

YES SESSION PLANNER



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



Objective of the Practice Session- Moving forward and finishing with ball

WARM-UP/ACTIVATOR

 TECHNICAL DEVELOPMENT/ SKILL BUILDING

 CONDITIONED GAMES/ SMALL SIDED GAMES

 WARM-DOWN

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
1) Ball mastery Each player has a ball. Starting static perform ball mastery skills. <ol style="list-style-type: none"> 1. Toe taps 2. Tick tocks 3. Side rolls 4. Inside/outside Progression: <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. Keep head up as much as you can 2. Utilize space 3. Keep close control 4. Use all surfaces of both feet 		10
2) Finishing layoffs Player plays ball forward. Forward player lays off the ball. Players switch position after play. <ol style="list-style-type: none"> 1. After lay off play applies light pressure 2. 2v1 attack 	<ol style="list-style-type: none"> 1. Attack ball 2. Good first touch 3. Head up 4. Strike through ball 5. Power/accuracy 		12
3) Combination finish <ol style="list-style-type: none"> 1. Pass into MF, MF plays back into server and then play into striker who turns to shoot on goal. Rotate to next position. 2. Pass to MF, play back to server, play pass into striker who lays off into MF's attacking run for a strike on goal. Rotate players to next position 	<ol style="list-style-type: none"> 1. Shooting accuracy not power 2. Head up 3. Strike through laces Body position 4. Accuracy of pass 5. Angle of support 6. Communication 		20
4) SSG 25*25 pitch size. Divide teams into 3*5. Try to score as many goals possible in allocated time.	<ol style="list-style-type: none"> 1. Work on turns 2. Ball control 3. Angle of support 4. Finishing 5. Communication 		12
5) Fetch Coach kicks ball about 30/40 yards players dribble ball back to coach.	<ol style="list-style-type: none"> 1. Follow through strike of ball 2. Close control with ball 3. Head up 		8

Coach: Molly Carpenter

Date:

Location: NKSA