



WYSA Session Plans:

4v4

U8(1st Grade)



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What makes a session have a good flow?

Here are some things to consider:

- 1. Preparation - Understanding the session plan and setting up your training.*
- 2. Knowing Your Players - Adapt to each personality.*
- 3. Demonstrations - Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*
- 4. Modifications - Knowing when to progress or regress.*
- 5. Communication - Be sure to ask questions and be open to feedback.*



Coaching Tips:

Transfer Knowledge into understanding

1. “EYES ON ME!”

Get their attention. Acknowledge children that are paying attention. “Catch them being good.” Consider kneeling to get eye level.

2. LIMIT INFORMATION TO 1-2 POINTS AT A TIME

Teach in small bits at a time. Example: “When turning the ball your foot should hug it.”

3. CHECK FOR UNDERSTANDING

Have the players “show you” instead of asking them “Does that make sense?” Say, “Let me see you try.” Example: Have them show you how to do a pass in slow motion.

4. BE POSITIVE

Be specific with praise! Example: “Cindy, that’s great to have your head up while dribbling.

5. SMILE

Be enthusiastic! Remember that children won’t care what you know until they know that you care.

Reference: United Soccer Coaches, 4v4 Diploma: Philosophy



Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**



Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:
Example - "In this game I want to see if you can look to take players 1v1 and **PASS** to your teammates to create scoring opportunities..."

Key Coaching Cues:

- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed

Week ONE

Topic: Understand the game, technical development, and fun games!

1. Individual Dribbling

- Set-up small area for individual dribbling skills. Coach should demonstrate proper techniques using **LACES**, **INSIDE**, **OUTSIDE**, and **SOLE** of foot.
- Add turns - Inside/Outside Hook, Pull Back, Cruyff
- Add Pressure - Coach or player becomes **DEFENDER/S**

Coaching Cues:

Head Up - Dribble - Light Touch - Control > Speed

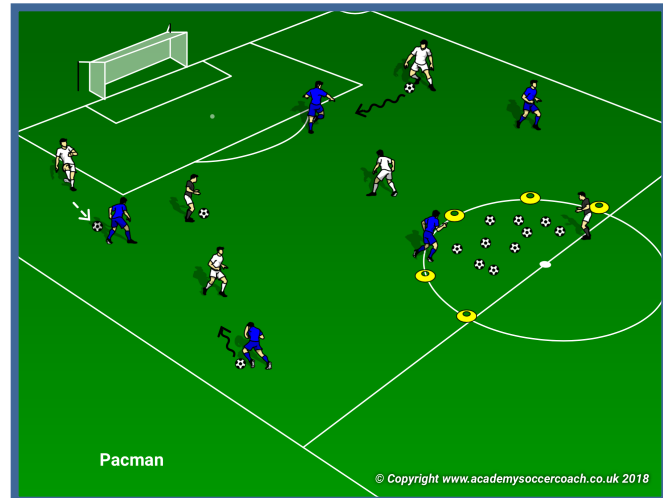


2. PACMAN

- Place all of the balls in an “arsenal” for the **Pacman**. **Pacman** dribbles area trying to eat the ghost by **PASSING** the ball at players feet. If you get eaten (hit by the ball) you become **Pacman** too!
- Last player standing **WINS!**
- Play 2-3 rounds.

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed

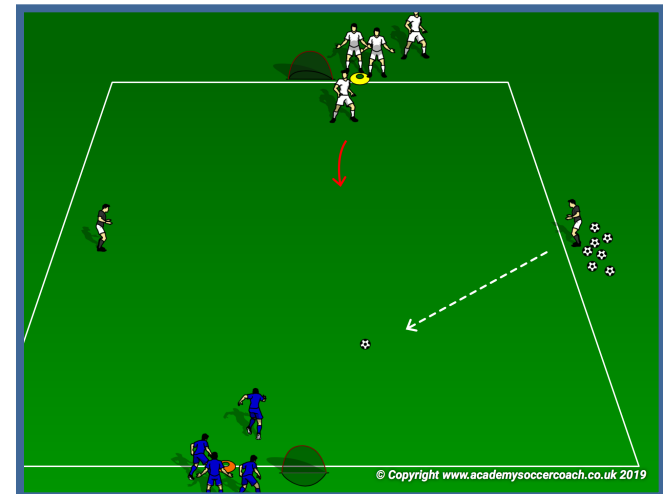


3. 1v1's

- Set-up two lines of players as shown in image. Coach has all of the Soccer balls in his/her arsenal. Coach **PASSES** to either player creating a **1V1** situation, **ATTACKER** v. **DEFENDER**.
- **ATTACKING** player attempts to score. **DEFENDER** tries to recover ball and become **ATTACKER**. If **DEFENDER** recovers ball, they can try to score.

Coaching Cues:

- Head up! - Attacker - Defender - Dribble - Pass - Shoot - 1v1



Week TWO

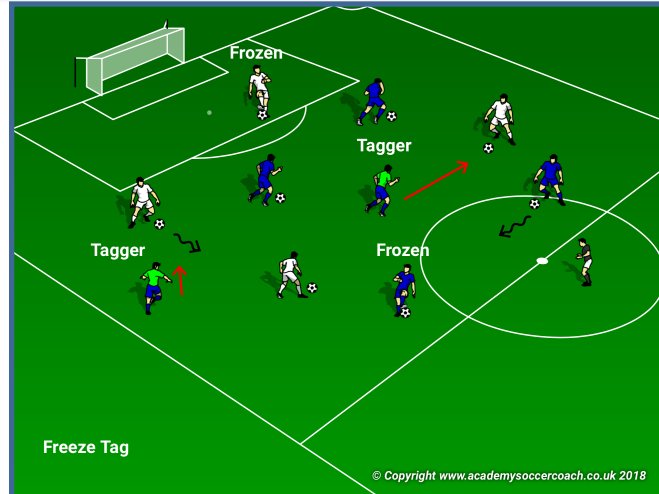
Topic: Understand the game, technical development, and fun games!

1. Freeze Tag

- Play with No Ball to start. Coach or Players designated as **TAGGER**. Inside area players move around trying not to be tagged. If you are tagged, **FROZEN**. Players must **RECEIVE** high five from another player before returning to game.
- Add Ball - Players now **DRIBBLE** and avoid Tagger/s. If tagged, **FROZEN** player can receive high-five and continue, or players can create a gate for players to **PASS** thru.

Coaching Cues:

Head Up - Protect the ball - Dribble - Find Space

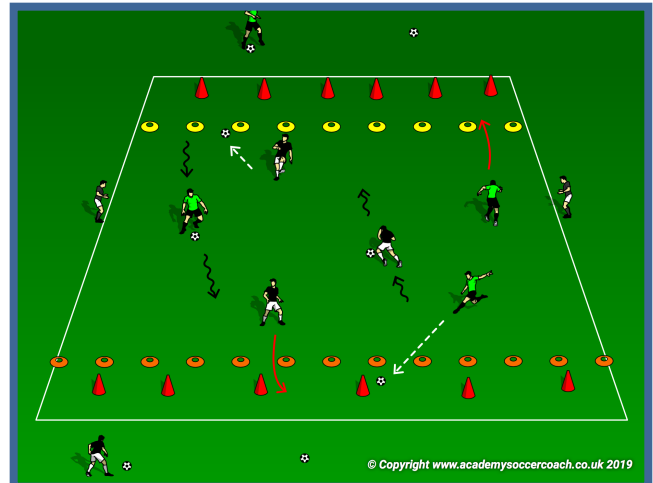


2. End-Zone Game w/ Targets

- Set-up two end zones about 20 yards apart (use width/length of area). Two Teams.
- Each team starts in their end-zone. Players from each team **DRIBBLE** across to opposing teams end-zone and try to knock down targets. Players **CANNOT** enter into opposing teams end-zone, although they must go back to their end-zone to recover a ball.
- Team that knocks down the most targets, **WINS!**

Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Laces Shot

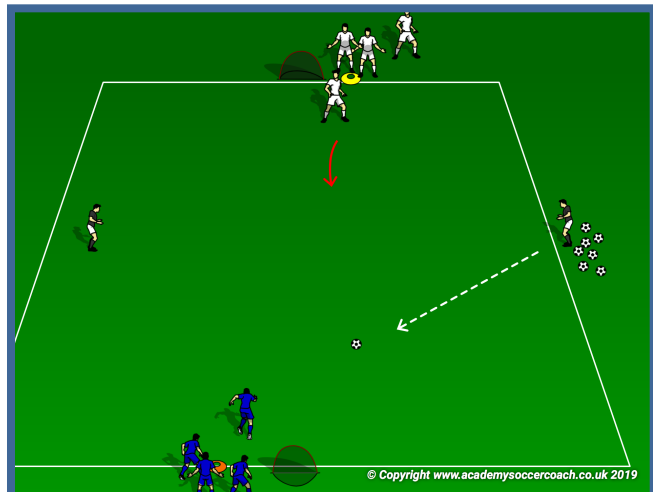


3. 1v1 or 2v2's

- Set-up - Either 1 or 2 lines on each side of Pugg net. Use assistant/parent to help with lines, if needed.
- Coach Passes ball to either team creating 1v1-2v2 scenario. Players in possession are encouraged to **ATTACK** the goal. Players w/o the ball encouraged to **DEFEND** goal and recover ball. If defender/s recover ball, they can try to score!

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



Week THREE

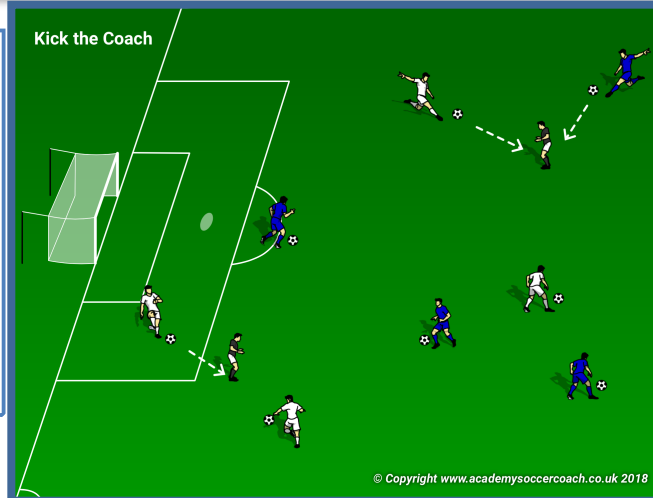
Topic: Understand the game, technical development, and fun games!

1. Kick the Coach

- Players all have their ball in area. Coach is the target. Players must **DRIBBLE** and strike ball at Coach using **INSIDE** or **LACES**.
- Players gain 1,000 points, or Coach can wear pinnies(feathers) around arms. Each time Coach is hit by player he/she loses pinnies(feathers).

Coaching Cues:

- Head up! - Dribble - Strike w/ Inside or Laces -

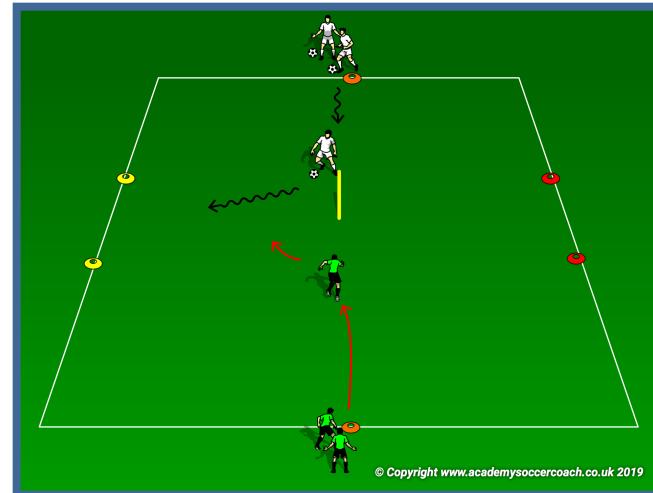


2. Fake to the Gate

- Use center marker(Pole/Cone). Make two **GATES** 10 yards to the left and right of center marker. Set-up two lines of players.
- No ball to start. Designate one line to be **ATTACKER** and the other **DEFENDER**. **ATTACKER** runs straight out to marker decides which gate to run thru. **DEFENDER** must react and try to **TAG**.
- Add ball to **ATTACKER**. Players must now dribble thru gates without losing possession of the ball.

Coaching Cues:

- Head Up - Fake/Juke - Dribble - Attack - Defend - Control > Speed

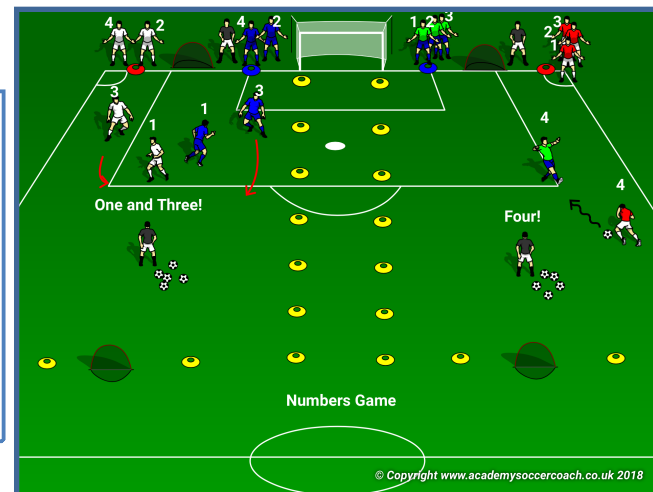


3. Numbers Game

- Make two teams. For each team, designate each player with a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



Week FOUR

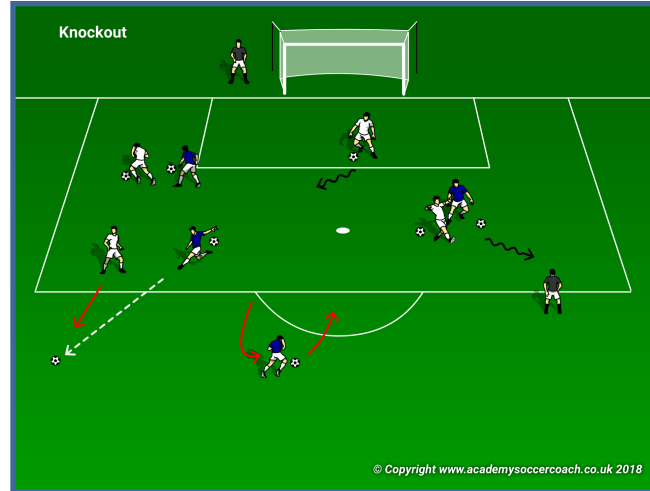
Topic: Understand the game, technical development, and fun games!

1. Skill Game - Knockout

- Players inside the Goal Box not only **DRIBBLE** to avoid other players, they must try to “**KNOCKOUT**” other player’s balls. If your ball is kicked out, you either have to perform **FOUNDATION**(*TOE TAPS, INSIDE TAPS*) to return, or you are out until next round!
- Encourage players to use **SHIELDING** of the ball. This is when a player successfully uses his/her body to protect the ball.

Coaching Cues:

Head up - Dribble - Shield - Foundation



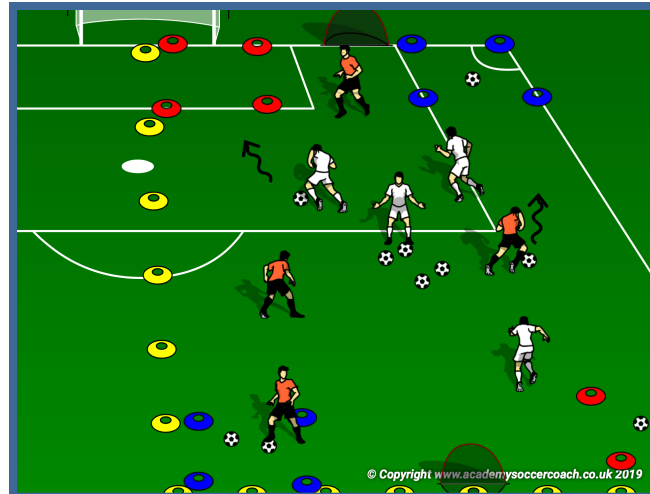
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2. Ball Recovery

- Set-up four corners on the field as shown. Balls start in the middle area. Make two teams. Each team has two corner areas of their own. White Team = **RED** Orange Team = **BLUE**
- Each team tries to collect as many balls as they possibly can in 90sec. Once balls leave middle area, players are can **DRIBBLE** their ball from opposing team’s corner, or recover from opposing player. Encourage players to **PASS** to their teammates.
- Team with the most balls recovered in their area wins!

Coaching Cues:

- Possession - Dribble - Pass - Turn



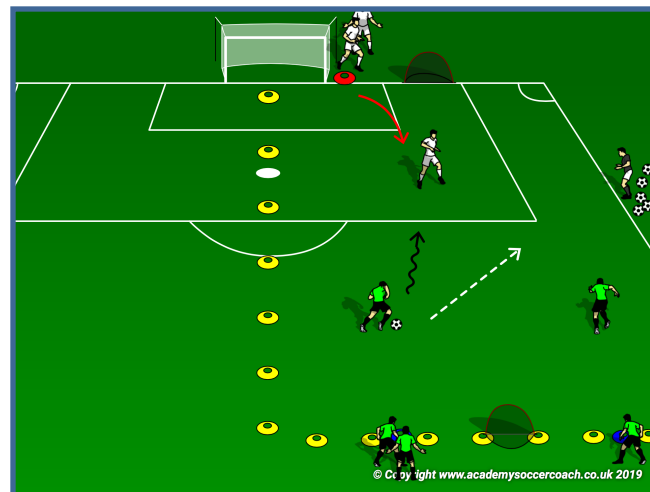
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3. 2v1 Overload

- Set-up two lines of **ATTACKERS** and one line of **DEFENDERS**.
- Coach starts by passing ball to **ATTACKERS** who are trying to score. If **DEFENDER** recovers ball, they can try to score in opposing team’s goal. Or, they can pass to a Coach.

Coaching Cues:

- Attack - Defend - Open Space - Dribble - Pass - Shoot



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Week FIVE

Topic: Understand the game, technical development, and fun games!

1. Gate Dribble

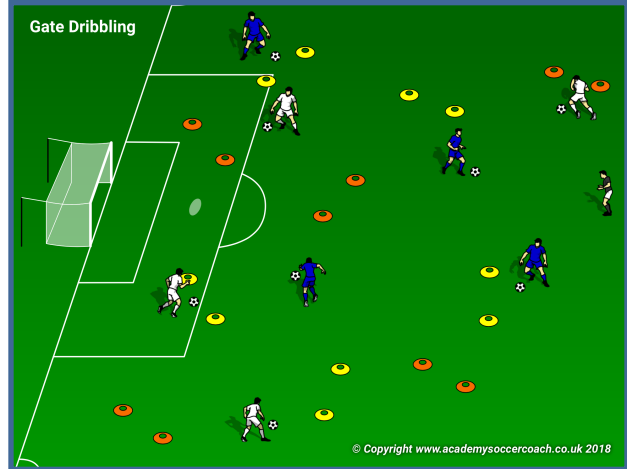
Set-up: Place multiple **GATES(10)** around your area as shown. Gates can be narrow or wide.

Game:

1. Players must **DRIBBLE** 1x thru gate. How many..?
2. Add turns - Players must **DRIBBLE** 2x thru gate. How many..?
3. Figure 8 **DRIBBLE** 3x thru gate. How many..?
4. Bonus Round - Add partner **PASSING**. Players partner-up. Players start on 1 gate w/ players standing on each side of the gate. One player starts by **PASSING** to partner. Partner controls **PASS**. Player who **PASSED** now must run to a new gate. Player in possession of ball must **DRIBBLE** and follow their partner to gate. Once at gate, player in possession **PASSES** to partner. **REPEAT!**

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



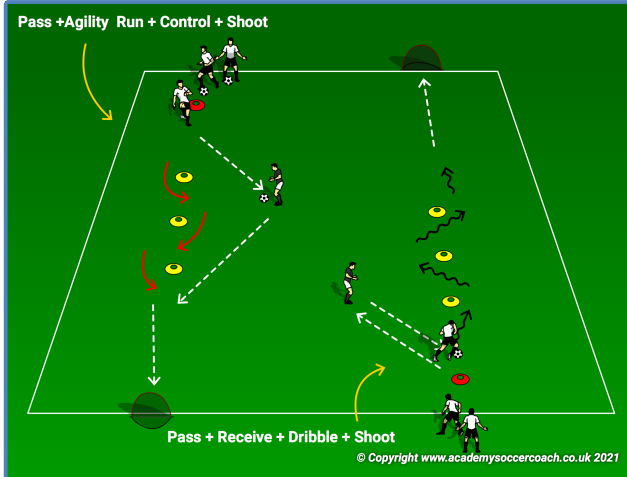
2. Technical Course

Set-up - One or two courses depending on # of players and coaches. Use 3 **BIG** cones for technical **DRIBBLING** course.

1. Player **PASSES** to Coach + Agility Run thru cones + **RECEIVES** from Coach + **SHOOT**
2. Player **DRIBBLES** thru cones/gates using insides and outsides of feet + **SHOOT**
3. Player **DRIBBLES** then performs **GIVE + GO** w/ Coach + **SHOOT**

Coaching Cues:

Control > Speed - Change Direction - Dribble - Pass - Turn - Shoot



3. 1v1 - 2v2 Dribble Thru Gates

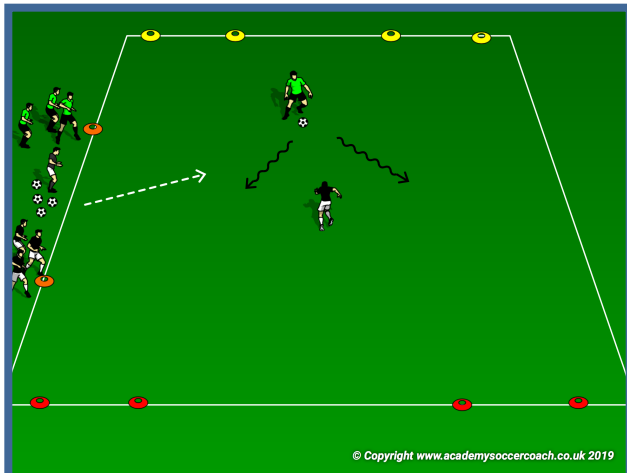
Set-up two **GATES** at each end of the area. Set-up players in two lines alongside Coach. Allow players to run around outside of gates before entering area. Coach **PASSES** into area (avoid down the middle so players to collide)

Play:

ATTACKING player with the ball must beat **DEFENDER** 1v1 and **DRIBBLE** thru either of the opposing teams **GATES**. **DEFENDER** attempts to recover ball and **COUNTER-ATTACK**.

Coaching Cues:

Head Up - Dribble - Control > Speed



Week SIX

Topic: Understand the game, technical development, and fun games!

1. Individual Dribbling w/ Obstacles

Set-up small area for individual **DRIBBLING** skills. Place cones down as obstacles for players to perform skill. Coach or player should demonstrate proper technique.

*Add Turns - *Inside/Outside Hook, Pull Back, Cruyff*

*Add Skills - *Feints, Scissors, Step-overs*

Add Pressure - *Coach/s or player/s become DEFENDER.*

Coaching Cues:

Head Up - Dribble - Control > Speed



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2. Line Passing Progression

Set-up: Two lines of players(5+) 10-15 yards(big steps) as shown. One ball for each group.

Progression 1: Player starts **DRIBBLE** to opposite line leaving it for next player. That player then enters opposing line. Change **DRIBBLE** technique(Laces, Foundations, Inside + Outside Cuts)

Progression 2: Players now **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**.

Progression 3: Players perform 1-touch **PASS** between lines.

Coaching Cues:

Head Up - Dribble - Pass - Shoot - 1v1 - 2v1



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3. 2v2 to Goal

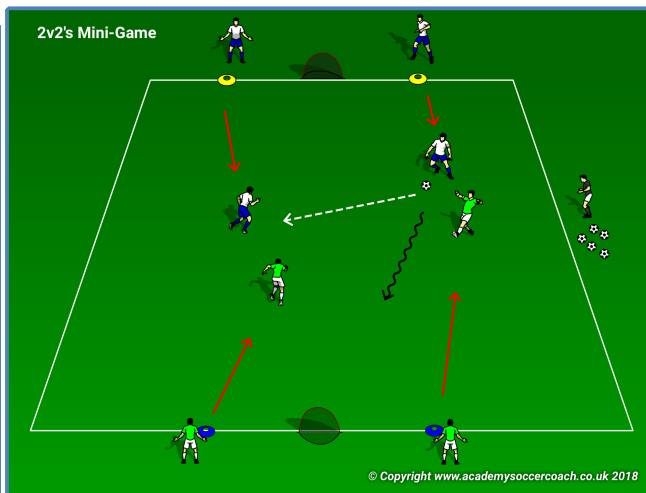
Set up 2 lines on each corners of the field. Split players into two teams.

Play: Coach **PASSES** ball to any **ATTACKER** who then starts the 2v2 attack on goal. If **DEFENDER/S** recover ball they can **DRIBBLE** to **COUNTER ATTACK**.

TACTICS - Encourage **ATTACKING** players to create 1v1 or 2v1 scenarios. Encourage **DEFENDERS** to protect the middle/goal by staying together.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



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Week SIX

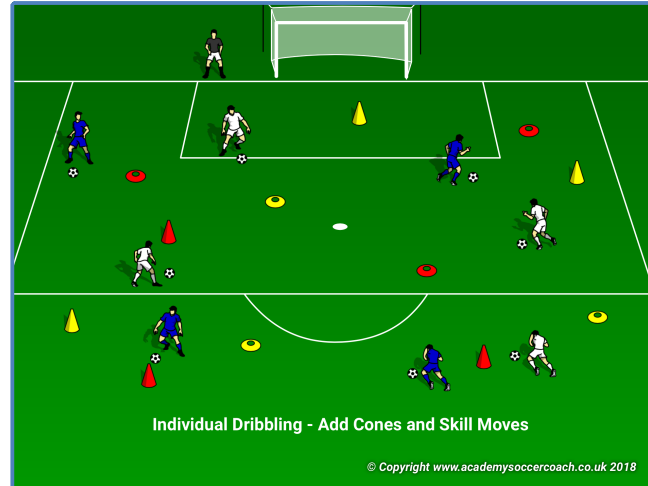
Topic: Understand the game, technical development, and fun games!

1. Individual Dribbling w/ Obstacles

- Set-up small area for individual **DRIBBLING** skills. Place cones as obstacles for players to perform skill. Coach should demonstrate proper technique.
- Add turns - *Inside/Outside Hook, Pull Back, Cruyff*
- Add Pressure - Coach or player becomes defender.

Coaching Cues:

Head Up - Dribble - Control > Speed



2. Line Passing Progression

Set-up: Two lines of players(5+) 10-15 yards(big steps) as shown. One ball for each group.

Progression 1: Player starts **DRIBBLE** to opposite line leaving it for next player. That player then enters opposing line. Change **DRIBBLE** technique(Laces, Foundations, Inside + Outside Cuts)

Progression 2: Players now must **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**.

Progression 3: Players perform 1-touch **PASS**

Coaching Cues:

Head Up - Dribble - Pass - Shoot - 1v1 - 2v1



3. 3v2 to Goal

- Set up three lines of **ATTACKING** players and designate two **DEFENDERS** for a duration of time.
- Coach passes ball to any **ATTACKER** who then starts the 3v2 attack on goal. If **DEFENDER/S** recover ball they can **DRIBBLE** to transition gates or **PASS** to Coach.
- **TACTICS** - Encourage **ATTACKING** players to create 1v1 or 2v1 scenarios. Encourage **DEFENDERS** to protect the middle/goal by staying together.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



Week SEVEN

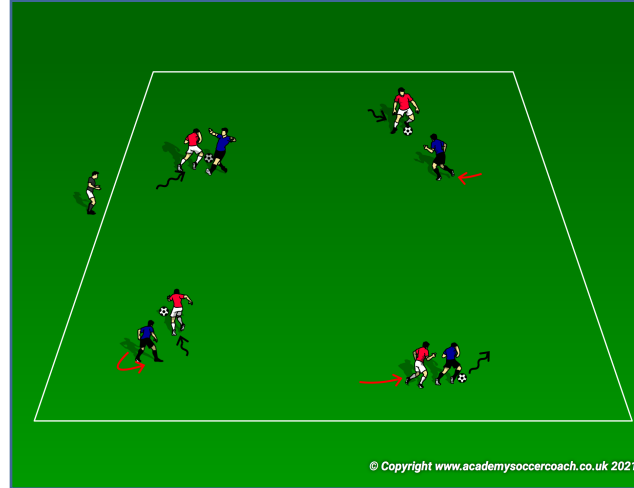
Topic: Understand the game, technical development, and fun games!

1. 1v1 Duels - Individual Possession

Set-up - Players Partner up. One Player is designated **ATTACKER**(ball) to start. His/her partner is the **DEFENDER**(no ball). The **DEFENDER** must work to try and recover ball from **ATTACKER**. If **DEFENDER** recovers ball from **ATTACKER**, the roles switch. Encourage players to protect ball by **DRIBBLING** or **SHIELDING** away from **DEFENDER**. :45sec. rounds x3

Coaching Cues:

Head Up - Dribble - Shield - Control > Speed



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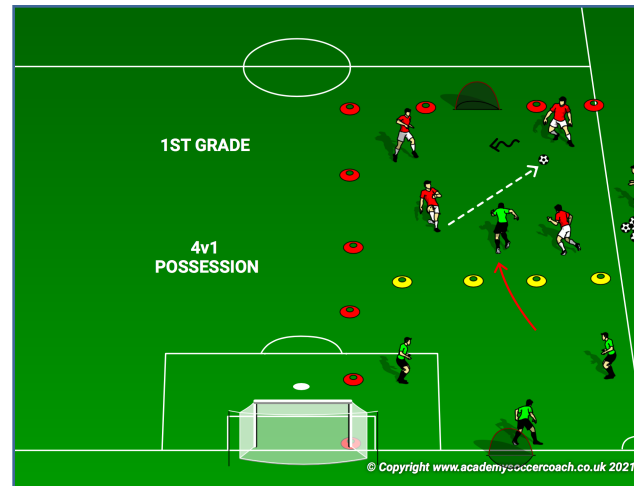
2. Possession Activity - 3v1 or 4v1

Set-up - Split field in two halves. Each team occupies their space.
Possession - Coach plays ball into one of the areas. Once ball is played, one player from opposing team can enter and try to recover or knock out ball. If **DEFENDER** recovers ball they can either **DRIBBLE** or **PASS** back to their team/area. Those players in possession must try to keep ball away from **DEFENDER** by **DRIBBLING** and **PASSING**.

Game - If players complete certain # of **PASSES**, they gain a goal. For example, 5 passes = 1 goal. Team with the most goals wins. *If **DEFENDER** recovers ball and **DRIBBLES** or **PASSES** back into their team/area, it will take a goal away from opposing team.

Coaching Cues:

Head Up - Dribble - Shoot - Control > Speed



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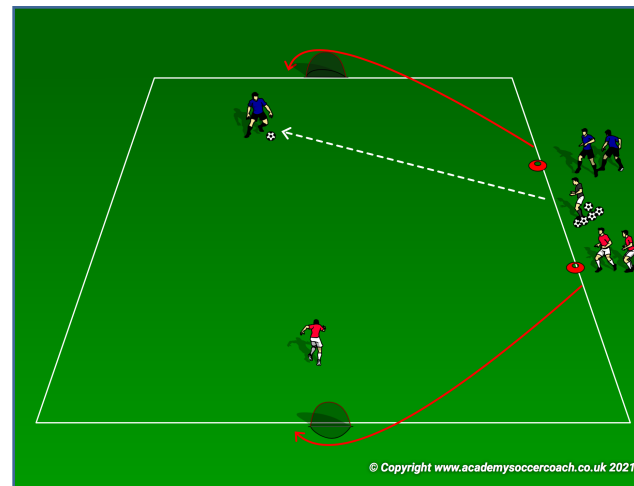
3. Combat w/ Overload Progression

Set-up - Split players into two teams, and place on each side of Coach as shown.

Game - On Coach's command 1 player from each team sprints around their pugg goal. First player to get around pugg goal **RECEIVES** ball from Coach. 1v1 - Play to 3 Goals.
Progression 2v1 - Player who receives ball also receives extra player creating 2v1. *Play to 3 goals
Progression 2v2 - Allow **DEFENDER** in 2v1 to gain another player if they recover ball creating 2v2. *Play to 3 goals.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



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Week EIGHT

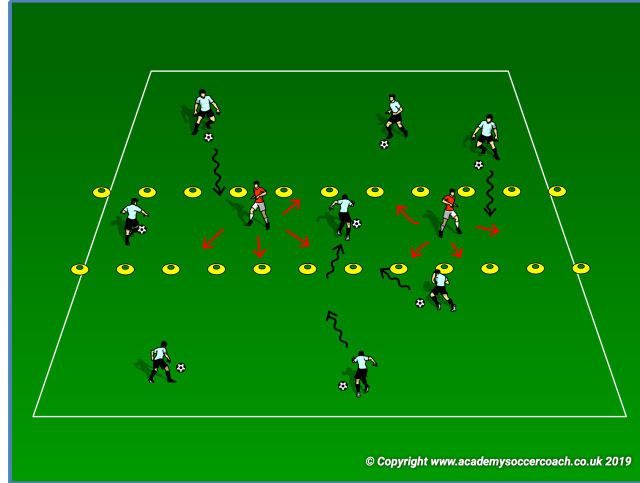
Topic: Understand the game, technical development, and fun games!

1. Breakthrough Defenders

- Set-up channel across width of area. Two **DEFENDERS** inside channel holding pinnies. **ATTACKERS** outside area at each end.
- **Progression 1:** **ATTACKERS** attempt to **DRIBBLE** thru channel w/o **DEFENDERS** receiving their ball. If **DEFENDER** recovers ball, **ATTACKING** player switches roles with **DEFENDER**.
- **Progression 2:** Same game. Now if **DEFENDER** recovers ball from **ATTACKER**, **ATTACKER** stays inside channel to become **DEFENDER**. Play until 1 **ATTACKER** is left.

Coaching Cues:

Head Up - Dribble - Shield - Control > Speed - Recover

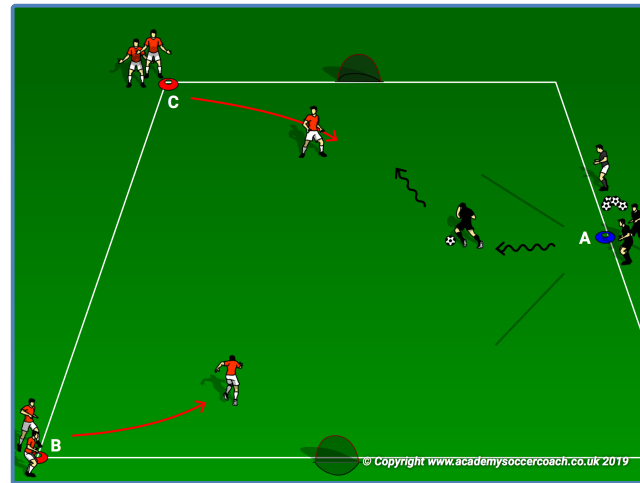


2. 1v2 - One Attacker vs. Two Defenders

- Set-up three lines of players as shown. Line A is **ATTACKER** line, and lines B and C are **DEFENDER** lines.
- Coach **PASSES** ball to **ATTACKER** who must decide to **ATTACK DEFENDER B** or **C**. Both **DEFENDERS** enter area and try to recover the ball from **ATTACKER**. If **DEFENDER** recovers the ball, they must **DRIBBLE** out of area.
- Play for individual points. **ATTACKERS** - 1 point for scoring and **DEFENDERS** - 1 point for **DRIBBLE** out of area. Rotate players from line A to B - B to C - C to A

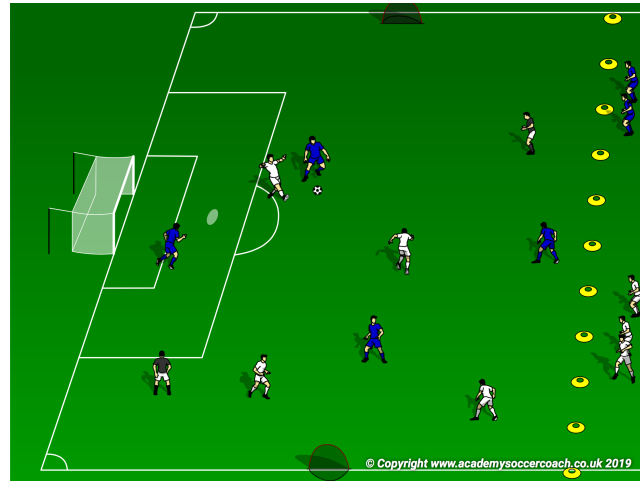
Coaching Cues:

- 1v1 - Decision Making - Transition - Attack - Defend - Dribble - Shoot



3. 4v4 Scrimmage

- Set-up 4v4 Scrimmage amongst your own team or ask another Coach to scrimmage!





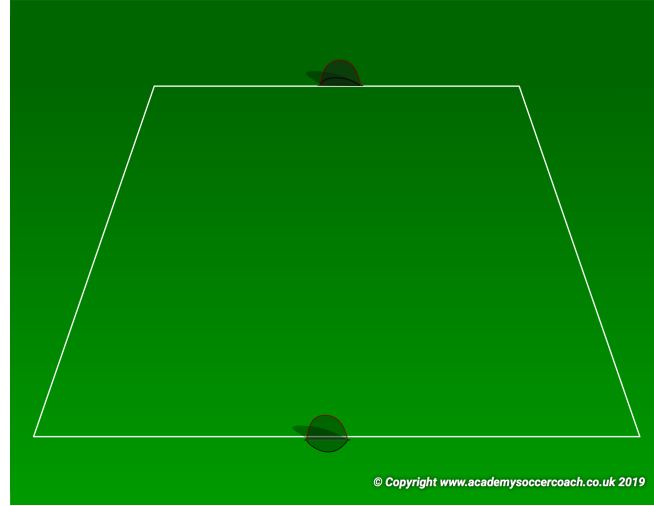
4v4 Sessions Plan Template - 1st Grade

Session Template

Topic: Understand the game, technical development, and fun games!

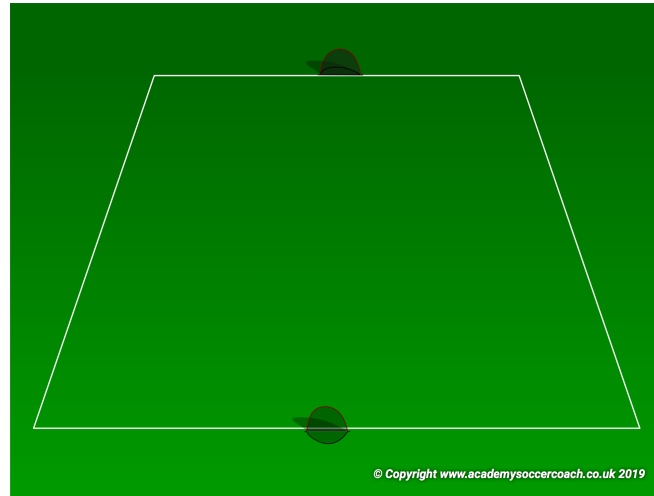
1. _____

Coaching Cues:



2. _____

Coaching Cues:



3. _____

Coaching Cues:





REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.