



Developmental Coaching Program

RI State Youth Module Courses

Training Session Lesson Plan

Date: 30 January 2009 _____ Division: U8

Theme: DRIBBLING

<p>Warm-up Activity: (8 – 12 minutes) <i>Ball Gymnastics - Touches</i></p> <ol style="list-style-type: none"> 1. <i>Ball Taps</i> 2. <i>Pendulums (Tic Tocs)</i> 3. <i>Mexican Hat Dance</i> 4. <i>Right Foot Pull Back</i> 	<p>Coaching Points</p> <p><i>Watch Balance on Ball and Technique</i></p>
<p>Second Activity: (Moderate Challenge 8 – 12 minutes) <i>Gates</i></p> <p><i>Set up gates (cones spaced apart) around the gym floor, gates should be 3' wide Use 3 different colors for the gates. Each Gate = 1pt. Time each run and have kids count number of gates.</i></p> <p>Progression: (each 2x)</p> <ol style="list-style-type: none"> a) <i>No restrictions</i> b) <i>Stop ball on command</i> c) <i>Inside of Feet Only</i> d) <i>Outside of foot only</i> e) <i>Sole of foot only</i> 	<p><i>Keep Ball Close under control</i></p> <p><i>Look for correct technique</i></p>
<p>Third Activity: (Increase Challenge 12 – 15 minutes) <i>Color Gates</i></p> <p><i>Same as above set up with the added challenge of going to the gates identified by the coach (verbal and non verbal)</i></p> <p>Progression: (each 2x)</p> <ol style="list-style-type: none"> a) <i>Inside of foot only – verbal color call</i> b) <i>No restrictions – non verbal (use cone to indicate color, standing still)</i> c) <i>Same as b walk with the cones around perimeter</i> d) <i>Add Crabs (kids as defenders in a crab walk)</i> 	<p><i>Same as above</i></p> <p><i>Keep head Up and look around for cone color...</i></p> <p><i>Then defenders</i></p>
<p>Fourth Activity: (Continue to Increase Challenge 12 – 15 minutes) <i>Knock Out</i></p> <p><i>Each child has a ball in an area and they try to knock out an opponent's ball out of the area while maintaining control of their own ball. Players whose ball is knocked out of area or loses control out of the area has to perform 10 ball touches of their choice. 1 pt for every opponent's ball that is knocked out.</i></p> <p style="text-align: center;"><u><i>DEMO: Shielding and rerun exercise, intro to next practice topic...</i></u></p>	<p><i>Same as above</i></p> <p><i>Keep head Up and look around for opponents</i></p>
<p>Fifth Activity: (The Game: 3v3, 4v4,... 12 – 15 minutes) <i>Scrimmage</i></p> <p><i>4 v 4 Scrimmage with goals, no goal keepers.</i></p>	<p><i>Same as above</i></p>
<p>Cool Down: (Moderate Challenge 3 – 8 minutes)</p> <p><i>Exercises with ball / static stretches</i></p>	