

YES SESSION PLANNER



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



	Objective of the Practice Session-	Stop/Starts, Turning with the ball		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>1) Warm up 20*20 grid. Players start static. 1 ball, 1 cone. Players perform ball mastery skills like toe taps, side rolls, static scissors, roll-stop-tap. Players then move within grid completing same ball mastery skills.</p> <ol style="list-style-type: none"> Stop perform skill move on turns 	<ol style="list-style-type: none"> Stay light on feet Keep on toes Use arms for balance Small touches on the ball Close control 		12
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>2) Unopposed turns 15*20 set up as shown. Players are split into 2 teams. Players dribble forward and complete skilled turn in middle grid. Players rotate go one at a time.</p>	<ol style="list-style-type: none"> Close control Soft touches Head up Use arms for balance Sharp quick movements 		10
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>3) 1v1 opposed 20*20 grid. Defender plays into attacking player. Defender becomes active after attackers first touch. Attacker must try beat defender by performing trick/turn. Players switch position each time</p>	<ol style="list-style-type: none"> Head up Good first touch Asses defenders position Keep control of ball Accelerate after performing turn/ beating defender. 		10
CONDITIONED GAMES/ SMALL SIDED GAMES	<p>4) SSG 30*40 grid. Encourage players to use skills learnt today. Make sure players are creating space and using other team players with moving forward with the ball.</p>	<ol style="list-style-type: none"> Create space Good control on ball Space awareness Touch Creativity Head up 		
WARM-DOWN	<p>5) Head/catch Players in a circle around coach. Coach throws ball at player. If coach calls 'catch' player must head. If coach calls 'head' players catch. Last standing wins.</p>			

Coach: Molly Carpenter

Date:

Location: NKSA