

Spencer Soccer Club

Youth Development Program

Weekday Session Plan Guidance

Under 5

Focus: Dribbling, Plus 1 Skills Pyramid

Time: Each weekday session lasts for 30 minutes

Planning:

- 1) Print out and read through Weekday Session Plan
- 2) Become familiar with the Plus 1 Skills triangle
- 3) Arrive at the field 15 minutes prior to scheduled start time
- 4) Set up pug nets and cones to facilitate a smooth session plan

Each Session Plan consists of the following:

- 1) Guidance (the page you are reading)
- 2) Plus 1 Skills Pyramid Diagram
- 3) Warm-Up Activity*
- 4) Controlled Juggling
- 5) Activity 1
- 6) Small Sided Game (if time permits)

*Session Plan #1 includes (4) additional sheets



Session Structure:

Warm-Up Activity (10 Minutes): Incorporate skills from the Plus 1 Skills triangle into the Warm-Up Activity. Skills Pyramid skills should be introduced one by one and no more than (3) per session. Work in succession of the pyramid and introduce all skills by weekday session #5. Skills introduced in the previous session should be reviewed in every subsequent warm-up activity. Session Plan #1 includes (4) additional sheets that provide additional warm up activity guidance and how to perform the step over and drag back escape turns. All skills should not be introduced in week one. This guidance is included to assist coaches throughout all sessions.

Snack/Water Break (4 Minutes)

Controlled Juggling (4 Minutes): **Incorporate into every practice.** A few minutes only, players drop the ball to their thigh and foot and try to kick or bounce the ball back to their own hands (repeat). Concentrate more on foot juggling.

Activity 1 (10 Minutes): Activity 1 is a fun activity for the children. Incorporate the activity as described. Find ways that change the activity slightly so that you are not repeating the “exact” drill over and over. Adding skill moves (pull back) when collecting the ball or seeing which group can complete the activity first are ways to make the activities more interesting as they get later into the allowed timeframe.

Weekday Sessions are not designed to end with a small sided game, if time permits conduct a small sided game with pug nets amongst your own team or group with another team as desired.

Small Sided game: There are no substitutions. All players should play for a few minutes (3 to 5) and all players should rest. Games should be played across the field with pug nets with a maximum of 4v4. Additional fields should be set up to accommodate players. Coaches should pair players of like abilities in game play (e.g. your top three vs. their top three, etc.). Coaches should be stationed on the field to introduce a new ball into play when a ball exits the field or enters a goal; this is accomplished by throwing it up in the air or rolling it to a player who is hasn't had many touches on the ball. There should be no restarts. Only use kickoffs after a break or at the start of the game.



PLUS | SKILLS CHALLENGE PYRAMID™

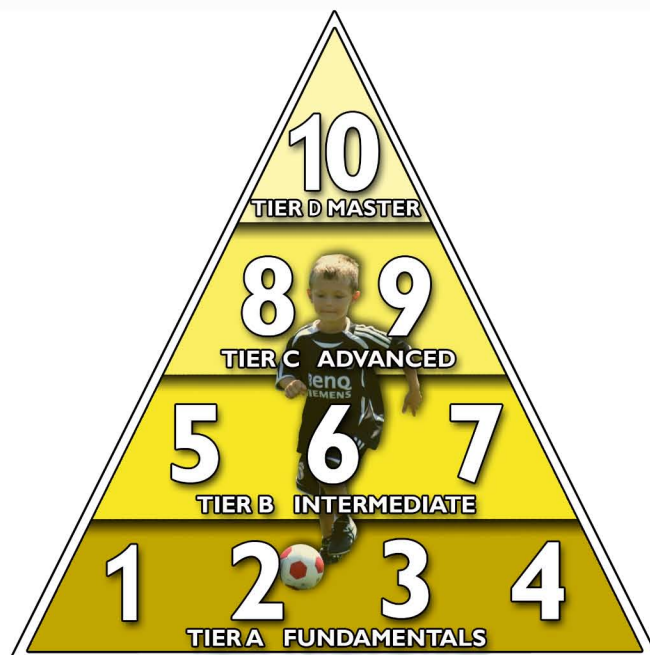
TIER A

1. Laces Dribble – With the toes pointing down towards the ground push the ball forward with the laces, knee bent over ball on contact. After each touch step through with the opposite foot.

2. Foundations – using the inside of both feet push the ball from one foot to the other. On the spot initially then moving forward and back when comfortable

3. Toe Taps Forward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move forwards.

4. Toe Taps Backward – Using the toe end of the sole, tap the top of the ball - alternating left and right feet. On the spot initially, with a slow rhythm and then hopping. Once competent in a stationary position, move backwards.



TIER B

5. Step-On Turn – Dribble forward, place the sole of one foot on the ball to stop momentum, step beyond the ball with both feet leaving the ball, turn to face the ball and dribble back. Repeat several times using both feet.

6. Drag Back Turn – Dribble forward, stop forward momentum of the ball by reaching forward with one foot and placing the sole of the foot on top of the ball, drag (roll) the ball back down the side of the body away from the defender and accelerate into a dribble.

7. Back Heel – Dribble forward, step beyond the ball, make contact with the heel of one foot sending the ball backwards, turn and accelerate into a dribble.

TIER C

8. Inside Cut – Dribble forward, stop forward momentum of the ball by reaching forward with inside of one foot and 'cutting' the ball back down the inside of the body (away from the defender) in one movement and accelerate into a dribble.

9. Ball Rolls – Using the inside, outside and sole of one foot, roll the ball side to side, backwards and forwards and keeping contact with the ball at all times. Both feet.

TIER D

10. Outside Cut – Dribble forward, stop forward momentum of the ball by reaching forward

LEARN MORE:

To learn how Skill of the Week™ and Skills Challenge Pyramid™ can be incorporated into a comprehensive approach to Player and Coach Development, please contact David Newbery, dave@soccerplus.org, tel: 860-501-1165.

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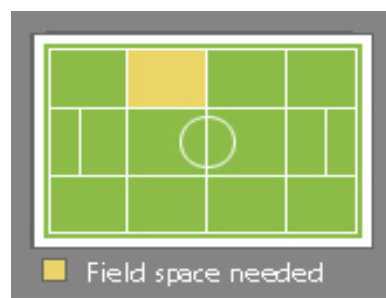
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Materials Needed



Area 20 x 20 yds

- Ball per player
- Cones

Soccer Safari (Dribbling)

Description:

Players have a ball each and must react to the coach's command. Zebra - dribble, Lion - stop & stand still, Elephant - go slow, Cheetah - dribble at speed, Kangaroo - toe taps, Snake - slither with inside of feet, Crab - use outside of feet.

Coaching Points

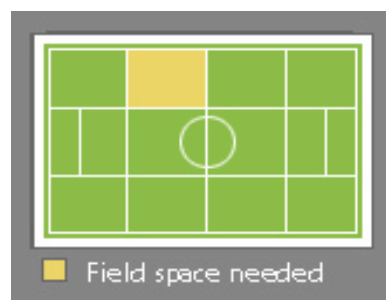
- Keep ball close and under control
- Keep head up
- Keep ball moving

Progressions:

This is an excellent game that acts as the perfect warm up exercise. It is a variation of traffic lights. Players have been taken on a safari and when the coach calls out the animal type the players must follow the command.



Materials Needed



Open area

- One ball per player

Controlled Juggling (Relaxation)

Description:

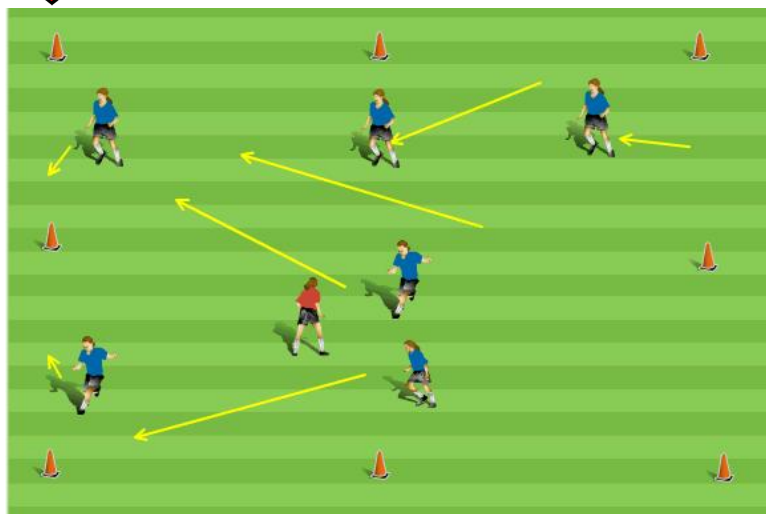
Players start with the soccer ball in their hands. They drop the ball on their thigh (juggle it once), and catch it. As they get better at it, they can try juggling the ball from one thigh to the other thigh and then catch it.

Coaching Points

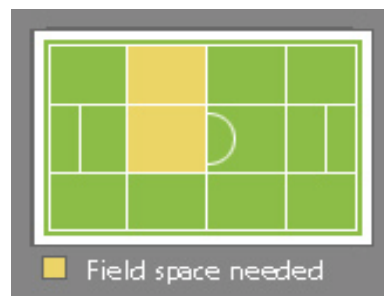
- Fun
- Thigh, foot - eye coordination
- Soft touches
- Preparation Touches

Progressions:

The coach can suggest any combination that is reasonable for this age group. This is used to help develop your players confidence on the ball and develop their foot/thigh - eye coordination.



Materials Needed



Area 30 x 15 yds

- Ball per player
- Cones
- Training Vests

British Bull Dog (Dribbling & Movement)

Description:

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

- Encourage players to use body movements to elude the bull dog
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. The Cats start the game by chanting in unison "British Bull Dog 1, 2, 3", the Bull Dog then responds by giving the command "BRITISH BULL DOG" – the Cats then try to make their way to the opposite end of the rectangle without being tagged by Bull Dog. Any Cat who is tagged or dribbles outside the rectangle must step out of the area. Once the remaining Cats have made it to the other end line, the Cats who were tagged join the Bull Dog. The game continues until there is only one player left to be tagged. That player then gets to be Bull Dog for the next round. Change the way players move from one end to the other - gallop, skip, walk, or slide. Bull Dog and Cats become crabs – must remain in crab position to move. Instead of tagging the players, Bull Dog must pull the training vests hanging in the back of the Cats shorts (the tail).



Match 3 v 3 (Game)

Description:

A small sided game 3v3 is a good way to finish a practice session. Use the opportunity to emphasize the theme of the session - award points for a particular move in addition to scoring a goal. Let the players play with little or no coaching - 15-20 minutes at the end of the session.

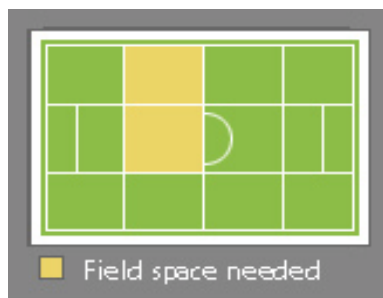
Coaching Points

- Little or no coaching
- Encourage players to try skills practiced during the session

Progressions:

The final activity of most practice sessions should focus on the theme of the session. Conditions can be added by the coach to emphasize the theme. For example, the coach can award a point (goal) if a player performs a turn learned during the session. Other conditions/progressions include: 1 or 2 touches, 1 touch finish, All players must touch the ball before scoring, Add a plus player (an extra player for the team in possession of the ball), 3 goals - one scored with the right foot, one with the left foot and one with the head (or any surface).

Materials Needed



Area 30 x 15 yds

- Balls
- Cones
- Training Vests
- Small Goals