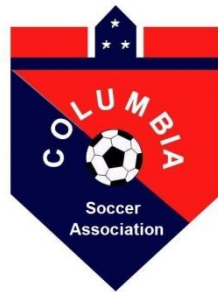


COLUMBIA SOCCER ASSOCIATION



COACHES MANUAL



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U05 and U06 MANUAL

Hi Coach,

Thank you for volunteering your time for the players that wants to play the game of soccer and wants to have fun

The manual has different exercise that you can choose from, combine and use at each session

Start each session with:

- A good warm up
- Some stretching exercise
- Some conditioning
- For the session:
 - Start with simple exercise
 - Change exercise if players are bored or do not understand
 - Make sure everyone is involved

After the exercises have a scrimmage and see if they can apply what they learn

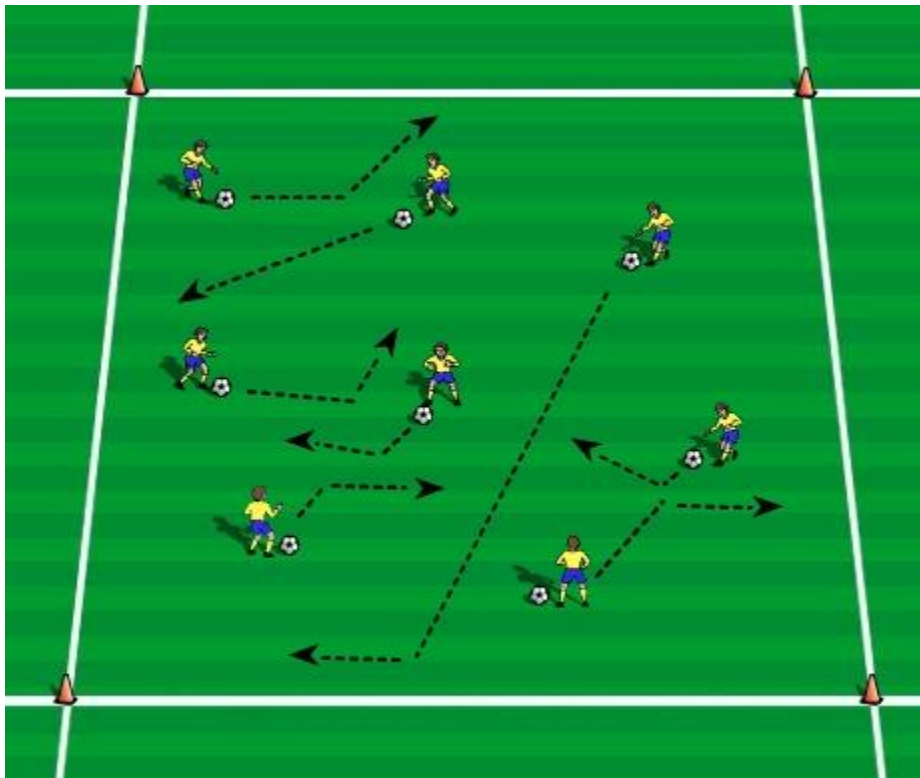
Do not hesitate to contact us if you need more information or some help

Enjoy your season, have fun and thank you for volunteering



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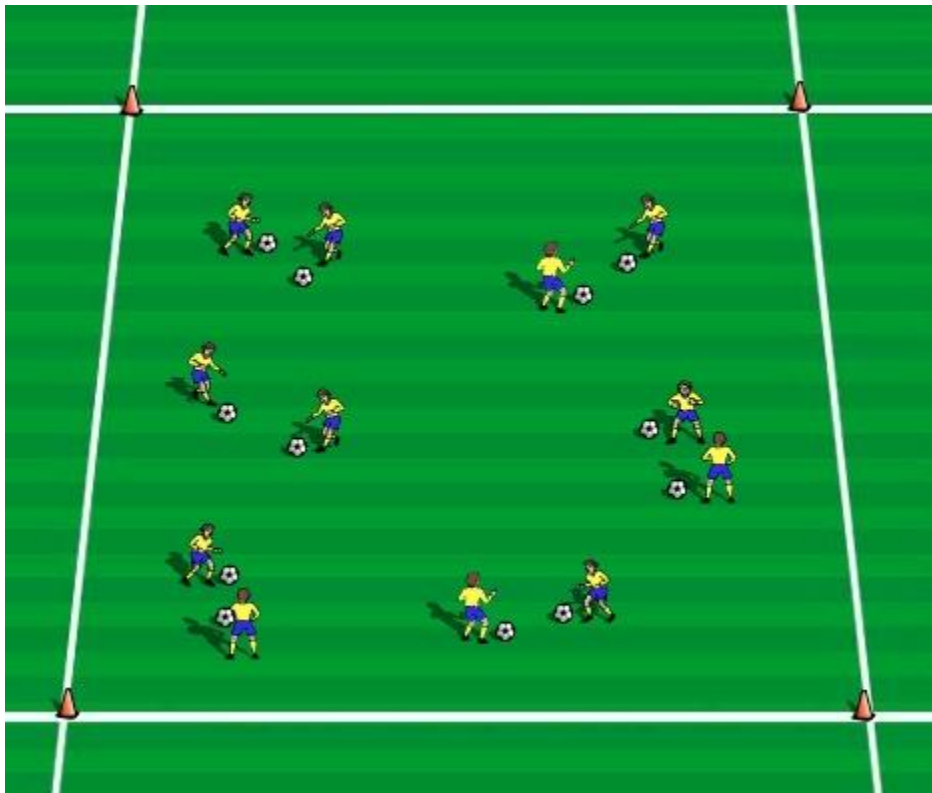
1. Players try to tag the other players within the grid.
2. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3. As the player is tagged a second time, they must continue dribbling while holding both tagged areas.

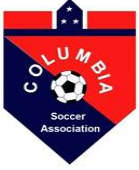




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1. Each player wants to kick the other players' ball out of the grid.
2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.





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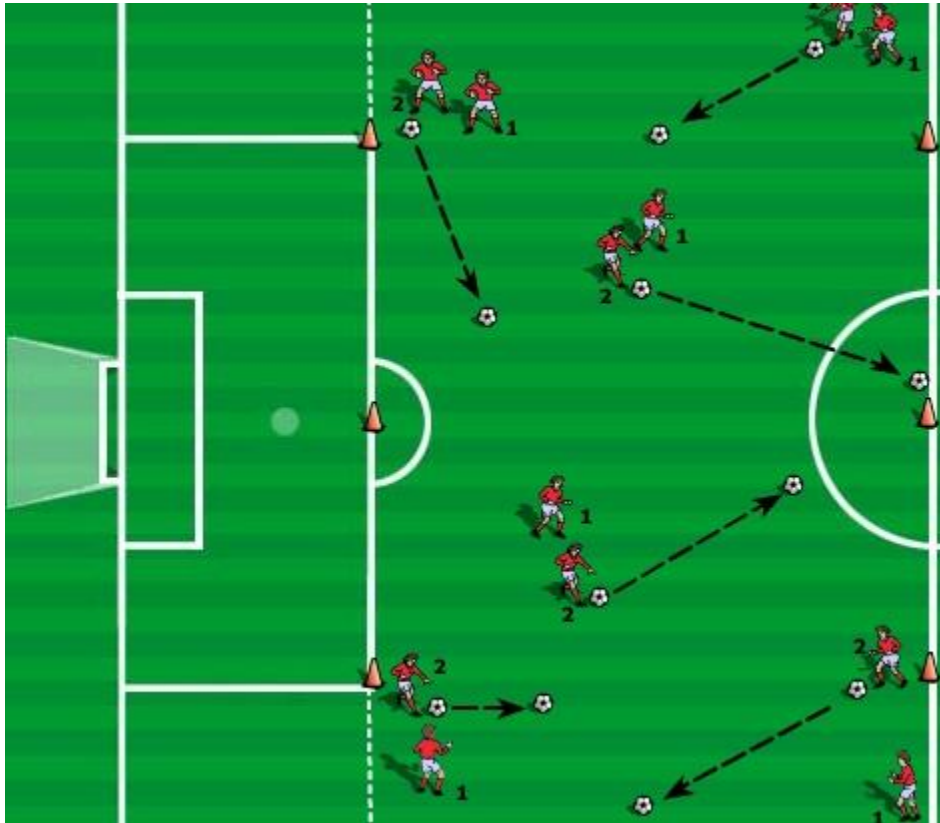
1. The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2. Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.





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1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 lets player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other players' ball.

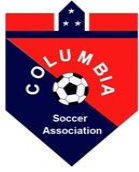




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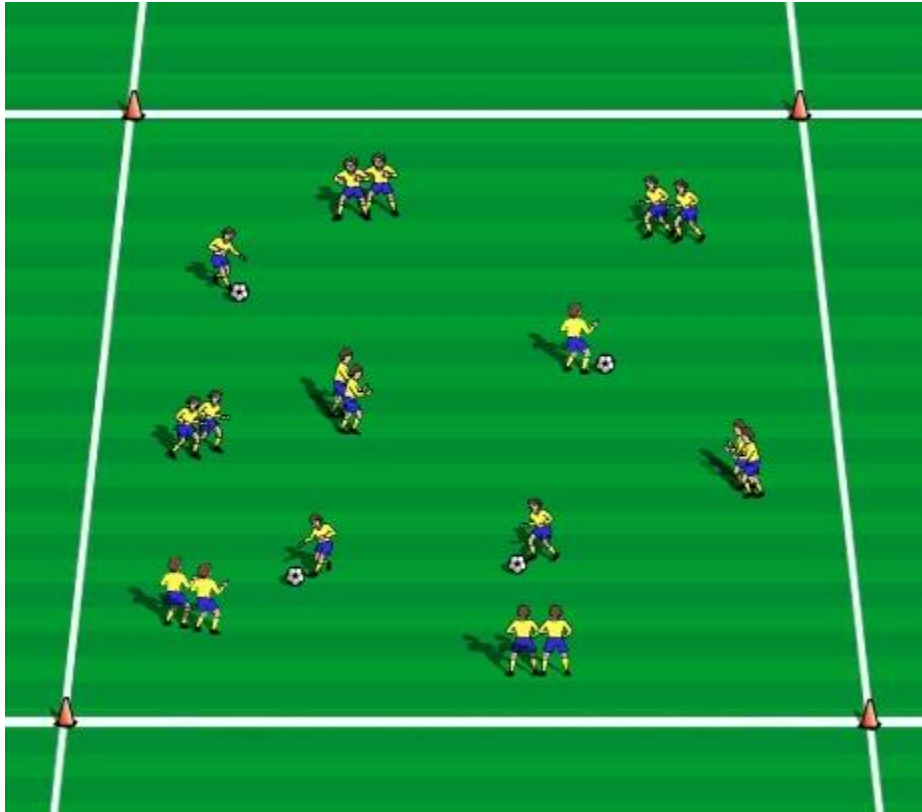
1. A player is chosen to show his fellow players a favorite move a few times.
2. The player then shows all the players how break the move down.
3. Allow players some time to practice the move.
4. After a few minutes allow a new player the opportunity to show their favorite move.
5. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.





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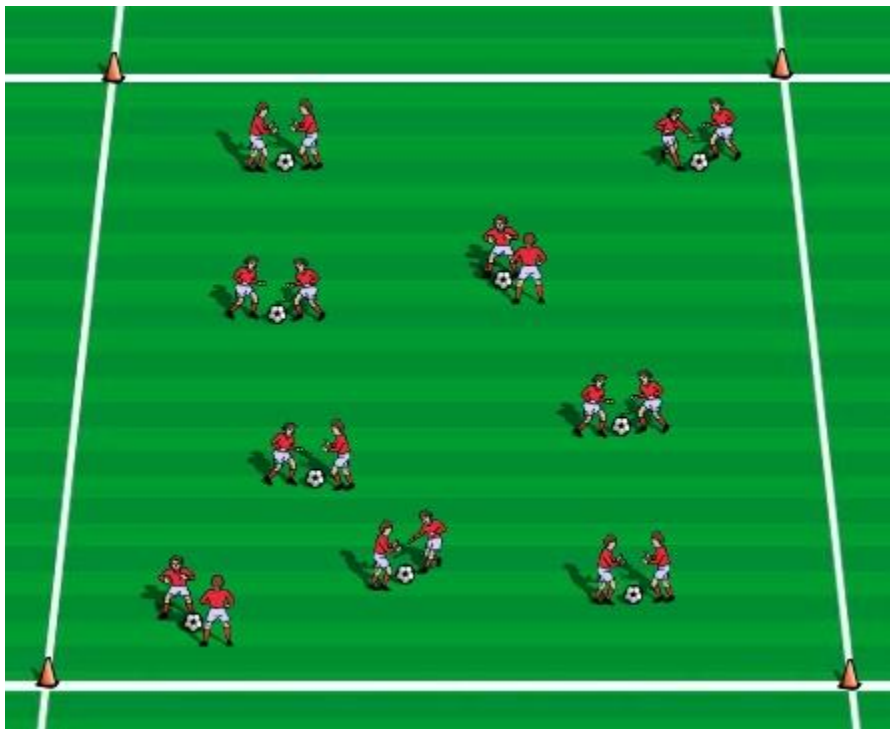
1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.





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1. Each player throws down their hand in a symbol of a clenched fist for rock; two fingers for scissors; and open palm for paper. Rock beats scissors, scissors beat paper and paper beats rock. It must be done quickly and with both players standing within a foot of the ball. If each player throws the same symbol then it's a wash.
2. Once a pair has figured out which player has won, that player has three seconds to try and hit his partner with the ball. If he misses then no points are awarded.
3. The first player to hit his partner three times wins.
4. Put winners with winners of other groups and losers with losers and find a champion





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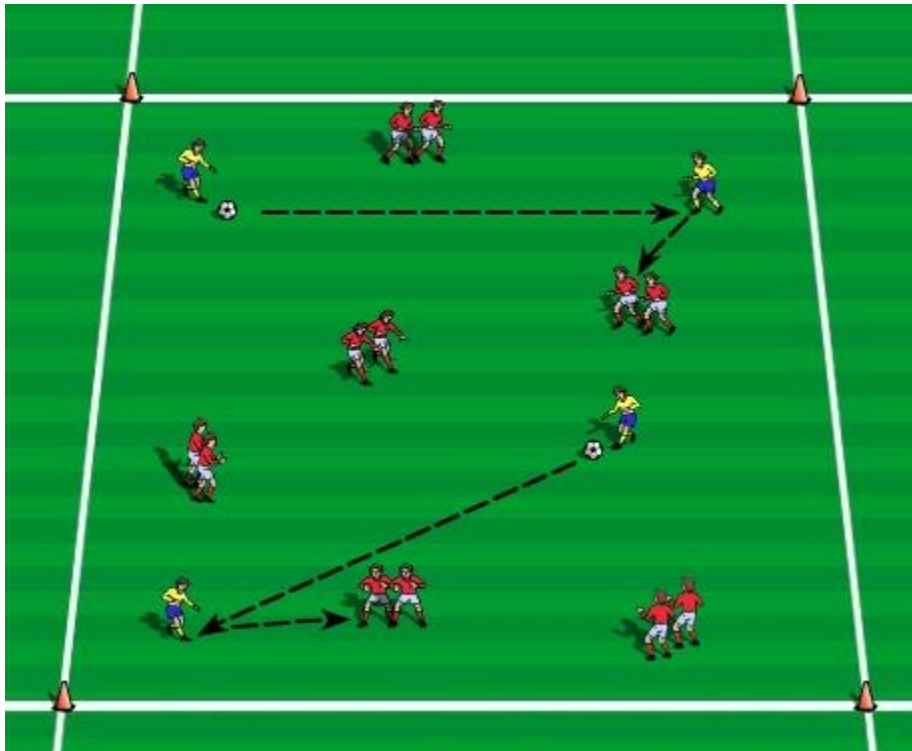
1. The player with the ball will dribble while following the LEADER.
2. The LEADER leads by walking fast. As coach feels they are technical enough, the leader may start changing directions slowly, increasing the difficulty for the playing following dribbling.
3. Allow players to switch.





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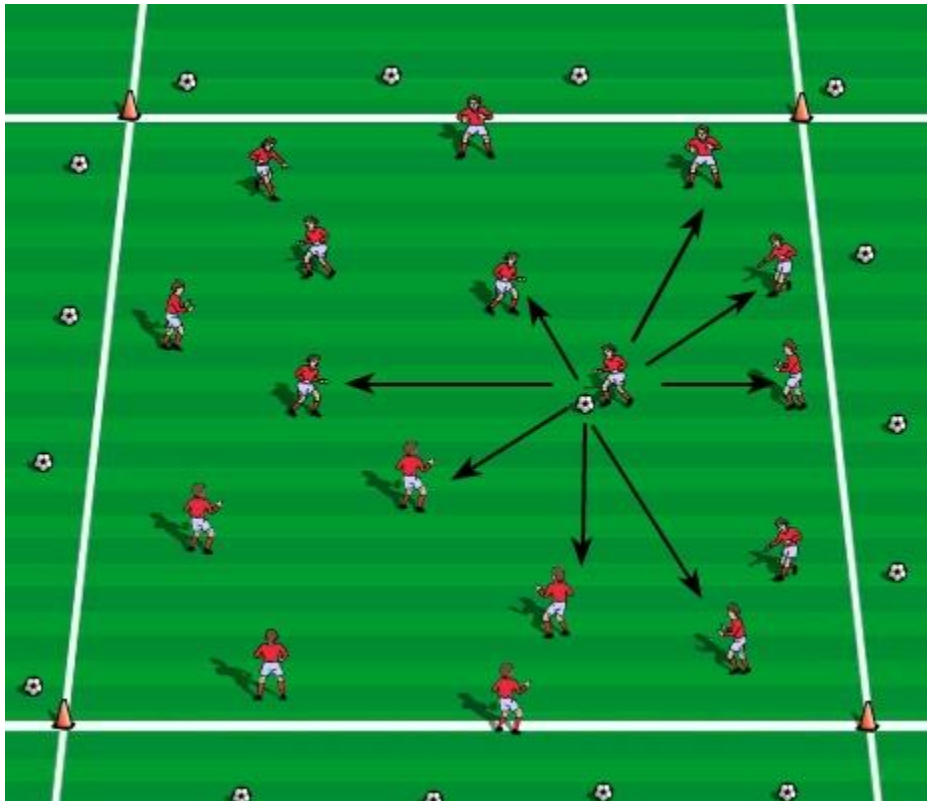
1. Each group will dribble around the grid trying to get close to the double headed snakes.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snake below the knees.
3. The snake catchers must hit the double headed snake off of a onetime pass.
4. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game
5. Switch players so everyone has a chance to be the snake catcher





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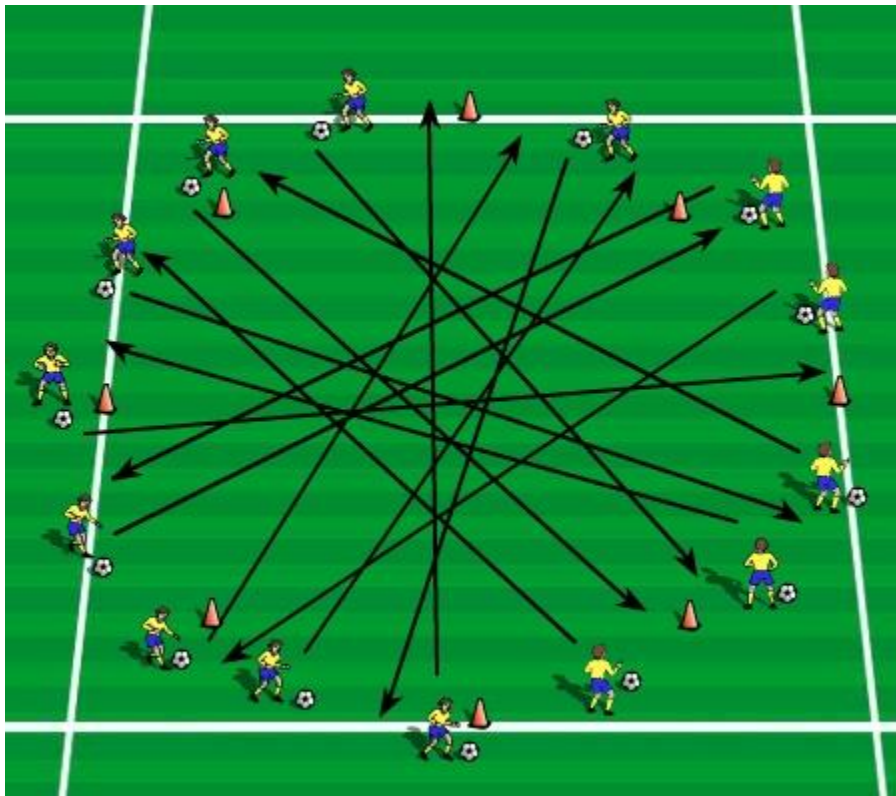
1. Player with ball starts by running with the ball at the rest of the players.
2. After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid. Example being ball taps or juggling.
3. The last player without the ball left is the winner.





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1. All players start off by dribbling around the circle in the same direction.
2. Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side.
3. The coach needs to change direction constantly. When coach says to cut the ball all players will cut the ball through their legs and head in the opposite direction around the circle.

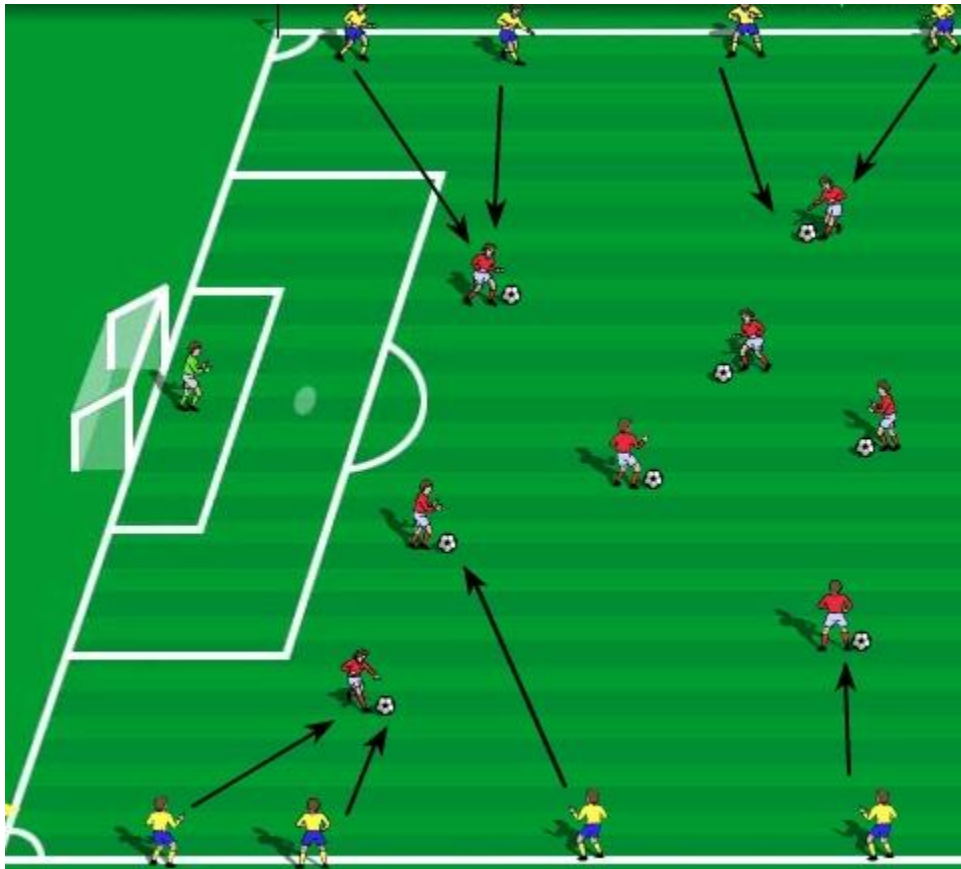




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Progression:

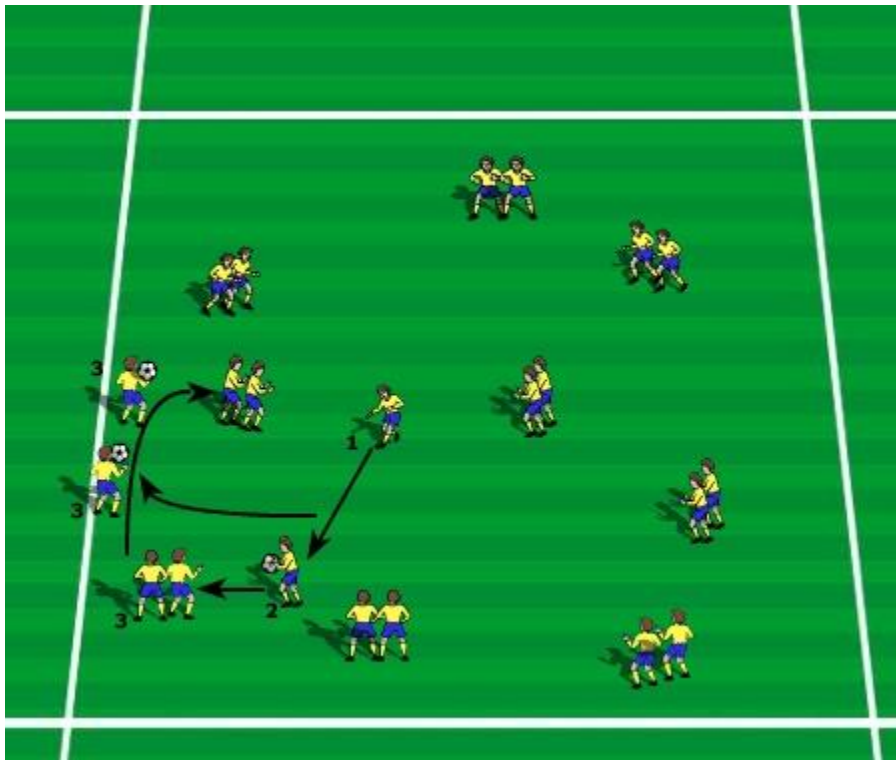
1. Each player on the defending team has a ball.
2. The attacking team is spread out on both sidelines waiting for the coach's whistle to start play.
3. As the whistle sounds the coach will start his watch, stopping it only after the last ball has been kicked out of bounds or in the goal.
4. The defending team tries to prevent their ball from being stolen by running with it and shielding from the attacking team.
5. Players may help keep possession with their teammates only after they have lost their own ball.
6. The defending team is not allowed to kick the ball out of bounds.
7. Each team will rotate from offense to defense.





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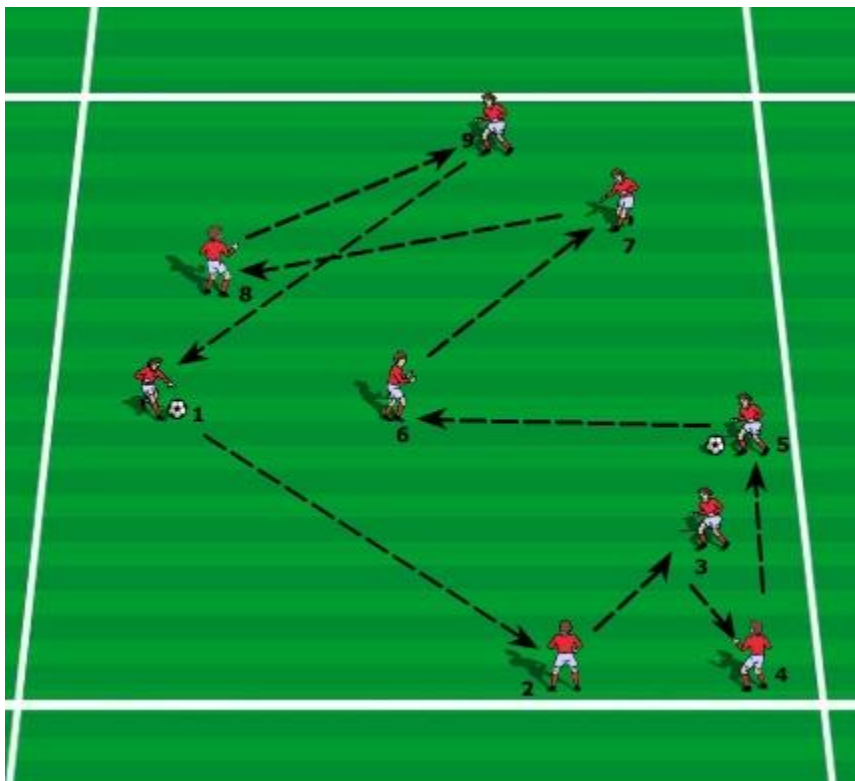
1. Form groups of two.
2. Two players will be it to start the exercise.
3. Player #1 will try and tag player #2 who is holding a ball.
4. Player #2 will try and lock arms with another group. When he does, he hands off the ball to the player on the opposite end.
5. Once player #2 joins an already existing group the player #3 on the opposite end of that group who now has the ball will now peel off and find another group before he gets tagged.
6. If player #1 doesn't catch a player within one minute, switch that player out and replace them with a rested player.

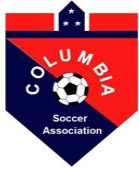




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1. Players #1 and #5 start off with the ball. The ball is passed from player to player based on the next sequential number.
2. One may start this exercise off in the player's hands in order to insure the exercise doesn't break down.
3. A coach may add more balls evenly spaced within the team. Example #1, #9, #16
4. Add touch limitations to the exercise to increase the difficulty.
5. Remember that one touch is to enhance a team's ability to pass, two touches restriction emphasizes a player's preparation touch and passing, three touches emphasizes receiving, passing and dribbling

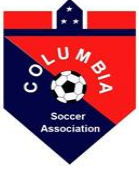




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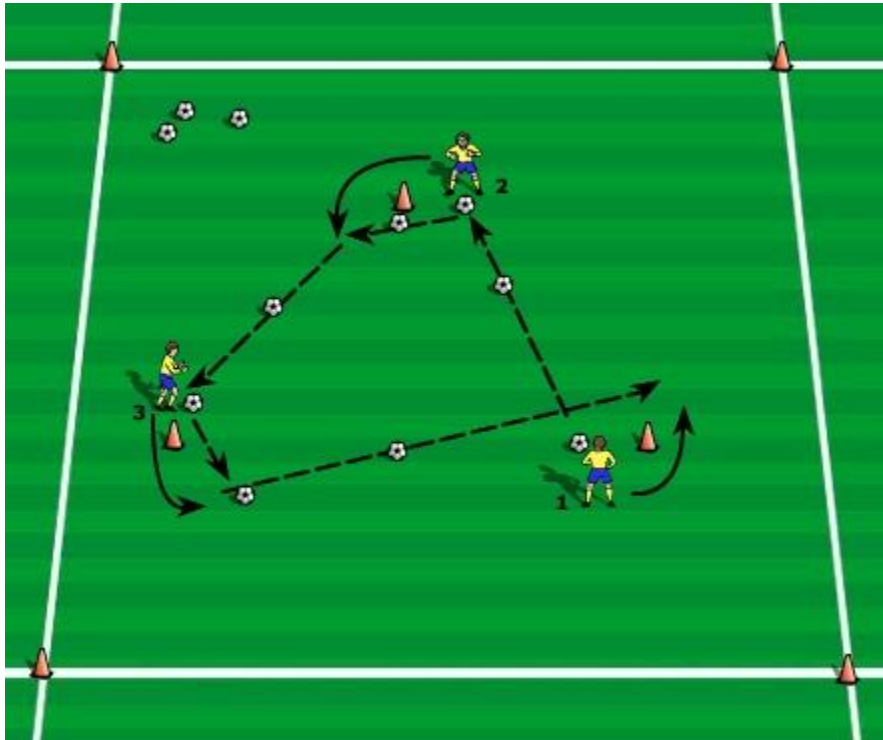
1. Start off with one ball.
2. Players may not score on the same goal twice in the same sequence.
3. Players can score by dribbling the ball through the goals.
4. As the players feel comfortable with the exercise then add one or two more balls. This will spread out the game, allowing more touches on the ball as well as more decisions.
5. A variation to this exercise is counting a goal when the ball is passed through one side of the goal and collected by a teammate on the other side





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1. Players pass the ball to the other two players within their group in no certain order.
2. Example- Player #1 plays the ball to player #2 who receives the ball and in one touch plays the ball to the other side of the cone. Player #2 then runs around the opposite side of the cone as if to avoid a defender. With his second touch, player#2 plays it to player #3.
3. The process continues with players randomly picking who they play it to.
4. Player with the most successful attempts at the two touch exercise is the winner.
5. Coach can stipulate what part of the foot he wishes his player to receive or pass it with





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1. Players are to self pass.
2. The players, as example #1 illustrates should pass a ball to the other end of the grid. If the ball is not properly weighted then the ball and the player fall over the “cliff” (end line). If the ball is not hit strong enough, the player will be required to self pass once again to himself. The proper weighted pass should arrive within a yard of the cliff as the player is arriving.
3. The player then controls the ball turns around and repeats the exercise.
4. Vary the length of the grid as it will change the difficulty of the exercise.
5. Have players use various parts of the foot (inside, outside, laces)

