***Session: Possessing the ball***

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

|  |  |  |
| --- | --- | --- |
| ***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***  |