





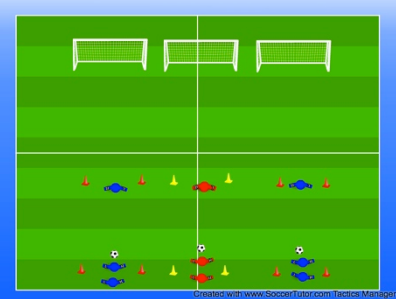

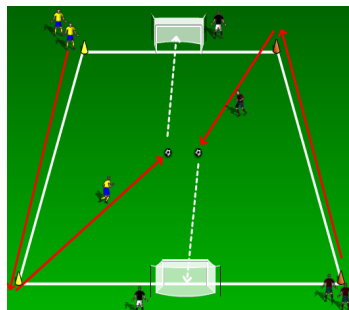
# Ballymoney United Youth Academy Coerver Themed Sessions 2012/13





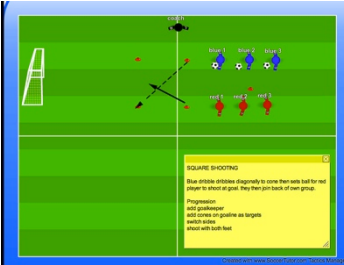




Group	Under 8's		Session	1
<b>Warm Up</b>				
<div data-bbox="165 483 506 738" data-label="Image"> </div>	<div data-bbox="582 483 931 738" data-label="Image"> </div>	<p data-bbox="1016 416 1265 448" style="text-align: center;"><b>Head or catch</b></p> <p data-bbox="969 491 1312 759">Group make circle around coach, coach throws ball to player and calls catch or head, player must return with that action. If performed wrong run around group. Play opposites.</p>	<div data-bbox="1344 467 1715 738" data-label="Image"> </div>	<p data-bbox="1816 416 2078 448" style="text-align: center;"><b>Pass and Turn</b></p> <p data-bbox="1749 499 2141 683">Work in group of 3, pass to player in middle who turns with ball and passes to player at end. Weight of pass, player in middle takes ball on back foot. Change roles regularly</p>
<p data-bbox="197 858 495 890" style="text-align: center;"><b>Jump and shout</b></p> <ul data-bbox="132 922 544 1249" style="list-style-type: none"> <li>• One ball per child.</li> <li>• Players dribble inside grid using both feet, doing range of skills such as toe taps, turns etc</li> <li>• Work on both feet</li> <li>• On call of jump players stop ball and jump in air shouting waah!</li> <li>• Then add stopping ball then going low making low noise</li> <li>• Alternate between both</li> <li>• Call opposites, on call of jump players go low making low noise and vice versa.</li> </ul>	<div data-bbox="582 858 943 1121" data-label="Image"> </div>	<p data-bbox="1066 858 1216 890" style="text-align: center;"><b>Passing</b></p> <p data-bbox="969 938 1290 1241">Work with partner on inside of foot pass, work on small distance on focus on accuracy and weight of pass. Add 2 cones once you pass move to side to touch cone before returning to middle.</p>	<div data-bbox="1344 914 1715 1137" data-label="Image"> </div>	<p data-bbox="1906 858 1989 890" style="text-align: center;"><b>SSG</b></p> <p data-bbox="1749 938 2112 1034">Focus on passing, use of width and consistent use of weaker foot</p>






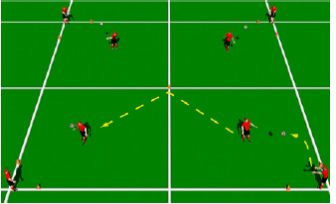

Group	Under 8's		Session	2
Warm Up		Passing	Shooting	
		<p><b>Toe tap Sequence</b></p> <ul style="list-style-type: none"> <li>• Set up per grid in regimented order</li> <li>• Players perform toe taps, on clap turn 90 degrees</li> <li>• Keep shape</li> <li>• Add pendulums</li> </ul> 	<p><b>Pass then turn and shoot</b></p> <p>Pass and then change places with person in middle, keep playing until coaches blows whistle, then player with ball tries to score a goal before other team.</p>	
<p><b>Thigh catch</b></p> <p>Ball each dribbling inside and performing variety of ball Familiarisation techniques. Add in Stop turn and drag back turn.</p> <p>Advance to:</p> <ul style="list-style-type: none"> <li>• Ball in hands release to thigh and knock up in air before catching.</li> <li>• 2 thigh touches before catch</li> <li>• Alternate thighs then catch</li> <li>• Freestyle</li> </ul>		<p><b>Twin Toe Tap</b></p> <p>With partner ball between 2 both do toe taps at same time. Add rotations on clap Build speed and tempo</p> 	<p><b>Numbers Game</b></p> <p>Two teams of 5 numbered 1 to 5, both teams in opposite corners. Coach calls out number i.e 1 and the number 1's from each corner compete to score first. Coach can call out more than 1 number at a time.</p>	







Group	Under 8's		Session	4
<div style="display: flex; justify-content: space-between; padding: 0 10px;"> <span><b>Warm Up</b></span> <span><b>Passing</b></span> <span><b>Shooting</b></span> </div>				
		<h3 style="text-align: center;">Passing Sequence</h3> <ul style="list-style-type: none"> <li>Each group has a football in their area, and each group numbers each other 1-5. Number 1, passes to 2, to 3, to 4, to 5, to 1 in their area.</li> <li>On coaches call move to new grid leaving ball behind</li> </ul>		<h3 style="text-align: center;">Square Shooting</h3> <p>Two small lines, first player dribbles to cone diagonally then back heels ball from player at start of other line to shoot.</p> <p>P. Try both feet</p>
<h3 style="text-align: center;">Musical Cones</h3> <p>Range of coloured cones spread out in area. Coach calls out colour players must dribble to that colour. Call out few colours players must dribble in sequence.</p> <p>P. Enough cones for one each, on go players dribble and coach removes cones. On call you must get to a free cone if none left go to skills square.</p>		<h3 style="text-align: center;">Pass v Dribble</h3> <p>Competition between both teams to see who can score the most goals in 1 minute. Red team dribble to line and shoot. Blue team must pass from player 1 round square to player 4 who then shoots.</p>		<h3 style="text-align: center;">1v1</h3> <p>Two teams of 4, each team lines up opposite small goal. First player from the line dribbles and scores and then becomes the defender against the first player from the other team. Drill continues that after you shoot you defend.</p> <p>P play 2v2 as per illustration</p>









Group	Under 8's		Session	6
Warm Up		Skill Development	SSG	
 <p><b>END ZONE TAG</b> Players jog inside grid trying to avoid the two taggers. If you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.</p>		<p><b>3v1</b></p> <p>Working in small grid, encourage movement around grid and try to keep possession of ball. 5 passes = goal, KQ – does the player in possession always have 2 options? Rotate roles</p>	 <p>Coerver 1v1: players hold hands on coaches call of go they release and run around cones in corner to enter middle to play 1v1 to score in either of opponents goal. Progress to 2v2 where player 2 starts at cone in corner.</p>	<p><b>Holding Hands</b></p>
<p><b>End Zone Tag</b></p> <p>Players jog inside grid trying to avoid the two taggers, if you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.</p>		<p><b>Heading Rotation</b></p> <p>Split group in half, half on outside of grid with ball in hands, others in middle. On call players in middle run to face player on outside and head ball back before going to another server.</p> <p>KQ - How many headers can you complete in 30 seconds? Quality of serve/ attacking/ defensive headers.</p>	 <p>Coerver 3v3: coach passes ball to any team and they combine to try and score in any of their opponents three goals, other members of team stand behind goal and when goal is scored or coach calls game dead they switch, focus on overlaps and width. Use passing arcs for goals</p>	<p><b>3v3 Multi Goal</b></p>



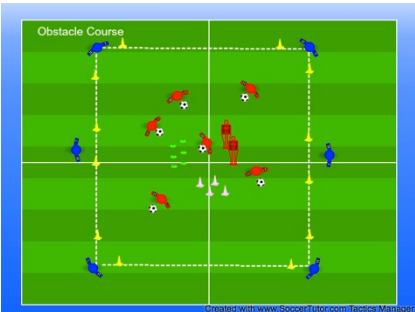
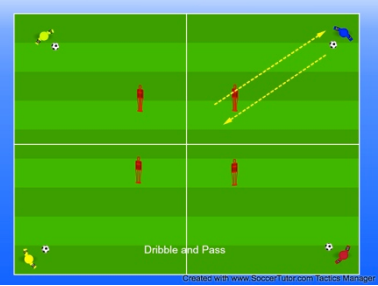

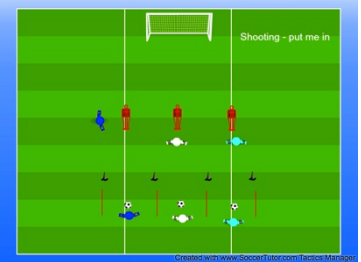

Group	Under 8's		Session	7
<b>Warm Up</b>		<b>Skill Development</b>		<b>Shooting/ SSG</b>
 <p><b>CORNER BALL</b> ball dribble with ball on coaches call they dribble ball and leave it in a corner then go and get a ball from a different corner. Perform drag back when collecting ball. While in middle perform a variety of skills such as foot heel, foot toe, v shape</p>	 <p><b>Special Moves</b> Dribble to cone in middle and then pass to player at start of your line. Dribble into middle perform drag back before rejoining group perform U turn before rejoining group. Now go to middle then pass to group on your left and join the back of that group</p>	<p><b>Special Moves</b></p> <p>Dribble to cone in middle and then pass to player at start of your line. Dribble into middle perform drag back before rejoining group perform U turn before rejoining group. Now go to middle then pass to group on your left and join the back of that group</p>	 <p><b>2v1</b> player in middle passes to any of one of the player at start of other line they then join with this player to play as a 2 against the player from the start of the other line.</p> <p>P. rotate roles</p>	<p><b>2v1</b></p> <p>player in middle passes to any of one of the player at start of other line they then join with this player to play as a 2 against the player from the start of the other line.</p> <p>P. rotate roles</p>
<p><b>Corner Ball</b></p> <p>Players dribble with ball, on coaches call they dribble ball and leave it in a corner then go and get a ball from a different corner. Perform drag back when collecting ball. While in middle perform a variety of skills such as foot heel, foot toe, v shape</p>	 <p><b>321 shoot</b> player at front of group one dribbles to line then shoots, he then turns to face group 2, player at start of group 2 plays a 1-2 then shoots. Group 2 player then becomes defender in 1v1 situation against player from group 3</p>	<p><b>321 shoot</b></p> <p>player at front of group one dribbles to line then shoots, he then turns to face group 2, player at start of group 2 plays a 1-2 then shoots. Group 2 player then becomes defender in 1v1 situation against player from group 3</p>	 <p><b>SSG</b></p> <p>Play 4v4 with 2 wide players on tram lines who work for both teams.</p>	<p><b>SSG</b></p> <p>Play 4v4 with 2 wide players on tram lines who work for both teams.</p>





Group	Under 8's		Session	8
Warm Up		Technical	Dribbling	
	 <p><b>Dribble, turn and shoot</b></p> <p>First player dribbles to line and performs a turn then comes back to original line before turning and shooting. Change lines so as shooting from different angle. (Technique)</p>	 <p><b>3v3 Middle Goal</b></p> <p>3v3. blue team start with ball and pass long to red team, when red team control ball they can attack either of the 2 goals. game continues until goal is scored on either goal or coach calls game to end.</p>		
<p><b>Happy Feet</b></p> <p>“1” = Toe Taps – One foot on top of ball then the other, then the other, then the other etc....</p> <p>“2” = Side to Side – move the ball from foot to foot using the inside of the feet.</p> <p>“3” = Push &amp; Pull – Move ball back and forth using the sole of the foot on top of the ball.</p> <p>Try some of the <b>COERVER</b> skills</p>	 <p><b>3v3 plus 2</b></p> <p>Play 3v3 possession game in middle. Use of players on outside to retain possession. Add when passed to player on outside then change places.</p>	 <p><b>SSG</b></p> <p>Play 5v5 all players allocated an opponent who they are responsible for marking. Rotate positions</p>		



Group	Under 8's		Session	9
Warm Up		Technical	Attacking	
 <p>Obstacle Course</p>	 <p>Dribble and Pass</p>	<p><b>Dribble and Pass</b></p> <p>Split group into four corners:                      1; Dribble into face mannequin perform drag back and dribble back                      2. Dribble around mannequin pass to player at start of line                      3. Dribble around mannequin and pass to player at start of group on your left.</p>	 <p>Attacking 2 v 1 with width</p>	<p><b>Use of Width</b></p> <p>Striker starts on edge of box and when they dribble defender comes in. the striker can play to either wide man to create a 2 v 1 situation. Striker then becomes wide man. Change angle of defenders approach.</p>
<p><b>Obstacle Course</b></p> <p>Split group in half, half group have ball each and dribble in the middle of grid performing turns and flicks through the cones and mannequin, change regularly with players on outside by passing through gates. Focus and recap on turns and skills covered in previous weeks.</p>	 <p>Shooting - put me in</p>	<p><b>Shooting – put me in</b></p> <ol style="list-style-type: none"> <li>1. Player has ball and dribbles to cone then passes to striker who has peeled off mannequin.</li> <li>2. play firm pass into feet for striker to flick ball to side before going through to score.</li> <li>3. play 1-2 with striker who goes through to score</li> </ol>	 <p>www.SportSessionPlanner.com</p>	<p><b>SSG</b></p> <p>Play 4v4 with 2 wide players on tramlines who work for both teams.</p>

