

MLU SOCCER COACHING PLAN

COACH NAME: _____ DATE: _____

Details of Coaching Session:

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

Theme of Session: Dribbling/Fun **Session Goals:** To have all players get multiple touches of ball with both feet

<u>MATERIAL/ TIME</u> 0-10 mins <u>WARM UP</u>	<u>MATERIAL & ORGANIZATION/ PROGRESSIONS</u>	<u>COACHING POINTS</u>
	<p>FROZEN STATUES</p> <p>Players dribble ball inside area. When coach tags player they must stop ball, stand still holding ball above head. They are released by another player knocking ball out of hands.</p> <p>Progression: Coach must kick ball out of area. Players retrieve ball and return to area. Everybody gets the chance to be “coach”.</p> <p style="text-align: center;">WATER BREAK</p>	<p>KEEP BALL CLOSE.</p> <p>HEAD UP TO SEE WHERE COACH IS.</p>
<p>15-30 mins <u>FUN GAME</u></p>	<p>3-2-1 LIFT-OFF (15 X 25)</p> <p>Split group into 2 teams. Place 5 balls on cones inside area. A team 1 dribble ball inside area and tries to pass their ball to knock ball off of cones. Team 2 has to try and replace ball on cone as quickly as possible. Teams switch after 1 minute. Who can knock off the most balls?</p> <p>Progression: Players replace ball on cone without using hands.</p> <p style="text-align: center;">WATER BREAK</p>	<p>DRIBBLE CLOSE TO CONE.</p> <p>AIM STRAIGHT TO KICK BALL FOR “LIFT-OFF”.</p>
<p>30-60 mins <u>PLAY</u></p>	<p>Play 3 v 3</p>	<p>COACH CAN MOTIVATE BY TRYING TO STOP BALLS BEING KNOCKED OFF.</p>

SELF EVALUATION:

EVALUATION OF SESSION: