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Mansfield Youth Soccer 1st/2nd Grade Fall Session Plans



SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Topic Activity (technical)/ Progression (functional)
3. Small Sided or Conditioned Game
4. 5 vs 5 OR 6 vs 6 Game

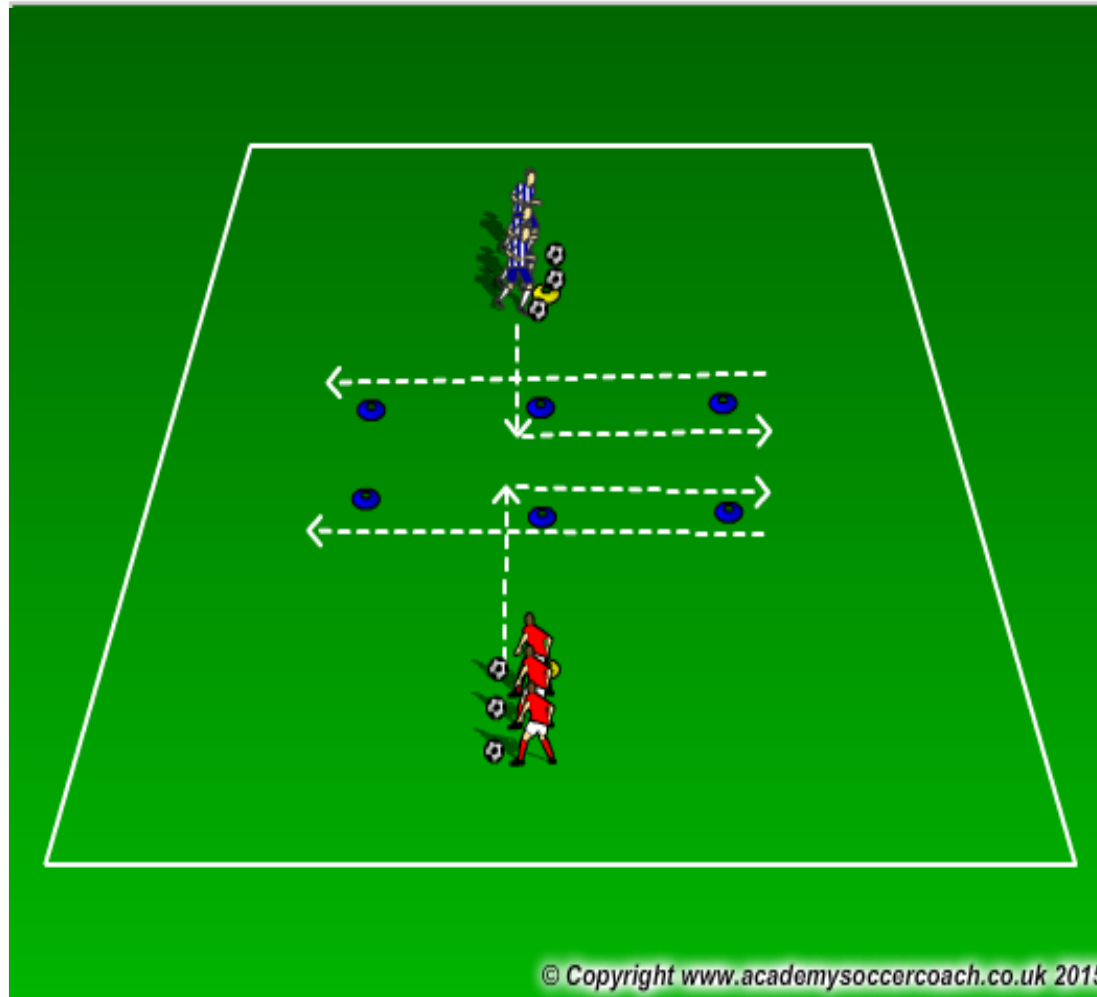
Each session will last 60 minutes.

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Session One: Dribbling: Ball Mastery



WARM-UP: TOUCHES ON THE BALL



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Area: Two starting points are 10 yards apart (yellow cones) , Blue cones are 5 yards in from start point and run 10 yards in length **Description:** 2 groups of 3/4 maximum players. Both players dribble in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone. Change routine as needed. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: Use the other foot Make it a race

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning

DRIBBLING: BASIC TECHNIQUE

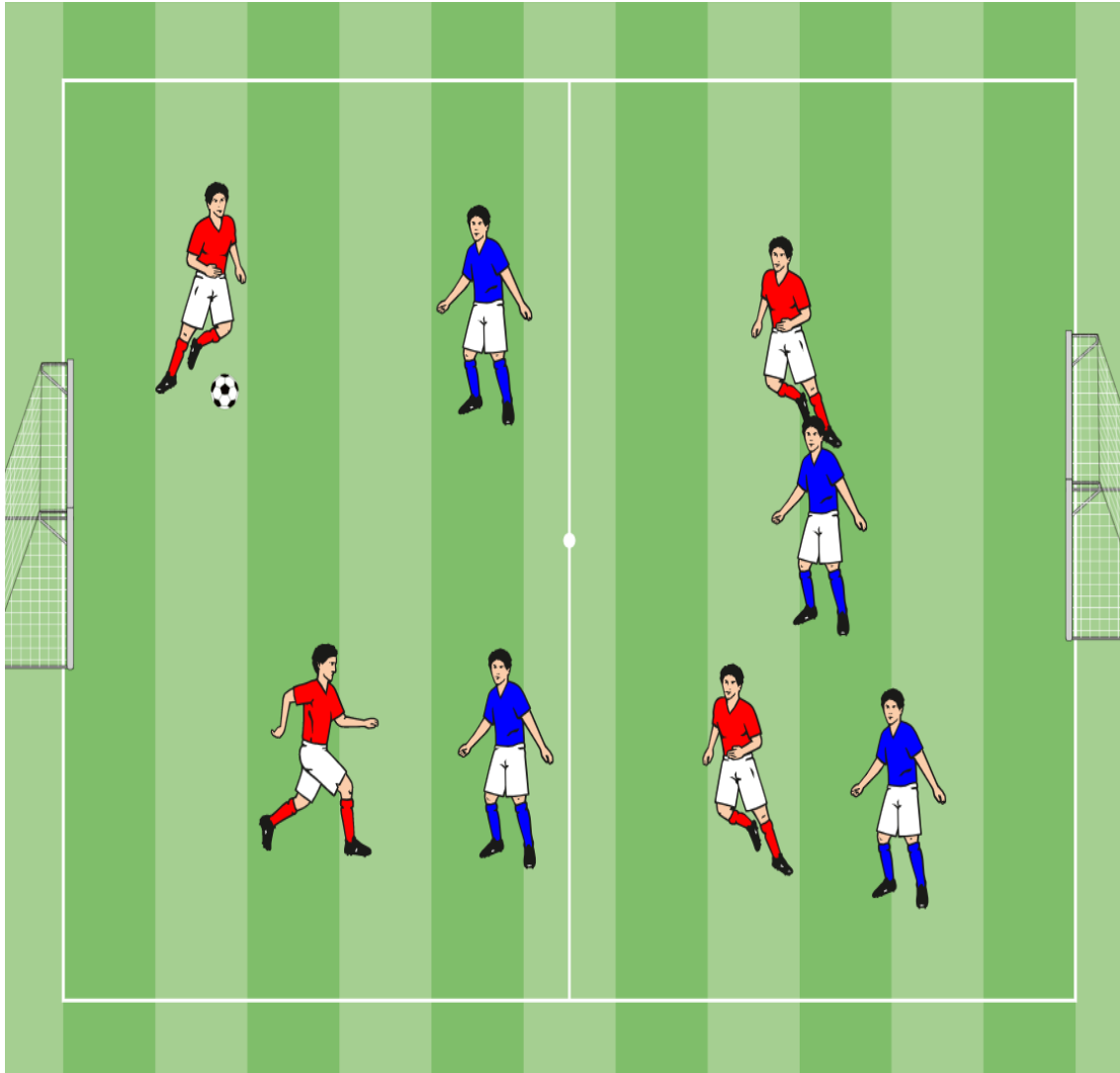


Area: 20x30 yard grid

Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone. There is a halfway line in this game which allows teams, once crossed, to double back and attack the end zone they were originally defending.

Coaching points: Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.

Small Sided Games: 4 V 4



Organization: 20 x 30
grid,
Two teams of 4 vs 4

Let the game flow and
give pointers when
necessary, try not to
keep starting and
stopping it.