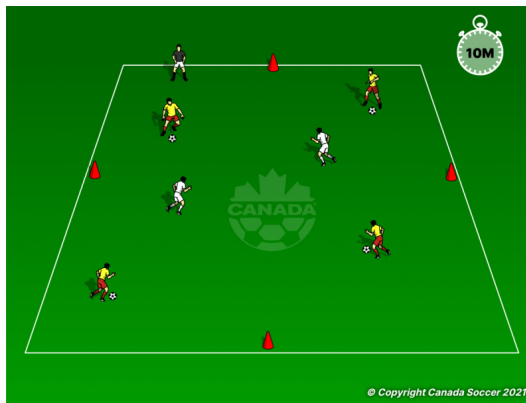




Under 5- Week 1 Session Plan - Ball Mastery & Physical Literacy

45 Minutes



WARM UP - Escape and Evade the Taggers - 10 minutes
Organization: Balls and 4 cones

Everyone has a ball. Start off with coach trying to tag (roll a ball to hit player, or tie a knot in a pinnie to throw at player) the players. After a few minutes can ask one of the players to become the tagger and rotate through everyone.

If a player gets tagged, they must leave and dribble around 1 of the cones on the edge of area

Players need to try to not get tagged

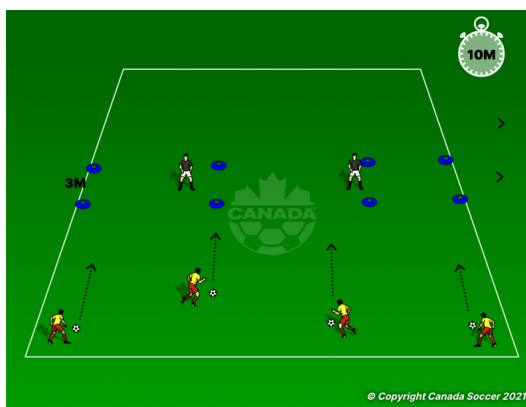
Facilitator Feedback to players:

Keep your head up - keep ball close - dribble away from pressure- identify open space- can ask them a question "how can you protect the ball from the taggers"

Progression:

Add more taggers

Increase complexity of the re-enters - ie add ball mastery 5 toe taps at one



Habits Activity #1 - Cross the Border - 10 Minutes

Organization: balls, 8 cones

Set up a 3m wide zone in the middle of the field

2 coaches (can switch to players after) inside the middle zone and they attempt to prevent (rolling a soccer ball or throwing discs, if they get hit they are tagged) the players from dribbling through and crossing the border and getting to the other side!

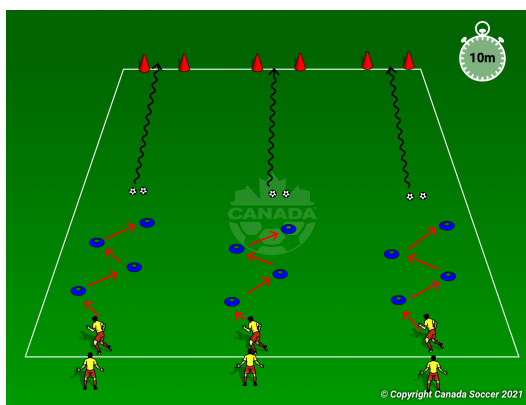
Facilitator Feedback:

Keep your head up - keep the ball close - dribble away from pressure - show me some skills to get past - Ask question "How can you get past the player blocking you"

Progressions:

Add more players in the middle

If players use a specific skill (ie scissors) they can get an extra point for crossing the border



Physical Literacy - Relay Races - 10 minutes

Organization - 18 cones, balls

2 players per group competing against other groups (no lines)

Player completes the zig zag running pattern and then dribbles through the gate, 2nd player goes

1st team to complete sequence wins

Keep it fun and competitive

Facilitator Feedback:

Sharp turn around the turns - dribble with speed - get teammates cheering to raise energy

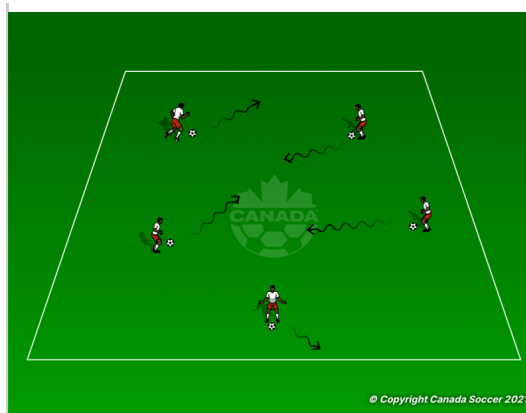
Progressions:

Change the running pattern

Dribble ball instead of running pattern

put and obstacle for players to manipulate the ball around

add small goals for players to finish on at the end



Red Light Green Light

Organization

In area each player has a ball, on coaches command "green light" they dribble around the area looking for space. On command "Red Light" players try to stop the ball and place foot on top of ball.

Facilitator Feedback

Keep head up

where's the open space

keep ball close

Progression

Dribble only right/left foot

dribble only inside/outside/laces

On Red light - have players perform toe taps, sole rolls.

Yellow light - leave ball and switch balls with another player