

SCFA

LITTLE DRIBBLERS

COACHING PROGRAMME







Live Together Play Together Win Together

# Contents Page

|              |              |
|--------------|--------------|
| Introduction | Page 3       |
| Session 1    | Page 4 - 5   |
| Session 2    | Page 6 - 7   |
| Session 3    | Page 8 - 9   |
| Session 4    | Page 10 - 11 |
| Session 5    | Page 12 - 13 |

## Diagram Key

**Cones** =   
**Team 1** = **X**  
**Team 2** = **O**  
**Ball** =   
**Goals** =   
**Hoops** = 

# Introduction

This project aims to act as an early intervention tool to encourage children to become physically active from a young age. The project promotes co-ordination, teamwork, communication and a variety of social skills encountered whilst participating in football and non-football related activities. Furthermore, the children's motor skills and cognitive skills are developed through the carefully planned programme.

Please note that each session in the programme totals to 45 minutes. This is to allow time for water and toilet breaks during the session. I hope you will find the following programme a high quality and informative guide in delivering football to three and four year olds within the SCFA Community Programme.

Happy Reading!

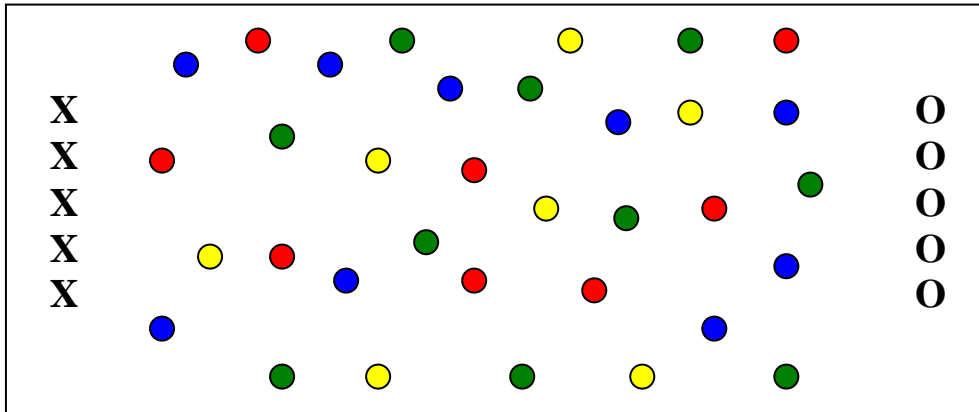
A handwritten signature in black ink, appearing to read 'Debbi A McCulloch', with a large, stylized initial 'D' on the left and a long, horizontal stroke extending to the right.

**Debbi A McCulloch**  
**Academy Football Development Officer**

# Session 1

## Warm Up – Dishes & Domes

Cones are placed anywhere within the area with some cones facing upside down. The cones sitting upright are the Domes and the cones upside down are the Dishes. Split the coaching group into two teams (Dishes & Domes) with each team given bibs to wear. Explain to the teams that one team turns the cones upwards (Dishes) and the other team turns the cones down (Domes).



Time: 10 minutes

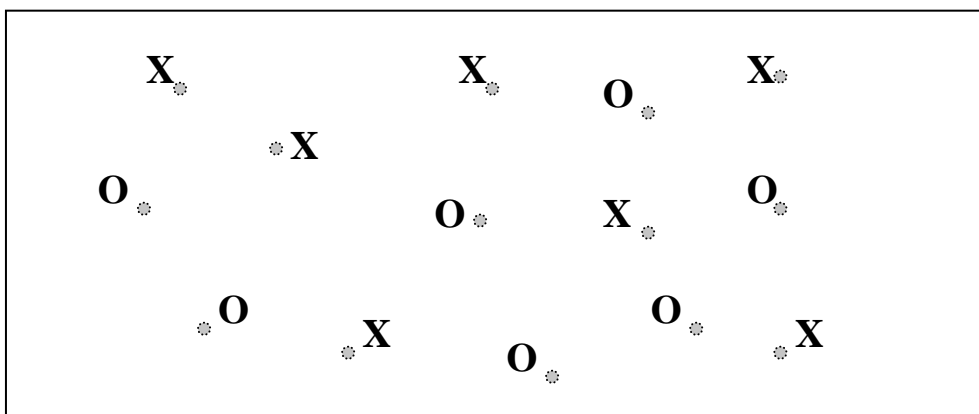
Coaching Points: Run as fast as you can

Keep head up / Look where you are running

Work as a team

## Football Skill – Dribbling

Give each player a football a coach the participant to take tiny kicks and keep the ball close to their feet. Then progress to showing the players how to stop the ball by placing the sole of their foot on top of the ball. This is called **Balancing** (the child can put their arms out to help them balance while stopping the ball).



Time: 10 minutes

Coaching Points: Tiny kicks

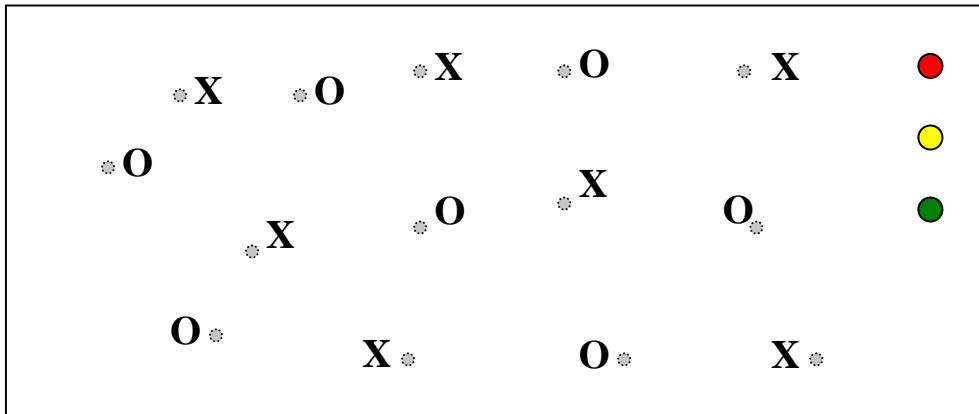
No hands

Use both feet

Dribbler into space

## Fun Game – Traffic Lights

The coach calls out and holds up the different coloured cones, which gives the players different instructions. Red (Stop) = Balance, Yellow (Get Ready) Toe Taps and Green (Go) = Dribble. To progress the coach should change the traffic lights (cones) without calling out the colour as this will encourage the players to keep their heads up while dribbling.



Time: 10 minutes

Coaching Points: Tiny Kicks

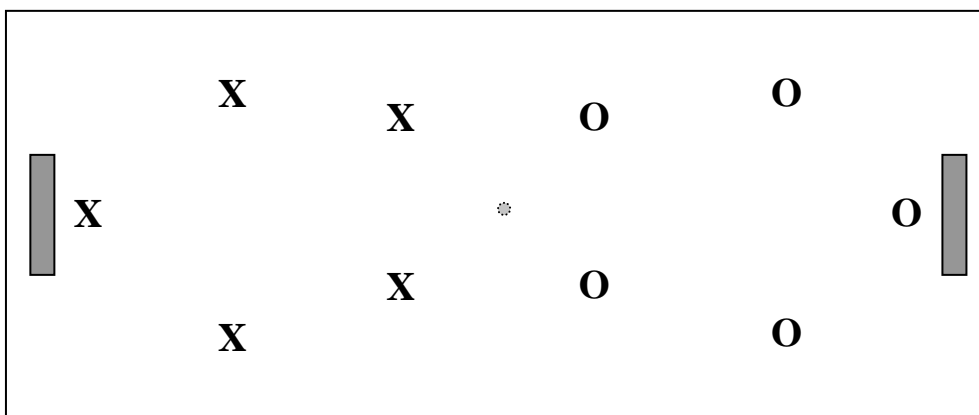
Use both feet

Keep you head up

Listen for instructions

No hands

## Small Sided Games – 5 v 5



Time: 15 minutes

Coaching Points: Use soft ball

Have fun

Coach Goal Keepers about their role

Celebrations for Goals

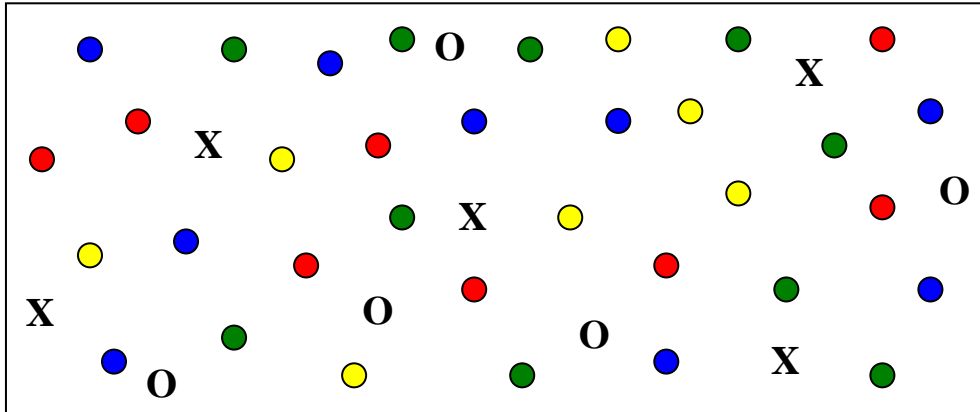
No hands

Coach the players to dribble / shoot towards the correct goal

# Session 2

## Warm Up – Network

Cones are placed anywhere within the area with the players following the path of their favourite colour of cone. Different methods of following the cones are then introduced – Walk, Tip Toe, Marching, Skipping, Hop, Walking Backwards & Jumping.



Time: 10 minutes

Coaching Points: Keep head up / Look for spaces

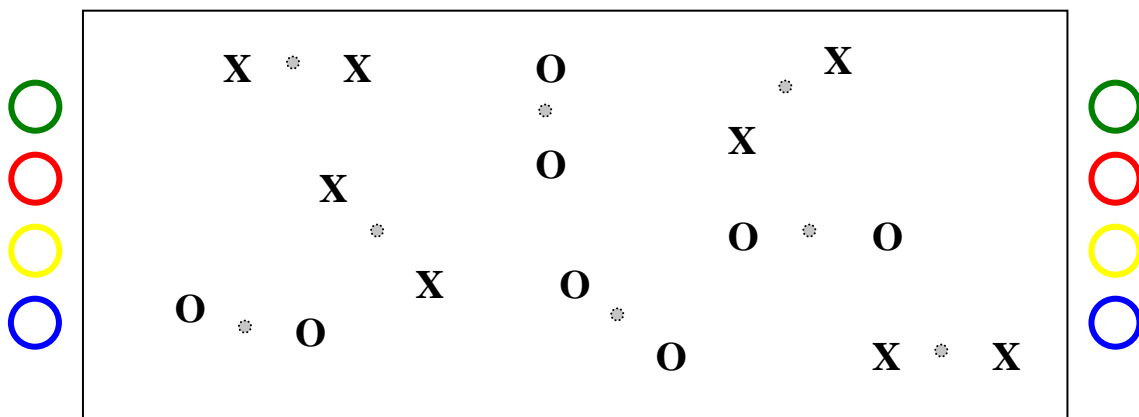
Look for free cones / Lift Knees when Marching

Look over your shoulder when walking backwards

## Football Skill - Passing

In pairs begin with the players sitting down facing their partner with a ball. The players then roll the ball to each other using their hands to get them to understand how important it is that the pass goes straight to whom they want it to go to. Then coach the children to ask for the ball by shouting the magic word Pass. If you have access to hoops have the players bouncing the ball in the hoop for their partner to catch.

Progress to one player standing up and using their feet to stop the ball then pass it back to their partner using the inside of their foot. Swap over after a couple of minutes.



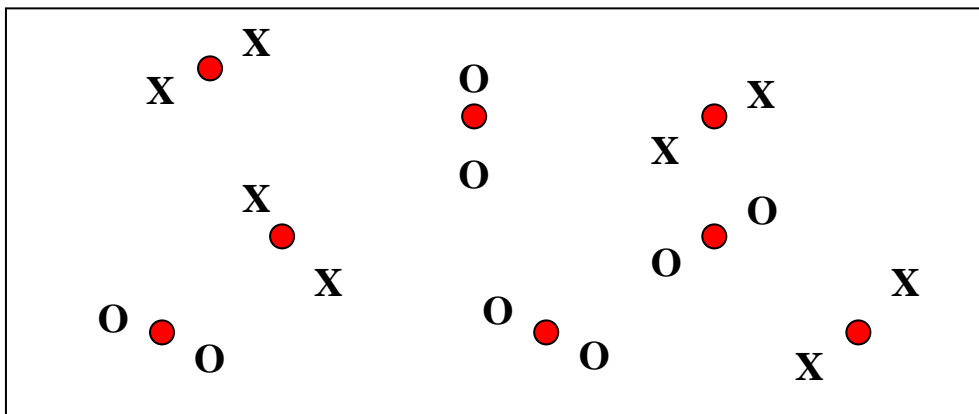
Time: 10 minutes

Coaching Points: Shout Pass / Stop the ball before passing

Use inside of the foot when passing the ball

## Fun Game – Head, Shoulders, Knees & Toes

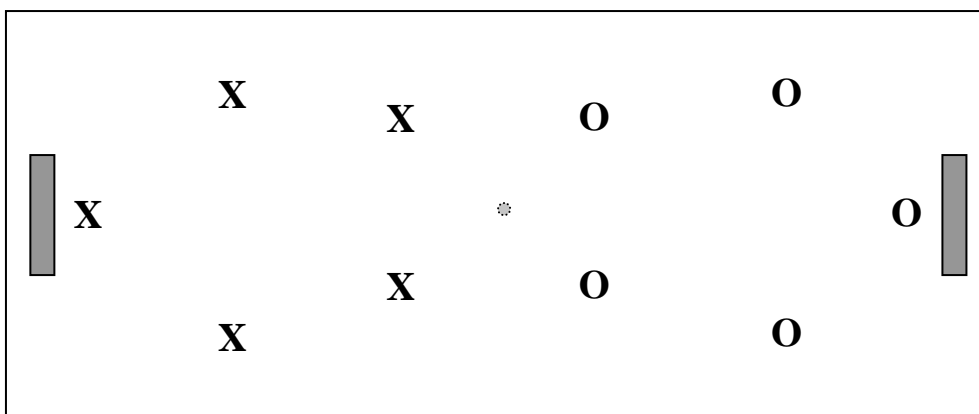
In pairs the players listen to the coach sing the song Head, Shoulders, Knees & Toes and do the actions. A ball is placed on top a cone in the middle of the two players. When the coach sings the word **Ball** the participants must try and pick up the football off the cone before their partner does. Players get one point if they are first to pick up the ball.



Time: 10 minutes

Coaching Points: Listen to the coach singing  
 Stand same distance apart from the ball  
 Bend knees when picking up the ball  
 React Quickly

## Small Sided Games – 5 v 5



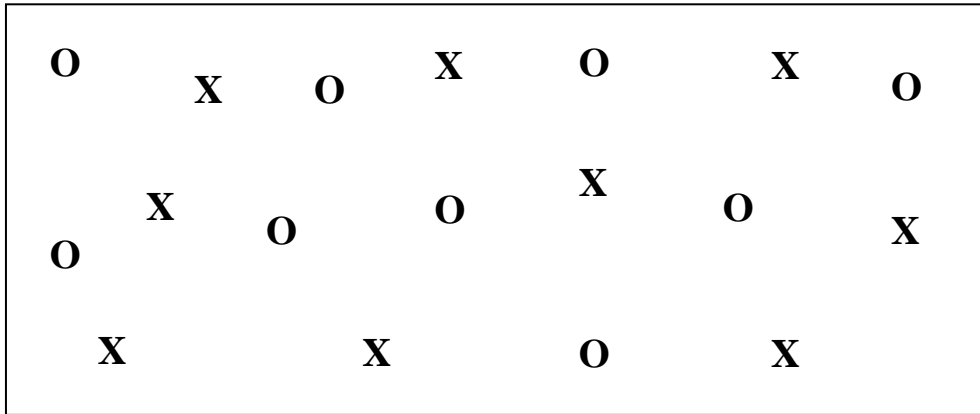
Time: 15 minutes

Coaching Points: Use soft ball  
 Have fun  
 Coach Goal Keepers about their role  
 Celebrations for Goals  
 No hands  
 Coach the players to dribble / shoot towards the correct goal  
 Encourage passing to team mates / Shout pass when in space

# Session 3

## Warm Up – Mr Man Game

Coach shouts out different types of Mr Man and the players must do the appropriate move to that Mr Man. **Mr Fast** = Jog Fast; **Mr Slow** = Slow Walking; **Mr Bounce** = Jump up & down; **Mr Tall** = Stretch really high; **Mr Muddle** = Walk Backwards; **Mr Jelly** = Wiggle arms, legs, body; **Mr Strong** = Flex Muscles; **Mr Small** = Crouch into a small ball



Time: 10 minutes

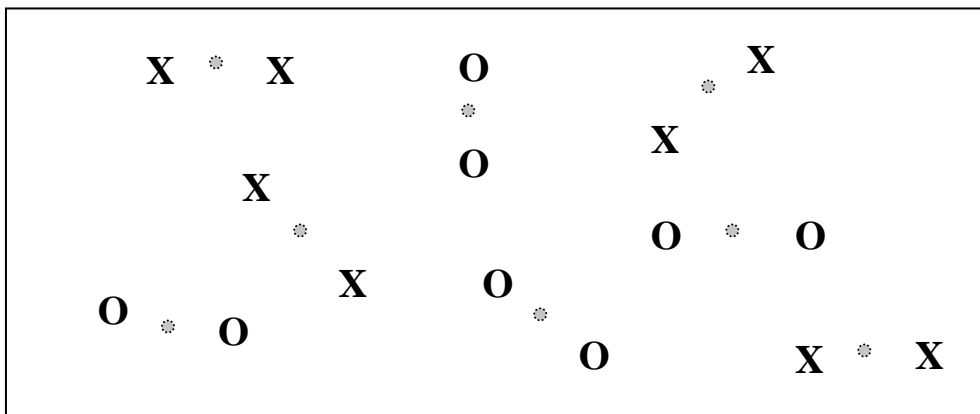
Coaching Points: Looking where you are running

Listen to instructions

Move into space

## Football Skill – Heading

Use soft ball when coaching heading. In pairs the participants need to sit on their knees facing their partner (sitting on their knees will make it easier for them to head the ball). The player holds the ball up in front of their head and they swing back and knock the ball out of their hands to their partner (like doing a big sneeze). Progress to standing and heading the ball.



Time: 10 minutes

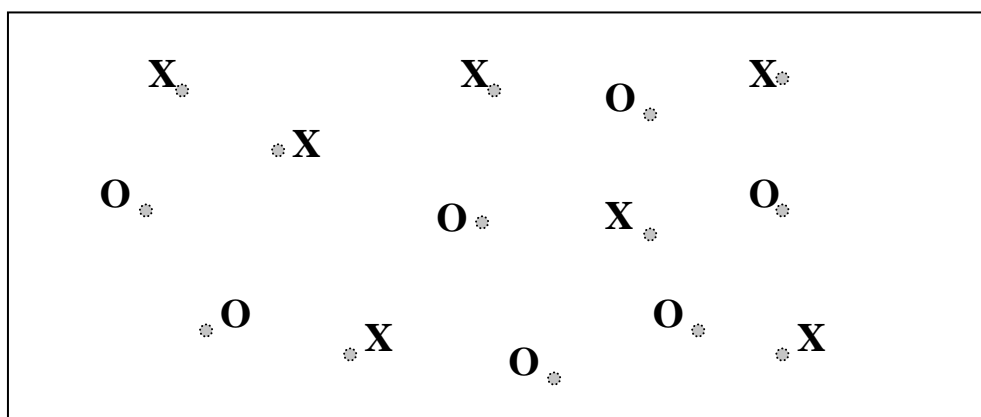
Coaching Points: Use forehead

Keep your eyes open

Don't throw the ball / Use your head to hit the ball

## Fun Game – Body Parts

The children dribble the ball around the area and listen for the coach to shout out different parts of the body. The part of the body that is called out must then be put to the ball i.e. head, nose, ear, elbow, knee, tummy, hand, foot etc. Progress the game by shouting out the body parts quicker or get the players to try to move the ball with the body part.



Time: 10 minutes

Coaching Points: Tiny kicks when dribbling

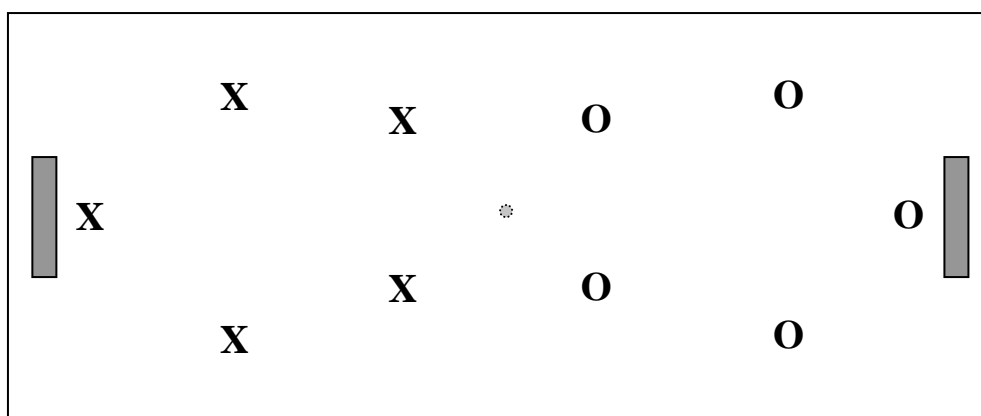
Keep head up

Use foot to stop the ball

Listen for instructions

Keep ball moving

## Small Sided Games – 5 v 5



Time: 15 minutes

Coaching Points: Use soft ball

Have fun

Coach Goal Keepers about their role

Celebrations for Goals

No hands

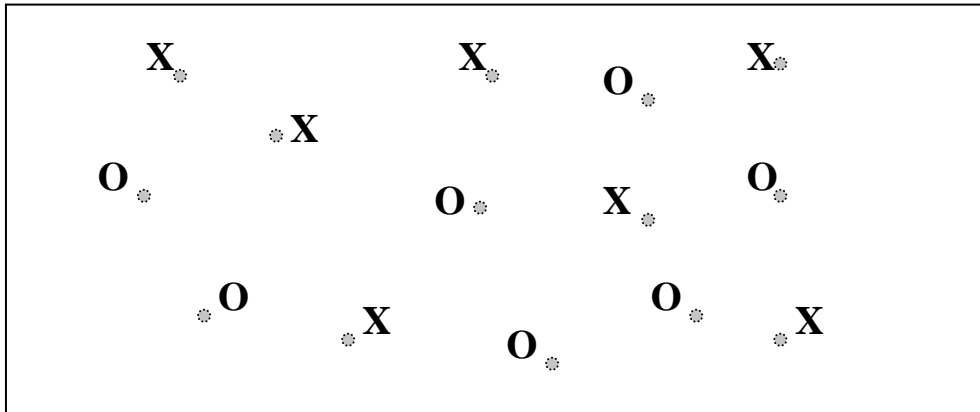
Coach the players to dribble / shoot towards the correct goal

Encourage heading when the ball is in the air

# Session 4

## Warm Up – Musical Dribbling

Start the warm up without a football. The players jog around the area listening to the music. When the music gets louder the participants jog faster and when it gets quieter they move slowly. When the music stops the players must freeze like a statue. After the children have had time to understand the game the coach then introduces a football. The players must dribble the ball to the music with the same instructions. This time when the music stops the players Balance to stop the ball.



Time: 10 minutes

Coaching Points: Listen to the music

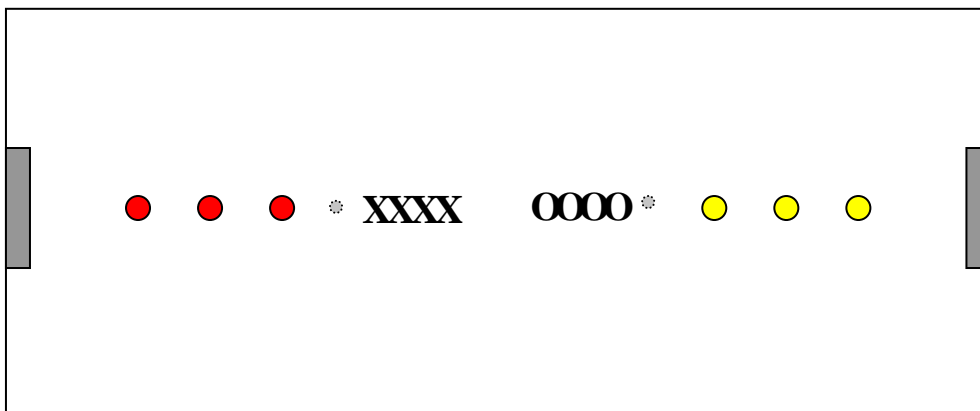
Look where you are running

Tiny kicks when dribbling

Use both feet

## Football Skill – Shooting

Split into two teams. Dribble in and out of the cones and then shoot at goal. No more than four participants in a team (setup more goal stations). Use a soft ball so the players can kick the ball with ease. Add goalkeepers to progress.



Time: 15 minutes

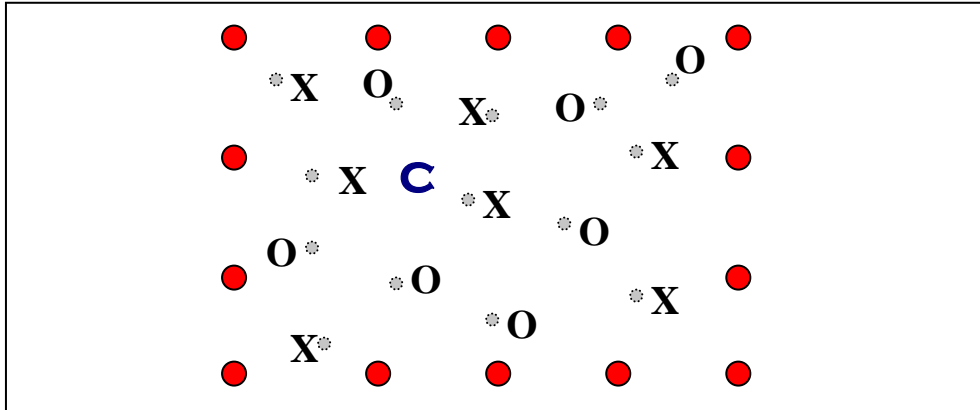
Coaching Points: Stop the ball at the last cone and then shoot

Hit the ball into the corners of the goal

Use the inside or laces when shooting

## Fun Game – Crabs & Fishes

The players dribble in marked area “the sea”. One crab is selected to chase and kick footballs out of the area, until there is a winning fish. Final game include coaching staff as crabs.



Time: 10 minutes

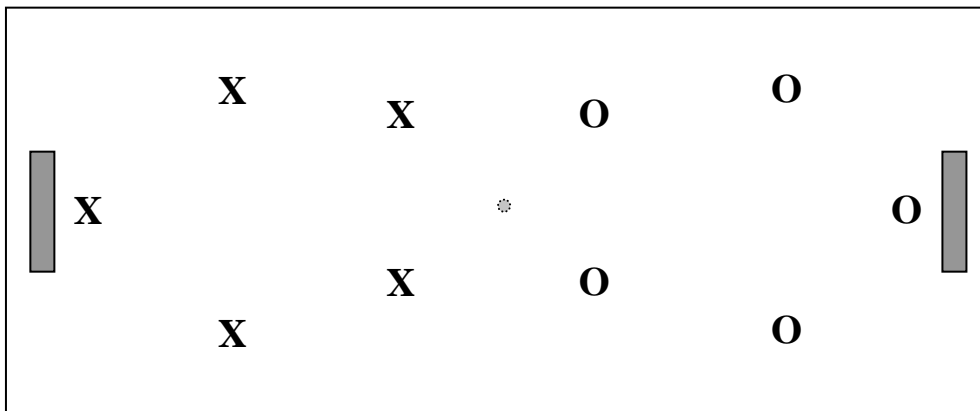
Coaching Points: Keep ball close – stay in “sea”

Look out for crabs

Tiny kicks to keep ball close

Keep head up – be aware of who is around you

## Small Sided Games – 5 v 5



Time: 15 minutes

Coaching Points: Use soft ball

Have fun

Coach Goal Keepers about their role

Celebrations for Goals

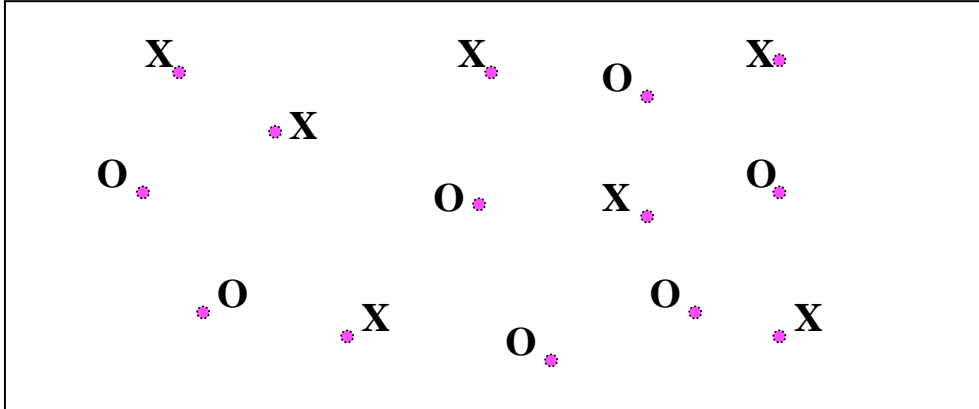
No hands

Coach the players to dribble / shoot towards the correct goal

# Session 5

## Warm Up – Balloons

Give each player a balloon. Player must try and keep the balloon off the floor using any part of their body. Progress to using only hands, feet and head. Introduce a small competition at the end of the warm up. If the balloon touches the floor the player is out.

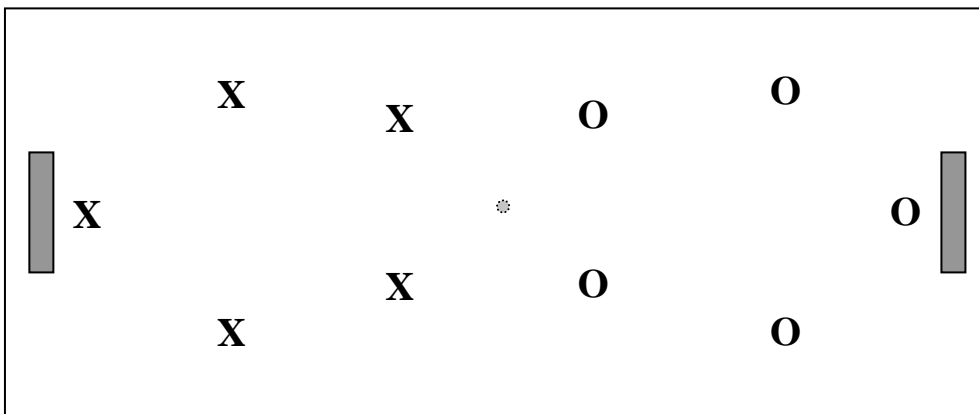


Time: 15 minutes

Coaching Points: Children who have a fear of balloons use a sponge ball  
Where possible use helium balloons as they are less likely to burst  
Be aware of other players  
Keep your eyes on the balloon

## Tournament 5 v 5

Divide the group into four teams. Explain the score system to the participants – Win = 5 points, Draw = 3 points and Lose = 1 points. For every goal scored you receive an extra point. Three minute games.



Time: 30 minutes

Coaching Points: Use soft ball  
Have fun  
Coach Goal Keepers about their role  
Celebrations for Goals  
No hands  
Coach the players to dribble / shoot towards the correct goal

## Top Coaching Tips

- For three and four year olds coming to a football session can be a nervous occasion so ensure that if a child is a bit nervous reassure them and ask their mum or dad to join in with them.
- Children at Mini Kickers courses need to be given plenty of water breaks to replace fluids that have been lost. A good idea is to place a crash mat in the corner of the gym so children who are tired can go and chill out without disrupting the rest of the group.
- When giving out coaching instructions to a coaching group bring the group in and sit them down. This will allow everyone to hear and understand what is required.
- When playing small sided games only have a maximum of five players in each team. Team names are useful as this will help the children identify with their team (e.g. fruit, vegetables, animals, flowers, football teams).
- At the start of each session each player should be given a name badge from the coach. This will allow the coach to relate with participants.
- When playing small sided games a soft ball must be used as this will avoid any potential accidents and will be easier for the players.
- Please check all equipment before use and during the session be in complete control of all equipment at all times.