***Session: Possessing the ball***

***Objective: Players develop confidence possessing the ball through a high number of repetitions and appropriate challenges***

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| ***Warm Up:10 Minutes***  ***1.Toe Taps:2 min***  ***2.Foundations2 min***  ***3. knockout 5 min*** | ***Coaching points***  ***1.Increasing comfort of foundational movement at speed***  ***2.quick rapid CLOSE touches*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  ***2. add multiple movement to increase creativity and dexterity*** |
| ***Education: 15Minutes***  ***6 possessive moves***  ***1.Chop Inside foot***  ***2.Chop outside foot***  ***3.Dragster***  ***4.Cryuff***  ***5.Step over chop (inside foot)***  ***6.Scissors chop (outside foot)*** | ***Coaching points***  ***Each player has 2 cones 5 yards apart. Perform move with right foot at one cone left foot at other.***  ***1.focus on 3 moves per session***  ***2.focus on proper execution of movement*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement*** |
| ***Reinforcement Games 15 Minutes***  ***1.Multiple goals-shadow defense- bring ball away from defender***  ***2.dueling hugodors***  ***3.steal the bacon*** | ***Coaching points***  ***1.Utilizing moves in game situation***  ***2. adjust pressure based on proficiency***  ***3. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Games 15 Minutes***  ***1.Play soccer game*** | ***Coaching points***  ***1.Utilizing moves in game situation***  ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Warm down/Discussion 5 min***  ***1.Review session stressing no more than 3 points*** | ***Coaching points***  ***1.attemptto get as much feedback from as many kids as possible*** | ***Progression:***  ***1.As maturity exists ask players their perception of 3 most important points*** |