

# Building Champions!



## Session Plan

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	1	TOPIC:	Dribbling 1
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12 min	SESSION 1	Farmer Giles	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards. Coach or player (farmer) stands $\frac{3}{4}$ of the way down the field. Everyone has a ball besides the "famer" Players with ball have to dribble across without the farmer tagging them.		Decision making. Movement education. Repetition in ball touches. Working on balance and eye – foot coordination.	

12 min	SESSION 2	Ping	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards area (10 yd grids). Everyone has a ball in their own grid to start. On coach's call, players have to keep control of their ball and kick their opponent's ball out. Must have your ball close to you when kicking opponent's ball out. If your ball is kicked out, on return juggle for 2-5 times then rejoin.		Decision making. Movement education. Repetition in ball touches. Awareness. Water break after activity.	

12 min	SESSION 3	1 v 1 Keep ball	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards (10 yd grids). One player has a ball, one without in their own grid. Players have to keep control of their ball and not let their partner get it. If partner gets it, they keep it. Play for 20 seconds, when coach stops player with the ball gets a point. Change partners after 1 minute.		Decision making. Movement education. Repetition in ball touches. Awareness.	

24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. <b>Progression 1:</b> Add goalkeepers (if age applicable) and go to two goals (normal game setup). <b>Progression 2:</b> Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

KEY:	Ball lane	Movement without ball	Run with ball
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