



SESSION PLAN

U8/U9 Session Plan One

Session Type: House League Level

Coach's Name: Colin Foy

Date: 21-Apr-2013

Description:

Probably the single most important thing a child can learn in soccer is to be comfortable with the ball at their feet. And the most effective way to establish and enhance that comfort is to give them multiple touches on the ball, i.e. increase their foot skills.

Ball Mastery 1 (20 mins)

Setup:

- 10 yard x 10 yard square, marked out by cones in the corners.
- Increase to 15 yards x 15 yard grid as required by numbers.



Instruction:

- All players are stationary
 - Roll the ball to each side using the sole of the foot left and right
 - Bells
 - Sole taps on the ball
 - Scissors
 - Step overs
 - Double Scissors
 - Double step overs
- Progress from static bells to moving bells

Coaching Points:

- We want players to be comfortable on the ball.
- Keep ball close.
- Progress to keeping head up.
- For step overs and scissors, keep ball stationary before moving to ball on the move.
- For bells, keep knees slightly bent and arms out for balance.