



Interactive Session Plan TM



Coach Ryan Puntiri

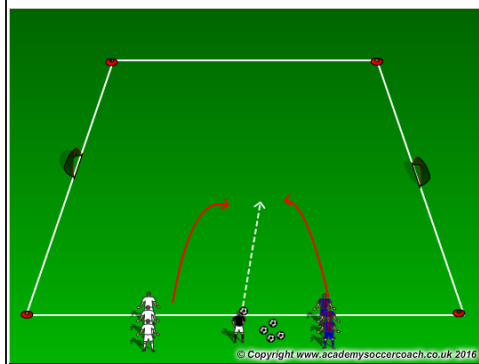
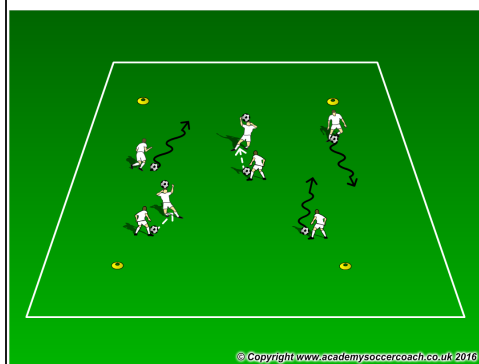
Session date Week 2

Team/Age Group Kickers/Kicker 1

Theme Dribbling

Time available

1 hour 15 minutes



NOTES

Ball Mastery: (5 Minutes)

Soccer Dance
The Geg
The Geg(laces)
Triangle Move

Body Part Dribble: (5Minutes)

All players are dribbling a soccer ball. The coach calls out a body part (elbow! - knee!), and the players then touch their ball with that part of the body.

Coach: Vary the body parts, number of body parts he calls out, and rate at which he calls them out.

Everybody's It (5-8 Minutes)

Players are dribbling a soccer ball. Players while dribbling try to tag someone else. When you get tagged you must put your ball over your head and open your legs. Players that are still in the game can free you by passing the ball through your legs. Yes players can free someone and immediately tag them!

Coaching: Remind players to open their legs wide, so there teammates can pass the ball through easily.

"See Ya": (10-12 Minutes)

The players are divided into two teams, in a line. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line(use cones for the goals). The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "See Ya".

Coaching: Can make the games 1v1, 2v2, etc, depending on the number of players on each team

4V4 Scrimmage (45 Minutes)