



U5/U6 Session Plan #1

<b>PRINCIPLE</b>	Dribbling	<b>LEARNING OBJECTIVES</b>	Dribble with laces Small touches vs. big touches
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	<b>STAGE 1 Organization:</b>	
	<b>Coaching Points (Over the flow of play)</b>	<ul style="list-style-type: none"> <li>- Direction of Play, blue one way red the other, they will get confused.</li> <li>- Find the Ball, they will get distracted</li> <li>-</li> </ul>
	<b>Guided Question</b>	<ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul>

**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.

	<b>STAGE 2: Golden Gate Bridge game</b>		
	<b>REPS:</b> 4	<b>WORK:</b> 3	<b>REST:</b> 20
	<b>Coaching Points (Over the flow of play)</b>	<ul style="list-style-type: none"> <li>- Dribble with our laces</li> </ul>	
<b>Guided Question</b>	<ul style="list-style-type: none"> <li>- What part of my foot can i dribble with to help me keep the ball closer to me? <b>Laces</b></li> </ul>		

**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

	<b>Stage 3: Sharks and minnows</b>		
	<b>REPS:</b> 4	<b>WORK:</b> 3	<b>REST:</b> 20 SECONDS
	<b>Coaching Points (Over the flow of play)</b>	<ul style="list-style-type: none"> <li>- Dribble with our Laces</li> <li>- Big touches to get away from the shark</li> <li>- Small touches when the shark gets close</li> </ul>	
<b>Guided Question</b>	<ul style="list-style-type: none"> <li>• Why would i take small touches when the shark gets close to me? <b>To control the ball and keep it close to me</b></li> </ul>		

**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="852 304 950 451">Coaching Points (Over the flow of play)</td> <td data-bbox="950 304 1469 451"> <ul style="list-style-type: none"> <li>- Direction of Play, blue one way red the other, they will get confused.</li> <li>- Find the Ball, they will get distracted</li> </ul> </td> </tr> <tr> <td data-bbox="852 451 950 682">Guided Question</td> <td data-bbox="950 451 1469 682"> <ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul> </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> <li>- Direction of Play, blue one way red the other, they will get confused.</li> <li>- Find the Ball, they will get distracted</li> </ul>	Guided Question	<ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul>
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Guided Question	<ul style="list-style-type: none"> <li>- Can you go towards goal?</li> </ul>					
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="852 850 950 997">Coaching Points (Over the flow of play)</td> <td data-bbox="950 850 1469 997"> <ul style="list-style-type: none"> <li>- Dribble with the inside of our foot</li> <li>- Dribble with the outside of our foot</li> <li>- Small touches through the cones</li> </ul> </td> </tr> <tr> <td data-bbox="852 997 950 1186">Guided Question</td> <td data-bbox="950 997 1469 1186"> <ul style="list-style-type: none"> <li>- What kind of touches (big or small) do we need to take to keep the ball under control through the cones? <b>Small touches</b></li> <li>- Have a player demonstrate taking small touches through the cones after answering.</li> </ul> </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> <li>- Dribble with the inside of our foot</li> <li>- Dribble with the outside of our foot</li> <li>- Small touches through the cones</li> </ul>	Guided Question	<ul style="list-style-type: none"> <li>- What kind of touches (big or small) do we need to take to keep the ball under control through the cones? <b>Small touches</b></li> <li>- Have a player demonstrate taking small touches through the cones after answering.</li> </ul>
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Guided Question	<ul style="list-style-type: none"> <li>- What kind of touches (big or small) do we need to take to keep the ball under control through the cones? <b>Small touches</b></li> <li>- Have a player demonstrate taking small touches through the cones after answering.</li> </ul>					
Organization	<p>Split first play grid in half to use halves as stage 2 &amp; 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="852 1354 950 1522">Coaching Points (Over the flow of play)</td> <td data-bbox="950 1354 1469 1522"> <ul style="list-style-type: none"> <li>- Dribble using the inside of our foot</li> <li>- Dribble with the outside of our foot</li> <li>- Small touches through the cones</li> <li>- Big touches once we get through the cones to go to goal as fast as we can</li> </ul> </td> </tr> <tr> <td data-bbox="852 1522 950 1711">Guided Question</td> <td data-bbox="950 1522 1469 1711"> <ul style="list-style-type: none"> <li>• Why would we take big touches when we have space? <b>To goal to goal as fast as we can</b></li> </ul> </td> </tr> </table>	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> <li>- Dribble using the inside of our foot</li> <li>- Dribble with the outside of our foot</li> <li>- Small touches through the cones</li> <li>- Big touches once we get through the cones to go to goal as fast as we can</li> </ul>	Guided Question	<ul style="list-style-type: none"> <li>• Why would we take big touches when we have space? <b>To goal to goal as fast as we can</b></li> </ul>
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Guided Question	<ul style="list-style-type: none"> <li>• Why would we take big touches when we have space? <b>To goal to goal as fast as we can</b></li> </ul>					
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