

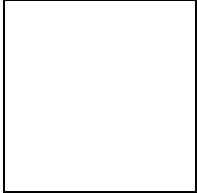



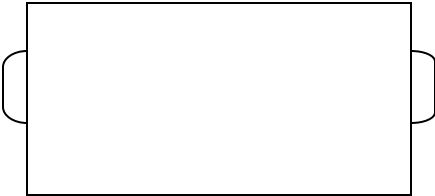
SOCCER SESSION PLANNER (Sample)

U5/U6



DATE: 8/2/05

TOPIC: Dribbling

<p><u>Warm up: (10 mins)</u></p> <p>I can do this, Can You? Coach begins the activity by saying “I can do this, can you?” and performs a physical activity which the players try to copy. Can start with simple movements such as skips, running backwards then progress to throwing/catching the ball, dribbling etc.</p> <p>Coach can then pick different players to demo then everyone can copy</p>	<p>Diagram:</p> <p style="text-align: center;">20x20</p> 	<p>Coaching Points:</p> <p>Movements in different directions. Coordination Familiarity with the ball.</p>
<p><u>Activities: (30 mins)</u></p> <p>1, Body Brakes. Players dribble around the area with a ball each. Coach calls out the name of a part of the body and the players try to stop the ball with that body part.</p> <p>2, Ball Master Players dribble to the coach and hand him their ball. The coach tosses the ball away and gives the players various challenges to get the ball back as quickly as possible. E.g. using different parts of the body.</p> <p>3, Cone man/Cone girl Players have a ball each except for two cone men/cone girls who instead have a cone which they try to place on top of another player’s ball. If you are caught by the cone man/girl you must perform a task given to you by the coach before running again.</p>	<p>Diagram:</p> <p style="text-align: center;">20x20</p>  <p style="text-align: center;">Half Field</p>  <p style="text-align: center;">20x20</p> 	<p>Coaching Points:</p> <p>Can we keep the ball close? Can we stop the ball quickly?</p> <p>How do we get the ball back? What’s the quickest way?</p> <p>Can we change direction? How do I keep the ball away from the Cone Man/Girl?</p>
<p><u>3v3 Games: (15 mins)</u></p> <p>1 Ball (extras behind goals) 2 Goals 2 teams of three No Goalkeepers</p>	<p>Diagram:</p> 	<p>Coaching Points:</p> <p>LET THE KIDS PLAY</p>
<p><u>Cool Down: (5 mins)</u></p> <p>Basic Movements to gradually return the body to a resting state</p>	<p>Notes:</p>	<p>Notes:</p>