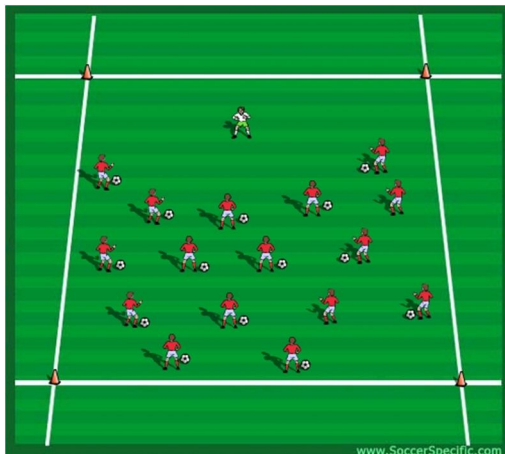




U6 Session Plan #1

Ball Mastery



COACH SAYS-SAYS COACH

Emphasis: Fun game! All technical aspects of the game as well as listening.

Set-up: Each player has a ball. Players are in a 20 x 20 yard grid.

Progression: All players are facing the coach. The coach calls out various technical moves for the players to work on. Players may only do the move if they first here the words "COACH SAYS". If a player performs the move prior to hearing "COACH SAYS" they are asked to perform a specified amount of juggles, moves or ball taps prior the exercise beginning again.

Eventually you want this exercise to move quickly forcing players to listen.

Coaching Points:

- Improve communication between teammates
- Decision making
- All aspects of skill development



WHICH BODY PART?

Emphasis: Fun Game! Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

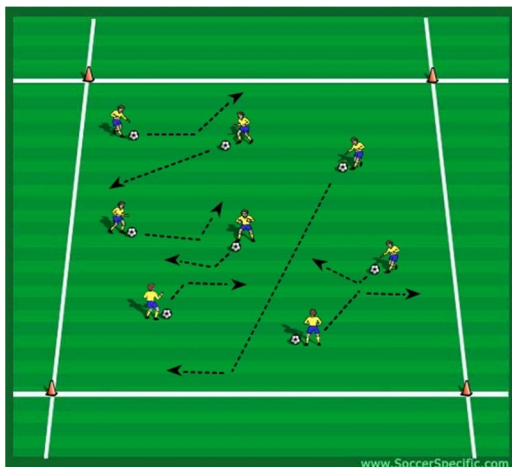
Set-up: Each player dribbles their ball throughout a 15 x 20 yards gridded area.

Progression: The coach will call out a specific part of the body. As she/he does, the player will stop their ball with that part of the body.

Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other
- Develop a comfort level between the ball and the player



TERMINATOR TAG

Emphasis: Fun Game! Confidence on the ball while gaining touches. Dribbling with head up

Set-up: Each player dribbles their ball throughout a 15 x 20 yard gridded area.

Progression:

Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. As the player is tagged a second time, they must continue dribbling while holding both tagged areas. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

Coaching Points:

- Keep the ball tight to the foot
- Eyes up seeing ball
- Avoid running into each other
- Be deceptive – try and sneak up on players from behind
- Utilize the outside of the feet, pushing the ball away from the opposition



3v3 GAME

Emphasis: FUN!

Set-up: 20 x 30 yard grid. 6 players. Cones to make mini goal.

Objective: 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasis what you have worked on throughout the

Coaching Points:

- All of above

ADDITIONAL NOTES