

**DC STODDERT  
SESSION PLANS**

**U5/U6- PRE K/KINDER**

**4V4**





# SOCCER SESSION PLAN #: 05    AGE GROUP: PRE K/K    PLAYERS 8+    STAGE: 1

## FOCUS: DRIBBLING AND BALL MANIPULATION - 1 BALL 1 PLAYER

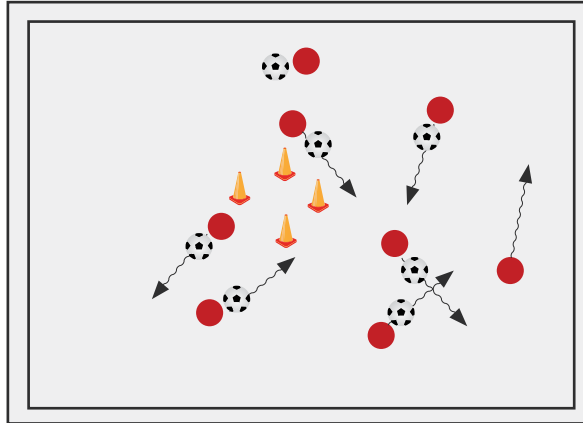
- ▶ Start the games as soon as possible, chase the players to make them move, first without a ball, then with
- ▶ Head up, little touches to keep it close, bigger touches to go faster

### ▶ 20 MIN. 1<sup>ST</sup> ACTIVITY: Mini Game (Skill Practice) Option A

#### ORGANIZATION:

- Body parts  
Players dribble and move the ball and when coach calls a body part put it on the stopped ball ASAP!
- Bump a ball!  
Knock your ball into a friends. You get one point for every bump. Bump them all.
- Call a code word and everyone has to get inside 4 central cones ASAP

#### TECHNIQUE:



#### KEY POINTS:

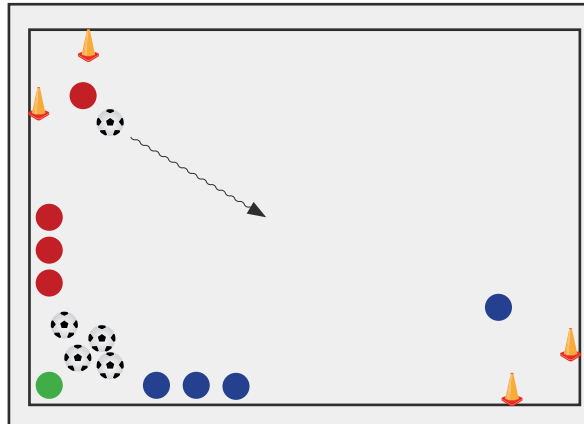
- Dribble the ball to get close
- When close play the ball at the moving target, outside or inside of the foot work as a passing technique
- Heel, sole and toe can be used organically by passer
- Celebrate creativity of players who try moves

### ▶ 20 MIN. 2<sup>ND</sup> ACTIVITY: Mini Game (Skill Practice) Option B

#### ORGANIZATION:

- 1v1 to small goals
- Call a number or letter (number or letter each player) then they run around and through the goal onto the field
- Don't worry about keeping score, encourage and commentate about the effort, runs and attempts

#### TECHNIQUE:



#### KEY POINTS:

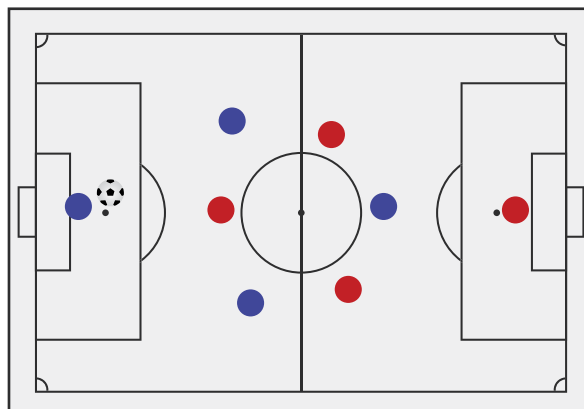
- DEFENDERS
- No big swing defensively
- No slides
- ATTACKERS
- First touch, don't just whack it
- Dribble

### ▶ 20 MIN. 3<sup>RD</sup> ACTIVITY: The Game

#### ORGANIZATION:

- 3v3 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to triangle when ball goes out and needs to be recovered

#### TECHNIQUE:



#### KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Restart the ball via the coach and try and get the ball in quick to keep the interest and energy up

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



**FOCUS: SPEED AND AGILITY**

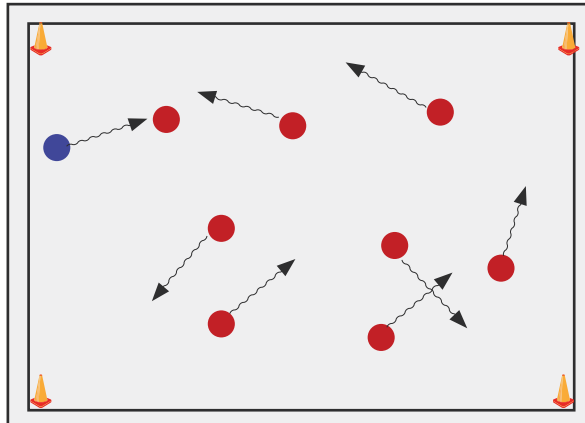
- ▶ Start running and moving quickly
- ▶ Slowly chase and make noises to increase excitement, control the group, going slower on kids less able

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

**ORGANIZATION:**

- The funky chicken  
Coach wears pinnies tucked in pockets and waistband and shakes around in front of the players
- Players chase the coach and try and pull out one pinnie at a time
- Donkey tails  
Once players have one pinnie each, tuck it in the back of the shorts to make a tail
- Once everyone has a tail, coach runs around to chase the players and pull the tail out to collect them all

**TECHNIQUE:**



**KEY POINTS:**

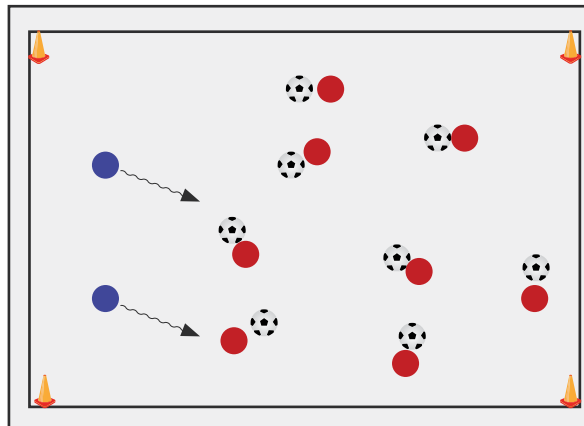
- Head up identify space
- Be prepared to cut, change direction and move
- Change of pace, different footwork to escape

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

**ORGANIZATION:**

- Knockout  
Each player dribbles their ball and the 2 defenders chase and try and touch their ball with their feet 2 times (can also give the players a cone and tell them to tap it on top of the dribblers ball)

**TECHNIQUE:**



**KEY POINTS:**

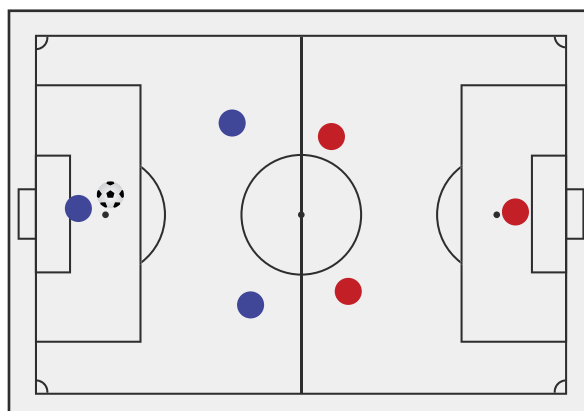
- Head up
- Find space and dribble to it
- Shield or accelerate to escape pressure
- Defenders use body to cut off runner
- No slides, or big swings defensively

▶ **20 MIN. 3<sup>RD</sup> ACTIVITY:** The Game

**ORGANIZATION:**

- 3v3 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to triangle when ball goes out and needs to be recovered

**TECHNIQUE:**



**KEY POINTS:**

- Encourage the dribbling and defending skills from the games

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



## FOCUS: DRIBBLING AND MINI PASSES

- ▶ Set up and get it going as the players arrive they can jump in
- ▶ Encourage players to dribble with their head up

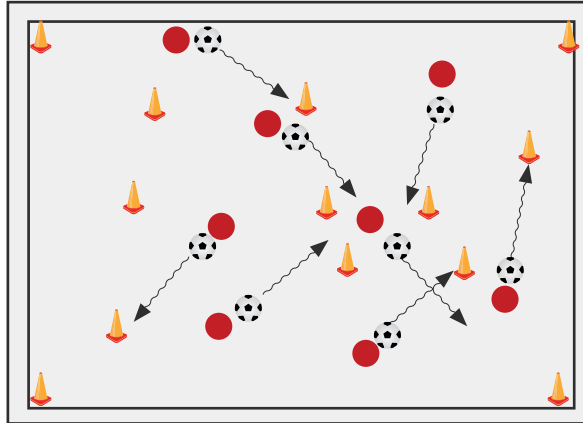
### ▶ 20 MIN. 1<sup>ST</sup> ACTIVITY: Mini Game (Skill Practice) Option A

#### ORGANIZATION:

- Bumper cars
- Drive your soccer ball around and look to knock over all the cones by kicking your ball onto it
- Coach can flip cones back up as they go around

+Add a player or 2 who can pick the cones up whilst the other players try and knock them all down.

#### TECHNIQUE:



#### KEY POINTS:

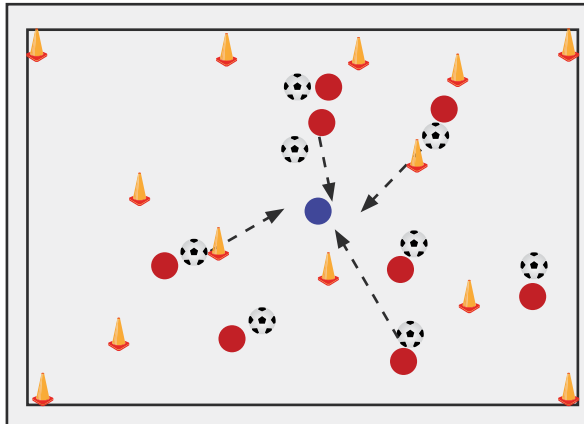
- Find a cone and attack it
- Dribble with the ball close then knock it over when close
- Find a new cone and accelerate to it
- Keep the ball on the ground

### ▶ 20 MIN. 2<sup>ND</sup> ACTIVITY: Mini Game (Skill Practice) Option B

#### ORGANIZATION:

- Ice cream game
- Scoop the ball up (after a skill) and bring it to the coach who will throw it out into space for the players to chase and then find a new ball
- Make fun flavours

#### TECHNIQUE:



#### KEY POINTS:

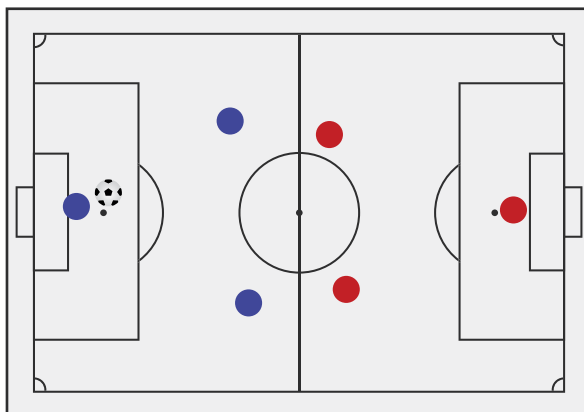
- Head up
- Find available ball, drive to it
- Use different surfaces to create different contact
- No big swing = if you miss, you'll be running a lot to chase your ball
- Keep it close and under control to get the highest score

### ▶ 20 MIN. 3<sup>RD</sup> ACTIVITY: The Game

#### ORGANIZATION:

- 3v3 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to triangle when ball goes out and needs to be recovered

#### TECHNIQUE:



#### KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Restart the ball ASAP

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



**FOCUS: PASSING AND CLEAN UP GAME**

► Set up option A on the game field with your teams split so you can move straight into the match after the activity

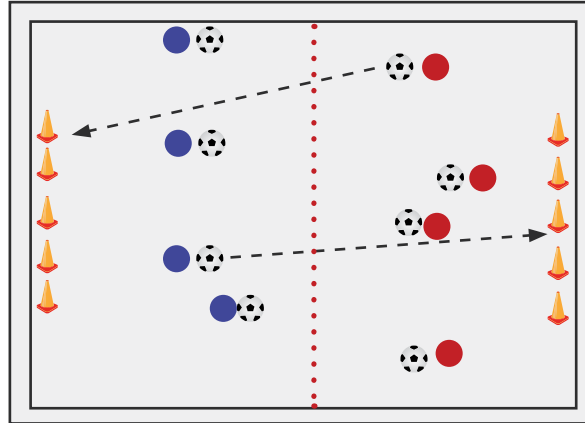


► **20 MIN. 1<sup>ST</sup> ACTIVITY:** Mini Game (Skill Practice) Option A

**ORGANIZATION:**

- Protect the castle
- Pass your ball to knock down opponent teams cones
- Change distance based on skill level
- 3v3 or 4v4
- Once cone is down it stays down, first team to knock them all down wins
- No blocking opposition
- Have to bring ball back to own half to shoot again
- Can roll the ball if passing is too hard

**TECHNIQUE:**



**KEY POINTS:**

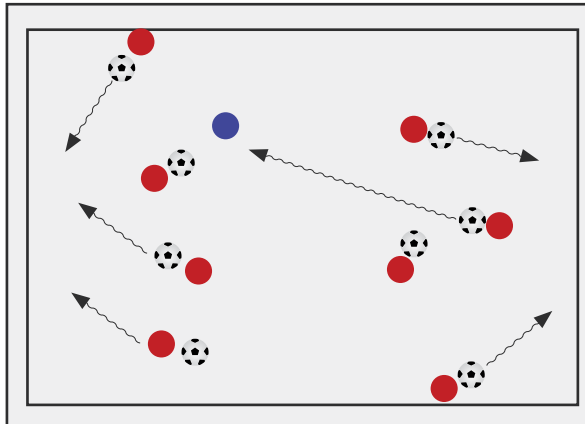
- Head up identify cone
- Use inside of the foot to be more accurate
- Use teammates to help attack same cone to increase chance of knocking it over

► **20 MIN. 2<sup>ND</sup> ACTIVITY:** Mini Game (Skill Practice) Option B

**ORGANIZATION:**

- Pinnie monster
- One player tries to throw their pinnie on the dribblers ball
- You get a point for each ball you hit with the pinnie

**TECHNIQUE:**



**KEY POINTS:**

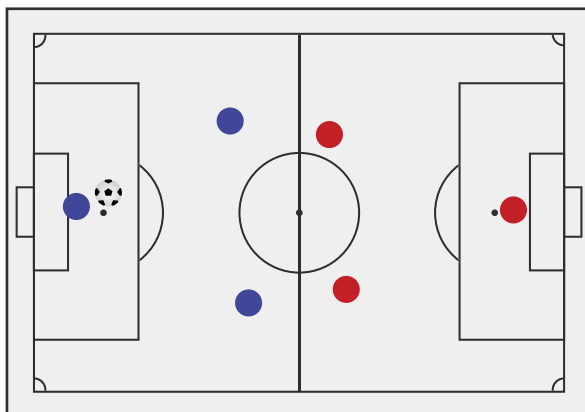
- Head up
- Accelerate into space
- Keep the ball close
- Show skills and moves to evade the monster

► **20 MIN. 3<sup>RD</sup> ACTIVITY:** The Game

**ORGANIZATION:**

- 3v3 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to triangle when ball goes out and needs to be recovered

**TECHNIQUE:**



**KEY POINTS:**

- Encourage the dribbling from the 2 previous games
- Restart the ball quickly

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