

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

15-30mins

FUN GAME

30-60 mins

PLAY

MATERIAL & ORGANIZATION/ PROGRESSIONS

MEMORY MAGICIAN

- Area 30 x 20 yds- invisible force field to keep balls in play (or use parents)
- All players (magicians) begin w/ a ball (wand)
- Players dribble around magic castle (field) waving wand (dribbling soccer ball)

Progressions: Use only 1 foot (no right or left)
Use other foot
Use both feet

Command words: Freeze (turn to stone) - if foot is on ball, can free yourself. Otherwise Merlin must get ball for you.

Dragon dribbles around outside of area, until Dragon goes away. Coach (dragon) chases kids off field.

Secret Passage turns in opposite direction to go down secret passage. Introduce simple turns if appropriate.

WATER BREAK

SPEEDWAY

Split groups into 2 "speed teams". On Coach's command, A's dribble to B's area & B's dribble to A's area. 1st group with whole team across, scores a point.

Progression: Use only 1 foot
Use other foot.

Add fun incentives- whole team must wave to coach once in other area.

WATER BREAK

Play 3 v 3

COACHING POINTS

KEEP HEAD UP.

KEEP BALL CLOSE.

PROMOTE THE USE OF BOTH FEET.

PROMOTE LOTS OF TOUCHES.

ADD TO THIS USING OWN IMAGINATION.

USE BOTH FEET.

GO STRAIGHT BACK IN OTHER DIRECTION.

SELF EVALUATION:

EVALUATION OF SESSION: