

## YES SESSION PLANNER



<b>Age Group-</b>	U4	<b>Equipment Needs-</b>	Bibs Cones Balls Whistle
<b>Ability Level-</b>	Recreational		




**Objective of the Practice Session-**

Dribbling/ running with the ball

**WARM-UP/ ACTIVATOR**

**TECHNICAL DEVELOPMENT/ SKILL BUILDING**

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><b>1) Warm up</b> Monkeys tails. Set up a grid 20*20. Players put bibs in back of shorts (get parents to help players). Pick one tail stealer who tries to snatch other monkeys tails. When a tail is stolen the monkey becomes a stealer too. Keep playing until 1 monkey remains. Progression would be to give monkeys ball to dribble.</p>	<ol style="list-style-type: none"> <li>1. Protect your tail</li> <li>2. Head up (do not crash)</li> <li>3. Run into space</li> </ol> <p>Encourage players to twist and turn and change direction when tail stealer is around.</p>		8
<p><b>2) Road trip</b> Give each player a cone to hold as steering wheel. Players dribble around grid keeping their soccer ball super close. Coach sets out different areas which will act as places to visit on the road trip. Yellow cones for ice cream shop, blue cones for beach, red cones for apple picking, green cones for park, etc.. For each area you scatter cones around of same color and players must dribble through without bumping into any cones. When coach calls beep the horn players do toe taps. Change the weather within the game. Wet conditions need wipers so players do scissors over the ball. Rain leaves puddles so get players to jump over the ball like jumping in puddles. Bumpy roads means the ball will bobble so players do tick tocks while moving forward. You can add icy conditions which means players fall over ball and quickly get back to their feet. Get creative with the story.</p>	<ol style="list-style-type: none"> <li>1. Make sure players are aware of where they are running</li> <li>2. Avoid crashing cars</li> <li>3. Avoid any traffic accidents when visiting places</li> <li>4. Little touches using all surfaces of feet.</li> <li>5. Listen to coaches command</li> </ol>		20
<p><b>3) Long drive home</b> Driving home it is late. All the animals deer's, skunks, foxes (any other animal that makes good road kill) are out on the roads. (Use parents as these animals) start by using 1 animal then every couple of minutes add another until there is about 4. If a player knocks into a parent the parent kicks the ball away. Object is for the players not to hit animals. Make it exciting for the players. Animals are to move fast/slow and change directions.</p>	<ol style="list-style-type: none"> <li>1. Players to look where they are dribbling</li> <li>2. Little kicks for close control</li> <li>3. Change of direction</li> <li>4. Stop/start ball</li> </ol>		12

CONDITIONED GAMES/ SMALL SIDED GAMES	<p><b>4) Scrimmage</b> Bumble bee ball. Let the players play against each other trying to score goals in opponents net. Don't be afraid to stop the play to give instruction or praise.</p>	<ol style="list-style-type: none"> <li>1. Encourage dribbling</li> <li>2. Running into space and not crowding</li> <li>3. Head up</li> <li>4. Use of feet</li> </ol>		10
WARM-DOWN	<p><b>5) Cone pick up</b> Let players go pick up any cones that was used during your session. Make sure there is at least 1 cone down for each player.</p>			

**Coach:** Molly Carpenter

**Date:**

**Location:** NKSA