



# COACH EDUCATION DEPARTMENT

## Interactive Session Plan™



Select a Date

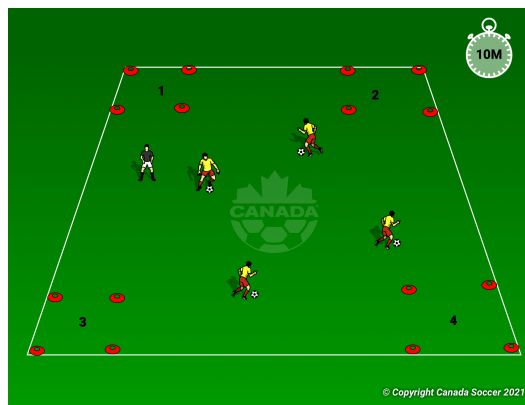
Coach

Age group:

U8s

U5 - Week 3 - Session 2 - 1v1 Duels & Physical Literacy

Time



**WARM UP - To you Corner - 5/10 minutes**

Organization: cones, balls

Each player has a ball

Make 4 corners and number them

On coaches command "go" - using their feet players move the ball around in the middle of the field

When coach call "To your corner #" players will dribble as fast as they can to that corner - first player gets a point

Players must stop the ball the corner using the bottom of their foot

Facilitator Feedback:

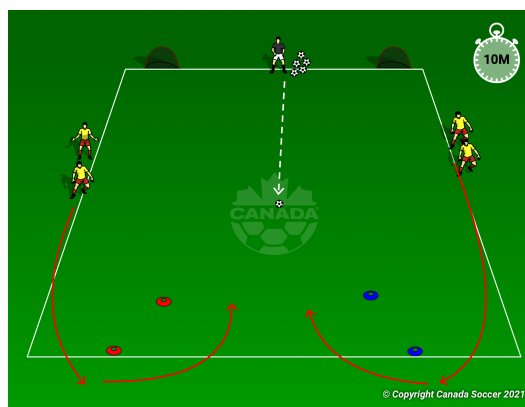
Keep your head up - look for space - keep ball close - dribble with speed

Progressions:

Turn instead of stopping ball in corner

Speed up - move the ball faster after you turn

Players work in pairs with one ball per pair



**PHYSICAL LITERACY - 1v1 Relay Races - 10 minutes**

Organization: balls, cones and nets

2-4 players per side

1 Red & 1 Blue Player run around the top cone and then through the middle gate

Once the run is complete, the coach plays a ball in the middle & player in possession can score on either of the two goals

Facilitator Feedback:

Attack the open goal - Change Direction - Beat your opponent - Ask

Questions: What skills can you use to beat your opponent ?

Progressions:

Change the Running Pattern

Players do a tumble or jumping action at the start

Players can dribble through the goal or shoot

Make it 2v2 (2 players from each group do the running path)



**PHYSICAL LITERACY - Simon Says - 10 minutes**

Organization: balls

Every player needs a ball

On coaches call "go" players move ball around the space

Coach calls "Simon Says" and have them perform a move

Touch a body part to the ball

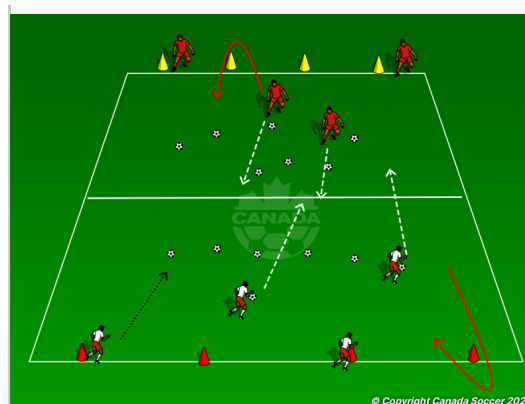
Hop with ball between feet

hop over ball

toe taps

roll backs

dribble as fast at they can



**Organisation:**

Two sides with 3-4 players on each side. Coaches can put as many soccer balls as they would like on each side. Players will race to the balls, shoot them to the other side and run back run around a cone before getting to shoot another ball. They will go back and forth between their position and balls until all the soccer balls are on the other side. Coaches can change up the game and make it so there is a time limit and at when time is up whoever has more balls on their side is the loser.