



COACHING U5-U6

Complete Session Plans For U5-U6 Teams



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Coach's Portfolio

Trainer Information

Name of Coach:

Club:

Age Group:

Position at Club (Title):

Number of Years with Club:

Describe in a few sentences your Coaching Philosophy

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.....
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Where do you see yourself in five years?

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Soccer Coaching Goals

We intend to provide an environment in which players, parents, and coaches are proud to be associated with the game of Soccer. We believe in open communication and try to ensure that everyone has fun, works hard and enjoys each season. The object is to provide the coaches with an extremely positive experience while building strong soccer players and playing soccer.

For the players, the environment will be challenging, motivating, and fun. It will require a serious commitment on their part and their parents must be prepared to support their child's commitment. The goal is to prepare our players for the future, both on and off the field. We teach them the critical fundamentals of soccer. Ball handling skills, passing, and positioning on the field is stressed over and over again, as these techniques are critical for success in all levels of play. Equally, if not more importantly, we reinforce non-soccer specific skills such as communication, teamwork, time management, responsibility, discipline and respect for all players. The goal is to grow each of our players both as individuals and as soccer players.

Our belief is that solid, committed players who benefit from positive coaching, an atmosphere of respect and teamwork, and strong support, will ultimately result in a successful training program. It is our belief that with strong commitments from our coaches the success of our training program will continue to develop and grow.

Yours in soccer,

A handwritten signature in black ink. The first part of the signature consists of the letters 'A' and 'L' enclosed within a large, stylized loop that resembles a soccer ball. To the right of this loop, the name 'Donnery' is written in a cursive script.

Andrew Donnery

The Role of the Coach

Coaches need to conduct themselves first as teachers and second as soccer coaches. Nothing positive will come of your efforts if you produce world-class players who do not know how to conduct themselves as successful human beings. In this regard, you need to expect coaches to conduct themselves as positive role models and display appropriate behavior. Coaches need to recognize they are dealing in an important way with young people and cannot overlook the impact they have on player's lives.

Coaches are responsible for the conduct of the team on and off the field when the team is together and part of a club event. We insist our players on the teams we train be polite, well behaved, and respectful. Players and parents can expect honesty, communication, consistency, and reliability from the Coach.

Coaches who have been responsible for helping develop numerous states, regional, and national caliber players, many of whom receive college scholarships and play on top college and national team have raved about the portfolio. This portfolio will enable you to give players the tools and skills to enable them to become as good as their ability; desire, commitment, and effort take them.

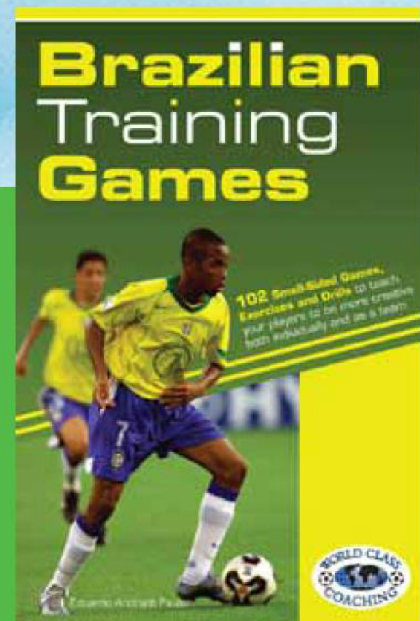
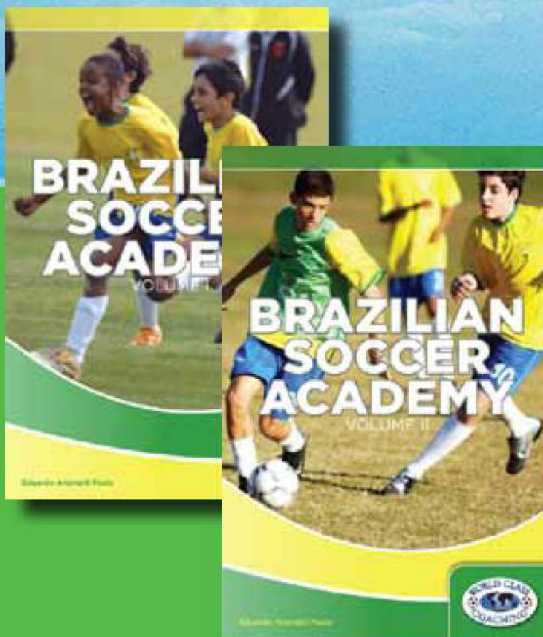
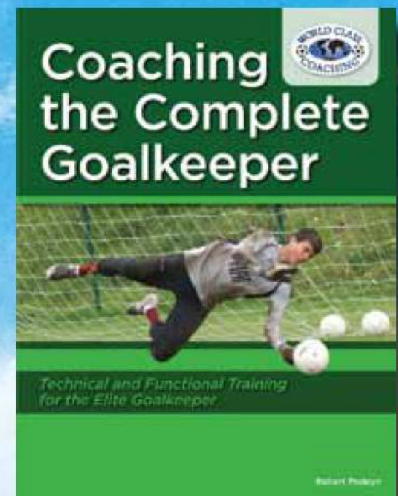
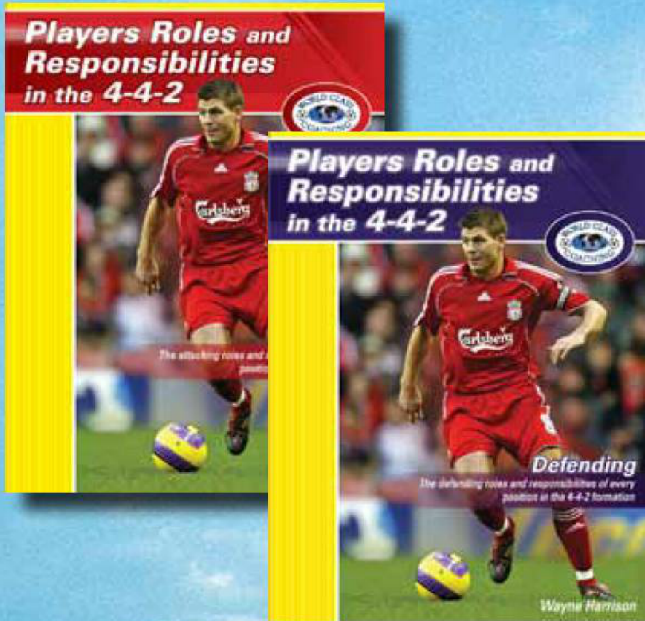
The portfolio Coaches are responsible to create an environment where players can play quality soccer. The soccer we play will be taken very seriously. We recognize there are things more important in life than soccer. In terms of priority, family and school work come first. However, if the coaches see players are not willing to put your soccer above other recreational activities during the season, it may affect their playtime.

The coach along with the club's coaching staff is responsible for player selection, player positioning (line-up), player participation (playing time), team direction and team strategy. Playing time will be determined by a player's work ethic (during practices and games), attendance at practice and games, timeliness, general progress, attitude and ability. The coach will make this determination.

It is important for players and parents to understand that soccer is a player's game. Once players reach a certain level of skill, maturity, and experience, they become more important to the team's success than the Coach.

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Aim of the coach's portfolio

The coach's portfolio is designed for the career professional who is interested in educating themselves in the development of the game of soccer. The coaches gain valuable on the job training and experience. You will benefit having access to the portfolio and an extensive support network and receive considerable assessments on their way to helping you succeed in your coaching career.

This portfolio helps track and evaluate your coaching season and also helps you constantly re-assess and evaluate your coaching career.

Objective

To help you prepare, organize and for you to be able to critical evaluate your training sessions

For you to successfully understand the need for different development focuses at each group

To help you understand the role of the coach within the club environment

To help you operate effectively using a wide array of talents, for dealing with club officials, parents and players

To help you become a better coach by helping with time management, session preparation and organizational help

To create a portfolio of experience that can be used to help you continue your professional development

Long Term Development Model

The Club Development Plan aims to provide the overall strategic framework for the development of our players, parents, coaches & club. Successful clubs have a well defined organizational structure, detailed player and coach development programs, and excellent administration.

The Club Development Plan covers the following areas:

- Structured program for player development (Long Term Development Model)
- Evaluation of players within your club
- Coach Education
- Parent Education
- Recruitment of players and coaches

The following are important elements of the Long Term Development Model:

Age Group & Soccer Age - Players are typically organized by chronological age, however it is essential to consider their soccer age (soccer competence). This is generally regarded as ranging from +/- 2 years of the chronological age.

Player & Coach Assessment - Often it is assumed that players and coaches have attained the skills and knowledge to progress to the next level or age group. Regular assessment with developmental objectives is extremely important in ensuring that players and coaches receive the correct level of instruction and support.

Developmental Focus – The long term development model identifies 5 areas for player development – technical, tactical, social, psychological and physical. Coaching plans should clearly incorporate all 5, with a change in emphasis at each stage.

Coaching Time - The level of coaching exposure players receive correlates significantly to their success in soccer. The long term development model provides recommendations for minimum and maximum coaching hours at each stage of development. Equally important to the players' development is the quality of coaching.

Training Format - Small sided game formats are extremely effective in developing ball skill and game awareness, as players have increased opportunity to have contact with the ball. In stages 4 and 5 the training format enables coaches to introduce small sided games and phases of play, without the pressures of 11 v 11.

Players Per Session - To determine the appropriate number of players participating in a training session, a coach must consider the players' stage of development (attentiveness, ability to follow instructions, etc.), organizational considerations, and the focus on individual and team play.

Specialist Training - As players progress through the developmental stages, the need to focus on specific aspects of the game increases. Position training such as goal-keeping becomes important at stage 3, and rotating players through positions is important in stages 1 to 3

4 Stage Long Term Player Development Model

Development Focus	Stage 1	Stage 2	Stage 3	Stage 4
Age Group	U5 - U6	U7 - U9	U10 - U13	U14 - U18
Soccer Age (Development)	2 years + or -	2 years + or -	2 years + or -	2 years + or -
Coaching Time Annually	40 - 90 hours	100 - 200 hours	150 - 500 hours	150 - 720 hours
Developmental Focus	1. Social - 60% 2. Technical - 30% 3. Psychological - 5% 4. Physical - 5% 5. Tactical - 0%	1. Technical - 60% 2. Social - 15% 3. Physical - 15% 4. Tactical - 5% 5. Psychological - 5%	1. Technical - 45% 2. Tactical - 25% 3. Physical - 10% 4. Psychological - 10% 5. Social - 10%	1. Tactical - 35% 2. Psychological - 20% 3. Technical - 20% 4. Physical - 20% 5. Social - 5%
Specialist Training	General	All Position Training	Specific Position Training	Groups, Units, Whole Team
Players Per Session	12	12 to 15	14 to 18	18 - 22
Training Format	1 v 1 to 3 v 3	1 v 1 to 6 v 6	4 v 4 to 9 v 9	4 v 4 to 11 v 11
Player Assessment	2 per year	3 per year	4 per year	8 per year
Coach Assessment	2 per year	2 per year	2 per year	2 per year
Coach Certification (Minimum)	Youth Module	Youth Module	E/D License	C+ License



The Continuum of Development

Areas of Player Development Focus

Technical	Soccer Psychology	Soccer Physiology	Soccer Sociology	Tactical
Soccer Intelligence	Confidence	Strength	Roles & Responsibility	Principles of Defending/Attacking
Technique (Ball Manipulation)	Concentration	Speed & Reaction	Coach/Parent/Player Relationship Interaction	Defending as a Team, Unit & Individual
Skill Acquisition	Commitment	Movement Skills	Ethics	Attacking as a Team, Unit & Individual
Teamwork	Communication	Physical Maturity Stage	Morals	Systems of Play
Understanding	Mental Control	Power	Previous Opportunity	Patterns of Play
	Player Expectations	Agility	Self Concept	Movements On & Off the Ball
	Routine	Speed Endurance	Team Cohesion	Creating & Exploiting Space
	Anxiety	Fatigue	People Skills	Set Plays
	Resilience			
	Thinking Clearly Under Pressure			

Coaches Roles and Responsibilities

Coaches Portfolio – to update and complete practice attendance, session plans and critique, match evaluations, coaches meetings, club meetings, coach assessment, issues and problems etc

Coach/Role of the coach – to attend/complete practice attendance of players, player evaluations, team evaluations, curriculum, substitute coaches – procedure, professional

Coaches will have their sessions evaluated per month by their mentor/doc – coach will receive a detailed evaluation and a copy will be kept on file

Weekly Progress Meetings with Mentor/DOC – location will be announced by mentor/doc

Coach will bring the following to the meeting:

Session plans they have conducted plus notes on how the session went

Player Evaluations

Practice attendance of players

Match Evaluations (if applicable)

Any other information regarding issues/problems or questions they have

Coaches will bring their coaches practice assessment by the Region DOC

Coach will bring the following to the meeting:

Session plans they have conducted plus notes on how the session went

Player Evaluations

Practice attendance of players

Match Evaluations (if applicable)

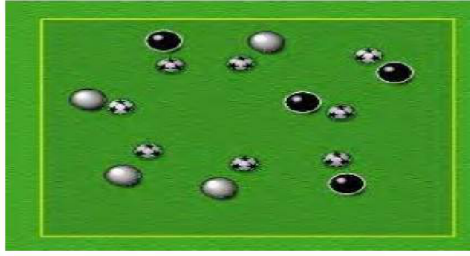
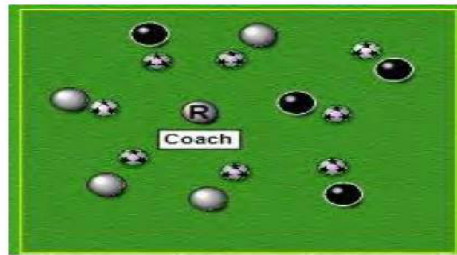
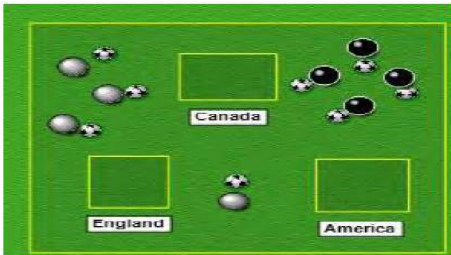
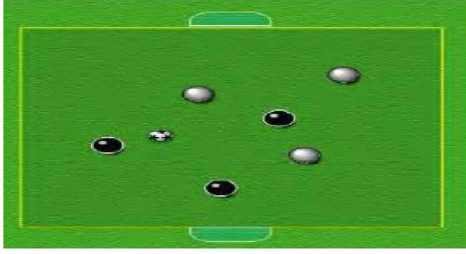
Any other information regarding issues/problems or questions they have

Coaching practice assessment by the Mentor/DOC

Stage 1 U5 – U6

Session Plans

PLAN:	001	TOPIC	Agility, Balance & Coordination (A, B, C's) 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Simon Says	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, everyone has a ball, Coach is "Simon", Coach says "Simon says do the following" – (without a ball) - jumping jacks, stand on one leg (With a ball) - left hand throw, right hand balance, kick with left.		Decision making, Movement education, Repetition in ball touches, balance and eye – foot coordination, Have fun!	
12 min	SESSION 2	Animals	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, Everyone has a ball, Players dribble ball with their feet, The coach calls out an animal's name and everyone dribbles like that animal (dog – on four legs etc) , Progression: Ask players to name animals and ask how their favorite animals would dribble		Movement education. Repetition in ball touches, balance and eye – foot coordination. Decision making, Water break after activity.	
12 min	SESSION 3	Countries	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.	
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.	

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?

What approach and coaching style worked with this group?

Did you feel this session improved your players, and how?

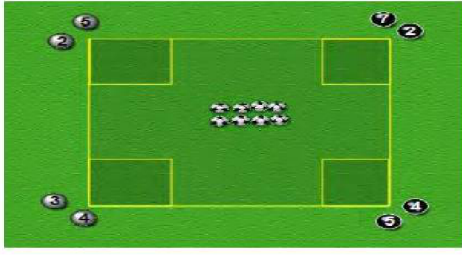
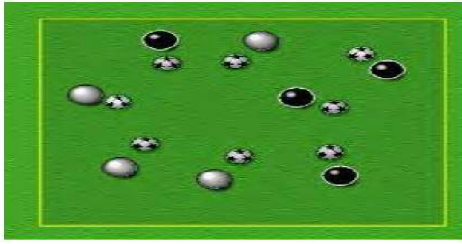
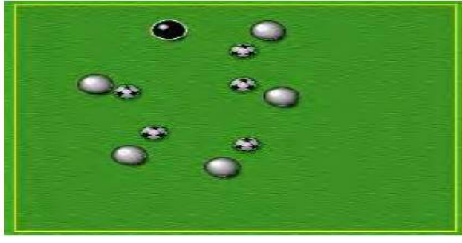
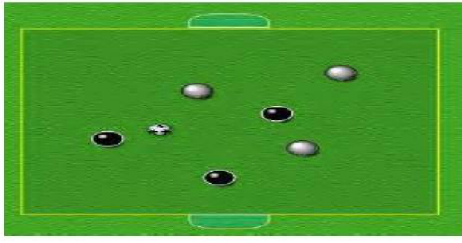
Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

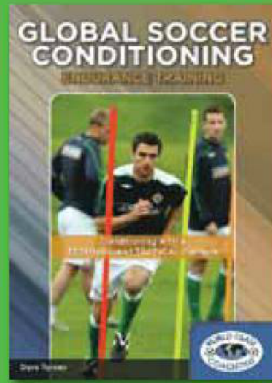
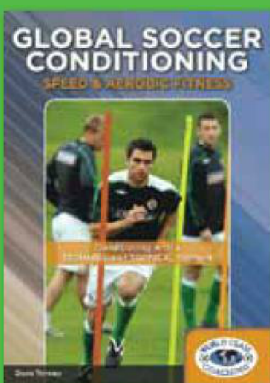
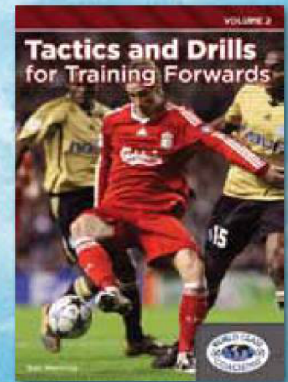
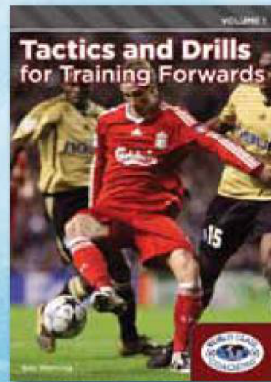
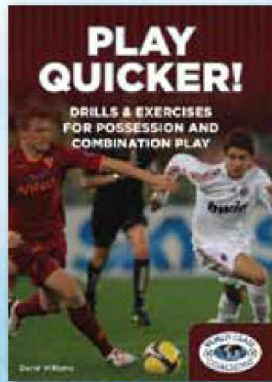
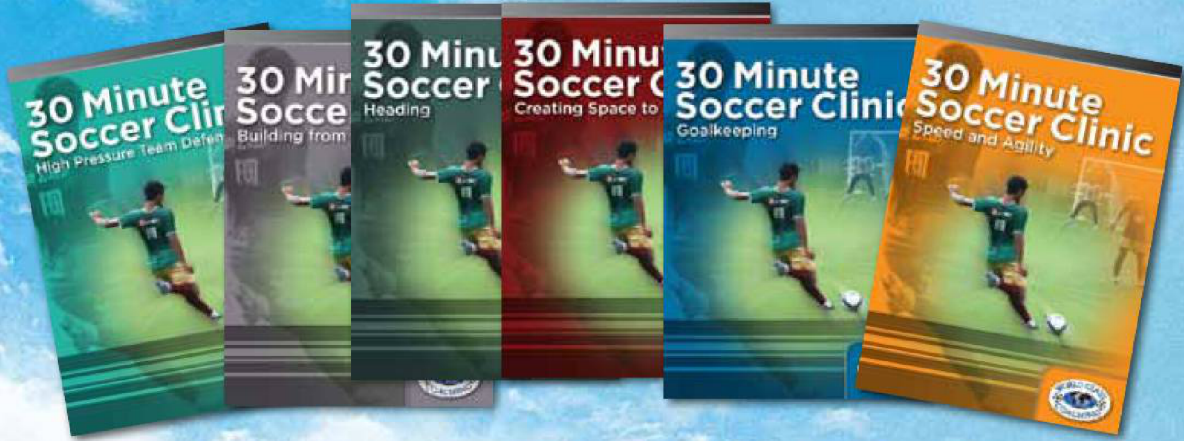
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%

PLAN:	002	TOPIC	Ball Manipulation 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Castles	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle			Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making, Note: If players are struggling with dribbling try it with them carrying the ball
12 min	SESSION 2	Race Track	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, players dribble around "race track", Coach dribbles and imitates a car on the track (noises), 1st gear – slow, 4th gear – fast, breaks – stop, Be animated and make car noises.			Awareness, movement education. Repetition in ball touches. Working on balance and eye – foot coordination Water break after activity.
12 min	SESSION 3	Stuck in the mud	
ORGANIZATION		TECHNIQUE	KEY POINTS
30x25 yards, 1 player without ball is tagger, other players have a ball. If players get tagged they hold ball above their heads and say "stuck in mud". To get unstuck players kick ball through the "stuck players" legs			Movement education Social skills Working on balance and eye – foot coordination Decision making
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

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Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?

What approach and coaching style worked with this group?

Did you feel this session improved your players, and how?


Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

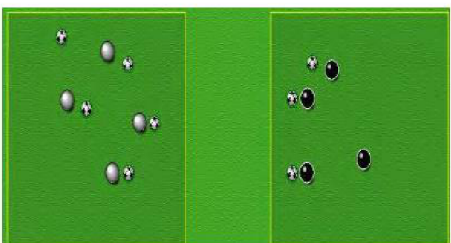
For this session what modifications would you add (if any)?

PLAN:	003	TOPIC	Ball Manipulation 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

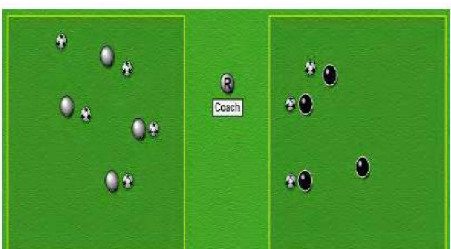
12 min	SESSION 1	Chreck
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle</p>		<p>Movement Education Repetition in ball touches</p> <p>Working on balance and eye – foot coordination</p> <p>Have fun!</p>

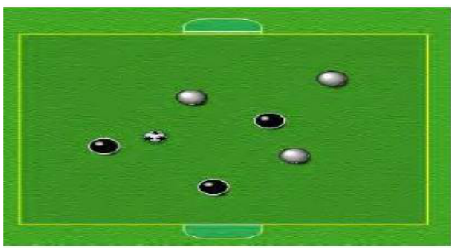
12 min	SESSION 2	Clean your room
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>Two boxes 30 x 25 yards & a 5 yd neutral zone between them. Players kick the ball out of their area “their room” into friend’s room. When coach stops game the team with most balls in “their room” has to pull funny faces</p>		<p>Movement education Repetition in ball touches Working on balance and eye – foot coordination Decision making</p> <p>Water break after activity.</p>

12 min	SESSION 3	Shark Attack
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>2 boxes 30x25 yds, 5 yd neutral zone between. Coach lies in ocean between “islands”. Coach says “cross ocean” players have to get across ocean. Coach tries to tag players shouting “shark attack”. Join coach if caught</p>		<p>Movement education</p> <p>Repetition - ball touches Working on balance and eye – foot coordination</p> <p>Decision making</p>

24 min	SESSION 4	3 v 3 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers</p>		<p>Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.</p>

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If no, what would you different and why?

What approach and coaching style worked with this group?

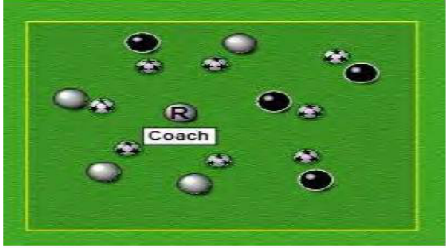
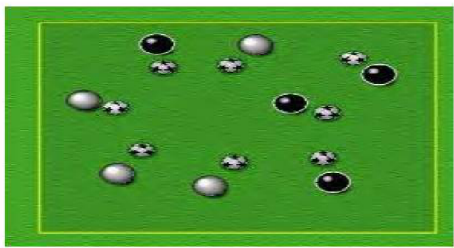
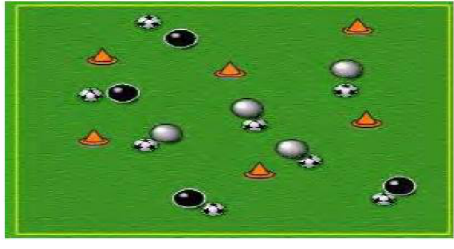
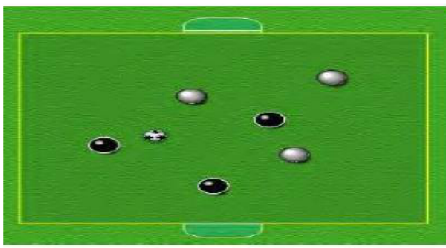
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	004	TOPIC	Agility, Balance & Coordination (A, B, C's) 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Oooooooooow
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, Players dribble ball with their feet, Players try to kick the ball and hit the coach (coach screams Oooooooooow when hit) Players get a point if they hit the coach		Awareness. Body Movement
12 min	SESSION 2	Taggy tag Tag
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area On the coach's call – players try to tag other players on the knee – point for each tag		Movement education Social skills Working on balance and eye – foot coordination Decision making Water break after activity.
12 min	SESSION 3	Coney Island
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area. On the coach's call "Coney island" the players have to dribble around as many cones as they can		Movement education. Repetition - ball touches Working on balance and eye – foot coordination. Decision making.
24 min	SESSION 4	3 v 3 Game
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

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What approach and coaching style worked with this group?

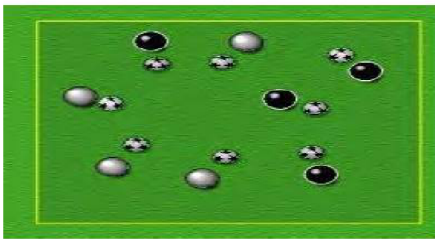
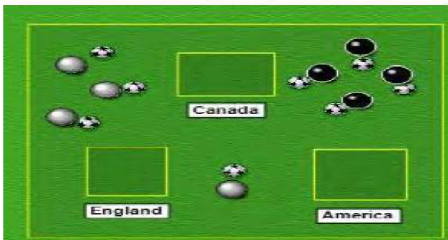
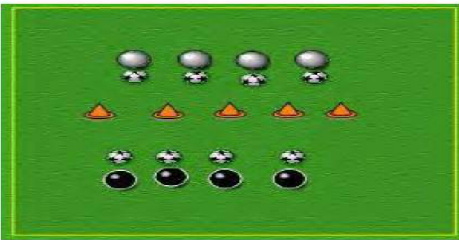
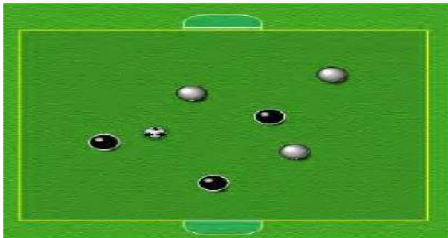
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	005	TOPIC	Dribbling 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Freestyle Dribbling	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards Everyone has a ball Players dribble anyway they want – “Freestyle dribbling” Encourage the players to try new and varied dribbling moves			Movement education. Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.
12 min	SESSION 2	Countries	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball; the coach calls a country (box) everyone has to get there as fast as they can.			Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making. Note - If players are struggling with dribbling, try it with no balls Water break after activity.
12 min	SESSION 3	Calm Down	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. All players will ball One by one the players have to knock cones down by kicking their ball against them. Rest during their activities			Time for the players to calm down and relax. Progression - Players have to kick the ball between the cones
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

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If no, what would you do different and why?

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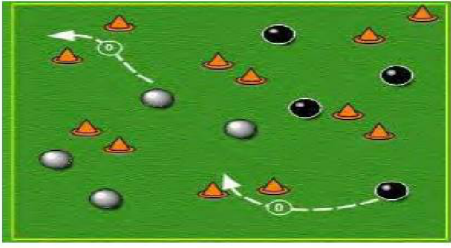
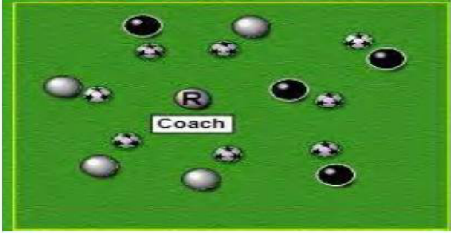
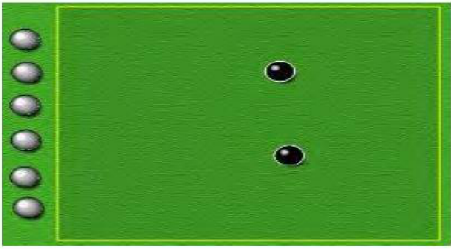
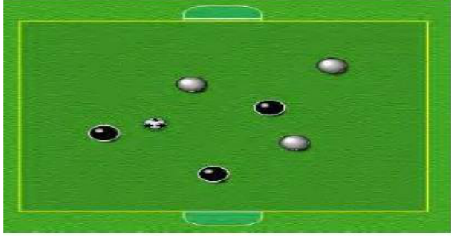
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

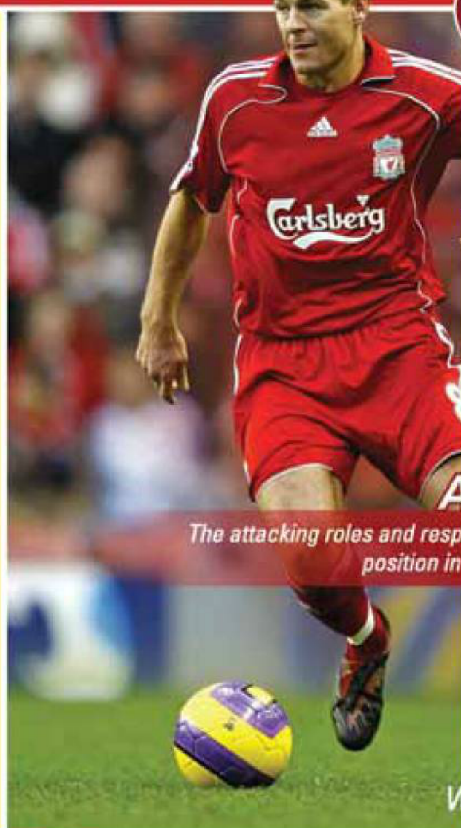
PLAN:	006	TOPIC	Individual Skills 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Herd the cows	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards. Mini coned goals inside the box. Everyone starts without a ball Coach times the players for 15 seconds how many gates can you get though		Movement education. Repetition in ball touches Working on balance and eye – foot coordination, Decision making. Progression - Add a ball for the players trying to get across to the other side	
12 min	SESSION 2	Animals	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards Everyone has a ball Players dribble ball with their feet. The coach calls out an animal's name and everyone dribbles like that animal (dog – on four legs etc)		Movement education, Rep in ball touches, balance and eye – foot coordination, Decision making Progression - Ask players to name animals and ask how they would dribble. Players choose their favorite animals.	
12 min	SESSION 3		
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards. Coach says “go” - players try to get to the other side. Players in the middle are the kangaroos and try to tag the players (kangaroos hop on one leg). Once they are tagged they become the kangaroos		Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making. Progression - Add a ball for the players trying to get across to the other side	
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.	

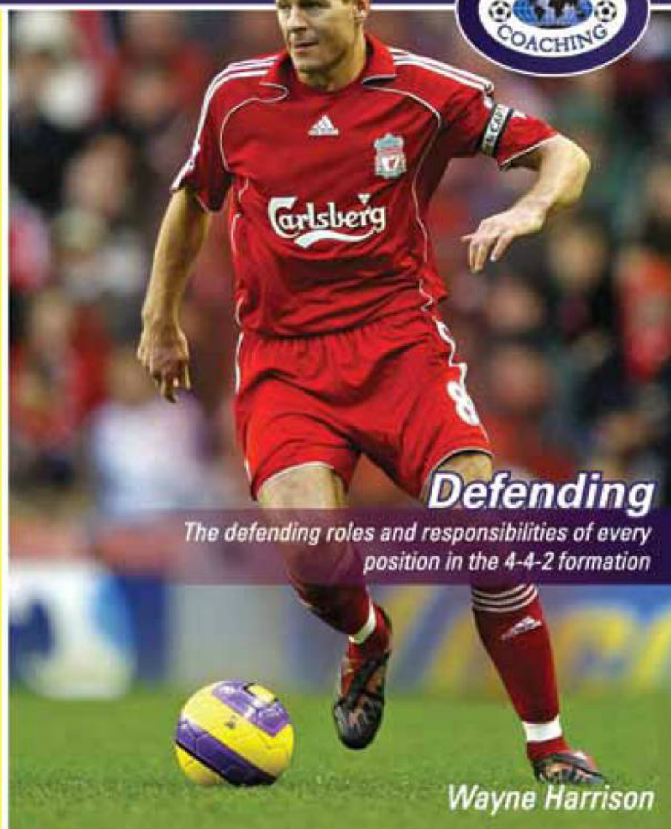
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call 913-583-0030 or visit WorldClassCoaching.com



Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

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If no, what would you do differently and why?

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If no, what would you do different and why?

Were you properly prepared for the session? Yes No

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What approach and coaching style worked with this group?

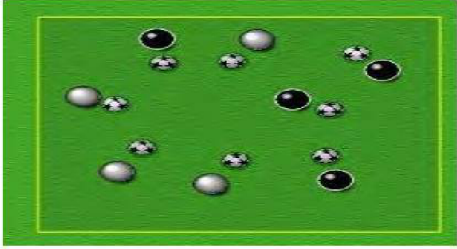
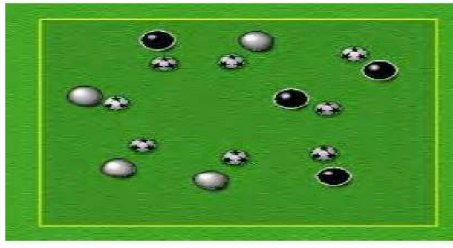
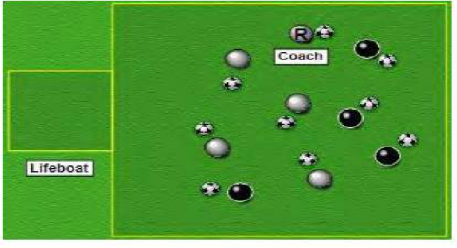
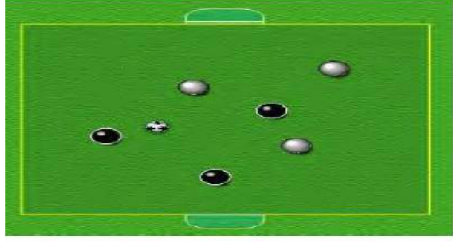
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	007	TOPIC	Coordination and Movement 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Hello Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards. Everyone has a ball</p> <p>Coach shouts different ways of saying hello. E.g.: High fives shake hands (left and right), shake feet.</p> <p>Players leave their ball and do the hello.</p>			<p>Social Skills</p> <p>Coordination</p> <p>Movement</p> <p>Have fun!</p>
12 min	SESSION 2	Statues	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards. Everyone has a ball</p> <p>Players dribble anyway they want. The coach calls out "Statues" – the players have to freeze. Once one player moves game begins again</p>			<p>Balance and coordination. Movement education. Decision making.</p> <p>Progression - Have the players freeze pulling funny faces, First player to laugh or move – game starts again</p> <p>Water break after activity.</p>
12 min	SESSION 3	Pirates	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>One box 30 x 25 yards "pirate ship" and an attached box 10 x 10 "lifeboat". The coach shouts out various "pirate commands". Climb the rigging – do climbing a ladder motion without the ball with arms and legs</p> <p>Scrub the decks – move the ball between your left and right foot. Ship ahoy – hop on one leg and pretend your hand is a telescope. Canons – fall down and cover your ears. Man the lifeboats – leave the ship and run to the lifeboats and start to row</p>			<p>Movement education</p> <p>Social skills</p> <p>Agility, balance and coordination</p> <p>Decision making</p>
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards,</p> <p>Two goals and one ball,</p> <p>3 v 3 no goalkeepers</p>			<p>Sit back and watch them play.</p> <p>NO COACHING. Let the kids play and learn to love the game.</p> <p>4 x 5 minute games with water breaks in between games.</p>

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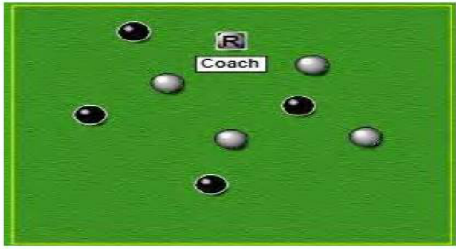
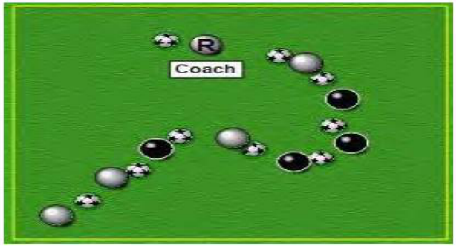
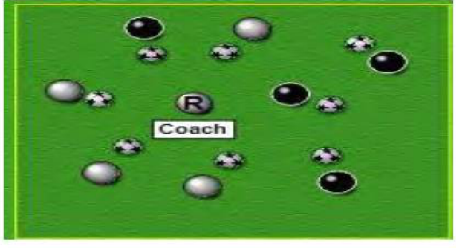
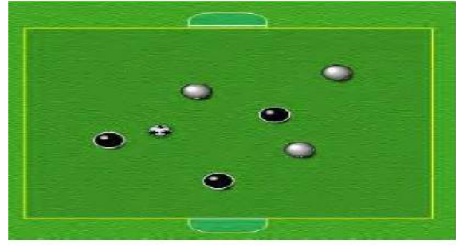
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	008	TOPIC	Individual Skills 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	3 blind mice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards Coach asks the players to close their eyes, coach moves. Coach then says "three blind mice" Players have to open their eyes and quickly run to the coach</p>			<p>Social Skills Have fun Coordination Movement Awareness</p>
12 min	SESSION 2	Follow the leader	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards. Everyone has a ball Players dribble ball with their feet and follow the leader "coach". Coach shouts out body parts to dribble with (head, feet, hands etc)</p>			<p>Coordination Change of Speed Change of Direction Decision Making Balance and Movement Water break after activity.</p>
12 min	SESSION 3	Sprinkler	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards, Everyone has a ball. Players dribble with their feet and hand it to the coach. Coach receives the ball "coach is a sprinkler – spins around and throws the ball out. Players retrieve ball and carry it back</p>			<p>Coordination. Making players move to a target. Change of direction. Decision Making Balance and Movement Progression - dribble ball with feet back to coach</p>
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers</p>			<p>Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.</p>

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Were you properly prepared for the session? Yes No

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What approach and coaching style worked with this group?


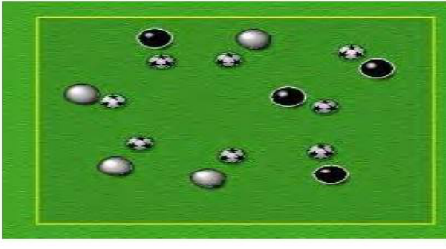
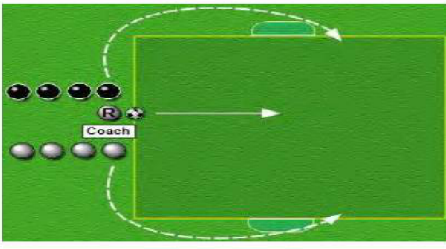
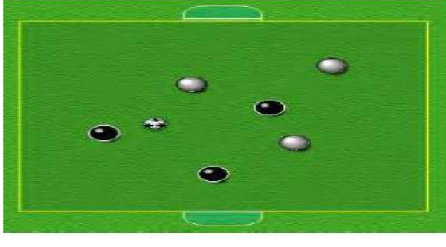
Did you feel this session improved your players, and how?

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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	009	TOPIC	Coordination and Movement 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Timber	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, everyone has a ball, coach says "lumberjacks" the "l-jacks" have to knock as many cones over as possible, Every time they knock a cone over they shout "timber", Coach runs around and re-sets cones.		Balance and coordination Movement education Decision making	
12 min	SESSION 2	Walk the dog	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards. Walk the dog – players are the walkers, ball is the dog. Coach gives ways to walk the dog. Short lead – keep the ball close and dribble. Long lead – kick the ball and go after it. Throw the stick (dog runs away) – kick the ball away and get it before it goes out of bounds Swap Dogs – players change balls		Movement education. Repetition in ball touches. Decision making Progression - Make squares on the field – (this is the dog pound) keep your ball away from it Water break after activity.	
12 min	SESSION 3	Cartoons	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, Coach has the ball, Give players cartoon name. Coach calls the cartoon name (Scooby etc). The chosen players have to run around the goal and onto field. Coach kicks ball, players have to score in the goal.		Movement education. Listening skills Decision making Progression - Call two cartoon characters at the same or 2 v 1 etc.	
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.	

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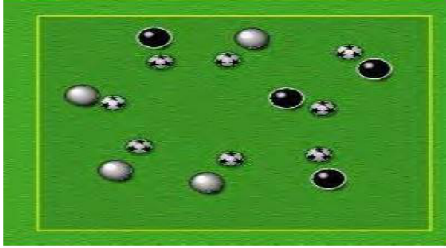
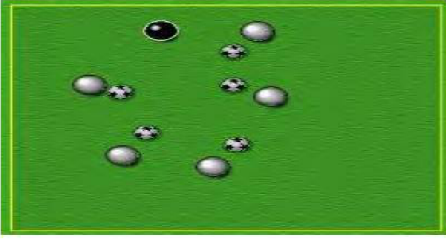
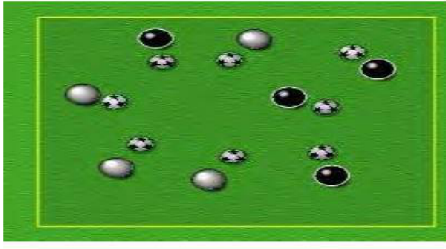
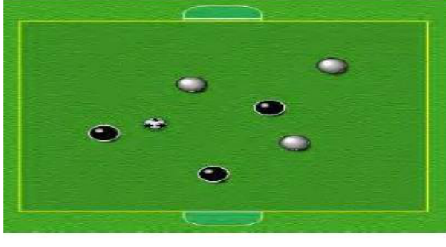
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	010	TOPIC	Ball Manipulation 3
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Walk the dog	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards. Walk the dog – players are the walkers, ball is the dog. Coach gives ways to walk the dog. Short lead – keep the ball close and dribble. Long lead – kick the ball and go after it. Throw the stick (dog runs away) – kick the ball away and get it before it goes out of bounds Swap Dogs – players change balls</p>			<p>Movement education Repetition in ball touches Decision making</p> <p>Progression - Make squares on the field – (this is the dog pound) keep your ball away from it</p>
12 min	SESSION 2	Stuck in the mud	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30x25 yards, 1 player without ball is tagger, other players have a ball. If players get tagged they hold ball above their heads and say “stuck in mud”. To get unstuck players kick ball through the “stuck players” legs</p>			<p>Movement education Social skills Working on balance and eye – foot coordination Decision making</p> <p>Water break after activity.</p>
12 min	SESSION 3	Cool down juggling	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards. All players will ball in their hands They start by dropping the ball onto their thigh and catching it. Right thigh and left thigh.</p>			<p>Time for the players to calm down and relax</p> <p>Progression - Right thigh to left thigh and catch, Right thigh to foot and catch</p>
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers</p>			<p>Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.</p>

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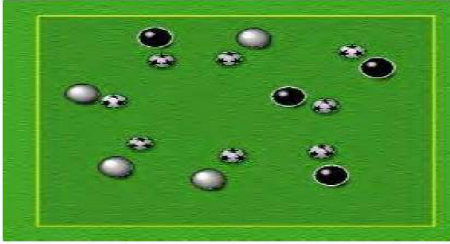
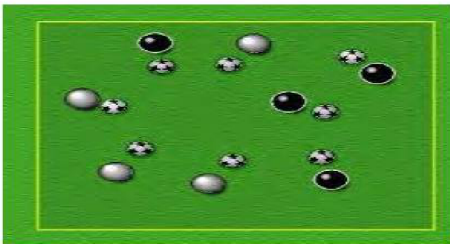
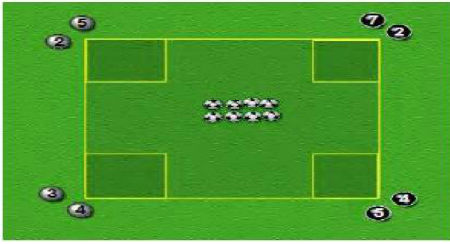
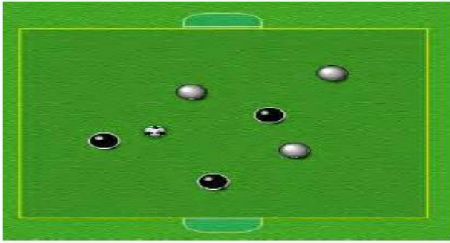
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	011	TOPIC	Dribbling 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Eskimo	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble anyway they want. The coach calls out "Freeze like an Eskimo" – the players have to freeze. Once one player moves game begins again			Balance and coordination. Movement education. Decision making. Progression - Have the players freeze pulling funny faces, First player to laugh or move – game starts again
12 min	SESSION 2	Airplanes	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, players dribble around "race track", Coach dribbles and imitates a plane (noises), taking off – fast, coming into land – slow, pulling up to gate – stop, Be animated and make plane noises			Awareness, movement education. Repetition in ball touches. Working on balance and eye – foot coordination Water break after activity.
12 min	SESSION 3	Castles	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle			Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making, Note: If players are struggling with dribbling try it with them carrying the ball.
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

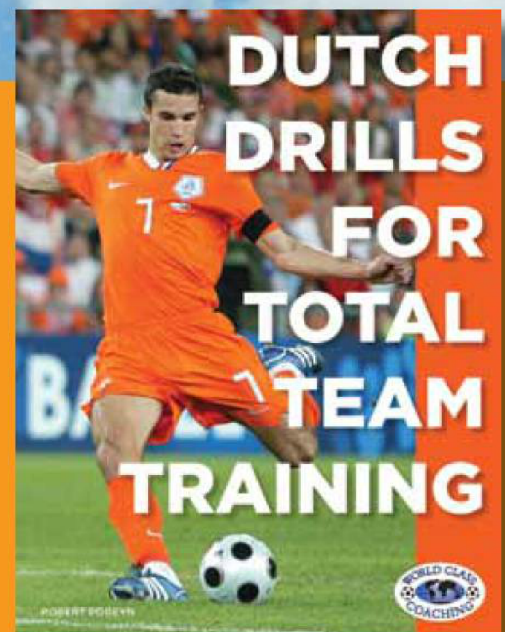
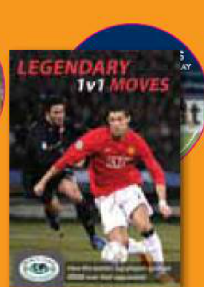
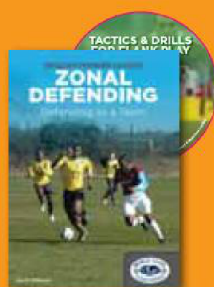
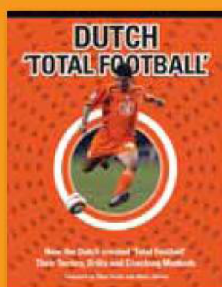
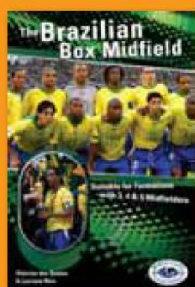
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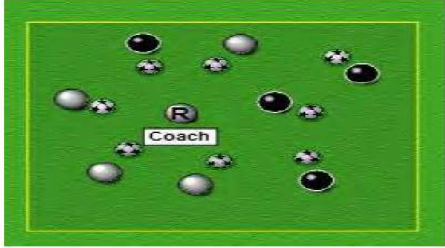
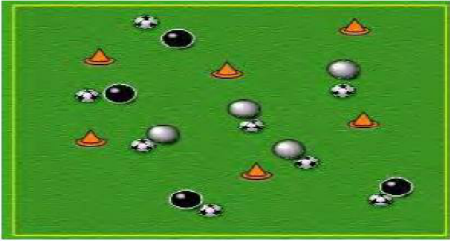
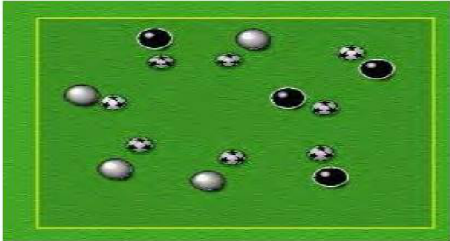
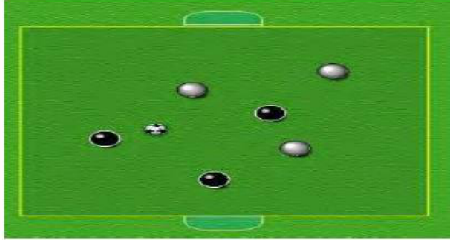
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%

PLAN:	012	TOPIC	Individual Skills 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	It's a knockout	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, everyone has a ball, Players dribble ball with their feet, Players try to kick the ball of their teammates out of the grid. Players get a point if they knock a ball out. If your ball is knocked out 5 toe taps on the outside and back in.		Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making.	
12 min	SESSION 2	Ball swap	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards. Everyone has a ball Players dribble around area. When they get to a cone they leave their ball and run to another ball.		Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making.	
12 min	SESSION 3	Body Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards. Everyone has a ball Players dribble around area. Coach or players shout out body parts, players dribble with that part of their body		Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making. Water break after activity	
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.	

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Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?

What approach and coaching style worked with this group?

Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?
