

Spencer Soccer Club

Youth Development Program

Weekend Session Plan Guidance

Under 5

Focus: Dribbling, Plus 1 Skills Pyramid

Time: Each weekend session lasts for 60 minutes

Planning:

- 1) Print out and read through Weekend 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) Activity 1
- 5) Controlled Juggling
- 6) Activity 2
- 7) Small Sided Game

*Session Plan #1 includes (4) additional sheets



Session Structure:

Warm-Up Activity (12 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 weekend 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.

Activity 1 (12 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.

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 2 (12 Minutes): Same guidance given for Activity 1 above

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™

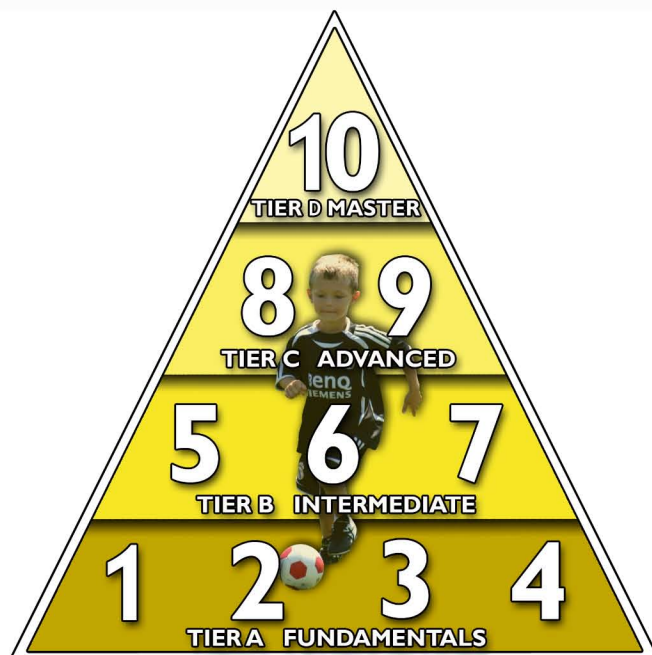
TIER A

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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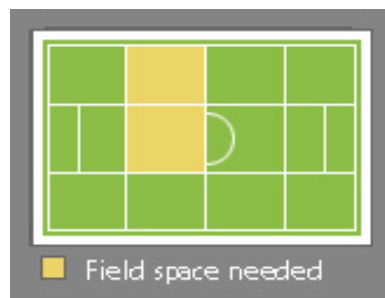
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Materials Needed



Group of Players

- Cones and Flags
- Large supply of balls
- 20 x 25 playing field

Body Part Dribbling (Dribbling)

Description:

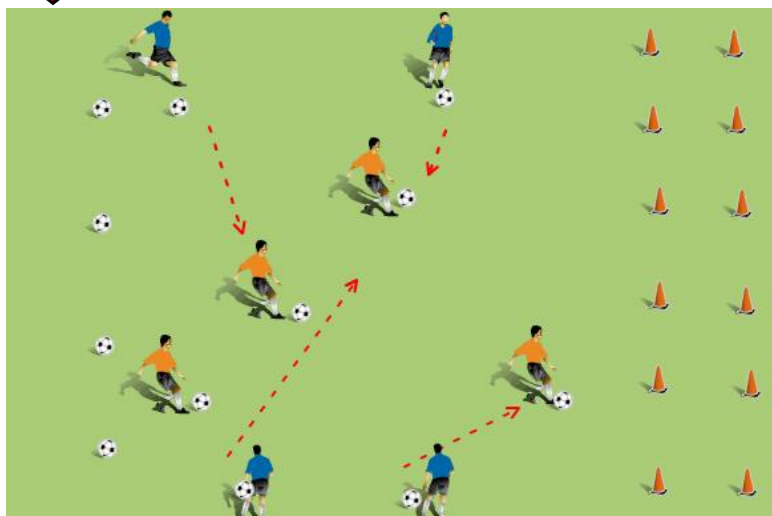
In a designated area, determined by the coach and number of players, all the players dribble a soccer ball. When the coach calls out the name of a body part, players must touch the body part to the ball as quickly as possible.

Coaching Points

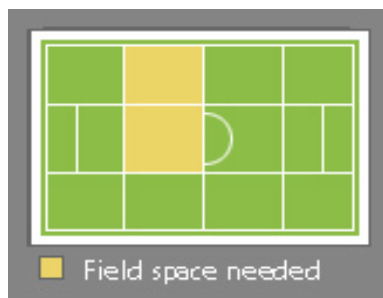
- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control

Progressions:

Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once. (i.e. both hands or both feet.)



Materials Needed



Area: 20 x 30 yds

- Balls
- Cones
- Training Vests

Bob The Builder (Dribbling and Attacking)

Description:

Bob (the players) have a ball each. On the other side there are Bob's 'bricks'. Bob must dribble his/her ball across the building site and collect a brick and return it back to the other side of the building site. Trying to stop Bob collecting the bricks are soccer players on the side who must shoot their balls at Bob. If they hit Bob then that player moves to the outside.

Coaching Points

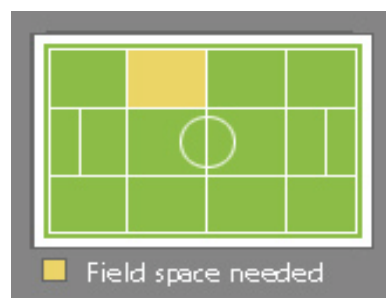
- Keep head up
- Keep ball close and under control
- Change of speed and direction

Progressions:

1) Every play must have a ball, 2) Increase/decrease amount of 'bricks'.



Materials Needed



Open area

- One ball per player

Controlled Juggling (Relaxation)

Description:

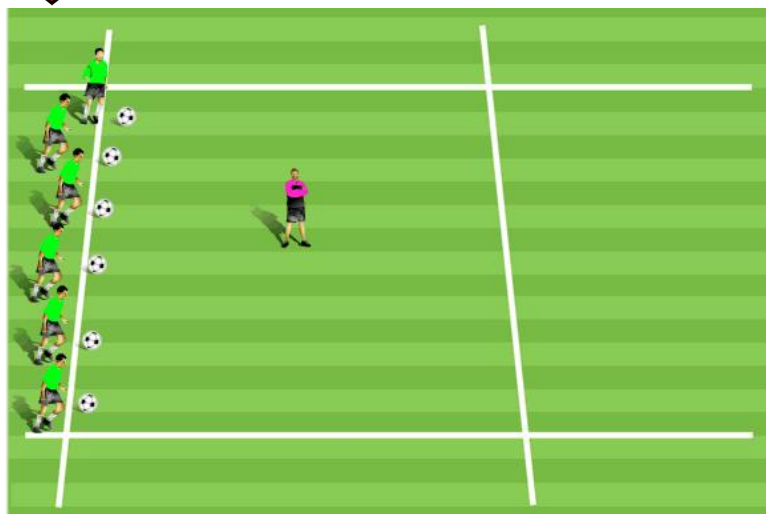
Players start with the soccer ball in their hands. They drop the ball on their thigh (juggle it once), and catch it. As they get better at it, they can try juggling the ball from one thigh to the other thigh and then catch it.

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.



Stamford Bridge (Dribbling)

Description:

1) North, South, East or West stands; players dribble to that side 2) 'The boss is here'; players stand still 3) 'Trainer is here'; players roll around holding their knee 4) 'Drogba'; players take a Drogba dive 5) 'Goal' celebration 6) 'Lampard'; raise two arms to the sky and give a pose for the cameras 7) Cech; dive to save the ball like Petr Cech

Coaching Points

- Attack space quickly
- Keep ball close to allow change of direction
- Use different turns

Progressions:

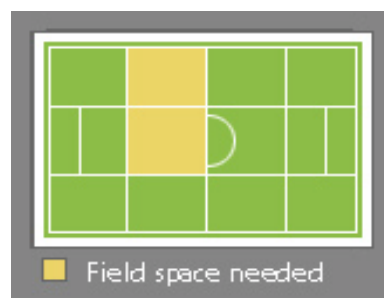
Instructions

The coach assumes the role of the 'Boss' (Head Coach) and the young apprentice players follow the boss's instructions.

Story: Stamford Bridge is the home of Chelsea Football Club in London, England. The young apprentice players have been given the opportunity to show their skills to Chelsea Head Coach 'Carlo Ancelotti' – the boss. There are very few professional contracts to give out, so apprentice players must perform expertly!

Commands: 1) North, South, East or West stands – players dribble their ball to the appropriate side of the area 2) 'The boss is here' – players stand still with arms down by their sides 3) 'Trainer is here' – players roll around holding their knee 4) 'Drogba' – players take a Drogba dive 5) 'Goal' – goal celebration 6) 'Lampard' – raise two arms to the sky and give a pose for the cameras 7) Cech – dive to save the ball like Petr Cech

Materials Needed



Area 20*20

- Ball per player
- Cones
- Training Vests



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.

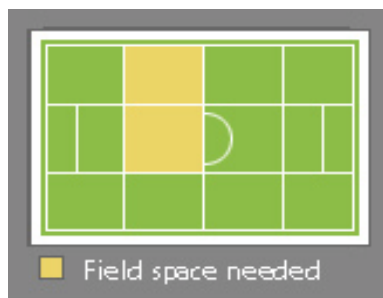
Coaching Points

- 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