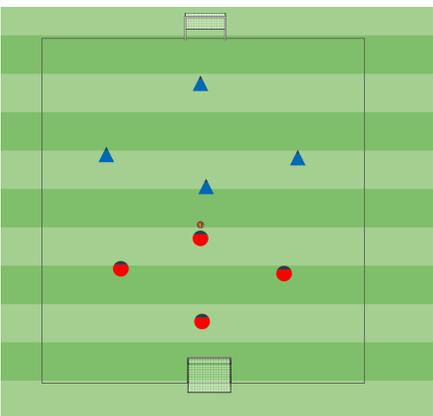


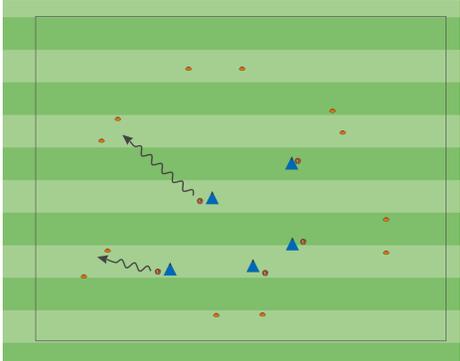


U5/U6 Session Plan #1

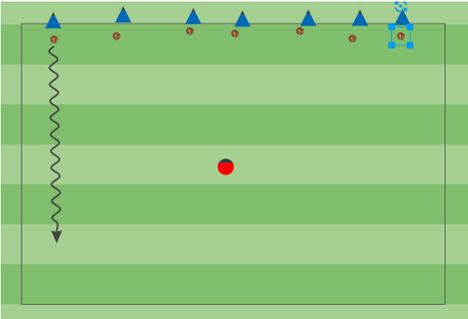
PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Dribble with laces Small touches vs. big touches
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	<p>STAGE 1 Organization:</p> <table border="1"> <tr> <td data-bbox="542 464 857 632">Coaching Points (Over the flow of play)</td> <td data-bbox="857 464 1471 632"> <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted - </td> </tr> <tr> <td data-bbox="542 632 857 793">Guided Question</td> <td data-bbox="857 632 1471 793"> <ul style="list-style-type: none"> - Can you go towards goal? </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted - 	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted - 				
Guided Question	<ul style="list-style-type: none"> - Can you go towards goal? 				

Organization 25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.

	<p>STAGE 2: Golden Gate Bridge game</p> <p>REPS: 4 WORK: 3 REST: 20</p> <table border="1"> <tr> <td data-bbox="542 957 857 1045">Coaching Points (Over the flow of play)</td> <td data-bbox="857 957 1471 1045"> <ul style="list-style-type: none"> - Dribble with our laces </td> </tr> <tr> <td data-bbox="542 1045 857 1234">Guided Question</td> <td data-bbox="857 1045 1471 1234"> <ul style="list-style-type: none"> - What part of my foot can i dribble with to help me keep the ball closer to me? Laces </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with our laces 	Guided Question	<ul style="list-style-type: none"> - What part of my foot can i dribble with to help me keep the ball closer to me? Laces
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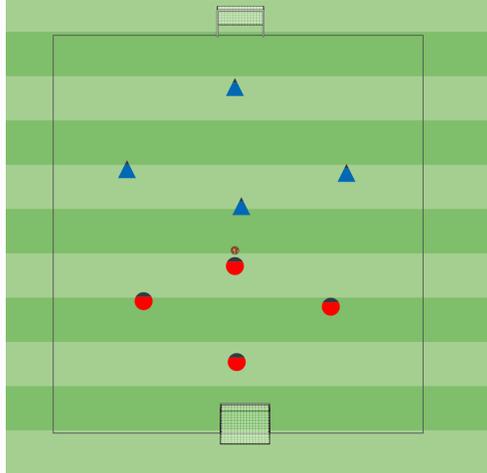
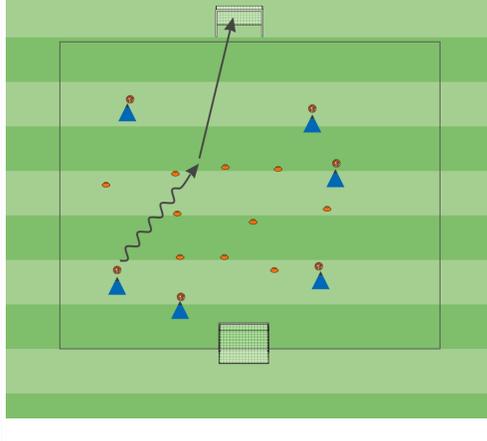
Organization No more than 5 players per field. Person who can dribble through the most gates within 1 minute wins the round. Set up gates, two cones about 1yard apart, in a 20x20yard space

	<p>Stage 3: Sharks and minnows</p> <p>REPS: 4 WORK: 3 REST: 20 SECONDS</p> <table border="1"> <tr> <td data-bbox="542 1398 857 1549">Coaching Points (Over the flow of play)</td> <td data-bbox="857 1398 1471 1549"> <ul style="list-style-type: none"> - Dribble with our Laces - Big touches to get away from the shark - Small touches when the shark gets close </td> </tr> <tr> <td data-bbox="542 1549 857 1734">Guided Question</td> <td data-bbox="857 1549 1471 1734"> <ul style="list-style-type: none"> • Why would i take small touches when the shark gets close to me? To control the ball and keep it close to me </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with our Laces - Big touches to get away from the shark - Small touches when the shark gets close 	Guided Question	<ul style="list-style-type: none"> • Why would i take small touches when the shark gets close to me? To control the ball and keep it close to me
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with our Laces - Big touches to get away from the shark - Small touches when the shark gets close 				
Guided Question	<ul style="list-style-type: none"> • Why would i take small touches when the shark gets close to me? To control the ball and keep it close to me 				

Organization 20width x 30 length box.

Play 4v4 for 15min: Check for understanding of coaching points

Session 2

PRINCIPLE	Dribbling	LEARNING OBJECTIVES				
	<p>STAGE 1 Organization:</p>	<table border="1"> <tr> <td data-bbox="885 304 1177 451">Coaching Points (Over the flow of play)</td> <td data-bbox="1177 304 1469 451"> <ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted </td> </tr> <tr> <td data-bbox="885 451 1177 682">Guided Question</td> <td data-bbox="1177 451 1469 682"> <ul style="list-style-type: none"> - Can you go towards goal? </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted 	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted 					
Guided Question	<ul style="list-style-type: none"> - Can you go towards goal? 					
Organization	<p>25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.</p>					
	<p>STAGE 2: Relay Race</p> <p>REPS: 4 WORK: 3 REST: 20</p>	<table border="1"> <tr> <td data-bbox="885 850 1177 997">Coaching Points (Over the flow of play)</td> <td data-bbox="1177 850 1469 997"> <ul style="list-style-type: none"> - Dribble with the inside of our foot - Dribble with the outside of our foot - Small touches through the cones </td> </tr> <tr> <td data-bbox="885 997 1177 1186">Guided Question</td> <td data-bbox="1177 997 1469 1186"> <ul style="list-style-type: none"> - What kind of touches (big or small) do we need to take to keep the ball under control through the cones? Small touches - Have a player demonstrate taking small touches through the cones after answering. </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with the inside of our foot - Dribble with the outside of our foot - Small touches through the cones 	Guided Question	<ul style="list-style-type: none"> - What kind of touches (big or small) do we need to take to keep the ball under control through the cones? Small touches - Have a player demonstrate taking small touches through the cones after answering.
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble with the inside of our foot - Dribble with the outside of our foot - Small touches through the cones 					
Guided Question	<ul style="list-style-type: none"> - What kind of touches (big or small) do we need to take to keep the ball under control through the cones? Small touches - Have a player demonstrate taking small touches through the cones after answering. 					
Organization	<p>Split first play grid in half to use halves as stage 2 & 3 grid. Have players dribble through the cones using the inside and the outside of their foot. No more than 3 players per line. If there is more than 3 players make another line.</p>					
	<p>Stage 3: Volcano Shootout</p> <p>REPS: 4 WORK: 3 REST: 20 SECONDS</p>	<table border="1"> <tr> <td data-bbox="885 1354 1177 1522">Coaching Points (Over the flow of play)</td> <td data-bbox="1177 1354 1469 1522"> <ul style="list-style-type: none"> - Dribble using the inside of our foot - Dribble with the outside of our foot - Small touches through the cones - Big touches once we get through the cones to go to goal as fast as we can </td> </tr> <tr> <td data-bbox="885 1522 1177 1711">Guided Question</td> <td data-bbox="1177 1522 1469 1711"> <ul style="list-style-type: none"> • Why would we take big touches when we have space? To goal to goal as fast as we can </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble using the inside of our foot - Dribble with the outside of our foot - Small touches through the cones - Big touches once we get through the cones to go to goal as fast as we can 	Guided Question	<ul style="list-style-type: none"> • Why would we take big touches when we have space? To goal to goal as fast as we can
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Dribble using the inside of our foot - Dribble with the outside of our foot - Small touches through the cones - Big touches once we get through the cones to go to goal as fast as we can 					
Guided Question	<ul style="list-style-type: none"> • Why would we take big touches when we have space? To goal to goal as fast as we can 					
Organization	<p>Can use full 25x35 grid. Players have to dribble through the cones (the volcanos) without hitting them (because volcanos are hot and they will get burned) in order to go score a goal. Player with the most goals after 2 minutes wins.</p>					

Play 15: Check for understanding