



Mansfield Youth Soccer Pre K / Kindergarten Spring 23 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. Dribbling
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:

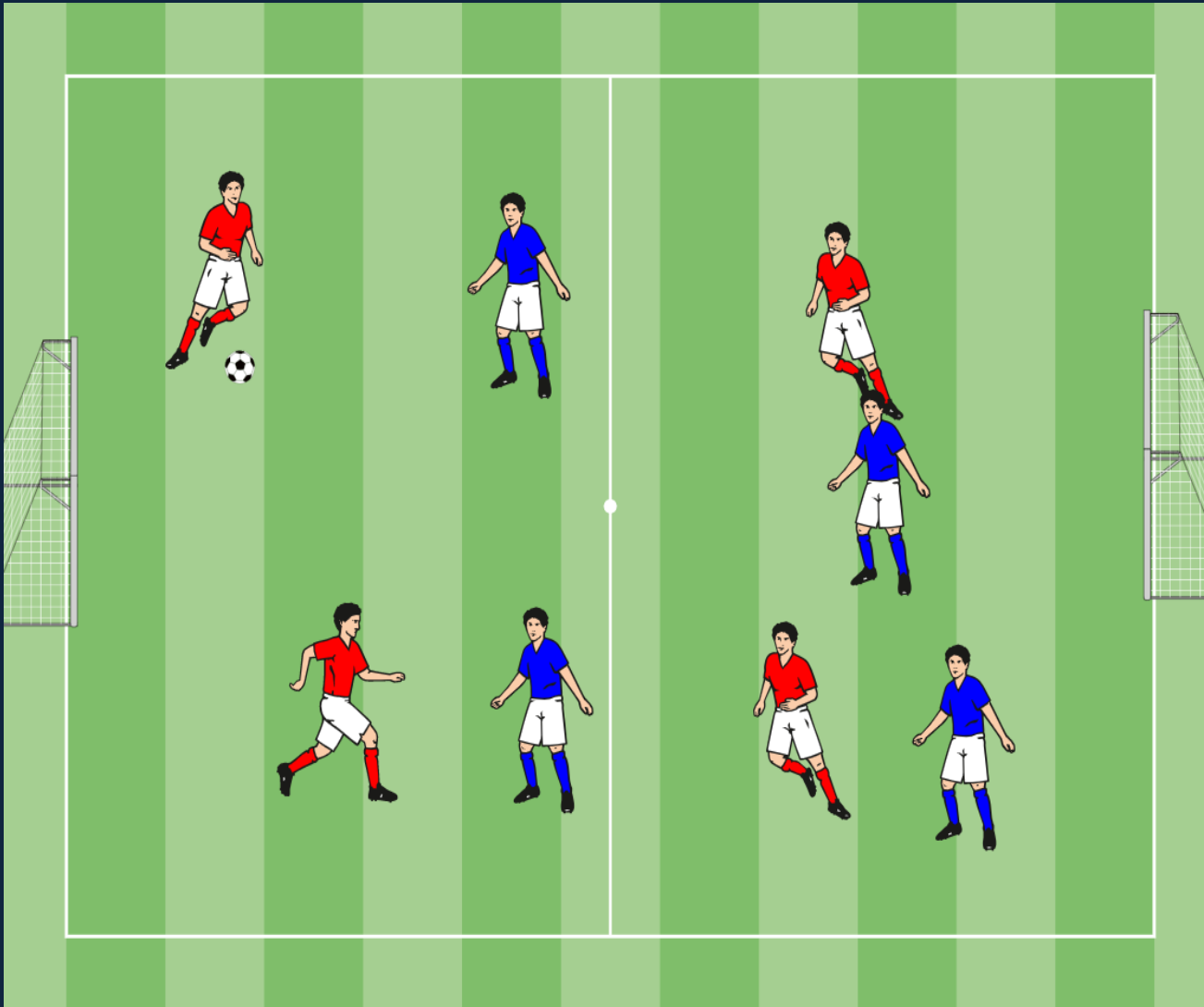
1. Related Warm-Up
2. Activity 1
3. Activity 2
4. Small sided games

Each session will last 60 minutes.



Session One: Ball Mastery

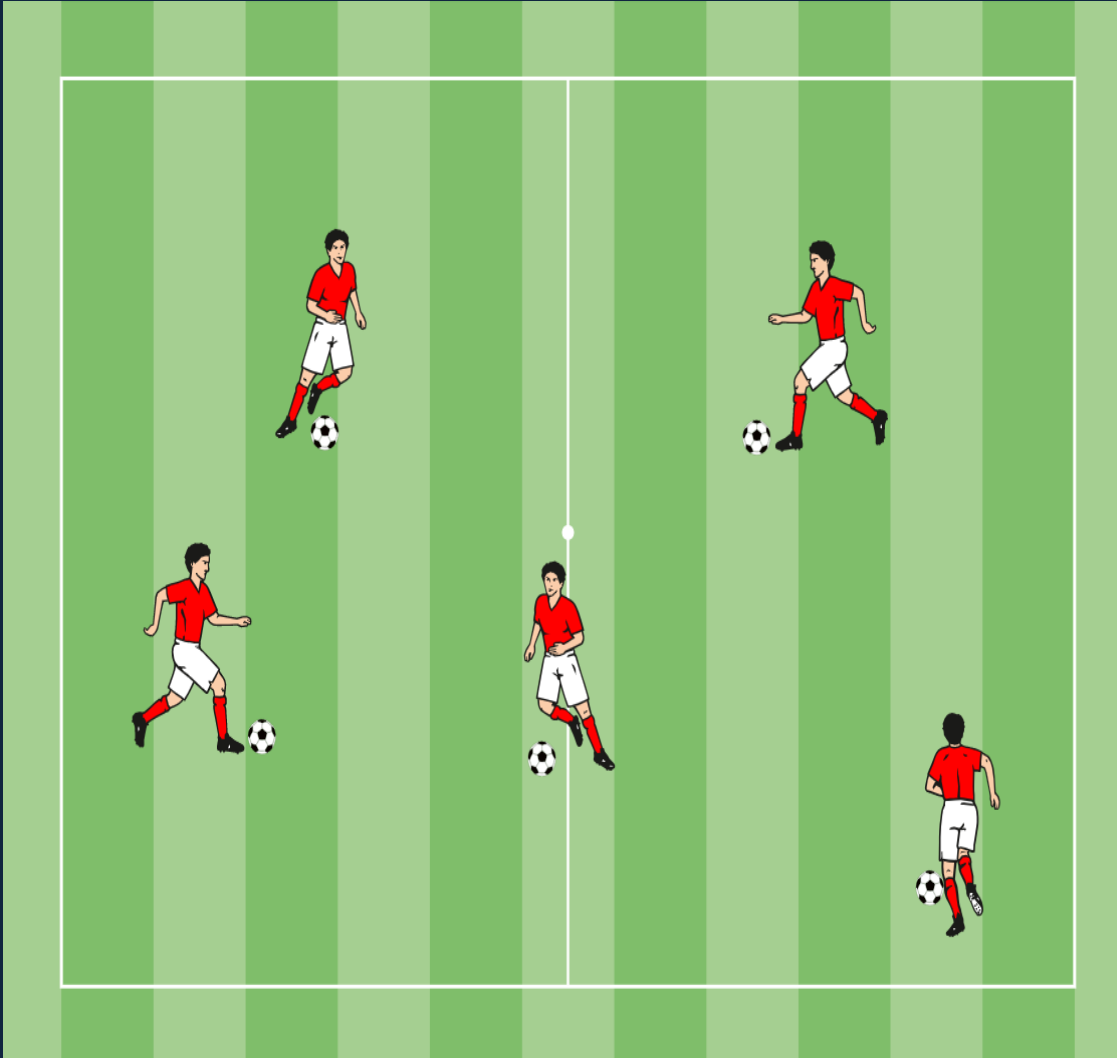
Small Sided Games: 4 V 4



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.

Warm Up Activity: Driving Instructor



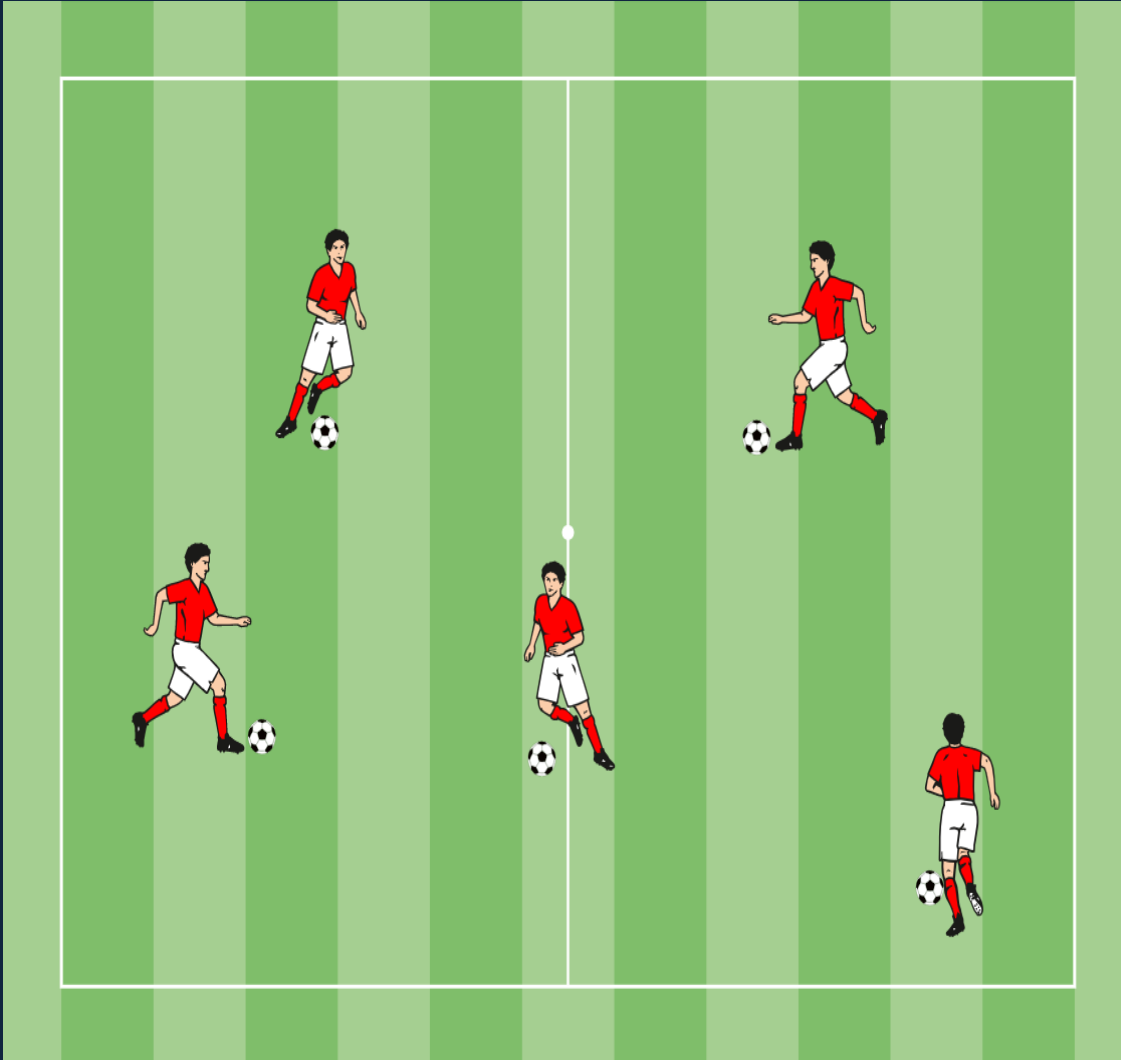
Area: 30 x 30 yards area. All players with a ball.

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



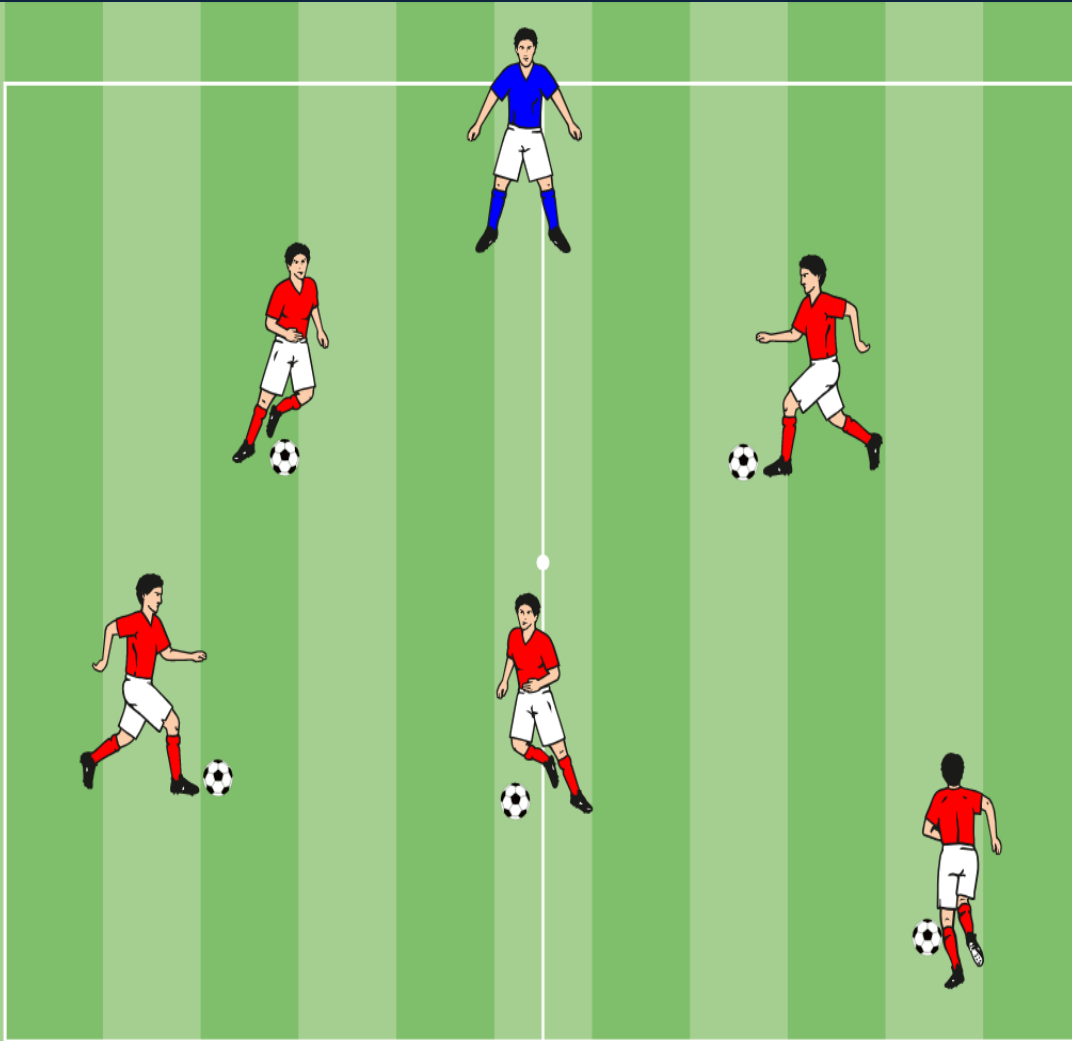
Area: 30 x 30 yards area. All players with a ball.

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.

Activity 2: Stuck in the Mud



Area: 30 x 30 yards area. All players with a ball. Except tagger who has a pinnie in there hand.

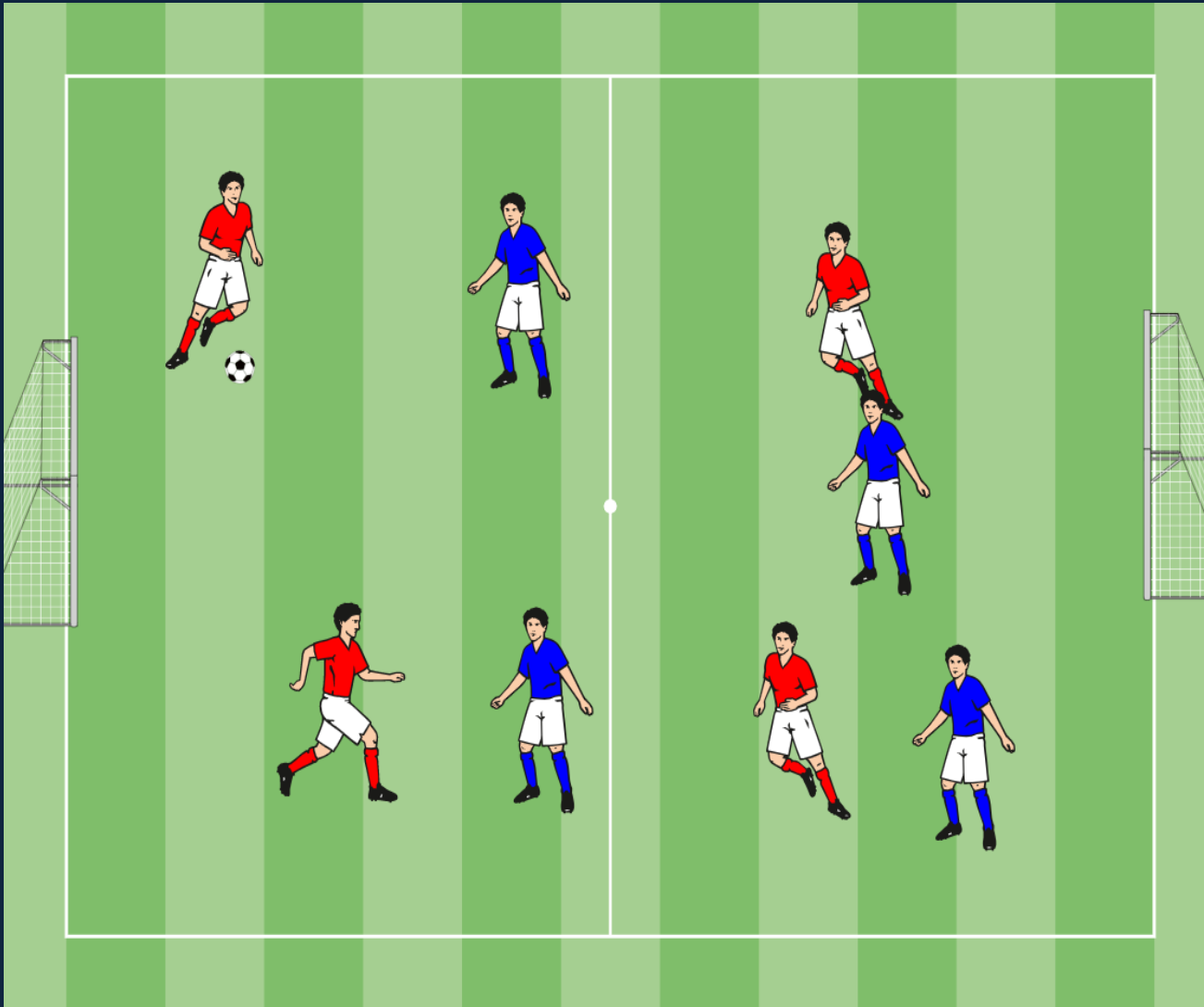
Description: All players dribble around the area taking small touches with different surfaces of the feet trying to avoid the tagger. If the tagger hits the players with the pinnie the players must freeze with the ball above there heads. Players are released when another player kicks ball through there legs

Encourage players to makes lots of turns and changes of speed into open spaces. Change Spiderman often

Progression: Add in multiple taggers

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



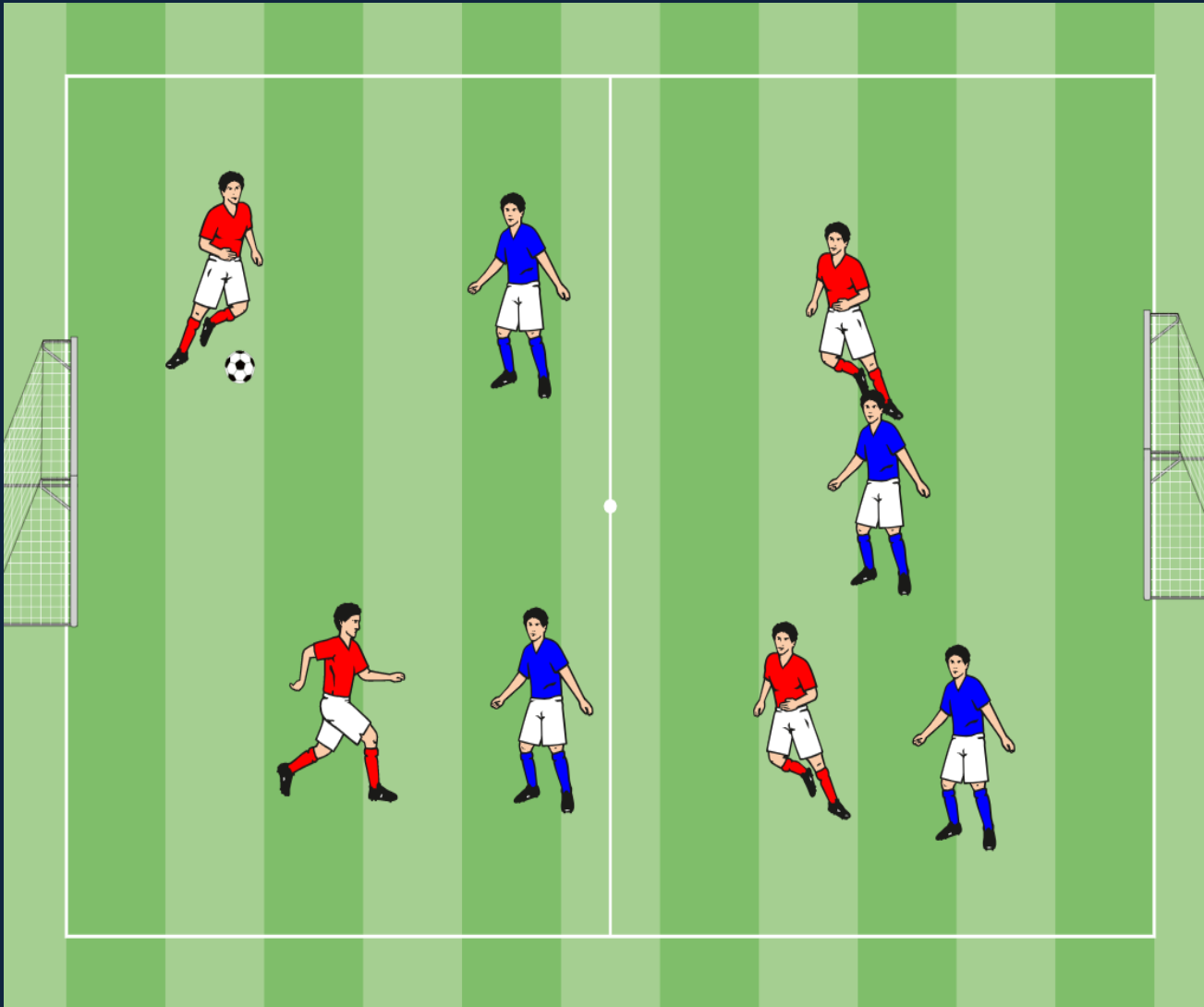
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Two: Dribbling

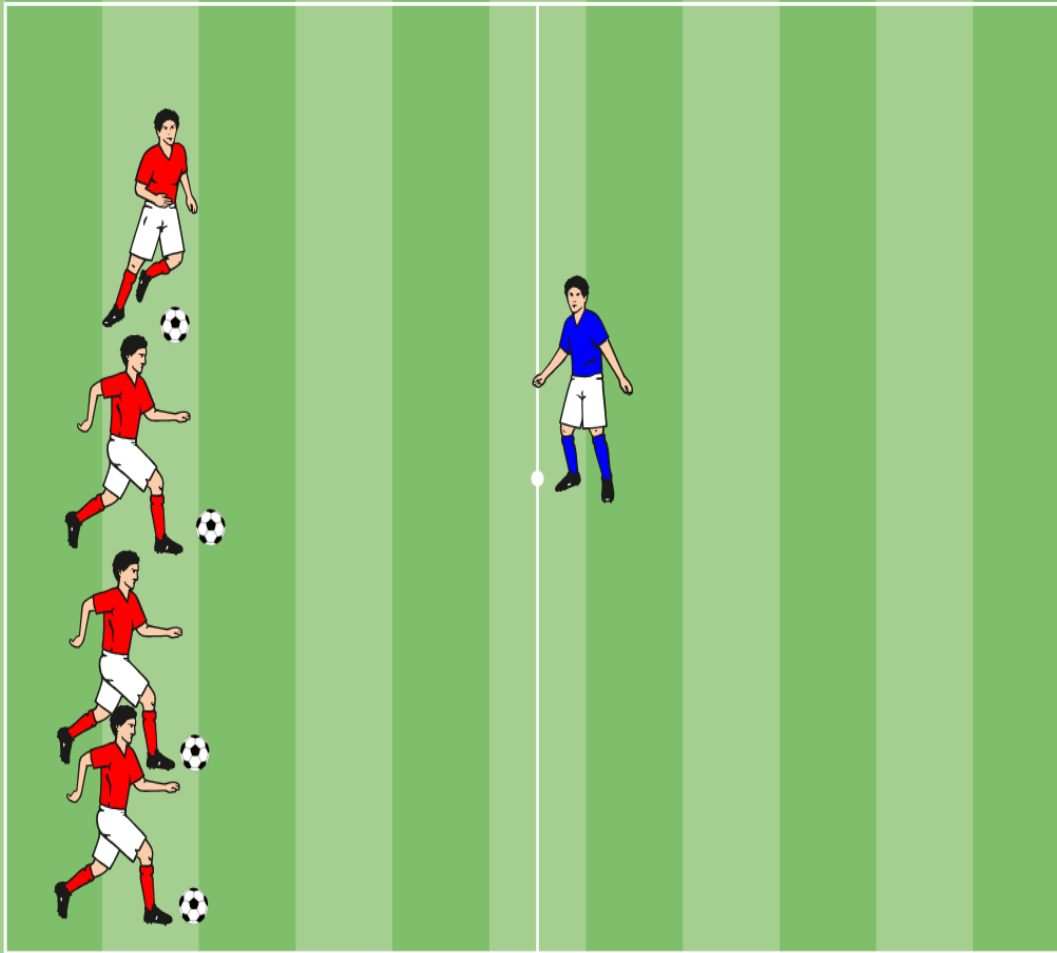
Small Sided Games: 4 V 4



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.

Warm Up Activity: Mini Hornets vs Big Hornets



AREA: 30 x 30 yards area. All players with a ball. Except the Shark

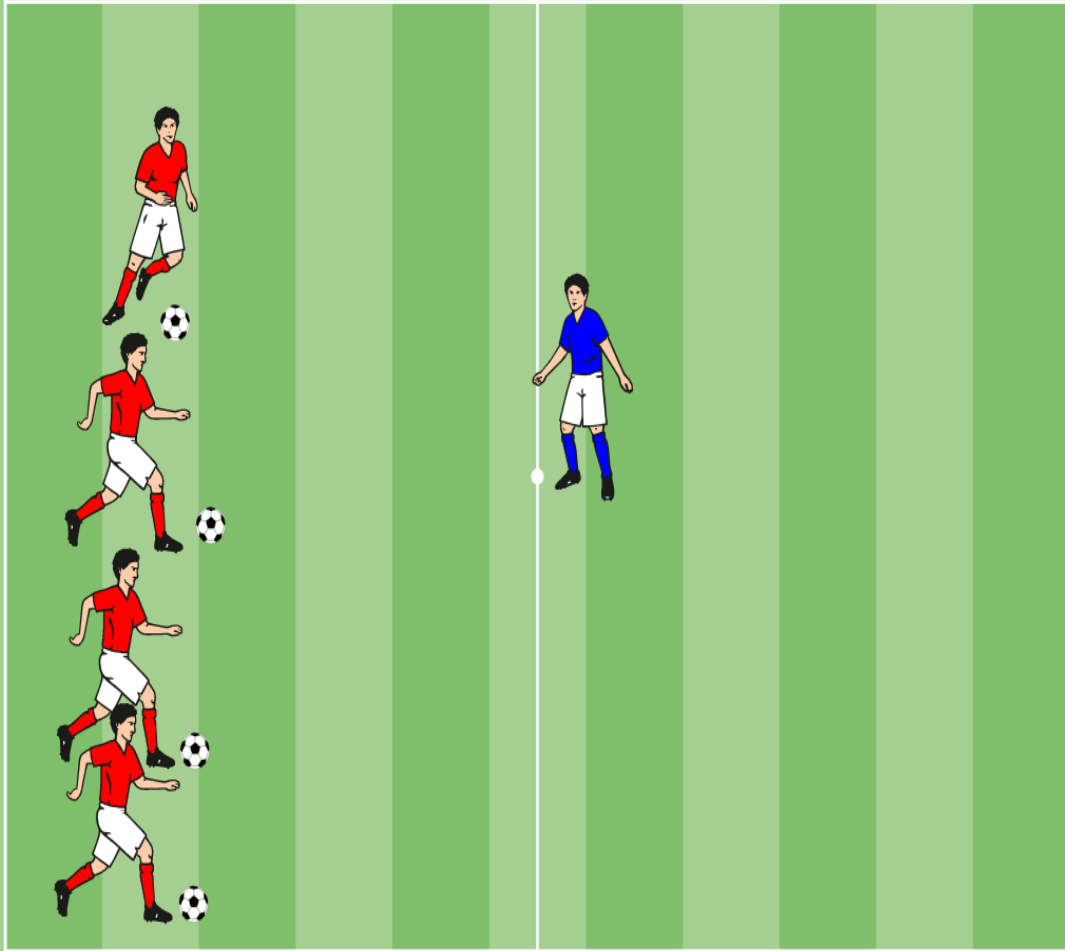
Description: the players have balls and are Mini Hornets. The coaches do not have balls and are the Big Hornets. The mini Hornets start dribbling around the area.

The Big Hornets defend the area, trying to kick the mini Hornets' balls out of the defined area. If mini Hornets ball leaves area they should do 10 toe taps before entering again

Progression: Add players as Big Hornets too, to apply extra pressure on Mini Hornets.

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.

Activity 1: Sharks and Minnows



AREA: 30 x 30 yards area. All players with a ball. Except the Shark

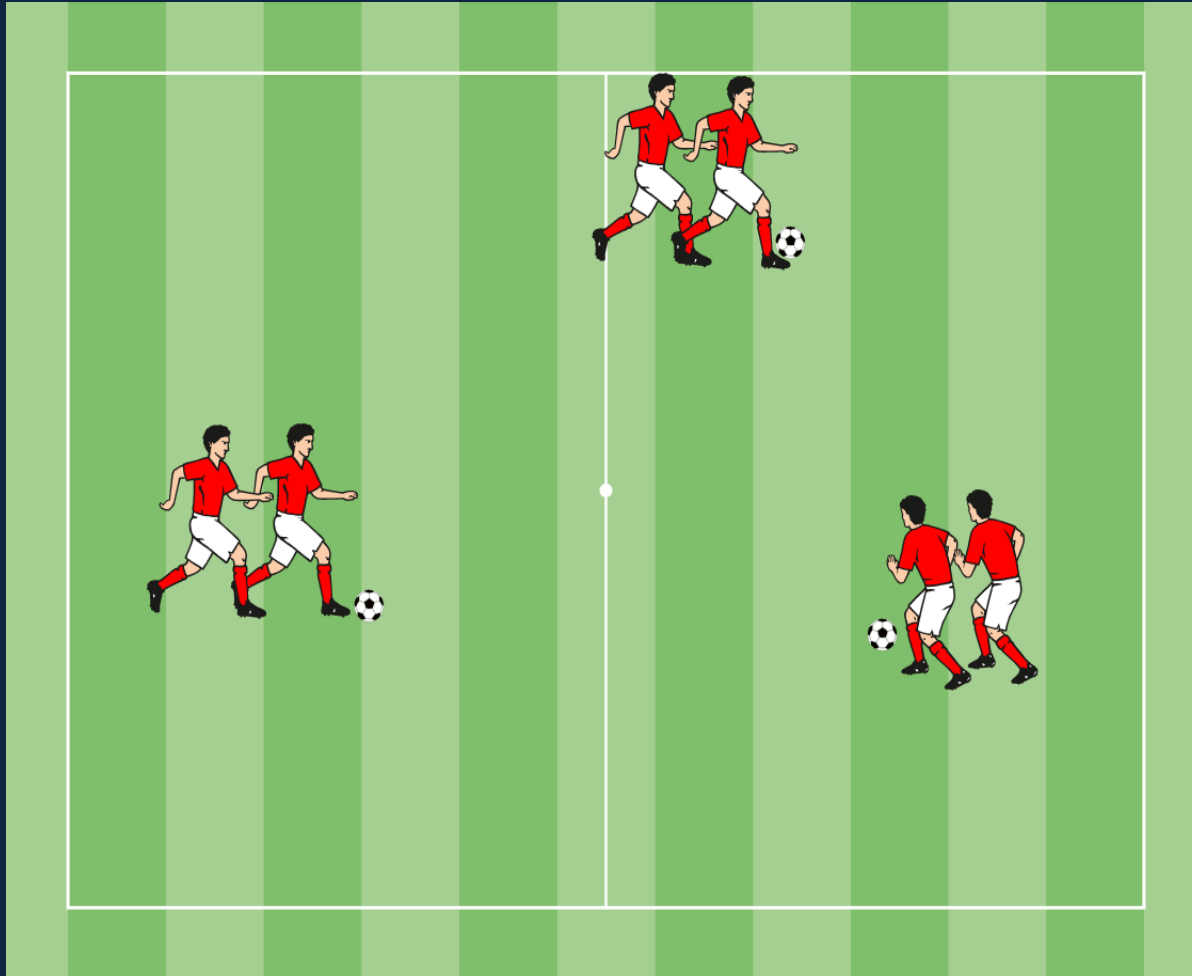
Description: Half the players have balls and are Minnows. The rest do not have balls and are the Sharks. The Minnows start at one end of the area and must dribble across the area and across the opposite goal line without losing possession of their ball.

The Sharks defend the area, trying to kick the Minnows' balls out of the defined area. Minnows who retain possession turn around and go back for round two.

A Minnow who loses their ball join the Sharks for round two. The last successful Minnow is the Grand Champion.

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction often and look to change/ variation of speed.

Activity 2: Cat and Mouse



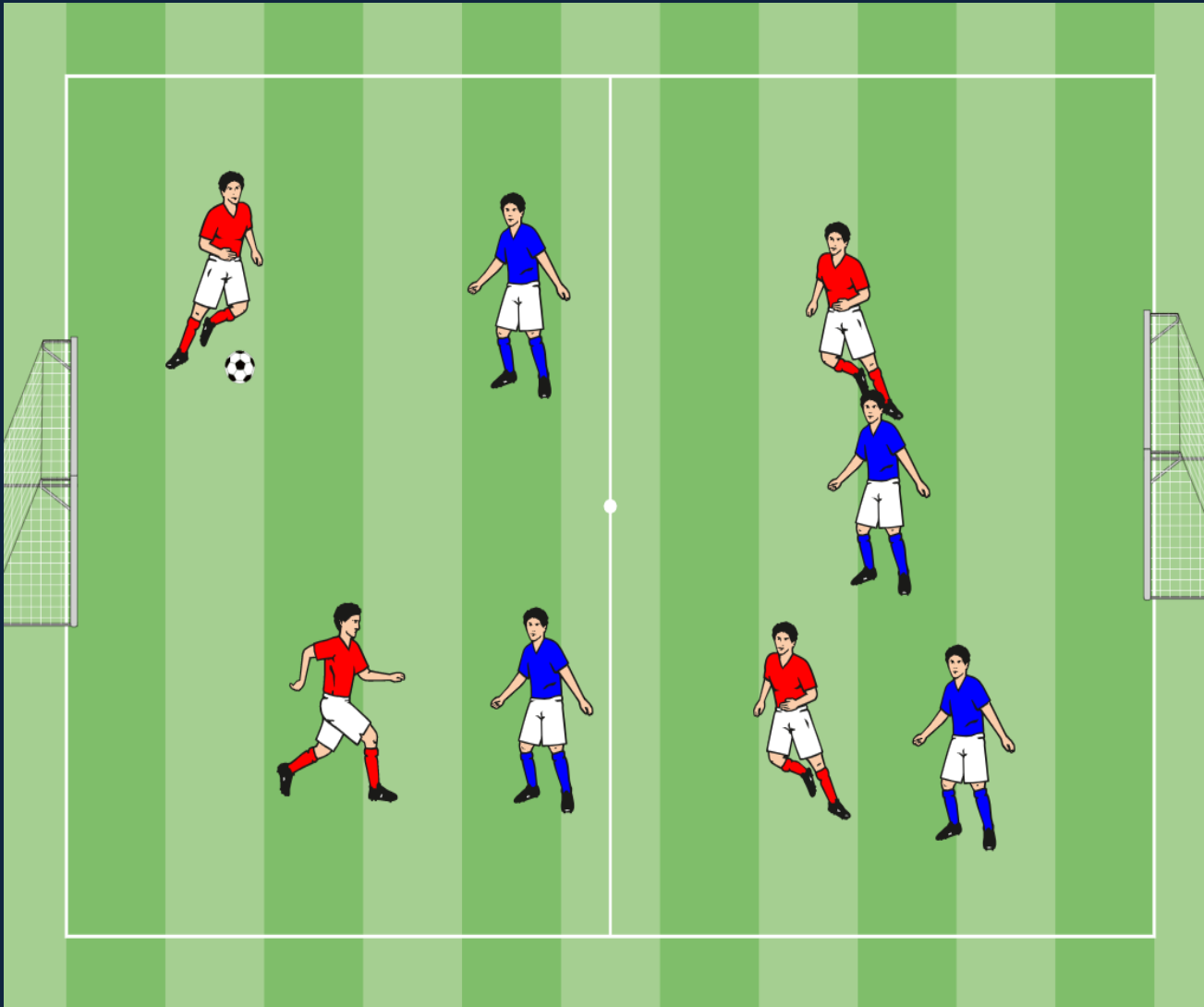
Area: 30 x 30 yards area.

Description: Try and match players of similar height. Have one player dribbling (Mouse) while another partner (Cat) is trying to nudge them off the ball shoulder to shoulder. This teaches them to dribble under physical pressure and teaches the players that contact is a good and fun thing. Encourage players to make lots of turns and changes of speed into open spaces.

Progression: Add in gates (Cheese) for players to try and dribble through

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Players should try and keep the ball away from the other player

Small Sided Games: 4 V 4



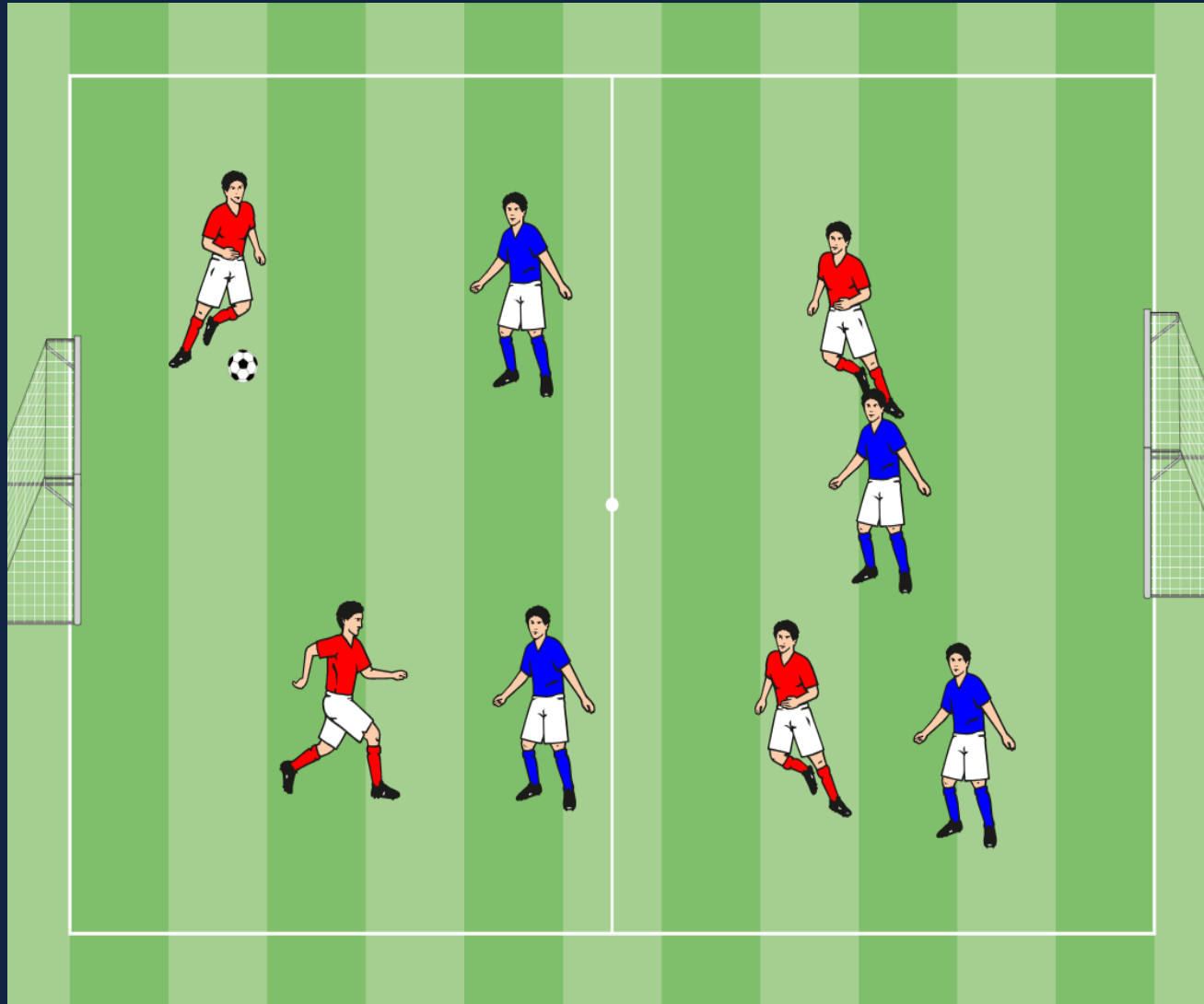
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Three: Running with the ball

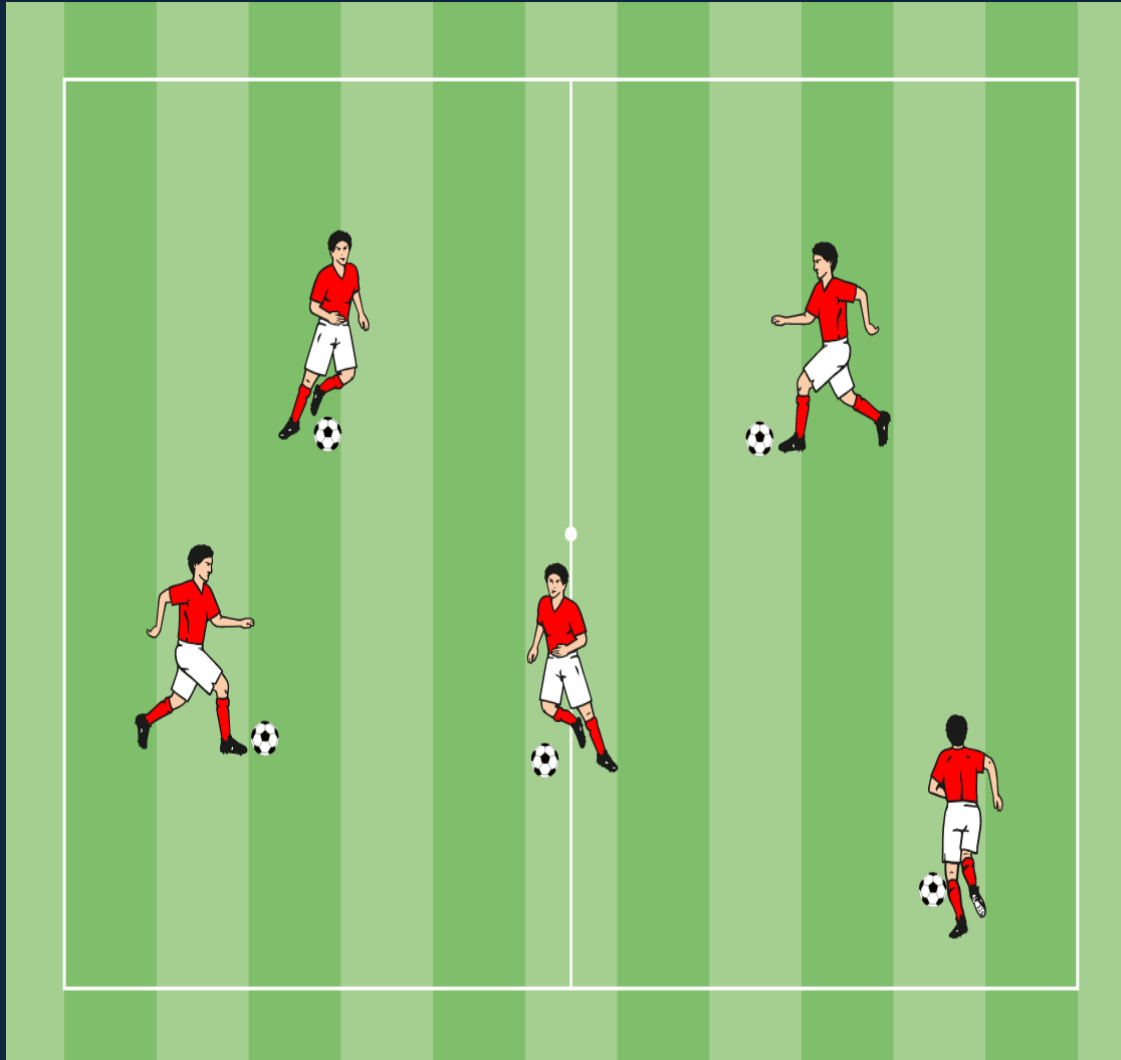
Small Sided Games: 4 V 4



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.

Warm Up Activity: PAINT THE FIELD

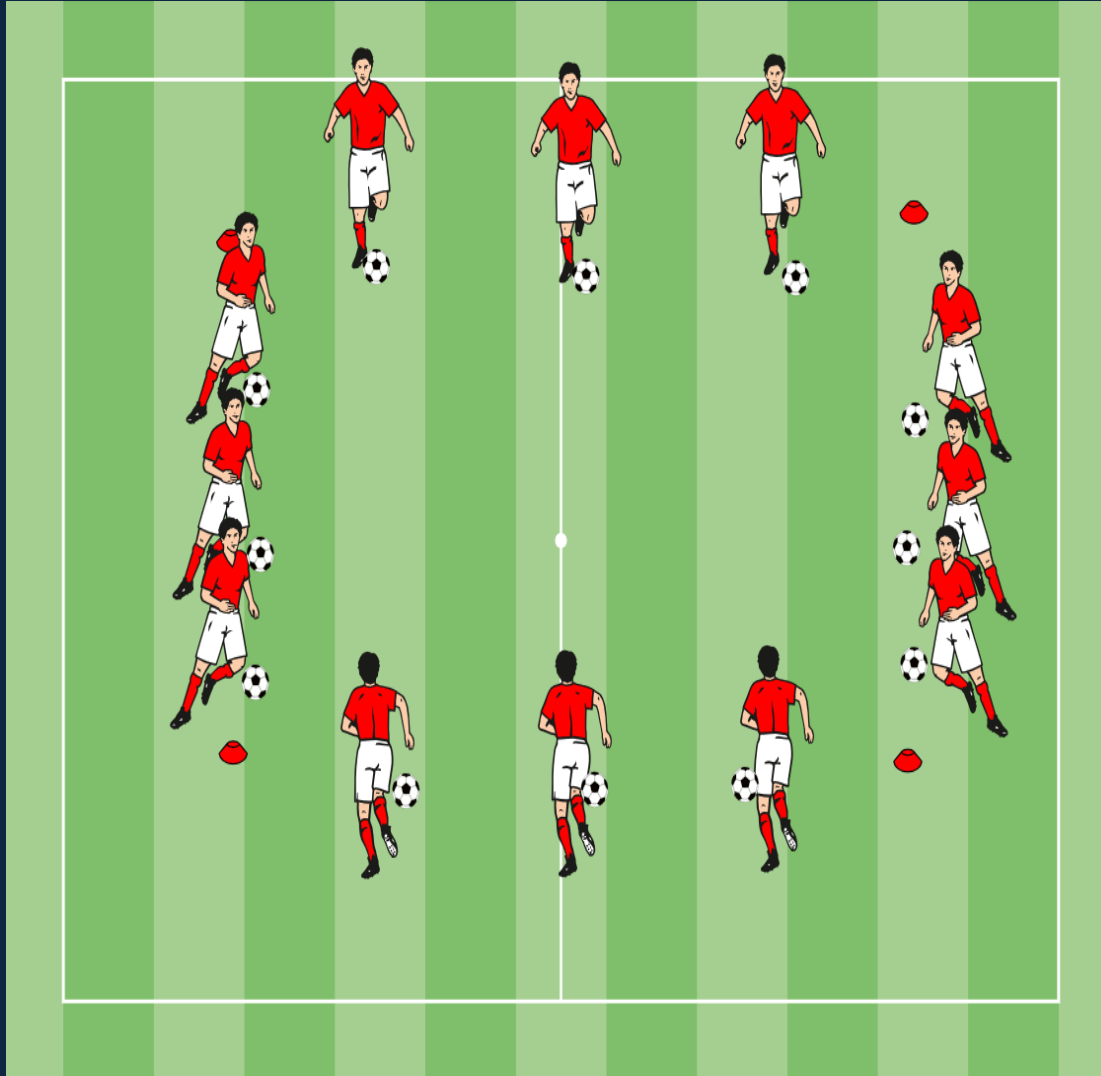


Description: Each player has a ball which will act as a paint brush. The players must dribble the ball all around the area 'Painting' the field. Encourage the players to use their imagination, change colors and paint shapes.

Progression: 1. Use other foot
2. Use different parts of the foot
3. On the shout 'change' players can change paint brushes (balls) with someone else.

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step.
Can we move in open spaces.

Activity 1: AROUND THE WORLD



Area: 30 x 30 yards area. 4 cones, 1 ball each.

Description: Players surround the outside of the grid. When the coach shouts a command the players will dribble across the box avoiding the players around them. Have the players decide the side names (different country's etc)

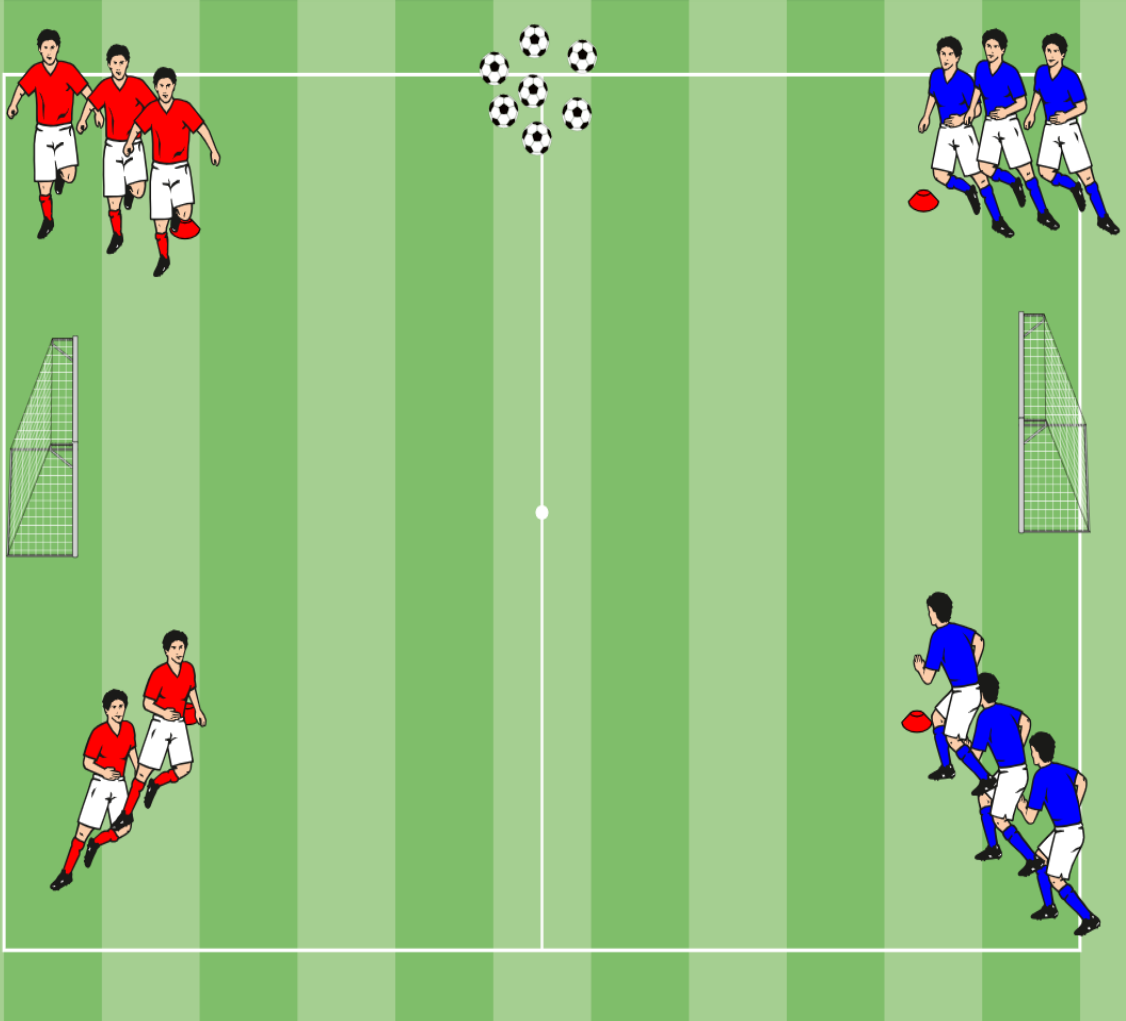
Commands:

Fly- Players go quickly but carefully.

Sail – players go slowly but not walking

Coaching Points: Keep the ball close, what do you see. Heads up so we don't crash.

Activity 2: NUMBERED SHOOTING



Area: 30 x 30 yards area.

Description: Separate the players into 2 teams. Each player is giving a number between 1 – 6. The coach will shout out a number, that player will run into the field and shoot in the opponent's goal.

Progression:

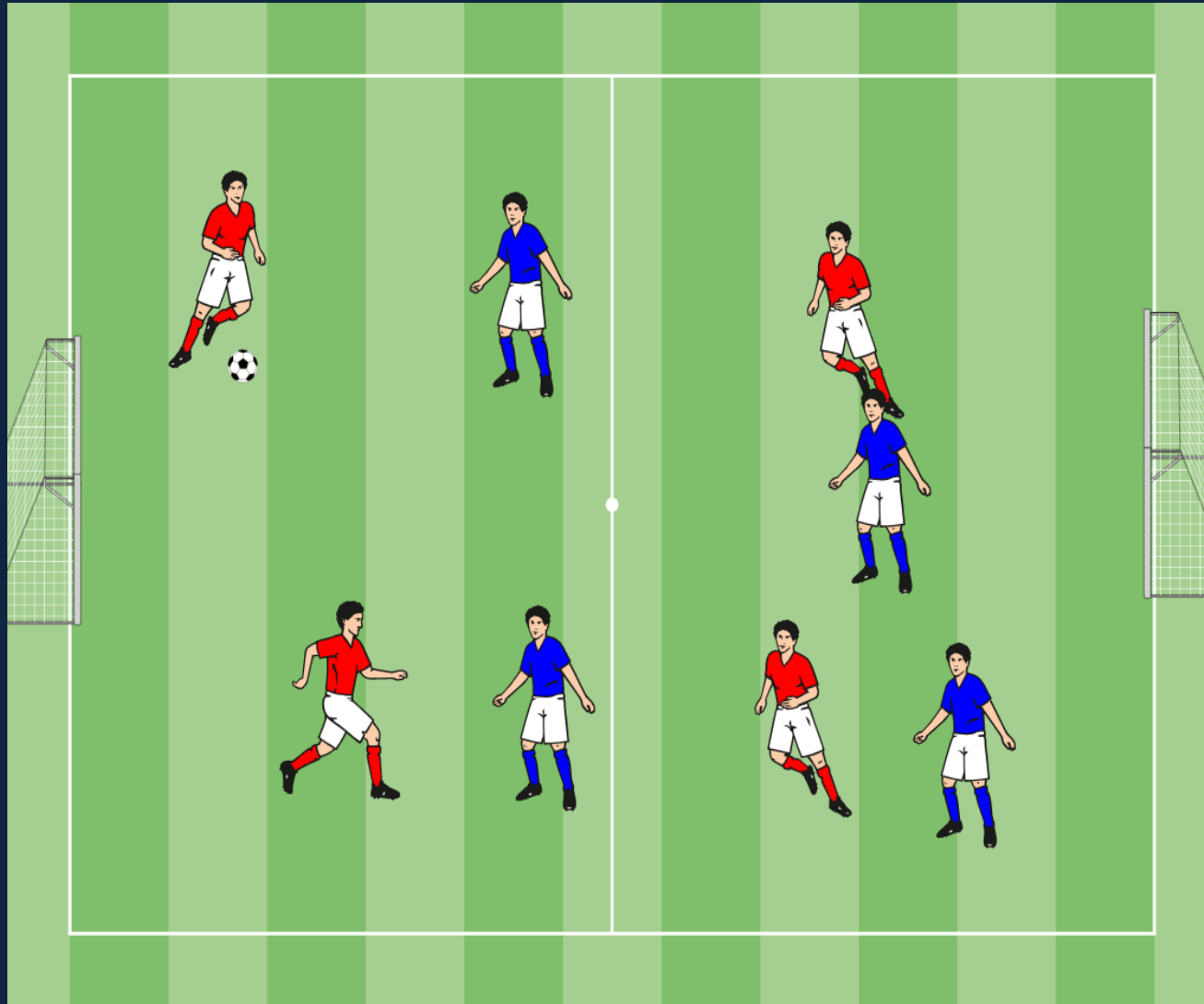
1. Use other foot
2. Make it a race
3. Call multiple numbers

Coaching Points:

What can you see, move the ball away from pressure.

What part of my foot do I want to use when shooting. Inside for accuracy, Laces for power.

Small Sided Games: 4 V 4



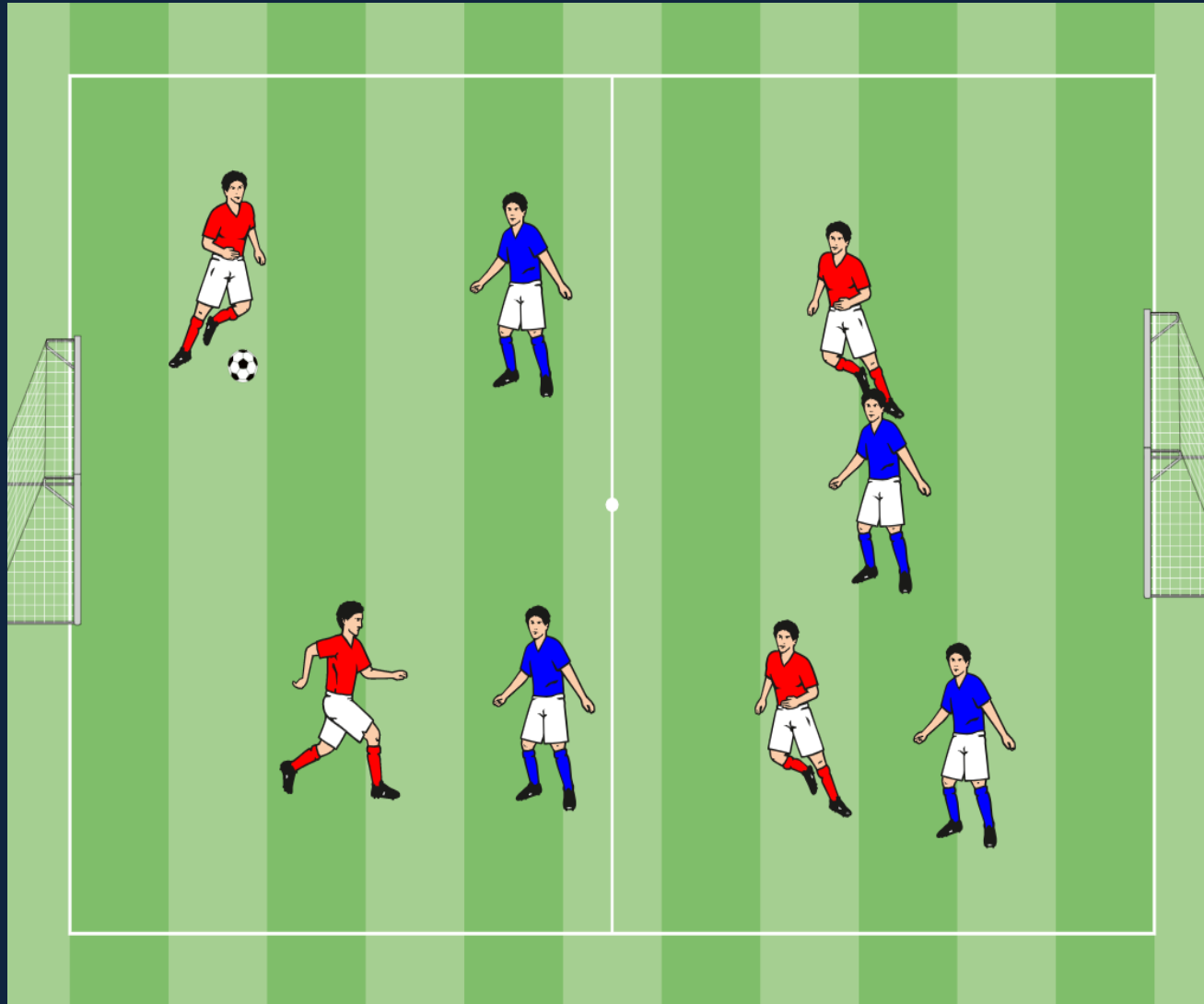
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Four:
Changing directions with
Turns

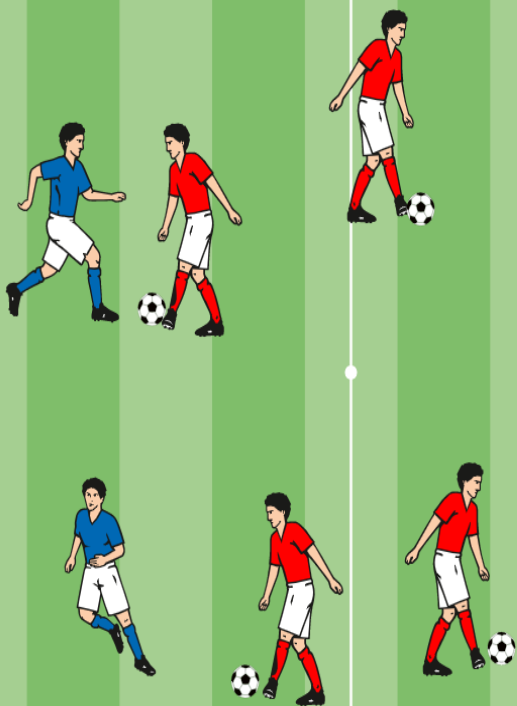
Small Sided Games: 4 V 4



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.

Warm Up: SOCCER DODGE BALL



Area: 16x16 yard grid

Equipment: 4 red cones, 5 balls, 2 groups

Description: Create 2 teams, one with a ball each the other without. The group with the ball will try and tag the opposition by passing the ball on the ground and hitting the opposition below the knee. The ball must stay on the ground at all times. Players struck by the ball must stand with their legs open and wait for a teammate to crawl through and free them. Continue for 90 seconds and switch roles.

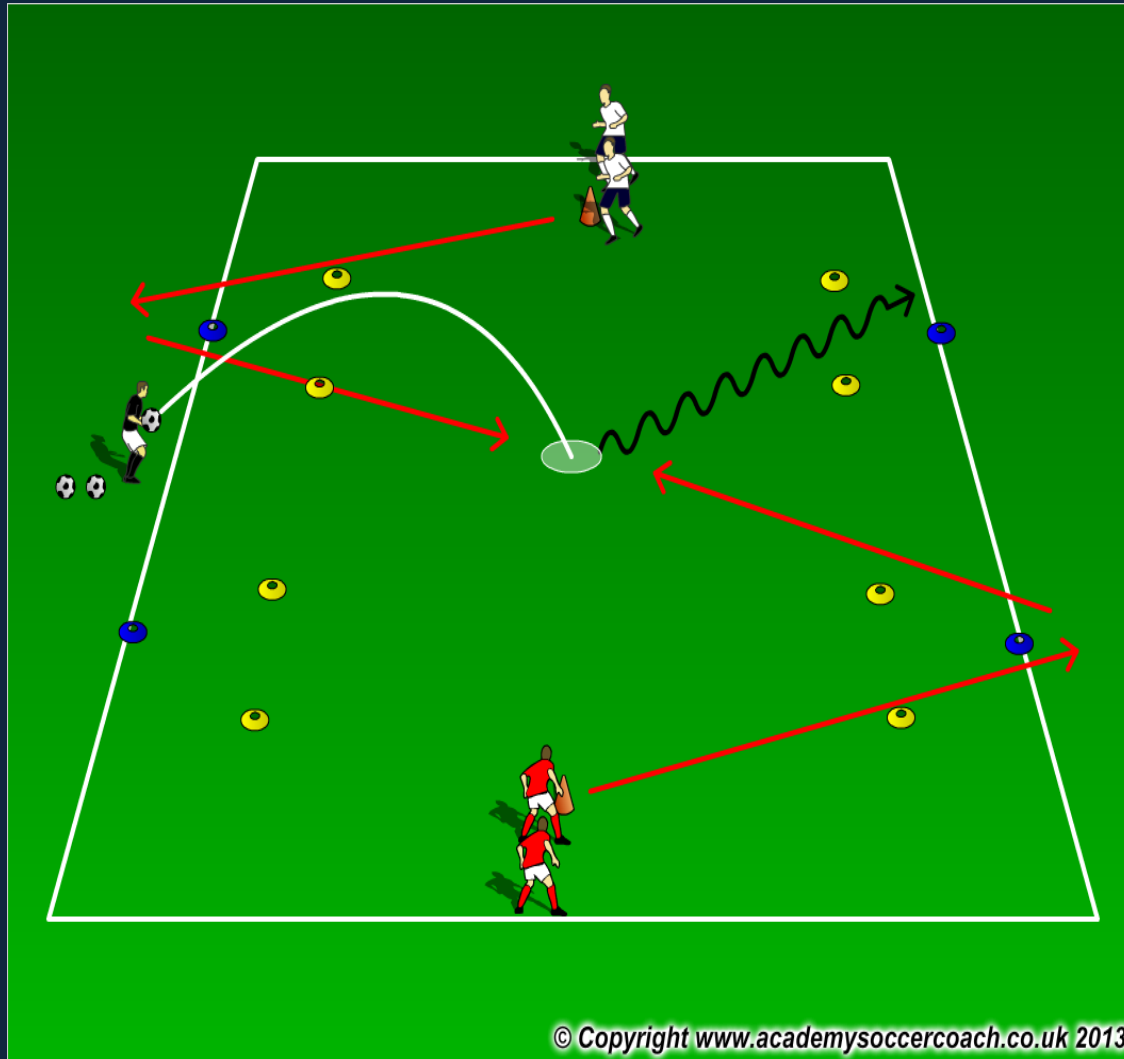
Progression:

1- All players must have balls and both teams can shoot. If a player is hit they must remain frozen.

Coaches Phrases:

1- Keep the ball close – take care of it.
2- What can you see? – Judge the pace of the ball.

Activity 1: 1 v1 Change of Direction



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

Description: Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

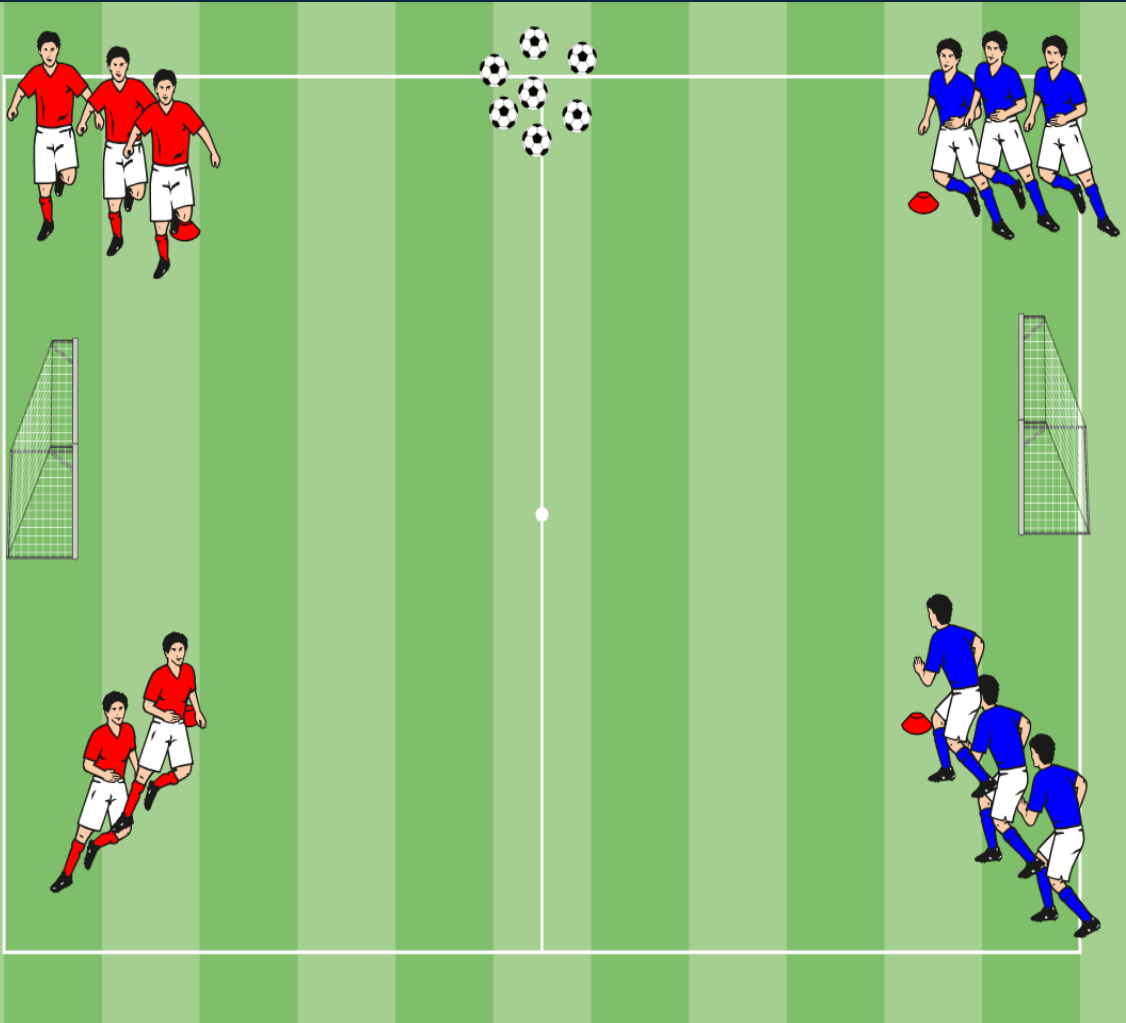
Always protect the ball

Correct Foot

Scan

Quick acceleration after move

Activity 2: 2 V 2 TO GOAL



Area: 22x20 yard grid

Equipment: 4 blue cones, 4 balls, 2 sets of pinnies.

Description: Create 2 teams of 4. on the sideline, the teams line up face to face as shown. The coach plays the ball into the middles and the first 2 players from each team play creating a 2v2 and try to score and the next 2 go. Players can score in either goal.

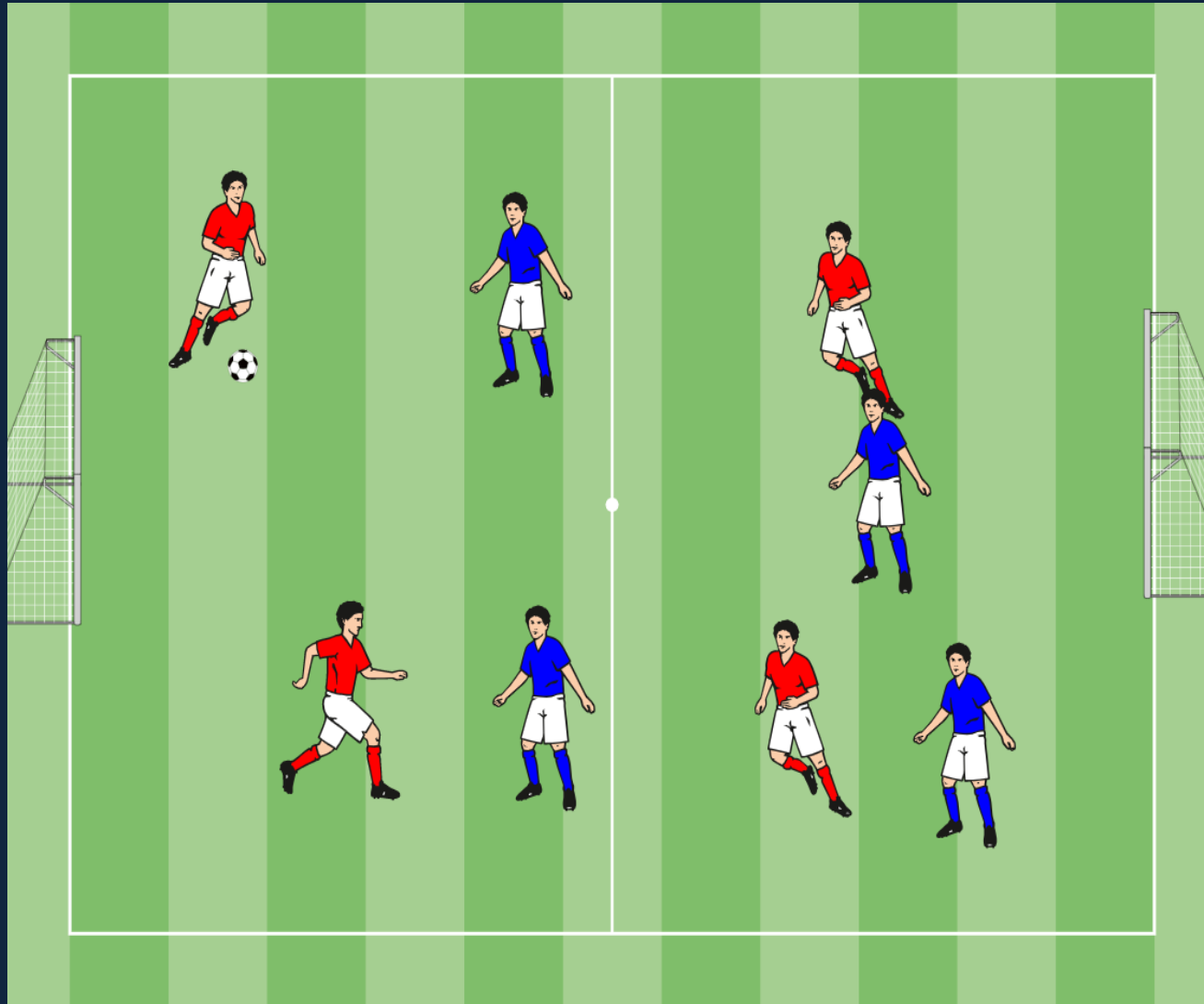
Progression:

- 1- Coach can play a lofted ball out
- 2- Players must perform a turn before scoring
- 3 – Players must score in their opponents goal only.

Coaches Phrases:

- 1- Be quick and positive.
- 2- Be creative

Small Sided Games: 4 V 4



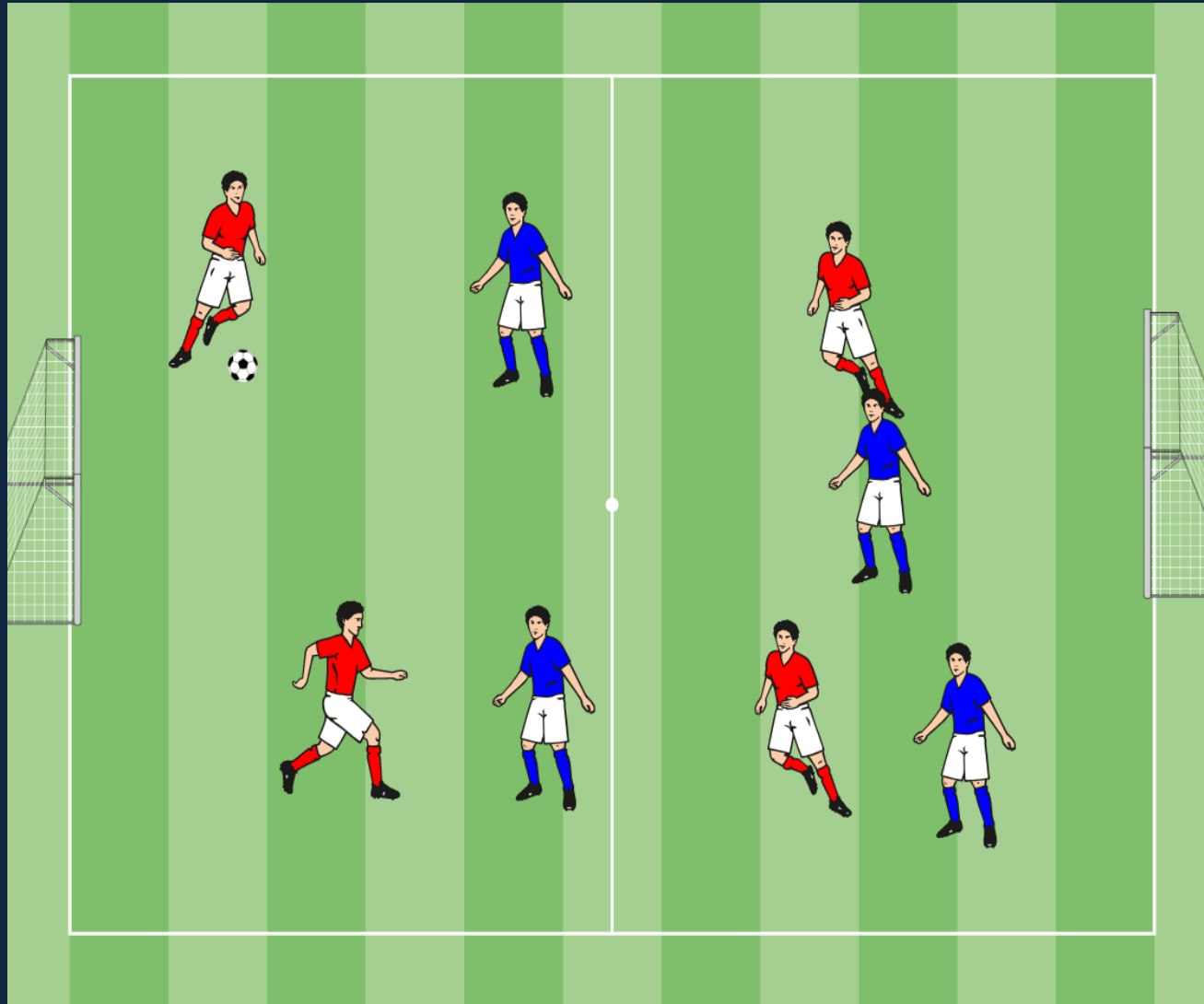
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Five: Finding Spaces

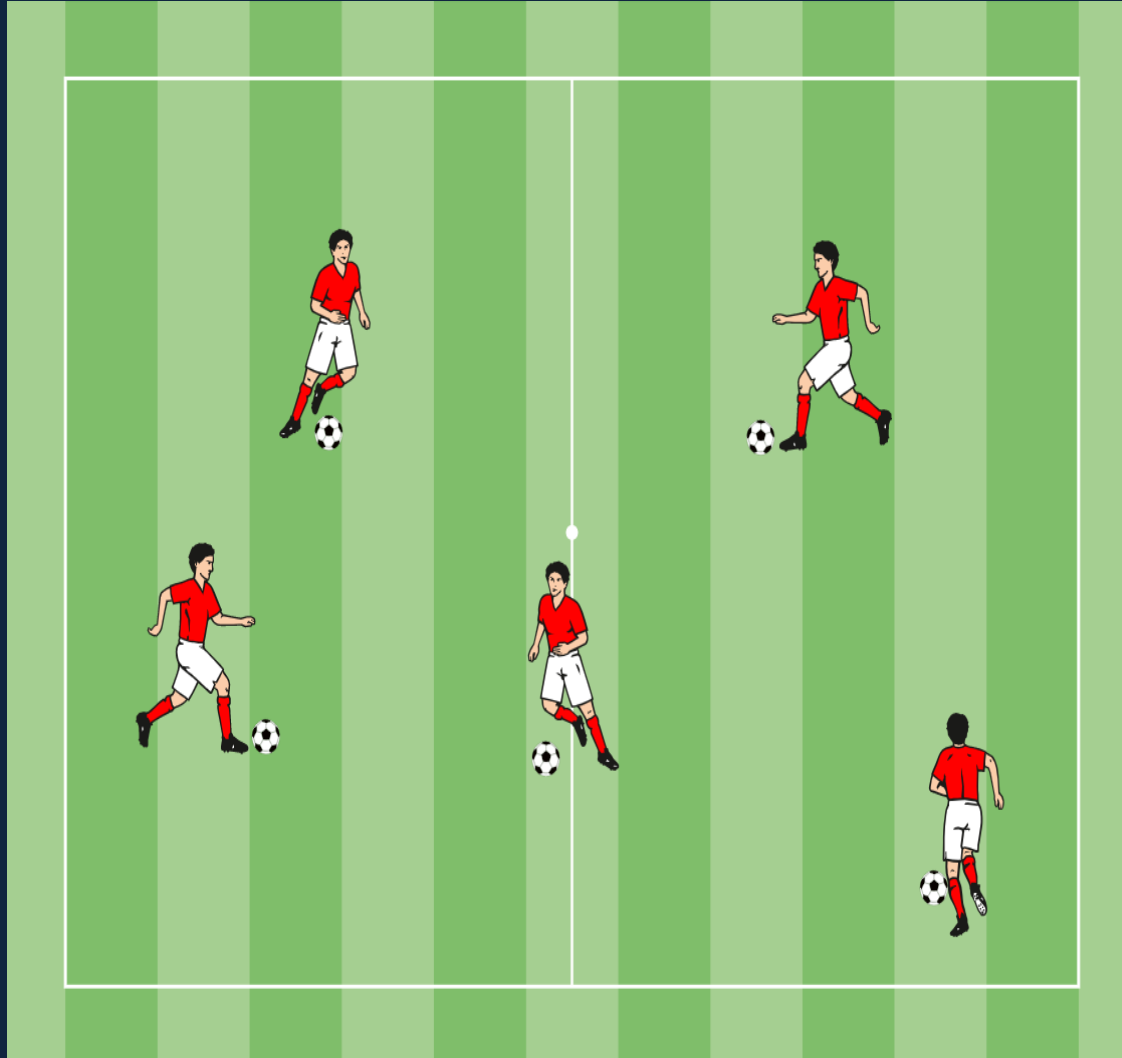
Small Sided Games: 4 V 4



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.

Warm Up Activity: BODY BALL



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

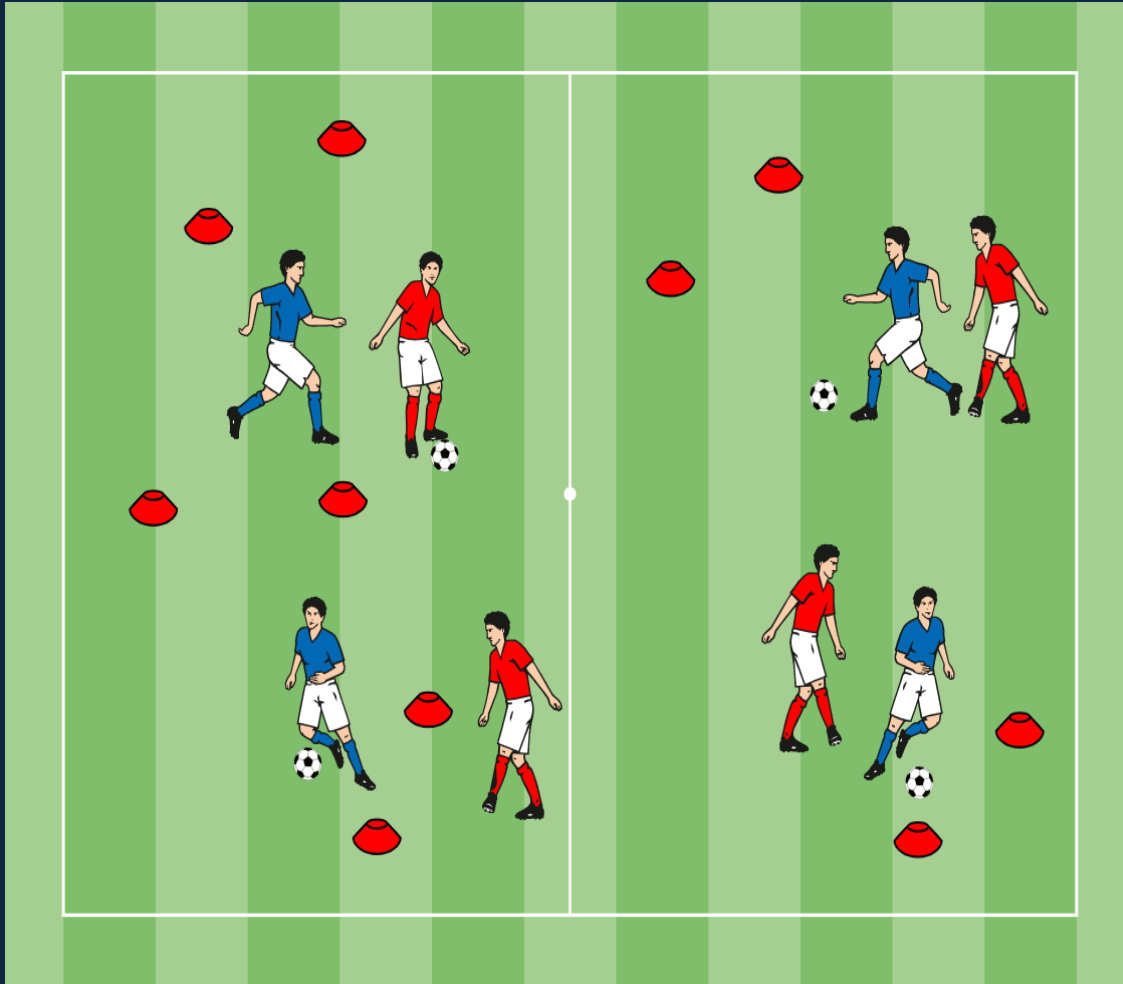
Description: Each player dribbles their ball in the grid. The coach will call out a part of the body, the players must stop the ball with that body part.

Progression:

- 1- The player must shout "NO!" if the coach commands "Hand!"
- 2- Use other foot
- 3- Use different parts of the foot to move the ball

Coaches Phrases: 1- Keep the ball close – take care of it 2- What can you see? – Look up to see if you can find space.

Activity 1: FOLLOW THE LEADER



Area: 16x16 yard grid

Equipment: 4 red and 12 blue cones, 1 ball per pair.

Description: Separate players into pairs. 1 player has a ball in the front and the player at the back just follows. Every time the players get to a gate they must pass the ball through and the roles reverse.

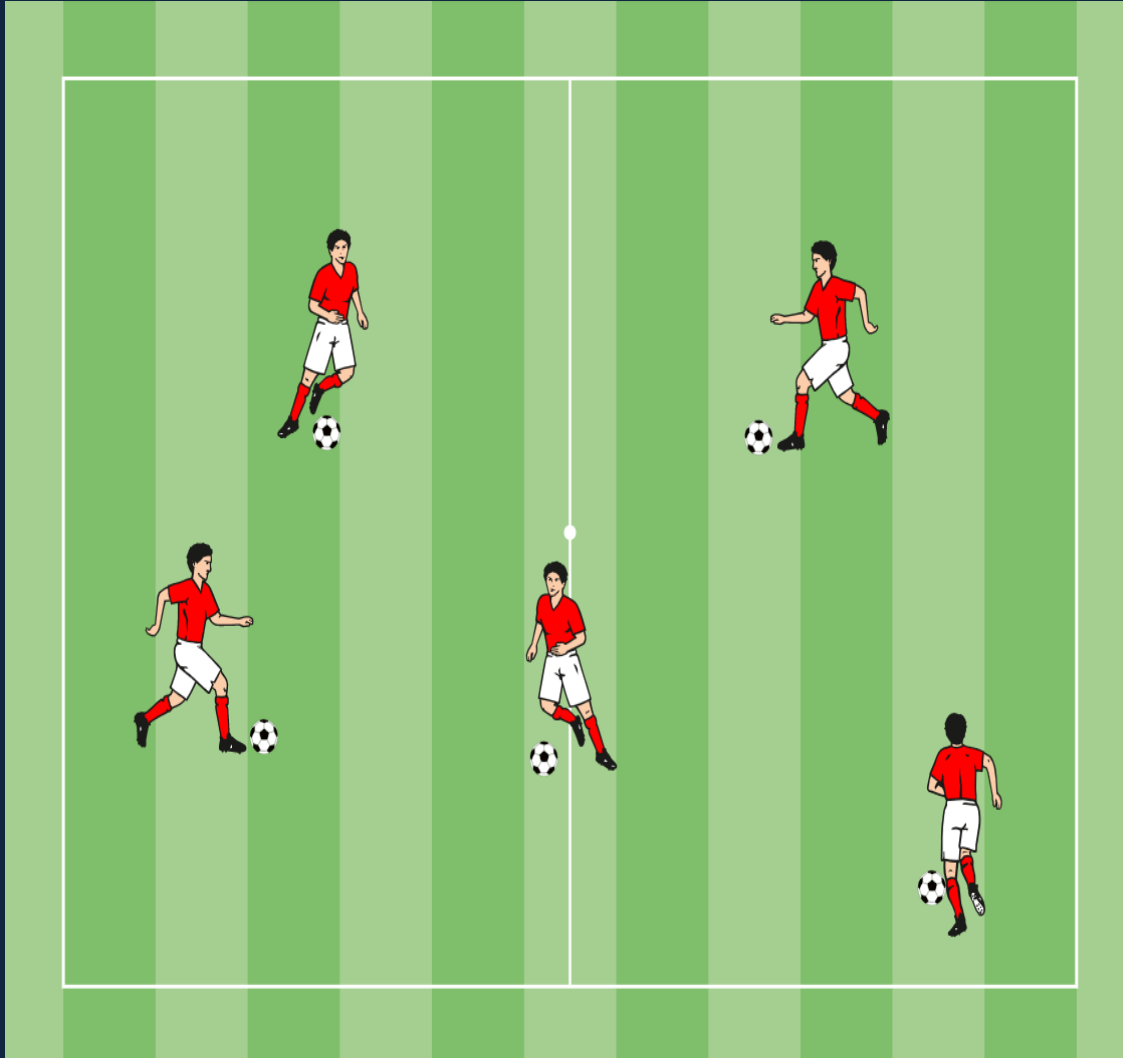
Progression:

- 1- Complete 3 passes at every gate.
- 2- Give a ball to each player and the players just dribble through as many gates in 90 seconds

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you can identify open gates.

Activity 2: TAG COUNT



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player has a ball and must attempt to take another player whilst avoiding being tagged themselves.

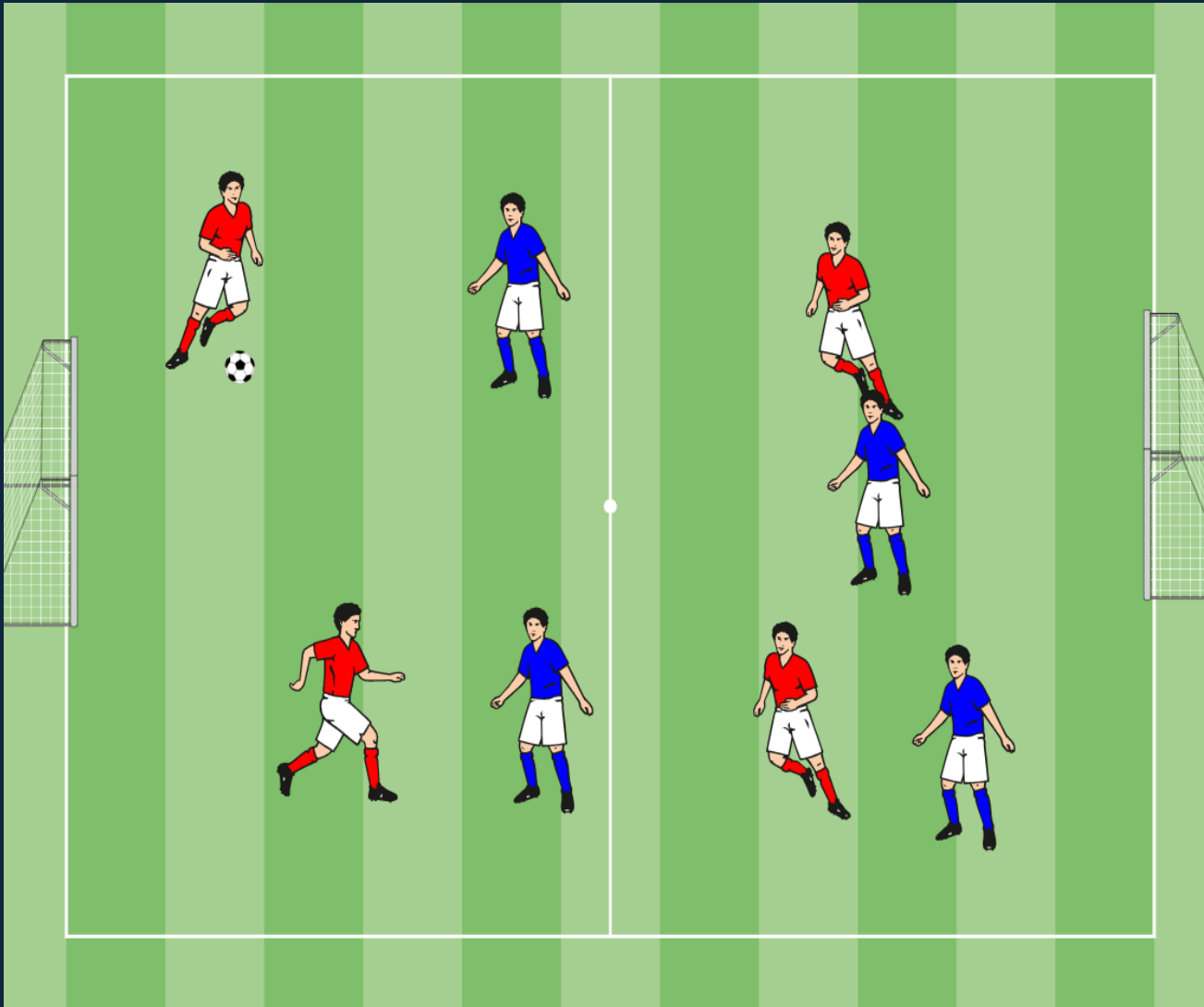
Progression:

- 1- Make it a competition, how many times can you tag someone. Play for 90 seconds.
- 2- Still a competition, How many times can you tag someone minus how many time you got tagged. Play for 90 seconds.

Coaches Phrases:

- 1- Keep the ball close – take care of it.
- 2- What can you see? – Look up so you don't get caught! Open Spaces.

Small Sided Games: 4 V 4



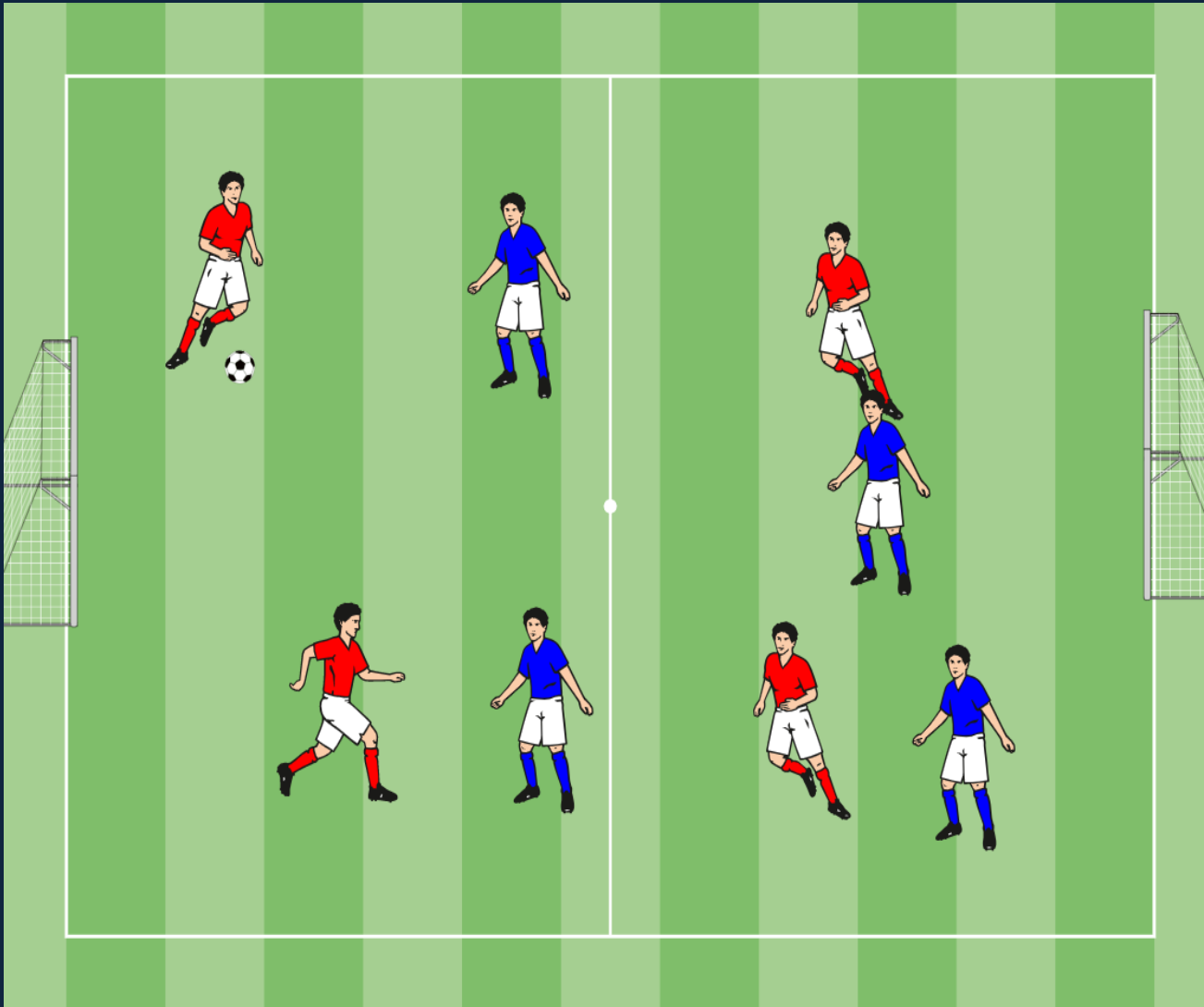
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Six: Passing

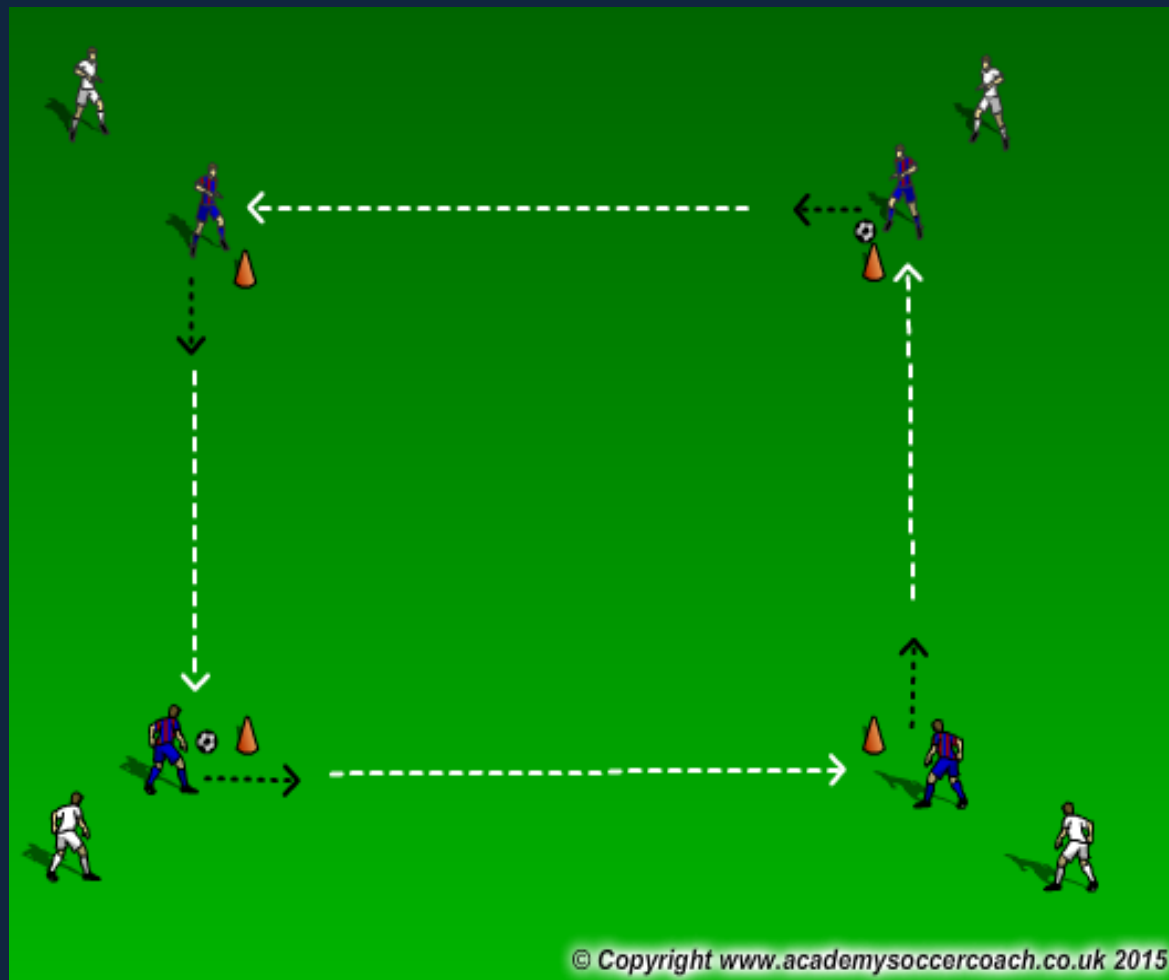
Small Sided Games: 4 V 4



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.

Warm Up Activity: PASSING WARM UP



Area:

20 x 20 Diamond

Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

Coaching Points:

Can you get the ball around the square in 8 seconds.....

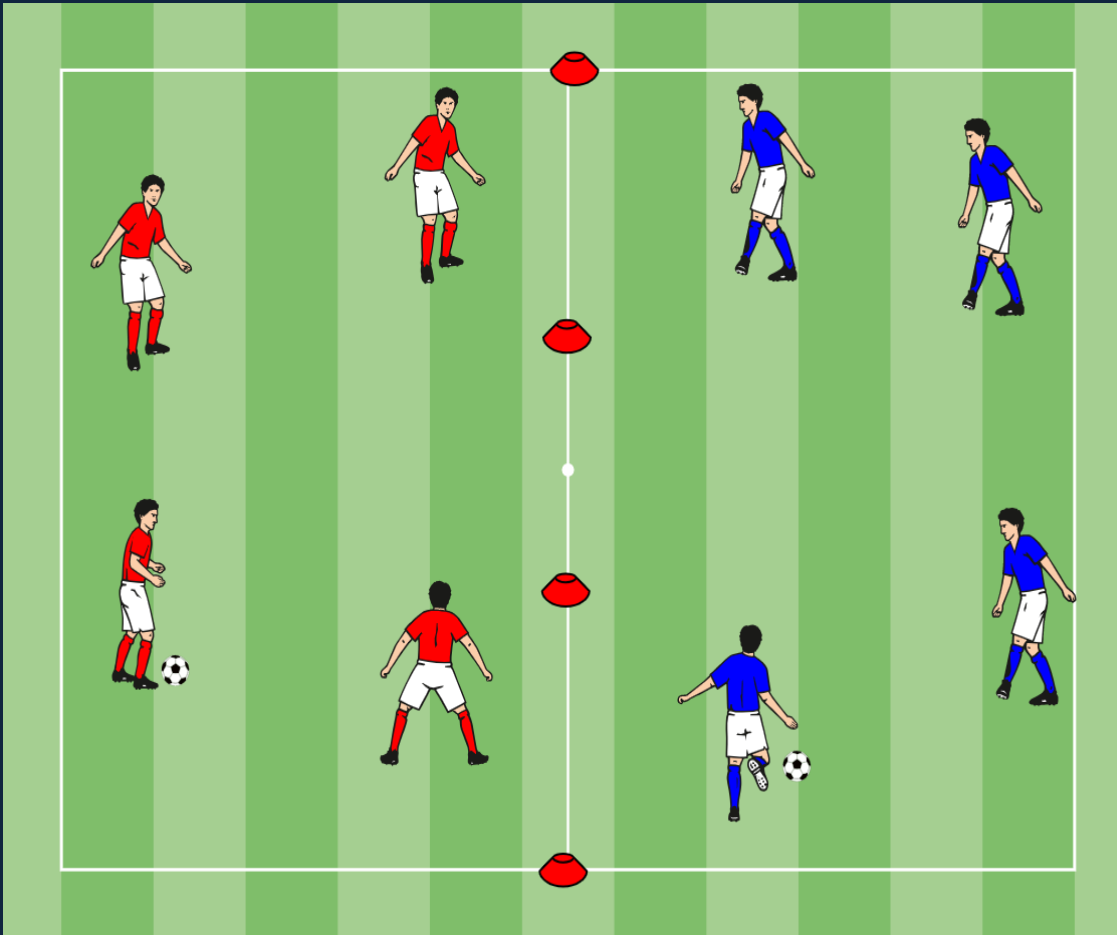
Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

Progressions:

Add a second ball. Add check to and away

Activity 1: SQUASH THE BUG

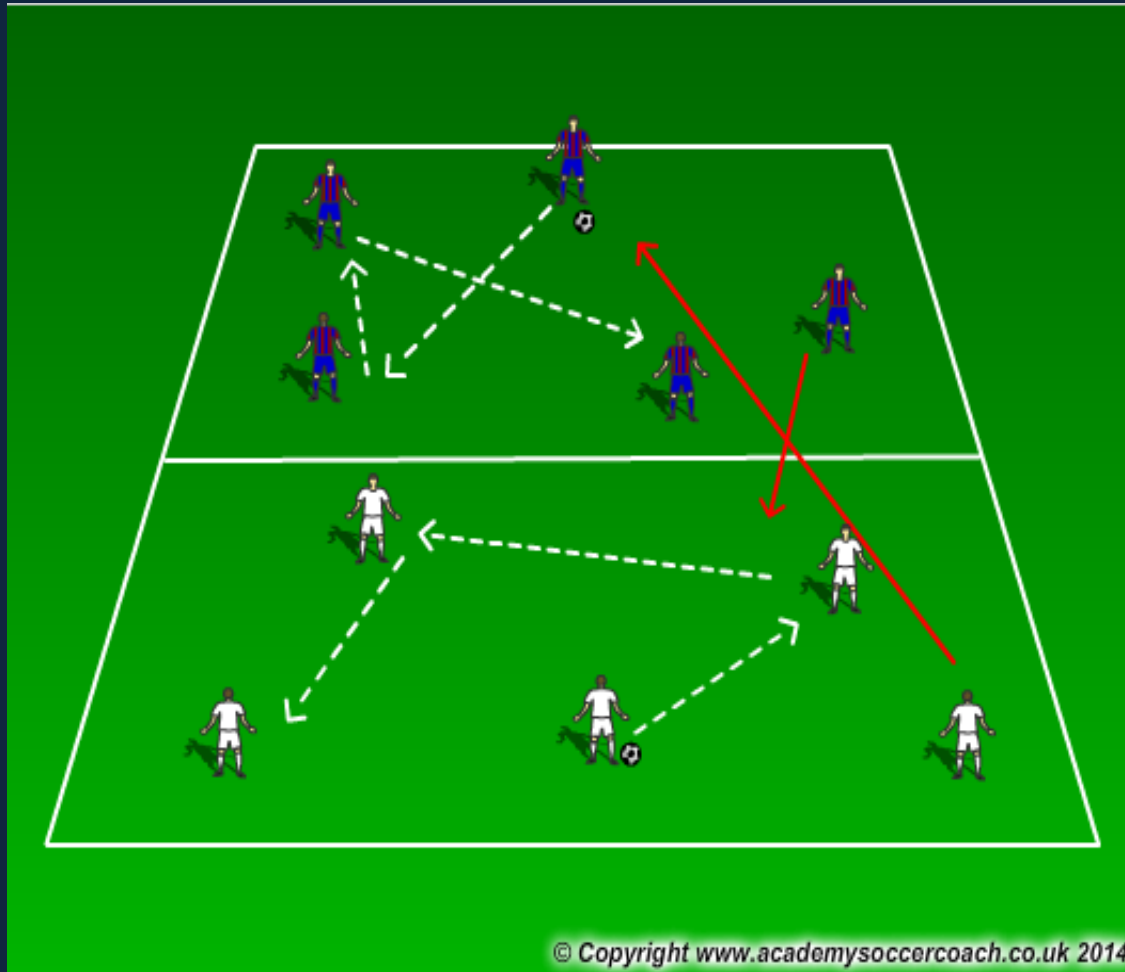


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 4-5 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to Squash the bug (Ball) (4 vs 1). First defender to Squash the ball gets a point for their team. If players pass the ball for more than 5 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

Activity 2: 3 Zone Passing

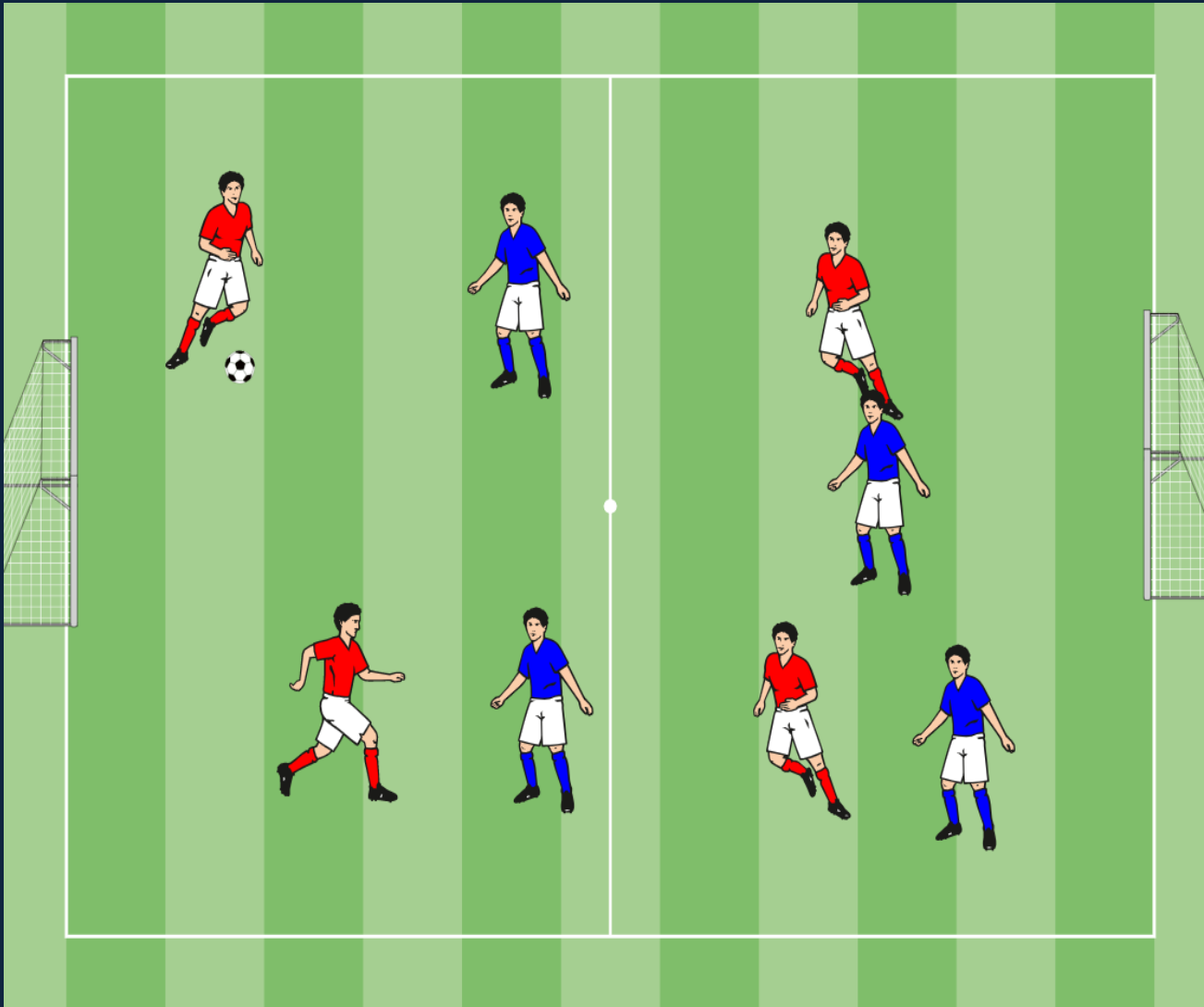


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

Small Sided Games: 4 V 4



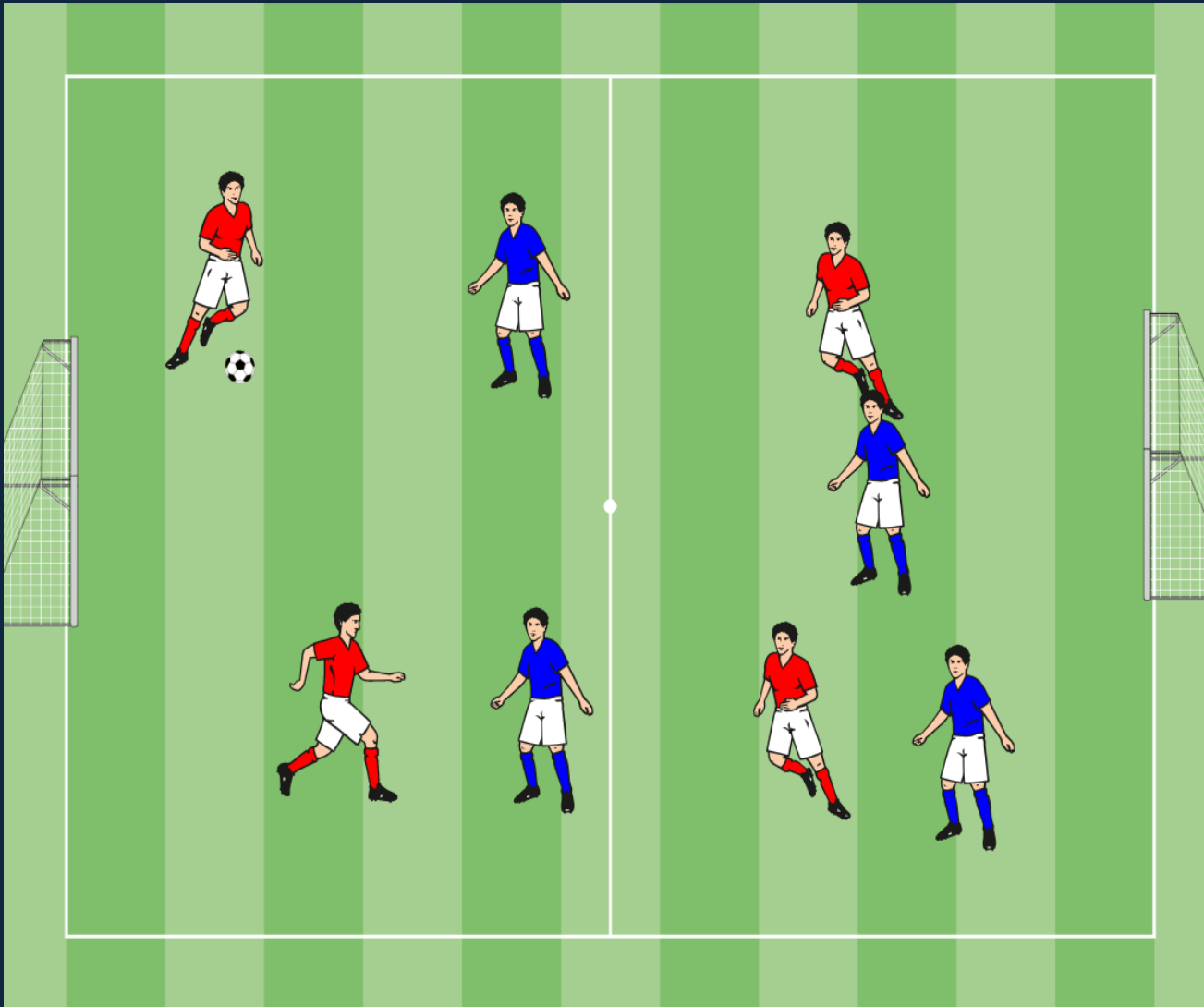
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Seven:
1 vs 1's and 2 vs 1's: To
targets/goals

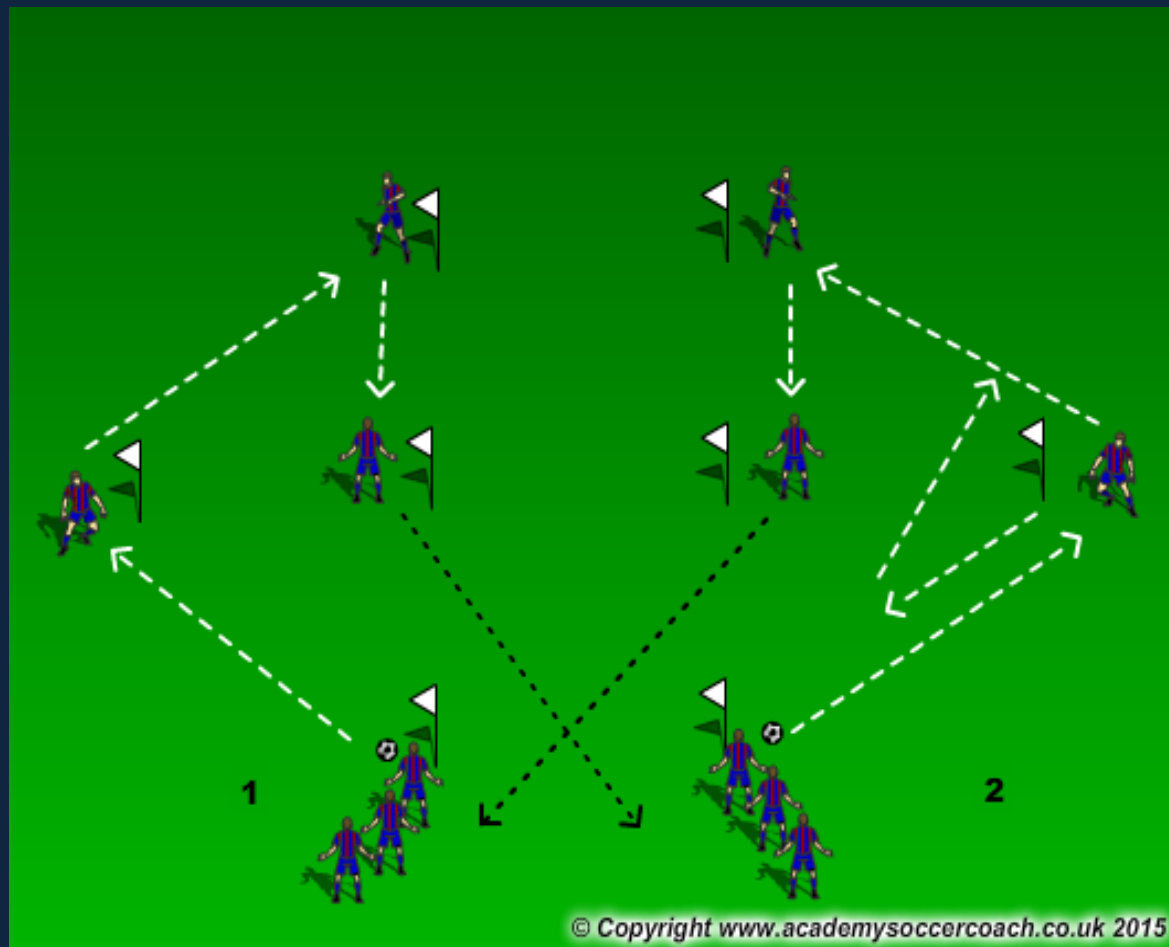
Small Sided Games: 4 V 4



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.

Warm Up Activity: Pass and Follow



Area: Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

Description: Multiple players on 1st cone/Flag. All with a ball.
1 player each on remaining cones/flags

Phase 1:

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

Phase 2:

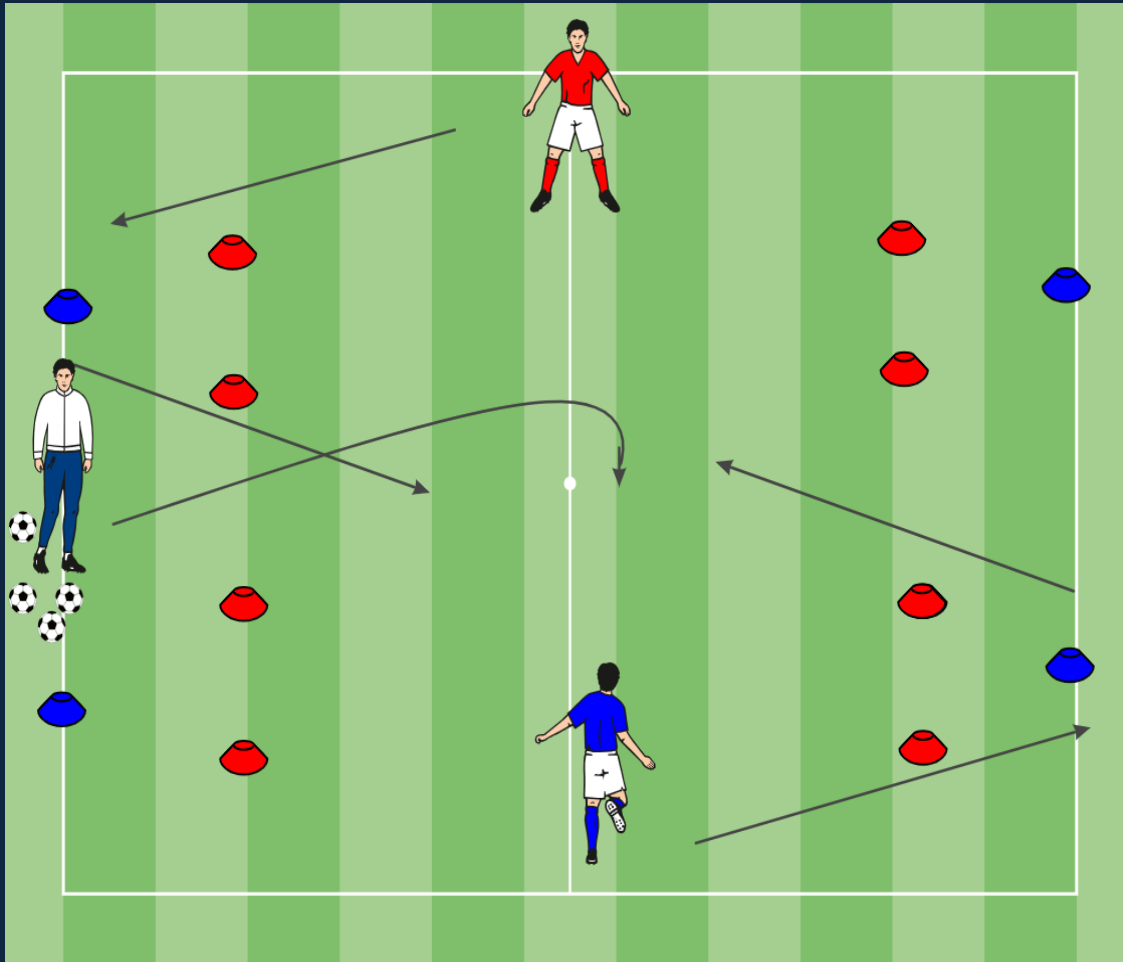
Repeat with player 1 and player 2 combining on a give and go.

Coaching Points:

Quality of the pass – zip it in
Movement before and after the pass
First touch in the direction you want to play

Communicate – demand the ball

Activity 1: 1 V 1 CHANGE OF DIRECTION



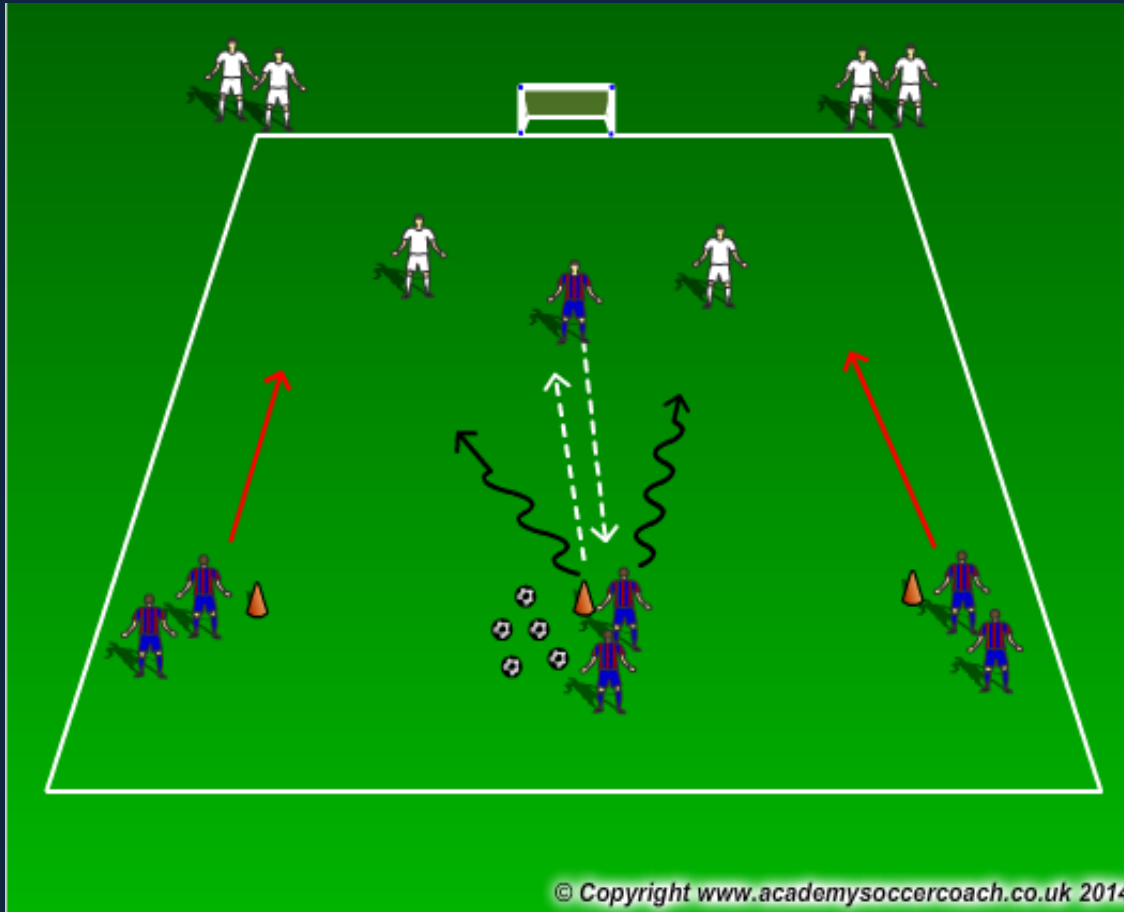
Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

Description: Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

- Always protect the ball
- Correct Foot
- Scan
- Quick acceleration after move

Activity 2: 3 V 2 TO GOAL



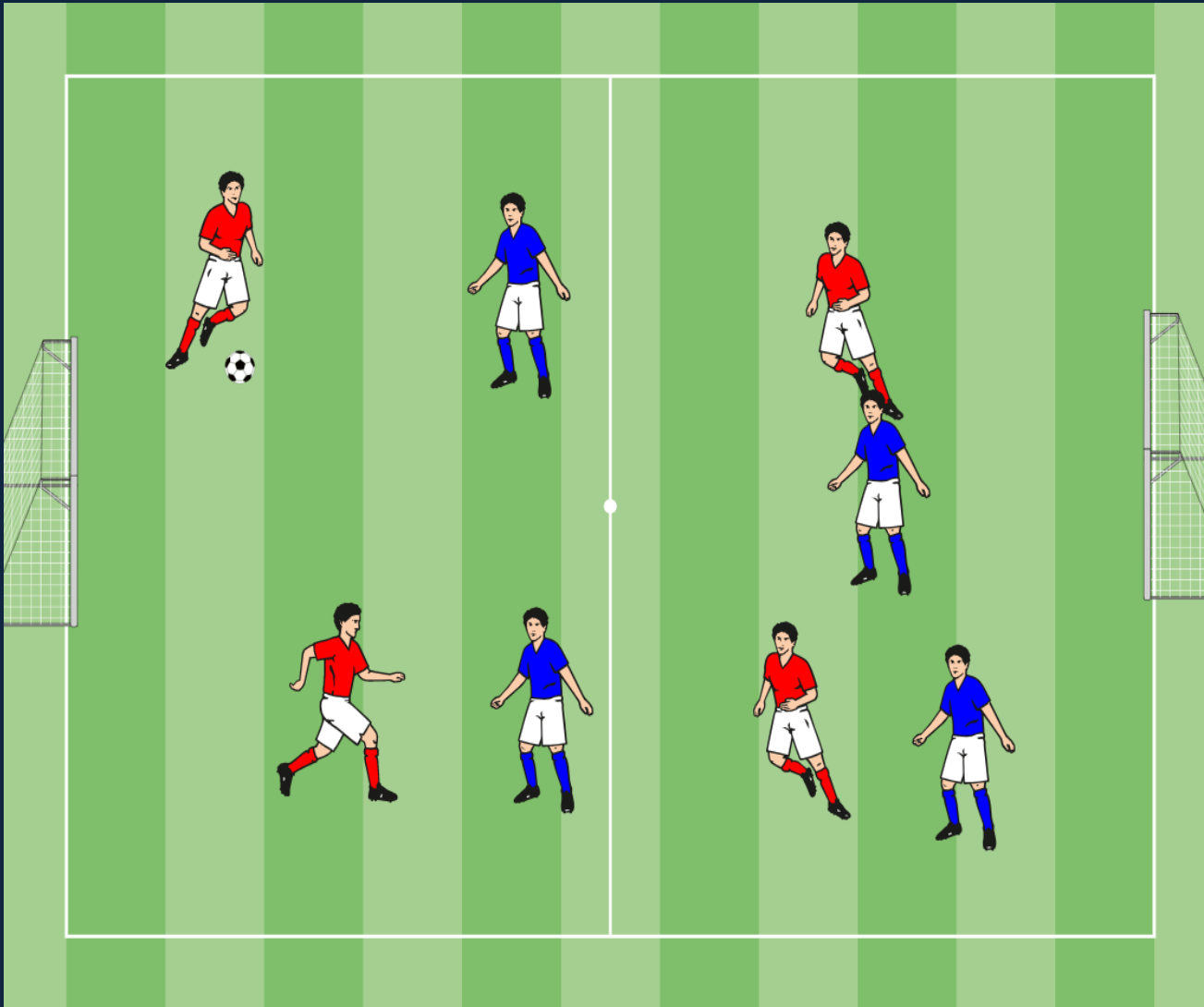
Set-up: 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area.

Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

Description: Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

Coaching Points: Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

Small Sided Games: 4 V 4



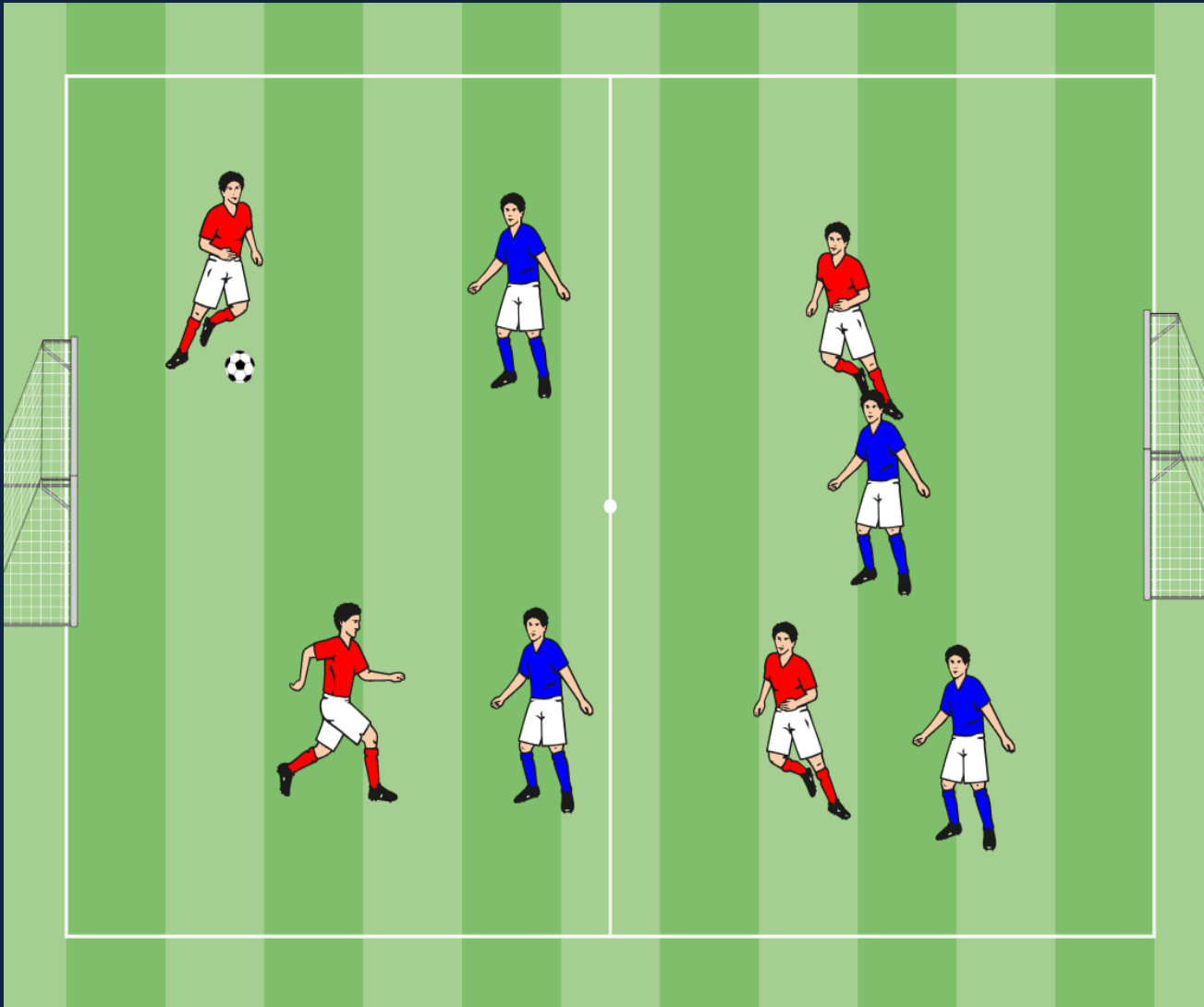
Organization: 20 x 30
grid,
Two teams of 4 vs 4

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



Session Eight: Shooting Games

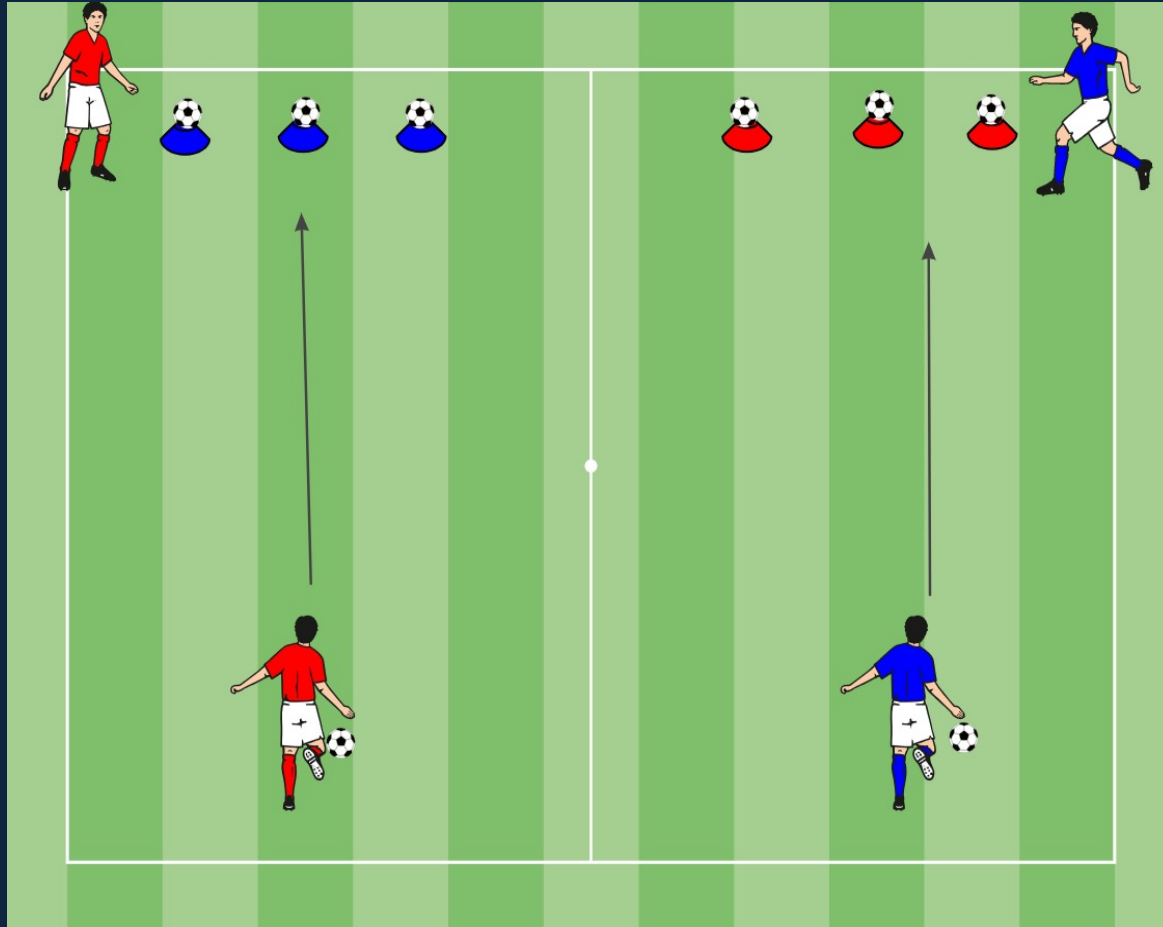
Small Sided Games: 4 V 4



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.

Warm Up Activity: TARGET PRACTICE

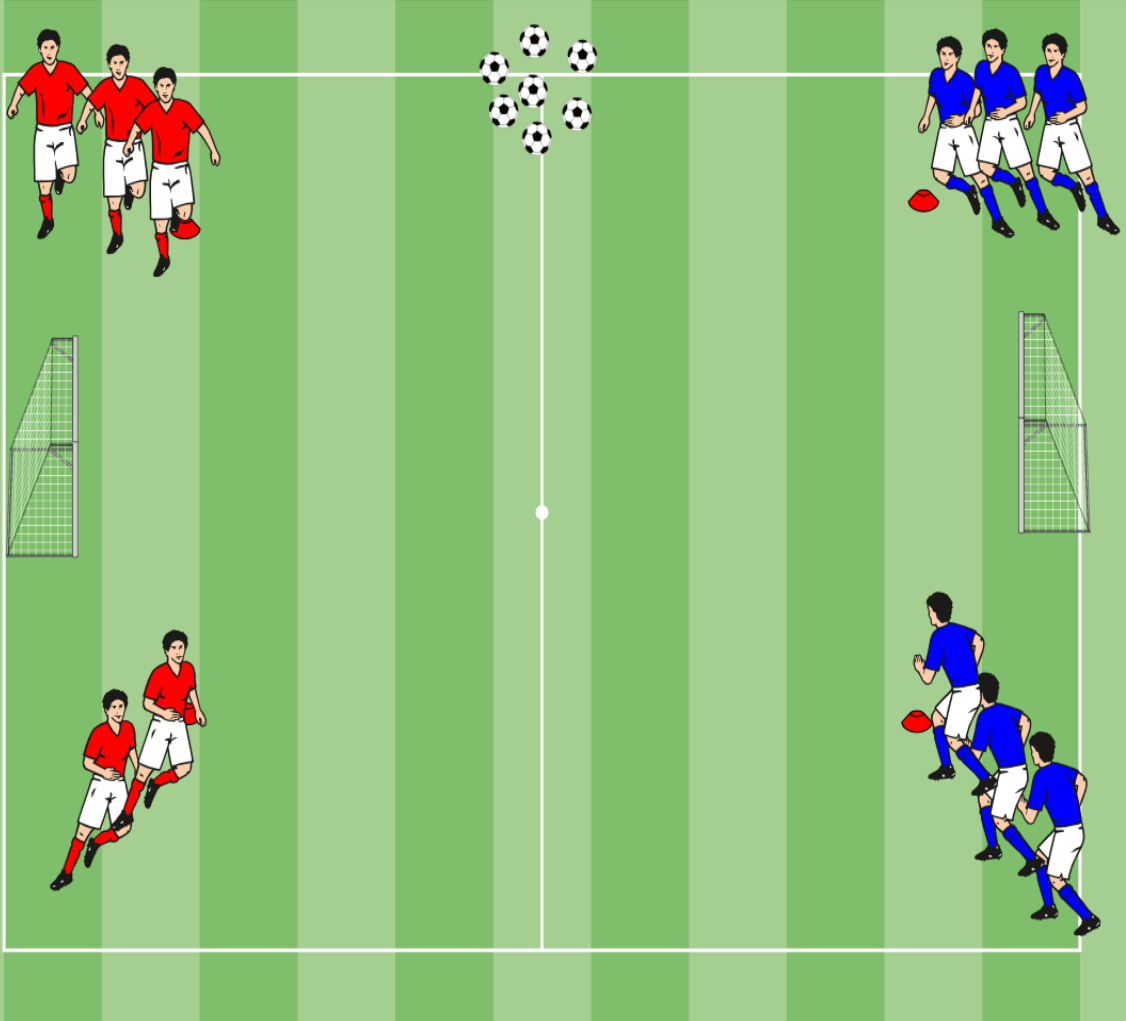


Set-up: Set up Cones with Balls on top (3-5 y set up 15-20 yards away from players at bottom. Players in teams with 1 ball, on opposite side of the area.

Description: Players attempt to shoot the ball across the area to knock off the balls from the cones. The Player at the top dribbles the ball back to the start for the next player to shoot at the targets. First team to knock all the balls off wins.

Coaching Points: Shoots have to be hit with enough speed to get the ball across the area. Concentrate on striking the ball correctly, with the knee and upper body over the ball. Follow through to increase accuracy. First touch to the sides if possible. Strike the ball in front of the body.

Activity 1: NUMBERED SHOOTING



Area: 30 x 30 yards area.

Description: Separate the players into 2 teams. Each player is giving a number between 1 – 6. The coach will shout out a number, that player will run into the field and shoot in the opponent's goal.

Progression:

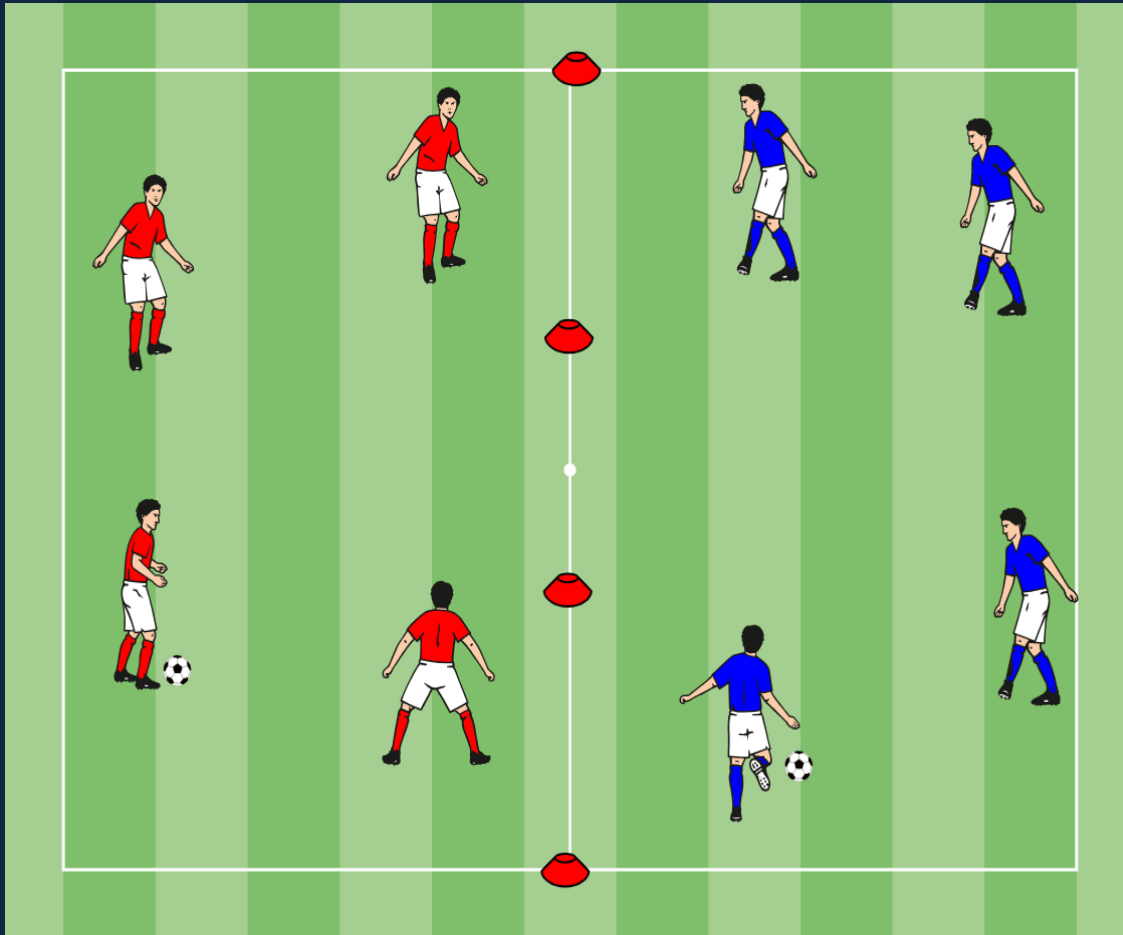
1. Use other foot
2. Make it a race
3. Call multiple numbers

Coaching Points:

What can you see, move the ball away from pressure.

What part of my foot do I want to use when shooting. Inside for accuracy, Laces for power.

Activity 2: CLEAR THE GARBAGE

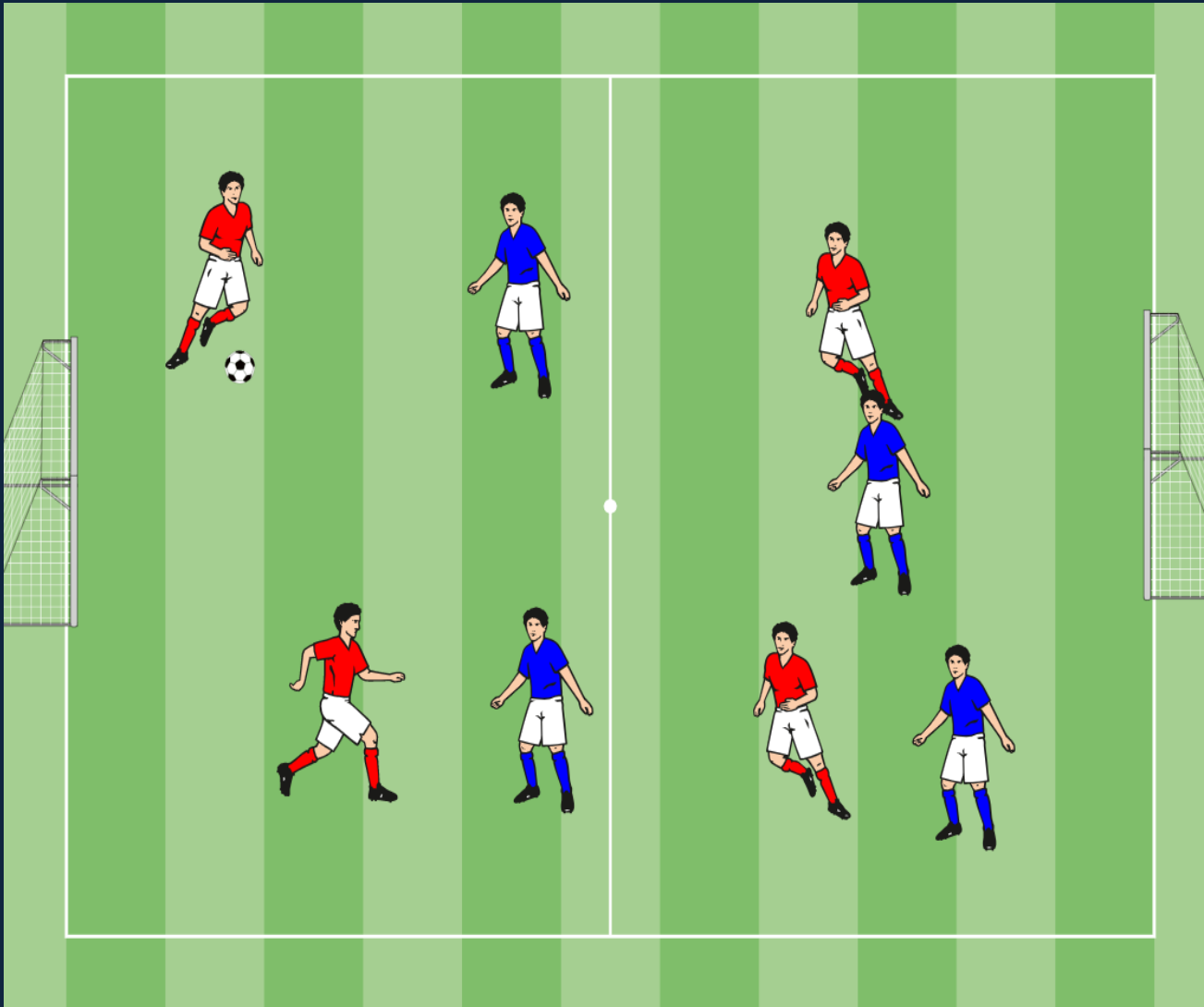


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 4-5 players in each of the areas. 1 ball each per player.

Activity: Players must dribble within the area. Players shoot the ball across to the other side. Coaches can add and take away balls to make it more challenging. The team after 30 – 45secs with the least amount of balls in there area wins.

Coaching Point(s): Try to kick the ball to open space . Shots to be hit with pace. Try to split the defender(s).

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.