

SESSION PLAN

WEEK 2
Spring 2022

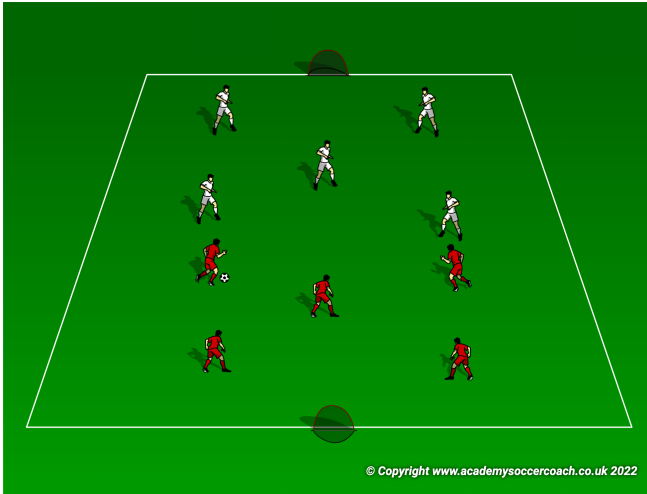


Topic: Running With the ball/ dribbling

Objective: Improve ability to run with the ball & gain confidence with the ball at their feet

Technical Aspects: Running with the ball, dribbling techniques, decision making

Warm-Up Phase



Description: Get the players playing in a scrimmage as soon as they arrive regardless of how many, 1v1s, 2v1s, 2v2s, etc.

Once all the players arrive, bring them all in to talk about the coaching points.

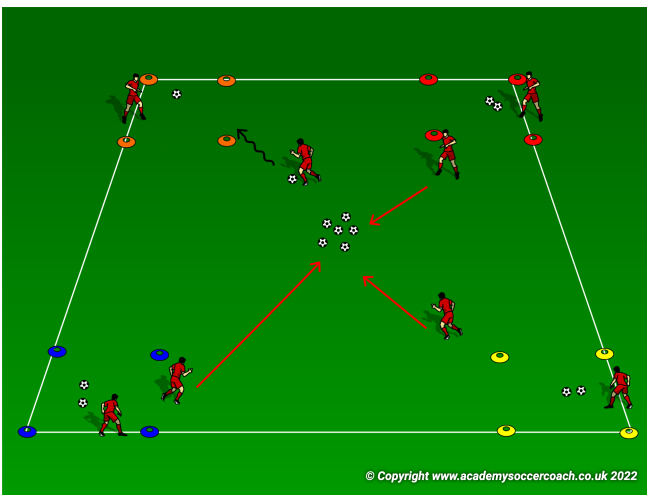
Intensity:

Duration: 10-15 minutes

Coaching Points:

- Which parts of the foot can you use to dribble? (Laces, sole, outside, inside, and toe... yes toe!)
 - What is open space? (Space where there are no opposing players)
 - How should you move into open space? (As fast if you can with larger touches pushing the ball forward)
- Fun rhyme for the players- "If you see space, use your pace"

Ball Mastery - Hungry Hungry Hippos



Description: Create four different squares in each of the fields corners and place all the balls in the middle of the field. Split the players into four different teams and place each team in one of the corners.

On the coaches go, one player from each team will rush to the middle where the balls are and take only one back to their corner using only their feet. Once they return with the ball another teammate can go collect a ball. After all the balls are gone from the middle players can take from other teams. No defending is allowed when the occurs.

After a few minutes stop the game, have teams count how many they have and return them to the middle for the next round.

Progression: Players can only use their weak foot. **Duration:** 10-15 minutes

Coaching Points:

- If you are grabbing a ball should we go fast or slow? (Fast!)
- Which part of the foot should we use to go fast? (Laces!)
- How can we quickly turn to change directions? (Pull back/L-turn)
- How can we regain control of the ball if it gets away from us? (Get your studs/sole on the ball)

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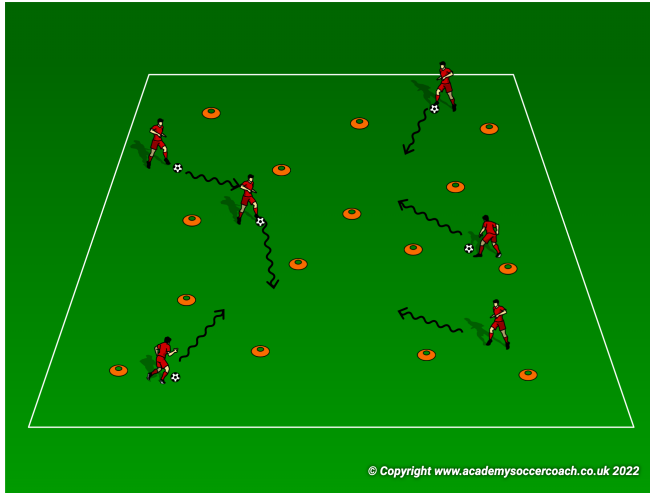


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Technical Aspects: Running with the ball, dribbling techniques, decision making

Ball Mastery- Red Light- Green Light



Description: Add cones all over the field as obstacles. Ask the players what red light means, what yellow light means, and what green light means. The players will dribble around the area avoiding the obstacles and listening to when the coach calls out a certain instruction.

Progression: Add more instructions; U-turn - Pull Back/L Turn, Window Wipers - Foundations, Horn Honking - Toe Taps

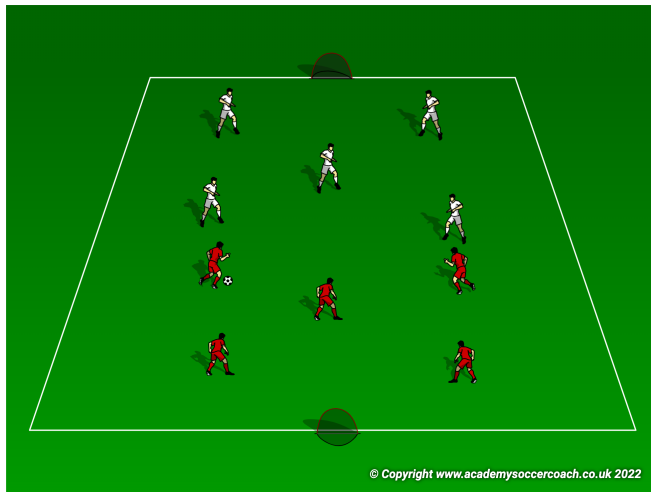
Progression 2: Add a traffic warden (coach or player) who tries to take players balls.

Duration: 10-15 minutes

Coaching Points:

- How Can we find obstacles/other players? (Get your head up and keep it up)
- Which part of the foot should we use to go fast? (Laces!)
- Which part of the foot can we use to change directions? (Inside/outside/sole)
- How can we stop the ball on red light? (Get your studs/sole on the ball)

SSG



Description: Split the players into two teams ideally based on talent so there is good competition. Players should look to focus on the days objective. Coaches should keep an extra ball or two in their hand in case the ball goes out of play so that the play can instantly continue rather than looking to hold throw ins or goal kicks. When getting a ball back in play the coach should roll it in rather than throw it in the air.

Coaches should implement a rotation sub system where players work from defense to offensive positions

About half way through the coaches should call a half time and touch upon how well the players are doing and reiterate previous coaching points from the session.

Duration: 10-15 minutes

Coaching Points:

- Which parts of the foot can you use to dribble? (Laces, sole, outside, inside, and toe... yes toe!)
- Which part of the foot can we use to change directions? (Inside/outside/sole)
- How can we regain control of the ball if it gets away from us? (Get your studs/sole on the ball)
- Fun rhyme for the players "If you see space, use your pace"