

## Coaching Clinic Overview

### 4-6 Year Olds:

1. With partners, pass thru gates to your partner and then move to the next gate
2. Knock down the wall – lines on both sides shoot at tall cones in the middle.
3. Clean your room – Split the field into two halves and the team into two groups as well. Each team tries to keep all the balls on the other teams half. Play for a set number of minutes. They simply kick the balls back and forth trying to keep their side clean.
4. Swapping Places – Half the team stands frozen and the other players dribble to the frozen person then in a circle around them to unfreeze them. They then switch roles.
5. Obstacle courses
6. Follow the leader
7. Red light / Green light
8. Coach May I
9. Group shooting on the coach
10. Soccer Tag

### 7-10 Year Olds:

1. Two touch passing with partner
2. Passing with partner while moving up and back ... back after you pass it then up when the ball is player back to you
3. Two touch passing between small gate. Play game where you gain a point if the other player can't get it back in 2 touches
4. Dutch passing – use the channel to pass in
5. 1v1 moves with partners
6. 1v1 moves where both partners have a ball
7. 1v1 in the square, partners are across the diagonal from each other
8. Passing / Receiving in the large grid
  - a. Receive and turn, then find a person without the ball
  - b. Trap balls in the air
  - c. Add defenders to make it harder
9. 4 line finishing
  - a. Receive, turn and shoot
  - b. Pass to a partner, they drop the ball back to you and you shoot first touch on goal
10. Play team possession and you score by connecting 5 passes without the defense stealing it

### 10+ Year Olds:

1. See above plus the following
2. Pele drills – one partners throws the ball to the other, they trap the ball then both move forward and repeat
3. 3 Team Possession – 4v4v4 (for example) with two teams playing against the other one. If the defense steals the ball then they become offense with the other team and the side that gave it up is now the defense