



Premier League

Premier Objectives

- ✓ Have fun
- ✓ Many touches on the ball
- ✓ Basic skills
- ✓ Individual and pairs activities

Coach Priorities

- ✓ Skills – Very Important
- ✓ Psychological / Fun – Very Important
- ✓ Encourage players to try things

Skills – Do

- ✓ Dribble with all sides of both feet
- ✓ Dribble out of trouble
- ✓ Dribble past someone
- ✓ Change of direction and turns

Skills – Don't

- ✗ Don't "kick" the ball (*instead: dribble, pass, shoot*)
- ✗ Don't stop or trap ball dead – keep the ball moving

Coaching tips:

1. Everybody involved at all times.
2. Pairs, not lines.
3. Focus on dribbling – a dribbling activity should be part of every practice.
4. Games, games and more games. Competitive games, not drills!
5. Repeat fun activities from last week and have a “go-to” activity for tough days.
6. Explain your game once, let the kids figure it out while playing.
7. Get help from parents – many want to help.
8. “Spread out” is an ineffective directive.
9. “Say it in a word” – talk much less. And when you talk, be quick.
10. Neither fitness nor tactics is a focus for this age group.

Premier Sample week 1

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (10-15 minutes)	3 on 3. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Free Dribble (10-15 minutes)	<ul style="list-style-type: none"> Every player dribbles a ball in the playing area and the coach calls out instructions (see variations) 	<ul style="list-style-type: none"> Dribble with inside / outside of right / left foot 	<ul style="list-style-type: none"> Players should keep their balls close to their feet when they dribble (close control)
		<ul style="list-style-type: none"> Dribbling speed – slow medium, fast (can use “red light, Yellow light, Green light”) 	<ul style="list-style-type: none"> Players should try to find open space
		<ul style="list-style-type: none"> Teach players a move (use Youtube ads a reference) 	<ul style="list-style-type: none"> Encourage creativity
Break (5 min)			
Practice 2 : Tag (10-15 minutes)	Every player dribbles a ball in the playing area and tries to tag other players by passing the ball onto another player’s ball	Repeat and count to see if they beat their earlier total	Keep ball moving
		Left foot pass is worth 2	
	Players count how many people they tagged in 60 seconds – each tag is 1 point		Show playes effective passive technique (toe up!)
Break (5 min)			
Play: 30-40 minutes	4 on 4	<ul style="list-style-type: none"> 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	Do not direct players when to pass or kick, no tactics; just let them play!!
			Dribble, pass, shoot. No kicking!
			Quick positive last words; no long speeches

Premier Sample week 2

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (10-15 minutes)	3 on 3. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Knock-out (10-15 minutes)	Every player dribbles a ball in the playing area while trying to knock out other players' balls	Dribble with right foot or left foot only	Players should keep their balls close to their feet when they dribble (close control)
	If ball is knocked out, player retrieves it, does 10 "toe-taps" and comes back in	Use a specific foot (left or right) when trying to knock another player's ball out	
	At the end of two minutes, ball can't come back in to square if it leaves. If you lose your ball, you become a "pirate" and knock out other players' balls. Last player with ball is winner!	Change the skill a player has to perform to get back in if they are knocked out	
Break (5 min)			
Practice 2 : Team Ball Tag (10-15 minutes)	One team is trying to tag the other team by passing their balls onto the other team's balls; other team is trying not to get tagged	Switch the team that is tagging and the team that is trying not to get tagged – see which team has more points	Non passing team is dribbling to empty space - keep ball close!
	Coach helps count how many people the team tags in 90 seconds – each tag is 1 point	Repeat	Show passing team effective passing technique (toe up!)
Break (5 min)			
Play: 30-40 minutes	4 on 4	<ul style="list-style-type: none"> ▪ 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	<p>Do not direct players when to pass or kick, no tactics; just let them play!!</p> <p>Dribble, pass, shoot. No kicking!</p> <p>Quick positive last words; no long speeches</p>

Premier Sample week 3

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (10-15 minutes)	3 on 3. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Dribbling "musical Chairs" (10-15 minutes)	Every player except 2 have a ball to dribble in small space	Vary number of players without ball to change competitiveness	At the end of one minute, playes without ball have to do something silly (3 push-ups!, jump up down in circles!) Players should keep their balls close to their feet when they dribble (close control)
	Players without a ball try to steal a ball from player with ball		
	If you lose a ball, try to steal one from somebody else		
Break (5 min)			
Practice 2 : 4 on 2 keep away (10-15 minutes)	4 players vs 2 players	Ask a parent to help if you need players	Dribbling and passing, no shooting
	Players can dribble or pass	4 on 1, 3 on 2, etc. Odd numbers is important.	Keep the ball close when dribbling.
	If the 2 players win the ball, they get a point. If 4 players make 3 passes, they get a point	Vary space to make it more or less challenging.	
Break (5 min)			
Play: 30-40 minutes	4 on 4	<ul style="list-style-type: none"> 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	<p>Do not direct players when to pass or kick, no tactics; just let them play!!</p> <p>Dribble, pass, shoot. No kicking!</p> <p>Quick positive last words; no long speeches</p>

Premier Sample week 4

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (10-15 minutes)	3 on 3. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Gates Dribbling	Set up "gates", or small goals throughout practice area	Vary number of goals, spacing to encourage change of direction	Players should keep the ball close and make quick changes of direction, using both sides of the feet, to go from one gate to the next.
	Players dribble the ball through the gates to score. Every player has a ball.	Dribble with outside of the foot. Call out "change direction"	
	Players count their scores and then get a chance to beat their last total	Add a "musical chairs" component, with fewer balls than players.	
Break (5 min)			
Practice 2 : Gates passing	Players pair up and pass from one to another through the gates for a point	players must pass, receive and pass back through the same gate for a point	Lock ankle during passing (i.e. "toe up")
	A point is rewarded if pass is "received" under control	Pass counts for two points if passed with "off" foot	receive without trapping, first touch towards next goal (advanced)
		Add a defender or two to break up as many passes as possible	
Break (5 min)			
Play: 30-40 minutes	4 on 4	<ul style="list-style-type: none"> 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	Do not direct players when to pass or kick, no tactics; just let them play!! Dribble, pass, shoot. No kicking! Quick positive last words; no long speeches