

## YES SESSION PLANNER



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




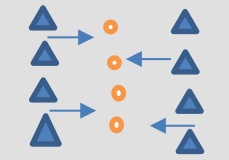

**Objective of the Practice Session-**

Passing

**WARM-UP/ ACTIVATOR**

**TECHNICAL DEVELOPMENT/ SKILL BUILDING**

**CONDITIONED GAMES/ SMALL SIDED GAMES**

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><b>1) Banana split</b> Players dribble ball around grid. One player must try tag other players shoulder (tagger has no ball) if a player with the ball gets tagged they must hold their ball above their head and shout IM A BIG BOUNCING BANANA. Another player must touch the ball so player can join back into the game. Rotate tagger every couple of minutes.</p>	<ol style="list-style-type: none"> <li>1. Keep control of ball</li> <li>2. Avoid being tagged</li> <li>3. Run into space with ball</li> </ol>		
<p><b>2) Treasure chest</b> Set 25*25 grid. Each corner put a different color square (players ship). Balls are in the center (treasure cave). Split players into 4 teams. Each have their own ship. Players must run into treasure cave take a ball (treasure) dribble out towards their team mate and passes it back to their team player who is waiting in the ship. When they run back second player runs into treasure cave and dribbles then passes ball out same as first. Keep making passes until all the balls (treasure) is gone. Return balls to center of grid. Next time players pass the ball back from center of grid (treasure cave) switch so players can only use left foot or right foot. Another progression When taking treasure from cave players must use drag back then pass.</p>	<ol style="list-style-type: none"> <li>1. Use inside feet to pass ball</li> <li>2. Plant supporting foot beside the ball pointing in direction they are passing</li> <li>3. Head up</li> <li>4. Follow through with their kick</li> <li>5. Control on ball</li> <li>6. Speed of play</li> </ol>		
<p><b>3) Pirate ship battle</b> Pick 2 teams of pirates. About 20 yards apart (depends on groups ability) line up the center a line of cones with balls on top. Each player (pirate) has their own ball and must try knock the center ball off the cone. Each time a player knocks down a ball they gain a point for their team. Coach can keep replacing balls as they are knocked off to keep game flowing. Play first team to 10 points wins that battle then restart battle.</p>	<ol style="list-style-type: none"> <li>1. Encourage using inside of feet</li> <li>2. Head up</li> <li>3. Plant supporting foot beside the ball</li> <li>4. Toe pointing in direction ball wants to go</li> <li>5. Sweep the ball across towards target.</li> </ol>	<p>Triangles = players Circles = balls</p> 	
<p><b>4) Scrimmage</b> Pick 2 teams to play against each other. Encourage them to make the correct passes. Using the inside of their feet. Let the game flow but stop to help players when needed. Although we are concentrating on passing if player has space encourage them to dribble ball into it.</p>	<ol style="list-style-type: none"> <li>1. Look for pass</li> <li>2. Use inside of feet</li> <li>3. Head up</li> <li>4. Run into space</li> </ol>		

<b>WARM-DOWN</b>	<b>5) Monkeys tails</b> Players put bibs into back of their shorts must protect it from tail stealer. When player steals a tail that monkey becomes a tail stealer too. Keep playing until all monkeys lose their tail.			
	<b>Coach: Molly Carpenter</b>	<b>Date:</b>	<b>Location: NKSA</b>	