

NORTHERN SOCCER CLUB
Coaching Manual

Warm-up Exercises

Dribbling in Confined Space (box):

Body Part Freeze (U5/6)

Crab Soccer (U5/6)

“Coach” Says (U5/6)

Knockout (U7+)

Gate Dribble (U7+)

Cat & Mice (U7+)

Dribbling for Speed (straight line):

Relay Races (U7+)

Sprints w/ball (U9+)

Solar System (box) (U10+)

Passing & Combinations:

Gate Passing (U7+)

Cone Attack (U7+)

Find Partner (box) (U9+)

Partner Combinations (U9+)

Receiving Flighted Balls:

Return to coach (U5+)

Juggling (U7+)

Toss & Turn (U7+)

Partner Flighted balls (U9+)

Movement Education:

Red Light/Green Light (U5 – U8)

Soccernastics (U5+)

Technique Games & Exercises

Dribbling & Passing:

Knockout (U7+)

Jedi Knights (U7+)

Sharks & Minnows (U7+)

Gate Accuracy (U7+)

Pac-Man (U7+)

Receiving & Preparing Ball:

Ping Pong (U7+)

Pass & Move Lines (U7+)

Gate Challenge (U9+)

Passing Square (U11+)

Amoeba Playback (U11+)

Combination Play:

Get Outta There (U7+)

Team Handball (U12+)

Throw, Head Catch (U14+)

Possession Games:

4v1 (U9+)

5v2 (U9+)

3v1 (U9+)

Keep Away (U11+)

Bora (U13+)

Physical Development

Agility & Reflexes:

Tag (U5 – U8)

Horsetail Tag (U7+)

Knee Tag (U12+)

Agility Sprints (U13+)

Agility “T”

“W” Sprints

“Z” Sprints

Agility “8”

Speed “V” and through

Core Strength & Balance:

Balance Challenge (U5+)

Pushup War (U9+)

Abdominal Set (U11+)

Partner Wall Sits (U11+)

Off Set Pushups (U13+)

Endurance & Conditioning:

Most comes from playing game.

Doggies, Ladders, Suicides (U13+)

***** Laps are NOT constructive.**

Coach, please avoid the “Three L’s” - **NO LAPS, NO LINES, NO LECTURES**