Special Needs Soccer - Session Two - Overview

1. Check in Volunteers & Players
   - Create Name Tags For New Players, Check that each player has: Shin-guards, a ball and plenty of water.
   - Early arrivals can take shots on a Pugg goal from a predetermined spot, one at a time, or dribble around the perimeter of field. Volunteers: One Goalie, One shot organizer.

2. Start Session Sitting In A Large Circle
   - Coach Introduction, Volunteer Introduction, Player Introduction

3. Dribbling Warm Up - Follow The Leader
   - Player dribbles the ball trying to follow a Volunteer or another player around a predetermined area based on group side. Volunteer moderates speed based on player skill and geography to keep plenty of space between other pairs.
   - After a few minutes, reverse roles and have Volunteer try and catch Player dribbling the ball
   - Advanced: Volunteer can teach Player a 1v1 move. Child tries to “beat” Volunteer (create distance) using move during pursuit
   - Water Break

4. Red Light / Green Light
   - Create two parallel lines of cones 20 yards apart. Position every Player equidistant on one line facing the other set of cones without their ball. Adjust width of cones to ensure each player has plenty of space. Coach yells “Green light (Run), Yellow light (walk) or Red Light (Stop)” as the Players attempt to get to opposite line. If a Player doesn’t Stop they have to take five steps back (not strict & only enforced when blatant infractions occur). Go back and forth once and then...
   - Introduce Ball. Every Player now has to dribble a ball with same rules. When Coach yells “Stop” Players have to stop ball and place the sole of their foot on top. Go several rounds until the the first sign of fatigue.
   - Water Break

5. Cats & Mice
   - Use the same cone setup as Red Light / Green Light above. Every Player on a line with a ball (Mice). Players have to dribble to the other side without the Cats (initially a couple of Coaches / Volunteers) in the middle (between the cones) trying to poke the ball out of the coned area. If a Mouse’s ball gets kicked out of the playing area, the Player becomes a Cat and joins the other Cats for the next round. Go several rounds until the Players become tired.
   - Water Break

6. Ice Cream Cones
   - Use the same cone setup as Red Light / Green Light above, except add a set of cones for each Player to dribble around.
   - Players line up behind their set of cones with a ball. Make sure the cones are widely spaced along the starting line, so players have plenty of room. When the Coach yells “Go!” players dribble around cones and back to start in a “Figure 8” pattern. Reset and go several rounds until the the first sign of fatigue.
   - Water Break

7. Small Sided Games
   - Match equally skilled players together and play 3v3 / 5v5 games with Pugg goals, no goalies.
   - Small sides ensure plenty of touches, volunteers assist players in need.
Special Needs Soccer - Session Two - Activities

- Dribbling Warm Up - Follow The Leader
  -- Player dribbles the ball trying to follow a Volunteer or another player around a predetermined area based on group size. Volunteer moderates speed based on player skill and location to keep plenty of space between other pairs. After a few minutes, reverse roles and have Volunteer try and catch Player dribbling the ball
  -- Advanced: Volunteer can teach Player a 1v1 move. Child tries to “beat” Volunteer (create distance) using move

![Diagram of soccer field with arrows indicating dribbling routes]
Special Needs Soccer - Session Two - Activities

- Red Light / Green Light

-- Create two parallel lines of cones 20 yards apart. Position every Player equidistant on one line facing the other set of cones without their ball. Adjust width of cones to ensure each player has plenty of space. Coach yells “Green light (Run), Yellow light (walk) or Red Light (Stop)” as the Players attempt to get to opposite line. If a Player doesn’t Stop they have to take five steps back (not strict & only enforced when blatant infractions occur). Go back and forth once and then...

-- Introduce Ball. Every Player now has to dribble a ball with same rules. When Coach yells “Stop” Players have to stop ball and place the sole of their foot on top. Go several rounds until the the first sign of fatigue.
Special Needs Soccer - Session Two - Activities

- Cats & Mice
  - Use the same cone setup as Red Light / Green Light. Every Player on a line with a ball (Mice). Players have to dribble to the other side without the Cats (initially a couple of Coaches / Volunteers) in the middle (between the cones) trying to disposses them and poke the ball out of the coned area. If a Mouse’s ball gets kicked out of the playing area, the Player becomes a Cat and joins the other Cats for the next round. Go several rounds until the Players become tired.
Special Needs Soccer - Session Two - Activities

- **Ice Cream Cones**

  -- Use the same cone setup as Red Light / Green Light, except add a set of cones (Green Tall Cones) for each Player to dribble around. Players line up behind their set of cones with a ball. Make sure the cones are widely spaced along the starting line, so players have plenty of room. When the Coach yells “Go!” players dribble around cones and back to start in a “Figure 8” pattern. Reset and go several rounds until the first sign of fatigue.
Special Needs Soccer - Session Two - Activities

- Small Sided Games

  Match equally skilled players together and play 3v3 / 5v5 games with Pugg goals, no goalies. Volunteers assist players in the field as needed. Coach referee's the action and provides “Coaching Points” to individual players during the course of the game, but never stops play to do so. Volunteers along sidelines tap ball back into play to prevent it from going out. However, when a ball goes way out of bounds, players perform throw-ins and goal kicks (add corner kicks if players are more advanced). Blatant, deliberate fouls are always called to control the game. Kick off (restart) in the middle of the field after every goal. Frequent team and individual water breaks as needed.
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