

YES SESSION PLANNER



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



Objective of the Practice Session-

WARM-UP/ ACTIVATOR

TECHNICAL DEVELOPMENT/ SKILL BUILDING

CONDITIONED GAMES/
SMALL SIDED GAMES

WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>1) Warn Up: Players run around free grid in pairs. Defender plays ball through attackers legs who reacts to ball and turns to attack defender</p> <ol style="list-style-type: none"> 1. Defender applies pressure 2. Defender tackles after attacker turns. 	<ol style="list-style-type: none"> 1. Get to ball quickly 2. Open up to face defender 3. First touch should engage defender 4. Know when to use fakes or fakes 		10
<p>2) 1v1 opposed Defender plays ball in to attacker who then tries to score into either goal. Defender is active must press ball straight away. Goal can only be scored between cone and goal</p>	<ol style="list-style-type: none"> 1. Quality of pass 2. First touch (weight and direction) 3. Use of turns to create space 4. Accelerate out of turns 5. finish 		15
<p>3) 1v1 creating space 30*20 grid. Starting with keeper plays the ball to team mate who tries to score into opposition goal. Must pass the defender to strike.</p> <ol style="list-style-type: none"> 1. Must complete fake/faint 2. 2 touches after passing defender 3. Must play wall pass 	<ol style="list-style-type: none"> 1. Must create space 2. Asses the defender 3. Good first touch 4. Acceleration after beating defender 5. Finishing. 		15
<p>4) SSG Encourage players to take on player from opposite team. Encourage other team members to get free and create more space for attack with ball</p>	<ol style="list-style-type: none"> 1. Movement 2. Touch 3. Fakes/faints 4. Creating space 5. Attacking opposite team 6. Finishing ball 		
<p>5) fetch Coach plays ball 30/40 yards players retrieve ball and dribble back to coach.</p>			

Coach: Molly Carpenter

Date:

Location: NKSA