



U5/6 SYSA Guide

(Grassroots Passion for Soccer - Active Start)

The following is based on Soccer New Brunswick's delivery of the Grassroots Passion for Soccer Program (Stage 1). The aim at this stage is "get moving and to keep active", and the focus is on engaging the players in the sport.

The following four aspects of player development are emphasized at this stage:

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| Physical: | Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing, and catching. |
| Technical: | Running with the ball, dribbling, controlling, kicking and shooting. |
| Tactical: | None. |
| Mental: | Fun, fascination, and passion for play. |

The Sackville Youth Soccer Program for 2014 is a ten-week program with 1-hour sessions. Each session is structured approximately as follows, where time allocations allow for startup, transition time between activities, and water breaks.

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| ~15 min | Warm-up focused on "physical" development. |
| ~30 min | Stations focused on "technical" development and learning direction and goal scoring aim in a simplified manner. |
| ~15 min | Match focused on fun and learning of complex form of the game. |

Parents/Players:

There are three things that players (with support from parents) can do to make sure they are part of the best soccer and sport experience possible.

1. Come prepared to listen, learn, and participate.
2. Perform each activity to the best of their ability and improve over the summer.
3. Recognize that this is a team environment where everyone must make sure there is respect, safety, and fair play for everyone to have fun.

Coach tips:

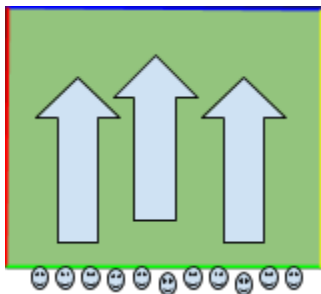
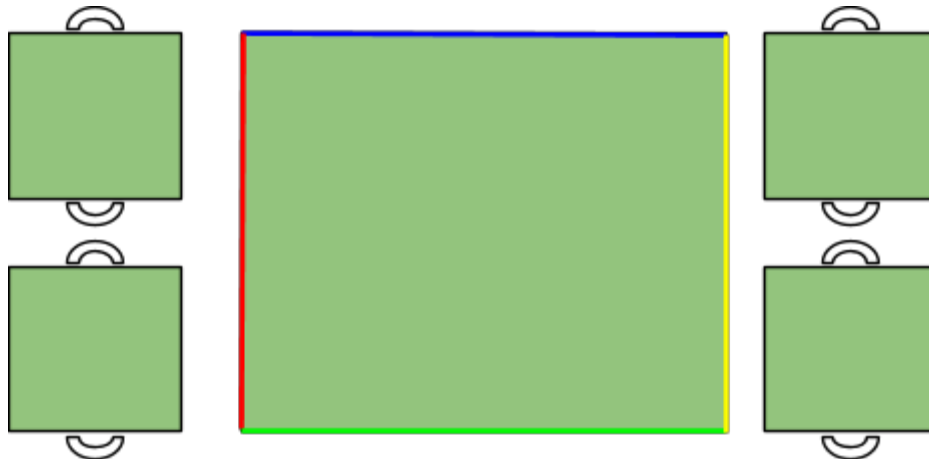
- In Warm up, give a “high five”to everybody when they stop on the other side and are waiting for instructions (volunteers can do this)
- It’s a “performance” tell jokes, ask about animal noises, and shout “ouch” after high fives (with jokes in-between races 15 min should be no problem)
- Use the ball very little at the beginning and increase time with ball as season goes on
- To collect balls use “benny the bag monster” he will eat the balls (can even throw them out and make them gather again)
- Pirate treasure game can also be used to collect balls. Kids most collect “treasure” (balls) and put it in the ship (net or bag).
- If players start to get out of control bring them all in and make them sit down.
- Try to get the players into good habits by maintaining patterns throughout the year. Children will learn the warm ups and games if we are consistent with them.

SETUP

(Change as needed)

Warm-up grid: 25 x25 dimensions, with a cone every 5.

Game Grids: 10 x10 dimensions, with a cone every 5. One Game Grid per station you plan on using



Warm-up

Objectives: Learning of fundamental movements (i.e. run forwards/backwards/sideways, jumping, hopping, skipping, crab walk). Teaching of square limits and to remain within them. Learning not to use hands but doing “little kicks”

Procedure: Everybody line up on the green line (one line of cones)!

- Races from green line to blue line using all fundamental movements (see objectives)
- Use examples of animals, cars, airplanes ...
- Can incorporate obstacle course type activities.
 - Zig zag through cones
 - Kick a ball into a net on the other side
 - Etc...
- Can make it into a relay race
 - Teams of 3 or 4
 - Go through obstacles, return, high five next in line, then they go
- Introduce a ball:
 - Everybody on the green line! When given a ball can you sit on it? (Only give a ball if they are on the green line)
 - Can you:
 - Sit on the ball, stand on it with one foot, the other foot, place your stomach/ head, nose on the ball
 - Kick the ball to the other side like the coach? (Using “little kicks” and no hands)



Games (stations)

Overall Objectives: Movements in 360°. Ball manipulation (using inside/outside/laces and bottom of both feet). learning direction and goal scoring aim in a simplified manner. having fun!

Procedure: ~30 minutes of rotating through a few of the games described below. A water break about halfway through will allow you to switch the games and make new stations.

1) Stuck in the Mud:

- Pick appropriate amount of “mud monsters”.
- All players must stay inside the square.
- If “mud monster” tags you, you are stuck in the mud and must yell “help me! Help me! I am stuck in the mud” while standing with legs far apart.
- In order to be saved somebody else must crawl through your legs.
- Mud monsters are not allowed to tag somebody in the process of saving somebody.
- **Progressions**
 - Use a ball and “mud monsters” must touch the ball. If they touch the ball place ball on top of head and yell like before. To be saved somebody must kick their ball through your legs.
 - If good ball manipulation you can tag players instead of just touching the ball

2) Space Aliens & Rangers:

- Everybody is a space ranger and must “fly” around the square (feel free to introduce noises, talk about buzz lightyear, etc...).
- Space aliens (with specific noise) will be the coaches to begin with and must dribble around and kick the ball at the feet of the space rangers.
- If a space ranger is hit they must go and get a ball from the pile of balls and they become a space alien.
- Last few space rangers standing are the space aliens for the next game.
- **Progression**
 - Everybody is a space alien except coaches/parents

3) Sharks and Minnows

- No ball
- Minnows line up on one side of the grid.

- Sharks will be in the middle.
- When coach yells “go” all minnows must run across the grid, to the other side, without getting tagged.
- If they are tagged they become a shark.
- **Progression 1**
 - Everybody must hop on one foot (make sure you do both) or only jump, or skip. Be creative! Fundamental movements!
- **Progression 2**
 - Minnows must dribble the ball across without sharks kicking the ball out

4) Cannonball

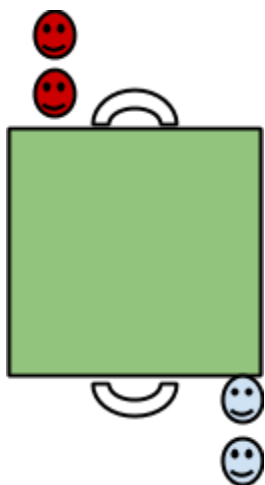
- All players with a ball on the sideline
- Parents on the touch line
- On the word “go” parents run from one side to the other and kids try to hit the parents with the ball
- **Progression**
 - Kids run (coaches or parents kick)
 - Kids can also throw the ball

5) King/Queen of the Ring

- All players dribble around in the grid and try to kick each others balls out
- If ball gets kicked out player must go to coach and receive a “task” in order to go back in
- Tasks can be singing, dancing, telling jokes, keep-ups, etc....

6) Numbers Game

- **Objectives:** Learning direction and goal scoring aim in a simplified manner (i.e. no/limited teammates and small amount of opposition)
- **Procedure:**
 - In small grids; Players: 10-12
 - Separate players into two teams with different color bibs
 - Line them up beside the net each with a ball
 - Give each player a number
 - When players number is called out they must dribble the ball as quickly as possible to the opposite net and score a goal
 - Player will be encouraged to celebrate and give the coach a high five before going back to the end of the line
 - **Progression 1**
 - Only one ball is thrown out by the coach in the middle, players must contest it



- Make sure coach has plenty of balls available and if ball leaves the grid he/she can throw another one inside the grid
 - **Progression 2**
 - Call out two numbers and encourage team work

7) Red light/Green light

- Each player has a ball, except the one player that is designated as the "light" (starts as coach).
- Light starts at one end of grid, players on the other
- The "light" then turns away from the group shouting out "GREEN LIGHT".
- At this signal, the players start to dribble towards the "light".
- When the "light" turns round, calling "RED LIGHT", players must freeze and stop their ball.
- If the "light" catches players or a ball still moving that player must take 5 steps back.
- The first player to cross the line where the "light" is standing is the winner and becomes the new "light".
- **Progression**
 - **EASIER:** You can start the game without using balls for younger players, then have them roll the ball with their hands, then use the feet.

8) Simon Says

- Players listen to your call of an instruction and must perform as quickly as possible.
- Call out "Simon Says" and then any skill: stop your ball and find another, touch your knee/elbow/nose to the ball and continue dribbling, etc...
- Tasks should be level appropriate.
- As always praise the successes, and have fun while encouraging anyone who you trick!

9) What time is it Mr. Wolf

- Players all space out at one side of the playing area with a ball at their feet
- The coach (Mr. Wolf) stands at the other side.
- On a signal from the coach, the players start dribbling across the area keeping the ball close to their feet.
- At any time the coach can quickly turn around to face the group. Any player who doesn't have their foot on the ball within a count of 3 - 2 - 1 has to go back to the beginning to start again.

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| | <ul style="list-style-type: none"> ● All the children then call out together 'What time is it Mr. Wolf?' The wolf replies with a time of day such as 'It's2 'o' clock' or 'It's..... 11 'o' clock'. ● The coach then turns back around and the players start to dribble again. Repeat this several times with the players gradually getting closer and closer. ● As the players get closer the coach (wolf), when asked what time it is, can say 'It'sdinner time!' Players then have to turn and dribble their ball back to the start as quickly as possible because the coach tries to run after, catch and 'gobble up' as many players as possible before they can get back to safety. ● Progression <ul style="list-style-type: none"> ○ EASIER: You can start without soccer balls |
| Water/Collect Balls | |
| | <p style="text-align: center;"><u>Match</u></p> <p>Objectives: Learning of complex form of the game (i.e. teammates, more opposition).</p> <p>Procedure:</p> <ul style="list-style-type: none"> ● In small grids ● 5 v 5 or 6 v 6 match with no outs ● If ball goes too far out the grid coach should have balls in hand to throw inside the grid and indicate they will use the new one |
| Collect Equipment | |

Players high five coaches before they leave.