

DC STODDERT
SESSION PLANS
U8 -2ND GRADE
5V5





SOCCER SESSION PLAN #: 01

AGE GROUP: 2ND GRADE

PLAYERS 10

STAGE: 1

FOCUS: DRIBBLING AND SPACIAL AWARENESS

► 1st touch into space at speed

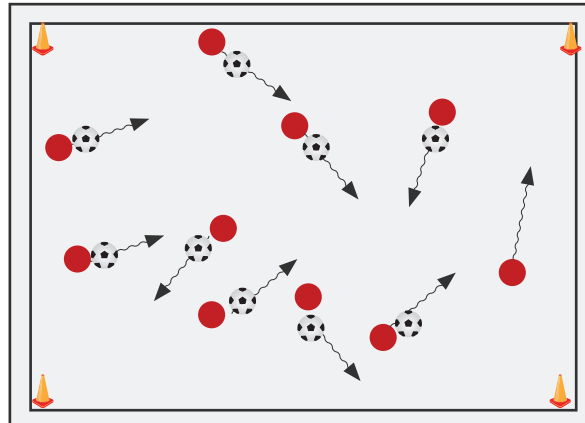
► Make it exciting and celebrate good skills or moves by players to increase fun and organic learning

► 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- 1 ball per player
- Inside grid
- Use commands to spark different skills and moves (drag back, step over, scissors, double touch, cuts etc)
- Lots of bodies in small area to create traffic, find space to exploit (head up)

TECHNIQUE:



KEY POINTS:

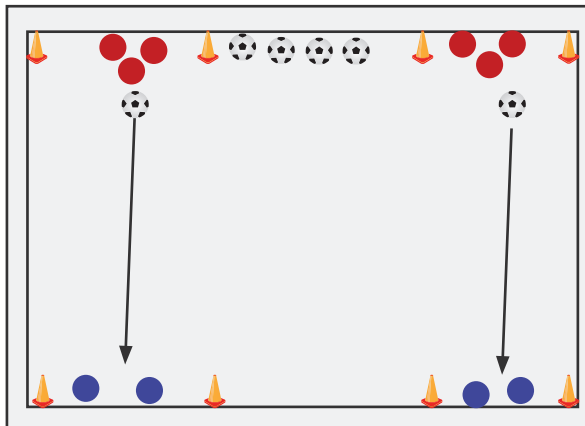
- Head up identify space
- Find space and explode into it
- Once basic skill is understood, increase speed of delivery
- Lots of small close touches
- Use all surfaces of foot (inside, outside, laces, sole)
- Use players to demo after Coach has shown skill

► 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 1vs1 to x2 small goals
- Attacker take positive 1st touch into space and attacks defender with skill
- Defender can attack opposite x2 goals when in possession
- Keep score (attack vs defence)
- Swap after score gets to 6 (or 4 mins)
- Ball out = Next x2 up
- +Move on to 2vs2 -1st look is still to beat player
-2nd look to pass/combine

TECHNIQUE:



KEY POINTS:

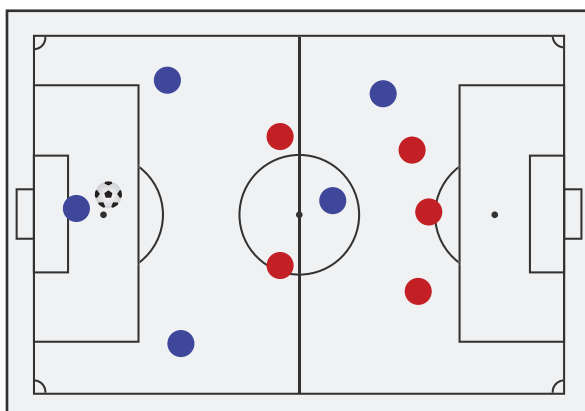
- 1st touch into space, and to open player (look before you receive)
- Positive first touch
- Play at speed
- Cut defender left and right
- Use moves from 1st activity
- Practice spacing, not too far or close to defender when you execute moves

► 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 5v5 no keepers
- Keep stack of balls close by to help with reentry of balls
- Reset to diamond when ball goes out and needs to be recovered
- Make field BIG with the ball at attack better
- Make field SMALL without the ball to defend better

TECHNIQUE:



KEY POINTS:

- Encourage the dribbling and defending skills from the games
- Keep the skills from the first activities involved and ask to see them in game
- Pass the ball and share to available open teammate, but first look is always to goal

► 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: INDIVIDUAL AND SMALL GROUP DEFENDING

- ▶ Get to the ball quick with balance
- ▶ Change the attackers decision and make him think = creates mistakes and chances to step and win the ball

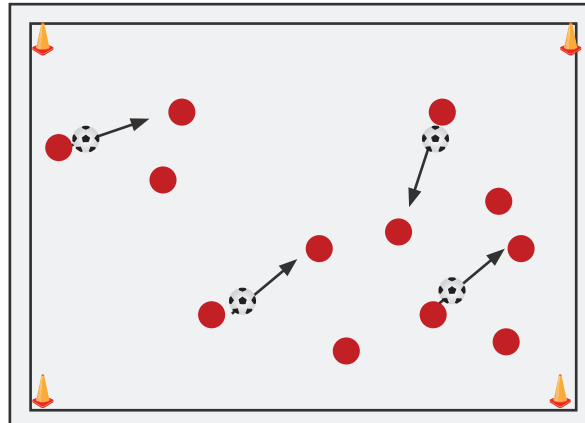
▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- x1 ball between 3 one group of 4
- 1st player passes ball and puts light pressure on- other x2 players play combinations to go around defender (1-2, overlap, give and go)
- Rotate defender after a few goes
- Intermix with other groups to avoid traffic
- Introduce the movement and shape of defending

Increase group size to 4vs1 to let them try to win ball

TECHNIQUE:



KEY POINTS:

- Head up
- Jockey
- Body Shape of Defender
- Footwork
- Movement, stay on your feet
- Show attacker left or right
- Be aggressive when appropriate, wait for time to strike

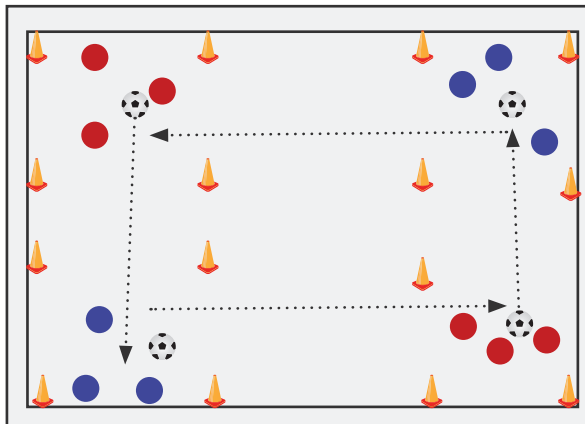
Attackers play 1/2 touch, at speed

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- x1 ball in groups of 3 (pass and move in individual grid) Edit based on numbers
- Number 1 thru 3 (pass in number order to make sure all players know #)
- Pass in any order after a minute
- Call number, player goes to win ball for group clockwise to them
- Last group with ball gets x1 point
- x5 passes = x1 point
- +Extend to bigger groups with 2 defenders them work as a unit
- Pressure/Cover/Balance

TECHNIQUE:



KEY POINTS:

- Try to win the ball as quickly as possible and clear it from grid
- Stand up and close down options
- Wait for correct moment to strike
- Jockey/show attacker R/L
- Hold position in grid

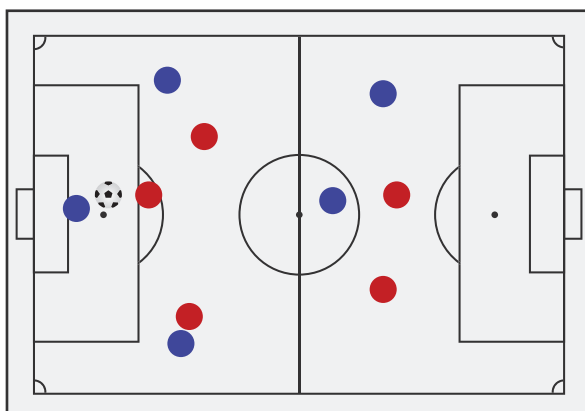
Attackers move ball quick 1/2 touch max

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 5v5 no keepers
- Keep stack of balls close by to help with reentry of balls
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Attack plays 3-1-1 (possession)
- Defence plays 2-3 (high pressure)

TECHNIQUE:



KEY POINTS:

- Try and win ball back quickly
- Closest player to ball pressure
- High pressure front to back
- Make attackers make mistakes with pressure
- Be direct once ball is won, and attack.

When defending, think about ATTACKING!

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: SWITCHING THE BALL USING CENTRAL PIVOT

► Get to the ball quick with balance

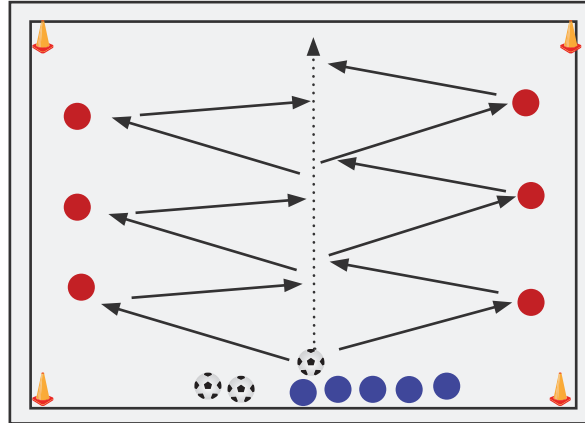
► Change the attackers decision and make him think = creates mistakes and chances to step and win the ball

► 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- x2 groups of 6
- 1st player plays pass left, receives ball back from player on outside (who uses 2 touch) then open up with back foot and pass to right
- Repeat up the ladder
- Use both feet to pass
- Call a name each time

TECHNIQUE:



KEY POINTS:

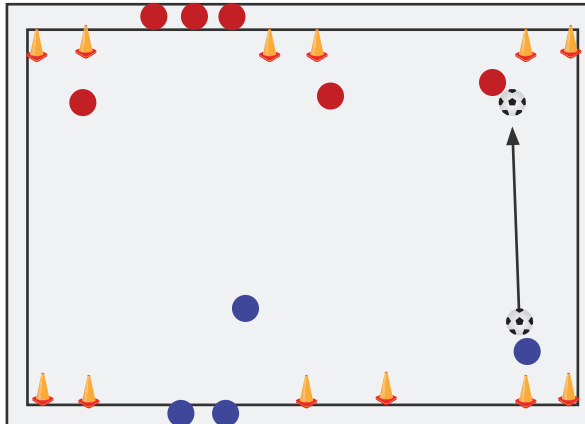
- Player on outside, 2 touch
- Pass in front of middle player
- Middle man use back foot to pivot and play ball out the opposite side
- Pass at pace, zip it in
- Hit on technique, right surface and mechanics at ALL TIMES
- Communicate and increase speed with proper technique

► 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 3vs2 to x3 goals
- 3 attackers 2 defenders
- Score by passing through either of the 3 small goals (both teams)
- Every time the ball goes out, new players come in (transition)
- x3 sets of 2 defenders
- x2 sets of 3 attackers
- Use same pivot player for each set of 3, alternate wide players from left to right

TECHNIQUE:



KEY POINTS:

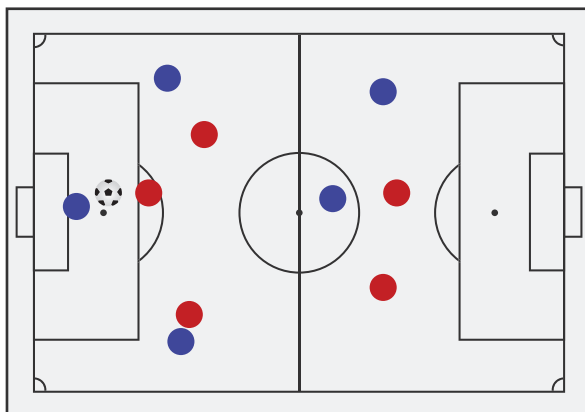
- As above
- Spacing, get wide players WIDE
- Pivot player play at speed
- Open up and switch point of attack
- Find open goal, don't rush, keep the ball and find space
- Weight and mechanics of passing
- Communicate
- Encourage strong side foot

► 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 5v5 no keepers
- Keep stack of balls close by to help with reentry of balls
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 2-1-2
- Keeper is pivot for defensive 3 (play as center back sweeper keeper)
- CM is pivot for attacking 3
- Use the central player to encourage switching play, or maintaining possession on the wings

TECHNIQUE:



KEY POINTS:

- Get the ball WIDE asap
- Use the pivot players and trust them 'PLAYMAKERS'
- Keep wide players WIDE
- Speed of play
- Technique of pass, essential to open up with first touch
- Encourage wide men to take their player on in 1vs1 situations
- Central players always get open and support

► 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: IMPROVING ABILITY TO PASS THE BALL

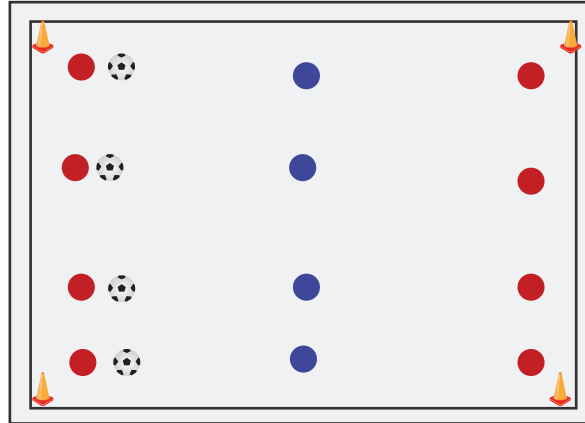
- ▶ Get in line with the ball, head over it for best contact
- ▶ Pass through the ball, finish with your foot facing the target

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- x2 ball's between 3
- Player in the middle works, 1st passing 2 touch back to each end player and turning and going to the other side
- Move on to x1 touch passes
- Move on to x1 ball, turn with 1st touch and switch to other side
- Work in groups, best group? Best score?
- Add combination, 1-2's
- Add pass, follow pass

TECHNIQUE:



KEY POINTS:

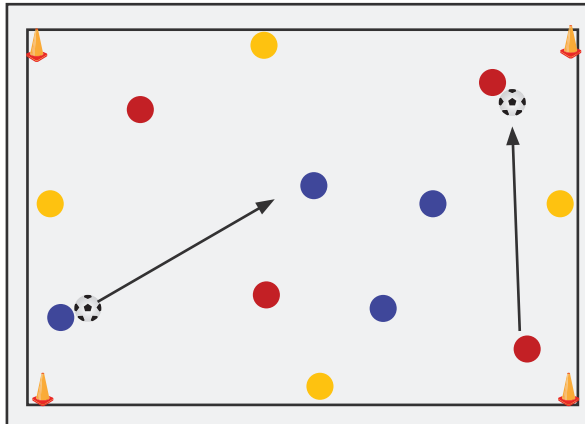
- Good firm passes all round
- Surface of foot (SIDE)
- Head, knee, over ball
- Push through the back of the ball
- Fizz it in
- Clean first touch
- Communicate
- Call for it, and command the ball
- Be right on top of TECHNIQUE
- Open up on BACK foot

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- x3 groups of 4
- x2 teams in the middle of the grid, x1 on the outside
- Teams inside have their own ball and pass between them, and can use outside players too
- Once passed, MOVE
- Add a defender from either team to try and win opposition ball, use outside players and teammates to keep it
- Change teams inside and outside regularly

TECHNIQUE:



KEY POINTS:

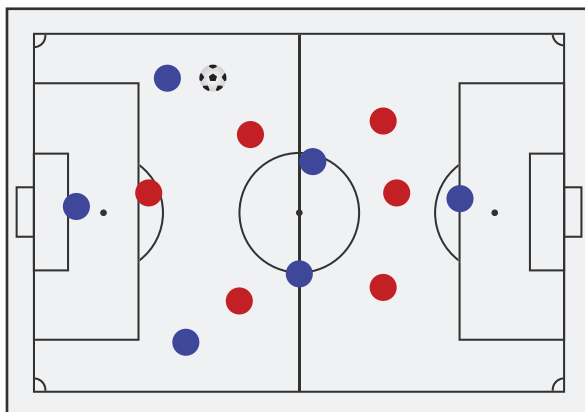
- As above
- Ask for the ball
- Move at all times, open up to the ball
- Take ball on the back foot
- Pass directly to feet at PACE
- Be calm in position
- Limit touches, encourage 2-3 touches and deception
- Keep the ball moving and let the ball do the work

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6vs6 with NO GK (small goals)
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 3-2-1
- Keep the ball
- x1 goal for x5 consecutive passes (can score regular goals too)
- Encourage passing 2/3 touches max
- OK to play back

TECHNIQUE:



KEY POINTS:

- As above
- Play the way your facing
- Pass and move at speed
- Hold shape and width to create space and more chance of retaining possession
- Switch it from side to side like Activity #1
- Don't be afraid to pass and receive with a player close by, improve technique with pressure.

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving