



Interactive Session Plan™



Coach **Ryan Puntiri**

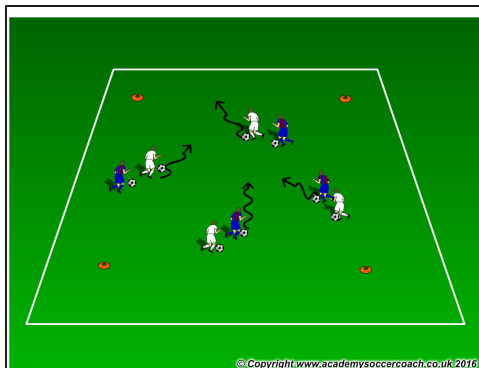
Session date **Week 5**

Team/Age Group **Kickers/Kickers1**

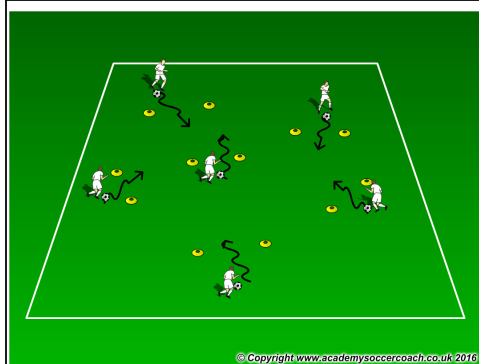
Theme **Dribbling**

Time available

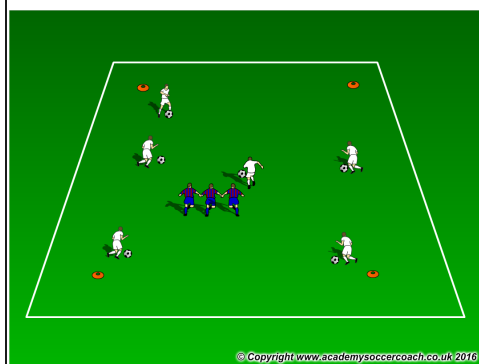
1 Hour 15 Minutes



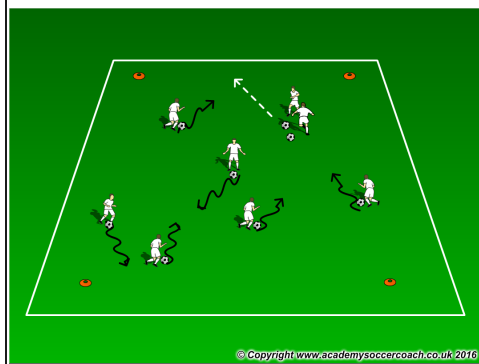
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NOTES

Ball Mastery Spend 3-5 Minutes on Soccer Dance, The Geg, and Traingle Move First!!!!

Shadow Dribble: 5 Minutes

Two players (**Leader and Shadow**) each with a ball. They will dribble all over a 20x25 yard grid. The leader will determine where they are going, while the shadow will try to keep up with the leader.

Coach: Call the change from leader to shadow. Encourage the Leader to change speed and change direction - try to "lose" the Shadow.

Version 2: Use only favorite foot or other foot.

Version 3: Leader must make a move.

Gate Dribbling: (5-8 Minutes)

In a 15x20 yard grid, set up 5 to 7 gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only, inside, or outside of their feet only.

Snake: (5-8 Minutes)

All players are dribbling a soccer ball in a 15x20 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.

Coach: Encourage the snake players to hiss.

Dribbling Knockout: (10 Minutes)

Make a grid 15X20. All players have a ball at their feet. They begin by dribbling the soccer ball around in the grid. On the coach's cue the players then try to kick other players soccer balls out of the grid while protecting their own. Players may not leave their own ball to kick others away. As players get knocked out stop the group and make the boundaries smaller and smaller to help in ending the games.

Try different variations: Two players, need to stay connected while dribbling one soccer ball, three players, be creative!!!

Scrimmage 4V4 (45Minutes)