

DC STODDERT
SESSION PLANS
U7 - 1ST GRADE
4V4





SOCCER SESSION PLAN #: 01

AGE GROUP: 1ST GRADE

PLAYERS 8+

STAGE: 1

FOCUS: INTRO SESSION

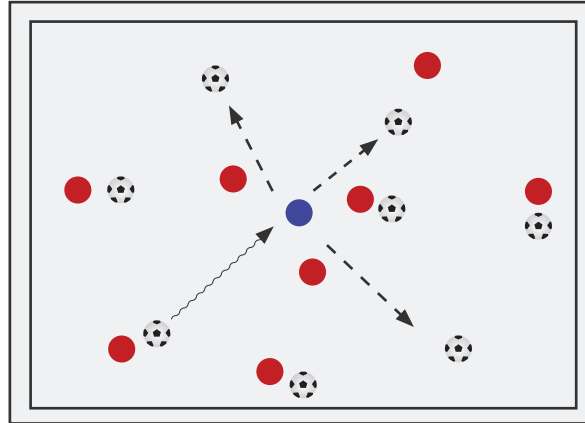
- ▶ Get them started as soon as possible
- ▶ Make it high energy and fun

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- Fetch
- Balls dribbled into coach
- Coach throws ball out and gives instructions on how it should be brought back "10 touches, left foot only"
- Be creative, be silly with final few

TECHNIQUE:



KEY POINTS:

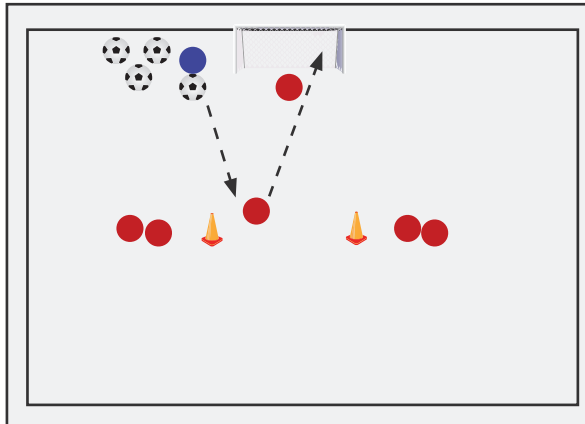
- Start with simple commands and move to more complex
- Cater command based on players ability

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- Beat the goalie
- Coach serves
- x1 player in goal to start
- Knock out rotation
- Touch, finish, then rotate into goal
- If you score you survive
- If you miss you must save the shot
- If you miss both, skill to get back in, or knocked out

TECHNIQUE:



KEY POINTS:

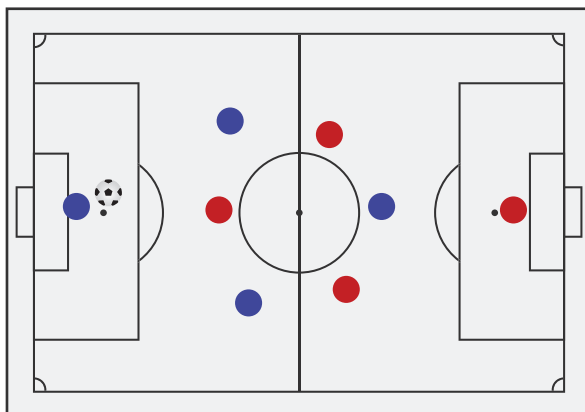
- Body in line with ball
- Be prepared to receive, either touch finish or first time
- Coach vary serve style (bounce, volley, flat based on skill level)
- GK get set and step forward to close angle

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Look for double up defending opportunities
- Be aggressive trying to win the ball back

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: MULTI TOUCH ACTIVITY - TRANSITION DEFENDING

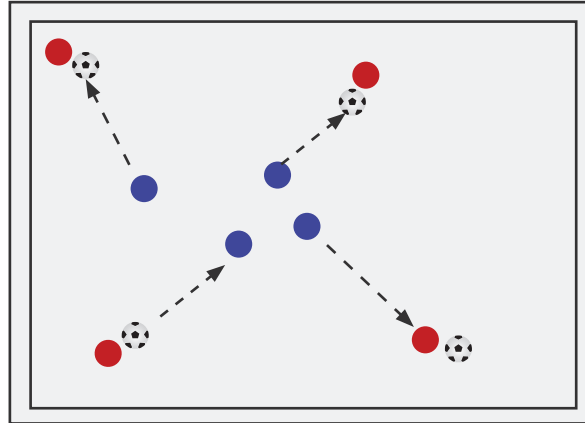
- ▶ Set up is the same for both sessions, focus from the coach is different
- ▶ All these games can be made more difficult by increasing distance, speed or time

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- 1 ball between 2
- Work together in pairs
- Pass and move - must do a skill or a turn and take 10 touches before passing
- Teammate make movement into space
- On command players come together to make
 - 10 2 touch passes (5 each)
 - 10 1 touch passes (5 each)
 - 10 volley passes (5 each)
- Be creative and add options based on level of play, increase reps and skill based on level

TECHNIQUE:



KEY POINTS:

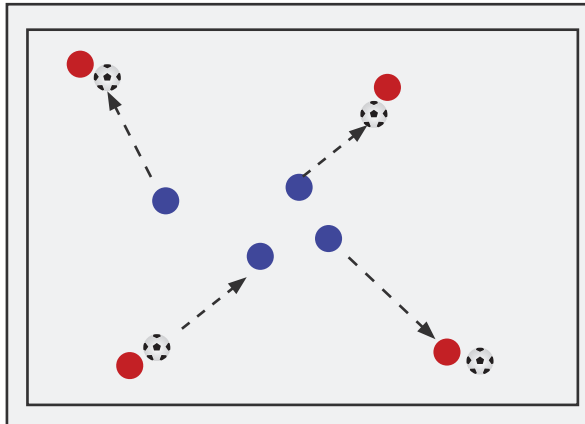
- Demonstrate each skill to paint the picture clearly for the players
- Create competition by awarding points for jobs well done - subtract points for players who don't follow direction
- Improvise and ask the players for new key words or moves to use
- Only call the activity when the desired level of movement and skill is on show

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Share and steal
- Pass and move the ball as above with same commands
- On "GO" player without the ball defenders partner and tries to steal and maintain possession for allotted time (10 seconds would work from "GO" to completion)

TECHNIQUE:



KEY POINTS:

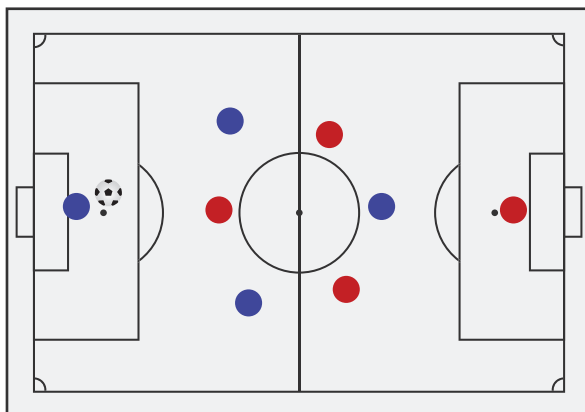
- Close the space on the attackers 1st touch
- Get attackers head down
- Be patient and wait for big touch or mistake to step and win the ball
- Once ball is won, get away from partner so they cannot win the ball back

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Look for double up defending opportunities
- Be aggressive trying to win the ball back

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: BALL MANIPULATION AND SHARING

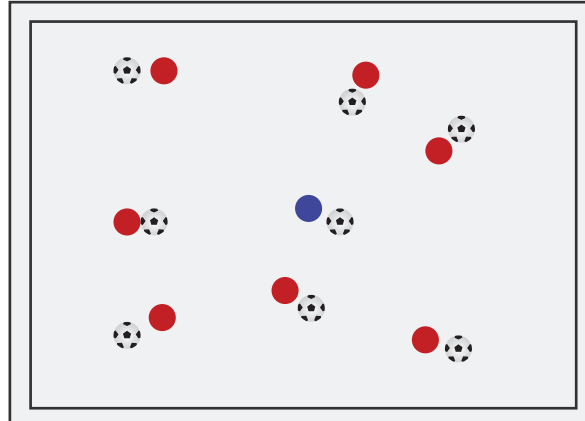
- ▶ Set up is the same for both sessions, focus from the coach is different
- ▶ All these games can be made more difficult by making it one ball between 2 to improve the sharing of the ball

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Command dribbling
- Freeze = stop and sit on ball
- Change = leave your ball, find another
- Up = Throw the ball above your head and control it BEFORE it bounces
- Down = Stop and then put head on ball
- Numbers E.G. "3" = get in groups of that number, 1st group gets 3 points, 2nd 2 points, 3rd 1 point
- Inside = 10 touches inside to inside ASAP
- Outside = dribble 360 with outside of one foot, then the other (2 complete tight circles)

TECHNIQUE:



KEY POINTS:

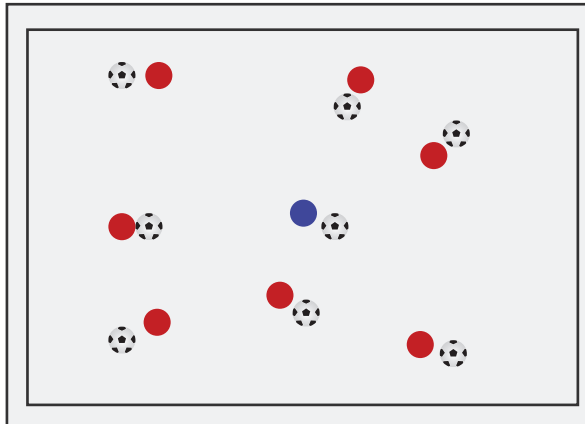
- Demonstrate each skill to paint the picture clearly for the players
- Create competition by awarding points for jobs well done - subtract points for players who don't follow direction
- Improvise and ask the players for new key words or moves to use

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Knock Out
- Coach chases players to try and steal ball and pick it up or kick it out the grid
- Once ball is kicked out, player must do a skill to return to play
- Set time limit for defender and keep score
- Double or triple up on defenders to help success rate
- Close in space if too easy to evade defenders

TECHNIQUE:



KEY POINTS:

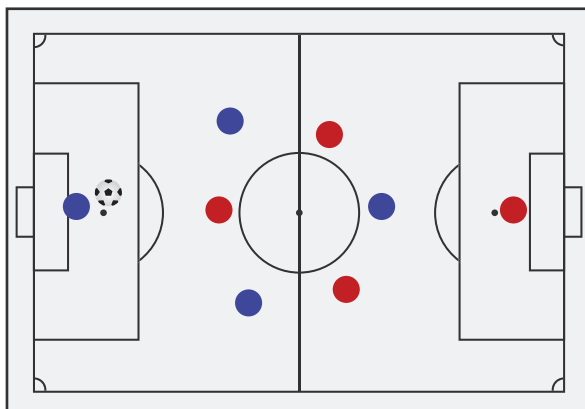
- Close the space on the attackers 1st touch
- Get attackers head down
- Be patient and wait for big touch or mistake to step and win the ball
- Use body to cut the attacker off
- Work with teammates to double up and hunt in packs when applicable
- No big swings or slides, in control with balance to win the ball

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Look for double up defending opportunities

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



SOCCER SESSION PLAN #: 04 AGE GROUP: 1ST GRADE PLAYERS 8+ STAGE: 1

FOCUS: 1V1 DEFENDING AND ATTACKING

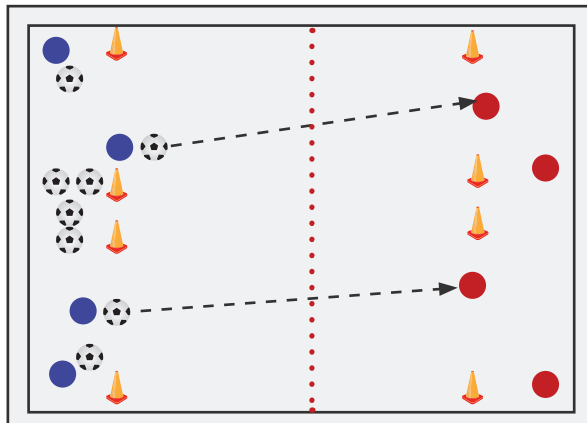
- ▶ This is a simple set up and a game you can revisit over and over and just highlight a new topic
- ▶ Stay on topic, don't try and coach both sides of the ball, focus on one side and get it right

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- 1v1 - ATTACKING
- One team starts ball each time and passes a good ball across to start
- Attacker then runs at player to stop the ball on the end line, knock over the cone or score in one of two tiny coned or pugg goals
- Defender does the same when they win possession - transition quickly
- Keep score
- Rotate after time or score reached and let the opposition now receive the pass and attack

TECHNIQUE:



KEY POINTS:

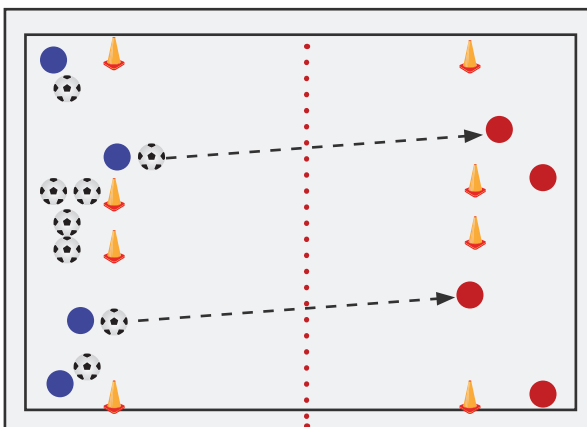
- 1st touch into space at speed, away from defender
- When and from how far away to cut the ball across the body
- Accelerate to beat defender
- Use simple moves at pace to change direction and create space to explode into
- Don't turn your back and face your own goal, get turned to go forward ASAP

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 1v1 - DEFENDING
- One team starts ball each time and passes a good ball across to start
- Attacker then runs at player to stop the ball on the end line, knock over the cone or score in one of two tiny coned or pugg goals
- Defender does the same when they win possession - transition quickly
- Keep score
- Rotate after time or score reached and let the opposition now receive the pass and attack

TECHNIQUE:



KEY POINTS:

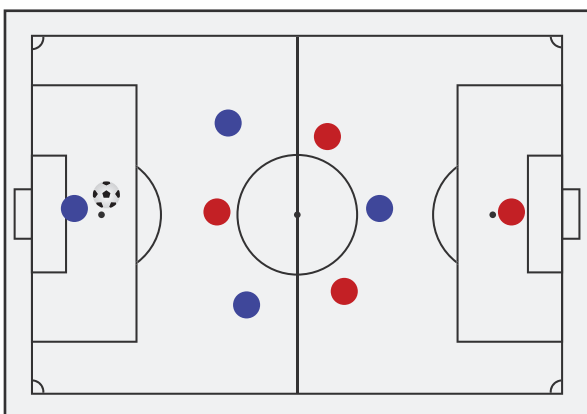
- Close the space on the attackers 1st touch
- Get attackers head down
- Be patient and wait for big touch or mistake to step and win the ball
- Transition quickly to attack
- Stay on your feet and move them, no slides
- Pivot on back foot
- Use body to cut the attacker off

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Concentrate on one aspect of the session, head up dribbling when 1v1 - identify space and attack it
- Pass with inside of the foot to find a teammate

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving