

MLU COACHING PLAN

COACH NAME: _____ **DATE:** _____

Details of Coaching Session:

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

Theme of Session: Dribbling **Session Goals:** To get the players feeling comfortable on the ball.

<u>MATERIAL/ TIME WARM UP</u>	<u>MATERIAL & ORGANIZATION/ PROGRESSIONS</u>	<u>COACHING POINTS</u>
0-10mins	<p>SPIDERMAN- 30 X 20 yds</p> <p>Invisible force field to keep balls in play.</p> <p>Each player starts w/ a ball. Players (flies) have to dribble around inside the area and avoid being caught by the coach (spider). Web gets bigger until only one fly is left.</p> <p>Progression: Alternate spiders Give flies 2 wings Use only one foot.</p> <p style="text-align: center;">WATER BREAK</p>	KEEP HEAD UP. KEEP BALL CLOSE. USE BOTH FEET.
15-30mins <u>FUN GAME</u>	<p>WACKY RACES</p> <p>Group players in pairs, 20 yds from each other. Have one ball per group. Player 1 dribbles across to Player 2 and tags that player. Then player 2 dribbles across to player 3 and so on.</p> <p>Progressions: Use only 1 foot (avoid L or R). Have a race (go as fast as possible). Stop ball halfway across and run. Next player runs out and dribbles to end. Make distance smaller- 5-10 yds.</p> <p style="text-align: center;">WATER BREAK</p>	USE YOUR IMAGINATION.
30-60mins <u>PLAY</u>	<p>Play 3V3</p>	

SELF EVALUATION:

EVALUATION OF SESSION: