

## MLUSOCCER COACHING PLAN

COACH NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### **Details of Coaching Session:**

**Date:** \_\_\_\_\_ **Time (to/from):** \_\_\_\_\_ **Age / M / F:** U8G

**Theme of Session:** Dribbling/Turning      **Session Goals:** Increase the number of touches on the ball whilst introducing basic turns

### **MATERIAL/ TIME**

**0-15Mins  
Warm-up**

**15-30Mins  
Technical  
Exercise/Game**

**30-60Mins**

### **MATERIAL & ORGANIZATION/ PROGRESSIONS**

#### **Superman Tag**

Area – 40x30.

All players (supermen or women) start with a ball except the evil alien, Zod. Players dribble around within the area trying to avoid being tagged by Zod (give Zod a cone or pinney). Once tagged the player must pick their ball up and place it on their head. They can only be freed if another player dribbles up behind them and punches their ball back into play – superman-style.

Progression: Have more than one Zod.

If frozen at the end of game must do 2 star jumps.

#### **Electric Fence**

Players work in pairs. Place two cones about 6yards apart. Players take turns to dribble up to (but not past) cone, turn and dribble back and tag partner. To score a goal, ball must not go over the cone (which is your electric fence). Play to 12 goals.

Progression:

- Use only one foot
- Use the other foot
- Use both feet
- Introduce specific turns –
  1. Stop Turn
  2. Inside Hook

#### **Play**

4v4 with keeper sweeper. Reward players performing appropriate turns with a goal.

### **COACHING POINTS**

**Head Up**

**Keep ball under  
control**

**Use Both Feet**

**Slow in/Fast out  
Use Both Feet  
Bend Knees**

**Stop/Hop/Turn  
Turn ball with  
inside of foot –  
take away with  
other foot**

### **SELF EVALUATION:**

### **EVALUATION OF SESSION:**