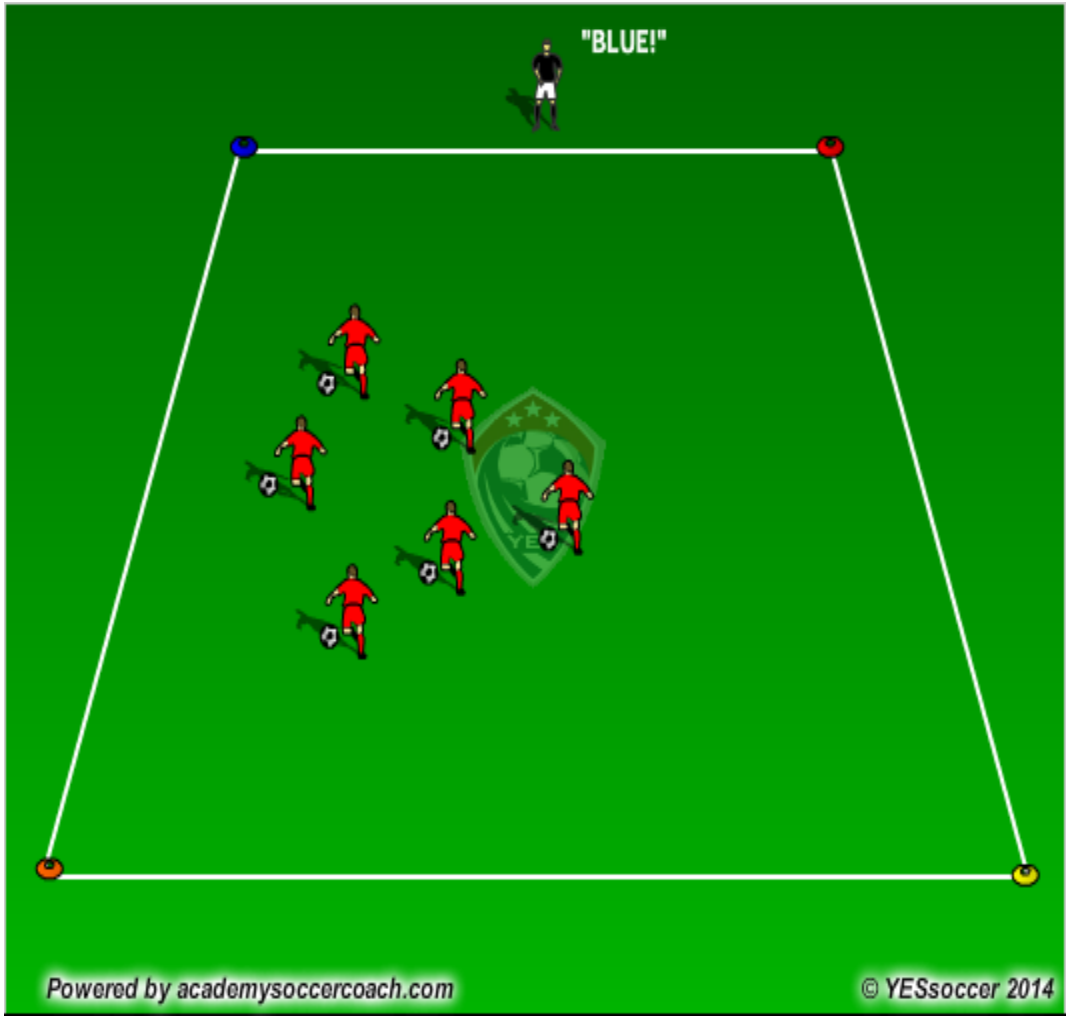
Interactive Session Plan

Organisation	Baldwin Whitehall Soccer Associaiton	Age Group	Juniors	Time Available	1 Hour
Session Theme	Stadiums Name Game (Ball Mastery)				



Organization

All players have a ball. In the each corner there is a coloured cone (e.g. red , orange, yellow and blue). The players dribble around the area, but when the coach shouts a colour (e.g. "Blue"), they dribble to that cone. After a few goes a coach can have a forfeit the last two to dribble to that cone (e.g. toe taps or star jumps)

Progression: A colour cone represents a stadium name (E.g. Red= Anfield)

Key Coaching Points

Head Up (Awareness of cones and other players)
Good Technique (Ball out of feet but under control)
Use all different parts of the feet.
Use both feet.
Small touches.
Run with speed (On Coach's command).

Progressions

- More Cones To Run To.
-Run with weaker foot.
- All Cones the same colour (have to remember the names and where they are).
- Cat and Mouse Game: Same set up, Two teams (use bibs) E.g. Reds Vs Blue. Coach calls out a colour of a team and a colour/ Stadium name of a cone.

Print Session

Email Session

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