



REVOLUTION SOCCER

Under 4-5-6 Training Program

12-Week Training Program

Sessions 1-12

This booklet provides coaches with our elite training program, including schedules, sessions and coaching tips to provide the best education for your players.



REVOLUTION SOCCER CANADA

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Mini Kickers Themes

Under 4-5-6



Theme 1 -
Animal Land
weeks 1 to 4



Theme 2 -
Under the Sea
weeks 5 to 8



Theme 3 -
Movie Characters
weeks 9 to 12

ANIMAL LAND

Animal land is a fun and engaging environment in which players learn ball skills through various animals on planet earth.



SKILLS

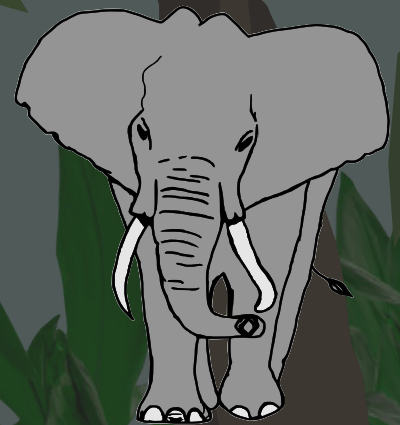
Toe Taps/Penguin Feet – Using the inside of the foot to repeatedly tap the soccer ball with alternating feet. Jogging in place with more precision.



Speed Dribbling/Cheetah – Moving with the ball as quick as they can whilst keeping the ball under control (Running with the ball).



L Turn/Elephant – Using the bottom of the foot, step on top of the ball and drag the ball back and to the side creating the letter L behind the other leg.



Dragback/Giraffe – Use the bottom of the foot to stop the ball and roll the ball behind the player. Players should rotate the way the ball goes.



SKILLS

Inside-Outside/Snake - Using the inside of the foot to tap the ball followed by an outside of the foot tap to push the ball away and in front.



Both feet Dribbling/Chicken - Using both feet to dribble.

Panda/Inside Chop - Using the inside of the foot, cut down on the movement of the ball to quickly move the direction of the ball.



Scissor/Monkey - In a circular motion step over and around the ball with one leg and then plant that leg. Then use the opposite leg to push the ball with the outside of the foot.



SKILLS

Jump and Kick/Frog - Like a frog jumping from lily pad to lily pad, before we kick the soccer ball we perform a big frog jump.



Stepover/Lion - whilst moving take a step over the ball, allowing the ball to come through the legs of the player. Using same foot step around with big toe and push outside with little toe.



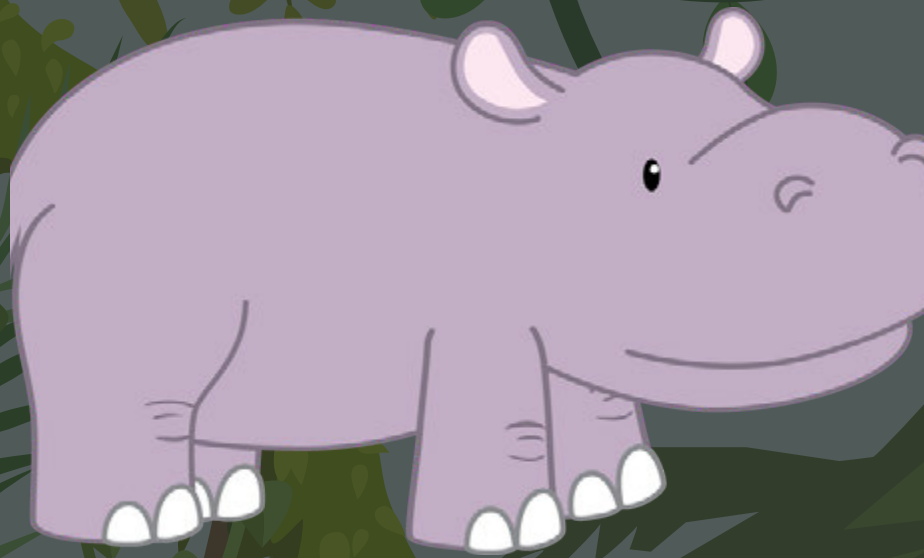
Hop Pushout/Bear - Hop to the side of the ball then push the ball away.



Sole Taps/Dinosaur - Using the bottom of the foot to tap the ball repeatedly with alternating feet.



COMMAND WORDS



Hippo - sit on the ball like a big hungry Hippo



Flamingo - Stop on the spot and put one foot on the ball like a Flamingo

SKILL STORYLINES

Chicken - How does a chicken move and what noise do they make? Can we use both feet to dribble from left to right.

Snake - How does a snake move? What noise does a snake make? Can we use the inside of our foot then the outside to move like a snake with the ball

Giraffe - Has big long legs can you show me what big long legs look like. There's a stoplight and the giraffe needs to stop and turnaround by using his long leg to drag the ball back behind him.

Cheetah - Can everyone show me how quick a cheetah is. When I say cheetah can you run with the ball as quick as a cheetah?

Elephant - Can you show me what an elephant sounds like. What letter does an Elephant sound like (L). Drag the ball and out to the side. (L Turn).

Penguin - How does a penguin move (waddle). Using both feet can you waddle like a penguin with the ball (toe taps)

SKILL STORYLINES

Panda - Who knows Po from Kung Fu Panda? Po loves to use the Karate Chop, can you show me a chop with your foot. Now we are going to chop on the ball using the inside or outside.

Monkey - All the cheeky Monkeys keep stealing all of the donuts from my donut shop. Can we make the shape of a donut with our feet. Can we now do a donut around the ball and use our other foot to hit it.

Frog - What noise does a frog make? (ribbet) How does a frog move? Can we show me how high you can jump.

Lion - How does a Lion roar? A lion likes to protect its cub by stepping around the ball with its big toe.

Bear - What does a Bear do? When a bear roars we hop to the side and then push the ball away.

Dinosaur - Can you show me your best dinosaur? My big dinosaurs stomp when they roar. can we use the soles of our feet to step on the ball alternating feet.

Session 1

Introduction (5 mins)

Introducing Animal World and explaining how we train.

Skill 1 (3 mins) Penguin Feet/Toe Taps.

How does a penguin move (waddle).

Using both feet can you waddle like a penguin with the ball (toe taps)

The ball is your egg!

Can we move with the skill?



Skills 2 (3 mins) Cheetah/Speed Dribbling.

Can everyone show me how quick a cheetah is.

How fast can you go keeping the ball under control?

Skill 3 (3 mins) Dinosaur/Sole Taps

Can you show me your best dinosaur roar?

My big dinosaurs stomp when they roar. can we use the soles of our feet to step on the ball alternating feet.



Drinks Break (3 mins)



Skill 4 (3 mins) Flamingo/Ball Stop.

When the coach shouts Flamingo, who can be the quickest to stop their ball?