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14 October 2019

Coach

Monday Funday Session #6 Application of Skills Learned

5:00-7:00 PM



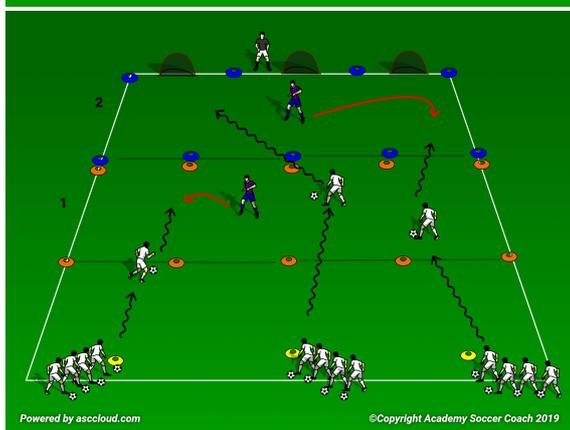
Warmup: Freeze tag with soccer balls. Incorporate turns and moves to stay away from tagger
Layout: 4 cone grid big enough to allow kids to dribble around freely
Session: Players will dribble around with balls. If tagged by coach (black), player must freeze and open legs to create gate. Player in blue (pinnie) will not have ball and will try to save frozen players by using the frozen players soccer ball to pass through their legs.
Progression #1: Remove coach and use a player as tagger
Progression #2: 2 players as taggers, keep one player as saver



Technical Development: (15 Minutes)
 Each week will require technical development (how to touch the ball) The first week is a bit tedious as most kids won't know the different types of touches but it is important to set a base for how they start to progress so it is the most important part of the session.
Layout: Orange cones in a square set up boundaries; blue cones used as command targets
Activity: Players will dribble around trying different commands. Week 1 introduce fake and take (hard body fake 1 way, take with outside of foot opposite way), scissors (draw circle around inside and move to outside of ball) and fake drag back (Pull push with laces w/ acceleration). On command, all players will dribble with speed around a blue cone or an orange cone. WEEK 2 NEW MOVE: Stepover (foot starts outside of ball and draws circle over top followed by an outside of foot turn) WEEK 3 Roll-Cut (Roll ball across body with quick outside foot cut into space) WEEK 4: Back/Behind (Drag ball back and push behind other foot to change directions/ L behind foot) WEEK 5: Outside foot turns (use outside of foot to turn 180 degrees and change direction) WEEK 6: Inside foot cuts (change direction 180 degrees with inside of foot)
Topics: Proper technique of touch, confidence on ball, speed into space, vision on the ball.



Knockout: Application of skills learned over last 6 weeks
Layout: Square cone grid big enough for all players to dribble around freely
Session: Players will dribble around freely using the moves learned to move away from other players and the coach. To start, have coach(s) try to knock soccer balls out of grid. This will allow coach(s) to set difficulty level and help draw out their skills to start. If soccer ball is knocked out, players are able to come back in but must keep track of how many times they have knocked out of the grid. Player who was knocked out the least wins. Play rounds of about 3-4 minutes to allow kids to adapt and try to win.
Progression #1: One player with pinnie will take place of coach
Progression #2: Two players with pinnies take place of coach
Progression #3: Players work to keep their ball in while trying to knock others out.



Layered Defending 1 vs. 1: Players will go through 2 layers of defenders to try to score
Layout: 3 lines of players facing 3 puggs. 2 sections designated by different colored cones. 1 defender in each section who cannot leave their colored cones. Defenders try to knock balls out of bounds.
Session: 1 person from each line will attack the goals at the same time. They will look to get around defender in each layer to score. Since there is only 1 defender in each layer, attackers will find success by identifying where the space is away from defender. Next person in line will go once the player in their line shoots or is knocked out of bounds. Lines will keep track of how many goals they score to see who wins. (Coach will retrieve balls in goals and instruct kids to run outside of grid back into their line to keep flow of game)
Progression #1: Add 2nd defender in each section