



U4 Soccer Drills

Foxes and Chickens

Preparation

Depending on the number of kids playing you will need to set-up a grid that the young players will not try and leave. You will need some pippos, enough soccer balls for one each and some helpful parents!

Explanation

The aim for this soccer drill is for the young players to get the tail (pippos) from the parents. The parents act as the chickens and the kids are the foxes. The parents will need to put a pippos tucked into the back of their pants/shorts. The kids have to chase after them and remove the pippos (acting as a tail). Once the kids have all of the pippos the game ends. If there is a really fast parent then all of the foxes can aim to get the last chicken's tail.

Progression

A useful progression to this drill is to play the first game without soccer balls and then introduce them into the second game. This will help the young players understand what they have to do.

Once the kids are comfortable with the parents having the tail see if the kids can be the chickens for a while. This drill can be used for older players by having all chickens and foxes dribbling a ball as a fun warm-up game to any session.

Coaching Points

- Don't let the kids put their hands on the soccer ball
- See if the kids can change direction by placing the bottom of their foot on the ball and rolling it behind them. This will eventually turn into the drag-back turn.
- Get the kids to say with you 'oh no big tail' to encourage them not to use their toes to kick the ball.

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Foxes and Chickens



Manual Of Soccer Coaching

Michael Seilmaier



Manual Of Soccer Coaching:

Defending Principles of Play Soccer Coaching Manual David Newbery, 2017-12-14 Defending Principles of Play Soccer Coaching Manual explores the five principles of defending namely pressure cover balance compactness and control and restraint These concepts are detailed in 5 dynamic presentations to improve your teams attacking success The manual is an ideal resource for coaches working with players 8 years and older and includes 23 activities expertly illustrated in full color

Technical Soccer Coaching Manual David Newbery, 2017-12-29 This one of a kind soccer coaching manual includes 42 full color activity plans and manuscripts summarizing 3 Special Topics Diploma Courses all focused on youth player development The manual was developed to supplement practical coaching clinics and theory workshops offered at 2017 United Soccer Coaches Convention For coaches attending the convention the manual is a terrific way to remember many of the top class presentations and outstanding education experiences a souvenir that can be referenced for years to come For thousands of coaches around the world unable to visit Los Angeles in January 2017 this publication also serves as an historical account of the event and one way to participate in the largest gathering of coaches in the world Topics and Contributors include Editor David Newbery United Soccer Coaches Attacking Transition and Counter Attacks Diploma Neil Hull Rene Miramontes Jason Pendleton and Courtney Sirmans Speed of Play Diploma Christian Lavers Paul Marco Samantha Snow and Nathan Williams Advanced Youth Coaching Diploma Jim Fleeting Donald Gillies and Donald Park Beat me Twice Bringing the Competitive Mindset to Individual Group and Team Defending Ben Freakley *Attacking Principles of Play Soccer Coaching Manual* David Newbery, 2017-12-14 Attacking Principles of Play Coaching Manual explores the five principles of attack namely penetration width support mobility and improvisation These concepts are detailed in 5 dynamic presentations to improve your teams attacking success The manual is an ideal resource for coaches working with players 8 years and older and includes 23 activities expertly illustrated in full color *The Manual of Soccer Coaching* Roy Rees, 1995

Soccer Roy Rees, 1998-09

Soccer Coaching Manual Tad Polumbus, 1997-09-01

The Soccer Coaching

Handbook Martin Bidzinski, 2001 This new manual is based on new exercises that overturn traditional conservative coaching styles as these are responsible for a failure to identify and develop the needs of English football A comprehensive approach to acquiring and enhancing the fundamentals of football success Page 4 of cover **The Soccer Coaching Handbook** Martin Bidzinski, 2001-06 This new manual is based on new exercises that overturn traditional conservative coaching styles as these are responsible for a failure to identify and develop the needs of English football A comprehensive approach to acquiring and enhancing the fundamentals of football success Page 4 of cover *Soccer* Dan Herbst, United States Soccer Federation, 1999 The official playing and coaching manual for youth soccer of the United States Soccer Federation The definitive playing and coaching manual for youth soccer Compiled by the coaching educational and technical staff of U S Soccer this book offers extensive information on all aspects of the game technique tactics laws prevention and care of injury coaching preparation

organizational structure model training sessions and more than 100 practice games suitable for developing aspects of every player's game. Features numerous games for developing dribbling, passing, finishing, heading, defending, goalkeeping, as well as games specifically for young beginners, games to teach tactics, overall soccer decision making. Extensive technique section offers detailed pointers on dribbling and turning moves, shielding, passing, receiving, drives, chips, bending the ball, and volleys, heading, marking, tackling, goalkeeping catches, dives, and saves. Tactical chapters offer detailed information on fundamental attacking tactics, defensive principles, restart tactics for defensive and offensive success. Model training sections construct excellent practice sessions from warmup through cool down exercises useful for all coaches as a guide to improving performance, efficiency, enjoyment of training.

A Soccer Coaching Manual Mel Lorback, **Soccer Coaching Manual** Steve Darby, 1987

Complete Soccer Coaching Curriculum for 3-18 Year Old Players - David M. Newbery, 2015-08-20

Complete Soccer Coaching Curriculum For 3-18 Year Old Players Volume 2 is packed with 100 coaching activities in black and white, curriculum diagrams, and an abundance of coaching tips. NSCAA approach to player development is constructed around a 5 Stage Model adopted by progressive youth clubs around the globe. Our methodology is proven to raise player and coach performance, leading to long term consistently positive and meaningful results. This manual focuses on all 5 Stages, 3-18 year old players, and is an excellent resource for an experienced and novice coach alike. Directors of Coaching, Head Coaches, and Administrators will find this as an excellent tool to assist in developing a organization's in house coach education program. This is the second volume. It extends on the topics presented in the first volume and introduces many new areas of focus. The manual also supports NSCAA Player Development Curriculum Diploma Course Series 2, an eLearning program offered by National Soccer Coaches Association of America. There are 5 activities for each of the following topics:

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- Stage 5: 15-18 year old Players: Position training, attacking midfield, Defensive organization, High and low pressure defending, Transition to attack.

Soccer, 1990 **Soccer** E. R. Slade, 1955 *New Zealand Soccer Coaching Manual*, 2003

The Official US Youth Soccer Coaching Manual Thomas Fleck, United States Youth Soccer Association, 2002

Polumbus Library of Youth Soccer Coaching Books, Book I R. T. Polumbus, 1992

LA84 Foundation Soccer Coaching Manual LA84 Foundation, 2007

A SOCCER COACHING MANUAL FOR TEACHERS AND COACHES IN ELEMENTARY SCHOOLS, PLATEAU STATE, NIGERIA., 1990

Soccer Coaching Mr. Abera Bayissa, 2021-09-02

Soccer sport is one of the major sport in Ethiopia. Many of the Ethiopian soccer players were

trained by senior players and untrained coaches. The lack of efficient coaching modules led the coached to adopt locally accepted and traditional methods to train the soccer sport aspirants and struggling to improve the players skill to another level. This book helps the coaches and trainees to know the right methods and procedures that are needed to improve and sharpen the sport skill. Author has put his personal experiences and observations to make this module to provide proper and scientific coaching to the soccer aspirants.

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