



BEREA YOUTH SOCCER CLUB

Berea Youth Soccer Club Munchkin Soccer Academy

Players are divided into groups of 8-10 players. Each player should have a T shirt, Shin guards, water and a Ball

SESSION 1 LESSON PLAN

GATES-(Maze Game/Dribbling w/ vision)

Set out 11 gates using cones about 2 yards apart. (One more gate than players.) Ask players to see how many gates they can dribble thru in one minute. Ask each player for number. Ask them to go faster and see if they can improve their total by 2. Add conditions. Can only dribble with the right foot, left foot only, inside of foot, outside... Pick up the cones. Now players are dribbling in the same area. When the coach says, "CHANGE SPEED" the players should go from slow to fast. When the coach says, "CHANGE DIRECTION" the players should change direction. Demonstrate moves to change direction. Have them show moves to change speed/direction.

BALL RETREIVE-(Body Awareness/Target Game)

The coach stands in the middle of the training group and has each player hand coach their ball. Coach tosses ball in different directions and tells players "Bring the ball back as quickly as possible without your hands, and the ball must stay on the ground." Put conditions on how the ball must be brought back- i.e. using only right/left foot, alternating feet, both feet, etc. The can use different parts of the foot- under, inside, outside, bottom, shoe strings, etc. Ask the players a suggestion on how they want to bring the ball back.)

"I CAN DO THIS, CAN YOU DO THIS?"

(Movement education/balance/agility)

Throw the ball in the air, clap once and catch it. Same, but catch it with one hand. Clap twice and catch the ball. Stand on one foot, throw the ball in the air and catch it. Can you balance on one foot? Can you hop of one foot? Can you hop and change feet without stopping? Can you go forward/backward/sideways while hopping? Can you skip? Can you jump and turn 180 degrees in the air? Can you jog backwards? Can you jog sideways? Can you create a movement for the rest of us to copy?

GLOB- (Target Game/Dribbling for Penetration)

Players stand on the line and face the finish line about 20 yards away. They must then run across space without being tagged by the "glob". The Coach acts as the Glob. Do it without the ball the first time. Then use the ball. Players must dribble their ball across the space without being tagged by the glob. Players love to be chased. If a player is tagged, they must do a "Martian Push up" to get back in the game. (Since there is no gravity on mars you can lie on your back and do a push up by raising your hands in the air) You may want to set up a sideline also so that players remain in that certain space.

COACH IS THE GOAL-(Target Game/Dribbling) & passing w/vision)

The players will dribble there balls in an area. The coach will move about and the players score by hitting the coach (below the knees) with their ball. This involves passing. The players count the number of goals scored. The coach can vary the difficulty by moving about quickly as players follow the coach.

BALL PILE DRIBBLING—(Speed Dribbling)

The coach has a Pile of balls at his/her feet. The coach kicks the balls away about 10-15 yards away in different directions. Players must bring back by dribbling as quickly as possible. "Don't Let the pile get down to zero?"

SHARKS AND MINNOWS—(Target Game/Dribbling for Penetration)

Players line up with balls on one line. And face the finish line about 20yds away. They must then run across the space without being eaten by the shark. Do it without the ball the first time. Then use the ball. Players must dribble their ball across the space without being eaten. Players at this age love to be chased. If a player has his/her ball kicked away by the shark, they must join the sharks and help catch the minnows. You may play two games of this if it goes well.

4 v 4 and/ or 5 v 5 GAME TO GOALS—

Make the fields about 20-25 yards long. Use flags (or small goals or sticks) to increase the size of the goals. The regular goals will be available if you wish to use them. Try to balance the teams. The Academy Coaches will help with this set up if needed.

Coach will be BOSS of the BALLS. The coach will stay at the half line on the side and play balls onto the field when a ball goes out of play. Keep the game moving. Use your position as the Boss of the BALLS to help get players involved and keep to the score even. Make sure to give every player a chance to play goalie.