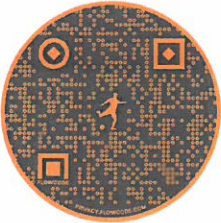
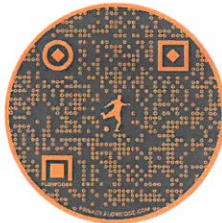
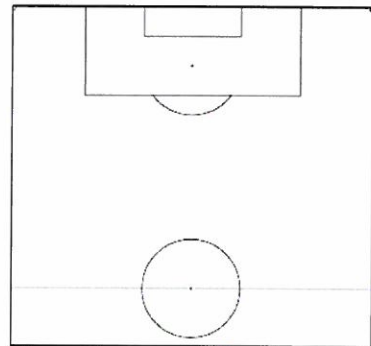
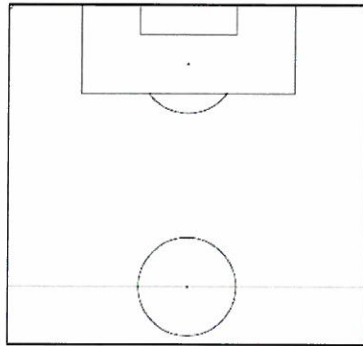
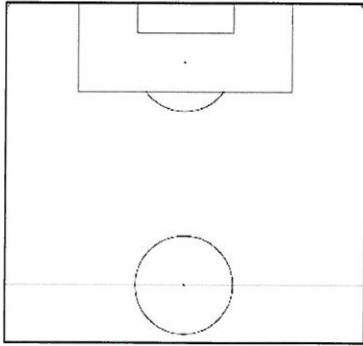


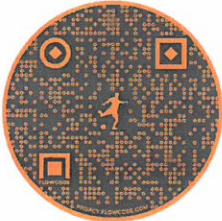
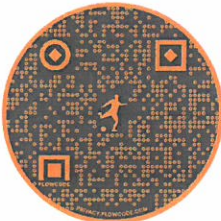
Beginner Session #1: Dribbling, Passing, Rules

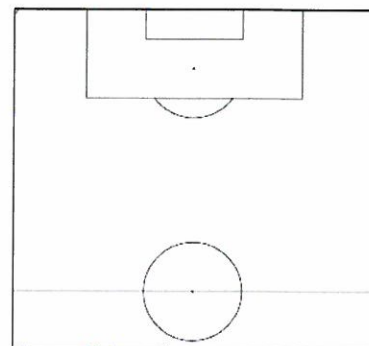
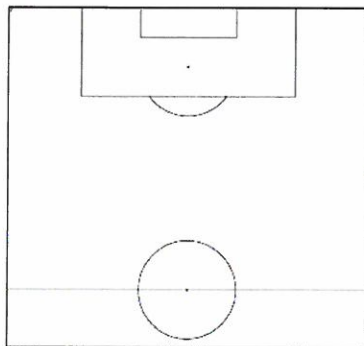
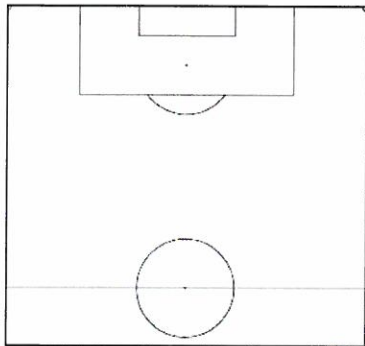
Total Time: 45-55 min. Suggested Ages: 6-9

WARM-UP	LADDER TO SUCCESS 1	DRIBBLING IN SPACE
PLAYERS	2-5 PLAYERS PER GROUP	2-4 PLAYERS PER GROUP
EQUIPMENT	1 LADDER PER GROUP	2 CONES & 2-4 BALLS PER GROUP
RUN TIME	7 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SKILLS & DRILLS	PASSING FUNDAMENTALS 1	THROW-IN PRACTICE
PLAYERS	3 PLAYERS PER GROUP	2 PLAYERS PER GROUP
EQUIPMENT	1 BALL & 2 CONES PER GROUP	1 BALL PER GROUP
RUN TIME	10 MINUTES	7 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SCRIMMAGE: 4v4 Game, with rules and correct restarts

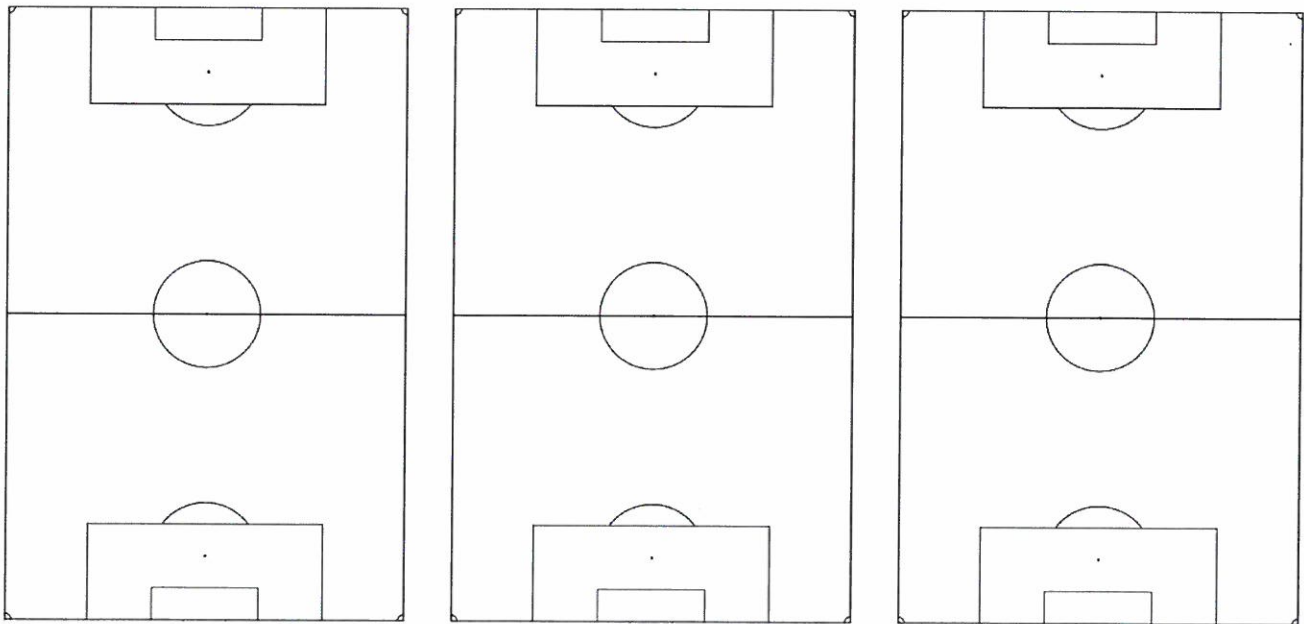
10-20 Minutes

Restart and Rules Discussion

Beforehand, recall the restart rules with the players. Ask them what happens when the ball goes out-of-bounds on the side of the field, behind the goal, etc.

Game with Restart and Throw-In Practice

4v4 game (team size can be adapted as needed), scoring on small goals. Goalies are optional. Ensure that restart rules are followed correctly, and encourage proper throw-in form as practiced in the previous activity.



NOTES:

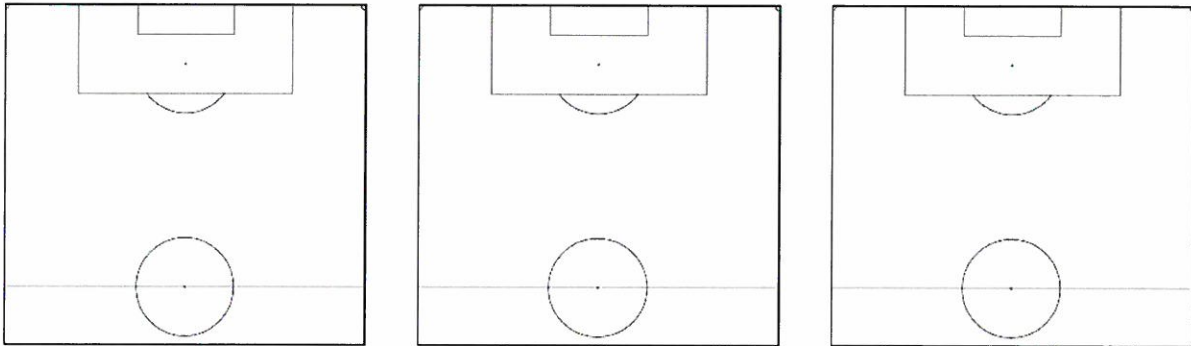
Beginner Goalie Training Options

Suggested Ages: 6-9

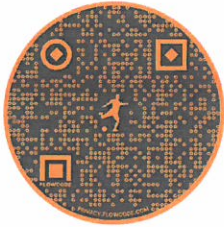
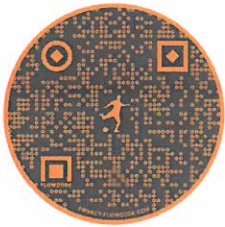
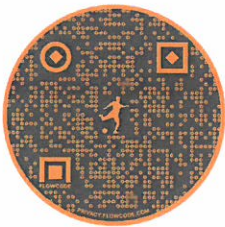
WARM-UP

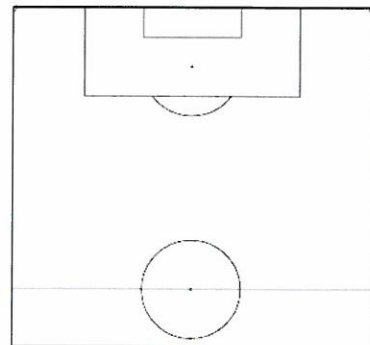
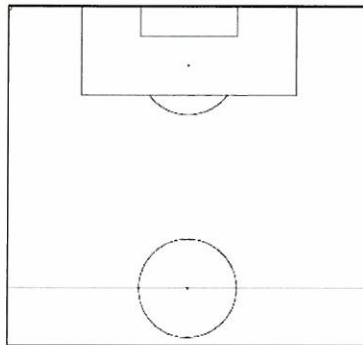
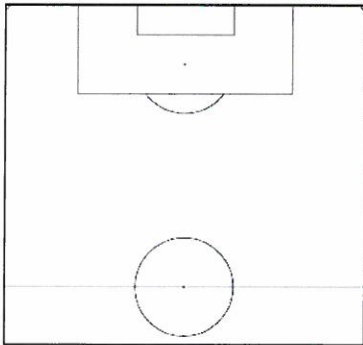
Have your goalie participate in part or all of the team warm-ups, when there is time for a goalie-specific warm-up to follow it.

For a goalie specific warmup: In pairs, any kind of tossing the ball back and forth. Vary heights/power of tosses, distance, rolls, bounces, throws straight up, etc. for the partner to collect with their hands. And upper body dynamic movements.



NOTES:

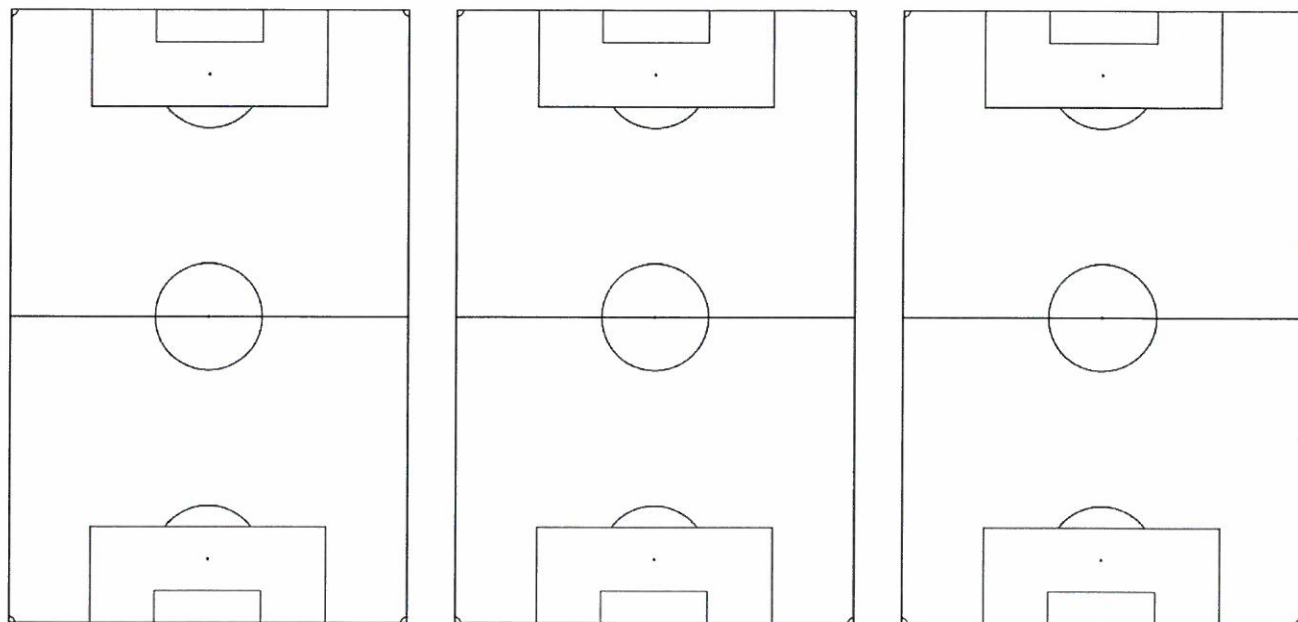
SKILLS & DRILLS	KNEELING DIVING	OWNING THE ANGLES	STANCE & HAND POSITIONING
PLAYERS	1-2 PLAYERS PER GROUP (+ OPTIONAL COACH)	1-3 PLAYERS PER GROUP	1-2 PLAYERS PER GROUP (+ OPTIONAL COACH)
EQUIPMENT	1 BALL PER GROUP	1 BALL & 1 GOAL PER GROUP	1 BALL & 4 CONES PER GROUP
RUN TIME	10-20 MINUTES	10-20 MINUTES	10-20 MINUTES
VIDEO INSTRUCTION	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>	 <p>SCAN OR CLICK TO WATCH</p>



NOTES:

SCRIMMAGES:

Include goalies in your team scrimmages whenever possible (when goals present)



NOTES:

Activity Name

1 Soccer Marbles

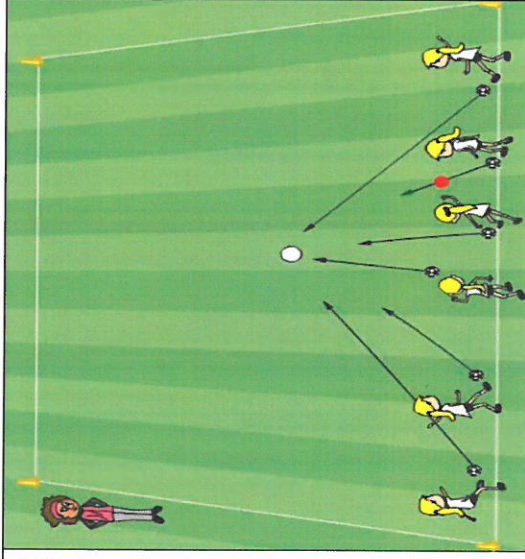
Individual competition
Accuracy of pass
Weight of pass
Introducing the difference between a kick and a pass

Use a weighted ball as the target. Each child has a ball. Passing the ball try to hit the weighted ball and move it out of the grid.
The grid should be large enough to accommodate the number of players, but small enough to make it possible for them to knock the weighted ball out of the grid.

Description

Diagram

Coaching Points

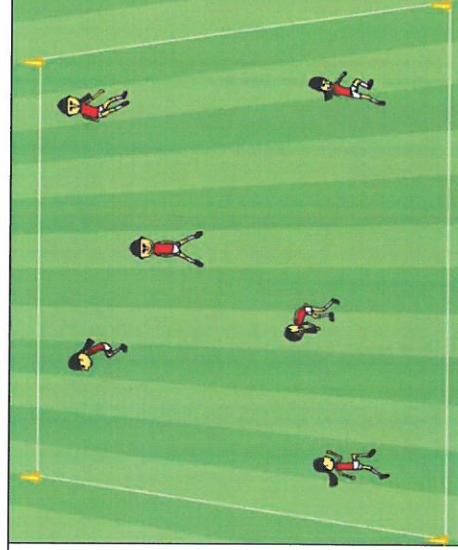


Q.: Where should you stand to get a good kick with your ball?
A.: With the foot that I'm standing on next to the ball.
Q.: How do you decide how far away the target ball is?
A.: I have to look at it first and then the ball that I will kick.

2 Rhythmic Movement

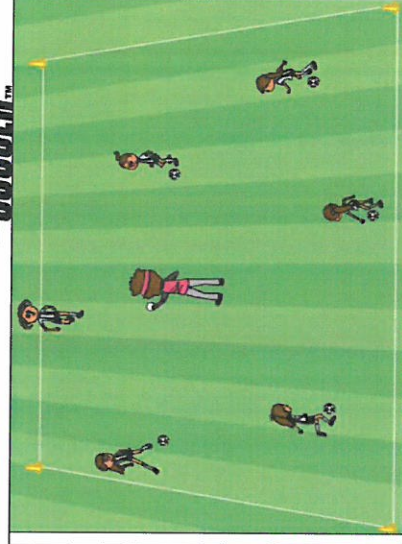
A variety of movements in confined space.

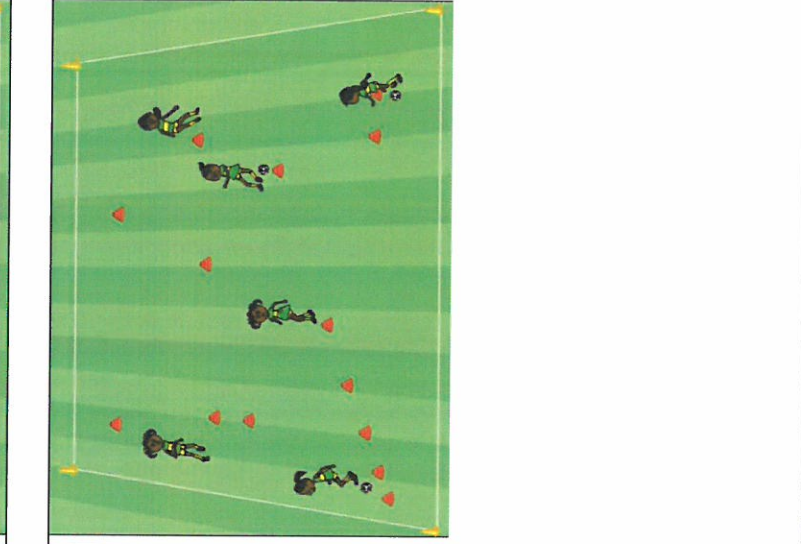
Hopping, Skipping, Sidestep, Moving Backwards, Kariokum, Turning on the Move



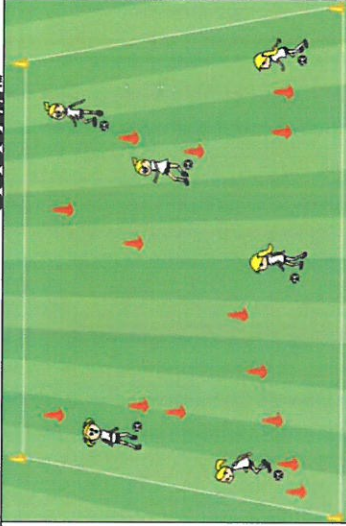
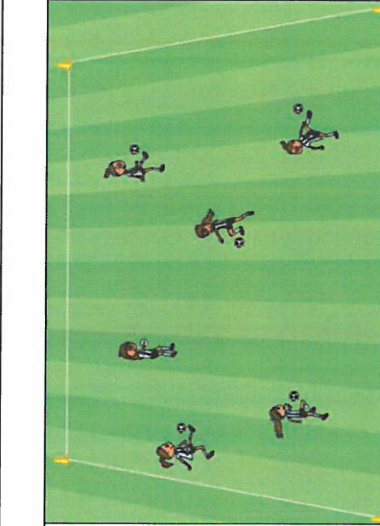
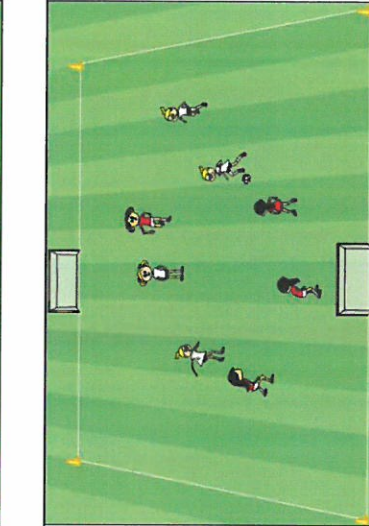
General Coordination
Balance
Agility
Proprioceptor muscle development
Q.: to move well here what can you do with your legs and feet?
A.: Move them quickly, bend my knees and stay on the pads of my feet.

3 Properties of the Ball

<p>Visual acuity How to read the path of the ball Body alignment with the moving ball</p>	<p>Learning the properties of a rolling and bouncing ball. The coach serves balls around the playing area to the players. Vary the service between rolling balls of various speed and bouncing balls of various heights.</p>		<p>Eye-Hand Coordination Eye-Foot Coordination Timing Judging the pace of the ball Q.: How can you gain easy control of the ball rolling toward you? A.: Move into the path of the ball.</p>
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<p>4 Random Cones Agility – body control Dribbling</p>	<p>Weave in and out of the cones ➤ First without the ball ➤ Second with the ball -- dribbling</p>		<p>Q.: How can you control the ball to get around the cone? A.: Get down low and use the inside or outside of my foot to dribble the ball. Q.: Is there a way to stop the ball and then go around the cone? A.: Yes, use the bottom of my foot. Q.: Can you go around the cone and move the ball with your other foot? A.: Yes, I'll try.</p>
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Lesson Plan

Passing from the dribble Accuracy Lower limb control Eye-foot coordination	Same organizational set up as the Random Cones activity. The players now try to knock over the cones with a pass off the dribble.		Q.: Can you sometimes stop the ball and then pass to hit the troll? A.: Yes and then I'll kick the ball better. Q.: Can you pass while you are moving to hit the troll? A.: Yes, but I'll have to slow down to do it right.
6 Juggling	Each player with a ball. Practice juggling from the ball from the hands. Allow the ball to bounce between juggles. Focus on juggling with the feet and thighs. Use the same space as used in the last two activities.		Q.: Can you bounce the ball off of your shoelaces? A.: It's hard, but I'll try. Q.: How many juggles can you get in a row? A.: More times if I keep my eyes on the ball.
7 4 v 4 Match	Play by US Youth Soccer modified rules for the 8-U age group.		Simply observe the players without any coaching. Give guidance only on the rules of the game.