Special Needs Soccer - Session Four - Overview

1. Check in Volunteers & Players
   - Create Name Tags For New Players, Check that each player has: Shin-guards, a ball and plenty of water.
   - Early arrivals can take shots on a Pugg goal from a predetermined spot, one at a time, or dribble around the perimeter of field. Volunteers: One Goalie, One shot organizer.

2. Start Session Sitting in A Large Circle
   -- Coach Introduction, Volunteer Introduction, Player Introduction

3. Warm Up - Pass & Move!
   - Group two Players of similar ability with a Volunteer to form a team of three.
   - Players pass the ball to another player. As soon as they pass, they have to Move into a new position.
   - Players receiving the pass have to Control the ball, Look Up to identify the Player they are going to pass to, and then Pass the ball. As soon as they Pass they have to...Move to a new position. And so on.
   - Coaching Points: Control, Look Up, Pass and Move! When moving into a new position, face your body towards the ball. Controlling the ball: make a quality "First Touch."

4. Freeze Tag
   - Based on the number of players, create a compact playing area marked by cones.
   - Every Player has a ball, except one Volunteer who has a pinnie and tries to tag the other players. If a player is tagged, they are FROZEN. They then have to pick up their ball, hold it over their head and spread their legs wide.
   - They can become UNFROZEN, if another Player can dribble up to them and pass the ball through the front or back of their legs. Once unfrozen, they can continue to dribble around the area avoiding the Volunteer with the pinnie. Players who dribble out of bounds are instantly frozen and have to return to the playing area with the ball over their head and their legs spread wide.
   - Water Break

5. Clean Out The Garage
   - Players are divided equally into two teams in an appropriately sized, yet compact, area designated by one color of flat and tall cones around the perimeter. Field of play is cut in half by different color set of flat cones. Volunteers space themselves equally around the perimeter of the field to send errant balls back into play.
   - All available balls (minimum 12) are utilized and split equally between the two teams.
   - The goal is to "Clean Out The Garage" by having each team try and kick the balls on their side of the field into the opponents half. At the end of each 3 minute round, the team with the least amount of balls in their area wins.
   - Coaching Points: Encourage players to "Control" the ball with a quality "First Touch" before kicking it back into the other team's half. Volunteers can explain to more advanced players to kick the ball "Into Space" where there are no opponents to make it harder for the other team to kick the ball back.
   - Water Break

6. Small Sided Games
   - Match equally skilled players together and play 3v3 / 5v5 games with Pugg goals, no goalies.
   - Small sides ensure plenty of touches
   - On-Field Volunteers assist players in need. Additional Volunteers position themselves around the field to send balls back into play or assist with throw-ins/kick-ins when the ball goes far out of bounds.
Special Needs Soccer - Session Four - Activities - Pass & Move!

- Pass & Move!
  - Group two Players of similar ability with a Volunteer to form a team of three.
  - Players pass the ball to another player. As soon as they pass, they have to move into a new position.
  - Players receiving the pass have to Control the ball, then Look Up to identify the Player they are going to pass to, and then Pass the ball. As soon as they Pass they have to...Move to a new position. And so on.
  - Coaching Points: Control, Look Up, Pass and Move! When moving into a new position, face your body towards the ball and try and stay in a triangle. Controlling the ball: make a quality “First Touch.”

Control, Look up (at player you want to pass it to) and Pass

After Passing Move to a new position

Run
Pass
Dribble
Player
Volunteer
Flat Cone
Tall Cone
Special Needs Soccer - Session Four - Activities - Freeze Tag

- Freeze Tag
  - Based on the number of players, create a compact playing area marked by cones.
  - Every Player has a ball, except one Volunteer who has a pinnie and tries to tag the other players. If a player is tagged, they are "FROZEN." They then have to pick up their ball, hold it over their head and spread their legs wide.
  - Players can become "UNFROZEN," if another Player dribbles up to them and passes the ball through their legs (either through the front or the back). Once unfrozen, they can continue to dribble around the area avoiding the Volunteer with the pinnie. Players who dribble out of bounds are instantly frozen and have to return to the playing area with the ball over their head and their legs spread wide.
  - Water Break

~30 Yards (If Needed, Modify Width So Players Have Plenty of Space)
Special Needs Soccer - Session Four - Activities - Clean Out The Garage

- **Clean Out The Garage**
  - Players are divided equally into two teams in an appropriately sized, yet compact, area designated by one color of flat and tall cones around the perimeter. Field of play is cut in half by different color set of flat cones. Volunteers space themselves equally around the perimeter of the field to send errant balls back into play.
  - All available balls (minimum 12) are utilized and split equally between the two teams.
  - The goal is to "Clean Out The Garage" by having each team try and kick the balls on their side of the field into the opponents half. At the end of each 3 minute round, the team with the least amount of balls in their area wins.
  - Coaching Points: Encourage players to "Control" the ball with a quality "First Touch" before kicking it back into the other team's half. Volunteers can explain to more advanced players to kick the ball "Into Space" where their are no opponents to make it harder for the other team to kick the ball back.
  - Water Break

---

Volunteers Send Errant Balls Back Into Play

~30 Yards (If Needed, Modify Area So Players Have Plenty of Space)

Coach Provides Individual Instruction To Players

Players In Pinnies

Flat Cone

Tall Cone

Green Divider Cone

Volunteer

Pass

Dribble

Run
Special Needs Soccer - Session Four - Activities - Scrimmage

- **Small Sided Games**
  - Match equally skilled players together and play 3v3 / 5v5 games with Pugg goals, no goalies. Volunteers assist players in the field as needed. Coach referee’s the action and provides “Coaching Points” to individual players during the course of the game, but never stops play to do so. Volunteers along sidelines tap ball back into play to prevent it from going out. However, when a ball goes way out of bounds, players perform throw-ins and goal kicks (add corner kicks if players are more advanced). Blatant, deliberate fouls are always called to control the game. A kick off (restart) is performed in the middle of the field after every goal. Frequent team and individual water breaks as needed.

---

Modify Width So Players Have Plenty of Space

---

Player

Player Wearing Pinnie

Volunteer

Coach

Large 6’ Pugg Style Goal

Flat Cones Mark Sidelines & Endlines

Tall Cones Mark Corners

© 2013 Special Needs Soccer, Inc. All Rights Reserved. Author: Dan Bretman. Distributed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.
Support Our Sponsors!

macProVideo

macProVideo.com
What They Say:
"Where Mac Users Learn."

What We Say:
Looking to learn the leading Apple Mac software? macProVideo is like the Matrix movie come to life. You'll be saying "I know Kung-Fu!" - or, ah, "I know Photoshop!" in only a few short hours. Awesome!

Overview:
macProVideo.com is an online education community featuring video tutorials and training for popular Audio & Video Applications including Adobe CS, Logic Studio, Final Cut Studio, ProTools, and more. macProVideo.com provides an intuitive web-based video player that streams each tutorial through your web browser. One low monthly or yearly fee gives you full access to the Online Tutorial Library. Courses can also be streamed via iPad, iPhone or iPod Touch.

Plans start at just $25 - macProVideo.com

Your Company Here!

Sponsor Special Needs Soccer!
It takes quite a volunteer effort to develop, test and create the curriculum you're holding in your hands here. Please support Special Needs Soccer with this unique marketing opportunity or by simply donating to our endeavor. All proceeds go directly to providing essential information and coaching materials to anyone who conducts a special needs soccer program, or is looking to start one.

Present your company's products and/or services to a qualified Special Needs community with an advertisement embedded directly into our curriculum. Showcase a product, present a special deal, offer a coupon - it's simple and easy to create a valuable and rewarding promotion!

Call us today to learn more about how you can support Special Needs Soccer via this unique platform: 516.399.0570 // info@specialneedssoccer.com