

MLU COACHING PLAN

Details of Coaching Session:

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

Theme of Session: Dribbling

Session Goals: Have fun - multiple touches of ball with both feet.

MATERIAL/ TIME

0-15 mins
WARM-UP

15-30 mins
FUN GAME

30-60 mins
PLAY

MATERIAL & ORGANIZATION/ PROGRESSIONS

Soccer City

All children have a ball each, and are dribbling around a set area. This area is called Soccer City. Not allowed outside the city or car breaks down, and have to dribble around the area before allowed back in. On command of family car, kids dribble slowly, with Audi they dribble middle paced and when sports car is mentioned kids go as fast as they can. The kids should make all car noises etc. When stop is said the brake noise should be encouraged.

Progression:

- add in dead ends (so the kids have to change direction)
- have gas stops (toe taps on ball)
- oil change (leave ball and find a new ball)

WATER BREAK

Bulldogs (or relate to Soccer City)

Area 30x40 yds have all kids with a ball lined up at one end. They have to then dribble their ball to the opposite end whilst keeping control of the ball and staying inside the area. The coach is the dogcatcher, they are the bulldogs. Coach has to put a cone on top of a ball so that he/she is caught. Once caught, they become a catcher. (If relating to Soccer City, coach is PC plod giving cars tickets!).

WATER BREAK

3v3 game

COACHING POINTS

KEEP BALL
CLOSE

KEEP HEAD UP
(WHEN
DRIVING)

DON'T CRASH –
MOVE INTO
SPACE

CONTROL BALL
WHEN MOVING
FAST

TRY AND KEEP
BALL MOVING
SO CATCHER
CAN'T GET
CONE ON BALL

SELF EVALUATION:

EVALUATION OF SESSION: