

SOUTHEAST SOCCER CLUB



U9

COACHING MANUAL



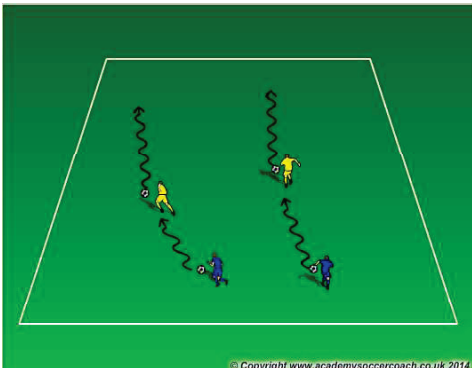
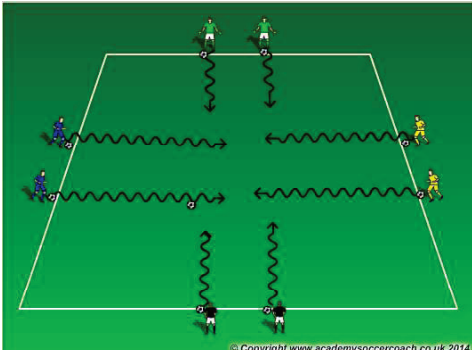
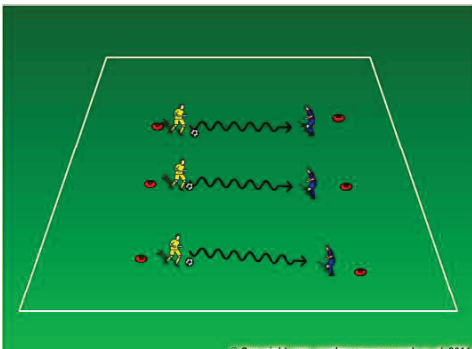
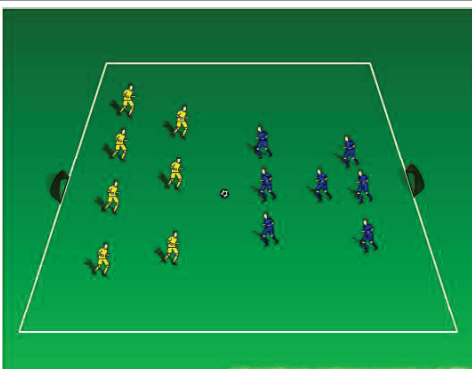
South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 1: Dribbling 1

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> DRIBBLE TAG: (10-15min) One player gets a 2 yard head start from other player. Lead player dribbles in square while following player also dribbles but tries to tag the lead player. Once the player is tagged switch rolls.</p>	 <p><small>© Copyright www.acadmysoccercoach.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: Add cones as obstacles</p>	<ul style="list-style-type: none"> -Quick first step -Appropriate distance to push ball out -Different parts of the foot <p>Discovery Questions: -What worked to not get tagged? -What worked to get yourself close to tag?</p>
<p><u>Activity 2</u> CROSS THE SQUARE (10-15min) Make a square and have equal players on all four sides. Give each side a number or name. Call out one or more numbers and have groups dribble to other side.</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Head up -Awareness -Proper touch (distance from body) <p>Progression: -Keep score giving a point to the team that gets all the players across and stops the ball -Specify type of dribbling. -Once they hit the other line they must immediately turn and go back to the original line. -Add cones as obstacles</p>	<ul style="list-style-type: none"> -Plan ahead and anticipate -Slow and speed up to navigate around other players. -Keep the ball under control <p>Discovery Question: -When did you have to slow down? Speed up? -What did you need to do when other people were close to you?</p>
<p><u>Activity 3</u> 1v1 (15-20min) Kids play 1v1 toward cones that are about 15 yards apart. No guarding of cone</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> Keep ball close -Balance during contact -Proper use of long and short dribbling <p>Progression -Move cones further away or closer -Tell kids they can go to either cone</p>	<ul style="list-style-type: none"> -Use all parts of your foot -Keep head up so you can see the cone <p>Discovery Question: -How did you protect the ball? -When did you use long dribbles? short dribbles?</p>
<p><u>Final Game</u> 7v7 with goalkeeper (20-25min)</p>	 <p><small>© Copyright www.acadmysoccercoach.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: Soccer is a player focused thinking game . Developing the thinking player at this age is important.</p>



South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 2: Dribbling 2

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> DRIBBLE AND PASS TO SELF (10-15min) Player starts at position 1 and dribble toward cone. At position 2 player passes to position 3. Player runs around cone and collects the pass they made to themselves and then dribbles to next cone and repeats. Have more than one player at each square</p>		<p>Movement</p> <ul style="list-style-type: none"> -Spatial awareness -Ball control -Proper touch on ball <p>Progression</p> <ul style="list-style-type: none"> -Change direct -Have one player going one direction and another player going the opposite direction (so they have the potential to run into each other) 	<ul style="list-style-type: none"> -Anticipating and thinking ahead -Proper pace and distance on ball -Change of speed <p>Discovery Question:</p> <ul style="list-style-type: none"> -How did you have to change the pace of the ball? -How did your pace change?
<p><u>Activity 2</u> CRAB POT (10-15min) Make several grids (pots) and have a crab in each of them (players hands and feet on the ground with their stomach up). Players need to dribble from one pot to another without a crab kicking their ball out. Crabs need to stay in their own "pot."</p>		<ul style="list-style-type: none"> -Decision making -Use of dribbling moves -Proper dribbling pace <p>Progression:</p> <ul style="list-style-type: none"> -Have little "neutral" post between the ones with crabs -More than one crab in the pot -Cones that kids need to avoid 	<ul style="list-style-type: none"> -Keep head -Plan ahead -Use moves such as scissors, change speed etc.. -Use entire "pot" <p>Discovery Question:</p> <ul style="list-style-type: none"> -What moves worked well? -What parts of the foot did you use?
<p><u>Activity 3</u> 2v2 EITHER END ZONE: (15-20min) Make a grid that has two endzones. Kids can score by dribbling into any endzone</p>		<ul style="list-style-type: none"> -Decision making on when to change direction -Trying various cutbacks and experimenting -Changing speed <p>Progression:</p> <ul style="list-style-type: none"> -One team must go one way and the other team must go opposite way. 	<ul style="list-style-type: none"> -Proper technique -Looking for open space -Use heel, sole and outside of foot to turn and cut back -Short dribble and long dribbles <p>Discovery Question:</p> <ul style="list-style-type: none"> -What part of the foot did you use when changing direction? -What are some of the reasons you may change direction in a game?
<p><u>Final Game</u> 7v7 with goalkeeper (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: Have cones and pennies out and organized prior to the start of practice.</p> <p>HOMEWORK: Have kids do the dribble and self pass 20 times</p>



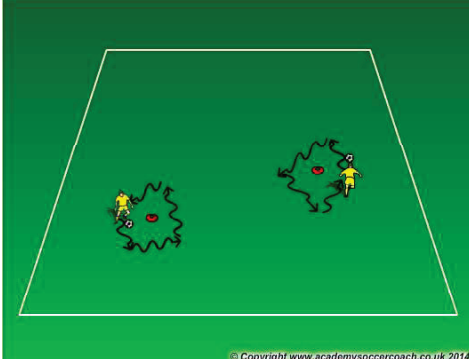
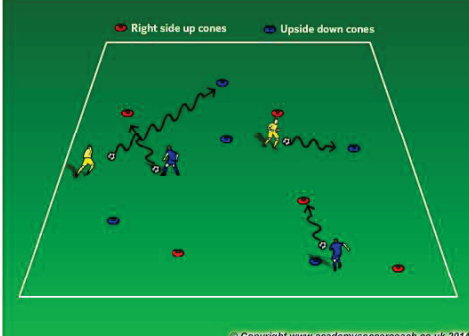


South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 3: Dribbling 3

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CIRCLE CONE (10-15min) Every player w/ a ball and w/ a cone. Have kids dribble around the cone as close as they can.</p>		<ul style="list-style-type: none"> -Touch -Balance -Movement <p>Progression</p> <ul style="list-style-type: none"> -Only using left foot/right foot -Only using inside/ outside/ bottom -When you say "turn" they need to turn and go the opposite direction -Keep body between cone and ball 	<ul style="list-style-type: none"> -Keep ball close to cone -Slow down if needed -Use all parts of your foot
<p><u>Activity 2</u> SNOW CONE (10-15min) Make 2 grids with equal number of kids. One grid have cones scattered upright & other grid cones upside down. Kids dribble flipping cones over so they match the side they started on. Kids can dribble into any of the two grids. Keep time and see which side as most.</p>		<ul style="list-style-type: none"> -Decision making -Change of direction -Ball control -Communication <p>Progression:</p> <ul style="list-style-type: none"> -Must have foot on ball when flipping cone -Specify type of dribble 	<ul style="list-style-type: none"> -As you are at one cone already be looking for the next -Communication. Let teammates know which one you are taking -Using outside of foot when going faster and inside or sole when slowing down. <p>Discovery Question:</p> <ul style="list-style-type: none"> -When is the closest cone not the best option? -What did you need to do as you got closer to a cone?
<p><u>Activity 3</u> 3v3 EITHER END ZONE: (15-20min) Make a grid that has two endzones. Kids can score by dribbling into any endzone</p>		<ul style="list-style-type: none"> -Decision making on when to cutback (forward isn't always best choice) -Trying various cutbacks and scissors -Changing speed <p>Progression:</p> <ul style="list-style-type: none"> -Teams have a specific goal they go to -Every player must touch the ball before scoring 	<ul style="list-style-type: none"> -Slow and correct is better than fast and wrong -Explode after making a move or changing direction <p>Discovery Question:</p> <ul style="list-style-type: none"> -When was it good to turn and go the opposite direction? -When you had the ball what did you teammates need to do to help you?
<p><u>Final Game</u> 7v7 with goalkeeper (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: Establishing a "team culture" through a few routines helps kids feel ownership and pride.</p> <p>HOMEWORK: Circle cone 20 times each way or how many times can you do in a minute</p>



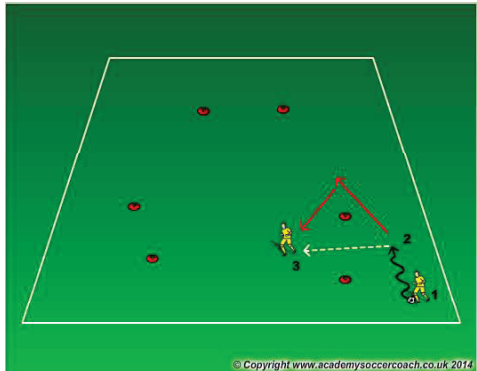
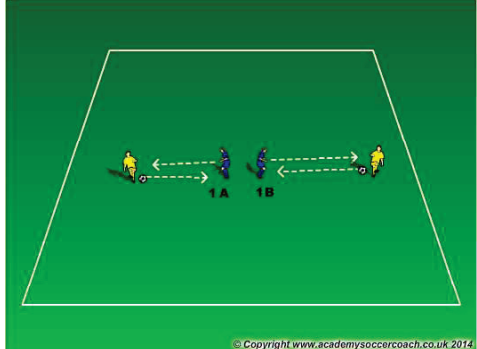
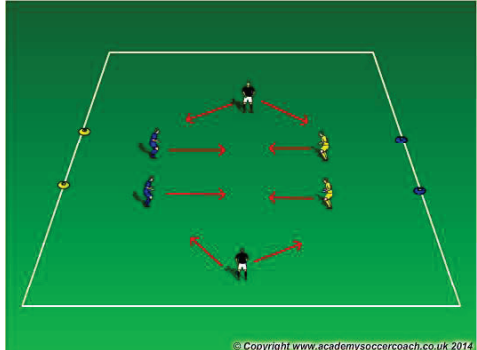
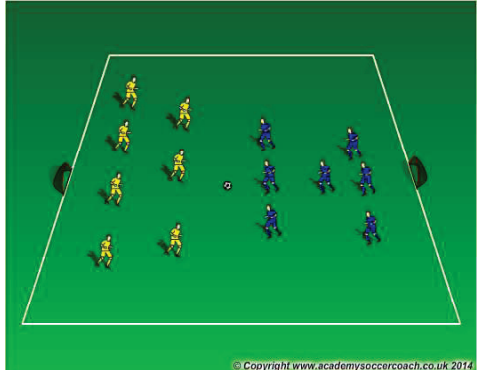
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Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 4: Passing 1

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GATE PASS TO SELF (10-15min) Players dribble in grid and then pass the ball through a gate. After passing they run around the gate and collect the ball.</p>		<ul style="list-style-type: none"> - Proper technique -Accuracy -Change of speed -Pace of ball <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>Discovery Question: -Where do you need to strike the ball? Why? -How did you have to run right after the pass?</p>
<p><u>Activity 2</u> 3 PERSON PASSING (10-15min) Two outside players have the ball. Player in middle receives pass from one player and then passes back to same player. Middle player then turns and receives pass from other player and returns pass. (use cones to mark spots)</p>		<ul style="list-style-type: none"> -Moving toward ball to receive -Keeping ball on ground -Movement after the pass <p>Progression: -One touch -time them and see how many passes they can get in -Fake turn one way and then turn the other -Outside players can do throw-ins to center player</p>	<ul style="list-style-type: none"> -Keep body moving "on toes" -Use both feet -Play ball to side in order to turn -Turn with the ball <p>Discovery Question -Why do you need to move forward to receive the pass</p>
<p><u>Activity 3</u> 2v2 w/ 2 NEUTRALS (15-20min) Make a grid and have 3 sets of pairs. 2 of the pairs play 2 v2 while the other set of pairs is always offence. So it is essentially 4v2 all the time. After a certain amount of time switch the neutral team.</p>		<ul style="list-style-type: none"> -Triangles -Moving to create options -Passing to space <p>Progression: -Neutral players can only play wide (you can make a channel for them) -Limit neutral players touch</p>	<ul style="list-style-type: none"> -Forward is not always the best option -Movement off the ball, don't stand -Check in check out -Make good passes to players feet or into space for them to run onto -Dribble until defenders put pressure on you <p>Discovery Question: -How did you try and get open when you didn't have the ball?</p>
<p><u>Final Game</u> 7v7 with goalkeeper (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: Continue to ask them about terms such as: offence, defense, goal side, touch line, end line etc...</p> <p>HOMEWORK: Dribble around the yard using only the inside of your feet. Then using only the outside</p>



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Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GATE PASSING: (10-15min) Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate</p>		<ul style="list-style-type: none"> -Technique while moving (Just this light running will be a challenge to keep technique correct) -Preparing ball for pass -Make sure your partner can receive the pass <p>Progression:</p> <ul style="list-style-type: none"> -See how many they can get in 30 seconds -Only inside foot, only outside, only left, etc... 	<ul style="list-style-type: none"> -Non-kicking foot is key in this activity -Keeping the ball on the ground makes it easier to receive -Proper pace to get through the gate <p>Discover Question:</p> <ul style="list-style-type: none"> -What did you have to do after making a pass? After receiving a pass? -What were the easiest balls to control?
<p><u>Activity 2</u> POPCORN PASSING: (10-15min) About 2/3 of kids outside a grid or circle the other 1/3 inside. Inside group has a ball. They pass the ball out to someone on the outside and then move to receive a pass from a different outside player. Then play to another person on the outside and repeat</p>		<ul style="list-style-type: none"> -Turning -Vision -Communication -Technique <p>Progression:</p> <ul style="list-style-type: none"> -Limit touches -Put a defender in the circle -No talking 	<ul style="list-style-type: none"> -Easy to receive passes: on the ground, with pace, at players feet -Call for the ball when you want it -Don't stop the ball dead, turn with it, redirect it -Quick step after first touch <p>Discovery Question:</p> <ul style="list-style-type: none"> -What part of the foot did you use to turn the ball? -What did you say when you wanted the ball? (if you played no talk what hand signals did you use?)
<p><u>Activity 3</u> 4 CORNER GOALS (15-20min) Set up a grid with a cone at each corner. Each corner cone is a goal. Play 3v3 and teams can go to any of the 4 goals.</p>		<ul style="list-style-type: none"> -Movement to space & playing ball to space -Changing direction -Triangles <p>Progression</p> <ul style="list-style-type: none"> -Play 3v2 or 3v1 -Limit touches -Limit cone options 	<ul style="list-style-type: none"> -Changing direction is sometimes a good option -Keep moving. If you stand still you are easy to defend -Options are not always in front of you. <p>Discover Question:</p> <ul style="list-style-type: none"> -When did you have to change the goal you were going to? -How did you get open and ready to receive a pass?
<p><u>Final Game</u> 7v7 with goalkeeper (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: What does good effort look like to you as a coach? Do the kids know what you expect of them? Are the kids encouraging each other in their effort?</p> <p>HOMEWORK Do 20 tick-toks (Passing the ball to from one foot to the other while standing right above it). See if you can do 20 in less than 10 seconds.</p>




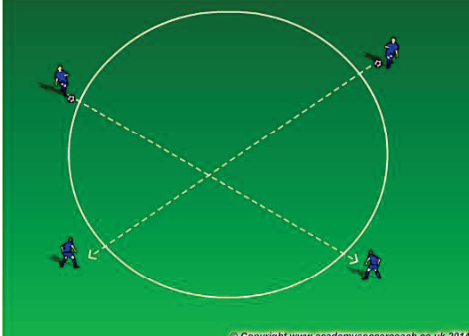


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Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BALL NASTICS: (10-15min) Pairs. Kids do various activities as you instruct with the ball (using hands is fine). Pair tick-tocks, Over under (back to back and pass ball over head then between feet), Left-right (same as over-under but pass left to right), have them walk with the ball wedged between backs</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Body movement -Controlling ball while body is off balance, twisted etc... <p>Progression:</p> <ul style="list-style-type: none"> -One hand catching -Each person have a ball and circle it around leg, waist, head, figure 8 around legs 	<ul style="list-style-type: none"> -Finger tips -Watch the ball the entire time -Don't give teammate the ball make them take it.
<p><u>Activity 2</u> CIRCLE BOWLING (10-15min) Set up a circle or grid. All players around the outside with half of them having balls. Players bowl balls to one another and scoop up using proper technique.</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement -Technique -Communication <p>Progression:</p> <ul style="list-style-type: none"> -Add cones in middle and try to hit them 	<ul style="list-style-type: none"> -Move your feet and get body behind the ball -Both hands down and behind the ball (finger tips down) -Bring the ball to the "bank" (ball at chest, arms on either side with hands up and elbows down) -Call "keeper" <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why do we want our body behind the ball? -Why do we say "keeper?"
<p><u>Activity 3</u> 3 GOALS (15-20min) Make 3 goals in the form of a triangle. Keepers bowl the ball at either of the other two goals and try to score.</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Angle -Technique -Decision making <p>Progression:</p> <ul style="list-style-type: none"> -Use feet to shoot 	<ul style="list-style-type: none"> -Protect the near post -Stay off the line -Move you feet to get your body behind the ball -Get low to bowl the ball <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why do you protect the near post? -Why do you stay off the goal line?
<p><u>Final Game</u> 7v7 with goalkeeper (20-25min)</p>	 <p><small>© Copyright www.acadmysoccercoach.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: Ask the kids if they know the dimensions of a regular size goal (8 feet by 8 yards). How about the penalty area (18yds by 44 yds)</p> <p>HOMEWORK: Practice bowling the ball toward different object in the yard</p>



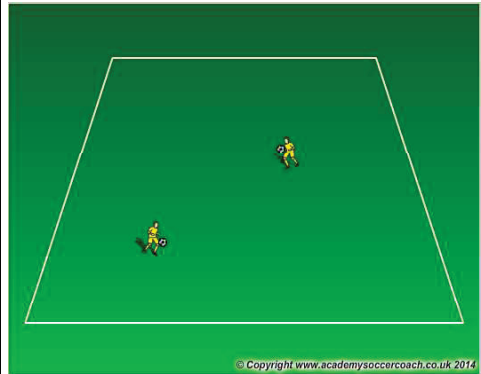

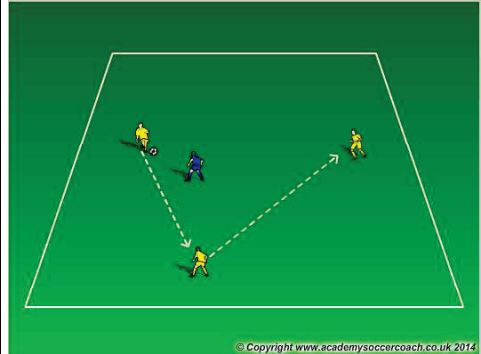

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> JUGGLING (1-015min) Each player tries to keep their balloon or beach ball up in the air using any body part except for hands. Count how many touches. If it falls to the ground, pick it up try again.</p>		<ul style="list-style-type: none"> -Touch with ball/control -Using various parts of the body -Agility/balance <p>Progression: -Juggling in pairs -One person serves to the other</p>	<p>Follow object/ball with your eyes. -Move to get behind and in line with it—don't stretch for it</p> <p>DISCOVERY QUESTION: -How did you have to prepare to get the ball?</p>
<p><u>Activity 2</u> EGG DROP (10-15min) 2 pairs w/ one person from each team at a cone (cones 10 yrds away). Each team throws ball to teammate. Receiving person takes one touch and tries to drop ball closest to cone. Point for closest ball.</p>		<ul style="list-style-type: none"> -Technique -Various parts of the body being used -Movement <p>Progression: -Can go to 2 touch if 1 touch not working. -Receiving player face away. Thrower serves ball and then says turn.</p>	<ul style="list-style-type: none"> -Stay on toes -Go to the ball and then relax -Get behind the ball <p>Discovery Question: -How does staying on toes help? -What parts of the body worked best?</p>
<p><u>Activity 3</u> 3v1 KEEP AWAY (15-20min) 3 Players in a grid pass to one another and keep it away from a 4th player who is the defender. If the 4th player kicks it out of the grid they changes places with the player who last touched the ball</p>		<ul style="list-style-type: none"> -Moving to open space -First touch -Check in check out <p>Progression -Play 3v0 so kids have a chance to pass and move without pressure -Defender can only hop or move as a crab -Limit touches</p>	<ul style="list-style-type: none"> -Triangles: Key to creating options -Move after pass to create option for receiving player -Try not to stop the ball dead when receiving, direct it to a space you want to go -Keep moving, change speed, cut -Go to meet the ball <p>Discovery Question: -What did you have to do to get open? -When the ball was coming to you what did you need to do?</p>
<p><u>Final Game</u> 7v7 with goalkeeper (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: During halftime rather than tell the kids what is going well or bad ask them what they are doing well and what they are doing bad.</p> <p>HOMEWORK: Juggle 20 times with feet only and 20 times with thighs only.</p>



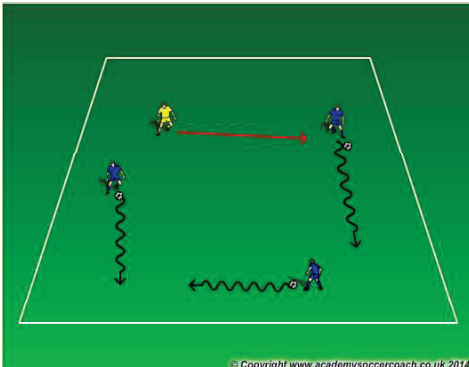
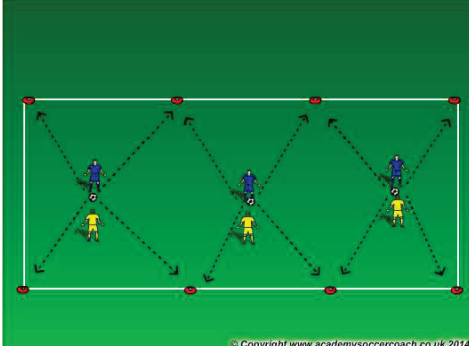

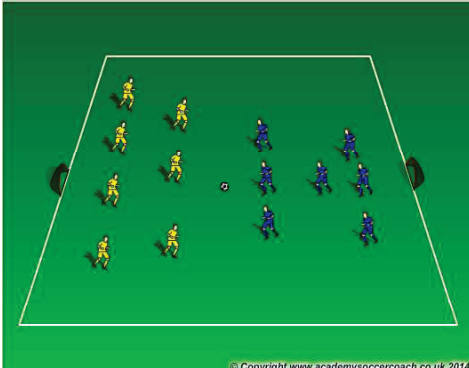
South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 8: 1v1

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> SHARK TANK (10-15min) Kids dribble in a grid or circle. One person is it and tries to tag dribblers.</p>		<p>-Vision -Spatial awareness -Keep ball close</p> <p>Progression: -To make it easier for dribblers have two sharks. They must hold a penny between them and therefore run together. Which ever shark tags someone they become a dribbler -Create a "safe beach" just outside the circle or grid. Only one kid in there at a time and when a kids enters the other must leave</p>	<p>-Use arms for balance and to protect ball -Keep head up and scan -Don't be afraid to try something</p> <p>Discovery Question: -What did you have to do to keep the shark from you? -When did you keep the ball close to you?</p>
<p><u>Activity 2</u> CORNER CONES (10-15min) Set up grids next to one another. Pairs play 1v1 in grids. The cones are the goals and players can go to any of the 4 cones</p>		<p>-Change direction -Moves -Decision making -Creativity</p> <p>Progression: -Limit the number of cones they can go to</p>	<p>-Use body to faint -Various parts of the foot -Change speed, quick step</p> <p>Discovery Question: -Did you ever change the cone you were going to? Why? -What move did you do to change direction</p>
<p><u>Activity 3</u> BATTLE BALL (15-20min) Form 2 lines. Throw ball out and first person from each line goes to the ball. Players try and win ball and then pass back to coach. If defender wins ball then they try and pass it back to coach</p>		<p>-Attacking -Turning -Vision</p> <p>Progression: -Have more than one player go after ball -After throwing ball move 5-6 yards to a different spot</p>	<p>Move into path of over play as you get to the ball -Body between defender and ball until you can turn -Use faints and change of speed -Take the little opening either with a dribble or pass</p> <p>Discovery Question: -How did you know where the defender was? -How did you find me to make the pass to?</p>
<p><u>Final Game</u> 7v7 with goalkeeper (20-25min)</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</p> <p>COACHING REMINDER: If the kids ask you a question about the rules of the activity or something else you have already explained tell them to talk with a teammate and figure out the answer. HOMEWORK: Dribble around yard and anytime you come close to an object do a move and pretend you get by the defender.</p>



South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 9: Shooting

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> COPS AND ROBBERS (10-15min) The coach sets up 8-10 stand up (tall) cones in a 20x25 yard grid. Robbers will strike the ball and try to knock the cone (the bank) down. The cops (2 or 3 players) are without soccer balls and are trying to stand all the cones back up before all the banks are robbed. Rotate the cops and the robbers</p>		<ul style="list-style-type: none"> -Accuracy -Decision making -Movement <p>Progression</p> <ul style="list-style-type: none"> -Specify type of kick or part of foot to use -Challenge them to try from further away <p>(if there are no cones that can be knocked over you can put balls on top of flat cones and knock the balls off)</p>	<ul style="list-style-type: none"> -Technique: Locked ankle, strike ball at center or just above, planted foot toward target -Follow shot <p>Discovery Question</p> <ul style="list-style-type: none"> -What did you need to do to keep the ball low? -Why do we follow the ball after the shot
<p><u>Activity 2</u> SHOOT AT COCONUTS (10-15min) Put cones at various points on the grid. Give each cone a number. Kids dribble around and when yell a number kids shoot at that "coconut" and try to knock it off.</p>		<ul style="list-style-type: none"> -Accuracy -Technique -Quick shooting <p>Progression:</p> <ul style="list-style-type: none"> -Limit touches after calling number -Call more than one number -Specify foot 	<ul style="list-style-type: none"> -Keep the ball low: head down, body over ball -Quick shot: See the "coconut" and shoot -Find the open lane to shoot <p>Discovery Question:</p> <ul style="list-style-type: none"> -What did you need to do to find an open shot?
<p><u>Activity 3</u> 2v2 TO 4 GOALS (15-20min) Player can score on either of the goals they are going toward. Still want low shots.</p>		<ul style="list-style-type: none"> -Spatial awareness -Shot choice -Power vs accuracy <p>Progression</p> <ul style="list-style-type: none"> -Score off a pass -Score after beating someone 	<ul style="list-style-type: none"> -Shoot early and often -Only need a little opening -Shooting to far goal when near goal is blocked is a good choice <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> -What makes a good shot. -How did you choose what goal to go toward
<p><u>Final Game</u> 7v7 with goalkeeper (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: Tell kids to pick one thing to work on during the scrimmage. Occasionally ask kids what they chose.</p> <p>HOMEWORK: Sit on the ground and kick the ball in the air. Try and get up before the ball bounces. Control the ball. 20 times</p>



South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U9s

Theme: Session 10: Shooting 2

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</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>		<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 2</u> MOVING BALL SHOOTING (10-15min) Two lines near the top of the 18. Coach in goal with all balls. Coach serves ball on ground to one line. First person run through a gate and shoot on goal. Serve other line before shot is taken by first line (rapid service)</p>		<ul style="list-style-type: none"> -Proper technique -Appropriate foot -Timing of run <p>Progression:</p> <ul style="list-style-type: none"> -Move gate to create different shooting angles. -Put cones near posts and kids try and hit cones -Limit to one touch -Serve bouncing balls 	<ul style="list-style-type: none"> -Keep foot up and hit center of ball -Pick your spot on goal then focus on the ball -Follow shot -Use both instep and inside depending upon position and pace of ball <p>Discovery Question</p> <ul style="list-style-type: none"> -When did you need to use the inside of your foot? -How did you approach the ball to keep it low?
<p><u>Activity 3</u> 3V3 TO 4 GOALS (15-20. min) In a 20x25 yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>		<ul style="list-style-type: none"> -Spacial awareness -Shot choice -Power vs accuracy <p>Progression</p> <ul style="list-style-type: none"> -Score off a pass -Score after beating someone 	<ul style="list-style-type: none"> -Shoot early and often -Only need a little opening -Shooting to far goal when near goal is blocked is a good choice <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> -How did your teammates help you get a better shot? -If you are not the shooter what is your job when the shot is taken?
<p><u>Final Game</u> 7v7 with goalkeeper (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: Give the kids a range of solutions instead of exact answers (as often as possible)</p> <p>HOMEWORK: Kick the ball in the air. Do a spin and try and control the ball before it hits the ground. 20 times.</p>



Care and Prevention for Training and Games

Before activity:

- Have the club provided first aid kit available and stocked with the required supplies
- Have child medical information and parent/guardian contact information
- Inspect field, equipment (shoes, goals, no jewelry etc...) prior to the start of training and games
- Make sure there is ample water available

During activities:

- If in doubt call 911. It is better to error on the side of caution than to not have taken appropriate action.
- If there has been a concussion or it is suspected that there may have been a concussion then follow SESC policy on concussions.
- If the incident is not life threatening or it has been determined that 911 is not an appropriate response then:
 - A. Note the position of the injured part
 - B. Look for swelling and deformity
 - C. Compare with the opposite side
 - D. As the player or teammates what happened

Treatment should be as follows remembering R.I.C.E.

- R: Remove the athlete from the situation
- I: Apply ice to the injured part
- C: Apply compression bandage
- E: Elevate the body part



SESC Care and Prevention



-The athlete should not be able to return to play in practice or game conditions until the following criteria have been met:

A. The player should be able to run straight without pain: run and turn in a figure eight without a sign of a limp.

B. The player should be able to support weight with the injured part. If the injury is an ankle or knee, he should be able to do a toe raise on the injured side without being supported.

C. There should be no pain or swelling or disability following activity.

After activity:

-Follow up with the parent or guardian either in person or via phone. Advise them of the situation and the actions that were taken.



Southeast Soccer Club Sideline Concussion Management Check List

- Blow to the head OR body, and/or whiplash
- If **back or neck injury suspected**, OR if athlete **loses consciousness**, contact emergency services immediately (**call 911**). If not, progress to next step.
- RECOGNIZE** – does athlete report or demonstrate signs/symptoms of a concussion?

Signs (Observed by others)	Symptoms (reported by athlete)
<ul style="list-style-type: none"> • Athlete appears dazed or stunned 	<ul style="list-style-type: none"> • Headache
<ul style="list-style-type: none"> • Confusion 	<ul style="list-style-type: none"> • Fatigue
<ul style="list-style-type: none"> • Forgets Plays 	<ul style="list-style-type: none"> • Nausea or vomiting
<ul style="list-style-type: none"> • Unsure about game, score, opponent 	<ul style="list-style-type: none"> • Double vision, blurry vision
<ul style="list-style-type: none"> • Moves Clumsily (altered coordination) 	<ul style="list-style-type: none"> • Sensitive to light or noise
<ul style="list-style-type: none"> • Responds slowly to questions 	<ul style="list-style-type: none"> • Feels sluggish
<ul style="list-style-type: none"> • Personality changes 	<ul style="list-style-type: none"> • Feels “foggy”
<ul style="list-style-type: none"> • Balance Problems (can’t stand on one leg with eyes closed for at least 30 sec) 	<ul style="list-style-type: none"> • Problems concentrating (can’t repeat 5 digits in a row backwards)
<ul style="list-style-type: none"> • Forgets events prior to hit (ask about the score, last play, etc.) 	<ul style="list-style-type: none"> • Problems remembering (can’t tell you details about the game – score, etc.)
<ul style="list-style-type: none"> • Forgets events after the hit 	
<ul style="list-style-type: none"> • Loss of consciousness (any duration) 	

- REMOVE** from activity
- Contact parents
- Document incident with **Sideline Concussion Documentation** form
- Monitor athlete
 - RED FLAGS** – Call 911 immediately, IF at any time, the individual:
 - Loses consciousness
 - Vomits repeatedly (more than 1 time)
 - Demonstrates extreme drowsiness (cannot be awakened)
 - Is extremely confused (does not know familiar people, self, what year it is, etc.)
 - Has an extreme headache that comes on very, very quickly
- REFER** the athlete for medical evaluation – give parent/s **Sideline Concussion Documentation** with physician release form on reverse side
- Document the incident in **Concussion Incident Log**
- BEFORE PLAY AGAIN** – must have signed Return to Participation Medical Release (RPMR). This can happen no sooner than the next day.
- File the RPMR** with your Concussion Incident Log



Southeast Soccer Club Sideline Concussion Documentation

Athlete name: _____ Date of birth: ___/___/___ Age/Grade: ___/___

OBSERVATIONS

Team: _____ Date: _____ Venue: _____ Current time: _____

Time of Injury: _____ Documentation completed by: _____ Phone #: _____

Coach ATC Parent Other: _____

1. Loss of consciousness? Yes No **If 'YES', call 911** Duration of LOC: _____
2. Were seizures observed? Yes No **If 'YES', call 911** Comments: _____
3. Was vomiting observed? Yes No **If 'YES', and more than 2x, call 911**
4. Injury description: Fall Hit head on other player Hit head on ground/object Struck by object
5. Location of Impact: On the head- Front Left Front Right Front Left Back Right Back Back
Other location- Neck Indirect Force
6. Last memory before the impact: _____ (Duration of time between memory and impact: _____)
7. First memory after the impact: _____ (Duration of time between impact and memory: _____)

FUNCTION

1. Oriented to: self location score opponent last play
2. Does player stagger, sway, stumbles or appears uncoordinated? Yes No
3. Are player's eyes having difficulty tracking and/or do pupils look unequal? Yes No
4. Does the player seem dazed, is the player responding slowly, or acting different than usual? Yes No

Monitoring Symptoms

Ask player to rate each symptom immediately after the injury, 15 minutes after, and 30 minutes after, using a scale of 0 to 3:

- 0 – none
- 1 – a little
- 2 – medium
- 3 – a lot

Enter the rating in each box for each symptom at the time intervals listed.

Symptom	Immediately	15 min after	30 min after
Headache			
Dizziness			
Vision changes			
Light sensitivity			
Noise sensitivity			
Neck pain			
Feeling distracted			
Fatigue			
Tingling/loss of movement			
Feeling foggy/cloudy/out of it			
Difficulty remembering			
Upset/emotional			

SESC Concussion Return to Participation Medical Release

Athlete name: _____ Date of birth: ___/___/___ Age/Grade: ___/___

Dear Physician,

This athlete has been referred to you due to a suspected concussion sustained during play. Please evaluate this player to determine if player sustained a concussion, review the Graduated, Step-wise Return –to –Participation Progression below, and make recommendations as you see fit. If you determine the player has sustained a concussion, the SESC will follow your recommendations, and will not allow a player to return to full sports participation within 2 weeks of the injury (regardless of whether player is released to play by you prior to that time). Thank you for your assistance!

Additional information can be found at: www.cdc.gov/concussion/HeadsUp/physicians_tool_kit.html

Have you determined that this player sustained a concussion? No (Skip to bottom of page and sign) Yes (Next section)

GRADUATED, STEP-WISE RETURN –TO –PARTICIPATION PROGRESSION

1. **No activity:** Complete rest, both physical and cognitive. This may include staying home from school or limiting school hours and/or homework as activities requiring concentration and attention may worsen symptoms and delay recovery.
2. **Light aerobic exercise:** Walking or stationary bike at low intensity; no weight lifting or resistance training.

Before progressing to the next stage the student must be healthy enough to return to school full time.

3. **Sport-specific exercise:** Sprinting, dribbling basketball or soccer; no helmet or equipment, no head impact activities.
4. **Non-contact training:** More complex drills in full equipment. Weight training or resistance training may begin.
5. **Full contact practice:** Participate in normal training activities.
6. **Unrestricted Return-to-Participation/full competition** (please also complete “Return to Participation” Form)

*The athlete should spend a minimum of one day at each step. If symptoms re-occur, the athlete must stop the activity. The student must rest for a minimum of 24 hours and then resume activity one-step below where he or she was when the symptoms occurred. **Graduated return applies to all activities including academics, electronics, sports, riding bikes, playing with friends, PE classes, chores, etc.***

THIS SECTION TO BE COMPLETED BY PHYSICIAN/HEALTH CARE PROFESSIONAL

- This athlete **may NOT return** to any sport activity until medically cleared.
- Athlete should **remain home from school** to rest and recover until next follow up with physician on _____ (date).
- Please **allow classroom accommodations**, such as extra time on tests, a quiet room to take tests, and a reduced workload when possible. Additional Recommendations: _____
- Athlete **may begin graduated return at stage circled above.**

Physician/Health Care Professional Signature: _____ Date: _____

Physician/Health Care Professional Name/Title: _____ Phone: _____

