



Interactive Session Plan™



Coach R.Puntiri

Session date

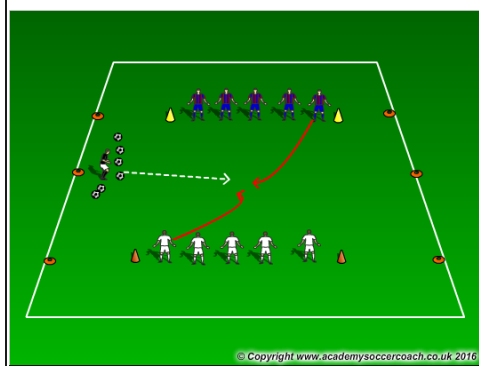
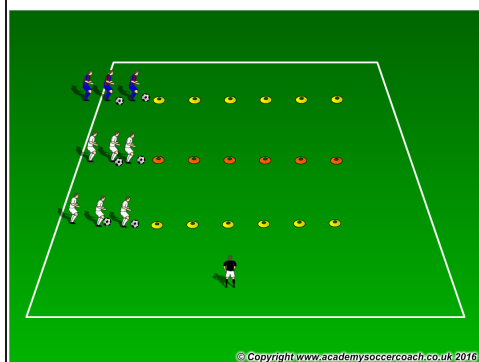
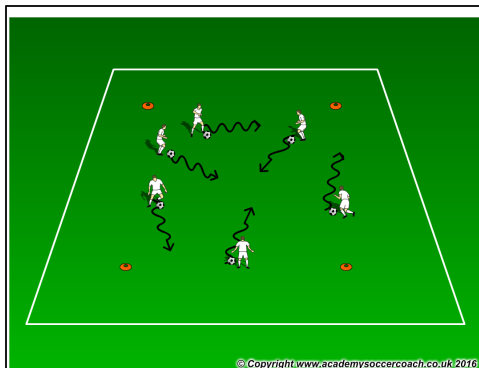
Week 7

Team/Age Group Kickers/Kickers1

Theme
Dribbling

Time available

1 Hour 15 Minutes



NOTES

Ball Mastery Warm Up

Soccer Dance, The Geg, Geg (Laces), Triangle Move

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.

Around the Cones (10 Minutes)

The Coach will split the team into two or three lines. Players will dribble through the cones trying not to make contact with the cones

1. Using any part of the foot both feet, inside and outside of feet
2. Using just the inside of their feet, either foot
3. Using just the outside of their feet
4. Using just their right foot inside and outside
5. Using just their left foot, inside and outside

Coaching:

Players should try to not stare at the ball. Players should go as slow as they need to be successful. Players should have their knees bent while dribbling, keeping the ball close.

Numbers Game: 10 Minutes

In a 15X20 grid mark off 2 goals. (the size of the goal will depend on how many players you have. Split your players up into 2 teams. Assign a number for each player. When the coach yells out their number they go out and retrieve the ball. The other players who were not called stay on the goal line and act as goalies. If a player on the goal line makes a save they get to join in until a goal is scored or it goes out of bounds. It can become 2V1, 2V2, 3V2, etc.

Coaching: Stress to players that the ball must stay on the ground for a goal to count.

Variation: Players are allowed to play the ball back to their teammates for others to join, please note if a player plays one back a member from both teams can join. Use color of sneakers, shorts, etc. Get Creative!

4V4 Scrimmage: (45 minutes)