

## Session Plan Template

1. Name/Team: In-town Coaches - PreK - 2nd Grade
2. Date: 8/27/19
3. Topic: Technical Dribbling

### 1. Individual Surface Dribbling

- Inside the area players are encouraged to use all surfaces of their feet to move the ball. Ex.) Inside(Big Toe), Outside(Pinky Toe), Laces, Sole.
- Try different patterns and turns ex.) Inside-Outside, 2-touch laces, pull-backs.
- Add cones as obstacles
- Progression into **Knockout** or Coaches can become **DEFENDERS**.

#### Coaching Cues:

Head Up - Dribble - Control > Speed - Foundations

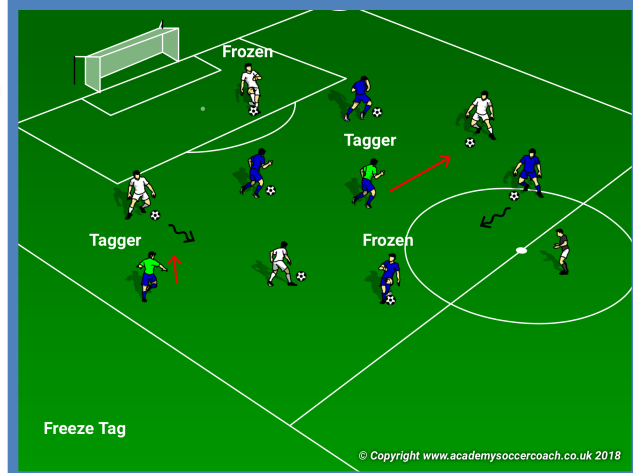


### 2. Freeze Tag

- 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

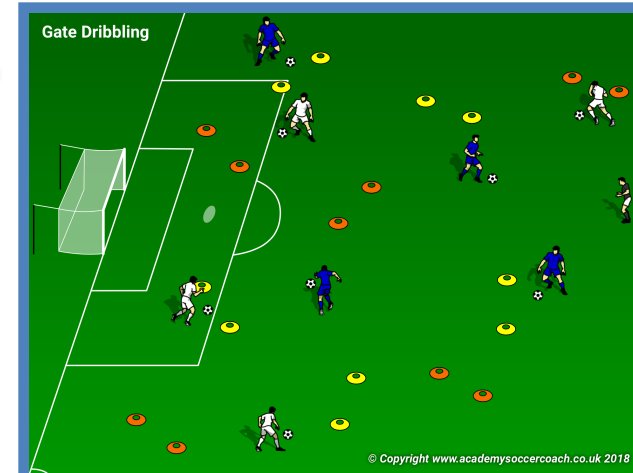


### 3. Gate Dribble

- Set-up multiple **GATES** around your area. Gates can be narrow or wide.
- You can play w/ **NO Ball**, and a Ball. Ask your players, "How many **GATES** can you **RUN/DRIBBLE** thru in ;30sec., **GO!**" When players return ask how many they ran/dribble thru.
- Add turns(2x thru **GATE**) and Figure 8 **DRIBBLE**(3x thru **GATE**).

#### Coaching Cues:

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



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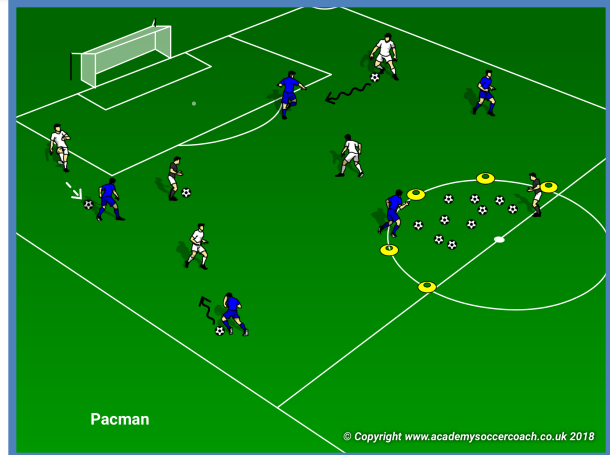
1. Name/Team: In-town Coaches - PreK - 2nd Grade
2. Date: 8/27/19
3. Topic: Technical Striking

### 1. Kick the Coach/Pac-man

- 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

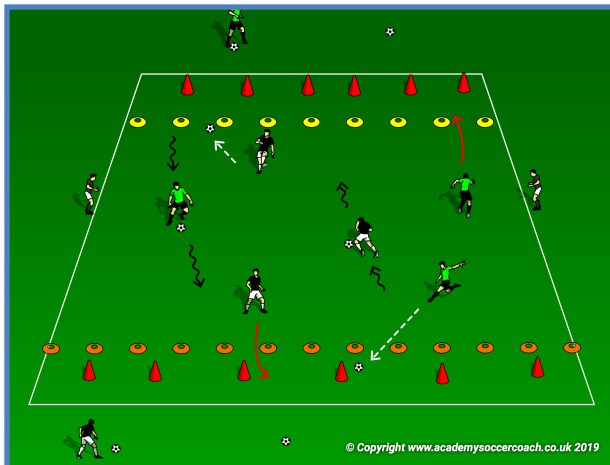


### 2. End-Zone Game w/ Targets

- 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. Technical Dribble + Shoot

- Set-up two lines of players and 3-4 cones for technical dribbling course. Each player has their own ball.
- **Level 1** - Player passes to Coach + Agility Run thru cones + Receives from Coach + Turn and Shoot
- **Level 2** - Player dribbles thru cones/gates using insides and outsides of feet + Shoot
- **Level 3** - Take away technical dribbling course. Player passes to Coach, who then passes back to player. Player must get around Coach(defender) before shooting.

#### Coaching Cues:

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



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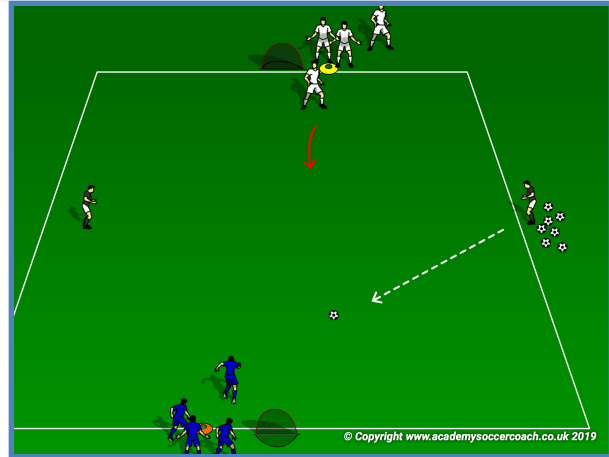
1. Name/Team: In-town Coaches - PreK - 2nd Grade
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3. Topic: Combat Play

### 1. 1v1's + 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:

Head Up - Dribble - Attack - Defend - Pass - Control > Speed



### 2. Overloads - 2v1 + 3v2

- 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 dribble out thru gates. Or, they can pass to a Coach.

#### Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



### 3. Numbers

- 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

