



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:

a) 10 yard x 10 yard square, marked out by cones in the corners.

b) Increase to 15 yards x 15 yard grid as required by numbers.



Instruction:

- a) 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
- b) Progress from static bells to moving bells

Coaching Points:

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



SESSION PLAN

U8/U9 Session Plan Two

Session Type: House League Level

Coach's Name: Colin Foy

Date: 21-Apr-2013

Description:

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Ball Mastery 2 (20 mins)

Setup:

a) 10 yard x 10 yard square, marked out by cones in the corners.

b) Increase to 15 yards x 15 yard grid as required by numbers.



Instruction:

a) 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.

b) Whilst dribbling, players are performing:

- Stop turn
- Step over turn
- Review double step over and double scissor

c) 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.



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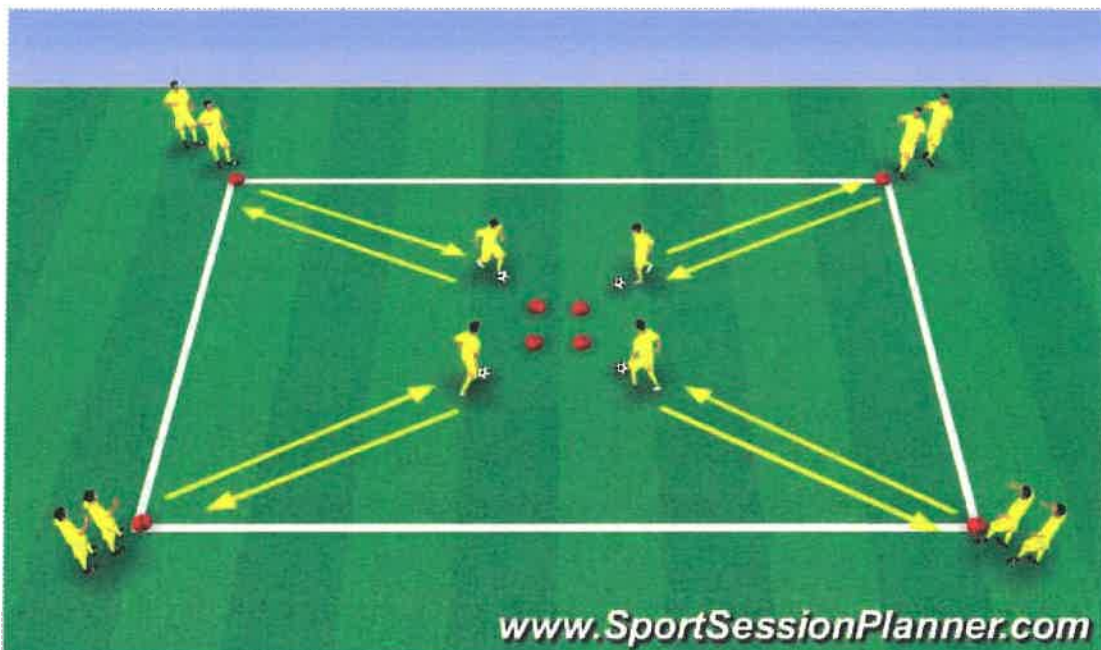
Description:

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Coerver Box (20 mins)

Setup:

a) 10 yards X 10 yards box, marked out by cones in the corners and either a single cone in the centre or a square of 4 cones, 1 yard apart.



Instruction:

a) Four teams of players in each corner of the Coerver box, each team has one ball.

b) The first player dribbles to the centre cone and performs a turn, dribbles back and exchanges the ball with a teammate.

c) Players dribble towards the centre using each of the following techniques in turn:

- Dribbling with Baby toe.
- Using bells moving forwards.
- Pushing ball with sole of foot, alternating left and right foot.

d) Changes of direction using:

- Inside Cut
- Outside Cut
- Drag back
- Stop turn
- Step over

Coaching Points:

a) Encourage players to start slowly and encourage good technique.

b) Increase speed as players is comfortable with dribbling and turning technique.

c) Move steadily into centre and accelerate out for a change of pace.

Progression:

- Dribbling: Backwards bells, Dragging ball back with sole of foot, alternating left and right foot.
- Perform the following at centre: Scissors, Double scissors, Step over, Double step over
- Pass the ball out to team mate following turn at centre.



SESSION PLAN

U8/U9 Session Plan Five

Session Type: House League Level

Coach's Name: Colin Foy

Date: 21-Apr-2013

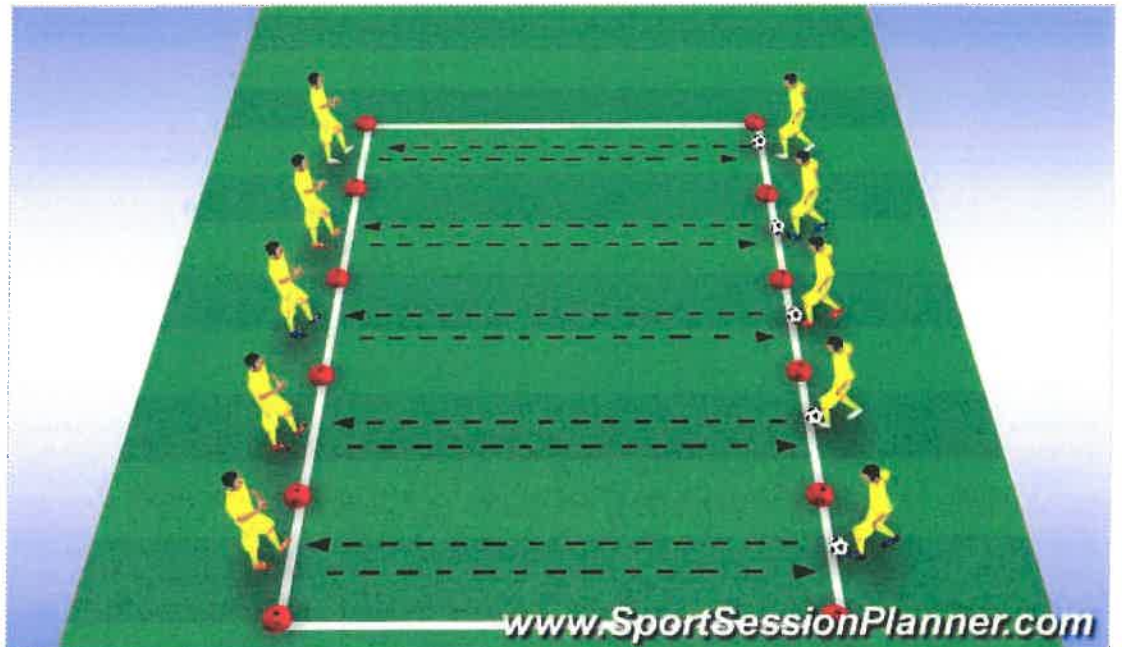
Description:

This session works on receiving and passing. Most of this session is static passing so that players can work on the correct technique of receiving and passing.

Passing and Receiving (20 mins)

Setup:

- Set up two rows of cones, each cone two yards apart.
- Start with the two rows of cones being 3 yards apart and increase as skill and accuracy increases.



Instruction:

- Players work in pairs standing opposite each other and between the cones.
- Players pass the ball back and forth to each other.
- Start at a distance of three yards and increase distance based on players ability to pass accurately.
- Progression: Based on accuracy of pass increase distance of pass.
- Progression: Pass ball with laces.

Coaching Points:

- Passing the Ball:**
 - Knees slightly bent, Turn ankle, Lock ankle, Pass with the instep, and follow through with leg.
 - Keep eyes on Ball. Weight of pass should match the distance being passed.
 - Pass can be a role pass with sole of foot for close distance.
 - Look at target for pass, and then focus back on ball for pass.
- Receiving the ball:**
 - Eyes on the ball. Position body behind the ball.
 - To start receive the ball with instep, pass back with same foot.
 - First touch should get the ball from out of feet; take a second touch if needed.
- Options for receiving ball and passing the ball:**
 - Instep to instep, receive and pass with same foot.
 - Left to right instep and right to left.
 - Receiving with sole of foot. (wedge).
 - Receiving with outside of foot.



Session Type: House League Level

Coach's Name: Colin Foy

Date: 25-Apr-2013

Description:

Three diamond passing sessions exist in practice session 6

Diamond 1 - Passing and Moving (10 mins)

Setup:

a) Set up a diamond with cones separated 5 yards apart. Three players placed outside the diamond with one ball.



Instruction:

- a) Player makes a pass to teammate and moves quickly to the empty cone.
- b) Player receiving the ball takes a touch to control pass, passes to other teammate and moves to empty cone.
- c) Passes can travel outside diamond or across the diamond.

Coaching Points:

- a) Encourage player to move quickly to empty pylon.
- b) Emphasise passing and receiving techniques.
- c) Players should stand off the cones.

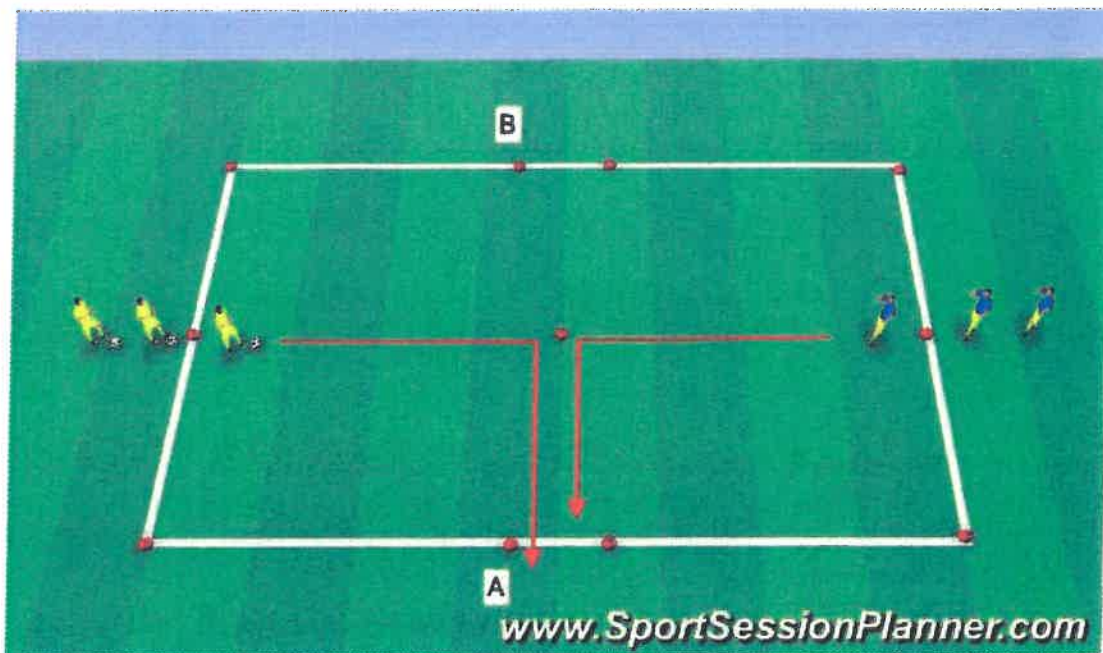
Attacking & Defending (20 mins)

Setup:

a) 10 yards X 10 yards box, marked out by cones in the corners.

b) A single cone in the centre of the box and two one yard goals at the side of the box marked by A and B above. c) Can increase size of box to 15 X 15 to allow for more dribbling.

d) Two lines of players. One line has balls (attackers - yellow) and the other has no balls (defenders - blue).



Instruction:

a) Attacker dribbles to middle, defender comes out to meet attacker and passively defends.

b) Attacker selects left or right goal to attack.

c) Defender passively defends, does not take ball from attacker.

d) Players return to their lines.

e) Switch attackers and defenders after 5 times through for each player.

f) Progress to full 1 v 1 where defender applies full pressure to attacker and tries to win ball and score on either goal.

Coaching Points:



SESSION PLAN U8/U9 House League - Session Seven

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Coach's Name: Colin Foy

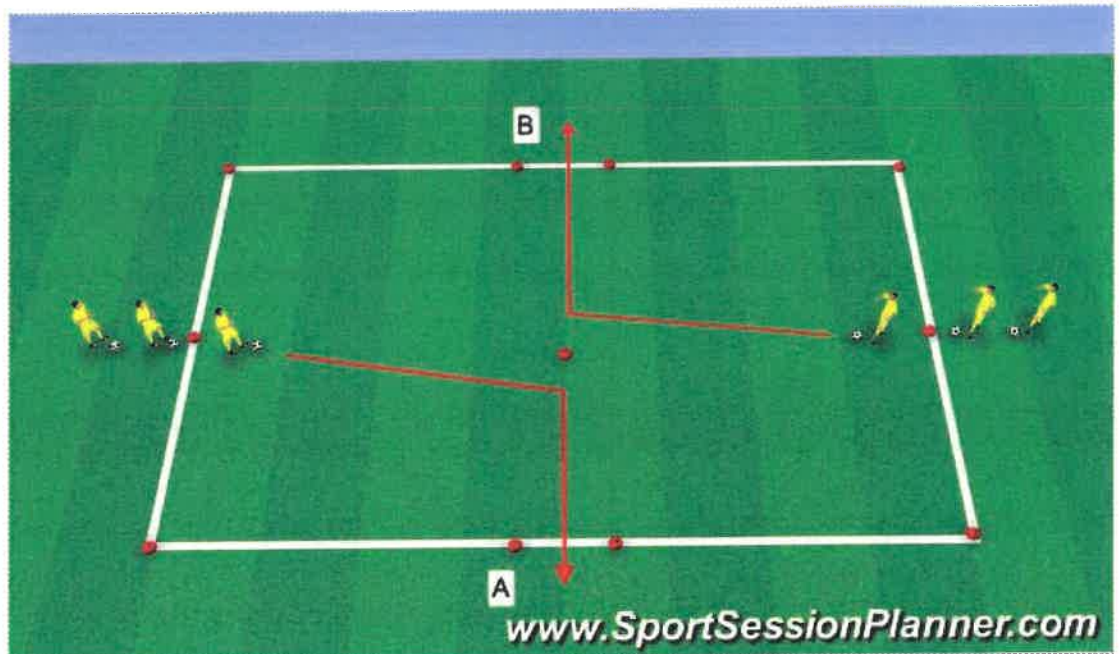
Date: 25-Apr-2013

Description:

Attacking (10 mins)

Setup:

- a) 10 yards X 10 yards box, marked out by cones in the corners.
- b) A single cone in the centre of the box and two one yard goals at the side of the box marked by A and B above. c) Can increase size of box to 15 X 15 to allow for more dribbling.
- d) Two lines of players behind a cone on opposite sides of the box.
- e) Each player has a ball.



Instruction:

- a) On player from each side dribbles to the middle, cuts and changes direction to right toward goal A or B, then returns to the back of player line.
- b) Player dribbles to centre by dribbling with Baby Toe, Bells, Sole taps.
- c) At the centre the player cuts the ball to change direction, by using a Step Over Cut, Scissor Cut or feint and cut.
- d) After change of direction accelerate dribbling with Baby toe.
- e) Switch to cutting to the left.

Coaching Points:

- a) Emphasis on acceleration after change of direction.

Diamond 2 - Passing and Moving (10 mins)

Setup:

a) Set up a diamond with cones separated 5 yards apart. Four players outside the diamond with a ball each, one at the centre of the diamond without a ball.

Instruction:

a) Player at the centre turns to a teammate outside the diamond and asks for the ball.

b) The ball is passed in, controlled and returned to same player.

Control options:

- Instep – control and return pass with same foot.
- Instep – left to right and right to left foot.
- Outside of foot.



Coaching Points:

- a) Player at the centre, dictates who passes from outside by their movement and communication Encourage player in centre to work hard.
- b) Good passing and receiving technique.
- c) Work centre for one minute and switch.

Progress:

- a) Remove a ball but have the same number of players.
- b) Player at centre must pass to the player without a ball.
- c) Players on outside communicate to tell player at centre where target player is

Diamond 3 - Passing and Moving (10 mins)

Setup:

- a) Set up a diamond with cones separated 5 yards apart.
- b) Five players stand outside the diamond
- c) Play starts with two players at one cone, one with the ball

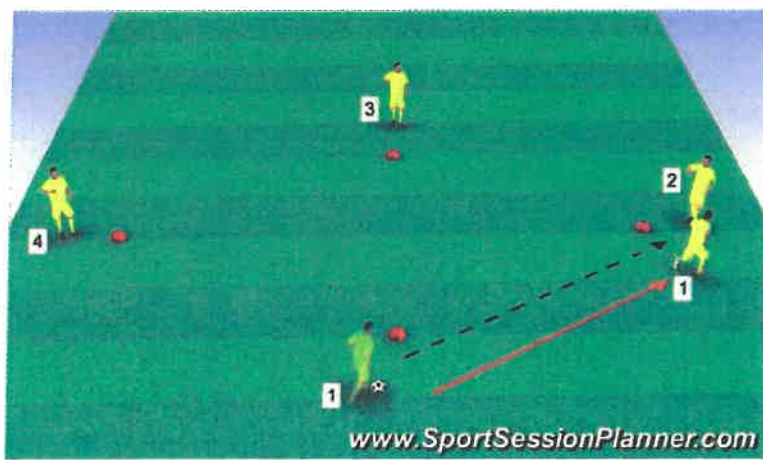
Instruction:

a) Player 1 with the ball makes the pass to the player 2 to their right and follows pass.

b) Player 2 controls and passes to player 3 and follows pass.

c) Pass, follow play continues around the diamond

d) Progression: Play the opposite way around the diamond to that shown above with left footed passing.



Coaching Points:

- a) Player receiving the ball must step away from the cone (treat cone as defender)
- b) When receiving and controlling ball, first touch is in direction of the pass you want to make



SESSION PLAN U8/U9 House League - Session Eight

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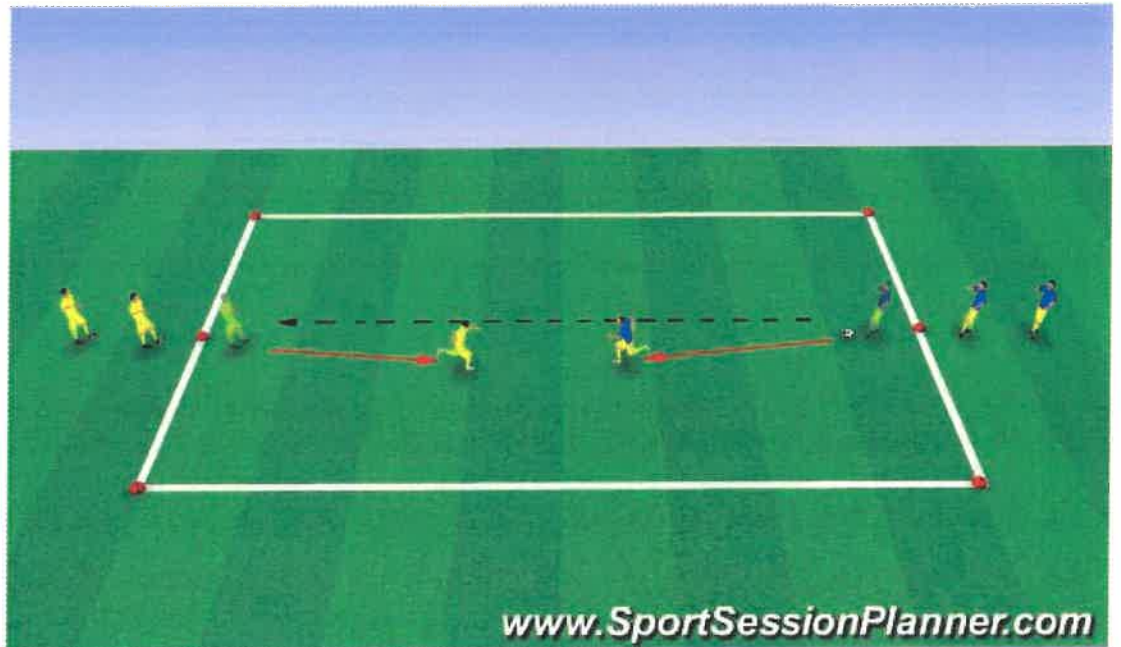
Date: 25-Apr-2013

Description:

Attacking & Defending (25 mins)

Setup:

- a) 10 yards X 10 yards box, marked out by cones in the corners
- b) Can increase size of box to 15 X 15 to allow for more dribbling and space.
- c) Two lines of players on opposite sides of box.
- d) One line of players has balls (attackers - yellow) and the other line has no balls (defenders - blue).



Instruction:

- a) The purpose of the game for the attacker is to get past the defender and dribble the ball over the defenders line. b) The purpose of the game for the defender is to win the ball and dribble it over the attackers line.
- c) Defender passes ball into attacker.
- d) Attacker dribbles forward and tries to beat the advancing defender and dribble ball over the defender's line.
- e) Defender tries to win ball and dribble over attacker's line.
- f) Progression: can be progressed to 2 v 2, 3 v 3, or 4 v 4 with goals at either end.

Coaching Points:

- a) When the pass comes in, control ball and attack defender.
- b) Use Scissors, Step overs, Double Scissors, Double step overs to beat defender.
- c) Emphasise good control when dribbling and acceleration after beating defender.

COACHING POINTS (defender):

- a) After passing ball, quickly come to meet attacker.
- b) Adopt a defensive stance (side on to attacker, not square).
- c) Knees bent for balance. On toes.
- d) Keep attacker at arm's length.
- e) Be patient, don't jump in to tackle.