

# Mt Colah SAP League Session Planner



Mt Colah SAP U/8 and U/9

Date

4<sup>th</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**.

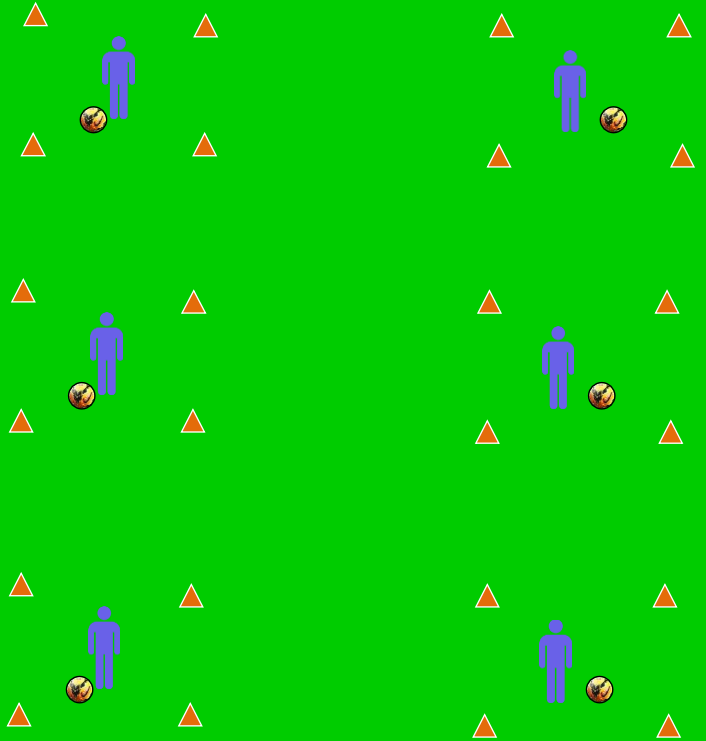
Key Player/Team Inspiration

# Conduct



## Juggling

Players Involved	groups of 3 or 4
Area and Size	6m x 6m grids
Duration	10 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	

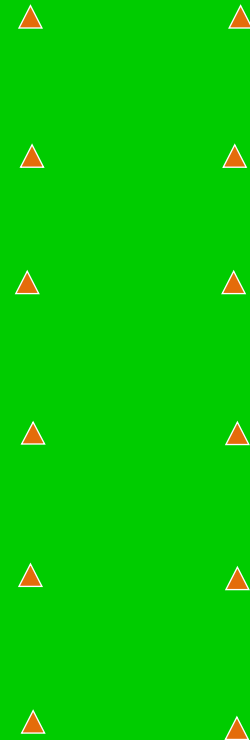


# Conduct



## 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	

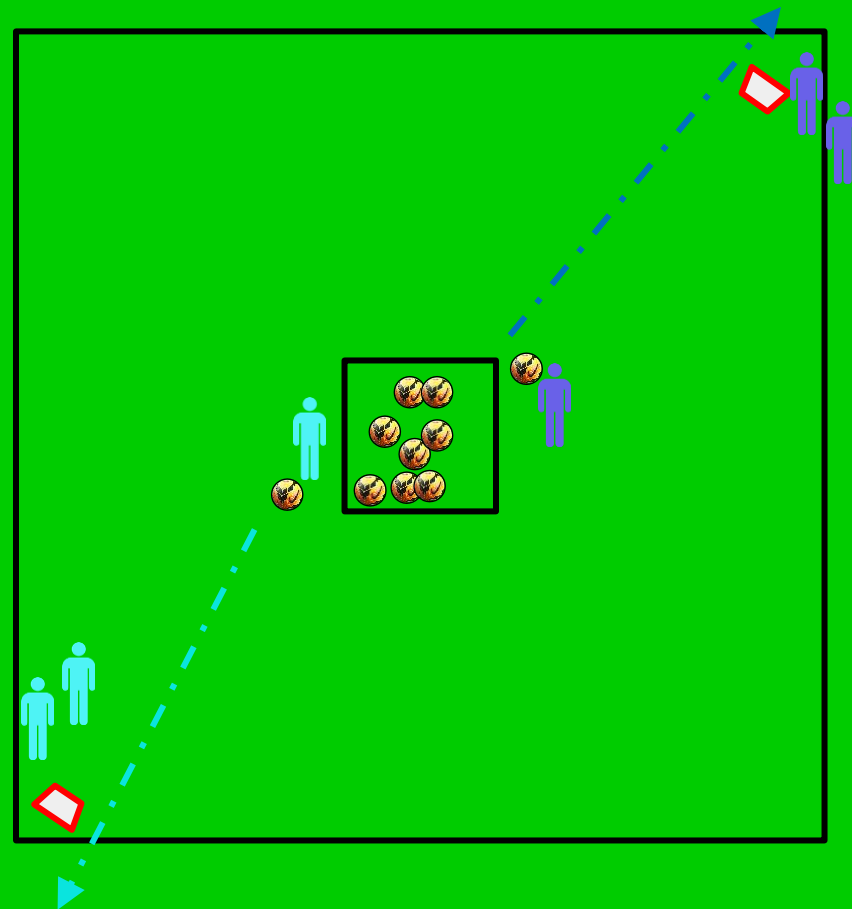


# Conduct



## Functional Activity – Empty the Nest Running with the Ball

Players Involved	6+ players. 2, 3 or 4 teams
Area and Size	30m x 30m
Duration	10 minutes
Starts/Restarts	<b>Probably only need two teams with two small goals</b>
Rules/Explanation	<b>Balls in middle small grid. 1 player from each team have to run to middle take a ball by running it back to shoot into their small goal. Next player goes when ball is in the goal. Face small goal away from the middle so that players have to run ball past goal and then turn back to shoot.</b>
Added Extras?	
Progressions	
Competition	

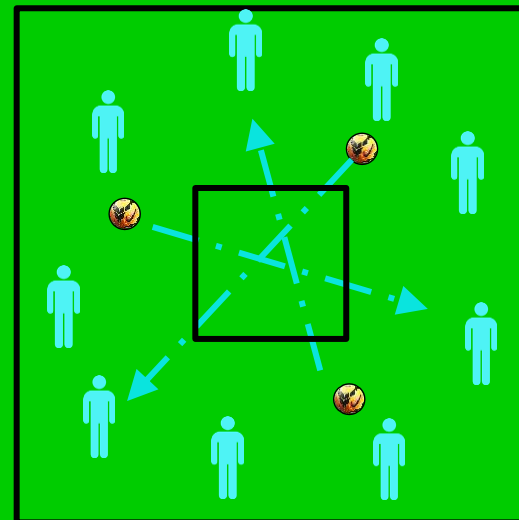
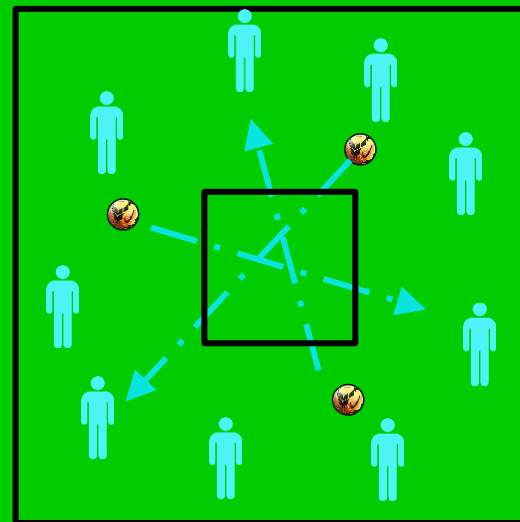


# Conduct



## 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>

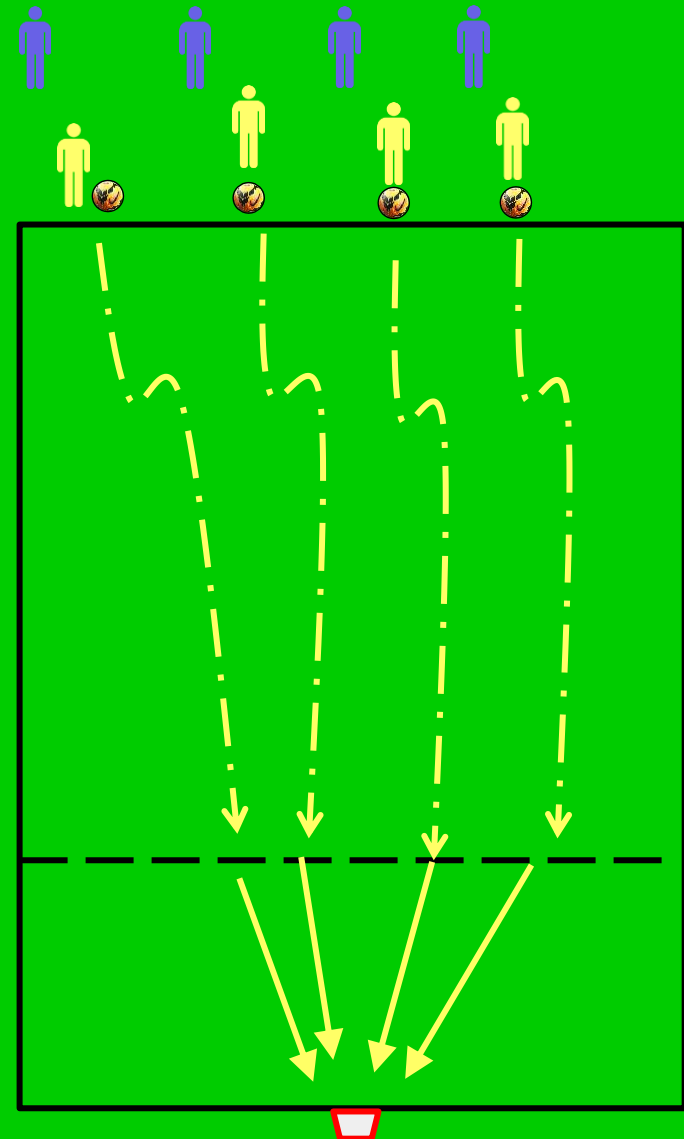


# Conduct



## Skill Introduction – Skill Training – Skill Game

Players Involved	6+ players.
Area and Size	areas 20m x 20m up to 40m x 40m
Duration	15 minutes
Starts/Restarts	<b>Just use small goal.</b>
Rules/ Explanation	<b>Attacker has ball on line. Defender starts 5m behind and can only start chasing once attacker takes first touch. Attacker can decide when to start. When attacker gets to scoring zone they have to try to score in big goal.</b>
Added Extras?	Use inside bigger touches to get more speed and smaller touches in tight areas. Block running line of defender. Keep body between defender and ball.
<b>Progressions</b>	<b>1. No GK in big goal to start. 2. Add GK in bog goal.</b>
Competition	<b>Make a competition to see which team can score the most goals.</b>



# Conduct



## Skill Introduction – Skill Training – Skill Game

Players Involved	6+ players.
Area and Size	areas 20m x 20m up to 40m x 40m
Duration	10 minutes
Starts/Restarts	
Rules/ Explanation	<b>Attacker and defender face each other on half line. Attacker then decides which way to run with ball (left or right). Defender can not start chasing until attacker touches ball. Attacker does feints, dummies to unbalance defender and then quickly runs with ball to one end to score in a small goal. Attacker can not score until they get into scoring zone.</b>
Added Extras?	Use inside bigger touches to get more speed and smaller touches in tight areas. Block running line of defender. Keep body between defender and ball.
<b>Progressions</b>	
Competition	<b>Make a competition to see which team can score the most goals.</b>

