

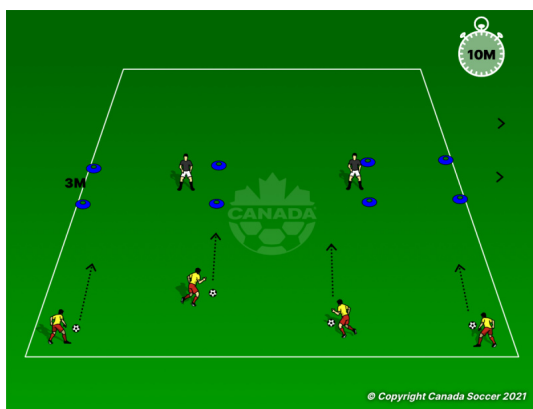


Under - Week 1 Session Plan - Ball Mastery & Physical Literacy

60 Minutes



Notes...



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!

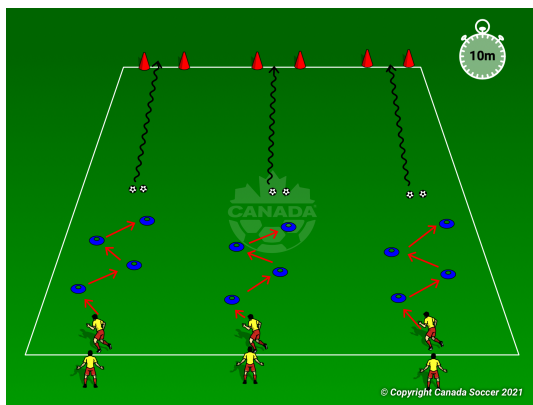
Facilitator Feedback:

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:

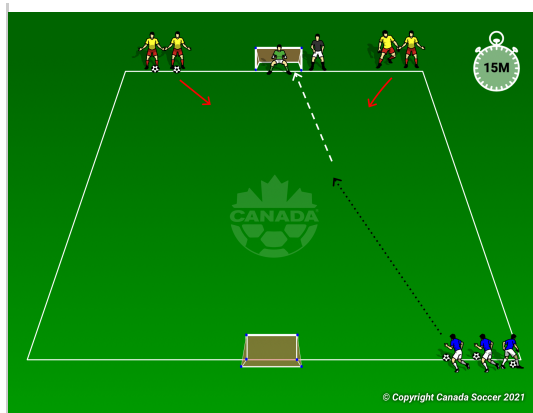
Sharp turn around the turns - dribble with speed - get teammates cheering to raise energy

Progressions:

Change the running pattern

Dribble ball instead of running pattern

put an obstacle for players to manipulate the ball around  
add small goals for players to finish on at the end



Organisation:

Setup the practice as seen in the image above.

The first Blue player dribbles out unopposed and has a shot on goal.

The shot from the Blue players triggers the first two Greens to attack, creating a 2v1 towards the opposite goal.

The Blue defender must defend against the overload and attempt to regain possession of the ball.

If the Blue defender regains the ball they must attempt to score.

Facilitator Feedback:

Encourage players to isolate one attacker making it 1v1

Encourage players to have body position with knees bent to guide attacker away from net and cutting of passing lanes

Progression

3v2

Make space smaller