

MLU 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.

MATERIAL/ TIME

0-10 mins
WARM UP

15-30 mins
FUN GAME

30-60 mins
PLAY

MATERIAL & ORGANIZATION/ PROGRESSIONS

LOSE YOUR SHADOW

Area- 30 x 20. Invisible force field to keep balls in play (or use parents)

Each player starts w/ a ball. Pair players together- one directly behind the other. Leader begins walking w/ ball- player behind must stay as close as possible without colliding.

Progressions: Use only one foot (avoiding using L or R)
Use both feet.
Walk quickly.
Jog.
Go as fast as you can to get away from player behind.

WATER BREAK

BATTLESHIP

Have players dribble around area (sea). Split group into two. Have each group wear 2 different colors. Players dribble around the area (sea) and try to knock out players (ships) from the other team by passing or dribbling their own ball (torpedo) into the other player's ball. Ships that are sunk must go into a set area (ship graveyard) and continue to dribble until all their fleet has been sunk.

WATER BREAK

Play 3 v 3

COACHING POINTS

KEEP HEAD UP.

KEEP BALL
CLOSE.

PROMOTE USE
OF BOTH FEET.

PROMOTE LOTS
OF TOUCHES.
YOU CONTROL
BALL- DO NOT
LET IT CONTROL
YOU!

LOTS OF FUN.
MAKE NOISES!
KEEP ALL
PLAYERS
MOVING?

SELF EVALUATION:

EVALUATION OF SESSION: