

EDUCATE - CONNECT - INSPIRE



Mansfield Youth Soccer Pre K / Kindergarten Fall Session Plans



SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take:

- To help each Pre K grade player to reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.

BALL MASTERY

- **Heel / Toe Roll** : - Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** : - Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** : - Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** : - Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

8 Week Seasonal Plan

1. Ball Mastery
2. Passing
3. Running with the ball
4. Changing direction with Turns
5. Finding Space
6. Passing
7. 1 vs 1's and 2 vs 1's: To targets/goals
8. Shooting Games

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. Small sided games

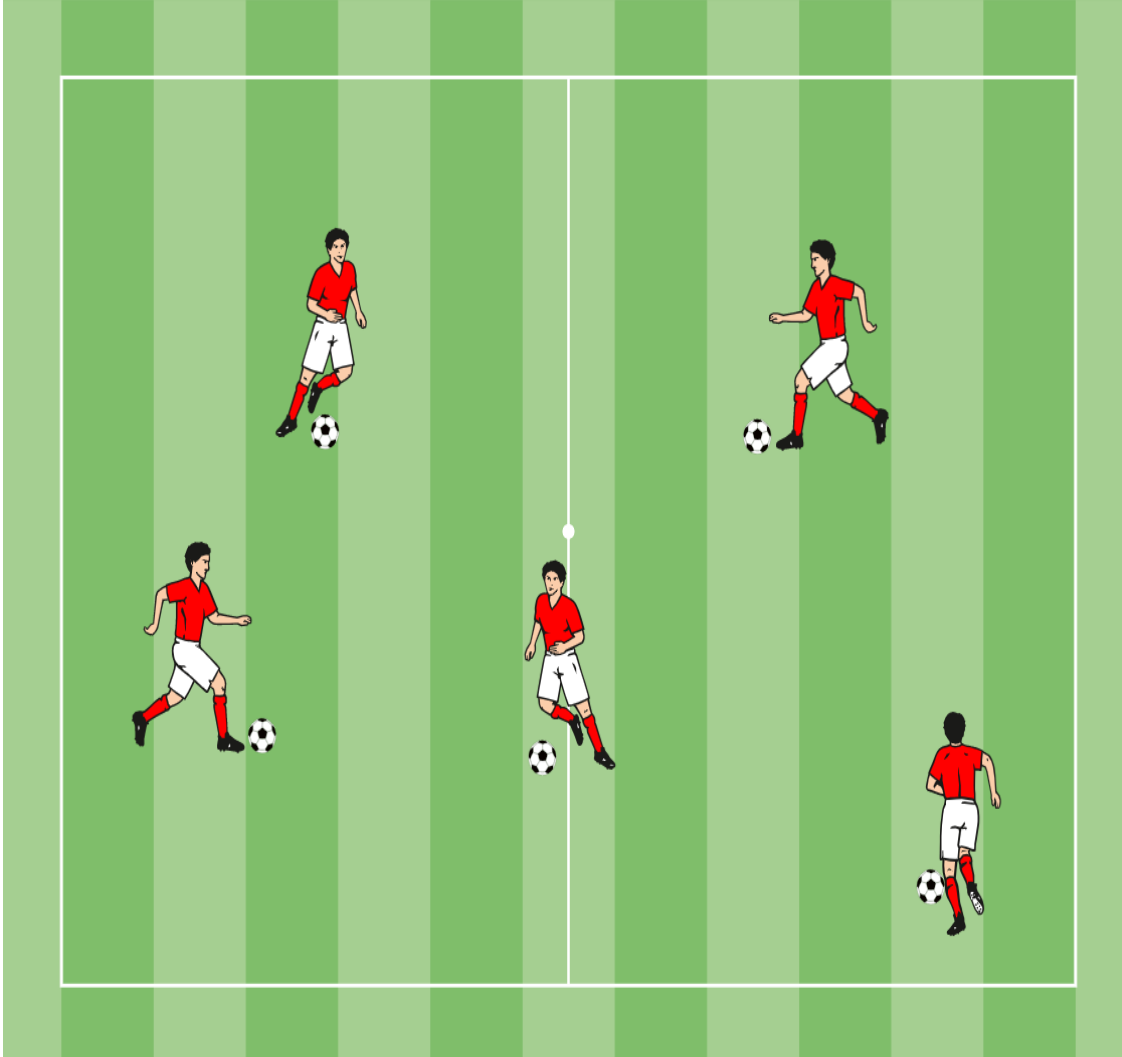
Each session will last 60 minutes.

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Session One:
Ball Mastery

Warm Up Activity: Driving Instructor



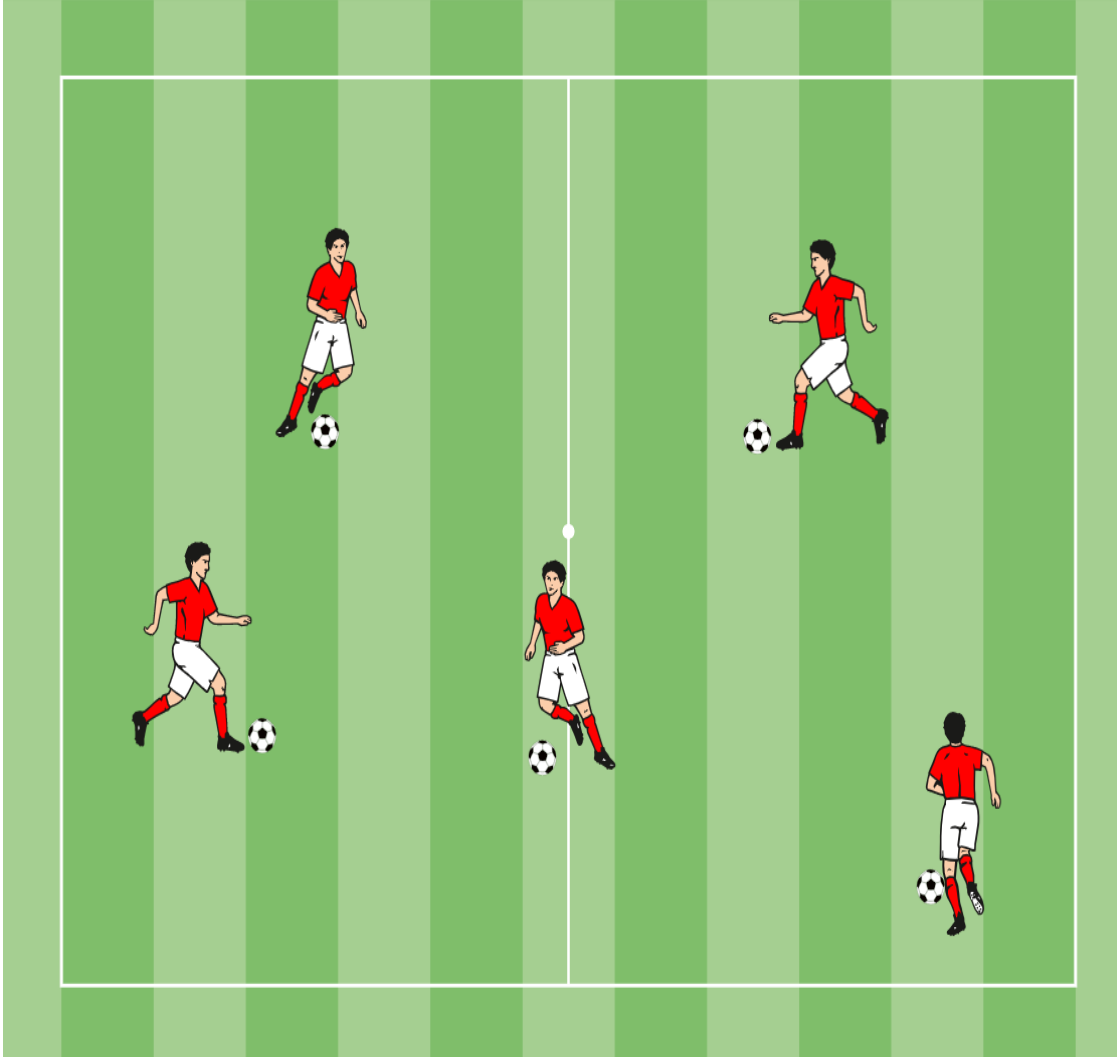
Area: 30 x 30 yards area. All players with a ball.

Description: "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say." • Each player has a ball & must stay inside the cones. • Coach uses a ball to demonstrate what each of the instructions means:

- "Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").
- "Stop" - Put foot on top of ball to stop it
- "Slow" - Dribble slow
- "Speed Up" - Dribble faster but keep looking up & don't "wreck".
- "Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the right foot.
- "Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction. (If players get confused about which is right & left, it's okay. Don't stop the game).
- "Pull back & go the other way" - Use the bottom of foot to pull the ball back (i.e., flick)

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

Activity 1: FOLLOW THE LEADER



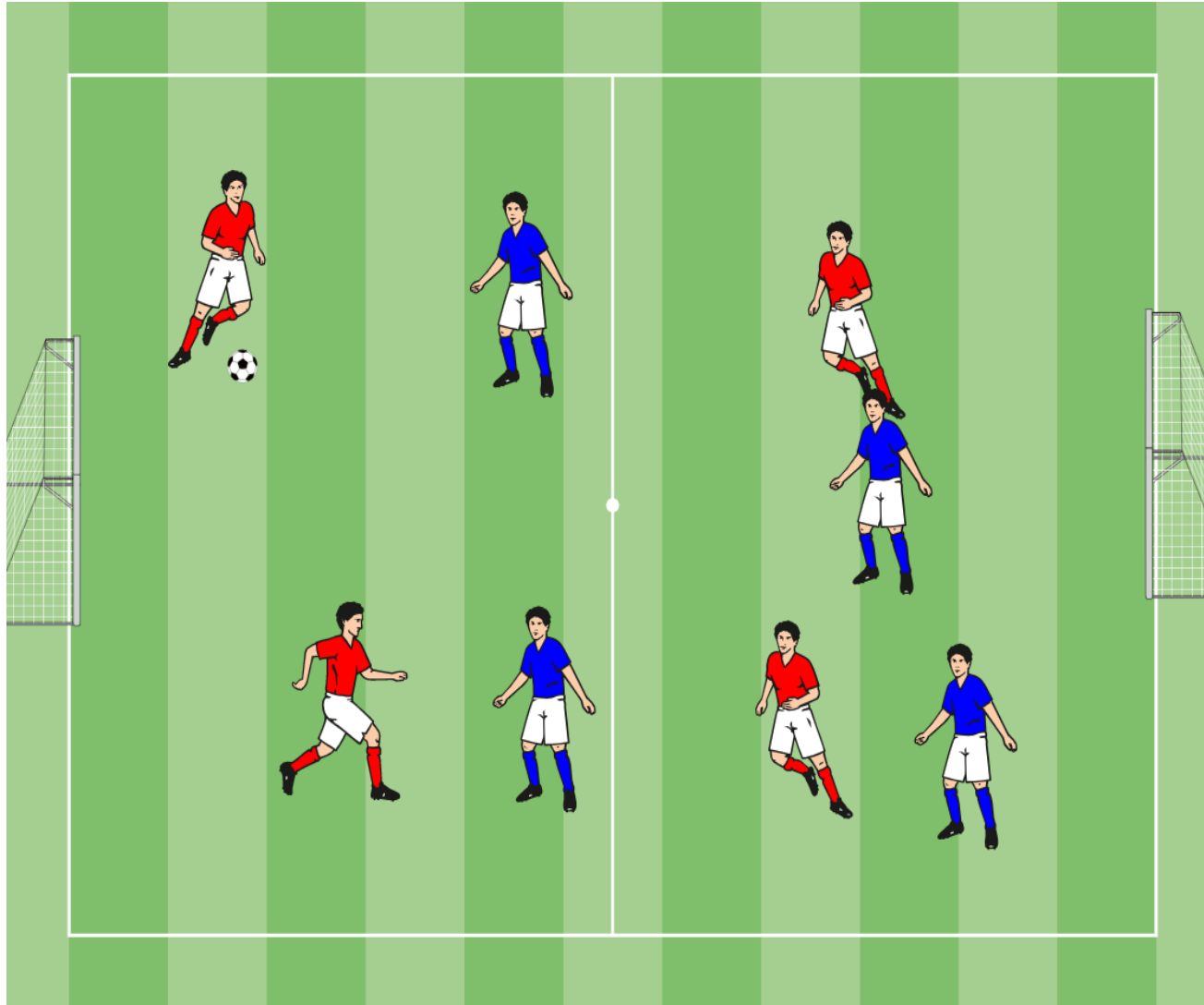
Area: 30 x 30 yards area. All players with a ball.

Description: All players dribble around the area taking small touches with different surfaces of the feet that the leader (selected by the coach) decides. Encourage the leader to make lots of turns and changes of speed : Change the leader often

Progression: Add in cones that the leader now must try to navigate the group around

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake.

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.