

**YES SESSION PLANNER**



|                       |              |                         |                                   |
|-----------------------|--------------|-------------------------|-----------------------------------|
| <b>Age Group-</b>     | U6           | <b>Equipment Needs-</b> | Balls<br>Bibs<br>Cones<br>Whistle |
| <b>Ability Level-</b> | Recreational |                         |                                   |



**Objective of the Practice Session-** Running with the ball

|  | Outline & Progressions  | Coaching Points  | Organizational Diagram | Min. |
|--|---|--|------------------------|------|
| <b>WARM-UP/<br/>ACTIVATOR</b>                    | <p><b>1) Warm up</b><br/>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"> <li>Maximum touches</li> <li>Awareness</li> <li>Using both feet</li> <li>Using different part of feet.</li> <li>Soft touches</li> </ol>   |                        | 10   |
|  | <p><b>2) Technical unopposed</b><br/>Cones 5 yards apart. Adjust length on ability of group. Players in 2 teams. 1 at a time move forward with ball. Get player to play ball past first cone ahead catch up control and repeat.</p> <ol style="list-style-type: none"> <li>Play ball, dribble, play ball</li> <li>Zig-zag through cones (this helps player change direction while running with ball)</li> <li>Add passive defender</li> </ol> | <ol style="list-style-type: none"> <li>Use laces</li> <li>Head up</li> <li>Go into space</li> <li>Control on ball</li> <li>Faint out defender</li> <li>Accelerate after playing ball.</li> </ol>                   |                        | 12   |
| <b>TECHNICAL DEVELOPMENT/<br/>SKILL BUILDING</b> | <p><b>3) 1v1 opposed</b><br/>Player A starts with the ball. Player A is looking to get over the line behind defender (between goals). Player B can't move till Player A has touched ball and is looking to get over the end line if they win the ball.</p>  | <ol style="list-style-type: none"> <li>Bigger first touch (attack the space)</li> <li>Head up watch defenders position</li> <li>Attack space</li> <li>Protect ball (put body between defender and ball)</li> </ol> |                        | 20   |
|  | <p><b>4) SSG</b><br/>30*40 grid. Scrimmage. Encourage children to use the skills picked up during the session in the game.</p>  | <ol style="list-style-type: none"> <li>Heads up</li> <li>Keep moving</li> <li>Look for space</li> <li>Pass and move</li> <li>Run with ball</li> <li>Create space</li> </ol>  |                        |      |
| <b>WARM-DOWN</b>                                 | <p><b>5) Cool down</b><br/>Light jog as a team</p>  | Stretches for 10-15 sec  |                        | 5    |

**Coach:** Molly Carpenter

**Date:**

**Location:** NKSA