

**DC STODDERT
SESSION PLANS**

U5/U6- PRE K/KINDER

4V4





FOCUS: MOVING - 1 BALL 1 PLAYER

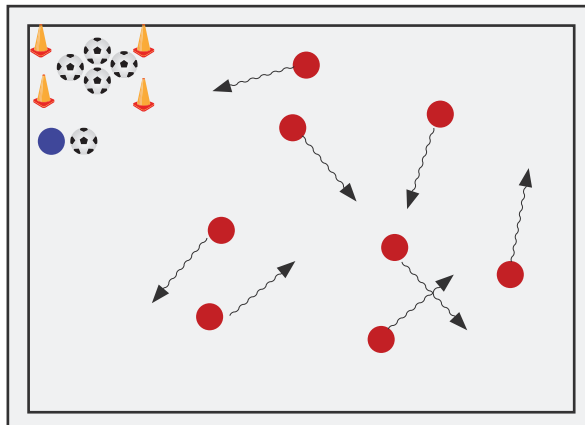
- ▶ Start the games as soon as possible, chase the players to make them move, first without a ball, then with
- ▶ Slowly chase and make noises to increase excitement, control the group, going slower on kids less able

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Sharks and Minnows - but don't call it that. Be inventive, can it be Star Wars? Another movie or character the kids like?
- Game is simple - coach has the ball and dribbles after players. Bump the ball on their leg to have them join you to chase others
- No safe zone - have to keep moving
- Keep all balls in the nest or coned area to keep it simple and tidy
- Use discretion on who to get and when
- If you go outside the boundaries, you get a ball

TECHNIQUE:



KEY POINTS:

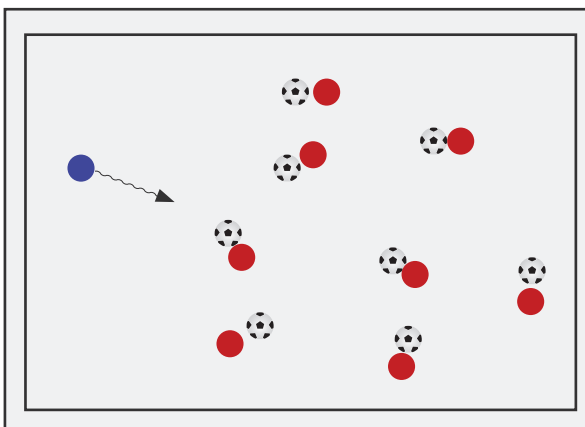
- Dribble the ball to get close, don't just whack it
- When close play the ball at the moving target, outside or inside of the foot work as a passing technique
- Heel, sole and toe can be used organically by chaser with ball
- Celebrate creativity of players who get runners out
- Make being on both sides of the game fun, with or without the ball

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Create a new name for this, Safari Hunt? Players are animals and Coach is a game warden trying to catch them by stealing their ball
- Same as above but now the coach doesn't have a ball and all players do, once you steal it, kick it out. You can reenter after a skill (x3 juggles) or play knock out
- Players with ball dribble to evade and accelerate away from person with out ball
- Game goes quicker as players have less control - play multiple rounds
- Ball has to be moving or you're out (stop players standing on the ball and waiting)

TECHNIQUE:



KEY POINTS:

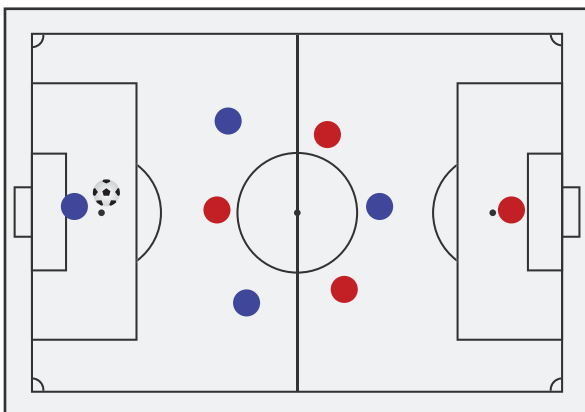
- DEFENDERS
No big swing defensively
- Move your feet and use your body to cut off opponent
- Pass the ball in control out the grid
- ATTACKERS
Head up, dribble into space
- Speed or skill dribble to evade
- Touches away from pressure
- Identify space

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Keep the characters and context in the game so they have a point of reference to carry into the match
"Defend like a lion"
"Dribble away like Luke Skywalker"

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: HEAD UP SPACIAL AWARENESS - TEAMWORK

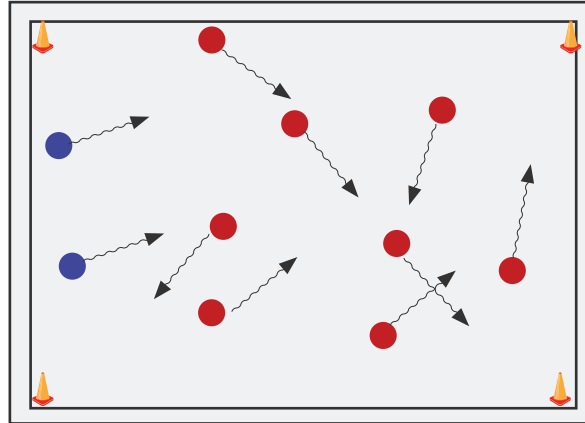
- ▶ Keep the players involved and moving, can't stand still in this games unless stuck
- ▶ Slowly chase and make noises to increase excitement, control the group, going slower on kids less able

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Stuck in the mud - but don't call it that. Be inventive, can it be Frozen? Another movie or character the kids like?
- Game is simple - players in bibs chase and tag
- No safe zone - have to keep moving
- Once tagged, you're stuck in the mud/frozen and have to stand with legs open arms outstretched asking for help
- To be freed, teammate has to crawl through legs
- If you go outside the boundaries, you're stuck

TECHNIQUE:



KEY POINTS:

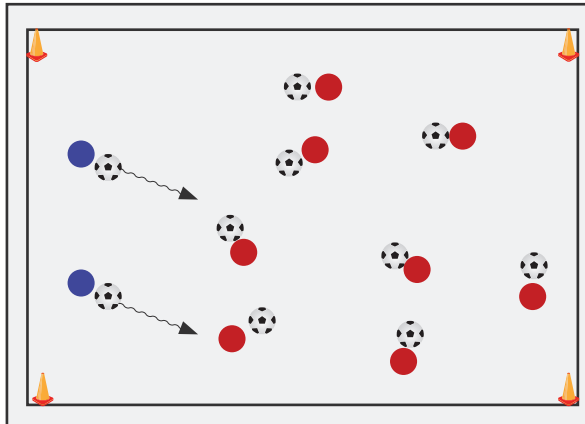
- Head up identify space
- Be prepared to cut, change direction and move
- Help teammates to keep most numbers moving
- No puppy guarding
- Ask for help when stuck - be vocal
- Reward good teamwork - celebrate it

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Create a new name for this, but same game just with balls
- Players with ball dribble to evade and accelerate away from person with out ball
- When hit by opponents ball, place your ball over your head, open legs and ask for help
- To free teammate, pass the ball through their legs
- Ball has to be moving or you're out (stop players standing on the ball and waiting)

TECHNIQUE:



KEY POINTS:

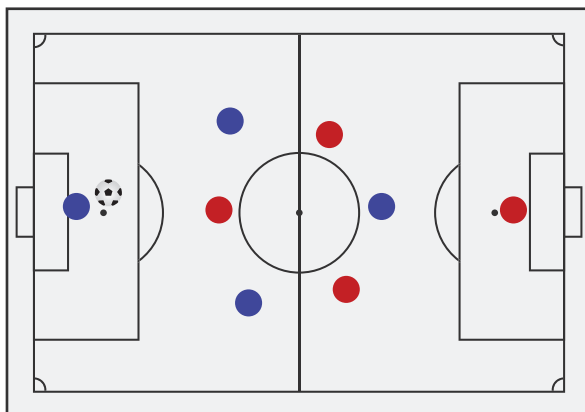
- Head up
- Find space and dribble to it
- Pass the ball from short distances to free stuck friends
- Keep the ball close, no big swings
- Ask for help when stuck - be vocal

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Keep the characters and context in the game so they have a point of reference to carry into the match
- No one is stuck in the mud, so move and be an option without the ball
- Show teammates support by communicating for the ball and moving into space

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



SOCCER SESSION PLAN #: 03 AGE GROUP: PRE K/K PLAYERS 8+ STAGE: 1

FOCUS: DRIBBLING AND INTRODUCTION TO SHORT PASSING

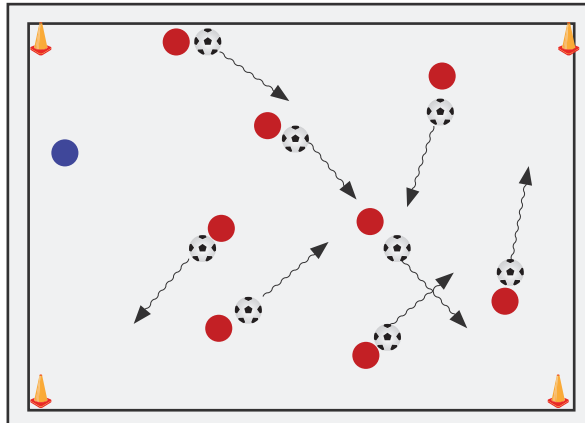
- ▶ Get one ball per player and get it going
- ▶ Change the volume and tenor of your voice with each command to change the environment of the instruction

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- Players drive their soccer balls like cars
- Red light = Stop
- Green light = Go
- Yellow light = Slow
- Purple light = Dance? Move? Turn? Sit?
- Be creative with the instructions, make green a race, yellow slow motion, red instant stop and freeze and be tricky to catch them out and improve listening and reaction skills

TECHNIQUE:



KEY POINTS:

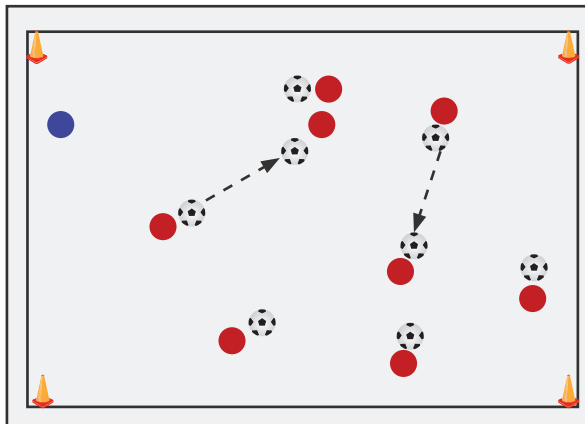
- Head up identify space
- Be prepared to cut, change direction and stop
- Speed dribble vs Skill dribble - speed dribbled increase touch size and pace, skill dribble decrease touch size and surface of foot to manipulate ball
- Be ready to stop, so keep the ball under control, no big swing

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- Bump a ball
- Try and bump your ball off all your teammates in the time allocated (25 seconds per round)
- Use any surface to connect
- One point for each bump
- Bonus point if you bumped everyone

TECHNIQUE:



KEY POINTS:

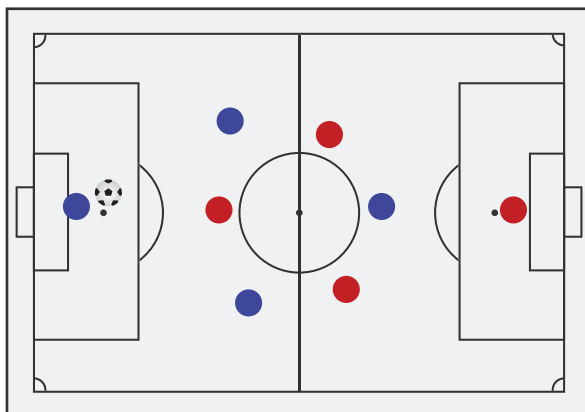
- Head up
- Find available ball, drive to it
- Use different surfaces to create different contact
- No big swing = if you miss, you'll be running a lot to chase your ball
- Keep it close and under control to get the highest score

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Keep the commands from the first activity into the game so they have a point of reference to in the match
- Show teammates support by communicating for the ball and moving into space

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: PASSING AND CLEAN UP GAME

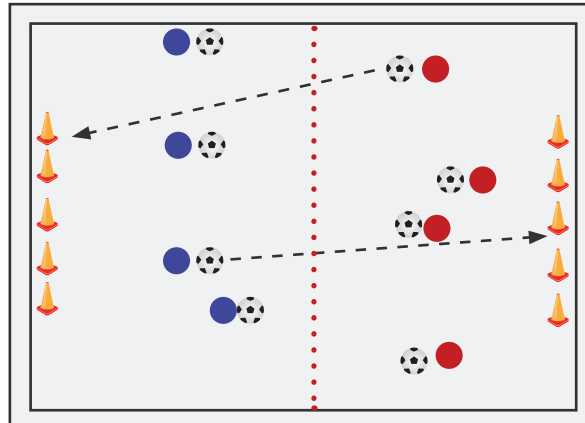
- ▶ Set up option A on the game field with your teams split so you can move straight into the match after the activity
- ▶ Clean up game after any practice and can be used as a cool down and good way to centralize players for checkout

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Protect the castle
- Pass your ball to knock down opponent teams cones
- Change distance based on skill level
- 4v4
- Once cone is down it stays down, first team to knock them all down wins
- No blocking opposition
- Have to bring ball back to own half to shoot again

TECHNIQUE:



KEY POINTS:

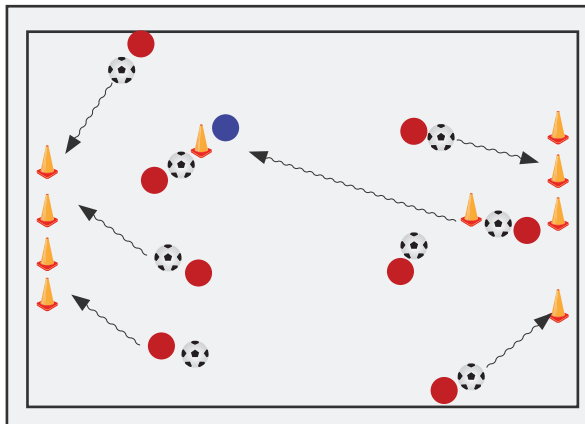
- Head up identify cone
- Use inside of the foot to be more accurate
- Use teammates to help attack same cone to increase chance of knocking it over

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Ice cream
- Dribble your ball to a cone, scoop it up, make a flavor and bring it back to the coach
- One cone at a time
- Coach redistribute ball after reception and hearing flavor

TECHNIQUE:



KEY POINTS:

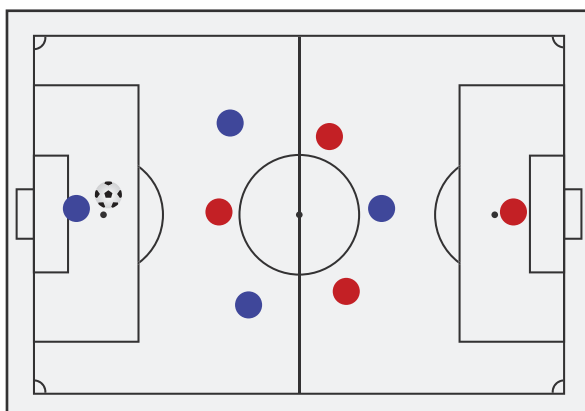
- Head up
- Find available cone
- Dribble around players and obstacles
- Scoop and carry to coach, communicate loudly and clearly

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Show teammates support by communicating for the ball and moving into space
- Concentrate on one aspect of the session, head up dribbling when 1v1 -identify space and attack it
- Pass with inside of the foot to find a teammate

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving