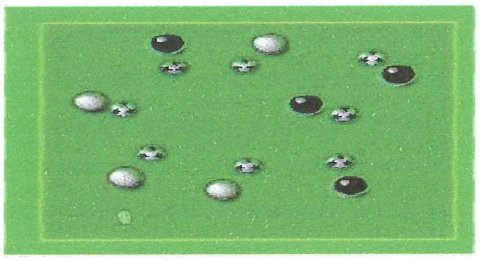
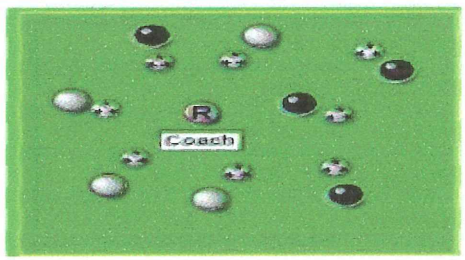
Soccer Session Plan | Age Group: U5 – U6 | Players: 12 – 15 | Stage 1

Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%

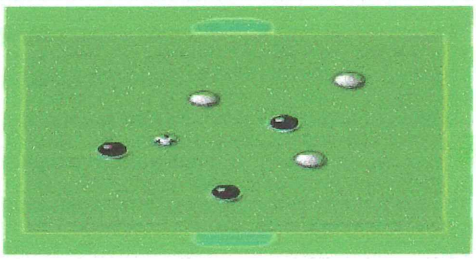
PLAN:	001	TOPIC	Agility, Balance & Coordination (A, B, C's) 1

KEY: ——→ Ball Lane - - - - - - - - - → Movement without Ball ⌒⌒⌒→ Run with Ball

12 min	SESSION 1	Simon Says	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, Coach is "Simon", Coach says "Simon says do the following" – (without a ball) - jumping jacks, stand on one leg (With a ball) - left hand throw, right hand balance, kick with left.			Decision making, Movement education, Repetition in ball touches, balance and eye – foot coordination, Have fun!

12 min	SESSION 2	Animals	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Everyone has a ball, Players dribble ball with their feet, The coach calls out an animal's name and everyone dribbles like that animal (dog – on four legs etc) , **Progression**: Ask players to name animals and ask how their favorite animals would dribble			Movement education. Repetition in ball touches, balance and eye – foot coordination. Decision making, Water break after activity.

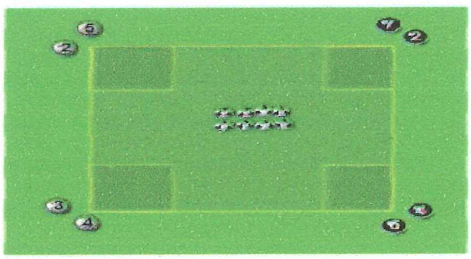
12 min	SESSION 3	Countries	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can			Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.

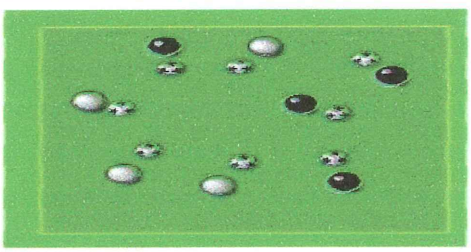
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball, the coach calls a country (box) everyone has to get there as fast as they can			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

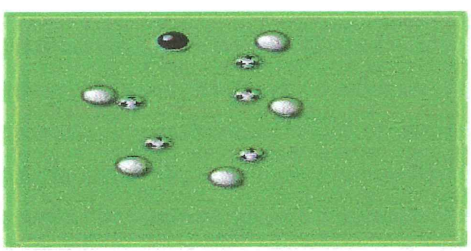
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

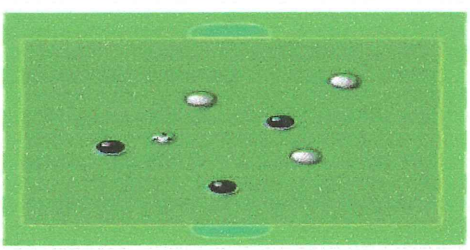
PLAN:	002	TOPIC	Ball Manipulation 1

KEY: → Ball Lane ⇢ Movement without Ball ↝ Run with Ball

12 min	SESSION 1	Castles
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making, **Note:** If players are struggling with dribbling try it with them carrying the ball

12 min	SESSION 2	Race Track
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, players dribble around "race track", Coach dribbles and imitates a car on the track (noises), 1st gear – slow, 4th gear – fast, breaks – stop, Be animated and make car noises.		Awareness, movement education. Repetition in ball touches. Working on balance and eye – foot coordination Water break after activity.

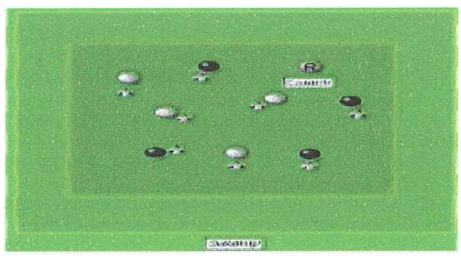
12 min	SESSION 3	Stuck in the mud
ORGANIZATION	TECHNIQUE	KEY POINTS
30x25 yards, 1 player without ball is tagger, other players have a ball. If players get tagged they hold ball above their heads and say "stuck in mud". To get unstuck players kick ball through the "stuck players" legs		Movement education Social skills Working on balance and eye – foot coordination Decision making

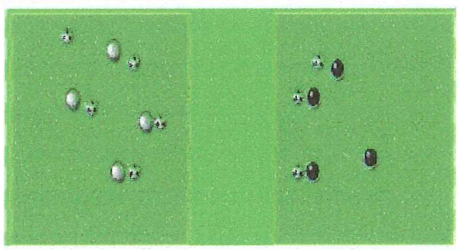
24 min	SESSION 4	3 v 3 Game
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

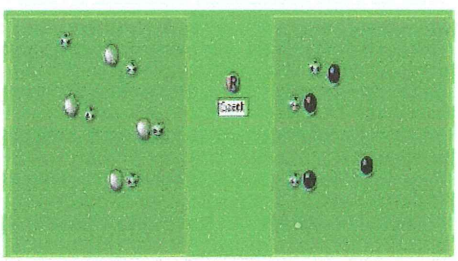
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

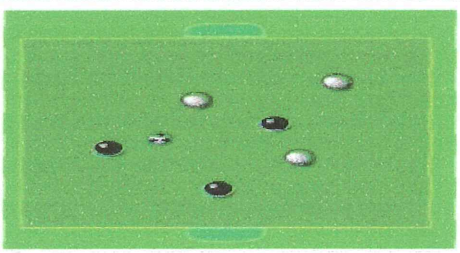
PLAN:	003	TOPIC	Ball Manipulation 2

KEY: → Ball Lane ⇢ Movement without Ball ∿→ Run with Ball

12 min	SESSION 1	Chreck	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle			Movement Education Repetition in ball touches Working on balance and eye – foot coordination Have fun!

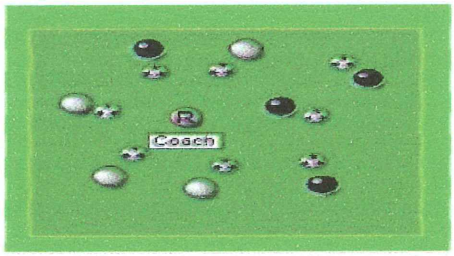
12 min	SESSION 2	Clean your room	
ORGANIZATION		TECHNIQUE	KEY POINTS
Two boxes 30 x 25 yards & a 5 yd neutral zone between them. Players kick the ball out of their area "their room" into friend's room. When coach stops game the team with most balls in "their room" has to pull funny faces			Movement education Repetition in ball touches Working on balance and eye – foot coordination Decision making Water break after activity.

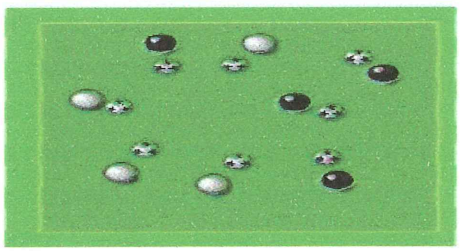
12 min	SESSION 3	Shark Attack	
ORGANIZATION		TECHNIQUE	KEY POINTS
2 boxes 30x25 yds, 5 yd neutral zone between. Coach lies in ocean between "islands". Coach says "cross ocean" players have to get across ocean. Coach tries to tag players shouting "shark attack". Join coach if caught			Movement education Repetition - ball touches Working on balance and eye – foot coordination Decision making

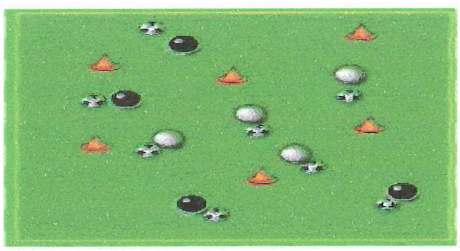
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

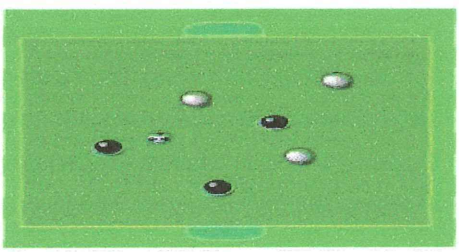
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

PLAN:	004	TOPIC	Agility, Balance & Coordination (A, B, C's) 2
KEY: ——→ Ball Lane - - - - - - - - - → Movement without Ball ⌒⌒⌒→ Run with Ball			

12 min	SESSION 1	Oooooooow	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, Players dribble ball with their feet, Players try to kick the ball and hit the coach (coach screams Oooooooow when hit) Players get a point if they hit the coach			Awareness. Body Movement

12 min	SESSION 2	Taggy tag Tag	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area On the coach's call – players try to tag other players on the knee – point for each tag			Movement education Social skills Working on balance and eye – foot coordination Decision making Water break after activity.

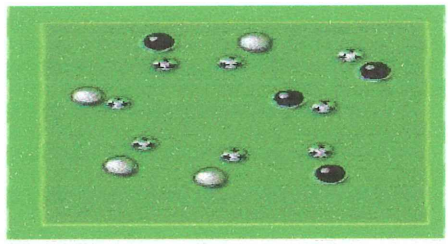
12 min	SESSION 3	Coney Island	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area. On the coach's call "Coney island" the players have to dribble around as many cones as they can			Movement education. Repetition - ball touches Working on balance and eye – foot coordination. Decision making.

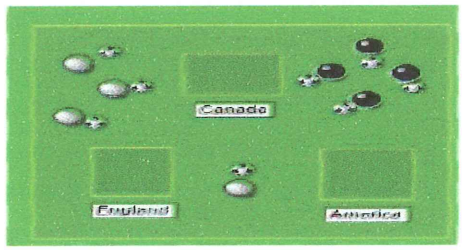
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

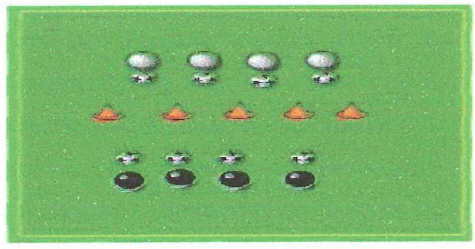
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

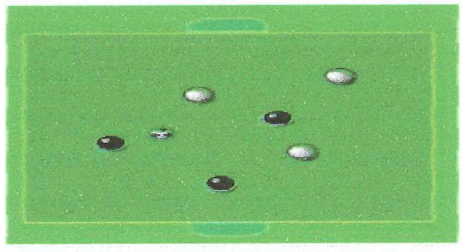
PLAN:	005	TOPIC	Dribbling 1

KEY: → Ball Lane ⇢ Movement without Ball ∿→ Run with Ball

12 min	SESSION 1	Freestyle Dribbling	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards Everyone has a ball Players dribble anyway they want – "Freestyle dribbling" Encourage the players to try new and varied dribbling moves			Movement education. Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.

12 min	SESSION 2	Countries	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, 3 boxes inside named as countries, Everyone starts without a ball; the coach calls a country (box) everyone has to get there as fast as they can.			Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making. **Note** - If players are struggling with dribbling, try it with no balls Water break after activity.

12 min	SESSION 3		
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. All players will ball One by one the players have to knock cones down by kicking their ball against them. Rest during their activities			Time for the players to calm down and relax. Progression - Players have to kick the ball between the cones

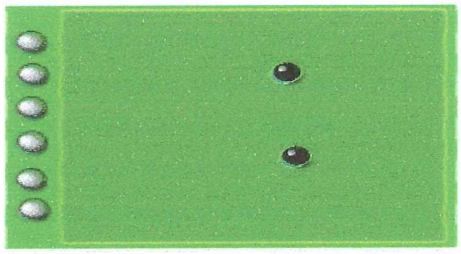
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

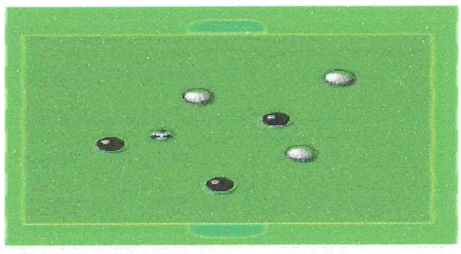
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

PLAN:	006	TOPIC	Individual Skills 1
KEY: → Ball Lane ⇢ Movement without Ball ↝ Run with Ball			

12 min	SESSION 1	Herd the cows	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Mini coned goals inside the box. Everyone starts without a ball Coach times the players for 15 seconds how many gates can you get though			Movement education. Repetition in ball touches Working on balance and eye – foot coordination, Decision making. **Progression** - Add a ball for the players trying to get across to the other side

12 min	SESSION 2	Animals	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards Everyone has a ball Players dribble ball with their feet. The coach calls out an animal's name and everyone dribbles like that animal (dog – on four legs etc)			Movement education, Rep in ball touches, balance and eye – foot coordination, Decision making **Progression** - Ask players to name animals and ask how they would dribble. Players choose their favorite animals.

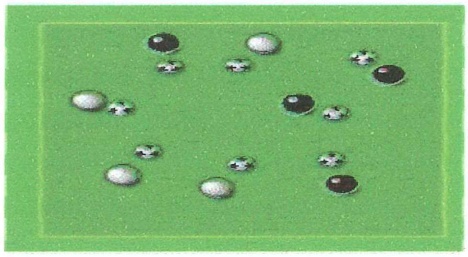
12 min	SESSION 3		
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Coach says "go" - players try to get to the other side. Players in the middle are the kangaroos and try to tag the players (kangaroos hop on one leg).Once they are tagged they become the kangaroos			Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making. **Progression** - Add a ball for the players trying to get across to the other side

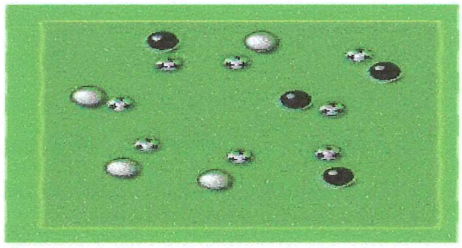
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

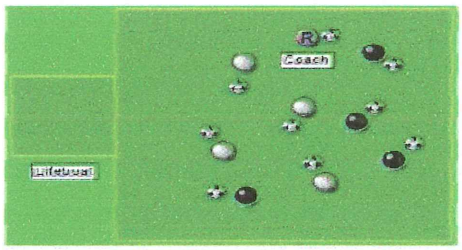
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

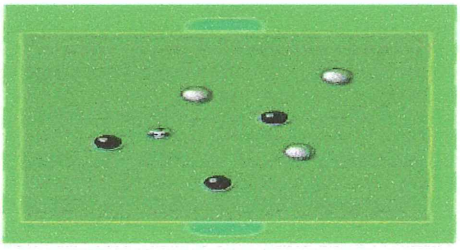
PLAN:	007	TOPIC	Coordination and Movement 1

KEY: → Ball Lane ⇢ Movement without Ball ⇝ Run with Ball

12 min	SESSION 1	Hello Game
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Coach shouts different ways of saying hello. E.g.: High fives shake hands (left and right), shake feet. Players leave their ball and do the hello.		Social Skills Coordination Movement Have fun!

12 min	SESSION 2	Statues
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble anyway they want. The coach calls out "Statues" – the players have to freeze. Once one player moves game begins again		Balance and coordination. Movement education. Decision making. **Progression** - Have the players freeze pulling funny faces, First player to laugh or move – game starts again Water break after activity.

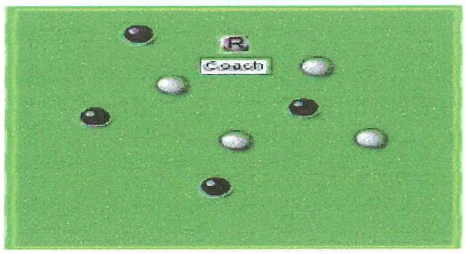
12 min	SESSION 3	Pirates
ORGANIZATION	TECHNIQUE	KEY POINTS
One box 30 x 25 yards "pirate ship" and an attached box 10 x 10 "lifeboat". The coach shouts out various "pirate commands". Climb the rigging – do climbing a ladder motion without the ball with arms and legs Scrub the decks – move the ball between your left and right foot. Ship ahoy – hop on one leg and pretend your hand is a telescope. Canons – fall down and cover your ears. Man the lifeboats – leave the ship and run to the lifeboats and start to row		Movement education Social skills Agility, balance and coordination Decision making

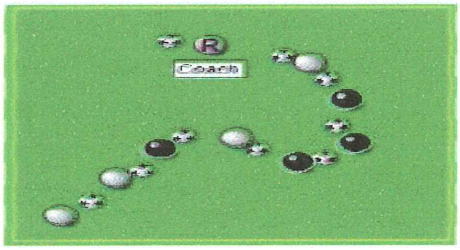
24 min	SESSION 4	3 v 3 Game
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

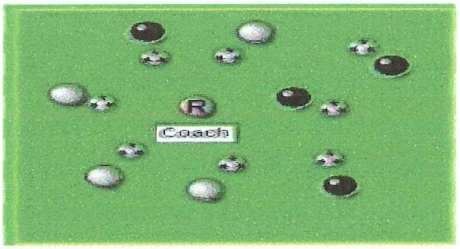
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

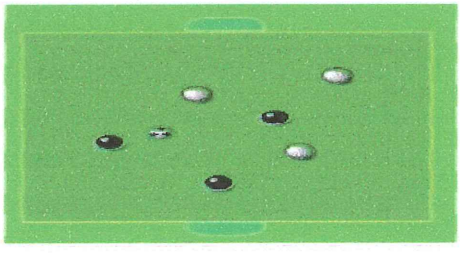
PLAN:	008	TOPIC	Individual Skills 2

KEY: → Ball Lane ⇢ Movement without Ball ⇝ Run with Ball

12 min	SESSION 1	3 blind mice	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards Coach asks the players to close their eyes, coach moves. Coach then says "three blind mice" Players have to open their eyes and quickly run to the coach			Social Skills Have fun Coordination Movement Awareness

12 min	SESSION 2	Follow the leader	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble ball with their feet and follow the leader "coach". Coach shouts out body parts to dribble with (head, feet, hands etc)			Coordination Change of Speed Change of Direction Decision Making Balance and Movement Water break after activity.

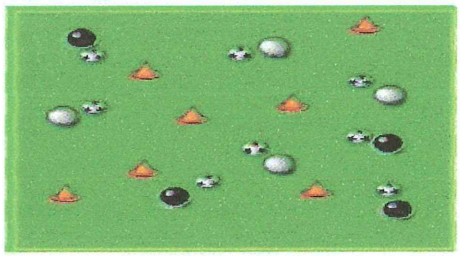
12 min	SESSION 3	Sprinkler	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Everyone has a ball. Players dribble with their feet and hand it to the coach. Coach receives the ball "coach is a sprinkler – spins around and throws the ball out. Players retrieve ball and carry it back			Coordination. Making players move to a target. Change of direction. Decision Making Balance and Movement **Progression** - dribble ball with feet back to coach

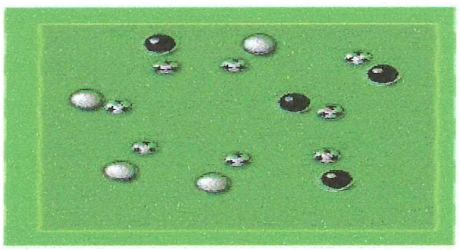
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

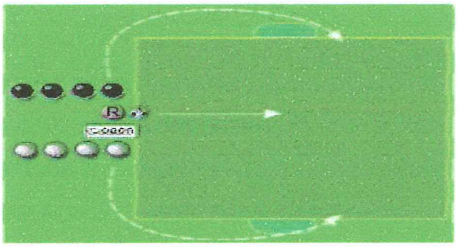
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

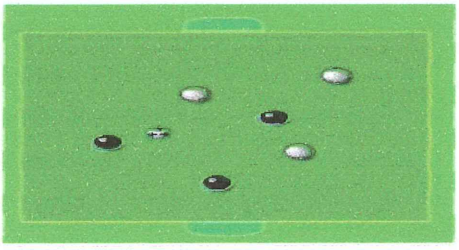
PLAN:	009	TOPIC	Coordination and Movement 2

KEY: → Ball Lane ⇢ Movement without Ball ∿→ Run with Ball

12 min	SESSION 1	Timber	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, coach says "lumberjacks" the "l-jacks" have to knock as many cones over as possible, Every time they knock a cone over they shout "timber", Coach runs around and re-sets cones.			Balance and coordination Movement education Decision making

12 min	SESSION 2	Walk the dog	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Walk the dog – players are the walkers, ball is the dog. Coach gives ways to walk the dog. Short lead – keep the ball close and dribble. Long lead – kick the ball and go after it. Throw the stick (dog runs away) – kick the ball away and get it before it goes out of bounds Swap Dogs – players change balls			Movement education. Repetition in ball touches. Decision making **Progression** - Make squares on the field – (this is the dog pound) keep your ball away from it Water break after activity.

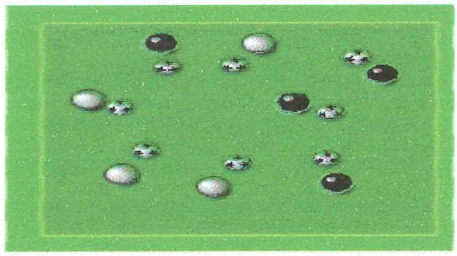
12 min	SESSION 3	Cartoons	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Coach has the ball, Give players cartoon name. Coach calls the cartoon name (Scooby etc). The chosen players have to run around the goal and onto field. Coach kicks ball, players have to score in the goal.			Movement education. Listening skills Decision making **Progression** - Call two cartoon characters at the same or 2 v 1 etc.

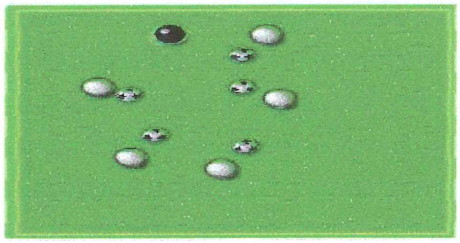
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

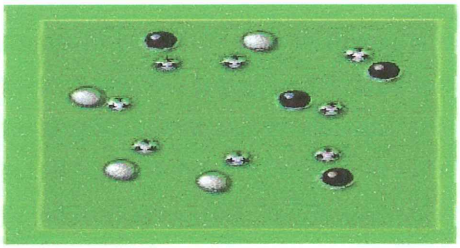
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

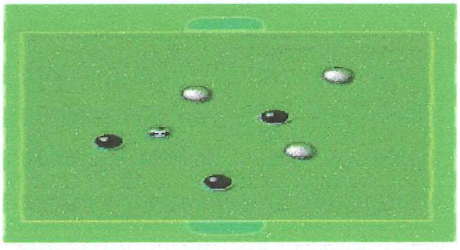
PLAN:	010	TOPIC	Ball Manipulation 3

KEY: → Ball Lane ⇢ Movement without Ball ⇝ Run with Ball

12 min	SESSION 1	Walk the dog	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Walk the dog – players are the walkers, ball is the dog. Coach gives ways to walk the dog. Short lead – keep the ball close and dribble. Long lead – kick the ball and go after it. Throw the stick (dog runs away) – kick the ball away and get it before it goes out of bounds Swap Dogs – players change balls			Movement education Repetition in ball touches Decision making **Progression** - Make squares on the field – (this is the dog pound) keep your ball away from it

12 min	SESSION 2	Stuck in the mud	
ORGANIZATION		TECHNIQUE	KEY POINTS
30x25 yards, 1 player without ball is tagger, other players have a ball. If players get tagged they hold ball above their heads and say "stuck in mud". To get unstuck players kick ball through the "stuck players" legs			Movement education Social skills Working on balance and eye – foot coordination Decision making Water break after activity.

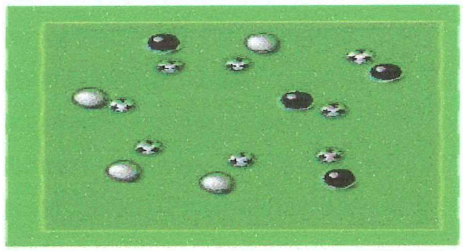
12 min	SESSION 3	Cool down juggling	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. All players will ball in their hands They start by dropping the ball onto their thigh and catching it. Right thigh and left thigh.			Time for the players to calm down and relax **Progression** - Right thigh to left thigh and catch, Right thigh to foot and catch

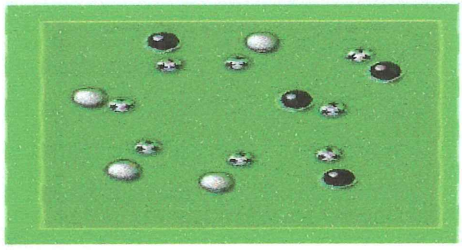
24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

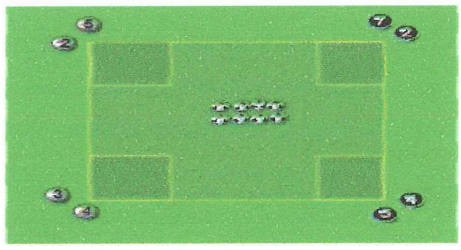
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

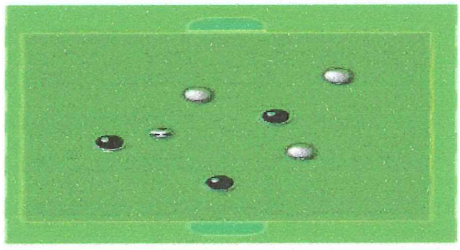
PLAN:	011	TOPIC	Dribbling 2

KEY: → Ball Lane ⇢ Movement without Ball ∿→ Run with Ball

12 min	SESSION 1	Eskimo
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble anyway they want. The coach calls out "Freeze like an Eskimo" – the players have to freeze. Once one player moves game begins again		Balance and coordination. Movement education. Decision making. **Progression** - Have the players freeze pulling funny faces, First player to laugh or move – game starts again

12 min	SESSION 2	Airplanes
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, players dribble around "race track", Coach dribbles and imitates a plane (noises), taking off – fast, coming into land – slow, pulling up to gate – stop, Be animated and make plane noises		Awareness, movement education. Repetition in ball touches. Working on balance and eye – foot coordination Water break after activity.

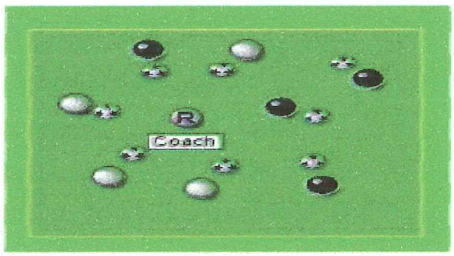
12 min	SESSION 3	Castles
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, 4 boxes inside the corners, 4 teams of 2, On the coach's call – teams have to steal the balls and take them back to their castle		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making, **Note:** If players are struggling with dribbling try it with them carrying the ball.

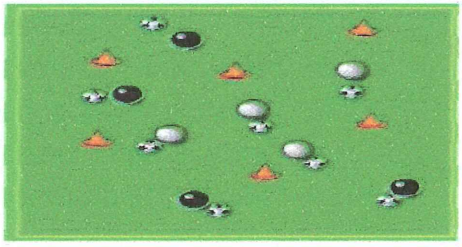
24 min	SESSION 4	3 v 3 Game
ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers		Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.

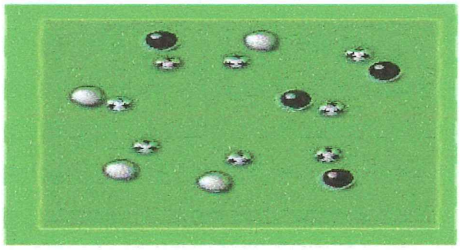
Soccer Session Plan	Age Group: U5 – U6	Players: 12 – 15	Stage 1
Focus: Social 60%, Technical 30%, Psychological 5%, Physical 5%, Tactical 0%			

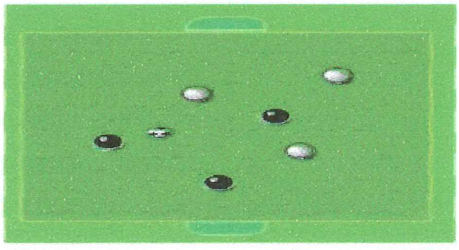
PLAN:	012	TOPIC	Individual Skills 2

KEY: → Ball Lane ⇢ Movement without Ball ⇝ Run with Ball

12 min	SESSION 1	It's a knockout	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, everyone has a ball, Players dribble ball with their feet, Players try to kick the ball of their teammates out of the grid. Players get a point if they knock a ball out. If your ball is knocked out 5 toe taps on the outside and back in.			Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making.

12 min	SESSION 2	Ball swap	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area. When they get to a cone they leave their ball and run to another ball.			Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making.

12 min	SESSION 3	Body Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards. Everyone has a ball Players dribble around area. Coach or players shout out body parts, players dribble with that part of their body			Movement education Repetition in ball touches Working on balance and eye – foot coordination, Decision making. Water break after activity

24 min	SESSION 4	3 v 3 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 25 yards, Two goals and one ball, 3 v 3 no goalkeepers			Sit back and watch them play. NO COACHING. Let the kids play and learn to love the game. 4 x 5 minute games with water breaks in between games.