



## GLENVIEW AYSO SUPER COACH GUIDE FALL 2011

Welcome Super Coaches and Thank You for your help this spring. The Super Coach job is not too involved, usually taking 20-25 minutes at the start of the U5 Session. Each week, the Master Coach will prepare a simple drill for the players to do. Your job is to organize the players, do a little warm-up, then maybe a practice a dribble or throw-in, and then the day's drill. After that, the players are split into 2 teams, and the players play a 3 v. 3 game using U6 guidelines!

Here is a sample session:

Start - Introduce yourself as Coach "AL"

1. Do a little stretching exercise, like "Airplane" (5 mins.)
2. Dribble practice –
  - a) Control the ball back and forth on the feet, then dribble from line to line, and then shoot on goal.
  - b) Dribble around the "cones" (read: parents), or dribble towards the goal and shoot, etc. (5-8 mins.)
3. Throw-in practice –
  - a) Players throw-in to parents, then have parents throw and players control ball with feet.
  - b) Play "Mosquito" game. (5-8 mins.)
4. Days drill - provided by Master Coach (10-12 mins)

That should take 20-25 minutes. Then take a 5 minute break and start the game! Of course, if you know of other fun games, please use those to teach the kids, but please try to keep the instruction to a minimum. We are all here for one reason- to play and .....

### **TO HAVE FUN!**

Please don't hesitate to ask for any help or if you have questions.

Thanks again,

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