

## 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-**

Touches/Turning/shielding ball

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/ SMALL SIDED GAMES

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><b>1) Scrap yard clean up</b> Throw different colored cones around playing area. Make each color a different piece of car scrap. When coach calls out the scrap piece players dribble ball and bring back all cones that are that color. Repeat until all cones are back. Make sure there is enough cones for each player to bring back at least 1 cone. (you can start this drill by leaving the ball out)</p>	<ol style="list-style-type: none"> <li>1. Heads up</li> <li>2. Awareness of other players</li> <li>3. Speed</li> <li>4. Change of direction</li> </ol>		
<p><b>2) Red light, Green light</b> Players dribble around grid. Keeping ball close to feet by using small touches. Players must listen to command of traffic light color from coach. Red light = stop, green light = go, yellow light = slow down. You can add other colors to mean different tasks like purple light = crazy dance. Add obstacles to the game like gas refill = toe taps, rainy weather means we need wipers = scissors, rain leaves puddles = player jumps over ball, when cold rain gets wet which means icy roads = players slip on ice, avoid a RTA = drag back, bumpy road = tick tocks while moving forward. You can make the story go anyway you like. Keep it animated for the players.</p>	<ol style="list-style-type: none"> <li>1. Make sure players take little touches</li> <li>2. Heads up</li> <li>3. Awareness of others</li> <li>4. Space awareness</li> <li>5. Control on ball</li> <li>6. Each time you give command follow up with skill type.(example, fill your gas = toe taps)</li> </ol>		
<p><b>3) Bumper Cars</b> Players dribble ball around grid. Using their cars (ball) they keep close control. Pick a 'bumper car' who must dribble their ball around and try to bump others balls with their ball (bumper cars). Switch bumper car every couple minutes. When a players ball gets bumped they must do a soccer skill before they can get back on the track. Encourage the players to change direction and shield their ball when under attack from bumper car.</p>	<ol style="list-style-type: none"> <li>1. Close control</li> <li>2. Change of speed</li> <li>3. Protect the ball</li> <li>4. Change of direction</li> <li>5. Awareness of space/others</li> <li>6. use all parts of the feet</li> </ol>		
<p><b>4) Car Thief</b> Now that we have been on a drive and had fun at the bumper cars it is time to go home. On the way home a car thief is in the parking lot waiting to steal cars (soccer balls) players must keep their ball safe from the car thief. Players keep their car safe by dribbling around keeping close control using their turns and skills learnt in previous drills. Make a safety garage where players can park their car (stop ball) and the thief cannot steal from them. Players get 5 seconds in the garage then must return to game. Switch car thief every couple of minutes.</p>	<ol style="list-style-type: none"> <li>1. Awareness</li> <li>2. Control on ball</li> <li>3. Protect ball</li> <li>4. Creating space</li> <li>5. Change of direction</li> </ol>		

<b>WARM-DOWN</b>	<b>5) Scrimmage</b> Put players into 2 teams and let them play against each other. Encourage players to use skills learnt throughout the session.			
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**Coach: Molly Carpenter**

**Date:**

**Location: NKSA**