

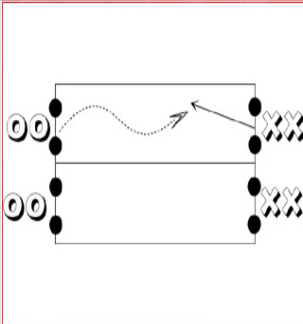
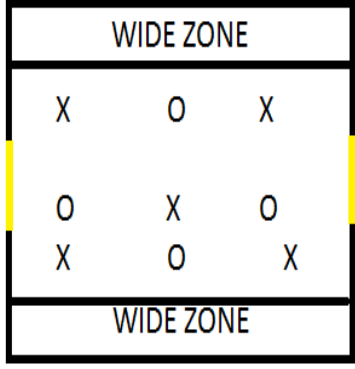
## YES SESSION PLANNER



<b>Age Group-</b>	<b>9 - 12</b>	<b>Equipment Needs-</b>	<b>Cones Pinnies</b>
<b>Ability Level-</b>	<b>Competitive</b>		



Objective of the Practice Session-		Dribbling to beat an opponent and turning		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<b>WARM-UP/ ACTIVATOR</b>	<p>Set up a 5 x 5 yard box in which 2 players will compete to retain the ball.</p> <p>Players will look to see who retains the ball for the longest.</p> <p>Help with the importance of keeping the ball and both body and ball manipulation.</p> <p>Use a points system for a defender regaining possession, rotate players.</p>	<p>Are the players using their bodies to help shield and protect the ball?</p> <p>Are they using all parts of their foot to turn multiple directions?</p> <p>Are they able to keep their head up and identify the space to turn into?</p> <p>Do the players keep a low centre of gravity and make themselves difficult to move.</p>		20
<b>TECHNICAL DEVELOPMENT/ SKILL BUILDING</b>	<p>Dribbling stuck in the mud</p> <p>Players dribble ball in the grid.</p> <p>Two players have to come in and try and kick away the players (X) ball out of the grid.</p> <p>If player's ball goes out – they retrieve ball and come to middle of grid – open legs wide and place ball overhead.</p> <p>X's dribble through players legs to release them.</p>	<p>Use different dribbling skills as you would in a game situation.</p> <p>Fetch ball quickly if out and get friends to unstick you.</p> <p>Avoid players kicking you out – (shield the ball)</p> <p>Only two players at a time kicking the ball out of the grid.</p>	<p style="text-align: center;"><u>Dribbling Stuck in the Mud</u></p>	20

<b>CONDITIONED GAMES/ SMALL SIDED GAMES</b>	<p><b>Group is split into teams of 4/5 who are given numbers. Upon command players play 1v1 5v5 etc in an attempt to dribble through the end cones.</b></p> <p><b>Options increase number of goals to dribble through.</b></p> <p><b>Overload the numbers in favour of one team</b></p>	<p><b>Do the players accelerate into an identified space.</b></p> <p><b>Is the ball always kept within strides length</b></p> <p><b>Changes of pace / direction</b></p> <p><b>Free to express creativity with skills and tricks. Body feints etc.</b></p> <p><b>Force players into crowded areas when defending.</b></p> <p><b>Recover to defend if dispossessed.</b></p> <p><b>Look to work as a team if overloaded.</b></p>		<b>20</b>
	<p><b>5v5 in the middle</b></p> <p><b>1 player in each wide zone playing for both teams. Looks to dribble and put crosses in.</b></p> <p><b>Eventually 1v1 in each end zone. (Player for each team in each zone)</b></p> <p><b>Allow for overloads by allowing player to follow pass into wide zone to allow for 2v1</b></p>	<p><b>Do the players look to move the ball out wide to exploit space?</b></p> <p><b>Do the players attack the defender and look to be positive?</b></p> <p><b>Quality of passes and crosses.</b></p>		<b>25</b>
	<p><b>Players cool down by writing their names with the ball in a small space.</b></p> <p><b>Recap</b></p>	<p><b>Lots of touches light movements</b></p>		<b>5</b>

**Coach: Andrew Stockton**

**Date: 09/03/2013**

**Location: Colchester**