

SESSION PLAN: TECHNICAL



BALL CONTROL

Following is a session plan for 1st & 2nd Grade Recreation Players.

WARMUP PHASE

> Individual Juggling

- Basic to Combinations using the 14 Body Surfaces
1-Head, 2-Left Shoulder, 3-Right Shoulder, 4-Chest, 5-Left Thigh, 6-Right Thigh,
7-Left Foot Laces, 8-Inside Left Foot, 9-Inside Right Foot, 10-Left Heel, 11-Right
Foot Laces, 12-Inside Right Foot, 13-Outside Right Foot, 14-Right Heel

TECHNICAL PHASE

> Dribbling Drill #1 -- "Command Dribble"

- Commands:
1-Right Foot Only, 2-Left Foot Only, 3-Inside of Both Feet Only, 4-Outside of Both
Feet Only, 5-Stop Ball with Sole of Foot

> Dribbling Drill #2 -- Teaching the "Pull-Back"

> Dribbling Drill #3 -- "Dribblers vs. Defenders"

- Assign 2-3 players as Defenders. All others inside grid with ball are Dribblers. At Coach's
command, defenders enter grid and attempt to tackle/steal ball away from one of the
dribblers. If Defender is successful he/she becomes Dribbler and player who lost
possession becomes Defender.

> Passing & Receiving Drill #1 -- "Tahuichi Circle"

- Players form big circle. One ball. Player with ball calls out name of another player and
passes ball to this player who receives ball with first touch and passes to another
player with the second touch. Players must call out name of player they are passing
the ball to. Players also follow their pass.

> Passing & Receiving Drill #2 -- "Numerical Sequence Passing"

- Divide players into 2-3 groups and assign each player in each group a number from 1-4 or
5. One ball. Player 1 in each group begins drill and pass to Player #2 who passes to
Player #3 and so. Highest number in group passes back to Player #1

TACTICAL PHASE

> Game #1 -- Two-Team Keepaway

- Coaching Points:
 - movement off the ball
 - passing with inside of feet
 - receiving with the first touch

> Game #2 -- Two-Team Scrimmage @ "Line Soccer"

- Teams score by dribbling or passing to a teammate over the opposing endline.