

Spencer Soccer Club Youth Development Program

Weekend Session Plan Guidance

Under 4

Focus: Dribbling, Plus 1 Skills Pyramid

Time: Each weekend session lasts for 30 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) Activity 1
- 4) Controlled Juggling
- 5) Activity 2



Session Structure:

Plus 1 Skills Pyramid (5 Minutes): Introduce skills from the Plus 1 Skills triangle by demonstrating to parents. Parents should work with players on individual skill in group setting. Skills Pyramid skills should be introduced one by one and no more than (2) per session. Work in succession of the pyramid. Players at this age group should be comfortable with skills 1 thru 4 by the end of the U-4 program and familiar with 5, 6, & 7. Advanced skills beyond skill 7 will be introduced and learned when the player enters the Under 5 program.

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.

Snack/Water Break (3 Minutes)

Controlled Juggling (2 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 (10 Minutes): Same guidance as stated above in Activity 1

Conclusion: If the final activity does not involve shooting on goal, have all the kids line up and send them to shoot on goals in groups. Finally, gather all players in circle and do a cheer ("Goooo Orange!" or something fun).

Points to keep in mind:

- These are little kids and may not always cooperate. Offer encouragement and patience to both parents and players when this happens.
- Repetitive or complex games will not work well. Keep it simple and aim to have fun rather than focusing on actual technique.
- After completing an activity start a round of applause. Finish up with a cheer and thank everyone for their time.
- The activities provided are for a guide to keep things different each week. However, feel free to repeat games that are popular when needed. Some known favorites are:
 - Cone Heads, Beat the Keeper, Traffic Lights