

YES SESSION PLANNER



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



Objective of the Practice Session-

Close Dribbling

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/ SMALL SIDED GAMES

WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>1) Warm up 20x20 grid. Players start static and perform ball mastery skills ie toe taps, tick tocks, scissors etc... Then progress into moving off the spot. Players must control the ball. Introduce turns ie. Drag backs, cut backs, cryuff turns etc...</p>	<ol style="list-style-type: none"> 1. Soft touches 2. Control on ball 3. Use arms for balance 4. Awareness 5. Using both feet 6. Using different surfaces of feet. 		10
<p>2) Dribbling Create circle. Half players in half on outside. Players dribble around in circle for set time. Players on outside rest. Set time on ability of group. Coach calls demands while players are dribbling ball.</p> <ol style="list-style-type: none"> 1. Stop/starts body part dribbling 2. Different surfaces of feet 3. Left foot only 4. Both feet <p>Include all players play body part dribbling. Whatever body part coach calls players stops the ball using that body part.</p>	<ol style="list-style-type: none"> 1. Heads up 2. Soft touches on ball 3. Dribble into space 4. Close control 5. Awareness 6. reaction 		12
<p>3) jungle dribbling 20*30 grid. Players start on outside grid. Coach tells a story about a jungle adventure that players are about to embark. Encourage players to describe what is in the jungle. For each animal/plant player speaks of coach puts cones down as animal/plant. Players must avoid cones.</p>	<ol style="list-style-type: none"> 1. Heads up 2. Keep ball close 3. Avoid obstacles 4. Dribble into space 		12
<p>4) SSG 40*30 scrimmage. Encourage players to use dribbling skills learnt throughout session during game.</p>	<ol style="list-style-type: none"> 1. Dribble into space 2. Heads up 3. Pass with players 4. Good touch on ball 5. Use both feet. 		
<p>5) Fetch Coach plays ball 30/40 yards players must retrieve ball and dribble back to coach</p>			

Coach: Molly Carpenter

Date:

Location: NKSA