



## GISA U-4 In House Training Objectives

Practice is before the games. The practices should be about 20 minutes.

Play is 3v3

Introduction to dribbling

Field awareness

Concept of the game of soccer

Introduction to shooting technique

Pass to space dribbling

All skills taught before the games should be 5 to 10 minutes in length each. They should be fun and entertaining. If the game teaching skills is not, it's O.K. to just go on to something else. Only one coach should be on the field during the game. If a parent needs to be on the field to help to get their child comfortable with being part of the game that is fine, please tell them to try to make it as brief as possible.

At this age we do not play any formations it is free play. The focus is on dribbling.

### **KINS (Kicking Is Not Soccer)**

#### **OBJECTIVES:**

- Aimed at the U 4 through U 6 age groups
- Promote and emphasize the skill of DRIBBLING (the foundation skill )
- Discourage the aimless kicking or booting the ball
- Encourage players to make their own decisions on the field
- Maximize touches on the ball

**How it works:** The coach should be the only person on the field with their team. They are encouraged to coach while on the field. The players are allowed to stand or sit with their parents until it is their turn to play.

Each coach should try to keep a ball in their hands at all times, so that when a ball goes out of play they can give one to the team that now should have possession of the ball. In this instance if the other team is to close just ask them to take a step or two back quickly then get the ball back in play with the proper team. *Please do not give a bouncing ball to this age player, just place the ball on the ground at their feet as quickly as possible.*

The reason for no kick-ins at this age is that too much time is wasted with the ball not in play. Players get better and enjoy the game much more when the ball is in play and this is the best way to accomplish this.