

# Mt Colah SAP League Session Planner



Mt Colah SAP U/9 and U/9

Date

2<sup>nd</sup> June

2020

## Session Details

Main Moment / Key Principle/ Core Skill

Running with the Ball

Specific Aspect

Running with the ball in a general game sense with big longer touches for longer runs and smaller tighter touches in smaller areas in when needed for turning

Session Objective

Return to Training with focus on reacquainting players with ball in a team environment.

## Reference / Context

Cycle # (and focus)

Cycle 1 Week 1

Key words/phrases

Engage defender quickly with **composure**, taking **big touches or small touches** using the , **top of your foot** for longer or faster running and **all parts of your feet** for shorter and **quicker turns and changes of direction**. Try to use an **accelerate or change of pace** past the opponent, keep ball **out of tackling range** of opponent and **protect the ball**.

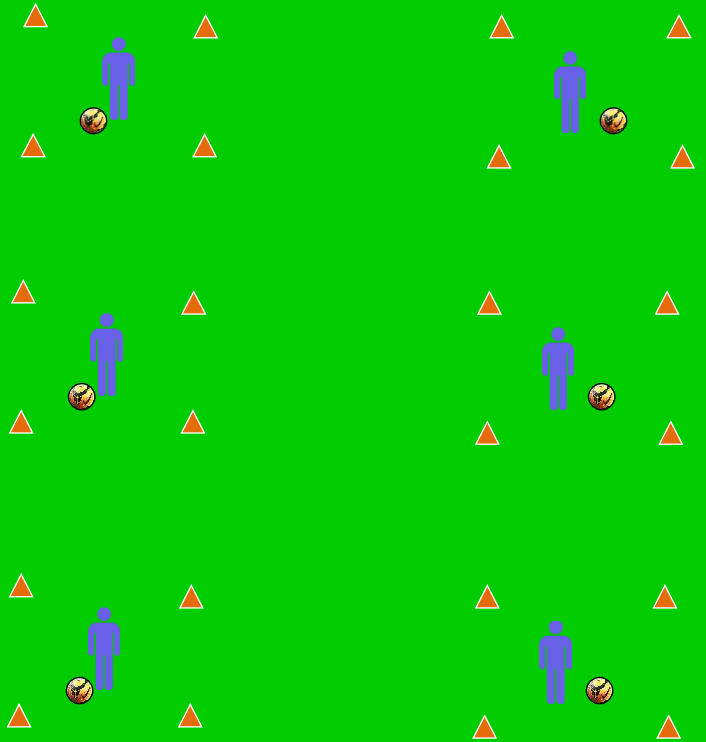
Key Player/Team Inspiration

# Conduct



## Juggling

Players Involved	groups of 3 or 4
Area and Size	6m x 6m grids
Duration	5 minutes
Starts/Restarts	<b>Ball Juggling Practice</b>
Rules/Explanation	<b>1. All players to do 10 minutes of ball juggling and must try to stay inside their own grid</b>
Added Extras?	
Progressions	
Competition	

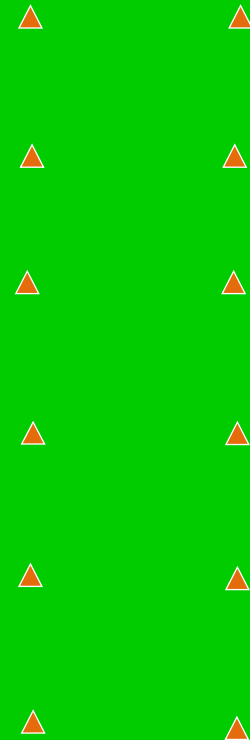


# Conduct



## Strengthening / Balance / Coordination / Injury Prevention

Players Involved	groups of 3 or 4
Area and Size	30m x 5m
Duration	5 minutes
Starts/Restarts	<b>Exercises from FIFA 11+ Refer to Manual Running Exercises 1-4. Pages 18-25</b>
Rules/ Explanation	<b>1. Running Straight Ahead 2. Running Circle Partner 3. Running Hip Out 4. Running Hip In</b>
Added Extras?	
Progressions	
Competition	

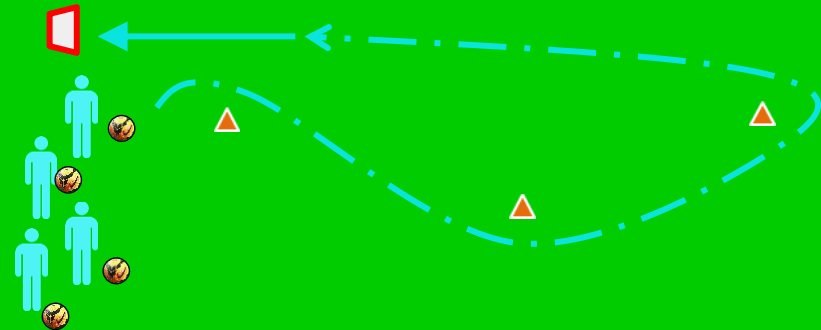
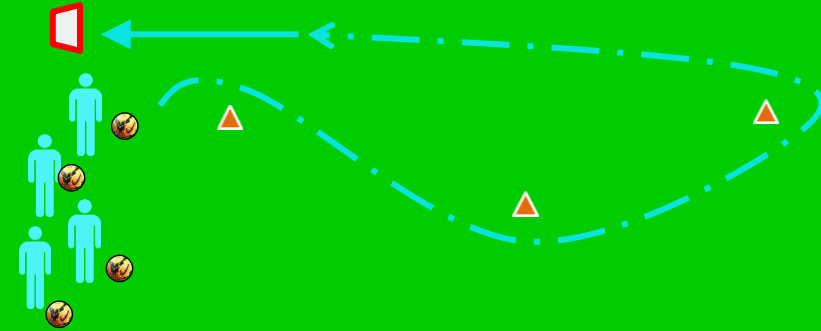


# Conduct



## Skill Introduction – Skill Training – Skill Game

Players Involved	groups of 3 or 4
Area and Size	30m x 20m
Duration	5-10 minutes
Starts/Restarts	Relay races in various forms. Short tight turns or long runs.
Rules/Explanation	<b>1<sup>st</sup> player starts and runs around cones until the end and then runs back to shoot into the small goal. Next player goes once 1<sup>st</sup> player goes around half the cones.</b>
Added Extras?	Use inside, outside and sole of feet to move the ball. <b>Use the top of the foot for longer and quicker running.</b>
Progressions	
Competition	<b>Relay Race. Players can not start until previous player has had a shot at goal. Most goals wins. If goals are the same then quickest team wins.</b>

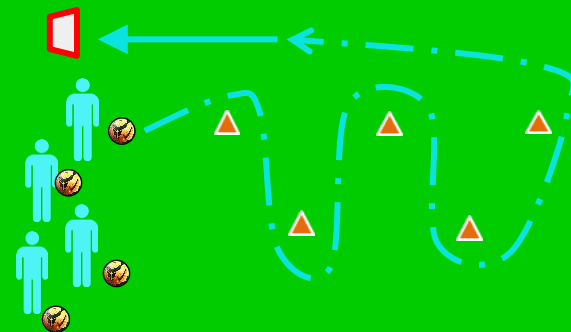
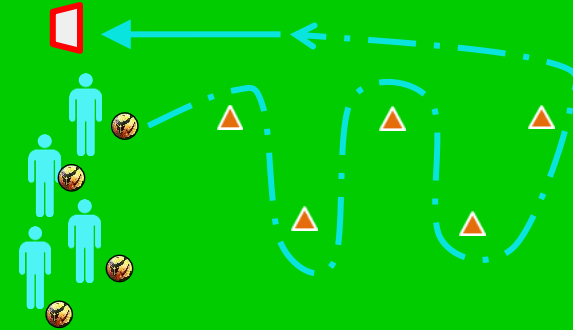


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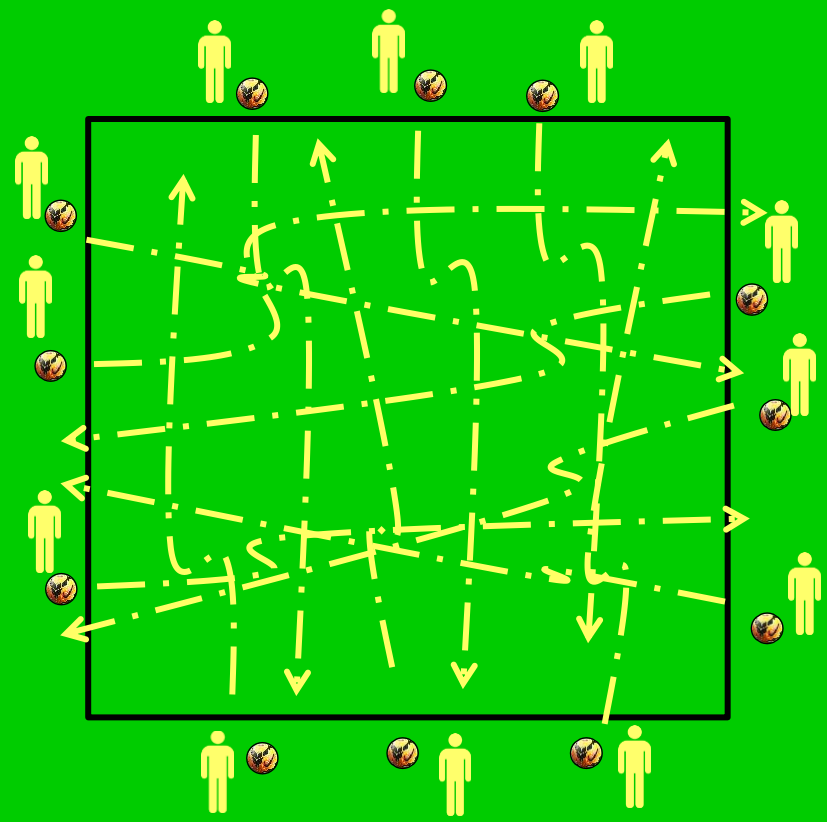


# Conduct



## Skill Introduction – Skill Training – Skill Game

Players Involved	6+ players.
Area and Size	areas 20m x 20m up to 40m x 40m
Duration	5-10 minutes
Starts/Restarts	
Rules/ Explanation	<b>Players start outside grid. They have to dribble to other side of grid. Give each player a number from 1-4. When coach calls a number only those players should run across and back.</b>
Added Extras?	Head up, avoid collisions, use all parts of feet, look for gaps to accelerate into. Bigger touches with top of foot.
Progressions	<b>1. Coach can call turn so players need to quickly turn and go back to their starting line asap.</b>
Competition	<b>Have competition to see who is fastest without losing control of ball. Ball must be stopped dead with foot on top of ball to finish.</b>



# Conduct



## Skill Introduction – Skill Training – Skill Game

Players Involved	12 or more players.
Area and Size	20m x 20m
Duration	5-10 minutes
Starts/Restarts	3/4 balls depending on numbers.
Rules/Explanation	<b>Players have to dribble ball through middle box without hitting other players to the other side and back to where they started from and have to then sit on ball to be winner.</b>
Added Extras?	<b>Head up, move quickly to grid and then pick a running line, accelerate, change of pace, dummy or a feint or a skill move to get through the grid.</b>
Progressions	
Competition	<b>Competition to see how many successful crossings without a collision for each grid.</b>

