
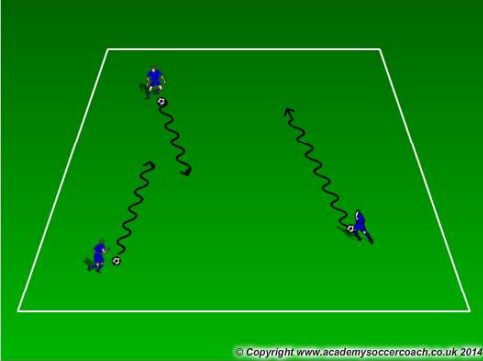
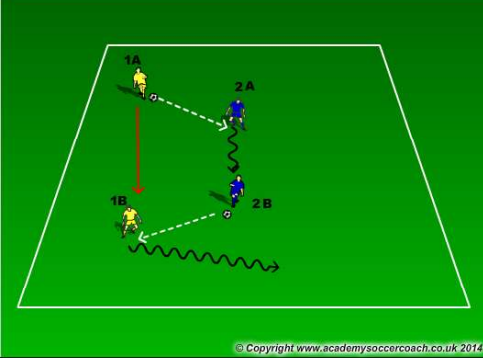





Lesson Plan Form

Coach: Session date: Team/Age:

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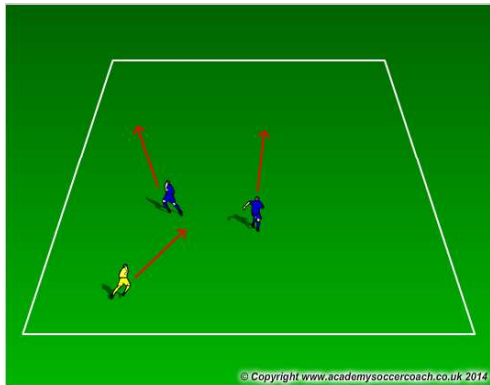
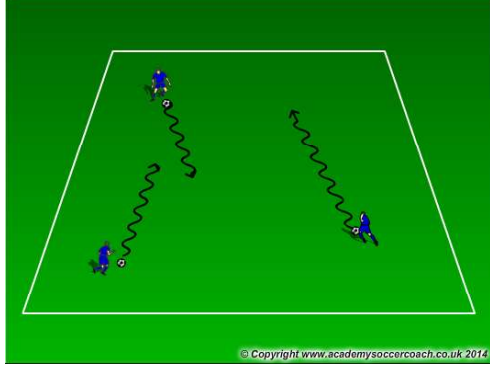
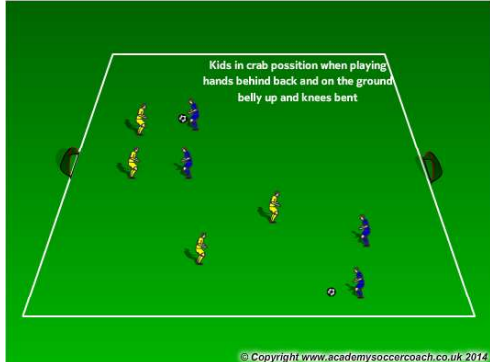

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> AIR BALL: (10-15) Coach calls out an activity like: touch a cone, sit down and get up, touch elbows to the ground etc... Kids throw the ball in the air and then do the activity. They try and catch the ball before it bounces 3 times.</p>		<ul style="list-style-type: none"> -Listening and reacting -Balance and body control -Coordination <p>Progression:</p> <ul style="list-style-type: none"> -They control the ball with their feet. -Let kids call out an activity. 	<ul style="list-style-type: none"> -Be as quick as possible. -Effort: might not get it but keep trying. -Space and being aware of others
<p><u>Activity 2</u> SQUARE DRIBBLE (10-15min) Make a square. Kids dribble in one direction. You yell out commands: reverse, across, fast, slow, tag etc...</p>		<ul style="list-style-type: none"> -Different parts of the foot can be used for different objectives -Keeping possession regardless of direction <p>Progression</p> <ul style="list-style-type: none"> -Right foot or left foot only. -Hold up numbers and have kids yell out the number. 	<ul style="list-style-type: none"> -Appropriate touch on ball (close not far away) -Using all parts of foot -Keep head up <p>Discovery question:</p> <ul style="list-style-type: none"> -When did you use the inside of your foot? outside? -What did you need to think about when going across? changing direction?
<p><u>Activity 3</u> PAINT THE SQUARE (15-20min) Kids partner up. They are to dribble and pass to their partner in the square. Their ball is the "paint brush" and they try and try and paint the entire square.</p>		<ul style="list-style-type: none"> -Teamwork/ communication -Accurate passing -Keeping possession of dribble <p>Progression:</p> <ul style="list-style-type: none"> -Add cones that they need to avoid. -Have them make a certain number of touches before passing. -Give them 40 seconds and see how much they can paint. Challenge them to paint more the next time. 	<ul style="list-style-type: none"> -Proximity to teammate -Appropriate foot and portion of foot when passing -Being ready to receive <p>Discovery Questions:</p> <ul style="list-style-type: none"> -How did you know if your partner was ready to get a pass? -What did you need to think about when dribbling? Passing?
<p><u>Final Game</u> 5v5 (20-25min)</p>		<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Build the ABC's Agility Balance Coordination</p> <p>HOMEWORK: Throw the ball up in the air and control it without using your hands (20 times)</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

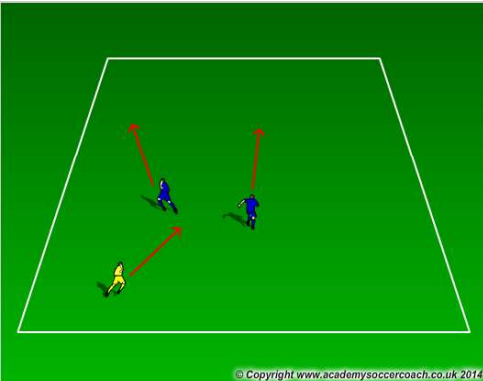
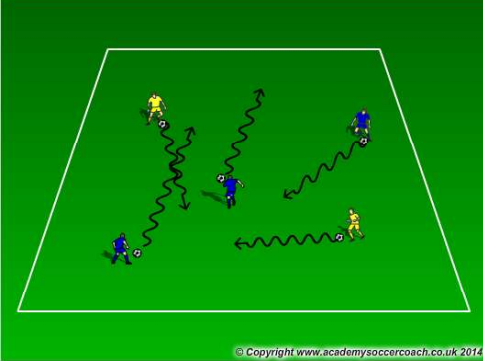


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BALANCE TAG (10-15min) One kid is it. When they tag someone the person tagged needs to perform a balancing move (coach can give idea for first few times) like stand on one foot, make a bridge, stand on tip-pie toes. Kids remain doing this until they are tagged by another play and then they are back in the game.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<p>-General balance -Changing speed and cutting while staying on feet</p> <p>Progression -Have two kids be it. -Have kids run with ball in hand and then do balancing with ball: straight legs and touch ball, hold ball in one hand while standing on one foot etc...</p>	<p>-Head and eyes help keep balance -Use of arms -Keep body parts bent and flexible</p> <p>DISCOVERY QUESTIONS: -What did you do to get away from the tagger? -What balance move was hard? What was easy? -When is it hard to keep balance in a soccer game?</p>
<p><u>Activity 2</u> BODY PART DRIBBLE (10-15min) Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<p>-Using all parts of our body to control the ball -Balance and coordination -Body awareness</p> <p>Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).</p>	<p>-All body parts can be used to control the ball -Move body in different and/or uncomfortable positions to get the ball</p> <p>DISCOVERY QUESTIONS: -What did you have to do when using ___ to dribble the ball?</p>
<p><u>Activity 3</u> CRAB SOCCER (15-20min) Have two teams going for each other's goal in a "Crab Soccer Game". The crab position is hands behind the back on the ground, belly up, and knees bent. Throw in a second ball if it gets boring.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<p>-Playing in uncomfortable position: confidence to play the ball even if not perfectly prepared -Coordinating more than one body movement at a time</p> <p>Progression -Use more than one ball (Tell the kids they can rest on their butts but only kick when their butt is off the ground.)</p>	<p>-Using different parts of the foot -Keep butt of the ground</p> <p>DISCOVERY QUESTIONS -What did you have to do with your hands when you kicked the ball? -When was a good time to rest?</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points COACHING REMINDER: Kids have short bursts of energy and then need rest so having a couple rest times during an activity is fine.</p> <p>HOMEWORK: Dribble around the yard and touch the grass 10 times with your right hand and 10 times with left hand</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> COLOR TAG (10-15min) With players moving around freely in the penalty box area, the coach calls a color. Whoever is wearing that color is it. He chases and tags for 10 seconds. All tagged players must stand frozen for a count to be taken.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement -Change speed, direction -Observation <p>Progression: -Play with a ball.</p>	<ul style="list-style-type: none"> -Look quickly -Don't forget to look at yourself <p>Discovery question: -What did you do when you saw someone wearing the color?</p>
<p><u>Activity 2</u> NUMBER DRIBBLE (10-15min) Have players dribble in a grid. When players see coach hold up some fingers, they must sit and hold up the same number of fingers. The first one that does this correctly becomes coach.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Dribbling without looking at ball -Using peripheral vision -Quick looks <p>Progression -Have someone trying to steal the ball -Only left foot/right foot -Coach move around while holding up fingers</p>	<ul style="list-style-type: none"> -Scanning and quick looks at ball then people -Slow down, learn to do it right -Using all information around (ie someone sitting on the ball what information do they have?) <p>Discovery question -Why do we need to keep our head up? -When did you see someone else with a number before the coach? Is this ok? Why</p>
<p><u>Activity 3</u> RUN AWAY (15-20min) groups of 5-6. One player throws the ball in the air and calls the name of one of the others. The player whose name is called runs to get it and immediately yells halt. Players freeze. Player w/ the ball places it on the ground and kicks it until he hits another player. That player is now catcher.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Reaction -Judgment -Awareness of people and obstacles <p>Progression: -Kids running away need to hop, skip, run backwards. -Put some obstacles in the grid (pugg goals, cones).</p>	<ul style="list-style-type: none"> -Think ahead, before the ball is thrown as to where you might run. <p>Discovery questions -How did you choose who to try and kick the ball at? -When running away what did you do other than try and get far away?</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: The same discovery questions can be used multiple times during training and during future weeks as some kids don't hear questions the first time and repeating the same points is important at this age.</p> <p>HOMEWORK: Do 20 toe taps with your eyes open and 20 with your eyes closed</p>



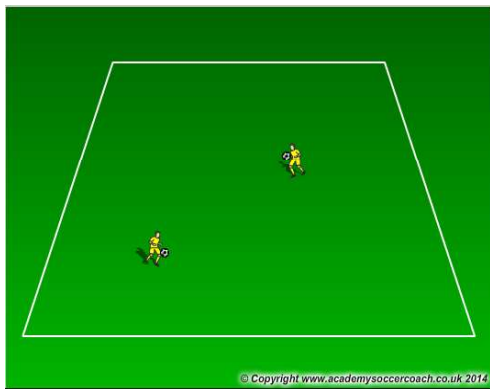

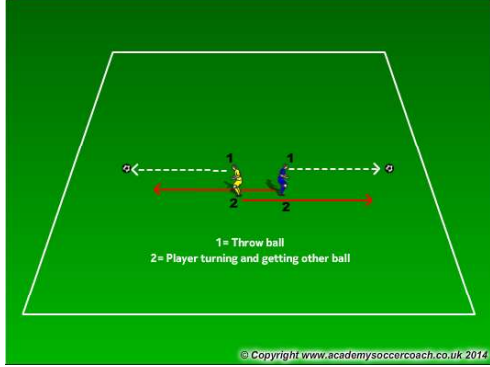

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

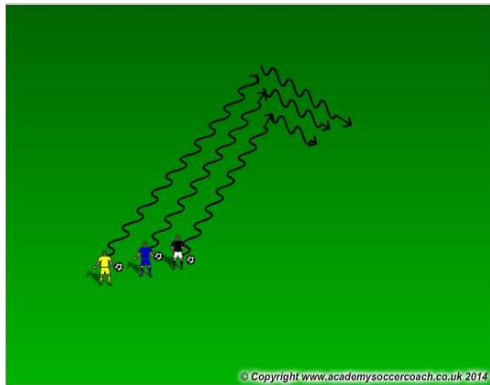
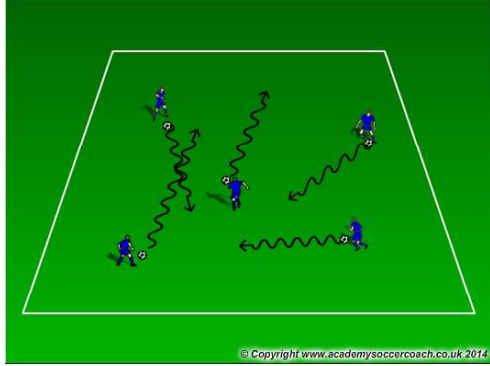
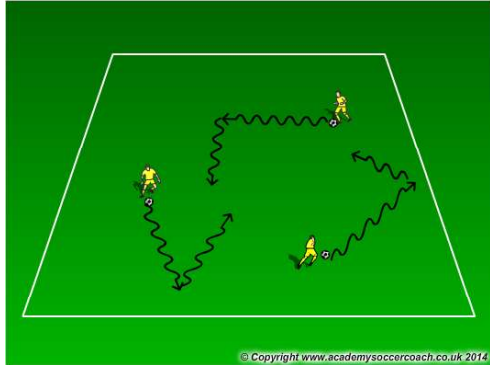

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> JUGGLING 1st STAGE (10-15min) Ask players to play their ball from foot to hand and from thigh to hand. For a greater challenge, ask them to try foot to thigh to hand.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Ball control -Coordination -Balance <p>Progression</p> <ul style="list-style-type: none"> -thigh to foot -kick twice 	<ul style="list-style-type: none"> -Keep ankle locked -Let the ball fall -Try kicking hard and soft <p>DISCOVERY QUESTIONS: What part of the foot did you use the most?</p>
<p><u>Activity 2</u> SOCCER HORSESHOES (10-15min) randomly set up cones 20 yards away from each other. Each player plays a ball, with his feet, to a cone. The player with the ball closest gets a point and then chooses next cone</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Technique -Accuracy -Appropriate pace on ball <p>Progression</p> <ul style="list-style-type: none"> -Use objects such as trees or benches -Specify foot they can use -Drop ball from hands and kick in the air or after first bounce 	<ul style="list-style-type: none"> -Locked ankle, inside of foot, hit ball at or above center <p>DISCOVERY QUESTION -What did you have to do to kick the ball harder? Softer?</p>
<p><u>Activity 3</u> BACK TO BACK (15-20min) Pairs stand back to back each holding a ball. Coach says go kids throw their ball and then turn to find partners ball that had been thrown. Players run to get ball and dribble back. First across gets point.</p>	 <p>1= Throw ball 2= Player turning and getting other ball</p> <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Reaction -Movement -Vision/finding ball <p>Progression</p> <ul style="list-style-type: none"> -Kick ball from hand -Kick ball from ground 	<ul style="list-style-type: none"> -Stay on your toes to move quickly -Run to were the ball is going not where it is -Throw first then turn (if kids try and turn while throwing it won't go as far). Finish one task then do another <p>DISCOVERY QUESTIONS: What did you have to be aware of after throwing the ball?</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Tell kids thanks: "Thanks for working hard", "Thanks for trying that", "Thanks for listening"</p> <p>HOMEWORK: Drop the ball from your hands to your feet and kick it back up. 20 times with each foot.</p>



Lesson Plan Form

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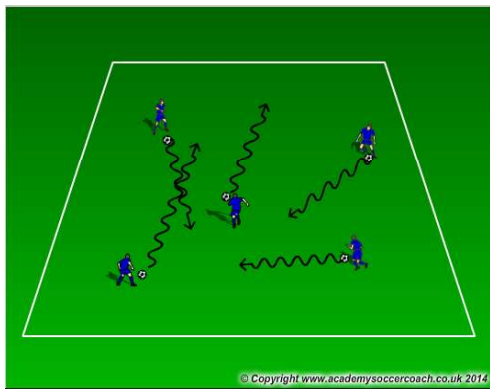
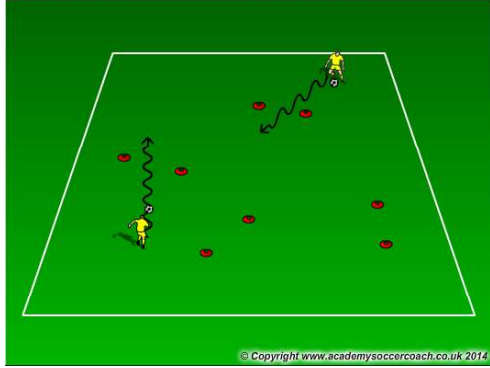
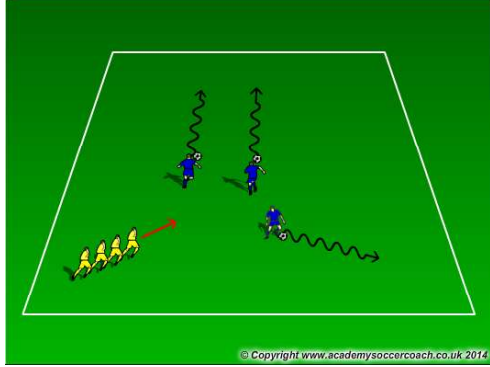

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> FOLLOW THE LEADER (10-15min) Dribble around the field making various turns, going around obstacles, and changing speeds.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Appropriate touch on ball -Turning and cutting -Awareness of others <p>Progression</p> <ul style="list-style-type: none"> -Have different kids lead -Divide into 2 groups 	<ul style="list-style-type: none"> -Keep head up -Push ball into space not into other players or other balls -Keep kids tight <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> -What did you need to think about when dribbling? -How did you avoid hitting someone else?
<p><u>Activity 2</u> NUMBER DRIBBLE GROUP (10-15min) Players jog with a ball at their feet. When you call a number, that many players must come together with balls touching each other. Example: the call is three, the units of three must be formed by the players.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Thinking and decision making with ball -Communication -Teamwork -Moving to space <p>Progression:</p> <ul style="list-style-type: none"> -Have kids dribble in various directions 	<ul style="list-style-type: none"> -Talk to teammates -Keep ball close -Head up and watching players <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> -How did you decide who to join with?
<p><u>Activity 3</u> STOP & GO (15-20min) Every player dribbling a ball. On whistle, stop ball and then go with speed. Coach demonstrates stop & go, and players try to copy. Players invent their own stop & go</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -See ball through bottom of eyes -Keep ball rolling -Use foot brake -Creativity <p>Progression:</p> <ul style="list-style-type: none"> -Add cones as obstacles -Need to change direction 	<ul style="list-style-type: none"> -Quick first step -Appropriate distance to push ball out -Different parts of the foot <p>Discover Questions:</p> <ul style="list-style-type: none"> -What do you need to do when making the quick first step? -What happens if you play the ball too far out? Too close?
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Kids are still trying to understand the characteristics of the ball and how it reacts to them and how they need to react to it.</p> <p>HOMEWORK Dribble in the yard and every time you come to a tree (or other object) change and go the opposite direction. Go to 20 objects</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> UP DOWN DRIBBLING (10-15min) Kids dribble around in grid. Coach calls out moves that require kids to go down and then up again. Example: Touch ground with right hand, lay on back, put knees on ground, put forehead on ground</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement and balance -Body control - <p>Progression</p> <ul style="list-style-type: none"> -Do without ball -Add cones as obstacles -Tell kids they need to do the move and get to the ball before it stops rolling -Kids do move and then need to find another ball 	<ul style="list-style-type: none"> -"Falling" happens in the game, getting up quickly is important. -Try and keep your eye on the ball as much as possible. <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> -What did you have to do when getting up? -When might you fall in a game?
<p><u>Activity 2</u> GATE RACE (10-15min) Set up various cone gates that are a yard apart. At first kids dribble freely. Then give them 30-40 seconds and have them count the number they go through</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Quickness -Thinking and planning ahead -Use of space <p>Progression</p> <ul style="list-style-type: none"> -Kids can't go through the same gate twice (before making this rule see if any kids figure out that this can really increase their number) -After going through a gate they must touch the ground, jump, etc... -Add more/less gates 	<ul style="list-style-type: none"> -Look for another gate as you are entering current gate. - Change pace so you are not standing and waiting. Always be moving. <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> -Is the closest gate always the best option? Why/why not?
<p><u>Activity 3</u> SNAKE TAG: (15-20min) kids need pennies. One without the ball is the snake. Try and tag other kids as they are dribbling. Once kid is tagged they become part of the snake by holding on to the others penny.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Controlling ball under pressure -Being aware of defenders and other players -Team work (Snake) <p>Progression:</p> <ul style="list-style-type: none"> May need to start the non-snake members without a ball until they all understand the game 	<ul style="list-style-type: none"> -Change of speed (not always going fast or slow with the ball) -Thinking ahead and planing where to go -Communication between snake members <p>DISCOVERY QUESTIONS</p> <ul style="list-style-type: none"> -What did you need to do to keep from being tagged by the snake? -If you were a snake what did you have to do in order to tag the others?
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Help kids to self challenge as opposed to group challenge. For example: "Can you do 2 more than last time?" Instead of say, "Everyone get 10."</p> <p>HOMEWORK: Do 20 dribble only using right foot and 20 only using left foot.</p>



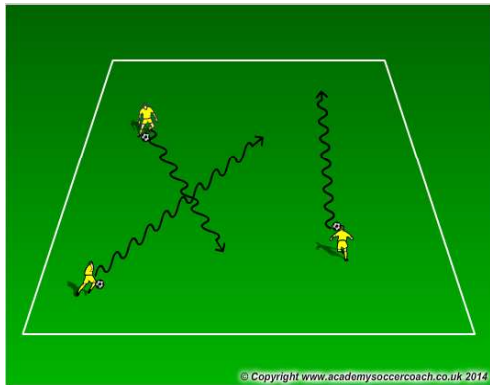
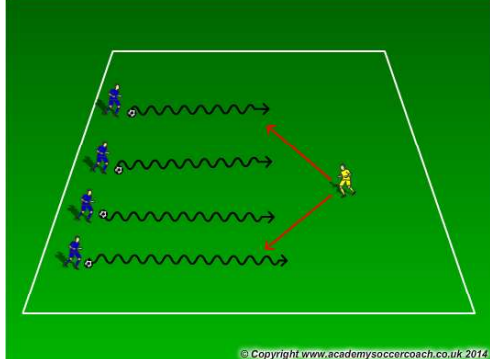
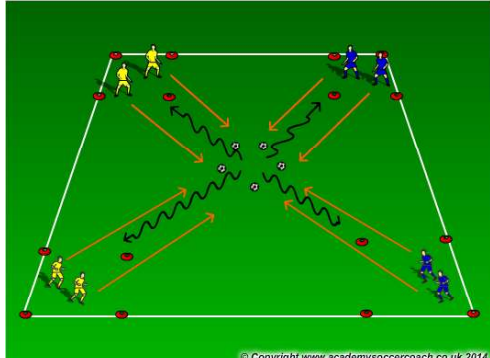

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U7s

Theme: Session 7: Ball Control & Dribbling 3

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CARS (10-15min) Players do their car impression. Each player dribbles around area according to the "traffic conditions" that are called out: Green: go, Red: stop, Yellow: change direction, First gear: slow, Turbo: fast, Reverse: backwards, Bump: throw ball in air and control on bounce</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Changing speed and cutting while controlling ball -Head up <p>Progression: Add cones or other obstacles that they go around or avoid.</p> <p>Change to bumper cars where they give each other "nudges" to get used to body contact and controlling the ball.</p>	<ul style="list-style-type: none"> -Use all parts of the foot -Quick first step when changing direction -Keep ball close (as appropriate: closer at slower speeds further at faster speeds). <p>DISCOVERY QUESTIONS: -What was easiest to do? Hardest? Most fun?</p>
<p><u>Activity 2</u> CROSS THE RIVER (10-15min) The players go "boating" from one "shore" (line) to another. In the river are "piranhas" that try and tag boaters. Once tagged boaters become piranhas</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Planning movement -Slowing and speeding up -Cutting and changing direction <p>Progression -Play without a ball -Piranhas need to be in crab position to move -Specify way kids need to dribble</p>	<ul style="list-style-type: none"> -Look ahead and plan route -Times to be patient and times to go quickly -Use the entire "river" <p>DISCOVERY QUESTION -When did you slow down/speed up? -What did you do to get by the piranhas?</p>
<p><u>Activity 3</u> CAPTURE THE BALL (15-20min) Equal teams each team's home in the corners. Soccer balls in the middle. All players starting inside their home bases. On command, players each get one ball. They try to dribble it into their home base. Players can steal balls from opponent's home bases.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Short and long touches -Speed -Teamwork <p>Progression -Change the number of soccer ball -Restrict dribbling options</p>	<ul style="list-style-type: none"> -Appropriate touch and pace on ball -Control ball at "base" -Team communication <p>DISCOVERY QUESTION: -When did you take long touches? Short touches - (less balls than players) How did you decide who was going to get a ball?</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: If something isn't working don't force it. Move on to another activity.</p> <p>HOMEWORK: Dribble the ball and try not to let it stop moving and try not to let it hit any object in the yard</p>



Lesson Plan Form

Coach: Session date: Team/Age: U7s

Theme: Session 8: Striking and Shooting


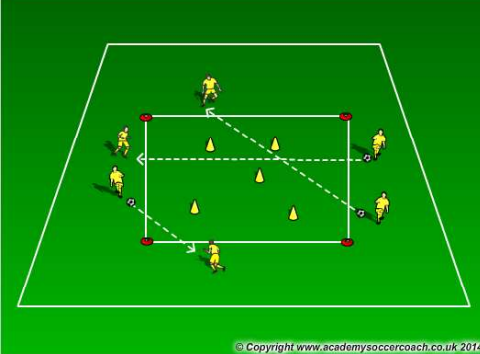
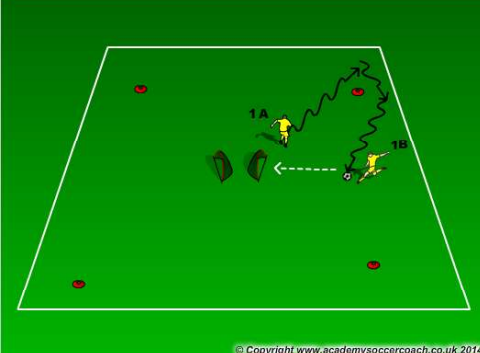

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> LEG SHOOTING (10-15min) Players stand with their back to goal and their feet apart. Each player releases his ball through his feet, and then chases it to shoot on goal. Let them explore using all parts of the foot to shoot (even toe because there are times for toe shots/passes in the game)</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Shooting technique/ keep ball low -Body and ball awareness -Accuracy <p>Progression: -Have the player release the ball over his head and shoot on goal before the third bounce. -Use both feet. -Hit ball before it stops rolling.</p>	<ul style="list-style-type: none"> -Quick shot not power -Strike ball at or above center -Proper body position (next to ball, leaning over etc...) <p>DISCOVERY QUESTION -What did you have to do to get the ball in the goal? -What part of your foot did you use?</p>
<p><u>Activity 2</u> MARBLES: Each person w/ ball but kids in pairs. First kid kicks ball 5-10 yds away. Other player passes their ball and tries to hit first players ball. If hit they get a point. If not then first player tries to hit 2nd player's ball. Restart after each point</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Proper technique -Accuracy <p>Progression: -Specify how the ball must be struck</p>	<ul style="list-style-type: none"> -Ankle locked, non-kicking foot toward target, Head up -Proper pace on the ball <p>Discover Question: -Where do you need to strike the ball? Why?</p>
<p><u>Activity 3</u> CLEAN YOUR ROOM Two teams. Divide grid into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Accuracy -Dribbling and shooting -Technique <p>Progression -Ball must be moving when it's hit -Weak foot only -2 touches before shot</p>	<ul style="list-style-type: none"> -Head up and find target then head down and strike ball -Technique especially planting foot -Choosing correct goal <p>DISCOVERY QUESTION -What did you have to think about before shooting -What part of the foot did you use? Why?</p>
<p><u>Final Game</u> 5v5 (20-25min)</p>	<p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Kids need to learn basic terms like; offense, defense, goal side, end line, goal kick. Ask them often what they mean, they will forget from one week to the next.</p> <p>HOMEWORK: Have kids do "Leg Shooting" activity 10 times right foot 10 times left</p>



Lesson Plan Form

Coach: Session date: Team/Age: U7s

Theme: Session 9: Striking and Shooting 2

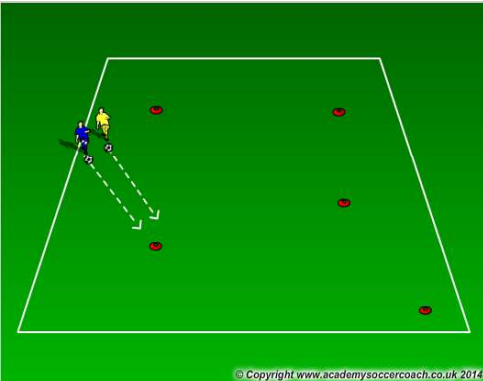
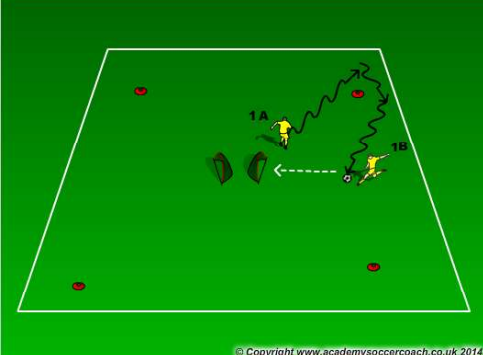


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> MOVING GOAL (10-15min) Coaches or coach and player hold a penny between them and form a goal. Players pass the ball through the goal. After a few goals player and coach move to another position</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Movement with ball -Passing while moving -Techniques <p>Progression:</p> <ul style="list-style-type: none"> -Play in pairs -Only certain parts of foot can be used 	<ul style="list-style-type: none"> -Have head up so you can prepare to pass -Lock ankle, non-kicking foot at target, strike ball at or just above center -Ball needs to stay close so you can pass quickly <p>Discovery Questions</p> <ul style="list-style-type: none"> -What did you need to think about when dribbling?
<p><u>Activity 2</u> PASS THROUGH: (10-15min) Put cones or balls randomly within the grid. All kids outside of grid. 1 ball for about every 3 kids. Kids pass ball to one of the other sides. Ball can't hit cones or other balls being played.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Accuracy. This comes with proper technique -Decision making -Calling for ball when open <p>Progression</p> <ul style="list-style-type: none"> -Add more balls -After a pass have the kids run and touch a corner cone or a cone in the middle (teaching them to move after the pass and not just stand and watch) 	<ul style="list-style-type: none"> -When to call and when not to call for the ball -Timing of pass -Choice of who to pass to <p>Discovery Question:</p> <ul style="list-style-type: none"> -When did you make a pass? What did you need to decide? -What did you do after making a pass?
<p><u>Activity 3</u> AROUND THE WORLD (15-20min) Put 4 cones around the field and give them a country name. Players start in the middle each with a ball. Coach calls out a country. Kids dribble around that country and then shoot the ball in the Pugg goals that are in the center.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Shooting moving ball -Appropriate power on shot -Dribbling and shooting technique -Shot timing <p>Progression</p> <ul style="list-style-type: none"> -Limit number of touches after going around the cone -Have them go around more than one cone -Add cones -Say "Everyone wearing black go around X and everyone wearing red go around Y." 	<ul style="list-style-type: none"> -Technique: Head down, hit ball above center -Follow ball after shot -Need space (only a little) for shot <p>Discovery Question:</p> <ul style="list-style-type: none"> -What did you have to do before you could shoot? -Why do we run after the ball after shooting it?
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>When kids have questions encourage them to ask teammates for answers (especially if you have said it a couple times).</p> <p>HOMEWORK:</p> <p>Have kids dribble around an object in the yard. Go to a different object each time. 20 times.</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> SOCCER GOLF (10-15min) Use objects (trees, bench or cones) to make a golf course. Have kids try and get to the hole in the least number of kicks as possible</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Technique -Movement and balance -Appropriate power <p>Progression</p> <ul style="list-style-type: none"> -Specify foot 	<ul style="list-style-type: none"> -Move after hitting ball -Strike center of the ball -Look at target then at bal <p>DISCOVER QUESTION</p> <ul style="list-style-type: none"> -When did you need to kick it hard? soft
<p><u>Activity 2</u> AROUND THE WORLD (10-15min) Put 4 cones around the field and give them a country name. Players start in the middle each with a ball. Coach calls out a country. Kids dribble around that country and then shoot the ball in the Pugg goals that are in the center.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Shooting moving ball -Appropriate power on shot -Dribbling and shooting technique -Shot timing <p>Progression</p> <ul style="list-style-type: none"> -Limit number of touches after going around the cone -Have them go around more than one cone -Add cones -Say "Everyone wearing black go around X and everyone wearing red go around Y." 	<ul style="list-style-type: none"> -Technique: Head down, hit ball above center -Follow ball after shot -Need space (only a little) for shot <p>Discovery Question:</p> <ul style="list-style-type: none"> -What did you have to do before you could shoot? -Why do we run after the ball after shooting it?
<p><u>Activity 3</u> FOX AND HUNTERS (15-20min) Players on outside have ball and are foxes, players on the inside are hunters. Players on the outside try and kick the ball to hit one of the foxes. If the fox is hit they come out and do something (juggle, toe tap) and then go back in.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Vision -Shot choice/timing -Accuracy <p>Progression</p> <ul style="list-style-type: none"> -Foxes can start by doing crab walking -Hunters have to shoot a moving ball 	<ul style="list-style-type: none"> -Look at target then strike ball -Quick shooting can catch someone off guard -Use both feet <p>DISCOVERY QUESTION</p> <ul style="list-style-type: none"> -What did you have to do to get the ball to go where you wanted? -What did you need to do before shooting? After shooting?
<p><u>Final Game</u> 5v5 (20-25min)</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Sometimes a little chaos is they best way to have kids learn. They begin to work it out for themselves.</p> <p>HOMEWORK: Kids stand by a tree and take 2-3 big dribbles away from tree. Then turn and pass/shoot ball at tree. 20 times.</p>