

Fall 4U- Session #2

	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
Technical Warm-Up	Listening & Calisthenics -One-Leg Standing (jump-change to other leg) -2-Leg Hopping -1-Leg Hopping -Side Kick jogging -Skipping -Backward Jogging -Sprinting	-Players on End Line -Space bw each player -Coach demonstrates each movement and then asks players if they can do it. -5'	-Coach uses Questions -Take time on certain tasks as necessary to improve ability -Ask players to practice with parent at home.	-Vary wording as necessary to accomplish the task and keep players focused. -Increase or decrease pace as necessary based on success of task with players -Make a point to state what each player is doing well -Players score ball into goal prior to break	-Progression of skills from session #1 -Listening & Direction -Introduce balance, change of single-leg stance, alternating balance activities with progressive speed -Fun!
Small-Side Game	Body Part Dribbling	-5x5 → 7x7 -All players with a ball, dribbling in the grid -5'	-As players are dribbling, coach calls out a body part. Player uses that part of the body to stop the ball.	-Can progress by asking each player what body parts coach could call out, while players continue to dribble in the square. -Can progress by adding animal sounds to the body parts when stopping the ball. -Have players score ball into goal prior to break.	-Physical Expansion -Listening, while dribbling -Decision-making, while dribbling -Different Body Parts -Can you think of a body part to stop the ball with next? -Can you dribble fast and stop fast? -What body part next? -What noise goes with that body part? -Fun!
Expanded SSG	Ball Master	-15x15 → 20x20 -All players with a ball -Coach begins in the middle of the grid. -5'	-Player dribbles ball to coach/ball master -coach kicks/throws ball away and asks player to retrieve ball with different body parts: -Bottom of feet only -Inside of fee only -Head only, etc...	-Can progress by coach moving after each throw so players have to find the 'target'. -Can progress by allowing parents to softly steal the player's ball while dribbling back to the coach. -Players score in goal prior to water break.	-Can you find the coach? -Who can dribble back to the coach the fastest? -Can you dribble around the parents and get to the coach? -Fun!
Scrimmage	1) Players vs Coach 2) Players vs Players	-Full field 1) All players with a ball vs coach 2) All players vs coach, 1 ball total -5-10'	-Begin to try and reinforce out of bounds but don't stop their dribbling yet. 'Where's the goal?'	-Begin all players with a ball vs coach and progress to all players vs coach with just 1 ball. -Can progress to players vs players with just 1 ball -Parents on sidelines as much as possible -No Instructions from Parents!	-Questions!: -Who can score fastest? -Who can steal the ball? -Fun and Energy!

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