

YES SESSION PLANNER



Age Group-	U6	Equipment Needs-	Cones
Ability Level-	Recreational		Bibs
			Balls
			Whistle



Objective of the Practice Session-

Dribbling

WARM-UP/ ACTIVATOR

 TECHNICAL DEVELOPMENT/ SKILL BUILDING

 CONDITIONED GAMES/ SMALL SIDED GAMES

 WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
1) Clean Up 40*30 grid. In each corner set a 10*10 box. Split teams into each corner box. Put cones in center of grid. Children must dribble ball collect cone and take them back to their castle. Team to collect all their cones first wins. Waiting players can perform tasks in the castle (Toe taps, tick tocks and so on)	1. Watch how child accelerates 2. Control on the ball 3. Surface of feet used 4. Encourage using both feet 5. Head up 6. Turning with the ball		10
2) Technical part 1 40*30 grid. Give players 4 cones let them make a box within the grid. (just for involvement) boxes can be placed anywhere. Players then dribble around the grid and on the whistle must get to a box and perform soccer skill.	1. Heads up 2. Use different surfaces of feet. 3. Run into space 4. Control of ball		12
3) Traffic Lights Players dribble from one side of field to other keeping close control of ball. Coach calls out different colors kids must react keeping control of ball. First kid to cross the line wins. If mistakes are made send them back to check point. Red light- stop, Green light- go, Yellow light- slow/toe taps. Make any color part of the game with different soccer skills.	1. Listen to coaches call 2. Heads up 3. Control of ball 4. Reaction to command		12
4) SSG Let the kids play out a scrimmage. When the ball goes out of bounds restart with throw in from the coach. Try encouraging children to use what they have learned throughout session.	1. Dribble ball into space 2. Head up 3. Use of both feet 4. Passing to team players 5. Think less imagine more		10-15
5) Simon Says Try to include small movements that will help with stretching of the body throughout			

Coach: Molly Carpenter

Date:

Location: NKSA