



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 10 LESSON PLAN

This is one of the last sessions for the season. This will be where we can ask the players what games they like the best and give them the opportunity to tell us games they like and we can do them again. If not, we have a few things planned. We want to make sure they play as much as possible moving to 4v4 and 5 v 5 games

BODY PART DRIBBLE—

(This activity develop dribbling and stopping the ball with different body parts to learn how to twist and turn the body for improved coordination.) Can you dribble inside the square. Coach will call out different parts of the body to stop the ball with. Foot. Hand. Elbow. Try to keep your balance. Stomach. Shoulder. You have to twist on that one. Head. Bottom. Next, the coach will call out two parts of the body to use to stop the ball. Both knees. Both hands. One shoulder, one elbow. Can you figure this out? One knee, one elbow.

BALL RETRIEVAL

(Movement education; using different surfaces to dribble)

Each player hands their ball to the coach who tosses the balls in different directions about 15 feet away. “Bring the ball back with your hands. Next, bring the ball back with your hands, but you can’t pick the ball up. Bring the ball back with your favorite foot... with the other foot (Can you go faster?) ... alternating feet to touch the ball ...with the outside of your feet. ...with the soles of your feet. ...only with your left foot. Can you think of another body part to use? (head, elbow, heel, stomach, nose—ouch!) With more difficult body parts, keep distances smaller.

BEEP! BEEP!

(This activity improves dribbling, vision and body control.) Can you dribble your ball in this confined area and when you get close to another person honk your horn. As you dribble, try to avoid other people. Stay in the area and keep the ball close to your feet. Can you go a little fast because you are on the freeway. When the coach yells “Stop” freeze with your foot on your ball; hold out your hands and make sure you can’t touch another player. The players will earn a point everytime they are not close to another player.

RED LIGHT GREEN LIGHT—

Players are lined up with a ball at their feet about 20 yards away. Coach turns his/her back and calls out “GREEN LIGHT.” Players dribble under control. As the coach calls “RED LIGHT” and turns around, any player who is moving or whose ball is moving must go back to the line. Winner is player who can touch coach without getting caught moving

PLAYERS DRIBBLE IN AN AREA

(Dribbling for possession and penetration)

On one clap, change speeds. (Demonstrate how to change from slow to fast. Dribble a few yards at increased speed and then slow down again.) One two claps, change directions. (Demonstrate different ways to change directions. Who can come up with the best way? Who can come up with the “funkiest” way to change speed or change direction?) On three claps stop and put your forehead on the ball. Next time, use colors for commands. “When I shout blue, you must change directions.” “When I shout purple, you must freeze like a kangaroo with one foot on the ball.”

4 v 4/ 5 v 5 GAME TO GOALS—

Make the fields about 20-25 yards long.

Coach is BOSS OF THE BALLS. Keep the game moving.

Put two balls in play to break up the blob around the ball. Use three balls to have more 1v1s and to allow players who are not as involved to have success. Play 2 halves 5 minutes each and declare a winner. Rotate with teams from other fields and play a 2nd game... winners play winners