

## YES SESSION PLANNER



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



**Objective of the Practice Session-**

Ball protection/Change of direction using turns

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/  
SMALL SIDED GAMES

WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p><b>1) Warm up</b> 20*20 grid. Tag game. 2 sharks (defenders) are taggers. If player gets tagged must stand with feet wide and hands touching both feet. Creating a bridge. Players must crawl under 'bridge' to free tagged player.</p>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Head up</li> <li>3. Special awareness</li> <li>4. Acceleration</li> </ol>		8
<p><b>2) Shark attack</b> 20*20 grid. As above. This time using soccer balls. Sharks try stealing ball from players using light pressure. Sharks count how many balls they steal within 45 seconds. Rotate sharks. Players with the ball must try protect ball from sharks using turns, or by getting body between player and ball.</p>	<ol style="list-style-type: none"> <li>1. Heads up</li> <li>2. Body between defender and ball</li> <li>3. Turn with ball</li> <li>4. Acceleration after turn</li> <li>5. Awareness</li> </ol>		12
<p><b>3) King of the ring</b> 20*20 grid. Players dribble around square changing directions by using big toe (cut inside) or little toe (cut outside) or by using turns (cruyff, drag back)</p> <ol style="list-style-type: none"> <li>1. Give each turn a number player performs as coach calls number.</li> <li>2. King of the ring. Last player with ball inside square wins</li> </ol>	<ol style="list-style-type: none"> <li>1. Use space</li> <li>2. Good control on ball</li> <li>3. Head up</li> <li>4. Protect ball</li> </ol>		15
<p><b>4) SSG</b> Players start in end zones. Team plays ball in then applies pressure on first touch of opposing team. Play runs 2v2, 3v3, 4v4. Encourage players to use turns and fakes</p>	<ol style="list-style-type: none"> <li>1. First touch on ball</li> <li>2. Asses defenders</li> <li>3. Head up</li> <li>4. Communication</li> </ol>		
<p><b>5) Monkeys Tails</b> Players put pinnies into back of shorts. Must protect tail from other players trying to steal them.</p>	<ol style="list-style-type: none"> <li>1. Running into space</li> <li>2. Putting body between player and pinnie</li> </ol>		

**Coach:** Molly Carpenter

**Date:**

**Location:** NKSA