

Club \_\_\_\_\_ Session \_\_\_\_\_ Date \_\_\_\_\_

Session Title \_\_\_\_\_

Objectives \_\_\_\_\_

**SESSION  
PLAN**

**PHASE and ACTIVITY**

**DIAGRAM**

**TIME**

**COACHING POINTS**



## **Planning and Organizing a Practice to Develop ALL your Players**

### ***5 Keys:***

1. **Expectations** – Not every player will develop the same, but you should try to have every player develop some
2. **Theme** – Is it a theme that the players can realistically achieve success in
3. **Area** – Adjust to suit the players to create early success. If defending look at a smaller area first to help them win the ball more...early success will give confidence!
4. **Conditions** – Extra thought required here, but don't be afraid to condition the group or players individually.
5. **Maximum Activity** – Keep as many players working for as much time as possible. Let the game be the teacher!

### **Session Breakdown**

1. **Warm up** – Make it relevant to the session and try to have a ball each for at least some of it.
2. **Technical Aspect** – Learn the skills with no or little pressure
3. **Skill Development** – Add the pressure
4. **Conditions Games/Scrimmages** – Add conditions to try and guide the players to use the technique worked on.
5. **Regular Scrimmage** – Finish with a game. That's why the kids are there and you need to see if they can put the practice into the game!

## Planning and Organizing a Practice

### *The 6 Keys:*

1. Equipment – Balls, cones and pinnies.
2. Theme – Stick with it and don't digress.
3. Area – Adjust to suit your needs.
4. Adaptability – If it is not working then change or modify it.
5. Maximum Activity – Keep as many players working for as much time as possible.
6. Be in Charge – at the end of the day, you have to make the decisions.

## Developing a Practice

### *Progression is the key:*

1. Choose Topic – Make it relevant to your season's goals
2. *Introduce Theme – Explain your objectives clearly.*
3. Develop and Progress your theme as follows:
  - a. **Warm-up** – Relevant to the forthcoming activity.
  - b. **Technique Practice** – Repetition of chosen technique, ensuring success by minimizing pressure on player.
  - c. **Skill Practice** – Add pressure of time/defenders/space to introduce decision making and therefore create a more 'game like' environment.
  - d. **Match Related** – *Promote realism in your practice, for example introducing direction of play, use two even sided teams, goalkeepers, etc.*
  - e. **Conditioned Game** (Scrimmage) – Regular game with conditions placed upon both teams to promote the day's theme.
  - f. **Unconditioned Game** – Free play. Coach individuals rather than stopping the game to coach the group.
  - g. **Cool Down/Wrap-up** – Revise what was learned in the session.

**Session Title**

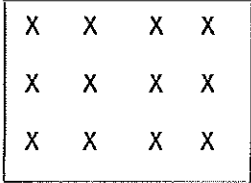
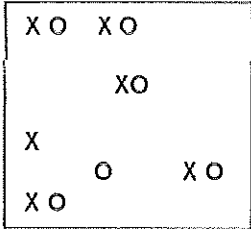
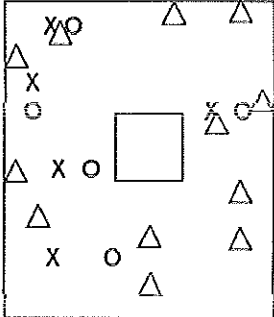
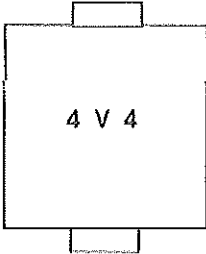
**U6 - Dribbling**

**Objectives**

**To Dribble The Ball Under Close Control**

*To Maintain Possession Of The ball By 'Shielding'*

**SESSION PLAN**

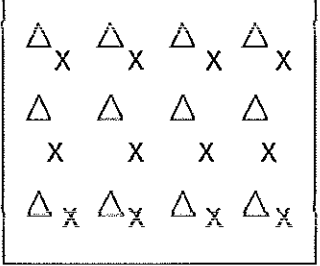
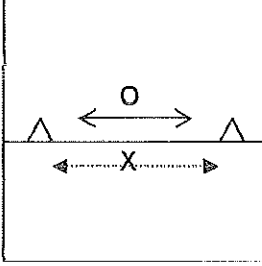
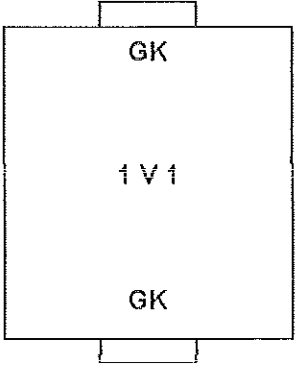
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Players dribble around the area and respond to coach's commands. Individual ball skills &amp; manipulation at and between cones. Include toe taps, fast feet, ball rolling and the dragback turn. Also include change of speed. Make it fun and competitive.</p> <p><b>Elite Feet Move: Drag Back</b></p> <p><b>2. Follow My Leader</b></p> <p>Players in pairs with a ball each. Player O must follow X wherever he/she goes and must copy any tricks skills that X performs. Players must keep the ball close at all times.</p> <p>The aim of X is to 'lose' O. When coach calls 'freeze' X gains a point if out of touching distance. Switch positions. Rotate partners.</p>	 		<p>Keep ball close to feet. Keep your head up Dribble into space Change of speed</p> <p>Keep ball close Keep head up Change speed and direction</p>
<p><b>3. Star Trek</b></p> <p>Eight soccer players (X's) have landed in the jungle but need to get the magic keys (by dribbling through a gate) so that the <i>space craft can take off</i>. There are dragons in the jungle who are trying to stop them escaping (by blocking the gates). X's aim to get 5 magic keys and can then enter the spacecraft in the center. They only have 2 minutes! Switch roles / partners.</p> <p><b>Progression:</b> Coach guards the spacecraft.</p> <p><b>Progression:</b> <i>Equal numbers of X's and O's. Players can steal the ball thus making the game continuous.</i></p> <p><b>4. Scrimmage</b></p> <p>Either start at 1v1 and build up or if ready play 4 v 4 regular scrimmage with substitutions for water if necessary. Allow play to flow, and coach individuals at appropriate times.</p>	 		<p>Attack space Shield ball from opponent</p> <p>All the above Remind them of the Drag Back and appropriate times to execute.</p>

**Session Title** U8 – 1v1 Attacking

**Objectives** To Dribble With Close Control

To Beat An Opponent

**SESSION PLAN**

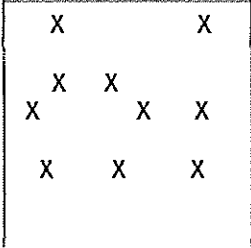
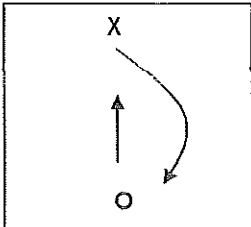
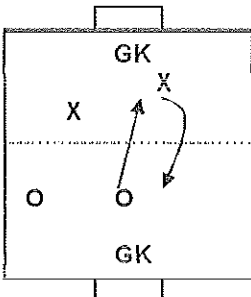
PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Players dribble around the area with a ball each and respond to a range of commands. e.g. left / right foot, stop, go, toe taps, box ball, circle the cones, beat the cones).</p> <p><b>Elite Feet Move: Inside-Inside</b></p>			<p>Close control Use both feet and different surfaces: Inside / outside /laces</p> <p>Head up! "LOOK AHEAD"</p>
<p><b>2. Technical Practice: 1 v 1</b></p> <p>X must 'fake out' O and dribble the ball to either cone (left or right) before O (without ball) can get there. Alternate attacker and defender. Defender cannot steal the ball.</p> <p><i>Scoring: One point for the player who gets to the cone first</i></p> <p><i>Progression: X has 45 seconds to score as many goals as possible, returning to the centre after each attempt to score i.e. continuous</i></p> <p>Switch partners after five minutes.</p>			<p>Change of speed and direction "SPEED AND DIRECTION"</p> <p>Use a clearly defined 'fake' Use of hips and shoulders to 'fake' defender "DROP SHOULDERS"</p> <p>Approach with pace but close control "BE POSITIVE"</p>
<p><b>3. Skill Development: 1 v 1</b></p> <p>On receiving the ball a player MUST attempt to beat the first defender and score. If ball goes off the sideline then game restarts with a dribble. After each attempt on goal the scoring team must retreat to the halfway line before advancing to defend the ball thus giving time for the other player to 'break out'.</p> <p><i>First pass from the GK is always free.</i></p>			<p>Accelerate into space behind defender</p> <p>Be positive and aggressive All the above</p>
<p><b>4. 'Coached' 4 v 4 Scrimmage</b></p>			<p>Correct Decision on Game: Pass / dribble or shoot</p>

**SESSION  
PLAN**

**Session Title** U10 - Dribbling

**Objectives** To Dribble With The Ball Under Close Control

To Beat an Opponent in a 1 v 1 Situation

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Dribbling warm up <i>Commands:</i> Left foot dribbling only, right foot only, inside of feet, outside of feet, change speed, turn, go around cone, beat cone, toe taps, fast feet. Incorporate a points system to inject urgency and concentration.</p> <p><b>Elite Feet Move: Scissors</b></p> <p><b>2. Technical Practice: 1 v 1</b></p> <p>X begins with the ball on his/her End line with O poised on the other End line without a ball. On X's first touch O can move forward to defend.</p> <p><i>Scoring: X scores by stopping the ball on O's line. O scores by stealing the ball and counterattacking to X's line.</i></p> <p>Alternate attacker and defender. Switch partners after five minutes</p> <p>Progression: Add a recovering defender to put more pressure on dribbler</p> <p><b>3. Skill Practice: 2 v 2 (+GK's)</b></p> <p>GK throws to X's who attacks the opposite goal. O's attempt to steal the ball and attack X's goal. Defender can only challenge their designated opponent. Restart with GK throwing out to O. Defenders must always return to their own half before challenging the attackers. Rotate GK's.</p> <p><b>4. 'Coached' 4 v 4' (or 5 v 5) Scrimmage</b></p>	  		<p>Intensity and pace of technical activities is essential! Make the children work!!</p> <p>Close control</p> <p>Use of both feet and different surfaces</p> <p>Clear change of direction / pace</p> <p>Soft touch, and touch ball often</p> <p>Head up</p> <p>After each goal return quickly to center! Maintain pace and excitement!</p> <p>Approach with pace but close control</p> <p>Attack the front foot</p> <p>Be positive</p> <p>Accelerate into space behind defender</p> <p>Ensure distance between defender and attacker when move is made</p> <p>Accelerate into space behind defender</p> <p>Be positive</p> <p>Commit defender</p> <p>Opportunities to attack aggressively</p> <p>Attack space</p> <p>Decision: Pass/dribble/shoot</p>