

YES SESSION PLANNER



Age Group-	U6	Equipment Needs-	Cones Bibs Balls goals
Ability Level-	Recreation		



Objective of the Practice Session-

Passing

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>1) Ball mastery Each player has a ball. Starting static perform ball mastery skills.</p> <ol style="list-style-type: none"> 1. Toe taps 2. Tick tocks 3. Side rolls 4. Inside/outside <p>Progression:</p> <ol style="list-style-type: none"> 1. Dribble ball 2. Perform ball mastery commands at cone while dribbling ball. 	<ol style="list-style-type: none"> 1. Try keep head up as much as you can 2. Keep ball close 3. Keep control balance 		45
<p>2) Passing/ moving to receive pass Players make way through cones using quick feet receive pass and return to opposite side repeats procedure</p> <ol style="list-style-type: none"> 1. Push pass 2. Volley 3. Chest head 4. Head 	<ol style="list-style-type: none"> 1. Quick feet 2. Head up 3. Communication 4. Good first touch 5. Good return pass 		20
<p>3) Numbers passing Players complete passing in 12*12 grid in numerical order</p> <ol style="list-style-type: none"> 1. Count passes 2. Reverse order 3. Switch players 4. Open grid add ball 	<ol style="list-style-type: none"> 1. Movement 2. Communication 3. Angle of support 4. Weight of pass 5. Good touch 6. Quick decisions 		20
<p>4) 4v1 Players must work the line creating angles of support while keeping possession of ball in 12*12 grid.</p> <ol style="list-style-type: none"> 1. Passive defender 2. Real time 3. Fakes, turns, fints 4. Minimize touches 	<ol style="list-style-type: none"> 1. Correct decision 2. Movement off the ball 3. Angle of support 4. Weight of pass 5. Accuracy 		20
<p>5) SSG End zone game. 3 teams of 5. Players must keep possession by passing ball forward through grid and scoring by stopping ball in end zone.</p> <ol style="list-style-type: none"> 1. Try get 3 successful passes 2. Try get 5 successful passes 3. Minimize touches 	<ol style="list-style-type: none"> 4. Good movement on/off ball 5. Head up 6. Accuracy of pass 7. Weight of pass 8. communication 		30
<p>6) light jog/ stretches</p>			5

Coach: Molly Carpenter

Date:

Location: NKSA