

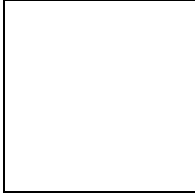



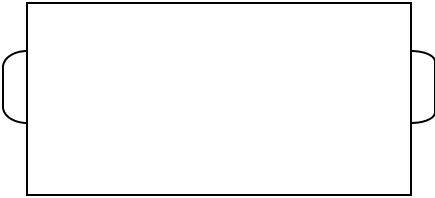
SOCCER SESSION PLANNER (Sample)

U7/U8



DATE: 8/2/05

TOPIC: Passing

<p><u>Warm up: (10 mins)</u></p> <p>Stuck in the Mud</p> <p>Each player has a ball except for 2 'Mud Monsters' who move around the area and try to tag the other players. If you are tagged you are 'stuck in the mud' and must freeze, put your ball above your head and wait to be freed by one of your team mates. To be freed a team mate must pass the ball through your legs</p>	<p>Diagram:</p> <p style="text-align: center;">20x20</p> 	<p>Coaching Points:</p> <p>Movements in different directions.</p> <p>Familiarity with the ball.</p>
<p><u>Activities: (30 mins)</u></p> <p>1, Ball Master (in pairs) Players dribble to the coach and hand him their ball (ball between two). 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, certain number of passes</p> <p>2, Gates (in pairs) The area is set out with a number of different sized gates. In pairs (one ball between two) players have to move around the area and pass the ball through the various gates. The coach will set challenges such as a time limit, or a certain way the ball must go through such as in the air, on the ground, using certain parts of the body etc</p> <p>3, Soccer Marbles Players play against a partner (ball each). Players try to pass their ball to hit their partner's ball. Players move around the half field and every time they manage to hit their partner's ball they get a point.</p>	<p>Diagram:</p> <p style="text-align: center;">Half Field</p>  <p style="text-align: center;">Half Field</p>  <p style="text-align: center;">Half Field</p> 	<p>Coaching Points</p> <p>How do we get the ball back? What's the quickest way?</p> <p>Use of different parts of the feet/body.</p> <p>Looking up to find the free gate.</p> <p>Where do I run to receive the pass?</p> <p>Accuracy of the pass.</p> <p>How hard do I play the pass to make the next one difficult for my partner?</p> <p>What part of the foot do I use?</p>
<p><u>4v4 Games: (15 mins)</u></p> <p>1 Ball (extras behind goals) 2 Goals 2 teams of four 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>