



## Interactive Session Plan™



Coach **Ryan Puntiri**

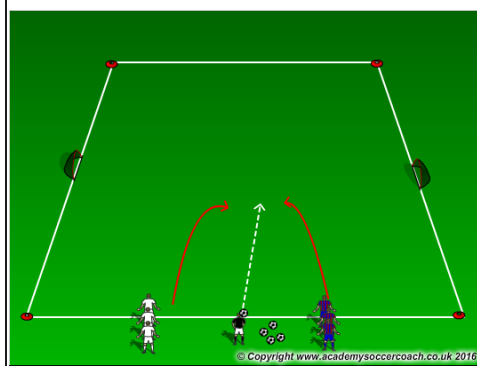
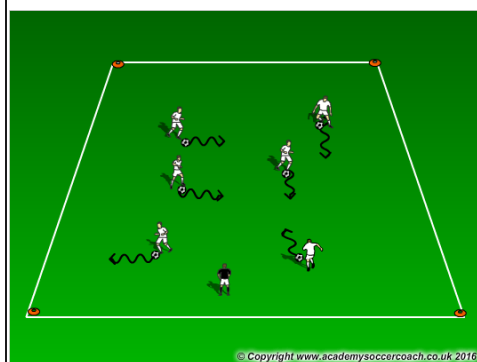
Session date **Week 1**

Team/Age Group **Kickers/Kickers 1**

Theme **Dribbling**

Time available

**1 hr 15 min**



### NOTES

#### Ball Mastery: (5 Minutes) Refer to Universal Warm Up

Soccer Dance  
The Geg  
Triangle Move  
Geg (Laces)

#### 4 Surfaces: (5-8 Minutes)

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.

##### The sequence is:

Outside of the foot touch - Inside of the foot touch - Laces push - Stop with sole and Change foot

**Coaching:** Remind players to bend their knees when they dribble, keep the ball close, try not to stare at the ball

#### Red Light/Green Light: (10 Minutes)

All players are dribbling freely in a 15x20 yard grid. When the coach says "red light" the players must stop and put their foot on the ball. When the coach says "yellow light" the players must dribble slowly, and when the coach says "green light" the players must dribble fast.

**Coaching:** Control the frequency of light changes.

Variation 2: Now the colors are the surfaces: Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.

#### Combat 1: (10 Minutes)

The coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point. The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.

**Coaching:** Remind players to be under control, try to keep the ball close,

#### 4V4 Scrimmage: 45 Minutes