer balls behind each goal
- * Remember that you only need to be active for 50-55 minutes

SUPER MOD COACHES' TRAINING

Coaching Methodology / Mechanics

I. Components of a Practice

One of your principal roles as a coach is to conduct a practice. Each practice should contain the following elements.

1. Warm-up (movements with the ball, fun games)
2. Skill Games (featuring dribbling , Passing and shooting)
3. 3-a-side soccer (3 players per team 30 x 20 field)

* See 3 versus 3 diagram and practice organization outline for more information .

II. Teaching the Age

Whenever you introduce a game or exercise , use the following strategies :

1. Quick Explanation--be brief (15 seconds) when explaining what to do
2. Demonstrate--give the kids a visual picture of what they are to do. If you have difficulty with a skill , walk through it.
3. Organize players--show them where to go when they've been eliminated from a game or when they're a substitute in 3 v 3 .
4. Activate and observe--is everything going to plan? Is game organization acceptable?

III. Philosophy

Here are some insightful points relevant to coaching 6 and 7 years olds :

1. " The game is the best teacher . " You're the assistant to the game.
2. A fun attitude on your part is the best attitude .
3. Have only a few rules. Don't get bogged down on what shouldn't happen.
4. On warm days , give plenty of water . Never restrict WATER !
5. If a player does not wish to participate , they do not have to. However , keep that player in mind and try to coerce them into playing later in the practice (try holding their hand and play with them during a game .)