

Tri-Town Soccer

M&M Soccer

Lesson Plan



SESSION VIII

Last Day!

Warm Up Routine: Same as day one. (10 minutes)

Review and assess all skills in stations: Dribbling, Passing, Trapping, Shooting, Hedging, Throw Ins

Water Break: (2-3 minutes maximum)

THE BIG GAME: On the last day we will combine M&M teams and have a 20 minute game on a bigger field. We will not use goalies. There will be two 10 minute halves. All parents and coaches are asked to help and take part in the game.



After the game each team will break off and coaches will award certificates and awards to all players. Be sure to do your huddle to end the session.

The Poland Recreation Office will supply food and beverages under the tent for all families and players after the sessions break.

SESSION ONE:

Parent Meeting / First Session : Start at 10:15 am this day

- **Introduce yourself** and give your contact information.
- Ask any parent who has a child with **medical / behavioral issues** to speak with you after the session to get more detailed information.
- Pass out jerseys/ socks and handbooks.

Play a name game with the team: Example: pass the soccer ball (or other fun object) around the circle and have each child say their name. (5 minutes)

Start a Warm Up Routine that you will use all season: (10 minutes)

Example: Set up cones on in a square with approximately 10 feet between each one. Run around the cones. Stop at each one and do a stretch. I will have flags and other props available to set up at each cone so they know what to do when they get there. You can have them walk like a duck to one cone, skip to the next, spider walk the next and so on....be sure to stretch arms, legs, neck, ankles etc. Be sure to have all count aloud to 12 on each stretch.

Introduce the Skill of the Day: DRIBBLING (15 minutes total)

Be sure to demonstrate the skill: using the inside of the feet, start slow, walking with the ball close, no hands!! I will have items available to all coaches at the field that they may use to keep these little player's hands preoccupied.

Drill: Have them dribble in a circle, square, & triangle holding these fun items to get them used to dribbling a ball at their feet.

Water Break: (2-3 minutes maximum)

Fun Game: Dribble relay (15 minutes)

Have 2 teams equal in number...set up a relay where they need to pass the ball and the object to the next player; 1st team to finish all team members back and sitting down wins.

Close each session with a recap and a forecast for what they will do next

SESSION VI

You Must Be Pro by now 😊

Warm Up Routine: (10 minutes)

Skill of the Day: TEAM WORK

It's important to teach the concept of team work. Talk to them about the end of season "last game" that they will play on a "bigger field" with more team mates. Teach them to call for the ball using their team members names. Good passing and good defense.

Drill: Keep Away (15 minutes)

Set up cones for boundaries. Divide players into 2 teams using pinnies to tell each apart. Play a game of keep away with one soccer ball. When a player from the opposite team gets the ball and knocks it out of the boundaries the other team gets the ball. Have them use names to ask for the ball. Set them in a triangle formation and try the keep away game as well.

Water Break: (2-3 minutes maximum)

Small sided game: (10 minutes)

Set up a game with the opposite team on your field. Play a 2 quarter game (8 minutes each) switching offensive and defensive lines at the half.

Recap & Forecast: Team Huddle



SESSION III

Greet Players: High Fives

Warm Up Routine: Same as day one. (:

Skill of the Day: Shooting

Teach to shoot with inside of toe. Right and left. Use pug goals.



You may also teach to shoot with the laces (top of the foot)
Easier to control the shot with the inside of the foot.

Drills: Blast Off / Bowling (15 minutes)

Blast Off: Set up cones in a semicircle in adequate shooting distance to the goal. Each player find a cone and stand by it. Put soccer balls on top of disc cones. Coach will start counting 3 -2 -1 Blast OFF!!! All players should shoot at the goal all at once. Object is for all players to get their ball in the net at the same time.

Bowling: Set up disc cones in a triangle as you would bowling pins. Put soccer balls on top of cones. Have players form a line and take turns shooting the ball to knock over the balls on the cones. Try with both right and left feet.

Water Break: (2-3 minutes maximum)

Small sided game: Focus on shooting (16 minutes)

Set up a game with the opposite team on your field. Teach the object of the game. Example: Offensive line going to dribble and pass to score in the opposite net. Defensive line: defend your side and push the ball forward to your offensive line players. Play a 2 quarter game (8 minutes each) switching offensive and defensive lines at the half.

Recap & Forecast: Team Huddle

SESSION IV

Greet Players: High fives 😊

Warm Up Routine: (10 minutes)

Skill of the Day: Foot & Thigh Trap

Teach trapping the ball with the foot and thigh. Be sure to teach them to give with the ball and not go toward the ball with the trap. We want the ball to drop to the feet (not bounce off).

Drill: Simon Says / Red Light- Green Light (15 minutes)

Simon Says: Set up a square with cones. Have players dribble the ball and play simon says with foot trap and thigh trap. Anyone who does not execute the right skill becomes Simon and the other Simon goes back into the pool. Coach should prompt Simon 😊

Red Light/ Green Light: Have all players stand on the end line with their soccer ball. On green light they dribble toward you on red light they need to trap the ball and remain still. Anyone caught moving goes back to the line.

Water Break: (2-3 minutes maximum)

Small sided game: Give and extra point for any traps performed

(16 minutes) Set up a game with the opposite team on your field. Teach the object of the game. Example: Offensive line going to dribble and pass to score in the opposite net. Defensive line: defend your side and push the ball forward to your offensive line players. Play a 2 quarter game (8 minutes each) switching offensive and defensive lines at the half.

Recap & Forecast: Team Huddle



SESSION V

Remember to greet all players with a smile and a “ready to play soccer” attitude 😊

Warm Up Routine: Same as day one. (10 minutes)

Skill of the Day: Throw Ins

Teach players to keep both feet planted/ glued to the ground. Two hands on the ball, bring the ball all the way behind the head, and throw toward the feet of a team mate.

Drill: Hit Coach (15 minutes)

Have players line up behind the end line. Coach will stand in front of the line. All players should perform the throw in and try to hit coach with the ball. Be sure to correct them when they are not performing the skill correctly. You can use your imagination to create other drills in variation with this skill. Good Luck!



Water Break: (2-3 minutes maximum)

Small sided game: (16 minutes)

Focus on the throw in when the ball goes out of bounds . Set up a game with the opposite team on your field. Play a 2 quarter game (8 minutes each) switching offensive and defensive lines at the half.

Recap & Forecast: Team Huddle

SESSION TWO

Come onto the field with great energy and high five each player as they come onto the field. It's important for each player to feel acknowledged and remembered.

Name Game: Have players stand in a circle. Pass the ball and say the name of the person they are passing the ball to. Name tags are a good idea for days 1 and 2 😊 (5 minutes)



Warm Up Routine: Same as day one. (10 minutes)

Skill of the Day: PASSING

Pass only with the inside of the foot. Right and left.

Drill: Zig n Zag (15 minutes)

Set up cones in 2 lines. Each player find a cone and stand by it. Pass and follow your pass to the next cone. Each player should be passing or receiving a pass at all times. Last person on the last cone would go to the first cone in line. Zig Zag formation. (hint sometimes having orange cones on one side and white on the opposite helps with confusion 😊).

Sometimes it takes a few tries to get this drill running. If it's too confusing you may just have them stay at their cones and pass. Try to get them to pass with both right and left feet.

Water Break: (2-3 minutes maximum)

Small sided game: Offense and Defense (10 minutes)

Set up a game with the opposite team on your field. Teach the object of the game. Example: Offensive line going to dribble and pass to score in the opposite net. Defensive line: defend your side and push the ball

SESSION VII

Almost there.....

Warm Up Routine: Same as day one. (10 minutes)

Skill of the Day: Hedging

Teach players to use their body when protecting the ball from an opponent. Demonstrate how to hedge their body between the ball and their opponent.



Drill: Hedgers & Groundhogs (15 minutes)

Pair up the players. Have one player be the hedger. Time them for 1 minute. See if the hedgers can keep the ball away from the "groundhogs" for the entire minute. If they lose the ball they become the groundhog 😊

Use whatever analogies come to mind.

Use the same skill for Sharks and Minnows with the keep away concept.

Water Break: (2-3 minutes maximum)

Small sided game: Try something different today. Put coaches/ volunteer parents inside the goal / net. Have each team defend their coach / parent. If the other team scores the Parent/ Coach comes out of the net. Once all are out of the nets either start over or end the game.

Recap & Forecast: Team Huddle

Introduction:

At this level of instruction it is important to teach with enthusiasm and animation. The goal is to get the participants to like soccer and want to continue season after season. Doing drills and games that they enjoy will bring them back again next year.

The M&M level of soccer is designed to teach basic soccer skills. Patience is required in teaching proper technique and repetition is the key to mastering skills at this level. Keeping those things in mind; be fun, act silly, and try to remember what types of activities would keep you interested in soccer when you were a five year old child.

This pamphlet contains a lesson plan for the season. There are 8 Sunday sessions and each is outlined with descriptive skills, drills, games, and helpful hints on how to coach our M&M players to success!



If there are questions regarding this information please call:

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