

Kings Mountain Soccer Club

Training Session Plan

January 7, 2018

Schedule Overview

3:30-3:45 - Set-up

3:45-4 - Check-in

4-4:10 - Warm-up

4:10-4:50 - Small-Sided Stations

4:50-5 - Cool Down & Celebrate

5-5:15 - Equipment tear down

Coach Responsibilities

- Coaches are responsible to set-up their age-group area.
 - Coaches will arrive by no later than 30 minutes prior to the start of a session to ensure equipment is set up properly (equipment needed for each session will be ready and on site provided by KMSC).
 - Each Coach will be with the same group of players throughout the session.
 - While this group of players may change from session to session, the coach will remain with the same players for the duration of the given session.
 - Coaches are responsible for transitions between small-sided stations and effectively executing the warm-up and activities within each station.
 - All players will be together at the end of all sessions for the cool down in a large circle.
 - When the session is complete, the coach will complete a Player Evaluation Form (PEF) for each player that he/she was assigned to on that given day. The PEF is provided at the KMSC Check-in area.
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CHECK-IN - 3:45-4pm

- Parents check-in players at table.
- Table rep instructs player where to go and what to do for warm-up. (see directions below)
- Table rep places sticker name tag on player.
- Table rep explains to parent they can stay and watch (in designated area) or choose to go and return after the 1-hour time frame.

WARM-UP - 4-4:10pm

Activity: Tennis Ball Dribble

Directions: Each player to go dribble in the circle provided for their age group (U6, U9, U12)

Coach Tip: Encourage players to move quickly and make turns/cuts using the inside of their foot for turns and outside of their foot for speed

Fun Ending: Bounce once and catch. Do a 360 turn then catch, Touch toes then catch, Touch head/knees/toes then catch.

SMALL SIDED STATIONS - 4:10-4:50pm

***If the coach feels they are limited on time, the coach has the freedom to choose just one activity per station.**

Station 1 - Dribbling

Coaching Emphasis: We want to see players use both feet and use appropriate surfaces of the foot to dribble.

Skill Activity: "The Ten-Cone Challenge"

Set-up: Ten cones in a straight line, 2 yards apart

Directions: Dribble through cones first using both feet, then right only, then left only, then the sole of both feet

Time: 5 Minutes

Fun Activity: "The Dribble Race"

Set-up: Place cones 20 yards apart (each player to have their own set of cones)

Directions: Each player lines up and dribble-races 20 yards to their own cone. They are to dribble around the cone and return to the starting cone.

Time: 5 Minutes

Station 2 - Controlling

Coaching Emphasis: We want to see players control inbound balls.

Skill Activity: Merry-Go-Round Freeze Pass

Set-up: A circle of cones with each player standing in front of their own cone with their own ball.

Directions: Coach standing in the middle of the circle with the players at their individual cones with ball at foot. Coach blows whistle, players walk dribble until the next whistle. When the next whistle blows, players freeze. When the coach points to a player, that player is to pass the ball to the coach and the coach will pass it back. We want to see the the coach demonstrate how to receive the ball and the player to then do the same on the inbound ball coming back.

Tip: Coach will receive the ball using the inside of foot (off the ground) and halfway up ball and then pass back to the player using inside of the opposite foot that received the ball.

Time: 5 Minutes

Fun Activity: Pass It Take It

Set-up: Set up cones 10 yards apart (player of similar skill in front of each cone across from another player - in pairs)

Directions: Players stand 10 yards apart in front of cone. One player has ball and pass to the other. After the pass, the player who passed it then goes to take the ball from the player he/she passed to. Have players switch as they go.

Time: 5 Minutes

Station 3 - Passing

Coaching Emphasis: Using inside of foot with planted foot pointing at target, pass half way up ball.

Skill Activity: Technique de Pass

Set-up: Place cones 5 yards apart. Have players stand in front of their own cone paired with another player across.

Directions: Coach will demonstrate how to prepare the feet for a pass. Emphasize placing the non-kicking foot beside the ball pointed at the target. Ensure the player kicks the halfway up the ball to keep the ball on the ground. Coach will demonstrate this with both feet. After monitoring this and encouraging players for about 5 minutes or so, have them back up 5 yards and continue to challenge and encourage them.

Time: 5 Minutes

Fun Activity: Monkey in the Middle

Set-up: Place cones in a circle with player in front of each cone with one player in the middle

Directions: Play keep away. Classic game rules apply.

Time: 5 Minutes

Station 4 - Agility, Fitness, and Conditioning

Coaching Emphasis: Continuous movement using many muscles.

Skill Activity: Toe-to-Ball Touches

Set-up: Players in a line or circle. Ball in front player.

Directions: Alternate touching the ball left foot, then right foot. Slow at first, then faster and faster.

Time: 1-2 minutes

Skill Activity: Quick Feet Square Dance (No Ball)

Set-up: Cones in a rectangle or square.

Directions: Coach stands in front of square/rectangle while players go around square. Players do this: Run forward, sideways jockey, run backwards, sideways jockey, repeat (all looking in the same directions at coach). 1 minute in a direction, 1 minute in the other direction.

Time: 3 minutes.

COOL DOWN & STRETCH - 4:50-5pm

*Everyone together (with their ball) in a circle.

Skill Activity: Drop & Juggle

- From hand to foot and kick back up to hands (Left & Right)
- From hand to foot, kick left and right, back up to hands
- From hand to quad and bump back up to hands (Left & Right)
- From hand to quad, bump left and right and back up to hands
- From hand to head (1 touch) and catch
- From hand to head (2 touches) and catch

Skill Activity: Eight is Great

- With ball, standing with legs wide, do figure eight with ball. After a moment, switch direction and keep head up.

General Stretching

HOMEWORK & CELEBRATE:

- Everyone together in circle.
- Homework: By next Sunday, juggle 3x with feet, 3x with quads, and 3x with head
- Emphasize to Parents: "We provide the drills so you can develop the skills!"

- Chant: "TRAIN HARD, HAVE FUN!"