

**DC STODDERT
SESSION PLANS**

U9/10 - 3RD/4TH GRADE

7V7





FOCUS: RECEIVING BALLS FROM RE-STARTS

- ▶ Make sure the correct technique and rules are used for throw ins and restarts in activity 1 to get them reps
- ▶ Increase (easier) or decrease (harder) the size of the grids dependant on players ability and level

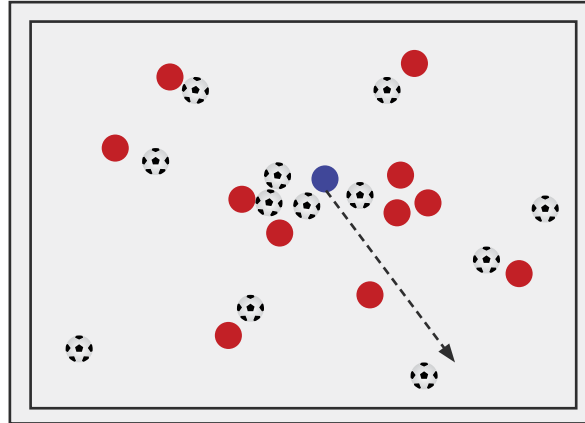
▶ 10 MIN. 1ST ACTIVITY: Mini Game (Skill Practice)

ORGANIZATION:

- x1 ball per player
- Ball must stay inside grid
- Coach plays ball into space, player retrieves it by dribbling, juggling, heading etc.
- Vary serves high and low, far and short
- Include rules (x3 touches only, left foot only, head only)

Add pairs to introduce sharing of the ball with others

TECHNIQUE:



KEY POINTS:

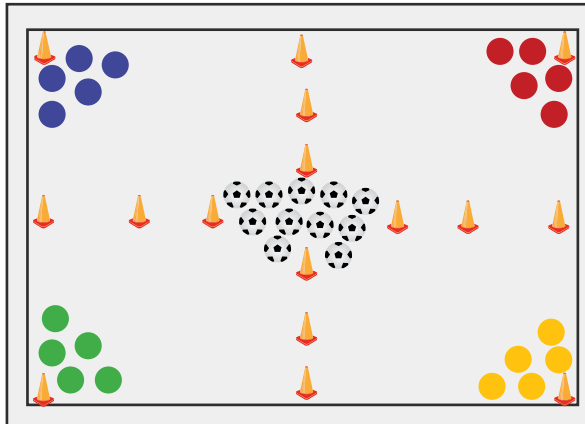
- Head up, don't bump into anyone else
- Play at speed, keep the ball close and under control
- Get the ball as soon as possible, bring it back according to exact direction
- Make it exciting, and interesting
- Players pick the way to return the ball

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

ORGANIZATION:

- Steal the Euro's
- Each ball = 1€
- Team must collect balls from center and try and take them to their vault
- Other teams can steal from others vaults but if tagged in opposition square they are locked in the vault and must stay there until they are high fived free
- If untagged, you can steal a ball and run it back to your vault
- Have to run with balls in hands
- Defend or attack, teams choice
- Team with most balls wins
- Do a 'vault break' to release players

TECHNIQUE:



KEY POINTS:

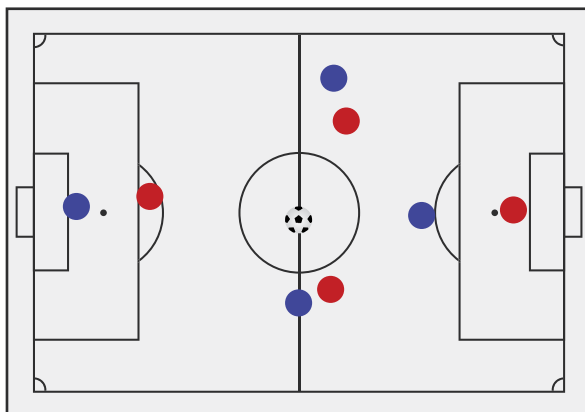
- Be fast, and to the point
- Identify space and exploit it at speed
- Communicate with the group
- Work as a team to collect or defend balls
- Find space to run into
- Be creative and angle runs
- It's ok to go back to be safe
- Help teammates before collecting another ball
- Each team can have a country name at they fight for the bail out

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 4vs4 with GK
- Use Pugg goals
- Play kick in restarts
- Let them play and oversee games
- x1 defender, x2 mids, x1 striker
- Restart ball wide

TECHNIQUE:



KEY POINTS:

- As above
- Find space
- Use your teammates to create space
- Same as before, work in teams to try and defend an area, or attack some space
- Use decoy runners to pull defenders out
- Attack to goal when space available
- Be aggressive taking space

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



FOCUS: GET THE BALL MOVING

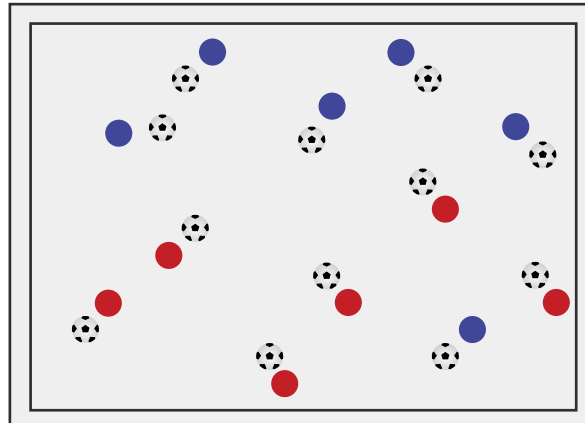
- ▶ Get the ball moving ASAP and encourage players to get their head up and then explode into space off the dribble
- ▶ Vary the speed and tempo of the session to get excitement from the dribble as well as passive control of the ball

▶ **10 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- x1 ball per player
- Ball must stay inside grid
- Coach moves around to call different instructions that the players then perform
- Red light = Stop
- Green light = Go
- Yellow light = Slow
- Use guided discovery to get these answers
- Add additional dribbles (body parts, put whatever is called on the ball)
- Number (players dribble to get in groups of that number)
- Encourage using both feet and moves

TECHNIQUE:



KEY POINTS:

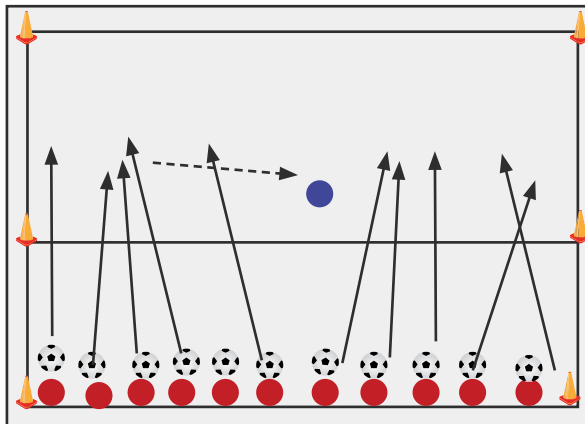
- Head up, don't bump into anyone else
- Play speed, keep the ball close and under control
- Award points for successful dribbles, or moves, quickest to stop, body part or numbers
- Use all surfaces of your feet (get the players to name them)
- Try and locate space on the field and exploit it
- Encourage at all times

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

ORGANIZATION:

- Using same grid as before
- Bulldog, one player (coach) is defender/bulldog, rest of players are cats with 1 ball each
- Players with balls/cats must dribble from one side to the other without being intercepted & having ball cleared from grid
- If player has ball kicked out, they now become a bulldog too and join the coach/original bulldog
- Last player standing wins
- No slide tackles
- Encourage moves to beat bulldog

TECHNIQUE:



KEY POINTS:

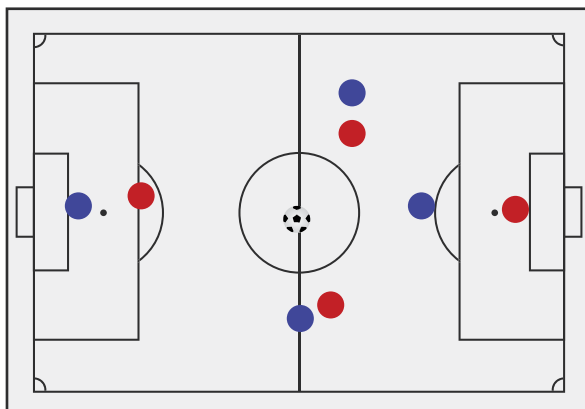
- As above
- Identify space and exploit it
- Use moves and skills from 1st activity to beat player
- Defenders jockey and wait for time to strike
- Keep the ball close, and shield from bulldogs if you cannot beat them
- Try and attack wide areas when dribbling at SPEED
- Head up, look for space

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4vs4 without GK
- Use Pugg goals
- Play kick in restarts
- Let them play and oversee games
- x1 defender, x2 mids, x1 striker
- Restart ball wide

TECHNIQUE:



KEY POINTS:

- As above
- Encourage dribbling
- Try and beat man first, pass 2nd
- Play at speed with correct technique and surface
- Try and keep shape (diamond)
- Be exciting with the ball
- Creative play encouraged

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



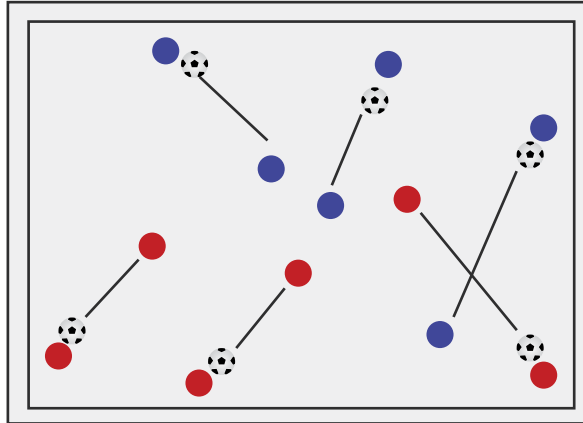
FOCUS: STRIKING THE BALL WITH VARIOUS SURFACES

► **10 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- 1 ball between 2
- Pass and move inside grid
- Have to do a move before you can pass it
- Show different types of passes (side-foot, outside, lace)
- When coach calls 'GO' player without the ball tries to win it from partner
- Whoever has the ball, inside the grid after 10 seconds, gets 1 point
- Repeat until plenty of quality reps have been produced

TECHNIQUE:



KEY POINTS:

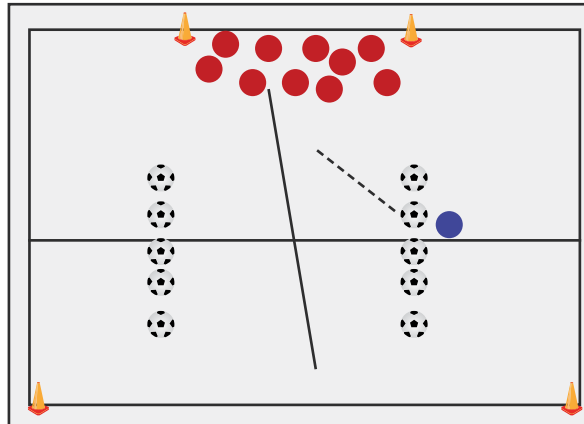
- Make sure passes are accurate with pace to target
- Head up, good move before pass
- Use space and treat other players like defenders
- Thread passes through gaps
- Head over, knee over, ankle locked, etc.
- Don't pass if it's not on
- Don't Bump into anyone else (apply points if you want)

► **20 MIN. 2ND ACTIVITY:** Mini Game (Expanded Skill Practice)

ORGANIZATION:

- Using same grid as before
- Cops and Robbers
- Robbers run through tunnels of balls (high st in the wild west)
- Cops passes ball from unnel and tries to bump robbers on the leg-knee or below
- If you're bumped, you are now a Cop (with Coach)
- Last player standing wins
- Have to run through tunnel, not around it
- Have the players with the balls move the ball before they strike to make it more difficult

TECHNIQUE:



KEY POINTS:

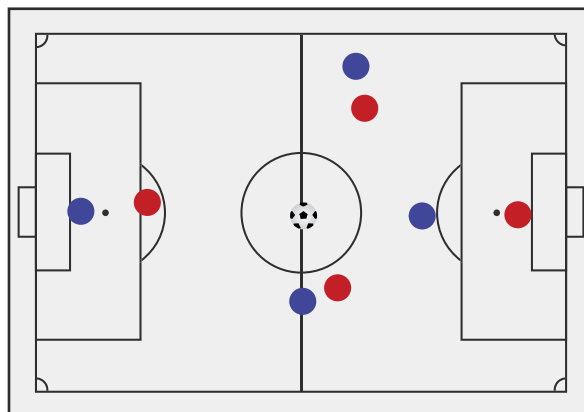
- Pass ball with side foot
- Keep it down
- Try and hit moving target
- Speed and angle of pass
- Weight of pass
- Hit middle of the ball
- Indian's go at speed and be tricky, work on foot speed
- Cowboys pick player out
- No laces, no big swing, be in control

► **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4vs4 without GK
- Use Pugg goals
- Play kick in restarts
- Let them play and oversee games
- x1 defender, x2 mids, x1 striker
- Restart ball wide

TECHNIQUE:



KEY POINTS:

- As above
- Encourage passing
- Create combinations
- Pass and move
- Limit touches to improve passing
- Find open player
- Let ball do the running
- "The ball never gets tired"
- Pass to finish in Pugg goal

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



SOCCER SESSION PLAN #: 08

AGE GROUP: 3/4TH GRADE

PLAYERS 10+

STAGE: 1

FOCUS: HEAD UP SPACIAL AWARENESS - TEAMWORK

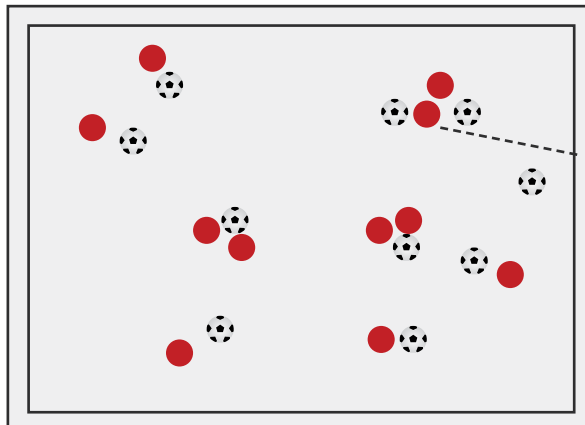
- ▶ Work together in small groups and pairs, patch those groups together and you've got a team dynamic
- ▶ Change the size of the grid to change difficulty (bigger = easier, smaller = harder)

▶ 10 MIN. 1ST ACTIVITY: Mini Game (Skill Practice)

ORGANIZATION:

- x1 ball per player
- Ball must stay inside grid
- Try and kick each others balls out whilst protecting yours
- Dribble to avoid, or shield your ball
- No slides
- If ball is knocked out x3 juggles to return
- Add x1 or x2 defenders to try and kick out as many balls as they can in 20 secs (next pair try to beat record)

TECHNIQUE:



KEY POINTS:

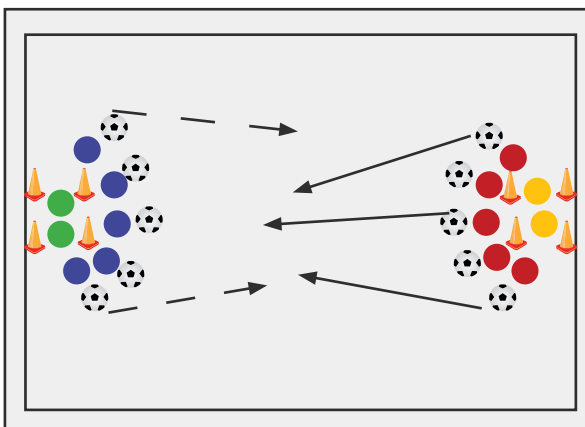
- Find space
- Stay away from others with pace, skill or shield
- Try and play other peoples out by putting them under pressure and making mistakes
- Count individual record
- Be tricky in possession
- Head up, touch into space away from pressure to escape

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

ORGANIZATION:

- Doctor Doctor
- x1 ball each except for Doc's
- Opposition try to kit the ball on each others legs
- If hit you are down, and must sit on the ball call 'Doctor Doctor' and receive a high five from Dr. before getting up again
- Doctors are safe in their square (surgery) but can be hit when they leave it to help teammates
- Doctors have x2 lives
- Has to hit knee or below

TECHNIQUE:



KEY POINTS:

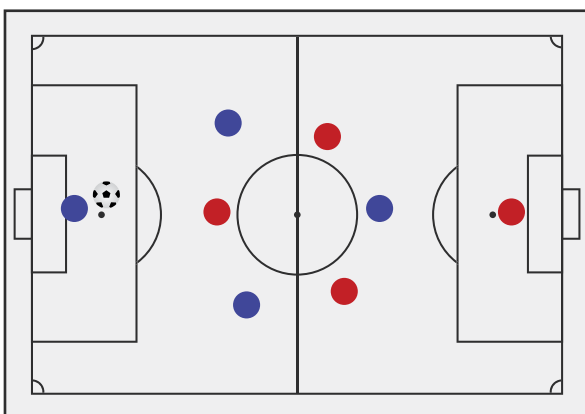
- Technique of side foot pass
- Speed to dribble away from danger and change direction quickly
- Protect Doctor but attack opposition
- Hit moving targets by aiming where they are going, not where they've been
- Doctors have to change direction and be creative in their running to free teammates

▶ 20 MIN. 3RD ACTIVITY: The Game

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- 4vs4 without GK
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- Restart ball wide

TECHNIQUE:



KEY POINTS:

- As above
- Find the space
- Pass the ball into space for teammates to run on to
- Dribble at speed away from defenders into space (even if it's backwards like in Doctor Doctor)
- Be prepared to defend immediately after losing possession (transition)

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