

## MLU COACHING PLAN

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

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

**Date:** \_\_\_\_\_ **Time (to/from):** \_\_\_\_\_ **Age / M / F:** U6 G

**Theme of Session:** Dribbling/Control

**Session Goals:** Get children using both feet to get multiple touches of the ball

### MATERIAL/ TIME

0-15mins  
WARM UP

15-30mins  
FUN GAME

30-60mins  
PLAY

### MATERIAL & ORGANIZATION/ PROGRESSIONS

#### Body Breaks

All kids with a ball each dribbling around the designated area. On the command of 1, 2 or 3 the children will vary their speed. 1 – slow, 2 – medium, 3 – fast. Once moving the coach says Heads or Tails. Heads means stop the ball and put your head on it and Tails means stop the ball and sit on it.

#### Progression:

- Use opposite commands (e.g. Heads means sit on ball, and Tails means put your head on the ball)
- Introduce all parts of body (e.g. left foot, ear, stomach etc)

WATER BREAK

#### Starship Troopers

All kids with ball in area dribbling at good pace. When the coach thinks they are working hard enough, he shouts Bugs. The children then have to kick their ball at the big bug (coach). Balls must hit below knees, and it takes 5 hits to stop the bug. Bug not allowed to jump, just run away within area.

#### Progression:

- Use hardest working child to be next bug (on own or with coach)
- Could develop it so that there is a team of bugs (half the group) and a team of Troopers. Bugs, when hit once, stand with legs open & can be saved by another live bug crawling through their legs. Time limit applies here.

WATER BREAK

**3 v 3 small sided game**

### COACHING POINTS

KEEP BALL  
CLOSE AND  
UNDER  
CONTROL

ALWAYS STOP  
BALL BEFORE  
PUTTING BODY  
PART ON IT

KEEP HEAD UP  
WHEN  
DRIBBLING

**SELF EVALUATION:**

**EVALUATION OF SESSION:**