

Session Plan

Session plan no. 2
Date: March 2000
Name of group of players: U12 Boys, Coach Dunn
Time available for session: 1 Hour
Title of topic: Passing and Control

Topic objectives i.e. key factors

1. Using correct part of foot for passing and control
2. Keeping head up and on your toes
3. Quality of pass and controlling the ball
4. Be flexible to receive an unexpected pass.
5. Get the ball out of your feet after first touch

18.00-18.20 Warm up with skills It's a knockout (variation)

Organization All players dribble inside a 15 by 15 area. The coach sends in a raider to see how many balls they can kick out in 45 seconds. When a player's ball is kicked out they must retrieve the ball and do a skill before returning to the game. For the final game everyone is a raider whilst trying to keep his or her own ball inside the area. The last player left inside the area with his or her ball is 'King of the Ring'

18.20-18.40 Passing and Receiving, Touch On The Ball

Organization Set out a 30 by 30 yard area. Group the players into pairs, 5 yards apart with one ball between the two. X1 passes the ball over 5 yards to his partner, who stops the ball with the inside of the foot and passes back to their partner. Once players become comfortable with this practice, progress to X1 passing the ball to X2 who stops the ball and moves back 5 yards. X1 follows his pass to meet the ball and repeats the move all the way to the halfway line. Progress to X1 serving the ball with his hands to make X2 volley the ball back to his hands. Then move onto the thigh, chest and head. To start with allow the ball to drop to the floor. Then if the players are able, make them control the ball and volley back without the ball touching the ground. Once they are competent doing this practice standing still, make them move across the field and back.

1. Open body position
2. Strong locked ankle when volleying
3. Be alert and ready for any serve

18.35-18.55 Passing and Control, Number Up Game

Organization Set out a 20 by 30 yard area Play 5v5 with 1 target player stationed at each corner. The object of the game is to play the ball to one of the two target players in your teams assigned corners. The player making the final pass to the target player then takes the place of the target man. Each team will receive a point for each time they change a target man.

You can progress this by stipulating that you can only pass after attempting a turn or fake.

1. Use fakes & turns to keep possession.
2. Make forward runs in front of the ball.
3. Be confident and go forward when you win the ball.

18.50-19.00 Small sided scrimmage With no goalkeepers and small goals.