



## Template Session Plan

**Technique:** Dribbling

**Teaching Points:** 1) Laces when dribbling forward;  
2) Instep & outstep when dribbling side to side

**Skill:** Drag back

### 0-10 min: Warm Up

- Warm up game: The Grand Canyon Chase
- Introduce skill

### 10-15 min: Instructional Demo & Practice

- Coach introduces the teaching points for the technique
- Coach arranges players into a group and demonstrates the technique
- Once players start the practice, coach will give individual instruction
- Coach emphasizes teaching points while players are practicing
- Coach will do a final demonstration prior to starting games
- Practice
  - Players line up in four lines at a starting cone
  - There is a cone 20 steps from opposite cone
  - Players dribble up and down from starting cone
  - Players practice dribbling with laces and doing cuts with instep & outstep

### 15-35 min: Games

- Coach applies teaching points for technique to games
  - Game 1: BATMAN
  - Game 2: BOMB THE CASTLE
  - Game 3: BULLDOGS

### 35-40 min: Nutrition Cards

- Coach split players into pairs sitting down with legs crossed in two lines
- Lines are facing each other and set up is called the "banana split"
- Coach gives a card to a player from each pair on one side of "banana split"
- Player without card has five questions to figure out the name of fruit/veg
- After guessing name, card-holder tells opposite player fact about fruit/veg
- Coach collects up all the cards and gives out new ones
- Players on opposite side of "banana split" now ask the questions
- Other player guesses what card says

### 40-55 min: World Cup Scrimmage

- Coach splits children into four teams to play a round robin scrimmage

### 55-60 min: Recap

- Coach will ask the players what they learned
- Coach will recap on: 1) Teaching point; 2) Skill; 3) Nutrition facts
- Coach will ask players if they enjoyed the session