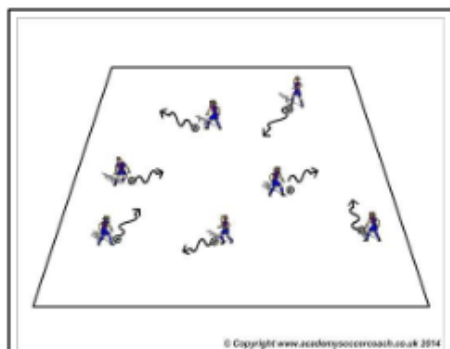


Interactive Session Plan™

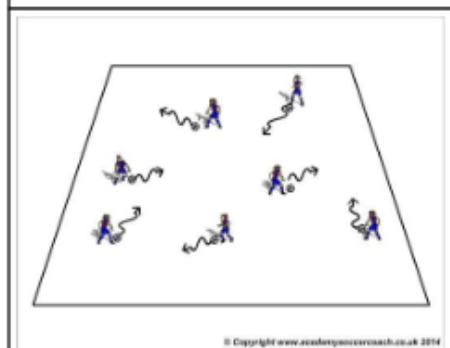
Coach	Lucan Soccer Club	Session date	Week 2	Team/Age Group	U5
Theme	Running and stopping the ball. Dynamic Movements.			Time available	45 minutes



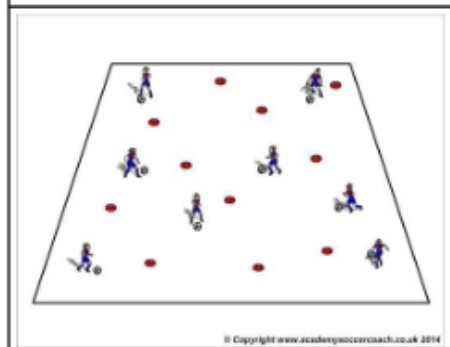
© Copyright www.acadmysoccercoach.co.uk 2014



© Copyright www.acadmysoccercoach.co.uk 2014



© Copyright www.acadmysoccercoach.co.uk 2014



© Copyright www.acadmysoccercoach.co.uk 2014

NOTES

BODY PARTS:

- All players have a ball and dribble around grid
- On coaches command players place a part of their body on the ball
- Players should begin dribbling again on coaches command
- Coach should start slow and get faster with more challenging commands
- Coach should call several body parts at once
- Players should take little touches to keep the ball close

Jake and the Neverland Pirates

- Captain Hook and Smee have stolen all the treasure on the Island. Jake and his pirates have to retrieve it.
- Hook and Smee should hop on one leg as they try tag the players which means they have to go back to their ship and start again.
- Each piece of treasure is of a different value...soccer balls being the most points.
- To start the game Hook and Smee should call out "Yo ho" which players respond "let's go!"
- Can you keep your heads up to see where the treasure is?
- Can we dribble the soccer balls back to our ship?
- Should we try and get close to the treasure or should we kick the ball from far away - why?

CARS

- All players have a soccer ball and dribble around the city which has various obstacles which coach should build into the game gradually:
 - 1-Red and Green Light
 - 2-Pump the Gas (toe taps)
 - 3-Change the tire (pendulums)
 - 4-U turn (change direction 180)
 - 5-Reverse (drag backwards with one foot then the other)
 - 6-Runaway truck (fast dribbling)
- Introduce the 'cops' (coaches) who catch the cars speeding. Coach should call out "Who's speeding?" and proceed to run around kicking all balls away from players.

HIDE & SEEK

- All players have a ball and wait with a coach who is making sure they are all facing away from the grid and looking at him/her.
- Meanwhile, another coach should hide a pinnie or another small object under a cone.
- Once its ready, players should dribble around lifting up cones to find hidden pinnie, they should stop their soccer ball at each cone as they get there.
- Which ever player finds the pinnie gets to hide it next