



SESSION PLAN

U8/U9 Session Plan Two

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 2 (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:

- Players are dribbling around the area using each of the following techniques in turn:
 - Dribbling with Baby toe.
 - Using bells moving forwards, backwards, laterally.
 - Pushing ball with sole of foot.
 - Dragging ball with sole of foot.
- Whilst dribbling, players are performing:
 - Stop turn
 - Step over turn
 - Review double step over and double scissor
- Introduce each of the above turns and moves one at a time to allow a comfort level with each before progressing.

Coaching Points:

- Check Shoulder,
- shield ball from opponent,
- technique of skill (perform turn quickly),
- Disguise move,
- Take ball away with opposite foot that you perform the turn with,
- change of pace after performing skill.
- When dribbling with baby toe, foot is turned in slightly and angled down.
- Keep ball close whilst dribbling.