



Interactive Session Plan TM



Coach Ryan Puntiri

Session date

Week 4

Team/Age Group

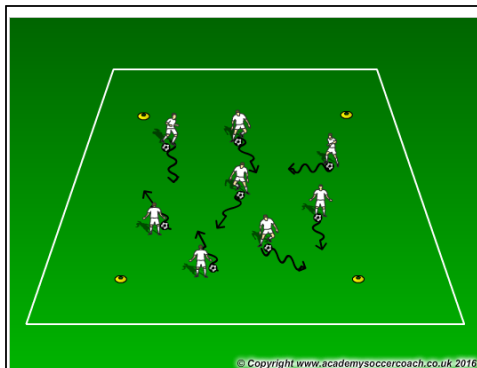
Kickers/Kickers 1

Theme

Dribbling, Juggling, Running w/Ball

Time available

1 hour 15 minutes



NOTES

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

Dribbling Warm Up

Juggling (5 Minutes)

All Soccer players with a soccer ball in their hands. Players drop the ball down to their feet and kick it back up to their hands. Players can use their thighs and feet to keep it up.

Have players count how many touches they can get before it hits the ground.

Progression: Players try to hit it to their feet then catch it

Players try drop it down to foot hit with other foot catch

Players try to have it hit thigh, foot, catch

Thigh, thigh, foot catch

Thigh, thigh, foot , foot , catch

Players will vary in their abilities. If someone has trouble dropping it down to foot and catch have them stay with that.

1V1 Continuous (10 Minutes)

Players start with the ball and dribble towards other goal. After they play offense person from the other line comes at them and they are defense. This might take a bit to get used to, and you can simply play the ball out and have a player from each goal attack the ball.

Coaching: Players try to beat opponent, emphasize no body contact, and to stay on their feet

Capture the Balls: (10 Minutes)

Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.

Coach: Call time and each team counts the balls they have.

Scrimmage: 4x4 (45 Minutes)