

Interactive Session Plan™

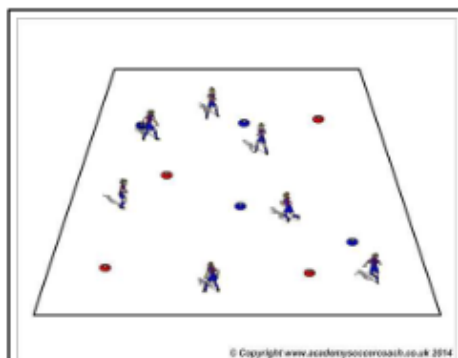
Coach **Lucan Soccer Club**

Session date **week 1**

Team/Age Group **U5**

Theme **Body and spacial awareness
Dribbling
Moving into space**

Time available
45 minutes



NOTES

Pepper Pigs Plant Pots

- Peppa's brother George has been naughty (coach) and is turning all of Peppa's plants upside down. Peppa Pig is running around trying to fix them.
- Players dribble their soccer balls from cone to cone trying to turn all the cones the right way up as the coach and one or two others are turning them upside down.



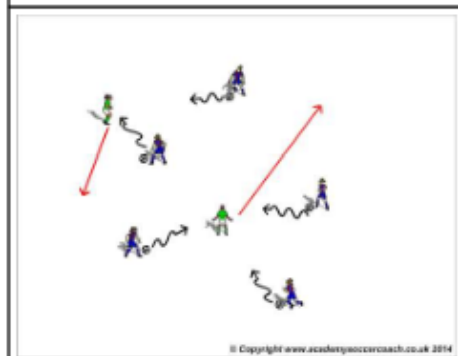
Crocs in the swamp

- Players are split into two groups and start at either side of the 'swamp' with a soccer ball.
- Two or three players should act as the 'Crocs' who don't want anyone in their swamp.
- Players must attempt to dribble through the swamp to the other side without the crocodile eating their soccer ball.
- How many times can they get through the swamp? How many balls can the crocs eat?
- Can we keep the ball close?
- Can we take lots of touches?
- Can we keep our heads up so we can see where the space is between the crocs?



Jack in the box

- The coach can start as the 'Jack'
- All other players move around the larger square and try to sneak behind the Jack to touch inside the box with their hand without being tagged by the Jack
- Encourage players to try and get a point from all 4 sides of the square...how many points can they get in a minute?
- Progress to having a player be the Jack and/or having players run in through one side of the square and out of another.



Coach Robot

- The coaches are robots pretending to be robots which the players must destroy.
- The players dribble about the grid and attempt to kick their soccer balls at the robots.
- One hit means the robot loses an arm, two hits and they lose a leg, three hits and they lose both legs, one more hit and the robot is destroyed!