



**LEPPINGTON LIONS**  
**40** YEARS **ANNIVERSARY**

Lions Core  
Skills Coaching  
Handbook  
By the legend  
Zac.P!



LEPPINGTON LIONS  
40<sup>YEARS</sup> ANNIVERSARY

AGES 5 - 12

- MUST HAVE PERFORMED ALL CORE SKILLS
- THE MAIN FOCUS IS CORE SKILLS. THIS WILL DEVELOP THE PLAYER AND THE TEAMS OVERALL PERFORMANCE ON THE PARK

CONSIDER THIS THE APPRENTICE STAGE . DEVELOPMENT. SHOWING THEM THE TOOLS TO USE ON THE FIELD ( WORK )

TRUST THE PROCESS AND THE RESULTS WILL COME . THE WINS WILL FOLLOW

THIS IS THE BASE. DOESNT STOP YOUR CREATIVITY AS A COACH .

TEACH THE SKILL . CREATE A GAME TO PERFORM THE SKILL THEN BUILD .

# CORE SKILLS

1. Passing
2. Shooting
3. RWTB ( Running with the ball)
4. 1<sup>st</sup> Touch
5. Heading
6. Throw-ins
7. Juggles
8. Scanning
9. Defending
10. 1v1s
11. Everyone Celebrates a goal . Everyone lifts each other up on a mistake or if we have conceded.

### Setting up:

- Warm Up - This young age. You want them running with the ball if they can do this. Two laps with each foot . Alternative two laps no ball.
- Warm up - BIBS tag hunting game. We start with one player or Two in the middle or Three . Everyone else has bibs on the back sides ( Tucked in and hanging off the shorts) . Then Chaos. The players in the middle grab the bibs and throw them on the floor. The Player tagged now also hunts the rest with bibs. This warms them up. Creates side steps. General football movements
- Warm Up Final - two cones apart . 5 m . Start with Open gate. Close Gate. Flick the grass. High kicks. Lunges. Lunges with slow twists. Walk, jump and head. Side knee leap -hold for 2 sec then leap. Jump tree times and sprint at 50%/70%/100% x 2. Done .

### SESSION ( Principle - Can change as u like )

- We pick one skill and show ( demo the skill ).
- Don't over complicate, nor over do the session. Your aiming for success
- Slow ( speed will catch up)
- Technique is crucial .
- Split the teams in two and keep them moving. With coach in the middle watching and guiding

### END OF SKILL SESSION = GAMES

BIBS/ two diff Colours / NEED A NEUTRAL JOCKER colour as well.

#### Game 1: 4 CONES make a box shape with GOALS

- Minimum of 4v4 . If Even numbers . This game is the NAMED after the skill you just taught. You encourage the good. Stop the game. Highlight the bad and fix it.
  - If un-even . We create a jocker /Neutral player with a different colour bibs
- #### GAME 2 : Same set up.
- This time you allow them to fix there on issues. Juts shout it out . Don't stop the game or interfere

#### Note:

- We pick one skill and show ( demo the skill ).
- Don't over complicate, nor over do the session. Your aiming for success
- Slow ( speed will catch up)
- Technique is crucial .
- **SIZES - Box sizes** works like this in principle. The bigger the box the easier it should be. The small the box the harder it should become

# 1. Passing

## The skill

- Inside of foot
- Outside of foot
- Back heel
- Toe/laces
- Other

## Examples (go create)

<https://youtu.be/fCanpKMKwUI?si=e1txfTEf8f5RHuP9>  
<https://youtu.be/jCh5f9TyufE?si=tHdS35buMqhLQ1IG>

<https://youtu.be/U4ZjFUdHklk?si=ZwhNvYZtoPyyDb5f>

<https://youtu.be/fxjkYkD4YPc?si=Fgsl94SzyZcJlzGn>

<https://youtu.be/zlxNceLTels?si=DhFG7Kh-TzZjM6gR>

[https://youtu.be/fVX\\_3AVVDRM?si=-P6hTjygmDHNjDzY](https://youtu.be/fVX_3AVVDRM?si=-P6hTjygmDHNjDzY)

[https://youtu.be/\\_\\_\\_kbC4hzcTo?si=Ggr\\_QKsYdfIsQRuA](https://youtu.be/___kbC4hzcTo?si=Ggr_QKsYdfIsQRuA)

<https://youtu.be/ex3uVZI1KIU?si=J-tmnLN3eppCGHZM>

# 1. Passing (

They start to develop . Extra examples to increase their new skill

<https://youtu.be/mLXnpCuiE4U?si=TmbzkFtPnxuSUcJt>

<https://youtu.be/Pi4lJNpeOpY?si=fE7mJ3efnCxfOoVl>

[https://youtu.be/yXDeaB5qS6Q?si=jq1xnF8D\\_BGGs-6V](https://youtu.be/yXDeaB5qS6Q?si=jq1xnF8D_BGGs-6V)

# 2. Shooting

## The skill

## Examples with links

<https://youtu.be/s21Hf39-h64?si=HlMbpkU6gHsHb4cl>

<https://youtu.be/ROZXyk980to?si=OLVK2qRUjLS8DPNG>

<https://youtu.be/200A9zudQME?si=GrQj5RVK-7uVui-N>

## 2. Shooting (

**They start to develop . Extra examples to increase their new skill**

<https://youtu.be/GMOzpjZB7y4?si=4U-BmKsWCnGynKkM>

[https://youtu.be/eEAYIWbYZEM?si=\\_yXLdzA6tv393ODb](https://youtu.be/eEAYIWbYZEM?si=_yXLdzA6tv393ODb)

<https://youtu.be/BRVuw1jzLZM?si=aBOfl2S0U1lXfavw>



# 3. RWTB

## The Skill

## Examples with links

- <https://youtu.be/PIH0NNllrcM?si=P-zxG3Jg5yf0F2wH>
- <https://youtu.be/183FWWh3PrRE?si=DqqbSlg3ykj28zmv>
- <https://youtu.be/UvY094094lY?si=JXZTuEL4zp7dUDiq>

# 3. RWTB (

**They start to develop . Extra examples to increase their new skill**

<https://youtu.be/PK2KFYqDpEU?si=r-o0pYx7rjR9RZ5s>

# 4. 1 st Touch

## The Skill

- 1<sup>st</sup> touch with body examples ;
- Foot - inside, outside, laces, heels.
  - Leg- Knee
  - Upper body - Chest, Shoulders, head

## Examples with links

<https://youtu.be/JLQbRemnvGI?si=tvaGDzudRUqf6PR>

b

<https://youtu.be/g3-1BUCuR5U?si=Jhr1ECMRy10XqkW6>

<https://youtu.be/O4v-o1xeco0?si=Ch7WcQU-vkFJ9CKF>

[https://youtu.be/Pc7azczNNgw?si=LUJ\\_xOWOfQJm1tjr](https://youtu.be/Pc7azczNNgw?si=LUJ_xOWOfQJm1tjr)

[https://youtu.be/rr31N2l\\_faY?si=zieq01HVvAASSKUL](https://youtu.be/rr31N2l_faY?si=zieq01HVvAASSKUL)

<https://youtu.be/aKpRx3kTH5I?si=duX1RjfTtBVZ-mgV>

<https://youtu.be/YbymKqKsi3A?si=XAw3OofzDRry5wo0>

# 4. 1 st Touch ( Progression)

They start to develop . Extra examples to increase their new skill

<https://youtu.be/CAZZhArxMKQ?si=fK-w4Lg4tuRBK9kZ>

# 5. HEADING

## SKILL

YOUNG AGES - WE use SOFT BALLS/ BEACH BALLS /TENNIS BALLS THERE are also HEADING BALLS in the Equipment Container. We recommend Under 10s and up.

## Examples with links

<https://youtu.be/6eFt5pqeE9M?si=014rYmYqsdngaz8M>

[https://youtu.be/D\\_i\\_kHxu94k?si=-525rWdRj2P7AwFu](https://youtu.be/D_i_kHxu94k?si=-525rWdRj2P7AwFu)

# 6. THROW INS

Skill

link

[https://youtu.be/erb\\_KFjPU08?si=mbklt2a54-cCpIXx](https://youtu.be/erb_KFjPU08?si=mbklt2a54-cCpIXx)

# 7. Juggles

## Skill

You start with a ball. Then use the tennis ball as they advance

## links

<https://youtu.be/4C4lyuaquKI?si=smYtKgYRi0fzDbdS>

<https://youtu.be/CqTlkCFkKNc?si=2foaskrnwsSxfMv9>

# 8. Scanning

## Skill

- Once they start advancing in passing and dribbling. Introduce the word SCANNING. Look at the picture. Who is where? Where is my space? Can I find a player before I get the ball?
- When we do our core skill sessions. Before we receive, we scan. When we release the ball we scan as well.
- We can also start using the fake movement before we receive the ball ( PEEL OUT/IN/SIDE/UP-DOWN/BACK ). Hence, Scan, Fake . Receive , release. Scan again .

## Links

<https://youtu.be/OXXKkwBkpEQ?si=Y7luuVUlDe5IkOjy>

<https://youtu.be/zgZodRq1J1M?si=U3Qwl9ZCRqYvvLgp>



# 9. Defending

Skill

Link

<https://youtu.be/LR9ifmPXGhl?si=Vfaf5ryLU9vOQ8V1>

[https://youtu.be/W90mt\\_Y2NtU?si=clshKrL6fgiT2vhQ](https://youtu.be/W90mt_Y2NtU?si=clshKrL6fgiT2vhQ)

<https://youtu.be/eqY-BdErllw?si=LmvlTFxnkmHE82NV>

<https://youtu.be/rTg7Qmk2BSA?si=tGiTRlSv81JiXc83>

# 9. Defending Progression

Link

[https://youtu.be/Q0WoJaq3D3o?si=uOS\\_Zq4mgZQ\\_c780](https://youtu.be/Q0WoJaq3D3o?si=uOS_Zq4mgZQ_c780)

<https://youtu.be/0nUKEOTZBTk?si=BW92gLXLRaGTr4Qt>

# 10. 1v1

## Skill

- Encourage creativity. Highlight the failure and what else can they do. U get them to do it slowly.
- Goals
- GK if we have any

- **SKILLS SESSION TRAINING LINKS**

<https://youtu.be/mNA7bT3CLQU?si=l6V0HBgvDb163BgL>

<https://youtu.be/ClRkN8gE5eQ?si=frgVjulhn8Xcw90b>

<https://youtu.be/KH0rZY7Q0tI?si=U4DV3V1UtvcaeV8>

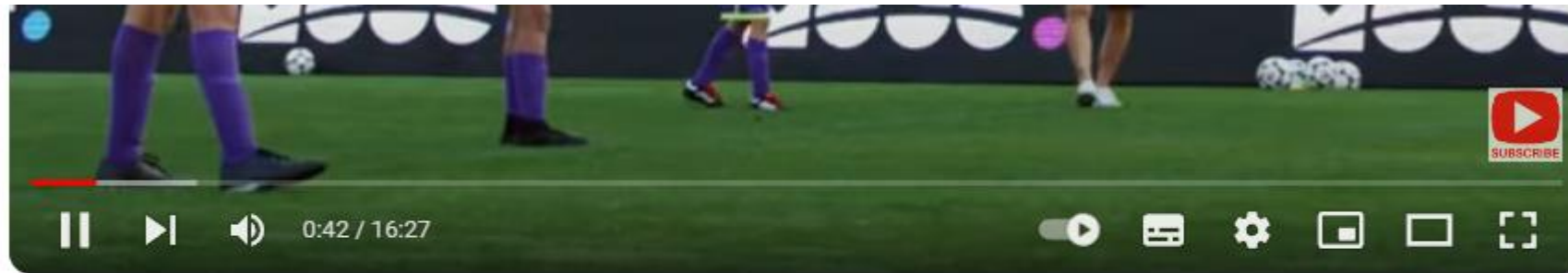
<https://youtu.be/neA1TK3625c?si=N1hjTriptygxedK>

## Link

[https://youtu.be/wtixXyNBVQ?si=CUV6xwVL\\_5eFdkWB](https://youtu.be/wtixXyNBVQ?si=CUV6xwVL_5eFdkWB)

[https://youtu.be/\\_loshL\\_2Tcg?si=3fX8lcIQhxiVzkBC](https://youtu.be/_loshL_2Tcg?si=3fX8lcIQhxiVzkBC)

# 9. Defending Progression



10 Best Soccer Defending Drills for Kids | Youth Soccer Defense Drills | Fun Soccer Drills by MOJO



yougotmojo  
90.3K subscribers

Subscribed

790



Share

Download



11. Everyone Celebrates a goal . Everyone lifts each other up on a mistake or if we have conceded.



Celebrates a goal



Everyone lifts each other up on a mistake

# Ball mastery/SKILLS building

<https://youtu.be/lft7AfeFluQ?si=kl07fmM39c-mn02x>

[https://youtu.be/rZ-\\_7DyDn2g?si=UJNz7GkQzW-gduV9](https://youtu.be/rZ-_7DyDn2g?si=UJNz7GkQzW-gduV9)

[https://youtu.be/S5ARtGphjil?si=zEZ-YW4Yfpnc\\_4QW](https://youtu.be/S5ARtGphjil?si=zEZ-YW4Yfpnc_4QW)

<https://youtu.be/88Ph3d-dp-8?si=zRzChHrqrw3kwVPJ>

<https://youtu.be/iCLRtN0N0x4?si=HsMhiPezHlBt5Jfp>

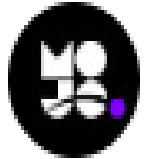
## MUST HAVE KNOWLEDGE

### HINTS-

- Pick 3 skills you can teach.
- Do it slowly ( demo).
- Create a box 20x20 and have them perform this .
- MOVE INTO SMALL SIDED GAMES - 3v3 minimum ( FOCUS IS TO SCORE BUT TWO POINTS IF U CAN DO THR SKILL BEFORE U SCORE . + THE LOSING TEAM AT THE MOMENT MUST PERFORM 2 sit ups /push ups )

# SMALL BAMBINO PLAYERS GOOD LINKS

## Dinosaur Tag | Fun Soccer Drills by MOJO



yougotmojo

90.3K subscribers



Subscribed 

<https://youtu.be/uC65jrMWR5s?si=kEpmn0ZeyBakqrB>

|

<https://youtu.be/hG6do5dN7jQ?si=iORKxWcAYmEw9Bzn>

[https://youtu.be/zUo\\_FMbox5I?si=QmKi5z5Lmqr4iywj](https://youtu.be/zUo_FMbox5I?si=QmKi5z5Lmqr4iywj)

# GOAL KEEPING.....



V8. 5 Goalkeeper Training Drills for Kids. Football Coaching for Kids

 Eddie10 - Football Coaching for ...  
5.9K subscribers

<https://youtu.be/kEKFYtyDdul?si=xXezk5OTFL9II0XO>



GOALKEEPER TRAINING | Academy u10 goalkeeper | How to improve your set position diving catching

<https://youtu.be/XpQau5Yd23k?si=J1HwE6EZtQln4DgQ>





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