



Interactive Session Plan™



Coach R.Puntiri

Session date Week 8

Team/Age Group Kickers/Kickers 1

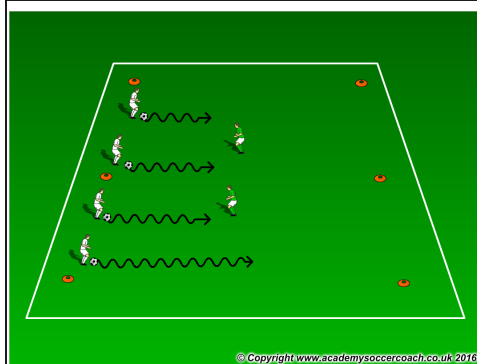
Theme Games, Games, Games

Time available

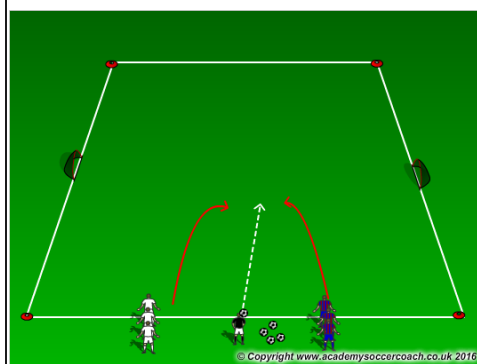
1 Hour 15 Minutes



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NOTES

Ball Mastery Warm Up (5-8 Minutes)

The Soccer Dance
The Geg
The Geg(Laces)
Triangle Move
Choose 1 of the Following:
Body Part Dribble
4 Surfaces

Sharks and Minnows (5-8 Minutes)

In a 15x20 yard grid have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO" the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.

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,

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)