

Spencer Soccer Club

Youth Development Program

Weekend Session Plan Guidance

Under 5

Focus: Dribbling, Plus 1 Skills Pyramid

Time: Each weekend session lasts for 60 minutes

Planning:

- 1) Print out and read through Weekend Session Plan
- 2) Become familiar with the Plus 1 Skills triangle
- 3) Arrive at the field 15 minutes prior to scheduled start time
- 4) Set up pug nets and cones to facilitate a smooth session plan

Each Session Plan consists of the following:

- 1) Guidance (the page you are reading)
- 2) Plus 1 Skills Pyramid Diagram
- 3) Warm-Up Activity*
- 4) Activity 1
- 5) Controlled Juggling
- 6) Activity 2
- 7) Small Sided Game

*Session Plan #1 includes (4) additional sheets



Session Structure:

Warm-Up Activity (12 Minutes): Incorporate skills from the Plus 1 Skills triangle into the Warm-Up Activity. Skills Pyramid skills should be introduced one by one and no more than (3) per session. Work in succession of the pyramid and introduce all skills by weekend session #5. Skills introduced in the previous session should be reviewed in every subsequent warm-up activity. Session Plan #1 includes (4) additional sheets that provide additional warm up activity guidance and how to perform the step over and drag back escape turns. All skills should not be introduced in week one. This guidance is included to assist coaches throughout all sessions.

Activity 1 (12 Minutes): Activity 1 is a fun activity for the children. Incorporate the activity as described. Find ways that change the activity slightly so that you are not repeating the “exact” drill over and over. Adding skill moves (pull back) when collecting the ball or seeing which group can complete the activity first are ways to make the activities more interesting as they get later into the allowed timeframe.

Snack/Water Break (4 Minutes)

Controlled Juggling (4 Minutes): **Incorporate into every practice.** A few minutes only, players drop the ball to their thigh and foot and try to kick or bounce the ball back to their own hands (repeat). Concentrate more on foot juggling.

Activity 2 (12 Minutes): Same guidance given for Activity 1 above

Small Sided game: There are no substitutions. All players should play for a few minutes (3 to 5) and all players should rest. Games should be played across the field with pug nets with a maximum of 4v4. Additional fields should be set up to accommodate players. Coaches should pair players of like abilities in game play (e.g. your top three vs. their top three, etc.). Coaches should be stationed on the field to introduce a new ball into play when a ball exits the field or enters a goal; this is accomplished by throwing it up in the air or rolling it to a player who is hasn't had many touches on the ball. There should be no restarts. Only use kickoffs after a break or at the start of the game.



PLUS | SKILLS CHALLENGE PYRAMID™

TIER A

1. Laces Dribble – With the toes pointing down towards the ground push the ball forward with the laces, knee bent over ball on contact. After each touch step through with the opposite foot.

2. Foundations – using the inside of both feet push the ball from one foot to the other. On the spot initially then moving forward and back when comfortable

3. Toe Taps Forward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move forwards.

4. Toe Taps Backward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move backwards.



TIER B

5. Step-On Turn – Dribble forward, place the sole of one foot on the ball to stop momentum, step beyond the ball with both feet leaving the ball, turn to face the ball and dribble back. Repeat several times using both feet.

6. Drag Back Turn – Dribble forward, stop forward momentum of the ball by reaching forward with one foot and placing the sole of the foot on top of the ball, drag (roll) the ball back down the side of the body away from the defender and accelerate into a dribble.

7. Back Heel – Dribble forward, step beyond the ball, make contact with the heel of one foot sending the ball backwards, turn and accelerate into a dribble.

TIER C

8. Inside Cut – Dribble forward, stop forward momentum of the ball by reaching forward with inside of one foot and 'cutting' the ball back down the inside of the body (away from the defender) in one movement and accelerate into a dribble.

9. Ball Rolls – Using the inside, outside and sole of one foot, roll the ball side to side, backwards and forwards and keeping contact with the ball at all times. Both feet.

TIER D

10. Outside Cut – Dribble forward, stop forward momentum of the ball by reaching forward

LEARN MORE:

To learn how Skill of the Week™ and Skills Challenge Pyramid™ can be incorporated into a comprehensive approach to Player and Coach Development, please contact David Newbery, dave@soccerplus.org, tel: 860-501-1165.

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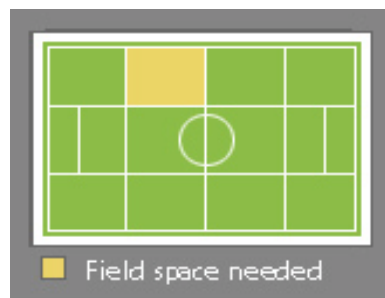
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Materials Needed



Area 20x20

- Ball per player
- Cones

'Madagascar' (Dribbling, turns)

Description:

Coach gets into character as players act like their favorite jungle animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

- Become part of the story and have fun
- Keep balls close by
- Quick response to instruction

Progressions:

Instructions

As the players move around the 'jungle' using the theme of the children's movie Madagascar, freeze if you sense an animal nearby and ask if the players know any of the animals:

Alex – Lion – on all fours dribble the ball and roar like a lion

Marty – Zebra – gallop with the ball

Melvin – Giraffe – lope along with large exaggerated strides – place training vest in back of shorts as a tale

Gloria – Hippopotamus – place ball up jersey to represent a big belly and shake butt!

King Julien – Lemur – move very fast - get them to sing King Julien's theme... I like to move it move it

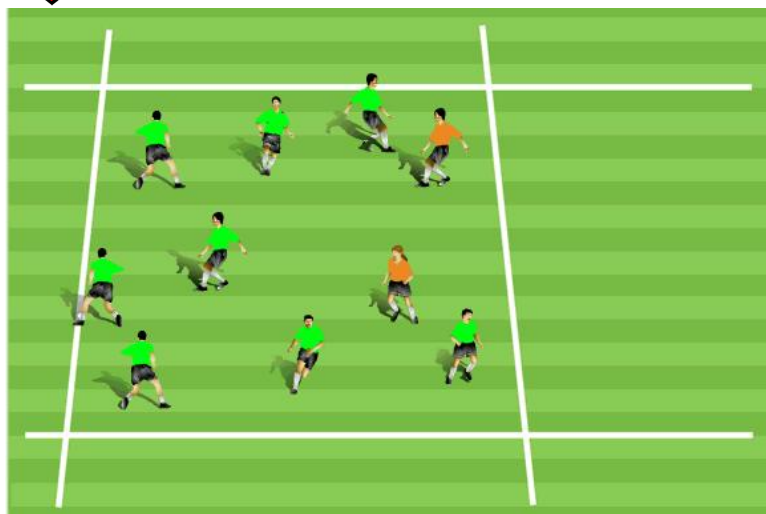
The Penguins –waddle from side to side with arms by the side and feet splayed

Mason and Phil – Chimpanzees – crouch forward and arms curled – make ooh-ooh sounds

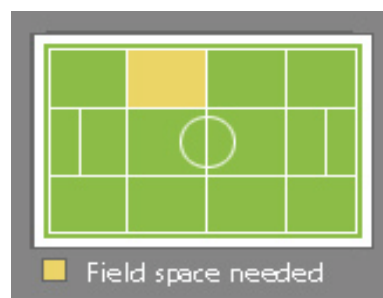
Ask the players to name other animals that they would find in the jungle: Snakes, parrots, elephants etc

Story: "Alex (Lion), Marty (Zebra) and other animals from Central Park Zoo have been shipwrecked on the island of Madagascar. We are on a jungle safari to find the animals – as we come across the animals can you move and make noises like them?"

This is an excellent opportunity to bring in fundamental movements such as running, skipping, galloping, balancing, dogging etc.



Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones
- Training Vests

Ice man/Ice woman Tag (Dribbling and Movement)

Description:

Players will learn to dribble in close proximity to others using different speeds, body swerves and change of direction - using the 'disguise' of a game environment. Basic teamwork is also introduced.

Coaching Points

- Encourage players to use body movements to elude Ice man/ Ice Woman
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:

Ice Man/ Ice Woman recently discovered his/her mutant power to create **ice** and turn people into human icicles – a condition hidden from everyone until NOW! Two players (Ice Man/Ice Girl) wear a training vest (Ice Vest). Ice Man/Ice Woman stands outside the area and the remaining players ('The Humans') stand inside. On the command of "GO", the Ice Man/ Ice Woman attempt to freeze all the humans by tagging them. Once frozen (by tagging or by going outside the square), the human must stand with legs apart. Humans can release each other by crawling through the frozen human's legs. Once all humans are frozen, 2 new Ice Men/ Ice Women are selected. Add balls – passing the ball through the legs to release the humans.

Progression/variations:

Add conditions to the dribble – i.e. left or right foot only

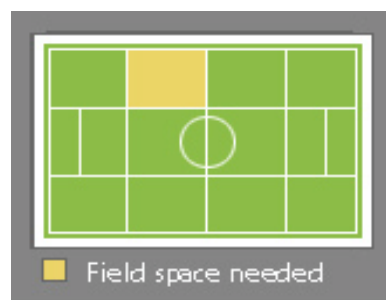
Too easy for Ice Man/Ice Woman – increase size of area and/or reduce Ice People

Too difficult – reduce size of area and/or add more Ice People

Increase competition and speed by timing how long it takes to 'freeze' the group



Materials Needed



Open area

- One ball per player

Controlled Juggling (Relaxation)

Description:

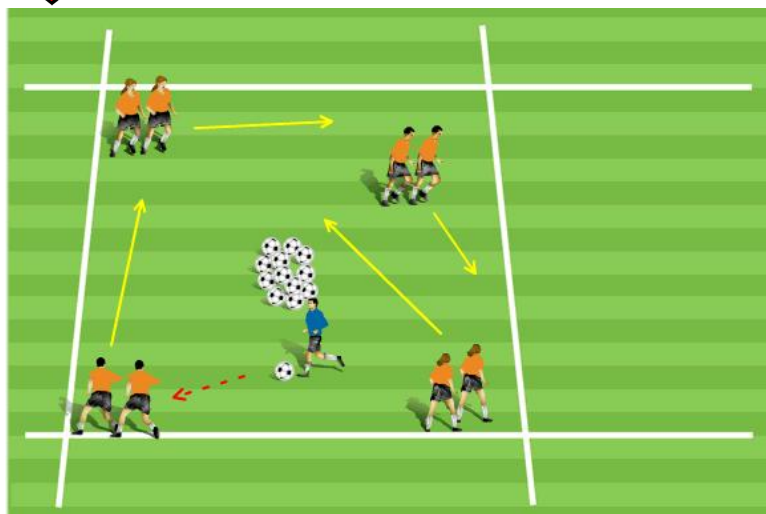
Players start with the soccer ball in their hands. They drop the ball on their thigh (juggle it once), and catch it. As they get better at it, they can try juggling the ball from one thigh to the other thigh and then catch it.

Coaching Points

- Fun
- Thigh, foot - eye coordination
- Soft touches
- Preparation Touches

Progressions:

The coach can suggest any combination that is reasonable for this age group. This is used to help develop your players confidence on the ball and develop their foot/thigh - eye coordination.



Jimmy Neutron (Shooting)

Description:

Jimmy Neutron is flying around Soccer Space. The Ugly Alien (coach) must try to shoot them down. If the coach shoots down the Neutron's space ship they become Ugly Aliens.

Coaching Points

- Keep head up to see Space ships and Aliens
- Non-kicking foot next to the ball
- Strike through the center of the ball and follow through

Progressions:

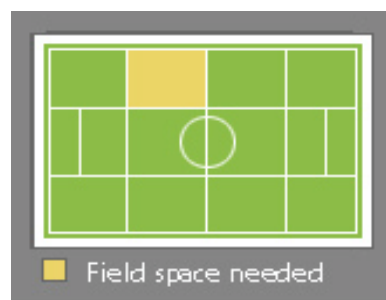
Instructions

Players in pairs holding hands or holding a training vest run around the area (soccer space). All the balls are in the middle of the field with the coach (Ugly Alien) who shoots the ball at the players below knee height. If a pair get hit they have to join the coach and become an alien (unlinked) and shoot down the remaining pairs. Last pair wins.

Story

Jimmy Neutron has to fly into Soccer Space on a very important mission. However in space there is a big bad ugly alien who is looking to shoot down a Jimmy Neutron space ship with the asteroids (soccer balls). If the Jimmy Neutron space ship gets hit by an asteroid then they turn into an ugly alien. The last Jimmy flying will complete their mission.

Materials Needed



Area 20 x 20 yds

- 12 Balls
- Cones
- Training Vests



Match 3 v 3 (Game)

Description:

A small sided game 3v3 is a good way to finish a practice session. Use the opportunity to emphasize the theme of the session - award points for a particular move in addition to scoring a goal. Let the players play with little or no coaching - 15-20 minutes at the end of the session.

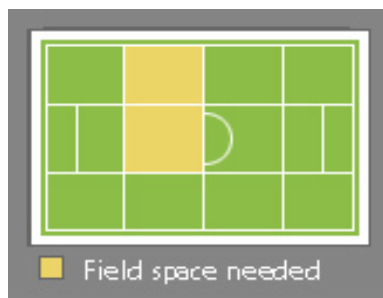
Coaching Points

- Little or no coaching
- Encourage players to try skills practiced during the session

Progressions:

The final activity of most practice sessions should focus on the theme of the session. Conditions can be added by the coach to emphasize the theme. For example, the coach can award a point (goal) if a player performs a turn learned during the session. Other conditions/progressions include: 1 or 2 touches, 1 touch finish, All players must touch the ball before scoring, Add a plus player (an extra player for the team in possession of the ball), 3 goals - one scored with the right foot, one with the left foot and one with the head (or any surface).

Materials Needed



Area 30 x 15 yds

- Balls
- Cones
- Training Vests
- Small Goals