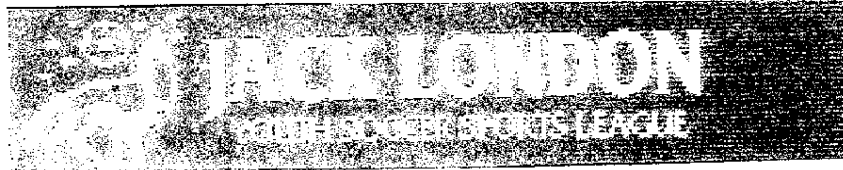


# SESSION PLANNER



Name of Coach: JLYSSL COACHES

Date: APR. 13<sup>th</sup> 2009

Name of Team: JLYSSL U8 ACADEMY SESSIONS

Time available for session: 1.5 hrs

Title of Topic/Theme: 1 vs 1 DIRECTIONAL SKILL SESSION FINISHING WITH 1 VS 1 LADDER

### Coaching Points: Attacker:

- Positive Attitude - be confident you can beat defender with move
- Attack defender at pace - dribble at speed with the ball under control
- Execute Move - complete move with quality and correct technique
- Explode - exccelerate into space away from defender after move
- Head-Up - scan area for next phaze (dribble/pass/shot etc.)

### Defender:

- Positive Attitude - be confident you can stop/slow attacker
- Contain - Jockey/slow down momentum of attacker
- Body Position - sideways/low squat posture
- Patience - wait for right moment to steal ball
- Tackle- aggressive with correct technique

Set Up: Divide field into FOURTEEN 20yd x 18yd grids

### 1. Directional 1 vs 1 "Cone Goals"

- Defender "D" plays ball to Attacker "A"
- Defender "D" then pressures Attacker "A"
- Attacker "A" tries to beat defender "D" and score by dribbling through either of the "cone goals"
- Defender "D" tries to dispossess (steal) the ball from Attacker "A" and dribble over the end line
- Players change lines after each exchange ie. Attackers become Defenders / Defenders become Attackers

### 2. Directional 1 vs 1 "Ladder"

- Defenders D1 & D2 stand between discs X & Y
- Defenders D1 & D2 can only move "laterally" between discs ie. sideways only movement NOT forward or backward
- Defenders D1 & D2 try to steal ball from Attackers
- Attackers try to beat both D1 & D2 within the grid space
- If Defenders steal ball they join Attackers line and the Attacker becomes the Defender on either line X or line Y

### 3. Small Sided Games (S.S.G.)

#### Organization:

Warm-up: 15 / 20 mins using ball manipulation, control and moves

Section 1. 15 / 20 mins

Section 2. 15 / 20 mins

Section 3. S.S.G (small sided games) 30 mins

#### Key:

Dribble:

Disc:

Cone:

Pass:

Fig. 1

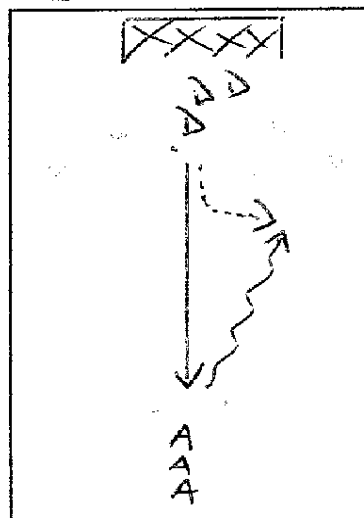


Fig. 2

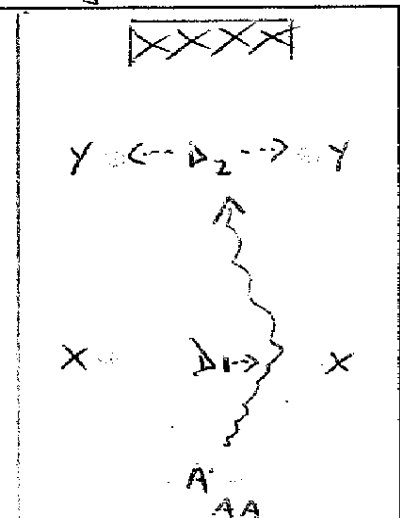
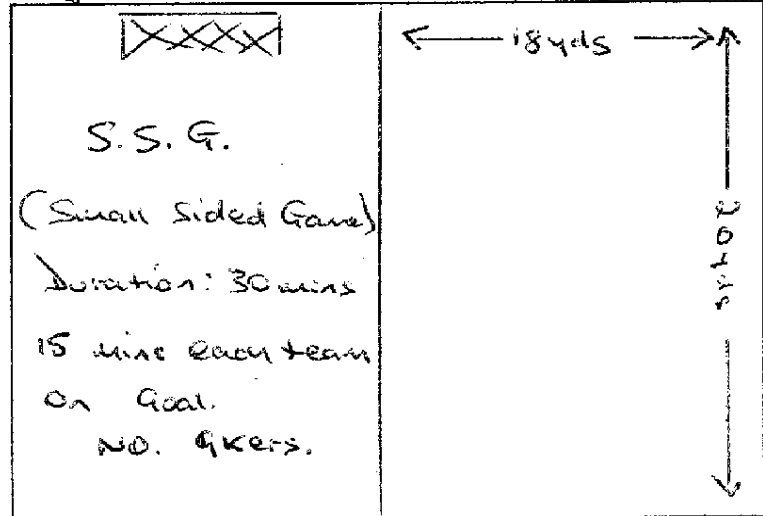


Fig. 3





## PHYSICAL CHARACTERISTICS



The body begins to change during this period. The body's center of gravity moves down toward the hips, and the extremities (arms and legs) grow faster than the head and torso. The circulatory and respiratory organs grow larger, boosting maximum oxygen intake and thus increasing endurance. The internal organs become more efficient.

## PSYCHOSOCIAL CHARACTERISTICS



The child has an optimistic, extroverted, easygoing attitude to life. Attention span, motor differentiation, and ability to absorb and process information are all improving.

## MOTOR SKILLS



The child's ability to learn new motor skills is excellent. Because behavioral arousal is still stronger than inhibition, the child has an enormous capacity for information. The child's natural desire to learn is very strong. Children this age possess an "internal generator" that drives them to constantly test their capabilities and to practice new movement sequences: a strong tendency to repeat actions, to move and play. The continuing development of the central nervous system also improves the child's ability to learn. It should also be noted that the child still learns a great deal by spontaneous imitation at this age, and by observation.



At this age level, a broad range of movements and physical experiences is necessary to promote motor, cognitive and social/affective development. The child should play a lot! Purely soccer-oriented training is still not advisable. Focus on practice games and soccer-specific exercises that teach dribbling, passing, shooting, receiving and controlling the ball. 4 v. 4 games provide a great opportunity to incorporate these elements into training. In addition to training movement and coordination, the child should also be developing aerobic endurance. 4 v. 4 games are good for this as well.